

Long Island footnotes



GREATER LONG ISLAND RUNNING CLUB • WWW.GLIRC.ORG

AUGUST 2021 • VOL 21 • ISSUE 8



Lena Edelstein scores as the Women's winner of the Heart & Sole 5K

**RUNNER'S
EDGE**

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A MESSAGE FROM MIKE

Things keep getting better and better for the Long Island running community!

Races keep popping up every day – both the return of great established races and the emergence of some promising new events. Right before starting to write this message, I learned that the Hamptons Marathon/ Half Marathon and Katie's Run 5K were both coming back this October. Sadly they are both on the same day, but since each of them will be attracting a different crowd geographically (they are close to 100 miles apart) and in terms of distance (a marathon/half marathon and a 5K) there shouldn't be too much of a conflict.

The problem, of course, is this year we are stuffing 12 months worth of races into 7 months. A lot of Spring races have by necessity gravitated into September, October and November, and that means that there are going to be a bunch of conflicts this year that just can't be avoided. The two races I mentioned above are both races that I am at year after year, but I obviously will have to make a choice this year, and I hate that – but this is an unusual year and we all have to cope. It won't be nearly as much of a problem in 2022.

The Long Island running community has been terrifically understanding throughout the slow return to racing. I have always believed that runners are great people, and they have proved it again this year, dealing with races that were much more like time trials, and the absence of live post race festivities for much of the Winter and into the Spring. Almost everyone that I have spoken to has been appreciative of the fact that they have been able to race at all, and had no complaints about the lack of amenities. They love to run, they love to race, and as long as that was open to them nothing else mattered!

We at GLIRC are trying to do the best we can to foster the incredible camaraderie that pervades the running community. Hey, I am aware that I personally have been known from time to time to have had my differences with some of the folks in our community, but I am certainly trying to put all that behind me in this year of reawakening and renewal. I find it very encouraging how we have been able to spread the proverbial wealth of GLIRC races among three different Long Island based timing companies –with SRC Timing Services handling our Womens's and Heart & Sole Runs and our Brewery Runs, elitefeats getting the job for the Police Appreciation run and the Ocean to Sound Relay, and for the first time John McHugh and his StrongIsland Running Club team taking the reins for the Jonas Chiropractic Aspire 10K. We are all one community, one family, and we all need to get along with one another – regardless of past differences!

On those positive notes I will sign off....and see you on the roads, the trails and at the Jonas Chiropractic Sports Injury Care Aspire 10K on August 21st.

See you on the roads and trails.

Best regards,

Mike

Mike Polansky, President
Greater Long Island Running Club



Greater Long Island Running Club

Officers and Executive Board

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Executive Director, Sue Fitzpatrick

Vice President, Mindy Davidson

Vice President, Carl Grossbard*

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Director, L.I. Greenbelt Trail Run, Nick Palazzo*

Director, Marcum Workplace Challenge, Mindy Davidson

Director, Fred von der Heydt Memorial 6 Hour 60th

Birthday Run, Myron Bellovin*

Director, L.I. Women's Run, Sue Fitzpatrick

Title Sponsor Runner's Edge

Co-Directors, Runner's Edge-TOBAY Triathlon,

Ray Farrell, Mindy Davidson

Director, Sayville Running Company 10 Mile Run to the

Blue Point Brewery, Great South Bay Brewery Runs, Port
Jeff Brewery Run, Ric Diveglio

Director, David Lerner Associates Police Appreciation Run

& TOB Supervisor's 5K, Mike Polansky

Co-Directors, Rob's Run, Jim Murray, Sue Fitzpatrick

Title Sponsor Lynn Gartner Dunne, LLP

Co Directors, UJA - Federation Race Against Poverty

Steve & Holly Jonas, Mindy Davidson

Director, Ocean to Sound Relay, Bob Sherman

Director Ho Ho Ho Holiday Run: Ric Diveglio

Title Sponsor Gold Coast/Steel Equities

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Fritz-Mauer, Rebecca McDonald, Glenn Morse, Robert Tollin

*Denotes Board members

FOOTNOTES:

Volume 21, Issue 8, JAUGUST 2021

Published monthly by FOOTNOTES

101 Dupont Street, Suite 24,

Plainview, New York 11803

Periodical Postage Rates

U.S.P.S. #020237

Hicksville, New York Post Office

ISSN: 1538-8964

Postmaster: Send address changes to:

Footnotes, 101 Dupont Street, Suite 24

Plainview, New York 11803

GLIRC Note: No matter what your age or ability, there's a

place for you in the Greater Long Island Running Club.

GLIRC Phone: (516) 349-7646

GLIRC Fax: (516) 349-7647

GLIRC Website: www.glirc.org

GLIRC Email: info@glirc.org

The Great South Bay Brewery and the Greater Long Island Running Club invite everyone to participate in



THE GREAT SOUTH BAY BREWERY — RUNNING SERIES —

25 DREXEL DR, BAY SHORE, NY



- Sun., August 1 - The Aloha 5 Mile Run to the Great South Bay Brewery
- Sun., September 5 - The Mardi Gras 5 Mile Run to the Great South Bay Brewery
- Sun., October 31 - The OktoberFest 7.1 Mile Run to the Great South Bay Brewery

You can enter any one, two or all three of these great events – each featuring a USATF Certified course, amazing post-Run festivities back at the Brewery featuring a live band, plenty of food, and all the beer that you can (safely) drink.

Each event will provide awards to the first three male and female finishers overall, the first three male and female Masters finishers, and the first three finishers in five year age groups up to 90 plus.



You must be age 21 plus to participate. For more information, email info@glirc.org



TWO YEAR GLIRC MEMBERSHIPS NOW AVAILABLE!

When you renew your membership, now you will have the option of renewing for either a one-year period or a two-year period. You can make things easier both for yourself and our hardworking membership Chair Sherry Bellovin if you take the opportunity to renew for two years.

2021 GLIRC TUESDAY EVENING WORKOUTS



GLIRC's weekly track workouts will continue through October 26th.

They will be held every Tuesday evening evening at the track serving the Plainview-Old Bethpage Middle School, at the intersection of Central Park Road and Southern Parkway in Plainview.

All workouts start at 7:00 PM preceded by warmups at 6:30 PM. Please park in the Middle School parking lot on Southern Parkway adjacent to the track.

For information (or inspiration!) Call Coach Ed at (516) 428-3904 or melnik@optonline.net

RUNNERS OF ALL AGES AND ALL LEVELS OF ABILITY ARE VERY MUCH WELCOME!

JOIN US FOR THE AUGUST 6TH SAYVILLE RUNNING COMPANY/GLIRC WOMEN'S OLYMPIC MARATHON WATCH PARTY AND PUB RUN

We'll be getting together on Friday evening, August 6th at the Sayville Athletic Club, (209 Railroad Avenue in Sayville), around the corner from the Sayville Running Company.

Spectating the Marathon on the huge screen at the bar starts at 6:00 PM

Run begins at 6:15 PM

Watch the Marathon start on TV, go out and run your choice of 1 mile, 3 miles or 6 miles, and come back to the bar to watch the finish

First beer is on the house for everyone who runs at least one mile

Hoka One One will be on hand with demo shoes and giveaways/prizes for everyone who runs.

NOTE – this is INSTEAD OF the previously scheduled August 5th Fun Run at Sayville Running Company – Come to Sayville on AUGUST 6th, NOT August 5th!!!

GLIRC RACE SCHEDULE FOR THE LAST 5 MONTHS OF 2021

- Sun. Aug. 1 Aloha Run to the Great South Bay Brewery Run
- Sat. Aug. 21..... Jonas Chiropractic Sports Injury Care Aspire 10K Run
- Sat. Aug. 28..... Runner's Edge Town of Oyster Bay Junior Triathlon
- Sun. Aug. 29 Runner's Edge Town of Oyster Bay Triathlon
- Sun. Sept. 5..... Mardi Gras in September Run to the Great South Bay Brewery
- Sun. Sept. 19.... UJA Federation Race Against Poverty (TOBAY Beach)
- Sun. Sept. 26.... Ocean to Sound 50 Mile Relay
- Sun. Oct. 3 Blazing Trails 4 Mile run for Autism(Great Neck)
- Sat. Oct.16 All Round Foods Oyster Bay Town Supervisor's Run
- Sun. Oct. 17 6 Hour 60th Birthday Run (Sunken Meadow)
- Sun. Oct. 31 Oktober Fest Run to the Great South Bay Brewery
- Sat. Nov. 13..... Lazer, Aptheker, Rosella & Yedid Kings Park15K Run
- Sun. Nov. 28..... Lynn Gartner Dunne LLP Rob's Run (Woodbury)
- Sat. Dec. 18..... Steel Equities/Gold Coast Studios Ho Ho Ho 5K (Bethpage)
- Sun. Dec. 19..... Heckscher to Connetquot Fun Run
- Sun. Dec. 26..... Clubhouse Fun Run (Plainview)

TELL US WHAT YOU HAVE DONE!

If you are running in an out-of-town race (i.e. any race not held in Nassau or Suffolk Counties), please make sure to let us know how you do, so that we can accurately report your accomplishment in Long Island Footnotes.

PLEASE FEEL FREE TO INCLUDE A PHOTO!

THE DEADLINE FOR THE SEPTEMBER ISSUE OF FOOTNOTES IS AUGUST 16



Aspire

10K RUN

8:30 AM start
SAT. AUGUST 21, 2021

H.B. Mattlin Middle School, Plainview, NY

This USATF-certified course will take you through the pleasant suburban streets of Plainview. This is one of Long Island's LONGEST-STANDING road races.

AMENITIES

Premium "Aspire 10K" race shirt to all race participants.

Free ART Soft Tissue Treatment before and after race, compliments of Dr. Jon DeGorter from our title sponsor Jonas Chiropractic Sports Injury Care.

A remarkable variety of post-race refreshments.

Post-race drawing for dozens of incredible door prizes! You must be present at the time of drawing to win.



AWARDS

Mizuno running shoes to the top Male and Female OA finishers and top Male and Female Masters finishers.

\$500 Cash Prize if the OA Male winner breaks Pat Petersen's race record of 30:27 (1988); \$500 Cash Prize if the OA Female winner breaks Leonora Petrina's race record of 33:39 (2014).

Awards to top 3 M & F in Age Groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90+

Awards to top 3 M & F Wheelchair athletes.

Awards to top 3 Male Clydesdales 185-199 pounds and 200 plus pounds and to top 3 Female Athenas 140-159 pounds and 160 pounds plus.

SPECIAL AWARDS

Mizuno running shoes to first male and female finishers who are residents of Plainview-Old Bethpage.

FOR MORE INFO
email info@glirc.org
or call 516-349-7646



SIGN UP ONLINE NOW!

Scan QR code to register or volunteer

Sign-Up



tinyurl.com/Aspire10K

Volunteer



tinyurl.com/VolunteerAspire10K



Proceeds from this event will go to benefit our charitable beneficiary, Long Island Cares - The Harry Chapin Regional Food Bank.

WE'RE BACK!!!! REGISTRATION IS OPEN FOR 43RD JONAS CHIROPRACTIC SPORTS INJURY CARE ASPIRE 10 KILOMETER RUN

Our oldest Club event was one of the first events to fall victim to the pandemic in March of 2020, but at long last the Jonas Chiropractic Sports Injury Care 10 Kilometer Run for Aspire is back! Leaving its usual early Spring time slot, this year's Run will be held on Saturday, August 21st and registration is now open.

The new and improved course that we introduced in 2019 will be back again in 2021! The Run will continue to start and finish by the H.B. Mattlin Middle School on Washington Avenue in Plainview. But, as it was 2019, the course is entirely north of Old Country Road, and will give you a chance to explore much of the northern reaches of Washington Avenue and the kind of hilly stretch of Harvard Drive in the middle of the Run.

In addition to title sponsor Jonas Chiropractic Sports Injury Care (thank you Steve and Holly Jonas and Jon DeGorter!), we are pleased to have the continued support of The Runner's Edge (thank you Bob Cook!), Mizuno and All Round Foods (Thank you Glen Wolther).

We will continue to provide awards in age groups through 90 plus, as well as for Clydesdales and Athenas in two divisions each. The top male and female Overall finishers and top male and female Masters finishers will each receive a pair of Mizuno running shoes, as well as the first male and first female finisher who are residents of Plainview-Old Bethpage.

Every entrant will receive one of our great high quality Jonas Chiropractic Sports Injury Care Aspire 10K Run commemorative shirts. There will be free pre-race and post-race ART soft tissue treatment courtesy of Jonas Chiropractic Sports Injury Care.

While the Jonas Chiropractic Sports Injury Care Aspire Run is very much geared towards the average recreational runner, we will once again also be offering a \$500 prize if the first male runner to cross the finish line breaks the course record of 30:27 set by Pat Petersen in 1988, and a \$500 prize if the first female runner to cross the finish line breaks the women's course record of 33:39 set by Leo Petrina in 2014.

Our 2021 charitable beneficiary of the Aspire 10K – LONG ISLAND CARES/The Harry Chapin Regional Food Bank ("Because it takes more than food to feed the hungry.")



Pictured here, Dr. Jon DeGorter of Jonas Chiropractic Sports Injury Care (L) and Greater Long Island Running Club Executive Director Sue Fitzpatrick kick off registration for the 10K Run

GLIRC IS PRESENTED WITH "JASPAN SCHLESINGER HEART OF THE COMMUNITY AWARD"

Our Club has been selected by the prestigious Nassau County law firm of Jaspan Schlesinger LLP as one of the 75 recipients of the firm's Heart of the Community Award.

The firm is celebrating its 75th anniversary by honoring and making a \$1000 donation to each of 75 not-for-profits "who are committed to the betterment of the New York Metropolitan area." GLIRC was one of those organizations that was chosen.

With approximately 60 attorneys, Jaspan Schlesinger has deep concentration in several practice areas. In addition to serving their clients, the firm's attorneys and staff members support community organizations in a variety of ways, with this Heart of the Community Award being the latest.



Pictured here, Jaspan Schlesinger partner Larry Tenenbaum, chair of the firm's Education Law Practice Group, presents the award to GLIRC Executive Director Sue Fitzpatrick and GLIRC President Mike Polansky

SAVE THE DATES...

SATURDAY AUGUST 28, 2021 - JUNIOR TRIATHLON
SUNDAY, AUGUST 29, 2021 - TRIATHLON & TRI-RELAY
THEODORE ROOSEVELT MEMORIAL PARK • OYSTER BAY, NY



The Runner's Edge TOBAY Triathlon and Tri Relay presented by **Engel Burman** is open to athletes 14 years and older. Swim in Oyster Bay harbor, bike on rolling hills in and around the hamlet of Oyster Bay. Then run through Mill Neck and Brookville.

The Runner's Edge TOBAY Junior Triathlon presented by **Engel Burman** is open to athletes ages 8-13. Participants will complete a 200-yard swim in Oyster Bay Harbor, a 2.5-mile bike ride, and a 1-mile run all safely within the confines of the park.

SCAN THE QR CODE WITH YOUR PHONE TO REGISTER ONLINE FOR THE TOBAY TRIATHLON & TRI RELAY



*****REGISTRATION IS OPEN AT: WWW.GLIRC.ORG/EVENTS***
MORE DETAILS TO FOLLOW AT A LATER DATE
BE SURE TO ADD THESE DATES TO YOUR RACE CALENDAR!**

This race is presented by the Greater Long Island Running Club. GLIRC produces and manages 30+ quality events annually!

Visit www.GLIRC.org to see our full event listing and learn about membership benefits including discounts, training tips, and GLIRC's monthly magazine, Long Island Footnotes.

SCAN THE QR CODE WITH YOUR PHONE TO REGISTER ONLINE FOR THE TOBAY JUNIOR TRIATHLON



THANK YOU TO OUR SPONSORS



“THE TRI IS BACK!” JOIN US FOR THE RUNNER’S EDGE TRIATHLON/TRI RELAY AND JUNIOR TRIATHLON PRESENTED BY ENGEL BURMAN

We are pleased to continue to offer local triathletes an opportunity to participate in a triathlon weekend that covers all the bases.

On Saturday, August 28th, youngsters from ages 8 through 13 will have an opportunity to complete a 200 yard swim in Oyster Bay Harbor, a 2.5 mile bike ride and a 1 mile run, all within the confines of Theodore Roosevelt Memorial Park.



Bob Cook of the Runner’s Edge (2nd L) and Scott Burman of Engel Burman (2nd R) shake hands on their sponsorship of the event, and Triathlon Co-Director Mindy Davidson (L) and GLIRC Executive Director Sue Fitzpatrick look on with approval

On Sunday, August 29th, athletes from ages 14 and up will have an opportunity to complete a ½ mile swim in Oyster Bay Harbor, a one loop 12.3 Kilometer bike ride through Oyster Bay and Oyster Bay Cove, and a 5 Kilometer run through Mill Neck and Brookville, “up” to Planting Fields Arboretum and then back” down” to Roosevelt Park.

This will be our 33rd annual presentation of the Runner’s Edge Town of Oyster Bay Triathlon presented by Engel Burman, and our 16th annual presentation of the accompanying Junior Tri. Event Directors Mindy Davidson and Ray Farrell are pulling out all the stops in order to make this year’s Tri “an event to remember”!



Pictured here as they check out Theodore Roosevelt Memorial Park in preparation for the Triathlon are (L to R) GLIRC Executive Director Sue Fitzpatrick, Town of Oyster Bay Receiver of Taxes Jeff Pravato, Oyster Bay Town Clerk Rich LaMarca, Jon DeGorter of Tri sponsor Jonas Chiropractic Sports Injury Care, Rabbi Steven Moskowitz of Tri sponsor Temple L’Dor V’Dor of Oyster Bay, Matt Baruch of Tri sponsor Power Bar, and Tri Co-Directors Mindy Davidson and Ray Farrell

REPRINTED WITH THE PERMISSION OF LONG ISLAND BUSINESS NEWS

Running towards the post-COVID light



Scott BURMAN

In the wake of COVID-19, engaged Long Island corporations are continuing to divert philanthropic dollars into programs, events, and institutions that strengthen our region’s quality of life. Among those efforts are a number of athletic challenges that include running races, triathlons and endurance events that offer Long Islanders a means to break through the emotional and physical isolation that remain among the aftershocks of this spirit crushing pandemic.

Without these events there would be no outlet for those who dedicate themselves to a healthier lifestyle or who are committed to a vigorous training regimen. We have also seen similar races serve as motivation for racers to overcome everyday physical challenges. In addition, these programs provide a platform for amateur athletes to challenge their own personal fitness levels against high level competition and do so on Long Island amidst some of the most scenic locations in the northeast.

Long Island corporate support for these challenges comes just in time as the operating costs for these events continue to rise and actually threaten their continued existence. That support, however, goes beyond the traditional financial calculus. Traditionally, sponsorships by the likes of Nike are leveraged from a marketing standpoint and used to help build brands or sell related products. But Long Island companies who provide financial underwriting for these events, including mine, rarely see such a rate of return. Rather, they recognize that these endurance events contribute to the public’s health and well-being. By “doing good” they are giving back.

These challenges now take place against a far larger backdrop than appealing to the dedicated few. As we face the residual effects of the pandemic, the medical community continues to recommend that individuals stay active which can help us in many ways including: managing weight loss, prevent

or even manage underlying health concerns or issues, increase energy level, lower stress, and address COVID induced depression. The cumulative effect defines an individual’s wellness.

Long Island will see more of these events at the starting gate as the weather beckons more outdoor activities and state health officials continue to amend COVID protocols. That will also see adjustments be made to training and race schedules to conform with CDC protocols and guidelines, creating a very unconventional year of activity.

Tom Eickelberg, who recently became a National Champion at the 2021 USA Triathlon Off-Road National Championships said, “The pandemic definitely created challenges where I had to adjust my racing and training schedules. Having goals to strive for throughout my race schedule is what makes all of the training worth it. It’s imperative that these events continue to get the financial support they deserve which is not only important to the competitors but the local communities as well.”

