



NEWSLETTER

ROCHESTER, NEW YORK

JANUARY-FEBRUARY, 1985

The President's Corner

Dick Withrow

Several things to note this month, the first of which is Indoor Track. There will be 3 meets this winter in the Field House at the University of Rochester. The first meet is January 13, 1985, from 10:30 a.m. to 12:30 p.m. More information is in this newsletter. Also, if you are a Track and Field buff, be sure to read the information on the Northern Amateur Track and Field league which Rick Guido has put together.

Second, there will be no newsletter during February. The next newsletter you will receive will be on March 1, 1985.

Third, the Freezeroo's are very well attended this year, so if you can't run, offer to help at one.

Fourth, and final, members have asked about discounts on running shoes and other running related items. The following stores offer discounts to GRTC members:

Dalberth Sporting Goods
The Athletes Foot
Runaways
Sneaker World
MedVed Running and Sports Apparel

This list may not be complete, some stores offer a discount but have not identified themselves to us. If you're not sure, ask, you might save yourself 10%. Any stores not listed should notify the Club and we will include them in the next list.



HAPPY NEW YEAR TO ALL FROM
THE GRTC....

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 Editorial
 Freezeroo Series
 Memberships
 Newsletter
 Publicity
 Road Race Coordinator
 Social Runs
 Summer Meets
 Timer
 Women-In-Motion

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 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, 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.

GREATER ROCHESTER TRACK CLUB ALL-COMER TRACK AND FIELD MEETS

Sunday, January 13, 1985 (10:30 A.M.-12:30)
 Sunday, February 17, 1985 (1-3 P.M.)
 Sunday, March 24, 1985 (1-3 P.M.)

UNIVERSITY OF ROCHESTER FIELD HOUSE (205 Meter, Tartan surface)

1. Registration begins 30 minutes before the start of the meet.
2. Entries for events must be checked in at the registration desk at registration.
3. Entry fee of \$1 is for all events during the meet.
4. Awards will be ribbons to the top 3 in each event, per classification.
5. The normal age group, 10-year span, will exist for each classification.
6. No food or drink can be brought into the Field House.
7. The meet must be over at the end of 2 hours because other groups are scheduled to use the facility.

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 sexes may be combined to form flights or heats, but awards will be given separately. In general, younger age groups will go first, and women will go before men.

ORDER OF EVENTS

January 13, 1985	February 17, 1985*	March 24, 1985
3000 meters	3000 meters	3000 meters
300 meters	400 meters	600 meters
1500 meters	45 meters	45 meters
45 meters	1000 meters	1500 meters
800 meters	200 meters	300 meters
4x400 meter relay	4x800 meter relay	4x400 meter relay
HJ	HJ	HJ
SP	SP	SP
LJ (tentative)	LJ (tentative)	LJ (tentative)

* 2/17/84 meet will be a meet against the Syracuse Chargers in addition to being an all-comers meet.
 CONTACT PERSON:
 Rick Guido
 6 Timber Lane
 Fairport, NY 14450
 716 425-3116

NORTHERN AMATEUR TRACK AND FIELD LEAGUE

A track and field league of MEN and WOMEN has been formed with the Buffalo, Rochester and Syracuse track clubs. A brief outline of the league follows:

1. The league has three divisions in CHAMPIONSHIPS :
 OPEN 20-29 years (inclusive of younger athletes at appropriate times of the year)
 SENIORS 30-39
 MASTERS 40 +
 Within some of these divisions (or classifications), there will further breakdown of age grouping. More on this later.
2. In CHAMPIONSHIP MEETS, there will be 2 contestants per age classification, per event.
3. Each age classification (OPEN, SENIORS, MASTERS) in CHAMPIONSHIP MEETS has its own class championship; the adding up of each classification results in the CLUB CHAMPIONSHIP.
4. The meet schedule is as follows:

- (Indoor) a) February 17, 1985. Track and Field meet at the University of Rochester Field House. This meet is also an ALL-COMERS meet. The CHAMPIONSHIP MEET will be low-keyed, with no awards.
- (Outdoors) b) July 13, 1985. The ROCHESTER TRIANGULAR Track and Field Meet is tentatively scheduled here in Rochester. This meet will be a scoring meet, with awards. More on this later.
- c) COMMISSIONERS CHAMPIONSHIP T/F MEET. This meet will be within the TAC, Niagara Championship of July 20, 1985. Tentatively to be held in Syracuse.
- d) Buffalo Belles Classic (international competition), July 27, 1985; To be held in Buffalo; The Buffalo Brawn Classic, July 28, 1985.
- e) Canadian/American T/F Meet (tentative) will be held in either Buffalo or Ontario on August 17th or 18th, 1985. The Niagara TAC Meet of July 20, 1985 will be used as a qualifier.

