



# NEWSLETTER

ROCHESTER, NEW YORK

MARCH 1985

## THE PRESIDENT'S CORNER

Dick Withrow

Spring is on the way and the easiest way to tell is - 1985's first major race is this month. The Shamrocks Run is a great way to start the racing season. Last year almost one-thousand runners took part in this race - DON'T MISS IT!!!

Also coming up fast is the 6th Annual GRTC Banquet. This year the banquet will be held at the Mapledale Party House. This is a location that is central to almost everyone in the club and is readily accessible since it is right next to Route 490. Randy Johnson is this year's Banquet Chairperson and he has put together a great program. See the application to attend in this newsletter. Come out and meet your friends and competitors.

I've been getting a lot of phone calls about TAC numbers. If you need one anytime in 1985 you might as well purchase it now. The price is the same no matter when you buy it and the number is valid from January 1, 1985 until December 31, 1985. If you need one send a stamped, self-addressed envelope to:

Niagara TAC  
P.O. Box 587  
Buffalo, New York 14226

Don't wait until the last minute and expect to get a number by a phone call.

This year we will be handling the Freezeroo awards differently than in the past. Rather than hand out the awards at the Annual Banquet they will be handed out at the last Freezeroo Race. Korleen Wright will have all the results tabulated and score that days race on the spot. If you are up for a 1985 Freezeroo Award be sure to be at the final race.

---

## SOCIAL RUNS

Get together with other runners for a fun run, good talks, and great eats. Bring food to share. For information about Social Runs, or to host a run, call Korleen Wright, 722-4314 (Days) 663-5924 (Evenings).

March 17 Diane Newell's, 450 Eastbrooke Lane  
3 PM (Off French Road) 442-9583

March 24 Beryl and Jim Skelton's, 281 Mason Road  
(Off Route 31, Egypt Firehouse on Corner)

Right After Fairport 223-4924  
Freezeroo

April 14 Marilyn & Tom Mulgrew's, 24 Fairhaven Road,  
3 PM (Off Blossom Road, one street north of  
Expressway) 288-2374

**GRTC BOARD OF DIRECTORS**

Lou Asmuth  
John Blanchard  
August Calabrese  
Ed Cloos  
Kare Cossaboon-Holm  
Rick Guido  
Craig Holm  
Randy Johnson  
Bill Kehoe  
Jennifer Litwak  
Tim McAvinney  
Bruce Quimby  
Bill Quinliak  
Ross Rider  
Paul Sadler  
Margie Tomczak  
Dick Withrow  
Korleen Wright

**EXECUTIVE COMMITTEE**

President Dick Withrow  
Vice President Paul Sadler  
Treasurer John Blanchard  
Secretary Lou Asmuth

**HONORARY DIRECTORS**

Bob Bradley  
Shirley Gesell  
Tim Hale  
Gene Osborn  
Pete Todd

**COMMITTEE CHAIRPERSONS**

Awards  
Budget  
Constitution  
Editorial  
Freezeroo Series  
Memberships  
Newsletter

Bill Quinliak  
John Blanchard  
Paul Sadler  
Rick Guido  
Bruce Quimby  
Lou Asmuth (1-638-8577)  
Cislyn Lightbourn  
Joan Simeone  
Margie Tomczak  
Tim McAvinney (865-1244)  
Ross Rider  
Korleen Wright (663-5924)  
Bill Quinliak  
August Calabrese (352-5760)  
Kare Cossaboon-Holm  
Mary Terziani  
Margie Tomczak (473-5318)

Publicity  
Road Race Coordinator  
Social Runs  
Summer Meets  
Timer  
Women-In-Motion

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.

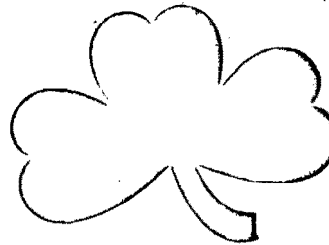
**\*\*\*\*\*ATTENTION ALL RACE DIRECTORS\*\*\*\*\***

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.

**Altier's / Nike Run For The Shamrocks**



Date: Saturday, March 16, 1985  
Time: Registration 9:00 a.m.-11:00 a.m.  
Race Starts: 12:00 p.m.  
Where: Holiday Inn - Downtown Rochester  
Start: One Block East of the Holiday Inn on Main Street  
Distance: 5 miles  
Winners: Last year's race attracted over 1000 runners-Sandy Hulme:23:45; Julie Ogden: 29:45.

Entry Fee: \$5 pre-registration (until March 11, 1985);\$6 after 3/11 and day of race). Make checks or money orders payable to Altier's/Nike Run for the Shamrocks.

Course: The fastest five mile course in Rochester with a fast start and finish. Short steep hill at 2 miles. Last mile is downhill on Main Street with finish in front of thousands gathered for the ST. PATRICK'S DAY PARADE. A map of the race course is on the back.

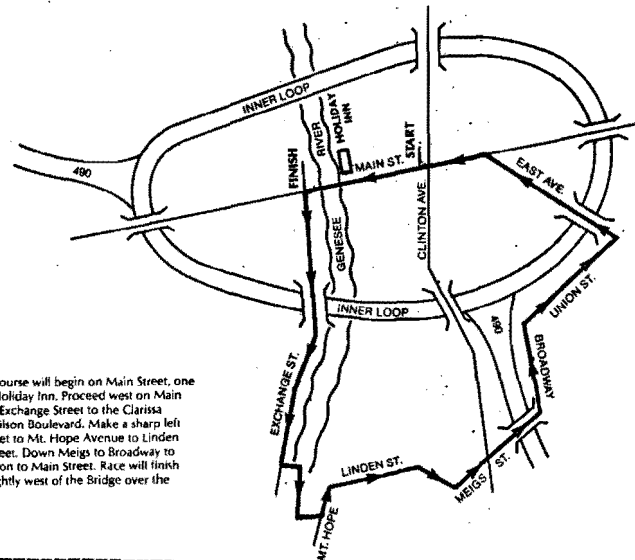
T-Shirts: Green Altier's/Nike shirts for the first 1000 runners.

Categories: Male: 12 and under; 13-17; 18-29; 30-34; 35-39; 40-49; 50-59; 60 and over.  
Female: 12 and under; 13-17; 18-24; 24-29; 30-34; 35-39; 40-49; 50 and over.

Note: The race course will begin on Main Street one block East of the Holiday Inn and will finish on Main Street slightly west of the bridge over the Genesee River.

Awards: • NIKÉ RAIN SUIT for overall winning Male & Female.  
• Nike Training bags for winners in each age group.  
• Awards for the top 10% in each age group.

**Altier's/Nike Run for the Shamrocks Race Course**



Saturday  
March 17, 1984

START: The race course will begin on Main Street, one block East of the Holiday Inn. Proceed west on Main Street. Go west to Exchange Street to the Clarissa Street Bridge to Wilson Boulevard. Make a sharp left on to McLean Street to Mt. Hope Avenue to Linden Street to Meigs Street. Down Meigs to Broadway to Union to East and on to Main Street. Race will finish on Main Street slightly west of the Bridge over the Genesee River.

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, for myself, heirs, executors, administrators, waive and release any rights and claims of damage I may have against the City of Rochester, Altier & Sons Shoes, Inc., Nike Shoes, Inc., the St. Patrick's Day Parade Committee of Rochester and the Greater Rochester Track Club, all agents, representatives and successors thereof for any and all injuries or other damage, sustained by me, or my child, at or during this race, or as a result of participating. I certify that the competitor is in good health and capable of running this distance. I further agree to abide by all traffic rules and regulations set by the City of Rochester or State of New York.

Form with fields for LAST NAME, FIRST NAME, M.I., NUMBER & STREET, TOWN/CITY, STATE, ZIP, T-Shirt size (Small, Medium, Large, X-large), SEX, AGE, and SEND ENTRY BLANK AND CHECK TO: Altier's/Run for the Shamrocks, 164 Mushroom Blvd., Rochester, N.Y. 14623

Compliments of Rick Guido :

I thought this letter to the editor by Mark Sternin was an interesting comment on Race Management.

I ran in this race in Buffalo on Thanksgiving Day. There were over 2,000 runners in the field and there indeed was a major problem with the backup at the finish line. I noted that it took 3 minutes to reach the finish line from the point where the runners stopped running.

Sternin's comments are appropriate because many race organizers across the country equate "bigger" with "better." There is of course a sacrifice of individuals to the mass with these large "event races;" small neighborhood races offer the best individualization to the runner's needs.

As a running community we could glean several insights from Buffalo's fiasco:

1. Don't expand the size of the field without adequate precautions for the runner's safety and race integrity.
2. short distances for large fields - 5 mile races are too short a distance to sort out many racers.
3. All runners are not necessarily interested in having the same record-keeping throughout the race. Many large races, like the Peachtree in Atlanta, merely keep the digital display clocks running throughout the entire race.
4. Some of "our past fiascos" are indeed common elsewhere.

Rick Guido

### Running in Circles

I have been involved in the J.Y. Cameron Memorial Thanksgiving Day Race as either a runner, team coach or official, since the early 1950's.

I must state that contrary to what the meet director said, this year's event was not a great race. Large fields should not be equated with greatness.

What makes a race great is organization. Concern for the runners makes a great race.

The meet director obviously knows nothing about finish line management. Until he was convinced otherwise, he wanted the runners to finish the race by making a sharp turn into the Convention Center and climbing a dark ramp.

To say that "a finish line mixup marred the race," is ridiculous. "Talking to the officials" will never "straighten out" your problem.

