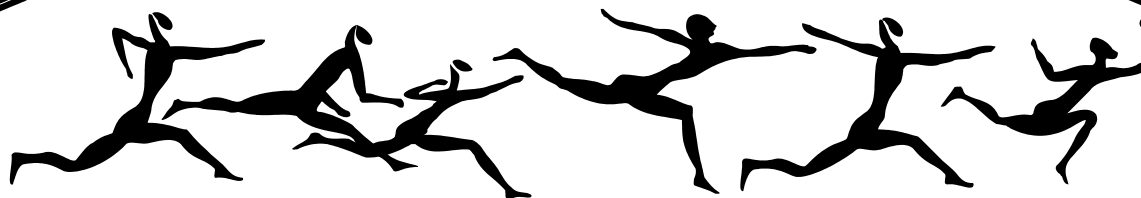


Club No 590694



Running Smoothly



MASSAPEQUA ROAD RUNNERS

P.O. Box 189 Massapequa Park, New York 11762

MRR Website: www.massapequaroadrunners.org

April 2011

Volume 31



Number 9

CLUB OFFICERS

President	Diane DeLissio	631-587-3202
Co-1st Vice President/Volunteer Coordinator	Annette Gangitano	631-598-8505
Co-1st Vice President/Volunteer Coordinator	John DeLissio	631-587-3202
2nd Vice President/Race Coordinator	Paul Letosky	516-286-1734
Co-Treasurer	Paula MacCulloch	
Co-Treasurer	Warren Vandewater	516-794-3138
Recording Secretary	Margarita Hernandez	516-798-3537
Corresponding Secretary	Linda Zimmermann	516-378-5935
Web Master	Bruce Zimmermann	516-378-5935
Firecracker Race Director	Alex Flyntz	516-796-1900
Merchant Mile Race Director	Gene Leahy	516-221-3947
Refreshment Coordinator	Michelle Ackerman	516-694-0004
Guest Speaker Coordinator	Rosemary Reinis	631-598-1969
Clothing Coordinator	Karen Conkling	516-795-9576
Medical Director	Dr. Edward Fryman	516-221-5982
Medical Director	Dr. Jeff Poplarski	631-598-7034
Blood Drive Director	Gene Leahy	516-221-3947
Membership Coordinator	Irene Drezen	516-798-1729
Newsletter Editors:	Anthony Segarra, Joe Ninesling, Dennis Boyd	
Advisory Board:	Dennis Boyd, Irene Drezen, Warren Drezen, Greg Karl, Gene Leahy, Anthony Segarra, Bruce Zimmermann	

Club Meetings - Massapequa Park Village Hall
 General Meeting - Tuesday April 12, 2011 7:30pm
 Guest Speaker - Anthony Narcisco of Mizuno
 Board Meeting - April 21, 2011 7:00pm
 Our Club is not complete without "U"

April '11



- ◆ **April 12** **General Meeting - Massapequa Park Village Hall**
Tues 7:30pm Front Street, Massapequa Park (Basement)
Guest Speaker: Anthony Narcisco of Mizuno
- ◆ **April 21** **Board Meeting - Massapequa Park Village Hall**
Thurs 7:00pm Front Street, Massapequa Park (Basement)
- ◆ **April 27** **Spring Pasta Party**
Weds 7:00pm The Irish Cottage. Contact: Marilyn Jameson @ 631-226-4782
- ◆ **April 29,30** **Marathon Expo**
Fri 3-8pm Eisenhower Park
Sat 10-4pm Volunteers Needed.
- ◆ **May 1** **Long Island Marathon / Festival of Races**

Sun 8am Eisenhower Park, East Meadow. Volunteers needed for packet handout, on race day at the finish line and on the course. Good Luck to all runners. Whether you run the full, the half, or just cheer on your friends and fellow club members, be sure to join the post race party in the area just outside the runner refreshment area. Club members can enjoy cold beverages with BBQ hot dogs, as they trade race stories.
- ◆ **May 10** **General Meeting - Massapequa Park Village Hall**
Tues 7:30pm Front Street, Massapequa Park (Basement)
Massapequa Road Runners, The Past 25 Years video will be shown
- ◆ **May 14** **WhiteWater Rafting Trip "Rescheduled!!!!"**

Sat 5:45am Joe Ninesling is coordinating the annual Rafting trip on the Lehigh River through the Lehigh Gorge State Park in Whitehaven, PA. Join in for a 4 hour guided trip with Whitewater Challengers on Saturday, May 14, 2011. Full payment of \$65.00, make check & send out to: Joe Ninesling, 8 Dante Place, Amityville, NY , 11701.(does not include wetsuit which is rented that day).
Contact Joe @ 631-842-1374 or E-mail @ runraft@aol.com.
- ◆ **May 19** **Board Meeting - Massapequa Park Village Hall**
Thurs. 7pm Front Street, Massapequa Park (Basements)

**VISIT WWW.MASSAPEQUAROADRUNNERS.ORG
FOR UPDATED SCHEDULING AND CLUB INFORMATION**

Running Smoothly Newsletter Editors want to print material from its members.

