



NEWSLETTER

ROCHESTER, NEW YORK

JULY, 1983

THE PRESIDENT'S COLUMN

Dick Withrow

The first summer track meet of the year is always the worst. The storage building at MCC was locked and we couldn't get the hurdles out. We ran out of numbers halfway through registration, and I forgot to bring safety pins. The meet director was late and so was the starter so the meet got running fifteen minutes late. On top of all this, we couldn't find the medals which are given out as prizes. Seems as though someone took them home after the last meet in 1982 and forgot all about them. In spite of all these problems, 120 or so people showed up to compete and had a great time. No one complained about any of the problems. THANK YOU!

Women's participation was rather small for this meet. If more women compete we can run age group competitions instead of just Open which forces our senior and master women to compete against high school and college women.

Another point worth mentioning is that the GRTC Summer Meets can be used to establish qualifying times for Seniors and Master hoping to compete in the Empire State Games.

A note for Race Directors... the GRTC is not a sanctioning body, only the TAC can sanction a race. In some cases where the GRTC has assisted sponsors have listed a race as GRTC sanctioned. This is not true...the only thing a sponsor can say in this case would be that assistance is being provided by the GRTC. This may seem like a small point, but a sanctioning body assumes some liability for a race and the responsibility that goes with it. A case in point is the July 4th Firecracker 5 Mile Race in Perinton. The GRTC is not a sponsor of this race, nor is it sanctioned by us. Yet the race is advertised as GRTC sanctioned. The club involvement with this race as with the other July 4th races is as timer only. Race directors who belong to the GRTC should be sure their sponsors don't get carried away and assume the GRTC is sanctioning their race. More complete guidelines on this matter are inside this issue.

Save September 11 for the GRTC Annual Picnic. This year it will again follow the Couples Run.

Congratulations to Don Osborne and Nedra Weaver who will be getting married this month!

RACE ENTRY FORM TERMINOLOGY

In order to assist our members in interpreting GRTC-related information appearing on road race entry forms, the following definitions are reprinted from the GRTC Road Race Guidelines:

SANCTIONING: this club has no sanctioning powers; only The Athletic Congress (TAC) of America has that authority.

SPONSORSHIP:

- a. GRTC assisted races - the club offers technical expertise. Items available for hire "a la carte" include: entry form in Newsletter, course measuring and marking, electronic timer, digital display clock and officials.
- b. GRTC co-sponsored races - the race director is a club member and the club provides the above items and services for a flat fee or a flat fee per runner.
- c. GRTC sponsored races - races organized by the club, for the benefit of the club and open to the public. All revenues go to the club.

GRTC BOARD OF DIRECTORS

John Blanchard
Tom Bowers
Ed Cloos
Kare Cossaboon-Holm
Isabelle Culbertson
Mary Beth Glavin
Rick Guido
Mike Hasenauer
Randy Johnson
Bill Kehoe
Jennifer Litwak
Tim McAvinney
Bruce Quimby
Bill Quinlisk
Ross Rider
Paul Sadler
Larry Tabachnick
Mary Terziani
Dick Withrow

EXECUTIVE COMMITTEE

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

HONORARY DIRECTORS

Bob Bradley
Gene Osborn
Shirley Gessell
Tim Hale
Pete Todd

COMMITTEE CHAIRPERSONS

Awards Bill Quinlisk Road Race Coordinator Ross Rider
Budget John Blanchard Social Runs 663-5924 Korleen Wright
Constitution Paul Sadler Summer Meets Bill Quinlisk
Editorial Rick Guido Touring Teams Mary Terziani
Freezeroo Series Bruce Quimby Mike Hasenauer
Membership (1-636-8577) Lou Asmuth Women-In-Motion Kare Cossaboon-
Newsletter Laurie Clements Holm
Cislyn Lightbourn (271-6605) Mary Terziani
Joan Simeone Timer (964-8198) August Calabrese
Publicity (865-1244) Tim McAvinney

Deadline for each month's newsletter is the 15th.

Please submit local race calendar information and road race applications, including \$50 fee (per 8 1/2 x 11 page) at least two weeks prior to newsletter deadline to Ross Rider, 279 Laburnum Crescent, Rochester, N.Y. 14620. Call 442-7762 evenings before 10:00 p.m. Because the Road Race Calendar is now computerized, no additions or changes can be made after the 13th of the month for the following month's newsletter.

Race results, information on out-of-town events, and other miscellaneous information to Cislyn Lightbourn, 190 St. Stanislaus Street, Rochester, N.Y., 14621, 338-3486 or Joan Simeone, 22 Beacon Hills Drive So., Penfield, N.Y., 14526, 671-0086.

Articles and columns (at least two weeks before newsletter deadline) to Rick Guido, 3 Whippletree Road, Fairport, N.Y., 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, 1086 West Avenue, Brockport, N.Y., 14420, 637-5932.

The GRTC booklet of revised and expanded Road Race Guidelines is available to road race directors from Ross Rider.

HIGHLIGHTS OF MAY 19 BOARD OF DIRECTORS MEETING

Place: Lou Asmuth's, 5391 S. Holly Rd., Holley
Present: Dick Withrow, Paul Sadler, Bruce Quimby, Kare Cossaboon-Holm, Ross Rider, Bill Quinlisk, Lou Asmuth, Mary Terziani, Randy Johnson, Isabelle Culbertson, Jennifer Litwak, Ed Cloos, Bill Kehoe. Guests: Uta Allers, Nan Siembor, Augie Calabrese (Chronomix Person).

Next Meeting: June 15, 1983, 7:30 p.m. at Ross Rider's and Uta Allers', 279 Laburnum Cres., Rochester 14620, 442-7762.

New Board Members: Ed Cloos, Isabelle Culbertson, Craig Holm, Randy Johnson, Bill Kehoe, Jennifer Litwak and Larry Tabachnick. Larry is a former President of the Washington D.C. Road Runners Club of America - we are pleased to have his expertise.

