



Finger Lakes Runners Club - April 2003

Newsletter



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

Quote of the Month:

"No thanks. I think I would die....The longest I've ever run was 12 miles, and I puked." - Picabo Street, about running a marathon, in response to a recent USA Today survey that ranked the marathon as the seventh most difficult thing to do in sports. Downhill ski racing was ranked tenth.

Coming Up:

April 6: 22nd annual Skunk Cabbage Classic 10K & HM, 10:30 a.m., Cornell campus. Chip Timing; please pre-register.
April 12: Great Heron 5K, Hobart, 9 a.m. Partially Benefits Ithaca Breast Cancer Alliance.
April 12: Running for a Wish 5K, Ithaca College, 2 p.m. Benefits Make a Wish Fd.
April 21: 107th BAA Boston Marathon. Good luck everybody! Come back with stories!
April 27: John Polo Nature Revisited "trail" 5K, Corning CC, 9 a.m. Benefits Spencer Crest Nature Center.
May 11: Tom Bugliosi Trail 13K & 26K, Hammond Hill State Forest, 10 a.m.

In This Issue:

- Hartshorne Mile – Engst and Smith
- Ripley takes another state!
- Toughening Up – Triathlon Club - Lawrence
- Oswego County – O'Brien
- Elmira-thon story (correction) - Sherrer

Entry forms enclosed:

- Tom Bugliosi Trail 13K & 26K
- John Polo Nature Revisited "trail" 5K
- Highland Forest 1-2-3

Electronic results required for 2003 USATF Rankings

Attention race directors: Beginning in 2003, the USATF Road Running Information Center (RRIC) will require complete results (certified courses) to be submitted in an electronic form (email, diskette or CD) for performances to be included in the state, city, junior, open and masters road rankings. Please do it, folks.

Suffer! And other FLRC track memories

--Diane Sherrer

Oh, we're so sorry to see the indoor track season end for 2003! Many thanks to track vice president Tim Ingall and his big posse of volunteers who directed a wild and wonderful series. Lots of applause to Rick Hoebeke and Tom Hartshorne, who toiled on the Hartshorne Memorial Masters Mile, too.

I participated in all four meets, plus the Hartshorne mile -- plus I traveled to Hobart to watch our masters women run the 1,600-meter relay. Here are some of the memories that I still recall in vivid sounds and images. In no particular order...

Tim Ingall running his first sub 5-minute mile at Family Fun Day. Tim ran a 4:58.9, and rocked his favorite track house. Friends, teammates, kids and parents -- and Bruce Roebal with the microphone, lined the track and screamed at Tim not to give up. I yelled "Suffer!" and Bruce called the race like it was Seabiscuit at the Kentucky Derby. It was a perfect gift for Tim who has poured his heart and soul into every single meet.

Man in Black Bruce Roebal, who patiently and efficiently moved each meet along with precision and good humor. It was amazing to see the 100+ runners listening intently to Bruce, and being ready for each heat. Even the little kids crying about the starting gun didn't rattle Bruce.

Tom Meyer quickly completing all the computer entries and results, and still having the time and energy to get in some fast-paced events. Even when latecomers registered, Tom never complained.

My registration companions Sandy Fitterer, Sarah McHale, Lorrie, Shealena, Jim and PJ, Joe Reynolds and John McMurray processing long lines of runners. I can still hear myself bellowing: "You need a white form, a yellow card for each event and a pink card for relays!"

Updates

Dave Jones and Tessa DuMont, best known as trail runners, attending the indoor meets and working on behalf of track specialists so we'd have a chance to run. Thanks to all volunteers!

The Learn family from Mansfield, Pa., five sisters, baby Roger and parents Candy and Roger. The sisters range from age 7 to age 19. Charity, a freshman at Mansfield U., set some school records at our meets; and 7-year old Violet ran like a rocket from the back of the pack. Not one whimper.

The Ithaca United Track Club, a group of kids and their parents, who always elevate the spirit and energy of our meets.

Big numbers of regional high school runners and their coaches. Good to see the Elmira contingent, Ithaca High and a team from Albany.

Masters ace Bob Carroll, brother Dave and Becky Heuer -- the gang from Checkers AC, making the trip each meet from Buffalo.

Victoria Smith's cookies. As each meet progressed, she brought us more goodies. Thanks Victoria.

