

Greater Rochester Track Club  
P.O. Box 8310  
Rochester, New York 14618



# NEWSLETTER

ROCHESTER, NEW YORK

OCTOBER 1980

## GRTC BOARD OF DIRECTORS 1980-81

### Officers:

President	Uta Allers
Vice President	Paul Sadler
2nd Vice President	Bill Quinlisk
Secretary	Pat Martin
Treasurer	John Blanchard

### Directors:

Kare Cossaboon	Paul Shanahan
Rick Guido	Nan Siembor
Sue Gwynn	Gerry Sullivan
Dale Ladd	Mary Terziani
Tim McAvinney	Rod Williams
Bruce Quimby	Dick Withrow

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Bob Bradley	Tim Hale
Paul Gesell	Gene Osborn
Shirley Gesell	Pete Todd

### Committees:

Budget	John Blanchard
Freezeroo	Jane Iaculli
Masters	Paul Shanahan
Membership	Pat Martin
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Advertising	Dick Withrow
Publicity	Gerry Sullivan
Race Coordinator	Uta Allers
Race Guidelines	Rod Williams
Seniors	Rick Guido
	Rod Williams
Summer Meets	Uta Allers
	Bill Quinlisk
	Paul Sadler
Touring Teams	Mary Terziani
	Bruce Quimby
	Jim Boyle
Women In Motion	Kare Cossaboon
	Mary Terziani

## MESSAGES FROM OUR PRESIDENT - UTA ALLERS

**ROCHESTER MARATHON:** Co-directors Tim McAvinney and Gene Osborn again did a superb job of organizing this Labor Day's 9th Annual Rochester Marathon. And it was nice to have as generous a sponsor as Blue Cross/Blue Shield. I was delighted to see Kare Cossaboon and Craig Holm win a trip to Boston together. Unfortunately, the weather (80°F and 88% humidity) made the race more than usually gruelling for our runners and many had to drop out or settle for a disappointing slower time. Many thanks go to Dave Shares for setting up all those much needed water stations. The newspaper coverage was exceptional, wasn't it?, with front page spreads in the D&C and the TU, as well as a page of pictures in City Newspapers. TV coverage was excellent too; a cousin of Beryl Skelton saw her on the news in Tennessee! And thanks for getting those results to the newspapers the same day, Tim.

**DIGITAL DISPLAY TIMER:** On Tim's initiative, GRTC has invested \$1300 of road race revenues for the digital timer which had its inaugural display at the Marathon. (Too bad that it does not work accurately when plugged into a car cigarette lighter.) We will use the timer at our big races and rent it to other directors of large races.

BULK RATE  
U.S. POSTAGE  
PAID  
ROCHESTER, N.Y.  
PERMIT # 145

**FULTON 10 MILER:** Congratulations go to the GRTC team of Bruce Baden, Steve Pulos, Mike Higgins, Dave Coyne and Joe Contario for again winning the team trophy.

**SKYLON BUSES:** As of this deadline (Sept. 15), there are still 18 seats available on the first bus to the Skylon Marathon, October 18. It looks as if the second bus will not be filled and will be cancelled by Oct. 1. The bus leaves at 8:00 a.m. from Pittsford Plaza and at 8:20 a.m. from Stoneridge Plaza and returns to Rochester from Niagara Falls, Canada around 8:30 p.m. The cost is \$12 for GRTC members and \$13 for non-members. For reservations, call 381-4000 and send check (made out to GRTC) to Uta Allers, 10 Schoen Place, Pittsford, N.Y. 14534.

An Apology to Don McWilliams

In the August Newsletter it was incorrectly stated that Dave Winn was the first club member to ever win an individual National Championship. Many thanks to everyone who pointed out that Don McWilliams had won two A.A.U. National Championship titles for the marathon in Oct. 1979 and 30K in March 1980 in the 55-59 age group. Sincere apologies to Don McWilliams and anyone else in the club who may have been overlooked.

Notice to all GRTC members from our Secretary - Pat Martin

Your expiration date now appears on your address label. If this date has already passed, this will be your last newsletter unless you send me your renewal immediately. This will also be the last newsletter for those members who don't have an expiration date on their address label since according to my records you haven't renewed either. If you think your expiration date is incorrect, send me a copy of your cancelled check. We all make mistakes and I may have misinterpreted some information received from the Gesells. Please be prompt so as not to miss a single issue. Also make sure that your name is correctly spelled and your address is current. (P.O. Box 8310, Rochester, New York 14618).

In Memorial

Paul Gesell, founder of the Greater Rochester Track Club and secretary for the past four years, died on September 16. The time and energy he contributed over many years to developing this club and helping its progress are greatly appreciated. Anyone wishing may make memorial contributions to the Paul G. Gesell Track and Field Memorial Fund in care of Robert Miller, Business Manager, Livonia Central School, Livonia, NY.

Notice to touring team athletes - Bruce Quimby

All touring team members are obliged to help out at the Dannon 10K race on Oct. 5. This helps pay for our trips. A few hours is not too great a sacrifice!

TOURING TEAM DEFINITIONS AND GUIDELINES

THE TOURING TEAM

- 1) consists of club members who represent the club at competition other than the summer Tuesday night meets.
- 2) can be an individual or a group.
- 3) members compete on different levels of competition. The members should be competitive in the meet they enter. The levels of competition range from the Niagara District meets to regional meets to qualifying standard meets to national competition. Members should go to meets with the idea of bringing home a team championship and/or placing in the top competition.
- 4) is organized by the touring team director.
- 5) consists of club members determined by the touring team director. If a club member desires to be on the touring team, the member MUST contact the touring team director.

All club members are welcome to go to the Niagara District Championships. If a club member was not contacted by the touring team director and desires to enter, then the member fills out the entry form with the fees and mails it to the meet director. The entry forms should be in the newsletters. If a club member was contacted by the touring team director, the director has the responsibility of entry and fee payments.

RESOLUTION OF CONFLICT(S)

Grievances among team members or between members and the director shall be resolved by the following procedure:

- 1) by direct communication between the grieving parties, or failing to reach a satisfactory solution,
- 2) by presentation of the grievance to the Board-appointed Touring team Arbitrator(s), whose decision is FINAL.

The same procedure applies to non-club members with the touring team and/or director.

1980-81 FREEZEROD SCHEDULE

#1	Dec. 7	11 am	First Snowfall 10K, Churchville Park
#2	Dec. 21	11 am	Christmas 5 Mile, Newark
#3	Jan. 1	11 am	New Years Resolution 7.3 Mile, Mendon Ponds Park
#4	Jan. 17	11 am	January Thaw 10K, Xerox Recreation, Webster
#5	Feb. 7	11 am	Great Blizzard 7.3 Mile Run, Mendon Ponds Park
#6	Feb. 22	11 am	Washington's Birthday 5 Mile, Newark
#7	Mar. 7	11 am	Groundhog 10K, Xerox, Webster
#8	Mar. 22	11 am	Spring Fever 10 Mile, Mendon Ponds Park

GREATER ROCHESTER TRACK CLUB MEN'S CLUB RECORDS

(Updated July 31, 1980)

