

MESSAGE FROM YOUR PRESIDENT

Welcome to another GRTC season and another few weeks of luke-warm weather that we in Rochester jokingly refer to as summer. But seriously folks, this will be the last Newsletter that you will receive unless you pay your dues for 1978-79. These dues will extend your membership to May 31, 1979.

The summer schedule of GRTC track meets and Fun Runs are included in this Newsletter's race schedule. As you can see, the calendar is jam-packed with meets and we encourage all of our members to enter the many area events as club representatives. There will be more on the events in our summer meets in the next Newsletter.

The Annual Meeting of the Club will be held on May 21st at McQuaid Jesuit High School on the corner of Clinton Avenue South and Elmwood Avenue at 2:00 p.m. in the library. Please use the front door of the school, take the first door on your left (just inside the second entrance door) and climb the stairs. All club members are invited to attend. The agenda will include the installation of the newly elected Board of Directors and the appointment of club officers. Also included will be the 1978-79 budget proposal and a discussion of the summer events calendar. Why not drop in and see how your club decisions are made.

The summer season of Tuesday night meets will begin on June 13th with a 5 mile road race starting at 5:30 pm and the rest of the program of events beginning at 6 pm. As last year, the entry fee you pay will be \$1.00 and this entitles you to run as many events as you wish that evening. This first meet will have no scheduled A, B, and C races in each event but the events will have slower sections. Please join the club BEFORE this first meet and help alleviate all the opening meet confusion at the desk. The following events will be included in this first meet:

Men's: 100, 120 HH(college height), 220, 440, 880, mile, 2mile, mile relay, long jump, shot put (16 lb.), discus, high jump.
Women's: 100, 220, 440, 880, mile, 2mile, mile relay, long jump, shot put (8 lb), discus, high jump.

As always, we will rely on volunteers, YOU to officiate at the events. Please lend a hand at least once this summer.

SOME EXTRA NOTICES

--- Any GRTC members who ran this year at Boston, please drop a line about how you did to Paul Gesell. As of now, the only results we have are:

# 52	Rich Saxton	2:23.02
99	Charlie Duggan	2:26.56
126	Dave Coyne	2:29.36
?	Jim Loutzenhiser	2:56.

Above times and places are as yet unofficial.

--- Any one interested in writing special interest articles for the GRTC Newsletter on a continuing basis or a one-time deal, please contact Bill Quinlisk by mail. Dr. Larry Czelusta's Medical Advice Column started in the last Newsletter and we have had very favorable comments from some of our members - please note Dr. Larry.

--- The GRTC needs your help - if you want to assist the Club in some capacity from race director to Newsletter writer, please show up at the annual meeting or drop a line to Bill Quinlisk.

ROCHESTER MARATHON - 7TH ANNUAL - WILL BE LABOR DAY - 9/4/78
Application will be in next Newsletter - if room permits.

WHICH SHOE FOR YOU?

One of the most important things to keep a runner pain and injury free is proper shoe gear. There is no simple answer to the question, "Which shoe is best for me?". However, each of us can make an intelligent decision on which model to choose from the large and still growing market of training flats.

There are several key features common to all good training models, which if absent, or of poor quality, can essentially eliminate a shoe as a possible choice. Counter - the part of the shoe which covers the heel should be rigid, durable, and large enough to cover the heel area without restriction. Heel lift - There should be one-half inch heel elevation. This must be measured as a difference between heel and ball not just heel height. Sufficient sole width - The entire sole from heel to toe must be at least as wide as the foot for support and stability. Shock absorption capability - This is at both heel and forefoot.

Several models which I feel are among the best and that would be a good choice for most runners are: Brooks - Vantage and Villanova; Nike - Waffle Trainer, LD1000V; Etonic - Street Fighter and KM. The Villanova, Waffle Trainer, Street Fighter, and KM are available in women's models. Occasionally a runner has a condition, biomechanical profile, or a special need, that is best supplemented by a specific shoe. Keep in mind this is not a prescription, as each runner's situation is unique, but a general guideline:

- a) Heavy runners: Brooks' Vantage, Nike's LD1000V
- b) High mileage: LD1000V
- c) Anterior Shin Splints: Vantage, New Balance 320, Etonic's Street Fighter. If you have this problem, avoid the Adidas' Formula I.
- d) Hill Training: New Balance Trail, Vantage, LD1000V
- e) Calf Tightness and/or Achilles problems: Adidas Formula I, Etonic Street Fighter
- f) Chronic Ankle Sprains: LD1000
- g) Wide or Narrow Foot: Etonic, New Balance, Brooks.

