



Finger Lakes Runners Club - February 2002

Newsletter



[Trail Blazing Stoneheads and Road Running Pavement Pounders and Track Smacking Maniacs]

Quote of the Month: "To run a good mile, you need to taste blood in your mouth." — Lorrie Marnell, explaining her racing strategy pre-Hartshorne Mile.

Coming Up:

- Feb. 10: FLRC/HN All-Comers Track Meet, Barton Hall, Cornell, 9 a.m. (early start!): 5000, 55, 1500, 200 (*changed from original 400) and 2 x 800m Valentine's Relay. Email Tim Ingall at trailman98@hotmail.com.
- Feb. 10: Wineglass RC St. Valentine's 5K, Big Flats American Legion, noon: Candy, flowers and champagne; sign up race day from 11 to 11:50 a.m. Call Gene Herber at 562-3168 eve.
- Feb. 22-24: Empire State Winter Games, Lake Placid.
- Feb. 24: Upstate NY Indoor T & F Distance Festival, Hobart. See www.gvh.net.
- Mar. 10: Family Fun Day at the Track, Barton Hall, Cornell, 9 a.m. Bring a kid!
- Mar. 16: St. Patrick's 4-Miler, Binghamton, 10 a.m.
- Mar. 24: Forks XV (15K), Chenango Forks HS, 2 p.m.
- April 7: Skunk Cabbage Classic 10K & Half Marathon, Barton Hall, Cornell, 10 a.m

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[Ed. note: Many thanks to Java Joe Dabes, who served as my temporary editorial partner for the January issue. As of this writing, we have received no death threats or threats of lawsuits. And welcome back to Betsy Martens, who resumes her invaluable post as full time editorial partner. — DS]

The Sixth Annual Hartshorne Memorial Service Award

A few years ago, the FLRC executive board created service awards in Jim Hartshorne's memory, to honor acts of volunteerism to the running community.

Originally, we gave a community service award and a volunteer award, but the apathy displayed by the FLRC membership was disappointing to put it mildly. We wanted the membership to nominate people who work on behalf of those who reap the benefits of the service. But when we ask nominations, we get almost no response.

We know you know some people are very deserving of recognition. What is stopping you from calling or writing or e-mailing, and voicing your opinion? Say and do something nice for someone who serves you all year. The winner receives a very nice award!

So, here we go again, and depending on the response, number of vote-getters and closeness of the voting counts, we may give only one award. The FLRC executive board members will examine the list of nominees, count the votes and select someone we think deserving.

We are now seeking nominations/opinions from the entire FLRC membership for the Hartshorne 2002 Service Award(s). Please call or email Lorrie Marnell at 255-8877 or Diane Sherrer at 387-6281; or e-mail Betsy Martens (see our newsletter directory for contact info) with your vote. Your votes will be confidential. Do it now, please! Deadline is May 1, 2002.

Although these folks continue to share the workload, do not vote for the following past winners, because we want to spread the wealth around town: Joe Dabes, Diane Sherrer, Herb Engman, Lorrie Marnell, Joe Reynolds, John Sholeen, Jim Bisogni, Jim Miner, Don Tily and Alan Lockett.

News Notes

*The Kelly LaBare 5K, usually held the first Sunday of June, will move to Aug. 4 in 2002.

*The 25th annual Elmira-Thon, usually held the second Sunday in June, must move to the first Sunday in June in 2002.

*Kudos to the folks in Binghamton for adding a new race in March: The St. Patrick's 4-Miler, Mar. 16, at 10 a.m., at the St. Patrick's Church on Leroy St., in Binghamton. Not only is it an unusual distance, it's been scheduled in a month when we need races around here. The entry is available to download on the FLRC and TCRC Web sites.

*The Muddy Sneaker Trail 20K, set for April 20 near Rochester, is CLOSED. The field is full.

*The ARC Half Marathon will be held on Sept. 21 at a new venue: Long Branch Park. The old site was Onondaga Lake Park in Liverpool.

*Mountain Goat 10-Miler has moved to May 4, from their late April date.

*Avon has withdrawn all sponsorship of their all-women's Global 10K Running Series. Ding Dong! It's gone!

*The Pittsburgh Marathon, May 4, will have a slight change in the marathon course. The race will begin and end at Heinz Field Stadium, the new home of the Pittsburgh Steelers. Also, a separate prize purse will be offered to American marathoners.