Refer to the GRTC Newsletter for further information on the NORTHERN AMATEUR TRACK AND FIELD LEAGUE.

1984-85 FREEZER00 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 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.

- 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.
(Tuesday)
- JANUARY 20, 1985: CHURCHVILLE CLASSIC 15K; Churchville Park, Bruce Quimby, 594-4266.
- FEBRUARY 2, 1985: WINTERFEST FIVE, Cobb's Hill Park, Ross Rider, 442-7762 or (Saturday) 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, (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 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

17 and under	Men and women
18 to 29	Men and women
30 to 39	Women
30 to 34	Men
35 to 39	Men
40 to 49	Women
40 to 44	Men
45 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 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.

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

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

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REOPENING**

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No Registration Fee

Owners Tom and Craig both have Master's Degrees in Physical Education and have 10 years combined experience in designing individual fitness programs.

We are the largest Nautilus facility on the east side of the city.
We provide:

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CROSS COUNTRY SKI TRIP

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INCLUDES BUS TRIP
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FOR SIGN-UP SEND CHECKS PAYABLE TO "GRTC"

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

DEADLINE JAN. 5, 1985



NAME _____
(LAST) (FIRST)

STREET & NO. _____

CITY/STATE/ZIP _____

GRTC MEMBER? YES / NO PHONE NUMBER _____

LOCAL EVENTS CALENDAR

Jan. 1 11:00 a.m. Freezeroo #3, Resolution Run 7.6 Mi. Run, Mendon Ponds Park, Beach Area. Bill Kehoe, 654-8991. \$2.
 (Tuesday)
 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 Recreation Center. Ross Rider, 442-7762(H), Paul DeVaney, 428-6755(W). \$2. (Saturday)
 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. (Saturday)
 Mar. 24 11:00 a.m. Freezeroo #8, Temperate 10 Mi., Mendon Ponds Park, Beach Area. Jane Iaculli, 359-2540. \$2.
 Mar. 31 1:30 p.m. Brockport 5k Kick, SUNY Brockport Ice Rink. Jan Milner. 637-2306(H). \$1.
 Mar. 31 2:30 p.m. Brockport 10k Kick. As above. \$5 pre, \$6 post. T-shirts to first 250 10k entrants.
 Apr. 13 10:00 a.m. St. Boniface 5 Mi., Gregory St. Joe Gagne, 473-4532.
 Apr. 20 American Heart Association Heart and Sole Classic: 5 & 10k at Mendon Ponds Park, 2½ Mi. at Seneca Park. Karen Walters, 461-5590.
 Apr. 20 11:00 a.m. Teachers and Troopers 10k, Genesee Community College, Batavia. Joe Ricotta, 343-2200(W), 461-5358(H).
 Apr. 21 1:00 p.m. 7th Annual Watermelon 5 Mi. Run, Toth's Sports, 3000 South Winton Rd.. Lanse Toth, 427-7500(W), 924-7709(H). \$3 pre, \$5 post.
 Apr. 27 10:00 a.m. 100 Mi. Run for individuals and teams 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). & 28
 Apr. 27 Lake Ontario ½ Marathon. Tim McAvinney, 865-1244(H) 6-11p.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.
 May 12 10:00 a.m. Manufacturers Hanover Lilac 10k. Ross Rider, 442-7762(H).
 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 ½ Marathon by 4/20.
 June 8 9:00 a.m. Rochester Area Multiple Sclerosis, Inc. (RAMS) 10k, Al Sigl Center. Pam Bartemus, 271-0801 x288, Jim Ahearn, x284. \$5 by 6/5, \$6 post.
 June 8 10:15 a.m. RAMS 1 Mi. & 2.7 Mi. As above.
 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 15 10:00 a.m. John Lasco Memorial 2 Mi., 5 Mi. & 10 Mi., Xerox Recreation & Fitness Center, Webster. Steve Edgerton, 422-9073(W), 467-1487(H). \$4 pre, \$5 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 27 9:30 a.m. Spencerport Canal Days 10k Kick. Ogden Recreation Dept., 352-3487. \$4 by 7/20, \$6 post. Also Children's 1 Mi. Race.
 July 30 6:00 p.m. GRTC Summer Track Meet #8.
 Aug. 6 GRTC Summer Picnic.
 Aug. 10 9:30 a.m. Macedon Minithon 10k. Gary Wood, 315-986-4062(W), 597-4639H. \$4 by 8/3, \$5 post.
 Aug. 25 2:00 p.m. East Avenue Mile. Ross Rider, 442-7762(H).
 Sept. 7 9:30 a.m. Genesee 10k. Brad Hill, 243-0586(W), 243-2802(H). \$5 pre, \$6 post.
 Sept. 8 WVOR Couples Run, Split 10k, University of Rochester Medical Center. Craig Holm and Kare Cossaboon-Holm.
 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.
 Oct. 27 9:30 a.m. United Cerebral Palsy Halloween 5k, Long Ridge Mall. Janet VanLandingham, 442-8580(W). \$5 by 10/21, \$7 post.
 Oct. 27 10:30 a.m. UPC Halloween 10k. As above.
 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 5 Mi. Run, Mendon Ponds Park. Bill Quinlisk, 473-1130(W).

