



NEWSLETTER

ROCHESTER, NEW YORK

DECEMBER, 1982

The President's Column

Dick Withrow

On October 25th there was a meeting at Rochester's Special Events Office. This meeting was to bring together Race Directors for the various races held in Rochester and members of the Rochester Police Department to establish policy for the 1983 racing season. The following is a list of the attendees and their affiliation:

Jack Salitan - Landmark 10K
Tim McAvirney - Rochester Marathon
Dick Withrow - Greater Rochester Track Club
Ross Rider - Park Avenue 5 Mile Race
Bill Teleky - Rochester Red Wing 10K
Barbara Walker - Marathon for Catholic Schools
Paul DeVaney - City Recreation
Bob Sierama - Police Locust Club 10K
Pam Bartemus - Rams Run
Joe Gagne - St. Boniface Race
Margaret Carr - Maplewood Festival
Ed Hooks - Run for the Shamrocks
V. Petisi - Rochester Office Cultural Affairs and Special Events
Myra Metts - " " " " " " " "
Bill Malley - " " " " " " " "
Sgt. George Lane - Rochester Police Department
Lt. J. Cook - " " " "
Cpt. Urlacher - " " " "
Melanie Holcomb - Manufacturer Hanover/Lilac 10K
Bill Kehoe - Corn Hill 10K

Lt. Cook stressed that the Rochester Police Department wants to accommodate everyone's event. Their primary concern is safety. Highlights of the meeting were:

1. Sgt. Lane presented maps of several possible race courses for consideration. These were considered easy and accessible to all. The courses were near Hollender Stadium, Cobbs Hill and the Gateway area.
2. Lt. Cook emphasized that if these courses were not satisfactory for a particular race to notify the Special Events Section well in advance and Sgt. Lane will try to work out a suitable race course with the Race Director.

GRTC BOARD OF DIRECTORS

John Blanchard	Tim McAvirney
Kare Cossaboon-Holm	Al Olson
Mery Beth Glavin	Bruce Quimby
Rick Guido	Bill Quinlisk
Sue Gwynn	Ross Rider
Mike Hasenauer	Paul Sadler
Jane Taculli	Nan Slombor
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
Freezeroo Series	Jane Taculli		Mike Hasenauer
Membership	Lou Asmuth	Women-in-Motion	Kare Cossaboon-Holm
Newsletter	Laurie Clements		Mary Terziani
	Cislyn Lightbourn		(271-6605)
	Joan Simeone		
Publicity	Tim McAvirney		
	(865-1244)		

The deadline for the January-February "Combined" newsletter will be January 15, 1983.

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 Whippletree 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 10c/word. Submit to Dick Withrow, 24 Green Ridge Crescent, Hamlin, NY, 14464. (964-2226)

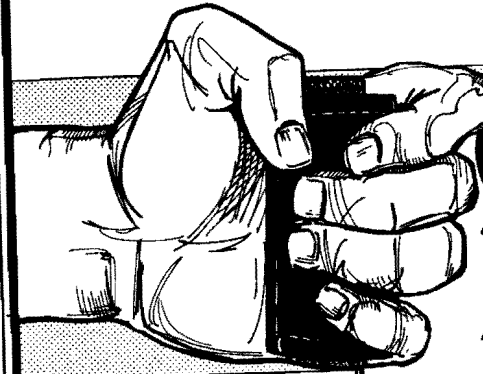
GRTC's booklet of revised and expanded Road Race Guidelines is available to road race Director's from Ross Rider.

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.

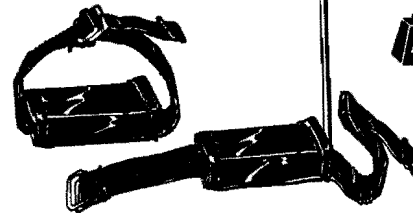


GET EVEN

GET HANDEE WEIGHTS™

TO BUILD UPPER BODY STRENGTH WHILE YOU RUN

Handee Weights™—a convenient way to strap one lb. weights securely to each hand (2 removable 8 oz. weights). This unique fitness aid allows freedom of movement while exercising and can be worn alone or over gloves for comfort year round. A great way to give your body a complete workout without straining your wallet—Handee Weights™ are only



HW HANDEE WEIGHTS

\$6.95

*per pair (inc. tax)
plus \$2.50 for shipping and handling*

**"with HANDEE WEIGHTS™
the key to even fitness
is in the palm of
your hand"**

YES I WANT TO GET EVEN!

name _____
 address _____
 city _____ state _____ zip _____
 sm med large x-large quantity _____
 send check or money order to: HANDEE WEIGHTS™
 P.O. Box 1202, Rochester, NY 14603
 *shipping and handling is FREE on orders of three or more pr.
 For further information call Mugnolo Corp. (716) 325-3216

--2 (President's Column)

3. Race marshalls will be satisfactory for traffic control at low-key intersections.
4. If a race is for profit-making organizations, they will have to reimburse the city for police costs.
5. The GRTC will supply the Police Department with our Race Calendar.

In a general discussion the police requested Race Directors and the GRTC to request that bikers not ride alongside runners during a race. Lt. Cook stated that at several races this year cars had more problems avoiding bikers than runners.

The meeting was felt to be worthwhile by all who attended. It seems as though the 1983 racing season will be better and safer than ever.

Highlights of the November Board Meeting

1. Tim McAvinney and Bill Kehoe have prepared some runners gloves with the GRTC logo on them. These will be sold in the Running Store, the Athletes Foot and Jim Dalberth's with proceeds going to the club.
2. Ross Rider has completed the Road Race Survey Questionnaire. This will be distributed to several hundred members and used to help Race Directors give runners the type of events they want. It still hasn't been decided yet how to distribute these forms.
3. The Board approved the new constitution and by-laws which were prepared by Mike Curry and Mary Beth Glavin. The new by-laws will allow us to file for tax-exempt status.
4. The Board agreed to be a sponsor for this years Monroe County Sheriffs Department yearbook.
5. Ross Rider said that the Brighton Town Board agreed unanimously to have the Dannon 10K back in 1983. September 4, 1983 will be the day.
6. Rick Guido summarized the Nike Series and that report is included in this newsletter.
7. A Cross-Country Racing series was planned for 1983. The series will include a race in September, another in October, then finish with the Crazy 8 in November. Rod Williams has offered to help coordinate this series.
8. Mike VanAuker has offered to direct one or two indoor track meets this winter. The meets will be on Sunday mornings at the University of Rochester.

