

THE ROADRUNNER

THE NEWSLETTER OF
THE LONG ISLAND ROAD RUNNERS CLUB FEBRUARY 2016

Thank You Fred!

On the last day of 2015 I read a Facebook post from Fred Haslett; in essence, he was saying his farewell as President. Yet, the next day, he was at the Hangover Run, working, meeting and greeting, and being the old Fred.

There were more than 400 runners (a record) in attendance to start off 2016, all had a great time, and many wished Fred well in his future endeavors. But ...they WERE seeing his endeavors – working with LIRRC, being there for the membership, leading the pack. So, what Fred showed that day was the reason he will be sorely missed – a dedication and a bond to LIRRC that is difficult to modify. Those of us in different roles in the club would do well to learn from his dedication, and follow his lead. This was the essence of a toast I made to Fred at the Holiday Party. I print it here for those who could not attend.

As we start the New Year with our first race – The John Corrigan Relay coming up soon on March 20 – it would be good to take stock of yourself and your involvement with LIRRC. Know the history, ask the questions and help continue the sport through the best club on Long Island – The Long Island Road Runners. We again toast Fred Haslett for all he has done for the Long Island Road Runners. CHEERS!

Jim Ferguson

2016 THE NEW LIRRC BEGINS!!

We have a challenging year ahead. Thinking positively, Fred Haslett has left us with the knowledge to continue the legacy of LIRRC, the work of late Colin Harris still guides us with conservative fiscal policies, and we have a dedicated group of Board Members who have every intention of bringing LIRRC forward- to meet the challenges presented by a changing sport on Long Island. Our Men's and Women's Race Teams are strong, led by new Captains – Dave Frisone, Bill Schroeder and Marie Brewer –and they have a strong urge to succeed. We communicate with our members as never before- and we will run longer distances in different venues as we move through the year. If you are a runner on Long Island, we have plenty to offer - Welcome to your 2016 LIRRC!



LIRRC'S HOLIDAY PARTY

A HUGE SUCCESS!

Seventy-one party-goers danced the night away at a very successful Holiday Party at the Knights of Columbus Hall in Mineola on January 16th. Our club set the admission fee at \$20 per guest, and subsidized the additional \$10 for everyone attending. It was a great opportunity to join fellow runners as we toasted award winners, our former President, Fred Haslett and former Board Members Bob Patterson and Juan Oliveras.

LIRRC's Holiday Party is held in January each year after all the business of the season has calmed down. So we know it's early, but save a few openings on your Saturday nights in January 2017 and join us. Like our races, it's the best value in town. Good food, great people...it doesn't get any better!

LIRRC 2016 RACE SCHEDULE



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

JUNE 22, 2016

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

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

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



**Yep....it's the Hangover Run!
Left to right...Ric Secor, Fred Haslett, Frank
Notarstefano, and Marguerite Rivero**

Note:

The Board of Directors of the Long Island Road Runners has renamed the Hangover Run in honor of our former President. So...effective on January 1, 2017, the Hangover Run will be known as:

**The Fred Haslett
New Year's Day Run**



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!

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



*As promised, the LIRRC picked a \$50 American Express Gift Card winner from those who joined or renewed their membership on or before February 1, 2016. At our Board Meeting on February 9th, we used a random number generator before the Board Members and the winner was.....**Jeffrey Krugman!***

Congratulations!



In Memoriam

*The Long Island Road Runners Club
Mourns the passing of*

*Zelda Gerson
Mother of Steve Gerson*

*We would like to express
Our deepest sympathy to your families
At this difficult time*

He gets all clear in Wanamaker

BY JORDAN LAUTERBACH
jordan.lauterbach@newsday.com

Matthew Centrowitz was close to ending his chance at a Wanamaker Mile repeat before it even started. Battling congestion for most of the week leading up to yesterday's NYRR Millrose Games at the Armory in Manhattan, Centrowitz was seriously contemplating calling in sick before cooler heads, or rather the presence of one, prevailed.

