

ROCHESTER TRACK CLUB

1975 FINAL NEWSLETTER & NOTICE

Inclosed you will find my RESIGNATION from the Rochester Track Club. The statement needs no further explanation--please read it. About all I can add to it is: Thanks for the devotion, cooperation, and all the hard training and competing you sacrificed for the ROCHESTER TRACK CLUB.

Inclosed also you will find a flyer for a set of new converters, that converts times and distances from meters to yards, etc.. These converters are great and are extremely accurate. I personally worked with the Media Learning Corporation on these converters--and I, and everyone who has seen them highly recommend them for all track competitors and fans. I wish I had had one of these for the last 20 years--it would have made conversion times easy and fast.

I have also worked with Ruby's Sporting Goods Store on ordering some decals of the ROCHESTER TRACK CLUB design with the winged foot in the middle. They have two colors (red & White), that can be transferred by a special machine in their store to any running shirt, T-shirt, sweat shirt, or jacket you desire. So, if you have gotten the bug to buy a shirt with the RTC lettering and emblem on it, to wear for meets or practice and didn't want to buy an expensive uniform, here is a good cheap way to get a uniform. Buy a white shirt with red lettering or red shirt with white lettering--or any color you want--really. Get them at Ruby's Sporting Goods Store on Clinton Ave. South.

For any of you runners who are out of school and wish to compete during the winter months--join the Rochester Road Runners--they are going to conduct track meets and long distance races all winter. Contact Dave Winn-186 S. Estate Dr., Webster, NY, 14580, if you are interested. I think it would be worth your while.

I hope to see many of you at some of the meets next year, but I'll be there as a spectator or competitor. Good luck to everyone in their competing in the future.

Faithfully yours,

ROCHESTER TRACK CLUB

RESIGNATION OF Peter J. Todd as President

Most of you have probably heard by now, either from myself or the grapevine, that this was going to be my last year as President, Vice-President, Secretary, Treasurer, Financial Backer, etc., of the Rochester Track Club.

Back in 1956 when I started the Rochester Track Club, I started it with the specific purpose of building up interest in Track & Field in the surrounding area of Rochester and Monroe County and even Western New York. The Rochester Track Club has accomplished this ideal or goal.

After 20 years as the backbone of the Rochester Track Club, it is time to step down. The Rochester Track Club has accomplished the goal I set down 20 years ago. I feel that 20 years out of ones life is enough to accomplish that goal or ideal.

Being Cross Country Coach, Indoor Track Coach, and Spring Track and Field Coach at RIT is also another reason why I must step down from the summer Rochester Track Club program. I get absolutely no break from running. I go from Cross Country to Indoor Track to Spring Track and Field to the summer Rochester Track Club. This is just too much track for me. I no longer enjoy track--I am super saturated with it. I don't even watch track meets on TV any more. In other words, I need a break sometime in the year away from track. And being all three coaches at RIT, leaves me with no choice. I can't very well give up my coaching at RIT for the Rochester Track Club. I've given enough in time and financial backing already.

I am busier during the summer with the Rochester Track Club than I am during the school year, teaching and coaching. People don't believe this, but I am. Being a virtual one man operation for 20 years has kept me extremely busy over the summer months.

I want to start enjoying my summer vacations from RIT--to travel, go camping, play golf, and maybe even compete in some track meets myself, instead of having to conduct all the meets. And I desperately need to have a break away from running.

On Sunday, September 7th, we had a meeting with some interested members of the Rochester Track Club, to see in what direction the club desires to go. This "Executive Committee" will I am certain lead the Rochester Track Club in bigger and better things next summer and in future years.

The Rochester Track Club new President is Bill Quinlisk, a teacher at St. Ambrose School, and one of Bob Bradley's Assistant Cross Country and Track Coach at McQuaid High School. Bill has been a member of the Rochester Track Club for 8 years, so he has an idea of the operation of the club and some ideas etc., that he will incorporate in the future. Bill needs some good help though, so if you are interested in some small way, give Bill a call or drop him a note at: 84 Dorking Rd., Rochester, 14610. Phone 781-5695.

Good luck for the future!

