



# NEWSLETTER

ROCHESTER, NEW YORK

AUGUST, 1983

## The President's Corner

Dick Withrow

Lots of good things happening with the GRTC now. First, the Labor Day 10K is on for September 4, 8:30 a.m. This year the race will be sponsored by Citibank Corporation, Muscular Dystrophy Association, and the GRTC. As usual, prizes will be awarded to the top 10 percent in each age group. This year the prizes will include rain suits, running shoes, chronographs, shorts, singlets and other running related gear. The course is the same one used in 1982 and is TAC certified and sanctioned. This course is fast and flat with a minimum of turns. I hope the entire GRTC supports this race either as a racer or a volunteer worker.

The fall cross-country series is starting to shape up nicely. The plan now is to include four races in the series, starting in September and finishing in mid-November. The tentative schedule is as follows:

September - to be announced  
October - Durand Eastman Park  
Early November - Crazy 8 (Mendon)  
Late November - Churchville Park

All of the races will be run on trails and grass, very little pavement. If you've never run cross-country, this is a chance to try it right here in the Rochester area.

The Rochester Marathon is only a month away and once again Tim McAvinney needs volunteers for Road Marshalls and water stations. If you can help, call Tim at 865-1244 evenings.

THANK YOU FOR YOUR PARTICIPATION  
IN THE 5TH LAKE ONTARIO MARATHON  
WE HOPE TO SEE YOU AGAIN NEXT YEAR.

SPECIAL THANKS TO:  
THE GREATER ROCHESTER TRACK CLUB  
BURGER KING  
GENESEE BREWING CO.  
COCA-COLA CO.  
WEGMANS MARKET  
GREECE VOLUNTEER AMBULANCE  
THE RECREATION & PUBLIC WORKS  
DEPTS. OF THE TOWN OF GREECE



TIM MCAVINNEY

RACE DIRECTOR

HIGHLIGHTS OF JUNE 15 BOARD OF DIRECTORS' MEETING

Place: Ross Rider's and Uta Allers', 279 Laburnum Cres., Rochester

Present: Lou Asmuth, John Blanchard, Ed Cloos, Kare Cossaboon-Holm, Isabelle Culbertson, Mary Beth Glavin, Rick Guido, Mike Hasenauer, Craig Holm, Randy Johnson, Bill Kehoe, Jennifer Litwak, Tim McAvinney, Bill Quinlisk, Ross Rider, Paul Sadler, Larry Tabachnick, Dick Withrow. Guests: Uta Allers, Melanie Holcomb (Manufacturers Banover)

Next Meeting: July 20, 1983, 7:30 p.m. at Dick and Fay Withrow's, 1086 West Ave., Brockport, 722-7582(W).

Financial Report: Discussion on club's liability insurance and the need for more detailed guidelines for individuals requesting reimbursement for out-of-town races.

Road Race Guidelines: Copies of Guidelines were distributed by Ross; need for revision to be discussed at next meeting. Next year's race calendar will be started now with GRTC sponsored races to be given priority.

Social Runs: Korleen Wright will be scheduling social runs from now on.

Road Races: Discussion on misinformation printed on Firecracker 5 entry form; GRTC does not sanction races nor is the race sponsored by the club.

X-Country Races: Meeting at Greg Brooks' house on June 22 to organize three fall cross country races.

Computers: Committee appointed to research purchase of computer for the club. Members: Jennifer (Chair), Bruce and Lou.

Constitution Procedures: Constitution and By-Laws need revision. Paul is in charge.

Annual Picnic: GRTC's Annual Picnic to be held for members on Sept. 11, after Wendy's Couples Run. Paul is in charge of reservations and supplies.

Summer Track Meets: Bill stressed the need for experienced help to officiate at the meets. Please contact him at 266-7309 if you can help.

Uniforms: Board voted on submitted bids for GRTC travelling team uniforms.

Storage Space: Ross announced that he has an extra garage to store all road race and track equipment. A sign-out sheet will be used for loan of any equipment.

GRTC MASTERS NEWS

The GRTC Masters team consisting of Dave Wirm, Bill Fuller, Dick Withrow, Mel Levinson and Dick Telarico ran in the Utica Boilermaker 15K on July 10, 1983. Conditions were ideal for running and the race was managed impeccably. The day was sunny with temperatures in the low seventies. Water was available at every mile, sponges were available every couple miles and split times were given every mile.

The course itself is not the easiest but the worse part is in the first half of the race. You climb gradually for the first two miles, then two to three is somewhat steeper as the course winds through a park. From five miles on you can start racing. There are long downhills and some steep down hills along with some good flat stretches.

The GRTC placed 4 Masters in the top ten clinching the team title. The times and results are given on the Out of Town results page of this newsletter.

GRTC's Dave Wirm won the 40-44 age group of the 10,000 meters at the Eastern Regional TAC Masters Track and Field Championships at East Stroudsburg University in Pennsylvania on Saturday, June 25th. Wirm's winning time was 33:08.6

In the process of winning the race, Wirm established new GRTC Masters (40 and over) records at six distances: 3,000 meters (9:39.8), 2 miles (10:23.4), 3 miles (15:44.5), 5,000 meters (16:21.1), 6 miles (32:02.4) and 10,000 meters (33:08.06).

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-Holm
Newsletter	Laurie Mergenthaler		(271-6605) Mary Terziani
	Cislyn Lightbourn	Timer	(964-8198) August Calabrese
Publicity (865-1244)	Joan Simeone		
	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 Whippetree 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.

**NAPLES VALLEY 10K  
and  
5K Fun Run  
SPONSORED BY WIDMER WINE CELLARS**

**Place:** Town Hall Park, Main Street, Naples, New York

**Date and Time:** Saturday, August 6, 1983  
10K Starting Time: 9:00 A.M.  
5K Starting Time: 8:30 A.M.

**Entry Fee:** \$4.00 5K Fun Run  
\$5.00 10K Run Pre-entry, postmarked before July 30, 1983  
\$6.00 10K Run, postmarked after July 30, 1983  
Entries accepted Race-Day up to 30 minutes before start

**Course:** 5K - Loop course. Start and finish on Academy Street across from Naples Elementary School.  
10K - Start at Town Hall Park. After run through nearby countryside, runners finish at Academy Street site. Course is generally flat with one challenging hill on Tobey Street near finish. Accurately measured scenic course. (Town Hill Park is just around the corner from the elementary school.)

