

RECOVERIES

NEWSLETTER OF THE WESTCHESTER/PUMA ROAD RUNNERS AND TRACK CLUB
VOL. 13, NO. 1: MARCH 2000

COACH'S CORNER: MIKE BARNOW

The fall marathon season produced some great results: At the NYC marathon, our men's team of Srba Nikolic, Alem Kahsay, Kidane Gebremichael, and Justin Reid defended our men's team title. Among our top master's performers at New York were Hans Hartman, Joyce Vastola, and Lilliane Drago. At Chicago, Julie Lemmond ran 2:50:21 in her first ever marathon and Sharon Vos ran a masters P.R. of 2:59:24 at the age of 44. Nancy Morales was third woman overall in 3:07:21 at the Mohawk Valley marathon. Tesfaye Eticha who will be representing the club at Boston in April set a course record of 2:12:48 in winning the Lausanne marathon (Switzerland). Also rumored to be preparing for Boston is Andy Kimerling.

On the Cross Country venue, Jamie Kempton ran 4th (40-49) in his master debut at the National Masters 5K Cross Country Championships. Also outstanding were Al Swenson, 3rd in the 50-59 age group at the same championships. Coleman Mooney (3rd place individual) led the 60+ team, along with Denis Daly, Bill Walsh, and Frank Ruddy for 2nd Place Team Honors.

Indoors at The Greater Boston Track Club Invitational at Harvard, outstanding results include Nora O'Heaney's 2:14 at 800M, Tanya Sotillo's Indoor mile P.R. of 5:08, and a first place 4:15 mile by Bill Grogan.

At the RRCA National 10K championships, Mike Mamo ran 29:54 for 3rd place. Also, Nick Caswell celebrated his 50th birthday with a sensational 2:11 for 800M at the New York Armory's Indoor Track!

2000 Dues and training class Registration: Yearly Dues remain at \$25.00 and the Wednesday night training sessions increase \$1.00 per session. A class registration form is included in the newsletter.

EDITOR'S NOTES: MONICA SPECIALE

Welcome to the year 2000. Y2K. The Millennium. Whatever you want to call it, we're in the twenty-first century. Most of us have lives that are complicated and busy; filled with family, work, school, social gatherings, holidays, and maybe when we can fit it in, running or athletics.

So, my life is the same as yours. Since the last newsletter (ohmigod! October), much has been going on and I greatly apologize for neglecting my duties as editor of *Recoveries*.

In this newsletter, I hope to encompass the past 5 months' worth of news. I look forward to bringing you news of the Club Party, a survey on injuries from podiatrist, Dr. Victor Marks, the usual Road and Track Results, the Race Calendar, and many, many photos. Unfortunately, there are no runner profiles this issue; that section will continue in the June issue of *Recoveries*. We have selected a woman from the Track Club, but we're looking for suggestions for a man from the Running Club. If you have any suggestions, you know where to send them! Also, look for the application for the upcoming track classes that start on April 5, 2000.

As most of you know, our friend Paul Pannuti has moved away to Arizona. We all wish him well as he journeys forward to a new land and new running adventures! We miss you, Paul, and thanks for being such a great friend and allowing us to share in your successes. We wish you continued running success for the future!

The track classes begin the beginning of April, 2000...I hope that I will again see many of you there. Remember, if you plan on training for a fall marathon, the track classes are a GREAT way to learn how to pace and build endurance for this event.

(continued on Page 2)

NEW YORK CITY MARATHON

Sunday, November 7, 1999

Results for the Westchester Track and Road Runners Club!

Congratulations to all finishers!

Name	Time
Srba Nikolic	2:26:20
Alem Kahsay	2:27:15
Kidane Gebremichael	2:31:44
Justin Reid	2:36:40
Richard Rono	2:45:21
Johnnie Way	2:52:03
Hoken Uchiyama	3:06:20
Hugo Mujica	3:15:21
Lisa Marie Falcone	3:16:51
Murat Turk	3:26:34
Hans Hartman	3:33:12
Paul Pannuti	3:42:17
Joyce Vastola	3:46:52
Liliane Drago	3:47:20
Frank Ruddy	3:49:25
Joanne Moskowitz	3:52:41
Leigh Abrams	3:55:43
Ginny Hoff	3:57:36
Larry Schanbacher	3:58:38
Mike Rauh	3:59:02
Karin Cox	4:04:23
Iwao Maruta	4:07:33
Les Levy	4:10:19
Eileen Levy	4:10:19
Jorge Trigb	4:10:47
Robin Goldman	4:10:52
Elana Cox	4:12:57
Anthony Casale	4:15:33
Elizabeth Malitsis	4:17:40
Joel Hurwitz	4:18:32
Eric Gumin	4:21:56
Ivy Ozer	4:23:56
Robert Bernard	4:29:52
Karl Eilers	4:48:07
George Calandros	4:55:20
Brad Kenyon	4:59:38
Rebecca Sunshine	5:13:11
Mary Gennarelli	5:13:32
Maurice Epstein	6:53:22





