

STATEMENT OF POLICY

Greater Rochester Track Club & Upstate New York Chapter - Road Runners Club of America (Member of the Niagara Association of the A.A.U. #031)

G.R.T.C. is for everyone whether you are a jogger, a person interested in regaining or maintaining physical fitness, a long distance runner or an outstanding track and field person, Indoor-Outdoor enthusiast, the year round young, old, man or woman or just a Track Nut. All that is required is an interest in running, jumping or throwing.

Members will receive a schedule of Eastern region (including Canada), area, and local races along with application blanks where available. A Newsletter will be mailed which will contain running publication information, race results a minimum of 8 times per year. You will be eligible to compete in G.R.T.C. closed competition and to represent the G.R.T.C. in open competition as long as you are a member of the A.A.U.

We sponsor races; Tuesday night closed summer track and field; A.A.U. Association Championship meets; Rochester Marathon; Fall X-country; Winter road races; indoor track meets; age group meets and try to keep you informed as to what is going on in the world of Running. On the national level, you will be a member of the Road Runners of America.

If the above looks familiar, that's because it appears on every membership blank with every Newsletter we send out. We are constantly expanding and revising our programs for the betterment of Track and Field in the Rochester Area but our philosophy will never change. And that philosophy is to provide the best possible program we can for all of our members. We will never change a program solely for the sake of change. Any revisions or alterations we make are a result of discussion and decision making of our Board and Officers and most importantly, of you. We are here to serve our members but we expect support and loyalty from those members. This is your club, if you don't like the way things are being done, just say so. But, before you go destroying or knocking, make sure that you have something constructive to offer in its place.

This sermon was brought to you by the Volunteers who take too much Abuse Society.

If you have any questions regarding club policy: Please contact

President Bill Quinlisk, 84 Dorking Rd., Rochester NY 14610

or

Secretary Paul Gesell, 4472 Main St. Hemlock NY 14466 716/367-2915
716/367-2875

P.S. Bill Quinlisk is almost never home so why not just mail him a note.

It has been said that running in the clear, cold air of winter builds stores of Oxygen and develops collateral circulation. If these benefits are real, there is some consolation for the hours of bravery on the roads.

RACE SCHEDULE

May	8 Sun.	1 pm	GRTC 5 & 10 Mile Road Race, RIT (also some track events if weather is OK)	BQ
	8 Sun.	2 pm	FLRC Monthly Meet also Ithaca	JH
	8 Sun.	10 am	Niagara District Hour Run Championship MTRRA ½ Marathon Road Race (13.1 miles) also Ladies ½ Marathon Toronto	LB
	14 Sat.	10 am	Dogwood Festival 9 mile Road Race Dansville	WP
	14 Sat.	11 am	20 Km Blossom Festival Niagara Falls, Ont.	BE
	15 Sun.	10 am	1st Trust Marathon & 5 3/4 mile run Liverpool	MP
	22 Sun.	1 pm	GRTC 5 & 10 Mile Road Race RIT (also some track events if weather permits)	BQ
	30 Mon.	noon	Odd Fellows 7 mile Road Race, Hornell	HC
June	5 Sun.	1 pm	GRTC 5 & 10 mile Road Race, RIT (also some track events)	BQ
	11 Sat.	10am	NYSPHSAA Boys Intersectional Track Meet Hobart College, Geneva	--
	12 Sun.	2 pm	FLRC Monthly Meet	JH
	14 Tue.	6 pm	GRTC Summer Meet #1 RIT	BQ
	18 Sat.	10 am	Vestal XX, 20 kilo Road Race, Vestal	AJ
	21 Tue.	6 pm	GRTC Summer Meet #2 RIT	BQ
July	4 Mon.	?	Irondequoit 5 mile	EO
Sept	5 Mon.	8 am	Rochester Marathon	EO

Race Contacts

BQ	Bill Quinlisk	84 Perking Rd Rochester 14610 716/385-2916
JH	Jim Hartshorne	108 Kay St. Ithaca, NY 14850 607/257-0426
LB	Lorne Buck	19 Avenmore Sq. West Hill, Ontario, Canada
WP	Wm.J.Ffuntner	R.D. 3, Dansville NY 14437
MP	Mrs. Wm. Feil	406 Ruth Rd. N.Syracuse, NY 13212
HC	Harold Cornish	IOOF, Hornell, NY 14843
AJ	Alan Jones	3717 Wildwood Dr., Endwell NY 13760 607/754-2339
BE	Bob Eby	13 Melrose Dr, RD #1, Niagara Falls, Ont.
EO	Eugene Osborn	561 VanVoorhis Ave., Rochester NY 14617

