

Massapequa Road Runners
P.O. Box 189
Massapequa Park NY 11762
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Club Meetings - Massapequa Park Village Hall
General Meeting - Tuesday May 10, 2011 7:30pm
Guest Speaker: Dr. Louis Obergh, PT, DPT, CSCS, CEAS
Board Meeting - May 19, 2011 7:00pm
Our Club is not complete without "U"



Running Smoothly

A series of five black silhouettes of a runner in various stages of a running stride, positioned below the main title.

MASSAPEQUA ROAD RUNNERS

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

MRR Website: www.massapequaroadrunners.org

Club No 590694



May 2011
Volume 31 Number 10



May 11

- ◆ **April 27** **Spring Pasta Party**
Wed 7:00pm The Irish Cottage.
Contact: Marilyn Jameson @ 631-226-4782 (approx \$30.00)
- ◆ **April 29-30** **Marathon Expo**
Fri 3-8pm Butler Bldg.
Sat 10-4pm Mitchel Field Complex
- ◆ **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) Guest speaker: Dr. Louis Obergh, owner of Advance Physical Therapy. He will speak on Strength training.
- ◆ **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 Pill Park Village Hall**
Thurs. 7:00pm Front Street, Massapequa Park (Basements)
- ◆ **June 14** **General Meeting - Massapequa Park Village Hall**
Tues 7:30pm Front Street, Massapequa Park (Basement)
- ◆ **June 16** **Board Meeting - Massapequa Park Village Hall**
Thurs 7:00pm Front Street, Massapequa Park (Basement)
- ◆ **June 19** **Levittown Kiwanis 5K Run**
Sun 7:00am Levittown / Tri-County Mall, Division Ave & Hempstead Tpk.
Volunteers needed to help with the finish line and results.
Volunteers need to arrive by 7:00 am.
- ◆ **June 26** **31th Annual Firecracker 5K Run**
Sun 5:00pm Brady Park, Massapequa Park
The Big Show. Volunteers needed starting at 11:00am.
Calling all artists!! A T-Shirt Design is needed for this year's Firecracker. If you have an idea for a T-Shirt Design, please submit it to Alex Flyntz - You will win a \$25 dollar gift certificate to Runners Edge if your T-Shirt Design is chosen.
Contact Alex Flyntz @ 796-1900flyntz@aol.com



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

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		

Long Island State Park Summer Series

The Summer Series is set to begin on June 13th. The first race will take place at Hecksher Park starting promptly at 7PM. The Summer Series entries are nearing capacity. Completed applications must be at the clubs P.O. box by Thursday May 05th for group entry. Applications can be picked up at the State Park Headquarters in Belmont Park (669-1000 ext 247) or downloaded from the link on the home page of the club web site. Registration Fees: Full series registration is \$55 through June 1. After June 1, full series registration is \$70. Individual registration is also available online at active.com.

6/13	Hecksher Park - 5 Miles	7/18	Belmont Lake - 4K
6/20	Sunken Meadow - 10K	7/25	Robert Moses - 5K
6/27	Caumsett - 5K	8/01	Bethpage - 5K
7/11	Hempstead Lake - 4K	8/08	Jones Beach - 5 Miles

VOLUNTEERS NEEDED. Look for the Club banner on Monday evenings as we will once again have our post race get togethers. Volunteers are needed so we can continue our Hot Dog BBQs. Refreshment volunteers will receive same credit as water stop volunteers.



MRR wishes Nancy Cattabiani a quick & complete recovery from her recent heart surgery!! Nancy was very appreciative of the fruit basket sent to her by the club.

2011 Firecracker Volunteer Sign-up Information

Sunday June 26th

We are asking all our club members to come out and assist the Club in making the 2011 Firecracker 5K the best race ever. 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 is 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 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 n 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 Delissio - baldeagle921@yahoo.com

Club News,

The Challenge Continued

The challenge continued Saturday March 19th, in Kings Park. The hilly 15K race was a bigger challenge this year due to the difficult training weather since December. Nevertheless, our Massapequa Team had a great turnout and brought home many individual age group awards.

