

Each issue of the GRTC Newsletter is enclosed by a membership application blank. Completion of this blank now will save us much hassle and paperwork at the beginning of the summer (if it ever arrives). We ask our members to try to get their 1977-78 membership in as soon as possible. Since our year runs from June 1st to May 31st, this membership will run until May 31, 1978.

If you have already joined for 1977-78, why not give the membership application blank to a friend who may be interested in joining the club. 1977 looks like it will be a banner year for all aspects of the club and with more members we can do more for the club. With close to 600 members this year, we have 600 recruiters working for the betterment of running in the Rochester Area if each member does their part. This is our club and our sport; let's each do our part.

PLEASE NOTE SCHEDULE CHANGE PLEASE NOTE

Because of a conflict at U. of R., the following schedule changes became necessary.

The UR/GRTC Indoor Development Meets of 2/27 and 3/27 have been switched to 3/6 and 4/3 respectively.

The 7 & 14 mile Road Races at Mendon Ponds on 3/6 have been switched to 2/27.

PLEASE PASS THIS INFORMATION ON TO ANY INTERESTED RUNNERS.

The Spring Outdoor Touring Team Schedule will be coming out from Touring Director Dan Lashbrook in mid-March. If you are interested in competing in Outdoor Spring Invitational Meets, please contact Dan Lashbrook to be sure you will be included in his special mailing. Also, if you know of anyone who would be interested in competing for the club this Spring, please pass their name on to Dan.

Dan Lashbrook, 4529 Redman Rd., Brockport, N.Y. 14420 716/637-5373

CONGRATULATIONS to the Indoor Touring Team for many fine performances and Personal Bests. A special award for effort should go to these outstanding performers who, like us all, put up with adverse training and traveling conditions, yet somehow managed to excel.

The 2 Mile Relay Team ran a 7:48.3 in Toronto in a qualifying meet for the Maple Leaf Games. The team of Tom Carter, Joe Dailey, Fran Verdoliva and Elroy Turner were also accepted in the fast Section of The Olympic Invitational at Madison Square Garden on 2/12 but were unable to compete because of injuries. The Toronto time was highlighted by Joe Dailey's 1:52.5 and Tom Carter's 1:55.

* * * * *

You can extend the life of the soles of your shoes by taping them with aluminum ducting tape. John Cates from Montgomery, Alabama discovered its unusual resilience when he taped a cut in his shoe and discovered that the tape which passed across the sole of the shoe did not wear out on the first few training jaunts. It is somewhat slick for the first few blocks, but quickly becomes coarse with the subsequent scuffing of the run. He reports that it is even better for the sole of the shoe than hot glue and will stick to the bottom even without wrapping around the top of the shoe.

Some more highlights...

A belated congratulations to Tom Carter who won a diamond ring for his victory in the 67th annual Berwick Marathon (9.3 miles) last Thanksgiving. Tom set a course record of 44:16 as he outdueled one of Puerto Rico's top runners, Jose DeJesus, to top the field of 186 starters. Berwick is America's second oldest road race.

More recently, Tom Carter won the Invitation 2 Mile Run at the Syracuse Inv. at Manley Fieldhouse in a sparkling 8:56.

How about Joe Dailey's unbelievable triple at the FLRC January meet at Barton Hall, Cornell University. Joe started with a 9:08 2 mile win, followed by a 4:22 mile win and topped off with a 14:57 3 mile win all in the space of 75 minutes.

Ron Hardy's consistently good jumping has been highlighted by a double victory at the Toronto All Comers Meet. He hit a 22-1 Long Jump and a 46-10 Triple Jump to take both firsts.

1972 U.S. Olympian at Munich, Rey Robinson, ran a special 50 yard dash at the UR/GRTC Development Meet on 1/23. After a slow start (no blocks were used) Rey came on to beat Mike Walker 5.58 to 5.61.

