



The Runaround

The Inside Loop

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By JC Santa Teresa, Oct 2009

The leaves have fallen, the days are shorter, the season is changing, but a true runner remains on track. Although the bright summer is over, more runner-friendly weather is finally here. As we look forward to closing out a great year, keep in mind that we have still some important races ahead.

Congratulations to all marathon finishers and especially the ones who qualified for Boston! Good luck to the rest of you marathoners! And for those first timers, enjoy the experience. We never forget our very first marathon! Remember to wear your club pride on your chest. Represent!

Despite a rainy September, our South Nyack 10 Miler on the 13th had perfect weather. Thirteen is now my lucky number! Congratulations to race directors Kathy Daly, Bernie Casserly, and Mike Angarola, and their committee for a great race. Participation surpassed last year's by 100.

Congrats to Larry Wolf and his committee for having another successful year with the Women's Distance Festival last July. Participation for this race has been on the rise and this year was no exception with the record of 415 runners/walkers.

Our next race is the Turkey Trot. This is Mike Greco's last year as race director of the Turkey Trot! Let's make this a memorable record-breaking race! Bring a friend, bring the family, and see you all there!

I hope you had a great time at our last general meeting with Bart Yasso. The final meeting of the year will be held at Nanuet Restaurant on Thursday, November 5 at 7PM. Dr. Bruce Pinker will be our guest speaker for the night. He has extensive experience in Foot and Ankle Sports Medicine. He has treated runners at the Penn Relays and the NYC Marathon several times, as well as in his private practice. I encourage all of you to come out and share your stories, ask questions, and learn from Dr. Pinker's experiences.

Congratulations to those volunteers who received the five guaranteed entries to the NYC Marathon. Good luck at the race. Thanks to those members who came out to volunteer for the Japan Day and NYC Long Training Run #2.

Team RRR has had a strong presence in Central Park this year with excellent individual and team age group placings. We had a record turnout August 8, 2009 with the 43 finishers in the NYRR Team Championship race.

So far we have competed in nine NYRR team points races and we have two more to go--the NYC Marathon (November 1, 2009) and the Joe Kleinerman 10K (December 6, 2009). Rockland Road Runner has a Facebook page thanks to team captain Logan Scott. Please join and post any running information, race times, group runs, running event, etc. that you would like to share with other RRR members.

Keep Moving!



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

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

On the Web

www.rocklandroadrunners.org

Weekly E-News:

www.rocklandroadrunners.org/RRRNews.html

Group Runs:

www.rocklandroadrunners.org/groupruns/workouts.htm

Good News for ING NYC Marathon Hopefuls

Through our participation in the NYRR team points championship series, RRR members are eligible to qualify for the local competitive program at the ING NYC Marathon this year.

With this program, a reserved space in the pre-race village is provided for local competitive runners who are accepted by NYRR. In addition, they would be eligible for a starting position near the front of the race.

To be accepted into this program, runners must have run a qualifying time in the half-marathon or marathon in their respective age groups between January 1, 2008 and October 3, 2009.

If you qualify with the criteria below and would like to request participation in this program, please send the following information to TeamRRR@rocklandroadrunners.org by end-of-day Friday, October 2.

- Full name
- RRR membership number
- Email address to receive updates
- Marathon entry number
- Qualifying time and date of race (meeting criteria below by age group)
- Website where your results can be found (if applicable). If possible, please hyperlink the URL.

NYRR will verify eligibility based on the following maximum qualifying times:

Open Men: 1:20 half-marathon; 2:50 marathon
Men 40-44: 1:30 half-marathon; 3:10 marathon
Men 45-49: 1:32:30 half-marathon; 3:15 marathon
Men 50-54: 1:35 half-marathon; 3:20 marathon
Men 55-59: 1:37:30 half-marathon; 3:25 marathon
Men 60-64: 1:40 half-marathon; 3:30 marathon
Men 65-69: 1:42:30 half-marathon; 3:35 marathon
Men 70+: 1:45 half-marathon; 3:40 marathon
Open Women: 1:35 half-marathon; 3:20 marathon
Women 40-44: 1:40 half-marathon; 3:30 marathon
Women 45-49: 1:42:30 half-marathon; 3:35 marathon
Women 50-54: 1:45 half-marathon; 3:40 marathon
Women 55-59: 1:47:30 half-marathon; 3:45 marathon
Women 60-64: 1:50 half-marathon; 3:50 marathon
Women 65-69: 1:52:30 half-marathon; 3:55 marathon
Women 70+: 1:55 half-marathon; 4:00 marathon

Athletes who have been approved by NYRR to participate in the Local Competitive Start program will be notified via e-mail and/or telephone. More information will be provided in mid-October to the athletes who have qualified and been invited to participate in this program. Due to the limited space, only the first 400 runners who meet the qualifications will be accepted into the Local Competitive Program.

