



Finger Lakes Runners Club - September 2002 Newsletter



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

Quote of the Month: "I am somewhat reluctant to let people see it [his article in this month's issue on the Escarpment Trail Run] lest the race become even more popular than it already is and I thus contribute to shutting myself out of next year's field!"—Steve Darrow (fortunately, Steve's better angel soon convinced him to let us print not only that article but another one on Summer Biathlons. Thanks, Steve!)

Coming Up:

Sept. 1: Monster Marathon & Half Monster, Virgil, 6:30 a.m.
Sept. 2: Groton Labor Day 5K, Groton HS, 9 a.m.
Sept. 7: 13th ann. Upstate NY XC Series: Race # 1— Akron Falls, 5K, 11 a.m.
Sept. 8: Heritage Day 15K, Berkshire, 9 a.m.
Sept. 14: AIDS Ride: Bike 100 miles around Cayuga Lake. Fundraiser.
Sept. 15: 28th annual Ithaca 5 & 10, Ithaca HS, 9 a.m.
Sept. 15: EARLY registration deadline for Wineglass Marathon!
Sept. 21-22: KISS 50/100 (miles) — or less, Finger Lakes Natl. Forest, 8 a.m.
Sept. 21: Upstate NY XC Series: Race #2 — Center Park, Fairport, 5K, 1 p.m.

In This Issue:

Booker Inspirational Award —Sherrer
The New All Right Runners Group Wants You — Hughes
Memorial Service for Jennie Farley — Farley
Going All Out in the Noonday Sun — Ingall
KISS 100 — McMurry
Playing Plinko at Escarpment — Darrow
Shoot & Run — Darrow

Ithaca 5 and 10 Needs You on September 15th

The Ithaca 5 & 10 is looking for many good volunteers for this major event. You are needed to man water stops, act as course marshals, help with food, work the finish line, work race day registration, pre-registration, the children's fun run, race course setup and clean up etc. Please contact me if you are able to help. It is appreciated.

—Lorrie Marnell

In the Loop

Special thanks to Joe Dabes, Audrey Balander, and BBQ chef Dave Jones for putting on such a great "Loop the Lake" event this year. Our FLRC picnic just keeps getting better!

Marathon or 5K, What's It Gonna Be?

Wineglass or Syracuse Festival of Races? That's what's up on Sunday, Oct. 6.

The 21st annual Wineglass Marathon and Merrill Lynch Team Relay is set for 9 a.m., Oct. 6, from Bath to Corning.

Guest speaker: Dick Beardsley, whom you can meet and greet at the race expo, Saturday, Oct. 5 in downtown Corning.

Early deadline registration fees are available until Sept. 15, then the fees rise until race day. It's cheaper to register online (\$5 discount!). Go to www.wineglassmarathon.com.

Email wineglassrace@aol.com for information.

The Syracuse Festival of Races -- separate 5Ks for men and women, are set for Oct. 6, at Manley Field House, Syracuse University, beginning at 9 a.m. (men's race) and 9:45 a.m. (women's race). There's also a community walk, a 3K fun and fitness run and kid's activities. The 5K courses are fast, and there's plenty of amenities!

Go to www.festivalofraces.com. Or write Dave Oja at 213 Scott Ave., Syracuse, NY 13224.

One event that *won't* conflict with the two big ones that weekend is the OctoberFast 5K and 10K in Highland Park in Endwell, which should be called the "SeptemberFast" this year: it's being held on September 28 instead of the traditional first weekend in October. This is a nice low-key, family-oriented event that is very well done (and we're not just saying that because it's one of the very few 5Ks where our assistant editor ever won the women's overall title— or maybe we *are*. Check it out anyway... it's a beautiful drive down there!)

Follow Section 4 Cross Country

Our local high school harriers are getting ready to kick up the turf. You can follow their season online at www.angelfire.com/stars4/section4xc/index.html.

Molly Huddle Runs a 16:24!

Molly Huddle of Elmira ran a 16:24 while winning the Heritage Christian Home 5K overall in Webster on Aug. 10. The performance is a pending single-age 17 American record for high school girls.

Molly also set a pending 17:04 F17 record on our very hilly WDF 5K course at Dryden Lake, July 18. Both records have been submitted to USATF for ranking purposes.

According to coverage in the *Rochester Democrat & Chronicle*, Molly's performance at the Heritage 5K was a milestone on several counts:

Fastest 5K this year by a HS age American girl on any surface. Molly averaged 5:18 per mile, and hit the first mile split in 5:02 (also fastest split in a Rochester race by a female). She was never challenged by any male during the race.

First overall victory by a female in a Rochester area mixed gender race .

Second-fastest 5K in a Rochester area race by a female. Kenyan Jackline Torori's 16:05 at the Run for the Hospice in October is the fastest.

Molly and her sister Megan turned 18 on Aug. 31, and Molly is on her way to the University of Notre Dame to begin her collegiate career. Good luck, and we hope to see you again at our indoor track meets over winter break!

Tussey Mountainback 50-Miler

(We love their slogan: Just for the Hill of It)

Ultra runners and relay racers should check out the Tussey Mountainback 50-Mile Relay and ultra, set for Saturday, Oct. 5 in the beautiful Nittany Valley, near State College, Pa.

The setting is the Tussey Mountain Ski Resort & Rothrock State Forest, in Boalsburg, Pa.

Starting time: 7:30 a.m. for individual ultra runners; 8:30 a.m. for relay teams. The relay consists of 12 pre-determined legs ranging from 2.8 miles to 6.3 miles in distance. Teams must provide their own support vehicles.

There's all kinds of relay combinations, and entry fees correspond with what kind of team you assemble or if you're planning to run it all yourself.

Go to www.nvrn.com/MTB50.html, or call 814-238-5918. Don't delay, because entries close after the first 100 teams and 100 ultra runners have registered.

The New All Right Runners Group Wants You!

Hello All,

We have organized a group of less-than-elite and beginning runners who will be meeting at the Burns Road entrance to the South Hill Recreation Way on Monday and Thursday evenings at 6:00pm. Our abilities and speeds span quite a range, but we will all start together and should be able to pair up or do warm ups/sprints together and share running experiences and keep each other motivated to keep coming out. Please feel free to join us or to e-mail me for more information about the group at kh34@cornell.edu.

