

Welcome to the first issue of the GRTC Newsletter. With the reorganization of the Club and the mergers, we feel that now we can begin to offer something substantial in the way of a Newsletter. Please bear with us these first few issues as we work out the bugs in our operation.

The philosophy of this Newsletter will be to offer a complete race schedule of not only Club activities, but of any events we can obtain information about that may be of interest to any of our readers and to report local race results and results of races involving local runners. We will also offer highlights of other important races and special features on subjects of interest to our readership.

The Greater Rochester Track Club was formed in September of this year as a result of a merger of several local groups. The College City Striders and the Rochester Road Runners merged with the 'old' Rochester Track Club and the resultant club we certainly envision as becoming Greater than the sum of the parts. We felt that one large club could accomplish more than many small clubs could accomplish separately. This was the impetus in the merger. This is our underlying philosophy - to provide more for the club members than had previously been available.

This Newsletter is one of the products of the merger.

GRTC BOARD OF DIRECTORS

Len Bagley	88 Nettlecreek Rd.	Fairport	14450
Dick Boddie	457 Hillside Avenue	Rochester	14607
Jim Boyle	2281 Ridge Road East	Rochester	14622
Pete Clark	31 Danbury Circle S.	Rochester	14618
Jim Connelly	225 Dunbar Road	Hilton	14468
Lynn Fuller	155 Shepard Street	Rochester	14620
Paul Gesell	4472 Main Street	Hemlock	14466
Shirley Gesell	" " "	" "	" "
Mike Hasenauer	13 Fourth Street	Fairport	14450
John Izzo	23 Beverly Drive	Brockport	14420
Dan Lashbrook	4529 Redman Road	Brockport	14400
Bill Guinlisk	84 Donking Road	Rochester	14610
Paul Sadler	65 Blom Street	Rochester	14620
Pete Todd	107 Burben Way	Rochester	14624
Roger Tumasonis	215 Spencerport Road	Rochester	14605
Dave Winn	185 South Estate Drive	Webster	14580
John Blanchard	966 Garden Lane	Webster	14580
Rev. Michael Wesley	402 Augustine Street	Rochester	14613

GRTC OFFICERS

Election of Club Officers was held at the first GRTC Board of Directors Meeting and the results are as follows:

President	Bill Guinlisk
Executive Vice Pres.	Paul Sadler
Vice President	Dan Lashbrook
Vice President	Dick Boddie
Secretary	Paul Gesell
Treasurer	Shirley Gesell

STATEMENT OF FACT

The G.R.T.C. has entered into an agreement with all "Sneak and Cleat" stores in the Rochester area (see accompanying advertisement.).

If any member of the G.R.T.C. purchases anything at any of the "Sneak and Cleat" stores, 10% of the sale reverts back to the G.R.T.C. Treasury.

THIS IS NOT AN OFFICIAL CLUB ENDORSEMENT OF ANY ONE STORE.

This is merely a statement of fact. If any club members do happen to make a purchase of any item at any of the S&C stores, please inform the salesperson that you are indeed a G.R.T.C. member and mail a copy of your receipt to G.R.T.C. Treasurer Shirley Gesell.

The club is always looking for possible sources of income and anyone interested in such an arrangement should contact Mr. Quinlisk.

ADVERTISEMENT

Locations: Downtown
Midtown Plaza
Greece
Irondequoit
Pittsford

ADVERTISEMENTSNEAK & CLEAT

127 East Main St. 546-6975
Terrace Level 232-5720
Buckman's Plaza, Ridge Rd. W. 225-7076
Hudson near Titus 544-1770
Pittsford Plaza 385-3530

ADVERTISEMENT

Offering a complete line of Training and Competition Shoes and Sports-wear.

AAU Training	\$ 9.85	Nike - Nylon Cortez	25.15
Spec 132	13.45	Leather Cortez	26.05
Spec 225	13.45	Waffle Trainer	26.95
Adidas - Cadet	15.25	Tiger - Pinto	16.15
Vienna	17.05	Monterrey	20.65
Varsity	17.95	Nairobi	19.75
Dragon	17.95	Montreal	24.25
Lady Dragon	17.95	Consair	26.05
Rom	21.55		
New Olympia	24.25	Main Store Only:	
Gazelle	25.15	New Balance 320	23.35
Country	25.15	Brooks Villanova	21.45
SL 72 & 76	26.95	Brooks American	21.45
Runner	31.45		
Puma - 9047/48	17.95	NOTE: Other shoes are available than	
9190	26.95	just the ones listed here.	

