



# Finger Lakes Runners Club - August 2002 Newsletter



for Trail Running Stoneheads,  
Road Running Pavement Pounders  
and Track Smacking Maniacs

**Quote of the Month:** "People that know how to accept gifts graciously, no matter how small or big, make the person giving the gift feel wonderful. Those people are special."— Kevin Pasterchik, responding to the story below ("Angels and Wheaties").

### Coming Up:

Aug. 3: Empire Haven 4-Leaf Clover Trail Runs, Summerhill, 8 a.m.  
Aug. 4: Kelly LaBare 5K, Otsiningo Park, Binghamton, 11 a.m.  
Aug. 4: FINAL Y-Athlon, Park Station, Erin, 9 a.m.  
Aug. 8: 25th ann. Tromptown Runs: 5K and Half Marathon, DeRuyter, 6:15 p.m.  
Aug. 11: Virgil Mtn. Madness 30K, Virgil St. Forest, 8:30 a.m.  
Aug. 13: FLRC Tues. Eve @ the Track: Lansing HS, 6:15 p.m.  
Aug. 16: Red Cross Run for Help 5K, Painted Post, 6:30 p.m.  
Aug. 18: Loop the Lake Fun Run & Picnic, Dryden Lake Town Park, 10:30 a.m., free!

Aug. 22: Forge the Gorgeous 7-Mile Trail Run, Fillmore Glen, 6:15 p.m.  
Aug. 25: Pud's Run 5K, Stewart Park, Ithaca, 10 a.m.

### In This Issue:

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### Barbara B. Booker (1935-2002)

A memorial celebration of Barbara Booker's life will be held at 3 pm on Sunday August 18 at the pavilion of Upper Buttermilk Falls State Park (West King Road). The celebration will be followed by a dish-to-pass supper for those who can stay; beverages will be provided.

### A Tribute to Barb Booker

Sometimes, in search of comfort and joy, I close my eyes and time travel back to the running era of the mid-1970s and early '80s.

When I arrive there, I always find Jim Hartshorne and Barb Booker waiting for me, and I'm so happy to see them.

Jim and Barb both lived in Ithaca, and were pioneers in the infancy years of the national running boom. In their own distinct manner, each served as mentors in a fledgling movement struggling to stand up on wobbly legs, and sprint into a bright future.

Hartshorne, who died of cancer in December 1994, always will be remembered as a renowned activist in masters (ages 40-over) running in the United States. His legacy includes the creation of the Finger Lakes Runners Club and the Finger Lakes Cycling Club; the Ithaca 5 & 10 and the Finger Lakes Marathon — and the first eastern U.S. indoor masters mile (1968) — now called the Hartshorne Memorial Masters Mile — held right here at Cornell University.

Booker will live on in our hearts and minds as the woman who called together a local "Band of Sisters" to run road races and marathons; to train hard and be fast; to bond as a team; and show everyone else that age and gender were no barriers to athleticism.

Barb died June 9 in the Reconstruction Home; she was 66. She is survived by her immediate family: husband Jack; children Jim, David and Susan; and four grandchildren.

But sadly, Barb has been gone a very long time because she battled 15 years with Alzheimer's disease.

When Hartshorne decided to step away from his one-man show, Barb became the first elected president of the Finger Lakes Runners Club, and the director of the Ithaca 5 & 10 during its peak years. Already in her early 40s, Barb was an avid runner, camper, hiker, triathlete and cross country skier, and a member of both the Ithaca YMCA and the Ithaca Community Chorus and Chamber Singers.

"Barb was one of the first female masters runners I ever knew, and she excelled at a range of distances," said Bob Congdon, one of the original members of the Finger Lakes Runners Club. "Jim and Barb were perfectly complementary to each other. Both were super-organized, while Jim might do all the work himself, Barb would delegate responsibilities.

"She was fortunate to inherit what Jim had started, but both were leaders in their fields," Congdon added. "Jim made running important, and Barb made women's running important. In fact, Barb was a leader in women's masters running, too."

It was so long ago, and memories fade. But one fact remains: Very few women were running in the late 70s. You might see a woman holding the sweat pants of her significant other, or clapping and cheering from the sidelines while the men had all the fun. Not if Barb had anything to say about it.

I was in my late 20s then, and lucky to be a member of Barb's inner circle. That "Band of Sisters," many already masters runners and still going strong, included Joan de Boer, Nan Blakely, Helen MacDonald, Sally Rusby, Sharon Petrillose, Sue Habecker, Marcia Spaeth, Katy Gottschalk, Margret Betz, Deb Stokes, Ann Baldwin and a group of transient Cornell graduate students

"Barb was someone who always made me feel good about running, and who was good fun to run with," said Gottschalk, 61, still a nationally-ranked, track specialist.

“Barb was a very good runner — better than she ever got credit for at the time. But she never bragged about anything,” said Rusby, 65, who won many age-group titles at national -class marathons in the 70s and 80s. “Because she was president of the club, she was able to recruit more women. That’s something the men wouldn’t have cared enough to do.

“Back then, it was hard to get four women for a team, because we all had families,” Rusby added. “But she did it, and I always felt I needed to be in good shape to be on that masters team with her. All the women took pride in being in shape for the team. Ultimately, Barb just tried to get people to run, and she didn’t care how fast you were. Participation was the thing; Barb was not an elitist. She had a well-rounded view of her life, and she wasn’t just obsessed with running.”

