

MESSAGE FROM YOUR PRESIDENT

This issue of the Newsletter contains several important points of special interest to all club members that I hope you take the time to read. The first important page is the Board of Directors ballot. We ask that you take the time to fill it out and mail it to Paul Gesell. There is a special place on the ballot this year for at-large candidates to be elected by write-in ballots only. If anyone is interested in finding out about the inner workings of the club; they should find a few friends to write in a vote for them. As always, though, Board of directors' meetings are open to anyone in the club.

I wish to thank Board members Pete Clark, Len Bagley, Mike Hasenauer, Roger Tumasonis, Jim Connelly and Fr. Mike Wesley for their fine interest and service this past year and hope that they will continue to serve the club in some capacity. Interested and hard working people are the backbone of the club.

This issue is jammed full of results from Indoor/Outdoor racing. Next issue will contain our yearly review of local shoe stores, along with list of runners publications and where to get them. Watch for it.

MESSAGE FROM YOUR SECRETARY

Don't forget that our club dues are now \$5, \$7, \$15. This increase went into affect March 1. After receipt of this Newsletter, any new or renewal memberships will be returned if they come in for the incorrect amount.

Also, all you members - high school, masters, seniors and those in between both male and female - PLEASE get those requests for AAU cards in before you are desperate for them. Again this year it has become a problem. It proved rather costly to yours truly last year when I felt sorry for some of you and I'm still "holding the bag" for some AAU cards. Cost this year if \$4.00 and insurance is \$1.50 for T&F and LD. Applications can be obtained from me. When you renew your track membership one is mailed to you with your membership card. I appreciate your cooperation with the stamped self-addressed envelop. Response has been almost 100%. Thank you for this.

Our next Newsletter will contain the complete summer track schedule (we hope) for GRTC meets. Should be in mail early in May. It will also contain the date, time & place of our annual membership meeting as called for in our By-Laws. Plan to attend this June meeting and make your ideas/thoughts/or what have you known.

NOTICE: EISENHOWER COLLEGE will be running a Cross Country & Track & Field camp in Seneca Falls this summer - Aug 13-19 - for boys and gals 12 years - H.S. age. For further info contact Fred Bleiler Eisenhower

NOTICE: The GRTC plans major road race May 21. Site & time to be in next newsletter. Big things are planned. SAVE THE DATE.

SPECIAL NOTICE: UTA ALLERS, a GRTC member will hold Runner's World Fun Runs at Monroe Comm. Coll. on Sun. am's at 11 starting in May to Oct. These are non-competative runs with new runners especially welcome. Distances from 1/4 mile up. Anyone is welcome. No entry fee - no awards. If interested contact Uta at 442-4668.

ANOTHER NOTICE: Any member who is an employee of Xerox Corporation & interested in helping the club obtain funding from Xerox contact John Blanchard at 996 Garden Lane Webster 14580 - 671-4170.

UPCOMING RACE - 4/15 - Decew Circuit International Road Races, Bock Univ, St. Catharines, Ont. 1.6, 2.1, 3.2, and 7.4 mile road races in many divisions - Noon - contact Al pedler, Brock Univ, St. Catharines, Ont. L2S 3A1

SORRY FOR CROWDING OF THIS FRONT PAGE. RAN OUT OF SPACE & STILL HAVE A MESSAGE OR TWO TO PUT IN.

