



The Runaround



Newsletter of the Rockland Road Runners Club

Volume 22, Issue 1

Spring 2006

Hook Mountain Half Makes a Splash

Rich Tinger, Race Director

Well, on Sunday April 23, God gave us the greatest challenge and worst weather we have ever had for the seventeenth annual Hook Mountain Half Marathon and 5K run. The rain never let up from the starting horn 'til the last determined finisher crossed the line three hours and twenty-one minutes later. However, this day will probably be remembered more because the winner, Andy Latincsics, finished



Half Marathon participants head out to the Hook



Andy Vernaci leads the 5K race

third in the 5K and first in the half marathon, going almost a mile out of his way. We had over 500 registered runners and walkers, an excellent turnout considering the torrential downpour. George Wodicka would have been proud!

Andy Latincsics of Newton, NJ, won the half marathon, with an impressive time of 1:20:29. Anthony Vernaci of Bellerose, New York won the 5K in 16:30. Katie Baloga of New Windsor led the women in a time of 1:27:17 for the half (a new course record) and our very own Laura DiMarino of New City was the first women in the 5K at 19.09. The Adi Steingraber Award for the first Rockland finishers in the half marathon were Ade Ellis of Nyack (1:21:02) and Kristin Ruthberg of Suffern (1:41:50).

Lillian Kroner from Monroe smashed the women's masters record in a time of 1:28:37.

Despite the pouring rain, all the runners seemed to do really well. We had great sponsors and plenty of food and refreshments.

We would especially like to thank the volunteers from Hospice and the Rockland Road Runners for again making these annual races

successful. We'll mention those individuals who are always there when you need them: Marie and the Singer's, Enilda, Kathy, Becky, Sue, Fred, John, Jack, Joan, Larry, Bernie, Angelo, Big Al, Shawn, Dita, Amy, Connie, Jon, Bob, Jeff, Laura, Jeff, Brian and Allison, Alisa, Jess, Rob, Olga, Dwight, Cliff and all the volunteers from Rockland Hospice. If we left someone out, Thank You!

Our lead sponsors were Prudential Rand, Avanti Health Care Services and Miller Toyota.

Thanks to everyone for making this event a most memorable experience. We raised over \$30,000 for The United Hospice of Rockland!

The Inside Loop

Rockland Road Runners promotes running and jogging in Rockland County. Membership is open to all. Yearly dues are \$20 (individual), \$15 (junior: under 18 and senior: over 64) and \$30 (family of two or more).

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The following stores offer members a 10% discount on running shoes and gear: Fleet Feet, Mahwah; 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.

Please email address changes or corrections to Fred Turk at fturk@optonline.net or mail to RRR, Box 132, Congers, NY 10920

By RRR President, Laura DiMarino

As I collected my thoughts to write my first inside loop, I had a chance to reflect on the first few months as the President of RRR. Three months have passed since I took the baton from Mike Greco and, having hit the ground running, I have not had much time to catch my breath. It's a little intimidating at times trying to fill Mike's shoes and even though he very modestly told me that he had no doubt I was up to the task, I think he underplays his role in the development of the Rockland Road Runners.

Mike very graciously spent time with me to brief me on the history of the club, give me some pointers and hand over all the documents I would need to do the job. He offered any assistance I might need and told me not to hesitate to call him when needed. A collection of meeting minutes from the beginning of RRR was one of Mike's prized possessions and he very proudly told me that he read every one. He spoke of past presidents and how the club was formed and each of their special contributions. I could feel how proud he was and shared his sentiments.

I joined what was called the Greco Administration as a somewhat green member, enthusiastic but very new to the club. I caught Mike's attention when I asked him if I could put together a team for the Boston Marathon and organize a competitive team for the NYRR races. Once Mike figured out that I was someone who didn't mind organizing and coordinating activities he jumped at the chance to get me more involved with the Board. At the same

time, he was recruiting Ernest Joseph. Ernie (as his friends call him) and I had become good friends. We were working on the team stuff together, sharing training ideas and collaborating on group runs and other activities. We worked well together. Mike noticed our willingness to step up and it did not take him too much time after placing us on the board to approach us with the "Why don't you run for President and Vice President?" pitch. And what a pitch it was! He could sell you a car without the engine and convince you that it runs.

With Mike's support, Ernie giving it a go as VP, Enilda, Bernie, Grandma, Kathy, Fred, Debbie and Theresa still

wanting their spots on the board and with commitments from Cheryl Langus and Bill Carpenter to fill the vacant seats, I got the nerve to put my name on the ballot. Their agreement to team up as board members and commitment to keeping the momentum going was the wind beneath my wings and

we have been flying proud and strong as a team ever since. I could not think of a better team to be on. We are committed to continuing the growth of RRR, not by changing what has been done in the past, but by building on the strong foundation that is already in place. Charity, Community, Competition and Camaraderie – these are the components we will blend together to ensure that there is something for everyone in the Rockland Road Runners club.

