



NEWSLETTER

ROCHESTER, NEW YORK

OCTOBER, 1981

MESSAGES FROM THE PRESIDENT - DICK WITHROW

I want to take this opportunity to thank the many volunteers who helped to make this year's Rochester marathon such a success. The runners had nothing but kind words and praise for the people who directed traffic, handed out water and manned the finish line.

The Greater Rochester Track Club will host the 1982 Eastern Regional Masters Track and Field Championships in June 1982. This event will attract competitors from all over the Eastern United States since the meet is open to both men and women masters and sub-masters (age 30 and up). While it is still a long way off a meet of this size will require many officials and volunteers. Anyone who would be interested in helping us organize this event, please contact me at 964-2226 or Bill Quinlisk at 586-6059.

Congratulations to our Men's Touring Team. At the Fulton 10 miler GRTC had 9 men in the top 15 and they easily won the team title.

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24 Hour Relay - 201 mi., Aug. 15-16

Congratulations again to all the men 60 + over who participated in setting a world record - Bob Ewart, Bill Koopman, Len Lockwood, Reville Leadbetter, Andy Malanchock, Don McNelly, Gene Osborn, Paul Robertson and Bob Wood.

It was also pointed out that during their run, Norm Frank showed his tremendous endurance by running 50 miles. A noteworthy accomplishment in itself.

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ROAD RACE GUIDELINES

GRTC's booklet of revised and expanded Road Race Guidelines is available to road race directors from: Ross Rider, 19 Brighton St., Rochester 14607, 442-7762 and Pat Martin, Box 8310, Rochester, 14618. The cost is \$1 for postage and handling. Checks should be made payable to GRTC.

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CHRONOMIX TIMER

If any member is interested in learning how to operate the club's Chronomix Timer and working at local races, please call Al Olson at 223-4857.

GRTC BOARD OF DIRECTORS 1981-82

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Editorial	Rick Guido	Summer Meets	Bill Quinlisk
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Membership	Pat Martin	Women in Motion	Mike Hasenauer
Newsletter	Sue Gwynn		Kare Cossaboon-Holm
Publicity	Tim McAvinney (865-1244)		Mary Terziani (271-6605)

The next Newsletter will be a combined November-December issue. The deadline is October 15th. Please submit local race calendar information (as soon as possible before the event) and road race applications including \$50/8 1/2 x 11 page fee at least 2 weeks prior to Newsletter deadline to Ross Rider, 19 Brighton St., Rochester 14607 (ph 442-7762 evenings before 10:00 pm).

Race results, information on out-of-town events, and other miscellaneous information to Sue Gwynn, 101 Wyndham Rd., Rochester 14612 (663-5367).

Articles and columns (at least 2 weeks before Newsletter deadline) to Rick Guido, 3 Whippetree Rd., Fairport 14450 (377-0158).

Advertising from commercial sources will be accepted at the rate of \$25 per half page of camera ready copy. Classified ads and personals are accepted at a rate of 10¢/word. Submit to Dick Withrow, 24 Green Ridge Crescent, Hamlin, NY 14464 (964-2226).

THINK FREEZEROO!

A Freezeroo committee is being formed. Interested volunteers contact Jane Iaculli at 334-1060 to help this winter with course set up, intersection marshalling and race results. We would certainly appreciate the same great expertise assembled last year - again this year. It's possible to race and help too!

NEWSLETTER

Is anyone interested in volunteering to help with the Newsletter? This would involve putting on labels and bundling the Newsletters for mailing. It takes about 4-5 hours/month. Contact Sue at 663-5367 evenings or 588-3796 days.

To anyone interested in submitting written pieces to the GRTC Newsletter:

Dick Withrow, Mary Beth Glavin and Rick Guido are involved with previewing pieces of fiction for inclusion to the newsletter. The membership wants to have more information in the newsletter, therefore, we sincerely welcome more written participation by anyone who has something to say.

There are several thoughts to keep in mind when inspiration occurs and you feel like writing something for the newsletter.

One, GIVE THOUGHT TO WHAT YOU WANT TO SAY. Be sure that it is informative and will add something to a significant part of the membership. Remember, there are approximately 1200 households that receive the newsletter.

Two, TRY TO BE AS DIRECT AND TO THE POINT AS YOU CAN BE. Humor is a real gift and few writers can master the trick of stating precisely what they want and yet have the piece still possess broad appeal. Humor in writing frequently can become in-bred and obscure. So remember, humor has to have a broad base of appeal. If many can understand and appreciate what is said, it is then a significant piece of writing. However, if a small group only appreciate it, then it is not achieving its mark and thus fails to satisfy the broad appeal it must have.

Three, SHORTER PIECES ARE PREFERRED TO LONGER PIECES. Try to limit what you are saying to several hundred words if you can. The cost of printing the August issue of the newsletter was in excess of \$900.

Four, PROOFREAD AND EDIT WHAT YOU HAVE WRITTEN. Come back to what you have written several days later and take out any word or idea that doesn't further the meaning of what you have to say. You want to be concerned primarily with communicating clearly not profoundly or in a flowery style. The best writing is clear writing.

Five, MANY PEOPLE HAVE INSIGHTS that can make all of us better people and/or runners. Quite often the "things" we ignore as being common place are the very obstacles we fall over. Write about the common things we fail to see "clearly" everyday.

So, the GRTC encourages anyone who has an idea and wishes to share it with all of us to submit your prose to the newsletter.

The GREATER ROCHESTER TRACK CLUB PRESENTS THE THIRD ANNUAL

R.T. Turkey run⁵ MILE RACE

SATURDAY, NOVEMBER 28, 1981 11:00 a.m. MENDON PONDS PARK

AWARDS: The Paul Gesell Memorial Trophy to the top Male Finisher and to the top Female Finisher.

Special new design R.T. Turkey Run T-shirts to all finishers.

Ribbons to all finishers.

10 lb. Turkey (frozen) to 1st place finisher in each Age Group.

Apples to all finishers.

ENTRY FEE: \$3.00 postmarked by Nov. 21, 1981
\$5.00 after Nov. 21 including post entries.

FACILITIES: Bathrooms only are available. Come dressed to run.

COURSE: 80% roads, 20% trails. Rolling hills. Park roads. One big hill (165 yds. or 150.9 m) at halfway point. Course has been wheeled. Each mile will be marked.
Course records: Men - Paul Stemmer 25:24
Women - Irish Smith 31:02

LOCATION: Mendon Ponds Park is located Southeast of Rochester, N.Y. between Rt. 65 (Clover St.) and Rt. 64 (Mendon Center Rd.) just South of the Thruway.

