

**The Easter Bunny
is coming to town.**
SPRING IS JUST AROUND THE CORNER...



NEWSLETTER

ROCHESTER, NEW YORK

APRIL, 1983

THE PRESIDENT'S COLUMN

Dick Withrow

The Fourth Annual GRTC Banquet is April 29th and now is the time to get your reservations in. The banquet will again be at the Burgundy Basin Inn on Marsh Road, Pittsford. Cocktail hour starts at 6:30 p.m. Dinner follows at 7:30 p.m. after which we honor the 1982-83 top runners and give out the Freezeroo Awards. This will be followed by dancing to the DJ music of Video Sound. Last year Video Sound was a great hit so bring your dancing shoes.

Many volunteers are still needed for this year's Lilac 10K. Aid stations, road marshalls, registration tables and the finish line will require hundreds of people. We want this race to be a Rochester classic but we need your help to do it. If you can help in any capacity, please call Jane Iaculli at 334-1060 or 359-2540 (See further information re: this matter in this newsletter.)

Also needed for the Lilac 10K are places for the out of town runners to stay. If you can put a runner up for the night, please call Melanie Holcomb at 263-5303.

Al Olsen is resigning from the GRTC Board of Directors. He will be missed. Al has always been a sane and stabilizing force on the Board. We never had to worry about the timers, scheduling or maintenance of the equipment when Al was in charge. Al is not about to give up a successful running career though so we'll be seeing him at the races.

With Al leaving the club now needs someone to take charge of our two Chromix Timers. The job entails the scheduling of timer rental, making sure the timers batteries are fully charged and assigning a person to run the timer. We are now putting together a list of qualified operators which should simplify this job. If you can help, please call me at 964-2226 evenings, or 722-7582 days.

At the banquet you will find ballots for the selection of the GRTC Board of Directors. The Board is always in need of fresh input from new people. If you are interested in serving on the Board, please call me and your name can be inserted on the ballot.

Last, but very far from least, the GRTC has a brand new member. Our own newsletter editor Joan Simeone and her husband Mike proudly announced the birth of Sara Elizabeth Simeone, born March 10, 1983 - weighing in at 7 lbs., 2 1/2 oz. We all wish them every happiness.

Meeting held at Rick Guido's March 10, 1983, 7:00 P.M.

Present: Rick Guido, Paul Sadler, Dick Withrow, Tim McAvinney, John Blanchard, Bruce Quimby, Tom Bowers, Lou Asmuth

Next Meeting: Bruce Quimby's April 21, 1983, 7:00 P.M.
13 Loring Place Rochester 594-4266

President's Report: Joan and Mike Simeone are the proud parents of a baby girl, weighing in at 7lbs.2 $\frac{1}{2}$ oz, March 10th. Congradulations!

We regret to announce Al Olson has asked to relieved of his duties on the Board for this year. We thank him for his help and hope he will return as soon as possible.

Financial Report: G.R.T.C. will not be joining Road Runners this year. There does not appear to be any benefit for high dues that it requires.

Upcoming Races: Tim McIvenney reported that Lake Ontario Marathon will be sanctioned as a qualifier for Olympic Trials. The G.R.T.C. will encourage car-pooling to Olympic Trials in Niagara Falls rather than going by bus. The reason being a better chance of seeing more of the marathon.

Any one needing timer should make arrangements with Ross Rider.

We need a sponsor to replace Dannon dropping out. Race would be held at same time and place. Dick would be willing to be race director.

New Business: There was a discussion of things that the Track Club should purchase. Some of the suggestions were: tarp, reflective bibs, line marker, practice javlin, cronimix, starting gun and ammo. It was suggested we offer singlets for sale to members thru the mail.

Banquet: Mary has some reservations coming in. Dick will set up a meeting of Banquet Committee for March 22nd, 7:30 at Mary's house. A 7 1/2 minute presentation of the Lilac Race will be show at Banquet. Team awards will be also be displayed.

Lou Asmuth
Secretary



AN INVITATION

- Need an alternative workout when injured?
- Want to develop the quads for hill climbing?
- Like something to supplement aerobic conditioning?
- Getting ready for a triathlon?
- Just want a break in exercise routine?
- How about trying a bicycle "TIME TRIAL"?

The Rochester Bicycling Club in cooperation with
Yauchzi's Cyclery is sponsoring 10 and 25 mile Time Trials.