**Electronic Timing**

**Registration:** Naples Elementary School  
Academy Street  
Naples, New York  
7:30 A.M. - 8:30 A.M.

**Awards:** T-shirts to all entrants 5K and 10K  
10K - Trophies awarded to overall male and female winners

**Age Group Awards: Men's and Women's Divisions**

12 and under	35 - 39
13 - 15	40 - 49
16 - 19	50 - 59
20 - 29	60 and over
30 - 34	Handicapped

No duplication of awards

**Award Ceremony:** Memorial Town Hall Park  
Wine Tasting - Courtesy of Widmer Wine Cellars

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 Naples Business Council, The Town and Village of Naples, Widmer Wine Cellars, The Greater Rochester Track Club, race directors and administrators, 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 am physically fit and have sufficiently trained for the competition to this event.

Signature \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Phone \_\_\_\_\_ Address \_\_\_\_\_

Category (Age-Sex) \_\_\_\_\_ T-shirt Size S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
Age \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Print Signature \_\_\_\_\_ 5K \_\_\_\_\_ 10K \_\_\_\_\_

Signature of Parent or Guardian if Entrant is under 18 years old: \_\_\_\_\_

Checks Payable: Naples Valley 10K  
Mail Entries: Janice H71, RD#2, Naples, New York 14512  
Race Directors: Ron Burke - 374-5516  
Tom Mannelia - 328-6630  
Jim Poole

**GRTC Summer Meet #1 Results 6/14/83  
at FGL**

100m	A	1. Ben James	11.1
		2. Mike Longfellow	11.6
		3. Cedric Walker	11.6
	B	1. David Levinson	11.4
		2. Tom Smith	11.6
		3. Don Mancler	11.6
	C-1	1. Sandy Poster	11.8
		2. Scott McKitt	12.7
		3. Kelly Shapiro	12.8
	C-2	1. Doug Beers	12.6
		2. Chas. Eldred	13.5
		3. Paul Dodd	13.8
Women	HS	1. Terry Stone	13.1
		2. Lisa Radnich	14.2
		3. Nancy Schriver	14.5
Women	Open	1. Mary Sirece	15.3
		2. Sharon Duffy	15.5
		3. Carol Cloos	16.9
Seniors		1. Tom Hardy	11.8
		2. Tom Rapp	11.9
		3. Bill Harrison	11.9
Masters		1. Tom Rauecher	12.1
		2. Jim Remenicky	13.1
		3. Ivan Lennon	13.4
under 10		1. Jeff Eldred	16.6
		2. Aaron Boyle	16.6

4 mile Road Race	1. Bill Geraci	20:10	1st Open
	2. Tom Heinle	22:26	1st HS
	3. Jeff Cross	23:13	2nd HS
	4. John Coons	23:23	1st Master
	5. ?	23:34	
	6. Joe Spencer	23:50	2nd Open
	7. Bill Bandit	23:47	
	8. Dick Telefonto	24:10	2nd Master
	9. Brian Clements	24:25	3rd Open
	10. Tony Ferrero	25:10	4th Open
	11. Dan Wilcox	25:31	1st Senior
	12. Pete Swift	26:19	3rd Master
	13. Paul Antinore	26:36	5th Open
	14. Joe Gegne	26:21	4th Master
	15. Bill Kahos	31:09	5th Master

Shot Put	Open	1. Terry Bruce	43-9 1/4
		2. Greg Klein	41-10 1/4
		3. Frank Rinere	41-1
HS		1. Bob Lewis	47-11
		2. Hank Williams	39-7 1/4
		3. Bob Harris	37-4
Women		1. Jennifer Dunn	37-8 1/4
		2. Lisa Radnich	29-11 1/4
		3. Terry Stone	27-5
Senior		1. Paul Sadler	44-4
Master		1. Gene Harris	38-5 1/4
Hammer	Open	1. Larry Flood	117-0
		2. Gene Harris	81-4
		3. Bob Lewis	76-10
Long Jump	Open	1. Dave Harritt	21-0
		2. Jerry O'Dell	19-8
		3. Ron Hardy	19-2 1/4
Women		1. Terry Stone	15-1
		2. Beth Burchill	13-2
		3. Lisa Radnich	12-11 1/2

4 x 400m Relay Open 1. 3:40.0 Poster, Smith, Handler, Dixon  
Women 1. 4:42.5 Stone, Burchill, Schriver, Lambert

400m	A	1. Ben James	49.9
		2. Mike Stalker	52.3
		3. Lewis Stoverason	53.3
	B	1. Alan Stockdale	51.7
		2. Cedric Walker	52.0
		3. Rich Borroff	53.5
C-1		1. Sandy Poster	53.4
		2. Tim Aldin	56.5
		3. Greg Murzer	57.3
C-2		1. Mike Longfellow	56.6
		2. Charles Eldred	57.9
		3. Mike Hoban	58.6

**GRTC Meet #1 Results 6/14/83**

400m	Seniors	1. Rick Guido	54.6
	Heat 1	2. Ed Patinella	55.6
		3. Tom Rauschar	58.5
	Seniors	1. Ken Remussen	56.8
	Heat 2	2. Tom Rapp	57.5
		3. Bill Harrison	58.7
Masters		1. Jim Remenicky	60.6
		2. Dick Withrow	62.0 (1st Club President)
		3. Ivan Lennon	62.0
Women		1. Terry Stone	62.1
		2. Maryjayne Lambert	63.1
		3. Nancy Schriver	66.9
11-14		1. Alan Smith	61.6
		2. Jerry Eldred	84.0
		3. ?	85.6
3000m	Open	1. Jeff Coons	9:04
		2. ?	9:16
		3. Paul Dodd	9:26
Seniors		1. Derek Frachette	9:06
		2. Larry Gephardt	9:11
		3. Jim Boyle	9:38
Masters		1. Ed Cloos	10:07
		2. Mel Levinson	10:10
Women		1. Kathy Lutz	11:04
		2. Debbie Roof	11:35
		3. Judy Beers	11:56
1500m	Open	1. Alan Stockdale	4:02
		2. Jim Erwin	4:04
		3. Tim Smith	4:07
HS		1. Frank Paletta	4:24
		2. Andy Coota	4:29
		3. Jim Burdett	5:10
Senior		1. Larry Gephardt	4:11
		2. Rod Williams	4:14
		3. Bruce Quimby	4:20
Master		1. Ed Cloos	4:43
		2. Mel Levinson	4:47
		3. Floyd McWilliams	4:54

1500m	Women	1. Debbie Roof	5:23
		2. Judy Beers	5:32
		3. Carol Cloos	6:24

**Most Valuable Performers**  
Men: Ben James  
Women: Terry Stone

Entries:	Men	Women	Total
	under 15	4	4
	15-19	23	31
	20-29	39	41
	30-39	25	27
	40-49	15	17
	50+	1	1
Totals	107	14	121



LAKE ONTARIO MARATHON 1983

Table listing marathon participants for 1983, including names, age, sex, time, pace, city, and state. Entries range from 201 to 300.

