



NEWSLETTER

ROCHESTER, NEW YORK

JANUARY-FEBRUARY 1981

GRTC BOARD OF DIRECTORS 1980-81

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	Jim Boyle
Women in Motion	Kare Cossaboon
	Mary Terziani
Legal	Pat Martin
Road Race	Rick Guido
Guidelines	

MESSAGES FROM OUR PRESIDENT - UTA ALLERS

CHANGES ON THE BOARD OF DIRECTORS: Rod Williams has requested to be relieved of his duties on the Board, due to conflicts in time commitment. We thank Rod for his help with the Club's activities over the years: the Annual Awards Banquet, the Crazy 8 Race and the Senior Touring Team. We look forward to having his continued support and help for various projects. Joining the Board as a new member is Jane Iaculli, our Freezeroo Race Director. It is nice to have Jane with us on a year-round basis to help with policy decisions. The Nominating Committee will be looking for new Board members by the time of the April elections. Any GRTC member with some time, ideas and incentive is urged to contact any Board member. Those Club members interested in helping in less time-consuming ways, may wish to serve on one of our many committees.

FATHER WESLEY'S DEATH: We regret the death of Father Mike Wesley of Aquinas High School in October. Father Wesley was the Chairman of the Genesee Valley Certified Track & Field Officials Association and served as the starter at almost all of our RIT Summer Track Meets for many years. The Aquinas Relays will be renamed after him and a scholarship fund has been established in his name. GRTC will organize a track meet in his honor this summer.

RACE DIRECTORS: Race directors and/or sponsors are advised to get their 1981 races on the Local Events Calendar now. May and June were almost solidly booked by December, so to avoid conflicts and to maximize the promotional benefits of early booking, please call me at 381-4000. The fee for placing a race entry form in this Newsletter continues to be \$50 for 1 page. The form must be in compliance with our Road Race Guidelines (the pamphlet is available free of charge at the above number).

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PERSONALS

Congratulations go to several of our members for their achievements: RICK GUIDO for being named Section V, Class A Girls Cross-Country Coach of the Year. ED COHN for placing second among over 400 entrants in Runner's World's fiction contest. Ed's story will be published in the January issue. Ed's other accomplishment in December was to win the Buffalo 50 Miler in 6:16, his second win for that distance in 6 months. DON MCWILLIAMS for setting a new record for 56 year-olds with 4:04 in September. RAY JACQUES for winning a free trip to the Bermuda Marathon at a Herman's Sporting Goods prize drawing. And congratulations to the many runners setting PR's or making comebacks from injuries. One such runner is GARY ACETO, who was on the critical list in July after being hit by a car on his way to a race. It has been a long, tough battle for him to get out on the road again, but those of us who visited him in the hospital knew he would make it when we saw him wearing his Canal Rats T-shirt and New Balance 420's with his pajamas. TIM MCAVINNEY is nursing a chipped ankle bone after running a 2:56 at the Jersey Shore Marathon and turning his ankle in subsequent workouts.

EDIE CLEMENTS discovered she had a tibial stress fracture after training rigorously for the Philadelphia Marathon and having to stop at 22 because of the pain. Take it easy, Tim and Edie, but if pain persists, please consult with Rat Doctor, BILL KEHOE (see his column elsewhere). King Rat, GERRY SULLIVAN, who has just run 6 marathons in 8 weeks, will be treating himself to a January vacation to run the Bermuda Marathon. GEORGE & JOAN PFEIFFER will also be there, with at least one of them competing in the marathon.

MICHAEL WEBSTER, lead clarinetist on leave from the Rochester Philharmonic Orchestra, writes that he enjoys living and running in San Francisco, where he is now playing with the Symphony Orchestra. NORM FRANK will be making his annual trek to Florida in January to do the marathon circuit in the South. Norm is tempted by the ad in Runner's World about the Converse Trans-continental Race from San Diego to New York City - 43 miles per day for 77 days. Entry fee: \$20,000. Now if he could just line up a few more sponsors.

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BIOMECHANICS-ORTHOTICS - DR. ED BONAVILLA

Biomechanics means the study of the body structure normally and abnormally in motion: bio = body structure / mechanics = motion.

Podiatry biomechanics deals with the function and structure of the feet and its relation and effect to the lower extremity (legs & hips).

In a complete biomechanic examination of the legs and feet, one must examine the athlete on and off weightbearing and statically and in motion. In doing so, a more scientific approach can be made to give a diagnosis and then render a qualified course of treatment.

Training and understanding biomechanics has given the field of sports medicine a scientific approach to functional control. At one time, before biomechanics was understood, treatment was hit and miss. This was especially true for the treatment of children. The doctor would try different types and thicknesses of pads in the shoes or wedging on the bottom of the shoe to obtain stress on certain parts of the foot, thus trying to straighten out the leg. With the advent of biomechanics, specific joint angles and ranges of motion can be measured with specific instruments. This understanding reduces the percentage of unsatisfactory results. Let me make it clear at this time that by no means is biomechanic control foolproof nor infallible.

Orthotics now come into the picture when we are talking control and treatment of biomechanic abnormalities. An orthotic is a device that is made, usually over a positive cast of a foot, to control or compensate for certain motions. They have specific angles built into their composition and contour, and are posted in such a way to prevent or cause tilting motion of the front, back, or front and back of the foot.

A very common question concerning orthotics is how sturdy are they and how long will I have to wear them. The answer to the first question regarding how sturdy they are depends on which type. The rigid orthotics will last longer but cannot always be utilized with runners or for certain conditions.

The semirigid and soft orthotics might need adjustments and periodic repairs because of their tending to flatten or compress in certain spots thus losing their controlling effect. They do have to be replaced at various times, which depends on the amount of mileage, and the type of foot we are dealing with. After wearing an orthotic for an extended period of time, sometimes a different type will be needed due to better muscle tone and even certain degrees of correction. This is analogous to change a prescription for eye glasses as eye sight improves.