10 miles: Every Tuesday May 3 thru September 7, at
Webster Park 6:30 P.M.
10 & 25 miles: Every fourth Sunday March 27 thru
October 23, at Webster Park 9:00 A.M.

GRTC BOARD OF DIRECTORS

John Blanchard
Kare Cossaboon-Holm
Mary Beth Glavin
Rick Guido
Sue Gwynn
Mike Hasenauer

Tim McAvinney
Al Olson
Bruce Quimby
Bill Quinlisk
Ross Rider
Paul Sadler

Mary Terziani
Dick Withrow

EXECUTIVE COMMITTEE

President Dick Withrow
Vice President Paul Sadler
2nd Vice President Lou Asmuth
Secretary John Blanchard
Treasurer John Blanchard

HONORARY DIRECTORS

Bob Bradley Shirley Gesell Tim Hale
Gene Osborn Pete Todd

COMMITTEE CHAIRPERSONS

Awards Bill Quinlisk
Budget John Blanchard
Constitution Paul Sadler
Editorial Rick Guido
Freezeroo Series Jane Iaculli
Membership-Lou Asmuth (1-636-8577)
Newsletter
Publicity Tim McAvinney (865-1244)

Road Race Coordinator Ross Rider
Social Runs Sara Kehoe
Summer Meets Bill Quinlisk
Touring Teams Mary Terziani
Mike Hasenauer
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 $\frac{1}{2}$ 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 10¢/word. Submit to Dick Withrow, 24 Green Ridge Crescent, Hamlin, NY, 14464. (964-2226)

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

ATTENTION ALL RACE DIRECTORS:

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

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

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



VOLUNTEER FORM

Thank you for expressing interest in the Lilac 10-K! Please complete all of the following information and mail to: Jane Iaculli
47 Bradford Way
Pittsford, NY 14534
home phone: 334-1060

You will be contacted regarding an assignment. Race date is Sunday, May 15th.

NAME _____

ADDRESS _____
Number Street

_____ City State Zip

AGE _____ PHONE (work) _____ (home) _____

*** Please indicate your preferred assignment.

1. Serving refreshments to runners after the race.
2. Parking Directors- pre-race work at State Hospital parking lot.
3. Claim Station- responsible for runner's belongings during the race.
4. Registration and Packet Pick-up- day before and morning of the race work.
5. Folders and Stuffers- pre-race work doing mailings.
6. Goodie Bag Packers- also pre-race work.
7. Equipment Set-up- chutes, water stations, etc. Saturday and Sunday morning work.
And remember there is tear-down too!
8. Road Marshalls
9. Chute Area- need many experienced workers.
10. Water Stations
11. Awards tabulating
12. Information Station

What size T-shirt (50%C/50%P) do you want? S M L XL

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 - ??? p.m. - Awards, Entertainment, Dancing, Etc.

..WELCOME THE SPRING OF '83...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 Barrytown Road
Rochester, New York 14618

RUN FOR LIFE April 23, 1983



For the fifth year, the American Heart Association is sponsoring Run For Life Day. When you run in this event, you'll be joining thousands of other people across the United States in an effort to combat heart disease.

When you send in your registration form, we will mail you a sponsor form. The sponsor form should be used to collect pledges for each mile you run. The money you raise will support the American Heart Association's research and service programs.

Last year's Run raised more than \$30,000.

Three untimed, fun runs are offered. All begin at 9 A.M. sharp.

Seneca Park Run. 1, 2 & 3 mile courses.
Mendon Ponds Run. 5 and 10 mile courses.
Medina, N.Y. 1, 3.5 and 6.25 mile courses.

YOU'LL MAKE MANY HEARTS FEEL BETTER.

I would like to participate in Run For Life '83. Enclosed is my registration fee of \$5 (\$6 day of Run), for which I will receive a T-shirt the morning of the Run.

I understand that I will be eligible for prizes based upon the amount of sponsor pledges I turn in.

Prizes will be available when sponsor pledges are turned in.

My T-shirt size is ()S, ()M, ()L, ()XL.

I expect to run at:

Name _____

- () Mendon Ponds Park
() Seneca Park
() Medina, N.Y.

