

# YOUNG RUNNERS™

# NEWS



Grete Waitz loved speaking with Young Runners every November at the annual Run With Champions.

## ... And we're off!

Welcome back, Young Runners! Last school year was a record season with 76 teams spread across all five boroughs and more than 2,600 Young Runners working to meet their running goals. There were plenty of opportunities to master new distances and push for faster times, including cross country meets, Youth Jamborees, friendlies, NYRR road races, and the Young Runners Championships in June.

We have a lot in store this year, including fun races, cool incentives, and lots of events. Looking to conquer the legendary Van Cortlandt Park? Be sure your team signs up for the Young Runners Cross Country Invitational for a taste of this famous course. Want to improve your baton-passing skills? Ask your coach to sign your team up for the next Youth Jamboree so you can run a relay on a world-class track. Interested in learning about running form and eating right before races? Stay tuned for a Young Runners clinic in January to get the inside scoop.

Mark your calendar for these upcoming races and events. Check in with your coach about participating in them.

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## Fall & Winter Events Calendar



**Sept. 24: Fifth Avenue Mile** - In 1990, American runner PattiSue Plumer finished this race in 4:16.68. No woman since then has beaten her time at the Fifth Avenue Mile.

**Oct. 1: Norwegian Festival: Grete's Great Gallop, Norway Run, Troll Stroll** - The Norwegian Festival honors Norwegian runner Grete Waitz, who recently passed away. She was very involved in Young Runners!

**Oct. 23: Youth Jamboree** - The last time a Jamboree took place at the Armory, almost 5,000 people came! Which events will you run this year?

**Nov. 3: Run With Champions** - This special day includes 1-mile and 400-meter races, as well as a meet-and-greet with elite athletes!

**Nov. 6: ING New York City Marathon** - More than 45,000 people come from all over the world to run 26.2 miles through the five boroughs. Two million spectators line the streets to cheer them on. Ask your coach about supporting the marathoners at an NYRR cheer station!

**Nov. 20: Young Runners Cross Country Invitational** - You may remember the giant field that marks the start of this race. Did you know it used to be a grain field owned by the Van Cortlandt family?

**Dec. 10: Jingle Bell Jog** - This is your first chance of the school year to improve your 4-mile time.

**January 28: Young Runners Clinic** - Last year's clinic included a special gait analysis, stretching tips, and cool goody bags! Note that this event has limited space.

# Championships Recap

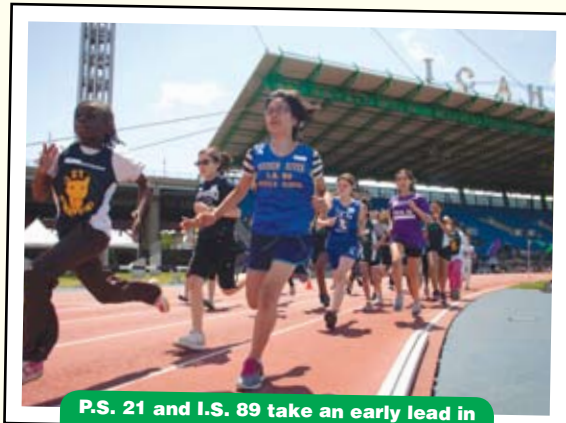
Congratulations to the 500 Young Runners who gave it their all at the 2011 Young Runners Championships on June 14. The weather couldn't have been better for the morning 5K race around Randall's Island – nearly 100 students ran! Later, Young Runners competed in the mile, 2-mile, and 400-meter runs before capping off the day with speedy relays around Icahn Stadium's top-notch track.



NEST+m runners share team spirit with hearty cheers.



A strong finish for this Boys' Club of New York runner.



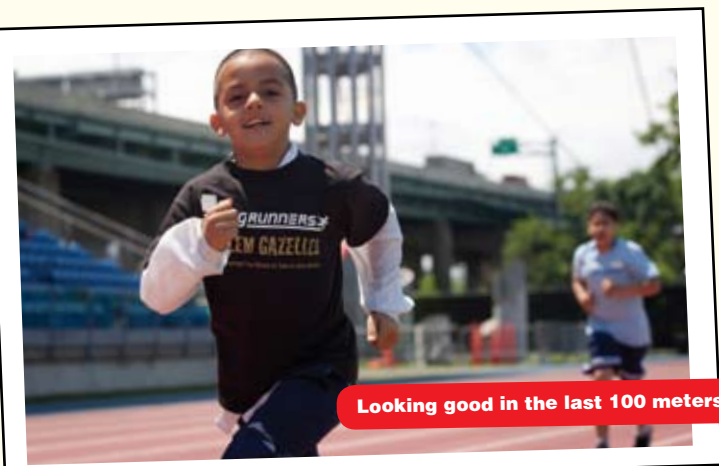
P.S. 21 and I.S. 89 take an early lead in the first lap of the mile.