While these events may be grueling for the athletes they are unique opportunities for local residents, merchants, and businesses to work together with event organizers, creating a positive sense of community while striving towards a common goal of running a successful event. Seeing that a majority of the racers are generally not from the host town, the competition provides an ideal showcase for the area while providing a welcome impact on the economy. Especially right now, when municipalities and towns are looking for creative ways to help promote commerce in their “downtown,” these races provide a much-needed built-in audience.

While corporate support is key, an equal partner in ensuring the success of competitive running are the various Long Island towns and villages whose cooperation is essential if the roads and waterways that carry the runners, swimmers and cyclists are to be made safe for the event. Those that do recognize the personal power of running to restore the vitality of a community.

The triathlon’s return to Long Island marks a victory not just for the athlete but for the spirit of the individual to escape the long shadow of COVID. In doing so, we will all be crossing that finish line.

A principal of Engel Burman, Scott Burman is a triathlon athlete whose company is the Presenting Sponsor of the Runner’s Edge TOBAY Triathlon.

YOU CAN BE A PART OF THE 2022-2023 GLIRC EXECUTIVE BOARD

Elections will be held this Fall for the five Club officers (President, two Vice Presidents, Secretary & Treasurer) and 14 at-large Executive Board members. The officers and Board members have the collective responsibility to manage and control the affairs and property of the Club, and have overall general authority to oversee the distribution and payment of moneys received by the Club from time to time to the extent necessary to insure the continued financial stability of the Club, and to assure that moneys are only spent in furtherance of the fundamental and basic purposes of the Club.

Every paid up member of the Club who is at least 18 years old is eligible to run for office.

NOMINATIONS WILL BE ACCEPTED THROUGH 5:00 PM ON NOVEMBER 8, 2021

Don't be shy. Don't be afraid to get involved. This Club belongs to all of us, and there is always a need for "new blood" on the Board. Please keep in mind, however, that being on the Board involves a commitment of your time and energy; please don't put your name in nomination unless you are ready to make that commitment! (Among other things, Board members are expected to attend Board Meetings on the second Tuesday evening of every month).

If you want to run, please send a notice to that effect either (a) by USPS mail to GLIRC, Attn: Elections Committee, 101 Dupont Street, Suite 24, Plainview, NY 11803, or (b) by email addressed to info@glirc.org with the Subject line "Attn: Elections Committee". Be sure to state if you are a candidate for a specific office or for one of the 14 at large seats on the Executive Board. In either case, your notice must be received no later than 5:00 PM on November 8th. Even if you are currently on the Board, you must advise the Elections Committee of your intent to run again by November 8, 2021.

Your notice should include a brief (100 words or less) resume of your present or previous activities on behalf of the Club, as well as any other qualifications that you believe are pertinent, along with a head and shoulders photo of yourself. The information obtained from those resumes, along with the photos, will be sent out as an email blast to the membership (or snail mail if we don't have a current email address for you), and posted on the GLIRC website as soon as feasible after November 8th, and will be included in the December issue of Long Island Footnotes. The information will also be enclosed with the ballots being sent by US Mail.

The election will be conducted by mail, with our schedule calling for ballots to be mailed to each member (from the membership list) current as of November 18, 2021) no later than November 24, 2021. Ballots must be completed and returned to the GLIRC office, either by USPS mail or hand delivered, no later than 5:00 PM on December 20, 2021. **ANY BALLOT THAT IS RECEIVED AFTER 5:00 PM ON DECEMBER 20TH WILL NOT BE COUNTED!** If you do not receive your ballot by December 6, 2021, please call the Club office at (516) 349-7646.

Individual members are entitled to one vote. Family memberships are entitled to two votes no matter how many people are covered by the family membership.

Ballot counting will commence at the Club office on Tuesday, December 21st starting at 10:00 AM, and is expected to be completed no later than Wednesday, December 22nd.

Election results will be announced immediately after the ballot counting has been completed, and the newly elected Board members will take office effective January 1, 2022.

Any questions regarding the election should be addressed to Bob Sherman, the Chairman of the Elections Committee, at bobluv2run@aol.com.

DONATIONS FROM GREENBELT TRAIL RUN PROCEEDS PRESENTED TO HOPE FOR THE WARRIORS AND LONG ISLAND GREENBELT TRAIL CONFERENCE

Our annual Long Island Greenbelt Trail 50 Kilometer and 25 Kilometer Runs are never the most profitable of GLIRC events, but we always try to find some of the proceeds to give to our charitable beneficiaries – Hope for the Warriors and the Long Island Greenbelt Trail Conference – and this year was no different.

On June 27th we presented a check in the amount of \$500 to Ariel Mulzoff of Hope for the Warriors, and a check in the amount of \$200 to David Reisfield of the Long Island Greenbelt Trail Conference.

As per GLIRC Greenbelt Trails Race Director Nick Palazzo, "as trail runners, it is important that we do as much as we can to support the folks who maintain our Long Island trails. As Americans, it is important that we do as much as we can to support service members, veterans, and military families through Hope for the Warriors."



Pictured here, Nick Palazzo (L) and GLIRC Executive Director Sue Fitzpatrick (R) present the check to Ariel Mulzoff of Hope for the Warriors



Pictured here, Nick Palazzo (L) and GLIRC Executive Director Sue Fitzpatrick (R) present the check to David Reisfield of the Long Island Greenbelt Trail Conference

THE GLIRC VOLUNTEER REWARDS PROGRAM – HERE'S WHERE WE STAND!

As most of you may be aware, many years ago GLIRC established a program that rewards Club members for volunteering by awarding points to our volunteers which can be redeemed as outlined below. Points are earned for volunteering at Club races and other events as well as providing volunteer service in the Club office.

The volunteer year that started on August 1, 2019 was supposed to go through July 31, 2020. However, the COVID-19 pandemic and the cancellation of live races obviously interfered with that schedule, and we are extending the end date to July 31, 2021 to accumulate points. At the end of this period on July 31st, your volunteer points will be tallied up and an email will be sent to notify you of what Volunteer Level you have reached. Therefore points earned from August 1, 2019 through July 31, 2021 can be used from August 1, 2021 through December of 2022. In addition, points that were supposed to expire on December 31, 2020 will be extended through December 31, 2021.

You earn one (1) point every time you volunteer for a GLIRC event. If you work extended hours in connection with an event, 1.5, 2 or 3 points may be awarded at the discretion of the Volunteer Coordinator or Race Director of that event.

Race Directors earn 4 points for their service, and Volunteer Coordinators earn 3 points.

The total number of points earned by each individual Club member will be calculated each August, including August of 2021. To qualify for the Volunteer Awards Program, you must be a GLIRC member on July 15th of the year in question. You

may earn points while not yet a member, and those points will become official if and you become a member by July 15th. Only the Club member who earns the points is eligible to redeem them; they cannot be transferred to a family member or another Club member.

Volunteer levels are established based on the number of volunteer points earned. Level 1 is equal to \$25 in reward value, with each level increasing in \$25 increments as follow:

- Level 1 - 4 to 7 points (\$25)
- Level 2 - 8 to 11 points (\$5)
- Level 3 - 12 to 15 points (\$75)
- Level 4 - 16 to 19 points (\$100)
- Level 5 - 20 or more points (\$125)

Volunteer points are redeemable for race entries, Club clothing, or the annual Club Dinner Dance. Most GLIRC races are the equivalent of \$25 in Volunteer points, but Brewery races, the Greenbelt Trail Runs, Caumsett at Heckscher and the 6 Hour Birthday Run are the equivalent of \$50 in Volunteer points, and the Triathlon and GLIRC Dinner Dance are the equivalent of \$75 in Volunteer points.

Points can be redeemed according to their assigned value, e.g. Level 2 can be redeemed for two races or the equivalent in Club clothing.

The Volunteer Rewards Program is directed by Bob Sherman, and any questions regarding the Program generally or regarding your individual Reward points and redemption of them should be addressed to Bob at boblub2run@aol.com.

Specialty Running Shoes & Apparel



SRC x Bakline

SRC has teamed up with Bakline Running to create unique & functional running apparel for the Long Island Running Community.

We make it our mission to offer products that truly straddle the line of comfort and performance. All our gear is suitable for high speed racing, intense yoga sessions and "working from home" days.

Available in store & at Shop.SayvilleRunning.com
Grab yours before we are all sold out!



**GLIRC Members
Save 10%**

on your purchase

Find Us On:



@SayvilleRunning
@SmithtownRunCo

#SRCKeepsMoving
Email:

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or
Mike.Petrina@SayvilleRunning.com

49 Main St. • Sayville, NY 11782 • (631) 589-5700 • SayvilleRunning.com
91E Main St. • Smithtown, NY 11787 • (631) 780-6591

RUNNER'S EDGE MAIN STREET MILE



BENEFITING COMPANIONS IN COURAGE

SATURDAY, SEPTEMBER 4th, 2021

**Certified 1 mile
course through
Farmingdale Village**

•Registration includes:
•Tee-shirt
•Goodie bag

**Awards in 40
categories!**



Meet hockey legend Pat LaFontaine!

Proceeds benefit pediatric patients through Companions in Courage Foundation

Register online at www.RunnersEdgeMainStreetMile.com

GLIRC EXECUTIVE BOARD MEETING – JULY 13, 2021 (VIA ZOOM)

Present: Melissa Altschuler, Myron Bellovin, Mindy Davidson, Scott Fairgrieve, Paul Fetscher, Jossi Fritz-Mauer, Amy Goldstein, Saniyyah Greene, Carl Grossbard, Lou LaFleur, Glenn Morse, James Murray, Nick Palazzo, Mike Polansky, Robert Tollin, and also present Sue Fitzpatrick, Executive Director. Absent with notice: Ric DiVeglio, and Alan Baisch

The Meeting was called to order at 7:31 pm.

Finance Report: Our auditors presented the Club's Audited Financial Statements for the years ending December 31, 2020 and 2019. While we operated at a loss in 2020, the loss was much less than it could have been considering we were unable to hold live events for most of the year. Overall, the auditors were quite satisfied with the Club's financial performance for 2020 considering the pandemic. Melissa presented the year to date P&L through July 7, 2021 vs. 2020. While we show a loss for 2021, our events for the first half of the year are absent, including Blue Point Brewery Run, Mardi Gras, Kings Park, Aspire...Some of these events were rescheduled for later in the year. Greatly impacting our Year to Date financials is the fact that we couldn't stage the Blue Point Brewery Race, Mardi Gras and Kings Park in 2021, but they were staged in 2020, with the exception of Kings Park. We anticipate 3 brewery runs coming up later in the year as well as Kings Park and hope that by end of year, as things start to open up insofar as capacity limits and such, our financials will look stronger. Impacting our Month to Date financials are the fact that races in 2020 were virtual, with very little cost involved (no timers, porta potties, refreshments, etc.) while in 2021, our races were live with a virtual option so greater costs were incurred.

Melissa also reviewed the p&l's for the following races: The Police Appreciation 5k Run: The race did very well and had more entries than 2020, which was virtual, but netted a little less income this year due to the costs associated with holding a live event. The Longest Day Virtual Run: This event did quite well with 240 participants and the Board approved a motion to donate \$2000 to the Alzheimer's Association out of the proceeds of the race.

Board Meetings: Mike proposed that beginning in August, and moving forward, we will begin to hold live meetings at the clubhouse once again.

Election: All board members and trustees-at-large will be up for election/re-election this fall with a November/December time frame. Bob Sherman will be supervising the voting process once again.

Ocean to Sound Relay: The board has permitted the race director, Bob Sherman, to use the timing company of his choice. We are looking forward to bringing back this fun event once again and treat the Long Island running community to the type of event it has come to expect over the last 3+ decades.

Role and Responsibilities of Race Directors: A brief discussion was had regarding some of the roles and responsibilities of a GLIRC race director and will be discussed more in the future.

Triangular Meet: This event was held at Sunken Meadow State Park on Thursday, June 24th and was a collaboration between GLIRC, Selden Hills, and The Northport Running Club. Sue reports that everything went well.

The Runner's Edge Women's 5k: This event was held on Saturday, July 10th and was an outstanding success. Mother

nature blessed the participants with some of the best weather this race has ever seen (overcast and breezy). Kudos went out to both Sue Fitzpatrick and Alan Baisch, race director and coordinator of volunteers respectively, for a job well-done.

Marcum: For 2021 this event will be virtual and, to date, we have approximately 150 participants.

Heart and Sole 5k: The race will be held on Sunday, July 18th and as of this writing has 225 pre-registered thus far.

Junior Tri Training Program: The program will commence on Sunday, July 18th and will once again feature Laura Ryan and her staff.

Aloha 5 Mile Run: This event will take place on Sunday, August 1st at the Great South Bay Brewery in Bay Shore. Once again Ric Diveglio will serve as race director and James Murray as coordinator of volunteers. A lot of volunteers will be needed, and all are looking forward to bringing back our first brewery race of 2021.

Sayville Running Company Olympic Marathon Watch Party and Pub Run: This event will take place on Friday, August 6th to coincide with the running of the women's Olympic marathon. All are encouraged to come out, run the distance of your choice, then join everyone in watching the marathon live at the Sayville Athletic Club. All participants will be entitled to one free beer.

ASPIRE 10K Run: The race will take place on Saturday, August 21st in Plainview and registration has opened.

Tobay Triathlon: Both the Junior and Regular triathlons will take place on Saturday, August 28th and Sunday, August 29th, respectively. Food will be donated by the Mill Creek Tavern of Bayville, and the Oyster Bay Brewing Company will be donating the beer.

Conflict of Interest Forms for Board Members: All board members are currently required to fill out and return their annual "Conflict of Interest Forms" at their earliest convenience.

GLIRC Clothing: The orders are in for all clothing and ready for pick-up. We are still awaiting the arrival of the hats with an expected delivery date of Friday, July 16th. Thus far the response has been exceptional.

South Shore Outdoor: After decades of serving Long Island, and more appropriately our club in terms of apparel, awards, and race giveaways, Allan Sobel has informed us that he will be effectively retiring, selling the business, breaking down shop, and working with another local distributor on a more scaled-down basis. We look forward to hopefully continuing to work with Allan in the future.

Transition Committee: The committee met recently and will continue to meet to discuss examining Mike's position of President and move forward to hopefully streamline some of his responsibilities when Mike retires.

Howard Kestenbaum's 90th Birthday Run: This event is a fun-run and will take place at the clubhouse on Saturday, July 24th. Thus far we have 49 registered participants.

The meeting was adjourned at 8:59pm

Submitted by James Murray, Secretary, Greater Long Island Running Club

The meeting was adjourned at 8:59 pm.

Submitted by James Murray

The 5Towns5K is Back

But our Disabled Vets Have Never Left

Major Sponsor: Maldenbaum Property Tax Reduction Group, LLC - A Limited Liability Company



BEIT HALOCHEM USA
FRIENDS OF ISRAEL DISABLED VETERANS

5 TOWNS 5K

RUN/WALK



North Woodmere Park, NY - Sunday September 12, 2021

Kids FunRun 9:30 am - Race Begins 10:00 am

Proceeds to benefit Friends of Israel Disabled Veterans - Beit Halochem Centers in Israel

Registration 5K Race

Fee\$36

Registration Kids Fun Run (12 and Under)

Fee\$10

Check-In and Day of Race Registration

8:00 am - 9:30 am

T-shirts to all Pre-Registered Participants

Day of race while supplies last

Course

Flat and fast in the park and local streets.

5K Awards

First Overall Male and Female

Prizes to top three finishers in each category.

Categories: Male and Female:

19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over. Fun Run Awards to all Fun Run Participants.

Help us by registering online at

5towns5k.org

A virtual option is available for you to do from anywhere and still receive a t-shirt. See the registration page online for the

Virtual 5towns5k

For Race information email

5towns5k@optonline.net

or visit **www.5towns5k.org**

To learn more about Friends of Israel Disabled Veterans and Beit Halochem go to **www.fidv.org**

Directions:

North Woodmere Park is located on the corner of Branch Blvd and Hungry Harbor Road.

From Van Wyck Expressway south to Exit 1 Nassau Expressway (878), continue to end of expressway where it becomes Rockaway Blvd. Continue 3 miles on Rockaway Blvd to Peninsula Blvd. Turn left and proceed to 5th traffic light, Branch Blvd. Park is at the end of Branch Blvd.

From Southern State Parkway to exit 13 south, Central Ave which becomes Mill Road. 3 1/2 miles to Peninsula Blvd. Turn right. 1 1/2 miles to Branch Blvd, turn right. Park is at the end of Branch Blvd.

Registration Form

FIDV - 5 Towns 5K Run/Walk September 12, 2021

Make checks payable to: FIDV 5K Run - Mail to: 5 Towns 5K Run, 727 Hungry Harbor Road, North Woodmere, NY 11581

First Name _____ Last Name _____ email _____

Address _____ City _____ State _____ Zip _____

Phone (____) _____ M ___ F ___ Age on Sept 12, 2021 ___ Date of Birth ___/___/___

In consideration of you accepting this entry, I, the undersigned, intending to be legally bound, do hereby for myself, and for my heirs, executors, administrators and assigns, hereby waive, release, and hold harmless FRIEND OF ISRAEL DISABLED VETERANS, NASSAU COUNTY, THE TOWN OF HEMPSTEAD, USATF, and all race SPONSORS, and their representatives, agents, employees, successors, and assigns, from any and all liabilities, claims, demands, and causes of action of any kind, whether or not arising in whole or in part out of the fault or any negligence of any of the above mentioned organizations or individuals. I attest and I verify that I am physically fit and have sufficiently trained for the completion of this event, and that my condition has been verified by a licensed medical doctor. If signed by a parent, the parent agrees to waive, release, and hold the above organizations and individuals harmless of and from any claims and rights which otherwise might have been asserted on behalf of the entrant. Further, I hereby grant permission for Friends of Israel Disabled Veterans to use photographs, videos, motion pictures, recording, and any other record of this event for any purpose whatsoever.

Show your support for disabled Israeli veterans and add a direct donation in addition to your registration fee:

___ \$5 ___ \$10 ___ \$15
___ \$20 \$ _____ more

Signature _____ Date _____ Shirt Size circle one S M L XL XXL

OUR MILES FOR MATT JUNIOR TRIATHLON TRAINING PROGRAM GETS OFF TO A GREAT START!

Our Miles for Matt Junior Triathlon Training Program is off and running, with a record number of 49 young participants ages 8 to 13.

Program Director and Head Coach Laura Ryan and her team kicked off the program at Theodore Roosevelt Memorial Park on Sunday evening, July 18th.



Head Coach Laura Ryan checks in a young triathlete



Coach Marguerite Macagnone checks out the bike helmets



The coaches address the young athletes



44TH ANNUAL

THE GREAT COW HARBOR

10K RUN • NORTHPORT, NY

SATURDAY, SEPT. 18 • 8:30AM

THE ROAD RUNNERS CLUB OF AMERICA 10K CHAMPIONSHIP RACE

Chosen by RUNNER'S WORLD as one of the nation's elite races.
 Northport's "GREAT COW HARBOR 10-KILOMETER RUN"
 is more than a foot-race for the world class athlete.
 Experience the hometown friendliness that makes this an unforgettable
 event for every one of the 5,000 runners who participate.

ONLINE REGISTRATION:
www.cowharborryace.com

For updates

LIKE US ON  **facebook**








UJA-FEDERATION OF NEW YORK

RACE AGAINST POVERTY

SUNDAY, SEPTEMBER 19, 2021

Walk/Run - 8:30 AM

Aqua Run & Relay - 8:30 AM

3-MILE WALK/RUN

AQUA RUN

2-PERSON AQUA RUN RELAY



Joseph Saladino
Town Supervisor

Town of Oyster Bay's
TOBAY Beach
Massapequa, New York

Join us for a morning of fun and fitness... featuring an 800 Meter swim in South Oyster Bay, followed by an eclectic 3-Mile Run to and through the TOBAY Beach Bird and Game Preserve and 3-Mile Walk/Run Option!

