



The Runaround

The Inside Loop

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By Bernie Casserly

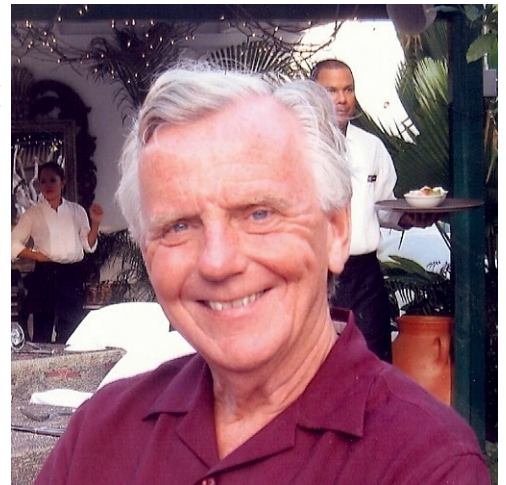
Best wishes for a happy and healthy 2011 and I hope this newsletter finds you light, fast and uninjured. First, I would like to thank our race directors, Rich Tinger, David Goldwasser, Larry Wolf, Kathy Daly and Mike Angarola for pulling together five great races. Through the efforts of our race directors and their group of fantastic volunteers, we were able to attract 4,500 runners and YOUR CLUB was able to raise and contribute more than \$126,000 to various local charities.

Our last race of the year, the Turkey Trot, was a resounding success, attracting more than 2,600 runners and generating more than \$30,000 for various charities. Recommendations made by participants from the 2009 race were incorporated into this year's event, resulting in increasing the number of bathrooms and improving tag scoring and net scoring systems. Recommendations for further improvements are welcome and encouraged.

The RRR racing team under the guidance of Logan Scott, Shelly Shrem and John and Ann Singer had another good year. The Swifty Sixties, both men and women, placed third in their age group and received their awards at the NYRR awards dinner, March 3 at Planet Hollywood. Also awarded that evening were the 2010 age group winners. Once again, Marie [Grandma] Killeen was nominated for the 70-74 age group, having run all nine team races, finishing first in seven races plus a second and a third in the other two.

Our annual holiday party was held on December 11 at the Town and Country directly across from Rockland Lake. More than 80 people attended and this year's Don Cordisco Award was presented to Jamie Kempton for his many years of service in which he has been our track coach, newsletter contributor, club historian and media representative. This is a special award to a deserving individual whose efforts for the club are only exceeded by his great running career.

Lastly our board has approved a Volunteer Incentive Program that will be put in place for 2011 races. Details of the program are listed on page 11



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

2010 Turkey Trot for The Marisa Fund Sets Another Record

By Dave Goldwasser

In November the 19th annual 5 Mile Turkey Trot became a dream come true for me and for kids with cancer. The race is now linked with The Marisa Fund, a dedicated 501(c) 3 charity that I direct, which supports research for pediatric cancer.

I am honored to be the new director of the Turkey Trot and to have so many people turn out and run/walk in my first year. We had a total of 2,690 registered participants and I believe more than 2,400 actually took part in the event...if you were there, you are a part of history. This breaks the record held by last year's race.

I am very grateful to all of the runners and walkers who joined us on a cold morning to make room for their dinner and to help us to help children afflicted with cancer. The Trot also benefits People to People, helping to provide food and services to the hungry-- thanks for all the non-perishable items you brought! -- the Rockland County Police Hispanic Society (providing scholarship money for needy students) and The Vasculitis Foundation (working on treatment and cure for this little-known disease).

Your five miles makes a difference in the lives of so many people and we thank you so much!!!

There are so many people to thank that it would take pages to list them all but I must mention all the members of this year's Turkey Trot committee (you are the best!), all the Rockland Road Runner folks who always lend a hand, the staff at Rockland Lake State Park, The Clarkstown PD and The State Park Police, Clarkstown Parks and Recreation for the stage (thanks, Alex Gromack and Sabrina Greco!), all of my family and friends who knew and loved Marisa who always help in every way...I am humbled and grateful to you all. Bernie Casserly, Kathleen Daly and Alison Luscher, you all rock!! Frank, you are my favorite DJ ever.

Thanks also to all our generous sponsors: David's Bagels of Valley Cottage, Citrin Cooperman, RCPHS, Capital One Bank, Dr. Peter Costa, Fairway, Jana Water, Fleet Feet Sports, Dolce, McDonald's of New City, Marathon Car & Limo Service, Stir Crazy, American Leisure Corporation, Mellon & Jayne Advertising, Sayings For You, Inc., Duke of Oil & Tune, Ferber's Hearing Solutions, Bobbi Kohn & Family.

Our top finishers were all terrific: Thomas Sanderson 26:24, Matthew Kepler 26:38, Francisco Sandoval 27:00 for the men; Sheila Monaghan 32:31, Caile Kohlbrenner 32:51, Danielle Harmon 33:06, for the women. Whew! Fast times for a cold morning.

I hope everyone who came out had a great time and I wish a healthy and happy 2011 to you all!