REGISTRATION: Pick up numbers or post enter at the Beach Parking Lot between 9:30 and 10:30. Race starts promptly at 11:00.

Please fill out the entry below and mail it with the entry fee to: Bill Quinlisk, 762 Gleason Cr., East Rochester, N.Y. 14445

In consideration of my entry being accepted, I, intending to be legally bound do release all claims for injuries or damages I may suffer as a result of my participation in this event against the race officials and sponsors. I further certify that I have trained for such an event.

Signature (Parent or guardian if under 18) _____ Sex _____

Age _____

Print Name _____

Circle Age group Men under 20 20-29 30-39 40+
 Women under 20 20-29 30+

Make checks payable to The Greater Rochester Track Club.

5 MILE RACE

Sponsored by The Greater Rochester Track Club

THE TRICK or TREAT TROT

SATURDAY, OCTOBER 31, 1981 10:30 a.m. MENDON PONDS PARK

Special Halloween Awards: Pumpkins to the top ten percent of each age group. Apples to all finishers. Cider free after the race.

Entry Fee: \$2.00 postmarked by Oct. 27th
\$4.00 after Oct. 27 including post entries.

Facilities: Bathrooms only are available.

Course: 80% park roads, 20% trails. Same as Turkey Day course. Rolling hills. One big hill (165 yds. or 150.90 meters) at the halfway point.

Registration: Pick up your number between 9:00 and 10:15 at the Beach Parking Lot at Mendon Ponds Park. The Park is located off Rt. 65 (Clover St.) or Rt. 64 (Mendon Center Rd.) South of the Thruway.

Special Trick or Treat Age Groups:

Men	under 15	Women	under 15
	15 - 24		15 - 24
	25 - 34		25 - 34
	35 - 44		35 +
	45 +		

Please fill out the entry below and mail it with the entry fee to: Craig "Jack O' Lantern" Holm, 2465 Turk Hill Rd., Victor, N.Y. 14564

In consideration of my entry being accepted, I, intending to be legally bound, do waive and release any and all claims for damages and/or injury which may result because of my participation in this event; for myself and my heirs and executors against the meet officials and sponsors.

Signature (Parent or guardian if under 18) _____ Sex _____

Age _____

Print Name _____

Address _____

Make checks payable to the Greater Rochester Track Club.



as of 8/10/81

GREATER ROCHESTER TRACK CLUB RECORDS

Event	Men	Women	Senior	Master
50y	5.5 Sam Hampton	6.2 Karen Prue	5.8 Mike VanAuker	6.2 Bruce Bridgeman
50m	6.0 Ben James (7/81)	7.0 Barb Dorn (7/81)	6.2 Rick Guido	-- NR
60y	6.6 Mike Walker	NR	NR	NR
100y	9.4 Trenton Jackson	11.3 Karen Prue	10.8 Dave Thomas	11.2 Dave Thomas
100m	10.2 Trenton Jackson	12.6 Karen Prue	11.7 Mike VanAuker Tom Rauscher	12.2 Dave Thomas
200m	20.6 Trenton Jackson	25.8 Karen Prue	24.2 Mike VanAuker Rick Guido Bill Pontius	26.0 Dave Thomas
220y	20.7 Trenton Jackson	25.8 Denise Long	25.3 Dave Thomas Mike VanAuker	27.0 Dave Thomas
300y	30.9 Jim Neary	37.7 Shirley Brownlie	33.9 Mike VanAuker	38.5 Bruce Bridgeman
300m	NR	NR	NR	NR
400m	47.5 Elroy Turner	56.4 Laurie Stephens	50.9 Mike VanAuker	58.3 Jim Remenicky
440y	48.6 Tom Winfree	56.7 Laurie Stephens	51.7 Mike VanAuker	58.3 Jim Remenicky
500m	1:04.3 Neil Moore	1:24.9 Rose Galambos	NR	NR
600y	1:13.1 Vinny Versage	1:27.7 Karen Soehner	1:15.2 Mike VanAuker	1:31.0 John Coons Jim Remenicky
600m	1:25.8 Mike VanAuker	NR	NR	NR
800m	1:51.8 Mike Kelly	2:16.3 Penny O'Brien	2:02.8 Rod Williams	2:13.7 Dick Frank
880y	1:52.5 Mike Kelly	2:19.8 Penny O'Brien	2:04.4 Dale Ladd	2:14.4 Dick Frank
1000y	2:23.7 Rich Saxton	NR	2:23.8 Dale Ladd	3:18.8 Gene Osborn
1000m	2:30.8 Leo Finucane	3:00.0 Penny O'Brien	2:42.0 Rod Williams	3:04.0 Don Demaria
1500m	3:52.3 Paul Stemmer	4:42.0 Penny O'Brien	4:09.4 Dave Winn	4:31.5 Ross Rider

Event	Men	Women	Senior	Master
Mile	4:11.8 Mike Kelly	5:08.0 Debbie Graim	4:29.6 Cerry Benedict	4:49.2 Wayne Hanson
2000m	5:35.2 Dan Predmore	NR	NR	NR
3000m	8:29.6 John Jones	10:19.0 Beth Dwyer	8:49.5 Derek Frechette	10:22.0 Dick Frank
2 Mile	8:59.6 John Jones	11:01.0 Anita Kelly	9:29.5 Derek Frechette	10:30.2 Wayne Hanson
3 Mile	13:43.0 Craig Holm	18:18.0 Beth Dwyer	14:34.9 Derek Frechette	17:36.0 Dick Frank
5000m	14:13.0 Craig Holm	18:57.0 Diane Coleman	15:08.3 Derek Frechette	17:50.4 John Coons
6 Mile	28:49.0 John Jones	36:00.0 Beth Dwyer	30:44.4 Dave Winn	37:28.0 Dick Frank
10,000m	30:05.0 Craig Holm	37:21.0 Beth Dwyer	32:15.0 Dave Winn	36:31.0 Mel Levinson
3000m Steeple-chase	8:47.0 Bruce Baden	NR	10:26.0 Dale Ladd	NR
110m HH (100m-women)	13.9 Robert Johnson	16.8 Liz Jones	18.7 Mike VanAuker	22.5 Jim Remenicky
120y HH (120y LH-women)	13.9 Robert Johnson	21.0 Laurie Stephens	18.7 Mike VanAuker	22.5 Jim Remenicky
400m IH (330y IH-Senior)	52.9 George Cook	1:09.2 Rose Galambos	41.1 Mike VanAuker	NR
440y IH (330y - women)	53.2 George Cook	51.5 Anne Fairley	56.5 Mike VanAuker	NR
Mile Walk	7:23.9 Larry Naukam	10:12.7 E. Robinson	NR	NR
2 Mile Walk (880 walk-women)	17:47.0 Larry Naukam	4:38.0 E. Robinson	NR	NR
Hour Run	NR	NR	9 mi.330y Jim Connelly	NR
Marathon	2:17:03 Craig Holm	2:49 Kare Cossaboon-Holm	2:25:57 Jim Boyle	3:04:24 Joe Fernandez
Decathlon	Jerry O'Dell	NR	4413 Dave Thomas	NR
HJ	6'8" Steve Pace	5'5" Renee Schmitt	5'8" Dick Quivey	NR
LJ	23'8" George Brown	17'4" Marilyn Metherell	19'9" Dick Quivey	NR

