

Vol.4 No. 1

This newsletter will be put out periodically throughout the year to keep all RTC Members informed of meets, results, and other pertinent information concerning the RTC.

RTC--first charter dated July 1, 1958.

Original Members: Pete Todd (who was elected President--and when was the second election????). Herb Wabnitz, Gary Thompson, Jerry Furhman and Ed Duncan. At this first meeting, the club colors of red and white and the symbol of the Track shoe were chosen. Why red and white?--because 4 of the 5 original members went to Cortland State--their colors (red and white). The first summer the team won 1 team trophy and the season ended with 17 club members. Dues were \$2.00 per year. In all, over 900 different trackmen over the years have been members of the Rochester Track Club. The Club has over 110 team trophies. Since 1958 the RTC has won 15 National Championships. Five years ago the Track & Field News picked the RTC as one of the 5 top distance teams in the country--a fact that we are mighty proud of.

Trenton Jackson was once a member of the RTC--he represented the U.S. in the 1964 Olympics, pulling up lame in the semi-finals. In 1964 he was named the outstanding amateur athlete in the Niagara Association AAU. Last year he was chosen as the first member of the Rochester Track Club "Hall of Fame".

In 1958, Ed Duncan, then 17 years old, finished 10th in the famous Boston Marathon. Both Jack Coons and Dick Ashley have run faster times since then, but never finished that high. Ed retired at 19 from bad leg muscles.

A few people have criticized the idea of having these Tuesday night meets closed to Rochester Track Club members only. Outsiders are the ones that have complained. One comment was heard that I am forcing all trackmen in this area to join "my club". Let it be on record that I am forcing no one to join the RTC. I am conducting these Tuesday evening meets solely for the benefit of the RTC runners; if a runner from Rochester wants to run in these meets, he must join the RTC. If he does not wish to join, he cannot run, but there are many races around the area that he can run in.

Why do I limit the meet to RTC members only? You all know that I am Track Coach at RIT--I had the \$150,000 grass-tex track built to my specifications. Sure it is RIT's track--but it is also my track. I am going to be the Track Coach at RIT for the next 30 years--this is my track--I am responsible for it being built, I am responsible for the upkeep and I want to see it kept in the best possible shape always.

As RIT Track Coach I have received permission to use the Track for RTC members. RIT is holding me and the RTC responsible for the Track over the summer. I am trying to build up track interest in the Rochester area. I am also trying to build up interest in the Rochester Track Club and I am also trying to build up interest in RIT.

The medals we give out on Tuesday evenings cost the RTC \$1500.00 for the complete summer supply. Why should we make these medals available to members of other clubs? Especially residents of Rochester, who run for a rival track club in Buffalo or Brockport. Let these individuals go to Buffalo or elsewhere and run with their club there.

Some of the fellows have asked me why we conduct RTC closed meets instead of AAU Track meets. For the REcord ( and it's a long story) let's just say that I and the RTC have had many raw deals from the AAU in the Niagara Association. We have always been treated great by the AAU in every other district we have raced in. So, why should I conduct Track meets in Rochester and have the AAU state "look what a good program we ran in Rochester this summer".

IF ANYONE DOES NOT LIKE THIS OR THE WAY THE RTC, OR THE TUESDAY EVENING TRACK MEETS ARE CONDUCTED, THEIR RTC DUES WILL GLADLY BE REFUNDED SO THE TRACKMAN CAN BE FREE TO JOIN ANOTHER CLUB OR RUN UNATTACHED IN MEETS OUTSIDE OF ROCHESTER.

Others have asked why \$3.00 dues and what does the \$3.00 go for. You will receive numerous entry blanks over the summer--these cost money, envelopes cost money, stamps cost money, the medals given out Tuesday cost money, pins cost money, trophies in distance races cost more money than entry fees produce. AAU Club dues are \$24.00 per year--UST & FF dues are \$10.00 the first year, \$1.00 per year after that, over the past 14 years, the RTC has cost me personally an average of \$800.00 a year to conduct the club--this is after the dues were used up.

Some fellows have asked about RTC uniforms. In your file you will find an order blank, if you wish to purchase a uniform. You do not have to have an RTC uniform--they are only for those men who wish to purchase them. We will take an order for you and order you a uniform. The uniform must be paid for in advance though. We have gotten stuck too many times over the past few years.