Dave Goldwasser Race Director and Jennifer Brady of People to People

2010 NYC Marathon: Streaks Preserved and Broken

By Jamie Kempton

For some Rockland Road Runners participants, the New York City Marathon is all about streaks. The race is so addictive that these runners can't bear to miss out on the sights, sounds and pageantry of New York for a single year. So it was with Rozanna Radakovich, Pat Parietti and Harriet Sottile, all of whom kept intact formidable NYC streaks. Meanwhile, club member Larry Ross saw his longstanding skein snapped due to injury.

Radakovich, who's 63, completed her 21st consecutive NYC Marathon, and 25th overall, in 7 hours 55 minutes 54 seconds. That's a long time to be out there hoofing it through the five boroughs and we applaud Rozanna for her "sticktuitiveness." She says 1981 was her first and favorite NYC jaunt and her parents thought she was crazy for doing it but they loved her just the same!

Parietti, 50, of Nyack conquered the 26.2-mile trek in 3:55:39. It was his 16th straight NYC appearance and 32nd marathon overall. Pat is like a man possessed when he's striding along the city's streets, complete with the "thousand-mile stare" straight ahead. He did break his trance for an instant, however, when we caught his attention cheering for him in Central Park during last year's race. Sottile, 63, finished her fifth straight NYC ramble in 6:23:28. Her first one was in 1984 and she's run 12 more since, plus two other marathons for a total of 15.

Ross's streak of 27 successive NYC excursions has come to a skidding halt. Two weeks before the race he underwent arthroscopic knee surgery and he reluctantly had to pass up No. 28. Larry's first was in 1983 and we hope he can make it back next year to start a new streak!

Jim Dangler and Carol Guzinski were the top male and female RRR finishers, respectively. Jim, 41, of Upper Nyack, an ultra-busy and well-regarded chef, clocked 3:07:16. That was an improvement over his 2009 performance, when he checked in with a 3:12:06 as second-fastest RRR finisher. Carol, 43, of Garnerville, the athletic trainer at North Rockland High School, also bettered her 2009 showing. She motored through the challenging course in 3:09:28, almost three minutes faster than her effort last year (3:12:07). Also performing consistently was Thomas Noonan, 37, of Blauvelt, who turned in a fine 3:09:13, about a minute off his RRR-pacing 3:08:18 from 2009.

A pair of irrepressible husband-wife duos just keep chugging along and adding more pearls to their string of successes. Bernie and Josephine Patten of Orangeburg, the co-recipients of the 2009 RRR Runner of the Year award, have been beset by injuries in 2010 but you wouldn't know it by looking at their times. Bernie, 55, has overcome back and knee injuries and posted a fine 3:34:12, not far off his 2009 clocking of 3:29:54. Josephine, still hampered by a multi-year leg injury, got through the race in 3:37:04, a bit slower than her 3:31:43 from last year.

Then there's Team Singer – John and Ann of Suffern – impresarios of the club's Swifty Sixties division for members 60 or older. John, still going strong at age 70, completed his 10th NYC odyssey in 4:47:02. John has finished 27 marathons overall since getting involved in this craziness back in 1979 at NYC. Ann, 67, plugged away to complete her seventh NYC adventure in 6:53:28. Of course, Granny Annie, as she's affectionately known, has an even greater claim to fame, having completed marathons in all 50 states and Washington, D.C., to boot, a total of 71 marathons in all. Well done, Team Singer!

Kudos also to Matthew Goldstein, 38, of Pomona, who improved by almost 20 minutes over last year, coming in at 3:15:18; Alan Young, 42, of Suffern, the fourth RRR finisher at 3:11:12; and the steady Steve Joseph, 49, who finished in 3:26:32, roughly a minute behind his 2009 pace of 3:25:30.

RRR Award Winners Span a Spectrum of Excellence and Dedication

By Jamie Kempton

In 2010 RRR members distinguished themselves halfway around the world and right in their own communities. They overcame repeated adversity and proved that age is no deterrent to stellar performance. They made a difference in countless ways, and the club is proud to recognize this year's award recipients, who brought excellence to their running-related endeavors in uniquely individual ways.

Don Cordisco Award: Person of the Year

This award is an annual tradition named in honor and memory of a well-loved and popular member of the club—Don Cordisco. Don was described as, “an accomplished runner and triathlete, whose love for running was second only to his love for his family”. The award is in recognition of longtime contribution and service to the RRR. The Don Cordisco Award is the most prestigious award presented by the club, annually chosen by a committee of previous winners who are still active club members.

The person who exemplifies this best in 2010 and really all the time is this year's recipient—Jamie Kempton. Jamie is one of the original members and has served the Rockland Road Runners in many roles for decades. Jamie serves as the club historian, the summer track coach, media and public relations consultant, to name a few.

Most importantly Jamie has placed first in many of our Club and local races not to mention setting course records in several events over several years. Jamie continues to be one of the top Masters finishers, if not the top Master finisher.

Congratulations to Jamie for a well deserved award. Thanks to Kathleen Daly for the above article.