Running and Arthritis Are you really 'ruining your knees'?

By Mackenzie Lobby

As featured in the Web Only issue of Running Times Magazine

As health insurance premiums rise and employment rates fall, many Americans have become particularly paranoid about their health. We're already strapped for cash. The last thing we need is to find out we have a condition that sends us spinning into a virtual turn style of referrals, copays, and pharmacies.

For the health-conscious runner, this is of particular concern. We rely on running and expect it will serve as a fountain of youth, the ultimate preventive measure against the effects of aging. So, what's with the old adage that running is bad for your knees? Our beloved pastime couldn't possibly be betraying our bodies, could it?

It's time for a little myth debunking, anti-fear mongering words of wisdom: running will not sentence you to being confined to a motorized Rascal in your later years. In fact, studies suggest the effects are quite the opposite. Among a long list of pros is the prevention of osteoarthritis (OA), the most common type of arthritis in older adults. Running isn't bad for your knees; it's good for them.

Joint Solutions

Ligaments hold together every one of the many joints in the human body, and those ligaments are stiffened and strengthened through exercise, such as running. Stronger ligaments equate to more stable joints, and more stable joints lead to less wear-and-tear injuries, which means a lower risk of old injuries turning into OA later in life.

Marie-Christine Leisz, M.D., who is the medical director of the Running and Endurance Sports Injury Clinic through Allina Hospitals and Clinics in the Minneapolis/St. Paul, Minn., area, explains why. "If you apply stress or loading to a joint, the muscle is going to get stronger," she says. "The composition and mechanical properties of cartilage change, making it more durable.

Tendons and ligaments become increasingly resilient to stress, making them less likely to tear or sprain."

Dr. Eliza Chakravarty, researcher at Stanford University, recently published a series of studies devoted to busting up the myth once and for all. The larger study, published in the Archives of Internal Medicine, looked at distance runners and the prevalence of physical disability, as well as life span, compared to non-running peers. Chakravarty had 538 runners and 423 healthy nonrunners, all at least 50 years old, fill out health-related surveys. The first survey was given in 1984, followed up by another 21 years later. While only 15% of the runners died during that period, 34% of non-runners did, yielding more than twice the death rate. In addition, the runners were less likely to be physically disabled at the conclusion of the study.

Chakravarty also examined the prevalence of osteoarthritis in a smaller number of participants from the original sample. The study, chronicled in The American Journal of Preventative Medicine, followed 53 non-runners and 45 long-distance runners, most of whom had been running for over a decade. Chakravarty kept tabs on this group for 18 years, from 1984 to 2002. The average age of the participant at the beginning of the study was 58 years old.

Radiographs of the knees were taken at six points between 1984 and 2002, and showed that OA was no more prevalent or severe in the running group. (In fact, a higher proportion of the control group had prevalent OA when the last radiograph was taken, although the difference wasn't considered statistically significant.) The non-running group also reported a higher number of knee replacements than the running group during the 18-year study.

While Dr. Chakravarty's research is conclusive, the annals of literature backing up these findings continue to surface. A study done at the Helsinki Research Institute for Sports and Exercise Medicine in Finland looked at former elite athletes hailing from various sports. Not surprisingly, they found that soccer players and weight lifters were far more likely to develop OA than runners. In addition, German researchers at the University of Heidelberg found that former elite marathon runners were not at higher risk of OA than a non-running control group.

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Knee-ded Facts

In her practice, Leisz is frequently faced with the question about running and bad knees. “People are always asking, ‘Am I going to end up needing knee replacements if I run?’” she says. “I want to reassure the seasoned veterans out there. Now the consensus is, no, we don’t think so.”

Rather, the major risk factors for developing OA appear to be obesity, prior traumatic joint injury, and heavy manual labor. In fact, says Leisz, “for those who do not have those risk factors, running may be protective.”

Collectively, this research suggests that, in general, distance running won’t increase your chances of OA, whether you’re a weekend warrior or a veteran elite. What fans the flames, spreading this nasty myth, is oftentimes operator error. While genetics can also play a role, it is often the runners who neglect to wear proper footwear and ignore injuries that end up rocking chairbound. So if you’re still sporting those Asics Tigers from the 1980s, fill them with rocks and throw them into the nearest body of water.

Leisz emphasizes, “You can’t underestimate the importance of appropriate footwear. The lifespan of a shoe is usually 300-400 miles.” Quoting Dr. Roger Mann’s research on running injury prevention and treatment, Leisz explains, “When running, you increase the forces transmitted up through the legs by 2.5 to 4 times your body weight. If you weigh 150 pounds, you take about 1,200 steps per mile. You incur 375 pounds of force per foot plant. If you’re in a shoe that isn’t fitting you or its worn out, more of the stress is translated up through the long bones, rather than being absorbed and dissipated by the midsole of the shoe.”

