Ivette Mejia Ramirez wins the Washington Heights 5k on March 6, 2016

2015 Central Park Track Club Award Winners

On January 8 CPTC members gathered for the club's annual awards banquet. There were many deserving nominees – here are the winners:

CPTC Award – Consistency
JR Mojica

CPTC Award – Participation
Caryl Baron

CPTC Award – Tenacious
Lynn Blackstone

CPTC Award – Competitor
John Gleason

Rookie of the Year: Kyle Marks

Men’s Most Improved Performer: Mohammad Lahseni

Women’s Most Improved Performer: Casey Depasquale

Comeback of the Year: Mikal Scott

Men’s Masters Sprints: Anthony Davis

Men’s Masters Middle Distance: Gerry O’Hara

Women’s Sprints Indoors: Ashley Kelly

Women’s Sprints Outdoors: Samantha Edwards

Women’s Open Mid-D and Distance for Indoor Track: Stephanie Herrick

Women’s Open Mid-D and Distance for Outdoor Track: Titi Fagade

Men’s & Women’s Open Hurdles: Lisa Edwards

Women’s Masters Track: Judy Stobbe

Women’s Field: Imani Oliver

Cross Country Award
Ryan Fitzsimons

Cross Country Award
Cat Beck

Masters Cross Country Award – Top 10 in the Nation! Colleen, Judy, Amy, Ani & Sue

Men’s Open Sprints: Andre Marcano

Men’s Open Mid-D and Distance for Track: Corey Wall

Men’s Field: John Langhauser

Ultra-Marathon Award: Alex Tilmant

Women’s Masters Short Roads: Barbara Byrne

Women’s Masters Long Roads: Colleen McGurk

Men’s Masters Short Roads: Daniel Gercke

Men’s Masters Long Roads: Chris Donnelly

Women’s Open Short Roads: Andrea Bradshaw

Women’s Open Long Roads: Veronica Jackson

Men’s Open Short Roads: Matt Lacey

Men’s Open Long Roads: Greg Cass

Road Performance of the Year: Alex Bernardi 2:44 US Olympic Trials Qualifier

Masters Road Performance of the Year: Richard Nelson

CPTC Record Award: Kate Pallardy

Pre-Fontaine Award: Sylvie Kimche

Women Track Performance of the Year: Pan Am Games Silver Medalist Heather Miller

Men Track Performance of the Year: Winston George – Guyana National Record at World Champs to qualify for Olympic Games

Masters MVP: Peter Brady

Most Valuable Performer: Ivette Mejia Ramirez
NOTES FROM THE BOARD

Thanks to your membership and vigorous fund raising, the club has begun 2016 in satisfactory financial condition. As a result, the board was able to keep 2016 dues at 2015 levels. Dues only pay a fraction of the club’s expenses so we will again depend on the benefit to support the activities of the club. The 2016 benefit will be October 14.

We are very grateful for NB’s continued support. Our other sponsors are Bradley & Monson Physical Therapy, the Armory, NYRR, Bruce Mandelbaum Acupuncture and Complete Wellness.

Membership at the end of 2015 was 458, which is down a little from 2014, when we had 486.

The Holiday Classic 10K grew in size in 2015 but is a deep draw on club resources so the board is considering it on a year-to-year basis.

The CPTC awards ceremony was a success and we are not contemplating any major changes this year.

A new initiative is a re-engagement with the NYRR Club Council. Please contact David Greenberg (dgreenb300@aol.com) if you have any issues or would like to be involved.

The board is always looking for help with fund raising and new development ideas. If you are interested in helping with events such as the annual benefit or have other development ideas for the club, please contact Greg Cass at gwcass@gmail.com.

If you have a performance or event you think should be in the next newsletter please contact David Greenberg.

20 YEARS AGO IN ORANGE

From the 1997 club newsletter:

Alan Ruben, then age 39 or thereabouts, had just run 1:07:22 for 20k in Central Park. Jud Santos, editor of the newsletter, suggested “Anxious fans wish him luck at the upcoming London Marathon.” With the benefit of hindsight, we know Alan ran 2:30:22.