OUT-OF-TOWN EVENTS

The following race schedule is that of the Southern Tier Road Runners Assoc. Polar Bear Challenge. Day of race entries: \$3. Race coordinator: Nyhl Austin, 3223 Proctor Road, Wellsville, NY 14895, 716-593-3315.

Jan. 19 10:00 a.m. 10k at Rushford High School. 716-437-2957.
 Feb. 9 10:00 a.m. 10k at Coudersport High School, Pennsylvania. 814-274-9770. (Note change of date from previous listing.)
 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.

miscellaneous results

Wineglass Marathon, October 14, 1984

Ric Perry 2:46:15 26th overall, - 2nd place in 35-39

Norm Frank

American Cancer Society Fundraiser, 50 Miler, U of R, 12/2

Tallahassee 50K, 12/15 - 5:38

**Norm has finished 1984 with 34 marathons for a total now of 247. He's says to tell everyone he's on his way to Florida and to have a nice winter!

Northern Amateur Track & Field League
Dec. 1, 1984 Meeting

1. Meeting was held at Rick Guido's house in Fairport:

Present were representatives from the Syracuse Chargers Track Club, Greater Rochester Track Club, and the Buffalo Belles and Broom T & F Club.

Dave Robinson	SCTC	7592 Winterhaven Drive, Liverpool 13088 (home) 315-451-6024; (work) 315-470-4868
Elmer Shaw	SCTC	2681 E. Colvin St, Syracuse 13224 (home) 315-446-0344; (work) 315-474-7001
Cathy Mc Keever	SCTC	210 Cleveland Blvd., Fayetteville 13064 315-637-8791
Rick Guido	BRTC	4 Timber Lane, Fairport 14450 (home) 716-425-3116; (work) 716-334-3440,
Mike Van Auker	BRTC	131 Beacon Hills Dr. S., Penfield 14524 (home) 671-0462; (work) 716-392-9471
Mike Cross	BBB	101 Montbleu Dr., Getzville 14848
Chuck La Chiusa	BBB	193 Minnesota Ave, Buffalo 14214 (home) 716-833-9071; (work) 716-885-7279

2. It was decided that the 1983-84 dues paid by the Buffalo Belles and Broom should be applied to the cost of renting the field for the one meet held in the summer of 1984 between BBB and SCTC. 1984-85 dues from SCTC, BBB, and BRTC will similarly be applied toward rental costs of the field for the summer of 1985.

3. It was decided to exchange club newsletters. The contacts are Cathy Mc Keever, Mike Van Auker, and Chuck La Chiusa.

Current estimated memberships: BRTC - 1200
SCTC - 1200
BBB - 100

4. Dave Robinson volunteered to donate the 1985 Commissioner's Cup; Rick Guido and Mike Van Auker volunteered 6 divisional trophies to be donated by BRTC for 1985.

5. The 1984 NATFL Indoor Club Championship will be determined at the BRTC All-Cover T & F Meet on Feb. 17 at the U of R Field House, 1 - 3 P.M. (BBB will not be officially represented, but BBB competitors are welcome.)

