

THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

OCTOBER 2015



President's Message



President's Message, October 2015

This is many runners favorite time of year to run. The humidity is down, temps are cooler, and this is the time of year to run in or watch the NYC Marathon, get ready for any one of many Thanksgiving Turkey Trots, or just run and enjoy!

It looks like our men's and women's race teams are certainly enjoying the running scene! Currently, our Women's Masters Team is in 3rd place, and our Men's Masters Team is in 2nd place! That is awesome! Remember, anyone is welcome to join our race team by joining USATF-LI and putting LIRRC as your club affiliation. That's it! We welcome all runners of all abilities.

On Tuesday October 20th we held a General Membership meeting. At the meeting I confirmed that I will be resigning as president and board member, effective 12/31/2015, although I will remain race director of the 2016 races, along with our timer Bob Patterson.

I am confident that the remaining board will make sure that our club continues into the future. The board has dedicated and talented people and we are jointly meeting and planning for the future. The people on the board have stepped up at some point to contribute to the running of the club and each brings an area of expertise and willingness to give back. It is a very rewarding endeavor. We all have in common a dedication to the LIRRC. If anyone would like to get involved in any way, please let us know by calling our club phone 516 294-6299.

We have seen people come and go over the years, and although he will be timing our 2016 races, timer Bob Patterson resigned from our board in 2015. Bob came along at a crucial time when we needed a timer after Joe and Lorraine Desposito left. Bob not only took over our race timing, he brought us into state of the art chip timing. Starting with the Ipico Shoe Chip System, and progressing to Bib Chip My-Laps System, Bob spent endless hours self teaching himself the ins and outs of race timing. He will be missed! And we will also miss his wife Joyce Patterson, who did a terrific job as registration supervisor for each race.

Also resigning from our board and race team is Juan Oliveras. Juan has been an integral and valuable part of our club since he joined the LIRRC many years ago. Juan took over as Membership Coordinator, Men's Race Team Captain, Race Official, and a long time Board Member. One of the nicest guys and one helluva runner too! He will be missed, as will Bob and Joyce.

These are unique people who have given much of their time to our club. It was a given that they were at all our races, planning vacations around our race schedule, missing family plans, and more. We cannot thank them enough and appreciate all they have done.

Our club has gone through changes over the years, and we are going through some more changes now, but the club will go on.

We'll see you at the park!

Fred

OCEAN CITY TRIP HUGE SUCCESS!



One thousand, nine-hundred and ninety-five runners came out for the Ocean City Half Marathon on Sunday, September 27th.

Due largely to the marketing efforts of Mike Ogazon and the persistence of Adriana Staiano, LIRRC made this our club trip, and we could not have asked for more. With the exception of the wind, which was strong enough to knock over the finish line setup before the race, it was a dry and relatively cool morning for the 13.1 trek.



The runners got together for meet and greet earlier on Saturday, and topped it off with a nice dinner just a few blocks from the Boardwalk in preparation for the next day's run.



The 9th Street Bridge encompassed a good part of the 2nd and 3rd miles, and was the only real hurdle in the whole course. Coming that early, it helped us muscle through the rest of the run which took place on local streets and the Ocean City boardwalk.



LIRRC has needed a club run for a long time, and this race exceeded our expectations in every way. Congratulations to all the runners, and to those who did not make this race, rest assured that every effort will be made to continue what we hope will be a LIRRC tradition! See Adriana's article that follows for another perspective on a great trip!

Thanks to all, especially Wing and Anna Lau, who took some great pix. You can see more on our club page at LIRRC.ORG

LIRRC Fall Trip to Ocean City Half Marathon and 5K

By Adriana Staiano

Several members of the LIRRC including many Rogue Runners ran the Ocean City Half Marathon and 5K in Ocean City, NJ on Sunday, September 27th. The Club trip started in Cape May on Friday with a day of sightseeing, (Lighthouse, Bird Sanctuary and Nature Walk), wine tasting at Hawk Haven Vineyard and shopping at the Washington Street Mall.

