



Finger Lakes Runners Club - June 2002 Newsletter



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

Quote of the Month: "Well, Kleins should be able to compete with THIS." — overheard in the women's running apparel section at the grand opening of Dicks Sporting Goods at the Pyramid Mall in Ithaca last weekend.

Coming Up:

June 2: 25th annual Elmira-Thon 10K, 3-miler, duathlon, 8 a.m.
June 5-9: 20th annual Empire State Senior Games, Cortland.
June 7-8: NYSPHSAA Track & Field Championships, Rochester.
June 8: Tortoise & Hare 10K Trail Run, Lower Buttermilk, 9 a.m.

June 11: FLRC Tues. Nite @ the Track: Cornell U., 6:15 p.m.
June 15: Big Flats 5K, 10 a.m. BBQ!
June 20: Ithaca Twilight 5K, Ithaca HS, 7 p.m.
June 24: Cazenovia 4th of July 10 miler/5K entry deadline.
June 26: Red Dress Run 5K, Maine-Endwell HS, 6 p.m.

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FLT 50s Run-Throughs

Stay tuned to the FLRC listserv for an announcement of time and date for the FLT 50s run-through of the 15-mile loop. Or e-mail Joe Reynolds at flnf10155@yahoo.com.

Tortoise & Hare Volunteers (June 8) Needed

Jen Stanton, rookie T & H race director, could really use some volunteer spirit. This is a fun-filled, easy race to lend a hand. Email Jen at jzenny@hotmail.com to volunteer.

Hartshorne Volunteers of the Year Are Announced!

[Assistant editor's note: after months of soliciting secret votes, we finally have our 2002 Hartshorne winners. To nobody's surprise (except the winners themselves!), Rick Hoebeke and Tim Ingall are sharing this year's honors. We'll have fuller coverage next month, but below are the winners' spontaneous reactions to the news.]

From Rick Hoebeke:

Well, thank you very, very much! What a pleasant surprise . . . I had no idea! I am honored that the club has nominated me for this award, and being that it's the Hartshorne Volunteer Award, I am even more humbled. Jim Hartshorne, and Tom, are very special people and were, and are, valued friends. I frankly do not need any kind of "payment" for this honor, but a "dinner certificate" for two would be quite nice (maybe for the Boatyard Grill or Moosewood).

Again, I thank all involved for this very pleasant honor bestowed on me (and Tim) by my peers and friends.

—A very surprised "Coach"

From Tim Ingall:

I am extremely honored to be the joint winner of the Hartshorne Memorial Service Award for 2002. When I look down the list of past winners I feel like I don't belong with this prestigious group. There are several extremely deserving people that I feel have contributed - and continue to contribute more to the club than I have. Many of these individuals work tirelessly in the background throughout the year. To be named alongside Rick Hoebeke makes it all the more wonderful for me and certainly an even greater honor. His long-standing involvement with the club speaks for itself and he has inspired me in many ways over the past few years, both with running and volunteering. He is always fully involved with the fall X-country series and the Master's Mile he directs is almost certainly the most inspiring event I've ever attended.

I'd like to accept this award on behalf of all the unsung volunteers of the club. This past indoor track season I tried to show that it is possible to help and compete at these meets and in so doing have more fun. The Finger Lakes Runners Club and High Noon have become like family to me and I want to thank everyone for their friendship, assistance and advice.

— Tim Ingall

Central NY Summer Track Opps & ESG Masters Qualifying Standards

This newsletter encloses FLRC's schedule and the schedule from the Syracuse Chargers (see www.syracusechargers.org). Also note that GVH (Rochester) has two summer track series going on, which you'll find within our monthly calendar — and if you go to the GVH Web site at www.gvh.net.

Our friends from the Triple Cities Runners Club also host a weekly Wednesday night track workout (with some

exceptions), at 6 p.m. at Maine Endwell High School. Go to their Web at www.triplecitiesrunnersclub.org (a new web address). They charge a one-time \$3 fee for insurance coverage.

With track on the brain, note that we're enclosing the Empire State Games qualifying standards for masters track & field specialists — courtesy of the Charger newsletter. The Games will be hosted in Syracuse and Cortland this year, and all masters athletes must do-it-yourself to qualify for your events. Scholastic and open athletes must attend pre-designated trials, but masters can attend any of the track meets referred to above.

High school and college athletes: Please see your local track coach for information. Also, go to www.empirestategames.org. If you go: Be aware there is an entry deadline, but I have no idea what it is.

Relay for Life!

As we go to press, I don't have any information on our local cancer fundraiser except that the dates are July 12-13 at Ithaca High School.