Club members remember that if you should happen to purchase anything at any of the 'Sneak & Cleat' locations you should inform the salesperson that you are a G.R.T.C. member so that we will receive 10% of the sale.

ATHLETES SHOULD DRINK MORE BEER

Especially after strenuous games like basketball, football, and marathons, says Dr. Hans-Dieter Bastian, a Bonn, Germany, urologist. "Beer is high in carbohydrates and Vitamin B. The sugar deficiency which occurs after strenuous athletics is compensated for by the malt contained in the beer."

RACE SCHEDULE

December	12	Sun.	1:30	FLTC Indoor Meet	Cornell Univ.	Hartshorne
	19	Sun.	1:00	GRTC Indoor Meet	Eisenhower	Quinlisk
January	2	Sun.	1:00	7 mile Road Race	Mendon Ponds	Blanchard
	8	Sat.	12:00	Development Meet	Alfred Univ.	Frechette
	9	Sun.	1:30	FLTC Indoor Meet	Cornell Univ.	Hartshorne
	15	Sat.	10:00	Cornell Inv.	Cornell Univ.	Coach
	23	Sun.	1:00	UR/GRTC Indoor Meet	U. of Roch.	Quinlisk
	30	Sun.	1:00	GRTC Indoor Meet	Eisenhower	Quinlisk
February	6	Sun.	1:00	10 Mile Road Race	RIT	Blanchard
	12	Sat.	12:00	Development Meet	Alfred Univ.	Frechette
	13	Sun.	1:30	FLTC Indoor Meet	Cornell Univ.	Hartshorne
	20	Sun.	1:00	GRTC Indoor Meet	Eisenhower	Quinlisk
	27	Sun.	1:00	UR/GRTC Indoor Meet	U. of Roch.	Quinlisk
March	6	Sun.	1:00	14 Mile Road Race	Mendon Ponds	Blanchard
	12	Sat.	12:00	Development Meet	Alfred Univ.	Frechette
	13	Sun.	1:00	FLTC Indoor Meet	Cornell Univ.	Hartshorne
	20	Sun.	1:00	GRTC Indoor Meet	Eisenhower	Quinlisk
	27	Sun.	1:00	UR/GRTC Indoor Meet	U. of Roch.	Quinlisk

Contacts:

John Blanchard - 966 Garden Lane, Webster 14580

Derck Frechette, - Box 578, Alfred, 14802

Jim Hartshorne - 108 Kay Street, Ithaca, 14850

-----Bill Quinlisk-----82 Dorking Road, Rochester 14610-----

GRTC INDOOR MEETS AT EISENHOWER COLLEGE 12/19, 1/30, 2/20, 3/20

Entry Fee: \$1.00 (this covers as many events as you wish to run in)

Awards: Ribbons to the top 3 finishers in each heat of each event.

Track: 4 lane, unbanked, 150 meter Tartan, NO SPIKES ALLOWED.

Directions: Eisenhower College is located just South of Seneca Falls.

Take Thruway Exit 41, turn right and then left at flashing yellow.

Follow to Rt. 5/20 intersection, where Rt. 89 South begins. Follow

89 for about 2 miles. The college is on your right - you can't miss it. The track is in the new Athletic complex.

NO entries in advance - entries at the meet only.ORDER OF EVENTS12/19 and 2/20

150 Trials
 1500 B
 1500 A
 150 Consolation
 150 Final
 600 B
 600 A
 3000 B
 1500 Walk
 300 B
 300 A
 3000 A
 4X 450 Relay

1/30 and 3/20

150 Trials
 1500 B
 1500 A
 150 Consolation
 150 Final
 900 B
 900 A
 5000 B
 1500 Walk
 450 B
 450 A
 5000 A
 Medley Relay (600,300,300,900)

All events are in meters. Womens and Masters events will be added as needed.

Special Thanks to Fred Bleiler, Eisenhower A.D. for his assistance.

G.R.T.C. INDOOR MEETS AT UNIVERSITY OF ROCHESTER 1/23, 2/27, 3/27

Entry Fee: \$1.00 (this covers as many events as you wish to enter)

Awards: Ribbons to the top 3 finishers in each heat of each event.

