



ROCHESTER, NEW YORK

MARCH, 1983

THE PRESIDENT'S COLUMN

Dick Withrow

This year for the first time in several years the GRTC offered indoor track to the membership. Next year we hope to be able to offer a few more indoor meets and because of that I would like to share a few things I've noticed about track and field within the the GRTC.

Our track meets seem to attract the same people year after year. Whether indoor or outdoor meeting a lot of athletes are afraid to give track a try. I've been told this is because many road racers feel too "exposed" on a track.

Very few women compete in track and field. This I don't understand. Surely not all women runners are born to compete in 10K's and marathons. The women that have tried the GRTC indoor and outdoor meets have all said afterward how much they enjoyed it.

There are very few masters involved in sprints, hurdles and field events. Run a 1,500 meter or longer on the track and the master runners are out in force. We need some of the former though to field a strong GRTC masters team.

Summer track starts in just a few months. This year we'd love to see more women and masters' competitions. Besides all the above, it can be a great social experience. Competitors can discuss races and events while sharing a cold drink in the infield and after the meet there's always a group heading out for pizza.

Remember to save April 29th for the GRTC Banquet. Dining, awards and dancing. Should be a great time.

Last month a plea was made for volunteers for the Lilac 10K. I would like to emphasize the call for help. If you or any of your family can help, let the GRTC know. We need volunteers to hand out water, marshall intersections, help at the finish, etc. The job can be as easy or as difficult as you feel you can handle. The GRTC and its races can only be as great as the membership allows. Please call me at 722-7582 or 964-2226 (evenings)

TAC NUMBERS

The GRTC is now able to sell the TAC numbers. The following procedures **-MUST-** be followed to obtain a number:

1. Send a stamped, self-addressed envelope to:
Faye Withrow
24 Greenridge Crescent
Hamlin, New York 14464
2. An application will be sent to you. Fill out the application and return it to Faye along with your check for \$6.00 and another self-addressed envelope.
3. If you need a number in an emergency rush, you may pick it up at Faye's home.

No numbers will be sent without the inclusion of a SSAE. ABSOLUTELY NO NUMBERS WILL BE ASSIGNED OVER THE TELEPHONE. Do not ask, no exceptions will be made. If the need is immediate, come to the house.

GRTC BOARD OF DIRECTORS

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Mary Beth Glavin
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Mike Hasenauer

Tim McAvinney
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Kare Cossaboon-Holm
Mary Terziani
(271-6605)

Women-in-Motion

The deadline for the April newsletter is March 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) or Joan Simeone, 22 Beacon Hills Drive So, Penfield, NY, 14625. (671-0086).

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.

-GRTC BOARD MEETING-FEBRUARY-

Meeting held at Paul Sadler's, February 10, 1983, 7:00 P.M.

Present: Mike Hasenauer, Paul Sadler, Dick Withrow, Mary Beth Glavin, Ross Rider, Rick Guido, Tim McAvinney, Al Olson, Lou Asmuth

Next Meeting: Rich Guido's, March 10, 1983, 7:00 P.M.

President's Report: Newsletters went out late due to 1983 bulk postage bill being misfiled. All items to be included in newsletter should be sent directly to Joan Simone. Dick would like to get members of the Awards Banquet together before the next Board meeting to see how things are progressing. We also need to compile a list for Election of Board Members before the Banquet. It was suggested we include a women interested in track and field, older male and/or female (over 50), and some younger people. We also need to collect data from applications on area's of expressed interest and get more people involved in race direction. The next TAC meeting will be held Wednesday, February 16, 1983 at 7:00 p.m. at Cartwrights.

Upcoming Races: Rick Guido reported that he will not be handling the Perington Fourth of July Race. Dannon will not be sponsoring their yearly race. Rick will be putting information about Empire State Games qualifying standards in an upcoming Track Club Newsletter.

Lake Ontario Marathon course must be TAC sancationed in order for it to be used as qualification for Boston. If it is sancationed, it will be included on a list for public information.

Pete Todd will be holding an informal track meet and picnic at R.I.T. April 9th.

Dick has asked traveling teams to get their schedule and budget together for the year.

We have to concentrate on getting sponsors for money making runs for track club. Some on the suggestions were Kodak, Nautilus, Sibleys.

PERSONALS:

Dear #657:

Why don't you run with me at the Jean Mitchell Race? Meet me at the Granger Homestead - I'll bring the Gatorade.

Love, #238

P.S. Who in heck is #413 that wrote you last month.

FOURTH ANNUAL

GRTC BANQUET

Friday, April 29, 1983

PLACE:

Burgundy Basin Inn, 1361 Marsh Road, Pittsford, New York

TIME:

6:30 - 7:30 p.m. - Social Hour
7:30 - 8:30 p.m. - Buffet Dinner
8:30 - 7:?? p.m. - Awards, Entertainment, Dancing, Etc.

WELCOME THE SPRING OF 1983...CELEBRATE WITH YOUR RUNNING FRIENDS.

REGISTRATION FORM:

YES, I will be attending the Banquet.

Name: _____

Address: _____

Number in my party: _____ Enclosed: _____

COST:

\$7.00 - Adult GRTC Members
\$8.00 - Adult Non-GRTC Members
\$5.00 - Student GRTC Members

Send to: Mary Terziani
130 Ferrytown Road
Rochester, New York 14618

Peaking for the Big Race by Dave Winn

There are many theories about peaking. Some people say there is no such thing, physically, that a peak is all mental. I feel that a peak performance can be achieved through a proper combination of base training, sharpening training, sensible racing and rest.

The first thing to consider in peaking is what you are peaking for. You can't peak every week. Pick the race that is going to be your race of the year. Once you have done this, you must accept the fact that to achieve your goal in that race you may have to sacrifice others. Rule #1: You can't race all out 52 weeks a year and hope to achieve a peak performance.

Rule #2: You must have a plan. You can't take your training or racing day by day or week by week if you are trying to peak. You must have a clear cut view of your objective and be willing to do things weeks and months before that will get you to that objective. This may mean skipping races that you'd really like to run because they don't fit into your training plans or running races tired because you have put in an extremely hard training week.

In terms of peaking remember Rule #3: you can get mentally stale from running too many races. If every weekend is the Olympic final to you, it becomes difficult to really get psyched up for the big one. Some races definitely have to be taken as simply a hard workout. This is definitely a case where less is better. You want to go into the big race a little hungry.

Your interval workouts for the few weeks prior to the big race will be much faster and more intense than they have been prior to this. (See the discussion of the 5 mile and 10 kilometer training program in the December '82 newsletter). Any racing should be at distances shorter than the one you are peaking for but the races shouldn't be taken seriously. Consider them merely time trials. On your distance days, run very easily to let the body recover. The real distance work has been done months before and you won't accomplish anything by hammering 100 mile weeks at this point. This is when rest becomes a factor in recovery from the hard interval work.

As an example of the last four weeks building toward a peak, let's look at the final four weeks of my preparation for the National TAC Masters Track and Field Championships in Wichita, Kansas last August 6 to 8. I was peaking for the 10,000 meters primarily, hoping to salvage something the second day in the 5,000 meters. Fortunately, I won them both, although the times were slower than I had anticipated because of the extreme heat and humidity (95 degrees, 80% humidity). As you'll see, I was running hard enough on my interval days to make the 76 to 77 seconds per 400 meter pace I was expecting to run in the 10,000 feel easy. This is Rule #4: Run fast enough in practice to make race pace feel easy.

