Newsletter of the Rockland Road Runners

Volume 25, Issue 1

The Runaround

The Inside Loop

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By JC Santa Teresa, March 2009

Spring is in the air! As we are coming out of hibernation, some of us are in the middle of our training for half or full marathons, such as Boston, Long Island, New Jersey, Delaware, Seattle, and even Hamburg (Germany). Good luck, runners!

We have several new members who would like to run marathons eventually. They have a lot of questions. I'm currently looking for experienced marathoners who would like to mentor these newbies. Those who are interested in being mentors or mentees can email me at president@rocklandroadrunners.org. Remember, you were newbies once − help a fellow member!

This year, Steve Blackburn, Logan Scott and Shelly Shrem are captains of our Team RRR along with Team Singer. Last March, our team competed against other clubs for the first of nine races in NYC: the Coogan's Salsa, Blues, and Shamrocks Run 5K. We had 38 members who remembered to put Rockland RR on the application (Ivan and Bob, get with the program!). Not including the Team Challenge, this race had our best participation since we started competing. Great job, captains, keep up the good work!

Congratulations to RRR members Sheila Casey and Laura DiMarino for their nomination for the Fred Lebow Runner of the Year Award in their age group. The Fred Lebow Runner of the Year awards are given to the male and female runners who have exhibited the most consistently superior performances over a variety of races and distances. Good luck on March 24th!

JC proudly holding the Interclub Challenge trophy

The Interclub Challenge (ICC) had been hosted by the Orange Runners Club for the past seven years. This year the 8th annual ICC was held at Rockland Lake. There were 172 total registrants − 68 were Sullivan, Orange, and Bronx runners, and the rest were from Rockland! All I asked was to represent and participate and you did!

We got the trophy! The trophy was the icing on the cake. As I said before the start of the race, "Whether you are representing the **B**ronx, **R**ockland, **O**range, or **S**ullivan, we are all **BROS** and sisters. We are all winners just for being here!" The real winner of that day was the American Cancer Society (ACS) which received all proceeds. I had several compliments from the other clubs' participants, like how beautiful our park is, how very organized the race was, etc. These comments would not have been possible without the help of our volunteers − Jamie Kempton, Kathy Daly, Dave Sharkey, the Hodges family, the Kennys, the Luschers, the Shrems, the Santa Teresas, Dan Hogan, James Carey, Grandma Killeen, Sarah Styles, Bob Goldsmith, Enilda Indyk, Dave Goldwasser, Christian Luce, Dave Badolato, Ho Jo, Jerry Quigley, Clarkstown police, Todd Jennings, Dennis Toscano, and Anibal Ellin. Thank you, participants and volunteers!

And speaking of volunteers, Ken Kingsley's name was picked from a raffle at the last

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general meeting for volunteering for the Turkey Trot Race. Ken, enjoy your Stir Crazy® gift certificate. By the way, all RRR members get a 10% discount at this fine culinary establishment at the Palisades Mall!

Our next general meeting is on April 7, 2009. Mary Wittenberg, race director of the ING New York City Marathon and president and CEO of the New York Road Runners, will participate in a roundtable discussion at this meeting.

Admission to the 7:30 p.m. event, to be held at the Nanuet Restaurant (211 S. Main St., Nanuet), is free for RRR members and $10 for non-members. Pizza and beverages will be served. For reservations or more information contact Kathleen Daly at 845-512-8009.

If you have articles, pictures, or anything of interest, send them to our club editor, Herb Conrad, at runner5k61@hotmail.com.

Keep moving!

2009 RRR Club Races:

April 26	HOOK MT. HALF MARATHON and HOPE 5K
May 17	MARISA 10K and 3 mile FUN WALK
July 11	WOMEN'S FESTIVAL 5K RUN/WALK
Sept. 6	SOUTH NYACK 10 Miler
Nov. 26	5 Mile TURKEY TROT
Nov 28	ROCKLAND ALUMNI Cross Country Run

2009 NYRR Team Races:

March 1	COOGAN'S SALSA BLUES SHAMROCK 5K
April 11	SCOTLAND RUN 10K
May 16	HEALTHY KIDNEY 10K
June 6	NYRR MINI 10K (Women Only)
June 21	WABC FATHER'S DAY 5 Miler (Men Only)
July 18	CPC RUN FOR CENTRAL PARK 4 Miler
August 15	NYRR TEAM CHAMPIONSHIPS 5 Miler
Sept. 12	FITNESS MIND,BODY,SPIRIT GAMES 4 Miler
Oct. 3	NORWEGIAN FESTIVAL Half Marathon 13.1
Nov. 1	NYC MARATHON
Dec. 6	JOE KLEINERMAN 10K

