

Attention all members: This will probably be the last Newsletter for a couple of months so please save the important information that it contains, especially the Race Schedule for the winter.

We wish to publicly thank all those who contributed to the Fund Drive to send our Cross-Country Team to the Nationals in Houston, Texas. While the Team did not have their best possible race, they did have that all-important opportunity to compete. Results were as follows:

Team placed 18th out of 28 teams competing. (Temp. 65 Humidity 45)

# 76 - Charlie Duggan	32:36.7	#162 - Roger Tumasonis	34:09.6
# 91 - Fran Verdoliva	32:49.0	#176 - Tom Carter	34:26.6
#123 - Dave Milliman	33:19.4	#208 - Rich Saxton	35:31.1
#131 - Dave Coyne	33:25.1		

The Nominating Committee is preparing a slate of candidates for the '78 Bd. of Directors, who will in turn, according to our Constitution, select the Club Officers. If you have any ideas concerning possible Board members or if you yourself would like to be a member, please put it in writing and send it to Paul Gesell, 4472 Main St., Hemlock NY14466

The most important news item in this Newsletter concerns the Club dues. The dues are going up. We felt that we have sufficiently demonstrated an increase in all aspects of the Club and that we should bring the level of dues up to the level of a commitment for the membership. The dues for the 1978-79 season will be:

Student: \$ 5.00 (up \$1.00) (These dues are for the membership period
Adult: \$ 7.00 (up \$1.00) from June 1, 1978 through May 31, 1979.)
Family: \$15.00 (up \$5.00) HOWEVER, we are providing a special opportunity for all 'old' members. If you renew your membership before February 28, 1978, you can renew at the old rates. We feel that this provides a long range notice of the dues hike to our present membership. Remember, if you RENEW BEFORE THE 28TH OF FEB., YOU CAN PAY THE OLD AMT.

Lastly, there will be NO MEETS at U. of R. this Indoor season for the Club. This decision came about because of increased University use of the facility (e.g. Indoor Intramural Soccer). The U. of R. track coach Tim Hale tried to arrange dates for our meets, but the decision was out of his hands. The University apparently is unaware of their public responsibility and we are attempting to rectify the situation but don't expect any change of heart this indoor season. SORRY!!

GRTC WINTER ROAD RACE INFORMATION

Jan. 1 11:00 a.m. 4 and 7 mile Road Race Mendon Ponds Park
Feb. 5 12:00 noon 5 and 10 mile Road Race RIT
Mar. 5 12:00 noon 4 and 7 mile Road Race Seneca Park Zoo
Mar.25 12:00 noon 4, 7 and 11 mile Road Race Mendon Ponds Park

All races, except the New Year's Resolution Run which has a separate entry blank, will be post entries only. The entry fee will be 25¢ and ribbons will be awarded to the top 3 in each division. The divisions will be Open, Senior, Master, Women and High School. John Blanchard has agreed to be Winter Road Race Director and his address is listed in the race contacts for further information.

MERRY CHRISTMAS AND HAPPY NEW YEAR
TO EACH AND EVERY ONE OF YOU

January 22, 1978 Open Indoor Track Meet at Eisenhower College
1:00 p.m. sponsored by the Greater Rochester Track Club and
Eisenhower College

Entry Fee: \$1.00 per person/enter as many events as you want.
Awards: Ribbons to the top 3 in each event.
Track: 150m/lap synthetic surface; no spikes allowed;
Location: Eisenhower College is located directly off Rt. 89 just
south of Seneca Falls, N.Y.

Order of Events: 1:00 p.m. 1500m Masters Long Jump A
1500m Seniors Long Jump Women
1500m Women Shot Put A
Entries cannot be made in 1500m A High Jump A
advance. Post entries only. 1500m B High Jump Women

Note: Seniors 30-39 300m A
Masters 40-49 300m B
The sections marked 'A' and 50m A
'B' will be divided at the 50m B
time of the race. They will 600m A
be determined by the number 600m B
and quality of the entrants. 600m Masters
A 'C' section may be added 600m Seniors
to some events by the Meet 600m Women
Director if the number of 5000m A
entrants warrants it. 1800m Relay (4 x 450m)

This meet is sanctioned by the RRCA and USTFFF and is open to all club runners of all ages. High School and College runners should check with their coaches to make sure this meet does not interfere with their eligibility.