—Kalinka Hughes

Memorial Service for Jennie Farley

I have been overwhelmed and moved by all the cards and emails I have received since Jennie's death. Many of you have commented on your interactions with Jennie, sometimes on things I knew very little about.

There will be a memorial service for Jennie, wife of Don Farley, Monday, Sept. 23, at 4:30 p.m. in the Call Auditorium in Kennedy Hall (Cornell U. campus). That is the main auditorium in Kennedy, which is diagonally across from the ILR School.

A web site has been set up for those who would like to share their recollections of Jennie with me and my family and other friends of Jennie. The URL is: www.ilr.cornell.edu/ped/jennie/jf_memorybook.htm.

—Don Farley

Barb Booker Inspirational Award

Margret Betz and I were each presented with the Barb Booker Inspirational Award at the Willow Bay Women's 5K,

hosted by the Syracuse Chargers on Aug. 17 at Onondaga Lake Park. Race directors Mickey Piscatelli and Carol Rider created the awards to honor Ithaca's own women's running pioneer in Ithaca, who died in June after a 15-year battle with Alzheimers. They had read of Barb's contributions in our newsletter. In fact, Barb raced frequently in Syracuse, especially on Onondaga Lake Park for the original Freihofers 10K each October. It was a fitting setting.

Margret, who raced on teams with Barb and our local masters women, and I were absolutely flabbergasted when Mickey called us up to the front of the awards ceremony. We both almost cried! We each received an etched glass mug with the inspiration inscription.

The gesture was one of great love and support by the Syracuse Chargers, and I can't begin to tell you, Mickey and Carol -- and the whole Syracuse Charger Track Club -- how deeply touched and thankful we are for your gift.

I spoke about it at the Booker Memorial Sunday afternoon, and Barb's husband and children were very touched by your thoughtfulness. Thanks to all the local runners who attended the Booker Memorial at Buttermilk on Sunday. It was a great joy to see all of you again!

Speaking of inspiration, Margret ran a 21:54 at Willow Bay to finish first among F65-59, and 14th overall. Margret will turn age 66 in September! And Coreen Steinbach, 51, and a good friend to our FLRC women's race as well, ran a 19:58!!! Inspiration at all ages!

—Diane Sherrer

KISS 50/100 Mile Run

What are YOU doing at 8:00 a.m. on Saturday, September 21? How about a 50- or 100-mile KISS?

KISS runs are a no-budget production of the Finger Lakes Runners Club, put on to provide a different experience from the larger, organized affairs. The KISS 50/100 is a low key affair— KISS, of course, means Keep It Simple, Stupid. The run is accurately wheel measured, but other than that you're pretty much on your own: no entry fee, no aid provided except water and gatorade (bring your own food and other aid with you), and no cutoff times. 6-10 people usually show up, and last year only 3 completed the full 100 miles. It's harder than you might expect to keep going entirely on your own, especially when you see your car every few miles, but that's part of the deal. The only entry requirement is that all runners must sign the standard waiver used for all Finger Lakes Runners Club races. Results will be sent to *Ultrarunning Magazine* and various ultrarunning web sites.

The course is 15/30 repeats of a remarkably scenic, wheel-measured 3.34 mile loop in the Finger Lakes National Forest near Hector, NY, midway between Seneca and Cayuga lakes. Starting from a small parking area 0.1 mile east of the Blueberry Patch campground on Picnic Area Rd. (also called County Rte 2), head across the road into the woods on the Interloken Trail. Continue for 1.2 miles going past Foster Pond to a 0.3 mile long spur trail that brings you to a small parking area on Potomac Rd. Turn right on Potomac Rd for 0.1 mile and then left on the Wildlife Ponds Trail. Turn right after the second, larger, pond onto a gravel

trail that brings you back to Potomac Rd. Turn left, run down Potomac Rd to Picnic Area Rd, then right on Picnic Area Rd back to the start, where you have parked your car and left all your food and drink. Each loop has a gentle climb of about 60 ft on easy rolling trail, a gentle descent of 175 ft on a smooth dirt road, and a final short but fairly steep climb of 125 ft that most people will walk. Total distance — 50.1/100.2 miles; total climb and descent — 2750/5500 ft.

To get to the start/finish:

From the west, take County Rt 2 off NY Rt 414 one mile south of Hector, NY. Go east for 3-4 miles until the road changes from pavement to gravel and changes name to Picnic Area Rd. The campground and start area are about 1/2 mile farther along on the right.

From the east, take Rt 79 from Ithaca to its junction with Rt 227 several miles past Mecklenburg and go right on 227. After about 1 mile you come to Reynoldsville. Turn left on Potomac Rd, following signs for the Finger Lakes National Forest. After 1.5 miles, turn left on Picnic Area Rd. The start area is at the top of the hill 0.3 miles on the left.

—John McMurray

Going All Out in the Noonday Sun...

Empire Haven, otherwise known as the nudist camp race, as I affectionately call it, or the deer fly massacre (not so lovingly) was terrific this year. I opted to run the 4th leg of 4.5 miles, the one individual leg chosen this year in order to gain points for the trail series.

Around 20 plus fully clothed people were pre-registered but many more showed up on a beautiful morning. This day of the race registration seems to have become a trend this year.

I was happy to see Derek D. arrive as he and I have become rivals over the past year or so. He generally wins out in the end, usually leads the way and his younger legs combined with the High Noon training regime are hard to challenge.

