



ROCHESTER, NEW YORK

NOVEMBER, 1984

The President's Corner

Dick Withrow

How often have you run the hardest race of your life and not run a PR, then someone says the race course was long. Or worse yet, you run a PR then you hear the course was short. This type of thing is inexcusable really. The number one and two things a race director owes to runners is an accurate time and distance. Anything else is just extra trimming on the tree.

I say this is inexcusable because timing expertise can be gotten from the GRTC. Course measurement is also easy, it just takes a little time. We have two types of measuring devices that can be loaned out to race directors along with instructions on their use.

In an effort to help race directors improve their races, or to help potential race directors get started, the GRTC is going to present a Road Race Seminar this winter. Subjects to be included will be: measurement and certification of courses, how to set-up and run a finish line (timing, place, etc.); registration procedures, marshalling a course and police protection. This will be held at the City Recreation Building, Cobbs Hill Park, the date will be announced in an upcoming newsletter. There should be something of interest for all race directors.

Look inside this issue for the 1984-85 Freezeroo Schedules. This year we are doing something a little different. For the last three years Bruce Quimby has managed the entire series, directed each race, correlated all the results and taken care of all the details involved with directing a race, he did this for eight races. This year Bruce has run out of free time to devote to outside activities. His new home and evening school are too time consuming. To replace Bruce this year, we will have eight race directors plus a results coordinator to distribute the load a little more evenly. I think Bruce is deserving of a thank you from the entire club. Many members have enjoyed the Freezeroo's each year, they are the only game in town from December to March. Thanks again Bruce !

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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, Cislyn 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.

*******ATTENTION ALL RACE DIRECTORS*******

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

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

Failure to comply with the above standards will result in the omission of entry forms from the newsletter.

Wendy's/WVOR COUPLES RUN '84

TOP TEN RUNNERS TEAMS

1. Cossaboon-Holm 32:41
2. Hickey-Markelich 34:13 B
3. Prey-Yost 34:56 B
4. Horachman-Glavin 35:41 D
5. Dushay-Heinle 36:01 B
6. Dwyer-Linn 36:36 E
7. Galivan-Ladd 36:41 D
8. Korn-Smith 37:00 B
9. Bonafiglio-Tallon 37:03 D
10. Javorowski-Coyne 37:05 E

JOSE FOR AGE GROUPS

- Under 30-A 60-4 E 90-109 I
 30-9 B 65-9 F 110 + J
 40-9 C 70-9 G
 50-9 D 80-9 H
 Code for special category

- HW-husband/wife
 CC-corporate couple
 URE-UofR employee
 URS-UofR student
 MS-mom/son
 DD-dad/daughter
 BS-Sister/sister
 GC-Grandparent/child
11. Hoemer-Peterson 37:14 B BS
 12. Alley-Alley 37:55 C BS/URS
 13. Doren-Webster 37:58 A
 14. Burgess-Rider 38:06 H CC
 15. Tudick-Maxwell 38:28 B URS
 16. Looney-Looney 38:28 C BS
 17. Shaver-Montenegro 38:28 C
 18. Thomas-Willey 38:32 G URE
 19. Walsh-Telliba 38:40 B
 20. Schuler-Moriarty 38:48 D
 21. Travitz-Tittlebaum 38:56 B
 22. Fallon-Sieas 38:56 B
 23. Moyse-Goetz 39:06 D
 24. Allen-Hoemer 39:07 H
 25. Schwarz-Boutellier 39:17 A
 26. Krieser-Lamme 39:21 C
 27. Oshier-Oshier 39:23 G HW
 28. Hanson-Smillie 39:39 B
 29. Castro-Hutchison 39:40 B
 30. Eberhardt-Schild 39:47 F CC
 31. Hotchkiss-Hotchkiss 39:47 MS
 32. Carr-Carr 39:56 D DD
 33. Quirk-Ratzel 40:03 B
 34. Snyder-Snyder 40:08 E MS
 35. Terziano-Hider 40:15 D CC
 36. Terziani-Wilcox 40:16 D URS
 37. Greene-Greene 40:17 C DD
 38. Fox-Eisman 40:24 C
 39. Brewer-Withrow 40:47 H

Kids Run Run 1st: Jason May+Martha Hawksworth; 2nd: Andrew Parker+ Brandonne Quillette; 3rd: Kelly McAuliffe

94. Siess+Hooper 43:47 D DD
95. Zaccagna+Hare 43:51 C URE
96. Arnold+Hofert 44:03 C
97. Turner+Pape 44:05 C
98. Wood+Kelkenberg 44:06 A
99. Weider+Panepinto 44:09 D
100. Winkler+Krieger 44:10 D
101. Cloos + Cloos 44:13 I HW
102. Ohler + Ohler 44:14 D HW
103. Baum + Mizette 44:15 D
104. Vanier+Vanier 44:16 F HW
105. Schraver+Delton 44:21 B
106. Genler + Genler 44:27 G HW
107. Knorr + Youngs 44:28 D
108. Mendola+Mendola 44:35 C BS
109. Hodges 44:36 E HW
110. Hughes 44:46 E HW
111. McAvoy + Palmer 44:50 F
112. Petty + Fitzgerald 44:53 F
113. Lovells 44:55 A BS
114. Mortensen+Pow 45:00 I URE
115. Stryker+Schroeder 45:02 D
116. Luthers 45:06 C HW
117. Valentia+Armstrong 45:09 E
118. Stein +Haraden 45:17 A
119. Osterhout+Murant 45:20 D URE
120. Guertner+Wallace 45:21 F URE
121. Arad + Hrth 45:22 G
122. Jago + Murray 45:29 F
123. Malinski+Edwarda 45:29 D URE
124. Farland+Humphrey 45:30 D
125. Bruckers 45:32 F HW URS
126. Wells + Hess 45:33 A
127. Shepherd+Planegan 45:34 C URS
128. Arcurd + Gabay 45:35 B URS
129. Fuller + Auger 45:39 G
130. Connelly+Buckley 45:40 C CC
131. Hicks 45:42 H HW
132. Simodaon+Flynn 45:43 A
133. Shaughnessy+Coy 45:45 D
134. Courtney+Sullivan 45:46 D CC
135. Gardella+Kiasinger 45:47 H
136. Young 45:48 D DD
137. Barnes+Naughton 45:53 D
138. McQuarters+Dwyer 45:54 D DD
139. Spencea 46:00 G HW
140. White + Demay 46:01 C
141. Graysons 46:02 CHWURE
142. Woods 46:03 B BS
143. Gibson+Sternbane 46:07 C URS
144. Serafine+Schilling 46:07 I
145. Stagers 46:10 A BS
146. Baker-Jones +1 46:13 D BS
147. Medveds 46:14 D HW URE
148. Emersons 46:17 E HW

