



## **Empire Games**

*—High schoolers lead way in what might have been final games*

## **Phelps 20K tops 500**

*—Marathoners Lawson, DeCiantis lead the way. Complete results.*

## **10 reasons not to run**

*—And why to do it, anyway  
Coach's Corner*

*—Photo by Stephanie Barbero*  
Michael Ford, the East High senior who became the first high schooler to win five Empire State Games gold medals, is on the way to one of them as he anchors the 1,600-meter relay win.

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Trent Jackson	1970	Don McWilliams	1981	Kare Cossaboon-Holm	1987
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Len Bagley	1981	Elroy Turner	1983	Craig Holm	1988
Gene Osborne	1981	Paul Sadler	1984	Tim McAvinney	1988
Norm Frank	1981	Beryl Skelton	1985	Nedra Osborne	1988

### Deadline for each month's newsletter is the 15th.

Race calendar information must be submitted to the Road Race Coordinator **by the 15th of the month** to be included in the next month's Newsletter. There is no charge for listing a race in the calendar. Send an entry form including contact person and phone number to **GRTC Road Race Coordinator, 1645 Harris Road, Penfield, NY 14526-1815**. Late information, changes or updates may be called in to Lisa Bower at 872-6614.

To have a race entry form included in the Newsletter, send one copy of the entry form with a check or money order for \$50 (no cash, please) to the Road Race Coordinator at the above address by the 15th of the month. Entry forms received without payment will not be included in the Newsletter. The \$50 charge does NOT include printing of the inserts. Arrangements may be made to have them printed by our printer or they may be printed elsewhere and 1,100 copies delivered to East Ridge Quick Print, 1258 E. Ridge Road, Irondequoit, by the 21st of the month. Entries to be inserted must be no larger than 8½ by 14 and **must not be folded**. Entries may also be published as a page in the Newsletter. Copy should be 8½ by 11 and will be reduced to fit our page at no cost.

Race entries to be included in the Newsletter must meet GRTC guidelines and be approved by the Road Race Coordinator. There are two main qualifications: 1. Conditions covering awards must be clearly stated (minimum of top 10 percent in each age group is recommended). 2. **There must be no reference to a drawing for prizes or other drawing that might conflict with Postal Service regulations.**

Advertising from commercial sources will be accepted as a service to members at the rate of \$50 per page; \$25 per half-page. Business-card size ads will be accepted at the rate of \$10 or \$25 for three consecutive insertions. Copy must be camera-ready, but it may be up to 8½ by 11 original size and will be reduced to fit without charge. Submit to Ed Cloos, 364 Mulberry St., Rochester NY 14620. Payment must accompany order.

Race results, results of out-of-town events and all editorial material to: Ed or Carol Cloos, 364 Mulberry St., Rochester, NY 14620, 244-1149. There is no charge for publication of results and they are actively solicited. Contributions of stories, race experiences or simply notes are always welcome, as well as story ideas and volunteer help.

# The President's Column

By Mimi Decker

New GRTC membership cards will be mailed out within the next month. Several new businesses have been added who are now offering discounts to our members. Check with each business for the exact amount of the discount. Some of them are Eastridge Quickprint, Towner's, Pesto Express, the Face Company and Dalberth's. Check future newsletters for additional discounts at other area businesses.

The 2nd annual GRTC/Hilton Marathon and marathon relay will take place on October 20th beginning at 8:00 a.m. at Hilton High school. For further information to run or help out contact Walt Check at 865-8723.

The GRTC has a new RACE HOTLINE #872-6652. The recorded message will contain information on date, time, location and contact person (if available) for each weekend's races. The line will not be receiving messages. You should continue to use the GRTC phone #271-8733 for Club related questions.

**FYI - GRTC newsletters are sent out by bulk mail, therefore they are not forwarded to you or returned to us if you change your address. You must call or drop us a note to continue receiving your copies.**

## **TAC Hotline 1-886-3853**

Recorded listing of sanctioned races, mostly in Buffalo area.

## **GRTC phone: 271-8733**

## **Race Hotline 872-6652**

GRTC offers recorded information on times, locations and anything else you need to know about each weekend's races.

## **Editor's notes**

**About results:** We try to run prize winners from all races with special attention given to those for which a full list of award winners is sent to the Newsletter. It isn't possible, however, to run the full order of finish for all races. We do it for the marathon, for races directly sponsored by GRTC and for longer races when it is possible (Phelps 20K is in this year but didn't fit last year).

Results published in the *Democrat and Chronicle* also are picked up and run as space permits, but we can't get them all and sometimes they can't all fit. Since nearly everyone gets the Sunday paper, I figure you've seen them, anyway.

**Contributions:** They've been frequent and are enthusiastically welcomed, but space doesn't always permit running them the month they are received.

**Ed Cloos**

# Time to get ready for only marathon in Rochester area

By Walt Check

Time flies by and another marathon season is almost upon us. It's time to start thinking about increasing your weekly mileage in hopes of successfully reaching your goals, whatever they may be.

If you're an experienced marathoner or a novice, we hope you consider participating in the Hilton/GRTC version this year. The course has been slightly changed (just the last three miles) to avoid confusion when passing through the Main Street area, but it is still TAC certified.

The race starts and ends at Hilton High School on the eastern edge of the village. The course is flat and fast. With no major sponsor, it is a "no frills" race, with the runners the center of attention. There will again be a four-person relay division which makes it possible to participate in the fun of a marathon without running 26.2 miles. This has been very popular over the past four years.

This is the second Hilton Marathon, but it is the 20th in a series that started with the original Rochester Marathon.

Entries have been coming in better than anticipated so far with most from the area between Buffalo and Syracuse, but one from Alabama.

The race committee has been hard at work to improve this event and hopefully we will have a marathon everyone can enjoy. Members of the committee are Dave Tresohlavy, Tom Ganley, Jim Merkel, Paul Lombard, Tom Lavery, Mike Mangan, Brian Sears, Bruce Quimby and Walt Check. The other key players are Steve Fowler, recreation director for the Village of Hilton, and Larry Gursslin, mayor of Hilton.

As was the case last year, this race has no paid positions; we are all volunteers and all entry fees are used to support the race itself.

I hope to see many of you at this year's event — as a marathoner, relay runner or race-day volunteer. IF YOU ARE NOT RUNNING WE WOULD LIKE TO PUT YOU TO WORK! Even if you've never helped before you can be trained.

WE'LL EVEN CONTRIBUTE A LONG SLEEVED SHIRT TO YOUR COLLECTION. If you're running in the relay and would like to help, it's a good way to receive a free shirt. For information on helping contact Paul Lombard (288-0842) or Tom Lavery (637-2809). Thanks to all who get involved in this area's "only" marathon.

Winners last year were Dennis Moriarty (2:37:25) and Anne Myers (3:07:53). Masters winners were Ric Perry (2:39:09) and Annette Johnson (4:02:05). There were just over 300 runners for the first year in the country with 142 finishing the full marathon.

For more information, contact Walt Check, 74 Dunsmere Drive, Rochester, NY 14615. Phone 865-8723(H) or 722-9847(W).

## Great day, small field for 2nd 'Fund Run'

Twenty-one hardy souls "braved" the sixty plus degree temperatures, slight breezes, and bright sunshine to participate in the second GRTC Fund Run at Mendon Ponds Park (yes, the day was perfect, unlike the first run of the year back in April). This developmental run was primarily to raise funds for the GRTC youth program, but also to allow runners to measure their improvement over the summer training months. Even though there were no frills, no winners, and no age groups, everyone got their time and went away with a "prize" (t-shirts, water bottles, or jackets) so all were winners. Even though the field was small, the front runners put forth a great effort and made this non-competitive run a real contest. Paul Richards and Jim Hendy ran the five mile loop once before the start of the race and were going on to run it two more times as part of their training for the Columbus Marathon in November. New York City Marathon veteran Helen Ellis travelled all the way from New York City to participate in this run! (Actually, she was visiting her mother who lives in Canandaigua and she just wanted to race.) And Yvonne Nienbuis ran her first road race ever — and was very pleased with her result. Thanks to all who participated; we hope to see more GRTC supporters out there next year.

## Meet raises \$200 for hurt marathoner

The final meet in Pete Glavin's Nautilus of Pittsford track series at McQuaid Jesuit High School raised over \$200 for the Kevin Ruland Fund to help pay the medical bills of a star marathoner whose legs were crushed when he was hit by a pickup truck while training.

Glavin became a friend of Ruland while living in New Jersey where they were training partners and traveled to races together. While training in Texas, where runners often run at night to escape the heat, Ruland rounded a corner in the dark and was met head-on by a pickup truck.

Doctors considered amputation of his crushed legs but at the last minute decided reconstruction might be possible. Ruland, who had run 2:22 a few months earlier and was training to break the 2:20 qualifying time for the Olympic Trials, now has his sights set on walking normally again, "to get back to work, and then to start running again — real slow," he said in an article in Running Times.

"I'd like to thank those who showed up that night and contributed," Glavin said. "I'm sure Kevin will be pleased that the Rochester running community is so generous."

### GRTC FUND RUN #2 (5 Miles)

Saturday, August 24th  
Mendon Ponds Park

Limperis, Stephen	M	25	29:05
Lindke, Doug	M	34	29:18
Fiduccia, Paul	M	36	29:55
Caton, Matthew	M	28	30:33
Matthews, Tim	M	39	32:37
Smith, Rich	M	16	32:45
Delahunta, Harry	M	32	33:24
Iovine, Richard	M	37	33:53
Aiello, Tony	M	21	34:40
Cliffel, Earl	M	52	35:07
Wetzel, Jack	M	44	35:08
Hazen, Bob	M	59	36:04
Simkin, Don	M	50	37:27
Nienbuis, Yvonne	F	23	40:20
Magill, Elizabeth	F	34	41:06
Nientimp, Karen	F	27	41:32
Hendy, Jim	M	48	42:36
Richards, Paul	M	46	42:37
Vaillancourt, Grace	F	36	43:08
Stabins, Ed	M	60+	49:04
Ellis, Helen	F	49	50:13

F O O T M A S S A G E



Prepare your feet before you train or race with  
**"FOOT MASSAGE,"**  
the classic massage tool for the feet!

To order, call Joel Swartz 235-4928.  
Club members receive 10% off  
the \$20 price.

Make "FOOT MASSAGE" a part  
of your training and pre-race preparations.

## Coach's Corner

# 10 reasons not to run (and why you should)

by Lisa Bower

### TEN REASONS YOU SHOULDN'T RUN

1. The impact of running harms your body by stressing the joints of the lower body and turning cartilage to mush. It also viciously pounds and jostles the internal organs.
2. Cars and other motor vehicles often have no respect for pedestrians, especially road runners. In some drivers, runners unleash a sort of killer instinct. (If you've ever been sideswiped by a dump truck, you know what I mean.)
3. Running trails through parks, woods and the like are rocky and uneven and can cause injuries. You can also get poison ivy, tick bites, sprayed by a skunk, etc...
4. Air pollution can blacken your lungs when inhaling with typical runner's intensity.
5. Scanty clothing and lycra tights may appeal to the prurient interest of onlookers. This makes runners vulnerable to wolf whistles, lewd remarks, or even worse things sometimes.
6. Running shoes are expensive and they look funny.
7. Running takes too much time away from other activities. It's not just the running, there's warm-up, stretching, cool down, showering, logging in, and relaxing.
8. Winter running can be hazardous; ice, cold, snow, and wind can all cause injuries such as frostbite, windburn, sprained ankles, or even broken bones.
9. Summer running can be hazardous; heat can dehydrate or even kill, and excess sun exposure can contribute to the development of wrinkles, skin cancer and cataracts.
10. Non-runners don't understand runners.  
What is the point of all this? For every reason not to run, there is a response. Read on.

### WHY YOU SHOULD RUN ANYWAY

1. If you aim for a smooth, forward (not bouncy) stride you will minimize impact injuries and run faster, too.
2. Pay attention and run defensively when on the roads; be aware of all motor vehicles. Be sure to run facing traffic and stay well over on the shoulder.
3. When trail running, pay attention to footing, noises in the woods, and know your poisonous plants. And check yourself for ticks afterward.
4. Avoid running when air pollution levels are high, or when traffic is at peak levels.
5. Wear identification when running, tell someone when you will return, and/or run with a partner. And be aware of anything suspicious or unusual going on around you (no stereo headsets!).
6. Sometimes runners find money - so far I'm up to \$1.47 this year alone. At this rate, I will have my next pair of running shoes paid for around the turn of the century. And running shoes get more attractive every year.
7. Running takes less time than many other fitness activities and can be done virtually anywhere - no expensive clubs to join. It also reduces stress.
- 8 & 9. Use common sense in extremes of weather. Avoid sub-zero or icy winter running and midday running in summer. Wear sunblock on any sunny day, regardless of temperature, and sunglasses too, if you can tolerate them. Of course, always drink plenty of water or other fluids in any weather.
10. Who really cares if non-runners don't understand us? When the wind is at your back, the sun is shining, you're running downhill and suddenly you feel that you are one with the wind - that's reason enough

to run. Or, as Erin Palazola  
put it in this month's RW:

I like to run  
Because it's fun  
And I feel so good  
Once I am done.

If you have a question related  
to your running program, send  
it to GRTC Coach, 1645 Harris  
Road, Penfield, NY 14526.

GRTC TRACK & FIELD SCHOLARSHIPS

WHAT: Two \$100.00 college scholarships.

WHO IS ELIGIBLE: One male and one female track & field athlete who  
have participated in GRTC's track & field program (summer or  
winter) and who are current college students.

WHY: The largest demographic group which participates in GRTC  
track has historically been the high school and college age  
athletes. GRTC is seeking to return just rewards to these athletes  
and encourage their athletic and scholastic endeavors.

WHEN: To be awarded in the fall, directly to the athlete's school.

HOW: Any eligible athlete may apply for the scholarships, or may  
be nominated by a coach or other "mentor" (not a family member).  
The awards will not be determined by performance alone; other  
criteria such as participation, improvement, effort, financial  
need, etc. will also be considered. All applications will be  
reviewed by GRTC's scholarship committee; final recommendations for  
the scholarships will be presented to the GRTC Board of Directors  
for approval.

THIS APPLICATION MUST BE FILLED OUT COMPLETELY AND SECOND SHEET  
ATTACHED (see below) TO BE CONSIDERED FOR THE GRTC SCHOLARSHIPS.

CANDIDATE'S NAME \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ TELEPHONE NO. \_\_\_\_\_

COLLEGE NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Events in which athlete participates: \_\_\_\_\_

**\*\*\*ON A SEPARATE PIECE OF PAPER, DESCRIBE IN ONE PARAGRAPH WHY  
THIS ATHLETE SHOULD RECEIVE A GRTC TRACK & FIELD SCHOLARSHIP.\*\*\***

I certify that the information contained in this application is  
true to the best of my knowledge.

Signature of submitter: \_\_\_\_\_ Date \_\_\_\_\_

Print name and address of person submitting application if not  
athlete: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

Attach the second sheet to this application and mail to:  
GRTC Scholarship Committee  
P.O. Box 92608  
Rochester, NY 14692

—Photos by Stephanie Barbero  
**ESG ACTION**—Ken Switnicki  
throws discus on way to pen-  
tathlon win. Horace Hudson  
powers his way to 400 hurdles  
win.



## High schoolers star in Empire State Games

It wasn't the biggest Empire State Games ever, and it hasn't yet been established that the Games will be back for a 15th year in '92, but Rochester area competitors distinguished themselves at all levels in Albany.

The top stars were at the high school level where East High senior Michael Ford became the first to win five gold medals at a single games. He won the 400 with a meet record, long jump and triple jump and ran on the winning 400

(a meet record) and 1,600 meter relays.

Franklin sophomore Jermaine Stafford won four with victories in the 100 (in a national freshman record time of :10.53) and 200 and participation in the two relay wins. East senior Zilla Higgs set meet records in the 100 (12:04) and 200 (:24.20). She got another gold with the 400 relay team.

In open competition, local runners swept the 10,000 with Renee Rombaut leading the women by

more than half a lap in 36:34. Scott Bagley won a rematch with Tom Dalton of Schenectady in a fast 29:57.6. Last year, the race was marred by pushing (Bagley was knocked down before pulling away to win). This year there was heckling from Dalton's friends, but nothing but hard running on the Albany State University track. Andy Hirsch won the high jump with 2.14 meters (just a fraction over 7 feet).

Masters competition ran into



# Empire State Games Track and Field Results

These results are compiled from members' and newspaper reports and are as complete as we could make them by presstime. Additions and corrections are appreciated.

## MASTERS MEN

**100 — 40-44**, 6. Don Holzschu :12.68

**200 — 40-44**, 4. John Hopi (WN-MI Morris) :26.1; 5. Dave Gordon :26.7; **45-49** — 4. Harry Luke :26.5

**400 — 45-49**, 4. Jack Lyda :59.3, 6. Harry Luke 60.4

**800 — 45-49**, 4. Lloyd Smith (WN-Pittsford) 2:13, 6. Tom Carr (WN-Rochester) 2:23.18.

**1,500-meter run — 30-34** — 4. Ken Switnicki (WN-Rochester) 4:40.8; **35-39** — 2. Mike Hoban (WN-Rochester) 4:22.3.

**5,000 — 30-34**, 1. Ken Switnicki (WN-Rochester) 17:59.0; **35-39**, 2. Joe Contario (WN-Newark) 15:37.5.

**10,000 — 35-39**, 1. Joe Contario (WN-Newark) 32:19.6; 3. Bill McMullen (WN-Batavia) 33:26.9; **70-74**, 2. Don McNelly (WN-Irondequoit) 57:39.1.

**110 high hurdles — 35-39**, 2. Ken Hudson (WN-Rochester) :15.9.

**400 intermediate hurdles — 35-39**, 1. Ken Hudson (WN-Rochester) time not available

**Pentathlon — 30-34**, 1. Ken Switnicki (WN-Rochester) 2,423 points.

**Shot Put — 40-44**, 1. Roger Taylor (WN-Canandaigua) 12.19 meters; **55-59**, 1. Chuck Yost (WN-Rochester) 11.14 meters; **70-74**, 2. Ralph Williams (WN-Batavia) 8.84 meters.

**Discus — 40-44**, 3. Roger Taylor (WN-Canandaigua) 33.74 meters; **55-59**, 2. Chuck Yost (WN-Rochester) 33.01 meters; **70-74**, 2. Ralph Williams (WN-Batavia) 26.23 meters.

**Javelin — 45-49**, 2. Jack Lyda (WN-Rochester) 35.52 meters; **70-74**, 1. Ralph Williams (WN-Batavia) 19.52 meters.

**Pole Vault — 40-44**, 1. Tom Rauscher (WN-Pittsford) 13 feet-6 inches (ESG record); 2. Jim Trott (WN-Bloomfield) 10-6.

**Long Jump — 50-54**, 4. Willie Lightfoot (WN-Rochester) 4.38 meters.

**Triple Jump — 50-54**, 1. Willie Lightfoot (WN-Rochester) 9.73 meters.

**High Jump — 50-54**, 1. Willie Lightfoot 1.42 meters.

**20-kilometer racewalk — 70-74**, 1. Don McNelly (WN-Irondequoit) 2 hours, 29 minutes, 24 seconds.

**5,000 racewalk — 70-74**, 1. Don McNelly (WN-Irondequoit) 38:27.

**Marathon — 45-49**, 3. Lloyd Smith (WN-Pittsford) 4:39.40; **55-59**, Norm Frank (WN-Rochester) 4:24; **60-69**, 1. Walter Young Jr. (WN-Irondequoit) 3:59:38; **70-74**, 1. Don McNelly (WN-Irondequoit) 5:09.

## MASTERS WOMEN

**100-meter dash — 30-34**, 1. Barbara Fishbaugh (WN-Rochester) :13.2.

**Shot put — 30-34**, 3. Debbie Eckhardt (WN-Fairport) 6.96 meters.

**Discus — 30-34**, 1. Debbie Eckhardt (WN-Fairport) 21.74 meters.

**Javelin — 30-34**, 2. Debbie Eckhardt (WN-Fairport) 19.06 meters.

**Hammer Throw — 30-34**, 1. Debbie Eckhardt (WN-Fairport) 15.28 meters.

**Marathon — 60-64 age group**, 1. Elaine Zack (WN-Irondequoit), 4 hours, 53 minutes.

## OPEN MEN

**10,000 meters** — 1. Scott Bagley (WN-Mendon) 29:57.6.

**Javelin** — 3. Rick DiMicco (WN-Fairport) 53.24 meters.

**400** — Ben James (WN-Rochester) 49.95 (heat winner).

**800** — 3. Dextan Dixon (WN) 1:52.95.

**High jump** — 1. Andy Hirsch (WN-Churchville) 2.14 meters.

**1,600** — 2. Western (Ben James, George Hinson, Dextan Dixon, Maurice Hill) 3:14.86 (winning time 3:14.79).

## OPEN WOMEN

**10,000 meters** — 1. Renee Rombaut (WN-Greece) 36:34.

**Discus** — 1. Sonja Fitts (WN-Rochester) 46.26 meters.

**400 hurdles** — Tracey Swarts (WN) 1:06.4 (4th in semifinal).

**800** — Gail Jones (WN-Rochester) 2:23.71 (heat winner).

**1,600 relay** — 3. Western (Gail Jones, Sonja Robinson of Williamsville, Tonya Reid of Buffalo, Tracey Swarts) 4:03.47.

**Shotput** — 1. Sonja Fitts 14.51 meters.

## SCHOLASTIC BOYS

**Long jump** — 1. Michael Ford (WN-Rochester) 6.79 meters.

**110 High Hurdles** — 3. Matt Buffum (WN-Penfield) :14.97.

**Triple Jump** — 1. Michael Ford 14.08 meters.

**100** — 1. Jermaine Stafford (WN-Rochester) :10:53 (ESG and national freshman records), 2. Garfield Ellenwood (WN-Rochester) :10.84.

**200** — 1. Jermaine Stafford (WN-Rochester) :21.36 (ESG record).

**400** — 1. Michael Ford :47.72 (ESG record).

**400 Relay** — 1. Western (Robin Gilmore of Buffalo, Michael Ford, Garfield Ellenwood, Jermaine Stafford) :41.75 (ESG record).

**3,000 Steeplechase** — 2. Dierk Flemming (WN-Brockport) 9:53.02.

## SCHOLASTIC GIRLS

**10,000 meters** — 1. Heather Swarts (WN-Dansville) 40:07.

**100 Hurdles** — 1. Keisha Taylor (WN-Brockport) :15.43

**400 Hurdles** — 1. Karen Elliot (WN-Penfield) 1:04.25.

**100** — 1. Zilla Higgs :12.04 (ESG record); 3. Chandra Graham (WN-Rochester) **200** — 1. Zilla Higgs (WN-Rochester) :24.20 (ESG record).

**1,500** — 3. Kristin Weniger (WN-Pittsford) 5:00.46.

**400 Relay** — 1. Western (Nikki Prad (Churchville-Chili), Ebonie McLendon (Brighton), Tasha Stevenson (East) and Zilla Higgs (East)) :48.36.

heavy rain on the first day and delays that pushed the 10,000 meters past 10 p.m. (when Joe Contario won the 35-39 age group in 32:20). Ken Switnicki won the pentathlon, Tom Rauscher took the pole vault, Willie Lightfoot took the high jump and triple jump, but generally the masters medal haul was no where near that of past years.

## VERMONT 100-MILE ENDURANCE TRAIL RUN.

At Woodstock, Vt., July 28

### Men's results

1. Eric Clifton, Greensboro, N.C. 14, 25.29 (course record)

### Local finishers

Charlie Sabatine, Victor, 26:01.19; Ed Hart, Ithaca, 26:55.40.

## GRTC SUMMER TRACK MEET # 6

JULY 23, 1991

## 100m HURDLES

959	COX, COLLEEN	16	F	17.94
1845	CANALI, GIA	10	F	18.87
950	MAY, JODY	15	F	25.88

## 110m HURDLES

947	DOANE, BRENDAN	20	M	15.22
904	RIGGINS, ASHLEY	21	M	15.25
73	HUDSON, HORACE	38	M	15.44
65	JONES, CRAIG B.	19	M	15.72
1646	DePERNA, RALPH	15	M	16.63
1685	RHOADS, TIM	17	M	21.29

## 100m

65	JONES, CRAIG B.	19	M	10.80
1720	BARBER, RON	19	M	10.82
1708	GALLIVAN, TIM	19	M	11.03
1864	MONTAGLIORE, AARON	19	M	11.15
1726	STORY, TONY	15	M	11.17
73	HUDSON, HORACE	38	M	11.22
1807	DOWNS, ROBERT	25	M	11.23
956	BONISTEEL, BRIAN	17	M	11.38
945	RIEF, MIKE	17	M	11.97
1662	IOVINE, RICHARD	36	M	12.03
66	TAMBE, BOB	18	M	12.04
1725	FOSTER IV, REGINALD	35	M	12.22
1660	HOPF, JOHN	42	M	12.47
13	MATELLO III, MICHAEL	13	M	12.72
1849	STUART, THOMAS	12	M	12.73
99	WILLSON, KRISTIN	22	F	13.21
959	COX, COLLEEN	16	F	13.22
1722	HINTON, ELIZABETH	18	F	13.28
938	MacMILLAN, HOWARD	65	M	13.88
950	MAY, JODY	15	F	14.22
1668	LYON, MARK	12	M	14.31
1717	VAILLANCOURT, GRACE	36	F	14.44
1845	CANALI, GIA	10	F	16.21
916	STUART, MICHELLE	14	F	16.72
1716	ECKHARDT, DEBORAH	31	F	17.91
1698	TOBIN, MARCY	28	M	19.29
1819	MERRIAM, RICHIE	8	M	20.37
948	MERRIAM, DON	7	M	25.28
961	O'LEARY, ZAC	5	M	28.62
947	MERRIAM, STEVE	3	M	31.70

## 200m

1650	FOX, TRACY	25	M	22.36
65	JONES, CRAIG B.	19	M	23.13
1708	GALLIVAN, TIM	19	M	23.14
1864	MONTAGLIORE, AARON	19	M	23.68
1807	DOWNS, ROBERT	25	M	23.78
1712	GARLAND, GREGORY	22	M	24.01
904	RIGGINS, ASHLEY	21	M	24.05
73	HUDSON, HORACE	38	M	24.28
956	BONISTEEL, BRIAN	17	M	24.94
1662	IOVINE, RICHARD	36	M	26.00
1660	HOPF, JOHN	42	M	26.44
1726	STORY, TONY	15	M	26.50
1901	CIANCA, JOHN	30	M	26.50
66	TAMBE, BOB	18	M	26.94
1655	GORDON, DAVID	44	M	27.09
1715	LUKE, HARRY	45	M	27.12
1849	STUART, THOMAS	12	M	30.06
938	MacMILLAN, HOWARD	65	M	30.66
950	MAY, JODY	15	F	32.81
79	MATELLO, ROBERT	11	M	41.16
916	STUART, MICHELLE	14	F	41.91
1698	TOBIN, MARCY	28	M	45.63
961	O'LEARY, ZAC	5	M	65.60

## 400m

1650	FOX, TRACY	25	M	0:49.75
1708	GALLIVAN, TIM	19	M	0:52.72
73	HUDSON, HORACE	38	M	0:52.97
1700	VAIR, RICK	35	M	0:56.40
1712	GARLAND, GREGORY	22	M	0:57.06
1901	CIANCA, JOHN	30	M	0:57.87
1660	HOPF, JOHN	42	M	0:57.90
1681	RASMUSSEN, KEN	39	M	0:58.34
1672	MESSINGER, ROGER	37	M	0:58.50
1667	LYDA, JACK	47	M	0:59.31
86	SMITH, RICH	16	M	1:00.69
1715	LUKE, HARRY	45	M	1:00.78
1655	GORDON, DAVID	44	M	1:01.31
1637	BARBARO, STEPHANIE	26	F	1:06.79
1695	TELARICO, DICK	51	M	1:10.19
1899	WILLE, KERRY	19	F	1:11.32
950	MAY, JODY	15	F	1:12.59
1717	VAILLANCOURT, GRACE	36	F	1:20.43
1698	TOBIN, MARCY	28	M	1:49.01

## 1500m

1850	SIDARI, GEOFF	18	M	4:18.97
1890	ERWIN, JAMES	28	M	4:22.97
939	MARTIN, PATRICK	22	M	4:29.67
1690	STEELE, DAVID	25	M	4:30.24
1434	O'LEARY, DAVID	30	M	4:36.63
1665	LIMPERIS, STEPHEN	25	M	4:41.97
1666	LINDKE, DOUG	34	M	4:44.14
1904	MAY, JIM	45	M	4:48.85
1842	GARDNER, BERNIE	35	M	4:54.69
13	MATELLO III, MICHAEL	13	M	4:56.10
1701	WINN, DAVE	48	M	5:03.20
1908	GREIG, ANTHONY	38	M	5:05.29
1685	RHOADS, TIM	17	M	5:08.29
1695	TELARICO, DICK	51	M	5:14.27
1849	STUART, THOMAS	12	M	5:20.48
950	MAY, JODY	15	F	5:20.84
92	BRANT, JENNIFER	16	F	5:30.38
1662	IOVINE, RICHARD	36	M	5:30.64
1654	GIUSTI, DANIELLE	13	F	5:55.85
949	RICHARDS, PAUL	46	M	5:56.12
1683	REDDINGER, BOB	55	M	5:59.90
948	MERRIAM, DON	7	M	6:18.83
1674	MESSINGER, APRIL	14	M	6:26.05
1696	TILLSON, GEORGE	63	M	6:38.27
79	MATELLO, ROBERT	11	M	6:47.15
1819	MERRIAM, RICHIE	8	M	6:47.69
1717	VAILLANCOURT, GRACE	36	F	7:01.31
1697	TILLSON, MARSHA	69	F	8:53.64

## 3000m

1850	SIDARI, GEOFF	18	M	09:31.93
1706	MEAD, RALPH ALLEN	24	M	09:44.47
1904	MAY, JIM	45	M	10:06.99
1677	OUILLETTE, MITCHELL	15	M	10:12.08
1665	LIMPERIS, STEPHEN	25	M	10:26.99
1701	WINN, DAVE	48	M	10:42.23
1635	ABERNETHY, KELLY LEE	19	F	11:09.08
1899	WILLE, KERRY	19	F	11:44.37
1636	ABERNETHY, KYLE ANN	16	F	11:46.45
949	RICHARDS, PAUL	46	M	12:58.52
1673	MESSINGER, ANN	14	M	13:56.84
1672	MESSINGER, ROGER	37	M	13:57.36
1696	TILLSON, GEORGE	63	M	14:08.78

## LONG JUMP

2000	HERBST, JASON	19	M	19'-5 1/2"
956	BONISTEEL, BRIAN	17	M	18'-8"
904	RIGGINS, ASHLEY	21	M	18'-11"
66	TAMBE, BOB	18	M	17'-3"
1817	ASER, TRISH	24	F	14'-4 1/2"
13	MATELLO III, MICHAEL	13	M	12'-9"
1668	LYON, MARK	12	M	12'-4"
950	MAY, JODY	15	F	11'-6"
1478	MAY, CAROL	43	F	10'-10 3/4"
15	BASSETT, FAITHE	14	F	09'-5"
1845	CANALI, GIA	10	F	09'-0"
948	MERRIAM, DON	7	M	07'-9 1/2"
1819	MERRIAM, RICHIE	8	M	05'-11"
947	MERRIAM, STEVE	3	M	02'-11"

## TRIPLE JUMP

945	RIEF, MIKE	17	M	42'-3 1/2"
1711	KELLY, RUSS	18	M	40'-3 3/4"
2000	HERBST, JASON	19	M	39'-7"
904	RIGGINS, ASHLEY	21	M	36'-4"
66	TAMBE, BOB	18	M	35'-9"
1646	DePERNA, RALPH	15	M	33'-4"
62	RITTER, DONALD	53	M	30'-0"
1817	ASER, TRISH	24	F	29'-3"
1685	RHOADS, TIM	17	M	27'-5"
950	MAY, JODY	15	F	24'-8"
1478	MAY, CAROL	43	F	21'-1 1/2"

## HIGH JUMP

904	RIGGINS, ASHLEY	21	M	6'-4"
2000	HERBST, JASON	19	M	5'-8"
1712	GARLAND, GREGORY	22	M	5'-8"
1669	LYON, SKIP	42	M	5'-6"
84	FOX, BRENDAN	17	M	5'-4"
1711	KELLY, RUSS	18	M	5'-2"
952	MAY, JAMIE	14	M	4'-4"
62	RITTER, DONALD	53	M	4'-2"
1849	STUART, THOMAS	12	M	4'-2"
1716	ECKHARDT, DEBORAH	31	F	3'-4"
1668	LYON, MARK	12	M	3'-10"

## POLE VAULT

1884	WEBB, DARRIN	19	M	14'-6"
947	DOANE, BRENDAN	20	M	14'-0"
1712	GARLAND, GREGORY	22	M	12'-6"
1648	DOANE, BRIAN	17	M	12'-6"
1723	KOSIERACKI, KEVIN	17	M	12'-6"
1810	LANG, DOUGLAS	20	M	12'-6"
42	TROTT, JAMES	42	M	10'-6"
1686	SCHMEELK, RIC	21	M	10'-0"

## HAMMER

1713	RYAN, DOUGLAS	20	M	160'-9 1/2"
1663	KOVALESKI, JAY	25	M	160'-5"
89	PALMER, MARK	31	M	156'-5 1/4"
1808	MALTA, CHRISTOPHER	20	M	118'-7 1/2"
1692	SZAWRANSKYS, PAUL	19	M	090'-10 1/2"
1657	HILL, MYRA	16	F	086'-5"
1693	SZAWRANSKYS, WILLIAM	44	M	067'-11 3/4"
1862	WIRTZ, STEVEN	16	M	060'-2"
1716	ECKHARDT, DEBORAH	31	F	050'-6"

## JAVELIN

1692	SZAWRANSKYS, PAUL	19	M	142'-3"
1712	GARLAND, GREGORY	22	M	123'-3"
2000	HERBST, JASON	19	M	121'-1"
1716	ECKHARDT, DEBORAH	31	F	065'-7"
1693	SZAWRANSKYS, WILLIAM	44	M	062'-11"

## DISCUS

1692	SZAWRANSKYS, PAUL	19	M	124'-2"
1713	RYAN, DOUGLAS	20	M	120'-7"
1703	YOST, CHUCK	56	M	113'-6"
1663	KOVALESKI, JAY	25	M	111'-7"
1808	MALTA, CHRISTOPHER	20	M	098'-9"
1693	SZAWRANSKYS, WILLIAM	44	M	090'-11"
1712	GARLAND, GREGORY	22	M	078'-8"
1716	ECKHARDT, DEBORAH	31	F	076'-4"
1862	WIRTZ, STEVEN	16	M	072'-2"
1657	HILL, MYRA	16	F	061'-6"

## SHOT PUT

1692	SZAWRANSKYS, PAUL	19	M	43'-4 3/4"
1713	RYAN, DOUGLAS	20	M	43'-3 3/4"
89	PALMER, MARK	31	M	42'-3 1/4"
1694	TAYLOR, ROGER	41	M	39'-3 1/2"
1652	GALL, JENNIFER	19	F	38'-2 1/2"
1703	YOST, CHUCK	56	M	36'-11 1/4"
1862	WIRTZ, STEVEN	16	M	29'-1 1/4"
1693	SZAWRANSKYS, WILLIAM	44	M	28'-1"
1657	HILL, MYRA	16	F	27'-2 1/2"
1716	ECKHARDT, DEBORAH	31	F	22'-9 1/2"

## GRTC TRACK &amp; FIELD SCHOLARSHIPS

Included in this issue of the newsletter is an application for the First Annual GRTC Track & Field Scholarships. If you know of a deserving track & field athlete, please see the application/nomination form for further details on this new program. The \$100 scholarships were first announced several months ago. To date, there have been no applicants. Students, coaches, teachers, friends - get out your pens and fill out the form today!

## OSWEGO-FULTON TRIATHLON

(5k run, 15-mile bike, 5k run), Aug. 3

## Men

Overall: 1. Jerry Dawson (Ft. Lauderdale, Fla.) 1:12:14. Area Finishers: 3. Mike Colucci (Rochester) 1:13:27; Rod Sheets (Rochester) 1:27:51 (first in 55-over age group); John Cianca (Rochester) 1:19:55; Rob Johns (Spencerport) 1:21:52. Denny Peel (Fairport) 1:29:33 (first in 50-54 age group); Don Cole (Rochester) 1:18:00 (second in 40-44 age group). David Soule (Rochester) 1:17:00 (second in 19-24 age group); Peter Frantz (Irondequoit) 1:19:50 (Fourth in 30-34 age group); John Ciancia (Rochester) 1:19:50 (Fourth on 30-34 age group); David Lester (Mendon) 1:22:31 (6th in 30-34 age group); Tom McJury (Pittsford) 1:26:00; Rick Nenko (Greece) 1:27:0.

## Women

Overall: 1. Carleen Crowell (Ft. Lauderdale, Fla.) 1:22:26; 2. Laura Frantz (Irondequoit) 1:23:40. Other Area: 25-29 age group, 1. Laurie Lester (Mendon) 1:30:00; 19-24, 2. Diane Fishbeck (Rochester) 1:25:00; 35-39, 2. Mary Terziani (Rochester) 1:33:16

# NAUTILUS

of pittsford

Nautilus of Pittsford "Thursday Night Races"

July 25th -- McQuaid Jesuit H. S.

## 1500 METERS 1st Section

1. Carl Johnston	4:17.0
2. Allan Evans	4:18.0
3. Ben Bond	N.T.
4. Aller-Dise	N.T.
5. Matt Caton	N.T.
6. Brian DeBurkmaster	N.T.
7. Andy Smith	5:04.0
8. Jeff Washburn	5:05.0
9. Tony Greig	5:07.0
10. John Cianca	N.T.
11. Mark Hendrie	N.T.
12. Chris Koscielski	N.T.
13. Jenni Miller	5:31.0
14. John Penamonte	N.T.
15. Lori Reed	5:45.2
16. Angela Fuller	5:55.0
17. Mary Shaver	6:01.0
18. Bob Tambe	6:03.0

## 1500 METERS 2nd Section

1. Terry Schnurr	5:25.9
2. Robert Pullman	6:05.9
3. Terry Messenger	6:18.2
4. George Tillson	6:25.3
5. Grace Vallancourt	6:40.8
6. Bruce McDaniel	7:08.4
7. Caran Yurzelun	7:19.5

Due to a timer malfunction, we were unable to get all the times for the 1st Section of the 1500 meter run.

## 800 METERS

\*\*\*- Denotes new age- group record.

### BOYS 8 & UNDER

1. Karl Baum	3:04.2***
2. Aaron Molisani	3:06.6
3. Seth Molisani	3:19.9
4. Steve Merriam	3:24.6
5. Tom Yurzelun	3:26.4
6. Patrick Kent	3:31.9
7. Richie Merriam	3:48.5
8. Conor Dwyer	4:23.5
9. Sean Thorpe	4:29.6
10. Bryan Kent	4:41.0
11. Ben Grey	4:46.8
12. Don Merriam	7:07.0
13. Michael Kent	7:25.0

### BOYS 9-- 13

1. Ryan Stoner	2:47.1
2. Phillio Van Paursen	2:55.6
3. Matt Kuchny	3:09.4
4. Ed McDaniel	3:13.6

### HIGH SCHOOL BOYS

1. Andrew Calver	2:18.68
2. Eric Foster	2:20.22

### MEN 18-- 23

1. John Whittaker	2:06.2***
2. Chris Nickodem	2:14.0
3. Ben Bond	2:15.0
4. Jonathan Park	N.T.
5. Mark Hendrie	2:44.0

### MEN 24-- 29

1. Tracy Fox	2:04.6***
2. David Steele	2:08.0
3. Matt Caton	2:13.0
4. Terry Schnurr	2:40.0

### MEN 30-- 34

1. John Cianca	2:11.4***
2. Bob Birecree	2:11.9
3. Doug Lindke	2:14.1
4. Craig Franzman	2:14.9
5. Brendan Byrne	2:15.5
6. Andy Smith	2:18.6
7. Jeff Washburn	2:25.2

### MEN 35-- 39

1. Roger Messenger	2:09.6***
2. Rick Iovine	2:25.4
3. Tony Greig	2:33.0
4. John Bailey	2:37.8
5. Rich Merriam	2:50.3
6. John Penamonte	2:51.4

### GIRLS 8 & UNDER

1. Lauren Greig	4:05.2
2. Melissa Thorpe	4:04.5
3. Grace Penamonte	5:31.9

### GIRLS 9-- 13

1. Sara Tasher	3:02.7***
2. Jennifer Penamonte	3:31.2
3. Karen Foster	3:33.7
4. Sarah Grey	3:57.2
5. Abby Penamonte	4:02.0

### HIGH SCHOOL GIRLS

1. Gaille Vosylus	2:45.7***
2. Melissa Saltzman	2:48.1
3. Ann Messenger	2:57.7
4. Jennifer Schell	3:02.9
5. Jessica McMakin	3:34.9

### WOMEN 24-- 29

1. Lori Reed	2:46.8***
2. Lisa Barwood	2:41.6

### WOMEN 35-- 39

1. Angela Fuller	2:51.6***
2. Grace Vallancourt	3:13.8
3. Maryanne McQueeney	3:22.1

### WOMEN 40-- 49

1. M. Kavanagh	3:42.9***
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### WOMEN 50 & OVER

1. Mary Shaver	3:05.2***
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### MASTERS MEN

1. Jim Palmeri	2:25.2***
2. Rick Lesser	2:26.0
3. Mark Grey	2:26.6
4. Gerrit Binneweg	2:35.7
5. Bill Dwyer	2:42.5
6. Robert Pullman	3:04.0
7. Bruce Mc Daniel	3:25.6

### MEN 60 & OVER

1. Dave Spinell	3:02.2***
2. George Tillson	3:16.9

### SEEDED MEN'S 800 METERS

1. Carl Johnston	2:06.8
2. Allan Evans	2:09.0

## AAU JUNIOR OLYMPICS

At Tallahassee, Fla., Aug. 3

### TRACK & FIELD FINALS

Area results (times of some individuals unavailable)

#### 100-meter dash

**Bantam Boys** — 2. Jarrod Hunter (Rochester, Flower City Track Club);

**Midget Girls** — 4. Dega Ashford (FCTC).

**Intermediate Boys** — 1. Garfield Ellenwood (FCTC).

**Senior Girls** — 1. Zilla Higgs,

**Senior Boys** — 1. Wendell Gaskin, Kansas City,

Kan., :10.47; 2. DeCarlo Terry, Killeen, Texas, :10.61;

3. Jermaine Stafford (Rochester, N.Y., FCTC), :10.70.; 4. Maurice Hill (FCTC).

#### 200

**Bantam Boys:** 2. Hunter, :28.18.

**Midget Girls:** 2. Ashford, :27.09; 7. Deresha Davis (FCTC) :27.83

**Intermediate Boys:** 1. Ellenwood, :21.83.

**Senior Girls:** 1. Higgs, :24.15

**Senior Boys:** 1. Stafford, :21.40; 4. Hill, :21.92

#### 400-meter run

**Midget girls:** 2. Davis, 1:02.99.

**Intermediate Girls:** 4. Ebonie McLendon, :56.94; 5. Nikki Prad, :57.47

**Intermediate Boys:** 1. Ellenwood, :48.64

**Senior Boys:** 1. Michael Ford (Flower City Track Club) :47.03 (Breaks own national record of :47.07 set Aug. 2); 7. Ray Bernard (FCTC) :50.65.

#### 100 hurdles

**Senior girls:** 7. Keisha Taylor (FCTC).

#### 400 hurdles

**Intermediate Girls:** 2. Karen Elliot (FCTC) 1:02.24.

**Senior girls:** 8. Taylor 1:09.64.

#### Triple Jump

**Senior Boys:** 15. Bernard 42-5 1/2.

#### Long Jump

**Senior Boys:** 12. Bernard 19-2.

#### 400 relay

**Senior Boys:** 2. Flower City Track Club (Rafael

Redmond, Stafford, Ford, Hill) :41.08

#### 1,600 relay

**Intermediate girls:** 3. Flower City Track Club

(Prad, Elliot, Chandra Graham, McLendon) 3:56.37.

**Senior boys:** Kansas City 3:12.07 (AAU national record); 2. Flower City Track Club (Bernard) :49.54 seconds, Hill :47.21, Stafford :48.43, Ford, 46:96) 3:12.14.

## HERCULIS GRAND PRIX

At Monaco, Aug. 3

(All distances in meters)

**400 hurdles**—1, Sally Gunnell, Britain, 53.78. 2,

Kim Batten, United States, 55.34. 3, Margarita Ponomarenko,

Soviet Union, 55.75. 4, Heike Meissner, Germany, 56.05. 5, Vera Ordina, Soviet Union, 56.12.

6, Kathy Freeman, United States, 56.12.

## LIMA CROSSROADS 5-MILE RUN

At Lima, Aug. 3

### Men

**Overall:** 1. Peter Glavin 25:58.

**Age groups:** 14-under, Drew Tuck 33:13. 15-18,

Matt Grieg 30:55. 19-29, Steve Stellwagen 26:31. 30-

34, Mike Sayers 26:09. 35-39, Roger Messenger

29:02. 40-44, James Maginn 36:45; 45-49, Dave Winn

29:52. 50-59, Bill Susa 33:42. 60-over, Prico D'Angelo

40:26

### Women

**Overall:** 1. Renee Rombaut 30:06.

**Age groups:** 14-under, Tina Ratalowski 35:34. 15-

18, Wendy Bensley 33:35. 19-29, Sue Zoltnr 31:52.

30-39, Marie White 31:36; 40-49, Barbara Dolgos

39:23. 50-59, Pat Schreiber 39:34; 60-over, Beryl

Skelton 39:29.

## UNITED WAY RUN TO HEALTH

at Buffalo, Aug. 3

(5-kilometers)

### Men

**Local Finishers:** Mike Jamieson (Rochester) 18:41;

John Paul Jamieson (Rochester) 22:26 (third in 14-

under age group); Chris Jamieson (Rochester) 25:52;

Stephen Jamieson (Rochester) 27:44.

### Women

**Local Finishers:** Sue Jamieson (Rochester) 28:20.

# NAUTILUS

*of pittsford*

THURSDAY NITE RACES--AUGUST 8th, 1991-- McQUAID H.S.

## MILE RUN 1st SECTION

1. Shannon Fuller	6:22.3
2. Ann Messenger	6:45.6
3. Kim Volkmoth	6:52.6
4. Stephen Jones	6:57.0
5. Bill Smith	7:03.7
6. Bruce McDaniel	7:22.4
7. Ann Kabenthey	7:37.2
8. Elizabeth Jones	7:53.6
9. Kristen Jones	8:52.0
10. Beth Kitzelberger	13:10.6
Gretchen Kitzelberger	13:10.6
Alison Kitzelberger	13:10.6

## MILE RUN 2nd SECTION

1. Roger Hawks	4:35.0
2. Carl Johnston	4:38.5
3. Dave O'Leary	4:54.3
4. Matt Caton	5:00.2
5. Allen Dize	5:06.2
6. Ken Rasmussen	5:09.5
7. Joe Kent	5:18.6
8. Brian DeBurgomaster	5:21.2
9. Martin Lawson	5:23.2
10. Jeff Washburn	5:28.1
11. Rick Iovine	5:36.3
12. Tom McGinnis	6:16.1
13. Angela Fuller	6:16.4
14. Mary Shaver	6:30.2

## 400 METERS BOYS 8 & UNDER

1. Seth Molisani	1:22.8
2. Aaron Molisani	1:25.9
3. Patrick Kent	1:34.1
4. Kyle Van Feursen	1:42.7
5. Ryan Messeneer	1:47.8
6. Eryan Kent	2:04.7
7. Michael Kent	2:58.2

## 400 METERS GIRLS 8 & UNDER

1. Katie Matthews	2:09.3
2. Gretchen Kitzelberger	2:36.2
3. Allison Kitzelberger	2:49.5

## 400 METERS BOYS 9-13

1. Stephen Jones	1:36.1
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## 400 METERS GIRLS 9-13

1. Kim Volkmoth	1:22.7
2. Candice Penamonte	1:30.9
3. Jennifer Penamonte	1:33.7
4. Elizabeth Jones	1:39.0
5. Abby Penamonte	1:43.0
6. Jennifer Sauers	1:46.3
7. Jessica Penamonte	2:06.3

## 3000 METERS

### BOYS 9-13

1. Phillip Van Feursen	11:41.1
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### HIGH SCHOOL BOYS

1. Shawn Watts	10:24.4
2. Bobby Taylor	12:27.0
3. Jeff Volkmoth	13:06.2

### WEN 18-23

1. Ben Bond	9:50.3
2. Jonathan Alex Park	10:21.7
3. Chris Nikodem	10:56.4
4. David Taylor	11:03.5
5. Mark Hendrie	11:24.0

### WEN 24-29

1. Matt Caton	10:17.1
2. Andrew Boyce	10:38.7
3. Tom McGinnis	10:49.3
4. Terry Schnurr	11:11.7

### 3000 METERS

### WEN 30-34

1. Dave O'Leary	9:35.3
2. Bob Birecree	9:46.4
3. Paul Smarsh	9:47.7
4. Bob Sauer	10:35.3
5. Jeff Washburn	11:03.6
6. Bob Di Giacco	11:12.1

### WEN 35-39

1. Roger Messenger	9:38.1
2. Ken Rasmussen	10:55.7
3. Rick Iovine	11:33.6
4. Tim Matthews	12:31.1

### WEN 60 & OVER

1. William Pow	14:20.1
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### SEEDED MALE 3000 METERS

1. Andrew Vander Brul	8:57.2
2. Steve Stellwagen	8:58.4
3. Jeremy Ashfield	9:11.3
4. Derck Frechette	9:13.7
5. Carl Johnston	9:25.3
6. Jim Erwin	9:39.0

## HIGH SCHOOL GIRLS

1. Jenni Miller	11:59.3
2. April Messenger	13:51.9
3. Jessica McMakin	14:45.2

## WOMEN 18-23

1. Renee Rombaut	10:20.2
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## WOMEN 24-29

1. Stacia Prey	9:41.9
2. Lori Reed	11:46.1

## WOMEN 35-39

1. Angela Fuller	12:32.1
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## WOMEN 40-49

1. Joan Miller	12:08.6
2. Cynthia Edney	15:38.7

## WOMEN 50 & OVER

1. Mary Shaver	12:48.1
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## MASTERS MEN

1. Jim Boyle	10:03.7
2. Tom Serafin	10:08.0
3. Tom Carr	10:21.8
4. Lloyd Smith	10:24.8
5. David Edney	11:04.1
6. Jim Palmieri	11:23.8
7. Gerrit Binneweg	11:26.6

## MEN 50-59

1. Dick Telarico	10:52.1
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## RED WING/BUD LIGHT 8K

July 28

### Men

Overall: 1. Peter Glavin 25:26.  
 Age groups: 13-under, Justin Fitterman 40:16; 14-18, Christian Nicodem 32:03; 19-29, Al Evans 25:30; 30-34, Mike Sayers 25:37; 35-39, Tim McMullen 25:50; 40-44, Jim Schultz 30:14; 45-49, Dave Gross 31:07; 50-59, Dan Grimm 32:00; 60-over: Bob Ealy 35:29.

### Women

Overall: 1. Renee Rombaut 30:15  
 Age groups: 14-18, Shannon Fuller 41:42; 19-29, Sue Zollner 31:29; 30-39, Marie White 31:17; 40-49, Kathy Brwn 31:31; 50-over, Bert Skelton 39:41.

## WAYNESBURG 5-MILE

### RAIN DAY RUN

At Waynesburg, Pa., July 28

### Men

Overall: 1. Wayne Miller (Mounsville, Pa.) 26:10.  
 Area Runner: Bill Kehoe (Rochester) 31:20 (first in 50-over age group).

Heavyweight Division: Masters, 1. Kehoe.

### Women

Overall: 1. Sue Wagner (Pittsburgh, Pa.) 31:06.

## CHIL"EE" FEST 5K

At Chili, July 28

### Men

Under 40, Andrew Vandembrol 15:59. Over 40, Tom Serafin 17:31.

Age groups: 17-under: 1. Matt Marlin 19:38; 2. Phillip Van Peursem 21:27; 3. Chris MacConnell 21:41. 18-23, Jason Urcklitz 16:15; 2. Dave Rissberger 17:57; 3. Partick Clear 18:13. 24-29, 1. Tom Seagrin 16:38; 2. Mark Cook 17:08; 3. Russ Webster 19:15. 30-39, James Kimball 17:29; 2. Rick Smith 17:34; 3. Robert Yax 17:41. 40-49, Richard Connelly 19:42; 2. Frederick Harter 20:52; 3. John Penamonte 21:12. 50-59, Don Grim 19:01; 2. Bill Sousa 20:00; 3. Bob Dean 20:48. 60-over, Roy Starr 21:47; Prisco D'Angelo 23:55

### Women

Under 40, Sue Zollner 19:11. Over 40, Anita Shaw 21:48

Age groups: 17-under: Jenny Pegoni 23:15; 18-23, 1. Wendy Husser 28:32; 2. Lisa Hutchings 28:37; 3. Jennette Adams 29:52. 24-29, 1. Laurie Lester 20:30; 2. Karen O'Gren 25:10; 3. Simone Blaakman 26:23. 30-39, 1. Ellen Coyne 19:17; 2. Beth May 21:10; 3. Luann Van Peursem 24:02. 40-49, 1. Jean Bartholomew 25:33; 50-59, Pat Scheiber 23:49.

## ATTICA 5K RUN

Aug. 3, 1991

### Men

Overall: 1. David O'Leary 16:29; 2. Kevin Maschek 16:45; 3. Jim Ferris 16:54.

Age groups: 18-under, 1. Tom Burkhart 17:16; 2. Mark Hiczawski 20:21; 3. Corey Romeser 21:30. 19-29, 1. Derrick Jones 16:55; 2. Frank Beele 17:11; 3. James Burkhart 18:26. 30-39, 1. Tom Edwards 17:39; 2. Tom Wilcox 18:05; 3. Jeff Huber 19:16. 40-49, 1. Preston Smith 17:07; 2. Mark Dodd 20:54; 50-over, 1. Joe Bak 19:49; 2. Drago Jackoli 21:58.

### Women

Age groups: 18-under, 1. Kelly Maschek 23:47; 2. Kathy Burkhart 29:35. 19-29, 1. Pat Mooney 20:32. 30-39, 1. Ann Amidon 30:09. 40-49, 1. Ann Dodd 23:22; 2. Becky Swanson 26:12.

1991 ROAD RACE CALENDAR

- Sep 2(Mon)10:00 am Batavia Area Jaycees Labor Day 5K Run. McArthur Park, Batavia HS. \$10.00 Pre, \$12.00 Post. Contact: Vic Grand (716)865-8100 D, (716)344-2909 E.
- Sep 2(Mon) 9:30 am Labor Day Classic 5K & 10K, Casey Park Facility, Auburn, NY. \$7 Pre, \$10 Post. Fun Run at 9:00 am (no fee). Contact: Labor Day Classic, YMCA-WEIU, 27-29 William St, Auburn, NY 13021.
- Sep 7(Sat) 6:00 pm Clarkson Coca-Cola Classic 5K and 100 yd Kiddie Classic Relay. Clarkson Rec Ctr (Rt. 19, 1/4 mi. N of Rt. 104). Entry Fee \$10 age 20 & up, \$5 age 10-19, no fee age 9 & under. Contact: Tim McMullen, (716)293-3685.
- Sep 15(Sun) 9:00 am Irondequoit Sprint Triathlon. 1K swim-20K bike-5K run. Teams or individuals. \$30 Pre, \$40 Post. Contact: Gary Austin at (716)544-2427.
- Sep 15(Sun)11:00 am Geneva Lions Club Ted Curtis Memorial 5 Mile Run. Geneva Recreation Complex, Geneva, NY. \$7 Pre, \$9 Post. Contact: Joe Perillo (315)789-7081.
- Sep 22(Sun) 8:00 am Henrietta Biathlon, 3 1/2 mi. run-11 mi. bike-1 1/2 mi. run, Henrietta High School. Contact: Henrietta Recreation (716)359-2540.
- Sep 29(Sun) 9:30 am Kasha Klassic 10-K, Buckwheat Harvest Festival, Penn Yan, NY. Contact: Brooks Kilpatrick at Birkett Mills (315)536-3311 or Terry Stewart (315)536-2570.
- Oct 5(Sat) 9:00 am Geneseo Kiwanis 5 Mile Run, Village Pk, Main St (Rt 39 & 20A), Geneseo. Pre \$6, Post \$8. Contact: Brad Hill, 11 Stuveysant Manor, Geneseo, NY 14454 (716)243-2802.
- Oct 5(Sat) 9:00 am Brockport Protectives Run for the Rescue 10K, West Ave Fire House, Brockport. Loop course around Brockport village, Long sleeve T-shirts to first 200. \$10 Pre, \$13 Post. Contact: Tom Lavery (716)637-2809.
- ~~Oct 6(Sun) 8:00 am 5th Annual Canandaigua Elks Race - (5K, 5K, & 1 Mile Fun Run. Canandaigua Elks Club, Niagara St, Canandaigua. Contact: Rick Erb, (716)554-6245.~~
- ~~Oct 6(Sun)10:00 am Vietnam Vets 10K, Beikirch Park, 647 Long Pond Rd. \$8 Pre, \$10 Post. Contact: Pat Pedetti (716)427-1536, (716)473-7983.~~
- Oct 12(Sat) 1:00 pm 10th Annual Lilac City 50K & 4th Annual Irondequoit 60K. Held on 440 yd. cinder track at West Irondequoit High School. Both races run on the same day, choose your distance as you run, 50K or 60K. No T-Shirt, no plaque entry \$10. Both available at cost after the race. Bring your own lap counter. SASE to Don McNelly, 615 Pinegrove, Rochester, NY 14617. (716)342-1533.
- ~~Oct 13(Sun)10:00 am Henrietta 5 Miler. Contact: Henrietta Recreation (716)359-2540.~~
- ~~Oct 20(Sun) 8:00 am 2nd Annual Hilton-GRTC Marathon and Marathon Relay from Hilton High School, Hilton, NY. Contact: Walt Check, 74 Dunsmere Drive, Rochester, NY 14615. (716)865-8723(H) (716)722-9847(W) - TAC Certified.~~
- ~~Nov 24(Sun) 9:00 am S.E. Y.M.C.A. Turkey Trot Race - 5 Miles. TAC Certified \$7 Pre \$9 Post. Contact: Lisa Meckling 385-4665.~~
- Nov 28(Thr) 9:00 am Race w/Grace 10K, from 1st Bible Baptist Church, 1039 N. Greece Rd, Greece. Contact: Bob Dyjak, 188 Kim Lane, Rochester, NY 14626. (716)225-6560.

OUT OF TOWN REGIONAL CALENDAR

- Sep 1(Sun) 8:30 am Monster Marathon & Half Marathon, 26.2 miles, 5560' climb, - handicaps based on age/sex - Virgil Forest Trails. \$10 Pre, \$14 Post includes food; \$6 extra for T shirt. Contact: Dan Mittler, 3 Eagle's Head Rd, Ithaca, NY 14850 (607)539-7229.
- Sep 8(Sun)10:00 am Budlight Glimmerglass Triathlon, Glimmerglass State Park, Cooperstown, NY. 6.4 mi. run-26 mi. bike-5 mi. canoe. \$20 Pre, \$25 Post or team entry. Contact: (315)252-8154.
- Sep 14(Sat)10:00 am Phoenix River Run 10K, Phoenix, NY. Contact: Dave Moulton (315)695-2623.
- Sep 14(Sat)11:00 am Chaffee Hospital Fund Run 5K, Springville, NY. Contact: Patricia Geiger, 224 E Main St, Springville, NY 14141 (716)592-2871 x241.

OUT OF TOWN REGIONAL CALENDAR

- Sep 15(Sun) 9:00 am Ithaca 5 & 10, Ithaca High School. \$7 Pre, \$11 Post, \$6 extra for tank top. Contact: Bob Babcock, 141 MVR Cornell Univ, Ithaca, NY 14853 (607)257-3454 or (607)274-3396.
- Sep 21(Sat)11:00 am Lebro's Fall Classic 5K, Buffalo. Contact: Jim Mills, 5778 Kippen Dr, E. Amherst, NY 14051 (716)688-9160, (716)934-2603.
- Sep 22(Sun) 9:30 am Utica YMCA Roadrunners Falling Leaves 14K & 5K. \$11/13 Pre, \$15 Post. Utica YMCA Roadrunners, 125 Forrest St, Utica NY 13502 (315)735-8581.
- Sep 28(Sat) 9:00 am United Way Kick Off Classic 5K & 10K at Cayuga State Park (off Rt. 89, 3 mi. E of Seneca Falls). \$9 Pre, \$11 Post. Contact: Walter Connolly, (315)568-2811 x3122 D, (315)539-3768 E.
- Sep 28(Sat)11:00 am The Best of the Turtles 5K, Buffalo. Contact: Margaret Carr, 462 Grider St, Buffalo, NY 14215 (716)898-3224.
- Sep 29(Sun)10:00 am Glenhyrst 8K Run for the Arts, W.Ross Macdonald School, Brantford, Ont., Canada. \$10 Pre, \$13 Post. Contact: Rick Bishop (519)442-2500 W or (519)756-6833 H.
- Sep 29(Sun)11:00 am Syracuse Freihofer's 5K Run for Women, 8K Open Race, 3K Fun Run & Run for Kids. **TAC/USA Women's 5K National Championship.** Manley Field House, Syracuse, NY. \$8 Pre, NO POST. Contact: (315)446-6285.
- Oct 6(Sun)10:00 am Finger Lakes Marathon & Relay, 1600' climb. \$10 Pre, \$15 Post, \$5 extra for T-shirt. Contact: Henry Thiesen, 107 Warwick Pl., Ithaca, NY 14850 (607)257-0736.
- Oct 6(Sun)10:00 am Extraordinary Run 5K, Buffalo Roswell Park. Contact: Edward Pawenski, 25 Kansey Ave, Kenmore, NY 14217 (716)845-5970W (716)877-5370H.
- Oct 20(Sun) 8:30 am Kenmore Mercy Hospital 5K. Contact: Kenneth Bork, 3920 Main St, Buffalo, NY 14226 (716)831-6010W (716)875-4301H.
- Nov 3(Sun) 1:00 pm FLRC Cross Country Meet 5K. \$3 entry fee race day only. Contact Shawn McDonald, 109 S Quarry St, Ithaca, NY 14850 (607)273-6722.
- Nov 30(Sat)10:00 am Broadway Market Turkey Trot 5K, Buffalo. Contact: Christopher Van Vesseem, 1081 Broadway, Buffalo, NY 14212 (716)893-7222.

BUFFALO NEWS - RUNNER OF THE YEAR SERIES FOR 1991

<u>DATE</u>	<u>RACE</u>	<u>DISTANCE</u>	<u>PHONE</u>	<u>CONTACT</u>
Sep 7	Police Chase	5K	851-4590	
Sep 15	Buffalo Run for Your Life	20K	876-0930	Wendy Stahlka
Oct 12	Run for Buffalo	10K	844-5777	Caroline Sullivan
Nov 9	Hutch-Tech Sch. Run	4 Miles	852-2000	Sanford Morris
Nov 28	Turkey Trot	8K	875-1283	

GRTC SUMMER TRACK 1991 - EPILOGUE

Another season of summer track is behind us, and here are some random thoughts in retrospect (or is it hindsight?). Competition was better than ever, although some track athletes feel that the RIT track is "slow". There were many participants from the Canandaigua Area Track Team, which worked out so well we may open the meets up to other (TAC) track clubs next summer. In an effort to attract more athletes, we lowered the series registration fee... it didn't work. Attendance was about the same as last year, and as a result, the summer track program lost money for the first time in several years. There were some minor communication problems with officials and timers, and some of the meets ran very late - our apologies to those who were inconvenienced by this. There were a few events in which results got mixed up either through human error or by machine failure - we will try to do better next year! (But remember, these are "developmental" meets, not the Olympics). On the bright side, it didn't rain at any of the meets, and we had no injuries or incidents. If you have any thoughts on summer track, watch for the GRTC Summer Track 1991 Survey which will be in next month's GRTC Newsletter.

# NAUTILUS of pittsford



THURSDAY NITE RACES--AUGUST 22nd, 1991-- McQUAID H.S.

## 1500 METERS

### MALE 8 & UNDER

1. Aaron Molisani	6:17.6
2. Bill Smith III	6:26.0
3. Patrick Kent	6:49.5
4. Brian Smith	6:58.4
5. Patrick Puccini	7:07.5
6. Brett Moulton	8:07.8
7. Bryan Kent	8:18.2
8. Nick Lipa	8:25.8
9. Nate Lipa	9:10.1
10. Shaun Kotok-Johnson	11:12.4
11. Leo Smith	11:25.6
12. Casey Puccini	11:59.9

### MALE 9-13

1. Ryan Stoner	5:23.6
2. Brendan Moran	6:26.0
3. Josh Salzman	6:35.4
4. Tom Yagielski	6:38.7
5. Brandon Hamburg	8:09.1

### HIGH SCHOOL BOYS

1. C.R. Gash	4:57.0
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### MALE 18-23

1. Ben Bond	4:34.3
2. Terry Kelloff	4:40.0
3. Mark Henfrie	5:24.8
4. Clifford Smith	7:44.5

### MALE 24-29

1. Rick Schopinsky	4:41.2
2. Matt Caton	4:43.1
3. Tom McGinnis	5:04.4
4. Terry Schnurr	5:21.8
5. G. Crawford	5:42.3

### MALE 30-34

1. Bob Birecree	4:34.3
2. John Cianca	4:42.4
3. Jeff Washburn	4:54.7
4. Bob DiGiacco	5:15.1
5. Gary Austin	6:37.8

## GRTC TRACK & FIELD SCHOLARSHIPS

Included in this issue of the newsletter is an application for the First Annual GRTC Track & Field Scholarships. If you know of a deserving track & field athlete, please see the application (nomination) form for further details on this new award program.

### MALE 35-39

1. Mark Harrison	4:44.4
2. Ken Rasmussen	4:46.2
3. Rick Iovine	5:07.5
4. Tim Matthews	5:10.0

### MASTERS MEN

1. Derck Frechette	4:31.8
2. Tom Serafin	4:34.4
3. Lloyd Smith	4:47.1
4. Tom Carr	4:50.8
5. Dick Aslin	4:54.9
6. Jim Palmieri	5:13.2
7. Rick Lesser	5:15.1
8. Dick Telarico	5:19.2
9. Gerrit Binneweg	5:26.4
10. Alan Hamburg	5:27.8

### MALE 50-59

1. Charlie Kelloff	4:48.8
2. Dick Telarico	5:04.2
3. Bill Kehoe	5:07.5

### MALE 60 & OVER

1. William Pow	6:37.5
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### SEEDED MALE

1. Dave Yendrzski	4:15.9
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### FEMALE 9-13

1. Kimberly Volkmuth	6:32.6
2. Teresa Jones	7:03.7
3. Amy Shepanski	7:23.9
4. Lisa Lipa	7:24.6
5. Lauri Volkmuth	7:26.9

### FEMALE HIGH SCHOOL

1. Sue Yagielski	5:12.8
2. Leslie Paladino	5:13.4
3. Jennifer Miller	5:23.1
4. Shannon Fuller	6:03.5
5. Melissa Salzman	6:09.3

### FEMALE 24-29

1. Stacia Frey	4:37.7
2. Lori Reed	5:23.8
3. Judy Wisotke	6:30.3

### FEMALE 30-34

1. Anne Forbes	4:48.9
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### FEMALE 35-39

1. Angela Fuller	5:44.3
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### FEMALE 50 & OVER

1. Mary Jo Chiesa	8:20.1
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## BERGEN ROAD RACE

5-kilometer run, Aug. 10

### Men

Overall: Daniel Rohnke 16:28.

Age groups: 12-under, John Jamieson 24:14; 13-15, Dana Vosburgh 18:06; 16-19, Derrick Jones 17:13; 20-29, Harvey Weber 16:28; 30-34, Donald Curran 19:06; 35-39, Rick Smith 17:36; 40-44, Robert Kulwicki 18:25; 45-49, Ken Lowe 19:02; 50-59, Bob Dean 21:11; 60-over, Roy Starr 23:07.

### Women

Overall: Ann Forbes 17:46.

Age groups: 14-under, Kristen Balbic 23:35; 15-19, Carolyn Courtright 21:53; 20-29, Gail Jones 19:38; 30-39, Kelly Gelber 21:28; 40-49, Carole Lowe 23:45.

### 10-kilometer run

### Men

Overall: Steve Stellwagen 32:59.

Age groups: 12-under, Philip Van Peursem 44:07; 13-15, David Callahan 46:45; 16-19, Christopher Levy 37:23; 20-29, Pete Glavin 33:01; 30-34, Brad Milks 37:05; 35-39, John Walsh 35:51; 40-44, Paul Persia 35:09; 45-49, Dave Gross 39:36; 50-59, Bill Kehoe 39:41; 60-over, Bob Ealy 43:44.

### Women

Overall: Renee Rombaut 36:40.

Age groups: 14-under, Tina Ralulowski 44:07; 20-29, Audra Naujokas 39:05; 30-39, Mary Horvath 42:01; 40-49, Patricia Longboat 53:39; 50-over, Patricia Scheiber 51:11.

## NIAGARA FALLS FIREFIGHTERS

MDA 5 KILOMETER RACE

At Niagara Falls, N.Y., Aug. 10

### Men

1. Thomas Root (Buffalo) 15:26; 2. Paul Kelly (Buffalo) 15:37; 3. Craig Stewart (Buffalo) 16:20; 4. Steve Tanguay (St. Catharines, Ont.) 16:28; 5. Dan Essler (Nunda) 16:29; 6. Murray Priest (Buffalo) 16:32; 7. Bob Stellington (Buffalo) 16:39; 8. Dave O'Leary (Rochester) 16:48; 9. Jim Ferris (Holley) 16:49; 10. Jamie Caligore (Buffalo) 16:57.

Other area runners: 74. David Haskell (Nunda) 19:53; 113. Nelson Willie (Nunda) 21:45.

## HOLLEY BIATHLON

July 20

(3-mile run; 15-mile bike; 2-mile run)

### Men

Overall: 1. Mike Colucci 1:03:04.

Age groups: 19-under, Trent Ryan 1:12:35; 2. Edwin Turner 1:14:20; 20-29, Wally Young 1:04:47; 2. Jim Oberst 1:05:24; 30-39, Rich Mapes 1:06:52; 2. Juan Elveres 1:07:10; 40-49, Ric Perry 1:04:42; 2. Ivan Lennon 1:07:53; 50-over, Fred Brazda 1:17:56; 2. Peter Visiko 1:20:50.

### Women

Overall: Sue Zoltner 1:20:00.

Age groups: 19-under, Ann Fishbach 1:19:55; 20-29, Ann Bauso 1:21:37; 2. Kim Henshaw 1:23:27; 30-39, Karen Soehner 1:14:18; 2. Kathleen Wiltrout 1:25:33; 40-49, Carolyn Kriesen 1:16:21; 2. Janice Quackenbush 1:23:09; 50-over, Diana Dudley 2:44:57.

### Teams

### Men

Overall, Casey Bailey-Dave O'Leary 58:04; 19-under, Jesse Cook-Chris Blackwood 1:10:25; 20-29, Blake Carlsen-Mike Kent 58:25; 30-39, Tom McGregor-Dan Andrews 1:03:52; 40-49, Bruce Velan-Al Schoenknecht 1:04:59; 50-over: Gene Czerkas-Ray Janis 1:11:23.

### Women

Overall, Connie Emerling-Nancy Soltz 1:17:24; 20-29, Ann Skinner-Sherrie Sylvester 1:22:57; 30-39, Karen Goodwin-Alice Mullen 1:33:38.

### Mixed

Overall, Karen Gonyo-Keith Gonyo 1:09:29; 19-under, Molly Finnan-Steve Finnan 1:15:15; 20-29, Chris Schunk-Loren Eastler 1:11:13; 30-39, Heather Booth-Tom Gallagher 1:10:12; 40-49, Sig Scheske-Sigron Hosman 1:22:13; 50-over, Dave Treshlavay-Sarisa Zonhlin 1:29:04.



# Mitchell Ouillette: Getting faster by the minute

By Marie White

This year Mitchell Ouillette has emerged as one of the top local runners in his age group. Mitch placed first in the 19 and under age group in every road race he has run this year. He is even starting to place well in the overall category placing 7th overall in the Jean Mitchell 5K, 17th in the Pudding Pop Five Mile Run, and 18th in the Monroe Developmental Center five miler.

Inspired by his father's interest in running, Mitch, now 15, started running at the age of six. Mitch looked at running as being a fun thing to do and got hooked on the whole running experience.

He started out by running one mile fun runs, and at the age of nine he ran his first big race, the Jean Mitchell 5K, finishing with a time of 23:55. Now, six years later, he has a PR in the 5K distance of 17:28. In 1988 he ran his first 10K in a time of 46:28. After first dropping seven minutes between 1988 and 1989, his 10K time has dropped one minute per year: 39:03 (1989), 38:09 (1990), and 37:38 (1991).

Mitch runs six times a week with a total of 25 to 30 miles per week. In order to increase his speed, he incorporated weekly track workouts. Once a week he did 6-8 quarter mile repeats as fast as 69 seconds per quarter, and he also added the GRTC track meets as another source of speed work this summer.

Looking forward to his second year on the cross-country team as a Junior at Gananda Central School, he has set his sights on breaking his PR of 16:45 which was set on a hilly three mile course. Running up hill in a race is the one thing that Mitch had trouble with last year. This year he plans on doing hill repeats so he can feel stronger and, therefore, better equipped to achieve faster times on a hilly cross-country course.

His father, Ray Ouillette, is always there to coach Mitch and support all his efforts. Following the advice of his father/coach, Mitch will stop running after the cross-country season and will start back up in the Spring. Taking the Winter off allows Mitch the ability to train hard the months he does run always keeping in mind that he will have a break come the Winter. This also keeps Mitch from becoming burned out.

Mitch's goal for the next five years is to train hard, race fast, and to continue to improve so he can eventually run a 10K in the 30 to 31 minute range. Mitch has the desire, the determination, and the support from his family that he needs to attain continued success in his running career.



Mitch Ouillette

## OSWEGO-FULTON TRIATHLON

(5k run, 15-mile bike, 5k run), Aug. 3

### Men

**Overall:** 1. Jerry Dawson (Fl. Lauderdale, Fla.) 1:12:14. **Area Finishers:** 3. Mike Colucci (Rochester) 1:13:27; Rod Sheets (Rochester) 1:27:51 (first in 55-over age group); John Ciancia (Rochester) 1:19:55; Rob Johns (Spencerport) 1:21:52; Denny Peel (Fairport) 1:29:33 (First in 50-54 age group); Don Cole (Rochester) 1:18:00 (second in 40-44 age group); David Soule (Rochester) 1:17:00 (second in 19-24 age

group); Peter Frantz (Irondequoit) 1:19:50 (Fourth in 30-34 age group); John Ciancia (Rochester) 1:19:50 (Fourth on 30-34 age group); David Lester (Mendon) 1:22:31 (6th in 30-34 age group); Tom McJury (Pittsford) 1:26:00; Rick Nenno (Greece) 1:27:0.

### Women

**Overall:** 1. Carleen Crowell (Fl. Lauderdale, Fla.) 1:22:26; 2. Laura Frantz (Irondequoit) 1:23:40. **Other Area:** 25-29 age group, 1. Laurie Lester (Mendon) 1:30:00; 19-24, 2. Diane Fishbeck (Rochester) 1:25:00; 35-39, 2. Mary Terziani (Rochester) 1:33:16

## SILVER LAKE TRIATHLON

July 28

(5/8 mile swim; 3.1 mile run; 11 mile bike).

### Men

**Overall:** 1. Mark Page (Hilton) 58:28; 2. Horia Neamtu (Rochester) 58:38 (First in 20-29 age group); 3. Mike Baxter (Rochester) 1:01:14 (First in 30-39 age group). **Other area finishers:** Jeff Bircree (Rochester) 1:03:41 (third in 30-39); Peter Franz (Irondequoit) 1:06:01 (6th in 30-39); 40-49: 2. Robert Kuwicki (Hilton) 1:13:27; 50-59: 1. Jerry Bowe (Penfield) 1:19:16.

### Women

**Overall:** 1. Cornneilla Kamp (Caledonia) 1:06:25; 2. Denise Everitt (Marion) 1:07:44 (First in 30-39 age group); 3. Laura Franz (Irondequoit) 1:11:50 (second in 30-39 age group). **Other area:** 20-29, 1. Kara Romano (Rochester) 1:12:45; 2. Chris Agresta (Rochester) 1:13:00. 50-59, 1. Lou Asmuth (Holley) 1:26:0.

**HAMLIN BEACH  
INTERNATIONAL TRIATHLON  
At Hamlin Beach State Park**

(1.5 kilometer swim; 40 kilometer bike; 10 kilometer run). Aug. 18

**Men**

**Overall:** 1. Dennis Moriarty 1:57:30; 2. Horia Neamtu 2:00:03; 3. Eric Grimm 2:01:45.

**Age groups**

**14-under:** 1. Matt Stewart 2:11:08; 2. Brian Gutman 2:22:29; 3. Jeremy Frait 2:44:46.

**20-24:** 1. Mike Colucci 2:04:12; 2. Mike Grota 2:10:45; 3. Hans Laudon 2:11:17.

**25-29:** 1. Mark Page 2:02:10; 2. James Krapf 2:06:04; 3. Dave Anderson 2:09:41.

**30-34:** 1. Mark Reissig 2:04:26; 2. Alan Brick 2:07:06; 3. Jack Scott 2:19:34.

**35-39:** 1. Kurt Eggers 2:05:18; 2. Mike Baxter 2:09:17; 3. Jim Carmen 2:12:11.

**40-44:** 1. Glen Larson 2:03:42; 2. Mike Rowley 2:09:16; 3. Buzz Schild 2:12:03.

**45-49:** 1. Vern Hecker 2:34:15; 2. Dick Morgan 2:35:43; 3. Al Pulcino 2:46:29.

**50-54:** 1. Mike Carnahan 2:23:01; 2. Dick Litz 2:33:33; 3. Ken Asmuth 2:33:51.

**55-59:** 1. Tom Solberg 2:48:25; 2. Rod Sheets 2:49:57; 3. John Ruska 3:28:19.

**60-64:** 1. Tod DeBoer 2:39:58; 2. Ed Watson 3:02:57.

**65-plus:** 1. Bill Schweizer 2:37:02; 2. John Meeks 2:58:12.

**Clydesdale division:** 1. Horia Neamtu 2:00:03; 2. Kevin Kuljerich 2:15:51; 3. Willard Slater 2:15:59.

**Women**

**Overall:** 1. Michelle Hansmire 2:18:08; 2. Terry Storrs 2:20:22; 3. Laurie Cuomo 2:21:24.

**Age groups**

**14-under:** 1. Ann Fishbach 2:52:11.

**20-24:** 1. Lynn Maynard 2:43:24; 2. Michelle Kriesen 2:52:37; 3. Mari Woodlam 3:16:14.

**25-29:** 1. Lynne Blyskal 2:29:29; 2. Lori Reed 2:33:11; 3. Kara Romano 2:35:45.

**30-34:** 1. Kathy Swiderski 2:50:10; 2. Paula Fitzpatrick 3:02:49.

**35-39:** 1. Jane O'Donnell 2:25:24; 2. Denise Everitt 2:28:00; 3. Chris Brick 2:41:37.

**40-44:** 1. Paula Wilse 2:46:19.

**45-49:** 1. Barb Morgan 2:47:38.

**50-over:** 1. Lou Asmuth 3:09:42.

**Team**

**Men:** 1. Generic Studmuffins (Paul Reynolds, Terry Borshoff, Dave Boutiller) 1:51:42; 2. Pedallers "B" (Mike Fedoryshyn, Don Vesio, John Gerace) 1:53:43; 3. Doctors of Tri (Paul Irvine, Keith McPhail, Mike Pangburn) 2:01:33.

**Mixed:** 1. Hammerheads (Patty Hawkes, Ivan Lennon, Jim May) 2:03:26; 2. Terbo Tri-Sports (Kenna Barrett, Dave Bailey, Karen Soehner) 2:07:02; 3. Purple Hayes (Susan Hayes, Chuck Hasenhover, Tom Hixon) 2:07:54.

**Women:** 1. Mussal Sportswear (Gill Burriack, Heather Booth, Ann Meyers) 2:16:17.

**Carps Kids Biathlon**

At Hamlin Beach State Park

(1/2-mile run; 3-mile bike; 1/2-mile run)

**Boys:** 9-under, Tim Weston 23:08; 11-under, Nate Fisher 21:52; 13-under, Zeke Englert 20:19.

**Girls**

9-under, Sonia Borshoff 28:26; 11-under, Laura Bensanceney 27:14; 13-under, Tracy Weston 25:46.

**22nd PUERTO RICAN FESTIVAL  
5 KILOMETER RUN, Aug. 17**

**Men**

**Overall:** 1. Scott Bagley 15:07; 2. Allan Evans 15:08; 3. Stephen C. Stellwagen 15:41.

**Top Puerto Rican runner:** Roberto Rodriguez 18:28

**Women**

**Overall:** 1. Deresa Walters 17:18; 2. Renee Rombaut 17:25; 3. Anne Forbes 17:36

**Top Puerto Rican runner:** Carmen Reyes 22:05

**SENECA PARK ZOO  
5-KILOMETER RUN, Aug. 25**

**Men**

**Overall:** Charlie McMullen, 15:32.

**Age groups:** 14-under, Peter Manyan, 19:13; 15-19, Joshua Martin, 16:17; 20-24, Keith Strudler, 15:49; 25-29, Mark Cook, 16:40; 30-34, Mike Sayers, 15:54; 35-39, Mark Harrison, 17:20; 40-44, Charlie McMullen, 15:32; 45-49, Tom Carr, 17:46; 50-54, Charlie Kellogg, 17:49; 55-59, Don Grim, 18:51; 60-64, Bob Ealy, 20:36; 65-69, Roger Brownlow, 27:50.

**Women**

**Overall:** Renee Rombaut 17:30.

**Age groups:** 14-under, Tina Ratulowski 21:08; 15-19, Suzanne Higgins 19:59; 20-24, Renee Rombaut 17:30; 25-29, Jenny Krolak, 19:01; 30-34, Marie White 19:08; 35-39, Deborah Eberhardt 20:49; 40-44, Joann Richardson 19:17; 45-49, Carolyn Kriesen 21:38; 50-54, Pat Schieber 24:15; 55-59, Mary Jo Chiesa, 28:46; 60-69, Beryl Skelton, 23:52; 70-plus, Marsha Tilson 30:43.

**One-mile Run**

**12-under:** 1. Phillip Van Peursen (Ogden) 6:34.

**GREAT POTATO 5-K RUN  
At Wayland, Aug. 25**

**Men**

**Overall:** Jeffrey Loomis (Campbell) 32:25.13

**Age groups:** 14-under, Roy Converse 43:30; 2. Trevor Townsend 51:22; 15-19, Greg Loomis 34:51; 2. Brian DeBurgomaster 41:54; 3. Jason Lander 52:17; 20-24, James Derrick 32:25:80; 2. Russell Derrick 34:49; 3. Michael Johnson 40:45; 30-34, Dan Essler 35:01; 2. John Dininny 37:40; 3. Mark Pitts 37:47; 35-39, James Kimble 38:09; 2. Ray Fox 40:26; 3. Dale Crammer 40:42; 40-49, David Coyne 33:34; 2. Steve Snyder 37:33; 3. Mike Moritz 41:48; 3. Larry Heffer 42:40; 60-69, Dan Williams 45:07; 2. Chulfi Gialfo 47:04. 70-over, Dr. Bob Wood 56:50.

**Women**

**Overall:** Elien Coyne (Avon) 40:07.

**Age groups:** 14-under, Kristin Bennett 1:05:21. 15-19, Tara Woodard 42:43. 20-29, Lisa Kenney 43:01; 2. Cynthia Draper 53:33. 30-39, Joy Dininny 47:38; 2. Sandra Kinnerney 48:22; 3. Becky Bennett 1:05:22. 40-49, Lois Moritz 48:13; 2. Denise Bartolo 51:33; 3. Sharon Dempster 51:45.

**ASHTABULA CENTENNIAL 10-K  
At Ashtabula Ohio, Aug. 25**

**Women**

**Overall:** Catherine Valleriano (Rochester) 43:24.

**LONG POINT TRIATHLON  
At Cayuga, July 28**

(1/4 mile swim; 2.5 mile run; 7 mile bike)

**Women**

**Pro:** 18-29, 2. Fran Mousaw (Rochester) 47:43; 5. Jennifer Shaver (Rochester) 53:34; 30-39, 2. Mary Terziani (Rochester) 50:44. 50-over: 1. Mary Shaver (Rochester) 54:05.

**Novice:** 18-under, 2. Carri Gilroy (Rochester) 1:04:49. 40-49, Marianne Kavanagh (Fairport) 1:11:10.

**Men**

**Pro:** 30-39, 3. Terry DeLunta (Rochester) 52:55. 50-plus: 1. Denny Peel (Fairport) 50:12.

**PARKERSBURG HALF MARATHON  
At Parkersburg, W. Va., Aug. 17**

13.1 miles (TAC National Championship)

**Men**

**Overall:** 1. Jon Sinclair (Fort Collins, Colo.) 1:03:44; 2. Andrea Espinosa (Mexico City, Mexico) 1:03:47; 3. Leonardo Keys (Mexico City, Mexico) 1:03:57. **Area:** Clydesdale Division, 2. Bill Kehoe (Rochester) 1:28:16.

**Women**

**Overall:** Olga Markova (Soviet Union) 1:11:42 (course record); 2. Diane Brussa (Boulder, Colo.) 1:12:15; 3. Mary Alico (Boulder, Colo.) 1:13:52.

**BUFFALO SUBARU 4 MILE  
July 20**

**Men**

**Overall:** 1. Terry Croyle (Morgantown, W. Va.) 18:32; 2. Daniel Garrett (Williamsville) 18:36; 3. Ron Markevich (Chicago) 18:37; 4. John Tracy (East Greenwich, R.I.) 18:39; 5. Gerard Donakowski (Ann Arbor, Mich.) 18:47; 6. Gary Westgate (Toronto) 18:52; 7. Anthony Hamm (East Lansing, Mich.) 19:05; 8. John Campbell (New Zealand)(first master) 19:07; 9. Robert Quinn (Toronto) 19:16; 10. Gary Romesser (Indianapolis) 19:26.

**Area Finishers:** 13. Scott Bagley (Mendon, 2nd in 25-29 age group) 19:40; 16. Michael Platt (Albion, 4th in 25-29 age group) 19:47; 42. Ray Stemmer (Rochester) 21:33; 54. Paul Persia (East Pembroke, 1st in 40-44 age group) 21:56; 60. Jim Ferris (Holley, 1st in 50-54 age group) 22:08; 83. Scott Weiler (Rochester) 22:50; 96. Tom Seratin (Pittsford) 23:11; 119. Dave Winn (Fairport, 3rd in 45-49 age group) 23:42.

**Women**

**Overall:** 1. Brenda Webb (Austin, Tex.) 21:38; 2. Jennifer Martin (Erie, Pa.) 21:58; 3. Gulian Perreira (Richmond Hill, Ont.) 22:12; 4. Laura Murphy (Rochester) 22:16; 5. Paula Schnurr (Burlington, Ont.) 22:29; 6. Vicki Mitchell (Snyder) 22:30; 7. Beth Anne DeCiantis (Rochester) 22:32 (\$100); 8. Barbara Filutze (Erie, Pa.) (first master) 22:38; 9. Deresa Walters (Rochester, 1st at 15-19 age group) 23:03; 10. Nancy Oshier (Rush, 2nd in the masters division, \$300) 23:04;

**Other Area finishers:** 11. Anne Myers (Rochester, 1st in 30-34 age group) 23:11; 12. Anne Forbes (Rochester, 2nd in 30-34 age group) 23:37; 23. Kathy Brown (Fairport) 25:01 (4th master, \$100); 29. Sue Zolner (Rochester, 4th in 25-29 age group) 25:44; 43. Jennifer Jensen (Rochester) 27:41; 45. Mary Shaver (Rochester, 1st in 50-54 age group) 28:04; 46. Theresa Stich (Rochester) 28:04.

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## **Field tops 500 for first time**

# **Lawson, DeCiantis lead Phelps 20K**

by Kathleen Cook

Upstate New York runners who have qualified for next year's Olympic Trials were the top finishers in the 25th annual Phelps Sauerkraut 20K held on August 3rd. Jerry Lawson, 25, of Chittenango, a newcomer to the Phelps run, won the race with a 1:04:50. Beth DeCiantis, 29, of Rochester, the first woman finisher, broke the Phelps record with a 1:15:32. Anne Myers, 33, of Rochester, who came in second in the women's division, also broke the previous women's record of 1:17:05.

Both Lawson and DeCiantis are looking ahead to the Olympic marathon trials. Lawson will compete in Columbus, Ohio in April and DeCiantis will compete in Houston, Texas next January.

"It was a very, very good field this year," said George Tillson, who has organized the race for the past six years. The race broke records in participation, too. A total of 511 registered for the race this year, up more than 75 runners from last year's total. Almost half of them were racing in Phelps for the first time.

Heat is usually a factor in the annual run, traditionally held in August during Phelps' Sauerkraut Festival. This year, though, saw a steady rain for the first four miles of the race and a cool 66 degrees. The rain meant fewer spectators, and it was a bit soggy for the more than 100 volunteers Tillson recruited, but the race organizer said the weather was perfect for running. "The rain was kind of a blessing in disguise," agreed DeCiantis. "I didn't enjoy warming up in the rain," said fellow racer Gloria Brown, "but for running, it was ideal."

Lawson, who had competed and won a 7-1/2 mile race the evening before Phelps, didn't show any weariness as he began the course. He took the lead in the first half mile and never lost it. "I was tired around 10K," he said. At that point, he checked on his competition. "The guy behind me wasn't that far back...he was closer than I felt comfortable with." Lawson widened the lead between the seventh and eighth mile marks. The runner behind him, 25 year old Jim Nicholson of Oswego, last year's winner, finished with a 1:05:09.

DeCiantis, also the top finisher in last year's run, said she was especially happy to see so many fellow women compete. Not so long ago, she said, women seemed to stay away from the longer races. With her eye on the Olympic Trials just five months away, she welcomed the chance to compete in the 20K. "These longer races are going to help me get there," she said.

Gloria Brown, 59, of Grand Island, set a national single age record for women running the 20K with a 1:32:44. Brown's husband, Jim, who keeps up on age records, coached her to pace herself at a 7:30-minute mile. "He thought I was capable

of doing that," she said. She ran a little over that goal for each mile and ended up beating the record by almost seven minutes.

Special awards were presented to those racing in Phelps for the first time, to the 28 from out of state and to the Middle-of-the-Pack runner.

Not everyone will be written up in the record books, of course, but 48 runners came away from Phelps with something to be very proud of - a personal best in the 20K. They also received a special award.

PHELPS NY SAUERKRAUT 20K - 25th ANNUAL - AWARD WINNERS  
Saturday August 3, 1991

Overall Winner: Jerry Lawson 1:04:50  
Overall Female Winner: Beth DeCiantis 1:15:32



—Photo by Terry Pearl  
Anne Myers appears to fly over the wet course in pursuit of Beth DeCiantis, but Beth held her lead to win.

Top 10 Finishers

<u>Name</u>	<u>Hometown</u>	<u>Time</u>
1 Jerry Lawson	Chittenango	1:04:50
2 Jim Nicholson	Oswego	1:05:49
3 James Derick	Bath	1:06:00
4 Alan Evans	Roch	1:06:44
5 Tim McMullen	Churchville	1:08:03
6 Mich.Cass'Black	Freeville	1:08:16
7 John Reich	Ithaca	1:08:37
8 Eric Anish	Syracuse	1:09:40
9 Gary Moore	Alf.Station	1:09:53
10 Sid Rhyant	Nedrow	1:10:21

Top 5 Women

<u>Name</u>	<u>Hometown</u>	<u>Time</u>
1 Beth DeCiantis	Roch	1:15:32
2 Anne Myers	Roch	1:17:02
3 Pamela Hunt	Ithaca	1:17:58
4 Bestsy Kneale	Syracuse	1:19:45
5 Barbara Blaszak	Syracuse	1:22:06

MEN:

18 and under

1 Al Connelly	Longhorne, PA	1:14:50
2 Peter Rich	Jamesville	1:21:05
3 Dale Heeks	Roch	1:21:23

19-24

1 John Reich	Ithaca	1:08:37
2 Eric Anish	Syr	1:09:40
3 Scott Dodge	Leicester	1:15:19

25-29

1 Jim Nicholson	Oswego	1:05:49
2 James Derick	Bath	1:06:00
3 Alan Evans	Roch	1:06:44
4 Mike Fitzsimmons	Roch	1:11:06

30-34

1	Mike Cass	Black Freeville	1:08:16
2	Sid Rhyant	Nedrow	1:10:21
3	Howard Reitz	Pittsford	1:10:56
4	Ted Thull	Macedon	1:12:44
5	Timothy Riccardi	Marietta	1:12:59
6	Frank Goetz	Fairport	1:13:12
7	Chris Lauster	Lyons	1:14:34

35-39

1	Tim McMullen	Churchville	1:08:03
2	Gary Moore	Alf. Station	1:09:53
3	Mike Hornak	Greece	1:11:20
4	John Hixon	Brockport	1:15:57
5	Mike Fogle	Canandaigua	1:20:08
6	Bob Yax	Spring Water	1:20:14
7	Alan Roberts	Utica	1:20:28

40-44

1	Rick Rima	Parish	1:11:51
2	Paul Persia	E Pembroke	1:12:53
3	Tom Lamme	Penfield	1:13:04
4	Ric Perry	Roch	1:13:53
5	Eshetu Setegn	Roch	1:14:30
6	Bob Massey	Penfield	1:14:41
7	Paul Zempel	Victor	1:17:27

45-49

1	Derck Frechette	Roch	1:11:51
2	Jlm May	Williamson	1:15:11
3	Dick Withrow	Brockport	1:17:47
4	John Hackney	Lebanon, NH	1:17:48
5	Jerry Bergenstock	Moravia	1:21:45
6	Bob Congdon	Ithaca	1:22:26

50-54

1	Don Solarek	E Roch	1:18:28
2	Sam Graceffo	Syr	1:21:56
3	Garry Curnock	St. Cath, Ont	1:26:11

55-59

1	John Doody	Shortsville	1:25:08
2	Donald Field	Mexico, NY	1:27:14
3	Art Wagner	E Aurora	1:27:19

60-69

1	Robert Ealy	Webster	1:30:55
2	Lewis Proper	Roch	1:34:24
3	Richard Sullivan	Buffalo	1:36:08

70 & Over

1	Paul Robertson	Roch	1:46:20
2	Don McNelly	Roch	1:55:56
3	Bob Wood	Geneva	2:04:29

WHEELCHAIRS

1	Colin Dye	W Winfield	1:02:27
2	Fred Liebel	Troy	1:19:15

WOMEN:20 & under

1	Pamela Hunt	Ithaca	1:17:58
2	Shannon Fuller	Farmington	1:45:13
3	----		

21-29

1	Betsy Kneale	Syracuse	1:19:45
2	Mary Beth Mandry	Syr	1:26:36
3	Ginny Sackett	Avon	1:28:16

30-39

1	Anne Myers	Roch	1:17:02
2	Dedra Croll	Chittenango	1:28:53
3	Elizabeth Besio	Liverpool	1:29:55

40-49

1	Barbara Blaszak	Syr	1:22:06
2	Joanne Richardson	Roch	1:23:58
3	Kathy Brown	Fairport	1:24:56

50-59

1	Mary Shaver	Roch	1:32:33
2	Gloria Brown	Grand Island	1:32:44
3	Lois Bell	Lafayette	1:49:37

60 & Over (1 award)

1	Sandy Bovenzi	Canandaigua	2:03:16
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—Photo by Terry Pearl

Tim Riccardi, 33, of Marietta, N.Y., finds himself in the middle between fast masters Derck Frechette (in lead) and Rich Rima of Parish who finished in a virtual tie for first master in 1:11:51. Frechette was given the edge for 15th place. Riccardi was 20th in 1:12:59.

Middle of the Pack: Sue Zygo, Rochester 228th

Personal Best in 20K\*: Joseph Kent, Webster 1:28:36

First Time in Phelps Race\*: Pamela Grosvenor, Albuquerque, NM

Out of State\*: Mark Mullally, St. Catharine's, Ontario

\*One person selected by a drawing.

Awards are given to the top 3 or the top 10% in each age group, whichever is greater. NO DUPLICATION OF AWARDS

FINAL RESULTS -- PHELPS 1991 20K ROAD RACE  
OVERALL RESULTS

PLACE	TIME	NAME	HOMETOWN	BIB	SEX	AGE	PACE
1	1.04.50	Lawson, Jerry	Chittenango, NY	415	T	25	5.23
2	1.05.49	Nicholson, Jim	Oswego, NY	275	T	25	5.31
3	1.06.00	Derick, James	Bath, NY	438	T	26	5.32
4	1.06.44	Evans, Alan F	Rochester, NY	374	T	28	5.38
5	1.08.03	McMullen, Tim	Churchville, NY	38	T	38	5.49
6	1.08.16	Cassella-Black, Michael	Freeville, NY	152	T	33	5.51
7	1.08.37	Reich, John	Ithaca, NY	238	T	22	5.53
8	1.09.40	Anish, Eric	Syracuse, NY	447	T	22	5.62
9	1.09.53	Moore, Gary	Alfred Station, NY	384	T	35	5.64
10	1.10.21	Rhyant, Sid	Nedrow, NY	281	T	30	5.87
11	1.10.56	Reitz, Howard	Pittsford, NY	346	T	33	5.72
12	1.11.06	Fitzsimmons, Mike	Rochester, NY	428	T	27	5.73
13	1.11.17	Johnston, Carl	Rochester, NY	330	T	28	5.75
14	1.11.20	Hornak, Michael E	Greece, NY	378	T	37	5.75
15	1.11.31	Frechette, Derck	Rochester, NY	321	T	46	5.79
16	1.11.51	Rima, Rich	Parish, NY	190	T	40	5.79
17	1.12.36	Cook, Mark	Sodus, NY	478	T	26	5.85
18	1.12.44	Thull, Ted	Macedon, NY	195	T	30	5.87
19	1.12.53	Ferris, Paul	E Pembroke, NY	501	T	40	5.88
20	1.12.59	Riccardi, Timothy	Marietta, NY	444	T	33	5.89
21	1.13.04	Lama, Tom	Penfield, NY	44	T	44	5.89
22	1.13.12	Goetz, Frank	Fairport, NY	327	T	33	5.90
23	1.13.17	Gardella, Michael	Rochester, NY	453	T	28	5.91
24	1.13.53	Perry, Ric	Rochester, NY	189	T	42	5.96
25	1.14.30	Setegn, Eshetu	Rochester, NY	414	T	43	6.01
26	1.14.34	Lauster, Chris W	Lyons, NY	475	T	30	6.01
27	1.14.38	Lisperis, Stephen	Rochester, NY	332	T	25	6.02
28	1.14.41	Masey, Bob	Penfield, NY	132	T	40	6.02
29	1.14.50	Connelly, Al	Langhorne, PA	488	T	18	6.03
30	1.15.08	Eley, Brian	Toronto, Ont, Canada	30	T	30	6.06
31	1.15.11	May, Jim	Williamson, NY	382	T	45	6.06
32	1.15.19	Dodge, Scott	Leicester, NY	117	T	22	6.07
33	1.15.21	Green, David	Ithaca, NY	260	T	29	6.08
34	1.15.22	Essler, Dan	Munda, NY	169	T	34	6.08
35	1.15.25	Mead, Ralph	Fairport, NY	481	T	24	6.08
36	1.15.32	DeClantis, Beth Anne	Rochester, NY	29	F	29	6.09
37	1.15.35	Mueller, Paul	E Rochester, NY	339	T	19	6.10
38	1.15.42	McAuliffe, Chris	Amherst, NY	498	T	29	6.10
39	1.15.57	Hixon, John	Brookport, NY	176	T	37	6.12
40	1.16.44	Micheisen, David	Fairport, NY	499	T	29	6.19
41	1.16.54	Laper, Michael	Brooktondale, NY	268	T	32	6.20
42	1.16.55	Reissig, Mark	Farmington, NY	471	T	33	6.20
43	1.17.00	Fowler, David	Rochester, NY	320	T	30	6.21
44	1.17.02	Myers, Anne	Rochester, NY	33	F	33	6.21
45	1.17.27	Zempel, Paul	Victor, NY	356	T	40	6.25
46	1.17.37	Lindke, Douglas	Penfield, NY	333	T	34	6.26
47	1.17.46	Caton, Matthew	Rochester, NY	60	T	28	6.27
48	1.17.47	Withrow, Richard	Brookport, NY	372	T	49	6.27
49	1.17.48	Hackney, John	Lebanon, NH	119	T	46	6.27
50	1.17.50	Housel, Edward	Rochester, NY	226	T	32	6.28
51	1.17.58	Hunt, Pamela	Ithaca, NY	418	F	18	6.29
52	1.17.59	Suchholz, Lynn	Waterloo, NY	157	T	30	6.29
53	1.18.03	Webb, Stephen	Geneva, NY	26	T	26	6.29
54	1.18.05	McGrath, Dennis	Hampburg, NY	233	T	33	6.30
55	1.18.22	Phillips, John	Phelps, NY	236	T	41	6.32
56	1.18.28	Solarek, Donald	E Rochester, NY	50	T	50	6.33
57	1.18.55	Saylor, John	Brooktondale, NY	408	T	43	6.36
58	1.18.57	Ross, Patrick P	Oswego, NY	192	T	33	6.37
59	1.19.04	Robson, John J	Newark, NY	191	T	33	6.38
60	1.19.19	Vanier, Noel R	Rochester, NY	108	T	41	6.40
61	1.19.41	Hourihan, Tom	Orchard Park, NY	225	T	33	6.43
62	1.19.45	Kneale, Setay	Syracuse, NY	420	F	26	6.43
63	1.19.53	Bond, Ben P	Rochester, NY	80	T	20	6.44
64	1.20.00	Oliver, David	Penfield, NY	470	T	24	6.45
65	1.20.08	Fogle, Mike	Canandaigua, NY	36	T	36	6.45
66	1.20.09	Young, Walter	Waterloo, NY	497	T	27	6.46
67	1.20.10	Young, Timothy	Waterloo, NY	496	T	26	6.47
68	1.20.13	Owens, Jim	Fairport, NY	385	T	42	6.47
69	1.20.14	Yax, Bob	Springwater, NY	391	T	36	6.47
70	1.20.28	Roberts, Alan	Utica, NY	306	T	38	6.49
71	1.20.32	Zygo, Larry	Rochester, NY	461	T	41	6.49
72	1.20.34	Brennan, Jack	Rochester, NY	74	T	34	6.50
73	1.20.39	Johnson, Jeff	Syracuse, NY	380	T	38	6.50
74	1.20.53	Pitt, Mark	Rochester, NY	6	T	33	6.52
75	1.20.55	Watson, Mike	Watkins Glen, NY	456	T	43	6.53
76	1.20.56	Hurley, John	Rochester, NY	393	T	37	6.53
77	1.20.58	Bleasie, Jim	Rochester, NY	79	T	34	6.53
78	1.21.05	Rich, Peter	Jamesville, NY	435	T	17	6.54
79	1.21.16	Keidel, Kenneth	N Tonawanda, NY	181	T	39	6.55
80	1.21.18	DeLorm, Gregory S	Rochester, NY	315	T	43	6.56
81	1.21.19	Dise, Allen	Gorham, NY	316	T	31	6.56
82	1.21.23	Heeka, Dale John	Rochester, NY	18	T	18	6.56
83	1.21.37	Weinpress, Michael	Spencerport, NY	198	T	36	6.58
84	1.21.38	Yorio, James	Rochester, NY	429	T	38	6.58
85	1.21.45	Bergenstock, Jerry	Moravia, NY	204	T	49	6.59
86	1.21.51	Malach, John	Newark, NY	269	T	21	6.60
87	1.21.52	Rodriguez, Roberto	Rochester, NY	140	T	42	6.60
88	1.21.56	Graceffo, Sam	Syracuse, NY	220	T	54	6.61
89	1.22.06	Blaszak, Barbara	Syracuse, NY	41	F	41	6.62
90	1.22.18	Harrison, Mark	Spencer, NY	90	T	27	6.64
91	1.22.20	Wertzinger, Ernie	Phelps, NY	309	T	43	6.64
92	1.22.21	Coleman, Brian	Watkins Glen, NY	464	T	17	6.64
93	1.22.26	Congdon, Bob P	Ithaca, NY	164	T	46	6.65
94	1.22.29	Miller, John	Endicott, NY	491	T	37	6.65
95	1.22.34	Haus, Richard	Brookport, NY	22	T	22	6.66
96	1.22.35	Hicks, Brian	Newark, NY	264	T	18	6.66
97	1.22.40	McDowell, Jack	Rochester, NY	494	T	48	6.67
98	1.22.45	Wlechuann, Fred	Mansfield, OH	409	T	42	6.67
99	1.23.00	Brooks, Greg	Irondequoit, NY	64	T	43	6.69
100	1.23.01	Ross, Timothy	Oswego, NY	28	T	28	6.69
101	1.23.15	Uilonen, David	Clyde, NY	290	T	37	6.71
102	1.23.18	Morton, Andrew	Cleveland, NY	338	T	42	6.72
103	1.23.22	Antonetty, Dan	Rochester, NY	152	T	33	6.72
104	1.23.24	Rodriguez, Roberto	Rochester, NY	24	T	24	6.73
105	1.23.32	Hicks, Dennis	Phelps, NY	360	T	41	6.74
106	1.23.35	Stockmaster, James	Rochester, NY	245	T	30	6.74
107	1.23.37	Gash, Clelland	Rochester, NY	467	T	16	6.74
108	1.23.39	Phillips, Don	Phelps, NY	277	T	37	6.75
109	1.23.45	Estabrook, John	Canandaigua, NY	319	T	38	6.75
110	1.23.47	Meswott, Jim	Rochester, NY	337	T	49	6.76
111	1.23.53	MacQueen, Ian	Toronto, Ont, Canada	334	T	43	6.76
112	1.23.58	Richardson, Joanne	Rochester, NY	386	F	40	6.77
113	1.24.09	Miner, James	Binghamton, NY	272	T	42	6.79
114	1.24.20	Omsley, John	Montour Falls, NY	465	T	38	6.80
115	1.24.26	Marushak, Joseph	Webster, NY	32	T	32	6.81
116	1.24.32	Spunar, Chris	Rochester, NY	285	T	24	6.82
117	1.24.35	Check, Walter	Rochester, NY	45	T	45	6.82

118	1.24.37	Bonner, Bob	Webster, NY	111	T	37	6.92
119	1.24.43	Perez, Juan	Rochester, NY	364	T	32	6.83
120	1.24.56	Brown, Kathy	Fairport, NY	314	F	43	6.85
121	1.25.08	Farkash, Ron	Rochester, NY	23	T	23	6.87
122	1.25.08	Doody, John A	Shortsville, NY	448	T	56	6.87
123	1.25.12	Sweeney, Joe	Phelps, NY	289	T	31	6.87
124	1.25.14	Kairias, Axel W	Rochester, NY	302	T	43	6.87
125	1.25.23	Sek, David	Fairport, NY	243	T	48	6.89
126	1.25.32	Steinhauer, Allan	Stittville, NY	288	T	41	6.90
127	1.25.35	Mathews, Tim	Rochester, NY	459	T	39	6.90
128	1.25.36	Wright, John	Niagara Falls, NY	151	T	36	6.90
129	1.25.40	Murphy, Daniel	Rochester, NY	500	T	35	6.91
130	1.25.46	Chavez, Noel	Rochester, NY	83	T	34	6.92
131	1.25.57	Regan, Scott	Rochester, NY	279	T	39	6.93
132	1.25.59	Mullally, Mark	StCatharines, Ont, CAA3	2	T	26	6.93
133	1.26.04	Greer, David	Baldwinsville, NY	172	T	49	6.94
134	1.26.06	Jones, Brenn	Rochester, NY	442	T	17	6.94
135	1.26.07	Prindle, Douglas	Honeoye Falls, NY	237	T	30	6.94
136	1.26.11	Curnock, Garry	StCatharines, Ont, CAA3	50	T	50	6.95
137	1.26.12	Schopinsky, Richard	Farmington, NY	51	T	51	6.95
138	1.26.20	Carson, Chuck	Fairport, NY	161	T	42	6.96
139	1.26.31	Alessi, Mike	Buffalo, NY	311	T	40	6.98
140	1.26.35	Reifsteck, Michael	Rushville, NY	280	T	37	6.98
141	1.26.35	Cunneyworth, Randy	Pittsford, NY	492	T	30	6.98
142	1.26.36	Mandry, Mary Beth	Syracuse, NY	432	F	25	6.98
143	1.26.47	LoTeapio, Anthony	Binghamton, NY	93	T	49	7.00
144	1.26.56	Morrissey, John	Newark, NY	133	T	43	7.01
145	1.26.56	Reisman, Gary	Baldwinsville, NY	365	T	35	7.01
146	1.27.03	Arnold, Michael	W Syracuse, NY	358	T	28	7.02
147	1.27.03	Washburn, Jeff	Hebster, NY	355	T	34	7.02
148	1.27.14	Field, Donald	Mexico, NY	214	T	59	7.03
149	1.27.19	Wagner, Art	E Aurora, NY	407	T	57	7.04
150	1.27.28	Lombard, Paul	Rochester, NY	183	T	45	7.05
151	1.27.30	Deutschman, Henry	Cato, NY	419	T	38	7.06
152	1.27.37	Perry, Jack	Rochester, NY	97	T	52	7.07
153	1.27.38	Kucharski, Mark	Tonawanda, NY	92	T	34	7.07
154	1.27.45	Kieda, Edward	Phelps, NY	182	T	40	7.08
155	1.27.46	Courtright, Richard	Rochester, NY	165	T	43	7.08
156	1.27.50	Roberts, Jerry	Rochester, NY	367	T	41	7.08
157	1.27.56	Mathewson, Rick	Rochester, NY	434	T	36	7.09
158	1.27.57	Jones, Don	Waterloo, NY	228	T	39	7.09
159	1.28.00	Lapan, Paul	Syracuse, NY	230	T	38	7.10
160	1.28.05	Croft, Brian	NYork Toronto, Ont, CAA0	24	T	24	7.10
161	1.28.07	Gregory, David	Rochester, NY	261	T	34	7.11
162	1.28.11	Matter, Richard	Fairport, NY	95	T	29	7.11
163	1.28.15	Bailey, John	Webster, NY	109	T	35	7.12
164	1.28.15	Staves, Mark	Brooktondale, NY	287	T	32	7.12
165	1.28.16	Sackett, Ginny	Avon, NY	242	F	27	7.12
166	1.28.17	Dawson, Steven	Whitby, Ont, Canada 195	28	T	28	7.12
167	1.28.19	Hecker, Vern	Canandaigua, NY	263	T	46	7.12
168	1.28.24	Heenan, Richard	Farmington, NY	334	T	21	7.13
169	1.28.31	Naukas, Larry	Fairport, NY	274	T	43	7.14
170	1.28.36	Kent, Joseph	Webster, NY	303	T	32	7.15
171	1.28.37	Kastner, James	Fairport, NY	511	T	34	7.15
172	1.28.38	Donk, Robert	Walworth, NY	168	T	22	7.15
173	1.28.51	Murphy, Kevin	Rochester, NY	134	T	32	7.17
174	1.28.53	Simonsen, John	Columbus, OH	143	T	36	7.17
175	1.28.53	Croll, Dedra	Chittenango, NY	472	F	31	7.17
176	1.28.54	Herrmann, Don	North East, PA	377	T	40	7.17
177	1.29.11	Andrews, Alan	Syracuse, NY	77	T	35	7.19
178	1.29.12	McRae, Wally	Manlius, NY	505	T	58	7.19

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179	1.29.22	Donk, Thomas	Palmira, NY	88	T	40	7.21
180	1.29.22	Robson, Guy	Fairport, NY	31	T	31	7.21
181	1.29.22	Axtell, Dave	Martville, NY	412	T	37	7.21
182	1.29.24	Oros, Michael	Penfield, NY	276	T	32	7.21
183	1.29.32	Miller, Joan	Fairport, NY	40	F	40	7.22
184	1.29.40	Rock, Jeff	W Henrietta, NY	401	T	34	7.23
185	1.29.41	Bulter, Rodney	Rochester, NY	460	T	34	7.23
186	1.29.45	Gilroy, Joseph	Webster, NY	171	T	42	7.24
187	1.29.45	Wardrop, Ed	Churchville, NY	354	T	41	7.24
188	1.29.47	Rinehart, Paul	Rochester, NY	366	T	32	7.24
189	1.29.47	Mitropoulos, David	Rochester, NY	480	T	32	7.24
190	1.29.55	Besio, Elizabeth	Liverpool, NY	110	F	33	7.25
191	1.29.57	Robbins, Terry	Honeoye Falls, NY	241	T	22	7.25
192	1.29.58	Aslin, Christopher	Rochester, NY	294	T	16	7.26
193	1.30.06	Ciaraldi, Victor G	Penfield, NY	207	T	39	7.27
194	1.30.09	Ciaraldi, Richard	Rochester, NY	84	T	36	7.27
195	1.30.29	Smith, Edward	Rochester, NY	398	T	18	7.30
196	1.30.34	Sullivan, Thomas F	Greene, NY	247	T	44	7.30
197	1.30.36	Shaw, Rodney	Pittsford, NY	54	T	54	7.31
198	1.30.39	Keefe, Daniel	Rochester, NY	482	T	32	7.31
199	1.30.42	Greene, Kevin	Austin, TX	411	T	36	7.31
200	1.30.46	Ralph, Douglas	Rochester, NY	13	T	35	7.32
201	1.30.55	Ealy, Robert	Webster, NY	213	T	62	7.33
202	1.31.00	Phillips, James	Phelps, NY	136	T	43	7.34
203	1.31.05	Russell, Michael	Rochester, NY	283	T	36	7.35
204	1.31.12	Preece, Gary	Shortsville, NY	343	T	38	7.35
205	1.31.23	Caldwell, Bruce	Warsaw, NY	206	T	38	7.37
206	1.31.28	Fuller, Angela	Farmington, NY	323	F	35	7.38
207	1.31.30	Jarrett, Richard D	Seneca Falls, NY	265	T	56	7.38
208	1.31.35	Roberts, James	Palmira, NY	98	T	43	7.39
209	1.31.45	Ragonee, Thomas	Henrietta, NY	345	T	40	7.40
210	1.31.47	Canfield, Elmer	Penn Yan, NY	115	T	49	7.40
211	1.31.51	Hasenauer, Mike	Shortsville, NY	300	T	39	7.41
212	1.31.53	Nielsen, Darryl	N Syracuse, NY	341	T	34	7.41
213	1.32.09	Malach, Joseph	Newark, NY	270	T	17	7.43
214	1.32.10	Beyerbach, William	Rochester, NY	483	T	36	7.43
215	1.32.23	Day, Steven	E Syracuse, NY	433	T	16	7.45
216	1.32.24	Levine, Jeff	Rochester, NY	231	T	41	7.45
217	1.32.25	Sutorius, Robert	Mendon, NY	388	T	37	7.45
218	1.32.26	Shaw, Anita	Pittsford, NY	48	F	48	7.45
219	1.32.33	Shaver, Mary	Rochester, NY	371	F	50	7.46
220	1.32.42	McKnight, Russell	Geneva, NY	485	T	44	7.48
221	1.32.44	Brown, Gloria	Grand Island, NY	59	F	59	7.48
222	1.32.50	Tadanza, Tom	Sackets Harbor, NY 379	25	T	25	7.49
223	1.32.53	Derrick, Alton	Avoca, NY	437	T	50	7.49
224	1.32.55	Sackett, Daniel	Williamson, NY	284	T	30	7.49
225	1.32.56	Daley, Scott	Holley, NY	252	F	32	7.49
226	1.32.56	Barry, Christopher	Newark, NY	512	T	39	7.49
227	1.32.57	Zygo, Susan	Rochester, NY	454	F	40	7.50
228	1.33.00	Young, Rick	Avon, NY	200	T	36	7.50
229	1.33.13	Jones, Leslie	N Rose, NY	120	F	34	7.52
230	1.33.13	Moore, Dick	Sodus, NY	186	T	55	7.52
231	1.33.15	Polito, William	Webster, NY	278	T	38	7.52
232	1.33.16	Rocca, Charles	Pyrites, NY	387	T	18	7.52
233	1.33.23	Welc, John	Avoca, NY	507	T	42	7.53
234	1.33.24	Miracle, Alan	Waterloo, NY	495	T	26	7.53
235	1.33.27	Van Duzee, Chuck W	Rochester, NY	197	T	54	7.54
236	1.33.29	McFarland, Dan	Canton, NY	383	T	20	7.54
237	1.33.32	Durbin, Paul	Lincoln, NE	89	T	47	7.54
238	1.33.45	Bunkenburg, Joachim	Victor, NY	462	T	49	7.56
239	1.33.49	McGroarty, James	Baldwinsville, NY	12	T	35	7.57

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240 1.33.51 Blackman, Sheila  
 241 1.33.52 Nies, William  
 242 1.33.55 Thompson, Thomas  
 243 1.33.57 Barone, Gary  
 244 1.33.57 Grosvenor, Pamela  
 245 1.34.08 Clark, Terry  
 246 1.34.17 Major, Wilbert L  
 247 1.34.23 Healy, Scott  
 248 1.34.24 Proper, Lewis  
 249 1.34.32 Burdick, Andrew  
 250 1.34.36 Downs, Jeff  
 251 1.34.50 Velte, Doug L  
 252 1.35.01 Kremer, Alfred  
 253 1.35.03 Zagorski, Glen  
 254 1.35.07 Lovendahl, Erik  
 255 1.35.08 Hams, Marylou  
 256 1.35.11 Sholeen, John  
 257 1.35.12 Campbell, Allan  
 258 1.35.13 McCarrick, Jamie  
 259 1.35.18 Rath, Peter  
 260 1.35.22 Watkins, Barry  
 261 1.35.32 Bentkofsky, Allan  
 262 1.35.35 Heeka, Dave  
 263 1.35.44 Burkhardt, Neale  
 264 1.35.53 Houston, Robert  
 265 1.35.54 Povinock, Tom  
 266 1.36.00 Hunter, Robert  
 267 1.36.04 Swagner, Ellen  
 268 1.36.08 Sullivan, Richard  
 269 1.36.09 Howell, Mark  
 270 1.36.10 Rowe, Kenneth  
 271 1.36.11 Toomey, James  
 272 1.36.12 Cizewski, Stan  
 273 1.36.14 Eisenberg, William  
 274 1.36.24 Connon, Neil  
 275 1.36.25 Ford, Peter  
 276 1.36.29 Foster, Daniel  
 277 1.36.35 Lavery, Thomas  
 278 1.36.38 Tichenor, Steven  
 279 1.36.39 Heise, Terry  
 280 1.36.43 Bidwell, Thomas  
 281 1.36.46 Tokar, Richard  
 282 1.36.48 Illig, Juliet  
 283 1.37.00 Kless, Ronald  
 284 1.37.10 Tindall, Mark  
 285 1.37.11 North, Clyde  
 286 1.37.11 Shaver, Jennifer  
 287 1.37.13 Kocher, Bill  
 288 1.37.15 Dautrich, Randy  
 289 1.37.23 Muto, Cathy  
 290 1.37.27 Riley, Jack  
 291 1.37.45 Rider, Carol  
 292 1.37.51 DeLany, Jeffrey  
 293 1.37.57 Parker, Gary  
 294 1.37.59 Barzideh, Bijan  
 295 1.37.59 Henry, Margaret  
 296 1.38.00 Sanger, Doug  
 297 1.38.01 Coveny, Daniel  
 298 1.38.01 Spencer, Ronald  
 299 1.38.02 Wiseman, Mark  
 300 1.38.09 Rooney, Bill

Ithaca, NY 75 F 32 7.57  
 Honeoye Falls, NY 342 T 39 7.57  
 Genesee, NY 148 T 47 7.57  
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 Rochester, NY 251 T 43 7.72  
 Rochester, NY 177 T 51 7.73  
 Unadilla, NY 57 T 57 7.73  
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 Rochester, NY 116 T 54 7.77  
 E Rochester, NY 215 T 42 7.78  
 Rochester, NY 508 T 36 7.78  
 Brockport, NY 126 T 44 7.79  
 Canandaigua, NY 389 T 42 7.79  
 Rochester, NY 223 T 39 7.79  
 Rochester, NY 59 T 37 7.80  
 Ovid, NY 248 T 22 7.80  
 Rochester, NY 227 F 24 7.81  
 Rochester, NY 123 T 54 7.82  
 Farmington, NY 196 T 34 7.84  
 Canandaigua, NY 1 T 36 7.84  
 Rochester, NY 370 F 23 7.84  
 Victor, NY 439 T 42 7.84  
 Auburn, NY 253 T 32 7.84  
 Toronto, Ont, Canada 340 F 35 7.85  
 Irondequoit, NY 139 T 40 7.86  
 Bridgeport, NY 49 F 49 7.88  
 Rochester, NY 166 T 25 7.89  
 Rochester, NY 502 T 25 7.90  
 Rochester, NY 373 T 32 7.90  
 Rochester, NY 486 F 47 7.90  
 Rochester, NY 348 T 33 7.90  
 Warsaw, NY 208 T 45 7.90  
 Central Square, NY 193 T 32 7.90  
 Nunda, NY 107 T 46 7.91  
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301 1.38.13 Richards, Paul J  
 302 1.38.15 Test, Terry  
 303 1.38.26 Archunde, Herman  
 304 1.38.28 Burns, Roger  
 305 1.38.31 Wetzel, Jack  
 306 1.38.34 Burke, John  
 307 1.38.46 Austin, Nyhl  
 308 1.38.52 Ross, Terry  
 309 1.39.07 Ribble, Bill  
 310 1.39.08 Zastrow, Stephen  
 311 1.39.23 Dunbar, Richard  
 312 1.39.25 Press, Jim  
 313 1.39.31 Morley, Thomas A  
 314 1.39.32 Barba, Valerie  
 315 1.39.38 Soltis, Jack  
 316 1.39.40 Candido, Linda  
 317 1.39.48 Hartnett, Kristen  
 318 1.39.51 Willey, Nelson  
 319 1.39.52 Rhoads, Gerald  
 320 1.40.34 Kuuskoski, Johannes  
 321 1.40.43 Oja, Linda  
 322 1.40.45 Rooney, Marty  
 323 1.40.46 Hastings, Alan  
 324 1.40.46 Voorhees, Donald  
 325 1.40.52 Steinberg, Craig  
 326 1.41.14 Spinelli, Peter  
 327 1.41.26 Chuang, Jenny  
 328 1.41.36 Watson, Dennis  
 329 1.41.47 Phillips, Tom  
 330 1.41.48 Frazier, Frank  
 331 1.41.49 Cronauer, Carol  
 332 1.41.51 Zagata, Mark  
 333 1.41.59 Hason, James  
 334 1.42.02 Groat, Tom  
 335 1.42.10 Spunar, Marilyn  
 336 1.42.15 Bratton, Stan  
 337 1.42.15 Gillen, Mark  
 338 1.42.21 Czerkas, Gary  
 339 1.42.41 Hayes, Raymond  
 340 1.42.51 Schneggenburger, Don  
 341 1.42.57 Leger, Len  
 342 1.43.04 James, Terry  
 343 1.43.18 Staples, Bill  
 344 1.43.35 Hiemenz, Robert  
 345 1.43.35 Miller, Bud  
 346 1.43.56 Kasprzyk, Robert  
 347 1.44.24 Singer, Norman  
 348 1.44.27 Polsinelli, Thomas  
 349 1.44.32 McIntyre, Charles  
 350 1.44.40 Gris, Don  
 351 1.44.43 Babcock, Bob  
 352 1.44.53 Crusa, David  
 353 1.45.02 Hendy, James  
 354 1.45.03 Wood, Herb  
 355 1.45.11 Russell, Eric F  
 356 1.45.13 Fuller, Shannon  
 357 1.45.31 Downy, Halli  
 358 1.45.32 Dockwiler, Mickey  
 359 1.45.45 Allen, James  
 360 1.46.16 Laper, Marie

E Rochester, NY 239 T 46 7.92  
 Penn Yan, NY 406 F 39 7.92  
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 Wellsville, NY 67 T 48 7.97  
 E Rochester, NY 457 T 46 7.97  
 Penfield, NY 282 T 47 7.99  
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 Rochester, NY 451 T 22 8.05  
 E Amherst, NY 125 T 39 8.11  
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 Rochester, NY 131 T 35 8.22  
 Rochester, NY 173 T 53 8.23  
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 Buffalo, NY 73 T 49 8.25  
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 Newark, NY 209 T 38 8.25  
 Elmira, NY 222 T 56 8.28  
 Tonawanda, NY 369 T 59 8.29  
 E Rochester, NY 128 T 50 8.30  
 Manlius, NY 178 T 47 8.31  
 Rochester, NY 101 T 49 8.33  
 Syracuse, NY 224 T 29 8.35  
 Fairport, NY 52 T 52 8.35  
 Rochester, NY 121 T 46 8.38  
 Bronx, NY 307 T 36 8.42  
 Rochester, NY 137 T 39 8.42  
 Lyons, NY 335 T 31 8.43  
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 Ithaca, NY 359 T 62 8.44  
 Rochester, NY 425 T 49 8.46  
 Webster, NY 301 T 48 8.47  
 Rochester, NY 250 T 46 8.47  
 Norwich, NY 100 T 34 8.48  
 Farmington, NY 324 F 15 8.49  
 S Wales, NY 255 F 31 8.51  
 Liverpool, NY 167 F 34 8.51  
 Phelps, NY 312 T 38 8.53  
 Ovid, NY 422 F 32 8.57



361	1.46.17	David, Walter	Webster, NY	210	T	50	8.57
362	1.46.20	Robertson, Paul	Rochester, NY	71	T	72	8.58
363	1.46.29	Pullman, Robert	Rochester, NY	3	T	44	8.59
364	1.46.51	Young, Laurence	Syracuse, NY	473	T	34	8.62
365	1.47.07	Hanzek, John	Livonia, NY	184	T	40	8.64
366	1.47.09	Diffenderfor, Rick	Addison, NY	430	T	41	8.64
367	1.47.11	Duerst, Reggie	Rochester, NY	299	T	40	8.64
368	1.47.23	Karr, Jacques	Rochester, NY	180	T	56	8.66
369	1.47.36	Weinpress, Eileen	Spencerport, NY	503	F	37	8.68
370	1.47.37	Lucas, Martha	Jordan, NY	108	F	21	8.68
371	1.47.37	Badger, Mark	Rochester, NY	129	T	47	8.68
372	1.47.58	Bowman, David	Ithaca, NY	156	T	51	8.71
373	1.48.13	Crawford, Gordon	Rochester, NY	400	T	28	8.73
374	1.48.27	Geise, Lloyd	Clifton Springs, NY	25	T	42	8.75
375	1.48.58	Beausont, Jr., Eugene	LeRoy, NY	153	T	49	8.79
376	1.49.12	Kinney, Christina	Norwich, NY	91	F	47	8.81
377	1.49.14	Bayer, John	Warsaw, NY	37	T	37	8.81
378	1.49.15	Francisco, Julie	Buffalo, NY	258	F	31	8.81
379	1.49.18	Beyea, Robert A	Canandaigua, NY	392	T	42	8.81
380	1.49.22	Ripley, Ruth	Pennellville, NY	240	F	44	8.82
381	1.49.23	Solberg, Tom	Rochester, NY	58	T	58	8.82
382	1.49.29	Pfenninger, Barbara	Holcomb, NY	46	F	46	8.83
383	1.49.37	Bell, Lois	Lafayette, NY	154	F	59	8.84
384	1.49.45	Levine, Martin	Manlius, NY	53	T	53	8.85
385	1.50.00	Steinbugler, Richard	E Syracuse, NY	61	T	61	8.87
386	1.50.06	Eisenman, Carol	Churchville, NY	9	F	33	8.88
387	1.50.08	Rosekrans, Bruce	Shortsville, NY	368	T	32	8.88
388	1.50.22	Ditzell, Gary	Geneva, NY	493	T	38	8.90
389	1.50.40	Baldwin, Jon	Branchport, NY	58	T	45	8.92
390	1.50.41	Youngs, Tim	Waterloo, NY	201	T	45	8.93
391	1.50.50	Leonard, Stephen	Hilton, NY	458	T	39	8.94
392	1.50.52	Brewster, Della	Arkport, NY	436	F	32	8.94
393	1.50.53	Collins, Lois	Rochester, NY	43	F	43	8.94
394	1.51.09	Leger, Jennifer	E Rochester, NY	127	F	38	8.96
395	1.51.27	La Gas, Dick	S Butler, NY	413	T	57	8.99
396	1.51.29	Steinberg, Jean	Manlius, NY	42	F	42	8.99
397	1.51.45	Galbraith, William	Webster, NY	259	T	48	9.01
398	1.51.54	German, Nancy	Rochester, NY	326	F	29	9.02
399	1.52.11	LaBure, Edward	Rochester, NY	427	T	28	9.05
400	1.52.16	Genier, Joseph	Rochester, NY	20	T	20	9.05
401	1.52.18	Ramsey, Dana	Rochester, NY	21	F	21	9.05
402	1.52.19	Anderson, Glenn	Farmington, NY	8	T	46	9.05
403	1.52.30	Russell, Harold	Norwich, NY	65	T	65	9.07
404	1.52.38	Cook, Mark J	Fairport, NY	86	T	35	9.08
405	1.53.18	Twoguns, Calvin	Rochester, NY	149	T	34	9.14
406	1.53.39	Hall, Linda	Williamsville, NY	489	F	47	9.17
407	1.53.49	Brainerd, Joe	Baldwinsville, NY	205	T	58	9.18
408	1.53.59	Buscher, Donald	Tully, NY	159	T	46	9.19
409	1.54.11	Robinson, Betty	Savannah, NY	416	F	40	9.21
410	1.54.13	Newlander, John	Macedon, NY	188	T	45	9.21
411	1.54.17	Rouland, Timothy M	Oaks Corners, NY	506	T	31	9.22
412	1.54.26	Batchelor, Dave	Baldwinsville, NY	296	T	46	9.23
413	1.54.35	Amodel, April	Auburn, NY	403	F	27	9.24
414	1.54.36	Edwards-Hobbs, Patricia	Clifton Springs, NY	90	F	40	9.24
415	1.54.38	Pendola, Frank	Rochester, NY	96	T	34	9.24
416	1.55.11	Richardson, Dawn	Rochester, NY	305	F	26	9.29
417	1.55.56	McNelly, Don	Rochester, NY	70	T	70	9.35
418	1.56.15	Rosano, Michael	Rome, NY	396	T	29	9.38
419	1.56.46	Booner, Bob	Lakeville, NY	4	T	54	9.42
420	1.57.38	Miller, Marvin	Pittsford, NY	185	T	43	9.49

421	1.58.11	Dickinson, Korleen	Rochester, NY	55	F	55	9.53
422	1.59.19	Creek, David	Rochester, NY	297	T	26	9.52
423	1.59.25	Dunfey, Peter	Fairport, NY	317	T	47	9.63
424	2.00.03	Sweeney, Donna	Romulus, NY	102	F	27	9.68
425	2.00.07	Harzynski, Kenneth	Webster, NY	376	T	29	9.69
426	2.00.37	Maszewski, Thomas	Rochester, NY	271	T	34	9.73
427	2.00.56	Jop, Deborah	Fairport, NY	265	F	41	9.75
428	2.01.05	Stabins, Ed	Rochester, NY	63	T	63	9.76
429	2.01.11	Coston, Douglas	Phelps, NY	449	T	41	9.77
430	2.01.18	Fultz, John	Kent, OH	170	T	42	9.78
431	2.01.25	Crespo, Faustino	Rochester, NY	426	T	46	9.81
432	2.01.50	Fraischlag, Mary	Webster, NY	322	F	28	9.83
433	2.01.50	Tillis, Marie	Penfield, NY	390	F	28	9.83
434	2.02.21	Coston, Christopher	Phelps, NY	463	T	17	9.87
435	2.02.33	Garton, Brett	Liverpool, NY	118	T	30	9.88
436	2.02.34	Arnold, Carlton	Baldwinsville, NY	76	T	43	9.88
437	2.02.56	McGrath, Shane	Clifton Springs, NY	17	T	17	9.91
438	2.02.57	Lowery, Sam	Geneva, NY	466	T	17	9.92
439	2.03.16	Bovenzi, Sandy	Canandaigua, NY	155	F	61	9.94
440	2.03.42	Goodman, Karen	Chenango Forks, NY	328	F	41	9.98
441	2.04.05	Ruocco, Senterio	Corning, NY	293	T	61	10.01
442	2.04.29	Wood, Bob	Geneva, NY	72	T	72	10.04
443	2.05.25	Kinsman, Connie	Palmyra, NY	34	F	34	10.11
444	2.06.02	North, Susan	Canandaigua, NY	2	F	34	10.16
445	2.06.13	Johnson, Annette	Geneva, NY	329	F	54	10.18
446	2.07.13	Mack, John	Webster, NY	381	T	48	10.26
447	2.08.10	Dausman, Roger	Newport News, VA	87	T	45	10.34
448	2.09.48	Burnisky, Ann	Phelps, NY	158	F	43	10.47
449	2.09.50	Crye, Chris	Avon, NY	423	T	39	10.47
450	2.10.50	Stokes, Telana	Rochester, NY	146	T	33	10.56
451	2.12.24	Gaines, Janet	Fairport, NY	424	F	30	10.58
452	2.12.52	Shoelen, Dorothy	Ithaca, NY	469	F	46	10.72
453	2.14.51	Downy, Richard	S Wales, NY	254	T	37	10.88
454	2.16.02	Short, Jean	Rochester, NY	450	F	48	10.97
455	2.16.03	Lockmeyer, Gary	Rochester, NY	452	T	47	10.97
456	2.17.15	Murphy, William	Rochester, NY	235	T	42	11.07

## Sports Page Challenge Cross-country meets set for second season

The second season of the Sports Page Team Challenge will open Saturday Sept. 21 at 9:30 a.m. at the Newark Harrier Classic at Ultra Tech Park in Newark, the legendary site of the high school Section 5 meets.

A change in the date of the McQuaid Invitational at Genesee Valley Park makes the second meet Sept. 28 (at 4:15 p.m., the end of a day of high school racing).

In most cases the races are part of a program of high school racing so adult runners can compare their times both to what they used to be in high school and what the kids are running that day. The final meet at Cobbs Hill isn't connected with any other meet.

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- Schwinn Airdynes
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- Lifecycles
- Cybex Fitrons
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## ***If you run, you should belong . . .***

- **Supporting GRTC supports road racing** in Greater Rochester. Membership is your chance to be part of the running community, to have a voice in the conduct of racing and to show sponsors that interest justifies their support.
- **This Newsletter.** Our monthly magazine of articles on training, injury prevention and nutrition; extensive reporting on races; entry forms for more than 50 races a year; the complete calendar of racing events.
- **Discounts.** You'll save on entries for all GRTC-managed races (many of the major ones) . Discounts at Dalberth's and other shops.
- **Track meets.** Summer meets open only to GRTC members. Four winter track meets at the U of R.
- **Social events** and runs, annual banquet, the chance to meet new friends and join training groups.

### **Greater Rochester Track Club Membership Application**

The Greater Rochester Track Club.

Member of Niagara Association of TAC #031

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

Address \_\_\_\_\_ Home Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Birthdate \_\_\_\_\_ TAC # \_\_\_\_\_  
(If you have one)

Occupation or School (if student) \_\_\_\_\_

For members under 18: Parent/Guardian Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

I'd like to help with: Newsletter \_\_\_\_\_ Races \_\_\_\_\_ Youth Programs \_\_\_\_\_ Anything \_\_\_\_\_

Suggestions to club officers: \_\_\_\_\_

Membership Category:

\_\_\_\_\_ Individual \$15/year \_\_\_\_\_ \$40/3 years

\_\_\_\_\_ Sponsor \$25

\_\_\_\_\_ Student \$10/year \_\_\_\_\_ \$25/3 years

\_\_\_\_\_ Family \$25/year \_\_\_\_\_ \$60/3 years

(List names and birthdates)

**GRTC**

P.O. Box 92608

Rochester, NY 14692