Reading John Hylas' pre-race pep talk regarding a sub 5 quest at the Hartshorne Mile. "Glide" was the operative word.

Listening to Charlie McMullen, who is battling cancer, telling the Hartshorne runners he's fighting it and won't give up.

Canadian Patty Blanchard winning the women's elite division of the Hartshorne Mile. She cranked out a F45 WR 5:08! Even more impressive, she was friendly and happy to be here.

Gill Sharp running a personal best 5:19 at age 41!

Seeing Karen Grover running a break-through 6:05, after weeks of training.

Anselm LeBourne and Tom Dalton going head-to-head in the men's elite division at Hartshorne.

Watching Suzy, Lorrie, Shirley and Gill set the F40 AR/WR in the 1,600-meter relay at Hobart. Inspirational, dramatic and they kept the record in the FLRC house.

Be ready for the summer outdoor meets, which I'll nickname the Carhart Series. Just in case the weather is anything like last year.

Betz Marks Ratified

In a related item, all of Lorrie Marnell's persistence and patience paid off. When an American or world record is run on a USATF distance-certified course, a USATF official travels to that site to remeasure the course. Margret Betz set a pending F65-69 AR in 2002 in our 5-miler of the Ithaca 5 & 10 (also in the 10 miler in 2003). Last year, the bridge on Cayuga Street on the course was out. But the official insisted on coming here, and remeasuring that course come hell or high water. Lorrie had to go along for the ride. Good news: Our course was accepted! Margaret officially has the F65-69 American record of 35:00 on the books. Also ratified, Margret's 5K (21:16) at the Syracuse Festival of Races, and 20K (1:36:08) at the Vestal XX.

John Geesler -- Ultra All-American

John Geesler, a familiar face at our trail runs now and then, has received All-American honors from the American Ultra Runners Association for his 2002 achievements. Honors are handed out by gold, silver and bronze designations, and Geesler is a silver honoree.

Criteria include performance at top-level USA ultra championships, and exceptional performances exhibited in a single race or a range of performances.

Geesler, 43, of St. Johnsville, NY became the first American male to win the USA 24-Hour Title three times. In 2002, he won the title for the 3rd time at the Olander Park (Ohio) 24-hour Championship. He also placed 2nd and 3rd respectively at the Vermont 100 and Massanutten 100 (that's miles) trail events. In December, Geesler moved up to the 2-day event, and ran 231 miles to win the Ultra Centric 48-Hour event in Texas. He notched a year-leading 24 hour distance of 148 miles enroute to the 48 hour victory. Congrats!

Go to www.americanultra.org for all the winners and profiles.

Freihofers Run for Women

A plug for one of my favorite races: the Freihofers Run for Women 5K Open and Masters National Championship. The date is May 31 in downtown Albany. Our nation's best line up with rookies -- 3,500 strong. It's the 25th anniversary edition this year, so expect special surprises. I hear Coreen Steinbach has been commissioned to create a commemorative poster which will be given to all entrants.

Prize money; team and individual awards. Go to www.freihofersrun.com to register online. Do it by the end of April, and the fee is \$20.

RACE REPORTS

Hartshorne

Adam Engst

Endurance may be all important in distance running, but few races can boast the longevity of the Hartshorne Masters Mile. In its 36th year, the Hartshorne Masters Mile has been around longer than many of us, and even Tom Hartshorne, who sat out this year while helping to line up the elite runners, was barely a teenager when his father Jim Hartshorne founded the race in 1968.

The first women's heat this year produced not just excellent times but an exciting race. A four-woman pack of sub-master Karen Grover of Alpine, NY, Lorrie Marnell of Locke, NY, Diane Sardes of North Tonawanda, NY, Shirley Woodford of Burdett, NY, took the race out hard, trading first place until the bell lap, when Marnell unveiled a blistering kick to bring her through the tape in 6:03, with Grover and Sardes just a few seconds behind. Notable times also came from Trumansburg, NY's 51-year-old Diane Sherrer, who bested last year's time by 3 seconds to finish in 6:46; Katy Gottschalk of Ithaca, NY, who at 61 dropped her time 12 seconds from last year to 7:28; and Helen Bueme of Lakeview, NY, who turned in an astonishing 8:47 at age 72.