MEN'S RECORDS

	Time	Year		
50 yd - Sam Hampton	5.5	'75	110M HH = RobJohnson	13.9'76
60 yd - Mike Walker	6.6	'76	400mIH = Geo Cook	52.9'72
100 yd - Trent.Jackson	9.4	'64	100 meter=Trent.Jackson	10.2'64
220 yd - " "	20.7	'64	200 " = " "	20.6'64
300 yd - JimNeary	30.9	'69	400 " = TomWinfree	48.6'68
440 yd - TomWinfree	48.6	'68	600 " = MkeVanAuker	1:25.8'78
500 yd - MkeVanAuker	1:04.4	'77	800 " = MkeKelly	1:51.8'72
600 yd - VinnyVersage	1:13.1	'73	1500 " = PaulStemmer	3:52.3'75
880 yd - MkeKelly	1:52.5	'72	3000 " = RichSaxton	8:43.7'77
1000 yd - RichSaxton	2:23.7	'77	5000 " = JohnJones	14:43.0'72
Mile - Mike Kelly	4:11.8	'68	10000 " = JohnCoons	30:10.0'65
2 Mile - JohnJones	8:59.6	'72	15000 " = JohnCoons	48:14.0'64
3 Mile = " "	14:02.1	'72	20000 " = JohnCoons	1:03:05 '63
5 Mile = DickAshley	24:26.8	'67	25000 " = DonBrown	1:20:18 '70
6 Mile = JohnJones	28:49.0	'72	1500mstpch=JohnLuther	4:27.6 '77
10 Mile = DickAshley	51:08.0	'69	3000m " = BruceBaden	9:48.9 '75
15 Mile = John Coons	1:24:54.0	'63	HiJmp = StevePace	6'8" '77
20 Mile = JohnJones	1:43:00	'72	PoleVlt = MkeOrmsby	14'9" '77
1 Hr Run= JimBoyle	11mil 138yd	'73	LngJmp = GeoBrown	23'8" '77
Marathon= JimBoyle	2:26:55	'76	TrpJmp = BruceMcDaniel	48'9 $\frac{1}{2}$ " '68
120ydHH = Rob.Johnson	13.9	'76	ShotPut = PaulSadler	42'1 $\frac{1}{2}$ " '76
180ydLH = TomWinfree	19.3	'68	Discus = BobMasiulis	149'6" '72
330ydIntH ChuckMcAteer	40.5	'77	Jav = LynnFuller	229'10" '72
440ydIntH George Cook	53.2	'72	Hammer = DanCopeland	159'6" '75
MileSteepCRich Saxton	4:47.0	'77	35lbWeight=LynnFuller	43'4" '71
440ydWalk LarryNaukam	1:36.2	'75	56lbWeight=DanCopeland	30'9" '71
880ydWalk " "	3:32.5	'77	Decathalon=RainerOst	5661pt '77
MileWalk RichMerriam	7:25.0	'77		
2 MiWalk LarryNaukam	18:18.9	'76		
3 MiWalk " "	29:42.0	'75		
5 MiWalk " "	54:59.1	'75		

Relays

440yd(4x110) = E.Turner,M.Walker,R.Joyce,R.Scott	41.9	'77
880yd(4x220) = ?Frasier,D.Slater,B.Newsome,T.Jackson	1:27.6	'64
Mile (4x440) = E.Turner,R.Hardy,M.VanAuker,R.Joyce	3:18.9	'77
2mile(4x880) = T.Carter,J.Daley,F.Verdoliva,E.Turner	7:48.3	'77
4mile(4x1mile)= J.Houle,DaveWinn,T.McMullen,JohnJones	18:11.1	'72
SprintMedley = H.Bell,C.McAteer,P.Herman,G.Miller	3:38.6	'77
(440,220,220,880)		
Dist.Medley = J.Houle,J.Neary,T.Aman,M.Kelly	10:23.6	'69
(880,440,1320,mile)		
480ydShuttleHurd = D.Berner,B.Pontius,D.Rines,B.Soeffing	1:07.8	'72
10mile 2man = TomAman,MikeKelly (alt.440's)	43:42.5	'69
10mile 2 man = TomDoehler,RogerTumasonis (alt.miles)	47:44.1	'77

INFORMATION ON RECORDS

- = Runner must represent the club on a track in a meet
- = Road courses (except for Marathon) do not count.
- = If you have any additions, questions, etc., about these records, please contact Paul Gesell, 4472 Main St., Hemlock, N.Y. 14466
- = Anyone having info about the following marks, please contact Paul

Jim Neary Decathalon 5900+ 1969 ?
880 Relay (Scott,Turner,Downs,?) 1977 1 27.?

Master, Seniors and Age Group will be run next time = ran out of room.
Undoubtedly some of the old long distance records that came from Pete Todd were run over road courses.