The 1985 NATFL Outdoor Divisional Championships will be determined at a triangular meet held on July 13, site to be determined, at 11 A.M.
The divisions are: Male Open (15 - 29 years of age)
Female Open

Male Submasters (30 - 39 years of age)
Female Submasters
Male Masters (one score, but with different age groups competing against each other): 40 - 49
30 - 59
60+

Female Masters

The 1985 outdoor overall club championship will be determined at the Niagara TAC Senior Championship meet to be held on July 20, site to be determined at the TAC Board meeting on Dec. 13.

6. We are hopeful that we will be able to arrange a 1985 outdoor meet on Aug. 17 between Ontario masters and upstate New York Masters. If such a meet is arranged, the qualifying meet for the New York masters will be the July 20 TAC Senior Championship meet.

7. It was decided to suspend the NATFL Constitution section on double dual meets for 1985 and, instead, use the following scoring in a triangular meet:

Recees & Field Events: 1st place - 5 points
2nd place - 3 points
3rd place - 2 points
4th place - 1 point

Relays: 1st place - 5 points
2nd place - 3 points
3rd place - 0 points

8. 1984-85 officers: Commissioner - Dave Robinson
Vice Commissioner - Rick Guido
Secretary - Chuck La Chiusa
Treasurer - Elmer Shaw

9. The next official NATFL annual meeting will be held on Sept. 22 at Rick Guido's house.

10. Other meets of interest:

Jan 19-2	Ontario Senior Championships, York University, Toronto
July 27	Buffalo Belles 8th Classic Meet for Women, Parker Field, Tonawanda
July 28	Buffalo Broom 1st Annual Meet for Men, Parker Field, Tonawanda
Aug. 7 - 11	Empire State Games, Buffalo
Aug. 23 - 25	TAC Masters National Championships, Indianapolis



SECTION FIVE
NEW YORK STATE PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION



PRESS RELEASE

November 19, 1984

1984 All-Section V Cross Country Team

The 4th annual All-Section V Cross Country team is again sponsored by the Greater Rochester Track Club in cooperation with the Section V Cross Country coaches.

This year particularly is a vintage year for Section V Cross Country. There has been an individual State Champion; two team State Champions-Brighton Girls and McQuaid Boys; two class State Champions-Boys Class A and Girls Class A Sectional teams; two individual Federation Champions-Stacy Prey and Dave Redding; and finally, a Federation team Champion-Brighton Girls. Indeed, this has been the best group of individual runners (and teams) in Section V history. In fact, over 40 medals were won by Section V athletes in the Intersectional meet. The top teams-Boys & Girls-in NYS are from Section V.

The GRTC 1984 All-Section V Cross Country Team: BOYS

Tim Heinle (Brighton HS); Art Nelson (coach). Tim is the 1984 outstanding runner of the 1984 Cross Country season in Section V.
Bob King (Churchville-Chili HS); Gary Boyce (coach).
Terry Dutton (Irondequoit HS); Dennis Fries (coach).
Scott Paterson (McQuaid Jesuit HS); Bob Bradley (coach)
Chris Lyboldt (McQuaid Jesuit HS); Bob Bradley (coach)
Dave Redding (Dansville HS); Jim Stewart (coach). Dave is the 1984 individual NYS Federation Champion.
Rob Smillie (McQuaid Jesuit HS); Bob Bradley (coach).

The GRTC 1984 All-Section V Cross Country Team: GIRLS

Stacy Prey (Brighton HS); Dave McLoughlin (Coach). Stacy is the 1984 outstanding runner of the 1984 Cross Country season in Section V. Stacy won the NYS Intersectional and Federation individual Championships.
Rachel Hosmer (Brighton HS); Dave McLoughlin (coach).
Kim Trawitz (Fairport HS); Nancy Booth (coach).
Jody Dushay (Brighton HS); Dave McLoughlin (coach).
Patti Vandermallie (Spencerport HS); Bob Ellis (coach).
Rachel Korn (Penfield HS); Dave Hennessey (coach)
Janet Kisner (Waterloo HS); Bill Glinski (coach).

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

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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) 654-5991 *****

Greater Rochester Track Club Running tops available at these loctions.

ATS Sports
Packett' Landing
Main Street
Downtown Fairport
425-2113

Jim Dalberth's
926 Genesee Street
(near Brooks Ave.)
Rochester
328-9746

Runaway's
c. 99 Park Avenue
Rochester
(near Meigs)
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.)

