

This issue of the Newsletter will be devoted mostly to results and to information on upcoming races. Look for the next issue to contain a complete listing of all Club records for all divisions. Complete Rochester Marathon results will be printed as soon as they become available. This issue includes a partial listing of the Marathon results.

The Fall Cross-Country and Run for Fun race series was well attended with Dave Coyne and Bruce Quimby leading the way in the majority of races. Apparently this series of races did its job of preparing the way for the Rochester Marathon because both Dave and Bruce finished high in the Marathon.

Speaking of the Marathon, run on Labor Day and in fairly cool weather, the race turned into a two man affair by the 5 mile mark with George Pfeiffer leading Dave Coyne by 20 seconds at 26:20. (I'd take that time for any of my 5 mile races.) At 10 and 15 Coyne and Pfeiffer were even but by 20 George had again opened a 20 second lead. He extended his lead in the last 6 to win in 2:31:04 with Coyne second in 2:33:14. With the injury to Jim Boyle, this race was forecast as anybody's race but George and Dave took quick command and only had each other to contend with. Othertop Club finishers were John Valentine 5th in 2:49:40, Mike Reif 12th in 2:55:13 and Bruce Quimby 14th in 2:55:40. (See results for the top 50 finishers.)

Congratulations are also extended to Rich Saxton in winning the tough Fredonia 10 kilo race over a large field. The club just missed winning the team title in that one. More extensive results are not available yet but will appear in the next Newsletter.

If any of you do compete in out-of-town races, we would like to hear about it. If you go to a race, please find out the winner, the winning team, winning time, top division finishers and performances of any and all club members, if possible. Send this info on to Paul Gesell, 4472 Main St., Hemlock, N.Y. 14466 and it will appear in the very next Newsletter. Otherwise, we are at the mercy of 'official' race results which take forever to arrive. The Fredonia race is a case in point.

Look for the October issue of Runner's World magazine. It contains some priceless information on running shoes.

Dave Winn has assembled a power laden Cross-Country Touring team. The team is lead by Rich Saxton, Dave Coyne (fresh from the Marathon?), Dave Milliman (ex UR runner and one of the East's top road racers), Bruce Quimby, Roger Tumasonis and let's not forget Dave. They look to a very tough schedule that includes Syracuse Univ., Nittany Valley Track Club, and several Invitationals. Anyone interested in the team should contact Dave at 186 S. Estate Dr., Webster (and there are openings). There will also be a 'B' squad travelling with the 'A' team to most of the meets and there are even some J.V. races so don't count yourself out just because your not a 4 minute miler / there's room for everyone.

President B Q

Dave Thomas traveled to the Mid-American Championships in Memphis, Tennessee in last August. He took a 2nd in the High Jump with a jump of 5' 2", 2nd in the 200 meters with a time of 25.5 and 3rd in the 100 meters with a time of 12. Nice work, Dave. (Dave competed in the 40-44 age group.)

MINUTES OF BOARD OF DIRECTORS MEETING SEPT. 1, '77, McQuaid H. School

Meeting called to order at 7:30 p.m. by President Quinlisk. Present were Bill Quinlisk, Dave Winn, Paul Gesell, Shirley Gesell, Jim Boyle, Roger Tumasonis, Jim Connelly, Mike Hasenhaur, Pete Clark, and John Blanchard.

First order of business was the reading of the letter of resignation received from Len Bagley - Len and his family have moved to East Amherst. Resignation was accepted and Gene Osborn was unanimously voted in as Len's replacement. Vice President Richard Boddie, it was noted, has moved to Los Angeles.

Next on agenda was summer track.

- a. Pole vault situation discussed and tabled while members of the board gather more data.
- b. A new event will be introduced next summer for the strictly novice non-competitive runners - all you dads and moms, girl friends, boy friends, wives, husbands, grandpas, grandmas and kids come join in - especially if you are waiting and/or watching while your relative or friend runs - This "Run-for-Fun" will start out small (once around the track the first night as an example) and each week the distance will increase. There will be no awards, no entry fees just a way to start a fitness program.
- c. There will be a non-medal winner race with details published at a later date.
- d. At the suggestion of Lynn Fuller and Paul Sadler, field equipment will be purchased over the winter.
- e. To better facilitate the work of the secretary and the treasurer next spring and summer, it was decided to add a \$2.00 penalty to membership dues for those people that renew after June 10, 1977.

An annual dual meet with the Western New York Track Club was discussed with the possibility of having a roving team trophy. This was tabled until a future meeting.