To increase club participation in Team RRR, we will be offering an incentive program.
There are 9 team races plus the NYC Marathon. If a team member runs 4 races plus the team championship run, the club will give you a team RRR singlet or tee shirt Six races plus the team championship run the club will give you a team RRR long sleeved shirt or vest or singlet If you run all team races including the NYC marathon you will receive a Team RRR jacket!

The club will be sponsoring a bus down to the 5 mile team championship race on August 15th. Following the run, we will be having a team picnic. More info will follow in future emails but please mark your calendars for this fun event. Remember to put Rockland RR - RRR for team affiliation.

If you are interested in being a part of Team RRR and want to included on a separate email list that will include more information, updates, reminders, etc. about the team please email: secretary@rocklandroadrunners.org or want more information about the team, email -TeamRRR@RocklandRoadRunners.org

For complete team results go to http://rrrraceresults.blogspot.com/

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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RUNAROUND

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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

Relay For Life, June 13-14, 2009
By John Melican, Relay For Life Team Captain

Despite the recent good news that cancer incidence and death rates for men and women in the United States continue to decline, cancer is projected to become the leading cause of death worldwide in the year 2010. To combat this serious problem, Rockland Road Runners will participate for the seventh consecutive year in the American Cancer Society/Rockland County Unit's **Relay For Life** held on Saturday and Sunday, June 13-14. This year marks the 12th anniversary for our local chapter. It also marks the 25th year since Dr. Gordon Klatt conceived the idea of Relay For Life and walked the track for 24 hours in Tacoma, Washington. In 2007 our own Anthony Ferraro *ran* the track for the entire time, incredibly completing 61 miles. Last year, RRR president JC Santa Teresa also intended to run the entire time, but he had to settle instead for running and walking due to the blistering heat and humidity. Both are to be congratulated for these accomplishments. Countywide, last year the ACS raised $360,000; our portion was over $5000 to retain Gold Standard status.

Relay For Life is celebrated nationwide on various days. Personally, I see our own as a fundraising gathering of over 60 teams made up of friends and family, including survivors and caregivers, honoring loved ones who are battling cancer or remembering those who have lost the battle. The goal of each team is to have at least one member on the track at any given time, walkers and runners alike. Please bring your children—it is a fun, family event.

Rockland Community College on Saturday and Sunday, June 13 and 14 from noon on Saturday through 6:00 Sunday morning.

What You Can Do to Help Us Fight Cancer

This year's relay will take place at **Rockland Community College on Saturday and Sunday, June 13 and 14 from noon on Saturday through 6:00 Sunday morning.** Please mark the date. There are several ways for you to support this very worthy cause:

Become a Team member by registering (for a fee of $10 to cover the cost of the tee shirt.) We would like you to participate on the track a minimum of a half hour, preferably an hour, as a runner or walker, and make a commitment to raise whatever funds you can for ACS.

Sponsor a team member. Contribute to a specific team member who will be credited for the amount he or she raises, or contribute to the team in general.

Light a Luminaria. Purchase candles to be lit in *honor of* or in *memory of* a family member or friend. The Luminaria is a special time to reflect on our family and friends and others, perfect strangers, whose names are on paper bags circling the track. Just as darkness falls, candles within the bags are lit. All participants on hand then silently walk the track. Some of the bags are placed on the grandstand seats forming the letters HOPE. Around midnight the letters are then changed to CURE.

A Short Recap of Events

As teams have various themes and activities there is something for everyone during the day. Opening ceremony is at noon, shortly thereafter the laps begin. The **Children's Activity Tent** opens at 1:00 pm. There is **the Locks for Love** area where hair cuts are given for the making of wigs for patients. The **Caregivers and Survivors** laps take place at 5:00 pm. Feel free to bring any family member or friend in these categries to this special lap where they are honored. Music is played throughout the day, evening and night.

YOU Can Make A Difference

We need your support. **You don't have to be a member of the club to help**. We are looking for financial contributions. Our goal is to match or better last year's goal of $5000. **We need to have enough participants** to cover the track from early afternoon on Saturday through 6:00 am. Sunday morning. As expected the midnight to 5:00 a.m. is the toughest time to fill. Please participate in any way you can.