DR. LAWRENCE A. CZELUSTA'S MEDICAL ADVICE COLUMN

Beginning with our next issue, the GRTC will run a medical advice column providing answers to questions on foot and leg problems encountered by joggers and runners. All questions or suggestions for topics should be directed to and mailed to:

Dr. Lawrence A. Czelusta, 368 So. Goodman St., Rochester NY 14607
Phone: 716/473-5051

Below is a brief resume of Larry's qualifications:

1. Degrees: B.A., B.S., D.P.M.
2. Registered Physical Therapist
3. Former member - California College of Podiatric Medicine Sports Medicine Clinic
4. Member - Greater Rochester Track Club
5. Current level of condition: 40-60 miles per week, running since 1973, best marathon - 2:45.

Dr. Larry's first article appears below and is entitled, OVERUSE SYNDROME

The human body is a marvel of adaptation. When sequential physical stress is applied, the body slowly adjusts physiologic processes, and strengthens tissues, in reaction to this physical stimulus, gradually reaching a higher state of physiologic equilibrium. This is what is meant by being in good shape or well-trained.

Problems arise when more stress is applied than can be handled. This results in breakdown of tissues, or injury. The body then reacts by bringing in healing blood, with resultant inflammation, pain, and loss of function. The body is now in a state of overuse.

What contributes to the overuse syndrome? Each athlete has a limit on the quantity of exercise he or she can handle before overuse occurs. For the beginning runner, this may be only a few miles a week. For the highly trained individual, 100 miles a week may not result in injury. Some never seem to be able to run over a modest amount without injury, despite long term training.

What are some common problems associated with overuse? Shin splints, arch pain, heel pain, certain knee pains, tendonitis, tenosynovitis, back pain, and sciatica can all be a result of overuse.

Why this discrepancy? With level of condition being equal, the most important contributory factors are: 1) Structural imbalances and 2) Muscular strength or length imbalances.

Malalignment in the skeletal complex causes abnormal stress on tissues. This can occur anywhere from the low back down to the feet. A few degrees deviation, magnified by 5000 foot strikes per hour, can easily cause breakdown in those with an imbalance. As structure becomes more complex, there is more likelihood for problems. Each foot contains 26 bones, numerous joints, ligaments, muscles, tendons, and major and minor nerves and blood vessels. Most deviations from the ideal "normal" occur in the foot; for example: forefoot varus or valgus, rearfoot varus, Morton's syndrome, leg length discrepancies and others.

Running shortens the resting length of those muscles which are used for propulsion, called prime movers. These are the hip flexors, hamstrings, hip adductors, and the calf muscles, the gastrocnemius and soleus. In addition, other muscles become relatively weak but not shortened - the abdominals, knee extensors (quadriceps), and the front leg muscles. These muscles need strengthening.

(cont'd on next page)

How can the overuse syndrome be avoided? Some suggestions:

- 1) Increase training mileage by no more than 10% a week.
- 2) Run at least 10 miles in training for every racing mile.
- 3) When going from levels to hills, or LSD to intervals, do so gradually - be conservative.
- 4) Race at distances no more than 3 times your daily average mileage.
- 5) Wear good shoes that aren't worn down. Unequal or distorted shoe wear patterns indicate chronic foot or leg imbalance. If there is a difference in limb length, there are different shoe wear patterns on each foot, and greater stress, usually on the shorter limb. Consult the October 1977 Runners' World for information on the best shoes. More on this subject in the
- 6) future.
- 6) A general rule: If pain disappears during a run, continue with caution; if pain increases with running, STOP.
- 7) Some structural problems require the rigid control of orthoses, which provide individualized, functional foot support. You should consult a sports-minded physician or podiatrist about this.
- 8) You must do stretching and strengthening exercises, preferably both before and after you run. A good start on a program are Dr. George Sheehan's "Magic 6" (Runners' World, December 1975), although some modifications to this regimen are needed. More on this in a future article.
- 9) Above all, listen to your body!

GREATER ROCHESTER TRACK CLUB

EASTER SEALS ROAD RACE

MARCH 25, 1978 (Saturday) 11:00 A.M. MENDON PONDS PARK
Rt. 65 South of Rochester

7 Mile Road Race

All proceeds will be donated to the Easter Seals Campaign

Entry fee: \$1.00 per person. Post entries only.