40. Lyboldts 41:00 B BS
41. Graham+Fuller 41:16 G
42. Deason+Greenough 41:25 C
43. Shaver+Dodd 41:33 I
44. Cornelison+Jones 41:33 G
45. Leoner+Young 41:41 C
46. Houde+Walter+Houk 41:42 D URE
47. Danielson+Clark 41:48 B
48. Clement+Kessler 41:49 C
49. Kessler+Kessler 41:53 G HW
50. Reynolds+Krusse 41:54 C
51. Casillo+Mirando 41:55 B
52. Werner+Lindahl 42:09 A
53. Stoterau+Butler 42:09 H
54. Shute+McBride 42:10 B
55. Kelkenberg's 42:12 G BS
56. Hawksworth+O'Dell 42:14 B
57. Tomczak+Calabrese 42:19 F CC
58. Walch+Reitz 42:22 C
59. Siekierski+Markham 42:24 A
60. Kerley+Kerley 42:24 D MS
61. Griffith+David 42:25 A
62. Champagne+Epstein 42:26 H
63. Zima+Dougall 42:28 C
64. Harrison+Featherstone 42:29 URE
65. Schwal+Crum 42:33 A
66. L'Hommedieu's 42:38 D HW
67. Ceckler+Johnston 42:40 D URS
68. Fendrich+Bittner 42:41 E CC
69. Thompson+Greene 42:46 C URS
70. May+Scott 42:47 E
71. McCullough's D 42:48 D HW
72. Siembor+Shattuck 42:49 F
73. Rombaut+Reese 42:51 B
74. Howell+Cornwell 42:54 D CC
75. Peglow+Inderwood 42:58 A
76. Ceglie's 43:12 H HW
77. Opperman+Wallenhorst 43:12 E
78. Gorski+Smash 43:13 C
79. Skalfoni+Rech 43:13 J
80. Larson+Larson 43:16 G HW
81. Rathjen Webster 43:17 G CC
82. Knieser+Ima 43:17 B
83. Mault+Miller 43:19 D
84. Hayes 43:23 C BS
85. Benz+Keller 43:26 B
86. Hurlburt+Humphrey (86) 43:30 D
87. Westinghouse+Williams 43:33 D
88. Harrington+Snow 43:37 D
89. Rader+Detwiler 43:38 E
90. Schwam+Tahinger 43:41 A
91. Michel+Richard 43:41 E
92. Schuler+Vadala 43:43 D
93. Christner+Eckler 43:44 D

COUPLES R W RESULTS CONTINUED

149. Cook + Roberts	46:19 H	203. Rowe + Watkins	48:58 G	257. Hodges	50:48 F HW
150. Helias	46:20 E HW	204. Hendries	48:59 BBS	258. Wensichs	50:48 G HW
151. Jacksons	46:25 E	205. Christian+Alexan	49:00 DCC	259. Christy+Graman	50:49 G URE
152. Swift+Johnston	46:26 D	206. Palazzo+Haley	49:01 CC	260. Yoders	50:52 GHW
153. Hilsinger+Lemcke	46:39 H	207. Banez+Zielinski	49:02 BURS	261. Lindley +Stark	50:53 I
154. Abernathys	46:39 C HW	208. O Briens	49:03 DHW	262. Hoevenaars	50:54 E HW
155. Werts	46:41 G HW	209. Gold + Galloway	49:05 H	263. Green + Reed	50:58 I CC
156. Wehr+Hackshaw	46:42 C BS	210. Williams	49:00 E	264. Kehoe+Gallahan	50:59 D
157. Monnier+Murphy	46:51 G	211. Michils	49:10 HHHW	265. Pfeiffer + Fox	51:04 G
158. Young+Murray	46:53 E	212. Wnaemaker+Schwalm	:11 A	266. Tapia + Torre	51:08 CURSHW
159. Prakash+Kushner	46:58 B	213. Weniger+Connor	:15 G	267. Marchione+Prill	:09 DURE
160. Thuotte + Lee	46:59 C CC	214. Krebs + Ganon	49:17 C	268. Dills	51:15 BBS
161. Perrys	47:03 G HW	215. Randolph+Alston	49:19 D	269. Hawkers	51:17 FUREHW
162. Goforth+Crittenden	47:11 F	216. Eisen + Jackson	49:22 CURS	270. Ortos	51:18 GHW
163. Charrella+Oliver	47:13 F	217. Sutherland+Parks	:24 GHWURE	271. Leos	51:20 E HW
164. Huletts	47:17 F HW	218. Storch + Testa	49:25 GCC	272. Carmody	51:22 F HW
165. Evans+Jandrew	47:21 F	219. Hayes + Small	49:26 DURE	273. Hazell + Gould	51:28 B
166. Baum + McEvoy	47:28 C	220. Vermicya+Gerwitz	:28 C	274. Decker+Sampson	51:32 G URE
167. Hackett+Luke	47:28 E	221. Oates	49:28 G HW	275. Peters	51:33 G HW
168. DeLora+Hoevenaar	47:29 G	222. LaDues	49:31 E HW	276. Consaul+Stevens	:36 E URE
169. Yateau+Colaruatolo	47:29 E	223. Smiths	49:34 D DD	277. Benoit	51:40 F HW
170. Di Vincenzo+Rutkowski	47:29 DCC	224. Matzans	49:36 G HW	278. Price + Roberts	:42 F CC
171. Paulsens	47:31 F HW	225. Bach+O'Connell	49:37 D URS	279. Morria+Terpen'g	:46 G
172. Pullyblanks	47:32 F DD	226. VanZandt+Mark	49:38 J	280. Heilmans	51:50 G HW
173. Walkers	47:34 G HW	227. Yaeger + Wright	49:39 D	281. Roots+Chapin	51:58 E
174. Keenans	47:36 D DD	228. Hill+Michelson	49:43 B	282. Ammerman+Keyser	:2:07 EHWURE
175. Rappl + Quilty	47:48 F	229. Lang + Fisher	49:44 C	283. Jones	52:13 DBS
176. Meyer+Battaglia	47:48 F CC	230. Frank+Clements	49:45 D	284. McKinney+Will	52:16 D
177. Demres+Lancotota	47:50 G CC	231. Keil + Sutton	49:48 C	285. Walkovic+Hanney	:17 E HW
178. Thompsons	47:52 H HW	232. Nakhnikian+Reis	49:52 FUREHWRE	286. Haddads	52:27 C MS
179. Jermy + Schaff	47:55 G	233. Frank+Avery	49:53 DURE	287. Tobin + Cirman	:29 C
180. Wright + Hynd	47:59 I CC	234. Hardesty+Alton	50:02 C	288. Hudsons	:39 C DD
181. Saegar + Allen	48:02 I BS	235. Somerville+Draper	:09 DCC	289. DeCeasere+O'Brien	:40 D CC
182. Frey+Barbato	48:07 D MS	236. Matthews+Dalton	50:13 B	290. Dellaventura+Ber	:41 C
183. Dambas	48:08 E HW	237. Duffy+Hampsey	50:14 DURE	291. Spner + Cooke	52:41 H
184. Elliot+Struble	48:11 G	238. Murry+ Sprague	50:15 DBS	292. Lemckes	52:43 D HW
185. Weinprea	48:12 D HW	239. Bowering+Draper	50:17 DCC	293. Schrader +Thuman	:45 C CC
186. McKains	48:13 D DD	240. Beers	50:19 DHW	294. Viele +Weiss	:46 H
187. Cowdey + Parker	48:15 E CC	241. Ratunil + Sinnott	:20 C	295. Newcomb+Martha	:46 H
188. Wood + Cascino	48:16 G	242. Leach + Helwig	50:22 F	296. Baker+Barry	:53 J CC
189. VanPuttes	48:17 H HW	243. Stagmans	50:24 DBS	297. Baum	53:01 J UREHW
190. Marrs + Morgan	48:22 C CC	244. Van lmersen+Hoenig	:25 BURS	298. Stinson	53:08 G UREHW
191. Powers	48:23 G HW	245. McCarthy+McKeever	:26 F	299. Htzsommons	53:12 D HW
192. Lucan + Hudak	48:24 H	246. Feders	50:27 EHWURE	300. Helfand+Wellman	:13 G
193. Hernandez+Prill	48:25 D URE	247. Oulillettes	50:28 C DD	301. Burnett+Czekanskis	18 F CC
194. Leone + Wexler	48:27 E	248. Stenger+Kraft	50:30 D	302. DeJoys	53:21 D BS
195. Racos	48:38 D URE MS	249. Roots	50:32 BHW	303. Booths	53:25 D BS
196. Newell + Breed	48:38 F	250. Booth + Jones	50:34 DURE	304. Butlers	53:27 F HW
197. Kreutters	48:40 E HW	251. Kundin + Bell	50:38 G	305. Zimmerman+Rotun.	:29 G
198. Rushings	48:41 C HW	252. Green+Kovaleski	50:42 B	306. Newman+Williams	:29 GURE
199. McShane+Bennett	48:49 D URE	253. Elkins	50:43 DHW	307. Erickson+Gagne	53:35 H URE
200. Scherberger+DiGiaco	:52 C	254. Glazer + Falk	50:44 G	308. Stantons	53:37 H HW
201. Meowskis	48:53 A	255. Agostinelli+McCorm	:44 C	309. Eckers+Wetmiller	:42 G CC
202. Lightboun+Cliffel	48:54 H	256. Lesages	50:45 DDD	310. Flanigan+Hammond	:43 C CC

