



NEWSLETTER

DECEMBER, 1984

ROCHESTER, NEW YORK

The President's Corner

Dick Withrow

Winter has always been special to me, and running this time of year is quite often more fun and exciting than the summer months. There is no pressure to do hard workouts, no track intervals or no races. I run the path that Dylan Thomas described as, "the crisp path through the field in this December snow, where we trod the buried grass like ghosts on dry toast." Everything looks so beautiful under a fresh blanket of snow, and we can dare to feel like kids again, after all who else would go out when it's cold and snowy. So why not enjoy this crisp, wintry solitude. Run easy and use the time to create. I find that while running I get most of my ideas for the letters or reports to be written. I design experiments for work or many times I simply think about something I had been reading.

Today as I ran I was thinking about Lewis Carroll's, "Through the Looking Glass." One of the greatest books ever written. I reread it every 5 years. I was thinking of Alice running with the Red Queen, the Queen kept yelling, "faster, faster," and dragged poor Alice along. Alice managed to pant out, "Are we nearly there?" "Nearly there, the Queen repeated, "Why, we passed it ten minutes ago! Faster."

I'd like to take this opportunity to wish everyone a very happy holiday season.

AS you know, every winter we skip one issue of the newsletter. This year we will be combining January-February into one newsletter. After you receive the January-February issue you won't be receiving another newsletter until March 1st.

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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 Mergie 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.

5:06:46.6

Corning, N.Y.

Elizabeth Watson

250

355

1

3:16:33.8
3:23:51.5

MARKS, H.R.T.
Horseheads, N.Y.
Salamanca, N.Y.
CATTIN J. BARCOMI
Allan J. Bamford
Roy B. Campbell

1984-85 FREEZEROO SERIES

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 assures 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.

- DECEMBER 9, 1984: CHURCHVILLE CHILLER, 10K, Churchville Park, East Lodge, Augie Calabrese, 352-5760.
DECEMBER 23, 1984: COOL YULETIVE, 5 miles, Mendon Park-Beach area, Dick Withrow, 637-5932.
JANUARY 1, 1985: RESOLUTION RUN, 7.6 miles, Mendon Park-Beach area, Bill (Tuesday) Kehoe, 654-8991.
JANUARY 20, 1985: CHURCHVILLE CLASSIC 10K; Churchville Park, Bruce Quimby, 594-4266.
FEBRUARY 2, 1985: WINTERFEST FIVE, Cobb's Hill Park, Ross Rider, 442-7762 or (Saturday) Paul DeWeese, 428-8793.
FEBRUARY 17, 1985: CHILLY CHILL 10K, Worth Chill Community Center, Randy Johnson, 663-5236.
MARCH 9, 1985: GREECE GLACIAL 8 miles, Greece Arcadia High School, (Saturday) 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 Freezeroo 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 T-shirt, a place, a ribbon
DATE DUE: Sign up at the race

SERIES AGE GROUPS

17 and under	Men and women
18 to 29	Men and women
30 to 39	Women
40 to 49	Men
50 and Over	Men and women

I intending to be legally bound hereby waive and release all sponsors and all persons and/or organizations affiliated with the FREEZEROO ROAD RACES, from any claims of liability or damages that may be incurred by me or by the aforementioned individual as a result of participation in any FREEZEROO 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.

NAME----- AGE-----
STREET----- PHONE-----
CITY----- STATE----- ZIP-----
SEX----- or ----- SIGNATURE-----

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

288

330

259

87

104

133

1

2

3

GRTC Trivia Questions

Volume 2: The Marathon

1. Which future Indoor Track World-Record Holder won the 2nd Rochester Marathon in 1973 in 2:51:41.7 while stopping and walking several times due to the 93° temperature?
2. Which Rochester Marathon winner also won the National AAU Marathon Championships in Louisiana?
3. Who won the first Rochester Marathon?
4. Who was the first woman ever to finish in the Rochester Marathon?
5. Who were the co-chairmen of the first Rochester Marathon?
6. Which GRTC member has run the most marathons? (easy)
7. Which RTC member qualified and ran in the 1972 U.S. Olympic Trials Marathon?
8. Which GRTC member qualified and ran in the 1980 and 1984 U.S. Olympic Trials Marathons, both of which were held on the Skylon course?
9. Which GRTC member qualified and competed in the 1984 U.S. Olympic Women's Marathon Trials?
10. Who holds the GRTC Men's Marathon record and where was it set?

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

132 Winteroth Street
Rochester, New York 14609

***** Phone (716) 654-8991 *****

Greater Rochester Track Club Running tops available at these locations.

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.)