When Barb was in her forties and early fifties, she could still run a sub-3:30 marathon; a 21-minute 5K; a sub-34 5-miler and a 42-minute 10K — good enough for age-group victories, and excellent by even today’s standards.

Ann Baldwin and I ran the New York City Marathon with Barb in 1979, when there were 10,000 entrants and only 1,000 women. Pre-race, Barb made me a homemade card depicting New York City marathon scenes, on which she wrote: QT”Good Luck, Diane. I’ll be thinking about you all during the marathon.”

Nan Blakely and Rusby ran the Boston Marathon with Barb when masters qualifying standards required women to break 3:30 for admission. I found a newspaper clipping, dated 1979, of Barb and Helen MacDonald lining up to compete in the Finger Lakes Marathon, one of the most difficult 26.2-milers on the east coast.

Barb, at age 45, competed in the inaugural Hartshorne Masters Mile in 1981, and placed fifth in 6:12. She was joined by nine other pioneers, including teammates Blakely, Betz, Rusby, Spaeth and Janet Hansen.

Long-time friend Joan de Boer finished 50K (31 mile) cross country ski marathons with Barb at a time when women hardly skied at all.

My most vivid memories of Barb have to do with the team adventures.

In the fall of 1977, Barb, Helen MacDonald, Sharon Petrillose, Sue Habecker, Martha Rosett, then the Cornell women’s track team captain, and I, were members of the first International Women’s Year Torch Relay, which traveled 2,610 miles from Seneca Falls, the birth of women’s rights, to Houston, Tex., the site of the first national women’s conference. The torch, handed to us by the famous Kathrine Switzer in Seneca Falls for the kick-off legs, is now in the Smithsonian Museum in Washington, D.C.

Michael Turback’s Great New York State Nouveau Wine Race was another long-distance challenge for Barb, Deb Stokes, the late Henry Theisen, Sally Rusby and me. We were one among a dozen relay teams who ran French Nouveau wine bottles on our backs, along rural roads, all the way from Dundee to Turback’s Restaurant in Ithaca.

Barb recruited Rusby, de Boer, Gottschalk, Betz and Blakely for assorted masters teams that won titles at the

Freihofer’s National Championships, the Boilermaker and eastern regional track championships.

“I have Barb to thank for getting me into running,” said Blakely, the most talented masters runner of all. “It was just before I turned 40, and Barb said, ‘I can’t wait until you’re 40, because I want a masters team.’ How many times do you have people say, ‘How great it is that you’re going to be 40!? We’ll have so much fun together with running!’ Although my running history was short, I loved it. It was so much fun!

“Once I was testing my legs, and preparing to run a local 10-mile race. It raced up Mt. Pleasant and Turkey Hill — I always hated hills, so I told Barb I couldn’t do it. Barb said, ‘Yes you can! And, I’ll do it with you.’ Barb stayed with me all the time, even as I cussed all the way up those hills,” said Blakely, who won the Skylon Marathon women’s masters title in 3:05, in the early ‘80s. “Barb was so unselfish and full of energy.”

Little known fact: Booker, Betz (who currently holds four F65 age-group American records), Rusby and Blakely still hold the F40-49 American indoor record of 25:06.6 for the 4 x 1,600-meter relay, set Dec. 12, 1981 in Syracuse.

“That (record) would have thrilled Barb to bits!” said Blakely, now retired from competition. QTB “She so loved the team concept. Many of us would not have done half of what we did without Barb’s encouragement and company. She was a fine person, and terrific running companion. Barb’s spirit was so light-hearted and wonderful.”

Perhaps of all local women, Joan de Boer knew Booker the best. The two met in 1964 during a nature hike at Cornell. Both had husbands who were Cornell professors, and both had one-year-old children in tow.

“Barb got me involved in running, but we did lots of things together that made our friendship special,” said de Boer, a nationally-ranked senior runner, triathlete and skier. “She would say, ‘Let’s Go!’ and she warmed me up to all these things like camping and hiking trips. She was a special friend for athletics. Her eyes would light up, and she’d be thrilled about all these things. She would set the pace, so to speak.

“I don’t think I would have run a marathon on my own,” said de Boer, who visited Booker every week in the Reconstruction Home. “But that’s what attracted us to each other. We were made to be friends.”

I thought of Barb last week when Oprah Winfrey was interviewing an Alzheimer’s patient who is writing a daily journal about his disease. Oprah asked him if he had any regrets, now that he’s sick, and he answered, “I wish I would have had more fun in my life.”

DeBoer and I agreed on that issue: While she was healthy, Barb *did* have a lot of fun.

Thanks to Barb, we *all* did.

— Diane Sherrer

### Angels & Wheaties

I had an encounter with an angel today.

I drove to the Salvation Army HQ in downtown Ithaca today to deliver our WDF 5K food donation box. We didn’t collect as much as last year, but Lorrie and I decided to add

the big box of the “Wheaties-that-wouldn’t die” that have been making the rounds of all area road races. [The food is used by ACT — Area Congregations Together.]

I went indoors, where they make the hot lunches for the needy, and was directed to an angelic looking woman, who was positively glowing with good will. She was sooooo happy for the food, as I explained where it came from. She asked me my name, and was overflowing with love for the gift of food before her, no matter that I was apologizing that it wasn’t more.

