



NEWSLETTER

ROCHESTER, NEW YORK

APRIL, 1984

THE PRESIDENT'S CORNER

by Dick Withrow

Time to plug the Annual GRTC Awards Banquet again. This year, as I'm sure you've already heard, John Kelley will be our guest speaker. Randy Johnson has put together a great slide show and of course we will be honoring our best runners of 1983. Included inside this month's newsletter is a list of this years winners. Send your reservation in today.

There are several things which are worth noting here. The Human Race which was scheduled for May 13 is being moved to this fall. The organizers didn't want to have a race on Mother's Day and September is usually a slow month, so we moved it. Also, please note that the Lake Ontario Half-Marathon and Marathon offer discount prices to GRTC members only.

A goal I have had since taking over the Presidency of the GRTC is to get more members involved in the club and its activities. I have been attending Board meetings for five years now and even though the membership has changed in that time there is still only the same dozen or so people who show up to serve on committees and participate in the club's organization. In a move to increase club participation, we are currently trying to find a centrally located public site for our monthly meetings. A future newsletter will announce the location and times will be listed in each month's newsletter. This is your club -- get involved.

In closing I would like to make some final comments about the material in the newsletters. We try to cover all club events in one form or another. Any club member is welcome to try his or her hand at covering an event. If you would like to be a "reporter" for any local event, get in touch with me. The more club members who contribute to our newsletter the more interesting it will be to all of us.

SEE YA ALL ON APRIL 27TH
AT THE BURGUNDY BASIN INN
FOR THE 5TH ANNUAL GRTC
AWARDS BANQUET!!!



GRTC BOARD OF DIRECTORS

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Awards
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Editorial
Freezeroo Series
Memberships
Newsletter

Publicity
Road Race Coordinator
Social Runs
Summer Meets
Touring Teams

Timer
Women-In-Motion

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Lou Asmuth (1-638-8577)
Cisilyn Lightbourn
Joan Simeone
Margie Tomczak
Tim McAvinney (865-1244)
Ross Rider
Korleen Wright (663-5924)
Bill Quinlisk
Mary Terziani
Mike Hasenauer
August Calabrese (352-5760)
Kare Cossaboon-Holm
Mary Terziani
Margie Tomczak (473-5318)

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, New York, 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: Joan Simeone, 22 Beacon Hills Drive South, Penfield, New York, 14526, 671-0086, Cisilyn Lightbourn, 190 St. Stanislaus Street, Rochester, New York, 14621, 338-3486, or Margie Tomczak, 985 Harvard Street, Rochester, New York, 14610, 473-5318.

Articles and columns (at least two weeks before newsletter deadline) to Rick Guido, 6 Timber Lane, Fairport, New York, 14450, 425-3116.

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, New York, 14420, 637-8151.

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



ROCHESTER SECTION
AMERICAN SOCIETY FOR QUALITY CONTROL

'ROCHESTER MADE MEANS QUALITY'

BIG 40 RACE

5 MILE RACE

10:00 a.m. Sunday, April 15, 1984 - XEROX Webster

Sponsored by: Rochester Society for Quality Control in celebration of their 40th anniversary

Entry fee: \$5.00 if entered prior to April 1, 1984
\$7.00 after April 2, 1984, (Including post entries)

Awards: Race T-shirts to first 300 entries
Ribbons, medals for top 10% in each age category.

Course: Xerox's 5-mile race course (fairly flat country roads)
Bathrooms at start/finish of course
Water stops half way and finish

Location: Xerox - Webster
Follow signs from expressway

Complete entry and mail to: A. Strawhand, 48 Pen Creek Dr., Webster, NY 14580

Make checks payable to Rochester Section American Society for Quality Control

Print Name _____ Age Group _____ under 15 _____
 (check one) 15-19 _____
 20-24 _____
 Address _____ 25-29 _____
 _____ 30-34 _____
 Date of Birth _____ Sex _____ 35-39 _____
 40-44 _____
 45-49 _____
 50+ _____

In consideration of acceptance of this entry, I waive and release all claims for injuries that I may suffer as a result of my participation in this race. I further certify that I am physically capable of completing this race and that I understand and assume all dangers inherent in such an event.
Signature _____ (Parent/Guardian if under 18)

PRESS RELEASE



THE GREATER ROCHESTER TRACK CLUB PROUDLY PRESENTS THE AMAZING

" JOHNNY KELLEY "

AS GUEST SPEAKER FOR THE ANNUAL TRACK CLUB BANQUET.

JUST HAVING COMPLETED HIS 53 RD "BOSTON MARATHON", ON APRIL 16TH, HE'S STILL GOING STRONG AT 76 YEARS OF AGE!

JOHNNY TAKES LIFE ONE DAY AT A TIME, AND....." IF ALL GOES WELL " HE WILL BE ARRIVING IN ROCHESTER ON APRIL 27TH AT ABOUT 3:10PM. AT THE MONROE COUNTY AIRPORT. (VIA EMPIRE FLIGHT #24V)

AT 4:00 PM. AN INFORMAL PRESS CONFERENCE WILL BE HELD AT THE SPORTS MEDICINE REHABILITATION CENTER, LOCATED AT 50 CHESTNUT STREET. DAN PANAGGIO, OUR HOST WILL PROVIDE REFRESHMENTS TO THOSE ATTENDING.

THE ANNUAL GREATER ROCHESTER TRACK CLUB BANQUET, WILL BE HELD AT THE BURGUNDY BASIN INN STARTING AT 6:30 PM.

AFTER A GET AQUAINTED HOUR, DINNER WILL BE SERVED, AND THEN JOHNNY WILL REMINISE WITH HIS TALK ON "OLD AND NEW RUNNING MEMORIES". HIS TALK WILL BE AUGMENTED BY NEWLY RE-RELEASED FILMS OF HIS 1936 AND 1937 BOSTON MARATHONS.