Henrietta 7 Miler
October 21, 1984

Place	Name	Position	Time
<u>Women 19 - 29</u>			
1	Ellen Jaworowski	39	44:40
2	Sandra L. Schaler	75	52:41
3	Colleen L'Hommedieru	77	52:56
4	Janice DeVoldre	93	57:12
5	Barb Zima	95	57:26
6	Cheryl Davis	96	57:27
7	Robin DeLorm	99	57:57
8	Kathy Valentine	100	57:58
<u>Women 30 - 34</u>			
1	Marsha Sundman	103	71:29
2	Deidre Murphy	104	71:30
<u>Women 35 - 39</u>			
1	Julie Burgess	67	49:32
2	Lin Elkins	80	53:46
3	Lynette Hill	85	54:21
4	Mary Heidkamp	101	57:59
<u>Women 40 - 44</u>			
1	Carolyn Kriesen	59	47:55
<u>Women 45 - 49</u>			
1	Korleen Wright	84	54:12
2	Pat Greene	98	57:44
<u>Women 50 +</u>			
1	Joanne Van Zandt	81	53:50
<u>Men 18 & Under</u>			
1	John Herrma	24	42:03
2	Derek Schaff	55	47:00
<u>Men 19 - 29</u>			
1	Dennis Moriarty	6	38:02
2	Mark Fitzgerald	9	39:41
3	Bob Moose	12	39:46
4	Michael Platt	10	39:48
5	Daniel Franchi	18	41:17
6	Ed Juliani	19	41:39
7	Dave Drew	22	41:53

<u>Place</u>	<u>Name</u>	<u>Position</u>	<u>Time</u>
<u>Men 19 - 29 con't</u>			
8	Dave Linne	26	42:40
9	Todd Hendricks	30	43:45
10	Pete Tateo	32	43:51
11	Donald Potter	38	44:35
12	Alan Krauf	42	45:27
13	Norman L'Hommedieu	44	45:48
14	Ray Montgomery	45	46:04
15	David Burke	47	46:16
16	Frank Murant	52	46:47
17	Charles Morabito	57	47:13
18	Dennis Will	63	48:33
19	Jack Finkle	73	51:15
20	Jeff Barbato	86	54:23
21	Fintan Early	90	56:49
22	Paul Kato	92	57:08

Men 30 - 34

1	Charles McMullen	1	34:35
2	Dave Coyne	2	34:51
3	Tom Moran	3	35:45
4	Greg Johnson	16	41:10
5	Matt Degma	20	41:42
6	F. P. McGarry	25	42:24
7	Frank L. Zima	46	46:05
8	Steve Schmitz	49	46:30
9	Glenn Legacki	60	48:18
10	Scott Van Atta	68	49:47
11	John Huber	72	51:15
12	Keith Meyers	76	52:43
13	Alan Fitterman	78	53:37
14	Ed Feder	82	54:06
15	Jim Lund	89	55:28
16	John Rybczak	97	57:37

Men 35 - 39

1	John Pacourek	5	37:57
2	Dave Gross	15	40:19
3	Greg Delorm	17	41:13
4	Doug Terpstra	21	41:52
5	Ron Grimm	33	43:57
6	Ronald Snios	36	44:18
7	John Hopf	37	44:27
8	L. Gertzog	41	44:56
9	Ron Bastian	50	46:33
10	R. Cruttenden	58	47:42
11	John De Cory	61	48:21
12	Dick Von Almkerk	65	48:44
13	Jerry Ryan	69	50:21
14	John B. Canfield	70	50:49
15	B. Rivenblurgh	91	56:55

<u>Place</u>	<u>Name</u>	<u>Position</u>	<u>Time</u>
<u>Men 35 - 39 con't</u>			
16	Leon Kaester	94	57:25
17	John Newlander	102	58:44

Men 40 - 44

1	Jim Ferris	7	38:03
2	R. Keller	8	39:15
3	Mel Levinson	11	39:47
4	Don Solarek	13	39:52
5	David Weiss	27	42:56
6	Jack Dailey	34	43:59
7	Henry Gintner	48	46:17
8	Ron Christman	54	46:56
9	Desmond Murray	56	47:10
10	Stephen Willard	62	48:32
11	Ralph Eisenmann	71	51:02
12	Buzz Blumm	87	54:46

Men 45 - 49

1	Bill Fuller	4	37:12
2	Dick Telarico	14	39:54
3	Bill Hossler	23	41:56
4	Gene Simmons	28	43:26
5	Kent Rush	31	43:50
6	Rodney Shaw	35	44:15
7	Richard Schopinsky	40	44:50
8	Ed Allen	64	48:39
9	Lou Nasca	66	49:19
10	Spencer Crow	83	54:07
11	Dennis Reed	88	54:53

Men 50 +

1	Charles Sabatine	29	43:36
2	John Burke	43	45:42
3	Jerry Lisson	51	46:37
4	George Tillson	53	46:55
5	Larry Allen	74	52:35
6	Joseph Quagliata	79	53:45

Thanks to all that came out to help on this race: Ross Rider, The Kehoes, Jim Scott, The Hassetts, Joe Mc Shea and Jim Malley. The Town of Henrietta thanks you.