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HELPFUL INFORMATION WHEN YOU PLAN ON ATTENDING A MEET

Entry deadlines: get your entry in on time, with the entry fee enclosed. Try not to send cash through the mail and make all checks payable to the organization running the meet not to an individual. Sure, most meet directors are nice guys and will let you enter late, but it is a pain in the ... take it from someone who has been in that position.

Race contacts are listed in the race schedule section of the Newsletter. When you send for race information, include a self-addressed stamped envelope for the response.

Post entries only, refers to the fact that all entries will be made on the day of the meet at the meet site.

OUR HATS ARE OFF TO DR. PAUL BURBANK, Pittsford for his excellent showing at the First Annual Dental Olympics held at Flamingo Park, Miami Beach, Fla Oct. 7-8. Dr. Burbank placed first in the 100 yd. dash with a time of 12:7 seconds; 220 yd. dash with a time of 27 sec. the 110 intermediate hurdles with a time of 22.7 seconds and a second place finish of 66.7 seconds in the 440 yd. dash. Congratulations.

RACE SCHEDULE - WINTER 1977-78

12/18	- Cornell Univ. Open (880-up)	Ithaca	2:00	pm	
1/01	- GRTC Road Race 4 & 7 mile	Mendon Ponds	11:00	am	BQ
1/07	- HS Meet	U of R	10:30	am	DH
1/7	- CNE (50H, 400m, 1500m, LJ, walk)	Toronto	12:00	N	
1/08	- FLRC Monthly Indoor Meet	Cornell Univ	2:00	pm	JH
1/08	- Cornell University Open	Ithaca	2:00	pm	
1/13	- H.S. Meet	U of R	6:00	pm	DH
1/14	- Cornell Inv. (Limited, Qualifying Standards)		10:00	am	DL
1/14	- CNE (50, 800, 3000, HJ, walk)	Toronto	12:00	N	
* 1/21	- Open Indoor Meet (Bethlem, Pa.)	LeHigh	12:00	N	DL
1/22	- GRTC Indoor Meet	Eisenhower Coll	1:00	pm	BQ
1/28	- 20 km & 6 mi Road Race	Orchard Park	11:00	am	RK
1/28	- H.S. Meet	U of R	10:30	am	DH
1/28	- CNE (50, 200, 1500, HJ)	Toronto	12:00	N	
1/29	- Open Open Indoor Track	Manley Field, Syr.Un	2:30	pm	AJ
2/04	- H.S. Meet	Eisenhower Coll	10:30	am	DH
2/04	- U of R Relays (College)		12:00	N	TH
2/04	- Western Ontario Invit. Limited	London, Ont.	12:00	N	
2/05	- GRTC Road Race 5 & 10 mi	RIT	12:00	N	JB
2/11	- Eisenhower Inv. (College)		1:00	pm	FB
2/11	- Lockport 10 mi	Lockport Y.M.C.A			Y.M.C.A
2/12	- FLRC Monthly Indoor Meet	Cornell Univ	2:00	pm	JH
2/12	- RRCA Nat'l 20 km Road Race m/w	Baltimore, Md	?		JR
2/18	- Highlander Games, Hamilton Ont. (Limited Entry)		10:00	am	DL
2/18	- U of R Inv. (college)		noon		TH
2/19	- Niagara Dist. AAU Indoor Champion.	Eisenhower Col	1:00	pm	BQ
2/19	- Manley Open	Syracuse	1:00	pm	
2/24	- Sect. 5 Girls Indoor Championships HS	U of R	6:00	pm	DH
2/24	- CNE (50H, 200, 1000, LJ, HJ)	Toronto	7:00		
2/25	- Frigid 5 mi	Orchard Park	10:00	am	PW
3/04	- Sect. 5 Boys Indoor Champ HS	U of R	10:00	am	DH
3/05	- GRTC Road Race, 4 & 7 mi Road Race	Seneca Pk Zoo	12:00	N	JB
		Parking Lot			
3/04	- CNE (50,400,1500, HJ, TJ)	Toronto	12:00	N	
3/10	- CNE (50H, 800, LJ, TJ)	Toronto	7:00	pm	
3/12	- FLRC Monthly Indoor Meet	Cornell Univ	2:00	pm	JH
Mid Mar-	- National AAU Masters Indoor Champ	E.StroudsbergPa	?		?
3/18	- Maxson 10 mi Road Race	Mansfield, Pa	?		EW
3/19	- Boston Qualifier Marathon	Ithaca, N.Y.	?		JH
3/19	- Nat'l AAU 30 km Road Race	Albany NY	?		DW
3/19	- USTFF Champs-Qualifying Standards	West Pt.	12:00	N	
3/25	- GRTC Road Race 4,7,11 mile	Mendon Ponds	12:00	N	JB
4/02	- Niagara 20 km Road Race	Orchard Pk NY	11:30	am	RK
4/17	- Boston Marathon		?		JC
5/07	- Niagara Hour Run	Ithaca NY	2:00	pm	RK
5/14	- Niagara Marathon Champ. 1st trust	Marathon	10:00	am	CW
		Liverpool NY			
7/08	- Niagara 50 mile Championship on track	Hannibal NY	8:00	am	RK
8/26	- Niagara 15 km Road Race Championship	Alden NY	6:00	pm	RK
11/04	- Niagara X-C Championships	Rochester	11:00	am	BQ
11/25	- Nat'l AAU X-C Championship	Seattle, Wash.			
* also 1/21	- H.S. Meet	U of R	10:30	am	DH