Individuals and teams collect pledges, keep moving around the track all day and night, and raise funds for the American Cancer Society. The Ithaca event has become a huge success and a must-do!

If there is anyone out there willing to put a team together from FLRC/High Noon, please step forward, let our webmaster know (Tom Meyer), let Betsy and me know for the newsletter, and put some news out on our listserv — ASAP!

Tales From the Triennial

Given that the Triennial is an 84 mile race actually composed of 6 individual race, each longer than a half marathon, writing a single race report would take a vast amount of time and actual research. That's too much work, so here are a bunch of unrelated experiences from my race, along with anecdotes that made their way to me during the day. Accuracy is likely to be roughly at the level of the children's game of Telephone, so take everything in here as gospel for the historical Triennial record.

I ran E-1, which in retrospect was a good choice, since all the really fast people ended up on other legs. I still had Herb's 18 minute head start to contend with, which confused me when I caught him at about 30 minutes. Poor Herb, unaccustomed to early morning light in the woods, had missed a turn and started seeing the blue blazes as white blazes. But he still finished third, and give his finish at 9 minutes or so behind second place Chuck Nicholson, it's likely that getting lost so early didn't actually impact his place.

Actually, there was another fast guy in E-1, on one of the GVH teams. He had a several minute head start on me, but I caught him within the first two miles, and prevented him from getting very lost in a fit of good sportsmanship when I thought he was no competition. I then caught Herb, and then two other guys who were in second and third at that point, and as I was running with them, the GVH guy caught up to us. Shocked, I took off, and he went with me. After a

while, I introduced myself, and we ran together for a few minutes, with me cursing myself for having called him back from his earlier wrong turn and wondering if there was any other way I could lose him. Then I vaulted a log and a few seconds later heard a muffled obscenity as he bit the dirt going over. I stopped and asked if he was OK and he nodded, so I continued on, secure in the knowledge that my mutant mental powers had secured me the win. Anyone else racing me on trails should remember this! :-)

At the halfway point of E-1, you have to run up an old logging road for about 15 minutes, which is both annoying and painful. But halfway up, I started to remember it from 12 years ago, in the 1990 Triennial, where I had been unable to find the last turn back into the trails from Fire Tower Road. I decided discretion was the better part of valor and just waited for the next runner to catch me. I know now that it was Truck Rossiter, and I ran with him long enough to get back on the trail, then outkicked him down that long logging road. I'd been recruited for the High Noon team at the last minute that year, and it turned out to have been a good move, since the other two High Noon runners in that leg dropped out. It's so cool learning what actually happened in that race after all these years of not really knowing. :-)

<<http://home.hetnet.nl/~fatcat/tri1990.htm>>

At the start of E-1, my father and I were sitting in the car waiting for a while, and there were three rabbits playing tag in and out of the multiflower rose next to the road. Other wildlife sightings included two deer, and a pheasant. I was disappointed I didn't see any bears — I saw three the first year we lived in our last house in Seattle, and there's nothing like a bear to give you a jolt of adrenaline.

At about the mile point on E-1, you're still on Star-Stanton Road, but it's rapidly petering out. There was a white van parked by the side of the road, and as the scratch start guys like me came up to it, a guy walked out to the van wearing full camouflage and carrying a rifle. Following him came another guy, also in full camouflage, but in an electric wheelchair with a rifle mounted on the wheelchair. <sarcasm>It's good to see people not letting their disabilities getting in the way of their hobbies.</sarcasm>

I only ran the first half of my course in training, due to the extreme heat that week and a meeting I needed to get to. I was regretting it a bit on the roads, which were poorly marked, and about a mile from the finish, when we hit 4"-6" of mud, bordered on each side of the trail by multiflower rose so bouncing back and forth on the edges was a guaranteed way to lose blood. Finally, I gave in and went to the middle, but by that point, I couldn't keep running without falling, and since I'd avoided falling so far, I didn't want to set a precedent. Even worse, the blazes were almost non-existent, and there was one spot where you had to cross a cable that seemed to deny access. Luckily, I made it through without either hurting myself or getting lost, and if I lost a little time, it didn't matter in the end. But boy was I bummed about getting wet and muddy after having come through almost the entire race clean and dry.

Having E-1 finish on a road turned out to be a slight mistake, at least for me, because after 13.6 miles, I wasn't thinking clearly and dashed right into the finish, not even

noticing the fact that there was a car coming. The car wasn't particularly interested in stopping, but luckily I managed to get across the road in time.