<u>Event</u>	<u>Men</u>	<u>Women</u>	<u>Senior</u>	<u>Master</u>
TJ	48'9 $\frac{1}{2}$ " Bruce McDaniel	NR	42'4 $\frac{1}{2}$ " Dick Quivey	NR
PV	14'9" Mike Ormsby	NR	12'6" Tom Rauscher	10'0" F. Illuzzi
Shot	49'1 $\frac{1}{2}$ " Paul Sadler	39'3" Karen Breslin	46'10 $\frac{1}{2}$ " Paul Sadler	NR
Discus	157'2" Kevin Akins	107'11" Karen Breslin	122'4" Paul Sadler	NR
Jav	229'10" Lynn Fuller	111'1" Karen Breslin	156'7" Mike VanAuker	NR
Hammer	159'6" Dan Copeland	NR	129'11" Ranier Ost	89'11" Norm Frank
35 lb. Weight	43'4" Lynn Fuller	NR	NR	NR

<u>RELAYS</u>	<u>Div.</u>	<u>Time</u>	<u>Team</u>
4x100m	Men W SR M	41.6 56.5 NR NR	Turner, Walker, Joyce, Scott Hankinson, Burgess, Lambert, Heidke
4x200m	Men W SR M	1:27.0 1:52.1 NR NR	Frasier, Slater, Newsome, Jackson Jones, Guerrein, Brooks, Prue
4x400m	Men W SR M	3:12.7 4:08.2 NR 4:09.8	Hall, Joyce, Turner, Childs Galambos, Prue, O'Brien, Brownlie Cooms, Coons, Bridgeman, McWilliams
4x800m	Men W SR M	7:46.1 NR 8:22.7 NR	Carter, Dailey, Verdoliva, Turner Ladd, Benedict, Williams, VanAuker
4xMile	Men	18:11.1	Houle, Winn, T. McMullen, Jones
Mile Medley (440, 220, 220, 880y)	Men W	3:38.4 4:24.6	Turner, Joyce, Johnson, Finucane Disque, Czadzeck, Hasenauer, O'Brien
Dist. Medley	Men	10:23.6	Houle, Neary, Aman, Kelly (880, 440, 1320, 1760)
Shuttle Hurdle	Men	1:07.8	Berner, Pontius, Rimes, Soeffing (4x120y HH)
2 runner 10 mile (alt. 440's)	Men W SR M	43:42.5 55:22 46:59 52:56.2	Aman, Kelly Dwyer, Baitsholts Williams, Winn Shanahan, Demaria
2 runner 10 mile (alt. miles)	Men W SR M	46:40.9 60:39 52:06 55:37	Coyne, Holm Dwyer, Baitsholts Ladd, Benedict Shanahan, Demaria
1/2 mile medley	W	1:54.5	Prue, Guerrein, Galambos, O'Brien (220, 110, 110, 440y)

HENRIETTA COLUMBUS 10k

Sponsored by the Henrietta Republican Party

TIME: 9 a. m. Sunday, October 11, 1981

ENTRY FEE: \$3.50 pre. \$5.00 day of race.

COURSE: Loop course on pavement. Start and finish at Monroe County Fairgrounds. East Henrietta Road and Calkins.

AGE CATEGORIES: 18 and under, 19-29, 30-34, 35-39, 40-44, 45-49, 50-up
Men and Women

AWARDS: Tank tops to all entrants.

Trophies/ medals in proportion of entries in age groups.



In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, for myself, heirs, executors, administrators, waive and release any rights and claims of damage I may have against The Henrietta Republican Party, all agents, representatives, employees, and successors for any and all injuries or other damage sustained by me, or my child during this event or as a result of participating. I certify that the competitor is in good health and capable of running this distance.

Signature of Competitor _____

Signature of Parent or Guardian _____

NAME _____ SEX _____ AGE DAY OF RACE _____

STREET _____ CITY _____ ZIP _____

SEND TO: Columbus 10K
Box 23132
Henrietta, New York 14692

Shirt size: s m l xl

"OUT OF MY HEAD"

Noah Vail

To change from a healthy, brown shiny cockroach, to a grizzled, gray, frail human being, as a result of an insidious increase in the daily level of pain, can be as hazardous to one's mental well being as it is physically. Bear Bryant, Alabama Football Coach, tells his players to "swallow it or spit it out". "It won't do you any harm" says the old grizzly.

We masochists who have made a habit of tolerating pain become keenly attuned to the feelings of our bodies under stress. As a trucker who listens to his motor for hours at a time becomes startled at the first sound of a new knock, we become alarmed at the first hint of a new pain. At the first twinge we ask, "Is this enough to make me quit?". We instinctively increase our resistance to the pain. With an increase in pain, we squander our resistance. If we squander more on pain, there's less for later.

Columns in runner's magazines generally tell us to keep running if we can. "Rest if the pain doesn't go away", advises one philosopher-podiatrist. Coach de Sade explains that if one trains till one collapses, one achieves success in that he has reached a limit and knows thereafter how far he can go.

Pain obviously becomes one more unpleasant condition. One can stand so much cold, so much wind, heat, humidity, fatigue, pain or any combination thereof. As each new condition appears, it becomes part of the family, and requires its share of the total resistance. That is the tolerance level...the will to persevere. All athletes are expected to sacrifice their bodies to their sport. There is no sport in which the athlete is not expected to perform to his physical limit. To exceed that limit, and to risk the consequences, is the ultimate goal of giving one's self in competition. The discovery that one can is logically followed by questioning whether one will. Upon answering in the affirmative, everything else is downhill. This is basic to all sports. A child probably understands this proposition the first time (s)he plays any serious game. Answering in the affirmative is the original sin...the first bite. After that, one is banished from the garden.