More information will be provided via our club meetings and our website with a direct link to the ACS website (www.relayforlife.org) to facilitate becoming a participant or to donate and to light a Luminaria.

Race Results

"If you have RRR member results from other races, please send a writeup to TeamRRR@RocklandRoadRunners.org so we can post them. Please include the race name, date, and location, finisher names and times, plus any award winner results." Following is the website for team RRR results, http://rrrraceresults.blogspot.com/

2008 Inter-club Challenge
By Kathy Daly and Ann Singer

Rockland Road Runners hosted the 8th annual Inter-Club Challenge on Sunday, March 15, 2009. We are proud to announce that RRR brought the Inter-Club trophy home to Rockland this year. It wasn't easy though – we were up against some talented and dedicated runners/walkers from Sullivan Striders, Orange Runners Club and the Bronx Road Runners.

The day was beautiful and the course challenging; plus great fun and food were enjoyed by all. The proceeds will go to the American Cancer Society Relay for Life team. RRR president, JC Santa Teresa expressed thanks everyone who participated and volunteered for making this a great day and a great event.

Number of Participants:

Rockland Road Runners –	99
Orange Runners Club –	34
Sullivan Striders –	22
Bronx Road Runners –	12

Total Points:

Rockland Road Runners	321
Orange Runners Club –	128
Sullivan Striders –	108
Bronx Road Runners –	14

According to Dave Badolato, we shattered the old record of 110 participants!

Club Presidents—Anibal Ellin (Bronx), Jc Santa Teresa (RRR), Todd Jennings (Orange) and Dennis Toscano (Sullivan)

For detailed results visit: http://rrrraceresults.blogspot.com/
Some history: Tom Manza, former president of the Sullivan Striders, envisioned this annual competition and the victors' cup going back and forth. His vision has been right on target. Orange Runners Club won three in a row early on from 2002 to 2004, followed by the Rockland Road Runners in 2005 and 2006, then the Sullivan Striders in 2007 and 2008. Now it is back in Rockland for 2009.

The first annual Battle of the Clubs 5K was held on March 23, 2002 at the Emerald Green Clubhouse in Rock Hill, NY. It was open to the Orange Runner's Club and the Sullivan Strider members. In 2004, RRR was invited to participate, and for the next few years the event was hosted by Orange Runner's Club at the Thomas Bull Memorial Park in Montgomery, NY until 2006.

Hope you will join us in 2010 to see who will take home the trophy!

Remembering When: First President Recalls Club's Early Days
By Jamie Kempton

The Rockland Road Runners is a fixture in the running community today, but there was a time when the county's runners had no local club to call their own.

By 1983 an earlier Rockland-based running group had disbanded and efforts to reconstitute a club had sputtered. Into the breach stepped a reformed smoker and ex-sprinter named Peter R. Mastalli who became the prime mover behind the genesis of the Rockland Lake Runners Association, the forebear of the Rockland Road Runners.

Current RRR President JC Santa Teresa and the first RRR President Peter Mastalli

Pete – a Type A personality if ever there was one – had recently quit smoking "for the third time" and started jogging again, mainly at Rockland Lake. When he heard about the previous club's demise, he engineered a club-founding effort to achieve three specific goals: bring a half-marathon back to Rockland County, after the departure of the short-lived Rockland Half-Marathon in 1980; establish a competitive racing team; and provide accurate course measurement and certification for local races.

Although only the last of those aims was realized during his two-year tenure as president, Pete was around to witness – and embrace – the return of half-marathoning to Rockland with the Tappan Zee 13.1-miler in the mid-1980s. His idea of a competitive racing team for the club also came to fruition – albeit just a few years ago – with the formation of Team RRR.
The RLRA was formally constituted in January 1983. Pete placed a small blurb in The Journal-News soliciting interest in the new club and asking for replies by mail to his Stony Point address. "I started out with snail mail," he says. "No e-mail, no Web sites, no blog. The technology has certainly evolved since then, and the club has evolved along with it."

