



SLB Coaching Newsletter

"Train right, race well"

Training Points:

- **SLB Coaching Winter Programs** begin - January 2004
- **Asphalt Green Triathlon Training Institute Winter Programs** begin - January 2004
- The new **SLB Coaching Website** is coming soon!
- Set your **2004 Racing Goals NOW!**
- Start your **Base Building Phase** for 2004 **NOW!**

For more information and to register for one of our coaching programs, go to:
<http://www.SLB-Coaching.com>
<http://www.AGTri-Institute.org>

Inside this issue:

"Coach" Joe Kleiner-	2
Millrose AA London to Brighton Race	2
CRCA New Year's Century Ride	3
Norton Davey	3
Ted Corbitt 24 Hour Race	3
TRI-DRS Indoorman	4
The Back Page: What's It About For You?	4
Knickerbocker 60Km	4

Central Park Holiday Road Closures

From "Car-Free Central Park Campaign" E-Mail Newsletter:

This is just a note reminding everyone that the usual car-free hours in Central Park were suspended beginning Monday November 24, for the Holiday season. Normal car-free hours will go back into effect on Friday, January 2, 2004.

Holidays and weekends are still car-free.

 Gridlock Sam's NY Daily News column:

Meanwhile, Central Park Drive weekday closings are suspended from Monday until New Year's Day. The park drives usually are closed from 10 a.m. to 3 p.m. and from 7 p.m. to 10 p.m. weekdays, but these closures will be sus-

pending (except for weekends and holidays). The Prospect Park Drive weekday closings also will be suspended until Jan. 16. If you must use the park, please be respectful of joggers, bikers and walkers - stay out of their lane and drive extra slowly.

NYC Parks Press Release:

http://www.nycgovparks.org/sub_newsroom/press_releases/press_releases.php?id=18392

Careful out there! Those yellow cars just might be looking for another hood ornament! Remember, when the park is open to cars - runners have the inside half of the recreation lane, cyclists use the outside half. When the park is closed to cars, cyclists should stay out of the recreation lane!

Bike Crash—Black Brook Aid Station, IM USA '03



Four months and three surgeries after IM Lake Placid! Sincere thanks and appreciation to Emily Altman for referring us to Dr. Robert Hotchkiss who did the last two surgeries and the PT staff—Emily Altman, Heather Berns, Carol Page and Trish Pelc at The Hospital For Special Surgery.

Mercury Masters top NYRR Club Team Standings

The Mercury Masters running club once again dominates the NYRR Club Team Championship standings. After 10 of the 11 races on the Club Team Championship schedule the Merms are leading all other teams in the Veteran (50+) women category.

After the ING NYC Marathon the standings are:

- Mercury Masters—140 points
- Millrose AA—116 points
- Taconic RR—98 points
- NY Flyers—82 points

The final race of the championship series is the Joe Kleinerman 10Km

on December 14. This final race is a "Double Points" race. The top 10 races count towards the championship points standings. The Merms won the championship in 2002.

<http://www.MercuryMasters.org>

Joe Kleinerman—"Coach"



"Coach" Joe Kleinerman
NYRR, Millrose AA

"Joe's contributions to the sport are more than legendary."

From Rich Innamorato:

I am very sad to report the passing of New York running icon, Joe Kleinerman. Joe dedicated 75 years of his life to running as an athlete, coach and official and as a result made it a better sport for all of us. Joe died in his sleep this afternoon. He was 91.

As a competitor, Joe had an illustrious career; he usually excelled at distances between five and ten miles and won quite often. In the early 1940's, for example, he ran a 10.4 mile race in Washington D.C. It was July and the conditions were oppressive but his winning time was about 54 minutes: a pace of 5:12 per mile. He was also a very solid marathoner, having finished in the top 10 at Boston two times.

In the late fifties, there was talk of unifying road running under a central governing body and establishing local chapters. Joe knew he would need to be an integral part of the process. But first, there was one more race to be run. Joe ran the race of his life at the Metropolitan 30-Kilometer Championship. At age 44, he was in the lead with a mile to go. Many younger and swifter men were chasing him. Only Ted Corbitt was able to pass Joe, and Joe finished a very impressive second. Joe then retired from competition to help springboard the foundation of the New York Road Runners Club (NYRR). In 1958, a charter was formed and Joe has been in the NYRR trenches ever since.