There are many more things on my mind at the moment, but they will have to wait until the next newsletter. When you receive an entry blank for an out of town race you wish to run in, fill out the blank--mail it to the sponsor with the entry fee--then get in touch with me concerning transportation to either receive a ride or drive other members to the meet.

All dues must be paid by July 1, 1971. You will not be able to compete in the July 6th meet unless your dues are paid for the year. If you haven't already paid your dues, do so immediately.

Please mail your entries in for the Tuesday evening meets with the required entry fee. Starting with the July 6th meet, the entry fee will be \$.50 per event if pre-registered. If post-entry (signing up Tuesday night) a \$1.00 per event fee will be charged. The whole meet is so much easier to set up and conduct if everyone mails their entry balnk and fee ahead of time. Much time is wasted each Tuesday before the meet signing up competitors. This shouldn't be.

If you wish you could pay and sign up a week ahead of time. There will always be someone at the table to answer questions, take entry fees and blanks, etc. So, sign up this Tuesday for the next Tuesday's meet. It's very simple, and I might add, very helpful to me.

Each week there will be a file on the table with your name on it. Empty your file each week, check over everything in it. There will be a newsletter, entry blanks, results and other pertinent information.

Inclosed find blank for Tuesday, June 29th, mail back to me. Note new post office box address - P.O. Box 8885 - money is safer this way!

You will be assigned a competitor number Tuesday, June 29th. This will be your permanent number all season. Wear it each and every RTC meet. This is very important--also make sure your number is on all RTC entry blanks.

ROCHESTER TRACK CLUB

NEWSLETTER

Vol. 4 No. 2

July 1971

The first and most important thing is the switch in the date of the RTC track pentathalon. The original date was Saturday, July 10th, but College City rescheduled their track meet for that date, so we have moved the pentathalon to the next day - Sunday, July 11th, same time, etc. as was originally scheduled for Saturday. In other words, go to Brockport Saturday and be here Sunday. Mail entry blanks early.

Starting with today's entries the late fee will be charged for the rest of the summer on late entry fees. If you mail your blank in early, you pay only \$.50 per event. If you wait until Tuesday night, you pay \$1.00 per event. So mail your blanks in early!

Each week, empty your file on the table of all entry blanks, newsletter, results, etc. Do not take the file, just take the material in the file. Check over blanks and mail in by entry deadline.

A great loss to the track club recently came about. Dick Ashley, Vice President for many years, has accepted a promotion with Champion Products and has been transferred to Connecticut. Dick's moving is a tremendous loss to the club, not only in his competitive ability, but in his club organization, planning, encouragement, etc. He has helped me tremendously over the past years in many aspects of the club. I or the Rochester Track Club will never be able to replace him.

Another great loss to the club is Vice President Lee Wirschem, who has given up the ship this year, but I don't know the reason why. Lee has been another great help over the last few years in many aspects of the club's operation.

Losing both of these outstanding men at the exact same time will undoubtedly hurt the club, this year especially.

I'm especially appreciative to Don Balsamo, Jack Preall, Dave Winn and his wife, and Lynn Fuller and his wife for the help they have given the club this summer.

The club is too big for it to be a one-man operation. I do as much as I can (about 40 to 50 hours a week), but without the help of the above people and our officials each week, the club would suffer.

Also dues must be paid by July 1st or your name will be scratched from the mailing list and you will not be able to compete in any more RTC meets, Your dues are what keep the club operating, so get them in if you haven't already done so.

The June 22nd medals are in. If you have one coming, pick it up at the sign-in table.

Last week you were assigned an RTC number. Keep that number all summer for all RTC meets. Put that number on all RTC meet entry blanks. Then wear that number to all RTC meets. Bring your own safety pins also. Help us save some money. Put numbers on front for all long distance races (5 miles & over) and on back for all other competition. Put 4 pins-one in each corner, so the numbers don't flop around. Help the officials out - after all, they are donating their time to help us. Please cooperate.

All RTC members are permitted to use the RIT track and locker rooms at any time. When you use equipment, return it to the locker rooms when you are finished.

Another RTC privilege extended by RIT is the use of the RIT swimming pool on Tuesday evenings after the track meets. The pool is open from 7 - 9 PM. One word of caution - obey the lifeguards or your swimming privilege will be taken away. Also, no track shorts or cut-offs - swimming suits only.

Rochester Track Club

Newsletter

Vol. 4 No. 3

July 1971

The Tuesday evening meets are going very well, except for the post entries. Please mail your blank in ahead of time - save yourself money also.