Cross Country Touring Team budget was introduced by Dave Winn. Revenue from the Oct. 29, 1977 GRTC Invitational will be used to pay entry fees to races a short distance from Rochester. In order to be equitable on choosing competitors, Dave will pay the entry fee for the first seven finishers. A budget of \$500. was approved for the Cross Country team. (If a large sum of money is donated to our Club prior to the Nationals, it was agreed by all present that the GRTC would pay the plane fare for X-Country touring team members (if they had a successful season) to the Nationals.

The \$40.00 AAU dues are payable at this time and the treasurer was directed to pay same.

Newsletters are to be issued on or before Oct. 1, Dec. 1, Feb. 1, Apr. 15. (Note - this is Oct. 1 issue coming out about Sept. 15.)

Jim Connelly was reimbursed \$50.00 for membership billing of the Road Runners magazine, Footnotes.

Next meeting October 30, 1977 at 1:00 p.m. at McQuaid High School, 1800 Clinton Avenue South, Rochester. (All membership welcome.)

Meeting adjourned at 9:00 p.m.

Respectfully submitted,
Paul Gesell, Secretary

RESULTS OF GRTC CROSS - COUNTRY CLUB CHAMPIONSHIPS 8/21/77 Cobbs Hill

<u>High School (3 miles)</u>		<u>Women (3 Miles)</u>		<u>Open (5 mile)</u>	
1. Jim Vandermolen	15:23	1. Debbie Graim	17:40	1. Dave Coyne	26:30
2. Kurt Kroemer	15:33	2. Beth Dwyer	17:58	2. Bruce Quimby	27:27
3. Jim Fox	16:04	3. Kathy Graim	19:07	3. John Valentin	27:54
4. Chris Will	16:07	4. Mary K. Connell	21:30	4. Roger Tumasonis	28:08
5. Pete Greendyke	16:10	5. Fran Goldberg	29:34	5. Barry Mills	28:57
6. Jim Arilotta	16:13	<u>Senior (5 miles)</u>		6. Jim Karr	29:06
7. Steve Albertson	16:16	1. Tom Lamme	29:48	7. Floyd Kofahl	29:12
8. Glenn Kofahl	16:33	2. Denny Fries	31:47	8. Bob Acker	30:56
9. Scott Bagley	16:51	3. Dave Winn	31:50	9. Mike Knittel	31:09
10. Tim Murphy	17:17	4. Dave Ham	32:09		
<u>Masters (5 miles)</u>		5. George Daniels	32:16		
1. Paul Shanahan	31:48				
2. Karl Drexhage	31:58				
3. Norm Frank	34:28				
4. Dave Thomas	37:55				
5. Bill Pow	38:10				

RESULTS OF GRTC RUN FOR FUN 8/23/77 4.0 miles Durand Eastman Park

Bruce Quimby	21:40	0	Tim McAvinney	23:55	0	Hitz Shapiro	27:26	HS
Mike Reif	21:49	0	Dan Habza	23:57	0	John Preston	28:22	SR
John Sullivan	22:03	HS	Ted Imswiler	24:03	SR	Jon Blanchard	32:22	HS
Larry Klein	22:13	HS	John Swanger	24:27	0	John Blanchard	32:23	SR
Chris Will	22:20	HS	Jim Palmeri	25:17	SR	John McCarthy	37:46	SR
Tom Lamme	22:36	SR	Dan Doyle	25:21	0	Kate McCarthy	37:46	W
Steve Albertson	22:45	HS	Mike Sheehan	25:30	0			
Bruce Shapiro	23:43	SR	Steve Czeglédi	27:24	0			

RESULTS OF GRTC X-COUNTRY - 8/27/77 5.85 Miles Mendon Ponds Park

1. Mills	32:51	0	10. Wills	37:39	HS	19. Dickinson	41:46	HS
2. Siembor	33:30	0	11. Albertson	37:39	HS	20. King	42:57	HS
3. S. Bagley	34:12	HS	12. D. Graim	39:02	W	21. Kelly	43:08	SR
4. B. Shapiro	34:28	SR	13. Blanchard	39:08	SR	22. Emmons	45:09	HS
5. Fox	35:04	HS	14. Fernandez	39:14	M	23. R. Kofahl	50:37	HS
6. F. Kofahl	35:25	0	15. Swanger	39:38	0	24. H. Shapiro	52:45	HS
7. G. Kofahl	36:04	HS	16. Kimball	39:48	HS	25. Dise	55:45	HS
8. Fries	36:32	SR	17. K. Graim	40:29	W			
9. Daniels	36:47	SR	18. J. Graim	40:56	SR			

