



NEWSLETTER

ROCHESTER, NEW YORK

APRIL, 1981

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	Bruce Quimby
Rick Guido	Nan Siembor
Sue Gwynn	Gerry Sullivan
Jane Iaculli	Mary Terziani
Dale Ladd	Dick Withrow
Tim McAvinney	

Honorary Directors:

Bob Bradley	Gene Osborn
Shirley Gesell	Pete Todd
Tim Hale	

Committees:

Banquet	Mary Terziani
Budget	John Blanchard
Freezeroo	Jane Iaculli
Legal	Pat Martin
Membership	Pat Martin
Newsletter Editor	Sue Gwynn
Advertising	Dick Withrow
Publicity	Tim McAvinney
Race Coordinator	Uta Allers
Road Race	Uta Allers
Guidelines	Rick Guido
	Dave Kemp
	Bill Quinlisk
	Ross Rider
Social Runs	Uta Allers
Summer Meets	Bill Quinlisk
Touring Teams	Mary Terziani
	Bruce Quimby
	Jim Boyle
Women in Motion	Kare Cossaboon
	Mary Terziani

MESSAGES FROM OUR PRESIDENT - UTA ALLERS

This is my next to last time addressing the membership as President of the club. When my term expires in May, I will be taking the position of 2nd Vice-President, which is traditionally filled by the new ex-President. I have gained much from my 2 years in this position (more on that in the next issue), but without an office and with a restlessness that constantly seeks new challenges, I am ready to play a less active role in the club and to encourage leaders to carry on and further develop our many activities. In this issue, let me concentrate on the practical side of the transference of leadership. Aside from a new President, we will need people to head and serve on committees that were once the responsibility of one person: Officials, Equipment & Supplies, the Chronomix Timer, Social Runs, and the biggest job - Road Race Co-ordinator. Also needed are race directors

for the GRTC 10k Race on June 14, the Rediscover the River Run on June 21, the Run & Ride on July 11, the Dannon 10k on Oct. 4, and various races for which GRTC is offered a co-sponsorship. We have some very capable working in the club's interest on the road racing scene: Kare Cossaboon-Holm, Rick Guido, Tim McAvinney, Bill Quinlisk, Mary Terziani and Dick Withrow, to name the most active ones. They provide a service to the runners and bring money into the club, but I have discovered that the danger of relying on the same few organizers is that, as races become larger and more frequent and standards more exacting, they constantly risk burn-out. There are many experienced runners and racers among our members who have organizational abilities and could find some time to help our sport maintain its momentum. The Board is now looking for new directors and/or people who will serve as part of a committee (note that most committees are seasonal). Please contact any Board member before April 12, if you can help. A ballot will be available at the Banquet and will appear in the next Newsletter.

WOMEN'S TEAMS - I find it gratifying to see our women competing in a variety of indoor track meets and road races with a variety of competitors - they are not always the same women. This new surge seems to be due to 3 factors: there are more women's races and events now, our women are more confident and motivated, and we have some terrific organizers and recruiters in Kare, Mary and Nan Siembor.

MASTERS TEAMS - With all our local Masters talent, we are pushing for an active Masters Touring Team to represent GRTC throughout the Northeast this year. The organization of the team will be co-handled by Ross Rider (442-7762) and Dick Withrow (964-2226), when he turns 40 in October.

MESSAGES FROM OUR SECRETARY - Pat Martin

MEMBERSHIP RENEWALS - Many of you have memberships which expire in May and June. To avoid the rush and get better service, could you please renew early? Please don't wait till the first track meet! Processing membership applications is boring but it's an easier task if the work is spread out over several months rather than several weeks. Believe me, your cooperation will be greatly appreciated!

NEWSLETTER LABELS - John Hurley, who has been responsible for the address labels on your newsletters and for putting our 1000+ member mailing list on computer, is leaving town in a few months to go back to school. Therefore, we are in need of someone with access to a computer and with keypunching ability who could put our alphabetical mailing list into their system and who could be responsible for monthly updating of the list. This involves 1-2 hours a month of keypunching in new members, changes of address and deleting those whose memberships have expired and printing out the list onto mailing labels sorted by zip code so that we can use our bulk mailing permit. We would prefer volunteer help but are open to those of you in the information processing business who could take the GRTC as a customer. If you can help or know of anyone or firm who can, please contact Pat Martin, Secretary GRTC, Box 8310, Rochester, NY 14618. 473-1277.

LAKE ONTARIO MARATHON: Tim McAvinney

I want to express my thanks to Gene Osborn and Len Bagley (from E. Amherst), for their efforts in the re-measuring of the Lake Ontario Marathon course for certification purposes.

Gene has submitted his report to Ted Corbett of the New York City Road Runners and barring any problems, the race will be certified before June 7.

I know they saved me a lot of time and effort and I'm sure many of you appreciate this action on their part also, so, please let them know it!

GRTC Picnic

The Annual GRTC Picnic will be held on Sunday, August 9, 1981, at Genesee Valley Park. We have reserved shelters #2 and 3 which are located behind the old carousel along the river just south of Elmwood Ave. The picnic will begin at noon. Please save the date. More information will follow in a later Newsletter.

THE GRTC AWARDS BANQUET

Our club's Second Annual Awards Banquet will be held on Friday, April 24th, 1981, at the Burgundy Basin Inn on Marsh Rd. in Pittsford. The 200 runners and their guests who attended last year's festivities, know that our hosts serve an excellent buffet dinner. Please note that GRTC is subsidizing the dinner from road race profits. Our plan this year is to provide more time for socializing and less for the program. Awards will include those for outstanding athletic achievement, for service to the club and the running community, Freezeroo Series and Special Awards. Among our variety of features are Women in Motion and Men in Commotion. Do come and join us for a wonderful time. Cocktails are from 6:00-7:30 p.m., dinner is at 7:30 p.m.