The Turkey Trot is an amateur day at the races. After the serious racers finish, and the first 200 or so runners are in, is when the trouble begins. More than 1,500 seven-to-eight minute milers are expected to be processed in five minutes.

If these people were "racers," it might be done. If they ran or jogged through the chutes instead of talking to their relatives on the streets, it might be done. If a clown from Channel 4 didn't start interviewing people in the middle of the finish area, it might be done. The joggers hollered for the officials to open all six chutes at once. Their ignorance of race scoring was obvious. There anger was well founded, but off-target.

Meet management must ask itself some serious questions:

✓ Why are we running this race. (The answer is, obviously, to gross over \$14,000).

✓ Will we still get this many paid entries if we only score the first 250 runners and let the others come across the finish line picking out their times from the elevated race clocks?

✓ Will we still get this many paid entries if we change the race to 10 kilometers and spread the field out a little?

✓ Should we bother doing anything? After all, the "runners" will turn out again next year and we can always blame the officials.

I wish you luck in the future. It was great fun in the 50's figuring winners by hand, upstairs at the "Y". It was fun running the race side-by-side with my 10 year-old son. It isn't fun anymore.

MARK STERNIN  
Ex-Turkey Day official  
Tonawanda

THE LAKE ONTARIO MARATHON  
SUNDAY JUNE 2, 1985 9:00 AM  
GREECE ARCADIA HIGH SCHOOL  
ISLAND COTTAGE ROAD



THE LAKE ONTARIO HALF-MARATHON  
SATURDAY APRIL 27, 1985 10 AM  
GREECE ARCADIA HIGH SCHOOL  
ISLAND COTTAGE ROAD

COURSE: CERTIFIED 24 MILES, 305 YARDS  
ASPHALT SURFACE. FLAT AND FAST  
STARTS AND FINISHES AT GREECE  
ARCADIA HIGH SCHOOL (ISLAND  
COTTAGE RD. OFF RT. 10, LAYTA RD  
, OFF RT. 390 N.)  
COUNTRY ROADS AND SCENIC PARKWAY,  
ALONG THE SHORE OF LAKE ONTARIO

ENTRY: 1) 93 00  
2) 95 00...AFTER 5/25/85 AND  
POST REGISTRATION  
3) 95 00...FOR BOTH HALF/FULL LOM  
BEFORE 4/25/85

CHECKS PAYABLE TO: GREATER ROCHESTER TC  
(NO REFUNDS)  
ALL ENTRANTS UNDER 18 YEARS MUST HAVE  
PARENT OR GUARDIAN SIGN WAIVER OF  
LIABILITY.

REGISTRATION: POST ENTRIES ACCEPTED 6/1/85  
PRE-REGISTERED RUNNERS CAN  
PICK-UP THEIR NUMBERS AT  
THIS TIME ALSO OR ON RACE MORNING

REPORT TO: GREECE ARCADIA HIGH SCHOOL BY  
7:00 AM. RACE MORNING  
SHOWERS AND LOCKERS WILL BE  
AVAILABLE.

AWARDS: 1ST PLACE MALE/FEMALE, DIST CERT  
TOP 25% MEN/WOMEN, RUNNING SHORTS  
CERTIFICATES & RESULTS WILL BE SENT TO  
ALL FINISHERS UNDER THE 5 HOUR TIME LIMIT

COURSE RECORDS: MEN: CARL D'ANGIO 2:23:51 1984  
WOMEN: KELLY HOBBS 2:54:05 1984

TEMPERATURE: 1982----48 DEGREES  
1983----49  
1984----56

PRE-RACE: SATURDAY EVENING AT 5 AND 7 PM  
(TWO FEEDINGS)  
SPAGHETTI DINNER TO BENEFIT  
THE IRISH CHILDREN'S FUND  
\$5 PER PERSON (SEPARATE CHECK)  
10 "IRISH CHILDREN'S FUND"  
C/O BILL MEY  
341 DECHARD CREEK CIR.  
ROCHESTER, N.Y. 14612  
\* DETAILS WILL FOLLOW \*

ACCOMMODATIONS: HARRIOTT  
1870 W. RIDGE RD. (756)-225-6888  
LUXURY BUDGET INN  
1635 W. RIDGE RD. - 462-2068  
KIRBY'S  
4271 W. RIDGE RD. - 352-4461  
MAPLE LEAF  
3880 W. RIDGE RD. - 225-9310  
RIDGECREST  
3721 W. RIDGE RD. - 225-1245

OUR THANKS FOR YOUR SUPPORT:  
THE BURGER KING RESTAURANTS  
THE GREATER ROCHESTER TRACK CLUB  
THE TOWN OF GREECE

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

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

ENTRY: 1) 93.00  
2) 95.00...AFTER 4/20/85 AND POST  
3) 95.00...FOR BOTH HALF/FULL LOM  
BEFORE 4/25/85

CHECKS PAYABLE TO: GREATER ROCHESTER TC  
(NO REFUNDS)

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

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

AWARDS: TO FIRST MALE / FEMALE  
TOP 25% MEN/WOMEN, RUNNING SHORTS  
(NO AGE GROUP AWARDS)

RECORDS: 1983 MALE: JIM BOYLE 1:59:02  
FEMALE: GAIL ALLEN 1:24:10

WEATHER: 1983: PARTLY SUNNY 40 DEGREES 89% RH  
1984: CLOUDY 52

DETAILS: WATER AND SPONGES WILL BE PROVIDED  
AT REASONABLE INTERVALS ALONG  
THE ROUTE.

SPLIT TIMES WILL BE CALLED AT  
1.5, 1.8 MILES AND  
AT THE FINISH

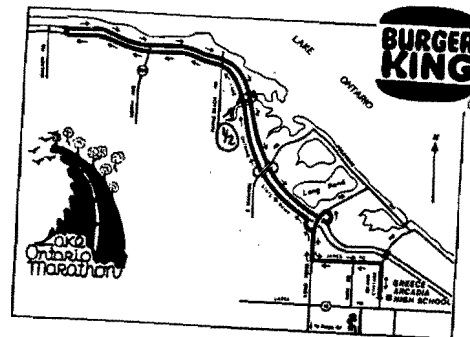
RESULTS WILL NOT BE POSTED,  
BUT WILL BE IN THE NEXT TRACK  
CLUB NEWSLETTER.

RESULTS WILL BE SENT IF A STAMPED  
SELF-ADDRESSED ENVELOPE IS  
PROVIDED BY THE REQUESTER.