Bernie Casserly, Jamie Kempton and Alison Luscher

RRR Male Runners of the Year: Ed Brown, Gokhan Ozuner, John Singer

Ed Brown and Gokhan Ozuner: Ed and Gokhan have been regular RRR participants in the New York Road Runners team points races, but what set them apart in 2010 was a dream fulfilled: training for and completing the Comrades Marathon, a daunting 56-mile ultramarathon in South Africa that is one of the most recognized long-distances races in the world. Some 25 percent of the 23,000 annual participants fail to finish, making their accomplishment that much more remarkable.

Ed and Gokhan trained together for five months, logging more than 800 miles from January to May, including runs of up to 40 miles (eight hours of continuous running!) and often going back to back on Saturdays and Sundays with a 20- to 25-miler on one of those days. Club members such as Mike Nusblat, Rafi and Shelly Shrem and Bill Carpenter frequently jumped in with them for portions of the runs and provided drinks, snacks and moral support. Gokhan's preparations included three marathons and two 50K (31-mile) ultramarathons, including the Sybil Ludington 50K just six days after the Boston Marathon. Ed also ran the two ultras as well as the Long Island and Los Angeles marathons.

“First we set a goal to finish the race, and once we decided to do it and got in, then we had to get ready for that distance,” says Gokhan, who completed the extremely hilly course from Pietermaritzburg to Durban in 11 hours 38 minutes. He and Ed followed a training program from the Comrades website for 11-hour finishers. “There were a lot of unknowns – the terrain, the distance, not having done it before. Running and training together with Ed was very helpful. We are comparable in running, time- and ability-wise.”



Ed Brown and Gokhan Ozuner

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“Gokhan is an excellent training partner,” says Ed, who wound up with a time of 11:30:02. “We were very steady. We were trying to build endurance, not run fast. [In the race] Gokhan was wonderful with pacing. He kept up our pacing like clockwork. We felt great at mile 26. We knew we had a lot more in the tank.”

In the last 2.5 miles Gokhan pulled a groin muscle after increasing the tempo and couldn't maintain the pace. Ed rode a “second wind” and passed an estimated 800 runners in those last four kilometers. “It was amazing that I made it through physically,” Ed says. “I never thought my body could handle that punishment and get through it. Overall it was a wonderful experience. Having someone to do it with made all the difference.”

Gokhan relocated to Cleveland last October and works as a colorectal surgeon at the Cleveland Clinic medical center, but said he hopes to get back to Rockland and run some races for RRR every year. “Maybe I can have an honorary membership,” he says.

John Singer: John must be feeling a bit strange not receiving an award with his wife, Ann. Affectionately known as Team Singer, John and Ann were previous recipients of the RRR Volunteer of the Year Award (1998), George Wodicka Inspiration Award (2005) and Don Cordisco Award (2008), the club's most prestigious honor.

John and Ann are coordinators of the highly successful Swifty Sixties, the 60-plus division of the club's racing unit, Team RRR. The Swifty Sixties men finished third of 16 teams in last year's New York Road Runners Club Points Race series, while the women placed third out of seven squads. John was a prolific mainstay on the team, running all 10 club points races last year, and 28 consecutive Central Park races over three years. He also ran 12 of the 16 races in the Hudson Valley Grand Prix series and 33 races overall in 2010.

“I've never been a runner of the caliber of fast runners. I've always been a middle-of-the-pack kind of guy,” says John, who is 70 and has been an RRR member since 1993. “When I got into the 55-59 age category, I started to acquire some trophies . . . but I never envisioned myself as a Runner of the Year. It's never been a goal of mine. I was completely taken back by it.”

Two of John's highlights in 2010 were the New York City Marathon and the Damon Runyon 5K at Yankee Stadium. He completed New York in an effortless 4:47, handily eclipsing his goal of 5 hours. “It was one of the easiest races I've ever run. No cramps, no problems with drinking . . . it was one of those days.” He got to run the Runyon 5K with not only Ann but also their 39-year-old son, Michael, a big Yankees fan, and his wife, Tammy, who had made the trek down from Syracuse for the event. “We got to run one loop around the [Yankee Stadium] field itself,” John says. “It was a real family run and family day.”

John hopes people like himself and Marie Killeen – also a septuagenarian standout – can be an inspiration to younger runners in the club, “so they see they can have something to look forward to, long term.”

RRR Female Runner of the Year: Marie Killeen

Marie “Grandma” Killeen picked right up where she left off in 2009, collecting age-group victories like jelly beans as she earned a second straight nomination for New York Road Runners Runner of the Year in the 70-74 age division.

Marie ran nine NYRR races for Team RRR last year. In those nine races, she captured the gold in her age group seven times and finished second and third in the other two outings, spearheading the Swifty Sixties women's team to a third-place showing in the 2010 season, their highest finish ever. Marie excelled at distances ranging from the mile to the half-marathon, posting an age-graded percentage of 80 percent or higher in all but one race. Highlights included a speedy 7:55 at the Fifth Avenue Mile, for a second-place finish and a nifty 88.9 percent age grading; 2:06:30 in the Grete's Great Gallop half-marathon, placing first in her age group at 9:39 per mile; 2:12:00 in the More/Fitness Half-Marathon for another age-group victory; and 36:11 for four miles at the Fitness Mind Body Spirit women's race, a 9:02 per mile pace.