Anyone interested in running in the AAU District Relays, get in touch with Dave Winn at the sign on table on Tuesday nights. He is coordinating the relays, state meet and district championships this year. It is a lot of work for Dave and his wife, Rosemary, but they have volunteered their services and I especially appreciate it.

I also especially appreciate Lynn and Oksano Fuller stuffing the envelopes each week after the Tuesday evening meets. This saves me many hours of work.

When you use any of RIT's equipment, please return it to the locker rooms when you are done using it. Twice the pole vault standards were left out. This is how equipment gets broken or stolen. Please cooperate.

If anyone has any suggestions on an event they wish to see on a Tuesday evening, please let me know. We are very flexible and if possible, try something new and different.

I was glad to see so much interest in the age group races we conducted last week. We will add a 10 & under race on July 20th, next Tuesday. It isn't on your entry sheet, but add it in. We will try a 220 yard dash. We will have a notice on the board next week also. Please plan on the 220 yd. dash - 10 & under on July 20th. Let's have another good race.

The uniform order has now been placed. If you desire a uniform, another order will be placed at the end of the season. You won't have it for this season, but you will have it for future years.

A few members are not emptying their files each week! Please empty them of all material - look deep for AAU cards or RTC membership cards. Save us money on mail. We have spent \$118.00 on mail already this summer. If you have a friend that isn't here Tuesday, empty his file and give his material to him. Help us save on time and postage.

Last Tuesday, July 13th, we were rained out of our track meet for the first time in four years. We have rescheduled the entire track meet for Tuesday, July 27th. All events will be the same as the meet scheduled for July 13th. Use your July 13th entry blank if you plan on entering. If you had already entered, then you are still entered for the meet on the 27th.

Enclosed you will find entry blanks for the meet in Greece this Saturday. The entry deadline is past, but we have been in contact with the meet director and they will accept entry blanks if you mail them in now. If you plan on competing, mail your entry blank immediately.

Entry blanks are enclosed for the district relays and the district championships. If you are interested in competing in a relay, get in touch with Dave Winn (244-5504) or at the sign-in table Tuesday nights. The RTC will pay the entry fee for all relays. Let's send a good team there.

Also start planning on the district championships. Let's have all our good men compete. Every year we are minus one or two good men and then lose by 2 or 3 points. If everyone competes, we can win. We have finished 2nd for 13 straight years. It's about time we finally won. Get in touch with Dave Winn on this meet also. Dave will be in touch with you if we feel you can help us win the district championships.

The meet in Phelps is being conducted by the RTC, so as many of you that can make it there please do so. We'll have to split our team, sending some to the district relays and some to Phelps.

Starting with the August 3rd meet, we will conduct a novice race each week. A novice is defined as a runner who has not won a 1st, 2nd or 3rd place medal yet in the Tuesday evening meets. He must have run at least 1 previous meet to qualify.

RTC  
Newsletter

Vol. 4 No.5

I wish to personally thank all you members who have so generously donated the extra \$2.00 I requested. It sort of gives me a good feeling that you, the members, are extremely willing to make a small sacrifice, in this crisis. Many times over the years, where I have spent many hours and much money on the RTC, I have wondered if it has been worth it, or if it has been appreciated by the members. But, when you members help, like so many of you have done with your extra \$2.00, I believe the club means as much to you as it does to me. Thanks so very much to all you RTC members who have donated the requested \$2.00 to cover our burglary loss.

Last Tuesday, Roger Messenger lost his wallet. There wasn't any money in the wallet, but there were a lot of important papers and cards that are extremely hard to be replaced. If anyone saw or finds this wallet, please return to Roger or me.

Congratulations go out to Chuck McMullen, who last Tuesday broke one of the 2 oldest records on the RTC record list, when he won the 880 in 1:54.3 to break my 1:54.8 record set in 1958, the first year of the clubs existence.

Dick Boddie's 1958 record of 23'1-1/2" in the long jump is now the only original record that has stood for 14 years. Lets get busy you long jumpers and get that record also.

I have been approached by a few of the officials asking that a coaches staff for the RTC be set up, for anyone requesting coaching help. I have decided to name the following men to this newly created RTC Coaching Staff. They are: Gary Thompson, Dan McGillicuddy, John Izzo, Bob Bradley, and Dave Winn. Any coaching helps, hints, etc. can be obtained by contacting these coaches.