A new pair of shoes won’t solve all your problems, however. Listening to your body generally will. If you have a nagging knee pain or are experiencing symptoms of overtraining, back off. The dose-response relationship is pertinent in this case. This concerns the ways the body reacts to differing levels of exposure to various stressors. You continue to reap the benefits from running to a certain point, but eventually you begin sliding down the other side of the curve. Not only can overtraining sideline you for your next race, the damage can be permanent down the road as you hit later adulthood.

There are other preventative measures you can take to avoid OA, according to Leisz. “We know the core muscles, the gluteus and the abdominals, control the motion of the femur,” she says. “If a runner has a strong core, they tend to have less knee problems. When I see a knee pain patient who is a runner, unless they can recall a specific injury, I usually go right to the core to see how strong they are. Nine times out of ten, it’s a problem with core strength.” So, it seems if you buy new shoes, avoid overtraining, and strengthen your core, you are well on your way to avoiding nasty knee problems, as well as a whole host of other issues.

It’s important to keep in mind that if you have already developed OA, you should consult your doctor regarding a running regimen. In less severe cases, running can actually help curb the condition. “One of the standard treatments for someone that is starting to have arthritis is activity because it helps the joint move longer and better,” says Leisz. Running can actually assist in lubricating joints, like oil to a rusty hinge. However, says Leisz, “If you are having a lot of pain and swelling, it probably means you are causing trauma to the joints, and then it might be time to switch to a different activity, such as the elliptical or the bike.” Also, some studies suggest that elderly adults who practice regular vigorous physical activity may encounter OA more often.

For most, the risks involved in leading a sedentary lifestyle are far scarier than the risks of running. While it is hard for some to imagine, pounding the pavement day in and day out is better for your knees than spending seven nights a week on your couch watching reality TV. You want to know how to keep your body in tip-top shape without shelling out the Benjamins for hefty doctors’ bills and prescriptions? Run smart. Live well.

World Championships in Berlin: Simply *Wunderbar*

By Jamie Kempton



Jamie Kempton (left) and friends on a circular bike

So I'm standing with friends at the Brandenburg Gate in the heart of Berlin, taking in all the sights and sounds of this historic German capital. We're in town for the World Track & Field Championships, held Aug. 15-23. Along comes a guy riding a circular seven-seat bike and offering sightseeing tours. Never ones to pass up a good time, my three friends and I hopped on the cherry-red seven-seater and started pedaling on cue from our bike guide, who steered the contraption and controlled its movement along the busy Berlin thoroughfares. Tourists and curiosity seekers turned their heads, gawked in fascination and hastily reached for their cameras as we pedaled past. Hey, I thought, now we're the show! We'll end up being stars in the gawkers' photos, talked about for years to come!

Berlin Wall crossing point between East Germany and West Germany during the Cold War. After the fall of the Berlin Wall and reunification of Germany in 1989, the checkpoint became a tourist attraction. For 2 Euros (about \$2.50), you could have your picture taken at the checkpoint with a U.S. Army soldier "guarding" the Allied side, and I willingly forked over the coins to capture my presence at this bygone relic of the Cold War.

Later we stopped at a bank to exchange currency. While waiting outside, our guide told us he had spent a few months living and working in New York back in 1989. When asked where in New York, he answered, "Nanuet." My hometown! Not only that, he also worked at Cable Beverage in Bardonia, one of the most recognized beverage distributors in Rockland. What are the chances we would bump into a German in Berlin who once stayed within a mile of my home in Nanuet? 'Tis indeed a small world.

Chance encounters like that are what make these trips so special. I have attended 10 of the 12 World Track & Field Championships held since 1983. Each one is distinctive because of the new people you meet and the reunion with track nuts, like me, who will venture anywhere around the globe to see a good track meet. There are characters aplenty in this subculture, people like Ian from New Zealand, who hit the Kiwi lottery jackpot more than a decade ago and now travels the world to watch sporting events. Great gig if you can get it. Or the Swedish superfan Carl, decked out in the blue and yellow Swedish colors, crowned by a Viking helmet, and erupting in a gravelly bellow anytime one of his beloved Swedes performs well.

The hosting Germans carried out the meet with their trademark efficiency but one snafu marred an otherwise seamless outing for us. On the penultimate day we arrived at our seats only to find that they had been double-booked and already occupied. The fans sitting in those seats refused to leave, and we stood in the aisle for an hour waiting for the problem to be resolved. Finally a very apologetic ticket manager appeared and gave us tickets for unoccupied seats three rows up – virtually the same vantage point from the head of the backstretch. He also gave us access to a hospitality suite with unlimited food, beverages and TVs to watch the meet. We spent a good hour in the suite at the end of the night and took full advantage of our deserved freebie.