311. Daniels	53:51 G	351. Starretts	57:30 D UREHW	U of R Students
312. Dettys	53:52 F HW	352. Katos	57:34 D HW	
313. Nelson	53:52 D HW	353. Whites	57:47 H UREHW	*Alley 37:55
314. Freemans	:53 B MS	354. Woodham+Bidleman	57:48 E CC	*Tudick+Maxwell 38:2
315. Giamo +Ulinski	:55 E CC	355. Basehorea	58:17 F HW	Deason+Greenough 41:2
316. Ehman	53:56 I HW	356. Putnam+Chiaramonte	:18 A	*Ceckler+Johnston 42:4
317. Martino	54:06 H HW	357. Canfields	58:25 C DD	*Thompson+Greene 42:4
318. Killions	54:17 H HW	358. Sarkis+Blasioli	58:35 G	*Bruckers 45:32
319. Scherera	54:23 I HW	359. Reeda	58:44 G HW	*Shepard+Flanagan 45:7
320. Woods	54:32 H HW	360. Brien+Buckley	58:55 D	*Arcurd+Gabay 45:35
321. Marsden+Stein	54:47 H	361. Johnson+Wilcox	58:58 G MS	*Barez+Zielinski 49:0
322. Caruso+Goldwrbeir	:52 G	362. Kearney+Pilaroscia	9:07	*Eisen+Jackson 49:22
323. White+Jessup	54:52 E	363. Stanton+Siekierski	:17 E	*Bach+O'Connell 49:37
324. Ellies+Wilson	54:54 D URE	364. Franks	59:39 G DD	*Tapia+Torre 51:08
325. Dumire+Petersen	54:57 E	365. Sheffield+Niebergall	106 F CC	
326. O'Brien + Ryan	55:02 D	366. Eller + Roeder	1:00:10 E URE	
327. VanPearsons	55:05 E HW	367. Beebes	1:00:16 D URS	
328. Lipani+Kummerson	:05 D HW	368. Knittles	1:00:27 D DD	
329. Caufield+Flugel	55:09 C	369. Robinsons	:28 C DD	
330. VanDuzees	55:16 I HW	370. Maloy + Little	:58 C	
331. Hyers	55:21 D HW	371. Weaver + Smith	1:00:31 A	
332. White + Safran	55:24 I	372. Scotneys	02:01 G HW	Facilities
333. Nowaks	55:25 FHWURE	373. Czekanskis	02:10 G DD	Provided by:
334. Kennedy+Pierce	55:26 D	374. Battaglinis	02:44 I HW	University of
335. Frissell-Heig	55:27 D HW	375. Keeslers	02:56 F CC	Rochester
336. Jack + Kreipe	55:43 G URE	376. Bammerslaas	03:16 G HW	Medical Center
337. Dowdens	55:45 H HW	377. Smith + Meerdink	03:50 B	Athletic &
338. Griepsmas	56:21 I HW	378. Smiths	03:52 G HW	Fitness Facility
339. Elkins+Chiaramonte	:30 G	379. Levitt+Kindlon	04:11 G	
340. McCall+Cochrane	56:37 G	380. Smith+Blodgett	05:58 B CC	
341. French+Salvatore	56:40 I URE	381. Cossaboons	07:18 I HW	
342. Parisi + Pease	56:41 C CC	382. Dilella + Wade	08:08 F	
343. Shackett+Jacobs	56:59 H HW	383. Hall + Smith	09:29 A	
344. Mazzaullo+Nay	57:01 D	384. Buettners	09:30 I HW	
345. Grammatica+Zwart	57:16 D			
346. Hopkins+Bergeman	57:17 C URE			
347. McGlyns	57:19 C DD			
348. Schad + Scott	57:23 E URE			
349. Broek+Chichester	57:25 D			
350. Gervels	57:28 F UREHW			

U of R Employee

*Thomas + Miller	38:32	*Consaul+Stevens	51:36
*Terziana + Wilcox	40:16	*Ammerman+Keyser	52:07
*Houde +Houk	41:42	*Baum	53:01
*Harrison+ Featherstone	42:29	*Stinson	53:08
*Zacchigna+Hall	43:51	*Newman+Williams	53:29
*Mortensen+Pow	45:00	*Erickson+Gagne	53:35
*Osterhout+ Murant	45:20	*Ellies +Wilson	54:54
*Guerrara+Wallace	45:21	*Nowaks	55:25
*Malinski +Edwards	45:29	*Jack+ Kreipe	55:43
*Graysons	46:02	*French+Salvatore	56:46
*Medveds	46:14	*SHackett+Jacobs	56:59
*Hernandez+Prill	48:25	*Hopkins	57:17
*Hosmer + Paterson	37:14	*Schad+Scott	57:23
*Alley	37:14	*Gervels	57:24
*Looney	38:28	*Starretts	57:30
*Lybolts	41:00	*Whites	57:47
*Kelkenberg	42:12	*Duffy+Hampsey	50:14
*Duffey	50:14	*Peders	50:27
*Booth+Jones	50:34		