SPECIAL NCTE: Fun Runs are being held every other Sunday starting at 9 am at the Southeast YMCA, 111 Jefferson Rd., Pittsford NY. Contact Elizabeth Francis at 31 Concord Drive, Pittsford 14534 Phone: 716/381-0081

RESULTS

FLRC Meet 3/13

Mile	4)	Joe Contario	4:40
2 Mile	2)	Joe Contario	9:49
	4)	Bruce Quimby	10:02
	5)	Rog Tumasonis	10:08
7 Mile RR	4)	Bruce Quimby	39:02
3.75 RR	4)	Joe Contario	25:12

Maxson Marathon 10 Mile RR 3/19

4)	Dave Winn	52:54
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** Cherry Blossom 10 Mile RR 4/3***

9)	Tom Carter	51:25
36)	Dave Winn	54:20
2230 starters ?????!!!!!!		

Nittany Lion Relays, PennState 4/8-9

9 Mile RR	2)	Steve Pulos	48:15
	8)	Bruce Quimby	?
10 km	10)	Dave Winn	33:04.6
Triple Jump	7)	Ron Hardy	44-5 3/4
400m IH	?	Mike VanAuker	58.8
2 Mile	5)	Rog Tumasonis	9:37.7PR
880 Relay	?	Downs, Walker, Van Auker, Hardy	1:33.7

GRTC vs. Bonaventure, Houghton, Canisius at St. Bonaventure 3/26

High Jump	3)	VanAuker	5-2
Mile	1)	Quimby	4:37.8
45 yd. Dash	3)	VanAuker	5.39
45 yd. HH	3)	Van Auker	7.1
600	1)	VanAuker	1:20.2
	4)	Quinlisk	1:24.4
2 Mile	1)	Frechette	9:35.5
	3)	Winn	9:44
Pole Vault	3)	VanAuker	8-0
12 Lap Relay	2)	Quimby, VanAuker, Tumasonis, Schoenherr	3:32
Team scores: SBU 52, GRTC 29, Can 14, HC 11			

5000	1)	Ladd	17:00.1
	2)	O'Grady	17:04.1
	3)	Bagley	17:24.5

450A	1)	Condie	1:04.1
	2)	Hinman	1:06.1
	3)	Tumasonis	1:10.8

A big thanks to Fred Bleiler for allowing us the use of Eisenhower.

GRTC Indoor Eisenhower 2/20

1500A	1)	Jim Robinson	4:20.0
	2)	Quimby	4:22.5
	3)	Grier	4:22.8
1500B	1)	Al Wilson	4:49.7
	2)	Drexhage	4:52.3
	3)	Graim	5:02.0
600A	1)	Pat O'Grady	1:33.0
	2)	Fox	1:40.7
	3)	Richards	1:43.6
600B	1)	Drexhage	1:41.7
	2)	Clark	1:44.7
	3)	Graim, D.	1:46.3
1500 Walk	1)	Merriam R.	6:44.0
	2)	Granick	7:35.3
	3)	Robinson	7:56.6
3000A	1)	Bruce Quimby	9:19.5
	2)	Grier	9:22.0
	3)	O'Grady	9:44.3
3000B	1)	Al Wilson	10:08.2
	2)	Richards	10:10.1
	3)	Bagley S.	10:10.4
300A	1)	Evertts	39.9
	2)	Fox	40.2
	3)	Bagley, B.	49.6