Between 40 and 50 runners attended the fledgling club's first meeting in October 1983 in the Club Room of Helen Hayes Hospital in West Haverstraw. The meeting was arranged by Pete's former girlfriend, Jean Wells, the hospital's assistant librarian, a marathoner and staunch advocate for the club's success. Earlier that year Helen Hayes had sponsored its inaugural 10K Classic, which became one of Rockland's most popular races during its 15-year run and helped build momentum for the club in its infancy.

According to Pete's early written correspondence to prospective club members, the RLRA was formed "to promote and support running, jogging and racing in Rockland County" and "to give Rockland runners a local club to belong to and compete for (if they so desire)." His plans received enthusiastic support from a pair of training partners, Kathy Culla and Brian Adler, who were among Rockland's premier road racers at that time.

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Pete assigned himself RLRA membership card No. 1, appropriately enough, while No. 2 and No. 3 were issued to Adi and Luise Steingraber, two stalwarts in the club's early years. Members assigned to subcommittee posts at the inaugural meeting included Wells and Mike Solomon for social/meeting arrangements; Mike Dowd and Dave Kruger for Road Runners Club of America/TAC membership investigation and club incorporation; Mike Plaviak for race organizing and sanctioning; Kruger for race results; Matty Hasson and Brian Dowd for publicity; Pete and Kruger for the newsletter; and Pete for the club Constitution. Joyce and Tim Magee (membership No. 44) joined a bit later and made an immediate impact, Pete says, hosting meetings at their Bardonia home and Joyce serving as longtime newsletter editor.

The club's first race, the RLRA Spring Classic 10K in May 1984, attracted 130 registrants (104 starters) and elicited a positive response from the running community, "demonstrating that we can promote a class race" as Pete wrote in the June 1984 club newsletter. For the record, John McGovern, a former Clarkstown North runner and current masters triathlon standout, captured the inaugural crown in 34:00. Mary Klinger (now Mary Salerno) won the women's division in 42:31.

Pete also negotiated 10 percent discounts for RLRA members at Cleats 'N Sneaks in Nanuet – which had a representative speak at that first club meeting in '83 – Sportsfoot in New City, Westchester Road Runner in White Plains, the Run-in Room in Middletown (owner Frank Giannino was a later guest speaker) and SuperRunner in Mamaroneck and New York City.

At the recent club meeting in February, Pete was happy to see a few faces from the club's beginnings, such as Rich Tinger, who was assigned membership card No. 32. Pete was also thrilled to hear about RRR's expansion in the competitive sphere, citing the Interclub Challenge and the Swifty Sixties racing division for the 60-and-older members. "The club has fulfilled every wish and hope I had when I started," he says. "It has exceeded anything I imagined."

Pete, who turned 66 on Feb. 24, runs three times a week totaling 12 to 15 miles, facilitated by Lidocaine shots every three months for a chronic lower-back ailment. He still enjoys – or rather, thrives on – competition and hopes to race again once a pulled groin muscle heals.

Pete was an outstanding 49.6-second quarter-miler at Pascack Valley (N.J.) High School who channeled an aggressive track-racing mentality into a successful road running career. He won the 40-44 age group in the 1984 Empire State Games marathon in 3:04:28, a 19-minute personal best and Boston qualifying time. He also ran 1:02:49 at the '85 Trevira Twosome 10-Miler and had 58:40 and 58:30 10-mile splits – on a net downhill leg – in the 1987 and '88 Cape Cod Relay, in which his mixed open team placed third both years.

After working in pharmaceuticals at Lederle Labs in Pearl River for 20 years, Pete moved on to the computer industry, home improvement sales, substitute teaching at Rye High School in Westchester, and an assistant management position at the Greenwich (Conn.) Running Company store. He also coached the Albertus Magnus track and cross country teams in 1994 and '95.

These days he lives in Greenwich with his wife, Lynn, and 17-year-old son Andrew, a junior at Greenwich High School. He has given talks on running shoes at area health clubs, provided planning advice to marathoners, and hopes to launch a blog to help runners attain their goals.

Like Mother, Like Daughter(s)
By Marie Killeen

Running has brought many special moments and people into my life. More importantly, running has allowed me time to create a stronger relationship with my three adult daughters.

My daughters were teenagers when I first started running. I wanted to lose weight, so I began to run from mailbox to mailbox along the road until I finally reached 3 miles. This inspired me to run my first race, during which I thought would be my last. Luckily, I had the support of my daughters to pull me through.