Address _____

Make checks payable:

City _____ State _____ Zip _____

American Heart Association
797 Elmwood Avenue
Rochester, NY 14620

If you join the American Heart Association now, (\$15/year fee) you will receive without charge -

THE ATHLETE'S KITCHEN

A nutrition guide and cookbook, Nancy Clark, M.S., R.D. This 322 page, soft cover book covers: How to rate your diet, smart shopping, breakfast, munch-a-lunch, energy, soups, salads, breads, protein, meat-based entrees, meatless entrees, fluids, carbohydrates, etc. This book corrects misinformation regarding sports nutrition. Professional athletes and weekend exercisers alike will find this an excellent source book on nutrition.

SINGLE COPIES of the following publications are available WITHOUT CHARGE TO MEMBERS. Telephone 461-5590 for your copies.

E Is For Exercise
Eat Well, But Eat Wisely
Nutrition Labeling
Recipes For Low Cholesterol Meals
Save Food \$\$ and Help Your Heart
Way To A Man's Heart (Prudent Diet Plan)
Facts About Nutrition
RISKO (Assess Your Risk of Heart Disease)
High Blood Pressure

MEMBERSHIP BENEFITS

Monthly Nutrition Newsletter

10% Reduction on Heart Related Prescriptions at Fay's and Rite Aid

Chapter Newsletter

AHA Research Newsletter

Special Price on Selected Books

Reduced Entrance Fee for National Scientific Sessions

MEMBERSHIP APPLICATION

American Heart Association * 797 Elmwood Avenue * Rochester, N.Y. * 14620

As a member of the American Heart Association, you will receive a membership pin and card, and your free copy of Athlete's Kitchen (\$9.95 value).

Membership fee: \$15 per year.

NAME: _____ TELEPHONE: _____

ADDRESS: _____ ZIP: _____

I would like to make an additional contribution in the amount of: ___\$25 ___\$50 ___\$100 ___Other.

() I am interested in volunteering. Please have someone contact me.