Let us know what events you have participated in.

E-mail your articles, pictures or news to Tony Segarra @ strapmantheone@yahoo.com

We are asking all our club members to come out and assist the Club in making the 2011 Firecracker 5K the best race ever. For that reason, Alex Flyntz, the race director, and your volunteers coordinators, Annette Gangitano and John Dellissio are already hard at work forming committees for the many tasks and duties that need to be performed to make this race run like clockwork. Therefore, we ask that we have 'all hands on deck' for the Club's most important day of the year. Below is the list of committees we have formed along with the number of volunteers and the time frame required for each committee. We are also requesting a volunteer to step up to the plate and act as as "Committee Captain" for each committee. Having a committee captain for each committee will help to make for a more simplified and organized work flow for Alex, Annette and John, and all of our club members.

Please review the list and sign up for the committees of your choice by contacting either Annette or John via e-mail. In addition, please indicate your interest in acting as a Committee Captain. A Committee Captain simply entails acting as the 'go to' person between your committee members and the volunteers coordinators. Please note that you can sign up for as many committees as will accommodate the the time frames for each committee and your own availability that day."

Note to club members running the race. For those club members who plan to run the Firecracker the club would greatly appreciate it if you could volunteer either 2 hours before the race, or 2 hours after the race. This the club's biggest event and we really need your help.

Pre-Race number Pick up at Runners Edge on Saturday, June 25th. Captain and 4 volunteers
2 volunteers from 12PM to 2PM and 2 volunteers from 2PM to 4PM

Registration Committee Captain and 10 volunteers

6 volunteers for Pre-registration and 4 volunteers needed for 'Day Of Registration from 1PM to 5PM.

Childrens' Race Committee 10 volunteers

Registration positions have been already assigned. We need 4 volunteers to act as course monitors and 6 monitors to assist in awards distribution to the children at the finish line from 4PM to 4:45PM.

Tent Set Up at Registration Desk Captain and 8 volunteers from 11AM to 2PM.

Tent Break Down at Registration Area Captain and 9 volunteers from 5PM to 7PM.

Clothing Sale Committee Captain and 1 volunteer to work from 2PM to 5PM at the Registration Area and 1 volunteer to cover the second shift at the awards area from 5PM to 7PM.

Refreshment Tent Committee Captain and 4 volunteers for beverage and fruit set-up to start at 3PM. We will also need an additional 3 volunteers to join in and assist starting at 5PM.

Finish Line Committee Captain and 4 volunteers at the finish line to hand out water & towels from 5PM to 6:30PM.

Photography Committee 1 volunteer to take pictures of all aspects of the day's event from 2PM to 7:30PM.

Lead Bike Committee Captain and 4 volunteers for this committee: one for the "lead," one for the "top 10," one for "middle of the pack," and one for the "sag walker." Time frame: 4PM to 6PM.

Lift and Run Committee. Captain and volunteers for the following specific committees: (1) Set up: 6 volunteers from 11AM to 2PM, (2) Registration: 3 volunteers from 2PM to 5PM, (3) Weigh-In (to assist Dr. Jeff): 1 volunteer needed from 2PM and 5PM, (4) Male Weight Station: 4 volunteers needed from 2PM to 5PM, (5) Female Weight Station: 2 volunteers from 2PM to 5PM, (6) Breakdown: 6 volunteers needed from 5PM to 6PM.

Awards Ceremony Committee This Committee has already been filled.

Sponsor and Raffle Committee. Captain and as many volunteers as we can get to help get as many sponsors and raffles as possible. Time Frame: April 2011 to June 2011.

Truck and Equipment Management Committee AM Captain and 6 volunteers from 9AM to 11AM. We also need one PM Captain and 6 volunteers from 5PM to 7PM.

Water Stop Committee Captain and 12 volunteers total for the two water stops: 6 volunteers for Water Stop #1 (Cyprus St.) and 6 volunteers for Water Stop #2 (on the path, just north of the "mile two" marker.)

Thanks,
Annette Gangitano - annettegangitano@yahoo.com
John Dellissio - baldeagle921@yahoo.com

Click on link below for additional race team information.
<http://www.massapequaroadrunners.org/MRRCRACETEAM-11.htm>



MRR PASTA PARTY!!

Date: Wednesday, April 27, 2011

Time: 7 – 10 p.m.

Place: Irish Cottage, 1010 Park Boulevard, Massapequa, NY 11758

Cost: \$30 per person (to be collected AT THE DOOR that evening – cash or check made out to Massapequa Road Runners)

Contact Person: Marilyn Jameson – e-mail: mjameson44@yahoo.com; home phone (631) 226-4782.

Please let me know by Thursday, April 21st, if possible, if you would like to come to the pasta party, and what you would like to order from the menu choices below. (I have the names from the sign-up sheet from the meeting.) You could either (1st choice) e-mail me (or call me and leave a message on my home phone).