She asked what club I was from, how many runners we had, then nodded at the cereal. “That’s especially nice,” she said, smiling.

I was choked up, and drove away as if I had just spoken with an angel. It made my day!

Thanks to everyone who donated food at our race.

—Diane Sherrer

### Free Food!

Come to FLRC’s 34th anniversary picnic celebration Aug. 18, at the Dryden Lake Town Park. We’ll run at 10:30 a.m., with a picnic to follow. It’s free, but we’d like to know if you’re coming so we know how much food to buy.

See the enclosed app. (You can e-mail the picnic directors to RSVP.)

### Pud’s 5K and the 5 & 10

As we go to press, I have not seen a Pud’s entry. But don’t forget it’s set for Aug. 25 at 10 am. It’s a must-do race. Check [www.pudsrn.org](http://www.pudsrn.org) for details, and look around town for entries soon.

You *will* find our own 5 & 10 app enclosed in this issue. Please, folks, take advantage of the pre-registration discounts! We have hired a timing crew to come in and take care of the numbers game this year.

We also have bridge challenges, due to construction on Cayuga Street. But it looks like a narrow footpath will get us around the course in the opposite direction. More details to follow.

### WDF III

Our Women’s Distance Festival 5K was a success thanks to the efforts of volunteers, friends and runners. (In an effort to get this late newsletter published before it’s even later, I’ll save the write-up for next month....) We are enclosing the results, on their way to USATF. Check out our Web site real soon, for photos courtesy of Fran Taylor — thanks Fran & Bill!

Molly Huddle did set a pending F17 (single age) American record of 17:04 on that brutal course. We actually had two AR holders with us, some nationally-ranked gals and a group of enthusiastic beginners. Stay tuned for the real story.

—Diane Sherrer

### Team Things

The women of the FLRC are gearing up for a masters team, and getting ready to hit the circuit this fall. If you’re 40 or over, and willing to go to events and compete on our

team (we’ll expect you to be active on some level: road, track and XC), we’d love to have you join us. Interested females should e-mail Sherrer, Marnell or Suzanne Myette at [trimyette@aol.com](mailto:trimyette@aol.com). We are going to have “FLRC Masters” singlets made up. You buy a navy blue top of your choice, and we’ll have it printed.

You’ll also need a USATF number for some events. We’ll tell you how to get one.

### More Team Things...

The 2nd annual Heritage Day 15K Road Race & Club Challenge is slated for 9 a.m., Sept. 8, in Berkshire. The app is enclosed, and we want you to get together a team to represent our groups. Note prize money, and new improvements for 2002. This is a great marathon tune-up!

### FLRC Tues. Eve @ the Track

#### One more chance at Lansing HS on Aug. 13!

The final meet in our low-key summer series is set for Aug. 13 at Lansing HS, at 6:15 p.m. The events are: 200, 2-mile, 1,000 and a 4 x 400 meter relay. If you volunteer pre-meet by emailing Tim Ingall, you can run for free. All others pay a small entry fee.

These meets have been fun and spirited, and a good workout for everyone.

For details, email Tim at [timingall@hotmail.com](mailto:timingall@hotmail.com).

### Fall X Country Schedule

Sat, Sept 7, 11:00 am. 13th Upstate NY Cross Country Series 5K (Akron Falls Park, Akron)

Sat, Sept 21, 1:00 pm. 13th Upstate NY Cross Country Series 5km (Center Park, Fairport)

Sun, Oct 13, 10:30 am. \$5,000 GVH XC Invitational 5km/8km (Black Creek Park, Chili)

Sat, Oct 26, 10:00 am. 13th Upstate NY Cross Country Series (Oatka Creek Park, Wheatland)

Sun, Nov 3, 11:00 am. USATF National Masters 8km XC Champ.& Canada vs. USA Masters Dual Meet (Black Creek Park, Chili)

Sat, Nov 9, 11:00 am. 13th Upstate NY Cross Country Series 4 mile (Finger Lakes CC, Canandaigua)

### Get Your Motors Running . . .

Pete Glavin of GVH has proposed inserting a 4 x 1600-meter masters relay in his Holiday Classic Indoor Track & Field Meet in December. No details yet, but he proposes that masters women (men too, I think) from regional clubs hook up and race each other — and try to break the current AR. Sounds like a plan. Details to follow in the months ahead.

### USATF Niagara Association 2002

#### 5K Road Race Grand Prix Series

Yes, yet another 5K series is there for the racing. This one features the following three 5Ks:

Aug. 25: Chris Thater Memorial 5K, Binghamton, 9:30 a.m. Contact Grace Tabeek: 722-8744.

Oct. 6: Festival of Races 5K, Syracuse, 9 a.m. Contact Dave Oja: [daveoja@a-znet.com](mailto:daveoja@a-znet.com); Web: [www.festivalofraces.com](http://www.festivalofraces.com).

Oct. 19: Run for Hospice 5K, Rochester, 9:30 a.m.  
 Web: [www.runforhospice.com](http://www.runforhospice.com); e-mail:  
[infor@runforhospice.com](mailto:infor@runforhospice.com).

This series is open to all USATF Niagara Association members. Scoring categories include open men (16+); open women (16+); masters men (40+) and masters women (40+). Masters men and women will be age-graded in scoring (go! Margret Betz!). The winners will be determined by cumulative points of all three races.