Women

Melissa Kennedy 1st AG
Joan Ackerman 2nd AG
Colleen Gardner 2nd Athena
Paula MacCulloch

Great job to Everyone!!!!
Also, it was great to see Christine Stankard competing.
We could use you back with us.

Colleen Gardner - Warren Drezen

Men

Barry Jerson
Alex Flyntz 2nd AG
Greg Karl 3rd AG
Keith Ferrara
Neil Ferrara
Terry McCormack
Jay Byrne
John Stauber
John DeLissio
Warren Drezen

***** Massapequa Road Runners LITF Results *****

Name	Time	Overall Place	Age Group Place	Points
Melissa Kennedy	1:16:45	227	1	100
Alex Flyntz	1:15:29	209	1	100
Greg Karl	1:11:12	140	2	90
Colleen Gardner	1:23:11	356	2	90
Joan Ackerman	1:55:38	646	2	90
Barry Jerson	1:17:18	234	3	86
Jay Byrne	1:09:04	109	4	83
Paula MacCulloch	1:39:00	560	7	74
Terence McCormick	1:09:40	124	9	68
Michael Gillen	1:25:30	397	12	59
Neil Ferrara	1:17:18	235	12	59
John Stauber	1:30:45	474	15	50
Warren Drezen	1:50:55	628	15	50
John DeLissio	1:38:49	559	16	47

Congratulations go out to Thomas Gaffney, who ran the Albany Avenue 5K April 3, 2011 at a 22:01 to win First in his age group of 50-54 year olds.

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.



The Race for Faith/The Riverwalk Run, February 26th and 27

Howard Kestenbaum

It is a bit unusual for me to run consecutive races on the same weekend, but I really like the Fort Lauderdale Junior League's Riverwalk 5-miler, and the Race for Faith offered a 10 K for the first time, in addition to the standard 5 K. I also wound up with a virus at the week's beginning, and a swollen leg by Tuesday, which sent me to the emergency room of the local hospital to get it checked out. Luckily, it turned out to be cellulitis, for which strong antibiotics were prescribed. While the calf was still quite swollen and red, it didn't bother me while running either day.

The Race for Faith was in a local park, so I didn't need to get up early. Though I was there well over an hour early, the parking lot was already fairly full. Though not of my faith, this race has been growing strongly over the past couple years since I have been doing it. Timing used the new V-chip, right on the back of the bib, which seems to work fine. I met Ken Orner, who was doing the 5 K, as were most of the crowd, that I estimated at 1000. I learned later that most were walkers, who were not scored and there were actually only about 460-odd actual runners.

The 5 K course is quite familiar, as I have done many 5 K's there. I had only done the 10 K course once a few years ago, but I remembered it. The whole crowd started on the road together, but by a half-mile, I was essentially last, except for a few walkers. The sun was out and it was already warm, high 60's. The first mile went in 13:36 at a 136 heart rate. Half-way through the 2nd mile, the 5 K-ers turned to go back on the path along the lake, while I went straight ahead, with only one or two others doing the 10 K anywhere near me. The second mile was 14:36 @ 143 rate. Turning up the road with residential houses on one side and the park's Lake Osborne on the other, the third mile marker either wasn't there or I missed it. Shortly after, having passed 2 women runners who were now walking, I turned from the road to the path directly alongside the lake, going back. I had been surprised to see that there were quite a few 10 K runners on the return path while I was still on the road. The 4th mile passed, and my watch showed 31:10 @ 142 rate for those 2 miles.