Let me conclude by stating that orthotics may not eliminate pain completely in certain conditions because at times degeneration or some degree of permanent damage has taken place before the wearing of the orthotic. We do know and can demonstrate that the foot is in as close to neutral position when wearing them and this does limit and eliminate further degeneration and stress in such individuals.

The percentage of success in runners wearing orthotics to control their foot and symptoms, has been very high.

INDOOR TRACK: The Local Scene in 1981

What's in store for the GRTC member who wants to run Indoors during the winter of 1980-81? Again the answer remains the same - not much. If you want to run Indoors you're going to have to travel. Indoor Track is an exciting sport as many Road Racers and Freezeroo rejects have found in the past. The sport has all the competitiveness of Outdoor Track racing and a lot more turns. It's a chance for all of us to try some new events where nobody is watching and to pick up some speed work away from the icy roads of Rochester. In short, Indoor Track is fun if you can find it.

The High School scene: The Rochester Indoor Track Association holds a full schedule of Indoor Age Group and Interscholastic Meets both at the University of Rochester and at Eisenhower College. Meets at the new St. John Fisher College facility are still question marks at this time. The catch is that you've got to be representing your High School team at these meets. The association has eliminated the unattached runners from the meets in an effort to force some wishy-washy School Districts to adopt budgets for their teams. Contact people are Dave Hennessey, the Section V Boys' Indoor Chairman and Don Hayden, the Womens' Chairman.

The Open Runners scene: A lot of question marks here. The University of Rochester is rumored to be scheduling two Open meets during the first part of 1981 but dates have not been set. St. John Fisher College has two Open meets scheduled (1/24, 3/28) but a change in Coaches makes their plans suspect. U. of R. contact is Coach Tim Hale. The contact at Fisher is Life Center Director, Larry Lays. The University of Rochester will host the TFA/USA Indoor Championships on Feb. 8th, 1981, for both men and women. Meet director is UR Women's Coach Bill Pontius.

Out of town meets are scheduled at:
Cornell Univ. - the Finger Lakes R.C. monthly meets on the second Sunday of each month at Barton Hall 2 p.m. \$1.00 entry and a full range of events from 880 on up at various ability levels. Next meet is January 11th. Contact is Jim Hartshorne.

Eisenhower College - scene of the Niagara AAU Indoor meet each year but no information received as of this date. Contact is the Director of Athletics Fred Bleiler or Club member Dale Ladd.

York Univ. - Toronto, Canada - excellent Track, great program for all levels but the Canadian fixtures list has not been mailed. That's the schedule of meets for those from the States. Contact is the Ontario Track and Field Association.

Alfred Univ. - an open meet is scheduled for 2 p.m., Feb. 14. Contact Bruce Quimby (594-4266). No post entry.

Syracuse Univ. - Both Manley Fieldhouse and the new Carrier Dome have excellent Tracks both controlled by Syracuse Univ. No dates are available at this time. Contact is Andy Jugen, the S.U. Track Coach or Nick Vetter of the Syracuse Chargers.

The Tracks:

University of Rochester - 4 lane, unbanked 200m, synthetic surface, pin spikes allowed. Square corners have been slightly rounded when the track was last re-surfaced in 1979.

St. John Fisher - 4 lane, unbanked 150m, Taraflex surface, no spikes, no dark-soled shoes. Newly installed. Good traction but very tight turns.

Alfred Univ. - odd distanced, narrow-laned, wood track, wild turns, no fast times but a lot of fun.

Eisenhower College - 150m unbanked synthetic surface, no spikes, tight turns.

Cornell Univ. - 220 yd. unbanked, synthetic surface, can be very slippery when dusty, no spikes. Sight of H.S. State meets.

Manley (Syracuse) -200m round Tartan surface, pin spikes allowed, very fast surface.

Dome (Syracuse) - 200m Tartan, pin spikes allowed, fast.

York Univ. - 200m Tartan track, pin spikes allowed, great facility, very fast surface.

Your local Health Club - short round tracks, many, many, many laps to the mile, any shoes allowed, great for inducing knee, hip and ankle problems. An orthopedics delight.

Anyone wishing more information on Indoor Track should contact Elroy Turner (227-2272).

Dear Uta Allers:

I wish to thank the Greater Rochester Track Club for its support in my successful attempt to reach national-level competition.

Last Saturday, November 29, I did compete in the qualifier for the Kinney National Championships for the Northeast Region. I placed second overall and was first on the winning New York State team. This second place means that I qualify, along with the six other top finishers in the race, for the National Kinney Championships in San Diego. We shall leave on Thursday, December 11, for the all-expense-paid trip to California. The actual race will be held on Saturday, December 13.

I would like to mention that I did bear the Greater Rochester Track Club logo during the Kinney race. I, of course, plan to bear it again in the National race. Since I was an unfamiliar face in the meet last Saturday, people would say, "Go, Rochester!" I felt proud to represent and belong to our city and to the Track Club.

Thank you again. I shall post you on the results of the Nationals.

Sincerely,

Anita Kelly

Anita finished 14th out of 35 at the Kinney Meet.

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).

Freezeroo Notes

Jane still needs more help with the race series and will pay \$10 per helper per race. Call her at 638-6922 if you can help. The calendar dates for the Freezeroo races on the reverse of your numbers lists last years schedule. Change the remaining dates to the following:

Jan 1 Mendon 7.3 mi Feb. 22 Greece 8 mi
Jan 17 Webster 6 mi Mar 8 Fairport 6 mi
Feb 7 Mendon 7.3 mi Mar 22 Mendon 10 mi

Jane has been able to book a cabin at Stewart Lodge in Mendon Ponds Park for the March 22 race. Plan to spend the afternoon there.

