

TEAMS



New York Flyers THEY'VE GOT YOUR BACK

Since their founding in 1989, the New York Flyers have grown from seven charter members who wanted to create an all-inclusive running club to a spirited community of some 600 athletes—one of NYRR's largest and most active teams.

"We don't care how fast you run or how many races you do," says Lloyd Hoo, the team's speedwork coordinator. "We have a tight group of likeable people."

Proving Hoo's point, the team has become the official pace-group leaders for NYRR's ING New York City Marathon Long Training Runs, helping runners of all experiences and abilities achieve their marathon dreams.

The Flyers make many altruistic efforts. They help organize three-bridges runs, paced NYRR's Young Runners at the Japan Run, and conduct a park cleanup with the Central Park Conservancy three times each year.

"Central Park is our backyard, and that's something we can give back," says Alan Gardner, a member since 2008. "Community is an important part of the Flyers."

Despite their large membership, the Flyers stay close-knit with the help of a comprehensive website offering club history, professional-quality photos taken by members, a run calendar, training programs, social events (including Tuesday-night speedwork and drinks), and a forum where members can network. In addition to their participation in NYRR events, the Flyers routinely field teams for the Ragnar and Hood-to-Coast relays and for races as far off as Las Vegas, Puerto Rico, and Paris.

The Flyers' active website keeps current and prospective

members involved and informed, and it plays to the all-inclusive attitude. "It helps make it feel smaller," says Brett Saffer, captain of the Flyers' sub-masters men.

"We do have a lot of events where we can get together—sometimes too many!" says Hoo. "We're a full-service team."

The Flyers like to compete, too. "We may not win the team competition, but we have some of the most competitive people in the running community—especially our women," notes Gardner. "What's cool is that the women and the men push each other."

Whether you're a novice or a racing veteran, the Flyers have a place for you. Just ask Leslie Lam, who's changed from beginner to ultramarathoner in just five years with the team:

"I came to running late, and I joined the Flyers because I was always looking for people to train with. I enjoy both the club's social aspect and its competitive aspect. Over the years, the club changes, but there are always people doing different things—triathlons, ultramarathons—so you can always find people with similar interests who you can count on for advice and support. To me, the Flyers are like a second family."

NewRo A FORTUITOUS

Some running club members come together and are among the last to become a happy one.

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Today, the team has from all parts of so Scarsdale, Mount V



Pelham, and Yonkers group—both in the president Steven

The club's core community. They now and Sundays at 8: or six miles; Sunday training and

Ivonne Contreras

Taconic Road Runners

NYC Half

Al Gordon Classic

Athena New York