A pretty part of the run, the path wound right along the lake's shore. The 5th mile went in 15:46 @ 137, but my Garmin said it was really 1.2 miles! Now, getting near the finish area, the 6th mile took 13:30 @ 141, and the last 2 tenths, 3:08 @ 147. My net finish time was 1:32:22. The results of the 5 K were announced first, and Ken Orner took the medal for second place of just 2 in the 75+ age group, with a fine 39:11. The 5 K had 325 finishers. Subsequently, the 10 K awards went on, in age order, and, by the time it reached me, with nobody in the 70-74 group, there were almost no people left around. I was the only one to do the 10 K in 75+, so I took the first place plaque. There were 135 finishers in the 10 K. Plenty of food and drink at the end, a well-run race in a local, scenic venue, make this a race to do again next year!

The next day was the Riverwalk 5-miler, in Fort Lauderdale. Considerably further south, I had arranged to pick up Ken and his friend Charles, who had flown in to do this race. To get there in time to park easily, I woke up at 2:30 AM, got to Ken at 4:45, and drove down I95 with him and Charles to Broward Boulevard. We went right to the parking garage nearest the race start and picked up our bibs and shirts in Huizenga Park, right at New River, the million-dollar Riverwalk downtown area. The shirt always has a copy of the original picture that is used for the awards. We had plenty of time to relax, use the Port-O-Potties, and see the setup for food and awards at the end. This race had a 7AM start time, thus the early beginning to the morning. Dark when we got to the park, the sun was just rising as we lined up to start.

There was a good-sized crowd in the park, and the start arch was right near the fancy water fountain. I learned later that there were 525 in the 5K and 400 in the 5mile. After the Star Spangled Banner was sung, both the 5-mile and 5K runners passed through the arch together, to run on fancy Las Olas Boulevard. We left Las Olas (the waves) shortly, and ran up a fairly steep bridge over the river. My 1st mile, including that hill, was 13:42 @134 rate. The original e-mails about the race said that the course was slightly modified. Surprisingly, I found the course almost completely different, mostly backwards from the regular route I have run for the past many years. My 2nd mile was 14:05 @139. The third was largely along the river, but in the opposite direction than previously. Large and small yachts lined the river banks. It took 14:23 @141 to do mile 3.

For mile 4, on the way back, I was again on familiar, but reversed streets. That one took 14:30 @ 143. For mile 5, we ran part of it on Las Olas, which we had never done previously, and then had to climb the bridge again to get back to the finish side. I thought I would walk it, but managed to run the full uphill. The last part of mile 5 was on the bricks of the Riverwalk itself. That mile took me 14:46 @ 140, but peaked at 154. Running through a blow-up tunnel to the finish arch, I was handed a bottle of water and a bottle of Gatorade, glad to be done with the two races! The final finish time was 1:11:28, putting me last of 5 in the 75-79 age group. Charles, 75, who had also done the 5-mile race, took third with a fine 58 flat.

Ken was again the oldest man in the 5K, taking first in 80+. There were lots of water bottles, Gatorade, bagels, apples, bananas, muffins, butter, peanut butter and cream cheese plus freshly cooked pancakes, to be had in the park. It took quite a while to get the awards going, and after promising to do the 5 K first, they did the 5-mile first. Charles got his third place picture, and then we had to wait through all the age groups of the 5 K till Ken got his first place framed picture under glass. Finally getting back to the car, Ken paid the \$9 parking fee, and we told Charles he had to come back next year to do this race so he could pay for the parking!

Hello! My name is Devon Jameson, and I am the daughter of runner Marilyn Jameson. Many of you have known me since I was just learning to walk. Well, now I'm letting you know I have committed to run the Vermont City Marathon on May 29, 2011 to raise money for the Leukemia & Lymphoma society.

It all started when I ran into a friend at the grocery store who is currently undergoing chemotherapy treatment. I asked him how he was feeling and he said that even as nauseated and drained as chemo makes a person feel physically, what he was trying to focus on lately were the ways to keep his spirits up. He was thinking of improving his health and spirits by setting an impressive goal for himself: to run the Vermont Marathon in May 2011. His positivity immediately opened my heart and made me want to jump head-first into this adventure with him, in solidarity.

