

Ed Mancuso, the Aquinas High School Varsity Track Coach, under the auspices of the GRTC will be holding Pole Vault Clinics and occasional competition at Aquinas on Dewey Avenue. They will be held every Tuesday and Thursday from 7 pm until dark for the next few weeks. For further information contact Ed Mancuso at 385-3324.

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Most of the GRTC Fun Races and X-C races will have shorter distances for those who do not care to run the full 5 or 6 miles. There will be no awards for these shorter (2 and 3 mile) races.

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Sorry about the fact that some of our 6 milers did not get their times on Tuesday, July 26 but it's the same old story; we have the same handfull of people volunteering to help officiate week after week and they only go so far towards running off an efficient meet. We need more help at the finish line.

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Now that we are nearing the end of another summer season and while it is still fresh in your mind, why not take a few minutes of your time and jot down any comments or suggestions for improvement or change you would like to make. Place them in the suggestion box on the table or mail them to Paul Gesell, Hemlock 14466.

In the spring our response was so poor we felt all the members were satisfied with "Their" club. Unless we hear from you, we will assume we are all doing a tremendous job and you are all completely satisfied.

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**FOR SALE:** Nike Waffle Trainers - Size 8 - for sale for \$18.00. Only worn 4 (four) times (they were a little too small for me). See Tom Lamme or call him at 461-4627.

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Thank you to John C. Clark, III and the Corn Hill "Mini" Marathon for the donation received in the mail last week.

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HELPERS needed by ROCHESTER MARATHON ORGANIZER GENE OSBORN - timers and volunteers for water stations are needed. Contact Gene at 716-342-0308 if you could assist on Labor Day.

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It is too bad a few of the "super stars" feel they don't have to pay their membership fee or pay a dollar on Tuesday night to run! But, as long as I'm Secretary of the GRTC, I'm going to do my best to see that this doesn't happen - and I should be backed by every member of the club - because it is your money that is being used to pay the entry fees and expenses to represent GRTC at the big meets around the area.

I am really sick of seeing the little guy who pays his membership and his dollar each Tuesday night get ripped off by these super stars that feel they are so good that they don't have to help pay their way.

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CALENDAR OF UPCOMING EVENTS

JULY

29 Fri Brewerton 1,3,5,&10 mi Road Race Brewerton Firehouse 6:30 pm JS  
30 Sat AAU Niagara Relay Championships and Buffalo noon EF  
Nat'l Jr. Pentathalon

AUGUST

2 Tues GRTC Meet #8 RIT 6PM PG  
3 Wed Liberty Run 7.6, 3.6 Road Race Downtown YMCA to 12:30pm ME  
Monroe County Fairgrounds  
5 Fri 1/4 Marathon Orchard Park ?  
6 Sat Phelps Sauerkraut 20 km. 11:00am WL  
7 Sun Fort Stanwix 20 km (5 km women) Rome 9:30 am DH  
9 Tues GRTC Run for Fun St. Fisher 5 mile St. Fisher Gym 7pm BQ  
13 Sat Greenwood (near Hornell) 10 Miler Greenwood 5:30 pm HK  
13 Sat GRTC McQ Alumni X-C Inv. 5 Mi Genesee Valley 10 am BQ  
Genesee Valley Park Glen  
14 Sun Ithaca 5 & 10 Mile Road Race Ithaca 10 am JH  
16 Tues GRTC Run for Fun Seneca Park Zoo 5 Mi at Zoo Park Lt 7 pm BQ  
20 Sat Fredonia 10 km R.R. 5 km Fun Run Fredonia 6 pm CO  
21 Sun GRTC X-C Champ (3mi HS, 6mi Open) Cobb's Hill 10 am BQ  
6 mi Masters, 3 mi Women)  
21 Sun FLRC Monthly Meet Cornell Univ 2 pm  
23 Tues GRTC Run for Fun 6 mi Durand Eastman Pk 7 pm BQ  
Durand Club House  
27 Sat GRTC Mendon Ponds 7 miler Boy Scout Area Mendon Pd 10am BQ  
27 Sat Niagara AAU 15 km Sr. Champ. & Open Alden ?  
30 Tues GRTC Run for Fun 7 mile Perinton Pk Canal Run 7 pm BQ  
Corner Canal & Fairport Rd

SEPTEMBER

5 Mon Rochester Marathon YMCA 9 AM LB  
11 Sun Fulton 5th Annual 10 mile R.R. Community Center Noon SG  
24 Sat Sarah Coventry Invit. Newark H.S. 6 Mi Open Fulton ? DL

OCTOBER

1 Sat McQ. Inv. 6 mile open, women, masters, seniors 9 am BQ  
at Genesee Valley Park Glen  
~~29 Sat GRTC Inv. 6 mile open Durand Eastman Park Club House 11am BQ~~

CONTACTS

JS - Jerry Schulz, 213 Hillcrest Drive, Central Square, NY 13036  
EF - Emory Fisher, c/o Buffalo Recreation Dept., 509 City Hall, Bflo 142  
PG - Paul Gesell, Hemlock NY 14466  
ME - Mark Evans, Midtown YMCA, 100 Gibbs Street, Rochester NY 14605  
WL - Bill Lindner, RD Outlet Rd., Clifton Springs NY 14432  
DH - Dee Howell, Rome Family Y, 301 W. Bloomfield St. Rome NY 13440  
BQ - Bill Quinlisk - Phone 385-2916  
HK - Howard Kirsch, Box 811, Greenwood Ny  
JH - Jim Hartshorne, 108 Kay Street, Ithaca NY 14850  
CO - Carl Olson, 25 University Park, Fredonia NY 14063  
LB - Len Bagley, 88 Nettlecreek, Fairport NY 14450  
SG - Sam Galizia, 48 W. Fifth Street, Fulton, NY 13069  
DL - Dale Ladd, 24 Crave St., Clifton Springs NY 14432

Omitted above

Aug.

6 Niagara Age Group Championships Alden 10:30 am  
(we have entry blanks for Niagara Age Group Championships,  
Rochester Marathon, Liberty Run