



Around the Park

News of the Prospect Park Track Club – January 2010

PPTC's Annual Dinner

If you haven't made your reservations for the PPTC Annual Dinner on Friday, January 29th, there is still time. Not a lot of time, however. We need to hear from you by **January 25th** (a slight extension to make sure that everyone who wants to be there is there). Here are some highlights you can expect that evening:

PPTC's 40th birthday celebration with a tip of the hat to a storied past



The highpoint of the evening – the announcement of the winners of 2009's achievement awards for outstanding performances on the roads as well as for contributions to the Club

A cocktail reception, sit down dinner, open bar

Dancing (excellent cross training opportunity) to music guaranteed to get your feet tapping

Convenient - free parking and close to the Prospect Avenue station on the R train



So there it is – awards, celebration, good food, good music, good conversation, beginning at 7 p.m. The price is \$55 per person and you can make your reservations on the website, www.pptc.org. See you at Grand Prospect Hall, Prospect Avenue between 5th and 6th Avenues.

THE INSIDE LOOP TOM BYRNES and FRIENDS

The first day of this new decade found 42 runners toeing the start line at the 2010 Harry's Handicap. With the skies cloudy and the air temperature not as cold as it could be on January's first day of the new decade, the high spirits, running fellowship, and warm hearts were more than enough to kindle hopes for very happy and very healthy times to come. To add icing on the cake, a number of runners planned to get to Coney Island after PPTC's event and hop into the surf with the Polar Bear / Ice Berg club members at their annual New Year's Day swim. Who went? The ones who looked like they were still trying to thaw out by the time of PPTC's monthly meeting on January 4th. According to Maria Green, "Very, Very, Very, COLD..... My sister went in 3 times. I went in twice. I can't believe how many people were there, it was packed... Maybe 500 people or more.. It was exhilarating." As they say, "thaw out soon, ya hear... "

The local papers say it's so. Brooklyn Borough President Marty Markowitz moved to Windsor Terrace right around the corner from the K of C building on 10th Avenue and 16th street where PPTC gathered on New Year's Day. Marty and his wife can often be seen on the inside loop roadway on their weekend workouts, always chatting away. Perhaps PPTC can contact Mister and Missus Marty and get them to hook up and join PPTC for any one of a number of our events

Some fast PPTC runners' times at NYRRC's races in December; way to rock PPTC! Check the race result section for the details. They all did themselves, our club, our park, and our borough proud!

Congrats to Mickey Newman on his son Sean's appointment to Captain with the NYFD.

Great to learn that brothers Harry, Liam, and Andrew Tomasi plan to follow in their father Peter's footsteps and run in the handicap race one of these years. Harry also confided to me that he plans to pursue a career in paleontology. But first we have to get out of the third grade.

Dave Lansner and Carolyn Kubitschek's son Noah didn't make this year's Harry's Handicap since he was along a route from the west coast to Texas on a solo 800 mile bike trek over the Christmas school break. An 800 mile bike trek loaded down with full panniers could make for an interesting ride !

Thanks to Patty Perlo for pointing out on the PPTC-open-forum the mention of Prospect Park's ranking in the top ten public parks nationwide in the New York Times recently. Of course we didn't need this newspaper to tell us this about our park but hey, it's certainly nice to be recognized.

PPTC's Craig Hammerman alerts us to the "e waste" recycling event for computers and discarded electronic devices on Sunday, January 17th . Have any of this stuff that you want to get rid of, bring them to 3rd street and PPW between 10-2pm and if all goes according to plan, they'll rest in piece.

Save the date! Transportation Alternative's 2010 NYC Five Borough Bike Tour is Sunday May 2nd. Official entries and bibs are sold out quickly for this event so watch the pptc-open-forum@googlegroups.com emails for further details. PPTC always has riders at this and 2010 will be no different .

The last ten years certainly were "interesting," weren't they? Let's hope that the next decade brings the best of health, peace, and prosperity to us all. See you on the bike, in the pool, and on the roads.



To Help Honor Our Clubs 40th Anniversary Paul Soskind Interviewed Two “Old Time” Members Alex Kogut and Mike Rieman

Alex is a 66-year-old former member living in Florida.

P.S.: How did you get started?

Alex: I was working out in Jack LaLanne and some guys said we should augment our lifting with running. I met John Richardson of the Marine Park club, ran with them several times, but joined PPTC, because I knew more people there such as Harry, Walter Brown, Howie Basis, and you.

PS: When were you an active member?