GRTC Indoor Eisenhower 3/20

1500A	1)	Tumasonis	4:16.5
	2)	Beisel	4:16.8
	3)	Ladd	4:27.5
1500B	1)	Drexhage	4:45.0
	2)	Wilson	4:45.5
	3)	Bagley, S.	4:49.0
150 Female	1)	Maxson	23.02
	2)	Feldman	23.8
	3)	Whipple	25.4
150A	1)	Evertts	18.22
	2)	Persip	19.4
	3)	Grobert	19.8
900A	1)	Grant	2:23.7
	2)	Stichm	2:24.6
	3)	Tucker	2:45.4
900B	1)	Brennan	2:47.0
	2)	Winrow	2:48.6
	3)	Graim	2:46.5
450B	1)	Cutting	1:07.9
	2)	Drexhage	1:11.3
	3)	Evertts	1:14.5

MORE RESULTS

G.R.T.C. Road Race - Mendon Ponds
2/27

G.R.T.C. Road Race - RIT 3/28

7 Miler

1) Bruce Baden	36:45
2) Dave Coyne	38:14
3) Kurt Kroemer	40:45
4) Scott Bagley	42:15
5) Mike Reif	43:30
6) Rich Merriam	43:45
7) Steve Burnett	44:29
8) Lee Micheals	46:35
9) Jim Carli	46:36
10) Jim Henderer-Pena	47:10
11) Don Solarck	47:20
12) Debbie Graim	48:15
13) Joe Graim	51:10
14) Hank Till	51:15
15) Al Gains	51:40
16) Kathy Graim	53:55
17) Sam Bagley	53:57
18) Sue Rowley	53:58
19) Phil Hickleman	54:09
20) Bob Froelich	61:33
21) Alan Zingler	61:50
22) Mike Zingler	61:50

14 Miler

1) Derck Frechette	77:29
2) Bruce Quimby	79:03
3) Jim Boyle	83:54
4) Rudy Zingler	91:29
5) Paul Shanchan	94:39
6) Joe Zelazny	95:16
7) Don McWilliams	97:22
8) Henry Ronan	99:56
9) Larry Glose	1:40:45
10) Mike General	1:41:01
11) Tom Heiss	1:42:34
12) Jim Kick	1:44:05
13) Len Bagley	1:44:17
14) Lee Michaels	1:44:35
15) Linda Hansen	1:49:20 we read about you in the D&C, Linda
16) Cathy Frechette	2:02:32
17) Harold Edelson	2:05:20

results from John Blanchard

5 Miler

1) Scott Bagley	28:02	
2) Debbie Graim	31:00	Cl Rec
3) Rich Merriam	31:01	
4) Jeff Rhoda	32:24	
5) Kathy Graim	33:46	
6) Dan Glynn	34:08	
7) Kathy Good	34:30	
8) Kevin O'Dell	34:48	
9) Bill Pow	35:47	
10) Bob Bagley	43:42	

10 Miler

1) Dave Winn	55:05.6	(27:00)
2) John Valentine	56:18	28:00
3) Steve Ketchum	57:51	28:02
4) Mike Reif	59:18	29:20
5) Mark Ketchum	60:52	29:03
6) R. Tumasonis	61:23	30:08
7) John Hurley	62:45	30:24
8) Larry Glose	63:28	31:26
9) Pete Clark	66:42	32:28
10) Norm Frank	70:38	35:20
11) J Henderer-Pena	70:40	35:09
12) Joe Graim	72:06	34:42

A level of exercise that conditions the heart falls between 75 & 85% of your maximal heart or pulse rate. Your maximal pulse rate is roughly your age subtracted from the number 220. Example: Bill Quinlisk, age 25
220 - 25 = 195 maximal heart rate
75% of 195 = 146 and 85% of 195 = 166. 146 to 166 is the "Target Zone" that I should aim for in my exercise program. There is little cardiac conditioning to be gained

from exercise that falls much below this zone. To determine whether you've reached your target zone, take your pulse immediately upon stopping by counting beats for 10 seconds and then multiply by 6.