INDOOR TRACK INDOOR TRACK INDOOR TRACK INDOOR TRACK INDOOR TRACK INDOOR TRACK INDOOR TRACK INDOOR TRACK

The GRTC has rented the indoor track at the University of Rochester for two indoor track meets this winter. These will be low-key events with minimal awards, possibly ribbons. The first meet will be January 9, 1983 from 9:30 a.m. to 12 noon. The second meet will be on February 6 or February 13, the date will be announced in our next newsletter.

Pin spikes are allowed. Please tell anyone you know who enjoys indoor track!

Support GRTC Track Club events with this great stocking stuffer.

GRTC RUNNER'S GLOVES!

100% cotton jersey with cuff and GRTC logo to show your a supporter of running in the Rochester area. GRTC gloves will be available at the races and at these fine stores:

The Running Store
Athletes Foot (Greece and Marketplace)
Dalberth's Sporting Goods

These gloves can be purchased at the reasonable price of only \$2.00 a pair.

"When those winter winds blow, feel the warmth of your contribution to the Greater Rochester Track Club."

1982-83 FREEZEROD SCHEDULE (now official)

Sun	12/5/82	CHURCHVILLE FARK EAST LODGE -Bruce Quinby	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	1/22/82	GREECE ARCADIA HIGH SCHOOL -Tim McAvinney	8mi	11:00am
Sat	2/ 5/83	COBBS HILL PK. MAIN LODGE -City Rec Paul DeVaney	8km	10:00am
Sun	2/20/82	NORTH CHILI COMMUNITY CTR -Randy Johnson	10km	11:00am
Sun	3/ 8/83	MENDON PONDS PK. STEWART LODGE -Jane Iaculli	5mi	11:00am
Sun	3/20/83	MENDON PONDS PK. STEWART LODGE -Dick Withrow	10mi	11:00am

HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP HELP

This is the official freezerod race schedule for 82-83. Please note that the GREECE 8 MILER is now on SATURDAY not Sunday. Also note that the 5 MILER AT COBBS HILL is at 10:00am and NOT 11:00am as usual.

As you can see there are still 2 races that need directors. If you are interested please call me at the below numbers.

THANKS TO ALL OF YOU WHO HAVE HELPED OR VOLUNTEERED TO HELP ME THIS YEAR

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

NOTICE: The GRTC Records have been updated as of 9/1/82.
Any corrections should be sent in writing to
Bill Quinlisk, 112 Resolute St., Rochester, N.Y. 14621

Criterion for GRTC Records

1. You must be a member of the GRTC at the time the record is set.
2. You must be competing for the GRTC in a sanctioned meet.
3. Performances made while a member of a school(H.S. or College) team will not be considered for GRTC records.
4. Notification of your performance must be made to the GRTC through a Board member or publication in the Newsletter.
5. Performances made in the Empire Games and other meets sanctioned by the TAC will be considered for record-setting purposes so long as the above criterion apply. (note: an athlete may not compete for more than one TAC sanctioned club at a time)
6. Road race performances will not be counted for Track & Field record setting purposes. (Exception: Marathon and course must be certified)

HENRIETTA COLUMBUS DAY RUN

October 17, 1982

7 Miles

OHNEATH KATHLEEN TRACK CLUB MEMBERS

Event	Men	Women	Senior	Master
50y	5-5 Sam Hampton	6-2 Karen Prue	5-8 Mike VanAnker	6-2 Bruce Bridgeman
5m	5-9 Ben James	6-9 Colleen Fulcomer	5-9 Kirby Turner	6-5 Jim Yates
100y	6-6 Mike Walker	NR	NR	NR
100y	7-4 Brent Jackson	11-3 Karen Prue	10-8 Dave Thomas	11-2 Dave Thomas
100m	10-2 Brent Jackson	12-2 Kim Barnes	11-3 Kirby Turner	12-2 Dave Thomas
100m	20-6 Brent Jackson	25-8 Karen Prue Denise Long	22-7 Kirby Turner	25-5 Jim Yates
100y	30-9 Jim Heary	37-7 Shirley Bromlie	31-9 Mike VanAnker	30-5 Bruce Bridgeman
100m	35-7 Ben James	41-6 Lisa Horton	38-0 Rick Guido	41-9 Jim Remenick
100m	47-5 Kirby Turner	56-4 Laurie Stephens	50-5 Mike VanAnker	58-3 Jim Remenick
100m	110-3 Neil Moore	122-3 Paula Ghiesse	123-3 Dick Person	120-7 Jim Remenick
100y	113-1 Vinny Versage	127-7 Karen Boehmer	115-2 Mike VanAnker	121-0 John Coons Jim Remenick
100m	125-1 Leroy Nixon	151-1 Beth Burahill	131-0 Rick Guido	143-3 Ed Cloos
100m	151-8 Mike Kelly	211-3 Penny O'Brien	210-5 Rod Williams	213-7 Dick Frank
100y	212-7 Rick Sarton	NR	212-5 Dale Ladd	210-5 Gene Osborn
100m	213-8 Lee Flumme	210-0 Penny O'Brien	212-0 Rod Williams	210-0 Don DeMorda
100m	312-3 Paul Stemmer	412-0 Penny O'Brien	410-4 Dave Minn	411-5 Ross Rider