I have committed to raising \$2000 for the Leukemia & Lymphoma Society and my hope is that YOU can help me raise this money. I am fortunate enough to know several friends who have survived leukemia, lymphoma, and other cancers including my very first boyfriend when I was 13 years old (!) and many cancer patients I have cared for and befriended in my experience as a Registered Nurse. I am running in honor of them! Maybe you know a survivor as well, or perhaps you have lost a loved one to cancer. Whatever the case, I am asking you to think of their fight and to give generously! ANY gift is appreciated!

Note: all donations are tax-deductible. To donate:

- 1) You can mail me a check made out to The Leukemia & Lymphoma Society. My address is: Devon Jameson, 619 Creek Locks Rd., Rosendale, NY 12472.
- 2) Visit my website: <http://pages.teamintraining.org/uny/vermont11/djameso11w> and make an online donation.

Even \$1 will bring encouragement to me and help the cause! I truly appreciate your support! Im trying to reach my goal before the recommitment date in early March, so please dont delay. Ill also be updating the donation webpage as often as possible, so you all can check in on the progress!

I promise to get myself out there and face the sleet, hail, ice, snow, and wintry winds to keep up with my training schedule of 4 to 5 runs a week (I've discovered the wonders of Under Armour so its not so terrible) and I promise to make it across the finish line if you just help me get there! Thank you so very much.

All my love, peace, and blessings to you and Happy New Year!

Love, **Devon**

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

I AM NO DOCTOR , BUT....

BY TONY SEGARRA

I was recently asked what I thought of Kelp. A friend of mine had wanted to supplement with Kelp so, after some research, I found out a lot more than I knew. Kelp is a variety of seaweed that can be found on rocky shores throughout the world. It is a natural food source that can be obtained from all good health stores. There is a large list of nutrients in kelp and these include over 70 minerals and trace elements, growth hormones, vitamins, enzymes, and proteins which include iodine, potassium, magnesium, calcium, and iron. So, What Can Kelp Do For You? Now PAY Attention!

There are a large number of kelp benefits that have been discovered throughout the years and taking a kelp supplement really can help to keep your body healthy. Some of the main benefits that have been discovered are that it can boost immunity, improve liver function and helps to lower cholesterol levels. Kelp kills the herpes virus, helps to maintain the health of the mucous membranes, and fights against heart disease and cancer.

Kelp has been shown to help alleviate arthritis pain and can help to increase energy levels as well as suppress AIDS. It can be used to help reduce hair loss, control appetite and can help with weight loss due to its metabolism stimulating properties.

Kelp helps with poor digestion, flatulence and constipation and has been used to treat thyroid problems due to the iodine in kelp which helps underactive thyroids which is due to the lack of iodine.

Kelp is also known as Laminariales, Tangleweed, Laminaria Digitata, Sugar Wrack, Brown-Green Algae, Horsetail Kelp, Laminaria Japonica, Seawrack, Sea Girdles, Rockweed, Laminaria Saccharina, Brown Algae, Horsetail, Seaweed, Macrocystis Pyrifera, Brown Seaweed, Algae, Brown-Green Seaweed, Knotted Wrack, Marine Algae, Giant Kelp

Kelp forests grow predominantly on the Pacific Coast, from Alaska and Canada to the waters of Baja California. Tiered like a terrestrial rainforest with a canopy and several layers below, the kelp forests of the eastern Pacific coast are dominated by two canopy-forming, brown macroalgae species, giant kelp (*Macrocystis pyrifera*) and bull kelp (*Nereocystis leutkeana*).

The Importance of the Keystone

In nature, all living things are in some way connected. Within each community each species depends on one or more of the others for survival. And at the core of individual ecosystems is a creature, or in some cases a plant, known as a keystone species. This species operates much like a true key stone, which is the stone at the top of an arch that supports the other stones and keeps the whole arch from falling down. When a keystone species is taken out of its environment, the whole system could collapse.