Other Random Stories:

The Traildogs team was from Binghamton and took a bit of flak for a boring name. What most people didn't realize is that their dog, Riley, ran a full leg of the course (probably 20 miles, given the dog approach of running back and forth) and then ran a portion of another leg. Despite running 25+ miles, he didn't look at all tired at the end of W-3.

The beautiful weather meant that most teams had their own support crews, since everyone wanted to be outside that day. At the water stop on W-3, I spent quite a while talking with the Rochester and Binghamton teams, both of whom were extremely amiable, if er, well-lubricated by that point in the afternoon. The Rochester team was extremely amused that that Finger Lakes Trail crosses Upper Treman just inside the sign that said a permit was required for alcoholic beverages. Of course, by that time, they were extremely amused by just about anything, including each other.

John Hylas, returning to his old form, found himself running E-3 with one of the GVH guys toward the end. In classic John fashion, he was telling the guy all his old stories about training with Dan Predmore and Pete Pfitzinger, and luckily, as they came into the finish, John realized that he should just shut up and run like he claimed he did way back when. He did, and pulled out a second place, outkicking the guy at the finish. There was some story about how the guy he beat had at one point run a sub-4-minute mile, but that could be apocryphal. Of course, they were both well behind Mike Selig, who was by far the youngest runner in the Triennial at 23 and who ran a 2:31 at Boston a few weeks back.

Best answer to my question of "What is your name?" to the finishers at the end of W-2: "No clue." Luckily, a few minutes later the person did indeed remember, or we would have had to award them the Bruce Roebal Prize for Race-Induced Amnesia.

The Bubbles team finisher at W-2 looked rather distraught when I told her that her team's W-3 runner hadn't shown up, so she'd have to run the W-3 leg too. My helpful suggestion that she could waive her head start to have another 12 minutes of rest luckily convinced her that I was indeed kidding.

Earl Steinbrecher, Jr. lost some points for wearing brand new Adidas trail shoes, right out of the box. The heels of his socks and shoes were soaked with blood, but that didn't stop him from winning E-3 by a huge margin. And on E-1 I was worried that I might have gotten a blister.

Amazingly, the guy who fell in E-1 was the only person who didn't finish. And despite some concern over another E-1 guy wearing a full sweatsuit and headphones and claiming he'd never run on trails before, we didn't actually lose anyone.

Enough! I could probably pull out a few more, but like so many funny stories damaged in the retelling, you just had to be there. So mark your calendars for 2005, when we'll see just how the Rossiters try to live up to the old maxim, "If on

the first eight tries you don't succeed, change the rules again."

—Adam Engst

FLRC Summer Meets: Fast Times at the Monsoon Meet

I arrived at the Moravia HS track to find (to my surprise and horror) two cars, one with a fast-looking guy who had driven all the way down from Pulaski, the other Diane Sherrer's van, with Diane and Tim Ingall conspiring in the front seat. I got into the van assuming that Diane and Tim were trying to think of how to tell the guy from Pulaski that they were going to cancel the meet. Tim was scribbling notes, which he handed me later:

"39 degrees.. flash flood ripped hole in tarp (how to reimburse Moravia HS?) ... guy from Pulaski - good & desperate ... 2 people on track in slickers picking worms .. 5:27 - Karen arrives in ear muffs and hip waders."

The guy in the other car was Syracuse Charger Bob Bolton (of Laconia, to be precise, an appropriate home town for the weather conditions). Bob is a former Hartshorne Mile competitor and a fine masters miler.

It took me a while to realize that Tim and Diane actually planned to go through with this meet. Before I could manage my escape, Jim Miner arrived with a bag of stale bagels, and shortly afterward Green Goon stalwart JOSH CROSS emerged through the mist. So we had TWO runners, both sub 4:30 1500 guys, who somehow had missed the Shackelton expedition and instead turned up in Moravia, N.Y. Just 15 minutes before scheduled meet start time at 6:15, Chris Brunner, another FAST MILER from Ithaca appeared with his spikes around his neck, wading through the mud. Tim hopped out of the car, put up the FLRC banner, Lorrie Marnell pulled in and put some good Cajun music on the sound system, Jim Miner got everyone signed up, and at 6:30 we started a single lap of the 1500. Josh Cross took the three lead runners out in a tight group though the first two laps. There was a fairly stiff north wind, but the rain let up during the race. Chris Brunner took over on the third lap, but Josh passed him back on the bell lap. The two of them fought it out in the backstretch, with Bob finally tucking in for second behind Chris's kick. The result was a PR for Bob (well, in his second 1500 ever), in unbelievably bad conditions.