Good luck to the men entered in the district relays on August 7th. If you are interested in running on a relay and think you can help the RTC, get in touch with Dave Winn (244-5504).

RTC  
NEWSLETTER

Vol. 4 No. 6

1971

The date of the throwathon has been changed from Sunday August 15th to Wednesday August 18th at 6:30. The change of date is to allow the weight men to enter the Niagara District All-Around Weight Championships scheduled for August 15th.

Good luck to the men entered in the District Relay Championships this Saturday in Buffalo. Let's bring home a couple relay championships.

The relays at the end of the meet are meeting with great approval. We will continue to finish the meet each week with a different relay.

With the different A,B,& C sections of races, we have really witnessed some good close races. This is what makes competition great amongst our club.

I recently received a letter from the head of the Lockport Track Club complaining about the "closed" meets we run here in Rochester. A copy of the letter is enclosed for all to read. If anyone has any comments on this letter, please put it in writing and mail to either me or directly to John Chew. Next week I will answer his letter and enclose a copy in your folder. I hope many of you RTC members feel the urge to drop Mr. Chew a line concerning your feelings on our program for the RTC here in Rochester.

Sometime in the future we will have a relay championship, probably some Wednesday evening later in August. Entry blanks will be in next week's folder. So, pick your teams now. Relays to be contested will be: 440, 880, 1 mile, sprint medley, distance medley, 2 mile and 4 mile.

We have been getting great coverage in both the Democrat & Chronicle and the Times Union on our meets over the summer. At the conclusion of the summer program I will send a note of thanks to each paper. They certainly are doing a great job of coverage for us and we will show our appreciation to them.

We now have \$91.00 donated by the RTC members to help cover our burglary loss. Thanks to all who have contributed so far.

For information on long distance runs, or to get a ride to a long distance race, call Don Balsamo - 381-9246

RTC  
NEWSLETTER

Vol. 4 No. 7

1971

As of Wednesday August 4th, \$129.00 has been raised of the \$530.00 we lost in the burglary. Please keep the money coming in, especially you members who haven't contributed anything yet. Thanks to those who have already so generously contributed to our club loss.

Any of you RTC men who feel they can help us win the district Track Championships in Buffalo on the 21st, please mail your blank in now. The more people we have entered in every event, the better our team chances are.

The A.A.U. State Championships for 1971 have been canceled in Elmira. The gentleman that usually conducts them was unable to do so this year and nobody else wanted to take the time and effort to run the meet. If we had known about this 2 or 3 weeks ago, we could have conducted the meet here. It is too late now though.

Enclosed you will find my reply to the letter in your folder last week from one John Chew of the Lockport Track Club. Please read it over, you might learn some things about your club and my thinking on some issues. Any comments, pro or con, will be appreciated. Please feel free to drop either me or Mr. Chew a line telling either of us your feelings on the matters, if you have any.

Many of you are not checking down deep in your files each week. There are A.A.U. and RTC membership cards in a lot of the files. The paper material is emptied but not the cards. Check deep this week.

Those of you that plan on going to the district championships, make sure you have A.A.U. cards before you go.

RTC  
Newsletter

Vol. 4 No. 8

1971

Congratulations are in store for the 7 men who traveled to Buffalo a week ago to participate in the District Relay Championships. Dave Winn did a terrific job of juggling men around (when others never showed up) and the RTC won the Distance Medley Relay with Dave Winn, Tony Spiecker, Chuck Hill and Chuck McMullen; and the 2 Mile Relay with Winn, Hill McMullen and Mike Klafehn. The RTC also finished 3rd in the 1 Mile Relay. Also, Jim Ferris, Dave Stahlecker and Mike Van Auker finished 1, 2, 3 in the District Pentathlon Championships.

You will also find the results of the Phelps Race in your file, where the RTC led by Jim Boyle, Don Brown and Tom Doehler won the 1st and 2nd place team trophies. So all in all, splitting the RTC 3 ways, we won a total of 5 team trophies for 1 day's work along with the 1,2,3 individual pentathlon finish.

Anyone wishing a distance workout in Churchville, Park, contact either Dan McGillicuddy or John Izzo. (two of the RTC coaches) They are willing to help coach anyone at almost any time, as are our other RTC coaches. If you wish any help, get in touch with any of the RTC coaches.

On Thursday, August 26th, John Izzo will conduct a pace-a-thon meet at Brockport State for the Brockport Recreation Department. An entry blank is enclosed in your file. Check it over for more details.