In California's Monterey Bay National Marine Sanctuary the sea otter is a keystone species in the kelp forest ecosystem. Kelp forests provide food and shelter for large numbers of fish and shellfish. Kelp also protect coastlines from damaging wave action. One of the sea otter's favorite delicacies is the sea urchin who in turn loves kelp. When present in healthy numbers, sea otters keep sea urchin populations in check. But when sea otters decline, urchin numbers explode and grab onto kelp like flies on honey. The urchins chew off the anchors that keep the kelp in place, causing them to die and float away, setting off a chain reaction that depletes the food supply for other marine animals causing their numbers to decline.

By the early 20th century when sea otters were nearly hunted out of existence for their fur, kelp beds disappeared and so did the marine life that depended on kelp. Years later, conservationists moved some remaining otters from Big Sur to Central California. (Photo Kip Evans)



Gradually, their numbers grew, sea urchin numbers declined, and the kelp began to grow again. As the underwater forests grew, other species reappeared. Protecting keystone species, like sea otters, is a priority for conservationists. Often, the extent of the keystone functions of a species aren't known until the species has been removed from its environment and the ecosystem changes. Rather than wait until it may be too late for the system's health and survival, scientists make every effort to keep an ecosystem working as nature had intended. Some of our sources for this article are: <http://www.youtube.com/watch?v=yK3RG8e-8iE>

<http://sanctuaries.noaa.gov/about/ecosystems/kelpdesc.htm> Ecosystems: Kelp Forests



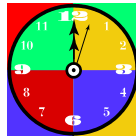
May

Sun 1	8:00am	*TC RXR/TIAA-CREF Festival of Races	26.2M/13.1M	Uniondale	516-986-5537
	8:00am	RXR/TIAA-CREF Festival of Races	10K	Uniondale	516-986-5537
	9:00am	Dash with Mom	5K	Hampton Bays	631-790-8888
	9:30am	River Run	5K	Patchogue	
	10:00am	St Joseph College	5K	Patchogue	631-687-4595
Wed 4	7:00pm	LIRRC Summer Series	5K	Eisenhower	516-569-4959
Sat 7	9:00am	Spring into Action	5K	East Hampton	
	9:00am	Run for the Health of It - Visiting Nurses	5K	Northport	631-261-7200
	9:30am	Greenbelt Trail	50K/25K	Plainview	516-349-7646
	9:30am	Bench Run for Sunrise Fund	5K	Stony Brook	631-444-6169
	10:00am	Peconic Landing	5K	Greenport	631-477-3800x309
10:00am	Sayville Running Company Prediction Run				
Sun 8	8:00am	Japan Day	4M	Central Pk	reghelp@nyrr.org
	9:00am	Miles for Mothers	5K/10K	Moriches	631-325-2969
	9:00am	Carl Hart Mothers Day Dualathlon	1.8M/10.5M/1.8M	Hecksher State Park	
	9:15am	Leukemia & Lymphoma Mother's Day	5K	Smithtown	631-370-7530
	9:30am	* Elizabeth T. McNamee Memorial	5K	West Islip	631-321-0806
Wed 11	7:00pm	LIRRC Summer Series	5K	Eisenhower	516-569-4959
Sat 14	8:00am	UAE Healthy Kidney	10K	Central Park	reghelp@nyrr.org
	9:00am	Hamton Bays Schools 5K Run	5K		dfrye@hbschools.us
	9:00am	Jacks Run for Autism	5K	Port Washington	631-462-0386
	10:00am	Common Ground Scavenger Run		Sayville	631-589-5700
	10:15am	Brook Jackman Race for Literacy	5K	Oyster Bay	516-628-3488
11:00am	Stan Wongs 5K for Cancer	5K	East Moriches		
Sun15	8:00am	Queens Biathlon	3M/18M/3M		info@triandduit.com
	9:00am	Comsewogue Warrior	5K	Port Jefferson	631-474-8196
	9:00am	Contractors for Kids Run	5K	Stony Brook	631-617-5152
	9:00am	Strides for Sarcoma Cancer	5K	Blue Point	631-617-8084
	9:15am	Grace Day School Run for Reading	5K	Wantagh	516-798-1122
	10:00am	FIDU Five Towns	5K	N. Woodmere	631-786-6909
	10:00am	LI Miles for Melanoma	5K	Eisenhower Park	
	10:00am	Buckleys to Kennedy's Charity Run	5K	Brooklyn	718-422-3347
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	7:00am	Brooklyn Half	13.1M	Prospect Park	reghelp@nyrr.org
	8:30am	Great South Bay	5K	Amityville	631-482-1914
	9:00am	The Delta Stroll	5K	Freeport	718-528-6575
	9:00am	Fit Kids	5K	Mt Sinai	631-924-8968
	9:00am	Contractors for Kids & 3 Villages CSD	5K	Stony Brook	631-617-5150
	9:45am	Hance Foundation	5K	Floral Park	
	10:00am	Kara's Hope Foundation	5K	Brookhaven	631-504-8940
	10:30am	Blue Point to BULA	5K	Patchogue	
Sun22	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
	9:30am	Rocky's Rock N 5K Run	5K	Massapequa	
	10:00am	Healing Hearts	5K	Riverhead	516-450-9121
	10:13am	NYPD Memorial Run	5K	Manhattan	
		Independence Tri	.5M/6M/2.25M	Eisenhower	
Wed 25	7:00pm	LIRRC Summer Series	5K	Eisenhower	516-569-4959
Sat 28	8:00am	Cpl Christopher G Scherer Memorial	4M	East Northport	631-972-5536
	8:30am	NY Pioneer Memorial 100M Trek (3 day stage run)		Alley Pond Park	
	9:00am	*T 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