JOHNNY'S TWO GREAT LOVES ARE HIS RUNNING AND HIS PAINTING. NOW RETIRED AFTER 37 YEARS AT THE EDISON ELECTRIC CO. IN SOUTH BOSTON, HE RESIDES IN THE PLACEFULL HAMLET OF EAST DENNIS ON CAPE COD. HERE HE HAS A LOT OF OPPORTUNITY TO PERSUE BOTH.

JOHN TRAVELS QUITE EXTENSIVELY AND HAS TO PICK AND CHOOSE HIS PERSONAL APPEARANCES CAREFULLY. SO AS NOT TO OVER EXTEND HIMSELF.

WE FEEL HONORED THAT "JOHNNY KELLEY THE LEGEND" IS JOINING US FOR OUR ANNUAL BANQUET.

TIM MCAVINNEY

GRTC PUBLIC RELATIONS

FIFTH ANNUAL GRTC BANQUET

FRIDAY, APRIL 27, 1984

WHERE: THE BURGUNDY BASIN INN
1361 MARSH ROAD
PITTSFORD, NEW YORK



TIME: 6:30 -- SOCIAL HOUR
7:30 -- BUFFET DINNER
8:30 -- *GUEST SPEAKER, AWARDS, SPECIAL PRESENTATIONS
*John Kelley--three-time Boston Marathon winner

REGISTRATION FORM:

YES, I WILL BE ATTENDING THE GRTC BANQUET.

NAME: _____

ADDRESS: _____

NUMBER IN MY PARTY: _____ ENCLOSED AMOUNT FOR TICKETS: _____

COST: \$9.00 GRTC Members/guests
\$6.00 Students

SEND TO: Korleen Wright
190 Glenora Drive, Apt. 4
Rochester, New York 14615

THE JANUARY AND FEBRUARY RESULTS WILL BE PUBLISHED IN MAY'S NEWS-LETTER
 INDOOR TRACK MEET RESULTS ** 1983-83 **/University of Rochester Fieldhouse - MEET # 1 - 1/17/83

3,000 Meter Men
 Tim Smith
 Jim Gagner
 Tim Smith
 Bryan Miller
 Dave Opett
 Don Verbrage

9:4.29 seconds
 10:00.88
 9:04.29
 10:16
 10:32
 9:09.88

45 Meter Dash

Michael Jones
 Kevin Burroughs
 Curt Newsome
 Tom Smith
 Michael Jones
 Cedric Walker
 Bill Hardison
 Greg Bennett
 Sandy Foster

5.4 seconds
 5.5
 5.5
 5.68
 5.4
 5.92
 5.62
 5.92
 6.0

600 Meter Run

Sandy Foster
 Dave Needle
 Bob Muir
 Mike Hasenauer
 Ken Rasmussen

1 minute 32.44 seconds
 2:05.6
 1:31.1
 1:33.1
 1:33.3

300 Meter Run

Chris Townsend
 Curt Newsome
 Ron Rafferty
 Michael Jones
 Greg Bennett
 Bill Hardison

36.97 seconds
 37.16
 43.05
 38.18
 40.73
 41.7

1,500 Meter Run

Tim Smith
 Tris Snyder
 Todd Snyder
 Greg Poduska
 Tim Smith
 Don Verbridge
 Ken Yeakle

4 minutes 18 seconds
 4:52.38
 4:03.05
 5:04
 4:18.14
 4:20
 4:25

45.81 seconds

48.02
 51.9
 51.69
 51.9

Arn Fisher
 Barb Dorn
 Brenda Smith
 Michele Presha
 Pandora Presha

1,500 Meter Run

Sally Smith
 Barb Gallivan
 Joanne Smith

5 minutes 5 seconds
 5:11
 5:51

"JOHNNY KELLEY"

LIST OF ACCOMPLISHMENTS

WINNER OF THE BOSTON MARATHON 1935 TIME. . . . 2:32:07
 " " " 1945 2:30:40
 FINISHED IN SECOND PLACE IN THE BOSTON MARATHON 7 TIMES
 " IN THE TOP 10 " " 19 TIMES
 MEMBER OF THE 1936 OLYMPIC TEAM, BERLIN, GERMANY 18TH PLACE OVER ALL IN THE MARATHON
 QUALIFIED FOR THE 1940 OLYMPIC TEAM IN THE MARATHON BUT NO GAMES WERE HELD DUE TO WORLD WAR II
 MEMBER OF THE 1948 OLYMPIC TEAM, LONDON, ENGLAND, 21ST PLACE IN THE MARATHON
 NATIONAL MARATHON CHAMPION 1948 AND 1950
 NATIONAL 25 AND 15 KILOMETER CHAMPION 1937
 1980 INDUCTED INTO THE NATIONAL A.A.U. TRACK AND FIELD HALL OF FAME IN CHARLESTON, W. VIRGINIA
 MARRIED 27 YEARS
 JUST COMPLETED HIS 53RD BOSTON MARATHON

THE LAKE ONTARIO HALF-MARATHON
SATURDAY MAY 5, 1984 10:00 AM
GREECE ARCADIA HIGH SCHOOL
ISLAND COTTAGE ROAD

COURSE: HALF THE NORMAL LAKE ONTARIO MARATHON ROUTE, ALONG SCENIC PARKWAY AND RURAL ROADS, 13.1 MILES, STARTING AND FINISHING AT GREECE ARCADIA HIGH SCHOOL, ISLAND COTTAGE RD. TO JAMES RD. TO LONGPOND RD. TO THE PARKWAY, TURNAAROUND AT BRADDOCK'S BAY AND RETURN.

- ENTRY: 1) \$1.00.....GATC MEMBERS
 2) \$3.00.....NON- MEMBERS
 3) \$5.00.....AFTER 4/26/84 AND POST REGISTRATION

CHECKS PAYABLE TO: ROCHESTER MARATHON (NO REFUNDS)

REGISTRATION: POST ENTRIES WILL BE TAKEN SATURDAY MORNING FROM 9 AM. AT GREECE ARCADIA HIGH SCHOOL.

PRE-REGISTERED RUNNERS CAN PICK-UP THEIR NUMBERS AT THIS TIME ALSO.