Review of Election Results: Discussion of procedure for election of Board Members being restricted to those attending the Banquet. Next year the slate will be printed in the Newsletter.

Selection of Officers: for 1983-84: President - Dick Withrow
Vice-President - Paul Sadler
Treasurer - John Blanchard
Secretary - Lou Asmuth

Joe Contario's proposal for Women's Summer Track & Field Team: Mary and Kare will contact Joe to see what his proposal is.

Race Update: Park Avenue 5 Mile - course change due to construction.

Strengthening the Awards Committee: Dick voiced some concern about the method of selection of annual award winners. It was agreed that the President would appoint a Chair for the Awards Committee and that the Chair would select his/her Committee from a cross section of the club.

Entry forms: Ross reported that entry forms for the Newsletter are by-passing him and going directly to Joan Simeone, Newsletter Editor. She will be asked to route them through Ross, so he can check them before printing and keep track of the \$50 fee.

New Business: Dick asked for help with the finish line at the Police Locust Club race. Jennifer and Bill K. volunteered.

MAYFAIR 10 K
LIST OF WINNERS

1st Place overall Male - - - Steve Branch ----- 31:37
1st Place overall Female - - - Julie Cancilla ---- 39:16
1st Place Male 19 & Under - Jeff Crews ----- 35:02
2nd Place " " " - Terry Schnurr ----- 35:35
3rd Place " " " - Mark Murphy ----- 35:40
1st Place Male 20-29 - Tim Jones ----- 32:42
2nd Place " " " - Larry Klein ----- 33:59
3rd Place " " " - Jose Laboy ----- 35:00
4th Place " " " - Paul Klein ----- 35:06
1st Place Male 30-34 - Paul Persia ----- 33:27
2nd Place " " " - Bill Pixley ----- 36:42
3rd Place " " " - Tom Ryan ----- 36:50
1st Place Male 35-39 - Greg Brooks ----- 33:23
2nd Place " " " - Don Scheg ----- 36:14
3rd Place " " " - Dave Gross ----- 36:15
1st Place Male 40-49 - Ed Cloos ----- 35:28
2nd Place " " " - Dick Telarico ----- 36:02
3rd Place " " " - Bernie Fetterly ---- 37:05
4th Place " " " - Ron Strain ----- 38:50
1st Place Male 50+ - Greg McGrath ----- 40:44
2nd Place " " " - Robert Ealy ----- 42:19
3rd Place " " " - Bob Ward ----- 44:55
1st Place Female 19 & under - Lynne Fox ----- 40:40
2nd Place " " " - Disco (dog) Yetter - 43:40
1st Place Female 20-29 - Jacqueline Wellott - 40:58
2nd Place " " " - Margerette Dennis -- 42:58
3rd Place " " " - Robin Devay ----- 46:24
1st Place Female 30-39 - Carol Monnier ----- 42:07
2nd Place " " " - Carolyn Kriesen ---- 42:35
3rd Place " " " + Isabelle Culbertson 45:56
1st Place Female 40+ - Mary Brewer ----- 46:50
2nd Place " " " - Korleen Wright ----- 49:10
3rd Place " " " - Ann Weingartner ---- 60:25

Results will be mailed to all finishers

CORN HILL MYRIAMETER



COCA COLA

ORLAND PRESS PRINTERS
WHILLOCK BROTHERS
T-SHIRT EXPRESS
VILLAGE GREEN

GENESEE BEER

EARL'S GRILL
HEALTH FOOD COMPANY
CAFE ZEPPA DEL SUD
SWEET STUFF

EARL'S GRILL
HEALTH FOOD COMPANY
CAFE ZEPPA DEL SUD
SWEET STUFF

ERIE COUNTY SAVINGS
ZEIF'S MEN'S WEAR
WILLOPUS T-SHIRTS

SUNDAY, JULY 10, 1983 - 8:30 A.M.

T-SHIRTS TO ALL ENTRANTS -- AWARDS TO TOP 10 PERCENT IN EACH AGE GROUP.
ALL THE GENNY BEER AND COKE YOU CAN DRINK. A COMFORTABLE PLACE TO SIT DURING THE BLUEGRASS MUSIC AT OUR SOUNDSTAGE WHILE AWAITING THE TABULATION OF THE RESULTS
SIMON PONTIN'S MELLIFULOUS AWARD PRESENTATION
THE INCREDIBLE CORN HILL ARTS FESTIVAL WITH THE BEST FOOD AND MUSIC IN TOWN, TO MAKE THIS THE MOST PLEASANT SUNDAY OF THE SUMMER FOR YOUR ENTIRE FAMILY

NO REGISTRATION ON RACE DAY

PICKUP PACKET AT EARL'S GRILL - 7:00 A.M. SUNDAY

\$5.00 PRE-ENTRY (BY JULY 9, 1983)

*IT IS POSSIBLE TO REGISTER SATURDAY - CHECK AT THE FESTIVAL INFORMATION BOOTH

MEN (Check yours)

- 18 AND UNDER
 19 - 29
 30 - 34
 35 - 39
 WHEELCHAIR

WOMEN (Check yours)

- 18 AND UNDER
 19 - 29
 30 - 34
 35 - 39
 40 - 44
 45 - 49
 50 - 59
 60 PLUS
 WHEELCHAIR

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby waive and release any and all claims for damages I may have against the CORN HILL ARTS FESTIVAL, its Officers, Race Director, Race Sponsors, their Representatives heirs or assigns, for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and sufficiently trained for competition in this race.