RESULTS OF GRTC RUN FOR FUN - 8/30/77 7.3 miles Perinton Park Canal

<u>RUN</u>								
Dave Coyne	* 39:30	0	John Blanchard	46:55	SR	Liz Taber	53:12	W
Bruce Quimby	40:03	0	Ted Imswiler	47:02	SR	Hitz Shapiro	55:00	HS
Jim Boyle	41:55	0	John Swanger	47:09	0	Anne Baitsholts	57:13	W
John Valentine	42:04	0	Debbie Graim	47:21	W	Jim Horkheimer	58:13	M
Scott Bagley	42:46	HS	Beth Dwyer	48:33	W	Amy Valentine	59:11	W
John Osowski	42:48	0	Dave Shares	48:39	SR	Mr. Taber	63:48	M
Mike Reif	43:19	0	Geo. Daniels	48:41	SR	Ilka Allers	69:30	W
Barrie Mills	43:52	0	Jim Palmeri	48:48	SR	Barb Sanborn	70:29	W
Tom Lamme	44:27	SR	Mike Sheehan	48:49	0	Katie McCarthy	70:29	W
Bill Quinlisk	45:55	0	Kathy Graim	48:58	W	Uta Allers	86:44	W
Bruce Shapiro	46:03	SR	Jim Page	49:20	SR			
Tim McAvinney	46:14	0	Steve Czeglédi	51:19				
Paul Shanahan	46:37	M	Norm Frank	51:23	M			

* Course Record - Old Record 42:30 B. Quimby 1976

ROCHESTER MARATHON RESULTS - LABOR DAY, 1977 - September 5, 1977
(We were there - what an experience)

1. Geo. Pfeiffer	2:31.04	1st O	26. Terry Ring	3:04.56	17	O
* 2. Dave Coyne	2:33.14	2nd O	27. Paul Shanahan*	3:05.02	4th	M
3. Pete Jeffers	2:38.55	3rd O	28. Rich Bernstein*	3:08.12	18	O
4. Mark Williams	2:46.11	4th O	29. Ed Cohen	3:11.17	19	O
* 5. John Valentine	2:49.40	5th O	30. Bob Clark	3:11.37	5th	M
6. Pete D'Andrea	2:50.41	6th O	31. Al Presby	3:11.52	20	O
* 7. Jim Loutzenhiser	2:51.24	1stSr	32. Tom Lamme *	3:12.01	4th	S
8. Jim Eckhardt	2:53.34	7th O	33. Rich Hawkins	3:12.53	5th	S
9. Dave Hancock	2:54.21	1st J	34. Mark Paprocki*	3:13.18	21	O
10. Pete Ernst	2:54.39	8th O	35. Art Bechhoefer	3:13.46	6th	M
11. Leigh Walker	2:54.42	2ndSr	36. Mark Couture	3:14.39	22	O
*12. Mike Reif	2:55.15	9th O	37. Benard Bregaint	3:15.02	6th	S
13. Warren Klick	2:55.36	10 O	38. Jim Kenney	3:15.46	?	?
*14. Bruce Quimby	2:55.40	11 O	39. Bill Faul	3:16.03		S
15. Jim Blankenship	2:55.53	12 O	40. Dave Hartzell	3:16.44		O
16. Bernie Giefer	2:50.50	2nd J	41. Jon Berens	3:17.07		O
17. John Cannon	2:59.57	3rd J	42. Scott Bagley *	3:17.18		J
18. Greg Hyatt	3:00.44	13 O	43. John Swanger *	3:19.59		O
19. Eric Royer	3:00.46	14 O	44. Roy Kiggins *	3:20.47		S
20. Ed Bonavilla	3:01.40	3rd S	45. Paul Brinson	3:21.15		M
21. Joe Erskine	3:01.55	1st M	46. Bill Bialis	3:21.25		M
22. John Boyle	3:01.59	15 O	47. Tim McAvinney *	3:22.29		O
23. Jesse Kregal	3:02.08	2nd M	48. Dick Telarico	3:22.29		S
*24. Bob Sandel	3:03.03	3rd M	49. John Dickinson	3:22.40		S
25. Chris Davis	3:04.16	16 O	50. James Hopkins *	3:23.20		S
*71. Joe Fernandez	3:36.45	M				O = Open
92. Sue Rowley	3:50.54	1st F				J = Junior
104. Sandy Patla	3:54.29	2nd F				F = Female
115. Jeanne Wu	4:07.45	3rd F				S = Seniors
* ? . Linda Heiss	?	4th F				M = Masters

NOTE: A complete listing of all Marathon participants with places and times will be included in our next Newsletter - if available - or as soon as they are received.