Menu: choose (1) out of (6) choices:

- (A) Heart Smart Penne (with or without grilled chicken; carrots, broccoli, onions, mushrooms and tomatoes and a roasted garlic sauce)
- (B) Seafood Canneloni (fresh pasta stuffed with lobster, crab and shrimp and covered with a creamy lobster sauce)
- (C) Chicken Cordon Bleu (hand rolled breaded chicken stuffed with ham and swiss cheese and topped with a white wine veloute sauce)
- (D) Shepherd's Pie (ground sirloin, mixed vegetables and a hearty gravy topped with mashed potatoes and baked golden brown)
- (E) Hot Open Turkey (freshly sliced turkey, topped with giblet gravy and served with mashed potatoes and cranberry sauce)
- (F) Old Fashioned Sauerbraten (with red cabbage, potato pancakes and ginger snap gravy)

Choice of House Salad or cup of Soup

Entrees served with Vegetable and choice of Potato (baked or fries) or Rice

Assortment of Warm Breads

Beer, Wine, Soda, Coffee and Tea, and Dessert

I will have to give them a head count no later than Monday, April 25th (for the Wed., April 27th dinner) and I want to tell the chef in advance what to prepare.

(We could have a buffet if over 20 people, or it would be a sit-down dinner with less than 20 people and we would tell them which item(s) we wanted to order.)

GOOD LUCK TO ALL THE RUNNERS!!!!!!

APRIL Guest Speaker: Anthony Narcisco

Territory Manager for Mizuno USA in the NY/NJ area. He started with Mizuno Running in January, 1999. He has been a runner since he was 11 years old and has seen many industry trends during the last 12 years. His personal philosophy for shoes is to slightly under correct the arch than to over correct. He ran the Chicago Marathon in 2004 and attended the University of MD Alumni, class of 1998, Major in Kinesiology Science.
NY/NJ Office 845-228-8887 Mobile 845-304-2679 Fax 845-207-3698
<http://www.mizunousa.com/anthony.narcisco@mizunousa.com>

WhiteWater Rafting Rescheduled !!!!

**Saturday May 14th, a dam release day,
cost = \$65 plus wetsuit rental
Joe Ninesling & Dante Place
Amityville NY 11701
(631) 842-1374
P.O. Box 8
White Haven, PA 18661
1-570-443-9532
www.whitewaterchallengers.com**



Long Island Marathon / Festival of Races

Early Registration is now available @ <http://www.run-li.com/2011>

Saturday, April 30, 2011

1-Mile Run	8:00 AM	Charles Lindbergh Blvd	Mitchel Athletic Complex
5K Race	8:20 AM	Charles Lindbergh Blvd	Mitchel Athletic Complex
KidzFunRun	10:30 AM	Mitchel Athletic Complex	Mitchel Athletic Complex

Sunday, May 1, 2011

Marathon	8:00 AM	Charles Lindbergh Blvd	Eisenhower Park
Half Marathon	8:00 AM	Charles Lindbergh Blvd	Eisenhower Park
10K Race	8:00 AM	Charles Lindbergh Blvd	Eisenhower Park

Massapequa Running Attire For Sale

If you are in need of new MRR clothing, contact our "GEAR GIRL", Karen Conklin, @ (516)795-9576, Thank you Karen for all your help.

Split Shorts	\$28	Woman's Sport Top	\$40
Long Shorts	\$22	Men's Singlet	\$27
Tights	\$22	Long Sleeve "Therma-Tec"	\$30
Wind Pants	\$30		

"Massapequa Teams Come In Out Of the Cold" GLIRC and Joe Latino Relays

Our teams were well represented at the GLIRC Relay February 19th (Bethpage) and the Latino Relay on February 26th (Sunken Meadow). A total of 15 team members participated at the relays, which included:

GLIRC Relay

Peter Martin
Bruce Zimmermann
Karen Conkling
Paula MacCulloch
Diane DeLissio
John DeLissio
Warren Drezen
Joe Digaetano

Latino Relay

Peter Martin
Joe Digaetano
Dennis Boyd
Diane DeLissio
John DeLissio
Warren Drezen
Scott Standridge

At the GLIRC Relay, the team placed 2nd in the Mixed Masters and 4th in the Women's Masters. At the Latino Relay, the team placed 2nd in the Men's Masters. Way To Go!!!!

MASSAPEQUA ROAD RUNNERS SHRED THE RELAY IN EISENHOWER PARK

SUNDAY MARCH 13TH

Our teams were well represented at the LIRRC Relay Sunday March 13th (Eisenhower Park) A total of 17 team members participated in the relay, which included:

Peter Martin, Bruce Zimmermann, Karen Conkling, Rosemary Reinis, Diane DeLissio, Lisa Phillips John DeLissio, Kelly Gutradt, Warren Drezen, Scott Standridge, Joe Digaetano, John Stauber, Joe Ninesling, Annette Gangitano, Erin Hurme, Mike Gillen and Terry McCormack

We had 6 teams with 4 of them placing either 1st or 2nd. Female Masters, Mixed Open, and Mixed Masters placed 1st. Mixed Masters also placed 2nd.

