



Finger Lakes Runners Club - May 2002 Newsletter



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

Quote of the Month: "Who the heck IS Avril Fuehlstag?"— heard all over the High Noon listserv during the first few days of last month. Hmmn, anyone see *Murder on the Orient Express* lately?

Coming Up:

May 4: Triennial Trail Relay, Finger Lakes Trail — all day!
May 11: 18th annual Guthrie Gallop 5K/10K, Sayre, 9 a.m. (new time).
May 12: Tom Bugliosi Trail Runs, Hammond Hill St. Forest, 10 a.m.
May 14: FLRC Tuesday Nite @ the Track Series, Moravia High School, 6:15 p.m.

May 19: Twin Tiers Race for the Cure 5K, Arnot Mall, Big Flats, 9 a.m.
May 26: Rec-Way 10K, South Hill Rec. Way, 9 a.m.
May 27: Bob Bridgman Mem. 5K, Mansfield U., noon.
June 1: Freihofer's Run for Wom 5K Nat. Champ., Albany, 10 a.m.
June 2: 25th ann. Elmira-Thon 3 mi/10K/duathlon, 8 a.m.

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New England Runner Says We're Tops

The January/February 2002 issue of the very excellent *New England Runner* magazine names the top 100 races of 2001 in New York State.

The Hartshorne Masters Mile was named New York's finest in January (along with the RW Midnight Run). Also nearby favorites listed: Lilac 10K (Rochester); Freihofer's (Albany); Cazenovia 4th of July Races; Boilermaker 15K; Komen Race for the Cures in Elmira and Syracuse; Syracuse Festival of Races and the Wineglass Marathon!

Speaking of the Hartshorne Mile, the March 2002 issue of *Runner's Gazette* has a huge cover photo of Kathy Martin, Carolyn Smith Hanna and Karen McKenzie racing their elite mile in Barton Hall, and the *RG* April issue has Adam Engst's story with more photos.

Bike Magazine Says We're Tops

The June 2002 issue of *Bike* magazine (bikemag.com) named Ithaca as one of the top five mountain biking towns in the United States. We join the following fun places, from No. 1 through No. 5:

Eugene, Ore.; Asheville, NC; Austin, Tx; Colorado Springs, Colo.; and Ithaca. Wooohooo!

Family Fun Day Artifacts Wanted

Tim Ingall is looking for any items that pertain to the last three Family Fun Days events. Do you have photos — regular or digital, video tape of warm and fuzzy moments or even personal stories you'd like to send along for Tim's files?

Tim is trying to make the next FFD even more fun and memorable, and any archive would help him complete the task. Please contact Tim at timingall@hotmail.com.

Senior Games Reminder:

Athletes ages 50-over should take note that Empire State Senior Game entries must be submitted by May 10. The Games will be held June 5-9 in Cortland and on the Cortland State campus.

Sports of interest to our readers are track and field, race walking, 5K and 10K road races, triathlon, orienteering and cycling. Entrants pay one fee of \$25 for unlimited sports, unless there is a scheduling conflict. Extra fees are imposed bowling, golf and social activities.

If you want to compete at the 2003 National Senior Games, held next year in Virginia Beach, you must compete in these NYS Senior Games.

For info, call (315) 492-9654, or visit their web site at www.empirestategames.org.

Another Work in Progress: An Ithaca 5K Series

Chris Getman has issued an Ithaca 5K Series proposal to begin this summer.

The five races under consideration are the Ithaca Twilight 5K in June; the Moravia Fillmore 5K in July; Pud's Memorial 5K Run, held at Stewart Park, in August; the Groton Labor Day 5K in September; and Zeppy's 5K, hosted by the Cornell Vet School, in October.

Getman says the goals of the series are to ensure charitable interests, share human resources, offer performance incentives and increase race participation in the community.

Hosting a series is not unusual in Central New York. The Triple Cities Runners Club in Binghamton presents an

annual Grand Prix Series composed of club races of varying distances. Pete Glavin and the Genesee Valley Harriers produce the popular Upstate New York Cross County Series each fall.

Seeking community input, Getman has created a questionnaire to aid in the design of the Ithaca Series. Local runners and race directors are invited to share thoughts on some of the following issues:

Would you be interested in participating in a 5K series?

Should participants be allowed to register for the entire series on one application, or should individual entries stand alone?

Are you in favor of prize money at individual races?

What other local races would you like to see in the series.

What kind of additional incentives should the series offer to top performers or loyal participants who might do all five races? Awards, money, gift certificates, T-shirts, trophies?

Are you in favor of an "event staff," a core group of volunteers and shared equipment?

To offer opinions, call Getman at 256-1724 or by email at scg@holt.com.

