



Around the Park

News of the Prospect Park Track Club - June 2009

AL GOLDSTEIN SPEED SERIES OFF AND RUNNING

The first two 5K races are “in the books” and gathering speed in the numbers of runners. The Speed Series Season is just beginning however, with five more still to be run: June 24, July 8, July 22, August 5 and August 19. Registration begins at 6:30 p.m. at the Oriental Pavilion. There are medals galore, baggage check, a chance to test your training – and fun! All this for \$5! .

SUMMER SPEED SERIES : HELP WANTED



If you can't (or don't want to) run, no problem. You can have even more fun by helping. We can always use more help; If you can't (or don't want to) run, no

problem. We can always use more help. Job titles include “screamer”, “slow bike rider”, “congratulator”, water boy (or girl) and flashlight holder. Spouses, significant others, children and parents welcome!

PPTC “STUFF” ON SALE AT PICNIC – BARGAINS GALORE

Announcing an opportunity to “rummage” through a variety of PPTC tees, sweatshirts, singlets at the picnic. **Priced to sell.**



PICNIC TIME!

It's picnic time again – an event for everyone; a great way to meet Club members if you're a new member and to catch up with old friends if you're a long termer. The date is Saturday, June 27th so mark your calendar for a day of fun. Bring your friends. All are welcome and it's free to members. All we ask is that members call the Club phone (595-2049) or email contact@pptc.org to let us know who and how many will be coming. Takes the guesswork out of planning. For adult friends, family, neighbors (kids are free) and members who don't call, we're asking a \$5 contribution.

Again this year, we'll be gathering at the Oriental Pavilion. The day will begin with registration for the very randomly chosen relay – each team will be made up of three runners, each one running the 1.74 miles around the lake. That's enough distance to get the metabolism going so you can enjoy the good food.

Important: the registration for the relay will CLOSE at 9:30 a.m.

Back to the food: The Club will provide heroes and soda to get the ball rolling, but the success of past picnics has been due to members and friends bringing their favorite foods for all to enjoy.

Bring your Frisbees, horseshoes, your appetites and your sense of fun!

PPTC's GOT TALENT

Susan Boyle watch out! Last year Gil Torres and Amy Duquette broke new ground by showcasing their talent at the picnic. Picnic Chair Richard Weaver is sending out a call for other PPTCers to join this year's cast. No auditions – just let Richard (RWe121776@aol.com) know you are ready and willing to perform for a very appreciative crowd. Applause guaranteed.

THE INSIDE LOOP

Tom Byrnes and Friends

You might've heard about it or perhaps read about it in the local community newspapers. A group of local Windsor Terrace teens on their way to or from a get together, a clear Friday nite, June 5th, PPSW, coming up on the Vanderbilt Street playground, on the outside sidewalk, a sudden loud noise, wood crashing, a tree falls, hitting some, crunching others, some are injured and one needs his head stapled and a stay in the hospital for further tests to determine if there was any other physical damage.

Cars not watching out, bikes in the wrong lane, broken pavement, dogs off the leash, , bad- guy- wanna- bees, and now last but certainly not the least, falling trees added to the list of what can do you in if you're not heads up out there.

Pay attention to who and what's going on around you . Better to listen to the sound of your footsteps hitting the road than to be absorbed in your Ipod tunes and miss what could very well change your life for a while.

In direct competition with the NYRR's Mini 10k in Central Park on Sunday June 7th, the 20th annual Kenny Dolan 5k in Prospect Park saw runners who preferred to stay local for a great race come out in force. PPTC was there behind the scene at the post registration table, on the starting line, at the finish line area , at the post- race BBQ, and on the victory stand as well. The post- race party that can't be beat found PPTCers chillin' to the beat of the "Come Hell or High Water " rock and roll band, talking running and training, races and paces, and not counting the hotdogs ,hamburgers, or Buds we put away. And, hey, don't include your trips to and from the beer tent in your weekly mileage totals ! Check out the race results on our website , you'll be PPTC proud you did !

This second weekend in June found PPTCers helping to make it happen all over the place, Wayne Bailey volunteering with T.A.'s Tour D' Brooklyn bike event and Junior Passeur hooking up with USADA with their drug testing in Central Park at the 10K.