"I actually thought about not racing in this race," Centrowitz said after winning the games' signature event in 3 minutes, 50.63 seconds. "I talked to [coach] Alberto Salazar on the phone and he said, 'Look, you're not going to come away from this race with a huge setback. You're just fighting this thing.' My temperature was down. It wasn't a fever. I didn't have the flu. It was just basic congestion. He just said that this was something I had to fight out."

Not only did Centrowitz, 26, out of Annapolis, Maryland, and the University of Oregon, fight it out to win his second consecutive, and third overall, Wanamaker Mile but he broke Lopez Lomong's Millrose and Armory record of 3:51.21, set in 2013. Centrowitz barely missed the record last year, winning in 3:51.35.

Centrowitz, who said he had requested a 3:50 pace from the pacer earlier in the week, spent



Matt Centrowitz greets fans at the Armory after winning the Wanamaker Mile, the Millrose Games' signature event, in 3:50.63.

the first part of the race nestled firmly in the middle of the pack before surging ahead right before the bell lap. Hardly a pedal-to-the medal performance, the time was a pleasant surprise for the champion.

"I kind of threw the pace out the window and just went for the win," Centrowitz said. "I honestly wasn't listening to any splits and had no idea what we came through in throughout the race. I didn't even know we ran 3:50 until about 30 seconds after the race. That was a big surprise and allows me to know that this is going to be a pretty big year for me ... This race was about toughing

it out and seeing what I could do when I'm not feeling 100 percent."

Shannon Rowbury also repeated, winning the women's Wanamaker Mile in 4:24.39. She won last year in 4:24.32, the fastest female mile time at The Armory.

"There's just so much emphasis placed on the Wanamaker Mile," said Rowbury, 31, from Portland, Oregon, and Duke and who is also coached by Salazar. "I had raced here in the past and come second or even further back. So last year, even though I had a rough last 30 meters, I was really proud of the win. Once again, I'm proud."



**2016 John Corrigan 4x2 Relay
Sunday March 20th 9AM**

Eisenhower Park, East Meadow at the Field House (parking field #2)

Registration 7:30AM to 8:45AM

Fee: Pre-Registration (Received by 3/16/) -\$20 Per Team

Day of Race - \$28 per Team (Sorry, No Refunds.)

MAKE CHECK PAYABLE TO: LIRRC

MAIL TO: : JIM FERGUSON, 2193 McClellan St. EAST MEADOW, NY 11554

Pre-registration must be received by Wednesday March 16th! And you don't have to complete your teams before you mail in the form, just name the team and send it in. Fill in team members on race day!
Remember! Sign in is 7:30 Am until 8:45 AM!!! Coffee, Hot Chocolate, Soup, Bagels, Irish Soda Bread.

***Scoring will be by combined time of all 4 scoring members of teams.**

Team Name: _____ Category: _____

NO RUNNER MAY RUN 2 OR MORE LEGS ON SAME TEAM!, BUT MAY RUN ON MORE THAN 1 TEAM.

AWARDS 3 DEEP IN EACH TEAM CATEGORY.

Registered Team Categories: Four on a team.

Check One:

☐ **Male Open- 4 men any age**

☐ **Mixed Open – at least 2 women, all any age**

☐ **Female Open -4 women any age**

☐ **Male Masters – 4**

men all 40 and over

☐ **Female Masters – 4 women all 40 and over**

☐ **Mixed Masters – at least 2 women all 40 and over**

☐ **Male Senior Masters - all 60 and over**

☐ **Senior Mixed- at least 2 women all 60 and over**

☐ **Female Senior Master - all 60 and over**

I know that participating in LIRRC events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with running in this event, including but not limited to change in running surfaces, falls, contact with other participants, or spectators, the effect of weather including cold, snow, and ice, traffic and conditions of the road, all such risks being known and appreciated by me. Therefore, in consideration of your accepting this entry, I the undersigned, intending to be legally bound, do hereby declare myself, my heirs, executors, administrators and assigns, do waive and release all rights and claims for any damages I may have against the Long Island Road Runners Club Inc., LIRRC race officials, officers, volunteers, the County of Nassau, the Nassau County Parks, Recreation, and Museums, and all the aforementioned representatives, employees, and successors, agents and assigns, for any and all injuries suffered by me in this LIRRC sponsored event.