RESERVATION FORM
 (DEADLINE - APRIL 17)

NAME (print) _____

ADDRESS _____ ZIP CODE _____

PHONE _____

No. of Adults _____ No. of Students _____ No. of non-GRTC Guests _____

Adults ⊙ \$5.50 per person _____

Students ⊙ \$3.50 per person _____

Guests ⊙ \$8.00 per person _____

TOTAL _____

To minimize costs, no tickets or confirmations will be sent. Make checks payable to GRTC. Send to: Mary Terziani, 10 Schoen Place, Pittsford, N.Y. 14534.

Dear GRTC Board and Members, and Women in Motion:

With this letter we would like to take the opportunity to thank all of the individuals who helped support our trip to the National TAC Meet in Ann Arbor, Michigan. We had an excellent time that will be long remembered.

As can be found in Pat Martin's report we brought home some hardware - in the form of first, second, and third places in several events. Our relay team was very strong, also. Needless to say we would have never made it without your financial support.

A special thank you to Howard Ward for vehicle and gas (Howard, your car is amazing!) and support - Howard, Mike Bourcy, and Ed Martin.

Thank you to all,

Senior Women's Track Team
Nan Siembor, Jo Ward, Pat Bourcy, Pat
Martin

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TOP RACE COMING THIS SPRING - The GRTC is proud to announce our assistance in what may become the Rochester Area's finest Road Race. The 1981 Lilac Festival 10km race will be held on Sunday, May 17, beginning at 10:00 a.m. Entry fee is only \$3.00 and all entrants receive a T-shirt that has been specially designed for the race. The entry blank is in this Newsletter and additional blanks are available at all branch offices of our race sponsor: Manufacturer's Hanover. Radio station WHAM is also a sponsor and additional information and publicity will be provided on the radio.

What makes this race so special besides the certified course, low entry fee, outstanding awards, free refreshments, and T-shirt is the appearance of several of Rochester's best known runners. The sponsors have provided for the appearance of Dick Buerkle, Pete Pfitzinger, Paul Stemmer, and Dan Predmore. These runners will guarantee a tremendous race when teamed with local stars like Craig Holm, Bruce Baden, and defending champ Steve Pulos. This is your chance to run with some of the best in the U.S.

All of these stars are former Rochester area runners and all are running in great form right now. It should be some race. The Club's involvement is as special race consultant and assistance in the race organization and logistics. Race director Bill Quinlisk is looking for officials to work on race day if you are not running. If you are interested give him a call at 586-6059 (evenings). Watch for a media blitz during May and remember you heard it here first.

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ADVICE FROM DOCTOR RAT

Dear Doc:

I would like to have a Gortex running suit but can't pay the price. Where is a good place to steal one?

Stinkie

Stinkie:

Why steal? Go on a gort hunt and bag your own. There are a couple of things to remember when hunting for a port pelt to make your own suit.

First, find a gort which is your size. No need to kill more than one. Just pick one out that is your height and weight.

Secondly, and more important, is the kill method. Don't shoot, bludgeon, or stab your future suit. This leaves holes, blood stains and other unsightly defects. The secret to killing a gort is to bore it to death. Steer it into a corner and start talking at it. Tell it

about a marathon you've run mile-by-mile. (Are you getting this, Mel?) Force it to listen while you carry on about why something that looks, smells and tastes like offal is good for you. Recount a transcendental experience you've had--ever. The poor bugger will start to nod off.... keep it up! Dispatch him. By the time you get to the Newton Hills he'll be gone. Unsip the pelt and put it on. Simple.

Doc

Dear Doctor Canal Rat:

Could you please give me some information on appropriate running gear for when the wind-chill factor is below freezing, below zero, and below twenty below? Thank you.

Alberto S., Eugene, Ore.

The business of wind-chill factor is something all runners and intelligent humans should ignore. Wind-chill is a typical example of "trash weather". The kaboodle is absolute nonsense. There is no such thing as wind-chill factor!

Did your mother ever tell you about wind-chill factor? Of course not! Did Jack London write about wind-chill? No! Did Sam McGee worry about the wind-chill factor in the land where men toil for gold? Is the Pope Italian?

Wind-chill was invented February 9, 1966, at a TV station in King of Prussia, Pennsylvania. If you check back (which I know you are too lazy to do) you will find that there was NO SPORTS NEWS that day. The NBA had no games. The NHL had no games. There were no fights. For some reason the National Football League was not in playoffs, pre-season, OR regular season. Dave Kingman wasn't traded that day. So, no sports news...nothing! This left TV stations with twenty minutes to kill on weather and sports (or no sports, as the case may be).

While other stations blundered through, this Pennsylvania station came up with this blather about the wind-chill in different cities around the country. People didn't even notice the lack of sports news! It caught on. Now there are wind-chill factor records, warnings and alerts. You'll notice that no one ever argues about it because no one knows what it is!

Runners should use the time-honored method your mother used. It is self explanatory and works without fail. No pay attention. There are only five* degrees of cold. This is all ye need to know.

1. Chilly
2. Cold enough so you have to wear your mittens
3. Freezin'
4. damn cold
5. So cold your nose'll fall off

Return to the simpler things, ignore wind-chill factor. Ostracize anyone who speaks of wind-chill. Let the world know that you are sick of wind-chill! Down with trash weather!

*There is one more severe degree which occurs only in International Falls, Minnesota and during certain Social Runs....something about brass monkeys. Don't worry about it.

Doc

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Anyone wishing to participate in a postal competition with the Club Midwest in a Ten Mile Relay on the track (5x2 mile races) April 5 should contact John Goodridge, 2403 Ridgeline, Lansing, Michigan 48912.
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Manufacturers Hanover

Lilac Ten·K

CO-SPONSORED BY 1180-WHAM

THE GREAT RACE SUNDAY, MAY 17th, 10:00 am HIGHLAND PARK · ROCHESTER, N.Y.

Sanctioned by Road Runners Club of America

START: HIGHLAND AVENUE AT SOUTH GOODMAN
6.2 MILES (pending certification)

Held in cooperation with Monroe County Parks Department, Young Adult Conservation Corps, and the Greater Rochester Track Club.