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

## The Lake Ontario Marathon

Greece, New York



### DISCLAIMER:

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

SIGNATURE OF COMPETITOR

SIGNATURE OF PARENT OR GUARDIAN

PLEASE PRINT LEGIBLY

NAME \_\_\_\_\_  
(LAST) (FIRST) SEX \_\_\_\_\_ AGE AT RACE \_\_\_\_\_

STREET & NO. \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

GRTC MEMBER? YES / NO \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

CIRCLE-----LOM-HALF MARATHON \$3 LOM MARATHON \$3 BOTH RACES \$5 BEFORE 4/20/85

\*\*\*\*\*POST ENTRY \$5\*\*\*\*\*

| 45 Meters             |             | 200 Meters          |        | 1500 Meters         |            |
|-----------------------|-------------|---------------------|--------|---------------------|------------|
| <b>(15-19) MEN</b>    |             |                     |        |                     |            |
| 1. G. Simmons         | 5.73        | 1. T. Alfieri       | 41.2   | 1. K. Warkel        | 4:30       |
| 2. L. Green           | 5.75        | (50-59)             |        | 2. T. Snyder        | 4:40       |
| 3. G. Simmons         | 5.77        | 1. H. MacMillan     | 48.23  | 3. S. Feisar        | 4:56       |
| 4. J. Konaleski       | 5.81        | (14 & under) FEMALE |        | 4. A. Patterson     |            |
| 5. J. Smith           | 5.94        | 1. M. Remmele (11)  | 50.21  | 5. D. Powers        |            |
| 6. N. Derthick        | 6.2         | 2. J. Wood          | 53.58  | 6. S. Clifffel      |            |
|                       |             | 3. C. Donovan       | 56.4   | (20-29)             |            |
| <b>(15-19) MEN</b>    |             |                     |        |                     |            |
| 1. P. Iatommisi       | 5.5         | 1. E. Vedar         | 44.7   | 1. R. Eaton         | 4:32       |
| 2. J. Falsone         | 5.85        | 2. J. Shever        | 47.1   | 2. P. Coy           |            |
| 3. R. Williams        | 5.9         | 3. B. Smith         | 47.41  | 3. R. Green         |            |
| 1. G. Bennett         | 5.66        | 4. T. Sheppard      | 53.5   | 4. C. Lowe          |            |
| 2. H. Hudson          | 5.7         | (30-39)             |        | 5. G. Holbig        |            |
| 3. K. Wade            | 7.04        | 1. S. Duffy         | 55.9   | (30-39)             |            |
| 1. T. Alfieri         | 5.8         | (40-49)             |        | 1. C. McMullen      | 4:19       |
| (50-59)               |             | 1. M. Shaver        | 64.7   | 2. R. Williams      | 4:34       |
| 1. W. Cooper          | 6.5         | (50-59)             |        | 3. G. Muir          | 4:36       |
| 2. H. MacMillan       | 6.52        | 1. B. Skelton (55)  | 56.5   | 4. G. Hider         | 4:37       |
| (14 & under)          |             |                     |        | 5. M. Giusti        | 5:05       |
| <b>800 Meters MEN</b> |             |                     |        |                     |            |
| 1. D. Bennett (10)    | 6.2         | (14 & under)        |        | (40-49)             |            |
| 2. P. Kittles         | 6.4         | 1. K. Pond          | 2:15.9 | 1. E. Cloos         | 4:40       |
| (14 & under) FEMALE   |             | (20-29)             |        | 2. B. Duffalo       | 4:57       |
| 1. K. Wade            |             | 1. R. Williams      | 2:15.8 | 3. E. Clifffel      | 5:31       |
| (15-19)               |             | 2. M. Murphy        | 2:16.2 | 4. B. Kehoe         | 5:32       |
| 1. B. Smith           | 6.6         | 3. T. Snyder        | 2:17   | (50-59)             |            |
| 2. T. Shephard        | 6.8         | 4. K. Murkel        | 2:18   | 1. B. Pow           |            |
| 3. S. Mathews         | 6.9         | 5. T. Snyder        | 2:25   | 2. G. Tillson       |            |
| (20-29)               |             | 6. C. Lowe          | 2:25   | (15-19) FEMALE      |            |
| 1. B. Dorn            | 5.9         | 7. A. Patterson     | 2:40   | 1. B. Gallivan      | 4:55       |
| (30-39)               |             | (30-39)             |        | 2. R. Rombaut       |            |
| 1. S. Duffy           | 6.1         | 1. M. Hoban         | 2:09   | 3. M. Remmele (11)  |            |
| <b>300 Meters MEN</b> |             |                     |        |                     |            |
| (14 & under)          |             | 2. T. Neary         | 2:13   | 4. P. Goldberg      |            |
| 1. P. Kettles         | 44.7        | 3. G. Hider         | 2:15   | 5. J. Wood (14)     |            |
| 2. D. Bennett (10)    | 49.6        | 4. B. Quimby        | 2:25   | 6. J. Shaver        |            |
| (15-19)               |             | 5. K. Wade          | 3:16   | (40-49)             |            |
| 1. L. Green           | 39.71       | (40-49)             |        | 1. M. Shaver        | 6:23       |
| 2. F. Polotta         | 39.73       | 1. J. Palmeri       | 2:25   | <b>3000 Meters</b>  |            |
| 3. J. Smith           | 40.8        | 2. E. Cloos         | 2:26   | (15-19) MEN         |            |
| 4. N. Berthide        | 44.5        | 3. B. Duffalo       | 2:32   | 1. S. Young         | 9:39       |
| (20-29)               |             | (15-19) FEMALE      |        | 2. A. Mullen        | 9:57       |
| 1. G. Walker          | 38.65       | 1. B. Gallivan      | 2:31   | (20-29)             |            |
| 2. J. Falsone         | 40.3        | 2. R. Rombaut       | 2:50   | 1. R. Eaton         | 9:36       |
| (30-39)               |             | 3. P. Golding       | 2:51   | 2. K. Switnicki     | 10:02      |
| 1. H. Hudson          | 38.5        | (40-49)             |        | 3. P. Kato          | 14:28      |
| 2. G. Tiffany         | 38.75       | 1. M. Shavers       | 3:15   | (30-39)             |            |
| 3. G. Bennett         | 40.52       | (50-59)             |        | 1. C. McMullen (33) | 8:50       |
| 4. K. Rasmussen       | 41.78       | 1. B. Skelton (55)  | 2:53.7 | 2. M. Hoban         | 8:59       |
| 5. B. Quinlisk        | 43.4        |                     |        | 3. S. Pulso         | 9:12       |
| 6. K. Wade            | 53.4        |                     |        | 4. G. Muir          | 9:45       |
| <b>LONG JUMP MEN</b>  |             |                     |        |                     |            |
| (15-19)               |             |                     |        | 5. T. Noory         | 9:49       |
| 1. R. Porcha          | 18' 3"      |                     |        | 6. M. Giusti        | 10:41      |
| (20-29)               |             |                     |        | <b>3000 Meters</b>  |            |
| 1. C. Walker          | 18' 11"     |                     |        | (40-49)             |            |
| 2. J. Falsone         | 16' 7 1/2"  |                     |        | 1. D. Frchette      | (40) 9:15  |
| (15-19) FEMALE        |             |                     |        | 2. M. Levinson      | (44) 10:14 |
| 1. E. Vadas           | 15' 4"      |                     |        | 3. B. Hossler       | 11:00      |
| 2. T. Shephard        | 12' 10 3/4" |                     |        | 4. E. Clifffel      | 11:45      |
| <b>SHOT PUT</b>       |             |                     |        |                     |            |
| (15-19) MEN           |             |                     |        | 5. B. Duffalo       | 11:30      |
| 1. E. Leteau          | 49' 8 1/2"  |                     |        | (50-59)             |            |
| 2. J. Kowalski        | 37' 1 1/2"  |                     |        | 1. B. Spindler      | 11:00      |
| (20-29)               |             |                     |        | 2. B. Miller        | 11:00      |
| 1. M. Palmer          | 40' 2 1/2"  |                     |        | 3. R. Feasey        | 12:10      |
| (30-39)               |             |                     |        | 4. G. Tillson       | 12:17      |
| 1. F. Ruterbusch      | 44' 1 1/2"  |                     |        | (15-19) FEMALE      |            |
|                       |             |                     |        | 1. B. Gallivan      | 10:18.9    |
| <b>HIGH JUMP MEN</b>  |             |                     |        |                     |            |
| (15-19)               |             |                     |        | 2. R. Rombaut       |            |
| 1. S. Fallow          | 5' 8"       |                     |        | (20-29)             |            |
| 2. R. Porcha          | 5' 8"       |                     |        | 1. M. Rudman        |            |
| 3. S. Mekin           | 5' 6"       |                     |        | (30-39)             |            |
| (20-29)               |             |                     |        | 1. K. Brown         |            |
| 1. J. Falsone         | 5' 8"       |                     |        | 2. J. Thomas        |            |

ORTC GRTC GRTC GRTC GRTC GRTC GRTC GRTC GRTC GRTC GRTC GRTC GRTC GRTC GRTC

## SIXTH ANNUAL GRTC BANQUET AND ANNUAL MEETING

Date: Friday, April 19th, 1985. Place: Mapledale Party House.

Times: 6:30 Social Hour 7:30 Dinner 8:30 Program & Doorprizes

Price: \$12.00 per person.

Enjoy fine food and friendship at this annual meeting of your track club. Join us in honoring the top area high school runners, the Hall of Fame recipient, and Achievement Award designers. See, feel, and experience the slide show (better than last year!!).

'1985 - YOUR BEST RUNNING YEAR' will be the topic of this year's speakers: Kare and Craig Hols. Come and hear the GRTC's own representatives to last year's Olympic Trials as they tell how 1985 can be your best running year ever. Craig and Kare will draw on their vast experiences at the national running level to summarize training techniques that they have found to be successful and yield measurable results.

Mail form below (along with \$12.00 for each reservation) by April 12th to:  
RANDY JOHNSON 3399 DEWEY AVE. ROCHESTER, N.Y. 14616

----- NO RESERVATIONS TAKEN AFTER APRIL 12TH -----

Please make \_\_\_\_\_ reservations for me at this year's banquet!  
I've enclosed twelve dollars (includes tax & tip) for each reservation.  
(checks payable to GRTC)

name: \_\_\_\_\_

address: \_\_\_\_\_

city/state/zip: \_\_\_\_\_

phone: \_\_\_\_\_

The following was presented at a recent City Council meeting by GRTC's R. Epstein :

The proposal that Road Race directors pay the Police for their permits, at a rate set by the Police, for a number of Police officers, set by the Police, is not a new one. The concept has its roots in the methods used by the Capone Casualty Insurance Co.

A few years ago, as part of their contract negotiations, the Police seized on the issue that they couldn't afford the personnel it took to cover the festivals and races. Apparently they were able to settle their differences, because a new contract was signed. Now, however, when ostensibly they can afford to Police these events, (again I cite the new contract ) they complain that they can't.

We're told that the issue is the cost of the overtime. In the same package as road races are several "Public Service" items such as festivals and parades. All the things implied in the P.R. slogans "Rochester, it's got it" and "I'd rather be in Rochester." These are not status items in the Police inventory. Statistics aren't kept on them. State and Federal grants aren't based on them.

The administration, more specifically the City Manager's office, and the Police Brass, would quite clearly rather not bother with events such as these. They're frills. They would rather spend their overtime budget on statistic producing activities. Business is after all, business.

What this amounts to is an attempt by the Police to make policy on what the Police do. This with the apparent complicity of the city manager's office. It's a lot like trusting the administration of war to the generals.

In harmony with this melody coming from the Police Tabernacle Choir, is the City Manager's refrain, "If your'e going to use city services, you're going to have to pay for them. "If that's going to be the rule of the game, how much does it cost to report a burglary? The taxes on my home tripled this year. What the hell am I paying for? The point is that they're not singing, they're whining.

Presently, it costs on the average of \$5.00 to enter a race. For that, prizes are given, and each runner receives a T shirt or some favor. The only way a race director can give out fifty or so prizes and about 250 T shirts for \$5.00 a head, is to obtain donations from sponsors. There isn't a race in this city that makes money. If the race director had an additional expense of between \$600.00 and \$1000.00, he'd have to raise the entry fee to \$7.50 and still be awfully subsidized. How many races do you think a family; Mom, Dad, and a kid or two, is going to enter at that rate? Particularly when the same day, or next week there'll be a cheaper race somewhere in the suburbs.