RACE AGAINST POVERTY ENTRY FEES

Through August 10:

Aqua Run-\$45 | Relay-\$55 | Walk/Run only-\$25

August 11 - September 18:

Aqua Run-\$55 | Relay-\$70 | Walk/Run only-\$35

Day of Race:

Aqua run-\$65 | Relay-\$75 | Walk/Run only-\$40

Walk/Run limited to first 200 participants

REGISTER ONLINE at www.glirc.org

Online registration closes Saturday, Sep. 18th at 12:00 noon (or once event reaches capacity)

REGISTER BY MAIL

Download printable application at www.glirc.org or call the GLIRC office at (516) 349-7646

Aqua Run may be limited to 300 entrants so please register early to avoid being shut out!
Entries for Walk/Run are limited to the first 200 participants.

AMENITIES

- Top quality "technical" shirts to all entrants
- Outstanding post-race refreshments,
- Giant post-race door prize drawing - lots of prizes! You must be present to win.

CHECK IN

FRI., Sep. 17 - 4:00 to 6:00pm Runner's Edge

SUN., Sep. 19 - 6:45 to 8:00am TOBAY Beach

Timing chips for aquarun & relay will only be available for pickup Sunday morning!

NO CHECK IN AFTER 8:00 AM ON RACE DAY!

TIMING AND RESULTS

Scoring and timing by SRC Timing Services. Results posted at ujafedny.org/aquarun2021, and glirc.org.

DIRECTIONS

From Nassau County: Wantagh Parkway to the end at the traffic circle by the Jones Beach water tower. Take Ocean Pkwy EAST to TOBAY Beach on the left side of the Pkwy (4 miles EAST of the Jones Beach water tower on Ocean Pkwy)

From eastern and central Suffolk County: Sagtikos Parkway south and follow signs to the Robert Moses Causeway south towards Fire Island. After the drawbridge, exit off to the Ocean Parkway west. Follow Ocean Parkway west to TOBAY Beach.

AQUA RUN INDIVIDUAL AWARDS

Gift Cards to Top 3 Male & Female Overall and Top 3 Male & Female Masters

Awards to Top 3 males and females in the following age groups: 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 -79, 80 & over



AQUA RUN RELAY TEAM AWARDS

Awards to Top 3 Male, Top 3 Female and Top 3 Coed Teams Overall

Awards to Top 3 Family teams (Family team can only include parent(s), spouses, immediate children, and/or siblings)

3-MILE WALK/RUN AWARDS

Awards to 1st Male & 1st Female Overall and Top 3 males & females in age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & over

CORPORATE "CHALLENGE" AWARDS

Awards to the company with the most participants, the company that raises the most funds and for the top individual male and individual female Aqua Run athlete on a Corporate Team (competing individually for a corporate entity, not on a relay).

RULES - AQUA RUN

You must be at least 13 years old to compete. You must wear the swim cap that we provide. No flotation devices of any kind permitted.

The race is an 800 meter swim in South Oyster Bay and a 3-Mile run through the TOBAY Bird & Game Preserve. Please follow all directions from the lifeguards or event staff. Safety is our primary concern and we need your help to assure that everyone is safe. Participants must practice good sportsmanship and be courteous to other participants and event staff at all times.

FOR MORE INFORMATION CONTACT:

Mindy Davidson at (516) 359-9409 or mindy@glirc.org, Greater Long Island Running Club at (516) 349-7646, or Adam Wolfthal at 516-762-5857 or wolfthala@ujafedny.org

PROCEEDS BENEFIT UJA-Federation of New York's local poverty initiatives | **JOIN THE CHALLENGE - Race against poverty!** Register to become philanthropic and fit! To set up a Personal Fundraising Page visit donation.ujafedny.org/race-against-poverty

NEWS OF OUR MEMBERS

A nice sized group from the North Country Road Warriors turned up on June 19th to take part in the Linda Parsons Reunion Run/Walk. Linda now makes her home in Bluffton, South Carolina, but she was back on Long Island for a visit....and hence the reunion!

Per Linda: "a perfect morning to revisit the Shoreham hills. Thank you to everyone who came out this morning it was so nice to see you all again. See you all in the Fall when I come back again."



Gathering for the Linda Parsons Reunion Run/Walk



Barbara Russo

Congratulations to Barbara Russo, who ran a PR of 3:04:05 in Grandma's Marathon on June 19th.

Congratulations to all those GLIRC members who successfully completed the June 19th Shelter Island 10 Kilometer Run: Ryan Udvardia (7th OA, 1st 25-29, 34:04), Chris Koegel (2nd 35-39, 37:05), Keith Guilfoyle (2nd Male Master, 37:39), Keith Masso (43:31), Gareth Brancato (1st 60-64, 45:05), Rob Fried (2nd 60-64, 45:33), Barbara Gubbins

(1st Female Master, 46:38), Peter Florey (3rd 60-64, 46:41), Jim Arnone (1st 65-69, 46:57), Lori Slater (2nd Female Master, 47:29), Hayda Hayduk (1st 50-54, 47:48), Andrea Kantor (1st 55-59, 48:04), Indira Schwarting (2nd 35-39, 48:48), John Haley (48:48), Eric Di Lisio (49:04), Tim Moley (49:36), Paul Englehart (49:58), Yvonne Leippert (3rd 50-54, 50:05), Erica Fraiberg (1st 45-49, 50:56), Robert Haughn (51:17), Laura Fabrizi (3rd 45-49, 52:03), Jay Mastens (52:12), Cara Nelson (52:28), John Taylor (52:33), Tara Dungate (52:55), Dolores Doman (1st 60-64, 52:55), Deanna Velez (53:30), Rich Sparacin (53:40), Briana Taylor (53:45), John Despagna (54:09), Jessica Hill (54:27), Tracey Epstein (3rd 60-64, 54:42), Stephen Fitzpatrick (54:54), Sally Glasser (55:02), Britton Bistran (55:37), Joe Lazzaro (1st 75 plus, 55:39), Trent Hampton (56:03), Pastor Ramirez (56:07), James Murray (57:24), Jennifer Tully (57:27), Frank Capone (2nd 70-74, 57:34), Thomas

Coll (58:14), Mike Wisniewski (58:55), Danielle Coysh (59:44), Sue Fitzpatrick (59:51), Lou LaFleur (1:00:01), Jeanne Hynes (1:00:21), Jenney Tesoriero (1:01:05), Paul Nelson (1:01:18), Mike Buttita (1:01:44), Patricia Dalmazio (1:01:53), Roger Belz (1:02:04), Vincent Tieniber (1:02:42), Dan Ingegno (2nd 75 plus, 1:02:54), Jennifer Love (1:03:23), James Dowd (1:03:59), Marianne Zacharia (1st 65-69, 1:04:00), Jill Marcus (1:04:21), Gerri Guinessey (1:04:56), Maureen Stammers-Janzen (1:06:24), Janet Longo (2nd 65-69, 1:06:45), Lori Murphy (1:07:13), Glenn Murphy (1:07:13), Jennifer Despagna (1:7:35), Linda Brancato (1:09:32), Amanda Tomel (1:09:36), Tom Sherman (1:11:06), Yvette Puentes (1:11:35), Michael Fox (1:11:45), Ashley Ramirez (1:11:53), Robert Rate (1:14:13), Lea Gjodesen (1:14:35), Kathleen Sparacin (1:16:01), Frank Butz (1:19:44), Hilory Boucher (3rd, 75 plus, 1:25:41), Michelle Burget (1:25:42), John Guinessey (1:27:34) & Dan O'Donnell (1:28:34). And congratulations as well to those who successfully completed the accompanying 5K: Brayden Clements (20:16), Veronica Morabito-Weeks (27:49), Kristen Horn (28:43), & George Lira (50:41).



Frank Capone and Jim Murray share a light moment with Bill Rodgers



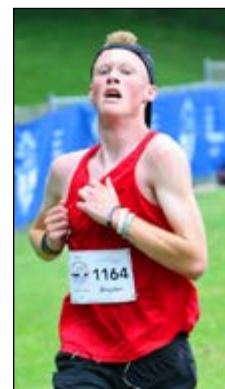
Glenn & Lori Murphy



Ryan Udvardia



Barbara Gubbins



Brayden Clements



Yvette Puentes



Mike Buttita



Amanda Tomel



**THE FRED VON DER HEYDT
MEMORIAL SIX HOUR
60TH BIRTHDAY RUN**

In honor of the "Class of 1960", the "Class of 1961"
and Fred von der Heydt

Sunken Meadow State Park 📍 Kings Park, New York

SUNDAY, OCTOBER 17, 2021 📅 8:30 AM

Sanctioned by USA Track & Field - Long Island 🏃 Race Director: Myron Bellovin

COURSE: Scenic 2.1 mile loop, with several rolling hills and two bridge crossings, primarily on dirt paths. Runners will be switched to a 1/2 mile loop for the last laps to facilitate scoring.

CHECK-IN: Picnic area adjacent to Parking Field #4 (in start/finish area by the bathrooms).

FACILITIES: Come dressed to run. Indoor bathrooms in start/finish area, but no showers.

AID STATION: One well stocked aid station per loop, providing water, sports drinks, and a wide assortment of food snacks.

AWARDS: Awards to the three Male and three Females covering the most distance. Special Awards to the Male and Female born in 1960 and 1961 who complete the most distance. Special momentoes to every runner completing more than 26.2 miles.

Computerized "Chip" timing by SRC Timing Services .

A portion of the proceeds to be donated to the Nassau County Firefighters Museum

COMMEMORATIVE HIGH QUALITY APPAREL ITEM TO EVERY ENTRANT

GALA POST RACE PARTY: Lots of food and beer, starting 20 minutes after the finish of the Run – with special Birthday Surprises for those born in 1960 and 1961!

AUTO DIRECTIONS: Take any major road (Southern Parkway, Northern Parkway, Long Island Expressway to Sagtikos Parkway/ Sunken Meadow Parkway NORTH. Proceed through fee booths at entrance to the Park. At bottom of hill (before the overpass), make a right turn for Parking Field #4).

Coming by Auto? Be sure to arrive at the fee booth before 8:00 AM to avoid paying the dreaded vehicle use fee!

TRANSIT DIRECTIONS: Long Island Railroad (Port Jefferson Branch) to Kings Park Station. PLEASE CHECK LIRR at 718 217-5477. A race volunteer will be at the Kings Park Station to meet whatever train is scheduled to arrive nearest to 7:40 AM. (The Station is approximately 5 minutes from the Park).

REGISTRATION AND NUMBER PICK UP:
PREREGISTERED THROUGH OCTOBER 15th:
\$45 for GLIRC members and those born in 1960-61
\$50 for all others
DAY OF RACE AT SUNKEN MEADOW
7:00AM TO 8:15AM:
\$60 for all

NOTE: Late entrants are not guaranteed shirts in their sizes, and runners born in 1960 or 1961 must get entry in by October 1st in order to have their names appear on commemorative apparel.

Please send entry form and check (payable to GLIRC) to: **Greater Long Island Running Club**
101 Dupont Street
Suite 24
Plainview, New York 11803

FOR ADDITIONAL INFO: GLIRC (516) 349-7646

REGISTER ONLINE at www.glirc.org
ONLINE REGISTRATION WILL CLOSE FRI., OCT. 15TH AT 5:00PM



Registration Form 📄 2021 6 Hour 60th Birthday Run 📅 Sunday, October 17, 2021

Mail to: Greater Long Island Running Club, 101 Dupont Street, Suite 24, Plainview, New York 11803 📍 Make checks payable to "GLIRC"

NAME (please print): _____

Address _____

Town _____ State: _____ Zip Code: _____

Sex: M _____ F _____ Phone # _____ email address _____

Date of Birth: _____ Born in 1960? _____ Born in 1961? _____

Amount Enclosed: _____ Shirt Size S _____ M _____ L _____ XL _____

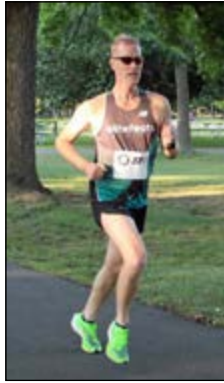


In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, successors and assigns, hereby waive and release and hold harmless, THE GREATER LONG ISLAND RUNNING CLUB and all individual members thereof, the STATE OF NEW YORK, SRC TIMING SERVICES, and all event sponsors, and their agents, employees, successors and assigns for any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event, even if such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above organizations or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event, and that my physical condition has been verified by a licensed Medical Doctor. If signed by a parent, the parent agrees to release and hold the above-named organizations and individuals harmless of any claims and rights which might otherwise be asserted on behalf of the applicant. Further, I hereby grant permission to the Greater Long Island Running Club to use photographs, videos, and any other record of this event for any purpose whatsoever.

Signature: _____ Date: _____

If under 18 year old, signature of parent or guardian: _____

Congratulations to those GLIRC members who successfully completed the LIRRC Wednesday Night Series #6 on June 16th: Earl Penney (2nd OA, 19:18) Keith Masso (20:10), Cristin Delaney-Guille (2nd woman OA, 20:36), Qiang Chen (20:42), John Oakley (20:53), Robert Smith (23:26), Glen Wolther (23:44), Melissa Torres (24:13), Michael Broderick (25:02), Andre Zalta (26:10), Robert Mayer (26:14), Jenney Tesoriero (26:19), Hui Chen (26:42), Linda Manno (26:47), Jonathan Golden (27:01), John Arnold (27:29), Kelly Pickard (27:50), Anne Broderick (28:49), Linda Stibrany (28:52), Maria Romano (29:19), George Waters (32:07), Drew Demasters (32:31), Shawn Momtahan (34:23), Laura Vegas (34:38), Gerard Ruiz (37:40), Joey Arken (38:16), Heidi Robles (39:00), Donna Rosen (39:52), Rochelle Holden (39:52), Peter Cirona (49:09) & Paula Groothuis (50:35)



Earl Penney



Cristin Delaney-Guille



Linda Stibrany



Hui Chen



David Miao is congratulated by Race Director Phil McCarthy after completing the 100 Miles

Congratulations to 56 year old David Miao, who was the second finisher overall in the June 19th Great New York 100 Mile Exposition in New York City, starting and finishing in Times Square. David crossed the finish line in 19:24:11.

Thaddeus Nelson logged 113.73 in the Forbidden Forest 30 Hour Ultra Run at Roosevelt Forest in Stratford, CT. He battled it out at the end with Ed "The Jester" Ettinghausen who ended up getting past him in the last lap (neither could catch the winner). Thaddeus earned a podium third place finish. Per his crew chief (and wife) Suzanne Nelson, "this wasn't easy. It was extremely hot and humid, and many runners dropped before nightfall Saturday."



Thaddeus Nelson at the 30 Hour Run

Keith Masso (2nd 30-34, 15:51), Matthew Streichler (3rd 30-34, 15:55), Bill Schroeder (2nd 60-64, 15:58), Jon Wallach (1st 65-69, 16:25), Nancy Tantone (1st 55-59, 16:28), Anthony Perchinelli (1st 15-19, 16:34), Glenn Murphy (3rd 60-64, 16:59), Rob Fried (17:07), Christine Quigley (1st 50-54, 17:22), Mike Oliveri (2nd 55-59, 17:37), Mario Wilkowski (17:46), Lauren Darienzo (2nd 45-49, 17:51), Marlon Paz (18:03), Melissa Torres (2nd 35-39, 18:32), Michael Ludwig (3rd 65-69, 18:35), Mike Beard (18:45), Lucas Klirsfeld (3rd 25-29, 18:55), Jodi Brodsky (1st 65-69, 19:22), Brian Butler (19:55), Robert Shimonski (19:59), Alex Nelson (3rd 30-34, 20:20), Mike Wisniewski (20:24), David Frisone (1st 75-79, 20:28), Joe Maiorana (20:34), Susan Keogh (2nd 65-69, 21:02), Veronica Morabito Weeks (1st 60-64, 21:08), Walter Priestly (21:42), Ruth Albright (21:55), Maria Romano (22:00), Rob Dell'Unto (22:28), Regina Cialone (22:35), Ehud Golos (3rd 70-74, 22:52), Linda O'Reilly (23:14), Alan Stein (23:54), Shawn Momtahan (24:53), Heather Softy (25:51), Jeffrey Klirsfeld (26:29), Danny Greenwald (26:42), Robyn Rothman (27:14), Joey Arken (27:16), Richard Brodsky (27:24), Kim Scharoff (28:52), Sal Mirando (20:55), Danny Badalament (3rd 75-79, 33:15), William O'Brien (35:48), Deborah Gordon (38:07), Joe Gallagher (1st 80 plus, 38:16), Paula Groothuis (2nd 70-74, 39:45) & Helen Pineda Pasqual (44:06).



Ready to go on the Long Beach Boardwalk (L to R) Kim Scharoff, Chris Mozer, Shawn Momtahan & Regina Cialone

Congratulations to those GLIRC members who successfully completed the LIRRC Wednesday Night 5K Series #7 at Eisenhower Park on June 23rd: Keith Masso (20:08), Victor Pajonas (21:34), Steve Juchem (22:32), Jack Coyne (23:00), Robert Smith (23:14), Terry Geist (23:22), Michael Ludwig (23:37), Michael Broderick (24:54), David Digiovanni (25:34), Gary Survilla (25:49), Robert Shimonski (25:52), Jonathan Golden (25:54), Robert Mayer (26:00), Kelly Pickard (26:26), Mike Wisniewski (27:13), Linda Stibrany (27:45), Wendy Smith (28:09), Anne Broderick (28:24), Lauren Juchem (28:56), Maria Romano (30:06), Erica Summer (30:32), Patti Drake (30:52), Jason Vegas (30:59), Drew Demasters (31:44), Andre Zalta (31:48), Jackie Olmsted (32:30), Shawn Momtahan (33:19), Gerard Ruiz (33:46), Laura Vegas (34:29), Heidi Robles (37:31), Rochelle Holden (40:14), Steve Gerson (40:55), Joey Arken (42:11), Bob Koenig (44:19), Peter Cirona (49:25), Glen Wolther (55:20), Donna Rosen (55:22), & Paula Groothuis (55:22).



Keith Masso



Kelly Pickard



Terry Geist



Jackie Olmsted



GEICO®



proudly presents

Alec's Run XVIIish

4 Mile Race 9:00 AM Saturday, August 7, 2021 1K Children's Fun Run 8:30 AM

Half Hollow Hills High School West in Dix Hills

It has certainly been a difficult year with Covid, with many affected, some worse than others. We are grateful and excited to be able to have Alec's Run again, honoring Alec's life while also remembering all those who lost someone during this trying time. Thanks to your support for Alec's Run I-XVIIish, we are making a difference. The race continues to support Kids and Cars, Hospice Care Network and helps give aid to needy children through Alec's Foundation. Kids love the fun run, they all get a shirt and a medal. Everyone receives a custom shirt and there is a fantastic raffle! Please join us in celebrating Alec's life on August 7th and help others in the community.

ENTRY FEE:

Pre-registered – Received by August 1st	
Adults 17+.....	\$25.00
16 and under/75 and over.....	\$15.00
Late registration – Through August 6th	
All.....	\$28.00
Day of Race.....	\$30.00

FUN RUN RACE ENTRY FEE: Begins at 8:30 AM

Pre-registered (10 and under)	\$10.00
Day of Race.....	\$12.00

AMENITIES: Top quality LONG SLEEVE T-SHIRT to all entrants.

Special medals & raffle prizes to all in Fun Run

AWARDS: Overall Male & Female winners and Top 3 Male & Female for 14 and under, then 5-year age groups to 100+.

DIRECTIONS:

From Northern State Parkway – Exit 41 Wolf Hill Road
- From west, make right; school 200 yards on your left
- From east, make left; school 300 yards on your left

OTHER INFORMATION:

- Walkers, strollers, baby joggers welcome.
- For the safety of all participants and for insurance purposes, NO skates, rollerblades or animals are allowed in this event.
- **All proceeds will be donated to ...**
 - **Hospice Care Network** - bereavement counselors and end-of-life care specialists
 - **Kids and Cars** - an advocacy group striving to make cars safer for their littlest passengers, and finally
 - **The Alec William Nelson Charitable Corporation** that works to make a difference in needy children's lives.

CHECK IN: Goody bags and shirts can be picked up at High School West on 8/6 from 5–7 PM or day of race from 7:30–8:30 AM.

Alec's Run is a sanctioned USA Track and Field Event: Register online at alecsrun.org

Contact us: alecsrun@yahoo.com. Mail checks & entries to: Alec's Run, 999 Grand Blvd., Deer Park, NY 11729 Call: 516-864-3254

Entry Form for Alec's Run XVII– August 7th, 2021.