HORNAK, TAC NATIONAL CHAMPION

Mike Hornak ran the Nickel City Fifty in Buffalo, New York on November 18, 1984 in 6 hrs. 18 mins. to become the first American finisher and capture the TAC National Championship (50 miles). The GRTC won the team championship as Mike was followed 4 mins. later by Bob Ellis with a 6:22. Walt Gronski finished it off with a solid 7:56. It was a great day for Mike, Bob, and the GRTC.

Mike's performance was all the more impressive because of the difficult conditions. Heavy rain and wind at the start, followed by hail, snow, and slush. The weather moderated about 3 hours into the race. After that, Mike and Bob were really able to pour it on. Mike's split at 26 miles was 3:05.

Mike holds a Mechanical Engineering degree from Penn State and is a Development Engineer with Eastman Kodak Company. He took up running three years ago and every race seems to hold a PR: Boston--2:46, Rochester--2:40, Toronto--2:35. This was Mike's second ultramarathon. He ran last year's Nickel City in 6:43. Mike trains for Boston by running the Lake Ontario parkway at 4:00 a.m. during February and March. With dedication like that, he has many more PR's ahead!

The women's winner was Mary Hanudel of New York City who ran a 7:40 to set a new women's course record. The previous record was 7:41. At one time last year Mary held the world record for a six-day run with 423 miles.

Handsome, individual plaques will be given to the top seven Male and Female runners at the GRTC Banquet. The banquet date and location have not yet been published. However, it has been held at the Burgundy Bnain Inn on the last Friday in April the last several years. Tickets can be purchased for the athletes, family and coaches if you wish. Information on the banquet date and location, as well as ticket purchases, can be obtained by reading the GRTC Newsletter or by contacting me after January, 1985 at this telephone number-425-3116.

1984 Cross Country Coaches-of-the Year for Section V

- E/C Boys Kurt Werts (Sodus Central HS)
- B/C Girls Colin Roods (Marion Central HS)
- A Boys Jim Shoemaker (Hilton Central HS)
- A Girls Dave McLoughlin (Brighton HS). Dave led his team to the NYS Intersectional and Federation Championships and to the #1 ranking in NYS.
- AA Boys Bob Bradley (McQuaid Jesuit HS). Bob led his team to the NYS Intersectional Championship and to the #1 ranking in NYS.

Handsome plaques have been given to the coaches through the sponsorship of the Greater Rochester Track Club and the cooperation of the Section V Cross Country coaches.

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.

\$39.50

Running Suits Jackets with GRTC Logo and Runners' Name - \$38.00

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

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

1984 INTERIM 10 KILOMETER RANKINGS

National Masters News

(Compiled by the National Running Data Center)

10 kilometers

27:22a	Mark Menow	26	Larlington	KY	1 Apr, LA-A
28:09	Mark Culp	25	San Diego	CA	1 Mar, CA-A
28:19	Alberto Salazar	25	Eugene	OR	1 Mar, AZ-A
28:21	Art Hancock	25	Tucson	AZ	1 Mar, AZ-A
28:29a	Paul Cummings	20	OT		1 Jul, NY-A
28:33	Robert Parkina	20	Oceanboro	NC	29 Jan, AL-A
28:34	Craig Virgin	18	Lebanon	IL	29 Jan, AL-A
28:38	Don Janicki	18	Tucson	AZ	29 Jan, AL-A
28:40	John Gregorak	23	Northport	NY	4 Feb, FL-A
28:55	David Gordon	24	Eugene	OR	29 Jan, AL-A

10 kilometers

32:41a	Carol Dreih	32	Houston	TX	1 Apr, LA-A
32:51	Betty Jo Sprays	22	Brentwood	FL	8 Apr, NY-A
32:53a	Judi St. Elizabeth	24	Brighton	MA	1 Apr, LA-A
32:56	Lisa Larson	22	San Diego	CA	1 Mar, CA-A
32:59	Jillie From	29	Eugene	OR	1 Mar, AZ-A
32:59a	Dorbie Riede	28	Belmont	MA	1 Apr, LA-A
32:00a	Kellie Cathy	22	Pt Collins	CO	1 Mar, AZ-A
32:08	CAROL TOMORY	27	Eugene	OR	1 Mar, AZ-A
32:10	Julia Ippohoding	22	Cincinnati	OH	1 Apr, LA-A
32:28	Linda McLennan	24	Gainesville	FL	1 Mar, AZ-A