Track: 225 yard, slightly banked turns, old synthetic surface turns are very tight. NO SPIKES ALLOWED. $\frac{1}{2}$ of track goes thru a tunnel.

Directions: U. of R. is located at the intersection of Elmwood Ave. and the Genesee River. The track is in the Field House across the street from Fauver Football Stadium

NO entries in advance - sign up the day of the meet only.ORDER OF EVENTS

<u>1/23</u>	<u>2/27</u>	<u>3/27</u>
50 trials	50 Trials	50 Trials
1000 B	Mile B	Mile B
1000 A	Mile A	Mile A
50 Consolation	50 Consolation	50 Consolation
50 Final	50 Final	50 Final
600 B	880 B	500 B
600 A	880 A	500 A
2 Mile B	3 Mile B	2 Mile B
Mile Walk	Mile Walk	Mile Walk
300 B	440 B	220 B
300 A	440 A	220 A
2 Mile A	3 Mile A	2 Mile A
4X 450 Relay	Medley Relay	4X 450 Relay
	(450,225,225,900)	

Womens and Masters will be added as needed.

Special Thanks to Tim Hale, U. of R. track coach for his assistance.

Alfred University will host 2 developmental meets in Davis gym. The purpose is to have some fun and get in some competition. There will be events for both men and women.

Field Events: 4 kilo Shot (Women) High Jump (Men & Women)
 16 lb. Shot (Men) Pole Vault (Men)
 35 lb. Weight Throw (Men)

These will be conducted at the 2 meets.

<u>1/8</u>	<u>2/12</u>
35 dash women	35 dash women
40 hurdles men	40 hurdles men
880 men & women	1000 men & women
3000m men & women	2 mile men & women
4 x 4 lap relay men & women	(8-4-10-15) relay men & women
4 x 8 lap relay men	4x4 lap relay men & women

Track is 369' 8 $\frac{1}{2}$ " per lap, wood surface, no spikes.

Entries must be made in advance by the Thursday preceding the meet.

No entry fee - no awards. Meet Director: Derck Frechette

Box 578

Alfred, N.Y. 14802

For information on the Age Group and High School Indoor Track program in the Rochester/Syracuse/Buffalo areas, contact Bob Bradley, Rochester Indoor Track Association, McQuaid High School, 1800 Clinton Avenue South, Rochester, 14618 - 716/473-1130.

The Age Groups range from 12-14, 15-16, 17-18 - Boys and Girls.

The Finger Lake Track Club hosts open Indoor meets at Barton Hall, Cornell University on the second Sunday of every month. The entry fee is \$1.00 for as many events as you wish to enter. Barton Hall is a 220 yd. synthetic track with no spikes allowed. There are no entries in advance, you must sign up the day of the meet. Events usually range from 880 on up to 3 mile., with slow and fast sections of most events. A special feature is a joggers' race each month. Contact person for further info is Jim Hartshorne (see schedule.)

HELP WANTED

Help is needed at the G.R.T.C. Winter Road Races with timing and Recording and course maintenance, etc. If you can help, please give John Blanchard a call at 671-4170.

Any G.R.T.C. member who feels that they would like to enhance our Indoor Touring Team, with their participation, or knows of anyone who would like to, please contact Dan Lashbrook, 4529 Redman Road, Brockport, N.Y. 14420 - phone: 716/637-2691. Now is the time to find out about the Touring Team for Indoors while plans are still being finalized.

Heart thumping, lungs bursting, legs turning to concrete, sweat burning the eyes - such are the joys of long distance running. More and more Americans are experiencing them as they take up running - or, less strenuously, jogging - in pursuit of better health. Thus, of all events witnessed during ABC's excellent televised coverage of the Olympics, none probably found wider audience empathy than the marathon, covering 26 miles, 385 yards. Many Americans who never have Pole Vaulted, hurled the discus or soared off the high dive have tried to huff and puff their way a few miles around the neighborhood in sneakers and sweatsuit. They can feel only awe at the leading marathoners, who covered their agonizing course in times of less than five minutes per mile. And then, upon reflection, these Americans can also perhaps more fully appreciate the disciplined magnificence of Olympic champions in almost every sport.