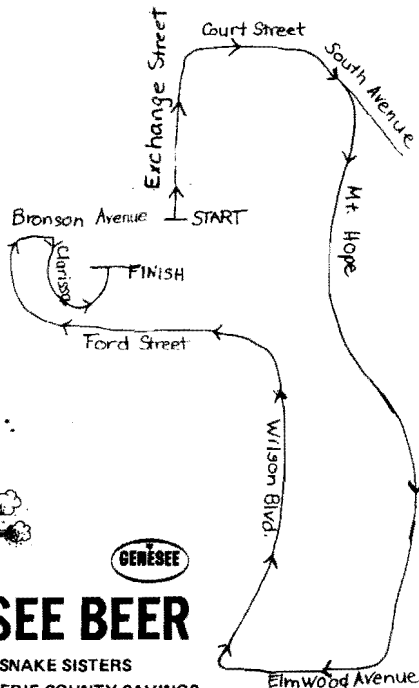
SIGNATURE _____ PRINT NAME _____

PARENT OR GUARDIAN SIGNATURE IF UNDER 18 _____

ADDRESS _____ CITY _____ ZIP _____

MAKE CHECK PAYABLE TO RACE DIRECTOR AND MAIL CHECK AND COMPLETED FORM TO:

RACE DIRECTOR - 19 EAGLE STREET - ROCHESTER, NEW YORK 14608



HOLY TRINITY COUNTRY FAIR RUN JULY 15, 1983

PLACE

Holy Trinity Fair Grounds
1460 Ridge Road Webster N.Y. 14580
Phone 872-3489-for race information

TIME

5:45-6:45 PM Registration. 7:00PM- 10KM Race begins, 7:10PM -2.5 Mile fun run begins. Awards presented at 8:30PM on the fair grounds.

REFRESHMENTS

Free refreshments to all participants in both events, BEER and POP to be served.

AWARDS

Souvenir Caps to be given to the first 200 to register for the 10 KM race.

Raffle for prizes to be held before the awards presentation, open to all 10 KM and Fun Run participants.

Medals will be presented to the top 10% finishers in all (10) divisions for the 10KM race, depending on participation. [16 & U; 17-29; 30-39; 40-49; 50 & O] This covers both male and female divisions. Ribbons to be awarded to all fun run participants.

FEE

\$ 5.00 entry fee for the 10KM race, post registration fee the day of the race, is the same. \$ 2.00 entry fee for the fun run. Make checks payable to the Holy Trinity Fair. Return the attached form with fee to the address listed.

RACE INFORMATION

Course is a measured [wheeled] 10KM distance, on country roads, clearly marked with road guards. It is a flat course suited to a PR. Water stops at half way points and finish line. All runners timed, with splits at 1 mi. and 5KM point of the race.

Bring the family and enjoy the evening at the Holy Trinity Country Fair.

DIRECTIONS

The fair grounds are located east of the village of Webster on RT404. Easy access from RT104, from the east exit at Salt Rd. and turn south to RT404, turn right 1 mi. to Fair. From the west exit 104 at Phillips Rd. turn south to 404, turn left 1/4 mi. to Fair.

NAME _____ AGE _____ SEX _____

ADDRESS _____ ZIP CODE _____

BIRTH DATE _____ EVENT-2.5 MI FUN RUN _____ 10KM RACE _____

In consideration of my accepting entry into this event I certify that I am physically fit to enter this event for which I am registered. I realize that I am running this event at my own risk; that entry fees are not refundable; that the race committee carries no insurance and the event is non-professionally organized and sponsored. I release the following from any claim I may have; Holy Trinity Church; Rochester Roman Catholic Diocese; Town and Village of Webster; the race Director, committee and any helpers. I will not make any claim against anyone named above.

SIGNATURE OF RUNNER _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN _____

ST. CHRISTOPHER'S 5th ANNUAL 5-MILER

A	Men 17 & Under	F	Women 17 & Under
B	Men 18-29	G	Women 18-29
C	Men 30-39	H	Women 30-39
D	Men 40-49	I	Women 40-
E	Men 50 & Over		

Place	Name	Category	Time
1	Joe Kubek	B	25:56*
2	Stephen Wellum	B	26:26**
3	Bruce Quinby	C	27:42*
4	Tom Serafin	C	27:49**
5	Robert King	A	28:04*
6	Craig Hayward	C	28:16***
7	Peter Bartula	B	28:45***
8	Gerald Lynch	B	28:49
9	Dick Telarico	D	28:50*
10	Mark North	B	29:04
11	Donald Scheg	C	29:53
12	Thomas Hoppough	C	30:36
13	David Desesky	B	30:41
14	Gregory De Lorn	C	30:42
15	Mac McCullough	B	30:56
16	Douglas Landke	B	31:06
17	Brian Clement	B	31:16
18	James Whritenor	B	31:40
19	David Drew	B	31:59
20	Mike De Rusha	A	32:04**
21	Robert Sherlock	C	32:46
22	Patrick Flynn	C	32:54
23	Len Savage	E	32:56*
24	Janis Drum-Whritenor	G	33:12*
25	Gary Shaw	D	33:27**
26	Mark Tondryk	A	33:30***
27	Joshua Hall	A	33:42
28	Kenneth Steffen	B	33:55
29	Bob Reddinger	D	34:02***
30	Charles Emerson	C	34:04
31	D. J. Caschette	A	34:14
32	C. Harold Hurley	C	34:05
33	James Yost	E	34:19**
34	Mike Curry	D	34:28
35	Peter Bales	C	34:32
36	Steve Peck	C	34:41
37	Roger Roy, Jr.	B	34:45
38	Todd Trainor	A	34:46
39	Sharon Duffy	H	34:54*
40	James Hill	C	34:59
41	Ray Limoges	D	35:06
42	Richard Gamble	C	35:12
43	Beth Burchill	F	35:22*
44	Paul Camping	C	35:22
45	Jan Daniel	H	35:46**
46	Steve Addison	A	35:53
47	Charles Eggelbrecht	C	36:02
48	Ken Asmuth	D	36:12
49	John Lynch	C	36:13
50	Matthew Tuohy	B	36:28
51	Donald Killion	A	36:40
52	Richard Detwiler	C	36:46
53	Leonard Leger	D	36:56
54	Isabelle Culbertson	H	37:00***
55	Tom Schryver	D	37:07
56	Carol Yost	I	37:09*
57	G. Eggert	D	37:17
58	John Buttermore	C	37:25
59	Steve Elenbaas	B	37:32
60	Robin Devay	G	37:40**

