



The Runaround

The Inside Loop

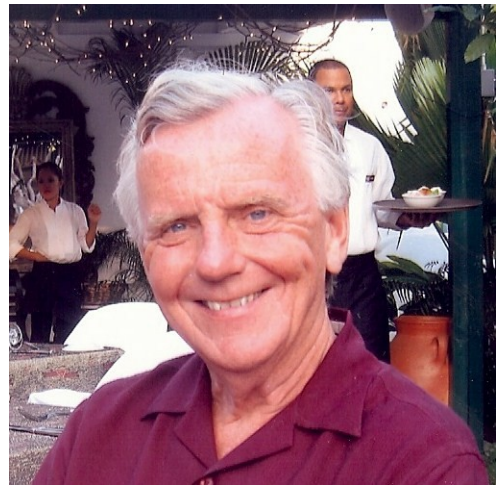
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By Bernie Casserly

At our first general membership meeting of the new decade, we elected several new board members to manage the club over the next two years. The new officers elected are:

- Bernie Casserly, President
- Kathleen Daly, Vice President
- William Carpenter, Treasurer
- Jesse Hackell, Membership
- Teresa Kenny, Secretary
- Enilda Indyk, Activities Director



Over the next few months, I will get a little paragraph written on each person, so that you can get to know all of the new board members. All of the above individuals have a new job while two, Jesse and William, are new to the board. This is a large and unusual turnover for our board, as several individuals decided not to run for office again.

Our exiting members include:

- JC Santa Teresa, President
- Ed Howard, Treasurer
- Shelly Shrem, Secretary
- Bob Goldsmith, Activities Director

Each of these people spent many hours over the last two years representing you. Trying to make our various events (races, parties, picnics) better. The group accomplished many things over the past year including, but not limited to, a significant increase in the number of runners at all our races. This led to a dramatic increase in the club's contributions to local charities during 2009, which totaled \$85,000.

The new board would like to extend our congratulations for a great job done by all departing officers, but especially to JC Santa Teresa who managed us through two difficult years, while holding down a very demanding job and raising a young family. A difficult job done very well by all!

Bernie Casserly



Rockland Road Runners promotes running and jogging in Rockland County. Membership is open to all. Yearly dues are \$25 (individual), \$15 (junior- under 18 and senior - over 64) and \$45 (family of two or more).

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The following stores offer members a 10% discount on running shoes and gear: The Running Company, NJ (various locations); Cleats & Sneaks, Nanuet. Orange County Sporting Goods in Middletown offers 20% off its list price on shoes. Gracie's Ravioli in Nyack offers a 10% discount to members and families.

On the Web

www.rocklandroadrunners.org

Weekly E-News:

www.rocklandroadrunners.org/RRRNews.html

Group Runs:

www.rocklandroadrunners.org/groupruns/workouts.htm

Runners and Walkers Take over Central Park for Colon Cancer Challenge

By Josh Williams

DNAINFO Reporter/Producer

CENTRAL PARK — Runners teamed up with NYRR and the Colon Cancer Challenge Foundation, on March 28, 2010 to raise funds and awareness through three different fitness events — a 1.7-mile walk, a 4-mile run and 15-kilometer race.

More than 6,000 runners and walkers participated.

Antonino Liuzzo took out the men's honors in the 15 kilometer race with a time of 49:51.

Sheila Casey won the women's race with a time of 57:28. It was a good race, the weather was perfect," said Casey, 40. She said her strategy was to run a comfortable first half and then pick up the pace.

Paul Flanagan, a 30-year-old finance worker who moved to Midtown from Ireland, finished ahead of his wife and was waiting for her at the finish line. "I didn't get into running until I moved to the city and wanted to try something different," said Flanagan, who had a time of 1:00:04 and placed 27th.



Sheila Casey (far right) on the winners podium.

"People are more into fitness here." Doctor Thomas Weber, founder and president of the Colon Cancer Challenge handed out awards and cheered on participants. "Many people don't know that colon cancer is preventable, treatable, and curable. This is a great way to raise awareness."

Read more: <http://www.dnainfo.com/20100329/central-park/runners-walkers-take-over-central-park-for-colon-cancer-challenge#ixzz0jhKy4HTP>

Trio of RRR Women Score Big in NYRR Awards Competition

By Jamie Kempton

Club members Marie Killeen, Josephine Patten and Sheila Casey were nominees for the New York Road Runners Club's Runner of the Year Award for 2009. Sheila bested five other finalists in capturing the 40-44 category, while Marie was one of four nominated in the 70-74 group and Josephine one of seven nominated in the 50-54 bracket.