Event	Men	Women	Senior	Master
1 Mile	4:11.8 Mike Kelly	5:08.0 Debbie Grain	4:29.6 Gerry Benedict	4:49.2 Wayne Hanson
2000m	5:35.2 Dan Fredore	6:59.5 Beth Dwyer	NR	NR
3000m	6:29.0 John James	8:19.0 Beth Dwyer	6:49.5 Derek Freshette	10:22.0 Dick Frank
2 Mile	6:59.0 John James	11:01.0 Anita Kelly	6:29.5 Derek Freshette	10:30.2 Wayne Hanson
3 Mile	13:13.0 Craig Moha	17:05.0 Kare Cossaboom-Holz	11:34.9 Derek Freshette	13:51.1 Bill Fuller
5000m	16:13.0 Craig Moha	17:43.0 Kare Cossaboom-Holz	15:00.3 Derek Freshette	16:25.0 Bill Fuller
6 Mile	20:49.0 John James	35:24.0 Kare Cossaboom-Holz	30:33.9 Dave Coyne	34:50.0 Bill Fuller
10000m	30:05.0 Craig Moha	36:14.0 Kare Cossaboom-Holz	31:40.4 Dave Coyne	34:09.7 Bill Fuller
3000m	8:47.0 Steeplechase Bruce Baden	NR	10:26.0 Dale Ladd	NR
110m Ht (100m LH women)	13.9 Robert Johnson	16.6 Renee Schmitt	18.7 Mike VanAnker	21.5 Jim Remenick
100m Ht (women)	52.9 George Cook	1:06.0 Colleen Murphy	56.5 Mike VanAnker	59.0 Jim Remenick
300m Ht	39.0 Paul Kirschoff	47.9 Renee Schmitt	41.1 Mike VanAnker	49.7 Jim Remenick
1 Mile Walk	7:23.9 Larry Hankus	10:12.7 E. Robinson	NR	NR
5000m Walk	26:19.2 Larry Hankus	NR	NR	32:52.2 Hayward Bittor
Hour Run	11M. 1:30 Jim Boyle	NR	5M. 1:30 Jim Connelly	NR
Marathon	2:12:10.3 Craig Moha	2:44:11 Kare Cossaboom-Holz	2:25:15.7 Jim Boyle	2:40:0 Dick W. throw
Deathlon	62.7 Jerry O'Dell	NR	4:13 Dave Thomas	NR

Event	Men	Women	Senior	Master
100	6-8 Steve Pace	5-6 Renee Schmitt	5-8 Dick Guivrey	4-10 Jim Remenick
100	23-0 George Brown	17-4 Harilyn Mathrell	20-8 Ron Hardy	15-9 Jim Remenick
100	40-94 Bruce McDaniel	NR	42-46 Dick Guivrey	NR
100	14-9 Mike Ormsby	NR	12-6 Tom Rauscher	10-0 Frank Illuzzi
Shot	51-1 Mark Cornfield	39-3 Karen Breslin	46-104 Paul Sadler	NR
100m	157-2 Kevin Akine	107-11 Karen Breslin	122-5 Paul Sadler	NR
100	229-10 Lynn Fuller	111-1 Karen Breslin	156-10 Don Torok	NR
Hammer	129-6 Dan Copeland	NR	129-11 Hank Ost	89-11 Norm Frank
35 lb. Weight	43-4 Lynn Fuller	NR	NR	NR

RELAYS

Event	Men	Women	Senior	Master
4 x 100m	41.6	49.1	47.1	70.1
4 x 200m	1:27.0	1:44.7	NR	NR
4 x 400m	3:12.7	4:06.2	3:37.8	4:09.8
Sprint Medley (400,200,200,400)	3:17.3	4:23.5	4:13.8	NR
4 x 800m	7:46.1	9:22.2	12:18.2	NR
4 x 1 Mile	10:11.1	NR	NR	NR
4 x 100m Medley (1/4, 1/4, 1/4, 1/4 mile)	10:23.6	NR	NR	NR
4 x 110m Hurdles	17:07.8	NR	NR	NR
2 runner 1600m (alt. 400m)	4:310.5	5:510.0	4:417.0	4:109.5
2 runner 1600m (alt. 600m)	4:519.0	5:713.1	4:910.6	5:124.3
2 runner 1600m (alt. 1600m)	4:510.5	6:018.0	5:155.0	5:135.8
Women's Medley (200,100,100,400)	1:53.0	NR	NR	NR

PLACE	POSITION	Men 17 & Under	TIME
1	23	Anders Stot	44:59
2	31	Joseph Casey	47:55
3	90	Steven Addison	59:23

Men 18-29

1	1	Ray Stemmer	37:31
2	2	Blouer	37:32
3	4	Mikal Baxter	38:23
4	6	Tom Dannals	39:59
5	7	Ron Abraira	40:42
6	8	Franchi Daniels	40:49
7	17	Samuel Osborne	43:45
8	20	Joe Spencer	44:24
9	24	Dave Drew	45:26
10	32	John Guiggey	47:58
11	37	Steve Schmitz	48:35
12	40	Stephen Romano	49:50
13	41	Ron Rivers	49:55
14	42	Patrick Morgan	49:58
15	65	Ken Steffen	54:02
16	66	Jonathan Miller	54:04
17	67	Roger Ray	54:09
18	68	David Paulson	54:12
19	112	Duane Basch	1:07

Men 30-34

1	3	Jim Boyle	38:00
2	5	Gary Chellman	39:15
3	10	Bill Pixley	42:09
4	12	Greg Johnson	42:38
5	14	Bill Bailey	43:00
6	35	Dick Footer	48:25
7	38	Frank Liberty	49:01
8	46	Rick Wright	51:07
9	49	Barry Cruttenden	51:13
10	56	Don McCall	52:58
11	60	Gil Fetzner	53:37
12	76	Tom Bartrand	56:54
13	77	Charles Rohn	56:57
14	80	Terry Bees	57:38
15	81	Mark Fleisdx	58:02
16	86	Bruce White	58:45
17	87	Keith Meyers	59:12
18	108	Jim Petrosino	1:05