At 50 I ran my first marathon, and have run at least one marathon every year since. But the ones I enjoy the most are those I do with my daughters. They have managed to step from the sidelines and join in the daily distance runs, weekly track workouts, and competitive racing to become my training partners. My two older daughters, Teresa (36) and JoAnn (34), have done the Disney and Marine Corps Marathons. This year my youngest, Marie (32), along with her sisters and me, will be training for the Philadelphia Marathon. While all four of us have competed in races as individuals and in sister/sister and mother/ daughter races before, we have never taken on such a challenge as running a marathon together.

Marie Killeen (AKA Grandma) and her "kids."

Running is such a great sport and I love that I can share it with my girls. There are not too many sports that allow a 64 year old the opportunity to enjoy them with her daughters. It is no longer about the PR's or the 1st places, but everything before and after the race that counts the most. It's fun to travel to different races together, to talk strategy, and to congratulate or console one of my daughters after the race.

It gets harder and harder to spend quality time with my daughters. They have careers and babies of their own. But I will always have that 6 o'clock run to catch up on the goings on in their lives. And who knows, maybe I'll be writing the next article about Like Grandmother/Like Granddaughter. Wouldn't that be great!

Over seven years ago I wrote the above article. In 2008, my three daughters Teresa, JoAnn, and Marie, along with my three granddaughters Kristen, Caitlin, and Taylor, ran the 5K Santa Claus race on a very cold day in Orangeburg. It doesn't get better than this, as the t-shirt says "Life is Good."

Reprinted from Health Works March 2009
Catching Up With The Athletes

We asked some area endurance athletes of varying backgrounds, ages and abilities to speak with us about how they got started, how they think about their lives, goals and the obstacles they face.

Bill Rowland Thiells, Age:51

Bill has had to overcome chronic migraine headaches he's suffered from since 1999, but he didn't let them, or anything else, get in his way when it came time for training.

"I started running at age 18 with a friend and ran usually somewhere between 80 and 100 miles a week, and just for fun," the 51 year old says. "We ran mostly at Rockland Lake in Congers We would also go up to Bear Mountain and run Perkins Drive. That ended at age 29 when a bad fall took me out of running. For about three years. After that, I had other problems and I didn't return to running until age 47," he explained.

In 2004 Rowland decided to sneaker up and get back out on the road. "I went to Rockland Lake," he says. "On that day, I found I could run again. I only did two miles. With the ever present migraine dilemma (for which he always carries medicine with him), there were about four or five trips the lake that I didn't even run because of the pain. The next trip to the lake I knew I had to run with the headache, or not run at all, so I did. When I finished running my headache was either gone, or much better and I knew than that I had to stamp that into my brain, or that scenario would just keep repeating itself.

Rowland continued to run at Rockland Lake for two months, then tackled Bear Mountain" to see where I stood," he says. "I started at the inn, ran up 7 Lakes Drive and Perkins Memorial Drive and back down, and almost to my surprise, I was able to run it. I consider it one of the most beautiful runs in the world. Since then, I run that route about 98% of the time and have run it more that 500 times.

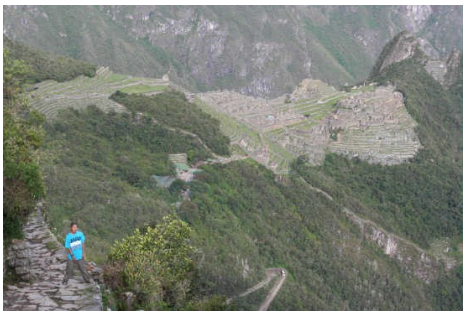
Last August Rowland entered Pikes Peak Ascent, a 10 mile run straight up the 6,000 foot mountain, whose website describes as a death march right out of a scene from *Dawn of the dead*. "I finished it with a 8:37 time," says Rowland. "Its not a great time, but being a flatlander, and never having gone to altitude, I knew I could only train as hard as I could, and read the training guide for the race written by multiple race winner Matt Carpenter. The race starts out on a road for a mile, and I took Matt's advice and didn't go out fast. After the road you go on a tiny trail, and where you enter is more or less where you will be when you reach the top, at 14,110 feet. In other words, I got on the world's longest conga line," he said.