LAKE ONTARIO MARATHON 1983

Continuation of marathon participant list for 1983, including names, age, sex, time, pace, city, and state. Entries range from 301 to 400.



\*\*\*\* SWAN RUN - 1983 \*\*\*\*

5 KILOMETER & 10 KILOMETER RUN  
Renovation Lodge No. 97 F & AM



- HOSTED BY: Swan Library, Orleans County Runners, Albion Merchants.
WHEN: Friday, August 26, 1983, at 6:00 P.M. - 5 K. (10 K. - 6:30 P.M.)
WHERE: Race will begin and end at the Orleans County Court House in Albion, New York, using the residential areas.
ENTRY FEE: \$4.00 for pre-entry, no later than August 24, 1983.
DIVISIONS: 12 years and under (5 K only), 13-15 years, 16-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60 and over.
AWARDS: Designed T-shirts to all 5 & 10 kilometer pre-entries.
FEATURES: Accurate wheel-measured course, police-patrolled, scenic run through historical areas.

CHECK IN : Packets may be picked up on August 26, 1983, from 3:30 P.M. - 5:30 P.M. at the Albion County Court House parking lot, located at Park Street and Rt. 98 in Albion.

THE SWAN RUN Send entry form and fee to: Robert J. Ord, 41 Meadowbrook Drive, Albion, NY 14411 (716-589-7364)
NAME \_\_\_\_\_ AGE (as of 8/26/83) \_\_\_\_\_ SEX \_\_\_\_\_
ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_
EVENT 10 Km \_\_\_\_\_ 5 Km \_\_\_\_\_ T-SHIRT - S M L XL (Circle Size)

Please Indicate Special Category Eligibility \_\_\_\_\_
In consideration of your acceptance of 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 Swan Library, Albion Recreation Commission, Renovation Lodge, Orleans County Runners, sponsors, members of the race committee, the municipality in which the race is contested, their representatives, successors, and assigns for any and all injuries suffered by me in said events. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race.

Signature: \_\_\_\_\_ Signature of \_\_\_\_\_
Parent or Guardian if under 18

THE HUMAN 10K RACE RESULTS

OVERALL WINNERS: Men - 33:04 - TOM MORAN  
 Women - 37:31 - BARBARA HALM

Age Group Winners

MEN - UNDER 20

Tim Heinle 35:30  
 Rich Franklin, 36:32  
 Todd Lustik 39:05

20-29

Craig Coon 34:35  
 Ben Herrick 36:26  
 Kevin Callahan 36:38

30-34

Chuck McMullen 33:16  
 Rod Williams 33:23  
 Tom Serafin 34:30

35-39

Dave Tresholavy 33:28  
 Randy Halm 34:23  
 Tim Kinsella 35:48

40-49

Les Gutierrez 34:51  
 Mel Levinson 35:19  
 John Coons 36:44

50 & Over

Jerry Liason 40:17  
 Jim Yost 42:49  
 John Burke 43:49

WOMEN - UNDER 20

Susan Baittle 45:59  
 Grace Hutcheson 49:41  
 Marguerite Ashby 51:03

20-29

Anne Baitsholts 38:33  
 Debbie Roof 40:05  
 Joan Lavis 42:49

30-39

Kathy Brown 39:29  
 Maryellen McMurray 40:16  
 Nancy Osler 40:20

Janet Hough 45:08  
 Lois Hotchkiss 45:53  
 Barbara Gold 48:28

Joan VanZandt 49:11

GRTC's Dave Winn placed 8th in the National TAC Masters 20 K Road Race championships at Washington, D.C. on May 29, 1983. Winn ran a personal best of 69:12.8 for 20K beating his old personal best by over two minutes. In the last seven months Dave has set all time personal bests on the road at 5 miles (25:45), 10K (32:07), 15K (49:02), 10 miles (53:42) and now 20K.

GRTC runners fared extremely well in the Dynamics 15K in Syracuse on May 22nd, in what had to be one of the finest road race fields ever assembled in western New York.

The race was won by Bill Rodgers in 45:09.2. Dan Fredmore was 4th in 46:21.9. Steve Pulos was 6th in 48:10.2, Ray Steamer was 7th in 48:23.1 and Derek Frechette 19th in 50:41.2

The masters field was probably one of the strongest ever assembled. Mexican Antonio Villaneuva was 2nd overall in 45:40.5, Bill Steward, masters world record holder in the mile (4:11) was 8th in 48:27.7, Californian Sal Vasquez was 10th in 49:13.4, masters national 15K champion Dan Conway was 11th in 49:22.9, masters national cross country champion Kirk Randall was 12th in 49:31.0 and GRTC's Dave Winn, in his first race as a master was 18th overall and 6th master in 50:33.5.

This was an extremely well run race with everything a runner could ask for. More Rochester runners should plan to attend next year.

I received the following letter from the Civil Liberties Union. Living out in the country as we do, I felt unable to respond to it. If any of the membership is aware of any harassment in their area, please let me know and I will answer the letter.

Dick Withrow

**NYCLU**  
 New York Civil Liberties Union

GENESEE VALLEY CHAPTER • 240 POWERS BUILDING, ROCHESTER, N.Y. 14614 • (716) 454-4334

June 13, 1983

Dick Winthrow, President  
 Greater Rochester Track Club  
 Box 8310  
 Rochester, New York 14618

Dear Mr. Winthrow:

Our office has recently received complaints concerning police harassment of joggers and cyclists.

To date the complaints we have received are from black joggers and cyclists who have been detained by the police. In all instances joggers were out on the street between midnight and 6 a.m. and were in primarily white neighborhoods.

I would like to learn whether these incidents are typical occurrences for joggers out between the hours mentioned or whether there is reason to believe that these are racially motivated incidents.

Would the Greater Rochester Track Club be interested in polling its membership to see what, if any, patterns of harassment exist?

I would appreciate hearing from you.

Sincerely,

*Linda Saiger*  
 Linda Saiger  
 Executive Director

c: Edwin McCray

LOCAL EVENTS CALENDAR

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) 5k only, St. Paul's Church, Hilton. Dorothy Wright 392-8521. \$3 pre, \$5 post.