As for the meet itself, unquestionably the biggest star was Usain Bolt, the telegenic Jamaican sprinter. He struck his familiar "lightning-bolt" pose after demolishing the world records he set at last year's Beijing Olympics with mind-blowing times of 9.58 in the 100 meters and 19.19 in the 200. Either he's a freak of nature or his coach has devised a one-of-a-kind training regimen. Bolt seemed genuinely surprised when the 60,000-plus fans in the stadium serenaded him with an "a cappella" rendition of Happy Birthday. He's only 23! How low can Bolt go? U.S. sprinters may be playing catch-up for a long time, although Tyson Gay set an American record (9.71) while playing second fiddle to Bolt and will make him earn every centimeter's edge.

Bolt wasn't the only one capturing the spotlight. There was also the curious case of Caster Semenya, the 18-year-old South African who won the women's 800 meters in a world-leading time of 1:55.45 and recorded the largest victory margin in meet history, almost two and a half seconds.

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Semenya's eligibility to compete as a woman was questioned after she made quantum leaps in her performance in a short time. She won the 2009 African Junior Championships in 1:56.72, a seven-second improvement in just nine months, and won the 1,500 in 4:08.01, a 25-second drop. She has a muscular build, short-cropped hair and facial features that could be seen as masculine.

The world governing body for track and field (IAAF) said it was "obliged to investigate" after her dramatic improvement raised suspicions of drug use. Then, after Semanya won her semifinal race in Berlin, the IAAF announced it had subjected Semanya to a gender test, the results of which would not be determined until November. The timing of the announcement was ill-advised but did not seem to affect Semanya in the final.

In the meantime, Semanya's case has drawn worldwide attention. An Australian newspaper reportedly obtained the IAAF test results and said they showed that Semanya has both male and female organs, that she has no ovaries or uterus, and that she has internal testes that produce testosterone, a male hormone that increases strength capacity.

The questions surrounding Semanya strike at the very heart of competitive sport. A man competing against women has an unfair advantage in sports where strength and speed matter because physiologically he is built to run faster, jump higher and throw farther. If the playing field is tilted in his favor, the whole rationale for sport is nullified.

Many people have already weighed in with their opinion, opting not to wait for the IAAF's official ruling. By looking at her features, seeing the macho gestures and poses she made after winning her gold medal, and hearing her speak during interviews, it would be hard not to ascribe at least some masculine traits to her.

But I say let's wait for the official test results before crucifying this young person. She has already suffered the indignity of having her sex parsed and probed in the court of public opinion. She had no say in her genetic makeup and was simply using her God-given talents to the fullest extent. If the IAAF tests reveal that she has male characteristics judged to have aided her athletically, then she should be stripped of her medal and lose her eligibility to participate in women's competition. If no aiding male attributes are detected, then she should be free to compete as she wishes.

Aside from Semanya and Bolt, many other people, places and things vied for the top spot in my personal highlights reel. Here are a few:

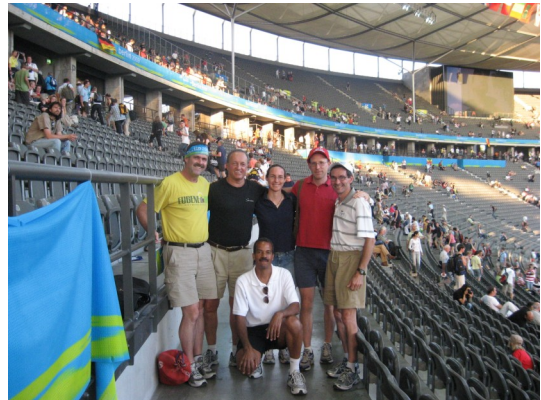
- Three U.S. finalists in both the men's and women's 1,500 meters – unrivaled for us in a major championship in at least two decades. Bernard Lagat and Shannon Rowbury each earned the bronze medal.
- Three finalists in the men's 5,000, another rarity, with Lagat nosed out at the finish by 5,000/10,000 gold medalist Kenenisa Bekele of Ethiopia.
- Strong sixth-place finishes in the 10,000 by Dathan Ritzenhein (27:22, fourth-fastest ever by an American) and Amy Begley (31:13). Begley should have been awarded the bronze because three of the five who finished ahead of her were among a group of about 10 who cut in from the staggered start too soon and thus ran a shorter distance than the others and should have been disqualified. Several officials signaled the violation but were overruled and the results were allowed to stand. Boo!

German athletes responding to the thunderous home-crowd support with clutch medal-winning performances.

- The Olympic Stadium was marvelous. This was the site of Jesse Owens' historic four-gold-medal Olympics in 1936, but a major renovation for the 2006 World Cup accommodated latter-day spectator preferences. Seats were spacious and set apart to allow plenty of leg and elbow room. A glass extension of the roof protected onlookers from the threat of rain – and we were thanking those German designers on the one day that it poured.