Congratulations to all.

* * G.R.T.C. members

NEW MEMBERS - To those of you who are joining our club and have not received a membership card, your card will be sent to you as soon as our new supply is received from the printer.

ATTENTION, JIM BOYLE!!!

Where did you disappear to on Monday? If you ended up with the Hanshart encased stopwatch, please bring it along with you when you come to the Board of Directors Meeting on Oct. 30.

Please Note: If you are away at college and wish your Newsletter sent to you direct, please send us your college address.

Also: Where there are two or more Newsletters going to members at the same address, we are only mailing one. If you wish each member to get one (not family membership, let us know

GREATER ROCHESTER TRACK CLUB NEWSLETTER
Volume 1, Number 13

CALENDAR OF UPCOMING EVENTS

9/18 Sun Falls Church, VA 1.5, 6 mi 5 pm RG
 18 Sun Guilford, Ct 10 mile ? VF
 18 Sun Pequannock Road Run 20 km(12.4 mi) Pompton PlainsNJ Noon GE
 18 Sun Brooklyn NY 2.5 mi 11:45am FL
 18 Sun Pittsburgh Pa 30 kilo, 5 mi, 2 mi, 2 mi walk 10:00am SL
 18 Sun New York NY Age Group X-C 1:00pm BG
 24 Sat Sarah Coventry Invit 6 Mi Open Newark HS 10:00am DL
 25 Sun Springbank Road Rce 11½ mi Masters 5 3/4MLondon Ont? OTFA
 25 Sun 10 mn RRC East Women Chps Washington DC 10 am JD
 25 Sun Falling Leaves 14 km & Fun Run 5 km Utica YMCA 1 PM RM
 27 Tues 3.7 & 6.7 mi Road Race S.C.T.C. C.B.A. High Sch 6 pm JR

Contacts for Above

RG - Ray Gordon, Rt 2, Box 1037 Front Royal VA 22630
 VF - Vin Fandetti, 11 Fairway Dr, Apt D Wethersfield Conn 06109
 GE - Guenterk Erich 39 W. Parkway Pequannock NJ 07440
 FL - Fred Lebow, Box 881 FDR Station NYC 10022
 SL - Stuart Levy 818 MacArthur Dr Pittsburgh PA 15228
 BG - Barry Geisler 2676 Morris Ave Bronx NY 10468
 DL - Dale Ladd, 24 Crane St. Clifton Springs NY 14432
 OTFA - Ontario Track & Field Assoc 559 Church St Toronto Ont Canada
 964-8655 ext 271
 JD - Jeff Darman, 2737 Devonshire Pl NW, Washington DC 20008
 RM - Ray Merrifield, Utica YMCA 726 Washington St Utica NY 13502
 JR - Jerry Riordan, 6245 Randal Rd., Syracuse NY 13214

10/1 - Sat - McQuaid Invit. X-C 6 mi Genesee Valley Pk Mn G1 9:30amBQ
 1 - Sat - Dartmouth Marathon ??????
 2 - Sun - Hanover NH Marathon ?????
 8 - Sat - B'ville 7 mile H.S.Inv., Age Gp&OpenX-C Baldwinsville
 at Durgee Jr HS ? am CW
 9 - Sun - FLRC Marathon Ithaca 12:30pm JH
 10 - Mon - Guelph Rod Rc, 6 mi open&masters ? RT
 22 - Sat - International Rice Fest. Marathon Crowley La 8 AM CA
 22 - Sat - Skylon Marathon Bflo to NF, Can. Pre-Reg. 12:30pm FN
 23 - Sun - NYCity 5 Borough Marathon Central Park NYC ? ?
 29 - GRTC Invitational 5 mi Genesee Valley Pk 11 am DW
 29 - Sat - The Great Race 10,000 m Perry Ch of C 9 am PC
 30 - Sun - NEAAAU Senior-Women's Masters Marathon Ch Newport RI ?

Contacts Oct.