Aug. 6 8:30 a.m. Naples Valley 5K fun Run, Widmer Wine Cellars, Town Hall Park, Main Street, Naples, New York, Ron Burke, 374-5516.

Aug. 6 9:00 a.m. Naples Valley 10K Race, as above.

~~Aug. 6 9:00 a.m. 1st Annual August 10k, Manhattan Square Park. Bill Kehoe 654-8991. \$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. Campaign Kickoff 10k, Brighton Pk., Westfall Rd. Bill Kehoe 654-8991.

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. \$14 by 8/13. No post entries.

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.

Sept. 4 8:30 a.m. Citibank 10k, Brighton High School. Ross Rider, 442-7762 and Dick Withrow, 637-5932.

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. SSAE 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 Genesee 10k. Brad Hill, 243-2802. \$4 pre, \$5 post. T-shirts to first 400 registrants.

Sept. 10 9:30 a.m. The First Annual Beacon Run, 2 Mi. Fun Run & 10k, Charlotte-Genesee Hist. Soc., Parking: 4488 Lake Ave. Jean Beebe, 621-3751(H). \$5 pre & post.

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 Lake, 107 Vineyard Rd., Conesus-on-Hemlock Lake, NY 14435. \$4.50 by 9/10, \$5 post.~~

Sept. 17 11:00 a.m. Palmyra Canaltown Days 15k, Village Hall. Jamie Hemmings 377-3200 (W), (315)597-5585 (H). \$2 by 9/3, \$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.

Sept. 24 9:00 a.m. Finger Lakes 5 & 10k Heart Run, Finger Lakes Racquet Ball Club, Canandaigua. Bonnie Drake, 394-1240. \$5 pre, \$6 post.

Sept. 24 1:00 p.m. 5k Open Cross-Country Race, Albion (1 1/2 Mi. east of Albion by Mt. Albion Cemetery). Bob Ord, 41 Meadowbrook Dr., Albion NY 14411. \$1.

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

Oct. 2 10:00 a.m. The Body Shoppe 5 Mi. Judy Hasset 334-1320 (W), 334-2827 (H)

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.

1984 LOCAL EVENTS CALENDAR

May 13 Manufacturers Hanover Lilac 10k, Highland Park.

May 20 The Human Race 10k, Jewish Community Center.

May 25 6:30 p.m. Park Avenue 5 Mi. & 1 Mi. Children's Race, Cobb's Hill Park.

June 3 8:00 a.m. Lake Ontario Marathon, Greece Arcadia High School.

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).

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.

Aug. 21 5:00 p.m. Nancy Nowak, 53 Girton St. (off Park Ave. betw. Oxford & Goodman Sts.), Roch. 14607, 442-8778.

Aug. 28 5:00 p.m. Angela Matthews, 516 Garson Ave. (off Culver Rd., north of E. Main St.), Roch. 14609, 482-3249.

**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. Dotte Mollendorf, R.D. #2, Prattsburg, NY 14873. \$5 by 8/5, \$7 post. \$3 for 5k.  
 Aug. 27 9:00 a.m. Great Potato 10k, Wayland, NY, Wayland Central School. Tom Dutches, 728-2288. \$4 pre, \$5 post.  
 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.)

**OUT-OF-TOWN RESULTS**

**Utica Boilermaker 15K, July 10, 1983, Utica, New York**

- |                     |  |
|---------------------|--|
| 1. Bill Rogers      | 44:38 overall winner                   |
| 1. Eda Bravera      | 53:22 1st women finisher               |
|                     |  |
| 17. Joe Kubek       | 47:10 National Junior TAC Championship |
| 40. Phil Tschorke   | 48:54                                  |
| 52. Dave Tresholav  | 49:29 2nd 35-40                        |
| 54. Derek Freshette | 49:39 3rd 35-40                        |
| 69. Frank Giola     | 50:11                                  |
| 70. Tom Moran       | 50:12                                  |
| 71. Dave Winn       | 50:13 2nd 40-49                        |
| 93. Tom Lanne       | 51:25                                  |
| 96. Jim May         | 51:39                                  |
| 107. Bruce Quimby   | 52:02                                  |
| 111. Greg Brooks    | 52:17                                  |
| 125. Bill Fuller    | 52:37                                  |
| 136. Dick Withrow   | 53:02                                  |
| 142. Mel Levinson   | 53:15                                  |
| 196. Dick TeLarico  | 55:25                                  |
| Mary Terziani       | 65:00                                  |
| Monica McCabe       | 67:00                                  |
| Mike Simeone        | 86:20                                  |
| Joan Simeone        | 86:25                                  |

# American record for Walt Connolly

By MATT DORNEY

NEW YORK — Walt Connolly of Waterloo ran the 10 miles he couldn't run last year and for his effort he earned an American record.

Connolly, 53, completed the New York Invitational 100-mile ultramarathon, The Athletics Congress (TAC) National Championship, in 16 hours, 37 minutes, 41 seconds and set an American record for road racing by a man 50-years-old or older. The previous record was 17:02:00.

The race was held Friday night and Saturday and run on a one-mile course through and around Shea Stadium. Connolly finished 14th among 33 finishers in the event won by 33-year-old Kay Scannell of Ipswich, Mass. in 13:06:00.02.

"My legs are a little sore, but I rode my bike to work this morning (three miles to Goulds Pumps in Seneca Falls) and I might even go out to shake out some of the kinks," Connolly said via telephone this morning.

Connolly finished the race this year after dropping out at 90 miles last year with a ruptured blood vessel in his abdomen. It was the first time Connolly has completed a 100-mile race. The veteran runner has run races of 50 miles and competed at 60 kilometers (about 37 miles) around Canandaigua Lake.

"You put a lot of limits on yourself but those limits are not on the body but on the mind; I think I've learned that through my running," Connolly said.

A total of 84 runners started, including seven women. Donna Hudson of New York was the women's winner, finishing seventh overall in an American record of 15:31:57.

Tim Youngs of Waterloo also ran in the event, but was forced to drop out after about 50 miles.

**RACE INFORMATION**

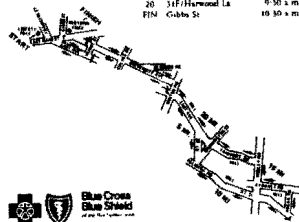
Report to the new Midtown YMCA, E. Main St. and Gibbs St. by 7:00 a.m. on the day of the race. Pre-registrations will also be held at the YMCA from noon to 4 p.m. on September 4.