SOME MORE RESULTS

GRTC Indoor UR 4/3

50
1) Mike VanAuker 5.85
2) Johnson 6.14
3) Green 6.2
4) Merriam 6.6

500A
1) VanAuker 1:04.4
2) Roberts 1:04.6
3) Chew 1:07.7
4) Barber 1:10.1

Mile B
1) Chris Will 5:22.4
2) Albertson 5:27.9
3) ? 5:36.2
4) Liz Taber 5:44.3

220C
1) Bob Bagley 31.9
2) B. Bagley, Jr. 41.9

220A
1) VanAuker 25.8
2) Roberts 26.4
3) Johnson 28.2

500B
1) Al Scribani 1:11.5
2) Merriam 1:14.
3) B. Bagley, Sr. 1:18.6
4) Liz Taber 1:20.2

2 Mile A
1) Tom Grier 9:54.5
2) Quimby 10:14.8
3) Tumasonis 10:26.8

220B
1) B. Quinlisk 26.9
2) Barber 28.9
3) Merriam 29.5

Mile A
1) Tumasonis 4:55.16
2) Quimby 4:55.18
3) Barber 5:03.7

2 Mile B
1) Scribani 11:08.0
2) Will 11:08.0
3) Ham 11:36.6

A special thanks to Tim Hale the U. of R. coach, for making the Fieldhouse available to us this winter.

CLASSIFIED ADS AND LETTERS DEPT.

My right foot is size 11½B and my left foot is size 12B and I would like to meet someone who (hopefully) has the opposite problem: object shoe exchange. Contact Jim Henderer-Pena, 100 State St Rochester 14614

WANTED - Ride to Blossom Festival Run May 14 Niagara Falls - Contact Peter Requa at Rochester 716-381-0663.

HAROLD CORNISH, did you name the Odd Fellows 7 mile Road Race after the IOOF or after the runners? -Mike Three

From BOB EWART: "I tried the aluminum ducting tape on the heels of my shoes - one thickness wore off completely on the first run but several thicknesses holds up quite well."

From the GATES-CHILI TRACK AND FIELD TEAM: "to put it simply, there isn't one team in Section V that will beat us in head-to-head competition."

To the G-C TRACK TEAM: You may run away with your league competition but the Section V Championships (6/4 at Hobart College, Geneva) is a power meet. Meaning it is not depth that wins the Sectionals but first place strength and it remains to be seen if you have that.

From DAVE WINN: We have scheduled Syracuse, Penn State, Penn St. Inv., Lehigh Inv., USTFF Easterns, and the Nationals next season for X-C, certainly a loaded schedule. If you are interested in competing for the G.R.T.C. Touring Cross-Country A or B Teams, please contact me for further information at 186 S. Estate Dr., Webster 14580.

Here is a listing of CLUB RECORDS. If you know of any up-dates or errors, please drop a note to Bill Quinlisk at 84 Dorking Rd, Rochester 14610. Remember, only marks that count were when you were REPRESENTING THE CLUB.

100	9.4	Trenton Jackson	1964	11.5	Denise Long	1975
220	20.7	Trenton Jackson	1964	25.8	Denise Long	1975
440	48.6	Tom Winfree	1968	56.7	Laurie Stephens	1972
880	1:52.5	Tom Kelly	1972	2:27.1	Marilyn Metherell	1965
Mile	4:11.8	Tom Kelly	1972	5:25.4	Debbie Graim	1976
2 Mile	8:59.6	John Jones	1972	12:51.8	Mary Kay Connell	1975
3 Mile	14:02.1	John Jones	1972	?		
5 Mile	24:26.8	Dick Ashley	1967	31:00	Debbie Graim	1977
10 Mile	51:08	Dick Ashley	1969	?		
15 Mile	1:24:54	John Coons	1963	?		
Marathon	2:26:55	Jim Boyle	1976	?		
180 L. Hurd.	19.3	Tom Winfree	1968	120 LH 21.0	Laurie Stephens	1971
120 H. Hurd.	14.5	John Elliott	1966	100m LH 17.4	SueBoutiller/Sandra Brocks	1976
330 Inter	40.9	Jim Reece	1976	80 IH 10.9	Laurie Stephens	1972
440 Inter	53.2	George Cook	1972	?		
50	5.61	Mike Walker	1977	?		
300	32.1	Jack Colcord	1975	38.7	Denise Long	1975
500	1:04.4	Mike VanAuker	1977	?		
600	1:13.1	Vinnie Versage	1973			
1000	?			?		
Mile Steeple	4:53.5	BruceBaden	1975	?		
3000 "	9:48.9	FruceBaden	1975	?		
6 Mile	28:49	John Jones	1972	?		
20 Mile	1:43:00	John Jones	1972	?		
* High Jump	6-6 $\frac{1}{2}$	Bruce McDaniel	1966	5-1	Sue Diederin	1973
Pole Vault	13-9 $\frac{1}{2}$	DarrellStigler	1966	?		
Long Jump	23-1 $\frac{1}{2}$	Dick Boddie	1958	17-4	MarilynMetherell	1965
* Triple Jump	48-9 $\frac{1}{4}$	BruceMcDaniel	1966	?		
Shot Put	49-1 $\frac{1}{2}$	Paul Sadler	1976	35-7	Sharon West	1976
Discus	149-6	Bob Masiulis	1972	82-10 $\frac{1}{2}$	Sharon West	1976
Javelin	229-10	Lynn Fuller	1972	103-7	Michele Miller	1976
Hammer	159-6	Dan Copeland	1974	?		
35 lb. weight	43-4	Lynn Fuller	1971	?		
56 lb. weight	30-9	Dan Copeland	1971	?		
Decathlon	5421	Tom Connelly	1971	?		
1500m	3:52.3	Paul Stemmer	1975	5:08.5	Debbie Graim	1976
3000m	8:46.8	Mike Kelly	1968	?		
5000m	14:43.0	John Jones	1972	?		
10000m	30:10.0	John Coons	1965	?		
15000m	48:14.0	John Coons	1964	?		
20000m	1:03:05	John Coons	1963	?		
25000m	1:20:18	Don Brown	1970	?		
Hour run	11 miles	138 yds	Jim Boyle	1973	?	