Saturday in Ocean City, (a dry town but we BOOB) was a day of more sightseeing and shopping followed by a group dinner sponsored by LIRRC at Bloom'n Tulip Restaurant. Race day Sunday was mostly cloudy and very windy. Only 20 mile per hour winds compared to Saturday where winds were up to 40 MPR (our Kayaking excursion scheduled for Saturday was cancelled due to high winds).

However, despite the wind, LIRRC participants had outstanding results with many finishing in the Top 5 of their respective age groups.

Thanks to our wonderful support group, the husbands and wives that came along to join in the fun--Joe, Maureen, Tony & Clara Patino, Doris, Wing, and Eileen. Congratulations to all the runners!!

Dave Frisone 1:50:15 1st AG

(Thank you! Coach Melnick & the Tuesday night track club)

Marie Brewer 2:11:55 5th AG

Sal Rosina 2:04:27 4th AG

Adriana Staiano 1:43:00 2nd AG

Mike Ogazon 2:52:32 5th AG

(Race # 1015 and still going strong)

Anna Lau 2:07:36 17/52 AG

Tom Brewer 2:07:07

(Training run for Vermont Marathon)

Jim Ferguson 2:52:30

(Ran with his buddy Mike O)

Eve Volonakis 1:58:41 2nd AG

John Furlong 2:15:08 7th AG

(First race back after knee surgery)

JoAnne Rosina (5K) 50:26 8th AG

(Earned her 1st Finisher's Medal)

Christine Brakel (5K) 37:04 4th A

Jim Wegrzyn (5K) 37:04 2nd AG







Cell Phones for Soldiers

Throughout our country's history, there have been selfless people who have stepped up to answer America's call. Let us not forget our men and women in uniform, and let us always let them know they are appreciated for the sacrifices they and their families make for us. What can we do to show our support of our men and women in uniform? There are many ways, and the Long Island Road Runners Club has decided to partner with Senator Dean Skelos in the "Cell Phones for Soldiers" program. Each week at our races, a collection box will be available to collect old cell phones. This is a close-to-home cause, as LIRRC President Fred Haslett's son, Sgt. 1st Class Fred "Rick" Haslett of the NC Army National Guard, was stationed in southern Baghdad, on his second deployment in support of Operation Iraqi Freedom. Since his company's Internet connection was not free, Cell Phones for Soldiers kept SFC. Haslett and his fellow soldiers supplied with calling cards so calls home to loved ones were free.

Soldiers can pay as much as \$5 per minute to call loved ones. Our collection helps them stay in touch with loved ones. Let's do our part. God Bless Our Troops!

The Changing Face of LIRRC

It has been a challenging time for the LIRRC, and changes on the horizon will forever alter the club's direction.



In March of 2014, the Long Island Road Runners Club suffered the loss of Colin Harris, our much beloved Treasurer. Soon thereafter, Kathy Agricola resigned as a Board Member. Bob Patterson, who has timed our races for years, decided that 2016 is his last year. President Fred Haslett, who has led the club for 26 years, will no longer be at the helm come December 31st, and Juan Oliveras, board member, timing assistant, and well known Long Island runner will also be leaving at year's end.

How does a club rebound from the loss of such talent and dedication? How long does it take? Is it even possible?

In 2010, when I spoke to Fred about taking over the Newsletter, I was excited; Fred was appreciative of the help, but he told me not to expect many contributions. I thought for sure that the new format would garner interest, but to this day, with the exception of the race team captains and Fred himself, I write most of it.

And through all the changes that have taken place, *few new volunteers have stepped up*. We run the club with virtually the *same* core of board members with a few new volunteers who split up the work of the departing members. My point is that interest in *running* has not waned – but *administratively running* the club appeals to the very few. This continues to be the biggest problem for the LIRRC.