To: All Seniors/Masters male and female track enthusiasts

From: Rick Guido, coordinator

Re: Indoor/outdoor Upstate Seniors/Masters Track League

We are now setting up a format for an Upstate Seniors/Masters Track League involving the track clubs from Buffalo, Rochester and Syracuse.

We are now in the process also of attempting to secure dates at the U of R and Manley Field House (in Syracuse) for a schedule of meets this winter.

Please note the following:

1) We will not be able to get information out soon enough for the newsletter; consequently, you may have to find information through the GPTC telephone (637-8151), by calling me (425-3116) or by following news items that I'll feed to the newspapers.

2) The Syracuse dates are:
December 22, 1984
February 3, 1985
February 23, or 24, 1985
March 10, 1985
March 17, 1985 (TAC Niagara District Championships)
(Open Competition)

3) We'll need all interested runners in the club, regardless of age classification, to compete in these meets and to also help officiate the meets.

SYRACUSE CHARGER ALL-COMER TRACK & FIELD MEET

SATURDAY, DECEMBER 22, 1984

MANLEY FIELD HOUSE - SYRACUSE UNIVERSITY
Syracuse, New York

Registration begins at 12:00 Noon - Meet begins at 1:00 PM

Facility: 200 meter tartan; pin spikes allowed; lockers and shower available; bring your own lock and towel.

Entry deadline: One-half hour before event

Entry fee: \$1.00

Awards: Ribbons to FIRST FIVE in each age group, in each event

Age Groups For Individual Events (Age on meet Day)

7 and under (M & F)	16-19 (M & F)	30-39 (M)
8-9 (M & F)	20-24 (M & F)	40-49 (M)
10-11 (M & F)	25-29 (M & F)	50 and over (M)
12-13 (M & F)	30 and over (F)	
14-15 (M & F)		

If a relay team is composed of runners from more than one age group, their team age will be determined by the age of the runner who is closest to the 20-29 age group.

Order of events:

All events are timed Finals; runners of different age groups or sex may be combined to form flights or heats, but awards will be given separately. In general younger age groups will go first.

1:00 PM

3000 Meters	High Jump
50 Meter Hurdles	Long Jump
300 Meters	Shot Put
1000 Meters	(Bring Own Shot)
50 Meters	
4x400 Meter Relay	

For more information contact
Rick Lavin
268 E. Manchester Rd.
Syracuse, New York 13219
(315) 488-3836

Charger Indoor Developmental Meets "Semi-Set"

The indoor developmental meets at Manley for the 1984-85 winter indoor season are nearly set. The only questions are whether one of the meets will be on Saturday, February 23, or on Sunday, February 24, and what the time of that particular meet will be. The schedule looks like this:

Sat, 12/22	1:00 pm
Sun., 2/3	1:00 pm
Sat., 2/23 or Sun., 2/24 (TBA)	
Sun, 3/10	1:00 PM

As in the past, competition will be offered in all age groups. Entry fee is \$1.00 for unlimited events. Ribbons will be offered to the first five finishers in each age group.

Contact person for the developmental meets is Rick Lavin, 488-3836.

* * * * *

Niagara TAC Indoor Championships Set For Manley On March 17

The Chargers will host the 1985 Niagara TAC Indoor Senior (Open) Track and Field Championships for Men and Women. The meet will be Sunday, March 17, 10:00 AM, at Manley Field House. Meet director will be Nick Wetter, 423-2116 (days). The meet will offer both individual and team competition amongst members of the Niagara TAC.

* * * * *

Looking Back

I went for a run on a windy autumn night. The moon was full and I ran with a fright.

The trees shook and the leaves were blowing but I kept heading down the road with the moon a glowing.

I started thinking about the races that I've run this year when I broke out with a smile and a loud laughing cheer.

So many races, so much fun, in this my first racing season, I've only begun.

With being consistent one can only improve, boy I feel good tonight, I'm really in the groove.

There have been so many people who've helped me along, the tips and wisdom are making me strong.

From the run for the shamrocks to St. Boniface and the Watermelon Run, Lilac and Cornhill it's all been such fun.

But as the cold weather sets in and I start to reflect back, I'm feeling so good I must be on the right track.

To all my new friends in the Greater Rochester Track Club, I look forward to the future, we'll all be there together in the upcoming new year.

I wish everyone a HAPPY HOLIDAY SEASON and a JOYOUS NEW YEAR, let's all run into the new the new winter and train hard all year.

HAPPY HOLIDAYS EVERYONE!***!!**!

LOCAL EVENTS CALENDAR

Dec. 9 11:00 a.m. Freezeroo #1, Churchville Chiller 10k, Churchville Park, East Lodge. Augie Calabrese, 352-5760. \$2.