It initially seemed as though the women's elite heat would produce a similarly exciting finish, with sub-master Becky Heuer of Orchard Park, NY rabbiting 45-year-old Patty Blanchard of Dieppe, New Brunswick through the first few laps. Coming into the race, Blanchard held the masters women's indoor world record for the mile in 4:57.71, and she and Heuer went through first 400 meters in 77 seconds and 800 in 2:35. Trailing them was a pack of Ithaca's Gillian Sharp, Karen Kennedy of Portland, Ontario, Suzanne Myette of Endicott, NY, Sue Munson of Orchard Park, NY, and Beth DeCiantis of Rochester, NY.

At five laps, though, it became clear that Blanchard was taking it easy, and as Heuer fell back, Blanchard ratcheted up her pace, pulling into a huge lead and winning easily in 5:08.55, itself a new indoor world record time for women 45-49 (and an undoubtedly sweet victory, as Joan Nesbit-Mabe broke Blanchard's masters indoor world record with a 4:53.91 in the Tar Heel Classic meet on the same day). Heuer came through in second in 5:17.08, barely holding off a kick from the 41-year-old Sharp, who had outpaced the rest of the second pack to finish in 5:19.55. 45-year-old Myette kicked hard but missed picking off the 44-year-old Kennedy with Kennedy finishing 5:24.36 and Myette in 5:24.83. DeCiantis, 40, trailed them by a mere second in 5:25.65, and 43-year-old Munson came through in 5:28.10. But the race didn't end there, with Ruth Yanai (44) of Syracuse, NY finishing in 5:39.39, and 51-year-old Coreen Steinbach of Pompey, NY leaning at the finish to nip 39-year-old Leatha Damron of Syracuse by 33 hundredths of a second in 5:44.29 versus 5:44.62. Patti Ford (47) of Lafayette, NY finished off the elite heat with a 5:51.00.

As with last year, the men's race broke down in four heats. The first heat produced a slate of stunning times, with Ithaca's Don Farley (69) winning the race and the 65-69 age group in 6:45, though he was pushed along by 48-year-old Irene Thompson of Syracuse, who had arrived too late to run in the women's race. Another fixture of the Ithaca running community, 69-year-old Chuck Collins, passed Bill Taylor (52) of Horseheads, NY in the final lap to finish in 6:53, with Taylor trailing by only a second. Sandy Bueme of Lakeview won the 75-79 age group in an impressive 7:26 anchored by a nice kick, with Dick Sullivan of Buffalo, NY, taking the 70-74 age group in 7:42.

Though the places in the first men's heat didn't change much after the first few laps, the second heat couldn't have been more different. Kevin Thompson (44) of Ithaca took the first lap out hard, but let Ithaca's 57-year-old Herb Engman and Elmira, NY's Bob Huddle (55, and father of Notre Dame's freshman cross country phenomenon Molly Huddle) pass him in the second lap. But Thompson tried again, retaking the lead in the third lap, before Engman pulled in front for good at the half mile and worked through the rest of the race to win the 55-59 age group in 5:28. Huddle held on to second through most of the rest of the race, but he was surprised by Ithaca's Terry Habecker (55), who came from nowhere to outkick him and finish second in 5:33. Huddle came through 1 second later, with Thompson barely managing to hold off the kicking Ken Zeserson (55) of Lancaster, PA in 5:41.

With six members of Ithaca's High Noon Athletic Club and several of their primary competitors in the race, it seemed as though the third men's heat would feature some serious competition. In fact, the race turned tactical early on, with no one willing to push the pace until 800 meters went by in a too-slow 2:33. Then Fred Robbins (46) of Stoffville, Ontario and Leo Finucane (45) of Pittsford, NY sprinted out to a commanding lead. Responding too late to go with them were Lansing's Tim Ingall (43) and Ithaca's John Hylas (46), with a large pack clumping up a ways behind them. Though Robbins led for most of the second half of the race, Finucane showed off a blistering kick to win the race in 4:50 (talk about negative splits!), with Robbins finishing a solid second in 4:57, matching his time from last year. Hylas pushed hard but wasn't quite able to break the 5 minute barrier, finishing third in 5:01, with Ingall behind him in 5:02 (a full 7 seconds faster than last year's race). The next five runners crossed the line in a pack separate by a mere 3 seconds, with Ithaca's John Whitman (48) outkicking the group to finish in 5:12, just a half a second ahead of Rochester's Pete Glavin (40) and a second ahead of Ithaca's Jeffrey Juran (46). Tim Payne (52) of Orillia, Ontario crossed the line in a 1 second gap before Ithaca's Terry Delaney (46) leaned a half a second in front of Elmira's Kevin Coughlin (45), both finishing in 5:15. Dennis Featherstone, 62, of Ottawa, Ontario bulled through in 5:26 to win the 60-65 age group.

