



Hello Flyers!

Spring is here with better running weather.

WEBSITE. We love the look of the new website. Thanks to last year's Executive Board and especially James Porter for getting the new site up and running. As with any new website, we are still fine-tuning some things and appreciate your patience. Going forward we are looking for Volunteers who would like to contribute to the website in any way, contents, photos, etc. We are also looking for members with experience using Wordpress. If interested please contact us at eb@nyflyers.org.

GROUP RUNS. All Group Runs are back up on our website. You no longer need to sign-up, but we are still following Covid protocols: masks, social distancing, breaking into groups of 10 or smaller, etc. Please see website for further details about each run.

PREPARE TO COMPETE (R) INJURY PREVENTION CLINIC. Long time Flyer, Dr. Marc Bochner will be hosting a virtual clinic free of charge to Flyers on April 8th at 7:00 P.M. for 1 hour. This is an ACTIVE workshop, so be sure to put on some workout clothes and be prepared to move around. Participation is limited to 15 members. Please sign-up directly with Dr. Marc Bochner by e-mailing him at ptcompete@gmail.com or calling his office at 212-688-5770. More details under the Calendar section on the website.

DIVERSITY, INCLUSION and BELONGING SURVEY. Later this week we will be sending out a survey prepared by the DIB Committee. It's a short survey, 9 questions, and we would appreciate your help on responding.

FLYERS 10K Challenge. Many of the participants in the Winter Training Program are preparing for a 10K on April 25th in Central Park. If you are not signed up for Winter Training Program you can still participate or come out for support. There is no official start-time or course. If you are not registered for

WTP it is free to attend, but if you wanted to be included in the results Brian has to create a vdot challenge and there is a \$5 fee (you do not need to register if you do not want to be included in the results.)

DEBs' BOOKCLUB- We are happy to announce the return of Debs' Book Club. Join us Thursday April 29 at 7:00 P.M. via zoom as we welcome NY Times writer and author Matthew Futterman. Matt has graciously agreed to discuss his book "Running to the Edge: A Band of Misfits and the Guru Who Unlocked the Secrets of Speed" about Coach Bob Larsen (Meb and Deana Kastor's coach). One of the best running books, I've read and highly recommended. We will have sign-up information on the website shortly.

LITTLE RED LIGHTHOUSE. Save the date. We are going to have a Little Red Lighthouse group run on May 15th. We are still working out the details but it will be a limited event (maybe 50-60) with staggered starts.

Thank you,

John McCreesh (President)

Deb Saat (Vice President)

Melissa Labozzetta (Secretary)

Glenn Marks (Treasurer)

Diana Strauss (Member-at-Large)

Upcoming Flyers Events



Saturday, May 15th

Join the NY Flyers on a supported long run to the Little Red Lighthouse in Fort Washington Park underneath the George Washington Bridge. This is a beautiful, flat run, with fantastic views of the Hudson River and an up close view of the George Washington Bridge and, of course, the Little Red Lighthouse standing underneath the bridge. Can't run? [Please consider volunteering.](#)

Start/Finish: Entrance to Central Park opposite Tavern on the Green

When: May 15, Time TBD