Dec. 23 11:00 a.m. Freezeroo #2, Cool Yule Five (5 Mi.), Mendon Ponds Park, Beach Area. Dick Withrow, 637-5932. \$2.

Jan. 1 11:00 a.m. Freezeroo #3, Resolution Run 7.6 Mi., Mendon Ponds Park, Beach Area. Bill Kehoe, 654-8991. \$2.

Jan. 20 11:00 a.m. Freezeroo #4, Churchville Classic 15k, Churchville Park, Bruce Quimby, 594-4266. \$2.

Feb. 2 11:00 a.m. Freezeroo #5, Winterfest 5 Mi., Cobbs Hill Park. Ross Rider, 442-7762 or Paul DeVaney, 428-6755. \$2.

Feb. 17 11:00 a.m. Freezeroo #6, Chilly Chili 10k, North Chili Community Center, Randy Johnson, 663-5236. \$2.

Mar. 9 11:00 a.m. Freezeroo #7, Greece Glacial 8 Mi., Greece Arcadia High School. Tim McAvinney, 865-1244. \$2.

Mar. 24 11:00 a.m. Freezeroo #8, Temperate 10 Mi., Mendon Ponds Park, Beach Area. Jane Iaculli, 359-2540. \$2.

Apr. 13 10:00 a.m. St. Boniface 5 Mi., Gregory St. Joe Gagne, 473-4532.

Apr. 20 American Heart Assoc. Heart and Sole Classic: 5 & 10k at Mendon Ponds Park, 2½ 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 ¼ 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 ¼ Marathon by 4/20.

June 2 9:00 a.m. YMCA Colonial Days 5 Mi., Southeast YMCA, Pittsford. Lisa Marx, 385-4665(W), 271-6542(H). \$5 pre, \$6 after 5/30.

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

June 15 8:00 a.m. Park Ridge Hospital/Greece YMCA 10k. Beth Mulholland, 671-8414. \$5 pre, \$6 post.

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, Split 10k.

Sept. 14 Palmyra Canal Town Days 15k. Jamie Hemmings, 377-3200(W), 325-597-5585(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.

Oct. 27 United Cerebral Palsy Halloween 5 & 10k, Long Ridge Mall. Janet VanLandingham, 442-8580(W). \$5 by 10/21, \$7 post. T-shirts to first 300 entrants.

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, 716-254-9190(W), 342-1533(H).

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

OUT-OF-TOWN EVENTS

The following is the race schedule for the Southern Tier Road Runners Assoc. Polar Bear Challenge. The series fee is \$10 which must be received by Dec. 2. Race day entries will be accepted at \$3 per race. Race coordinator: Nyhl Austin 3223 Proctor Road, Wellsville, NY 14895, 716-593-3315.

Dec. 2 2:00 p.m. 5 Mi. at Franklinville High School. 716-676-3167.

Dec. 15 10:00 a.m. 5 Mi. at Alfred Tech. 607-587-8637.

Dec. 31 10:00 a.m. 10k at Wellsville Ag. Tech. 716-593-3315.

Jan. 19 10:00 a.m. 10k at Rushford High School. 716-437-2957

Feb. 2 10:00 a.m. 10k at Coudersport High School, Pennsylvania. 814-274-9770.

Feb. 17 2:00 p.m. 10k at Allegany State Park. 716-945-2500.

Mar. 10 2:00 p.m. 5 Mi. at Bradford Main St. Square, Pennsylvania. 814-368-4794.

Mar. 23 10:00 a.m. 7 Mi. at Cuba High School. 716-968-2335.

SOCIAL RUNS

Everyone is welcome - runners of all abilities and interests! Try them - you'll like them! Bring a dish to pass. To book a Social Run or for more information about them, call Korleen Wright, 663-5924.

DATE	TIME	PLACE
12-9-84	Immediately After Freezeroo	Augie and Cindy Calabrese's, 64 Coleman Avenue (Off Route 31) Spencerport 352-5760
		An opportunity for Freezeroo Volunteers to get in a run!
12-16-84	3:00 PM	Sarah Taylor's, 448 Gleason Circle (Off E. Rochester Exit & turn left at first light onto Country Club Road) 385-9874
		Optional - \$3 Unisex Grab Bag Gift.
1-1-85	Immediately After Freezeroo	Bill and Katie Kehoe's, 132 Winteroth Street (Off Clifford between Culver and Goodman) 654-8991
1-6-85		Any Volunteers?
1-13-85		Volunteers Anybody?
1-20-85		Volunteer - It's Easy!

Hi everyone! After a month off, I'm back. My mind and body are once again in harmony.

I love this time of year. As the cold weather sets in my training takes off. However we must take caution as the early nights also set in. A good investment is a reflective vest, also it may be a good idea to run with a partner! let's be carefull out there.

