

Keep Track with the **GRTC**

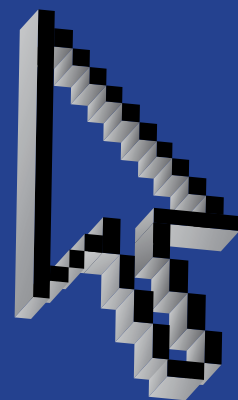
The Greater Rochester Track Club

Rochester, NY

www.grtconline.org

June 2015

THE NEW GRTC SITE IS NOW LIVE



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The GRTC newsletter is the official news-magazine of the Greater Rochester Track Club. Membership in the GRTC entitles one to receive the GRTC newsletter which is published 10 times per year.

Articles and Photos for publication are welcomed and encouraged. Send electronic files to Alex Tong. Photographic files should be in JPG or TIF format.

Race Calendar Information: There is no charge for listing a race on the official Rochester Race Calendar. Send email with all pertinent race information to Matt Davis.

Race Entry Forms can be published in the newsletter for a fee. Send electronic form (in WORD or PDF) to Alex Tong and remit payment of \$30 for single page or \$45 for a two page entry to GRTC c/o Craig Litt, 1042 Ridge Rd., Ontario NY 14519

Advertising from commercial sources will be accepted at the rates listed below. Submit ads via email to Alex Tong.

Size of ad	1 mo.	3 mos.
5" x 7.5" (1/2 page)	\$50	\$135
5" x 3" (1/4 page)	\$25	\$70
3.5" x 2" (business card)	\$15	\$40

Newsletter Deadline is the 1st of the month for inclusion in the issue for the following month. For example, articles and race forms for the April issue must be submitted by March 1.

Available for Rent - Finishing line clock and Chronomix time recorder at \$75 each. Race directors willing to provide GRTC members a \$3 pre-registration race discount can rent the clock and Chronomix for the discounted fee of \$75 for both. Contact a Board member for more info.

GRTC Contacts:

Individuals are listed under Board of Directors.

Online: www.grtconline.org

I like living in Rochester. I went to my college reunion a few weekends ago and talked to people from around the country, had a great time, and called some family members afterwards to talk about it.

Our oldest daughter from St Louis just returned from a 4 day trip to Austin Texas (poor planning) with 2-4 inches of rain, floods, destruction, and an extra 24 hours of airport time getting back. Our other daughter is in California with record droughts alternating with mudslides. My brother in Santa Fe, New Mexico can smell the smoke of the forest fires on their deck! And these people all laugh when WE get snow!

Watching the national news has become the weather and tornado disaster report every night, and makes me realize how good we have it here in Rochester. Though we have a reputation for being cold and snowy, who can't survive a few days of shoveling every year as a tradeoff to no fires, earthquakes, tornadoes, or tsunamis? This all becomes more obvious to me in the summer.

Where else does one find the running opportunities we enjoy here? There is little to keep us from running through all four seasons, and most of us do just that. The summer, though, is the time to really enjoy our sport the most. We are just finishing up another successful GRTC track clinic series at Nazareth College, and everyone there has had a great time. By the time this is in "print" will have completed the Charlie McMullen Mile race to cap that off.

I count 23 June racing events in our calendar to choose from (check them all out). For those lucky enough to have already signed up for The Boilermaker in Utica, the GRTC bus will be a great way to get there in style and enjoy the day with GRTC friends (check our soon to be new web site for details).

Besides the formal races, people are also out in the neighborhoods with their own friends and running groups and the long distance people are well into training for the fall marathon season including Rochester on September 20th, with a brand new course, and the Wineglass on October 4th in Corning.

As this goes to "print," we are starting a regular GRTC members run on the canal on Tuesday nights in Fairport. The first one is June 9th at Perinton Park at 6:15 p.m. This new initiative will give GRTC members a chance to run and socialize together, so come out and join us on Tuesdays this summer. Details to follow within the newsletter.

Running is great fun, a great stress reliever, and a great time to be with friends. Summer is the time of year to take advantage of that. So, the next time someone out of town reminds you how cold the winters in Rochester can be, send them a picture of you running here on a beautiful summer day. Better yet, suggest THEY move HERE. Skip the tornado alley weather worries and get out and take advantage of all the summer running scene in Rochester has to offer. See you out on the road.