Medals awarded to first place in each division.

Ribbons 2nd - 10th place in each division.

Divisions: Open, Masters, Seniors, Women, High School, College

Course is a one loop road course with rolling hills.

Start/Finish is 1/2 mile into the park from the northernmost park entrance off Route 65, just south of the Thruway.

Don V. McWilliams (Canandaigua) writes that he came in first at the First Orange Bowl Marathon in Miami in the 50-54 age group. Nice work, Don.

Bud Williams, 59 and Jim Henderer-Pina, 37, traveled to Youngstown, Ohio to compete in the First United States International Peace Race. Jim placed 290th and Bud 318th overall in a field of over 800 competitors. After Bud returned home, he learned he was #1 for his age group and he has a beautiful plaque to prove it. They ran in a 25,000 M run. Congratulations.

RACE SCHEDULE

MARCH

12 - Sun.	FLRC Monthly Meet	Cornell Univ	2 PM	JH
18 - Sat.	Marion Town Hall Easter Classic	5½ mi. Marion	10 am	LD
18 - Sat.	Charger Open Indoor Meet	Syracuse Univ	9:30 am	NW
18 - Sat.	LaBatt's 8.3 mi RR	Holyoke Mass	1:00 pm	FR
19 - Sun.	Boston Qualifier Marathon	Ithaca NY	1:00 pm	JH
19 - Sun.	Nat'l 30 km Bankathon	Albany, NY	9:00 am	BS
19 - Sun.	Avon Women's Marathon	Atlanta, Ga.		AM
19 - Sun.	Nat'l AAU Master's Indoor mt	E.Stroudsburg PA		DD
25 - Sat.	GRTC Easter Seals Rd Race 7 Mi	Mendon Ponds		BQ

APRIL

2 - Sun.	Niagara AAU 20 km	Chestnut Ridge		RK
2 - Sun.	Genesee 3 & 10 mi.	Oswego	10:00 am	NJ
2 - Sun.	B'ville Kiwanis 10 mi	Baldwinsville	10:00 am	CW
17 - Mon.	Boston Marathon (P.Gesell has 3 apps & entries close 4/1/78)		10:00 am	WC
22 - Sat.	Buffalo Relay Carnival	Buff. St.	9:30 am	EF
28/29 - Fri./Sat.	Pen Relays	Phila. Pa		
28/29 -	First Annual Life & Health Marathon	Frederick, Maryland		IG*

* Paul Gesell has applications.

MAY

7 - Sun.	Mansfield St. Inv.	Mansfield, Pa	10:00 am	EW
7 - Sun.	Niagara AAU Hour Run	Ithaca, NY	2:00 pm	JH
14 - Sun.	First Trust Marathon	Liverpool, NY	10:00 am	?
20 - Sat.	Brockport State Inv.	Brockport, N.Y.	?	?
29 - Mon.	Hornell LOOF. 7 mi rr	Hornell, NY		?
21 -	GRTC Road Race - site to be announced			BQ

RACE CONTACTS

- LD - Larry D'Angelo, 4 N. Main St., Marion NY 14505
- BQ - Bill Quinlisk, 84 Dorking Rd., Rochester, NY 14610
- JH - Jim Hartshorne, 108 Kay St., Ithaca, NY 14850
- NW - Nick Wetter, Archbold Gym, S.U., Syracuse, NY 13210
- FR - Frank Rull, NEAAU, RM 212, 69 Canal St., Boston, Mass., 02114
- BS - Bill Shrader, 280 State St., Albany, N.Y. 12210
- AM - Avon International Marathon, P.O. Box 13885, Atlanta, GA 30324
- DD - Dick Deschraver, E. Stroudsburg St. Coll. E.Stroudsburg Pa 18301
- RK - Dick Kendall, 1306 Statler Bldg., Buffalo, NY 14202
- NJ - Neil Jochen, 299 W. First St., Oswego, NY 13126
- CW - Chuck Wiltse, 109 River Rd., Baldwinsville, NY 13027
- WC - Will Clooney c/o Keystone Funds, 99 High St., Boston Mass 02104
- EF - Emery Fisher, Div of Rec., 511 City Hall, Buffalo NY 14202
- EW - Ed Winrow, Mansfield St. Coll. Mansfield, Pa. 16933