As the weather got worse, Tim Ingall became steadily more insane. We ran a 200 meter heat for Karen Grover and Laurie's daughter Shealena, but I couldn't see who won through the rain. Tim then insisted on running a 4x400 relay, making up the teams as we went along. Lorrie and I ran in blue jeans and windbreakers, Jim Miner in his Carhart jacket.

Respectfully submitted,
—John Whitman

Inaugural FLRC Track Meet

Date: 5/14/2002

Place: Moravia High School Track

Temperature at race time: 39 F

Weather: Driving rain

1500 meters

1. Brunner, Christopher (M 22) Ithaca 4:30:30
2. Bolton, Bob (M 41) Laconia 4:30:95
3. Cross, Joshua (M 27) Ithaca 4:31:33
4. Malczewski, Laura (F 25) Ithaca 6:05:55

Steamtown Suggests You Steam On Down

Dear New York Running Clubs,

On behalf of The Steamtown Marathon, its 14 communities and its 2,600 volunteers, I am pleased to invite you to run in this year's race. Our 26.2-mile, point-to-point, USATF-certified marathon will be held on Sunday, October 13 in Scranton, PA.

Steamtown has been ranked as one of the nation's 10 fastest marathon courses by Runner's World. We feature a 955' drop in elevation from start to finish and have about 4 miles of beautiful Rails to Trails on our course. We are an excellent qualifier for the Boston Marathon.

Please visit our web site at www.steamtownmarathon.com and click on "Testimonials" to see what other runners have said about Steamtown. You can register there or we'll be glad to mail you applications if you'd prefer. Just email us your address and the quantity you require.

Thank you for your time and good luck with your running. As a point of reference, Scranton is about a two hour ride from the Lincoln Tunnel and about 2 1/2 hours from Syracuse.

Sincerely, Jim Cummings, Asst. Race Director
Steamtown Marathon

Results:

Runner's World Half Marathon (Allentown, Pa., April 21)
Local runners (Chip times): Peter Voorhees, Interlaken, 1:48:12; Amy Voorhees, Interlaken, 1:48:12; Catharine Haight, Ithaca, 1:48:41; Amita Chugh, Ithaca, 2:00:35; Scott Voorhees, Trumansburg, 2:30:27; Laura Voorhees, Trumansburg, 2:30:27; Sarah Ploss, Trumansburg, 2:52:02.

Ontario Shore Marathon
(Hamlin Beach, Rochester, May 4)

(Local results may be incomplete because Web results were not searchable by hometown. —ds)

Local runners: Dan Dominie, formerly Marathon, 2:51:18 (second overall); Don Geesler, FLRC, 3:45:08; Dave Weiss, FLRC, 3:48:19; Mickey Piscitelli, FLRC, 4:12:45 (third F45-49); Peggy Eck, Dryden, 4:24:08; Caroline Rodriguez, Ithaca, 4:25:26; Anthony DeBlasio, FLRC, 4:33:08.

Ontario Shore Half Marathon

Local runner: Joe Familo, FLRC, 3:41:22 (second M70-up).

Run for the Young 5K (Rochester, May 14)

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.

The 18th annual Guthrie Gallop (Sayre, May 11)

(Incomplete results at this time)

5K road race

High Noon takes top three spots: 1. Argilia Rodriguez, Ithaca, 16:49; 2. Rick Hoebeke, Trumansburg, 17:09; 3. John Hylas, Ithaca, 17:56. Other locals: 5. Jeffrey Juran, Ithaca, 18:49; 10. Wally Powers, Spencer, 20:02; 27. Kevin Lantry, 22:09; 31. Ed Winebold, 23:06; 32. Diane Sherrer, 23:07; 51. Dale Burmingham, Newfield, 25:02; Jack Lantry, 28:36; Lindsay Burmingham, Newfield, 30:10; Sally Rusby, 30:33.

10K

Jeffrey Juran, Ithaca, 36:51 (third overall).

Shirley Woodford, Burdett, 41:34 (second female overall).

5K Walk

Overall winner: Jim Miner, Dryden, 29:47; 2. Jeff Knutson, Coming, 32:11.

Strolling Jim 41.2-Mile Ultra (Tenn., May 4)

Local runner: Cathy Troisi, FLRC, 9:13:22.

B-Mets Home Run 5K (Binghamton, May 12)

Overall winners: Gary Fancher, 16:39; and Lynann Lorenz, 20:17.

Local runners: 8. John Hylas, Ithaca, 17:52; 15. Walter Kent, Cortland, 19:15; 25. Mike Silver, Cortland, 20:57; 98. Jason Moore, Waverly, 26:46.