AWARDS: MERCHANDISE TO FIRST MALE / FEMALE
 RACE MOMENTO TO ALL FINISHERS
 (NO AGE GROUP AWARDS)

HISTORY: 1983 WINNERS MALE JIM BOYLE 1:09:02
 FEMALE GAIL ALLEN 1:24:10

WEATHER: 1983: PARTLY SUNNY 48 DEGREES 89% RH

DETAILS: WATER AND SPONGES WILL BE PROVIDED AT REASONABLE INTERVALS ALONG THE ROUTE.
 SPLIT TIMES WILL BE CALLED AT 1 MILE, 5 MILES, 10 MILES AND AT THE FINISH.
 RESULTS WILL NOT BE POSTED, BUT WILL BE IN THE NEXT TRACK CLUB NEWSLETTER.
 RESULTS WILL BE SENT IF A STAMPED SELF-ADDRESSED ENVELOPE IS PROVIDED BY THE REQUESTEE.

SEND LEGIBLE ENTRIES TO: TIM McAVINNEY
 79 HERRICK ST.
 ROCHESTER, NY 14615

DISCLAIMER:

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I, THE UNDERSIGNED, INTENDING TO BE LEGALLY BOUND FOR MYSELF, HEIRS, EXECUTORS, ADMINISTRATORS, WAIVE AND RELEASE ANY RIGHTS AND CLAIMS OF DAMAGE I MAY HAVE AGAINST THE RACE DIRECTOR(S), THE TOWN OF GREECE OR THE GREATER ROCHESTER TRACK CLUB. ALL AGENTS REPRESENTATIVES AND SUCCESSORS FOR ANY AND ALL INJURIES OR OTHER DAMAGE SUSTAINED BY ME, OR MY CHILD, AT THIS MEETING OR AS A RESULT OF PARTICIPATING. I CERTIFY THAT THE COMPETITOR IS IN GOOD HEALTH AND CAPABLE OF RUNNING THIS DISTANCE.

SIGNATURE OF COMPETITOR

SIGNATURE OF PARENT OR GUARDIAN

PLEASE PRINT LEGIBLY

NAME-----SEX-----AGE AT RACE-----

I WON'T BE RUNNING THE LOM-HALF BUT WOULD LIKE TO HELP AT:

WATER STATIONS REGISTRATION TIMEING FINISH LINE

NAME-----PHONE-----



The Lake Ontario 1/2 Marathon

SPRING PLANS FOR "WOMEN IN MOTION"

This spring will be a time for group runs, women's training clinics and the fifth annual "feels great" women's run. The women of the Greater Rochester Track Club are working to organize some major efforts for the development of a touring group (open and senior/master teams) that can travel to women's races and co-ed events in the Northeast. Social runs are scheduled in the upcoming months in order to build work-groups for the women's run (of course, we will rely on the GRTC men to "person" the course and finish line). Finally, we are determined to attend to the new information and trends in sportsmedicine and fitness for women, by presenting "Women who Run" Clinics. The first will address the topics: Time Management for the Fit Female, Fitness Myths for Women Runners, and Training Modes for Variety and Improvement.

Keep watching for flyers at races and social runs, regarding these spring events. Contact Marg Tomczak at 473-5318 for volunteering your time to this effort. Write to Kare Cossaboon-Holm regarding further information about the following events:

Clinic:
"Women who run" Wed., May 23, 1984 evening
St. John Fisher College

Races

TAC National Championship Freihofer's 10k Womens Run	April 8, 1984
Avon 15k Washington, D.C. c/o Wash, RunHers PO #134 Mt. Vernon, VA 22121	March 3, 1984
L'eggs mini-marathon N.Y., N.Y.	May 1984
5th Annual "Feels Great" Womens Run St. John Fisher College	June 24, 1984

Running Camps

CO-ED Distance Running Camps Craftsbury Camp PO#31 Craftsbury Common, Vermont 05827	July 1-7, 8-14, 15-21
Women's Running Camp Craftsbury Sports Center Craftsbury Common, Vermont 05827	August 5-11, 12-18, 19-25

The Lake Ontario Marathon
Greece, New York

SEND LEGIBLE ENTRIES TO: TIM MCAVINNEY
79 MERRICK ST.
ROCHESTER, NY 14615

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

Signature of Competitor _____ Signature of Parent, or Guardian _____

PLEASE PRINT

NAME _____ SEX _____ AGE AT RACE _____

STREET & NO. _____ BEST MARATHON TIME: _____

CITY & STATE _____ ZIP _____ PHONE _____

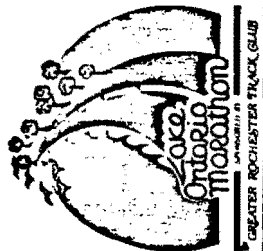
REPORT TO: GREECE ARCADIA HIGH SCHOOL BY
7:40 AM. RACE MORNING.
SHOWERS AND LOCKERS WILL BE
AVAILABLE.

AWARDS: 1ST PLACE MALE/FEMALE... GIFT CERT.
TOP 102 MEN/WOMAN... RUNNING SHORTS
CERTIFICATES & RESULTS WILL BE SENT TO
ALL FINISHERS UNDER THE 5 HOUR TIME LIMIT.