Athletes for Life Blood Drive

THANK YOU! to all who responded to the call on Saturday March 26th and came out to donate at our Athletes for Life Blood Drive:

Dennis Boyd, Rich Bury, Howard Cragg, Armand dePalo, Carl Grossbard, Melissa Kennedy and Gene Leahy



The Massapequa Road Runners were saddened to hear that Catherine Prezioso, mother of Ann Prezioso passed away on March 28, 2011. We would like to extend our best wishes, prayers and sincerest condolences to Ann and her family at this difficult time.

The Massapequa Road Runners also wish to extend their dearest condolences and prayers to former President and long time member Dennis Boyd and his lovely bride, Gail. Dennis recently lost his mom on March 3, 2011 to a long term illness. May she rest in peace and share in the Lord's Grace with Ann's mom.

Okay, here we go again! My 9th running of the Miami race! Bed at 7:15 PM, up at 1:45 AM, on the road south by 3:30, parked by 4:45, (ripped off by the Garage Authority for \$10 at the same garage that was always \$3!), and walked to the Holiday Inn near the start line. I was really lucky this year, because as I approached the hotel, which keeps its doors locked, there was a guy trying to get in with his valid key card, but the door wouldn't open. When the guard came to open for him, I went in with him, saying "the key wouldn't work!"

Once inside, I saw they had revamped the whole lobby. I went to the restaurant bathrooms that had always been open, but now they had locks, for which you need a key card. So, I went to the main lobby bathroom, waiting for someone to open the door. Out of the elevator, a man came with a key, and opened for both of us. So, I did get to use a clean, comfortable bathroom, no lines! Afterward, I sat in the lounge area with a few other runners, and extracted my standard running items from my Expo bag. I then went to the finish area and stripped to my running gear, giving the drop bag to the proper tent to hold for the finish. It was fairly cold for Florida, about 51 at 6 AM, with a cool breeze, so I wore a throw-away shirt with my Senior Feet singlet over it and lightweight gloves.

Walking the quarter-mile to the start area at the American Airlines Arena, there were huge mobs of runners in front of the area and inside, where I was able to rest a bit, by sitting on the floor. A half-hour before the 6:15 AM start time, I left to find my corral. With the tremendous crowd, I only made it to the M rather than the correct O corral. The start was delayed a few minutes for speeches and the Star Spangled Banner, and then it took me near 15 minutes to get to the actual start line. The timing chip was a strip right on the bib and seemed to work okay! I had started my Garmin as I left the AA Arena, but it was off when I looked again. I started it several times while in the corrals, but no luck, it said "battery low". I had charged it full after my last run, but it was now dead. So, no GPS and no heart rates were available. I had to depend on my Polar watch to get my lap times.

The first mile is on the Macarthur Causeway, an uphill for the most part. I ran easily, happy to be moving, getting out of the breeze and warming up. It stayed cool enough that I did not throw away the T-shirt, but wore it to the finish. The first mile was 14:08: the second, more level, was 13:07. Now, it was getting light, with a clear sky. For the third mile, we went over the Intracoastal Waterway, a high bridge, but I continued running, where I had walked it the year before. Now on Miami Beach, in the sunlight, the 4th mile was 13:03. Running on the right, on Ocean Drive, sure enough, there was Erica Gassen, up high, waving a huge GLIRC sign and Ann was there to take my picture. I stopped, but the camera, like my Garmin, had a dead battery! Ann said they hadn't seen anyone else from GLIRC, but that Anita Wooten had run the 5K on Saturday.

Continuing to run on the beach road, I reached 5 miles in 1:08 and the 10 K in 1:25. I took a GU around mile 7 and then they gave out more GU right after! Having done this course 8 times before, I am very familiar with the route. Returning to the mainland on the Venetian Causeway, a series of bridge-connected islands, I hit the 10 mile point in 2:19:47, where I took one of the race's GUs. With 5K to go, I figured I would finish somewhere in the 3:05 to 3:10 area. Now running the last couple miles, the 11th went in 14:10, and the 12th in 14:42, as I was clearly tiring, but trying to keep pushing. There was no 13 mile mark, so the last 1.1 miles, with several turns, took me 17:16, for a finish time of 3:05:55. My Polar said 3:05:56, so I will take the official time! I was fairly happy with that time, as I had run the entire distance, where last year, I had power walked the last 8 miles, taking just under 3:15 to finish. Walking on after the finish line, I got water and the famous Spinning Palm finisher's medal - very nice!

However, last year, I was second in the 75+ age group, and now, I was 7th of 10 that group. If they had had 75-79 and 80+, I would have been third. It all depends on who shows up. After getting my drop bag, I headed for the food. There were bagels (terrible ones!), cream cheese, bananas, water, Gatorade (way too strong), chocolate chip and oatmeal cookies, bars, and a Gatorade Pro Series, chocolaty recovery drink. Then, listening to the great Latin band and doing a few salsa dance steps from my Zumba classes, I found where the rice and beans were and ate a cup. After calling Judy to give the finishing news, I left to find my car and drive home.