July 12 to 18

Monday - 3 miles (AM) PM-3 mile warmup, 1600 in 4:52, 1200 in 3:41
800 in 2:25, 3 x 400 (72,71,68) 400 jogs after
long intervals, 200's after 400's, 5 mile warmdown

Tuesday - 6½ miles easy

Wednesday - 3 miles (AM) Syr. Charger Meet 3000 meters in 9:12.8

Thursday - 9½ miles easy

Friday - AM 2 mile warmup 4 x 600 (1:42,1:42,1:42,1:44) 200 jogs
4 x 150 (50 jogs) 3 mile warmdown pm-6 miles easy

Saturday - 10½ miles easy

Sunday - 4½ miles easy Total for the week - 70 miles

July 19 to 25

Monday - AM 3 miles PM- 3 mile warmup 4x400 (66,67,66,67) 200 jog
 4 x 300 (49,50,49,49) 100 jogs 3 miles
 warmdown
 Tuesday - AM 3 miles PM- 9 1/2 miles 4 x 100
 Wednesday-AM 3 miles PM- Syr. Charger Meet 1500 meters 4:18.9
 Thursday-AM 3 miles PM- 6 1/2 miles
 Friday - AM 3 miles PM- 6 miles
 Saturday- Niagara TAC District Championship won 5,000 in 15:56.4
 Sunday - 9 1/2 miles Total for the week-70 miles

July 26 to August 1

Monday-AM 3 1/2 miles PM 3 mile warmup 4 x 800 (2:21,2:19, 2:19,2:19)
 400 jogs 3 mile warmdown
 Tuesday-AM 3 miles PM 8 miles
 Wednesday-AM 3 miles PM Syr. Charger Meet 3000 meters in 9:19.0
 Thursday-AM 3 miles PM 10 1/2 miles
 Friday -AM 2 1/2 miles PM 3 mile warmup 8 x 300 (48) 100 jog
 3 1/2 mile warmdown
 Saturday 7 miles
 Sunday 7 miles Total for the week-72 miles

August 2 to 8

Monday-- 3 mile warmup 4 x 600 (1:40,1:40,1:39,1:38) 400 jog
 3 mile warmdown
 Tuesday-- AM 3 miles PM 6 miles
 Wednesday-AM 2 1/2 miles PM 3 mile warmup 6 x 200 (33,32,31,31,31,31)
 200 jog 3 mile warmdown
 Thursday--AM 3 miles PM 5 1/2 miles
 Friday----2 miles easy on arrival at Wichita
 Saturday--Won Nationals 10,000 meters in 32:47.8
 Sunday----Won Nationals 5,000 meters in 16:09.0
 Total for the week--55 1/2 miles

You'll note that I kept myself entirely off the roads as far as racing during this month. If you're peaking for the track, run on the track. If you're peaking for the road, race on the roads. You must prepare for what you are going to face in your big competition. This was another reason for running the development meets in Syracuse. I wanted to race against some different faces, to experience the unknown as it were. I knew I would be faced with this at the Nationals. Never during this period did I ever extend myself 100% in a race. I always came in with something in reserve, saving physical and mental energy for the Nationals.

I feel that I attained the desired results with this program. I was also able to stay at the peak long enough to win the Empire Games Masters Division 10,000 meters the following week before dropping back into my fall base building phase and starting the cycle all over. Hopefully some of you can adapt this system to your needs and run a peak performance too.

THE RUN-O-VATION 1 MILE FITNESS RUN & 5 MILE RACE

Sponsored By the Pharmaceutical Division -
 Pennwalt Corporation makers of Desenex®, CaldeCort®,
 Cruex®, and other leading products.

Come Help us Celebrate the Opening of the Newly Renovated
 Department of Psychiatry and Community Mental Health



Date: Saturday, April 2, 1983
 Time: 10:00 a.m. - 1 Mile Fitness Run
 10:30 a.m. - 5 Mile Race
 Start: Race begins at the Dept. of Psychiatry,
 corner of Crittenden and Lattimore

Entry Fee: \$4.00 Registration fee; \$5.00 for same day registration. Registration begins in the lobby of the Dept. of Psychiatry, 8:00-9:30 a.m. Free tote bags are given to all registrants.

Course: Course map posted at start. Each mile marked, splits at 1 and 3 miles for 5 mile race. Refreshments, and much more for all you April Foolers who decide to participate!!

Directions: Take Strong Memorial Hospital exit on 390; One block west of Mount Hope; One block East of Genesee River and Genesee Valley Park, Elmwood Entrance. Parking provided.

Questions: Call Bob Collichio, Craig Holm, or Kare Cossaboon-Holm at 275-4854 - Business Hours.

POST RACE STRESS REDUCTION CLINIC POST RACE MENTAL HEALTH FAIR IN THE MEDICAL CENTER GYM GUIDED TOURS OF THE NEW DEPARTMENT OF PSYCHIATRY

The Run-o-vation Entry Blank:		Prizes to top 10% in each age category	Check age group:	
Name	Address	Mail to:	Men	Women
_____	_____	Bob Collichio	<15	<15
_____	_____	300 Crittenden Blvd.	16-19	16-29
_____	_____	P.O. Box R Wing	20-29	30-49
_____	_____	Rochester, N.Y. 14642	30-39	50+
_____	_____	Tel. No. (716) 275-4854	40-49	
_____	_____	Make check payable to: Dept. of Psychiatry	50-59	
			60+	

Release: Upon acceptance of my entry, I, legally bound for myself, my heirs, and assigns, waive all claims against the race sponsor(s), host, and promoters for injury or illness which may result from my participation. I am in proper physical condition!

Runner's Signature _____

Parent (if under 18) _____

Sponsored by the Pharmaceutical Division - Pennwalt Corporation - makers of Desenex®, CaldeCort®, Cruex®, and other leading products.

Periodicals of Interest to the Runner

Track and Field News Box 296 Los Altos, California 94022
Monthly, \$17.50 per year

The Runner P.O. Box 2730 Boulder, Colorado 80302
Monthly, \$15.00 per year

Running Times Box 6509 Syracuse, New York 13217
Monthly, \$17.50 per year

Runners World Box 366 Mountain View, California 94042
Monthly, \$14.95 per year

Women's Track World P.O. Box 4092 Riverside, California 92514
Monthly, \$14.00 per year

Eastern Track c/o Walt Murphy 78-10 83rd St. Glendale, New York 11385
15 times a year, \$15.00 per year

The Harrier 8347 Island Lake Road Dexter, Michigan 48310
10 times a year, \$10.00 per year

Canadian Athletics 1200 Sheppard Ave. East. Willowdale, Ont. M2K 2X1
9 issues a year, \$8.00 per year

National Masters Newsletter P.O. Box 2372 Van Nuys, Cal. 91404
Monthly, \$12.00 per year


Master Runner 210 7th St. SE Suite C-23 Washington, D.C. 20003
8 times a year, \$15.00 per year

Canadian Masters Newsletter 34 Rodda Blvd. West Hill, Ont. M1E 2Z6
Periodically, \$15.00 per year