Prize money will be given to the top 3 places in open and masters divisions (less for masters).

For details, go to [www.usatf-niagara.org](http://www.usatf-niagara.org). Check my monthly calendar for race contacts.

\*\*Meanwhile, remember the Ithaca 5K Race Series: Twilight, Fillmore, Pud's, Groton Labor Day and Zeppy Run. E-mail Chris Getman: [scg@holt.com](mailto:scg@holt.com) for details, and see our July issue for the flyer.

### Elite Women to Start First at 2002 NYC Marathon

NEW YORK, July 23 - For the first time in any major marathon in the United States, the women's elite race at the 2002 New York City Marathon on Sunday, November 3 will start 35 minutes before the men's elite and open race, it was announced today by New York Road Runners (NYRR) officials.

The women's elite race, with an expected starting field of 50 competitors, will start at 10:40 a.m. on the Verrazano-Narrows Bridge in Staten Island.

The men's elite race, also with an expected starting field of nearly 50 competitors, and the open race, with an expected starting field of 30,000, will begin from the same location at 11:15 a.m. The start time of the wheelchair division, including handcycles, will remain at 10:20 a.m.

"For the last 30 years New York Road Runners has been a leader in promoting women's running. By moving the women's start before the men, the women will enjoy unprecedented live TV coverage on WNBC-Channel 4 and be the focus of attention for the 2.5 million fans out on the course at the New York City Marathon," said Allan Steinfeld, president and CEO of NYRR and the New York City Marathon race director.

"This year's women's elite race is shaping up to be one of the strongest and most competitive in our history, so the timing is right to make this break from the past and put the women first," said Steinfeld.

"The new elite women's start at the New York City Marathon is an ideal situation," said U.S. Olympian Marla Runyan, who will be making her marathon debut in New York. "This type of start allows us to focus on our competition directly, while not having to worry about maneuvering among masses of people. This could very well enable the field to post some of the fastest times ever run on the course."

Rules of competition for the women's elite race are:

\* The field will consist of all women reasonably expected to run sub two hours and 40 minutes (2:40) in the opinion of New York City Marathon officials.

\* Only runners in the elite race will be eligible for open prize money and open time bonuses.

The New York City Marathon has a guaranteed prize money purse of \$475,000 and offers equal prize money of \$80,000 and a Pontiac Vibe to the men's and women's champions.

### At Least Ten Seconds Faster Than a Bull

Courtney Campbell was racing through cow pastures Saturday at the 14th annual Finger Lakes Trail Fifties, held in the Finger Lakes National Forest in Hector, when the surroundings triggered a memory.

"A farmer once put a sign on his fence that read: 'My bull runs 10 seconds faster than you do!'" said the national-class ultra runner from Berryville, Va. Then he laughed.

The cows were sitting down, and the bull was hiding as the runners passed through the pasture gates. But no man or beast could have outrun the 37-year-old Campbell, who won the 50-mile trail ultra in 7 hours, 3 minutes, 37 seconds — a new course record by over 45 minutes. (Greg Loomis, a native of Campbell, N.Y., held the existing record of 7:48:32, set in 1999.)

Beginning and ending at the Potomac Campsite, with breezy and cool temperatures, the 50-mile runners completed an initial 15.6-mile loop, plus two 15.5-mile loops and a final 3.4-mile "baby" loop. The 50K entrants circled the rugged course — which passed through pastures, around ponds, through pine forests, up and down dirt roads and along winding trails — twice; the 25K racers circled just one loop. In total, roughly 80 runners completed one of the three races.

"I went 2 hours, 2 minutes for the first lap; 2:05 for the second lap, and 2:24 for the third lap — and that third lap just killed me," said Campbell, a high school math teacher and track coach. "I wanted to break seven hours, but the course is deceptively hard. The rough ground in the pastures really wipe you out, because although it's flat, you can't really run fast on it. And there was lots of gradual uphill that ate me up. I really like to fly downhill on rough trails, but there wasn't much of that.

"But the race was fun, because during the second and third loops, I'd lap runners and they'd say hi, and cheer me on," he said. "It's a race with everything: grass, dirt, gravel — but no cows came close."

Campbell is well-known and respected on the east coast for his multiple victories at such big-time trail ultras as the JFK 50-miler (Maryland); the Old Dominion 100 (Virginia); the Vermont 100, Massanutten 100, Mountain Masochist 100 and the Mohican 100. He's the third elite-level ultra runner to set foot on the Finger Lakes National Forest stomping grounds.

Last year, world-class mountain and 100K U.S. team runner, Nikki Kimball of Elizabethtown, N.Y., won the 50-miler outright. In September, Monica Scholz of Ontario, Canada, won the KISS 100-miler outright, and later set a world record for most 100 milers completed in one year.

"I found out about this race Wednesday on the Internet, and thought, 'Hey, I've never been to New York state to run a race before,'" said Campbell, in his southern drawl. "So, I thought I'd just come on up."

Don Villeneuve, 62, of Buchanan, N.Y., was second in the 50-miler in 9:21:21; 49-year-old Al Catalano, of Lynn, Mass., was third in 9:53:25.