ROCHESTER TRACK CLUB
REORGANIZATION INFORMATION

PRESIDENT - BILL QUINLISK
VICE-PRESIDENT - DAVE THOMAS -
 BILL PONTIUS
 DICK BODDIE
TREASURER (TENATIVE) - AL KREMER
SECRETARIES - PAUL GESELL - JOHN BLANCHARD

COMMITTEES:

FIELD EVENTS - LYNN FULLER & BOB MASIULIS & PAUL SADLER
TRACK - BILL PONTIUS & ROGER TUMASONIS - DICK BODDIE
DISTANCE RUNNING - DAVE WINN - DAVE COYNE - GEORGE PFEIFFER
 JIM BOYLE - TOM DOEHLER - JIM FERRIS
RECORDS - JIM BOYLE - DAVE THOMAS
AGE GROUP - JOHN BLANCHARD - PAUL GESELL

All of the above are volunteer or suggested officers for the coming year. They can be rehashed over or switched around, etc., depending on interest, work load, etc.,

President QUINLISK has called for a meeting of the above Rochester Track Club "Executive Board" for Sunday, October 5, at 7:00 P.M. at RIT (Ice Skating Rink Conference Room). Please make every effort to attend this meeting. Bring any and all ideas or suggestions with you then. If you cannot make this important meeting, call President BILL QUINLISK, 381-5695, and inform him of such, and also give him your ideas and suggestions.

Good Luck!

Peter J. Todd

ROCHESTER TRACK CLUB

May 1, 1976

Dear Past/Present/Future Members of the Rochester Track Club,

Some of you may know that I have taken over the reins (or is it a sign) of the Rochester Track Club Presidency from Pete Todd. I would like to personally thank Pete for his contributions not only to the club but to all running in Rochester the past 20 years.

As I cannot begin to put in the time and effort that he put in, I call upon all of you to realize that this is not, my club but rather our club. It's success or failure is on our shoulders now.

We, of the Executive Committee, have spent the winter formulating plans for a big summer of running and have laid the groundwork to make the RTC a year-round club. Since we begin the year with a bank account of zero, our first order of business is registration for 1976.

Enclosed you will find an application blank for the Rochester Track Club. Please fill it out and mail it in or bring it to our first meeting on Tuesday, May 25th at 7:00 p.m. at McQuaid High School or hand it in before 6:00 p.m. on Tuesday, June 15 at RIT at our first meet.

Also, you will find attached a summer calendar of events, a RTC information sheet, the entry blank for our first Tuesday night meet at RIT on June 15 and the entry blank for the Niagara A.A.U. Junior Track and Field Championships on June 19 at 1:00 p.m. at RIT sponsored by RTC.

Remember, the more members we have, the more the club can do in terms of track and field. Our previous members are our best recruitment pitch. So, spread the word. See you in the summer.

Yours in track,

Bill Quinlisk
President, RTC

Bill Quinlisk
84 Darling Rd.
Rochester, N.Y. 14610

716-381-5695

OVER FOR MORE INFORMATION

ROCHESTER TRACK CLUB

The ROCHESTER TRACK CLUB is the Rochester Area's oldest and largest A.A.U. track and field club. It was founded 21 years ago by Rochester Institute of Technology track and cross-country coach Pete Ford and is based at the Henrietta campus at RIT.

The club is best known for its Tuesday evening track meets over the summer months at RIT's newly resurfaced all-weather running track. The club also fields a Cross-Country team, an Indoor and Outdoor Touring team, a year-round Road Racing team, plus plenty of competition and fun for all levels of runners. This includes Age Group - 10 and under, and 11-19, Female, Seniors, Masters, and Race Walking.

While the Touring team caters to those who qualify, more than 3/4 of our membership run in the Age Group or Intermediate Level races.

Membership in the club includes entry eligibility to all summer meets plus special events (Decathlon, Throwathon, Club Cross-Country Championships, etc.) and offers full use of the RIT facilities including the Weight Room, the Swimming Pool (Tuesday after meets only) and, of course, the track. Membership costs are \$4.00 student, \$6.00 non-student, \$10.00 family, \$25.00 sponsor per year and a \$100.00 lifetime membership.

If you're looking for competition or if you're looking for awards, (we award over \$1500.00 worth of Trophies, Medals, and ribbons each summer) you'll find it all in the ROCHESTER TRACK CLUB.

