

SCOTT BAGLEY & AUDRA NAUJOKIS KNAPP WIN
3RD ANNUAL RUN FOR HOSPICE



--Photo by Fred Derks

Winner again-- Scott Bagley has comfortable lead as he cruises to victory in Run for Hospice 5K in 14:55, a race record. He's won all three annual events.



--Photo by Fred Derks

First woman, Audra Naujokis Knapp crosses line in Run for Hospice 5K in 17:26.

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HALL OF FAME

Trent Jackson	1970	Don McWilliams	1981	Kare Cossaboon-Holm	1987	Beth DeCiantis	1992
Ed Duncan	1970	Pete Todd	1982	Joe George	1987	Bill Kehoe	1992
Dick Ashley	1971	Don McNelly	1982	Bill Quinlisk	1987	Nancy Oshier	1992
Dick Boddie	1972	Paul Gesell	1982	Dave Winn	1987	George Tillson	1992
John Coons	1973	Shirley Gesell	1982	Dave Coyne	1988	Marsha Tillson	1992
Len Bagley	1981	Elroy Turner	1983	Craig Holm	1988	Ben James	1993
Gene Osborne	1981	Paul Sadler	1984	Tim McAvinney	1988	Charlie McMullen	1993
Norm Frank	1981	Beryl Skelton	1985	Nedra Osborne	1988	Tom Rauscher	1993
						Barbara Stewart	1993

Deadline for each months 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 **George Tillson, GRTC Race Coordinator, 5120 Wiborn Road, Shortsville, NY 14548**. Late changes or cancellations may be called in at 716-289-4250.

To have a race entry form included in the Newsletter. Send one copy of the entry form with a check or money order for \$60 payable to GRTC (no cash please) to the George Tillson at the above address by the 15th of the month. Entry forms received without payment will not be included in the Newsletter. The \$60 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 550 copies delivered to East Ridge QuickPrint, 1258 East Ridge Road, Irondequoit by the 21st of the month. Entries to be inserted must be no larger than 8.5" by 14" and must not be folded. Entries may also be published as a page in the Newsletter. Copied should be 8.5" by 11" and will be reduced at no cost to fit our page.

Race entries to be included in the newsletter must meet GRTC guidelines. There are two main qualifications: 1. Conditions covering awards must be clearly stated (minimum of top 10% in each age group is recommended.) 2. There must be no reference to drawings that might conflict with Postal Service regulations, especially use of the term "raffle".

Advertising from commercial sources will be accepted as a service to members at the rate of \$75 per page (\$200 for 3 months), \$50 1/2 page (\$135 for 3 months) and \$25 per 1/4 page (\$70 for 3 months). Business card size ads will be accepted at the rate of \$15 for one month or \$40 for three consecutive months. Submit ads to **Terry Robbins, 60 Crittenden Blvd. Apt. 621, Rochester, NY 14620**. Contributions of articles, photos, race experiences, opinions or simply notes are welcome and actively solicited. Volunteer help is always welcome. Send any information to Terry Robbins at the above address. There is no charge for publication of race results. The Newsletter will publish the names of all prize winners for each race and a full order of finish if space permits.

PRESIDENT'S COLUMN - By Bob Dyjak

From the President's desk ... The leaves are falling, the chill's in the air, marathons abound ... another running season is quickly coming to a close. Don't despair, however ... with some careful scheduling, we have arranged a winter season that will keep you racing just about every weekend between December and March. With the GRTC Freezeroo series, the CATS Polarcats series and a few select races, we've got you covered.

Have you marked your calendar for Sunday, January 24, 1999 yet? Ok, put down this newsletter, walk to your calendar and circle the date ... go ahead ... we'll wait for you ... this will be an Annual Awards Banquet to remember ... great food from Pasta Makers, hall of fame inductions, 1999 Board member elections, an interesting guest speaker (Mike Reif) and several door prizes to be given away ... it's a bargain at \$15/ticket ... reserve yours TODAY!

Thanks to those of you who have accepted the challenge and sold Dine-A-Mate books on the GRTC's behalf. If you haven't purchased one yet, they will be available until the end of December. They do make great gifts.

EDITOR'S NOTES — By Terry Robbins

This month's newsletter contains primarily pictures and results from the Run for Hospice and USATF National Masters 5K Cross Country Championship. Congratulations to the GVH team of Tim McMullen, Gary Moore, Charlie Andrews, Charlie McMullen and Roger Messenger for winning the National Cross Country Championship. The Run for Hospice 5K was also a great success with over 500 runners raising over \$14000 for the Visiting Nurse Hospice Service.

The next two newsletters will be combined issues (Dec-Jan and Feb-Mar.). The winter race series begin in less than a month. The complete race schedule for the Polar Cat and Freezeroo series can be found on page 14 with an application for the Freezeroo series on page 16. As Bob mentioned the GRTC annual awards banquet is scheduled for January 24th. Information on how to reserve your spot can be found on page 13.

Many thanks to the following for their contributions to this issue: George Tillson, Bob Dyjak, Lu Ann Weinstein, Stacey VanDenburgh, Kris Kessler, Ed Cloos, Bill Quinlisk, Pete Glavin, Ric Perry, Bill Kehoe, Mark Roberts, Dr. David Valvo, Pam Bliss, Pete VanPeurse, Fred Derks, Brian Sears, Roger Howe and the folks at Eastridge Quickprint

RACES & SOCIAL RUNS:

The Thanksgiving races just a few weeks away. The SE YMCA Turkey classic is on 11/22 at 9 am. Race with Grace 10K on 11/26 at 9am and the RT Turkey run on 11/28 at 10 am. Page 14 has the complete race calendar.

The Five and Diners move to back to Cobbs Hill. They meet in the far corner of the Temple Beth El parking lot and leave at 6:00 pm. They will do a 5 mile loop around Cobbs Hill and go to Starbucks at 12 corners after the run. Questions call Jane Jaculli at 264-0941.

RESULTS:

Results for the Wineglass marathon, Castile Library 5K Fund run, Run for Hospice 5K, Hilton-Parma Apple Derby 5 miler, USATF National Masters 5K Cross Country Championships, Genesee River Romance 5K open race and the Kodak Fall Classic 5K.

The GRTC Board of Directors meetings are usually held on the second Tuesday of every month. The next meeting is scheduled for Tuesday November 10th, 7:00 pm at Mid-Town Tennis in the conference room. All GRTC members are invited to attend. Please leave a message on the Hotline if you plan to be there.

GRTC HOTLINE 234-0565
GRTC WEB SITE www.ggw.org/grtc/

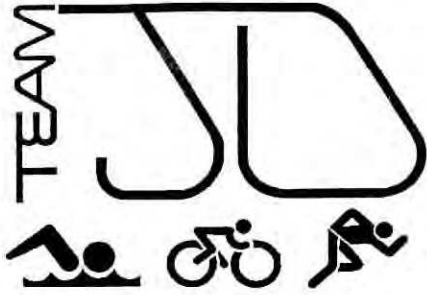
WEB SITES

GRTC www.ggw.org/grtc/
CATS users.aol.com/catspage.htm
GVH www.gvh.net
Runtime Services Timing www.run-time.com



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Greater Rochester Track Club Newsletter Vol. 98 No.11

Information about the GRTC club should be sent to:

GRTC

P.O. Box 92608

Rochester, NY 14692

The GRTC newsletter is the official news-magazine of the Greater Rochester Track Club. Membership in the GRTC automatically entitles one to receive the GRTC newsletter. The newsletter is published on a monthly basis except for the combined December - January and February - March issues.

CLUB NUMBERS

GRTC RACE HOTLINE	234-0565	RATS	723-5119
CATS A.C.	234-1410	HASH HOUSE HARRIERS	482-6481
ROCHESTER ORIENTEERING	377-5650		

Welcome to the Machine

"Why is it that every time I find a shoe I like, they change it?", she cried.

Every day people come to our store looking to replace their running shoes, only to find that their model has been discontinued or updated. Tantrums are thrown, tears are shed, fists fly, and blood is spilled over the last pair of Nike Air Structure Triax from last season.

Well, for starters, the number one reason for footwear changes is obviously money. You have it, they want it, and you're willing to part with it. Every footwear manufacturer is spending a lot of time and energy developing better technologies, hopefully improving future designs. Not only does a shoe have to feel good, but vanity comes into play here. Fresh looks, colors, cosmetics, and lacing systems all must be on target for a model to be successful. Seasonal fashion trends link with footwear to complete an entire picture - You'd be surprised to see this year's hot apparel colors match your new shoes. Let's also not forget each company out there is fiercely competing for your business, and their market share. Lastly, shoe designers need jobs too, hence, the introduction of four new lines a year.

So after all that explaining, why does Ken here at the store still try to convince our Saucony Rep to bring back the 1980 Trainer, eighteen years after its demise? Security blankets are hard to part with, and I understand your pain.

**Craig Curtice (still looking for a
Nike Elite Classic in a size 12)
M. Medved Running & Sports Apparel**

WINEGLASS MARATHON - 10/4/98

Place	<u>Nmae</u>	<u>City</u>	<u>Time</u>								
5	Rod Swartwood	Penfield	2:37:57	162	Greg Miller	Rochester	3:50:33				
36	Jon Fleig	Rochester	3:10:57	171	Joseph Gilroy	Webster	3:50:45				
37	Chad Laveck	Henrietta	3:11:00	173	James Stevens	Fairport	3:52:23				
53	Timothy Mangan	Honeoye Falls	3:17:34	183	Stephen Alersley	Rochester	3:53:07				
57	Ron Furrer	Rochester	3:18:37	184	Larry Wilkinson	Rochester	3:55:43				
64	Mark Semon	Canandaigua	3:19:01	196	Tom Perry	Pittsford	3:55:59				
66	Douglas Pennington	Spencerport	3:19:19	201	Gene Kinney	Pittsford	3:58:01				
68	Dave Riley	Rochester	3:21:00	206	Bruce Lavner	Rochester	3:58:58				
77	Dennis Vankerkhove	Rochester	3:25:34	209	Doug Escher	Spencerport	3:59:11				
80	Ronald Breed	Hilton	3:25:47	216	Kristen Kessler	Rochester	3:59:16				
82	Glen Burkhart	Fairport	3:26:22	228	Mike Seager	Pittsford	3:59:38				
86	Michael Weinpress	Spencerport	3:28:10	236	Karl Bloom	Livonia	4:02:11				
89	Michael Dunn	Pittsford	3:29:25	238	Martin Rogers	Penfield	4:06:22				
90	Ellen Erhardt	Mendon	3:29:41	239	Susan Thoen	Macedon	4:07:28				
91	William Burnett	Walworth	3:30:04	240	Jean Jobe	Macedon	4:07:28				
92	Douglas Carpenter	Rochester	3:30:21	245	Bob Lonsberry	Mt. Morris	4:07:49				
97	Joseph Di Poala	Fairport	3:31:51	246	Andrew Bartlett	Rochester	4:09:35				
101	Buz Cox	Ontario	3:32:47	260	Tiffany Wilkinson		4:09:42				
103	John Barott	Canandaigua	3:33:28	301	Michael Rossi	Fairport	4:12:40				
122	Pete Nodzak	Rochester	3:38:01	302	Jane Wineberg	Rochester	4:24:32				
141	Tom LeBeau	Rochester	3:44:22	307	Sean Danaher	Toronto	4:24:39				
144	Christina Chavez	Canandaigua	3:45:37		Barry Erickson	Fairport	4:26:17				
148	Brian Adams	Rochester	3:46:28								

CASTILE LIBRARY 5K FUND RUN - 9/12/98

Race Director: Pam & Emily Bliss

Race Location: Letchworth Park

Castile Library hosted its third annual 5K Fund run and 1 mile walk at Letchworth State Park on September 12, 1998. All funds raised at this race go towards the building of an addition to our library.

A cool, sunny morning welcomed 53 runners and 20 walkers to enjoy the picturesque setting of the "Grand Canyon of the East".

Running shoes were presented in the Masters category to Cindy Fisher (22:43) and Dan Essler (17:01). In the open category, shoes were presented to Heather Biondolillo (22:28) and Seth Malcom (19:15) on the certified 5K course. Ken and Cindy Fischer also won a pair of walking shoes, for their first and second place finish in the walk.

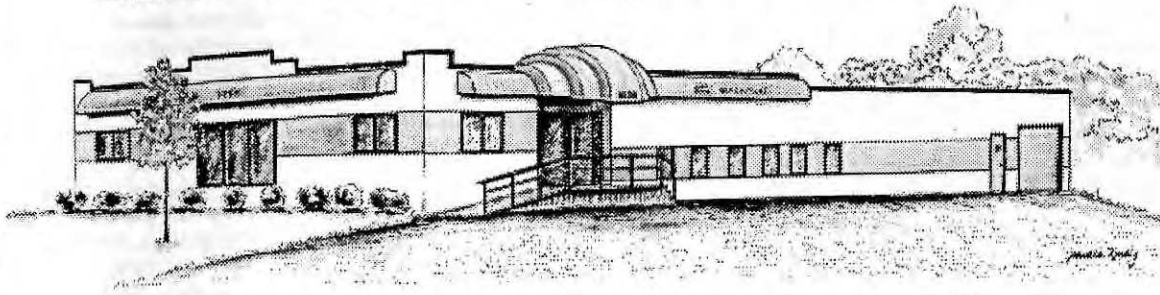
Thanks to all our participants. We hope to see you next year at the Castile Library Fund Run at Letchworth State Park.

Place	Name	Time	Sex	Age						
										Pam Bliss Race Director
1	Dan Essler	17:01	M	41						
2	Scott Reinhart	18:42	M	44	42	John Swanson	28:00:00	M	46	
3	Don Spencer	19:01	M	47	43	Lynne Johnson	29:20:00	F	25	
4	Seth Malcolm	19:15	M	21	44	Erin Johnson	29:21:00	F	12	
5	John Janior	19:30	M	43	45	Marlene Bassett	29:36:00	F	38	
6	Joe Abernathy	19:44	M	55	46	Paul Campbell	30:06:00	M	48	
7	Dave Miller	20:13	M	49	47	Chris Jones	30:12:00	M	37	
8	Matthew Dickerson	20:35	M	18	48	Matina Ploumidis	30:25:00	F	32	
9	Steve Smyder	20:44	M	49	49	Jan Osborn	31:29:00	F	40	
10	Keith Fisher	20:57	M	52	50	Jane Mahoney	34:55:00	F	49	
11	Fred Brazda	21:01	M	62	51	Tom Dobbin	39:45:00	M	11	
12	Tim Murphy	21:05	M	34	52	Marsha Tillson	40:01:00	F	77	
13	Barry Watkins	21:14	M	53	53	George Tillson	40:07:00	M	70	
14	David Page	21:25	M	41		WALKERS				
15	Freyler Othmar	21:52	M	65	1	Keith Fisher	M 52	11	Kathy Spencer	F 41
16	William Corey	22:03	M	50	2	Cindy Fisher	F 46	12	Tracy Connolly	F 43
17	Heather Blondolillo	22:28	F	25	3	Larry Hoyt	M 38	13	Mary Jane York	F 64
18	Mike Weidman	22:28	M	42	4	Jackie Hoyt	F 35	14	Judy Hamilton	F 56
19	Cindy Fisher	22:43	M	46	5	Ashley Duryea	F 11	15	Michele Duryea	F 36
20	Kenneth Mullen	23:14	M	46	6	Megan Hauser	F 28	16	Cathy Domnissey	F 31
21	Heather Miller	23:26	F	23	7	Rick Hauser	M 27	17	Molly George	F 30
22	Fred Plimpton	23:40	M	42	8	Joan Van Gunden	F 56	18	Maggie George	F 9
23	Tom Brannon	23:42	M	63	9	Cindy Barber	F 47	19	Caroline George	F 4
24	Josh Beyer	23:43	M	12	10	Marcy Vanzandt	F 47	20	Emily Bliss	F 3
25	Robert Marcellus	23:53:00	M	40						
26	Michael Turcotte	24:03:00	M	42						
27	Susanna French	24:15:00	F	35						
28	Ddendyl Hoyt	24:59:00	F	10						
29	Jim Murray	25:00:00	M	52						
30	Michele Sacco	25:34:00	F	32						
31	Ken Kramarz	25:43:00	M	24						
32	Bridey Wallace	25:49:00	F	14						
33	Stephen Madison	26:01:00	M	47						
34	Bill Bliss	26:16:00	M	31						
35	Kim Leitner	26:42:00	F	45						
36	Debra Jackson	27:06:00	F	34						
37	Paul Horton	27:08:00	M	38						
38	Mickey Dobbin	27:14:00	M	13						
39	Matt Spencer	27:22:00	M	12						
40	Amy Geedy	27:37:00	F	27						
41	Laurie White	27:40:00	F	41						



George and Marsha Tillson at the start of the race. (Photo by Pam Bliss)

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Run for Hospice: bigger, better and Bagley again

Scott wins for third time in race that has become a happening

By Ed Cloos

"You don't have a race anymore; you have a festival," a fellow race director told Pete VanPursesem after the third annual Run for Hospice 5K. By all accounts, that about sums up the event.

Of course it was a race, and a good one. Scott Bagley, the only winner the race has ever known, won as always. This time he came home in 14:45, five seconds ahead of Scott Knapp who has been getting closer and closer to the top spot in the big races. Since the time was two seconds better than his record in the inaugural race it earned an extra \$100. Top men and women won \$150. Todd Reeser, one of the top-ranked runners in the country at longer distances, was third for the third straight time.

Audra Naujokis-Knapp (Mrs. Scott Knapp) won the women's race in 17:26, four seconds ahead of Charlene Lyford of Greene who has been making the more-than-100 miles drive to be a regular in the big local races this year. Audra was second the first year but missed last year's edition. The record is 16:45, set last year by Vicki Mitchell who has since moved away from Western New York.

Masters competition wasn't quite as tight as might have been expected considering that the national champion Genesee Valley Harriers teammates who finished 1-2-3 are closely matched, and defending Hospice champion Tim McMullen usually has a slight edge. Not this time. Charlie Andrews turned the tables with a sparkling 15:47. To Tim's 16:09. He didn't, however, beat Tim's 15:41 record set last year. Charlie McMullen, the first-year winner, finished third in 16:24.

Top woman master was Susan Rowley in 19:17. She seems to have found turning 40 this year a tonic and has been running great all season. Her time was well ahead of defending champion Laurie Kinsella's 20:10, but not close to Laurie's record 18:56 set last year. Jackie Wellott was third in 20:28.

Prize money (all donated by PrimaCare of Rochester) was \$150, \$100, \$75, \$50 and \$35 for the first five places in men's and women's open and masters competition. There were mall gift certificates of \$25, \$15 and \$10 for the top three finishers in each age group. Groups with more than 30 finishers got additional \$10 awards to the rest of the top 10 percent finishers.

Participation was up to more than 700, counting 130 walkers and 50 young fun-runners. The 5K itself had 523 finishers, up from 381 last year.

But the race wasn't about prize money, it was about supporting Visiting Nurse Hospice, the organization that cared for VanPursesem's mother Helen during her last months before death from cancer October 12, 1995. The race is on the Saturday morning that is approximately the anniversary of that date. Hospice is now the major sponsor of the race and this year it will benefit to the tune of

something over \$13,000—final results aren't in yet.

That's a significant gain over the \$9,000 or so raised last year, and a lot of it came from increased sponsorship of individual runners. VanPursesem estimated that more than \$6,500 was raised by individual sponsorships, compared with about \$3,700 last year. Tops in that category was again Bryce Walker who raised \$2,813.

The festival atmosphere was built around food. Food, food and more food. Food provided by contributions and served up in the festively decorated church hall at First Bible Baptist Church on North Greece Road in Greece. That's also the site of Race with Grace, the Thanksgiving morning 10K with which Run for Hospice is a series this year with awards for combined results.

The highlight was Outback Steakhouse whose volunteer employees cooked up giant burgers for all who wanted them. Chili's provided (one guess) chili. The food was so popular that the line stretched out to North Greece Road (and the church is set back quite far from the road). VanPursesem said he recognizes that wasn't the most popular feature—though "very few complained," he said—and promised that next year a large tent with multiple food locations will be set up.

Prizes were another feature seldom seen on such a scale in this area. Total value of gift certificates, meals and merchandise was estimated at \$9,000. The number was way too great to hand out at the awards ceremony, so winners were announced by posting tear-off tags from race numbers on big boards. Winners—hundreds of them—turned the tags in for awards. Prizes were limited to advanced registrations, so that helped limit the race-day sign-up to about 90.

One of the most popular fund raisers was the chance to win two round-trip American Airlines tickets to just about anywhere in North America.

The highlight of the children's fun run was entertainment by Greece Paint Ally, a troupe of clowns.

A special effort was made to attract wheelchair racers. Monroe Surgical underwrote that part of the program. The seven competitors included the Rochester Rookies, a group of young wheelchair jockeys sponsored by Monroe. Wheelchair winner was Rod Shortwood.

Monroe Ambulance donated emergency medical services and provided a bike patrol.

Some of the other sponsors were Tim and Jack Rosati/Nothnagle Realtors, Breugger's Bagels, Clif Bar, Justice Florist, Montana Mills Bread Company, Pasta Makers Restaurant, Westside Chiropractic and Westside Tax Service (VanPursesem himself who provided the \$100 award for course records).

The race had a new wrinkle, "prime awards," which are prizes to men and women leaders at the first two mile marks. The idea is to encourage a strong pace. Reeser and Naujokis Knapp took the first-mile awards of \$50 Jim Dalberth certificates. Mile 2 leadership earned Bausch and Lomb Killer Loop sunglasses, and the Knapps both won them.

A big race can have its complications. VanPeursesem and his sons Kyle and Philip (who both won their age groups) personally carried information flyers to every house on the route (about 250) to warn residents, but marshals reported some problems with drivers entering the road from driveways while the race was in progress. One marshal backed into the road and a collision with Reeser during the first mile, but he was able to regain the lead quickly.

The walk was set at two miles so walkers would finish at about the same time as the runners, but some of them got mixed up in the finish chute in the later stages of the race.



--Photo by Fred Derks

Fly away--But not with the pretty girl. She's Luann VanPeursesem, wife of the race director, offering the chance of an American Airlines flight for two just about anywhere in North America. It was one of the Run for Hospice fund-raisers.



--Photo by Fred Derks

Rookies Ready to Rumble-- Three young members of Rochester Rookies youth wheelchair racing team get ready for start of Run for Hospice 5K. From left, Arturo Torres, Ryan Chalmers and Derek Richar.



--Photo by Fred Derks

Kids and Clowns. Reginna Lombardo, 7, one of more than 50 fun-runners, poses with Greece Paint Ally clowns who helped make Run for Hospice "a festival" rather than just a road race.

3rd ANNUAL RUN FOR HOSPICE - 10/17/98

Race Director: Pete Van Peursem

Location: First Bible Baptist Church - Greece

Place	Name	Time	51	Andre	Comeau	18:37	104	Sabrina	Clark	20:25
1	Scott Bagley	14:55	52	Mike	Sayers	18:38	105	Fred	Brazda	20:25
2	Scott Knapp	15:00	53	Jeremy	Demarest	18:41	106	Bob	Bringley	20:26
3	Todd Reeser	15:10	54	John	Hultz	18:42	107	Jacqueline	Wellott	20:28
4	Derek White	15:13	55	Carl	Grimm	18:42	108	Sharon	Dutler	20:28
5	Jim Oberst	15:44	56	Jeff	Merkel	18:47	109	Mark	Gregory	20:29
6	David Boutillier	15:46	57	David	Monk	18:51	110	Kristen	Jenkins	20:29
7	Charlie Andrews	15:47	58	George	Grace	18:52	111	Stephen	Healey	20:30
8	John Furgele	15:49	59	Ann	Talarico	18:52	112	Michael	Goldman	20:31
9	Tim Mc Mullen	16:09	60	Victor	Lauber	18:55	113	Todd	Leugemors	20:32
10	Tim Voloshaw	16:17	61	Daniel	Kane	18:57	114	Dave	Kontje	20:36
11	Charles Mc Mullen	16:24	62	Bob	Birecree	19:00	115	Al	Mc Connell	20:38
12	Philip Van Peursem	16:51	63	Mandy	Wallace	19:00	116	Frank	Quattrone	20:40
13	John Gostomski	16:53	64	Michael	Tersigni	19:01	117	Lawrence	Taylor	20:40
14	Ray Stemmer	16:58	65	Jimmy	Addona	19:06	118	Barry	Watkins	20:43
15	Winston Guy	17:12	66	David	Young	19:09	119	Kevin	Shaw	20:45
16	Maurilio Paz	17:15	67	Gary	Barno	19:10	120	David	Edney	20:46
17	Ric Perry	17:17	68	Gregory	Gray	19:11	121	Rachelle	Leger	20:51
18	Jim Shimberg	17:21	69	Daniele	Coen	19:14	122	Joseph	Kielb	20:51
19	Charles Gardner	17:23	70	Kenneth	Merkel	19:16	123	Patrick	Acer	20:52
20	Douglas Prindle	17:23	71	Susan	Rowley	19:17	124	Linda	Drinkwater	20:52
21	Bernard Stich	17:24	72	Lynne	Eisman	19:20	125	Brian	Smith	20:53
22	Audra Naujokas Knapp	17:26	73	Louis	Lombardo	19:22	126	Clyde	Sumner	20:53
23	Charlene Lyford	17:30	74	Mark	Kucharski	19:22	127	Richard	Courtright	20:54
24	Trinidad Paz	17:39	75	Bryn	Mulligan	19:23	128	Nicholas	Faleo	20:54
25	Sven Buchheister	17:46	76	Anthony	Garrow	19:24	129	Stacy	Babcock	20:55
26	Bryce Walker	17:48	77	Mike	Nier	19:26	130	Michael	Staino	20:55
27	Michael Orenholzer	17:49	78	Sean	Carnahan	19:29	131	Caleb	Seiter	20:55
28	Nathan Bink	17:51	79	Chris	Maier	19:32	132	Aaron	Falkenmeyer	20:56
29	Jose Laboy	17:57	80	Michael	D'Aiuto	19:33	133	David	Portey	20:58
30	Dan Mc Sorley	18:00	81	Paul	Persia	19:35	134	Edward	Kuppinger	21:00
31	Richie Merriam	18:03	82	Daniel	Bink	19:36	135	Rick	Young	21:03
32	Geoffrey Morris	18:05	83	Kyle	Van Peursem	19:39	136	Jim	Johnson	21:05
33	Corey Christopher	18:08	84	Matthew	Dickerson	19:39	137	Heather	Gordon	21:06
34	Thomas Gabruk	18:09	85	Matthew	St. James	19:40	138	Othmar	Freyler	21:07
35	Brian Davis	18:10	86	Don	Cole	19:43	139	Paul	Swanger	21:08
36	Tom Serafin	18:11	87	Colleen	Kinder	19:44	140	Mark	Spychalski	21:08
37	Tom Dutton	18:13	88	Lyndsay	Mac Pherson	19:47	141	Max	Reid	21:08
38	Heidi Swarts	18:14	89	Joe	Meritt	19:53	142	Chuck	O'Connor	21:10
39	John Montgomery	18:16	90	Michael	Mc Cullough	19:54	143	Michael	Feldstein	21:11
40	Scott Peiser	18:17	91	Richard	Long	19:56	144	Gary	Fitzsimons	21:12
41	Renee Rombaut	18:18	92	Robert	Saxer Jr.	19:59	145	Samuel	Cammarata	21:12
42	Seth Malcolm	18:20	93	John	Penamonte	20:05	146	Josie	Cancilla	21:14
43	Kristin Schiesswohl	18:21	94	Dan	Demarest	20:06	147	Chuck	Carson	21:15
44	Caleb Shulman	18:22	95	Richard	Iovine	20:06	148	Brett	Woodward	21:16
45	Gary Egan	18:26	96	Adam	Stuart	20:06	149	John	Salerno	21:17
46	John Burkin	18:29	97	Jason	Franca	20:07	150	Richard	Scheer	21:21
47	Benjamin Yagoda	18:30	98	Doug	Ralph	20:08	151	Richard	Munson	21:24
48	Jim Blakeman	18:30	99	Ken	Lowe	20:09	152	Linda	Marchese	21:24
49	Russ Webster	18:31	100	William	Broomfield	20:10	153	Rich	Van Almkerk	21:26
50	Kevin Sheehan	18:35	101	Laurie	Kinsella	20:10	154	Marie	White	21:30
			102	Kathleen	Hayden	20:17	155	J.d.	Roffe	21:33
			103	Vicki	Jones	20:22	156	Jim	Hutton	21:34
							157	Gail	Wagner	21:34

158	David	Linderman	21:35	218	David	Swinson	23:07	277	Chris	Kimmins	24:25
159	Amber	Lenman	21:36	219	Ryan	Regan	23:07	278	Robert	Kasprzyk	24:26
160	Daniel	Hayden	21:37	220	Bill	Cornish	23:09	279	Tom	Green	24:27
161	Stephanie	Jones	21:37	221	Michelle	Courtright	23:09	280	Roman	Divezur	24:28
162	Stephen	Lo Iacono	21:38	222	Patrick	Bink	23:10	281	Kelly	Ditzel	24:30
163	Mark	Sauln	21:38	223	Jennifer	Hammond	23:12	282	Brian	Babcock	24:30
164	Joe	Dahrea	21:41	224	Larry	Crawford	23:12	283	Douglas	Hague	24:31
165	Pete	Gordon	21:42	225	Karen	Minzer	23:14	284	Daryl	Smith	24:31
166	Bruce	Lavner	21:43	226	Kathleen	Buckwell	23:15	285	Kelly	Van Bortle	24:32
167	Brian	Short	21:44	227	Joe	Konze	23:16	286	Barbara	Noskie	24:33
168	Patrick	Holden	21:47	228	Kim	Jablovski	23:17	287	Eileen	Weinpress	24:33
169	Carolyn	Kriesen	21:50	229	Michael	Skivington	23:19	288	Michael	Weinpress	24:34
170	Bob	Sutorius	21:50	230	Donald	White	23:22	289	Elisabeth	Tischler	24:34
171	Shaun	Weller	21:52	231	Sanford	Toole	23:27	290	Roderick	Spratling	24:35
172	Karen	Larkin	21:53	232	Dan	Nankov	23:28	291	Ken	Asmuth	24:36
173	Gregory	Vleck	21:54	233	Gary	Tycha	23:29	292	John	Skvorak	24:37
174	Robert	Wind	21:55	234	Duane	Allen	23:29	293	Constance	Duggan	24:37
175	Bill	Pakulski	21:55	235	Ed	Bouwmeester	23:31	294	Rob	Clark	24:45
176	Joanne	Flad	21:59	236	Loren	Balsis	23:33	295	Mike	Keating	24:46
177	Thomas	Masaryk	21:59	237	Peter	Coughlin	23:34	296	Greg	Howe	24:48
178	Robb	Adams	22:01	238	Kelly	Graber	23:35	297	Joseph	Hayden	24:48
179	Kevin	Moran	22:04	239	Becky	Hayes	23:35	298	Veronica	Gervase	24:50
180	Dick	Footer	22:04	240	Mike	Doughty	23:35	299	Nicole	Jenkins	24:51
181	Chad	Powley	22:06	241	Earl	M Cliffl	23:36	300	Rob	Volk	24:57
182	Jeff	Washburn	22:06	242	George	Cedeno	23:37	301	Angelo	Ragusa	24:58
183	Patrick	Kline	22:07	243	Richard	Codding	23:39	302	Rose	Manley	24:59
184	Richard	Cleary	22:08	244	Bob	Hammond	23:40	303	Maryanne	Mc Queeney	24:59
185	Michael	Bogardus	22:09	245	Mark	Berkompas	23:43	304	David	Turek	25:03
186	Mary	Shaver	22:10	246	Charles	Roberts	23:44	305	Dan	Me Nelly	25:03
187	Bob	Newman	22:11	247	Ted	O'Brien	23:46	306	Wendy	Cody	25:05
188	Roger	Salmons	22:14	248	Alec	Drummond	23:48	307	Megan	Quinn	25:05
189	Tom	Brannon	22:15	249	Helen	Addona	23:50	308	Glen	Sauln	25:06
190	Steve	Schmitz	22:18	250	Chris	Gilman	23:52	309	John	Burke	25:09
191	Peter	Rath	22:18	251	Roger	Leighton	23:53	310	Nicole	Gray	25:10
192	Doug	Oison	22:21	252	Maureen	Gordon	23:53	311	John	Williams	25:12
193	Kim	Howitt	22:23	253	Mark	Gillen	23:54	312	Rom	Gordon	25:13
194	Bob	Dyjak	22:24	254	Ed	Hochreiter	23:55	313	Sara	Meyers	25:18
195	Duane	Eich	22:26	255	James	Merkel	23:56	314	Ralph	Rogers	25:24
196	Jeffrey	Palumbo	22:26	256	Lee	Madden	24:00	315	David	Samer	25:31
197	Bob	Volk	22:27	257	Bill	White	24:00	316	Stergios	Marou	25:32
198	Anne	Procopio	22:30	258	Tina	Huang	24:01	317	Jim	O'Shea	25:34
199	James	Hoffman	22:31	259	Daniel	Wark	24:01	318	Suzanne	Long	25:35
200	Taryn Anne	Morelli	22:32	260	Jon	Regan	24:02	319	Kristi	Sargeant	25:35
201	Frederick	Plimpton	22:33	261	Margie	Culberston	24:02	320	Jim	De Rose	25:36
202	Tom	Bokman	22:35	262	Andy	Samer	24:04	321	Derek	Brown	25:36
203	Greg	Moss	22:37	263	Scott	Elliott	24:05	322	Alissa	Dangel	25:36
204	Ken	Motsenbocker	22:39	264	Dave	Cohen	24:08	323	Robert	Stellman	25:37
205	Elena	Marou	22:39	265	Lynn	Maxim	24:08	324	Jane	Vales	25:38
206	John	Schuilhauer	22:40	266	Lois	Hotchkiss	24:09	325	Karen	Godshall	25:38
207	Brian	Dettman	22:43	267	Sherry	Finzer	24:12	326	Roseann	Cannon-Wallace	25:39
208	Joe	Me Entee	22:44	268	Mark	Farrell	24:12	327	Helen	Lombardo	25:40
209	Lori	Sousa	22:46	269	Richard	Merriam	24:13	328	Melissa	Watson	25:40
210	Blake	Woodward	22:48	270	Nikki	Guy	24:14	329	Sarah	Brongo	25:41
211	Richard	R Chauncey	22:50	271	John	Lynch	24:15	330	Craig	Dennison	25:42
212	Chris	Gomperts	22:54	272	Lisa	Norwood	24:17	331	Joseph	Rheault	25:43
213	Mike	Minnehan	22:55	273	Paul	Scott	24:18	332	Robert	Pleckan	25:46
214	Brian	Begley	22:58	274	Joseph	Harkness	24:19	333	Patricia	Scheiber	25:48
215	Peter	Haggerty	23:01	275	Michele	Granger	24:20	334	Mark	Frye	25:48
216	Melissa	Riendeau	23:05	276	Joseph	Tronolone Jr.	24:21	335	Kevin	Palumbo	25:55
217	Philip	Mann	23:07					336	Jackie	Andolina	25:58

337	Jim	Presorski	25:59	396	James	Wozniak	27:35	455	Donna	Di Prima	29:41
338	Nelson	Motzer	26:00	397	Tim	Mulligan	27:38	456	Rob	Charlebois	29:43
339	Joe	Nichol	26:01	398	Dayle	Daines	27:38	457	Jennifer	Kunego	29:48
340	Arturo	Torres	26:03	399	Anthony	Petitt	27:39	458	Phillip	Lombardo	29:50
341	Carl	Lanceri	26:04	400	Paul	Mikus	27:43	459	Roger	Brownlow	29:52
342	Mark	Van Scott	26:06	401	Janice	Palumbo	27:44	460	Candace	Dahrea	29:53
343	Diane	Luke	26:11	402	Larry	Wayne	27:45	461	Myriam	Cedeno	29:57
344	Mary	Rosdahl	26:12	403	Patricia	Perevich	27:46	462	Tim	Doyle	30:02
345	Brad	Adams	26:13	404	Martha	Henecke	27:46	463	Kerry	Mros	30:03
346	Richard	O'Brien	26:13	405	Pamela	Powley	27:49	464	Paul	Dorscheid	30:07
347	Karen	Hospers	26:14	406	Karen	Suitor	27:49	465	Amy	Sonriker	30:08
348	Bill	Jones	26:14	407	Lori	De Carlo	27:50	466	Melanie	De Kue	30:09
349	Janet	Valle	26:15	408	Deborah	Ciulla	27:50	467	Dave	Mililo	30:09
350	Mary	Myers	26:15	409	Robert	Courtney	27:51	468	Anita	Hansen	30:15
351	Mike	Cook	26:16	410	Cynthia	Edney	27:51	469	Theresa	Christopher	30:16
352	Becky	Angus	26:16	411	Tammy	Clark	27:56	470	Xuanphuong	Ngo	30:18
353	Caren	Plimpton	26:17	412	Lisa	La Veck	28:03	471	Denise	Fiaschetti	30:21
354	Deborah	Mazzullo	26:17	413	Kelly	Rodenhouse	28:03	472	Julie	Cline	30:21
355	David	Kettel	26:18	414	Kim	Dreyer	28:05	473	Dan	Ercolano	30:21
356	Tim	Potter	26:18	415	Kim	Cufari	28:08	474	Kate	Manhatta	30:23
357	Neale	Burkhardt	26:21	416	Jenna	Stock	28:10	475	Kathy	Perrotta	30:24
358	Christoph	Hinkelmann	26:21	417	Julie	Crouse	28:10	476	Therese	Zona	30:24
359	Paul	Anselm	26:23	418	Sr.rosemary	Sherman	28:11	477	Toni Lynn	Swinson	30:25
360	Molly	Mc Carthy	26:24	419	Keith	Asmuth	28:12	478	Nancy	Dempsey	30:27
361	Gary	Bagley	26:24	420	Karensec	Johnson	28:15	479	Romina	Stich	30:28
362	Denny	Benton	26:25	421	Mark	Bennett	28:17	480	Gary	Ciulla	30:29
363	Joan	Karnisky	26:26	422	Barbara	Hulbert	28:18	481	Karen	Morris	30:47
364	Stephen	Shell	26:27	423	Joseph	Hulbert	28:19	482	Karol	Thomas	30:54
365	Patrick	Kane	26:27	424	Linda	Goebel	28:21	483	Susan	Leighton	30:55
366	Frank	Cordello	26:28	425	Margaret	Colucci	28:29	484	Sherry	Nau	31:00
367	Carol	Martin	26:29	426	Deborah	Drummond	28:38	485	Judi	Cornish	31:03
368	Thomas	Wallenhorst	26:31	427	Ronnie	Marx	28:41	486	Chelsea	Porteus	31:07
369	Patricia	Martin	26:34	428	Michael	Ciulla	28:41	487	Richard	Lewandowski	31:09
370	Taryn	Hagan	26:36	429	Joyce	Hahn	28:48	488	Karen	Dickerson	31:19
371	Arthur	Jones	26:37	430	Joann	Romano Egan	28:49	489	Michael	Hethcoat	31:27
372	Michael	Burke	26:38	431	Mark	Buonaugurio	28:50	490	Mary Ellen	Hayden	31:31
373	Frank	Alberti	26:40	432	Lucia	Guarino	28:56	491	Chris	Wallenhorst	31:34
374	Gerry	Hendershot	26:40	433	Carol	Lynch-Ricotta	28:58	492	Dennis	Culhane	31:41
375	Billy	Barlow	26:40	434	Tammy	Cox	28:58	493	Sharon	Bartell	31:47
376	Paul	Campbell	26:41	435	Kathy	Skivington	28:59	494	Kim	Richar	31:53
377	Rita	Riolo	26:42	436	Marcy	Tobin	29:08	495	Shirley	Bowen	31:59
378	Sue Ann	Callahan	26:43	437	John	Taylor	29:09	496	Annette	Schaff	32:02
379	Janet	Courtright	26:43	438	Raymond	Marsh	29:10	497	Guillermina	Torres	32:06
380	Jay	Weissinger	26:44	439	Thomas	Hordin	29:11	498	Chuck	Finzer	32:13
381	Julia	Brongo	26:44	440	Christine	Mc Entee	29:12	499	Nicholas	Finzer	32:13
382	Phil	Ashley	26:45	441	Jane	Mahoney	29:13	500	Kathleen	De Joy	32:28
383	Robert	Lancaster	26:45	442	Jean	Taylor	29:16	501	Kerry	Linderman	32:32
384	Mike	Coombs	26:46	443	Mary	Callaway	29:17	502	Karen	Dangler	32:39
385	Dennis	Laba	26:53	444	David	Terrigino	29:21	503	Lisa	Hutchings	32:41
386	Jamis	Shatter	26:59	445	Tracy	Perkins	29:22	504	Dave	Malecki	32:44
387	Katie	Palumbo	27:03	446	Victor	Di Nitto	29:23	505	Maureen	Colletta	32:52
388	Todd	Wendl	27:03	447	Jan	Mc Cullough	29:25	506	Lorraine	Piedimonte	32:59
389	Judy	Mehalick	27:03	448	Jodi	Gaines	29:28	507	Gloria	Ralph	33:00
390	Jeri	Frederiksen	27:06	449	Dan	Quilty	29:30	508	Alan	Colletta	33:02
391	Bob	Adams	27:14	450	Tom	Rolland	29:36	509	Linda	Knapp	33:20
392	Lynn	Siverd	27:32	451	Bob	Paganello	29:39	510	Bob	Wood	33:48
393	Kim	Terrigino	27:33	452	Ciji	Miller	29:39	511	Karen	Snell	34:06
394	Michael	Anders	27:34	453	Stacey	Vanderburgh	29:40	512	Catherine	Campbell	34:19
395	Kristen	Bistonski	27:35	454	Brian	Wolniewicz	29:41	513	Mike	Ragusa	34:50
								514	Nancy	Driscoll	35:13

515	Maria	Welker	36:03
516	George	Tillson	36:13
517	Janice	Keating	36:13
518	Marsha	Tillson	36:33
519	Julie	Sage	36:42

520	Christine	Gerber	36:51
521	Michelle	Wolniewicz	38:28
522	Stephanie	Perkins	39:19
523	Alicia	Munson	47:02

Race Results by PCR Timing Service, Inc. (716) 381-7978
 Paul C. Richards, 313 Eaglehead Rd., East Rochester, N.Y. 14445



--Photo by Fred Derks

Steak line--Well, not actually steak but large burgers served up for Outback Steak house to runners who proved hungry enough to form a line which took a little longer to get through that the 5K. race course.