We ran together most of the way, a beautiful trail that I hadn't run on before. He led almost the entire time at a pretty fast pace. Occasionally he would miss a turn and we'd get each other back on course only for me to miss a turn and he would shout at me and again he'd take over the lead! We followed lots of arrows and flags and the course was well marked as long as you paid attention. We even talked a couple of times as the race went on and we felt more comfortable with our 'out in front' position. With about 600 yards to go I told him to "take it home" knowing that he was probably stronger than I. About 200 yards later I was still close on his tail and I went for the lead. A kind of a ridiculous decision considering I didn't really know how far it was to the finish. We'd both been watching the clock and knew that the pretty flat and fast dry trail meant we had to be close by now. I hung on for dear life! We made a sharp right turn as we entered the open area of the park. I sprinted (Ok, ok, just try and imagine me sprinting anyway!) towards what I assumed had to be close to the finish. A lady stood almost in the middle of the pathway ahead of me and I saw flags to the right out of the corner of my eye. The sun was shining straight into my eyes. Anyway it totally blinded me

and I took a right following the line of flags. All of a sudden people yelled and in an instant I'd lost the race. The finish line had been just 30 yards straight ahead, not to the right. I screamed "d..n it" in my proper English way and Derek took the win. Any rumors that I was simply taking a short cut to the swimming pool area are totally false.

Thanks to Doug Kibby and his fine crew of volunteers for a great event. The course was beautiful and well marked and the deer fly population seemed a lot better controlled this year. See you next time!

—Tim Ingall

Nescopeck Summer Biathlon

What is Summer Biathlon?

Summer Biathlon is a copyright-protected name referring to the sport that combines running and shooting. It began as an informal summer training exercise for winter biathletes, but in 1988 became an independent, organized sport of its own. Racers alternate several times between running and shooting, with typical total running distances of anywhere from 5 to 10 kilometers combined with 2 to 4 stops for the shooting stages. When transitioning from running to shooting, a racer walks into the shooting range, picks up the .22 caliber rifle, and depending on the stage, takes position either standing or lying down (prone) to shoot 5 targets typically placed 50 meters away. Following each shooting stage, racers must run a short "penalty lap" for each target they failed to hit during that stage.

With only about 20% of summer biathletes coming from a shooting background, one of the questions in many people's minds is inevitably: "I'm a great runner, but I don't know the barrel of a rifle from the butt. What if I just save all that time by not shooting and going directly to running the penalty laps?" The answer is that all participants must go through the motions: walk into the range, pick up a rifle, load the rifle, get into position, and take 5 shots in the general direction of the target. Presumably the few extra seconds it takes to actually take proper aim is less costly than the time it takes to run a penalty loop — IF you hit the target, that is. For this reason there is considerable strategy in figuring out how long you should spend setting up the shot, and the optimal amount of time will of course vary based on factors such as length of the penalty loop, shooting proficiency, level of fitness, and so on.

Impressions of a summer biathlon (and where the heck is Nescopeck?)

The small, unassuming village of Nescopeck, located along the Susquehanna River some 15 miles southwest of Wilkes-Barre, PA, features cornfields, a church, a grocery store, more cornfields...and a rifle club. It was here that the event would be held. As race volunteers worked to unload refreshments, set up the start/finish area, and prepare the shooting range, the 20 or so first-timers that had gathered near the start were called inside to the beginners clinic to learn about the sporting event they were about to undertake.

The clinic began with a short video describing the sport of summer biathlon, followed by presentations on rifle use and safety, as well as tips for the first-timer and an opportunity to ask questions. Following the indoor clinic

was a brief trip to the shooting range for a live shooting demonstration, after which participants were given a chance to try it out themselves with a clip or two before heading back to the start line to await their turn to begin.

By the time my start time came around, there was action everywhere. There were people just starting their first lap, people just finishing their last lap, people shooting prone and people shooting standing. Off to the side were people running their penalty laps around brightly colored stakes, a sight I couldn't help but think looked comically similar to something you'd see at a child's birthday party.

The run was flat and fast, and pure country bliss: around the side of the gun club, past a small cemetery, and right smack through the middle of a corn field down a dirt path and back. Down a small hill and into the rifle range, my moment of truth was upon me – and the truth was, I couldn't shoot! Oh sure, I could take some sort of aim and pull the trigger, but I quickly discovered that there are many subtleties to shooting well, the complexities of which are compounded by the shakiness that inevitably follows a period of heavy physical exertion. I ran penalty lap after penalty lap for what seemed like forever, then repeated the whole fiasco a second time to run countless more.

In the end I couldn't have had more fun. Both the participants and the volunteers were friendly and helpful at all times, with vigilant attendants right there at every instant to offer help or guidance with the rifles to us novices while we were in the shooting range. Unique, hand-made awards were given out at the awards ceremony, and I even got to take one home! It was a fun and educational introduction to the sport of summer biathlon, and I would recommend it to anyone who has even the slightest interest. If you're at all curious about the sport, go ahead...give it a shot!

Interested in learning more?

The United States Biathlon Association website is a great place to start and includes contacts for many regional biathlon clubs. The Pennsylvania Biathlon Club hosts the Nescopeck summer biathlons, held each year in April and July.

United States Biathlon Association

Marc Sheppard
Program Director, Summer Biathlon
P.O. Box 1028
West Yellowstone, MT 59758
Phone: 1-800-BIATHLO (1-800-242-8456) or (406-646-9222), fax: (406-646-9433)
E-mail: summerbiathlon@aol.com
<http://www.usbiathlon.org/summer/>

Pennsylvania Biathlon Club
Frank Gaval
369 Turkey Path
Sugarloaf, PA 18249
(570-788-4219)

Playing Plinko at Escarpment

It is July 28, 2002, and it is a very special day. You see, July 28 is the last Sunday in July, and if you count yourself to be among the most certifiable, mud-loving, thrill-seeking stoneheads of the East, you know what this day means. You have probably been waiting for it for quite some time, perhaps even as long as a year (or more)! It is, after all, the day of the Escarpment Trail Run.

The Escarpment race is famous for its history, its beauty, and its difficulty. The Eastern Escarpment Trail, located in the heart of the Catskills, covers some 30 kilometers of rugged mountain terrain, challenging those who tread it with extremely uneven footing, abrupt elevation changes requiring presence of mind and the use of both hands and feet, and no road crossings for the entirety of its nearly 19-mile length. Top runners will average around nine minutes per mile; mid-pack finishers, around fifteen. In return for enduring this hardship, these bold souls are offered exceptional beauty, solitude, the sounds and smells of the forest, and several breathtaking views.