Doug Jones
President GRTC



THE OLD GOAT WANTS YOU

to run at Ganondagan on **6/27 at 9 A.M.**

6.6 miles over the river and thru the woods, across the boardwalks,
around beautiful Fort Hill, up and down wicked hills.....

to a champagne finish and pizza party with more than 60 prize drawings
(from the sublime to the ridiculous).

Registration

<https://reg.score-this.com/regx/step1.jsp?eventID=1485>

\$25 before June 21 and \$30 after.

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BLASTS FROM THE PAST

by Tom Perry

1985 Lilac 10K - 28:45!

This month we look back at Rochester's signature 10K road race. From a modest start in 1979, the Lilac 10K grew into a major regional race by the mid-80s. The 1985 race had **2328 official finishers, 515 women and 1812 men**. The course has changed over the years but the fastest time ever run in a Lilac 10K still belongs to John Tuttle who ran his 28:45 while being chased home by four more men under 29 minutes; now that was a competitive field! Tuttle was inducted into the GRTC Hall of Fame in 2007.

Here's the first page of a long profile of John Tuttle from the [June 1985 GRTC Newsletter](#):

Training that paid off **Lilac champ's training secret . . .**

By Ed Closs

John Tuttle gained recognition a year ago as one of the top marathoners in the world as he qualified for the U. S. Olympic team, but he says he couldn't then have run a 10K race the way he did in winning this year's Lilac Run.

The difference is in his training.

The biggest change was to cut down the miles and increase the quality of speed work. He also began training once a week with a partner.

Tuttle's training load is far beyond what even a very competitive age-group runner could do, and his partner is the great Craig Virgin, but Tuttle's training routines provide ideas all of us can use in our own ways.

Tuttle was interviewed at the post-race party at the Red Creek for invited runners and race officials. His thoughts are presented as the first in a monthly series of training tips from runners who have made an impact on the Greater Rochester running scene at many levels.

Some will be big-time, like Tuttle; some will be age-group champions like Derek Frochotte of Rochester, and some will be runners who have learned to deal with injury or who have made impressive improvement even if not on a championship level.

Last year, while preparing for the Olympic Trials, Tuttle was running 120 to 130 miles a week — not just miles but "intense" miles.

Now he is running 85 or 90 miles weekly with a different emphasis.

"What I did last year built the strength base for the kind of training I'm doing now," he explained. "Last year I couldn't have broken 29 minutes for 10K, but if I hadn't built

strength doing that training I couldn't carry the speed work I'm doing today."

So what do a Craig Virgin and a John Tuttle do when they get together each Monday on an Atlanta track?

First they do what they'd advise all runners to do: warm up carefully and do a little stretching. Then they take off.

"We might run six 800s at about 2:10 pace with 200 meters or one minute of jogging in between for rest," Tuttle said.

Then they often do 400s until a total of four or five miles of fast running is completed. They run short intervals at other distances both as mood or training needs dictate.

"The big change in my training this year was to drop the 400 pace from 67 seconds to 63," Tuttle said.

This has been the payoff:

In early April, he ran **28:21** in the Boston Milk Run, finishing second by one second to Sosthenes Bitok — a loss he was eager and able to avenge in Rochester. (You'll read how Bitok trains in another issue of the GRTC newsletter.)

Two weeks later he ran **28:12** in a winning effort in Glasgow, Scotland.

A week later, he outran an international field in Cardiff, Wales, in **27:52** — "My best ever, by far." His Rochester time was **28:45**, and a friend at the table who has followed Tuttle's racing suggested that maybe it was less than an all-out effort. Tuttle disagreed:

"The pace in parts of the race wasn't as fast as it might have been because we had so many people together and it was a tactical race . . . at the finish I was running just as fast as I ever have."

BLASTS FROM THE PAST

1985 Women's Top 10 – five finish under 36 minutes

Place	Overall	Name	Hometown	Category	Time	Pace
1	80	Chris Hughes	Wellesley MA	F25-29	33:45	5:26
2	85	Michele A. Bush	New York City	F20-24	34:02	5:28
3	104	Nancy E. Mieszczak	Buffalo	F35-39	34:58	5:37
4	132	Susan Crowe		F25-29	35:49	5:45
5	136	Inez McLean		F25-29	35:54	5:46
6	144	Joann E. Buckley	Rochester	F20-24	36:05	5:48
7	150	Marilyn A. Hulak	Astoria	F25-29	36:09	5:49
8	157	Ellen Mendel		F25-29	36:16	5:50
9	182	Deb Froelich	Getzville	F20-24	36:43	5:54
10	194	Deresa R. Walters	Rochester	F1-14	37:03	5:57

1985 Men's Top 10 – nine finish under 30 minutes

Only five seconds separated the first four men!

Place	Name	Hometown	Category	Time	Pace
1	John B. Tuttle	Douglasville GA	M25-29	28:45	4:37
2	Bernie A. Prabucki	West Seneca	M20-24	28:47	4:38
3	Sosthenes Bitok	New York City	M25-29	28:48	4:38
4	John Craig	Toronto ON	M30-34	28:50	4:38
5	Edison Wedderburn	West Bromwich	M20-24	28:58	4:39
6	Dan Predmore		M25-29	29:07	4:41
7	Marty Ludkowski	Rochester	M25-29	29:32	4:45
8	Brian Ferrari	Pine Valley	M25-29	29:37	4:46
9	Philip J. Brock	Ithaca	M25-29	29:57	4:49
10	Pete Pfitzinger	Wellseley MA	M20-24	30:05	4:50

*Pete Glavin just missed the 1985 top 10, finishing 3 seconds behind Pfitzinger in 30:08.

Complete 1985 Results: http://www.polymorphs.net/results/lilac/1985_lilac_10k_res.html

1995 Lilac 10K

Ten years later, the Lilac race was going through a rough patch. There were many other races on the calendar and sponsorship dollars were getting scarce. Race entries had declined to less than half the numbers of 1985 with **1146 official finishers, 328 women and 818 men**. Notably, the decline in both entry numbers and race performances was significantly greater for men than women.

1995 Women's Top 10 – four finish under 36 minutes

Place	Overall	Name	Hometown	Category	Time	Pace
1	26	Victoria Mitchell	Cheektowaga	F25-29	33:48	5:26
2	33	Patricia A. Wiegand	Syracuse	F25-29	34:25	5:32
3	39	Lori Hewig	Schenectady	F30-34	35:05	5:38
4	44	Christine C. Cote	Hamilton, ON	F30-34	35:34	5:43
5	47	Loren A. Mooney	Ithaca	F19-24	36:09	5:49
6	58	Beth DeCiantis	Rochester	F30-34	36:43	5:54
7	71	A. Naujokas-Knapp	Rochester	F25-29	37:59	6:06
8	76	Kelley E. Wilder	Victor	F19-24	38:18	6:09
9	81	Jean M. Queal	Watertown	F40-44	38:31	6:12
10	89	Renee M. Rombaut	Greece	F25-29	38:56	6:16

Note: The fastest women's time in a Lilac 10K was **33:09 in 1990 by Kellie Cathey**, Fort Collins, CO.

BLASTS FROM THE PAST

by Tom Perry

1995 Men's Top 10 – one finishes under 30 minutes

Place	Name	Hometown	Category	Time	Pace
1	L'Houssine Siba	Kingston	M19-23	29:31	4:45
2	Bouazza Abidi	New Platz	M19-24	30:00	4:49
3	Mark Smith	Ypsilanti MI	M30-34	30:05	4:50
4	Paul G. Hulme	East Aurora	M25-29	30:12	4:51
5	Kevin R. Collins	Cicero	M19-24	30:40	4:56
6	Scott D. Bagley	Mendon	M30-34	31:03	5:00
7	John Trowse	Auburn	M25-29	31:10	5:01
8	Jeffrey W. Winden	Rochester	M19-24	31:17	5:02
9	Jim M. Nicholson	Oswego	M25-29	31:23	5:03
10	David J. Boutillier	Webster	M25-29	31:29	5:04

Note: L'Houssine Siba won five consecutive Lilac 10Ks, 1993-97. His fastest race was 29:09 in 1997. Complete 1995 Results: http://www.polymorphs.net/results/lilac/1995_lilac_10k_res.html

2005 Lilac 10K

By 2005, the Lilac race was coming back under the sponsorship of Medved Running and Walking Outfitters. Participation in the 10K had stabilized with 1133 official finishers, 449 women and 684 men. The Family 5K added 298 finishers, 151 women and 147 men.

2005 Women's Top 10 – one finishes under 36 minutes

Place	Overall	Name	Hometown	Category	Time	Pace
1	21	Judy Johnson	Manlius	F25-29	35:41	5:44
2	24	Heather A. Webster	Honeoye Falls	F30-34	36:10	5:49
3	32	Christa L. Downey	Fairport	F20-24	37:00	5:57
4	35	Shannon McHale	Marietta	F30-34	37:30	6:02
5	36	Eileen F. Combs	Rensselaer	F25-29	37:40	6:03
6	41	Liz A. Cufari	Pittsford	F15-19	38:07	6:08
7	42	Jennie L. D'Onofrio	Rochester	F20-24	38:24	6:10
8	46	Beth Anne DeCiantis	Rochester	F40-44	38:37	6:13
9	47	Jill I. Skivington	Rochester	F25-29	38:38	6:13
10	49	Kelly B. Dworak	Carlisle PA	F40-44	38:44	6:14

Note: Beth Anne DeCiantis was also the 6th place woman in 1995.

2005 Men's Top 10 – closest finish in race history

Place	Name	Hometown	Category	Time	Pace
1	Tom K. Haxton	Philadelphia PA	M20-24	30:30	4:54
2	Kevin M. Collins	Manlius	M30-34	30:31	4:54
3	Nick Conway	Albany	M30-34	30:40	4:56
4	Zintu Meaza	Peekskill	M25-29	31:24	5:03
5	Jason R. DeJoy	Henrietta	M30-34	31:27	5:03
6	Peter Watson	Lewiston	M25-29	31:42	5:06
7	Jeff Gualrapp	Baldwinsville	M25-29	32:00	5:09
8	David L. Bradshaw	Macedon	M25-29	32:10	5:10
9	Jonathan T. Beck	Fairport	M25-29	32:27	5:13
10	Derrick D. Jones	West Henrietta	M30-34	32:44	5:16

Complete 2005 Results: http://www.polymorphs.net/results/lilac/2005_lilac_10k_res.html

BLASTS FROM THE PAST

by Tom Perry

2015 Lilac 10K – Women

By 2015, combined participation was approaching 2000... still short of the 1985 numbers but very respectable. And, very different from 1985, women were the majority in both races. The 10K had **1035 official finishers with women outnumbering men: 571 women versus 464 men**. The companion 5K added 928 finishers, also with women outnumbering men: 551 women versus 377 men.

2015 Women's Top 10 – one finishes under 36 minutes

Place	Overall	Name	Hometown	Category	Time	Pace
1	13	Hannah Davidson	Fayetteville	F25-29	34:58	5:38
2	24	Laurel Leone	Minoa	F30-34	36:43	5:54
3	29	Trisha Byler	Rochester	F30-34	37:37	6:03
4	31	Ashley Nevol	Andover	F25-29	37:42	6:04
5	37	Kristen Hopfinger	Pittsford	F30-34	38:32	6:12
6	38	Karen Blodgett	Fairport	F35-39	38:37	6:13
7	40	Lynn Youngman	Walworth	F25-29	38:50	6:15
8	42	Sarah Loerch	Rochester	F25-29	39:02	6:17
9	47	Allison Sawyer	Rochester	F25-29	39:40	6:23
10	51	Heather Webster	Honeoye Falls	F40-44	39:47	6:24

2015 Men's Top 10 – one finishes under 30 minutes

Place	Name	Hometown	Category	Time	Pace
1	Kiplangat Tisia	Rochester	M25-29	29:56	4:49
2	Sam Morse	Camden	M30-34	30:35	4:55
3	Abu Kebede	New York City	M25-29	31:21	5:03
4	Alex Brimstein	Plattsburgh	M20-24	31:27	5:04
5	Ryan Millar	Pittsford	M20-24	32:04	5:10
6	Andrew Dionne	Dewitt	M25-29	33:01	5:19
7	David Rappleyea	Henrietta	M25-29	33:47	5:26
8	Kenny Goodfellow	Rochester	M25-29	33:55	5:28
9	Derrick Jones	Henrietta	M40-44	33:59	5:28
10	Chad Byler	Rochester	M30-34	34:14	5:31

Note: Derrick Jones was also 10th male in 2005. Heather Webster was also 2nd woman in 2005.

Complete 2015 Results: <http://www.leonetiming.com/2015/Roads/Lilac/Lilac10KGN15.htm>

Submitted by Tom Perry, your occasional GRTC Archivist



FILLING THE VOID

by Michael Valone

Please forgive me if this is a bit wordy. You shouldn't be reading this. In fact, I shouldn't be writing this. Honestly, I should be dead.

I used to have a big problem. In some ways I always will. I'm going to stop at calling it an addiction. I feel that diminishes the accomplishments of people who have overcome far more daunting challenges in their lives. Let's just say for as long as I can remember, I've had a strong affinity for overeating. Okay. There it is. We will leave it at that.

When I think of where it all started, I am still bewildered. There's no flashbulb moment of trauma I can remember well enough to say when and how it all started. My childhood was good and my family more than made up for the absence of a father figure in my life. The usual teenage angst did not account for what

I was starting to feel. For whatever reason, I had a void in my life. Something was missing. I was empty and needed to be full. To do this, I needed to eat. A lot.

Some people find their pain at the bottom of a bottle or the end of a needle. I found mine in the fading silhouette of the nearest drive thru window. I knew I had a problem when I got on a first name basis with all the workers at the fast food counters. I knew I had a huge problem when they were correcting my order for me.

There was always a reason to eat. I ate when I had a good day, a reward for a job well done. I ate when I had a bad day, desperately trying to numb myself, ridding my mind of recent painful events. When I think of the food, I am ashamed. Many people go hungry in this world, even in this country. I ate long past what was needed

for sustenance. This was gluttony, plain and simple. I did this to myself. I made a choice to shut myself off from life and the goodness of people, wallowing in my own selfishness.

What stopped me was pure happenstance. I decided I needed to go upstairs for something. Whatever it was, I can't remember. I was in a rush. I ran up. I was winded when I reached the top. Doubled over after running up fifteen steps, I found myself practically on my knees. I made my way to the bathroom and looked at myself in the mirror. I hadn't looked in a while. I didn't really have any good reason to. I was well beyond caring for my appearance. Could that really be me? I stepped on the scale. My heart was still racing when I saw the number: 298 pounds. At only 20 years old, I was headed down a terribly unhealthy road. If I had kept this pace to my current age, 34, I could have expected to reach over 600 pounds. It was then I decided life was more important than this cycle of extreme eating.

Slowly I made changes. I walked. I ate better. I saw progress on the scale. More importantly, I began to feel a little better about myself each day. I got a dog. Thankfully, dogs do not let you sit idly by. They want you to be active with them.

Then I saw him across the street: a lean guy moving faster than I could ever hope to. "I think I can try this," I thought, and I did. I ran. I ran with dogs. I started to run with people. I entered a race with a friend and loved it. I met more people. I made new friends. I strengthened existing relationships. I ran more.


There are still struggles. To say otherwise would be deceptive to you and me. I still



find that in times of stress I turn to food for comfort. I have to stop myself because I know what letting go will mean. There are other times I just don't feel like running. However, I always feel better when I get out there and put one foot in front of the other. I will battle this for the rest of my life. That is okay. I am able to go on with the comfort that I am not alone anymore. I found something that I took away from myself so many years ago: the sense of belonging.

Rochester, as I have come to learn, has an exceptional running community. It is filled with many extremely talented runners. I cannot believe how many insanely gifted runners have taken the time to talk to me and get to know me a little better. They are all so approachable and genuinely want to help. They have helped make this slowpoke a little faster and a little more knowledgeable about an activity that I am absolutely convinced has saved me. Yet, while running has saved me, it is this incredible community that sustains me.

I'm just an ordinary guy. There are stories more extraordinary than mine everywhere. I'm in no position to give any runner advice. I'll leave that to many more skilled than myself.

A photograph of a runner from behind, wearing a bright orange t-shirt, dark shorts, and a patterned headwrap. The runner is on a paved road with orange traffic cones and other participants in the background. The scene is outdoors with trees and a clear sky.

What I can tell you is that determination has gotten me farther than I could have ever dreamed. I have so many miles behind me and over a hundred pounds lost. With this determination I've been able to finish marathons. I've been able to finish ultras. I'm so slow, but I try to be steady. You'll find me in the back of the pack usually and that is just fine with me. The finish is always the goal and I want to reach it screaming with the joy that this reawakening has brought me.

This brings me to you. If you have made it this far, I thank you. I needed to tell you. I need to tell you what you mean to me. I need to tell you that I'm grateful something happened to turn my life around. I need you to know that I gave up on the world, but the world didn't give up on me. I wouldn't know you otherwise. That would be the real tragedy: that I wouldn't have the opportunity to know somebody as unique as you.

I'm going to try something foolish. Something I have no business doing. I'm going to attempt Trailsroc's Mighty Mosquito 99 mile race this August. I'm going to try to stay upright for a day. I don't know what the outcome will be. I hope to finish. What keeps me going is the thought that I'll be surrounded by people I've come to know and love: my wife, my friends, my brothers and sisters in life. I want time to slow down that day. It will hurt. It has to. But I will embrace the pain. It will be welcomed because it will be different than the pain I was inflicting on myself so many years ago. I want to finish so very badly. I hope to see you there. It will be very easy to find me. I'll be the runner decked out in orange with tears in my eyes and gratitude in my heart. Thank you so very much. Our journey isn't over.



~~March 14 Johnny's Running of the Green 5 Miles~~

~~March 28 Fleet Feet Sports Spring Forward Distance Run 15 K~~

~~May 17 Highland Hospital Lilac Run 10K~~

~~June 5 Charlie McMullen Mile 1 Miles~~

~~June 21 Medved 5K to Cure ALS 5 k~~

~~June 27 Charlie's Old Goat Trail Run 6.6 Miles~~

~~August 8 Jenny Kuzma Memorial Bergen 5K 3.1 Miles~~

~~August 22 James Francis/Andrea Kofahl 5K 3.1 Miles~~

~~September 6 Oak Tree Half Marathon 13.1 Miles~~

~~October 24 Scare Brain Cancer Away 5K 3.1 Miles~~

~~November 7 East Avenue Grocery Run 3.1 Miles~~

~~November 26 Race with Grace 10K 6.2 Miles~~

Member Profile



Photo by Gameface Media

Vickey Beaver

Growing up, taking walks was a significant endeavor. Initially, it was family time with my older sister and parents among the pastures of Germany. Later, when my Army father and civilian mother divorced, it was time to spend with another adult role-model, exploring the somewhat rural aspect of my then-small Tennessee neighborhood. Eventually, it was a way to escape the boredom of being alone in our house while my single mom worked nights and my sister was off doing who-knows-what. As a young adult, taking walks was something done to fight off unwanted weight. Then it was just for fun. Then it was – once again – for health. Then it stopped.

My husband, Bob, and I moved to the countryside of Tioga County, NY. There were no sidewalks on our road and the back roads were analogous to raceways. We occasionally walked anyway, but it just wasn't enjoyable given the circumstances. Years later, we moved to Tompkins County where we were closer to everything, allowing an easier time of being active, even if it still wasn't ideal.

I was tired of being tired. I'd grown alarmed at how easily I got winded and concerned that I was happy to be exceedingly efficient in order to avoid extra effort such as walking up and down the basement stairs more than was truly necessary. Sometime in March of 2010, a friend of mine and I decided to start walking.

By June, I was regularly walking once a week, even if it meant going to the mall in Ithaca before it opened to make it happen. That's when one more of my dad's brothers died, prompting some long-distance calling between me and my father, Don.

It was inevitable that when talking about such grave matters that health and quality of life would enter into the mix. I'd joked to my dad that between his side of the family and my mom's, I was screwed. Both have a history of obesity and disease. Dad being Dad, he told me I should come visit him and walk the Honolulu Marathon with him in December.

It was a wild idea. I didn't even know how long a marathon was. I just knew there was no way I could be physically or financially ready in six months. I'd only just started regularly going for walks again three months earlier and had finally worked my way up to doing three miles in an hour once or twice a week. So I countered, "I can't do it this year, but I can do it next year."

At some point, I'd told a former boss, Hope, about my plans. By then, I'd been walking 4-5 times a week, each with a different friend. I was getting faster and fitter, even if not lighter. Hope even joined me for a while. An avid runner, she encouraged me to go to Fleet Feet in Syracuse. Armed with her frequent buyer reward card, I got my first ever proper shoe fitting and walked out with the most expensive shoes I'd ever bought and Superfeet inserts, too. I sure hoped she knew what she was getting me into!

As if to punctuate my thoughts on the collective family genes and health state, February 2011 brought the sudden and completely unexpected death of my sister, Shelly. A couple years prior, she survived a blood clot. That time, she didn't. After picking up the pieces and going on, my training resumed. Nine months to the day of my sister's death, my mother, Bettye, collapsed from a heart attack. Like my sister, she'd had an encounter with her assailant before, and like Shelly, Mom couldn't beat it then. I tell people now, 2011 was my year from hell.