*There's another new marathon in Chicago: the Lakeshore Marathon, April 21, beginning near the Chicago Museum campus. Go to www.lakeshoremарathon.com; email: info@lakeshoremарathon.com.

*There's another new marathon in Washington, D.C. -- the Washington, D.C. Marathon on March 24. Go to www.washingtondcmarathon.com.

Getting into the 2002 New York City Marathon

Yes, it's time to think about doing the dance that will land you on the V. Bridge starting line Nov. 3.

Here's the short version, with a very interesting qualifying twist. For the big story, go to www.nyrrc.org, and click on "Applying for the NYC Marathon."

Date: Nov. 3, 2002

Size: 30,000 runners, with 20,000 U.S./10,000 international.

Entry fee for non-NYRCC members will be \$70.

With a few exceptions (see below), the way to the promised land is by LOTTERY.

Applications will be available online by the end of January/early February.

Submit an online application (see Web site); or request a snail mail entry by writing: Marathon Entries, PO Box 1388 GPO, New York, N.Y. 10116. They will charge you a \$7 processing fee either way, so have your credit cards ready. All applications must be submitted or postmarked by June 1, 2002.

For information, e-mail: marathonmailer@nyrrc.org; call (212) 423-2249.

Guaranteed Entry Procedures/Loop Holes:

Member of the NYRRC since Jan. 31, 2001, and have completed nine NYRRC-scored races.

You deferred your official entry in 2001. You will repay the fee, however.

You have completed 15 NYC Marathons, and can prove it. Send a list or email a list of all the years you did it (plus your official app) -- they will check the archives. Do this by May 1, 2002.

You have applied -- but were rejected -- the three past years (1999 to 2001).

Wait, there's still hope! --

***Marathon/Half Marathon qualifying age-group standards: Don't confuse this with Boston's strict qualifying marks. This is an extra way to get accepted, providing you can do the time. You must meet the following age-group times in either the marathon or half marathon. If it's the HM, your window of opp began last July 1, 2001 until the 2002 deadline for entry; the marathon window began Sept. 1, 2000 to June 2002.

Here's the male/female age-group standards you need to meet. The first time listed is the marathon; the second is the half marathon (try to get it at Skunk!):

Male: ages 18-39 (2:45/1:16); 40-49 (3:00/1:24); 50-59 (3:15/1:32); 60-up (3:30/1:40).

Female: ages 18-39 (3:15/1:31); 40-49 (3:30/1:39); 50-59 (3:45/1:47); 60-up (4:00/1:55).

Good Luck!

Milers Take Note:

Pete Glavin and the gang at GVH have another indoor track meet coming up on Feb. 24 at noon, on the Hobart indoor track. It's called the Upstate NY Indoor Distance Festival, and includes a masters and veterans mile for men — cash for the masters mile; open and masters mile (combined) for women—no money. It's a fast and competitive meet, but if you'd like to get in one more high-stakes race, this is it. Go the GVH Web site at www.gvh.net to download the entry, and see all the events you can do. Top finishers in each event receive gift certificates from Dick's Sporting Goods. Email Glavin at gvh@frontiernet.net.

Musical Marathons

The Musical Marathons Triple Crown is one more gimmick to get you to complete a marathon.

Participants who run or walk the Country Music Marathon or Half Marathon, April 27, in Nashville, the Suzuki Rock 'n Roll Marathon, June 2, in San Diego and the Rock 'n Roll Half Marathon, Sept 1, in Virginia Beach can earn a triple crown golden medallion, to mark their achievements.

All three events are affiliated with Team in Training, two of which have collectively raised \$53 million for the Leukemia & Lymphoma Society. The 2002 goal is to raise \$20 million. For details, visit their Web site at www.eliteracing.com, or write Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, Calif. 92121.

People in the News Notes:

*Molly Huddle, 17, of Elmira has been named one of the nation's best junior road racers (ages 19-under) by USA Track & Field. Molly set a single-age 16 AR at the Chris Thater 5K (16:45), and clocked a 17:43 at our own hilly WDF 5K in Dryden. Those were the top two performances of five listed for girls F16 in the U.S. in 2001. Molly tuned up for the Millrose Games scholastic girls race (but more about THAT next issue) by running the 2-mile and mile at our January track meet. Take a look at her times -- two of the best performances posted this season by a HS girl in the U.S.