Winterfest Five

A five mile run sponsored by the Rochester Parks and Recreation Department and the Greater Rochester Track Club as part of the Cobb's Hill Winter Festival.

WHEN: February 8, 1981, 10 a.m.

WHERE: Cobb's Hill Park, Culver Road

ENTRY FEE: \$3 by 2/6/81, \$5 after 2/6/81

AWARDS: Trophies to the top male and female finishers.
Prizes to the top 30% of the male and female finishers.

Name (print) _____

Address _____

Sex _____ Age _____

Fee: \$3 before 2/6/81, \$5 post

Make checks payable to Greater Rochester Track Club.

Send entries to: Sue Gwynn, 1528 Kingsberry Dr., Rochester, NY 14626

In consideration of this entry being accepted, I, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all claims for injuries I may suffer as a result of my participation in this event against the Rochester Parks and Recreation Department, Greater Rochester Track Club and race organizers. I further hereby certify that I am physically fit to participate in this race.

Contestant's signature _____

Parent or Guardian signature (if under 18) _____

MEDICAL ADVICE by Doctor Rat

Hey Doc!

I have been running for about five years. I train hard, watch my diet, am in general good health - but my 10K times always seems to be right around 40 minutes.

How can I break that 40 minute barrier?

Frustrated in Perinton

Dear Frus:

From what you have stated, it sound like you're cursed with consistency. This is easily cured and if you'll follow this program, you'll be breaking 38 before you know it! The secret to getting lower times in your 10K's is to run faster! There are two ways to accomplish this.

- (1) Calculate the number of strides you take per minute at your top speed (S/M/TS). Increase this number by 10 in your next race.
- (2) Measure your stride to determine the length of your stride (L.S.). Lengthen this by 10 inches.

Thanks for the bread
Happy running,
Doc

Dear Doctor Rat:

I have been running for six months. In that time I have lost eighty-five pounds, had the usual number of stress fractures, and been divorced by my husband because I never did anything but run. I am living under the 490 bridge now and eating out of pet dishes in Pittsford. Recently I think I snapped my achilles tendon because my foot just flops around at the end of my leg. This has made it difficult to complete some ultras. Should I ease up on my weekly mileage?

Sincerely,
A running sister in pain

P.S. I have been doing about 170 miles a week.

Dear Sissy:

Whet is this drivell? Get out there and run harder! No pain, no gain. No guts, no glory. If you want some comfortable activity take up knitting or canasta. When the going gets tough...the tough get going.

You whimpering, sniveling, worse than pulling thing! Enough of your simple-minded cliches. If you're going to run, expect some discomfort! It sure wasn't attitudes like yours that got this country through wars and depressions and commie-liberal Administrations.

Shape up or ship out. If the heat's too much, get out of the kitchen. Nobody loves a crybaby.

Happy running,
Doc

Newsletter Deadline

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

LOCAL EVENTS CALENDAR

Jan. 1 11:00 am Freezeroo #1. New Year's Resolution 7.3 Mile Run, Mendon Ponds Park. \$2.
 Jan. 3 11:00 am Fellowship of Lutheran Young People 4 Mile, St. Paul's Church, Hilton, Joseph Bordeaux, 392-8521. \$2 pre, \$4 post
 Jan. 4 3:00 pm Winter Social Run. Peter & Beth Linebaugh, 63 Rowley St. Rochester, 14607, 461-4323.
 Jan. 11 10:00 am Women in Motion's 2&6 Mile Social Run. Joan Simeone
 Jan. 11 3:00 pm Winter Social Run. Bill & Katie Kehoe, 132 Winteroth St. Rochester, 14609, 654-8991.
 Jan. 17 11:00 am Freezeroo #4. January Thaw 6 Mile Run, Xerox Recreation Center, Phillips Rd., Webster. \$2.
 Jan. 18 10:00 am Winter Social Run. Mike & Carol Fayette, 4768 Ontario Center Rd., Walworth, 315-524-2875.
 Jan. 18 3:00 pm Winter Social Run. The Eldred Family, 4840 St. Paul Blvd., Irondequoit, 342-6728.
 Jan. 25 10:00 am Women in Motion's 2&6 Mile Social Run. Jackie Morris, 340 Hook Rd., Macedon, 986-4518.
 Jan. 25 3:00 pm Winter Social Run. Dave O'Brien & Donna Kearney, 1837 Clark Rd., Penfield, 586-0963.
 Feb. 1 3:00 pm Winter Social Run. Ross Rider, 19 Brighton St. (off Rowley St.) Rochester, 14607, 442-7762.
 Feb. 7 11:00 am Freezeroo #5. The Great Blizzard 7.3 Mile Run, Mendon Ponds Park, \$2.
 Feb. 8 10:00 am Women in Motion's 2&6 Mile Social Run. Margie Tomczak, 985 Harvard St., Rochester, 14610, 473-5318.
 Feb. 8 10:00 am Winter Festival 5 Mile Run, GRTC/City Recreation Bureau, Cobbs Hill Center. Sue Gwynn, 227-6540. \$3 pre, \$5 post.
 Feb. 8 Noon Indoor Track Meet, U of R, Open divisions. Bill Pontius, 275-4319.
 Feb. 8 3:00 pm Winter Social Run. Tom Schryver, 53 Ramblewood Dr., (off Buffalo Rd.), N. Chili, 594-8873.
 Feb. 15 3:00 pm Winter Social Run. Garry Sullivan's Birthday Run, 3110 Elmwood Ave., Brighton, 442-7119.
 Feb. 22 11:00 am Freezeroo #6. Washington's Birthday 8 Mile Run, Greece Arcadia High School, Island Cottage Rd., Greece, \$2.
 Feb. 22 3:00 pm Winter Social Run. Gary VanScoter, 199 Osen Rd., Spencerport, 352-4063.
 Mar. 1 10:00 am Women in Motion's 2&6 Mile Social Run. Shirley Baker, 1285 Hunter Circle (off Millcreek Rd., off Rta. 250), Webster, 872-3302.
 Mar. 1 3:00 pm Spring Social Run. Uta & Francine, 31 Audobon St. Roch.
 Mar. 8 11:00 am Freezeroo #7. Groundhog Celebration 5 Mile Run, 442-1008 Fellows Road Park, Fairport. \$2.
 Mar. 14 12:30 pm Run for the Shamrocks 5 Mile, Main & Exchange St., Downtown, Rick Guido.
 Mar. 15 10:00 am Women in Motion's 2&6 Social Run. Pat Bourcy, 1951 Penfield Rd., Penfield, 385-3299.
 Mar. 22 11:00 am Freezeroo #8. Spring Fever 10 Mile Run, Mendon Ponds Park, Stewart Lodge, \$2.
 Mar. 28 Easter Seal Telethon/Channel 8 8K Race, Humboldt St.
 Mar. 29 8:00 am 50K (31 Miles) Race, MCC's Dead Fish Track Club/GRTC, at Monroe Community College, David Day, 424-5200 X3227.
 Mar. 29 10:00 am 10K Race. As above.
 Apr. 25 10:00 am McCurdy/YMCA 5 & 10K, Downtown.
 Apr. 25 American Heart Association Run for Life, Mendon and Seneca Parks.
 May 2 Jean Mitchell Memorial 10K, Canandaigua. Don McWilliams.
 May 3 Kite Flight & Crown Down, City Recreation Bureau, Durand Eastman Park.
 May 9 Erie Canal/Gates YMCA 10K.

