



The Runaround

The Inside Loop

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By Bernie Casserly

As I write this, summer is ending and we are entering our fall marathon season. I hope your training is going well and this finds you light and fast.

So far 2011 for RRR has been very busy as we already held four of our five scheduled races. Each race has drawn record crowds and gotten good feedback from entrants, and consequently we continue to make meaningful contributions to local charities, such as United Hospice, Meals on Wheels, the Rockland Family Shelter, and volunteer fire departments in Nyack and Piermont. Don't get me wrong, while we are proud of our races, each has areas where we can improve and we are working to upgrade our events as necessary.

For the first time, RRR hosted a Masters Challenge at Rockland Lake, which included teams from Westchester, North Jersey Masters, Taconic and RRR. We had about 110 runners with great competition, good food and lots of cold refreshments. Needless to say, a good time was had by all. My thanks go out to our volunteers: Dan Hogan, Steve Ozer, Amy Stern, Eileen Casserly (The Missus), Laura DiMarino, John Sullivan, Bob O'Malley and Beth Bellatone, Mike Nusblatt and Jonathan Farrell.

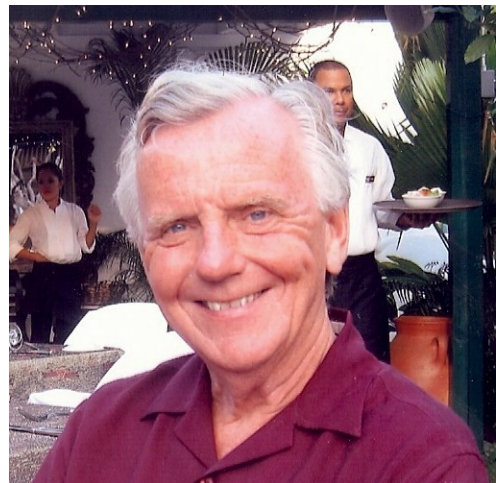
Looking forward to our biggest race and challenge the annual Turkey Trot on Thanksgiving morning, November 24. We are expecting close to 3000 runners. Lots of volunteers are necessary for race pick-ups on Monday, Tuesday and Wednesday from 12.00 noon to 8.00 pm at Bravo restaurant at the Palisades Center. Many race day volunteers are also needed and if you could spare some time it would greatly appreciated.

Our annual NYC Marathon bus is fast filling up, so get your \$10 check in to reserve a seat. The bus will leave from the Palisades Center commuter parking lot and the departure time is to be announced.

This year's holiday party is scheduled for Saturday, December 10 at the Town and Country Caterers across from Rockland Lake on Rte. 9W. So please keep the date open. Remember our volunteer awards will be drawn that night, so make sure you have volunteered for three races in order to qualify for the drawings.

Your club is presently trying to upgrade its computer systems and we are just finishing an online membership list. A few of our members are working on making appropriate improvements to the RRR website.

One goal is to streamline our race registration by eliminating the mailing of race applications and having on-line registration only



Record Attendance

By Steve Borton and Rich Tinger

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:

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

On Sunday, April 10, 2011 we had the best attendance we ever had for the 22nd Annual Hook Mountain Half Marathon and 5K Run & Second Annual Walk to Remember. This day will probably always be remembered! We had 965 registered runners and over 450 walkers, breaking the race record. We also had a perfect day for the participants with cool temperatures that added to fast times at the completion of the event.

Matthew Bach of Jersey City won the half marathon, with a commanding lead, in a time of 1:16:11 and Art Gunther of Nyack won the 5K in 15:12. This was 30 seconds faster than his win of last year. Megan Wiseman of Hoboken led the women in a time of 1:29:18 in the half marathon and Sharon Fetters of New York City in the 5K in 21:45.

Chris Gebhardt of Nyack received the Adi Steingraber award as the first Rockland finisher. Great job, Chris!

Carol Guzinski of Garnerville received the award for the first female Rockland finisher and also first Masters group in a time of 1:40:29. Congratulations Carol!

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

We had some great sponsors and plenty of food and refreshments.

We would especially like to thank the volunteers from United Hospice of Rockland and the Rockland Road Runners for making the race an annual success. We have raised more than \$80,000, a new record for the United Hospice of Rockland. I am sure that George would be very proud. The "Walk to Remember" was very inspirational and brought many more participants both running and walking!