25th Annual Elmira-Thon June 2

RD Norm Ward recently sent us the following message: "This year is the 25th edition of the Elmira-thon. Please make special note that the date has been changed to the first Sunday in June (the 2nd) and after a 2 year absence the duathlon is back. Applications should be in the mail this week. We're working on a few special features for the 25th. One of those is complimentary entries for past overall winners. We will try to contact them, but in several cases we do not have current addresses. There have been several winners from the FLRC and the Ithaca area, so if you can get the word out, we want to hear from them. They can email me at nward@chemungcanal.com or call me at 737-3810 (W) or 562-3659 (H).

Events will include a 1-mile Fun Run, 3-mile Run/Walk, 10K Run and Individual & Team Duathlon. For more information, contact Kathy Vail atkvail@chemungcanal.com or visit our website at www.chemungcanal.com.

Looking forward to seeing the usual group, and hopefully more, from the FLRC. Thanks!

—Norm Ward"

[From the editor: make a note of that date change, and don't show up on the traditional SECOND Sunday in June. Also, the 10K will be held first in sequence in 2002, so make sure to be on hand for that 8:15 a.m. beat-the-heat-10K start].

More Race Plugs From the Editor

Don't forget the spring kick-off (technically 2nd trail race!) trail run of the series — at least the one without snow — comes to life on Mother's Day. Tom Bugliosi Trail Runs, with Tessa DuMont and her famous pasta salads, can be

found at Hammond Hill St. Forest on May 12, 10 a.m. Be there, and we can use volunteers, too.

You'll find the perennial entry app this issue for the 30th annual Cazenovia July 4th Races. We always run it once for you, and please note that there is a no-excuses pre-race entry deadline of June 24!

You'll also find the Bob Bridgman Memorial 5K, set for May 27 (yes, it's on a Monday), app enclosed because I love and miss Bob very much. Bob came to most of our road races, and thanks to the generosity of Dave Weiss, there is a scholarship donation collecting interest in our bank in Bob's name. Mansfield, Pa., is just 30 minutes or so south of Coming. Please take a trip and win some delicious homemade pies, cookies and breads — and help the SPCA as well. ("Footnote": the course measurement snafu has been fixed!)

Remember there's a smaller (about 1,000) but just as wonderful Komen Race for the Cure 5K, May 19 at 9 a.m. at the Arnot Mall in Elmira. Don't miss that either! Come and run or walk for friends and loved ones who have passed on or survived a battle with cancer.

The Sweet Smell of Skunk Cabbages

Thanks to RD Yvette de Boer and Co., we had another very successful Skunk Cabbage Classic on April. Yvette had a nasty case of the flu, but kept plugging away at every detail.

The race takes a huge amount of volunteers, and thanks to each and every one — too numerous to mention here by name.

But, as a personal note, I'd like to highlight two of those volunteer forces: The Ithaca United Track Club showed up in full force, and worked all day at the main aid station that served both races for hours. The kids and supervising adults were full of energy and good cheer.

Also, in the good neighbor department, Wineglass RC prez and still a force in the Wineglass Marathon, Bill Taylor showed up first thing in the morning and worked all day doing numerous chores for us like working race day registration, calling splits at the 10K turnaround and rotating around the course to see if all was well in the cabbage patch.

In related news, I tabulated the USATF national age group ranking performances for both the 10K and the half marathon. It was clearly ladies day at the races, with only one lonely teenaged male achieving ranking honors among a bevy of "older" women. Congrats to the following ranked all-stars, and their age divisions and times — The rankings are on their way to the Road Running Information Center!

Half Marathon:

Charlene Lyford, F35-39, 1:24:40; Aaron Heltsley, age 13, 1:25:29.

10K:

Shirley Woodford, F45-49, 41:31; Coreen Steinbach, F50-54, 43:28; Margret Betz, F65-59, 46:40 (*Betz missed the single-age AR by 22 seconds); Lennie Tucker, F60-64,

49:58. And a note to Betsy Sims: You were 2 months shy of a new age group national ranking!

Molly Huddle Watch

Molly has been ranked No. 1 in the nation among high school girls in the mile (4:43.1) and the 2-mile (10:17.73) -- converted times — by *Track and Field News* (April 2002 issue).

She was also ranked No. 1 in *USA Today* with times of 1,500 (4:22.1), 1,600 (4:33.65); 3,000 (9:31.9) and 3,200 (9:48.59).

And The Winners Are . . .

The executive committee members of the National Long Distance Running Hall of Fame in Utica have announced the four running legends selected for induction into the class of 2002. Hall of Fame induction ceremonies will take place in Utica July 13, the eve of the 25th anniversary of the Boilermaker 15K, our nation's largest 9.3-mile road race. The public is invited to attend the ceremony, with autograph and photo opportunities available following the presentations.