COURSE RECORDS: MENS: WELLES LOBB 2:26:44 1980
WOMANS: FRANCES LAMB 2:55:20 1983

TEMPERATURE: 1981----56 DEGREES
1982----48 "
1983----60 "

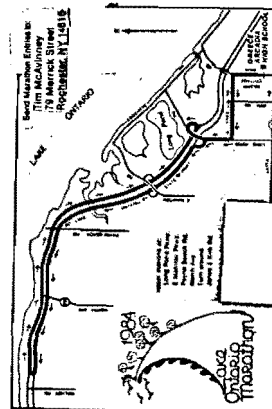
ACCOMMODATIONS: HARRIOTT
1870 W. RIDGE RD. (716)-225-6880
KIRBY'S
4671 W. RIDGE RD. * 352-4461
MAPLE LEAF
3680 W. RIDGE RD. * 225-9310
RIDGECREST
3781 W. RIDGE RD) * 225-1245



SUNDAY JUNE 3, 1984 8:00 AM
GREECE ARCADIA HIGH SCHOOL
ISLAND COTTAGE ROAD

COURSE: CERTIFIED 26 MILES, 385 YARDS.
ASPHALT SURFACE, FLAT AND FAST.
STARTS AND FINISHES AT GREECE
ARCADIA HIGH SCHOOL (ISLAND
COTTAGE RD. OFF RT. 19, LATTA RD.
, OFF RT 398 N)
COUNTRY ROADS AND SCENIC PARKWAY.

ENTRY: 1) \$1.00.....GRTC MEMBERS
2) \$3.00.....NON- MEMBERS
3) \$5.00.....AFTER 5/26/84 AND
POST REGISTRATION
CHECKS PAYABLE TO: ROCHESTER MARATHON
(NO REFUNDS)
ALL ENTRANTS UNDER 18 YEARS MUST HAVE
PARENT OR GUARDIAN SIGNATURE



LOCAL EVENTS CALENDAR

Apr. 7 10:00 a.m. St. Boniface Men's Club 5 Mi., St. Boniface Church, 330 Gregory St. (off South Ave.), Roch. 14620. Joe Gagne, 275-5268(W), 473-4532(H). \$3 pre, \$4 post.

Apr. 8 1:30 p.m. Brockport 5k Kick, SUNY Brockport, Ice Rink. Jan Milner, 637-2306 (eve.) \$1.

Apr. 8 2:30 p.m. Brockport 10k Kick. As above. \$5 pre, \$6 post.

Apr. 8 11:15 a.m. 4th Annual Greece Easter Hop 5 Mi. Race & 3 Mi. Fun Run, Greece Olympia High School. Ben Gioseffi, 621-1500 x5006, Ron Zimarino, 621-6030. Travel bags to first 250 entrants. \$4 by 4/2, \$5 post. 3 Mi. at 10:30 a.m.

Apr. 14 9:00 a.m. Tri-R 10k Walk & Runathon, Camp Good Days & Special Times, Main St., Geneseo. Kim Ganley, 245-6759.

Apr. 14 10:00 a.m. Heart and Sole Classic, 5 & 10 Mi. untimed runs at Mendon Ponds Park. 1,2 & 3 Mi. untimed runs at Seneca Park. American Heart Assoc., 797 Elmwood Ave., Roch. 14620. \$5 pre, \$6 post.

Apr. 14 11:00 a.m. Troopers & Teachers 2nd Annual Scholarship 10k, Genesee Community College, Batavia. Joe Ricotta, 381-5641. \$5 pre, \$7 post. T-shirts to first 300 entrants.

Apr. 15 10:00 a.m. 40th Anniv. Rochester Society for Quality Control 5 Mi., Xerox Recreation Center. A. Strawhand, 588-8873(W), G. Vorhauer, 588-3905. \$5 by 4/1, 7 post. T-shirts to first 300 entrants.

Apr. 15 1:00 p.m. 6th Annual Watermelon Run, 5 Mi., Todd Mart Plaza. Lanse Toth, Toth's Sports, 3000 Winton Rd. S., 442-2900. \$4 by 4/11, NO POST REGISTRATION.

Apr. 20 9:30 a.m. Low-key 1/2 Marathon, Mendon Ponds Park Beach Parking Lot. Bill Kehoe, 654-8991. \$2. Painters caps to first 100 entrants.

Apr. 27 6:30 p.m. Annual GRPC Banquet, Burgundy Basin Inn, Marsh Rd., Pittsford. John Kelly guest speaker.

Apr. 29 11:00 a.m. YMCA 5 Mi., Metro YMCA, Downtown. Joan Pfeiffer, 325-2880, x234. Corporate team division. \$5 pre, \$6 post. T-shirts for all

May 5 9:00 a.m. 7th Annual Jean Mitchell Memorial 5k, Canandaigua Courthouse Square. Lynda Case, 394-6760. \$5 by 4/28, \$6 post. Commemorative steins to first 750 entrants.

May 5 10:00 a.m. Jean Mitchell 10k. As above.

May 5 10:00 a.m. Lake Ontario Half-Marathon, Greece Arcadia High School. Tim McAvinney, 865-1244 (5-9 pm). \$1 members, \$3 non-members, \$5 post.

May 6 9:30 a.m. Diane Hunt Memorial 2 & 5 Mi., Bayview YMCA, 1209 Bay Rd., Webster. Beth Mulholland, 671-8414. \$3 pre, \$4 post.

May 6 10:00 a.m. Boys & Girls Club 10k Classic, 500 Genesee St. Douglas Mann or John Horvath, 546-2930. \$5 pre, \$6 post.

May 12 10:00 a.m. 6th Annual Clifton Springs Hospital Health Run, 1.5 Fun Run & 4.4 Mi. Race. Ed Grimsley (315)462-9561 x360, Baird Couch (315)986-2424(H). \$4 pre, \$5 post.

May 18 6:30 p.m. Williamson Apple Blossom 10k. Jim & Carol May, 671-1880(W), 315-589-8252(H). Held in association with Williamson Apple Blossom Festival.

May 20 10:00 a.m. Manufacturers Hanover Lilac 10k, Highland Park. Ross Rider, 442-7762.

May 25 6:30 p.m. Park Avenue 5 Mi. & 1 Mi. Children's Race, Cobbs Hill Park. Darrel & Gee Gee Champion-Fritz, 461-2375.

May 26 10:00 a.m. Elba Village Centennial 10k, Elba (Exit 48 on Thwy., 5 mi. north on Rte. 98). Lew Scoville, 417 E. Main St., Batavia 14020. \$5 pre, \$6 post. T-shirts for all (size needed with pre-reg.).

