



The Runaround

The Inside Loop

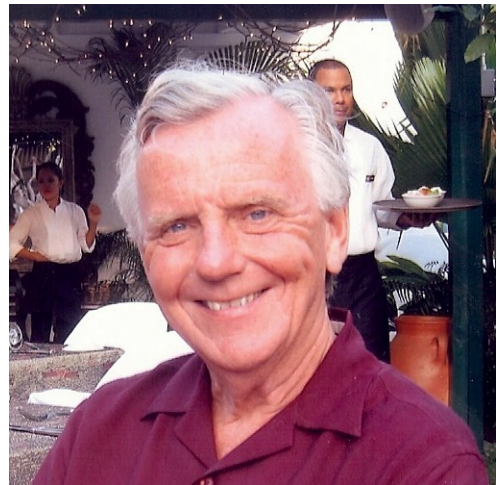
Inside this issue:

Inside Loop	1
Bill Fortune Passes	2
Father's Day Race	3
Hook Half Record Attendance	4
The Spring Lake 5	5
We Carried The Torch	6
The Right Way to Warm Up	7
Charter Members Moving Away	9
The Marisa Fund10K	9

By Bernie Casserly

Recently, RRR lost one of our most respected and gifted runners. On June 14, Bill Fortune of Pearl River passed away after a brief illness. A copy of Bill's obituary is printed on page 2. A memorial service was held for Bill on June 26, his 82nd birthday, and it was attended by over 350 people. Bill was a great person, a gifted runner and a good friend who will be sorely missed.

Another longtime RRR member, Doug Vassilatos, moved at the end of June to St. Augustine, Florida. Doug was an exceptional competitor, an outstanding runner and, while slowed by some recent health problems, he continued to run 4-5 miles every day. Doug too will be missed and we wish him and his lovely wife, Carol, the best of luck in their new home.



On April 18 the Hook Half was held at Rockland Lake. The race continues to grow and this year attracted over 1000 walkers and runners. Rich Tinger, race director for many years, has decided to step down and will be replaced by Steve Borton. Rich has done a great job with this race over the past years and the club thanks him and his team for their tremendous efforts. An article covering the race is on page 4.

On May 23 our last Marisa Fund race was held and was well received. In its short history (article, page 9), David Goldwasser and his team raised over \$100,000 for his charity. Dave will take over as race director of the Turkey Trot this year, replacing Mike Greco, who is largely responsible for the growth of this event. Our best wishes to Dave on taking over the club's largest and most successful race. Please remember that the club relies heavily on volunteers, so if you have some spare time and want to help your club, please get in touch with me.



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).

CLUB CONTACTS

President: Bernie Casserly
president@rocklandroadrunners.org

Vice President: Kathleen Daly
vp@rocklandroadrunners.org

Treasurer: William Carpenter
treasurer@rocklandroadrunners.org

Secretary: Teresa Kenny
secretary@rocklandroadrunners.org

Membership: Jesse Hackell
membership@rocklandroadrunners.org

Media Relations: Jamie Kempton
627-2030, kmptjai@aol.com

Activities: Enilda Indyk
activities@rocklandroadrunners.org

Race Events Chairperson: Kathleen Daly
kdrunner2002@yahoo.com

Track Workouts: Jamie Kempton-Jesse Hackell

Race Circulation:

Open

Club Clothing: Marie Killeen
tootsienmike@aol.com

Adopt-A-Road Coordinators: John Melican
and JoAnn Hodges

Webmaster: Frank Dickinson
786-7611, webmaster@rocklandroadrunners.org

Advertising: Myrna Rivera
myrunnergirl262@gmail.com

Counsel: Teresa Kenny, Esq.
627-0884, longfordkennys@aol.com

RUNAROUND

Editor: Herb Conrad
729-6866, runner5k61@hotmail.com

Staff

Frank Dickinson, Joyce Magee

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:

<http://www.rocklandroadrunners.org/RRRtrack.html>

Bill Fortune—Passes

Reprinted from the Rockland Journal News Obituary Section

William Patrick Fortune 6/26/1928— 6/14/2010 Good Fortune and The Smiling Runner.