Awards to first 10 men and 5 women and top 10% in the following categories:

Under 20	30-39	Additional Awards
20-29	40-49	for Bank Challenge
	50 +	and Town Challenge

Ceremony at approximately 12 Noon in finish line area

T-Shirts will be provided to all runners
Refreshments courtesy of Hegedorn's
Facilities for changing and showering are not available

For further information listen to
1180 - WHAM

CHECK-IN: Saturday, May 16 from Noon to 6:00 pm
Sunday, May 17 from 7:00 to 9:00 am

REGISTRATION TABLES LOCATED IN FIELD NEAR
FINISH LINE ON SOUTH GOODMAN BETWEEN
HIGHLAND AND ELMWOOD.

ENTRIES MUST BE RECEIVED BY
SATURDAY, MAY 16th 6:00 PM
NO POST ENTRIES ON RACE DAY

\$3.00 ENTRY FEE

SEND ENTRY FORM AND FEE TO:

LILAC TEN·K
P.O. BOX 18072
ROCHESTER, N.Y. 14618

Make checks payable to Lilac 10-K. All proceeds will go to
Greater Rochester Track Club.

DIRECTIONS

Highland Park is located within the Rochester city limits.

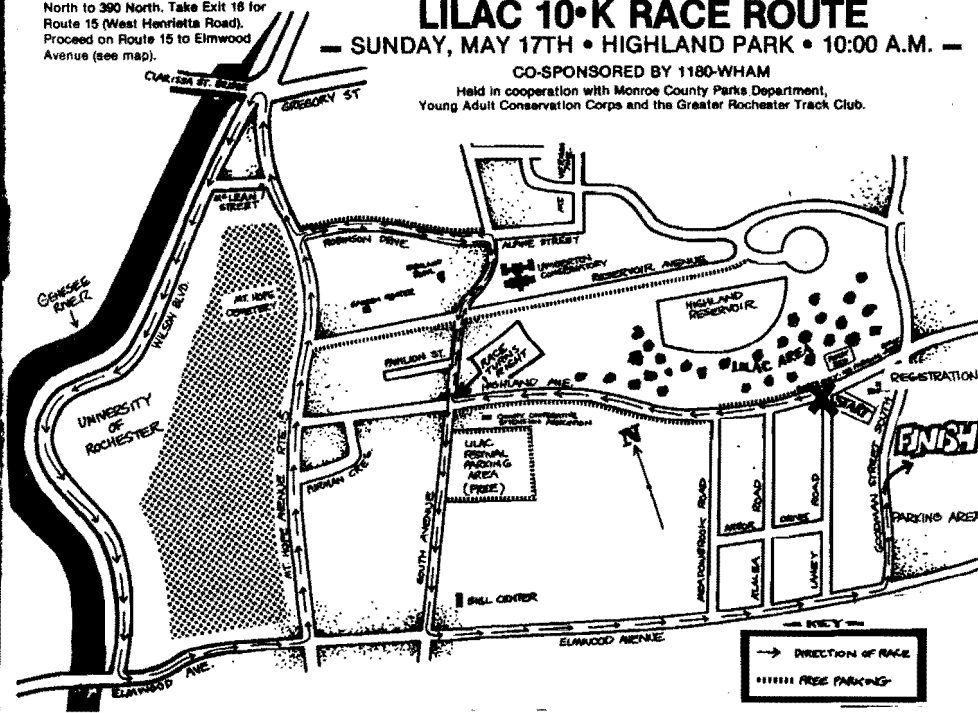
From the Thruway take Exit 46 to 500 North to 390 North, Take Exit 16 for Route 15 (West Henrietta Road). Proceed on Route 15 to Elmwood Avenue (see map).

MANUFACTURERS HANOVER LILAC 10·K RACE ROUTE

— SUNDAY, MAY 17TH · HIGHLAND PARK · 10:00 A.M. —

CO-SPONSORED BY 1180-WHAM

Held in cooperation with Monroe County Parks Department, Young Adult Conservation Corps and the Greater Rochester Track Club.



Manufacturers Hanover Lilac Ten K, May 17, 1981

Co-sponsored by WHAM Radio

Runner's No. _____

FOR OFFICE USE ONLY

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Manufacturers Hanover, WHAM Radio, the Monroe County Parks Department, the Lilac Committee, the Young Adults Conservation Corp, and the Greater Rochester Track Club and any and all sponsors, and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____ Date _____ Parent's Signature if under 18 years _____

Last Name	First Name	Sex	Age	on race day	Check here if you are participating in a special challenge
<input type="checkbox"/>	<input type="checkbox"/>	Male <input type="checkbox"/> Female <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Bank Challenge <input type="checkbox"/> Town Challenge
Mailing Address _____ Street _____ Include Apt. No. _____					(Enter name of bank or town)
City	State	Zip Code			

ROME MARATHON...Noah Vail
3/1/81

We rounded the corner to the right, looking for all the world, like the Merrill-Lynch Bulls in drag. But there was no china shop...there was hardly a town. Rome, New York has an Air Force Base that looks like a parking lot for foreign aid rejects, and a State mental hospital where, presumably, they specialize in treating depression.

The wind slammed me in the right front fender, like the chromium kiss a NASCAR chariot plants on the wall. It was as if I saw a sign saying "Montreal Express" with an arrow pointed at my right eye. At that point, Route 365 curves gently to the right. I felt like a hood ornament. Running on that road brought back memories of hitting the blocking sled, with a hysterically screaming coach exhorting my last gasp of breath.

I've run Skylon twice, but it doesn't hold a candle to this. Not that holding a candle would do you any good at either. The wind at Skylon could slow down a train. A tank would have trouble at Rome.

I looked for someone to draft. No small task when there are only forty entrants in the race and your eyes are watering. I saw a young man about two hundred yards ahead. He was about 6'3". I run intervals about the length of his stride. Forget it. About twenty-five yards ahead, was a young woman. She was even smaller than I, and I am not your prototypical rebounding threat. There are pros and cons to drafting young women, but as it was obvious that today was not going to be the day I finally went under three hours, I opted for the pros.