To be eligible, runners must have completed a minimum of six fully scored NYRR races across a range of distances. Marie, or "Grandma" as she's known to just about everybody (including her grandkids, naturally), just made the cutoff with six NYRR races under her belt. Emphasizing quality over quantity, Marie placed first in her age group four times and second twice, losing out to category award winner Zofia Turosz, a Polish émigré who lives in Windsor, Conn. Grandma thinks she has a surefire way to reach the top spot in 2010 – "We've gotta get her deported," she quipped, repeating a tongue-in-cheek wish by former club prez JC Santa Teresa.

Marie, a Pearl River resident, won her age group in the Team Championships 5 miler (43:50, 8:46-per-mile pace), Grete's Half-Marathon (2:07:09, 9:42 pace) and Run For Central Park 4 miler (36:31, 9:07 pace), and finished second in the Coogan's Salsa, Blues & Shamrocks 5K (28:50), and Homecoming Scotland Run 10K (57:36, 9:17 pace).

A club member for 25 years, Marie doesn't particularly relish heading into the city, what with all the parking and other hassles, but she enjoys representing RRR in the team-scoring races. "I get crazy when I'm running for the team," says Marie, who's been called crazy even when she's not running for the team. "When you run the races up here [in Rockland] you think you're a big wheel. But down there you realize you're a little fish in a big pond."

Marie recently turned 73 and is approaching her 50th wedding anniversary to husband Mike. "I think that's a bigger accomplishment than any of this other stuff," she says, and who can argue? Grandma knows best.

While Grandma took the minimalist approach to racing, Josephine Patten was seemingly everywhere in 2009, racking up 14 appearances in NYRR races and 21 total competitions. The 54-year-old from Orangeburg especially thrived at the half-marathon distance. She won the 50-54 age group at the Bronx (1:35:40/7:18 pace) and Queens (1:35:22/7:16) races, placed second at Staten Island (1:37:18/7:25) and third at Manhattan (1:36:08/7:20).

But Josephine – who was also a NYRR award finalist in 2007 – exhibited a stellar range too, cranking out quality performances all the way up to the marathon. She finished second in the Healthy Kidney 10K (42:54), the Fitness, Mind, Body and Spirit Games 4 miler (27:06, 6:46 pace), and Joe Kleinerman 10K (43:59/7:05), and took third in the Team Championship 5 mile (33:39, 6:43 pace). She also qualified for the 2010 Boston Marathon with her effort at New York last fall (3:31:43/8:05).

A club member for six years, Josephine shared the RRR Runner of the Year award for 2009 with her husband, Bernie, who was just as prolific on the roads in forming the other half of the dynamic husband-wife duo. Josephine eagerly awaits joining a new age category when she turns 55 in November, but acknowledges "everyone else I've been running against is moving up as well."

Sheila Casey had a breakout year in 2009, both before turning 40 in May and thereafter. She raced for RRR through early April before joining the Running Divas of New York to be part of a competitive masters team. Although she no longer races for RRR, she has retained her club membership.

Sheila produced high-octane performances such as her second-place finish overall among women in the Colon Cancer Challenge 15K, clocking 56:34, an excellent 6:04 pace for 9.3 miles. She also won the 35-39 age group in the Scotland 10K (37:37), and eight days later strode to a personal-best 2:50:02 at Boston. She was just as impressive in non-NYRR races, placing second overall among women in the Women's Distance Festival 5K at Rockland Lake in 17:25, a sizzling 5:37 pace, and 5th overall female at the highly competitive Ridgewood Run 10K (36:52, 5:56 pace).

A 40-year-old Park Ridge, N.J., resident, Sheila pronounced her 2009 campaign a success and one in which she met all of her goals. "I learned a lot about my capabilities and raced in a way I never thought I could."

Swiftly Sixties Finish 2nd in NYRR 2009 Team Points Competition

By Jamie Kempton

The Swiftly Sixties men's team continued to blaze the trail for RRR's age-group entries in 2009, placing second in the New York Road Runners Club's team points competition in the Super Veterans category of 60+.

RRR men racked up 110 points to finish second out of 19 teams in their age group. Taconic Road Runners won the division with 144 points while the defending champ, Korean RRC, took third with 93. RRR was the only club to post a team score in all 10 designated races.

Frank Nieves Jr. spearheaded the Swifties' effort, competing in all 10 team races in 2009 and posting a 70 percent or higher age-grade rating in every one of them. Frank accepted the award for RRR on NYRR's Club Night, March 4.