1977-1978 Dues Explained

G.R.T.C. members - dues are due no later than June 1, 1977

\$ 4.00 Student	Payment of these dues entitles you to become a member of GRTC, enter any GRTC closed competitions (by paying a small entry fee), the Newsletter, and become a member of the Road Runners of America.
6.00 Non-Student	
10.00 Family	
25.00 Sponsor	
100.00 Life (Individual)	

For those of you who are members of other AAU clubs or just wish to receive the Newsletter, we will offer a special Newsletter only membership for \$4.00 per year. This membership will also make you a member of the Road Runners of America but not of the GRTC.

The purpose of the dues is to pay for the publication of this Newsletter, and the operating costs of the club in excess of the entry fees to put on the many events for our members to participate in. The dues are assessed annually from June 1 to May 31. It is the club's intent to help make participation available to everyone who would like it. We are the club - you and I. Let's each do our part: pay your dues, and make a contribution of your time by volunteering to help put on some of our events. The more each person helps, the more activities we can have for each other. (Current Members (card expires 6/1/77) or new members who pay now will receive membership until 5/31/78.)

WOULDN'T IT BE NICE

If the Sweethearts Track Club decided to merge with the G.R.T.C. and totally unite the Rochester running scene.

Re: G.R.T.C. X-C Team's request to the Niagara District Long Distance Chairman for financial aid to the National Senior Men's X-C Championships in Philadelphia:

Request Denied - the committee "felt that being a student or not working, unless further elaborated on, is not an indication of deserving need"

-R.A. Kendall

Next time we'll fill out the Parent's Confidential Statement and send it to Princeton, N.J. like they make you do when you apply for aid from a college (we were asking for \$10.00 per man.).

SPECIAL NOTE:

All future correspondence with the G.R.T.C., except membership applications, Newsletter requests and checks, should be directed to Bill Quinlisk, 84 Dorking Rd., Rochester NY 14610 - 716/384-2916.

Membership applications, Newsletter requests, and checks should be sent to Paul Gesell, 4472 Main Street, Hemlock NY 14466.

Any Clubs with reciprocal mailing agreements with the Rochester Road Runners, College City Striders, or Rochester Track Club are hereby directed to mail all information, newsletters, etc. to the above person only. If you wish to mail free issues to other persons involved in the operation of the G.R.T.C. that is up to you but all reciprocal mail agreements should now be sent to Mr. Quinlisk.

NEXT ISSUE: A special feature on Shoe Stores and Shoe prices in the Rochester Area.

Results of the Rochester Marathon.

Also, a rating of the Indoor Tracks in Western New York.

An interview with the National Marathon (AAU) 9th place finisher this year - our own JIM BOYLE.

CONGRATULATIONS TO:

G.R.T.C. Member Debbie Graim of Fairport who, while competing in the 9 and under girls age group was ranked 8th in the 440 yd. run with a time of 1:08.0 and 10th in the 880 yd. run with a time of 2:40.0. This is a national ranking of all 9 and under girls in the A.A.U. and was for the year 1975 when Debbie was competing for the Buffalo Belles. We're glad to have you, your sister, and your Dad with us now and I know that your rankings for 1976 will be right up there with the best of the 10-11 year old girls.

I'll try to get your certificates to you as soon as possible.

Paul Gesell

THIS MESSAGE IS DIRECTED TO ALL ROAD RUNNERS WHOSE DUES ARE UNPAID AT THIS TIME:

THIS IS THE LAST NEWSLETTER YOU WILL RECEIVE FROM ROAD RUNNERS OR/ AND G.R.T.C. UNLESS DUES ARE PAID AS SOON AS POSSIBLE.

Notice from your Secretary:

A.A.U. Membership: 1976 A.A.U. memberships expire 12/31/76. New memberships for 1977 are \$4.00 per year without insurance and \$5.50 with insurance for long distance running and track and field.

Membership blanks are available from me and I also issue the A.A.U. numbers. Follow the following procedure to get your A.A.U. number:

1. Write me requesting a blank or blanks and I will send them to you in the next mail.
2. Fill out the blank completely and return it to me with a check or money order in the proper amount made out to the Niagara Association A.A.U., and I will send you your membership card and number in the return mail.

I WILL NOT GIVE OUT A.A.U. NUMBERS OVER THE TELEPHONE, NO WAY.

If you plan to enter an A.A.U. event, plan well in advance so that you will have your number in time. A.A.U. membership blanks will be available at the desk at our Tuesday night summer meets and I will also be at most of the indoor meets just for the purpose of issuing A.A.U. cards. So, if you plan to enter the indoor meets and want an A.A.U. membership, please see me at these meets, fill out the blank, pay me, and pick up your card.

G.R.T.C. A.A.U. Number is 031. If you wish to represent G.R.T.C., use this number in the box on the blank that asks your club number. If you don't want to represent G.R.T.C., put UN. in this space or some other club number.

I would also appreciate it very much if you would get your G.R.T.C. dues paid well in advance of our first Tuesday night summer meet as this will help do away with much of the confusion and could save you some money.

Paul G. Gesell, Secretary G.R.T.C.
4472 Main Street
Hemlock, N.Y. 14466

MINUTES of the Greater Rochester Track Club Board of Directors Organizational meeting held Oct. 30, 1976 at McQuaid High School. Meeting called to order at 1:30 p.m. by Convener Bill Quinlisk.

Present: Bill Quinlisk, Paul Sadler, Mike Hasenhauer, Pete Clark, Paul Gesell, Shirley Gesell, Jim Boyle, Lynn Fuller, Dave Winn, Len Bagley, Dick Boddie, Jim Connelly, Roger Tumasonis, John Blanchard
Absent: John Isso, Dan Lashbrook, Pete Todd, Rev. Wesley, RosemaryWlm

The following items came before the Board:

1. Greater Rochester Track Club was unanimously approved by all present as the new name for our track club.
2. Rosemary Winn's letter of resignation read and accepted.
3. Bill Quinlisk suggested we ask
 - a. Jim White, new President of Board of Lincoln First Bank
 - b. Al Newarth, Gannett Newspaper
 - c. Ted Wehle, Genesee Brewing Co.
 to be members of our Board of Directors. All 3 have prominent positions in Rochester and all are interested in track.
4. It was unanimously agreed that there would be one officer for the Board of Directors - the Chairman of the Board.

Continued on next page -

Minutes of Oct. 30, 1976 cont'd

5. After much discussion, the following officers were agreed upon for the GRTC:
 - a. president
 - b. executive vice president
 - c. vice president
 - d. vice president
 - e. secretary
 - f. treasurer
6. The following were elected for the above offices by unanimous decision:
 - a. President - Bill Quinlisk (also elected Chairman of Board)
 - b. Executive Vice President - Paul Sadler
 - c. Vice President - Dan Lashbrook
 - d. Vice President - Dick Boddie
 - e. Secretary - Paul Gesell
 - f. Treasurer - Shirley Gesell
7. At this point, Dick Boddie read over the Not-For-Profit Corp. forms and the following items were agreed upon:
 - a. Purpose of GRTC - To promote in the greater Rochester area opportunities for people of all ages to participate in amateur track and field, cross country, distance running, physical fitness and things of this nature.
 - b. Membership Qualifications - Any person of any age who pays his/her dues. Said dues to be determined by the Board of Directors from time to time.
 - c. Dues for 1977 were established as follows:
Please see Page 5 - saving space so will not put in here
 - d. Membership meeting to be held May 1 of each year and the Annual Board Meeting to be held June 15. Quorum of membership must be present for Board meeting - quorum will be 10 members present.
8. Mailings - it was decided that the January mailing would be the campaign for membership mailing. Len Bagley to prepare a sample application and present it to the next Board meeting.
9. It was suggested that GRTC have a post office box. Bill Quinlisk to secure box at a branch near his residence.
10. Indoor Track and Field at U.C.F.R. was discussed. Should GRTC be able to get all areas of the Field House, Lynn Fuller suggested we purchase a 35 lb. indoor weight. Indoor schedule tabled.
11. Also tabled - 1977 budget, Grievance Procedure.
12. Additions to Board - the following were nominated as possible persons to be approached as members of the Board: Bertha Washington (to fill Rosemary Winn's vacancy); Jim White; Ted Wehle; Al Newarth; Mike Curry; Trenton Jackson. Tabled until next meeting.
13. Publicity - Bill Quinlisk appointed Dick Boddie to the position of Publicity Director and asked that he handle items for the local papers. First item - Jim Boyle's accomplishment (9th place) at the A.A.U. National Marathon Championships.
14. Semi-Annual Niagara Association A.A.U. meeting at Niagara Falls on Nov. 7 will be attended by Bill Quinlisk, Paul Gesell, Roger Tumasonis and Dan Lashbrook.

Next meeting to be held when Dick Boddie has the Not-For-Profit Corporation papers ready for signature.

Respectfully submitted

November 6, 1976

Paul Gesell