Other than the race, the view of the scene was reminiscent of that through the windshield of my deuce and a half on some deserted stretch of Autobahn, in fourth gear, low range, in early December. Everything was about the same color, played to the background of a steady din.

I began to drift. From time to time, I was shocked back into reality by someone offering water. Numb. As in thirty-five hours on the plywood seat of an Indian train, four hundred pages into Crime and Punishment, with an untouchable going over my toes with a feather duster, a ten-year old girl offering me a piece of chicken wrapped in a palm fond, a fat dude with an incredible mustache, eyeing my pack, in the seventy-fifth meticulously gardened, croded, jabbering, unpronouncable station, I would be similarly started by a vendor rattling a couple of glasses, washed (probably) last waek in the Ganges, with a tapid mixture of team, milk and sugar.

The folks in Rome know how to attract one's attention too. For the past two years, they have charmed me right out of my socks. Race Director, Debbie Redesi, and her staff, Mayor Paul Ellenberg, the folks at the Y, and the Rhine Haus, a friendly little tavern around the corner from City Hall, all go out of their way to get our attention with their organization, cheerfulness, and attention to every detail.

From the turnaround to the exit of Route 365, I was Mr. Natural just passin' through. By that time, however, I felt like Sandy Sadler, after fifteen with Willie Pep. You can imagine the feeling after having been leaned on for almost fifteen miles of suddenly being pushed. It was quite a pick-me-up. If only my weight approached that mythical two pounds per inch, it might not have put me down. Unfortunately, it did and I was unable to make those clear, visible mile markers in under seven.

At twenty-one miles, we left Route 365. While on the Clover Leaf, I felt as if I had been launched by Hbyt-Wilhelm. That was followed by four miles of running into the exit of a NASA wind tunnel during re-entry testing.

The results? Most of us finished. Young Tom Johnson ran a 2:39 to solidly whip Eddie (Running Bear) Cohn. Eddie won the Senior Class with a less than nimble (for him) 2:47. In the Masters, ultra-marathoner, Bill O'Brien edged out Mel (Coach de Sade) Levinson by thirty seconds, to take it at 2:56. Veteran Walt Connelly edged out old Noah by about a minute to take that class at 3:13. It's no disgrace to get edged out by Walt even if he's a veteran and I'm a Master. Facts are facts. Oh, yes, Norm Frank ran his two millionth marathon.

The bottom line is that we all won. If we wanted the opener to be easy, we could have gone elsewhere. As it was, only the conditions were unpleasant.

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BOSTON MARATHON NOTES - Marathon Tours of Cambridge MA has planned a unique tour of the Boston running community on both Saturday, April 18 and Sunday, April 19. A historic tour of the famous course will begin in downtown Boston where runners will be bused to Hopkington. Local runners will discuss stories which have created the allure of Boston including where Bill Rodgers stopped to tie his shoe enroute to his American record victory in 1975 and where Rosie really started her run.

The tour will stop to visit the original Bill Rodgers Running Center and clothing warehouse and the New Balance Shoe Factory. Special discounts are available in both places.

Reservations by individuals or groups can be made by contacting MARATHON TOURS, INC., 2 Bow St., Cambridge MA 02138

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For Sale

New Balance 420, size 9 wide, used one time (10 miles total). Best offer over \$35. Phone 248-8909.

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Advertising Policy

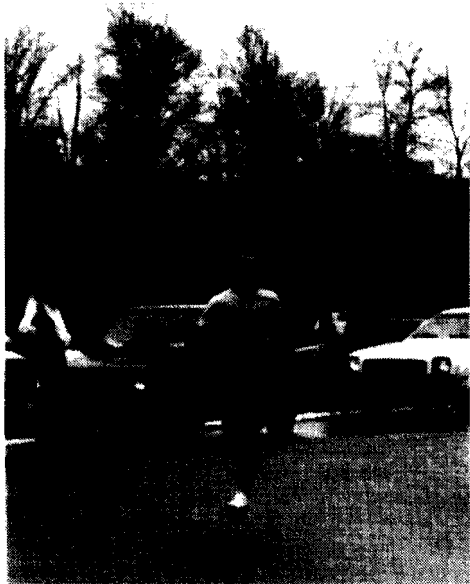
The GRTC Newsletter accepts commercial advertising based on the following schedule, 1/4 page camera-ready copy (1/4 of 8 1/2 x 11 page) \$40/issue. 1/8 page \$25. Maximum ad size is 1/4 page. Classified ads and personals will also be accepted at a rate of 10¢/word. Deadline is the 15th of the month.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

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PLEASE RENEW GRTC MEMBERSHIPS EXPIRING IN MAY AND JUNE EARLY!!



Beryl Skelton's Birthday Run, 3/8/81

Back Row, l to r: Jim Skelton, John Hooper, Jo Ward, Ken Asmuth, Dick Withrow, Uta Allers, Bob Titus
 Middle: ?, ?, Beryl, ?, Jane Iaculli, Lou Asmuth, Fay Withrow, Cislyn, Sherman Craig
 Front: Mike Higgins, Adam Garza, Mark Howard, Margie Tomczak



Dave Coyne, winner of the Fairport Freezeroo, 3/8/81. Dave was a non-series runner.



Ross Rider, Masters winner of the Fairport Freezeroo, 3/8/81.

IMPORTANT NOTICE

THE STARTING TIME OF THE YMCA- MCCURDY'S RACE

APRIL 25th IS 9:00 AM

PLEASE NOTE: 9:00 AM
START

LOCAL EVENTS CALENDAR

- Apr. 4 10:00 a.m. St. Boniface 5 Mile, Gregory St., Roch. 14620. Joe Gagne, 473-4532. \$2 pre, \$3 post.
- Apr. 5 10:00 a.m. Canal Classic 1/2 Marathon, The Running Store, 10 Schoen Place, Pittsford. Mary Terziani, 381-4000. \$2 pre, \$3 post. Proceeds to GRTC.
- Apr. 5 10:00 a.m. Greece Easter Hop 3 Mile Fun Run, Greece Olympia High School, 1139 Maiden Lane, Roch. 14615.
- Apr. 5 10:45 a.m. Greece Easter Hop 5 Mile Race. As above. \$4.
- Apr. 5 5:00 p.m. Spring Social Run. Mimi Decker, 10 Rosedale Terr. (off Monroe Ave.), Roch. 14620. 461-3122.
- Apr. 12 2:00 p.m. Third Annual Watermelon Run, Toth's Sports/Nautilus Athletic Center, Todd Mart Plaza, Winton Rd. S. Lanse Toth, 442-2900. \$3 pre, \$3.50 post. Proceeds to Young Life.
- Apr. 12 5:00 p.m. Spring Social Run. Judith Gerber, 47 Beverly St. (off Harvard St.), Roch. 14610, 473-6460.
- Apr. 19 5:00 p.m. Spring Social Run. Any volunteers?
- Apr. 24 7:30 p.m. GRTC's 2nd Annual Awards Banquet, Burgundy Basin Inn, 1361 Marsh Rd., Pittsford. Cocktails 6:00-7:30 pm.
- Apr. 25 9:00 a.m. McCurdy/YMCA 5&10k, Midtown Pleza. \$2 for 5k Fitness Run, \$4 for 10k Race. Entries close 4/17!
- Apr. 25 10:30 a.m. Lions Charity Classic of Geneva 5 Mile, DeSales High School. Mike Feligno, 315-789-2780. \$2.
- Apr. 26 5:00 p.m. Spring Social Run. Sherman & Ruth Craig, 3 Park Bluff Way, Pittsford, 381-7207.
- May 2 9:00 a.m. Jean Mitchell Memorial 5k, Canandaigua Courthouse Square. Don McWilliams, 394-6760. \$4 till 4/25, \$5 post.
- May 2 10:00 a.m. Jean Mitchell Memorial 10k. As above.
- May 3 5:00 p.m. Spring Social Run. Ann Galway, 950 Edgemere Dr. (opp. Scarlatta's Party House), Roch. 14612. 621-2233.
- May 10 5:00 p.m. Spring Social Run. Any volunteers?
- May 17 10:00 a.m. Lilac Festival 10k, Manufacturers Hanover/County Parks Dept., Highland Park. \$3. No entries after 5/15.
- May 17 5:00 p.m. Spring Social Run. Mike Higgins, 234 Elmcroft (off Winton Rd.N.), Roch. 14609. Phone # in next issue.
- May 23 10:00 a.m. Fellowship of Lutheran Young People 5 & 10k Sun Run, St. Paul Church, Hilton. Joseph Bordeaux, 392-8521. \$2 pre, \$4 post.
- May 24 11:00 a.m. The Human Race 10k, Jewish Community Center/United Way, 1200 Edgewood Ave. Mel Beadin, 461-2000. \$4 pre, \$7 post.
- May 24 5:00 p.m. Spring Social Run. Joyce Lindley, 1255 S. Winton Rd. (opp. Brighton H.S.), 442-9307.
- May 29 6:00 p.m. Park Avenue 1 Mile, Cobbs Hill Park, Norris Dr. Dave Kemp & Ross Rider. 50¢.
- May 29 6:30 p.m. Park Avenue 5 Mile. As above. \$2.
- May 30 9:30 a.m. Diane Hunt Memorial 2 & 5 Mile, Bayview YMCA, Webster. Beth Mulholland, 671-8414. \$2 pre, \$3 post.
- May 31 5:00 p.m. Spring Social Run.
- June 6 Rochester Association for Multiple Sclerosis (RAMS), Al Sigl Center, 442-4100.
- June 7 8:00 a.m. Lake Ontario Marathon, Greece Arcadia High School, Island Cottage Rd. Tim McAvinney, 865-1244. \$1.
- June 13 10:00 a.m. Blue Run, 3.3 Mile Fitness Run & 10k Race, Manhattan Square Park, Plaza Athletic Club, 546-7350.
- June 13 9:30 a.m. Wild & Crazy 1 Mile Run, Wolcott Road Runners. Jeff Harper, 315-594-9488. \$1 on race day.
- June 13 10:00 a.m. Wild & Crazy 5 k Race. As above. T-shirts to first 300 registrants. \$4 till 6/6, \$5 post.
- June 13 11:00 a.m. Wild & Crazy 10k. As above.
- June 14 10:00 a.m. GRTC 10k Road Race & Club Championship, Sperry High School, Henrietta.
- June 16 6:00 p.m. GRTC's Summer Track Meet #1.
- June 20 John Lasco 5 & 10 Mile Memorial Race, Xerox Recreation Bldg. Steve Edgerton, 442-4101.
- June 21 10:00 a.m. Rediscover the River Run, GRTC/City Recreation Dept. (distance to be determined). \$2 pre, \$3 post.
- June 23 6:00 p.m. GRTC's Summer Track Meet #2.
- June 27 10:00 a.m. Lyons National Bank Sesquicentennial 10k. Rich Wadsworth, 946-4871 (days). \$2. T-shirts to first 100 entrants.
- June 28 9:30 a.m. Feels Great 1 Mile Women's Fitness Run, Nazareth College, Pittsford. Kare Cossaboon-Holm, 275-2437.
- June 28 10:00 a.m. Feels Great 5 Mile Women's Race. As above.
- June 30 6:00 p.m. GRTC's Summer Track Meet #3.
- July 4 8:30 a.m. Brighton 10k, Brighton High School. Bill Kehoe, 654-8991.
- July 4 Fairport Firecracker Five, Perinton Park.
- July 7 6:00 p.m. GRTC's Summer Track Meet #4.
- July 11 9:00 a.m. Run & Ride (run 5 miles, ride 10 miles), Rochester Bicycle Club/GRTC, Webster Park. Sigrid Burns, 671-6732.
- July 12 No Corn Hill Race this year. Date is open.
- July 14 6:00 p.m. GRTC's Summer Track Meet #5.
- July 19 12:00 Great 8 for Easter Seals (8k), WVOR TV, 201 Humboldt St. Steve Scherer, 288-8400.
- July 21 6:00 p.m. GRTC's Summer Track Meet #6.
- July 28 6:00 p.m. GRTC's Summer Track Meet #7.
- Aug. 2 Landmark Society Run, Stone Tolan House, East Ave.
- Aug. 8 1:00 p.m. 48 furlongs 10k at Finger Lakes Race Track with American Cancer Society, Don Riley, Greece Town Hall, 225-2000. \$5 donations, \$7.50 per family for Cancer Camp.
- Aug. 9 GRTC's Annual Picnic, Genesee Valley Park.
- Aug. 16 10:00 a.m. University of Rochester's Couples Run, Split 10k. Kare Cossaboon-Holm, 275-2437.
- Aug. 30 St. Joe's Albion Road Race. Joe Gahl, 423-5544.
- Sept. 7 8:00 a.m. 10th Annual Rochester Marathon, Liberty Pole. Tim McAvinney, 865-1244.
- Sept.13 10:00 a.m. Iron Wo/Man Competition (1 Mile Swim, 26 Mile Ride, 10 Mile Run), Hamlin Beach State Park. Mike Carnahan, 225-4918.
- Sept.19 11:00 a.m. Canal Town Days 15K, Palmyra. Jamie Hemmings.
- Sept.20 World's Biggest 10k (for Heavyweights only). Bill Kehoe, 654-8991.
- Oct. 4 10:00 a.m. Dannon 10k, Sperry High School, Henrietta.
- Oct. 10 12:00 Wild Winds Farm Cross-Country Race. Don Wise.

PLEASE RENEW GRTC MEMBERSHIPS EXPIRING IN MAY AND JUNE EARLY!!

OUT-OF-TOWN EVENTS CALENDAR

Apr. 4 11:00 a.m. Talaveran International 10k, Niagara Falls, N.Y. \$5 pre, \$6 post, Entry forms available from Pat Martin, P.O. Box 8310, Rochester, 14618.

Apr. 4 12:00 p.m. Dutch Hill Run-2 1/2 Mi. uphill, Coudersport. PA., Denny Menschel, 5 Main St., Coudersport, PA. 16915.

Apr. 5 10:00 a.m. Bethesda/Health Fair Run '81, 15k and 2 Mi., St. Louis Track Club, P.O. Box 2956, St. Louis, MO. 63130.

Apr. 5 1:00 p.m. Mohawk Valley Strida-athon 10k, Canajoharie, NY. Entry forms available from Pat Martin, P.O. Box 8310, Rochester, 14618.

Apr. 11 4:00 p.m. Mansfield State College Track & Field Meet, Ed Winrow, Mansfield State College, Mansfield, PA 16933.

Apr. 12 10:00 a.m. Niagara River 20km Classic, Niagara Falls, NY. Entry forms from Pat Martin, P.O. Box 8310, Rochester, 14618.

Apr. 12 12:00 Cherry Blossom Festival 5 Mi., Brandywine Park, Wilmington, DE, Len Casey, Cityside, Inc., P.O. Box 1775, Wilmington, DE 19899.

Apr. 15 4:00 p.m. Mansfield State College Track & Field Meet, Ed Winrow, Mansfield State College, Mansfield PA, 16933.

Apr. 20 12:00 Boston Marathon, Boston, MA, Will Clooney, Boston A.A., Box 223, Boston, MA 02199.

Apr. 22 4:00 p.m. Mansfield State College Track & Field Meet, Ed Winrow, Mansfield State College, Mansfield, PA 16933.

Apr. 24-25 Drake Relays, Des Moines, Iowa, Robert Ehrhart, Drake University, Des Moines, Iowa 50311.

Apr. 25 10:00 a.m. Mansfield State College Track & Field Meet, Ed Winrow, Mansfield State College, Mansfield, PA 16933.

Apr. 25 Delaware 5k and 10k Championship, Lewes, DE., Tulip Festival, Jim Whalen, Lewes Chamber of Commerce, P.O. Box 1, Lewes, DE 19958.

Apr. 26 11:00 a.m. Hamilton Y Marathon, Peter Rhodes, 79 James Street South, Hamilton, Ontario L8P 2Z1.

May 2 11:00 e.m. Hickory Hill 5 Mi., Haverling St., 2 mi. north of Bath, Randy Lehman, Box 252, Bath, NY 14810. \$4 pre, \$5 post.

May 2 12:00 Maple Festival 10k, Coudersport, PA, William E. Daisley 506 Oak St., Coudersport, PA. 16915.

May 3 9:00 a.m. Texon Five College Marathon, Amherst, Mass. Entry forms from Pat Martin, Box 8310, Rochester, 14618.

May 3 Flying Cloud Half-Marathon, Atlantic City, NJ., Atlantic City Magazine, 1627 Atlantic Ave., Atlantic City Avenue, Atlantic City, NJ 08401.

May 3 10:00 a.m. Stockton State Half Marathon, Pomona, NJ., Larry James, Stockton State College, Athletic Dept., Pomona, NJ.

May 3 10:00 a.m. Mansfield Invitational, Ed Winrow, Mansfield State College, Mansfield, PA 16933.

May 9 9:00 a.m. Health Week 5 mi., Pennsylvania Podiatry Ass. Five Miler, Plaisted Hall, Number One Boat House Row, Phil., PA., Gary Gordon, D.P.M., 402 N. Easton Rd., Glenside, PA 19038

May 9 10:00 a.m. Provident Mutual Mini-Marathon 10k, Philadelphia, PA, Keith Brtaz, Provident Mutual, 46th and Market Sts., Philadelphia, PA 19101.

May 10 9:00 a.m. National Capital Marathon, Pierre Lamoureux, P.O. Box 426, Station 'A', Ottawa, Ontario.

May 10 Audobon Community 5k, Women's running series, The Run Around, 126 Plaza Dr., Clearfield Plaza, Williamsville, NY 14221, \$3 pre, \$4 post.

May 10 Washington Bonnie Bell 10k for Women, West Potomac Park, Carol Herick, P.O. Box 449, McLean, VA 22101.

May 10 2:00 p.m. Brandywine Classic, 15 mi., Brandywine YMCA, Wilmington, DE 19803.

May 16 8:30 a.m. Minuteman Marathon, Delaware National Guard Runners, Headquarters, Delaware National Guard, First Regiment Rd, Sherwood Park II, Wilmington, DE 19808.

May 16 9:00 a.m. Wellsville Road Race, 15 mi., Recreation Commission, 197 North Main St., Wellsville, NY 14895, \$4 pre, \$5 post.

May 16 Blossom Festival Road Race, 20k, Niagara Falls, Robert Eby, P.O. Box 213, St. Davids, Ontario, L0S 1P0.

May 24 9:00 a.m. Philadelphia Bonnie Bell 10k for Women, MARRC, P.U. Box 5628, Philadelphia, PA 19129.

June 14 Audobon Community 8k, Womens running series, The Run Around, 126 Plaza Dr., Clearfield Plaza, Williamsville, NY 14221.

 Anyone wishing to run races in the Philadelphia-Atlantic City area who needs a place to stay may contact Jim Brown, 407 Jacksonville Rd., Mt. Holly, N.J. 08060 (609) 261-5382.

Transcontinental Road Race

The team of Dennis Adams, Dave Stone, Tom Babcock, and Paul Dittman are in first place so far in the Transcontinental Road Race sponsored by the Gates Recreation Dept. The race is just to promote fitness through running.

The Adams team is just ahead of the Cossaboon/Holm team. At this time they are nearing Albuquerque, New Mexico (1846 mi). The next stop is Los Angeles (2657 mi). Keep pluggin'!

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RACE HOT LINE

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

Newsletter Deadline

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

FREEZEROD RACE RESULTS

Male 17 + under	A	Female 17 + under	G
18-29	B	18-29	H
30-34	C	30-39	I
35-39	D	40-49	J
40-49	E	50+	K
50+	F		

Series = S Non-series = NS #7 Fairport, 6 miles

1. Dave Coyne	32.04	1st B NS	52. Jim McGee	40.02	3rd D NS
2. Dave Tresholavy	32.20	1st D S	53. Bill Spinder	40.07	
3. Ed Walsh	32.22	1st C NS	54. Ed West	40.14	
4. James Robinson	32.53	2nd B NS	55. Nyhl Austin	40.16	
5. Mark Howard	32.54	1st B S	56. Igor Mihajlov	40.19	
6. Bruce Quimby	33.26	2nd B S	57. Joe Gagne	40.22	2nd E NS
7. Caleb Strong	33.52	3rd B S	58. Bruce Bridgeman	40.27	3rd E NS
8. Pete Ewers	33.56	1st A S	59. Bill Brothers	40.29	2nd G S
9. Ross Rider	34.05	1st F S	60. Bill Lewis	40.46	
10. Michael Baxter	34.17	3rd B NS	61. Dave Jones	40.51	
11. Rod Williams	34.25	2nd C NS	62. Sue Rowley	40.54	1st I S
12. Howard Reitz	34.40		63. Bill Blank	41.12	
13. Mark Geherin	34.50	1st A NS	64. Jim Palmer	41.26	
14. Dale Rudiger	34.51		65. Ronald Allman	41.27	
15. Mikel Brown	35.01.1		66. Chris Bentley	41.43	
16. Dave DeBell	35.01.2	1st D NS	67. R. Jacques	41.48	
17. Jim Hopkins	35.06	1st E S	68. Chris May	41.57	
18. Dick Withrow	35.27	2nd E S	69. James Jones	42.05	
19. Brett Yost	35.37	2nd A S	70. Ray Buchanan	42.08	
20. Mike Rowley	35.41	3rd C NS	71. David Ross	42.10	
21. Chris Brothers	36.05	3rd A S	72. Raymond Luther	42.16	3rd G S
22. Nicholas Forbes	36.07	2nd D S	73. Ed Martin	42.17	
23. Charlie Reller	36.25		74. Dave Heeks	42.18	
24. Jerry Stoll	36.29	3rd E S	75. Ken Asmuth	42.19	
25. Rick Guido	36.35		76. Julie Burgess	42.20	2nd I S
26. James Mahan	36.42	1st C NS	77. David Hassett	42.31	
27. Steve Evans	36.43		78. Peter Swift	42.34	1st F NS
28. Bill Kehoe	36.57	2nd F S	79. Barry Sultanoff	42.42	
29. Rodney Shaw	37.15	3rd F S	80. Sherman Craig	42.58	
30. Rodney Sheets	37.19		81. Gary Barkhuis	43.36	
31. Steve Brady	37.39		82. William Henry	43.37	
32. Paul Antenora	38.06		83.	43.47	
33.	38.07		84. Pat Martin	43.50	3rd I S
34. Ted Inswiler	38.08		85. Allen Yetter	43.58	
35. Darrel Champion	38.16		86. Robert Titus	43.59	
36. Bruce Hill	38.31		87. Gene Osborn	44.07	
37. John Hagin	38.36		88. John Wennberg	44.12	
38. Brad Solarek	38.41		89. David Eckels	44.14	
39. Bill Flick	38.51		90. Bonnie Klein	44.15	
40. Michael Rush	38.55		91. William Pow	44.23	
41. Tom Wallenhorst	38.58		92. Liz Baltus	44.25	1st H NS
42. Adam Garza	39.08	3rd D S	93. Tom Schryver	44.47	
43. Randy Johnson	39.20		94. Jim Sanders	44.53	
44. David Weiss	39.24		95. Charles Tanck	45.04	
45. Kent Rush	39.32		96. Mike Hull	45.20	
46. Bill Krieg	39.35	2nd D NS	97. Kenneth Hendel	45.24	
47. Albert Olson	39.37	1st G S	98. Fritz Grassberger	45.27	
48. John Hooper	39.42		99. Vince Terziani	45.38	
49. Jerry Phillips	39.45		100. Carolyn Kriesen	45.39	1st I NS
50. Daniel Charcholla	39.49		101. Bill Hessler	46.07	
51. William Ziegler	39.59		102. Michael Jensen	46.17	

103. Bill Templeman	46.23		118. John DeCory	50.49
104. Gary Pino	46.45		119. Dick Lacey	51.02
105. Joseph Delpopolo	47.32		120. Jerry Pavelsky	51.05
106. Beryl Skelton	47.42	1st K S	121. Cisylyn Lightbourne	51.07
107. Laurie Clements	47.59	1st H S	122. Joe Eagan	51.19
108. Rick Hildebrandt	48.04		123. Bob Carpenter	52.19
109. Dale Pullyblank	48.27		124. Lou Asmuth	52.53 2nd J S
110. Bill Staples	48.30		125. Margie Tomczak	54.15 1st I S
111. Lydia Lennox	49.10		126. Pat Sanders	54.48 2nd I S
112. Mike Simeone	49.38		127. Marilyn Petit	56.22 3rd I S
113. Don McNelly	49.50		128. Joan Simeone	56.27 2nd H S
114. Korleen Wright	49.52	1st J S	129. Joan Archer	56.36
115. Art Miranian	49.58		130. Ann Galway	56.46 3rd J S
116. Tom Hogan	50.03		131. Arlene Wayman	57.47
117. Judith Gerber	50.31	2nd I NS	132. Rita Johnson	58.55
			133. Harold Petrone	61.23

MISCELLANEOUS RESULTS

Freezerod #5, Mendon
David Breckenridge 49:07

Heart Marathon, Rome, NY March 1, 1981
Ed Cohn 2:47 2nd overall
Mel Levinson 2:57 7th overall
Bob Epstein 3:14
Norm Frank 3:48
Tim Youngs 3:48 ?

Mike Cannon Memorial Run, 20 miles, NYC, Feb. 22, 1981
Pete Pfitzinger 1st overall, new course record, 1:40:14
Craig Holm 2nd overall, 1:43:06
Mike Higgins 7th overall, 1:48:00

New Jersey 10 Miler, Cherry Hills, NJ, March 12, 1981
Mike Higgins 50:47 17th overall

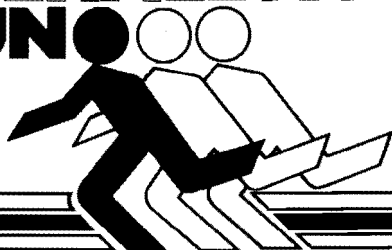
TAC Masters National Indoor Track and Field Championships
50 yard dash Jo Ward, 3rd place
600 yard run Jo Ward, 3rd place
1000 yard run Pat Sourcy 1st place
Pat Martin 2nd place
1 mile run Pat Martin 1st place
Nan Siembor and Pat Source tied 2nd place
2 mile run Pat Martin 1st place

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Watch next months Newsletter for Gerry Sullivan's and Rodney Shaw's results from the London Marathon.

"THIRD ANNUAL"

WATERMELON RUN

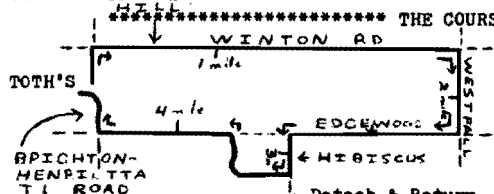


TOTH'S SPORTS sponsored by **NAUTILUS ATHLETIC CENTER**

***** COME OUT & ENJOY THE FIRST MAJOR RUN OF THE SEASON !!*****
- DATE: Sunday April 12, 1981 - Distance: 5.0 Miles
- TIME: 2:00 P.M., All Entries Close At 1:40 P.M.
- START & FINISH: Toth's Sports, 3000 Winton Rd. South
- ENTRY FEE: \$ 3.00 Pre-Registered, \$ 3.50 Day of Race

*** AWARDS: Toth's Sports Gift Certificates, Nautilus Memberships*****
- Nike, Adidas, New Balance Running Shoes
- Running Apparel and Wilson & Spalding Tote Bags
- 100 Running Tank Tops (Distributed According to Class)
- Refreshments at the Finish

"HEARTBREAK HILL"



Note: We guarantee this course to be accurate! It was measured three times by bicycle & twice by wheel. We also think you'll enjoy the fact that you only have to tackle our version of "Heartbreak Hill" once instead of twice like last year. Have fun on a great Course!

Detach & Return

Send to: Toth's Sports, 3000 Winton Rd. South, Rochester, N.Y. 14623

In consideration for acceptance of this entry, I, intending to be legally bound, waive all claims of damages & injuries that I may have against Toth's Sports, Nautilus Fitness, Brighton Police, or Rochester Young Life in my connection with this race. (Under 18, please have parent sign.)

NAME _____ ADDRESS _____
Signature _____ PHONE _____ AGE _____ SEX _____

*** All proceeds will be donated to: Rochester S.E. Young Life
* Class-Age Breakdown: MEN WOMEN - Thank You

Junior-	19 & Under	19 & Under
Open-	20 - 29	20 - 29
Senior-	30 - 39	30 - 39
Master-	40 - 49	40 & Over
Veteran-	50 & Over	

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.

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 races and fun runs. On the national level you will be a member of the Road Runners of America and the T&F/USA.

GRTC MEMBERSHIP APPLICATION

Name _____ New _____ Renewal _____

Address _____ Home Tel. _____

City _____ State _____ Zip _____ Bus Tel. _____

Male _____ Female _____ Birthdate _____ TAC# _____

Occupation or school if student _____

For Members Under 18 Years of Age:

Parent or Guardian's Name _____

Address _____

My Running Interest Is: _____

Participation - I can assist with the following GRTC programs:

- Newsletter Fun Runs Training Runs Officiating
- Publicity Social Runs Coaching Track and Field
- Membership Clinics and Speakers Road Races Summer Meets
- Competitive Teams Summer Youth Coaching

Membership Category:

- \$5.00 Student \$25.00 Sponsor
- \$7.00 Non-Student \$5.00 Newsletter Only
- \$15.00 Family: List family members and birthdates

Make checks payable to GRTC.

Mail applications and checks to: Pat Martin
P.O. Box 8310
Rochester, NY 14618