35th Louck Games (track and field) (White Plains, May 10-11)

Local runner:

Molly Huddle of Elmira Notre Dame High School — and IAC and Section IV — won the 3,200-meter race in 10:14.63 — a meet record by 17 seconds, and the No. 1 time in the U.S. this season. Huddle finished second in the 1,600 meters (4:51.5) to Saratoga's Nicole Blood (4:50.90). Huddle is ranked No. 1 in the U.S. this outdoor season in the 1500 and 3000 meters.

Triennial Trail Relay VIII

(80 miles on the Finger Lakes Trail — Watkins Glen and Harford to Upper Buttermilk State Park, May 4)

Team Standings

1. Bestial High Finger MudderFloppers (23 points)*
2. Le Coq (tres) Sportif (31)*
3. Mad dogs and an Englishman (34)*
4. Aatroocious (37)*
5. Arbalzar Harriers (37)*
6. Green Goons of High Noon (37)*
7. Air Guys and Masters Without Tights (41)*
8. The Raw Stubs (45)*
9. Coolaramajamas (48.5)*
10. Mud Lovin' Mamas (50)*
11. MABLIMFNIP (53)*
12. Traildogs (64.5)*
13. Bottom Feeders (67.5)*
14. Team Snugglebunny (80)*
15. Mighty Isis (85.5)*
16. Bubbles (165)*

Triennial Special Awards

Catherine the Great: Tom Powers, 8-minute win on mountain stage W2; Mike Selig, 9 minute win on stage E3; Earl Steinbrecher, 7-minute win on W3.

Christopher Columbus: Andrew Ryder, E2.

Spike Lee "Do the Right Thing:" Dennis van Kerkhoeve, E2.

Most Eager Virgin: Katie Stettler, W2.

Most Eager Virgins: Kelly and Jody Sanderson, E2.

AARP Distinguished Service Award: John McMurry and Joe Dabes.

LaJolla Half Marathon (Calif., April 14)

Local runner: Bill Taylor: 2:03.

Pittsburgh Marathon (May 5)

*Some of these times may be incorrect due to problems on their Web site. I'll try to correct them for our next issue:

Overall winners: Reuben Chesang, Kenya, 2:14:53; Violetta Kryza, Poland, 2:31:43.

Local runners: Jim LeBlanc, Ithaca, 3:50:01; Steven Yeager, Ithaca, 3:54:27; Thad Zimmer, Cortland, 3:57:48; Tom Knapp, FLRC, 4:36; Sue Knapp, FLRC, 4:36; Jacqueline Trembl-Gott, Ithaca, 4:06:06; Zachary Henige, Ithaca, 4:16:22; Alfred Phillips, Jr., Ithaca, 5:31:02.

Long Island Marathon (East Meadow, May 5)

Local runners: Kelsey Hanno, Candor, 3:24:10 (first F18-under); 178. Jessica Wells, Ithaca, 3:58:14 (second F20-24).

Long Island Half Marathon

Local runners: Jeffrey Juran, Ithaca, 1:20:57 (5th M45-49).

Mountain Goat 10-Miler (Syracuse, May 4)

(*This listing is incomplete because I'm unable to search the results by hometown. Complete results on www.syracusetrackclub.org. - DS)

Overall winners: Richard Brown, Syracuse, 57:47; Mary Beth Romagnoli, Syracuse, 1:06:25.

Local runners: 23. Mike Leonard, Freeville, 1:02:42; 143. Jim Wavle, Cortland, 1:31:01; 144. Audrey Balander, Cortland, 1:13:03.

Broad Street 10-Miler (Philadelphia, May 5)

Local runners: 20. Mike Platt, Syracuse, 51:58; 21. Chris Getman, Ithaca, 52:00; ; Stanley Sears, Ithaca, 1:18:41; Tomoe Kanaya, Ithaca, 1:29:47.

Nashville Country Music Half Marathon (April 27)

Local runner: Wally Powers, Spencer, 1:31:58 (3rd M50-54).

Kim McDonald Memorial 10,000 meters

(Stanford University, May 3)

Deena Drossin set a new American track record of 30:50.32, and finished second overall. Liverpool, N.Y. native Jen Rhines finished third in a personal best 31:41.16.

Mt. Kearsarge Hill Run 8.5 Miles (New Hampshire, May 11)

Nikkie Kimball, overall winner of the 2001 Finger Lakes Trail Fifties 50-miler, won the women's division of this mountain race in a course record 1:04:30. Kimball has qualified for the U.S. 100K World Challenge in Belgium.