May 17 The Last Lap 5K & 8 Mile, Jewish Community Center/United Way.
 May 20 3:00 pm Lilac Festival 10K, Monroe County Parks Dept./GRTC, Highland Park.
 May 29 6:00 pm Park Avenue 1 Mile.
 May 29 6:30 pm Park Avenue 5 Mile, Cobbs Hill Park. Dave Kemp & Ross Rider.
 June 7 8:00 am Lake Ontario Marathon, Greece Arcadia High School. Tim McAvinney, 865-1244. \$1.
 June 6 Blue Run, Blue Cross/Blue Shield & Plaza Athletic Club.
 June 14 10:00 am GRTC 10K Road Race & Club Championship, Sperry High School, Henrietta.
 June 20 John Lasco Memorial Run, Xerox Recreation Center. Steve Edgerton.

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 If anyone has any information on Out-of-Town Events for the coming year, please send it to Sue Gwynn, 152B Kingsberry Dr., Rochester, NY, 14626.



GRTC X-C Touring Team

Top: 1. to r. George Feltnr, Rod Williams, Mark Howard, Caleb Strong, Mikal Baxter, Bruce Quimby, Craig Holm
 Bottom: Dave Debelle, Mary Terziani, Kare Cossaboon, Barb Miller, Mike Hoban, Joyce Ward

Churchville Freezeroo #1, 10K, December 7, 1980

Winners Overall - Series

1. Mark Howard 32:43
2. Caleb Strong 32:47
3. Greg Brooks 33:40

Winners Categories - Series

Male 17 & under

- Brett Yost 36:34
 Rodney Sheets 37:37
 Mike Magyar 38:32

Male 18-29

- Mark Howard 32:43
 Caleb Strong 32:47
 Bruce Quimby 35:00

Male 30-34

- Greg Brooks 33:40
 Nicholas Forbes 35:15
 Mitch Mergenthaler 35:35

Male 35-39

- Don Scheg 37:18
 Ted Inswiler 37:21
 Jerry Stoll 37:47

Male 40-49

- Bill Fuller 34:23
 Ross Rider 34:25
 Bill Spinder 36:02

Male 50+

- Bill Brothers 40:03
 Albert Olson 40:30
 Raymond Luther 41:02

Female 17 & under - no entries

Female 18-29

- Mary Beth Glavin 41:51
 Jackie Hardesty 52:23
 Laurie Clements 52:37

Female 30-39

- Sue Rowley 40:43
 Julie Burgess 42:44
 Bonnie Klein 44:05

Female 40-49

- Lou Aemuth 50:07

Female 50+

- Beryl Skelton 45:10

Winners Overall - Non Series

1. Bill Martin 31:25 *course record
2. Leo Finucane 32:53.1
3. Ray Stemmer 32:57.2

Winners Categories - Non Series

Female 17 & under

- Angela Dillon 47:46

Female 18-29

- Eileen McGrath 43:05

Male 17 & under

- David Faso 34:33
 Scott McNitt 35:01
 Jim Leach 36:24

Male 18-29

- Bill Martin 31:25
 Leo Finucane 32:14
 Ray Stemmer 32:47

Male 30-34

- Randy Johnson 35:41
 Jim McClain 35:50
 Bill Krieg 36:12

Male 35-39

- Mike Carnahan 32:50
 Paul Atvell 34:25
 Bill Beckett 35:20

Male 40-49

- Thomas Ganley 35:15
 David Olivett 35:35

Male 50+

- Vincent Sadwick 37:47

RACE RESULTS
 of
 SECOND ANNUAL "CRAZY-8" CROSS-COUNTRY RACE

Mendon Ponds Park

Sunday - November 2, 1980 10:00 a.m.

Course Record: Old - 47:22.1 Dave Coyne 9/15/79
 New - 47:01.9 Dave Coyne 11/2/80

Place	Name	Time	Place in Division
1	Dave Coyne	:47:01.9	1st Place Open Division
2	Rod Williams	:47:38.9	1st Place Senior's Division
3	Caleb Strong	:48:22.8	2nd Place Open Division
4	Ed Walsh	:48:36	2nd Place Senior's Division
5	Bill Martin	:50:02	3rd Place Open Division
6	Bruce Quimby	:50:30	4th Place Open Division
7	Dave Tresholav	:50:31	3rd Place Senior's Division
8	Steven Rhen	:51:01	5th Place Open Division
9	(Name not available)	:51:13	6th Place Open Division
10	Mike Baxter	:51:33	7th Place Open Division
11	Mike Hasenauer	:51:35	8th Place Open Division
12	Pete Ewers	:52:39	1st Place 17 and Under
13	Chris May	:53:14	2nd Place 17 and Under
14	Ed Farquhar	:53:16	4th Place Senior's Division
15	Richard Telarico	:53:25	1st Place Masters
16	Dick Withrow	:53:35	5th Place Senior's Division
17	Jerry Sullivan	:53:52	6th Place Senior's Division
18	Warren Pear	:54:05	9th Place Open Division
19	Ted Inswiler	:54:19	7th Place Senior's Division
20	Charles Reller	:54:44	10th Place Open Division
21	Fred Brazda	:55:18	2nd Place Masters
22	Doug Handler	:55:36	
23	Ed West	:55:51	
24	Rich Franklin	:56:06	3rd Place 17 and Under
25	Randy Johnson	:56:17	8th Place Senior's Division
26	Brett Yost	:56:29	4th Place 17 and Under
27	Mike Magyar	:56:56	5th Place 17 and Under
28	Jon Blanchard	:57:05	6th Place 17 and Under
29	John King	:57:32	
30	Tom Stout	:57:39	7th Place 17 and Under
31	David Weiss	:57:45	9th Place Senior's Division
32	Karl Kiebertz	:57:57	
33	Larry Noble	:58:05	10th Place Senior's Division
34	Bill Brothers	:58:10	1st Place Veterans
35	David Olivett	:58:21	3rd Place Masters
36	Noel Chavez	:58:34	
37	Don Scheg	:59:26	
38	Gene Simmons	:59:28	4th Place Masters
39	Jim Scheele	:59:41	5th Place Masters
40	Jim McGee	:59:53	

Crazy-8 Race Results

Some other thoughts...

- Most competitive classification by time: Senior's Division
- Largest classification by entries: Senior's with 27 entries out of 79 entries!
- Dave Coyne's course record in 1979 was super!
Dave Coyne's course record in 1980 was unbelievable!
- First woman finished 46th last year - 58th this year.
- First woman's time was :69:35 last year - :64:35 this year.
- 71 people finished last year - 79 finishers this year.
- 6 women finishers last year - 10 women finishers this year!
- Open Division placed 10 people in top 20 this year.
Senior's Division placed 7 people in top 20 this year.
- We need to encourage more women to try this event.
- As tough as the course was, not one person who was asked said they wouldn't run it again next year - a tribute to and confirmation of the fact that the tougher the challenge in running, the higher the plane of excellence the competitor rises to.

Place	Name	Time	Place in Division	
41.	Rick Wilson	:59:57		
42.	Alex Bus	1:00:16	8th Place	17 and Under
43.	Richard Ulsh	1:00:22		
44.	Bill Ziegler	1:00:34		
45.	Bill Quinlisk	1:00:55		
46.	Igor Mihajlov	1:00:59	6th Place	Masters
47.	Don Bordley	1:01:01		
48.	Dennis Chamberlain	1:01:21		
49.	Derek Wormsbecher	1:01:22	9th Place	17 and Under
50.	John Vincent	1:01:30	7th Place	Masters
51.	Robert Simon	1:01:46		
52.	Jim Hendy	1:02:00		
53.	David Hassett	1:02:14		
54.	Bill Pow	1:03:43	2nd Place	Veterans
55.	Prisco D'Angelo	1:03:50	3rd Place	Veterans
56.	John Wennberg	1:03:53	8th Place	Masters
57.	Mike Coil	1:04:23		
58.	Kathy Hamkanson	1:04:35	*1st Woman Finisher	
59.	Robert Ealy	1:04:42	1st Place	Women 17 & Under
60.	Bruce Schwendy	1:05:09	4th Place	Veterans
61.	Dave Ross	1:05:27	9th Place	Masters
62.	Wilbert Major	1:05:42		
63.	Mary Beth Glavin	1:06:14	1st Place	Women 18-29
64.	Jim McNamara	1:06:45	10th Place	Masters
65.	Carolyn Kriesen	1:06:53	1st Place	Women 30 & Over
66.	Bob Kelly	1:06:54		
67.	Don Moran	1:08:31		
68.	Jim Williams	1:08:34		
69.	Patty Greenwood	1:08:35	2nd Place	Women 18-29
70.	Angela Dillon	1:09:34	2nd Place	Women 17 & Under
71.	Dan Scheele	1:11:00	10th Place	17 and Under
72.	Barry Panepento	1:11:15		
73.	Laurie Blanchard	1:11:32	3rd Place	Women 17 & Under
74.	Bob Brennan	1:11:41	5th Place	Veterans
75.	Julie Nowak	1:11:42	2nd Place	Women 30 & Over
76.	Susan Fay	1:11:58	4th Place	Women 17 & Under
77.	Lou Asmith	1:13:35	3rd Place	Women 30 & Over
78.	Jerry Pavelisky	1:14:28		
79.	Mary Ellen Bennington	1:14:29	4th Place	Women 30 & Over

Some thoughts on this year's Crazy-8 Race

We thank each and every one of you for coming out and taking part in a most unique and challenging event. Bruce and I plan bigger and better things for next year's event, including trophies to the first ten finishers overall. Tell your friends this winter what they missed this year, so next year's event will be all the more successful! Thank you for your support!

Ski Show '80 Run, Nov. 15, 1980, 2.6 Miles

1.	B. Martin	26M	12:40	25.	M. Glavin	28F	16:31
2.	B. Quimby	27M	13:18	26.	G. Nowak	37M	:32
3.	G. Brooks	33M	:40	27.	G. Talamie	35M	:47
4.	C. Martin	16M	:46	28.	M. Raszeja	35M	17:12
5.	P. Clark	29M	:47	29.	S. Joyce	22F	:33
6.	T. Conner	19M	:49	30.	P. Shumway	16M	:34
7.	M. VanAuker	33M	14:03	31.	S. Gwynn	29F	:35
8.	M. Hasenauer	28M	:06	32.	D. Niculaus	23F	:36
9.	M. North	17M	:11	33.	D. Day	38M	:37
10.	F. Brazda	45M	:16	34.	J. Eagan	32M	:56
11.	R. Jahnsen	31M	:23	35.	R. Taranto	33M	18:06
12.	M. Aubrey	15M	:44	36.	A. Miranian	54M	:08
13.	R. Franklin	16M	:53	37.	E. Martin	37M	:13
14.	B. Flick	24M	15:03	38.	T. Talamie	12M	:19
15.	J. DeBawn	33M	:08	39.	C. Dean	32F	:20
16.	D. Sanford	16M	:22	40.	E. Stabins	52M	19:35
17.	R. Ulsh	37M	:30	41.	L. Pollock	23F	20:21
18.	D. Breckenridge	43M	:48	42.	D. Lincoln	27M	:44
19.	R. Smith	29M	:50	43.	J. Shumway	44F	21:20
20.	J. Press	36M	:51	44.	D. Flanders	8F	:39
21.	P. Dean	34M	16:08	45.	S. Eagan	10M	22:20
22.	P. Martin	31F	:10	46.	J. Johnson	8M	24:03
23.	D. Jones	37M	:13	47.	M. Talamie	8M	:17
24.	G. Allen	29F	:18	48.	S. Nowak	10F	26:34

PAUL GESELL MEMORIAL RUN, November 29, 1980

5.0 miles, Mendon Ponds Park, Course: 4 mi. roads, 1 mi. trails
 35 degrees, snow covered trails, slippery in spots.
 Old course record: 25:44 1979 John Luther

1. Paul Stemmer	B	25:24	New course record	54. Bill Troy	C	33:07
2. Dan Predmore	B	:56		55. Bob Pomeroy	A	:14
3. John Luther	B	:59		56. Dwight Rogers	C	:16
4. Paul Callens	A	26:49		57. Bruce Hill	C	:19
5. Chuck Allen	B	27:05		58. Jack O'Sullivan	E	:33
6. Tim Cannon	B	:34		59. Darrel Champion	C	:34
7. Mark Johnson	A	:39		60. Bob Smith	B	:41
8. Ray Stemmer	B	:40		61. Bill Baker	B	:52
9. Greg Brooks	C	28:50		62. Dave Breckenridge	D	:55
10. Brian Hart	B	:53		63. Tim Heinle	A	:58
11. Craig Hayward	C	29:04		64. John Ewers	D	34:08
12. Howie Reitz	B	:17		65. Pat Martin	K	:11
13. Bill Fuller	D	:20		66. Phil Haley	D	:16
14. Colin Campbell	A	:22		67. Roger McNally	C	:26
15. Don Winant	B	:32		68. Paul Caulfield	A	:36
16. Mike Carnahan	C	:36		69. Lou DiFabio	A	:37
17. Brian Faber	B	:37		70. Pete Reed	A	:39
18. Dale Ladd	C	:39		71. Jim Edd Jones	C	:47
19. Ross Rider	D	:44		72. Bob Epstein	D	:52
20. Gerry Sullivan	C	:58		73. Jim Vincent, Jr.	A	35:06
21. Steve Scherer	C	30:05		74. Jerod Mason	A	:09
22. Terry Sullivan	B	:11		75. John Blanchard	C	:10
23. Dan Wilkins	A	:17		76. Dave Jones	E	:11
24. Pete Clark	P	:24		77. Al Olsen	E	:13
25. Mike Hasenauer	B	:24		78. Ken St. James	B	:20
26. Nick Forbes	C	:25		79. Bill Ziegler	B	:25
27. Doug D'Aprix	C	:26		80. Jim McNamara	D	:29
28. Charlie Reller	B	:28		81. Joe Gagne	D	:30
29. Mike Mellone	C	:35		82. John Swanger	C	:31
30. Dave Faso	A	:41		83. Carl Baum	B	:34
31. Dave Walter	A	:43		84. Mary Beth Glavin	J	:40
32. Bill Donnelly	C	:46		85. Dave Davenport	C	:44
33. Brett Yost	A	:58		86. John Prewasnck	A	:45
34. Mitch Margenthlr	C	31:00		87. Jim Memmott	C	:46
35. Trish Smith	K	:02		88. Joe Reiners, Jr.	E	:54
36. Andy Faber	A	:18		89. Mike Maggar	A	:57
37. Bill Hearne	C	:23		90. Kyle Yost	A	36:00
38. Chris Brothers	A	:28		91. Don Simkin	C	:01
39. Joe Bonafede	A	:40		92. Ed Martin	C	:10
40. Jeff Sanborn	B	:43		93. Ron Allman	D	:17
41. Kevin Coykendall	A	:57		94. Ron Carlisi	C	:22
42. Rod Sheats	A	:58		95. Jim Horkheimer	D	:25
43. John Jeffrey	C	32:01		96. Tim Enright	A	:27
44. Bill Pixley	C	:03		97. Julie Burgess	K	:28
45. Don Scheg	C	:06		98. Sherman Craig	C	:43
46. Bill Kehoe	C	:15		99. Jan Houwers	C	37:02
47. Jay Hardesty	B	:23		100. Al Gross	D	:03
48. Gene Simmons	D	:24		101. Herb Jones	C	:08
49. Joe Spencer	B	:31		102. Roger Howe	C	:09
50. Ed West	B	:34		103. Marty Fellon	C	:09
51. Mark Nort	A	:40		104. Emmett Connally	A	:18
52. Dave Weiss	C	:49		105. Joe Fernandez	E	:21
53. Ivan Lennon	C	:58		106. Dave Hassett	D	:23

107. Ralph Williams	E	37:27	147. Ed Stabins	E	42:13
108. Bob Brennan, Jr.	B	:29	148. Jerry Pavelsky	C	:22
109. George Nowak	C	:35	149. Barb Bergeron	K	:24
110. Bob Howitt	C	:45	150. Judith Gerber	K	:27
111. Andy O'Sullivan	A	:46	151. Lou Asmuth	L	:28
112. John Wennberg	D	:51	152. Dave Kell	D	:29
113. Kati Fallon	H	:51	153. Dick Allen	D	:40
114. Sue Morton	H	:52	154. Bob Ewart	E	:43
115. Paul Fishchette	B	:59	155. Lynn Streicher	H	43:06
116. Bill Mason	C	:59	156. John Newlander	C	:09
117. Bonnie Klein	K	38:00	157. Pat Bourcy	K	:28
118. John Street	D	:09	158. John Cavallaro	D	:30
119. Earl Smith	C	:10	159. Margaret Emmert	K	:39
120. Tim Blodgett	A	:14	160. Adele Vincent	H	:44
121. Karl Gebhardt	A	:22	161. Joan Archer	K	:49
122. David Ross	C	:42	162. Vic Gaspar	D	44:04
123. Beryl Skelton	L	:46	163. Pete Ross	A	:24
124. Paul Burbank	E	:52	164. Jackie Hardesty	J	:29
125. Ken Hendel	D	:59	165. Julie Nowak	K	45:21
126. Dick Pomeroy	D	39:23	166. Mike Miller	D	:22
127. Pat Williams	K	:27	167. Marilyn Petet	K	:23
128. Doug Rogers	C	:29	168. Heather Houseman	H	:29
129. Mike Raszega	C	:35	169. Cynthia Burks	J	:42
130. Bruce Kennedy	C	:39	170. Anne Galway	L	:53
131. Sharon Rogers	H	:42	171. Sue Murphy	K	46:10
132. Nina Baum	J	:44	172. Margie Tomczak	K	:16
133. Sue Joyce	J	:52	173. Judy Howitt	J	:18
134. Art Miranian	E	40:10	174. Ray Burnett	D	:22
135. Charles Reller	D	:16	175. Jane Baum	J	:30
136. Val Coykendall	H	:22	176. John Baum	E	:42
137. Bill Hossler	D	:55	177. Erna Baum	L	47:17
138. Maureen Sanborn	J	41:03	178. Danielle Flanders	H	48:04
139. Dave Baker	B	:03	179. Jody Howitt	K	:35
140. Steve Bonning	B	:23	180. Rita Johnson	L	50:20
141. Tim Lum	A	:25	181. Susan Rogers	H	53:10
142. Ron Sorrentino	D	:34	182. Sue Gibbons	J	:22
143. John Hayford	E	:38	183. Jeannine Mueller	L	:23
144. Tony Ross	C	:45	184. Harold Petrone	D	55:38
145. Ralph Taranto	C	:50	185. Norm Frank	D	56:22
146. Bob Brennan	E	42:11	186. Judy Brovis	L	58:55

Age Groups:

A	Men under 20
B	Men 20-29
C	Men 30-39
D	Men 40-49
E	Men 50+
H	Women under 20
J	Women 20-29
K	Women 30-39
L	Women 40+

Paul Callens	4.	26:49
Paul Stemmer	1.	25:24
Greg Brooks	9.	28:50
Bill Fuller	13.	29:20
Jack O'Sullivan	58.	33:33
Kati Fallon	113.	37:51
Mary Beth Glavin	84.	35:40
Trish Smith	35.	31:02
Beryl Skelton	123.	38:46

PAUL GESELL MEMORIAL 5 MILE RUN, November 29, 1980

The 4th Annual Turkey Run was renamed this year to honor longtime GRTC founder and supporter Paul Gesell who died this past Fall. The large entry and many contributions showed just how respected and loved he was. Here are some quotes from people who sent in contributions above the entry fee:

"Although it is doubtful that I will be home from school for the run on November 29, I still want to register. I knew Mr. Gesell as a fan/official/helper to all interested in running. He will be missed."

"I was 50 years old and had never run further than a 440 in my life! Knowing that Paul and Shirley were there waiting for me at the finish line, psyched me up to finish in the mid-40s for 10km. I will always remember Paul's help and encouragement."

"I will sincerely miss Paul. God bless Shirley and the family."

Race Synopsis:

From the opening gun Paul Stemmer was never headed. Showing his National caliber, the former Penfield H.S./Penn State All-American ran away from the field. John Luther made a run at him in the wood's trails but Paul opened up on the last road stretch as Luther faded. Luther (Hilton H.S./U.R.) was passed at the end by Dan Predmore (Fairport H.S./Cornell) for second place.

Said Stemmer, "The hill (Cardiac Hill) was so slippery with the snow that I went up it on all fours." Even so, Paul broke Luther's course record by 20 seconds. Imagine what he could have done with good footing. Splits were 4:55, 10:00, 15:35, along the way.

Paul Callens, a freshman at U. of R. ran at the head of the second pack to grab 4th overall and the top under 20 spot. Little known Greg Brooks won the Seniors title with a 9th place finish. Local Masters star Bill Fuller continued to dominate the 40-49 division, finishing 13th. Jack O'Sullivan won the Veteran's division.

Irish Smith destroyed the Women's competition. The amazing Ms. Smith ran 31:02 over a hilly, slippery 5 mile course to beat her nearest competitor by over 3 minutes. She was 35th overall in a strong field of 193 starters/186 finishers. Pat Martin was the second woman to finish one minute ahead of Mary Beth Glavin who won the 20-29 division. Both Smith and Martin were in the 30-39 age group.

High Schooler Kati Fallon finished one stride ahead of teammate and friend Sue Morton to take the under 20 division. Beryl Skelton won the 40+ years young division.

Next year's race will be Nov. 28, 1981, same time, same place, same course, but hopefully better weather.

Special thanks go to all the officials who donated their time and efforts for this race. Jim May, Tom Gigliotti, Dave Winn, Uta Allers and all who helped make this event successful: thanks.

For Sale

Women's Brooks Vantage Supreme, 6 1/2, like new, \$20; Saucony Trainers, resoled, \$8. Call Carol 224-1149.

MISCELLANEOUS RESULTS

There is a myth abroad that we receive results from out-of-town races via mail or satellite from race directors. On the contrary, we get results by word of mouth from runners or their friends who ran in or watched those races. Please call The Running Store (381-4000) or Newsletter Editor (227-6540).

More Skylon Marathon results - Oct. 18, 1980

Greg Brooks	2:55
Tom Serafin	3:00
Gary Rech	3:08
Stuart Billies	3:09
Mitch Mergenthaler	3:17
Eddie Parker	3:23
Robert Scheuberman	3:35
Chuck Martin	3:42
Adrian Shymko	3:49
Amy Scheuberman	3:55
Keith Noyes	4:03
Laurie Clements	4:03
Rue Cromwell	4:05
Mike McConville	4:10
Low Asmouth	4:20
Joe Delpopolo	4:28
Paul Dalton	4:36

Maryland Marathon, Baltimore - Dec. 7, 1980

Phil Tschorke	2:53			
Ken Hurlbutt	2:53	RIT X-C Team		
Don Campbell	3:13	"	"	"
Steve Lane	3:14	"	"	"
Rob Remington	3:15	"	"	"

Nittany Valley Marathon - Dec. 7, 1980

Don McWilliams	3:04	1st Veteran
Bill Wilt	3:29	

Harrisburg Marathon - Nov. 9, 1980 34^o, Clear Reported by Gerry Sullivan

Mike Higgins	14th overall	2:35
Ed Cohn	"	"
Mike Carnahan		2:49
Gerry Sullivan		2:50
(3rd marathon under 2:52 in 5 weeks)		
John Benzoni		3:00
Bob Epstein		3:05
Darrell Champion		3:10
Joe Gagne		3:10
Jick Bartlett		3:10
Steve Spicer		3:14
Norm Frank	(140th marathon)	3:40

This is a great race for Rochester runners to include as part of their schedules in the future. Harrisburg is only 5 hrs. from Rochester. The course is mostly flat with one 5 mile section of killer hills. Many spectators line the course making this race a memorable experience for all!

Philadelphia Marathon - Nov. 30, 1980

Tony Clement	2:58
Charles Sabatine	3:23

Synopsis: Very poorly organized race. GRTC members are urged to avoid this marathon.

Nickle City 50 Miler, Buffalo - Dec. 6, 1980

Ed Cohn	6:16	1st
Norm Frank	8:30	9th

Race Hotline

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

Jersey Shore Marathon, Asbury Park, N.J. - Dec. 7, 1980

Craig Holm 2:24 4th
Jim Boyle 2:35 17th
Gerry Sullivan 2:47 90th
Dick Withrow 2:49
Pete Ewers 2:51 174th
Tim McAvinney 2:56 214th
Walt Gronski 3:06 360th
Bob Epstein 3:06 376th
David Weiss 3:10 460th
Art Falter 3:15 564th
Kristen Marino 3:21 665th
John Ewers 3:27 799th
Rich Franklin 3:29 855th First Marathon
Chris May 3:33 936th " "
Bob Titus 3:45 " "

Athletic Congress National 50,000 Meter Championship Run, Brattleboro, Vermont, Sept. 14, 1980

Don McWilliams 4:04:13 New national record for 56-year-olds

National AAU/TAC Cross-Country Championships, Pocatello, Idaho - Nov. 29

Craig Holm 36th overall

New York City Marathon - Oct. 26, 1980

Jim Hopkins 2:43
Gerry Sullivan 2:51
Randall Johnson 3:00
Michael Mellone 3:00
Bill Lisi 3:14
Bill Blank 3:21
Adam Garza 3:22
Joe Tierno 3:43
Jim Yost 3:59

Bowling Green Classic 10K

Ken Cameron 37:38 (2nd, 46-49)

Marine Corps Marathon, Washington, D.C. - Nov. 2, 1980

Mitch Mergenthaler 2:48
Dave Bursky 2:51
Don McWilliams 3:01
John Hooper 3:02
Bill Spinder 3:05
Hal Cole 3:07
Paul Antenorre 3:10
Gene Osborn 3:24
Bill Beckett 3:33
Art Baagan 3:41
Vincent Terziani 3:58

Schweinfurt Military Community Cross Country Championship, Germany, October 18, 1980, 10K

Jim Henderer 44:36 (1st Masters)

Foxtrotters Marathon, Foxboro, Mass., Nov. 22, 1980

Mark Rosenblum 2:54 (129th out of 1200)

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

Application Date _____
New _____ Renewal _____
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