

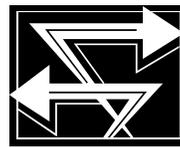


# 2006 Highlights

## *The Winter of 2005*

*Who will remember it as being one of the most pleasant winters to run ?*

*Thank you Mr. Weather for making this such a great season to enjoy!*



## *The Winter of 2006*

*Who will remember THIS kind and gentle winter? As of Jan 20th we had one snowfall some months ago and today there is 1" on the ground. It became a little cold though.*



## Lockport Y10 February 11, 2006



Hail the coach!



Amyfakt@aol.com



Tom wasn't happy with all those men following him!



Rebecca Carroll



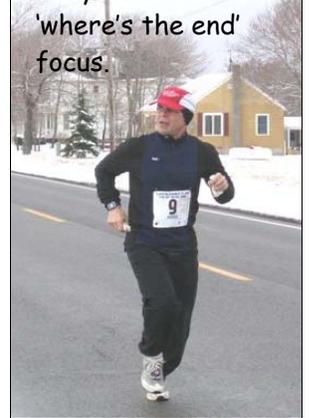
Mr. Ferguson



Ray had focus!



Tony had a 'where's the end' focus.



Suck it in Scotty!



Susan and hubby Jason, out for a training run.



One of the best weather days for **The Lockport Y10!**  
Little wind, 27 degrees at start.  
Sun came out briefly.



Michael J. Schiavone



Jan wouldn't let her win!



Mr. Thomas Appenheimer happily accepting his award.



Tom, Pat and Bob loving the attention.

# The Scratch Race

## 10th Annual Scratch Race

This is the first time that the **last** starter in the race won the event!

Two time US Olympian Allen James passed 2nd place, Rich Clark somewhere between the rivers of mud and water to finish first this past November 18th.



Rich Clark insisted on running the opposite way, we had no choice but to insult him!



Susan tried to get way ahead of Scott. Everyone planned to slap Scott on the butt.



# The Rut Race

## Monday, August 21st



Race director **RAY ERNST**  
Tim Olehmler standing watch



**WINNERS**  
Tom Rubens 19:03  
Amy Fakterowitz 22:54



We can't forget nephew Cole!



Allen James was having way too much fun to win this race. Henri Kursten is shown taking the abuse.



Clyde was one happy guy, Herman never caught him!

Mark Ruettimann



## Wine Glass Marathon



Mike Schiavone 3:43:47  
 Tom Appenheimer 3:49:49  
 (3rd in age group)  
 Ray Ernst 3:39:06  
 Pam London 4:08:01

October 1, 2006

*As a freshman at Fredonia, my average time for an 8K was **26:47**. I was 19.*

*My goal was to run better than 26:47 at the Turkey Trot. I ran **27:00**. If I didn't go out the 1<sup>st</sup> mile under **5 minutes**, I know I would have been successful.*

*Even the coach can run stupid.*



*Jan Jezioro* decided to take care of some unfinished business in 2006. He started out with Prostate surgery March 15th, had his 2nd knee surgery July 26th and then finished with a much deserved retirement.

*Tony Garrow* also handled some 'unwanted' business after being told his fatigue in races was caused by a plasma cancer called Multiple Myeloma. As of today, Tony is doing very well with a new treatment he started in December.

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Finishing the 2006 Wisconsin Ironman was Bill Seyler, Chuck Miller and Joanne York. Diane decided to go back in 2007 to finish hers!



## Nissan Buffalo Marathon

May 28, 2006

Tom Appenheimer	3:31:23	8:04
Michael Schiavone	3:49:06	8:44
Susan J Watkins	4:17:45	9:50
Ray Ernst	4:17:47	9:50
Nancy J Sheehan	4:44:25	10:51



*Clyde Ferguson* decided to jump into a 50K (31 mi.), on the trails at Mendon Ponds, November 11th, on a cold rainy day no less where the weather got worse and worse. He persevered in his running shorts attire and finished 6th in the 50-59 age group. His time was 6:18:55. Clyde said he is looking for a 50 miler next.



Proof that Joey and Chuck were playing around on the back course in the Scratch Race.

Warren Hale caught these guys in the act!



Scott *forces* his friends to listen to his jokes.