Race begins at 8:00 a.m. on Sunday and Main new Holiday Inn. A first-hour luncheon is placed on the race finish and equivalent open case locations. Race ends at the YMCA where showers will be available.

**REGISTRATION:** Food, refreshments and beer will be available for runners after the race near the YMCA.

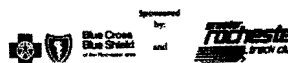
**AWARDS PRESENTATION AT NOON:** Winners will receive their awards at Manhattan Square Park. All are invited. Present your orange tickets for a hamburger and drink.

Approximate Leading Runners	Time	
Name	Location	
9	Main St South	8:00 a.m.
5	East Ave / Elmwood	8:23 a.m.
10	Rt. 31 / Green Valley	8:50 a.m.
15	Avenue / Cassinover	9:20 a.m.
20	31F / Harvard La	9:50 a.m.
FIN	Gibbs St	10:30 a.m.



SEPTEMBER 5, 1983

LABOR DAY  
8 A.M.



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

26 miles, 383 yard course (TAC certified) - asphalt, rolling wash hills at 11 and 15 miles, one loop out and back.

Course Record - 1980 Pinc Pittinger 2:22:44  
 Women's Record - 1980 Kare Cossaboon-Holm 3:03:37

283 finished in 1982

**RACE ENTRY FEES**

\$1.00 due with entry, females of 3 or more with parents \$1.00

\$4.00 Greater Rochester Track Club members

Deadline August 28

\$6.00 post entry

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 pace for \$6.00.

**AWARDS**

(open 1-3 trophies)

MEN	WOMEN
Under 19 1 - 3 Trophy	Under 16 1 - 3 Trophy
19 - 29 1 - 3 Trophy	30 + 1 - 3 Trophy
30 - 34 1 - 3 Trophy	
35 - 39 1 - 3 Trophy	
40 - 49 1 - 3 Trophy	
50 - 59 1 - 3 Trophy	
60 +	

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

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 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. 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 \_\_\_\_\_ BEST 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 McAvinney, 79 Merrick St., Rochester, NY 14613



FIRECRACKER FIVE MILE RUN

July 4, 1983  
82 degrees  
5 miles  
400 runners

Sponsored by: Executone Telecom &  
Perinton Chamber of Commerce

AWARD WINNERS (top 10%)

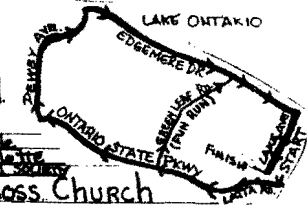
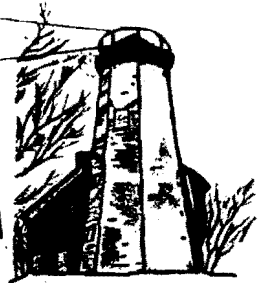
Male 12 & under	1. M. Hanna (203)	40:41
	2. E. Schmitt (241)	42:51
	3. S. Predmore (242)	42:54
Male 13-17	1. Bob Bagley (9)	28:55
	2. Brad Solarek (14)	29:30
	3. Christopher Serafino (17)	30:24
Male 18-29	1. Scott Bagley (1)	24:59
	2. Phil Tachortl (2)	26:53
	3. Chris Brothers (4)	28:09
	4. Peter Greendike (7)	28:45
	5. Ray Bowman (8)	28:52
	6. Kevin Callahan (11)	29:27
	7. S. Slater (12)	29:28
	8. Dave Yendreski (13)	29:29
Male 30-34	1. R. Williams (3)	27:56
	2. G. Chellman (5)	28:19
	3. J. Owens (26)	31:20
	4. T. Cribari (29)	31:39
	5. V. Ciaraldi (37)	32:03
	6. J. Keenan (39)	32:11
Male 35-39	1. T. Childers (6)	28:38
	2. R. Wheeler (23)	31:13
	3. Todd Savitt (48)	32:25
	4. David Jones (57)	32:43
	5. W. Detwiler (66)	33:26
Male 40-49	1. Donald Solarek (10)	29:23
	2. John Hagin (22)	31:11
	3. Jim Poole (25)	31:18
	4. Tom Dinse (30)	31:40
	5. Jim Palmeri (34)	31:55
	6. Dick Greene (35)	31:58
	7. Newell Doty (49)	32:26
Male 50-59	1. Peter Swift (60)	32:58
	2. Cal Barcomb (76)	34:17
	3. Willard Wright (123)	36:01
Male 60+	1. Ray Jacque (77)	34:19
Female 12 & under	1. Danielle Flanders (286)	46:32
	2. Karin Mihel (353)	54:08
Female 13-17	1. Tracey Engel (119)	35:47
	2. Kim Trawltz (189)	39:28
	3. Judy Talmon (233)	42:38
Female 18-29	1. Laura Vroon (45)	32:18
	2. Sandra Rubsam (124)	36:02
	3. Kathy Chellman (128)	36:10
Female 30-39	1. Janie Ayre (169)	38:28
	2. Marilyn Ainsworth (225)	42:27
	3. Linde Elkins (231)	42:36
Female 40-49	1. Ann Wright (164)	38:19
	2. Kathleen Schluntz (260)	44:27
	3. Sue Poole (306)	47:57
Female 50+	1. Rae Hilsinger (369)	58:08
	2. Cecilia Neff (370)	59:47

# 1st Annual Beacon Run

10K ROAD RACE • 2 MILE FUN RUN

SATURDAY, SEPTEMBER 10, 1983 AT 9:30AM

CHARLOTTE GENESEE LIGHTHOUSE  
4488 LAKE AVENUE



Registration Check-In 8:00 to 9:00 AM

ENTRY FEE: \$5.00 Your entry fee is tax deductible. ~~Net proceeds will go to Charlotte Historical Society.~~

PARKING & FACILITIES: AVAILABLE AT HOLY CROSS CHURCH

- AWARDS** • MALE/FEMALE AWARDS TO TOP 10% IN EACH CATEGORY
- TROPHIES TO FIRST PLACE MEN AND WOMEN OVERALL WINNERS OF 10K RACE
  - RIBBONS TO ALL FUN RUN PARTICIPANTS
  - GLASS COMMEMORATIVE MUGS FOR FIRST 100 10K RUNNERS TO REGISTER

**AGE CATEGORIES:**

MALE		FEMALE	
19 AND UNDER	20-29	19 AND UNDER	20-29
20-29	40-49	20-29	40-49
30-39	50-OVER	30-39	50-OVER

BEACON RUN ENTRY BLANK

10K RACE
2 MILE FUN RUN

In consideration of entry, I the undersigned, legally bind myself and all mine to be responsible for any and all injury and damage suffered by my participation in this event. I waive and release all rights and claims to damage against the sponsors or persons connected with this race. I attest that as a footrace entrant, I am physically fit and sufficiently trained to participate and this fact can be verified by a licensed medical doctor.