“I thought I had already gotten all the awards the club gave out,” Marie, 73, quipped. She's getting pretty close; she received the Don Cordisco Award in 2001 and the George Wodicka Inspiration Award in 2003. “When I started out I never thought I would get all this. Anything I can get now is a plus.”



Bernie Casserly, Marie “Grandma” Killeen and John Singer.

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George Wodicka Inspiration Award: John Melican

The inspiration award is named after one of the club's most influential members, George Wodicka, also known as the "Guru of Rockland Lake." He inspired many a runner with his motivational skills and courage in the face of an implacable foe, prostate cancer, to which he succumbed in 1996.

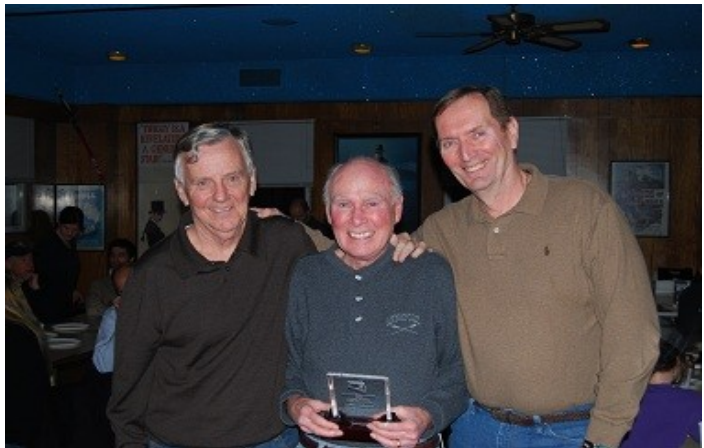
John Melican epitomizes the Wodicka Inspiration Award. Several years ago a large (3.5-pound) malignant tumor was found to be compressing his left lung. His fellow members of the 6 a.m. running crew had detected a slight wheezing in his breathing and recommended he immediately see a doctor, which led to the diagnosis and treatment. Then, in September 2009, a second, golf-ball-size tumor was found, close to the esophagus. Again John received treatment and resumed his running regimen, although his illness continues to require vigilant monitoring.

More bad news struck in November 2009, when John's younger brother, Michael, age 68, died of a heart condition. While still grieving the loss of his brother, John suffered another setback when he slipped on snow-covered ice near the boathouse turn at Rockland Lake while tacking on an extra mile with the 6 o'clock crew on a snowy morning in January 2010. He suffered a broken left shoulder, spent six months in physical therapy, and continues to have nerve damage. But John is nothing if not resilient, and he is back running with his RRR friends and handling his trials and tribulation with the same twinkle-eyed good cheer that is his trademark.

"I've had a rough year, with the after-effects of major surgery and losing my brother, who meant quite a bit to me," says John, who is 70. "I had just gotten back to running before the fall I took in January, and I missed it very much. I enjoy running so much that I was not going to let it stop me."

Running served as a tonic to John when he began doing it at age 40. Arthritis in his spinal column caused pain in his left arm, but the pain disappeared after he stepped up his running in response to his doctor's suggestion to increase his mobility. He's run 15 marathons in the intervening 30 years. "I wouldn't recommend the path I've taken to anyone," says John, who also won the Wodicka Inspiration Award in 2004. "My advice would be to find another path and stick to it."

John is also the RRR team captain for the annual American Cancer Society Relay for Life, one of the club coordinators for the Adopt-A-Road program at Rockland Lake, and a longtime dedicated volunteer at club races.



John Melican (in center) receiving the George Wodicka Inspiration Award.

RRR Volunteers of the Year: Claudia and Dave Cohen

The husband and wife team of Claudia and Dave Cohen have been stalwarts in supporting RRR and club races for many years. Claudia has designed the race shirts for the Women's Distance Festival, the South Nyack 10-Miler and the Turkey Trot for several years. Dave and Claudia have been an instrumental part of the team planning the Turkey Trot and have rendered untold hours of service each year in the planning, execution and follow-up to the race.

Non-RRR Member Volunteer of the Year: Dave Sharkey

Because this is a new award, Dave Sharkey holds the distinction of being the first Non-RRR Member Volunteer of the Year. He's not a runner but he selflessly devotes his time in supporting the club and its races. Dave has been an RRR volunteer for three years and has performed a variety of roles, including data entry before races and on race day, working the registration tables and cleanup afterward. He has volunteered for all of the club's races at one time or another, but has been most deeply involved with the Turkey Trot and South Nyack 10-Miler.

His favorite race to assist with is the Turkey Trot because of the vast number of participants (a record 2,690 registered entrants last year), the crowds and the exciting atmosphere. He has an abiding respect for both the current race director, Dave Goldwasser, and his predecessor, Mike Greco, who "made it a spectacular, rather than just a race."

