

Long Island Endurance Runs

UltraRunning Magazine

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3.	Julian Goldsmith,54	4:27:32
	<u>Lisa Kovesdy,41</u>	4:27:32
5.	Lanny Levit,45	4:29:24
6.	Mark Ornstein,37	4:46:41
7.	Tim Ryan,52	4:47:23
8.	William Eiler,39,NJ	4:47:32
9.	Teruo Mizukami,37	4:48:26
10.	Jorge Aguilera,5	
11.	Juan Oliveras,44	
12.	<u>Barbara Christen</u>	
13.	Barry Aronowski	
14.	Larry Neyland,48	
15.	<u>Sayuri Watanabe,38</u>	5:13:4
16.	Tim Kourounis,58	5:15:4
17.	<u>Fatima Silva,40</u>	5:40:26
18.	<u>Kate Quaranto,40</u>	5:47:14
19.	Larry Davidson,49	5:52:07
20.	Hiroshi Yoshikawa,36	5:53:50
21.	Harry Berkowitz,55,NJ	5:59:40
22.	Patrick Quaranto,33	6:00:49
23.	<u>Helma Clavin,53</u>	6:03:01
24.	John Kenul,52	6:27:02

LISA

Luljak, who won our 100-mile last year, outkicked Rudy Afanador to win this year's 50-mile. David crossed the finish line in Oyster Bay in 6:30:49, only 27 seconds ahead of Rudy. Rudy had led almost all the way, but a couple of Rudy's wrong turns in the latter stages of the race allowed David to pick up considerable ground and outsprint him at the finish. At the other end of the spectrum, veteran Bob Sherman blew out his knee in mid-course, but hung on with grit and determination and limped in at 11:43:16, squeezing under the 12-hour cutoff as the last official finisher. Tough races made for tough runners — and Bob certainly finished in that category!

The women's 50-mile winner, Lisa Smith, had an easier time of it. Her 6:59:43 finish (only David and Rudy finished ahead of her) left her two and one-half hours ahead of second-place finisher Barbara Saldick.

Veteran ultramarathoner John Cantwell led the 50-km run all the way and finished in a strong 3:48:52. Arthur Goldbert, a member of the organizing club (Plainview-Old Bethpage Road Runners Club) running in his first ultra, kept asking everybody in sight over the last ten miles, "How far ahead of me is John?" He couldn't quite catch John,

Mike Polansky

When the Plainview-Old Bethpage Road Runners Club reviewed the results of our 1995 Long Island 100 Mile Endurance Challenge, we were less than satisfied with how things turned out. The logistics were extremely tough — running the roads of Long Island in the dark of the night was a bit too hazardous, especially for those unfamiliar with the area, and only 31 runners "survived" to cross the finish line.

Our conclusion was that we would better serve the ultrarunning community by putting on two shorter events — a 50-mile and a 50-km — at the same time. That was the format for this year's Long Island Endurance Runs, and the results were very satisfactory indeed!

The course was not an easy one. Both the 50-mile and the 50-km required the runners to tackle some of the toughest hills on Long Island's North Shore — Planting Fields Hill, a tough climb outside Oyster Bay Harbor only a couple of miles after the start; Lawrence Hill, with both a tough upgrade and a very steep downgrade; and the infamous Fish Hatchery Hill, a three-quarters of a mile of increasingly steep upgrade. In addition, the 50-mile included an out-and-back 13-mile jaunt towards Target Rock in Lloyd Harbor, with steady uphills dominating the return trip. Not an easy course!

No matter what the course, some things just don't change. David



Fredrick Davis, 30 out of 50 miles done and still enjoying it.