And the winners are . . .

Browning Ross: Founder and first president of the Road Runners Club of America; Olympian; eight-time AAU cross country champion; published one of the first U.S. running magazines (predecessor to *Runner's Gazette*); pioneer in the U.S. running movement. Deceased.

Doris Brown Heritage: Five-time International Amateur Athletic Federation (IAAF) world cross country champion; long-time distance running coach; once held 14 national titles; former world record holder in the 3,000 meters. Pioneer in women's running movement.

John J. Kelley ("the younger"): Credited with putting American distance running on the map with his '57 Boston Marathon victory; eight-time U.S. national marathon champion; two-time Olympian; runner-up at the Boston Marathon five times.

Bill Bowerman: Co-founder of Nike; legendary University of Oregon coach; credited with turning Eugene into the running capital of the world; coach of 24 NCAA individual champions; won four national team titles; coach of the '72 U.S. Olympic track and field team. Deceased.

Because the Boilermaker is celebrating its silver anniversary, runners are urged to register early and secure accommodations.

You can register online and receive detailed information at the official Web site: www.boilermaker.com. To request an application, write Utica Boilermaker, P.O. Box 512, Utica, N.Y. 13503-0512, or call (315) 797-5838.

Delaney & Co. Master Beantown

I had a really good time in the race, which was a nice break from the craziness at work lately. The training was for about eight weeks with John Whitman and Chris Mansfield, which was very helpful to a novice like myself, as I had

done just one marathon—the Wineglass in 2000, which qualified me for Boston 2002 (I turned 45 in the interim). The three of us got in a few good races during the training period: for me a couple of one-milers, a 10 miler in MD, a 4 miler on St. Paddy's Day, and the Forks 15K about three weeks ago. The weekly speed and Elm Street hill runs were also good prep for Boston. I broke the High Noon tradition and actually tapered for two weeks — from my eight weeks of 50-78 miles, I did 27 then 12 in the two weeks pre-marathon. That left me feeling pretty rested, and with all the carbs for the few days prior to race time, pretty well fueled.

I also had tried to plant the mantra in my head about not going out too fast, as I made that mistake at Wineglass, and also in the Hartshorne Mile, as Adam Engst so eloquently described a while back. Also, just before departing to Boston, on a run with Rick Harrison, he related his experience negative splitting at Boston and breaking 3 hrs, and John Saylor gave the advice to "run 18, then race 8 . . ." —so I had all the right messages reverberating in my head as I approached the race.

My number was 7694, so I was binned up in the 7000 series with Esther Prins and Rick Cleary's brother-in-law Michael Trenk. I stuck with Esther, who offered some useful tips about moving through the mélange of people who were corralled up with us. The start was imperceptible, and then a minute or two later the river started to flow toward the east, picked up a little momentum until we were walking... and after four minutes a slow jog, toward what looked like the start 4:54 after the gun now at a slow run.

We picked up a little speed and ran together for a bit when Esther pointed out to me that the left shoulder had opened up and that I could make up some time, so I said bye and started to move around many people, sometimes going over yards and behind mailboxes . . . a bit like a cross country run in places. My first two miles were 6:48 and 6:37 followed by a few oscillations faster or slower than my target of 6:50. I got a smile on my face at each 5 km mat, as I knew another checkpoint was behind me, and also that some of my friends and family would be getting feedback on my progress, as they said they were going to monitor the race on the web as it progressed; thus when I heard my shoe ring it was like ET calling home. The 5 km and maybe 10 km mats were so full of people there were no beeps from the chips, just an eerie constant "bee" sound, as all the chirps merged into one continuous sound.

I passed runners throughout the race, sometimes skirting the edges next to all the fans.. (so many people!), sometimes weaving around like you'd do in heavy traffic if you were driving your car a bit faster than everyone else, sometimes wedging between clumps of runners... "excuse me ouch `scuse . . . sorry see ya later . . ."

At one point I was close to the crowds on the left side of the road, giving a few little kids some low fives, when a boy stuck a cup of gatorade in my path. In my peripheral vision I could see my body hit the cup, flip it to the east toward

boston right into the face of the next boy in line . . . oops! hazards of fanmanship . . . danger of sportsdrinks.

The weather was warmer than we had trained in (in the 50s), and was humid, though at the start actually felt chilly. I wore a hat until about 6 miles, when I started to heat up, then shifted to a headband I was carrying. I was concerned that the heat would be a factor after our Ithaca winter—mild for us but cool compared to Boston on marathon day, so I got major hydrated pre-race, and drank a whole cup of water or green crap at every mile. I also ate a gel every 50 minutes, as I don't have much fat to burn.