Signature: \_\_\_\_\_ Signature of Parent of minor under 18 \_\_\_\_\_

PRINT NAME: LAST FIRST AGE SEX

ADDRESS TOWN STATE ZIP PHONE

MAIL TO: RACE DIRECTOR • 3261 LAKE AVE., ROCHESTER, NY 14612

BY SEPTEMBER 2nd with ENTRY FEE of \$5.00

MAKE CHECKS PAYABLE TO: CGL Historical Society

**FIRECRACKER 5 MILE RUN - MALE RUNNERS**

**FIRECRACKER 5 MILE RUN - FEMALE RUNNERS**

**Female 12 & under**

Danielle Flanders (286) 46:32  
Karin Mihal (353) 54:00

**Female 13-17**

Tracey Engel (119) 35:47  
Kia Truweit (189) 39:28  
Judy Talton (233) 42:38  
Heidi Schmitt (238) 42:44  
Jennifer Wannberg (282) 46:02  
Elizabeth Hawksworth (298) 47:17  
Chris Kall (333) 50:56  
Julia Beach (360) 55:22  
Kathy Chard (363) 55:38

**Female 18-29**

Laure Vroon (45) 32:18  
Sandra Rubsam (124) 36:02  
Kathy Chellan (128) 36:10  
Caroline Cantner (175) 38:34  
Diane Luke (201) 40:30  
Shirley Beggs (227) 42:31  
Allison Louis (239) 42:46  
Karen Fuller (253) 43:48  
Kit McPhail (272) 45:29  
Liz Farmer (278) 45:56  
Pauline Bongas (283) 46:05  
Pamela Anderson (294) 47:07  
Susan Danneker (297) 47:16  
Kim Ferguson (299) 47:23  
Laurie Lehman (307) 48:01  
Tina Neff (313) 48:35  
Jeanne Sozio (317) 49:21  
Eileen Stanton (337) 51:43  
Kathleen Koerner (340) 51:52  
Peg Garland (341) 52:09  
Jan Brogan (347) 51:01  
Mary Jane Helbig (351) 53:52

**Female 30-39**

Jenie Ayre (169) 38:28  
Marilyn Almsworth (225) 42:27  
Linda Elkins (231) 42:36  
Melinda Winther (232) 42:37  
Marjory Park (256) 44:01  
Cynthia Edney (285) 46:30  
Nancy Kild (305) 47:55  
Diane Bynum (310) 48:14  
Ginny Johnson (322) 50:00  
Nancy Restivo (329) 50:28  
Jan Farling (332) 50:47

**Female 30-39 (cont'd)**

Lori Dwyer (345) 52:30  
Elizabeth Patton (348) 53:15  
Karan Becker (355) 54:42  
Carol Scuro (361) 55:23  
Jean Rudolph-Beebe (362) 55:33  
Patricia Chard (364) 56:05  
Kathy Johnson (365) 56:06  
Judy Paul (366) 57:06  
Karen Clair (367) 57:31  
Judith Hunter (371) 1:01:04

**Female 40-49**

Ann Wright (164) 38:19  
Kathleen Schiultz (260) 44:27  
Sue Poole (306) 47:57  
Eileen Wurzer (312) 48:23  
Geri Nothnagle (330) 50:34  
Carol Engel (331) 50:47  
Joey Murray (346) 52:31  
Ade Hammer (356) 54:44  
Joyce Busacco (372) 1:01:48

**Female 50+**

Rae Hilsinger (369) 58:08  
Cecilia Neff (370) 59:47

**Male 12 & under**

H. Henna (203) 40:41  
E. Schmitt (241) 42:51  
S. Predmore (242) 42:54

**Male 13-17**

Bob Bagley (9) 28:55  
Brad Solarek (14) 29:30  
Christopher Serafino (17) 30:24  
Dan Talbot (21) 31:07  
Michael Hull (32) 31:47  
Mark Giese (33) 31:48  
Thomas Hernes (36) 32:01  
Ted Dennee (42) 32:15  
Dan Rodems (47) 32:25  
George Schell, Jr. (64) 33:22  
Greg Kissel (78) 34:26  
Leigh Raymond (82) 34:31  
David Royka (90) 34:50  
Chuck Amrin (97) 35:00  
Ooug Gresley (131) 36:20  
John McCoy (133) 36:29  
Greg Hanna (156) 38:03  
Bob Rebres (196) 39:53  
Peter Byrne (199) 40:25  
Mark Busacco (200) 40:29  
Mike DeMocker (207) 40:53  
Aaron Burstein (208) 40:58  
David Mihal (217) 41:48  
Thomas Mazur (252) 43:47  
Greg Governor (281) 46:01  
Dennis Eggert (300) 47:25  
Robert Bernstein (304) 47:32  
Bill Urban (311) 48:15  
Dan Arnold (326) 50:13  
Steve Nybida (328) 50:24  
Mark Peck (338) 51:48

**Male 18-29**

Scott Bagley (1) 24:59  
Phil Tschorke (2) 26:53  
Chris Brothers (4) 28:09  
Peter Greendike (7) 28:45  
Ray Bowman (8) 28:52  
Kevin Callahan (11) 29:27  
S. Slater (12) 29:28  
Dave Yendreski (13) 29:29  
Pete Colosi (15) 30:15  
Robert Gillis (16) 30:22  
Steve Kaminski (18) 30:25  
James McDougal (19) 30:57