Leg	Name: Print	Signature parent or guardian if under 18	Age: M/F
<u>1</u>	_____	_____	_____
<u>2</u>	_____	_____	_____
<u>3</u>	_____	_____	_____
<u>4</u>	_____	_____	_____

From The Archives

FOURTH ANNUAL Nassau County Half Marathon

13.1 Miles

SUNDAY, JULY 28, 1985 - 9:00 am Sharp!
Eisenhower Park, East Meadow, N.Y.

- ENTRY FEES:** Pre: \$4.00 - Post marked by July 21, 1985
Post: \$7.00 - Day of race 7:00 am till 8:30 am
- CHECK IN:** Eisenhower Park Administration Building
Friday nite 7/26/85 6:00 pm till 8:00 pm
Saturday 7/27/85 10:00 am - 4:00 pm
Sunday 7/28/85 7:00 am to 8:30 am. No numbers issued after 8:30 am.
- SHIRTS:** To keep entry fee at \$4.00 there will be no shirts.
- WATER STOPS:** Every 2½ miles
- FACILITIES:** Limited shower and lockers available
- PARKING:** Parking Lots No. 1, 2, 3, 4, 5 & 6
- COURSE:** Start at Field House, in and around Eisenhower Park, through streets of East Meadow and Westbury, ending at L.I. Marathon finish. Accurately measured by Jack Dowling, T.A.C. certification pending.
- AWARDS:** Long Island Road Runner medals 5 deep in 9 age categories, male and female:
12 & under; 13-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-59; 60 plus.
- REFRESHMENTS:** Froze Fruit, Beer and Soda
- RAFFLE:** \$300 in merchandise will be raffled off. Runners must be present to win.
- DIRECTIONS:** Northern State Pkwy. to Meadowbrook Pkwy. Exit M-5, Hempstead Tpke. east to Eisenhower Park, 1st light on left.

Make checks payable to Long Island Road Runners, and mail to: Box 232, East Meadow, N.Y. 11554.

Last Name										First Name										Age on race day		Mo.		Birth Date		Day		Yr.		Sex			
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I verify that I am physically fit and sufficiently trained to participate in this event. I, for my heirs, executors, administrators, and assigns, release and discharge all sponsors and their representatives from any claim for damages, injury or death arising from my participation in this event.

SIGNATURE _____ DATE _____ PARENT'S SIGNATURE
IF UNDER 18 YEARS _____



VOLUME 2 NUMBER 1
MARCH-APRIL 1982

FREE

Long Island Running News

Official Publication of Long Island Road Runners Club, Inc.



Aldo M. Scandurra Running In The 1954 Boston Marathon.

2016 ROAD GRAND PRIX RACE SCHEDULE

Brought to you by the Runner's Edge. Scoring provided by [Dennis Boyd](#)

Feb. 6	- Long Beach Snowflake 4 Miler - Race Results
Mar. 12	- USATF Long Island 15K Championships & Kings Park 15K -
Apr. 2	- USATF Long Island 10K Championships & Aspire 10K -
Apr. 10	- Marcie Mazzola 5K
May 7	- Run for the Health of It 5K
May 8	- Elizabeth McNamee 5K -
May 29	- Long Beach 10 Miler
June 5	- USATF Long Island 8K Championships & New Hyde Park 8K -
June 18	- Shwachman Diamond Dash 5K
June 26	- USATF Long Island 5K Championships & Massapequa Park Firecracker 5K -
July 4	- Independence Day 4 Miler

July 9	- Runner's Edge Women's 5K^ -
Aug. 6	- Massapequa Park Mile -
Aug. 20	- Hope Runs Here 5K -
Sept. 3	- USATF Long Island 1 Mile Championships & Farmingdale Main Street Mile -
Sept. 5	- Long Beach McAvoy 5 Miler
Sept. 11	- Angels on the Bay 5K & 10K**
Oct. 15	- Supervisors Oysterfest 5K -
Oct. 30	- USATF Long Island Marathon Championships & Suffolk County Marathon -
Oct. 30	- Suffolk County 1/2 Marathon
Nov. 20	- Long Beach Turkey Trot 10K -