TOP Husband & Wife

Dad & Daughter

Oshiers	39:23		
Kesslers	41:53	Carr	39:56
L'Hommedieu's	42:38	Greene	40:17
Ceckler+ Johnston	42:40	Siess + Hooper	43:47
McCullough	42:48	Young	45:48
		McQuarters+ Dwyers	45:54

Corporate Couple

Burgess and Rider	Kodak	38:06
Eberhardt+Schield	39:47	
Tersegno + Hider	40:15	
Tomczak + Calabrese	Kodak	42:19
Fendrich + Bittner	42:41	

Mother/Son

Hotchkiss	39:47		
Snyder	40:08	Grandparent/Child	
Kerly	42:24	Kesslers	1:02:56
Frey +Barbato	48:07		

7th ANNUAL R.T. TURKEY RUN 5 MILE RACE
 Saturday, November 24, 1984 10:00 a.m. Mendon Ponds Park
 Sponsored by The Greater Rochester Track Club Stewart Lodge



ENTRY FEE: \$3.00 if entered by 11/19/83
 \$5.00 after 11/19/83 including post-entries
 Special GRTC members deduct \$1.00

AWARDS: Special R.T. Turkey Run T-Shirts to the first 250 entries.
 Ribbons to the top 100 finishers.
 Special Paul Gesell Memorial Award to the top male and top female finishers
 GRTC medals to the top finisher in each age group

COURSE: Course is 4 miles of winding park road with rolling hills and 1 mile of trail running. There is one significant hill (150m long and steep) at the halfway point of the race. No water stops. Bathroom facilities only are available. Come dressed to run.

LOCATION: Mendon Ponds Park is located Southeast of Rochester, N.Y. The Park lies between Rt. 65 (Clover St.) and Rt. 64 (Mendon Center Rd.) just South of the N.Y. State Thruway. Registration, Start and Finish are in the Beach Parking Lot. Stewart Lodge

PAST RESULTS:	Year	Top Male	Time	Top Female	Time	Course	Total
	1983	Scott Bagley	24:34.4	Sally Smith	31:56	5 mile	232
	1982	Steve Branch	26:16	Amy Edwards	31:27	5 mile	198
	1981	Scott Bagley	25:12	Kare Holm	29:55	5 mile	243
	1980	Paul Stemmer	25:24	Trish Smith	31:02	5 mile	186
	1979	John Luther	25:44	Barb Miller	31:22	5 mile	246
	1978	Dick Buerkle	24:16	Barb Miller	29:30	4 1/2 mile	223

Complete entry below and mail to: Bill Quinlisk, 112 Resolute St., Rochester, N.Y. 14621
 Make all checks payable to GRTC.

PRINT NAME _____ Age Group under 10 _____
 (Check One)
 ADDRESS _____ 10-15 _____
 _____ 16-19 _____
 Date of Birth _____ Sex _____ 20-24 _____
 _____ 25-29 _____
 _____ 30-34 _____
 _____ 35-39 _____
 _____ 40-44 _____
 _____ 45-49 _____
 _____ 50-59 _____
 _____ 60+ _____

In consideration of my entry being accepted, I, intending to be legally bound, do release any and all claims for damages or injuries that I may suffer as a result of my participation in this race, against the race director, sponsors and officials. I further certify that I have trained to complete this race.

Signature (Parent/Guardian if under 18)
 Unsigned Entry Forms will be returned**

Are you currently a member of the GRTC? Yes ___ No ___

Unregistered runners are not wanted in this race.

Bill Kehoe's Willopus T-Shirts
 Running shorts--Royal blue (to match nylon/mesh running top) \$8.50
 Lightweight Nylon Tricot with liner. No raw seam exposed to insure more comfort in action. Built-in key pocket. V-notch leg, elastic waistband. Small, Medium, Large, Extra Large

Running tops--Description below \$7.50
 BY MAIL: Name _____ Shorts: s m l xl
 Street _____ Tops: s m l xl
 City _____ ZIP _____

Mail orders add \$1.00 to total for postage
 We will also be at these races: Lake Ontario Half Marathon, Park Ave., Lake Ontario Marathon, Women's Run, Summer Track Meets, Thursday Night Rat Races

Greater Rochester Track Club Running tops available at these loctions.

ATS Sports	Jim Dalberth's	Runaway's
Packett' Landing	926 Genesee Street	c. 99 Park Avenue
Main Street	(near Brooks Ave.)	Rochester
Downtown Fairport	Rochester	(near Meigs)
425-2113	328-9746	271-2900

Willopus T-Shirts (above)

Singlet style running top with GRTC logo. 50/50 cotton mesh with 100% nylon Tricot insert white with royal blue. \$7.50 (tax inc.)

GRTC TRIVIA QUESTIONS

Volume I: General

1. What GRTC Hall-of-Famer ran in the Montreal Olympics for Antigua?
2. What 3 Clubs merged to form the GRTC?
3. Who ran the fastest mile ever in Rochester?
4. Who ran the fastest mile ever by a Rochester Area High Schooler?
5. Who ran the fastest ever 100 by a Rochesterian?
6. What McQuaid H.S. grad finished 6th at 200m at the U.S. Olympic Trials in 1968? Hint: native of Avon, N.Y.
7. What nuclear physicist and Division II NCAA All-American at 800m who ran 2 mile relay for the GRTC has a sister who beat Mary Decker in the U.S. Olympic Trials at 1500m?
8. What local High School Coach won 3 State Cross-Country titles while coaching Greece-Arcadia High School?
9. What former Gates-Chili H.S. sprinter finished 2nd at the Golden West Invitational at 200m to a future World Record Holder at the Indoor 300 yard distance?
10. What Michigan State runner set a World Indoor Record at 300 yards and also won the 200m at the Golden West Inv. just nipping the runner named in question #9?

132 Wintcroft Street
 Rochester, New York 14609
 Phone (716) 694-8991

If you haven't run it, you won't believe it...

This year we have a different race director for each race in the series. This lightens the load for any one person and ensures that the races will be as well managed as the weather permits. The following is this years schedule along with the race director for each race, all races start at 11:00 a.m. Please note that the January 1 and February 2 races are the only runs not on a Sunday a.m.

WOMEN RUNNERS

Dear Rochester-area women runners;

The GRIC Women's Touring Team traveled to the First Annual Freihofer's Women's 10K Run on Sunday, September 23, 1984. The group was assembled by Mary Terziani and Beryl Skelton; two open teams and one masters team participated in the well-organized race, directed by the Syracuse Chargers Club.

Results of the race were published in the Rochester Gannett Newspapers, and are listed below. The masters team brought home TAC Team honors with their second place showing. Individual Age Group Awards, TAC silver plates, were awarded to our group. The race featured world-class runners, such as the eventual winner-Janice Ettles (6th in the 1984 Olympic Trials Marathon Trials) and Nancy Konz (American Record Holder for the 20k) and Michele Bush (Former NCAA 1,500 meter champion). Prize money was awarded the top 20 finishers, in the form of TAC developmental funds; the 2nd pl. masters team winners also received funds to divide amongst the top three members of their teams. Kelly Hoskins, now living in Albany and pursuing her masters in Sociology ran 37:51 to finish 10th.