**On Your Run!**

Never, never, never kick yourself in the ankle when running in your new Yak-Tracks!

Tom Somerville will be collecting running shoes April 15th for Shoes for Shelter.

Clyde Ferguson took a short trip to Little Rock for a Marathon (without any marathon Training) and ran a 3:46:38.

“Only people who will risk going too far can possibly find out how far they can go.”  
T.S. ELIOT

**NIAGARA FALLSVIEW CASINO RESORT INTERNATIONAL MARATHON**

Sunday, October 22, 2006

- Tom S. 3:25:01
- Pat R. 3:25:46
- Tom A. 3:46:20
- Mike S. 3:49:25
- Pam L. 3:50:30

**Niagara Ultra 50K (31 miles)**

- Mike Schiavone**- 5:04:55. 35 of 81 overall, 11 of 30 in age group.
- Ray Ernst**- 5:05:01. 36 of 81 overall, 12 of 30 in age group.
- Tom Appenheimer**- Tom had signed up for the 50K, unfortunately a nagging injury limited him to running the 25K. Because of this, no official time was recorded for Tom.



Some pictures are too special to leave out. Tom is hiding something on Mike. Anyone know? Also, upper right hand corner next to this paragraph is a Man In A Helmet. This unidentifiable person is unofficially offering the female runner water. She was later disqualified and sent home with no food!

### Way back when- **Rich Clark** came to Bond Lake.

In the early eighties I was riding in the Opportunities 50/50 bike race with some friends. I was at a point in the ride by myself when I came upon a bunch of guys running toward Dickersonville hill. They looked really old to me; I was only seventeen at the time. I talked to them for a while and found they were old. (everyone's old when your seventeen)

Two years later, when I was nineteen, Bill Seyler invited me to come out and run with Bond Lake. So it all started some time ago. I've been running for twenty-one years now.

### How **Jeanne Chiarmon**te came to Bond Lake

I had been doing long runs by myself for years. One day Diane Sardes invited me to run at Bond Lake. I remember it was the day of Winterfest, and we ran at 8:30. I thought I was in pretty good shape until I hit the hills on that icy, cold morning. Diane was kicking my butt!

I remember the first time I ran with Tom Somerville. I knew he was a good runner, and I had read some of his letters to the sports column, so I felt kind of privileged. I don't want to get too mushy, but I actually had heard a lot of your names in the running circles at various races. It felt really special to be running with these 'famous names'. You have become my friends over time, and I feel truly lucky to have you in my life. I look forward to seeing you. You make me laugh, and it's really no fun laughing when you're trying to run up Pekin Hill!!!

Running is a sport that humbles you. It's you against the clock, no excuses. It's all you! I don't think there are too many cocky distance runners. I think this purity makes us a tight bunch. We all appreciate each others hard work because we've all been there. See you on the hills my friends!

### **Nancy Sheehan** joins us at Bond Lake.

It was March 2004 and I was at Hamilton for Around the Bay 30K. There were these two 'gentlemen' on the elevator in the Sheraton parking garage, and I was a little frightened at first, not sure why these two characters were riding up and down in a parking garage elevator!

Then I noticed the Bond Lake shirt on the 'older gentleman', and I said, "Bond Lake, that's the area I live in." The 'older gentleman' invited me out to run with the club, but I declined the invitation due to the reputation that Bond Lake runners are serious, accomplished runners.

In May, Diane Sardes suggested I come out and run at Bond Lake. She said she didn't run her long runs fast, and she would run with me if I came out. So the next Saturday I ran a four mile loop, up Pekin Hill with Chuck Miller and Diane. I went home so proud of myself for venturing out to Bond Lake to run with these notoriously good runners!

I have since learned that I can run a more comfortable pace with that nice 'older gentleman' from the parking garage elevator. I had quite a wake up call when I found out that 'older gentleman' wasn't much older than me!

The Bond Lake AC is cool, and I feel very privileged to know all of you!

## **Mike Schiavone's Story**

My beginnings with the club were back around 1984, as I had seen a few individuals running on the roads early Saturday mornings. One who would weave into the other lane taunting drivers to hit him, still does!