Team Lou Owen raised the most money, at \$3,200, and won the prestigious Avanti Cup!

Thanks to all those individuals who are always there when you need them: Alison our volunteer coordinator, Marie, Bernie, Enilda, Kathy, Becky, Sue, Larry, Fred, Angelo, Jack, Al, Amy, Laurie, Lanie, Lisa, all the volunteers from Hospice, Youth for Hospice, students from around the county, and Rockland Road Runner volunteers. Alison did a super job with the volunteers and the overall race coordination!

Our lead sponsors were Provident Bank, Avanti Health Care Services, Dr. Edward & Raselle Fisher and AMA Laboratories.

**We had the most successful event ever! What a great day!
Thank you to everyone for making this event a most memorable experience.**



Women's Distance Festival has record turnout

By Casey Tolfree, The Journal News

Year after year, the Rockland Road Runners' Women's Distance Festival 5K Run/Walk at Rockland Lake State Park gets bigger and bigger.

For the 24th annual event, a record number of participants — 499 — showed up early Saturday morning.

"We have people who have done the race from Day One, and it's our 24th year," race director Larry Wolf said. "They like it. It has a good feeling to it."

Part of that good feeling comes from the event's fundraising. Proceeds from the Women's Distance Festival go to the Rockland Family Shelter, which provides services and programs for female victims of domestic violence, sexual trauma and other violent crime.

"There is an incredible sense of community and camaraderie," said Lea Carnevali, events coordinator for the Rockland Family Shelter.

"There are people from all different pockets coming together. People are excited that we have more people than ever before. It's really great. The Road Runners do an incredible job."

Suffern alumna Shelby Greany, who is entering her junior season in cross country at Providence College, took first place in 17 minutes, 23 seconds. Sheila Casey, 40, from Park Ridge finished second in 18:16.

Greany has won the race four of the five years she has participated, including 2009, when she ran 17:22.

"There is a very loyal group. A lot of the same female runners come back," Greany said. "You make friends. There are people I've seen here four or five times. It's just a really good atmosphere overall. Everyone is so nice, and it's a great cause — women running for women."

The festival brings together people of different ages to run or walk, volunteer or cheer on their friends and family.

A race staple — 92-year-old Evelyn Stewart, the oldest participant for the past several years — finished the walk in 55:06.

Three teams participated in the race: Team Dress Barn, Lakeside Yoga and the St. Thomas Aquinas women's basketball team.

Several current high school athletes were on the course, too. Megan Young of Nanuet, coming off a stellar varsity track season in which she won a state 800 title, finished third in 19:45, while Nyack hurdler Lauren Voss was 39th in 24:44.

The charitable programs at the festival included the Verizon Wireless HopeLine, which collected old phones to be recycled while also donating to the Rockland Family Shelter; and Nike ReUse A Shoe, which recycles old running shoes into tracks, basketball and tennis courts, and synthetic-turf fields.

Mandel, Katz & Brosnan LLP of Valley Cottage has been a strong supporter of the Rockland Family Shelter for a number of years. This year, Kara Katz took on the role of race chairperson to help coordinate the festival



First Annual Bill Fortune Memorial 10K & 5K Run to Benefit Meals on Wheels

By Amy Stern

If you would have told me last year that I would be a race director this year, I would have laughed. After all, I am not a competitive runner and have run in fewer than two dozen races. So, how did this happen? I realized at the end of last year that the May race slot was vacant due to the Marissa Run taking over the Turkey Trot slot. I approached the RRR board to ask if Meals on Wheels could become the beneficiary of a race in May and was told, "Yes." There was one caveat-I had to become the race director.



So, on May 22, 2011, I directed my first race. The race was named in memory of Bill Fortune, who died last year. Bill smiled his way to victory in hundreds of races and shattered national records, securing him a handful of world records in the various age groups. With at least ten marathons under his belt, Bill specialized in the 5K and 10K distance. At age 64, Bill ran a 5:23 mile. It was only natural that the race would be both a 5K and 10K with Meals on Wheels organizing a concurrent walk.

The day was overcast and cool making it comfortable for race participants. We had 350 registered runners with 305 finishers. We were pleased with the turnout for a first race. We were delighted to have Bill's family there to join us to run and walk.