From U.S. Track & Field Federation

- 6/10-11 - The Arete T&F Club Invitational - Wayne High School
 Dayton, Ohio - Age Groups 9 through 17 years.
 Write to Thad Peters - 6340 Holbrook, Dayton 45424
- 6/23-25 - National Girls Age Group Championships
 Drake University - Des Moines, Iowa - Age Gps 9 thr 17 yrs
 Write: Wayne Cooley, Iowa H.S.Ath Union, 615 Security Bldg,
 Des Moines, Iowa 50309
- 7/1-2 - Midwest Regional Age Group Championships, Welcome Stadium
 Dayton, Ohio - Age grps 9 thr 17 yrs - girls and boys
 Write Norm Saettel - Ohio Amateur T&F Assn, P.O. Box 1644,
 Dayton, Ohio 45401

SENECA PARK ZOO RUN 3/5/78 Course: snow covered, slippery
 Weather: 15°, windy

<u>2 ½ Mile</u>			<u>5 Mile</u>		
1. Drexhage	15:30	Master	1. Benedict	30:18	Senior
2. VanAuker	15:35	Senior	2. Horn	30:27	Open
3. Will	15:40	H.S.	3. Tuller	30:40	Senior
4. Bruckner	17:16	Open	4. Loutzenhiser	30:50	Senior
5. Etter	17:45	Open	5. Carli	31:28	Open
6. Adams	18:10	H.S.	6. Hickey	31:28	Open
7. Willey	18:10	H.S.	7. Fox	32:15	H.S.
8. L. Taber	18:45	Women	8. Scherer	32:15	Senior
9. Haak	18:55	Open	9. Reif	32:50	Open
10. Blanchard	19:25	H.S.	10. B. Shapiro	33:54	Senior
11. Kozyra	19:55	Open	11. McWilliams	34:00	Master
12. Hodgins	21:10	Master	12. Atvell	34:13	Senior
13. Adams	21:10	H.S.	13. Sutorius	34:18	Open
14. Kowalski	21:10	H.S.	14. Albertson	34:25	H.S.
15. Usher	21:10	Open	15. Messing	34:52	Senior
16. Henderer-Pena	22:00	Women	16. Keene	35:02	Senior
17. T. Taber	23:00	Master	17. O'Dell	35:31	Open
			18. Simon	35:41	Open
			19. Phillips	35:45	Open
			20. Savage	35:50	Master
			21. Dillon	36:28	Master
			22. Requa	36:30	Senior
			23. DeMaria	36:45	Senior
			24. R. Shapiro	36:58	Master
			25. Gray	37:02	Master
			26. Rech	40:17	Master
			27. VanDeWater	40:31	Women
			28. Wilson	42:40	Senior
			29. Brown	42:40	Senior
			30. Hartman	45:15	Senior

RACE SYNOPSIS: On a cold, windy, snow-covered course for the March 5 road race, there were not very many fast times. The park road was very slippery and footing was poor but Karl Drexhage and Gerry Benedict led the way in the 2½ and 5 mile races. Drexhage outkicked aging veteran Mike VanAuker and H.S. phenom Chris Will in the 2 loop (1 loop = 1 ½ mile) race. And Gary Horn came up with his second 2nd of the winter just behind a smokin' Benedict. Since the lower half of the park was not plowed out, the race was run on a loop course on the upper section entrance road. The poor footing took away the advantage of the flat course and times were generally slow.

The following members will NOT receive this newsletter:

- Don Anson
- Don Grim
- Chuck McAteer
- Mark Rosenblum

PLEASE KEEP THOSE CHANGES OF ADDRESS COMING. THIS IS THE ONLY WAY YOU ARE ASSURED OF GETTING YOUR NEWSLETTERS WITH RACE SCHEDULES.