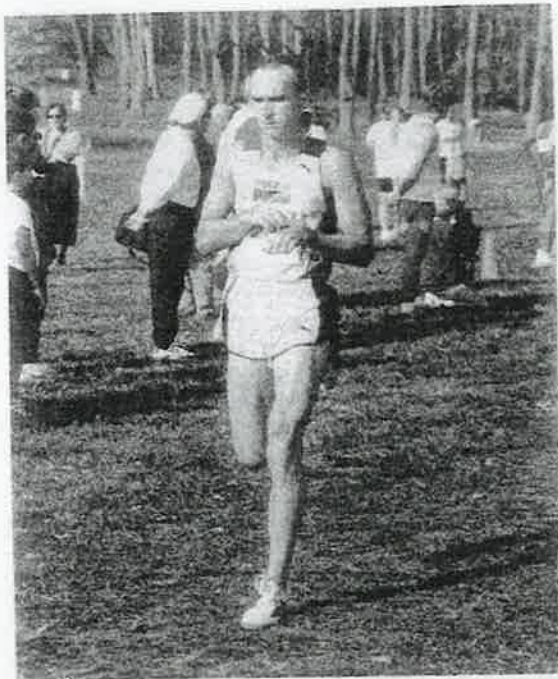
Mike Mamo: 3rd Place with 29:53 at The Great Cow Harbor 10K.



Kidane Gebremichael: 1st Place at The Wineglass Marathon.

CLUB PARTY NEWS

- The Westchester Puma Road Runners and Track Club recently celebrated its 25th Anniversary with a smashing gala party at Sam's on December 3rd, 1999. We were very pleased to see that there was a good mingling of track and road members...it's not very often that we all can get together in one place! The evening was a special one, and highlighted with much reminiscing about the past 25 years. With club shirts hanging everywhere and billboards with photos placed about the room, the party was filled with great running conversation, happy memories, and joyful music. Sam's of Gedney Way will never be the same...
- The party agenda was full; Mike Rauh, with his ever-present good humor and good spirit, and with Denis Daly's assistance, presented us with a history of our club. Thanks, Mike, for making us realize once again why we all are runners, and especially what it means to be part of an organized running club with an established history.
- Mike Barnow, Judy Anker, Steve Fusco, and Andy Kimerling helped us all to reminisce about the origins of the club, as well as many of the successes and great achievements of past and present club members. Monica gave Mike a stopwatch that not only had large numbers and an alarm, but spoke the time and temperature. So Mike, are we still on "Barnow time" for the track classes?
- Many thanks to everyone who helped with putting the party together: Judy Anker, Mike Barnow, Denis Daley, Stephen Fusco, Andy Kimerling, Alan Palestine, Mike Rauh, and Bill Rost. These were the folks who provided shirts, photos, memories, cash, and their valuable time to ensure that the party was a tremendous success.



Bob Pertak: at National Masters XC 5K.

DALY CONSTRUCTION CO.

42 BELLAIN AVENUE
HARRISON, NY 10528
914 / 835-5218

DENIS J. DALY



Nora O'Heaney: 800M Invitational at Harvard.

RECOVERIES ADVERTISING SPACE

Advertising Rates:

Size	Per Issue	Full Year (4X)
Business Card	\$40.00	\$120.00
Quarter Page	\$60.00	\$180.00
Half Page	\$90.00	\$280.00
Full Page	\$120.00	\$350.00

Our print schedule is quarterly as follows:

2000: March, June, October, December

Deadlines for submitting ads is the second month of the
May, 2000; September, 2000; November, 2000.

Send your business card or ad (on diskette or hard copy),
with your CHECK MADE PAYABLE to
Westchester Track Club, to:

Recoveries Advertising
C/O Monica Speciale
144 Main Street #16
Norwalk, CT 06851

**Recoveries* and The Westchester Road Runners Club are
not responsible for quality of workmanship represented by
our advertisers.



Jamie Kempton: 4th Place at National Masters XC 5K.