St. Christopher's Results - Continued

61	Donald Simkin	D	38:15
62	Cathie Dambra	G	38:27***
63	Donna Glynn	G	38:55
64	James Gladding	A	39:00
65	Robert Randall	D	39:14
66	Ted Saladyga	D	39:18
67	Lynette Hill	H	39:25
68	Joseph Ferraro	C	39:36
69	Lou Asmuth	I	40:02**
70	Scott Mason	B	40:31
71	Diana Raplee	H	40:34
72	Paul Ver Steeg	E	40:37***
73	John Noeth	C	40:46
74	Trish Finneran	G	40:53
75	Pat Scheiber	I	40:59***
76	Wayne Ostrauder	D	41:20
77	Bill King	A	41:50
78	Roger Magar	B	41:56
79	Maureen Emerson	G	42:07
80	Paul Nau	B	42:22
81	David Nau	C	42:27
82	Michael Calvette	C	42:37
83	Alan Lancot	C	42:37
84	Alfred Heilman	D	44:53
85	Corinne Trainor	G	46:07
86	Janice Griffin	F	47:04
87	James Mroczek	D	48:04**
88	Mary Madsen	G	48:04
89	Rob Eggelbrecht	A	50:31
90	Jackie Boehly	H	51:04
91	Carol Podgorski	G	52:54

APPLE BLOSSOM SPECIAL 1983 * RESULTS (May 20, 1983)

** OVERALL WINNERS **
Tom Lemme, 1:33.15 Kelly Hoskins 1:38.22

Male

17 and under

1. Charlie Smith 41.59	30-34 cont.
2. Joshua Smith 43.10	9. Michael McCall 47.13
Jonathan Wirsing 43.10	10. Greg Cunnin 48.22
3. John Ousett 56.35	11. Norman Weaker 49.39
4. Albert Smith 65.44	12. Donald Seaman 49.55
	13. Daniel Martin 50.48
	14. John Schmidt 51.13
	15. Kevin Deuel 54.49

14-18 year olds

1. Jeff Crews 35.07
2. Mike Mosley 41.12
3. Dan Bornarth 53.26

15-25 year olds

1. Mike Dexter 33.32
2. Chris Leuster 35.06
3. Jon Haidrich 35.56
4. Ken Adams 37.34
5. Brian Clements 38.10
6. Dave Drew 39.18
7. Janie Moldt 39.53
8. James Reese 39.14
9. Peter Wrenick 39.31
10. Jim Helong 39.36
11. Mark Frutiger 39.44
12. John Marko 40.10
13. Mike Fayette 40.16
14. David Marini 40.29
15. Ron Reed 40.40
16. Carl Dresick 43.10
17. Mark Dunn 51.04
18. Scott Maron 54.35

30-34 year olds

1. Tom Serafin 34.03
2. Michael Scott 41.01
3. Ron Leszyk 41.24
4. Lee Travelle 42.21
5. David Flynn 43.19
6. Richard DeValk 44.36
7. Charles Rohn 44.52
8. John LaDue 47.09

40-49 year olds

1. Dick Telarico 35.40
2. Tom Battacio 37.22
3. Bill Hessler 37.36
4. Jim Palmeri 38.17
5. Dick Moore 38.54
6. David Stone 39.06
7. Bob Epstein 40.06
8. Mike McKain 41.48
9. Jim Crews 42.21

50 and over

1. Geryl Skelton 47.09
2. Beverly Allen 51.11
3. Dottie Viele 53.33
4. Shirley Baker 54.11

40-49, cont.

10. David Morris 42.30
11. James Sweet 42.57
12. Donald Simkin 44.36
13. Phillip Wirsing 46.07
14. Chuck Yost 46.24
15. Ronald Scheg 48.38
16. Leonard Leger 50.35
17. Gary Acato 52.30

50-59 year olds

1. Cal Hancock 40.04
2. John Hanson 40.26
3. Robert Le Balle 41.08
4. James Yost 41.46
5. Richard Freeman 42.42
6. Robert Spink 47.21
7. George Tillson 47.22

60 and over

1. Don McNelly 49.58

Female

14-18 year olds

1. Carol Smith 49.58
2. Sharon Murray 55.43

19-29 year olds

1. Judy Venkalunas Morano 42.14
2. Janet Flynn 50.14
3. Penelope Freleigh 50.34

30-39 year olds

1. Carolyn Krissan 41.52
2. Sharyn Duffy 42.45
3. Isabelle Culbertson 45.39
4. Sarah Taylor 51.11
5. M. Elizabeth Reinhardt 51.59

6. Jan Farling 53.41
7. Diane Rohn 55.48

40-49 Year Olds

1. Leo Morris 47.27
2. Kathleen Wright 50.10
3. Joey Murray 57.10

LOCAL EVENT CALENDAR

July 3 6:30 p.m. Irondequoit Celebration 10k (certified course), Irondequoit Town Hall. Dave Heeks 235-1000 ext. 5529, 266-6474 (H). \$4 pre, \$5 post.

July 4 8:30 a.m. Brighton Chamber of Commerce 10k for Women Only, Brighton High School. Bill Kehoe, 654-8991. \$4 pre, \$6 post.

July 4 9:30 a.m. Brighton Chamber of Commerce 10k Open. As above.

July 4 9:00 a.m. The Firecracker Five Mi. Run, Foreman Center, O'Connor Rd., Fairport. Perinton Chamber of Commerce, Box 132, Fairport 14450. \$4 pre, \$5 post.

July 5 6:00 p.m. GRIC Summer Track Meet #4, Monroe Community College. Bill Quinlisk 266-7309. \$1 for members.

July 7 6:00 p.m. Mendon Ponds Park "Rat Race" 5 Mi., Beach Parking Lot. Bill Kehoe 654-8991. \$1. Bring picnic dinner.

July 10 8:30 a.m. Corn Hill 10k. Bob Epstein & Jennifer Litwak, 19 Eagle St., Rochester 14608. \$5 by 7/9, no post entries.