LOCAL CALENDAR OF EVENTS

			May 29	11:00 a.m.	The Human Race 10K, United Way and Jewish Community Center, Dick Withrow, 964-2226.
			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.
April 1	9:00 a.m.	Low Key, Good Friday, Pre-Boston 1/2 Marathon, Mendon Ponds Park, Bill Kehoe, 654-8991, \$2.	June 4	6:45 p.m.	St. Christopher's 5 Miler, \$3.50 pre, \$4.50 post St. Christopher's Church, King, Rd., North Chili, contact Mike Snyder, 283-1354.
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.	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.
April 2	10:30 a.m.	The Run-O-Vation 5 mile Race, as above, \$4 pre, \$5 post.	June 11	9:00 a.m.	RAMS (Rochester Area Multiple Sclerosis) 10K, Al Sigl Center, 1000 Elmwood Ave, Pam Bartemus, 442-4100, ext. 288, \$4 pre, \$5 post.
April 3	3:00 p.m.	Social Run, Karen Delaney, 863 Neigs St. (near Benton St.), Rochester, NY, 14620, 442-1380. bring food or drink.	June 11	10:15 a.m.	RAMS 1 and 2.7 Mile, as above.
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.	June 11	9:00 a.m.	Run for Health 1/2 Mile, 5 and 10K, Greece YMCA and Park Ridge Hospital, 1555 Long Pond Rd., Jane Gibbs, 227-3900 or Bonnie Voiland, 225-7150 x4037. \$5 pre, \$6 post for 5 and 10K.
April 10	3:00 p.m.	Social Run, Bob Titus, 22 Oak Hill Terrace, Penfield, NY, 14526, 381-6089.	June 11	11:00 a.m.	Square Fair 5 - 1 Mile Fun Run and 5 Mile Race, Genesee Valley Park. T-shirts for first 100 entrants. Mikal Baxter, 235-7565. \$1 (mile), \$3 (5 mile).
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).	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.
April 16	10:30 a.m.	Rochester Psychiatric Hospital 4 Mile Race, as above, \$3 pre, \$4 post.	June 12	11:00 a.m.	Wild and Crazy 10K, as above.
April 17	2:00 p.m.	FLYP 5K, St. Paul's Lutheran Church, 116 East Ave., Hilton. Dorothy Wright, 392-8521, \$3 pre, \$5 post.	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.
April 17	3:00 p.m.	Social Run, Bill and Katie Kehoe's, 132 Winteroth St., Rochester, NY, 14609, 654-8991.	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.
April 23	11:00 a.m.	Ted Curtis Memorial 10K, Geneva Athletic Club, 80 Castle, St., Geneva, Mike Faligno (315-)789-2780.	July 3	6:30 p.m.	Irondequoit Celebration 10K (certified course), Irondequoit Town Hall, Dave Heeks, 235-1000, ext. 5529 (work), 266-6474 (home), \$4 pre, \$5 post.
April 23		St. Trooper's 10K, Genesee Community College, Batavia, NY, Bill Kehoe, 654-8991.	July 4		Brighton Chamber of Commerce 10K for Women Only and Brighton Chamber of Commerce Open 10K, Brighton High School, 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, Lanse Toth, 442-2900, \$3 pre, \$4 post.	July 10		Corn Hill 10K.
April 29	6:30 p.m.	4th Annual GRTC Banquet, Burgundy Basin Inn, Marsh Rd., Pittsford	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.
April 30	9:00 a.m.	YMCA/McCurdy's 5 and 10K (Awards), Joan Pfeiffer, Midtown YMCA, 325-2880, \$5.	July 30	9:00 a.m.	4th Annual Landmark Preservation 10K Run, Stone Tolan House, 2370 East Ave., Rochester, Jackie Salitan, 461-3123 (h), 724-2476 (w), \$4 pre, \$5 post.
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.	August 6	8:30 a.m.	FLYP 10K, St. Paul's Lutheran Church, 116 East Ave., Hilton, NY, Dorothy Wright 392-8521. \$3 pre \$5 post.
May 1		City of Burlington Canada 14.61 Mile Road Race, Individual and Team Relay-4 members. \$6. Contact Bill Hoesler, 28 Mill Valley Rd., Pittsford, NY, 14534, SSAE for entry.	August 6		Rochester Telephone Co., 10K, Cornerston Park, South Ave.
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.	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, NY 14621.
May 7	10:00 a.m.	Jean Mitchell Memorial 10K, as above.	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.
May 7		Honeoye 30K (NOT HONEOYE FALLS), Bill Kehoe, 654-8991.	September 4	8:30 a.m.	10K, Brighton High School, Looking for sponsor, Ross Rider, 442-7762.
May 7	10:00 a.m.	Charlotte 5 Mile, Charlotte Beach, Paul DeVaney, 442-9304 (w), 338-2446 (h), \$2.	September 5	8:00 a.m.	12th Annual Rochester Marathon, Midtown YMCA, Tim McAvinney, 79 Merrick St., Rochester, NY, 14615, 865-1244 until 10:00 p.m., SSAE for entries, \$5.
May 8	1:00 p.m.	Red Wings/Lite Beer 5 and 10K, Silver Stadium, Bill Terlecky, 467-3000 (w), 342-1552 (h), \$4.	September 10	9:30 a.m.	Heritage Days 5 Mile Road Race and 2 Mile Fun Run, Marion Elementary School, Marion, NY, Chuck and Marlene Martin (315)-926-5738, \$4 pre, \$5 post.
May 14	10:00 a.m.	5th Annual Clifton Springs Hospital, 4.4 Mile Health Run, Ed Grimsley, (315)-462-9561, \$4 pre, \$5 post.	September 10	9:30 a.m.	3rd Annual Genesee 10K Run, Brad Hill, 343-2802.
May 14		William Smith College 10K, Geneva, NY, contact Bill Kehoe 654-8991 or Sarah Frackelton 442-4148.	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.
May 15	10:00 a.m.	Lilac 10K, Manufacturer's Hanover, Highland Park, Melanie Holcomb, 263-5303 (w), or Ted Cloar (212)-809-8311 (w).	September 17	11:00 a.m.	Palmyra Canaltown Days 15K, Village Hall, Jamie Hemmings, 377-2500 (w), (315)-597-5585 (h), \$2 by 9/1/83, \$4 post.
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.	October 1	3:30 p.m.	McQuaid Invitational Open 3 Mile, Genesee Valley Park, Bill Quinlisk, 266-7309, \$1 pre, \$2 post.
May 20	6:30 p.m.	Apple Blossom 10K, Williamson Middle School, Jim and Carole May, (315)-589-8252, \$3 pre, \$4 post.	October 8		Seneca Zoological Society Run, Seneca Park, Kathleen Buckpitt, 342-2744.
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.	October 16	10:00 a.m.	3rd Annual Henrietta Columbus 7 Miler, Henrietta Memorial Park, Jane Iaculli, 334-7700, \$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.	November 26	10:00 a.m.	6th Annual R.T. Turkey 5 Miler, Mendon Ponds Park, Bill Quinlisk, 473-1130 (w), 266-7307 (h), \$2 pre, \$5 post.
May 28	10:00 a.m.	Christ the King Mayfair 10K, 445 Kings Highway, Irondequoit, NY, Dave Heeks, 266-6474 (h), Tom Sharkey 266-8917 (h).			