Dave is honored to receive this inaugural award, especially since he recommended its creation. He truly believes that volunteering for the Rockland Road Runners is a rewarding and enjoyable experience and encourages others to do so. Anyone planning to watch or cheer on family and friends at an upcoming race is encouraged to lend a hand, he says, even if it's for just a brief period. The volunteer help is always welcomed and appreciated – you don't have to be an RRR member or even a runner to make a difference.

Terry, Pollack Blaze Trail at Rockland Alumni Cross Country Run Pearl River, Monroe-Woodbury claim team titles at 28th Markiewicz event By Jamie Kempton

Matt Terry of Danbury, Conn., and former Tappan Zee standout Jacqueline Pollack were crowned men's and women's champions at the 28th annual Bill Markiewicz Memorial Rockland Alumni Cross Country Run, held Nov. 27 at Bear Mountain.

Terry, a junior at Providence College, fought off a stern challenge from ex-North Rockland star Carlos Jamieson to capture the individual championship in 15 minutes 45 seconds over the hilly 3-mile Bear Mountain layout. Jamieson, a 2005 North Rockland alumnus who won the Rockland County schoolboy title in 2003, finished a scant second behind in 15:46.

Terry was Providence's fifth scorer in the recent NCAA Division I championships, helping the Friars to a 22nd-place team finish.

Pollack, a 2010 Tappan Zee graduate and freshman at Boston College, scored a convincing wire-to-wire victory in 20:09. She was the 2009 Section 1 Class A champion as a Dutchie senior. Runner-up Suzanne LaBurt, Monroe-Woodbury class of 1981, finished 120 yards back in 20:38. LaBurt has placed second four times and finished in the top five every year since 2002.

In the men's team competition, Pearl River edged Monroe-Woodbury, 80 to 82, for its third title overall and first since 1992. On the women's side, Monroe-Woodbury placed five runners in the top nine to decisively beat runner-up Suffern, 32 to 106. The championship was the seventh for the Crusaders from Orange County, snapping a tie with Pearl River for most women's team titles.

The race, co-sponsored by Rockland Road Runners, drew 255 participants including 74 women, tied for the second-highest total in meet history. Overall, 59 schools from nine states were represented – including California, North Dakota, Minnesota and Michigan – as well as international entrants from France and Turkey. The oldest finisher was Joe D'Innocenzo, 73, from the Tappan Zee class of 1955, who placed 215th in 31:31. D'Innocenzo was the No. 2 man on Rockland's first state championship cross country team, the 1954 Tappan Zee squad, and also coached the Clarkstown/Clarkstown North track team for 20 years. The race is named in honor of Bill Markiewicz, a 1967 Albertus Magnus 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 biggest boosters. When he died of cancer in March 1991, the race was renamed in his memory and an annual award was established to recognize those who have rendered distinguished service to the sport.

This year's winner is Janie Howell of Suffern, who has tabulated and transmitted to the media computerized results for virtually every Rockland-affiliated meet for more than a decade. Howell's daughter Meghan, Suffern class of 1999, was one of 10 former Rockland County meet champions who participated in this year's Alumni Run. She was a three-time County champ (1996-98). She was joined by fellow ex-Mountie Shelby Greany, class of 2009 and now a Providence sophomore, who was a five-time County champion (2004-08) and is fresh off her 12th-place showing at the recent NCAA championships, the highest finish ever by a Rocklander.

Others included a pair of three-time champions from Pearl River, Brendan Fennell, class of 2003 (2000-02) and Mike Hickey, class of 2009 (2006-08); two-time winner Erin Haugh Colleran, Nanuet class of 1997 (1994-95); two former Albertus Magnus standouts, Mike Colangelo, class of 1975 (1974), and Laurel Gilhooly Reilly, class of 1981 (1980); Mike Rogan, Clarkstown North class of 1986 (1985); Pete Modafferi, Clarkstown South class of 1995 (1994); and Jamieson.

Rockland All-Century Team (1900-1999) members who competed in the race included Colangelo, Haugh Colleran, Howell, Pat Chambers, Albertus Magnus class of 1976, Eileen Shiel Herman, Clarkstown South class of 1981, and Andy Kohlbrenner, Pearl River class of 1981. Rockland All-Decade Team (2000-2009) members who took part included Fennell and Greany, who were voted Runners of the Decade, Jamieson, Hickey and Miguel Reyes, North Rockland class of 2003.

Seven previous Alumni Run champions also competed: eight-time titleholder Julianne Littmann-Viscardo, Monroe-Woodbury class of 1995 (1998, 2001, 2003-07, 2009); Chambers, the inaugural winner in 1983; three-time champ John Trautmann, Monroe-Woodbury class of 1986 (1988, 1994-95), the course record-holder at 14:08; George Buckheit, Albertus Magnus class of 1975 (1985, 1987); Brian Crowley, Albertus Magnus class of 1982 (1990); Nick Roosa, Tappan Zee class of 2003 (2005); and Brian McKnight, Monroe-Woodbury class of 1997 (2000).