It is difficult to describe the culture of Escarpment. Escarpment is a truly regional race, regularly drawing competitors from throughout the northeastern U.S. and eastern Canada even though no awards are given: just finishing is reward enough. Since the first Escarpment Trail Run in 1977, its magical allure has drawn those who have endured its challenges to return again and again, despite painful bee stings, spills, and even broken bones. It is the stuff of legends, and indeed, if you hang around this crowd long enough, you're bound to hear one or two.

Standing there in the gravel roadside pull-off this Sunday morning, I watch as the buses pull in, carrying their certifiable cargo to the starting line for their yearly field trip. Thirteen states and one Canadian province are represented today. We all gather around as attendance is called for safety reasons and recognition is given to those who, upon completing the race, will qualify for 100-mile (6 races), 200-mile (11 races), or 300-mile (17 races) race shirts. Then we clamor across the road to the trailhead, anxiously listen for the start signal, and grit our teeth in frustration as 200 runners try to sort themselves out onto a one-person-wide trail. We hit the first hill almost immediately.

Forty minutes later, I am still wondering where the top of the hill is. The crowd has thinned considerably, but I am thinking that I have expended about 9 miles of my precious energy reserve in the first 3 miles, or in other words, Way Too Much. How would I survive the full eighteen point six?

The course is not all like that of course: some parts are worse. There is, for example, the climb to the summit of Blackhead Mountain, where you have to be careful not to put your hand where the racer in front of you is stepping, and no matter what, don't look behind you (i.e., down)! Or the ensuing descent, so consistently steep that racers commonly collide with tree after tree on purpose to slow themselves down, like in some strange version of human Plinko. Sometimes you feel like it's a struggle just to make forward progress. Other times you feel like you are in that enlightened Zen state...at one with the forest...until you trip and fall flat on your face.

If you want to know more, you'll have to ask me. Every racer inevitably finishes with a story, most too long to be told properly in such a short space. But even if it could be, words simply cannot do this race justice: Escarpment must be experienced to be understood.

Escarpment is not for everyone. But if you find yourself constantly seeking more challenging runs, if you often run alone on rugged, backcountry terrain that stretches the definition of a trail, if you question your sanity, or if reading this has stirred something within you (besides bewilderment), perhaps it is time for you to join the fellowship of the Escarpment Trail Run. See you there?

—Steve Darrow

RESULTS:

Cazenovia Triathlon (swim half mile, bike 14.1 miles, 5K run) Cazenovia, Aug. 11

Local triathletes: Thad Schug, Cortland, 1:12:49; Terry Habecker, Ithaca, 1:15:12; Dirk Elliot, Marathon, 1:17:33; Robert Hermanet, Ithaca, 1:21:12; Andrew Getzin, Ithaca, 1:21:29; Bob Dattola, Ithaca, 1:22:51; William Miller, Ithaca, 1:23:31; Karen Parkes, Ithaca, 1:24:53; Morgan Stanley, Ithaca, 1:28:34; Karen LaFrance, Ithaca, 1:29:43; Warren Brown, Ithaca, 1:30:19; Ben Eckhardt, Ithaca, 1:31:06; Mark Masler, Cortland, 1:31:38; Chris Newell, Cortland, 1:31:46; Francesca Crannell, Ithaca, 1:31:47; Peter Parker, Ithaca, 1:33:48; Collette Newell, Cortland, 1:35:58; Christine Yonta, Cortland, 1:36:31; Dieter Eppel, Cortland, 1:40:03; Adam Bromberg, Ithaca, 1:43:30; Adrienne Masler, Cortland, 1:51:35.

Scotty's 5K (Newark Valley, Aug. 10)

Local runners: 3. John Hylas, Ithaca, 17:28; 4. Michael Leonard, Freeville, 17:52; 5. Adam Engst, Ithaca, 18:14; 6. Steve Darrow, FLRC, 18:23; 11. Jim Jones, Berkshire, 19:25; Bill McGovern, Marathon, 20:56; Keven Pasterchik, FLRC, 21:01; Karl Pillemer, Ithaca, 22:02; Robert Miesner, Candor, 24:39; Carole Crean, FLRC, 32:42.

Willow Bay Women's 5K (Liverpool, Aug 17)

Overall winner: Ashley Huges, Phoenix, 18:16.

Overall masters: Coreen Steinbach, 19:58.

Local runners: Margret Betz, 21:54 (age 65!); Elizabeth Aronstam, Waverly, 22:21; Diane Sherrer, Trumansburg, 22:59; Linda Glowacki, 24:05; Donna Russell, 25:31; Ruth Ripley, 25:55; Julie Barbopoulous, Dryden, 32:50; Marilyn Miller, Cortland, 33:03; Lois Pfister, Cortland, 36:10.

The 25th annual Tromptown Runs (DeRuyter, Aug. 8)

(*Note: Hometowns not provided in results. Apologies if we missed you!)

5K:

Local runners: Lucas Burdick, 16:56 (overall winner); John Hylas, Ithaca, 17:38; Ron Hulslander, Cortland, 17:55; Derek Dean, Ithaca, 18:02; Matt Burdick, 19:56; Melissa Schug, 21:36; Diane Sherrer, Trumansburg, 24:00; Linda Eberly, Cortland, 26:38; Denise Wavle, Cortland, 30:31.

Half Marathon:

Local runners: Tom Bloodgood, Watkins Glen, 97:18; Scott Buchanan, Cortland, 99:39; Les Buchanan, Cortland, 111:48; Jim Wavle, Cortland, 98:06; Gary Burdick, 88:41; Fred Miller, 89:55; Tom Hamlin, 107:55; Paul Dunham, 100:14; Brendan Flynn, 107:19; Laurel Burdick, 87:34; Ann Brewer, 98:10; Chandra Joos, 116:28; Aimee Roberts, 116:25; Lorrie Marnell, 99:29; Linda Glowacki, 112:42; Karen Fennie, 127:10; Barb Morrissey, 109:26.
Teams: Husband/wife -- 3. Jim/Denise Wavle. Father/son -- 1. Gary/Lucas Burdick; 2. Gary/Matt Burdick.