Miscellaneous Results

February 20, 1983, Florida Festival Marathon

Bill Hossler 3:03.38
 Angela Matthews 4:15
 Norm Frank 4:15

Albany Marathon

Mel Levinson 2:52
 Bob Epstein 3:10
 Bill Hossler 3:13
 Paul Shannon 3:13

Daytona Marathon & Empire State Building
 4:45 (partial race walk) 20.2

Wilmington, NC Marathon

Norm Frank 3:53

DON MC NEILLY

JFK 50 Mile Hike-Run
 Hagerstown, Md.
 10 Hrs. 49 Mins. 3rd 60-69

Piasta Bowl, Phoenix, Arizona
 3:57.54

Orange Bowl
 4:26.

Beltsville Marathon
 4:18.20

ESSENTIALS

Boy are things getting confusing: First it was May 29, then it was April 17, now guess when it is? It's May 29th again! I can safely say that's FINAL. The HUMAN RACE will be 11:00 a.m., May 29, 1983 at the JCC. Look for entry form in the May Newsletter.

QUIZ: what is 3.1 miles long or maybe 6.2 miles long; goes through one of America's most beautiful gardens; winds past an 1816 federal period mansion; ends downhill and occurs only once this year, May 7th?

ANSWER: That's easy - it's the 6th Annual Jean Mitchell Race!!!

FOR SALE:

NEW BALANCE 660. Women's 6 1/2 w. worn twice. Were \$56. Now \$25 (firm).
 Kathie, 442-6431.

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.

GARFIELD JIM DAVIS



5TH ANNUAL WATERMELON RUN



Presented by: **TOTH'S SPORTS**

*****COME OUT & ENJOY A QUALITY RUN*****

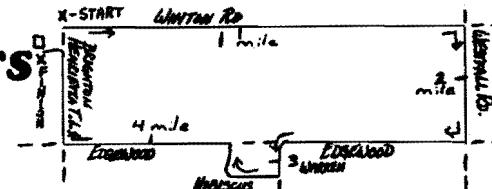
DATE: Sunday April 24, 1983 DISTANCE: 5.0 Miles
 TIME: 2:00 P.M., All Entries Close at 1:40 P.M.
 START & FINISH: Toth's Sports, 3000 Winton Road South
 ENTRY FEE: \$ 3.00 Pre-Registered, \$ 4.00 Day of Race
 (Pre-registrations must be received by Thursday, April 21)

*****AWARDS: Running Apparel & Tote Bags
 -Running & Athletic Shoes
 ***** -100 Nylon Tricot Running Shorts Distributed by Class
 -Refreshments at the Finish

Note: This is a top-quality run with a well laid out course and a fast, precision-run finish line. We know you'll enjoy it.

*****THE COURSE*****

TOTH'S SPORTS



Class Breakdown:

Men's Jr.	-19
Open	20-29
Senior	30-39
Master	40-49
Veteran	50-Death
Women's Jr.	-19
Open	20-29
Senior	30-39
Master	40-

----- Detach & Return -----

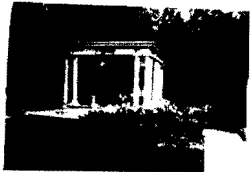
Send To: Toth's Sports, 3000 Winton Rd. S., Rochester, N.Y. 14623