Finally, I would like to thank Mike for his continued support and friendship. Elvis may have left the building but his legend lives on in his continued commitment to the club he helped to build.



Laura DiMarino

This Run's for Paddy

By John Melican

This article first appeared in the July, 1991 edition of the Runaround. It is reprinted here to honor the memory of the author's brother, Patrick Melican, and in anticipation of the American Cancer Society's "Relay for Life", to be held on June 10th and 11th at Clarkstown North High School. Paddy died in August of 1992 of cancer at the age of 44. John is a co-captain in this worthwhile fund raising event

Like the race course over the hills from Hopkinton to Boston, my emotions were to take a roller coaster ride during the course of this race. Getting into the Boston Marathon didn't just happen, but being in it definitely was a happening. There was magic in the air ... spirited, smiling, helpful people. My entire family came, as well as my sisters, a brother and their children. Patriot's Day, a holiday celebrated only in Massachusetts, includes reenactment of the Revolutionary War battles of Lexington, Concord and others, and a variety of ceremonies honoring heroes of past wars. There is even a monument to Civil War General Hooker, better known for his female entourage (hence the term hooker) than for his military achievements.

One member of the family not present was my brother Paddy, who is indeed a patriot (having fought in Viet Nam) and was again fighting for his life, this time

Relay For Life 2006

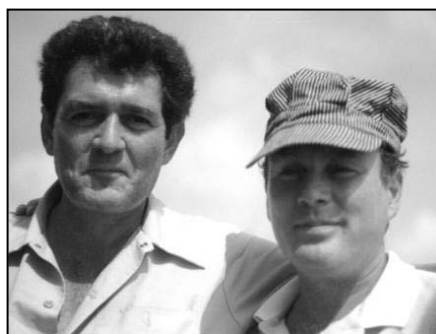
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against cancer. So it seemed particularly fitting to dedicate this race to him. In so doing, I set a goal of 3:15 – five minutes better than my personal record. Someone should have told me that Boston is not the place to try to better a record set in Albany.

The event of the day, of course, was THE MARATHON as Bostonians call it, being run for the 95th time. And THE MAN of the day was Johnny Kelley, 83 years old and running his 60th Boston Marathon, a record that may never be equaled. If felt I was part of history. A history that includes strange events such



The author (right) with brother Paddy Melican

as: a train in 1907 cutting off the lead runners from the second pack; "Tarzan" Brown, a prior year's winner leaving the lead pack in '47 to swim in a lake; and Johnny Kelley himself, a three time winner, tripping over a dog in '47, being picked up by the second of the three leaders only to have the third runner go on to win.

I was enjoying the race and crowds so much that before I knew it I found myself at mile 12, hearing the roar from the Wellesley College campus, a quarter mile away. What a rush it was for me to follow a runner carrying a three-foot American flag through an unbelievable tunnel of emotion and sound. At the half, I was four minutes ahead of my split time, just about a seven minute pace – my best ever. I remember thinking "Johnny Kelley, this race is made for you and me."

Then the physical shock came. After 16 miles, mostly downhill, the course climbs 200 feet over a five-mile stretch, ultimately leading to the famed

"Heartbreak Hill". The hill got its name in '36 when Kelley caught fading "Tarzan" Brown. In a gesture of friendly competition, Kelley patted Brown on the rear, spurring Brown on to win. Think about it, if some guy patted you on the butt, wouldn't you run like hell?

The hills take their toll. By mile 24 there was nothing left but to gut it out. Each mile took considerably longer to complete. Mental games ... the downtown skyline appeared close enough but, it seemed as the song goes, "the nearer your destination, the more you're slip-sliding away." Having "THIS RUN'S FOR PADDY" on my shirt no longer served as just a means of connecting with the crowd, it became motivational, almost essential, especially when a guy stepped forward telling me "You will do it, you'll do it for him." Paddy had given me a guardian angel medal to carry in the race. It was given to him by our sister after he became ill. He felt if my legs were to get tired ... I'd have wings to help carry me.

The medal apparently worked because near the finish, yet half in a daze, I could hear my name being called. Snapping me out of it were my son's loud and distinctive words of encouragement. "Melican, move your ass." I managed to move it into the chute at 3:15:44 and was given a finisher's medal for my brother as well. A while later, I took out the small packet of sand from Saudi Arabia, which I had carried for "Big Al" Acunto, who was still serving in the Gulf war. Knowing that he would have liked to run, I had promised that if he sent me some Saudi sand, I would disperse it near the finish line. I did so ceremoniously, to the applause of my family, but to the dismay of onlookers who thought it was the ashes of some poor soul.

That evening, we raised our glasses in a toast to Paddy, who had the courage and determination to stay in the most important race of all. "HERE'S TO PADDY" ... join me please.

Teaming Up

By Laura DiMarino, President

On the New York Road Runners website, the + symbol under an event indicates that the race is a club points race. NYRR and Club Council designate 10 NYRR scored races per year as Club Points races. These 10 races vary in distance. Clubs accumulate points based on their finishing places in these races. At the end of the year, each club's point totals in the 10-race series are added to determine the club's overall ranking for the year.