The Al Goldstein-PPTC Summer Speed 5k's should be another fixture to your running repertoire this summer. A grass roots road race with that down home feel , almost a loop of the park with the start north of the center loop transverse closer to the zoo and the finish across from the Lincoln Road vehicle entrance/exit on the inside loop, just north of the ice skate rink. Every other Wednesday evening this summer, usually rain or shine, registration at

the Pavilion at 630pm and the start a little after 7pm as soon as the NPD ensures that all the vehicles have left the course roadway. Come and get a benchmark you can use to judge your progress, or lack of it, for the 5k distance. Check the website or call the club phone 595 2049 to get the date of the next one. Bring your running relatives and friends .No tee shirts, no splits, a race for runners by those who have been there and done it themselves .It's low key and lots of fun. It'll be a well spent \$5 for sure.

It's June and the sun's strength is the strongest at this time of the year! Be sun smart and do everything you can do to protect your exposed skin before a friend or doctor tells you had better see a dermatologist to get that funny piece of skin,freckle, or mole on your neck or shoulder or back or arm or hand or leg checked out.. Cover up during the hottest times of the day,10am-4pm, lather up with lotion with at least 30 Sun Protective Factor (SPF), and wear a hat and clothes that have indications on their labels that they're made with material that will protect you from the sun's damaging rays. Learn the warning signs of the different types of skin cancer, some more deadly than others. Don't throw caution to the wind, your skin is an organ just like your liver and lungs. Be sun smart !

Upon learning about the tree crashing down and hitting the teens who just happened to be in the wrong place at the wrong time, I thought back to how many times over the years we might've passed the exact same spot while we were on the way to a loop or two or three of the outside of the park.

On a lighter note, back in the day, PPTC would gather to run on a Saturday morning and then get to the basement community room of Bobby Fisher's apartment house on Vanderbilt Street just down the street from the accident site for fresh bagels and spreads', hot coffee and hot chocolate, giving rise to the name " bagel runs." PPTC has let these bagel runs go for a while but they were great fun and a chance to meet and greet fellow club members. The post workout Sunday brunch get-togethers Gil Torres was psyched about last year were also a great opportunity to open up and explore a 'social' side of PPTC. After the first Summer Speed series 5K as Helen Dole was trying to keep up with me while we were biking together up the zoo hill, she mentioned PPTC's getting together at a LNB (as in 'local neighborhood bar') for some post race liquid refreshments. Hey although the ad doesn't say it exactly , "Got Ideas?" You might be surprised at how many PPTC

traditions have been born out of home grown ideas, some planned and some really impromptu , to get members and friends together for good times to be shared by all. Not like the annual gala PPTC party in January but chillin' with PPTC . Lets hear from you ! Shout it out at the next PPTC monthly meeting, run it by one of the club officers or the Bored of Directors, get thee on the PPTC Yahoo group and put it into an email, call it into the PPTC club phone ,718 595 2049, talk it up at one of the PPTC weekly group runs, but whatever you do, don't let great PPTC stuff

linger in your imagination , get your ideas out there! PPTC is your club, make it happen!

Late breaking rumor has it that the pool at the 9th street YMCA could very well be up and running sometime this month. Prayers have been answered!

Run, bike and swim safely, be sun smart, and we'll see you on the roads

“Run Brooklyn 2009” Grand Prix

To encourage team racing, and support of Brooklyn races organized by local groups and organizations, we are announcing PPTC's “Run Brooklyn 2009” Grand Prix.

PPTC members racing six scored Brooklyn races will be entered in a raffle for a \$100 cash prize at the end of the year.

Rules for qualification:

- To be eligible, runners must become PPTC members before July 1 and must race only for PPTC in any races they enter
- PPTC's database will be the official source for tracking races. Each runner will be responsible for entering their own races
- Any Brooklyn-based races that are officially scored will qualify
- The six races MUST include at least ONE race organized by PPTC.
- NYRR races held in Brooklyn will count towards qualification, but no more than one such race will be counted.

There will be five winners selected at random on New Year's Day at Harry's Handicap. In addition, all members completing six Brooklyn races will receive a “Run Brooklyn 2009” award. Below is a partial list of established Brooklyn

races. Other races we may have omitted will also count if they are scored events.