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

NAME _____ STREET _____
 CITY _____ STATE & ZIP _____
 Signature _____ PHONE _____ AGE _____ SEX _____

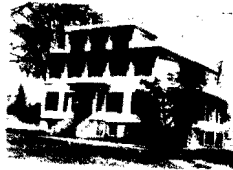
**** ALL PROCEEDS FROM THIS RACE WILL BE DONATED TO:
 ROCHESTER S.E. YOUNG LIFE

**SIXTH ANNUAL
JEAN MITCHELL MEMORIAL 5 Km and 10 Km RUN**



Sonnenberg Gardens

BENEFIT OF



Granger Homestead

AMERICAN CANCER SOCIETY

SPONSOR: COLUMBIA BANKING FEDERAL SAVINGS AND LOAN ASSOCIATION
DATE: Saturday, May 7, 1983
STARTING TIME: 9:00 a.m. 5 Km Race, Courthouse Square, Canandaigua, N.Y.
 10:00 a.m. 10 Km Race, Courthouse Square, Canandaigua, N.Y.
ENTRY FEE: \$5.00 Donation, Postmarked May 1, 1983
 \$6.00 Donation, Postmarked after May 1, 1983
 Entries accepted Race Day up to 30 minutes before start time
PLEDGES: Optional: Help support your American Cancer Society by securing pledges
FIRST 700 ENTRIES RECEIVE FREE T-SHIRTS
COURSE: 5 Km Race, Loop Course: City streets, Sonnenberg Gardens and Granger Homestead
 Course Records: 1981 Mark Howard 16:22
 1981 Kate Gossaboon-Holm 21:45
 10 Km Race, Loop Course: City streets, Country roads, Sonnenberg Gardens
 Granger Homestead
 Course Records: 1980 Craig Holm 30:43
 1981 Kristen Bankas 35:32
BOTH COURSES MARKED - MONITORED - TRAFFIC CONTROLLED
One mile - Half Distance Splits
REGISTRATION: Y.M.C.A., 32 North Main Street, Canandaigua, N.Y.
DRESSING: Y.M.C.A., 32 North Main Street, Canandaigua, N.Y.
AWARDS CEREMONY: 11:30 a.m. ALL RESULTS POSTED
AGE GROUP AWARDS: MEN AND WOMEN 5 Km and 10 Km

Under 15	3	
15-19	3	
20-29	8	Prizes to top 10% in
30-39	8	each age category
40-49	8	
50-59	5	Guaranteed
Over 60	3	

Special Cancer Society Awards for top 5 pledge amounts received race day
BANDS - CLOWNS - ART SHOWS - GYMNASTICS - FREE REFRESHMENTS
FREE TOUR TICKETS - MERCHANTS "WELCOME RUNNER" SALES

**SPECIAL
ACTIVITIES:**

Date _____

In consideration of your accepting this entry, I the undersigned, intend to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the sponsor, Columbia Banking Federal Savings and Loan Association, Sonnenberg Gardens, Granger Homestead, Y.M.C.A., the American Cancer Society, or the City and Town of Canandaigua, N.Y., and their representatives, successors and assigns for any and all injuries suffered by me in said event, I attest and verify that I am physically fit and have sufficiently trained for the completion of this race.

Signature _____ Date of Birth _____ Phone _____
 Parent or Guardian Signature if under 18 years _____

Address _____ Category (Age-Sex) _____
 Street _____ City _____ State _____

Print Signature _____ 5 Km Race _____ 10 Km Race _____

CHECKS PAYABLE: JEAN MITCHELL RACE

Mail Entries: Lynda B. Case, c/o A/C Properties, 4620 Chapin Road, Canandaigua, New York 14424 (716) 394-6790

Race Director: Don V. McWilliams, 4620 Chapin Road, Canandaigua, N.Y. 14424

PATRONS
 Kiwanis Club
 Rotary Club
 Voplex Corp.

***IT'S A PIECE OF CAKE!
 *IT'S A TEE SHIRT!
 *IT'S A CLASSIC!
 *IT'S THE JEAN MITCHELL RACE !!!**



NEWS RELEASE

A press luncheon was held today, February 15, 1983, at Maxwell's Restaurant to announce the details of the Corning Pepsi 10,000 Meter Challenge Run and the Chemung Canal Trust Elmira-Thon. Guy Amisano, vice-president of Pepsi-Cola Bottling company, Inc., announced that the Corning Community YMCA would act as the 1983 administrator for the Pepsi race. Kurt Cornfield, race director, noted that this would be the first year the 'Y' has administered the race. "We look forward to the challenge of maintaining this race as the finest 10K race in Corning. We have an enthusiastic and knowledgeable group of volunteers hard at work coordinating all aspects of the race. Last year there were 514 registered runners in two races and we anticipate well over 600 this year."