Kelly Thompson of Valhalla was the first place 5K female finisher with a time of 19:39. Chris Pusey of Staten Island was the first place 5K male finisher with a time of 17:41. In the 10K, Suzanne Laburt was first place female finisher in 41:55 and Chris O'Brien, 17, of Orangeburg was the only Rockland first place finisher in 40:18.

The race could not have come together without the guidance, support and volunteer assistance of Bernie Casserly, Jack Ingrassia, Fred Turk, Rich Tinger, Dave Goldwasser, Bobbie Kohn Jennifer Porr, Jonathan Farrell, Alison Luscher, Shelly Shrem, Becky Thurn, Janice DiGiacomo, Corey Roden, Sue Weiss, Kathleen Daly, Dan Hogan, Enilda Indyk, Laura DiMarino, Larry Wolf, Bill Carpenter, the volunteers from Meals on Wheels and others whose names I may have inadvertently excluded. Thanks to them and everyone who ran, RRR will be able to present Meals on Wheels with a check for the proceeds of the race.

We hope to see this race grow in the future. If you have any feedback about this year's race that you would like to share, feel free to email me at astern1104@optonline.net.

Please note that if you would like to run in this year's NYC Marathon and do not have a qualifying time or lottery slot, there still is hope. Meals on Wheels has three slots available to individuals who are willing to use the marathon to fundraise for them. For further information, please call Steve Kelly at (845) 624-6325.

RRR Presents Scholarships to Clarkstown South Students Reprinted from New City Patch

Rockland Road Runners awarded a pair of \$750 scholarships to Clarkstown South High School seniors, Dan Pradgat and Chelsea Christonikos during a presentation May 19 at the high school. The scholarships were given as a token of gratitude for the Clarkstown South track team's two decades of volunteer service to the running club's races, including the South Nyack 10-Miler and former MRC/Venture races. Of the \$1,500, \$1,000 came from proceeds of the South Nyack race and the other \$500 was granted by the club's board. The team's participation has been spearheaded by Coach Ray Kondracki for all 20 years. Both athletes have served as team captains. Christonikos participated for four years in winter and spring track and soccer. She won the Rockland County spring championship in the 400-meter hurdles in 65.7 seconds, captured the league title as well, ran on the second-place 1,600-meter relay, and made second-team All-Rockland County in the 800-meter relay. She plans to attend SUNY College at Oneonta. Pradgat was team captain for two years in cross country and is captain of the spring track team. In the spring league meet he ran on the winning 1,600-meter relay and placed third in the 400-meter dash. He also won two Rockland County wrestling titles in his weight class. Pradgat intends to enroll at Binghamton University, SUNY.

Pictured below, Clarkstown South Athletic Director Vince Louther; track team assistant coach Pete Modafferi; Chelsea Christonikos; Bernie Casserly president of Rockland Road Runners; Dan Pradgat; track team head coach Ray Kondracki; and Clarkstown South principal Jim Vitale.



RRR Hosts Masters Challenge 5K

Rockland hosted the Masters Challenge race for the first time and by all accounts the event left everyone favorably impressed. We were blessed with a sunny, non-humid day in the mid to upper 70s, a flat and scenic 5K on the paved loop around picturesque Rockland Lake, and a healthy turnout of 119 participants from Rockland Road Runners, Westchester Track Club, Taconic Road Runners and North Jersey Masters.

Each of the clubs had their moment in the spotlight, as the results attest. In the men's 40-49 division, Westchester claimed four of the top six places overall and won convincingly with 100 points (10-deep scoring), well ahead of runner-up RRR's 227. WTC's Patrick McCarthy captured his fourth consecutive Masters Challenge individual title, clocking 17:04 to win by almost 150 yards. Jamie Kempton of RRR finished second (17:31) and Greg Diamond of Taconic took third. Rockland secured the women's 40-49 crown with 211 points (5 scorers), paced by individual champion Sheila Casey in 19:33. Westchester's Charlotte Rizzo and Kate O'Hern Lyons finished second and third, respectively.

North Jersey Masters edged Taconic, 106-116, for the men's 50-59 bragging rights, and the Garden Staters made it a clean sweep in that age bracket by salting away the women's title as well, tallying 163 to runner-up Westchester's 202. Rockland held sway in the 60+ division, shading North Jersey Masters in a very competitive men's race, 182-189, and fielding the only scoring team (3 deep) in the women's field.