June 2 10:00 a.m. Christ the King Mayfair 10k, Irondequoit. Dave Heeks, 266-6474 (H) or Tom Sharkey, 266-8917(H). \$4 by 5/28, \$5 post.

June 2 10:00 a.m. Rochester Psychiatric Center 2 & 4 Mi. Dan Shanahan, 473-3230 x1301, Ann Farie, 275-2547. \$3 pre, \$4 post. 4 Mi. at 10:30 a.m.

June 2 6:45 p.m. St. Christopher's 6th Annual 5 Mi., North Chili. Mike Snyder, 293-1354. \$3.50 pre, \$4.50 post. Hats to first 125 entrants.

June 3 8:00 a.m. Lake Ontario Marathon (certified), Greece Arcadia High School. Tim McAvinney, 865-1244 (5-9 pm). \$1 members, \$3 non-members, \$5 post.

June 3 9:00 a.m. Colonial Days 5 Mi., Southeast Area YMCA, Jefferson Rd., Pittsford. Lisa Marx, 385-4665. \$5 pre, \$6 post. T-shirts to first 300 entrants.

June 9 10:30 a.m. Nike Sesquicentennial 10k, (certified), Stillson & Main Sts., Downtown. Diane Donovan, 424-5650. \$4 pre, \$5 post.

June 10 9:00 a.m. RAMS (Rochester Area Multiple Sclerosis) 10k, Al Sigl Center, 1000 Elmwood Ave. Pam Bartemus, Jim Ahearn, 271-0801(W), 442-3907(H). \$5 pre, \$6 post.

June 10 10:15 a.m. RAMS 1 & 2.7 Mi. As above.

June 16 9:00 a.m. "Run for Health" 5k, Parkridge Hospital & Greece YMCA, 1555 Long Pond Rd. Jane Gibbs, 227-3900(W) or Bonni Voiland, 225-7150(W). \$5 pre, \$6 post. T-shirts to first 300 registrants.

June 16 9:15 a.m. "Run for Health" 10k. As above.

June 16 9:00 a.m. 5th Annual Peter Nicosia Memorial Run for Muscular Dystrophy 5 Mi., Brockport, near Inters'n of Rtes. 31 & 19. Lisa Nicosia, 637-9151. \$4.50 by 6/11, \$6 post.

June 16 10:00 a.m. John Lasco Memorial 2, 5 & 10 Mi., Xerox Recreation Facility, Webster. Steve Edgerton, 422-9073(W), 467-1487(H). \$4 pre, \$5 post. T-shirts to all.

June 17 10:00 a.m. Pepsi Challenge 10k, Darien Lake Fun Country. Earl May, 343-9355.

June 17 9:00 a.m. United Cerebral Palsy Sesqui 5 Mi., Southeast Area YMCA, Pittsford. Janet Van Landingham, 442-8580 x39. \$5 pre, \$6 post. T-shirts to first 200 entrants.

June 21 6:00 p.m. Mendon Ponds Park 5 Mi. Rat Race (every Thursday night through August 30). Bill Kehoe, 654-8991. \$1.

June 23 9:00 a.m. Camp Good Days 5k - Monroe County Sheriff's Dept. & McDonalds, Monroe Community College. Joseph Genier, 428-5510(W), 467-7470(H). \$5.

June 23 9:30 a.m. Camp Good Days 10k. As above. Children's 1/2 Mi. at 11:00 a.m.

June 24 5th Annual "Feels Great" Women's Run, St. John Fisher College.

July 1 12:45 p.m. Red Wings 5 & 10k, Silver Stadium, Norton St. Bill Terlecky, 467-3000(W), 323-2824(H). \$5.

July 4 9:00 a.m. Irondequoit 10k (certified) & 2 Mi., Irondequoit Hall. Dave Heeks, 235-1000 x5529, 266-6474(H). \$4 and \$10 for family of 3 or more by 6/28, \$5 post.

July 4 6th Annual Brighton Independence Day Doubleheader: Women's 10k and Open 10k. Bill Kehoe, 654-8991.

July 7 10:00 a.m. Don Samuel Torres 5 Mi. Scholarship Race, Brown Square, Jay & Verona Sts. Manny Rivera, 325-4560 x2379, 546-3314(H). \$4 pre, \$5 post. T-shirts to first 300 entrants.

July 8 8:30 a.m. Corn Hill Myriameter (10k). Bob Epstein & Jennifer Litwak, 325-3430(W), 546-8324(H). \$5 till 7/6, \$7 on 7/7, no day-of- race entries.

July 15 8:30 a.m. 4th Annual Livonia Fresh Air 5 Mi. Race & 2 Mi. Fun Run. Keith Noyes, 367-3263. \$4.

July 28 9:00 a.m. Carifair 1984 5 Mi. (Caribbean Fair), Brown Square Park. Cislyn Lightbourn, 588-3093(W), 422-2777(H). \$4 pre, \$5 post.

July 28 9:30 a.m. Spencerport Canal Days 10k Kick, Fireman's Park, Spencerport. Glenn Boetcher, 352-3487. \$4 pre, \$5 post.