“If you put your mind to it, you can do whatever you want,” said the senior Villeneuve, bound for the Vermont 100 in two weeks. “Just keep on going — one foot in front of the other.”

The women’s 50-mile race was won by Michele Wolfe, 47, of Niantic, Conn., who finished in 11:20:30. Kimberly Walsh, 36, of Attleboro, Mass., was runner-up in 12:02:11.

In the 50K (31 miles) race, 26-year-old Ben Nephew of Boston won the overall title in 3:56:21, breaking Mark Stuart’s course record of 4:12:16, set in 2001. Ed Helbrick, 37, of Elysburg, Pa., was second in 4:56:17, and 50-year-old Robin Fry of Ashland, Ohio, was third — and first masters — in 5:24:39.

“I ran with Courtney for a while, but he had another 19 miles to go, so he dropped off after 20 minutes or so,” said Nephew, a graduate student in stress physiology at Tufts University. “I was on my own, and that’s tough because you never have assurance you’re on the right trail. And, in hindsight, maybe I ran too quickly the first loop. But, I felt alright.”

Katie Danner, 28, of Alpine won the 50K women’s title in 5:51:03. Christine Beach, 32, of Interlaken was second in 6:16:39, and Ithaca’s Tess DuMont, 32, was third in 6:19:54.

The ultra rookie Danner, a mother of four, has been pounding out mega-mileage, training runs on Schuyler County trails.

“I didn’t plan on winning, I just planned on finishing under six hours,” said Danner, who was running to honor a friend who is battling multiple sclerosis. “When I came through on the first loop, my brain was screaming, ‘There’s the finish; go back!’ But I kept going. This was 10 times more fun than any marathon I’ve done — but harder. But I kept thinking of my friend and her fight the whole way.”

In the 25K race, John Hylas, 45, of Ithaca originally was declared the winner in 1:43:00, with Moravia’s Alan Lockett, 43, second in 1:54:48. Magnus Hjortstam, 39, of Sweden claimed the third position in 2:06:16. But after getting lost, both Hylas and Lockett realized their finishing times were too fast to be accurate.

Hylas, Lockett and Hjortstam (who was following the lead pair) unintentionally ran off course, and shortened their route to the finish. Following post-race deliberation by the FLRC executive board, those three men have been disqualified. Their results will not count, or be tallied in the Stonehead rankings.

Ben Behun, 26, of Olean has been declared the 25K winner in 2:10:07. See the enclosed results for further details. All other times listed stand as correct.

The women’s 25K race was won by 26-year-old Stephanie Nephew of Boston — the men’s 50K winner’s wife — in 2:24:21. Audrey Balander, 45, of Cortland placed second in 2:25:02, and Amber Muirhead, 26, of Ithaca was third in 2:42:33.

One of the happiest Twin Tiers runners was Corey West of Pine Valley, who finished his first 50-miler in 10:21:07. The 26-year-old ultra road cyclist finished his first

50K at the Fifties in 2000, and this time practiced the same training plan: Virtually little mileage, but mind over matter.

“I’ve always wanted to run 50 miles, and expected it would take about 12 hours. So I’m really happy,” said West, surrounded by friends and family who kept the 10-hour vigil. “I didn’t get chased by a cow, but I almost got attacked by a wild goose who honked at me by the pond. I thought it was going to get me, and I couldn’t have outrun it. It was pretty intense!”

—Diane Sherrer

### **Truckin’ at the Rogaine**

Katie Stettler and I won the 6-hour category (all comers, 8 teams) in the recent Connecticut Hill Rogaine (July 22) with 900 points. The next team had 610 points, and we even beat all the 12-hour teams (11) in half their time. As you know, Katie is in great shape and was actually ready to trust me not to lead her astray in the woods. Despite the hot day and the fact that it was her first-ever off-trail experience, not one peep of complaint (and did I detect genuine enthusiasm?) as we bushwacked through dense undergrowth, foot-sucking mud, near-vertical slopes (hint: wear something substantial on your posterior) and other fun stuff.

In case some people don’t know what a Rogaine is, it’s very simple: — Eric Smith puts out a large number of control points (64) over a huge area (all of Connecticut Hill and Newfield State Forest) and plot their position on the standard USGS topographic map.

— All controls are off trails, some quite far off. Some are easy to find (*e.g.* junction of two big streams) but some are more difficult (*e.g.* top of small rise in the middle of a forest)

— Teams of two runners (for safety) try to visit as many as possible within the time limit, using only foot power, compass, and map. The route is up to you. Teams get the map one hour before the start, to plot their best strategy. Late arrivals back to camp are severely penalized. — Each control has a point value from 20 to 70.

— Add up the points, high score wins.

— Eat a huge quantity of trail food and drink (remember Ed Hart’s instructions) before, during, and after.

Central NY Orienteering does this every summer. My last one was just before I moved to the Netherlands in 1997, with Barb Bellows in Danby State Forest. We won that one too, the 12-hour event. I am beginning to detect a pattern.