- June** Kenny Dolan 5K, Cosme's Boardwalk 5K, PPTC Picnic Relay
Al Goldstein Speed Series 5K, Fort Hamilton 5K*
- July** Al Goldstein Speed Series 5K *, Fort Hamilton 5K*
- Aug.** Fort Hamilton 5K*
Al Goldstein Speed Series 5K*
- Sept.** Chris Hoban 5Miler, Music That Heals 5K, Liz Padilla 5K
- Oct.** Bed Sty 10K, Women vs. Violence 5K, Get to the Point 5K
- Nov.** Cosme's Boardwalk Turkey Trot, PPTC Turkey Trot 5M
- Dec.** Peter Rabbit's 3M XC
- * Only one race in the series will be credited

Our newest members are

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Kathleen Cook	Hannah Purdy
Kimberly Saunders	Brandon Cammack
Jay Reingold	Yves Roger
Carrie Wolfson	Shontel Jung
Elizabeth Waisack	Uzoamaka Okoye
Michael Levine	Astrid Andre
Coralie Dartigues	Aaron Short

Welcome!!!!

Your Health

Christine Boutross

Did you wake up one morning recently with an urge to clean your home and throw out the candy wrappers from under the bed? Perhaps you've been craving water or fruit, or even felt like going to the gym for the first time in months. If you did, you're not alone. Each spring we instinctually feel the need to clean both our home and body. And if you spent the last few months with a bottle of wine watching reruns of Sex and the City, a cleanse may bring you out of hibernation.

We take in harmful substances daily, ranging from pollution and food additives to excess alcohol and junk food, not to mention toxic people. In excess, this contributes to poor health, stress, and a weak immune system. A spring cleanse is an opportunity for your body to rebuild. Some people choose cleansing kits or plans, like the Master Cleanse or similar programs. I actually recommend a less drastic approach, since our body is sensitive and may not react well to sudden changes. Try out the following tips, for the next 5 - 7 days and see how much better you feel.

Drink More Water

Filtered, distilled or spring water helps hydrate and clean the body. Adding fresh lemon juice is a plus. Have a minimum of 6 cups per day, starting with one in the morning on an empty stomach.

Eat Greens

Green leafy vegetables like field greens, arugula, kale, broccoli raab, and collards are rich in vitamins and cleanse the blood. They also contain fiber which binds toxins so they're more easily excreted. Eat them several times a day, if possible. You could even go to the juice bar for a green drink, 1 -2 times per day.

Reduce Unhealthy Foods

Sugar, white bread, cookies, candy, chips, soda, caffeine, packaged food, alcohol - they all decrease your energy, and keep your body full of extra junk. Try to cut back on these as much as you can, and give your digestive system a break. You'll be amazed how much more clearly you think when your body has the right fuel. You'd not put diesel fuel into an unleaded car, so why put the wrong fuel in your body?

Try Skin Cleansing

Buy a loofa or body scrub. This helps the skin eliminate waste and encourages blood flow. You could also visit a Turkish spa and have your favorite cabana boy scrub your body for you. Try this once per day

Christine Boutross is Personal Trainer and a Holistic Health Counselor. She is a graduate of the Institute for Integrative Nutrition.

Please visit Christine's website: www.journeytohealthwellness.com

Food Focus: Brown Rice

Brown rice, with its sweet nutty flavor, provides four times the amount of insoluble fiber found in white rice, because it is a whole grain that has not been stripped of its natural bran

covering. It contains an impressive number of vitamins and minerals such as concentrated B vitamins (which help nervous systems and mental depression), niacin, magnesium, manganese, phosphorus, selenium, and even some vitamin E. This whole grain also contains a small amount of high-quality protein in the form of the amino acid lysine, which helps boost the body's ability to fight viruses, especially those that cause cold sores.

In each grain of brown rice exists a matrix of whole, unrefined energy and nutrition. It is a complex carbohydrate and therefore burns slowly in the body, providing a steady stream of long lasting energy while increasing the brain's levels of serotonin, the chemical responsible for the feeling of well-being. Those who consistently eat brown rice report steady energy and an overall feeling of calm and balance in their daily lives.

For brown rice and whole grains in general, the majority of digestion occurs in the mouth through chewing and exposure to saliva. For optimal nutrition and assimilation, it is vital to chew your rice well and with awareness. A great meditation is to find a calm place, without distractions, to sit down for your meal. Make it a habit to chew each bite 20 times or more. See how this simple practice can help your digestion and overall focus for the rest of your day.