OUT-OF-TOWN RACES

Aug. 19		Hamlin Beach Triathlon (Swim 1.2 Mi., Ride 56 Mi., Run 13.1 Mi.), Hamlin Beach State Park. Mike Carnahan. \$15.	Apr. 7	8:00 a.m.	3rd Sri Chinmoy Marathon, Montreal, Quebec. Richard Naud, 4309 Esplanade Ave., Montreal, Que. H2W 1T1, Canada. (515)282-0672. \$6 by 4/2. Certified.
Aug. 24	6:00 p.m.	Swan Run '84, 1 Mi., 5 & 10k, Albion, Orleans County Court House. Bob Ord, 589-7033(W), 589-7364. \$5 by 8/19, \$6 post. East Avenue Mile, Strathallen Hotel. Ross Rider, 442-7762.	Apr. 15	9:00 a.m.	12th Penn Relays Marathon, Philadelphia, PA. Julio Piazza, Penn Relays Marathon, Univ. of PA, Weightman Hall, Phila. PA 19104. (215)898-7666. \$8 by 3/16, \$10 post. Certified.
Aug. 26	1:00 p.m.	Citibank 10k, Brighton High School. Ross Rider, 442-7762.	Apr. 16	12:00	88th Boston Marathon. Boston Athletic Ass'n., 17 Main St., Hopkinton, MA 01748. \$10 by 3/1 if qualified.
Sept. 2	8:30 a.m.	13th Rochester Marathon, Metro YMCA, E. Main St. & Gibbs St. Tim McAvinney, 865-1244 (5-9 pm). \$4 members, \$5 non-members, \$6 post.	May 5	7:00 a.m.	1st Sri Chinmoy Marathon, Toronto. Bruce Harding, 219 Rusholme Rd. Toronto, Ontario M6H 2Y9, Canada.
Sept. 3	6:00 a.m.	Citibank 10k, Brighton High School. Ross Rider, 442-7762.	May 5	8:00 a.m.	4th Waynesburg & Washington Marathon, Waynesburg, PA. Martin Howsare, Box 14, RD 1, Amity, PA 15311. (412)222-4652. \$8 by 4/27, post entry OK. Certified.
Sept. 2	8:30 a.m.	Glen Iris Inn 1/2 Marathon, Letchworth State Park. Ellen B. Schnurr, 493-2611(W), 382-3173(H). Glen Iris Inn 1/2 Marathon, Box 357, Castile, NY 14427. \$5 by 9/10, \$7.50 post.	May 5	8:30 a.m.	1st Great Valley Marathon, Chambersburg YMCA, PA. Chuck Leshar, 3345 Wayne Rd., Chambersburg PA 17201. (717)264-5390. \$10 by 4/15, \$12 post. To be certified.
Sept. 15	10:00 a.m.	Palmyra Canaltown Days 15k (certified), Village Hall. Jamie Hemmings, 377-3200(W), (315)597-5585(H). SASE to Canaltown Days 15k, P.O. Box 64, Palmyra, NY 14522. \$3 by 9/1, \$4.50 post. T-shirts to first 250 registrants.	May 13	9:00 a.m.	10th National Capital Marathon, Carleton Univ., Ottawa, Ontario. Heather McDougall, Race Director, Box 426, Station A, Ottawa, Ont. K1N 8V5, Canada. (613)563-3046, 234-2221. \$10 by 4/30, no post entries. Limit 5000. Certified.
Sept. 16		4th Annual World's Biggest 10k - a race for full-sized runners, Mendon Ponds Park. Bill Kehoe, 654-8991.	May 20	8:00 a.m.	7th Heritage Trail Marathon, Troy, NY. Art Ambuhl, Parks & Recreation Dept., City Hall, Troy, NY. (518)270-4557. No fee listed. Post entries OK. Certification pending.
Sept. 23	10:00 a.m.	The Human Race 10k (certified), Jewish Community Center. Dick Withrow, 637-5932(H). \$4 pre, \$6 post.	May 26	10:00 a.m.	Men's U.S. Olympic Marathon Trial, Delaware Park in Buffalo to Niagara Falls, Canada.
Sept. 29	4:00 p.m.	10th Annual McQuaid Invitational 3 Mi. Cross Country Open, Genesee Valley Park. Bill Quinlisk, 473-1130(W). \$1 pre, \$2 post. Feature: special alumni challenge.	June 9	8:00 a.m.	10th God's Country Marathon, Coudersport, PA. Potter County Recreation, PO Box 245, Coudersport, PA 16915. (814)435-2394. \$7 by 5/26. Certified.
Oct. 7	9:00 a.m.	The Body Shoppe Women's Run 2 & 5 Mi., Pittsford Place Mall. Judy Hassett, 334-1320(W). \$6 pre, \$7 post. \$4 for 2 Mi.	June 24	7:30 a.m.	14th Champlain Valley Marathon, Plattsburgh, NY. Plattsburgh & Clinton County Chamber of Commerce, PO Box 310, Plattsburgh, NY 12901. (518)563-1000. \$8 by 6/18. Certified.
Oct. 14		Henrietta Columbus 7 Mi., Henrietta Memorial Park. Jane Iaculli, 334-7700(W), 334-1060(H). \$4 pre, \$5 post.	June 24	7:00 a.m.	2nd Owego Strawberry Festival Marathon, Marvin Park, Owego, NY. Dave Talcott, PO Box 324, Owego, NY 13827. (607)687-2684. \$6 pre, \$7 post. Certified.
Oct. 28	9:30 a.m.	United Cerebral Palsy Halloween 5k, Long Ridge Mall. Janet Van Landingham, 442-8580(W). \$5 pre, \$7 post. T-shirts to first 300 registrants.			
Oct. 28	10:30 a.m.	UCP Halloween 10k. As above.			
Nov. 24	10:00 a.m.	7th Annual R.T. Turkey Run - 5 Mi., Mendon Ponds Park. Bill Quinlisk, 473-1130(W). \$3 pre, \$5 post.			

Incomplete Information Submitted to Road Race Coordinator

May 12 9:30 a.m. 2nd Annual Great Heron Road Race, Hobart and William Smith Colleges, Geneva.
If anyone knows the distance, fee and contact person for this race, please call the Road Race Coordinator at 442-7762.

SOCIAL RUNS

Anyone wishing to host a social run or needing more information, may call the Social Run Coordinator, Korleen Wright at 663-5924(H) or 722-4314(W). Please bring a dish to pass to each run.

Apr. 1	3:00 p.m.	Bill & Kathy Krieg, 8 Maybrook La. (at 15 mi. mark of Roch. Marathon off Ayrault Rd.), Fairport, 223-8195.
Apr. 8		
Apr. 15	3:00 p.m.	Korleen Wright, 190 Glenora Drive, Apt. 4 one block east of Ridge Rd. West, East of Mt. Read, Roch., 663-5924.
Apr. 22		
Apr. 29	5:00 p.m.	Don McNelly, 615 Pinegrove (off Paul Blvd.), Irondequoit, 342-1533.