Two former Albertus Magnus harriers kept alive their streak of never having missed an Alumni Run: Chambers and Larry Beckerle, class of 1973, who coached the 1990 Nanuet girls' team to the state Class C title.

Men's Team Scores: 1. Pearl River (PR), 80; 2. Monroe-Woodbury (MW), 82; 3. Clarkstown North (CN), 104; 4. Tappan Zee (TZ), 125; 5. Suffern (Suf), 129; 6. Nanuet (Nan), 143; 7. North Rockland (NR), 159; 8. Albertus Magnus (AM), 198; 9. Clarkstown South (CS), 796; other teams incomplete.

Women's Team Scores: 1. Monroe-Woodbury, 32; 2. Suffern, 106; 3. Clarkstown South, 137; other teams incomplete.

(Continued from page 7)

Team Participation (Combined): 1. Monroe-Woodbury, 35; 2. Albertus Magnus, 30; 3. Pearl River, 26; 4. Clarkstown North, 24; 5. Suffern, 22; 6. Clarkstown South, 15; 7. Tie, Nanuet and North Rockland, 13; 9. Tappan Zee, 8; 10. Tie, Arlington (Arl) and Rosary Academy, 3; 12. Tie, Blair Academy (N.J.), Burke Catholic, Cornwall, Goshen, James I. O'Neill, Somers, Spring Valley, Valley Central, Warwick Valley, Washingtonville, 2; 22. Tie, A.B. Davis, Bayside, Beacon, Bronx H.S. of Science, Chaminade, Danbury (Conn.), Don Bosco (N.J.), Erasmus Hall, Essex (N.J.), Fairfield Prep (Conn.), Fargo North (N.D.), Francis Lewis, Gilroy (Calif.), Hendrick Hudson, Hilton, Jericho, Jesuit, JFK-Willingboro (N.J.), Karsiyaka Gazi (Turkey), Kimball Union Academy (N.H.), Lakeland-Panas, Locust Valley, Mepham, Middletown, Morristown (N.J.), Murry Bergrtraum, Walter Panas, Pine Bush, Ramapo, Ramapo Regional (N.J.), Shasta (Calif.), Sleepy Hollow, St. Cloud Apollo (Minn.), St. Gabriel, T.C.H.S., Trinity College (France), Upper Dublin (Pa.), Whitehall (Mich.), 1.

Top 20 Overall Finishers

1. Matt Terry (Danbury, Conn. '08), 15:45; 2. Carlos Jamieson (NR '05), 15:46; 3. Danny Kane (TZ '09), 15:57; 4. Nick Roosa (TZ '03), 16:09; 5. Bryan Herbst (PR '07), 16:39; 6. Mike Hickey (PR '09), 16:49; 7. John Trautmann (MW '86), 16:54; 8. Einar Gary Brissing (Nan '01), 16:59; 9. Anthony Calingo (CN '01), 17:07; 10. Mike Pereira (Suf '09), 17:22; 11. Matt Panebianco (TZ '09), 17:27; 12. Ed Ackerly (MW '86), 17:35; 13. Tom Zarnoch (MW '08), 17:39; 14. Brian Crowley (AM '82), 17:42; 15. Brendan Fennell (PR '03), 17:50; 16. Pat Driscoll (CN '98), 17:58; 17. Jason Friedman (CN '93), 18:20; 18. Eric Duch (PR '02), 18:26; 19. Jamie Kemp-ton (AM '76), 18:27; 20. Frank Visingardi (Nan '86), 18:28.

Women's Top 20 Individuals (74 women finishers)

1. Jacqueline Pollack (TZ '10), 20:09; 2. Suzanne LaBurt (MW '81), 20:38; 3. Eileen Shiel Herman (CS '81), 21:03; 4. Kim (Newsome) Chalfin (CS '88), 21:08; 5. Meghan Howell (Suf '99), 21:10; 6. Liz O'Donnell (MW '10), 21:47; 7. Carly Kiess (MW '10), 21:47; 8. Julianne Littmann-Viscardo (MW '95), 22:00; 9. Lauren Mayer (MW '08), 22:28; 10. Katie Glover (MW '08), 22:29; 11. Ellen (Driscoll) Cataldo (CN '00), 22:44; 12. Megan Ahearn (Warwick Valley '00), 23:17; 13. Gail Trautmann (Hilton '96), 23:19; 14. Tiffanee Hager (Fargo North, N.D., '97), 23:31; 15. Erin Haugh Colleran (Nan '97), 23:33; 16. Laurel Gilhooly Reilly (AM '81), 23:38; 17. Sarah Dugandzic (Suf '07), 23:39; 18. Megan Aardemce (Whitehall, Mich., '95), 24:17; 19. Leslie Ballantyne (Suf '92), 24:33; 20. Laura Koch (CN '03), 24:54.