Men 35-39

1	16	Tom Uhl	43:23
2	18	Dave Gross	43:51
3	19	Mike Webster	43:56
4	22	Ivan Lennon	44:33
5	27	Walt Bollech	45:44
6	30	Peter Artz	47:34
7	34	Dick VanAlmKirk	48:15
8	47	Tom Deyle	51:08
9	51	Michael Yunker	51:37
10	52	Andrew Hall	51:47
11	53	John Taculli	52:03
12	54	Tom Skivington	52:05
13	58	Ralph Eisenmann	53:21
14	69	Tom Kelly	54:25
15	71	Alan Fernays	55:04
16	78	Mike Tartaglia	57:05
17	82	Tom Fuerst	58:07
18	92	Buzz Blumm	59:41
19	93	Jim Walzer	1:00
20	109	Bruce Wynar	1:06

<u>Men 40-44</u>			
1	9	Dick Telarico	42:09
2	11	John Coons	42:20
3	13	Mel Levinson	42:40
4	21	Don Buttacco	44:26
5	29	Geoff Stead	47:01
6	33	Tom Milano	48:07
7	36	Jim Edd Jones	48:26
8	44	Gary Pratt	50:54
9	45	Steve Willard	51:07
10	48	Jack Ward	51:12
11	55	Baird Couch	51:13
12	57	Dick Schaff	53:08
13	61	Gerald Eggert	53:43
14	63	Jim Greppin	53:58
15	68	Fumio Go	54:12
16	70	Ron Marianetti	54:34
17	94	Paul Nothnagle	1:00
18	98	Alan Nobel	1:01
19	103	Edwin Hoffer	1:04
20	104	Donald Cochrane	1:05

<u>Men 45-49</u>			
1	15	Richard Jarrett	43:02
2	28	Bill Hossler	46:36
3	39	John Connelly	49:11
4	89	J. Nelson Scott	59:22

<u>Men 50+</u>			
1	26	Len Savage	45:41
2	62	John Hynd	53:49
3	74	Ed Stabins	55:52
4	79	Tom Sharker	57:20
5	85	John Burke	58:36
6	99	Ray Burnett	1:01
7	105	Bill Cushman	1:05

<u>Women 17 & Under</u>			
1	115	Windi-Sud Guntsch	1:18

<u>Women 18-29</u>			
1	72	Mette Bjorner	55:05
2	88	Colleen Hommiedo	59:15
3	91	Laureen Burke	59:38
4	102	Rhonda Jaenow	1:02
5	107	Lisa Levinson	1:05
6	111	Nancy Allinger	1:07

<u>Women 30-34</u>			
1	42	Pat Martin	50:25
2	64	Isabelle Sherwood	54:01
3	75	Angela Mathews	56:04
4	113	Cathy Meyers	1:11
5	114	Els Glatz	1:18

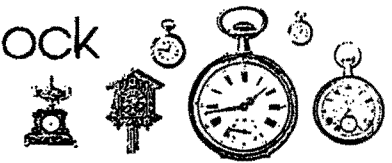
<u>Women 35-39</u>			
1	50	Carolyn Kriesen	51:35
2	59	Judy Keenan	53:35
3	96	Judy Muldoon	1:00
4	100	Marilyn Petit	1:01
5	101	Arlene Weyman	1:02
6	110	Marla McBride	1:07

<u>Women 40-44</u>			
1	84	Lou Asmuth	58:20
2	97	Joan Archer	1:01
3	106	Judy Hensley	1:05

Women 45-49
No Entries

<u>Women 50+</u>			
1	95	Joanne VanZandt	1:00:45

Calories by the Clock



Your body needs calories for three reasons—basal metabolism, physical activity and the influence of food. This formula estimates how many calories you use in a 24-hour period:

Calories for basal metabolism + calories for physical activity + calories for the influence of food = total calories used.

Fill in *all* the blank lines on the chart to estimate how many calories you use in a day. Be careful when you decide how many hours you do each activity. (Remember, sitting on the bench waiting your turn to play tennis, for example, is not considered *strenuous* activity. That time is *sedentary*.) Calculate on the back of this sheet.

A. Calories for Basal Metabolism

$$\frac{\text{your weight in pounds}}{\text{lb.}} + 2.2 = \frac{\text{your weight in kilograms}}{\text{kg.}}$$

$$\frac{\text{kg.} \times 24 \text{ hours}}{\text{your weight in kilograms}} = \frac{\text{kcal.}}{\text{Total number of calories needed for basal metabolism for one day}}$$

B. Calories for Physical Activity

Activities	Number of hours you do them	Calories burned per pound/ per hour	Your weight in pounds	Calories for activities
Rest (Reading, sleeping)	_____ hr.	x .23 kcal.	x _____ lb.	= _____ kcal.
Sedentary (Studying, typing, watching TV, writing)	_____ hr.	x .27 kcal.	x _____ lb.	= _____ kcal.
Light (Dressing, driving, cooking, doing dishes)	_____ hr.	x .36 kcal.	x _____ lb.	= _____ kcal.
Moderate (Walking, gardening, playing ping pong)	_____ hr.	x .50 kcal.	x _____ lb.	= _____ kcal.
Vigorous (Bowling, dancing, skating, golfing)	_____ hr.	x .77 kcal.	x _____ lb.	= _____ kcal.
Strenuous (Tennis, running, swimming, basketball)	_____ hr.	x 1.09 kcal.	x _____ lb.	= _____ kcal.
Total hours	<u>24</u>		Total number of calories needed for physical activity	_____ kcal.