Phelps 20K (Phelps, Aug. 3)

*Note: Hometowns not provided in results. Apologies if we missed you!

Overall winners: Derrick Jones, Henrietta, 1:07:52; and Caroline Quill, Rochester, 1:24:11.

Overall masters winners: Jeffrey Juran, Ithaca, 1:16:05; and Beth DeCiantis, Rochester, 1:26:47.

Local award winners: John Whitman, Ithaca, 1:20:18 (first M45-49); Tom Powers, Newfield, 1:18:53 (first M50-54).

Kelly LaBare Memorial 5K (Binghamton, Aug. 4)

Overall winners: Anthony Gallo, Harpursville, 15:16; and Murphee Hayes-Falls, Marathon, 18:52.

Overall masters: Gary Fancher, Binghamton, 16:47; and Suzanne Myette, Endicott, 19:47.

Local runners: 5. Zeb Lang, Ithaca, 16:54; 7. John Hylas, Ithaca, 17:24; 10. Eric Maki, Cortland, 17:42; 12. Kevin Coughlin, FLRC, 17:48; 29. Dennis Uhlig, FLRC, 20:02; 34. Jake Bigelow, FLRC, 20:22; 38. Mike Brown, 20:37; 40. Harland Bigelow, FLRC, 20:46; 45. Terry Brown, 21:03; 48. Kevin Pasterchik, 21:07; 67. Margret Betz, 22:12; 63. Kevin Lantry, 22:22; 76. Rich Crean, 23:08; Roger Brown, 23:52; 91. Diane Sherrer, Trumansburg, 24:09; 126. Suzanne Aigen, Ithaca, 26:18; 139. Jason Moore, Waverly, 27:22; 192. Heidi Moore, Waverly, 35:27; 197. Lori Brown, 37:20; Sarah Brown, 39:24.

Y-Athlon (swim 1/2 mile; bike 18 miles; run 5 miles)

Erin, Aug. 4

Overall winners: Dennis Moriarty, Rochester, 1:25:55; and Amy Cuomo-Oberst, Rochester, 1:44:24.

Local triathletes (incomplete results): 16. Casey Carlstrom, Ithaca, 1:24:50 (second M40); 19. Lawren Smithline, Ithaca, 1:37:11 (second M20-29); 27. Bob Dattola, Ithaca, 1:41:59 (first M50); Mark Vallyely, Ithaca, 1:56:11; Steve Darrow, FLRC, 1:37:18 (3rd M25-29); Judy Raabe, Ithaca, 2:16:47 (3rd F40-44).

Teams: Skip Strobel, Paul Kingsbury and Mike Van Brunt, 1:25:50 -- 1st team overall; Jill Treubig, Terrie Kingsbury and Molly Huddle, 1:27:18 -- 1st women's team and 2nd team overall; David Boor, Emmie Dengler and Quentin Summers, FLRC, 1:32:06 -- 3rd mixed team.*

Wakefield Ultra (Wakefield, Mass., Aug. 2-3)

Local runner: Cathy Troisi finished a double marathon effort in 24 hours -- in scorching heat. First marathon: 5:49:26; second marathon: 7:40:50.

(How hot was it? So hot the runners were running and walking, while carrying umbrellas for shade from the sun.)

Lee Barta 5K (Binghamton, July 28)

Overall winners: Anthony Gallo, 15:11; and Charlene Lyford, 18:32.

Local runners: Jim Wavle, Cortland, 20:10; Harland Bigelow, FLRC, 20:43; Bill Foley, Cortland, 21:25; Denise Wavle, Cortland, 30:04; Carole Crean, FLRC, 32:10

Lake Moraine 5-Miler (Hamilton, July 20)

Overall winner: Chris Getman, Ithaca, 26:51.

Additional local runners: Jim Miner, Dryden, 34:12; Rob Reakes, Lansing, 40:10; Sheila Reakes, Lansing, 43:49.

Vermont 100 - Miles (Woodstock, Vt., July 20-21)

Overall winners: Hans Put, 14:19:36; and Ellen McCurtin, 17:51:43.

Local runners: John Geesler, 16:01:08; Jeff Hinte, 20:49:17; Will Danecki, 23:08:04; Greg Loomis, 23:30:02; Max Bliss, 25:35:19; Barb Sorrell, 25:44:13.

Escarpment Trail 30K (Windham, July 28)

Overall winners: Ben Nephew, Boston, Mass., 2:50:56; and Cassy Burne, Pottstown, Pa., 3:07:52.

Local runners: John Geesler, FLRC, 3:29:55; Steve Darrow, FLRC, 3:40:51; Jim Jones, Berkshire, 3:41:23; Jim Miner, Dryden, 4:41:53; Grove Cook, FLRC, 4:47:42; Dave Losey, FLRC, 5:05:15; Christine Beach, Interlaken, 5:49:59; Barb Sorrell, FLRC, 6:25:48.

25th annual Boilermaker 15K (Utica, July 14)

Local runners who won coveted age-group awards:

Lynn Vaccaro, Ithaca, 58:40 -- fourth F25-29; Amy Stein, Ithaca, 1:00:02 -- third F20-24; Rich Marshall, Ithaca, 1:58:36 -- third M75-79

Money winners: Margret Betz, Conklin, 1:12:01 -- first F60 (\$300); Sandy Folzer, Mansfield, Pa., 1:13 (\$200).

