



## NEWSLETTER

ROCHESTER, NEW YORK

NOVEMBER, 1982

### The President's Column

Dick Withrow

A sure sign of fall in the northeast is finding the county parks and golf courses full of cross-country runners. High school and college runners alike realize the joys of cross-country. However for men and women over college age there are not many opportunities to compete in this great sport. Well this year that has changed. On November 20, 1982 at 12 noon, the 6th Annual Canadian-American Masters Challenge takes place at Fayetteville, New York. The race form reads as follows:

"You are invited to run for your country in the 6th Annual Canadian/American Masters Challenge held on one of the premier European style cross country courses in the country."

The race is sponsored by the Syracuse Track Club and is held at Green Lakes State Park. The GRIC will take an open team, a women's team and a masters team. The race is open to all age groups and should be a truly unique event. Anyone interested in competing please send me a SSAE and I'll forward an application.

This newsletter has always actively solicited articles, race information and results. Articles are always needed that are of value to the reader. Since the newsletter has not had a reporter in the past we've relied on the membership and board members for articles. In an effort to try and get more news to the GRIC membership, we now have our first reporter. Mary Terziani will do a monthly column featuring news bits from around the club. If you have any information on out of town races, miscellaneous results, etc., please call Mary at 271-6605 in the evenings.

It would also be nice to have two or three other people who could contribute regular articles on training, nutrition or sports medicine. If you feel you could write a monthly or bimonthly article, please contact me.

I recently uncovered the "Fundamental Laws of Running," by Jack Esrey of the Shenandoah Valley Runners. My favorites are the following:

1. Personal best times are usually followed by the announcement that the course was short.
2. The difference between a jogger and a runner is precisely one minute slower than you run.
3. In all out and back races, the "back" distance is longer.

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### SOCIAL RUNS - SUNDAY AFTERNOONS

IF ANYONE IS INTERESTED IN HAVING A SOCIAL RUN, PLEASE CONTACT SARAH KEHOE- 654-8991.

### COUPLES

Congratulations to Darrel Champion & Gee Gee Pritz on their marriage on Oct. 30, 1982. Here is another couple who met and married through GRIC activities.

GRTC BOARD OF DIRECTORS

John Blanchard	Tim McAvinney
Kare Cossaboon-Holm	Al Olson
Mary Beth Glavin	Bruce Quimby
Rick Guido	Bill Quinlisk
Sue Gwynn	Ross Rider
Mike Hasenauer	Paul Sadler
Jane Iaculli	Nan Siembar
Dave Kemp	Mary Terziani
Pat Martin	Dick Withrow

EXECUTIVE COMMITTEE

President	Dick Withrow
Vice President	Paul Sadler
2nd Vice President	
Secretary	Pat Martin
Treasurer	John Blanchard

HONORARY DIRECTORS

Bob Bradley	Shirley Gesell	Tim Hale
Gene Osborn	Pete Todd	

COMMITTEE CHAIRPERSONS

Awards	Bill Quinlisk	Road Race Coordinator	Ross Rider
Budget	John Blanchard	Social Runs	Sara Kehoe
Constitution	Paul Sadler	Summer Meets	Bill Quinlisk
Editorial	Rick Guido	Touring Teams	Mary Terziani
Freezer Series	Jane Iaculli		Mike Hasenauer
Membership	Lou Asmuth	Women-in-Motion	Kare Cossaboon-Holm
Newsletter	Laurie Clements		Mary Terziani
	Cislyn Lightbourn		(271-6605)
	Joan Simeone		
Publicity	Tim McAvinney		
	(865-1244)		

The deadline for the December newsletter is November 15, 1982.

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 two weeks prior to Newsletter deadline to Ross Rider, 19 Brighton Street, Rochester, NY, 14607. (442-7762 evenings, before 10:00 p.m.)

Race results, information on out-of-town events, and other miscellaneous information to Cislyn Lightbourn, 190 St. Stanislaus Street, Rochester, NY, 14621. (338-3486)

Articles and columns (at least two weeks before Newsletter deadline) to Rick Guido, 3 Whippetree Road, Fairport, NY, 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)

GRTC's booklet of revised and expanded Road Race Guidelines is available to road race Director's from Ross Rider.

ATTENTION ALL RACE DIRECTORS:

Race entry forms published in this Newsletter are subject to the following criteria:

1. They MUST be submitted to the Road Race Coordinator for processing two weeks prior to the Newsletter deadline. They are NOT accepted by the Editors or any other Board member.
2. They MUST meet the specifications outlined in the new GRTC Road Race Guidelines.
3. They MUST be accompanied by a \$50 per page payment.

Failure to comply with the above standards will result in the omission of the entry form from the Newsletter.

HIGHLIGHTS OF THE OCTOBER GRTC BOARD MEETING:

1. Discussed the October TAC meeting in Niagara Falls and how the GRTC fits into the TAC local reorganization.
2. Money was approved to once again sponsor the High School coach of the year and athlete of the year.
3. GRTC will supply the timing equipment for the high school sectional meet and the state meet free of charge.
4. Ross Rider is going to mail out a road race survey - to determine what runners look for in a race and what distances are preferred. We've noticed that there are very few 10 milers and half-marathons in this area.
5. There was discussion of the upcoming meeting between the police and race directors. Several officers and board members will be present at the meeting.
6. Discussed the need for reporters for the newsletter. Mary Terziani volunteered and this will be a very good start...but more are needed.
7. Next meeting will be held at 7:00 p.m. on Thursday, November 11, 1982, Strong Medical Center Gymnasium on Elmwood Avenue.

GRTC's Dave Winn won the 35-39 age group of the National TAC Masters 15 Kilometer Championships held at Hains Point in Washington, D.C. on Sunday, October 3. Winn's winning time was 49:02.

This is the third victory for Winn in National Masters Championship meets this year. He also won National Championships at 10,000 meters (32:47.4) and 5,000 meters (16:09.0) at the National TAC Masters Track and Field Championships at Wichita, Kansas in August.

Winn's other championship victories in 1982 include the Ontario Masters Indoor Championship at 5,000 meters (15:56), the Ontario Masters Outdoor Championship at 1500 meters (4:22.4), the Eastern Regional Masters Championship at 10,000 meters (32:55), the Niagara TAC Open Championships at 5,000 meters (15:56) and the Empire Games Masters 10,000 meters Championship at 32:44.

New York, West Central Practice. Established over 20 years.

Very professional, modern practice, two offices. Optometrist

needed to associate or buy out one office. Excellent net, beautiful community. Terms very reasonable and flexible.

Must find someone by Jan. 1st. Box 546, Honeoye Falls,

New York 14472.

# ROTARY CLUB



# HONEOYE FALLS

## SIXTH ANNUAL HONEOYE FALLS ROTARY TURKEY TROT FOR CAMP HACCAMO

Date: Saturday November 20, 1982-2:00 PM  
Registration: By Mail-\$3.00  
 Day of Race-\$4.00 (12:30-2:00)  
 (Contribution Tax Deductible)  
Proceeds: To Camp Haccamo (Rotary camp for Handicapped Children)  
Place/Course: Honeoye Falls-Lima Manor School  
 East St., Honeoye Falls, N.Y.  
 3 mile run through beautiful  
 down town Honeoye Falls  
Refreshments: To all participants  
Awards: To finishers in top 10%, in each  
 division

Men	Women
Pre-teens	Pre-teens
13-19	13-19
20-29	20-29
30-39	30-39
40-49	40-49
50 and over	50 and over

Contacts: Mike Schroedl 50 Ontario St., Honeoye Falls, 14472 (624-1662)  
 John Tuller 11 Church St., Honeoye Falls, 14472 (624-1178)

Make check payable to Honeoye Falls Rotary Run and mail with entry blank to: Honeoye Falls Rotary C/O Box 546, Honeoye Falls, N.Y. 14472.

