



## *Valley Stream Crossroads*

### **Times are a Changin'**

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*In this issue:*

*Letter from the  
Editor....pg 1*

*Training  
Tips...pg.2*

*He Said, She  
Said...pg.3*

*Upcoming  
Events...pg.4*

*President's  
Message...pg.5*

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In one of my previous newsletters I spoke of change. I am once again bringing it up because our club is changing. After many years of service the President of the club stepped down. I am a firm believer that when one door closes another door opens. Well my fellow club members this door is wide open.

The door is open for many good things to come. I am passionate about fitness and running. It's because of this passion that I will remain dedicated to building this club. Through recruiting and building revenue I believe that the Valley Stream Running Club will become bigger and better than ever!

It is imperative that as members of this club we remain unified. If there are concerns; voice them. If there are ideas; voice them. If there is a meeting; attend it. It is our job to ensure that this club remains strong. We are all responsible for taking an active role in this club. This club is not ruled by one...it is successful because of all.

**Here's to the future!**

# TRAINING TIPS

*Being critical  
of yourself  
helps you  
identify  
weaknesses  
and fix them*

Whether training for a specific event or for self-improvement it is important to recognize your weaknesses. Pretending that there are no flaws or glossing over problems may be comforting for the moment but in the long term will not facilitate growth. In fact the “power of positive thinking” will indeed hurt you more than help you because it will prevent you from seeing and therefore addressing your weaknesses.

The first step in finding your weaknesses is to expose them. The time to expose them is during your training period. If you are not open to exposing your weaknesses then you will never become aware of your shortcomings. After identifying your weaknesses you will then be able to formulate a plan to fix them.

This identification and eradication of your weaknesses can be called “justified confidence” (Brazier 68). It is justified confidence because you have taken the time to identify and fix the problems. This makes you a better athlete because the confidence that you have is justified and not just false confidence that has developed because of positive thinking.

The best part of this philosophy is that it is not just sport specific. It can be used in any aspect of your life. Identify and address the problem and YOU become a better person!

# He Said, She Said....

## He Said....

Working out in the evening is better for quality sleep at night.

Working out in the morning is not an option for me. I have to be at work at the crack of dawn. Therefore, I must workout in the late afternoon or early evening. This not only fits my schedule and lifestyle but it is actually beneficial for a good night's sleep.

When it comes to having a direct effect on getting a good night's sleep, it's vigorous exercise in the late afternoon or early evening that appears most beneficial. That's because it raises your body temperature above normal a few hours before bed, allowing it to start falling just as you're getting ready for bed. This decrease in body temperature appears to be a trigger that helps ease you into sleep (Discovery 1).

Because your body temperature is elevated in the late afternoon your chances for injuries are less. This is because your muscles are warm and flexible and your muscles strength is greatest.

After my workout I hit the shower, have a healthy dinner and then off to bed for some quality sleep!

## She Said....

Working out in the morning is better for quality sleep at night.

Beep, beep, beep....It's 3:50 am and my alarm clock sounds. It's time to get up and get dressed and head to the gym. Do I like getting up so early? I don't mind it because I have had a restful night's sleep and I am ready to start my day!

So what is the key to getting a good night's sleep you ask? It is simple...work out first thing in the morning. There are many additional benefits to a morning workout.

Morning exercise can relieve stress and improve mood. These effects can indirectly improve sleep, no doubt. To get a more direct sleep-promoting benefit from morning exercise, however, you can couple it with exposure to outdoor light. Exposing yourself to natural light in the morning, whether you're exercising or not, can improve your sleep at night by reinforcing your body's sleep-wake cycle.

Exercise is like the ignition in your car...it turns your body on not off! That is why exercise in the morning is better for your sleep in the evening.

Do you have an idea for the He Said, She Said column? If so please email at [laracummo@gmail.com](mailto:laracummo@gmail.com). I will do my best to get your idea into the next edition.

# Upcoming Events

## March 2012

Mar 3 Little Cow Harbor Run for Hope 4 Mile [online regis](#) 9am Oldfield Middle School; 2 Oldfield Rd; Greenlawn

Mar 4 LIRRC 4 Mi Race [printable applic](#) 9am Eisenhower Park East Meadow Field House near Parking Field #2 516-569-4959

Mar 4 Caumsett 25K and 50K [printable applic online regis](#) 7:30am Lloyd Neck

Mar 10 Smithtown Rotary Go for the Green 5K and 1 mi fun run 9am - fun run; 9:15am - 5K Smithtown Elem School Lawrence Ave; Smithtown [Glenn Williams](#) 631-265-5511

Mar 11 [Nassau Series Race #2](#) Nickerson Beach 4 mile-Run [printable applic online regis](#) 9am Nickerson Beach

Mar 17 Spartan 5K [printable applic](#) 8:30am fun run; 9am - 5K [frazerm@vschsd.org](mailto:frazerm@vschsd.org)

Mar 18 **10<sup>th</sup> Annual John Corrigan 4x2 Mile Relay.** See Tony's 2/26 email and President's Message below.

