



Around the Park

News of the Prospect Park Track Club – May 2010

Lets Go Racing!

Geoff Vincent

Over hill, over dale,
Thorough bush, thorough brier,
Over park, over pale,
Through flood, through fire,
I do wander everywhere.

It's almost June so I figured I'd throw you a little Midsummer Night's Dream – but flood? Fire? This sounds like last month's Tough Mudder competition! Whatever your inclination, time to check out this month's events – so let's go racing!

There's plenty of action close to home this month, starting with PPTC's very own Al Goldstein 5k Summer Speed Series – every other Wednesday evening (June 9th and 23rd) at 7 o'clock by the Oriental Pavilion. And if your need for speed isn't satisfied by that, there's the Fort Hamilton Army Base 5k Series on Tuesdays, Staten Island 3m Speed Series (in Clove Lakes Park) on Thursdays and the X-C Summer Series in Van Cortlandt Park every other Thursday starting June 10th.

Our newest members are; Ann Jeffrey, Randi Roberts, David Byron-Brown, David Simandl, Feliciano Solomon, Kate George, Samantha Bloom, Mollie Berliss, Mark Mckenniss and Jesse Orleans. !

If you're looking for something to do on the weekends there's no shortage of 5k races all over – [Kenny Dolan 5K](#) in Prospect Park on the 6th, Doreen Scrimenti on Staten Island the 12th, Team Brickwell in Kissena Park, Queens and [Michael Hanly 5K](#) down on Shore Parkway the 13th, the Piper's Pursuit out at Rockaway Beach and Good Shepherd here in Brooklyn on the 19th, Jeff's Run on SI the 20th, and [Cosme's Coney Island 5k](#) on the 27th.

If you feel like running a few more miles (and traveling a little further afield) there's the 7.1 mile Litchfield Hills Road race up in Connecticut on June 13th. We met some of the folks from that part of the world on one of the Saturday group runs and they promised a warm welcome if anyone makes the trip.

For a little off-road action there's the third race in the XTERRA LI Trail Series, back in Stillwell Woods in Syosset on the 6th. It's a fairly fast 4 ¾ mile course, not too demanding and ideal for anyone who wants to get a taste of what trail running is all about.

And last but not least... save the date, June 26th is the annual PPTC Picnic (including the infamous relay race).

Have fun – be fast....



THE INSIDE LOOP

TOM BYRNES and FRIENDS

Boston, Boston, Boston, PPTC rocked! Check the race results for all the best! Hope you were the Monday May 3rd PPTC general meeting to hear all about it up close and personal.

Now that Tupper Thomas has left her position at Prospect Park, whom do the insiders say stands the best shot for taking the baton and running with it? Stay tuned, PPTC! Let's all hope that the next up knows PPTC, why Harry's Wall is so-named, and exactly where the inside loop starts and ends.

At the Prospect Park YMCA's recent fundraiser, Spinners for Strong Kids, on April 10th, PPTC's Bobby Fisher took to the saddle for the four fundraising spin bike classes in a row, one hour each, "strength, interval, endurance, and race day". A Great way to "spind" a Saturday afternoon with the Y family and friends and for a cause that can't be beat.

PPTC sure crowded out the awards podium at April's JFK's Rotary 5k Runway Run. Congrats to Rebecca and Sarah the top two female finishers along with the other PPTC medalists throughout the age group categories. Thanks also to Mike Ring and Charlene for sharing this love as they say. For more specific times and places, check out the race result section.

Lots of competition for PPTC's time and energy the weekend of May 1st and 2nd but some of us decided to get the bikes to the start of the annual Five Borough Bike early on the first Sunday morning in May in Battery Park and ride north through Manhattan, through Central Park, north through Harlem to "da' Bronx", back along the upper East Side Drive for more of Manhattan, over the Queensborough 59th Street Bridge to Queens, up to Astoria Park, back south through Queens through Greenpoint and Williamsburg, cutting through some of Brooklyn Heights, into the BQE "trench" at Atlantic Avenue, along the Gowanus

and the Belt Parkway to Bay Ridge's Cannonball Park by the base of the Verrazano, and up and over into Staten Island for the ride's festival at Fort Wadsworth. Great cross training, 42+ miles of riding, 30 thousand bikers in all.

I'm sure that Geoff Vincent will post the Kenny Dolan 5k on Sunday June 6th in June's edition of his Let's Go Racing column so when you see the mention, take out the red pen and circle the calendar for this "ya gotta do this one" 5K. In our park, registration at Bishop Ford, collector edition tee shirts, a too fast downhill start, timed splits at every mile, water tables at mile one and the top of the zoo hill, finish into the Bartel Pritchard lot from the inside loop roadway, and absolutely the best post race party and barbeque in town. While waiting for the race results to be posted on the wall of Bishop Ford's 20th street courtyard, enjoy BBQ'd hotdogs and hamburgers, cold beer, icy soda, the sounds of the great live band Hell or High Water, and all the camaraderie that the Brooklyn running community has to offer. Shorter races for the "yoots" as the main 5k is winding down with medals to all the runners of tomorrow! Face painting and the fantastic balloon slide. Rain and the party goes indoors to the Ford student cafeteria adjacent to the outdoor courtyard. Kenny Dolan's legacy is storied on the race app and all the proceeds of this great event go to the Kenny Dolan Scholarship fund at Iona College. PPTC shows up at this big time so plan to hook up.

'Whatta' a strong showing for PPTC's women runners at Cinco de Mayo in Prospect on May 2nd. A very competitive race under rather sunny, warm conditions! An awesome women's team took 1st place and fast PPTC females placed 1st, and 2nd and 3rd OVERALL in the race!! Jenny Ingebrtsen took 1st overall, winning a trip to Puerto Rico (seems that in the last few years the Cinco D race committee has sent several PPTC fast females to Puerto Rico!), PPTC Sarah Scott took 2nd overall,

followed by a close 3rd by Rebecca Rosenberg-Beran. Maggie Deschamps came in 4th overall and 1st in her age group. Coach Tony Watson placed 1st in his age group and led our men's team to a 3rd place male team's victory. Several other PPTCers also won age group awards; Corre Kombol and Regina Cahill both placed 1st in their age groups and new member Lori Bezahler placed 3rd. On the men's side Frank Deleo and Gil Torres both took medals in their respective age groups. A great way to welcome in May! Thanks to many at PPTC who were at this race and reported it back on the PPTC group email! Sorry if anyone was left out, check our race results section in this newsletter for the rest of the details.

Although May has been designated National Skin Cancer Awareness Month, we should be vigilant about our exposure to the sun's rays all year round. Many say that today's skin cancers are the result of those bad sunburns we had when we were much younger but there's no definitive proof that that's the only way we can get this form of cancer. Sure many can remember those times as kids at the beach when we didn't slather on the suntan lotion or that we stayed out in the sun too long without cover-up protection. Too late to do anything about those

times back in the past but today we can think about our exposure to the sun, especially between the hours of 10am-4pm, use lotion with a high degree of sun protective factor (SPF), and wear hats and clothing that covers exposed areas of skin. There are even running shirts and hats made out of sun block fabric. Eyes are also susceptible to sun damage, so wearing sunglasses that are UV protectant is also a good move. Remember, when you're diagnosed with a cancer of the skin, it's too late to prevent getting the disease. It's never too late to be treated, of course, but the time to prevent skin cancer starts now and continues everyday for the rest of your life. Protect yourself, protect your kids, protect everyone in your family, and remind your friends!

Hope you've checked the date on your running calendar for this summer's Summer Speed 5k series, see you at first one, Wednesday May 26th.



The Al Goldstein Summer Speed Series.

The Prospect Park Track Club is glad to announce the umpteenth annual Al Goldstein Summer Speed Series. This series of races will be every other Wednesday starting May 26th. Then June 9th and 23rd, July 7th and 21, August 4th and 18th. Each race starts and finishes near the Oriental Pavilion in Prospect Park at 7pm. You can enter the park at Lincoln Rd near the Prospect Park stop on the B/Q and the Franklyn Ave Shuttle. You can also park in the ice skating rink parking lot. (As of April 17th it is still there.)

The 5K course is a little less than one loop of the park and is marked every 1/4 mile.

The race fee is \$5 and there is no preregistration. Registration opens at 6:30 p.m. Students in high school and younger run two for the price of one.

We would also like to thank Jack Rabbit Sports for their support and sponsorship for this series of races.

There are no "t-shirts" or other race giveaways but we do go three deep in all standard age and gender categories. So you are likely to go home with some hardware.

Interview with Frank McAneney

Paul Soskind

P.S.: For 20 plus years you've been running. How did it begin?

Frank: When I started, I lived on East 34th street near Church Avenue. I would walk to the park and jog around it. Then we moved to Marine Park, and joined Richie Pedrone and Tony Puglisi running around the oval. I remember when John Richardson and the Marine Park Track Club would put on mile races there although I didn't run competitively until 1991.

P.S.: What was your first competitive race?

Frank: The 1991 Brooklyn Half, which was almost 4 full loops of Prospect Park. **P.S.** Wow, that was some baptism!

P.S.: So who told you about PPTC?

Frank: Denis Sivack, who also ran in Marine Park. I met Bobby Fisher, and I joined in 1991.

P.S.: What do you recall about PPTC and the running scene at that time.? **Frank:** For one, we had club meetings in Bobby's basement, later moving to Circle's near the theatre. I met some really great people and friends such as Julio Zavala, Bill and Kathy O Gara, and Aaron Koffler. The age group competition was much more intense then. While there were fewer runners, there were proportionately a lot more really fast ones.

Interview with Mark Crowther

Paul Soskind

P.S.: Was your introduction to running cross country in the U.K.?

Mark: No, I didn't take up running until a few years ago in America. Rugby was my sport; I did a lot of zigzagging and dashing about as a lineman, so I had great conditioning.

P.S.: So you never ran competitively in college?

Mark: No but I did run a great deal just to stay in shape for rugby. The only racing was against my dad who was pretty quick. Running was done in cricket and rugby, although I had a childhood infatuation about being another Steve Ovett.

P.S.: So when did you get serious?

Mark: In 2008 because I had more time, and was tired of booze and cigarettes; I gave the 2008

P.S.: After 20 years, you stopped competing; why?

Frank: Running has always been to me 95% for health, and 5% competition. It's made me fitter, healthier, and more agile, and I want to stay that way. 20 years competing was enough.

P.S.: I have seen you recently in the park, what do you observe? **Frank:** First of all there are many, many more female runners. Lots of women are running after having kids, many are pushing their kids as they run; that's great! Also, when you come out now on weekends it almost feels like you're part of a race, so many more people are running, which is also wonderful!

P.S.: What did the club do when you started out that we aren't, but could be doing today?

Frank: On several occasions we chartered a bus to go to out of town races such as the Fairfield Half in Connecticut and the Jersey Shore; that would be nice now too.

P.S.: You've always been encouraging and inspiring to all of us and like you we should keep in focus that we run for health, bonding with others and a bit of competition now and then, thanks for your thoughts.

marathon a go, and have been training seriously since then. I took the club bus to the start, joined PPTC after the finish, and have become more competitive since then.

P.S.: I noticed you are one guy who doesn't loaf out there; describe your philosophy of training.

Mark: I believe in pushing to the point of pain; go out and find a "rabbit" to chase down; or try to blow past cyclists on an uphill.

P.S.: So what's your ultimate goal?

Mark: to run a sub 3 hour marathon.

P.S.: I'm sure with your intensity you will make us all proud when you achieve it. Thanks

NYRR BROOKLYN HALF MARATHON 5/22/2010

Matthew Frey	1:18:43
William Abrams	1:25:04
Daniel Mazzuchin	1:26:39
Brad Skillman	1:29:26
Jennifer Ingebritsen	1:29:43
Helen Dole	1:29:45
Todd Portnoff	1:33:22
Maggie Deschamps	1:33:55
Julia Chabrier	1:34:04
Anna Lemahieu	1:35:22
Rebecca Rosenberg-Beran	1:37:15
Frank Deleo	1:37:51
Michael Abrahams	1:39:41
Ted Baumgartner	1:40:24
Gerard Luna	1:40:51
Pieter Van Hattem	1:42:24
Kathryn Downer	1:43:30
Andrew Davenport	1:47:26
Megan Dee	1:49:14
Lynda Mules	1:49:20
Doug Olney	1:50:25
David Wong	1:52:17
Richard Loyd	1:53:47
Ami Hassler	1:54:14
Corre Kombol	1:54:15
Dorothy Mcphee-Djan	1:54:36
Yoshie Niitsuma	1:57:14
Mary Crowley	1:58:13

Elba Rodriguez	1:58:15
Jason Horowitz	1:59:13
Sidney Cherubin	2:00:08
Juliet Kenney	2:00:58
Mark Pendarvis	2:01:59
Freida Blades	2:02:43
Liz Canale	2:04:57
Nurya Nurya	2:06:40
Victor Haseman	2:06:41
Yvette De Leon	2:07:02
Arthur Gonzalez	2:07:20
Janice Fuld	2:08:22
Bruce Weiner	2:09:42
Erin McLachlan	2:10:47
Maureen Loyd	2:11:49
Maria Kohulka Green	2:12:50
Daniel Bernstein	2:13:52
Staci Pierson	2:16:05
Alan Rosenberg	2:17:59
John Nickles	2:18:30
Jennifer Keiser Gordon	2:19:21
Shontay Butler	2:26:28
Paul Soskind	2:28:18
Traci Lester	2:29:54
Charlene Kohler-Britton	2:31:26
Leslie Lopez-Colbert	2:33:42
Kathleen Mooney	2:34:20
Rosa Nales	2:57:43
Erin Mcnaughton	3:02:26

For More Results See Insert

What You Do Not Know Because Your Are Not Me

Michael Ring

My Brooklyn Half (Notsomuch)

My run was not really half of anything; is was actually 10.5 miles, but that is irrelevant.. I was planning to run the NYRRC Brooklyn Half as a bandit, but decided not to do that since it would have contributed to the overcrowding of Prospect Park that capping the race was supposed to prevent.

If I had jumped in at the back of the pack, I would have been part of the problem for the leaders as they ran their second loop of the park.

I eyeballed a map and figured I would run from Grand Army Plaza to 4th Ave, make a left and continue to the Belt Parkway Bike Paths which lead to Coney Island. It turned out that that is closer to 10 miles than 13. But who is counting?

So I walked over to Grand Army Plaza at a quarter to seven and made an interesting

observation. About 100 people were still entering the park to run the race, (which started at 7!) They were over a mile away from the start and some still had bags to check. At 7:05 I even saw a young man waiting for the bus on Prospect Park West. He was dressed to run so I asked him if he was OK Had he changed his mind? He said no, he was fine, "But the start is over a mile away and I don't want to walk too much before the race." It really did not seem to bother him that the race had started five minutes before.

This is a real change from the past when all races were timed by "gun time." I remember there was a lot of stress about being as close to the starting line (not mat) as possible as the race started. No one would have imagined just strolling up to the starting line 15 or 20 minutes after the races started. That would be called missing the race. I am not saying this is a good thing or a bad thing. Just a thing.

So my route was about 10.5 miles. It made me think that this might be a nice course for the NYRR to use for their Brooklyn Half. They could add 1 loop of Prospect Park to the start and we could run out into Grand Army Plaza and then follow what I did.

There would be two problems. First, as NYRR CEO Mary Wittenberg pointed out when she came to a meeting of the Prospect Park Track Club in 2009, the NYPD does not want to add to the footprint of the race. This race would spend more time on the roads and require more street closures. Oh, well. Second, there are two points where the bike path along the Parkway narrows to about 10 feet: at the very end of 4th Ave, and as it passes directly under the Verrazano Bridge. If we cut through Fort Hamilton and use Shore Road instead of the Bike Path this could be avoided. This course may never become official but could make for a nice group run

Run Brooklyn 2010 Grand Prix

Our highly successful Run Brooklyn program is back for its second season to encourage team racing, and support Brooklyn organized events. PPTC members racing six scored Brooklyn races will be entered in a raffle for a \$100 cash prize at the end of the year. There will be five winners selected. This year, we are allowing two NYRR events to be included in the six races.

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 including PPTC events. Any Brooklyn-based races that are officially scored will qualify. The 6 races MUST include at least ONE race organized by PPTC. NYRR races held in Brooklyn will count towards qualification, but no more than two such races will be counted. Only one race in any "series" (Al Goldstein, Ft. Hamilton 5Ks, etc.) will count towards qualification

It's Your Picnic - You Have To Come!

Tom Meany

Saturday June 26, 2010 Mark Your Calendars!

Yes, this is your Picnic, make of it what you want. The Club's leadership wants all our events to meet the needs and expectations of our members, so what kind of a Picnic do you want?

Well, we are not totally clueless; we are gearing up towards making this the most family friendly one we can. Richard Weaver has again volunteered to be in charge of organizing it. He needs your ideas and help.

Traditionally we have our only track event of the year at the Picnic: the three person team relay race around the lake, almost a 2 mile loop followed by a potluck picnic feast. We have had kids' races in the past WITH MEDALS, some kids' games and some interesting and unusual entertainment. To quote Al Goldstein after Amy Duquette's debut of tap dancing: "We have never had professional entertainment at a Club picnic before."

Here are some of the details: the Picnic is free to members We encourage you to invite family and friends for only \$5 for adult non-members.

Everyone is urged to contribute something good to eat for the buffet table. The Club will provide both vegetarian and meaty hero sandwiches and drinks to

quench your thirst. Like any party - it is easier to have enough for everyone if we know you are coming. So, drop an email to contact@pptc.org or call the Club phone at 718-595-2049 and let us know how many people to expect.

We have the Oriental Pavilion area from 8:30 A.M. to 4 P.M. Richard will be placing his arms around some of you for support, advice and help. This is a great opportunity to make it the kind of family friendly Club event you would like it to be. We have extended an invitation to our youth affiliation headed by Sean Rice, so we should have plenty of youths.

I encourage you to use the Club Open Forum and every other means of communication to beat the drums and get things going.

By the way, you are all placed on notice: the defending champions in the Elite Foot Racing category in the relay race remains the team of: Al Goldstein, Lila Rieman and Himself. (Paul Soskind to Officiate).

SO WHAT ARE YOU WAITING FOR?



THE SLOPE

Health & Fitness Center
Special Discount to PPTC Members



10% Discount to All PPTC Members!





Around the Park PPTC RACE RESULTS – MAY 2010

BRAVO AMBULANCE 5K

Bay Ridge 5/23/2010
Paul Soskind 31:43

FORT HAMILTON 5K

5/18/2010
Arthur Gonzalez 26:49

NYPD MEMORIAL 5K

5/16/2010
Jeanine Moses 26:27

4TH ANNUAL CAPT. MARTIN EGAN 5K

5/16/2010
Arthur Gonzalez 26:17

HEALTHY KIDNEY 10K

Central Park 5/15/2010
Daniel Mazzuchin 39:38
Gary Wang 40:00
Jeb Singer 41:19
Brad Skillman 41:48
Maggie Deschampsr 42:17
Evan Oakley 46:11
Lynda Mules 46:26
Gerard Luna 46:33
Kathryn Downer 47:20
Jennifer Bolstad 47:37
Robert Plocica 48:17
Tyrone Sklaren 48:29
Matthew Clancy 54:20
Richard Maathey 55:08
Holly Cohen 55:36
Gerald Sun 55:50
Victor Haseman 57:38
Jeanie Im 57:40
Nurya Adane 57:41
Michael Rieman 58:02
Roland Clark 58:40
John Nickles 59:33
Miriam Tamayo 1:00:13
Stephanie Berman 1:02:53
Emma Roman 1:04:14
Traci Lester 1:04:37
Veronica Antoine 1:05:07
Irva Niles 1:08:04
Chi Iregbulem 1:10:09
Janet Gottlieb 1:13:23
Anne Perzeszty 1:28:33

THE TAVERN CUP 10K

5/15/2010
Arthur Gonzalez 55:00
Paul Soskind 1:04:59

FORT HAMILTON 5K

5/10/2010
Arthur Gonzalez 26:25
Emma Roman 29:40

NYRR MOTHER'S DAY 4M

Central Park 5/11/2010
Gary Wang 24:58
Christopher O'Brien 26:13
Arthur Gonzalez 35:30
Liz Canale 36:39
Paul Soskind 39:52
Stephanie Berman 40:40
Irva Niles 40:41
Traci Lester 42:40
Janet Gottlieb 44:16
Anne Perzeszty 58:39
Veronica Antoine 1:05:17

BEAR MOUNTAIN NORTHFACE ENDURANCE CHALLENGE 13.1M

5/8/2010
Stephen Blacklocksr 2:05:07
Corre Kombol 2:24:59

BEAR MOUNTAIN NORTHFACE MARATHON

5/8/2010
Andrew Davenport 6:07:05

ALZHEIMER RUN 3M

Arthur Gonzalez 25:11

FINISH LINE 500 FESTIVAL 5K

5/8/2010
Carolyn Kubitschek 27:41
David Lansner 29:59

NJ STATE POLICE 5K

5/8/2010
Corre Kombol 21:59
Jeanine Moses 24:52

NEW JERSEY MARATHON

5/2/2010
Jeanine Moses 5:11:41

TOUGH MUDDER 7M

5/2/2010
Geoffrey Vincent 1:14:47

CINCO DE MAYO 5K

Prospect Park 5/2/2010
Sarah Scott 20:27

Rebecca Rosenberg-Beran	20:30
Maggie Deschamps	21:02
Corre Kombol	21:59
Gil Torres	23:12
Regina Cahill	23:41
Amy Duquette	26:28
Yvette De Leon	26:31
Lori Bezahler	28:11
Paul Soskind	29:37
Patricia Perlo	30:14
Arthur Gonzalez	30:52
Majo Tinoco	31:58
Chi Irebulem	33:01

BCC ALUMNI 5K

5/1/2010

Jeanine Moses	24:50
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BROOKLYN PTA 5K

5/1/2010

Troy Phipps	19:05
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MUDDY QUARTER MARATHON 6.4M

5/1/2010

Stephen Blacklocks	1:40:00
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HARBOR FITNESS 5K 4/25/2010

Tom Tobin	21:40
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LEATHERMAN'S LOOP 10K

4/25/2010

Geoffrey Vincent	1:04:49
Traci Lester	1:30:02
Yvette De Leon	1:32:03

LINCOLN TUNNEL 5K 4/25/2010

Helen Dole	19:11
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MORE FITNESS HALF MARATHON

Central Park 4/25/2010

Jeanne Im	2:03:05
Juliet Kenney	2:04:10
Jeanine Moses	2:08:15
Emma Roman	2:21:15

SWEET N LOW ROCKAWAY ROTARY 3.25 RUN/WALK

4/25/2010

Irva Niles	30:19
Gilant Phillips	34:04

CAPP SAFE KIDS 5K

4/24/2010

Anna LeMahieu	20:54
Regina Cahill	23:15
Paul Soskind	28:51

SIAC 3M FUN RUN

4/24/2010

Arthur Gonzalez	30:54
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SYBIL LUDINGTON 50K (31.1M)

4/24/2010

Al Prawda	5:13:24
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BOSTON MARATHON

4/19/2010

Matthew Frey	3:00:02
Ralph Yozzo	3:10:15
Tiffany Hendryx	3:26:43
Tyrone Sklaren	4:17:34

JFK ROTARY 5K RUNWAY RUN

4/18/2010

Troy Phipps	18:48
Rebecca Rosenberg-Beran	19:17

Sarah Scott	19:28
Cristin Flanagan	24:33
Carolyn Kubitschek	29:22
Emma Roman	29:31
Michael Ring	29:49
Chi Irebulem	33:18

NYRR RUN FOR THE PARKS 4M

Central Park 4/18/2010

NYRR RUN FOR PARKS 4M

Central Park 4/18/2010

Etienne Tchitchui	23:48
Daniel Mazzuchin	24:01
Gary Wang	25:09
Victor Haseman	27:07
Gary Greene	27:25
Robert Plocica	30:17
David Wong	30:26
Megan Dee	31:27
Arthur Gonzalez	32:48
Megan Hogan	34:39
Juliet Kenney	36:25
Elba Rodriguez	37:22
Paul Soskind	39:53
Irva Niles	40:30
Stephanie Berman	40:31

RUN FOR WATER 6K (3.7M)

4/18/2010

Tom Tobin	27:08
Matt Alcuri	31:08

UNITE HALF MARATHON

Rutgers University 4/18/2010

Jeanine Moses	1:59:18
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RACE JUDICATA 5K

4/17/2010

Regina Cahill	23:16
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STATEN ISLAND CLUB 3M FUN RUN

Arthur Gonzalez	23:57
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PPTC BOARD

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 Paul Soskind , and Ami Hassler.

Around the Park

Is a monthly publication of the Prospect Park Track Club

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“Around the Park” welcomes contributions from members.
 Send your articles and ideas to the newsletter editor at
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Next PPTC Meetings

**Monday, JUNE 7th at
 MetroSports Med,
 263 7th Avenue, 2nd Floor**

7 p.m. Refreshments!

Remember, for your race results to appear in the newsletter they must be reported to the club. This can be done via the website,
 (http://www.pptc.org/pptc_race_entry_list.php) or email to raceresults@pptc.org, or the club phone at 718-595-2049. (We can download all NYRR races.) This is how
 we keep track of all awards also.