Welcome back (did they ever leave ?) to Joe Contario, Former Genesco great, who ran a 4:39 at Cornell in the FLRC Jan. meet, and to Dale Ladd, who ran a 4:49 and a 2:08 also at Cornell. We wish them a swift return to their top form again, if that's what they want.

Here are some more results from the Touring Team, some old and some new:

12/11	Lehigh	3 mile	Dave Winn	14:54.6
		1 mile	Roger Tumasonis	4:30.7
1/08	Alfred	3000 m	1. Steve Pulos	8:51
			2. Derck Frechette	9:10
			4. Dave Winn	9:19
			5. Roger Tumasonis	9:25
1/15	Cornell Inv.	440	1. Elroy Turner	50.3
		60	3. Mike Walker	6.6
		TJ	3. Ron Hardy	46-9
		Mile	3. Fran Verdcliva	4:17.8
			Roger Tumasonis	4:26.9
		600	Mike Van Auker	1:15.9
		2 Mile	2. Steve Pulos	9:12
			Derck Frechette	9:38
			Dave Winn	9:42
1/22	Lehigh	Mile	Roger Tumasonis	4:26.0

The Touring Team will be traveling to the Highlander Games in Hamilton, Ontario and to the Ontario Senior Indoor Championships in Toronto in the end of February, so look for more results next issue.

SPECIAL NOTICE TO ALL RUNNERS:

If you go home and your mother says that you're looking well, then you're overweight.

*** AT LAST ***

The long, long awaited Jim Boyle Interview (at least Jim's been waiting for it to appear).

Jim Boyle is a 1968 graduate of Canandaigua Academy where he first started running. He went on to get his Associates degree from Dutchess Community College in Poughkeepsie in 1970. He is presently employed as a draftsman and is attending night school at RIT in pursuit of a degree in electrical engineering. He has been a member of the club for 8 years and is a familiar figure in area long distance races. He is best known for his high finishes at Boston and for his victory in this year's Rochester Marathon.

GRTC: Could you give us some thoughts on your 3 marathons in 1976?

Jim: As far as placing goes, finishing 29th at Boston was probably my greatest thrill in running. The Rochester Marathon was my first ever Marathon win and finishing 9th at the AAU Marathon in Crowley, La. was very satisfying, being a National Championship event. Time-wise I was ready for a 2:23 this year but the weather and injuries made it impossible, so I wasn't completely satisfied with my marathons this year.

GRTC: What kind of training did you do for the races?

Jim: It takes me about 12 weeks to prepare for a marathon to a point where I can have confidence that I'll run faster than my previous best time. I emphasize fast, long runs for the first six weeks. Then, 3 weeks of speed work, twice a week on hills or golf courses. The last 3 weeks I do one workout on the track and one fast 5 to 7 miler a week. A typical track workout during this period would be 2 mile warmup, 10 times 1 mile averaging 5:00 and a 2 mile warmdown.

GRTC: What are your marathon plans for 1977?

Jim: I hope to run under 2:25 at Boston, but working 8 hours a day and going to night school at RIT makes it difficult to train properly. I don't know if I'll run any other marathons this year. I would like to run more short track races because I enjoy the head to head competition you get in shorter races. Marathons are run mostly against the clock. Win or Lose I would rather run a good tactical competitive race than run a good time.

At this point the interview ended as Jim left to go out running.

RESULTS

FLRC Feb. Meet - Cornell Univ. Feb. 6

880

- 1. Al Kleinsasser 2:00
- 2. Pete Tylenda 2:02
- 4. Dale Ladd 2:08

Mile

- 2. Bruce Quimby 4:38

2 Mile

- 3. Joe Contario 9:47

MORE RESULTS

Feb. 6 5 & 10 mile Runs at RIT

Temp. 14 degrees, wind from west
15-20 mph, course slippery in spots.