Congratulations to Steve Jones for running the worlds fastest time in the marathon. He is a very worthy champion and seems to have the kind of attitude to take him a long way. Along these same lines, congratulations to Orlando Pizzolato of Italy on his victory in the New York City Marathon. There we saw sheer guts and determination take him across the finish line. And last but certainly not least another gutsy performance at New York was put in by none other than Grete Waitz of Norway for her sixth victory at this marathon.

I always pick up a copy of the popular running magazines, every month. Around October and November these magazines put out their annual running shoe surveys. Well you guessed it, it's time for Nenzo's first annual unofficial running shoe survey.

OLD STANDBYS:

Mens Training:

Nike Equator- durable, good tread life, great motion control.
Saucony Freedom Trainer- very good sole wear, great against pronation.
Kangaroo Aussie- soft yet very stable shoe.

Womens Training:

Nike Pegasus- waffle outsole with air wedge cushioning, reasonably priced.
Tiger Tigress LT- great shock absorbtion and very lightweight.

Adidas Lady Oregon- good motion controll and very comfy.

NEW SHOES

Mens training:

Puma TX-3- a good stable all around training shoe.
Saucony Dixon Trainer- a very stable shoe that's good for supinators.
Adidas ZX-500- a very stable high milage training shoe.

Womens Training

Turnec 660- great stability and a good all around training shoe.

Tiger Womens Alliance- good motion controll and shock absorbtion at a reasonable price.

Saucony Lady Magic- a lightweight shoe with exceptional motion controll that accepts orthotics.

These shoes are the ones that through my reading I feel are some of the good buys on the market today.

I went and ran half of the Lilac City 50k at the U of R track and it was quite an experience. I had the pleasure of watching some outstanding performances. Walt Connally won the event and Bob Epstein set an age group record. I must say thank you to Don Mc Nelly for putting on the whole event, it was very low-key but he did a great job.

One final note, I would like to get a group of people together for a training run on tuesday nights up at Cobbe Hill. Runners of all ages, sex, and abilities are welcome to join me. I want to start on Tuesday December 11 at 6:00 p.m. If your interested give me a call in the evening at 461-4744 and we'll get the details together.

Well friends that's all for now. Please be carefull running in the snow. Take every caution possible. It's a wonderful time to train. See you on the road (at the freezero series).

Rick Nenzo
GRTC

MISCELLANEOUS RESULTS

Empire State Games, August 17-19, 1984, Syracuse, New York

<u>Tony Alfieri</u>		<u>Montreal Marathon</u>
100m - :12.3	3rd place/bronze	
400m - :56.0 *	3rd place/bronze	John Hagin 2:53
200m - :25.6	3rd place/bronze	<u>Harrisburg Marathon</u>
4x100 relay	3rd place/bronze	George Tillson 3:15 (4th in 50-59)
* New track club record.		
<u>Gary Tiffany</u>		
Shot Put	2nd place (30-34) (40' 7 1/2") PR	
100m - :11.4	2nd place	
400m - :53.3	2nd place	
400m Relay ??	2nd place	

Dale Ladd
3,000 Steeple Chase 11:13.4 2nd place

National TAC Masters Track and Field Championships, August 17-19, 1984, Eugene, Oregon

Dave Winn
10,000m 34:53 5th place
5,000m 16:51 12th place
I was flat on my back in bed with a stomach virus and 102° temperature for 2 days before the 10,000 which explains my mediocre performance in this meet. A sad way to end a good career.

North American Championships, August 16, 17, 1984, Ottawa, Canada

Bill Stroud
200m 25:35 4th place
400m 57:25 5th place
Derek Frechette
1,500m 4:20.6 6th place
5,000m 15:54 2nd place (30-39)

Mike VanAuker
Won the decathlon in the 35-39 age group. Placed in the top 3 in 7 of the 10 decathlon events - 2 firsts, 3 seconds and 2 thirds.

Rod Williams Norm Frank Results:

1,500m 4:17.68	5th place (35-39)	10/06-Erie Marathon	4:09
5,000m 16:27.52	4th place	10/07-Finger Lakes Marathon	4:16
		10/13-Skylon Marathon	4:01
<u>Jersey Shore Marathon</u>		10/14-Wine Glass Marathon	4:28 (4 in 4 days)
Bob Titus 3:57:52		10/20-Ottawa Marathon	3:56
		11/04-Rochester 50K	5:10 (#31 this yr.)

GanalTown 15K, Palmyra "Norm is tired."

Don McWilliams 62:30 (1st over 60)

Skylon Marathon, Buffalo

Don McWilliams 3:03.55 (1st over 60)

LOOKING FOR MASTER RUNNERS TO JOIN WITH DON MCNELLY AND NORM FRANK TO ENTER AS MASTER'S TEAM FOR ORANGE BOWL MARATHON IN MIAMI ON 1/8/85. DON HAS TEAM ENTRY BLANK-PHONE 254-9190W OR 342-1833H.