The fans were truly amazing with their energy and attention to the runners. In the beginning I heard many "Go Estah's" until I was out of earshot.. then I'd enter another acoustic zone where "Go Dave's" would predominate, and I'd leave that one to enter the "Go Canada" zone, which seemed to be a recurring theme, as there were quite a few runners sporting the Maple Leaf.

I chatted for a bit to a guy carrying a large American flag, "good job, hope your shoulders hold out," and cruised on through traffic. I hit the ten mile in 68:40. Just prior to Wellesley, I heard Rick Cleary call out to me from my right rear. I curled around to pick him up, and we ran together for a few minutes. He mentioned that Ann should be just ahead after the creek, so I took off hearing Rick in the rear saying "go get em . . ." and I was off to the next acoustic zone. I saw Ann up ahead as Rick said, and said "Hi" and waved. Around the 20 km I was crossing the timing mat feeling exuberant, arms up, head back.. "Hello World!" as the chip sensor beeped and I heard Chris Mansfield call out "Terry!" from the left. I curled over and we ran together for a few minutes comparing notes. I told him my toes were a bit sore but otherwise I was feeling pretty good, and he said Mike Trenk was somewhere up ahead.

I cruised on, climbed up the Newton Hills, feeling strong and picking up the pace on the downs to make up for the ups. After the 20 in 2:17:30 I knew the final rise to Heartbreak was coming, so put my head down and cranked my way up like we do Elm Street, which is much bigger than the hills on the marathon route. That mile was my slowest (7:16) until the last two. After cresting the hill I felt relieved but not spent and was able to pick up the pace to a 6:40 on the backside of the hill.

The final 5 km were tough, as my legs were getting tired and my calves tight. I heard someone say to run on my toes more, which I tried and was able to keep the pace up somewhat. Even then, mile 25 was a 7:33 and the final 1.2 miles at an 8:04 mile pace. The fans were very loud through there, and I heard my name from some friends on the side, though I couldn't pick them out from the throngs.

I finished in 3:02:28 chip time, a 19:35 PR over my Wineglass first marathon. I must have passed over 5000 people, as I finished no. 1740 after starting in the 7000 corral, was no 415 in men 40-50. The first half was 1:29:44, second half: 1:32:39 for a slight positive split (2:55). Pace overall: 6:57.9 per mile

Our HN Masters Team of John Whitman, Duane Kennedy, and myself ran a combined 9:10:08. I don't know how that ranked with the other masters teams.

I had a great time, and really appreciate all the training advice and camaraderie from all the noontime runners in getting into shape for this one. Now to get under 3:00!

—Terry Delaney

The "Estah Pahspective"

I laid the foundation for the Boston Marathon by running about 30 miles a week during my 8 months in El Salvador. I completed countless figure 8s around the soccer fields in Colima, dodging the horse poop, chickens, guinea fowl, ducks, horses, and dogs, and ignoring the little kids shouting "Gringa! gringa!" In San Salvador I ingested diesel fumes on humid, hot, hilly runs, including a few 2-hour runs with a friend. Weekly speedwork and 13 to 23 mile long runs—rain or shine, feel like it or not—with running partners in Ithaca completed the training. By April 15, I was ready.

By some miracle, Monday the 15th in Boston was overcast and 56 degrees, despite forecasts of 70+. Sunday had reached 75 and Tuesday was in the 80s. It was so overcast that, except for a few renegades, helicopters couldn't even get live coverage of the marathon. My High Noon teammates and I gathered at our usual spot at the Hopkinton High School to pass the hours before the noon start, along with 14,800+ other runners (including 5,443 women). This year I was the sole High Noon female runner. I was thankful for lessons I learned from my previous 3 Bostons: wear many more layers during the 3-hour wait than you think you'll need and bring a trash bag to keep you warm after you shed your layers and before the gun goes off.

Two teammates and I—each with numbers in the 7000s, based on our qualifying times—donned our trash bags and walked over to the 7th corral, passing a couple in wedding/running garb who had just tied the knot. We squeezed into a space between the nearly 1000 runners in our corral and tried to shake off nerves as we waited for the gun to go off. I felt a lot of pressure because my times had dropped 3 to 10 minutes in every previous marathon and I didn't know how much longer I could keep that up. My strategy was to go out conservatively, run even splits (7:27 miles, 23:04 5Ks) & maintain that pace through the grueling 2nd half. But this time I really meant it!