World Association of Veteran Athletes Newsletter 160 Vanderhoof Ave.
Toronto, Ont. M4G 4B8 4 issues per year \$7.00 per year

Track Newsletter Box 296 Los Altos, California 94022
20 times per year, \$23.00 per year

Syracuse Chargers Newsletter 18 Foxcroft Dr. Fayetteville, New York
13006 Monthly, \$19 per year

ST. BONIFACE
1909  1983
MENS CLUB



☆☆☆ **FIVE MILE ROAD RACE** ☆☆☆

Place: Saint Boniface Church, 330 Gregory Street, Rochester, N. Y. 14620
Date/Time: April 9, 1983 @ 10:00 A.M.
Benefit: Men's Club Youth Programs
Course: Scenic/Multiversal; flat, graded terrain with some hills.
Start/Finish at Church parking lot.
Facilities: Bathrooms. No Showers! Water Station. Intermediate Times!
Limited parking; please car pool. Police, security, medical personnel
and route monitors available. Refreshments and awards after the race.
Guests: Welcome, refreshments will be available at a nominal fee.
Awards: Trophies, medals and t-shirts to best male/female and division winners.
Medals and t-shirts to 2nd and 3rd place finishers per division.
Hats to 4th, 5th and 6th place finishers per division.
Medal to best Club member and Club members spouse or family member.
Ribbons to all finishers. NO DUPLICATION OF AWARDS!
Registration By mail postmarked no later than 4/2/83 - \$3.00; by mail after 4/2/83 -
& Entry Fee: \$4.00 - Day of Race - \$4.00
Limit: 400 *Make checks payable to St. Boniface Men's Club. Send registration
& entry fee to: Joe Gagne, 273 Benton St., Rochester, N.Y. 14620 or
call 473-4532 for information.

Check-in Time: 8:30 - 9:30 A.M. Race begins at 10:00 A.M. SHARP!

Name _____ Address _____

City/State/Zip _____ BD & Age _____ Phone # _____

Check appropriate division: Men: Under 12 _____ 13-19 _____ 20-29 _____ 30-34 _____ 35-39 _____
40-49 _____ 50 plus _____ Women: Under 12 _____ 13-19 _____ 20-29 _____ 30-39 _____ 40 plus _____ /

I, the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damages, which I may have or may hereafter accrue to me against the St. Boniface Men's Club/Church, Diocese of Rochester, Genesee Brewing Company, City of Rochester, University of Rochester, Monroe County React, Race Co-ordinator, their administrators, officers, successors, members or personnel, and assigns for any and all injuries suffered by me in said event. I understand/assume any dangers inherent in this event. I am physically fit and have sufficiently trained for this race.

Signature: _____

(Parent or Guardians sign if under 18 years of age/relationship)

GRTC INDOOR MEET - U OF R FIELD HOUSE, FEBRUARY 6, 1983

600m - OPEN

- 1. Mike Higgins 1:33.0
- 2. Mike Daniels 1:33.8
- 3. Sandy Foster 1:35.8

600 SENIOR/WOMEN

- 1. Mike VanAuker 1:29.0
- 2. Mike Hasenauer 1:34.3
- 3. Don Torok 1:36.0
- 4. Nan Siembor 2:02.4
- 5. Jane Iaculli 2:25.0
- 6. Marilyn Petit 2:31

100m - OPEN

- 1. Kevin Burroughs 39.48
- 2. Mike Daniele 46.8

100m OPEN/SENIOR

- 1. Greg Bennett 41.70 (senior)
- 2. Mike Gehl 45.98
- 3. Jim Winters 50.22

100m SENIOR/WOMEN

- 1. Ed Pettinella 40.77
- 2. Bill Hardinon 42.56
- 3. Nan Siembor 54.94

100m BOY/GIRL

- 1. Demetrius Bennett 58.0
- 2. Shannon Iaculli 58.0
- 3. Whitney Sanderson 60.04
- 4. Mark Greppin 61.38

1.000m

- 1. Mike Higgins 15:06.7
- 2. Karl Blaener 15:51.4
- 3. Bryan Miller 16:06.4
- 4. Tim Smith 16:17.6
- 5. Bruce Quilby 17:14.3
- 6. Charlis Reller 17:44.8
- 7. Joe Spencer 18:10.9
- 8. Bill Pow 20:50
- 9. Len Leger 21:36

45m OPEN

- 1. Mike Daniels 6.08
- 2. Mike Gehl 6.40
- 3. Jim Winters 6.64

45m WOMEN

- 1. Shannon Iaculli 7.33
- 2. Whitney Sanderson 8.06
- 3. Jane Iaculli 8.45

1.000m OPEN

- 1. Mike Higgins 2:48
- 2. Rod Williams 2:56
- 3. Karl Blaener 2:55

1.000m SENIOR/WOMEN/MASTER

- 1. Don Torok (S) 3:13.97
- 2. Bill Pow (M) 3:41
- 3. Len Leger (M) 3:50.66
- 4. Jane Iaculli (W) 4:23

MISCELLANEOUS RESULTS

Devrona Beach Marathon	3:47		
Miami Marathon	3:54		
Bermuda Marathon 1/30/83	2:54		
" " " "	3:08		
" " " "	3:33		
Ontario Masters Championships, Metro Track and Field Centre, Toronto, Canada, 1/29/83			
60 meters	7.8	(4th)	
100 meters	17.6	(3rd)	
200 meters	47.7	(2nd)	
400 meters	24.7	(2nd)	
800 meters			
Hurdles	10.6	(1st)	
Pole Vault	3.45 meters	(1st)	
60 meters	7.6	(1st)	
5,000 meters	15.48	(3rd)	

NEW YORK STATE LIONS
Geneva District 20-E2



LION'S CLUB OF GENEVA, INC.

3rd ANNUAL

TED CURTIS MEMORIAL RUN

APRIL 23, 1983

10 Kilometer Run

Name _____ Sex _____
Address _____ Age _____
Ph. number () _____

Occupation _____

DIVISION: Junior (12-19) ___ Open (20-29) ___ Senior(30-39) ___ Master ___

Run starts at the Geneva Athletic Club, 80 Castle Street, Geneva, N. Y.

Starting time: 11:00 A. M.

Fee: \$4.00 pre....\$5.00 post

Rest rooms and showers available

Awards to top finishers in each division, Male and Female - top 10%.

I, the undersigned, participating in the TED CURTIS MEMORIAL RUN sponsored by the Lions Club of Geneva, Inc. to be held on Saturday April 23, 1983, do hereby release and discharge the Lions Club of Geneva, Inc., its members, Lions International, Inc., or any and all contributing sponsors from any liability, either directly or indirectly, in connection with my participation in this event, including causes of action, suits, damages, judgements, or claims and demands whatsoever.