RACE CONTACTS

- FB - Fred Bleiler, Eisenhower College, Seneca Falls, NY 13148
 - CW - Chuck Wiltse, 7909 Glen Brook Dr., Baldwinsville NY 13207
 - DL - Dan Lashbrook, 4529 Rodman Rd., Brockport NY 14420
 - JH - Jim Hartshorne, 108 Kay St., Ithaca, N.Y. 14850
 - WC - Will Clooney, c/o Keystone Funds, 99 High St., Boston, Mass 02104
 - BQ - Bill Quinlisk, 84 Dorking Rd., Rochester NY 14610
 - RK - Dick Kendall, 1306 Statler Bldg., Buffalo, NY 14202
 - TH - Tim Hale, U of R, River Campus, Rochester NY 14627
 - JR - John Roemer, Rt. 1, Box 246, Erona Rd., Parkton, Md. 21120
 - AJ - Andy Jurgen, Track Coach, Syracuse University, Syracuse NY 13210
 - YLCA- Lockport YLCA, 19 East Avenue, Lockport, NY 14094
 - PW - Paul Winicki, 110 Larned Lane, Orchard Park, NY 14127
 - JB - John Blanchard, 966 Garden Lane, Webster NY 14580
- ALL HIGH SCHOOL MEETS - ROCHESTER AREA CONTACT Dave Hennessey at (DH)
104 Finucane Rd.
Rochester NY 14623

AAU MEMBERSHIP CARDS - Once again, when we mail your membership card, a 1978 AAU application is enclosed. This is for your convenience in securing your AAU membership card with number for next year.

Mr. Gosell is an AAU Commissioner and is able to process your application. A self-addressed, stamped envelope would help in returning your membership card to you as Mr. Gosell volunteers his time, postage, envelopes, etc. and these tend to add up quite rapidly.

Please do not wait until an AAU meet is close at hand to call for a number - please send your request by mail to avoid the embarrassment of not having a number and missing a meet.

Message to Paul Sadler - Paul, will you forgive us? P.G. addressed the 700 Newsletters evenings and after attending the AAU meeting with Dan, Bill, Pete, Rog, and Dave he rushed home to get the final Calendar of Events published and the Newsletter in the mail never thinking of the possibility of leaving someone waiting on McQuaid's steps.

A special thank you to Dave Winn for doing such an excellent job with the X-C Touring Team these past few months. Dave, you can be proud of their accomplishments. Also, thanks for all your efforts on the Fund Drive.

As of this writing we have received \$878.00 for our Fund Drive from our membership. Your support was appreciated by the Touring Team members travelling to Houston and they join the Board of Directors in saying a great big thank you.

Sorry, do not have address for EW and DW.