Group workouts are beginning to form, in the hopes of keeping quality high and sharing the up's and down's of training with others. Marg Tomczak has organized the Saturday morning group runs from the JCC, (See her column); and the women in motion group would like to invite women of all levels to a Wednesday evening quality work out. People would meet at 18:15 P.M. at the Cobbs Hill Recreation Bldg. (off Culver Rd.), starting Nov. 7, 1984. The group will discuss the workout and decide on a plan for several levels of quality training groups:

- examples: Level I: 2 1/2-3 miles, with 2-6 minutes of faster paced running. Level II: 3-5 miles, with 3-5 times 2 minutes of faster than average training pace running. Level III: 5-8 miles with faster than training pace (near race pace) running for 30 seconds - 7 minutes.

These fartleck (speed play) workouts will improve running form and help us experience racing speeds without the stress of an actual race. Other workouts will provide variety and opportunity to experiment different running techniques. Questions about this series of group workouts/ social running experience? Please call Kare Cossaboon-Holm 223-5314 or Mary Terziani.....ALL LEVELS OF RUNNERS are encouraged to participate!!!! 271-6605

INFORMATION WILL BE FORTHCOMING about indoor track meets, spring women's team trips, team uniform availability and updates on GRIC Women running performances.

Table with columns: Team, Age group, Place, Name, Time. Includes Road Running results for various teams and a list of winners for the Freihofer Syracuse Run for Women.

- DECEMBER 9, 1984: CHURCHVILLE CHILLER, 10K, Churchville Park, East Lodge, Augie Calabrese, 352-5760.
DECEMBER 23, 1984: COOL YULEFIVE, 5 miles, Mendon Park-Beach area, Dick Withrow, 637-5932.
JANUARY 1, 1985: RESOLUTION RUN, 7.6 miles, Mendon Park-Beach area, Bill Kehoe, 654-8991.
JANUARY 20, 1985: CHURCHVILLE CLASSIC 15K; Churchville Park, Bruce Quimby, 594-4266.
FEBRUARY 2, 1985: WINTERFEST FIVE, Cobb's Hill Park, Roas Rider, 442-7762 or Paul DeVaney, 428-6755.
FEBRUARY 17, 1985: CHILLY CHILI 10K, North Chili Community Center, Randy Johnson, 663-5236.
MARCH 9, 1985: GREECE GLACIAL 8 miles, Greece Arcadia High School, Tim McAvinney, 865-1244.
MARCH 24, 1985: TEMPERATE 10, 10 miles, Mendon Park-Beach area, Jane Iaculli, 334-1060.

This year Korleen Wright will be coordinating and tabulating Freezer00 results.

ENTRIES

SERIES: FEE: \$10 covers all 8 races
AWARDS: Equitable awards to percentages of age groups
DATE DUE: No later than DECEMBER 1, 1984 --- READ!!!!!!

NONSERIES: FEE: \$2 per RACE
AWARDS: A time, a place, a ribbon
DATE DUE: Sign up at the race

SERIES AGE GROUPS

Table with columns: Age Group, Men and women. Lists age ranges from 17 and under to 50 and Over.

I intending to be legally bound hereby waive and release all sponsors and all persons and/or organizationa affiliated with the FREEZER00 ROAD RACES, from any claims of liability or damages that may be incurred by me or by the forementioned individual as a result of participation in any FREEZER00 ROAD RACE. I also understand that I may be subject to COLD weather, RAIN, SLIPPERY CONDITIONS and generally MISERABLE climatic conditions as found in the Greater Rochester Area in wintertime.

Registration form fields: NAME, STREET, CITY, STATE, ZIP, SEX, or SIGNATURE

RETURN ENTRIES TO: Korleen Wright, 190 Glenora Drive, Rochester, NY 14615

LOCAL EVENTS CALENDAR

Nov. 4 6:45 a.m. 3rd Annual Lilac City 50k, University of Rochester. Open to first 50 entries received. Pre-entry required. SASE to: D.P. McNelly, 615 Pinegrove Ave., Rochester, NY 14617, 254-9190(W), 342-1533(H).

Nov. 17 2:00 p.m. 8th Honeoye Falls Rotary Turkey Trot 3 Mi., Honeoye Falls-Lima Manor School, East St., H.F. Mike Schroedl, 624-1662, John Tuller, 624-1178. \$3 without T-shirt, \$6 with T-shirt.

Nov. 18 10:00 a.m. Turkey Trot, Southeast YMCA, 111 E. Jefferson Rd., Pittsford. Lisa Marx, 385-4665.

Nov. 22 10:00 a.m. 8th Annual Newark Turkey Day 5 Mi., Newark Central Park. Dom Buttaccio, 248-5700(W). \$5. T-shirts to first 150 entries.

Nov. 24 10:00 a.m. 7th R.T. Turkey Run 5 Mi., Mendon Ponds Park. Bill Quinlisk, 473-1130(W). \$3 pre, \$5 post.

Dec. 9 11:00 a.m. Freezeroo #1. Churchville Park 10k. Augie Calabrese.

Dec. 23 11:00 a.m. Freezeroo #2. Mendon Ponds Park 5 Mi. Dick Withrow.

1985 LOCAL EVENTS CALENDAR

Jan. 1 11:00 a.m. Freezeroo #3. Mendon Ponds Park 7.6 Mi. Bill Kehoe.

Jan. 20 11:00 a.m. Freezeroo #4. Churchville Park 15k. Bruce Quimby.

Feb. 2 10:00 a.m. Freezeroo #5 and Winterfest 5 Mi. Ross Rider and Paul DeVaney. (Note: this is on a Saturday.)

Feb. 17 11:00 a.m. Freezeroo #6. North Chili 10k. Randy Johnson.

Mar. 9 11:00 a.m. Freezeroo #7. Arcadia High School 8 Mi. Tim McAvinney. (Note: this is on a Saturday.)

Mar. 24 11:00 a.m. Freezeroo #8. Mendon Ponds Park 10 Mi. Jane Iaculli.

Apr. 20 American Heart Association Heart and Sole Classic: 5 & 10k at Mendon Ponds Park, 2 1/2 Mi. at Seneca Park. Karen Walters, 461-5590.

Apr. 27 10:00 a.m. 100 Mi. Run for individuals or team of runners for distances totaling 100 Mi. Also, 24-hour relay for teams of 10. Pre-entry required. SASE to: D.P. McNelly, 615 Pinegrove Ave., Rochester, NY 14617, 716-254-9190(W), 342-1533(H).

Apr. 27 Lake Ontario 1/2 Marathon. Tim McAvinney, 865-1244(H) 6-11 p.m. \$3 pre, \$5 after 4/20. \$5 for this and June 2 Lake Ontario Marathon by 4/20.

Apr. 28 11:00 a.m. Y for Life 5 Mi., Metro Center YMCA, 444 E. Main St. Beth Mulholland, 671-8414.