Sole repair products: Shoe Goo, Shoe Patch should be applied evenly in thin layers while the shoes are still new. Don't wait until shoes are worn down.

A word about quality control: Set the shoes you may purchase on a flat surface, side by side, and view them from the rear. Buy a different pair if the shoes tilt to the inside toward each other. This defect can cause excessive pronation.

The models I have mentioned are by no means the only good shoes available. Look at the October 1977 issue of Runners' World for more information.

Address all questions to: Dr. Lawrence A. Czelusta
148 MacBeth Street
Rochester, N.Y. 14609
716-288-1608

--- Thanks to all the runners who participated in the Easter Seals Road Race on March 25. It enabled Club President Bill Quinlisk to fulfill a lifelong ambition to appear on T.V. (He's been trying to get on T.V. ever since Skipper Sam turned him down in the 60's.) Bill appeared on the Easter Seals Telethon and presented host Steve Rondanero with a \$100.00 check from the GRTC. He says he wasn't nervous but someone called the host "Ron".

THE CASE OF THE MISSING SHORT(ER) - You may have read in the local papers about the possible addition of Frank Shorter and Dick Buerkle to the field of the Fairport Mayfiar Road Race on May 20th. The race will be held but Shorter and Buerkle will not be there. Shorter had a previous commitment in Dallas that day. With the help of Connecticut Mutual Life Insurance Company, it looks as if Rochester will host a Frank Shorter vs. Dick Buerkle Road Race sometime in June. Details are not yet finalized but look for a race called "The Greece Mini-Marathon" on either June 17th or 24th. More info in the next Newsletter. (Note from your Secretary: Sorry about all the requests for information about this race that went unanswered. I could't find out anything about it either.)

EMPIRE STATE GAMES

NEW YORK STATE is sponsoring the first annual Empire State Games in Syracuse August 15-20. Most Olympic sports will be represented in open events as well as a limited number of junior events. Watch your local newspapers for more information. Final details have not been determined as yet. Distance events will include the steeple, 5&10 km & the marathon. The marathon will be Aug 20 at 7 am on the Syracuse Marathon course beginning at Griffin Field, Liverpool. The qualifying times have been dropped and the race is now open to all who wish to enter. No times will be given after four hours. Final date for registration is July 15. Section Six Chairman is Dick Kendall. If you reside in the following counties enter with him: Niagara, Erie, Chautauqua, Cattaraugus, Allegheny, Wyoming, Genesee, Orleans, Monroe, Livingston, Ontario, Steuben, Yates, Seneca & Wayne. Section Five Chairman is Chuck Wiltsie. He covers Chemung, Schuyler, Tioga, Tompkins, Cayuga, Oswego, Onondaga, Cortland & Broome, plus Chenango, Madison, Oneida, Lewis, Jefferson, Herkimer & Otsego counties in the Adirondack Assoc.

Distance events in the Empire Games will include:

Men: 3000 meter steeplechase, 5000 and 10000 meter runs.

Women: 5000 & 10000 meter runs.

Section Five will have women's trials @ Cornell University, Ithaca on July 15. Contact Jim Goulet, 30 Frawley Dr, Baldwinsville NY 13027.

Men's trials will be weekend of July 21st or 28th @ Cornell. Contact Oscar Jensen, Liverpool High School, Wetzel Rd., Liverpool, NY 13088.

Section Six will have women's trials @ Alfred University July 23rd. Contact is Jim Brown, 970 Baseline Rd., Grand Island NY 14072.

Men's trials are @ Fredonia State College on July 16th. Contact is Mark Sternin, 738 Fletcher St., Tonawanda NY 14150. All dates are tentative. The Junior program has not been arranged but the events included will follow the high school format. There will be increasing publicity about the games in coming weeks. Follow your local newspapers for more information.