Overall, Berlin treated me to a first-rate athletic and cultural experience. I would have to rank it among the best in the 10 World Championships I've attended, right up there with Rome '87, Stuttgart '93, Seville '99 and Paris '03. The memories will keep me going until the next World Championships in Daegu, South Korea, in 2011. I feel like Jim McKay of that old TV favorite, *Wide World of Sports*: "Spanning the globe to bring you the constant variety of sport – the thrill of victory, and the agony of defeat. The human drama of athletic competition ..."

Can't wait till the next one!



Jamie Kempton (right) and friends inside Berlin Stadium

Steamtown Marathon

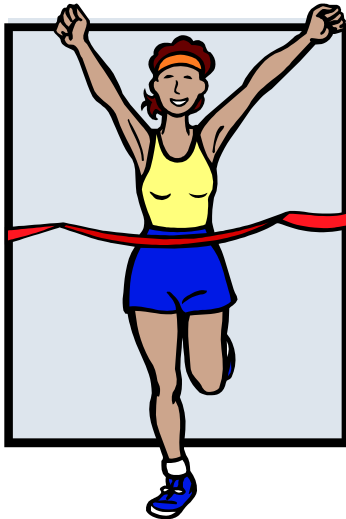
By Mitch Pollack

The city of Scranton is nestled in the northeastern portion of Pennsylvania and serves as the county seat of Lackawanna County. Scranton is located in an economically depressed region, an area dotted with abandoned anthracite coal mines and empty store fronts. Scranton also happens to host a beautiful regional marathon known as Steamtown.

Steamtown has a fast course. The 26.2-mile race, which starts in Forrest City, Pennsylvania, bills itself as one of the ten fastest marathon courses, with a net elevation drop of 955 feet. It is also a favorite race of many of my training partners. It was for that reason my good race of 2009.

On race morning the weather was slightly cool but otherwise perfect, with temperatures hovering between 33 and 45 degrees, a little wind and just a touch of sun. Complimentary buses shuttled most of the runners to the start of this point-to-point marathon.

After the 45-minute bus ride filled with the typical nervous chatter and sophomoric humor of a group of carbo-loaded and bladder-stretched marathon runners on race day, it was refreshing to see the cheerleaders and greeters of Forrest City High School as we exited the bus. The question that came to my mind was how do you get a bunch of 15-year-old kids to smile at 6:45 on a Sunday morning?



The race starts with a series of downhills, contains some off-road trails for two or three miles, and then later on adds in some tough hills for good measure.

A contingent of Rocklanders trained together this past summer with a view towards participating in the Steamtown Marathon. They included Tom Gannon, Kathy Gannon, Myrna Rivera, Jerry Quigley, Eric Brand, JC Santa Teresa, Raffi Shrem, Patrick Parietti, Alisa Carbone, Kate Tormey, Bill Carpenter, Jessica Davico, John Gonzalez, Anne Mitloff and Laura DiMarino.

It is a common mistake to think that Steamtown is an “easy” marathon, in spite of its reputation as a fast course. There are no easy marathons. The phrase “easy marathon” is an oxymoron and should join the George Carlin list which also includes “jumbo shrimp. The two words do not go together

Steamtown has plenty of hills and some tough ones at that, late in the race.

For those of you marathoners who have not run Steamtown, it is a must-do. The race takes you through small-town America where you are greeted by music and cheers of encouragement from the local residents. The setting is all Norman Rockwell.

Congratulations to all Steamtown finishers and to the following Boston qualifiers: Kathy Gannon, Myrna Rivera, Jessica Davico, Alisa Carbone, Kate Tormey, Bill Carpenter and yours truly.

Sampling The World's Colorful Canvas, One Race at a Time **By Jamie Kempton**

Bart Yasso, the globe-trotting guru from Runner's World, signs his new book with the inscription, "Never limit where running can take you." It's an apt credo, because Yasso's exploits have taken him to more places on earth than possibly anyone else has dared to tread.

Upon the invitation of club President JC Santa Teresa, Yasso came to speak at the RRR club meeting Sept. 1 at Nanuet Restaurant. While many runners know him as the originator of the "Yasso 800s" marathon training program, he has cultivated an even larger following for his adventures and misadventures in an eclectic mix of contrived, offbeat and, in some cases, unimaginably difficult races.

He's been dubbed the Mayor of Running. His official title at Runner's World is "Chief Running Officer" and he's been the magazine's race and event promotion director since 1987. For more than two decades he's been gallivanting off to far-flung locales as a good will ambassador in running shoes and sharing his unusual experiences with readers of the magazine and at race expos everywhere. Yasso has completed more than 1,000 races, triathlons, biathlons and other endurance tests. He's run a majority of U.S. marathons and at least one on all seven continents. He's even taken his traveling road show to Rockland County, winning the U.S. Biathlon Association Long Course Championship at Harriman State Park back in 1987.