It is starting to get dark earlier now, so we have moved the starting time of our meets up a little. The distance run will still start at 6:00, but all other track events will start at 6:30, as well as all field events. It is almost dark by 8:30 now.

Last week's relays were a good example of something that has happened in the past. If you sign up for an event in an away meet, please make every effort to attend the meet, or let Dave Winn (Track Meets) or Don Balsamo (Long Distance Races) know ahead of time if you cannot make it. Dave waited an extra 1/2 hour last Saturday for a man to show up, but he never did.

This is especially essential for the District Championships. We need to have every event covered. If one or two events are not covered, we lose too many valuable points. If you can't make it to the meet, tell Dave and he will find someone else that can enter that particular event. Let's win this meet this year. If everyone goes and everyone places, we can win easily. But, it takes a complete team effort.

Congratulations to everyone who helped the RTC win the Niagara District A.A.U. Track & Field Championships last Saturday in Buffalo. This is the first time in 14 years we have finished 1st, being runner-up for 13 straight years. The RTC totaled 89-1/2 points to Niagara Frontier (the old Gardentown Team) Track Club's 61-1/2 points.

Our thanks go out to Dave Winn for all the time and effort he put in to get everyone entered, arrange rides, etc. I feel we couldn't have won without Dave's work as well as every man that entered. Our depth was a great factor along with the individual wins of Chuck McMullen (880 - 1:57) and (mile - 4:17.8), Tom Connelly (high jump - 6'6"), Lynn Fuller (javelin - 217'), Tony Palumbo (triple jump - 44'-1/2"), Bill Soeffing (120 yd. high hurdles - 15.7), Mike Van Auker (440 hurdles - 57.5) Great job everyone!!

As I stated in my letter to Mr. Chew, one must get athletes and entry fees in order to have a successful meet. Last Saturday in the championships there were 128 total athletes (35 RTC members or 27%) with a total entry fee of \$188.00 (RTC - \$53.00 or 38%) This type of RTC representation is typical of every track meet and long distance run in the area. We do our part this way!!

It's a good thing for Niagara Frontier and the rest of the teams in the Niagara District that our "standards are slipping", or we would have won the championships by more than 28 points even!!!

Congratulations also go out to Lynn Fuller, our new National A.A.U. Jr. Javelin Champion. Lynn won the national title in the javelin a week ago Saturday and finished 2nd in the hammer.

Congratulations also go out to Lisa Bagley, who 2 weeks ago broke the listed world record for 9 year olds. Lisa's time of 83.0 bettered the 1970 listed mark of 83.3 set by a male. Lisa is now 10 years old, so she has some tougher records to shoot for.

We are trying to set up a banquet or picnic or some such affair to wind the year up. More on that next week, I hope. Maybe sometime Labor Day weekend or shortly after.

RTC  
Newsletter

Vol. 4 No. 10

1971

Congratulations go out to Jim Ferris for his convincing win in the recent trackathon (results enclosed.) Nobody was even close to Jim.

Lee Wirschem has made his church hall available to us for our year-end banquet. The date is Tuesday, September 7th, at 7:00. This was the earliest date we could use the hall. Reservation slips are enclosed. Please try to attend, I know you will enjoy yourself. All 1971 trophies won will be displayed and the 1971 recipient of the RTC "Hall of Fame" will be named. Dick Ashley will be honored for 10 years of service to the Rochester Track Club. I feel many of you would like to come, maybe just to help honor Dick. Many awards will be given that night also.

This is the last Tuesday meet of the year. I feel that these Tuesday evening meets were a tremendous success, as well as our trackathon, throwathon, pentathlon, relays, decathlon and cross country runs. Our winning the district championships is an indication of how well our RTC program helps all of us.

Next week we will enclose an up-to-date record list of the RTC, girls and masters records. Quite a few records were set this year. Again, this is an indication of our RTC program.

If you haven't already done so, please mail in your extra \$2.00 I asked each member for, to cover the burglary loss. Quite a few of the members have already contributed the extra money, but there are still quite a few who haven't contributed anything.

For those interested in jogging or competitive races throughout the entire year, join the Rochester Road Runners (96 members to date). Races will be scheduled (upon the completion of RTC's program) to get runners ready for the Boston Marathon. A run for your life program which emphasizes participation rather than competition will also be available.

A membership application is enclosed in your folder. For further information, contact Don Balsamo, 381-6000, Ext. 7722 (office) or 381-9246 (home).