



FPRR Newsletter

OCTOBER 17, 2011

VOLUME 6, NUMBER 1



Tip: Running is one of the best forms of exercise for losing or maintaining a consistent weight. .

Reminder:
SEPT
MEETING
Sun,
10/23/11
9:00 am, at
the park
house

Next meeting: tba

E-mail
bonnie@forestparkrunners.org

jack@forestparkrunners.org

We're on the Web!
www.forestparkrunners.org

It's time to fall into better running!

Hopefully all of you are enjoying this great running weather and have gotten ready for your favorite fall events. We continue to have our regular weekend runs at 8 am on Saturdays, Sundays and holidays. Our next meeting is Sunday 10/23 at 9:00 am at the park house after our run. There are many things to cover at our meeting: upcoming elections (it looks like a horse race with Jack, Alex and Ed all vying for president), the Charter update (not too late to join the committee and copies will be available at the meeting) a recap of the 5k race for the Forest Park Trust, etc. and even planning our future racing commitments. So many reasons to come on out and Good Running to all of us!

New York City Marathon

The Marathon is on 11/6/11 this year and, as always, FPRR has a very strong team. The team is: Liz Acosta, Peggy Barclay, Jack Berger, Mitch Coven, Alex Gonzalez, Josefine Infante, Khemdat Jainarain, Nike Mizelle, Max Rodriguez, Pauline Seto, Danny Shum, Pauline Tang and Vince Vacarro. (These are the people registered as FPRR members, if you do not see your name it is either because you listed no team or another team.) Please come to the meeting or give a shout out if you are participating so we may cheer for you as our club as we have great participation for this event as runners and spectators. Once again, Bryon has graciously offered to be our driver.

Post Marathon Party

Speaking of the Marathon, we have no current plans for a Post Marathon dinner. But we were contacted by a local restaurant that would like to be our official pre/post pasta provider. More at the meeting.

Forest Park Trust 5k

We will get a full accounting at our meeting and discuss certain improvements for next year. We also would like to thank the volunteers as they helped make it a successful event.

Apparel

Come to our next meeting to pick up your team hats, shirts. All new members are entitled to a hat at sign up and some of you have not gotten them just yet. The shirts are \$15 for paid members. And of course, they look fabulous! As cooler weather is on the way, we have fleece hats (\$15) and will take orders with a deposit (\$40) for track jackets. (The total for jackets with the embroidery is \$70.) Be aware we do not order jackets often so don't miss out.

Hello and Goodbye

A warm welcome to our newest members Eric Carlson, Mercedes Goodwell, and returning member Alyssa Adomaitis. We look forward to running with all of them.

Tip: For women, running can actually help to lower your risk of breast cancer.



Forest Park Runners
PO Box 210321
Woodhaven, NY 11421

E-mail
bonnie@forestparkrunners.org

jack@forestparkrunners.org

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Good and Welfare

Alyssa just had foot surgery, so while the spirit is willing, the feet are not fleet.

FPRR just stormed the Midwest with Pauline Seto running Chicago and Roseanne Heil running Detroit.

Upcoming Races

Next up There are quite a few races in the near future: the Norwegian Festival of races on 10/1 (with tasty bagels and lox to follow), the Forest Park Trust 5k on 10/2. And we still have the Staten Island half on 10/9 as well as the Wildlife Conservation Society 5k at the Aquarium and the Marathon kick off on 10/30. Of course there are many local events as well. So many races, so little time.

Travel

Next up are Mississippi and Miami for winter races. Interested in the Blues or South Beach? Contact Pauline Seto for MS and Tom Brogan for FL. If you would like to organize an event or publicize one, email bonnie@forestparkrunners.org.

Social Schedule

If you would like to suggest or organize a social outing, let us know!

Holiday Party

The Holiday Party has not been set. Last year's event at Carosello was Sold Out and everyone had a great time, but Carosello has now closed and we will need a new venue. Hopefully, our Sunshine Coordinator has started to investigate. More at our meeting.

Contacts

We have had lots of new members join this year and some old ones drop out. It means that the contact list distributed last year is very much out of date. Bonnie is working on the new one which as always is available to paid members. If you do not want your name and information included, you must opt out. If your information has changed in the past year, please give her a current update.

Have you paid your dues lately?

Dues Renewal time is in January: \$10 for regular members renewal, \$5 for seniors (\$20 to join, membership includes the team cap). A bargain! If you need clarification on your payment history, please speak with the treasurer or write to treasurer@forestparkrunners.org Aside from the costs of the newsletter, etc, dues allow us to continue to have bagel breakfasts and defray the costs of team apparel. So download the form <http://forestparkrunners.org/membership.htm> and send it today! (Any officer can accept payment for those of you who wish to pay in person.). Also, while new members must apply with paper, renewals can be done with paypal and some have already taken advantage.