—David “Dump Truck” Rossiter

### **RESULTS:**

RRCA Women’s Distance Festival 5K Run & Walk (USATF distance-certified)

Dryden Lake Town Park, Dryden, N.Y. (July 18)  
Presented by the Finger Lakes Runners Club

1. Molly Huddle, 17, Elmira, 17:04\*\*
2. Valerie Curtis, 21, Ithaca, 19:37
3. Suzanne Myette, 45, Endicott, 20:17
4. Rebecca Harman, 32, 20:45
5. Heather Miller, 28, Lansing, 20:53
6. Coreen Steinbach, 51, Pompey, 20:58\*
7. Dawn Bieger, 32, Middlebury, Pa., 21:34
8. Audrey Balander, 45, Cortland, 22:17

9. Cathy Garcia, 27, Ithaca, 22:30
10. Lorrie Marnell, 41, Locke, 22:47
11. Bryanna Learn, 12, Troy, Pa., 22:53
12. Karla Eisch, 46, Vestal, 23:04
13. Margret Betz, 65, 23:04\*
14. Charity McManaman, 25, Ithaca, 23:09
15. Anne Milazzo, 19, Corning, 23:18
16. Amanda Lockett, 14, Moravia, 23:24
17. Sandra Folzer, 63, Mansfield, Pa., 23:27\*
18. K.C. Bennett, 43, Ithaca, 23:56
19. Vicki Lappi, 33, Ithaca, 24:08
20. Heidi Bretscher, 15, Ithaca, 24:19
21. Angela Roberts, 27, Ithaca, 24:26
22. Carlene Sanzo, 14, Binghamton, 24:26
23. Donna Ruppel, 38, Greenwich, 24:32
24. Chandra Joos, 27, Brooktondale, 24:45
25. Rose Howland, 22, Candor, 24:56
26. Mary Wenck, 54, Corning, 25:25
27. Kai Blaisdell, 27, Ithaca, 25:53
28. Sue Baker, 39, Owego, 25:55
29. Audra Kemmerling, 41, Owego, 26:03
30. Lorraine Smith, 25, Freeville, 26:07
31. Kristen Park, 42, Dryden, 26:14
32. Katie Koch, 27, Ithaca, 26:36
33. Linda Eberly, 62, Cortland, 26:38
34. Barb Sobol, 41, Dryden, 26:38
35. Jessica Schillawski, 15, Moravia, 26:45
36. Ruth Ripley, 55, Pennellville, 27:11
37. Jennifer Judson, 29, Newfield, 28:01
38. Alix Mae Broomfield, 12, Greenwich, 28:31
39. Colleen Giblin, 13, Chenango Forks, 28:35
40. Susan Learn, 9, Troy, Pa., 28:45
41. Tessa DuMont, 32, Ithaca, 29:16
42. Erika Bretscher, 11, Ithaca, 29:31
43. Janine Bennett, 33, Dryden, 29:54
44. Rebecca Litterst, 28, Ithaca, 30:04
45. Genevieve Jacobs, 25, Ithaca, 30:23
46. Marilyn Miller, 60, Cortland, 34:10
47. Michelle Bombard, 24, Ithaca, 34:21
48. Virleen Carlson, 50, Trumansburg, 34:30
49. Carole Crean, 51, Horseheads, 34:36
50. Bev Abplanalp, 48, Lansing, 34:37
51. Katy Windham, 26, Ithaca, 34:41
52. Esther Fortes, 32, Ithaca, 34:41
53. Jessica Best, 32, Spencer, 35:09
54. Jeanette Palmer, 34, Ithaca, 35:09

\*\*Pending single-age F17 American record (road 5K)

\* Meets standards for age-group USATF national ranking performance

#### Mother/Daughter Teams

1. Heather Miller/Marilyn Miller
2. Donna Ruppel/Alix Mae Broomfield

#### Sister/Sister Teams

1. Bryanna Learn/Susan Learn
2. Heidi Bretscher/Erika Bretscher
3. Jessica Best/Jeanette Palmer

#### Mid-Pack

Kai Blaisdell

The 25th annual Boilermaker 15K results:  
COMING NEXT MONTH!!

The 30th annual Cazenovia 4th of July 5K and 10-Miler  
[\*Results were listed without hometowns. Apologies to everyone who competed, but not listed below. —DS]

#### 5K:

Overall winners: Javier Martinez, 16:35; and Murphee Hayes-Falls, 19:00.\*

Local runners: Joe Reynolds, Hector, 21:38; Diane Sherrer, Trumansburg, 23:35; Kevin Lantry, 23:59.

#### 10-Miler:

Local runners: Jeffrey Juran, Ithaca, 1:01:09; Tom Powers, Newfield, 1:04:56; Fred Miller, FLRC, 1:10:40; Bob Congdon, Trumansburg, 1:17:20; Lennie Tucker, FLRC, 1:25:52; Lind Glowacki, FLRC, 1:27:36; Joe Familo, FLRC, 2:35:48.

#### Convention Days 5K and 10K (Seneca Falls, July 20)

##### 5K:

Local runners: 9. John Hylas, Ithaca, 17:30 (first masters); 38. Alexandra Bullis, Trumansburg, 22:13; Terry Brown, FLRC, 21:20; 49. Diane Sherrer, Trumansburg, 23:41; Carole Crean, FLRC, 35:93; Lois Pfister, Cortland, 38:54.

##### 10K:

Local runners: 4. Christopher Francisco, Ithaca, 38:39; 25. Brendan O'Brien, Ithaca, 50:42; 40. Kristina Christopherson, Ithaca, 1:03:15; 41. Michael Christopherson, Ithaca, 1:03:15; 43. Janice Johnson, Ithaca, 1:05:03.