7 Children's Books About Running

By [Audra Rundle](#)



The Long Island Road Runners have supported kid's running for years. Each Wednesday Night before our classic 5k Summer Series, the little ones get a chance to run, and you can see their parents goading them on, taking photos, and just having some fun family time. Its great exercise for the kids, and it's a good way to introduce them to the best sport in the world. Audra Rundle has compiled a list of books to keep them interested and motivated, and we present them here.

When my husband and I decided to travel down the path of parenthood, one of the first missions of impending motherhood I set out on was to find a children's book about running. It's not that I wanted to push running on my future child, but I wanted a fun way to share a major passion between their father and I. I wanted to begin teaching them what running means – far beyond the physical aspect – without having to wait until they were able to run themselves.

This mission was far harder than I expected. Despite its gradually growing popularity in our culture, running still doesn't compete for the general society's interest the way some other sports do. Yet I refused to believe I had the only family who wanted to share running with their baby. Nearly two years later, my researching has paid off and I've compiled a list of fun, clever, and engaging children's books about running. Have you heard of any of them?

[Last One Home is a Green Pig](#)

The story is loosely based on the familiar tale of the Rabbit and the Hare, only I found this version far more laugh-inducing, as both of the main character, Monkey and Duck, cheat elaborately and take shortcuts while trying to win. They both learn about the downfalls of cheating, how to win gracefully, and that friendship is more important than winning.

[Pellie Runs a Marathon](#)

It's hard for a child – or anyone, really – to truly understand what it feels like to endure the entire 26.2 miles of a marathon, but Pellie's the duck's marathon thoughts and feelings help bring the story to life while remaining an accurate description of a marathon's many stages. Pellie doesn't always feel like she'll make it to the end, but she keeps plugging along – and even sings a little song to occupy her mind.

[See Mom Run!](#)

This story touched my heart because I used to ride my bike alongside my mom on her runs, just like the main character Penny. Penny is so proud of her mom finishing a marathon that she wears the finisher's medal to school for show and tell and shares how she helped her mother train.

[We Are Girls Who Love to Run](#)

This English-Spanish children's story by Brianna Grant celebrates the true spirit of running, with the young female narrator explaining, "Some days I run quickly, my feet carrying me like lightning racing the wind. Any young girl could benefit from the positive messages and energy within this children's book.

[The First Marathon: The Legion of Pheidippides](#)

Perhaps the first real superhero of the running world, the legion of Pheidippides explains where, why, and how marathons came to be. The pictures help keep children engaged and soften some of the harder concepts of the story, such as the battles and the eventual death of Pheidippides.

[Marathon Mouse](#)

This cute story by Amy Dixon tells the journey of one mouse who dreams of competing in the New York City marathon. The message is clear: anyone with enough gumption and dedication can do a marathon if they really believe in themselves.

[Run Dad Run!](#)

This is perhaps the most elusive children's book about running, but definitely worth the extra effort to obtain. The story, written by Dulcibella Blackett, features a boy and girl whose father – that just happens to be a runner – ends up being a hero because he must run many miles to rescue someone in need. I think we've all imagined our running skills coming in handy in such an impressive manner – how fun to have an actually story where the hero is a regular runner.

The Corner

THINGS TO DO:

- 1) JOIN OR RENEW YOUR MEMBERSHIP IN LIRRC.
- 2) CONSIDER RUNNING ON OUR RACE TEAM
- 3) VOLUNTEER AT A RACE
- 4) WRITE AN ARTICLE FOR THE ROADRUNNER
- 5) GET OUT AND RUN!