The results were on-line quickly, so I was able to get our friend's times by 2 PM. Joe Rottino, 73, had done 2:57:10. Donna Hahl, 63, had done 3:01:19. Anita Wooten, 45, had done a 2:50:53. Travis Wooten, 15, had done a fine 1:36:58. These were all in the half. My friend Augie Leone, now 81, doing the full 26.2, did a 5:31:21, for second in the 75+ group. The first place went to a 75-year-old, who came from California. He certainly should have been first in 80+!

Next year, my 10th Miami, I will be 80, and can then stop doing this far-away race, with a hard-to-get-to expo and such an early start! But, I do plan to do it, to see if I get a special prize for the 10th, as I did for the 5th, when I got a nice jacket!

BY TONY SEGARRA

I AM NO DOCTOR, BUT....

How many times have you wondered where the heck that dream came from? Or even why did I have such a horrific dream? As luck would have it I was browsing through some articles that I read and came upon this one By Dr. Wes Burgess, who is a guest blogger for WEB MD. Dr. Wes Burgess, is a specialist in evaluating and treating depression, bipolar disorder, ADHD, and panic disorder. He has authored several books, among them are The Depression Answerbook, The Bipolar Handbook, The Bipolar Handbook for Children, Teens, and Families, and Manual del Trastorno Bipolar. He is a practicing psychiatrist in Los Angeles. I hope you enjoy it.

As a psychiatrist, one of the most common questions I am asked by my patients, friends, and colleagues is, Wes, what do my dreams mean? The simple answer is, Probably not what you think!

Bookstores and the Internet are full of books and articles on dream interpretation by mystics, occultists, esoteric therapists, and self-proclaimed dream experts who treat dream images as mysterious codes. Unfortunately, interpretations disagree wildly between sources. One book may say that dreaming of an elephant means travel whereas another will say it means romance or a peanut butter sandwich.

To understand dreams, you must start with the neurophysiological process of dreaming. If we were to record the electrical signals from your brain while you were asleep, the EEG would show rapid-low-voltage brain activity while you were dreaming and slow-waves between dreams. These waves reflect a process we call memory consolidation. Each night, your brain sifts through all your thoughts of the day and the memories related to them, compacting your memory space and readdressing all the information so it is easier for you to remember later. The process resembles defragging a computer hard drive. Each memory is assigned a priority according to its emotional strength and the number of times you thought of it on the previous day. In this process, your strongest, most frequent memories are made easier to remember and the weakest memories that you seldom think of are made harder to remember. After repeating this process daily for a lifetime, important memories and the things they remind you of become easy to recall, allowing you to access important information quickly and easily. Memories that are irrelevant are gradually moved to the back of your mind where they are stored and eventually forgotten.

For example, if you frequently thought of your love for your Mom during the day, then memories of your Mom and all things connected with her would become easier to remember when you wake. If you never thought of her awful apple pie, then thoughts associated with apple pie would be moved into the background. While all these memories are being reviewed, the part of your brain that dreams is aware of them. As it is showered with strong, emotional memories, it tries to arrange them in the form of simple stories that are reviewed during Rapid Eye Movement (REM) sleep. After years of professional dream analysis, I have found that these stories serve to reduce the fear, anxiety, guilt, and sadness associated with your most provocative memories.

For example, if you have been recently grieving over a loved one, the dream may show them alive and happy. If you have been thinking about being helpless and vulnerable, the dream may show you to be all-powerful. Wives who are angry at their husbands may see them being punished for their transgressions. Smokers who are trying to quit smoking will see themselves enjoying a cigarette.

Dreams help locate the strongest, most emotional, and most negative memories that your waking conscious mind may not even be aware of. Discussing your dreams with an experienced professional such as a trained psychiatrist can help pinpoint internal conflicts and emotional vulnerabilities that may be holding you back from your full potential. These issues are very personal and are different between everyone. This is why there is no dictionary or lexicon that can explain everyone's dreams. Also, the part of you that dreams is a relatively primitive part of your brain that is isolated and out of touch with your waking conscious mind (that is why it is so difficult to remember dreams).

Using a system of dream interpretation can help this part of yourself communicate with your waking mind, so it can do its job better. In the process of dream analysis, your conscious mind gains some control over the way your thoughts and memories are organized. As dream analysis continues, most people find they can remember complex dreams nearly every night.



There are several systems of dream interpretation. Modern Freudian or psychodynamic dream analysis may focus on how your dreams reflect the therapeutic relationship between yourself and your doctor. Jungian analysis may see your dreams as a journey that resolves inner problems and conflicts. Dream analysis offers a tool to resolve personal and emotional issues that is not dependent on medications and does not require you to dig into painful past life experiences.

For individuals with mental or emotional diagnoses, once their disorder is under control by medications or modern psychotherapy, dream analysis serves as a low-stress way of resolving conflicts that does not create the anxiety commonly associated with many types of therapy.