First Name: _____ Last Name: _____

Age (on day of race): _____ Date of Birth: ____/____/____ Gender: Male _____ Female _____

Address: _____ Town: _____ State: _____ Zip Code: _____

Phone: (_____) _____ Email Address: _____

Please fill out entry blank, read the following statement and sign below: In consideration of your accepting this entry, I the undersigned, intending to be legally bound to hereby, for myself, my heirs, executors and administrators, waive and release and hold harmless the Town of Huntington, the Suffolk County Police Dept., the Half Hollow Hills School District, the Alec William Nelson Charitable Corporation and all their representatives, successors and assigns, for any and all liabilities, claims, demands and cause of action whether or not arising in whole or in part out of the negligence of any of the above organizations or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and a licensed Medical Doctor has verified my physical condition. If signed by a parent, the parent agrees to release and hold the above-named organizations and personnel harmless of any claims and which may be asserted on behalf of the entrant. Further, I hereby grant permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event whatsoever.

Signature: _____ Date: _____

Parent's Signature if under 18 yrs of age: _____ Date: _____

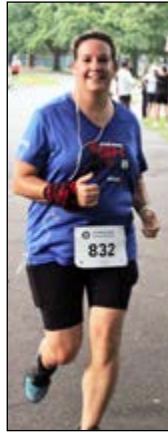
Congratulations to those Club members who successfully completed the July 14th LIRRC John David Memorial 5K: Bill Schroeder (20:45), Keith Masso (21:02), Victor Pajonas (23:02), Robert Smith (23:39), Glen Wolther (25:08), Michael Broderick (25:37), Gary Survilla (26:22), Robert Mayer (26:24), Ira Kaplan (26:29), Brian Butler (26:50), Susie Marnell (27:22), Lauren Schroeder (27:43), Andre Zalta (28:53), Anne Broderick (29:23), James Kalaitzis (32:16), Drew Demasters (32:59), Ryan Wosleger (33:15), Shawn Momtahan (33:29), Anne Fitzgibbon (34:08), Laura Vegas (34:49), Laurence Campbell (35:55), Maria Romano (36:22), Gerard Ruiz (36:23), Joey Arken (37:33), Richard Fulgieri (38:18), Rochelle Holden (38:44), Heidi Robles (40:17), Donna Rosen (41:04), Steve Gerson (44:10), Sarah Damore (46:53), Sherry Bellovin (49:00), Paula Groothuis (49:49) & Peter Cirona (51:46).



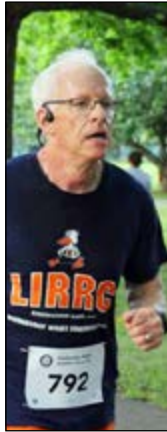
Bill Schroeder



Susie Marnell



Sarah Damore

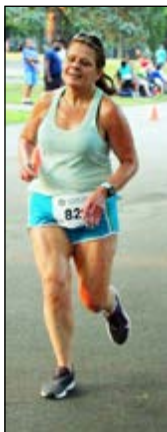


Brian Butler

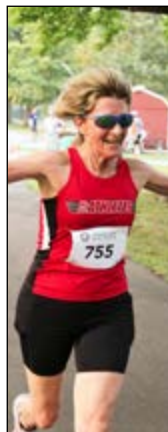
Congratulations to those Club members who successfully completed the LIRRC Wednesday Night 5K Series #8 at Eisenhower Park on July 7: Keith Masso (20:55), Victor Pajonas (22:22), Steve Juchem (23:31), Robert Smith (23:43), Michael Ludwig (24:27), Michael Broderick (25:40), Brian Butler (26:15), Robert Mayer (26:22), Jerry Wosleger (26:43), Jenney Tesoriero (27:11), Mike Wisniewski (28:06), Anne Broderick (30:06), Maria Romano (30:24), Andre Zalta (30:46), Drew Demasters (32:51), Anne Fitzgibbon (33:37), Joe Salow (33:39), Laura Vegas (36:21), Ryan Wosleger (37:08), Richard Fulgieri (37:28), Gerard Ruiz (38:11), Joey Arken (40:12), Glen Wolther (41:00), Rochelle Holden (41:01), Donna Rosen (41:02) & Bob Koenig (45:42).



Keith Masso



Jenney Tesoriero

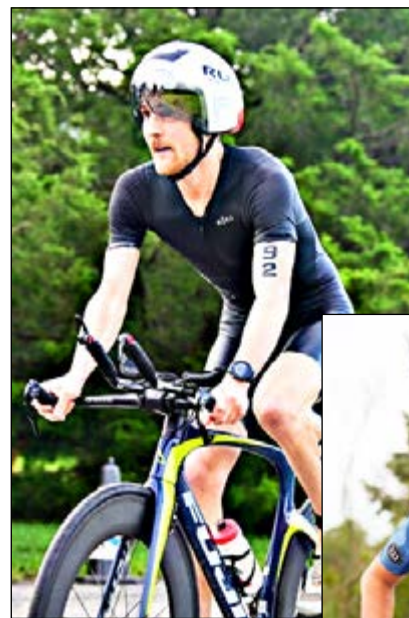


Anne Fitzgibbon



Richard Fulgieri

Congratulations to those GLIRC members who successfully finished the July 11th Jamesport Triathlon: Brendan Martin (1st OA, 55:15), Billy Holl (3rd OA, 56:23), Jodie Robertson (1st woman OA, 59:54), Peter Schieck (1:01:38), Jillian Jacinth (2nd woman OA, 1:03:34), Phillip Brogan (1:05:05), Suzy Heffernan (1:06:27), Ryan Udvadia (1:07:16), Chris Homes (1:08:30), Rich Sallustro (1:09:26), Chris Swann (1:09:35), Craig Brekne (1:09:42), Ryan colichio (1:10:22), Pam Papaleo (1:10:40), Andrea Schieck (1:10:43), Kevin O'Toole (1:11:10), David Krol (1:11:32), Vasilis Xikis (1:12:34), Don Bond (1:12:51), Kellie Stamm (1:13:02), Jonathan Gottlieb (1:13:42), Nkrumah Pierre (1:14:01), Amanda Carver (1:14:42), Eric Carver (1:14:43), Neil Tipograph (1:15:22), Jeffrey Reynolds (1:15:25), Kate Forman (1:15:26), Gary Plotkin (1:15:39), Kieran Gibbons (1:15:49), Rich Tantone (1:16:11), Ronald Porter (1:17:59), Julia Murray (1:19:13), Yu-Jen Lai (1:19:15), Keith Doran (1:19:37), Tara Hofmayer (1:21:03), Heather Ackerly (1:21:50), Jaclyn Dagnall (1:22:17), Joann Santorelli-Krol (1:22:37), Brianna Taylor (1:22:48), Lauren Darienzo (1:24:01), Jean Nesbitt (1:24:33), Stephanie Becker (1:24:35), Joe Maiorana (1:26:36), Roger Belz (1:26:57), Maureen Stammers-Janzen (1:27:09), Frank Capone (1:27:20), Thomas Stridiron (1:28:21), Michelle Bonura (1:28:28), Aimee Ronzetti (1:28:57), Louis Basso (1:29:23), Richard Brant (1:29:28), Robert Carter (1:30:56), Lisa Sala (1:30:50), David Fagan (1:31:25), Mona Rechner (1:31:27), Marti Renoud-Dipaola (1:32:36), Nicole Sabbatino (1:32:48), June Luciano (1:32:59), Marguerite Macagnone (1:33:11), Janet Longo (1:33:31), Randy Kay (1:34:21), Carol Sherlock (1:35:00), Patricia Venturini (1:35:07), Stephanie Templeton (1:36:31), Jacqueline Fagan (1:36:46), Cathy Campisi (1:36:50), Jacqui Koplik (1:37:09), Stephen Hofmayer (1:37:31), Diane Basso (1:40:36), Kathleen Cergol (1:45:41), Larry Reiter (1:49:37), Scott Wassmuth (1:49:43), Gabriella Brekne (1:50:06), Barbara Stanley (1:53:06) & Jennifer Hannigan (1:55:15).



Overall Winner Brendan Martin



Overall Women's Winner Jodie Robertson



Please join us for the Inaugural

2021 RUN FOR BRIGGS VIRTUAL 5K AND 1 MI FUN RUN

AUGUST 13-AUGUST 15, 2021

Discounted registration until 7/2/21. All registrants receive a Tshirt. Raffles available for purchase!

All Proceeds go to the Dashan J. Briggs Foundation, inc.. which honors our fallen hero by providing scholarships, workshops, and seminars to teach our youth important life skills to help them become successful.

Scan QR code to register or go to
<http://runsignup.com/race/ny/PortJeffersonStation/RunforBriggs>



For Briggs Virtual 5K And 1 Mi
Fun Run

runsignup.com

Email us @
djbriggsmemorialfoundation@gmail.com
for questions or
donations!



Congratulations to AnnMarie Lauritsen, who participated in the July 10-11 Ironman Musselman Triathlons in Geneva, New York. AnnMarie successfully completed the Sprint Tri on Saturday, and also successfully completed the 70.3 Mile on Sunday in 7:37:33, scoring what is known as the “double muscle.”



AnnMarie proudly displays her Musselman medals

The heartiest of congratulations to all those Club members who made the trip out East on July 18th to successfully complete the Montauk Lighthouse Triathlon: Alex Eletto (13th OA, 1st Challenged, 1:15:11), Suzy Heffernan (1st 50-54, 1:18:58), Stephen Uresk (3rd 50-54, 1:21:46), Kevin O’Toole (1:25:00), Gina Giordano (2nd 50-54, 1:26:01), Kailey Uresk (3rd 19-24, 1:30:00), David Krol (2nd 60-64, 1:30:14), Kieran Gibbons (1:32:35), Jennifer Nielsen (1:33:44), Ronald Porter (1:37:04), Joann Santorelli Krol (1st 65-69, 1:37:13), Susan Murray (1:39:59), Aimee Ronzetti (1:49:08), Maureen Stammers-Janzen (1:51:16), Kelly Rini (1:56:05), Dr. Jay Kerner (3rd 65-69, 1:56:14), Mike Vulpis (1:57:42), Joe Maiorana (2:03:49), & Kayla Darienzo (2:24:09).



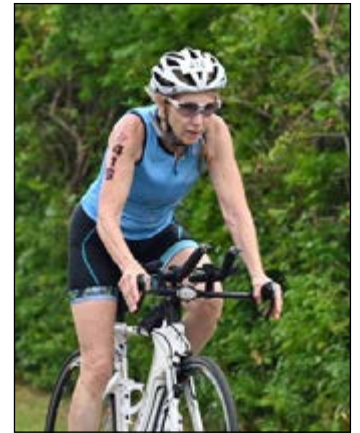
Alex Eletto



Suzy Heffernan



Gina Giordano



Joann Santorelli Krol

Start getting your team together, because.....

The Ocean to Sound Relay

is coming back – BETTER than before the pandemic!

Sunday, September 26th

**FEATURING THE SAME 50 MILE COURSE
THAT YOU HAVE ENJOYED FOR DECADES!**

**FEATURING A POST RELAY PARTY HIGHLIGHTED
BY ALL THE FOOD YOU CAN EAT AND ALL THE
BEER & WINE YOU CAN (SAFELY) DRINK
AND A GREAT LIVE BAND !**



Register your team NOW at www.glirc.org/events

JOIN YOUR FRIENDS AT ROCKAPULCO RUN FOR THESE AMAZING DISTANCE EVENTS ON THE ROCKAWAY BOARDWALK!!!

*** Saturday, August 28, 2021 -----**

End of Summer Half Marathon – an individual challenge to cap off your summer of running PLUS a team competition (5 men and 5 women on a team) competing for a \$1000 Gift Certificate to the new Rockaway Hotel!

*** Saturday, October 9, 2021 ----**

Rockaway Marathon & Half Marathon – on the flattest and fastest course in the Universe!

The Boardwalk at Beach 116th Street in Rockaway Park is the best place to be for running experiences in southern Nassau and southern Queens! Runners of all ages and abilities are encouraged to participate. Try it.....you'll LOVE it!!!!



**GO TO www.rockapulcorun.com for more information
about these exciting running events!**

MILESTONES

Karen & Marty Schackner are thrilled to announce the marriage of their son Craig to Rachel Leighton in Atlanta on May 30th. Per Karen: "It was a beautiful ceremony - worth the wait. We are all so happy to finally officially have Rachel a part of our family."



Mr. and Mrs. Craig Schackner

Congratulations to Conor & Laura Shelley on the birth of their son Jack Robert Shelley in the wee hours of the morning on June 16th. Per dad Conor "We've been waiting to see your smiling face and cannot wait to see the person you become!"



Jack Robert Shelley

Congratulations to Brendan Martin and Aubrey Elstad who were joined in matrimony on May 30th at the Jamesport Manor Inn. Wishing them a wonderful life together!



Aubrey and Brendan

Congratulations to Anita DiStefano and her family on the July 8, 2021 birth of Anita's grandson Carter Daniel Summerfield, 18.5 inches and weighing in at 5 pounds.



Anita and grandson Carter Daniel Summerfield

OUR THOUGHTS ARE WITH...

John & Karen Conkling on the passing of John's mother Virginia Conkling, on June 19th at the age of 90. Per Karen, "She was a great mom, grandmother and great grandmother, and will be missed by all of us."

Al Westbrook and his family on the passing of Al's wife Julia, who was a member of our Club for nearly 40 years, and was a dedicated volunteer throughout our early days. She will be missed.

Lisa Seltzer and her family on the passing of Lisa's husband Paul. Paul was a longtime active member of the Club and the ultrarunning community. He ran in most of our longer races and was a frequent volunteer as a lead bike over the years. He will be missed.

BELATED CONGRATULATIONS TO OUR DAVID LERNER ASSOCIATES POLICE APPRECIATION RUN VIRTUAL PARTICIPANTS!

Congratulations to Daniel Stratford (27:05), Denise Lee (29:56), Patrick Quinn (33:20), Elizabeth Penagos (34:20), Lynn Scarpati (48:29) & Kosta Deligiannidis (54:38) for posting their times for the virtual David Lerner Associates Run and showing their support for local police officers.

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Rehabilitation of
Athletic Injuries



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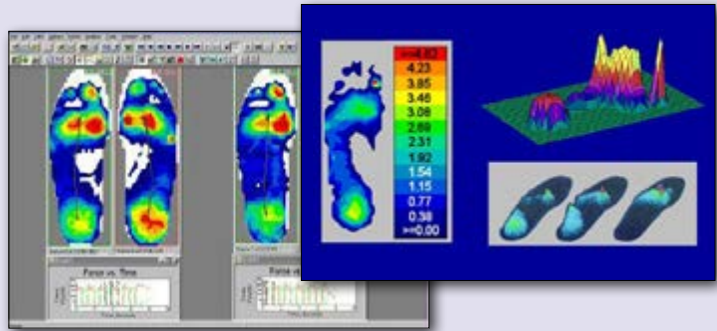
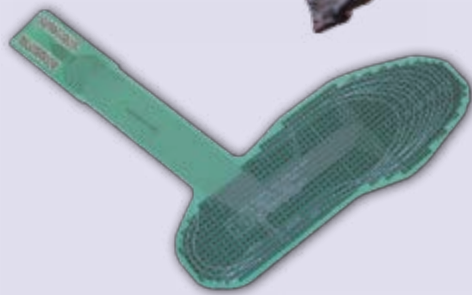


Specializing in sports specific injuries in all athletes:

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- Special attention to the runner and sports enthusiast.
- Advanced computer technology for prescribing of custom fitted orthotic devices (F-Scan).

The F-Scan In-Shoe Computerized Gait Analysis
Pressure sensitive sensors are placed inside your shoes. Test data are gathered while you walk in our office and/or run outside in the parking lot. Thereby, a biomechanical exam can be performed in the environment where the problem might occur.



- *Diplomate, American Board of Podiatric Orthopedics and Primary Podiatric Medicine*
- *Fellow, American College of Foot, Ankle and Orthopedic Medicine*
- *Fellow, American College of Wound Specialists*

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TRI CLUB CROSS COUNTRY MEET - A GREAT EVENING AT SUNKEN MEADOW!

An enthusiastic group of runners from GLIRC, the Northport Running Club and the Selden Hills Warriors gathered at Sunken Meadow State Park on Thursday evening June 24th to enjoy the 7th annual Tri-Club 2.5 Mile cross country Meet.

Northport's Alex Eletto and Thomas Mihailin scored 1-2 overall, propelling the Northport team to first place among the Men, with GLIRC scoring second and Selden Hills third. In the Women's competition, it was Kim Minerva and Jennifer Cono scoring 1-2 to lead Selden Hills to victory, with Northport second and GLIRC third.

Lots of camaraderie, post race refreshments and beer, made it another memorable evening. Look for the 8th annual Meet in June of 2022.



John Despagna, Lou LaFleur & Sue Fitzpatrick are all smiles at the success of the event



Alex Eletto



Kim Minerva



Jay Masten



Jenna Gray



Bill Mazza



Mikayla & James Porr



Bonnie Doran



Alan Baisch



Sean Watson



...and they're off!



Sarah Thompson

20th annual
**Smith Point Bridge
 5K Run
 for Literacy**



Smith Point County Park • Shirley, New York
 to benefit the Community Family Literacy Project, Inc., a 501c3 registered charity

Saturday, September 11, 2021

9:00 a.m. Rain or Shine

Online Registration: 5Kbridgerun.communitylibrary.org

- Pre-registration is \$25 (in-person and virtual run)
 Race Day registration is \$30 (cash)
- Get your name on your bib by 8/21/21
- Mailed registrations must be received by 3 p.m. on Thursday, September 9th, 2021
- Entry fees are non-refundable
- Sanctioned by USATF
 Timing by elitefeats
- Free performance T-shirts for first 300 registrants
- Awards will be presented to top 3 male and female overall and top 3 male and female in each age group
- Call **(631) 399-1511 x215** for more information
- Parking fee in effect after 8:30 a.m.
- Long Island Expressway to Exit 68 South. Stay on William Floyd Pkwy for approx. 7.5 miles. Parkway ends at Smith Point Park.



(Please Print)

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Age on Race Day: _____

Adult T-Shirt Size __SM __MED __LRG __XLRG

Male

Female

WAIVER

I know that running a road race is potentially a hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effects of weather, including heat/humidity, dehydration, traffic & road conditions, all such risks being known & appreciated by me. Having read this waiver & knowing these facts & in consideration of your accepting my entry, I, for myself & anyone entitled to act on my behalf, waive and release the County of Suffolk, Town of Brookhaven, Mastics-Moriches-Shirley Community Library, Community Family Literacy Project Inc., all trustees, all sponsors, Race Directors, their agents, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to use any photographs, motion pictures, recordings, & any other record of this event for any legitimate purpose. Participants under 18 must be accompanied by an adult.

Signature: _____

Date: _____

(if under 18, signature of parent or legal guardian)

Please make checks payable to: **Community Family Literacy Project, Inc.**

Please mail completed application along with payment to:

Community Family Literacy Project, Inc.
 407 William Floyd Parkway, Shirley, NY 11967

Please note:
 Covid-19 safety guidelines may be in place. Find details on our registration page and check back for updates.

THE LT. MICHAEL P. MURPHY 15K & 5K RUNS – RUNNING AND RACING LIKE IT WAS 2019!

To say that the atmosphere at the H. Lee Denison Building and Blydenburgh Park was electric on the morning of June 26th would be an understatement!

Well over 2000 runners and walkers were on hand for the revival of the Lt. Michael P. Murphy Run, this year as a 15K and 5K, and they certainly weren't disappointed. All the hoopla of a 2019 race was there, lots and lots of booths at the Denison Building, the noise, the music and the sense that – yes! – racing was really back.

36 year old Sergio Valente of Southampton swept the field with a 55:04 finish in the 15K, gradually pulling away from runner-up 54 year old Keith Guilfoyle who scored second in 57:34. Keith was the first GLIRC member to cross the finish line. Alex Eletto and Ed Murray were the 4th and sixth finishers overall. On the women's side of the 15K, 27 year old Alyssa Knott of Smithtown took top honors in 1:04:35, with Glenna Arato taking top honors in the 45-49 age group to score first among the Club's female contingent. It was nice to see Suffolk County Legislator Kara Hahn, a long time GLIRC member, doing the 15K in a very respectable 1:34:49.