July 12 5:45 p.m. GRIC Summer Track Meet #5, Monroe Community College. Bill Quinlisk 266-7309. \$1 for members.

July 14 7:00 p.m. Flying Dutchman 10k, Town Park, N. Main St. Marion, NY. Chuck & Marlene Martin (315) 926-5738. \$4 pre, \$5 post.

July 14 No Rat Race. See you next week.

July 15 7:00 p.m. Holy Trinity Country Fair 10k Race, 1460 Ridge Rd., Webster. Art Wohlabaugh 872-3489(H). \$5.

July 15 7:10 a.m. Holy Trinity Country Fair 2.5 Mi. Run. As above. \$2.

July 17 8:30 a.m. 3rd Annual Livonia Fresh Air 5 Mi. Race & 2 Mi. Fun Run, Livonia Central School Grounds. Mark Martin 346-3615 or Keith Noyes 367-3263. \$4.

July 19 6:00 p.m. GRIC Summer Track Meet #6, Monroe Community College. Bill Quinlisk 266-7309. \$1 for members.

July 20 7:30 p.m. Board of Directors' Meeting at Dick & Fay Withrow's, 1086 West Ave., Brockport, 637-5932.

July 21 6:00 p.m. Mendon Ponds Park "Rat Race", Beach Parking Lot. Bill Kehoe, 654-8991. \$1.

July 23 10:00 a.m. Don Samuel Torres 5 Mi., Brown Square, Jay & Verona St. near Kodak Office Bldg. Manny Rivera 669-2316(H) or Rudy Rivera 473-8031(H). \$4.

July 26 5:45 p.m. GRIC Summer Track Meet #7, Monroe Community College. Bill Quinlisk 266-7309. \$1 for members.

July 28 6:00 p.m. Mendon Ponds Park "Rat Race" 5 Mi., Beach Parking Lot. Bill Kehoe 654-8991. \$1.

July 30 8:30 a.m. 4th Annual Landmark Preservation 10k, Stone-Tolan House, 2370 East Ave., Rochester. The Running Store, 381-4000. \$4 pre, \$6 post.

July 30 9:00 a.m. Spencerport Canal Days 10k Kick, Firemen's Park, Spencerport. Glenn Bletcher 352-3487 (W). \$3 pre, \$5 post.

Aug. 2 6:00 p.m. GRIC Summer Track Meet #8, Monroe Community College. Bill Quinlisk 266-7309. \$1 for members.

Aug. 4 6:00 p.m. Mendon Ponds Park "Rat Race" 5 Mi., Beach Parking Lot. Bill Kehoe 654-8991. \$1.

Aug. 6 8:30 a.m. FLYP (Fellowship of Lutheran Young People) 5 & 10k, St. Paul's Church, Hilton. Dorothy Wright 392-8521. \$3 pre, \$5 post.

Aug. 6 9:00 a.m. Last Annual August 6 10k, Manhattan Square Park. Bill Kehoe 654-8991. No awards, no premiums, \$1 pre, \$5 post.

Aug. 6 9:00 a.m. Phelps Sauerkraut Festival 20k. Robert Locke, 20 Broad St., Clifton Springs, 14432, (315)462-9264. \$4 by 8/1, \$5 post.

Aug. 11 6:00 p.m. Mendon Ponds Park "Rat Race" 5 Mi., Beach Parking Lot. Bill Kehoe 654-8991. \$1.

Aug. 13 9:30 a.m. 5th Annual Macedon Minithon 10k, Samuels Pk., Macedon. Gary Wood (315)597-4639. \$4 by 8/6, \$5 post.

Aug. 14 9:00 a.m. Conesus Lake 10k, West Lake Rd., Conesus, Loganberry Barn. Dave Ross 346-2145. \$5 pre, \$6 post.

Aug. 18 6:00 p.m. Mendon Ponds Park "Rat Race" 5 Mi., Beach Parking Lot. Bill Kehoe 654-8991. \$1.

Aug. 21 8:00 a.m. Hamlin Beach Triathlon, Swim 1 1/8 Mi., Cycle 55 Mi., Run 13.1 Mi. Mike Carnahan, 46 Orchard Creek La. Rochester 14621. Fee TBA.

Aug. 25 6:00 p.m. Mendon Ponds Park "Rat Race" 5 Mi., Beach Parking Lot. Bill Kehoe 654-8991. \$1.

Aug. 26 6:00 p.m. Swan Run '83, 1 Mi., 5 & 10k, Albion. Bob Ord, 41 Meadowbrook, Albion, NY, 14411, 589-7364. \$4 pre, \$5 post.

Aug. 28 9:00 a.m. Canandaigua 10k - Chamber of Commerce & Community College of the Finger Lakes. John Coons.

Sept. 4 8:30 a.m. Labor Day 10k (formerly Dannon), Brighton High School. Ross Rider 442-7762.

Sept. 5 8:00 a.m. 12th Annual Rochester Marathon, MetroCenter YMCA. Tim McAvinney, 19 Merrick St., Rochester 14615, 865-1244 until 10:00 p.m. SSAFE for entries. \$5. Do not call the YMCA.

Sept. 10 9:30 a.m. Heritage Days 5 Mi. Race & 2 Mi. Fun Run, Marion Elementary School, Marion. Chuck & Marlene Martin, (315) 926-5738. \$4 pre, \$5 post.

Sept. 10 9:30 a.m. 3rd Annual Geneseo 10k. Brad Hill, 243-2802. \$4 pre, \$5 post. T-shirts to first 400 registrants.

Sept. 11 10:00 a.m. 3rd Annual Wendy's Couples Run, Split 10k, U of R Medical Center Corporate Fitness Facility. Kare Cossaboon-Holm 275-2437(W). Fee TBA.

Sept. 11 After race GRIC Annual Picnic. Genesee Valley Park.

Sept. 17 10:00 a.m. 2nd Annual 5 Mi. Run for the Eagles, The Barry Winery, Eagle Crest Vineyards, Conesus-on-Hemlock Lake. Ted Cribari 346-2321. \$4.50 pre, \$5 post.