So, come on out and have some fun in this Olympic year. Our organizational meeting will be held on

TUESDAY MAY 25 6:30-7:30 P.M. at McQUAID HIGH SCHOOL

Or, if you can't make the meeting, you can sign up at the first meet at RIT on Tuesday, June 15 at 6:30 p.m. or any Tuesday after that all summer.

For further information contact:

Bill Quinlisk
President RTC
84 Dorking Rd.
Rochester, N.Y. 14610
716-381-5695

OR

Paul Gesell
Secretary RTC
4472 Main St.
Hemlock, N.Y. 14466
716-367-2875

ROCHESTER TRACK CLUB APPLICATION - 1976

Name (Print) _____

Address _____

Town _____ Zip _____

Phone _____ Age _____

1976 AAU Number _____
(If member)

Check one Student Year/School _____

Non/Student High School/College Attended _____

RTC Dues \$ 4.00 Student

\$ 6.00 Non-Student

\$ 10.00 Family (List family members and ages on reverse side)

\$ 25.00 Sponsor

\$ 100.00 Lifetime

Check categories that you would like to receive entry information for

Sprints (100, 200, 400)

Hurdles (100M, 400M)

Middle Distance (800, mile, 2 mile, 3 mile)

Long Distance & Road Races
(4 mile to Marathon)

Weight Events (Shot, Discus, Hammer, Javelin)

Jumping Events (HJ, LJ, TJ, PV)

All of the Above

Age Group

ROCHESTER TRACK CLUB
1000 ...
...
...

RTC TRACK CLUB
ROCHESTER TRACK CLUB MEMBERS ONLY

OFFICIAL ENTRY BLANK
(No entry accepted unless on this form)
SPONSORED BY THE ROCHESTER TRACK CLUB AND R.I.T.
Rochester, New York

Tuesday, June 15, 1976

RAIN OR SHINE

6:00 PM EDT

Please enter me in the following events marked with an X, for which I enclose the sum of \$_____ for entry fees. No entry will be accepted unless accompanied by entry fee.

ENTRY FEES: \$.50 per event - mailed
\$ 1.00 per event - post
entry
(No entry accepted after 6:00 PM)

ACTUAL ORDER OF EVENTS
AS LISTED

EVENTS

<input type="checkbox"/> 5 Mile Road Race (5:30 pm)	<input type="checkbox"/> 2 mile Run
<input type="checkbox"/> 120 High Hurdles (8:00 pm)	<input type="checkbox"/> Mile Relay - no entry fee/ no awards
<input type="checkbox"/> 100 Yd. Dash	
<input type="checkbox"/> 100 Yd. Dash Female	
<input type="checkbox"/> 440 Yd. Dash	<u>Field Events - 6:00 PM</u>
<input type="checkbox"/> 440 Yd. Dash Female	
<input type="checkbox"/> Mile Run	<input type="checkbox"/> Shot (16 lb.)
<input type="checkbox"/> Mile Run Female	<input type="checkbox"/> Discus
<input type="checkbox"/> 440 Intermediate Hurdles	<input type="checkbox"/> Long Jump
<input type="checkbox"/> 220 Yd. Dash	<input type="checkbox"/> Long Jump Female
<input type="checkbox"/> 880 Yd. Run	<input type="checkbox"/> High Jump

Awards will be given for 1st, 2nd, 3rd places in all events.

In consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, heirs, executors, and administrators, waive, release and defend or discharge any and all rights and claims for damages, which may have or which may hereafter accrue to me against RIT and the ROCHESTER TRACK CLUB, officers, members, games director and/or agents, representatives or successors, and/or assigns for any and all damages which may be sustained and suffered by me in connection with my association with or entry in said Meet.

