



# FPRR Newsletter

JUNE 20, 2010

VOLUME 4, NUMBER 7



*Tip: Recent studies show that strength training 2x or more per week will maintain strong muscles and bones. More intense activity (like running) promotes weight loss.*

Reminder:

JUNE MEETING

Sun, 6/23/10

LAST REGULAR

MEETING BEFORE

SUMMER!!!

Forest Park Runners  
PO Box 210321  
Woodhaven, NY 11421

**E-mail**  
[bonnie@forestparkrunners.org](mailto:bonnie@forestparkrunners.org)

[jack@forestparkrunners.org](mailto:jack@forestparkrunners.org)

We're on the Web!  
[www.forestparkrunners.org](http://www.forestparkrunners.org)

## We need you and your vote

Our next meeting is on 6/23 at 7 pm at Morrison's Bar and Restaurant and Bar in Forest Hills, one of our sponsors. 101-17 Metropolitan Ave., Queens, NY 11375 (additional details on facebook) While our president, treasurer and secretary are running unopposed, we have a horse race for vice-president as members Pauline Seto and Alex Gonzalez have both expressed an interest in the position.

## Our Annual Race

The race is now behind us; it was held this year on May 16, 2010. It was fantastic and we had terrific weather. Our members really pulled together, we brought new sponsors on board for some money to a worthy charity. We would like to thank our Race Director, Frank Gallo for a job well done. More, including treasury report, at the meeting.

## Have you paid your dues lately?

Dues are to be paid at the beginning of the year, or for new members, at sign-up. \$20 for new members (includes team cap), \$10 for renewals, \$5 for seniors. A bargain! Aside from the costs of the newsletter, etc, dues allow us to continue to have bagel breakfasts and defray the costs of team apparel. Download the form <http://forestparkrunners.org/FKmembershipAPP200.pdf> and send it today!

**Note: If are not current for 2010, this will be your last newsletter and you will be removed from the distribution list and Facebook.**

## Summer Series

We are looking forward to our 1 mile race series. It has been very successful and brings the community together. (On our behalf, it's brought us some new members.) We are back to using the main road and will start on 7/15 for three Thursdays. More at the meeting.

## Hello and Goodbye

We have a lot of new member activity. We would like to extend a warm welcome to newest members Atina Bazin, Laura Litterello-Mancini, Toby Simpson and Sarah Baxter. We also welcome back Ashling Coleman. So many new faces, the rest of us will have to get out more... We look forward to running with all of them.

## Racing

The club is taking the team points races very seriously this year and we are having a fantastic turnout for the first few of the year. We are successfully fielding teams in the Open, Masters and Veterans categories for Male and Female. Keep up the good work! We are also enjoying some local events and look forward to continued suggestions to travel in the neighborhood.

## **New York Road Runners for 2010**

As of 2008, there were big changes to guaranteed entry for the marathon. Details on the now-required-volunteering for a race are available on the [www.NYRR.org](http://www.NYRR.org) website. The changes are also summarized at [www.forestparkrunners.org/activities.htm](http://www.forestparkrunners.org/activities.htm)

Also, 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! Team points races include: Coogan's Salsa, Blues, and Shamrock, March 7, 2010 (5K); Scotland Run, April 3, 2010 (10K); Healthy Kidney, May 15, 2010 (10K); NYRR Mini, June 12, 2010 (10K); WABC Father's Day Fight Against Prostrate Cancer, June 20, 2010 (5M); CPC Run for Central Park, July 11, 2010 (4M); NYRR Team Championships, August 7, 2010 (5M); Fitness Mind, Body, Spirit Games, September 11, 2010 (4M); Norwegian Festival, October 2, 2010 (13.1); ING New York City Marathon, November 7, 2010 (26.2 M); NYRR Joe Kleinerman 10K December 5, 2010 (10K)

Make sure that you include FPRR on your race entry. (If you forget, NYRR can fix *prior* to gun time.)

## **Online**

We are now on Facebook! If you would like to join our group, make the \*friend\* request at the site. It is called Forest Park Runners Club. It is open to all with paid memberships. Only portions are visible to non \*friends\*.

## **Good and Welfare**

It seems the membership is fairly healthy and running at the moment. It should be a fun summer.

## **Travel**

Recently the club ran the ING Ottawa Half Marathon in Canada. They had a great time as did the member/spectators. Next up is the Chicago Rock and Roll Half Marathon in August. On deck are other destination races, such as the Philadelphia Half in September and Amica Marathon and Half in Newport, RI in October. Would you like to travel? Or perhaps you have a race in mind? Let's discuss. After all, we have shoes, will travel.



Tip: Once in a while,  
throw your high-tech  
clothing in the dryer.  
That way, you won't  
lose the special  
wicking properties, but  
you will lose the odor.

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## Apparel

The running caps are in!! Windproof, water resistant and breathable, they are just what was needed for summer. Paid members may get a subsidized one for \$10 for the first cap and \$15 thereafter. (New members get one upon joining) Member Lori Diamond has tested one and rated it FANTASTIC! We also have other apparel available. If you would like to purchase, see Bonnie.

## Social Schedule

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

## Race Results

This section is prepared by Tom Brogan. He carefully culls the NYRR.org race results and for those who tell him, other races. And while he is pretty special, he is not clairvoyant. So, if you would like to add other events and race times please contact him directly at [RaceResults@forestparkrunners.org](mailto:RaceResults@forestparkrunners.org), even better—remember to put your team FPRR on your NYRR entry!