Signature _____

Parent or guardian (if under 18) _____

Return entries to: Lions Club of Geneva
Ted Curtis Memorial Run
P. O. Box # 684
Geneva, New York 14456

For additional information contact Mike Feligno (315) 789-2780

LOCAL CALENDAR OF EVENTS:

March 6	11:00 a.m.	Freezeroo #7, Mendon Ponds Park, Stewart Lodge, 5 Mile, Bruce Quimby, \$2 day or race.
March 6		After Freezeroo Social Run, Beryl and Jim Skelton's, 281 Mason Road, Fairport, NY, 14450, 223-4927, bring food or drink.
March 12	12 noon	Run for the Shamrocks, 5 Mile, Holiday-Inn, Main St., Rochester, Ed Hooks, 223-2048, \$4 pre, \$5 post.
March 13	3:00 p.m.	Social Run, Dottie Viole, 109 Merrill St., Rochester NY, 865-9945, bring food or drink.
March 20	11:00 a.m.	Freezeroo #8, Mendon Ponds Park, 10 Mile, Bruce Quimby.
March 20		Eastern USA TAC Track and Field Championships, West Point.
March 20		After Freezeroo Social Run, Jim Greppin, 120-D Clintwood Court, S. Clinton Ave/Elmwood area, Rochester, NY, 14618, 244-4073, bring food or drink.
March 27	10:00 a.m.	3rd Annual Easter Hop, 3 Mile Fun Run, Greece Olympia High School, Ron Zimarino, 621-6030 (w), 586-6301 (h)
March 27	10:45 a.m.	3rd Annual Easter Hop, 5 Mile Race, as above, \$4 pre, \$5 post.
March 27	1:30 p.m.	Brockport 5K Kick, SUC Brockport Ice Rink, Jan Milner, 637-2306, evenings, \$1.
March 27	2:30 p.m.	Brockport 10K Kick, as above, \$4 pre, \$5 post.
March 27		National USA TAC Track and Field Championships, Lehigh University.
March 27	3:00 p.m.	Social Run, Korleen Wright, 190 Glenora Drive, Rochester, NY, 663-5924, bring food or drink.
April 1	9:00 a.m.	Low Key, Good Friday, Pre-Boston 1/2 Marathon, Mendon Ponds Park, Bill Kehoe, 654-8991, \$2.
April 2	10:00 a.m.	The Run-O-Vation 1 Mile Fitness Run, Dept. of Psychiatry, Strong Memorial, Bob Collichio, Craig Holm, Kare Cossaboon-Holm, 275-4854.
April 2	10:30 a.m.	The Run-O-Vation 5 Mile Race, as above, \$4 pre, \$5 post.
April 3	3:00 p.m.	Social Run, Karen Delaney, 863 Meigs St. (near Mulberry St.), Rochester, NY, 14620, 442-1380, bring food or drink.
April 9	10:00 a.m.	St. Boniface Men's Club 5 Mile, 330 Gregory Street, Rochester, NY, 14620, Joe Gagne, 473-4532 (h), \$3 pre, \$4 post.
April 16	10:00 a.m.	Rochester Psychiatric Hospital 2 Mile Fun Run, Elmwood Ave., and South Ave., Dan Shanahan, 473-3230 x1298 (w), 436-4053 (h).
April 16	10:30 a.m.	Rochester Psychiatric Hospital 4 Mile Race, As above, \$3 pre, \$4 post.
April 17		The Human Race, United Way and Jewish Community Center, 10K, Dick Withrow, 964-2226.
April 17		FLYP Run, St. Paul's Lutheran Church, 116 East Ave., Hilton, Don Wright, 392-8521, \$3 pre, \$5 post.
April 23	11:00 a.m.	Ted Curtis Memorial 10K, Geneva Athletic Club, 80 Castle, St., Geneva, Mike Peligno (315-)789-2780.
April 23		St. Trooper's 10K, Genesee Community College, Batavia, NY, Bill Kehoe, 654-8991.
April 24	2:00 p.m.	5th Annual Great Watermelon Run, 5 Mile, Al Toth's Sports, 3000 Winton Rd. S., Henrietta, Lense Toth, 442-2900, \$3 pre, \$4 post.
April 29	6:30 p.m.	4th Annual GRTC Banquet, Burgundy Basin Inn, Marsh Rd., Pittsford
April 30	9:00 a.m.	YMCA/McCurdy's 5 and 10K (Awards), Joan Pfeiffer, Midtown YMCA, 325-2880, \$5.
May 1	10:00 a.m.	Lake Ontario Half-Marathon, 13.1, Greece Arcadia High School, Island Cottage Road, Greece, NY, Tim McAvinney, 865-1244 (h), 477-6499 (w), 50¢ GRTC members, \$5 post.
May 7	9:00 a.m.	Jean Mitchell Memorial 5K, Court House Square, Canandaigua, NY, 14424, 394-6760, \$5 pre, \$6 post. Don McWilliams, Contact Lynda Case, Alco Properties, 4620 Chapin Rd., Canandaigua, NY, 14424.
May 7	10:00 a.m.	Jean Mitchell Memorial 10K, as above.
May 7		Honeoye 30K (NOT HONEOYE FALLS), Bill Kehoe, 654-8991.
May 8	1:00 p.m.	Red Wings/Lite Beer 5 and 10K, Silver Stadium, Bill Terlecky, 467-3000 (w), 342-1552 (h), \$4.
May 14	10:00 a.m.	5th Annual Clifton Springs Hospital, 4.4 Mile Health Run, Ed Grimsley, (315-)462-9561, \$3 pre, \$5 post.
May 15	10:00 a.m.	Lilac 10, Manufacturer's Hanover, Highland Park, Melanie Holcomb, 263-5303 (w), or Ted Sloan (212-)808-8511 (w).
May 15	9:30 a.m.	Diane Hunt Memorial Run, 5 Mile Race and 2 Mile Fun Run, BayView YMCA, 1209 Bay Rd., Webster, Beth Mulholland, 671-8414, \$3 pre, \$4 post.
May 20	6:30 p.m.	Apple Blossom 10K, Williamson Middle School, Jim and Carole May, (315-)589-8252, \$3 pre, \$4 post.
May 21	9:00 a.m.	Monroe County Sheriff and McDonald Corp.-Camp Good Days Benefit Run, 5 and 10K, Monroe Community College, Sgt. Joe Genier, 428-5511 (w), or Lt. Dick Schaaf, 428-5018 (w), \$4 pre, \$5 post.
May 22	10:00 a.m.	Maplewood 9K Fun Run, Maplewood Park/Ridge Rd., Ken DeWeaver, 288-6030 (w), 458-7128 (h), \$2.
May 28		Christ the King Mayfair 10K, 445 Kings Highway, Irondequoit, NY, Dave Heeks, 266-6474 (h), Tom Sharkey 266-8917 (h).
June 3	6:30 p.m.	Park Avenue 5 Mile and 1 Mile Children's Race, Cobbs Hill Park, 442-7762, \$2 by 6/1, \$3 post, 1 mile - 50¢, Darrel and Gee Gee Fritz-Champion.
June 5	8:00 a.m.	Lake Ontario Marathon, Greece Arcadia High School, Island Cottage Rd., Tim McAvinney, 79 Merrick St., Rochester, NY, 14615, 865-1244 until 10:00 p.m. SSAE for entries, \$1.
June 11	9:00 a.m.	RAMS (Rochester Area Multiple Sclerosis) 10K, Al Sigl Center, 1000 Elmwood Ave, Pam Barmatus, 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 (home), \$5. One mile fun-run and 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 Center Complex, Webster, Steve Edgerton, 442-9073 (work), 467-1487 (home), \$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 3	7:00 p.m.	Irondequoit Celebration 10K (certified course), Irondequoit Town Hall, Dave Heeks, 235-1000, ext. 5529 (work), 266-6474 (home), \$4 pre, \$5 post.
July 4		Brighton Chamber of Commerce 10K for Women Only and Brighton Chamber of Commerce Open 10K, Brighton High School, Bill Kehoe, 654-8991.
July 10		Corn Hill 10K.
July 14	7:00 p.m.	Flying Dutchman 10K, Firemen's Park, Marion, NY, Chuck and Marlene Martin, (315)-926-5738, \$4 pre, \$5 post.
July 30	9:00 a.m.	4th Annual Landmark Preservation 10K Run, Stone-Tolan House, 2370 East Avenue, Rochester, Jackie Salitan, 461-3123 (home), 724-2476 (work), \$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.
August 26	6:00 p.m.	Swan Run '83, 1 Mile, 5 and 10K, Albion, NY, Bob Ord, 41 Meadowbrook, Albion, NY, 14411, 589-7364, \$4 pre, \$5 post.
September 4	8:30 a.m.	Darmon 10K, Brighton High School, Ross Rider, 442-7762.
September 5	8:00 a.m.	12th Annual Rochester Marathon, Midtown YMCA, Tim McAvinney, 79 Merrick Street, Rochester, 14615, 865-1244 until 10:00 p.m., SSAE for entries, \$5.
September 10	9:30 a.m.	Heritage Days 5 Mile Race and 2 Mile Fun Run, Marion Elementary School, Marion, NY, Chuck and Marlene Martin, (315)-926-5738, \$4 pre, \$5 post.
September 10	9:30 a.m.	3rd Annual Genesee 10K Run, Brad Hill, 343-2802.
September 17	10:00 a.m.	2nd Annual 5 Mile Run for the Eagles, The Barry Winery, Eagle Crest Vineyards, Conesus-on-Hemlock Lake, Ted Cribari, 346-2321, \$4.50 pre, \$5 post.
September 17	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.
October 8		Seneca Zoological Society Run, Seneca Park, Kathleen Buckpitt, 342-2744.
October 6	8:00 a.m.	FLYP Run, St. Paul's Lutheran Church, 116 East Ave., Hilton, Don Wright, 392-8521, \$3 pre, \$5 post.
October 16	10:00 a.m.	3rd Annual Henrietta Columbus 7 Miler, Henrietta Memorial Park, Jane Iaculli, 334-7700, \$4 pre, \$5 post.