The Swifties' team's depth is reflected by the 17 members who competed in the team races for 2009. John Singer duplicated Frank Nieves' feat of competing in all 10 races, followed by Ron Muhlfelder and Domingo Stern with 8 apiece, and Bob Dittmer and Patrick Passero with 7 each.

Others who contributed to the RRR's excellent showing included the following: Larry Wolf, Narcis Aron, Gerald Burstein, Benny Kim and William Chandler, 5 races each; John Forster, 4 races; Jim Mastrangelo, 3; Otto Mond, 2; and Frank Burckardt, Tom O'Donnell and Lawrence Ross, 1 each.

Off With Their Shoes

Reprinted from THE WEEK

New research on running shoes suggests you could be better off without them. Noting that running shoes have elevated heels, researcher Casey Kerrigan wondered whether they expose the wearer to the same physical stresses that high-heeled shoes do. Her team watched 687 average runners work out on a special treadmill that revealed the impact each step placed on various joints.

Compared with barefoot runners, shod runners experienced 38 percent more torque, or twisting, around parts of the knee where osteoarthritis develops; that's significantly more than what women in high heels experience. Barefoot, a runner naturally runs on the balls of the feet, which allows the foot and ankle to absorb more of the impact.

But since most of us run on pavement and not the soft dirt available to our ancestors, Kerrigan tells LiveScience.com, barefoot running is not a realistic alternative. If you do use running shoes, she says, get something relatively inexpensive, without a lot of thick padding

Turkey Trot Breaks Record Once Again

By Mike Greco, Turkey Trot Race Director 1997-2009

On November 26, 2009 (Thanksgiving Day), RRR held the 18th annual Active International 5-mile Turkey Trot at Rockland Lake State Park. Firmly established in the region as THE major running event of Thanksgiving week, the 2009 race drew a record-breaking 2600 registered participants, making it the largest single road race in Rockland County history. In addition, the course record was shattered by Luis Collazo of Yonkers, who won the race in 23:53. The overall female champion was Kate Pfeffer of NYC in 29:01.

Approximately \$45,000 was raised and donated to various local charities, including the Active International Cardiovascular Institute at Good Samaritan Hospital, People to People, the Rockland County Police Hispanic Society Scholarship Fund and the Salvation Army, just to name a few. Additionally, participants filled a van with donated food for our annual food drive benefiting People to People's food pantry.

After 13 years as the Turkey Trot race director, the time has come for me to pass the torch. It has been a thrill to watch this event grow, and satisfying to see it benefit so many individuals, organizations and causes through the years. Trot 2010 will be directed by David Goldwasser, who is currently the race director of RRR's Marisa Run.



Photo by Herb Conrad

It is an honor to have been associated with this fabulous event. My "Trot vision" from the early days has been realized with a little help from a lot of friends. I would like to take this opportunity to thank all the generous sponsors, contributors and volunteers who have supported this event throughout the years. A special thanks to the members of the best race committee any director could hope for, as well as various law enforcement agencies, military organizations and the staff of Rockland Lake State Park. Without caring people like you such a worthwhile community event would not be possible. Thank you!

Alumni Cross Country Run

North Grabs Record 9th Men's Title; Albertus Women Capture 1st Littmann-Viscardo earns record 8th crown; Nyack's Rodriguez gets his first

By Jamie Kempton

Clarkstown North annexed its record-setting ninth men's team title and Albertus Magnus captured its first women's crown at the 27th annual Bill Markiewicz Memorial Rockland Alumni Cross Country Run at Bear Mountain on Nov. 28, 2009.

The race, co-sponsored by the Rockland Road Runners, is one of the oldest running events in Rockland County. Fierce, whipping winds buffeted the harriers and hindered performances, but 201 entrants managed to complete the 3-mile layout, which is marked by the steep ski-slope hill halfway through the run.

The Clarkstown North and Monroe-Woodbury men were tied through the regulation five scorers, 82-82. Using the sixth runner as a tiebreaker, the Rams emerged victorious to gain their ninth championship. North previously had shared the record of eight men's titles with Albertus.

The Falcon women scored 92 points to lay claim to their first championship. They were led by eighth-place finisher Jo Ann Hodges, class of 1985, and 14th-placer Laurel Gilhooly Reilly, class of 1981, who was the Rockland County champion in 1980.