RESULTS

USTFF EASTERN REGIONALS - PENN STATE - 11/13/77 - 6 Mile X-C

5. Tom Carter	30:46	53. Dave Winn	33:45 (2nd 30-39)
8. Fran Verdoliva	31:12	78. Jim Robinson	35:45
9. Charlie Duggan	31:18	84. Bruce Quimby	36:16 (145 finishers)
21. Dave Milliman	31:53	Team places third out of ten teams)	
27. Dave Coyne	32:14	3 Mile X-C Women's Championship	
41. Rich Saxton	33:06	6. Beth Dwyer	19:14
48. Roger Tumasonis	33:30	16. Anne Baitsholts	20:45 (42 finished)

DRUMLINS GOLF COURSE, SYRACUSE - 11/5/77 Rainsoaked course

1. Tom Carter	26:51	11. Dave Winn	29:45
2. Dave Coyne	27:40	16. Pete Clark	33:41
3. Rich Saxton	27:58	Team Score - GRTC 15	
4. Roger Tumasonis	28:07	Syracuse Univ - 40	
5. Fran Verdoliva	28:12		

1977 TURKEY RUN - HONEOYE FALLS - 11/27/77

* 1. Rich Saxton	14:42	30. Chip Wright	17:35	* 59. J. Bounds	20:47
* 2. Dave Coyne	14:58	31. R. Manzer	17:41	60. R. Crockett	20:50
* 3. J. Contario	15:09	32. C. Memelo	17:55	61. Lynne Fok	21:07
4. B. McMullen	15:31	33. Ray Connors	18:10	62. B. Brommage	21:08
* 5. R. Williams	15:36	34. Jim Hopkins	18:11	63. L. McWilliam	21:24
* 6. Jim Fox	15:47	35. P. Schneller	18:15	64. J. R. Ward	21:42
* 7. Chris Will	15:49	* 36. J. McNamara	18:26	65. K. Coykendall	
* 8. Dale Ladd	15:56	37. Mark Vahue	18:53	66. Phil Brown	21:58
* 9. A. Huggins	15:59	38. Julie Shovoy	19:03	67. R. Fishell	22:07
10. Larry Glose	16:03	39. M. Dillon	19:05	68. Karen Ball	22:45
11. Pete Galvin	16:11	40. Bill Faul	19:06	69. B. Shapiro	23:04
12. S. McEntire	16:11	41. Art Faulter	19:07	* 70. Kyle Yost	23:30
* 13. Ed Farquer	16:30	* 42. Barb McKee	19:17	* 71. C. Barber	23:39
* 14. Andy Smith	16:33	43. C. Gardner	19:27	72. Ed Winrow	23:39
15. Pat McGuire	16:34	44. Harold Cloe	19:35	* 73. Tom Taber	23:48
* 16. John Tuller	16:37	45. Kevin O'Dell	19:38	74. Dave Rose	23:59
17. Ed Corrigan	16:43	46. Gene Simmons	19:39	* 75. Bob Ewart	24:05
* 18. Mike Rowley	16:45	* 47. Liz Taber	19:47	76. J. Dunkeravy	24:05
* 19. K. Bruckner	16:45	48. Tom Wilcox	19:48	77. Sue Hess	24:53
* 20. J. Arilotta	16:53	49. Mike Wilson	19:49	78. S. Gillette	25:53
21. Terry Conner	16:54	* 50. Dave Thomas	19:53	79. C. Nichole	25:54
* 22. Pete Clark	16:55	51. Matt Huggins	20:01	80. Jim Spindler	25:55
* 23. Tim Murphy	17:02	52. C. Ball	20:03	81. N. Whittier	25:56
* 24. Tom Holmes	17:03	53. W. McColgin	20:17	82. L. Balsamo	26:52
* 25. Mike Duggan	17:04	* 54. M. Connell	20:33	83. Jeff Claire	26:53
* 26. Bill Quinlisk	17:08	* 55. Bret Yost	20:35	84. Kristie Cole	27:00
* 27. A. Alfieri	17:18	* 56. Bill Pow	20:37	85. Ann Butler	28:15
* 28. L. VanAuker	17:20	* 57. Jim Yost	20:43	86. P. Claire	28:15
29. T. C. Strong	17:34	58. B. Petersen	20:46	87. K. Balsamo	28:15

* GRTC Members

FIRST ANNUAL WITCH WAY RUN 6.4 Miles 10/30/77

4. Michael Rowley	36:33	31. Linda Heiss	45:38
15. Tom Heiss	42:00	57. Uta Allers	69:12
24. Barb McKee	44:39		

Barb McKee - 3rd woman - Harrisburg Marathon on 11/6 3:30:22
1st woman submaster, 12th overall in 1st international
Peace Race, Youngstown, Ohio - 25 km on 11/12

Nice going, Barbara. - Anyone else have news or results of out-of-town races they have competed in?