With mere weeks before the marathon I'd trained so hard to walk, my dad offered that he'd understand if I didn't want to do it. "No. I have to," I told him. I couldn't articulate at the time that I needed something good to come from that year.

On December 11, I had a whole cheering squad posting well wishes to my Facebook page and via e-mail, sending good vibes and hoping for the best. After more than nine hours on the road, Dad and I crossed the finish line. I could barely move. I hurt. I was exhausted. He asked if I'd do it again for his 60th birthday in two years. "Ask me in three days," I answered.

In three days, I told him I would. When 2013 arrived, my husband and I had moved to the Rochester area. I'd found Fleet Feet Rochester for new shoes and socks, having decided Hope did, indeed, know what she was getting me into. A few days before the marathon, I got the latest newsletter advertising Fleet Feet's Winter

Warrior Program. I was decidedly a winter wimp. However, I needed to find people to walk with and a safe place to do it.

"I'm thinking about something crazy," I told Bob. After more than a decade married to me, he gave me that "oh great, what are you dragging me into" look. I quickly told him he needn't worry, I wasn't thinking of it for him, unless he wanted to do it, and told him about the 12-week challenge to walk in the winter, earning points and prizes. He passed, but I signed up.

The day of the marathon came and it was in the 80s with little shade, no clouds, and no wind for most of the course. At one point, Dad looked back at me. "You look like you can fall asleep standing up," he told me. "I feel like I could fall asleep standing up," I replied with a laugh. Fortunately, he realized what I didn't: I was getting heat exhaustion. A short while later, we found a bench in front of some house with high enough shrubs to yield some shade where Dad convinced me to take a 15-minute nap and munch on some pineapple. Yes, in the middle of a marathon, I slept! And it did wonders.

However, I was still dragging. Somewhere about Mile 21, I needed to rest again. My legs were happy for the reprieve. Dad wasn't. He'd commented to me a couple miles later in that off-the-cuff, unconsidered way parents sometimes do that he'd never walked for so many hours in his life. I don't recall if I actually told him he could leave or if I just thought it. I finished a little less painfully than two years prior despite taking more than an hour longer.

And here is where we finally get to something about running. You see, while Dad didn't mean anything by his comment, and – as one friend said to me when I related the story – no matter how many hours it took, it was the same 26.2 miles, it did make me feel that the next time we did the Honolulu that it had to be faster than not just the last time, but also the first time. My plan was to work on my walking speed during the Winter Warrior Program. I figured if I could pick up my pace there, that once we thawed out, I would see even more improvement.

My plan went awry. The first few times I was there, I was the only apparent walker. I had no idea what I was doing, and the folks around were oblivious to my floundering. I wasn't happy. I was downright annoyed. I felt foolish. I felt out of place. Each time, I ended up walk-running in the most unofficial, unplanned way in a vain attempt to prevent being alone in the cold and snow in an unfamiliar neighborhood.

I'm stubborn and kept attending anyway. Eventually, there finally were walkers. But by that time, I'd been doing the walk-jog-don't lose sight of the runners routine enough that I figured I might as well keep going. Another participant, Loretta, started accompanying me. She wasn't so advanced that I was dragging her down by my inadvertent transition to running, and she didn't want to work out alone, either.

By the end of the program, I had made a couple of friends and even conquered running the whole three-mile route, including a half-mile hill that I came to think of as That Damn

Hill. The first time, I am certain I did a happy dance. It probably manifested as a shudder of exhaustion.

I had done it. I had run a whole route, non-stop. I, who always spoke of hating running, had managed it in the bitter cold.

Even then, I'd typically refer to myself as a walker who sometimes ran. That didn't work for long. I was implored by my new friend, Sue, to stop calling myself a walker since I always ran at least part of the route. Fine. Then I'm a slow runner. No, no, no. That wasn't okay with Sue either. If I was bending my knees, I was running. End of story. No modifiers. Okay, you win, Sue!

She was right. I didn't want to go back to walking and not running. So Loretta and I hatched a plan to keep running after a few weeks' break. We're both goal-oriented and needed something to aim for. We decided on September 2014's MVP Half Marathon.

After much research, I made a plan incorporating free area workouts, solo non-running workouts, and our long runs for the weekend. We set 16 minutes as our goal pace. Halfway through the 12-week program, we were frequently hitting 15 minutes. We adjusted our goal. Loretta and I crossed the finish line together with a 15:09 pace.