Born in Brooklyn, Bill, 81, enjoyed the past 40 years living in Pearl River where he spent his days running at Rockland Lake and enjoying summer swims at the Nauraushaun Swim Club. Bill's quiet presence and easy-going manner made him an inspiration to his five children, Christine Fortune, Susan Pinheiro (of California), Mary Scanlon, Laura Thomson (of Pennsylvania) and Billy Fortune. Bill was the proud father-in-law to John Pinheiro, Kevin Scanlon, Rob Thomson and Elizabeth Pelo Fortune. In death, Bill joins brother Jimmy and sister Peggy and is survived by older brother John Fortune. Notorious for his sweet tooth, Bill willingly shared his hidden stash of chocolate with his grandchildren, Lauren, Morgan, Matt, Pat, Sean, Erin and niece Dorothy. Bill used his well developed sense of humor to delight countless friends and



relatives throughout his long happy life. A retired Deputy Inspector of the New York City Police Force and a Korean war veteran, Bill was famous for his smile while running and his winning attitude. An avid runner with the New York Road Runners's club, Bill smiled his way to victory in hundreds of races and shattered national records securing him a handful of world

Bill Fortune 6/26/1928—6/14/2010

records in the various age groups. With at least ten marathons under his belt, Bill specialized in the 5k and 10k distance. At age 64, Bill ran a 5:23 mile. In the 70-74 age group, his career peaked and his six-minute mile dominated the competition and earned him international praise. Bill's inspirational attitude landed him several prestigious awards and he traveled the world to pursue his passion. Bill also served as a local running coach for many. A nature and gardening enthusiast, Bill's kitchen table overflowed with budding amaryllis and fresh cut flowers from his garden. At his table, Bill like all good Irishmen, enjoyed a hot cup of tea and toast with orange marmalade. A devoted reader, Bill tucked himself under Lucy's afghans and read countless novels and poetry books and indulged in well-deserved naps. While he enjoyed good health for most of his life, Bill maintained his trademark good attitude through his struggle with rapid onset dementia and stroke. Always an unconventional thinker, Bill's specific wish was for a memorial service. Join us in a celebration of his life at the Regency Ballroom and Conference Center located at 425 East Route 59, Nanuet, NY 10954 (www.regencynanuet.com), on Saturday, June 26 at 10:00A.M. For those that wish to contribute to a memorial bench at Rockland Lake, please send donations to The Palisades Parks Conservancy, Administration Bldg., 3006 Seven Lakes Dr., Bear Mountain, NY 10911 (Attention: Fortune Memorial).

NYRR's 11th Annual Father's Day Race Against Prostate Cancer

By Ann Singer

The temperatures were near 80 degrees and the humidity showed a matching 80 percent. What saved most of the 5,218 runners in this 5-mile race from the sweltering heat in Central Park was the shade of the trees.

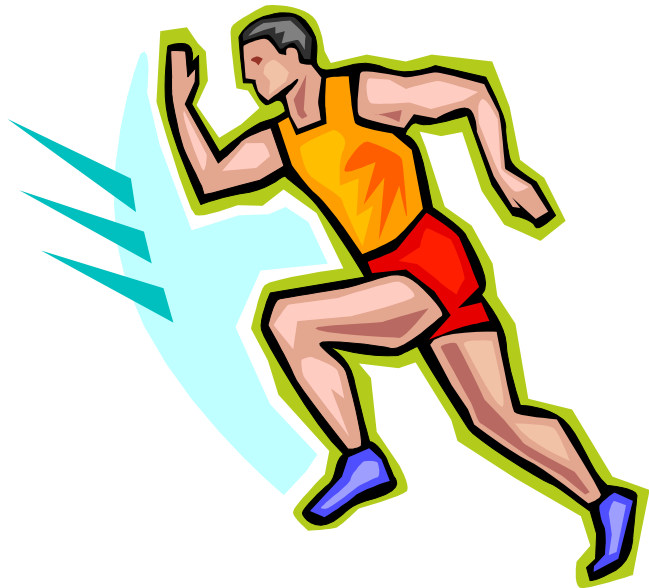
Rockland Road Runners has teams (in various age divisions) who run the New York Road Runners club point races. Everyone in our club is more than welcome to join us, as we are always looking for new runners. The races are scheduled about once a month and are usually in Central Park. This race was coed, but only the men's teams scored. The RRR ladies team had their chance to earn points at the Women's Mini 10K the previous week. For anyone who completes nine qualified races for the New York Road Runners, a reward of an entry in the New York Marathon awaits. Check out nyrr.org for details and a list of races.

