

THE LONG ISLAND ROADRUNNERS SALUTE

Fred Haslett

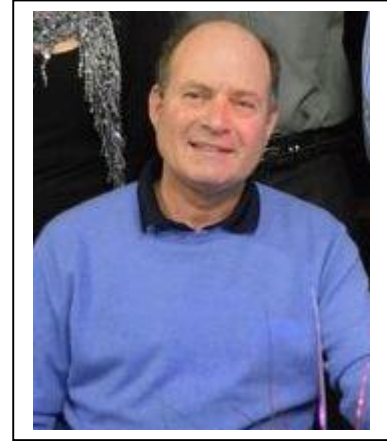
And thank him for 26 years of dedicated service to our club. Through his selfless efforts, the Long Island Roadrunners have been a viable force on the Long Island Running scene and will continue this legacy for years to come.

Join us at the LIRRC Holiday Party on January 16th as we raise a glass to one of the finest gentlemen in our sport

It's Been A

Good Run

President Fred Haslett, who resigns on December 31st, reflects on 26 years of service to the LIRRC in his last President's Statement.



My Final President's Message December 2015

And so today at our Santa 5K, it was my last race as President and LIRRC Board member. After 26 years I'm handing the reigns over to Adriana Staiano and Jim Ferguson, who will be interim co-vice-presidents. I will still be Race Director next year for our 2016 races.

The decision to resign surprisingly was not a difficult decision. I never expected to stay on this long! One year just led into the next. But after many missed family functions, countless hours at home planning races, making sure our permits were in order and races had insurance, (USATF Sanctioning), supplies were obtained, schedules made up, flyers designed, and much more than I can remember, I felt that it was time to have someone else lead the club.

After Jack Dowling resigned as LIRRC President, a young man who will remain nameless was chosen as president. In short time Jack saw he wasn't working out, and Mel Stamberg became president with Pat Killikelly and I as co-presidents. Before long Pat and I were co-presidents until he resigned and I was alone at the helm. Twenty Six years later, here we are.

I was fortunate through the years to have people step up and help me to ensure that we continued to put on quality races with low race fees, while keeping up with the latest race technology to keep us current, while making sure that we put the runners first and that they enjoyed coming to the park. In other words, keeping it fun. And we succeeded in that.

Having people like the late Eunice and Colin Harris, Joe and Lorraine Desposito. Juan Oliveras, Peter Cirona, Mike Ogazon, Adriana Staiano, Joyce Patterson, Jim Thornton, Dave Phillipi, and Jim Ferguson have kept the club going all these years. All contributed to the success of our club. The one, however, who brought us into the modern age, Bob Patterson, cannot be thanked enough for the time and effort he put in to bring us chip timing.

Thanks to the late Jack Dowling, I learning what race directing is all about. He and Jim Murphy were an inspiration to me. Some have passed on, like Jack and the Harris's. Others have moved on, but the club survives. Somehow someone always steps up.

This club was never a one man show. It always depended on caring people contributing what they could to keep the club going. I can't thank them enough for everything they've done.

I wanted to make the races fun, and always looked at planning our races from the perspective of a runner. What would I want if I was running our races? That's how we added the coffee and bagels to our Sunday morning races, the kid's fun run on Wednesday nights before the 5K, thinking it would create a family atmosphere, raffles, accurate courses, and just a friendly atmosphere. I feel that we succeeded in that.

We have had to reduce our schedule for 2016. But we also reduced membership fees and membership race fees. Our club depends on member support and I hope you all will continue supporting the LIRRC to ensure that our legacy continues.

I want to thank you for the support I have been given over the years. I am fortunate to have met many wonderful people and many have been friends for many years. Running brought us together, and I will forever be grateful for becoming a member of the LIRRC way back in 1981. The club and membership have become an extended family to me.

I will still be around and hope to start running more. (I won't have any excuses now.)

God Bless you all.

I'll still see you in the park!

Fred



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 eggnog.

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



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!



Thank You, Juan Oliveras!

Juan Oliveras is well known in Long Island running circles, and can always be found working behind the scenes at our Wednesday Night Series. His complete running history is way more than we can list here, but includes 17 NYC, 14 LI, and 2 Boston Marathons as well as the prestigious Comrades Ultra-Marathon in South Africa.

A LIRRC Board Member for years, Juan always brought common sense as well as his good nature to the meetings. He coached the Men's Race Team for years, and his efforts have paid off greatly.

Juan has tendered his resignation from the LIRRC Board of Directors effective December 31st, 2015, and he will be sorely missed in the Board Room as well as at the races.