We all have busy schedules with plenty of things to do. But I will ask you to take care of one thing – please take the time to join LIRRC or renew your membership today. It's easy, and the details are on the application, which you will find on our website at WWW.LIRRC.ORG. Why join? Well, it's a great way to support Long Island running, and it allows us to host our Wednesday Night Series, the Kid's Fun Run that precedes the 5K, the refreshments and awards after every race...well, I could go on and on. The bottom line is... joining LIRRC is an affordable way to get involved with your fellow runners, stay healthy, and save \$7 a race on our Wednesday Night Series. There is no better deal in town.

We all know that different clubs appeal to different people, but when it comes to running, it's commonplace to join a number of clubs to support the sport. I'm personally a member of LIRRC, GLIRC and The New York Road Runners – all clubs that keep our sport in the forefront!

To enhance your running experience with LIRRC, you might consider running on our race teams.

Our Men's Team is led by Captains Dave Frisone & Bill Schroeder, and our Women's Team Captain is Marie Brewer. It's not about being fast – it's a group effort to score points for LIRRC as we compete against other clubs, and it's a ton of fun.

Injured? Late for registering? You can always volunteer your services at our races. From working the water stops to timing the runners at the 2-mile mark, we could always use your help!

Fancy yourself a writer? Have something to offer or share? We could use contributions in our newsletter – (the one you are reading now). Running stories, results, favorite recipes –race results – we welcome any and all contributions in our newsletter enjoyed by all of our members.

Finally, as the club moves forward, it becomes apparent that no matter what – it's all about the running. So make sure you find the time to get out there and hit the track or trails, and enjoy the greatest sport in the world!

GO TO LIRRC.ORG AND DOWNLOAD THE 2016 MEMBERSHIP APPLICATION. COMPLETE IT, AND MAKE SURE YOU PROVIDE US WITH A CURRENT E-MAIL ADDRESS. RETURN IT TO THE ADDRESS PROVIDED WITH YOUR MEMBERSHIP DUES. YOU WILL RECEIVE A CONFIRMATION BY E-MAIL, AND MEMBERSHIP CARD IF YOU REQUEST IT.

SUPPORT LONG ISLAND RUNNING-
JOIN LIRRC TODAY!



Each Race Can Bring a Smile to Your Face:

To regularly go on a walk or a run
It's good for our health and a lot of fun
Whenever we join in any race
There's more to accomplish than a fast pace
Whether it's a marathon or a shorter 5K
We feel strong, flexible and good in every way
For us it's not about the speed
It's about giving ourselves all that we need
It not only gives us some physical gain
There is a positive aspect in our brain
There are mantras in our heads as we run along
To help make us emotionally and mentally strong
We each put a smile on our face
As we run along in each and every race
These mantras in our head, a total of four
Support our physical and emotional core
I am happy and peaceful is #1
It goes off in our heads as we start to run
Let words come to us like relax and calm
Reminding us to sit and listen to a psalm
We are serene and spirited and full of pride
We trust our instincts, whatever's inside
And if our vibes come up and leave any doubt
We analyze what that could be all about
If our stomach gets filled with butterflies at all any day
Just make a picture of them flying away
If attacked by a saboteur
We will no longer allow that to occur
We want our whole body to embrace and hear it
To bring on joy and our authentic spirit
Then there is mantra #2
That ***I'm healthy and strong*** in whatever we do
Our head goes through our body, each muscle, organ and cell
To keep us healthy and feeling well

After focusing on being pain free
We move on to mantra #3
I am cared for with joy by family, colleagues and friends
But that is not where that thought ends
We are also cared for with joy, we say, by me
An important part of thought #3
We look in a mirror, a loving message we send
It's important to be our own best friend
There is nothing that we long for that we can't acquire
We put out a message in the universe to create our desire
I'm safe from harm is #4
From physical issues and to support a pain free core
Safe from weather, nature, vehicles, pollution in the air
From all the possible danger out there
Safety from germs, bacteria, all 'dirt'
And not letting others make our feelings hurt
To be safe from our own criticism and self-doubt
All good is in, all negative is out
To not judge or question who we are or what we do
These four mantras take away the blue
And if our automatic reactions are sometimes as they used to be
We use these mantras as tools to set us free
That's the way we use each and every run
To encourage happiness, flexibility, love and daily fun
It's an activity to keep us healthy and thin
As well as support our joy and daily grin
We have finished a run, our physical exercise
And our internal joy is on the rise!