Queens Half Marathon (New York City, April 13)

Local runner: Jeffrey Juran, Ithaca, 1:21:15 (fifth M40).

West Point Open (April 13)

Local runner: Murphee Hayes Falls, Marathon —800 meters (2:26.71/sixth); 1,500 meters (4:50.26/second).

June 2002 Calendar

*June 1: The 23rd annual Freihofer's Run for Women 5K — USATF National Open & Masters Championship, Albany, 10 a.m. Contact George Regan, 233 Fourth St., Troy, N.Y. 12180; Web: www.freihoferstrun.com. No race day registration.

*June 1: The 28th annual God's Country Marathon, Galetton to Coudersport, Pa., 8 a.m. Contact Potter County Visitors Assn., P.O. Box 245, Coudersport, Pa. 16915, or (888) 768-8230; e-mail: potter@penn.com. Web: www.pottercountypa.org.

*June 1: The Great Escape 5K, Bath, 9 a.m. Contact Steuben County Fairgrounds, Bath, N.Y. 14810; call David Cole at 776-7009; email: davaeny48m@aol.com.

*June 1: The Vestal Festival 5K, 7 a.m., Vestal High School. Call Fran Majaewski at 754-0580.

*June 1: Tully Moo York Dairy 5K, Tully. Contact Anne Robinson, Box 536, Tully, N.Y. 13159

*June 1: Paige's Butterfly 5K, Baldwinsville, 9 a.m. Contact Greg Morgans, 7826 Restmoor Dr., Baldwinsville, N.Y. 12855; call (315) 635-2646. Web: www.paigesbutterflyrun.org.

*June 1: KAC 10-Miler and 5K, Clinton, 5:30 p.m. Contact John Huther, 32 College St., Clinton, N.Y. 13323.

*June 1: The 20th annual Miracle in the Park 5K and 10K, Biathlon (10K run/20-mile bike), long course and short course team triathlon (run, bike, canoe), Seneca Lake State Park, Geneva, 9 a.m. Email: Jim Gerling at wjg@flare.net; call (315) 789-1343.

*June 2: The 25th annual Elmira-Thon: 10K, 3-mile run/walk, duathlon, 8 a.m. Contact Kathy Vail at 737-3914, or 1-800-836-3711. Web: www.chemungcanal.com; e-mail: kvail@chemungcanal.com.

*June 2-3: Old Dominion Endurance Run 100 Milers, Woodstock, Va. Web: www.od100.org.

*June 2: Run for Vets 5K, Towanda, Pa., 9 a.m. Contact Vets Fun Run, RR1, Box 182, Towanda, Pa. 18848.

*June 2: People's Forest Half Marathon, Barkhamstead, Conn., 8 a.m. Web: www.hartfordmarathon.com.

*June 2: Hartshorne Woods 7.2-miler, Highlands, N.J. Contact Art Castellano, P.O. Box 198, Oceanport, N.Y. 07757. Web: www.njrrc.org.

*June 2: Covered Bridges Half Marathon, Quechee, Vt. Web: www.cbhm.com.

*June 2: AIDS 10K, Beaver Lake Nature Center, Syracuse. Contact Will Murtaugh, 627 W. Genesee St., Syracuse, N.Y. 13204; call (315) 475-2430.

*June 3: Syracuse Chargers Summer Track & Field Meet, Jamesville-DeWitt High School, 6 p.m. Contact Lennie Tucker at lennieruns@aol.com; Web: www.syracusechargers.org. Free.

*June 4: River Road Rats Summer Track & Field Series, 6 p.m., Rochester Institute of Technology. Contact Pete Glavin at gvh@frontiernet.net. Web: www.gvh.net.

*June 5-9: The 20th annual Empire State Senior Games, Cortland State and the city of Cortland. Open to athletes ages 50-up. Contact Empire State Senior Games, New York State Office of Parks, Recreation and Historic Preservation, Central Region, 6105 E. Seneca Turnpike, Jamesville, N.Y. 13078. Call (315) 492-9654. Web: www.empirestategames.org.

*June 7: Canisteo Craze Daze 5K and 10K, Somer's Hall, downtown Canisteo, 6:45 p.m. Contact William Ells, 10 Orchard St., Canisteo, N.Y. 14823.

*June 8: Rich Lawrence Memorial Tortoise & Hare Trail 10K and 1-Mile Fun Run, Lower Buttermilk Falls State Park, Ithaca, 9 a.m. Contact Jen Stanton, 70-1/2 Ovid St., Seneca Falls, N.Y. 13148; e-mail: jzenny@hotmail.com.