Alex: During the club's heyday. I ran a p.r. of 3:27 at age forty, but I was a fourth echelon guy; there were at least 20 guys my age under 3:10, another 15 between 2:58 and 2:50, and a core of ten or so in the 2:30's to mid 2:40s.

PS: How did you all train back then?

Alex: We would run on Sundays from the park up to Central Park and then return to the Parade Grounds; sometimes we'd throw in a 6 mile loop at Central Park.

PS: What was the hardest workout you remember doing?

Alex: In 1981 we went up to Central Park and ran seven six mile loops in subfreezing weather without water. We were prepping for the 60 km., which was then held in early March.

PS: So it seems you gravitated to ultras.

Alex: Yeah I wasn't fast but I was strong and steady.

PS: Give me an example of one of your "not fast" times,

Alex: Well, I did a 4:09 for 50km up at Brattleboro Vermont on a very hilly course, but you Bill McMahon, Roque Pizarro, and Bob Muller were doing it in the 3:30s to 3:40s, and the winner ran about 3:00.

PS Are you still running?

Alex: Sadly no. I thought I was indestructible, probably didn't back off when I should have so now I can only do a couple of very easy miles a week. I do miss it.

Mike Rieman is a long time PPTC member, board member and past PPTC president

PS :What motivated you to become club president?

M.R.: John Roselli had to step down and I was the only one willing to take on the responsibilities.

P.S. What were your major challenges?

M.R. The club was losing members; many top runners had stopped competing, or had gone to other more active clubs. I tried to attract new members and make the club more inclusive.

P.S. How did you become a member?

M.R. I had been a once or twice times a week runner, got hooked on the idea of running NYC, and after doing so in 1980, I began joining some of the PPTC regulars in their early morning loops around the park. Back then, you had to be asked to join. I was honored when asked by Monte Davis, and hope all our current members feel the same sense of pride and honor.

P,S, What were the highs and lows of those years?

M.R. There were no lows, but many highs. Running with the groups taught me pacing and how to adjust my training. After races we would hang out together. People didn't just scatter and go home or wherever. I remember after one especially hot Hispanic Half in August sharing some beers with other PPTCers. I miss those days; we were very together regardless of age or ability levels.



Meet the Members by Amy Duquette: Traci Lester

When did you start running?

I grew up in central New Jersey and first started running for fun in junior high school. I joined the track team when I got to high school. I ran cross country in the winter, and in the spring I ran the 100 and 400 meter hurdles, along with the 400 meters and the 800 meters. I also later ran in college for a short time. It was not until my 30's that I started distance running.

What was attractive to you about running at that age?

My older brother inspired me. He was the NJ State Champion in the hurdles. I liked the camaraderie that running offered—the team spirit--and I also liked the good feeling that you got after a run. All of my friends were on the track team, so it was a social outlet for me, too.

What makes runners special?

Runners are special people. They are understanding and appreciative of taking on challenges, overcoming obstacles and striving to accomplish the impossible. Running is one of the few activities that you can do alone or in a group, and that can happen any time of the day or night. No matter when you run, there is always someone else out there running who appreciates what you're doing.

You said in your 30's you started distance running?

I just completed my 8th marathon this year. I ran my first NYC Marathon in 2003 and then I became hooked on marathons...it's like an addiction! The first year that I entered the lottery I was accepted into NYC. It was an amazing experience. I've run the NYC Marathon every year since 2003 and I've also done the Chicago Marathon. Along with that, I also run half marathons and have traveled across the country to run them. Most recently I ran the SF Women's Half Marathon.

When did you join PPTC and what brought you?

Someone invited me to run the Turkey Trot one year and that's how I found out about the PPTC. That was in 2004.

What do you like about the PPTC?

I like the intergenerational aspect of PPTC. There are runners from all backgrounds and walks of life. The club doesn't feel overly competitive, so no one looks at you funny if it takes you more than 30 minutes to do a loop of Prospect Park or if it takes you more than 5 hours to run a marathon. I never thought I could belong to a track club as an adult, but when I started meeting people from PPTC, I knew that I was in the right place.

Has the club done anything for your running?

It provides me with a group to motivate me when I need it, especially in the late summer and fall when the marathon training season is in full gear. And, I really look forward to the post-Marathon party and the cheers that happen when you walk in the room after the race is over. The club makes it easy for me to run in my community of Brooklyn and Prospect Park.

What You Do Not Know Because You Are Not Me, by Michael Ring

"Ya know it's cold, Michael is wearing (long) pants!"