**Male 18-29 (cont'd)**

Scott Helm (20) 30:59  
Mike Korol (24) 31:17  
Rick Vair (27) 31:22  
Brendan Byrne (28) 31:25  
Pat Morgan (31) 31:44  
Jim Kastner (38) 32:10  
Jim McClain (40) 32:12  
Andrew Martin (44) 32:18  
Mike O'Connor (43) 32:17  
Charles Fuller (52) 32:30  
Greg Herlan (58) 32:46  
Mark Ressig (53) 32:31  
Al Barnash (62) 33:08  
Robert Dunne (63) 33:18  
Tracy Carr (69) 33:52  
Wayne Willson (70) 34:01  
Don Taylor (71) 34:03  
William Webb (72) 34:07  
Ron Rivers (73) 34:08  
Rick Holliday (79) 34:27  
Frank Stapanowich (80) 34:30  
Paul Denner (85) 34:32  
James Fox (87) 34:42  
Steve Hossenlopp (88) 34:45  
William Beck (89) 34:49  
Joe Stephany (91) 34:51  
Yacoone (93) 34:56  
Gary Tomar (96) 35:01  
Dan White (99) 35:04  
Charles Lowe (101) 35:09  
Andrew Kieffen (103) 35:16  
Dan Skelton (105) 35:19  
Greg Slisz (108) 35:25  
Rick Ciaraldi (109) 35:23  
Hal Miller (113) 35:39  
Kevin Moyer (114) 35:40  
Dave Topian (117) 35:45  
Chris Nothnagle (120) 35:48  
Terry Barth (121) 35:58  
John Hollidan (122) 35:59  
Ed Juilian (134) 36:31  
Jim Dengel (141) 37:12  
Chuck Hull (146) 37:19  
Ken Steffen (148) 37:30  
Allan Longyear (149) 37:40  
Mark Gaul (151) 37:52  
Matt Nothnagle (155) 38:03  
Ted Smith (177) 38:38  
Jim Danylyshyn (179) 38:48  
Todd Taylor (180) 38:53  
Fred Eggert (185) 39:14  
Mike Mahoney (185) 39:14

# PALMYRA CANAL TOWN DAYS



Sponsored by:

**First Federal**  
SAVINGS AND LOAN ASSOCIATION OF ROCHESTER, NEW YORK  
 ONE FIRST FEDERAL PLAZA, ROCHESTER, NEW YORK 14611

co-sponsored by:

**greens & bells**

Willopus T-shirts

## 15 KILOMETER ROAD RACE Sept. 17, 1983 11 AM

CANAL TOWN DAYS (September 15 through 18) is a celebration of the history of Palmyra during the Erie Canal era, which includes an Antique Show, Arts and Craft Shows, Packet Boat and Horse and Buggy Rides, Ox Roast, Historical Tours, Parade and much more.

The 9.3 mile course runs through the countryside in the towns of Palmyra and Macedon on paved roads running parallel to the canal, with three-quarters of a mile along the canal towpath.

- Splits at 1 mile and 7.5 kilometers
- Water at Start, 2, 4, 6 & 8 mi., Finish
- T-shirts to first 100 registered
- 2 Team divisions (Men and Women) (3 runner teams, lowest combined time)
- 14 age divisions (Men and Women)
  - Men-(12 and under, 15-17, 18-29, 30-34, 35-39, 40-49, 50-59, 60 and over)
  - Women-(12 and under, 15-17, 18-29, 30-39, 40-49, 50 and over)
- Course certified
- Mile Markers, Intersections marked and guarded
- Trophies to winners, place medals distributed according to number of runners in each division
- Ribbons to all finishers
- Times and places posted at award ceremony at 1:00 PM
- Official results mailed to runners
- Race limited to 500 runners
- Sanctioned by TAC

Facilities for changing and showering are not available. Please come dressed to run. Race Packet Must Be Picked Up Personally. T-shirts not claimed by race time are forfeited.

Course records: Tom Carrer (1981) 46:29, Petri Holtz (1982) 59:08, Syracuse Chargers (1981) 2:29:14.

Entry fee: \$2.00 if received before September 3, 1983  
 \$4.00 after. All checks payable to Canal Town Days Road Race.

Registration: Fill out form below (PLEASE PRINT) and mail with entry fee to Palmyra Canal Town Days, 15 Kilometer Road Race, P.O. Box 64, Palmyra, New York, 14522 or register across Main Street from Village Park between 9:00 and 10:30 AM day of race.

Race Packet Must Be Picked Up Personally. T-shirts not claimed by race time are forfeited.

-----DETACH HERE-----

Name \_\_\_\_\_ Age (day of race) \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_ Date of Birth \_\_\_\_\_ T-shirt size: S M L XL  
 TAC Number \_\_\_\_\_ If team entry, check here \_\_\_\_\_ (Registration forms and entry fee for all team members must be received together.)

In consideration of your acceptance of this entry, I hereby, for myself, my heirs and executors, waive and release any and all rights and claims for damage against CANAL TOWN DAYS, all organizers and race sponsors, the towns of Palmyra and Macedon, the Greater Rochester Track Club, and the Niagara Association TAC. I further attest that I am physically fit, and have sufficiently trained for competition at this distance. I also grant full permission to Palmyra Canal Town Days to use any photograph or other record of this event for any legitimate reason.

Signature \_\_\_\_\_  
 (Parents must sign if under 18 years of age)

### Male 18-29 (cont'd)

Charles Parker	(215)	41:35
Fred Clemens	(216)	41:36
Steve Maruggi	(219)	41:52
Robert Church	(220)	41:53
James Christner	(223)	42:06
Keith McIntyre	(250)	43:26
Mike Pierce	(254)	43:49
Steve Hoose	(268)	45:11
Keith Fox	(270)	45:17
Mike Calyete	(271)	45:24
Tom Luce	(275)	45:39
Ron Porto	(292)	47:00
Darrel Bardeen	(296)	47:14
Bryan Busacco	(334)	51:00
Greg Helbig	(352)	54:07
Clyde Blanton	(354)	54:30
Dan Gresky	(358)	55:08

### Male 30-34

R. Williams	( 3 )	27:56
G. Chellman	( 5 )	28:19
J. Owens	(26)	31:20
T. Cribari	(29)	31:39
V. Ciaraldi	(37)	32:03
J. Keenan	(39)	32:11
D. Sclarratta	(41)	32:15
F. Wiechmann	(46)	32:22
S. Wensel	(50)	32:27
M. Curran	(51)	32:29
C. Brucker	(54)	32:33
P. Zempel	(59)	32:51
C. Saweikis	(61)	33:05
R. Jackson	(67)	33:30
B. Flynn	(74)	34:09
M. Purdum	(81)	34:30
B. Frega	(83)	34:32.0
C. Behm	(84)	34:32.4
W. Krieg	(92)	34:55
D. Chamerlain	(95)	34:59
F. Pallo	(110)	35:29
B. Corsette	(111)	35:35
N. Megali	(125)	36:03
C. Klinkbeil	(127)	36:09
D. Terpstra	(129)	36:14
P. Lapira	(130)	36:17
P. Sheridan	(135)	36:45
T. Lebeau	(138)	37:01
M. Poweski	(140)	37:11
W. Ambrose	(143)	37:14
A. Colletta	(157)	38:04
R. Wagner	(161)	38:11
J. Dudley	(166)	38:25
D. Barth	(178)	38:46
A. Fontaine	(181)	38:55