SUNDAY MAY 1, 1983
ARCADIA HIGH SCHOOL, ISLAND COTTAGE RD

COURSE: 1/2 THE NORMAL LDM. ROUTE
ALONG THE LAKE ONTARIO Pkwy

ENTRY: 1) 50¢ GRTC MEMBERS
2) 2.00 NON-MEMBERS
(NO REFUNDS) 3) 5.00 POST REGISTRATION

TIME: 10 AM START 9 AM REG.

AWARDS: 1ST MALE/FEMALE
RACE MOMENTO
FOR ALL

WATER STATIONS
SPLIT TIMES

1/2 Marathon

RESULTS WILL BE
IN THE NEXT TRACK
CLUB NEWSLETTER OR
BY REQUEST (SSAE)

A NO-NONSENSE PRE-VIEW
OF THE BIG ONE!
SEND ENTRIES TO:

Tim McAVINNEY
79 MERRICK ST
ROCK, NY 14615
CASH OR CHECK TO ROCHESTER
MARATHON



The Lake Ontario

In consideration of your accepting this entry, I, the undersigned, intend to be legally bound for myself, heirs, executors, administrators, waive and release all rights and claims of damage I may have against Race Director(s), The Town of Greece or the Greater Rochester Track Club, all agents, representatives and successors for any and all injuries or other damage sustained by me, or my child, at this meeting or as a result of participating. I certify that the competitor is in good health and capable of running this distance.

Signature of Competitor

Signature of Parent, or Guardian

PLEASE PRINT

NAME _____ SEX _____ AGE AT RACE _____

PAGE 1	FINISHER NO.	NAME	OVERALL RESULT	FINISHER NO.	NAME	OVERALL RESULT			
17	378	FRESHLY BOOBY	35	26134.1	617	600	HALLER-GUSTAFSON	26	35401.1
21	384	BROOKS, GREG	36	26148.1	627	602	VEREDEL, LIA	25	35405.1
33	449	DELOVALLE	23	27115.3	537	574	HORNE-JUMPER	32	35411.6
47	469	REUTZ, ROBERT	25	27126.6	643	603	WELCH	49	35415.1
57	376	BERTHIAUME	31	27141.0	600	515	DEBBERT, JON	47	35417.8
67	476	BORDELL, BOB	24	28132.0	607	477	SMITH, CHARLES	37	35443.3
77	15	DEBIL, JOHN	17	28143.5	675	469	WILDER, JOHN FORBES	33	35451.1
87	121	WARR, JIMMIE	31	28155	679	349	WILDER, JOHN OF THE	27	35453.8
97	543	WATERMAN	15	28158.0	679	497	WILDER, JOHN	27	35456
107	497	LARSEN, JOHN	25	29103.5	707	497	MILLARD-GUSTAFSON	40	35457.8
117	172	REILLY, MARCE	27	29122.3	717	451	QUINIFF, PAUL	34	35459.8
127	737	MOORE, GAY	19	29136.0	729	454	ARMSTRONG, ROBERT	29	35459.1
137	441	HULLER, JOHN	15	29147.5	737	486	SMITH, JERRY	51	35459.3
147	322	PAPER, TONY	25	29149.5	747	534	STAPLES, BILL	49	35459.1
157	239	DEWILSON, GIB	28	29153.0	759	500	WELLS, GREGORY	75	35459.8
167	509	TELARDO, DIK	42	30105.1	767	486	WELLS, GREGORY	46	35459.3
177	799	MALSH, PAUL	22	30107.4	777	525	WELLS, GREGORY	38	35459.3
187	418	GRONLUND, JIM	26	30112.3	787	532	WELLS, GREGORY	35	35459.3
197	476	RETRON, BILL	41	30124	797	413	BRADY, JERRY	34	35459.1
207	337	BRUCE, JOHN	11	30133.7	807	507	WELLS, GREGORY	56	35459.3
217	436	PIDLEY, BILL	37	30140.7	817	412	ELLEN, JOHN	48	35459.5
227	326	EPSTEIN, BOB	43	30147.3	827	511	WELLS, GREGORY	42	35459.5
237	351	HENRY, JON	29	30148.9	837	507	WELLS, GREGORY	33	35459.6
247	427	BRECKENRIDGE	27	30156	847	470	WELLS, GREGORY	38	35459.5
257	411	CAPRI, TOM	26	31121.5	867	516	WELLS, GREGORY	52	35459.6
267	361	MELISSA, DAVID	29	31125.3	877	573	WELLS, GREGORY	58	35459.5
277	325	LEINKE, JOHN	29	31129.3	887	442	HORNE, ROBERT	29	35459.1
287	337	PIET, PETER AL	39	31133	897	514	WELLS, GREGORY	29	35459.6
297	522	VOSTANUS	11	32101.9	907	436	HULLER, JOHN	52	35459.6
307	338	SUTHERLAND, BOB	27	32102.9	917	531	WELLS, GREGORY	52	35459.6
317	546	DREW, DAVID	26	32104.4	927	329	WELLS, GREGORY	29	35459.6
327	397	HASLIM, BOB	42	32104.6	937	466	WELLS, GREGORY	62	35459.6
337	407	FRONZONI, BOB	22	32106.6	947	521	WELLS, GREGORY	36	35459.6
347	331	LORING, PAUL	26	32108.1	957	516	WELLS, GREGORY	45	35459.6
357	334	WELLS, GREGORY	51	33100.0	967	510	WELLS, GREGORY	43	35459.6
367	487	WELLS, GREGORY	47	33106.4	977	461	WELLS, GREGORY	46	35459.6
377	523	WELLS, GREGORY	37	33110.5	987	348	WELLS, GREGORY	46	35459.6
387	577	WELLS, GREGORY	30	33111.0	997	448	WELLS, GREGORY	29	35459.6
397	587	WELLS, GREGORY	25	33112.6	1007	437	WELLS, GREGORY	69	35459.6
407	597	WELLS, GREGORY	41	33118	1017	464	WELLS, GREGORY	43	35459.6
417	594	WELLS, GREGORY	31	33128.1	1027	465	WELLS, GREGORY	54	35459.6
427	484	WELLS, GREGORY	14	33121.5	1037	384	WELLS, GREGORY	47	35459.6
437	420	WELLS, GREGORY	41	33124	1047	526	WELLS, GREGORY	47	35459.6
447	442	WELLS, GREGORY	46	33129.5	1057	330	WELLS, GREGORY	22	35459.6
457	311	WELLS, GREGORY	34	33131.5					
467	409	WELLS, GREGORY	40	33132.5					
477	415	WELLS, GREGORY	42	33134.4					
487	430	WELLS, GREGORY	42	33137.3					
497	377	WELLS, GREGORY	39	33138.5					
507	387	WELLS, GREGORY	34	33143.1					
517	375	WELLS, GREGORY	34	33143.1					
527	377	WELLS, GREGORY	34	33143.1					
537	377	WELLS, GREGORY	34	33143.1					
547	487	WELLS, GREGORY	48	33143.1					
557	421	WELLS, GREGORY	45	33143.1					
567	342	WELLS, GREGORY	39	33143.1					
577	425	WELLS, GREGORY	30	33143.1					
587	494	WELLS, GREGORY	43	33143.1					
597	519	WELLS, GREGORY	35	33143.1					
607	407	WELLS, GREGORY	36	33143.1					

27	375	BURGESS, JULIE	4
30	409	CULBERTSON, ISABELLE	16
40	413	HONAK, NANCY	0
50	493	MARTIN, PAT	0
60	375	WOOD, GAIL	0
70	531	JACULLI, JANE	0
80	448	HULLDOGH, JUDI	42

MONEY 40-49

10	310	ACRITH, LOU	0
20	462	WRIGHT, KORBEN	0

MONEY 50 PLUS

10	465	UTELLE, DOTTIE	5
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FREEZER00 RACES AGE GROUP RESULTS

MEN 17 UNDER			
10	416	BERKEL, KEN	0
20	521	VOST, GREGG	0
30	441	MULLEN, ALAN	16
40	522	VOST, PAUL	0

MEN 20-29			
10	449	DISE, ALLEN	0
20	468	REITZ, HOWARD	0
30	426	BIRECREE, BOB	0
40	432	RELLER, CHARLIE	23
50	368	WALSH, HUGH	26
60	357	BRICK, ALAN	0
70	427	BIRECREE, DICK	0
80	358	SCOTCHNER, DOUG	0
90	345	DREM, DAVE	47
100	395	ELDRED, JR., CHARLES	0
110	528	ROMANO, STEVE	0
120	450	MILLER, JONATHAN	73
130	362	STEFFEN, KEN	71
140	497	MUSTARI, FRANK	0
150	454	SCHWARTZ, ROBERT	0

MEN 30-34			
10	376	SEPHART, LARRY	0
20	353	EVANS, STEHEN	0
30	322	PARKER, BOB	0
40	436	PIXLEY, BILL	0
50	381	PIET, PETER N.	0
60	315	NATZAN, ANDREW	0
70	484	HENRY, WILLIAM	0
80	425	BIRECREE, JACK	0
90	393	HODGE, LAURENCE	62
100	477	ROHN, CHARLES	0
110	482	GUARNIERT, PAUL	0
120	535	TOMLINSON, ??????	0
130	470	PACKARD, WOODY	0
140	318	PAVELSKY, JERRY	0
150	532	WILDMAN, MELVIN	92

MEN 35-39			
10	378	TRESHOLAVY, DAUE	0
20	369	BROOKS, GREG	0
30	405	LAMME, TOM	0
40	399	DATTOLA, BOB	0
50	418	GROSS, DAVE	25
60	351	HENDY, JIM	0
70	411	CARR, TOM	0
80	361	MEISS, DAVID	41
90	525	LEHMOH, IVAN	0
100	391	LOMBARDI, PAUL	0
110	364	ARTZ, PETER	0
120	389	KILLIGH, PARS, H.	0
130	342	DANESTON, DAVID	0
140	510	GRUBER, JIM	0

MEN 40-49			
10	380	ROOF, WESLEY	0
20	340	OPPNER, CAROLINE	0
30	422	HODGE, CORLEEN	0
40	450	ANDREW, JUDITH	0
50	500	SMITH, LISA	0

WOMEN 17 UNDER			
MONEY 20-29			
WOMEN 30-34			

FREEZER00 RACES AS OF PAGE 0

RANK	NAME	1	2	3	4	5	6	7	8	TOTAL
MEN 17 UNDER										
10	BERKEL, KEN	1	1	1	1	1	0	0	0	5
20	MULLEN, ALAN	3	2	4	4	3	0	0	0	16
30	VOST, PAUL	4	0	2	3	4	0	0	0	0
40	VOST, GREGG	2	0	3	2	2	0	0	0	0
50	VALENTE, PAUL	0	4	5	0	0	0	0	0	0
60	HALL, JOSHUA	7	0	7	0	0	0	0	0	0
70	BERKEL, JEFF	5	3	6	0	0	0	0	0	0
80	CARR, TOM	6	5	0	5	0	0	0	0	0
90	STEAD, MATTHEW	0	0	0	0	0	0	0	0	0
100	SHILEY, BRYAN	0	0	0	0	0	0	0	0	0
MEN 20-29										
10	DISE, ALLEN	3	2	1	2	1	0	0	0	9
20	RELLER, CHARLIE	5	4	5	5	4	0	0	0	23
30	WALSH, HUGH	6	5	4	6	5	0	0	0	26
40	DREM, DAVE	11	7	9	11	9	0	0	0	47
50	STEFFEN, KEN	17	14	12	15	13	0	0	0	71
60	MILLER, JONATHAN	16	19	14	12	12	0	0	0	73
70	ROMANO, STEVE	14	17	13	0	11	0	0	0	0
80	TSCHORKE, PHIL	2	0	3	0	0	0	0	0	0
90	STEFANSKI, STEPHAN	24	0	0	17	0	0	0	0	0
100	SHIFLEY, JIM	15	0	0	16	0	0	0	0	0
110	UTERISE, MICHAEL	0	9	0	7	0	0	0	0	0
120	CALABRESE, AUGIE	9	8	8	0	0	0	0	0	0
130	OLEARY, DAN	13	11	11	0	0	0	0	0	0
140	HASSETT, KEN	10	12	0	0	0	0	0	0	0
150	HORNAR, MICHAEL	21	0	6	0	0	0	0	0	0
160	PRONINA, JOHN	19	0	15	0	0	0	0	0	0
170	KURCHWYNE, RICHARD	0	0	0	0	0	0	0	0	0
180	MUSTARI, FRANK	20	16	0	14	14	0	0	0	0
190	VALENTE, FRANK	25	0	0	0	0	0	0	0	0
200	DEGMA, MATT	7	0	0	0	0	0	0	0	0
210	HAYES, TIM	18	0	0	0	0	0	0	0	0
220	KEY, LLOYD	0	20	0	0	0	0	0	0	0
230	REITZ, HOWARD	0	0	2	1	2	0	0	0	0
240	SCHWARTZ, ROBERT	23	18	0	13	15	0	0	0	0
250	BIRECREE, DICK	0	0	0	0	7	0	0	0	0
260	BIRECREE, BOB	4	3	0	1	3	0	0	0	0
270	GIOTA, FRANK	1	1	0	3	0	0	0	0	0
280	CHAVEZ, NOEL	0	0	10	0	0	0	0	0	0
290	ELDRED, JR., CHARLES	12	13	0	0	10	0	0	0	0
300	BADGER, WILLIAM	0	0	0	0	0	0	0	0	0
310	MOOD, DAVID	0	10	0	10	0	0	0	0	0
320	NOGEOUGH, MICHAEL	0	15	0	0	0	0	0	0	0
330	SCOTCHNER, DOUG	22	0	0	9	8	0	0	0	0
340	BRICK, ALAN	0	6	7	0	6	0	0	0	0
350	MCALPIN, MICHAEL	0	0	0	0	0	0	0	0	0
MEN 30-34										
10	HODGE, LAURENCE	17	15	15	6	9	0	0	0	62
20	WILDMAN, MELVIN	22	26	19	18	15	0	0	0	92
30	TOMLINSON, ??????	0	19	0	0	12	0	0	0	0
40	GRUBER, JIM	0	14	12	7	0	0	0	0	0

FREEZER NO. 44-11-1985
AS OF 11-15

RANK	NAME	1	2	3	4	5	6	7	8	TOTAL
MEN 46-49										
43)	JOHNSON, ED	6	0	0	0	0	0	0	0	0
44)	FOLITO, BILL	0	0	25	0	0	0	0	0	0
45)	KORNGUTH, JAV. KL.	0	0	0	0	0	0	0	0	0
46)	MILANO, TOM	12	0	14	0	0	0	0	0	0
47)	SACHS, MARVIN	34	0	29	0	23	0	0	0	0
48)	NETSHER, LEWIS	0	0	0	0	0	0	0	0	0
49)	SHAFFER, LARRY	0	0	0	0	0	0	0	0	0
50)	STANTON, JIM	40	0	0	21	24	0	0	0	0
51)	SHAW, RODNEY	19	6	0	0	0	0	0	0	0
52)	GREPPIN, JIM	23	19	27	0	0	0	0	0	0
53)	MOORE, DICK	9	10	8	20	11	0	0	0	0

RANK	NAME	1	2	3	4	5	6	7	8	TOTAL
MEN 50 PLUS										
1)	SWIFT, PETER	2	3	1	1	2	0	0	0	9
2)	BURT, HARRY	9	5	5	3	5	0	0	0	27
3)	ROBINSON, TED	5	7	7	4	6	0	0	0	29
4)	STABINS, ED	10	12	11	6	9	0	0	0	48
5)	CUSHMAN, BILL	14	14	14	7	11	0	0	0	60
6)	GROSS, ALENIS	4	4	4	0	4	0	0	0	0
7)	BARCOMB, CAL	3	1	2	0	0	0	0	0	0
8)	POW, BILL	7	9	6	0	0	0	0	0	0
9)	BOOMER, JAMES	13	13	13	0	10	0	0	0	0
10)	PROPER, LEWIS	0	0	3	2	1	0	0	0	0
11)	DODD, BILL	1	2	0	0	3	0	0	0	0
12)	DELOPOLO, JOE	12	0	10	5	7	0	0	0	0
13)	HAVENS, RICHARD	6	6	0	0	0	0	0	0	0
14)	SATRAM, RICHARD	0	0	0	0	0	0	0	0	0
15)	MCSHEA, JOE	0	15	15	0	0	0	0	0	0
16)	BAXTER, CARL	11	10	12	0	0	0	0	0	0
17)	MCNELLY, DON	0	11	9	0	0	0	0	0	0

RANK	NAME	1	2	3	4	5	6	7	8	TOTAL
1)	EDWARDS, AMY	1	0	0	0	0	0	0	0	0

RANK	NAME	1	2	3	4	5	6	7	8	TOTAL
WOMEN 20-29										
1)	TERZIANI, MARY	2	0	0	0	0	0	0	0	0
2)	LUKE, DIANE	5	3	2	0	0	0	0	0	0
3)	CLIFFORD, DEBRA	0	4	0	5	0	0	0	0	0
4)	ANDREW, JUDITH	0	0	0	4	4	0	0	0	0
5)	HATCH, BETTY	0	5	3	0	0	0	0	0	0
6)	HODGE, DOREEN	4	2	0	3	3	0	0	0	0
7)	DALEY, NANCY	0	0	0	0	0	0	0	0	0
8)	ROOF, DEBBIE	1	1	0	1	1	0	0	0	0
9)	HENZIK, ALICIA	0	0	0	0	0	0	0	0	0
10)	CERTNER, CAROLINE	3	0	1	2	2	0	0	0	0
11)	SWIFT, LISA	6	0	0	0	5	0	0	0	0

RANK	NAME	1	2	3	4	5	6	7	8	TOTAL
WOMEN 30-39										
1)	CULBERTSON, ISABELLE	4	5	2	2	3	0	0	0	16
2)	MULDOON, JUDI	9	10	0	7	8	0	0	0	42
3)	JACULLI, JANE	11	0	7	6	7	0	0	0	0

RANK	NAME	1	2	3	4	5	6	7	8	TOTAL
MOMENT 50-59										
40)	LOFFLY, PAUL	0	0	0	0	0	0	0	0	0
50)	MATHER, MARGARET	0	0	0	0	0	0	0	0	0
60)	MARFIS, PAUL	0	0	0	0	0	0	0	0	0
70)	WELSH, PAUL	0	0	0	0	0	0	0	0	0
80)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
90)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
100)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
110)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
120)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
130)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
140)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
150)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
160)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
170)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
180)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
190)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0
200)	WAGNER, RICHARD	0	0	0	0	0	0	0	0	0

RANK	NAME	1	2	3	4	5	6	7	8	TOTAL
MOMENT 40-49										
1)	GRUBER, JOHN	3	3	2	0	0	0	0	0	0
2)	GRUBER, JOHN	4	4	0	0	0	0	0	0	0
3)	GRUBER, JOHN	2	2	1	0	2	0	0	0	0
4)	GRUBER, JOHN	0	0	0	0	0	0	0	0	0
5)	GRUBER, JOHN	0	0	0	0	0	0	0	0	0
6)	GRUBER, JOHN	0	0	0	0	0	0	0	0	0
7)	GRUBER, JOHN	1	1	0	1	1	0	0	0	0