Members of Team RRR at the Brooklyn Half Marathon (L to R): Enilda, Cheryl, Kathy, Myrna and JC.

The mission of this series is very clearly stated: "To foster healthy competition among New York area clubs, encourage excellence in running, and help boost NYRR race participation and spectator interest". Clubs take this series very seriously and the athletes that compete as team members are the best in the Tri-State area. What do the clubs get if they end up on top? They are honored at a formal banquet and receive a trophy, but best of all they get bragging rights. One hundred and eight clubs have registered and have competed in these events throughout the years.

Already, three races into the season, the energy and competitive spirit of team RRR is fully charged. Despite our inexperience as an organized competitive team, the 2005 results were

very good. Some people seemed surprised or doubtful that RRR could do so well as a competitive running club; team competition had not been the club's focus in the past. RRR is known for its community service and races that help local charities to raise funds. If that was all that RRR was recognized for, it would certainly be enough. But, RRR happens to consist of members who like to run and run quite well for that matter. The competitive component of the club was very much alive but more individual. Many of the nearly 500 RRR members take their running quite seriously. The talent of the Rockland Road Runner members also runs deep: speedy youngsters, gutsy seniors,

recreational runners – fast and slow, walkers, former all county, all state and nationally recognized athletes. Why couldn't we unite, team up and show the world that Rockland Road Runners has it all? Maybe showing the world is a bit dramatic but after a little analysis it certainly seemed as though we could put a decent team together.

The rest is history. The union has begun and the results are quite spectacular. Our "swifty-sixties" men are currently in 3rd place and we are fielding strong teams in nearly every division. New people are getting involved and the team and club is growing. The most positive part of this venture has not been how well RRR has been placing in the series; it is the bond that is forming amongst the teammates that makes this union so special. We are having fun, meeting people and making new friends along the way. We encourage you to join in. Everyone is welcome and no one is too slow to be part of the team. For more information on Team RRR visit the Rockland Road Runners website under "Team RRR". All the information you need, including the race schedule, contacts and services provided for team members are documented there. Go RRR!

Volunteer Appreciation Program

Rockland Road Runners volunteers are instrumental in the success of the club's race events. Our past, present and future volunteers are the heartbeat of RRR and we thank them for their selfless contributions. In order to show our appreciation, the RRR Board and the Race Directors have collaborated to introduce the "Volunteer Appreciation Program". It's nothing fancy – just a way to say thanks for being there and for making the events a success.

The program is a series of prize drawings that will be held for the race volunteers at the general meetings immediately following the event.

The program requirements are as follows:

Volunteers - There will be a volunteer sign-in sheet at the event. Make sure your name is on it, and you will automatically be eligible for the raffle.

If you volunteer for several tasks you will have additional chances to win (one chance for each eligible task). Make sure your name is listed for each task you performed.



Wet, but cheerful, volunteers at the Hook Mountain Half Marathon

We suggest that you sign up in advance so you have the opportunity to indicate the tasks you would like to do. The race director will assign volunteers to the tasks as needed.

Volunteer Appreciation Drawing Schedule

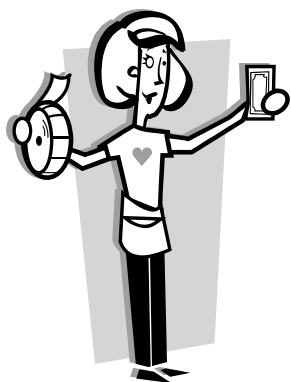
Hook Half Marathon: Tuesday May 2 (Two \$30 gift certificates to Gracie's Ravioli)

Marisa Fund Run: Tuesday June 6 (TBD)

Women's Distance Festival: Tuesday September 5 (TBD)

South Nyack 10 Miler: Tuesday November 7 (TBD)

Turkey Trot: Tuesday January 9 (TBD)



Eligible volunteers need not be present to win.

Individuals who signed up in advance still must sign in to validate their presence at the event.

Please note that it is the volunteer's responsibility to sign in. The names are taken from the sheet for the drawing and if your name isn't on the sheet it will not be submitted for the drawing.

Race Directors - The race directors will make the sign-in sheet available at the event. Additional tasks prior to the event; such as packet stuffing or early packet pick-up should have a sign-in sheet as well. As always, race directors have the authority to assign individuals to tasks as they see fit.

Program Administrators - The RRR President, Vice President and Activities Director will be the administrators of the program. If you have any questions, feel free to contact them.

Oops, we did it again

InterClub Challenge, March 12th

The sky was gray, and the air filled with a thin drizzle, but the mood was anything but dour as the team bus pulled into Thomas Bull Memorial Park on the morning of March 12th. For this was the Interclub Challenge, and competitive fire burned within each member of the Rockland Road Runners team as they prepared to take on their neighbors and rivals, the Orange Running Club, the Sullivan Striders and the Bronx Road Runners in a friendly duel for the coveted 5K Challenge Cup.