One caveat if you wish to try the process of dream analysis, make sure you are working with an experienced professional. Ask the doctor 1) Were you trained in dream analysis? 2) Which dream interpretation system(s) do you use? and 3) How much experience do you have using dream analysis to help individuals achieve their practical life goals? You'll be glad you did.

Back Fat AHHHHH!

Back fat, love handles, fat roll or spare tire caught your attention? They can appear at any age but seems to get worse after 40. SO, where does it come from?....

Back fat is an accumulation of excess fat that occurs due to one or any combination of factors including being overweight or obese at any age (over eating and a lack of physical activity). Genetics in which even some slender people tend to distribute more of their fat to their back area, and Ethnicity, where some groups are predisposed to pack on back fat more than others. The lack of weight training, which can bring down back fat and increase muscle tone/mass is something to be seriously considered. After 40, the decline of sex hormones affects distribution of fat throughout the body.

So, How would you remove it?

1. Start with a Journal and form a plan. Keep track of your progress. Take your measurements and even pictures for you to look back on. This will help you when you feel like nothing is happening.

2. You must do weight training and cardio to attack the back fat. Weight training as we discussed before is progressive resistance exercise, this resistance helps to burn fat and build muscle. Building muscle increases metabolism. Muscle mass is more dense than fatty tissue. This muscle requires more calories to maintain the metabolism created thus, more energy is burned even at rest. To keep your HGH(Human Growth Hormone)level up as high as possible, exercise is recommended due to the higher metabolism rate which will be created by doing the exercises..As we know, with progressive resistance exercise our body releases HGH, the only other time we get the benefit of HGH is when we are in REM sleep state. This is a win -win for you

3. Eat whole foods and lean proteins. Cut down your portion size. If you eat too much, you'll wear it. Eat every 3-4 hours from breakfast to dinner. Stop eating 2 hours before bedtime. Eat no later than 8:30pm and keep it lean. Wake up feeling truly hungry. Great time to go out for a run. Drink some water and you are good to go. Need more energy for a long run? Have a piece of bread, this will turn into jet fuel because it will spike your energy level for a short period and allow you to benefit from this immediate energy source.

4. Cross train, muscle confusion is the key. Change it up every 6 weeks. Running sprints in between long runs, Dancing, Martial Arts, Pilates, Yoga, Rope climbing or anything that will tone and strengthen the back. Work your core, this will strengthen your abs, and what you do for one, you do for the other.

Stay Well, T

RACE



SCHEDULE

April

Sat 2	8:00am	13.1 New York Experience benefiting World Vision		Old Westbury	www.131NewYork.com
Sun 3	9:00am	*T Aspire	10K	Plainview	516-349-7646
	9:00am	Albany Avenue's 2nd Annual 5K Run	5K	Massapequa	516-249-1061
	9:00am	LIRRC Jim Murphy 5K	5K	Eisenhower	516-569-4959
	8:00am	More Magazine Women's 1/2 Marathon	13.1M	Central Park	reghelp@nyrr.org
Sat 9	9:00am	Doug Wood 5K Trail Run	5K	Northport	631-757-5051
Sun 10	9:00am	LIRRC Jack Dowling 10 Miler	10M	Eisenhower	516-569-4959
	8:30am	* Marcie Mazzola Memorial	5K	Huntington	631-929-3065
	9:00am	Run for Spinal Victory	5K	Wantagh	516-221-6162
	9:30am	Jigsaw 4M Run and John McGorry Irish Mile(1.27)	4M	East Islip	
		Brooklyn Biathlon	2M/10M/2M	Prospect Pk	
	9:00am	Scotland Run	10K	Central Park	reghelp@nyrr.org
	9:00am	Middle Country Run for Autism	5K	Centereach	mc5kraceforautism.com
Sat 16	8:30am	Lt Thomas F. Healy Foundation	5K	Eisenhower	thealyfoundation.org
	9:00am	St James 5 Miler	5M	St James	631-789-6909
Sun 17	9:00am	LIRRC 5 Miler	5M	Eisenhower	516-569-4959
	8:00am	City Parks Foundation Run for the Parks	4M	Central Park	reghelp@nyrr.org
		Schiff Scout Spring Duathlon			
		Bronx Biathlon	3M/20M/3M	Orchard Beach	
Sat 23	9:00am	NYRR 4 Miler	4M	Central Park	reghelp@nyrr.org
		2nd Annual Safe Kids Run/Walk	5K	Prospect Pk	917-664-5348
Sun 24	9:00am	LIRRC Easter Bunny	5K	Eisenhower	516-569-4959
Sat 30	9:30am	Alec's Run	4M	Dix Hills	631-445-3100
	8:00am	RXR/TIAA-CREF Festival of Races	1M & 5K	Uniondale	