Thank you, Juan! Your contributions have made all the difference in keeping our club a strong force!

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

Women's Race Team News

Congratulations Ladies. We placed 3rd in the Grand Prix Road Running Series. This is our 4th year in a row placing 3rd! Thank you Adriana, Julie, Judy and Paula for running the last race, Long Beach Turkey Trot 10K, to secure our placement. Thank you everyone on the team that ran the long runs, the short runs, and everything in between, that culminated to our win!







There is no denying that the face of road running is changing. Here is one perspective from Danielle Kurtzleben, writing for none other than US News & World Report.

Up and Running: The Rise of the Themed Road Race

The smart principle behind The Color Run and Tough Mudder's explosive growth.

By Danielle Kurtzleben June 20, 2013 | 5:00 p.m. EDT

Racing used to be a straightforward affair for runners, involving little more than a bib, a stopwatch and the directive to get from the starting line to the finish line as fast as possible.

Now, racing can involve escaping from zombies, getting spattered with colored powder, crawling through mud or listening to over two dozen rock bands perform along a single course.

The proliferation of massive themed-racing tours is a relatively new phenomenon and might be considered a case study in economies of scale, as companies grow and improve their races. As a sport, running is experiencing tremendous growth, and these novel racing series are feeding off of the recent boom, both benefiting from the new interest in running and inspiring new athletes.

Among the recent spate of new racing series, a few leaders have emerged from the pack. The Color Run, a 5K race in which participants are doused with colored powders, held its first event in January 2012, quickly spreading to 50 cities and signing up 600,000 participants over the year. This year, The Color Run will hold events in 120 U.S. cities and 30 countries, with an anticipated 1 million runners. The zombie-themed Run for Your Lives held its first race in 2011 and expects 21 races this year, with an estimated 150,000 participants. Obstacle series Tough Mudder started with three races in 2010 and has grown to include 53 events worldwide in 2013. Rock 'n' Roll Marathons, which feature race courses lined with bands and cheer squads, operated just five races in 2007 and will operate 30, including five in Europe.

Though these examples vary widely, these series represent a new theme in running: the selling of an experience beyond the accomplishment of crossing the finish line. Replicating that experience in many different cities means greater revenue growth.

"What's gone on in the last decade or so, is that the space was really fragmented. There was a host of local events, and you had some bigger marathons – the Marine Corps, the New York, Boston, that would appeal to various groups...and then you had some local marathons," says Scott Rosner, sports business professor at the Wharton School at the University of Pennsylvania.

"And then we started to see some rollups."



Those "rollups" include the Rock 'N' Roll series' taking over local marathons as the company built its racing roster, which includes acquired events as well as some built from the ground up. According to Scott Dickey, president and CEO of Competitor Group, the company that owns Rock 'n' Roll series, his events make up 15 percent of the total marathon and half-marathon market.

"When we started back in 2007, there was really no market leader. There was an enormous amount of fragmentation," says Dickey. "What we've been able to do is take advantage of some of that fragmentation but also really develop a brand."

Other long-distance series have sprouted up alongside Rock 'n' Roll, like the Diva Half Marathon and Women's Half Marathon series. The explosive growth of all of these racing series is not simply because they all discovered a new business strategy.

Rather, a massive boom in running's popularity has given races larger customer bases, meaning more room for large series and more potential for growth. According to industry tracking organization Running USA, the number of road race finishers tripled in just over two decades, from 4.8 million in 1990 to nearly 14 million in 2011. Women have played a huge part in this growth, with their numbers growing more than sixfold over the same period.



Of course, any type of race, whether local or in a national series, could accommodate new runners. But with size comes efficiency, explains Dickey.

"With scale comes leverage, with leverage comes reduced operating expenses," says Dickey. "Bibs, chips, t-shirts – once you get to a certain amount of scale, you drive those costs down: port-a-johns, truck rentals, barricades."

Even with more rigorous races, like Tough Mudder's unique obstacle courses, there is an element of uniformity that allows the company to operate races efficiently.

"It gets easier to a point and with certain amounts of growth, new options are open to us in terms of rented assets versus owned assets," says Ben Story, general manager at Tough Mudder.

To put it simply, a company operating several races becomes very good at it over time, says Rosner. For example, instead of each race having its own publicity and marketing department, as might be the case in most local races, companies can pay just one or a few people to market many races.

However, Story says there are inherent challenges to setting up Tough Mudder's courses as they change from venue to venue. The courses often require an excavator to construct, and because of the variation, Story says getting the full process down to a science is, for now at least, out of the question.



