

Long Island footnotes



Greater Long Island Running Club • www.glirc.org

JANUARY 2010 • Vol 10 • Issue 1

Ryan Soltan and Mike Brannigan
speed to the finish of the 17th annual Rob's Run.
More photos, stories and results inside.



Join us for our...
Blue Point Brewing Company Fun Run
on January 9th

BRIDIE GOLDSTEIN 5K RUN FOR CHILDREN: "SYOSSET GOES TO THE DOGS!"

The good folks at MercyFirst who stage the annual Thanksgiving Saturday Bridie Goldstein 5K through the streets of Syosset tried something new this year, and about 30 runners and walkers accepted the invitation to bring their dogs along for the 3.1 mile tour. It seemed to work out, especially with the doggie caravan starting out 2 minutes after the unaccompanied human runners.

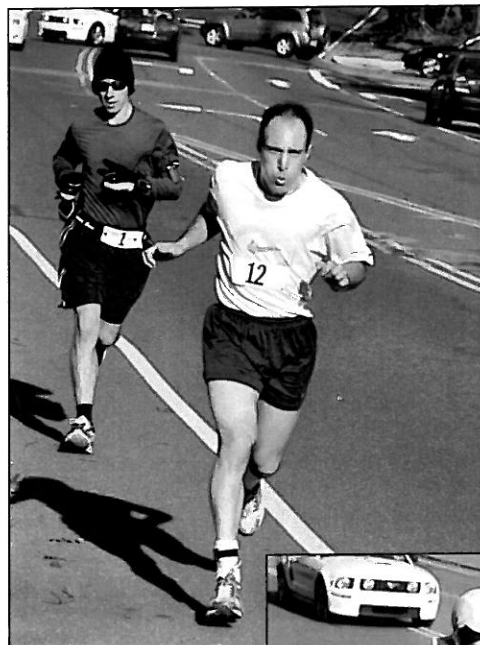
15 year old James Elliott of Bellmore didn't worry too much about the dogs, or about the human runners either, with a 19:02 win that brought him to the Convent Road finish line 50 seconds in front of hard charging runner-up Paul Bonanni. Shari Klarfeld was third overall and first female finisher (second win in 7 days!) in 20:04, while her husband Guy opted to chaperone their family dog Princess through her first 5K Run.

Top honors among the dog lovers was Chris Fedorzak, who got Ruby, his little Jack Russell, to the finish line in 8th place overall, 10 seconds in front of fellow dog lover Bill Sullivan.

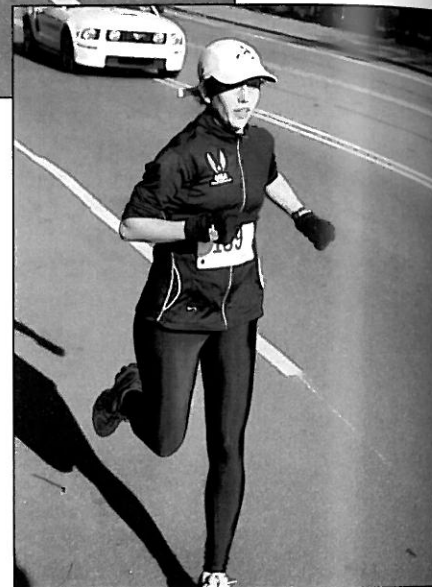
GLIRC Award winners in the Bridie Goldstein 5K were:
Natalie Haebich (1st 11-15),
Monika Haebich (1st 16-19),
Shari Klarfeld (1st 25-29),
Chris Fedorzak (2nd 30-34),
Charles Crowe (3rd 40-44),