Karl Drexhage wrote in April and said he was moving with his family to Siegen/W.Germany where he will be teaching. He stated that on 2/12 he ran the mile at Syr Univ Open meet in 4:56.0. Yes, Karl, this is a club record. Congratulations. Best wishes and Bon Voyage.

FAIRPORT JAYCEES MAYFAIR ROAD RACE

5.0 miles

SATURDAY, May 20, 1977

11:00 a.m. POTTER PARK, FAIRPORT, N.Y. Sanctioned by USTFF and RRCA
Sponsored by Fairport JayCees and Greater Rochester Track Club

Potter Park is located 2 blocks west of Rt. 250 and Rt. 31F
Show facilities will be available.
Course is a relatively flat 2 loop road course through the streets of
Fairport.

ENTRY FEE: \$2.00 postmarked by May 12, 1978
3.00 postmarked after May 12, 1978 or post-entry.

AWARDS: Prizes to top 5 in each division. Refreshment ticket to all
finishers.

DIVISIONS: Open, Women, 30-39, 40-49, and 50+

Please enter me in the following division marked with an X for which
I enclose the proper entry fee - \$2.00 or \$3.00 - (checks payable
to Fairport-Perinton J.C.)

___ Open ___ Women ___ 30-39 ___ 40-49 ___ 50+

Name _____ Age _____

Address _____

All runners and their families are welcome to stay after the race and
attend the Fairport JayCees Mayfair celebration. Check in for the
race will begin at 10:00 a.m. at the Potter Park Memorial.

I, intending to be legally bound, do hereby for myself and my
representatives, waive all claims against the Fairport JayCees, the
town of Fairport, the Greater Rochester Track Club, the USTFF and RRCA
for any injuries that I may suffer as a result of the race.

Mail all entries to: Fairport-Perinton JayCees, P.O. Box 16,
Fairport, N.Y. 14450

Signature (parent or guardian if under 18)

MAY, 1978

RACE SCHEDULE

20	- Sat.	11 am	- Fairport Mayfair Road Race 5Mi O,W,S,M,V	FJC
21	- Sun.	9 am	- Griffith AFB 5&15km near Rome NY	DH
21	- Sun.	12 N	- Locker Room, A.C. 4mile Buffalo NY	JG
22	- Mon.	9 am	- Woodstock Ont 5 m	CityRec
19	- Fri.		- Penn State Open Track Meet	DL
20	- Sat.		- Brockport Invitational Track Meet	TC
27	- Sat.		- 1st Ann. May Road Race 5.5 Marion NY	LD
29	- Mon.		- Hornell IOOF 7 Mile RR	HC

JUNE, 1978

3	- Sat.	1 pm	- Plaza Athletic Club 2½&5mi DowntownRochester PD.	
3	- Sat.	11 am	- L'eggs MiniMarathon Women 10,000meters NYC	LM
4	- Sun.	11 am	- Back Mountain 10.3 mi Road Race Dallas,Pa	TB
4	- Sun.	9 am	- Ann. Niagara AAU Meeting, Niagara Falls	
10	- Sat.	9 am	- Galeton Pa, God's Country 26.2	Wentz
11	- Sun.		- Toronto Ont, OntMastersChps 5&10km(Track)	CMITT
11	- Sun.		- Buffalo NY Del. Pk, Checker's Tavern Stepplech 2.5	JJ
11	- Sun.	Noon	- SuperBlueRun 10km, 5km, 1mi. Syracuse, AgeGpM&W	JS
13	- Tue.	6 pm	- <u>GRTC Summer Meet #1</u> RIT	BQ
17	- Sat.	10am	- B'sville, Harrier Chps 10 km	CW
17	- Sat.		- Niag AAU M&W Jr Tr&F Meet Buffalo	MC
17	- Sat.	9 am	- PennSt. Laurel Festival 10 miRR&2mi FunRunM&W	LF
16-17	- Fri/Sat		- Carmel Classic Tr&F Meet Ohio	DL
18	- Sun	10 am	- Knights of Pythias Father's Day Run, 6mi rr, Age Grp M&W, Delaware Pk Buffalo	SW
18	- Sun	9 am	- National&Adirondack AAU One Hr Run Postal Champ.	JF
20	- Tues	6 Pm	- <u>GRTC Summer Meet #2</u> RIT	BQ
24	- Sat.	11 am	- College City Classic Track, Brockport NY	DL
24	- Sat	830am	- Bath, NY 25 km Nia AAU Chps	RK
25	- Sun	10 am	- Bonnie Bell for Women 10,000 meters RR Buffalo NY	JM
27	- Tues	6 pm	- <u>GRTC Summer Meet #3</u> RIT	BQ
29	- Thur	6 pm	- <u>GRTC Age Group Meet #1</u> RIT	BQ
30	- Fri	7 pm	- Orchard Pk NY 6 Chestnut Ridge Pk	RK