The Pepsi Challenge Run will be Sunday, May 22, with a 5K Fun Run at 9AM and the 10,000 Meter Race at 10AM. Both runs are through Corning's Northside, starting and finishing at the YMCA. Cornfield said that because of the layout and flatness of the 10K course, he expects to see some fast times. Ribbons will be given to all 5K finishers and awards will be presented to top male and female 10K finishers in 6 age groups. A special award will go to the overall top male and female runner. In addition, they will receive an all-expense paid trip to the National Pepsi 10,000 Meter Championships to be held July 3, in New York City. Over 100,000 runners compete in 148 local Pepsi races to qualify for the National Championships.

John Kravec, race director for the Chemung Canal Trust Elmira-Thon, announced that the Elmira-Thon is scheduled for Sunday, July 17. Three races will be held with a 3/4 mile run kicking things off at 8:30AM. The 10K race will start at 8:45AM, followed by the 20K race at 9:15AM. All races start and finish at the downtown Chemung Canal Trust Bank, One Chemung Canal Plaza. Last year there were over 1,300 participants in the three races.

For the first time, the two races are joining forces to present the Southern Tier Challenge Cup. It will be awarded to the male and female runner with the best combined time from the two 10,000 Meter races. The Challenge Cup will be presented as part of the award ceremony for the Elmira-Thon. Said Kravec, "the purpose of this award is to identify the overall best male and female runner in the Southern Tier area, and by so doing bring the runners of our area together. We hope the excitement generated by this concept will create enthusiasm for all levels of running."

Race applications for the two events will be available this spring. Runners that have questions about the Pepsi races are encouraged to contact Kurt Cornfield at the Corning Community YMCA. Questions about the Elmira-Thon should be directed to John Kravec at the Chemung Canal Trust Bank in Elmira.

CONTACT: KURT CORNFELD 607-936-4639.

A NOTE TO DANNON RACE PARTICIPANTS

As of 1984, the Dannon Company will no longer sponsor road races. For this year, the number of races has been decreased by 50%, Rochester being among those cut. We deeply regret this loss and will always remember the company and its representatives, in conjunction with the Road Runners Club of America, as the ideal sponsor. For generosity, support and noninterference, they could not be surpassed.

Because we like the course (Brighton) and the date (Sept. 4), we are considering holding the race without Dannon, but need a new sponsor. If anyone knows of one, have him/her contact us.

The Race Directors,
Uta Allers & Ross Rider
442-7762

Holm and Holm were the class husband-wife act

From Times-Union, Journal Staff

Easily the fastest husband-wife team in yesterday's River Run was Craig Holm and Kare Cossaboon-Holm of Rochester, N.Y. Craig was 22nd in 46:00, and Kare finished eighth in the women's division in 53:08. Married 2 1/2 years, they continually bumped into each other at awards ceremonies in Rochester races, where each was always winning the championship trophy.

"We kept eyeing each other and finally we decided to go for a jog together," said Kare. "He took me on a training honeymoon. We stayed in hotels, but we were biking and doing all kinds of things."

They were also the top husband-wife combo at the New York and Boston marathons, but there are only a few races with awards for married couples. New York marathon director Fred Lebow told Craig such an awards category wasn't feasible because too many couples who are living together without being married would try to enter.

GREATER ROCHESTER TRACK CLUB

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

The GRTC is for everyone whether you are a jogger, are interested in gaining or maintaining physical fitness, are a long distance runner or a track & field person, are an indoor-outdoor enthusiast or just a track nut. All that is required is an interest in running, jumping, or throwing.

As part of your membership you will be mailed a Newsletter which will contain running information, race results, medical information, Club Committee reports, and events information a minimum of 10 times a year.

We sponsor races, Tuesday closed summer track & field meets, the Rochester Marathon, fall cross-country, and year-round races and fun runs. On the national level you will be a member of the Road Runners of America and the T&F/USA.

GRTC MEMBERSHIP APPLICATION

Name _____ New _____ Renewal _____

Address _____ Home Tel. _____

City _____ State _____ Zip _____ Bus. Tel. _____

Male _____ Female _____ Birthdate _____ TAC # _____

Occupation or school if student _____

For Members Under 18 Years of Age:

Parent or Guardian's Name _____

Address _____

My Running Interest Is: _____

Participation - I can assist with the following GRTC programs:

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

Membership Category:

- | | | |
|--|---|---|
| <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) |
| <input type="checkbox"/> \$50.00 3yr family | | |

Make checks payable to GRTC.

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