GRTC NEW YEAR'S RESOLUTION RUN 1/1/78 11 am 20° dry - slight wind
 Mendon Ponds Park 5.1 & 7.0 mile road race

Results of 5.1 Mile

1. Mark Howard 28:55
2. Dale Ladd 29:19
3. Larry Czelusta 29:23
4. Bob Ferrari 30:00
5. Mike VanAuker 31:04
6. Doug Handler 31:05
7. Karl Drexhage 31:46 (M)
8. Ray Hernandez 32:48
9. Bill Quinlisk 33:09
110. John Nealon 33:15
11. Pete Requa 33:17
12. Rick Hopkins 34:24
13. Dick Bartlett 36:34
14. Willy Gonzales 36:35
15. Jim Morrice 36:51
16. Dave Dickson 37:21
17. Bill Pow 37:40 (M)
18. Bruce Kennedy 38:12
19. Mike Guisti 38:33
20. Dan Etter 39:30
21. Sandy Fatla 39:37 (F)
22. Floyd McWilliams 39:39
23. John Preston 39:55
24. Andy Drexhage 45:05
25. Ron Sorrentino 45:55
26. Tom Taber 46:15 (M)

Ed Martin N/T
 Kare Cossaboon N/T
 Ray Savage N/T

Results of 7.0 Mile

1. Pete Reid 38:50
2. Bruce Quimby 39:15
3. Gary Horn 39:43
4. Bill Heinrich 40:40
5. Steve Ketchum 40:50
6. Rog Tumasonis 41:15
7. Mike Rowley 42:55
8. Jim Loutzenhiser 43:04
9. Mark Ketchum 43:28
10. Tom Lamme 43:38
11. Mike Carnahan 44:00
12. Al Marshall 44:35
13. Paul Shanahan 44:50 (M)
14. Bruce Shapiro 45:10
15. Ken Berkes 45:20 (M)
16. Heiss 45:24
17. Dave Burnside 45:26
18. Barb Miller 45:40 (F)
19. Tim McAvanney 45:45 (M)
20. Don McWilliams 46:10 (M)
21. Steve Lane 46:20
22. Jim Page 47:05
23. Jim Connelly 48:12 (M)
24. Jake Fatla 48:35 (M)
25. George Daniels 49:20
26. Bob Simon 49:28
27. ? 50:10
28. Liz Taber 50:15 (F)
29. Rod Shapiro 50:22 (M)
30. Scott Daniels 50:42
31. Frank McGuire 52:09 (M)
32. Pat McGuire 52:10
33. Pat Martin 54:21 (F)
34. John Bounds 56:28 (M)

RACE SYNOPSIS: A larger than expected New Year's Day turnout almost caught meet director John Blanchard short-handed, but with help from spectators he was able to handle the large field. Some timing difficulties were experienced when the leaders in the 7 mile race caught the tail end of the 5.1 race near the finish. With both races running the 1st 3 miles together; a quick opening pace was set by Howard, Ladd and Czelusta. Others in the front pack included Reid, Tumasonis, Quimby, Horn and Jim Ferris - the early leader who was forced out of the race at the 2-mile point with shoe troubles. Reid moved strongly throughout the race to hold off Quimby in the hilly 7 mile loop while Howard outkicked an aging Ladd to win the 5.1 race.

