



Newsletter



Trail Running Stoneheads and Road Running Pavement Pounders

Quote of the Month 1: "You shouldn't use beverages that double as road cones."— Liz Fraboni, director of the HealthFest 5K. Just because something is free doesn't make it good. All-Sport was donated to the race, and was so repulsive to the taste that instead of drinking it, the race organizers used the full bottles as road cones to construct the finish line chute.

Quote of the Month 2: "So who wahants to roon with those bahsturds in Bahston anyway?"—Earl Steinbrecher Sr., when Diane asked him how the Philadelphia Marathon went. Earl ran one more fall marathon in his quest to get an unfairly difficult M60 BAA qualifying time. He didn't.

Coming Up: Dec. 8: Elf Run 5K & Fun Run, Cortland, 12:30 p.m. Bring a toy. DON'T MISS IT!

Dec. 9: FLRC/HNAC Indoor track meet, Barton Hall, 10 a.m.-12:30 p.m.

Dec. 22: Last Chance Trail Run/Breakfast, Highland Forest, Fabius, 8 a.m.

Dec. 29: Upstate Holiday Classic III: Track & Field Meet, Hobart, 10 a.m.

Jan. 1: New Year's Day Resolution 5K, Big Flats, noon.

Jan. 6: FLRC/HN Indoor Track Meet, Barton Hall, 10 a.m.-12:30 p.m.

Jan. 19: 35th annual Hartshorne Memorial Masters Mile, Cornell, time TBA.

Jan. 26: FL Snowshoe 7.6 miler and 1-mile hike, FLNF, Potomac campsite, 11 a.m.

High Noon Women Win National XC Title! — Sherrer

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High Noon Women Win National XC Title!

The Yankees didn't win the World Series, an American didn't win the New York City Marathon and Michael Jordan is looking a little rusty around the edges.

It seems like yesterday that things were looking bleak in the testosterone-driven, wide world of sports.

Leave it to four local women, representing the High Noon Athletic Club, to bring home a national masters cross country championship team title to Ithaca.

Gillian Sharp, Suzanne Myette, Audrey Balander and Lorrie Marnell competed in the 2001 USA Track & Field National Masters 8K Cross Country Championships, Nov. 4, at Black Creek Park in Rochester, and walked away No. 1 in the nation -- \$450 richer in prize money, plus another \$16 from a lucky lottery ticket purchased on the trip

The national championship, one of many such masters events of varying distances in the U.S., was hosted by Peter Glavin and the Genesee Valley Harriers (GVH), the folks who bring you the annual Upstate New York Cross Country Series.

The nearly 5-mile race, held on a course which consisted of hiking, bridle and ski trails, two ponds, a model airplane field, and picnic and camping areas, was open to all runners age 40-over, who are members of USA Track & Field. Individuals competed for an overall title or age-group medals; teams vied for a share of a \$2,600 prize purse.

The High Noon foursome realized they had fire power when they won the masters team titles at the Berkshire Heritage Day 15K and the Syracuse Festival of Races 5K, both in September. Each race was a gritty time trial for the more difficult cross country challenge.

"I don't want to sound cocky, but I said going in, 'We are going to win (nationals)!'" said Marnell, the team captain and president of the Finger Lakes Runners Club. "I had to e-mail, coordinate and beg to get people together and committed to the team. But we all felt confidence in each other."

Sharp, who placed second overall among women in 31:43, also won the title of individual U.S. masters 8K cross country champion on a technicality. Kathryn Martin of Long Island, who won the women's race in 31:14, is a Canadian citizen.

"This was one of those races that I'm proud of," said Sharp, also the 1993 national summer biathlon (shoot and run) champion. "But this was the first race I've been to that I was a youngster -- at age 40. It was inspiring to see how many good runners there were in all the age classes.

"It's a strange feeling (being called national champion), because the whole United States was not represented. But, that's what they call it, although in biathlon there's only one national championship per year," she said. "I know I'm not the top runner in the nation ages 40-44. That would be crazy to think that."

All four women are married with children, have jobs outside the home and are active in community service. When it comes to athletic credentials, the High Noon squad is tough to beat.

Sharp is a lieutenant in the Ithaca Fire Department; an elite-class summer and winter (ski and shoot) biathlete who qualified for the world team and almost qualified for the winter Olympics; and an outstanding cross country skier and runner.

"It wasn't just a group of women brought together by a common location. We had a great team, because we're all good friends who know each other," said Sharp. "It was such a great

feeling when we all crossed the finish line in the top 10, and the announcer said, 'The High Noon women have clinched the team title.' We all ran well, we pulled it off and that's the special part of being on a team."

Myette, 44, of Endicott was a world-class masters duathlete (run/bike/run), and a national-class triathlete; one of the top masters women at the 2000 Philadelphia Marathon (3:05); co-winner of the women's masters title in the 2000 Upstate New York Cross Country Series; and currently one of the leading masters runners in our region.

"As a team, we had depth and determination to win the title," said Myette, who finished second American overall behind Sharp, in 32:03. "I had no individual strategy going into the race and was only focused on the team task. Unlike most cross country races that are based on place, this race was based on time, and therefore, everyone's time was important."

Balander, 45, of Cortland is best known for her trail and mountain running skills on the local circuit, and is an Empire State Games medalist in cross country skiing.

"I felt a lot of pressure to not let the team down," said Balander, in a dog fight to the finish, and second by a whisker among women ages 45-49, in 34:23. "I knew Gill and Suzanne would be out there in front, but I didn't know what time I needed to do. At one point, I thought I was going to die, and felt like saying, 'I'll pay you the \$450 (to let up)."

"But I knew we were good, because my teammates assured me we were good, so I could relax. It was my last big race of the year, so I said, 'Let's go all out for one big championship. This is it, then let's start skiing!'" she said.

Marnell, 40, of Locke won the masters titles at the God's Country, Adirondack and Wineglass marathons this year; is a six-time champion of the Finger Lakes Fifties Trail 50K; and is especially gifted in long-distance, trail and mountain running events.

"I think you try harder because you don't want to let your teammates down," said Marnell, sixth among women ages 40-44, in 34:47. "It's not about you, it's about your team. It's the bigger picture of doing the greater good for all. In retrospect, winning didn't mean a lot at the time. But now I understand the significance, and it's impressive to know we can compete at the national level. I'm in awe of my teammates."

There will be more races to do, and more women to recruit to the team. But ultimately, the whole experience has little to do with money, beating rivals or making headlines. All four women talk about friendship, teamwork, a second-chance at sports after being an athlete in a pre-Title IX era -- and their love of running.

"Running is something I love to do, but when I do it off-road, it's all about fun and play," said Sharp.

"To me, running on a women's masters cross country team is a second chance not at a new age division, but a chance at a sport that I totally missed in high school and college," added Myette. "Running on a cross country team is fun, and lends a whole new perspective to the sport. There is a group camaraderie on our women's team that I have not experienced just being a member of a running club. We have kids, we have jobs, we have a lot of obligations and priorities, but for a few hours, we leave it all behind and run together, for each other. The icing on the cake is winning a national title in the process!"

— Diane Sherrer

The 35th Hartshorne Memorial Masters Mile Jan. 19

As usual, we don't have an entry, the official starting times or any juicy details about who is coming or what to expect. But after 34 years, I'd say it's business as usual.

No. 1: if you're a male, you have to be at least 40 to participate. Women can be sub-masters (30-39) or 40-up, with emphasis on the 40-up gals.

If you have run the mile before, you'll be getting an entry in the mail in December.

If you haven't run before, just turned 40 or are being "encouraged" to give it a try, contact meet director Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886; or call 387-6431. Don't dilly dally, because the men's heats fill up. And, if you don't run, come and cheer on the rest of us. Stay tuned for more details.

Syracuse Chargers Release Winter Indoor Track Schedule

Our friends the Syracuse Chargers have just released the tentative schedule for their winter all-comers' indoor track meets at Manley Field House. Check it out at http://www.syracusechargers.org/meets/w_meets.html

5th Annual Finger Lakes Snowshoe in the Works

Preliminary entries are now out & about -- in this issue, and downloadable on our Web site. We say prelim, because we're currently in the process of securing a sponsor to provide snowshoes and maybe prizes. Then more entries will be issued with correct logos and more details.

We're had a surprising development, and let's say for now, if we secure Redfeather again -- as always, we may have a very famous snowshoer attend our race, and give a clinic/slideshow. Keep your fingers crossed -- but not your snowshoes (you'll trip and fall). Again, that's all we can say for now.

No snow, the snowshoe race turns into a trail run. Expect lots of snow, good food, strange awards -- and dig out your thickest underwear for fun in the tundra.

For information, email Joe Reynolds or Diane Sherrer, and check our Web site for updates.

Speaking of Snowshoeing...Frozen Assets Bares All

How many times have ya heard some of us say, "Gee, I wish we had a 5K snowshoe race." (Especially after our 7.6-miler in hip-deep snow!) There are some 5Ks, you just have to go to the Adirondacks or Western Mass to find them. But, not anymore.

Mort Nace and Tim Ratowski, the guys who bring you the local Muddy Sneaker 20K -- and attend our snowshoe and trail events -- have created a new snowshoe race.

It's called the Frozen Assets Snowshoe 5K (great name!), set for Jan. 12 at the Harriet Holister Spencer Park, at the southend of Honeoye Lake (Rochester area). This 5K will be an ESG 5K qualifier. I do not know the time right now.

The entry fees are \$12 by Jan. 1, 2002, or \$17 thereafter and race day. You must race in at least 8" by 24" snowshoes (regulation racing size); Redfeather loaners will be available. Awards to 19-under through 60-up.

You can download the entry from the website at www.geocities.com/goutnow; or email the guys at goutnow@yahoo.com.

Given the raves for the Muddy Sneaker trail run, and that they've observed our snowshoe race for inspiration, expect a great event. Also, part II of the regional snowshoe calendar is included in this issue.

Wake Up: Boston Marathon Entry Deadline Almost Here

The BAA has picked Feb. 1 as the entry deadline for the 2002 Boston Marathon. It's usually Mar. 1, but not this year. Of course, it's first come, first served, with the first 15,000 runners getting on the official entry list.

See www.bostonmarathon.org for updates and details.

Mountain Goat Changes

Hot off the Fleet Feet Web site, the popular Mountain Goat 10-miler, held each spring in downtown Syracuse, is making some changes.

Instead of the third or 4th Saturday in April, the 2002 edition is on the calendar for May 4. This will be the last year the race will begin and end near Armory Square. The 25th edition in 2003 will move to the newly-renovated Clinton Square, also downtown.

Frank Watch Continues . . .

Our Schuyler County Survivor in Africa is still a survivor as of the end of November.

Frank Garrison, 43, of Catharine (near Odessa) is still standing after facing off with half his teammates: a group of snotty Generation-Xers who plotted to take out the "elderly" (that's what they called them) Baby Boomers one by one. Not to worry, said Frank, and he was right. Survivor producers got mad -- and got even -- that a team had formed within a team, so they split them up, mixed them up and merged them into another team. Now the Gen-Xers are being picked off one by one.

Favorite Frank quote: "Barbie bites the dust!" Head Gen-X snot, blonde Lindsey, got knocked down and rolled over by a big rock-hard ball.

As of Thursday, the teams have merged into one. To survive, Frank -- now being cast as a loner -- will have to win immunity often. And quit messing with the elephants.

A Shopping Tip from Fred Miller

"I've been getting Running Times for over 5 years. I initially subscribed via a race packet super low price offer. When the subscription came up for renewal via mail, I took another one year at a low but higher price than the original promotion. The following year, I got renewal mailers warning "your sub is about to expire!" Act Now! One- and 2-year subscription discounts were offered. But here's the trick:

Call the 800 renewal number. Tell them you're a long time customer, and you are considering renewal, and do they have any better rates than those offered via the renewal flyer. Say, "If you do, I'll renew right now."

My renewal rate via the flyer was 2 years @ \$39.95 or one-year at \$21.95. By phoning in I got 2 years at \$24.95 -- a \$15 savings in about 60 seconds worth of phone conversation. And they even have a comparable 3-year rate. So, if you want to save a few bucks -- the cost of entering a race -- try calling in your renewal." -- Good runnin', Fred Miller.

(Ed. note: Members of USA Track & Field also can get a reduction on costs to several mags, including RT. They advertise 1-year @ \$13.95 for RT; \$10 off Track & Field News; and \$5 off National Masters News. I'd say call the 1-800 customer service departments, give them your USATF # and ask for the discounts. -- DS)

Photo Editor Wanted

Here's your chance to join our elite editorial team! Whether your personal photographic preferences are for Ansel Adams, Diane Arbus, or Richard Avedon, we're looking for **you** to help revive our long-dormant newsletter "photo page" by either recruiting other would-be paparazzi of the pavements or by creating your own "photo ops" at local races. Own equipment strongly preferred! For more information, contact Betsy or Diane (Sherrer, not Arbus!) at our usual coordinates. Come on board now, and you can even run our 2002 photo contest!

A Special Marine Corps Marathon

I got lucky this spring and "won" the MCM lottery, thereby getting a chance to revisit the marathon I ran once before in 1989. The course was better than in the past with Hains Point death

march replaced by a nice 4 mile out and back on Rock Creek Parkway. Weather was excellent, cool, sunny and breezy, kind of like this year's Wineglass and, with all the turns in the course, there was plenty of opportunity to experience both head and tailwinds.

One thing I can say about the race is that it was pretty big (~15,00 runners). I'm not used to figuring how to navigate through the crowds to get some water. I ran slower than I wanted, but ended up with my typical 4-ish hour race (~4:09). I felt fine the whole time and especially strong at the end, so it was a great running day.

The organization was excellent and the runners were treated well. The crowds were also very supportive with lots of cheering and high fives. I thanked various spectators and especially course workers because they make all it possible. Many of the Marines working the course responded with: "Thank you, sir, for running." That felt good. I also asked a policeman who was guarding the course for information before the race (it's a long story) and told him how runners appreciate the police that protect the course. He said: "Thank you, it's good to know that, and we appreciate you coming here to run" (or something like that). Just a good vibe all around.

There was a lot of emotion at the MCM for obvious reasons. When the national anthem was sung, everyone I saw was stockstill and totally attentive and many runners shed tears. Another emotional time was when we ran around the Pentagon. The amount of destroyed building is incredible. Pictures do not give a sense of how deep the destruction extends into the Pentagon and how massive the structure itself is.

I wish there was an image of how the crowd of runners all seemed to turn as one toward the Pentagon when the damage came into view. We passed it a number of times, and each time it was breathtaking.

One funny thing happened about mile 19. A runner pulled out a cell phone and started a long and loud conversation about where she was and how she was feeling and so on and so on. It was intrusive and seemed very out of place. At one point, I guess her connection went bad because she shouted into her cell phone, "Can you hear me?" About ten nearby runners shouted, "YES" in unison. I saw a number of runners with cell phones and 2-way handsets communicating with others. I guess that will all be coming our way soon.

Beyond the general high level of emotion tied to the September 11 events, MCM was special for me because, thanks to connections made by Diane Sherrer, I was given the honorable mission of carrying the picture of a WTC victim when I ran the marathon. The picture is of Christopher F., a runner (and father of three) who had planned to do MCM and whose family wanted him to experience it in some way. I pinned a sweat-proofed copy of his picture to my shirt right above my race number so he was there for the entire 26.2-mile experience.

At the end of the marathon, I was running well and I pushed hard up the long circular path to the finish. During this time, when it seemed as if I was really flying (though maybe it looked like I was crawling), I knew that I was honoring Christopher's memory by feeling so strong. I'm glad he was along for the ride. At the finish, I requested a finisher's medal for Christopher, explaining to the Marine with the medals why I was asking. She responded positively to my request and said something like "Yes, sir, that is the right thing." Clearly she understood that "we" had finished the race together.

The 2001 MCM was a special event in many ways. The main reason for me is that I was able to pay honor to one of us who had fallen so tragically.

—David Weiss

Report From Casino Niagara

I did the Casino Niagara on October 21. Having grown up in Buffalo, I was juiced about running across the Peace Bridge to Canada, a trip I've made countless times by car. Canada Customs and Immigration decided, however, that because of heightened security concerns the race would have to start in Fort Erie, at least for this year. So - bummer - but understandable.

Yes, it cost \$9 USD to park in the garage adjacent to the Sheraton Falls where pickup was, but now that I'm familiar with the layout I'd park a few blocks away for free. And the goodie bags weren't great, but the long sleeved t-shirts are, the finishers medals are cool and I got a lapel pin to replace the Burlington which I got last year, so I was generally happy.

For me it wasn't a particularly dramatic race, though it was "fun". It began to rain about 15 minutes before the start so we were cold and wet to begin. At about mile 6 or 7 the rain stopped, and I thought "great now we'll just have the tailwind." The rain stopped because a cold front was moving down from the northwest so we had a stiff headwind the rest of the way. I did 4:05 and change. My goal was closer to 3:30 but I enjoyed the weekend and the experience so I'm content.