Massapequa Road Runners



General Meeting Minutes

Date: April 12, 2011

Location: Massapequa Park Village Hall

Called to order 8:00 p.m.

1- Warren Drezen & Howard Cragg will run the full marathon on May 1st.

2- Our MRR teams are doing well but more female runners are needed.

Interested Ladies can contact Warren Drezen 516 798-1729 or wirao01@aol.com.

3- Sun. June 26th - Firecracker Run

a) Our club still needs volunteers, raffles & sponsors.

b) A new T-shirt design is needed for our 31st Firecracker Run. Amateur artists send in your designs. Your work could be a winner.

4- Summer Series sign up sheets will be available at the May meeting. So come on down and sign up.

5- The election of new club officers will take place at the September meeting.

We need candidates for various positions.

Positions open will be,

a) President - (Diane is stepping down)

b) Web Master

c) corresponding secretary

d) recording secretary

Please consider yourself or nominate someone you know.

Guest Speaker - Anthony Narciso ----->>>>>>>

Territory Manager for Mizuno

Mizuno is a research & development company. Their belief is to "advance society through sports". Anthony displayed many running shoes for our inspection. There was a wide variety of colors & styles in different weights.

We each held the lightest shoe in its class. A real featherweight. Anthony spoke about the "Vibram" - the 5 finger, fits like a glove shoe and discussed the pros and cons. It's mostly a training shoe. Anthony believes a little bit more shoe, so you don't feel the ground, is better for the average runner. It has cushion & stability to absorb shock & give support. Mizuno also has a lightweight clothing line. Our own Howard was wearing a Mizuno shirt that he loves. Anthony certainly was interesting and enjoyed by all.