--Photo by Fred Derks

Sponsor reward--Jim Shimberg of Clif Bars, energy bars given to all Run for Hospice competitors, takes advantage of massage demo offered by local runner Grace Iovine of Heart and Soul Therapeutic Massage.

NEWS RELEASE

(For Immediate Release)

RECORD FALLS AT APPLE DERBY RUN

An early morning frost on October 3rd did not deter a fast field of athletes as Hilton-Parma Recreation held its 20th Annual Apple Derby/Merkel 5 Mile Run as part of Applefest weekend in Hilton.

The enthusiastic field of 85 runners ran the traditional certified course coordinated by race director, Tom Ganley, and timed by Paul Richards of PCR Timing.

In celebrating the 20th Anniversary of the Apple Derby, Rick Furnal established the \$500 Big M Challenge which awarded \$250 for the male and female who breaks the course record, and is first to cross the finish line. Rick was happy to award the cash prize to Linda Grossman (29:10) who broke the record established by past Women's Champion, Ann Myers, during the 1990 race.

There were nine different categories offered this year. The Overall Champion, John Furgele (26:43), outdistanced second place finisher, Nathan Huckle (27:22), who crossed just before the Paz brothers, Maurilio (27:54) and Trinidad (29:09), who finished third and fourth respectfully. Women's Champion, Linda Grossman, finished fifth overall, breaking another Apple Derby record by being the first female to finish in the top five competitors.

Last year's Overall Female Champion, Maggie Whelehan (31:05), finished second to Linda and twelfth overall, followed by Bryn Mulligan (33:57) and Kelly Stoll (37:40).

The top finishers in each age category are as follows:

Female under 10: Jarnie Stacy (52:17); Male 10-18: Victor Lauber (30:06)

Female 10-18: Jackie Gilmore (45:37), Kay-Leigh Stacy (52:18)

Male 19-29: Nathan Huckle (27:02), Rick Merriman (29:41)

Female 19-29: Maggie Whelehan (31:05), Joleen Bordeau (38:56)

Male 30-39: Maurilio Paz (27:54), Trinidad Paz (29:09)

Female 30-39: Bryn Mulligan (33:57), Kelley Stoll (37:40)

Male 40-49: Patrick King (29:43), Louis Lombardo (32:56)

Female 40-49: Anne Procopio (38:03), Lynn Maxim (40:25)

Male 50-59: Barry Watkins (34:15), J.D. Roffe (35:53)

Female 50-59: Lois Hotchkiss (39:48), Janet Courtright (43:24).

Shown in the picture are Overall Champions

John Furgele and Linda Grossman with awards



**greater
rochester
track club**



1998 GRTC ANNUAL AWARDS BANQUET

January 24, 1999 @ 5:30 pm
Pasta Makers Restaurant
2155 Long Pond Road, Greece

Guest Speaker: Mike Reif
Hall Of Fame Inductees: Scott Bagley and Jane Iaculli

Admission Price: \$15 per person includes Buffet and soft drinks
Cash Bar will be available

Door Prizes

To reserve your spot at this gala affair, return this form along with a check made out to GRTC to: GRTC, P.O. Box 92608, Rochester, NY 14692

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

Number of reservations: _____

Reservations
are limited,
so reserve early

Informal Running Groups

Bagel Bunch ... Saturdays @ 7:00 am ... meet at Bruegger's at Latta/Long Pond Roads in Greece ... various routes in the 6-12 mile range (maps provided) ... call Bob Dyjak (225-6560) or E-mail (Runr4Jesus@AOL.com) for more information.

Five and Diners ... Wednesdays @ 6:15 pm (during DST April-October) ... meet in Beach Parking Lot at Mendon Ponds Park until October 21st... 5 mile loop on roads, trails optional, frequently impromptu picnic afterwards ... call Jane Iaculli (264-0941) or John Hultz (586-4791) for more information or meeting time/place November-March.

After 10/25/98 Five & Diner's will meet at 6 pm in the parking lot at Temple Beth El. They will do a 5 mile loop around Cobbs hill Park and afterwards go to Starbuck's at 12 Corners.

Oven Door Light/Lite ... Sundays @ 7:00 am ... meet in front of Pontillo's Pizza/Hitching Post Plaza on Rt 96 in Bushnell's Basin ... 7 mile route ... call Dick Ware (248-5025 or 381-4614) for more information.

Oven Door Runners ... Saturdays @ 6:30 am ... meet in front of Pontillo's Pizza/Hitching Post Plaza on Rt 96 in Bushnell's Basin ... usually long, varied routes (12-20 miles) ... call Bill Hearne (377-3537) for more information.

Pittsford Towpath Runners ... Sundays @ 9:00 am ... meet at Pittsford DOT off Monroe Avenue next to the canal towpath ... flat route, typically 5-8 miles with options ... socialize at Bruegger's Pittsford Plaza afterwards ... call John Hultz (586-4791) for more information.

1998 Greater Rochester Track Club Calendar of Races

Running road races compiled by George Tillson, Road Race Coordinator, Greater Rochester Track Club (716-289-4250). Where available the schedule includes dates, times, registration fee, race director, contact address and telephone number and where to meet.

Wednesday evenings 6:00 pm "The Certified Five and Diners", 5 mile training run around Cobbs Hill, Jane Iaculli, 716-264-0941, meet in the far corner of the Temple Beth El parking lot

- Nov 22 Sun 9:00 am *SE Family YMCA Turkey Classic 5 mile road race, \$12 Pre by 11/16, \$15 Post, T-shirts, Lousia Lathrop, Southeast YMCA, 111 E Jefferson Rd, Pittsford 14534, 383-4584, meet at Southeast YMCA
- Nov 26 Thur 9:00 am *Race with Grace 10K, \$12 Pre by 11/25, \$15 Post, sweat shirt5, 1/2 mile fun run for children, plenty of food & refreshments, Run with Pastor George Grace, Bob Dyjak, 188 Kim Lane, Rochester 14626, 716-225-6560, First Bible Baptist Church, No. Greece Rd
- Nov 26 Thur 10am Newark Turkey Day 5 Miler, Joe Contario
909 Peirson Ave, Newark 14513, 315-331-2449, Newark Elks Club, Main St, at Central Park
- Nov 28 Sat 10:00 am 21st R.T. Turkey Run 5 Miler, Genesee Valley Harriers, Bill Quinlisk, 412 Humbolt St, Rochester 14610, Mendon Ponds Park beach parking lot
- Nov 29 Sun 10:00 am Polarcat #1, Bill Kehoe, 473-8337, Powder Mill Park, Wadhams Lodge
- Dec 6 Sun 9:00 am Jingle Bell 5K Run for Arthritis + 1 mile Fun Walk, \$14 Pre by 12/1, \$17 Post, long sleeved shirt, Arthritis Foundation, Laura Cotton, 2423 Monroe Ave, Rochester 14618, 271-2510, Brighton High School
- Dec 13 Sun 10:00 am Freezeroo #1, Hosted by Charlie Sabatine & the Central Counties Track Club, Stacey VanDenburgh, 315-597-1514, Elks Club Canandaigua
- Dec 20 Sun 10:00 am Polarcat #2, Bill Kehoe, 473-8337, Riverton Community Center
- Dec 26 Sat 8:45 am *Post Christmas Blues Run-5K, Unusual awards, Post race famous Tony Farraro chili feast, Vern Hecker, 3452 Gehan Rd, Canandaigua 14424, 716-394-4075
Methodist Church, North Main St, Canandaigua
- Jan 1 Fri 10:00 am Freezeroo #2, 7.5 miles, Hosted by the Genesee Valley Harriers, Contact Stacey VanDenburgh, 315-597-1514, Mendon Ponds Park Beach Area
- Jan 10 Sun 10:30 am Polarcat #3, 5 miles, Bill Kehoe, 473-8337, Spencerport Pineway Ponds Park
- Jan 16 Sat 10:00 am Freezeroo #3, 5K, Hosted by Dennis Moriarty, Contact Stacey VanDenburgh, 315-597-1514, Meet at Webster Recreation Dept, 985 Ebner Dr, Webster
- Jan 23 Sat 10:00 am Freezeroo #4, 10K, Hosted by Bill Hearne & the Oven Door Runners, Contact Stacey VanDenburgh, 315-597-1514, Meet at Rand Lodge, Park Rd, Powder Mill Park
- Jan 24 Sun 10:00 am Polarcat #4, Bill Kehoe, 473-8337
Place to be announced
- Feb 7 Sun 10:00 am Polarcat #5, Bill Kehoe, 473-8337
- Feb 14 Sun 2:00 pm Sweetheart Smorgasbord 5K, \$9 Pre-register only, includes dinner, Charlie Sabatine, 7132 Boughton Rd, Victor 14564, 716-657-6272, Meet at Bloomfield Jr/Sr High School

- Feb 20 Sat 10:00 am Freezeroo #5, 8 miles, Hosted by Bob Dyjak & the Bagel Bunch, Contact Stacey VanDenburgh, 315-597-1514, Meet at Greece Dept of Public Works, 647 Long Pond Rd
- Feb 28 Sun 10:00 am Polarcat #6, Bill Kehoe, 473-8337
- Mar 6 10:00 am Freezeroo #6, 10K, Series Party and Awards Ceremony, Arrangements by Terry Robbins, Contact Stacey VanDenburgh, Meet at Churchville Legion Hall, Buffalo Rd, Route 33, 2 miles east of Churchville

OUT OF TOWN REGIONAL CALENDAR

- Nov 1 Sun 1:00 pm Red Baron Half Marathon, Corning YMCA, Les Rosenbloom, Corning Comm College, 1 Academic Dr. Corning 14830, 607-962-9488
- Nov 7 Sat 11:00 am Upstate Ny X-C Series. 4 miles, Championship Day, Peter Glavin, 242-9031, Cornell Univ Golf Course

To request a registration form by mail send a SASE to assist the race director in his/her volunteer efforts

*USA Track & Field Certified Race Course

Oct 18, 1998



Merchandise Order Form

Item (circle color choice)	Printing (circle choice)	Available Sizes (circle choice)		Quantity	Item Cost	Total Cost
		M	L			
Womens Coolmax Singlet - White with Green/Purple or Red/Blue		M	L		\$17.00	
Mens Coolmax Singlet - White with Green/Purple or Red/Blue		M	L XL		\$17.00	
T-Shirt, Long Sleeve - Navy with Red/White		M	L XL		\$12.00	
T-Shirt, Long Sleeve - Hunter Green with Yellow/White		M	L XL		\$12.00	
T-Shirt, Long Sleeve - Purple with Green/White		M	L XL		\$12.00	
T-Shirt, Short Sleeve - Black			L XL		\$7.00	
T-Shirt, Short Sleeve - Green			L XL		\$7.00	
T-Shirt, Short Sleeve - Purple			L XL		\$7.00	
Womens Tank Top - Club Colors (blue on white)		M	L XL		\$7.00	
Mens Tank Top - Club Colors (blue on white)			L XL		\$7.00	
95/96 Freezeroo Series T-Shirt, Long Sleeve			L XL		\$10.00	
Duff Bag, 20"x10"x10" - red, navy, royal, black	White	Raspberry			\$22.00	
Duff Bag, 24"x12"x12" - red, navy, royal, black, hunter green	White	Raspberry			\$26.00	

Postage/Handling: Orders \$10 and less, pay \$2; \$10-25 pay \$3; \$25 and more pay \$3.50

Plus Postage/Handling:

Total Enclosed:

Make check/money order payable to Greater Rochester Track Club

Name: _____
 Address: _____
 Phone: _____

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

For more information on merchandise, contact Sue Oliver at 223-9265

※ THE GREATER ROCHESTER TRACK CLUB PRESENTS: ※
1998-1999 FREEZER00 WINTER RACE SERIES

- #1 Dec. 13 (Sun.) 10:00 am Elks Lodge, Niagara St., Canandaigua 5K
Hosted by the Central Counties Track Club
- #2 Jan. 1 (Fri.) 10:00 am Mendon Ponds Beach Area 7.5 Miles
Hosted by the Genesee Valley Harriers
- #3 Jan. 16 (Sat.) 10:00 am Webster Recreation Dept. 5K
Our thanks to Dennis Moriarty for arrangements
- #4 Jan. 30 (Sat.) 10:00 am Powder Mills Park - Park Road 10K
Hosted by The Oven Door Runners
- #5 Feb. 20 (Sat.) 10:00 am Greece Dept. of Public Works 8 Miles
Hosted by The Bagel Bunch
- #6 Mar. 6 (Sat.) 10:00 am Churchville Legion Hall 10K
Our thanks to Terry Robbins for arrangements

※-Series Highlights:

- One new course this year!
- Hot soup after every race, courtesy of Ciao! Restaurant in Pittsford!
- Free bagels after every race, courtesy of Bruegger's Bagels in Fairport!
- Series party and awards ceremony immediately following the Churchville race!

Severe weather may cancel a race.

Please call 234-0565 for information on race morning.

※ Entry Fee: Series Runners \$25.00 (Elegible for awards)
Single Race \$5.00 (Day of race registration only)
Entry fees are non-refundable.

Series Qualifications: 1. Registration as a Series Runner before Freezer00 #3.
2. Completion of a minimum of four races.
3. Scoring: The lowest total place of four best races in each age group wins.
Top three male and female runners compete in the overall category.
※ Series Runners keep their number for entire series. ※

Age Groups: Men & Women: 17 and under, 18-23, 24-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60 and over.

Directions:

Canandaigua: Rte. 332 south, left onto Niagara St., Elks Lodge on right.
Mendon Ponds: Rte. 65 south, left on Canfield Rd., right on Douglas Rd.
Webster Rec. Dept.: Rte. 104 east, right on Holt Rd., left on Ridge Rd., right to 985 Ebner Dr.
Powder Mills Park: Rte. 96 east to Powder Mills Park, Park Road at Rand Lodge.
Greece D.P.W.: 390 north, west on Latta Rd., north to 647 Long Pond Rd.
Churchville Legion: Rte. 33 east of four corners in Churchville, 6444 Buffalo Rd.
Mail Entries Payable to: Greater Rochester Track Club ※
c/o Lu Ann Weinstein
111 St. Andrews Drive
Rochester, NY 14626

※-----Mail this portion only -----※

I know that running a winter road race is a hazardous activity. I fully understand that I or the person that I am responsible for, will be subjected to harsh weather, including severe cold, unseasonably high temperatures, snow, rain and/or freezing rain, slippery surfaces and irresponsible drivers, as well as any other condition that man and/or mother nature may choose to provide. I certify that I or the person that I am responsible for is strong of body and spirit, and truly capable of the challenge of this/these event(s). Therefore, I for myself or the person that I am responsible for release the Greater Rochester Track Club, Monroe County Parks, event organizers and any other persons involved with this/these events from any liability that may be incurred by myself, or the person that I am responsible for, as a result of my/his/her participation in this/these event(s). I understand that my entry fee is non-refundable.

Signature required: _____

(If under 18, parent's signature)

Please print:

Name: _____
Street: _____
City: _____ State _____ Zip _____
Phone: _____
Age on Jan. 1: _____ Male _____ Female _____
Race Number: _____

(for official use only)

The Freezero Race Committee would like to thank the following organizations for their help with the 1998-1999 series:

Bruegger's Bagels

Baked fresh. 585 Moseley Road, Fairport.

Ciao! Italian Cafe

Rochester's original wood fired pizza and specialty pasta. Serving lunch & dinner. 60 North Main Street in Pittsford, 385-3108.

The Genesee Valley Harriers

Rochester's premiere cross country club. Call Pete Glavin for more information, 242-9031.

The Bagel Bunch

This informal running group meets on Saturdays at 7:00 am at Bruegger's at Latta/Long Pond Road in Greece. Call Bob Dyjak for more information, 225-6560.

The Central Counties Track Club

A track club that believes in running and community service. Call Charlie Sabatine for more information, 657-6272.

The Oven Door Runners

Meet every Saturday at 6:30 am in Bushnell's Basin. There is a wide variety of paces and training goals, but they typically run between 10 and 20 miles. There are many first time marathoners, and the routes vary every week, with a long and short version offered. Interested runners should contact Bill Hearne 377-3537 (home) or 722-0384 (work) or whearne@kodak.com



16th MOHAWK-HUDSON RIVER MARATHON

Schenectady-Albany, New York October 18, 1998 Start 8:30

Local Finishers:

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Sex</u>	<u>City</u>	<u>Time</u>	<u>Pace</u>
75	Allen Porter	40	M	Rochester	3:23:11	7:45
139	Daniel Sackett	38	M	Williamson	3:36:35	8:16
249	Russ McKnight	51	M	Fairport	3:55:24	8:59
294	Rich Rossiter	54	M	Fairport	4:06:14	9:24
312	Roger Howe	50	M	Rochester	4:12:49	9:39
353	Andy Ford	32	M	Rochester	4:23:06	10:03
354	Mike Carragher	47	M	Batavia	4:23:06	10:03
371	James Platten	38	M	Penfield	4:27:36	10:13
412	Joe Gilroy	50	M	Webster	4:42:30	10:47
415	Jeff Downs	41	M	Fairport	4:42:57	10:48
419	James Hendy	55	M	Webster	4:44:21	10:51

The Greater Rochester Track Club would like to announce and welcome our new track club members that joined us over the past month.

Jeff Clark Rochester
Tracy Buttars Rochester
Val Fenti Canandaigua
Joan Hoover Fairport

Host Harriers win national X-C championship

Local women place 2 in top 4 but Cats team falls short

By Ed Cloos

The balance of the host Genesee Valley Harriers overcame the top finishes of their closest competitors as the locals won their first USA Track and Field national championship over 5,000 meters of Genesee Valley Park terrain Oct. 11.

Three teams finished within 23 seconds combined time for five runners, but the Harriers, led by Tim McMullen, were 22 of them to the good ahead Adirondack AC and Central Massachusetts Striders. Craig Fram of the Striders was the overall winner in commanding fashion as he led virtually from the start to finish in 15:36. Tom Dalton of Schenectady, the Adirondack top gun, was second in 15:50. Both are 40-year-olds who'd entered the masters ranks within 90 days of the race.

Lilac 10K champion Tom Carroll, 42, of Forestville in the Buffalo area was third in 16:03, five seconds ahead of McMullen who is 45. He was followed by Gary Moore (16:33), Charlie Andrews (16:39), Charlie McMullen (16:56) and Roger Messenger (17:38). The combined time was 1:23:54 to 1:24:17 for Adirondack and 1:24:18 for Central Mass. whose fourth and fifth men won spirited finish-line battles with their Adirondack counterparts but couldn't make up for Dalton's great run.

Patti Ford, 43, of the Syracuse Chargers was overall winner of the women's race in 18:46, and although that was a full three minutes ahead of the next finisher from her team, the Chargers managed the team victory by a comfortable margin over the local Cats AC team. The Cats had the third and fourth overall finishers in Ellen Coyne (20:33) and Sue Rowley (20:38), and third finisher Gail Wagner was a good 13th overall, but the Chargers balance was too strong.

Kathryn Martin, 47, of Northport, Long Island, stuck doggedly with Ford for most of the race before giving was slowly to finish 23 seconds behind her. That made Martin 45-49 national champion, but she had no team with her.

Teams consisted of five members for men 40-49 and 50-59 and three for the remaining men's groups and all women's. There was team prize money of \$400 for first, \$200 for second and \$100 for third in men's and women's 40-49; \$300 for first and \$200 for second for male 50-59 teams and \$200 for winning teams in women 50 and over and men 60-69 and 70-79. There were four teams entered in the oldest men's division and three scored.

The other team champions (complete results accompany this story) were all out-of-town teams.

Cross-country running is a growing sport around here,

thanks primarily to Pete Glavin's love of the sport and the dedication he has given to it over the past nine years. He founded the Upstate Cross-country Series and brought about several local national championships, but the former McQuaid and Rutgers University star isn't old enough to qualify for his own race. Bill Quinlisk was his right-hand man, assisted by the Genesee Valley Harriers teams.

The women and men ran separate races over a carefully prepared—and beautiful—course that was similar to, but not the same as, that used for the McQuaid Invitational. The course had the added advantage that spectators could see the race develop through at least four points of its progress without moving more than a few hundred feet.

Results, however, weren't so great as late entries created problems with the computer calculations and results had to be done manually. That wouldn't be much of a problem in a road race with the same 139 finishers, but the extensive team scoring required several hours to get straight.

The men's race also contested the Canadian-American challenge for the Fleischmann Cup. The American team scored a rare victory (about its seventh in about 24 tries) over the outmanned Canadians who seem to prefer longer races than 5K. They'll have a good chance to take it back when it is contested again in February on the West Coast.

Men's winner Craig Fram has no masters history since he turned 40 just weeks before the championship, so he didn't know what to expect from the other competitors and they weren't familiar with him. Tom Dalton, of Schenectady, was in a similar situation—he'd competed in the Empire State Games in Rochester during the summer in the 35-39 age group. Although he'd competed in an international mountain run, Fram said he is primarily a road racer and runs only one or two cross-country events a year. He's never been a professional runner, but running has been his profession since high school in New Hampshire where he still lives (in Plaistow). He got into running footwear design and manufacture a few years out of high school when he got a job at the plant Nike had there at the time.

Later he worked with Rochester Olympian Pete Pfitzinger at New Balance before moving on to Puma for whom he works now.

He trains at a pretty much professional level, putting in 75 to 85 miles a week with a track workout and a hills-fartlek session. He said he hadn't run a hard 10K this year but that his times generally are close to his personal bests (such as a 29:51 10K) set 15 years ago.

1998 USATF National Masters
5K Cross Country Championships
Genesee Valley Park - Rochester, NY

NATIONAL AGE GROUP CHAMPIONS		
M40	Craig Fram	Central Mass. Striders
M45	Tim McMullen	Genesee Valley Harriers (Rochester, NY)
M50	Harry Nolan	Shore AC (NJ)
M55	Pat Cosgrove	Raritan Valley Road Runners (NJ)
M60	Bill Spencer	Gate City Striders (NH)
M65	Robert Brock	Syracuse Chargers
M70	Jim Forshee	Motor City Striders (MI)
M75	Anthony Napoli	Belle Watling AC (Buffalo, NY)
W40	Patti Ford	Syracuse Chargers
W45	Kathryn Martin	Northport (LI) Running Club
W50	Vicki Putnam	Motor City Striders (MI)
W55	Nancy Frisillo	Syracuse Chargers
W60	Lenie Tucker	Syracuse Chargers
W65	Helen Beume	Lakeview, NY

Overall Men's Results

PLACE	NAME, AGE	TEAM/HOMETOWN	GROUP	PLACE	TIME
1	Craig Fram, 40	Central Mass. Striders	M40	1	15:36
2	Tom Dalton, 40	Adirondack AC	M40	2	15:50
3	Bob Carroll, 42	Checkers AC	M40	3	16:03
4	Tim McMullen, 45	Genesee Valley Harriers "A"	M45	1	16:08
5	Dave Weller, 40	Ringoes, NJ	M40	4	16:13
6	John Underwood, 43	Adirondack AC	M40	5	16:22
7	Gary Moore, 42	Genesee Valley Harriers "A"	M40	6	16:33
8	Charlie Andrews, 41	Genesee Valley Harriers "A"	M40	7	16:39
9	Bob Hodge, 44	Central Mass. Striders	M40	8	16:46
10	Rick Hoebke, 49	High Noon AC	M45	2	16:47
11	Fred Robbins, 44	Canada	M40	16	16:53
12	Charlie McMullen, 47	Genesee Valley Harriers "A"	M45	3	16:56
13	Roger Price, 49	Raritan Valley Road Runners	M45	4	17:01
14	Chris Harkins, 40	Shore AC	M40	9	17:06
15	Rich O'vian, 44	Central Mass. Striders	M40	10	17:12
16	Ron Blackmore, 45	Syracuse Chargers	M45	5	17:14
17	Bill O'Mara, 40	N. Dartmouth, MA	M40	11	17:17
18	John King, 42	Adirondack AC	M40	12	17:18
19	Bill Gaudere, 41	Central Mass. Striders	M40	13	17:20
20	Chris Burns, 43	Adirondack AC	M40	14	17:21
21	Harry Nolan, 51	Shore AC	M50	1	17:23
22	John Matthews, 41	Central Mass. Striders	M40	15	17:24
23	Dave Coyne, 47	Cats AC	M45	6	17:25
24	Ken Briell, 48	Adirondack AC	M45	7	17:26
25	Mike Rogers, 43	Blade Runners	M40	16	17:27
26	Tom Kinsman, 45	Shore AC	M45	8	17:35
27	Doug Burdick, 44	Blade Runners	M40	17	17:35
28	Rich Myers, 53	Raritan Valley RR	M50	2	17:36
29	Roger Messenger, 45	Genesee Valley Harriers "A"	M45	9	17:38
30	Terry Delph, 53	Coopersburg, PA	M50	3	17:41
31	Brian Dodge, 45	Syracuse Chargers	M45	10	17:43
32	Rob Picotte, 45	Adirondack AC	M45	11	17:45
33	Howie Reitz, 41	Genesee Valley Harriers "A"	M40	18	17:46
34	Mark Rybinski, 43	Syracuse Chargers	M40	19	17:46
35	Bill McMullen, 45	Blade Runners	M45	12	17:49
36	Bill Scholl, 47	Shore AC	M45	13	17:53
37	Ron Moore, 57	Canada	M55	18:02	102
38	Tim Jones, 40	Genesee Valley Harriers "B"	M40	20	18:05
39	Frank Goetz, 41	Genesee Valley Harriers "A"	M40	21	18:07
40	Chris Murphy, 41	Adirondack AC	M40	22	18:09
41	Matt Farrand, 42	Flushing, NY	M40	23	18:10
42	Kevin Hanlon, 41	Syracuse Chargers	M40	24	18:11
43	Fred Kitzrow, 42	Adirondack AC	M40	25	18:12
44	Hugh Sweeny, 54	Raritan Valley Road Runners	M50	4	18:18
45	Tom Lamme, 50	Genesee Valley Harriers	M50	5	18:21
46	Ric Perry, 49	Cats AC	M45	14	18:22
47	Bryce Walker, 42	Cats AC	M40	26	18:25
48	Fred Dedrick, 50	Philadelphia, PA	M50	6	18:26
49	Greg Brooks, 51	Cats AC	M50	7	18:31
50	Alan Davis, 42	Canada	M40		18:35
51	Tom Gabruk, 45	Cats AC	M45	15	18:41
52	Tom Zarra, 41	Shore AC	M40	27	18:41
53	Mark Harrison, 43	Genesee Valley Harriers "B"	M40	28	18:43
54	David Hoch, 43	Raritan Valley Road Runners	M40	29	18:45
55	Tim Payne, 48	Canada	M45		18:47
56	Bruce Campbell, 42	Canada	M40		18:49
57	Tony Plaster, 46	Shore AC	M45	16	18:53
58	Doug Brown, 53	Raritan Valley Road Runners	M50	8	18:56
59	Terry Habecker, 50	High Noon AC	M50	9	18:57
60	Dan Littlejohn, 43	Syracuse Chargers	M40	30	18:59
61	Pat Cosgrove, 57	Raritan Valley Road Runners	M55	1	19:05
62	Jay Reeder, 42	Genesee Valley Harriers "B"	M40	31	19:10
63	Ed Cope, 50	High Noon AC	M50	10	19:11
64	Tom Dutton, 52	Cats AC	M50	11	19:18
65	Herb Engman, 53	High Noon AC	M50	12	19:21
66	Gaetan Breton, 50	Canada	M50		19:22
67	Jim Boyle, 48	Cats AC	M45	17	19:23
68	John Hixon, 44	Genesee Valley Harriers	M40	32	19:25
69	Dave Bowen, 46	Syracuse Chargers	M45	18	19:30
70	Terry McConnell, 44	Syracuse Chargers	M40	33	19:33
71	Don Densmore, 44	Seneca Falls, NY	M40	34	19:34
72	Mike Reif, 49	Genesee Valley Harriers "B"	M45	19	19:35
73	Dave Young, 53	Cats AC	M50	13	19:40
74	Vaidas Jurenas, 55	Genesee Valley Harriers	M55	2	19:44
75	Jim Davis, 42	Genesee Valley Harriers "B"	M40	35	19:45
76	Larry Zygo, 48	Genesee Valley Harriers "B"	M45	20	19:47
77	John Nowatkowski, 54	Raritan Valley Road Runners	M50	14	19:49
78	Bill Spencer, 62	Litchfield, NH	M60	1	19:51
79	George Zakielarz, 50	Rochester, NY	M50	15	19:54
80	Bob Milner, 63	Syracuse Chargers	M60	2	19:57
81	Gene Chase, 62	Shore AC	M60	3	19:59
82	Doug Smith, 47	Canada	M45		20:13
83	Dave Sek, 55	Cats AC	M55	3	20:17
84	Gene Burak, 40	Syracuse Chargers	M40	36	20:19
85	Mike Feligno, 48	Cats AC	M45	21	20:20
86	Bob Dattola, 54	High Noon AC	M50	16	20:22
87	Don Farley, 64	High Noon AC	M60	4	20:25
88	Ken Gordon, 56	East Aurora, NY	M55	4	20:30
89	James Miner, 50	High Noon AC	M50	17	20:35
90	Tom Carr, 53	Genesee Valley Harriers	M50	18	20:36
91	Paul Halbert, 59	Syracuse Chargers	M55	5	20:44
92	Joe Reynolds, 54	High Noon AC	M50	19	20:51
93	Peter Hetterich, 62	Ballston Spa, NY	M60	5	20:53
94	Sam Graceffo, 62	Syracuse Chargers	M60	6	20:56
95	Ric Worner, 50	Genesee Valley Harriers	M50	20	20:58
96	Vince Colgan, 59	Syracuse Chargers	M55	6	21:00
97	Rick Iovine, 44	Rochester, NY	M40	37	21:05
98	Bill McIlwaine, 60	Canada	M60		21:11
99	Fred Brazda, 62	Cats AC	M60	7	21:16
100	Jim Forshee, 72	Motor City Striders	M70	1	21:20
101	Ed Roickle, 51	Syracuse Chargers	M50	21	21:23
102	John Penamonte, 47	Mendon, NY	M45	22	21:35

103	B. Savage, Jr	Canada			21:36
104	Frank Haviland, 63	Shore AC	M60	8	21:39
105	Kermit Cadrette, 60	Syracuse Chargers	M60	9	21:45
106	James Pascoe, 60	Canada	M60		21:46
107	Robert Brock, 65	Syracuse Chargers	M65	1	22:01
108	Dave Ferguson, 47	Rochester, NY	M45	23	22:02
109	Tim Matthews, 46	Genesee Valley Harriers "B"	M45	24	22:09
110	Dick Jarrett, 62	Cats AC	M60	10	22:15
111	John Doody, 63	Cats AC	M60	11	22:17
112	Othmar Freyler, 65	Cats AC	M65	2	22:34
113	Mike McDonnell, 63	Shore AC	M60	12	22:56
114	Ed Stabler, 69	Syracuse Chargers	M65	3	22:59
115	Dave Winn, 55	Genesee Valley Harriers	M55	7	23:13
116	Tom Brannon, 63	Cats AC	M60	13	23:19
117	Gerard Magoffin, 68	Belle Watling AC	M65	4	23:34
118	Howard Rubin, 70	Syracuse Chargers	M70	2	23:39
119	Bob Volk, 54	Cats AC	M50	22	23:57
120	John Powell, 54	Canada	M50		24:04:00
121	Richard Sullivan, 70	Belle Watling AC	M70	3	24:16:00
122	Steve Pudiak, 51	Genesee Valley Harriers	M50	23	24:17:00
123	John Harwick, 65	Clymer, PA	M65	4	24:53:00
124	Bob Pullman, 52	Genesee Valley Harriers	M50	24	25:12:00
125	Roger Whalley, 68	Belle Watling AC	M65	5	25:23:00
126	Ted Sullivan, 66	Belle Watling AC	M65	6	25:30:00
127	Anthony Napoli, 78	Belle Watling AC	M75	1	25:42:00
128	Ed Buckley, 77	Syracuse Chargers	M75	2	25:42:00
129	Sandy Beume, 71	Belle Watling AC	M70	4	25:44:00
130	Ted Whalen, 68	Belle Watling AC	M65	7	26:03:00
131	John Burke, 73	Cats AC	M70	5	26:16:00
132	Jack O'Sullivan, 70	Belle Watling AC	M70	6	26:34:00
133	Howard MacMillan, 77	Syracuse Chargers	M70	7	28:19:00
134	William Pow, 69	Penfield, NY	M65	8	29:01:00
135	Don Farquharson, 73	Canada	M70		31:58:00
136	Nate White, 79	Syracuse Chargers	M75	3	32:11:00
137	Roger Brownlow, 75	Cats AC	M75	4	32:12:00
138	Don McNelly, 77	Cats AC	M75	5	38:56:00
139	Jack Castle, 68	Canada	M65		40:08:00

Men's Team Results

MEN 40+

1 Genesee Valley Harriers	1:23:54	5 Syracuse Chargers	1:29:53
Tim McMullen	16:08	Ron Blackmore	17:14
Gary Moore	16:33	Brian Dodge	17:43
Charlie Andrews	16:39	Mark Rybinski	17:46
Charlie McMullen	16:56	Kevin Hanton	18:11
Roger Messenger	17:38	Dan Littlejohn	18:59
2 Adirondack AC	1:24:17	6 Cats AC (Rochester)	1:32:16
Tom Dalton	15:50	Dave Coyne	17:25
John Underwood	16:22	Ric Perry	18:22
John King	17:18	Bryce Walker	18:25
Chris Burns	17:21		
Ken Briell	17:26	Tom Gabruk	18:41
		Jim Boyle	19:23
3 Central Mass. Striders	1:24:18	7 Genesee Valley Harriers "B"	1:34:58
Craig Fram	15:36	Tim Jones	18:05
Bob Hodge	16:46		
Rich Ovian	17:12	Mark Harrison	18:43
Bill Gaudere	17:20	Jay Reeder	19:10
John Matthews	17:24	John Hixon	19:25
		Mike Reif	19:35
4 Shore AC (NJ)	1:28:38		
Chris Harkins	17:06		
Harry Nolan	17:23		
Tom Kinsman	17:35		
Bill Scholl	17:53		
Tom Zarra	18:41		

MEN'S 50+

1 Raritan Valley (NJ) R.R.	1:33:44
Rich Myers	17:36
Hugh Sweeny	18:18
Doug Brown	18:56
Pat Cosgrove	19:05
John Nowatkowski	19:49
High Noon AC	
2 (Ithaca, NY)	1:38:26
Terry Habecker	18:57
Ed Cope	19:11
Herb Engmann	19:21
Bob Dattola	20:22
Don Farley	20:25
Cats AC (Rochester,	
3 NY)	1:41:43
Greg Brooks	18:31
Tom Dutton	19:18
Dave Young	19:40
Dave Sek	20:17
Bob Volk	23:57
Genesee Valley	
4 Harriers	1:42:52
Tom Lamme	18:21
Vaidas Jurenas	19:44
Tom Carr	20:36
Ric Worner	20:58
Dave Winn	23:13
MEN'S 60+	
1 Syracuse Chargers	1:02:38
Bob Milner	19:57
Sam Graceffo	20:56
Kermit Cadrette	21:45
2 Shore AC (NJ)	1:04:34
Gene Chase	19:59
Frank Haviland	21:39
Mike McDonnell	22:56

Cats AC (Rochester,

3 NY)	1:05:48
Fred Brazda	21:16
Dick Jarrett	22:15
John Doody	22:17
Belle Watling AC	
4 (Buffalo)	1:14:27
Gerald Magoffin	23:34
Roger Whalley	25:23:00
Ted Sullivan	25:30:00
MEN'S 70+	
Belle Watling AC	
1 (Buffalo)	1:15:41
Richard Sullivan	24:15:00
Anthony Napoli	25:42:00
Sandy Beume	25:44:00
2 Syracuse Chargers	1:17:40
Howard Rubin	23:39
Ed Buckley	25:42:00
Howard MacMillan	28:19:00
Cats AC (Rochester,	
3 NY)	1:37:24
John Burke	26:16:00
Roger Brownlow	32:12:00
Don McNelly	38:56:00

Notes: Charlie McMullen is a three-time national champion in masters cross-country at the 8K distance but had been ill during the week before the race and was a little disappointed in his 12th-place finish.

Kathy Brown won a national championship a few years ago at Finger Lakes Community College. Turned 50 this year, she didn't expect to beat the top women in their early 40s, but she had to battle for second among women 50 and older. She trailed Vicki Putnam of the Motor City Striders of Detroit, whose team also won that division, and had to sprint to the finish to nip Karen Davies of the Syracuse Chargers at the wire.

Greg Brooks, 51, of Irondequoit, led his Cats team to second place in the 50-59 division with an 18:31 that was all the more impressive considering that he'd had an angioplasty procedure during the summer to open to blocked coronary arteries.

Dave Coyne, now 47, led the sixth-place Cats team with 17:25 and said he's regained the enthusiasm for running that made him the top area finisher in the Boston Marathon for a decade. He credits use of magnets in his shoes for an increased sense of energy and feels reaching the 2:40 marathon mark again isn't impossible.

Bob Hodge of the Central Mass. Striders was second on his team behind overall winner Craig Fram in 16:46. Even though it was good for ninth overall, it isn't the level he once was at but it represents a remarkable recovery from extensive injuries suffered in an automobile accident.



--Photo by Ed Cloos

CHAMPION--Craig Fram of Plaistow, NH is already comfortably in the lead as he crests a hill at about 2,000 meters into cross-country championship.



--Photo by Ed Cloos

FIRST LOCAL MAN--Tim McMullen leads his winning Genesee Valley Harriers to team victory at Genesee Valley Park, finishing fourth overall.



--Photo by Ed Cloos

CHARLIE ANDREWS heads for 16:39 finish as third scorer on winning Genesee Valley team.

Overall Women's Results

PLACE	NAME, AGE	TEAM/HOMETOWN	GROUP	PLACE	TIME
1	Patti Ford, 43	Syracuse Chargers	F40	1	18:46
2	Kathryn Martin, 47	Northport, LI	F45	1	19:09
3	Ellen Coyne, 41	Cats AC	F40	2	20:33
4	Sue Rowley, 40	Cats AC	F40	3	20:38
5	Marcia Whitney, 45	Saratoga Springs, NY	F45	2	20:55
6	S. Kreplin-Michaels, 42	Syracuse Chargers	F40	4	21:47
7	Vicki Putnam, 50	Motor City Striders	F50	1	21:48
8	Pat Watson, 47	Syracuse Chargers	F45	3	22:05
9	Karen Lein, 40	Liberty AC (MA)	F40	5	22:26
10	Kathy Brown, 50	Cats AC	F50	2	22:30
11	Karen Davies, 52	Syracuse Chargers	F50	3	22:31
12	Nancy Frisillo, 55	Syracuse Chargers	F55	1	22:36
13	Gail Wagner, 47	Cats AC	F45	4	22:41
14	Ruth Thelen, 54	Motor City Striders	F50	4	22:52
15	Ellen Nitz, 58	Motor City Striders	F55	2	22:56
16	Judy Allyn, 48	Tonawanda, NY	F45	5	23:01
17	Mary Shaver, 57	Genesee Valley Harriers	F55	3	23:04
18	Kristen Kessler, 44	Genesee Valley Harriers	F40	6	23:19
19	Karin Gogolsky, 43	Genesee Valley Harriers	F40	7	23:41
20	Judy Beers, 45	Genesee Valley Harriers	F45	6	23:53
21	Nina Bovio, 52	Motor City Striders	F50	5	23:57
22	Nancy Curry, 51	Mt. Pleasant, SC	F50	6	24:03:00
23	Carolyn Kriesen, 55	Cats AC	F55	4	24:11:00
24	Denise Everitt, 45	Marion, NY	F45	7	25:10:00
25	Helen Addona, 52	Cats AC	F50	7	25:15:00
26	Lenie Tucker, 60	Syracuse Chargers	F60	1	25:34:00
27	Madeline Bost, 59	Ironia, NJ	F55	5	25:57:00
28	Patricia Martin, 49	Cats AC	F45	8	27:32:00
29	Sally Rusby, 62	Horseheads, NY	F60	2	27:50:00
30	Jackie Andolina, 59	Cats AC	F55	6	27:58:00
31	Helen Beume, 68	Lakeview, NY	F65	1	29:19:00
32	Janet Courtright, 50	Cats AC	F50	8	29:23:00



--Photo by Ed Cloos

TOP WOMAN, Patti Ford of the Syracuse Chargers goes right to the front, followed by Kathryn Martin, an unattached runner from Long Island in women's national championship race. Ford gradually widened her lead as they finished 1-2.

Women's Team Results

Women 40+

1 Syracuse Chargers	1:02:38
Patti Ford	18:46
S. Kreplin-Michaels	21:47
Pat Watson	22:05
2 Cats A.C. (Rochester, NY)	1:03:52
Ellen Coyne	20:33
Sue Rowley	20:38
Gail Wagner	22:41
3 Genesee Valley Harriers	1:10:04
Mary Shaver	23:04
Kristen Kessler	23:19
Karin Gogolsky	23:41

Women 50+

1 Motor City (MI) Striders	1:07:36
Vicki Putnam	21:48
Ruth Thelen	22:52
Ellen Nitz	22:56
2 Syracuse Chargers	1:10:41
Karen Davies	22:31
Nancy Frisillo	22:36
Lenie Tucker	25:34:00
3 Cats AC (Rochester, NY)	1:11:56
Kathy Brown	22:30
Carolyn Kriesen	24:11:00
Helen Addona	25:15:00



--Photo by Ed Cloos

FORMER CHAMPION Kathy Brown of Fairport (21) sticks with Karen Lein of Liberty AC of Massachusetts midway through the race. Lein pulled ahead later in the race but Brown was able to sprint past a competitor in her own 50-54 age group for a top-10 finish and second place.



--Photo by Ed Cloos

TIGHT TEAM--Gary Moore is followed closely by teammates Charlie Andrews and Charlie McMullen midway through cross-country championship race. Rick Hoebeke of Ithaca follows.



--Photo by Ed Cloos

OPEN RACE--Runners take championship race. Rick Hoebeke of Ithaca follows off in open race that concluded morning of cross-country racing at Genesee Valley Park Race was on the same 5K course at national masters championships.

Genesee Valley River Romance 5k Open Race
 Sunday, October 11, 1998
 Genesee Valley Park, Rochester, N.Y.
 Held in conjunction with the USATF
 Masters National 5k Championships
 Results

1.	Yvon LaChance	M35	16:18*	St. Georges, Quebec
2.	Jim Bathgate	M31	16:29*	Genesee Valley Harriers
3.	Josh Kantrowitz	M25	17:36*	GVH
4.	Guy George	M39	18:11	E.Amherst, N.Y.
5.	Becky Heuer	F34	19:05*	Forestville, N.Y.
6.	Mike Hoban	M44	19:18*	Webster, N.Y.
7.	David Valvo	M31	19:24	GVH
8.	Joe Farquarson	M15	19:57*	Port Perry, Ont.
9.	Steve Cackett	M35	20:15	Pittsford, N.Y.
10.	Amy Farterowitz	F30	21:26	?
11.	Dan Quinlisk	M41	21:51	ATC
12.	Kristen Farquhar	F26	22:15*	GVH
13.	Kristine Mallory	F32	22:40	W.Henrietta, N.Y.
14.	Diane Stack	F19	22:58*	RIT
15.	Robert Ealy	M69	23:03*	Rochester, N.Y.
16.	Dick Telarico	M59	23:15*	Rochester, N.Y.
17.	Laura Malczewski	F21	23:43*	RIT
18.	Carolyn Smith-Hanna	F47	24:26*	Pittsford, N.Y.
19.	Adam Davis	M9	26:58*	Toronto, Ontario
20.	Brent Campbell	M10	28:03*	Oakville, Ontario
21.	Jessica Socher	F13	29:28*	Michigan
22.	Maryellen Meleca	F36	30:03*	Rochester, N.Y.
23.	Christine Graziano	F32	30:04	Rochester, N.Y.
24.	Juanita Montes	F25	31:47	RIT

* - denotes 5 year Age Group Champion



--Photo by Ed Cloos
FIRST LOCAL FINISHER Ellen Coyne of Avon
 nears finish line in third place in women's race.



--Photo by Ed Cloos
GARY MOORE, coach at Alfred University finishes
 eighth overall and second man on Harriers team.



--Photo by Ed Cloos
DAVE COYNE, still a top marathoner at 47, shows
 his cross-country style as he leads Cats AC team with
 17:25 finish. Cats team finished sixth in division.

1998 Kodak Fall Classic 5K

Rochester NY

September 11th - At GREECE NY

Place	Runner	Residence	Placed in Age/Sex	Time	Pace
1	Ted A. Thull	Macedon	NY 1/ 32:M35-39 M#	16:21	5:16
2	Dave K. Bischoff	Fairport	NY 2/ 32:M35-39 M#	16:25	5:18
3	Ric Perry	Rochester	NY 1/ 23:M45-49 M#	17:01	5:29
4	Bernie D. Stich	North Chili	NY 2/ 23:M45-49 M#	17:19	5:35
5	Greg Brooks	Rochester	NY 1/ 19:M50-54 M#	17:35	5:40
6	Patrick D. King	Hilton	NY 1/ 25:M40-44 M#	17:38	5:41
7	John T. Hixon	Rochester	NY 2/ 25:M40-44 M#	17:40	5:42
8	Dan McSorley	Hilton	NY 3/ 32:M35-39 M#	17:47	5:44
9	Charles W. Fischer	Fairport	NY 2/ 19:M50-54 M#	17:51	5:45
10	Tom J. Serafin	Rochester	NY 3/ 23:M45-49 M#	17:55	5:47
11	Michael Valleriano	Webster	NY 4/ 32:M35-39 M#	18:00	5:48
12	Frank Quattrone	Spencerport	NY 3/ 25:M40-44 M#	18:07	5:51
13	Mike E. Hornak	Rochester	NY 4/ 23:M45-49 M#	18:08	5:51
14	Ernie W. Werzinger	Phelps	NY 3/ 19:M50-54 M#	18:10	5:52
15	Bill Coffey	Irondequoit	NY 4/ 25:M40-44 M#	18:21	5:55
16	Greg L. Gray	Mendon	NY 1/ 8:M30-34 M#	18:25	5:56
17	Edward M. Housel	Rochester	NY 5/ 32:M35-39 M#	18:27	5:57
18	Jim Meyers	Fairport	NY 5/ 25:M40-44 M#	18:32	5:59
19	Larry E. Zygo	Rochester	NY 5/ 23:M45-49 M#	18:39	6:01
20	Michael Weinpress	Spencerport	NY 6/ 25:M40-44 M#	18:44	6:03
21	Daniel S. Olean	Rochester	NY 6/ 32:M35-39 M#	18:45	6:03
22	James J. Malley	North Chili	NY 7/ 32:M35-39 M#	18:55	6:06
23	Susan M. Rowley	Rochester	NY 1/ 14:F40-44 F#	18:57	6:07
24	John M. Bednarczyk	Fairport	NY 8/ 32:M35-39 M#	19:05	6:09
25	Rick V. Chamberlain	Rochester	NY 1/ 8:M25-29 M#	19:07	6:10
26	Mark A. Heeks	Penfield	NY 9/ 32:M35-39 M#	19:23	6:15
27	Joseph A. Lukas	Fairport	NY 6/ 23:M45-49 M#	19:29	6:17
28	Roger W. Howe	Rochester	NY 4/ 19:M50-54 M#	19:31	6:18
29	David L. Peters	Rochester	NY 10/ 32:M35-39 M#	19:33	6:18
30	Dan Novak	Penfield	NY 11/ 32:M35-39 M#	19:35	6:19
31	Douglas Carpenter	Rochester	NY 2/ 8:M30-34 M#	19:38	6:20
32	Jeff K. Kroon	Rochester	NY 2/ 8:M25-29 M#	19:39	6:20
33	Wayne E. Prentice	Honeoye Falls	NY 12/ 32:M35-39 M#	19:42	6:21
34	Sandra Rubsam	Irondequoit	NY 1/ 18:F35-39 F#	19:44	6:22
35	Richard A. Long	Bergen	NY 7/ 23:M45-49 M#	19:50	6:24
36	Ken Lowe	Rochester	NY 1/ 6:M55-59 M#	19:55	6:25
37	Greg C. Dobry	Hemlin	NY 13/ 32:M35-39 M#	19:59	6:27
38	Doug Carlton	Webster	NY 8/ 23:M45-49 M#	20:05	6:29
39	Gabe F. Zajja	Rochester	NY 3/ 8:M30-34 M#	20:06	6:29
40	John H. Melville	Honeoye Falls	NY 7/ 25:M40-44 M#	20:09	6:30
41	Bob A. Dyjak	Rochester	NY 9/ 23:M45-49 M#	20:12	6:31
42	Frank W. Armstrong	Rochester	NY 14/ 32:M35-39 M#	20:32	6:37
43	Mark S. Fornalik	Rochester	NY 8/ 25:M40-44 M#	20:32	6:37
44	Timothy G. Reed	Rochester	NY 15/ 32:M35-39 M#	20:34	6:38
45	Cathy Williams	Rochester	NY 2/ 14:F40-44 F#	20:38	6:39
46	Lewis J. DiPietro	Pavilion	NY 10/ 23:M45-49 M#	20:41	6:40
47	Chuck P. O'Connor	Fairport	NY 16/ 32:M35-39 M#	20:42	6:41
48	Pete J. Fredericks	Rochester	NY 17/ 32:M35-39 M#	20:50	6:43
49	David A. Smith	Hilton	NY 18/ 32:M35-39 M#	20:57	6:45
50	Evan P. Carmichael	West Henrietta	NY 19/ 32:M35-39 M#	21:01	6:47
51	Neil Talsania	Rochester	NY 3/ 8:M25-29 M#	21:09	6:49
52	Laura M. Franz	Webster	NY 2/ 18:F35-39 F#	21:16	6:52
53	Jim G. Hutton	Webster	NY 9/ 25:M40-44 M#	21:25	6:55
54	Chuck Carson	Fairport	NY 11/ 23:M45-49 M#	21:26	6:55
55	Richard Van Almkerk	Kent	NY 5/ 19:M50-54 M#	21:29	6:56
56	Linda E. Marchese	Rochester	NY 1/ 2:F25-29 F#	21:30	6:56
57	Michael Valentino	Rochester	NY 10/ 25:M40-44 M#	21:41	7:00
58	Stephen P. McCarney	Rochester	NY 11/ 25:M40-44 M#	21:49	7:02
59	Robert H. Davis	Fairport	NY 12/ 25:M40-44 M#	21:58	7:05
60	Jim D. Tapon	Rochester	NY 6/ 19:M50-54 M#	21:59	7:05
61	David H. Judson	Rochester	NY 4/ 8:M30-34 M#	22:00	7:06
62	Karen J. Larkin	Rochester	NY 3/ 18:F35-39 F#	22:02	7:06
63	Mark White	Rochester	NY 20/ 32:M35-39 M#	22:05	7:07
64	Laune M. Mancuso	Le Roy	NY 4/ 18:F35-39 F#	22:10	7:09
65	Christopher Coon	Rochester	NY 13/ 25:M40-44 M#	22:22	7:13
66	Alan G. Baker	Rochester	NY 7/ 19:M50-54 M#	22:25	7:14
67	Al J. Brewen	Pittsford	NY 12/ 23:M45-49 M#	22:26	7:14
68	Joan F. Hoover	Fairport	NY 5/ 18:F35-39 F#	22:29	7:15
69	James T. Toomey	Le Roy	NY 8/ 19:M50-54 M#	22:30	7:15
70	Rick J. Sandor	Rochester	NY 13/ 23:M45-49 M#	22:31	7:16
71	Daniel P. Deibel	Rochester	NY 14/ 23:M45-49 M#	22:34	7:17
72	David M. Borowicz	Livonia	NY 14/ 25:M40-44 M#	22:35	7:17
73	William B. Salvas	Rochester	NY 21/ 32:M35-39 M#	22:37	7:18
74	John W. Litwitz	Rochester	NY 15/ 23:M45-49 M#	22:38	7:18
75	Joe P. Shepanski	Rochester	NY 16/ 23:M45-49 M#	22:41	7:19
76	Kevin P. Larkin	Rochester	NY 5/ 8:M30-34 M#	22:41	7:19
77	Daniel A. Reiberg	Webster	NY 9/ 19:M50-54 M#	22:43	7:20
78	Judith A. Bose	Webster	NY 6/ 18:F35-39 F#	22:48	7:21
79	M. Van De Walle	Alton	NY 6/ 8:M30-34 M#	22:53	7:23
80	Sri Ramaswamy	Rochester	NY 4/ 8:M25-29 M#	22:55	7:24

81	Alan T. Chien	Rochester	NY	5/	8:M25-29	M#	72	22:56	7:24
82	Marc A. Oस्पian	Avon	NY	22/	32:M35-39	M#	73	23:03	7:26
83	Steven E. Rowe	Rochester	NY	23/	32:M35-39	M#	74	23:13	7:29
84	Earl M. Cliffl	Rochester	NY	2/	6:M55-59	M#	75	23:15	7:30
85	Randall J. Kehl	Churchville	NY	24/	32:M35-39	M#	76	23:31	7:35
86	Harry Luke	Macedon	NY	10/	19:M50-54	M#	77	23:34	7:36
87	Fermin A. Colon	Fairport	NY	15/	25:M40-44	M#	78	23:45	7:40
88	Jim Zagawsky	Spencerport	NY	16/	25:M40-44	M#	79	23:48	7:41
89	Daniel E. Gross	East Bethany	NY	6/	8:M25-29	M#	80	23:50	7:41
90	Craig R. Reifsteck	Rochester	NY	7/	8:M25-29	M#	81	23:51	7:42
91	Christine E. Brewet	Rochester	NY	2/	2:F25-29	F#	10	23:55	7:43
92	Warren Killip, Jr.	Waterport	NY	11/	19:M50-54	M#	82	23:56	7:43
93	Kathleen A. Mahoney	Spencerport	NY	7/	18:F35-39	F#	11	24:05:00	7:46
94	David H. Beecher	Webster	NY	17/	23:M45-49	M#	83	24:08:00	7:47
95	Tom Neary	Canandaigua	NY	17/	25:M40-44	M#	84	24:09:00	7:47
96	Russell J. Latour	Fairport	NY	3/	6:M55-59	M#	85	24:10:00	7:48
97	Donald J. Schuster	Rochester	NY	18/	23:M45-49	M#	86	24:11:00	7:48
98	Jack F. Ferman	Bloomfield	NY	4/	6:M55-59	M#	87	24:16:00	7:50
99	Eileen A. Weinpress	Spencerport	NY	3/	14:F40-44	F#	12	24:17:00	7:50
100	George R. Eiff	Rush	NY	25/	32:M35-39	M#	88	24:19:00	7:51
101	David Zimmer	Fairport	NY	19/	23:M45-49	M#	89	24:24:00	7:52
102	Jeffrey W. Kelley	Ontario	NY	18/	25:M40-44	M#	90	24:26:00	7:53
103	Shiying Zheng	Rochester	NY	1/	1:F30-34	F#	13	24:35:00	7:56
104	Robert B. Billhern	Webster	NY	26/	32:M35-39	M#	91	24:38:00	7:57
105	Barbara Werzinger	Phelps	NY	1/	2:F50-54	F#	14	24:52:00	8:01
106	Dennis E. Lutz	Rochester	NY	20/	23:M45-49	M#	92	24:53:00	8:02
107	Lawrence W. Wirth	Rochester	NY	19/	25:M40-44	M#	93	24:55:00	8:02
108	Mark A. Reeder	Rochester	NY	27/	32:M35-39	M#	94	24:59:00	8:04
109	Katie M. Ferman	Rochester	NY	1/	2:F18-24	F#	15	25:01:00	8:04
110	Janet L. Courtright	Rochester	NY	2/	2:F50-54	F#	16	25:02:00	8:05
111	Joe Nichol	Rochester	NY	28/	32:M35-39	M#	95	25:08:00	8:06
112	James W. Thomas	Macedon	NY	5/	6:M55-59	M#	96	25:10:00	8:07
113	Les Miller	Penfield	NY	29/	32:M35-39	M#	97	25:13:00	8:08
114	Valerie Kuykendall	Rochester	NY	8/	18:F35-39	F#	17	25:15:00	8:09
115	Frank Jergler	Penfield	NY	20/	25:M40-44	M#	98	25:15:00	8:09
116	Neale K. Burkhardt	Rochester	NY	12/	19:M50-54	M#	99	25:17:00	8:09
117	Karen A. Goodell	Spencerport	NY	9/	18:F35-39	F#	18	25:41:00	8:17
118	Brad Adams	Webster	NY	13/	19:M50-54	M#	100	25:45:00	8:18
119	Kim E. Goppert	Webster	NY	4/	14:F40-44	F#	19	25:50:00	8:20
120	Biao Tan	Rochester	NY	7/	8:M30-34	M#	101	26:06:00	8:25
121	Suzanne S. Long	Bergen	NY	5/	14:F40-44	F#	20	26:10:00	8:26
122	Marv E. Adams	Rochester	NY	6/	14:F40-44	F#	21	26:21:00	8:30
123	Mark S. Hueber	Churchville	NY	21/	25:M40-44	M#	102	26:23:00	8:31
124	Joan Potenza	Rush	NY	7/	14:F40-44	F#	22	26:36:00	8:35
125	Karen A. Sutor	Webster	NY	10/	18:F35-39	F#	23	26:37:00	8:35
126	Darren T. Mahoney	Spencerport	NY	30/	32:M35-39	M#	103	26:41:00	8:36
127	Jon B. Williamson	Livonia	NY	22/	25:M40-44	M#	104	26:46:00	8:38
128	Robert A. Lancaster	Hilton	NY	23/	25:M40-44	M#	105	26:47:00	8:38
129	Cheri A. Thuotte	Rochester	NY	11/	18:F35-39	F#	24	26:49:00	8:39
130	Barrett Gady	Rochester	NY	8/	8:M25-29	M#	106	26:52:00	8:40
131	Ramon Rodriguez	Pittsford	NY	21/	23:M45-49	M#	107	27:00:00	8:43
132	Michael J. Keaton	Rochester	NY	24/	25:M40-44	M#	108	27:06:00	8:45
133	Dennis Laba	Rochester	NY	14/	19:M50-54	M#	109	27:11:00	8:46
134	Joseph H. Whipple	Rochester	NY	15/	19:M50-54	M#	110	27:16:00	8:48
135	Jill E. Fornalik	Rochester	NY	1/	1:F45-49	F#	25	27:18:00	8:48
136	Kathy Nichol	Rochester	NY	12/	18:F35-39	F#	26	27:20:00	8:49
137	Allen R. Vaala	Pittsford	NY	16/	19:M50-54	M#	111	27:26:00	8:51
138	Alana M. Farrell	Conesus	NY	8/	14:F40-44	F#	27	27:37:00	8:55
139	Douglas B. Peet	Rochester	NY	17/	19:M50-54	M#	112	27:38:00	8:55
140	Donald A. DiNero	Rochester	NY	18/	19:M50-54	M#	113	28:38:00	9:14
141	Janice L. Palumbo	Rochester	NY	9/	14:F40-44	F#	28	28:47:00	9:17
142	Alice R. Valentin	Rochester	NY	10/	14:F40-44	F#	29	28:49:00	9:18
143	Juan D. Valentin	Rochester	NY	22/	23:M45-49	M#	114	28:50:00	9:18
144	Shari L. Eiff	Rush	NY	13/	18:F35-39	F#	30	28:51:00	9:18
145	LiaAnn K. Weinstein	Rochester	NY	11/	14:F40-44	F#	31	28:52:00	9:19
146	Margaret D. Steele	Webster	NY	12/	14:F40-44	F#	32	28:57:00	9:20
147	Donna A. DiPrima	Rochester	NY	14/	18:F35-39	F#	33	28:58:00	9:21

148	Marcia S. Kell	Churchville	NY	15/	18:F35-39	F#	34	29:02:00	9:22
149	Anne M. Salvas	Rochester	NY	16/	18:F35-39	F#	35	29:04:00	9:23
150	Sam Montello	Rochester	NY	23/	23:M45-49	M#	115	29:13:00	9:25
151	Jeanie M. Miskelly	Rochester	NY	2/	2:F18-24	F#	36	29:55:00	9:39
152	James E. Adams	Rochester	NY	25/	25:M40-44	M#	116	30:12:00	9:45
153	Jeff K. Otto	Pittsford	NY	31/	32:M35-39	M#	117	30:23:00	9:48
154	Gail E. Backal	Victor	NY	17/	18:F35-39	F#	37	30:31:00	9:51
155	Bruce J. Rubin	Rochester	NY	6/	6:M55-59	M#	118	30:54:00	9:58
156	Doreen Johnson	Hilton	NY	13/	14:F40-44	F#	38	31:21:00	10:07
157	James P. Lavine	Rochester	NY	19/	19:M50-54	M#	119	33:29:00	10:48
158	Janice E. Clements	Rochester	NY	14/	14:F40-44	F#	39	33:31:00	10:49
159	Robert C. Fagioli	Pittsford	NY	8/	8:M30-34	M#	120	33:32:00	10:49
160	Judy N. Martin	Ontario	NY	18/	18:F35-39	F#	40	35:58:00	11:36
161	James I. Campbell	Webster	NY	32/	32:M35-39	M#	121	38:15:00	12:20

Dr. David J. Valvo

Canal Park
31-G Erie Canal Drive
Rochester, New York 14626

POSTERIOR HEEL PAIN

We have talked about plantar heel pain in a prior newsletter. Today's article is devoted to posterior heel pain or pain that you encounter behind the foot. This is a common malady that is often aggravated by running or walking.

The achilles tendon is the combination of three muscles in our calf which inserts into our heel bone. The name of this heel bone is the calcaneus. You can feel the insertion of this tendon by pointing your toes to your nose and touching the most distant portion of this tendon as it melds into the calcaneus (its usually covered up by the rear of your shoe).

You can imagine how irritated a soft, pliable structure such as a tendon would be if it had to rub against a bone day in and day out. Eventually it would tear and break. Our body has a unique structure which prevents this from occurring. It is called a bursa. A bursa is a fluid filled sack which cushions and protects both the bone and the tendon.

Occasionally the calcaneus will have an odd prominence, called a Haglund's deformity, which will press against the achilles tendon. This will cause the bursa to become inflamed and painful. In other instances an ill fitting shoe may press on the tendon causing the bursa between the skin and tendon to become irritated. Women who often dress with high heel shoes complain of this problem. We call it "pump bump".

Treatment of posterior heel pain can be very frustrating. Conservative treatment is limited and includes physical therapy, heel lifts and heel pads. A change in shoe gear may alleviate the symptoms. When all else fails, surgery may be necessary to remove the offending bone.

Do not ignore posterior heel pain. The differential diagnosis includes, but is not limited to, an achilles tendon tear and a calcaneal fracture. The longer you put off treatment the harder it will be to solve.

David J. Valvo, D.P.M., a local podiatrist, is also a member of the Genesee Valley Harriers, the Greater Rochester Track Club, GVCC and the RATs. He is also a national cross country ski marathon racer and has been to two world championship team trials. A graduate of McQuaid Jesuit High School and the University of Rochester, he completed his medical training and residency in Cleveland, Ohio. Questions or topics concerning foot medicine that you may wish to be covered in this newsletter can be directed to 31-G Erie Canal Drive, Rochester, New York 14626.

GRTC Board Meeting Notes - October 13, 1998

Executive Committee

Bob Dyjak*	President
Rick Young*	Treasurer
Stacey VanDenburgh*	Recording Secretary
Luann Weinstein*	Membership Secretary

Board of Directors: Phil Ashley, Lisa Bower, John Hultz*, Kris Kessler, Charlie McMullen*, Tim McMullen, Sue Oliver, Terry Robbins, Brian Sears*, Karen Suitor*, Pete VanPeursesem*, Dick Withrow*.

Agenda

The minutes were read for the meeting held on September 8, 1998 and approved.

Rick Young provided the treasurer's report, including a year to date comparison of our income from June – September, 1998 with that of June –September, 1997. This comparison showed how the GRTC is in good financial health this year and seems to have weathered its way through a financial crisis. There is still more work to be done, but our finances are definitely looking up.

Membership chair Luann Weinstein reported that the club presently has 486 members.

Webmaster Brian Sears will be moving away from the area in January. The board discussed whether Brian could still be our Webmaster from afar, or whether we should find a new volunteer.

Bob Dyjak reported that the GRTC has sold 17 Dine-a-mate books so far. We plan to have these books available for purchase at upcoming races. This book really does give great discounts from a large selection of restaurants and services – purchase one for yourself or for a friend and help out the Club!

Bob also submitted a bright financial report for the Couples Run and Picnic. Kudos to Paul Kato and Laurie Smith for volunteering to be the race directors in 1999.

The board then discussed plans for our Annual Meeting/Awards Banquet to be held at Pasta Makers on January 24, 1999. There are only 69 spaces left – so be sure to sign up early.

Stacey VanDenburgh discussed the race schedule and logistics for the 1998-1999 Freezeroo Winter Race Series. This year, Bruegger's in Fairport will contribute bagels to go with the hot soup get courtesy Ciao! Restaurant in Pittsford. There is a new race course for Freezeroo#1 –a 5K on Sunday, December 13th starting from the Elks Lodge in Canandaigua hosted by the Central Counties Track Club. The Freezeroo Committee needs volunteers to assist with timing and registration at the race. Interested members should please call the hotline.

Next Meeting: Tuesday, November 10, 7:00 pm, at the Mid-Town Tennis Club.
Minutes submitted by Stacey VanDenburgh, 10/20/98.

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 your interest justifies their support.
- **This Newsletter.** Our monthly magazine of articles on training, injury prevention and nutrition; extensive reporting on races; entry forms for 50+ races a year; complete calendar of racing events.
- **Discounts.** You'll save on entries for all GRTC managed races (many of the major ones). Discounts at local sporting goods stores 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, USA Track & Field #031

Name _____ New _____ Renewal _____
Address _____ Home Phone _____
City _____ State _____ Zip _____
Male _____ Female _____ Birthdate _____ TAC # _____
(If you have one)

E-Mail address (Optional) _____

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 \$20/year ___ \$50/3 years ___ Student \$15/year ___ \$35/3 years
___ Family \$30/year ___ \$75/3 years ___ Sponser \$25 ___ Contribution
(Enter amount)

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

FOR OFFICIAL USE ONLY

Date Rec'd	Amt. Rec'd	Check#
Member #	Exp. Date	