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Name (in full)	Entry Form		Sex
	Age	Birth Date	
Address	Zip Code		
Division: Men	( ) Pre-teens	( ) 30-39	Women ( ) Pre-teens
	( ) 13-19	( ) 40-49	( ) 13-19
	( ) 20-29	( ) 50 and over	( ) 20-29
			( ) 30-39
			( ) 40-49
			( ) 50 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 must sign)

## 1982-83 FREEZEROD SCHEDULE

Sun	12/5/82	CHURCHVILLE PARK EAST LODGE	10km	11:00am
Sun	12/19/82	MENDON PONDS PK. STEWART LODGE	5mi	11:00am
Sat	1/ 1/83	MENDON PONDS PK. STEWART LODGE	7.3mi	11:00am
Sat	1/ 20/83	GREECE ARCADIA - (Strawder) 8 mile		11:00am
Sat	2/ 5/83	COBBS HILL PK. MAIN LODGE	8km	10:00am
Sun	2/20/82	NORTH CHILI COMMUNITY CTR	10km	11:00am
Sun	3/ 6/83	MENDON PONDS PK. STEWART LODGE	5mi	11:00am
Sun	3/20/83	MENDON PONDS PK. STEWART LODGE	10Mi	11:00am

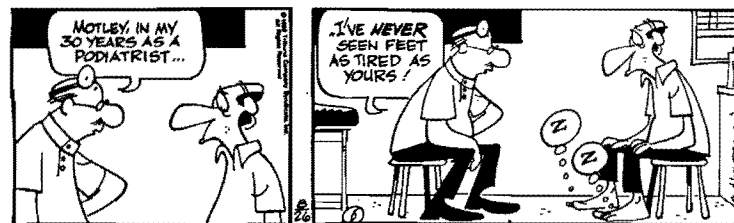
ELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP

I am still looking for race directors for the series. We need 1 diirector for each race. Basically we need someone to coordinate the finish line, get results to me(I am doing the stats this year) and see that everything gets picked up afterward. These races are an excellent way to get your feet wet (and cold) in the race directing business. Noone at a FREEZEROD race expects a high class operation like DANNON or LILAC. All we want is someone to say so (YOU may even get a chance to fire the starters pistol) and record finish times and places.

CALL BRUCE QUIMBY at 594-4266h OR 726-3548w if YOU ARE INTERESTED

LESS Calories  
 "RUNNERS POPCORN" (OO) Kids in it!  
 1cup Popcorn N2 salt Laurie Clements  
 2Tbsp Safflower Oil 100% Butter High in B Vitamins  
 Powdered cheddar cheese  
 "Nutritional" yeast. (yellow color-very high in B vitamins - Bitter Flavor)

Pop Popcorn and immediately pour into large paper bag - dust popcorn with cheese powder + yeast. Close bag and shake "aerobically" to coat kernels. Add more + repeat to taste  
 \*NOTE all ingredients may be found at "Tabco" Co. S. Goodman St. Rd.



BACK BY POPULAR DEMAND!

THE FOURTH ANNUAL "CRAZY-EIGHT" EUROPEAN CROSS-COUNTRY RACE

Sunday -- November 21, 1982

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

**TIME:** 12:00 noon (Course description given at 11:00 a.m. only)  
Entries close day of race at 11:00 a.m.

**ENTRY FEE:** \$3.00 pre-registration. (Must be postmarked by 11/14/82)  
\$4.00 day of race  
\$3.00 day of race registration if you bring and wear a crazy hat suitable for the 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:  
13 and under, 14-17, 18-24, 25-29, 30-34, 35-39, 40-49, 50-59, 60 & over (56 trophies in all)

**COURSE:** The course is an extremely challenging 8-mile "European style" cross-country 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 check payable to:  
"Carzy 8" Race Director

Send entries to:  
Rod Williams  
127 Beacon Hills Drive So.  
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 Fourth Annual "Crazy 8" Cross-Country Race on November 21, 1982.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent \_\_\_\_\_  
(if under 18 years of age)

THE DANNON 10K RACE

There were many factors to be pleased about in the 4th Annual Dannon 10k race on Sept. 5th.- the weather, the fast course, the participation of 240 runners and the many volunteers. Upon looking over the registration statistics, we noticed several areas of encouragement:

1. The % of women increased from 17 to 21.5% from last year to this year.
2. The participation in the Women's 40-49 age group more than doubled from 10 to 22 from '81 to '82.
3. There was an entrant in our Women 60 & over division - a first.
4. The new age group for males, 13-15, was far very successful with 41 entrants.
5. The largest age group by far continues to the Men's 30-39 (32% of the total), which is why almost all GRTC races divide this group in half. But this does not solve the problem; in this race the 35-39's had 148 participants (30% of the total) - larger than any other single age group. We shall continue to work on equalizing the distribution of awards.

We owe our thanks to many officials and volunteers, only a few of whom can be mentioned here:

Bill Kehoe, who laid out the course for his July 4th race and was an excellent resource person to us.

Mike Miller, Brighton Town Councilman, who persuaded the Council to allow us to use the course when, in July, we were without one.

Dick Withrow, who was in charge of road marshalls and, with Bill Quinlisk, certified the course.

Jane Iaculli, who tabulated and posted race results.

Cislyn Lightbourn and her children, who set up and worked at the water stations.

Bill Quinlisk and Rick Guido, who organized that great finish line.

The Brighton Police Department also did an excellent job, substantially contributing to the success of the race. To top it off, this club continues to enjoy a mutually beneficial relationship with the sponsors, Dannon and the Road Runners Club of America. It is hard to imagine sponsors who could be more generous with money, supplies and support. Our thanks are extended once again to the many runners and supporters who got up early that Sunday morning to help and to run.

The Race Directors,  
Ross Rider & Uta Allers



RACE RESULTS BY SEX AND AGE GROUP  
SEGNALB AGRGPRP15 - 15

F_NAME	L_NAME	AGE	O_PLACE	TIME
YOLI		15	1	31:45
WILLIAM		15	2	31:55
WILLIAM		15	3	32:05
WILLIAM		15	4	32:15
WILLIAM		15	5	32:25
WILLIAM		15	6	32:35
WILLIAM		15	7	32:45
WILLIAM		15	8	32:55
WILLIAM		15	9	33:05
WILLIAM		15	10	33:15

RACE RESULTS BY SEX AND AGE GROUP  
SEGNALB AGRGPRP15 - 15

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		15	11	33:25
WILLIAM		15	12	33:35
WILLIAM		15	13	33:45
WILLIAM		15	14	33:55
WILLIAM		15	15	34:05
WILLIAM		15	16	34:15
WILLIAM		15	17	34:25
WILLIAM		15	18	34:35
WILLIAM		15	19	34:45
WILLIAM		15	20	34:55

RACE RESULTS BY SEX AND AGE GROUP  
SEGNALB AGRGPRP15 - 15

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		15	21	35:05
WILLIAM		15	22	35:15
WILLIAM		15	23	35:25
WILLIAM		15	24	35:35
WILLIAM		15	25	35:45
WILLIAM		15	26	35:55
WILLIAM		15	27	36:05
WILLIAM		15	28	36:15
WILLIAM		15	29	36:25
WILLIAM		15	30	36:35

RACE RESULTS BY SEX AND AGE GROUP

SEGNALB AGRGPRP20 - 20

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		20	1	37:45
WILLIAM		20	2	37:55
WILLIAM		20	3	38:05
WILLIAM		20	4	38:15
WILLIAM		20	5	38:25
WILLIAM		20	6	38:35
WILLIAM		20	7	38:45
WILLIAM		20	8	38:55
WILLIAM		20	9	39:05
WILLIAM		20	10	39:15

SEGNALB AGRGPRP20 - 20

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		20	11	39:25
WILLIAM		20	12	39:35
WILLIAM		20	13	39:45
WILLIAM		20	14	39:55
WILLIAM		20	15	40:05
WILLIAM		20	16	40:15
WILLIAM		20	17	40:25
WILLIAM		20	18	40:35
WILLIAM		20	19	40:45
WILLIAM		20	20	40:55

SEGNALB AGRGPRP20 - 20

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		20	21	41:05
WILLIAM		20	22	41:15
WILLIAM		20	23	41:25
WILLIAM		20	24	41:35
WILLIAM		20	25	41:45
WILLIAM		20	26	41:55
WILLIAM		20	27	42:05
WILLIAM		20	28	42:15
WILLIAM		20	29	42:25
WILLIAM		20	30	42:35

RACE RESULTS BY SEX AND AGE GROUP

SEGNALB AGRGPRP25 - 25

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		25	1	43:45
WILLIAM		25	2	43:55
WILLIAM		25	3	44:05
WILLIAM		25	4	44:15
WILLIAM		25	5	44:25
WILLIAM		25	6	44:35
WILLIAM		25	7	44:45
WILLIAM		25	8	44:55
WILLIAM		25	9	45:05
WILLIAM		25	10	45:15

SEGNALB AGRGPRP25 - 25

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		25	11	45:25
WILLIAM		25	12	45:35
WILLIAM		25	13	45:45
WILLIAM		25	14	45:55
WILLIAM		25	15	46:05
WILLIAM		25	16	46:15
WILLIAM		25	17	46:25
WILLIAM		25	18	46:35
WILLIAM		25	19	46:45
WILLIAM		25	20	46:55

SEGNALB AGRGPRP25 - 25

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		25	21	47:05
WILLIAM		25	22	47:15
WILLIAM		25	23	47:25
WILLIAM		25	24	47:35
WILLIAM		25	25	47:45
WILLIAM		25	26	47:55
WILLIAM		25	27	48:05
WILLIAM		25	28	48:15
WILLIAM		25	29	48:25
WILLIAM		25	30	48:35

RACE RESULTS BY SEX AND AGE GROUP

SEGNALB AGRGPRP30 - 30

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		30	1	49:45
WILLIAM		30	2	49:55
WILLIAM		30	3	50:05
WILLIAM		30	4	50:15
WILLIAM		30	5	50:25
WILLIAM		30	6	50:35
WILLIAM		30	7	50:45
WILLIAM		30	8	50:55
WILLIAM		30	9	51:05
WILLIAM		30	10	51:15

SEGNALB AGRGPRP30 - 30

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		30	11	51:25
WILLIAM		30	12	51:35
WILLIAM		30	13	51:45
WILLIAM		30	14	51:55
WILLIAM		30	15	52:05
WILLIAM		30	16	52:15
WILLIAM		30	17	52:25
WILLIAM		30	18	52:35
WILLIAM		30	19	52:45
WILLIAM		30	20	52:55

SEGNALB AGRGPRP30 - 30

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		30	21	53:05
WILLIAM		30	22	53:15
WILLIAM		30	23	53:25
WILLIAM		30	24	53:35
WILLIAM		30	25	53:45
WILLIAM		30	26	53:55
WILLIAM		30	27	54:05
WILLIAM		30	28	54:15
WILLIAM		30	29	54:25
WILLIAM		30	30	54:35

RACE RESULTS BY SEX AND AGE GROUP

SEGNALB AGRGPRP35 - 35

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		35	1	56:45
WILLIAM		35	2	56:55
WILLIAM		35	3	57:05
WILLIAM		35	4	57:15
WILLIAM		35	5	57:25
WILLIAM		35	6	57:35
WILLIAM		35	7	57:45
WILLIAM		35	8	57:55
WILLIAM		35	9	58:05
WILLIAM		35	10	58:15

SEGNALB AGRGPRP35 - 35

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		35	11	58:25
WILLIAM		35	12	58:35
WILLIAM		35	13	58:45
WILLIAM		35	14	58:55
WILLIAM		35	15	59:05
WILLIAM		35	16	59:15
WILLIAM		35	17	59:25
WILLIAM		35	18	59:35
WILLIAM		35	19	59:45
WILLIAM		35	20	59:55

SEGNALB AGRGPRP35 - 35

F_NAME	L_NAME	AGE	O_PLACE	TIME
WILLIAM		35	21	60:05
WILLIAM		35	22	60:15
WILLIAM		35	23	60:25
WILLIAM		35	24	60:35
WILLIAM		35	25	60:45
WILLIAM		35	26	60:55
WILLIAM		35	27	61:05
WILLIAM		35	28	61:15
WILLIAM		35	29	61:25
WILLIAM		35	30	61:35

RACE RESULTS BY SEX AND AGE GROUP				RACE RESULTS BY SEX AND AGE GROUP				RACE RESULTS BY SEX AND AGE GROUP							
O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE
1	ED	CLARK	44	1	ED	CLARK	44	1	ED	CLARK	44	1	ED	CLARK	44
2	JOHN	SMITH	44	2	JOHN	SMITH	44	2	JOHN	SMITH	44	2	JOHN	SMITH	44
3	ALAN	SMITH	44	3	ALAN	SMITH	44	3	ALAN	SMITH	44	3	ALAN	SMITH	44
4	ALAN	SMITH	44	4	ALAN	SMITH	44	4	ALAN	SMITH	44	4	ALAN	SMITH	44
5	ALAN	SMITH	44	5	ALAN	SMITH	44	5	ALAN	SMITH	44	5	ALAN	SMITH	44
6	ALAN	SMITH	44	6	ALAN	SMITH	44	6	ALAN	SMITH	44	6	ALAN	SMITH	44
7	ALAN	SMITH	44	7	ALAN	SMITH	44	7	ALAN	SMITH	44	7	ALAN	SMITH	44
8	ALAN	SMITH	44	8	ALAN	SMITH	44	8	ALAN	SMITH	44	8	ALAN	SMITH	44
9	ALAN	SMITH	44	9	ALAN	SMITH	44	9	ALAN	SMITH	44	9	ALAN	SMITH	44
10	ALAN	SMITH	44	10	ALAN	SMITH	44	10	ALAN	SMITH	44	10	ALAN	SMITH	44

RACE RESULTS BY SEX AND AGE GROUP				RACE RESULTS BY SEX AND AGE GROUP				RACE RESULTS BY SEX AND AGE GROUP							
O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE
1	ALAN	SMITH	44	1	ALAN	SMITH	44	1	ALAN	SMITH	44	1	ALAN	SMITH	44
2	ALAN	SMITH	44	2	ALAN	SMITH	44	2	ALAN	SMITH	44	2	ALAN	SMITH	44
3	ALAN	SMITH	44	3	ALAN	SMITH	44	3	ALAN	SMITH	44	3	ALAN	SMITH	44
4	ALAN	SMITH	44	4	ALAN	SMITH	44	4	ALAN	SMITH	44	4	ALAN	SMITH	44
5	ALAN	SMITH	44	5	ALAN	SMITH	44	5	ALAN	SMITH	44	5	ALAN	SMITH	44
6	ALAN	SMITH	44	6	ALAN	SMITH	44	6	ALAN	SMITH	44	6	ALAN	SMITH	44
7	ALAN	SMITH	44	7	ALAN	SMITH	44	7	ALAN	SMITH	44	7	ALAN	SMITH	44
8	ALAN	SMITH	44	8	ALAN	SMITH	44	8	ALAN	SMITH	44	8	ALAN	SMITH	44
9	ALAN	SMITH	44	9	ALAN	SMITH	44	9	ALAN	SMITH	44	9	ALAN	SMITH	44
10	ALAN	SMITH	44	10	ALAN	SMITH	44	10	ALAN	SMITH	44	10	ALAN	SMITH	44

RACE RESULTS BY SEX AND AGE GROUP				RACE RESULTS BY SEX AND AGE GROUP				RACE RESULTS BY SEX AND AGE GROUP							
O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE
1	ALAN	SMITH	44	1	ALAN	SMITH	44	1	ALAN	SMITH	44	1	ALAN	SMITH	44
2	ALAN	SMITH	44	2	ALAN	SMITH	44	2	ALAN	SMITH	44	2	ALAN	SMITH	44
3	ALAN	SMITH	44	3	ALAN	SMITH	44	3	ALAN	SMITH	44	3	ALAN	SMITH	44
4	ALAN	SMITH	44	4	ALAN	SMITH	44	4	ALAN	SMITH	44	4	ALAN	SMITH	44
5	ALAN	SMITH	44	5	ALAN	SMITH	44	5	ALAN	SMITH	44	5	ALAN	SMITH	44
6	ALAN	SMITH	44	6	ALAN	SMITH	44	6	ALAN	SMITH	44	6	ALAN	SMITH	44
7	ALAN	SMITH	44	7	ALAN	SMITH	44	7	ALAN	SMITH	44	7	ALAN	SMITH	44
8	ALAN	SMITH	44	8	ALAN	SMITH	44	8	ALAN	SMITH	44	8	ALAN	SMITH	44
9	ALAN	SMITH	44	9	ALAN	SMITH	44	9	ALAN	SMITH	44	9	ALAN	SMITH	44
10	ALAN	SMITH	44	10	ALAN	SMITH	44	10	ALAN	SMITH	44	10	ALAN	SMITH	44

RACE RESULTS BY SEX AND AGE GROUP				RACE RESULTS BY SEX AND AGE GROUP				RACE RESULTS BY SEX AND AGE GROUP							
O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE	O_PLACE	F_NAME	L_NAME	AGE
1	ALAN	SMITH	44	1	ALAN	SMITH	44	1	ALAN	SMITH	44	1	ALAN	SMITH	44
2	ALAN	SMITH	44	2	ALAN	SMITH	44	2	ALAN	SMITH	44	2	ALAN	SMITH	44
3	ALAN	SMITH	44	3	ALAN	SMITH	44	3	ALAN	SMITH	44	3	ALAN	SMITH	44
4	ALAN	SMITH	44	4	ALAN	SMITH	44	4	ALAN	SMITH	44	4	ALAN	SMITH	44
5	ALAN	SMITH	44	5	ALAN	SMITH	44	5	ALAN	SMITH	44	5	ALAN	SMITH	44
6	ALAN	SMITH	44	6	ALAN	SMITH	44	6	ALAN	SMITH	44	6	ALAN	SMITH	44
7	ALAN	SMITH	44	7	ALAN	SMITH	44	7	ALAN	SMITH	44	7	ALAN	SMITH	44
8	ALAN	SMITH	44	8	ALAN	SMITH	44	8	ALAN	SMITH	44	8	ALAN	SMITH	44
9	ALAN	SMITH	44	9	ALAN	SMITH	44	9	ALAN	SMITH	44	9	ALAN	SMITH	44
10	ALAN	SMITH	44	10	ALAN	SMITH	44	10	ALAN	SMITH	44	10	ALAN	SMITH	44



LOCAL CALENDAR OF EVENTS FOR THE MONTH OF--NOVEMBER----

November 7 3:00 p.m. Social Run. Korleen Wright, 190 Glenora Drive, Apartment 7, off Ridge Rd. West near Mt. Read, 14615. 663-5924. Bring dish to pass.

November 11 7:00 p.m. Board of Directors Meeting, U of R Medical Center Gym, Kare Cossaboon-Holm, 275-2437.

November 14 2:00 p.m. Fellowship of Lutheran Young People (FLYP) 10K, St. Paul's Church, Hilton. Dorothy Wright, 392-8521. \$3 pre, \$5 post.

November 14 3:00 p.m. Social Run. Dottie Viele, 109 Merrill Street, near Kodak Park, 14615. 865-9945. Bring dish to pass.

November 20 2:00 p.m. Honeoye Falls Rotary 3 Mile Turkey Trot for Camp Haccamo. Mike Schroedl, 624-1662 (evenings). \$3 pre, \$4 post.

November 21 12 Noon 4th Annual Crazy 8, Mendon Ponds Park, Rod Williams. See entry this newsletter.

November 21 3:00 p.m. Social Run. Bill and Katie Kehoe, 132 Winterroth St., off Goodman, near Clifford Ave., 14609. 654-8991. Bring dish to pass.

November 27 10:00 a.m. R.T. Turkey Run, 5 Mile, Mendon Ponds Park, Beach Parking Lot. Bill Quinlisk, 266-7306. \$2 by 11/20, \$5 post.

November 28 3:00 p.m. Social Run ???

December 5 11:00 a.m. Freezer Race #1, Churchville Park East Lodge, 10K. Bruce Quimby, 594-4266 (home), 726-3548 (work). Fee TBA. See entry this newsletter.

December 12 3:00 p.m. Social Run. Bill and Katie Kehoe, 132 Winterroth St., off Goodman, near Clifford Ave., 14609. Bill's Birthday Run. Bring dish to pass.

December 19 11:00 a.m. Freezer Race #2, Mendon Ponds Park, Stewart Lodge, 5 Mile, Bruce Quimby, as above.

--1983--

January 1 11:00 a.m. Freezer Race #3, Mendon Ponds Park, Stewart Lodge, 7.3 Mile, Bruce Quimby, as above.

January 23 11:00 a.m. Freezer Race #4, to be announced.

February 5 10:00 a.m. Freezer Race #5, Cobbs Hill Park, Main Lodge, 8K, Park Ave. course. Bruce Quimby, as above.

February 20 11:00 a.m. Freezer Race #6, North Chili Community Center, 10K, Bruce Quimby, as above.

March 6 11:00 a.m. Freezer Race #7, Mendon Ponds Park, Stewart Lodge, 5 Mile, Bruce Quimby, as above.

March 20 11:00 a.m. Freezer Race #8, Mendon Ponds Park, 10 Mile, Bruce Quimby, as above.

April 9 10:00 a.m. St. Boniface Men's Club 5 Mile, 330 Gregory St., Rochester, 14620. Joe Gagne 473-4532 (home). \$3 pre, \$4 post.

April 24 2:00 p.m. 5th Annual Great Watermelon Run, 5 Mile, Toth's Sports, 3000 Winton Rd. S., Henrietta. Lense Toth 442-2900. \$3 pre, \$4 post.

May 7 Jean Mitchell Memorial 5 and 10K, Community College of the Finger Lakes, Canandaigua.

June 12 10:00 a.m. Wild & Crazy 5K, North Rose-Wolcott Middle School, Wolcott. Jeffrey Harper (315)-594-2272 (home). \$5. One mile fun-run at 9:30 a.m.

June 12 11:00 a.m. Wild & Crazy 10K, as above.

August 21 8:00 a.m. Hamlin Beach Triathlon. Swim 1 1/8 mile, Cycle 55 mile, Run 13.1 mile. Mike Carnahan, 46 Orchard Creek Lane, Rochester, 14621.

September 5 Dannon 10K.

September 27 11:00 a.m. Palmyra Canaltown Days 15K, Village Hall. Jamie Hennings, 377-2500 (work), (315)-597-5585 (home). \$2 by 9/1/83, \$4 post.

October 1 3:30 p.m. McQuaid Invitational Open 3 Mile. Genesee Valley Park. Bill Quinlisk, 266-7309. \$1 pre, \$2 post.

MISCELLANEOUS RESULTS

Toronto Marathon

Don DiMaria	2:55		
Bob Epstein	3:09		
Bill Hossler	3:13	Charles P. Coon*	3:15
Isabelle Sherwood	3:33	(first marathon!)	
Laurie Clements	3:51		
Gary Mason	3:59		
Jim Hill	3:59		
Angela Mathews	4:07		
Jane Iaculli	4:30		
Ed Stabins	4:40		
Lynette Hill	4:56		

National Track & Field, August 7-8, Wichita, Kansas

Dave Winn	5,000 Meter	1st place	16.09
" "	10,000 "	" "	32:47.8

National Track Master Championships, Washington, DC

Dave Winn	15 K	1st place	49.02
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Adam Helmer Marathon, Herkimer, NY, September 19, 1982

Mitch Mergenthaler	2:51
Tim Youngs	3:05
Norm Frank	3:35

??? 3K, September 18, 1982

Barbe Begeron	13:23
(1st woman, Over 40)	

Half-Marathon, Oswego, New York

Bud Miller	1:28:33
(1st age group 40-45, 4th overall, even after getting lost)	

Old Forge Marathon, September 25, 1982

Tim Youngs	3:23
Norm Frank	3:47

Wineglass Marathon, Corning, NY, October 3, 1982

Steve Pulos	2:34 (1st overall)
Greg Brooks	2:50
Richard Kellerman	2:54
Charlie Keller	3:01
Gerry Sullivan	3:06
Dick Jarrett	3:11
Paul Atwell	3:14
Don Scheg	3:15
Ray Jacques	3:27
Dick Bartlett	3:32
Dave Beech	3:44
Jake Patla	3:48
Bob Titus	3:56
Jim Hendy	4:20

Fresque Isle Marathon, Erie, Pa., Sept. 11/82

Norm Frank	3:50
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Ithaca Marathon, Oct. 2/82

Norm Frank	3:54
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**WINE GLASS MARATHON**  
**At Corning**  
 1. Steve Pulos 2:34 12. Dennis  
 2. Debbie Davis 2:12.3. Gail Allen  
 3.18.  
 Ann Robinson - Greg Brooks 2:50. Char-  
 lie Keller 3:01. Jerry Sullivan 3:06. Dick Jar-  
 rett 3:11. Paul Atwell 3:14. Don Scheg 3:15.  
 Ray Jacques 3:27. Dick Bartlett 3:32. Dave  
 Beech 3:44. Jake Patla 3:48. Moses Titus  
 3:56. Jim Hendy 4:20.  
**CANANDAIGUA LAKE FRUIT CLARIC**  
**At Canandaigua**  
 1. Ed Coffe (Rock) 4:29:40 (8K) 37.2  
 miles. 2. Bob Russell (Brazos) 4:35:00. 3.  
 Don Fisher (Henrietta, Pa.) 4:56:40. 4. Jim  
 Youngs (Henrietta) 5:02:40. 5. Walter Con-  
 roly (Rock) 6:08:17.  
 Ann Robinson - 7. Charlie Sabatino  
 5:27:51. 8. John Kerr (Canandaigua) 5:43:34.  
 9. John Burke 5:43. 11. Don DeBourne (Whe-  
 lton) 6:10:41. 12. Andrea Walker 6:11. 13.  
 Norm Frank 6:28. 14. James O'Leary 6:30.  
 17. Neil Chalmers 6:36.  
**TOWN OF ITHACA**  
**At Ithaca, Ont.**  
 Ann Robinson - Don DiMaria 2:55. Bob  
 Epstein 3:09. Bill Hossler 3:13. Isabelle Sher-  
 wood 3:33. Laurie Clements 3:51. Gary  
 Mason 3:59. Jim Hill 3:59. Angela Mathews  
 4:07. Jane Iaculli 4:30. Ed Stabins 4:40.  
 Lynette Hill 4:56.

OUT-OF-TOWN EVENTS

Nov. 21 1:00 p.m. Corning Community College Marathon, John Cole, Director  
 Corning Community College, Corning, N.Y. 14830. 16  
 For entries, call Boss or Uta at 442-7792.

MISCELLANEOUS RESULTS

Skylon Marathon, Buffalo to Niagara Falls, Oct. 16, 1982  
(38° F., 25 m.p.h. winds)

Ed Cohn	2:29	3rd overall	Gilbert Smith	3:28
Ken Hurlbutt	2:33	12th "	Bill Blank	3:29
Jim May	2:40		Paul Robertson	3:29
Tom Serafin	2:41	38th "	Dick Bartlett	3:33
Phillip Tschorke	2:42	43rd	Vern Hecker	3:34
Ed Penski	2:42		Andy Rheude	3:35
Bob Birecree	2:43		Jim Hendy	3:36
Al Dise	2:45	54th	Mike Serventi	3:37
Mitch Margenthaler	2:46	63rd	Jim Sanders	3:39
Jim Mahan	2:50		Jerry Flanders	3:41
Eshetu Setegn	2:50	92nd	Ed Hicks	3:42
Jim Poole	2:51		Jay Kornuth	3:43
Gerry Sullivan	2:52		Terry Hicks	3:45
Don Scheg	2:54		Tom Schryver	3:46
Vince Piscitelli	2:56		Bob Titus	3:52
Dan Dimpfl	3:01		Marlene Martin	3:53
Dan Talon	3:01		Tim Youngs	3:53
Randall Johnson	3:02		Ellen Yatteau	3:54
Lar Humphrey	3:06		Norm Frank	3:54
Chuck Martin	3:07		Sue Poole	4:02
Jim Scheele	3:09		Pat Burns	4:10
Bruce Bridgman	3:09		Chris Blaakman	4:19
Eric Poole	3:14		Stan Blaakman	4:31
John Doebrich	3:36		Coleridge Gill	5:00
Fred Gillen	3:20			
John Wennberg	3:23			
Cheryl Ward	3:27			

Annote from Uta Allers & Ross Rider, the compilers of the Skylon results: We personally delivered this list to the Gannett office at 8:00 p.m. on Saturday, 10/16, but the only names printed in the Sunday Democrat & Chronicle were those called in by various people. In other years, when we have called the names in, the Sports Desk tells us that they can print only the top ten. Does anyone among our members have any influence down there?

CANANDAIGUA LAKE FALL CLASSIC  
60 KILOMETER RACE  
OCTOBER 3, 1982

	State	Age	60 KM.	Marathon	Splits 30 Km.	10 miles	
1.	Ed Cohn	NY	31	4:29:40	2:47	2:00	1:06:19
2.	Bob Russell	NY	23	4:35:36	3:10:29	2:08	1:09:36
3.	Bill Piper	PA	36	4:56:45	3:25:15	2:24	1:19
4.	Tim Youngs	NY	36	5:02:46	3:25:17	2:24	1:20
5.	Walt Connoly	NY	52	5:08:17	3:38:16	2:35	1:26
6.	Greg Helbig	NY	26	5:12:52	3:42:12	2:38	1:29
7.	Charlie Sabatine	NY	49	5:27:51	3:40:12	2:38	1:28
8.	John Kerr	NY	36	5:43:56	3:46:29	2:39	1:28
9.	Tom Burt	NY	33	5:43:56	3:46:30	2:39	1:29
10.	Steve Vargo	PA	35	6:03:48	4:13:04	2:56	1:36
11.	Don Osborne	NY	46	6:10:41	4:01:05	2:44	1:29
12.	Nedra Weaver	NY	35	6:11:00	4:01:04	2:44	1:27
	(Nedra thanks for representing the women!)						
13.	Norm Frank	NY	51	6:28:41	4:15:51	2:58	1:39
14.	James O'Leary	NY	47	6:35:14	4:33:18	3:10	1:47
15.	Bill McCarthy	NY	28	7:39:24	4:45:56	2:55	1:21
16.	Don Huckaby	NY	63	8:26:40	5:44:20		
17.	W. J. Okowski	NY		8:26:40	5:35:28		

# National Running Data Center

## Race Results Needed by the NRDC

To carry on its activities of keeping the official national records, age records, national rankings, race participation statistics, and many other forms of data, the NRDC needs to obtain complete race results. Specifically, the race results needed are:

1. Results of all US non-track races 5 kilometers and longer.
2. Results of all US track races longer than 10 kilometers.
3. Results of significant foreign races, particularly ones with US citizens involved.

Non-track races may be held on paved, gravel, or dirt roads, trails, or cross-country such as on golf courses or in parks. Results of cross-country races limited to school runners are not needed. Complete results are desired for all races, but it is particularly important that the NRDC receive complete results of all races on certified courses and tracks. Complete results consist of the following for every finisher:

1. Time
2. Name, complete as used by the runner in registering for the race
3. Age
4. Sex
5. Home town
6. Home state
7. Indication of citizenship, if not US
8. Indication of wheelchair racers and other non-runners
9. Dates of birth, at least for those runners who may have established age records

For the race itself, the following is needed: (1) Name of race, (2) Date, (3) Location -- town, or nearest town, and state.

This information should be provided in a clear and readable manner. The exact format is at the convenience of the race director. The most useful form has men and women listed in separate groups, in order of time, with the information typed in columnar form.

To substantiate marks that would qualify for records and inclusion in rankings, the following information must be supplied to the NRDC.

1. a copy of the letter from the National Standards Committee (Ted Corbitt, chairman) approving the course as certified.
2. a signed statement attesting that the race was run on the course as it was certified.
3. complete race results listing official times to the accuracy that times were recorded (not rounded to nearest second if tenths were recorded). Complete race results consist of names, ages, sex, hometown, home state, and time for every official finisher for which such information was gathered and recorded.
4. a description of the finish procedures used to match runners and times and to verify that the assigned times are properly matched to each runner.
5. a description of the procedures used to verify performances, to insure against cheating. This would include course monitors, pull tags at start, recording members at check-points and turnaround points, videotaping, and careful control of entry information.

Similar information is desired for races on uncertified courses, but if that degree of detail is not available, a minimum of the following should be sent: (1) Name of race, (2) Date of race, (3) Location, (4) Distance, and (5) Number of finishers.

Single-age records for both men and women, age-group records, and US open records are listed in the NRDC book "Running Records by Age". All-time and annual rankings are in the book "U.S. Distance Rankings", which shows the top 100 men and top 50 women as well as up to 10 in each age group. The book "In-Depth Masters Road Rankings" lists and ranks the top 50 men and women, 100 in the marathon, in each age group for the most popular road events. These books may be obtained from NRDC, Box 42888, Tucson, AZ 85733.

If race results do not list all finishers, some runners may not get credit for age records or be included in the rankings. If ages are not reported, runners cannot be considered for age records or inclusion in their proper age group in the rankings. If sex is not reported, women may be included in the men's statistics, and not get proper credit for their marks. If home town and state is not reported, runners with similar names may not be properly identified. If no results of a race are received at all, none of the runners can get credit for their marks, and the race cannot be a part of the US participation data.

Race results should be sent promptly to the NRDC, Box 42888, Tucson, AZ 85733.



1982-83 Freezeroo Winter Series

RULES and REGULATIONS:

Races will be scored on place values with the lowest score winning. You must run FIVE of the EIGHT races to be scored. Ties will be broken by head-to-head performances.

All races will be held UNLESS AN OFFICIAL SNOW EMERGENCY has been declared.

AGE GROUPS AND AWARDS:

Men 17 and Under	Top 3
Women 17 and Under	Top 3
Women 18-29	Top 3
Men 18-29	Top 5
Men 30-34	Top 4
Men 35-39	Top 4
Women 30-39	Top 3
Women 40-49	Top 2
Men 40-49	Top 5
Women 50 and Over	Top 1
Men 50 and Over	Top 3

ENTRY INFORMATION:

NO ENTRIES WILL BE ACCEPTED AFTER DEC 1, 1982 \*\*\*\*\*  
 10.00 ENTRY FEE COVERS ALL 8 RACES  
 YOU WILL BE ISSUED 1 AND ONLY 1 NUMBER PLEASE USE IT IN ALL RACES  
 NO ENTRIES WILL BE ACCEPTED AFTER DEC 1, 1982 \*\*\*\*\*

RACE SCHEDULE: TBA

return this form with entry

I for myself, heirs, executors, and administrators waive, and release THE GREATER ROCHESTER TRACK CLUB, FREEZEROO RACE DIRECTORS, and ANY SPONSORS of THE FREEZEROO RACE SERIES from any rights or claims to damage suffered by me in any of the FREEZEROO ROAD RACES including those which may be attributable to WEATHER CONDITIONS. signatures:

PLEASE PRINT NAME: AGE:  
 HOME PHONE:  
 STREET:  
 CITY:  
 ZIP:

CHECKS PAYABLE TO: GREATER ROCHESTER TRACK CLUB  
 ENTRIES TO: BRUCE QUIMBY 13 LORING PLACE ROCHESTER NY 14624  
 NO ENTRIES ACCEPTED AFTER DECEMBER 1, 1982 ALL LATE ENTRIES WILL BE RETURNED

Ready

1. Bob Bircree	15:14.8	24
2. Leo Finucane	:15.4	25
3. Karl Blasuer	:23.0	18
4. Derek Frechette	:30.0	37
5. Brian Miller	:38.2	26
6. Roy Stemmer	:47.6	22
7. Ivan DeMay	:56.0	20
8. Mikal Baxter	16:11.0	27
9. Barry Sullivan	:14.0	25
10. Brad Solarek	:17.0	14
11. Jim Boyle	:24.0	32
12. Tim Jones	:28.0	24
13. Bill Magnolo	:32.0	23
14. Chris Lauster	:35.0	21
15. Mike Hasenauer	:36.0	30
16. Tom Moran	:42.0	18
17. Mark North	:43.0	22
18. Dave Seefeldt	:44.0	22
19. Sandy Foster	:44.3	26
20. Mike Koral	:45.1	24
21. Tom Militello	:51.9	20
22. Don Solarek	:52.0	41
23. Bob Matusiak	:58.0	37
24. Terry Jones	17:10.0	27
25. Bob Kuehl	:27.8	33
26. Bill Quinlisk	:36.0	31
27. Dan Avelt	:39.5	25
28. Kyle Yost	:41.7	11
29. Dick Tela-ico	:49.0	43
30. Dave G-oss	:50.3	36
31. Paul Antenore	18:03.0	25
32. Pete Clark	:19.9	31
33. Joe Spencer	:23.0	27
34. Bruce Hill	:26.4	39
35. Richard Puffer	:35.0	21
36. Jim Palmeri	:38.3	40
37. Bill Kehoe	:40.0	41
38. R.J. VanAlkerk	:49.8	35
39. Mark Farrell	:53.0	23
40. Greg Heider	:54.9	27
41. Jim Edd Jones	:56.6	23
42. Ray Feasey	:58.2	52

McQuaid Invitational  
 3 Mile Race  
 October 2, 1982  
 Genesee Valley Park

43. Mike Curry	19:07.0	43
44. Denise Smith	:11.0	23
45. Lance Bush	:16.8	35
46. Dennis Fries	:22.0	34
47. R. Weathers	:23.8	45
48. Bob Bagley	:35.5	39
49. Paul Caulfield	:46.0	18
50. Brent Mitchell	:49.6	36
51. Sid Bolton	:53.7	40
52. Ken Steffen	:57.9	25
53. Pat Martin	20:01.3	33
54. Jim Yost	:04.0	49
55. Pam Mortonson	:11.0	35
56. Allan Yetter	:16.0	47
57. Jim Fox	:17.3	21
58. Lynn Fox	:18.4	19
59. Bill Pow	:31.2	53
60. Christopher Menlo	:44.0	19
61. Joe Gagne	:50.1	43
62. Bob Montione	21:02.3	24
63. Sharon Rogers	:08.7	11
64. Carolyn Kries	:29.0	39
65. Carol Cloos	:53.0	46
66. P. Weather II	22:40.2	14
67. Bill Walters	:52.6	25
68. Joe Szusa	:54.0	42
69. Timm Howvath	23:55.0	18
70. Karen Arcane	24:40.0	26
71. Barb Zupshoen	NT	24
72. Sarah Pejers	NT	8
73. Nancy J. Blank	NT	32

Race Synopsis: The race went out very fast with the lead pack passing the first mile of a rolling hill course in 4:45. Bircree and Finucane forged the pace most of the race with Bob Bircree outkicking former Aquinas H.S. teammate Leo Finucane in the last 100m to win by six tenths of a second. Former Williamsville worth star Karl Blasuer now at U. of N. was third six seconds back. In spite of the one-two of Bircree and Finucane, the Aquinas Alumni team was beaten by the defending champ from McQuaid. Aquinas placed 1,2,29,49 1st 62 for 143 points while the McQuaid Alums led by Tim Jones and Mike Hasenauer held places 12,15,20,32 and 37 for 122 points and the win. They were followed by the Gates-Chili Alumni and the East Rochester Alumni. Several runners did not finish as they ran off course. Before the Open race there were 17 different High School races with over 3500 runners. note: several of the High Schoolers also ran off course.

Runners of the Finger Lakes  
537 White Springs Road  
Geneva NY 14456

8 October 1982  
Dick Withrow, President  
Greater Rochester Track Club  
P. O. Box 8310  
Rochester, New York

Dear Dick:

Runners of the Finger Lakes is a newly formed (June 24, 1982) running club in the Geneva, Penn Yan, Waterloo area. At present we have about 20 members, of whom about one-half are also members of GRTC. We were one of the organizations which sponsored the successful Geneva General Health Run on September 19th.

For 1983, we have come up with what we believe will be a fun and exciting series of monthly road races. These races will be run with the participants starting at different times but all running the same course, thus, utilizing handicaps analogous to those in golf or bowling. The handicaps will be based on each person's previous 1 to 3 races in the series. Races will be held in November and December on the same course as the Health Run which will not count in the series standings, but will be used to establish handicaps.

This will be a year long series with awards to be given in December, 1983 to the top 10 series finishers. How will the top 10 finishers be determined? Series standings will be based on a competitor's 10 best percentile finishes. That is, a person who finishes 10th of 40 in a race would receive 75 points towards their series total. (Standings and handicapping will all be computed on the club's computer.) This approach washes out inherent differences in age, gender, and so on while pushing the competitors to improve.

The races will all be metric distances, ranging from 3 to 14K and will be held in Geneva, Penn Yan, Waterloo, and ?? The entry fee will be 50¢ per race or \$4.00 for all 12, paid in advance. We will use these races, as GRTC uses the Summer Track Meets, to build up our membership. They will be open to club members only with one exception. If GRTC responds positively to this invitation, we will open the series up to GRTC members, "no strings attached," from November 1982 through December 1983. If you decide that this series would be of interest to some of your membership, contact me by mail or by phone (716-244-5830 during working hours, 315-789-2703 on weekends and evenings) and we can work out whatever details are necessary.

Floyd McWilliams,  
Vice-President of Events  
Runners of the Finger Lakes

IF ANYONE IS INTERESTED IN THIS SERIES, PLEASE CONTACT FLOYD...

\*\*\* GIVE A GIFT MEMBERSHIP IN GRTC \*\*\*  
THE GIFT OF RUNNING FOR ONE FULL YEAR...

FOR FRIENDS WHO LOOK  
FORWARD TO YOUR GIFT !

PLEASE SEND A GRTC MEMBERSHIP TO: (PLEASE PRINT)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MEMBERSHIP CATEGORY \_\_\_\_\_

ORDER A GIFT MEMBERSHIP  
IN THE GRTC. YOUR GIFT  
BEGINS WITH THE MONTH  
OF YOUR CHOICE.

FROM:

YOUR NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

--THE RECIPIENT OF YOUR GIFT MEMBERSHIP WILL RECEIVE THEIR MEMBERSHIP CARD, A NEWSLETTER AND A GIFT CARD WITH YOUR NAME AND PERSONAL GREETING--

MEMBERSHIP CATEGORY:

- \_\_\_ \$ 8.00 STUDENT      \_\_\_ \$20.00 - 3 YEAR
- \_\_\_ \$10.00 NON-STUDENT      \_\_\_ \$25.00 - 3 YEAR
- \_\_\_ \$20.00 FAMILY: LIST FAMILY MEMBERS AND BIRTHDATES
- \_\_\_ \$50.00 - 3 YEAR FAMILY
- \_\_\_ \$25.00 SPONSOR
- \_\_\_ \$ 8.00 NEWSLETTER ONLY
- \_\_\_ \$ 5.00 SUMMER ONLY (JUNE, JULY, AUGUST)

MAIL THE ABOVE INFORMATION AND CHECK TO: LOU ASMUTH  
MAKE CHECKS PAYABLE TO GRTC. P.O. BOX 258  
BROCKPORT, NEW YORK 14420

Bill Kehoe's  
Willopus T-Shirts

192 Winteroth Street  
Rochester, New York 14609  
Phone (716) 634-8991

RESULTS OF THE WORLD'S BIGGEST 10K (A RACE FOR FULL-SIZE PEOPLE)  
Mendon Ponds Park

1. Tom Trocki (1st 30/35)	36:11	38. Peter Connor	46:16
2. Don Scheg (1st 35/39)	37:05	39. Charles Rohn	46:26
3. Dave DeBell	37:21	40. Gerry Eggert	46:46
4. Dennis Moriarity (1st 29 and under)	37:44	41. John Novak	47:10
5. Marty Stark	37:46	42. Peter Hawker	47:11
6. Gerry Sullivan	37:49	43. Mike More	47:33
7. Bill Nowarowski	38:30	44. Marvin Sachs	47:36
8. Ivan Lennon	38:42	45. Ralph Eisenmann	47:40
9. Jim West	38:43	46. Richard Aust	47:41
10. Roger Westom	38:44	46.a Barry Thorne	47:41
11. Tom Carr	38:49	48. Lee VerColen	48:55
12. Ray Hutch (1st 40/49)	39:37	49. Tom Kelly	48:33
13. Rich Bukowski	39:43	50. Fred Zanni	48:47
14. Bill Kehoe	40:23	51. Charles Ritger	49:15
15. Bill Beck (Pa.)	40:40	52. Perry Beyer	49:29
16. Kevin Doell	41:18	53. Jerome Gurev	49:33
17. Tim Mee	41:59	54. J. Pavelsky	49:41
18. Sherman Parker	42:01	55. Herb Sears	49:50
19. Ken Steffen	42:02	56. Fintan Early	50:02
20. Joe Adams	42:13	57. Dick McNeil	50:17
21. Dick ooter	42:26	58. Rick Wallman	50:30
22. Ted Nixon	42:39	59. James Rumsey	50:34
23. Bill Beck (E.R.)	43:17	60. Jim Dow	50:44
24. Frank Liberti	43:21	61. Beth McGill (1st 29 and under)	51:05
25. Larry Tripido	43:43	62. Billy Verge	51:37
26. Mike McGeough	43:50	63. Jeff Barbato	51:42
27. Tom Deyle	43:53	64. Kathy White	51:46
28. Dennis Peel	44:02	65. Guy Coniglio	51:48
29. Bob Titus	44:10	66. Don McNeilly (1st 60 & up)	51:57
30. Gee Gee Fritz (1st W 30-34)	44:13	67. Terry Bees	51:59
31. Allen Ziegler	44:35	68. Tom McNeill	52:04
32. Barry Cruttenden	44:41	69. Paul Nothnagla	53:06
33. Sharyn Duffy (1st 35/37)	44:41	70. a Jack Story	53:04
34. Baird Couch	45:08	71. Bob Viets	54:19
35. Hiram Quine (1st 50-59)	45:21	72. Ken Wade	54:55
36. Rob Schwartz	45:30	73. Richard Lacey	55:04
37. Jay Kornguth	45:34	74. Lisa Levinson	55:10
		75. Grant Fowler	55:26
		76. Joe Egan	55:28
		77. Fred Heier	55:31
		78. Anne Galway (1st 40 & up)	57:22

79. Jack Ward 57:42; 80. Pat Green 57:33; 81. Bill Cushman 58:36;  
82. Katherine Meyers 58:42; 83. R.W. Hendricks 61:01; 84. Melody Setter 61:38; 85. Harold Petrone 62:48; 86. Sylvia Aust 66:47; 87. Beth Knittle 69:08; 87.a Bill Knittle 69:08; 89. Robert Daniel 71:59

On behalf of the newsletter committee, I would like to share with you an anonymous letter we received this month.

Lori Clements, Cisilyn Lightbourn and I volunteered to be on the newsletter committee this past May. Personally, I was amazed to see how much work is involved each month and still can't believe Sue Gwynn did it all by herself. We as a committee are trying to do the best we can. Obviously it's impossible to find out all the news, we're not reporters.

After sharing this letter with Dick Withrow, the Board discussed it at this past month's meeting. Mary Terziani has volunteered to write up a column with results, news, etc. each month. This will be a start but maybe some other people could contribute news to us. If the club wants a good newsletter it can't rely on three people to do it.

Thanks.

Joan Simeone

P.S. We welcome your criticisms, good or bad. It would be nice if you signed your name!

CONSIDERING THE FACT THAT WE  
HAD A CLUB MEMBER (DAVE WIND) WIN TWO  
NATIONAL MASTERS CHAMPIONSHIPS THE  
FIRST WEEKEND IN AUGUST AND NUMEROUS  
ATHLETES FROM THE CLUB WIN MEDALS  
IN THE SENIORS/MASTERS DIVISION OF  
THE EMPIRE STATE GAMES THE SECOND  
WEEK OF AUGUST, DON'T YOU THINK  
IT'S ABOUT TIME WE HAD AN ARTICLE  
IN THE NEWSLETTER RECOGNIZING  
THESE OUTSTANDING ACHIEVEMENTS.

THE NEWSLETTER DOES  
A LOUSY JOB REPORTING THE  
RESULTS OF THE REAL RUNNERS  
IN THE CLUB. LET'S GET ON  
THE STICK!

GRTC Medalists-EMPIRE STATE GAMES-August 13-15, Syracuse, New York (MASTERS DIVISION)

<u>100 Meters</u>	30-34	3rd	Ron Hardy	11.77
	35-39	3rd	Bill Stroud	12.53
	40-44	2nd	James Yates	12.68
<u>400 Meter Hurdles</u>	40-44	1st	Jim Remenicky	71.71
<u>800 Meters</u>	30-34	1st	Mike Hasenauer	2:03.7
	35-39	3rd	Rick Guido	2:06.0
	30-34W	1st	Mary Beth Glavin	2:35.79
<u>10,000 Meters</u>	35-39	1st	Dave Winn	32:44.3
	45-49	3rd	R. Reddinger	41:25.5
	30-34W	1st	Mary Beth Glavin	40:08.3
	50-54W	1st	Jacque Adrian	48:17.8
<u>Shot Put</u>	35-39	1st	Paul Sadler	44' 5 1/2"
	40-44	1st	Gene Harris	44' 5 1/2"
<u>Long Jump</u>	30-34	1st	Ron Hardy	20' 7 1/2"
	40-44	1st	Gene Zastawey	17' 9 1/4"
<u>110 High Hurdles</u>	40-44	1st	" "	18.8
<u>200 Meters</u>	30-34	3rd	Ron Hardy	23.8
	35-39	2nd	Rick Guido	24.4
		3rd	Bill Stoud	24.6
	40-44	1st	James Yates	25.8
<u>5000 Meters</u>	30-34	2nd	Jim Boyle	15:46.9
		3rd	Rodney Williams	15:53.7
	35-39	1st	Derek Frechette	15:39.3
	40-44	3rd	Dick Withrow	16:54.7
<u>Triple Jump</u>	30-34	1st	Ron Hardy	43; 10 1/4"
<u>Pole Vault</u>	35-39	1st	Tom Rauscher	12'
<u>Discus</u>	35-39	2nd	Paul Sadler	123' 4"
	40-44	1st	Gene Harris	116' 5"
<u>400 Meters</u>	30-34	2nd	Mike VanAuker	53.2
	35-39	1st	Rick Guido	53.7
		2nd	Bill Stoud	55.1
<u>1500 Meters</u>	45-49	1st	Ed Cloos	4:38.3
<u>3000 Meter Steeplechase</u>	30-34	2nd	Bill Quinlisk	11:27.0
<u>3200 Meter Relay</u>	30-39	1st	Guido, Williams, Van Auker, Ladd	8:36.0
<u>Marathon</u>	35-39	1st	Gerry Sullivan	2:59.25
	45-49	2nd	Bill Hossler	3:08.59
<u>4x100 Relay</u>	30-39	2nd	Guido, VanAuker, Hardy, Ceronie	46.6

TOTALS GOLD - 20  
SILVER - 9  
BRONZE - 8  
37

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 \_\_\_ Road Races \_\_\_ Summer Meets  
 \_\_\_ Speakers \_\_\_ Competitive Teams \_\_\_ 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: Lou Asmuth, P.O. Box 258  
Brockport, NY 14420

CHAMPIONSHIP RACE

Men's 10 and Under	Time	58:09.4*
Men's 13 thru 17	54:54.0	
Men's 18 thru 22	55:04.1	
Men's 23 thru 27	55:45.0	
Men's 30 thru 34	56:46.9	
Men's 35 thru 39	57:33.4	
Men's 40 thru 44	57:00.4	
Men's 45 thru 49	57:03.8	
Men's 50 and Over	57:50.4	
Women's 10 and Under	1:02:13.0*	
Women's 13 thru 17	1:05:36.4	
Women's 18 thru 22	1:07:14.1	
Women's 23 thru 27	1:08:49.1	
Women's 30 thru 34	1:11:47.4	
Women's 35 thru 39	1:13:57.7	
Women's 40 thru 44	1:15:58.8	
Women's 45 thru 49	1:18:37.7	
Women's 50 and Over	1:21:56.4	

WYOMING STATE CHAMPIONSHIP RACE

Men's Open	Time	57:01.5*
Steve Tulos	48:52.1	
Alto Tarrall	51:00.4	
Men's 30 thru 34	53:12.1	
John View	53:16.9	
Men's 35 thru 39	55:37.7	
Richard Jarrett	58:10.2	
Men's 40 thru 44	58:48.0	
Men's 45 thru 49	54:00.7	
Men's 50 and Over	56:00.5	
Women's Open	1:25:12.7	
Women's 30 thru 34	1:21:56.4	

Back Members: 62PF, 67N Rudidity  
 Race Sponsors: First Federal Savings, Breaux/Walls Supermarkets and Milligan's Publiette.