- Paula Groothius



The Long Island Road Runners mourn the passing of

Ana Oliveras

Mother of Juan Oliveras

*Our members extend our condolences
to your families*

*We will remember you
In our thoughts and prayers*



What Me Worry?

Fred Haslett will be retiring as President of the Long Island Road Running Club after 26 years of service. He decided that his new career will be running (as in left foot then right foot}.and not having to worry about all responsibilities of a president of a running club.

This will be a transition year for the club, Juan will be handing over the reins of the racing team to Bill Schroeder and myself. Yes, it will take two to replace the legend “Juan to run”. To make sure things go right Juan will be mentoring us. Bob Patterson has also retired from the Board but he will continue to do the timing for all LIRRC races in 2016.

Dave Frisone

Dave has been an active runner on the Long Island scene for years. This year he joins the Long Island Road Runners Club as a co-captain along with Bill Schroeder on our 2016 Men's Race Team.

Quick on his feet and a staple at the Wednesday Night Series over the years, Dave has a load of distance runs under his belt also. Dave joined us on our club trip to Ocean City, New Jersey last year, and aside from his amazing running skills, he has the ability to motivate a group to compete at their best. Welcome Aboard, Dave!

A relatively new member of the board, Marie Brewer, will also be the captain of the women's racing team.

What does this mean to me....

The traditions of one of Long Island's oldest running clubs will continue. Having run on Long Island for over 30 years, I have many fond memories of LIRRC races run at Eisenhower Park. I don't quite remember if I restarted my running career there or at Long Beach in front of Dave Katz's mother's bowling alley on the boardwalk.

My memory only goes back to when Jack Dowling was president

and Jim Murphy was Vice President and Chief Financial Officer and registrations were handled by Eunice Harris 52 Sundays a year in all kinds of weather conditions.

She would always provide encouragement.

-

Jack telling runners "if you slip on the ice, don't tell me go home and tell your mother."

-Ritchie DeLorentis, The Sargent of Arms, shouting "Line Them Up" when it reached race time.

-

Being passed by Grandpa Leo, whose old worn and faded yellow tee shirt read "You have just been passed by Grand Pa Leo".

To my knowledge before there were Eisenhower Park running events, on Long Island, races were generally for school age children. Those early races helped establish age groups where adults could compete and be awarded ribbons for their accomplishments.

In closing, thank you Adriana and Jim for stepping up.

Dave Frisone
12/24/15

As of January, 2016 LIRRC is alive and doing well.

Just ask the 400 + participants who showed up for the New Year's Day Run. Representatives were there from the GLIRC Racing Team, We Are Athletes, Massapequa, Alley Pond Park, Runners Stop, Runners Edge, Rogues, Suffolk County, Queens, Brooklyn as well as Nassau County.

As Donald Trump might say," it was huge" and even received coverage from FOX TV.

- Dave Frisone



What a great pic of Turtles/Rouges & Alley Pond Member Debbie Pantano after a run a Eisenhower, relaxing with breakfast and nice conversation at Bagelicious!



LIRRC Team Training Run – Brady Park after the run along the Massapequa Preserve Trail.



Bob Schaller, Bob Mayer, Anna Lau, Jim Thornton, with Mike Ogazon (taking the picture) at the Alley Pond Bowl 3X2 Relays, after running on ice and snow....but Lions, Turtles and BobCats had no problem doing that....we are used to those conditions due to the slippery hills of Eisenhower Park. Hahaha – Mike Ogazon

Sneakin' a Peek.....
Bob Schaller @
Alley Pond Park



2016 MEMBERSHIP APPLICATION LONG ISLAND ROAD RUNNERS CLUB, INC.



Please PRINT legibly, fill out completely and read and sign the "Liability and Indemnification Agreement" below

LAST NAME: _____

FIRST NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

TELEPHONE: (home) _____ (work) _____ DOB: _____

EMAIL: _____

Each member will be added to the club email group to receive club Newsletters, reminders, notices, and to send club messages.