Yea, that's what they say. I am not so much into putting on what others think is an adequate amount of clothing. It is not that I don't feel the cold; I just don't let it bother me so much. But it does not always work out.

I once did a couple of laps of The Park when it was 25* and snowing pretty heavily. When I finished the run I noticed that the snow was **not** melting against my bare legs. So it rinsed it off in a hot shower. The weird thing was that after the hot shower the skin on my legs was still cold to the touch. Then during the next week the skin was extremely dry and there was a great deal of peeling. A few weeks later I showed my legs to my cousin, a runner and an MD. She slapped my head and told me that another loop of the park would have caused permanent damage; I had first degree frost bite. Not so bad.

One of the NYC Marathons I ran back in the mid 90s was about 40* at the start. It was so windy that some of the hospitality tents blew over. They announced that runners should be leery of hypothermia. They said the first sign of hypothermia is confusion. That's funny, how do you know you are confused? (Anyway whose head is on so straight when they are running a marathon?). I started that race in my PPTC sweatshirt, a ski cap and a pair of gloves. When I passed Union St in Park Slope, I felt warm enough to shed the sweatshirt, but I accidentally gave the hat and gloves to my wife as well. As soon as I got to Fort Greene I missed the hat and those gloves. The run over the 59th St Bridge was kinda sucky. My big problem was the fact that the tin foil sheet they give you after the finish does not work unless properly taped down. Also, our "reunion school" was almost at West End Ave.

Walking over there I had to pause to sit on a stoop. After some indeterminable amount of time, I realized I needed to get up. When I heaved myself up I realized that I did not know which way I was walking. I suddenly realized that I WAS CONFUSED. Luckily, I looked up and saw the PPTC banner directly across the street. When I got into the cafeteria I remember being covered in every body's blanket and still shivering uncontrollably. Then I felt the need to get sick, and I

did. Then I had some hot cocoa and felt fine. That was no fun.

My worst experience with the cold was when I joined my wife for a ski trip to Killington Vermont. I was not into skiing so I told her I would meet her at the ski lodge. Our hotel had a gym but I could not bring myself to get on that treadmill. I asked the concierge how far it was to the lodge at the ski slope. He said it was 12 miles, 6 miles down the road and one turn. I could not get lost. It was about 0 degrees outside the hotel, but sunny and there was no wind. The road was well plowed and the snow was piled high along the shoulder. I put on all my clothes; a wicking layer against my skin, an insulating layer and then a windbreaker. I had 2 pairs of gloves, a hat and a balaclava.

The first 6 miles was great but there were big problems when I made that turn. It was all uphill and into the wind. The sweat that had wicked away to my middle layer froze really fast. When I say "middle layer" I am not just talking about my clothing. My *middle layer* got real cold, really cold. I realized my current activity could be categorized as how stupid people get killed. It took me a few minutes to find shelter. I ran into a bar and asked the bartender if I could use the rest room. I did not know why he was staring at me when I walked in till I looked in the mirror and saw the frozen spike of hair sticking out of the side of my head.

When the cab came to take me back to the hotel I explained that I had no cash, only the subway token I keep in my shoe. That token gets me home from anywhere when I am running back in Brooklyn. I hoped he would let me go into my room to get his fare. He insisted that I only pay him with that token that my story was worth more than cash. I am sure that that token is still hanging from the rear view mirror of some cab in Vermont.

My wife would not have been waiting for me. They closed the mountain because it was too cold to ski!

I have no stories to tell about running in hot weather because I don't.

The Cherry Tree Is Coming!!!!!! The Cherry Tree Is Coming!!!!!!

Below is the text of the email that we sent to the more than 2,000 people who participated in Prospect Park Track Club events in 2009. We are hoping to have a record setting 900 participants this year. This can not happen without the support and help of you, the members of the Prospect Park Track Club. If you want to run the race, you can still help. We will need help the weekend before the race filling up the goody bags. Thursday February 18th to Saturday February 20th we will need help at Slope Sports distributing race materials. We can also use your help the morning of the race at Bishop Ford High School with last minute registration. If you are not running the race, we can use your help even more. We need help with data entry (indoors) and, for the hearty, we can use your help at water stations or at the Start/Finish Line. We have our own email address CherryTree@PPTC.org.



10% Discount to All PPTC Members!

Hi you are receiving this because you participated in one of the events organized by the [Prospect Park Track Club](#) last Year.

On Sunday, February 21, 2010, we will host our 15th annual [Cherry Tree 10 Mile and 3-Person Relay](#). We are very excited about our race this year and we want to spread the news among as many members of the local racing community as possible.