Sept. 17 11:00 a.m. Palmyra Canaltown Days 15k, Village Hall. Jamie Hemmings 377-2500 (W), (315)597-5585 (H). \$2 by 9/1, \$4 post.

Sept. 18 9:00 a.m. 3rd Annual World's Biggest 10k, Mendon Ponds Park - a race for men over 175 & over lbs./women over 2 lbs. per inch of height. Bill Kehoe 654-8991. \$6 pre, \$10 post.

Oct. 1 3:30 p.m. McQuaid Invitational Open 3 Mi., Genesee Valley Park. Bill Quinlisk, 226-7309 (H). \$1 pre, \$3 post.

Oct. 8 Seneca Zoological Society Run, Seneca Park. Kathleen Buckpitt 342-2744.

Oct. 16 10:00 a.m. 3rd Annual Henrietta Columbus 7 Miler, Henrietta Memorial Park. Jane Iaculli, 334-7700 (W). \$4 pre, \$5 post.

Oct. 30 10:00 a.m. United Cerebral Palsy Halloween 10k, Greece Town Mall. Janet Van Landingham 271-6423.

Nov. 26 10:00 a.m. 6th Annual R.T. Turkey 5 Mi., Mendon Ponds Park. Bill Quinlisk 473-1130(W), 266-7309(H). \$2 pre, \$5 post.

SOCIAL RUNS

Social Runs are non-competitive, untimed group runs (2 - 6 miles) which are hosted at someone's home. Runners are asked to bring a dish to pass, so that everyone may share a meal after the run. Anyone interested in hosting a run, please call Korleen Wright at 722-4314 (W), 663-5924 (H).

July 17 5:00 p.m. Margie Tomczak, 985 Harvard St. (off Culver Rd.), Roch. 14610, 473-5318.

July 24 5:00 p.m. Jan Kormguth, 5 E. Squire Dr., Apt. 8, Rustic Village (across from MCC), Roch. 14623, 424-1332.

July 31 5:00 p.m. Katie & Bill Kehoe, 132 Winterroth St. (off Clifford near N. Goodman), Roch. 14609, 654-8991.

Aug. 7 5:00 p.m. Dottie Viele, 109 Merrill St. (off Lake Ave., north of Ridge Rd. W.), Roch. 14615, 865-9945.

Aug. 14 5:00 p.m. Bob Epstein & Jennifer Litwak, 19 Eagle St., Corn Hill area, Roch. 14608, 546-8324.

OUT-OF-TOWN EVENTS

July & August 6th Annual Craftsbury Distance Running Camp, Vermont Co-ed: July 3-9 & July 10-16, \$2.15 per session incl. room, board & instruction. Women's Camp: Aug. 14-20 & Aug. 21-27. \$200 per session. Kare Cossaboon-Holm 223-5314 after 4 p.m. or John Brodhead 802-586-2514.

Aug. 20 9:00 a.m. Prattsburgh Flower Festival 10k. 5k Fun Run at 8:00 a.m.

Aug. 27 Chilmark Road Race, Chilmark, Mass. (Martha's Vineyard Island), 8 mile. For info write Hugh Weisman, 42 Green Acres Ave., Scarsdale, N.Y., 10583.

Oct. 2 10:00 a.m. Wineglass Marathon, Hammondsport to Painted Post. Wineglass Marathon, P.O. Box 98, Corning, NY 14380-0090, (607)936-4648. \$10 by 9/21. (Fee incl. bus to Start.)

Conesus Lake Association Inc.

P.O. BOX 79, LIVONIA, N.Y. 14487



CONESUS LAKE 10-KILOMETER RUN

Sunday-August 14, 1983 9:00 AM

SPONSOR: Conesus Lake Association

COURSE: The course is out and back on paved roads along the west side of Conesus Lake. Scenic with very gently rolling terrain.

PLACE: The run begins at the Loganberry Barn Restaurant, 1191 West Lake Road on the west side of Conesus Lake (Conesus Lake is about a 35 minute drive south of Rochester, New York)

TIME & DATE: 9:00 AM / Sunday-August 14, 1983

REGISTRATION: PRE-REGISTRATION - \$5.00 by August 8, 1983 (Hats to those who pre-register by August 8, 1983)
****PRE-REGISTRATION IS ENCOURAGED**

POST REGISTRATION - It will be possible to register on the day of the run between 7:45 AM and 8:30 AM only. \$6.00

DIVISIONS: Male & Female Divisions - AGE GROUPINGS:

14 & under	15 - 19
20 - 29	30 - 39
40 - 49	50 & over

AWARDS: Trophies - 1st Place Overall - Male & Female
 Additional awards to top 10% in each age group.
 (No duplication of awards)

GENERAL INFORMATION: Parking and restrooms available, come dressed to run (no showers or changing facilities), times at 1 mile and 3.1 miles, refreshments

REGISTRATION FORM

In consideration of this entry being accepted I, intending to be legally bound, do hereby waive and release any and all claims against the Conesus Lake Association Inc., its officers, the Loganberry Barn, organizers and run officials, the towns of Geneseo and Groveland, and anyone else involved, for any injuries that I may suffer as a result of my participation in this 10-K Run. I further certify that I am in sufficient physical condition to participate in this event.

NAME _____ AGE _____ SEX _____
 ADDRESS _____
 SIGNATURE _____ PARENT/GUARDIAN
 if under 18

** Checks payable to: Conesus Lake Assoc. Mail check & form to:
 Dave Ross, 3239 East Lake Rd., Livonia, New York 14487 (346-2145)-Ph.

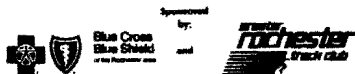
CONESUS LAKE 10 K

The Rochester Marathon



SEPTEMBER 5, 1983

LABOR DAY
8 A.M.



TWELFTH ANNUAL ROCHESTER MARATHON
 Rochester, New York
 September 5, 1983
 8:00 A.M.

26 miles, 385 yard course (IAC certified) - asphalt, rolling with hills at 11 and 15 miles, one loop out and back.