JULY, 1978

4	- Tues	10 am	- RunRound the Lake 10-5-3-1 mile Cazenovia NY	EF
4	- Tues	Noon	- Irondequoit 5 mi Road Race Irondequoit T.Hall	GO
4	- Tues	9:30	- Lancaster NY 5.5	RG
8	- Sat.	8 am	- Hannibal NY Nia AAU 50 mile Chps (track)	CW
8	- Sat.	10 am	- Eastern Regional AAU Track Meet Buffalo NY	MG
8	- Sun	2 pm	- Eden NY 4 5	CY
13	- Sat.	10 am	- Jean Mitchell Memorial 10k Run Canandaigua NY	DMW
15	- Sat.		- Gowanda NY 10 km Regatta&RaftRaceDay"	CL
16	- Sun.	9 am	- <u>GRTC Trackathon</u> RIT	BQ
16	- Sun.		- Nat'l AAU 15 km RR Championship, Utica NY	? ER
16	- Sun.	10 am	- National AAU 10 km Race Walk Champ Niagara Fall	DS
18	- Tues.	6 pm	- <u>GRTC Summer Meet #5</u> RIT	BQ
20	- Thur.	6 pm	- <u>GRTC Age Group Meet #2</u> RIT	BQ
22	- Sat.	10 am	- Empire Games Qualifier, Brockport NY	MG
23	- Tues.	6 Pm	- <u>GRTC Summer Meet #6</u> RIT	BQ
28	- Fri.	630pm	- Brewerton NY 10 Fireman's Race	JS
29	- Sat.	630pm	- Orchard Park NY Quaker ½ Marathon	PW
29	- Sat.	?	- 8th Annual Wayne Russell Track Meet, Salem Ohio	WN
30	- Sun.	9 am	- <u>GRTC Pentathlon M&W</u> RIT	BQ

AUGUST, 1978

1	- Tues.	6 pm	- <u>GRTC Summer Meet #7</u> RIT	BQ
5	- Sat.	11am	- Phelps NY 20 km Sauerkraut Festival	BL
5	- Sat	8 am	- Police Games Marathon, Toronto	DM
5	- Sat	11 am	- Niagara AAU Senior Track Meet, RIT	BQ
6	- Sun.	?	- Rome NY 20 km Fort Stanwix Run	ROMEYMCA

	RACE	SCHEDULE	cont'd	
Aug. 8	- Tue.	6 pm	- GRTC Summer Meet #8	RIT BQ
10	- Thur	?	- Orchard Park Age Grp XC Cest.	Ridge Pk HamburgR
12	- Sat.	1030am	- Syracuse NY 10 kn Neal Pratt Mem Run	RL
13	- Sun.	1030am	- Ithaca NY Ithaca 5 & 10	Hartstone
15-20	- Tues.Sat		- Empire Games Tr & Fi, Syracuse NY	MG
19	- Sat	6 pm	- Fredonia NY 10 kn KochBrewery&FarmFest	POBox 278
20	- Sun.	10 am	- GRTC X-C Can Run 7mi, O,M,S,W,HS,	PerintonPk BQ
26	- Sat	6 pm	- Nia. AAU. 15 km RR Championships,	Alden NY CK
27	- Sun	10 Am	- GRTC X-C St. John Fisher Coll. 8 km	O,W,I,S,HSBQ