"There are only 800 people allowed to run in the race," Rowland continues. "And coming off the road I figured I was about 250 deep and running in the snow, which made the trail boulders super slick. I brought along a gortex jacket, a long pair of pants, gloves and a hat. Coming down the mountain you had room to run, although it was very slippery. I also had a blinding migraine, from the altitude I think, but was able to get past the snow before falling four times. The last fall fractured my cartilage between my sternum and my rib cage, which hurt, but not as much as my head." But a month later, Rowland was back running the Yonkers marathon.

Hiking the Inca Trail to Machu Picchu
By Michael Manalo

Any trip to Peru would not be complete without a trip to Machu Picchu. Even more breathtaking, however, is to visit this grandiose citadel via the famous Inca Trail. The four-day, three-night trek is one of those can't miss experiences, a real a rite of passage.

I traveled with GAP Adventures. To start, we load into a bus carrying only our daypacks. Porters carried our duffle bags along with all the necessary provisions. At Ollytatambo, we pick up some last minute snacks and take the bus all the way to km 82, the start of this incredible odyssey. We pose for a group picture in front of the Inca Trail km 82 sign, the proverbial tourist snapshot. After checking in at post one of several that are along the trail, we start our trek by crossing a bridge and are greeted by panoramic views of the Andes.



Photograph courtesy of Michael Manalo

From afar, the first cliff we would have to traverse does not seem as steep as it turned out to be. However, the fatigue from that one cliff is nothing compared to what would happen later on during the trek.

There are several rest stops along the trail, some of which have makeshift stalls that sell provisions, water, juice and candy bars. Day 1 at about 12km is not too bad, with only a couple of steep inclines and a nice descent to the village at Wayllabamba. At the campsite we celebrate with card games and a couple of beers that villagers at the campsite sell to us.

On Day 2, at 11km, most of the trekking consists of a never-ending, constant incline that pushes my limits; it is hard on both my legs and even more so on my lungs. The day literally starts off with a steep 1200m (4000ft) climb up to the pass. It is pretty hard to enjoy the views, which for the first half consist of mostly woods. They are majestic, but the only thought in my mind is when is this incline going to end? The unfortunate answer is: not for a long while, five hours to be exact. The incline up Dead Woman's Pass is the culmination of all the hiking that I've ever done; every moment I feel like stopping and sitting after every step. Truth be told, I actually do stop every 20 steps or so...it is THAT demanding.

The pass is 4215 meters above sea level, so there is camaraderie among the hikers, everyone encouraging one another not to give up. Looking around and seeing everyone toil to get up that pass is a welcome sight. I think: misery loves company...well, getting to the top of that pass makes it all worth it. I feel a HUGE sense of relief and accomplishment; all the while I just want to collapse. Unfortunately, I have only about 20 minutes to stay at the top of that pass to enjoy the great the view. The descent consists of very steep staircases and lasts about two hours, which isn't that bad for me personally, although at the end my knees (and everyone else's for that matter) are shaking. I reach the campsite feeling a total sense of accomplishment and complete exhaustion.

Photograph courtesy of Michael Manalo

Day 3 starts with a 4:45 am wake-up call and the hike begins at 6:00. At 16 km, this is the longest in terms of distance. To some it is the hardest because nearly all of it is a steep decline though magnificent cloud forest. It culminates at a third campsite near the bottom of a valley named Pacamayo, which provides fantastic views of the surrounding Andes Mountains. Trekking though cloud forest is an experience like no other; at home I look up to see the clouds in the sky and now I'm walking literally right through them.

An optional route leads to some ruins of a citadel called Runkuracay that overlooks the valley. To reach these ruins though, involves a climb up stairs that are so small and steep that it seems only monkeys can traverse them. Only two

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others and I opt to do this excursion; the other trekkers decide to go to the pit stop for lunch. Reaching the top of these ruins affords some incredible views of the valley below, again translucent with the clouds. After lunch, the remainder of the trek, about 10km, consists mostly of those "monkey steps." About halfway through I decide to run them; which is actually easier on the knees. Our trekking guide, Mario, challenges me to a race and I mistakenly oblige; man, can that guy run! I keep up with him for only about an hour before becoming exhausted, so we jogged the rest of the way towards the next campsite. While easy for me, it was difficult for some others -- one trekker in our group had to be carried the rest of the way to the campsite, as she has bad knees. We reach our campsite, and to celebrate we play cards and have a few beers.