The Interclub Challenge began five years ago as a low-key competition between the Sullivan and Orange clubs. Rockland joined the challenge four years ago, with RRR taking the prize in 2005. Clearly wanting his trophy back, Orange president, Dave Badalato, added a little spice to this year's competition by issuing a personal challenge to RRR president, Laura DiMarino. If Dave beat Laura to the finish line, she would have to call him "The Ultimate Running Stud of the Hudson Valley", otherwise Dave would run the Women's Distance

Festival (July 8th, Rockland Lake) in drag. Given the improbability of this result, some amongst the runners voiced a suspicion that this was a bet Dave wanted to lose. Cooler heads prevailed within the remaining two clubs, with presidents Myriam Loor (Sullivan) and Joe Sanchez (Bronx) not risking their dignity with any such shenanigans.

With the race set to start at 11:00 a.m., the day began at 8:30 a.m. for the Rockland Team. After a slightly battered van pulled into Bradlees parking lot, and approximately 63 members of the Bronx Team piled out of it (perhaps a few less), the bus set off for the ride north to Montgomery. The air was thick with greetings as runners from each club reacquainted themselves during their warm-ups, returning to the clubhouse to stay dry and shed excess clothing.

The race began at breakneck speed, almost literally, as the first quarter mile was down the side of a ski slope. The faster runners quickly separated from the pack, but the flat multi-loop course allowed even the tail-enders to glimpse of some of the thrilling duels amongst the club speedsters. Laura DiMarino and Lillian Kroner (Sullivan) traded places several times, finishing only a second apart at 18:42 and 18:43 respectively. Jamie Kempton performed as we've come to expect, second overall at 16:48, behind the winner Andy



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Latincsics of Sullivan (16:04). Four Rockland men – some veterans, some relative newcomers – broke 20 minutes: Danny Cruz, Jerry Sun, Steve Joseph and Dave Billings, but it was our strength in depth that made RRR such a potent force. Kate Devine, Olga Carriel and Josephine Patten all placed first in their age groups, while in the Swiftly Sixties category, Howard Waggoner placed first for the men, and Marie “Grandma” Killeen and Enilda Indyk finished one-two for the women. And, with the new scoring system awarding one point to every finisher, each member of the team who crossed the line helped contribute to our point total.

With the race over, and cool-downs complete, the participants retired to the clubhouse to indulge in a pot-luck luncheon, and to talk of the things that runners always speak of when more than one is gathered together— races they should have run faster, training they should have done smarter, and the injuries that dog them like Banquo’s ghost. The results of the 50-50 raffle were announced, proceeds to benefit a Sullivan County family who lost their home to fire. The winner was

Rockland’s Dan Hogan. In keeping with the community spirit that RRR embodies, Dan donated his winnings back to the family.



RRR President Laura DiMarino hoists the trophy. Photo courtesy Ann Singer

Meanwhile, out of sight, columns of numbers were being tabulated by the race timing folks from “Fast Finishes”. A hush fell on the room as the four club presidents left to learn the results. They returned in silence, but the look on Laura’s face left little doubt as to who had

prevailed. Rockland wins, Laura jumps about three feet in the air, and it’s all over for another year. RRR keeps the trophy and the bragging rights throughout four counties.

One last thing. In the interest of good taste, the ORC President has agreed not to indulge his desire to dress in women’s clothing at the Women’s Distance Festival. But, hubris cannot go unpunished, so look out for a dark haired gentleman of medium height, wearing a tuxedo and handing out flowers. That’ll be Dave Badolato, and he’s going to look very studly!

Member Profile

Laura DiMarino

Interviewed by Ernest Joseph

Our newly elected club president was always a notable presence on the track in her school days. A former 1982 County Cross Country Champion and All County Athlete Laura DiMarino was named to the All Century team in 2000. Now Laura is hard to miss off the field too with her exuberance and a warm, friendly, accepting smile.

In 2003, a midlife crisis known as “overweight housewife syndrome” forced Laura to return to running. The former Cross Country standout was disgusted with her lack of fitness. An all county athlete in Indoor and Spring Track as well, Laura decided that the only way she could recapture her youth was to relieve it...and return to running. During one such run at the lake, Laura met RRR member JC Santa Teresa, who invited her to come and run with the 6 o’clock group. Well, Laura not only came to run, but decided to join the club after seeing what a close-knit family the RRR bunch is.

With her exuberant personality, signature smile and high-flying ponytail, Laura has been part of the group runs ever since. It did not take too long for Laura to infiltrate the weekend long run group, which was comprised mainly of male runners back then. Soon her female posse started to join the runs too. The runs were well organized before; but now they became even more fun, as brownies and hot chocolate started to appear as post-run refreshments.

A resident of New City, Laura gave up her professional career to raise her 3 boys: fourteen-year old Brandon, Thomas who is six, and four-year old Michael. Laura worked in the Insurance industry from 1985 until 2001. She held

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positions in Underwriting and Management for international, domestic and wholesale insurance companies including American International Group, Gan, AMBAC Inc, Swett & Crawford, and Kemark Marketing Group. At Swett & Crawford Laura was the Operations Manager over the New York, NY and Paramus, NJ offices. Her business background covers information services, corporate relocation, project management, human resources and real estate to name just some of her responsibilities.



Laura DiMarino at the Inter-Club Challenge. Photo courtesy Ann Singer

Laura retired from her Assistant Vice President of Operations position in 2000 to become an Independent Consultant providing Insurance companies with workflow recommendations, systems analysis and efficiency audits.

Never one to take the easy path, Laura's marathon debut was in 2004, on the challenging hills of San Francisco. Her time of 3:33 was sufficient to qualify for Boston the following year. Altogether, Laura completed 3 marathons in 2005, including the NYC Marathon, and a PR of 3:19 in Chicago. Running all 5 races in the NYRR 2005 Half Marathon Grand Prix series, she ended up with 24 points – good enough for 23rd Female overall. In the same year, Laura was the overall winner at both the Pearl River Fathers Day 5 miler in 25:48 and the Emerald Society 5K in 19:40. It turns out that Laura was just beginning to warm up to racing in 2005, as our fleet-

footed president has already posted new PRs at the Inter-club challenge 5K (18:43) and the Brooklyn Half Marathon (1:27:57). The year has just begun, and we are sure to see some good performances during 2006.

Laura was nominated to the position of Activities Director of RRR in the spring of 2005, stepping up after Sue Hale moved to New Hampshire. Her first contribution to RRR was at the 2005 Boston Marathon where she spearheaded the coordination of runners to represent RRR as a competitive team for the first time. With Ernie's help, Laura organized the first ever competitive team from RRR to participate in the NYRR team championship series. She led the RRR women's open team to an 8th place finish at the NYRR Team Championships held in August, running 32:20 over Central Park's 5 mile course. Competing in over 20 races in 2005, Laura may not have turned back the clock but her race statistics certainly seem youthful.

Laura has been involved in charitable fundraising. Some of the charities that gained significantly from Laura's efforts: American Heart Association, Leukemia and Lymphoma Society (\$1000 each), and Organization for Autism Research (\$10,000). Laura is a recipient of Employer of the Year award for employment of individuals with

severe handicaps at Association of Retarded Citizens – ARC.

Favorite Quote: "The lake is my temple and the run is my sacrifice."

Advice to Runners: "Don't run too little, or too much. Take days off and have fun - that's what it's all about!"

Favorite Pun: "Your pace or mine!"

North Rockland Community Family Day 3-Miler

The 3rd annual North Rockland Community Family Day 3-Mile Run/Fun Walk will be held Saturday, June 3, 2006, 5PM at beautiful Bowline Point Park along the Hudson River in Haverstraw. The course is flat, fast and very scenic.

Medals will be awarded in 13 age groups (5-year increments), with children's "Fun Runs" at 4:30PM for ages 12 and under (all children finishers receive a medal). The event will be held rain or shine.

The bands, "504 Plan," "The Love Cats," and "Spectrum" will perform throughout the day beginning at 3PM. A car show and FREE BBQ for all will also be featured. Additionally, the handicapped-accessible water play area will be open for children so have them

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bring their swim suits. Other surprises for all are expected so bring the whole family and plan to stay a while.

Proceeds of this year's event will benefit North Rockland residents Gianna Riello and Dominic Pileggi. Riello, 3 1/2 years old, suffers from a rare form of dwarfism, resulting in extraordinary medical expenses not covered by insurance. Pileggi, a military veteran, is battling cancer which has also amassed significant financial burdens upon him and his family.

This event has quickly become a favorite of many so a big turnout is expected. Again, plan to stay awhile and enjoy the festivities with your family. Please save the date and be a part of this worthwhile and fun community event...let's show that "WE CARE"!

On-line registration is available through Active.com.

For more information visit www.townofhaverstraw.us or call (845) 429-2200.

Use of the Finish Line Chip Rings in New Set of Rules

By Mike Angarola (Race Director)

About 15 years ago, I wrote an article for this newsletter detailing how participants in local races can help race directors make their events run smoothly. Many of the issues discussed focused on the finish line chute. Those of you new to running and racing may not even know what a finish line chute is, due to the advent of the scoring chip. Prior to the chip, racers needed to stay in line in the order in which they finished, so volunteers could pull tags off their race numbers. The tags were kept in order and matched up with a computer time recorded when you

crossed the finish. If someone was to cut in front of others in the chute, they could take seconds off their time and literally steal a better finish. Not very ethical.

Race Day Etiquette...

- Complete the entire application!
- Register ahead of time!
- Get there early!
- Pick up your chip, and give it back!
- Clear the finish area promptly!
- Stay off the course once you've finished!
- Stick around for the post-race ceremonies!


Race directors began singing the Alleluia Chorus when the chip arrived, making scoring and finish line direction a whole lot easier. Everything however is not all rosy as many old problems still lingered and some new ones developed. Below are listed a few things all race participants can do to help make life easier for Race Directors and your results more accurate and timely.

Complete the race application – Be certain to fill in all the blanks. Race directors don't ask questions to fill empty space, they ask questions because the information is important to scoring. Questions like, "Age on Race Day, Date of Birth and Male or Female" are often skipped and leave volunteers looking for runners on race day. It seems almost inevitable, that the person who leaves this info out is usually complaining about not being scored properly. In addition, directors cannot determine sex because names like Terry, Fran, Pat and Dana (to mention a few) make guessing difficult.

Pre-register – Pre-registering solves many problems. It gives Race Directors a good idea on how many t-shirts to order, how many refreshments are needed and how many volunteers will be needed to man water stops and help make the race run smoothly. Pre-registered runners also make fewer mistakes on their applications, or if mistakes are made, ample time to contact the runner and correct them. Pre-registration also saves you the runner money. If races offer early packet pick-up, take advantage of this as everyone benefits, with shorter lines on race day.

Show up early on race day - This is especially important if you need to register. It gives you plenty of time to carefully complete the application, get the lay of the land, and familiarize yourself with the surroundings.

Wear the chip and give it back - Plain and simple, you cannot and will not be scored without the chip. Chips need to



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be picked up on race day, and are not available at early packet pickups. Chips also need to be returned. A lot of effort goes into putting on a good race to help raise money for some great charities. Not returning the chip cost the race around \$30.00. That's \$30.00 that will not go to charity.

Don't hang out in the finish area -

Once you have completed the race and your chip has been returned, leave the finish line area. This may be hard for some of you to realize, but you were not the only one working hard this day. The finish line area gets crowded and others coming in behind you need your space. Be mindful of people still racing and exit the area ASAP. In addition, the finish area is not the family reunion area, or the place where you share with other runners every step you took. We (race volunteers) need the space.

Stay off the course after you finish -

How many times have you heard a race volunteer ask people to clear the course? Believe it or not most of the time it's a runner or group of runners that is causing the problem. Many of our Rockland County Races are run and finished at parks where space is tight. Those who are finishing behind you need as much space as you did, be mindful of that. Another big complaint you hear from many of the back-of-the-packers, is that that finishers are crowding them out. Yeah, you had a great race, but those new to racing or slower runners don't appreciate your letting them know it by cooling down on the course. In fact many first time racers get confused, thinking they misjudged the finish, as they think you are still participating. There are plenty of other places to do your cool-down.

Stick around – A lot of effort, time and money go into putting on a good race. Race committees spend hours lining up refreshments, designing and ordering awards and getting raffle items. Stick

around after the race. Enjoy the refreshments and share your race with your fellow runners. If you won an award, stick around to be recognized at the award ceremony. If you can't stay, make arrangement to have someone pick up your award. Race directors hate giving them out early (as mistakes are almost always made), and hate having to make arrangements to get them to you.

Hey, we have some great races in this club and we should all be proud of them. Help out by making an effort to make them easier to run.

Plantar Fasciitis - Pain in the Arch

By Julie Donnelly LMT

Pain in the arch of the foot will send both the sufferer and the physician on a wild-goose chase to find answers, frequently in the wrong direction! Often diagnosed as "plantar fasciitis", arch pain is a common symptom of tension in two muscles on the front and side of your lower leg, and may have nothing to do with the structures of the foot. Focusing attention on the foot is the reason that people try various types of therapies, drugs, orthotics, and

medical providers, all without success.

A little understanding of anatomy helps explain the logic of this situation. You lift the front of your foot off the floor by contracting the two primary muscles of the front and outside of your lower leg. The two muscles, tibialis anterior and peroneals, both merge into tendons that insert into your arch. The tibialis anterior runs down the outside of your shinbone, crosses under a ligament at the front of your ankle, goes across the top of your foot and inserts into the arch, midway between your big toe and heel. When the tibialis anterior contracts normally it pulls up on this insertion point and the front of your foot raises, and it also pulls your foot a bit so you rest onto the outer edge of your foot.

The peroneals begin on the outside of your lower leg, just below your knee joint. It merges into the tendon just above your ankle and the tendon goes behind your ankle, under a ligament that is just underneath your ankle, and then goes into your arch. It attaches on the outside, and the inside, borders of your foot. When the peroneals contract normally you put pressure onto the inside of your foot (toward the big toe), while the outside of your foot raises off the floor.

A spasm, or "knot", in either of these

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two muscles will pull up on your foot, even when you are standing flat, causing a strain on the bones in your arch. You may wear out your shoes unequally, and be told you need to wear orthotics to bring the floor up to your foot. However, we always suggest you first try to release the tension in the muscles so your foot can move down toward the floor!

If you have ever sprained your ankle you will likely have a spasm in the peroneals and the tibias anterior muscles, potentially causing you problems for years until they are finally released. The reason is because as you twisted your ankle the muscles were overstretched, and then when you straightened your ankle they snapped back, but a spasm was created that will stay until it is physically released. We have seen people who have suffered with ankle and foot pain for years after twisting their ankle, and yet just a few minutes of working on the spasms in the peroneals and tibialis anterior eliminates the pain immediately.

Why These Two Muscles Cause Plantar Fasciitis

Since the two muscles contract every time you lift up the front of your foot, every step you take contracts the muscles. Ultimately muscle memory sets in, and the muscles shorten. Many people, for example those who do a lot of walking, running, or driving, experience pain along the shinbone, the



Rockland Road Runners Team at the Interclub Challenge.
Photo courtesy of Ann Singer

ankle, and all of the bones of the foot, including the arch. This is discussed at length in my book *The Pain-Free Runner*, where you will also see pictures of the following treatment.

As either, or both, of these muscles pull on the insertion points on the arch, they actually will pull the bones out of alignment. This traps some of the nerves that are on the bottom of the foot between the bones, and also causes pain on the bone, just as pulling your hair will cause pain in your head.

Untying the knots is easy and will take the pressure off the insertion points. Sit down and press your opposite heel directly into the muscles, then push all the way down to your ankle. You will find tender points along the way, these are the spasms that are causing you



pain. Keep the pressure on these points for about 30 seconds and then continue the pressure along the length of the muscle. Do this several times.

After you have released the tension in the tibialis anterior and the peroneals, then put your arch onto a ball (tennis, baseball, golfball) and roll your arch so the ball goes from the base of your toes to your heel. When you find the point that is especially tender, this is the insertion point that has been pulled out by the tight muscles.

You'll be pleased when you see the results of this treatment. You may be able to eliminate the need to wear orthotics, and you'll rid yourself of arch pain and plantar fasciitis!

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Julie Donnelly is a licensed massage therapist specializing in the treatment of chronic pain and sports injuries. She teaches Julstro self-treatment workshops nationwide and has a practice in Nanuet, NY. Julie may be contacted through her website: www.julstro.com or by calling 845-627-7035

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Race Results

Marathon

Boston Marathon, Boston, MA (4/17)
 Laura Michello 3:51
 John Singer 4:03

Hyannis Marathon, Cape Cod, MA (2/26)
 JC Santa Teresa 4:06:00

A1A Marathon, Fort Lauderdale, FL (2/19)
 Ed Brown 4:12:19

Half Marathon

NYRR Brooklyn Half, Brooklyn (3/18)
 Laura DiMarino .. 1:27:55 (7th place trophy 30-39)
 John Singer 1:47:00 (2nd 65-69)
 Ed Brown 1:49:30
 Myrna Rivera 2:02:56
 Cheryl Langus 2:40:23

Celebrate Life Half Marathon, Rock Hill (3/5)
 Ed Howard 1:43:42
 John Singer 1:54:00 (2nd place Cancer Survivor)
 Ann Singer 3:20:00 (2nd 60-69)

NYRR Manhattan Half, Central Park (1/28)
 Ernest Joseph 1:41:32
 Ed Brown 1:45:48
 Jerry Quigley 1:46:02
 Myrna Rivera 2:09:00
 JC Santa Teresa 2:09:00

10 Miles

NYRR Frostbite 10 Mile, Central Park (1/22)
 Logan Scott 1:03:29
 Jerry Quigley 1:15:00

10K

Scotland Run 10K, Central Park (4/2)
 Ed Brown 47:30

4 Miles

Thomas G. Labrecque Classic, Central Park (4/9)
 Logan Scott 23:33
 Laura DiMarino 25:09 (4th 30-39)
 Ed Brown 29:21
 John Singer 29:52 (2nd 65-69)
 Myrna Rivera 32:38
 Ann Singer 50:39

AI Gordon Snowflake 4 Mile, Central Park (2/25)

Laura DiMarino 25:36 (7th place trophy 30-39)
 Ed Brown 32:34
 Myrna Rivera 33:14
 Enilda Indyk 36:05
 Marie Killen 36:20
 Larry Wolf 39:22
 Cheryl Langus 41:57

NYRR Gridiron Classic 4 Mile, Central Park (2/5)

Ed Brown 30:24

5K

Den of Lions Easter 5K, Newark, NJ (4/16)
 Kathleen Davies 32:12 (3rd 60-69)

Imperial Point 5K, Fort Lauderdale, FL (4/8)
 Cheryl Langus 32:45

Lt. Mark Dooley Memorial 5K, Plattekill (3/26)
 Kathleen Davies 31:49 (1st 60-69)

Interclub Challenge, Montgomery (3/12)
 Laura DiMarino 18:43 (3rd overall)
 John Singer 23:24
 Myrna Rivera 24:06 (12 points)
 Ann Singer 39:40

Coogan's Salsa, Blues, and Shamrocks 5K, New York (3/5)
 Logan Scott 18:27

Larry Wolf 29:33
 Jim Malone 31:10

Orange Runners Club Winter Series #4 5K, Middletown (2/26)

Ed Howard 21:23
 Kathleen Davies 31:50 (1st 60-69 for series)

Taconic Road Runners Freezer 5K, Yorktown Heights (2/5)

Logan Scott 18:13 (3rd overall)

Orange Runners Club Winter Series #2 5K, Middletown (1/29)

Kathleen Davies 30:50

First Day 5K, Fairlawn, NJ (1/1)

Jim Malone 30:16
 Kathleen Davies 31:33 (2nd 60-69)
 Beryl Bucklin 51:15 (Kathleen's mom, 1st 70+)

Holiday Classic 5K, Hudson (12/18)

Walter Johnston 24:05 (3rd 55-59)
 Kathleen Davies 31:31 (1st 60-64)

Other

Wurtsboro Mountain 30K, Wurtsboro (4/8)

Ann Singer 4:33(1st 60-69)

Pfizer Oncology Colon Cancer Challenge 15K, Central Park (3/12)

Ed Brown 1:11:54

NYRR 4K Community XC #2, Bronx (2/19)

JC Santa Teresa 18:20
 Myrna Rivera 20:32

Newburgh Winter Series, Newburgh

Kathleen Davies 1st 60-69

NYRR Armory Track Meet (1 Mile), New York (1/12)

Logan Scott 5:04



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Race Calendar

Race and date should be verified with the race director.

June

- 3 North Rockland 3 Mile Run, Haverstraw, NY, www.active.com
- 4 Tenafly 5K, Tenafly, NJ, www.compucore.com
- 4 NYRRC 5K, Central Park, NY, www.nyrrc.org
- 4 Family 5K Run, Tarrytown, NY, www.active.com
- 4 Riverdale Ramble 10K, Riverdale, NY, www.vctc.org
- 10 Sheehan Classic 5 Miler, Red Bank, NJ, www.jsrc.org
- 10 Circle of Friends 10K, Central Park, NY, www.nyrrc.org
- 11 Orange Classic 10K, Middletown, NY, www.rocklandroadrunners.org
- 11 Ramapo 5K, Ramapo, NY, www.rocklandroadrunners.org
- 11 Woodcliff Lake 5K, Woodcliff Lake, NJ, www.compucore.com
- 11 Harriman Biathlon, Harriman, NY, www.nytri.org
- 17 Joseph McDonald 10K/5K Run, Whappingers Falls, NY, www.active.com
- 17 Wyckoff Triathlon, Wyckoff, NJ, www.compucore.com
- 18 Elk's Father's Day 4 Miler, Nanuet, NY, www.rocklandroadrunners.org
- 18 WABC Father's Day 5 Miler, Central Park, NY, www.nyrrc.org
- 25 Fairfield 1/2 Marathon, Fairfield, CT, www.active.com
- 25 Westchester Medical Biathlon, Valhalla, NY, www.nytri.org
- 29 Sunset Classic 5 Miler, Bloomfield, NJ, www.compucore.com

Compiled by Jim Malone

July

- 4 Hometown 5 K Run, Highland Falls, NY, www.geocities.com/hometown5K/
- 4 Putnam County Classic 4 miler, Putnam County, www.runner.org
- 4 Cranford 4 Mile Classic, Cranford, NJ, www.compucore.com
- 4 Mahopac 8 Mile Run, Mahopac, NY, www.runner.org
- 8 Rockland Women's 5 K, Rockland Lake, NY, www.rocklandroadrunners.org
- 9 Bronx 1/2 Marathon, Bronx NY, www.nyrrc.org
- 15 Teterboro Airport 5k Run, Teterboro, NJ, www.compucore.com
- 20 Nike Run Hit Wonder 5 Miler, Central Park, NY, www.nyrrc.org
- 22 Health & Fitness 9 Mile Run, Central Park, NY, www.nyrrc.org
- 26 Westfield Downtown 5K, Westfield, NJ, www.compucore.com
- 29 Mets 5K-Shea Stadium, Queens, NY, www.nyrrc.org

August

- 5 Jan Peek 10K, Peekskill, NY, www.runner.org
- 6 Sea Girt 5K, Sea Girt, NJ, www.jsrc.org
- 6 Hope and Possibility 5 Mile, Central Park, NY, www.nyrrc.org
- 6 Monster 10K/5k Run, Monticello, NY, www.active.com
- 6 TRRC Biathlon, Mahopac, NY, www.runner.org
- 12 Asbury Park 5K, Asbury Park, NJ, www.jsrc.org
- 19 NYRRC Club Championship, Central Park, NY, www.nyrrc.org
- 27 West Pont 10K/5K, West Point, NY, www.active.com
- 27 Monroe Woodbury 5K Ramble, Woodbury, NY, www.countryramble.com