Anyway I had belonged to the Rainbow City Running Club based in Niagara Falls, a hand full of people with this running passion and the partying that goes with it. This is where I met Bill Seyler and later Rich Clark, and also a Postman named Art Cassidy who lived in Sanborn at the time. Art kept telling me I had to go run at Bond Lake, with this great group of runners, he too was an N.R.club member.

Well, you understand that from my house I was already running to Meyers Hill Road and the same vicinity as the Bond Lake group. One Saturday the planets aligned and we were all on Lower Mountain road at the same time. Instead of a turf fight, I was invited by Jan to join them some time. I was doing log runs with a friend from Youngstown, but this would be a nice alternative, as our schedules sometimes clashed. I finally did start running on Saturday mornings and I attribute my running success to this club along with some personal motivation.

I feel that through our weekly gathering, the Rut Race, yearly dinner, and other social occasions we really are like family. To this I say, "Thank-you and I am honored to have you all as friends."

And to paraphrase the late James Brown "I'm Bond Lake and I'm Proud".

## **Walker Karen Ernst comes to Bond Lake.**

I used to spin on Saturday mornings. After a hip injury, I needed some time off. Ray invited me out to Bond Lake; "come out and walk," he said, "and then come to breakfast."

First, I had seen Pekin Hill from the bottom (!! ) and frankly coming out to walk, just walk amongst the folks he had been telling me about, I just didn't think it would be a good fit. I said no thank you, more than once.

But breakfast calls, and I was doing housework on Saturday mornings so... what started out as the 'mail box mile' and up to the top of Meyers Hill and back the first day has turned into six, eight, even twelve (once or twice) mile mornings. And those folks I was a little leery of have turned out to be some of the nicest people I've ever met, always interested and encouraging.

So I came to Bond Lake AC for the breakfast, and I continue to come because I feel welcome. A special thanks to Diane Sardes for suspending the 'breakfast rule', so I'm not limited to dry toast and water!

## **Diane Sardes' View on Bond Lake**

I do remember it was way back when I just started racing back in 1995. I met Judy Allyn at a race and ran in some marathon relays with her. Our team's name was Foreplay and I didn't know that till the results came out. I was a baby of 43 then and embarrassed (honestly!) when I found out. Judy would ask me to come out and run all the time and all I told her was that I ran mostly by myself. Now as I think back, I remember finally going one morning and Judy not being there and everyone welcomed me. I was in a comfort zone. I went to the Ridge now and then but it was a little bit too far because I lived in Niagara County. Bond Lake became the perfect mix for my training, just enough hills, a nice break between loops and some really good friends that enjoyed seeing me improve.

**BTW**-New breakfast rules will be out soon. Too many of you are cheating!



Sardes' favorite pic of the race.



Brian Barrington

Bond Lake singlet beats Checkers



Gary Raby trying his hardest to beat his daughter. Who said Gary has a sweet disposition?

Rumor has it—Gary tried to push her down as she began to pass him in the last 50 yards.



Michael Schiavone

President



Tom Somerville

Vice President



Rich Clark

Secretary



Bill Seyler

Treasurer



## Allen's Story



I believe my first interaction with BLAC was the 2003 Rut Race. The following winter I joined the Saturday morning group a few times and became more consistent by April 2004.

A note from Allen:

At the recent USATF Annual Meetings in Indianapolis, Allen James was named the Head Coach for the Pan American Race Walk Cup to be held in Rio de Janeiro on April 20 & 21, 2007. This is Allen's first time serving as a coach or manager of a USATF team. His experience includes representing USATF at two Olympics, two World Championships and multiple other teams.

From 1989 to 1993, Allen served as the team manager for the Athletes in Action Track & Field Team and led an AIA team to Hanoi, Vietnam in 2000.

He now resides in Sanborn, New York, with his wife and three children. On most Saturdays, he can be seen spanking old fart runners at nearby Bond Lake County Park. I now know Ray wears size 14 shoes, as Scott probably does, if not larger, in women's undergarments.

For those that thought this was some sort of formal press release, you should know better. I used to do this in some college papers to see if the professor was paying attention. Allen will be taking on that role himself next semester at Niagara University where he'll be teaching Recreation & Leisure Tourism.

### Editor's Note:

Okay, Allen's had his fun. But why would a USA Champion Race Walker and former Olympian move to Sanborn in the first place? Could it be that he had heard of the awesome reputation of the Bond Lake AC? Did his lifelong athletic accomplishments seem not so fulfilling when he had the opportunity to 'walk' with the best athletes around? I'll not speculate on that, but maybe somebody should pose that question to this nice youngster.



