

This Newsletter will be devoted mainly to setting up the opening of our summer schedule. Record updates and results will be included in the next issue. Summer issues will come out about every week and will be placed in your folder at the meets at RIT. We will only mail out these weekly mini-Newsletters twice this summer. Once after the first four meets and once after the Club Championships. Please help us save mailing costs by picking up your Newsletters and entry blanks from your folder on Tuesday or Thursday evening or have a friend pick them up for you.

We are always looking for help officiating meets. If you can volunteer your services for one meet or for part of one meet we would appreciate it greatly.

RESULTS

RIT 5 & 10	5/8	RIT 5 & 10	5/22	<u>Hornell 7 Mile Road Race</u>	
					5/30
<u>5 Miler</u>		<u>5 Miler</u>		1. Pfeil	34:37
1. Rowley	29:06	1. Luther	29:31	2. Coyne	35:17
2. Merriam	30:10	2. Shapiro	30:29	Pulos	35:17
3. Shapiro	31:30	3. Quinlisk	31:05	4. Doehler	35:37
4. D.Grain	33:12	4. Lamme	31:15	7. Frechette	36:05
5. K.Grain	34:02	5. Coons	31:35	10. Tylanda	36:18
8. J.Grain	34:24	6. Merriam	32:05	11. Boyle	36:37
9. S.Rowley	34:35	7. Naukam	32:05	13. Brown	36:58
10 Pow	35:39	8. Montione	32:30	16. Painting	37:35
12. Shapiro	38:57	9. D.Grain	32:58	18. Ferris	37:43
13 Blanchard	47:04	10. K. Grain	34:33	19. Valentine	37:47
14 Blanchard	47:05	11. Regan	34:37	22. Tumasonis	38:00
		12. Hansen	35:53	23. Kleinsasser	38:07
<u>10 Miler</u>		13. Giusti	35:57	24. Winn	38:14
1. Walsh	56:58	14. Contestable	36:04	36. Coon	39:49
2. Valentine	58:09	15. Hatte	41:00	41. Hurley	40:13
3. Reif	60:35	16. Pow	41:35	39. Rowley	40:11
4. Fernandez	73:00			42. Howard	40:20
5. Spindler	73:32	<u>10 Miler</u>		45. Rosenblum	40:32
<u>RIT Relays 5/2</u>		1. Reif	62:07	51. Clark	41:09
<u>Sprint Medley</u>		2. Shanahan	72:01	55. Dobosz	41:25
Turner	50.6	<u>Mile</u>		58. Rivera	41:40
VanAuker	23.7	1. Rosenblum	4:51	61. Zollweg	41:42
Walker	23.7	2. Naukam	5:33	68. Quinlisk	42:06
Painting	2:06.1			132. Sue Rowley	48:54
		<u>Distance Medley</u>		<u>Mile Relay</u>	
		Painting	2:12.8	Turner	51.1
		Quinlisk	55.0	VanAuker	53.0
		Tumasonis	3:32.9	Walker	53.3
		Quimby	4:47.9	Hardy	50.7

WANTED BY MEMBER - RIDE or RIDES - MARK STEVENS, 1075 Winona Blvd., Rochester - Phone 716:5440603 - age 16 -interested in high jumping and desires knowledge of and rides to out-of-town AAU or open meeting with high jumping competition.

NOTE: We've heard from an old RTC member who is going to school & living in Texas that Don Balsamo (former Roch Rd Rnr Pres) is now overweight & given up running to collect Italian sportscars. Next they'll tell us that there is no Santa Claus.

PROPOSED SUMMER SCHEDULE 1977 WITH OUT-OF-TOWN MEETS ADDED

June	05	Sun.	5&10 mile RR plus Track Events		1 pm RIT
	14	Tues.	GRTC Summer Meet #1		6 pm RIT
	18	Sat.	Niagara Senior Women	Sweet Home H S	
	18	Sat.	Niagara Juniors Men	Buffalo	
	18	Sat.	"Vestal XX" 20 Kilo	Vestal HS Binghamton	10 AM AJ
	18	Sat.	Baldwinsville 10 Kilo	Baldwinsv Jr. HS	10:30 am CW
	21	Tues.	GRTC Summer Meet #2		6 PM RIT
	23	Thurs	GRTC Age Group #1		6 PM RIT
	25	Sat.	Junior Olympics	Lockport	
	26	Sun.	GRTC Trackathon		10 AM RIT
	28	Tues.	GRTC Summer Meet #3		6 pm RIT
July	01	Fri.	Orchard Park 6 mile	Chestnut Ridge Park	7PM EC
	02	Sat.	College City Classic	Brockport	
	04	Mon.	Irondequoit 5 Mile Race		2 PM GO
	04	Mon.	Cazenovia Lions Rd Rc 1,5, or AAU 10 mile)	Cazenovia Central School	10 AM BF
	05	Tues	GRTC Summer Meet #4		6 PM RIT
	07	Thurs	GRTC Age Group Meet #2		6 PM RIT
	09	Sat.	Eastern Regionals	Buffalo	
	9/10	S/S	6th Annual Hannibal Key Club	24hr/12hr Relay Syrac	8 AM CW
	10	Sun.	Pentathlon/Throwathon	GRTC	10 AM RIT
	10	Sun.	Eden NY 5 Mile Race	Eden	7 PM CY
	10	Sun.	Fingerlakes RC Meet	Ithaca	2 PM JH
	12	Tues.	GRTC Summer Meet #5		6 PM RIT
	16	Sat.	Niagara Seniors - Men		1 PM RIT
	17	Sun.	2nd Annual Owasco 10,5, 1 mile rd rc	Auburn	10 AM MB
	17	Sun.	Triple Cities RC Meet	Binghamton	3 PM AJ
	19	Tues.	GRTC Summer Meet #6		6 PM RIT
	21	Thurs.	GRTC Age Group #3		6 PM RIT
	23	Sat.	Policeman Games	Toronto	
	23-24	S/S	GRTC Decathlon		10 AM RIT
	26	Tues	GRTC Summer Meet #7		6 PM RIT
	30	Sat.	AAU State Meet		1 PM RIT
Aug.	02	Tues	GRTC Club Championships		6 PM RIT
	06	Sat.	GRTC Age Group Invitational (Tentative)		1 PM RIT