This 5-miler is so popular that it had reached capacity and registration was closed a week before the run. For many fathers this race has become a tradition. It is a chance to share with their families the children's races, artistic face painting and other kids activities, and perhaps win one of the many raffle prizes, such as tickets to Broadway shows, Mets games and Hershey Park.

The focal point of the race is to raise awareness of prostate cancer. Many, many men take advantage of the FREE prostate cancer screening at a tent at the race site provided by Hackensack University Medical Center. Although some men might find it inconvenient to test that day, this testing will not only bring "peace of mind," but might well save one's life. And as mentioned, it is FREE...

ABC Channel 7 News provides a live broadcast from the race. You can find online video of your group finishing. The New York Road Runners also has extensive coverage of this race with videos and photos.

Each year at the Father's Day race, after the top finishers' awards are presented and the raffle numbers are called, the prostate survivors who ran the race are called to the stage. A survivor award is given to each one and a survivors' group photo is taken. Everyone, especially the families of these survivors, is very proud on this special celebration of Father's Day. We thank each and every one of them for surviving the battle of prostate cancer for us.



Record Attendance for Hook Mountain Half

By Rich Tinger, Race Director



Men's Winner Greg Swiatocha

On Sunday, April 18, we had the best attendance ever for the 21st annual George Wodicka Hook Mountain Half Marathon and 5K Run & Walk to Remember. This day will probably always be remembered! We had 865 registered runners and over 250 walkers, breaking the race record. It was a perfect day for the participants, with cool temperatures that added to fast times at the completion of the event.

Greg Swiatocha of Mahopac won the half marathon, with a commanding lead, in a time of 1:18:12 and Art Gunther of Nyack won the 5 K in 15:42. Sheila Casey of Park Ridge led the women in a time of 1:28:09, a course record, in the half marathon. Kelly Thompson was the women's 5K winner, at 19:30.

Jamie Kempton of Nanuet received the Adi Steingraber award as the first Rockland finisher. Great job, Jamie!

Laura DiMarino of New City received the award for the first Rockland woman finisher and first in her age group, in a time of 1:34:31. Congratulations, Laura!

Again the members of the Tri-Life of NYC and 45 other cyclists biked 36 miles from New York to participate in the race, many of whom won age group awards. They are training for the Lake Placid Triathlon.

We had some great sponsors and plenty of food and refreshments. I would especially like to thank the volunteers from Hospice and the Rockland Road Runners for making the race an annual success. We have raised over \$50,000, a new record for the United Hospice of Rockland, I am sure that George would be very proud. [The race was renamed in honor of beloved RRR member, George Wodicka after he died of prostate cancer in 1996.] The "Walk to Remember" was very inspirational and brought many more participants, both running and walking! Ricki Berger's group raised \$5000 dollars and won the prestigious Avanti Cup!

Those individuals who are always there when you need them: Marie and the Singers, Enilda, Kathy, Becky, Sue, Larry, Bernie, Fred, Kathy, John, Marie, Angelo, Jack, Al, Sue and Jay, Amy, Lanie and Lisa and all the volunteers from Hospice and students and the other Rockland Road Runner volunteers. Alison did a super job with the volunteers and the overall race coordination!