After it was over I didn't swear "never again" but rather "maybe the Napa Valley in 2003".

— Michael Kingston

Towpath Marathon (Oct 14, Akron Ohio)

Just before the start and at the packet pickup there was a drizzle. Walking back and forth across the wet grass our shoes got very wet. It stopped while we were waiting for the gun and last minute bush watering. As things warmed up, there were many discards along the way. Then we got a drizzle again.

The course was a short distance on a roadway and then on the towpath. It was in some places paved with macadam, several sections were a wide board walk, but mostly it was a very fine gravel covered with a dusty powder. It was compressed to the point of being hard as concrete. It was very uneven and with the rain many places puddled because of no drainage.

The good runners got through the run before Mother Nature did her thing. Heavier rain. High gusty winds. The puddles were more frequent and deeper. The returning runners were zig-zagging to avoid the deeper puddles. The grass alongside became just plain mud.

Earlier I was getting warm so I threw away a t-shirt. Now I need more protection so I picked up somebody's thrown-away wind jacket. It was soaked through. Luckily it had a hood.

The sweep lady on a bicycle went by quite often. Each time she was covered with more and more of this slurry like material. She tried to stop and fell off entangled with her radio wires. She did manage to give me directions to the turn-off for the finish line. Most of the water and aid stations were abandoned, but they left fluids and goodies at protected sites.

With all these things going on I still managed to finish in a long walk. Waiting for me was my finisher's medal. They then gave me a 4-wheel ride to the food tent. I was given some hot perogies by the "Perogie Queen" and plenty of fluids. That surprised me.

Now the wind was even stronger but the Sun came out. Top it off — they gave me a ride back to my car! I started the motor to warm up and changed out of my soaking wet clothes, shoes, and socks. There was one more vehicle in the parking lot. I wondered if there was another runner still out there.

—Joe Familio

X-Country Season Ender

Saturday, November 10th marked the final race of the 2001 Upstate NY Cross-Country Series, though for me it didn't quite feel like a real cross-country race since we didn't have to start the morning with a two-hour drive (the real definition of cross-country

being that you drive great distances across the country, run a few miles, and then drive great distances back home). Apart from that it was a glorious day for cross-country, sunny and cool, with temperatures in the upper 40s or even 50s in the sun. The weather had also cooperated the previous week, holding off on the serious rain that would have had the already spongy turf of the Cornell golf course classified as a wetland (running the course early in the week had been accompanied by the frequent and unpleasant sensation of water squelching into one's socks). A number of us, including the indefatigable Rick Hoebeke, Jim Bisogni, Jeffrey Juran, Bruce Roebal, and me had been out the day before (and Rick led the course before that) to clean the leaves off certain stretches of the course, install poles and cones, paint arrows and mile markers, and generally prep the course for the race.

Nevertheless, when I arrived at 9:30, Rick and Herb Engman were busily setting up more cones and the finish line chute. They had everything under control, so I went for a warmup run with Ron Hulsander and Eric Maki, who'd run the course earlier in the week, but hadn't been able to distinguish our particular turns from those of the Cornell 5 mile course or the Ithaca High 5K course. I'd dressed heavily for the warmup, figuring I'd get nice and warm before having to strip down to shorts and a long-sleeved t-shirt - an accidental strategy that had worked well at Black Creek Park several races earlier. For future reference, make sure not to do that too far before the race or you cool off, and it's also worth bringing a different shirt, since otherwise you find yourself stripping down to shorts and a sweat-dampened t-shirt. Ick. But after the requisite greeting of everyone I knew, stretching, milling around randomly, hitting the bathroom, talking to the fully clothed Charlie Fay and Casey Carlstrom about their non-running-related injuries, and milling some more, it was time for the start.

I was more than slightly distressed to see Charlie looking natty in civilian clothes, since I'd been planning to key off him for the first mile of the race, an approach that had worked well for keeping me going out at a sane pace during the last two races, but I decided to try to hold onto Ron Hulsander instead, since we'd finished nearly together at the previous race. The only problem was that the start was somehow more confused and crowded than before, and I was almost immediately blocked out from Ron by a number of other runners. Then there was the distraction of a guy in blue going down right next to me, brushing my arm as he tripped over one of the golf course's many ruts hidden in slightly taller grass. By the time things settled out a bit, we'd done the first mile and were started into the second loop. I could still see Ron ahead of me, along with Rick, and Bruce was just in front of me as well as we hit the mile point in about 5:30. From there I tried to get back into contact with Ron and Rick, but just couldn't manage it. I passed Bruce and together we caught some GVH guy, but that was roughly how things stood going through the second mile (6:02 split), and even into the third mile (5:55 split). No closer to Rick and Ron, no further back, and no places particularly changing.

As those of you who've run our course know, after three miles it's time for the gorge. Dreaded by many, the gorge is maybe two-thirds of a mile long, with a twisty downhill (stay right at the mud!) followed by a deceptively long flat stretch that's actually just across Flatrock from Forest Home Drive. Then comes the uphill, which is truly an awful thing... unless you've been running it somewhere between one and three times a week for the last month. I won't say it was fun, and we all lost two places in the gorge (one to a madman sprinting down the slippery hill and one to some guy who steamed by us going up the other side), but for those of us who've spent so much time down there, the gorge was psychologically a non-issue, and we knew to come up the final incline and increase stride rate into the finish.

And then it was done. Ron managed to slip past Rick into the finish (23:34 vs 23:39), I came in a few seconds later at 23:43 (a

6:08 last mile, despite the gorge), and Bruce followed me in a second later.

Needless to say, we weren't the top High Noon finishers. Although our hotshots Brian Culley (attending his father's 60th birthday party instead of winning the race, which would have guaranteed him the overall individual championship as well) and Jeff Nason (a likely second place, but still injured) and Mike Selig weren't present to put the High Noon Open team in contention (we ended up 5th), Chris Dupont still took 4th place in 20:59, and Josh Cross was 19th in 22:22. Derek Dean and Lawren Smithline filled out the open team with 47th and 53rd places respectively. The High Noon Masters team fared better, taking second overall, though the lack of Casey and Charlie hurt, as did John Hylas's dropping out due to a freak hotplate accident burning his foot (not during the race, for those trying to imagine a rogue hotplate hiding in the tall grass). The High Noon Veterans team was third overall by a single heartbreaking point. You can see the full results for everyone I've missed on the Web at http://www.gvh.net/Upstate/2001_Upstate_NY_XC_Race_5.htm >. A good job was done by all.

After the race a number of people stuck around for the buffet and awards party, and although High Noon didn't take home as many awards as we would have liked, Rick won the veterans title handily again, Ron and Bruce placed in the top ten individual masters, Tim Ingall won a mousepad for being the only High Noonster to make all five races, and the High Noon Masters team took second for the series behind GVH.

—Adam Engst

Changing Seasons

Went running today. Left around 8:35AM with the two dogs. Planned a 10 miler. The sky was overcast with low clouds that were fog but ascended to a higher plane and a different name. This layer of fog/cloud was many levels of grey and in some areas, thin enough to see what appeared to be blue sky above. The first leg of my journey took me down a dirt/partially paved road for 1.5 miles. Only a couple of vehicles passed me during this stretch. The road was wet and there was wet/melting snow on the trees and grass. The only sounds were the klop, klop, klop of my sneakers hitting the pavement, an occasional caw from a crow, some geese flying South and a domestic sound here and there--dog barking, child yelling. There was an intermittent wind from the NW which caused the tall grass and some of the tree branches to sway. Under those trees that hung over the road, there was what looked like dandruff but was actually small aggregates of wet snow that had fallen out of the tree and landed but hadn't melted yet. Plop! Another large aggregate landed on the pavement. About 6 miles into the run I entered a dirt road, one lane, that was lined with trees on both sides. It was like running in a tunnel that was paved with swatches of watercolors as the wet leaves of gold, yellow, red, brown and green lay on the dirt. The snow was so wet and heavy that it not only clung to the tree branches and leaves but also pulled the branches down to form a bower. So, for the next miles, the carpet of leaves wound through the forest up and over knolls while the klop, klop, klop of my sneakers kept a steady beat on the wet mud. There were craters in the road that were filled with water and it was like running on a speckled mirror. Where the craters and water were I could see the trees and sky above me interspersed with patterns of mud and leaves. The wind would blow and an aggregate of snow would fall down and land on my face, melting immediately from the heat of exercise or would go poof against my wool hat. Another turn and 1.5 miles to go. Slowing down now and back out into the more open spaces. The cloud layer has lifted higher and there are hints of blue and sunlight here and there. I feel energized, revitalized and at one with nature. I have been to church today.

—Doug Kibbey

Back to the Basics

As both a chiropractor and avid runner, it seems quite fitting that my first article for this newsletter would relate running to back pain; more specifically, low back pain. We tend to overlook the low back as a complaint and focus more on overuse injuries such as Achilles tendonitis and patellar tracking syndromes as our greatest causes of lost training time. When a runner then begins suffering from low back pain (as does 80% of the general population at one time or another), they are left scratching their heads as to the cause. This is where stretching plays a pivotal role in preventative medicine.

We must take home the message that when a muscle is overused it tends to shorten. The hamstrings, a large group of muscles in the back of the thigh originate on the posterior aspect of the pelvis. This is an important fact considering that when they tighten, they tend to flatten out the normal curve of the low back. In conjunction with weak back muscles this flattening effect is more pronounced, and if allowed to continue for an extended period of time, pain ensues. If over a period of years this problem is not addressed, degenerative arthritis could develop in the lower back.

If low back pain has become a reality for you, ask yourself the following questions: Do I have a tight feeling in my low back and/or hamstrings while running or resting? Is this pain of an achy-type quality? Does this pain radiate to the buttocks or legs? Do I have any recent history of stumbles or falls? If the answer is yes to any of these, then you should examine your stretching routine to see if it addresses the hamstrings adequately. If after a 2-3 week period of daily active hamstring stretching the problem persists with no sign of relief, you should consider professional consultation.

Questions? Please feel free to contact me at (607) 272-0186 or via email at zjenney@hotmail.com.

—Jennifer Stanton

Zeppy Run

We consider the First Annual Zeppy Run a HUGE success. With the help of over 300 registered runners, over \$5000 will have been raised. (Below are the people that were directly involved in the race. Their e-mail addresses are included as well.) ALL proceeds from the event went to 4 local county animal shelters.

Leslie Appel, Zeppy's mom, was both instrumental and inspirational in making the first annual Zeppy Run a HUGE success. (Leslie D. Appel, DVM, is an Instructor of Small Animal Surgery at the College of Veterinary Medicine, Director, Cornell Companions and Faculty Advisor for the Pet Loss Support Hotline.) It was fitting that the Zeppy Run was her first race ever. She ran an impressive 25:08, off of 6 weeks of training!

Also very instrumental in the race were Co-Race Directors James Smoliga and Amy Stein. Both are avid runners and third year vet students at Cornell. It seemed like every spare moment they had, which is rare in the veterinary curriculum, they devoted to the race. Other key volunteers from the Vet School were India Sanjuan, Brielle Rosa, Jamie Elia, Heather Sacks, Heather Schwedt, Shannon Gallager, Melinda Freckleton and Michael Fietz.

This is one of the most motivated hard working group of people that I've ever been around. Thanks for doing what you do!

—Chris Getman

RESULTS:

Philadelphia Marathon (Nov. 18)

Overall winners: Gennady Temnikov, Md., 2:21:07; and Olena Plastinina, Md., 2:41:05.

Local runners: 24. Tom Gudas, Binghamton, 2:41:15; Eric Maki, Cortland, 2:55:01; 132. Lawren Smithline, Ithaca, 3:00:32; 311. Gonzalo Rivera, Ithaca, 3:11:55; 522. Matt Dawley, Ithaca, 3:20:18; Kristin Vyhnal, Ithaca, 3:49:32; Kevin Saliba, Ithaca, 3:36:49; Jeff Woodmansee, Ithaca, 3:52:06; Stephen Milton, Ithaca, 3:57:11; Earl Steinbrecher, Sr., 4:03:51; Erin Klene, Ithaca, 4:05:45; Jeanelle Boyer, Ithaca, 4:06:46; Kelly Wolfe, Ithaca, 4:08:17; Justin O'Keefe, Ithaca, 4:16:13; Emma Ricaurte, Ithaca, 4:16:38; Brian Thill, Ithaca, 4:28:21; Alfred Phillips, Jr., Ithaca, 5:21:30; Heather Clark, Ithaca, 5:29:02.

Richmond Marathon (Nov. 11)

Local runners: Peter Scott, Ithaca, 3:06:33; Jenna Gruben, Brooktondale, 3:34:21.

Marathon in the Parks (Bethesda, Md., Nov. 18)

Local runners: Lorrie Marnell, Locke, 3:27:46 (third masters female overall/\$100); Jim Miner, Dryden, 3:36:41.

JFK 50-Miler (Boonesville MD Nov 17)

(largest ultra in U.S./818 finishers)

Local runners: 5th overall -- Greg Loomis, Ithaca College alum, 6:24:05; Joe Dabes, Dryden, 9:22:29 (3rd M60); John McMurry, Ithaca, 9:52:06; Doug Dzeidzic, FLRC, 10:52:03; Mike Hurley, FLRC, 11:47:36; Cathy Troisi, FLRC, 13:45:59; Jim Fitch, FLRC, 13:46:00.

(Special sympathies to Cal Loomis, Greg's dad, who fell on the course and broke his arm.)

Upstate New York Cross Country Series: Championship Day

Robert Trent Jones Golf Course, Ithaca (Nov. 10)

4 miles

Overall winners: Mike Melfi, Syracuse Chargers, 20:38; and Jennifer Patruno, Syracuse Chargers, 28:35.

Local/High Noon runners: 4. Chris Dupont, 20:59; 17. James Smoliga, 22:12; 35. Ron Hulslander, 23:34; 36. Rick Hoebeke, 23:39; 37. Adam Engst, 23:43; 38. Bruce Roebal, 23:44; 45. Eric Maki, 23:58; 47. Derek Dean, 24:00; 53. Lawren Smithline, 24:13; 57. Rick Cleary, 24:24; 58. Jeffrey Juran, 24:25; 61. Adam Heltsley, 24:30; 68. Tim Ingall, 24:58; 70. John Whitman, 25:05; 72. John Heath, 25:13; 75. Tom Hartshorne, 25:21; 76. Murphee Hayes-Falls, 25:29; 80. Suzanne Myette, 25:53; 85. Jim Miner, 26:10; 89. Herb Engman, 26:28; 92. Terry Habecker, 26:40; 100. Jim Bisogni, 27:16; 102. Ken Zeserson, 27:22; 105. Fran Fitch, 27:36; 116. Ed McLaughlin, 28:35; 117. Bob Dattola, 28:41; 156. Tom Brown, 37:20.

2001 Series Champions

Individual:

Open men: Adam Crandall, Fulton

Open women: Becky Heuer, Checkers A.C.

Masters men: Bob Carroll, Checkers A.C.

Masters women: Ruth Yanai, Syracuse Chargers

Veteran men: Rick Hoebeke, High Noon (third-straight title)

Veteran women: Carolyn Smith Hanna, Genesee Valley Harriers

Team:

Open men: Syracuse Chargers

Open women: Syracuse Chargers

Masters men: GVH

Masters women: GVH

Veteran men: Checkers/Buffalo

Red Baron Half Marathon (Corning, Nov. 4)

Overall winners: Jim Derick, Big Flats, 1:21:35; and Johanna Sieman, Johnson City, 1:27:58.

Local runners: 20. David Boyle, Watkins Glen, 1:30:11; 22. Shirley Woodford, Burdett, 1:31:00 (2nd female overall); 24. Robert

Pestridge, Marathon, 1:31:53; 30. Tim Donnell, Watkins Glen, 1:33:03; 28. Jores Peters, Hector, 1:33:37; Kevin Pasterchik, 1:35:03; Sandy Fitterer, Ithaca, 1:43:22 (3rd F40); Ed Winebold, 1:44:10; Paul Dunham, 1:46:56; Dennis Uhlig, 1:47:23; Marie Fitzsimmons, Hector, 1:48:09; Jeff Knutson, 1:48:32; Doug Hook, Candor, 1:50:07; Dave Weiss, 1:51:30; Jane Galvin, 1:50:53; Diane Sherrer, Trumansburg, 1:51:54 (1st F50); Jill Dunphy, 1:53:53; Mary Wenck, 1:55:58 (2nd F50); Dick Johnston, 1:56:17; Betsy Sims, Trumansburg, 1:59:14 (3rd F50); Bill Taylor, 2:02:07; Jim McKee, Interlaken, 2:02; Mike Hurley, 2:03:26; Cathy Troisi, 2:19:32; Pam Wenck, 2:19:32; Kathy Rohrer, 2:20:11; Joe Familo, 3:29:29.

26th annual Stockade-athon 15K (Schenectady, Nov. 11*)

Overall winners: Kevin Collins, 47:35; and Emily Bryans, 56:51. Notable performance: Margret Betz, Conklin, 1:09:15 -- pending American record single-age F65! and No. 1 age-graded performance of day. Also: Tom Carter, 56:40 (2nd M45-49); Joe Familo, 2:05:24.

Mystic Places Marathon (East Lyme, Conn., Oct 28)

Local runner: Cathy Troisi, 5:10:34.

USA Track & Field National Masters 8K Cross Country Championships (Black Creek Park, Chili, Nov. 4)

High Noon team finishers: 16. Rick Hoebeke, 28:41 (2nd male 50-54); 63. Gillian Sharp, 31:43 (F40-44 national champion); 65. Jim Miner, 31:52; 71. Suzanne Myette, 32:03 (runner-up F40-44); 72. Herb Engman, 32:05; 85. Fran Fitch, 32:38; 92. Terry Habecker, 33:08; 105. Bob Dattola, 34:17; 107. Audrey Balander, 34:23 (2nd F45-49); 110. Lorrie Marnell, 34:47.

Team Standings:

High Noon Masters Women: National Champions! -- Sharp, Myette, Balander and Marnell.

High Noon Veteran Men (ages 50-plus): sixth.

The 32nd annual New York City Marathon (Nov. 4)

Overall winners: Tesfaye Jifar, Ethiopia, 2:07:43 (course record); and Margaret Okayo, Kenya, 2:24:21 (course record).

USATF national marathon champions: Scott Larson, 2:15:26; and Deena Drossin, 2:26:58.

Elite local finishers: 22. Kevin Collins, Cicero, 2:20:24; 30. Brian Clas, Cornell alum, 2:22:30; 96. Chris Getman, Ithaca, 2:35:26; 219. Brian Culley, Ithaca, 2:45:28; Kristin White, Syracuse, 3:03:08; Michelle LaFleur, Cortland State All-American, 2:47:01; Mary Leary, Cortland, 4:41:19. (*If you ran NYC and want your time posted here, please e-mail it to me or Betsy. Searches by hometown are not available on the NYC web site. -- D.S.)

First annual Zeppy 5K (Ithaca, Oct. 20)

Over \$5,000 was raised to benefit the veterinary care of shelter animals.

Overall male/female winners: Chris Getman, Ithaca, 15:40; and Gillian Sharp, Ithaca, 18:42.

About 300 competed; complete results on

www.boomspeed.com/jamey5K.

Top 37 finishers: Getman, 15:40; Scott Weeks, 15:50; Chris Dupont, 15:54; Josh Cross, 16:47; Brian Culley, 16:52; Shade Gomez, 17:05; Michael Leonard, 17:54; Jeffrey Juran, 18:06; Bill Leonard, 18:27; Sharp, 18:42; Jonathon Fazzary, 18:48; Brian Donohue, 18:51; John Barnett, 18:56; Charlene Lyford, 19:10; Andrew Getzin, 19:12; Cameron Knight, 19:39; Kris Schwenke, 20:04; Ken Zeserson, 20:07; Mike Hostetler, 20:28; Julie March, 20:45; Bob Dattola, 20:45; Kevin Saliba, 21:00; Ty Atkins, 21:21; Rich Kiely, 21:23; Dan Webb, 21:24; Andrews Goncarous, 21:27;

SEan Kennedy, 21:28; Joe Daley, 21:28; Anthony Temple, 21:40; DAvide Sayada, 21:41; Bob McGowan, 21:48; Duncan Bell, 21:50; Ryan Connolly, 21:54; Bob Talda, 22:04; Debbie Lada, 22:06; Susie Welgos, 22:07; Chad Hubbard, 22:12.

St. James 5K (Johnson City, Oct. 21)

Overall winners: Tom Gudas, Binghamton, 16:18; and Stephanie Sarday, Johnson City, 22:33.

Local runners: Tom Ryan, 18:13; Diane Sherrer, 23:51.

Mohawk-Hudson River Marathon (Schnectady to Albany, Oct. 14)

Overall winners: Travis Bashaw, Troy, N.Y., 2:39:33; and Danielle Cherniak, Cohoes, 3:10:22.

Notable local performance: Tom Powers, Newfield, 2:54:22 -- sixth overall.

Local runners: 10. John Geesler, FLRC, 2:59:22; Lee Richter, Ithaca, 3:40:47 (first female ages 17-24); Cathy Troisi, FLRC, 4:52:23.

Community Health Fest 5K (Watkins Glen, Oct. 20)

Overall winners: Jim Derick, 15:44; and Katie Danner, 21:39.

Local runners: 3. John Stiner, Trumansburg, 18:25; Martha Schloot, Cornell University, 23:50; Betsy Martens, Ithaca, 25:20; Paul Fitzsimmons, Hector, 26:14; Cathy Troisi, FLRC, 27:06; Helen James, Watkins Glen, 51:11; Joan Argetsinger, Watkins Glen, 51:13.

Marine Corps Marathon (Washington, D.C., Oct. 28)

Local runners (not in order of finish -- Chip time): Stephen Sauer, Ithaca, 3:45:19; Bruce Roebal, Ithaca, 4:41:52; John Bonaguro, Ithaca, 4:10:53; Terry Stewart, Montour Falls, 4:29:59; Thomas Myron, Ithaca, 4:47:02; Scott McDonough, Ithaca, 4:47:02; Betsy Keller, Ithaca, 4:08:17; Terry Rohlf, Cortland, 4:34:20; Dave Weiss, 4:08:49; Steve Winnie, Ithaca, 4:37:57; Elizabeth Minor, Trumansburg, 4:13:11; Jill Tauber, Ithaca, 4:29:45; Kathy Rohrer, 5:26:01; Susan Newman, Ithaca, 5:17:36; Larry Newman, Ithaca, 5:51:10; Amita Chugh, Ithaca, 4:43:02; Richard Rohlf, Cortland, 4:42:19; Robert Morin, Watkins Glen, 6:30:19; Don Phykitt, 4:05:00; Shannon Abell-Molloy, Ithaca, 5:05:21; Maria Derado, Cortland, 4:46:53; Cole Gruberth, Dryden, 5:04:16 ;Scott Pryor, Ithaca, 4:40:05.

Cape Cod Marathon (Oct. 28)

Local runner: Jim Miner, Dryden, 3:51:56.

Green Mountain Marathon (New Hampshire, Oct. 21)

Local runner: Jim Hoch, Cortland, 3:27.

Baltimore Marathon (Oct. 20)

Local runner: Jim Miner, Dryden, 3:21:28.

Columbus Marathon (Oct. 21)

Local runners: Eric Maki, Cortland, 2:55:05; Melissa Schug, Freeville, 3:38:26.

Casino-Niagara Marathon (Canada, Oct. 21)

Local runners: Michael Kingston, 4:05; Jim Miner, Dryden, 4:17.

Upstate New York Cross Country Series: Mendon Ponds Park 4-miler (Rochester, Oct. 20)

High Noon team runners: 26. Casey Carlstrom, 22:44; 31. Ron Hulslander, 23:10; 32. Adam Engst, 23:11; 35. Bruce Roebal, 23:26; 48. Tim Ingall, 24:20; 49. Derek Dean, 24:23; 50. John Hylas, 24:29; 67. Herb Engman, 25:40.*P
Team standings: 2. High Noon A.C. (masters).

DECEMBER CALENDAR:

*Dec. 1: King and Queen of the Mountain, Binghamton University, 1 p.m. Contact TCRC's Web site at <http://home.stny.rr.com/tcrc>, or email: trimyette@aol.com.

*Dec. 2: The 18th annual Nittany Valley Half Marathon, State College, Pa., 10 a.m. Contact David Egger, 386 Gregory Lane, Bellefonte, Pa. 16823; (814) 863-0014; or Morgan Wasikonis at (814) 231-8150; e-mail: mortaymat5@aol.com. Web site: www.nvrun.com. (Moved to Sunday.)

*Dec. 2: Frostbale 5-Miler, DuBoistown, 1:30 p.m. Contact YMCA, 320 Elmira St., Williamsport, Pa. 17701, or call (717) 323-7134.

*Dec. 2: Jingle Bell Run 5K, Brighton High School, Rochester area, 9 a.m. Contact Amy Warzocha, Arthritis Foundation, 3300 Monroe Ave., #319, Rochester, N.Y. 14618; call (716) 264-1480.

*Dec. 2: Fulcrum North Carolina Marathon, Raleigh, N.C. Contact Dan McLaughlin, 2501 Blue Ridge Rd., #300, Raleigh, N.C. 27607. Web: www.raleighmarathon.com.

*Dec. 8: St. Anthony's Elf Run 5K & Family Fun Run/Walk, St. Anthony's Paduan Community Center, Cortland, 12:30 p.m. Entry fee: Bring a new toy or \$15 race day. Contact St. Anthony's Elf Run, 155 Central Ave., Cortland, N.Y. 13045, or call head elf Aimee Roberts at 753-8974.

*Dec. 8: Rocket City Marathon, Huntsville, Ala, 8 a.m. Contact Huntsville Track Club, P.O. Box 43, Mooresville, AL 35649. Web: www.huntsvilletrackclub.org.

*Dec. 8: Foot Locker National High School Cross Country Championships, Orlando, Fla.

*Dec. 9: Finger Lakes Runners Club/High Noon Indoor Track Meet, Barton Hall, Cornell. Registration 8:45-9:50 a.m.; meet from 10 a.m. to 12:30 p.m. Events: 3000, 55, 800, 200 and 4 x 400 relay. Email Tim Ingall at trailman98@hotmail.com. CHECK FLRC WEB SITE BEFORE YOU COME TO NOTE ANY TIME CHANGES!!!

*Dec. 9: St. Vincent De Paul CYO 5K, St. Vincent de Paul Church, Vestal, 2 p.m. Contact Grace Tabeek at gtabeek@stny.rr.com; call 722-8744.

*Dec. 22: Last Chance Trail Run & Breakfast, Highland Forest, Fabius, 8 a.m. to 9:30 a.m. -- staggered starts; low key fun run. Contact Ed Stabler, 206 Crestwood Dr., N. Syracuse, N.Y. 13213; or call (315) 443-4370 days or 457-2640 evenings.

*Dec. 29: Upstate Holiday Classic III -- The USATF Niagara Indoor Track & Field Championship, Hobart College, Geneva, 10 a.m. Contact Pete Glavin by phone (716) 242-9031; e-mail: gvh@frontiernet.net. The GVH Web site is: <http://www.gvh.net>, where you can download the entry.

*Dec. 29: Post Christmas Blues Run 5K, Canandaigua, 2 p.m. Contact Vern Hecker, 3452 Gehan Rd., Canandaigua, NY 14424, or call 716-394-4075. Meet at Methodist Church, North Main St., Canandaigua. Tentative date.

*Dec. 31: Resolution Run 5K, Otsiningo Park, Binghamton, 1 p.m. Contact Broome County YMCA at 772-0560 or 770-9622.

*Dec. 31: First Night Resolution 5K, State College, Pa., 6:30 p.m. Contact David Egger, 386 Gregory Lane, Bellefonte, Pa. 16823; (814) 863-0014; email: egger@geosc.psu.edu.

*Dec. 31: Runner's World/Asics Millennium Midnight Run 4-miler, Central Park, New York City. Contact NYRR, 9 East 89th St., New York, NY 10128, or call (212) 860-4455; online: www.nyrrc.org.

*Dec. 31: First Night 5K, Saratoga Springs. Contact Jeffrey Allen, 25 Thoroughbred Drive, Saratoga Springs, N.Y. 12866.