Recipe of the Month: Brown Basmati Pilaf

Prep Time: 3 minutes

Cooking Time: 30-40 minutes

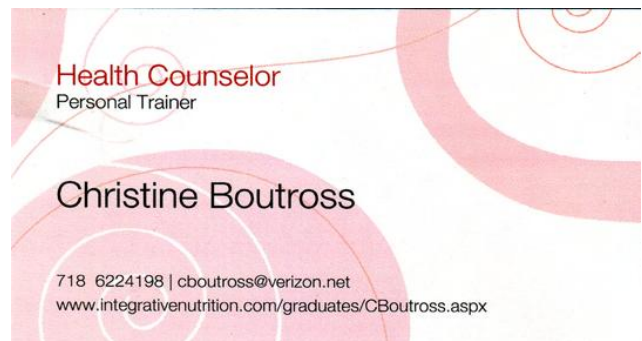
Yield: 4 servings

Ingredients:

- 1 cup brown basmati rice
- 2 cups of water
- 1/2 cup of dried cranberries
- 1/2 cup of walnut pieces
- 1/4 cup of chopped fresh parsley
- pinch of salt

Directions:

1. Rinse rice in fine mesh strainer until water runs clear.
2. Boil the water and add rice and salt, cover and reduce heat.
3. After 15 minutes add cranberries and walnuts to top, do not stir.
4. Cook 15-25 minutes more, until all the liquid is absorbed.
5. Remove from heat, add parsley and fluff with fork, cover and let set for 3-5 minutes and serve.



Meet The Members: Chi Iregbulem

By: Amy Duquette

"I heart New York!" PPTC member Chi Iregbulem says while smiling and making the shape of a heart with her hands. Chi has been a New Yorker for 32 years. She was born and spent her first three years in Champaign-Urbana, Illinois, but the rest of her life has been in Queens, Long Island and Brooklyn. However, she began to experience and embrace it in a new way three years ago after becoming a New York City runner. While running through Prospect Park she connects with it and sees parts that she has never seen. Running through the streets of Brooklyn allows her to see the city "...in a way that you can only do while running. All the nuances...the little shops...over the bridges, you can't see the city like that from a car." She also feels the connection to the runners of this city, a very specific community that she is glad to be a part of.



Specifically, she values her membership in the Prospect Park Track club. "Everybody is welcoming and supportive. It's what kept me going." Chi stresses, "I am not a fast runner, but (in PPTC) I've never felt bad for that, or less than anyone else." Quite contrary, she's felt appreciated.

Chi's parents came from Nigeria and had Chi and her two younger brothers in the US. She attended the United Nations International School (UNIS) and then catholic high school on Long Island. It was in high school when she first began running, joining the cross country and track teams. Chi stated that she "enjoyed running," but despite the three mile races she participated in at Van Cortlandt and Sunken Meadows parks, she was "...always a better sprinter."

While attending Syracuse University for her undergraduate degree in TV, Film and radio production and then Baruch College for her MBA, she stopped running. She remained "balanced", as she puts it, with dance and yoga classes. Receiving some harsh comments about her size from family members while at a wedding in May 2006; she was rightfully hurt, but then used it as motivation. Shortly after, a googled search for "track clubs" led her to PPTC. She started her engagement in the club and running with the Tuesday night Speed Series

trainings. "I remember the first night I came. I was dressed totally wrong for running. And although I thought it would come right back to me, no way!" Chi found the trail run that Coach Tony had the group do almost impossible; after all it was 15 years since she had run.

She did not give up on that day, or any day since. "No matter if I'm limping across the finish, I'm going to finish every race I start." Chi raced the PPTC Turkey Trot that year, her first since high school. She noticed her progress in the short amount of time since she came back to running and welcomed that familiar 'runner's high'. She has run the Turkey Trot, among other races, every year since.

Every member of our club has individual goals and reasons why they started and why they continue it. Chi says, "I'm not a hardcore runner, but I get what they and every runner experiences. Racing gives me that adrenaline rush...I get that sense of accomplishment every race I do." What Chi lacks in speed she makes up for in heart. She is a huge cheerleader of PPTC and runners in general. She volunteers in the club and her dedication can be counted on. And she is the spectator who will yell out the name of each individual runner who puts his/her name in their bib as she

watches the entire NYC marathon run by.

Speaking of the marathon, Chi is flirting with the idea of giving it a go in 2010. "It's one of my bucket list things to do. You have to do it if you run in New York City." She's completed six of the nine required qualifying races to date. "There is rarely a time when I don't finish what I started."

Chi's non-running interests include spinning, roller skating and dancing. She's studied hip hop and modern dance and spent several years with Harambee Dance Company, a contemporary West African dance troupe that performed in various places, including Ghana. Currently, Chi and her fiancé are planning a wedding. Finding that she was not interested in the traditional parts of a wedding, they are working out a way to make the event their own. They both spend some of their time in NYC and some in Baltimore where her fiancé's job is based. Being a New Yorker through and through, she does not want to leave this city completely and is also finding the means to live a dual-city life.

Balance is a theme that keeps returning to Chi. She takes care of herself emotionally and coming back to running has allowed her to take care of herself physically. This balance may be the reason for the positive energy that she emits and can be felt by those around her.

The Future of the Newsletter.

First the good news – If you want to keep receiving a printed edition of “Around the Park” you can. Forever. All you need to do is call the club phone (718-595-2049) and say “I want to keep getting the Newsletter. Or you can send a note to PPTC PO Box 150658, Brooklyn NY 11215. Or you can come to a general meeting and tell me, Michael Ring, that you want to keep getting the newsletter in the mail. Just do this before January 2, 2010.

Only more good news - If you do not want to get any more Just send an email to membership@pptc.org and I will reply with instructions on how you can subscribe to the PPTC Blog, www.pptcblog.blogspot.com. The Blog will contain the each article in the newsletter (and more) in an interactive format. You can also view and download the entire newsletter from our website, www.pptc.org.

A review: If you want to continue to get the newsletter in the mail let me know anytime before the end of the year and you will. If you want to stop getting it in the mail now, email me and it will stop. This means that if I do not hear from you by the end of 2009, you will no longer get a paper newsletter mailed to you

What You Do Not Know Because Your Are Not Me

Michel Ring

To Race or to Finish?

Last Sunday I ran the Kenny Dolan Memorial 5K Run. I had a great time. Not the time on the clock, but I enjoyed myself. I mean I *really* enjoyed myself. I paced my 9 year old twins in a “grown up race”. I finished in about 35 minutes. For me that time means nothing, but seeing my kids smile when they got cheers from friends and strangers was priceless. Eight days earlier I ran the Brooklyn Half Marathon. There I wanted to have a good time; I wanted to break two hours.

Every time I start a race I want to have a good time. Some times I want to have a good time by enjoying the sights, being with friends and family or knowing that finishing will qualify me for the next level of running. Recently, I have run a lot of races like that. Since my kids were born I have enjoyed pushing them and now racing with them. I had a good time. I even joined an internet group called [JustFinish](#).

On June 2 the New York Times had a great article on not finishing. “[First the Marathon Lottery, then the Pressure to Finish](#)”, compared the elite runner who has a very specific goal to the recreational runner. The elite runners will get off the course if they are not going to meet their goal. Why risk injury if you are not going to be in the money.... Be in better shape for the next race. The recreational runners have more to lose by not finishing.

Recreational runners may push too hard to finish because of “external pressures,” according to Dr. Jeffrey L. Brown, a Harvard Medical School psychologist who evaluates participants in the

Boston Marathon and other races. Such pressures include dedicating a race to a loved one, raising money for charity or battling a disease. “It can put real undue pressure on someone,” Brown said. And then there is the nature of the people who are drawn to marathoning. “Marathon runners tend to be a bit obsessive,” Brown said. As for dropping out, he said, “it is not something that is on the checklist.”

But this goal of just finishing did not allow me to have a “good time”. I ran some very conservative races. I needed to finish 9 races in a calendar year; I needed to finish 15 marathons. Racing became a chore, finishing became the goal. Well, that is behind me now. I have my lifetime guaranteed entry into the NYC Marathon.

I don’t need to run 9 NYCRR races every year. I also don’t *need* to finish the NYC Marathon. I wanna have a good time. I wanna run the same kind of race that I did 10 years. I wanna run hard and have a negative split. I want to pay attention to mile markers and good form.

George Sheehan said, “The marathon is my benchmark. It is the status symbol in my community, the running community.” I have nothing to prove any more, I finished many marathons, now I am ready again to risk not finishing. I need a good time again. I don’t want to Just Finish.