First dog lover Chris Fedorzak with Ruby



Paul Bonanni



Shari Klarfeld wins another one



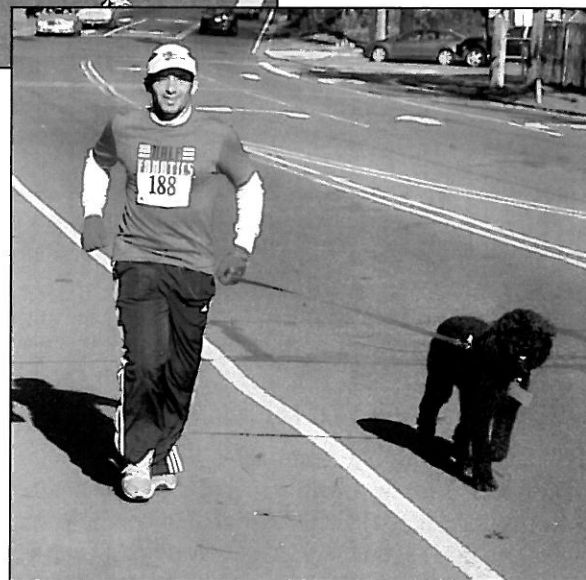
GLIRC goes to the dogs: Guy Klarfeld, Bob Monaco, Rich Ripke and Pam Schmidlin

Paul Bonanni (1st 45-49), Robert Monaco (3rd 45-49), William Sullivan (1st 50-54), Gene Rooney (2nd 50-54), Glen Wolther (3rd 50-54), Napoleon Arthus (2nd 55-59), Thomas Laine (1st 60-64), Mary Trotto (1st 60-64), Daniel Badalament (1st 65-69), Alan End (2nd 65-69), Maureen Donohue (1st 65-69), Martin Schwartz (1st 70-74), Joe Gallagher (2nd 70-74), Marvin Glassmann (3rd 70-74), Kate Shreck (1st 70-74), George Devoe (1st 75-79), Odd Sangesland (1st 80-98) and George Dennis (2nd 80-98).

GLIRC finishers included: Paul Bonanni (19:52), Shari Klarfeld (20:04) Chris Fedorzak (20:44), William Sullivan (20:54), Robert Monaco (21:19), Charles Crowe 921:36), Richard Ripke (23:49), Napoleon Arthus (23:50), Gene Rooney (23:52), Glen Wolther (24:17), Thomas Laine (24:23), Daniel Badalament (25:22), Michele Hall (25:58), Guy Klarfeld (27:30), Alan End (27:42), Pamela Schmidlin (27:45), Ronald Friedman (28:26), Natalie Haebich (28:52), Martin Schwartz (28:57), Joanna Laine (29:32), Kelly Sullivan (30:50), Lance Margolin (30:51), Gerard Ruiz (30:57), Mary Trotto (31:17), Kate Shreck (32:04), George Devoe (32:13), Joe Gallagher (32:49), Marvin Glassmann (33:10), Bruce Hammer (34:10), Theodore Gross (34:32), John Mulvey (35:29), Frank Martin (36:53), Maureen Donohue (37:18), George Shreck (37:26), Odd Sangesland (38:26), Kevin Lynch (43:11), Shari Wolther (43:14), George Dennis (48:10) and Monika Haebich (1:02:51).



Bill Sullivan and his dog took second place canine honors



Guy Klarfeld and Princess



Napoleon Arthus



Glenn Wolther



Alan End



Joe Gallagher



Kate Shreck



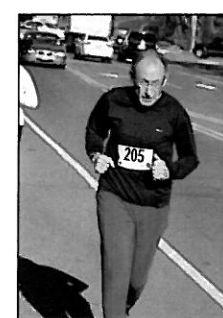
Marty Schwartz



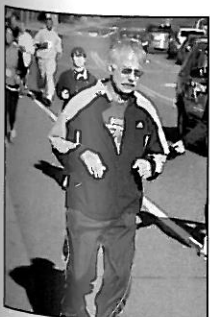
Gerry Ruiz



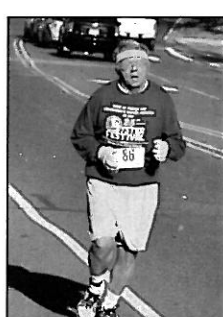
Rich Ripke



Ron Friedman



Ted Gross



Thomas Laine



Charles Crowe



Dan Badalament



Bruce Hammer



Veterinarian Bob Monaco with his dog