

Crossroads

Something to Think About



Training was going better than expected. I ran the Germantown Half Marathon in a decent time. Came home and continued my training for the LI Half Marathon. I trained hard and smart...or so I thought.

May 6, 2012 was the day. It was a brisk morning, but I was ready. I stuck to my game plan and was feeling great. As I approached the park for the final couple miles my left ankle and leg started to bother me. Like any runner I pushed through at the pace I had set. I finished the race with a respectable time. I was pleased and I felt great.

I was prepared to be sore in the days that followed. Soreness never came. So, why not continue to train? And that's exactly what I did. Hopped right back on that wagon train and continued my training.

A week later during a run I felt some pain in my foot. It hurt.

There was some swelling and I had difficulty walking. Of course I was in denial but I really couldn't run. I sidelined my running for the most part and took up biking. Not my first choice but I had no choice.

After several weeks, an MRI and two doctors later I found out my foot was fractured. In the back of my head I knew it to be true. It was a hard pill to swallow but I knew that if I didn't wear that darn boot I may never get back to running.

So, I stuck to biking. I have met some great people and have reconnected with other (thanks Rich O). I never thought I would enjoy the bike as much as I do. Many thanks to Tommy at the Valley Stream Bike Shop for the rides.

So here's my final thought:
<http://www.youtube.com/watch?v=2H5uWRjFsGc>

Mark Your Calendar

[The Great Cow Harbor 10k](#)

Northport, NY

Saturday

Sept. 15, 2012 8:30 AM

[Ocean to Sound 50M Relay](#)

Wantagh, NY

Sunday, Sept. 23, 2012

[Rock 'n' Roll New York 10k](#)

Prospect Park, Brooklyn, NY

Saturday

Oct. 13, 2012 7:30 AM

**Rich O. has invited the club to join him for a run in October out in Wading River. Tentative date is October 21.

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

— [Mahatma Gandhi](#)

CHI RUNNING SEMINAR RECAP



Part I: POSTURE

Posture is the most important part of the ChiRunning technique and crucial in building strong core muscles. When your posture is correct, energy can flow through your body unhindered, in much the same way as that water will flow through a straight pipe more easily than a bent one. Running with your posture out of alignment can create tension, fatigue, discomfort, and even pain. When your body is aligned properly, your structure is supporting the weight of your body instead of your muscles having to do it.

When you are getting into correct Posture:

1. **Make sure feet are parallel and hip width apart**
2. **Lengthen the back of your neck to straighten your upper body.**
3. **Level your pelvis by placing one hand on your belly-button and your other hand on your sacrum, just above your tailbone. Don't clench your glutes while doing this exercise. Just isolate and work your lower abs. This will help level your pelvis and flatten your lower back. It's a great exercise for people with lower back problems, because it strengthens your abs while relaxing your back muscles. Do this exercise**

anytime you find yourself standing. The more often you remember to do it, the sooner your lower abdominal muscles will get strong enough to hold your pelvis in the correct position. Another tip to help you level your pelvis is imagine a string from your chin to your pubic bone and that the string is being shortened all the time. Keeping your pelvis level does two things: It builds strong core muscles (lower abdominals) and it brings your focus to your center, where your true power lies.

4. **Check for your shoelaces and this brings you into correct alignment. If you can't see your shoelaces it means your hips are too far forward. Correct this by placing your fingertips on your hip bones and pushing your hips to the rear while keeping your upper body directly over your feet. Once you can see your shoelaces, just lift your head.**

If you are used to standing with your abdominals relaxed and your hips forward, this adjustment might make you feel like you're bent at the waist with your butt sticking out. Just look in a mirror and you will see that you are as straight as an arrow.

Part II will be in the next issue of Crossroads.



VSRC President's Message July 2012

Well we started the year with an exceptionally mild winter only to be followed by a cooler spring and now we are in the middle of a hot & humid summer. What will the fall bring us? Well I can't tell you that, but I can tell you about what has been going on with the VSRC over the past month or so and what we have planned going forward.

On Sunday July 1st, we held a Group Run/Breakfast Meeting at Hendrickson Park the theme of which was "Meet n' Greet" our new members of 2012. We also discussed Group Runs, Ocean to Sound Relay (O2S Relay), Club Running Shirts and a few miscellaneous topics. On Sunday July 14th your Officers met to begin follow up on these subjects which I will now cover in more detail.....

July 1st Club Meeting:

Not sure if it was the free bagels, Ian's delicious homemade Carrot Cake Cup Cakes with the VS Bird printed on (thanks again Ian!) or the renewed excitement among the membership, but we had 19 members in attendance. A turnout like this is important to the club and your fellow members and means a lot to your officers. This tells us that the club is important to all of us, you like what you see and your voice is being heard. We will continue in this spirit and hope to have 19+ members in attendance at future meetings.

Although I cannot mention everyone, it was great to see Jack who although he isn't running these days, he wanted to join us and meet some of the new and tenured members. Filip, who was flying out later that day but found time to come on down. Last but not least, Sayyed who made the trip in from NJ. Not sure if Uncle Mike made you an offer you couldn't refused, but we were glad that you made the trip.

The theme of the meeting was "Meet n' Greet" our new members of 2012. At the time of the meeting we had 14 new active members on our roster and since July 1st, 2 more have joined which will be the subject of a separate email.

The future of the VSRC rests with the membership. Your officers can only do so much but turnouts of 19 members is what makes this club great. We hope to see similar turnouts and more participation in the future.

Attention 2012 New Members:

Again, welcome to the club. We are thrilled to have you active on our roster and hope that we help you to reach your personal goals. As I look through the roster, I see that most of you have connected with and are actively running with a group. However, there are a few of you that might not have connected with a group which is one of the reasons why you joined the VSRC. I want to help, but would need for you to contact me and let me know when it is convenient for you to run. I will work with you and connect you with a group. I can be reached by email:

cannonia@optonline.net

Group Runs:

Although some of us, me included, sometimes need to run solo, one of the key strengths of the VSRC is the Group Run. It is during these runs that you meet new people, pick up some tips and get to know each other on a more personal level. The Group Run also provides the opportunity to maintain and improve as you push each other to new heights.

Recently I updated the Group Run schedule which is posted on our website. Weekdays there are two solid group runs which are active and growing with Speed Work on Wednesday on the track at VS Central HS. We've had a mix of people from the 5AM Group and the 6AM Group and encourage more to join us. The track is not a true 1/4 Mile but it is marked. Everyone does their own thing in terms of distance and pace with the goal of improving one's pace over a longer distance.

Hill Training (alternating between Alley Pond Park and Norman Levy Preserve) is growing but I am sure there are some of our members that are hesitant because they never did it, fear that they can't keep up and would be left behind. A couple of thoughts on this... First, at some point all of us were hesitant because we never did it. Second, we struggled to keep up initially but soon got stronger. Third, none of us were ever left behind. Maria is an excellent example of someone who took us up on an offer to do the hills. She would be the first to tell you that she struggled the first few times out but she was never left behind. In fact, within one month, Maria has improved so much that she closed the gap considerably and I wouldn't be surprised if perhaps one day very soon, she will be in the lead pack. Ian, who typically tapers in the summer, recently told me that he is getting so much out of the Hill Training that he sometimes does them solo if he can't make the scheduled group run. I hope you think about this and remember.... no one is left behind!

As we prepare for late summer and early fall races of longer distance, we will be increasing our distance on the Sunday long runs. Currently we have been staying in the park but will now start to venture out of the park and look to run at different parks throughout LI. Stay tuned!

O2S Relay:

Kudos to Mike S who made a personal commitment to assemble our Team(s) early. In fact, with two months until the horn sounds, we have commitments from our membership to two solid teams and we hope to have a third. We still need more volunteers for support, additional runners as alternates for our two teams and possibly runners for the third team. Further details and logistics on this event are forthcoming and will be the subject of a separate email. You can expect some early planning so that you can start to prepare both mentally and physically for this event now and not a few weeks prior!

Club Running Shirts:

Double Kudos to Mike S. who has taken the lead in searching the web for performance shirts which we will have imprinted front and back with our logo and bird respectively. It has been many years since I lead this effort and since that time we have many newer members without shirts and the quality of the performance shirt has improved in comfort as well as heat and sweat transfer. Mike is working with a supplier and printer with the goal of having these shirts in your hands prior to the O2S Relay at a price that is very reasonable. In fact, so reasonable that I am sure you may want to purchase at least one of each style for each of the seasons. I just completed the order form and this will be the subject of separate email. If we are to make this goal of delivery prior to O2S, we will need the cooperation of our membership to complete and submit their order form and check promptly. Again more details to follow.

Miscellaneous:

The Village of Valley Stream is close to providing a solution to improve the crossing on Hendrickson Avenue between Hendrickson and the State Park. I've been working with people in the village on several solutions and they should have a decision shortly to improve the safety. **ENVISION VALLEY STREAM:** I've attended several meetings over the past few months with the long term goal of getting the VSRC more entrenched in the Village of Valley Stream and bringing a race back to VS. I will work toward a group bike event(s). Last week I took to the bike for the first time since November and look forward to doing more cross training such as this in a larger group.

New Membership Drive:

- We need you to continue to spread the word, hand out and post applications in such places as your gym. We have 4 new members from Valley Fitness. The application is posted on our site so you can print it off for posting and handouts.
- Facebook is alive and well. Lara and Mike set it up and are keeping it current. If you have a Facebook account or know someone that does, ask them to go on and “LIKE” us. Check us out at Valley Stream Running Club
- Our website is alive and well with current pictures, race results, future races and much more relevant content. This was a group effort with Eddie as “the wizard behind the curtain”. www.vsruntimeclub.org
- The e-Sign in the pool parking lot has featured VSRC on and off for a couple of months now. We will continue to renew this.
- Valley Stream Community Fest will take place on Saturday, September 29th from 11AM to 6PM on Rockaway Avenue (bet Sunrise and Merrick). Mike and I will be attending a meeting to determine VSRC’s level of participation and sponsorship. More to follow!

I realize that this letter is a lot longer than normal but a lot has been and will be going on. I hope that you found it informative and encouraging. Please continue to participate and support the VSRC.

On a final note, I would like to thank my fellow officers for their ongoing passion, commitment and creativity. Without Mike, Lara and Gregg, much of what has been accomplished in the past month and what is to come in the future months would not be possible.

Best Regards,

Tony