*June 8: Harriet Gets Goosed Off-Road Duathlon: 5 mile run, 20K mountain bike, 5-mile run, Harriet Hollister Spencer Park, Honeoye, 10 a.m. Web: www.geocities.com/goutnow.

*June 8: Pennsylvania State Laurel Festival 18.8-mile Bike Race, Wellsboro, Pa. Contact Wellsboro Chamber of Commerce, P.O. Box 733, Wellsboro, Pa. 16901; call (570) 724-1926.

*June 8: Nate the Great 5K Run/Walk, 8:30 a.m., Canastota. Contact Pat Liddycoat, 6844 Forbes Rd., Canastota, N.Y. 13032.

*June 8: Covered Bridge 10K, Delhi, 9:30 a.m. Contact John Sandman, 9 High St., Delhi, N.Y. 13753.

*June 8: St. Christopher's 5K, Spencerport, 6:45 p.m. Contact Bryce Walker, 481 Chambers St., Spencerport, N.Y. 14539.

*June 8: The Buffalo Mile, Lincoln Parkway, Buffalo, 9 a.m. Contact Checkers AC, 198 Jewett Parkway, Buffalo, N.Y. 14214; or visit Web site: www.bfn.org/~checkersac.

*June 8: Laurel Highlands Trail 70 Miler Challenge Run, Ohio pyle, Pa., 5:30 a.m. Contact Tim Hewitt, 3 Lakefront Rd., Greensburg, Pa. 15601; (724) 832-1018.

*June 8: The 30th annual New York Mini-Marathon 10K (women only), Central Park, New York City, 9 a.m.. Contact NYRRC, 9 East 89th St., New York, N.Y. 10128. Online registration: www.nyrrc.org.

*June 8: Whiteface Mountain 8-Miler, Wilmington, N.Y. Contact Ranilee Conway, P.O. Box 277, Wilmington, N.Y. 12997. E-mail: info@whitefaceregion.com.

*June 8: Airport 5K, Greater Rochester International Airport, 9 a.m. Web: www.lifetimeassistance.org.

*June 9: Double Trouble 15K and 30K Trail Runs, French Creek State Park, Reading, Pa., 9 a.m. Contact Pretzel City Sports, 112 W. 36th St., Reading, Pa. 19606; e-mail: rhompcs@aol.com.

*June 9: Down & Dirty at the Ore Bed Triathlon: 1/4-mile swim, 9-mile off-road mountain bike, 2.5-mile trail/road run, 9 a.m., Casey Park, Ontario, N.Y. Contact Ontario Parks & Recreation, 1848 Ridge Rd., Ontario, N.Y. 14519.

*June 9: Buffalo Triathlon, Gallagher Beach. Web: www.dutrisports.com; e-mail: infor@dutrisports.com.

*June 9: Reader's Run 5K, Newark, 9 a.m. Contact Elly Dawson, 121 High St., Newark, N.Y. 14513; e-mail: edawson@pls-net.org.

*June 9: Nipmuck Trail Marathon, Ashford, Conn., 8 a.m. Contact David Raczkowski, P.O. Box 285, Chaplin, Conn. 06235; (860) 455-1096.

*June 11: Finger Lakes Runners Club Tuesday Evening Track Series, Cornell University track, 6:15 p.m. Events: 100, 3000, 800, medley relay. E-mail: timingall@hotmail.com.

*June 13: Thursday Nite Races (Track and Field), McQuaid High School, Brighton, 6 p.m. Contact Pete Glavin at gvh@frontiernet.net. Web: www.gvh.net.

*June 14: Ovid Strawberry Festival 5-Mile Road Race, 6 p.m. Contact Race director, 7120 Bayview Drive, Sodus Point, N.Y. 14555.

*June 15: Big Flats Community Days 5K, Big Flats Community Park, 10 a.m. Contact Community Days, P.O. Box 247, Big Flats, N.Y. 14814; call Gene Herber at 562-3168 evenings. BBQ included; prize money.

*June 15: Vestal XX (20K), Vestal High School, 8 a.m. Contact Fred Bostrom, 413 Pinecrest Rd., Vestal, N.Y. 13850; 797-9215.

*June 15: Nice n Easy Swamp Rat 5K and 10K, Oneida Shores County Park, Brewerton, 8:30 a.m. Contact Richard Nastai, 9573 Shepard Dr., Brewerton, N.Y. 13029. Web: www.syracusechargers.org.

*June 15: YMCA Triathlon, Green Laks State Park.

*June 15: Pennsylvania State Laurel Festival 10K, 9 a.m., Wellsboro, Pa.. Contact Wellsboro Chamber of Commerce, 114 Main St., Wellsboro, Pa. 16901; (570) 724-1926.