ROAD RACE RESULTS

(Omitted from previous newsletter)

September 12, 1999

Tuckahoe Challenge 1M/5M: Tuckahoe, NY
Jay Duggan 2nd Overall

September 16, 1999

Cow Harbor 10K (RCA National Championship)
Mike Mamo 29:53 3rd

October 1, 1999

Ridgefield Half Marathon: Ridgefield, CT
Sharon Vos 1:28:00 1st 40+

October 2, 1999

Sleepy Hollow 5M: Sleepy Hollow, NY
Jay Duggan 27:47 2nd

October 3, 1999

Wineglass Marathon: Corning, NY
Kidane Gebremichael 2:28:43 1st

Mack-Cali 5K: White Plains, NY
Bob Albanese 21:32

October 10, 1999

Eastchester 5K
Jay Duggan 16:35

October 17, 1999

Mohawk River Marathon
Nancy Morales 3:07:21 3rd

Staten Island Half Marathon: Staten Island, NY
Hugo Mujica (40+) 1:25:35 PR
John Samsel (50+) 1:28:12

Kurt Steiner XC 5K: Van Cortland Park, Bronx, NY
Ken Jones (65-69) 24:31 2nd

Scarsdale Historical Society 5K: Scarsdale, NY

Jay Duggan 16:29 1st
Bob Albanese 21:00

October 24, 1999

Chicago Marathon: Chicago, IL
Julie Lemmond 2:50:21 [Debut]
Sharon Vos (Masters) 2:59:31 PR

Lausanne Marathon: Lausanne, Switzerland
Tesfaye Eticha 2:12:48 1st
[Course Record]

Scarsdale Autumn Leaves 5K: Scarsdale, NY
Jay Duggan 15:59 2nd PR
Bob Albanese 19:52 PR

October 30, 1999

Race for Rehab 5K
Bob Albanese 20:57 1st Age

November 14, 1999

Tarrytown Pilgrim Run 3.8M: Tarrytown, NY
Jay Duggan 20:24 1st

November 21, 1999

Mamaroneck Turkey Trot 5M: Mamaroneck, NY
John Kortmulder 33:03 PR
Alan Palestine (60-69) 36:37 3rd

December 4, 1999

Mohegan Sun Jingle Bell Run: Trumbull, CT
Al Swenson 15:43 1st Master

December 12, 1999

Joe Kleinerman 10K: Central Park, NY
Elijah Kitur 30:38 1st Over-
all
Milka Jepchirchir 36:13 2nd F

December 31, 1999

Millenium Midnight Run: Central Park, NY
Elijah Kitur 15:23 2nd
Milka Jepchirchir 17:55 2nd

January 9, 2000

Walt Disney Marathon: Orlando, FL
Hugo Mujica 3:20:46

January 2, 2000

WRR Winter Series 5K: SUNY @ Purchase NY
Bob Cypher 41:00 3rd 70+

January 9, 2000

WRR Winter Series 5M: SUNY @ Purchase NY
Bob Cypher 69:00 2nd 70+

January 23, 2000

WRR Winter Series 10K: SUNY @ Purchase NY
Bob Cypher 1:29:00 3rd 70+

Armory Night Racing, NYC (cont'd)

800M: Men

Sec I	Jayson Brown	1:56.6 2 nd
	Peter Modifieri	1:58.6
Sec II	Conor O'Driscoll	2:03.6 2 nd
Sec III	Max Crispi	2:06.4
	Justin Reid	2:08.5
	Nick Caswell	2:11.6
	Jay Duggan	2:12.0

February 4, 2000

Millrose Games, Madison Square Garden, NY

4X800M, Sec II

800.4 1st Place

Jorge Hernandez
Jim Watson
Jayson Brown
Bill Grogan

February 5, 2000

Colgate Games, Madison Square Garden, NY

1500M: Girls 13-14

Lindsay Scherf 4:58.2 2nd

February 6, 2000

New Balance Invitational, Reggie Lewis Center, Boston, MA

4X800M, Inv.

739.4 2nd Place

Desmond English	152.6
Jayson Brown	1:55.1
Jim Watson	1:55.6
Bill Grogan	1:56.1

February 8, 2000

New England Indoor Championships, Reggie Lewis Center, Boston, MA

Invitational Mile

Jacques Sallberg 4:11.22 2nd

800M

Jim Watson 1:55.4 2nd

Jeff Watry, Age 44, our Decathlete in the Midwest:

January 15: Main East, Illinois, vs. Australia		
7 events including	H.J.	5'8"
	S.P.	36'6"
February 13:		
7 events including	P.V.	11'0"
	S.P.	11.16M
March 5: Wisconsin	P.V.	11'6"
	S.P.	36'6"

OUR FIRST NIGHT IN PRAGUE (10/28/99)

After the bus ride we thought would end never
Took more than six hours but not forever,
We found out the buffet, we were to avoid
Instead, our restaurant meal was much enjoyed.