The rest of the best local runners: 38. Chris Getman, Ithaca, 48:49; 59. Shaft Johnson, Ithaca, 50:33; 130. Zeb Land, 54:29; 153. Nate Lockett, Moravia, 55:17; 157. Kellen Wadach, Ithaca, 55:27; 161. Michael Brych, Cortland, 55:40; 183. Jeffrey Juran, Ithaca, 56:12; Earl Steinbrecher, Danby, 56:12; 256. Tom Meyer, Ithaca, 58:01; 260. Tom Powers, Newfield, 57:59; 275. Lynn Vaccaro, Ithaca, 58:40; 308. Michael Leonard, Groton, 58:42; 322. Ron Hulslander, Cortland, 59:01; John Geesler, FLRC, 59:02; 326. Benjamin Eckhardt, Ithaca, 59:05; 337. John Whitman, Ithaca, 59:13; 386. Steve Darrow, FLRC, 1:00:23; 406. Eric Maki, Cortland, 1:00:46; 408. Alan Lockett, Moravia, 1:00:55; 419. Paul Kempkes, Lansing, 1:00:54; 425. Amy Stein, Ithaca, 1:00:02; 431. Tom Ryan, Berkshire, 1:01:03; 451. Jonathon Booth, Lansing, 1:01:30; 544. Andrew Getzin, Ithaca, 1:02:27; 5:48. Richard Lorrell, Mansfield, 1:02:33; 642. Tricia Learn, Troy, 1:03:29; 643. Ron Herreid, 1:03:30; 675. Wally Powers, Spencer, 1:03:46; 688. Ben Pecjak, Ithaca, 1:03:56; Rebecca Harman, Willseyville, 1:04:05; 804. Glenn Cobb, Lansing, 1:05:17; 806. Heather Miller, Lansing, 1:05:18; 871. Christopher Steed, 1:05:54; 886.

Ralph Brown, Cortland, 1:06:01; 951. Norm Ward, 1:06:36; 994. Terry Delaney, Ithaca, 1:06:57; 1044. Steve Zuend, Ithaca, 1:07:19; 1062. Christopher Kyle, Newfield, 1:07:29; 1072. Elliot Swarthout, Ithaca, 1:07:35; 1115. Tim Williams, Cortland, 1:07:52; 1230. Robert Vento, Corning, 1:08:46; 1239. Ann Brewer, Trumansburg, 1:09:41; 1381. Dan Simon, Ithaca, 1:09:51; 1389. Bob Decker, Watkins Glen, 1:09:55; 1408. Ron Knewstubb, Ithaca, 1:10:03; 1432. Dale Fox, 1:10:10; 1480. Sean Kennedy, Ithaca, 1:10:29; 1483. Kevin Thompson, Ithaca, 1:10:30; 1505. Eric Eisenhard, Cortland, 1:10:39; 1561. Scotty Buchanan, Cortland, 1:11:00; 1647. Margret Betz, 1:11:28; 1821. Paul Dunham, 1:12:26; 1825. Jyl Macheal, Waverly, 1:12:28; 1841. Dan Brown, Lansing, 1:12:33; 1866. Harland Bigelow, 1:12:42; 1919. Dale Palmer, 1:13:01; 2065. Sandy Folzer, 1:13:46; 2251. Michael almer, Ithaca, 1:14:44; Jason Bigelow, FLRC, 1:04:52; 2303. Kristin Soto, Corning, 1:15:01; 2391. Greg Wright, Penn Yan, 1:15:25; 2432. Dave Weiss, 1:15:38; 2436. Travis Crocker, Freeville, 1:15:39; 2528. Evan Kurtz, Dryden, 1:16:06; 2604. Paul Bates, Ithaca, 1:16:25; 2606. Tim Doward, Trumansburg, 1:16:26; 2612. Todd Mattison, Ithaca, 1:16:22; 2613. Mary Wenck, 1:16:22; 2679. Tad Palmer, Trumansburg, 1:16:45; 2686. Daisy Fan, Ithaca, 1:16:47; 2830. Jim Miner, Dryden, 1:17:25; 2835. David Morgan, 1:17:27; 2864. Vikki Lappi, Ithaca, 1:17:35; 2959. Julie Pace, Cortland, 1:17:59; Doug Dziedzic, 1:18:04; 3036. Herman Sieverding, Ithaca, 1:18:21; 3157. Jane Galvin, 1:18:51; 3187. Meghan Kennedy, Ithaca, 1:19:00; 3198. Jill Dunphy, 1:19:03; 3200. Diane Sherrer, Trumansburg, 1:19:03; 3204. Michael Myers, Waverly, 1:19:04; 3225. Eric Douglas, Ithaca, 1:19:12; 3272. David Kostyal, Sayre, 1:19:26; 3326. Rebecca Edwards, 1:19:44; 3326. Josh Coppy, 1:19:44; 3528. Karen Laface, Ithaca, 1:20:35; 3564. Laura Hunsinger, Moravia, 1:20:42; 3654. Sarah Broadley, Ithaca, 1:21:00; 3695. Catherine Haight, Groton, 1:21:10; 3762. Chris Maxwell, 1:21:27; 3853. Christine Trezise, Ithaca, 1:21:49; 3875. Claudia Sandoval, Ithaca, 1:21:52; 3905. Jeff Knutson, 1:21:59; 3921. Sabrina Clark, Cortland, 1:22:03; 3926. Mark Clark, Cortland, 1:22:03; 4225. James Newman, Ithaca, 1:23:10; 4338. Angela Roberts, Ithaca, 1:23:34; 4424. Ash Alexander, Cortland, 1:23:57; 4436. Jamie Frank, Cortland, 1:24:01; 4506. Marne Einarson, Ithaca, 1:24:18; 4776. Tony Ciccone, Locke, 1:25:27; 4779. Hope Bandler, Lansing, 1:25:29; 4916. Mary Helen Blake, Cortland, 1:26:08; 4967; Dana Potenza, Ithaca, 1:26:21; 5163. Bob DiPaola, Ithaca, 1:27:06; 5255. Catherine Crandall, 1:27:30; 5276. Bethany Buchanan, Cortland, 1:27:36; Lorrie Marnell, Locke, 1:27:40; Megan Erlenback, Locke, 1:27:40; 5428. Jeannette Palmer, Ithaca, 1:28:04; 5429. Johnny D'Antonio, Cortland, 1:28:00; 5434. David Lifka, Ithaca, 1:28:05; 5440. Richard Rohlf, Cortland, 1:28:07; 5446. Gil Rosenberg, Feeville, 1:28:10; 5464. Carlton Manzano, Locke, 1:28:15; 5483. Robert Vanderlan, Ithaca, 1:28:17; 5632. Heidi Moore, Waverly, 1:28:51. 5633. Jason Moore, Waverly, 1:28:51; 5650. Ruth Ripley, 1:28:55; 5787. Jennifer Alford, Ithaca, 1:29:33; 5896. Scott Sheldon, 1:30:02; 6028. Andrea Bookbinder, 1:30:33; 6047. Victoria DeCola, 1:30:41; 6252. Karyn Havas, Ithaca, 1:31:33; 6256. Terry Rohlf, Cortland,