Signature of Athlete _____

(If under 18, have parent or guardian sign above)

Address _____ City _____ Zip _____

Print Name _____ Assigned Meet No. _____

Send entry blank and entry fee to:

Bill Quinlisk,
84 Dorking Rd.
Rochester, N.Y. 14610

or Paul Gesell
4472 Main St.
Hemlock, N.Y. 14466

1976 ROCHFORD TRACK CLUB SUMMER CALENDAR

May	31	Hornell 7 mi. Road Race		Hornell, N.Y.
June	6	Niagara AAU Annual Meeting	10:00 a.m.	Holiday Inn Rochester
	13	Griffiths Air Force Base 5 & 15 mi. Road Races		Rome, N.Y.
	15	RTC Summer Meet #1	6:00 p.m.	RIT
	19	Niagara AAU Junior Championships	1:00 p.m.	RIT
	22	RTC Summer Meet #2	6:00 p.m.	RIT
	26	Boys & Girls Junior Olympics		Lockport, NY
	27	College City Invitational		Brockport SUNY
	29	RTC Summer Meet #3		RIT
July	3	Irondequoit 5 mi. Road Race		Irondequoit Town Hall
	6	RTC Summer Meet #4		RIT
	10	AAU Eastern Regionals		Kenmore West
	13	RTC Summer Meet #5		RIT
	17	Niagara AAU Senior Championships		Brockport SUNY
	18	RTC Trackathon/Throwathon		RIT
	20	RTC Summer Meet #6		RIT
	24	Boys & Girls Age Group Junior Olympics		Lockport
	25	RTC Decathlon/Pentathlon		RIT
	27	RTC Summer Meet #7		RIT
	31	N.Y. State AAU Championship		?
Aug.	3	RTC Summer Meet #8		RIT
	7	Niagara AAU Relay Championship & Pentathlon		?

For further information and entry blanks contact

Bill Guinlisk
84 Denking Rd.
Rochester, N.Y. 14610
Telephone: 716-381-5695

OR

Paul Gesell
4472 Main St.
Hornell, N.Y. 14466
716-381-2375

A NOTE ON THE A.A.U.

You do not have to be a member of the Amateur Athletic Union to belong to the Rochester Track Club. However, if you wish to compete in A.A.U. Sanctioned events, you must be a member of the A.A.U.

A.A.U. membership application blanks will be available at the Rochester Track Club membership meeting at McQuaid High School on May 25th and at all Tuesday night meets. (Membership cards will be issued immediately upon completion of application and payment of fee.)

The cost of membership in A.A.U. is \$3.00 per year or \$5.00 per year with insurance coverage.

If you want to compete in the A.A.U. Junior Championships at R.I.T. on June 19th, please be at the May 25th meeting and get your A.A.U. Card.

Paul G. Gesell, Secretary
Rochester Track Club and
Livingston County A.A.U. Comm.
Hemlock, N.Y. 14466
716-359-2875

If you can't make it to the meeting to get your A.A.U. Card, contact the A.A.U. Commissioner nearest you.

David Winn
181 St. Estate Dr.
Webster, N.Y. 14580
716-872-6654

William J. Cox
190 Colebourne Rd.
Rochester, N.Y. 14609
716-288-4013

Marion Lathrop
585 Lake Rd.
Webster, N.Y. 14580
716-671-4540

Dale Ladd
24 Crane
Clifton Springs, N.Y. 14432
315-482-9057

Paul G. Gesell
Hemlock, N.Y. 14466

September 20, 1976

Dear (Greater) Rochester Track Club Members,

As you may or may not have heard, the Rochester Track Club has merged with the College City Striders. The resultant club is to be called the Greater Rochester Track Club. At the last RTC Executive Council meeting, the consensus of opinion was that the time is now to unite the Rochester running scene. This decision came about after 3½ hours of discussion and many more hours of pre-planning. If you would like to know the why and wherefores of the meeting, just give me a call and I'll be happy to answer any questions.

So, with the Blessings of Pete Todd and our Executive Council; we will attempt to begin a new era of the RTC, or should I say the GRTC. At the beginning, let me explain that we will be attempting to expand the programs of the club but not at the expense of any already existing programs. The Tuesday night summer meets will remain relatively the same. We will be attempting to meet the needs of all of our members; from Age-Group to C-level to the Touring Team, from Women to Masters. We will be attempting to make this a year-round club; from Tuesday evening summer meets to Cross-Country, from Indoor Track to Spring Outdoor Track. We will attempt to field teams at meets ranging from the National AAU Cross-Country Championships to the Junior Olympics in Track, from the National Masters to the Wilrose Games, from GRTC Summer Meet #1 to the Rochester Marathon.