Bart Yasso (to the left of JC) at the Sept RRR Meeting

At the club meeting Yasso gave an entertaining slide show presentation that highlighted some of his most memorable races. Maybe the craziest of them all was the 1989 Badwater Ultra 146 – 146 miles through California's Death Valley, in July! The race started in Badwater Basin, the lowest, hottest, driest place in the country, and ended atop 14,496-foot Mount Whitney, the highest point in the contiguous U.S. The nighttime start temperature was 117 degrees, and the daytime temperature for the race had once risen to 134 degrees, the second highest ever recorded worldwide.

Yasso was one of six certifiable loonies who tackled Badwater that year, including one guy who was sponsored by Chiquita and upchucked bananas several times during the race. The bananas quickly baked into tidy piles on the 160-degree blacktop and, to Yasso, looked like freshly baked banana bread. Fortunately, upon closer inspection he knew enough not to sample the Chiquita man's regurgitations.

Participants had to bring their own crew, water and support vehicle because there were no official aid stations along the way. At one point Yasso's support staff hauled him inside the RV to be packed in ice after the extreme heat left him disoriented and weaving on the furnace-like salt flat. Fittingly, he never received an official finishing place because of a discrepancy with the finish line, so to this day he doesn't know whether he placed first, second or third.

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Yasso's slide-show travelogue featured a smorgasbord of other unforgettable moments, such as:

- The Bare Buns 5K Fun Run, held in the summer of 1997 at a family nudist resort outside of Spokane, Wash. Wearing clothing in the race was optional, but few people wore anything, Yasso explained. He was one of 800 blithe spirits who ran "textile free" from start to finish. Yasso solved the bib-number problem by securing the bib to his arm with yarn. He ran well enough to win the masters division and, following the philosophy of "When in Rome, do as the Romans do," wore nothing but his birthday suit at the awards ceremony and the pre-race pasta party, where he was the guest speaker – without a podium.

- The Westcliffe, Colo., 10K burro race in May 1998. Believe it or not, burro racing is big in Colorado – it's the only sport indigenous to the Centennial State. The runner and burro – a small donkey – must stay connected at all times by a 15-foot rope, the runner may "push, pull, drag, or carry" the burro, but the burro can't carry the runner. Yasso was given a stubborn, temperamental burro named Taco Bell that bolted away from him after two miles, wouldn't budge an inch after 3 miles and had to be dragged "hoof by hoof" all the way to the finish line.

- The 1999 Antarctica Marathon held at King George Island off the northern tip of Antarctica. A field of about 170 followed Yasso, the designated lead runner, along an out-and-back loop up and over Collins Glacier, across streams, and along a beach to the finish line. While he was placing flags to mark the course beforehand, Yasso was attacked by nesting skuas, fiercely predatory birds that swoop down and slap intruders on the head with their webbed feet. The skuas also ransacked the bottled water, Coke cans, Gatorade and nutrition bars Yasso had carefully placed in boxes at drop-off points along the course, with the provisions strewn across the tundra.

- A journey to Asia in the summer of 1991 to run in the Taj Mahal 5K, Himalayan 100-Mile Stage Race, and Sikkim Half-Marathon. While out scouting the planned half-marathon course in Royal Chitwan National Park in Nepal, Yasso and race organizer Jim Crosswhite came face-to-face with an angry Asian rhinoceros. They made like Usain Bolt and high-tailed it out of there before the rhino had a notion to gore them with his horn, which rhinos are prone to do to people encroaching on their turf.

- An aborted climb to the summit of Mount Kilimanjaro in Tanzania, the highest mountain in Africa. Yasso had the misfortune of contracting Lyme disease sometime prior to his trip but was unaware of the illness until he started experiencing symptoms at 16,000 feet – numbing fatigue, blurred vision, fever, rash and partial facial paralysis from Bell's palsy. He was forced to abandon that 1997 quest and has since experienced recurrences of the Lyme disease.

Yasso regaled RRR members with these and many other tales from his peripatetic treks around the globe. He also talked about training and touched on his Yasso 800s workout, which has been used by countless runners to accurately predict their marathon time. The workout consists of ten 800-meter repeats with a 400-meter recovery jog. According to the Yasso formula, your average time for the 800s in minutes and seconds equates to your marathon time in hours and minutes. For example, if you average 3 minutes 30 seconds for the ten 800s, you should be able to run a 3-hour 30-minute marathon. Yasso said the formula worked in all but one of 15 marathons he ran in his competitive prime.