Our lead sponsors were Provident Bank, Avanti Health Care Services and New York Home Health Care. We had the most successful event ever! What a great day!

Thanks to everyone for making this event a most memorable experience.



Women's Winner Sheila Casey

The Spring Lake Five

By Enilda Indyk

Spring Lake has been a favorite Jersey Shore beach spot of mine and a favorite town of Marie Killeen (better known as Grandma) as well. We'd go down for the day, swim in the freezing ocean, go for our ritual Bloody Marys in the Breakers Hotel and finish with a late lunch at an Irish Pub in town before heading home. Each year we would see the banners left from the Spring Lake Five and we'd say, "Next year we have to do that race." Well, next year came and Marie knew someone from her gym who helped us get into the race. We got our bibs and chips in the mail and on May 29, five of us, Marie, Kathy Daly, Larry Wolf, Fred Turk and I left Rockland at 5:45 am for our almost two-hour drive to the 33rd Spring Lake Five Run.

As we approached Exit 98 on the Garden State Parkway, the clouds opened up and the rain came down in buckets. What a shame. For years we wanted to do this race and now the rain was spoiling it. In the downpour, we picked up our packets of goodies and shirts at one of the tents on Ocean Avenue where it looked pretty empty. There were no lines for anything, although we had heard this race attracted thousands of people. It didn't look like there would be thousands at this race. The weather had really put a damper on this race. We hid in our cars until start time. Then at 8:15 am, we headed to the start. The rain miraculously stopped and thousands of other runners who must have been hiding in their cars as well walked with us to the start. Wow! It looked like Staten Island's NYC Marathon start only this was on Ocean Avenue right next to the boardwalk. How cool was that! We even saw another RRR member, Jim Malone.

We ran under cloudy skies by Lake Como, by Spring Lake, past St. Catherine's Cathedral and the many luxurious summer homes owned by the more affluent Irish in what is known by some as the "Irish Riviera." Although the race was crowded, lots of elbows poking us, we were all happy with our times and Grandma even placed first in her age (of course). There were no age category prizes, but Grandma didn't care. She was happy that she ran five minutes faster than the 2nd person in her age group. Only the first 10 female and 10 male finishers got monetary prizes. There were the famous Mike's Subs, bagels, bananas, snacks, muffins, drinks, etc. in plentiful amounts. What a well organized race. I guess after 33 years of practice, it helps. I dropped my cell phone in a puddle and lost communication with two from our group but surprisingly we met up in town. We stopped for breakfast at Ray's Café, after a little shopping at the sidewalk sale going on at all the stores. We toasted over orange juice, "Good race. We'll be back!"



Spring Lake Race Start

We Carried The Torch

By John Melican

Cancer touches more than just the people who are diagnosed. It has an impact on everyone around them. This is one of the many reasons why we participate in Relay For Life. We bring together many people to raise money to help prevent cancer. This is Rockland Road Runners eighth year taking part in this worthy cause. Our team raised nearly \$6,500, almost as much as last year's high of \$7,000. The total for the American Cancer Society's Rockland event was \$338,000.

Nationally the ACS spends approximately \$130 million each year for cancer research. The Society dedicates 20 to 25 percent of research funding to beginning researchers and innovative research opportunities to continually search for new discoveries.



The noontime opening ceremonies at RCC on June 12th included 54 teams. Our tent site was not unlike the many, many others displaying banners depicting team emblems, many of which promoted products, services or games to raise funds from visitors and other teams while a team member was on the track. Our 18-hour track coverage consisted of Richie Tinger, Cathy Cox, Enilda Indyk and her daughter Christine Fox, Alexandra Finger, Cheryl Langus, Kathleen Daly, Dan Hogan, Jamie Kempton, Janice Digiacomio, Sean Kilkenny, Bill Roland, Bill Carpenter, Marie Killeen and Mike Greco. There was music and fanfare throughout the day, activities for children, sack races, three legged races, the inflated moon walk ride for kids and many others.