3RD ANNUAL LILAC CITY 50K

ROCHESTER, N.Y.
125 LAPS

- | | | |
|------------------------|-------------------|-----------|
| 1. WALTER CONNOLLY, 54 | WATERLOO, N.Y. | 3:47:08** |
| 2. ROBERT EPSTEIN, 45 | ROCHESTER, N.Y. | 3:57:05* |
| 3. FRITZ ZIMMERMAN, 29 | PROSPECT HT. ILL. | 3:57:19 |
| 4. GREG HELBIG, 28 | ROCHESTER, N.Y. | 4:18:38 |
| 5. WALT GRONSKI, 52 | ROCHESTER, N.Y. | 4:37:13* |
| 6. NORM FRANK, 53 | ROCHESTER, N.Y. | 5:11:10 |
| 7. WALTER YOUNG, 53 | IRONDEQUOIT, N.Y. | 5:16:12 |
| 8. DON McNELLY, 63 | IRONDEQUOIT, N.Y. | 5:30:55* |
| 9. BRUCE BELLWOOD, 26 | ROCHESTER, N.Y. | 36K |
| 10. RICK NENNO, 26 | ROCHESTER, NY.Y | 15K |

THE 3RD ANNUAL LILAC CITY 50K WAS SUCCESSFUL, FOUR NEW SINGLE AGE GROUP RECORDS WERE ESTABLISHED. WALTER CONNOLLY, THE PREMIER ULTRA-MARATHONER OF UPSTATE NEW YORK DID IT AGAIN, BREAKING HIS OWN RECORD FOR 50K ON A TRACK FOR MEN 50/54. WALTER ALSO HELD THE 100 MILE RECORD FOR 50/54 ON THE ROADS WHICH WAS RECENTLY BROKEN.

WE WERE FORTUNATE IN THE WEATHER; 40° TO 45°, COOL, WIND OF AROUND 15 MPH.



GRTC Trivia Answers

Volume 2: The Marathon

1. Dick Buerkle
2. Jim Boyle
3. Gerry Teal 2:36:11.6
4. Alice Culhane 45th place in 1973
4:48:15 (no women ran in 1972)
5. Len Bagley and Gene Osborn
6. Norm Frank (200+)
7. Don Brown
8. Craig Holm
9. Kare Cossaboon-Holm
10. Craig Holm 2:16:08 at Jersey Shore

GREATER ROCHESTER TRACK CLUB JACKETS AND RUNNING SUITS.....AVAILABLE AT

*****SPORTS CONCEPTS*****

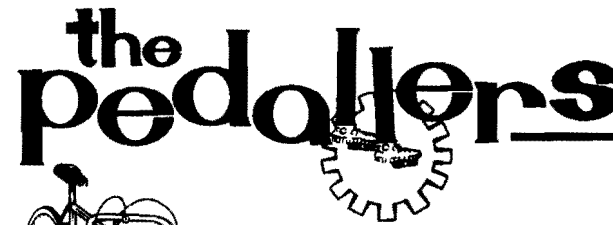
2590 Ridge Road West, Buckmans Plaza, Lower Level...located in the all-star Baseball Card Store.

Running Suits and Jackets with GRTC Logo and Runners' Name

For further information and store times: CALL 225-5519 ask for DAVE ALMA

Also ask about availability of other sportswear-t-shirts-shorts-etc. and sporting goods.

MEMBER UNITED STATES CYCLING FEDERATION



2511 E. Henrietta Rd.
WESTOVER PLAZA
Rochester, N.Y. 14623

334-1083

Call For Hours

STUCK INSIDE THIS WINTER?

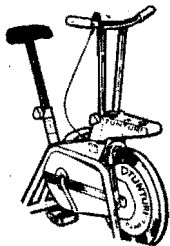
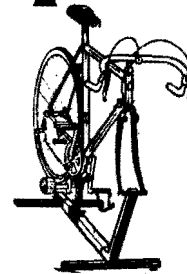
Large Selection Of Indoor Training Equipment

- For The Serious Triathlete -

Rollers - Wind Trainers - Ergometers

- For The Serious Fitness Buff -

Rowing Machines - Treadmills - Exercise Bikes



* It's Not Too Soon To Start Planning For The 1985 Triathlon Season *

Bikes - Books and Magazines - Clothing - Racing Equipment

!!!! CHRISTMAS SALE NOW IN PROGRESS !!!!

Cardiovascular Resuscitation (C.P.R.), or Basic Life Support is an important life saving skill. On going classes are held each month at the American Heart Association, 797 Elmwood Avenue, Rochester, New York. If you are interested in learning this skill, call Renee at 461-5291 and register for a December session.

12 Hour Basic Life Support Course

Fee: \$10.00

December 6, 13, 20, & 27th

Thursday

9:00 A.M.-12:00 Noon

December 6, 13, 20, & 27th

Thursday

7:00-10:00 P.M.