C. Calories for the Influence of Food

$$\left(\frac{\text{Total number of calories needed for basal metabolism}}{\text{kcal.}} + \frac{\text{Total number of calories used for physical activities}}{\text{kcal.}} \right) \times 10\% = \frac{\text{Total number of calories needed for the influence of food}}{\text{kcal.}}$$

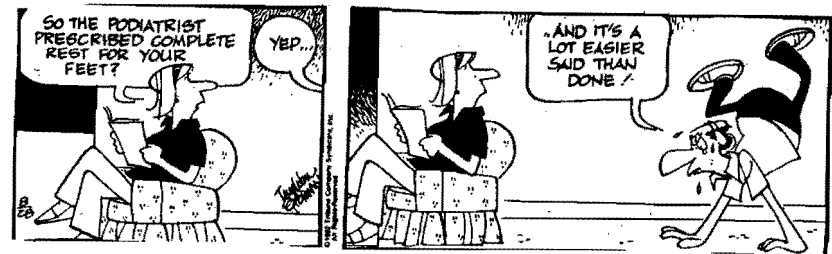
D. Total Calories

_____ kcal.	+ _____ kcal.	+ _____ kcal.	= _____ kcal.
TOTAL CALORIES FOR BASAL METABOLISM (from Section A)	TOTAL CALORIES FOR PHYSICAL ACTIVITY (from Section B)	TOTAL CALORIES FOR THE INFLUENCE OF FOOD (from Section C)	TOTAL CALORIES NEEDED FOR ONE DAY

CALENDAR OF EVENTS

- December 5 11:00 a.m. Freezeroo #1, Churchville Park, East Lodge, 10K. Bruce Quimby, 13 Loring Pl., Rochester, 14624. \$10 for the series of 8 races by 12/1.
- December 5 3:00 p.m. Social Run. Susanna Michael, 53 Hillhurst Lane (off Colebrook Drive, off Lakeshore Blvd.), Irondequoit, 342-1506. Bring dish to pass.
- December 12 3:00 p.m. Social Run, Wayne Richard, 208 Winton Road, N., Apt. #1, Rochester, 14610, 388-7390. Bring dish to pass.
- December 19 11:00 a.m. Freezeroo #2, Mendon Ponds Park, Steward Lodge (near Beach parking lot), 7.3 Mile, Bruce Quimby, as above.
- December 19 3:00 p.m. Social run. Volunteers?
- JANUARY- There will be no Newsletter for the month of January. The next newsletter will be a combined January-February.
- January 1 11:00 a.m. Freezeroo #3, Mendon Ponds Park, 7.3 Mile, Bruce Quimby, as above.
- January 9 9:30 a.m. University of Rochester Indoor Track Meet.
- January 22 11:00 a.m. Freezeroo #4, Greece Arcadia High School, Island Cottage Rd., 8 Mile, Bruce Quimby, as above.
- February 5 10:00 a.m. Freezeroo #5, Cobbs Hill Park, Main Lodge, 8K, Park Ave. course, Bruce Quimby, as above.
- February 20 11:00 a.m. Freezeroo #6, North Chili Community Center, 10K, Bruce Quimby, as above.
- March 6 11:00 a.m. Freezeroo #7, Mendon Ponds Park, Stewart Lodge, 5 Mile, Bruce Quimby, as above.
- March 20 11:00 a.m. Freezeroo #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. Lanse Toth 442-2900. \$3 pre, \$4 post.
- April 30 9:00 a.m. YMCA/McCurdy's 5 and 10K, Downtown. McCurdy's Special Events Office, 232-1000.
- May 7 9:00 a.m. Jean Mitchell Memorial 5K, Court House Square, Canandaigua. Race Director, Don McWilliams. Contact Lynda Case, Alco Properties, 4620 Chapin Rd., Canandaigua, 14424. 394-6760. \$5 pre, \$6 post.
- May 7 10:00 a.m. Jean Mitchell Memorial 10K, as above.
- May 15 10:00 a.m. Manufacturer's Hanover Lilac 10K, Highland Park. Melanie Holcomb, 263-5303 (W), 454-7877 (H) or Ted Sloan (212) 808-8511 (W).
- May 21 9:00 a.m. Monroe County Sheriff and McDonald Corporation-Camp Good Days Benefit Run, 5 and 10K, Monroe Community College. Sgt. Joe Genier, 428-5511 (W) or Lt. Dick Schaff 428-5018 (W). \$4 pre, \$5 post.
- May 29 The Human Race, United Way and Jewish Community Center, 10K. Dick Withrow, 964-2226.
- June 3 6:30 p.m. Park Avenue 5 Mile and 1 Mile Children's Race, Cobbs Hill Park, Ross Rider, 442-7762. \$2 by 6/1, \$3 post. 1 Mile - 50c.

- June 5 8:00 a.m. Lake Ontario Marathon, Greece Arcadia High School, Island Cottage Rd., Tim McAvirney, 79 Merrick St., Rochester, 14615. 865-1244 until 10:00 p.m. SSAFE for entries, \$1.
- June 11 9:00 a.m. RAMS (Rochester Area Multiple Sclerosis) 10K, Al Sigl Center, 1000 Elmwood Ave. Pam Bartenus 442-4100, ext. 288, \$4 pre, \$5 post.
- June 11 10:15 a.m. RAMS 1 and 2.7 Mile, as above.
- June 12 10:00 a.m. Wild and Crazy 5K, North Rose-Wolcott Middle School, Wolcott, Jeffrey Harper (315) 594-2272 (H). \$5. One mile fun-run at 9:30 a.m.
- June 12 11:00 a.m. Wild and Crazy 10K, as above.
- June 18 10:00 a.m. 6th Annual John Lasco Memorial Run, 2, 5, and 10 Mile, Xerox Recreation Complex, Webster. Steve Edgerton, 422-9073 (W), 467-1487 (H) \$4 pre, \$5 post.
- June 25 10:00 a.m. Rochester Police Locust Club Run for a Cause, 10K, Site TBA. Robert Siersma, 428-7175. \$4 pre, \$5 post.
- July 10 Corn Hill 10K.
- July 14 7:00 p.m. Flying Dutchman 10K, Fireman's Park, Marion, N.Y. Chuck and Marlene Smith, (315) 926-5738. \$4 pre, \$5 post.
- 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 4 8:30 a.m. Dannon 10K, Brighton High School. Ross Rider, 442-7762.
- September 5 8:00 a.m. 12th Annual Rochester Marathon, Midtown YMCA. Tim McAvirney, 79 Merrick St., Rochester, 14615, 865-1244 until 10:00 p.m. SSAFE for entries. \$5.
- September 10 9:30 a.m. Heritage Days 5 Mile Race and 2 Mile Fun Run, Marion Elementary School, Marion, N.Y., Chuck and Marlene Martin, (315) 926-5738, \$4 pre, \$5 post.
- September 27 11:00 a.m. Palmyra Canaltown Days 15K, Village Hall. Jamie Hennings, 377-2500 (W), (315) 597-5585 (H). \$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.
- November 26 10:00 a.m. 6th Annual R.T. Turkey Run, 5 Mile, Mendon Ponds Park, Beach Parking Lot. Bill Quinlisk, 473-1130 (W), 266-7309 (H). \$2 pre, \$5 post.