This Zodiacs runner keeps her cool during the sprint medley relay.



The Lab School, I.S. 30, and the Rabbits make a blue and green pack during the 5K.



Looking good in the last 100 meters.

## CONGRATULATIONS to last year's top-scoring teams!

**FIRST PLACE:** NYC Lab Middle School

**SECOND PLACE:** Boys' Club of NY

**THIRD PLACE:** I.S. 30

**FIRST PLACE, HIGH SCHOOL DIVISION:** M.S. 348 Wheels

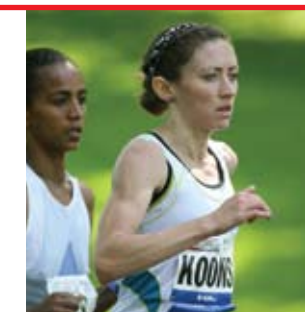
# Meet the Elites

Long distance running has plenty of stars, and many of them started running when they were kids! Dathan Ritzenhein started running in 7th grade, while Shalane Flanagan has fond memories of bonding with her high school team. Keep reading to meet some of the sport's accomplished runners. All of them have raced in New York City, so who knows? Maybe you'll see them at the starting line at your next NYRR road race!



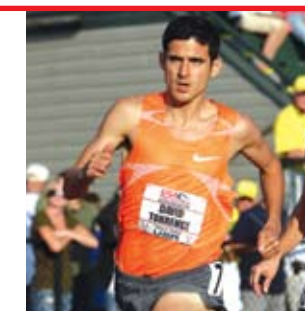
**Dathan Ritzenhein** previously held the American record in the 5000 meters with a time of 12:56.27. He was the first American to finish at the 2008 Olympic Games in Beijing, where he ran 2:11:59 for 9th place. "When I first started running I was not a stand-out," Ritzenhein shares. He started competing in 7th grade, cutting two and a half minutes off his 2-mile PR by the time he started high school. "So you never know, talent can take a little bit to come out," he adds.

**Frances Koons** ran cross country and track throughout high school, winning multiple state titles in cross country, the mile, and the 3000 meters. She overcame kidney cancer in 2007 while at Villanova University and went on to compete in the 2008 U.S. Olympic trials. A nine-time All-American, Koons runs for New Jersey-New York Track Club and is training for the 2012 U.S. Olympic Trials.



Originally from Poland, Olympian **Magdalena Lewy Boulet** has been running for the United States since she became a citizen in 2001. She set two new PRs this summer, finishing the 10,000 meters in 31:48.58 at the USA Track & Field Championships several weeks before running the 5000 meters in 15:14.25. In August she won the Falmouth Road Race in 36:58, becoming the second American woman to win the race in the last 17 years.

A graduate of the University of California – Berkeley, **David Torrence** has won the USA 1-Mile Road Championships three years in a row. He also ran the anchor leg of the second-fastest 4x1500-meter relay in American history.



**Shalane Flanagan** grew up in Massachusetts, where she ran cross country and track. She also liked to swim and play soccer. She won two national cross country titles in college and excelled at track. She holds the American record in the 10,000 meters. She wrote on her blog about her experience with Team USA: "In high school, college, and now in my professional career, I love contributing to a team...It is much more fun to celebrate this wonderful sport with others!"



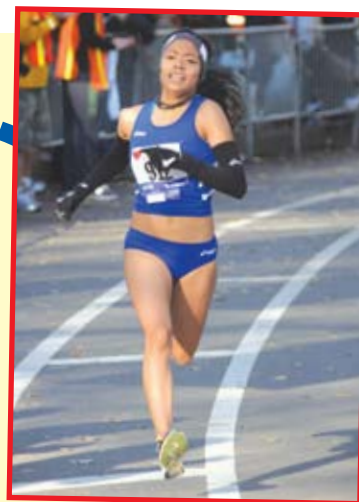
# NEW YORK ROAD RUNNERS

NEW YORK ROAD RUNNERS YOUTH PROGRAMS

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## Catching Up WITH YOUNG RUNNERS ALUMS

**Ivette Mejia** joined the Young Runners team at J.H.S. 117 when she was 11 years old and she's been running ever since. She is a senior at Saint Vincent College in Pennsylvania, where she runs cross country. She set a school record of 18:36 for the 5K cross country course! "Running is where I found myself," she says. "When I put on my running shoes, I know I will face a challenge every day – and I will succeed."



In 2009, at the age of 18, **Emigdin Flores** ran the ING New York City Marathon in 3 hours and 20 minutes. Almost 10 years earlier he'd joined the Rabbits Club as a self-described "chubby kid who couldn't run around the block." Now a dedicated distance runner, Flores continues to run with his former team while balancing his studies at New York City College of Technology.

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