10 kilometers

29:08a	Bill Rodgers	38	Sherborn	MA	1 Jul, NY-A
29:15	Duane McDermald	41	New York	NY	1 Mar, AZ-A
30:15a	Frank Shorter	36	Boulder	CO	1 Mar, AZ-A
30:43	Berry Brown	39	Gainesville	FL	23 Jun, NY-A
30:53	Webb Londoner	37	Albuquerque	NM	1 Mar, AZ-A
30:54a	Low Pridler	35	Stone Mountain	GA	1 Mar, AZ-A
31:07a	Larry Frederick	35	Columbia	SC	1 Jul, NY-A
31:17a	Harold Gorton	35	San Diego	CA	1 Mar, AZ-A
31:22a	Steve Plannagan	35	Boulder	CO	28 Mar, AZ-A
31:41	Jim Hartman	35	Snowmass Vlg	CO	1 Mar, AZ-A
30:54a	Tim Haseall	37	Jersey City	NJ	1 Jul, NY-A
31:26a	James Kanau	36	Laramie	WY	28 May, CO-A

10 kilometers

31:00	Mike Masley	42	Eugene	OR	11 May, WA-A
31:27	Sal Vasquez	44	Alameda	CA	28 May, CA-A
31:30	Bill Stewart	41	Ann Arbor	MI	28 May, AL-A
31:46	Sumner Brown	40	Albion	MA	8 Apr, NY-A
31:48	Don Coffman	41	Frankfort	KY	28 May, AL-A
31:49	Jack Bechtler	40	Wilmington	NC	1 Apr, LA-A
31:49	Kirk Randall	47	Willesley	MA	7 Feb, MA-A
31:49	John Beach	43	Towhee City	MI	14 Jun, WI-A
32:03a	George Reia	43	Waynesboro	VA	1 Apr, LA-A
32:04a	Ted Laiman	43	Forest Hills	NY	1 Jul, NY-A

10 kilometers

32:55A	Bill Ulrich	48	Larlington	KY	1 Jul, NY-A
33:07	Andre Tocco	47	San Pedro	CA	18 Mar, CA-A
33:07a	William Johnston	46	Salt Lake City	UT	1 Apr, LA-A
33:11a	Ardel Snow	46	Golden	CO	28 May, CO-A
33:46	Don Goudreau	45	Honokaa	HI	14 Jun, HI-A
33:52	John Welby	49	Scottsdale	AZ	3 Mar, AZ-A
33:52	Jim Daley	47	San Diego	CA	1 Mar, AZ-A
34:06	Robert Clarke	47	New Ipswich	MA	19 May, MA-A
34:07	Adrian Craven	47	Handolph	MA	8 Apr, NY-A
34:07	San Wian	46	Greenville	SC	7 Jan, NC-A
34:08	Stan Wilson	47	Stone Mtn	GA	29 May, AL-A
34:08	Ken Hill	48	Cheshire	GBR	4 Feb, FL-A
34:08	Eric Mueller	48	New York	NY	23 Jun, NY-A

10 kilometers

33:31	Norman Green	51	Wayne	PA	4 Feb, FL-A
33:39a	Bill Poulis	51	New Lebanon	IN	1 Jul, NY-A
34:28	Jim Brownfield	52	Los Angeles	CA	18 Mar, CA-A
34:05	Richard Bowman	52	Salt Lake City	UT	1 Apr, LA-A
34:17	Jim Knerr	50	Simi Valley	CA	29 May, OR-A
34:27	Clyde Wood	50	Monterey	CA	28 May, CA-A
34:28	Michael Gillies	50	Honolulu	HI	14 Jun, HI-A
34:29	Gerald Fuch	50	Clarksville	TN	28 May, AL-A
34:41	Sam Turbell	50	Jackson	MS	15 Apr, CA-A
34:46	John Richards	51	Apr, CA-A		