December 7, 14, 21, & 28th

Friday

7:00-10:00 P.M.

ON JULY 25, THE MT. FUJI CLIMBING RACE STARTED AT THE TOWN HALL OF FUJIYOSHID, HEADING UP ONE OF THE TRAILS TO THE FIFTH STATION, 9-1/2 MILES AND 500 FEET OF CLIMBING. DON MCNELLY FINISHED IN 2:56:53, 347TH OUT OF 418 ENTRANTS, THE FIRST AMERICAN.

IN THE PICTURE AT THE START HE IS SHOWN WITH THE MAYOR OF THE CITY, MANDAN WATANABE, AN AMERICAN GIRL LIVING IN JAPAN, PARTICE HERB, 16, AND HIS HOSTESS, #119, KANA MACHIDA, 21. THE THREE RUNNERS HAD BEEN IN SERIOUS TRAINING FOR THE PREVIOUS THREE DAYS ON SASHMI AND ALL FINISHED THE RACE.



114	廣田 静子	女	59	590	" " 南田出町 4-4-27
115	前田 信男	男	48	590	" " 浅香山町 3-2-7
116	忒倉 弘行	男	50	583	" 羽曳野市雄井 1-1-4号
117	吉田 修	男	60	589	" 南河内郡狭山町西山台 1-12-5
118	Donald Mcnelly	男	62		615 Pinegrove Avenue Rochester New York 14617 USA
119	町田 佳奈重	女	21	468	愛知県名古屋市天白区梅ヶ丘 2-510
120	久保 貴史	男	30	355	埼玉県比企郡滑川村月輪 1061-6
121	安西 新一郎	男	36	229	神奈川県相模原市当麻 2362

WOMEN RUNNERS:

WEEKLY WORKOUTS: Wednesdays, Cobbs Hill Recreation Bldg., Norris Dr., 6:00 p.m. *please r time ch*

The first of our weekly group workouts has been initiated with great spirit and enthusiasm! We have found the well lit streets of surrounding Brighton and the little traffic on the Cobbs Hill Reservoir to be the perfect training grounds for our group runs. We plan to continue throughout the Winter, combining good quality with great socializing! We would like to invite runners of ALL ABILITIES (and yes, men too) to join us. We plan to divide into groups according to ability, varying distances, pace, repetitions, interval length, etc. Some ideas for workouts: Cobbs Hill Reservoir - repeat hills, pickups; distances (3,5,.10 miles) with striders; or sustained paced runs. Discussions of workouts, training schedules, etc. will precede runs. Do you have any ideas??

This is a great way to maintain some quality during these cold months, plus to stay motivated, fit and to socialize with your competition. Please join us...and come dressed to run.

Just another thought: If you find Weds. inconvenient, or Cobbs Hill just too far away, give Kare (223-5314) or myself (Mary, 271-6605) a call, and we can help you set up something, on a different day in your terrain. Keep on running.....

LIST OF EVENTS
Converse Invitational Men's 3000m
Converse Invitational Women's 3000m
15 Men's Open Events
50m Mile Walk
50m Mile Run
50m Long Jump
50m Triple Jump
800m Pole Vault
3000m 200 Weight Throw
Women's Open Events
300m
400m
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Christmas Rush

Saturday
December 22, 1984
9AM-10PM
Union College
Schenectady, NY

return with 345 card

In consideration of the acceptance of my entry, I, intending to be legally bound for myself, my heirs, executors and administrators, do hereby release the Road, Inc., Union College, Converse and the Adirondack Lac and Race officials from liability resulting from illness, injury or damages I may suffer from the CONVERSE/CHRISTMAS RUSH. I certify I am in good condition and have trained for this competition.

name _____
address _____
city/state/zip _____

ENTRY DEADLINE FOR PROGRAM INCLUSION AND EARLY ENTRY ON 12/18/84, DECEMBER 14, 1984. All entries must be on separate 2x5 index cards. Entries on this list will not be included.

Line 1 - Event
Line 2 - Name
Line 3 - Sex
Line 4 - School or Club
Line 5 - Age
Line 6 - Age Group
Line 7 - Weight
Line 8 - Height
Line 9 - Time/Distance
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WINEGLASS MARATHON 10-14-84

RUN PLACE LISTING BY CATEGORY

Overall Winner - Male - Louis Gunderman W. Hazelton, PA 2:30:44.2
 Overall Winner - Female - Barbara Swan Lewisburg, PA 2:57:20.4

OVERALL PLACE RUNNER# NAME CITY/STATE TIME

Category: 14-24 Male
 1 2 403 Jim L. Kaput Ithaca, N.Y. 2:30:44.7
 2 7 146 Robert W. Crego Baldwinsville, N.Y. 2:36:31.1
 3 16 392 William F. Redder Painted Post, N.Y. 2:41:17.1

