

GRTC Inductee: Stacy Prey Barkstrom
Presented by Michael Reif

It gives me great pleasure to introduce to you Stacy Prey Barkstrom our GRTC Hall of Fame inductee.

Stacy is probably the most outstanding and accomplished woman distance runner we have ever had in the Greater Rochester region. At Brighton High School she won State championships in track and cross country. She was the leader and member of the National record-breaking team in the 4 x 1 mile relay team which remained the national record for approximately 17 years. She still holds the Section V High School Girls 3,000 meter record in track with a time of 9:36:56. This record, set in 1985, is one of the longest standing records in Section V history.

As a Division I, full tuition scholarship, athlete at Penn State, Stacy won three All-American honors in Cross Country and Track and Field. She earned these honors despite serious illnesses during her a significant portion of her collegiate experience.

Specific Collegiate honors:

3 time All American in Cross Country and Track

Penn Relay's Champion, 5,000m (1986)

Eastern States Champion, 5,000m (1986)

11th place NCAA's 5,000m (1986)

7th place Olympic Festival

Stacy went on to run for NIKE BOSTON and NEW BALANCE and was often a high finisher at National Championship events. For many years she won every road race she entered in the Rochester area and competitors hoped she preferred to run out of town.

Post College Honors

Nike Boston Team Member (1991-1996) PR's include:

1,500m 4:21

3,000m 9:17

5,000m 16:01

4th place Indoor Nationals (1995), 5,000m Olympic Trials Qualifier (1996), 5,000m

1994 USA Relay Team Member, Seoul, Korea

Stacy Co-Coaches with me for the GRTC clinics and has done so for the past five years. She has demonstrated herself to be an outstanding coach capable of teaching all levels of running and is our "go to person" for injury prevention and rehabilitation. She is a certified athletic trainer having graduated from Penn State with practice privileges in NYS.

Stacy married her husband Greg in about 1997 and fortunately for us in Rochester they decided to stay put and live in Pittsford. Greg and Stacy have three great young children and a new puppy that keeps Stacy up at night. I'm most concerned about the puppy because it cuts into her rest time as she prepares to run her first marathon here in

Rochester in 2005. As her coach and friend I am optimistic about the likely outcome at the marathon . . .but only if the puppy gets bladder control soon.

Ladies and gentleman, please welcome Stacy Prey Barkstrom as our GRTC Hall of Famer.