In addition to becoming a renowned road running official, Joe also coached the Millrose A.A. He was an advocate of age group divisions and the Millrose A.A. became one of the best Masters (over 40) teams in the nation. The Millrose A.A. would also excel at longer distances; they became one of the first premier clubs to promote ultra running within its ranks. Their persistence eventually paid off; in 1976, Millrose was the first American team to win the London-to-Brighton team championship. Most recently, the Millrose women won at London just this year.

Joe had a very big influence on the Broadway Ultra Society (BUS). He basically taught me everything I knew about race directing and coordinating, and assisted at BUS events in the early stages. Many of us recall Joe serving as the chief scorer of the New York 100-Miler in 1978 and never taking a break throughout the 18 hours of the event - even though he was 65 at the time.

BUS honored Joe and showed its appreciation for him by creating the annual Joe Kleinerman 12-Hour in 1981. Joe always looked forward to those summer evenings at Crocheron Park to present the 12-hour awards. BUS also held a 9-hour indoor race at Suffolk Community College to celebrate Joe's 90th birthday in 2002. Joe attended the start, blew out all 90 candles on his cake and gave a 15-minute interview to a Long Island local cable TV station. It was probably the last time the ultra

community witnessed Joe in good health.

A year later, he developed a tumor and the prognosis was inevitable. At first, Joe would spend his days in the lobby of the NYRR, basically saying good-bye to his running friends. His condition slowly deteriorated. The NYRR hired a full-time aid and Joe eventually had to be admitted to Calvary Hospital in the Bronx. Ted Corbitt was a frequent visitor. So were several NYRR staff members. The NYRR was such an important part of his life and his association with it. The NYRR was a source of pride and comfort to Joe in his final days. He helped Fred Lebow with the first marathon in 1970 and he managed to hang on long enough to hear the accounts of one more marathon, the 34th New York City Marathon held just two weeks ago.

Joe's contributions to the sport are more than legendary. His contributions to humanity were even more important. He inspired and touched us all. God bless him, and our deepest condolences to his nieces and the rest of the Kleinerman family.

Millrose AA London To Brighton Race

The Millrose AA Women's Masters team, lead by Ellen McCurtin, won their category in the London To Brighton race.

The classic ultra marathon starts at Big Ben in London and finishes in the south coast town of Brighton.

The Millrose AA team consisted of: Ellen McCurtin (sixth overall and first woman!), Adamas Belilgne and Diane Hawkins.

Ellen's time was 7:02:27.

The first London to Brighton race was held in 1837 and the first amateur race was in 1899.

Ted Corbitt finished second in 1964, 1965 and 1969. Ted was the first over 40 in 1969!

This is the second Millrose AA team to win at London to Brighton. Gary Muhrcke lead the Millrose AA to victory in 1976. Gary

placed third overall. That was the first American team victory at the London to Brighton race.

In 1980 Donna Hudson finished second woman for Millrose.

The course distance has varied over the years from 51 miles to it's current 54 miles, 198 yards



<http://www.MillroseAA.org>

CRCA New Year's Century Ride

By Jim Boyd

The traditional CRCA New Year's Century ride will be held on January 1, 2004. Meet at East 90th St. and Fifth Ave. in Central Park – at Engineers' Gate – at 6:45AM. Pick up a card from me. The ride will begin at 7:00AM. Two laps around the park and then north. Have your cards signed at the Bear Mt. Inn and return to Engi-

neers' Gate.

If the temperature is too low, stay home. If it's cold and you're determined to try, two laps around the park will give you time to check out how you feel. Remember, it will be colder across the George Washington Bridge. Bring a drink that won't freeze and be aware that the metal plates on the bridge may be icy.

I was asked if this is a "sanctioned" ride for members only. It is not a "sanctioned" ride, which means that anyone can tag along. But a nonmember will not be given a card, and will be ignored when we write something for the newsletter about the fastest finishers.



<http://www.crca.net>

Norton Davey

At age 82, Norton became the oldest person to complete an Ironman Triathlon, although his finish was unofficial, failing to break the 17-hour time limit set by event organizers.

He ran more than 60 marathons and completed 10 Hawaii Ironman Triathlons after taking up endurance sports in his 60s. He died November 19 at his home in Oceanside. He was 85.

He made history crossing the finish line in 18 hours, 20 minutes, to become the oldest finisher of an Ironman event.

Race officials had allowed him to continue the event after he missed the bike cutoff time by five minutes.