DR. BRUCE PINKER'S FOOT HEALTH NEWSLETTER JANUARY 2011 STARTING THE NEW YEAR OFF ON THE RIGHT FOOT*

It is important to start the new year off on the right foot by taking good care of your feet. If you are a diabetic, make sure you have your feet examined at least once per year by a podiatrist. Also, remember to practice proper diabetic foot hygiene: do *not* cut your own ingrown toenails and calluses, and examine your feet daily (top and bottom). As well, be sure to dry your feet thoroughly in between all your toes after bathing. For the new year, focus on becoming an energetic diabetic.

Remember to always wear socks when wearing footwear (except for sandals). If your feet have a tendency to perspire excessively, be sure to apply foot powder regularly (such as Zeasorb) and change your socks during the day. The best socks are composed of 65% cotton and 35% polyester.

If you are a runner, it is important to change sneakers every 300-500 miles to avoid injury. *Stretching* is important for everyone, as we all should stretch at the start of our day, and before and after long walks or runs. If your children have "low arches" or "flat feet", it is essential for them to be evaluated by a podiatrist. Many pediatric foot deformities can avoid surgical correction if evaluated at an early stage.

Taking good care of your feet can be your first step towards good health. Remember, your feet are the *foundation* for your body.

Best wishes for a prosperous 2011.

Yours in good health,

Dr. Bruce Pinker, DPM, AACFAS, AAPWCA

Escarpment Trail Race

By Steve Borton

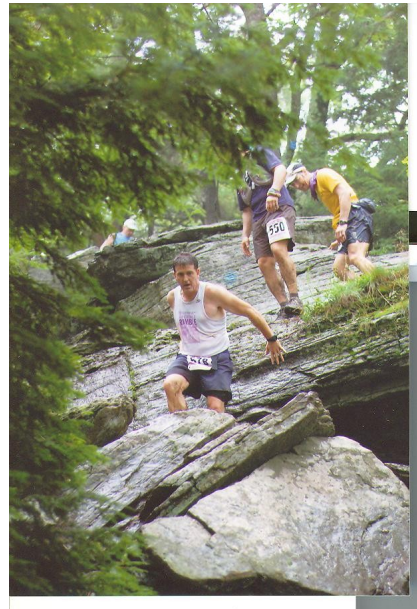
We've all done it – right? We're in a race, usually towards the end, the bottom starts to fall out, the world as we knew it starts to cave in, our bodies are screaming to stop this madness, even our hair hurts (if we have any)! So what do we do? We begin pulling out our running tricks. Let's see. I'll dedicate the next mile to my beloved grandma, I'll only run to the next tree, after the race I'll get on a plane to Belize, and the ultimate motivator – this will be the last friggin' race I ever run! Sometimes they work, other times they fail. This was the latter for me. I had a number of things going against me. One – I was on the side of a mountain that kept going up, and up, and up. Two, there was nowhere to go if I decided to stop. And three, JC Santa-Teresa was behind me having a hissy fit because I couldn't move.

In my defense, this was the Escarpment Trail Race and I was near the 13-mile mark. The year before I had come in dead last (and almost dead!) and this year – I was in dead last again and close, very close to death! Only 200 runners are invited/qualified to run this race. Did I just say run? Let me back up. This is a 30-kilometer, 18.6-mile race that goes over three of the highest mountains in the Catskills with a 10,000+ foot elevation change. It's not just the climbing from 1,500 feet to 3,500 feet in a very short distance, but it's doing it three times, pulling yourself up by loose branches, scaling dangerous outcrops, and then trying to go down the other side. Imagine you are at mile 15, where some of the most challenging and illegal drop-offs occur, with legs screaming "time to cramp," and you have to leap off small cliffs. This is the Escarpment Trail Race. There. I said it again. Race. I'll try to put this race in perspective.

Our friend Tommy Gannon, who as we all know is an accomplished and fast runner, runs the Escarpment in an extremely respectable four hours and he's run many Escarpments. Now do the math. That's around a 13-minute per mile pace. On the roads, Tommy is a 6:30-per-mile runner. My fastest, 4 hour 50 minutes, is somewhere in the 15:30-minute-per-mile area. Last year I ran a hardy 7 hours, 52 minutes and I'm on pace to do worse. I can't even do the math (actually it's around 26 minutes per mile) but it's a long time to be in the woods. So should we call what we're doing running? Go ahead.

The Escarpment trail follows a ridge along a beautiful stretch of forest, over the three mountains – Windham 3100 feet, Blackhead 3,942 feet and Stoppel 3,422 feet. At some points you have a view off both sides of the mountain range at once – the mighty Hudson River on the east and the Catskill Range on the west. All this beauty and history and I can barely move my legs. JC is starting to get pissed at me. And I'm thinking death would be a pleasant diversion from what is ahead, or above me. I start to think of where the others are – not JC – I know where he is. This is mile 13 so I figure Tony Berman may be already at the finish line. Tony and I ran last year's Escarpment in such a freakish, torrential downpour, hail storm, lightning strikes, that I guess he came back this year to find out what it looked like. We talked Bill Carpenter into this madness by telling him it was great training for a fall marathon. And my guess is Bill's just about down from Stoppel in the last few miles of the race. Tommy Gannon and Patrick Parietti – two seasoned Escarpment runners – are probably cooling off in the North South Lake at the finish line. (At my first Escarpment I watched as Pat limped in with half of his heel falling off and a sock-full of blood.)