50 yards	5.5	Sam Hampton	5000 meters	14:13	Craig Holm (2/80)
60 yards	6.6	Mike Walker	6 Mile	28:49.0	John Jones (2/80)
100 yards	9.4	Trenton Jackson	10,000 m.	30:05	Craig Holm (8/79)
100 meters	10.2	Trenton Jackson	3K Steeple	8:47	Bruce Baden (5/80)
200 meters	20.6	Trenton Jackson	120 y HH	13.9	Rob Johnson
220 yards	20.7	Trenton Jackson	110 m HH	13.9	Rob Johnson
300 yards	30.9	Jim Neary	400 m IH	52.9	George Cook
400 yards	48.6	Tom Winfree	440 y IH	53.2	George Cook
400 meters	47.5	Elroy Turner	Mile Walk	7:25.0	Rich Merriam
440 yards	48.6	Tim Winfree	2 Mile Walk	18:18.9	Larry Naukam
600 yards	1:13.1	Vinny Versage	Marathon	2:17:03	Craig Holm (12/79)
500 meters	64.3	Neil Moore	High Jump	6'8"	Steve Pace
600 meters	1:25.8	Mike Van Auker	Long Jump	23'8"	George Brown
800 meters	1:51.8	Mike Kelly	Triple Jump	48'9½"	Bruce McDaniel
880 yards	1:52.5	Mike Kelly	Pole Vault	14'9"	Mike Ormsby
1000 yards	2:23.7	Rich Saxton	Shot Put	49'1½"	Paul Sadler
1000 meters	2:36	Greg Miller	Discus	157'2"	Kevin Akins
1500 meters	3:52.3	Paul Stemmer	Javelin	229'10"	Lynn Fuller
Mile Run	4:11.8	Mike Kelly	Hammer	159'6"	Dan Copeland
3000 meters	8:29.6	John Jones	35 lb. Wt.	43'4"	Lynn Fuller
2 Mile	8:59.6	John Jones	Decathlon	5661	Rainer Ost
3 Mile	13:43	Craig Holm (2/80)			
4 X 110	41.9	Turner, Walker, Joyce, Scott			
4 X 220	1:27.6	Frasier, Slater, Newsome, Jackson			
4 X 440	3:18.9	Turner, Hardy, Van Auker, Joyce			
4 X 880	7:48.3	Carter, Daley, Verdoliva, Turner			
4 X mile	18:11.1	Houle, Winn, T.McMillen, Jones			
Sp. Medley	3:38.4	Turner, Joyce, Johnson, Finucane			
Dist. Medley	10:23.6	Houle, Neary, Aman, Kelly			
Shut. Hurd	67.8	Berner, Pontius, Rines, Soeffing			
2 man 10 Mi.	43:42.5	Aman, Kelly (alt., 440's)			
2 Man 10 Mi.	46:59	Coyne, Holm (alt. Miles)			
1600 Meter Relay (4 X 400 yds.)	3:12.7	Hall, Joyce, Turner, Childs			

GREATER ROCHESTER TRACK CLUB MASTERS CLUB RECORDS

50 yards	6.2	Bruce Bridgeman	3000 meters	10:22.0	Dick Frank
100 yards	11.2	Dave Thomas	Two Mile	10:30.2	W. Hanson
100 meters	12.2	Dave Thomas	Three Mile	17:36.0	Dick Frank
200 meters	26.0	Dave Thomas	5000 Meters	17:50.4	J. Coons
220 yards	27.0	Dave Thomas	Six Mile	37:28.0	Dick Frank
300 yards	38.5	Bruce Bridgeman	10,000 Meter	38:05.7	P. Shanahan
400 meters	58.8	Dick Frank	120 y HH	29.3	Norm Frank
440 yards	59.1	Dick Frank	Marathon	3:04:24	Joe Fernandez
600 yards	1:31.0	John Coons	Hammer	89'11"	Norm Frank
800 meters	2:13.7	Dick Frank	Pole Vault	10'0"	F. Illuzzi
880 yards	2:14.4	Dick Frank	Mile Relay	4:10.9	Coons, Coons, Bridgeman, McWilliams
1000 meters	3:04	Don DeMaria			
1500 meters	4:39.0	Dick Frank	2 man 10 mi. Relay (alt. 440's)	52:56.2	Shanahan/DeMaria
Mile Run	4:49.2	W. Hanson	2 man 10 mi. Relay (alt. miles)	55:37	Shanahan/DeMaria
1000 yards	3:18.8	Eugene Osborn			

GREATER ROCHESTER TRACK CLUB SENIORS CLUB RECORDS

(Updated March 20, 1979)

50 yards	5.8	Mike Van Auker	120 HH	21.3	Dave Thomas
100 yards	10.8	Dave Thomas	110m HH	18.7	M.Van Auker
100 meters	11.7	Mike Van Auker	330y IH	41.1	M.Van Auker
200 meters	24.2	Mike Van Auker & R. Guido	400m IH	58.0	M.Van Auker
220 yards	25.3	Dave Thomas & M. Van Auker	440y IH	56.5	M.Van Auker
300 yards	33.9	Mike Van Auker	Hour Run	9mi. 330yd.	J. Connelly
400 meters	50.9	Mike Van Auker	Marathon	2:25:57	Jim Boyle
440 yards	51.7	Mike Van Auker	2 Mi. Relay	8:29.5	Van Auker, Benedict, Guido, Ladd
600 yards	1:15.2	Mike Van Auker	Long Jump	19'9"	Dick Quivey
800 meters	2:02.8	Rod Williams	Triple Jump	42'4½"	Dick Quivey
880 yards	2:04.4	Dale Ladd	High Jump	5'8"	Dick Quivey
1000 yards	2:23.8	Dale Ladd	Pole Vault	12'	T. Rauscher
1000 meters	2:42	Rod Williams	Shot Put	44'9"	Paul Sadler
1500 meters	4:09.4	Dave Winn	Discus	108'1"	Dave Thomas
One Mile	4:29.6	Gerry Benedict	Javelin	156'7"	M.Van Auker
3000 meters	8:49.5	Derck Frechette	Hammer	129'11"	R. Ost
Two Mile	9:29.5	Derck Frechette	Decathlon	4413	Dave Thomas
Three Mile	14:34.9	Derck Frechette	3000 M. Steeple Chase	10:26	D. Ladd
5000 meters	15:08.3	Derck Frechette	2 man 10mi. Relay (alt. 440's)	49:06.9	Williams/Ladd
Six mile	30:44.4	Dave Winn	2 man 10mi. Relay (alt. miles)	52:06	Ladd/Benedict
10,000 meters	32:15.0	Dave Winn	3200 meter relay	8:22.7	Ladd, Benedict, Williams Van Auker

GREATER ROCHESTER TRACK CLUB WOMEN'S CLUB RECORDS

(Updated March 20, 1979)

50 meters	7.46	Teri Stone	400m H	69.2	Rosemary Galambos
50 yards	6.2	Karen Prue	Marathon	2:55	Kare Cossaboom (5/80)
100 yards	11.3	Karen Prue	Medley	1:54.5	Prue, Guerrein, Galambos, O'Brien
100 meters	12.6	Karen Prue	(220, 110, 110, 440)	1:52.7	Jones, Guerrein, Brooks
200 meters	25.8	Karen Prue	880 (4 X220)	1:52.7	Prue
220 yards	25.8	Denise Long	Medley	4:24.6	Disque, Czadzeck, Hasenauer, O'Brien
300 yards	37.7	Shirley Brownlie	(440, 220, 220, 880)	4:09.3	Galambos, Prue, O'Brien, Brownlie
400 meters	56.4	Laurie Stephens	Mile (4 X440)	4:09.3	K. Rose/S. Diederling
440 yards	56.7	Laurie Stephens	High Jump	5'11"	Marilyn Metherell
500 meters	84.9	Rose Galambos	Long Jump	17'4"	Karen Breslin
600 yards	1:27.7	Karen Soehner	Shot Put	39'3"	Karen Breslin
800 meters	2:16.3	Penny O'Brien	Discus	107'11"	Karen Breslin
880 yards	2:19.8	Penny O'Brien	Javelin	111'1"	Karen Breslin
1000 meters	3:00	Penny O'Brien	2 man 10mi. Relay (alt. miles)	60:39	Dwyer/Baitsholts
1500 meters	4:42.0	Penny O'Brien	880 yd. walk	4:38	E. Robinson
One Mile	5:08.0	Debbie Graim	2 man 10mi. Relay (alt. 440's)	61:09	L. Taber/Lutz
3000 meters	10:19.0	Beth Dwyer	Mile Walk	10:12.7	E. Robinson
Two Mile	11:18.0	Beth Dwyer	440 relay	57.5	Robinson, Galambos, Morris, Fairley
Three Mile	18:18.0	Beth Dwyer			
5000 meters	18:57	Diane Coleman			
Six Mile	36:00.0	Beth Dwyer			
10,000 meters	37:21.0	Beth Dwyer			
120y IH	21.0	Laurie Stephens			
100 m H	16.8	Liz Jones			
330y H	52.0	Rosemary Galambos			

**LOCAL EVENTS CALENDAR**

Oct. 2 7 pm Seminar at The Running Store. Women in Motion on "Women's Running".

Oct. 5 10 am Dannon 10K, Sperry High School, Henrietta. Uta Allers, 381-4000. \$1.50 pre, \$5 post.