May 4 9:00 a.m. 8th Annual Jean Mitchell 5k, 10k & 20k, Court House Square, Canandaigua. Don McWilliams, 394-6760(W), 394-3137(H).

May 5 10:00 a.m. Bay View YMCA 5 Mi. Spring Run, 1209 Bay Rd., Webster. Beth Mulholland, 671-8414.

June 2 Lake Ontario Marathon. Tim McAvinney, 865-1244(H) 6-11 p.m. \$3 pre, \$5 after 5/25. \$5 for this and Apr. 27 Lake Ontario 1/2 Marathon by 4/20.

June 11 6:00 p.m. GRTC Summer Track Meet #1. Site to be announced. Bill Quinlisk 473-1130(W).

June 18 6:00 p.m. GRTC Summer Track Meet #2.

June 23 Feels Great Women's Run.

June 25 6:00 p.m. GRTC Summer Track Meet #3.

July 2 6:00 p.m. GRTC Summer Track Meet #4.

July 9 6:00 p.m. GRTC Summer Track Meet #5.

July 16 6:00 p.m. GRTC Summer Track Meet #6.

July 23 6:00 p.m. GRTC Summer Track Meet #7.

July 30 6:00 p.m. GRTC Summer Track Meet #8.

Aug. 6 GRTC Summer Picnic.

Aug. 10 9:30 a.m. Macedon Minithon. Gary Wood, 315-597-4639. \$4 by 8/3, \$5 post.

Sept. 8 WVOR Couples Run.

Sept. 14 Palmyra Canal Town Days 15k. Jamie Hemmings, 377-3200(W), 315-597-5585(H).

Sept. 28 McQuaid Invitational 3 Mi. Cross Country Open, Genesee Valley Park. Bill Quinlisk, 473-1130(W).

Sept. 29 10:00 a.m. Maplewood Crime on the Run 5 Mi., Maplewood Park to the Lake. Dennis Reed, 254-2607.

Nov. 3 6:45 a.m. 4th Annual Lilac City 50k, University of Rochester. Open to first 50 entries received. Pre-entry required. SASE to: D.P. McNelly, 615 Pinegrove Ave., Rochester, NY 14617, 254-9190(W), 342-1533(W). (Note: this is a 1985 race.)

Nov. 23 10:00 a.m. 8th R.T. Turkey Run 5 Mi., Mendon Ponds Park. Bill Quinlisk, 473-1130(W). (Note: this is a 1985 race.)

Out of Town

November 22 (Thanksgiving Day) 10:00 a.m. 9 Miler, 75th Run for the Diamonds, Berwick, PA., for info call 717-864-3439 or 717-759-1426.

SOCIAL RUNS

To book a social run, or for more information, call Korleen Wright, 663-5924(H)

Nov. 14 3:00 p.m. Marilyn Mulgrew, 24 Fairhaven Ed., (off Blossom), 14610, 286-2379.

Nov. 11 3:00 p.m. Ed Smith, 1118 Bay St., (off Culver), 14609, 654-9053.

Nov. 18 3:00 p.m. Dottie Viele, 109 Merrill St., (off Lake Ave.), 14615, 865-9945.

ROAD RACE COMPARISON FOR 1983 and 1984

The chart below compares the number of races in 1983 and 1984 at various distances in the Greater Rochester Area (including counties adjacent to Monroe County). Not included in the computation are summer track meets, fun runs and rat races.

DISTANCE	1983	1984
1 Mile	2	3
2 Miles	1	3
2.7 Miles	--	1
5 k	15	11
4 Miles	1	2
4.4 Miles	1	1
5 Miles	21	22
10k	34	37
7 Miles	1	1
7.3 Miles	1	1
8 Miles	2	2
15k	1	2
10 Miles	2	2
20k	1	1
13.1 Miles	2	3
30k	1	--
Marathon	3	2
50k	1	1
Triathlon	1	1
Total	92	96

As the people who get calls and letters on race preferences and complaints, we are recommending to race directors that they add a 1 Mile Fun Run and Children's Race to their main race. The few Children's Races offered in the area have drawn high participation from children and lots of cheering from parents, e.g., Park Avenue Race and Couples Run.

There continues to be a demand for races longer than the 10k distance. We are pleased to see, therefore, that Don McWilliams is adding a 20k race to his Canandaigua Jean Mitchell races in 1985.

Ross Rider and Uta Allers

GRTC TRIVIA QUESTIONS Volume 1: General

Answers:

1. Elroy Turner
2. Rochester Track Club, College City Striders & Rochester Road Runners
3. Dave Wottle (just beating Dick Buerkle at RIT)
4. Chris Horton
5. Trent Jackson
6. Bill Bruckel
7. Alan Kleinsasser (his sister is Ruth(Kleinsasser) Wysocki)
8. Dick Kishlar
9. Bill O'Connell
10. Marshall Dill

MISCELLANEOUS RESULTS:

Seventh Annual Avon International Marathon, Paris France, 9/23/84
 Isabelle Culbertson 3:19:36

Montreal Internal Marathon, 9/84

Bill Hossler 2:57:59
 Joan Thomas 3:07:14
 Bud Miller 3:07:40
 Charlie Safrin 3:15
 Al Olson 3:15
 Walt Conley 3:47

Skylon Marathon, 10/84

Wayne Richards 2:58:12
 Bob Titus 3:48:38

Toronto Marathon, 9/84

George Tillson 3:29

Canandaigua Lake Country Triathlon, Canandaigua, NY -

6 Mile Run, 15 Mile Bike, 4 Mile Canoe, 9/22/84
 Ray Jacques 2:01:54 35 and over age group, 1st Place

Glimmenglass Triathlon, Cooperstown, NY, 9/30/84 -

6.4 Mile Run, 26 Mile Bike, 5 Mile Canoe, 9/30
 Ray Jacques 3:10:42 40 and over age group, 8th Place

Adam Helmer Marathon

Norm Frank 4:02

Ottawa Marathon

Norm Frank 4:14

Pepacton Marathon

Norm Frank 4:13

Friehofer Syracuse, NY, 10K Run for Women, 9/23

Kare Cossaboon-Holm 35:41
 Nancy Oshier 41:17
 Mary Terziani 41:25
 Lynne Fox 41:54
 Nancy Nowak 44:29
 Beryl Skelton 44:35
 Judy Warner 44:56
 Lois Hotchkiss 47:02
 Mary Shaver 47:10
 Sharyn Duffy 47:35
 Margie Tomczak 50:59
 Mary Brewer 51:07
 Korleen Wright 51:20

TEAM RESULTS:

-- Greater Rochester Masters*

Beryl Skelton 44:35
 Lois Hotchkiss 47:02
 Mary Shaver 47:10
 *2nd Place 138:47

-- Open - Team A**

Nancy Oshier 41:17
 Mary Terziani 41:25
 Lynn Fox 41:54

**5th Place

-- Open - Team B***

Nancy Nowak 44:29
 Judy Warner 44:56
 Sharyn Duffy 47:35
 137:00

***10th Place

Empire State Games Results:

Men's Scholastic Division

400 Meters Tracy Plesums 49.86 (Bronze medalist)

Men's Senior Division (30-34)

100 Meters Gary Tiffany 11.4 (Silver medalist)

400 Meters Gary Tiffany 53.3 (Silver medalist)
 Greg Murrer 55.7 (6th)

400 Meters Greg Murrer 61.6 (Silver medalist)

400 Meter Relay Tiffany, Murrer, Hardy and ??? (Silver medalists)

Shot Put Gary Tiffany 40'7 1/2" (Silver medalist)

Phelps Sauerkraut Festival
 INCORPORATED
 PHELPS, NEW YORK 14832



PHELPS SAUERKRAUT FESTIVAL
 20-K ROAD RACE RESULTS
 1984

Place	Name	Time	Place	Name	Time	Place	Name	Time
1	Mark Burdick	1:04:45.6	64	Emig Regan	1:27:57.9	126	T.A. Marley	1:44:09.0
2	Peter Glavin	1:06:37.1	65	Phillip Thruell	1:28:12.6	127	Robert Weaver-Osburn	1:44:19.7
3	Alan Harding	1:08:25.4	66	Thomas Burdick	1:28:27.2	128	David Witt	1:44:40.0
4	Doug Burdick	1:08:51.3	67	Don Phillips	1:28:41.7	129	Albert Witt	1:44:41.5
5	Benny Holmsohn	1:09:17.2	68	Phil Bagan	1:28:57.6	130	Bob Titus	1:45:00.0
6	Edward Cohn	1:10:05.6	69	Ray Buchanan	1:29:14.0	131	Lawrence Phillips	1:45:26.4
7	Paul Perini	1:10:55.0	70	Mike Pagan	1:29:21.0	132	John Valare	1:46:55.8
8	Steve Trushlav	1:11:06.0	71	Jeff Wood	1:29:37.0	133	Matthew Neumann	1:48:39.4
9	Pat O'Grady	1:12:12.9	72	David Jones	1:29:38.2	134	Chuck Yeat	1:49:05.6
10	The Ramon	1:13:04.6	73	Steve Stewart	1:29:40.0	135	Bob Wood	1:49:29.2
11	Howard Belta	1:13:44.7	74	Don Sebald	1:29:41.5	136	Gary Fine	1:49:46.1
12	Raymond Young	1:14:05.1	75	Thomas Damala	1:29:50.1	137	Diane Check	1:50:04.5
13	Mark Wetmore	1:14:20.0	76	Williamough	1:30:07.7	138	Peter Arta	1:50:06.9
14	Harsh Prochotto	1:14:51.4	77	Bobbi Ferrari-Rosley	1:30:13.8	139	Anthony Wood	1:50:57.7
15	Dick Withrow	1:14:59.2	78	Paul Lombard	1:30:40.7	140	Edip Christie	1:51:48.1
16	Don Spivall	1:15:05.9	79	Richard Wagner	1:31:14.8	141	William Cummings	1:52:16.2
17	Tim O'Grady	1:15:04.6	80	Chad Stanton	1:31:17.5	142	Hi Selin	1:52:56.8
18	Richard Kallerman	1:16:12.9	81	Mike Muller	1:31:45.8	143	Merleon Wright	1:52:59.7
19	Eric Swenson	1:16:37.5	82	Richard Titus	1:31:52.7	144	Sammy Decker	1:53:31.9
20	Patrick Picciano	1:16:37.9	83	Scott Canouse	1:31:58.9	145	Gary Looney	1:53:39.4
21	Michael DeWay	1:17:27.5	84	Don McWilliams	1:32:34.6	146	Mike McCall	1:54:08.4
22	Mike Wolf	1:17:42.5	85	Denise Bushnell	1:33:10.6	147	Don Hunt	1:54:26.8
23	Dennis Moriarty	1:18:36.3	86	Alan Wilson	1:33:27.6	148	Don Salammbas	1:54:36.4
24	Beth McQuesty	1:18:58.1	87	Carl Walborn	1:33:52.8	149	Jeff Mueller	1:54:52.8
25	Harry Bagan	1:19:22.9	88	Randy Kaller	1:34:07.0	150	Pat Blamato-Holm	1:56:23.6
26	The Ryan	1:20:30.1	89	Harry Barber	1:34:18.1	151	Richard Clark	1:56:25.2
27	Bob Oungton	1:20:33.2	90	Brian Hojlinger	1:34:45.5	152	Diane Lindsay	1:56:54.7
28	Greg Whitten	1:20:34.7	91	Floyd Williams	1:34:58.2	153	Andrew Bartelli	1:57:03.7
29	Tom Diano	1:20:36.9	92	Wayley DeWerning	1:35:03.3	154	Bob Spjak	1:57:18.5
30	Bob Mattala	1:20:38.4	93	Richard Ciarelli	1:35:13.2	155	Harry Badger	1:57:26.0
31	John Phillips	1:20:42.1	94	Kevin Damoni	1:35:19.1	156	Steve Fowler	1:58:09.6
32	William Picciano	1:21:05.4	95	Leslie Judge	1:35:25.3	157	David Feldman	1:59:24.5
33	Hill Brownfield	1:21:24.6	96	Doug Velte	1:35:29.5	158	Jin Hally	1:59:45.9
34	Paul Buchanan	1:21:34.3	97	George Tillson	1:35:55.6	159	L. Alan Badger	1:59:58.3
35	Lar Baykrey	1:21:39.5	98	John Doody	1:35:48.8	160	Bill Bennett	2:00:52.6
36	Rud Solarek	1:21:40.3	99	Paul Leahy	1:35:55.2	161	Tom Salasbury	2:00:54.0
37	John Hedrick	1:22:00.9	100	Paul Malachuk	1:36:10.6	162	Donna VanDerbrink	2:00:54.9
38	Jay Young	1:22:10.2	101	Robert LeBelle	1:36:12.4	163	Don Hall	2:01:39.7
39	Mike Lodi	1:22:16.4	102	Mark Cook	1:36:18.0	164	D. McMillan	2:06:04.4
40	Martin Maggilton	1:22:36.5	103	Wayne Keller	1:36:57.8	165	John Swlander	2:06:59.5
41	Vin Berger	1:22:36.6	104	William Paul	1:37:08.6	166	Chris Baggleton	2:07:17.5
42	Greg Whitten	1:23:13.6	105	Don Bastian	1:37:46.0	167	Marilyn Halgreen	2:08:34.0
43	Don Solarek	1:23:24.4	106	James Sweet	1:37:53.5	168	David Clements	2:11:03.4
44	Bob Hunter	1:23:35.2	107	Bruce Abel	1:37:56.4	169	David Boland	2:13
45	Steve Vigh	1:23:42.3	108	William Vonnicki	1:38:12.4	170	Diane Howell	2:40
46	Ed Miller	1:24:04.3	109	Maureen Paul	1:38:12.9			
47	Brian DeVine	1:24:07.6	110	Donna Whitehall	1:38:13.1			
48	Scott Root	1:24:10.4	111	Anne Flitz	1:38:42.9			
49	Vera Becker	1:24:22.5	112	Tom Badger	1:39:00.0			
50	Bill Finley	1:24:35.0	113	James Hill	1:39:13.1			
51	Tom Maglioli	1:25:18.7	114	John Livette	1:39:23.0			
52	Don Osborne	1:25:47.1	115	Susan Schuler	1:39:32.0			
53	Walt Check	1:25:51.6	116	John DeLory	1:40:02.7			
54	Hi Julliani	1:26:11.8	117	Richard King	1:40:03.4			
55	Don Buchanan	1:26:22.5	118	Harry Berkowitz	1:40:50.7			
56	Carl Marvick	1:26:22.8	119	James Sealey	1:40:51.3			
57	Bruce Werlinger	1:26:23.5	120	Eric Hicks	1:42:02.9			
58	Kevin O'Grady	1:26:28.9	121	Fred Kohn	1:42:03.8			
59	Bob Jones	1:26:29.1	122	Gerald Regert	1:42:19.6			
60	Bill Brunnswal	1:26:40.5	123	Mike Hoffman	1:42:28.6			
61	John Decker	1:27:06.8	124	Steve Puck	1:43:35.0			
62	James Sullivan	1:27:33.7	125	Tom Shelton	1:44:06.6			
63	Randy Shaw	1:27:35.1						