We've gone to the Police and asked them to train us to Marshall our own races. They point out a section of the law forbidding the use of anyone but Police, and in emergencys, Firemen, to direct traffic. Nevertheless Funeral escorts, many of whom are off duty Police, direct traffic and nobody makes a fuss.

If the Police and the City Manager are successful with this ploy, most of the small races (250 runners) will be gone. I say most because I doubt that the Maplewood race which is sponsored by the Police, will be effected.

The problem is not insoluble. If we are allowed to use our own Police trained (we'd even pay for the training) volunteers, fewer officers would be required. If a race permit cost \$250.00, that should help defray the expenses. I look foreward to the opportunity to sit down with the authorities and refine these ideas to our mutual satisfaction.

In the meantime, I urge that you defeat this proposal, or, at the very least send it back for further discussion.

Robert Epstein

Director, Corn Hill Myriameter

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

192 Winteroth Street

Rochester, New York 14609

\*\*\*\*\* Phone (716) 694-8991 \*\*\*\*\*

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.)

LOCAL EVENTS CALENDAR

Mar. 9 11:00 a.m. Freezeroo #7, Greece Glacial 8 Mi., Greece Arcadia High School. Tim McAvinney, 865-1244. \$2.  
 Mar. 16 12:00 Run for the Shamrocks 5 Mi., Holiday Inn, Downtown. Bob Schaefer, at Altiers, 424-5650. \$5 pre, \$6 post.  
 Mar. 23 9:00 a.m. Finale of the Wellness Fair 5k, sponsored by Medical Personnel pool at RIT Campus track. Tanya, 454-4930. \$5 pre, \$6 post. T-shirts to all. Proceeds to a local charity. Entry forms at all YMCAs.  
 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 entrants.  
 Apr. 5 9:30 a.m. Low Key 4 Marathon, Mendon Ponds Park. Bill Kehoe, 654-8991. \$3 pre includes T-shirt, \$5 post.  
 Apr. 13 10:00 a.m. St. Boniface 5 Mi., Gregory St. Joe Gagne, 473-4532. \$5 by 4/6, \$7 post. Mugs to all.  
 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. 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., Toth's Sports, 3000 South Winton Rd., Lanes, Toth, 427-7500(W), 924-7709(H). \$5 pre, NO POST REGISTRATION.  
 Apr. 21 1:00 p.m. 5th Annual Ted Curtis Memorial 5 Mi., Geneva Recreation Ctr. Mike Feligno, 789-2780(H). \$5 pre, \$6 post. T-shirts to all. Proceeds to sight & hearing programs sponsored by Geneva Lions Club.  
 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).  
 Apr. 27 Lake Ontario 4 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.  
 May 5 10:00 a.m. Avon Lions Club 5 Mi., Avon Middle School, corner of Hal-Bar Rd. & Clinton St. George Herrell, 442-1351(W), 226-2108(H). \$5 pre, \$7 post.  
 May 11 10:00 a.m. 7th Annual Clifton Springs Hospital & Clinic 4.4 Mi. Run for Health. Baird Couch, 315-462-1345(W), 315-986-2424(H). \$4 pre, \$5 post.  
 May 12 Compeer 10k. Therese Ferland, 461-9699.  
 May 17 6:30 p.m. Williamson Apple Blossom Special 10k, Middle School. Jim & Carol May, 671-1880(W), 315-589-8252(H). \$4 pre, \$5 post. Lilac Volunteers \$2. T-shirts to first 200 entries. Apple trees to overall winners.  
 May 19 10:00 a.m. Manufacturers Hanover Lilac 10k. Ross Rider, 442-7762(H).  
 May 24 6:30 p.m. Park Avenue 5 Mi., Cobbs Hill Recreation Center. Gee Gee & Darrel Champion-Fritz, 461-2375(H). \$3 pre, \$4 post. Children's 1 Mi. Race at 5:30 p.m., 50¢.  
 June 1 Rochester Psychiatric Center 10k & 2 Mi. Fun Run. Mark Smith, 436-5489(W), 889-5476(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 4 Marathon by 4/20.  
 June 2 9:00 a.m. Colonial Days 5 Mi., Southeast YMCA, Pittsford. Lisa Marx, 385-4665(W). \$5 by 5/30, \$6 post.  
 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. GRFC 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 9:00 a.m. Lyons National Bank 5k & 10k, Lyons Central School. Rick Wadsworth, 315-946-4871(W), 315-946-3369(H). \$5 pre, \$6 post. T-shirts to all. Call for family rates.  
 June 15 10:00 a.m. John Laico 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 16 1:00 p.m. Red Wings Run, Silver Stadium. Bill Terlecky, 467-3000 or 323-2824.  
 June 22 9:00 a.m. Camp Good Days 5k & 10k, Monroe Community College. Sgt. Joe Genier, 428-5510(W), 46707470(H). Special Kids Run.  
 June 22 11:00 a.m. Coaches A.A. Races 5k - 15k, Newark Community Center. Dale Ladd, 315-331-9150(W), 315-462-9087(H). T-shirts to first 200 entrants.  
 June 23 Feels Great Women's Run.  
 June 25 6:00 p.m. GRFC Summer Track Meet #3. #2 is on June 18.  
 June 30 8:30 a.m. Livonia Fresh Air 5 Mi. Race & Fun Run. Keith & Jane Noyes, 367-3263. \$5 pre, \$6 post.

July 2 6:00 p.m. GRFC Summer Track Meet #4.  
 July 4 9:00 a.m. Irondequoit 10k (certified) & 2 Mi. Fun Run. Irondequoit Town Hall. Dave Heeks, 235-1000 x5529(W), 266-6474(H).  
 July 9 6:00 p.m. GRFC Summer Track Meet #5.  
 July 13 9:00 a.m. 7th Annual Dutchman 10k, Marion Town Park. Chuck & Marlene Martin, 315-926-5738(H). \$4 by 7/10, \$5 post.  
 July 16 6:00 p.m. GRFC Summer Track Meet #6.  
 July 23 6:00 p.m. GRFC 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. GRFC Summer Track Meet #8.  
 Aug. 6 GRFC Summer Picnic.  
 Aug. 10 9:30 a.m. Macedon Minuteman 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. 7 9:30 a.m. 8th Annual Heritage Day 5 Mi. Race & 2 Mi. Fun Run, Marion Elementary School. Chuck & Marlene Martin, 315-926-5738(H). \$4 by 9/4, \$5 post.  
 Sept. 14 Palmyra Canal Town Days 15k. Jamie Hemmings, 377-3200(W), 315-597-5585(H).  
 Sept. 14 10:00 a.m. Glen Iris Inn 4 Marathon, Letchworth State Park. Ellen B. Schmitt, 493-2611(W). \$5.  
 Sept. 22 10:00 a.m. Run for Youth 10k, Greece Town Mall. M. Streicher, 663-0200. \$6. Proceeds to Town of Greece Youth Board.  
 Sept. 28 10:30 a.m. Churchville Youth Assoc. 10k, Churchville Park. Joe Steinwachs, 254-1100 x208(W), 293-2434(H). \$5 by 9/20, \$6 post. Children's (14 & under) 5k at 9:30 a.m.  
 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. 6 Henrietta 7 Miler, Henrietta Memorial Park, 475 Calkins Rd. Jane Iaculli, 334-7700(W), 359-2540(H).  
 Oct. 12 Stroh's Run for Liberty II, Silver Stadium. Bill Kehoe, 654-8991.  
 Oct. 27 9:30 a.m. United Cerebral Palsy Halloween 5k, Long Ridge Mall. Janet Van Landingham, 442-8580(W). \$5 by 10/21, \$7 post.  
 Oct. 27 10:30 a.m. UVC Halloween 10k. As above.  
 Nov. 3 6:45 a.m. 4th Annual Liac 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., Mendon Ponds Park. Bill Quinlisk, 473-1130(W).

OUT-OF-TOWN EVENTS

Mar. 10 2:00 p.m. Southern Tier Road Runners Assoc. Polar Bear Challenge 5 Mi. at Bradford Main St. Square, Pennsylvania. 814-368-4794.  
 Mar. 24 10:00 a.m. Polar Bear Challenge 7 Mi. at Cuba High School. 716-968-2335.  
 Mar. 30 10:30 a.m. 30k Around the Bay Road Race, Box 284, Station A, Hamilton, Ontario L8N 3C8, Canada. Closing date: March 22. This is Canada's oldest road race, started in 1894, directed by Hamilton Olympic Club, sponsored by the City of Hamilton and the Ontario Track and Field Club.