*June 15: New York Chiropractic College Run for Health 5K, Seneca Falls, 10 a.m. Contact Tony Petroccia, Box 800, NYCC, Seneca Falls, N.Y. 13148.

*June 15: The 42nd annual Mt. Washington 7.6-mile Road Race, Gorham, New Hampshire. Contact Bob Teschek at (603) 863-2537.

*June 16: Mt. Greylock Half Marathon and 5K Trail Races, 10 a.m. Contact Gotha Swann, P.O. Box 1517, Adams, Mass. 01247; call (413) 443-1267; Western Mass Athletic Club Web page: www.runwmac.com.

*June 16: Save our Switchbacks 5-Miler, Utica, 9 a.m. Contact Ted Petrillo, 34 Cheyenne Crescent, Whitesboro, N.Y. 13492.

*June 16: Holiday Valley Dirty Duathlon & 4-mile trail run, noon. Web page: www.heartrateup.com. Contact race director Mark Lawrence at www.buffalomtb@yahoo.com for directions.

*June 16: MEDVED 5K to Cure ALS, Frontier Field, Rochester, 8:30 a.m. Contact Pete Glavin by e-mail: gvh@frontiernet.net; Web: www.gvh.net.

??*June 16: Penn Yan Triathlon, Red Jacket Park, 8 a.m. Triathlon events: Long — 1-mile swim, 25-mile bike, 10K run; Sprint: half-mile swim, 12.5-mile bike, 5K run; Duathlon — 5K run, 12-mile

bike, 5K run. Contact Penn Yan Triathlon, P.O. Box 4, Penn Yan, N.Y. 14527, or call Dick Regan at (315) 536-0378. Web: www.pennyantriathlon.com.

**June 17: Syracuse Chargers Summer Track & Field Meet, Jamesville-DeWitt High School, 6 p.m. Contact Lennie Tucker at lennieruns@aol.com; Web: www.syracusechargers.org. Free.

*June 20: The Ithaca Twilight 5K, Ithaca High School, 7 p.m. Contact Todd Mattison, 19 Chase Lane, Ithaca, N.Y. 14850, call 277-7183 x 5397 days; email: tfm@thomasamerica.com. Register online: www.Active.com.

*June 20: Thursday Nite Races (Track and Field), McQuaid High School, Brighton, 6 p.m. Contact Pete Glavin at gvh@frontiernet.net; Web: www.gvh.net.

*June 22: The fourth annual Victory Run 8.1 Miles, Harvey's Lake, Pa., 8:30 a.m. Contact Vince Wojnar, 295 S. Mountain Blvd., Mountaintop, Pa. 18707; e-mail: VDDLvince@aol.com.

*June 22: The Longest Day Adventure Race: 60 miles, Bear Mountain Resort, Bear Mountain. Web: www.nyara.org.

*June 22: Don Carroll Batavia Scholarship 5K, 10K and Duathlon, Genessee Community College, 9 a.m. Call Genessee Chamber of Commerce: 1-800-622-2686.

*June 22: Grandma's Marathon, Duluth, Minn. Web: www.grandmasmarathon.com.

*June 23: Fairfield Half Marathon, Fairfield, Conn. Web: www.fairfieldhalf.org.

*June 23: Summer Sizzle, Utica. Web: www.uticaroadrunners.org.

*June 23: The fifth annual Double Trouble 15K and 30K Trail Run, 9 a.m., Morgantown, Pa. e-mail: Ron Horn at rhompcs@aol.com.

*June 24: Deadline for entry for Cazenovia 5K and 10-miler on July 4. E-mail: track@twcny.rr.com, or call (315) 677-0194 for information.

*June 25: River Road Rats Summer Track and Field Series, Rochester Institute of Technology, 6 p.m. Contact Pete Glavin at gvh@frontiernet.net; Web: www.gvh.net.

*June 26: Red Dress Run 5K, Maine-Endwell High School, 6 p.m. Contact Karen Fennie at 772-0589. Must wear red dress and accessorize!

*June 27: Thursday Nite Races (track and field), Rochester Institute of Technology, 6 p.m. Contact Pete Glavin at gvh@frontiernet.net; Web: www.gvh.net.

*June 29: Jim Ferris Memorial 5K, Holley Elementary School, 9 a.m. Call Dan Goodwin at (716) 637-7979.

*June 29: The Dave Smith 5K Run Against Cancer, 8:30 a.m., Sayre High School. Contact Dave Smith Run, 145 Chestnut St., Sayre, Pa. 18840-1243.

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