Thankfully, the news is not all bad. On the bright side, we continued our Wednesday Night Series this year with a reduced schedule – and made it work. Our schedule for 2016 looks good, and we were never in financial jeopardy at any point. Our recent club trip to Ocean City was a resounding success, showing that we can offer the option of longer distance races for our membership – if they are interested. Marie Brewer recently joined our Board of Directors and her contributions have been significant and most welcome. Adriana Staiano and Mike Ogazon continued the Wednesday Night Turtle Runs started with Bob McVetty last year and people came out. The final Turtle Run is Wednesday, October 28th. They will resume in April of 2016. This year, Jim Thornton threw a challenge down in the form of the “ribbon runs” that added another dimension to the fun.

I told Fred Haslett that the hallmark of his presidency was that he kept it about running – and that is the legacy we are challenged to continue while at the same time adding variety and new faces to the mix.

With all this in mind, we sent postcards to the membership announcing a General Membership Meeting on October 20th at the White House in Eisenhower Park to inform them of the changes and to ask for their ideas and participation.

Twenty-four members attended, and I believe they left with a much better understanding of where we are as a club, and the challenges we face. Maria Romano from the Quicksilver Striders suggested a single bib system which would save both the club and runners some money; a few expressed interest in helping us out this summer, and Paul Fetscher said he would like LIRRC to help bring long distance running back to Long Island. Attendees also got a bird's eye view of the workings of a LIRRC Board Meeting prior to the General Meeting – all in all a valuable experience for the members.

On behalf of Fred Haslett and the Board of Directors, we thank those in attendance for taking the time to get involved.

Twenty-four members, however, is roughly 8% of the membership, and more participation will be necessary to make it the club YOU want, presenting the races YOU want to run. In the absence of your involvement, others will be making these decisions.

It is a pivotal year for LIRRC, but as Fred Haslett has indicated before, LIRRC will go on. HOW it goes on is up to you.

We all understand as runners the effort that we put into our sport as individuals. Proper nutrition, trying to squeeze a run in after the clocks are turned back (next Sunday) finding time for training runs in preparation for spring distance runs, nursing injuries – the list goes on and on – and it's all time-consuming. But remember, those who are asking of your time are going through the same thing, and finding the time to run the club, too. So in this year of change, consider your role as a member, and help us out if you can.

Stay in touch with us on our Facebook page, on our website at lirrc.org and through e-mails – the link to send an e-mail is on the website.

And....keep running! When all is said and done, that's what it is about!



LIRRC Presents.....The Santa 5K

*Join us at the Annual **Santa 5K** Race on Sunday December 20th, 2015 in Eisenhower Park at the Field House near Parking Field #2. The race starts at **9AM** and day of registration is from **7:30Am to 8:45AM.***

*There will be bagels, coffee, hot chocolate, and raffles! Awards are 3 deep in 5 year age groups up to 80 plus. Pre-registration is available for this race and if application is received by **Thursday December 17th** registrants will be in a special raffle for a \$50 visa gift card.!*



New Year's Day 5 Mile Hangover Fun Run

Start off the New Year right by joining us for our annual New Year's Day Hangover Run and Pete Cirona Birthday Bash. This is not a race and there is no registration, but a donation jar will be available. The run starts at 9:30am after we all countdown from 10 seconds to the start. As usual, we'll have coffee, bagels, hot chocolate, and egg-nog.

A time clock will be up so everyone can get their time. The run is open to ALL runners. Come on down and start the year off right with a run! Run starts at the Field House in Eisenhower Park, near Parking Field #2.

LIRRC 2016 RACE SCHEDULE

Friday, January 1st- 9:30AM-
New Year's Day 5 Mile Hangover Fun Run
and
Pete Cirona Birthday Bash (Free)

Sunday, March 20th- 9:00AM-
John Corrigan 4x2 Mile Relay

Opening Night of the Iconic
Wednesday Night 5K Summer Series
And
½ Mile Kid's Fun Run-
Kid's Fun Run starts at 6:30PM,
5K Race starts at 7PM.

Additional dates for the Wednesday Night Series are:
June 22, June 29, July 6, July 13, July 20, July 27

Schedule is subject to change. Keep posted on Facebook
and LIRRC.ORG

Editor's Note:

Fred Haslett sent this letter to the Board of the Long Island Road Runners Club, and he has agreed to share it in the Newsletter.