Day 4, at 6km is basically a two-hour trek around a mountain, then a descent through more cloud forest before reaching some crazy steps that essentially go straight up. At the top, we reach the Sungate, where we can watch the entire view of Machu Picchu at sunrise. Once we get there it feels more gratifying to have spent four days getting there than just taking a bus from Aguas Calientas, the nearest town. I feel like I earned the view.

The trek in essence is a once in a lifetime experience that anyone with any interest in hiking or history should thoroughly enjoy. If there's any advice I can give, it's this; bring good hiking shoes and rent some trekking poles; most will need them for the steep ascents.

It's A Small World
By Jeannine Melican

I was wrapping up a business meeting at a customer's office at Georgetown University in Washington, DC. My boss, making small talk, began talking about his short weekend run in Maryland. This was interesting because I've not known him to run once in ten years. He explains that as he was taking a walk around his neighborhood lake, he was suddenly swallowed by a stampeding herd of runners. He was embarrassed that he was walking while this herd of runners was showing him up, so his competitive nature got the best of him and he started running with the pack. After 7 seconds he stopped short, panting and grabbing his pained side, and quickly jumped out of the way so he wouldn't get trampled. He looked up to see the herd already showing their backs to him and well on their way. Dang roadrunning club.

My customer Noele and I both laughed knowingly at the thought of being overtaken by one of these herds. As it turns out we both have fathers who are involved in one of these "dang roadrunning clubs." Our conversation about the story ended up being even funnier than the story itself.

Noele: Yeah my Dad is one of those Roadrunners
Jeannine: Yeah mine too. Is your dad in one of the local clubs?
Noele: No, he's in New York
Jeannine: Oh yeah? Mine too. What county?
Noele: Rockland
Jeannine: Oh yeah? Mine too. How old is your dad?
Noele: Around 70.
Jeannine: Mine's around 70 too. What time does your dad run?
Noele: 6am
Jeannine: My dad runs at 6am too.
Noele: Then he gets a bagel and coffee afterwards.
Jeannine: Mine too!
My boss: Are you sure these are two different guys?
Jeannine and Noele at the same time: They better be!!
Noele: My dad's name is Glenn
Jeannine: Mine's John, whew…

I spoke with my father that evening and confirmed that he, in fact, was not leading a double life and that Glenn Nelson was, in fact, a friend that he had been running with for years. It sure is a small world. And it sure is funny that Roadrunners terrorize lake walkers in Maryland just like they do at Rockland Lake!

Running Friends
By Mandy Berman (Daughter of RRR member Tony

On the last morning of spring break, my alarm goes off at 7:20 a.m. I stumble into the kitchen. My dad is sitting at the table wearing spandex pants, a Lycra turtleneck and a bright blue fleece.
He grins when he sees me. "You made it." He sips his coffee.
"I made it," I say. "I need something to wear."
He goes into his bedroom and comes back with a pair of spandex identical to his, a white turtleneck, a blue track jacket and a forest green fleece headband. I dress quickly in my room and lace my sneakers.
I'm not the sort of runner that my dad and his friends are. I enjoy myself on short runs, but don't withstand the soreness and the sweatiness and the breathlessness of more than half an hour or so. Today we're running five miles.
I glance in the full-length mirror. I look like I'm ready for 5ks, 10ks, 10-milers, half-marathons, marathons. I look like one of them.
We pull into the parking lot of Rockland Lake State Park. A group of skinny people wearing bright colors hop up and down to keep warm. They greet my dad with high fives.
"Alyssa…Steve…Kate…Laura…Eddie…Ernie." He gestures to each one of them as he says their names. "This is my daughter, Mandy."
"Hi Mandy," they say in unison.
"Do you run for your school?" Ernie asks.
"No. I just… run," I say.
"Well, I wish I could get my daughter to 'just run'! What'd you do, Tony? Twist her ankle?"
Everyone laughs. My dad puts up his hands as if to say "not guilty."
"It was her idea!" he says. This is true; I could have slept in. But I wanted to meet the people my dad runs with, the ones he talks about at dinner while the rest of us pretend not to be jealous.
We start in a pack.
"How's Boston looking?" Steve asks Kate.
"Not good, Steve," she says.
"Is it your knee again?"
"My knee, my hamstring, my plantar. I swear there's a curse on my left leg."
"If you're not feeling healthy, Kate, it's not worth it," Laura says.
There are nods and grunts throughout the pack.
Every time we go up a hill, my dad tells me to watch out for the potholes or that this is a long one or a short one or tough one or the last one. He tells me when we have four, three, two miles left to go. Everyone talks easily about their upcoming races, their kids, their jobs. I can hardly muster "Franklin & Marshall" when someone asks me where I go to school. But listening to people, even when they talk about training programs and races that mean nothing to me, is more fuel for my run than the drone of my iPod.
The pack keeps a steady pace, but I eventually recede to the back of it. My dad sticks with me while the rest of them run farther and farther ahead.
"I like your friends," I manage to say.
Other than on Sundays, my dad wakes up at 5 a.m. to run. He goes to work at seven, commutes an hour and a half, and leaves the office at six. We don't eat dinner until nearly eight o'clock, and he's in bed by ten. I never understood why he got up earlier than he had to, extending his already lengthy day. After running with him, I get the appeal. I saw a glimpse of his other family, who care about one another's injuries and training programs and goal times. Their lives are frantic, and they make time for one another.
"You looked great out there," Steve says to me when we ended at the parking lot.
"I've always been jealous of people who could run with their kids," Alyssa says to my dad.
We climb into the car. I look at the reflection through the overhead mirror. My hair is matted to my head.
I need a hairbrush," I say.
"Me too," my dad says, and we drive on to meet Alyssa, Steve, Kate, Laura, Eddie and Ernie for bagels.