#### TCRC Women's Distance Festival 5K (Endicott, July 13)

Overall winner: Charlene Lyford, Greene, 18:33.

Local runners: Murphee Hayes-Falls, Marathon, 18:41 (2nd); Suzanne Myette, FLRC, 19:51 (first masters).

#### Salomon Smith Barney Triathlon (Endwell, July 4)

Events: 500-yard swim; 17K bike, 5K run.

Overall winners: Rich Brokaw, Bel Air, Md., 59:22; and Christa Winslow, Binghamton, 1:06:40.

Local triathletes: Dirk Elliot, Marathon, 59:22; Dan Pestridge, Marathon, 1:08:44; Tob de Boer, Ithaca, 1:34:44 — all age group winners. Also: Matt Mullen, Waverly, 1:24:16; Ted Caldwell, Ithaca, 1:35:25; Jim Clark, Cortland, 1:46:00; Matthew Clark, Ithaca, 1:46:01.

#### Summer Sizzle 5-Miler (Utica)

Local runners: Stephen Zuend, Ithaca, 33:07; John Livermore, Cortland, 35:52; Richard Crean, FLRC, 41:20; Stephen Snyder, Ithaca, 52:43; Carole Crean, FLRC, 55:59.

#### Medved 5K to Cure ALS (Rochester)

Local runners: Rick Hoebeke, Trumansburg, 17:13; Derek Dean, Ithaca, 18:02.

### AUGUST CALENDAR 2002

\*Aug. 2: St. Pius Father Murphy's 5K, 3032 Chili Ave., Rochester, 7 p.m. Contact Paul Contestable, 43 Toni

Terrace, Rochester, N.Y. 14624; e-mail: paul0904@aol.com.

\*Aug. 2: Wakefield Around the Lake Marathon and Ultra, 7 p.m., Wakefield, Mass. Web: www.srr.org.

\*Aug. 3: Empire Haven Four-Leaf Clover Poker Run: 4.3-, 8.0-, 11.6-, 16.1-milers, Empire Haven Nudist Park, Summerhill, N.Y., 8 a.m. Contact Doug Kibby at (315) 497-3040; email: dwn2erth@borg.com.

\*Aug. 3: Phelps Sauerkraut Festival 20K, Phelps, 9 a.m. Contact Jim Phillips, 26 Church St., Phelps, N.Y. 14532, or call (315) 548-3607.

\*Aug. 3: Pete Matzke 5K, Maine-Endwell High School, Endwell, 8 a.m. Contact Barbara Ann Turecek, 216 Court St., Binghamton, N.Y. 13901; call 754-4305; brecek@stny.rr.com; Web: www.me.stier.org.

\*Aug. 3: Westfield Days 5K, Valley Christian Church, Westfield, Pa., 9 a.m. E-mail: liberty@penn.com; call 814/367-0444.

\*Aug. 4: Kelly LaBare 5K Run/Walk and Spiedie Fest Balloon Rally, 11 a.m., Otsiningo Park, Binghamton. Contact Grace Tabeek, 4116 Marietta Dr., Vestal, N.Y. 13850; call 722-8744; e-mail: gtabeek@stny.rr.com.

\*Aug. 4: The final Elmira Savings Bank Y-Athlon: 1/2-mile swim, 18-mile bike, 5-mile run, Park Station Recreation Center, Erin, 9 a.m. Contact Rich Micelotta, Chemung County YMCA, 425 Penns. Ave., Elmira, N.Y. 14904, or call 607/733-7656. Individual and team competition.

\*Aug. 4: Manhattan Half Marathon, Central Park, 7:30 a.m. Web: www.nyrrc.org.

\*Aug. 6: JPMorgan Chase Corporate Challenge, Syracuse. Contact Dave Oja at (315) 446-6285.

\*Aug. 7: Fishes & Loaves 5K, 7 p.m., St. John's Church, Honeoye Falls. E-mail: andy.smith@searbrown.com.

\*Aug. 8: The 25th annual Tromptown Runs 5K and Half Marathon, DeRuyter, 6 p.m. Web: www.tromptownrun.com.

\*Aug. 8-11: USATF National Masters Outdoor Track & Field Championships, Orono, Maine.

\*Aug. 10: Scotty 5K, Trout Ponds Park, Newark Valley, 9 a.m. Contact Paul Strope, 33 Elm St., Newark Valley, N.Y. 13811. Web: www.scotty5K.clarityconnect.com/index.htm.

\*Aug. 11: The 17th annual Virgil Mountain Madness 30K Trail Run, Virgil State Forest, 8:30 a.m. Contact Joe Dabes at 844-3872, or e-mail: kabjnd@msn.com.

\*Aug. 11: Cazenovia Triathlon, Lakeshore Park, 8:15 a.m. Events: swim 800 meters in open water; bike 23K and run 5K — individuals and teams. Web: www.cnytriathlon.org

\*Aug. 11: The Great Race, Emerson Park, Auburn — two, three or four-person teams. Events: Four-person — traditional — 10K run, 16-mile bike, 4-mile canoe; or Short course — 5K run, 10-mile bike, 2-mile, two-person canoe; or two-person/traditional — 10K run, 16.6-mile bike, runner & cyclist canoe 4 miles, 9:30 a.m. Contact The Great Race, P.O. Box 339, Auburn, N.Y. 13021; or call at (315) 252-7139. Web: www.great-race.com.

\*Aug. 13: Finger Lakes Runners Club Tuesday Evening at the Track Meet: Lansing High School, 6:15 p.m. Events: 200, 2-mile, 1,000, 4 x 100 relay. E-mail Tim Ingall at timingall@hotmail.com.

\*Aug. 16: Red Cross Run for Help 5K, Craig Park, Painted Post, 6:30 p.m. Contact American Red Cross, 123 West Market St., Corning, N.Y. 14830; e-mail: rcross@stny.rr.com.

\*Aug. 17: RRCA Willow Bay Women's 5K, Onondaga Lake Park, Liverpool, 9 a.m. Contact Mickey Piscitelli, 4091 Cortina Rd., Baldwinsville, N.Y. 13027; call (315) 638-9662. Women ages 65-over are free.

\*Aug. 17: Sallie Mae Valley Classic Races 5K and 10K, and USATF National 10K Racewalk Championships, Wilkes-Barre, Pa. Contact Linda Gramlick: linda.e.gramlich@slma.com.

\*Aug. 17-18: Pike's Peak Ascent and Marathon, Manitou Springs, Colo., 7 a.m. Web: www.pikespeakmarathon.org.

\*Aug. 18: The 11th annual Catskill Mountain Relay, Woodland Valley, 6 a.m. Teams of 5 to 10 runners cover 100K. Call Geroge Shurter at 845/386-9174 evenings.

\*Aug. 18: Half Wit Half 13.1-mile Trail Marathon, Reading, Pa., 9 a.m. Contact Pretzel City Sports, 112 W. 36th St., Reading, Pa. 19606; call (610) 779-2668; email: rhornpcs@aol.com.

\*Aug. 18: Glimmerglass Triathlon, Cooperstown. Contact Dave Peterson, 1527 County Hwy. 31, Cooperstown, N.Y. 13326; call 547-8662.

\*Aug. 18: Savoy Mountain Races: 20 miles, Savoy State Forest, Mass., 9 a.m. Web: www.runwmac.com.

\*Aug. 22: Forge the Gorgeous 7-Mile Trail Run, Fillmore Glen, Moravia, 6:15 p.m. Contact Tim Ingall, 68 Sperry Lane, Lansing, N.Y. 14882; e-mail: timingall@hotmail.com.

\*Aug. 22: Tour de Pain VIII: 5K cross country run at Cobbs Hill; 400 meter sprint and one mile runs at McQuaid High School, 6 p.m., Rochester area. Web: www.gvh.net; e-mail: gvh@frontiernet.net.

\*Aug. 25: The fifth annual Michael A. Padula Memorial Road Race "Pud's Run" 5K, Stewart Park, Ithaca, 10 a.m. Call 272-1951. Web: www.pudsrun@yahoo.com. Part of Police Pursuit Series and Ithaca 5K Series. Prize money.

\*Aug. 25: Chris Thater Memorial 5K, Recreation Park, Binghamton, 9:30 a.m. Contact Broom County Stop DWI, Jim May, P.O. Box 1766, Binghamton, N.Y. 13902; call 778-2056; or Grace Tabeek, 4116 Marietta Dr., Vestal, N.Y. 13850; call 722-8744; e-mail: gtabeek@stny.rr.com. Prize money.

\*Aug. 25: Mt. Toby 14-Mile Trail Run, Sunderland, Mass., 9:30 a.m. Contact Scott Hunter at (413) 256-0608; email: scotjh@aol.com.

\*Aug. 25: Marathon des Deux Rives & Half Marathon, Quebec City, 8:30 a.m.. Web: www.marathonquebec.com.

\*Aug. 25: The 23rd annual Hamlin Beach Triathlon/Duathlon, 9 a.m., Hamlin Beach State Park. Events: Tri: .9-mile swim, 40K bike, 10K run; duathlon: 5K run, 40K bike, 5K run. Contact Carolyn Kriesen at artvon@aol.com.

\*Aug. 31: St. Anthony Italian Festival 5K, 9 a.m., Seneca Falls. Contact Cathy Milella, 22 Walnut St., Seneca Falls, N.Y. 13148; e-mail: cmilell2@excite.com.

\*Aug. 31: Crosswinds 5K, Crosswinds Wesleyan Church, Canandaigua, 9 a.m. Contact Bob Andrus at BobAndrus@cs.com.

**Finger Lakes Runners Club:**

President:

Lorrie Marnell

PO Box 185, Locke, NY 13092

(315) 497-3473; ljm2@cornell.edu

Membership/Address Changes:

John Beach

PO Box 6794, Ithaca NY 14851-6794

272-2308; jbeach@odyssey.net

Treasurer:

John Sholeen

1357 Elmira Rd, Newfield NY 14867

564-9516; djsholeen@juno.com

Newsletter Editor:

Diane Sherrer

57 Cayuga St., Trumansburg, NY 14886

(607) 387-6281; dysherrer@mymailstation.com

Assistant Newsletter Editor:

Betsy Martens

104 North Sunset Drive, Ithaca NY 14850

275-3095; bvm3@cornell.edu

Webmaster:

Tom Meyer

700 Warren Road, Apt. 20-3F

Ithaca, NY 14850

257-2386; tm35@cornell.edu