NEXT ISSUE WE WILL PUBLISH THE MASTERS, SENIORS AND RELAY RECORDS.

OUTDOOR SEASON UPON US

The G.R.T.C. has already competed in several outdoor meets with members turning in credible performances. Ron Hardy has been burning up the runways of the horizontal jumps with PR's of 23' 9" and 48' 2". Elroy Turner relayed :47.9 at Penn. Tom Carter and Dave Winn ran fantastic races at the Cherry Blossom Festival in Washington. Roger Tumasonis ran 4:01 for 1500 meters at Hartwick. Of course, we were well represented at Boston by Jim Boyle.

The Outdoor Schedule is fairly well set. For the Mansfield, Brockport Carmel meets, contact me immediately for entry. Mansfield will accept late entries since this will arrive just before the meet.

- May 8 Mansfield, Pa.
- May 21 Brockport Invitational
- June 18 Junior Districts, Buffalo
- June 19 Carmel Classic, Carmel, Ind.
- June 25 Junior Olympics Lockport
- July 2 College City Classic, Brockport
- July 9 Eastern Regionals, Buffalo
- July 16 Senior Districts, RIT
- July 23 Policeman's Games, Toronto

Date and site of State Meet, if any, is not set yet. Any questions regarding the above, contact me.

Dan Lashbrook
4529 Redman Rd.
Brockport NY 14420
Phone: 716-637-5373

GREATER ROCHESTER TEAM APPAREL

Since the merger of the clubs last fall, we have received many inquiries regarding the purchase of sportswear with the club insignia on them. The club has worked out an arrangement with Dan Lashbrook, the head of Scott's Sportswear, whereby our members can purchase any type of sportswear that they desire. In addition, a % of each sale will go to the club. The following is a list of the available items. To order, simply fill out the order form and mail it to Scott's. All orders should be filled within two weeks.

T-Shirts (Imprinted with the club insignia) \$ 3.50
All colors available. Sizes: Boys 6-8,10-12,14-16
Mens 34-36,38-40,42-44,46-48

Color desired _____ Size _____

Color imprint _____

Uniforms (Columbia Blue Jerseys w/navy print, and navy shorts)

Same sizes at T-Shirts. Shorts are S,M,L and XL, both Boys & Mens.

Jersey \$4.95 Size _____ Shirts are Nylon mesh

Shorts \$3.75 Size _____ Shorts are available in either Nylon shell or double knit. Please specify

Sweatsuits \$21.00

Club sweat is Columbia Blue with navy printing, however, all colors are available.

Size _____ Available in XS, S, M, L, and XL

Jackets (Available in all colors)

Windbreaker \$ 9.75 Color _____ Size _____
Cotton Lined \$11.95
Pile Lined \$14.95 Color Imprint _____

Price of jackets includes printing on the back or front (please specify) and a chain-stitched name on the front.