May

Sun 1	8:00am	*TC RXR/TIAA-CREF Festival of Races	26.2M	Uniondale	516-986-5537
		*TC	13.1M		
			10K		
	9:30am	River Run	5K	Patchogue	
Wed 4	7:00pm	LIRRC Summer Series	5K	Eisenhower	516-569-4959
Sat 7	9:00am	Spring into Action	5K	East Hampton	
	9:30am	Greenbelt Trail	50K/25K	Plainview	516-349-7646
	9:00am	Miles for Mothers	5K/10K	Moriches	631-325-2969
	9:00am	Visiting Nurse Service	5K	Northport	631-261-7200
Sun 8	9:30am	* Elizabeth T. McNamee Memorial	5K	West Islip	631-321-0806
	9:00am	Carl Hart Mothers Day Dualthon	1.8M/10.5M/1.8M	Heckscher State Park	
	8:00am	Japan Day	4M	Central Pk	reghelp@nyrr.org
Wed 11	7:00pm	LIRRC Summer Series	5K	Eisenhower	516-569-4959

May

Sat 14	9:00am	Hamton Bays Schools 5K Run	5K		dfrye@hbschools.us
	10:00am	Common Ground Scavenger Run		Sayville	631-589-5700
	8:00am	UAE Healthy Kidney	10K	Central Park	reghelp@nyrr.org
	9:00am	Jacks Run for Autism	5K	Port Washington	631-462-0386
	11:00am	Stan Wongs 5K for Cancer	5K	East Moriches	
Sun15	9:00am	Comsewogue Warrior	5K	Port Jefferson	631-474-8196
	10:00am	FIDU Five Towns	5K	N. Woodmere	631-786-6909
	10:00am	LI Miles for Melanoma	5K	Eisenhower Park	
	9:00am	Contractors for Kids Run	5K	Stony Brook	631-617-5152
Tue 17	6:45pm	American Heart Assoc. Wall Street Run	3M	Manhattan	
Wed 18	7:00pm	LIRRC Summer Series	5K	Eisenhower	516-569-4959
Sat 21	8:30am	Great South Bay	5K	Amityville	631-482-1914
	7:00am	Brooklyn Half	13.1M	Prospect Park	reghelp@nyrr.org
	9:00am	The Delta Stroll	5K	Freeport	718-528-6575
Sun22	9:30am	Rocky's Rock N 5K Run	5K	Massapequa	
	10:00am	Healing Hearts	5K	Riverhead	516-450-9121
	9:00am	John Theissen's Strides for Students	5K	Levittown	516-679-5098
	9:00am	Robbies Run	5K	Merrick	
	9:00am	Judy's Run for Stroke Awareness	5K	Sunken Meadow	
	9:00am	Franklin Square 5K Run	5K		718-470-4358
Wed 25	7:00pm	LIRRC Summer Series	5K	Eisenhower	516-569-4959
Sat 28	9:00am	* Runday	5K	Hicksville	516-349-7646
Sun 29	8:00am	City of Long Beach 10 Miler	10M	Long Beach	

* - LITF Grand Prix Event

T - LITF Team Competition

Group Runs

Saturdays/Sundays 8:00AM Brady Park, Massapequa Walter Colvin 516-541-0255

Out and back runs of up to 12 miles along the Bethpage Bike Path. Groups available to suit all paces and distances. Enjoy bagels and coffee at a local bagel shop afterwards.

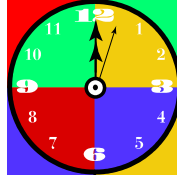
Saturday Health Walk 8:00AM Robert Moses Field 5 Dr Jeff Poplarski - 631-598-7034

Meet at east end of parking lot where the natural preserve begins. There will be a period of light stretching and resistance exercises. Blood pressure and heart rate will be monitored. Health topics will be discussed during walk.



Massapequa Road Runners

March 8,



General Meeting Minutes 2011

Location: Massapequa Park Village Hall
Called to order: 8:00 p.m. by Diane DeLissio

- 1- Fri./Sat. - April 29th & 30th - Long Island Festival of Races expo. Volunteers needed to man our table.
Contact John DeLissio @ 631 587-3202.
- 2-Thurs. April 28th - Our annual Spring Pasta Party will be at the Irish Cottage.
Contact Marilyn Jameson @ 631 226-4782.
- 3- Sun. June 26 - Firecracker Run
 - a) Volunteers for Committee Captains are needed.
Contact Annette (631 598-8505) or John (631 598-7529).
 - b) A new system is in place for volunteer sign up. Duties are broken down as shifts in order to provide full coverage. Come to our April meeting and sign up.

Guest Speaker - Meghan Reynolds, Ragnar Relay Series Representative

The Ragnar Series are 200 mile relays, where a team of 12 runners participate day & night relay style. The New York series will take off on Friday May 13th from Bethel (formerly from Woodstock) and finish on Saturday May 14th in Dobbs Ferry. Each team member runs 3 legs. There are approximately 36 legs; each leg ranges from 3 to 8 miles. Each team requires 12 runners, 2 vans and 3 volunteers. Interested runners can check the website www.ragnarrelay.com for additional information.