“New CPTC Prez Sylvie Kimche is also making a comeback. Since moving to a new age group in December, Sylvie has so far dominated the 50-54 age group, with no one even close.” That certainly hasn’t changed – In races over one mile, Sylvie hasn’t lost her age group since 2011.

“Lynn Blackstone, wife of CPTC founder Dave Blackstone and winner of the 1976 Yonkers Marathon...ran all but one of the first CP races of 1996.” Twenty years later, she is still racing almost every event – she ran fifteen races in 2015.

In the results. We see Stacy Creamer as the number one woman in the open most races. Stacy is more competitive than ever now, usually winning her age group, and only a few seconds per mile slower than twenty years ago.

Here’s a remembrance of times past: “In only the past five weeks, two competing CPTC websites have sprouted, courtesy of Roland Soong (the original) and Brad Hamann. If you have web access, check out the following sites before they’re outlawed.”

WHO’S WHO AT CPTC

PRESIDENT: John Roberts
VICE PRESIDENT: Sue Pearsall
TREASURER: Alan Ruben
SECRETARY: Greg Cass

MEMBERS OF THE BOARD
Greg Cass
Gal Cohen
Alysa Dusseau
Phillip Falk
Marissa Galloway
David Greenberg
Daniel Ifcher
Joe Kennedy
Audrey Kingsley
Devon Martin
Sue Pearsall
John Roberts
Alan Ruben

TEAM CAPTAINS:
Roads:
Women’s Open: Jacy Kruzel and Veronica Jackson
Men’s Open: Greg Cass, Phil Falk
Women’s 40+: Ani Go
Men’s 40+: David Greenberg
Women’s 50+, 60+: Sylvie Kimche
Men’s 50+: Chris Donnelly
Men’s 60+: Hank Schiffman

Track:
Men’s Open: Corey Wall
Women’s Open: Meggie Sullivan
Women’s Masters: Judy Stobbe and Amy Kvilhaug
Men’s 40+, 50+: Peter Brady and Gerry O’Hara
Men’s 60+: Hal Lieberman

Cross Country:
Men’s Open: Stan Berkow and Matt Lacey
Women’s Open: Nicole Falcaro, Ivette Mejia Ramirez, Cat Beck
Men’s 40+, 50+: John Milone
Men’s 60+: Hank Schiffman

APRIL 2016 | 2
WELCOME NEW MEMBERS
Susan Doyle-Lindrud  
William Looney  
Mario Segura  
Brianna Welch  
Eduardo Ribeiro Ferreira  
Zebulon Nelesen  
Kristina Novick  
Joe Ryan  
Thomas Barrett  
Landry Da Teresa  
Tsukasa Kawarai  
Jesse Mang  
Felipe Nazar Pagani  
Amanda Scheer  
Daniel Scafford  
Matt Rand  
Barbara Fratta  
Rebecca Guenther  
Amanda Ullman  
Francesca Arturi  
Erik Antokal  
Andrea Burdett  
Meredith Byers  
Rob Dugger  
Ron Romano  
Oliver Sax  
Christian Son  
Helen Park

CURRENT NYRR STANDINGS
AFTER SCOTLAND, EVERY WOMEN’S TEAM IS IN THE LEAD
First Place: W Open, W 40+, W 50+, W60+, M 50+
Second Place: M 60+
Third Place: M Open, M 40+

WELCOME TO OUR NEW SPRINT COACHES

PETE CHARLES
Coached 1 Olympian
Coached 2 World Indoor Championship Qualifiers
Coached 7 All-Americans in the sprints, hurdles and jumping events
3 NCAA National Champions
Jamaica Nationals Bronze Medalist
3 USA National Qualifiers
Sprint Coach at Monroe College
As an Athlete, Pete was 4-Time All-American in the Triple Jump and NCAA Runner-up.