The above items are the main ones which are available to our club members. If anyone has questions regarding the above or has inquiries regarding other types of apparel, feel free to contact Dan Lashbrook. Quantity discounts are available upon request. Scott's specializes in printed sportswear for all needs. If you have other uses for any type of sportswear, Dan will give you immediate service.

Send any orders to: Scott's Sportswear
4529 Redman Rd.
Brockport NY 14420 Phone: 716 - 637-5373

Note: All prices include shipping costs.

REFLECTIONS FROM YOUR SECRETARY WHILE WAITING FOR THE MAILMAN TO BRING PAGES 7 AND 8.

VERY SORRY to learn, EUGENE OSBORN, that you were in an automobile accident in Vermont during the winter. Hope you will soon be throwing away your crutches and be out on the track running.

For those 80 people receiving complimentary copies of our NEWSLETTER, please let me know when you have a change of address or when the NEWSLETTER is no longer of use to you, your club or your friends. Should you be receiving it now and you find it does not suit your purpose, let me know and I will discontinue sending it. Postage seems to be a very large item in our budget and we want to conserve money wherever possible.

To the COLLEGE CITY STRIDERS running under the G.R.T.C. name and receiving some financial backing from G.R.T.C., why not mail in your applications with membership fee and become members of our great club.

TO ALL those runners, jumpers and throwers interested in our Summer Meets, as we will not finalize schedules until after the May 15 membership meeting, it looks like a "Mini" NEWSLETTER WILL need to be mailed prior to our first meet, June 14. You "boys" and "girls" from Waverly, we are looking forward to having you with us as well as all of you from Livonia, Lima, Avon, Henrietta, Brighton, Rochester, Churchville, Canandaigua, Leicester, Mt. Morris, Batavia, Ionia etc.

REMEMBER -- should you wish to receive our NEWSLETTER and not join G.R.T.C., the fee is \$4.00. You are guaranteed 8 NEWSLETTERS and membership in Road Runners of America. We regret this amount was omitted from our application. We are in the process of printing a new application and this one will "tell it like it is."

TO ALL FORMER ROCHESTER TRACK CLUB MEMBERS - Your membership will expire May 31, 1977 - unless you are among the 40 whose '77-'78 applications are in. Please mail your membership application and fee as soon as possible and spread the work load around a bit. We would appreciate receiving membership renewals prior to the start of Summer Track on June 14.

TO ALL FORMER ROAD RUNNERS - Your membership is also due on May 31, 1977 - thus, the above applies to you also.

TO ALL PEOPLE on our mailing list - especially members - PLEASE NOTIFY PAUL GESELL WHEN YOU MOVE. It sure would help our work load.

- Where are you Billy Mincey, RD #2 Mt. Morris NY 14510?
- Craig A. Stanley, RD 1 Box 45 Waverly NY 14892?
- Steven Young, 602-838 Pinewood Cr, Ottawa, Ont K2B 8B3 Canada?

LATE RACE INFORMATION! Back Mountain Bicentennial Fun (2nd Annual)
10.3 miles - Dallas, Pennsylvania - June 5, 1977 - Sunday - 11:00 am.
Contact Gene Osborn at 342-0308 - Area Code 716 - for entry blanks.

NOTICE OF ANNUAL MEETING - The membership is cordially invited to attend the G.R.T.C. Annual Meeting to be held May 15, 1977 at 8:00 pm at McQuaid Jesuit High School, 1800 Clinton Avenue South, Rochester, NY. PLEASE, PLEASE, PLEASE use front door ONLY - and take the stairs to your left to the library. ALL ARE WELCOME - come and give us your support, your ideas, your suggestions.

There will be no election of officers this year as officers were elected to serve until June 1, 1978.

(PETE TODD - Hope you can make it - sure would love to see you.)

In case you are unable to attend this meeting and you would like to voice an opinion or two, why not take time to write 'em down and mail 'em to me before the 15th. (Paul Gesell, 4472 Main St Hemlock NY 14866)

1. Suggestions for NEWSLETTER

2. Suggestions for Club change

3. Suggestions for Summer Track

4. Suggestions for Indoor Track

5. Suggestions for Cross Country

6. Suggestions for Touring Teams