MISCELLANEOUS RESULTS

Skylon Marathon, October 16, 1982

Noel Chavez 2:51
Gene Northrup 2:52 (Master)
Debbie Roof 3:18 (6th Women, 3rd 29 & Under)
Jeff Levine 3:24
D. Hicks 3:31
Don McNelly 4:02

GRTC Summer Meet #7: 600m Master's Event

Robert Sandel 1:43.0

GRTC Touring Team, October 30, 1982 Cross Country Invitational 10K

Team Scores: Farleigh Dickinson 29
Perm State 47
West Virginia 51
Rutgers 107
Frostburg State 115
Perm State Spike Shoe 195
GRTC 196
Mansfield State 213
Robert Morris 305
St. John Fisher Incomplete
James Madison Incomplete

Individual Results for GRTC:

Steve Pulos 32:41 (24th)
Dave Wirm 33:39 (44th)
Leo Finucane 34:07 (54th)
Jim Boyle 34:34 (62nd)
Phil Tschorke 34:42 (64th)

Apple Derby 5K

Barb Bergin 26:00 (1st, 40-49)

If anyone is still waiting for their Corn Hill t-shirt, Bob Epstein has informed us he now has them. You can pick them up at the Freezeroo races. (December 5, Churchville Park-1st Freezeroo)

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.

Marine Core Marathon

Bud Miller 3:05
Don McNelly: (Marathons)
Columbus 4:54 (109th)
New York City 4:03 (111th)
San Antonio 3:58 (112th)
Nickle City 9:23 (50 Miler)

... 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
P.O. BOX 258
MAKE CHECKS PAYABLE TO GRTC. BROCKPORT, NEW YORK 14420

NIKE/ALTIERS GRAND PRIX ROAD RACING SERIES

The 1982 running season was a unique year for Rochester runners. In the running season, spanning eight months, over 2100 runners ran in championship covering a total of four races. The NIKE/ALTIERS GRAND PRIX OF ROAD RACING became a competitive series where runners could be judged the best by age group competition.

The first race in the series, "Run For The Shamrocks", was run March 13, 1982. Over 600 runners opened the series. The fast 5 miler produced a Rochester area best time of 24:02 for Craig Holm. Three months later, the "Nike/Altiers 10K" was run with over three-hundred runners participating. Dan Pradmore ran a Rochester area best of 29:12 in winning the second series race. In less than a month, the third race, the "Firecracker 5 Miler", attracted over 600 runners. Steve Pulos won over a moderately hilly course in a respectable time of 25:30. Again Pulos won in the last race of the series, the "Marketplace Mall 10K", in a quick 31:30 time with a field of over 400 runners on a cool October 23, 1982. The "Marketplace Mall 10K" is pending certification from the National Running Data Center.

The series also attracted some outstanding women's performers. Kere Cossboom-Holm ran a Rochester area best time of 28:58 in the "Run For The Shamrocks" 5 miler. Also Julie Ogden's excellent 37:15 time in the "Marketplace Mall 10K" was added to the lists of great season performances by women.

Moreover, a number of national record-breaking performances were witnessed during the season in the series. Beryl Skelton broke two American age group records. Her best race, the 43:01 time for the "Nike/Altiers 10K", bettered the listed national record by 64 seconds. Also, Paul Robertson's two wins (in series race two and three) and his second place in race four of the series, all broke the existing American age group record. Paul's best performance was ironically in a loss to Gary Rech when he ran 42:33 for the 10K. This performance was 17 seconds better than the listed record. Gary Rech's 42:25 time in the "Marketplace Mall 10K" was an American age group record for 67 year olds. Gary was 8 seconds ahead of Paul in a thrilling and climactic finish to the series in the 60 and over age group. Our last national record was set by our youngest competitor, Kyle Yost. Kyle's 36:48 time for the "Marketplace Mall 10K" bettered the national age group best by 15 seconds for an eleven year old!

Winners of the age group competitions were:

Female 12 and under	no winner (no one person ran in three races)
Female 13-17	Chris Dudek (16) 2 wins, a 2nd place.
Female 18-29	no winner (no one person ran in three races)
Female 30-39	Carol Monnier (37) 1 win, a 3rd and a 9th.
Female 40-49	Lois Hotchkiss (42) 1 win, a 2nd, a 3rd and a 3rd.
Female 50 and over	Beryl Skelton (53) 3 wins (the CHAMPION of the series)
Male 12 and under	Kyle Yost (11) 4 wins (the CHAMPION of the series)
Male 13-17	Brad Solarek (14) 2 wins, 2nd and a 4th.
Male 18-29	Steve Pulos (29) 2 wins, a 4th
Male 30-34	Jim Boyle (32) 1 win, 2nd and a 3rd.
Male 35-39	Dave Winn (39) 4 wins
Male 40-49	Bill Fuller (43) 2 wins, a 4th.
Male 50-59	Len Savage (51) 2 wins, a 3rd.
Male 60 and over	Paul Robertson (63) 2 wins, a 2nd.

The overall male and female winners of the series are Beryl Skelton and Kyle Yost. Both ran better than the listed national bests; their best performance was approximately 101% of the listed national record. Each went undefeated in the competition. It should also be noted that Dave Winn went undefeated in four races, with a best performance (32:06 for 10K at the "Nike/Altiers 10K") rated at .9598% of the listed national record for 39 year olds.