RACE CONTACTS

- T.B. Tim Bauman, 54 Grandivew Ave., Dallas, PA 18612 (717-675-0454)
 PD Pat Drum, Plaza Athletic Club, 50 Chestnut Plaza Rochester 14604
 DMW Don McWilliams, 4620 Chapin Rd, Canandaigua 14424 716-304-6760
 FJC Fairport-Perinton JayCees, POBox 16, Fairport NY 14450
 JS Jim Spindler, 806 Stinard Ave., Syracuse NY 13207 315-475-4214
 LF Laurel Fest.RRDir,Welsboro DeptPks&Rec,POBox97,28CraftonSt
 Wellsboro PA 16901
 SW Sandy Weinstein,76 Euclid Ave., Kenmore NY 14217
 DM D.R.McBrien, MarathonDir. 590 Jarvis St. Toronto OntCan.M4Y 2J5
 BQ Bill Quinlisk, 84 Dorking Rd., Rochester NY 14610
 GO Gene Osborn, VanVoorhis Dr. Rochester for Rochester Maration
 RK Richard A. Kendall, 1306 Statler Bldg, Buffalo NY 14202
 DH Dee Howell, Rome Family YMCA, 301 W.Bloomfield St Rome NY 13440
 DP Dee Peil, 406 Ruth Rd., N. Syracuse NY13212
 RE Robert Eby, Niagara Falls YMCA, 4251 Fcurth St. NiaFallCanL2E4N1
 EW ED Winrow, Mansfield St Col, Mansfield, Pa 16933
 DL Dan Lashbrook, 4529 Redman Rd, Brockport NY 14420
 TC Track Coach, SUNY Brockport Brockport NY 14420
 LG Marc Grosso, Track Chairman, Nia. AAU, 265 N.Park Ave Bflo NY14216
 HC Harold Cornish, Odd Fellows Lodge, Hornell NY
 JG Jeff Gemmer, Call 716-877-0678 after 6 pm
 JF Joe Ficcaro, 69 West St. Whitesboro NY 13492
 LD Larry D'Angelo, 3825 North Main St., Marion NY 14505 315 926-5806
 JM Judy Miller, 59 Ranch Trail West Bflo NY 14221, 800-321-9985
 LM L'eggs Mini Marathon,POBox 881, FDR Station, New York NY 10022
 ER E.C.Reed, Utica Boilermaker RR, 2201 Dwyer AveUticaNY13501
 EF E.B.Fredrikson, 4875 WestLakeRd, Cazenovia NY 13035(315 797-1310
 315 655-2737
 DS DanielC.Stanek, 1081 Sheree Dr, Grand IslandNY 14072 716 773-6386
 WN Walter Newton Box 39226 St. Rt 558, Leetonia, Ohio 44431
 CK Curt Kinsman, 12221 Blossom Lea, Alden 14004
 RL Robert E. Long, 106 Scottholm Rd., Syracuse 13224
 BL Bill Lindner, RD #1, Outlet Rd., Clifton Springs 14432
 PW Paul Winiecki, 110 Larned Lane, Orchard Park NY 14127
 JS Jerry Schulz, 213 Hillcrest, Central Square 13036
 JJ Joe Jordan, 1854 Hertel Ave., Bflo 14214
 CW Chuck Wiltsie, 7909 Glenbrook, Baldwinsville NY 13027
 RG Robert Giza, 316 Wayside Dr., Depew 14043
 CY Chuck Yale, 8716 Woodside, Eden NY 14057
 CL Carol Lazar, 37 Caroline St. Gowanda, NY 14070
 CMITT,559 Jarvis St., Toronto M4Y 2J1
 Wentz ?????
 Hartshorne, Finger Lakes RC 108 Kay St., Ithaca 14850

July 15- 10 am Baldwinsville Kiwanis 1,2,5,10 Chuck Wiltsie

Aug 28 Syracuse State Fair Run 5/10 km Robert E. Long

Aug 13 Sun 11am GRTC X-C Champ. 5mi. O,M,S,3Mi.HS,W Cobb'sHillPk BQ

Send self-addressed stamped envelope #10 size 4 1/2" x 9" when request-
ing information on races.