2016 MEMBERSHIP TYPES AND ANNUAL FEES

☐ Individual: \$15

Priced for a single runner, this membership allows for discounts over our Wednesday Night Series amounting to \$7 per race. In the 2016 Season.

☐ Family: \$20

Perhaps the best value, this membership is designed for the running Family. - This membership covers all family Members with the same last name and Address.

☐ Patron: \$ _____

Patrons enjoy all the privileges of membership while supporting the programs Of the oldest running club on Long Island. We Thank You for your generous support!

FOR FAMILY MEMBERSHIPS: Please list names and ages of additional family members:

Do any of the following committees or activities interest you? We hope so! - Please circle - We will contact you!

SOCIAL RACE DAY VOLUNTEER MEMBERSHIP NEWSLETTER PHOTOGRAPHY

The Long Island Road Runners are proud of our Men's and Women's Race Teams. The teams provide competitive but friendly competition at races from March through November. It's a great way to meet fellow runners. It's not about being fast! It's about scoring points in competition against other running teams. It a lot of fun, too! Interested? Please contact the following Race Team Captains for more information: If you prefer, check the box and the Captains will contact you.

☐ Men's Team:

Dave Frizone (dave5run4fun@aol.com)
Bill Schroeder (bill_schroeder@verizon.net)

☐ Women's Team

Marie Brewer (marie9105@aol.com) -

It's easy to keep in touch with LIRRC. Our website is LIRRC.ORG - there, you can see race results, photos, our schedule, and access prior editions of our Newsletter, The Roadrunner. Current editions will be e-mailed to members every other month starting in February.

You can e-mail us at PROFFESOR444@GMAIL.COM

Members are invited to General Board Meetings & the schedule is posted on the website. Facebook - LONG ISLAND ROAD RUNNERS CLUB

AGREEMENT

I have read the LIRRC Rules of Competition as posted on the LIRRC.org website, and agree to abide by set rules and regulations.

Signed: _____ Date: _____

All adult applicants in a Family Membership (age 18 and older) must sign a separate application

All memberships run from January through December. Dues received from October 1 onward are for the next year's dues.

Make checks payable to: **THE LONG ISLAND ROAD RUNNERS CLUB, INC.**

Mailing address: 2193 McClellan Street, East Meadow, NY 11554-2010

Membership accepted by: _____ \$ _____ received by check # _____
Membership Chair

Date: _____



The Long Island Road Runners mourn the passing of

Lynn Wosleger

Wife of Jerry Wosleger

*Please accept our condolences
at this difficult time
Our thoughts and prayers are with
you and your family*



After 6 years, *The Roadrunner*, formerly LIRRC's online Newsletter, will be e-mailed to members starting with the February, 2016 Edition. It will continue to be a bi-monthly publication, posted in February, April, June, August, October, and December. A number of past issues are still available on our website at LIRRC.ORG.

As always, 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!



On Friday, January 29,
2016 Adriana Staiano
tendered her resignation
from the Board of
Directors of the Long
Island Road Runners Club.

Thank you, Adriana for
your work. We appreciate
what you have done for our
club.

DON'T BE SHUTOUT!

FOR THOSE OF US WHO ARE RUSHING TO EISENHOWER
FROM WORK, MAKING THE 6:45 DEADLINE TO REGISTER
FOR OUR RACES IN THE WEDNESDAY NIGHT SERIES CAN BE
A CHALLENGE! HERE ARE SOME TIPS -

- 1) HAVE YOUR WAIVER FILLED OUT BEFORE YOU GET
THERE - THEY ARE AVAILABLE ONLINE
- 2) HAVE EXACT CHANGE! THIS WILL HELP YOU AND
MOVE THE LINE FOR EVERYBODY!

THE 6:45 CLOSEOUT IS A REQUIREMENT OF USATF, WHO
SANCTIONS OUR RACES...IT IS MANDATORY THAT WE
ENFORCE THIS RULE!