September 7, 2015

Fred Haslett

[REDACTED]

LIRRC Board of Directors

Dear Fellow Board Members,

It is with regret that I inform you that I will be resigning from president of the LIRRC, and as an active board member, effective 12/31/2015. I also will resign as Race Director effective after the final race of 2016 in July

For 34 years I have been active in the LIRRC, and for almost 30 of those years I have served as an officer, starting first as a Race Official, then Treasurer, Vice President, Race Director, Co-President, and finally President, a position I have held for over 25 years. Most of my memories have been happy ones. I have seen the club grow from 75 members to hundreds of members. We brought kid's fun runs to the summer runs to make Wednesday nights a fun family outing. We made our races fun.

Our race teams are making us proud like never before. My years here have enabled me to meet many wonderful people.

This was not without sacrifice. Over the years committing to directing our races and being president has meant many missed family functions, shortened vacations, inability to sleep in many Sundays, coming to the park in all kinds of weather, whether tired or sick. Our job was to be there and I enjoyed it.

But now the time has come to step down as President and board member. Almost 30 years is a long time and now I feel that after those many years, I want to enjoy free time.

I have given much to our club, and our club has given much to me. The many friends I have met are ones that I probably never would have had the pleasure to meet if it weren't for the LIRRC.

I have been fortunate enough through the years to see many good people step up to the plate and get involved to help our club grow. It's never been about one person, it's always been a team effort.

It's been a pleasure working with you all, even with our ups and downs, and I am sure that with the talent on the board, the club will go on.

Sincerely,

Fred Haslett

MEMBER SERVICES

REAL ESTATE NEEDS

Garden City Properties Inc. Club member Mike Ogazon, GRI, CBR. Residential and Comm'l brokerage, appraisals and building management. Call Mike at 516 746-1563

TUTORING

NYS Certified Elementary teacher will tutor your child or give homework help in your home. K-6th grade. Reasonable rates. Call Fred at 516 569-4196 or email fredhas@verizon.net

FOOT PROBLEMS?

Dr. D.T. Peterson (triathlete), DPM, MS, 8029 Jericho Tpke, Woodbury. Call 516 496-0900.

FEMALE PERSONAL TRAINER

Need a personal trainer? Call Hofstra Certified Trainer Margaret Peralta at 516 319-4993, or email her at Peraltafit2run@yahoo.com.

Margaret also teaches ZUMBA in East Meadow. Classes are only \$10.

Meet every Tuesday @ 7PM and Saturday @ 11AM. E-mail Margaret and go see what all the fuss is about!

REAL ESTATE NEEDS

Call member Kathleen Agricola, Licensed Real Estate Associate at Prudential in East Meadow, NY at 516 796-4000 or email her at Kathleen.Agricola@prudentialelliman.com

COMPUTER PROBLEMS?

PCAid to the rescue! Over 25 years in the computer industry, I'll revitalize your slow PC back to its original speedy self. Upgrades, rebuilds, networking, etc. Call Wing at 516 620-4136.

JDI MORTGAGE CORPORATION

Registered Mortgage Broker –NYS Banking Dep't. Ben Murolo, CPA, MBA Tel# 516 316-2733.

PERSONAL TRAINING

If anyone is interested in improving their running (who isn't?), running clinics at schools, individual training sessions and seminars on nutrition and physical fitness.

Running class: Running classes are group workouts designed to help you run farther and faster. I coach different ability levels, from beginner to competitive running, ensuring that you'll find the right fit. You'll do a variety of coached workouts depending on your level, classes include steady-paced runs, speed training, intervals, hills, fartlek, and tempo runs.

Call: Jane Vongvorachoti-516-263-5369

Certifications :

NCSF National Certified Personal Trainer, Equinox Tier 2 Trainer, CPR/AED Certified, Pre and Post Natal Certified, USSF D License Soccer Certification

VISIT THE RUNNER'S STOP

in Lynbrook at 20 Atlantic Avenue Lynbrook NY 11563. See Ellen and the gang. Visit their website www.runnersstop.com – or call them at 516.568.7333



SECOND CALL FOR ALL MASTERS RUNNERS!