BQ - Bill Quinlisk, 84 Dorking Road Rochester
 CW - Chuck Wiltse, 109 River Rd Baldwinsville 13027
 JH - Jim Hartshorne, 108 Kay St, Ithaca NY 14850
 RT - Ruth Tucker, 480 Stone Road East, Guelph Ont N1H 6H8
 CA - Charles Attwood 621 N. Ave K, Crowley La 70526 (Finish Line SpInc
 FN - Frank Neal 10 Beard Ave Bufflo NY 14214
 DW - Dave Winn 186 South Estate Dr, Webster NY 14580
 PC - Perry Chamber of Comm 428 N. Jefferson St, Perry Fla 32347
 Nov. 12 - Eisenhower Invt. 3.0 mi H.S., 5.2 mi R.R. Seneca Falls ???
 13 - Sun. MTRRA 10 mile Track Race Birchmount Stadium
 20 - Sun. MTRRA 30 km, Junior 20 km Sunnybrook Park

GRTC RACE INFORMATION SHEET

Sarah Coventry Invitational Stewart Park, Newark, N.Y.
Saturday, September 24, 1977 9:30 a.m.

10,000 m Cross-Country Race come dressed, johns only available

Entry Fee: 50¢ Post entry only, sign up at the meet by 9:15 a.m.

Awards: Open division - medals to top 3, ribbons to 4-10
Masters, Seniors, and Womens division - medals to first place
ribbons 2-5

Stewart Park is located on Rt. 88 between Rts. 31 and 96.
From Rt. 31, turn right onto 88S and go about 1 mile.
From Rt. 96: turn left onto Rt. 88N and go about 4 miles.

McQuaid Invitational Genesee Valley Park
Saturday, October 1, 1977 9:30 a.m.

6 mile Cross-Country (on grass and roads, spikes not recommended)

Entry Fee: \$1.00 postmarked by 9/27 or \$2.00 after 9/27

Separate entry blank required - attached to this Newsletter

Greater Rochester Track Club Invitational Genesee Valley Park
Saturday, October 29, 1977 11:00 a.m.

5 Mile Cross-Country (grass and road course, spikes not recommended)

Awards: Medals top 15 open
top 5 Womens, Seniors, and Masters
Trophy to winning team

Separate Entry Blank required - attached to this Newsletter

It was a pleasant surprise to receive letters from Mark Paprocki & John Ohler. It is always nice to hear those kind words and when you are about to staple, stamp and mail the 700 th newsletter your messages mean so much more. Many thanks to you both for taking the time to write.

Also Gordon Lever, we have framed the three pictures and only regret our lack of marners is not writing. Karen set a new AAU Discus record in her age group in late August and our time has been taken up in practice and attending meets. Thanks for your kindness in sharing these with us.

Had a letter from Barb McKee containing the following info for our members: Barb states that she was 2nd in the Eden NY 5 miler July 10 (Women's) in 38 minutes after taking part in the Corn Hill Run that a.m. She was also 1st with a time of 58:04 in the Women's Open 7.6 mile Liberty Run on 8/5 with Debbie & Kathy Graim and Anne Baitsholts placed 1-2-3 in the 3.6 mile run that day.

OFFICIAL ENTRY BLANK

1977 GREATER ROCHESTER TRACK CLUB CROSS COUNTRY INVITATIONAL

11:00 AM - Saturday, October 29, 1977 - 5 miles

Genesee Valley Park, Rochester, New York

ENTRY FEES: \$5. per 7 man team (Enter as many teams as you like, just be sure to designate "A", "B", or "C" teams. \$1 per individual above the seven designated man \$1 per individual for all other entries.

Awards: Medals top 15 Open, top 5 women, senior, master with trophy to winning team

ENTRIES CLOSE: Wednesday, Oct. 26, 1977 POST ENTRIES ACCEPTED AT \$2.00 EACH

(Name of team or club)

(Coach's name)

(address)

(Phone)

TEAM ENTRIES

WOMEN'S DIVISION ENTRIES

- 1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.

- 1.
2.
3.
4.
5.

SUBMASTERS DIVISION (30-39) ENTRIES

- 1.
2.
3.
4.
5.

MASTERS DIVISION (40 and OVER) ENTRIES

- 1.
2.
3.
4.
5.

ALL ENTRIES MUST BE ACCOMPANIED BY ENTRY FEE. THOSE WHICH ARE NOT WILL BE RETURNED.

SEND ENTRIES TO: Dave Winn, Cross Country Coach, Greater Rochester Track Club, 186 South Estate Drive, Webster, New York 14580