OLDEST FINISHER-- Bob Wood (63 years)
 YOUNGEST FINISHER-- Eric Hicks (13 years)
 1st. Local FINISHER-- Tom Basso (Phelps)

* 1st IN AGE GROUP



AWARD WINNERS

CANAL TOWN DAYS ROAD RACE

<u>Mens Grand Champion</u>	<u>Time</u>	<u>Womens Grand Champion</u>	<u>Time</u>
John Luther	46:57	Mary Leivers	1:01:52

<u>Mens 12 and Under</u>	No Entries	<u>Womens 12 and Under</u>	No entries

<u>Mens 13 thru 17</u>		<u>Womens 13 thru 17</u>	No entries
Frank Beck	57:06		
<u>Mens 18 thru 29</u>		<u>Womens 18 thru 29</u>	
James Vandermolten	49:42	Patti Ford	1:01:52
Howard Reitz	50:25	Carolyn Eich	1:01:52
Kevin LaRue	50:33	Beth Ann Weider	1:09:01
Phil Seidner	53:33	Ann Hutchins	1:11:35
Sheldon Hervey	54:15		
<u>Mens 30 thru 34</u>		<u>Womens 30 thru 39</u>	
Frank Gioia*	49:47	Susan Ferrari Rowley	1:02:15
Paul Persia	51:12	Nancy Oshier	1:03:14
Bill McMullen	51:23	Nancy Smith	1:06:48
Tim McMullen	51:50	Linda Oja	1:06:54
Tom Painting	52:50		
Joseph Contario	53:29	<u>Womens 40 thru 49</u>	
		Alice Sinclair*	1:13:00
		Mary Ann Alger	1:22:50
<u>Mens 35 thru 39</u>		<u>Womens 50 and Over</u>	No entries
John Dwyer*	50:32		
Dave Tresohlav	50:42		
John Pacourek	53:07	<u>Mens Team Division</u>	
Jim May	53:25	Greater Rochester T.C.	
Bill Mikolenko	54:16	Jim May	} 2:31:04
Randall Johnson	54:24	Dave Tresohlav	
		John Luther	
<u>Mens 40 thru 49</u>		<u>Genesee Delegation "A"</u>	
John Hagin	57:43	Bill McMullen	} 2:32:22
Dominic Buttacio	58:22	Paul Persia	
Kent Salisbury	58:45	Frank Gioia	
Bruce Rockwell	59:35	<u>Womens Team Division</u>	
Len Ceglie	59:40	Syracuse Chargers	
Phillip Thrall	59:43	Carolyn Eich	} 3:05:36
<u>Mens 50 thru 59</u>		Patti Ford	
Dick Kendall	54:14	Mary Leivers	
Jim Howard	1:00:56		
Cal Barcomb	1:01:30	<u>*Course Division Record</u>	
Bob Sandel	1:02:32		
<u>Mens 60 and Over</u>		Race Weather: Temperature - 54°F	
Don McWilliams*	1:02:32	Humidity - 78%	
		Winds - N @ 12 MPH	

Race Sponsors: First Federal Savings and Loan, Breens/Bells Supermarkets and Willopus T-shirts

 * TRY THE WINTER ALTERNATIVE! *

CROSS COUNTRY SKI TRIP
 SATURDAY FEBRUARY 9th 8 AM- 6 PM
 BYRNCLIFF COUNTRY CLUB
 VARYSBURG, NEW YORK

PRICE: \$20 PER PERSON

INCLUDES BUS TRIP
 TRAIL FEES
 LESSON
 LUNCH
 WINE & CHEESE

RENTALS AT GROUP RATES

Long, gentle slopes
 * Winding wooded trails *
 * Challenging expert terrain *

Novice and seasoned skiers can find it all,
 at Byrncliff.

16 km of groomed track-set trails,
 5 km lighted for night skiing

FOR SIGN-UP SEND CHECKS PAYABLE TO "GRTC"

c/o Tim McAvinney
 79 Merrick Street
 Rochester, New York 14615

DEADLINE JAN. 5, 1985

PLEASE PRINT LEGIBLY

NAME _____ SEX _____ AGE AT RACE _____
 (LAST) (FIRST)
 STREET & NO. _____
 CITY/STATE/ZIP _____
 GRTC MEMBER? YES / NO PHONE NUMBER _____



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 _____
 Club City _____ Social Runs _____ Coaching _____ Track and Field _____
 Membership _____ Clinics and _____ Road Races _____ Summer Meets _____
 Speakers _____ Competitive Teams _____ Summer Youth _____
 Coaching _____

Membership Category:
 \$8.00 Student _____ \$20.00 3Yr _____ \$25.00 Sponsor _____
 \$10.00 Non-Student _____ \$25.00 3Yr _____ \$8.00 Newsletter Only _____
 \$20.00 Family: List family members _____ \$5.00 Summer only (June, July, Aug) _____
 \$50.00 3Yr Family and birthdates _____
 Make checks payable to GRTC.

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

Age Group	Event	Name	Time
1000 m. Dash	1. 1000 m. Dash	1. William Crossman	26:11
		2. George Rife	27:15
		3. Arnold Walker	28:10
		4. Henry Swillingham	29:10
500 m. Dash	1. 500 m. Dash	1. William Crossman	13:05
		2. George Rife	13:15
		3. Arnold Walker	13:10
		4. Henry Swillingham	13:10
200 m. Dash	1. 200 m. Dash	1. William Crossman	6:07
		2. George Rife	6:07
		3. Arnold Walker	6:07
		4. Henry Swillingham	6:07
100 m. Dash	1. 100 m. Dash	1. William Crossman	2:11
		2. George Rife	2:15
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		2. George Rife	2:15
		3. Arnold Walker	2:10
		4. Henry Swillingham	2:10
100 m. Race Walk	1. 100 m. Race Walk	1. William Crossman	0:55
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