JOE RYAN
Coached 7 Olympians
Olympic Coach for Guyana in 2008-2016
Coached 6 All-Americans in the sprints, hurdles and jumping events
Coach NCAA National Champion
Coached Aliann Pompey to 4 Olympics, Top 10 World Ranking in the 400m (1999-2012), Pan Am Games Medalist and Commonwealth Games Gold Medalist
Sprint Coach at Manhattan College
CPTC-NB Masters Women Ran Away With Two Major Awards

USATF New York selected Sylvie Kimche as the 2015 Athlete of the Year for women’s Masters Long Distance Running and Judith Stobbe as the 2015 Athlete of the Year for women’s Masters Track and Field. On behalf of CPTC-NB and the women’s masters team, we congratulate them on a well-deserved award. As a master’s runner myself, I know the challenging field we are up against in New York so this is quite an honor. The work you put forth is inspirational and goes to show us all that no matter how young or old we may be, we can continue to improve as runners.

Judy and I are co-captains of the track team and are very close as teammates so I know the amount of work and pride she puts into running and improvement. I couldn’t be more happy for her. Sylvie is just an incredible woman who has shown us that excellence can be lifetime endeavor if you so choose.

In December, Kimche won the CPTC 10K Holiday Classic (also a USATF NY Championship race), in which masters runners were judged according to their age grade percentage. Sylvie finished first with an astounding age grade percentage of just under 90% (world class).

Judy has essentially been running very, very well throughout the course of the indoor season. She had many stellar performances and obviously USATF-NY took notice. One of her top races this winter was the BU Valentine Invite in which she ran a 2:28 amongst a very competitive college-laden field. “I would just say that I am very honored to be a proud CPTC recipient with Sylvie for Masters Athletes of the Year,” Stobbe said. “Track is my passion, and to be recognized by USATF-NY is truly special. The reason I joined CPTC was the coaching, the structure and the workouts. The reason I am here to stay is the team—the teammates are amazing, caring, compassionate and literally push me every step I take.” Judy you are a great teammate and member of CPTC too!

– Amy Kvilhaug

Sylvie and Hank Take Home NYRR Runner of the Year

Sylvie Kimche and Hank Schiffman clean up at the Annual NYRR Runner of the Year Awards taking home the 65-69 age group award. Congratulations to the other nominees: Kye Marks, Peter Brady, Daniel Gercke, George Hirsch, Ivette Ramirez, Jennifer Busse, Lauren M. Carter, Alysia Dusseau, Colleen McGurk, Judy Stobbe and Stacy Creamer.
CONGRATS TO OUR OLYMPIC QUALIFIERS

CENTRAL PARK TRACK CLUB
ELITE PROGRAM ATHLETES

Ashley Kelley 60 meters, 200 meters & 400 meters

- Olympian for British Virgin Islands in the 200m (Rio 2016)
- World Indoors 400m Qualifier (Portland 2016)
- World Relays 4 x 100m for British Virgin Islands (2014)
- Commonwealth Games Semifinalist 200m & 400m (2014)
- World Junior Championships Qualifier (2010)
- New Balance Games 300m Champion (2015 & 2016)
- All-American
- 60m 7.39
- 200m 23.17
- 300m 37.71 indoors
- 400m 52.71

CENTRAL PARK TRACK CLUB
ELITE PROGRAM ATHLETES

Winston George 200 meters & 400 meters

- Olympian for Guyana in the 400m (Rio 2016)
- Olympian for Guyana in the 400m (London 2012)
- World Outdoors 400m Qualifier (Beijing 2015)
- World Outdoors 200m Qualifier (Russia 2013)
- Pan Am Games Finalist (Toronto 2015)
- South American 4 x 200m Indoor & Outdoor Record Holder
- Guyana National 400m Indoor & Outdoor Record Holder and 300m Indoor Record Holder
- 200m 20.59
- 400m 45.25