1:31:35; 6339. Mike Joyner, Cortland, 1:32:01; 6476. Paul Salvino, 1:32:34; 6645. Steven Wehrspann, Ithaca, 1:33:21; 6646. Amy Hargrave, Ithaca, 1:33:21; 6998. Summer Killian, Ithaca, 1:35:08; 7080. Maria DeRado, Cortland, 1:35:28; 7142. Suzanne Aigen, Ithaca, 1:35:39; 7143. Cathy Troisi, 1:35:49; 7345. David Youst, Hector, 1:36:51; 7503. Elizabeth Crumley, Ithaca, 1:37:44; 7667. Jane Miller, Ithaca, 1:38:38; 7696. Ann Sieverding, Ithaca, 1:38:46; 7849. Janice Johnson, Ithaca, 1:39:38; 8219. Karla Rimmre, Ithaca, 1:42:05; 8509. Susan Chase, Dryden, 1:44:18; 8777. Deb Clute, Lansing, 1:46:46; 8810. Samantha Arnold, Ovid, 1:46:58; 8863. Tammy Elmer, Newfield, 1:47:34; 9984. Mila Kundu, Waverly, 1:47:47; 8914. Cindy Cabriera, Ithaca, 1:48:01; 8962. Jill Schwartzberg, Ithaca, 1:48:37; 9060. Wendy Talow, Trumansburg, 1:49:55; 9080. Allison Livermore, Cortland, 1:50:11; 9132. Amy Voorhees, Interlaken, 1:50:45; 9134. Peter Voorhees, Interlaken, 1:50:45; 9213. Mary Lou Kundu, Waverly, 1:51:47; 9230. Richard Malecki, Newfield, 1:52:01; 9567. Richard Marshall, Newfield, 1:58:36; 9745. Joe Familo, 2:11:30.

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

Local runners: 9. John Hylas, Ithaca, 17:30 (first masters); 38. Alexandra Bullis, Trumansburg, 22:13; Terry Brown, FLRC, 21:20; 49. Diane Sherrer, Trumansburg, 23:41; Carole Crean, FLRC, 35:93; Lois Pfister, Cortland, 38:54.
10K:

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

September Calendar 2002

*Sept. 1: Monster Marathon and Half Marathon Trail Runs, Virgil State Forest, 6:30 a.m. -- staggered starts. Contact John McMurry at jem24@cornell.edu; or Call Dave Burbach at 227-1982.

*Sept. 2: Groton Labor Day 5K and 1-Mile Fun Run, 9 a.m., Groton Central School. Contact Scott Weeks, Groton Central School, 400 Peru Rd., Groton, N.Y. 13073; e-mail: runner1@clarityconnect.com. Benefits cross country team.

*Sept. 2: Mt. Greylock Road Race 8-Miles Uphill, 10 a.m. North Adams, Mass. Contact Bob Dion at dion@bcn.net; or Web: www.runwmac.com.

*Sept. 2: Labor Day Canal Run 5K, Genesee Valley Park, Rochester, 9 a.m. Call Bill Kehoe at (585) 473-8337.

*Sept. 2: Batavia Area Jaycees Labor Day 5K, MacArthur Park, 10 a.m. Contact Joe LaMilia at (716) 343-2536.

*Sept. 7: The 13th annual Upstate New York Cross Country Series: Race No. 1 -- Akron Falls Park, 5K, Niagara County, 11 a.m. Web: www.gvh.net.

*Sept. 7: The 20th annual Dick's Value of Life 5K, Vestal, 8 a.m. Contact Dick's Clothing & Sporting Goods, 2433 Vestal Parkway East, Vestal, N.Y. 13850.

*Sept. 7: Punxsutawney Groundhog Fall 50K, Punxsutawney, Pa., 7 a.m. Contact John Goss at (814) 938-4149.

*Sept. 7: The Shaupeneak Ridge 10.5-Mile Trail Race, Esopus (near Catskills), 10 a.m. Contact Debbie Briggs, 297 Kansas Rd., Rhinebeck, N.Y. 12572; call (845) 876-6214; e-mail: d.m.briggs@gte.net.

*Sept. 7: Glen Iris 5K, Letchworth State Park, 10 a.m. Call Pam Bliss at (585) 237-0419.

*Sept. 8: Heritage Day 15K Road Race and Club Challenge, Berkshire, 9 a.m. Designated the USATF Niagara Association 15K Championship. Contact Fraser Williams at 657-2742; e-mail: fraser@localnet.com. Prize money.

*Sept. 8: Greater Scranton YMCA Half Marathon, 8:30 a.m. Contact Sue McDermontt at (570) 342-8115; Web: greaterscrantonymca.com.

*Sept. 8: Eriesistible Marathon and Relay, Erie, Pa. Call (814) 899-4997.

*Sept. 8: Katie Harper Memorial 5K, Dudley-Northside Schools, Perinton, time ?. Contact Bill Kehoe, 1255 University Ave., Suite 140, Rochester, N.Y. 14607; e-mail: willop@aol.com.

*Sept. 14: Komen Race for the Cure 5K, Scranton. Call (800) 650-CURE; Web: www.komen.org.

*Sept. 14: AIDS Work of Tompkins County Ride for Life: 100 miles around Cayuga Lake on a bike. Contact AIDSwork of Tompkins County, 215 North Cayuga St., Ithaca, N.Y. 14850; call 272-4098. Web: www.aidswork.org; e-mail: aidswork@aidswork.org. Requires pledges.

*Sept. 14: The Lake Placid Half Marathon, 10 a.m. Contact Butch Martin, 301 Main St., Lake Placid, N.Y. 12946, or call (518) 523-2591; e-mail info@neparkdistrict.com.