Course Record - 1980 Pete Pfirzinger 2:22:44
 Women's Record - 1980 Kare Cosaboon-Holm 3:01:37

283 finished in 1982

RACE ENTRY FEES
 \$1.00 due with entry, families of 3 or more with parent(s) \$10.00.

\$4.00 Greater Rochester Track Club members

Deadline August 28

\$6.00 post entries

Please make checks payable to the Rochester Marathon

No refunds

ENTRY INFORMATION
 Race entry is limited to 500 runners.

If under 18, a parent or guardian must sign the waiver as indicated on the application.

You will receive your number and final instructions by mail in August. If any person is found using another person's number, both will be banned from future marathons. Do not lose your number; new numbers will be available at the post for \$6.00.

AWARDS		(open 1-3 trophies)	
MEN	WOMEN	MEN	WOMEN
Under 19	Under 30	1 - 3 Trophy	1 - 3 Trophy
19 - 29	30 +	1 - 3 Trophy	1 - 3 Trophy
30 - 34		1 - 3 Trophy	
35 - 39		1 - 3 Trophy	
40 - 49		1 - 3 Trophy	
50 - 59		1 - 3 Trophy	
60 +		1 - 3 Trophy	

MERCHANDISE AWARDS FOR TOP 10% OF ALL DIVISIONS
 CERTIFICATES AND PHOTOGRAPHS TO ALL FINISHERS UNDER 3 HOURS

RACE INFORMATION

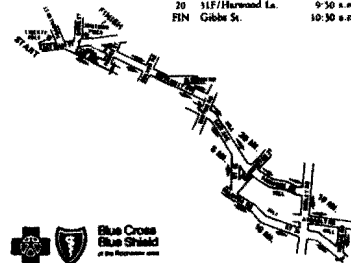
Report to the new Midtown YMCA, E. Main St. and Gibbs St. by 7:00 a.m. on the day of the race. Pre-registration will also be held at the YMCA from noon to 4 p.m. on September 4.

Race begins at 8:00, corner of South and Main near Holiday Inn. A five-hour limit is placed on the race finish and equivalent split time locations. Race ends at the YMCA where showers will be available.

REFRESHMENTS - Fruit, soft drinks and beer will be available for runners after the race near the YMCA.

AWARDS PRESENTATION AT NOON - Winners will receive their awards at Manhattan Square Park. All are invited. Present your orange ticket for a hamburger and drink.

Mile	Location	Time
0	Main & South	8:00 a.m.
5	East Ave./Elmwood	8:25 a.m.
10	Rt. 21/Green Valley	8:50 a.m.
15	Ayrault/Conisane	9:20 a.m.
20	31E/Harwood La.	9:50 a.m.
FIN	Gibbs St.	10:30 a.m.



In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, for myself, heirs, executors, administrators, waive and release any and all rights and claims of damage I may have against the Blue Cross and Blue Shield Plans of the Rochester area, the Greater Rochester Track Club, and the Amateur Athletic Union of the United States, its Niagara Association, all agent representatives and successors for any and all injuries or other damage, sustained by me, or my child, or this morning, or as a result of participating. I certify that the competitor is in good health and capable of running this distance. I also give permission to Blue Cross and Blue Shield to use photographs and films or video tapes, in which I may appear, for advertising and other promotional purposes and I waive any charges for the use of these photographs, video tapes and films.

Signature of Competitor

Signature of Parent, or Guardian
 if entrant is under 18

(Please Print)

NAME _____ AGE AT RACE _____ SEX _____
 STREET & NO _____ REST MARATHON TIME _____
 CITY/STATE _____ ZIP _____ TEL _____

WARNING: THE WEATHER FOR THIS RACE CAN BE VERY HOT AND HUMID—BE PREPARED!!

Please send legible copies to: Tim McAvaney, 79 Merrick St., Rochester, NY 14615

-3RD ANNUAL-

GENESEO 10K RUN



SPONSORS
GENESEO
DOWNTOWNERS



SPONSORS
LEAGUE OF
WOMEN VOTERS



SATURDAY, SEPTEMBER 10TH - 9:30 A.M. RACE

COURSE: WHEELED & ACCURATE COURSE WINDING THROUGH THE VILLAGE OF GENESEO & SURROUNDING COUNTRYSIDE.

LOCATION: RACE WILL START AT VILLAGE PARK (MAIN ST.) WHERE RT. 20A AND RT. 39 SOUTH INTERSECT

AWARDS - TROPHIES
ACCORDING TO NUMBER OF ENTRANTS
IN CLASS

ENTRY FEE:
PRE-REGISTRATION - \$4.50
FREE T-SHIRTS TO FIRST 400 REGISTERED
RACE DAY REGISTRATION - \$5.00

PRIZES:
GENESEO DOWNTOWNERS'
MERCHANDISE DOOR PRIZES

REGISTRATION:
8:00 - 9:00 A.M.
SAT., SEPT. 10

DIVISIONS - PLEASE CHECK

- MEN**
- 14 AND UNDER
 - 15 - 18
 - 19 - 29
 - 30 - 34
 - 35 - 39
 - 40 - 49
 - 50 & OVER

- WOMEN**
- 14 AND UNDER
 - 15 - 18
 - 19 - 29
 - 30 - 39
 - 40 - 49
 - 50 AND OVER

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I THE UNDERSIGNED, INTENDING TO BE LEGALLY BOUND, HEREBY WAIVE AND RELEASE ANY AND ALL CLAIMS OF DAMAGES I MAY HAVE AGAINST THE VILLAGE AND TOWN OF GENESEO, THE RACE SPONSORS, ITS DIRECTORS, THEIR REPRESENTATIVES, HEIRS OR ASSIGNS, FOR ANY AND ALL INJURIES SUFFERED BY ME IN THIS EVENT. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED FOR COMPETITION IN THIS RACE.