In the continuing confrontation with experience, one must expect the bitter with the sweet. But as long as the taste remains sweet, we'll continue to eat. As soon as reflection reveals an experience to be a net loss, it's time to move on to the next experience. Life is the sum of one's experiences. This is not to deny the right to cry over spilled milk, but only for so long as the crying retains a positive value. We can't take long to stop and gloat over today's triumphs. We must build on them and move forward. We can't take too long to grieve over today's defeats. We must learn our lessons and progress from there. You've got to know when to hold 'em, know when to fold 'em. How? At what point do you cut your losses? At what point do you stop pouring money into your old car?

"Let the injury be self-limiting", says Doc Bonavilla. This is fine theory, but dangerous practice. Extending one's physical limits in terms of performance, can be defined in terms of one's ability to push back one's threshold of pain. The tendency is for a body at rest to remain at rest. That is to say, it's easiest to remain in bed. In this respect, ease is like gravity. Anything other than remaining at rest requires force. Extension. Pain. Therefore, there is a certain level of pain required in any endeavor. As we continue to extend ourselves, we accustom ourselves to a certain level of generalized pain, composed of the echo of fading pain and the din of present pain. When a new occurs, we resist it by diffusing it into

our capacity for generalized pain. Of course, we feel some localized pain. Athletics may be a form of gluttony, but that adds to the humanity of the athlete. It doesn't detract. Athletes are not super human. When an athlete injures his ankle, he cannot completely deny the pain in his ankle. Accupuncture may prove that the pain in your ankle may be reached at another number - Pain may leave a forwarding address, but it does not move. As we push back our threshold of pain, what we're actually doing, is teaching other areas to take part of the rap for the ankle, so as to keep the ankle functional. It goes with the territory. We all remember the painful experiences of Joyce Lindley and Sue Rowley. for how long did Joyce Lindley run on a broken ankle? How did Sue Rowley shred a bone in her foot?

The problem is that we may never admit what hit us. Today we might shorten our route because it's too windy. Tomorrow we might not make the turn that makes a 12 miler out of an 8 miler because we're too tired. Or, we might not have enough loft to finish our intervals for some other reason. We begin to reach our limit of tolerance earlier. Do we attribute this to pain? Probably not. Our resistance to pain is at its highest. Humans have been able to increase resistance to pain quite incredibly. It takes a long time and a pretty serious condition to make a runner quit because of a specific injury, particularly when a great deal of pain is carried on the books as general pain. In the meantime, we continue to blame other factors. By the time a runner realizes what's slowing him down, he's probably pretty seriously injured.

GRTC MEN'S FALL TOURING TEAM

The GRTC maintained its domination of the Fulton Firemen's 10-mile Road Race on September 13, 1981, in Fulton, NY. The club overwhelmed the competition with what appears to be the strongest team yet to be representing the GRTC.

Dan Predmore led the team with a strong first-place finish, breaking the 3-yr. old course record of 50:19 with a fine 49:38 effort. John Nacca-Luther finished in 6th place (53:20), Dave Coyne in 9th (53:30), Dave Tresholavy in 10th (53:48), and Mike Higgins in 11th (54:31) for a low point total of 37. The Syracuse Chargers were a distant 2nd with 61 points.

Other team members contributing to the victory were: Gary Moore 13th (54:48), Mike Hoban 14th (55:32), Bill Martin 15th (55:37), Joe Contario 16th (55:47), Derek Frechette 17th (55:50), Leo Finucane 24th (56:47), John Stiner 30th (57:28), Bruce Quimby 48th (59:52), and Mike Baxter 55th (61:17).

The remainder of the fall schedule will include the following meets:

- | | | |
|------------|--|------------------|
| Sept. 20th | - Maple Leaf Half-Marathon - Manchester, Vermont | (A Team) |
| | - Niagara AAU 15K Championships - Palmyra, NY | (B Team) |
| Oct. 3rd | - Penn State Invitational - Penn St. University | (A Team) |
| | - Mansfield Invitational - Mansfield, PA | (B Team) |
| Oct. 10th | - Lehigh Invitational - Lehigh University | (A Team) |
| | - Brockport Invitational - SUNY at Brockport | (B Team) |
| Oct. 17th | - Cornell, Syr. Chargers at Cornell University | (A Team, B Team) |
| Nov. 1st | - X-Country Series, Meet #1 - Ithaca, NY | (B Team) |
| Nov. 8th | - Toronto 10K - Toronto, Canada | (A Team) |
| Nov. 21st | - Belmont X-Country Inv. at Belmont Race Track | (A Team) |
| Nov. 22nd | - NY State X-Country Championships - Syracuse | (B Team) |

CONGRATULATIONS AND GOOD LUCK TO THE GRTC MEN'S FALL TOURING TEAM!!!

AGE GROUP-- 50-59 (cont.)

Laurel Adamski/Jim Sullivan	(91)	45:02
Chris & Oz Moore	(94)	45:14
Barb Rozell/Ray Anciukaitis	(101)	45:32
Kathy & Tom Catalano	(105)	45:47
Marguerite & Bruce Ashby	(106)	45:50
Tanna Gaustad/ Mike Fries	(107)	45:51
Rita Pelusio/Gary Chard	(108)	45:52
Kyle Wright/ Kevin Doell	(110)	45:59
NinaBaum/Jim Rubins	(115)	46:19
Jeanine Velan/ Bruce Velan	(125)	46:52
Jan Moynihan/Mike McCourt	(126)	46:55
Jane Baum/Tony Cinquino	(138)	47:46
Andrea Sasko/Mike Sasko	(142)	47:57
Aimee & Bruce Hill	(144)	48:28
Cathie & Jim Dambra	(154)	49:16
Deb Weyman/ Bob Weyman	(157)	49:37
Monica Reiss/Robin Charchollo	(160)	49:56
Diane & Wayne Jones	(161)	50:07
Arlene Weyman/Mike Hull	(162)	50:18
Jeanne Scheible/Don Wise	(172)	50:48
Bonnie Petrosino/Jim Petrosino	(184)	52:19
Patty Davitt/David Leyden	(186)	52:21
Carol Battle/Joseph Colucci	(188)	52:31
Diane Luke/Dan Barth	(189)	52:33
Lu Carter/Robert Watson	(191)	53:01
Sarah Bernhardt/Jimmy Robb	(214)	57:20
Mickey Calcagno/Dave Calcagno	(208)	55:52