Guest Speaker for May: Dr. Louis Obergh, PT, DPT, CSCS, CEAS ADVANCE PHYSICAL THERAPY. Dr. Louis Obergh will be speaking on strength training. He is a certified strength & conditioning specialist. He maintains three offices, one in Wantagh on 3728 Park Avenue, one in Jericho on 400 North Broadway and one in Lindenhurst at 910 Route 109. He offers K-Laser therapy, Ergonomic Assessments, Geriatric Conditioning and Strength Programs including Aquatic/Pool Therapy to Full Fitness Facilities Including Pool, Jacuzzi and Child Care. It should be an interesting Talk. His website is <http://www.advance-pt.com>

Massapequa Running Attire For Sale

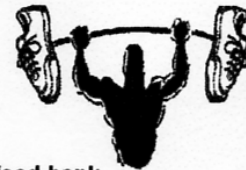
Our "GEAR GIRL", Karen Conklin Has a new number is (516)795-9576, if you are in need of new MRR clothing. Thank you Karen for all your help.

Split Shorts	\$28	Woman's Sport Top	\$40	Long Sleeve "Therma-Tec"	\$30
Long Shorts	\$22	Men's Singlet	\$27	Short Sleeve Running Shirt	\$15
Tights	\$22	Wind Pants	\$30	T-Shirts/Golf Shirts	\$5-\$10



31st Annual Firecracker 5K Run

Sunday June 26, 2011 - 5:00PM



Proceeds to Benefit

Interfaith Nutrition Network Food Bank

We thank you in advance for your race day donation of a non-perishable food item to the food bank

**Runner's Edge
Sunrise Cyclery**

**Sunrise Health & Racquet
Wells Fargo**

**Omega Storage
Met Sales**

**Irish Cottage
Pequa Beverage**

REGISTRATION

Entries received by June 22

5K - \$18

\$15 - MRR members, USATF members & Seniors 60-69 Age 70 and over - FREE

1/4 Mile Kid's Fun Run - \$4 Fun Run will start at 4:15PM. Medals to all finishers.

June 23th thru day of race: 5K - \$30 - ALL RUNNERS - NO EXCEPTIONS 1/4 Mile Fun Run - \$5
T-Shirts to all registrants. Registration also available at active.com.

AWARDS

Overall - 1st Male/1st Female

Masters(Roger Williams Award) - 1st Male/1st Female

Massapequa Park Resident - 1st Male/1st Female

Age Groups - Top 3 Male/Female 9 and under, 5 year age groups through 85+

Wheelchair - Top 3 Clydesdale - Top 3 Male/Female 2 Weight Groups (Clydesdale not eligible for Age Group Awards)

New Course Record Bonus - \$100 M - 14:53 (Trevor Murray 1994) F - 17:11 (Alice Hansen 1996)



Lift n Run Competition: Runners bench press a percent of their body weight based on age & sex. Each lift deducts 10 seconds off 5K time. 1st Male/1st Female overall plus top 3 for 18-19, and 5 year age groups from 20-24 thru 85+. Lift n Run Awards in addition to the normal 5K Awards. Weight stations & Registration (No Preregistration) open from 2PM to 4PM on day of race. \$3 for registered runners payable at weigh in only. Free with non-perishable food donation.

Lift n Run	Lift Percent	Age	Men	Women
18-29	100%	70%		
30-39	90%	60%		
40-49	80%	50%		
50-59	70%	40%		
60-69	60%	30%		
70+	50%	20%		

CHECK-IN

Saturday June 25th 1:00PM - 4:00PM - Runner's Edge, Farmingdale

Sunday June 26th 2:00PM - 4:30PM - Brady Park - Lake Shore Drive, Massapequa Park

DIRECTIONS

From Massapequa Park LIRR Station at Sunrise Highway and Park Boulevard proceed north under tressle, make left onto Front Street. Go 4 blocks to Brady Park. Park on side streets. No parking on Lake Shore Drive.