1st Annual NEW YEAR'S RESOLUTION RUN

4 & 7 mile Road Races
Lendon Ponds Park
January 1, 1978
11:00 a.m.

Sponsored by: The Greater Rochester Track Club
Sanctioned by: USTFF and RRCA

Please enter me in the following division marked with an X for which I enclose \$1.00 to cover the cost of the entry fee. Entries due post marked no later than 12/25/77. Post entries - \$2.00.

___ Open ___ Women ___ Masters
___ 4 mile race OR ___ 7 mile race

Awards: Medals to the top 3 in each division for the 7 mile race and ribbons to the next 7, in each division.
Ribbons to the top 5 in each division in the 4 mile race.

Divisions: Open - anyone can enter
Women - females any age
Master - 40 or over

Course is road loop through park with some rolling hills. Lendon Ponds is located South of Rochester off Clover St. (Rt. 64.) Enter Park at Northernmost of the 3 entrances off Clover St. (just South of the Thruway) and start/finish line will be 1/2 mile into park at first right hand turn also first shelter that you come to.

I, the undersigned, hereby resolve to have fun in all my races in this New Year of 1978 and in consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, 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 Lendon Ponds Park, the Greater Rochester Track Club, the USTFF, RRCA, 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 entry in said meet.

signed (parent, if under 18)

Name _____
Please Print

Address _____

Send entries to Bill Quinlisk
84 Dorking Rd.
Rochester, N.Y. 14610

FIRST ANNUAL NIAGARA ASSOCIATION AAU INDOOR TRACK CHAMPIONSHIPS

February 19, 1978
1:00 p.m.

Eisenhower College, Seneca Falls, N.Y.
Sponsored by: Eisenhower College and
The Greater Rochester Track Club

Sanctioned by AAU

Please enter me in the following events marked with an X for which I enclose \$1.00 per event. \$5.00 per Relay Team.

- | | | |
|---|--|--|
| <input type="checkbox"/> 50m Dash | <input type="checkbox"/> 50m Dash Women | <input type="checkbox"/> 3000m Relay
(4 x 750m) |
| <input type="checkbox"/> 300m Dash | <input type="checkbox"/> 300m Dash Women | <input type="checkbox"/> Triple Jump |
| <input type="checkbox"/> 600m Dash | <input type="checkbox"/> 600m Dash Women | <input type="checkbox"/> Pole Vault |
| <input type="checkbox"/> 900m Run | <input type="checkbox"/> 1500m Run Women | <input type="checkbox"/> Long Jump |
| <input type="checkbox"/> 1500m Run | <input type="checkbox"/> 3000m Run Women | <input type="checkbox"/> Long Jump Women |
| <input type="checkbox"/> 3000m Run | <input type="checkbox"/> 50m High Hurdles | <input type="checkbox"/> Shot Put |
| <input type="checkbox"/> 3000m Walk | <input type="checkbox"/> 1800m Relay
(4 x 450m) | <input type="checkbox"/> Shot Put Women |
| <u>NON-SCORING EVENT</u> | | <input type="checkbox"/> High Jump |
| <input type="checkbox"/> Master's 1500m Run | | <input type="checkbox"/> High Jump Women |

Entries must be postmarked no later than 2/13/78. Post entries will be accepted at \$2.00 per individual event and \$7.50 per relay. All events will be seeded at the meet site.

Awards: Niagara AAU medals to the top 3 in each of the scoring events.
Other medals to the top 3 in each of the non-scoring events.
Niagara AAU medals to all 4 members of the top 3 relays.

Eisenhower College is off Rt. 89 south of Seneca Falls, N.Y. The track is a 150m per lap, 4 lane synthetic surface. No spikes allowed. Dressing and shower facilities will be available.

Scoring will be: 8-6-4-2-1 in individual events and relays. A team trophy will be awarded to the top team.

All athletes must be registered Niagara AAU members for 1978. Cards will be available at the meet site through An AAU registration chairman.

NO TEAM SCORE FOR WOMEN

In consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, 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 Eisenhower College, the AAU, 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 entry in said meet.

Name _____ signed (parent, if under 18)
Please Print

Address _____ Club Affiliation _____
AAU No. _____

Send entries to Bill Quinlisk
84 Dorking Rd.
Rochester, N.Y. 14610