Last year Yasso wrote a book chronicling his exploits, "My Life On The Run: The Wit, Wisdom, and Insights of a Road Racing Icon." The book elaborates on much of the material in his slide-show presentation. It also discusses his misspent youth as a heavy drinker and dope fiend, and lays out training programs for races from 5K to the marathon. It's published by Rodale Press and is highly recommended if you want the full



Trail Runners Make Better Lovers

By Steve Ozer (a man who knows--well, sort of)

Understanding why trail runners make better lovers requires an understanding of the vast differences between road runners and trail runners. These differences go way beyond the surfaces on which they run and the gear that each group uses. The big distinction is in attitude--and isn't ATTITUDE what you look for in a lover?

The greatest distinction between trail runners and road runners is in the psyche of these different groups. Road runners have a drive for speed--and do you really want that in your lover? Wham, bam, thank you ma'am is so yesterday!

Road runners are focused on measurement--they are constantly checking their heart rate, their pace, their distance, and the number of calories they burn. Do you want to get intimate with someone who would sooner look at a monitor on their wrist to get a reading than look into your eyes?

Trail runners, on the other hand, are a different breed. They usually know the day of the week but little else. Yes! Bill Carpenter sometimes runs the trails but all of his toys (GPS, heart rate monitor etc.) leave him without the title Trail Runner.

Trail runners go off-road to escape the things road runners focus on. Trail runners are looking to free themselves--and aren't you looking for a relaxed free spirit to help you forget the cares of the day? The trails allow runners to get closer to the wonders of the universe. The vistas seen from the tops of mountains and the beauty of rushing streams allow trail runners to gather strength both emotionally and spiritually. These are people who will not shy away from intimacy--and that's a good thing in the love department. Road runners so often have to contend with motor vehicles and the dreaded bike riders who always seem to feel that they are racing in the Tour de France. Putting up with these are a surefire road to stress, high blood pressure and a nasty disposition. Do you really want to share dinner by candlelight and all the goodies that go with it with that person?

Trail runners enjoy the call of what Robert Frost penned "The Road Not Taken." And as Frost wrote, "that has made all the difference."

When you run the trails it's always an adventure and it's always a change. The adventurous spirit is what we all long for in our mates. We all want adventure in the bedroom--or perhaps some other room. Trail runners are always changing foot strike and stride on the various surfaces they encounter. This is how they develop their amazing core strength which always leads to a powerful pelvic thrust and you know where that leads.

Trail runners are sensitive to their surroundings. What could be better than what the trails have to offer? Wildflowers, trees, birds, insects, deer, and the occasional snake or bear make for a more interesting run and a more interesting runner. A more interesting person is always a better lover.

To run on trails is to run on surfaces forgiving to the legs. Road runners suffer far more overuse injuries and the tough surface of the road is the reason. The lack of variation in stride and foot strike in road runners, has sidelined many. Do you want your lover reaching for their hamstring when you want their hands on other things?

The chance to get away from the everyday world, to enjoy the beauty of nature, to de-stress, and become a more responsive lover are some of the things that make trail running a win-win-win situation.



Need I say more?

Team RRR

Team RRR had a record turnout, with 43 finishers in the NYRR Team Championship 5-mile race in Central Park on August 8, 2009.

We had a strong showing in the individual age groups and team standings. Thank you to all who came out to compete and enjoy some food and drinks with friends. It was a great day for a picnic and we had a delicious spread of food. Thanks also to everyone who helped out with all the food, setup, and transportation. A special thank you to JC and Rafi for being such great chauffeurs!!

For team results and to see some great pictures go to: <http://rrraceresults.blogspot.com/>



Team RRR at the Central Park Race

*(Continued from page 11)***Men's Results**

Name	Age Group	Place	AG Place	Time	Pace	AgeGrade
LOGAN SCOTT	M47	217	12	30:35	6:07	77.8 %
JERRY SUN	M46	301	28	32:14	6:47	74.2 %
STEVEN JOSEPH	M48	312	32	32:27	6:29	73.9 %
BERNARD PATTEN	M54	403	20	33:57	6:26	73.3 %
ALEX WITTENBERG	M18	440	9	34:31	6:54	63.9 %
NUSBLAT, MICHAEL	M56	443	10	34:40	6:56	73.9 %:
JC SANTA TERESA	M46	470	53	35:13	7:02	67.0 %
RICARDO J HERNANDEZ	M56	511	18	36:06	7:13	70.9 %
NARCIS ARON	M60	519	6	36:18	7:15	73.0 %
WILLIAM CHANDLER	M61	525	9	36:25	7:17	73.4 %
RAFAEL SHREM	M54	559	49	36:59	7:23	68.1 %
GERARDO HERNANDEZ	M54	556	47	37:04	7:24	67.9 %
FRANK NIEVES, JR	M60	570	17	37:20	7:28	71.0 %
EDWARD BROWN	M47	609	74	38:06	7:37	62.5 %
RON MUHLFELDER	M62	627	22	38:37	7:43	69.9 %
BENNY KIM	M66	646	6	39:26	7:53	70.9 %
JOSEPH FALCON	M49	673	85	40:55	8:11	59.1 %
JOHN FORSTER	M61	695	30	42:05	8:25	63.5 %
JOHN SINGER	M69	709	10	42:39	8:31	67.5 %
ROBERT DITTEMER	M70	737	2	44:42	8:56	65.2 %
DOMINGO STERN	M63	776	38	48:09	9:37	56.5 %
PATRICK PASSERO	M67	780	14	48:49	9:45	57.8 %
LAWRENCE S WOLF	M64	792	41	51:15	10:15	53.6 %
EUGENE SOSTRE	M47	802	98	57:36	11:31	41.3 %

