



FPRR Newsletter

MARCH 4, 2010

VOLUME 4, NUMBER 5



Reminder:

March Mtg.:

Sun, 3/14/10

(mtg at new location)

Apr mtg: TBD

Forest Park Runners

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

Spring is around the corner

The days are finally getting longer and (a bit) warmer and we are looking forward to spring training and Forest Park events. Remember to change your clocks on 3/14 (also the day of our meeting!) and *spring ahead*. There are many things to cover at our meeting: elections (particularly as our Vice President slot is currently vacant), our 4 mile race, planning our racing commitments (NYRR and others), volunteering for Park Days and proposed outings. Remember: Dues are now due for 2010! All you runners (and walkers) should continue to show up on Saturdays and Sundays at 8 am sharp! (We will discuss the Wednesday evening runs as well; we are waiting for more light.) We look forward to training with you. Good Running to all of us!

Have you paid your dues lately?

Dues are to be paid at the beginning of the year, or for you new members at the time of signing up. \$20 for new members, \$10 for regular member renewals, \$5 for seniors. A bargain! Aside from the costs of the newsletter, etc, dues allow us to continue to have bagel breakfasts, defray the costs of team apparel and subsidize events. So download the form <http://forestparkrunners.org/membership.htm> and send it today!

Club Involvement

Many of you have noticed the behind the scenes work that make our club *run* smoothly and have thought about getting a little more involved, but didn't know where to start. As mentioned above, we are looking for a new Vice President. The job is rather uncomplicated basically requires attendance at NYRR meetings or other events when our President is unavailable.

We are also looking for someone to assist with the website, frankly it is a two person job, as making the updates are simple, but finding the time to do it is not.

And finally, we are looking for a lieutenant race director. There are lots of things on race day(s) needing attention and while they get done, it is better with two.

Hello and Goodbye

We welcome new runners Benjamin Mandel, Tasos Drallio, Pauline Tang, Marc Von Braunsberg, Karen Rose, and Lisa Dixon. They look very motivated and have been ready to race. We look forward to running with them.

We also say goodbye to Steve Dreier who is relocating but in New York City, so we will see him at the races.

Good and Welfare

The past few months have not been so kind to the membership. We extend our condolences to Diane Ditchfield who lost her father, Frank Gallo who lost his father in law and Ben Mandel who lost his mother.

Speaking of parents, Bonnie's mother had surgery and is now starting chemotherapy—so far, so good.

We also note that Ben Carinci had surgery to his nose, which went well and Carol Markowitz was hospitalized for an infection following surgery. We hope by the time of mailing, Carol will have been discharged.

Our Race

Our race is rapidly approaching and lots of work still needs to be accomplished. This year it is to be held on May 16, 2010. We are going to cover a lot of things about the race at the meeting, including race advertising and where we stand with sponsorships, so please do not miss it. Things are moving along though and online entry is available from www.Active.com. We are still looking for sponsors; due to the economy, we have lost several. Please get out there and ask a merchant or two. Everything is appreciated; it doesn't have to be cash. Sponsor letters and applications should be available at the meeting. Sponsors can also submit coupons or flyers which we will enclose in the goodie bags. Also, we need **everyone** to post a few applications, they will soon be available for download from our website at <http://forestparkrunners.org> For further information, contact our 2010 Race Director, Frank Gallo: fgallo1@nyc.rr.com.

Runners and Member of the Year

This year's party was held in February. The turnout was incredible, in fact, it was Sold Out! We filled every seat and the event was very successful. We would like to thank our Sunshine Coordinator, Ben Carinci for his involvement in spearheading this event. There are pictures available on Facebook on the group page, Forest Park Runners Club.

We also recognized a few members who went the extra mile (literally and figuratively) Alex Gonzalez was our Male Runner of the Year. Pauline Seto repeated as our Female Runner of the Year. Tom Brogan was honored as the Member of the Year. Congratulations to all!

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 website. The changes are also summarized at 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.)

Apparel

We have apparel available, including the new and toasty fleece hats, \$15 for paid

members. If you would like a singlet, t-shirt or other head gear, see Bonnie. Also, if you want to order a track jacket, bring \$40 to the meeting as a deposit.

Volunteering for Parks

Forest Park is looking for volunteers for activities, including one on May 15th the day before our race. As we get more information we will pass on to the membership.

Race Results

This section is now prepared by Tom Brogan. He carefully culls the NYRR.org race results. 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, even better—remember to put your team FPRR on your NYRR entry!