After successfully undergoing surgery for prostate cancer in 1994, Mr. Davey resumed his Ironman-inspired training regimen: 250 miles a week on the bike, 40 miles a week of running

and up to 10 miles of swimming each week.

At 6 feet and 150-plus pounds, he had 6 percent body fat – comparable to elite athletes.

His personal bests, set in his 60s, included a 14:51 Ironman, a 3:26.57 marathon and a 42:40 10K. At age 65, he was the subject of an ABC-TV feature as the Ironman's oldest competitor – a distinction he held for several years.

Draped in a finisher's medal and handed a congratulatory T-shirt after midnight, he refused to accept any adulation. "Wait a second," he said. "I didn't officially finish." said Norton Davey

Corbitt 24 Hour Race

The Ted Corbitt 24 Hour Race was held in chilly temperatures on November 8 & 9 at Astoria Park, Queens.

Ultra Legend Ted Corbitt completed the race at age 84. Ted, known as the Father of US Ultra Running, logged 68.9 miles!

The race was won by Dave Luljak with 132.67 miles. Second place was Rimas Jakelaitas, with 121.9 miles.

First woman was Millrose AA's Admas Belilgue.

There were 32 finishers, 5

women and 27 men.

Ted finished 17th overall.

<http://www.NewYorkUltraRunning.org>



Ted Corbitt, 84 year old Ultra Legend!

Coach Neil L. Cook
SLB Coaching & Training Systems
444 East 86th Street
Apt. #31D
New York City, NY 10028

Phone: 212-472-9281
Mobile: 917-575-1901
E-mail: Coach@SLB-Coaching.com

To receive this newsletter, e-mail newsletter@SLB-Coaching.com please include your name and e-mail address. Or go to: <http://www.SLB-Coaching.com>

"Train right, race well."

Check us out on the web:
<http://www.SLB-Coaching.com>

Tri-DRS Indoorman

Looking for a Winter Triathlon? Want to stay warm? Here's the event for you!

The Events:

- Sprint (750m, 30Km, 5Km)
- Olympic
- Half IM

Catagories: Men/Women—Open, Masters (40+), Clydesdale (198lbs), Athena (150lbs)

The Rules:

- Complete all three sports in one day, between 12/2/03 and 1/18/04
- Sports can be completed in any order
- You may use an exercise bike, trainer, treadmill, indoor track—but all sports must be done indoors (2 hour "Fun Factor" penalty for doing a sport outdoors!)
- Transitions must be timed and reported, but will not be counted towards total time
- Keep it simple, be fair, consistent and good sportsmanship. Have fun and don't be too serious
- You may repeat the event a second time prior to 1/18/04

Enter at: <http://66.96.85.180/indoorman/default.asp>

Knickerbocker 60Km—the first 60 Km race in the United States. NYRR has dropped this race from their schedule! It will be run, unofficially I assume, this Saturday, November 29 at 8:00 am. Start at the Engineer's Gate, 90th Street & Fifth Avenue. This will be a Free Event—no entry fee.

What's It About For You?

Do you enter competition to test your self? Do you enter to be part of a group of adult athletes? Do you enter to be outdoors and part of nature? Do you enter to compete against others? Do you enter to be the best? Your best?

I imagine that there are almost as many reasons people enter competition as there are people in any race. We all come to the starting line with our own reasons and motivation.

And, we all train for our own reasons. I remember times I trained as hard as I could in order to better my time. And other times where I was only interested in beating someone in a specific contest. And many times I trained hardest just to enjoy the feeling of

pushing my body as hard as I could. I also trained long hours to enjoy being outside and feeling part of nature.

What motivates us is not important. Our goal is not important. Although, we all train better when we publicly acknowledge our goals. How we train must be in sync with our motivation and our goal. We all want to be successful. (I define success as reaching our goals.) Of course we need to be realistic, challenging and honest when we set our goals. We also need to design our training so that it will prepare us properly for the challenge we've set.

And finally, the competition is ALWAYS

internal. Even when we set a goal to perform better than a fellow competitor. The ultimate challenge is within ourselves. First, can we prepare ourselves for the contest. Then, can we deliver our best during the contest. Ultimately, our success can only be measured internally. How much of ourselves did we give during the competition? If we are honest and we can say we gave everything we had during the competition, we are successful.

I never question another person's motivation or reason for being athletic or entering an athletic competition. It's always about the personal challenge.



Larry & Jeff's Bicycle Plus



Thanks to our Sponsors!