The Phidippides Award is given to those Masters Runners, Male and Female, who have attained points based on their completed competitive races for the year. With speed usually being stressed in our sport, it's nice to know the older runners who pound the pavement every week can be honored for their work and dedication to the sport. Visit the USATF website for complete details and an application. Bill Benson has been promoting Long Island Masters involvement for years, and with good reason.

Let's get the recognition we deserve!



The Roadrunner is LIRRC's online Newsletter, and with the January, 2016 Edition, it will be celebrating its 6th year on our website at LIRRC.ORG. It's a bi-monthly publication, posted in February, April, June, August, October, and December. A number of past issues are posted on the site also.

Runners are encouraged to contribute articles, stories or results of your races or personal bests. Please send submissions to Jim Ferguson at PROFFESOR4@AOL.COM, and when appropriate, please include a photo we can post to accompany your contribution. The possibilities for your submissions are endless. Have a favorite post-race recipe? A special course or trail you run? Maybe you've come back from an injury and want to share how to best do that –

Maybe you want to be the Featured Runner of the Month? Well, drop us a line and we can probably make that happen. So, until next time, enjoy your running, stay healthy, and consider your contribution. Without it, you're just reading what I write!

NEW RACE FEES AND MEMBERSHIP FEES FOR 2016!

For 2016 the LIRRC is LOWERING our Membership Fee from \$20 to \$15 for an Individual Membership, and from \$25 to \$20 for a Family Membership!

Race Fees will go from \$6 to \$5 for Current LIRRC Members, and from \$11 to \$12 for non-members or lapsed members!

Even though we will have less races in 2016 it still pays to be a member supporting the oldest running club currently on Long Island!

Wednesday Night ½ Mile Kid's Fun Run will remain only \$1, ribbons to all 12 and under!



exploreLI

The Monday, September 28th edition of exploreLI featured a cover story on running later in life, with Vicky Fox on the cover. Missed it? You may be able to find it online. If not, drop Jim Ferguson a line at proffesor4@aol.com and I'll get you a copy.



Wednesday Night Turtle Runs!

The last of the Wednesday Night Turtle Runs will conclude on October 28th. Many thanks to those who participated and especially Adriana, Mike, and Jim, who led the way to provide an alternative workout opportunity while the weather was still good enough to run! We have been told that these runs will resume in April and last until the iconic Wednesday Night Series starts again!

Thank you to all - the Turtle Runs are an example of events that are "outside of the box" and are representative of where we should be headed - join us in April and find out why!



FROM THE LADIES RACE TEAM.....

RESULTS FOR THE FARMINGDALE MILE

Susan Schmück 7:21 Notable 4th Place

Marie Brewer 7:36 Notable 5th Place

RESULTS FOR THE TOBAY 5k

Monica Enright 21:58.85 (2nd Place Award AG)

Adriana Staiano 22:36.86 (4th Place Award AG)

Sue Keogh 25:35.79 (4th Place Award AG)

Susan Schmück 25:39.36 (2nd Place Award Athena)

Marie Brewer 28:14.40 (7th Place AG)

NICE JOB, LADIES!



THANK YOU RUNNERS!

The letters presented on the next 2 pages are from Columbia University Medical Center and from the Hospice Care Network respectively. They were the recipients of the proceeds of the Eunice and Colin Harris Race, held on July 29th, 2015.

Both of these organizations received \$958 from the Long Island Road Runners.

You made this happen by supporting our annual Harris Race and by your generous donations. Thank you!