MISCELLANEOUS RESULTS:

December, 1984

Syracuse Chargers Meet, December 22, 1984

50 Meter Dash

|              |     |         |
|--------------|-----|---------|
| Ken Hudson   | 6.2 | (30-34) |
| Tony Alfieri | 6.4 | (40-44) |
| Rick Guido   | 6.7 | ( " )   |

December 2, 1984

Baltimore Maraton:

|                |         |
|----------------|---------|
| Korleen Wright | 3:52.01 |
| John HInd      | 4:05.12 |

300 Meter Dash

|               |      |                         |
|---------------|------|-------------------------|
| Mike VanAuker | 38.5 | (35-39)                 |
| Rick Guido    | 40.4 | (40-44) Master's record |
| Tony Alfieri  | 40.8 | ( " )                   |
| Darryl Green  | 41.2 | (20-29)                 |

45 Meter HH

|            |     |                              |
|------------|-----|------------------------------|
| Ken Hudson | 7.5 | (30-34) Senior's Club record |
|------------|-----|------------------------------|

Long Jump

|               |            |
|---------------|------------|
| Mike VanAuker | 17' 5 1/2" |
| Tony Alfieri  | 15' 2 1/2" |

4x400 Relay

2000

|               |               |
|---------------|---------------|
| Ken Hudson    | 3:40          |
| Gary Tirrany  |               |
| Mike VanAuker |               |
| Rick Guido    |               |
| Bill Hossler  | 10.40 (40-44) |
| Brad Miller   | 11:11 ( " )   |
| Beryl Skelton | 12:16 (50-54) |

1000

|               |      |
|---------------|------|
| Dale Ladd     | 2:24 |
| Beryl Skelton | 3:49 |

Shot Put

|                |            |         |                     |        |                      |
|----------------|------------|---------|---------------------|--------|----------------------|
| Fred Reutbusch | 42' 3 1/2" | (30-34) | 35 lb. weight throw | 32' 1" | Senior's Club record |
|----------------|------------|---------|---------------------|--------|----------------------|

1985:

Nora Frank: 1/5/85 -- Miami Marathon 3:57  
 1/12/85 Dayton Marathon 3:57  
 1/18/85 Montego Bay, Jamaica 4:33 (#250) (Cisilyn - Nora says to tell you Jamaica is beautiful but hot!)

OFFICIAL ENTRY BLANK March 31, 1985  
 BROCKPORT 10K KICK AND 5K FITNESS RUN SUNDAY  
 S.U.C. BROCKPORT, BROCKPORT, NEW YORK 10K Kick - 2:30 p.m.  
 5K Fitness Run - 1:30 p.m.

SPONSORED BY: G.P.W.C. Brockport Women's Club  
 Brockport-Sweden-Clarkson Joint Recreation Commission  
 Proceeds to be donated to local charities

SANCTIONED BY: Track Athletic Congress - A.A.U. - Niagara Association

ENTRY FEE: 10K: \$5.00 postmarked by March 23, 1985  
 \$6.00 DAY OF RACE in the ICE RINK  
 Registration will be open at 12:00 pm and close at 2:15 pm  
 5K: \$1.00  
 Registration will be open at 12:00 pm and close at 1:15 pm  
 Entry fee is tax deductible.

10K AWARDS: Trophies to first through fifth overall finishers.  
 Trophy to first-place overall female.  
 Trophies to first through third place in each division.  
 T-shirts to the first 250 entries received.  
 Door prizes to be drawn at random from 5K and 10K entries.  
 AWARD CEREMONY will be in the ICE RINK at 4:00 p.m. DAY OF RACE.  
**AWARDS TO TOP 10% EACH AGE GROUP.**  
 Roadway flat with some rolling hills. The START is located at the  
 Special Olympic Fountain on New Campus Drive, S.U.C. Brockport,  
 Brockport, New York. RUN West on New Campus Drive to Redman Road,  
 turn North on Redman Road to Holley Street, turn East on Holley  
 Street to Kenyon Street, turn South on Kenyon Street to Allen  
 Street and follow the roadway through the Brockport Central School  
 area to Hartsborn Place. RUN South on Hartsborn to Routs 31A, go  
 West on Routs 31A to Redman Road and go Redman Road to New Campus  
 Drive. East on New Campus Drive to Parking Lot A1, go South  
 through parking lot A1, following road in front of Special  
 Olympic Stadium continuing around to New Campus Drive and turn  
 West on New Campus Drive to the FINISH LINE at Prometheus Statue  
 (In front of Administration Building). The 5K Fitness Run Course  
 will be posted the day of the race.

COURSE: (Continued from previous block)

FACILITIES: Restrooms available in front of the Special Olympics Stadium  
 (No showers - No lockers)

If arriving for the race after 1:30 pm, enter the campus by way of  
 Route 31A to Redman Road to avoid 5K race congestion.

**TEAR OFF AND RETURN**

DIVISION: (Please check ONE)

|                                 |                                  |                  |
|---------------------------------|----------------------------------|------------------|
| _____ MEN HIGH SCHOOL           | _____ 10K Kick                   | _____ 5K Fitness |
| _____ MEN OPEN (19-29)          | _____ WOMEN HIGH SCHOOL          |                  |
| _____ MEN INTERMEDIATE (30-34)  | _____ WOMEN OPEN (19-29)         |                  |
| _____ MEN SENIOR (35-39)        | _____ WOMEN INTERMEDIATE (30-34) |                  |
| _____ MEN MASTER (40-49)        | _____ WOMEN SENIOR (35-39)       |                  |
| _____ MEN VETERAN (50 & Up)     | _____ WOMEN MASTER (40-49)       |                  |
| _____ YOUTH (8th grade & Under) | _____ WOMEN VETERAN (50 & Up)    |                  |
|                                 | _____ WHEELCHAIR                 |                  |

LIABILITY: In consideration of my being accepted as a participant in the  
 Brockport 10K Kick or/and the 5K Fitness Run, I intending to be  
 legally bound, for myself, heirs, executors and administrators,  
 waive and release, and forever discharge any and all rights and  
 claims for damages which may result from activities sponsored  
 by the Brockport Women's Club and the Brockport-Sweden-Clarkson  
 Joint Recreation Commission. This waiver includes claims against  
 the Brockport Women's Club and the Brockport-Sweden-Clarkson Joint  
 Recreation Commission, their agents and employees.

SIGNATURE (Parent/Guardian if under 18) Print participant's Name Telephone Number

ADDRESS CITY STATE ZIP CODE

MAIL ENTRIES TO: Brockport 10K Kick, P.O. Box 139, Brockport, New York 14420  
 MAKE CHECKS PAYABLE TO: Brockport 10K Kick QUESTIONS: Call 637-2306

T.A.C. Registration Number (If Affiliated)

Where did you obtain this form?

| NAME | # | CHURCHVILLE<br>10K | MENDON<br>5M | MENDON<br>7.6M | WINTERFEST<br>5M | CHILI<br>10K |
|------|---|--------------------|--------------|----------------|------------------|--------------|
|------|---|--------------------|--------------|----------------|------------------|--------------|

**WOMEN 17 & UNDER**

|                  |     |         |         |     |         |     |
|------------------|-----|---------|---------|-----|---------|-----|
| CARR, ELIZABETH  | 64  | ---     | 39:52-1 | --- | 36:11-1 | --- |
| SHAVER, JENNIFER | 449 | 44:36-1 | ---     | --- | ---     | --- |

**WOMEN 18-29**

|                   |     |         |                                |         |         |         |
|-------------------|-----|---------|--------------------------------|---------|---------|---------|
| CENTNER, CAROLINE | 195 | ---     | 39:23-3                        | 61:45-3 | 39:32-3 | ---     |
| DE JOY, KATHLEEN  | 196 | 58:05-4 | 55:07-5                        | 00:45-5 | ---     | 61:32-4 |
| DEMOUIN, PATTY    | 199 | 47:47-2 | ---                            | ---     | ---     | ---     |
| L'HAMMEDIEN, C.   | 200 | 49:35-3 | 43:00-4                        | 67:00-4 | 40:57-4 | 54:53-3 |
| WATTS, MARIA      | 197 | ---     | 32:45-1                        | 51:34-1 | 82:39-1 | 41:15-1 |
| WEIDOR, BETH ANN  | 198 | 46:45-1 | 37:59-2                        | 59:15-2 | 36:07-2 | 45:56-2 |
|                   |     |         | # OVERALL<br>WOMENS<br>WINNER. |         |         |         |

**WOMEN 30-39**

|                 |     |           |         |           |           |           |
|-----------------|-----|-----------|---------|-----------|-----------|-----------|
| BROWN, CATHY    | 377 | 41:08-3   | ---     | ---       | # 31:16-1 | 39:28-2   |
| BURGESS, JULIE  | 371 | 44:20-4   | 36:43-2 | 56:05-4   | 34:37-4   | ---       |
| KESSLER, SANDRA | 376 | 47:37-6   | 36:56-3 | 67:27-5   | 39:15-6   | 49:41-5   |
| LANG, DEBBIE    | 153 | 56:05-8   | ---     | ---       | ---       | ---       |
| MORTENSEN, ANN  | 372 | ---       | ---     | ---       | ---       | ---       |
| NOWAK, NANCY    | 373 | 44:35-5   | 37:07-4 | 54:17-3   | 35:10-5   | 44:20-4   |
| OSHER, NANCY    | 374 | 40:32-2   | 33:19-1 | # 49:15-1 | 33:20-3   | 41:54-3   |
| THOMAS, JOAN    | 378 | * 39:57-1 | ---     | 49:35-2   | 31:01-2   | * 39:15-1 |
| WALKINGSHAW, B. | 375 | 50:37-7   | ---     | ---       | ---       | ---       |

| NAME | # | CHURCHVILLE<br>10K | MENDON<br>5M | MENDON<br>7.6M | WINTERFEST<br>5M | CHILI<br>10K |
|------|---|--------------------|--------------|----------------|------------------|--------------|
|------|---|--------------------|--------------|----------------|------------------|--------------|

**WOMEN 40-49**

|                 |     |           |         |         |         |         |
|-----------------|-----|-----------|---------|---------|---------|---------|
| ASMUTH, LOU     | 379 | 1:02:56-6 | 50:21-4 | ---     | ---     | ---     |
| GALWAY, ANN     | 161 | 56:20-4   | ---     | ---     | ---     | ---     |
| MULDOON, JUDY   | 119 | 56:45-5   | ---     | 71:59-2 | 45:34-4 | ---     |
| MULGREW, MARION | 380 | 54:40-3   | 46:03-3 | 69:30-1 | 41:37-2 | 53:10-1 |
| SHAVER, MARY    | 111 | 49:06-1   | 30:36-1 | ---     | 40:33-1 | ---     |
| WEYMAN, ARLINE  | 301 | 53:01-2   | 43:40-2 | ---     | 43:40-3 | 53:13-2 |