SIGNATURE _____ PRINT NAME _____

PARENT OR GUARDIAN IF UNDER 18 _____

ADDRESS _____ CITY _____ ZIP _____

MAKE CHECK PAYABLE TO RACE DIRECTOR AND MAIL CHECK AND COMPLETED FORM TO:
BRAD HILL, P.O. BOX 271, GENESEO, N.Y. 14454
PICK UP ADDITIONAL FORMS FROM ANY PARTICIPATING SPORTS STORE OR GENESEO DOWNTOWNERS



SATURDAY, JULY 23, 1983 10:00 AM BROWN SQUARE, ROCHESTER, NY

The WPXY Don Samuel Torres Five Mile Scholarship Road Race

First 500 Entrants

Free T-Shirts
Festival Ride Tickets
Refreshments

PRIZES AND AWARDS TO THE TOP 10% MEN AND
WOMEN IN THE FOLLOWING CATEGORIES:

UNDER 18 30 - 39
18 - 29 40 AND OVER

Special Top Prizes!!

Air Fare for two to...

Puerto Rico for the Fastest
Male Competitor

Air Fare for two to...

Puerto Rico for the Fastest
Female Competitor

Air Fare to Boston...

For the Shamrock Classic
Five Mile Road Race [September 14, 1983]
For the second fastest Male and Female
Competitor

For More Information; Contact:

Manny Rivera 1-669-2316
Rudy Rivera 473-8031
WPXY 325-5300

Entries will be accepted up
to 9:30 a.m. on the Day of
the Race. Mail Entry Form
and \$4.00 Donation to:

DON SAMUEL TORRES ROAD RACE
C/O IBERO AMERICAN ACTION
LEAGUE
938 CLIFFORD AVENUE
ROCHESTER, NEW YORK 14621

NEW CERTIFIED 5 MILE COURSE

IDON SAMUEL TORRES 5 MILER

LAST NAME _____ FIRST NAME _____ M.I. _____

NUMBER _____ STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

T-Shirt Size S _____ M _____ L _____
SEX M F
[MoF] AGE IN _____
YEARS ON RACE DATE _____

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I, THE UNDERSIGNED INTENDING TO BE LEGALLY BOUND, HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE AN AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST WPXY, GENESEE BREWING CO., IBERO A.A.L., CITY OF ROCHESTER AND ANY AND ALL SPONSORS, AND THEIR REPRESENTATIVES, SUCCESSORS AND ASSIGNS FOR ANY AND ALL INJURIES SUFFERED BY ME IN SAID EVENT. I ATTEST AND VERIFY THAT I WILL PARTICIPATE IN THIS EVENT, THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPLETION OF THIS EVENT AND MY PHYSICAL CONDITION HAS BEEN VERIFIED BY A LICENSED MEDICAL DOCTOR.

Signature _____ Date _____ Parent's signature if under 18 _____

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.



The 4th Annual Landmark Preservation Run
10K ROAD RACE

Sponsored by The Landmark Society of Western New York, with cooperation of The Greater Rochester Track Club, the City of Rochester, Monroe County Sheriff's Department, and Brighton Police Department.

SATURDAY, JULY 30th, 1983 AT 8:30 A.M.
Registration Check-in at Stone Tolan House
7:00 to 8:00 a.m. Rain or Shine!

Entry Fee: \$4.00 preregistration (preregistration closes on Wednesday, July 27th at The Running Store or postmarked no later than Monday, July 25th).
\$6.00 on day of race
Net proceeds will go to The Landmark Society for current community projects.

Course: Starts on Clover Street extension, down Clover Street, left on Allens Creek, right onto East Avenue, loop at Allen Parkway onto Fairport Road/East Avenue back to Stone Tolan House. Times at 1 mile and split, all miles marked; refresher/water station at 2-mile and 4-mile points.

Parking and Facilities: Parking at Baptist Temple, 1101 Clover Street. Car pool if possible. Toilet facilities available. Refreshments at finish.

Awards: Engraved glass bowl to top female and male, engraved glass mugs awarded in each category based on category size; ribbons for all entries, PAINTER HATS FOR FIRST 500 RUNNERS TO REGISTER! Landmark and sports merchandise awards by random drawing. Awards will be presented directly after the race.

Fast Times: Overall winners, 1982—Michael Higgins, 30:06; Anne Baitsholts, 37:43. 1st place division winners were: Male—Len Fatterly (under 18) 32:33; Michael Higgins (18-29) 30:06; Rod Williams (30-34) 32:21; Dave Tresohlavy (35-39) 31:52; Bill Fuller (40-44) 33:23; Alfred Kremer (45-49) 36:32; Ray Jacques (50 and over) 39:49. Female—Rachel Vinkey (under 18) 44:36; Anne Baitsholts (18-29) 37:43; Mary Ellen McMurry (30-34) 40:11; Annette Thompson (35-39) 44:36; Torry Hirsch (40-44) 46:15; Anne Wright (45-49) 47:26; Jacquie Adams (50 and over) 47:06; Carol Schneiderman (wheelchair) 51:17.

Age Categories:	Male		Female	
	Under 18	18-29	Under 18	18-29
	30-34	40-44	30-34	40-44
	35-39	45-49	35-39	45-49
		50-over		50-over

THE LANDMARK PRESERVATION RUN ENTRY BLANK

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against The Landmark Society of Western New York, The Greater Rochester Track Club, GRTC officers, The Running Store, the City of Rochester, the town of Brighton, the town of Pittsford, Monroe County, Race Director, 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: _____ (parent or guardian if under 18) Print Name: _____
Address: _____
Phone: _____ Race Category: _____ (male/female) (age category)

Check one:
 I enclose \$4.00 for my entry fee (post fee \$6.00)
 I wish to make a larger contribution to be used for current Community Landmark Projects. I enclose \$ _____

Your entry fee and any additional contribution are tax-deductible.
For further information, call The Running Store
at 361-4000 or 724-2476 between 9 a.m. and 5 p.m.

Make checks payable to:
The Landmark Society of Western New York
Send to: The Running Store
10 Schoen Place
Pittsford, N.Y. 14834

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 Speakers Road Races Summer Meets
 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