Nearly 5 minutes after the gun went off, the computer chip on my shoe chirped as I crossed the start. As eager runners flew down the downhill start, I reminded myself that just like boomerangs, they would eventually come back to me in the hilly 2nd half. Fans encouraged me with cheers of "Go Estah!!" (Bostonians don't pronounce the "r") as they read my name on my singlet. One spectator cheered for me and displayed his biblical literacy by making a comment about Haman. (Queen Esther in the Bible discovered Haman's plot to destroy the Jewish people. Thanks to her brave intervention with King Xerxes, the plot was foiled and

Haman was hanged on his own gallows. The Jewish feast of Purim celebrates Esther's courageous action.)

Since the newness of Boston has worn off, I've become less attentive to details, but I do remember the Viking-esque male spectator dressed in a red sequin dress, heels, and blonde wig standing at the same spot as last year. Then there was the group of guys who yelled, "Go Estah! si-esta!" (Get it? See-Estah!)

I went through the first 5K in 22:51 and slowed up a bit to stay on pace at just over 23 minute 5Ks. As I neared Wellesley College I could hear the female co-eds' familiar, deafening screams. Hmm, why did so many male runners drift over to the right at this point? Was it the sign that said, "If you try to kiss us at Wellesley, we'll let you?" This is always the best part of the race for me because they're so incredibly enthusiastic and I always think about how women weren't allowed to run Boston till the '70s. After Wellesley I began looking for Leland and my friend Kate. I eagerly scanned the crowds for a mile or more, but couldn't find them. (They had been on the other side of the street and cheered for me, but I didn't see them.) I was disappointed, but kept on going and crossed the ??? in 1:37:07—right on pace. My quads had already begun to tire, so I knew I was in for a long haul as I approached the Newton hills.

As I climbed the three long hills in the several miles before Heartbreak Hill, I reminded myself that I do hills much worse than these all the time, like Elm Street, a ridiculously steep 2.5 mile hill in Ithaca. My 5Ks in the hills slowed to 24:04 and 24:18. And then came the last 7K, which is always the worst because my quads convert to lead. The miles crept by. I stayed on a 7:46 pace for km 35 to 40 and somehow picked it up to a 7:36 pace as I neared the Citgo landmark that signals the last interminable mile to the finish.

Surrounded by thousands of cheering fans (including Leland, Kate, and two other friends), I passed a number of other runners as we zig-zagged from Comm Ave. to Hereford and made the final turn onto Boylston, greeted with the familiar yellow and blue "Boston Marathon" banner in the distance.

After a two or three minute eternity, I crossed the finish in 3:18:27--1:11 faster than last year. (I was the 260th woman under 40 to cross the finish; if you go by chip time, I was probably in the 230s or 240s.)

I had little time to celebrate, since I promptly got sick. Medical volunteers surrounded me, whisked me into a wheelchair, wheeled me into the medical tent, and laid me down on a cot. I assured them that this is par for the course for me and that really, I'll be fine after I drink some water. What's all this talk about an IV? After all, I was in a lot better shape than the guy two cots over who was shaking uncontrollably. A few minutes later (no IV), I went to find Leland and Kate in the family meeting area, feeling glad that another Boston was behind me and satisfied that all the training had paid off.

—Esther Prins

[Note from the editors: Boy, nothing we like better than a suggestion for a regular feature, AND a story to go with it. Shawn McDonald wonders if we have a "Where Are They Now?" feature about ex-FLRCers. Well, Shawn, we do *now*—thanks for the idea, and for the first contribution!]

Where Are They Now?

"Hi Diane,

I was checking out the FLRC newsletters on-line today, and thought I would send you a little news update about my life. As you may or may not know I have lived in San Diego since 1995. For the past 2 years I have worked as a scientist at a biotech company just north of San Diego. We have an ultrarunning club here in San Diego, called the San Diego Ultrarunning Friends (SURF), the web site is <http://www.movinshoes.com/surf>. I have directed two different 50 mile trail races over the past 6 years, the Pacific Crest Trail 50, and Smuggler's 50. Both are held on hiking trails east of San Diego. It has been very fun directing races again after my experiences with race directing with the FLRC during my graduate school days, and I learn a lot with each race I direct.

As far as my running goes, I have not done a lot of road races lately. I did run the Rock N Roll marathon here in San Diego last June, in 3 hours 9 mins., and ran it as part of Team In Training so I raised money to support their efforts at patient services and cancer research. The last 2 years I ran a 24 hour track race here in San Diego, winning the race in 2001 (132 miles) and finishing 3rd place last year (130 miles). I will be running a 50 mile trail race near Palmdale, CA this next weekend (April 20th) and hope to run a 12 hour track race and a trail 100 mile race at the end of the year.