*Margret Betz of Conklin has been named USATF Long Distance Runner of the Year F65, and *Running Times* F65 Masters Female Runner of the Year. Margret set 4 pending single age 65 records in late 2001: Ithaca 5 & 10 5 (35:00); SFoR 5K (21:16); Octoberfast 10K (46ish) and Stockade-athon 15K (low 69s).

*Also listed in *Running Times* as masters honorable mentions in their respective age groups: Kathy Martin (F45), our Hartshorne Mile winner; Carolyn Smith Hanna (F50), 3rd at Hartshorne and Sandy Folzer (F60) of Mansfield, Pa.

USA Track & Field Online Membership Registration

Getting a membership number in time for the next big thing has been problematic in the past, to say the least. Now, it's as easy as a click of the mouse.

To renew or sign up for a 2002 USATF membership number, go to www.usatf.org/membership. If you have a 2001 membership number, have it ready to speed up the renewal process.

You need USATF membership numbers to compete in regional and national championships. Other perks include health insurance, discounts on magazine subscriptions (Running Times, Track & Field News, Trail Runner, New England Runner), mailings and Web site access.

FLRC and High Noon reside within the Niagara District Association. Our contact is Becky Heuer, PO Box 387, Forestville, N.Y. 14062. It looks like fees have gone up: \$15 for youth; \$20 for adults. The membership year goes from Jan. 2002 to Dec. 2002. FLRC's code number is 063; I don't know High Noon's.

Racing Back to the Future

The summer after my freshman year at Cornell, I was training to run cross country for Cornell (an unimpressive experience I won't relate). In addition to biking 15 miles to and from Ithaca and serious running, I also tried swimming at lunch with one of my mother's friends from Olin Library, Anne Kenney. Anne had been a champion swimmer in high school, and she could swim a mile in the Teagle pool in the same 30 minutes it took me to swim half that distance. One day, after our noon swim, Anne and I walked back to the library and I commented to my mother that Anne was twice as fast as I was. Ever the sharp wit, Anne quickly added, "And twice as old too!" It was true—I was 18, she was 36. My teenage ego rankled briefly, but there was no arguing with the facts.

That memory came back to haunt me last Sunday at the second Finger Lakes Runners Club track meet. I'd gone to test my High Noon-inspired racing fitness at the mile, a distance I raced moderately well in high school, but which I hadn't tried my hand at for many years. Although I kept telling myself to avoid expectations, especially since the holiday break wasn't conducive to speed work and I'd run only one workout in Barton since returning to Ithaca in July, deep down I really wanted to break the 5 minute mile. I thought it was possible - I'd run a 4:42 in high school, Brian Culley had recently paced me to a lung-numbing 5:19 (jogging speed for him) on the bike path at the end of a hard Dodge loop, and I was in the best racing shape since college. But still, I just had no idea how hard I'd really find 8 laps on the Barton track. The mile turned out to be the hot event, with 6 heats containing about 10 people each. I never anticipated such enthusiasm, and I'd put down a conservative 5:10 as my estimated time. I did want to run with Casey Carlstrom though, since I wanted to key off someone who I knew would run a solid pace well under 5 minutes.

As Charlie Fay and his daughter sorted the cards, though, I realized that such a conservative time was going to land me in a heat where going under 5 minutes would mean leading the race, which wasn't a recipe for success. But there was another wildcard —Molly Huddle. As most of you probably know, Molly is the phenomenal high school runner from Elmira who not only won all eleven of her cross country races this year, but set course records in each of

them. Then, at the Foot Locker Cross Country National Championships, Molly took 4th. She's good, really good. And as I found out as Charlie obligingly shuffled my card into the next faster heat, she was in that heat, predicting a 4:55. Diane Sherrer added to the stress by commenting that Molly's PR for the mile was 5 seconds faster yet.

And then I watched her run a masterful two mile in 10:19, 3 seconds faster than my high school PR for that distance, going through the first mile of that race in 5:03. Anyone who can run that kind of time can probably run another race at pretty much full speed after an hour or two of rest. Great, just great. I'm fast enough that I can generally finish ahead of the first woman, and although, it doesn't really bother me when a woman does beat me, it's hard suppressing all vestiges of male ego. Worse, I had to agree with Derek Dean when he commented that he had a personal policy against getting toasted in races by people who weren't alive when *Star Wars* came out.

But there we were at the starting line, me, Molly, and six or seven other guys I didn't know (Casey ended up in the fastest heat, with Derek one heat behind me). I'd managed to line up in lane three, since on the Barton track it's important to get to the inside lane as quickly as possible to avoid running farther than necessary. The gun went off, and I sprinted briefly to establish a spot in lane 1. I found myself in second place at that point, but felt strong and smooth enough to take the lead fairly quickly, going through the first 400 meters in 72 seconds. I was a bit surprised about being in the lead, to be honest, but I retained the lead for the second 400 meters, going through in 73 seconds for a 2:25 half. Then I started to break down in the fifth and sixth laps, managing only a 77 quarter and losing both first and second place to two of the guys.

The seventh lap started and Molly passed me, looking smooth and, in retrospect, speeding up. I held with her for the seventh lap, and decided to try and pass her in the final lap, since I felt like I had a kick left. Rounding the corner into the far straightaway, I picked up the pace... a lot... and barely managed to close the few strides of distance between us. So I tucked into the inside lane behind her for the final turn, planning to unleash what was left of my kick in the home stretch. It all sounds so calculating in retrospect, but these were split-second decisions made somewhere close the spinal cord - there was neither time nor energy for working up a rational course of action. I'm going to give Molly the benefit of the doubt I've just removed from myself and assume that she knew what she was doing in that final 50 meters.

We had to finish in lane 3, and as I came out of the turn, I made an attempt to pass her on the right, but she moved over just slightly to block me, forcing me to take a stride either further out or back in to have a chance at passing. I opted for in, gave it everything I had... and crossed the line a few feet behind Molly's bouncing ponytail. Her time: 4:56. Mine: 4:57. I might have wanted one more place, but I was still extremely happy about breaking the 5 minute mile, and realistically, I probably wouldn't have done it without Molly to pull me along during that last 73 second 400. Oh, and when I was looking at the posted final results, I noticed that

she was only 17. That's right, exactly half my age. I didn't ask her when she'd first seen *Star Wars* - she probably would have assumed *Phantom Menace*. Sigh.

— Adam Engst

Super Sunday (Nihon style)

Rain was pelting the narrow streets of Dogo as my friend Kurihara and I left the local high school gym where we had just played volleyball in our Saturday evening PTA league. "I sink race cancelled," he said looking at the sky as a howling wind turned his umbrella inside out. The next morning we were both to run a Sunday road race in nearby Iyo City. This was an event substituting for the one I had really wanted to run—the Shikoku 10K championship—but alas, the registration deadline for that had passed and so Kurihara had somehow dredged up this local race as an alternative. He had entered the 1K and I had opted for the "long run"—a 3K. I was surprised to hear that weather might cancel a race. In my experience anyway that never happens in the U.S. (especially Ithaca) where races are run in every conceivable condition. So as the wind shook the glass doors of our apartment that night, I went to bed thinking that Sunday would be a vastly different day than I had imagined.

It was. The day dawned cloudy in Matsuyama but a bright blue sky was clear in the south over Iyo City. Sure enough, Kurihara called at 8:00 a.m. to say the race was a go and off we went— we two stallions plus our support team, Jan and his wife Fumi Kurihara. Since the race was to be staged about a mile from our zen temple Fuku-den-ji, Jan and Fumi walked to the temple while Kurihara and I jogged to the race staging area.

It was a junior high school with no obvious porto-potties in sight. As any runner reading this knows, elimination strategy, as it were, is a major pre-race concern, especially if you're like me and drink at least 5 big cups of strong green tea before every competition. The matter had become quite, well, pressing, as I waited in line at the registration tables. Kurihara had disappeared as is sometimes his wont, which was a big problem for me since as a Jewish person I have trouble even acknowledging the fact that people have to, you know, go to the bathroom or whatever, and I'll be damned if I was going to go up to a Japanese person I didn't know and act out my request. Fortunately he reappeared just as I completed registration and I was able to mumble, "Kuriharasan, toilet, one-gai-shimasu!" It turned out to be about 10 feet away from me and THAT is yet another reason why I am finally trying to learn how to read basic signs around here.

That duty completed, as it were, it was time for my next pre-race ritual: peering at people likely to be opponents, namely the bald, the gray, the lame and halt at this point for me. There were more than a few likely customers, most of them wearing running suits, plus a bunch of kids wearing baseball uniforms. Obviously there was going to be a "fun run" for the kids before the main event. (I've always balked at that term "fun run." I mean if it's fun, you aren't running hard, right?) A few of the competitors were smoking prior to the race, something I've seen before in Japan and it's

something I love because it probably means I get to kick BUTT(!)

A horn sounds and Kurihara motions me into the gym where the entire field is lining up in rows single file. I've only been to a few Japanese races but what always seems to happen is everybody lines up to hear ringing speeches by officials and then the entire group including the speakers who are always nattily attired is led in a series of exercises by a coach in a gym suit. Today was no exception. After 6 speeches (the last one from the principal of the school, Mr. Kurihara informs me), a supple-looking young lady in a white exercise suit leaps to the stage and leads us all in stretching exercise climaxed by about 10 minutes of Tai Chi which was just glorious. It's so much fun to see the school principal doing all the exercises next to little lads in baseball caps and uniforms doing exactly the same thing. But now it's time to run and I'm getting excited.

The first race, Kurihara's 1K, is in 10 minutes. We walk out to the staging area and there is the usual bustle of people roping off the finishing area, a loudspeaker being set up, a few runners warming up. About 25 kids who couldn't be more than 10 are at the starting line. Something is weird. I look at Kurihara and jokingly ask him if he thinks he can beat any of these little guys and he is looking serious and suddenly I realize this IS his race. There are 4 adults in his heat and 25 kids. Obviously the more serious people like me are waiting for the 3K. The gun goes off and Kurihara at the back of the pack follows 25 little fellows in baseball hats on to a road winding up a hill. (I hasten to add for the edification of any runners reading this... Kurihara is not a "runner," in the sense that he trains. He does jog a few times a week and is a terrific athlete, but running is not his thing. That would be golf.) Anyway, that said, I'm at the finish waiting for the leaders to round the bend and then there are about 10 little tiny kids followed by a huffing puffing Kurihara who has, indeed, copped First Adult. I meet him at the end of the chute congratulate him and then ask him to hold my sweats because it's almost time for my race.

I mosey over to the start and see about 25 kids (about 12-14 years old) wearing baseball uniforms. There are a few other men, but that's it.... Nada. Nobody home. Like it or not, I'm in... God help me... a FUN RUN!

It turns out just about all the "competitors" I had been sizing up during the warm-ups were just parents wearing running suits which are ubiquitous in Japan. I look around for a hole to crawl into. Perhaps aliens will abduct me at this moment. Wait a minute, wouldn't this be a GREAT time for an earthquake? But, no, it's me, 4 other men, two of whom are smoking, and 25 kids in baseball hats! I am 54 years old. I am the ONLY person in the race wearing shorts, not to mention a High Noon singlet. There is one other guy with gray hair but he is putting out his pre-race cigarette when I shoot Jan (who has just returned from the temple) a horrified smile. She in turn looks at me like I am wearing a Little Red Riding Hood outfit or a Godzilla suit at a Presidential Reception. There is just NO way out of this...but to run. So I did.

The gun goes off and I follow 25 boys in baseball uniforms up the windy mountain road. I'm wondering how to

finish this thing with at least a smidgeon of honor intact. I mean I could just drop out and run home, but Iyo City is about 15 miles from Matusyama and frankly there are NEVER any 54 year old men wearing little running shorts and racing singlets who can't speak the language and don't have a single yen in their pants at any given moment in this area. I might well have been arrested on suspicion of being a nut (okay, no comments!) I decide the least embarrassing approach is win my age group and finish 4th behind the first three ballplayers.

Well, I've won my age group about 25 yards out of the gate so, that rather modest goal accomplished, I pick my way ahead through the pack of fledging Ichiro's and pull in behind runner #5. The leader really is a pretty good runner with a nice stride. He is bigger and stronger than his teammates and he has the look of a winner.

Ironically it is a BEAUTIFUL course, snaking through rice fields, beds of daikon and cabbage, and some of the prettiest broccoli I've ever seen. You knew this was going to be about food at some point, right?) The wind has blown the clouds away and you can see the roiling Inland Sea about 5 miles away, the islands masking Hiroshima looming in the bright blue distance.

Things are working out for me as planned until about the end of the first mile when suddenly it appears that runners #2,3 and 4 have just each been handed an upright piano, as a legendary runner (Rick Cleary) once put it, and they are now kind of staggering instead of running. I really have no choice but to put myself about 15 yards behind the leader and just enjoy the scenery. Then this kid puts a move on and it starts to get fun. I get within 10 yards or so. He hears me behind him, shoots me a startled look, and surges again.

At about 300 yards from the finish, his right shoelace comes untied. Having made this mistake myself about 24 years ago in a race (and now I ALWAYS tie triple knots) I felt sorry for him and backed off. To his credit he kept up his pace, just widening his stride so he would lessen the chances of stepping on his shoelace. About 25 yards from the finish, I figured I might as well push a little and make him earn his victory. But as I crept up on his right side, damned if he didn't move over and even poke an elbow out at me to keep me back. Now of course if this had been a real race, I probably would have stepped on his trailing shoe lace, (well, maybe not, but you shouldn't elbow people in a race). However this was, after all, a FUN RUN, so I backed off and we finished a few yards apart.

He turned around to me in the chute, said something that I couldn't understand (probably, "Old men shouldn't look so foolish, you should be terribly ashamed!") and bowed to me slightly. I bowed back and then tried to pass through the finish area as quickly as possible so we could leave before the awards. But Kurihara would have none of that. Any race that starts with speeches from school officials takes its awards ceremony pretty seriously, I guess, and sure enough, we both had to trot up there, Kurihara for First Adult in the 1K and me for First Adult in the 2K. And when I think about it, this race really did live up to its name. It *was* a run...and it *was* fun.

— Hooter (Ken Zeserson)

North Pole Run

[Asst. editor's note: for those of us who don't have the chops for the Triennial—entry form in this issue—here's a run you CAN buy your way into. Doesn't sound nearly as hard as the Triennial, either. Nuff said.]

"This year will be the World's First North Pole Run ever. This is a historic event and you are invited to attend. We have taken people to the North Pole every year since 1997 and have been responsible for events like the first hot air balloon flight over both the North Pole and the South Pole. This year is another first, the 5 and 10 K runs.

The course will begin at our established Drifting Ice Base situated atop the Arctic Ice Floe. The run will be flat, with no inclines, or slopes. You will be running on a hard compact solid base of "permafrost" atop 14 feet of ice, so in essence it is exactly like running on astro-turf. There will be no slush, mud, or slippery ice. There may be an occasional hillock, or area of uneven running surface, but for the most part it will be quite pleasantly level ground with good traction. Overall a very pleasant surface to run on!! The course will circle around the North Pole, touching all longitudes and therefore you will run "Around the World." Individual entry fee is U.S. \$ 7,800. [Asst. editor's note: hey, it's MUCH cheaper than buying your way onto Space Station Mir!] Contact <http://www.yellowairplane.com/NorthPole.Run.html> for details."

RESULTS

Greater Boston TC Invitational (Harvard, Jan. 20)

3000 meters: 6. Scott Weeks, 8:35.29.

Mile: 18. Murphee Hayes Falls, 5:15.44.

4 x 400 relay: Syracuse Chargers 7th overall; Weeks 3rd leg at 51.72.

Upstate NY Holiday Classic T & F Meet (a GVH event)
Hobart, Dec. 29

Local runners:

3000m: 1. Scott Weeks, Groton, 8:35.79; 10. Chris Getman, Ithaca, 9:19.78; 21. Gary Moore, 9:49.81; 33. Herb Engman, Newfield, 10:57.68.

800: 2. Scott Weeks, 1:58.78.

Mile: Gary Moore, 5:25.21; Herb Engman, 5:37.04.

Disney World Marathon and Half Marathon
(Orlando, Fla., Jan. 6)

Half Marathon: Nancy LaBare, 1:53:50 (Chip).

Marathon

Sue O'Malley, 3:16.

Team in Training/Central NY Chapter: The CNY group raised over \$55,000 for the Leukemia & Lymphoma Society, and nationally \$8.8 million was raised at the Disney Marathon.

Local runners: (Chip timing) -- Jim Walters, Cortland, 4:45; Anne McNeil, Ithaca, 5:56; Anita Norris, Dryden, 5:56; Dixie Clark, Dryden, 6:06; Nate Krause, Cortland, 6:06; Sean Breslin, Ithaca, 6:06; Veronica Margrave, Cortland, 6:14; Harland Bigelow (TnT coach), 6:14; John Tennant, Cincinnati, 6:39.

Mohawk-Hudson River Marathon (Albany, Oct. 21)
More forgotten runners: Fred Miller, Liverpool, 3:29:59 --
congrats on a BAA qualifying time!

New York City Marathon (Nov. 4)
More forgotten runners: Fred Miller, Liverpool, 3:56.

FEBRUARY CALENDAR 2002

*Feb. 1: Millrose Games. Madison Square Garden, New York City. Web: www.millrosegames.com.
*Feb. 2: February Freeze 5K, Tunkhannock, Pa., noon. Contact Sandy Howard at : showard@epix.net.
*Feb. 3: Winterfest Snowshoe 5K, Saratoga Springs. Contact Laura Clark, 91 Loudon Rd., Saratoga Springs, N.Y. 12886.
*Feb. 3: Las Vegas Marathon, Las Vegas, Nev. Web: www.lvmarathon.com.
*Feb. 9: Syracuse Chargers All-Comers Track & Field Meet, Manley Field House, Syracuse University, 8 a.m. Contact Bob Doran at (315) 446-8168; Lennie Tucker at lennieruns@aol.com.
*Feb. 9: Crescent Moon Global Snowshoe Challenge 5K and 10K, Plattsburgh, N.Y. Contact Mark Elmore at snowshoeguy@yahoo.com.
*Feb. 10: FLRC/High Noon All-Comers Indoor Track Meet, 9 a.m., Barton Hall, Cornell. Includes a 5000 meter race. Contact Tim Ingall at trailman98@hotmail.com, or call 533-4329.
*Feb. 10: Valentine's Day 5K, Big Flats American Legion, noon. Contact Gene Herber at 562-3168 evenings. (Take Olcott Rd. exit off Route 17 west.)
*Feb. 10: Sweetheart Smorgasbord 5K, Bloomfield, 2 p.m. Contact Charlie Sabatine, 7132 Boughton Rd., Victor, N.Y. 14564; (716) 657-6272. Meet at Bloomfield Jr./Sr. High School.
*Feb. 16: North American Snowshoe Classic, Saranac Lake. Contact Steve Cobbs at cobbs@paulsmiths.edu.
*Feb. 17: Onteora Snowshoe 4.5-Mile Race, Rhinebeck, N.Y. Web: www.runwmac.com.
*Feb. 17: The 41st annual Washington's Birthday Marathon & Relay, Greenbelt, Md., 10:30 a.m. Contact GWBM, attn: Jack McMahon, 5412 Marlin St., Rockville, Md. 20853; Web: www.racepacket.com or dcroadrunners.org.
*Feb. 23: Run for the Cookies 10K, Berwick, Pa. Contact Margret Livsey, P.O. Box 856, Berwick, Pa. 18603.
*Feb. 22-24: Empire State Games Winter Games, Lake Placid. Web site: www.empirestategames.org.
Feb. 24: Hudson Mohawk Road Runners Club Winter Marathon, 10 a.m., SUNY Albany. Web: www.hmrc.com.
*Feb. 24: Upstate NY Indoor Distance Festival, Hobart & William Smith's Recreation Center, Geneva. Includes open, masters and veteran events -- and Roger Messenger (Men's) Masters Mile. Entry and information on Web site: www.gvh.net.
*Feb. 24: Sheraton Hyannis Marathon & Half Marathon, Hyannis, Mass. Web: www.clydesdale.org/onlineapplications/hyannis/index.html.

MARCH CALENDAR 2002

*Mar. 2: Bear Creek 5K, Wilkes-Barre, 10:30 a.m. Contact Reginald Thomas, 110 Pittston Blvd., Wilkes-Barre, Pa. 19702.
*Mar. 3: B & A Trail Marathon, Severna Park, Md., 7:30 a.m. Contact Tom Bradford, 746 Miimos Ct., Millersville, Md. 21108; Web: www.annapolistriders.org; or tabslab@aol.com.
*Mar. 3: Los Angeles Marathon, 8:45 a.m. Web: www.lamarathon.com.
*Mar. 10: Family Fun Day at the Track, Barton Hall, Cornell, 9 a.m. Adults and kids participate together in low-key runs and games; also: 400 meters and one mile races for competitive runners. Contact Tim Ingall at trailman98@hotmail.com.
*Mar. 10: Syracuse Chargers Youth Meet (kids ages 12-under), Manley Field House, Syracuse University, 9:30 a.m.. Events: 50m, 200m and 4 x 100 family fun relay. Call Lennie Tucker at (315) 638-8238; email: lennieruns@aol.com. check Web site: www.syracusechargers.org.
*Mar. 16: St. Patrick's 4-Miler, St. Patrick's Church, Leroy St., Binghamton, 10 a.m. Contact Vince Kelley at kelleylv@uic.com. (available on TCRC & FLRC Web sites.)
*Mar. 16: Johnny's Runnin' of the Green 5-Miler, 9:30 a.m. Sheraton Points, downtown Rochester.
*Mar. 16: Hornell YMCA Run for the Shamrocks 5K, 10 a.m. Contact Dan Galatio, YMCA, 12 Center St., Hornell, N.Y. 14843; e-mail: dgalatio@homellymca.com.
*Mar. 16: Syracuse Chargers All-Comers Track & Field Meet, Manley Field House, Syracuse University, 8 a.m. Contact Lennie Tucker at lennieruns@aol.com; call (315) 638-8238.
*Mar. 16: The 30th annual Shamrock Sportsfest Marathon and 8K, Virginia Beach, Va. Contact Shamrock Sportsfest, 2308 Maple St., Virginia Beach, Va. 23451; Web: www.shamrocksportsfest.com; sportsfest@juno.com.
*Mar. 22-24: The 2002 USATF National Masters Indoor Track & Field Championships, Reggie Lewis Track & Athletic Center, Boston, Mass. Contact Steve Vaitones, USATF-NE, NMIC, 79 Manet Rd., Chestnut Hill, Mass. 02467. Open to athletes ages 30-up. Call (617) 332-3919; Web: www.usa/tnfne.org. No meet day registration; must have current USATF registration.
*Mar. 23: American Heart Walk & Run, New York State Fairgrounds, Syracuse. Call (315) 234-4744.
*Mar. 23: Hinte-Anderson Trail Run 50K, Susquehanna State Park, Md. 9 a.m. Contact Phil Anderson, 625 Roland Ave., Bel Air, Md. 21014; call (410) 879-7679; e-mail: jeffhinte@home.com; or www.hatrunc.com.
*Mar. 23: General Nutrition Centers 2001 USATF National 100K Championships, 50K, 50 miles and 100K, Pittsburgh, Pa., 7 a.m. Contact Chris Gibson, 1475 Laurel Dr., Pittsburgh, Pa. 15235; call (412) 824-4508 (home); or e-mail: chriscnc50@yahoo.com. Run on a 5-mile paved loop around North Park Lake; certified; prize money.
*Mar. 24: Forks XV (15K), Chenango Forks High School, Patch Rd., Chenango Forks, 2 p.m.

Contact Suzanne Myette: trimyette@aol.com; or Ralph Fuller at 775-4713. Entry enclosed in this newsletter.

*Mar. 24: The 22nd annual Winter End's 4.5-miler, 10 a.m., Penn State/Wilkes-Barre, Pa. campus. Contact Vince Wojnar, 295 S. Mountain Blvd., Mountaintop, Pa. 18707; call (717) 474-5363; e-mail: VDDLvince@aol.com.

*Mar. 24: Inaugural Washington D.C. Marathon, 7:30 a.m. Web: www.washingtondcmarathon.com.

*Mar. 24: The fourth annual Ocean Drive Marathon, Cape May, N.J. , 9 a.m. Web site: www.odmarathon.com.

*Mar. 24: Around the Bay 30K, Hamilton, Ontario, Canada. Email: info@aroundthebayroadrace.com.

*Mar. 30: The 20th annual CATS Classic Half Marathon, Mendon Ponds Park, 9 a.m. Contact Bill Kehoe at willopus@aol.com