TIMING

Finish Line Road Race Technicians/www.flrrt.com

RACE DIRECTOR

Alex Flyntz (516) 796-1900/flyntz@aol.com

MAIL FORM WITH CHECK PAYABLE TO: MASSAPEQUA ROAD RUNNERS, PO BOX 189, MASSAPEQUA PARK, NY 11762
REGISTER ONLINE AT ACTIVE.COM

Name _____ MRR Member _____ USATF Member _____

Age on Race Day _____ Date of Birth ____/____/____ Male _____ Female _____ 5K _____ Fun Run _____

Check if applicable: Clydesdale: Male :185-199 _____ 200+ _____ Female: 140-159 _____ 160+ _____ Wheelchair _____

Address _____ Town _____ State _____ Zip _____

Phone _____ E-Mail _____

I the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, hereby waive, release, and hold harmless THE MASSAPEQUA ROAD RUNNERS, THE INCORPORATED VILLAGE OF MASSAPEQUA PARK, FINISH LINE ROAD RACE TECHNICIANS INC, LONG ISLAND TRACK & FIELD, all race sponsors and their representatives, successors, and assigns, for any and all liabilities, claims, damages and causes of action whatsoever arising directly or indirectly from my participation in this event, even if any such liabilities, claims, demands, and causes of action arise in whole or in part out of the negligence of any of the above mentioned organizations or individuals. I attest and verify I am physically fit and have sufficiently trained for the completion of this event, and that my physical condition has been verified by a licensed Medical Doctor. If signed by a parent, the parent agrees to release and hold the above named organizations and personnel harmless of any claims and rights which may be asserted on behalf of the entrant. Further, I hereby grant permission to any and all of the foregoing to use photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatever.

Signature _____ Date _____

(If under 18, parent or guardian must sign)

**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) " Are you ready for the race of your life ? "	516-796-4185 www.victorystrap.com
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20% DISCOUNTS

SPORTS CHIROPRACTOR - DR. JEFF POPLARSKI (CLUB MEMBER) 217 Merrick Rd., Amityville Nutritional Supplements, Personal Training, Training Equipment Supplies, Massage Therapy	631-598-7034 www.drjeffpoplarski.com
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HAIR DESIGN/COLOR & COSMOTOLOGY- SAMANTHA DELISSIO (CLUB MEMBER) In Your House	631-579-1540
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MASSAGE THERAPIST - BILL ROMAS (CLUB MEMBER) Ironman Triathlete specializing in Sports/Medical Massage	631-392-0155
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15% DISCOUNTS

RUNNER'S EDGE - BOB COOK 242 Main Street, Farmingdale	Sports Footwear & Apparel	516-420-7963
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PREVETE CENTURY 21 REAL ESTATE - NANCY TISCHLER (CLUB MEMBER)	516-314-9855
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ROLLERBLADING/ICE SKATING LESSONS - RON TISCHLER	516-826-9031
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10% DISCOUNTS

AMITYVILLE ACUPUNTURE & WELLNESS. - Erin Hurme (CLUB MEMBER) 134 Broadway, Amityville	631-691-0200
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GIRASOLE - FULL SERVICE SALON - Sara Luthy (CLUB MEMBER) 260 Deer Park Avenue, Babylon 11702	631-422-0259
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BABYLON BICYCLE- 218 E.MAIN ST.BABYLON (PARTS,ACCESSORIES,LABOR)	631-587-1439
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SUNRISE CYCLERY - 4828 SUNRISE HIGHWAY, MASSAPEQUA (5% ON BIKES)	516-798-5715
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BRANDS CYCLE - 1966 WANTAGH AVENUE, WANTAGH (ACCESSORIES ONLY)	516-781-6100
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LANDSCAPING - ED MIKUSEK (CLUB MEMBER)	516-957-1590
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TAX PLANNING & RETURN PREPARATION - JEFF SABOL (CLUB MEMBER)	631-666-0602
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TIN CAN THE CLOWN - ED TINNELLY (CLUB MEMBER)	516-798-4346
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MASONRY & CONCRETE WORK - RALPH BETZ (CLUB MEMBER)	516-541-9064
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AL'S CYCLE CENTER - 256 BROADWAY, AMITYVILLE	516-789-2270
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