The big news is that I am getting married in July. I met my fiance on the Internet, via the on-line dating service match.com We have dated for 3 years now. She supports my running and I have helped her to train for walking 2 marathons with Team in Training (at Honolulu and Portland, OR). My fiancee's name is Leslie, and she grew up in Oregon, and now works in marketing for a local pharmaceutical company. Possibly next summer (2003) we will be back east for a vacation and might get in a short trip to Ithaca as part of a New York state tour.

I've enjoyed reading the newsletters you have put on the FLRC web site. Please feel free to include any or all of this note in the newsletter, I'm not sure if you have a "where are they now?" section. [Editor's note:*now* we do!]

Best regards,
Shawn McDonald"

RESULTS

106th BAA Boston Marathon (April 15)

(*Ed. note: I did NOT compile the lists of results for the *Ithaca Journal*—the sports department did that on both Tuesday and

Friday. Hopefully, we have correct times listed below, because, as several people reminded me, every second counts.)

Local runners (Chip times in no particular order): Michael Selig, 2:31:03; Robert Lane, 2:37:51; Chris Getman, 2:38:19; Robert Lane, 2:37:51; Amy Stein, 3:00:19; Esther Prins, 3:18:27; Paul Bates, 3:46:19; Harland Bigelow, 3:46:09; Glenn Cobb, 3:39:01; Nico Dauphine, 3:02:23; Terry Delaney, 3:02:23; Tim Donnell, 3:22:12; James Eagen, 3:04:43; Ben Eckhardt, 3:25:50; Ben Garbowski, 4:48:45; Rebecca Harmon, 3:20:31; Jim Hoch, 3:45:49; Jonathon Hughes, 3:12:48; Ron Hulslander, 3:11:50; Eric Maki, 2:54:39; Chris Mansfield, 3:13:11; Todd Markelz, 2:55:13; Heather Miller, 3:29:20; Tom Powers, 3:08:44; Earl Steinbrecher, 2:55:20; Rick Cleary, 3:14:15; Gonzalo Rivera, 3:16:55; Tom Ryan, 3:30:03; Lawren Smithline, 2:59:14; Joey Talbert, 3:26:29; Cathy Troisi, 4:50:52; John Whitman, 2:57:31; Duane Kennedy, 3:10:14; Nancy LaBare, 4:09:44; Bob Lantz, 3:28:42; Paul Salvino, 4:21:58; David Rote, 3:16:27.

Van Wert Reservoir Marathon (Van Wert Ohio, April 7)

Local runner: Katie Danner of Alpine won the women's marathon overall in 3:47.

London Marathon (April 14)

Overall winners: Khalid Khannouchi, USA, 2:05:38 (world best); and Paul Radcliffe, Great Britain, 2:18:56 (world best in a women's only marathon).

Local runners: Mary Wenck, FLRC, 4:04; David Morgan, FLRC, 4:41.

Great Heron 5K (Geneva, April 13)

Proceeds benefit Ithaca Breast Cancer Alliance

Overall winners: Garrett Wagner, 16:19; and Heidi Swarts, 18:11. Local runners: 9. John Hylas, Ithaca, 18:09 (first masters); 20. Jim Miner, Dryden, 19:43; 59. Ed Winebold, FLRC, 22:35; 85. Diane Sherre, Trumansburg, 23:58; 104. Bill Taylor, FLRC, 24:18; 130. Amy Winstead, Interlaken, 25:10; 198. Liz mcCheyne, Interlaken, 27:42; 260. Kathleen Purdy, Moravia, 30:49.

USA Men's 8K National Championship

(Central Park, New York City, April 6)

Overall: 1. Tim Broe, Ann Arbor, Mich., 22:26; 2. Dan Browne, Portland, Ore., 22:29; 3. Anthony Famiglietti, New York City, 22:30.

Local runners: 24. Brian Clas, Endicott/Cornell, 23:40; 25. Mark Andrews, Syracuse Chargers, 23:44; 35. Richard Streeter, Syracuse Chargers, 24:34; 37. Mike Melfi, Syracuse Chargers, 24:42; 39. Pat Leone, Syracuse Chargers, 24:45; 41. David Dominguez, Syracuse Chargers, 24:50; 42. Chris Getman, Ithaca/Syracuse Chargers, 25:17.

Carlsbad 5000 (Carlsbad, Calif., April 7)

Deena Drossin sets a world record in the road 5,000 meters: 14:54. Sammy Kipketer of Kenya wins men's race in 13:17.

MAY CALENDAR

*May 4: Triennial Trail Relay, 80 miles on the Finger Lakes Trail, Ithaca — 6-person teams. All day fun for hard-core Stoneheads! Contact David Rossiter at rossiter@itc.nl. Web: www.cee.cornell.edu/~flrc/flrc.html.

*May 4: Artsfest 5K, Athens Area High School, 9 a.m. Contact Dale Jarvis, Athens High School, 401 West Frederick St., Athens, Pa. 18810; call (570) 888-7766 (work).