And me! I wasn't even near the top of the mountain yet. There is a strange landmark that lets you know you are about to reach the summit of Stoppel, the final mountain on the course. About 100 yards from the top and about 15 feet off the trail, as you are struggling up the last few slopes, there is an airplane! Yes, an airplane. The unfortunate pilot of this small plane, in a fog, miscalculated the height of the mountain, and crashed



Patrick Parietti scaling down rocks at the Escarpment.

(Continued on page 10)

(Continued from page 9)

into the side. He missed by only 100 yards. But those 100 yards were fatal. The plane sits nestled into the bushes: the tail, the cockpit, the whole plane. It's an eerie yet very welcome sight. The two-mile climb is about over. Only four miles left! Ugh.

Two months earlier we received our entry letter, and I quote, "Due to a stroke of bad luck, your entry into the Escarpment Trail Run has been accepted." And a few months prior to this warning, Dick Vincent, the organizer of this run since its inception in 1977, sent out this welcome: "The trail... is viewed by many as an exaggeration of the term. It is extremely rocky and a runner must expect to navigate over boulders, downed trees, gullies and hidden roots the entire distance. Contestants must be prepared to deal with any of the forest's natural barriers, such as bees, slippery rocks, porcupines, extreme lighting, black bears and anything else that can be found in the forest in the Catskills. There are numerous places where runners must climb hand over fist to scale a rise. There are sections of the course that travel along cliffs. If you are not careful you could fall to your death. Very few runners go the distance without taking at least one painful spill. Most runners take many. This is not a carriage trail...it is a treacherous hiking trail." Sounds like a real picnic huh? I mean, how did we end up on this trail on the last Sunday in July?

Our old crusty Rockland trail runners – Steve Ozer, Tom Gannon, John Squitieri (who actually found this race), Donny Leider and Pat Parietti – were the first. They brought in Kathy Mahoney Gannon, Peggy Marzel, me and now the latest arrivals, JC Santa-Teresa, Tony Berman and Bill Carpenter. A weird bunch of runners, right? However, if you think we are weird, you would crack up if you could see the start of this race. You won't see a bunch of healthy looking, tan runners in the latest New Balance running outfits, and sleek \$150 running shoes. The start of the Escarpment is like a running freak show. A bunch of scraggly folks with knee protectors, extra water bags, skate boarding gloves for the inevitable falls, cameras to photograph the airplane (if they get that far), and at the end of the pack – two sweepers, whose job it is to corral folks who are hurt, disoriented or just plain slow. Unfortunately, this will be the second year in a row that I get a visit from the "grim sweepers." At the pre-race party this year the two sweepers gave me a little stuffed bear to carry on this race. Last year when they found me about three miles from the finish, I began my delirious standup comic routine that they actually remembered. "Do you know anything about real estate?"

This year at approximately mile 17.5, I stopped and asked the sweepers if we could throw the teddy bear off Newman's Leap, a sheer 1,400-foot drop. Curious, they wondered why and I told them that it was at this spot that my running buddy, Steve Ozer, instead of making a sharp right after coming out of the woods onto this ledge, went straight! Steve fell 15 feet off the cliff, broke a collarbone and had to be medevaced to the nearest hospital. The blessing is that a few feet in either direction would have sent Steve to the great running store in the sky. So we stopped, I gave a prayer of thanks, and then limped on to the finish.

My reward for my sixth escarpment? A cold soda, some pasta, a few hugs, and my 100-mile Escarpment Shirt.



Part of the Escarpment gang: Tony Berman, JC Santa-Teresa, Bill Carpenter, Tommy Gannon and Steve Borton.

Volunteer Incentive Program

As mentioned in President Bernie Casserly's column, the RRR Board has approved a Volunteer Incentive Program for 2011 club races. Any club member who volunteers for at least three club races in 2011 becomes eligible for one of three great prizes: a free one-year club membership; dinner for two at a local restaurant; and round-trip airfare to anywhere in the continental U.S. The winners will be chosen at a club meeting after the final club-sponsored race of the year, the Thanksgiving Day Turkey Trot.

RRR Racing Team 2011 Schedule (NYRR Club Points Races)

March 6: Coogan's Salsa, Blues and Shamrocks 5K
April 10: Scotland Run 10K
May 21: Brooklyn Half-Marathon
June 11: NYRR New York Mini 10K (Women only)
June 19: Portugal Day Event 5-Mile (Men only)
July 16: Central Park Conservancy Run for Central Park 4-Mile
Aug. 6: NYRR Team Championships 5-Mile
Sept. 24: Fifth Avenue Mile
Oct. 2: Norway Festival: Grete's Great Gallop (Half-Marathon)
Nov. 6: ING New York City Marathon
Dec. 4: NYRR Joe Kleinerman Classic 10K

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 May 12, 2011

Nanuet Restaurant