The light control in our room with the card
Seemed not completely crazy, just odd.
Little did I think by night's end I would find
I would undergo a complete change of mind.

At dinner I did what I hadn't oughter
I drank too many glasses of water.
So when I had to go in the midst of night
How could I manage without any light?
Besides, it was our first night in the hotel
And I didn't know the bathroom layout well.
So I found myself there and groped around
Until the toilet seat I finally found.
Before I flushed it, I was really hopin'
To close the door, I thought I'd left open.
So around the wall I was again feeling
Suddenly, something was noisily peeling!
I realized I had dislodged the hair dryer
Which isn't attached to the on-off wire.
Then my wife got up and all the lights turned on
By that time, a half-hour of sleep was gone.

Next morn we learned we didn't understand
Many of the lights we could command.
Thank God we won't see such lunacy again
Our first night here must be labeled a pain!!!

By Bob Solomon
Call Bob's Ballads at 914-997-0292, for a poem.



**Abraham Golub: Cruising at 4:57
in the Masters Mile at Harvard.**

February 6, 2000Freezer 5K: FDR State Park, Yorktown, NYBob Cypher 42:00 2nd 70+Luck Seven Mile ReversibleJohn Samsel (55-59) 46:49 1st
Robert Hansen (50-54) 46:58 3rd
Jonathan Zuckerman 59:33San Blas Half Marathon, Coamo, Puerto Rico

John Kortmulder 1:51

Feb. 12, 2000Valentine's Day 5K: Central Park, NYJustin Reid 16:04
Nicholas Caswell 18:01
John Samsel 19:30
Robert Hansen 20:10
Salvatore Carretta Jr. 22:35**February 20, 2000**Freezer 5M: FDR State Park, Yorktown, NYBob Cypher 69:00 1st 70+Al Gordon 5Miler: Central Park, NY

Jonathan Zuckerman 45:44

February 26, 2000Snowflake 4M: Central Park, NY

Jonathan Zuckerman 33:04

INDOOR TRACK RESULTS**December 12, 1999**Seton Hall Open, S. Orange, NJ**Mile: Women**

Linda Brown 5:58.4

Mile: MenJayson Brown 4:18.6 1st

Jay Duggan 4:40.5

500MAdina Valdez 1:15.0 1st**800M, Sec II, Women**Sue Menz 2:32.8 4th**800M, Sec I, Men**Jayson Brown 1:59.8 1st**1000M**Nora O'Heaney 3:09.7 1st**January 23, 2000**Greater Boston Track Club Invitational

(Harvard Lloyd banked track)

3000M

Sharon Vos 11:20

Nancy Morales 11:26

3000M, Sec IIMarc Reider 8:40.2 2nd

Brian Fullem 8:55.2

800M

Sue Menz 2:37.9

800M, Sec IIIJim Watson 1:56.3 3rd

Pete Modifieri 1:57.9

Mile: Women**Sec II** Tanya Sotillo 5:08.7 2nd**Sec III** Lisanne Rodgers 5:34.8**Sec IV** Linda Brown 5:56.8**Mile: Men****Sec II** Bill Grogan 4:15.4 1st**Sec IV** Max Crispi 4:39.8

Jay Duggan 4:40.4

Masters 800MAl Swenson 2:11.7 1stBob Pertak 2:21.4 4th**Women's Invitational 800M**

Nora O'Heaney 2:16.7

Masters Mile: Men

Al Swenson 4:45.8

Abraham Golub 4:57.6

Robert Brush 4:58.2

Masters Mile: WomenSharon Vos 5:56.8 2nd**February 10, 2000**Armory Night Racing, NYC**Mile: Women**

Sharon Vos 5:44.9

Mile: Men**Sec I** Conor O'Droscoll 4:31.5**Sec II** Justin Reid 4:34.5

Jim Watson 4:42.1

Jay Duggan 4:44.1

400M

Jim Watson

800M: Women

Adina Valdez 2:18.6

Nora O'Heaney 2:19.4

Lisanne Rodgers 2:31.1

Sue Menz 2:31.8