*May 4: Addison Race Fest: one mile fun run, 5K, 10K, Biathlon, Canoe Race, Bike Race, 9 a.m. Contact Oakley Hayes, Jr. at 359-4016, or write Addison Triathlon, P.O. Box 13, Addison, N.Y. 14801.

*May 4: Ontario Shore Marathon, Hamlin, N.Y., 8:30 a.m. Contact Beth Pucket, Arthritis Foundation, Upstate New York Chapter, 3300 Monroe Ave., Ste 319, Rochester, N.Y. 14518; call (716) 264-1480; Web: www.ontarioshoremarathon.com.

*May 4 Dr. T 5K and 10K, Energy Center, Lycoming. Contact Oswego YMCA at (315) 343-1981.

*May 5: The 28th annual Cherry Blossom 5-Miler and 3-mile walk, Wilkes-Barre, Pa., 10 a.m. Contact Vince Wojnar, 295 S. Mountain Blvd., Mountaintop, Pa. 18707; email: VDDLVINCE@aol.com.

*May 5: The Tri-For-The-Y Triathlon: 400-yard pool swim, 15.7-mile bike, 4.7-mile run, Ithaca YMCA, 7:30 a.m. Contact Ithaca YMCA at 257-0101. Individual and team competition.

*May 5: Danielle 5K, MacArthur Track, Binghamton, 9 a.m. Contact Dave Cody, City Hall, Third Floor, Binghamton, N.Y. 13901; 772-7017.

*May 5: adidas 7 Sisters 12-Mile Trail Race, Amherst, Mass., 9 a.m. Web: www.7sisterstrailrace.com. E-mail Fred Pilon at rd@7sisterstrailrace.com.

*May 5: Fairport 5K for the American Stroke Association, Perinton Park, Fairport, 9 a.m. Contact Fairport 5K, 1255 University Ave., Suite 140, Rochester, N.Y. 14607; email Bill Kehoe at willop@aol.com.

*May 5: UPMC Health System/City of Pittsburgh Marathon, 5K and Team Relay. Web: www.upmc.edu/pghmarathon.

*May 5: Flying Pig Marathon, Cincinnati, Ohio. Web: www.flyingpigmarathon.com.

*May 5: Long Island Marathon, 8 a.m., East Meadow, N.Y. Contact Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, N.Y. 11554.

*May 5: Broad Street 10-Miler, Philadelphia, Pa., 8:30 a.m. Web: www.broadstreet.com.

*May 11: The 18th annual Guthrie Gallop: 5K Run/Walk and 10K, Sayre, Pa., 9 a.m. Contact Susan Hernandez, Guthrie Healthcare System, Resource Development Office, Sayre, Pa. 18840, or call Guthrie Sports Medicine at (570) 882-4808.

*May 11: Mrs. Smith's Challenge All Female Trail Run 5K, Lancaster, Pa. Contact Bill Smith at (717) 394-7812; email: Billsmithisnot@home.com.

*May 11: Run for the Young 5K, Rochester, 9:30 a.m. Contact Diocese of Rochester, Michael Theisen, 1150 Buffalo Rd., Rochester, N.Y. 14624; (585) 328-3210.

*May 11: Massanutten Mountain Trials 100 Miler, Front Royal, Va., 5 a.m. Contact Ed Demoney at (703) 524-1320; mts2run@erols.com.

*May 11-12: National Capital Race Weekend: Marathon, Half Marathon 10K, 5K, Ottawa, Canada. Web: www.ncm.ca; email: ncm@storom.ca.

*May 12: Tom Bugliosi Trail Runs -- 13K& 26K Hammond Hill State Forest, Dryden, 10 a.m. Contact Tessa DuMont, P.O. Box 393, Freeville, N.Y. 13068; vlb2@cornell.edu.

*May 12: Spring Trail Run 5-Miler, Frances Slocum State Park, Kingston Township, Pa., 1 p.m. Contact Vince Wojnar, 295 S. Mountain Blvd., Mountaintop, Pa. 18707; VDDLVINCE@aol.com.

*May 12: B-Mets Home Run 5K, Binghamton Municipal Stadium, 9 a.m. Contact Dave Cody at 772-7017.

*May 12: Heart & Sole Women's 6K, St. John Fischer College, 9 a.m. Contact Pete Glavin at gvh@frontiernet.net. Benefits Breast Cancer Coalition of Rochester.

*May 12: The Women's Race 5K, Buffalo, 10 a.m. Contact Robin Czerwinski, 416 Zimmerman Blvd., Buffalo, N.Y. 14223.