The caregivers and survivors walk included Larry Wolf's wife, Carol, and his mother, Marion, and John Melican.

After the sun set, thousands of candles contained in bags surrounding the quarter-mile track were lit, along with the candles on the hillside forming the word CURE.

In recognition of our participation and contributions over the years, our team was chosen to carry the torch during the Luminaria walk. We followed the mournful sound of the bagpiper leading the quiet and solemn line of marchers around the track, circled by candlelit bags listing names *in honor of* or *in memory of* victims of cancer. Sometime later, the hillside candlelit bags reading CURE were changed to HOPE.

We are particularly grateful to all of you who have donated to our team. Without you, we could not have done this. We are hopeful that what you have contributed today will save a life tomorrow.

The Right Way to Warm Up Is (Your Answer Here)

Reprinted from The New York Times

By Gina Kolata



At the Boston Marathon last month, my running partner, Jen Davis, said things were pretty much the same as the 10 other times she has run this race. Most runners stood around waiting for the race to start. Some did strides — short bursts of speed — or ran briefly at close to their race pace. There was a lot of stretching, too, and applications of heat rubs like Bengay and jumping up and down to stay warm.

My son, Stefan Kolata, was with the elite men this year in Boston and warmed up with them in their own special pre-race area. Those runners had a very different routine, he says. They spent about 15 minutes doing sort of a slow shuffle. There they were, a long line of elites, going around and around the warm-up area, barely lifting their legs.

Then, some went to a parking lot and did dynamic stretching — high knees, backward running, sideways running. Others vanished from the outdoor warm-up area, emerging again when the race was about to begin.

When it was all over, the men's winner finished in 2:05:52, an average pace of 4 minutes 48 seconds per mile. Even the 10th-place finisher had a time of 2:10:33, or 4:59 a mile. So maybe these fast men know a secret about warm-ups.

Or maybe not.

Just about every serious competitive athlete, it seems, warms up before a race or even a training session. But there seems to be no particular method to their warm-ups.

Some, like Paula Radcliffe, the world record holder for the women's marathon, spend more time warming up than most people spend running.

"Warm-up usually takes 45 to 50 minutes and is pretty much the same for workouts and races," she told me. It consists of jogging for 10 to 20 minutes, stretching, and then doing strides.

(Continued on page 8)

(Continued from page 7)

But her warm-up is short and easy compared with the cyclist Andy Hampsten's 90-minute warm-up before a time trial, in which cyclists ride one by one as fast as they can over a course that is typically about 25 miles.

Mr. Hampsten, who rode in the Tour de France and was the only American ever to win the Tour of Italy, began his warm-up with 30 minutes of easy riding followed by 40 minutes in which he rode as hard as he could for intervals of 2 minutes, alternating with 5 minutes at an easy pace, followed by 20 more minutes of easy riding. He said he knew he was warmed up when he got "a mild endorphin buzz."

At the other extreme is the Olympic swimmer Dara Torres.

"I don't need a ton of warm-up to be ready for my races," she said. Her warm-up is just "some light swimming, kicking and drills," followed by a few sprints.

Exercise researchers say they are not surprised by the lack of consensus on warming up. There is a theory of why it should improve performance, but there is dearth of good research on whether it actually does.

The theory, said Paul Laursen, a performance physiologist at the Millennium Institute of Sport and Health, in Auckland, New Zealand, is that muscles contract better after they have already been contracting.

As a muscle warms up, the force of its contractions can be charted like a staircase: when it starts to work, the contractions may be only half as strong as they are after it has contracted a few times. The explanation is that the contractions release calcium ions in the cells, enabling the muscle fibers to contract more forcefully. At the same time, muscle enzymes, which work best when slightly higher than body temperature, heat up and become more efficient.

That may be why the elite male marathoners did well after their slow shuffles. "Despite the fact that they can go so fast," Dr. Laursen said, it will take only a few muscle contractions for their muscles to warm up effectively for their long duration event."