Race	Date	Distance	Runner	Partner	Finish	Age Place
JFK Runaway	4/18/10	5K	Alex	Gonzalez	22:23	
JFK Runaway	4/18/10	5K	Karen	Rose	26:30:00	3rd
JFK Runaway	4/18/10	5K	Pauline	Tang	27:02:00	
Run As One	4/18/10	4M	Mitch	Coven	33:55:00	
Run As One	4/18/10	4M	Pauline	Seto	38:27:00	
Run As One	4/18/10	4M	Sandra	Jeet	38:27:00	
Run As One	4/18/10	4M	Nike	Mizelle	43:44:00	4th
More/fitness Half	4/25/10	13.1	Nike	Mizelle	2:45:35	3rd
Alley Pond 5M	4/25/10	5M	Tom	Brogan	35:07:00	3rd
Alley Pond 5M	4/25/10	5M	Alex	Gonzalez	37:25:00	3rd
Alley Pond 5M	4/25/10	5M	Danny	Shum	39:06:00	
Alley Pond 5M	4/25/10	5M	Pauline	Seto	44:58:00	
Alley Pond 5M	4/25/10	5M	Karen	Rose	47:18:00	
Alley Pond 5M	4/25/10	5M	Wilson	Vargas	48:48:00	1st
Alley Pond 5M	4/25/10	5M	Jack	Berger	57:44:00	
Alley Pond 5M	4/25/10	5M	Margaret	Carinci	57:45:00	1st
Riverdale Ramble	5/2/10	10K	Pauline	Seto	1:00:16	3rd
Riverdale Ramble	5/2/10	10K	Wilson	Vargas	1:03	1st
Riverdale Ramble	5/2/10	10K	Jack	Berger	1:05	
R Baby 4M	5/9/10	4M	Thomas	Brogan	28:07:00	
R Baby 4M	5/9/10	4M	Alex	Gonzalez	30:15:00	
R Baby 4M	5/9/10	4M	Alan	Sangeap	33:22:00	
R Baby 4M	5/9/10	4M	Mitch	Coven	34:06:00	
R Baby 4M	5/9/10	4M	Nike	Mizelle	44:31:00	4th
LI Half		13.1M	Danny	Shum	1:54:00	
LI Half		13.1M	Nike	Mizelle		
Healthy Kidney	5/15/10	10K	Alex	Gonzalez	47:11:00	

Healthy Kidney	5/15/10	10K	Telesforo	Rodriguez	49:46:00	
Healthy Kidney	5/15/10	10K	Mitch	Coven	56:03:00	
Healthy Kidney	5/15/10	10K	Barry	Quinn	57:06:00	
Healthy Kidney	5/15/10	10K	Karen	Rose	57:32:00	
Healthy Kidney	5/15/10	10K	Jack	Berger	59:56:00	
Healthy Kidney	5/15/10	10K	Margaret	Barclay	1:02:34	
Healthy Kidney	5/15/10	10K	Bonnie	Harper	1:08:14	3rd
Healthy Kidney	5/15/10	10K	Nike	Mizelle	1:12:44	
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Brooklyn Half	5/22/10		Pauline	Seto	2:07:11	
Brooklyn Half	5/22/10	13.1	Pauline	Tang	2:10:02	
Brooklyn Half	5/22/10	13.1	Nike	Mizelle	2:45:09	1st
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Ottawa Half	5/30/10	13.1	Marilyn	Charles	1:33:06	2nd
Ottawa Half	5/30/10	13.1	Pauline	Seto	2:01:20	
Ottawa Half	5/30/10	13.1	Jack	Berger	2:18:15	
Ottawa Half	5/30/10	13.1	Wilson	Vargas	2:28:50	5th
Ottawa Half	5/30/10	13.1	Tom	Brogan	DNF	injury
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Japan Day	6/6/10	4M	Jainarain	Khemdat	23:38	
Japan Day	6/6/10	4M	Telesforo	Rodriguez	33:41:00	
Japan Day	6/6/10	4M	Mitch	Coven	36:44:00	
Japan Day	6/6/10	4M	Sandra	Jeet	37:08:00	
Japan Day	6/6/10	4M	Alan	Sangeap	39:47:00	
Japan Day	6/6/10	4M	Nike	Mizelle	47:02:00	
Japan Day	6/6/10	4M	Pauline	Seto	47:03:00	
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NY Mini 10K	6/12/10	10K	Pauline	Seto	54:58:00	
NY Mini 10K	6/12/10	10K	Pauline	Tang	57:39:00	
NY Mini 10K	6/12/10	10K	Karen	Rose	1:00:43	
NY Mini 10K	6/12/10	10K	Elizabeth	Acosta	1:01:43	
NY Mini 10K	6/12/10	10K	Margaret	Barclay	1:03:38	
NY Mini 10K	6/12/10	10K	Nike	Mizelle	1:11:55	2nd
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Team Brickwell	6/13/10	5K	Danny	Shum	22:47	
Team Brickwell	6/13/10	5K	Mitch	Coven	26:45:00	
Team Brickwell	6/13/10	5K	Jack	Berger	29:49:00	
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JP Morgan Chase Corporate Challenge	6/16/10	3.5 M	Bonnie	Harper	35:06:00	

### **BIG, BIG changes at New York Road Runners**

There have been changes to guaranteed entry for the marathon. Details on the now-required-volunteering for a race are available on the [www.NYRR.org](http://www.NYRR.org) website. Team competition has also changed markedly. For a complete summary: [www.forestparkrunners.org/activities.htm](http://www.forestparkrunners.org/activities.htm)

### **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](mailto:Bonnie@forestparkrunners.org).

Note: all photos must be digital or scanned for uploading. 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 gmail.com or yahoo.com and checking once or twice a week at the library. As an added bonus, the club saves about \$5 per person per year, not to mention a couple of trees.