(Continued on page 13)

(Continued from page 12)

Women's Results	AgeGroup	Place	AGPlace	Time	Pace	AgeGrade
KIM CHALFIN	F38	58	7	33:09	6:37	74.7 %
JOSEPHINE PATTEN	F53	69	3	33:39	6:43	85.4 %
SHELLY SHREM	F49	199	18	39:28	7:53	69.2 %
HEIDI LAPPI	F27	203	59	39:29	7:53	61.2 %
KATHLEEN DALY	F48	289	31	42:49	8:33	63.0 %
JULIE NAPOLITANO	F28	299	76	43:24	8:40	55.7 %
MARIE KILLEEN	F72	317	1	43:50	8:46	86.9 %
BRENDA MCCARVILLE	F29	374	93	47:28	9:29	50.9 %
ASHLEY SANTA TERESA	F18	402	6	48:51	9:46	50.0 %
KARA SANTA TERESA	F12	403	1	48:52	9:46	54.4 %
ISABEL HERNANDEZ	F64	444	13	52:10	10:26	64.2 %
ENILDA INDYK	F64	465	16	56:04	11:12	59.7 %
ALEXANDRA FINGER	F75	469	1	56:34	11:18	71.0 %
ANN SINGER	F66	470	11	56:59	11:23	60.6 %
HARRIET SOTTILE	F62	478	19	58:57	11:47	55.1 %
JEANETTE SANTA TERESA	F45	485	53	1:00:55	12:11	42.8 %
DIANA SIDTIS	F68	486	13	1:01:09	12:13	58.3 %
MICHELLE SREBNIK	F39	487	65	1:03:23	12:40	39.3 %
ROZANNA RADAKOVICH	F62	496	21	1:14:25	14:53	43.7 %

Awards**Individual:**

- Marie "Grandma" Killeen, #1 W70-74
- Alexandra Finger, #1 W75-79
- Kara Santa Teresa, #1 W10-14
- Josephine Patten, #3 W50-54
- Ashley Santa Teresa, #6 W15-19
- Kim Chalfin, #7 W35-39
- Robert Dittemer, #2 M70-74
- Narcis Aron, #6 M60-64
- Benny Kim, #6 M65-69
- William Chandler, #9 M60-64
- Alex Wittenberg, #9 M15-19
- Mike Nusblat, #10 M55-59
- John Singer, #10 M65-69

Team:

- Women Open #16 3:08:34 - Kim Chalfin 33:09, Josephine Patten 33:39, Shelly Shrem 39:28, Heidi Lappi 39:29, Kathleen Daly 42:49
- Women 40+ #13 1:55:56 - Josephine Patten 33:39, Shelly Shrem 39:28, Kathleen Daly 42:49
- Women 50+ #9 2:09:39 - Josephine Patten 33:39, Marie Killeen 43:50, Isabel Hernandez 52:10
- Women 60+ #4 2:32:04 - Marie Killeen 43:50, Isabel Hernandez 52:10, Enilda Indyk 56:04
- Men Open #18 5:42:26 - Logan Scott 30:35, Jerry Sun 32:14, Steven Joseph 32:27, Bernard Patten 33:57, Alex Wittenberg 34:31, Michael Nusblat 34:40, JC Santa Teresa 35:13, Ricardo Hernandez 36:06, Narcis Aron 36:18, William Chandler 36:25
- Men 40+ #14 2:43:53 - Logan Scott 30:35, Jerry Sun 32:14, Steven Joseph 32:27, Bernard Patten 33:57, Michael Nusblat 34:40
- Men 50+ #11 1:44:43 - Bernard Patten 33:57, Michael Nusblat 34:40, Ricardo Hernandez 36:06
- Men 60+ #3 1:50:03 - Narcis Aron 36:18, William Chandler 36:25, Frank Nieves Jr 37:20

Even if you haven't run as part of Team RRR up to now, you can still join the team. All you have to do when signing up for the race is list Rockland RR as your team affiliation.

The Runaround

Next Issue: **Deadline Dec 31, 2009**

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

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

**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
7:00 p.m.
Thursday, Nov 5, 2009
Nanuet Restaurant