But the story may be different for shorter events. Dr. Laursen said that athletes might do best with a high-intensity warm-up, the sort that Andy Hampsten did; that can allow fast-twitch muscle fibers to contract more efficiently and can prepare the nerve fibers and the cardiovascular system for an all-out effort.

That, at least, is the theory. What's missing is evidence showing actual effects on performance.

There's almost nothing credible, as Andrea J. Fradkin an exercise researcher at Bloomsburg University of Pennsylvania, discovered when she searched for published studies on warm-ups. Most of the research was done in the 1960s and '70s, she told me, and its quality was poor.

In a recent review article she wrote, "Many of the earlier studies were poorly controlled, contained few study participants and often omitted statistical analysis."

The studies were of so little value, she concluded, that "it is not known whether warming up is of benefit, of potential harm, or having no effect on an individual's performance."

An exception is Dr. Fradkin's own studies of warming up before playing golf. After a decade of research, she found that a seven-and-a-half-minute warm-up involving cardiovascular exercise, stretching and air swings — swinging a golf club without hitting a ball — can significantly improve performance.

But that does not necessarily mean the same routine will work in other sports. As Dr. Fradkin put it, "How can you compare improving performance in golf with improving performance in swimming?"

It's an appalling situation, she told me. Serious athletes place so much emphasis on warming up, yet what they do is based more on trial and error than on science. For now, she said, what to do "is almost a 'he said, she said' thing."

Charter RRR Members moving away

By Joyce Magee

RRR is losing two charter members, as Doug Vassilatos and his wife, Carol, prepare to move permanently to their beautiful condo on the beach near St. Augustine, Florida. As many of you know, Doug is a retired NYC cop and Carol is retiring from a nursing career.

Through the years, Doug has been a fixture at most of RRR's races, either as a volunteer or a participant -- or both. He gave each race everything he had, and enjoyed taking home age group hardware as much as any competitor. Doug bounced back from more than one serious health threat, never giving up running, and even added walking to his daily routine at Rockland Lake. He accomplished his goal of avoiding the fate of his father, an early death from heart disease. As he and Carol learn to relax on the beach, RRR's members wish them well.

Doug and Carol, we will all miss you.



Bernie Casserly, Doug Vassilatos and Neil Sullivan

The Marisa Fund 10K

By Dave Goldwasser

The last of The Marisa Fund 10K runs finished on Sunday, May 23, 2010. For those of us who have been with the fund since it began in 2004, it was a day of mixed emotions. We were sad to see our "grass roots" race, which had started as a 2-Mile Run back in September 2004 and had grown to an event of over 400 participants, come to an end. But we are elated to be moving to our new date: every Thanksgiving morning starting in November of 2010!!

The Marisa Fund10K has become a part of the RRR calendar and I hope, going forward, we will find a worthy charity that will support a 10K event. Over the years we have raised well over \$100,000.00 and every penny has gone to aiding research to find a less toxic treatment for childhood cancers as well as supporting families when the financial burden of treatment becomes overwhelming. I am proud to say that our efforts have led to new treatment protocols that have prolonged and saved the lives of pediatric cancer patients.

It has been a wonderful beginning for our charity (The Marisa Fund is a recognized 501(c) 3), and we look forward to making a greater contribution towards finding a cure for one of the leading causes of death in children.

We hope you all join us for The RRR Annual 5 Mile Run for The Marisa Fund on Thanksgiving morning and we appreciate each and every runner and walker who has contributed. Special thanks to all my friends at RRR for their support...you all know who you are and I love you for it!! See you on Turkey Day.

The Runaround

Next Issue:

Send articles, photos, publicity, anything of interest:
to Herb Conrad at
runner5k61@hotmail.com

or by mail to
Rockland Road Runners
Box 132, Congers, NY 10920

**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.
Thursday Sept 2, 2010
Nanuet Restaurant