Bert-Justin Rodriguez, Nyack class of 1997, reached the winner's circle after coming close the past three years. Rodriguez took the lead in the first mile and never relinquished it en route to a winning time of 15 minutes 44.5 seconds. Rodriguez was runner-up in 2007 and finished third in 2006 and last year. Niko Viglione, Somers class of 2005, finished 60 yards behind Rodriguez in 15:57.

Julianne Littmann-Viscardo, Monroe-Woodbury class of 1995, collected her eighth Alumni Run title, more than anyone – male or female – in race history. She had been tied with Art Gunther, Tappan Zee class of 1989, for most individual championships at seven. Littmann-Viscardo, a former Clemson University standout, ran 20:22 for a decisive win over runner-up Suzanne LaBurt, Monroe-Woodbury class of 1981, who clocked 20:48.

Albertus Magnus took the team participation title with 48 finishers, the fourth-highest total in meet history. The former Falcons were mobilized by the efforts of Kevin Russo, class of 1974, one of the original 21 participants in the inaugural Alumni Run in 1983, and John McNiff, class of 1975, president of the school's track booster organization, the Falcon Spiked Shoe Club.

Overall, 48 high schools from nine states were represented, including schools in California, Wisconsin, North Dakota, Minnesota and Virginia. This year's race also welcomed international participants from Ireland and Canada. The oldest finisher was Bernie Casserly of New City, 68, a 1959 graduate of Erasmus Hall High School in Brooklyn.

The race is named in honor of Bill Markiewicz, a 1967 Albertus graduate who spent 11 successful years (1978-89) as Clarkstown North's head cross country and assistant track coach, and was one of Rockland cross country's most enthusiastic proponents. When he died of cancer in March 1991, the race was renamed in his memory and an award was initiated to recognize an individual who has made a lasting contribution and rendered distinguished service to Rockland cross country.

This year's Markiewicz Award winner is Ray Sussmann, Pearl River class of 1981, the longtime coach of the Clarkstown/Felix Festa Middle School's seventh- and eighth-grade cross country teams and the jumps coach for the Clarkstown South track team. Sussman was the senior captain of Pearl River's 1980 state championship cross country team and has participated in 19 straight editions of the Alumni Run.

Two former Albertus Magnus harriers kept alive their streak of never having missed an Alumni Run: Pat Chambers, class of 1976, the race's inaugural champion in 1983; and Larry Beckerle, class of 1973, who coached the 1990 Nanuet girls' cross country team to the state Class C title.



Golf Poem

By Anonymous

In My Hand I Hold A Ball,
White And Dimpled, Rather Small.
Oh, How Bland It Does Appear,
This Harmless Looking Little Sphere.

By Its Size I Could Not Guess,
The Awesome Strength It Does Possess.
But Since I Fell Beneath Its Spell,
I've Wandered Through The Fires Of Hell.

My Life Has Not Been Quite The Same,
Since I Chose To Play This Stupid Game.
It Rules My Mind For Hours On End,
A Fortune It Has Made Me Spend.

It Has Made Me Yell, Curse And Cry,
I Hate Myself And Want To Die.
It Promises A Thing Called Par,
If I Can Hit It Straight And Far.

To Master Such A Tiny Ball
Should Not Be Very Hard At All.
But My Desires The Ball Refuses
And Does Exactly As It Chooses.

It Hooks And Slices, Dribbles And Dies,
And Even Disappears Before My Eyes.
Often It Will Have A Whim
To Hit A Tree Or Take A Swim.

With Miles Of Grass On Which To Land,
It Finds A Tiny Patch Of Sand.
Then Has Me Offering Up My Soul,
If Only It Would Find The Hole.

It's Made Me Whimper Like A Pup,
And Swear That I Will Give It Up.
And Take To Drink To Ease My Sorrow,
But The Ball Knows I'll Be Back Tomorrow.

Stand proud you noble swingers of clubs and losers of balls....

A recent study found the average golfer walks about 900 miles a year.
Another study found golfers drink, on average, 22 gallons of alcohol a Year..
That means, on average, golfers get about **41 miles to the gallon.**

**Kind of makes you proud.
You almost feel like a hybrid.**



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Next Issue:

Send articles, photos, publicity, anything of interest:
to Herb Conrad at the below Email Address
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or by mail to

Rockland Road Runners

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**Please email address changes or corrections to Jesse Hackell at membership@rocklandroadrunners.org
or mail to RRR, Box 132, Congers, NY 10920**

Next Club Meeting

7:00 p.m.

Tuesday, June 1, 2010

Nanuet Restaurant