We call our event "A Race for the Hard Core". Our course consists of three challenging loops of Prospect Park. Runners have the option of completing the distance as an individual 10-mile runner, or as a member of a 3-person relay team, where each runner completes one lap.

The most exciting thing about this year's race is the fact that we will be using the [Chronotrack Timing System](#) with a timing mat at both the start and finish. Once again in the 10-Mile, we are offering cash awards to the top 3 overall male and female finishers. Additionally we use five-year age categories for all of our age group awards. In the Relay, awards will now be given to the top 3 relay teams in each category.

To make our event special, we offer many other amenities. This year our featured giveaway will be a high tech Sugio hat. After the race everyone can relax with hot refreshments at Bishop Ford High School and runners can treat themselves to a massage courtesy of the Swedish Institute massage therapist interns. I hope you can share this information with as many of your clubs' runners as possible.

This is also a great tune up for the NYC Half...

Also, online race registration comes with no additional fees!

Michael Ring CherryTree@PPTC.ORG

Our newest members are: Tiffany Hendryx, Richard and Marueen Loyd, Ariella Maron, The Deane/Bermudez Household, Jeanine Moses and Samanthal Litzinger. Welcome!!!

2010 New Year's Day Run in Honor of Harry Murphy by Ralph Yazzo

The 2010 Harry's Handicap was really a result of the 2009 Harry's Handicap where Tony Watson, Helen Dole and I started last and finished last and did not see anyone on the course. This was my fault. The goal of the handicap is people start at different times and finish together. This year there was more interaction between the runners and that's the goal of all races but especially the handicap. We really should have input from the runner, but we also have to look at the runner results data and then make a decision. Sometimes, it works and sometimes, it doesn't. For example, Mark Crowther worked out because he ran almost his predicted pace (faster than his voted pace) and passed a lot of runners. Some did not work out, but that's where the voting part has to be enhanced to allow the runner to explain their voted pace. If you think about it, if

a runner's data shows an average pace of 7:30 min/mile pace and the fastest pace is 7 min/mile and they vote that they will run a 9 min/mile in the race. It's not fair to the other runners to put them in with a 9 min/mile pace because we know they can run faster. That's where the explanation part of the voting form comes in.

This year we did everything, looked at the race data, got input from the runners, but it would be good if we had a group to help with this. But in the end, it's just a fun race and we all do the best we can.

Many thanks to everyone that came out for an interesting run. Here are the results by [Clock Time](#) and [Net Time](#), [Pace - predicted vs. actual](#) and a [Video](#). Below is just a sample of the data....

Name	Predicted Pace	Start Time	Adjustment	Clock Time	Net Time
Nathan Dancher		10:02:00	0:32:00	0:50:45	0:18:45
Mark Crowther	0:05:48	10:02:00	0:32:00	0:51:33	0:19:33
Robert James Reese	0:06:12	10:01:00	0:31:00	0:51:08	0:20:08
Ralph Yazzo	0:06:06	10:01:00	0:31:00	0:52:20	0:21:20
Helen Dole	0:06:19	10:00:00	0:30:00	0:51:27	0:21:27
Anthony Watson	0:06:10	10:01:00	0:31:00	0:52:38	0:21:38
Maggie Deschamps	0:06:41	9:59:00	0:29:00	0:51:53	0:22:53
Ted Baumgartner	0:07:32	9:56:00	0:26:00	0:49:41	0:23:41
David Jones	0:07:03	9:58:00	0:28:00	0:51:41	0:23:41
Tom Tobin	0:06:50	9:59:00	0:29:00	0:52:43	0:23:43
Mark Guralnick		9:58:00	0:28:00	0:51:47	0:23:47
Frank DeLeo	0:07:10	9:58:00	0:28:00	0:52:05	0:24:05
Robert Plocica	0:07:10	9:58:00	0:28:00	0:52:32	0:24:32
Douglas Olney	0:06:52	9:59:00	0:29:00	0:53:37	0:24:37
Corre Kombol	0:06:53	9:58:00	0:28:00	0:52:40	0:24:40
Jason Horowitz	0:07:29	9:57:00	0:27:00	0:52:44	0:25:44
Geoffrey Vincent	0:08:04	9:55:00	0:25:00	0:51:25	0:26:25
Amy Duquette	0:07:37	9:55:00	0:25:00	0:51:43	0:26:43
Jesus Estaba		9:58:00	0:28:00	0:54:59	0:26:59
Peter Tomasi		9:54:00	0:24:00	0:51:00	0:27:00
Ami Hassler	0:07:48	9:55:00	0:25:00	0:52:02	0:27:02
Gil Torres	0:07:18	9:57:00	0:27:00	0:54:22	0:27:22
Joern Ahlers	0:07:10	9:58:00	0:28:00	0:55:29	0:27:29
Al Prawda	0:07:26	9:57:00	0:27:00	0:54:49	0:27:49
Arthur Gonzalez	0:07:44	9:56:00	0:26:00	0:55:06	0:29:06
Janice Fuld	0:09:13	9:51:00	0:21:00	0:50:26	0:29:26
Cynthia Clark		9:51:00	0:21:00	0:51:01	0:30:01
Yvette De Leon	0:09:39	9:49:00	0:19:00	0:49:03	0:30:03
Bruce Weiner	0:08:55	9:52:00	0:22:00	0:52:32	0:30:32
Barry Dancher		9:45:00	0:15:00	0:46:10	0:31:10
Mickey Newman	0:09:12	9:51:00	0:21:00	0:52:41	0:31:41
Carolyn Kubitschek	0:08:54	9:52:00	0:22:00	0:53:58	0:31:58
Ellen Bart		9:48:00	0:18:00	0:50:12	0:32:12
Michael Ring	0:09:21	9:50:00	0:20:00	0:52:35	0:32:35
Charlene Kohler-Britton	0:10:03	9:48:00	0:18:00	0:51:16	0:33:16
Joanne Guralnick		9:45:00	0:15:00	0:49:41	0:34:41
Paul Soskind	0:09:23	9:50:00	0:20:00	0:56:22	0:36:22
Maria Green		9:50:00	0:20:00	0:58:53	0:38:53
Marianne Prawda	0:13:30	9:33:00	0:03:00	0:51:02	0:48:02
Lila Rieman		9:33:00	0:03:00	0:58:55	0:55:55
Richard Weaver	0:12:12	9:41:00	0:03:00	0:58:57	0:55:57



Around the Park

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RACE RESULTS

FRED LEBOW CLASSIC 5M

Central Park 1/9/2010

Jennifer Ingebritsen	33:19
Robert Plocica	36:20
David Chen	37:02
Matt Strawn	37:23
Frank DeLeo	37:58
Mark McSherry	38:20
Mary Anne Killeen	42:27
Holly Cohen	42:37
Arthur Gonzalez	43:40
Gerald Sun	45:07
Yvette De Leon	45:30
Juliet Kenney	46:17
Paul Soskin	52:12
Nykia Wharton	56:57
Joanne Gillespie	58:36
Leslie Lopez-Colbert	1:00:34
Majo Tinoco	1:07:18
Rosa Nales	1:08:49

THURSDAY NIGHT AT THE RACES 800M

Armory 1/7/2010

Helen Dole	0:02:32
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NYRR TED CORBITT 15K

12/19/2009

Mark Crowther	59:22
Helen Dole	1:03:23
Sarah Scott	1:04:05
Emily Sanderson	1:04:11
Frank DeLeo	1:11:43
Mark McSherry	1:18:23
Al Prawda	1:19:12
Francis Pope	1:19:44
Daniel Slotwiner	1:22:52
Robert Falk	1:27:33
Mary Crowley	1:28:37
Aaron Koffler	1:35:35
Paul Soskind	1:35:37
James Israel	1:37:12
Stephanie Berman	1:38:24

PETE MCARDLE XC CLASSIC 15K

12/13/2009

Marianne Herbst	1:18:28
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NYRR HOLIDAY 4M

12/12/2009

Mark Crowther	24:03
Gary Wang	25:16
Helen Dole	25:21
Troy Phipps	25:25
Anthony Watson	25:46
Michael Abrahams	26:53
Pieter van Hattem	26:59
Maggie Deschamps	27:12
Douglas Olney	27:38
Lynda Mules	28:29
Tom Tobin	28:50
Jeff Reynar	29:02
Robert Plocica	29:10
Frank DeLeo	29:57
Tyrone Sklaren	30:13
Amy Duquette	30:30
Michael Levine	30:35
Daniel Slotwiner	30:57
Mary Anne Killeen	32:57
Emma Waters	33:32
Holly Cohen	33:44
Lori Bezahler	35:03
Gerald Sun	35:13
Yvette De Leon	35:58
Janice Fuld	36:54
Megan Hogan	36:59
Mary Crowley	37:04
Paul Soskind	37:48
Martina Owens	39:10
Tineke De Vries	39:37
James Israel	39:43
Charlene Kohler-Britton	40:49
Traci Lester	41:18
Majo Tinoco	43:38
Nykia Wharton	43:36
Jackie Deane	43:40
Chi Iregbulem	44:08
Will Berman	49:04
Leslie Lopez-Colbert	50:30
Rosa Nales	51:41
Richard Weaver	54:58
Anne Perzeszty	55:43

CALIFORNIA INTERNATIONAL MARATHON

12/6/2009

Brandon Cammack	3:16:34
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JINGLE BELL 5K
12/6/2009

Tom Tobin 22:20

NYRR JOE KLEINERMAN 10K
Central Park 12/6/2009

Mark Crowther 39:21
Daniel Mazzuchin 40:11
Anthony Watson 40:26
Helen Dole 41:37
Maggie Deschamps 43:38
Lynda Mules 46:34
Frank DeLeo 47:30
Mary Anne Killeen 53:38
Arthur Gonzalez 53:59
Daniel Slotwiner 54:08
Gerald Sun 57:52
Yvette De Leon 58:25
James Israel 1:02:23
Paul Soskind 1:02:29
Charlene Kohler-Britton 1:03:19

BAY RIDGE JINGLE BELL 4M
12/5/2009

Douglas Olney 29:14

ABVM TURKEY TROT 5K
11/28/2009

Lynda Mules 21:44

PORTLAND THANKSGIVING DAY 4M
11/26/2009

Rob Underwood 34:40

STOW GOBBLER 5K
11/26/2009

Douglas Olney 21:19

PPTC TURKEY TROT 5M
Prospect Park 11/26/2009

Christopher OBrien 30:37
Anthony Watson 31:42
Sarah Scott 32:37
Sean Sweeney 33:08
Maggie Deschamps 34:06
Tom Tobin 35:40
Lynda Mules 36:15
Tyrone Sklaren 37:25
Jason Horowitz 39:26
Gil Torres 40:51
Amy Duquette 41:05
Holly Cohen 44:45
Bruce Weiner 45:14
Paul Soskind 47:36
Traci Lester 50:50
Nykia Wharton 51:29
Charlene Kohler-Britton 56:17
Chi Iregbulem 59:56
Barbara Humphery 1:08:28

CONEY ISLAND TURKEY TROT 5K
11/22/2009

Tom Tobin 21:44
Al Prawda 23:35
Barbara Humphery 37:09

PHILADELPHIA MARATHON
11/22/2009

Mark Crowther 3:09:15
Doron Kenter 3:32:20
Ami Hassler 3:55:24

NYRR RACE TO DELIVER 4M
Central Park

Anthony Watson 24:59
Lynda Mules 29:02
Emanuel Chosak 30:08
Daniel Slotwiner 30:48
Emma Waters 33:26
Mary Anne Killeen 33:42
Arthur Gonzalez 34:26
Megan Hogan 34:53
Yvette De Leon 37:32
Paul Soskind 38:20
Nykia Wharton 39:48
Charlene Kohler-Britton 40:12
James Israel 41:37
Richard Weaver 49:05

FALL FLAT 5K TRAIL RACE
11/21/2009

Geoffrey Vincent 26:17

JFK 50
11/21/2009

Andrew Davenport 10:35:47

KNICKERBOCKER 60K
11/21/2009

Frank DeLeo 6:04:51
Jeff Reynar 6:29:17
Robert Falk 6:53:37
Sandra Ferrari 6:56:03

NYRR XC CHAMPIONSHIPS 5K
11/15/2009

Anthony Watson 20:11
Helen Dole 20:41
Troy Phipps 21:04
Brad Skillman 21:08
Rebecca Rosenberg-Beran 21:31
Julia Chabrier 23:34
Marianne Herbst 23:38
Regina Cahill 24:52
Jason Horowitz 24:57
Corre Kombol 25:15
Roland Clark 28:11
Charlene Kohler-Britton 35:59



PPTC BOARD

President: Tom Many..

Treasurer: Doug Olney. Secretary: Gil Torres

Directors: Krishna Kumbhar, Richard Weaver, Michael Ring, Paul Soskind , Sara Scott and Ami Hassler.

Around the Park

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“Around the Park” welcomes contributions from members. Send your articles and ideas to the newsletter editor at contact@pptc.org

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Next PPTC Meeting
Monday, February 1st at
MetroSports Med,
263 7th Avenue, 2nd Floor,
7 p.m. Refreshments!