RANK	NAME	1	2	3	4	5	6	7	8	TOTAL
MOMENT 50 PLUS										
1)	WELSH, PAUL	1	1	1	1	1	0	0	0	5

PAGE	NAME	1	2	3	4	5	6	7	8	TOTAL
1	WELSH, PAUL	1	1	1	1	1	0	0	0	5
2	WELSH, PAUL	1	1	1	1	1	0	0	0	5
3	WELSH, PAUL	1	1	1	1	1	0	0	0	5
4	WELSH, PAUL	1	1	1	1	1	0	0	0	5
5	WELSH, PAUL	1	1	1	1	1	0	0	0	5
6	WELSH, PAUL	1	1	1	1	1	0	0	0	5
7	WELSH, PAUL	1	1	1	1	1	0	0	0	5
8	WELSH, PAUL	1	1	1	1	1	0	0	0	5
9	WELSH, PAUL	1	1	1	1	1	0	0	0	5
10	WELSH, PAUL	1	1	1	1	1	0	0	0	5
11	WELSH, PAUL	1	1	1	1	1	0	0	0	5
12	WELSH, PAUL	1	1	1	1	1	0	0	0	5
13	WELSH, PAUL	1	1	1	1	1	0	0	0	5
14	WELSH, PAUL	1	1	1	1	1	0	0	0	5
15	WELSH, PAUL	1	1	1	1	1	0	0	0	5
16	WELSH, PAUL	1	1	1	1	1	0	0	0	5
17	WELSH, PAUL	1	1	1	1	1	0	0	0	5
18	WELSH, PAUL	1	1	1	1	1	0	0	0	5
19	WELSH, PAUL	1	1	1	1	1	0	0	0	5
20	WELSH, PAUL	1	1	1	1	1	0	0	0	5
21	WELSH, PAUL	1	1	1	1	1	0	0	0	5
22	WELSH, PAUL	1	1	1	1	1	0	0	0	5
23	WELSH, PAUL	1	1	1	1	1	0	0	0	5
24	WELSH, PAUL	1	1	1	1	1	0	0	0	5
25	WELSH, PAUL	1	1	1	1	1	0	0	0	5
26	WELSH, PAUL	1	1	1	1	1	0	0	0	5
27	WELSH, PAUL	1	1	1	1	1	0	0	0	5
28	WELSH, PAUL	1	1	1	1	1	0	0	0	5
29	WELSH, PAUL	1	1	1	1	1	0	0	0	5
30	WELSH, PAUL	1	1	1	1	1	0	0	0	5
31	WELSH, PAUL	1	1	1	1	1	0	0	0	5
32	WELSH, PAUL	1	1	1	1	1	0	0	0	5
33	WELSH, PAUL	1	1	1	1	1	0	0	0	5
34	WELSH, PAUL	1	1	1	1	1	0	0	0	5
35	WELSH, PAUL	1	1	1	1	1	0	0	0	5
36	WELSH, PAUL	1	1	1	1	1	0	0	0	5
37	WELSH, PAUL	1	1	1	1	1	0	0	0	5
38	WELSH, PAUL	1	1	1	1	1	0	0	0	5
39	WELSH, PAUL	1	1	1	1	1	0	0	0	5
40	WELSH, PAUL	1	1	1	1	1	0	0	0	5
41	WELSH, PAUL	1	1	1	1	1	0	0	0	5
42	WELSH, PAUL	1	1	1	1	1	0	0	0	5
43	WELSH, PAUL	1	1	1	1	1	0	0	0	5
44	WELSH, PAUL	1	1	1	1	1	0	0	0	5
45	WELSH, PAUL	1	1	1	1	1	0	0	0	5
46	WELSH, PAUL	1	1	1	1	1	0	0	0	5
47	WELSH, PAUL	1	1	1	1	1	0	0	0	5
48	WELSH, PAUL	1	1	1	1	1	0	0	0	5
49	WELSH, PAUL	1	1	1	1	1	0	0	0	5
50	WELSH, PAUL	1	1	1	1	1	0	0	0	5
51	WELSH, PAUL	1	1	1	1	1	0	0	0	5
52	WELSH, PAUL	1	1	1	1	1	0	0	0	5
53	WELSH, PAUL	1	1	1	1	1	0	0	0	5
54	WELSH, PAUL	1	1	1	1</					

Lake Ontario Marathon

JUNE 5, 1983 SUNDAY

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound for myself, heirs, executors, administrators, waive and release any rights and claims of damage I may have against Race Director(s), - The Town of Greece or the Greater Rochester Track Club, all agents, representatives and successors for any and all injuries or other damage sustained by me, or my child, at this meeting or as a result of participating. I certify that the competitor is in good health and capable of running this distance.

Signature of Competitor

Signature of Parent, or Guardian

PLEASE PRINT

NAME _____ SEX _____ AGE AT RACE _____
STREET & NO. _____ BEST MARATHON TIME: _____
CITY & STATE _____ ZIP _____ PHONE _____

COURSE: Certified 26 miles, 385 yards. Asphalt, flat and fast.
Starts and finishes at Greece Arcadia School (Island Cottage Rd.)
(off Rt. 18, Latta Rd.). Country roads and scenic parkway.

ENTRY: Cash or Check Payable to: Rochester Marathon
a) \$1.00 For Greater Rochester Track Club Members
b) \$3.00 For Non-Members
c) \$5.00 For Post Entries (NO REFUNDS)

SEND TO: All Entrants under 18 years must have parent or guardian sign waiver of liability.
Tim McAvinney, 79 Merrick Street, Rochester, NY 14615
PRE-RACE DINNER: To benefit Camp Good Days and Special Times, a Summer Camp for Kids with Cancer, will be held at Arcadia High School on June 4, 1983. This dinner is separate but in conjunction with L.O.M. Spaghetti will be served for \$3.00 per person. The date is Saturday, June 4, 1983 at 5:00 p.m.

REPORT TO: Greece Arcadia High School by 7:00 a.m. Race Morning.
Showers and Lockers will be available.
Race will start promptly at 8:00 a.m. in front of school.

AWARDS: 1st Place Men & Women
Certificates and Results will be sent to all finishers-under 5 hrs.
Top 10% Men & Women T-Shirts (Shirts will also be for sale).

ACCOMODATIONS: Marriott, 1890 W. Ridge Rd. (Rt. 104) (716) 225-6880
Kirby's, 4671 W. Ridge Rd. " 352-4461
Maple Leaf, 3880 W. Ridge Rd. " 225-9310
Ridgecrest, 3781 W. Ridge Rd. " 225-1245

COURSE RECORDS: Mens: Welles Lobb 2:26:04 1980
Womens: Gail Allen 3:05:22 1982

HELP: Volunteers are needed for water stations. If you'd like to contribute a morning, please call Tim McAvinney at 865-1244 until 10:00 p.m. evenings. Thanks...

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 and birthdates ___ \$5.00 Summer only (June, July, Aug)
___ \$50.00 3yr family
Make checks payable to GRTC.

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