In the 5K, Connor Dolan was the overall winner in 17:06, with Thomas Mihailin's 18:38 earning him top GLIRC honors in 7th place overall. Maria Marascia scored a strong first place overall among the women, covering the 5K trails in Blydenburgh Park in 19:22.

GLIRC Award winners in the LT Michael P Murphy 15K Run were: Keith Guilfoyle (2nd Male OA), Jordan Nielsen (3rd 15-19), Alex Eletto (1st 20-24), Gina Merante (2nd 25-29), Edward Murray (2nd 35-39), Emily Prinzevalli (3rd 40-44), Trent Hampton (1st 40-44), Glenna Arato (1st 45-49), Laura Fabrizi (3rd 45-49), Marilou Giammona (2nd 50-54), Angelique Consalazio (3rd 50-54), Andrea Kantor (1st 55-59), Adriana Staiano (2nd 55-59), Lori Mangual (3rd 55-59), Dee Vogt (1st 60-64), Glenn Murphy (1st 60-64), Robert Haughn (3rd 60-64), Jacqueline Seltzer (1st 65-69), Michael Oliveri (1st 65-69), Gloria Withus (1st 70-74), Frank Capone (1st 70-74), Scott Fairgrieve (2nd 70-74), & Paul Fetscher (2nd 75-79).

GLIRC LT Michael P Murphy 15K Run finishers included: Keith Guilfoyle (57:34), Alex Eletto (58:20), Edward Murray (59:22), Jordan Nielsen (1:03:50), Keith Masso (1:07:04), Trent Hampton (1:11:14), Jeffrey Sindone (1:13:04), Glenn Murphy (1:15:32), Michael Oliveri (1:16:43), Glenna Arato (1:17:37), Krystal Cardillo (1:18:54), Andrea Kantor (1:19:21), Robert Haughn (1:20:16), Robert Smith (1:20:35), Marilou Giammona (1:21:01), Laura Fabrizi (1:21:27), Angelique Consalazio (1:21:36), Katarina Markovina (1:22:07), Jeffrey Reynolds (1:22:40), Gina Merante (1:22:41), Emily Prinzevalli (1:22:45), Margaret Utset (1:22:58), Jacqueline Poulos (1:23:00), Kristopher Swenson (1:23:37), Gary Survilla (1:23:58), Kevin McGuire (1:24:22), Elena Fezza (1:26:18), Gloria Coffey (1:26:23), Evan Murphy (1:26:40), Robin Pinola (1:26:56), Andre Zalta (1:27:12), Dee Vogt (1:27:29), Adriana Staiano (1:28:06), Leonardo Latouche (1:28:17), Ana Lipatov (1:28:58), Mahdi Siddiqui (1:28:59), Seada Abagaro (1:29:04), Lori Mangual (1:30:34), David Robinson (1:31:39), Frank Bagatta (1:32:12), Keri McLaughlin (1:32:17), Elizabeth Lawn (1:32:50), Aimee Ronzetti (1:33:03), Melissa Castka (1:33:23), Chris Sacco (1:33:59), Catherine Dipuma (1:34:00), Caroline Ward (1:34:08), Roger Belz (1:34:34), Kara Hahn (1:34:49), Kaitlin Keena (1:35:05), Omar Velez (1:35:17), Keith Witt (1:37:26), Jennifer Nielsen (1:37:57), Carolin Paidoussis (1:38:18), Lawrence Reiter (1:38:29), Frank Capone (1:39:06), John Stauber (1:40:04), Theresa Rios (1:40:05), Ryan McGowan (1:41:18), Kristen Kastrinos (1:41:31), Pamela Ehrlich (1:44:29), Kristin McNamara (1:44:54), Frank



Keith Guilfoyle



Glenna Arato



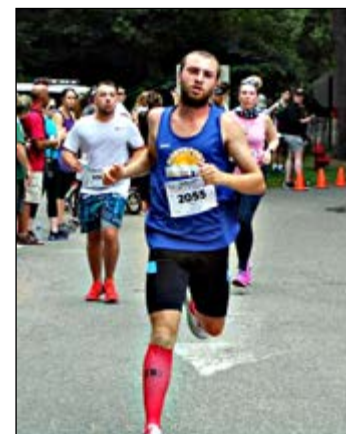
Ed Murray



Maria Marascia



Jeffrey Sindone



Thomas Mihailin



Mahdi Siddiqui



Michael Gadaleta & Eva Casale

Hamptons Marathon October 2

Use code
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for **\$5 OFF!**



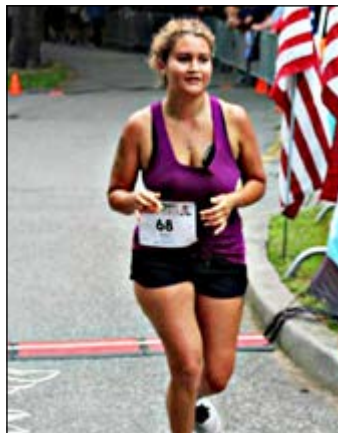
HamptonsMarathon.com

Martinez (1:47:10), Jacqueline Seltzer (1:47:28), Yvette Puentes (1:49:09), Mary Whelan Levine (1:49:17), Brittany Bravo (1:50:08), Scott Fairgrieve (1:51:21), Lea Gjodesen (1:52:00), Gloria Withus (1:53:02), Filomena Scholl (1:54:25), Barbara Ronzetti (1:54:39), Bill Kaiser (1:56:17), Michael Fox (1:57:14), Kristina Hershberger (1:57:40), Debbie Rios (2:00:27), Kathleen Sparacin (2:01:34), Joyce Wong (2:02:24), Paul Fetscher (2:02:27), Virginia Pugliese (2:03:30), Thomas Sherman (2:04:07), Michael Gadaleta (2:14:21), Eva Casale (2:14:21), Jon Baer (2:15:48), Robert Williams (2:16:09), & Ray Williams (2:16:09).

GLIRC Award winners in the LT Michael P Murphy 5K Run were: Maria Marascia (1st Female OA), Martha Delgado (3rd Female OA), Diane Buscaglia (3rd Female OA Athena 160+), Steve Rossi (3rd Male OA Clydesdale 200+), Thomas Mihailin (1st 25-29), Michele Murray (2nd 30-34), Jessica Petrina (1st 35-39), Thomas Niemczyk (1st 35-39), Brandon Berman (2nd 45-49), Ellen Brach (1st 55-59), Eric Friedman (2nd 55-59), Michael Robles (1st 60-64), Jodi Brodsky (1st 65-69), Gerald Cassell (2nd 65-69), Abby Gonzalez (1st 70-74), Linda McElhone (2nd 70-74), Estella Clasen (3rd 70-74), Bill Britz (2nd 70-74), Victor Rossi (3rd 70-74), Betty Hortsmann (1st 75-79), Joseph Lazzaro (1st 75-79), Dan Ingegno (2nd 75-79), Lewis Thornton (3rd 75-79), Jose Mendez (1st 80-84), Rolf Sternglanz (2nd 80-84), Mike Polansky (3rd 80-84)

GLIRC LT Michael P Murphy 5K Run finishers included: Thomas Mihailin (18:38), Maria Marascia (19:22), Jacky Dimaggio (20:08), Brayden Clements (20:33), Martha Delgado (20:45), Michael Robles (21:15), Thomas Niemczyk (21:32), Jessica Petrina (21:44), Michele Murray (22:29), Brandon Berman (22:48), Eric Firedman (23:12), Karl Fassberger (24:42), Ellen Brach (24:46), Gerald Cassell (25:02), Steve Rossi (25:07), Jodi Brodsky (25:18), Robert Clasen (25:22), Yu Jen Lai (26:12), Sara Dimaggio (26:20), Mike Vulpis (26:27), Joseph Lazzaro (26:30), Donald Bond (26:52), Donald Lyons (27:20), Declan Reidy (27:37), Joseph Maiorana (27:54), Gary Freitag (27:59), Kiera Hughes (28:17), Kristen Sedacca (28:27), Rob Shimonski (29:28), Dan Ingegno (29:44), Robbie Bergmann (30:19), Sue Moller (30:51), Maura Turner (31:16), Lori Murphy (31:26), Bill Britz (31:44), John Nora (31:48), Victor Rossi (32:06), Richard Woodford (32:07), Robert Rate (32:14), Richard Brodsky (32:37), Kathleen Cergol (32:44), James Dowd (32:49), Vincent Moran (32:56), Robert Elsener (32:57), Jack Dimaggio (33:21), Diana Survilla (33:22), Patricia Delaney (33:25), Robert P. Spina Jr. (33:53), Fran Miles (34:11), Shawn Momtahan (34:11), John Despagna (34:25), Michael Garone (34:32), David Chan (34:33), Leslie Cook (34:37), Daniel Delargy (35:03), Jodi Clarin (35:42), Diane Buscaglia (35:43), Anthony Cavallaro (36:52), Ken Della Rocca (36:59), Linda Lavella (37:03), Kristine Gozaloff (37:11), Lewis Thornton (37:19), Connor Ryan (37:31), Janet Capasso (37:42), Steve Hunter (37:52), Sophia Lesser (38:10), Janet Bachman (38:11), Kris Foote (38:31), Estella Clasen (38:46), Tom Masone (39:06), Joanne Kong (39:09), Wendy Disilvestro (39:30), Donna Rosen (39:43), Richard Hoefener (39:48), Andrea Smith (40:12), John Ryan (40:42), Jose Mendez (40:45), Joseph Folks (41:05), Jamie Stewart (41:13), Cathleen Campisi (41:38), Jerry Crennan (42:01), Charlie Eyester (42:10), William Lofmark (42:31), Rochelle Holden (42:47), Joe D'Agostino (42:53), Rolf Sternglanz (43:57), Betty Horstmann (43:59), Sal Mirnado (45:35), Amanda Strong (45:49), Conrad Bergman (45:55), Joseph Mitola (47:10), Sarah Damore (47:32), Lori Spina (48:24), Dawn Ferruggiari (48:28), Leah Koch Debiase (49:00), Linda Fairgrieve (49:04), Ronald Friedman (50:06), Richard Stewart (51:04), Jaye Anne Gregorio (51:04), William O'Brien (52:18), Mike Polansky (55:18), Jean Dowd (56:31), Helma Clavin (57:15), Maria Gillin (57:15), Richard Sartori (58:09), Fred Benlein (1:00:10), Mary Jean Spano (1:03:07), & Eric Gunderson (1:10:50).

PHOTOS COURTESY OF elitefeats



Brittany Bravo



Katrina Markovina



Kara Hahn



Kristine Gozaloff



Aimee Ronzetti



Jessica Petrina



Janet Bachman



Joyce Wong



Ana Lipatov



Jacqueline Poulos



11th Annual Katie's Run
Sat. Oct. 2, 2021 at 9am
New Hyde Park, NY

5K Race | 2mi Walk + Fun Run | BBQ
Chip-Timed! Flat Course!



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Pre-Registrants



Free Post-Race
BBQ with Great
Raffles



Age-based
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Presentation



Live Music at
Post-Race
Celebration



\$417,500 donated to families in
need with \$145,000 given to the
Ronald McDonald House since 2010!



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CELEBRATING WOMEN'S RUNNING ON LONG ISLAND— THE RUNNER'S EDGE WOMEN'S 5K PRESENTED BY BETHPAGE FEDERAL CREDIT UNION

We lucked out with the weather on July 10th - a bit humid but certainly far better than the torrential rains of the previous day, and we certainly lucked out by having a very strong and enthusiastic field for the 38th annual edition of the Runner's Edge Long Island 5 Kilometer Run presented by Bethpage Federal Credit Union.

30 year old New York City speedster Ivette Mejia came out to Long Island to score a strong 17:24 first place OA finish, 18 seconds in front of Oakdale superstar Katie McGrath, as the top nine finishers all broke the 20 minute mark and the top 16 finishers scored in under 21 minutes.

Katie didn't take first place OA, but she did take home the Paula Wunderlich Memorial Award as the first GLIRC member to cross the finish line on the track at Farmingdale High School. The Award was presented to Katie by Paula's daughter Courtney, who herself finished the Run in 33:07.

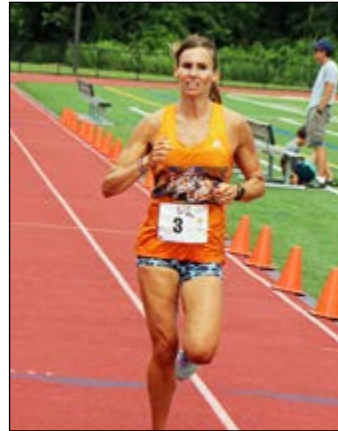
Preceding the 5K main event was a 1/4 mile Fun Run on the track, energetically coordinated by Amy Goldstein, and enjoyed by about 25 youngsters who were led across the finish line by 10 year old Rhyan DiVeglio.

A portion of the proceeds of the Run are earmarked for The Opening Word, a Program hosted by the Dominican Sisters to teach English language and job skills to immigrant women, helping them become productive members of American society and ultimately U.S. Citizens.

GLIRC Award winners in the Runner's Edge LI Women's 5K Run presented by Bethpage Federal Credit Union were: Katie McGrath (2nd Female OA), Erica Fraiberg (1st Female OA Athena), Susan Schmuck (4th Female OA Athena), Carolin Paidoussis (1st Female OA Athena 160+), Kristin Leicht (2nd Female OA Athena 160+), Amanda Tomel (3rd Female OA Athena 160+), Marguerite Macagnone (5th Female OA Athena 160+), Anna Kofod (3rd 11-14), Jackie Amato (2nd 15-19), Marissa McDougall (3rd 15-19), Danielle Brenner (4th 15-19), Nicole Brenner (4th 20-24), Shannon Lee (5th 25-29), Maria Marascia (1st 30-34), Lena Edelstein (2nd 30-34), Kimberly Minerva (5th 30-34), Jessica Petrina (1st 35-39), Michelle Johnson (2nd 35-39), Jessica Stankard (3rd 35-39), Jessica Hill (4th 35-39), Melissa Bartolotto (5th 35-39), Kelly Perno-Grosser (1st 40-44), Shari Klarfeld (2nd 40-44), Sarah Thompsen (4th 40-44), Martha Delgado (1st 45-49), Alicia Friedman (2nd 45-49), Joanne Gallego (3rd 45-49), Denyse Kofod (4th 45-49), Kathy Dormer (1st 50-54), Katarina Markovina (2nd 50-54), Angelique Consalazio (3rd 50-54), Jenney Tesoriero (4th 50-54), Judith Brenner (5th 50-54), Nancy Tantone (1st 55-59), Karen Cotty (2nd 55-59), Josephine Bishop (3rd 55-59), Maureen Stammers-Janzen (5th 55-59), Kim Solomine (1st 60-64), Dee Vogt (2nd 60-64), Veronica Morabito-Weeks (3rd 60-64), Vera Thompson (4th 60-64), Jodi Brodsky (1st 65-69), Susie Marnell (2nd 65-69), Marianne Zacharia (3rd 65-69), Patricia Venturino (4th 65-69), Donna Rosen (5th 65-69), Melissa Kennedy (1st 70-74), Gloria Withus (2nd 70-74), Elizabeth Penagos (3rd 70-74), June Zieve (4th 70-74), Laura Giardino (5th 70-74), Irene Robinson (1st 75-79), Hilory Boucher-Carlin (2nd 75-79), Betty Horstmann (3rd 75-79), Patricia Delaney (1st 80-84), & Alexandra Finger (1st 85-89).



Ivette Mejia wins it



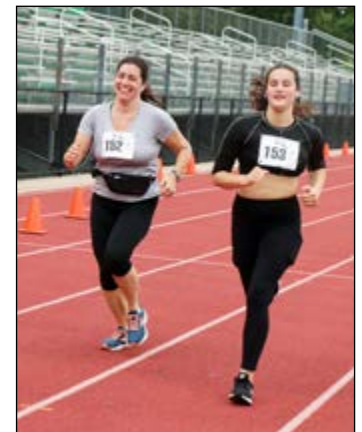
Katie McGrath



Patricia & Elizabeth Wong



Monique Darrisaw & Laura Giardino



Rose & Katie Lewis



Veronica Morabito-Weeks

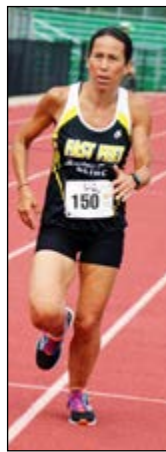


Alex Finger

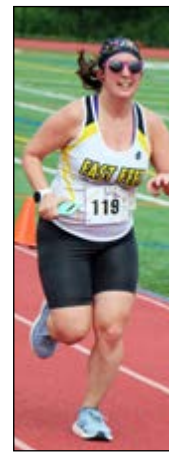


Maureen Stammers-Janzen

GLIRC finishers in the Run included: Katie McGrath (17:42), Maria Marascia (18:41), Lena Edelstein (18:49), Kelly Pernogrosser (19:48), Kimberly Minerva (20:08), Martha Delgado (20:09), Jessica Petrina (20:23), Shari Klarfeld (20:47), Nancy Tantone (20:59), Jackie Amato (21:42), Erica Fraiberg (22:19), Alicia Friedman (22:24), Kathy Dormer (22:31), Michelle Johnson (23:08), Kim Solomine (23:24), Marissa McDougall (23:27), Sarah Thompsen (23:30), Nicole Dietsche (23:39), Vera Fichtelberg (23:46), Katarina Markovina (23:47), Jessica Stankard (23:55), Jodi Brodsky (24:00), Angelique Consalazio (24:10), Karen Cotty (24:20), Lisa Bonanni (24:44), Jessica Hill (24:53), Kristen Sedacca (25:23), Dee Vogt (25:35), Melissa Kennedy (25:38), Josephine Bishop (25:45), Susie Marnell (25:53), Maureen Stammers-Janzen (26:07), Jenney Tesoriero (26:11), Veronica Morabito Weeks (26:39), Caroline Ward (26:59), Melissa Bartolotto (27:08), Jeannie Hynes (27:10), Susan Schmuck (27:28), Danielle Brenner (27:29), Judith Brenner (27:35), Carolin Paidoussis (27:40), Tara Dungate (27:41), Joanne Gallego (27:45), Jill Skelly (27:57), Marianne Zacharia (28:18), Anne Broderick (28:35), Anna Kofod (28:37), Nicole Brenner (28:57), Denyse Kofod (29:05), Kristin Leicht (29:18), Susan Maier (29:22), Suzanne Nelson (29:23), Julia Cross (29:38), Vera Thompson (30:06), Bridget Grosser (30:31), Amanda Tomel (30:34), Charlotte Grosser (30:34), Leslie Cook (31:11), Patricia Venturino (31:17), Irene Robinson (31:34), Marguerite Macagnone (31:41), Lea Gjodesen (31:43), Erin Gregorio (31:44), Liz Pfeifer (31:45), Mindy Davidson (31:49), Katie Lewis (32:05), Rose Lewis (32:05), Cheryl Russo (32:46), Courtney Wunderlich (33:07), Gloria Withus (33:17), Dawn Pipek Guidone (33:39), Megan McDougall (33:39), Amy Goldstein (33:43), Erica Swenson (33:44), Shannon Lee (33:46), Alyse Batt (33:55), Elizabeth Penagos (34:36), Shelagh Dillon (34:44), Tracy Dobkin (34:56), June Zieve (35:23), Michele McLoughlin (35:25), Kelly Rhatigan (35:52), Donna Rosen (35:58), Virginia Maya (36:17), Kathryn Quaranto (36:34), JoAnne Kong (36:35), Karen Rose (37:08), Elizabeth Wong (37:15), Patricia Wong (37:15), Rosemary Camilleri (37:25), Doreen McDougall (38:00), Barbara Davis (38:04), Melissa Altschuler (39:09), Amanda Strong (39:36), Patricia Delaney (40:16), Anne Kilarjian (40:27), Suzanne Hamilton (41:09), Linda Simon (41:26), Hilory Boucher-Carlin (42:11), Laurie McMillen (43:03), Maria Crowley (43:46), Patricia Fichtelberg (44:37), Monique Darrisaw (44:42), Laura Giardino (44:43), Sarah Damore (46:04), Christina Snyder (46:08), Diane Rafferty (46:46), Betty Horstmann (47:05), Deborah Gordon (47:21), Francine Lischner-Call (50:39), & Alexandra Finger (54:00).