With these expanded programs, we will need two things: organization and financing. So, thinking that a good organization can raise money, you will find in this mailing a ballot for the Board of Directors of the GRTC. (Each membership - student, non-student, family, sponsor, or life - is entitled to one vote.) As you can see, the ballot is dominated by the same people that have been doing the work in the past. I urge you to vote - this is your club. If you do not agree with the slate presented - there are places for write-in votes. But, please vote or you have no one but yourself to blame if you feel your interests are not being represented.

Also in this mailing you will find a fall/early winter race schedule. We will be hosting indoor meets at the U. of R. once a month beginning in January. If you want to stay informed about the indoor program then drop me a line because we won't have another mass mailing until spring (it costs too much).

High school and college runners remember - you can represent the club between your competitive seasons.

for further info contact:

Bill Quinlisk
84 Dorking Rd.
Rochester, NY 14610
Phone: 716/381-5695

Welcome to the GRTC,

Bill Quinlisk
(Ex) Pres. RTC
Convener GRTC

P.S. There is a very good chance that the Sweethearts Track Club will also join us and John Izzo will be running the women's team of the GRTC.

WINTER CROSS COUNTRY SCHEDULE THROUGH MARCH 1980

Oct.	2	Sat.	McQuaid Inv. 10 mi. X-1	9:30 am	Bill Quinlisk
	2	Sat.	GRTC Dual vs. Y. Inv.		Dave Winn
	3	Sun.	Masters Y-C (10 mi. inv.)	WYing Home	Bill Quinlisk
	5	Sat.	Prospert Inv.		John Hill
	9	Sat.	5 Mile Road Race	Eastmanville College	Bill Quinlisk
	10	Sun.	Finger Lakes Marathon		Jim Lashbrook
16	Sun.	Skyline Marathon			
	Sat.	GRTC 5-10 Inv. 5 mi. Genesee VSA. 10 mi. inv. 10 mi. inv.			
Nov.	1	Sun.	St. John's Inv.		
	15	Sun.	Fischkowitz Inv. 3.1 mi. inv. vs. Y. Inv.		
	17	Sun.	USTFV Eastern Regional Inv.		Dave Winn
	17	Sun.	National A.A.U. X-1	at Hamilton	Dave Winn
Dec. 8	4	Sat.	Syracuse Relays & Open Events		Jim Lashbrook
Jan.	15	Sat.	Cornell Invitational Open		Jim Lashbrook
Feb.	20	Sun.	Capitol Track Classic - Albany		Jim Lashbrook
March	5	Sat.	Highlander Games - Hamilton, Ontario		Jim Lashbrook

For late season Cross-Country Schedule updates contact: Dave Winn
186 E. Estate Dr.
Webster, NY 14590

* The Finger Lakes T.C. hosts Open Indoor Meets on the 2nd Sunday of every month beginning in Dec. at Barton Hall, Cornell Univ., Ithaca 1:00 pm post entries only

* The GRTC will host Open Indoor Meets on the 4th Sunday of Jan., Feb., and March at the U.O.R. Fieldhouse at 1:00 pm., post entries only.

* We are looking for volunteers to help run our Winter Road Race Series on the 3rd Sunday of Dec., Jan., Feb., & March.

Also, the GRTC Indoor Touring Team will be choosing a schedule of Indoor Meets from meets in Pittsburg, Maryland, Philadelphia, Toronto, Cleveland and New York City. This includes the Milrose Games, the Mason-Dixon Games, the Dartmouth Inv., and the National A.A.U. For any info concerning the Indoor Touring Team, contact Dan Lashbrook at 4502 Redman Rd., Brockport, N.Y. Phone 716/637-5373.

Any questions, contact Bill Quinlisk, 84 Derking Rd., Rochester 14610
Phone - 716/381-5695

A reminder to all Club members about the New York State A.A.U. Men's Track & Field Championships to be held this Saturday, August 7 at 1 pm here at RRT - we want to win this meet, and we can win if you enter. In an attempt to get you to enter, we have decided:

1. to cut the individual entry fee to 75¢ per event for R.T.C. members only. The Club will pay the other 75¢ of the \$1.50 per event entry fee.
2. To cut out the entire \$4.00 per team entry fee for any relay you enter on Saturday (again, this is for R.T.C. members only) - we will pick up the tab.
3. that we will be giving away your choice of Rochester Track Club T-shirts to the top three finisher in each event.