Since then, I've been active on local Facebook pages for various running groups and joined the GRTC, even helping with the newsletter behind the scenes since March. I've also participated in the Winter Warrior Program again, ran five half marathons and several

smaller races, and am training to run, not walk, the Honolulu Marathon this December. I have taken up the Four Season Challenge, and have increased my speed each half I've run. Those are now my training runs for the yearend marathon.

I never imagined when I told my dad I'd walk the 2011 marathon with him that it would lead to all of this. My average pace for a typical training walk then was 17-18 minutes. When I started running in earnest in February 2014, my running pace was 16. A year later, I experienced a jump. Now, I'm at 12 on most days. If I run down That Damn Hill, I can manage a single sub-10 mile. Sprinting the last tenth or two of my training runs, I can get as low as 7:30.

None of this would be if not for a few things: my dad asking me to do something crazy, a running community that doesn't discriminate based on appearance or speed, having people to train with, and friends and family supporting this notion that running is good for me.



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EVENTS CALENDAR

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2015	1	2	3	4	5	6 The Mendon Mauler Trail Race 8:00 am Jim Ferris Memorial 5K Race 9:00 am
7	8	9	10 Fleet Feet Dirt Cheap Trail Series - Race #3 6:30 pm	11	12	13
14 Teachers Challenge 5K 8:30 am K Train 5k @ the Keuka Arts Festival 8:30 am	15	16	17	18	19 Owego Strawberry 5K Run/Walk and Strawberry Shortcake 1 Mile Kids' Run 6:00 pm	20 Steve's 5k to Run Down Cancer 9:00 am The Super Hero 5k & Children's Festival 4:00 pm
21 Medved 5K (RROY Race) 8:30 am	22	23	24	25	26 Black & Gold run 6:30 pm	27 Charlie's Old Goat Trail Run 9:00 am
28	29	30	July 2015	July 2015	July 2015	July 2015

EVENTS CALENDAR

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2015	June 2015	June 2015	1	2	3	4 Irondequoit 2 Mile and 10K 7:45 am Sodus Bay Lighthouse 5k Run 7:45 am Fleet Feet Firecracker Four Mile 8:00 am Brighton Chamber of Commerce July 4th 5K 8:00 am
5	6	7	8 Fleet Feet Dirt Cheap Trail Series - Race #4 6:00 pm	9	10	11
12	13	14	15	16	17	18 Shoreline Multisport Festival 8:00 am
19	20	21	22	23	24	25

GREATER ROCHESTER TRACK CLUB MEMBERSHIP APPLICATION

Name _____ Gender (M/F) _____

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Membership Categories

New **Renewal** Tax-deductible Contribution (optional) \$ _____

Individual: \$20 for one year **OR** \$50 for 3 years (save \$10)

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Student: \$15 for one year **OR** \$35 for 3 years (save \$10)

I'd like to help with: Races Newsletter General

Make checks payable to GRTC. Total of check, including optional contribution, \$ _____.

Mail completed application to: GRTC P.O. Box 92608 Rochester NY 14692

The Greater Rochester Track Club (GRTC) is a not for profit, volunteer organization, that was founded in 1955. It is one of the oldest and largest running clubs in the northeast. GRTC has approximately 500 members, consisting of runners, walkers, athletes and fitness enthusiasts, encompassing an eight county region. Our goals are to help you be more fit and provide information about the local running scene. We also encourage local race participation for fun and fitness, recognizing such achievement at the GRTC Annual Awards Banquet. Whether you are a jogger or runner, ready to race or someone keeping in shape, consider a GRTC Membership.

MEMBERSHIP BENEFITS

- GRTC Newsletter: 10 issues per year containing race calendar, race applications, articles, and race reports
- Race Discounts on the GRTC Freezeroo Series, Lilac 10K (mail-in registration only), and other local races. Check the application form of your favorite race to see if they offer a GRTC discount.
- Canalside Therapeutic Massage: \$5 discount
- Mid Town Athletic Club: Two Week Free Trial Membership valued at \$45
- Renew your membership at Jim Dalberth Sports and receive \$10 off purchases over \$60
- Joyous Fool Yoga Studio: 20% discount on Tuesday evening classes
- G&G Fitness: 10% off fitness equipment
- Annual GRTC Summer Picnic valued at \$10
- Molly's Yoga Corner: 15% off an 8-week session
- Annual Racing Mileage Patches recognizing sustained commitment to running/racing: PRICELESS