The spirit of conviviality continued during the post-race celebration as participants enjoyed delicious hero sandwich wedges, homemade salads and beverages. A tip of the cap to RRR President Bernie Casserly for organizing the successful outing and also to the Rockland volunteers for helping coordinate a seamless event.

Congratulations and thanks to everyone who took part!



Team Results

Men's 40-49 (10 scorers)

1. WTC 100
2. RRR 227
3. NJM 343
4. TRR 352

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Women's 40-49 (5 scorers)

1. RRR 211
2. NJM 362
3. TRR 377

Men's 50-59 (5 scorers)

1. NJM 106
2. TRR 116
3. RRR 140
4. WTC 197

Women's 50-59 (3 scorers)

1. NJM 163
2. WTC 202
3. RRR 246
4. TRR 256

Men's 60+ (3 scorers)

1. RRR 182
2. NJM 189
3. WTC 258

Women's 60+ (3 scorers)

1. RRR 309

Scientists See Dangers in Energy Drinks **Reprinted from Personal Health by Jane E. Brody**

With widespread alarm about deaths linked to alcohol-and-caffeine-laced commercial drinks like the fruity malt beverage Four Loko, it's easy to overlook problems that may be linked to the so-called energy drinks that spawned them. But a number of scientists are worried about highly caffeinated beverages like Red Bull, Rockstar, Monster and Full Throttle, which are popular among teenagers and young adults. The often bizarre combination of ingredients in these drinks prompted three researchers from the University of Texas Health Science Center at Houston and the University of Queensland in Australia to examine what is known — and not known — about the contents of these beverages, which are sold alongside sodas and sport drinks in supermarkets, drugstores and highway rest stops. Their review of all the studies in English in the scientific literature, published in November in *The Mayo Clinic Proceedings*, led them to question both the effectiveness and safety of energy drinks.

Long -Term Effects Unclear

The researchers noted that the drinks contain high levels of caffeine and warned that certain susceptible people risk dangerous, even life-threatening, effects on blood pressure, heart rate and brain function. The authors noted that "four documented cases of caffeine-associated death have been reported, as well as five separate cases of seizures associated with consumption of energy/power drinks." Additional reports include an otherwise healthy 28-year-old man who suffered a cardiac arrest after a day of motocross racing; a healthy 18-year-old man who died playing basketball after drinking two cans of Red Bull; and four cases of mania experienced by individuals known to have bipolar disorder.

Using an abbreviation for energy beverages, Dr. John P. Higgins and co-authors wrote in the *Mayo* journal that because "teens and young adults, both athletes and nonathletes, are consuming E.B.'s at an alarming rate, we need to determine whether long-term use of E.B.'s by this population will translate into deleterious effects later." His co-author Troy D. Tuttle, an exercise physiologist at the Houston university, said in an interview: "Almost all the studies done on energy drinks have involved small sample sizes of young, healthy individuals in whom you're unlikely to see short-term ill effects. "But what about the long term? What about liver and cardiovascular disease, insulin resistance and diabetes? We could speculate about a lot of possible problems, but we just don't know." He urged the Food and Drug Administration to "step in and regulate this market," which currently has few restrictions on the kinds and amounts of ingredients and the claims that are made about them. Manufacturers' have labeled the beverages "dietary supplements," which absolves them of the federal regulations that govern sodas and Juices and allows producers to make "structure and function" claims, like "Enhances athletic performance" and "Increases caloric burn and mental sharpness."

As Mr. Tuttle described the marketing strategy for energy drinks, "the companies have taken a cup of coffee - or two or more cups of coffee, added a lot of hip-sounding stuff and marketed it with a hot, modern, trendy push for young people who want to look cool walking around with a can of Red Bull. "Anyone can buy these drinks, even 11- and 12-year-old kids." n an e-mailed statement, the American Beverage Association said, "Most mainstream energy drink brands voluntarily put statements on their