Before the elite men's heat, it looked as though the race could be a repeat of the previous year, with favorite Anselm LeBourne, 43, of Maplewood, NJ returning to defend his 4:22.24 time against Schenectady, NY's Tom Dalton, also 43 and last year's second place finisher. 46-year-old Bob Carroll of Orchard Park, NY was the long shot, and Ithaca's Casey Carlstrom was the top hope for the local fans after being outkicked by Tim McMullen (50) in last year's race.

RACE REPORTS

Scott Weeks, the Groton High School cross country coach, was once again the designated rabbit, and he led LeBourne and Dalton out fast, going through the 800 meters in 2:09 before letting them go on their own at 1200 meters. Meanwhile, Carroll was running a lonely third, with Carlstrom in fourth for most of the race. McMullen started out at a relaxed pace, but moved up slowly until he'd caught up with Carlstrom at the 800, after which they ran together for most of the rest of the race. Despite LeBourne's desire to kick for the last two laps, the places stayed essentially fixed until the final lap, when Dalton broke past LeBourne as the bell sounded, but he was able to maintain his lead only for about 50 meters before LeBourne unleashed his kick, retaking the lead around the far turn and breaking the tape in 4:24.46 to Dalton's 4:25.35. Despite running by himself the entire race, Carroll didn't let up, finishing third in 4:39.02, but Carlstrom paid McMullen back for the previous year by holding him off to finish fourth in 4:43.25, 25 hundredths of a second ahead of McMullen's 4:43.50, which still gave him the 50-54 age group award. Sixth, seventh, and eighth places were similarly tight with Mark Rybinksi (47) of Manlius, NY finishing in 4:49.02, 49-year-old Jim Robinson of Rochester 8 hundredths of a second back in 4:49:10, and Dave Carroll (40) of West Seneca, NY in 4:49.81. Closing out the elite heat was 46-year-old Gary Radford of Cicero, NY, with a 4:55.28.

The 36th running of the Hartshorne Memorial Masters Mile was sponsored again this year by two of Ithaca's most loyal supporters of the masters mile - Ken Zeserson and Cornell University emeritus professor Bob Babcock.

Napa Valley Marathon State#32 and DC Completed

Ruth Ripley

The Napa Valley Marathon in Napa, California came at a wonderful time of the year. My husband and I left on Thursday, February 27 and it was 0 degrees. When we arrived at the Oakland Airport it was a very welcome 60 degrees with the sun shining and the sun continued to shine for the duration of our visit.

As we drove into Napa Valley all you could see were acres and acres of vineyards. It was so picturesque and more beautiful than I had ever dreamed.

With the time change we were very early to bed. The next morning I was up bright and early and went out for a run through Napa and was able to view the beautiful sunrise over the valley and the vineyards. It was just breathtaking. Our day continued with a drive over the Silverado Winery Trail which is the marathon course. Of course we had to stop into a winery and test taste the wines. We also made a stop at California's Old Faithful which is a geyser that goes off every 8 minutes with 350 degree water shooting 60 foot into the air. This was followed by a visit to the nearby Petrified Forest. Our most unusual stop of the day was at Jelly Belly Jelly Bean Factory where we were treated to a tour and delicious jelly beans. They are one of the sponsors of the race. That evening I picked up my packet and once again talked with the wonderful Joe Henderson who writes for Runner's World and could have more wine at another wine tasting session. The following day we drove to Highway 1 and up the coast to see the beautiful Pacific Ocean. The evening was spent at one of the best prerace pasta dinners I have ever been to. Once again we could have all the wine we wanted at the dinner. Joe Henderson was the inspirational speaker at the dinner along with Dick Beardsley who is the Napa course record holder and the 4th fastest American marathoner of all time who also pumped us up for the marathon the next day.