NIAGARA AAU INDOOR TRACK CHAMPIONSHIP RESULTS HELD 2/19/78

SPONSORED by Eisenhower College and Greater Rochester Track Club

<u>Men's 50M HH</u>			<u>Men's Long Jump</u>		
C. Smith	NFTC	7.2	F. St. Dennis *	Syr Ch	19'1 3/4"
R. Stewart	COL	7.6	D. Fuhrman	UN	18'7 1/2"
B. Costello	AUB P.	8.7	R. Bond	SyrCh	16'10 3/4"
<u>Men's 50M</u>			<u>Men's Triple Jump</u>		
B. Stiles *	GRTC	5.5	D. Fuhrman	Un	38' 8 1/2"
H. Everets	HorseTC	5.6	D. Penlon	Un	36' 4"
R. Stewart	COL	5.8	P. Stevens	SyrCh	35' 6 1/4"
<u>Men's 3000M</u>			<u>Men's Shot Put</u>		
R. Tumasonis *	GRTC	8:58.5	P. Sadler *	GRTC	44'9 3/4"
R. Zimmermann	BellWat	9:06.3	T. Scardillo	SJF	34' 1"
F. Gordon	BellWat	9:20.4	R. Grod	NFTC	33' 10 1/2"
<u>Men's 300 M</u>			<u>Men's High Jump</u>		
B. Stiles	GRTC	37.1	D. Penlon	Un	6' 2"
P. Kirchhoff	GRTC	38.8	J. Butcher	Un	5' 8"
H. Everetts	HorseTC	39.2	P. Stevens	Syr Ch	5' 6"
<u>Men's 3000 M Walk</u>			<u>Pole Vault</u>		
D. Winiecki	LockAC	15:17.9	T. Costello	Aub P.	10'
B. Dimmig	NRWC	16:45.1	J. Perkins	Er CC	9' 6"
A. Wilson	Aub Pul	17:43.8	A. Hastings	Aub P.	9'
<u>Men's 1500 M</u>			<u>Women's Long Jump</u>		
P. O'Grady	Aub Pul	4:10.1	L. Rosenthal	Syr Ch	14'8 1/2"
K. Stevens	Syr Ch	4:10-6	J. Riber	Ark A	14' 1 1/2"
R. Tumasonis	GRTC	4:16-8	J. Schilly	Syr Ch	13' 5 1/2"
<u>Masters 1500 M</u>			<u>Women's Shot Put 12 lb.</u>		
I. Frawley	NFTC	4:42	J. Schilly	Syr Ch	20'9 1/2"
M. Gratzen	SyrCh	4:46.2	Karen Gesell	Un	17' 3"
K. Drexhage	GRTC	4:49	<u>Women's High Jump</u>		
<u>Men's 600 M</u>			Karen Gesell Un 4' 4"		
M. VanAuker	GRTC	1:25.8	<u>3200 M Relay</u>		
R. Bond	Syr Ch	1:28.5	GRTC	8:47.0	
P. DiFirro	NFTC	1:29.5	Syracuse Chargers	8:57.8	
<u>Men's 1000 M</u>			Erie C. College	9:02.3	
R. McManus	Aub Pul	2:41.5	<u>1600 M Relay</u>		
J. Gajewski	NFTC	2:41.5	GRTC	3:42.3	
R. Trembley	Eisenh	2:46.9	Syr Chg ^	3:49.8	
<u>Women's 50 M</u>			Erie C. College	3:50.0	
J. Riber	Ark At	7.1	<u>Team Scores</u>		
L. Rosenthal	Syr Ch	7.3	Greater Rochester Track Club	43	
P. Catalano	Un	7.5	Syracuse Chargers	28	
<u>Women's 3000 M</u>			Niagara Falls Track Club	24	
L. Roger	ErieCC	10:52.5	Auburn Pulsars	22	
J. Shovey	UN	N/T			
B. Bernhardt		I, T			
<u>Women's 300 M</u>					
E. McCarthy	GITC	46.5			
J. Schilly	Syr Ch	46.6			
J. Riber	Ark At	47.1			
<u>Women's 1500 M</u>					
L. Roger	ErieCC	5:09.6			
J. Shovey	UN	5:18.6			
E. McCarthy	GITC	5:22.6			
<u>Women's 600 M</u>					
A. Gugel	UN	2:13.3			
T. Quigley	UN	2:27.0			

* Eisenhower college field house record

GRTC GROUNDHOG DAY 5 & 10 RACE R.I.T. Cold, 9°, Dry 2/5/78

<u>5 Mile</u>		<u>10 Mile</u>	
<u>Open</u>		<u>Open</u>	
1. Al Schmidt	28:25	1. Dave Coyne	57:06
2. Gary Horn	28:40	2. Bill McMullen	58:14
3. Roger Tumasonis	29:08	3. Bruce Quimby	58:14
4. Tim McAvinney	31:05	4. Joe Merenda	61:14
5. Noel Chavez	31:15	5. Steve Ketchum	63:03
6. Jerry Lorange	32:10	6. Jerry Williams	65:13
7. Joe Wargo	32:12	7. Mike Reif	66:26
8. Dave Burnside	32:18	8. Pete Bonis	67:40
9. Kevin O'Dell	33:15	9. Tom Heiss	67:48
10. Dan Etter	35:26	10. Steve Lane	68:35
<u>Senior</u>		<u>Senior</u>	
1. Paul Atvell	32:00	11. Bob Simon	70:04
2. Frank Keene	32:36	12. Bruce Kennedy	78:30
3. Mac Knox	33:02	13. Steve Phillips	78:30
4. Don Demaria	33:45	14. Jerry Stoll	88:29
5. Bob Syversen	34:09	<u>Master</u>	
6. Charlie Fordham	35:10	1. Paul Shanahan	63:17
7. Al Furcell	36:15	2. Don McWilliams	64:23
8. Hank Till	36:41	3. Art Falter	70:44
9. Ron Sorrentino	41:36	4. Rod Shapiro	73:35
10. Bob Bagley	45:03	5. Bill Spindler	88:29
<u>Master</u>		<u>Senior</u>	
1. Karl Drexhage	30:41	1. Jim Loutzenhiser	59:06
2. Joe Cannello	36:35	2. Jim Hopkins	63:40
<u>Women</u>		3. Jim Faige	66:45
1. Katie McCarthy	40:45	4. Bruce Shapiro	67:13
<u>Junior</u>		5. John McCarthy	80:35
1. Scott Bagley	29:41	<u>Women</u>	
2. Darryll Green	31:55	1. Pat Martin	74:15
3. Jon Blanchard	36:41	2. Sue VanDeWater	78:00
4. Ed Walther	39:26		

RACE SYNOPSIS: 28 finishers in the 5-mile run and 26 stout-hearted finishers in the 10-mile run made this year's Groundhog Day Run, field the largest ever. The weather was a bitterly cold 9° but with little wind and a dry road surface some fast times were turned in. Dave Coyne led the pack from start to finish as both races started together - with the 10-milers running 2 loops of the RIT road course. In the 5-mile race, Gary Horn could not stay with winner Al Schmidt down the last mile and Roger Tumasonis ran a beaten 3rd still suffering from the night before. Coyne destroyed the field in the 10 (his 5-mile split would have won that race 27:00). Quimby and McMullen ran together for 2nd and over-30 winner Loutzenhiser also broke 60:00 in the front pack.

Message to Dan Lashbrook from Mike General - "I still have your jacket."

 Congratulations to High School Section V competitors and winners in Indoor Track and Field meets. At the moment we do not have names of these individuals.

GREATER ROCHESTER TRACK CLUB BALLOT

FOR 1978-79 BOARD OF DIRECTORS

I. Vote for 12 (Space available for write-in of names)

- Bill Quinlisk - Pres., Cl of Course Tues Nite & Meet Director
 - Paul Sadler - Exec. Vice Pres, Summer Field Events Director
 - Dan Lashbrook - Vice Pres - Dir of Indoor/Outdoor Track Team
 - Paul Gesell - Secretary - Age Group & Tues Nite Meet Dir.
 - Shirley Gesell - Treasurer - Age Group & Tues Nite Meet Dir.
 - Lynn Fuller - Summer Field Events Dir.
 - Dave Winn - Girls Team & Cross Country Team Director
 - John Blanchard - Winter Road Race Director
 - Eugene Osborn - Rochester Marathon Director
 - Rod Williams - Public Relations Director
 - Pete Todd - Past President - Track Coach at R.I.T.
 - Bob Bradley - Adviser/Local High School Coach
- _____

II. At Large Members - Vote for 3 or write in three of your choice

- Barbara McKee - Long Distance Runner
 - Uta Allers - Track & Field Official & Long Distance Runner
 - Floyd McWilliams - Long Distance Runner
 - Don McWilliams - Long Distance Runner
- _____

III. Local Industry Leaders

(To be appointed by the Board as needed)

Mail this ballot to: Paul Gesell
4472 Main Street
Hemlock, N.Y. 14466

Must be postmarked on or before April 15, 1978.

NOTE = Must be 19 yr of age to serve on Bd of Directors per By Laws