AGE GROUP -- 60-64

Trish Smith/Don Sheff	(2)	34:25*
Barb & Randy Halm	(4)	35:15
Liz Baltus Hebert/Mike Reif	(23)	39:57
Debbie Shannon/Buzz Schiold	(35)	41:01
Sue Gwynn/Larry Zygo	(38)	41:06
Nancy Nowak/Gary Siebert	(39)	41:08
Penny O'Brien/Ken O'Brien	(41)	41:18
Kim Miller/Bud Miller	(46)	41:58
Laureen Burke/Ray Kaufman	(80)	44:15
Jean Noble/Larry Noble	(90)	45:01
Holly Rafferty/Bill Rafferty	(104)	45:46
Laurie Wilson/Ed Smith	(109)	45:53
Donna Kearney/Dave O'Brien	(123)	46:47
Gee Gee Micoli/Rick Micoli	(124)	46:51
Gretchen Wagner/Gary Mason	(151)	49:04
Margaret Dennis/Richard Schauseil	(152)	49:05
Liz Tabor/Tom Taber	(153)	49:06
Sheila Hasset/Rick Waugh	(168)	50:29
Alice Huseo/Don McIntyre	(178)	51:20
Jane Iaculli/Peter McCann	(192)	53:25
Jessie Flynn/Phil LaRussa	(197)	54:03
Maureen Luffin/Charlie Tanck	(200)	54:26
Marty Christ/Chuck Eldred	(225)	62:41

AGE GROUP-- 65-69

Pat Martin/Tim McAvinney	(14)	38:41
Gail Allen/Floyd McWilliams	(17)	38:54
Mary Ellen McMurry/Mark Evans	(28)	40:07
Carol May/Jim May	(45)	41:57
Kathy VanScoter/Gary VanScoter	(54)	42:16
Sarah Larson/Brian Larson	(61)	42:54
Cathy Dean/Paul Dean	(64)	43:17
Helen Newman/Peter Regua	(72)	43:42
Marlene Martin/Chuck Martin	(73)	43:45
Suzanna Michel/Art Kroll	(78)	44:07
Laurie Clements/Bill Beckett	(82)	44:22
Elaine Spaul/Malcolm Spaul	(83)	44:25
Nancy Neary/Craig Miller	(113)	46:10
Marty Tessoni/Dan Tessoni	(141)	47:51
Kathy Allgeier/Dan Allgeier	(171)	50:41
Janet and Ron Sudol	(173)	50:49
Susan and Dale Henn	(199)	54:11
Martha Martin/Fred Martin	(202)	54:31
Charene Wulney/Bob Carpenter	(203)	54:44
Norene Murphy/John Chavoustie	(206)	55:06
Ginger & Mike Henrichs	(207)	55:36

AGE GROUP-- 70-79

Pam Mortensen/Rob Matusiak	(18)	39:06*
Julie Burgess/Ivan Lennon	(19)	39:12
Joanna Ross/Jim Edd Jones	(55)	42:17
Monica Mullen/John Coons	(60)	42:49
Judy Keenan/Geoffrey Stead	(87)	44:49
Jeanne and Bus Cole	(95)	45:15
Cathy Loerch/Fran Hall	(99)	45:24
Joan Archer/Ron Allman	(111)	46:02
Sora and Marvin Sachs	(114)	46:12
Barb Tanzini/Ray Jacques	(116)	46:24
Michael & Walter Kruegen	(117)	46:28
Shirley & Rick VanCuyck	(127)	46:56
Linda Hecker/Vern Hecker	(129)	47:01
Ronnie & Newell Doty	(133)	47:20
Lynette & Jim Hill	(140)	47:50
Lynn & Dennis McCrossen	(184)	47:22
Darrel Champion/Nancy Kehoe	(139)	47:47
Diane Cossaboon/Bob Cossaboon	(156)	49:36
Mary Hamm/Gerald Holzwasser	(158)	49:38
Pat Corriveau/Ovide Corriveau	(163)	50:19
Domonika Hasses/Paul Demitriou	(167)	50:28
Katie Kehoe/Bill Kehoe	(170)	50:31
Cherie Mazzenga/Dick Lynch	(181)	51:46
Gretchen Mastoar/John Lanzone	(187)	52:26
Nancy & Roger Helser	(194)	53:42
Linda & Gerald Leonardo	(198)	54:10
Jackie & Joseph Porte	(213)	57:18
Roslyn & Bruce Rubin	(217)	58:01
Ann & John Martini	(219)	58:03

AGE GROUP-- 80-89

Cheryl Ward/Bruce Bridgeman	(42)	41:19*
Bonnie Kline/Peter Swift	(49)	42:10
Sara Sabatine/Charles Sabatine	(56)	42:28
Korleen Wright/John Hooper	(68)	43:26
Lou and Ken Asmith	(77)	44:06
Amy & Bob Schewerman	(84)	44:41
Sharyn Duffy/Bill Hossler	(92)	45:06
Uta Allers/Ross Rider	(98)	45:20
Mary Jo Chiesa/Dick Bartlett	(103)	45:45
Beth Kennel/Mike Curry	(130)	47:03
Margie Tomczak/Lew Proper	(132)	47:10
Cislyl Lightburn/Vince Terziana	(137)	47:38
Carol & John Engel	(180)	51:35
Franz/Jack Hauber	(182)	51:56
Fran Goldberg/Bob Cohen	(204)	54:44
Char Fagan/Don Pullyblank	(214)	57:24
Sylvia Aust/Dick Aust	(224)	62:05

AGE GROUP-- 90-99

Beryl Skelton/Mel Levinson	(20)	39:30*
Carol & Edward Cloos	(23)	39:52
Joyce Lindley/Howard Stark	(119)	46:38
Paula Ewers/John Ewers	(120)	46:39
Ann & Willard Wright	(122)	46:44
Barb Bergeron/Joe Fernandez	(128)	47:00
Rita Johnson/Len Savage	(131)	47:05
Evelyn Lewis/Nick Forbes	(145)	48:35
Karen DeLaney/Harvey Rosenbloom	(146)	48:37
Diane & Donald May	(195)	53:56