MISCELLANEOUS RESULTS

Tallahassee Marathon, February 11, 1984	Norm Frank	3:48	217th
Orlando Marathon, February 19, 1984	Norm Frank	3:54	218th
Both Races - hot and sunny ☀			
Phoenix Marathon, February 19, 1984	Frank Plasso	2:15	
	Bob Epstein	2:56	
	Bob Chamberlin	2:54	
Gasparilla Distance Classic, February 11, 1984	John Hopf	66:10	
15K, Tampa Florida			

WANTED!!!

WOMEN RUNNERS - for the 2nd - 1984 all Women's Social Run.

Last time 10 hardy women ran through the March 11th blizzard.

Come join us on Sunday, April 29th, 10:00 a.m., 24 Fairhaven Road (off Blossom Road). Call Marilyn at 288-2374 or Nancy at 442-8778 for more information.

Bring a dish to pass, juice or fruit for brunch afterwards.

MALE VOLUNTEERS

Wanted -- for our 5th Annual "Feels Great" Women's Run, Sunday, June 24, 1984. Volunteer for any job - road marshal, finish line, water stops, etc. etc. Please call Nancy at 442-8778 or Margie at 473-5318.

FOR SALE:

Used rowing machine: AMEREC Model 610, List price \$299 (as seen in Moss Brown catalog), 5 months old, \$199. Great workout for the injured runner or as a supplement to running. Call 248-8909 - Fairport.

FOR RENT:

Carriage House, fire place, indoor parking, good running routes and biking paths, Corn Hill area, call 325-3430 days, 546-8324 evenings and weekends (do not call during races.).

In honor of the 150th anniversary of the founding of Rochester, and to raise money for the Children's Fund of Strong Memorial Hospital, a 150K (93 miles) run will be held at the University of Rochester track on June 9-10th, running 24 hours, under the lights from noon to noon. Individuals can try the full 150K or teams may be organized, 10 runners covering 15K each.

More information to follow -- phone Don McNelly, 342-1533 (H), 254-9190 (W).

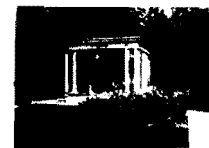
Runners and spectators interested in forming a group to go by bus to the Ottawa Marathon, May 13th should contact Jane Iaculli between 9:00 a.m. and 4:30 p.m. at 359-2540. (Jane also has race applications.)

The bus will leave Saturday, May 12th at 9:00 a.m. and return Sunday, May 13th after the Marathon banquet.

Cost will be approximately \$25/person. Forty people are needed.

Relay 4 x 400 Meter: Chris Townsend 3 minutes 38.7 sec. Sally Smith 4 minutes 46.89 seconds
Cedric Walker
Kevin Presha
Michael Jones
TRIPLE/DOUBLE WINNERS: Tim Smith 3,000/1,500/Relay 600/1,500/Relay
Becky Gallivan
Anne Fisher
Barb Dorn
Sally Smith

**7TH ANNUAL
JEAN MITCHELL MEMORIAL 5 Km and 10 Km RUN**



Sonnenberg Gardens



Granger Homestead

BENEFIT OF

AMERICAN CANCER SOCIETY

SPONSOR: COLUMBIA BANKING FEDERAL SAVINGS AND LOAN ASSOCIATION
DATE: Saturday, **MAY 5, 1984**
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: \$3.00 Donation, Postmarked **APRIL 27, 1984**
\$6.00 Donation, Postmarked after **APRIL 28, 1984**
Entries accepted Race Day up to 30 minutes before start time

PLEDGES: Optional: Help support your American Cancer Society by securing pledges
FIRST 750 ENTRANTS RECEIVE COMMEMORATIVE STAMPS.

COURSE: 5 Km Race, Loop Course: City streets, Sonnenberg Gardens and Granger Homestead

Course Records: 1981 Mark Howard 16:22

1981 Kate Cosmopolitan-Holm 21:45

10 Km Race, Loop Course: City streets, Country roads, Sonnenberg Gardens

Granger Homestead

Course Records: 1980 Craig Holm 30:43

1981 Kristian Benkes 33:32

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 6

30-39 6

40-49 6

50-59 3

Over 60 3

Prizes to top 10% in each age category

Guaranteed

Special Cancer Society Awards for top 5 pledge amounts received race day

SPECIAL ACTIVITIES: **RARE REPRESENTATIONS, FREE TOUR TICKETS, DIXIELAND JAZZ, CLowns, PUPPETS, ANTIQUE RAJDS**

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., 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 the race.

Signature _____ Date of Birth _____ Phone _____

Parent or Guardian Signature if under 18 years _____ Category (Age/Sex) _____

Address _____ Street _____ City _____ State _____

Print Signature _____ 5 Km Race _____ 10 Km Race _____

CHECKS PAYABLE JEAN MITCHELL RACE

Mail Entries: Lynda B. Case, c/o A/Cn Properties, 4620 Chapin Road, Canandaigua, New York 14424 (716) 394-6760
Race Director: Don V. McWilliams, 4620 Chapin Road, Canandaigua, N.Y. 14424

PATRONS
Kiwanis Club
Rotary Club
Vplex Corp.

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



Greater Rochester Track Club

1983-84 Awards

Hall of Fame: Paul Sadler

Most Improved Runners: Joe Kubek and Kathy Lutz

Service Awards: Augie Calabrese, Roscoe Hastings, Bob Ord, Lou Asmuth, Fay Withrow, Paul Sadler, Joan Simeone

Achievement Awards:

<u>Track & Field:</u>	Sally Smith	HS Women
	Ben James	Open Men
	Debbie Roof	Open Women
	Steve Pulos	Senior Men
	Dave Winn	Master Men
	Carol Cloos	Master Women
	Sharon Duffy	Senior Women
<u>Cross-Country:</u>	Craig Holm	Open Men
	Steve Pulos	Senior Men
<u>Road Racing:</u>	Brett Yost	Junior Men
	Chris Dudeck	Junior Women
	Craig Holm	Open Men
	Kare Cossaboon-Holm	Open Women
	Ed Cohn	Senior Men
	Kathy Brown	Senior Women
	Dave Winn	Master Men
	Carolyn Kriessen	Master Women

These awards will be presented at the GRTC Banquet at the Burgundy Basin Inn on Friday, April 27th.

