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# THE RUNAROUND

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On-Line Edition

Winter 2006

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## The Inside Loop

By RRR president Mike Greco



As I sit to write my last column as the RRR President, the reflections of many images come to mind over the last 4 years. When elected to office, I jotted some notes down indicating some of the things I wanted to address. These notes were shared with my board at our first meeting. Soon afterwards, I tucked them away to be reviewed at the end of my tenure to see if our goals were maintained and accomplished.

Although I felt that there was always more that could be done to enhance the club as a whole, I am happy to report that I am very satisfied with the path the club has taken while the baton (or gavel) was in my possession.

Reflecting upon the early days, I wanted to identify the positive aspects chiseled before me by the club's trailblazers, and enhance these things guided by a vision for the future.

That is why one of the first things I did was review the archived minutes of all board meetings from the first recorded

meeting on October 7, 1983 (at Helen Hayes Hospital Club Room), to the present time. It might seem a bit wacky, but there was a reason behind the madness. With any change there will always be some resistance, but as I've said before, change is often good. With the transition that took place during my Presidency, I believe that we have "stayed the course" with our original goals and at the same time taken them to the next level. As a club we have maintained our message of "runners of all levels and abilities welcome." We continue to be a "clearing house" and the "go to running club" in the area, while maintaining an increasingly notable presence when it comes to community involvement beyond the scope of running. Our membership and attendance for club events has ballooned to record numbers, indicative of the outstanding reputation the RRR is known for throughout the region. I am proud to have been a part of this.

All the success enjoyed by the RRR would not be possible without the dedicated service and loyalty of so many people through the years, from our early charter members and race directors, to our newest members and everyone in between. It is because of you that I have been the recipient of so many wonderful comments and accolades from the community over the past 4 years. It is because of you that I look at my time as RRR President with satisfaction and pride.

So many people come to mind that deserve more recognition than I could ever say, so at the expense of omitting just one deserving person, I will not name any individual, but extend a heart-felt "thank you" accompanied with great appreciation to each one of you. However, I would be remiss if I did not specifically recognize the efforts of each member of the very best group of board members and chairpersons a running club could ever have. These are the people who make sure the RRR machine works properly, and more often than not, have made me look better than I really am.

It has been a privilege and honor to serve as your President. However, change is good and the RRR is in good hands. I am confident that the membership of this wonderful club will continue to support the new leadership as I pass the baton (or gavel) to your next President. I am also confident that as a club, the RRR has not even begun to approach the potential that it is capable of in the future. As members of this club, it's each one of you who will determine where we go from here. I believe great things lie ahead for the Rockland Road Runners!

**God Bless Our Troops and God Bless America!**

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# Records Smashed At Turkey Trot 2005!

*Race Director Mike Greco*



Carlos  
Jamieson

Kate Irvin

As runners dashed, slogged and marched across the finish line at the 14th annual 5-mile Turkey Trot, RRR's Thanksgiving Day extravaganza saw three new records set. Since the race's inception in 1992, attendance has increased every year. 2005 was no exception. 1,268 runners braved the cold on a slushy day at Rockland Lake State Park, breaking last year's mark of 1,212. 18-year old North Rockland High School graduate Carlos Jamieson shattered the previous course record set in 2003 with a winning time of 25:38, while Kate Irvin of New York City ran a blistering 30:46 to break the women's course record set the year before.

This patriotic event, dedicated to the service of our war veterans, kicked off with a beautiful rendition of the National Anthem by North Rockland High School student Eraina Collazo. Several war veterans from WWII, Korea, Vietnam and Iraq were present. Clarkstown Supervisor and RRR member Alex Gromack officially began the race with a shotgun start, courtesy of the New York State Police.

Local charitable organizations benefiting from this year's race are: People to People; the Rockland County Police Hispanic Society Scholarship Fund; Piermont VFW Post # 7462 WWII Memorial Fund; The Salvation Army; Wegener's Granulomatosis Association; and "Friends of Manny", a memorial fund named for 20-year-old Haverstraw resident and North Rockland High School graduate Army Corporal Manny Lopez, who died in Iraq earlier this year. The latter charity is raising money to build a statue in Haverstraw in honor of Manny and the other American soldiers lost in the Iraq War. Manny's mother Yolanda made an appearance on stage at the starting line prior to the start. A van full of nonperishable food was also collected and turned over to People to People.

A successful community event as large as the Turkey Trot race would not be possible without the committed support of many generous people. First and foremost, the many sponsors and contributors that ensure the financial stability of our event deserve much praise. Although many, the following "major contributors" must be recognized: Active International; HSBC Mortgage Company; Pearl River Home Improvements; Rockland County Police Hispanic Society; Hillcrest Volunteer Fire Company; Yougie Iron Works; New Palace Painter's Supply Company; White Plains Dodge; 'Nam Knights of America Motorcycle Club; Renee Sliva - DPM; Dr. Peter Costa; and 107.1-FM The Peak.

The following also are recognized for their continued support and efforts in creating a safe and memorable event: New York State Police; Clarkstown Police Dept. Bicycle Unit; RC Sheriff's Mounted Unit; NYS Park Police; NYS Environmental Conservation Police; Congers/Valley Cottage Ambulance Corps; The Salvation Army; Palisades Interstate Park Commission and John Burley and the Rockland Lake Staff. Finally, our heartfelt gratitude and appreciation goes out to the many volunteers and workers who dedicated so much time and effort to the race. It is only because of your involvement that the race has become the event it is. To each one of you - a thousand thank-yous. For more info, please visit [www.windcoweb.com/turkeytrot](http://www.windcoweb.com/turkeytrot)

Please e-mail address changes or corrections to Fred Turk at [fturk@optonline.net](mailto:fturk@optonline.net) or mail to RRR, Box 132, Congers, NY 10920

Send Race Results To:

[clangus@tmail.com](mailto:clangus@tmail.com)

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).

Info: [Rocklandroadrunners.org](http://Rocklandroadrunners.org)

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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.

## Races and Places

### Cape Cod Marathon



*Tom  
O'Donnell*

On our way to the Cape Cod marathon in Falmouth, MA, we encountered a snowstorm Saturday afternoon. The Boston area received 3 inches of snow that day. However, Sunday, Oct. 30th morning in Falmouth brought Indian summer plus a nice extra hour of sleep. The race began on Falmouth Green at 8:30 with 1200 runners. Conditions were ideal: strong sunshine, temperatures in the low 50s, a moderate breeze and foliage at its peak.

The first 8 miles of the circular course were flat. We had water views early on as we passed the Inner Harbor with Nantucket Sound and the rising sun to our right. When I spent summers on Cape Cod during college days, Falmouth was an area of mainly small houses and active nightlife. I guess I should not have been surprised to find that in over 30 years since I have been back, many small houses have become spectacular homes and once empty beaches are now populated with condos, high-end hotels and mini-mansions.

Soon we started hitting tree-shaded streets, then passed by cranberry bogs, followed by wooded areas and ponds. From mile 8 to mile 24, my feet rarely hit flat ground. From mile 17 on, the hills were enormously challenging. It's interesting that many reviewers on marathonguide.com said that the hills are not daunting and quite manageable, while others said the hills are far more difficult. I'm definitely in the latter camp.

As the race progressed, we traveled through West Falmouth, Sippewisset and Woods Hole, which is a scenic scientific community that is a jumping off spot for Martha's Vineyard and Nantucket. Before arriving in Woods Hole, steep hills took us past a beautiful golf course and large tree-hidden estates. This is where runners started breaking down, walking and struggling.

During the race, roads were not closed to the traffic, but drivers were few and well behaved. Spectators, although also few, often cheered runners at key viewing sites. Volunteers were very enthusiastic and helpful. Cytomax and water were available every 2.5 miles and GU was given out near mile 20.

After Woods Hole, we again had the sun-splashed salt water on our right and we could see a welcoming sight of Nobska Lighthouse in the distance. As we approached the lighthouse at mile 22, the hills really began to take a toll. At several points, I counted more walkers than runners near me. Following another up and down stretch through the woods, we emerged on Surf Drive. Miles 25 and 26 were flat and we could see the town of Falmouth as we approached the finish line.

For me, it was a very enjoyable race, which I treated as a trainer for Philadelphia, to be run three weeks later. I also did Hartford as a trainer in early October. I used the Galloway training method of run/walk in 5 to 1 ratio in minutes. This enabled me to ignore the clock and handle those hills without undue distress. My only goal was to finish under 5 hours, which I did in 4:55:14.

**Rockland Road Runners**

## Success in the City!

### RRR Women's team sizzles in 2005 debut

By *Laura DiMarino and Ernest Joseph*

Twenty-four Women participated in the 2005 NYRR Team Championship series representing Rockland Road Runners. This was the first year that RRR participated and the club fielded teams for this series of 10 races ranging from 5K to a Marathon. Team RRR had a very respectable showing and was able to score points in every division.

The women's open team (all ages) placed quite high despite injuries, weddings and pregnancies that sidelined some of our key scorers. Finishing 12th out of 47 teams is impressive for a first attempt at fielding a team! Laura DiMarino and Allison Schulman were the heart and soul of the open team competing in 8 of the 10 races for RRR. Jessica Dovico (Hanley), Kim Chalfin and Laura Michello turned in several fine performances for the team at key races. Carol Guzinski had a spectacular showing at the Brooklyn Half Marathon but unfortunately was sidelined the remainder of the season with an injury. We are happy to report that Carol is back and we are enthusiastic that she will have a healthy year. Olga Carriel, Kate Tormey, Kathleen Daly, Cheryl Langus, Alisa Carbone, Lynne DeForest, Sarah Grom and Barbara Pelligrino lent their legs to the effort rounding out the open women's squad. Kate Tormey completed her first NYC marathon and along with Laura and Allison, helped the team pick up points at this event.

As we move into the ladies age divisions, Carol Decker proved to be the bastion of the team, competing in five races for RRR helping the 60+ ladies to an outstanding showing. Marie Killeen, Miriam Kaminer, Ann Singer and Alexandra Finger rounded out the ladies super senior's team that placed 4th overall. Alexandra Finger deserves special praise for being the only team member to earn an individual age group trophy at the Mets run to home plate 5K, capturing 2nd in the 70+ age group.

In the Men's competition, team RRR had a few regulars who helped the team to a respectable showing in their debut. The men's open team (all ages) placed 17th out of 43 teams, with frequent participation from Pat Parietti, Dave Badolato, Rafael Shrem, John Singer, Otto Mond, Dave Herbstman, Ed Brown, Steve Joseph and Ernest Joseph throughout the year. Other contributors were: Gary Lausin, Rosario Dovico, Danny Cruz, Fredy Valcarcel, Logan Scott, William Carpenter, Ron Guzinski, Jerry Quigley, JC Santa Teresa, Gokhan Ozuner, Thomas Watts, Ed Howard, Shawn Frederick, Steven Ozer and Tom O'Donnell.

The men's 40+ team placed 26th out of 58 teams, while the 50+ team placed 22nd of 36 teams. Although the 60+ team did not place in the standings due to insufficient participants, John Singer's performance was exceptional and helped the open team's overall standing significantly. We hope to field a team in 60+ division in 2006.

Whether you participated in one or many races, congratulations to all participants! Your commitment, enthusiasm and effort at these races are reflected in team RRR's standings. Now we have set the bar; let's take it to the next level in 2006.

The secret of doing well in team races not only lies with outstanding performances, but also in depth of the team. So members, if you plan to run races with NYRR in 2006, please consider participating in club point races (denoted with the "+" symbol) and PLEASE remember to sign up as team RRR. Team RRR also organizes carpools to these races. If interested, please contact Laura or Ernest.

We have definitely made our presence felt in these races! Overall, it was a great debut year and we look forward to 2006!



Women's Team outside Central Park at the Team Championship Race with Tamar Senyak of ORC and Mike



Laura and Alexandra Finger at the NYRR Team Championship 5 Miler. Pat parietti at the Queen's half '05

## Member Profile

### Shelly and Rafi Shrem

*By Ernest Joseph*

Members of RRR since 1998, Rafi and Shelly started running earlier that year. Actually, it was Rafi who started, and then Shelly joined in a couple of months later when she found out that she was going to run a marathon with her husband! In Rafi's words "I kind of pushed her into running by taking her on South Mountain Road for about a 5 mile run." A novice at the sport himself, Rafi knew nothing about training, much less training for a marathon. But he knew that he would be running the NYC Marathon by the end of the year. Determined to accomplish that goal, Rafi went to the Central Park line-up and got an entry form, then went right back in line and got another. Once home, he announced to Shelly "We both are running the NYC marathon." Shelly gave Rafi a quick sanity check and asked for more information such as training plans. Rafi replied, "This is enough information for now." To his surprise, Shelly signed the application! (Although Rafi confessed that he would have signed on her behalf if she hadn't). When you have faith, nothing is insurmountable!

Eventually they received their acceptance letters in the mail. Still, without a training plan, Rafi told friends that, "Shelly and I are running the New York City Marathon." When friends reminded him Shelly had not yet started running, he told them that now she has no choice but to run a marathon and no chance to back out! At least he had a plan to make her run. Soon they met members of the 9 o'clock group at the lake and got some guidance on marathon training.



Looking back, they feel the 20 dollars they paid for club membership was one of the best investments they have made. In those "pre-chip" days, Rafi estimates that it took them 20 minutes or so to reach the start line and they still finished the marathon in 4:30:00.

Running has become so much a part of their lives that Rafi renamed his limousine business "Marathon Limousine Service." Residents of New City, they have one daughter, Lauren, age 20, a junior at Johns Hopkins University. Son Jonathan is 18, a freshman at Syracuse University. Youngest son Jordan is 13.

Rafi's favorite race distance is 13.1 miles because it is short enough to allow him to race often. Both enjoy short distance races as well as marathons. Marathons offer challenges and require commitment. Rafi has run twelve while Shelly has finished ten, including two Boston Marathons. Rafi says his next goal is to focus on the training required to qualify for and run Boston. He is getting very close to the 3:35 qualifying time for his age group.

Rafi's favorite quote: *Random training produces random results.* Their advice to runners: *hard work - there are no substitutes or short cuts to achieve your goals. To new members, if you want to improve your running, join the group runs, come to the track workouts and challenge yourselves.*

## Boston Marathon Team

### Members Needed!

#### Boston Marathon 2006

Looking for RRR members willing to represent Rockland Road Runners at the Boston Marathon this April. If you are interested to be included on a team roster, or know someone who may be, please contact Laura DiMarino at [LLBergen@aol.com](mailto:LLBergen@aol.com). Team sign up is separate from individual registration and begins in early March so please let us know ASAP. There are Men's and Women's divisions, both open and masters.

## Winter Speed Training

Beginning January 1st, we have added speed interval training on either Saturdays or Sundays when long runs are not scheduled. These workouts will be designed around those training for spring marathons and for those runners who want to blast onto the race circuit in good shape by March 1st. The speed workouts will be held at Rockland Lake or the Nyack track (weather permitting) at 7am and will be scheduled in advance. Hal Higdon, Jack Daniels and Yasso 800s are incorporated into these sessions. To be on a weekly e-mail information list, contact [Llbergen@aol.com](mailto:Llbergen@aol.com) or [jonleif@optonline.net](mailto:jonleif@optonline.net). For schedule and other details, check "Group Runs" link on our website. <http://www.rocklandroadrunners.org/EJlongruns.html>

# Chicago-Steamtown

## Team Challenge

*By Chicago-Steamtown runners*



While running in this past spring's San Blas Half Marathon in Puerto Rico, members of the RRR team realized that the marathons they planned to run in the fall of 2005 would be on the same day. Instantly they thought of a team competition. After all, a competition would allow RRR members running these marathons to train together. A goal of competing against one another while training with one another would make the training period enjoyable. (Hmmm, the words marathon training and enjoyable in the same sentence!) But today, looking back, each and every one of the participants would wholeheartedly agree that not only did they have fun, they also trained to be in the best possible shape for October 9th.

So, what was at stake? Bragging rights for the winning team; and turkey/pilgrim costumes at RRR's Turkey Trot for the losing team. That's enough to cause sleepless nights for some. After months of bantering, teasing, trying to change rules to one's advantage, practicing voodoo on the rival team, and planting Gatorade with unknown salt to knock the opponents out, the teams were ready. It does not get any better than this!

The team captains were Kathleen Daly (Steamtown) and Joann Hodges (Chicago). Thirteen of the twenty-five or so RRR members running Steamtown and ten for Chicago had agreed to participate in the challenge and follow the rules set by captains Kathy and Joann. When the Steamtowners drove to Scranton the day before, they faced torrential rain and at that point it looked like they were going to have a very wet marathon. Meanwhile the weather forecast for Chicago was sunny and mild! Fortunately, on marathon day the rain held off and the conditions were ideal for both marathons.

Both teams took advantage of ideal conditions and scored many personal bests, some by as much as 30 minutes. At Steamtown, former county champion from North Rockland Danny Cruz, was running his first marathon and cruised at a Boston qualifying time of 2 hrs. 58 min., stopping to stretch along the way! Danny joined the training group for long runs and at times was humbled by the distance. But he learned fast, using training abilities sharpened during his track days. The long run is what puts the tiger in the cat! Alisa Carbone, injured during the early part of the year, mostly had low

but quality mileage with Laura Dimarino and long runs with the group. Alisa ran steady with Bill "the metronome" Carpenter to finish in 3 hrs. 41 minutes. This was a PR for both and a Boston qualifier for Alisa. Alisa was pleasantly surprised since qualifying for Boston was not in her plans. Bill, who came back to long distance running two years ago, is hoping that his improved training and advancing years will come together with a Boston qualifying time at Steamtown 2007, or 2017.

Ernest, Laura Michello, Mitch Pollack and Rafi Shrem were planning to run a 3:30 marathon, and Ernie was the metronome for this group. They started out on pace, joking along the way as if this was just another long run in Harriman. Laura was joking about how she successfully managed to qualify for the Phoebe Snow division after gulping down gallons of Gatorade and stuffing loose change in her pocket. Laura and Ernie had met a year ago at David's Bagels via Kathleen and had agreed that qualifying for Boston in the fall would be possible with the right kind of training. Laura stayed focused during the year doing daily runs with the six o'clock group and was ready. As she reached mile 25 and realized that she would be going to Boston even if she walked the rest of the way, the emotions of accomplishment and joy started to flow. You see, Laura had to fight off a few side stitches along the way, and it was not easy. But the pride you gain is worth the pain, and so she persevered. She dashed to the finish line, holding off tears as her husband Vinny was calling out her name. The clock read 3:34. Ten seconds later Ernie followed, both proud of the mission accomplished and realizing the vision they shared a year ago. And guess who was the Phoebe Snow division winner? Laura is still waiting for the trophy to arrive. Mitch needed 3:30 for Boston and he stayed focused the entire way, just missing his goal by 80 seconds! It's only a matter of time, Mitch. Rafi was hoping to get under 3:35 but managed to finish in 3:42. Captain Kathleen Daly ran her PR of a sub-4-hour marathon. Anthony Ferraro and Joe Cymerman were running their first marathons. They executed their plans perfectly by running sub-4 hour marathons. Steve Joseph had a tough day. Anyone can run 20 miles. It's the next six that counts. And so Steve ran and finished with his heart, scoring valuable points for the team. So did Robert Goldsmith. Brenda McCarville ran with a huge smile on her face from mile 1 to the finish.

Meanwhile, in Chicago there were some fast times recorded too. Logan Scott, running his second marathon, had mentioned that he would like to run a 3:10 marathon. He lived up to his potential by clocking 3:09. Laura Dimarino, who wanted to slay the dragons that had haunted her at Boston, redeemed herself at Chicago with a solid performance of 3:19. Tim Hodges ran with Laura for a while, but a stomach ailment forced him to slow down a little and he finished in an impressive 3:32. Captain Joann Hodges, JC Santa Teresa, Jerry Quigley, Teresa Kenny, Marie "Grandma" Killeen, Enilda Indyk and Matthew Clement ran the times they were expecting.

Age-graded performance tables were used to offset the age differences among the participants and to determine the winning team. **(Continued on page 7)**

# Approaching Sixty

By Steve Ozer



"Runners! Remember that you will be on hallowed ground today. More than one hundred and forty years ago a great battle took place here with each side believing they were here to preserve the nation." That said, The Bull Run Fifty Miler was underway. Little did I know that we were in for a Bataan Death March before the day was out.

The first section of the race was a fifteen mile out and back, thirteen miles of which was mud the consistency of fine chocolate mousse. There was no way around the stuff - just through it. At times it looked like a Three Stooges comedy with runners flying head over heels into the muck and slop. I stopped laughing when my water bottle and radio fell into the quagmire.

The two streams that needed to be crossed were a bit daunting as well. It was impossible to get any kind of rhythm going so I knew it would be a long day.

The next thirty-five miles had significantly less mud but no flats; only uphill and downhill-the kind that quads crave. It was here that I had a little time to think about the reality of approaching sixty. I am referring to double events that will be taking place in the not too distant future; my sixtieth birthday and my sixtieth marathon or ultra. I started thinking back to my first marathon in 1980 and what a long, strange trip it's been. An interesting sidelight to the journey has been the "advice" that people have offered in these past twenty-five years. Some are still telling others to consider the merits of twice-a-day workouts. I've heard runners touting the merits of Perkins repeats. I once made the mistake of NOT keeping my mouth shut and asked what the advantages of running twice-a-day on a regular basis might be. I got what I deserved---- "Listen, old timer..." Well shut my mouth! Whatever happened to just listening to your body? Didn't the late running philosopher George Sheehan tell us that we are each an "experiment of one." Enough said.

In the middle of my thoughts a voice calls out, "Hey! You only have one fourth of the race left to go." In theory it sounds great but the reality of the situation says there are still over twelve miles to go. More time to think. The voice inside my head asks, "Why are you doing this?" Because its there comes quickly to mind but it's more than that. Mental derangement? You can be crazy and not beat up your body so that's not my answer. The most logical response is probably the lure of the challenge -the search to find where the limits of my own endurance lie - to reach down to the very depths of my physical, emotional and spiritual reserves to find that answer. That looks good on paper but perhaps it's the fear of having to stop doing something you love that helps to keep me going.

Do I fear sixty? Hell no! Bring it on and I will embrace that which I cannot control.

# RRR Elections 2006

Elections were held on January 3rd during the club's general meeting. The positions of president and vice-president needed to be filled due to term expirations and to elect a treasurer and secretary. Laura DiMarino of New City is the newly elected President of the Club and Ernest Joseph of Chestnut Ridge is the new Vice-President. Bernie Casserly of New City was re-elected, as the club's treasurer and Enilda Indyk of Valley Cottage will continue to serve as the secretary of the club.

During general meeting, John Melican, the 2004 George Wodicka Inspiration Award winner, presented the 2005 award to John and Ann Singer for their continuing inspiration and motivation to all runners. Steve "California" Borton had everyone "rolling in the aisles" during his slide-show presentation about club members.



President	Vice President	Treasurer	Secretary
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## A FEW PUNS FROM ONE OF THE BOARD MEMBERS

A gossip is someone with a great sense of rumor.

When two egotists meet, it's an I for an I.

Alarms: What an octopus is.

## **(Chicago-Steamtown - Continued from page 6)**

As a result, grandma Killeen and Enilda Indyk scored as high as Danny Cruz, Logan Scott and Laura Dimarino based on this scoring system.

A post marathon breakfast was held at Patti & Sean Daly's beautiful home on the Hudson River and the Steamtowners were declared the winners by a mere half a point. The close result reflected perfectly a year during which they all had trained together and obviously performed at the same level.

Many from both teams decided to wear costumes at the Turkey Trot to reflect the outcome and to celebrate the camaraderie and friendship they developed during the year. A quote from Jesse Owens comes to mind - *Friendships are born on the field of athletic strife and are the real gold of competition. Awards become corroded but friends gather no dust.* A fitting conclusion to the team challenge.

# The Masters Challenge

*By Ernest Joseph*



RRR had good representation at the Masters Challenge, which was held at 7 PM on Wednesday, July 20th, 2005, in FDR State Park in Yorktown Heights, NY. Westchester Track Club; Wolfpit Road Runners of Ridgefield, Conn.; Rockland Road Runners; and host club Taconic Road Runners brought together a total of 93 runners ranging from 40 to 72 years in age. The RRR team of John and Ann Singer, Grandma Killeen, Enilda Indyk, Alexandra Finger, Mitch Pollack, Steve "California" Borton, Tom O'Donnell, Jim Malone, Jamie Kempton, Jon Gleason, Gokhan Ozuner, Bob O'Malley, Pat Lynch, John Sullivan, Ralph Logan and Ernest Joseph ran competitively and ran well. Our "Golden Girls" won their 60+ Women's division and the "Swift Sixties" men took 2nd (3 points off 1st place) behind Taconic. Congratulations to all participants.

After the race, we were treated to some really good food. Gary Steinel from Taconic did not disappoint us, and provided a broad range of beer with names like Brooklyn Ale, Two Stooges Ale, Midnight Madness smoked lager etc., from a Vermont Brewery.

This was the first year of participation by RRR. Judging from the response of our members on short notice, it will not be the last. The 2006 race will be hosted by Westchester Track club in the Rockefeller State Park preserve. Will it be RRR's turn to host the race in 2007? Stay tuned....

# Holiday Party 2005



Marilyn and Cliff Fromm

What could be a better way to end a year of competitive running, personal accomplishments, organizing first-class races (and other fun events), and raising money for local charities than throwing an exciting holiday party to celebrate? 138 RRR members brought along their families and friends to this well-planned annual event on Saturday, Dec. 3rd at the Comfort Inn in Nanuet. Highlights included great raffle gifts, a buffet dinner that certainly satisfied every appetite, an excellent mix of music by DJ Ralph that brought out some enthusiastic and willing dancers, and a special gift of RRR running gloves for all attendees. None of this would have been possible without Laura DiMarino's personal touch and leadership, and Mike Greco's guidance. Thanks also to Marie Killeen for ordering the gloves; to our lovely reception crew of Enilda Indyk, Cheryl Langus and Jerry Sun for their assistance at registration; and a "thumbs-up" to Ernest Joseph who compiled the attendee list and kept track of refunds and payments.

The centerpiece of the evening was the presentation of the club's Annual Awards. This year's recipient of the Don Cordisco Award was Enilda Indyk, in recognition of her long-time contribution and service to the club. Volunteer of the Year recipient was Ernest Joseph, and the Road Runners Club of America National Volunteer Award recipients were Bernie Casserly and Jamie Kempton.

## The Runaround

Next Issue Deadline: 5 P.M, April 18<sup>th</sup> 2006

Send running related articles, photos, information to:

[Jonleif@optonline.net](mailto:Jonleif@optonline.net)

Or

To: The Editor, RRR, P O Box 132  
Congers, NY 10920

# Mount Rushmore: A monumental Marathon

By Ann Singer



On this October morning at 8 AM in South Dakota at the marathon start, a light dusting of snow capped the majestic Black Hills surrounding the Mount Rushmore Marathon. Start line elevation was at 5,026 feet. For history buffs, Gutzon Borglum was the sculptor who carved Mount Rushmore, which portrays George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln as a symbol of hope for people from all cultures and all backgrounds - a symbol of freedom and democracy. My journey to do a marathon in each state of the USA has rendered many wondrous sights. Mount Rushmore is unbelievable to view. I have met many acquaintances during my 50 states marathon journey, but 45 year old Holly Koester will always be a fixture in my mind. She was here to check off the state of South Dakota from her 50 states list. I will never ever emotionally forget Holly, and the day we spent together during our journey to the finish line.

First I must quote the comments from some of the runners who finished the Marathon and the Crazy Horse Half Marathon. "Beauty and the Beast," said one finisher. "Killer course," said the other. "Leave your ego at home for this one," was the comment heard. Toughest, biggest challenge - all entrants were in agreement with this one. Evil hills from miles 18 through 26 - no argument here from the finishers. "Brutal course, the thought to just stop came to mind quite a few times." "There will be no PR's set today," said someone.

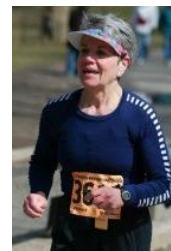
Marathoners started off from the Monument. The Crazy Horse Half Marathoners were bused out to Hill City, which is at 13.1 miles of the marathon course and a starting point for the half. Holly, who is paralyzed as a result of an automobile accident, is confined to a wheelchair. She uses a racing wheelchair especially designed for marathon racing. Unfortunately, due to the extreme course-steep downhill for the first thirteen miles of the race, Holly was not allowed to use her race designed chair. The reason is heat would build up on the thin tires and would cause the tires to blow out. So Holly, who traveled to South Dakota from Ohio to check South Dakota off her list, decided that she would complete the race with her everyday wheelchair!

And so, on this cold, early morning, two hundred or so started out from Mount Rushmore on their feet, with a sole wheel chair entry from Holly.

The spectacularly scenic and swirling down-hills were followed by an uphill battle to Mount Rushmore. On this stretch, there are no spectators nor do they have water or porta johns, since they cannot be placed on the side of a steep hill. Only through the marathoner's comradeship and commiseration with each other, our journey continued.

Running through what looks like the old west, we were all headed to Hill City - the half way point. It is called Hill City for a reason - it is hilly! The course is relentless and fatiguing to the body. We crossed our paths many times with Holly who was struggling in her wheelchair. The high altitude left many of us breathless and wheezing. But this was the beginning of the real test of the perseverance of a runner. From Hill City we climbed 850 feet, on a stone, graveled trail, to the Crazy Horse Monument and the finish line.

How insignificant my 50-state quest is to me now that I have witnessed the struggle of Holly. HOL-LY, HOL-LY chanted the spectators at the finish line. "Holly, you are not a quitter," her coach yelled over the crowd. Ten hours and nine minutes in the race, in the cold and dark of the night, Holly crossed the finish line. Holly bent down to take her chip off her shoe. The director of the race told her, "Keep it, I think you earned it."



Ann Singer

## Mark your calendars!

March 12th 2006 - Interclub 5K Challenge between RRR, Orange Runners Club, Sullivan Striders and Bronx Running Club. RRR will be defending the trophy, so come out in full force and help our club retain the trophy! More details to follow in weekly RRR news e-mail.

# Photo Gallery

Pictures in this newsletter are published with prior consent and courtesy of Katie Golden, Joe Golden, Brightroom Inc, and members who provided these pictures.



The NYRR Team Championship '05



The Thomas G Labrecque Classic - May '05



Tunnel To Towers – September '05



South Nyack 10 Miler – September '05



Turkey Trot 5 Miler Start – November '05



Women's Distance Festival 5K – July '05



George Wodicka Hook Half Marathon / Hope Run and Walk 5K – April '05

# Alternatives to Commercial Sport Drinks

By Debbie Roth-Rogoff



As you're preparing for your longer races this spring (Boston, anyone?), you may be wondering what to drink to replace the electrolytes that you lose during distance running. Gatorade and other commercial sports drinks are convenient options. Yet many of these drinks have excess sugar, as well as chemicals that may not be most supportive for our bodies.

Following are some healthier alternatives that you can experiment with during your long runs. Enjoy, and let me know how it goes!

1. Alacer's Emergen-C is a powder you add to water that contains vitamins, minerals and a range of electrolytes (except for sodium). They come in individual packets of various flavors, and you can find them in any health food store.
2. Accelerade contains a 4-1 ratio of carbs to protein, which seems to work well after long runs (and very possibly during as well, according to recent studies). Add to 12 oz. of water. A colleague used it for a 55 mile bike tour and never felt the stress of the activity. You can buy it at any health food store.
3. You can always swallow salt tablets if you tend to lose salt while running, just do so judiciously. You can also add sea salt to your diet. Avoid table salt, because it is refined and contains no trace minerals important for your energy.
4. Coconut water is extremely hydrating and rich in electrolytes. It contains 15 times the potassium of artificial sports drinks and is a natural source of vitamins and minerals. As it is high in alkalizing minerals, it helps keep the body cool. As an added bonus, it may normalize intestinal function and raise metabolism. (see [healthycoconut.com](http://healthycoconut.com) for more info)
5. Electrolyte Stamina is another powder you add to water. It contains Vitamin C, as well as trace minerals and elements (2 flavors available - lemon or orange). Visit [www.traceminerals.com](http://www.traceminerals.com).

6. Bioplasma is a homeopathic remedy that melts in your mouth. It contains all 12 biochemic cell salts, providing your cells with minerals they may have sweated out in a workout. This is salt in minute amounts, not like table salt, and it may be safer than salt tablets (i.e., if you do not require all 12 salts, it should not cause an imbalance).

*Debbie Roth-Rogoff is a Holistic Health Counselor and Director of Nutrition Within LLC. In her practice, she works with runners and other clients to maximize their performance and overall energy levels. You can reach Debbie at 917-903-6922 or at [info@nutritionwithin.com](mailto:info@nutritionwithin.com), or check out her website at [www.nutritionwithin.com](http://www.nutritionwithin.com)*

## RRR – Competition and Camaraderie