Race	Date	Dist	Runner	Finish	Age Pl.
Joe Kleinerman 10K	12/6/2009	10K	Tom Brogan	47:34:00	
Joe Kleinerman 10K	12/6/2009	10K	Danny Shum	51:49:00	
Joe Kleinerman 10K	12/6/2009	10K	Steven Dreier	58:37:00	
Joe Kleinerman 10K	12/6/2009	10K	Pauline Seto	1:03:42	
Joe Kleinerman 10K	12/6/2009	10K	Jack Berger	1:05:13	
Joe Kleinerman 10K	12/6/2009	10K	Nike Mizelle	1:08:11	3
Joe Kleinerman 10K	12/6/2009	10K	Maricela Crespi	1:08:46	
Holiday 4M	12/13/2009	4M	Pauline Seto	40:55:00	
Holiday 4M	12/13/2009	4M	Nina Kulkarni	49:51:00	
Ted Corbitt 15K	12/19/2009	15K	Alex Gonzalez	1:19:34	
Ted Corbitt 15K	12/19/2009	15K	Frank Stonitsch	1:38:33	PR
Ted Corbitt 15K	12/19/2009	15K	Nike Mizelle	1:48:14	1st
Ted Corbitt 15K	12/19/2009	15K	Pauline Seto	1:53:20	
Ted Corbitt 15K	12/19/2009	15K	Nina Kulkarni	2:16:45	
Fred LebowClassic	1/9/2010	5M	Margaret Barclay	49:02:00	
Fred LebowClassic	1/9/2010	5M	Elizabeth Acosta	49:16:00	
Fred LebowClassic	1/9/2010	5M	Nike Mizelle	57:19:00	
Walt Disney Mara.	1/10/2010	26.2	Pauline Seto	4:29:45	
Manhattan Half	1/24/2010	13.1	Khemdat Jainarain	1:23:28	
Manhattan Half	1/24/2010	13.1	William Ashe	1:47:58	
Manhattan Half	1/24/2010	13.1	Alex Gonzalez	1:50:17	
Manhattan Half	1/24/2010	13.1	Frank Stonitsch	2:18:45	
Manhattan Half	1/24/2010	13.1	Alan Sangeap	2:32:55	
Manhattan Half	1/24/2010	13.1	Nike Mizelle	2:43:06	1st
Miami Mara.	1/31/2010	26.2	Alex Gonzalez	3:56:06	
Miami Half	1/31/2010	13.1	Tom Brogan	1:47:01	
Miami Half	1/31/2010	13.1	Pauline Seto	2:07:24	
Miami Half	1/31/2010	13.1	Sandra Jeet	2:10:45	
Miami Half	1/31/2010	13.1	Bonnie Harper	2:22:38	
Miami Half	1/31/2010	13.1	Jack Berger	2:29:07	
Miami Half	1/31/2010	13.1	Karen Rose	2:29:31	
NYRR Gridiron	2/7/2010	4M	Elizabeth Acosta	38:04:00	
NYRR Gridiron	2/7/2010	4M	Nike Mizelle	45:03:00	3rd

Cherry Tree 10 Miler	2/21/2010	10M	Marilyn	Charles	1:14:00	
Cherry Tree 10 Miler	2/21/2010	10M	Tom	Brogan	1:16:04	
Cherry Tree 10 Miler	2/21/2010	10M	Sandra	Jeet	1:34:14	
Cherry Tree 10 Miler	2/21/2010	10M	Pauline	Tang	1:40:04	
Cherry Tree 10 Miler	2/21/2010	10M	Wilson	Vargas	1:49:41	2nd
Cherry Tree 10 Miler	2/21/2010	10M	Pauline	Seto	1:49:57	

Al Gordon	Snow flake	2/28/2010	4M	Thomas	Brogan	28:19:00
Al Gordon	Snow flake	2/28/2010	4M	Elizabeth	Acosta	37:33:00
Al Gordon	Snow flake	2/28/2010	4M	Andres	Ledesma	44:35:00

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*.

Travel

The Miami trip was very successful. Our next scheduled trip is to Ottawa. However, there is time for something a little more local, we just need a suggestion. If you would like to get on board, organize an event or publicize one, email jack@forestparkrunners.org.

Social Events

If you would like to plan event, please notify Bonnie or Jack for promotion.

Articles and Graphics

We welcome contribution of articles to the Newsletter and photos to the Website. Contact Bonnie at Bonnie@forestparkrunners.org. All photos must be digital or scanned for uploading. Facebook uploads may be done by all.

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.