Alicia Friedman



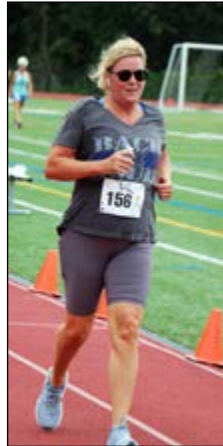
Lisa Bonanni



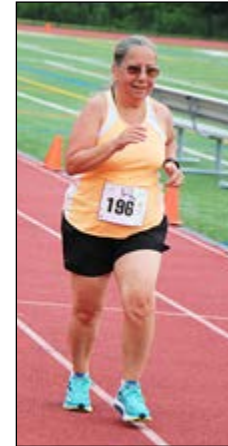
Maria Marascia



Shannon Lee



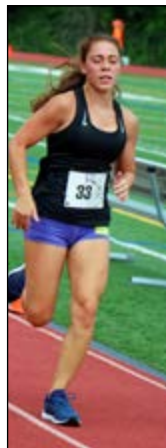
Shelagh Dillon



Virginia Maya



Tara Dungate



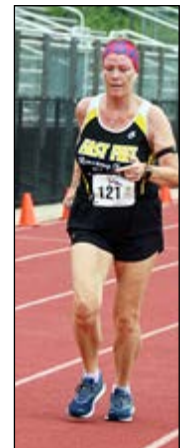
Marissa McDougall



Martha Delgado



Nicole Dietsche



Susan Maier



The view from the start on Farmingdale's Woodward Parkway



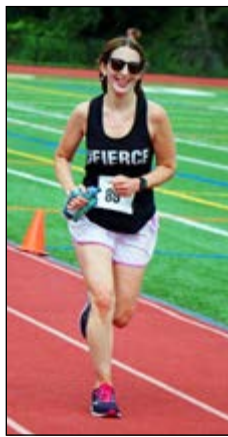
Joanne Gallego



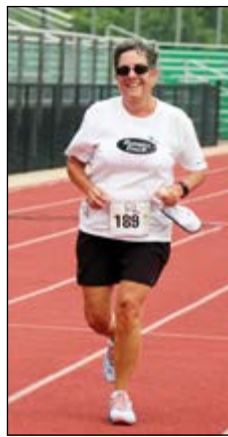
Julia Cross



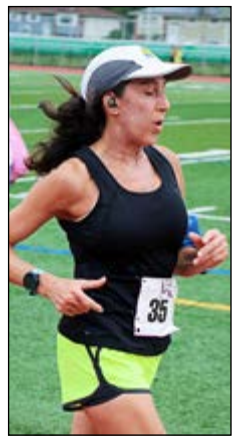
June Zieve



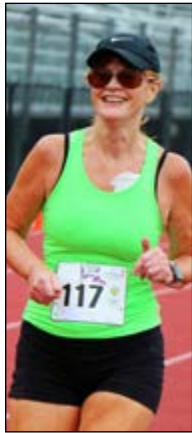
Kristen Sedacca



Laurie McMillan



Jeannie Hynes



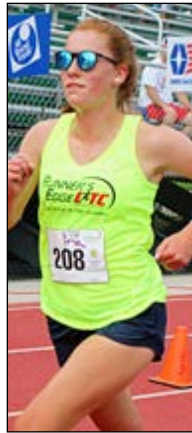
Anne Broderick



Danielle Brenner



Jackie Amato



Erin Gregorio



The Paula Wunderlich Memorial Award for the first GLIRC member to cross the finish line is presented to Katie McGrath (2nd R) by Race Director Sue Fitzpatrick (L), Bob Cook of the Runner's Edge (2nd L) and Paula's daughter Courtney Wunderlich



35-39 AG Award winners (L to R) Jessica Petrina, Melissa Bartolotto, Jessica Hill & Michelle Johnson are presented with their awards by Bob Cook of the Runner's Edge (L), Daniel Alter representing Oyster Bay Town Supervisor Joseph Saladino (2nd L) & Race Director Sue Fitzpatrick (R)



Jessica Stankard leads her children Keely & James to the Fun Run finish



50-54 Age Group Award winners (L to R) Judy Brener, Angelique Consolazio, Jenney Tesoriero, Katarina Markovina & Kathy Dormer are presented with their awards by Daniel Alter representing Oyster Bay Town Supervisor Joseph Saladino (L), Bob Cook of the Runner's Edge (2nd L) & Race Director Sue Fitzpatrick (R)



Rhyan DiVeglio leads the Fun Runners to the finish



Angelina Koval heads for the finish of the Fun Run

THANK YOU TO EVERYONE WHO MADE THE RUNNER'S EDGE WOMEN'S 5K PRESENTED BY BETHPAGE FEDERAL CREDIT UNION A MAJOR SUCCESS

Our thanks to the sponsors who made this event happen again this year: Bob Cook and the Runner's Edge, who donated \$2600 in Gift Cards there were distributed among the top three finishers OA, the first place Athena finishers, and the first place finishers in age groups from 20-24 on up to 85 plus, the Bethpage Federal Credit Union for their continuing generous support over the years, to Mayfair Rocks and its fabulous CEO Dan Kulchinsky, who donated the diamond cluster earrings, valued at \$2400, that was the Grand Door Prize at the post-Run Festivities and which were won by Kristine O'Connell, to Farmingdale Chiropractor Dr. Lawrence F. Lembo, and to the always generous Glen Wolther of All Round Foods, whose black & white cookies were the highlight of the array of post-Run refreshments.

Thanks as well to the Farmingdale School District and the Town of Oyster Bay, without whose support the Run could not have taken place, to the Medical team from the South Farmingdale Fire Department, & to Nassau County Legislator Rose Walker, who is always a fixture at the start of local races and served as the official starter of this year's Run.

A special thank you goes to Terry Bisogno, "the Voice of Long Island running," for another superb job at the finish line and the Awards Ceremony, and to SRC Timing Services for a job well done.

Thanks to GLIRC Coordinator of Logistics Chris Acord and his team of Rick Secor, Nick Palazzo, Gage Acord, Mike Yuill & Carson Winters.

Last but way, way far from least a big thank you to Race Director Sue Fitzpatrick, to Coordinator of Volunteers Alan Baisch, Coordinator of Refreshments Myron Bellovin, Fun Run Director Amy Goldstein, and all the volunteers who are the heart & soul of any running event: James Baessler, Benjamin Beavers, Myron Bellovin, Sherry Bellovin, Michael Bonanni, Paul Bonanni, Judith Brenner, Michael Broderick, Iris Chen, Avinash Chopra, Leslie Cook, Howard Cragg, Bill Crispino, Mindy Davidson, Joe DeFrancisci, Brian Dobkin, Paul Englehart, Paul Fetscher, Ryan Fitzpatrick, Stephen Fitzpatrick, Amy Goldstein, Shawn Grand, Keith Grigoletto, Bill Guichard, John Guinnesssey, Philip Hamid, Trent Hampton, Tim Healy, Regina Heartt, Norman Hershkowitz, Bert Jablon, Myra Jablon, Joseph Jaffe, Anna Jenkins, Howard Kestenbaum, Larry Klass, Nicholas Krieger, Joe Lazzaro, Marguerite Macagnone, Christine Martin, Frank Martin, Peter Martin, Wendy Martin, Bill Mazza, James McDougall, Michael Minerva, Vincent Moran, Chris Mozer, James Murray, Thaddeus Nelson, Kathy Neuman, Dave Ort, Victor Pajonas, Sarah Pettinato, Tom Pettinato, Robert Pickus, Mike Polansky, Sue Polansky, Grant Radtke, Zara Rasul, Robert Rate, Elaine Richards, Rich Ripke, Carol Rivadeneyra, Curt Robinson, Michael Robles, Barbara Ronzetti, Todd Rowley, Barry Saltsberg, Arlene Sheflin, Kate Shreck, Marc Sonnenberg, Nancy Tantone, Betty Tiska, Dan Valderrama, Dee Vogt, Jon Wallach, Michael Wisniewski & Anita Wooten.



Thank you Fun Run Director Amy Goldstein



Thank you Carol Rivadeneyra & Alan Baisch



Thank you Race Director Sue Fitzpatrick



Thank you South Farmingdale Fire Department Medical Team



Thank you Brendan Barrett of SRC Timing Services



Thank you Ice Bag team of Kathy Neuman, Rich Ripke, Robert Rate, Joe Lazzaro & Mike Minerva



Thank you Logistics Coordinator Chris Acord



Thank you lead bikes Dan Valderrama & Barry Saltsberg



Thank you Coordinator of Volunteers Alan Baisch



Thank you shirt distribution volunteers Regina Heartt, Betty Tiska, Myra Jablon, Arlene Sheflin & Christine Martin



Thank you County Legislator Rose Walker

THE HEART & SOLE 5 KILOMETER RUN – HONORING THE EMERGENCY DEPARTMENT STAFFS AT PLAINVIEW AND SYOSSET HOSPITALS

With 326 registered for the 5K, 7 virtual entries, 35 youngsters signed up for the 1/4 mile Fun Run on the Plainview-Old Bethpage Middle School track, and 289 runners and walkers crossing the 5K finish line, the July 18th renewal of the Heart & Sole 5 Kilometer Run was a definite success. Making it even more successful was the choice of the Emergency Departments of Plainview and Syosset Hospitals to be the honorees at this year's Run – well deserved recognition of the dedicated service to the community provided by the staffs of these two Departments, both during the pandemic and generally.

We once again lucked out with the weather on July 18th - still a bit humid but certainly far better than the oppressive heat and humidity of the preceding couple of days...and there was no rain!

17 year old East Northport speedster Brandon Meiner turned in a strong 17:03 to win the 5K by 47 seconds, with Marc Sonnenberg scoring as the first Master and first GLIRC member on his hometown Plainview course.

Lena Edelstein left hubby Jossi home with the kids, and sped to an 18:53 win in the Women's Division, with a 46 second edge over Vivien Lim, who was the first female Master and the first Northwell Physician to cross the finish line.

We were thrilled to have a contingent of challenged athletes and their guides from the new Long Island Chapter of Achilles International join us for this event, free of charge of course, and we hope that they enjoyed the Run as much as we enjoyed having them there!

Preceding the 5K main event was a 1/4 mile Fun Run on the track, energetically coordinated by Amy Goldstein, and enjoyed by about 35 youngsters.

Making the Run even more successful was the choice of the Emergency Departments of Plainview and Syosset Hospitals to be the honorees at this year's Run – well deserved recognition of the dedicated service to the community provided by the staffs of these two Departments, both during the pandemic and generally.

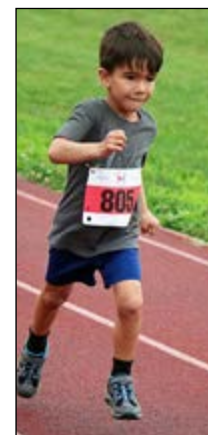
GLIRC Award winners in the Heart & Sole 5K Run were: Lena Edelstein (1st Female OA), Marc Sonnenberg (1st Male Masters OA), Judith Brenner (2nd Female Northwell Health Physician), Mario Wilkowski (2nd Male Northwell Health Employee, Michele Murray (2nd Female Northwell Health Employee), Susan Schmuck (1st Female OA Athena), Sue Fitzpatrick (2nd Female OA Athena),



Fun Runners Caleb Sonnenberg & Dylan Bernstein



Fun Runner Aris Kariyannis



Fun Runner Nate Poulos



Fun Runners Jesse Klarfeld, Timmy Friedman & Zoe Klarfeld



Ed Murray and Mark Sonnenberg duke it out to the finish



The Achilles Long Island contingent



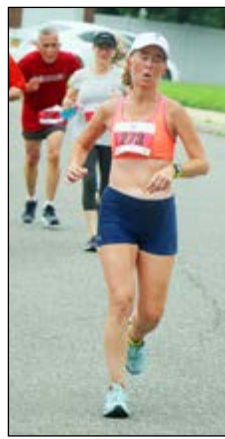
The Fun Run Start



Achilles athlete Mary Johnson heads to the finish with Guide Kristen Kastrinos

Susan Maier (3rd Female OA Athena), Kristin Leicht (1st Female OA Athena 160+), Amanda Tomel (2nd Female OA Athena 160+), Cindy Kingston Pineros (3rd Female OA Athena 160+), Jeffrey Dicker (2nd Male Clydesdale 200+), Robert Shimonski (3rd Male Clydesdale 200+), Gage Acord (1st 12 and under), John Schmück (2nd 16-19), Jordan Schechter (3rd 20-24), Anthony Perchinelli (1st 20-24), Wendy Smith (1st 25-29), Lisa Bonanni (2nd 30-34), Keith Masso (2nd 30-34), Jessica Petrina (1st 35-39), Melissa Torres (2nd 35-39), Megan Fortunato (3rd 35-39), Edward Murray (1st 35-39), Steven Kingston Pineros (2nd 35-39), Shari Klarfeld (1st 40-44), Jennifer Vargas (2nd 40-44), Antonio D'Itri (3rd 40-44), Olga Greene (1st 50-54), Sally Glasser (2nd 50-54), Jenney Tesoriero (3rd 50-54), Todd Rowley (1st 50-54), Jose Gutierrez (2nd 50-54), Florence Clarke (1st 55-59), Liz Flahavan (2nd 55-59), Michele McGlone (3rd 55-59), Robert Taubenfeld (1st 55-59), Chris Ezzo (2nd 55-59), Patrick Brennan (3rd 55-59), Dolores Doman (1st 60-64), Dee Vogt (2nd 60-64), Patti Ezzo (3rd 60-64), Bill Schroeder (1st 60-64), Tom Crane (2nd 60-64), Paul Bonanni (3rd 60-64), Jodi Brodsky (1st 65-69), Marianne Zacharia (2nd 65-69), Janet Healy (3rd 65-69), Jon Wallach (3rd 65-69), June Zieve (1st 70-74), Monique Mensch (2nd 70-74), Frank Capone (1st 70-74), Ehud Golos (2nd 70-74), Shawn Momtahan (3rd 70-74), Joseph Lazzaro (1st 75-79), David Frisone (2nd 75-79), Jerry Cohen (2nd 75-79), Norman Hershkowitz (1st 80-84), Howard Sitomer (2nd 80-84), Carlos A Morales (1st 85-89), Frank Martin (2nd 85-89), & Bert Jablon (1st 90+).

GLIRC Heart & Sole 5K Run finishers included: Marc Sonnenberg (18:39), Edward Murray (18:41), Lena Edelstein (18:53), John Schmuck (19:32), Bill Schroeder (20:40), Jessica Petrina (20:41), Todd Rowley (20:49), Jon Wallach (20:55), Keith Masso (21:07), Steven Kingston Pineros (21:28), Shari Klarfeld (21:53), Antonio D'Itri (22:03), Jose Gutierrez (22:12), Michele Murray (22:17), Anthony Perchinelli (22:21), Robert Taubenfeld (22:21), Chris Ezzo (22:47), Florence Clarke (22:54), Michael Scanlon (23:04), Gage Acord (23:06), Mario Wilkowski (23:19), Robert Pickus (23:20), Joey Starr (23:21), Melissa Torres (23:42), Robert Smith (23:47), Jodi Brodsky (23:57), Gerald Cassell (24:00), Mike Baard (24:01), Olga Greene (24:06), Megan Fortunato (24:08), Tom Crane (24:16), Lisa Bonanni (24:33), Patrick Brennan (24:38), Dolores Doman (24:51), Paul Bonanni (24:59), Michael Broderick (25:00), Jeffery Dicker (25:03), Gary Plotkin (25:04), Sally Glasser (25:05), Michael Ludwig (25:08), Donald Lyons (25:29), Dee Vogt (25:38), Jenney Tesoriero (25:45), Frank Capone (26:08), Michael Starr (26:12), Liz Flahavan (26:15), Joseph Lazzaro (26:17), Robert Shimonski (26:30), Susan Schmuck (26:36),



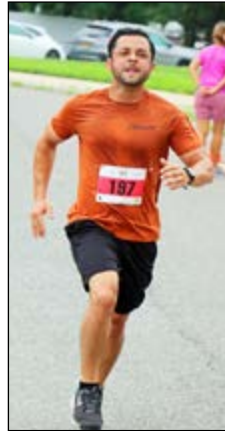
Dawn May



Amanda Tomel



Robert Taubenfeld



Steven Kingston-Pineros



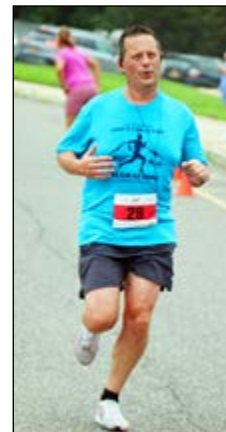
Wendy Smith



Roxana Kariyannis



Steve Frankle



Robert Smith



Michelle McGlone



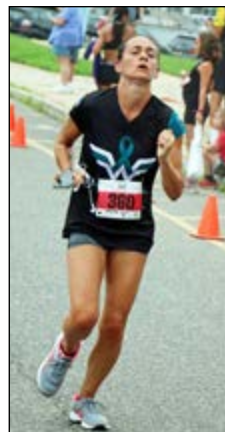
Johnny Schmuck



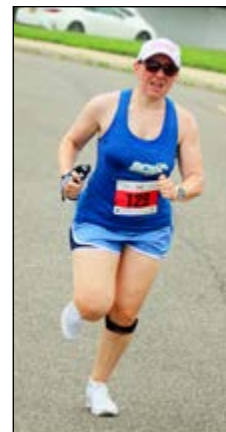
Jon Wallach



Jessica Petrina



Melissa Torres



Erin Gregorio



Robert Shimonski

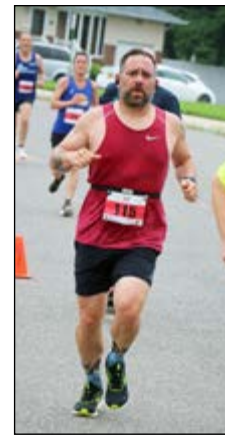
Richard Diamond (26:39), David Frisone (26:46), Ryan Murphy (26:52), Jennifer Vargas (27:05), Wendy Smith (27:24), Kristen Horn (27:30), Judith Brenner (27:49), Sue Fitzpatrick (27:53), Larry Tenenbaum (28:18), Paul Nelson (28:20), Michele McGlone (28:21), Andrew Dalbey (28:24), Marianne Zacharia (28:27), John Stauber (28:31), Susan Maier (28:52), Ken Olson (29:01), David Brenner (29:02), Linn Weissman (29:04), Anne Broderick (29:12), Francis McNamee (29:24), Dawn May (29:41), Ehud Golos (29:45), Kristin Leicht (29:49), Amanda Tomel (30:13), Steve Frankle (30:20), Robert Elsener (30:37), Janet Healy (30:52), Tim Droge (31:56), Shawn Momtahan (32:27), Patti Ezzo (32:28), Liz Pfeifer (32:29), John Nora (32:41), Kristen Katrinos (33:09), Roxana Kariyannis (33:23), Larry Kurtzman (33:30), Kimberly Schechter (33:37), Erin Gregorio (33:38), Tracy Dobkin (34:09), June Zieve (34:40), Amy Goldstein (34:43), Bryan Herger (34:53), Gerard Ruiz (35:14), Kelly Rhatigan (35:40), Virginia Maya (35:49), JoAnne Kong (35:49), Donna Rosen (36:11), Jerry Cohen (36:36), Lynn Bekerman (36:37), Pat Martin (37:12), Joey Arken (37:42), Sophie Goodman (38:15), Barry Goodman (38:15), Steven Millon (38:32), Amanda Strong (38:42), Marc Schechter (39:35), Alison Herger (39:40), Jo Ellen Elsener (40:11), Peter Stein (40:33), Sal Mirando (41:03), Bill Lofmark (41:13), Linda Simon (41:22), Steve Gerson (41:31), Norman Hershkowitz (41:50), Maria Blecha (43:04), Lily Blecha (43:05), Maria Crowley (43:12), Cindy Kingston Pineros (43:26), Megan Herbold (44:55), Carlos A. Morales (45:15), William O'Brien (45:18), Diane Rafferty (46:17), Frank Martin (52:02), Heather Softy (54:12), Laura Softy (54:22), Jordan Schechter (55:09), Bert Jablon (56:45), Laureen Mannino (56:47), William Herbold (1:10:33) Howard Sitomer (1:18:31), & Monique Mensch (1:22:17).



Florence Clarke



Joey Starr



Jeffrey Decker



Larry Tenenbaum



Kristin Leicht



Jose Gutierrez



Jennifer Vargas



Award winners Jenney Tesorio, Sandy Glasser & Olga Greene



Regina Hearrt & JoAnne Kong relax by the finish line



Gerard Cassell & Mike Beard



Award winners Bill Schroeder, Tom Crane & Paul Bonami



Alan Kaplan, MD, FACEP, Chair of Emergency Medicine, Plainview & Syosset Hospitals (2nd L), Donna Genzale, RN, Nurse Manager, Plainview Hospital Emergency Department (3rd L), and Lynne Grant, RN, Nurse Manager, Syosset Hospital Emergency Department (2nd R) receive their awards from Hospital Vice President of Medical Affairs Dr. Alan Mensch (R), Oyster Bay Town Councilwoman Vicki Walsh (L) and Daniel Alter, representing Oyster Bay Supervisor Joseph Saladino (3rd R)



90 plus Age Group Champion Bert Jablon is presented with his award by Dr. Alan Mensch and Oyster Bay Town Councilwoman Vicki Walsh

THANK YOU TO EVERYONE ELSE WHO MADE THE HEART & SOLE 5K ANOTHER MAJOR SUCCESS

Our thanks to our wonderful partners at Plainview and Syosset Hospitals. Dr. Alan Mensch, the Senior Vice President for Medical Affairs, has been the inspiration and guiding leader of this Run since the beginning, and Community Affairs Coordinator Christine Patti has done an incredible job over the past several years tying down all the details of the Run from the Hospitals' standpoint.

Thanks as well to the Plainview-Old Bethpage School District and to the Town of Oyster Bay, without whose support the Run could not have taken place, to the Medical team from the Plainview Fire Department.

Another big thank you goes to Nassau County Legislator Rose Walker, who is always a fixture at the start of local races and served as the official starter of this year's Run, to Nassau County Legislator Arnold Druckman and Town of Oyster Bay Councilwoman Vicki Walsh for being on hand, and to Town Supervisor Joseph Saladino who couldn't be there personally but arranged to have his representative Daniel Alter there in his stead.

A special thank you goes to Terry Bisogno, "the Voice of Long Island running," for still another superb job at the finish line and the Awards Ceremony, to SRC Timing Services for a job well done, and to Kevin McQuillan for still another well done rendition of the National Anthem at the starting line.

Thanks to GLIRC Coordinator of Logistics Chris Acord and his team of Rick Secor, Nick Palazzo, Gage Acord, Eric Friedman, Amy Palmieri Winters and Mike Yuhl.

A special shout out to the kind folks from the Envision Church of the Christian & Missionary Alliance, and its Pastor Ron Chen, for their help on the day of the Run.

Last but not way far from least a big thank you to Coordinator of Volunteers Suzanne Nelson, Coordinator of Refreshments Myron Bellovin, Fun Run Director Amy Goldstein, and all the volunteers who are the heart & soul of any running event: Sherry Bellovin, Myron Bellovin, Susan Bonanni, Beatrix Bong, Beethoven Bong, Frank Capone, Patricia Capone, Jonathan Chang, Candice Chen, Iris Chen, Ron Chen, Avinash Chopra, Josiah Choy, Leslie Cook, Isabella Coschignano, Mindy Davidson, Joe DeFrancisci, Joseph DeFrancisci, Brian Dobkin, Paul Fetscher, Anne Fitzgibbon, Sue Fitzpatrick, Ronald Friedman, Thomas Gillin, Sally Glasser, Amy Goldstein, Philip Hamid, Timothy Healy, Regina Heartt, Valerie Hecht, MaryEllen Herbold, Chip Herbst, Myra Jablon, Barry Jerson, Larry Klass, JoAnne Kong, Nicholas Krieger, Larry Kurtzman, Frank L, Pamela Lee, Shannon Lee, Loretta Liu, Marguerite Macagnone, Christine Martin, Wendy Martin, Peter Martin, Doreen McDougall, James McDougall, Shawn Momtahen, Thaddeus Nelson, Linda Nici, Michael Pascucci, Thomas Pettinato, Sarah Pettinato, Mike Polansky, Sue Polansky, Christine Poplawski, Zara Rasul, Mitchell Rich, Barry Saltsberg, Arlene Sheflin, Kim Solomine, Betty Tiska, Iris Torres, Amy Vasquez, Louis Vasquez, Andie Waldeck, Cameron Waldeck, Daniel Wong, Jean Wong, Anita Wooten, Matthew Yang, and Andre Zalta.



Thank you Nassau County Legislators Rose Walker and Arnold Drucker



Thank you registration volunteers Shawn Momtahen, Regina Heartt & Pat Capone



Thank you start water volunteers Marguerite Macagnone, Avinash Chopra & Zara Rasul



Thank you Fun Run Coordinator Amy Goldstein



Thank you Race Announcer Terry Bisogno



Thank you shirt distribution volunteers Myra Jablon, Arlene Sheflin, JoAnne Kong, Betty Tiska & Christine Martin



Thank you Coordinator of Volunteers Suzanne Nelson



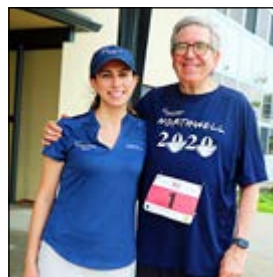
Thank you 3 Mile split call volunteer Leslie Cook



Thank you National Anthem singer Kevin McQuillan



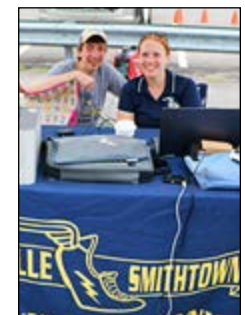
Thank you volunteer Brian Dobkin



Thank you Hospitals Community Affairs Coordinator Christine Patti and Senior Vice President for Medical Affairs Dr. Alan Mensch



Thank you Plainview Fire Department EMT



Thank you SRC Timing

THANK YOU HEART & SOLE SPONSORS

Heartfelt thanks to those very generous sponsors who assured the success of the 2021 Heart & Sole 5 Kilometer Run: GOLD SPONSORS: Kravet, Central Island Health Care, Mid Island Y JCC, SILVER SPONSORS: Wagner, Doman, Leto & DiLeo, P.C., Encore Luxury Senior Living, BRONZE SPONSORS : BrightStar Care of North Shore Nassau County, RPG Wealth Management, PHYSICIAN SPONSORS: Dr. Alan Mensch, Infertility Associates

of Long Island, Medical Staffs of Plainview & Syosset Hospitals, TABLE SPONSORS Always Orthodontics, Melissa Altschuler, Licensed Realtor - Caldwell Banker American Homes, Island Federal Credit Union, Athleta, IN-KIND SPONSORS: Trio Hardware, All Round Foods, Family Bagels of Plainview, Town Bagel, LI Ducks, New York Islanders, New York Giants, Salon Bene, Trader Joe's of Plainview, Home Depot Syosset.



Plainview & Syosset Hospitals Executive Director Michael Fener (2nd L) and Mid-Island Y JCC CEO Rick Lewis (C) formalize the Y-JCC sponsorship with a handshake, as Senior Vice President of Medical Affairs for Plainview & Syosset Hospitals Dr. Alan Mensch (L), Plainview & Syosset Hospitals Community Relations Coordinator Christine Patti (2nd R) & GLIRC Executive Director Sue Fitzpatrick (R) look on with approval



All smiles as they meet to discuss the 2021 Central Island sponsorship are (L to R) Central Island Administrator Arthur Boden, Central Island Executive Director Michael Ostreicher, Plainview & Syosset Hospitals Executive Director Michael Fener, Plainview & Syosset Hospitals Community Relations Coordinator Christine Patti, GLIRC Executive Director Sue Fitzpatrick & Senior Vice President of Medical Affairs for Plainview & Syosset Hospitals Dr. Alan Mensch



FOOTNOTES: A FORUM FOR YOUR POINT OF VIEW!

Footnotes is the personal property of every member of our Club, and each GLIRC member is welcome – make that encouraged – to use it as the forum for expressing his or her point of view on any subject relating to the Club or to running or fitness generally. Please, please, feel free to utilize this “soapbox” by contributing articles or Letters to the Editor at any time. Space permitting, we will print what you write -- although the Footnotes editorial staff always reserves the right to reject any letter that contains purely personal attacks, to correct spelling or grammar and to cut any submission that is really too long. WE WILL NOT EDIT THE CONTENT OF ANY SUBMISSION! Needless to say, when we print the submission of an individual member, the views expressed in that submission are those of that member only and do not necessarily represent the official policies of the Club. (We will not print anonymous letters and will only print letters with name withheld in truly extraordinary circumstances)

I want to thank you for organizing such a wonderful and successful event [the Caumsett at Heckscher 50K/25K]. I will certainly come back with more friends next year.

Jai Lu

Mike, Carl and James,

I am sorry that I was away for that great event that I haven't missed for many years! [Caumsett at Heckscher] Gene Dykes shattering the 70-74 year age bracket record by 19 minutes is pretty impressive too!! Someone to look up to and something to look forward to!

Best,

Peter G. Florey

The D & F Development Group, LLC

Today I received my shirt and medal for participating in Caumsett at Heckscher State Park GLIRC Virtual 25K Run.

Thank you GLIRC for great management of virtual and in person races.

Shawn Momtahan

Hi Mike,

I was paging through (digitally) the most recent edition of Footnotes and came upon the recognition of my dad's passing. It's deeply appreciated.

I suspect my buddy Terry may have had something to do with it— in any case, thank you.

Michael Ludwig

Dear Friends:

“In the spirit of Paula who ran for the love of running!!” I feel so blessed that Mike and Sue Polansky and the Greater Long Island Running Club have celebrated and honored my mother's memory since 1990. I ran with my mom's strength, love and determination today and finished the 5K in 33:07. She's here with me today and always!

Courtney Wunderlich

Dear Mike,

Once again GLIRC has organized a great Women's Run. The course is interesting; going through local streets in Farmingdale with a nice ending on the High School track.

In addition the awards donated by the Runner's Edge are more than generous. The post race refreshments are plentiful with a nice variety.

All in all GLIRC does everything it can to make the race friendly and enjoyable for all – one that I enjoy enough to travel 50 miles to be part of.

With fond regards to all,

Alexandra Finger

P.S. A friend gave me a plaque that reads: 'Running is not a matter of life or death. It's more important than that!'

Good morning Mike,

We cannot express enough how grateful we are to be embraced and supported by GLIRC. Yesterday was a great day and we are excited to be a part of future GLIRC races. I look forward to speaking with you soon.

Sincerely,

James Barile

Achilles Long Island

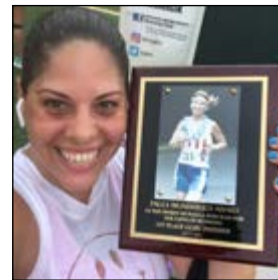
Dear Greater Long Island Running Club:

Thank you for keeping HOPE alive. Your gift of \$500 on 6/9/21 sends a strong message of support to the warrior community across the country.

For the past 15 years, Hope for the Warriors has assisted 34,000 individuals, providing comprehensive well-being services to the entire military family. Your gift and year-round support is vital to our organization. It truly allows us to do more good – and we do it one person at a time. That individualized care – and including family in the process – is what makes HOPE special. The pandemic has canceled events and immobilized our funding sources – impacting our ability to provide programming. We can't continue without you financial support.

Our commitment to providing life-changing services to the warrior community hasn't wavered. We've expanded our existence-based virtual programming and developed innovative new opportunities to keep veterans and military families connected during 2020.

The need for HOPE is growing. We still have hope to give. Your donation makes it happen. Not only is your donation impactful, but it is a financially responsible decision. For the tenth



Courtney proudly displays the Courtney Wunderlich Memorial Award that she is about to present to Katie McGrath

consecutive year, Hope for the Warriors has received the highest ratings from Charity Navigator – placing us in the top 3% of all charities evaluated. We will continue to value and honor your support through fiscal responsibility.

The entire HOPE family would like to extend our sincere appreciation for your donation, allowing us to fulfill our mission of restoring self, family and HOPE to our countries heroes.

Sincerely,

Robin Kelleher, President/CEO

Hope for the Warriors

JOGGING WITH MICHAEL

by John Mulvey

No I wasn't jogging with Michael Jordan, the former NBA Superstar but with our outstanding President, Mike Polansky. This run occurred on June 6th at the annual Richard Brodsky 5k run to raise money to find cures for HIV & Cancer research, at Baldwin Harbor Park.



Since this race is always run on the first Sunday in June it is almost always hot and sunny. This year was no different than previous years. The temperature was in the low 80's and it was hot and humid. So I decided that my main objective in this run was to just finish and not worry about my time. Because of pandemic concerns, there were 4 heats: one at 8:30am, the second at 9am, the third at 9:30 and the final heat primarily for walkers at 10am. I am very familiar with the race course since I have run it many times in the past. It is a very flat course with 2 loops around baseball fields. Unfortunately the only shaded areas are at the start and finish of the run.

So I started at the back of the pack in heat number one. I saw Mike Polansky and Norman Hershkowitz at the front of the 8:30 group. I said to myself, "if they slow down I will catch up to them but due to the heat I'm not going to push it". Once the race began I knew that catching Norman was out of the question, because of a heart procedure a year ago, he is running very fast times for an 80 year old and he was about a quarter of a mile ahead. So I concentrated on catching up to Mike Polansky who was running with Deborah Gordon. At about the mile and a quarter point in the race I caught up to Michael and Deborah. I said to Mike that I am going to jog with you and this lady. Mike introduced me to Deborah and we continued to run and chat, together for the rest of the race. I struggled slightly to keep up with them because of the heat. Recently during summer runs I always carry a bottle of water with me. I am glad that I did because of the pandemic restrictions there were no water stops etc.

Michael and I finished together in 53:50, while Deborah sprinted to the finish, beating us by 6 seconds. There were 151 finishers which I believe is a great turnout for a 5k race post pandemic. Some of the other finishers were: John McKeon, 1st overall in 17:44.57; Jonathan Davis, 2nd place in 19:54.90, a regular at the Brodsky 5k; first woman, Elizabeth Lee, 22:25.20; 2nd woman Jodi Brodsky 23:43, 9th overall; Eric Friedman, 6th overall in 23:10.51; Peter Martin, 16th overall in 26:54.31; the race organizer, Richard Brodsky in 30:50, 36th overall; Norman Hershkowitz, my friend in 42:00.0 and finally my friend who kept me healthy in Kenya in 2016, Dr. Richard Sartori with a time of 58:55.42.

Kudos to Richard and Jodi Brodsky and the many volunteers who again put on an excellent 5k race. PS Bob Koenig sang the National Anthem before he ran in the race, unfortunately his time wasn't listed. John Stauber finished with a time of 32:21.01 good for 2nd in the 60 year old age group. So until next time, I hope to see you on the roads or at the races.

Good luck and G-d bless.

A Hearty Welcome to the Newest Members of our Club

A hearty welcome to the newest members of our Club: **Steven Amoroso** of Central Islip, **Erin Andrews** of Bellmore, **Anthony Biordi** of Bay Shore, **Marcia and Lily Blecha** of Plainview, **Michael Cody** of Lindenhurst, **Norman Correa** of Rocky Point, **Janine Cox** of Farmingdale, **Christopher and Jack Coyne** and **Kim Lowenborg Coyne** of Lynbrook, **Breege and Frank DeLany** of Lindenhurst, **Antonio D'Itri** of Fresh Meadows, **Carmello Elie** of Westbury, **Christine Guinessey** of Sayville, **Bryan, Alison and Gwyneth Heger** of Bellmore, **Louis Jainchill** of Woodbury, **James Kalaitzis** of Smithtown, **Kristi Kelly** of Stony Brook, **Alicia Kennedy** of Patchogue, **Debra Kenney** of New Rochelle, **Arnie Laucam** of New Hyde Park, **Shannon Lee** of Ronkonkoma, **Rose, Katie, Marcus and Ethan Lewis** and **Camila McCusker** of Coram, **Colin Limbach** of Huntington Station, **Michele McLoughlin** of Bayville, **Adrian Milwich** of Wantagh, **Bonnie Moss Doran** and **Ethan and Brooke Doran** of Massapequa Park, **Siobhan Murphy** of Farmingdale, **Penny Palmer** of Bay Shore, **Chul Park** of Flushing, **Mikala Porr** of Massapequa, **Nate and Coraline Poulos** of Huntington Station, **Elaine Richards** of Massapequa, **Rebecca Richter** of Babylon, **Stephan, Lisa and Anthony Schickling** of Lynbrook, **Christine Snyder** of Centereach, **Erica and Kris Swenson** of Ronkonkoma, **Jennie Wilson** of Bayside, **Courtney Wunderlich** of Livingston, NJ, **Vasilis Xikis** of Bay Shore.

And welcome back after a short hiatus to returning members **John Antinora** of Hicksville, **Tracy, Brian, Bernice and Eric Dobkin** of New Hyde Park, **Robert Freese** of Bethpage, **Joanne Gallego** of Bethpage, **Olga Greene** of Kings Park, **Hayda Hayduk** of East Northport, **Roxana Kariyannis** with new member **Aris Kariyannis** of Plainview, **Laureen Mannino** of Huntington Station, **Laura McCormack** of West Babylon, **Samantha O'Neill** and **Jordana Squire** of West Babylon, **Dawn Pipek Guidone** of Hicksville, **Cheryl Russo** of Freeport, & **Craig, Jordan and Devin Shiffrin** of Plainview.

HONORING MY HIGH SCHOOL CROSS COUNTRY & TRACK COACH WHO ALSO TOOK THE TIME TO HELP YOU SUCCEED IN LIFE

by Michael Robles USATF-LI Certified Level 2 Coach

My high school cross country and track coach, Vincent Abrahams, passed away at age 85 on April 8th in Jacksonville, Florida. He taught Social Studies and coached at Commack High School for about 25 years. He also worked as a track official for 12 years and was President of the Suffolk County Cross Country & Track Coaches Association for Section XI. He also served in the U. S. Army reserves in the 1960's.

I first met Coach Abrahams in the summer of 1975 to start my running program going into my senior year. He was a little disappointed in me because I was only coming out for cross country to get a high school sports letter. I remember asking him before my first race at Sunken Meadow Park, how do I run the race? He then said, "Don't go out too fast then, after cardiac hill, pick it up and you will catch many runners" After a successful XC season I was hooked. He would then say to me "We'll never know how good of a runner you could have been, if you only came out sooner". These words were tough on me for a long time.

Coach Abrahams would instill in me some very important words. Stay in school, study hard, keep yourself in shape, hang with the right crowd and help others. He always told us, that is the formula for success. Later on in life I really got to know Coach Abrahams. He came out with us several times to the movies with former students and runners. We would then go to a pub to reminisce about the stories from our past and present. I even had a big reunion at my house in 1992 and had about twelve or more former students-athletes with coach Abrahams attending. I think one of the memories with Coach Abrahams I will never forget. I remember me and my friend Gerard Reilly, meeting our coach for a hard hill workout in St. James, the morning of September 11th 2001, as we trained for the Great Cow Harbor Race. Little did we know, after we returned from that run, our worlds would change forever.

After retiring from teaching in 1994, he still remained part of the running community, still running marathons in his 60's, alongside his beloved Long Island River Road Rats on Sunday morning runs. He was also very active in our church, St. Patrick's in Smithtown. This led to him studying for his Diaconate. He was ordained in 1999 as a Deacon which he served at St. Patrick's for eight years before moving to Florida in 2007. I was able to pay it forward by helping my coach fix and clean his house over a few month period before putting it up for sale in 2007. He continued serving as a Deacon in Jacksonville and Yulee, Florida for over ten years before health issues slowed him down.

As a tribute, a few of my friends and running teammates, including myself, have some special words for their former coach.

"A great friend, father figure, teacher, coach and deacon – he will truly be missed"

Former standout Mike Harrington wrote:"Outside of my parents, he was the most influential person in my life. I had the privilege to run on his teams from 1975-78. He truly was a second



father to me. The entire time I thought he was teaching me to be a better runner, but he really was always teaching me to be a better person. Always such a class act".

Steven Martinez, one of coach Abrahams most successful distance runners, remembered him this way: "Vinny Abrahams was a great coach, teacher, friend, and mentor. He was always there for you and had a great sense of humor. Thank you Vinny and God bless your family".

Gerard Reilly wrote: "I learned a lot from Coach Abrahams. When I was younger I knew him as a coach. When I got older I knew him as a fellow runner and Deacon at St. Patrick's Church in Smithtown. He always said keep running under the proper prospective and keep your faith in God as the center of your life".



Back in 2014, Mike Robles (R) and a couple of friends with Coach Abrahams



LIFETIME MEMBERSHIPS IN GLIRC AVAILABLE

Just a reminder – we can now offer LIFETIME MEMBERSHIPS in the Greater Long Island Running Club.

If you are committed to a lifetime of running, you now have the opportunity to avoid the annoyance of renewing your membership every year, and can become a Lifetime Member of the Club for a one time payment of \$500.

Coming with your lifetime membership will be a specially designed GLIRC Lifetime Member jacket that you can wear with pride in your commitment.

Call the GLIRC office at (516) 349-7646 to become a Lifetime Member or for more information.

TEN YEARS AGO IN GLIRC *August 2011*

Top finishers in the August 14, 2011 Sands Point Sprint for the Feinstein Institute included Trent Hampton (18:45), Michael Robles (18:49), Eddie Reagan (19:14) & Ronnie Vichman (20:01) among the men, and Shari Klarfeld (20:15), Lisa Bonanni (23:12), Stephanie Hoffmann (24:21) & Kristen Kastrinos (24:49) among the women, as Race Director Abe Bernstein worked hard to assure the success of the event... Michele Henschel (1:03:24), Karen Pompay (1:04:51) & Natalie Penny (1:05:29) were the first three women finishers OA in the August 2011 Smith Point Triathlon... Mike Nehr (15:40) was 5th OA in the August 15, 2011 Patchogue Kiwanis Twilight Trot 5K, in a race that was marred by thunderstorms, heavy rain and a 36 minute delay on the start... Long time GLIRC volunteer Bob Lasky passed away suddenly on August 8, 2011, and the Club held a special run in his memory on the Long Beach Boardwalk on August 22, 2011... Hurricane Irene forced the cancellation of the August 27-28, 2011 Runner's Edge-TOBAY Triathlon... Mike Petrina (17:18) & Una Broderick (19:16) were the overall winners of the inaugural Hope Runs Here 5K in August 2011... 17 year old Chaminade senior-to-be Tom Awad (35:34) was the overall winner of the inaugural Dirty Sock XC 10K on August 21, 2011... Karen Cotty Amato won the 45-49 age group and Dolores Doman won the 50-54 age group in Ellen's Run 5K in Southampton.

TWENTY YEARS AGO IN GLIRC *August 2001*

In the August 2001 Town of Oyster Bay Triathlon, Donna McMahon overcame some serious mechanical problems on the bike to score as the first woman OA, Barbara Cronin-Stagnari was the 3rd woman OA, and Mary Ellen Stajk was the 3rd woman OA and first Masters woman... Among the top finishers in the August 20, 2001 Brentwood 5K Cookie Run directed by Jay Satenstein were Mike Anderson (3rd OA, 16:11), Gus Isakkson (18:08), James Murray (18:31), John Lupski (18:34) & Paul Bonanni (19:31) among the men, and Donna McMahon (18:36), Kathy Martin (18:40), Michele LaBiento (20:00) & Liz Flahavan (20:09) among the women... Jim McDougall & Kevin McQuillan were both timed at 5:31 in the August 18, 2001 Massapequa Merchants Mile... Steven Toto (3rd OA, 18:31), Ken Ong (18:42), William Sullivan (19:08) & Michael Service (19:59) led a strong contingent of GLIRC members through a torrential rainstorm in the August 23, 2001 1-in-9 5K Run... Liz Flahavan, Michele La Biento & Laura Gluf were among the award winners in the 35-39 age group, and Thomas, Erin & Kelly Grosskurth were among the award winners in the 13 and under age group in the August 2001 St. Catherine of Siena Medical Center 5K... John Hanc (3:12) was 14th OA out of 162 finishers in the August 10, 2001 Marathon by the Sea in St. John, New Brunswick.

THIRTY YEARS AGO IN GLIRC *August 1991*

Among the award winners in the August 10, 1991 Hempstead 4 Miler were Ellen Gluf & Laura Gluf (3rd & 5th women OA), Liz Flahavan (5th woman OA & 1st 25-29 AG), John Lupski (1st 35-39 AG), Joe Rottino (1st 50-54 AG) & Mike Polansky (3rd 50-54 AG)... The August 24, 1991 Club Picnic organized by Club VP Julie Shapiro, featured a "color war" between Red and Gold teams competing throughout the day in softball and volleyball games, a watermelon eating contest, a tug-of-war, 3 legged races & a wheelbarrow race... The Club had a very competitive team entered

in the USATF-MAC Championship 5 Mile Run in Central Park on August 25, 1991, led by Mike Anderson (24:24), Joe Anderson (27:40), Tom Horan (28:36), Ed Melnik (29:05), Steve Klemes (29:46), Larry Green (30:13), Jim McDougall (31:57), Geza Feld (33:06), Andy Mulrain (34:59), Charlie White (35:55) & Barry Saltsberg (38:12) among the men, and Karen Cotty (31:14), Nancy Guerriere (32:43), Phyllis Hollman (34:12), Jacquie Gow (35:36), Helene Burden (36:51) & Elizabeth Penagos (36:58) among the women... Nick Palazzo finished 8th OA in the August 17, 1991 Alley Pond 50K, finishing in 4:39:02... Dan Badalament scored 1st in the 40-49 AG with a 21:25 in the August 1991 Fort Salonga 3.5 Mile Run.



The Award winning Grosskurth runners...20 years ago



Award winners Liz Flahavan, Michele La Biento & Laura Gluf....20 years ago

MORE ON DOGS PART - 2

by Peter Martin

Last month I detailed how I had gotten blindsided, bitten from behind by a dog, soon after I had finished a beach run. It was a male Doberman that had done the dastardly deed. Unbeknownst to me, it was a “rescue” dog, with a history of biting humans and killing smaller animals. But, why did it attack me. And why then? My companions on the scene opined that the dog had seen me running, (often risky around some dogs), and had seen me pick up a 9 ft. fishing rod, (possibly seen as a threat), precipitating a canine “defensive” reaction. These folks were backing the dog, as if I had no business running or fishing on a public beach.

These excuses seemed pretty weak to me. The Doberman had seen me come up, finishing my run with a display of blazing speed, no doubt. No problem. Then it saw me make a few fruitless casts with my fishing rod. No reaction. But there’s a reason for everything, and I have an idea! Bear with me and see if my completely unprofessional insight into the “doggie mind” makes any sense.

The dog was jealous of me! Several times when I’ve played with a pair of dogs belonging to friends, I’ve noticed that when I seemed to be lavishing too much attention on one dog, the other gets a little agitated and cranky, and starts pushing at the favored lucky one, even giving it a nip on the butt. (Hey, stop hogging, me too)! With the Doberman, until I showed up, he was “top dog”. My friend Marilyn’s Chocolate Lab Lorelei was eagerly trying to keep up in play, frolicking on the beach. Marilyn and the Doberman’s owner were watching the hounds every move. I admit; he was a magnificent specimen. But, when I showed up, Lorelei abandoned the Doberman, and came over to engage me in play. And Marilyn and the dog’s owner turned their attention to me, engaging me in conversation. Marilyn later allowed that the other lady, “had eyes for me,” Don’t laugh! Makes perfect sense to me! So, that dog was getting disrespected; losing his fan base,

So, what’s a spoiled, arrogant top dog Doberman, used to getting his own way do if he feels in danger of being dethroned? Why, attack the interloper, send him packing, of course. I think that’s what this sneak attack, “bite on the butt,” was about. After the bite the Doberman kept circling, threatening and harassing me, looking for an opening, until I induced the owner to get her dog leashed and gone/

This was situational. On two subsequent occasions, while I was running in a preserve, I encountered the lady and her dog, off leash. The Doberman didn’t seem to recollect our previous encounter, but the owner and I did. She leashed her pet and left. I don’t think that lady has “eyes for me” anymore. Just as well, I don’t think her hound would have let us develop much of a relationship anyway.

That leads me to the point I’ll develop next article. When you’re running and encounter a dog or dogs, and the owner is present, the most important determinant of how you’ll fare is how the owner feels about you. If the owner feels comfortable and friendly, then the dog will probably follow suit, sticking with its boss. If you frighten or anger the owner, well, watch out! Your job as a



runner at that point is not to assert your “rights,” “but to assure that you have safe passage.

P.S. Good News! Maury Dean’s latest book, “Glory Days – Still Running Against the Wind,” should be out by mid July. While Maury and his lovely wife Toni spend part of their time in Michigan nowadays, they’ve been an integral part of the L.I. running scene, as athletes and long time officers in the Bohemia Track Club. Maury has been a top Super Master’s runner and wrote regularly for Ralph Epifano’s “Island Wide Runner,” and more recently for GLIRC’s “Footnotes.” I’m still enjoying the weighty tome he authored on the “History of Rock and Roll.” Maybe when I finish it I’ll know as much as Rick Secor.

Maury promises lots of photos, stories and stats about the people and events we know, from the roads, trails and tracks of L.I. Since he collaborated with Ed Melnik in compiling information, we oldtimers had best be on our toes when talking about the “good old days.” Whether we are a “has been” or a “never was,” we don’t want to slip into that category of “the older he gets, the faster he was.” Sounds like fun!

This book should be a gem, cherished by those of us whose lives have been enriched by being part of the L.I. running community.

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THE 70'S & 80'S RUNNING BOOM

by Ken Della Rocca

Legend has it distance running began in Greece in 490BC when the Persians landed in Marathon Greece. After a great battle the Greeks were victorious. Pheidippides a professional courier of the day was sent to Athens to announce the victory. Pheidippides ran the distance of 26 miles 385 yards in an astonishing time and

announced before the Athenian crowd "Nikomen" (We win). The crowds roared! And then Pheidippides collapsed and died!.....can't blame; him I felt the same way after my first Marathon.

In 1904 Thomas Hicks was the first American to win the the modern Olympic Marathon in a time of 3:29. In 1908 John Hayes became the second American to win in a time of 2:55. Even with those Olympic victories road running did not catch on in the United States.

It took until 1970 until the road running volcano began to take shape. The NYC Marathon, Seattle Marathon and the Atlanta Peach Tree 10k began although with little attention. Runners and especially Marathon runners were regarded as crazy guys running unheard of distances.

The Munich Germany Olympic Marathon won by Frank Shorter in 1972 changed all that. Although no American had won in over 60 years Shorters victory captivated America. The event covered by ABC TV news included dramatic coverage of a German imposter running on the course near the finish confusing everyone. The television story changed the way Americans viewed distance running as they suddenly became aware of the great challenges in mind and spirit the sport created.

The running boom took off as 1000's by the day took to the roads to participate in the sport as all you needed was a pair of sneakers and off you went! Distance runners like Frank Ryan, Marty Liquori and Steve Prefontaine became celebrities. The government clerk, the construction worker, the secretary and the white haired 70 old year became participants. President Carter was shown running around his peanut farm in Georgia. By 1980 it was estimated 20 million had taken to the roads.

The sale of sneakers took off. Sneakers were no longer for athletes only but worn by everyone anytime anywhere. Different colors and styles were all over the marketplace and morphed into different types like cross trainers, walking and sneakers for the elderly. Companies like Nike, Adidas, New Balance and Puma took off. In 1973 Runners World magazine was born featuring 16 sneakers in its sneaker issue growing to over 200 today. Running apparel changed from boring t shirts, shorts and sweatshirts to colorful stylish fashion statements.

National and local races sprang up all over the country and were put on to benefit charities and local organizations. Participation in races like the NYC Marathon went from 55 finishers to 1000's and eventually today's 50,000. The Peachtree 10k in Atlanta began with a 110 runners and by the 80's rose to 30,000. Now it's the largest 10k in the world with 60,000 runners. July 4th became a popular race day. Fun runs came into existence exposing children to the sport at an early age.

Running clubs began to blossom. Mike Polansky was a founding

member of the Plainview- Old Bethpage Running Club on Long Island in 1978. Through marketing, organization, hard work and a vision Polansky consolidated the interest in running on Long Island and established the Greater Long Island Runners Club. Races of all distances were established all over Nassau and Suffolk. Eventually runners were treated to this publication as a monthly overview of running on the Island.

The Complete Book of Running written by Jim Fixx became an instant best seller. Running and Being, a philosophical narrative on running by George Sheehan topped the best seller charts.

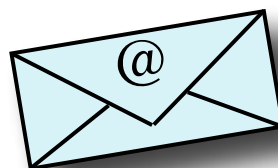
Prior to 1970 women were not allowed to participate in road races.....too stressful on their delicate bodies! In 1967 Katherine Switzer was the first woman to officially finish the Boston Marathon. She entered as K Switzer. When race officials found out she had entered and finished they voided her participation. That treatment quickly changed.

In 1972 Title IX was passed giving women gender equality in athletics opening the door for women's distance running participation in academic institutions all over the country. Names like Mary Decker, Francie Larrieu and Norway's Grete Waitz became well known.

The women's running boom culminated in 1984 at the Los Angeles Olympic Games as American Joan Benoit won the first ever gold medal in the marathon with Greta Waitz taking the silver. Greta later began her historic streak of victories at the NYC Marathon winning an astonishing 9 times in 11 years!

Women took to the roads to emulate runners like Benoit and Greta. Road running became a place where women could excel athletically....a place to experience physical accomplishments.... move over guys gives us some room! In 1975 men who crossed finish lines outnumbered women by 20 to 1. By 1979 it was 10 to 1. Now its about 50 50.

The running boom of the 70's and 80's triggered at the 1972 Olympics was the beginning of where running and racing is today in our country. Where would we be without it?



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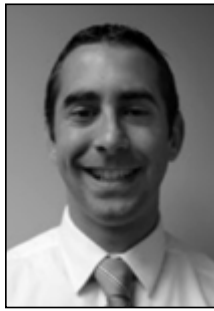
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IT BAND: SYMPTOMS AND TREATMENT

By Dr. Jon DeGorter, DC

Iliotibial band syndrome is an overuse injury that causes pain on the outside part of the knee and occurs when the connective tissue extending from the pelvic bone to the shinbone becomes so tight that it rubs against the thigh bone. The iliotibial band runs along the outside of the thigh, from the pelvis to the tibia, crossing both the hip and knee joints. The iliotibial band is an important stabilizer structure of the lateral part of the knee as the joint flexes and extends. Distance runners are especially susceptible to IT Band issues, and if the symptoms are ignored, scarring can develop, resulting in decreased range of motion of the knee.



Symptoms

- Stabbing or stinging pain along the outside of the knee.
- A feeling of the IT band “snapping” over the knee as it bends and straightens.
- Swelling near the outside of your knee.
- Occasional tightness and pain at the outside of the hip.
- Continuous pain following activity, particularly walking, climbing or descending stairs, or moving from a sitting to standing position.
- Pain is usually most intense when the knee is in a slightly bent position, either right before or right after the foot strikes the ground. This is the point where the IT band rubs the most over the thigh bone.

Causes

Iliotibial band syndrome can be caused by a combination of issues, including poor training habits, lack of muscle flexibility, or mechanical imbalances in the body, especially the lower back, pelvis, hips, and knees.

Some runners are predisposed to developing IT band syndrome due to anatomy issues, including leg-length discrepancy, an abnormal tilt to the pelvis, or bowed legs. These conditions can contribute to the iliotibial band becoming excessively tight, leading to increased friction and irritation when the band crosses back and forth across the femoral epicondyle when running.

Training errors may cause runners to develop iliotibial band syndrome symptoms. Running on the same side of the road produces the same effect on the body as having a leg-length discrepancy, and the pelvis has to tilt to accommodate. Running too many hills can also cause inflammation of the IT band. Running downhill is especially stressful on the IT band as it works to stabilize the knee.

Bicyclists can develop IT band inflammation if they have improper bike posture and “toe in” when they pedal. This can have the same effect as bowed legs, increasing the angle of the IT band as it crosses the knee and increasing the risk of inflammation.

Treatment

Rest, ice, compression, and elevation (RICE) and anti-inflammatory medications are first-line treatments. If it is diagnosed early and treatment commences immediately the chances of it becoming a chronic condition are reduced. While stretching can be helpful in treating this injury, in most cases more targeted therapy is necessary. A proper diagnosis and identification of the cause is necessary before devising a treatment

plan to address the pain and prevent re-injury.

ITBS can be easily identified if a muscle is tender to deep touch, and is thickened and non-elastic. Specific muscles tend to be chronically inflamed with ITBS, including the quadriceps, hamstring, and TFL (Tensor Fasciae Latae, a small muscle which attaches to the iliotibial band). Treatment will often involve the hip flexors and pelvic stabilizers as these deeper, postural muscles tend to be a primary contributor to ITBS, yet are rarely symptomatic.

Deep tissue massage along the full length of the ITB will break down adhesions, and mobilize affected tissues to relieve pain and restore normal movement. Adding corrective exercises and stretching to increase muscle length, pelvic stability, and proper motor movement, followed by strengthening of the hip and thigh muscles, will all contribute to the success of treatments and prevent future injury.

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Prevention

Rolling out the muscles around your IT band may help relieve tightness. Don't roll directly on your knee or hip joint. Instead, try foam roller exercises that target your IT band, glutes, hips, quads, hams, and calves.

Maintaining core and lower-extremity strength and flexibility best prevents ITBS and to avoid recurrence. It is important to seek treatment sooner than later after first feeling pain. Research indicates that when soft tissues are irritated and the offending activity is continued, the body does not have time to repair the injured area. This leads to persistent pain and altered movement strategies, and the condition becomes more difficult to resolve.

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Dr. Jon DeGorter is the USATF-Long Island Chair of the Sports Medicine Committee, and part of the Jonas Chiropractic Sports Injury Care team. Dr. Jon specializes in treating runners and triathletes — keeping athletes doing what they love to do.

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Jonas Chiropractic Sports Injury Care treats soft-tissue injury using movement based massage and joint mobilization techniques that get you back running pain-free!



WE TREAT: ▶ Plantar Fasciitis ▶ Shin Splints ▶ Runner's Knee ▶ Achilles Tendonitis ▶ Muscle Pulls



We welcome Dr. Jon D'Angelo who joins Dr. Jon DeGorter as part of the Jonas Chiropractic Sports Injury Care team. Dr. DeGorter & Dr. D'Angelo specialize in treating runners and triathletes, focusing on injury prevention and rehabilitation — *keeping athletes doing what they like to do!*

Dr. DeGorter is USATF-Long Island Chair of the Sports Medicine Committee



Make an appointment today!

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101 Dupont Street, Suite 24
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Footnotes Volume 21 Issue 8, AUGUST 2021
Published monthly by Footnotes
101 Dupont Street, Suite 24, Plainview, NY 11803
Periodical postage rates, U.S.P.S. #020237
Hicksville, New York Post Office
ISSN: 1538-8964
Postmaster: Send address changes to:
Footnotes, 101 Dupont Street, Suite 24
Plainview NY 11803

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