10 kilometers

34:08a	Peter McArdle	55	Tenack	MI	1 Jul, NY-A
34:58	Jim O'Neil	58	San Diego	CA	28 Apr, CA-A
35:59	Al Tice	58	Milwaukee	WI	18 Jun, WI-A
36:16	Patrick Devine	55	San Diego	CA	18 Mar, CA-A
36:48	John Mosner	59	Blacksburg	VA	1 Jul, NY-A
36:57	Don Ziegler	57	Washington	DC	31 Mar, NY-A
37:28	Bob Reclling	57	Brookings	SD	28 May, NY-A
37:28	Vere Bellian	56	Madison	WI	28 May, NY-A
37:29	Bill Fitzgerald	57	Palma Verde	CA	15 Mar, CA-A
37:41	Jerry Crockett	55	Stillwater	OK	1 Mar, AZ-A

10 kilometers

37:22	San Francisco	54	San Francisco	CA	28 May, CA-A
37:22	San Francisco	54	San Francisco	CA	28 May, CA-A
37:22	San Francisco	54	San Francisco	CA	28 May, CA-A
37:22	San Francisco	54	San Francisco	CA	28 May, CA-A
37:22	San Francisco	54	San Francisco	CA	28 May, CA-A
37:22	San Francisco	54	San Francisco	CA	28 May, CA-A
37:22	San Francisco	54	San Francisco	CA	28 May, CA-A
37:22	San Francisco	54	San Francisco	CA	28 May, CA-A
37:22	San Francisco	54	San Francisco	CA	28 May, CA-A
37:22	San Francisco	54	San Francisco	CA	28 May, CA-A

10 kilometers

40:08	Bellevue	58	Bellevue	WA	1 Jul, NY-A
40:27	Marquette Miller	58	San Diego	CA	28 Apr, CA-A
41:52	Billie Murphy	57	Albion	MA	8 Apr, NY-A
41:53	Janet Glasano	57	Albion	MA	8 Apr, NY-A
41:53	Janet Glasano	57	Albion	MA	8 Apr, NY-A
41:53	Janet Glasano	57	Albion	MA	8 Apr, NY-A
41:53	Janet Glasano	57	Albion	MA	8 Apr, NY-A
41:53	Janet Glasano	57	Albion	MA	8 Apr, NY-A
41:53	Janet Glasano	57	Albion	MA	8 Apr, NY-A
41:53	Janet Glasano	57	Albion	MA	8 Apr, NY-A

10 kilometers

36:45	Robert Morgan	42	Bayre	PA	20 May, NY-A
38:51	Jim McCann	63	San Diego	CA	18 Apr, CA-A
38:51	Debbie Long	60	San Diego	CA	18 Apr, CA-A
39:14	Larry Samson	60	Pico Rivera	CA	18 Mar, CA-A
39:18	Rudy Simmons	61	San Diego	CA	27 May, CA-A
39:26	Don Macintosh	62	Bellport	NY	23 Jun, NY-A
40:08	Robert Page	62	Bellport	NY	23 Jun, NY-A
40:41	William Peck	60	New York	NY	18 Feb, NY-A
40:43	Florey Roda	60	San Francisco	CA	11 May, NY-A
40:58	Lela Ojaka	60	San Diego	CA	28 Apr, CA-A

10 kilometers

39:12a	George Sheehan	45	Red Bank	MD	1 Jul, NY-A
40:30	Eddie Lewis	47	Brentwood	CA	18 Mar, CA-A
41:40	Wayne Cook	67	San Diego	CA	27 May, CA-A
42:28	Al Vuolo	67	New Haven	CT	14 Feb, FL-A
42:35	Shirley Pank	69	San Diego	CA	27 May, CA-A
42:48	Bob Youker	65	Alexandria	MT	2 Jun, NY-A
42:50	Adrian Villagrana	67	29 Palma	CA	9 Jan, CA-A
44:23	Irv Greenbary	68	Portland	OR	5 Feb, OR-A
45:12	Clyde Alling	44	Culver City	CA	23 May, CA-A
45:22	Frank Pavesi	46	Portland	OR	5 Feb, OR-A

10 kilometers

46:19	Al Clark	70	Prescott	AZ	3 Mar, AZ-A
48:25	John Santner	73			
48:35	Dana Scottfield	71	Los Angeles	CA	14 Mar, CA-A
49:50	Leslie Martini	70	San Diego	CA	27 May, CA-A
49:52	Arne Johnson	71	Mea	AI	11 Mar, NY-A
50:19	John Williams	72	Peck Forest	IL	May, IL-A
51:30	Don Ross	70	Mill Valley	CA	27 May, NY-A
51:40	Matt Kuesting	71	Wickburg	CA	28 Apr, CA-A
53:04	Sherry Williams	68	San Diego	CA	27 May, CA-A
53:13	Virgil Damerro	71	Ashburn	VA	28 Feb, VA-A