AWARDS POLICY:

Hall of Fame

Candidates for the Hall of Fame should be individuals who have furthered the goals and/or enhanced the name of the Club either by their performance as an athlete and/or their dedicated work for the Club. They should have been involved with the Club over several years and not just a short while.

The Awards Committee should submit a list of candidates to the Board after the first of the year but before the Banquet. A vote of two-thirds of the elected Board is necessary in order for a candidate to be elected into the Hall of Fame. The ballot will be a secret ballot and a Board member may vote for as many candidates as they feel are worthy of election.

The athletes selected will be invited to attend the Annual Banquet and the Award will be presented then.

Achievement Awards:

These awards (if they are presented) should be based on excellence of performance in the categories indicated. Emphasis should be placed on success at National, Regional, then Local competition. Performance levels should be checked against National, Regional and Local standards of excellence.

Categories: Track & Field Indoors and Outdoors Combined

 Road Racing

 Cross-Country

Divisions: Men and Women

 High School

 Open

 Senior

 Master

HALL OF FAME

- Trenton Jackson - inducted 1970
National HS Record holder in 100 yd. Dash - 9.4
member 1964 US Olympic Team
pulled muscle in Semi-Final of 100m at Tokyo
2nd only to Bob Hayes in 100m Trials at Eugene
- Dick Ashley - inducted 1971
Vice-President of RTC from 1958-1971
National Marathon Champion
Top Road Racer in Western NY
- Ed Duncan - inducted 1971
Founding member of RTC in 1958
10th place finisher at Boston Marathon 1958
retired due to injuries in 1960
- Dick Boddie - inducted 1972
joined RTC in 1958
1st "big name star" in the Club
23-1/2 in Long Jump
Assisted in 1976 merger to form GRTC
Vice-President 1976-77
- John Coons - inducted 1973
Top distance man in early 60's when RTC
was ranked in top 5 Distance teams in the nation
Still top masters runner in 70's and 80's
- Len Bagley - inducted 1981
co-founder of the Rochester Marathon and
the Rochester Road Runners
- Gene Osbourne - inducted 1981
co-founder of the Rochester Marathon and
the Rochester Road Runners
1st of the Ultra-Marathoners in the Club
- Norm Frank - inducted 1981
Mr. Marathon
has run 200 marathons and still going strong
- Don McWilliams - inducted 1981
top Road Race organizer
Founder of the Jean Mitchell 10k in Canandaigua
top master runner
- Pete Todd - inducted 1982
Founder of the RTC in 1958
President of RTC 1958-1975
Coach at RIT
claims 1:54.8 for 880 yds. at Cortland in 1958
led Cross-Country run in 1980
- Don McNally - inducted 1982
top Veteran runner
National record holder 24 hour Relay ages 60+
- Paul & Shirley Gesell - inducted 1982
Paul was Secretary of GRTC 1975-1979
Shirly was Treasurer during same years
together they published the Club Newsletter
for 5 years during the growth period of the Club
- Elroy Turner - inducted 1983
Top local 100, 200, 400m runner for many years.
Ran for Antigua in the 1976 Olympics at
Montreal as a member of their 4 x 400m Relay.
- Paul Sadler - inducted 1984
Undeafated in the Shot Put over 10 year span
including National, Regional and Local
competition. GRTC Vice-President since 1975.



VOLUNTEER FORM

VOLUNTEER FORM

VOLUNTEER FORM

WE NEED YOUR HELP FOR THE LILAC 10K

MAY 20TH - 10 AM RACE

Last year over 150 workers contributed time and energy to one of the biggest and greatest racing events of the 1983 season, the ROCHESTER MANUFACTURER HANOVER LILAC 10K. Everything went so well and we greatly appreciated the help. This year we are expecting nearly 3000 racers and are again asking your support. If you are one of those entering the race, that's good (we need runners too!). But, maybe you have a friend who could help. If so, pass this form on. We will contact all interested volunteers by phone as forms are returned. **THANK YOU.**

Send forms to:

OR

Call: Manufacturer
Hanover

263-2858

We will fill out a form
over the phone.

Jane Iaculli, Volunteer Coordinator

47 Bradford Road

Pittsford New York 14534

NAME _____ ADDRESS _____
TOWN/CITY _____ STATE _____ ZIP _____
HOME PHONE _____ WORK PHONE _____ AGE _____
RACE WORK EXPERIENCE _____ T-SHIRT SIZE S _____ M _____ L _____ XL _____

50/50 cotton polyester

INDICATE PREFERRED ASSIGNMENT:

SERVING REFRESHMENTS AFTER THE RACE
 TRAFFIC CONTROL AND PARKING
 CLAIM STATION - RUNNERS BELONGINGS
 REGISTRATION AND PACKET PICKUP
 EQUIPMENT SET UP AND TEAR DOWN

ROAD MARSHALL
 CHUTE AREA
 WATER STATIONS
 AWARDS TABULATING
 INFORMATION

GREATER ROCHESTER TRACK CLUB

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

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

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

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

GRTC MEMBERSHIP APPLICATION

Name _____ New _____ Renewal _____

Address _____ Home Tel. _____

City _____ State _____ Zip _____ Bus. Tel. _____

Male _____ Female _____ Birthdate _____ TAC # _____

Occupation or school if student _____

For Members Under 18 Years of Age:

Parent or Guardian's Name _____

Address _____

My Running Interest Is: _____

Participation - I can assist with the following GRTC programs:

Newsletter Fun Runs Training Runs Officiating
 Publicity Social Runs Coaching Track and Field
 Membership Clinics and 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)

Make checks payable to GRTC.

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