Wecome New Members

Alberion	Alviza T.	Congers
Purdue	Bill	Nyack
Burke	Michelle	Nanuet
Dalessio	Stephanie	Suffern
Conti	Tim	Ganerville
Schumacher	Tracey	Valley Cottage
Drummond	Michael	Walden
Klein	Abbie	Valley Cottage
Ingram	Andrea	West Point
Schwartz	Roseanne	S. Nyack
Lynn	Gerallyn	Orangeburg
Adler	Steven	New City
Bieber	Michelle	Thiells
Meltzer	Brian	New City
Patrick	Charles	Pearl River
Urena	Simon	Pomona
Family	Noonan	Blauvelt
Villasenor	R.	West Nyack
Lasky	Steven	New City
Family	Paer	Old Tappan NJ
Pandolfi	Joan	Nanuet
Falcon	Joseph	Middletown
Frankel	Etta	Tenafly NJ
Riley	Maureen	West Nyack
Schutt	David	Nyack
O'Brien	Chris	Orangeburg
Hynes	Rebecca	Pearl River
Schuler	Robert	Tappan
Forster	John	S. Nyack
Srebnik	Michelle	Yonkers
Sanoian	Jeff	Newburg
Lasner	Stephanie	
Cobb	Millie	Haverstraw
Brand	Eric	Nyack
Wittenberg	Alex	New City
Family	Dwyer	New City
Kavanagh	Paula	Pearl River
Hauser	Colleen	Valley Cottage
Schuepfer	Fred	Harriman
Giblin	Robert S.	Piermont
Rean	Joann	Mahwah NJ
Patch	Robert	Valley Cottage
Roberts	Theresa	Stony Point
Fitzsimmons	Colleen	Pomona
Mindich	Brian	New City
Rosenberg	Dawn	New City
Tansey	Suzanne	New City
Wenke	Jim	Blauvelt
Family	Saraiva	Pearl River
DiDomenico	Christine	Tappan
Family	Cahill	Congers
Vota	Mary	New City
John	McDermott	Suffern
Gonzalez	John	Spring Valley
Dr. Silverman	Robert	White Plains
Burckardt	Frankel	Garnerville
Dr. Pinker DPM	Bruce	Pomona
O'Brien	Theresa	Orangeburg
Thomes	Sean	New Windsor
Stern	Domingo	Tarrytown
Nieves	Francis	Monroe
Manalo	Michael	Toronto Canada
Mclaughlin	Lori	Blauvelt

The Runaround

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RRR wins Interclub Challenge

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

Next Club Meeting
7:30 p.m.
Tuesday, April 7, 2009
Nanuet Restaurant

Our next general meeting is on April 7, 2009. Mary Wittenberg, race director of the ING New York City Marathon and president and CEO of the New York Road Runners, will participate in a roundtable discussion at this meeting Admission to the 7:30 p.m. event, to be held at the Nanuet Restaurant (211 S. Main St., Nanuet), is free for RRR members and $10 for non-members. Pizza and beverages will be served. For reservations or more information contact Kathleen Daly at 845-512-8009.