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containers, including advisories about use by people sensitive to caffeine." Also, the organization said many of its members voluntarily list the amount of caffeine on their product labels or have provided caffeine content information through their Web sites and consumer hot lines. Kevin A. Clauson, a doctor of pharmacy at Nova Southeastern University in West Palm Beach, Fla., who had previously reviewed safety issues surrounding energy drinks said that his main concerns were "the amount of caffeine, which can be injurious particularly to people with a pre-existing cardiovascular abnormality" and "the effects of these drinks when they are combined with alcohol, which can have disastrous consequences." After several states made moves to ban Four Loko, it was reformulated to remove the caffeine and two other ingredients, guarana and taurine, but Dr. Clauson said that was "unlikely to have a substantial impact" on young people, who will continue to combine alcohol with energy drinks. The caffeine and caffeine like ingredients in these drinks can mask the perception on inebriation — and that can increase the risk of drunken driving or other dangerous behaviors. Mr. Tuttle, who works with sports teams, is concerned about the effects of energy drinks on athletic performance. "A lot of kids are reaching for energy beverages instead of sports drinks, which unlike the energy drinks are mostly water with a nominal amount of sugar and electrolytes," he said. "The energy drinks contain a slew of ingredients, most of which are unresearched, especially in combination with one another."

A Potential Brew

For an athlete engaged in intense exercise, the high doses of sugar in energy drinks can impair absorption of fluids and result in dehydration. A 16-ounce can of an energy drink may contain 13 teaspoons of sugar and the amount of caffeine found in four or more colas. Mr. Tuttle noted that caffeine, which is known to improve muscle action and performance, especially in endurance activities, is banned in many sports competitions. Thus, consuming an energy drink close to an event could disqualify an athlete. Other ingredients often found in energy drinks include taurine, glucuronolactone, B vitamins, ginseng, guarana, ginkgo biloba and milk thistle. Mr. Tuttle calls guarana particularly worrisome because it acts as a stimulant, like caffeine.

"The B vitamins, which are important enzymes for energy utilization, are added to legitimize the high levels of sugar," he said. "But the American diet, which is very high in protein, already has plenty of B vitamins. These drinks are a kind of sensory overload for the body, with too much stuff coming in at the same time."

Adding alcohol to the mix, as some consumers were doing even before drinks like Four Loko came along, can be a recipe for disaster. Under the stimulation of energy drinks, people may think they are sober when they are not. Such was the fate of Donte' Stallworth, a wide receiver for the Cleveland Browns who killed a pedestrian with his car in March 2009 after drinking multiple shots of tequila and a Red Bull. Mr. Stallworth said he did not feel intoxicated at the time of the accident. "Caffeine is being treated as a flavoring agent, not a drug," Dr. Clauson said. "The average healthy person who consumes one serving of an energy drink is unlikely to encounter difficulty." Those most likely to get into trouble, he said, are "toxic jocks" who overindulge and those with an underlying heart condition.

RRR Donates \$14,000 to Rockland Family Shelter

By Larry Wolf

Rockland Road Runners raised \$14,000 for the Rockland Family Shelter during the 24th annual Women's Distance Festival 5K, held July 10 at Rockland Lake State Park.



The fund-raising total was the highest in the 24-year history of the race, almost doubling last year's amount of \$7,300. A donation check for \$10,500 was presented at the Rockland Road Runners' Sept. 8 meeting at the Nanuet Restaurant. Race director Larry Wolf and club member Marie Killeen presented the donation to Carolyn Fish, RFS Executive Director; Josh Corday, Director of Development; and Billie Cronin, a Board of Directors member.

The Women's Distance Festival drew a record 535 registered participants for this year's race. The festival has raised close to \$100,000 for the shelter since the event's inception in 1988.

\$126,199 in charitable donations attributable to the club's efforts in 2010.

Rockland Family Shelter is a nonprofit agency that provides services and programs for female victims of domestic violence, sexual trauma and other violent crime.

Rockland Road Runners is the county's largest running organization. Last year the club raised \$68,199 for local charities. The charities affiliated with the club's races raised an additional \$58,000 in direct sponsorship, individual and team contributions, for a total of \$126,199 in charitable donations attributable to the club's efforts in 2010.

The Runaround

Next Issue:

Send articles, photos, publicity, anything of interest:

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or mail to RRR, Box 132, Congers, NY 10920**

Next Club Meeting

7:00 p.m.

Thursday

November 10, 2011

Nanuet Restaurant