10 kilometers

51:58	Jim Hole	76	Long Beach	CA	17 Jan, CA-A
54:39	Marward Blech	79			
1:04:07a	William McNeil	76	Hiddletown	NY	1 Jul, NY-A

10 kilometers

53:45a	Max Papper	81	Flushing	NY	1 Jul, NY-A
1:09:40	Muel Johnson	84	San Diego	CA	24 Mar, CA-A
1:18:26	Jacob Klein	81	Los Angeles	CA	17 Jun, CA-A
1:18:53	Holmes Mallich	81	New York	NY	31 Mar, NY-A
1:21:17	Hansing Wala	82			29 Apr, CA-A

10 kilometers

34:37	Purd Madala	39	Sherborn	MA	8 Apr, MA-A
34:50	Nancy Hieserick	35	Buffalo	NY	8 Apr, NY-A
35:18	Barbara Filutte	35	Erie	PA	1 Jul, NY-A
36:01	Jane Buch	35	Richville	OH	8 Apr, MA-A
36:20	Nancy Noonan	34	Cleveland	OH	28 May, OR-A
36:27	Piana Whitney	39	San Valley	ID	28 Mar, CO-A
36:55a	Gabriele Anderson	39	Marwick	NY	8 Apr, NY-A
36:59	Madeline Bernal	36	Suffox	NY	23 Jun, NY-A
37:03	Journe Sartaro	36	Suffox	NY	23 Jun, NY-A
37:13	Betty Conover	35	Westfield	MA	2 Jun, NY-A
37:18	Janice Stawolone	38	San Jose	CA	25 Mar, CA-A

10 kilometers

36:00	Cindy Dalrymple	42	Arlington	VA	8 Apr, MA-A
37:08	Shirley Matson	43	Bolton Beach	CA	25 Feb, CA-A
37:10	Sette Poppers	41	Littleton	CO	29 Jan, AZ-A
37:17	Iris Blum	42	Spring Valley	CA	9 May, OR-A
37:24	Karen Lantman	40	Hillsborough	CA	9 May, NY-A
37:51	Soley Hershberger	40	Cambridge	MA	8 Apr, MA-A
38:18	Maura Hixby	40	Torx	PA	1 Jul, NY-A
38:24a	Judy Pickard	40	Brewster	NY	13 May, DC-A
38:24a	Joyce Black	44	Flittsburgh	NY	1 Jul, NY-A
38:31	Carol Pleser	41	Bellevue	WA	11 May, WA-A

10 kilometers

37:28a	Vicki Bigelow	49	San Lorenzo	CA	25 Mar, CA-A
38:26	Karen Ecanell	45	San Francisco	CA	28 May, CA-A
38:26	Randra Kiddy	47	Palm Springs	CA	9 Apr, CA-A
38:30	Malibu	45	San Diego	CA	28 May, CA-A
38:31	Himi Lerner	47	St James	NY	18 Feb, NY-A
38:34	Joanna Sauer	46	Albion	MA	8 Apr, NY-A
38:35	Joan Sauer	46	Albion	MA	8 Apr, NY-A
38:37	Selene Bedrock	49	Cliffside Park	NY	2 Jun, NY-A
38:38	Mary Ann Wehrum	46	San Diego	CA	28 May, AL-A
38:44	Bircha Hirsch	45	Kensington	CA	29 Apr, CA-A

10 kilometers

40:14	Albion	58	Albion	MA	8 Apr, NY-A
40:14	Albion	58	Albion	MA	8 Apr, NY-A
40:14	Albion	58	Albion	MA	8 Apr, NY-A
40:14	Albion	58	Albion	MA	8 Apr, NY-A
40:14	Albion	58	Albion	MA	8 Apr, NY-A
40:14	Albion	58	Albion	MA	8 Apr, NY-A
40:14	Albion	58	Albion	MA	8 Apr, NY-A
40:14	Albion	58	Albion	MA	8 Apr, NY-A
40:14	Albion	58	Albion	MA	8 Apr, NY-A
40:14	Albion	58	Albion	MA	8 Apr, NY-A

10 kilometers

41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A

10 kilometers

41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A
41:00	Albion	58	Albion	MA	8 Apr, NY-A

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:
