



Finger Lakes Runners Club - July 2002 Newsletter



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

Quote of the Month: "I'm a him! I'm a him! I hate it when you call me a she!" —one of the Ithaca United Track Club kids (with long hair), who timing officials at our last all-comers track meet, kept addressing as a girl.

Coming Up: . .

July 4: 30th ann. Cazenovia 5K and 10-miler, 8 a.m.
July 6: 14th ann. FLTrail 50s, FLNF, Hector, 6:30 a.m.
July 9: FLRC Tuesday Nite at the Track Summer Series: Newfield HS, 6 p.m.
July 12-13: Relay for Life, Ithaca HS track, 7 p.m.-10 a.m.
July 14: 25th ann. Boilermaker 15K, Utica, 8 a.m.
July 18: Women's Distance Festival 5K, Dryden Town Park, 6:30 p.m.
July 21: Forest Frolic 7K and 15K, Virgil State Forest, 9 a.m.
July 27: Fillmore 5K & Fun Run, Moravia HS, 9:30 a.m.

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Remembering Barb Booker

It is with great sadness that we tell you that Barb Booker passed away June 9 in the Reconstruction Home in Ithaca, where she has spent the last nine years battling Alzheimer's disease. Barb was 66.

In our next newsletter issue, I will have a memorial column prepared telling all of you about Barb and her contributions to our running community and to the local women's running movement. Barb was an outstanding masters runner and teammate; the first female president of FLRC and the first Ithaca 5 & 10 director after Jim Hartshorne stepped down from his multitude of duties.

We are enclosing her obituary in this issue.

The Finger Lakes Runners Club will make a contribution in her memory to one of the charities listed by her family.

If anyone has any memories you'd like to have published, please email them to me as soon as possible.

We offer Barb's husband, Jack, and children Jim, Dave and Sue Booker, our deepest sympathies.

An informal memorial picnic will be held in August, details to be announced.

—Diane Sherrer

In Memory of Jennie Farley

We also offer our deepest sympathies to Don Farley and his family on the death of Jennie Farley, after a long illness, on June 19. She was 69.

Jennie Farley was a Cornell professor of industrial and labor relations, co-founder of Cornell's Women's Studies program, and a champion of women's rights.

The inaugural women's division of the Hartshorne Masters Mile was sponsored by Jennie Farley.

She continued to support her husband Don's outstanding athletic endeavors, and took special interest in the female runners in our club.

Plans for a memorial service will be announced at a later time.

Tuesday Nite @ the Track: Newfield HS, 6:15 p.m.

We've had heat, and we've had a monsoon. Come and see what happens at No. 3.

Events: 400, one mile, 100 meters and a 2 x 200 meter relay.

The meets are free IF you contact Tim Ingall pre-meet, and vow to volunteer sometime during the meet. You'll be able to run, too. Otherwise, there's minimal entry fees.

For info, email Tim at timingall@hotmail.com.

Series meet No. 4 will be on Aug. 13 at Lansing HS, 6:15 p.m.

Don't miss 'em! See the FLRC Web site for updates and results.

And thanks to the Ithaca United Track Club who elevates the spirit and energy level of everything they attend!

Relay for Life

The Tompkins County edition of Relay for Life is set for July 12-13 at Ithaca High School. It runs from 7 p.m. to 10 a.m.

It's an overnight celebration of hope, progress and answers, honoring the 8.5 million Americans who have survived cancer. Teams of friends, family and co-workers raise funds to support the fight against the disease. You run or walk, lap after lap, around the track.

Last year's event raised \$181,000!

The Relay for Life begins at 7 p.m. with a survivor's lap, one of the most moving activities during the evening.

At 10 p.m., the Luminaria ceremony will come to life with candles honoring survivors and those who have lost their lives, all surrounding the track. You can purchase candles for \$5 each from the American Cancer Society. They will burn throughout the evening.

All night, there will be live music, team parades, kids activities and movement on the track.

For information — and it's not too late to join a team, call June Losurdo at 227-2276. Also see www.cancer.org. Type in 14850 — Ithaca's zip code, and information will come up for our local event. If you can't be there all night, stop in for just a while.

B.A.A. Adjusts Qualifying Times for Boston Marathon
Field Size Maximum for 107th race to be set at 20,000 participants.

BOSTON, MASS. (June 27, 2002) —For the first time in 13 years, the Boston Athletic Association has adjusted its qualifying standards for runners in the Boston Marathon. The new qualifying times affect runners who are >45-years of age and older and reflect the B.A.A.'s ability and desire to accommodate more participants. The adjustment in the qualifying times follows a review and analysis of the performances across the sport, and three new age groupings have been created (70 to 74 years old; 75-79 years old; and 80 years and older).

Also new for the 107th Boston Marathon, to be held on April 21, 2003 and with John Hancock Financial Services as the principal sponsor for the 18th year, the maximum field size will be increased to 20,000 athletes. The Boston Marathon was limited to 15,000 participants in 2001 and 2002.

To qualify for the 107th Boston Marathon, athletes must meet the designated time standard that corresponds to their age and gender group. Qualifying times must have been run between September 28, 2001 and February 2, 2003 at a certified marathon. Seeding is based on qualifying times, which are subject to review and verification.

**2003 BOSTON MARATHON
QUALIFYING STANDARDS**

Age	Men	Women	Adjustment
18-34	3 hrs 10 min	3 hrs 40 min	--
35-39	3 hrs 15 min	3 hrs 45 min	--
40-44	3 hrs 20 min	3 hrs 50 min	--
45-49	3 hrs 30 min	4 hrs 00 min	+ 5 min
50-54	3 hrs 35 min	4 hrs 05 min	+ 5 min
55-59	3 hrs 45 min	4 hrs 15 min	+ 10 min
60-64	4 hrs 00 min	4 hrs 30 min	+ 20 min
65-69	4 hrs 15 min	4 hrs 45 min	+ 30 min
70-74	4 hrs 30 min	5 hrs 00 min	+ 40 min
75-79	4 hrs 45 min	5 hrs 15 min	+ 55 min
80-up	5 hrs 00 min	5 hrs 30 min	+ 70 min

Entries from athletes meeting the qualifying times will be accepted until February 3, 2003 or until the maximum field size of 20,000 is reached, whichever comes first.

Online registration will be available September 9, 2002. Instructions and >details are on the official web site at www.baa.org (also at www.bostonmarathon.org).

Age on April 21, 2003 determines a participant's qualifying time. Age group on the day of the qualifying race may differ. The qualifying times remain unchanged for the wheelchair division and mobility impaired programs.

B.A.A. accepts net times from chip scoring systems. Proof of qualification, such as copy of a finish certificate or results listing (non-returnable), must accompany the entry form. Qualifying times attained at marathons using the ChampionChip timing and scoring device do not require submission of proof. Athletes must be 18-years or older on April 21, 2003.

The last time the qualifying standards were adjusted for runners was in preparation for the 1990 Boston Marathon.

Rock Around the Boston Clock?

George Gavras sends along the following note and question:

"I've been wondering how many other Boston Marathon enthusiasts have been trying to figure out why this year's men's winning time (2:09:02) is relatively so much slower than the women's winning time (2:20:43) — the first two women finished under Uta Pippig's course record. But the men's winning time was more than two minutes off the men's course record?"

A paragraph in the June issue of *Runner's Gazette* might provide an answer:

It says the time clock on the truck ahead of the lead runners stopped working for a while right after the race's start. From that point on, the clock showed a time 2 minutes faster than the actual time. Because of this error, the lead runners thought they were running too fast, and slowed down the pace. When the clock was finally reset, the surprised runners increased the pace. But a chance at the men's CR had disappeared.

—George Gavras

Volunteer of the Year 2002 Runner Up: Dr. Don Phykitt

[Editor's Note: the following nomination was submitted by: Christine Beach of Interlaken to the National Running Center's Volunteer of the Year award program and resulted in a honorable mention award for her nominee, Dr. Don Phykitt.. Way to go, Chris and Don!]

"I have a nominee for Race Volunteer of the Year. His name is Dr. Don Phykitt. He is not only a medical professional but also a runner who understands the needs of other runners. I have run five marathons in my running career; four of those I have finished without any complications. The 2000 Wineglass Marathon in Bath, New York, was the exception. The cool Fall day deceived me and, although I finished, I was severely dehydrated, hypothermic, hyponatremic, and mentally exhausted. My body was one giant cramp; something I had never experienced before. Thank goodness for the team in the medical tent, headed by

Dr. Phykitt. I have volunteered in the medical tent at the Boston Marathon several times and never realized what a profound effect these people have on injured and ill runners. Dr. Phykitt was by my side from the moment I entered the tent, instructing the other volunteers on what to do. He talked to me matter-of-factly about what was happening to me. He checked on me and the person watching me frequently. When my hypothermia did not resolve in the outdoor tent, he instructed the others to carry me into a nearby building. I remained under medical supervision for two and a half hours, receiving IV fluids and a lot of emotional support. The finish line area was being packed up and yet Dr. Phykitt stayed with me until I was able to safely go home. I have never been in the medical tent after a race and hope to never be again. The professionalism and caring that Dr. Phykitt provided me was absolutely outstanding and something that I will never forget. Because of his care I was able to hold onto my dignity as a runner and fellow healthcare professional by not having to go to the hospital. And my post-marathon recovery was faster than I could have imagined. The volunteers in the medical tents are to be highly commended; they put up with us runners, who after overdoing it, tend to become a little irrational. I did not want to go to the hospital and when the race clean up started Dr. Phykitt had every right to send me there so that he could go home. The fact that he stayed with me until I was able to safely go home is a testament to his caring and great professionalism. I think he went out of his way that day and it is with deep appreciation that I nominate him for this award. It is my thank you to him for a job well done!

Thank you for your consideration of this outstanding person, runner, and volunteer for your Volunteer of the Year award.

Sincerely, Christine Beach”

FLRC Offers Scholarship Opportunities

Running clubs have a moral responsibility to the communities they serve to do more than just direct road races.

The executive board members of the Finger Lakes Runners Club, the non-profit, Ithaca-based organization which provides track, road and trail running opportunities for everyone who wants to participate in our sport, have created a scholarship fund for individuals or teams who have a need to achieve.

The goals of the scholarship fund are to:

Encourage and assist youth running with a focus on FLRC members;

Give financial assistance to all runners with special events or situations;

Promote running, as well as the Finger Lakes Runners Club’s mission in the community;

More fully comply with our non-profit status, and our charge to benefit society.

The scholarship program, which is an ever-evolving, work-in-progress, is open to anyone of any age with a running-related need. This includes, but is not limited to, tuition for camps or seminars; travel expenses related to prestigious or unique events, like the Olympic trials or a

national championship; or a need for equipment or shoes/clothing.

“The scholarship program represents our commitment to the running community, and the sport we all love,” said Lorrie Marnell, FLRC president and director of the Ithaca 5 & 10. “It can offer runners of all ages the ability to compete in a competition, or take part in a running-related event that they may otherwise not have the chance to do due to financial restraints.”

Scholarship eligibility is extended to individuals, teams or other running-related groups in our community.

Applications for scholarship funds are accepted on a year-round basis, and will be reviewed in a timely fashion, with sensitivity to the applicant’s schedule and deadlines.

The scholarship selection committee is comprised of two FLRC board members, plus the reigning club president. This committee is elected by the FLRC executive board, and each member will serve at least a one-year term. There are no term limits imposed on committee members.

All decisions will be reported to the FLRC executive board, and if a committee member has a vested interest in an applicant, that committee member will be recused from the decision-making process specific to that applicant.

The selection committee members right now are Marnell, Alan Lockett and Tessa DuMont.

“I personally think the scholarship is a great way for the club to help others go forth in their love for running,” said DuMont, the Tom Bugliosi Trail Runs race director. “As a mid/back-pack runner, I don’t feel that this scholarship is limited to those who are striving to be No. 1. It’s also for those trying to accomplish smaller personal goals.”

“(The scholarship) represents to me an opportunity for the FLRC to reach out and more completely fulfill our charge as a non-profit, community-based group that sponsors running events, and encourages a healthy lifestyle,” added Lockett, race director of the Fillmore 5K. “It will provide the financial assistance to assist someone in achieving a goal, and at most, it will help fulfill a dream.”

To apply for a scholarship grant, a letter should be written by the individual, a coach, a teacher or a parent, and should include the following information:

Describe the running activity, or a specific need (equipment, for example) which you are interested in pursuing, and state the dates associated with this activity. Provide a resume of the applicant’s or team’s running history, achievements and aspirations. Include extra-curricular activities (running and non-running) in which the applicant(s) are involved. You must also make a statement of financial need, which will be examined by the selection committee members.

“We’ll look at a number of things when making our decision,” said Lockett, who has raised funds via his races for Moravia youth sports. “Is there a real financial need? Is this a person or group that is committed to running? We’ll also look at the significance of the event with respect to prestige or uniqueness. Is it a genuine benefit to the runner or group? We’re not just going to fund someone’s trip to the Boston Marathon because they want to go.”

Letters of intent should be brief, but applicants can include any information they feel is pertinent to the selection process. If the application is for a team, please describe the number of runners served, and how the monetary award will be used or distributed among the group.

The amount of the scholarship award is a maximum of \$200 per individual, or a maximum of \$500 per team. There is no minimum standard for either award category.

The scholarship program is funded in two ways: race profits and private donations.

A race director can contribute a minimum of 10 percent or a maximum of 25 percent of his/her race profits.

Individual club members or community interest groups can make private contributions earmarked for the scholarship fund. These can be offered without names attached, or on behalf of friends or family members. Currently, there is a memorial contribution on behalf of the late Bob Bridgman, a Mansfield University math professor who was actively involved in FLRC races.

Decision guidelines are at the discretion of the committee members, but a general prioritization rule is as follows:

Students — individuals or teams — are No. 1, with no age restrictions. But students must be full-time, and in matriculated status.

K-12 students have priority over undergraduate college students; undergraduate students have priority over graduate students.

Specials circumstances, with no age limits: Olympic qualifying events, national championships, Senior Olympics, etc.

FLRC members have priority over non-members.

“I would encourage runners to get involved in the local events, whether FLRC sponsored or not,” said Lockett. “Support our local high school teams, and speak with the coaches. Maybe from that involvement, you’ll see a real need emerge.”

Also, visit the FLRC Web site at www.cee.cornell.edu/~flrc/flrc.html for additional information.

Applicants should mail their letters to Finger Lakes Runners Club, Box 321, Newfield, N.Y. 14867, and write “Attention: Scholarship Application” on the envelope.

“It’s important for our club to have a scholarship fund so we can insure that means will be available to encourage and promote running now and into the future,” said Lockett, instrumental in creating the scholarship protocol. “One of the intended targets of this scholarship is younger runners. We want kids to know that running is a lifelong activity that’s not only healthy and provides an outlet for your competitive side, but also has some great social aspects — it’s just plain fun. Hopefully these kids will join a running club as adults and complete the cycle.”

— Diane Sherrer

And Congratulations to Amanda Lockett!

Amanda is our latest recipient of a FLRC Scholarship award. She has been given \$150 towards tuition to attend the Aim High Running Camp in northern New York state.

A formal nomination letter was written by a friend of Amanda’s and submitted to our committee. But everyone on the executive board already knew how much Amanda has volunteered her services to our club, and participated as an athlete in many of our races.

Amanda is the daughter of Donna and Alan Lockett. Alan, who is on the scholarship selection committee, was unaware of the nomination and did not participate in the selection process.

Amanda is a member of the Moravia girls’ varsity cross country team, and with her siblings and parents, is an active member of the FLRC. The Locketts have been the force behind the Fillmore 5K, which helps provide funds to Moravia youth sports.

Amanda made the track/cross country team as an 8th grader, and was one of the outstanding girls on the team. She ran 20-minute 5Ks, and hopes to run sub-20s this coming season. As a 7th grader, Amanda ran a 5:30 1500 meters.

Amanda, her mom and her sisters, have won sister-sister awards and mother-daughter awards at our WDF 5K. Meanwhile, dad and brother Nathan have worked the all-women’s race, and many other FLRC projects.

Amanda is also an excellent student, a member of the Senior High marching band — where she plays trumpet; and is a member of chorus as well. Amanda plays softball and basketball, and is a stellar student-athlete.

When Amanda returns from camp, she will write about her adventures for our newsletter.

Have fun, Amanda!

How to Finish 100M at MMT... While Trying to Drop Out (Twice)

[Editor’s note: the following article is from our friends at the Western Mass Athletic Club’s *Trail Running Newsletter*.]

Tremendous tectonic forces carved the Massanutten landscape. Over millions of years, against a geological backdrop of molten magma, metamorphic rock, and ancient seas, the ridges and valleys of the Shenandoah region were formed. Hauntingly beautiful, secret places were created in caverns below the surface. Today, we only see the ruins of those spectacular events, where Africa once collided with North America. Mountains, once as high as the Himalayas, have eroded over time, exposing the rocks of the Massanutten Mountain Trails.

The Massanutten Mountain 100-mile race starts and finishes near Front Royal, VA, totally contained within the vast George Washington National Park. The course traverses south along the eastern Massanutten trails and circles back north utilizing the western section. There is approximately 18,000 feet of elevation gain, consisting of mostly rocky, technical trails. The Virginia Happy Trails Running Club sponsors the event. The race has a reputation for being arduous and difficult with a 36-hr. time limit. No female has broken 24 hrs. on this course. The talented Sue Johnston, VT, holds the female record at 25:32.

I decided to run because it was there. Despite my best efforts to pull out of the MMT100 race, I managed to get to the finish line.

I think the course and event deserve the motto “expect less and you may get more”. With that said, I don’t think I was fully prepared for the race, logistically or mentally. It became a survival game; the essential skill was a practiced ability to sum up and respond to an ever changing situation. My goal was to reach 60M in 15-16 hours, hang on to 3M/hr for the last 40M, and add 2-3 hrs.... because stuff always happens and I’d never been on the course. I fully expected to cover the distance in 30-32 hrs. I hoped my strategy would give me plenty of time to finish in 36 hours. 36 hours equates to 1-1/2 days. One hundred miles is a long way to go. A lot can happen.

The course consists of rock, lots of rock and more rock. To put the rocks and boulders in perspective —mile for mile, the 30K Escarpment course in the Catskills is harder than MMT100. The climbs varied between 600-1200 feet, usually steep, and mostly rocky. For a decent mental picture of this course, multiple stream crossings and wet feet need to be factored in the equation. The journey offered 16 aid stations with wonderful provisions and supportive volunteers. Many of the aid stations were 8M apart, making water and fuel precious commodities. The aid stations were usually reached by descending into a gap and climbing back out towards the next one.

The early miles were beautiful —whippoorwills sang and a new day began. I encountered left calf problems before 8M. I decided to back off and try to work out the kinks. I conquered the calf pain but kicked a rock going into the aid station at 33M, aggravating those muscles all over again. I eased up and kept moving. I think the ice cream sandwich at Camp Roosevelt cured the calf twitches for good. I changed shoes at Gap Creek, 38.9M, since I could feel a few hot spots. I was nailing my projected times into each station.

I hated the stretch from Gap Creek to the Visitor’s Center, 38.9M to 47.2M. Not the climb to the ridge — I love to go up—but being on the ridge itself — lots of huge boulders in the Kerns Mountain section. This was a block field, an area of tipped and broken rocks. I stepped and jumped from rock to rock. I wasn’t making good time and did not expect this terrain.

I kept thinking about Stonewall Jackson’s Shenandoah Valley campaign during the Civil War. Such a rugged, beautiful wilderness — it is hard to conceive of marching for days on end through this landscape. Jackson’s men had to trudge over rocky, mountainous terrain, cross swollen creeks and scavenge for food. Cannons and artillery needed to be hauled up switchbacks. Forget about finding the enemy and having the strength to engage in battle. Jackson’s troops traveled 250 miles in 4 weeks, an amazing speed. Shoes fell apart without replacements, for sure.

My feet were on fire. I wanted to let out a Rebel yell. Little Sorrel was Stonewall’s horse — I was entitled.

I probably made a tactical error with the shoes I chose for the first 40M. Every time I think I’ve got a solution to the foot thing at this distance, it doesn’t work in the next situation. I can’t replicate the problem in training because blisters don’t usually materialize until 70M for me.

We hit a long section of dirt and asphalt. I couldn’t make myself go on such runnable terrain. I was thinking about

dropping and collecting my Visitor’s Award for making it as far as the Visitor’s Center - a rock! At this point, I discussed quitting with another runner but he persuaded me that I still had 24 hrs. to finish. It sounded like a plan. Ultrarunning destroys brain cells. I was moving forward and in a vertical position.

I rolled into the Visitor’s Center and Ron DiNicola, Mark Syrett’s (aka Slug) crew captain, offered to fix my feet. He didn’t want me to drop. So, there I was, sitting in Slug’s chair, eating a cheeseburger purchased by Ron, getting my toenails painted and feet massaged. It’s such a personal thing to have someone handle your feet and see the hairs on your big toes!

With impeccable timing, Slug ran into the aid station as Ron caressed my feet... So, Slug ended up sitting on the ground, changing his own socks and begging for a cheeseburger. What was wrong with that picture?

I really wanted him to be taken care of first. I saw his feet and they didn’t look great. I was willing to wait — I know all about making sure you’re ready to venture out into the wilderness and running your own race. Especially on this course — long stretches between aid stations and less than optimal footing.

47M was my first (unofficial) attempt at dropping. Ron fixed someone else’s feet — the guy finished one hour ahead of me and his feet were blister free at the end of the race. Smooth as baby’s skin. The kindness of strangers and our willingness to help others are truly amazing things.

I was heading up to Bird Knob, the halfway point (also, the highest elevation) as Deb and Steve Pero were descending. Deb looked real strong and I didn’t think Steve was in trouble at that point. I passed Slug at the top — he was having problems with a groin muscle, attributed to the earlier asphalt section. There was an amazing field of pink lady slippers in this stretch. The course was loaded with beautiful wildflowers, blooming in May.

Darkness was descending around 54M, my projected times were off. The first half-hour of darkness felt freaky — I was disoriented —I thought the road was to my left but the trail went right. Was I on the course? There was no one around me.

When I pulled into the aid station at 57.2M, Route 211 East, I asked if they had a list of dropped runners. I expected to see my husband, Greg, on the out and back section, ascending to the halfway point as I was going down if he was still in the game. On the other hand, when I saw the grueling uphill after 24M, Habron Gap, I thought he might have problems getting to 33M, Camp Roosevelt, before the cut-off. He missed it by 15 minutes. He had been marginally staying ahead of each cut-off but wasn’t getting anything to eat at the aid stations because he was flirting with time. Greg and I made a pact in January that our goal was to finish MMT together; our journey wasn’t supposed to be about time. However, after many long training runs, it became apparent that my husband’s body was not as strong as his mind willed it to be. Greg gave me permission to run my own race.

Ron told me that Deb and Steve left the aid station at Rte 211 less than 1/2 hr before me. Slug arrived and I never saw

him again. Steve and Deb were going back to 57M as I headed out on the trail. Nausea seems to be Steve's demon at these events. My money had been on Deb for winning the female division — she knew the course, how to dance on the rocks and navigate at night. But I know from personal experience, it is tough to leave a loved one, suffering and in pain. Elusive dreams. . . .

I ended up moving through the next section to Gap Creek II, 64M, with John Pati from Queens, NY and his pacer, Pat. I missed a left turn on the trail and continued to climb as they yelled to me. It was my green LED light - visibility is great but it's hard to distinguish red ribbons. Something to be aware of and watch out for. Continuing on the wrong trail would have been a bad thing. John and Pat were moving a little bit slower than I wanted to on the up hills but I was glad for the company and they made me laugh. There really is a New York state of mind.

I ate some ravioli and an enchilada at Gap Creek and moved on to Moreland Gap, 66.8M. The next section, 66.8 to 75M, was the notorious Short Mountain. The nighttime view of civilization's lights, from high above the ridge, was breathtaking. The trail was something else entirely. There was no ground — only boulders — find a path through an endless pile of rocks. Climbing over trees. Alone in the darkness. Making sure there weren't any snakes lurking around. The footing (or lack thereof) was messing up my feet. I couldn't figure out where to put my feet.

I was not mentally prepared to go 2M/hr. After running, trotting. . . whatever you want to call it. . . for 70M*, the emotions are very close to the surface. It is hard to get through this distance without traversing the range of sheer elation to utter despondency. The Eskimos have many words for snow and I think the Virginians must have many words for rocks.

I rolled into 75M, Edinburg Gap, just past daybreak. I was 1:15 up on the cut-off. I wanted out. My feet were trashed and my spirits broken. You have to want to finish and I didn't care anymore. I told everyone at the aid station to stop clapping. I'd had enough — enough to finally get 100Ms out of my system. I put on some warm clothes, took my number off, and ate Brenda's hot potato soup. Everyone told me how good I looked and should keep going. It wasn't about looking good — I've done 30*M on sorry feet and it's not fun. I didn't want to do it again. As other people came through the aid station, they all encouraged me to go back out there. They told me that I'd just done the hardest sections of the course. I didn't want any part of it and told them all to kiss off. I was done with this distance and wasn't buying into the finish at any cost game.

At the campfire, I talked to a woman Noelle, an angel, for sure. She'd missed the 64M cut-off by 10 minutes. She caught a ride to 75 and got some sleep. Jeff Washburn hit the aid station — he'd made good time over Short Mt. based upon the progress reports I'd received throughout the day from his brother. He was encouraging me to go out with him. He wanted 5 finishes on this God-forsaken course, but otherwise, his feet were in a bad way. Then, the legend, Suzi Cope, came into Dodge. Suzi's finished almost every 100M

event on the books, including the Grand Slam. She wanted her first finish at MMT.

My feet were beyond miserable but everybody else appeared to be suffering more than I was on a physical level. My struggle was also inside my head. I was going slower than I expected and wasn't prepared for that mental trip. Well, it was time to get my sorry ass back on that trail again. I knew the drill.

At 6:40, I asked Noelle to tape my feet. The cut-off was 7:00 a.m. I told her that I didn't come prepared for this race at all. I should have had another pair of shoes, 1/2 size larger. Doesn't she have another set of shoes, the same as I was wearing, in the exact size I wished for? She wanted me to wear them and finish the race. Just click your heels and you're in Kansas. . . . Noelle gave me the ruby red slippers. I just needed to find my race number. God, I hope I didn't burn it. . . . no, it was in my drop bag.

"107 going back out" with 10 minutes before the cut-off. With my new found pacer, Noelle. She'd trained for the race and wanted to do it, finishing 92M was better than 64M. She couldn't keep up with me on the first uphill. I told her I had to move — I needed to cover 8.2M in 3-1/2 hrs. She was fine with that — I was her ticket out of the aid station — she just wanted to do the race. I may have passed everyone who came into the Edinburg Gap aid station after me. I clocked 2-1/2 hrs.

I ran into a freaking rattlesnake on that stretch. Excuse my language, but it was a rattlesnake. Slithered into its snake hole and stared at me with its snake eyes. It was Mother's Day — I didn't want to die in the mountains on Mother's Day! That would be a terrible thing for Abbie, my mom, to have to deal with. My mother can relate to the Boston Marathon but I don't think she tells too many people about these 100M jaunts. How can anyone understand this distance? The sun was out on the ridges and the snakes wanted to feel its warmth. No one was around to hear me scream.

I picked up some No Doz at Woodstock Tower, 83.2M, and struggled to stay awake until the next aid at 88.4M. I kept passing people. I hated being on the ridges. I expected more up hills and down hills from this course. I really disliked being on the orange ridge trail intensely. I wanted to fall asleep. I was spending too much time thinking about how slow I was going. I knew I could finish but it would be hours before I could sleep.

I whined at the Powell's Fort aid station, 88.4M - everybody knew me by then. I'd get into the aid stations and whine, bitch, moan and complain to anyone who would listen. Bill VanAntwerp, (we were becoming good friends), responsible for Runner Accountability, told me to quit groaning because I was managing to stay 1 hr. ahead of all the cut-offs so I must be feeling ok. He also gave me the scoop on each course section as I left the aid stations. He knew I liked the climbs but hated the ridges. I was downright miserable. Mentally, I was a basket case struggling with how long it was going to take me to get to the finish line. 12M to go and it meant another 4 hrs. So, I had some more coffee, a Bar-B-Q beef sandwich and off I went.

88.4 to 95.9 - This section took forever. I liked the long uphill but hated the ridges and switchbacks down with all the false bottoms. Where the hell was Elizabeth Furnace anyway? I was in the middle of a deep forest. I had to come to the road soon. This is VA —David Horton country — I know all about Horton miles —this isn't 7.5, it's 10, for crying out loud.

95.9, Elizabeth Furnace — finally. Strawberries and fruit never tasted so good. It's 5M to the finish — oh yes, this course was actually 100.9M. According to my calculations, I could take as long as 2 hrs. to complete this stretch and still break 35 hrs. So, I dragged my lame butt out for the last 5M.

Finishing MMT100 was my 45th birthday present to myself. At that age, it's important to do something to make yourself feel like you've still got it, but I'm not sure what "it" is. It feels good to say I finished.

I don't think I would have done it without the help of Ron and Noelle. And the weather gods were kind.

In the end, I ended up running Greg's race, hugging the cut-offs, exalting in the luxury provided by the aid stations and relishing the sheer joy of finishing.

"We shape clay into a pot, but it is the emptiness inside that holds whatever we want. (An appropriate quote recently used by my friend, Stan Tiska. Stan gave me excellent flashlight advice and built my nighttime running confidence by training with me in the dark, on the infamous 7 Sisters course.) A special thanks to Tom Skrocki for his great "aid stations" on those long, training runs.]

— Barb Sorrell

RESULTS:

Adidas Outdoor National Scholastic Track & Field Championships (Raleigh, N.C., June 14-15)
 Congratulations to Elmira Notre Dame High School senior Molly Huddle, who won the U.S. high school 2-mile title in a national record 10:01.08, and finished second in the mile in 4:47.24

Huddle, who competes in IAC and Section 4 outdoor track and cross country, won the New York state 1,500- and 3,000-meter titles at the NYSPHSAA Championships in Rochester.

Girls 2 Mile Run:

National: ! 10:03.20 1979 Mary Shea, Cardinal Gibbons

Raleigh NC

Senior: = 10:03.20 1979 Mary Shea, Cardinal Gibbons

Raleigh NC

Meet: @ 10:12.46 2001 Anita Siraki, Hoover, Glendale, CA

Frosh: 10:20.69 1979 Vicki Cook, Alemany, CA (3200 yards)

Soph: 10:09.0h 1981 Patty Matava, Bellevue, WA (3200m)

Junior: 10:03.0h 1984 Suzie Tuffey, Bergan Peoria, IL (3200m)

Senior: 9:48.59 1996 Kim Mortensen, Thousand Oaks, CA (3200m)

# Name	Year School	Finals
1 HUDDLE, MOLLY	02 Elmira, NY	10:01.08
2 SCANLIN, KARA	02 Ponte Verde Beach,	10:27.25
3 TROTTER, AMANDA	03 Little Silver, NJ	10:32.81

4 SIKES, MICHELLE	03 Lakewood, OH	10:38.69
5 BOHNSACK, NIKKI	04 Rockford, MI	10:39.80
6 MC LEOD, BRIANNA	03 Jenks, OK	10:45.05
7 STANLEY, LAURA	02 Fletcher, NC	10:45.80
8 CATHCART, JULIA	02 Starkville, MS	10:51.07
9 SELBY, SARAH	03 Shelbyville, IL	10:51.56
10 HARPER, AMBER	03 Orem, UT	10:51.61
11 RAUEN, CAROLYN	04 Cincinnati, OH	10:53.81
12 PISHNY, ELLE	03 Stilwell, KS	10:57.31
13 HUGHES, MEGHAN	03 Moorestown, NJ	10:57.78
14 HASTINGS, AMY	02 Leavenworth KS	10:57.92
15 BOYD, JENNIFER	03 Chesapeake, VA	10:58.79
16 LAMBERT, MEREDITH	02 West Grove, DE	10:59.12
17 GOSE, KATIE	04 Camarillo, CA	11:00.00
18 RANDALL, COREY	03 Cincinnati, OH	11:00.39
19 WILLY, CATHLEEN	02 Pembroke Pines, FL	11:02.93
20 ABBOTT, CONNIE	04 Overland Park, KS	11:04.39
21 CUMMINGS, LAURA	05 Bay Shore, NY	11:04.85
22 JOHNSON, EMILY	03 Newton, MA	11:12.42
23 STUBIC, LISA	02 Waterbury, CT	11:12.65
24 SPARKS, SHANNA	03 Carson City, NV	11:16.30
25 FLAUTE, KATIE	02 Beaver Creek, OH	11:21.34
26 HUSS, AMY	03 Wyomissing, PA	11:23.51
27 STEWARDSON, LANDRA	02 Bagwell, TX	11:28.19
28 SWAIN, KELLY	03 Fairfax Station, VA	11:30.97
29 ELLIS, GINNA	05 Virginia Beach, VA	11:38.20
30 DERUSSO, KATIE	03 Fairport, NY	11:39.74
31 HARRISON, EMILY	04 Front Royal, VA	11:46.06
32 CROSS, TIFFANY	02 Mechanicsville, VA	12:18.04

[Here's the rest of the story. Just remember, Molly doubled; the rest of these girls did not. And, note Casey Carlstrom's niece had a good race too. We're proud of everyone!]

1 KALTENBACH, MEGAN	03 Aurora, CO	4:43.54
2 HUDDLE, MOLLY	02 Elmira, NY	4:47.24
3 BLOOD, NICOLE	06 Saratoga, NY	4:50.15
4 OWEN, MEGHAN	03 Danielson, CT	4:50.44
5 MALOY, ELIZABETH	03 Loudonville, NY	4:50.58
6 LAMBIE, ARI	03 Harvard, MA	4:53.31
7 NELSON, CASEY	04 Flemington, NJ	4:57.72
8 CARLSTROM, KEIRA	02 Oakton, VA	4:57.85
9 TROTTER, KATHLEEN	03 Little Silver, NJ	4:59.68

Vestal XX (20K) June 15

Overall winners: Tom Gudas, Binghamton, 1:11:50; and Suzanne Myette, Endicott, 1:27:06.

Local male runners: 4. Zeb Lang, Ithaca, 1:14:47; 5. Dan Dominie, Marathon, 1:16:48; 6. Jeffrey Juran, Ithaca, 1:18:02; 10.

Christopher Francisco, Ithaca, 1:20:40; 11. John Whitman, Ithaca, 1:20:52; 17. Eric Maki, Cortland, 1:23:17; 21. Terry Delaney, Ithaca, 1:25:30; 22. Tom Powers, Newfield, 1:25:46; 33. Kirk Steinbrecher, FLRC, 1:29:06; 46. Kevin Pasterchik, FLRC, 1:32:44; 57. Harland Bigelow, FLRC, 1:35:08.

Local female runners: 2. Heather Miller, Lansing, 1:28:00; 3. Heather Rapp, FLRC, 1:34:54; 4. Margret Betz, Conklin, 1:36:08 -- American record single-age 65; 7. Tracy Allaman, Ithaca, 1:38:41.

Big Flats Community Days 5K (June 15)

Overall: Jim Derick, 16:03; and Isabelle Melscoet, 19:35.

Overall masters: Kevin Coughlin, 17:32; and Coreen Steinbach, 20:02.

Local runners: Ed Winebold, 21:45; Dave Weiss, 22:14; Jeff Knutson, 23:13; Diane Sherrer, 23:20; Kai Blaisdell, 26:38.

Swamp Rat 5K and 10K (Brewerton, June 15)

10K: Local runners: Jim Wavle, Cortland, 44:23; Bethany Buchanan, Cortland, 56:33; Denise Benjamin, Cortland, 1:05:02.
5K: Local runners: Angel Stillions, Trumansburg, 23:38; Elizabeth Minor, Trumansburg, 24:03; Katherine Minor, Trumansburg, 25:51; Carole Crean, FLRC, 32:48.

Empire State Senior Games (Cortland, June 7-8)

Local athletes:

5K Road Race: Jim Miner, Dryden, 19:48 (silver medal M50-54); Terry Habecker, Ithaca, 19:59 (bronze medal M50-54); Joe Daley, Ithaca, 20:11.

5K Race Walk on Track: Jim Miner, Dryden, 28:08 (gold medal M50-54).

10K Road Race: Jim Miner, Dryden, 42:46 (silver medal M50-54); Harland Bigelow, 44:50 (silver medal M55-59); Dan Gahn, Ithaca, 53:52.

Triathlon: Terry Habecker, 1:06 (gold medal M50-54).

Track 800 meters: Joe Daley, Ithaca, 2:22 (gold medal M50-54).

Track 1500 meters: Joe Daley, Ithaca, 5:09.1 (gold medal M50-54).

Track 200 meters: Frances Piliro, Ithaca, 32.1.

Track 100 meters: Don Sayles, Newfield, 14.9.

Javelin: Don Sayles, Newfield, 19.95 meters.

Paige Butterfly 5K (Baldwinsville, June 1)

Local runners: Michael Leonard, Freeville, 17:54.

Veteran's Memorial 5K (Camillus, May 27)

Local runners: Thaddeus Schug, Freeville, 17:58; Sabrina Clark, Cortland, 23:57; Ray Wagner, Groton, 28:20; Stephanie Beeman, Cortland, 30:08; Carole Crean, FLRC, 32:36.

24th annual Freihofer's Run for Women 5K National Championship (Albany, June 1)

Overall: 1. Marla Ruyan, Eugene, Ore., 15:27; 2. Colleen DeReuck, Boulder, Colo., 15:36; 3. Sylvia Mosqueda, Los Angeles, Calif., 15:58.

Masters National Champion: Joan Nesbit Mabe, North Carolina, 16:54.

Top age-graded performance: Kathy Martin, 50, Northport, 18:13.

Local runners: Murphee Hayes Falls, Marathon, 18:54; Shirley Woodford, Burdett, 20:28 (national masters F45-49 age group champion); Margret Betz, Conklin, 22:08 (national masters F65-69 champion); Diane Sherrer, Trumansburg, 23:38; Lennie Tucker, 24:52; Linda Seymour, Ithaca, 25:04; Amber Muirhead, Ithaca, 27:44; Elizabeth Crumley, Ithaca, 33:15; Kellie Eslinger, Ithaca, 33:15; Sarah Ploss, Trumansburg, 34:31; Carole Crean, 35:21.

25th annual Elmira-Thon (June 2)

10K:

Overall winners: James Derick, Big Flats, 33:08; and Heather Miller, Lansing, 41:21.

Local runners: 3. Jeffrey Juran, Ithaca, 35:46; 4. Kevin Coughlin, FLRC, 37:04; David Green, Newfield, 38:23; Tom Powers, Newfield, 39:49; Wally Powers, Spencer, 41:11; Shirley Woodford, Burdett, 41:30; Bob Decker, Watkins Glen, 41:33; Jim Miner, Dryden, 41:49; Glenn Cobb, Lansing, 42:20; Norm Ward, FLRC, 42:37; Jim Usack, Ithaca, 43:35; Buk Nakeed, FLRC, 44:12; Ellen McHugh, FLRC, 46:42; Don Phykitt, FLRC, 46:53; Frank Martin, Watkins Glen, 47:53; David Morgan, FLRC, 49:50; Todd Mattison, Ithaca, 50:18; Robert Holuka, Ithaca, 50:38; Sara DuBois, FLRC, 51:44; Michelle Gonzales, Watkins Glen, 53:05; Kai Blaisdell, Ithaca, 54:37; David Holuka, Ithaca, 54:37; Kelly Stone, Rock Stream, 57:20; Kathy Rohrer, FLRC, 1:04:17; Janice Johnson, Ithaca, 1:06:33.

3-Mile Road Race:

Overall winners: Greg Wilber, Pine City, 16:27; and Molly Huddle, Elmira, 16:33 -- 2nd overall!

Local runners: Jonathon Fazzary, Watkins Glen, 17:23; Joseph Usack, Ithaca, 18:35; Jeffrey Stone, Van Etten, 18:48; Bob Decker, Watkins Glen, 20:20; Andris Goncarovs, Trumansburg, 21:09; Cathy Fazzary, Watkins Glen, 22:03; Karen Grover, Alpine, 22:16; Melissa Usack, Ithaca, 22:51; Natalie Usack, Ithaca, 22:57; Nancy LaBare, 24:48; Lisa Peseky-Butler, Van Etten, 24:53; Carrie Fitch, Candor, 25:00; John Stone, Van Etten, 25:41; Jaffe Greenwald, Ithaca, 27:47; Sally Rusby, FLRC, 29:50; Erin Slater, Ithaca, 31:51; Julie Karlson, Ithaca, 31:51; Lara Matson, Trumansburg, 31:52; Jamie Gardner, Montour Falls, 31:54; Jeffrey Stone Sr., Van Etten, 34:58.

Duathlon: Individual and Team

Run 3 miles, bike 23.5 miles, run 3 miles.

Overall winners: Sean Ion, Shippenville, Pa., 1:31:14; and Meg Reed, Elmira, 1:46:00.

Local duathletes: Lawren Smithline, Ithaca, 1:39:49; Dirk Elliot, Marathon, 1:40:43; Terry Habecker, Ithaca, 1:45:03; Dave Boor/Quentin Summers, FLRC, 1:45:44; Mike Leonard, Freeville, 1:50:05; Bob Dattola, Ithaca, 1:50:35; Andri Goncarovs, Trumansburg, 1:52:55; Jay Williamson, Ithaca, 1:53:01; Doake Brown, Cortland, 1:53:41; Dennis Uhlig, FLRC, 1:53:58; Trevor Holland/Nils Watson, Hector, 1:57:14; Tim Reynolds, FLRC, 1:58:47; Michael Matheny, Ithaca, 1:59:01; Dan Brown, Lansing, 2:02:17; Ed Winebold, FLRC, 2:02:59; Brad Brown/Maureen White, Cortland, 2:05:37; Alexandra Goncarovs, Trumansburg, 2:05:41; Rob Kaplan, Ithaca, 2:13:11; Ben Oswald, Ithaca, 2:14:43; Dick Johnston, FLRC, 2:15:12; Morgan Stanley, Ithaca, 2:24:48; Dick DuBois, FLRC, 2:26:54.

FLRC All-Comers Track Meet (Moravia)

1,500 meters

1. Christopher Brunner, Ithaca, 4:30.30; 2. Bob Bolton, Laconia, 4:30.95; 3. Joshua Cross, Ithaca, 4:31.33; 4. Laura Malczewski, Ithaca, 6:05:55.

Highland 1-2-3 Trail Run (Highland Forest, Fabius, May 18)

10 Miles

Local runners. 1. Alan Lockett, Ithaca, 1:24:25; 5. Lawren Smithline, Ithaca, 1:28:31; 7. Fred Miller, 1:32:32; 9. Jim Miner, Dryden, 1:35:32; 10. Dave Jones, Interlaken, 1:36:09; 11. Audrey Balander, Cortland, 1:36:20 (first female overall); 20. Don Phykitt, 2:02:32; 23. Lennie Tucker, 2:09:05; 24. Sarah Broadley, Ithaca, 2:09:20; 29. Kai Blaisdell, Ithaca, 2:20:14.

20 Miles

Local runners: Mike Hurley, FLRC, 4:41:02; Tessa DuMont, 4:48:09.

Run for the Young 5K (Rochester, May 12)

Local runners: Rich Rasmussen, 27:29; Sean Judge, 29:40.

These runners from Ithaca's Immaculate Conception Church raised roughly \$600 for the Diocese of Rochester scholarship fund, with \$300 going to the Immaculate Conception Youth Ministry Program.

Twin Tiers Race for the Cure 5K (Horseheads, May 19)

(*Incomplete results. Times available through 24:30 only. --ds)

Overall winners: Mark Andrews, Canisteo, 15:16; Isabelle Melscoet, Painted Post, 19:57.

First breast cancer survivor: Melinda Curtis, New Berlin, 22:02.

Local runners: 2. Rob Lane, Ithaca, 16:03; 7. Adam Engst, Ithaca, 17:26; 10. Casey Carlstrom, Ithaca, 18:23; 22. Robert Decker, Watkins Glen, 20:16; 30. Esther Prins, Ithaca, 20:44 (4th female overall); 31. Shirley Woodford, Burdett, 20:48; 53. Christine Beach, Interlaken, 22:07; 59. Ellen McHugh, FLRC, 22:23; 60.

Rich Hoffman, Brooktondale, 22:23; 66. Joe Reynolds, Hector, 22:41; 70. Beth Reynolds, Lansing, 22:55; 71. Mark Slattery, Ithaca, 22:56; 88. Diane Sherrer, Trumansburg, 23:35.

14th annual Tri for the Y Triathlon

Events: swim 400 yards, bike 15.7 miles, run 4.7 miles.8
Ithaca, May 5

Overall winners: Evan Walther, 1:15:38; and Tracey Brauksieck, Homer, 1:18:07 -- 2nd overall (*Tracey is one of the best high school track and cross country runners in the nation.)
Results were not posted with hometowns. Below find the top 20 of 126 finishers:*

3. Thad Schug, 1:20:04; 4. Greg Hitzhuen, 1:20:41; 5. Andrew Peebles, 1:22:27; 6. Terry Habecker, 1:24:16; 7. Ron Havens, 1:24:20; 8. Dirk Elliot, 1:25:25; 9. Dale Jarvis, 1:25:37. 10. Sam Davison, 1:25:47. 11. Andrew Getzin, 1:26:58. 12. Charles Cobb, 1:27:21; 13. William Downey, 1:28:37; 14. Mark Sorrells, 1:29:26; 15. Bob Talda, 1:29:31. 16. Robert Hermanet, 1:29:51; 17. Bob Dattola, 1:29:55. 18. Cutter Cramton, 1:29:57; 19. Adrienne Kroepsch, 1:30:22; 20. Amy Oberst, 1:30:40.

Oklahoma City Marathon (April, Oklahoma)

Local runner: Christine Beach, Interlaken, 3:41:14 -- 2nd female Clydesdale.

Vermont City Marathon (Burlington, May 26)

Overall winners: Chad Newton, 2:26:27; and Veronique Vandersmisse, 2:41:20.

Local runners: Eric Maki, Cortland, 2:56:28; Rick Cleary, Ithaca, 3:22; Ron Acerra, Ithaca, 3:51:22 (Team In Training); Ron Hulslander, Cortland, 3:51:22; Tony Ciccone, Locke, 4:25:14; Gillian Perkins, Ithaca, 4:31:17; Jennifer Rawlinson, Ithaca, 4:31:18; Melissa Bramley, Homer, 4:42:25; Paige Anderson, Ithaca, 5:07:53; Casey Clark, Team In Training, 5:41:25; Harland Bigelow, FLRC/Team In Training coach, 5:41:27.

Buffalo Marathon (May 26)

Overall winners: Steve Wilson, Lafayette, Ind., 2:30:09; and Deana Sikora, Buffalo, 3:10:50.

Local runners: Alexa Sharp, Ithaca, 3:34:42; Amy Voorhees, Interlaken, 3:43:43; Peter Voorhees, Interlaken, 3:46:26; Megan Galbreath, Ithaca, 4:07:44.

Bob Bridgman Memorial 5K (Mansfield, Pa., May 27)

Overall winners: Chris Cummings, Mansfield, 17:06; and Charity Learn, Mansfield, 18:41.

Local runners: Kevin Coughlin, FLRC, 17:54; Jeffrey Juran, Ithaca, 17:57; Jim Miner, Dryden, 20:08; Norm Ward, FLRC, 20:16; Buk Nakeed, FLRC, 21:55; Ed Winebold, FLRC, 22:30; Joe Reynolds, Hector, 22:41; Christine Beach, Interlaken, 23:02; Bill Taylor, FLRC, 23:53; Dave Weiss, FLRC, 24:22; Diane Sherrer, Trumansburg, 24:40; Mary Wenck, FLRC, 25:38; David Morgan, FLRC, 26:01.

National Distance Running Hall of Fame Half Marathon & 5K (Utica, May 19)

Half Marathon: Local runners: 7. Michael Leonard, Freeville, 1:23:34; 27. Will McGovern, Marathon, 1:33:48; 75. Audrey Barton, Ithaca, 1:44:02; 164. Cathy Troisi, FLRC, 2:14:47.

5K: Local runners: 16. Coreen Steinbach, FLRC, 20:45; 97. Patricia Leonard, Freeville, 28:51.

Syracuse Race for the Cure (May 18)

Overall winners: Jeremy Cornue, 17:46; and Cassandra Crane/Deb Springer -- a tie: 21:00.

Local runners who finished in the top 1,000 of 5,700 finishers. Complete results at www.fleetfeetsyracuse.com.

*Unless otherwise noted, Cortland residents:

Steve Brown, 20:12; Doake Brown, 22:10; Tim Romans, 25:28; Jamie Frank, 26:22; Linda Eberly, 26:45; Sabrina Clark, 27:07; Debra Tobias, 27:39; Terri Rogers, 28:21; Jaricah Bleck, 29:41; Cathy Troisi, FLRC, 28:54; Mary Bente, Lansing, 30:11; Stephanie Beeman, 31:24; Judy Urban, Dryden, 32:36; Kathy Purdy, Moravia, 32:59; Marilyn Miller, 33:49; Lorraine Tracy, 34:08; Patricia Kinney, Moravia, 35:18; Terry Marcus, Ithaca, 35:59; Stephen Jones, 40:42; Michelle Hale, 41:17.

JULY CALENDAR 2002

*July 1: Syracuse Chargers Summer Track Meets, Jamesville-DeWitt High School, 6 p.m. Email Lennie Tucker at lennieruns@aol.com to verify site. Web: syracusechargers.org.

*July 2: Rochester Summer Track & Field Series, Rush-Henrietta High School, 6 p.m. Web: www.gvh.net.

*July 4: The 30th annual Cazenovia July 4th Races: 5K and 10-Miler, 8 a.m. Contact Marla Bennett, 2908 Gardner Rd., Fabius, N.Y. 13063; call (315) 677-0194; Web: www.cazenovia.org. No race day registration

*July 4: Salomon Smith-Barney Highland Park Triathlon: 500 yard swim, 17K bike, 5K run, 7 a.m., Highland Park, Endwell.

Individual and team competition. E-mail Suzanne Myette at trimyette@aol.com.

*July 4: Toys R Us Kids Fun Triathlon, Highland Park, Endwell, 10:30 a.m. Events: 1/2 mile-run, 3-mile bike, 75 yard swim. Ages 6-12. Contact Suzanne Myette at trimyette@aol.com.

*July 4: The Fairport Firecracker Five Miler Run, Perinton Park, Fairport, 8:30 a.m. Contact Perinton Chamber of Commerce, 222 Turk Hill Park, Fairport, N.Y. 14450.

*July 4: Irondequoit July 4th 10K, 8:30 a.m., Christ the King Church, Rochester. Contact Charles Tanck, 175 Eastgate Dr., Rochester, N.Y. 14617; (716) 467-4993.

*July 4: Sodus Point Lighthouse 5K, 9 a.m. Contact Michael DeMay, 131 Brizee, East Rochester, N.Y. 14445; call (716) 381-4812.

*July 4: Brighton Chamber of Commerce 5K, Brighton High School, 9 a.m. Contact Bill Kehoe, 1255 University Ave., #140, Rochester, N.Y. 14607; call (716) 473-8337.

*July 4: Race for Independence 10K, Montrose, Pa., 8 a.m. Call Amy LaRue: (570) 278-2658.

*July 6: The 14th annual Finger Lakes Trail Fifties: 25K, 50K and 50 miles, Finger Lakes National Forest, Hector, 6:30 a.m. E-mail Joe Reynolds at flnf10155@yahoo.com; call 387-6281.

*July 6: Arkport Summerfest 5K, 8:30 a.m. Contact Dan Ells at 295-7183.

*July 6: Turtle Run 5K, East Rochester, 6 p.m. Call Ellen Brenner at (585) 244-5181.

*July 7: Adirondack Distance Run 10 Mile, 7: 30 a.m., Lake George. Contact Janet Olden at (518) 793-9081; Web: www.adirondackrunners.com.

*July 7: Bronx Half Marathon. Contact NYRRC, 9 East 89th St., New York, N.Y. 10128; www.nyrrc.org.

*July 9: Finger Lakes Runners Club Tuesday Night at the Track Series: Newfield High School, 6:15 p.m. Events: 400, one mile, 100 and 2 x 200 meter relay. Email Tim Ingall at timingall@hotmail.com.

*July 11: Thursday Nite Races, McQuaid High School, 6 p.m. Web: www.gvh.net.

*July 12-13: Relay Run for Life, 15-hour walk/run at Ithaca High School track, 7 p.m. to 10 a.m. Contact June Losurdo at 227-2276, or www.cancer.org. Benefits American Cancer Society.

*July 13: The 18th annual RRCA Women's Distance Festival 5K Run & Walk, West Endicott Park, Town of Union, 8:30 a.m. Contact Paul Natelli, 206 Groveland Ave., Endwell, N.Y. 13760; call 754-5251; e-mail: pnatelli@stny.rr.com.

*July 13: Race in Remembrance 5K, 9 a.m., Montoursville, Pa.
 *July 14: The 25th annual Utica Boilermaker 15K and 5K, 8 a.m. Contact Utica Boilers Inc., P.O. Box 512, Utica, N.Y. 13504-0512; or call (315) 797-5838; email: www.boilermaker.com.
 *July 14: The 27th Nittany Valley Arts Festival 10K, State College, Pa., 8:30 a.m. Contact Morgan Wasikonis, P.O. Box 10348 State College, Pa. 16805; or e-mail: president@nvrn.com. Web: nvrn.com
 *July 15 Syracuse Chargers Track and Field Summer Series: Relay Festival, Cicero-North Syracuse High School, 6 p.m., Contact Lennie Tucker at (315) 638-8238. Free.
 *July 16: Rochester Summer Track and Field Summer Series, Rush-Henrietta High School, 6 p.m. Web: www.gvh.net.
 *July 18: RRCA Women's Distance Festival 5K Run & Walk, Dryden Town Park, 6:30 p.m. Contact WDF, P.O. Box 185, Locke, N.Y. 13092; e-mail: ljm2@cornell.edu; or Diane Sherrer: dysherrer@mymailstation.com.
 *July 20: Convention Days 5K and 10K, Academy Square, Seneca Falls, 9 a.m. Contact Seneca County Chamber of Commerce, Box70, Seneca Falls, N.Y. 13148; call (315) 568-2906; (800) 732-1848.
 *July 20: Lake Moraine 5-Mile Run, Hamilton, 6:30 p.m. Contact Craig Crouch at (315) 228-7624.
 *July 20: The Fulton River Run 5K and 8K, 9 a.m. Contact Fulton Family YMCA, 715 West Broadway, Fulton, N.Y. 13069.
 *July 20: Vermont 100 Miler, South Woodstock Vt., 4 a.m. Web: www.vermont100.com; e-mail: Vtultrarun@aol.com.
 *July 20: Lumberjack Festival 5K, Deposit, 10 a.m. Email Beth Decker at bean91760@aol.com.
 *July 20: The Damn Wakely Damn Ultra 32.4 miles, Piseco, N.Y. (Adirondack region). E-mail: christiancamper@hotmail.com. Web: www.run.to/WakelyDam/
 *July 21: Forest Frolic 7K and 15K, Virgil State Forest, 9 a.m. Contact Steve Ryan, 315 Troy St., Ithaca, N.Y. 14850; email: sryan004@twcny.rr.com.
 *July 21: M & T Bank Jungle Jog 5K, 8:15 a.m., Seneca Park Zoo. Call Don McNelly at (585) 342-1533.
 *July 23: Rochester Summer Track and Field Series, Rush-Henrietta High School, 6 p.m. Web: www.gvh.net.
 *July 27: Ten Ugly Men 5K, 9 a.m., Ellison Park, Rochester area. Contact Pete Glavin at gvh@frontiernet.net.
 *July 27: Fillmore 5K and Fun Run, Moravia Central School track, 9:30 a.m. Call Alan Lockett at 277-7183 (ext. 207) days; e-mail: aml@thomasamerica.com. Part of Ithaca 5K Series.
 *July 27: Stoney's Harborfest 5K and 10K, 9 a.m., Oswego. Contact Kim McPherson, 249 W. First St., Oswego, N.Y. 13126; call (315) 343-1981.
 *July 27: Lee Barta 5K, Recreation Park, Binghamton, 10 a.m.. Contact David Cody, P.O. Box 632, Westview Station, Binghamton, N.Y. 13905; call 772-7017. Part of Police Pursuit Series (with Pud's 5K and Pit 10K).
 *July 27: Nescopeck Summer Biathlon, Nescopeck Hunting and Rifle Club, Nescopeck, Pa. Contact Frank Gaval at (570) 788-4219.
 *July 27: Friendly Voyager Marathon and Half Marathon, Massey, Ontario, 6 a.m. E-mail: elizgamble@hotmail.com.
 *July 28: Bon Ton-York Newspaper 5-Miler, York, Pa. Contact Clay Shaw, 3035 Raintree Rd., York, Pa. 17404.
 *July 28: Tim Fancher Memorial 5K Run and Walk, 9 a.m., Great Bend, Pa. Contact Tom Hamlin at (570) 663-2030.
 *July 28: Escarpment Trail 30K, 9 a.m., Windham. Contact Dick Vincent at escarpmenttrail@aol.com; call (518) 678-3293. Pre-registration only; first come, first served. Web: www.escarpmenttrail.com.
 *July 31: A Mid Summer's Night Dream 5K Cross Country, Long Branch Park, Syracuse. Contact Daniel Reid, 2410 West Genesee St., B8, Syracuse, N.Y. 13219.

*July 31-Aug. 4: 25th annual Empire State Games: scholastic, open and masters competition, Cortland and Syracuse venues. Web: www.empirestategames.org.

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