CONTACT PERSONS

AJ - Alan Jones, 3717 Wildwood Dr., Endwell, NY 13760
 CW - Chuck Wiltse, Durgee Jr. HS, Baldwinsville 13027 315:635-3941
 ext. 253.
 EC - Erie Co. Dept. Pks & Rec, 95 Franklin St, Buffalo NY 14202
 BF - Bruce Fredikson, 4875 W. Lake Rd., Cazenovia 13035 315:655-2737
 GO - Gene Osborn, 561 VanVoorhis Ave Rochester 14617 716-342-0308
 CY - Chuck Yale, 8716 Woodside, Eden NY 14057
 JH - Jim Hartshorne, 108 Kay St., Ithaca NY 14850
 MB - Mike Bintz 14 4th Ave., Auburn NY 13021

Also, every Thurs. July 7, 14, 21, 28 and Aug. 4, 11, 18, 25,
 Baldwinsville Ny - B'Ville Harriers 1977 Additive Marathon and
 1, 3, 5, 6, 7 mile road race at 6:30 pm. Contact Chuck Wiltse.
 see above for address and telephone number

WELCOME TO ALL NEW MEMBERS - I would like very much to welcome all the new members to the Greater Rochester Track Club. I hope you will have an enjoyable and successful season. If you have any questions or comments, please feel free to see me. I will be at the desk both Tuesday and Thursday nights (unless I am at the high jump area watching my daughter).

WELCOME BACK 1976-77 MEMBERS - Each day for the past two weeks the mail has brought from 2 to 10 renewal applications. Nice to see those familiar names from last year. Sure hope you all enjoy a successful year.

Some of you (until we neglected to pick up long envelopes) have been receiving A.A.U. application blanks with your membership cards. If you wish to become a member of the A.A.U., please return the application blank to me or bring it to one of the meets and I will issue your card. If you don't need the application, pass it along to a friend.

For those of you that have not sent in your 1977-78 dues, this is a reminder to former Rochester Track Club, Rochester Road Runners and College City Striders members to mail them in as soon as possible. As all memberships expired May 31, 1977 this is the last Newsletter you will receive unless membership dues are paid.

TO ALL TUESDAY NIGHT AND THURSDAY NIGHT PARTICIPANTS - Just a reminder that R.I.T. allows us to use the facilities at no expense to the Greater Rochester Track Club, so PLEASE respect the R.I.T. property and behave like ladies and gentlemen at all times so we will not lose the use of this fine facility.

ATTENTION ALL GIRLS 14 YEARS OLD AND OLDER - Dave Winn will be putting together a girls' touring team for summer track. So, how about it you girls that are 14 years old and older, contact Dave or me at the track. We need participants in all events, especially in the field events. How about it Kim Rose, Sandy West, Sharon West, Amy Wingate, hey Barb Dorn, how about you and your Penfield long jumper and high jumper. If Sharon West doesn't go out, we need a good discus thrower and shotputter.

WAIVER OF LIABILITY - In this Newsletter is the waiver you must sign before you participate in any Tuesday night meet. Waivers for the first three meets are included. Please keep this waiver form and the entry form for Thursday night and use them instead of seeking an additional copy at the desk. Yesterday we purchased paper to run off this Newsletter and the bill for paper and ink was \$145.30. Paper alone for previous newsletters has cost the club \$35.00 to \$40.00 each Newsletter and this is Letter No. 5. So, we urge you to help us save money by using the waivers in this Newsletter and not asking for additional ones at the desk. (That \$145.30 purchased sufficient paper for two or two and 1/2 Newsletters - summer results take more paper.)

SEE YOU AT THE TRACK - HAVE A FUN SUMMER - AND DO STOP AT THE DESK
AND INTRODUCE YOURSELF - LOOKING FORWARD TO SEEING AND/OR MEETING
YOU.
Paul Gesell, Your Club Secretary

WAIVER OF LIABILITY TO BE USED FOR MEET #1 - Tuesday, June 14, 1977

In consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims for damages, which may have or which may hereafter accrue to me against R.I.T. (Rochester Institute of Technology) and the Greater 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 Greater Rochester Track Club Meets.

Signature of Athlete _____
(If under 18, have parent or guardian sign above)
Address _____ City _____ Zip _____
Print Name _____ Date _____

WAIVER OF LIABILITY TO BE USED FOR MEET #2 - Tuesday, June 21, 1977

In consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims for damages, which may have or which may hereafter accrue to me against R.I.T. (Rochester Institute of Technology) and the Greater 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 Greater Rochester Track Club Meets.

Signature of Athlete _____
(If under 18, have parent or guardian sign above)
Address _____ City _____ Zip _____
Print Name _____ Date _____

WAIVER OF LIABILITY TO BE USED FOR MEET #3 - Tuesday, June 28, 1977

In consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims for damages, which may have or which may hereafter accrue to me against R.I.T. (Rochester Institute of Technology) and the Greater 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 Greater Rochester Track Club Meets.

Signature of Athlete _____
(If under 18, have parent or guardian sign above)
Address _____ City _____ Zip _____
Print Name _____ Date _____