*May 12: Forest City Marathon, London, Ontario. Web: www.forestcitymarathon.com.

*May 12: Mother's Day Women's Half Marathon and 5K, 8 a.m., Central Park, New York City. Contact NYRR, 9 East 89th St., New York, N.Y. 10128. Web: www.nyrrc.org.

*May 14: Finger Lakes Runners Club Summer Evening Track Series, 6:15 p.m. Track: Moravia High School. Events: 200, 1500, 400, 2 x 800-meter relay. Contact Tim Ingall at timingall@hotmail.com. Web: cee.cornell.edu/~flrc/flrc.html.

#May 18: Apple Blossom 10K, Williamson, 6:45 p.m. Contact Jim and Carol May, 7304 Stoney Lonesome Rd., Williamson, N.Y. 14589.

*May 18: Highland 1-2-3 Trail Runs: 10 miles, 20 miles, 30 miles on loop courses, Highland Forest, Fabius, 8:30 a.m. Contact Syracuse Charger Mark Driscoll, 1112 Meadowbrook Dr., Syracuse, N.Y. 13224, or call (315) 449-9615 after 7 p.m.; or (315) 470-6848 days, or email: mdriscol@mailbox.syr.edu. Web: www.syracusechargers.org.

*May 18: Syracuse Race for the Cure 5K — men and women, New York State Fairgrounds. Contact Cindy Cherry at (315) 472-6162. Web: www.komen.org.

*May 19: Twin Tiers Race for the Cure 5K & One-Mile Fun Walk — for both men and women, Arnot-Mall, Big Flats, 9 a.m. Contact Race for the Cure, 600 Roe Ave., Elmira, N.Y. 14905; call 1-888-448-8474. Web: www.komen.org.

*May 19: National Distance Running hall of Fame Half Marathon and 5K, Utica, 9 a.m. Call (315) 724-4525; Web: www.uticaroadrunners.org.

*May 19: Lilac 10K, Highland Park, Rochester, 9 a.m. Contact Lilac Race, 171 Reservoir Ave., Rochester, N.Y. 14620; call Nicole Mahoney at (716) 393-4695.

*May 19: Soapstone Mountain Trail Run: 14.5 miles, Stafford, Conn., 9 a.m. Contact Jerry Stage at jerrystate@aol.com.

*May 19: Sugarloaf/USA Marathon, 15K and Relay Maine. Contact Sue Foster, R.R. 1, Box 5000, Carrabassett Valley, Me 04947.

*May 25: Can U Run 5K and 5K/Canoe Duathlon, Bainbridge, 8:30 a.m. Contact Rick Bunting, 8 Kirby St., Bainbridge, N.Y. 13733; email: buntingr@mkl.com.

*May 26: Rec-Way Ten K (10K) and fun run, South Hill Recreation Way, 9 a.m. Ithaca. Contact Jeffrey Juran at jefjuran@lightlink.com.

*May 26: Key Bank Vermont City Marathon & Relays, Burlington, Vt., 8:05 a.m. Contact Vermont City Marathon, P.O. Box 152, Burlington, Vt. 05402-0152, or call (802) 863-8412. Closed.

*May 26: Charlie Horse 20K Trail Run, Plowville, Pa., 10 a.m. Contact Charlie Crowell, 151 Alleghenyville Rd., Mohnton, Pa. or call (610) 856-5091; or KJCROWELL@aol.com; or www.SOPBC.org.

*May 26: Nissan Buffalo Marathon, Buffalo, 8 a.m. Web: www.buffalomarathon.com.

*May 26: Waterloo Celebrate Commemorate 5K Run and Walk, LaFayette Park, 8:30 a.m. Contact Kathy Sigrist, P.O. Box 382, Waterloo, N.Y. 13165.

*May 27: The second annual Bob Bridgman 5K Memorial Run, Mansfield University track, noon. Contact Roger Learn at (570) 297-3271 or email: rogerlearn@mail.cyber-quest.com. Web: www.geocities.com/bridgman5K/home.

*May 27: Veteran's Memorial Day 5K, 9:28 a.m., Camillus. Contact Camillus Recreation Department at (315) 487-3600.

*May 27: The Woodstock 5K and 15K, Zena School, 9 a.m. Contact Fran Palmieri, 50 Lynette Blvd., Kingston, N.Y. 12401; Online: www.active.com.

*May 30: JP Morgan Chase Corporate Challenge: 3.5-mile Team Race, Highland Park, Rochester, 7:15 p.m. Contact Jane Iaculli at corp@frontiernet.net.

*June 1: Paige's Butterfly Run, Palmer Elementary School, Baldwinville NY. Contact Children's Miracle Network, (315) 464-4416. Web: www.paigesbutterflyrun.org

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