### Male 30-34 (cont'd)

Z. Bokser	(183)	39:04
D. D'Onofrio	(191)	39:45
J. Parker	(194)	39:50
B. Hughes	(198)	40:07
N. Wald	(204)	40:43
D. McDonald	(210)	41:02
M. Diaz	(212)	41:12
R. Nelson	(222)	42:00
T. Winkler	(226)	42:29
Hewitt	(228)	42:31
P. Burns	(244)	42:59
M. Marcus	(245)	43:03
T. Silveria	(248)	43:24
Thielen	(251)	43:28
B. Verge	(269)	45:12
G. Davies	(276)	45:40
P. Holmberg	(291)	47:00
D. Moore	(314)	48:40
G. Westman	(319)	49:26
H. Ralston	(323)	50:08
T. Joyce	(325)	50:09
R. Davis	(336)	51:17
J. Ramsey	(342)	52:11
J. Rybczak	(344)	52:30
J. Erbland	(350)	53:40

### Male 35-39

T. Childers	( 6 )	28:38
R. Wheeler	(23)	31:13
T. Savitt	(48)	32:25
D. Jones	(57)	32:43
W. Detwiler	(66)	33:26
K. Mueller	(68)	33:35
J. Faculli	(100)	35:05
H. Stevenson	(102)	35:12
A. Cutler	(104)	35:18
D. Elkins	(106)	35:19
B. Emery	(107)	35:21
R. Weston	(115)	35:43
R. Davis	(126)	36:08
S. Porter	(136)	36:46
R. Lunn	(137)	36:55
J. Wahl	(144)	37:14
S. Rotella	(147)	37:25
P. VanDyke	(152)	37:55
D. Rogers	(163)	38:14
D. Edney	(165)	38:24
B. D'Anza	(172)	38:33
J. Russell	(174)	38:34
D. Jackson	(176)	38:37
E. Wetmiller	(184)	39:09
S. Ferraro	(187)	39:24
J. Bynum	(188)	39:25
R. Ingram	(195)	39:53
B. Blum	(197)	40:06
R. Cupello	(198)	40:07
J. McWilliams	(206)	40:48
S. Quick	(213)	41:24
L. Hand	(230)	42:35
J. Remington	(234)	42:38
M. Cutler	(243)	42:58
E. Klauer	(246)	43:14
D. Becker	(247)	43:22
R. VanCuyck	(255)	43:52
D. Rhoades	(258)	44:09
J. Newlander	(261)	44:32
M. Elwood	(263)	44:55
J. Brown	(264)	44:57
G. Schmidt	(266)	45:07
A. Lanctot	(284)	46:12
R. Wynne	(288)	46:48
D. Otten	(303)	47:30
T. Sanchez	(309)	48:09
W. Anderson	(335)	51:12
B. Hendry	(339)	51:51
T. VanDyke	(349)	53:40

Male 40 - 49

Donald Solarek	(10)	29:23
John Hagin	(22)	31:11
Jim Poole	(25)	31:18
Tom Dinse	(30)	31:40
Jim Palmeri	(34)	31:55
Dick Greene	(35)	31:58
Newell Doty	(49)	32:26
Melvin Millard	(55)	32:35
Ray Hutch	(56)	32:42
Stuart Billies	(65)	33:25
Frank Boteho	(75)	34:14
Bill Mihal	(86)	34:42
Jake Patla	(94)	34:57
Myron Cole	(98)	35:03
Denny Peel	(112)	35:38
David Beach	(116)	35:44
Thomas Wurzer	(118)	35:46
John Wennbery	(132)	36:24
Paul Thompson	(139)	37:05
Allan Yetter	(142)	37:13
Thomas Hawksworth	(145)	37:19
Paul Scholz	(150)	37:51
William Neal	(159)	38:06
Donald Pullyblank	(160)	38:08
Hunter Wasson	(162)	38:14
David Grant	(167)	38:27
Henry Couch	(168)	38:28
Bruce Rockwell	(171)	38:31
Phillip Knauf	(173)	38:33
David Losee	(186)	39:23
William Deihl	(190)	39:32
George Walther	(193)	39:49
Gary Lockamyair	(202)	40:37
John Jensen	(205)	40:47
Allan Desthick	(209)	41:01
William Hunter	(211)	41:02
Robert Rebres	(214)	41:25
Ken O'Brien	(218)	41:50
Gordon Hoffman	(221)	41:57
Peter Dzwonkishi	(224)	42:25
Al Kidd	(229)	42:35
Harry Kent	(235)	42:39
Thomas Coburn	(240)	42:50
Joseph Ricotta	(249)	43:26
Bill Thompson	(259)	44:26
John Collins	(262)	44:53
Fred Cassin	(265)	44:58
Lawrence Havens	(267)	45:01

Male 40-49 (cont'd)

Gene Grenek	(273)	45:30
Ethan Irwin	(277)	45:43
Charles Ritger	(279)	45:57
Tony Wildy	(280)	45:59
David Fisher	(287)	46:34
Paul Mothnagle	(289)	46:53
John Engel	(293)	47:06
Jack Talbot	(295)	47:08
Don Miller	(302)	47:29
Peter Serafino	(315)	49:06
Ron Firth	(316)	49:11
James Bleser	(324)	50:08
Donald Webster	(327)	50:14
Donald Kusak	(343)	52:29
John Chiaramonte	(357)	54:53
Edward Restivo	(359)	55:20
Hank Chapin	(368)	58:07

Male 50-59

Peter Swift	(60)	32:58
Cal Barcomb	(76)	34:17
Willard Wright	(123)	36:01
Alexis Gross	(158)	38:05
George Tillson	(170)	38:29
Howard Starr	(182)	39:04
Robert Spink	(236)	42:40
Carl Baxter	(257)	44:08
Thomas Sharkey	(274)	45:31
Robert Cossaboom	(301)	47:26
Clayton O'Brien	(308)	48:06
Henry Mazur	(318)	49:24
Richard Holliday	(320)	49:33
Lee Monett	(321)	49:51

Male 60+

Ray Jacque	(77)	34:19
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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 and birthdates | <input type="checkbox"/> \$5.00 Summer only (June, July, Aug) |   |
- Make checks payable to GRTC.

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