Minutes: Board Meeting March 24,2011
Location: Massapequa Bar Harbour Library
Called to order: 7:10 p.m.

In attendance: Linda & Bruce Zimmermann, Diane & John DeLissio, Warren Drezen, Annette Gangitano, Dennis Boyd, Anthony Segarra and Margarita Hernandez.

- 1- Firecracker Run
 - a) Annette & John discussed various committees set up and the assignment of Captains for each.
 - b) The board agreed on the registration fees for this year's race.
\$18 preregistration, \$15 for MRR & LITF members & seniors, \$30 Day of race.
 - c) The bench press percentage of body weight for the Lift & Run to be adjusted.
 - d) Red T-shirts are in the works for the printing of "race crew" on the back. They will be distributed to the volunteers.
- 2- Massapequa Park Mile
 - a) The board agreed on the registration fees for this race.
\$13 preregistration, \$10 for MRR & LITF members, \$20 Day of race.
 - b) Applications for both races will be available at the Marathon Expo.
- 3- Arrangements with Astoria Federal to be finalized.
- 4- The White water rafting trip previously cancelled on May 7th, has been rescheduled for May 14, 2011.
Contact Joe Ninesling.
- 5- Thurs. April 28th is our Annual Pasta Party. Contact Marilyn Jameson.



Membership Application

Please Circle Membership Type

Family \$20/1 Year Individual \$15/1 Year
 \$30/2 Years \$25/2 Years

M F

Name _____

Address _____ Town, Zip _____

Home Phone _____ Work _____

Fax# _____ E-Mail _____

Date of Birth _____ Occupation _____

How did you hear about us _____

Family Membership - List additional names and birth dates

I understand that all MRR activities are intended to promote good health, so I assume responsibility for participating as far as my own physical fitness is concerned, and for any injuries or accidents that might occur as a result. I therefore release and waive any rights or claims for damages which I might otherwise have against the Massapequa Road Runners, Inc., as well as other persons or party connected with the Club's activities, their officers, administrators, successors, or assigns.

Date _____ Signature _____
Application must be signed by a parent or guardian for members under the age of 18

MASSAPEQUA ROAD RUNNERS, INC.
P.O. BOX 189
MASSAPEQUA PARK, NEW YORK 11762

Merchandise and Service discounts available to MRR Members

Please Show Your Membership Card

HOFSTRA SWIM CENTER - CORPORATE RATE (50%)

25% DISCOUNTS

VICTORY STRAP - ANTHONY SEGARRA (CLUB MEMBER) 516-796-4185
" Are you ready for the race of your life ? " www.victorystrap.com

20% DISCOUNTS

SPORTS CHIROPRACTOR - DR. JEFF POPLARSKI (CLUB MEMBER) 631-598-7034
217 Merrick Rd., Amityville www.drjeffpoplarski.com
Nutritional Supplements, Personal Training, Training Equipment Supplies, Massage Therapy

HAIR DESIGN/COLOR & COSMOTOLOGY- SAMANTHA DELISSIO (CLUB MEMBER) 631-579-1540
In Your House

MASSAGE THERAPIST - BILL ROMAS (CLUB MEMBER) 631-392-0155
Ironman Triathlete specializing in Sports/Medical Massage

15% DISCOUNTS

RUNNER'S EDGE - BOB COOK 516-420-7963
242 Main Street, Farmingdale Sports Footwear & Apparel

PREVETE CENTURY 21 REAL ESTATE - NANCY TISCHLER (CLUB MEMBER) 516-314-9855

ROLLERBLADING/ICE SKATING LESSONS - RON TISCHLER 516-826-9031

10% DISCOUNTS

AMITYVILLE ACUPUNTURE & WELLNESS. - Erin Hurme (CLUB MEMBER) 631-691-0200
134 Broadway, Amityville

GIRASOLE - FULL SERVICE SALON - Sara Luthy (CLUB MEMBER) 631-422-0259
260 Deer Park Avenue, Babylon 11702

BABYLON BICYCLE- 218 E.MAIN ST.BABYLON (PARTS,ACCESSORIES,LABOR) 631-587-1439

SUNRISE CYCLERY - 4828 SUNRISE HIGHWAY, MASSAPEQUA (5% ON BIKES)516-798-5715

BRANDS CYCLE - 1966 WANTAGH AVENUE, WANTAGH (ACCESSORIES ONLY) 516-781-6100

LANDSCAPING - ED MIKUSEK (CLUB MEMBER) 516-957-1590

TAX PLANNING & RETURN PREPARATION - JEFF SABOL (CLUB MEMBER) 631-666-0602

TIN CAN THE CLOWN - ED TINNELLY (CLUB MEMBER) 516-798-4346

MASONRY & CONCRETE WORK - RALPH BETZ (CLUB MEMBER) 516-541-9064

SUPER RUNNERS SHOP - 355 NEW YORK AVENUE, HUNTINGTON 516-549-3006

AL'S CYCLE CENTER - 256 BROADWAY, AMITYVILLE 516-789-2270