From The Archives

Long Day's Journey Into Night – Birth Of The Metro 100K

Paul Soskind

In the late 1970's, the ultramarathon scene was limited to the Met 50 miler: 10 loops of the upper five miles in Central Park, the Knickerbocker 60K: six plus full Central Park loops: the Fresh Pond 50M: 20 2.5M loops around a Boston reservoir; the Lake Waramaug 50M and 100KM events on a hilly 7.66M loop in northern Connecticut and the Mechanicsville 100K in Pennsylvania's western hill country.

To create a venue for local ultra runners and national caliber athletes, Rich Inamorato, Lenny Nemerovsky and I explored several sites in the five boroughs. We settled on the lake loop (same as the first loop of the Turkey Trot) because it was relatively short (1.7467 miles), thus enabling us to monitor the progress of the runners and its accessibility to lockers and shower facilities at the Parade Grounds. By including the small traffic island near the Seeley Street playground, we had an ideal 1.75 mile loop.

The drawbacks, which we felt were outweighed by the advantages were: (1) the necessity of crossing the main road twice per loop, partially mitigated by running in a clockwise direction; (2) having the runners negotiate 35 plus loops around said circuit; (3) which precluded the necessity of ample volunteers for scoring and aid stations.

We decided on the Saturday after Thanksgiving Day for the event because of a post holiday drop in activity in the park, relatively mild weather with no expected temperature variation extremes and 10-plus hours of daylight. We used a rental van to carry the supplies to the start, set up two tables – one for scoring, the other for aid. Scoring was done on an elaborately crafted chart with help from PPTC founder Harry Murphy consisting of the names of the competitors arranged vertically and 35 diagonally slashed boxes arranged horizontally to record each runner's time per lap and cumulative time. Backup charts, small enough to fit on clipboards were kept by other scorer recorders inside the van. While I had wanted to compete, that first year I worked the race.

At 7:00 a.m. sharp on a sunny but chilly 34 degree day, 31 runners set off on their long journey. They included Park Borner, then America's "premier ultrarunner," Don Jewel, Bill Lowder, Bob Van der Kieft, George Gardner and our own indomitable Johnny

Kenul. By 11:00 a.m., the field was really strung out with the leaders between a 7:00 and 7:35 minute pace or 50K or more, while others had not reached the marathon mark. By then, the temperature had risen to the high 40's and the sky was overcast. While some runners appeared strong and confident, others were in real trouble. We were charting lap times, looking for patterns of drastic slowdowns because we had informed the competitors that anyone in danger of not maintaining a pace to finish with the 10 hour time limit would either have to step it up or be waved off at this time, whether they completed the distance or not.

At this time, Queen's song, "Another One Bites the Dust" seemed appropriate for those who succumbed to the time and distance on their feet. To their credit, that initial year we had about a 30% dropout rate and more than 20 runners completed the distance with four slightly over the limit.

We celebrated their achievement with an awards buffet at the now-defunct Scarella's Italian Restaurant on Church Avenue where the winner, Park Borner, and the others received the accolades due them. Our great initial success enabled us to restage this event the following year and for 10 more years to come. The second year we had a momentous event with a stellar field. For those of you considering a go at this distance, here are the finishing times and pace per mile of the top 10 in year two:

Alan Kirek – 6:37:54 (6:16/mile)

George Gardiner – 7:37:20 (7:21/mile)

Hal Stern – 7:54:42 (7:36/mile)

Bob Van der Kieft – 7:57 (7:39/mile)

Gunther Erich (50+ years old) – 8:11:46 (7:55/mile)

Park Borner (defending champ) – 8:14:37 (7:57/mile)

Paul Soskind – 8:22:59 (8:08/mile)

John McQueen – 8:25:56 (8:08/mile)

Ray Krolewicz – 8:42:41 (8:21/mile)

Dave Obelkevich – 8:43:05 (8:22/mile)

In this event, Alan Kirek set an American and North American record for the distance while, for the first time in ultrarunning history, 13 participants broke the nine hour barrier for the 62.14 mile distance. This still remains a high water mark in ultrarunning annals while 23 of the 33 starters completed the event within the time limit.



Around the Park

Is a monthly publication of the Prospect Park Track Club

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**See Page 6 for Special
 Information on the
 Future of the Newsletter**

Next PPTC Meeting

**Monday, July 6 at MetroSports
 Med, 263 7th Avenue, 2nd Floor,
 7 p.m. Meet the new members –
 6:30 p.m. Refreshments**