COLUMBIA UNIVERSITY
MEDICAL CENTER

HIROSHI MITSUMOTO, MD, DSC
*Wesley J. Howe Professor of Neurology
at Columbia University Medical Center
Eleanor and Lou Gehrig MDA/ALS
Research Center
Attending Neurologist*

September 11, 2015

Long Island Road Runners
C/O Jim Ferguson, Treasurer
2193 McClellan Street
East Meadow, NY 11554

The Neurological Institute
of New York
710 West 168th Street
New York, NY 10032
212-305-1319 Appointments
212-305-2940 Academic
212-305-2750 Fax

Dear Mr. Ferguson and the Long Island Road Runners Club,

Words cannot express how grateful we feel for all your efforts this year through the Eunice & Colin Harris Race. We are also so deeply appreciative of your donation to our Center. We will certainly put your generosity to good use! ALS is the very worst of intractable diseases, and everyone, from patients and caregivers to ALS physicians and researchers, is desperate to gain a better understanding of the disease and find a cure. We hope to contribute to this cause through all our research endeavors. Again, we are so thankful for the Long Island Road Runners Club and your continued dedication to finding a cure. We certainly could not do it without you!

Yours very truly,


Hiroshi Mitsumoto, M.D.

HOSPICE CARE NETWORK

Because Every Day Counts

August 25, 2015

Long Island Road Runners Club
c/o Mr. Jim Ferguson
2193 McClellan Street
East Meadow, NY 11554

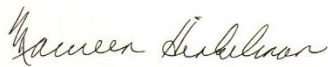
Dear Mr. Ferguson,

On behalf of the Board of Trustees, the volunteers and staff at Hospice Care Network, I would like to thank you for your \$958.00 contribution In Memory of Eunice and Colin Harris, designated to the Hospice Inn Fund.

Your generous contribution affirms our commitment to bring grace and dignity to patients and families at the end of life. Through special gifts like yours, we are better able to carry out our mission. Your donation may help an uninsured patient get the care he or she needs, or it may provide bereavement services to a young child or an adult learning how to live after the loss of a loved one, or it may provide transportation for a caregiver to visit a loved one in a hospice facility. However your financial support is used, you can be sure it will be used in our community, and it will make a big difference in the lives of hospice patients and families.

Thank you again for your generosity and for sharing in the mission and vision of Hospice Care Network. The family of Eunice and Colin Harris has been notified of your kindness.

Sincerely,



Maureen Hinkelman
President & CEO

*Hospice Care Network provided no goods or services in exchange for this donation.
Please retain this document as your official tax receipt.*

Nassau Administrative Office
The Marks Center for Caregivers
99 Sunnyside Boulevard
Woodbury, NY 11797
516/832-7100 fax 516/832-7160

Queens Office
59-07 175th Place
Fresh Meadows, NY 11365
718/939-CARE (2273) fax 718/746-6168

Fay J. Lindner Foundation
Hope & Healing Center
14 Shore Lane
Bay Shore, NY 11706
631/666-6863 fax 631/666-6889

Referral Hotline 1-800-2-HOSPICE • 1-800-246-7742 • www.hospicecarenetwork.org



The Long Island Road Runners
East Meadow, New York 11554
www.lirrc.org
Club Hotline: 516-569-4959

2015 LIRRC CLUB OFFICERS AND BOARD OF DIRECTORS

PRESIDENT - Fred Haslett	VICE PRESIDENT - Peter Cirona
TREASURER - Jim Ferguson	SECRETARY - Adriana Staiano
MEMBERSHIP - Juan Oliveras	PUBLIC RELATIONS - Michael Ogazon
CLUB COUNSEL - Jim Thornton	AT LARGE - Dave Philippi
AT LARGE – Marie Brewer	

LIRRC 2015 RACE OFFICIALS

Fred Haslett	Peter Cirona	Jim Ferguson
Adriana Staiano	Juan Oliveras	Dave Philippi
Bob Patterson	Joyce Patterson	

LIRRC 2015 RACE TEAMS
MEN'S TEAM CAPTAIN JUAN OLIVERAS

WOMEN'S TEAM CAPTAINS
SUSAN SCHMUCK & MARIE BREWER

We Will Long Remember the Contributions of Our Dearly Departed

PRESIDENT EMERITUS - Jack Dowling
SECRETARY/TREASURER - Eunice Harris
SECRETARY/TREASURER - Colin Harris