Oct. 5 9:30am Dannon 1 Mile Fun Run. Free. As Above.

Oct. 5 1 pm Warsaw Autumn Festival 10 Mile, Bill Santora, Gr. Warsaw Chamber of Commerce, 178 Brooklyn St., Warsaw 14569. \$4 by 10/1, \$5 post.

Oct. 5 11 am Warsaw Autumn Festival 3 Mile. As above.

Oct. 5 11:45am Warsaw Autumn Festival 5 Mile. As above.

Oct. 6 2 pm Post-Dannon Party. Bill Spinder, 32 Shire Oaks, Pitts. 586-3698.

Oct. 5 5 pm Fall Social Run. Bill Spinder. As above.

Oct. 7 10 am Beginning Running Course at The Running Store, Uta Allers, 381-4000.

Oct. 9 10 am Intermediate Running Course at The Running Store. Edie Clement and Beryl Skelton.

Oct. 9 7 pm Seminar at The Running Store. Dr. Ed Bonavilla on "Foot Structure and Running Shoes".

Oct. 11 9:30am Lyons 5.3 Mile, Lyons Central School. Roger Clark, cross country coach. \$3.

Oct. 11 10 am Hilton-Parma Apple Derby 5 & 10K, 3300 Dewey Ave. John Hooper, 722-0410. \$3 by 10/6, \$4 post.

Oct. 11 9:30am St. Joseph's Villa 1 Mile Fun Run. As above.

Oct. 11 Noon Wild Winds Harvest Time Cross Country Classic 10K, Naples. Don Wise, 41 Willowick Dr., Fairport, \$3.75 by 10/7, \$5 post.

Oct. 12 10 am Women in Motion's 2&6 Mile Social Run. Cindy Englabrecht, 40 Sanford St. (off South Ave.), Roch. 14620, 271-3143.

Oct. 12 11 am Sodus Point Columbus Day 2&7 Mile Race, Rte. 14. Jim Sullivan, Box 207, Sodus Point 14556, 454-6235.

Oct. 12 5 pm Fall Social Run. Dick Withrow, 24 Green Ridge Cres., Hamlin (off Rte. 18), 864-2226. Dick's Birthday Run.

Oct. 16 7 pm Seminar at The Running Store. George Pfeiffer on "Stretching for Injury Prevention".

Oct. 19 5 pm Fall Social Run. Joyce Lindley, 1255 S. Winton Rd. (across from Brighton High School), 442-9307.

Oct. 23 7 pm Seminar at The Running Store. Dr. Gary Kuhn on "Chiropractic Approach to Spine & Postural Problems for Runners".

Oct. 26 10 am Women in Motion's 2 & 6 Mile Social Run. Edie Clement, 50 Little Spring Run (off Kreagh Rd.), Fairport, 248-5776.

Oct. 26 3 pm Dual Meet between GRTC's Touring Team and Syracuse Chargers, Durand Eastman Park.

Oct. 26 3 pm Fall Social Run. Bob Epstein and Jennifer Litwek, 19 Eagle St., Corn Hill Area, 546-8324.

Oct. 30 7 pm Seminar at The Running Store. Alida Merrill on "Eating and Running".

Oct. 31 6:30pm Halloween 5 Mile Costume Fun Run, Cobbs Hill Park. Katie Lipsky, 271-2404. 50¢ donation for prizes.

Nov. 2 10 am Crazy 8 Mile Cross Country (rescheduled from 9/14), Mendon Ponds Park, GRTC Touring Team. Rod Williams, 671-1370, \$3pre, \$4post.

Nov. 2 3 pm Fall Social Run. Beryl and Jim Skelton, 281 Mason Rd., Fairport, 223-4927.

Nov. 9 3 pm Fall Social Run. Mel Levinson, 460 B Clay Rd., Henrietta, 359-883.

Nov. 16 3 pm Fall Social Run. Norm Frank, 25 N. Main St., Pittsford, 381-6155.

Nov. 22 2 pm 3rd Annual Honeye Falls Rotary 3 Mile. Mike Worden, 624-2188.

Nov. 23 10 am Women in Motion's 2 & 6 Mile Social Run. Barbara Bergeron, 544 Parma Center Rd., Hilton, 392-9683.

Nov. 27 Newark Turkey Day Race. Dale Ladd.

Nov. 29 10 am R.T. Turkey Run, 5 Miles, Mendon Ponds Park. Bill Quinlisk, 586-6059. Application in next newsletter.

**Second Annual G.R.T.C. "Crazy-Eight" Cross-Country Race**

(Last year you heard about this race, and most of you stayed away for fear that this event would be "too difficult". Almost 100 people did participate and had the time of their lives! This year, don't miss one of the most interesting, unique and challenging events you will have the opportunity to run in.)

DATE: Sunday, November 2, (rain or shine)  
 TIME: 10:00 a.m. Registration 9:00 a.m. - 9:45 a.m.  
 PLACE: Boy Scout area - Mendon Ponds Park. Use first two entrances to Park off Clover.

1. Entry Fee: (Pre-registration only) is \$3.00 due with entry checks made payable to G.R.T.C. Entries due and postmarked no later than Friday, October 31. Positively no entries day of race or postmarked after 10/31/80, accepted!
2. Come prepared to get dirty. The loop course is clearly marked. However, parts of the extremely challenging and hilly course are muddy. Practice shoes recommended!

3. <u>Awards:</u>	1 - 3 Trophy	4 - 10 Medals
Juniors (17 & under)	"	"
Open (18 - 29)	"	"
Seniors (30 - 39)	"	"
Masters (40 - 49)	"	"
Veterans (50+)	"	"
Women (17 & under)	"	"
Women (18 - 29)	"	"
Women (30 & over)	"	"

4. Entry Blank:

I would like to participate in the G.R.T.C. "Crazy-Eight" Cross-Country Race being held on Sunday, November 2, at 10: a.m. at Mendon Ponds Park. I hereby release the G.R.T.C. and the Department of Parks for Mendon Ponds Park of any and all liabilities and claims arising from injuries suffered in connection with my participation in this event.

\_\_\_\_\_  
 (Signature)

NAME: \_\_\_\_\_ AGE & DATE OF BIRTH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ RUNNING DIVISION: \_\_\_\_\_

Mail to: Rod Williams  
 127 Beacon Hills Drive South  
 Penfield, New York 14526

OUT OF TOWN EVENTS CALENDAR

Oct. 4 8:15 am 10K Cross Country Baldwinsville Invitational, Durgée Junior High, Baldwinsville, NY, Chuck Wiltse, 7907 Glen Brooke Dr., Baldwinsville, NY 13027.

Oct. 4 Diet Pepsi 10K Finals, Purchase, NY.

Oct. 11 9 am Hennibal 5 Mi. Run, Hennibal High School, Hennibal, NY

Oct. 12 12:30 pm Finger Lakes Marathon, Ithaca, NY. James M. Hartshorne, 108 Kay St., Ithaca, NY 14850.

Oct. 18 12:00 pm 10K National Road Racing Championship for Master, Men, and Women, Prospect Park, Brooklyn, NY., Masters Sports Assoc., 77 Prospect Pl., NYC 11217.

Oct. 18 12:30 pm Skylon International Marathon, Buffalo, NY. Skylon Marathon, Box SIM, Bidwell Station, Buffalo, NY 14222.

Oct. 19 Boone Bell Women's 10K Finals, Cleveland, Ohio.

Oct. 26 10:30 am New York City Marathon, Verarazano Bridge, NYC, Fred Lebow, New York City Marathon, PO Box 881m FDR Station, New York, NY 10022.

Nov. 2 1:00 pm Utica Cross Country Race, Utica Municipal Golf Course, Utica, NY.

Nov. 2 9:00 am Marine Corps Marathon, Washington, DC., Marine Corps Marathon, 8th & '1' St., SE, Washington, DC 20390.

Nov. 9 1:00 pm Drumlins European XC 5 + 10K, Drumlin Golf Course, Syracuse, NY. Nancy Murphy, 334 Scott Ave., Syracuse, NY (446-7048).

Nov. 16 1:00 pm Green Lakes XC., Green Lakes State Park, Jerry Smith, 112 Marangale Rd., Manlius, NY 13104 (422-7121).

Nov. 23 12:00 pm Philadelphia Marathon, Philadelphia, PA, Tom Sander, 515 W. Godfrey Ave., Philadelphia, PA 19126.

Nov. 27 10:00 am Turkey Day 1,2,5+10 Mi. (post entry only), Durgée Junior High, Baldwinsville, NY, Chuck Wiltse, 7907 Glen Brook Dr., Baldwinsville, NY 13027 (437-2160).

Nov. 30 1:00 pm Holland Islands XC, Holland Islands, Alan Hastings, Auburn YMCA, 29 Williams St., Auburn, NY (253-5304).

Dec. 7 11:00 am Jersey Shore Marathon, Asbury Park, NJ., Convention Hall, Asbury Park, NJ 07712.

Dec. 14 9:00 am Baldwinsville 10 miler, Durgée Junior High, Baldwinsville, NY, Chuck Wiltse, 7907 Glen Brook Dr., Baldwinsville, NY, 13027 (437-2106).

MISCELLANEOUS RESULTS

Camillus Race of Champions 10K, Aug. 15, Steve Pulos, first overall, 31:10, new course record.

Empire State Games

10,000 M - Craig Holm 30:42 first  
Steve Pulos 4th

400M - Neil Hall second

200M - Elroy Turner third

Javelin - Debbie Vangellow 32.22M second

Swan Library Run, Albion, Sept. 6  
Barbara Bergeron - 1st 30-29 5K  
Amy Scheuermann - 1st 40-49 10K

Brattleboro, VT SOK, National AAU Championship  
Don McWilliams 4:03 Winner (55-59)

Adam Helmer Marathon, Utica area, Sept. 14  
Tim Youngs 3:47  
Norm Frank 3:47 (fifth marathon in 5 weeks!)

Fulton 10 Mile, Sept. 7

Bruce Baden 51:03 1st  
Steve Pulos 51:36 3rd  
Mike Higgins 52:45 8th  
Dave Coyne 11th  
Joe Contario 54:05 15th  
Jim Boyle 54:12 16th  
Scott Bagley 54:27 17th

Crooked Leg, 12 Mi, Penn Yan, 9/14  
Mike Hoban 68:03 first

(miscellaneous Results, Cont'd)

John Lasco Memorial Run, June 21

16 & under	Scott Bagley	54:00	Jackie Lanzone	80:14
17 - 29	Craig Holm	49:42*	Kristen Marino	65:54*
30 - 49	Dave Tresholavy	54:48	Helen Shipp	72:32
40 - 49	Stan Smiley	58:04	Dorothy Cook	90:46
50 - 59	John Benzoni	63:02		
60 & over	Gene Osborn	73:30		

5 Mile

16 & under	John Juers	28:24	Mary Beth Kerbs	40:32
17 - 29	John Luther	28:28*	Joanne Green	35:32
30 - 39	Jim Boyle	27:06	Julie Burgess	34:06
40 - 49	Fred Brazda	29:54	Dotty Hutchings	39:22
50 - 59	Bill Pow	34:36		
60 & over	Reenl Leadbetter	34:56		

\*New Course Records

Banana-Bagel Run, 5 miles, July 19, Mendon Ponds

1. Greg Miller	27:43	19. Kathy Lutz	35:09*
2. Robert Watkins	27:50	20. Dave Hassett	35:23
3. Steven Sawada	27:55	21. Joe Fernandez	35:41
4. Ken Hurlbutt	28:09	22. Lou DiFabio	35:44
5. Fred Brazda	30:38	23. Wanda Buggs	36:32
6. Chris Miccichi	31:16	24. Dave Heeks	38:11
7. Scott Turner	31:36	25. Steve Moulton	39:23
8. Mark Rosenblum	31:57	26. Larry Rennert	39:43
9. Bill Troy	32:16	27. Tim Lum	39:50
10. Jim Williams	32:18	28. Tim Gigliotti	40:37
11. Eric Hooker	32:18	29. JoAnna Lewis	41:00
12. Dave Fasa	32:26	30. Gerry Sullivan	41:07
13. Steve Levy	32:27	31. Dave Bulin	41:47
14. Dan McCormick	32:40	32. Kevin Callera	42:04
15. Paul Turek	33:45	33. Don Webster	43:08
16. Mel Schultz	33:54	34. Tracey Engel	43:37
17. Jim Jones	34:28	35. Carol Engel	45:11
18. Dan Stein	34:38	36. Becca Rooney	60:24

Newsletter Deadline

The deadline for submitting information for the November Newsletter is Oct. 15. Send all information to Sue Gwynn, 1528 Kingsberry Dr., Rochester, NY 14626 (ph: 227-6540).

Race Hotline

Call 381-4525 for 24 hour information on race schedules, fun runs and seminars. Sponsored by GRTC and The Running Store.

# ROTARY CLUB



# HONEOYE FALLS

### HONEOYE FALLS ROTARY RUN

SATURDAY - NOVEMBER 22, 1980 - 2:00 p.m.  
 ENTRY - \$3.00 Contribution  
 Post Entry After 1:00 p.m. - \$4.00  
 PROCEEDS TO CAMP HACCAMO  
 (Rotary Camp for Handicapped Children)

PLACE/COURSE - Start/Finish at Honeoye Falls-Lima High School, East St., Honeoye Falls, N.Y. (changing rooms, toilets and showers available-see reverse side for course description)

AWARDS - Memento to all finishers

REFRESHMENTS - For all Finishers, compliments of Honeoye Falls Rotary

TROPHIES - To 1st three places

MEN		WOMEN	
Pre-teens up to 12		Pre-teens up to 12	
13-19		13-19	
Open		Open	
30-39		30-39	
40-49		40 and over	
50 and over			

•SPECIAL RECOGNITION (e.g., youngest, largest family, first time race certificates.)  
 •Separate races for men and women if participation warrants

CONTACTS: Dick Cole, 29 Ontario St., Honeoye Falls (624-2558)  
 Mike Worden, 8 Creekside Dr., Honeoye Falls (624-2188)  
 Bruce Quimby, 13 Loring Place, Rochester, N.Y. 14624  
 ENTER NOW IN THE ROTARY RUN FOR CAMP HACCAMO

Make check for \$3.00 contribution Payable to: HONEOYE FALLS ROTARY RUN and mail with entry form to: Rotary Run, c/o Honeoye Falls-Lima High School, Honeoye Falls, N.Y. 14472.

(tear below and return)

#### ENTRY FORM

NAME (in full) \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP CODE \_\_\_\_\_

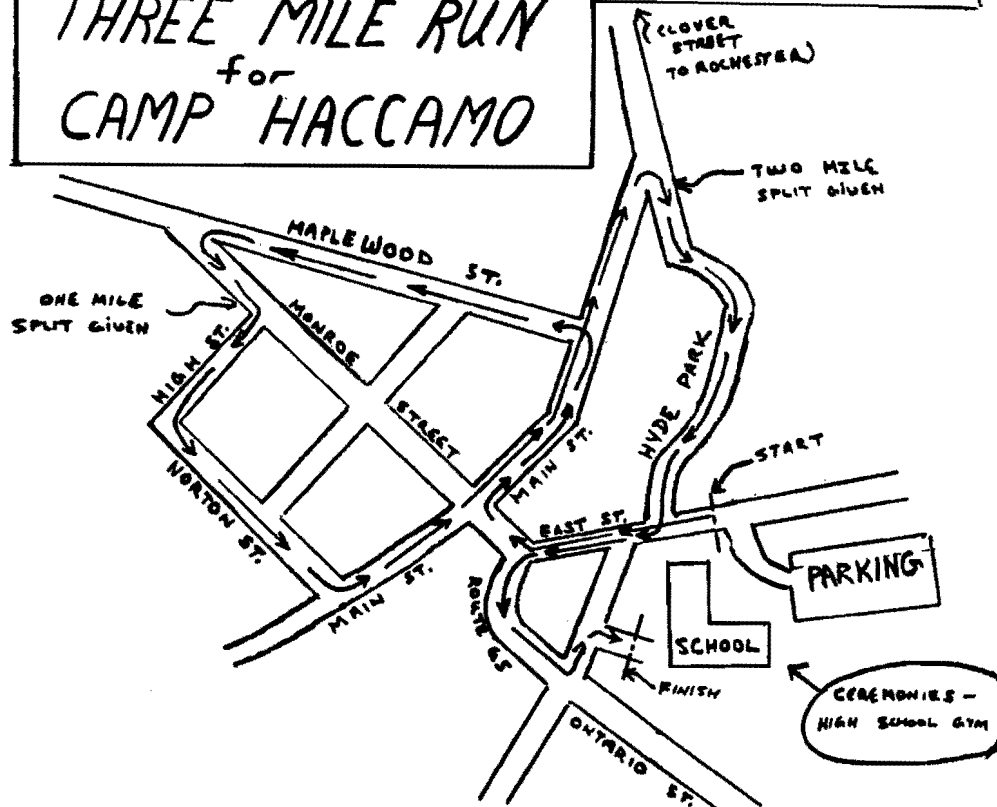
DIVISION ENTERED: Men: ( ) Pre-Teens up to 12 ( ) 13-19  
 ( ) Open ( ) 30-39 ( ) 40-49  
 ( ) 50 and over  
 Women: ( ) Pre-Teens up to 12 ( ) 13-19  
 ( ) Open ( ) 30-39 ( ) 40 and over

In consideration of your accepting this entry, I hereby, for myself, my heirs and executors, waive and release any and all rights and claims for damage I may have against the Honeoye Falls Rotary Club, Village of Honeoye Falls, and Town of Mendon and Honeoye Falls-Lima Central School in connection with this race.

SIGNATURE (if under 18, parent or guardian)

NOVEMBER 22  
 SATURDAY : 2 P.M.  
 ENTRY CONTRIBUTION: \$3

## 4<sup>th</sup> ANNUAL THREE MILE RUN for CAMP HACCAMO



SPONSORED BY  
**HONEOYE FALLS ROTARY CLUB**

PRE-ROCHESTER 1/2 MARATHON, Aug. 16, Pittsford, 56°F.

AGE CATEGORIES

Males: A = 18&under E = 40-49  
 B = 19-29 F = 50-59  
 C = 30-34 G = 60&over  
 D = 35-39

Females: H = 18&under  
 L = 19-29  
 M = 30-39  
 N = 40-49

1. Ed Cohn	B	1:13:22	53. John Seymour	B	1:27:01
2. Bruce Quimby	B	:43	54. Ralph Wiegandt	C	:22
3. Bob Birecree	B	:14:46	55. Buzz Schild	C	:27
4. Mike Baxter	B	:47	56. Bob Epstein	E	:30
5. Jim May	C	:15:46	57. Derrel Champion	D	:51
6. Norm Ferris	C	:16:22	58. Jay Hardesty	B	:28:02.0
7. Chuck Klein	B	:16:57	59. Dennis Permoda	B	:02.4
8. Howard Reitz	B	:17:10	60. Bruce Hill	D	:12
9. Steve Spicer	B	:17:37	61. Richard Miracle	C	:22
10. Paul Klein	B	:18:10	62. Pete Clark	B	:35
11. Steven Buckley	B	:18:20	63. Gary Van Scooter	C	:29:50
12. Tom Lamme	C	:18:31	64. Ray Luther	F	:59
13. Rowley Hazard	C	:19:09	65. Ed Eggleston	B	:30:17
14. Nick Forbes	C	:19:29	66. Bruce Bridgman	E	:34
15. Tim Jones	B	:19:44	67. Mike Smola	A	:36
16. Brian Hart	B	:20:22	68. Dwight Rodgers	D	:31:13
17. Bill Purves	D	:20:29	69. Elio Realbuto	B	:28
18. Tim McAvinney	C	:20:37	70. Ron Kless	E	:37
19. Jim Hopkins	D	:20:51	71. Art Anauo	E	:39
20. Ross Rider	E	:20:52	72. Jim Gutacker	B	:47
21. Steve Shablin	B	:21:03	73. Ray Hutch	E	:51
22. Mitch Mergenthaler	C	:21:54	74. Rich Franklin	A	:32:17
23. Rich Kellerman	D	:21:56	75. Joe Gagne	E	:34
24. Howard Ward	C	:21:59	76. R.M. Ellis	B	:53
25. Tom Serafin	B	:22:10	77. Tom Wallenhorst	B	:56
26. Doug D'Aprix	B	:22:23	78. Ray Buchanan	B	:58
27. Mel Levinson	E	:22:46	79. Gerry Phillips	C	:33:10
28. Michael Reif	C	:22:52	80. Bill Lewis	D	:31
29. Fred Brazda	E	:22:56	81. Bill Blank	C	:39
30. Gery O'Donnell	D	:23:10	82. Mel Schultz	E	:34:03
31. Bill Pixley	C	:33	83. Greg Martin	E	:07
32. Bill Kehoe	D	:45	84. Walt Check	C	:20
33. Gerry Sullivan	D	:56	85. Keith Noyes	C	:34
34. Paul Antenore	B	:24:03	86. Bill Faul	D	:49
35. Scoop	B	:18	87. Steve Luther	A	:35:07
36. Ted Imswiler	D	:21	88. Ray Jacques	E	:24
37. Peter Ray	B	:24	89. Igor Mihajlov	E	:25.5
38. Bill Spinder	E	:29	90. Roger Fagan	C	:25.9
39. Adam Garza	C	:44	91. Davic Hassett	D	:28
40. Terrance Jones	B	:45	92. David Coons	E	:36:04
41. Bruce Shapiro	D	:25:19	93. Martin Lustik	E	:06
42. Al Kremer	E	:36	94. Phil Carter	D	:24
43. Dave Kemp	C	:41	95. Kevin Loughran	B	:30
44. John Blanchard	D	:44	96. Jake Fancher	C	:34
45. John Coons	E	:52	97. Don Moran	E	:35
46. Kevin Buckley	B	:55	98. James Hardy	D	:46
47. John Banzoni	F	:58	99. Janis King	L	:49
48. Mike Hasenauer	B	:26:11	100. Charles Sabatine	E	:37:01
49. David Weise	D	:12	101. William Dodd	E	:22
50. Robert Owens	C	:46	102. Gary Preece	B	:38:02
51. Don Wise	B	:54	103. Ron Liquory	C	:03
52. Jeff Levine	C	:57	104. Dennis Bunting	C	:13

105. John Ewers	E	1:38:15	145. Joe Hendrick	E	1:48:04
106. Chuck Osborn	E	:21	146. Gary Caldwell	C	:09
107. James Sanders	D	:24	147. Jim Morrice	D	:21
108. Gary Jones	B	:39:03	148. Z. Bokser	B	:49:21
109. Dave Heeks	E	:09.0	149. Rich Micolli	C	:52
110. Del Landrew	D	:09.9	150. Vince Terziani	F	:50:08
111. Rob DeLong	A	:31	151. Pat Camp	A	:16
112. Fritz Grasberger	E	:33	152. Fred Powell	E	:21
113. J.W. McGee	C	:36	153. Joe George	E	:22
114. Gene Osborn	G	:43	154. Bruce Kennedy	C	:28
115. Ed McCray	C	:46	155. Kurt Fey	E	:38
116. Jim Yost	E	:51	156. Richard Sorrentino	E	:51:19
117. Andrew Ginsberg	C	:57	157. H. Terry Davis	D	:53:32
118. Joe Scibetta	E	:40:00	158. Dave Kiefe	C	:54:03
119. Gary Pino	C	:12	159. Frank Vilente	B	:55:01
120. Gary Borkhuis	D	:24	160. Tracy Romano	H	:09
121. Charles Linke	F	:32	161. Fran Goldberg	M	:10
122. James Tortorici	B	:41:21	162. Maureen Schoeffel	M	:18
123. Dave Davenport	D	:51	163. Jim Stanton	E	:31
124. David Meachan	B	:42:01	164. George Landberg	E	:56:51
125. Kathy Hankinson	H	:13	165. Elaine Spaul	M	:57:05
126. Mary Beth Glavin	L	:15	166. Brian Voorhees	B	:58:02
127. Larry Phillips	F	:33	167. Steve Kramer	A	:59:38
128. Ken Anderson	D	:36	168. Earl Doser	E	2:00:27
129. Joseph Sokolwski	B	:51	169. Charles Eldred, Jr.	A	:40
130. Steve Brent	C	:43:01	170. Laurie Clements	L	:49
131. Larry Ullian	D	:10	171. Jim Malley	E	:03:03
132. R. Van Almkerk	C	:12	172. Peter Linsbaugh	D	:04:12
133. Bob Sagan	D	:15	173. Roy Maratta	E	:16
134. Ann Kayser	L	:37	174. Morey Goldman	D	:30.6
135. Richard Hauer	D	:51	175. Sue Langman	L	:30.9
136. Jon Prime	D	:44:23	176. Elladean Dunn	N	:43
137. Ralph Eisenmann	D	:35	177. Joan Jester	N	:44
138. Tom Sharf	C	:58	178. Art Hoffman	C	:07:10
139. Peter Burns	B	:45:01	179. Helen Neer	N	:09:18
140. Bill Polito	E	:52	180. Joe McShea	E	:40
141. Tom Palmer	D	:46:26	181. Pat Grassi	N	
142. Dennis Glanton	C	:52			
143. Joe Dalpopolo	F	:47:53			
144. Ken Sawyer	D	:54			

Teams:

1. Film City Striders	
Tim McAvinney	1:20:37
Jim Hopkins	1:20:51
Ross Rider	1:20:52
Dave Kemp	1:25:41

Personal

DEAR #426: See you at Sonnenberg Gardens next spring at the Jean Mitchell Race. I'll bring the ERG. Love, #798.

FOR SALE

Nike Waffle Trainers, W6, worn twice, \$9.95  
 Annette, 226-3581.

Pair of 420 New Balance, Size 12D, only worn 3 times (wrong fit)  
 \$25.00. Call Jim Karr, 647-2965.



THE 1980 ROCHESTER  
MARATHON

Photo by Diane Clancy



Photo by Jim Castalein



(Photo by Diane Clancy)

ROCHESTER MARATHON NOTE OF  
THANKS - Tim McAvinney

I would like to thank all those who contributed their time and effort to this year's marathon. You made it a truly successful and memorable event.



9TH ANNUAL ROCHESTER MARATHON

RACE RESULTS

Legend

C: Men 19 & Under  
 : Men 20 - 29  
 S: Men 30 - 39  
 M: Men 40 - 49  
 V: Men 50 - 59  
 X: Men 60 & Over  
 F: Women 29 & Under  
 W: Women 30 & Over

PLACE	NAME	CITY/TOWN	DIVISION	TIME
1.	P. Pfitzinger	Ithaca	Open - 1st	2:22:44
2.	D. Predmore	Ithaca	Open - 2nd	2:27:29
3.	C. Holm	Fairport	Open - 3rd	2:34:11
4.	B. Martin	Brockport	1st	2:37:37
5.	J. May	Williamson	S - 1st	2:46:39
6.	J. Booker	Ithaca	2nd	2:48:28
7.	J. Arthur	Ithaca	3rd	2:48:28
8.	D. Verbridge	Atlanta, Ga.		2:49:33
9.	D. Tresohlavy	Hilton	S - 2nd	2:50:04
10.	R. Hazard	Rochester	S - 3rd	2:50:12
11.	J. Hopkins	Rochester	S	2:50:57
12.	D. McCool	Rochester		2:51:31
13.	L. Finucane	Rochester		2:52:28
14.	B. Fuller	Livonia	M - 1st	2:53:04
15.	P. Jewell	Syracuse	S	2:53:28
16.	M. Levinson	Rochester	M - 2nd	2:54:11
17.	H. Reitz	Rochester		2:58:16
18.	G. Brooks	Rochester	S	2:58:31
19.	D. Carbonaro	Rochester	S	2:58:45
20.	S. Buckley	Rochester		2:59:35
21.	M. Dudzik	New Brit., Conn.		3:00:39
22.	N. Forbes	Rochester	S	3:01:02
23.	D. Telarico	Rochester	M - 3rd	3:01:14
24.	B. Birecree	Rochester		3:01:36
25.	S. Spicer	Lima		3:01:47
26.	E. Bonavilla	Fairport	S	3:01:50
27.	M. Gillespie	Lockport		3:02:15
28.	J. Williams	Rochester		3:02:53
29.	K. Cossaboon	Fairport	F - 1st	3:03:57
30.	G. Diflo	Syracuse	M	3:05:34
31.	R. Gans	Rochester		3:06:07
32.	G. Horn	Rochester		3:06:10
33.	D. Siconolfi	Maplewood, N.J.		3:06:22
34.	L. Walker	Lewiston	M	3:06:41
35.	D. DeMaria	Rochester	M	3:06:46
36.	R. Hart	Marietta, Ohio		3:07:07
37.	D. Romano	Ontario, Can.		3:07:22
38.	J. Owens	Albany	S	3:07:58
39.	G. O'Donnell	Honeoye Falls	S	3:09:21
40.	R. Maracle	Rochester	S	3:09:35

PLACE	NAME	CITY/TOWN	DIVISION	TIME
41.	G. Gears	Columbia, Md.	S	3:09:51
42.	P. Ray	Rochester		3:10:30
43.	B. Shapiro	Rochester	S	3:10:39
44.	D. Permoda	Rochester		3:12:52
45.	J. Perrins	Thornhill, Ont.	M	3:12:56
46.	B. Kehoe	Rochester	S	3:13:01
47.	A. Kremer	Rochester	M	3:13:04
48.	B. Hart	Buffalo		3:13:09
49.	M. Mukon	New Brit., Conn.		3:13:19
50.	D. Mortellaro	Rochester		3:13:35
51.	J. Wiseburn	Wash., NJ	M	3:13:41
52.	T. Jones	Rochester		3:13:55
53.	J. Blong	Seneca		3:15:09
54.	T. Sullivan	Rochester		3:15:22
55.	J. Gillen, Jr.	Geneseo	C - 1st	3:15:25
56.	D. Scheg	Rochester	S	3:15:30
57.	B. Middleton	Philadelphia	S	3:15:38
58.	J. Doebrich	Rochester	S	3:16:01
59.	C. Pegels	Amherst	M	3:16:03
60.	A. Fidrych	Rochester		3:16:10
61.	C. Micciche	Rochester		3:16:22
62.	C. Grossman	Rochester		3:16:23
63.	C. Rice	Kenmore	S	3:16:51
64.	J. Dolan	Rochester		3:16:55
65.	J. Zucker	Pearl River		3:18:15
66.	D. Weiss	Rochester	S	3:18:20
67.	R. Johnson	Rochester	S	3:19:25
68.	M. Rosenblum	Rochester		3:19:34
69.	M. Brown	Brockport		3:20:53
70.	T. Wallenhorst	Rochester		3:20:54
71.	S. Wallott	Seneca Falls		3:21:04
72.	S. Lyons	Tankhan., Pa.	M	3:21:14
73.	R. Hutch	Rochester	M	3:21:15
74.	W. Krieg	Rochester	S	3:21:52
75.	G. Martin	Rochester	S	3:22:09
76.	M. Schultz	Rochester	M	3:22:16
77.	J. Millen	Rochester	S	3:23:14
78.	A. Tosto	Rochester	S	3:24:09
79.	D. Wise	Rochester		3:24:17
80.	C. Beller	Rochester		3:24:35
81.	H. Weiss	Rochester		3:24:44
82.	M. Close	Towanda, Pa.	C - 2nd	3:25:08
83.	R. Luhn	Rochester	S	3:25:38
84.	R. Luther	Hilton	V - 1st	3:25:41
85.	W. Badger	Honeoye		3:25:46
86.	R. MacCameron	Buffalo	S	3:25:59
87.	S. Pasiaka	Birm., Mich.	S	3:26:01
88.	J. Patla	Rochester	M	3:26:22
89.	C. Walburn	Canandaigua		3:26:35
90.	K. Rush	Rochester	M	3:26:53

PLACE	NAME	CITY/TOWN	DIVISION	TIME
91.	M. Baxter	Rochester		3:26:55
92.	W. Mikolenko	Churchville	S	3:26:57
93.	J. Hardesty	Rochester		3:27:12
94.	W. Connelly	Waterloo	V - 2nd	3:27:20
95.	W. Spinder	Rochester	M	3:27:33
96.	J. Dunnigan	Rochester	S	3:27:39
97.	D. Champion	Rochester	S	3:28:33
98.	R. Kiggins	Rochester	M	3:28:48
99.	C. Ball	Rochester	V - 3rd	3:29:10
100.	L. Baltus	Scottsville	F - 2nd	3:29:20
101.	E. Curley	Rochester	V	3:29:38
102.	T. Peterson	Raymond, Maine		3:29:52
103.	J. Levine	Rochester	S	3:30:14
104.	J. Blanchard	Rochester	S	3:30:19
105.	M. Nolan	Rochester	S	3:30:35
106.	S. Lance	Rochester		3:30:38
107.	J. Simonsen	Leavenworth, Kan.		3:30:43
108.	R. Buchanan	Rochester	M	3:31:06
109.	A. Boone	Ontario		3:31:29
110.	W. Lewis	Rochester	S	3:31:33
111.	L. Newton	Rochester		3:31:36
112.	H. Maffuca	Rochester		3:31:44
113.	K. O'Dell	Scottsville	S	3:32:08
114.	S. Bratton	Rochester	S	3:32:30
115.	J. Sullivan	Lima	S	3:32:34
116.	V. Ciaraldi	Rochester		3:32:50
117.	W. Check	Hamlin	S	3:32:58
118.	T. Sprague	Corning	V	3:33:19
119.	G. Siebert	Palmyra	S	3:33:22
120.	W. Dodd	Rochester	M	3:33:29
121.	N. Smith	Palmyra		3:33:34
122.	D. Eckels	Rochester	M	3:33:41
123.	P. Lombard	Rochester	S	3:34:01
124.	G. Ward	Scottsville		3:34:08
125.	R. Owens	Churchville	S	3:34:09
126.	H. Leung	Rochester		3:34:16
127.	M. Rush	Rochester	C - 3rd	3:34:34
128.	B. Faul	Rochester	S	3:34:48
129.	S. Ketchum	Brockport		3:34:54
130.	D. Lindke	Rochester		3:35:15
131.	B. Ludington	Rochester	F - 3rd	3:35:15
132.	T. Buck	Baltimore, Md.		3:35:38
133.	J. Seelman	Rochester		3:35:47
134.	T. Macquire	Rochester		3:36:23
135.	P. Realbuto	Rochester		3:36:35
136.	R. Stevenson	Ontario	S	3:36:42
137.	D. Poland	Rochester	M	3:37:03
138.	G. Rech	Rochester	V	3:37:21
139.	B. Hill	Rochester	S	3:37:36
140.	D. Bartlett	Rochester	M	3:38:07

PLACE	NAME	CITY/TOWN	DIVISION	TIME
141.	R. Wilkins	Caledonia	M	3:38:12
142.	M. Badger	Canandaigua	S	3:38:52
143.	D. Thurston	Rochester	S	3:39:10
144.	M. Jensen	Rochester	M	3:39:31
145.	R. Kaufman	Victor	S	3:39:55
146.	T. Vaccarella	Rochester	S	3:40:21
147.	D. Schmitt	New City	F	3:40:48
148.	J. Hamilton	Rochester	S	3:41:37
149.	E. Eggleston	Rochester		3:41:38
150.	J. Hauber	Webster	M	3:42:07
151.	J. Hackney	Shrwsbry, Vt.	S	3:42:13
152.	J. King	Rochester	F	3:42:22
153.	A. Campbell	Canandaigua	S	3:42:26
154.	B. Myers	Rochester	S	3:42:34
155.	J. Miller	Old Greenwich, Conn.	M	3:42:45
156.	E. McCay	Rochester	S	3:42:47
157.	J. Fernandez	Rochester	V	3:43:09
158.	T. Mangan	Rochester		3:43:22
159.	J. McConville	York, Pa.	S	3:43:23
160.	R. Fagan	Rochester	S	3:43:28
161.	J. Mangano	Rochester	S	3:43:33
162.	N. Frank	Rochester	M	3:43:45
163.	P. Mroczek	Lockport		3:43:50
164.	J. Seymour	Rochester		3:44:18
165.	H. Miller	Old Greenwich, Conn.	W - 1st	3:44:21
166.	A. Trama	Rochester		3:44:23
167.	T. Birecree	Rochester		3:44:24
168.	J. Press	Holley	S	3:44:32
169.	M. Dillon	Rochester	M	3:44:45
170.	N. Schwalm	Sayre, Pa.	F	3:45:04
171.	R. Siaraldi	Rochester		3:45:28
172.	R. Lill	Rochester		3:45:47
173.	K. Kehoe	Rochester	M	3:45:48
174.	E. Realbuto	Rochester		3:46:24
175.	M. Budlong	Freeville		3:47:15
176.	M. Turback	Ithaca	S	3:47:57
177.	P. Rowe	Rochester		3:48:39
178.	F. Sava	Buffalo	S	3:49:11
179.	R. Ellis	N. Chili		3:49:33
180.	P. Barns	Rochester		3:49:39
181.	J. Tiermo	Canandaigua	S	3:49:49
182.	C. VanDuzee	Rochester	M	3:49:59
183.	J. Griffio	Rochester	S	3:50:15
184.	J. Weiss	Rochester		3:50:24
185.	J. Bulyer	Rochester	S	3:50:43
186.	J. Palmeri	Rochester	S	3:51:51
187.	A. Anano	Attica		3:51:55
188.	J. Scibetta	Rochester	M	3:52:00
189.	A. Ginsberg	Rochester	S	3:53:28
190.	D. Orgel	Buffalo		3:53:38
191.	C. Maglioncalda	Rochester		3:55:32
192.	T. Youngs	Waterloo	S	3:55:34

PLACE	NAME	CITY/TOWN	DIVISION	TIME
193.	C. B. Manchester	Rochester	M	3:55:36
194.	J. McGee	Holcomb	S	3:56:25
195.	M. Yunker	Rochester	S	3:58:03
196.	D. Martin	Rochester	S	3:58:32
197.	H. Yee	Rome	S	3:58:49
198.	R. Mann	Webster		3:58:55
199.	J. Ewers	Rochester	M	3:59:15
200.	L. Ullian	Rochester	S	3:59:33
201.	R. Jacques	Victor	M	4:00:42
202.	S. Brent	Rochester	S	4:00:44
203.	R. Davis	Fayetteville	S	4:00:52
204.	C. Sabatini	Horseheads	C	4:02:12
205.	R. Fuller	Scottsville		4:02:45
206.	K. Anderson	Rochester	S	4:03:02
207.	P. Robertson	Rochester	X - 1st	4:03:17
208.	B. Bridgman	Canandaigua	M	4:03:37
209.	T. Mee	Rush		4:03:42
210.	J. Garen	Newark	M	4:04:26
211.	D. Jandrew	Rochester	S	4:04:39
212.	W. Sauer	Rochester	S	4:05:39
213.	I. Mihajlov	Rochester	M	4:06:31
214.	R. Wallace	Rochester	M	4:07:33
215.	D. Wahler	Schenectady	F	4:07:37
216.	S. Lambers	Rochester	V	4:08:00
217.	G. Borkhuis	Macedon	S	4:08:14
218.	V. Terziani	Rochester	V	4:08:36
219.	P. Camp	Spencerport	C	4:08:38
220.	R. Osmond	Rome	S	4:09:06
221.	R. Watson	Rochester	S	4:09:32
222.	B. Skelton	Rochester	W - 2nd	4:10:23
223.	R. Close	Towanda, Pa.	M	4:11:39
224.	B. Freeman	Williamsville	M	4:12:34
225.	B. Brennan	Rochester	V	4:12:37
226.	C. Viglucci	Rochester	M	4:12:49
227.	A. Loeb	Rochester	F	4:13:36
228.	T. Schwalm	Sayre, Pa.		4:13:56
229.	E. Finnerty	Lake Placid		4:14:27
230.	B. Waal	Rochester	F	4:14:33
231.	P. Sznedra	Athens, Ga.	S	4:14:46
232.	D. Simonsen	Rochester		4:14:58
233.	K. Sawyer	Rochester	S	4:15:11
234.	J. Dunleavy	Rochester	M	4:15:14
235.	R. Beitz	Rochester	S	4:15:28
236.	D. McIntyre	Rochester	S	4:15:31
237.	P. Wilder	Springfield, Va.	S	4:16:23
238.	J. Hendy	Webster	S	4:17:43
239.	D. Moran	Rochester	M	4:17:56
240.	S. Wambold	Rochester	F	4:18:23
241.	B. Brennan	Novi, Mich.		4:18:33
242.	J. George	Rochester	M	4:20:41
243.	B. Ewell	Nome, Alaska	S	4:21:41
244.	F. Goldberg	Rochester	W - 3rd	4:22:31
245.	A. Sorrentino	Macedon	M	4:22:45

PLACE	NAME	CITY/TOWN	DIVISION	TIME
246.	A. Wood	Ontario		4:23:01
247.	D. Shaw	Batavia	S	4:23:02
248.	T. Wurzer	Rochester	M	4:23:25
249.	W. Antkowiak	Tonawanda	S	4:23:43
250.	H. Sullivan	Rochester		4:24:10
251.	C. Tufano	Rochester	S	4:24:41
252.	D. Murphy	Rochester		4:25:09
253.	G. Moss	Rochester	M	4:25:20
254.	S. Kennedy	Andalusia, Pa.		4:25:23
255.	R. Schiffhagen	Rochester		4:26:37
256.	D. McNelly	Rochester	V	4:26:42
257.	J. Chiaramonte	Rochester	X	4:27:30
258.	S. Janczak	E. Rochester	S	4:28:11
259.	T. Schryver	N. Chili	M	4:28:52
260.	M. Ruffin	Rochester	S	4:29:30
261.	G. Caldwell	Rochester	S	4:31:26
262.	S. Craig	Pittsford	S	4:31:29
263.	H. Archunde	Newark	S	4:32:10
264.	L. Proper	Rochester	M	4:33:11
265.	B. Ribble	Rochester	S	4:34:58
266.	J. Huckaby	Lee Center	X	4:35:01
267.	A. Birmholz	Amherst	S	4:35:34
268.	J. Morrice	Rochester		4:37:30
269.	J. Hendrick	Rochester		4:37:30
270.	R. Morrison	Rochester		4:37:34
271.	D. Hamilton	Jordon	C	4:40:37
272.	J. Davis	Rochester	C	4:41:53
273.	J. Preston	Rochester	M	4:42:58
274.	L. Lockwood	Rochester	X	4:43:38
275.	C. Gill	Rochester		4:45:40
276.	H. Neer	Rochester	W	4:46:51
277.	M. Ladd	Warsaw		4:47:03
278.	J. Phergot	Cleve. Hts. Ohio	S	4:50:44
279.	R. Hall	Rochester	M	4:54:53
280.	P. Beltz	W. Seneca	M	4:54:57
281.	M. Tartaglia	Rochester	S	4:55:45
282.	B. Wynar	Rochester	S	4:57:36
283.	R. Dana	Rochester		5:09:18
284.	P. Roy	Rochester		5:12:22
285.	L. Avtall	Penn Yan	W	5:12:54
286.	J. Lambrosa	Penn Yan	W	5:12:54
287.	J. McCart	Rochester		5:13:29

PALMYRA CANALTOWN DAYS 15 KILOMETER ROAD RACE - Sept. 13, 1980

Award Winners

<u>Mens - 12 and under</u> Brad Solarek	Time 1:03:39.0	<u>Mens - 50 and over</u> John Benzoni Dick Kendall	Time 1:01:32.4 1:01:32.7
<u>Mens - 13 thru 17</u> Bill Allen Michael Smola	:54:08.8 :59:40.3	<u>Womens - 12 and under</u> Stormi-Ann Guntsch	1:04:03.7
<u>Mens - 18 thru 29</u> *Craig Holm Frank Lowry Robert Crosby Mike Kohlbrenner Larry Litscher Alan Tarr	:47:58.2 :49:47.2 :51:20.7 :51:44.1 :52:55.2 :56:29.6	<u>Womens - 13 thru 17</u> Jane Wildofsky	1:06:55.0
<u>Mens - 30 thru 34</u> James Miner Mitch Mergenthaler Dave Kemp William Troy David Jarvie Richard Wheeler Ian Morrison	:54:01.3 :57:31.7 :57:38.6 :59:10.7 :59:18.2 :59:21.8 1:01:50.9	<u>Womens - 18 thru 29</u> *Kare Cossaboon Mary Groom	1:03:03.3 1:08:49.0
<u>Mens - 35 thru 39</u> Joe McVeigh David DeBell Milton Clement Gerry Sullivan Bill Kehoe Donald Solarek Don Sheg	:56:22.2 :57:22.3 :58:36.1 :58:58.2 1:00:00.6 1:00:48.0 1:01:29.6	<u>Womens - 30 thru 39</u> Pamela Mortenson Beverly Errede Elaine Spaul Marlene Martin Sandy Jago	1:14:25.2 1:16:59.9 1:17:36.9 1:19:14.8 1:19:31.6
<u>Mens - 40 thru 49</u> Mel Levinson Ross Rider Stuart Billies Art Falter	:54:47.9 :57:51.7 1:00:50.4 1:02:39.7	<u>Womens - 40 thru 49</u> Lou Asmuth Elizabeth King	1:19:05.4 1:34:56.3
		<u>Womens - 50 and over</u> No entries	
		<u>Mens Team Division</u> <u>Syracuse Chargers</u> Robert Cosby Mike Kohlbrenner Frank Lowry	2:32:52.0
		<u>Womens Team Division</u> No entries	

\*Overall Winners

Advertising Policy

The GRTC Newsletter accepts commercial advertising based on the following schedule: 1/4 page camera - ready copy (1/4 of 8 1/2 x 11 page): \$40 per issue. 1/8 page: \$25. Maximum ad size is 1/4 page. Classified ads and personals will also be accepted at a rate of 10¢/word. Deadline is the 15th of the month. Contact Dick Withrow, 24 Green Ridge Crescent, Hamlin, NY 14464 (ph: 964-2226).

GREATER ROCHESTER TRACK CLUB

Greater Rochester Track Club & Upstate NY Chapter of Road Runners of America  
Member of Niagara Association of AAU - #031

The GRTC is for everyone whether you are a jogger, are interested in gaining or maintaining physical fitness, are a long distance runner or a track & field person, are an indoor-outdoor enthusiast or just a track nut. All that is required is an interest in running, jumping, or throwing.

Members receive a schedule of eastern region (including Canada), area, and local events along with application blanks when available for GRTC Sanctioned races. As part of your membership you will be mailed a Newsletter which will contain running information, race results, medical information, Club Committee reports, and events information a minimum of 10 times a year.

We sponsor races, Tuesday closed summer track & field meets, the Rochester Marathon, fall cross-country, and year-round road races and fun runs. On the national level you will be a member of the Road Runners of America and the T&F/USA.

Annual Membership Fees:

Student	\$5.00	Family	\$15.00	Newsletter Only	\$5.00
Non-Student	\$7.00	Sponsor	\$25.00		

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GRTC MEMBERSHIP APPLICATION

Application Date \_\_\_\_\_  
 Name \_\_\_\_\_ Res. Tel. \_\_\_\_\_  
 Address \_\_\_\_\_ Bus. Tel. \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ AAU # \_\_\_\_\_  
 Mailing Address (if Different) \_\_\_\_\_  
 M \_\_\_\_\_ F \_\_\_\_\_ Occupation \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
 For Members Under 18 Years of Age:  
 Parent or Guardians Name \_\_\_\_\_  
 Address \_\_\_\_\_

My Running Interest Is: (check as many as apply)

High School       Fitness (5mi)       Track & Field       Cross Country  
 Sub-masters       Long slow distance       Competitive teams       Marathon  
 Masters       Veterans

I compete for \_\_\_\_\_ (club name)

Check if you would like an AAU application \_\_\_\_\_

Participation - I can assist with the following GRTC programs:

Newsletter       Training runs       Road races       Competitive teams-men  
 Officiating       Social runs       Track & field       Competitive teams-women  
 Fun runs       Publicity       Summer meets       Competitive teams-youth  
 Clinics & speakers       Coaching       Summer youth coaching       Other \_\_\_\_\_

Category: (check one)

Student       Non-student       Family       Sponsor       Newsletter only  
 Make checks payable to GRTC (list members and ages)

Mail applications and checks to:

Pat Martin  
P.O. Box 8310  
Rochester, NY 14618