In all, the series' races produced four individuals whose performances surpassed national bests for their age groups; there were 7 performances by these people which bettered existing national records.

Beryl and Kyle will run in the "Race Of The Americas" in Miami, Florida on January 15, 1983. All their expenses will be picked up by NIKE/ALTIERS.

Rick Guido
Series Director

Mailing Address: 164 Mushroom Blvd., Rochester, N.Y. 14625

(716) 424-5650

November 4, 1982

To The Rochester Track Club:

Altier's has just completed it's fourth and final race of the Altier/Nike Grand Prix Series. Our series started with the "Run for Shamrocks" on March 13th, and included the "Altier/Nike 10K" on June 5th, and the "Perinton Firecracker Five" on July 3rd, ending with the "Marketplace Run" on October 23rd.

The series was not only very successful, but it was a fun and educational experience. Much of the success was due to the many members of the Rochester Track Club who put so much time and effort into our series. Whether they were helping with registration, working the finish chutes, tabulating the results, or handing out T-shirts, the volunteered service of these people was greatly appreciated. To all of these people Altier's would like to say Thank you!!! We were happy to be part of the Rochester running community this year.

Sincerely yours,

Altier & Sons Shoes

I would like to take a moment to express my sincere thanks to all of you who have worked so hard to make our Sunday afternoon social runs such a success! Most of you have all done your share of offering to host a social run...and many of you have done so much more.

Social runs for those of you who are not familiar with them are Sunday afternoon get-togethers where we get together at different members homes, bring a dish or drink to pass and run. The distance and speed at which you run are your choice. You can run where you like or there are also several courses mapped out of the surrounding area for you to pick. Many times you can find a partner to run with. After the run, everyone comes back and enjoys food and socializing. Social runs are open to absolutely anyone who has an interest. Social runs are also a super way to meet fellow runners. I encourage all of you to come. The dates and addresses are listed in the calendar of events each month in our newsletter. We only ask of you to participate in social runs in your home at least once a year. There's not a lot involved in hosting a run. Just supply paper plates, utensils, etc. and three or four routes at various distances in your neighborhood for the runners to run. (2, 4, 5, 8 miles, etc.)

As always, and especially now we are in need of hosts for the socials. Please consider having one. If you would like more information on the runs, or you would like to host one, please contact me.

Thank you,

Sarah Kehoe
654-8991



Christmas Rush

DECEMBER 11, 1982
8:AM - 6:PM
UNION COLLEGE
SCHENECTADY, N.Y.

P.O. BOX 777
SCHENECTADY, NEW YORK
12308

Training to improve your 5 mile and 10 kilometer times by Dave Winn

ENTRIES: Entry deadline is FRIDAY, DECEMBER 3, 1982. All entries must be on separate 3x5 cards. The information will include:

- Line 1 - Event
- Line 2 - Name
- Line 3 - Seed time/distance
- Line 4 - School or club
- Line 5 - Coaches signature

Relay Cards - List team, name with event, seedtime, etc.

ENTRY FEE: Entry fee is \$2.50 per athlete per event. Relays are \$5.00 per relay. Entry fees must accompany entries. Make checks payable to: On The Road, Inc., P.O. Box 777, Schenectady, NY 12308. Late entries/day of the meet entries will be \$5.00 per athlete per event, \$10.00 per relay team. Meet Director reserves the right to reject entries. Late entries close 12 Noon, December 11th.

FACILITIES: Memorial Fieldhouse is a 10 lap/mile tartan surface. Pin spikes are allowed (1/8"). Shot put is thrown from a raised wooden circle. High jump is from smooth tartan surface - No Spikes. Dressing and shower facilities are available. Union College, On the Road, Inc. and the Adirondak TAC will not be responsible for personal items.

AWARDS: Christmas Rush T-Shirts will be awarded to the top 5 individuals and top 3 relay teams in each event.

REFRESHMENTS: A variety of foods and snacks will be available.

ORDER OF EVENTS: Athletes must report to bull pen when their event is called or be scratched.

7:30 A.M. Locker rooms open	1:00 P.M. 50 Meter Trials/semis
8:00 A.M. High jump-men 5'6" opening	Men
women 4'4"	HS boys
Long jump - men	Women
women	HS girls
Triple jump - follows women	2:00 P.M. 50 Hurdles Trials/semis
Shot put - #16 men	Men 42"
#12 HS boys	HS boys 39"
#4K women	Women
Pole vault - 9' starting height	2:30 P.M. 400 Meter
10:00 A.M. Seniors 4 mile relay	Men
10:30 A.M. Mile walk - men	Women
women	2:50 P.M. 300 Meter Trials - 6 to Finals
11:00 A.M. 12 and under 800 boys	Men
12 and under 800 girls	Women
11:10 A.M. 2 mile relay - men	3:20 P.M. 400 Meter Sections
2 mile relay - HS boys	Men
2 mile relay - women	Women
2 mile relay - HS girls	3:50 P.M. 800 Meter Sections
12:15 P.M. Mile - men	Men
Mile - masters	Women
Mile - HS boys	4:10 P.M. 300 Meter Finals
Mile - women	Men
Mile - HS girls	Women
	4:20 P.M. 3000 Meter Final
	Men
	Women
4:50 P.M. 50 Meter Final	5:15 P.M. 50 Hurdles Final
Men	Men
HS Boys	HS Boys
Women	Women
HS Girls	5:30 P.M. 1 Mile Relay
	Men
	Women

In consideration of the acceptance of my entry, I, intending to be legally bound for myself, my heirs, executors and administrators, do hereby release Union College, On the Road, Inc., the Adirondak Athletics Congress and race officials from liability resulting from injury, illness or damages I may suffer from the Christmas Rush. I also certify I am in good physical condition and have trained sufficiently for this competition. (Return with 3x5 cards).