**WOMEN 50 & OVER**

|               |     |         |         |         |         |     |
|---------------|-----|---------|---------|---------|---------|-----|
| SKELTON, BERN | 171 | 43:20-1 | 37:03-1 | 55:03-1 | 36:01-1 | --- |
| UIELE, DOTTIE | 302 | 53:15-2 | 43:16-2 | 64:23-2 | 41:46-2 | --- |

**MEN 17 & UNDER**

|                 |     |         |         |         |         |         |
|-----------------|-----|---------|---------|---------|---------|---------|
| KESSLER, DAVID  | 384 | 41:52-4 | 34:11-3 | 49:40-2 | 33:42-2 | ---     |
| PLUMERS, DON    | 139 | 37:59-2 | 29:59-2 | ---     | ---     | 39:34-2 |
| SEARLE, JOHN    | 383 | 39:16-3 | ---     | 60:03-3 | ---     | ---     |
| WACKFITE, JASON | 386 | ---     | ---     | ---     | ---     | ---     |
| * YOUNG, SCOTT  | 306 | 35:04-1 | 27:55-1 | 43:41-1 | 28:16-1 | 36:39-1 |

18-29

MEN

| NAME              | #   | CHURCHVILLE 10K | MENDON 5M | MENDON 7.6M | WINTERBOST 5M | CHILI 10K |
|-------------------|-----|-----------------|-----------|-------------|---------------|-----------|
| BARUS, ALAN       | 387 | 37:31-4         |           |             | 29:16-4       | 38:11-10  |
| DAVE, DAVID       | 388 | 38:07-7         | 31:24-6   | 42:37-4     | 30:20-6       | 37:26-7   |
| FARRAR, TOMMY     | 411 |                 | 29:50-5   | 46:40-5     |               | 36:28-5   |
| FETTERLY, LEONARD | 132 | 36:47-2         |           |             |               |           |
| GRANDY, STEVE     | 389 |                 | 34:05-13  | 52:41-12    | 33:47-12      | 42:46-14  |
| HALLAHAN, MIKE    | 390 | 42:18-14        | 32:55-10  | 50:22-9     | 30:11-5       |           |
| HELBIG, GREG      | 391 | 38:05-5         |           | 58:10-16    |               | 37:44-8   |
| KASTNER, JIM      | 409 | 42:18-15        |           |             |               |           |
| KIEL, JEFF        | 392 | 42:48-15        |           |             |               |           |
| LEWIS, MIKE       | 393 |                 | 28:49-3   |             |               | 37:03-6   |
| L'HOMMEDE, AL     | 415 | 41:30-13        | 33:27-12  | 52:44-13    | 32:14-10      | 40:49-13  |
| MCDONOUGH, MAC    | 395 | 40:32-11        | 31:57-7   | 50:57-10    | 32:03-9       |           |
| MILLER, BLUCE     | 410 |                 | 35:11-14  | 57:14-11    | 32:36-13      |           |
| MORRIS, CHARLES   | 394 | 50:38-19        | 37:30-16  | 57:24-17    |               | 36:21-4   |
| MOLARITY, DENNIS  | 397 |                 | 35:57-15  | 53:35-14    |               |           |
| MENNO, RICK       | 397 | 44:44-18        |           | 52:00-15    |               |           |
| MENNY, DAN        | 412 | 43:08-16        |           |             |               |           |
| ORLEN, DAN        | 701 | 39:46-9         |           |             |               |           |
| PAGE, MIKE        | 406 | 36:57-3         | 28:45-1   | 44:42-3     | 30:25-7       | 36:05-2   |
| PLATT, MIKE       | 398 |                 |           | 42:24-18    |               |           |
| REGERS, TOM       | 405 | 37:41-20        |           |             |               |           |
| REISIG, MARK      | 399 |                 |           | 44:06-1     | 28:23-1       | 35:40-1   |
| REITER, HOWARD    | 407 | 36:28-1         | 29:19-4   | 44:25-2     | 29:00-3       | 36:20-3   |
| ROOT, SCOTT       | 402 |                 |           |             |               |           |
| SMASH, PAUL       | 709 | 38:45-8         | 32:18-9   | 50:06-7     | 31:43-8       |           |
| TANGHE, MIKE      | 702 | 43:34-7         | 32:57-11  |             | 22:26-11      | 37:00-11  |
| TATED, PETE       | 404 | 34:59-10        | 32:01-8   | 53:18-8     |               | 46:09-12  |
| LITERISE, MIKE    | 403 | 40:51-12        |           | 46:55-6     |               | 37:44-9   |
| WALL, DAN         | 408 | 38:08-6         |           |             |               |           |

30-34

MEN

| NAME             | #   | CHURCHVILLE 10K | MENDON 5M | MENDON 7.6M | WINTERBOST 5M | CHILI 10K |
|------------------|-----|-----------------|-----------|-------------|---------------|-----------|
| CAROUSE, SCOTT   | 438 | 38:44-13        |           |             |               |           |
| CAWWE, BILL      | 414 |                 |           |             | 31:24-7       | 39:57-5   |
| DEGAN, MATT      | 445 | 38:24-9         | 36:49-9   | 52:39-8     | 32:19-8       |           |
| DUNCAN, BOB      | 416 | 37:03-7         |           |             |               |           |
| ELLIS, BOB       | 155 | 40:28-15        | 32:06-5   |             |               | 41:17-6   |
| GIAIA, EO        | 417 | ???             | 37:38-11  |             | 55:20-10      |           |
| HAWKINS, BILL    | 418 | 36:08-5         |           | 44:31-3     | 31:08-6       | 36:54-4   |
| HAYWARD, GARY    | 443 | 36:38-6         |           |             |               |           |
| HIDER, GLEGG     | 443 |                 | 29:34-3   | 49:48-5     | 29:41-4       |           |
| HODGE, LAWRENCE  | 446 | 46:19-21        | 38:48-13  | 58:38-10    |               | 47:30-10  |
| HORNBY, MIKE     | 442 | 35:46-4         |           | 43:20-2     | 28:10-3       | 34:10-2   |
| HORNBY, JOHN     | 419 | 42:49-19        |           | 54:02-9     | 36:35-11      | 46:32-9   |
| LEWIS, REX       | 421 | 40:03-14        | 32:17-6   |             |               | 42:40-8   |
| MCMULLEN, CHAS.  | 441 | 37:07-1         |           |             | *25:47-1      | 34:23-3   |
| MCMULLEN, JACK   | 440 | 47:34-22        |           |             |               |           |
| MILWOOD, GARY    | 448 | 41:27-17        | 34:28-8   |             |               |           |
| MENNY, TOM       | 424 | 38:38-12        | 31:18-4   |             | 30:08-5       |           |
| NOTES, KETH      | 427 | 43:23-20        |           |             |               |           |
| PAWELSKI, JERRY  | 428 | 51:43-24        | 42:54-14  | 82:28-14    | 42:36-16      | 55:10-12  |
| PERAIN, PAUL     | 429 | 34:23-3         | *27:40-1  | *42:35-1    | 27:36-2       | 34:06-1   |
| PIWASKI, MIKE    | 430 | 42:07-18        | 52:24-7   |             |               |           |
| PILOS, STEVE     | 431 |                 |           |             |               |           |
| RESAN, SCOTT     | 444 |                 |           |             |               |           |
| RYSZAK, JOHN     | 432 | 56:50-24        | 46:21-16  | 68:38-13    | 37:52-14      |           |
| SCHUMER, BOB     | 433 |                 | 61:38-11  |             | 38:01-12      |           |
| SEELMAN, JIM     | 434 | 38:20-8         |           | 47:40-4     |               |           |
| TOMLINSON, HARRY | 437 | 47:57-23        | 38:44-12  |             | 39:16-13      |           |
| WADE, KEN        | 439 | 53:47-25        | 44:30-15  | 66:05-12    | 39:53-15      | 63:06-11  |
| WENSEL, STEVE    | 435 |                 | 32:31-7   | 50:40-6     | 32:37-9       | 42:07-7   |
| YORIO, JIM       | 436 | 40:58-16        |           |             |               |           |
| YARD, RAY        | 437 | 38:29-11        | 28:24-2   |             |               |           |

\* OVERALL MENS WINNER

MEN 35-39

| NAME             | #   | CHURCHVILLE 10K | MENDON 5M | MENDON 7.6M | WINTERBOST 5M | CHILI 10K |
|------------------|-----|-----------------|-----------|-------------|---------------|-----------|
| BROOKS, GREG     | 486 | 35:10-2         | 28:07-2   | 48:21-1     | 27:57-2       | 35:00-1   |
| CAK, TOM         | 441 | 30:56-8         | 31:01-4   |             | 36:17-14      |           |
| CHAMBERS, BOB    | 462 | 31:30-23        | 46:56-20  | 69:12-17    |               | 56:44-18  |
| DEWIS, JOHN      | 463 | 44:24-15        | 36:18-13  | 57:38-9     | 33:19-9       | 52:47-6   |
| FATULA, JIM      | 464 |                 | 68:19-16  | 59:24-17    |               | 50:41-11  |
| FISHER, CHARLIE  | 465 | 43:14-13        | 29:26-3   | 45:49-2     | 35:23-13      |           |
| GRIMM, RON       | 466 |                 |           | 54:40-7     | 30:50-5       | 37:06-3   |
| GROSS, DAVE      | 467 | 38:25-5         |           |             |               |           |
| HARTER, FRED     | 468 | 44:43-16        |           |             |               |           |
| HENRY, BILL      | 488 | 48:49-21        |           |             |               |           |
| HOPKINSON, TOM   | 469 | 39:43-9         | 31:51-9   | 49:16-6     | 31:57-8       |           |
| JOHNSON, RANDY   | 470 | 37:20-3         | 31:55-8   | 47:15-3     |               |           |
| KESLER, DAVID    | 484 |                 | 31:07-6   | 54:42-10    | 31:55-7       | 45:49-7   |
| KEYES, BRIAN     | 152 | 40:21-11        | 38:17-10  |             |               |           |
| KULOWSKI, BOB    | 172 |                 |           |             |               |           |
| LITTLE, JOHN     | 485 | 42:18-12        | 34:32-11  | 54:06-8     | 34:07-10      |           |
| LOMBARD, PAUL    | 472 | 38:41-7         |           |             |               | 38:18-4   |
| MACGREGOR, BILL  | 473 | 44:07-14        | 37:15-14  |             | 38:12-12      | 46:48-4   |
| MIKOLENKO, BILL  | 173 |                 |           |             |               |           |
| MURPHY, BILL     | 475 | 51:36-24        | 42:14-19  | 63:38-15    | 40:48-18      | 51:55-12  |
| MURPHY, JIM      | 477 | 47:58-20        | 37:53-15  | 61:11-13    | 37:37-15      |           |
| NEMANI, JOHN     | 174 |                 | 31:20-7   |             |               | 37:27-2   |
| PARKER, BUD      | 489 |                 |           |             |               |           |
| PECK, STEVE      | 479 |                 |           |             |               |           |
| ROSS, TERRY      | 478 |                 |           |             |               |           |
| ROHM, CHARLES    | 479 |                 |           |             |               |           |
| RYAN, TOM        | 103 | 37:49-10        | 39:18-17  |             |               |           |
| SCHLO, BREE      | 108 | 38:31-6         | 31:06-5   | 47:56-4     | 30:35-4       | 38:35-5   |
| TAMKO, CHARLES   | 100 | 46:06-17        | 38:30-16  | 60:26-12    | 37:54-16      | 48:35-10  |
| TRESLANOVY, MAVE | 481 | 39:12-1         | 27:31-1   |             | 27:28-1       |           |
| UMALNER, DICK    | 483 | 46:38-19        | 39:46-18  |             | 36:58-15      | 45:48-8   |
| WALLER, JIM      | 107 | 50:06-32        |           | 63:05-14    |               |           |
| ZARAK, CRAIG     | 482 | 46:29-18        | 36:09-12  | 55:15-11    | 34:37-11      |           |

MEN 40-44

| NAME            | #   | CHURCHVILLE 10K | MENDON 5M | MENDON 7.6M | WINTERBOST 5M | CHILI 10K |
|-----------------|-----|-----------------|-----------|-------------|---------------|-----------|
| ARTE, PETER     | 468 | 40:49-10        |           | 53:14-9     | 32:27-5       | 48:23-2   |
| ASMUTH, KEN     | 469 | 1:00:11-21      |           |             |               |           |
| DAUGHERTY, DAVE | 470 | 45:20-17        |           | 58:09-15    | 37:17-14      |           |
| FERRIS, JIM     | 154 | 35:28-1         | 28:41-1   | 45:14-2     | 28:57-1       |           |
| HALL, ANDREW    | 471 | 45:26-18        |           |             | 35:50-12      | 45:23-7   |
| HENRY, JIM      | 472 | 47:42-19        | 38:40-10  | 57:07-14    | 38:47-15      | 46:57-9   |
| HILL, BLUCE     | 482 | 39:57-6         | 32:11-5   | 50:28-4     | 32:01-3       | 40:48-5   |
| HOOVER, JOHN    | 162 | 43:28-14        |           |             | 35:39-11      |           |
| HULLETT, AL     | 473 | 46:43-8         | 33:34-7   |             | 32:17-4       | 40:34-3   |
| KILLIAN, PAUL   | 474 | 42:05-12        | 34:03-8   | 51:52-6     | 34:08-9       |           |
| KREILY, HERB    | 493 | 39:35-4         | 32:26-4   |             |               |           |
| LEGER, LEN      | 496 |                 |           |             |               |           |
| LEVINSON, MEL   | 110 | 36:22-2         | 29:44-2   | 44:46-1     | 29:40-2       |           |
| LOVSEN, GARY    | 475 | 40:46-9         | 33:26-6   | 52:11-7     | 32:35-7       | 40:41-4   |
| MCDWELL, JACK   | 106 | 41:20-11        |           | 52:16-8     |               | 40:08-1   |
| NOLAN, MARK     | 476 | 44:32-16        | 34:46-9   | 54:15-11    | 34:37-10      |           |
| PALMER, JIM     | 112 | 39:23-3         | 37:28-11  | 49:59-3     | 32:33-6       |           |
| SAPLER, GERRY   | 477 | 49:39-20        | 40:09-12  | 55:49-12    |               | 48:36-10  |
| SANDERS, JIM    | 494 | 42:55-13        | 40:17-7   |             |               |           |
| SMITH, MARSHALL | 490 | 37:37-5         | 33:32-10  | 53:32-10    |               |           |
| WELLS, DAVE     | 491 | 44:06-15        | 32:04-3   | 51:47-5     | 33:44-8       | 42:01-6   |
| WILLARD, STEVE  | 495 |                 |           | 56:34-13    | 36:48-13      | 46:14-8   |



1985 NIAGARA ASSOCIATION TAC OPEN INDOOR TRACK AND FIELD CHAMPIONSHIPS

FOR MEN AND WOMEN

THE WOMEN'S MEET BEING ENTITLED THE RUTH MOLS MEMORIAL

SUNDAY, MARCH 17, 1985 at MANLEY FIELD HOUSE,  
SYRACUSE UNIVERSITY, SYRACUSE, NY

SPONSORED BY  
TOPS FRIENDLY MARKETS  
SYRACUSE UNIVERSITY

AND  
THE SYRACUSE CHARGERS TRACK CLUB

MEET RUN SIMULTANEOUSLY WITH THE NIAGARA TAC MASTERS AND SUB-MASTERS CHAMPIONSHIPS

TIME SCHEDULE

(Women's Running Events Precede Men's; Open Running Events Precede Masters and sub-Masters; Timed Finals For Events 300 And Over)

|               |                                       |          |   |
|---------------|---------------------------------------|----------|---|
| 10:30 AM      | 3000M Race Walk                       | 10:00 AM | Long Jump (Men 1st)                       |
| (followed by) | 50M HH Trials                         |          | High Jump (Women 1st)                     |
|               | 50M Dash Trials                       |          | Shot Put (16 lb. Men, 1st;<br>4 KG Women) |
|               | 1500M Finals                          |          | Triple Jump (Follows<br>Long Jump)        |
|               | 50M HH Finals                         |          | Pole Vault (Follows<br>Shot Put)          |
|               | 600M Finals                           |          | Track Events Supercede<br>Field Events    |
|               | 50M Finals                            |          |   |
|               | 1000M Finals                          |          |   |
|               | 300M Finals                           |          |   |
|               | 3000M Finals                          |          |   |
|               | 1600 Relay                            |          |   |
|               | 3200 Relay                            |          |   |
|               | Sprint Medley Relay (400-200-200-800) |          |   |

SEE REVERSE SIDE FOR ADDITIONAL INFORMATION

MEN 45-49

| NAME             | #   | CHURCHVILLE<br>10K | MENDON   | MENDON   | WINTERFEST | CHILI    |
|------------------|-----|--------------------|----------|----------|------------|----------|
|                  |     |                    | 5M       | 7.6M     | 5M         | 10K      |
| ALLEN, ED        | 497 | 44:23-9            | 36:17-8  | 59:11-12 | 35:14-8    | 44:56-8  |
| BACKINRIDGE, D.  | 498 | 39:24-2            | 33:08-5  | ---      | ---        | 40:55-4  |
| CLIFFEL, EARL    | 499 | 42:32-7            | 35:07-4  | ---      | 34:30-6    | ---      |
| COCHRANE, DON    | 104 | 56:44-17           | ---      | ---      | 44:18-12   | 60:42-13 |
| ERSTEIN, BOB     | 500 | ---                | 31:13-1  | 48:04-2  | 21:07-2    | ---      |
| FETTERLY, BERNIE | 138 | 39:36-3            | ---      | 46:50-1  | 39:21-1    | 38:34-1  |
| GAGNE, JOE       | 194 | 45:24-12           | 37:56-11 | 55:13-9  | 34:14-5    | 43:39-7  |
| GREENE, DICK     | 193 | 39:33-1            | ---      | ---      | ---        | ---      |
| HEEKS, DAVE      | 192 | 43:37-8            | ---      | 54:22-7  | 34:57-7    | 43:25-6  |
| MC EULLY, BILL   | 191 | 54:29-16           | 46:44-13 | 70:23-14 | ---        | 56:00-12 |
| MCNAMARA, JIM    | 190 | 43:11-11           | 35:42-7  | 54:56-8  | 35:48-9    | 43:14-5  |
| MILLER, BOB      | 189 | 39:50-4            | ---      | 51:10-5  | 33:39-4    | 40:37-2  |
| NEUMEYER, MIKE   | 189 | ---                | 41:31-12 | ---      | ---        | ---      |
| RUSH, KENT       | 188 | 40:40-6            | 32:50-3  | 50:08-3  | 31:54-3    | 40:50-3  |
| SCHRYVER, TOM    | 187 | 45:45-4            | 37:27-10 | 58:47-11 | 36:52-11   | 47:14-10 |
| SHAW, ROD        | 186 | ---                | 32:25-2  | 51:33-4  | ---        | ---      |
| SIMMONS, GENE    | 185 | 40:11-5            | 33:02-4  | 51:42-6  | ---        | ---      |
| STANTON, JIM     | 184 | 46:26-15           | ---      | 61:04-13 | 37:10-12   | 48:04-11 |
| VAN RITTE, DOUG  | 183 | 44:46-10           | 36:21-9  | 57:22-10 | 35:49-10   | 45:35-9  |
| YETTER, AL       | 182 | 45:35-13           | ---      | ---      | ---        | ---      |

MEN 50 & OVER

| NAME            | #   | CHURCHVILLE<br>10K | MENDON  | MENDON  | WINTERFEST | CHILI   |
|-----------------|-----|--------------------|---------|---------|------------|---------|
|                 |     |                    | 5M      | 7.6M    | 5M         | 10K     |
| BARBOND, GAIL   | 455 | 40:30-1            | 33:24-1 | 51:19-1 | 32:48-1    | 41:06-1 |
| BOOMER, JAMES   | 458 | ---                | 57:40-9 | 77:48-9 | 45:41-5    | ---     |
| BURKE, JOHN     | 460 | 42:09-2            | 34:57-3 | ---     | 33:36-2    | 42:22-2 |
| DEL POLO, JOE   | 459 | 49:39-6            | 39:49-6 | 66:30-7 | ---        | 52:05-5 |
| FEASEY, RAY     | 457 | 42:46-4            | 35:54-4 | 53:55-2 | 34:32-3    | 43:02-3 |
| HALL, FRANCIS   | 168 | 50:04-7            | ---     | ---     | ---        | ---     |
| MCNALLY, DON    | 450 | 57:01-9            | 45:07-8 | 66:17-6 | ---        | ---     |
| ROBINSON, TED   | 451 | ---                | ---     | ---     | ---        | ---     |
| SATAAN, DICK    | 452 | ---                | ---     | 67:00-8 | ---        | ---     |
| STABINS, ED     | 453 | 53:04-8            | 42:48-7 | 64:25-5 | ---        | 53:55-4 |
| SWIFT, PETER    | 456 | 42:42-3            | 34:40-2 | 55:18-3 | ---        | ---     |
| TILLSON, GEORGE | 454 | 44:49-5            | 36:35-5 | 57:45-4 | 36:00-4    | 45:11-4 |

1985 NIAGARA TAC SENIOR TRACK AND FIELD CHAMPIONSHIPS  
ENTRY BLANK (NOT A MASTERS OR SUB-MASTERS ENTRY BLANK)

Name \_\_\_\_\_ Team \_\_\_\_\_  
Please enter me in the following events (marked with an "X" for which I have enclosed the correct entry fee.)

| MEN                                | BEST EFFORT IN PAST YEAR | WOMEN                              | BEST EFFORT IN PAST YEAR |
|------------------------------------|--------------------------|------------------------------------|--------------------------|
| _____ 50m. dash _____              |                          | _____ 50m. dash _____              |                          |
| _____ 300m. dash _____             |                          | _____ 300m. dash _____             |                          |
| _____ 600m. dash _____             |                          | _____ 600m. run _____              |                          |
| _____ 1000m. run _____             |                          | _____ 1000m. run _____             |                          |
| _____ 1500m. run _____             |                          | _____ 1500m. run _____             |                          |
| _____ 3000m. run _____             |                          | _____ 3000m. run _____             |                          |
| _____ 3000m. walk _____            |                          | _____ 3000m. walk _____            |                          |
| _____ 50m. high hurdles(42") _____ |                          | _____ 50m. high hurdles(36") _____ |                          |
| _____ Triple Jump _____            |                          | _____ Long Jump _____              |                          |
| _____ Long Jump _____              |                          | _____ Shot Put _____               |                          |
| _____ High Jump _____              |                          | _____ High Jump _____              |                          |
| _____ Pole Vault _____             |                          | _____ Triple Jump _____            |                          |
| _____ Shot Put _____               |                          |                                    |                          |

(list no more than 8 per relay team)

\_\_\_\_\_ Team Entry for 3200m Relay (M or W) 4 of whom must run)

\_\_\_\_\_ Team Entry for 1600M Relay (M or W)

\_\_\_\_\_ Team Entry for Sprint Medley Relay (M or W)

**ENTRY INSTRUCTIONS  
NIAGARA TAC INDOOR SENIOR TRACK & FIELD CHAMPIONSHIPS**

**ELIGIBILITY** The meet is open to all women aged fourteen and over and to all men who are registered amateur athletes recognized by the Niagara TAC. All athletes must have a valid TAC card (one which expires on 12/31/85). If you are not now a member of the Niagara TAC, you may purchase a TAC card at the meet site.

**ENTRY FEE** You must include the correct fee when submitting your entry form. The entry fee is \$1.00 per event and \$4.00 per relay team until March 9, 1985, and \$2.00 per event and \$6.00 per relay after March 9, 1985. Post entries will be accepted at the meet site until 10:15 A.M.

**PARTICIPATION** Women may enter a maximum of four events. Men may enter an unlimited number of events.

**SITE** Manley Field House has a 200 meters per lap, 6 lanes, synthetic track. 4" and 3/8" spikes are allowed. No spikes are allowed in the high jump or shot put. Lockers are not available. Changing rooms and showers are available for both men and women. Manley is at the corner of Comstock Ave. and Colvin St. From Rt. 91 Take the Brighton Ave. Exit. Turn right on either State St. or Salina St., and right on Colvin. Parking is available. No spikes at Pole Vault.

**AWARDS** Niagara TAC Senior medals to top three in each event. Niagara TAC Team medals to the four members of the top three relay teams. Team trophies will be awarded the first three place mens and the first three place womens team.

**SCORING** 5-3-2--1 for individual events and for relays.

**RELAYS** Relay teams are for official TAC clubs only. No unattached teams and no non-TAC teams will be eligible to compete.

**CHECK-IN-AREA** All athletes must report to the clerk at the check-in area no later than 15 minutes before their scheduled event. Failure to do so will result in your being scratched from the event.

**RESULTS** Meet results will be announced as they become available. Complete results will be mailed to one representative from each team.

-----  
In consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, executors, and administrators, waive, release and forever discharge any and all rights and claims for damages, which may have or which may hereafter accrue to me against Syracuse University, Niagara TAC, Tops Friendly Markets, Syracuse Chargers, officers, officials, members games director, and/or agents, representatives or successors, and/or assigns for any and all damages which may be sustained and suffered by me in connection with entry in said meet.

(Signature of parent, if under 18)

NAME \_\_\_\_\_  
please print  
ADDRESS \_\_\_\_\_ TAC CLUB affiliation \_\_\_\_\_  
CITY \_\_\_\_\_ ZIP \_\_\_\_\_ TAC # \_\_\_\_\_

SEND ENTRIES TO: Niagara TAC Indoor Track & Field Championships  
c/o Syracuse Chargers Track Club  
700 4th Street Att: Nick Wetter  
Liverpool, NY 13008  
Fee: - \$1.00 per event and \$4.00 per relay before March 9.  
\$2.00 per event and \$6.00 per relay after March 9.  
Make Checks payable to: Niagara TAC

**GREATER ROCHESTER TRACK CLUB**

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

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

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

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

-----  
**GRTC MEMBERSHIP APPLICATION**

Name \_\_\_\_\_ New \_\_\_\_\_ Renewal \_\_\_\_\_

Address \_\_\_\_\_ Home Tel. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Bus. Tel. \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Birthdate \_\_\_\_\_ TAC # \_\_\_\_\_

Occupation or school if student \_\_\_\_\_

For Members Under 18 Years of Age:

Parent or Guardian's Name \_\_\_\_\_

Address \_\_\_\_\_

My Running Interest Is: \_\_\_\_\_

Participation - I can assist with the following GRTC programs:

|                                     |   |  |  |
|-------------------------------------|---|--|--|
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> Fun Runs             | <input type="checkbox"/> Training Runs     | <input type="checkbox"/> Officiating           |
| <input type="checkbox"/> Publicity  | <input type="checkbox"/> Social Runs          | <input type="checkbox"/> Coaching          | <input type="checkbox"/> Track and Field       |
| <input type="checkbox"/> Membership | <input type="checkbox"/> Clinics and Speakers | <input type="checkbox"/> Road Races        | <input type="checkbox"/> Summer Meets          |
|                                     |   | <input type="checkbox"/> Competitive Teams | <input type="checkbox"/> Summer Youth Coaching |

Membership Category:

|   |   |   |
|---|---|---|
| <input type="checkbox"/> \$8.00 Student                                     | <input type="checkbox"/> \$20.00 3yr                          | <input type="checkbox"/> \$25.00 Sponsor        |
| <input type="checkbox"/> \$10.00 Non-Student                                | <input type="checkbox"/> \$25.00 3yr                          | <input type="checkbox"/> \$8.00 Newsletter Only |
| <input type="checkbox"/> \$20.00 Family: List family members and birthdates | <input type="checkbox"/> \$5.00 Summer only (June, July, Aug) |   |

Make checks payable to GRTC.

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