*Sept. 14: Bud Run 10K and 5K, Baldwinsville, 9:15 a.m. Contact Anheuser-Busch Bud Run, P.O. Box 200, Baldwinsville, N.Y. 13027. Benefits Central New York Make A Wish Foundation.

*Sept. 14: Children's Home of Wyoming Conference 5K, Binghamton, 9 a.m. Contact Loreen Maley at 722-6904, ext. 132.

*Sept. 14: Sara's Race 5K, Christ the King Church, Irondequoit, 8:30 a.m. Call Karen Suitor at (585) 671-1155.

*Sept. 14: Olander Park 24-Hour Race, Sylvania, Ohio. Contact Tom Falvey at falvey@prodigy.net. USATF National 24-hour Championship race.

*Sept. 15: The 28th annual Ithaca 5 & 10 (miles), Ithaca High School, 9 a.m. Contact Lorrie Marnell, P.O. Box 185, Locke, N.Y. 13092; call (315) 497-3743.. Designated RRCA New York State 5- and 10-Mile Championship

*Sept. 15: Toronto Marathon and Half Marathon, 7:30 a.m. Web: www.runnerschoice.com.

*Sept. 15: Yonkers Marathon and Half Marathon, 8:30 a.m. Contact Yonkers Parks & Recreation, 285 Nepperhan Ave., Yonkers, N.Y. 10701; e-mail: parks@emicom; Web: www.cityofyonkers.com.

*Sept. 15: Survival of the Shawangunks Off-Road Triathlon, New Paltz. Web: www.ulster.net.

*Sept. 15: The 25th annual Jefferson Hospital Philadelphia Distance Classic Half Marathon and 5K, 8 a.m. Contact PDR, Box 43111, Philadelphia, Pa. 19129; Web: www.philadistance.com.

*Sept. 15: Dutchess County Marathon, Half Marathon and 5K, 8:30 a.m., Wappingers Falls. Contact Paul Cassitto at (914) 475-4024; Web: www.mhrrc.org..

*Sept. 15: Pisgah Mountain 25K and 50K, Chesterfield, N.H., 9 a.m. Contact Sue & Mike Watson at e-mail: idorun@sover.net.

*Sept. 21-22: KISS 50100-Mile Run, Finger Lakes National Forest, 8 a.m. 30 repeat loops (3.34 miles each). Contact John McMurry at 257-3592; email: JEM23@cornell.edu. FREE!

*Sept. 21-22: Green Mountain Orienteering Meet/U.S. Relay Championships, Marshfield, Vt. Call (802) 426-3190.

*Sept. 21: ARC Race: Half Marathon, 5,000 Meters and 3,000 meter-Walk, Long Branch Park (new location!), 9 a.m. Contact ARC Race, 600 Wilbur Ave., Syracuse, N.Y. 13204; call (315) 476-7441, ext. 144.

*Sept. 21: The 13th annual Upstate New York Cross Country Series: Race No. 2 -- Center Park, Perinton (Fairport), 5K, 1 p.m. Web: www.gvh.net.

*Sept. 21: Lawrence David Peters Memorial 5K, Binghamton State Office Building, 10 a.m. Contact Ralph Fuller at 775-4713; e-mail: clf510@aol.com.

*Sept. 21: Run for Your Heart 5K, Williamsport, Pa., 9 a.m. Contact Bill Burd, 1318 Elmira St., Williamsport, Pa., 17701.

*Sept. 21: Alpine Classic 8.5-Miler, Jordan, 10 a.m. Contact R. Curry, P.O. Box 356, Jordan, N.Y. 13080. Call Katy Hinman at (315) 689-3729.

*Sept. 22: Adirondack Marathon and Half Marathon, Schroon Lake, 9 a.m. Contact Schroon Lake Chamber of Commerce, P.O. Box 583, Schroon Lake, N.Y. 12870, or call 888-SCHROON. Web: www.adirondackmarathon.org. Half marathon field is closed.

*Sept. 22: Falling Leaves 5K and 14K, Utica, 8:35 a.m.. Contact Utica Roadrunners, Marie Seiselmyer, 1216 Walnut St., Utica, N.Y. 13502. Web: www.uticaroadrunners.org.

*Sept. 22: Susan B. Anthony Legacy 5K, Rochester, 9:30 a.m. Call Nora Bredes at (585) 275-8799.

*Sept. 22: Blue Marsh Trail Marathon, Reading, Pa. Contact Butch Ullrich, P.O. Box 631, Shillington, Pa. 19607.

*Sept. 28: Octoberfast 5K and 10K, Highland Park, Endwell, 9 a.m. Contact Anthony Mazza at 770-2931.

*Sept. 28: McQuaid Invitational 3-mile Cross Country Open Race, Genesee Valley Park, 4:30 p.m. Web: www.gvh.net.

*Sept. 28: Fifth Avenue Mile, New York City, 10 a.m. Web: www.nyrrc.org.

*Sept. 28: Albany Valley Challenge 5K, New Albany Park, Albany, Pa. (near Towanda), 11 a.m. Call Mike Hudyncia at (570) 265-8382.

*Sept. 28: Madison Hall 5K, Morrisville, 9:30 a.m. Contact Rich Carreno, 7638 Northfield Lane, Manlius, N.Y. 13104.

*Sept. 28: FAM Fund 5K, Cobleskill. Contact Peter Sweetser, 111 North Grand St., Cobleskill, N.Y. 12043. Web: www.fam5K.com.

*Sept. 28: Greg Greve 5K, North Chili. Contact Paul Kurtz, 2301 Westside Dr., Rochester, N.Y. 14624.

*Sept. 29: Lung Cancer Awareness 5K, Recreation Park, Binghamton, 2 p.m. Call Barb Morrissey at 687-5227.

*Sept. 29: The 25th annual Clarence DeMar Marathon, Keene, N.H., 8 a.m. E-mail: steve.white@libertyram.com.

*Sept. 29: VASS Vermont 50-Miler, Brownsville, Vt. E-mail: