



# NEWSLETTER

ROCHESTER, NEW YORK

NOVEMBER-DECEMBER 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

### Honorary Directors:

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
Newsletter Editor	Sue Gwynn
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

**PAUL GESELL:** Many of us have spent the last few weeks working through the shock of Paul Gesell's death. Paul is being missed in many ways - as an organizer and initiator, an official, a supporter (especially of girls' sports) and as a warm person. Thank you for your letter to the membership, Shirley, Karen and Kim. Bill Quinlisk has volunteered to organize a memorial race in Paul's honor (with Shirley's approval). Our members are asked to pay tribute to Paul in any way they can - by running, officiating or donating a few dollars. The entry blank is in this newsletter.

**DANNON 10K RACE:** Our runners have again responded to a good thing - 625 registered and 525 ran for \$1.50 pre-registration fee, T-shirts, yogurt and \$1500 worth of prizes. The race was again a success due to the continuing support of 1. first-rate sponsors: the Dannon Company and the Road Runners Club of America, 2. the supervision of the Monroe County Sheriff's Department, and 3. the help of some very dedicated people - Rick Guido and his Sperry High School cross country team, Mike Curry, Bruce Quimby, Jim Boyle, Derek Freshette, Mikal Baxter, Jennifer Litwak, Carolyn Silas, Albert Olson & son, Dave Johnson, Debbie Nicklaus, Chip Terziani, Alan Eldred, Bob Hendricks & daughter, Jill. If any of you officials didn't

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

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

get a big, colorful Dannon laundry bag, there is one waiting for you in my office. As race director, I sit in an ambivalent position: I take pride in bringing money and prestige to the club, but I am beginning to question a personal value system which demands so much work and responsibility (despite all the help and support) and no financial rewards. I shall take the winter to come to terms with that one.

P.O. Box 154  
Hemlock, NY 14466  
September 18, 1980

**OPEN LETTER TO THE GRTC MEMBERSHIP:**

This Thank You note is long overdue and we are very sorry. We tried to put our feelings down in words right after the banquet and our testimonial. Days turned into weeks and we never accomplished what we should have done immediately.

Karen, Kim and I will long remember and cherish the memories of Tuesday night and Thursday night meets, Labor Day Marathons, Board meetings, picnics, banquets, television appearances, etc., etc., etc. Each time we dust our beautiful plaque, we will think of all of you.

Paul was so interested in girls' track and field that I know "our actions" of adding women's and girls' events on Tuesday night must have been very provoking to the Board of Directors. Guess we didn't realize we were holding up the "beer and pizza" meetings.

To all of you high school gals and guys, keep tracking. He "loved" each and every one of you in his own way and wanted only one thing - for you to have the opportunity to do your very best.

Karen, Kim and I feel a loss, however, knowing that this feeling is shared by so many wonderful people makes it easier to accept.

To all of his high school and grade school "girl friends," he often spoke of you, was wondering how you were making out, how your lives were going. He enjoyed track officiating and would come home very upset when officiating fell short of what he felt it should be or if he felt he had made a mistake himself. He enjoyed watching over you and making sure you received a "fair shake" during the meets he officiated or attended as a spectator "coach."

Please forgive our previous poor manners and may God be with each and every one of you in whatever you do.

Paul went in peace with little suffering - for this we are very grateful.

If any of you ever pass by 4472 Main Street, Hemlock and feel the need for a cup of tea/coffee, glass of milk or to reminisce, our door will always be open.

Keep tracking,

Karen, Kim and Shirley Gesell

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/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).

PERSONAL

DEAR #798: Of course I'm planning on seeing you at the Jean Mitchell Race in Canandaigua next spring. However, I prefer Gatorade - Love, #426.

FREEZEROD SERIES: Since this is a combined November-December Newsletter, I urge all of our winter runners, who want to join the Freezerod Series, to register early. Please note the deadline on Jane Iaculli's entry form for series registration. Race day is too confusing and too late.

PERSONALS

This is a tribute to you, Shirley Gasell. At the last Board meeting, the directors expressed a feeling that there was something missing from our new Newsletters - Shirley's personal touch. Uta and Mary will try to fill in.

Marathon Man, NORM FRANK, is going for his 9th in 9 weeks at Skylon. Ithaca was kind of tough, huh? Maybe a little training about mid-week would help. On another note, Norm, who hasn't been in a supermarket in years because he eats only in restaurants, is beginning to stock up on goodies for his Social Run on Nov. 16. Move the furniture; we'll all be there. MEL LEVINSON's verbal replay of his battle with BILL FULLER for first MASTER at Dannon held us spellbound. Mel was 11th overall, Bill was 13th. If other victories, possibly at Skylon, don't take precedence by Nov. 9th, others will have a chance to hear the story at Mel's Social Run. RICK GUIDO has reason to be pleased with his performance at Dannon too; after a summer-long ankle injury, he ran a PR of 36:05. Many others had PR's on that course and one who comes to mind is 12 year-old, BRETT YOST, with a 35:31. And the top 4 women ran under 40 minutes, with TRISH SMITH, a Senior, setting a women's course record of 36:22. Terrific performances! King Rat of the Canal Rats, GERRY SULLIVAN, made a comeback at the Toronto Marathon on Oct. 5th with a 2:51 and by winning his age group at the Wild Winds 10K. Fellow Rat, BILL KEHDE, was allowed to reign as "King Rate for a Day" after beating Sully in the Rochester Marathon. But now Bill is hot for the Detroit Marathon on Oct. 19th where he, BOB EPSTEIN and MEL SCHULTZ will be competing. Look out, Super Sully. It was nice to browse through the November issue of Running Times and see CRAIG HOLM's picture on page 38. We thought you just made that up about winning the Great Buffalo Stampede 10K. DICK WITHROW held a 39th Birthday Run at his home in Hamlin on Oct. 12th. (We missed you at Dannon, due to your illness, Dick.) The run was enjoyable and the food was unbelievable. Lucky for Levinson and Fuller it wasn't your 40th birthday, considering your 2:52 at Presque Isle. KARE COSSABOON and CRAIG HOLM's wedding at the U of R Interfaith Chapel was painfully beautiful. There were so many personal touches that the real people and the families came through. We all wish you a very happy life together. There now, PAUL SHANAHAN, do you feel more in tune with the nitty-gritty of the running community? Hurry back to the running scene. Speaking for Mary and myself, two of your favorite women miss you.

Newsletter Deadline

This newsletter is a combined November-December issue. The deadline for submitting information for the January, 1981 Newsletter is December 15th. Send all information to Sue Gwynn, 1528 Kingsberry Dr., Rochester, NY 14626 (ph: 227-6540).

The Greater Rochester Track Club  
Presents  
The 1980-81 Freezeroo Series

Registration Blank Freezeroo Series

- I wish to be a Freezeroo Series Runner. Enclosed is my \$10.00 for eight races.
- I wish to be a Non-Series Runner and wish to enter races as designated.  
Circle: 1 2 3 4 5 6 7 8  
Enclosed is \$2.00 per race.

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages or injuries I may suffer as a result of my participation in this event, against Greater Rochester Track Club and race organizers. I certify that I am physically fit and have trained for the completion of these races.

Signature \_\_\_\_\_ Date \_\_\_\_\_, 1980  
Print: Name \_\_\_\_\_ Address \_\_\_\_\_  
City, Town \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Make checks payable to GRTC.  
Mail entries to Jane Iaculli, 47 Bradford Road, Pittsford, New York 14534

Postscript to the Rochester Marathon - Tim McAvinney

There seems to be some question of favoritism in my decision to award the Boston Marathon trip, one of the top prizes in this year's Rochester Marathon to Craig Holm (3rd place). This decision was made after considering all the top competitor's qualifications as LOCAL RUNNERS. Before the first click of the starter's gun, I had an opportunity to talk to those whom I felt could be possible winners of the prize. I made them aware of my reasoning and all but Dan Predmore knew before the race that they weren't in contention for the Boston trip. In the true spirit of competition, they chose to run and their efforts were rewarded with trophies and some nice merchandise awards (chronographs and windbreakers).

These facts were taken into consideration in making the decision concerning the Boston trip. Pete Pfitzinger belongs to and competes for the Greater Boston Track Club. Unless the situation has changed, he has been subsidized by New Balance shoes for such races as Peach Tree (3rd place) in the past year. He has spent the bulk of the last 7 years living in Ithaca and not contributing his obvious talents to running in this area. Craig Holm and Kare Cossaboon need no explanation - their contributions and abilities speak for themselves. This was by no means a gift. If Bill Martin had finished before Craig, we would have had to spring for separate rooms.

Pete, Dan and others have lived in Rochester in the past; however, as I see it, they did not qualify as local runners in this marathon. It is unfortunate if some of you feel Pete and Dan were slighted. When I last spoke with them, they understood and accepted my decision. The Boston trip is questionable for next year. It's too bad we can't award something really nice without problems which taint the award itself.

Again I would like to take the opportunity to thank all of you who worked on the marathon. I hope you found it an enjoyable and rewarding experience.

- Dates: #1 Dec. 7 11 a.m. First Snowfall 10K, Churchville Park  
#2 Dec. 21 11 a.m. Christmas 5 mile, Newark Community Center  
#3 Jan. 1 11 a.m. New Years Resolution Run 7.3 miles, Mendon Ponds\*  
#4 Jan. 17 11 a.m. January Thaw 6 miles, Webster Xerox Rec. Center  
#5 Feb. 7 11 a.m. Great Blizzard 7.3 miles, Mendon Ponds\*  
#6 Feb. 22 11 a.m. Washington's Birthday 8 miles, Greece Arcadia High School, Greece  
#7 Mar. 8 11 a.m. Groundhog Celebration 5 miles, Fellow's Road Park, Fairport  
#8 Mar. 22 11 a.m. Spring Fever 10 miles, Mendon Ponds\*

\*We're hoping for a cabin. If not, meet at bathing area parking lot.

- In case of severe weather, race will be held the following Sunday.

Final date to register for Series is December 1st

Series

Series Fee: \$10.00 for all eight races. You must compete in at least five races to be eligible for series awards.

Scoring: Your best five race times will be totaled to compute scores for awards.

Series Awards: Trophies will be given proportionately with entries in each category. Series competitors are ineligible for non-series awards.

Categories:

Women 17 + under	Men 17 + under
18-29	18-29
30-39	30-34
40-49	35-39
50 + over	40-49
	50 + over

\*\*Series runners: Please expect to keep your same # throughout series.

Non-Series

Non-Series Fee: You may run in the Freezeroo Series on a per race basis. Fee is \$2.00 per race. Post entries will be accepted.

Non-Series Awards: Medals will be given proportionately with entries in each category.

Non-Series Categories: Same as series.

Race Hotline

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

THE PAUL GESELL MEMORIAL 5 MILE RUN

Saturday, November 29, 1980 10:00 a.m. Mendon Ponds Park  
 This race was formerly known as the R.T. Turkey Run. Because  
 of the untimely death of Paul Gesell, former Secretary of the  
 Greater Rochester Track Club, it has been renamed in his memory.  
 All proceeds from this race will go to the Gesell family.

Entry fee: \$3.00 by 11/26/80 \$5.00 after 11/26 including post entry.

Awards: Already purchased "R.T. Turkey Run" T-shirts to the first  
 300 entries received. Ribbons to all finishers. Medals to  
 the top 3 in each division.

Divisions: Men: under 20, 20-29, 30-39, 40-49, 50+  
 Women: under 20, 20-29, 30-39, 40+

Course: 5 miles of road and trail with one significant hill.  
 Register at the Beach Parking Lot at Mendon Ponds Park.  
 The park is located South of the Thruway off Rt. 65 (Clover St.)  
 about 10 miles outside Rochester. Register between 9 and  
 9:45 a.m..

Donations above the cost of the entry fee will be gratefully accepted.  
 Make checks payable to the Greater Rochester Track Club.  
 Mail entries to Bill Quinlisk, 762 Gleason Cr., East Rochester, 14445.

\*\*\*\*\*

In consideration of this entry being accepted, I, intending to  
 be legally bound, do hereby waive and release any and all claims  
 against the Greater Rochester Track Club, its officers and race  
 directors for any injuries that I may suffer as a result of my  
 participation in this race. I further certify that I am in sufficient  
 physical condition to participate.

Signature (Parent or guardian if under 18) \_\_\_\_\_ Age \_\_\_\_\_  
 \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_  
 \_\_\_\_\_

Print Name \_\_\_\_\_

LOCAL EVENTS CALENDAR

- Nov. 2 10:00 am Crazy 8 Mile Cross Country, Mendon Ponds Park, GRTC  
 Touring Team, Rod Williams, 671-1370. \$3 pre, \$4 post.
- Nov. 2 3:00 pm Fall Social Run. Beryl and Jim Skelton with Gary Aceto,  
 281 Mason Rd., Fairport, 223-4927.
- Nov. 6 7:00 pm Seminar at The Running Store. Gary Horn on "Winter  
 Running - Equipment and Techniques".
- Nov. 8 10:00 am Intermediate Running Course. The Running Store.  
 Instructors: Mary Terziani and Mike Hoban.
- Nov. 9 10:00 am Women in Motion's 2&6 Mile Social Run. Uta & Francine,  
 31 Audubon St. (off Harvard St.), 442-1008.
- Nov. 9 3:00 pm Fall Social Run. Mel Levinson, 460 B Clay Rd., Henrietta,  
 359-2083.
- Nov. 13 7:00 pm Seminar at The Running Store. Gerry Sullivan on  
 "Developing and Maintaining Endurance".
- Nov. 15 10:00 am 2nd Annual 5&10K Turkey Trot, Arnett YMCA, 240 Arnett Blvd.  
 Craig Dorman or Reggie West, 328-9330, \$2.
- Nov. 15 11:30 am Ski Fitness Run, GRTC/1980 Ski Show, Monroe County  
 Fairgrounds. Dick Withrow, 964-2226 after 5 pm. \$2.50 pre,  
 \$5 post.
- Nov. 16 3:00 pm Fall Social Run. Norm Frank, 25 N. Main St., Pittsford,  
 381-6155.
- Nov. 20 7:00 pm Seminar at The Running Store. Rick Guido and Mike VanAuker  
 on "Training Secrets for Winter Running".
- Nov. 22 2:00 pm 3rd Annual Honeye Falls Rotary 3 Mile. Mike Worden,  
 624-2188. \$3 till 1 pm on race day, \$4 post.
- Nov. 23 10:00 am Women in Motion's 2&6 Mile Social Run. Barbara Bergeron,  
 544 Parma Center Rd., Hilton, 392-9683.
- Nov. 23 3:00 pm Fall Social Run. Joyce and Howard Ward, 40 Aconbury Dr.,  
 Fairport, 223-0180.
- Nov. 27 10:00 am Newark 5 Mile Turkey Day Run, Newark Community Center.  
 Dale Ladd, 315-462-9057. \$3 on race day.
- Nov. 29 10:00 am GRTC's Paul Gesell 5 Mile Memorial Run, Mendon Ponds Park,  
 Beach Parking Lot. Bill Quinlisk, 586-6059. \$3 pre, \$5 post  
 Donations welcome. See entry blank.
- Nov. 30 3:00 pm Fall Social Run. Carole and Bob Hendricks, 403 French Rd.,  
 461-4913.
- Dec. 7 11:00 am Freezeroo #1. First Snowfall 10K, Churchville Park.
- Dec. 7 3:00 pm Winter Social Run. John and Jeri Stanton, 17 Red Lion Rd.,  
 Henrietta, 334-4068.
- Dec. 14 10:00 am Women in Motion's 2&6 Mile Social Run. Cindy Englebrecht,  
 194 Harvard St., 271-8438.
- Dec. 14 3:00 pm Winter Social Run. Mike Curry, 146 Kilbourn Rd. (at  
 entrance of Oak Hill Country Club), 381-1471.
- Dec. 21 11:00 am Freezeroo #2. Christmas 5 Mile, Newark.
- Dec. 21 3:00 pm Winter Social Run: Run for the Lights Christmas Run.  
 Mary Terziani, 130 Tarrytown Rd., Brighton, 271-6605.
- Dec. 28 10:00 am Women in Motion's 2&6 Mile Social Run. Mary Terziani,  
 130 Tarrytown Rd., Brighton, 271-6605.
- Dec. 28 3:00 pm Winter Social Run. Don and Vicki Wise, 41 Willowick Dr.,  
 Fairport (at 14 mile mark of marathon), 223-0385.
- Jan. 1 11:00 am Freezeroo #3. New Years Resolution 7.3 Mile, Mendon Ponds  
 Park.
- Jan. 3 Fellowship of Lutheran Young People 4 Mile, St. Paul Church,  
 Hilton. Joseph Berdeaux, 392-8521, \$2 pre, \$4 post.
- May 1 10:00 am Jean Mitchell 5&10K Memorial, Canandaigua. Don McWilliams,  
 394-6760.

OUT OF TOWN EVENTS CALENDAR

- 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 Drumline European XC 5 + 10K, Drunlin Golf Course, Syracuse, NY. Nancy Murphy, 334 Scott Ave., Syracuse, NY (446-7048).
- Nov. 15 12:00 pm Shake Your Tailfeathers 10K, Courthouse Square, Coudersport, PA, Potter County Striders c/o Denny Menschel, P.O. Box 425 Coudersport, PA 16915. \$4 pre, \$5 post.
- 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), Durgess 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, NY. 07712.
- Dec. 14 9:00 am Baldwinsville 10 miler, Durgess Junior High, Baldwinsville, NY, Chuck Wiltse, 7907 Glen Brook Dr., Baldwinsville, NY, 13027 (437-2106).

To fellow GRTC members - Jo and Howard Ward

If you did not run the Wild Winds 10K cross country race on Saturday, October 11, 1980, you missed a good time. The day was a beautiful fall day in Western New York, a demanding but fun course and the "nitrate free" hots were tasty. Thank you Wild Winds for hosting the run and a special thanks to DON WISE for putting the whole affair together. Mark this one on your calendar for next year.

MISCELLANEOUS RESULTS

Empire State Games Marathon, August 17  
Vincent Alonso, 3:21.

Cascade 1/2 Marathon, Vermont, September 21  
Paul Stemmer, 65 min, 6th overall

Letchworth 10K, September 24

1. Derek Frechette	33:20	overall winner
2. Rod Williams	34:20	1st, 30-39
3. Tom Moran	34:45	1st, 20-29
8. Randy Johnson	37:53	3rd, 30-39
9. Marvin Hill	38:08	1st, under 20
18. Rodney Shaw	40:22	1st, 40+over
22. Roberta Kirsh	41:37	1st women

Mansfield State Invitational, 5 miles, October 4

6. Mike Higgins	24:49
18. Derek Frechette	25:46
19. Bruce Quimby	25:56
20. Jim Boyle	26:09
25. George Feltner	26:38
32. Bob Watkins	27:32

Labatts' Toronto Marathon, October 5

- |                    |         |
|--------------------|---------|
| 1. Randall Johnson |         |
| 2. William Jones   |         |
| 3. Gerry Sullivan  |         |
| Dick Bartlett      | 3:21:58 |
| Norm Frank         | 3:41    |

Hilton Apple Derby, 5K, October 11  
Barb Bergeron 23:00,  
1st 30-39

Finger Lakes Marathon, October 12

Dave DeBell	2:57:01
Gary Muldorn	3:06
Gary Lack	3:12
Norm Frank	3:52

CROSS COUNTRY RACE RESULTS

Fisher 5K

9/06/80

High School Men

- |                     |       |                       |       |
|---------------------|-------|-----------------------|-------|
| 1. Rick Dean        | 16:23 | 33. Chris Bentley     | 19:24 |
| 2. Mike Das         | :27   | 34. Adam Rich         | :26   |
| 3. P.K. Brimstein   | :35.8 | 35. Bob Bagley        | :27   |
| 4. Paul Dodd        | :35.9 | 36. Mike Oberholzer   | :38   |
| 5. C. Hollis        | :37   | 37. Joe Iwanski       | :39   |
| 6. Rennie Brimstein | :39   | 38. Mario Aloia       | :48   |
| 7. Mike Coursen     | :43   | 39. M. Abrey          | :57   |
| 8. Pete Ewers       | :49   | 40. Richard Borroff   | 20:03 |
| 9. Bob Housel       | :58   | 41. Carl Wiedemann    | :08   |
| 10. Paul Dennie     | 17:08 | 42. Lou Ferra         | :10   |
| 11. J. Bentley      | :14   | 43. Russ Florack      | :11   |
| 12. Tom Warth       | :21   | 44. Tim Hill          | :19   |
| 13. Jon LaVallee    | :25   | 45. R. Raman          | :26   |
| 14. Scott McNitt    | :28   | 46. Ken Nelson        | :32   |
| 15. John Amos       | :31   | 47. John Stout        | :36   |
| 16. C. Atwood       | :44   | 48. Terry Kent        | 21:04 |
| 17. C. Martin       | 18:00 | 49. Bill Monte        | :11   |
| 18. Joe Paonessa    | :09   | 50. Joe DeLorenzo     | :12   |
| 19. R. Franklin     | :12   | 51. Ken Farley        | :19   |
| 20. No number       | :19   | 52. Kevin Crowley     | :32   |
| 21. Andy Hamingson  | :22   | 53. Jim Nelson        | :33   |
| 22. Mark Messura    | :24   | 54. Peter Ross        | 22:03 |
| 23. Charlie Hove    | :30   | 55. John Roberts      | :24   |
| 24. M. Brothers     | :35   | 56. Phil Dailey       | :38   |
| 25. Paul Cloos      | :52   | 57. Dan Stein         | :42   |
| 26. Christopher May | 19:01 | 58. Kevin Mallory     | :45   |
| 27. Ken Nelson      | :10   | 59. Tim Seckel        | 23:06 |
| 28. K.C. O'Neill    | :14   | 60. Andrew O'Sullivan | 24:05 |
| 29. Brad Solarek    | :17   | 61. Tom Keenan        | :28   |
| 30. Brian Solarek   | :19   | 62. Jeff Cole         | :     |
| 31. Jim Lappan      | :21   | 63. Brad Armstrong    | :     |
| 32. Tanajian        | :23   | 64. Tom Hossler       | 33:00 |

High School Women

- |                      |         |                       |       |
|----------------------|---------|-----------------------|-------|
| 1. Anita Kelly       | 19:10   | 13. Sharon Ferro      | 23:51 |
| 2. Julie Cancilla    | 20:51   | 14. Sharon McNitt     | 24:07 |
| 3. Liz Tabor         | 21:01   | 15. Graut             | 24:23 |
| 4. Lisa Hauber       | 21:03   | 16. Mary O'Gorman     | 24:30 |
| 5. Dudeck            | 21:20   | 17. Sheehan           | 24:45 |
| 6. Lynda Hauber      | 22:00   | 18. Cathy Wahl        | 24:46 |
| 7. Kathy Lutz        | 22:19   | 19. Tschang           | 25:18 |
| 8. Shelia Green      | 22:46   | 20. Sharon Rodgers    | 25:19 |
| 9. Ann Belfield      | 23:09   | 21. Danielle Flanders | 27:28 |
| 10. Rachel Vinkey    | 23:11   | 22. Susan Rodgers     | :     |
| 11. Laurie Blanchard | 23:41.1 | 23. Chris Kunisch     | :     |
| 12. Heidi Mitchell   | 23:41.4 |                       |       |

Open Men

1. Randy Drake	16:32	48. Robert Goturals	21:33
2. Stephen Jones	:39	49. Tom LeBeau	:39
3. Mark Howard	17:30	50. Alan Ziegler	:43
4. Bill Catlin	:37	51. Alexis Gross	:49
5. Joe McVeigh	:38	52. William Pow	:52
6. Mike Profsky	:40	53. Mike Quigley	:55
7. Mike Hasenauer	:43	54. Pete Lawler	:58
8. Demetrus Revelas	18:00	55. Peter Kane	:59
9. Jeff Hickey	:02	56. Carl Shulman	22:00
10. Mike Trainor	:11	57. Jim Horkheimer	:19
11. Steve Burnett	:17	58. William Henry	:25.1
12. Ted Imswiler	:19	59. L. Myron Coley	:25.7
13. Don Solarek	:23	60. Zack Wheat	:27
14. Dick Vadnais	:29	61. Pat O'Neill	:30
15. Chris Mackrell	:34	62. Dennis Crowley	:
16. Dave Michelson	:36	63. Mark Dries	:35
17. Doug D'Aprix	:42	64. Larry Spencer	:36
18. Fred Brazda	:44	65. Mike Giusti	:37
19. Gary Van Scoter	:47	66. Gary Hustis	:38
20. James Garney	:53	67. Joey Amorese	:40
21. Doug Boatfield	:56	68. George Nowak	23:59
22. Kevin Morrill	:59	69. Jim Marelis	:00
23. Bill Flick	19:11	70. Pete Doniger	:17.1
24. John D'Haqin	:14	71. Earl Parker	:17.7
25. Ken Switnicki	:23	72. Joe Fontana	:26.0
26. Dan O'Hara	:35	73. Art Miranlian	:26.7
27. Jim Karr	:39	74. Carl Baum	:27
28. Dave Sumberg	:55	75. Paul Fischette	:41
29. David Rende	20:03	76. Kevin Milgram	24:57
30. Dan Habza	:04	77. Larry Kobrin	:23
31. Bill Rose	:15	78. David Saunor	25:05
32. Jim Darling	:22	79. Ed Stabins	:07
33. Pete Kulakosky	:24.0	80. Robert Lutz	:29
34. John Dolan	:24.6	81. William Harris	:58
35. Steve Brady	:25	82. Dennis Nystrom	26:01
36. Scott Conousl	:28	83. Lawrence Belle	:02
37. Rodney Shaw	:34	84. Dave Nixon	:06
38. Mike Smith	:40	85. John Newlander	:10
39. Bill Quinlisk	:41	86. Ralph Fader	:31
40. John Ewers	:55	87. Darcy Farnand	:35
41. Jim Hoooley	21:06	88. Joe Williams	:45
42. Art Anaud	:09	89. John Baum	:51
43. Robert Dean	:10	90. Ed Stockhom	:58
44. Paul Dean	:14	91. Mike Judd	:31
45. Gary Bowman	:16	92. William Hossler	:39
46. David Hassett	:17	93. Anthony Ross	:41
47. Joe Fernandy	:28.		

Open Women

1. Beth Dwyer	19:34	21. Candy Vardy	28:28
2. Rosemary Galambos	21:41	22. Jackie Hardesty	28:33
3. Joanne Greene	22:38	23. Barbra Tomasso	28:48
4. Nan Siembor	22:49	24. Erna Baum	29:14
5. Carol Kriessen	22:58	25. Sande Keeney	29:40
6. Nina Baum	23:26	26. Cindy Moll	29:47
7. Catherine Dean	23:44	27. Julie Nowak	30:25
8. Susan Joyce	24:37	28. Margaret Hathaway	30:43
9. Diane Maring	24:45	29. Susan Thomas	30:58
10. Debbie Nichlaus	24:48	30. Susan Smith	21:07
11. Linda Crowley	25:00	31. Carol Kobrin	21:09
12. Coleen Neff	25:13	32. Margaret O'Dea	21:22
13. Sally Dessloch	26:19	33. Deborah Pavone	21:38
14. Susan Joyce	26:27	34. Kathleen Van Scoter	21:53
15. Patti Istvan	26:57	35. Linda Smith	32:12
16. Sylvia Aust	27:05	36. Linda Guthrie	32:34
17. Jeanne Cole	27:21	37. Sarita Kennedy	34:35
18. Barb Bergeron	28:14	38. Lois Byrney	35:58
19. Anne Wangler	28:20	39. Sylvia Aust	38:56
20. Joelle DuBois	28:25	40. Cecilia Neff	39:12

MISCELLANEOUS RESULTS

Warsaw Fall Festival, Oct. 5, 5 mile

1. Rod Williams	26:40	overall winner
10 mile		
1. Bill Fisher	55:17	overall winner
4. Tony Clement	62:22	2nd, 30-39
6. Rodney Shaw	67:20	1st, 40-49
13. Edie Clement	75:20	1st woman

**DETROIT MARATHON - Oct. 19, 1980**

Mel Schultz	2:59
Bob Epstein	3:04
Bill Kehoe	3:04

Swan Run, Albion, NY, Aug. 29

<u>10K</u> Men 18 and under	
James Foley	37:06
Gary Smith	39:46
Rod Sheets	42:31
Tom Wilkins	43:20
Men 19-29	
Bill McMullen	34:55
Tom Moran	36:14
John Barnes	36:05
Paul Hiscutt	37:51
Men 30-39	
Dick Withrow	36:31
Jim Press	38:06
Roger McNally	42:15
John Debauns	42:24
Rich Conn	44:22
Men 40 and over	
Mike Ekiss	40:24
Dave Clivett	40:47
Phil Haley	42:28

Women 18 and under  
Jacqueline Ekiss 43:15

Women 19-29  
Kathy Huntington 49:24  
Jo Marie McMullen 57:11

Women 30-39  
Margarite Ekiss 42:23  
Joan Archie 61:22  
Arlene Weyman 67:43

Women 40 and over  
Amy Scherman 48:47  
Rita Johnson ?

IRON MAN/WOMAN CONTEST 9/21/80

Place	Sex/Age	Name	Corrected Time	Swim Time	Cycle Time	10 Mi. Time
1	M/26	Drake, Randy	164: 9	23:18	76:21	60: 0
2	M/39	Carnahan, Michael L.	166: 8	27: 7	70:34	63: 0
3	M/31	Rowley, Michael	170:17	19:25	72:51	73: 0
4	M/35	Clement, Tony	170:25	19:27	76:47	70: 0
5	M/24	Ketchum, Steven J.	170:31	27:23	76:58	62: 0
6	M/25	Baxter, Mikal	171:47	19:34	81:23	65: 0
7	M/25	Mathews, Jim	172:15	21:32	81: 9	62: 0
8	M/17	Moreland, Michael	175: 0	19:20	78: 2	72: 0
9	M/31	Wilson, Allan	175:46	22: 6	76: 1	73: 0
10	M/29	Coyne, David	175:59	25:46	84:22	58: 0
11	M/27	Hiscutt, Paul J.	178: 0	26:56	77:40	70: 0
12	M/22	French, Randy	179:18	23: 5	77:17	73: 0
13	M/25	Reller, Charles	179:23	26:43	78:47	68: 0
14	M/36	Sullivan, Mark	179:39	22:33	74:45	79: 0
15	M/22	French, Rick	179:48	21:26	73:23	79: 0
16	M/33	Brooks, Greg	181:26	23:51	82:22	65: 0
17	M/25	MacPhee, David	182:57	26:57	81:19	65: 0
18	M/29	Devereaux, Richard H.	183: 9	25:55	76:22	74: 0
19	M/33	Seipp, Gerry	184:11	26:35	86:34	62: 0
20	M/23	McGuire, Patrick G.	185:57	24:55	73: 6	82: 0
21	M/23	Cornfield, Kurt D.	185:57	24:55	73: 6	82: 0
22	M/26	Doll, Bruce	186: 2	24:10	84:33	67: 0
23	M/24	Hawke, David G.	188:12	30:26	0: 0	74: 0
24	M/28	Gordon, Ron	191: 1	27:50	0: 0	74: 0
25	M/36	Dittman, Paul G.	194: 3	19:40	84:12	82: 0
26	M/28	Diaraldi, Victor G.	195:23	22:40	83:55	79: 0
27	M/40	Henneberg, Jim	196:17	25:46	89:13	76: 0
28	M/25	Shafer, William F.	196:40	27:50	86:23	78: 0
29	M/31	Burnside, David	197:10	38:11	77:37	74: 0
30	M/30	Quirk Jr., John J.	197:23	22:49	92:56	76: 0
31	M/33	Hearne, Bill	198:17	25:21	87:15	77: 0
32	M/48	Painchaud, Noel C.	198:24	37:51	79:35	70: 0
33	M/29	Widay, Joe	198:47	26:34	84: 1	82: 0
34	M/19	Oengler, Paul	198:53	33:58	82:40	71: 0
35	M/20	Phelps, George R.	198:58	25:28	81:47	83: 0
36	M/27	Mueller, Stephen K.	200: 5	23:10	86:49	77: 0
37	M/35	Hastings, Alan	200:10	33:33	93:33	66: 0
38	F/30	Kohn, Linda	200:33	27:56	86:49	81: 0
39	M/30	Michaels, Edward John	202:18	25:57	95:26	70: 0
40	M/24	Meistler, Steven J.	203:52	25:15	76:51	95: 0
41	F/25	Ludington, Barbara H.	204:22	19:58	100:48	76: 0
42	M/19	Tower, Craig L.	205:20	20:24	82:36	90: 0
43	M/47	Spindler, William	206:44	34:39	93: 9	70: 0
44	M/30	Worner, Rick	207:43	26: 8	89:11	82: 0
45	M/31	Johnson, Randall	208:10	28:48	102:33	103: 0
46	M/28	Callahan, T. B.	209: 9	21: 3	83:54	96: 0
47	M/31	Kane, Peter	210:19	24:32	86:34	89: 0
48	M/49	Brothers, Bill	210:40	38:35	88:45	74: 0
49	M/38	Morrice, Jim	212: 1	29:19	86:22	90: 0
50	M/47	McGuire, Frank	212: 2	26:58	76:11	102: 0
51	F/37	Kriesen, Carolyn	213:15	33:38	84: 6	87: 0
52	M/38	Glasgow, Raymond	213:25	24:50	99:58	69: 0
53	M/25	Spencer, Joseph	215:30	26:56	91: 1	92: 0
54	M/28	Cowen, Dean	217: 5	25:15	91:59	87: 0
55	M/17	Kidd, Bill	217:23	21:43	96:56	92: 0
56	M/47	Plummer, Donald K.	218: 8	38:43	91:10	78: 0

Place	Sex/Age	Name	Corrected Time	Swim Time	Cycle Time	10 Mi. Time
57	M/34	Keene, Frank W.	218:38	30:15	90:58	81: 0
58	F/39	Patla, Sandra	219: 7	34:25	88:10	85: 0
59	F/40	Neer, Helene	219: 7	40:41	137:27	85: 0
60	M/32	Mangano, Jim	219:33	27: 2	95:32	85: 0
61	M/30	Kirsch, Howard A.	219:54	25:21	89:42	99: 0
62	M/37	Ashby, Bruce	220:20	32:16	90:10	87: 0
63	M/22	Hardesty, Jay	220:38	30: 0	92:18	83: 0
64	M/28	Gallagher, Patrick	221:21	42:18	94:22	84: 0
65	M/17	Brewer, Tim	222: 0	17: 0	86:49	109: 0
66	F/30	Rowley, Susan	222: 8	35:49	97: 5	82: 0
67	M/33	Love, Jeff	222:10	29:13	91:30	91: 0
68	M/26	Marlow, Tom	227:47	35: 3	96:15	88: 0
69	M/34	Krieg, Bill	229: 7	29:33	101:34	78: 0
70	M/39	Babes, Dick	229:11	30: 6	101:24	95: 0
71	M/31	Martin, Greg	229:14	34:51	90:35	124: 0
72	M/41	Moran, Donald C.	231:37	25:26	105: 8	92: 0
73	M/40	Wannberg, John K.	231:53	36:45	96:18	86: 0
74	M/37	Linebaugh, Peter	232: 1	24:48	93: 4	106: 0
75	M/35	Shaw, David V.	233:15	34:30	94:25	92: 0
76	M/34	Adams, Dennis W.	234:28	32:33	104: 0	86: 0
77	M/30	Keefe, David	234:55	32:45	90:51	92: 0
78	M/35	Sultanoff, Barry	234:55	33:54	95: 2	93: 0
79	M/29	Knope, Michael	235: 8	25:52	107:47	95: 0
80	F/37	Melillo, Diane	237:58	36:27	95:11	88: 0
81	F/29	Towers, Peggy L.	240:38	34:20	115:28	82: 0
82	M/52	Brennan, Bob	241:10	44:38	96:12	87: 0
83	M/35	Morris, Art	242:28	25: 7	95:25	107: 0
84	M/37	Williams, Kenneth J.	242:48	30:54	110: 2	83: 0
85	M/24	Heveron, Bernard	247:22	27:53	95: 8	106: 0
86	M/28	Appleby, John	248: 5	33:16	106: 3	94: 0
87	M/28	Roser, Chris	249: 8	20:50	103:21	118: 0
88	M/32	Jella Villa, Gary D.	249:48	30:15	99:33	100: 0
89	M/28	Thomas, Donald	249:48	25: 8	0: 0	120: 0
90	M/21	DeBruin, Bruce	251: 5	35:47	96: 5	109: 0
91	M/43	VanDuzee, Chuck	259: 6	45:37	114:39	85: 0
92	M/37	Major, Wilbert L.	260:30	24:28	125:26	83: 0
93	M/34	Heveron Jr., John	265: 7	29:37	0: 0	79: 0
94	M/60	Leadbetter, Reevil A.	266:13	37:19	105:38	86: 0
95	M/30	Celestino, Richard	275:32	37: 7	95:10	107: 0
96	M/22	Wilson, John	276:38	27:38	77:10	66: 0
97	M/11	Fey, Carl	326: 0	32:43	157:52	126: 0

MISCELLANEOUS RESULTS

Swan Run, Albion, NY, Aug. 29						
5K	Men 19 and under			Men 50 and over		
	Mike Daniels	23:15		Bud Williams		25:29
	Randy Stockton	23:45				
	Charles Johnson	24:06		Women 19 and under		
	Men 19-29			Tammy Prest		34:25
	Bruce Emerson	23:08				
	Doug Scotchmer	24:01		Women 19 and over		
	Men 30-39			Barb Bergeron		28:50
	Rich VanAlmkork	23:24		Carol Prest		34:27
	Bill Hilbert	25:01		Jean Conn		37:32
	Larry Graham	26:27				
	Men 40-49					
	Warren Twomey	24:34				

McQUAID INVITATIONAL 3 MILE RACE

9/27/80

Genesee Valley Park 60 degrees, sunny, light breeze

1. Leo Finucane	15:31	O	45. B. Bridgman	18:15	M
2. Mike Hoban	:32	O	46. J. Rogers	:30	S
3. Jim Lear	:37	O	47. D. McLaughlin	:31	S
4. Dave Winn	:38	S	48. B. O'Connor	:37	O
5. Gary Boyce	:53	S	49. B. Brothers	:46	M
6. Lynn Buchholz	:57	O	50. B. Canfield	:48	O
7. Bruce Quimby	16:01	O	51. P. Ahrens	:55	WO
8. Joe Fraser	:03	O	52. J. Palmeri	19:01	S
9. Mark Howard	:05	O	53. J. Jones	:08	S
10. Ray Stemmer	:12	O	54. J. Cuers	:09	M
11. Brian Hart	:12	O	55. K. Burnett	:18	O
12. Mike Hasenauer	:20	O	56. M. O'Connor	:33	O
13. Joe Benedicks	:26	O	57. J. Darling	:33	O
14. Joe McVeigh	:28	S	58. S. Fahy	:56	S
15. Andy Kinnen	:29	U	59. M. B. Glavin	:57	WO
16. J. Robinson	:31	O	60. Gary Jones	20:06	S
17. D. Verbridge	:32	O	61. S. Moulton	:08	O
18. S. Rhen	:36	O	62. J. Morrice	:20	M
19. P. Clark	:38	O	63. G. Pino	:49	O
20. B. Birecree	:46	O	64. J. Teahan	21:13	M
21. B. Wafer	:50	O	65. C. Cloos	:14	WM
22. S. Burnett	:52	O	66. A. Forbes	:29	O
23. N. Forbes	:54	S	67. E. Parker	:35	S
24. C. Lauster	:58	O	68. L. Dodd	:57	S
25. D. Walter	17:02	O	69. J. Hendrick	:58	M
26. T. Etshman	:06	O	70. Sharon Rogers	22:30	WO
27. B. Yost	:12	O	71. E. Williams	:48	WO
28. J. Hopkins	:14	S	72. M. Isham	:50	WO
29. Ken Berkes	:16	M	73. P. Istvan	23:36	WO
30. D. Kemp	:17	S	74. D. Klinke	24:36	WO
31. J. Coons	:20	M	75. N. Desiderio	:42	S
32. D. DeCoursey	:21	O	76. B. Bergeron	:46	WS
33. P. Hickey	:26	O	77. G. Nowak	25:06	WS
34. R. Wilson	:29	O	78. L. Seah	:14	WO
35. Tim Jones	:31	O	79. Sue Rogers	:44	WO
36. B. Flick	:39	O	80. K. Schoonerman	26:20	WO
37. J. Bianco	:47	O	81. L. Smith	:23	WO
38. Terry Jones	:48	O	82. S. Gibbons	:42	WO
39. G. Johnson	:49	O			
40. T. Inzana	:56	O			
41. M. Barber	18:05	S			
42. Barb Miller	:06	WO	O - Open	WO - Women Open	
43. G. VanScoter	:09	S	S - Senior 30-39	WS - Women Senior 30-39	
44. J. Blanchard	:10	S	M - Master 40+	WM - Women Master 40+	

Race Summary: The race was run under ideal conditions following a great High School meet. The High School portion involved some 2500 runners from 110 schools. In the open race run over the High School Boys' Varsity course a group of 4 runners established the early pace. Local Senior star Dave Winn led through a hilly 4:58 first mile. Leo Finucane, Mike Hoban and Coach Jim Lear from Pittsburgh Catholic H.S. were all tightly bunched behind Winn. Leo Finucane forged ahead in the second mile and was never headed after that. Mike Hoban made a late charge aided by a wrong turn by Finucane on the well-marked course but Leo proved the stronger kicker and won by a stride.

The race was also highlighted by the inauguration of the Alumni Challenge Trophy. Five-man teams of local High School Alumni vied for the massive trophy. The McQuaid Alumni team ran a tight pack of 11, 12, 19, 21 and 22 to hold off a Leo Finucane led Aquinas Alumni Team who finished 1, 20, 32, 33, and 40. This portion of the race will be continued and is being opened to all area High School Alumni teams so round up your team for the 1981 race.

Looking at the distaff side of the race, Barb Miller was never seriously challenged and ran strong the entire way. Divisional winners were Carolyn Cloos and Barb Bergeron. Ken Berkes won the Men's Masters division.

SKYLON INTERNATIONAL MARATHON - Oct. 18, 1980

Overall Winners: Pete Pfitzinger, Ithaca, 2:17:10  
Leslie Watson, England, 2:15:4

Bruce Quimby	2:34:59	12th overall	Larry Naukam	3:30
Ed Cohn	2:37:57	17th "	Al Kremer	3:30
Leo Finucane	2:42:44		Paul Robertson	3:30
Mel Levinson	2:45:15	46th "	Tom Traynor	3:32
Jim Mahan	2:48:17		Albert Olson	3:33
Dave Tresholavy	2:48:30		Gene Osborn	3:37
Ross Rider	2:51:50	85th "	Tom Schryver	3:38
Bill Fuller	2:52		Bill Lewis	3:39
Rich Kellersman	2:54		Mark Nolan	3:39
D.B. Kemp	2:54		Gene Flanders	3:40
Fred Brazda	2:56		Ron Kless	3:40
John Benzoni	2:57		Kyle Yost	3:42
Doug D'Aprix	3:00		Nora Frank	3:45
Tom Benzoni	3:00		Steve Brent	3:46
Tim McAvinney	3:00		Bob Sagan	3:48
Paul Atwell	3:03		Roger Aceto	3:53
Alex Kairies	3:03		Charlie Emerson	3:56
Tom Ganley	3:06		Don McNelly	4:01
Don Schag	3:07		Igor Mihajlov	4:08
Art Falter	3:09		Chuck Osborne	4:09
Bruce Hill	3:11		Sora Sachs	4:09
Bill Pixley	3:12		Sandra Patla	4:09
William Jones	3:13		Mike McConville	4:10
Peter Requa	3:13		Ron Sorrentino	4:11
Greg Martin	3:15		Marvin Sachs	4:12
Gary O'Donnell	3:13?		Jim Stanton	4:15
Bill Krieger	3:15		Holly Duck	4:15
Bill Brothers	3:15		George Landberg	4:16
Ray Hutch	3:17		Don McIntyre	4:20
Amy Finkle	3:17		Jon Prime	4:26
Jake Patla	3:18		Marilyn Pettit	4:31
Darrel Champion	3:18		Fran Goldberg	4:34
Janie Hemmings	3:19		Coleridge Gill	4:34
Bruce Bridgman	3:25		Maureen Schoeffel	4:36
Ray Luther	3:26		Susan Close	4:36
Larry Casey	3:27		Chuck Eldred, Jr.	4:44
Joe Scibetta	3:28			



DANNON 10K RACE

October 5, 1980  
Sperry High School, Henrietta  
55 F

AGE GROUPS

<u>Males</u>		<u>Females</u>	
A = 12 & under	I = 12 & under		
B = 13-17	J = 13-17		
C = 18-29	K = 18-29		
D = 30-34	L = 30-39		
E = 35-39	M = 40-49		
F = 40-49	N = 50 & over		
G = 50-59			
H = 60 & over			

PLACE	NAME	AGE	TIME
1.	Bill Martin	C	31:25
2.	Leo Finucane	C	32:04
3.	Gary Moore	C	:12
4.	Dave Tresholavy	D	:45
5.	Tony Boyadjis	C	:50
6.	Mickey Donnelly	D	33:33
7.	Tom Hollis	C	:36
8.	Tim Riccardi	C	:40
9.	Ed Cohn	C	:58
10.	Brian Hart	C	34:03
11.	Mel Levinson	F	:08
12.	John Stiner	C	:23
13.	Bill Fuller	F	:31
14.	Nick Forbes	D	:42
15.	Mike Carnahan	E	:43
16.	Tim Jones	C	:44
17.	Don Verbridge	C	:51
18.	Peter Pulos	C	:53
19.	Mikel Brown	C	:57
20.	Steve Snyder	D	35:03
21.	Mike Hasenauer	C	:08
22.	Stephen Burnett	C	:12
23.	Ed Farquhar	E	:13
24.	Fred Brazba	F	:19
25.	Jim Hopkins	E	:21
26.	Ross Rider	F	:21.9
27.	Don DeMaria	F	:24
29.	Tim McAvinney	D	:25
29.	Brett Yost	A	:31
30.	Bill Meehan	D	:39

PLACE	NAME	AGE	TIME
31.	Tom Serafin	C	35:41
32.	Ed Saxby	B	:52
33.	David Burski	C	:54
34.	Tim Kissane	C	:55
35.	Gary VanScoter	D	:57
36.	John Rhen	C	:59
37.	Terrance Jones	C	36:00
38.	Steve Spicer	C	:02
39.	Rick Guido	E	:05
40.	Steve Evans	C	:07
41.	Dick Telarico	F	:09
42.	Don Neil	C	:19
43.	Ted Imswiler	E	:20
44.	Todd Etschman	C	:21.4
45.	Bob Kuehl	D	:21.8
46.	Trish Smith	L	:22
47.	Peter Requa	E	:23
48.	Bill Irland	G	:24
49.	Bill Pixley	D	:26
50.	Howard Ward	D	:31
51.	Rich Franklin	B	:35
52.	Richard Maracle	D	:42
53.	Don Scheg	E	:48
54.	Michael Montrois	C	:51
55.	Doug D'Aprix	C	:57
56.	Paul Atvell	E	37:00
57.	Roger Gans	E	:01
58.	John Blanchard	E	:07
59.	Noel Chavez	C	:10
60.	Michael Totta	C	:14

PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME
61.	Doug Everett	C	37:15	111.	Robert Secord	C	39:43
62.	Lomesh Nanavati	C	:17	112.	Mitchell Kramer	D	:45
63.	Dale Englehardt	C	:18	113.	Bill Ziegler	C	:49
64.	Barb Miller	K	:22	114.	Tim Youngs	D	:55
65.	Joseph Fraser	C	:29	115.	Gary Noyes	D	:58
66.	Adam Rich	C	:32	116.	Charles Sabatine	F	40:02
67.	Larry Noble	D	:38	117.	James McGee	D	:03
68.	Jim Press	E	:40.1	118.	Mike Smith	E	:04
69.	Richard Wheeler	D	:40.5	119.	Stephen Barone	D	:07
70.	Andrew Kinnen	C	:46	120.	Don Osborne	F	:08
71.	Edward Michaels	D	:50	121.	Bill Rae	E	:10
72.	Bill Kehoe	E	:58	122.	Sherman Parker	E	:11
73.	Bill Spinder	F	38:03.1	123.	Mary Bauer	K	:12
74.	Gene Simmons	F	:03.9	124.	Bob Darleader	C	:16
75.	Bill Bailey	D	:04.2	125.	Mary Groom	K	:19.3
76.	William Troy	D	:04.5	126.	George Karl	C	:19.9
77.	Mark Swarthaut	C	:04.9	127.	Russell Davis	D	:23
78.	Bruce Hill	E	:13	128.	Fred VanOrden	C	:26
79.	George Chapman	B	:19	129.	William Lewis	E	:27
80.	Bruce Bridgman	F	:22	130.	John W. Vincent	F	:28
81.	Victor Ciaraldi	C	:22.5	131.	David Eckels	F	:35
82.	Greg Sloan	D	:24	132.	Cal Barcomb	F	:37
83.	Darrel Champion	E	:25	133.	Roger B. McNelly	E	:38
84.	Jerry Kokesh	D	:26	134.	Frank Slovick	C	:39.2
85.	Donald Solarek	E	:30	135.	Michael Shottom	C	:39.7
86.	Arthur Falter	F	:35	136.	Karl Kiebertz	C	:40
87.	Edward West	C	:40	137.	Gerry Nelson	C	:40.3
88.	Warren Pear	C	:46	138.	David Elkins	D	:40.8
89.	Bob Epstein	F	:56	139.	Kathleen Brady	K	:41.1
90.	Kevin Mawke	C	:58	140.	Bill Kidd	B	:41.4
91.	John B Hooper	E	39:01	141.	Mary Sachs	K	:41.9
92.	Gary Moore	C	:02	142.	Richard Ciaraldi	C	:43
93.	Rick McCoy	D	:08	143.	Donna Bruner	K	:45
94.	William Krieg	D	:09	144.	Austin Mee	C	:54
95.	Roberta Kirsh	K	:11	145.	Richard Goldman	E	:56
96.	Steve Schmitz	C	:14	146.	Donald Simkins	E	:58
97.	Ray Luther	G	:14.6	147.	C.J. Kaiser	D	41:00
98.	Eddie Parker	C	:15	148.	James Hendy	E	:08
99.	Mike Ryan	G	:22	149.	Raymond Bouvy	C	:10
100.	Dave Miller	C	:23	150.	Martin Lustik	F	:16
101.	Brad Solarek	A	:24	151.	Larry Zygo	D	:17
102.	John D'Onofrio	E	:24.6	152.	George Middleton	D	:19
103.	Newell Doty	E	:30	153.	Raymond Chandler	C	:20
104.	Jay Hardesty	C	:31.3	154.	Gary Jones	D	:20.6
105.	John King	C	:31.7	155.	David Meacham	C	:23
106.	Martin Allen	D	:32.2	156.	Dave Jones	E	:24
107.	John Debaum	D	:32.6	157.	Mike Landino	B	:25
108.	David Breckenridge	F	:33	158.	Frank Hubbell	D	:31
109.	Howard Maffucci	C	:35	159.	Mary Beth Glavin	K	:35
110.	Richard Wilkins	F	:41	160.	Michael Jensen	F	:39

PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME
161.	Patricia Martin	L	41:40	211.	Ann Kayser	K	43:12	261.	Tom Abraham	C	44:55	311.	Doug Rogers	E	46:45
162.	Myron Cole	F	:43.2	212.	Gene Osborn	H	:13	262.	Joseph Rounds	C	:56	312.	Toni Liotti	F	:48
163.	Bob Pearl	F	:43.9	213.	Robert Ealy	G	:15	263.	Barb Kassel	L	:57	313.	Ronnie Raitz	C	:49
164.	Joe Reiners	G	:46	214.	Joseph Sokolowski	C	:17	264.	John Noga	G	:59	314.	Terry Linden	D	:50
165.	Jean Hollenbeck	J	:48	215.	Kristen Marino	K	:17.5	265.	Dennis Phliotti	D	45:00	315.	Bala Krishman	D	:51
166.	Dave Ferguson	C	:49	216.	Joan Will	L	:19	266.	Don Robinson	C	:01	316.	Debbie Gardella	M	:53
167.	Ron Zimarino	D	:50	217.	Ed Hilton	C	:21	267.	Paul Pickard	C	:01.8	317.	Stephen Madison	C	:54
168.	Ring Williams	C	:51	218.	Pat Bouray	L	:22	268.	Charles Tanck	D	:02	318.	Gary Graves	D	:56.2
169.	Robert Muldowney	C	:54	219.	Steve Schmitz	C	:25	269.	Lawrence Clark	C	:04	319.	Charles Reller	F	:56.6
170.	Igor Mihailov	F	:59	220.	Paul Holdaway	D	:27	270.	John Street	F	:10	320.	Barbara Burger	K	47:00
171.	Kermit Moyer	B	42:03	221.	Mel Schultz	F	:29	271.	Jim Nally	D	:12	321.	Linda Holtz	K	:04
172.	Wm. Blane	D	:06	222.	Tony DeFusto	F	:31	272.	Dick Hoff	E	:13	322.	Gene Oliver	G	:05.2
173.	Bob Kuhn	E	:08.2	223.	Ron Franklin	C	:32	273.	Jim Moon	C	:14.3	323.	Carl Sorochty	C	:05.7
174.	James Traub	C	:08.6	224.	Donald Moran	F	:33	274.	Dan McGlynn	B	:14.8	324.	Gary T. Lockameir	E	:08.4
175.	Bruce Schwendy	F	:09	225.	David Braun	C	:34	275.	James Coleman	D	:17	325.	Roger Battaglia	D	:15.1
176.	Joyce Ward	L	:11	226.	Jim Remenicky	F	:34.6	276.	Cathy Dean	L	:19	326.	Bud Baker	G	:15.9
177.	Richard Moore	F	:19	227.	Sharon Inscho	F	:38	277.	Mary Brewer	L	:22	327.	Ed Miller	C	:17
178.	John McQueen	D	:21	228.	Roxanne Barrow	K	:39.5	278.	Harvey Rosenbloom	G	:24	328.	Anthony Andolina	F	:18
179.	Michael Yommer	D	:23	229.	Charles Marean	C	:39.9	279.	David Saxby	C	:26	329.	Jean Barton	K	:19
180.	R.A. Lendbetter	H	:25	230.	Jim Horkheimer	F	:41	280.	Art Miranian	C	:26.5	330.	Gerald M. Eggert	E	:20
181.	James Aparo	D	:28	231.	Keith Noyes	D	:43	281.	John Silva	G	:27	331.	Kris Iyer	E	:20.8
182.	Ray Buchanan	F	:29	232.	William Buckett	F	:44	282.	Joanna Lewis	K	:28	332.	Dick Schaff	E	:23
183.	Paul Dean	D	:31	233.	Paul Demitriow	F	:46	283.	Kathy Roberts	K	:29.3	333.	Patricia Tingily	K	:24
184.	Paul A. Carson	E	:31.6	234.	David Mallula	C	:49	284.	Katy Lipsky	L	:29.9	334.	James Dunleavy	F	:26
185.	Ted Miller	F	:33.1	235.	Gregg Lawson	D	:51.2	285.	Lois Hotchkiss	M	:32	335.	David Friedman	F	:30
186.	David Hassett	E	:33.3	236.	Sandy Jago	L	:51.2	286.	Dennis Glington	D	:33	336.	Carl Evans	D	:32.2
187.	Richard VanAlmkirk	D	:36	237.	Paul Fischette	C	:59.1	287.	D.P. McNelly	G	:34	337.	John DeMott	B	:32.7
188.	William Wilt	E	:37	238.	George Nowak	E	:59.9	288.	Sam Montello	C	:35.1	338.	Joe Hendrick	F	:35
189.	Pete Sullivan	C	:39	239.	Jeffrey Peters	D	44:02	289.	Don Thomas	C	:35.9	339.	Joe Griffo	E	:37
190.	Wilbert Major	E	:42	240.	Robert Meyers	D	:08	290.	Peter Ross	B	:36	340.	Joni Hersch	K	:38
191.	Allison Smith	K	:43	241.	Nan Siembor	L	:10	291.	Ken Warzocha	E	:37	341.	Kathy Pierce	L	:39
192.	Paul Helstrom	F	:44	242.	Kenneth Hendel	F	:14	292.	Alan Colletta	D	:38	342.	Charles Elwell	F	:41.2
193.	Chuck VanDuzee	F	:45	243.	Susan T. Biddle	K	:16	293.	Zack Wheat	F	:44	343.	Moiria Milne	K	:41.8
194.	Mike Coil	E	:46	244.	Tim Mee	C	:19	294.	Tom Greiner	D	:45	344.	Ed Glover	G	:42
195.	Sherman Craig	E	:46.7	245.	John Kopacki	D	:20	295.	V. Tersiani	G	:46	345.	Marlene Martin	L	:47
196.	Tom Holmes	F	:47.8	246.	John Stanton	F	:21	296.	Jim Morrice	E	:52	346.	Robert Ryder	E	:47.6
197.	Tom Shryver	F	:48	247.	Mark Levy	C	:22	297.	Bill Staples	E	46:02	347.	Stafford Krause	F	:48
198.	Eugene R. Nolan	E	:49	248.	Phyllis Jackson	K	:24	298.	David Nacca	C	:04	348.	Emily Pigula	K	:48.5
199.	Jim Sullivan	C	:49.8	249.	John L. Carty	E	:29	299.	Ross Brown	F	:05	349.	Wilfred Grifflen	C	:48.9
200.	Raymond Knowles	E	:50	250.	Carol Cloos	M	:33	300.	Tom Gilbert	C	:06	350.	Dick Lambrick	F	48:03
201.	John Meyers	D	:54.1	251.	Alexis Gross	F	:34	301.	Bill Palmer	B	:20	351.	Dan Fogg	F	:04
202.	Tom Heiss	D	:54.7	252.	Joy Collins	K	:35	302.	Bryan Gilbert	B	:22	352.	Carol Yost	L	:08
203.	Charles Ball	G	:57	253.	Al Walker	C	:39	303.	Curt Fey	F	:23	353.	Tom Korbel	C	:09
204.	Steve Delucia	C	:59	254.	Ralph Eisenmann	E	:42	304.	Mary Ellen Murphy	K	:27	354.	Richard Purdie	D	:10
205.	Julie Burgess	L	43:00	255.	Ken St. James	C	:42.5	305.	Stan Howard	C	:29	355.	Sara Sabatina	L	:14
206.	Ann Marie Belfield	J	:03	256.	Bill Rafferty	D	:46	306.	Jerold Lisson	F	:31	356.	David Gok	F	:15
207.	Susan Gwynn	K	:04.1	257.	Barry Watkins	E	:50	307.	Fred Kissinger	E	:34	357.	Bob Longhouse	E	:26
208.	David McNitt	F	:04.7	258.	Gary Pimo	D	:51	308.	Tom Jenssen	D	:37	358.	David Sawner	D	:31
209.	Howard Zion	C	:08	259.	Phillip Lucci	E	:53	309.	Gary Massar	C	:41	359.	Cheryl Doyle	L	:32.5
210.	Daniel Day	D	:11	260.	Arthur Stoler	E	:54	310.	Patrick Hastings	C	:42	360.	Thomas Doyle	E	:32.9

PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME
361.	Don Lieber	E	48:33.3	411.	Mike Reynolds	F	51:14	461.	Andrea Brock	K	54:26	511.	Susanne Fibbons	K	62:12
362.	Stuart W. Johnson	F	:33.8	412.	R.W. Schwartz	F	:16	462.	Ed Everts	C	:29	512.	Charles Eldred, Sr.	F	:14
363.	Barbara DeRo	K	:34.6	413.	no number		:21	463.	Joe McShea	E	:34	513.	Debbie Nolan	K	:22
364.	Samuel Colombo	D	:35.2	414.	no number		:22.2	464.	Ray Burnett	E	:39	514.	Linda Chandler	L	:35
365.	Ray Marks	C	:35.6	415.	Mike Sadler	B	:22.6	465.	John Sabatine	A	:41	515.	Lorraine Kissinger	L	63:14
366.	Martin Johnson	G	:37	416.	Gerry Sadler	E	:23.2	466.	Joanne VanZandt	N	:42	516.	Shirley Baker	N	:17
367.	Gary Stopany	C	:38.1	417.	Sonja Torpey	I	:23.8	467.	Patty Fawcett	K	:43.1	517.	Martha McAdam	M	:28
368.	Jay Turzillo	C	:38.5	418.	Robert Jordan	E	:27.	468.	Allan L. Schwartz	E	:43.9	518.	Lynne Kuhn	L	:43
369.	Michelle Matice	K	:42	419.	Carol Bessey	M	:27.5	469.	Diana Bynum	L	:44	519.	Rebecca Comstock	K	64:06
370.	James White	E	:46	420.	James Lyons	D	:30	470.	Anthony Ross	E	:45	520.	Janice Madhu	M	65:12
371.	Lee Horschman	F	:53	421.	Dawn E. Milner	K	:31	471.	Bruce Wynar	E	:53	521.	Carole Hendricks	N	:19
372.	Debbie Nicklaus	K	49:00	422.	Alfred St. John	F	:35	472.	Bernard Capone	F	:54	522.	Annie Law	K	:49
373.	Sarah Goens	K	:02	423.	Jim Street	B	:41	473.	Deborah J. Pavone	K	55:03	523.	Margy Brophy	L	66:04
374.	William Metzfield	E	:04	424.	no number		:42	474.	Brooks Tenney	C	:31	524.	James Hatch	E	67:26
375.	Doug Leidig	C	:09	425.	Marilyn Ainsworth	K	52:03.3	475.	Sharon Scott	L	:32	525.	Marnie Sabatine	I	:32
376.	Adam Forbes	A	:10	426.	Nancy Street	I	:03.8	476.	Jeffrey Cole	A	56:03	526.	Michelle Hastings	K	68:53
377.	Daniel Hart	C	:13	427.	Becky Joy Davis	K	:06	477.	Philip Marino	C	:20				
378.	Stephen Roberts	D	:14	428.	Danielle Flanders	I	:08	478.	Kurt Lindeman	C	:28				
379.	Margaret Emmert	L	:26	429.	Margie Tomezak	L	:12	479.	Bernard Seigel	H	:33				
380.	Joyce Porrey	K	:29	430.	Rita Robertson	M	:14	480.	John Cavallaro	F	:35				
381.	Margarette Denno	K	:32	431.	David DeManns	F	:15	481.	Gary Thompson	D	:37				
382.	Bonnie Klein	L	:37	432.	Michael Miller	F	:16	482.	Anne Galway	M	:40				
383.	Joan K. Styack	K	:39	433.	Susan Yosha	L	:19	483.	Jane Iaculli	L	:41				
384.	Kurt Heilbronn	C	:40	434.	Fred Adams	F	:25	484.	Ed Stabins	G	:42				
385.	Bonnie Washburn	K	:55	435.	Dot Cook	M	:28	485.	Spanky	C	:43				
386.	Bonnie Richiusa	L	:59	436.	Catherine Spaulding	L	:35	486.	Jeanette Ferguson	L	:47				
387.	John Richiusa	F	50:00	437.	Sally Fishbeck	K	:48	487.	Thomas Ferguson	D	:47.8				
388.	Arthur Kolko	E	:02	438.	Michael Raszeja	E	:49	488.	Harold Galloway	D	:49.5				
389.	C.E. Marean	G	:04	439.	Jackie Hardesty	K	:50	489.	Adrian Lupien	E	:49.9				
390.	Donella Young	K	:09	440.	Helen Newman	L	:57	490.	Charles Clark	D	:53.7				
391.	Bob Ewart	H	:11	441.	#384	E	53:00	491.	Yetta Trovato	L	57:12				
392.	Ralph Taranto	D	:12	442.	David Kell	F	:07	492.	Sharon Silvio	L	:25				
393.	Stephen Banning	C	:15	443.	Judith Sullivan	K	:10	493.	Kivom M. Tracy	K	:29				
394.	Kathy Parsons	L	:16	444.	Terry Lee Button	A	:17	494.	Robert Gulardo	C	:30				
395.	Virginia Oertel	L	:17	445.	Jerry Eldred	A	:26	495.	Barbara Boehly	K	:35				
396.	Ronald DeGroof	F	:20	446.	Betty Hatch	K	:39	496.	Karen Finnegan	K	:36				
397.	Jean Vahdat	J	:21	447.	Karen Delaney	L	:42	497.	Ray Williams	F	:39				
398.	Richard Martens	G	:30	448.	Paul McCarthy	F	:43	498.	Cathy Harrison	K	:55				
399.	Laurel Adamski	K	:36	449.	Rae Usinger	K	:48	499.	Deborah Miller	K	:55.9				
400.	Richard Ulsh	E	:39	450.	Wendy Paluquist	L	:55	500.	Denise Rudy	L	58:28				
401.	Robert Galasso	C	:40	451.	Sandy Paul	L	:59	501.	Eileen Clarke	J	:29				
402.	John Reigelman	D	:43	452.	Donald Webster	F	54:01	502.	Charles Eldred, Jr.	B	:46				
403.	Bill Spence	H	:46	453.	Kathy Donnelly	K	:04	503.	Margaret Forbes	L	59:00				
404.	Gary Shippy	C	:48	454.	Julie Nowak	L	:06	504.	Dee DeMaria	L	:08				
405.	John Spaulding	E	:49	455.	Steve Witser	C	:09	505.	Annette Schaff	L	:19				
406.	Bill Ahern	D	:50	456.	Sheila Reynolds	L	:12	506.	Thomas Anne	C	:44				
407.	Jean Cole	L	:58	457.	Julie Sabatine	I	:13	507.	Harold Petrone	F	:45				
408.	Christine Silva	K	:59	458.	Karleen Wright	M	:14	508.	Ronald Seitz	F	60:03				
409.	Otis Robinson	C	51:01	459.	John Farrell	E	:16	509.	Alan Silverman	D	:37				
410.	Larry Bartlett	G	:11	460.	Morrey Goldman	E	:24	510.	Katie Kehoe	L	:55				

TEAMS

Women

1. GRTC Women's Touring Team
2. U of R "A" Team
3. GRTC Women in Motion

Men

1. GRTC Grunts
2. No Names
3. GRTC Masters

# SKI FITNESS RUN SKI SHOW '80

## When

5 Kilometer Road Race; Saturday, November 15, 1980, 11:30 a.m.

## Where

Start and Finish at the Monroe County Fairgrounds, Henrietta, Plenty of Parking

## Sponsors

Rochester Ski Show '80 and the Greater Rochester Track Club

## Awards

Three (3) per age group

**SKI SHOW**

### Male and Female

Under 18  
18 - 29  
30 - 39  
40 and Over

**MONROE "Y" SKI CLUB**

PLUS, All Competitors Receive a Ticket For Ski Show '80 Which Makes Them Eligible For Thousands of Dollars Worth of Prizes.

### ENTRY FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ **FEE--\$2.50PRE; \$5.00 POST**

Make checks payable to: GREATER ROCHESTER TRACK CLUB

Send entries to: Dick Withrow  
24 Greenridge Crescent  
Hamlin, NY 14464

**5K**

In consideration of this entry being accepted, and desiring to be legally bound to myself, my heirs, assigns, executors and administrators, I hereby waive and release any of the sponsoring groups, officials, or owners of facilities, or any and all private homeowners, attendants, or any or all people or facilities connected with the race for any and all injuries suffered by me at said race or on the way to or from said race. I further hereby certify that I am physically fit to run in the contest.

CONTESTANT'S SIGNATURE \_\_\_\_\_

IF UNDER 18, PARENT OR GUARDIAN'S SIGNATURE \_\_\_\_\_

## 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		

### GRTC MEMBERSHIP APPLICATION

Name \_\_\_\_\_ Application Date \_\_\_\_\_  
 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)

<input type="checkbox"/> High School	<input type="checkbox"/> Fitness (5mi)	<input type="checkbox"/> Track & Field	<input type="checkbox"/> Cross Country
<input type="checkbox"/> Sub-masters	<input type="checkbox"/> Long slow distance	<input type="checkbox"/> Competitive teams	<input type="checkbox"/> Marathon
<input type="checkbox"/> Masters	<input type="checkbox"/> Veterans		

I compete for \_\_\_\_\_ (club name)  
 Check if you would like an AAU application \_\_\_\_\_

Participation - I can assist with the following GRTC programs:

<input type="checkbox"/> Newsletter	<input type="checkbox"/> Training runs	<input type="checkbox"/> Road races	<input type="checkbox"/> Competitive teams-men
<input type="checkbox"/> Officiating	<input type="checkbox"/> Social runs	<input type="checkbox"/> Track & field	<input type="checkbox"/> Competitive teams-women
<input type="checkbox"/> Fun runs	<input type="checkbox"/> Publicity	<input type="checkbox"/> Summer meets	<input type="checkbox"/> Competitive teams-youth
<input type="checkbox"/> Clinics & speakers	<input type="checkbox"/> Coaching	<input type="checkbox"/> Summer youth coaching	<input type="checkbox"/> 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