AGE GROUP-- 100-109

Shirley Baker/Ed Stabins	(164)	50:20*
Bev & Ray Luther	(169)	50:30
Erna & John Baum	(196)	54:00
Gail Mack/William Lauther	(225)	62:41

AGE GROUP-- 110 & OVER

Clara & Charles Linke	(190)	52:53
Eva & John Aubrey		Time not available

HUSBAND-WIFE - 92 MARRIED COUPLES

1. Barb & Randy Halm	(4)	35:15
2. Pam Mortensen & Rob Matusiak	(18)	39:12
3. Carol & Ed Cloos	(23)	39:52
4. Carol & Jim May	(45)	41:57
5. Karen & Gary VanScoter	(54)	42:16

MOTHER-SON - 3 COUPLES

1. Lois & Allen Hotchkiss	(29)	40:08
2. Pat & Fred Williams	(30)	40:14
3. Carol & Brett Yost	(40)	41:17

BROTHER-SISTER - 8 COUPLES

1. Mary Beth & Pete Glavin	(6)	35:42
2. Lynn & Jim Fox	(15)	38:45
3. Pam & John Cannon	(25)	40:00
4. Janice & Mark Looney	(32)	40:15
5. Jennifer & Rod Sheets	(53)	42:15

FATHER-DAUGHTER - 9 COUPLES

1. Penny & Ken O'Brien	(41)	41:18
2. Kim & Bud Miller	(46)	41:58
3. Marquarite & Bruce Ashby	(106)	45:50
4. Aimee & Bruce Hill	(144)	48:28
5. Tom & Liz Taber	(153)	49:06
6. Diane & Bob Cossaboon	(156)	49:36

BOSS-EMPLOYEE - 3 COUPLES

1. Debbie Shannon/Buzz Schield	(30)	40:14
2. Monika Mullen/John Coons	(60)	42:49
3. K. Doell/K. Wright	(112)	45:59

U OF R EMPLOYEES - 8 COUPLES

1. Joanna Ross & Jim Edd Jones	(51)	42:12
2. Niki Robertson/Tom Thompson	(71)	43:37
3. Antonia Baum/Bob Maloney	(112)	46:09
4. Jan Moynihan/Mike McCourt	(126)	46:55
5. Evelyn Forbes/Nick Lewis	(146)	48:35

HONEOYE FALLS ROTARY RUN

SATURDAY - NOVEMBER 21, 1981 - 2:00 p.m.
ENTRY - \$3.00 Contribution
 Post Entry After 1:00 p.m. - \$4.00
PROCEEDS TO CAMP HACCAMO
 (Rotary Camp for Handicapped Children)

PLACE/COURSE - Start/Finish at Honeoye Falls-
 Lima Manor School, East St.,
 Honeoye Falls, N.Y. (changing
 rooms, toilets and showers
 available)

MEMENTO - To All Finishers

REFRESHMENTS - For all Finishers, compliments
 of Honeoye Falls Rotary

AWARDS - By proportion of runners per age group.

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

SPECIAL RECOGNITION (e.g., youngest runner,
 largest family, etc.)

ROTARY CLUB



HONEOYE FALLS

CONTACTS: Dick Cole, 29 Ontario St., Honeoye Falls (624-2558)
 John Tuller, 11 Church St., Honeoye Falls, N. Y. (624-1178)
 Bruce Quimby, 13 Loring Place, Rochester, N.Y. 14624
ENTER NOW IN THE ROTARY RUN FOR CAMP HACCAMO

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

(tear below and return)

ENTRY FORM

NAME (in full) _____ AGE _____ SEX _____

ADDRESS _____ ZIP CODE _____

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

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

SIGNATURE (if under 18, parent or guardian)

10th ROCHESTER MARATHON

Sept. 7, 1981

72°, 90% RH

357 starters, 275 finishers

Men:	A 19 and under	E 40-49	Women H	Under 30
	B 19-29	F 50-59	I	30 + over
	C 30-34	G 60 + over		
	D 35-39			

1. Scott Bagley (A)	2:28:49	53. Don Scheg (D)	3:13:48
2. Chuck Ellis (B)	32:06	54. Bob Dattola (D)	14:49
3. Fred Clemmer (D)	34:45	55. Richard Newton (B)	14:59
4. Turi Gibson (B)	37:14	56. Carl Pegels (E)	15:06
5. Jim May (D)	40:12	57. Dave Weiss (D)	15:11
6. Mike Edelstein (B)	44:34	58. Scott Wellott (B)	15:56
7. Philip Tschorke (B)	45:59	59. Charles Fischer (D)	16:15
8. Howard Reitz (B)	46:08	60. Tony Fidrych (B)	16:21
9. Tom Lamme (C)	46:15	61. Al Kremmer (E)	16:38
10. Roger Smith (B)	47:05	62. Richard Maracle (D)	17:22
11. Mel Levinson	50:48	63. Joe Bashnagel (E)	17:43
12. Don Welsh (B)	51:47	64. Ed Stillwell (C)	17:47
13. Nick Forbes (C)	53:23	65. Dave Mortellaro (B)	18:17
14. Walter Connolly (F)	54:00	66. Tom Wallenhorst (C)	18:19
15. Larry Gephart (C)	54:12	67. Dick Telarico (E)	18:22
16. David Carbonaro (C)	55:48	68. Rogers Morrison (E)	18:43
17. David Siconolfi (C)	55:59	69. Robert Smith (C)	19:22
18. Wasyl Mikolenko (C)	56:03	70. Joe Keenan (B)	19:23
19. Christopher Sabatini (A)	56:13	71. Tom Bircree (B)	19:37
20. Joe Dabes (E)	56:27	72. Larry Newton (C)	20:09
21. Fred Brazda (E)	56:30	73. Rick Amundson (B)	20:20
22. Michael Reif (C)	57:17	74. Richard Ciaraldi (B)	20:33
23. Mikel Brown (B)	57:56	75. Robert McCaldon (E)	20:44
24. Dan Tallon (B)	59:54	76. Kent Rush (E)	22:14
25. Robert Huddle (C)	3:00:52	77. Paul Atvall (D)	22:35
26. Gary Bennett (E)	02:51	78. Gregg Martin (C)	22:38
27. Greg Helbig (B)	02:54	79. William Blank (C)	23:35
28. John Perrins (F)	03:00	80. John DeHart (E)	23:47
29. Dillon Maier (E)	05:11	81. Carl Sorgenfrei (F)	24:00
30. Albert Tosto (C)	05:41	82. Gerald Miller (E)	24:21
31. John VanDeMoortel (B)	06:19	83. Bruce Hill (D)	24:28
32. Bill Kehoe (E)	06:40	84. Ian Morrison (C)	24:32
33. William Badger (B)	06:43	85. Jake Patla (D)	25:15
34. Roger Gans (E)	06:53	86. James Ison (E)	26:16
35. Debbie Savino (H)	07:00	87. Richard Franklin (A)	27:17
36. John Hagin (D)	07:19	88. Bernie Fetterly (E)	27:29
37. Rodney Shaw (E)	07:57	89. Ray Hutch (E)	27:56
38. Christopher Brown (D)	08:00	90. Robert Stevenson (D)	28:00
39. Newell Doty (D)	08:18	91. Jeff Levine (C)	28:25
40. Walter Check (D)	08:24	92. Mike Kehoe (D)	28:38
41. Robert Reis (E)	08:45	93. Gary Rech (F)	28:40
42. Bill Pixley (C)	08:48	94. Jim Ahearn (E)	28:47
43. Tim Bornhorst (B)	09:33	95. Gary VanScotter (C)	29:27
44. Steve Brady (B)	10:09	96. David Ross (B)	29:42
45. Walter Allen (D)	10:39	97. Paul Lombard (D)	29:45
46. Ray Buchanan (E)	10:52	98. Ed McCray (C)	30:12
47. Mike Rush (A)	12:05	99. Ed Magruder (D)	30:23
48. Buzz Schild	12:09	100. Milton Ruffin (C)	30:27
49. Axel Kairies (C)	12:52	101. James Hendy (D)	30:27
50. Philip Lynch (C)	12:55	102. Doug Robinson (B)	30:35
51. Charlie Reller (B)	13:05	103. Charlie Ball (F)	30:45
52. Bill Krieg (D)	13:47	104. George Presatt (F)	31:12