5 Mile

1. Mike Rowley 30:02
 2. Rich Merriam 31:58
 3. Bill Quinlisk 33:05
 4. Ted Imswiler 33:15
 5. John O'Donnell 34:02
 6. Scott Bagley 34:02
 7. Jim Carli 34:15
 8. Debbie Graim 34:20
 9. Joe Graim 35:55
 10. Gene Osborn 36:32
 11. Jerry Stoll 36:55
 12. Bill Spinder 37:10
 13. Kathy Graim 37:55
 14. Sue Rowley 38:21
 15. Gary Austin 40:32
- Bob Bagley ran off
Jerry Vaccarella course

10 Mile

1. Ed Farquhar 68:41
- Larry Glose 68:41
3. Joe Zelazny 73:15

Results from Race Director and
Timer John Blanchard. (671-4170)

Next Race: 2/27 at Mendon Ponds
Park. 7 & 14 Milers

UR/GRTC DEVELOPMENT MEET Jan. 23

50 yd. Dash

- | | | |
|------------|----------------------|-----------------------------|
| Trials | 1. Walker 5.76 | 1. Hardy 5.79 |
| | 2. Green 6.08 | 2. Newby 5.80 |
| | 3. Gaines 6.6 | 3. Pontius 6.2 |
| | 4. Austin 6.6 | 4. Sam Bagley 6.7 |
| Finals | 1. Walker 5.61 | Consolation 1. Pontius 6.04 |
| | 2. Hardy 5.62 | 2. Gaines 6.48 |
| | 3. Newby 5.80 | 3. Sam Bagley 6.8 |
| | 4. Dungey 5.80 | 4. Austin 6.9 |
| Special 50 | 1. Roy Robinson 5.58 | No Blocks were used. |
| | 2. Walker 5.63 | |
| | 3. Hardy 5.85 | |
| | 4. Newby 6.00 | |

300 A

1. Turner 33.62
2. Hardy 35.04
3. Green 37.10

Mile walk

1. Merriam 7:40.0
2. Stanek 7:49.5
3. Robinson 8:13.8

1000 A

1. Saxton 2:23.7
2. Green 2:24.5
3. Pulos 2:27.9

300 B-1

1. Pontius 36.86
2. Roberts 36.87
3. Massare 38.80

600 A

1. Turner 1:17.4
2. Tumasonis 1:23.8
3. Massare 1:24.3

1000 B-1

1. Inglis 2:38.4
2. Liz Taber 2:39.4
3. Barber 2:41.1

300 B-2

1. Sam Bagley 41.10
2. Drexhage 42.21
3. Bob Bagley 43.30

600 B

1. Drexhage 1:34.1
2. Liz Taber 1:40.1
3. Bob Bagley 1:43.8

1000 B-2

1. Gaines 2:49.3
2. Stoll 2:49.3
3. Sam Bagley 2:53.5

2 Mile A

1. Pulos 9:23.8
2. Pfeil 9:32.6
3. Robinson 9:47.3

2 Mile B

1. Neidlinger 10:49.9
2. Cocciardi 11:09.3
3. Inglis 11:16.4

2 Mile C

1. Scott Bagley 11:18.3
2. Mertz 11:46.2
3. Debbie Graim 11:47.0

AND MORE RESULTS

FLRC Monthly Meet Cornell Univ Jan. 9

<u>Mile</u>		<u>2 Mile</u>		<u>3 Mile</u>	
1. Joe Dailey	4:22	1. Joe Dailey	9:08	1. Joe Dailey	14:57
2. Al Kleinsasser	4:24	2. Kleinsasser	9:30	2. Bruce Quimby	15:48
3. Mike Wyckoff	4:28	10. Pete Clark	10:19		
6. Joe Contario	4:39				
8. Dale Ladd	4:49				

GRTC DEVELOPMENT MEET Eisenhower College Jan. 30

The First Annual Blizzard Invitational (date to be changed each year, depending on the weather)

<u>1500 m</u>		<u>900 m</u>	
1. Scott Bagley	4:59.2	1. Dirk Richards	2:41.1
2. Bill Spinler	5:27.2	2. Chas. Fordham	3:15.8
3. Bob LaBelle	5:27.3	3. Jon Blanchard	4:01.1
4. Jon Blanchard	6:40.0	4. Laurie Blanchard	4:01.6
5. Laurie Blanchard	6:40.5	5. Paul Gebo	4:08.1

5000 m

1. Scott Bagley	17:54
2. Tyde Richards	18:08
3. John Blanchard	19:10
4. Bill Spindler	21:48
5. Chas. Fordham	21:48.1

Special Thanks to John and Margie Blanchard who ran the meet off when our Meet Directors didn't make it because of a mixup.

CLASSIFIED ADS If you would like an ad put into the next Newsletter, just drop a note to Bill Quinlisk, 84 Dorking Rd., Rochester, N.Y. 14610 Phone: 716-385-2916

RIDE NEEDED: Ride needed to Boston Marathon. Will share expenses. Contact Jim Boyle. 338-7242.

OUTDOOR: For info concerning the Outdoor Touring Team for this spring, Contact Dan Lashbrook. 637-5373.

PERSONAL: Mike H. when are you going to start competing again? We all have to work. Jack A.

SOME FUN: For a good time, call 716-221-8000, ask for anyone.

GIRLS: We promise that the GRTC Women's Team will do more traveling this summer, so hang in there.

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MESSAGE FROM YOUR SECRETARY: The price of receiving the Newsletter only has been omitted from our application blank. If you want the Newsletter and don't want to be a member of GRTC Price is \$4.00 perYr.

Thanks to Bob Matthews of the Rochester Times Union, GRTC is now getting some coverage in the newspaper.

Don't forget, if you want an A.A.U. card, write to me: Paul G. Gesell 4472 Main St., Hemlock, N.Y. 14466 and I will send you a blank.

Many thanks for your patience during Jan. storms. If there was a delay in getting your GRTC Membership card(s) or AAU app. or card, sorry. Mail backlog has been rectified. We apologize for any delays and also to Mark Heinicke whose name is now on our mailing list. List is now up dated with all duplications and "insufficient addresses" under control. Appreciate hearing from all you good people with corrections and up dated addresses. Paul Gesell, Secretary

A look at Western New York's Indoor Tracks

Univ. of Rochester Rochester, N.Y. Rating: slow-average	225 yd. synthetic	4 lane	slightly banked, square corners, half of track goes through a tunnel.
Eisenhower College Seneca Falls, N.Y.	150 m synthetic	4 lane	unbanked, very tight curves Rating: slow-average, gym floor
Manley Fieldhouse Syracuse Univ. Rating: Fastest in Western N.Y.	220 yd. synthetic	6 lane	unbanked, very wide, smooth curves, short straights.
Barton Hall Cornell Univ. Ithaca, N.Y. Rating: Average - Fast	220 yd. synthetic	4 lane	unbanked, tight curves, smooth surface, can get dusty
Alfred Univ. Alfred, N.Y. Rating: Slow - average	369' 8½" wood	3 lane	banked, tight curves, around pillars on corners
St. Bonaventure Olean, N.Y. Rating: Average - Slow	135 yd. synthetic	3 lane	unbanked, gym floor, short straights
Masten Ave. Armory Buffalo, N.Y. Rating: Slow	200 yd. asphalt	4 lane	unbanked, Armory asphalt floor, tight turns
S. Industries Bldg. CNE Grounds Toronto, Ontario Rating: Fastest in Area	200 m Uroflex rubberized	4 lane	banked turns, very fast,
Lehigh Univ. Bethlehem, Pa. Rating: Fast	220 yd. Synthetic	4 lane	unbanked, can use spikes, faster than Cornell but not as fast as Syracuse
Cortland Coll. (SUNY) Cortland, N.Y. Rating: average	220 yd. synthetic	4 lane	unbanked, tight turns
New Armouries Bldg. Hamilton, Ontario Rating: average	148 yd. wood	4 lane	banked wood surface, spikes allowed, tight turns
St. Lawrence Univ. Canton, N.Y. Rating: Fast	160 yd. cork	6 lane	unbanked, wide turns, spikes allowed, fast surface
#1. CNE, Toronto	#5. Cornell, Ithaca	#9. Eisenhower	
#2. Manley, Syracuse	#6. SUNY, Cortland	#10. St. Bonaventure	
#3. Lehigh	#7. U. of Roch.	Alfred	
#4. St. Lawrence	#8. Armoury, Hamilton	#12. Armory, Buffalo	

RACE SCHEDULE

Feb.	20	1 pm	Eisenhower Col.	GRTC Development Meet	BQ
	25	6 pm	CNE, Toronto	All-Comers Meet	DL
	26	noon	SUNY Albany	3, 9, 20 & 23 Milers	FR
	27	1 pm	Mendon Ponds	GRTC 7 & 14 mile Road Race	JB
	27	8 am	St. Louis	RRA Marathon & 10 km.	BQ
	27	11 am	Highstown, N.J.	AAU Eastern Masters Indoor	BQ
Mar.	4	6 pm	CNE, Toronto	All-Comers Meet	DL
	6	1 pm	U. of Rochester	GRTC Development Meet	BQ
	6	noon	SUNY Albany	Boston Qualifier Marathon	FR
	6	noon	Trexlerstown, Pa.	Prevention Marathon	JW
	12	noon	Alfred, Univ.	Indoor Development Meet	DF
	13	2 pm	Cornell Univ.	FLRC Indoor Meet	JH
	13	10 am	New Haven, Conn	Nat'l AAU Masters Indoor	BQ
	19	1 pm	Mansfield, Pa.	Maxson Marathon, 10 mile	EW
	19	11 am	Virginia Beach	Shamrock Marathon	BS
	20	1 pm	Eisenhower Coll.	GRTC Development Meet	BQ
	20	11 am	Schenectady, NY	Bankathon 30 km.	FR
	20	8 am	Mechanicsburg, Pa.	100 km. and Marathon	WG
	26	?	St. Bonaventure	Invitational Indoor Meet	DW
	26	?	SUNY Albany	Nat'l AAU Sr./Masters 30 km	FR
	27	1 pm	RIT	GRTC 5 & 10 mile Road Race	JB
	27	1:30	SUNY Albany	3 6 20 & 23 Milers	FR
	27	1:30	Scarsdale, NY	15 km AAU Nat'l Champs	BR
	27	2 pm	Binghamton, NY	15 km Road Race	HH
Apr.	3	1 pm	U. of Rochester	GRTC Development Meet	BQ
	3	9 am	Washington, D.C.	Cherry Blossom 10 mile	RG
	9	?	Sunbury, Pa.	Sunbury Y 10 km	SS
	10	2 pm	Cornell Univ.	FLRC Indoor Meet	JH
	18	noon	Boston, Mass.	Boston Marathon	WC
	24	2 pm	Yonkers, NY	10 km Road Race	FL

Race Contacts:

BQ Bill Quinlisk, 84 Dorking Rd. Rochester NY 14610 716-385-2916
 DL Dan Lashbrook, 4529 Redman Rd. Brockport, NY 14420 716-637-5373
 FR Paul Rosenberg, 124 Daytona Ave. Albany NY 12203 518-489-6590
 JB John Blanchard, 966 Garden Lane Webster NY 14580 716-671-4170
 JW John Wachter, 1113 Broadway, Bethlehem, Pa. 18015
 DF Derck Frechette, Box 578, Alfred NY 14802
 JH Jim Hartshorne, 108 Kay St., Ithaca, NY 14850
 EW Ed Winrow, Mansfield State College, Mansfield Pa. 16933
 BS Bill Simmons, 3117 Quimby Rd., Virginia Beach, Va. 23452
 WG Walt Greene, 431 Springhouse Rd. Camp Hill Pa. 17011
 DW Dave Winn, 186 S. Estate Dr. Webster NY 14580
 BR Bill Rodriguez, Dept. of Parks, Village Hall, Scarsdale NY 10583
 HH H. Dale Held, Box 399, Port Rd. Rd 4, Binghamton NY 13901
 RG Jeff Darman, 2737 Devonshire Place, NW, Washington DC 20008
 SS Stan Seiple, Sunbury YMCA, Sunbury, Pa. 17801
 WC Will Cloney, Keystone Funds, 99 High St., Boston Mass. 02104
 FL Fred Lebow, Box 881, FDR Station, NYC, NY 10022

A look at some local High School Runners

The #1 local HS runner this year without question is John Tuttle of Alfred Almond HS. John recently finished second in the Mile run at the Milrose Games with a time of 4:13.8. He has run a 4:17 mile at Syr., and a 9:23 2 Mile at the Univ. of Roch. John's greatest problem seems to be deciding what distance he wants to concentrate on. He is tops around at any distance from 880 to 6 mile. He was named first team All-State in Cross-Country this year and is almost a sure thing for the same honors both Indoor & Outdoor.

Other local runners having good seasons are Bob Hanss of Bishop Kearney HS and Jerry McQueen of Rush-Henrietta. Bob has been more impressive Indoors with a 4:24 mile at Syr. and a 9:26 2 mile also at Syr. Jerry was the first place finisher at this years Intersectional Cross-Country Championships and has run a 4:26 mile and a 9:45 2 mile but is sure to dip lower before the season ends. We look for great things from these two as the Outdoor Season opens.

One of the top female runners around is 12 year old Debbie Graim. She has turned in an impressive series of races against older girls. High-lights have been a 5:23 mile and a 2:29 880. Wait til she gets older; and her little sister Kathy is no slouch either.

The top team around seems to be Rush-Henrietta under Tom Diehl with a push coming from Monroe, Franklin, and Bishop Kearney. Other runners that you'll be hearing from are John Barry of Madison, Rick Joyce of R-H, kick Bodensteiner of Kearney, Keith Williams of Monroe, Henry Bell of Clyde-Savannah, Ann Baitsholts of Fairport, the McGee brothers from Monroe, the Dixon brothers from Franklin, Tim Peterson and Ernest Meyers also from Franklin, Matt Mackey of R-H, and Shirley Brownlie from Kearney. These are the people who should be representing our club this summer. For those who are not members, if you know any of them, how about putting in a good word for the GRTC. (Members underscored.)

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SECOND NOTE FROM OUR SECRETARY

GRTC Weight Thrower Dan Copeland along with Brian Woods give stork a helping hand! !!!

According to an article in the Rochester Times Union 2/4/77 written by Peter E. Taub, Dan & Brian decided to take some beer and go visit friends Tom & Lori McHugh, Fri. afternoon, 1/29, during the worst of the storm. Lori and Tom, who were expecting their first child at any time, were very pleased to see Dan & Brian as they were both driving four-wheel-drive vehicles and one was equipped with a snowplow.

Mrs. McHugh said, "We hid their keys to make sure they wouldn't leave."

About 11:30 pm, Lori decided it was time to leave for the hospital. So Dan and Brian plowed and shoveled the driveway and then with Brian leading and plowing the way, Dan chauffeured the McHughs to the hospital. Their child, Zachary was born about 11 am Saturday.

Who knows, maybe Dan & Brian will make a super hammer thrower out of Zachary someday.

NOTE: This Newsletter will be placed in the mail a few days ahead of March 1 to inform all members of date change in the U of R Developmental meet. Hope it arrives in time so members will not be inconvenienced. 561 Newsletters are being mailed this time.