(Cleared) Submission From Website

1 message

Abby@heartlandoffroad.org <Abby@heartlandoffroad.org>
To: info@lirrc.org

Mon, Feb 15, 2016 at 4:53 PM

Monday 02/15/2016

You have E-Mail Message from the LIRRC website

From: Abby Donner
Email: Abby@heartlandoffroad.org

Information Requested For:

Message:

I just wanted to send you a quick thank you note on behalf of our runner's club from Russell, Kansas! We've been using your web page - <http://lirrc.org/links.html> - as a training reference while going over different resources to help train the kids for an upcoming race! Thanks for putting it together!

As a thank you, I wanted to pass along another resource that the group found:
'A Guide for Outdoor and Indoor Runners'
<http://www.aaastateofplay.com/a-guide-for-outdoor-and-indoor-runners/>

With winter upon us, I love how the guide gave references for not only outdoor running, but indoor running as well! (We've been training mostly indoors lately, even with the mild winter!)

I was hoping you could take a few minutes to include the groups' suggestion on your page? It would mean a lot. I'd love to show the group that their research has actually benefited someone else! Plus, I think your visitors would find the tips as helpful as we have!

Let me know if you get a chance to include it!

Thanks again!
Abby Donner
Abby@heartlandoffroad.org
Russell, Kansas

<https://mail.google.com/mail/u/0/?ui=2&ik=3061028b6f&view=pt&search=inbox&th=152...> 2/17/2016

NOTE:

The e-mail above is an example of how our efforts can affect those who you would not imagine would go to our site. I checked out the website they have referred to, and found it very informative and useful, so feel free to check it out. The Long Island Road Runners sends a special "Thank You" to Abby Donner and her club for reaching out to fellow runners!

Just
Amazing!



Keelan Glass

We don't know about you, but we certainly weren't running half-marathons at the age of six! The pint-sized Keelan Glass finished her first half-marathon this summer, with a time of 2:46:31, making her the youngest [half-marathoner in the world](#), besting the nine-year-old who previously held the record.



Team Hoyt

Rick Hoyt was born a spastic quadriplegic with cerebral palsy in 1962. His parents were told to institutionalize him, because there was little hope of him having a “normal” life. Though he couldn't talk, his parents knew he was bright. They worked with a group of engineers at Tufts University to have a special computer built that would help him communicate. In 1977, he told his father that he wanted to participate in a 5-mile race for a lacrosse player paralyzed by an accident. Since then, Rick and Dick Hoyt have participated in more than 1,000 races, including marathons and Ironman triathlons.



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

2016 LIRRC CLUB OFFICERS AND BOARD OF DIRECTORS

INTERIM VICE PRESIDENT / TREASURER - JIM FERGUSON
PUBLIC RELATIONS – MICHAEL OGAZON
CLUB COUNSEL – JIM THORNTON
AT LARGE – PETER CIRONA
AT LARGE - DAVE PHILIPPI
AT LARGE – MARIE BREWER

2016 Race Officials

RACE DIRECTOR - FRED HASLETT
ASSISTANT RACE DIRECTOR - PETER CIRONA
RACE OFFICIAL - DAVE PHILIPPI
RACE TIMER - BOB PATTERSON
ASSISTANT RACE TIMER - BILL REITZ

LIRRC 2016 RACE TEAMS
MEN'S TEAM CAPTAINS –
DAVE FRISONE & BILL SCHROEDER

WOMEN'S TEAM CAPTAIN
MARIE BREWER



The Board of Directors meets monthly at the SAC Center located near the entrance of Eisenhower Park at Park Boulevard and Merrick Avenue. Known as the White House, the general area is currently under construction, so parking is very limited at this time. However, our meetings are open to all current 2016 members and 2015 members who will have an opportunity to renew their membership at the meeting. After our general meeting, we encourage questions and concerns from our members, and hope you take this opportunity to let your voice be heard.

NEXT MEETING – MARCH 8, 2016
@ THE SAC CENTER
6PM SHARP!