

Valley Stream Crossroads



June 2011

Letter from the Editor

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I want to thank everyone for the opportunity to have a go at writing for the club. I also have to encourage everyone to please send in any race results, stories, training experiences or anything that you want put in this newsletter.

For those of you who don't know me I am going to tell you a little bit about my running experience and myself. For those of you who do know me...too bad keep reading.

I began running many years ago as a way to take off a few extra pounds. Those few extra pounds came off and I was then running to keep them off. I found that I had the desire and the endurance to run. Although back in high school I joined the cross-country team but dropped out because I couldn't even run a mile. I remember stopping mid-run and just heading back to school. Little did I know that I would run the New York City Marathon in 2001.

After completing the marathon I decided that I needed a little more guidance and motivation. So, early in 2002, I found the Valley Stream Running Club. I started running with the infamous Stan. He then introduced me to Mike G., Tony, Denis and Rich O. I trained with these compadres for many years. We ran the hills of Alley Pond, many loops right here in the park, and also took to the streets for some adventurous runs. Of course there were many of you that I also ran with over the years. Oh, the good 'ol days.

Then in 2007 I then took a few years off from running to have kids. Boy did having kids take a toll on my running body. Yes, there are many people who run while they are pregnant. Me, not so much. I ran to the store for more food or I would run out for some fast food. But lacing up the running shoes and actually exercising...nope. Needless to say, after my beautiful Zachary and Max came along I had a lot of work to do. The good thing was that I knew exactly what I had to do. Run.

So I started running again. I once again looked for the running club for my motivation. I found them out running...Tony and Mike S. It wasn't long before I was back in shape again. Only this time I'm back stronger and faster than ever.

What's on the agenda for the next 10 years? I don't know. Lets see where my legs will take me.

Training Tips

Here are some training tips that you may find helpful in the warmer months.

❑ Never wear a hat to run when it's hot. Your body needs a way for the heat to escape.

❑ Wear clothing that allows for efficient sweating. Clothes that wicker the sweat away from the body is best.

❑ Getting sunburn decreases sweating, so be aware and wear sunscreen.

❑ It takes your body 10-14 days to adjust to the heat.

❑ Pay attention to how much you're drinking and how hard you are training.

*"I have not lost
my mind- it's
backed up on a
disk
somewhere."*

Unknown

Race Results

There are no race results for this issue. **Please** send me any and all race results. Everyone deserves his or her time in the spotlight. You are all important and noteworthy!

He Said, She Said



She Said:

Summer Running is Better

**HE SAID:
WINTER RUNNING IS
BETTER**

RUNNING IN THE COLD WEATHER...IS YOUR MIND AND BODY UP FOR IT?

WHILE MANY PREFER TO RUN IN IDEAL CONDITIONS, RUNNING IN THE COLD HAS THE POTENTIAL TO GIVE SOME SIGNIFICANT BENEFITS AND BOOST FUTURE PERFORMANCE. COLD WEATHER TRAINING FEELS TOUGH AND IT TAKES GREAT MOTIVATION TO ACTUALLY GET OUT THE DOOR. HOWEVER, ONCE YOU GET OVER THAT HURDLE, COLD WEATHER TRAINS YOUR BODY TO FUNCTION DURING DIFFICULT TIMES. IT'S ACTUALLY MUCH LIKE THE LATER STAGES OF A RACE. THROUGH RUNNING IN THE COLD THIS WILL INCREASE YOUR STAMINA AND THEREBY WILL SURELY INCREASE YOUR RACE PERFORMANCE. THIS ALSO CONDITIONS YOUR MIND. THE MENTAL FOCUS TO HANDLE COLD ADVERSE WEATHER CAN PROPEL YOU TO ALSO FOCUS ON GETTING YOU TO THE FINISH LINE.

RUNNING IN THE COLD CAN BE EASIER THAN RUNNING ON A HOT SUMMER DAY IF YOU HAVE THE PROPER COLD WEATHER GEAR. THE BODY GENERATES EXCESS HEAT THAT IS EXHAUSTED THROUGH THE SKIN. RUNNING IN THE COLD KEEPS THE BODY COOL, ALLOWING HEAT TO ESCAPE MORE READILY, UNLIKE A HOT DAY WHERE YOU MIGHT GET DEHYDRATED AT A FASTER RATE. IF YOU LIVE SOMEWHERE THAT SEES COLD WEATHER FOR A SIGNIFICANT PART OF THE YEAR, RUNNING IN THE COLD IS INEVITABLE. SO USE THE COLD FOR YOUR BENEFIT.

There's nothing like going out for a run on a warm summer day. Everything is alive and there is energy in the air.

Our bodies are covered from head to toe in clothing for the winter. Any rays of sunshine aren't penetrating through those many layers. Vitamin D prevents osteoporosis, depression, prostate cancer, breast cancer, and even effects diabetes and obesity. Vitamin D is perhaps the single most underrated nutrient in the world of nutrition. That's probably because it's free: your body makes it when sunlight touches your skin. What better way to get your vitamin D than on a summer run.

In addition, running summer mileage has dozens of physiological benefits including developing your maximal oxygen uptake, improving your heart's ability to deliver an adequate blood supply to your running muscles and greatly enhancing your muscles ability to process oxygen and store and utilize glycogen for fuel. Can't do that in the winter.

Of course you want to make sure you stay hydrated and make your runs early in the morning or later in the evening. Get out there and enjoy the sounds and smells of summer. It only lasts for a few short months. Soak it all in.

What's your take on this issue? Any comments or feedback will be printed in next months *Valley Stream Crossroads*. Please have to laracummo@gmail.com no later than the 20th of every month.

Upcoming Events- July 2011

- Jul 6 LIRRC Wed Night Summer Series 6:25pm Pee Wee 200 Meter Fun Run;
6:35pm Youth 1 Mi Fun Run;
7pm 5 K; Eisenhower Park; Field House near parking lot #2
- Jul 9 CW Post 5K Trail Run 8:45am - 1 mi fun run 9:30am 5K CW Post Campus 720 Northern Blvd; Greenvale
- Jul 10 Mighty North Fork Triathlon Sprint 6:50am Cedar Beach Southold
(Swim: 500 meters , Bike: 8 miles, Run: 3.5 miles
(event regis closed)
- Jul 13 LIRRC Wed Night Summer Series 6:25pm Pee Wee 200 Meter Fun Run;
6:35pm Youth 1 Mi Fun Run;
7pm 5 K; Eisenhower Park; Field House near parking lot #2
- Jul 16 Joe Koziarz 5K Run & Walk 8:30am WHB Village Green; Westhampton
- Jul 17 Thunder Run 5K and 1K fun run 9am Hidden Ponds Park Hauppauge
- Jul 20 LIRRC Wed Night Summer Series 6:25pm Pee Wee 200 Meter Fun Run;
6:35pm Youth 1 Mi Fun Run;
7pm 5 K; Eisenhower Park; Field House near parking lot #2
- Jul 23 Long Beach Waterfront Warriors 5K 8am Riverside & Boardwalk Long Beach
- Jul 23 Race to Cure Cystic Fibrosis 4 Miler 5pm - LI Maritime Museum, West Sayville
(part of Sayville Summer Series) 631-589-5700, brendan@sayvillerunning.com
- Jul 27 LIRRC Wed Night Summer Series 6:25pm Pee Wee 200 Meter Fun Run;
6:35pm Youth 1 Mi Fun Run;
7pm 5 K; Eisenhower Park; Field House near parking lot #2
- Jul 30 Mini MightyMan Sprint Pool Triathlon: 8am Nassau Aquatic Center East Meadow, NY
(Swim: 400 m, Bike: 6 mi, Run: 2 mi)
- Jul 30 Youth Mini MightyMan Sprint Triathlon 7:30am 7-10 years: swim: 100 meters, bike: 2 miles, run: 0.5 mile
7:40am 11-15 years: swim: 200 meter, bike: 2 miles, run: 1 mile;
Nassau Aquatic Center East Meadow, NY
- Jul 30 SYS/ AHRC Suffolk Run/ Walk 9am 25 Pond Ln; Southampton
- Jul 31 Giant Steps 5K online regis 9am Amagansett Fire Dept; Amagansett

***All events were taken from: <http://www.lirunning.com/races.htm>

What's Up by Stanley

Hi Everyone:

I am pleased to have my column appear here in the first newsletter by our new secretary Lara Cummo. We are grateful to have her join our club officers.

I hereby list and discuss some of our coming club events:

- 1) The Bellmore Striders 4 mile race will be on July 4th at 8 am. I hope to see many of you there.
- 2) The annual BBQ will be as usual at my home at 77 Birch Lane at 2 pm on July 10th. We are grateful to have Joe and Carol Tito agree to do so much again to make this a success. Please come and first call or email Joe if you are coming and let him know what you are bringing. His phone number and email address are below.
- 3) At the BBQ, I will ask all runners to add their names to the list of runners and volunteers for the Ocean to Sound 50 mile relay. The relay is wonderful fun and lets us show our club morale. Please sign up.
- 4) We will also have a short informal meeting at the party to discuss what our club will do for the rest of 2011.
- 5) The following information about the BBQ has been written by Joe:

All members, family, friends and pets are welcome. We will work the party as we have done in the past. Each person will bring some food item, lawn chairs and snack tables. Carol Tito and Joe Tito have volunteered to coordinate the items people will bring. E-mail or call Joe if you are planning to come. The club will supply two 4 foot heroes, Macaroni and Potato Salads. Please review the bellow list for items to bring.

Some Item we had last year and hope to get again.

Ice with chest	Snacks: Potato Chips, Pretzels, Cashews etc.
Soda with ice	
Beer and or Wine	Dessert: Fruit Tray, Citrus Angel Food Cake,
Bottle Water(24)	something or anything sweet
Coffee-Tea-Milk	

Baked Ziti	Paper Plates-Plastic ware
Zucchini Quiche	Cups-Napkins
Sausage & Peppers	Serving Utensils...Joe Tito and Carol Tito

Green Salad
Cole Slaw

Items Supplied by the Club

Party Hero
Macaroni Salad
Potato Salad

Directions: From Sunrise Highway, go south on Mill RD to Birch (approx 7 blocks), go left or east until you reach 77 Birch, then stop and enjoy.

I thank our officers VP Tony, Treasurer Carol, and Secretary Lara and Joe and Carol and I wish you all a great 4th of July and a wonderful summer.

Stan