Entry blanks are available at the desk. All of you "B" and "C" runners, this is your chance to help the Club pick up some valuable points toward the team championship.

Anyone who cannot run on Saturday (broken leg, pulled muscle, etc.) we can use a lot of help officiating. We need timers, judges, field event judges, etc. So please help your Club out this Saturday in some capacity.

- Also, accompanying this Newsletter you will find a schedule of upcoming meets and road races for late summer and early fall. If you have any questions or would like entry blanks, contact Bill Quinlick or Paul Gesell.
- For information on the upcoming Throwathon, please contact Lynn Fuller.
- If anyone is interested in representing the R.T.C. in fall Cross-Country or our touring team, please contact Bill Quinlick or Dave Winn.
- Last but certainly not least, the Club would like to thank all those people who put in long summer hours in planning and running these summer meets. (Note Todd - we never realized how busy you were in your summer "off season".) Special thanks go to Paul and Shirley Gesell, Lynn Fuller, Paul Sadler, Father Wesley, Dave Thomas and timers for the extra time they put in this year.
- Point-of-fact - The Rochester Track Club does not die out after the summer meets end. We will be running once a week Cross-Country races throughout August and September. We will have a touring Cross-Country team travelling to some big meets, including the National A.A.U. E-C meet, this fall. This winter, we will be running once a month indoor track meets at the U. of R. Field House. So keep in touch.
- If anyone has any suggestions about club management, meet management, events run, order of events, relays, etc. -- anything you think could be done to "improve" our Club, let us know.

Keep running,

Bill Quinlick, President

Most information contacts:

Bill Quinlick
84 Dorking Rd.
Rochester, NY 14610
Phone: 716-381-5695

Paul Gesell
4472 Main St.
Henlock, NY 14466
Phone: 716-367-2875

Dave Winn
186 So. Estate Dr.
Webster, NY 14580
Phone: 716-872-8654

over for more information

8/1/76

Congratulations to all Rochester Track Club members for a very successful season. My wife and I wish to thank all of you for your cooperation throughout the summer season. A special thanks to our President, Bill Guinlick, for clerking each Tuesday Night and keeping the meets running smoothly.

I would like to give a special mention to our members who are 17 years of age and under and make up 50% of the R.T.C. membership.

Congratulations to the following R.T.C. members who competed at the Niagara A.A.U. Junior Olympics for 14-15 yr. & 16-17 yr. and placed in the top three:

David Monheim	2nd	120 High Hurdles,	2nd Pole Vault	14-15 yrBoys
Sandra Brooks	2nd	100 meter Hurdles		14-15 yr. Girls
Anne Baitsholts	1st	Mile		14-15 yr. Girls

Junior Olympics for 9 & under, 10-11 yr., 12-13 yr.

Brett Yost	5th	440		9 & under Boys
	4th	880		9 & under Boys
Kathy Grain	1st	440		9 & under Girls
	1st	880		
Laurie Blanchard	4th	880		9 & under Girls
Jon Blanchard	6th	Mile		10 & 11 yr. Boys
Don Spinell	7th	Mile		10 & 11 yr. Boys
Debbie Grain	1st	440		10 & 11 yr. Girls
	1st	880		
	1st	Mile		
Liz Taber	4th	440		12 & 13 yr. Girls
	2nd	880		
Karen Gesell	2nd	Discus		12 & 13 yr. Girls
	2nd	High Jump		

Don't forget the Niagara A.A.U. Age Group Championships for boys and girls for 9 and under - 16-17 yr. to be held at Alder on Saturday, August 23. We have over 200 members that could compete in this meet and we have many who could win! A.A.U. membership is necessary and can be obtained from me for \$3.00. Entry blanks are available at the table.

Should any of you have free time on Labor Day - Monday, Sept. 6 - and wish to help at the Rochester Marathon, contact Len Bryley, Gene Osborn or leave your name at the desk. Timers and persons to man water stations along the route are needed.

Again we thank you for such a great season.

Yours for better track and field,

Paul & Shirley Gesell

over for more information