NYRR Team Points Races

2011 NYRR Club Point schedule:

- o Coogan's Salsa, Blues & Shamrock's 5K (March 6th)
- o Scotland Run 10k (April 10th)
- o Brooklyn Half Marathon (May TBD)

- o NY Mini 10K (Women Only) (June 11th)
- o Portugal Day 5M (Men Scored Only) (June 19th)
- o Central Park Conservancy 4M (July 16th)
- o Club Championships 5M (double Points) (August 6th) **It was voted that the women's open category will score 10 runners. (Last year women's open only scored 5 runners). All other categories will remain the same as last year.**
- o Harlem 5K (August 20th) **(cancelled)**
- o Fifth Ave Mile (September 24th)
- o Norway Run Half Marathon (October 1st)
- o ING NYC Marathon (November 6th) **To qualify for team scoring for the ING New York City Marathon, the team must have scored in a club points race spanning the prior year's marathon to the current year's marathon**
- o Joe Kleinerman 10K (December 4th)

Of course there are many local events that you have been receiving by email. So many races, so little time. Make sure that you include FPRR on your race entry. (If you forget, NYRR can fix *prior* to gun time.)

New York Road Runners for 2011

- Number pickups for the weekly races do not require letters of authorization. Kindly make sure the person who you pick up for knows that the number is being picked up by you. (Cool tip from Nike for last minute situations: take the section for t-shirt pickup, leave the rest.)
- The NYCM database is different than the general database, so team affiliation does not carry over. Each team member running the marathon should check their marathon profile to make sure it includes team FPRR.
- Policy changes to guaranteed entry for the marathon: you may no longer defer indefinitely, it will now be only once and then the runner must re-qualify. Also on the chopping block will be guaranteed entry after 3 lottery denials; you will just have to keep trying. There are others and details such as the now-required-volunteering for a race are available on the www.NYRR.org website.
- NYRR has eliminated all memberships except the yearly variety (of course existing ones continue to be honored) and is now limiting size in the Central Park races. So make sure to get your registration in early!
- There will be A & B divisions for the women's open division. Clubs may choose which division they are competing in. Team captains representing a team in the women's open division, please email teammailing@nyrr.org to request to be in the A division or the B division

Articles and Graphics

If you would like to contribute an article to the Newsletter or a photo to the Website, contact Bonnie at Bonnie@forestparkrunners.org.

Note: all photos must be digital or scanned for uploading to the website or the newsletter. Facebook uploads may be done by all members.

Email Access

If you would like to be more connected to club activities then email access is a

must. For those of you without computers, consider getting a free account like with hotmail.com or yahoo.com and checking once or twice a week at the library. As an added bonus, the club saves about \$5 per year per person, not to mention a couple of trees.

Race Results

This section is now prepared by Pauline Seto. She carefully culls the NYRR.org race results. And while she is pretty special, she is not clairvoyant. So, if you would like to add other events and race times please contact her directly at RaceResults@forestparkrunners.org, even better—remember to put your team FPRR on your NYRR entry!

RACE	DATE	DIST.	RUNNER	FINISH	AGE PL.
Fitness/Male	09.17.11	4M	Khemdat Kainarain Thomas Fitzgerald	23:28 47:45:00	3rd
Fitness/ Female	09.17.11	4M	Bonnie Harper Margaret Carinci Nike Mizelle	40:05:00 43:41:00 45:50:00	2nd 6th
Yonkers	09.18.11	26.2M	Pauline Tang	4:17:52	3rd
Rock 'N Roll Philly	09.18.11	13.1M	Marilyn Charles Jack Berger Ben Mandel	1:37:34 2:15:43 2:51:41	
Komen Race	09.18.11	5K	Chris Watkins	32:17:00	
5th Ave Mile	09.24.11	1M	Karimah Nichols Marge Carinci	6:51 9:25	
Tune Up	09.25.11	18M	Danny Shum Alex Gonzalez Pauline Tang Josefine Infante Nike Mizelle	2:45:08 2:51:32 2:55:56 4:02:51 4:08:45	4th
Tunnel/Tow ers	09.25.11	5K	Margaret Barclay Pauline Seto	41:26:00 35:19:00	
Greta Gallop	10.01.11	13.1M	Alex Gonzalez Pauline Tang Nike Mizelle	1:50:53 1:56:45 2:45:37	5th
Norway Run	10.01.11	1.7M	Pauline Seto	18:52	
Run 4 Wild	10.09.11	5K	Chris Watkins	28:57:00	PR
SI Half	10.09.11	13.1M	Danny Shum Alex Gonzalez Pauline Tang Max Rodriguez Jack Berger Josefine Infante	1:43:00 1:49:10 1:55:53 2:08:01 2:23:10 2:49:34	
Chicago	10.09.11	26.2M	Pauline Seto	4:26:08	