Category: 25-29 Male
 1 9 445 Richard DeLong Oswego, N.Y. 2:37:49.8
 2 12 2 Dean Foster Kitchener, Ont. 2:38:49.5
 3 14 334 James G. Attard Kenmore, N.Y. 2:40:17.9

Category: 30-34 Male
 1 3 190 David J. Horvath Palmerton, PA 2:33:17.4
 2 4 255 Mark S. Hribar Selingsgrove, PA 2:34:06.0
 3 6 127 Michael A. Schuler Binghamton, N.Y. 2:36:21.7
 4 8 137 Walter L. Pease Wyomissing Hills, PA 2:36:36.5
 5 10 355 Forest D. Knowles Corning, N.Y. 2:37:52.0

Category: 35-39 Male
 1 21 70 Robert M. Moyer Muncy Valley, PA 2:43:43.0
 2 26 168 Ric Perry Rochester, N.Y. 2:46:15.2
 3 31 428 Bill Lawder Yardley, PA 2:47:19.1
 4 34 196 Richard H. Elliott Endwell, N.Y. 2:48:03.6
 5 38 34 Richard E. Williams Hummelstown, PA 2:49:33.4

Category: 40-44 Male
 1 5 79 Herbert E. Kahl Bohemia, N.Y. 2:34:29.1
 2 15 91 George M. Luke Lafayette, N.Y. 2:40:29.5
 3 22 396 Ray L. Kneer Cortland, N.Y. 2:43:57.4

Category: 45-49 Male
 1 27 160 Dave Wilson E. Northport, N.Y. 2:46:26.8
 2 35 26 Joe Cordero N. Merrick, N.Y. 2:48:22.3
 3 40 149 Pete Luke Islip, N.Y. 2:50:13.3

Category: 50-59 Male

A huge Jeroboam of Taylor Champagne greeted Louis Gunderman of West Hazelton, Pa., and Barbara Swan of Lewisburg, Pa., as the first place male and female finishers of the Wineglass Marathon on October 14, 1984. The run from Taylor Park in Hammondsport to Hodgeman Park in Painted Post, also offered a special gift package of Taylor wines for (over 19) age-group winners, and personalized bottles of special-label Taylor Champagne and Corning's Chameleon sunglasses for each finisher.

Category: 60+ Male
 1 113 322 Theodore M. Sprague Corning, N.Y. 3:19:20.2
 2 237 350 Gary Rech Penfield, N.Y. 3:50:27.1
 3 238 189 Cromer Heatwole Hershey, PA 3:50:51.6

Category: 14-24 Female
 1 72 206 Sue M. Carden Stroudsburg, PA 3:04:04.7
 2 186 340 Amy S. Robertson Binghamton, N.Y. 3:36:33.9
 3 222 233 Dedra A. Croll Chittenango, N.Y. 3:46:25.5

Category: 25-29 Female
 1 152 289 Jean A. Jeffery Manlius, N.Y. 3:28:02.8
 2 166 193 Shirley Woodford Odessa, N.Y. 3:31:52.5
 3 229 284 Janet A. Beauregard Syracuse, N.Y. 3:48:43.0

Category: 30-34 Female
 1 143 14 Mary A. Groom Penn Yan, N.Y. 3:26:36.1
 2 169 270 Allison M. Hickey Liverpool, N.Y. 3:32:46.9
 3 191 45 Susanne M. Furman Northumberland, PA 3:37:29.5

Category: 35-39 Female
 1 75 144 Mary E. Leivers Syracuse, N.Y. 3:04:59.8
 2 105 3 Patricia A. Williams Hummelstown, PA 3:16:42.7
 3 136 357 Sandra R. Buckley Bath, N.Y. 3:24:28.8

Category: 40-44 Female
 1 127 214 Carol A. Rider Bridgeport, N.Y. 3:22:27.8
 2 262 420 Barb A. Morgan Tioga, PA 3:56:39.8

Category: 45-49 Female
 1 176 201 Lents A. Tucker Liverpool, N.Y. 3:34:01.3
 2 239 208 Marie L. Doll State College, PA 3:50:59.3
 3 240 188 Ruth L. Holp Hershey, PA 3:51:22.6

My Running Interest Is: _____
 Participation - I can assist with the following GRIC programs:
 Newsletter _____ Fun Runs _____ Training Runs _____ Officiating _____
 On-Activity _____ 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 GRIC.
 Mail applications and checks to: Lou Amuth, P.O. Box 258
 Brockport, NY 14420

GREATER ROCHESTER TRACK CLUB
 Greater Rochester Track Club & Upstate NY Chapter of Road Runners of America
 Member of Niagara Association of AAU - #031
 The GRIC 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 IAF/USA.
 GRIC 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 _____
 My Running Interest Is: _____