R.E.

## Tom Somerville and Bond Lake.

In the mid to late eighties my brother Pete took me out to Bond Lake to run with a couple of guys from the Eldridge Bicycle Club Road Runners, Scott Patterson and Danny Woitas. That day Danny brought a co-worker with him, Jan Jezioro. This was before there was a Bond Lake AC. Back then the Nickel City Road Runners was the big club, Checkers was just some guys running from a bar and Belle Watling was a bunch of middle aged men (probably running to a bar). The Greater Buffalo Track Club was trying to create an elitist club at the time and had about fifty-five members.

Not long after that first run at the Lake, I took a road trip to Binghamton N.Y. to run in the Vestal XX road race. As you will occasionally see on a race application, there was a place to write in the name of your running club, so I penciled in the Bond Lake Athletic Club as kind of a joke. When I got back to town, I showed the results to Scott, Danny and Jan and they all had a laugh about the new club. So I guess that the Bond Lake Athletic Club was born out of satire. Seems kind of fitting, doesn't it?

By the way, besides being a member of the Eldridge Bicycle Running Club (probably why they don't serve food at the Eldridge Club anymore), Scott was also a member of Ralph's Runners. I can't wait to hear that story!

## How **Ray Ernst** came to Bond Lake

In 1997 the company I worked for opened a wellness center for their employees, hoping that by getting and staying fit, employee's health care costs would drop. I joined the gym, and started working out. Even though I still smoked, I started walking, then running on the treadmill. Granted, I didn't go very far, but for a guy who smoked for thirty some odd years, a half mile was quite an accomplishment. I still remember coming home to tell Karen the first time I ran a mile. I was so excited!

It was two more years (Labor Day 1999) before I actually quit smoking, but I had the running bug. The boss I had at the time invited me to run the Spring Stampede at NCCC with him in May of 2000, and after some coaxing, I agreed to give it a try. Much to my surprise, I didn't die and I didn't finish last! Now I really had the bug (I told Karen I went from one addiction to another), and started racing almost every week. I don't know if at this point it was the actual running or the after race parties that I enjoyed more, but I was like the energizer bunny, just kept going to 5Ks all summer. That fall my boss asked me if I wanted to run on a relay team he was putting together for the Casino Niagara Marathon. I ran the first 10K leg and enjoyed it.

The next spring he put together another relay team for the Buffalo Marathon, and I ran the last 12K leg of that race. When I crossed the finish line, I was a little disappointed that the race was over, I wanted to keep running. It was after that race I decided it was time to try a marathon on my own. While watching me run that last relay, Karen told my boss "he's going to run a full marathon". She could tell I wanted more.

This brings me to how I first came to Bond Lake. I had worked with Jan Jezioro since the late seventies or early eighties, and I knew he was a runner. In fact I used to tease him about it all the time. He used to put his leg up on a work table to stretch his hamstrings, and I would sneak up behind him and goose him (factory work could be soooo boring). Needless to say, whenever he stretched, his head was on a swivel watching out for me.

Despite this cruelty, when I asked Jan to help train me for a marathon, he invited me to Bond Lake to run long on the hills. So I started coming out and training for the 2001 Casino Niagara Marathon. After my longest run of eighteen or nineteen miles (I don't think I even ran a twenty), I whined to Jan about my legs being sore. I think because of my that, Jan didn't have high hopes for me finishing. But I ran the race, and I ran it slow (4:50 I think it was), and I finished. And I was pleased, but not satisfied. So I kept coming to Bond Lake and forced myself upon all of you. Now I still run marathons, and I still run slowly, and I finish.

Being the shy, quite guy I am, it took me a while to get to know everyone, but I must admit, I couldn't ask for a nicer group of people to run with. Each and every one of you inspires in me some way, just seeing the effort you put into your running, and your living. And I'm sorry that I missed Jan's best running years, that we never got the chance to run a marathon together. He could have teased me for all 26.2 miles!

(Okay, I know I wrote about more than how I came to Bond Lake. But if I seemed a little long winded, it's only because I've been hanging around with Scott!)