Signature (Parents if under 18) _____
Date _____

Having been asked numerous questions over the past few months, concerning training for 5 mile and 10 kilometer races, I'm writing this article to share with the GRTC membership some ideas on this subject which hopefully will aid some of you in improving your times.

This training system assumes that the primary racing season is the months of April to September when the weather for racing is usually the best in Rochester. October to March, therefore, is considered the "off season". This doesn't necessarily mean that you don't race during this time, only that you should not expect your best results during this period as your training won't be geared to peak racing.

The "off season" is broken into two three month periods. The first three months (October to December) are primarily a base period with the concentration being on quantity rather than quality. Avoid a heavy racing schedule during this period as your body can't handle a heavy mileage buildup and a hard racing schedule week after week. A race every three weeks or so to test your conditioning might be appropriate.

A week's program during this period would look like this: Monday-an 11-12 mile fartlek run over hilly terrain at a rather strong pace, placing special emphasis on working the hills. This develops leg strength and endurance by placing the body in periodic oxygen debt.

It also toughens you mentally for any hills you may encounter in races. Tuesday--an easy 8-10 mile run over level terrain at a comfortable pace. This allows the body to recover from Monday's strenuous day. Let your fatigue level be your guide to pace on this day. Do 6-8 x 100 meter striders when you finish this run. These help your leg speed and stride.

Wednesday-this is an interval day. Start with a 2-3 mile warmup. Then, do 400's at slightly faster than your race pace (3-4 seconds). Do them in sets of 5 with a 200 jog recovery. Do a 400 jog recovery between sets. Start with one set and try to work up to 3 or 4 over the three months of this training period. Warmdown with 2-3 miles afterward. This will be the most difficult workout of the week but it will also be the most profitable in terms of improvement.

Thursday-again, like Tuesday, this is a recovery day after a hard day on Wednesday. An 8-10 mile run at a comfortable pace with 6-8 x100 striders afterward.

Friday-if you are racing on Saturday, repeat Thursday's workout, but cut distance to 3-4 miles. If not stay with 8-10 miles.

Saturday- if you aren't racing, run a strong 10 mile run at a fairly hard pace.

Sunday-12 to 15 miler at pace which is comfortable for your condition. Obviously you will take it easier if you raced on Saturday.

Now you are ready for the second "off season" period. If you have made it through the last three months, you are in much better shape, but be cautious of one thing during this next period, the weather. January to March in Rochester is treacherous for runners, so be cautious. You must be ready to alter your plans to suit the weather. Don't take unnecessary chances.

The program in this stage varies little from stage one except that Monday becomes a second interval day. If you have access to an indoor track, Monday's workouts should be things like 6 x 800 or 4-6 x 1200 or 3-4 x one mile with recovery jogs of 200 to 400 meters. Warmup and warmdown before and afterward with 2-3 miles. If you can't get to an indoor track, run these workouts on the road, running and resting for appropriate periods of time. The same system applies to Wednesday's interval workout.

GREATER ROCHESTER TRACK CLUB

Greater Rochester Track Club & Upstate NY Chapter of Road Runners of America
Member of Niagara Association of AAU - #031

The rest of the week's program remains the same as in stage one. Be aware during this stage that you may have difficulty maintaining the prescribed mileage totals for each day because of the weather. Use common sense. Alter workouts where necessary. You may want to add some types of supplemental training during this period to make up for the loss of mileage due to the weather. These will be discussed later in this article.

At the beginning of April you will make the transition to the final "in season" period of training. This period will last six months and during this period you should expect to train faster (because the weather is better) and race faster (because you are properly prepared).

The changes during this period are slight but critically important. On Mondays, keep the long intervals but cut the number of intervals to 3-4 x 800, 2-3 x 1200, or 3 x mile and run them faster (several seconds below your race pace). These steel your body to carry a hard pace during the race.

Tuesdays stay the same except the pace should be quicker as you are in better shape.

Wednesdays remain a short interval day. The intervals should get faster as the racing season progresses. For variation try 4-6 x 600, 8 x 300, or 10-12 x 200 with appropriate rests.

The remainder of the week stays the same with the possible exception that you may want to shorten your Sunday run to 10 miles after any extremely hard race on Saturday. You may also want to cut back both Thursday and Friday before a really important race.

This basic program will have you running 60-70 miles per week. The more ambitious runner may want to add supplemental runs of 3 miles in the morning Monday through Friday. Morning runs at an easy pace help aid recovery from the previous afternoon's workout.

Other supplemental training which may be helpful, especially in winter months when getting in sufficient mileage may be difficult are treadmill running, stationary bicycling, situps, weights, and circuit training.

Situps toughen your stomach area which is very important in running. Weights will aid the upper body and give you greater arm strength. Circuit training helps overall body development, leg speed and stride length. Circuit training should include at least 10 repetitions of each station. These include: stepups, press ups, back extensions, squat thrusts, trunk twists, bounding, leg lifts, running in place, jumping jacks, squat jumps, and reverse splits. There was an excellent article on Sebastian Coe's use of this type of training in Runner's World a year or so ago to which you may wish to refer.

This article has tried to give you some insights into successful training for 5 mile and 10 kilometer races. Hopefully it will be useful. Remember that depending on your current level of fitness, you may have to alter the amount of miles you are doing on this type of program, but try to maintain the sequence of workouts and the specific types of training. Even if you cut the number of miles and the number of interval repetitions in half and build up from there, you'll be pleased with the results.

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:

- | | | |
|--------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> \$8.00 Student | <input type="checkbox"/> \$20.00 3yr | <input type="checkbox"/> \$25.00 Sponsor |
| <input type="checkbox"/> \$10.00 Non-Student | <input type="checkbox"/> \$25.00 3yr | <input type="checkbox"/> \$8.00 Newsletter Only |
| <input type="checkbox"/> \$20.00 Family: List family members | <input type="checkbox"/> and birthdates | <input type="checkbox"/> \$5.00 Summer only (June, July, Aug) |

Make checks payable to GRTC.

Mail applications and checks to: Lou Asmuth, P.O. Box 258
Brockport, NY 14420