Mar 24 Kings Park 15K [printable applic online regis](#) 8:30am - Fun run; 9am -15K New Discovery Nursery School; Lawrence Rd Kings Park

Mar 25 [16th Annual AHEPA Suffolk County Half Marathon & 5K](#) [printable applic online regis](#) 9am Suffolk Cty Comm College Ammerman Campus; Selden

## April 2012

Apr 1 Aspire 10K 9am Plainview (no other info available at this time)

Apr 7 [Nassau Series Race #3 5 Mi](#) [printable applic online regis](#) 9am Cedar Creek Park

Apr 15 Marcie Mazzola Mem 5K Run/ Walk [printable applic online regis](#) 8:30am Huntington YMCA 60 Main St Huntington [Nancy Mazzola](#)

Apr 21 [GC for a Cure 5K](#) 170 Rockaway Ave Garden City [Kerry Calvert](#)

Apr 22 Jigsaw Run 4 Miler [online regis](#) 9:30am East Islip Marina

Apr 22 Race for Spinal Victory [printable applic](#) online regis 9am Wantagh HS Wantagh

Apr 28 [Nassau Series Race #4](#) 4 Mi [printable applic online regis](#) 9am Eisenhower Park Field 1 or 2

Apr 29 [St. Joseph's College Alumni Assoc Walkathon 5K Run](#) 8:30am St. Joseph College LI Campus 155 W. Roe Blvd, Patchogue [Matt Colson](#) 631-687-2653

\*\*\*All events were taken with permission from: <http://www.lirunning.com/>

## **VSRC President's Message**

### **March 2012**

Well the calendar might say it is February, but the weather has been anything but February-like. With that, many of us I am sure are training earlier and harder for upcoming races and events. I recently read that they are expecting record breaking finishes for LI Half & Full Marathon. While the training conditions are perfect this winter, as many of us know, weather conditions on race day can change everything as humidity and temps could be higher than normal in early May. I guess we can't control Mother Nature but we can control our training regimen. Good luck with your training and any races or events that you hope to compete in early 2012.

Back in January, your club officers met and began to sketch out plans for VSRC that will insure not only its short term but also long term future. Since that time, we have been busy and I would like to outline what we have accomplished and hope to accomplish in the immediate future.....

#### **VSRC Website:**

If you haven't already, I welcome you to check out, bookmark and visit our website often for updates <http://www.vsrunningclub.org/> . After many hours under the leadership of Mike S., I am proud to say that our website is complete and current. Mike has a couple of other enhancements and tabs that he would like to add, but for now, this site is something that all club members should be proud of and thankful for. Moving forward, we will reduce the number of emails that you receive and instead post content to our site. This will begin with our first newsletter for 2012. You will receive a link from me when it is posted and with that link you will be redirected to our club's newsletter. These will be archived to make your lives easier. While you are there, be sure to poke around and look at the many other updates that have been made and will continue to be made.

A special thanks to: Mike S. for his leadership, Lara for her input and insight and finally Eddie our webmaster who without him, none of this would be possible. I really appreciate Eddie's "can-do" attitude as it seemed like no matter what we threw his way, he completed and updated it right away. Our Website is our "First Moment of Truth" for prospective members. Without it, VSRC survives only in a vacuum.

While your officers will continue to update this site, please keep in mind that this is your website. In following, we are looking to you for content, race results, race pictures, and interesting stories from your race, etc. to post. We can only do so much and we need your help with content. Please send these to me for posting. As you submit, please no last names (privacy) and if you submit for the web, it will be assumed that you approve for posting. Please don't be bashful!

#### **2012 Membership & Recruiting Drive:**

I am pleased to report that Gregg is just about complete with the effort to renew our 2011 members for 2012 (Thank You Gregg and thank you everyone for paying promptly!). With this soon behind us, we can move forward with our recruiting efforts for 2012. The VSRC Application and Group Run Schedule have been updated as they appear on our website. Photocopied front to back, these two documents make excellent handouts and leave behinds in the park, at races, in your health clubs and gyms, at Community Rec Centers and among your friends that might be interested. We'll discuss this at our next meeting, but if you have any recruiting ideas, please bring them to the meeting or email them to me. You are our best advocates, spread the word about VSRC and embrace recruiting as your role and responsibility to continue this great tradition which started in 1979.

## **10th Annual John Corrigan 4x2 Mile Relay (Sunday March 18<sup>th</sup>):**

Please see my 2/26 email on this subject for details. We would appreciate a strong turnout from VSRC.

**When:** Sunday March 18, 2012 - 9AM Start!

**Arrive:** No later than 8 AM to collect entry fee and get everyone registered on a Team.

**Where:** Eisenhower Park. Field House located behind the tennis courts, near parking field #2 (off Hempstead Turnpike in East Meadow). Use the address: 1878 Hempstead Tpke., East Meadow, NY.

**Cost:** As outlined in my 2/26/12 email.

**Expect:** A Great Event in honor of a Great Person, a morning with your fellow club members and a FREE long sleeve t-shirt for all pre-registrants and day of race registrants while supplies last. We will take pictures (individuals in action and group shot) for our website. If you have a VSRC shirt, please consider wearing it.

**Your Next Steps:** Please let me know no later than Saturday March 10<sup>th</sup> if you intend to participate in this event and if you already have a Team of four or if you need to be placed on Team. If you have a Team, let me know who is on it. In the most likely event that we don't have an exact multiple of four runners from VSRC, let me know if you could run a second leg. For those, that are asked to run a second leg, you will have the option to pay an additional entry fee and receive another Long Sleeve T-Shirt or VSRC will cover the additional entry fee and raffle off the shirt among those VSRC members and former members that attend the event for support only (while supplies last).

## **VSRC Member Meeting:**

**When:** Sunday, March 18, 2012 following the John Corrigan Relay.

**Where:** TBD and announced via email.

**Agenda:** Your officers will outline some of the work we have been doing to ready the club for 2012 and outline some of our plans for 2012. More importantly, we want to hear from you what you would like from your Club and how you can help. Ideas are greatly welcomed!

I hope that you can find time in your schedule to attend not only the John Corrigan Relay but also our first meeting in 2012. Checkout our website and start to spread the word about VSRC; we welcome new members.

On a final note, I would like to thank you for the opportunity to serve as your President in 2012. I would also like to thank my fellow officers for their passion, commitment and creativity. Without Mike, Lara and Gregg, much of what has been accomplished in the past month and future months would not be possible.

Best Regards,

Tony