105.	Bryan Carter (C)	3:31:59	165.	Don Bordley (C)	3:49:08	225.	Larry Ullian (J)	4:14:11	251.	Don McNelly (G)	4:30:54
106.	Steven Sawada (B)	32:20	166.	Jim Kastner (B)	49:25	226.	Jim Felomey (B)	14:15	252.	Curt Fey (E)	33:06
107.	James Blodgett (A)	32:32	167.	Norm Frank (F)	49:31	227.	Jim Smith (B)	14:17	253.	Fred Roock (E)	34:10
108.	Mike Halter (A)	33:16	168.	Ed West (B)	49:38	228.	Beth Mulholland (H)	14:50	254.	John Clark (J)	35:38
109.	Keith Noyes (C)	33:18	169.	Paul Robertson (G)	50:07	229.	Ralph Colt (E)	15:24	255.	Art Stollen (D)	37:58
110.	Larry Garred (B)	33:23	170.	Mike Scott (B)	50:31	230.	Curt Walborn (B)	15:30	256.	Ray Campbell (B)	38:50
111.	William Lewis (D)	33:36	171.	Tom Schryver (E)	50:33	231.	Marvin Dillon (E)	15:33	257.	Howard Spafford (G)	40:24
112.	Philip Haley (E)	33:42	172.	Martin Dolan (E)	50:34	232.	Ron Liquory (C)	15:42	258.	Larry Hodge (C)	40:26
113.	Terry Brown (B)	33:44	173.	Eric Bowman (D)	50:51	233.	Charles Linke (F)	16:44	259.	Herman Archunde (J)	40:27
114.	Fitz Grassburger (E)	33:55	174.	Richard Barrett (D)	51:01	234.	John Grieden (C)	17:02	260.	Martia Adin (I)	41:02
115.	Dan Olean (B)	34:00	175.	Chuck VanDuzee (E)	51:53	235.	Bill Blaisdell (F)	18:49	261.	Maureen Schoeffel (I)	41:51
116.	Janis Drum (H)	34:02	176.	Igor Mihajlov (E)	52:48	236.	Charles Dickerson (C)	19:04	262.	Gary Pisarczyk (B)	41:52
117.	Gerry Sullivan (D)	34:04	177.	John Vincent (E)	53:23	237.	Ann Kilborne (I)	19:35	263.	Oleh Mudryj (C)	43:29
118.	Doug Lindke (B)	34:43	178.	Robert Salzano (C)	53:24	238.	No number	20:18	264.	Helen Neer (I)	44:07
119.	Tim Youngs (D)	35:13	179.	Barry Sultanoff (D)	53:34	239.	Don Bennett (E)	21:04	265.	Ralph Fader (C)	45:19
120.	Bill Henry (C)	35:26	180.	Paul Zempel (C)	53:43	240.	Gary Lockameyer (J)	24:46	266.	Jack Miller (D)	45:58
121.	Frank Trick (D)	35:56	181.	Mark Fitzsimmons (B)	54:10	241.	Shari Wambold (H)	25:52	267.	C. M. Gill (E)	49:36
122.	Pippo Realbuto (C)	36:02	182.	Dan McGlynn (A)	54:23	242.	Helen Newman (I)	26:33	268.	Robert Hall (E)	51:17
123.	Julie Burgess (I)	36:20	183.	Fred Ellason (D)	54:43	243.	Steve Morris (B)	27:03	269.	A. R. Sorrentino (E)	51:18
124.	Joe George (F)	36:20.9	184.	Tom Lonergan (C)	55:20	244.	David Heeks (E)	27:13	270.	James Boomer (F)	51:19
125.	Dave Pickering (D)	37:07	185.	Mike Jensen (E)	55:57	245.	Mike Reidlinger (B)	27:18	271.	Marie Buscetto (H)	51:42
126.	Dick Barrlett (E)	37:10	186.	Stephanie Cervelloni (H)	56:10	246.	Andrew Ober (B)	27:30	272.	Elladean Dunn (I)	53:44
127.	Mike Heise (F)	37:14	187.	Marge Yonda (I)	56:19	247.	Tony Ross (E)	28:20	273.	Alan Taddiken (D)	54:12
128.	Paul Tonovitz (C)	37:15	188.	Frank Badger (E)	56:23	248.	Tony Licata (G)	28:55	274.	Robert Menz (B)	56:53
129.	Beth Haag (H)	37:38	189.	Larry Beaupre (D)	57:04	249.	Ron Powell (B)	29:55	275.	Gary Caldwell (C)	58:15
130.	Herman Trotter (F)	38:21	190.	Ken Maxwell (F)	57:16	250.	Robert Watson (C)	30:46			
131.	Dave Broad (C)	38:40	191.	Jim Carter (E)	57:19						
132.	Don Lowe (B)	38:41	192.	Walter Young (F)	57:25						
133.	Ramon Sanchez (C)	39:01	193.	Caroline Centner (H)	57:42						
134.	Mitch Kramer (C)	39:05	194.	Richard Marthaller (D)	57:47						
135.	Martin Lustik (E)	39:19	195.	Mel Abney (D)	57:57						
136.	Peter Swift (F)	39:23	196.	Mark Morrison-Read (C)	58:40						
137.	Shirley VanCuyck (I)	40:14	197.	Bill Schweiger (D)	59:20						
138.	Frank Hubbel (C)	40:20	198.	John Street (E)	4:00:37						
139.	Hiram Quine (F)	40:25	199.	Paul Cervelloni (B)	01:24						
140.	James Lappan (A)	41:12	200.	Judy Updike (I)	01:26						
141.	Paul Johnson (B)	41:20	201.	Don Patterson (C)	02:04						
142.	Roger Fagan (C)	41:33	202.	John Blanchard (D)	02:12						
143.	Joe Eckley (B)	41:36	203.	Ken Tanino (F)	02:51						
144.	Jack McGuire (E)	41:48	204.	C. B. Manchester (E)	03:15						
145.	Mike Larrabee (A)	42:14	205.	L. Allan Badger (E)	03:27						
146.	Terry Stewart (B)	42:16	206.	Rick Micoli (C)	03:56						
147.	Mike Hogan (B)	42:29	207.	Steve Gilmore (B)	04:10						
148.	Tim Norris (C)	42:45	208.	Don McIntyre (D)	04:43						
149.	Charles Magioncalda (D)	42:58	209.	Richard Davis (C)	06:07						
150.	Steve Vanek (B)	43:43	210.	Don Thomas (B)	06:26						
151.	Nedra Weaver (I)	43:44	211.	Peter Artz (C)	07:52						
152.	Don Osborn (E)	43:55	212.	David Martin (C)	07:54						
153.	Art Beagan (D)	43:55.7	213.	George Hsu (D)	08:04						
154.	Dave Eckels (E)	45:26	214.	Jeri Wood (I)	08:44						
155.	Dave Olliette (E)	45:31	215.	Peter Barnes (B)	08:46						
156.	William Hossler (E)	45:58	216.	Richard Culver (D)	08:47						
157.	Rudy Weidert (B)	46:17	217.	R. G. Badgar (F)	08:59						
158.	Tom Ryan (E)	46:32	218.	Mike Turback (D)	09:28						
159.	James McGee (C)	46:38	219.	Philip Szmedra (C)	10:18						
160.	Gilbert Smith (E)	47:45	220.	Mike Yunker (C)	11:19						
161.	Ron Carlisi (D)	47:52	221.	Joyce Lindley (I)	11:21						
162.	Art Rosenstein (D)	48:17	222.	John Huckaby (G)	12:29						
163.	Johnny Kline (A)	48:45	223.	Sandie Patla (I)	13:22						
164.	Richard Reitz (C)	49:01	224.	Dan Reed (B)	13:31						

MISCELLANEOUS RESULTS

Fredonia 7th Annual 10K
Lou Asmuth 49:20 1st 40 + over female

Perrier-Falmouth Road Race, 7.1 mi, Aug. 16

Dan Barber 54:35
Steve Tichenor 44:30

Presque Isle Marathon, Erie, PA, Sept. 12

Jim Mahan 2:48 35th overall
Norm Frank 3:53
Mary Jo Chiesa 4:35 1st woman 45-49 (1st marathon)

Heritage Day 5 mi, Marion, NY, Sept. 12

Congratulations Beryl Skelton for winning the Women's Division in 36:07.

THIRD ANNUAL "CRAZY-EIGHT" EUROPEAN CROSS-COUNTRY RACE

Sunday -- November 1, 1981

With cooperation from the Greater Rochester Track Clubs and County Parks Department, Village of Mendon.

- TIME:** 11:00 a.m. Course description given at 10:30 a.m. only.
- ENTRY FEE:** \$4.00 pre-registration only (must be postmarked by 10/29/81). Pick up your race numbers by 10:30 a.m. day of race.
- PLACE:** The check-in table and starting line are located on the Mendon Ponds Park "Middle Road" connecting the first and second park entrances off Clover Street.
- AWARDS:** Trophies to first male and female finisher overall.
Trophies to first three finishers in each male/female category as follows:
17 & under, 18-24, 25-29, 30-34, 35-39, 40-49, 50-59, 60 & over
(50 trophies in all)
Medals awarded by proportion of age group sizes.
- COURSE:** The course is an extremely challenging 8-mile "European-style" cross-country course run almost exclusively on Park trails. Plan to encounter all varieties of terrain, including rocky trails, hills, and mud. However, the course is easy to follow with black arrows on a white background throughout the course. "Waffle" type training shoes recommended.

RELEASE

Name _____
Address _____
City _____ Zip _____
Category _____ Sex _____

Make checks payable to:
"Crazy 8" Race Director

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

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 might have against the G.R.T.C., County Parks Department or Race Directors as a result of my participation in the Third Annual "Crazy 8" Cross-Country Race on November 1, 1981.

Signature _____
Date _____
Signature of Parent _____
(If under 18 years of age)

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:

<input type="checkbox"/> Newsletter	<input type="checkbox"/> Fun Runs	<input type="checkbox"/> Training Runs	<input type="checkbox"/> Officiating
<input type="checkbox"/> Publicity	<input type="checkbox"/> Social Runs	<input type="checkbox"/> Coaching	<input type="checkbox"/> Track and Field
<input type="checkbox"/> Membership	<input type="checkbox"/> Clinics and Speakers	<input type="checkbox"/> Road Races	<input type="checkbox"/> Summer Meets
		<input type="checkbox"/> Competitive Teams	<input type="checkbox"/> Summer Youth Coaching

Membership Category:

\$8.00 Student \$20.00 3yr \$25.00 Sponsor
 \$10.00 Non-Student \$25.00 3yr \$8.00 Newsletter Only
 \$20.00 Family: List family members \$5.00 Summer only (June, July, Aug)
 \$50.00 3yr family and birthdates

Make checks payable to GRTC.

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