"We haven't yet gotten to the point where we're ready to say, 'We figured it out,'" he says.

Considering the clientele, these niche races are a great business to be in. Dickey describes runners as "super-well-educated, high-income, type-A, early-adopter, active lifestyle enthusiasts." Avid runners are more likely to have high incomes and college diplomas, according to Running USA, meaning more money for races and the paraphernalia that goes along with them, like t-shirts, hats and other branded merchandise. Finisher medals and t-shirts are only part of what these races are selling. Brand identities are also becoming important. Emily Giblin, a 27-year-old middle school teacher from New York City, is a loyal runner of Spartan Races, an obstacle racing series. Though Spartan's 8-to-11-mile mud runs might look similar to Tough Mudder, Giblin says veterans know the difference. Spartan Races, for example, are "very competitive," in Giblin's words, and are timed, while Tough Mudder races are not. In addition, she characterizes Spartan races as being more about brute physical strength than the competition.

"Tough Mudder has more mental challenges, like running through electric wires or ice-cold water," she points out, though being a Spartan adherent, she adds she has never participated in a Tough Mudder. While all of these events have benefited from the running boom, they also keep the trend moving. That's because many of these series are designed to make running fun, rather than competitive. The low-pressure, festive atmosphere created by zombies and rock bands is necessary in order to attract crowds, says Ryan Lamppa, a spokesperson for Running USA.

"In order to keep on drawing people, you have to deliver the goods that people, one, want to pay for and two, either come back for or they tell their friends about, and their friends check it out, too," he says.

Lamppa says the people running these races are young and often novices to the sport.



"Participants are not coming from the road racing world. That's not the majority of their participants," says Lamppa, who says the serious runners he knows largely see these new races as unappealing. "I would say a good share of my running friends, and they range in age from 70 down into their twenties, I don't think any of them have much of an interest in doing a Tough Mudder or [The] Color Run. "While the old-school runners turn up their noses, all of those new, young runners crawling through the mud are adding to the ranks of the sport, perhaps meaning more old-school road-racers in the future. Giblin says her Spartan Races have inspired her to run a few traditional 5Ks, and have also brought a few of her friends into the running fold.

"My [Facebook] profile picture is me not-so-gracefully jumping over fire. People look at it and say 'That's really cool. I want to try that, too,'" she says.

Business is good for now, and Rosner believes these themed racing series aren't a short-term fad.



LAST 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 Long Island Road Runners
Wish you
And yours
A Happy, Healthy, Blessed
Season!



The Roadrunner is LIRRC's online Newsletter, and with the February, 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 1/2 Mile Kid's Fun Run will remain only \$1, ribbons to all 12 and under!



“Let me win. But if I cannot win, let me be brave in the attempt”

The first International Special Olympics Summer Games were held in 1968 at Soldier Field in Chicago, Illinois. More than 1000 people with intellectual disabilities from 26 U.S. states and Canada competed in track & field and swimming. Today, Special Olympics has grown to nearly 5 million athletes in more than 170 countries.



LONG ISLAND ROAD RUNNERS CLUB

PRESENTS THE ANNUAL

HOLIDAY SOCIAL

**KNIGHTS OF COLUMBUS HALL,
186 JERICHO TURNPIKE, MINEOLA, NY 11501.
(Between Mineola Blvd. & Willis Ave.)**

SATURDAY, JANUARY 16TH, 2016 6PM -10PM

TICKETS ARE ONLY \$20 EACH (AFTER LIRRC SUBSIDY)

BUT THERE IS A DEADLINE!

**PAYMENT MUST BE RECEIVED NO LATER THAN
1/10/16.**

*****NO TICKETS WILL BE SOLD AT THE DOOR!!!*****

AMENITIES INCLUDE:

**4 HOURS OF HOT FOOD, BEER, WINE, SODA, MUSIC,
COFFEE, DANCING, DESSERT & RAFFLES**

CAKE,

CLUB AWARDS WILL BE GIVEN OUT AT THE PARTY!

MAKE CHECKS PAYABLE TO "LIRRC" AND MAIL TO:

JIM FERGUSON

2193 McClellan St.

East Meadow, NY 11554

(Cut here below and mail bottom to Jim with your check.)

NAME _____ # OF TICKETS _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TEL. NUMBER _____ AMOUNT Enclosed \$ _____



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/SECRETARY - Adriana Staiano
VICE PRESIDENT /TREASURER - Jim Ferguson
ASSISTANT RACE DIRECTOR – PETER CIRONA
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