Sunday morning came and it was marathon time. My husband was able to take me to the start and see me off. The temperature was in the 30's to start and 60's to finish and a perfect day to run with the sun shining all the way. The only problem that runners faced was the strong headwind after the 13th mile. The course is just beautiful with rolling hills along side of the vineyards. The Napa residents do not have front yards with grass but front yards with grape vines. The first 13 miles was closed to all traffic so the spectators were very limited. My husband was able to see me twice when he drove up to the course on some cross roads.

My goal in all marathons is to finish. My second goal this time was to finish ahead of the world age group record holder Helen Klein who is 80 and usually finishes her marathons in 4:30. I was able to meet my first goal and also my second goal and did finish ahead of the 80 year old world record holder Helen Klein with a time of 4:32:14. Helen finished just a few steps behind me. The finishers medals were beautiful with runners etched into the medals with vineyards in the background. At the end of course we could have more wine to take away any pain that you might have from running the marathon.

We caught the red eye flight back to Syracuse and it was still 0 degrees when we arrived. It was a wonderful winter get away and a wonderful marathon that I would strongly recommend to everyone.

The next state is Missouri to do the Spirit of St. Louis.

Happy Running,

Ruthie

Results

The 30th annual Hudson Mohawk RRC Winter Marathon

Albany, Mar. 2

Overall winners: Eric Maki, Cortland, 2:57:18; and Bev Ameen, North Adams, Mass., 3:39:19.

Local runners: Brenda May, 3:44:14 (2nd female overall); Wee Lee Loh, Ithaca, 4:06:53 (age group award); Chia Ying Chng, Ithaca, 4:15:39 (age group award); Cathy Troisi, 5:12:05 (2nd F50).

Palm Springs Half Marathon

Local runner: Bill Taylor, FLRC, 1:51.

Alex Wilson Invitational

Local runner: Molly Huddle, Elmira/Notre Dame U., 5th in the mile, 4:42.60.

Empire State Winter Games

Lake Placid, Feb. 22-23

Snowshoe racing (only local runners listed under each event, and medal if earned in respective age divisions.)

100 meters: 2. Issac Walrath, Cortland, 15.45 (silver); 3. Chandra Joos, Brooktondale, 19.99 (bronze); 7. Kai Blaisdell, Ithaca, 25.61; 3. Rebecca Harman, Willseyville, 22.16 (bronze); 6. Lorraine Tracy, Cortland, 28.05; 2. David Frostclap, Ithaca, 16.49 (silver); 7. Lawren Smithline, Ithaca, 18.56; 6. Earl Steinbrecher, Jr., Willseyville, 18.45; 4. Eric Maki, Cortland, 17.45; 3. Dan Tracy, Cortland, 22.49 (bronze); 2. Earl Steinbrecher, Sr., 27.30 (silver).

200 meters: 1. Isaac Walrath, 34.88 (gold/tie); 2. Chandra Joos, 47.16 (silver); 7. Kai Blaisdell, 1:00.05; 2. Rebecca Harman, 51.57 (silver); 2. Barb Harman, 55.14 (silver); 6. Lorraine Tracy, 1:05.58; 3. Earl Steinbrecher, Jr., 38.44 (bronze); 5. David Frostcap, 40.26; 7. Lawren Smithline, 50.28; 3. Eric Maki, 39.37 (bronze); 3. Dan Tracy, 56.12 (bronze); 2. Earl Steinbrecher, Sr., 51.63 (silver); 3. Bill Harman, 57.66 (bronze).

400 meters: 6. Isaac Walrath, 1:36.87; 2. Chandra Joos, 2:00.56 (silver); 5. Kai Blaisdell, 2:09.68; 3. Barb Harman, 2:16.74 (bronze); 6. Lorraine Tracy, 2:46.87; 3. Earl Steinbrecher, Jr., 1:23.09 (bronze); 4. David Frostcap, 1:32.07; 6. Lawren Smithline, 1:52.54; 2. Eric Maki, 1:28.54 (silver); 2. Dan Tracy, 2:19.02 (silver); 2. Bill Harman, 2:06.13; 3. Earl Steinbrecher, Sr., 2:13.91 (bronze).

1,500 meters: 1. Chandra Joos, 8:50.24 (gold); 2. Kai Blaisdell, 9:02.68 (silver); 1. Rebecca Harman, 7:10.11 (gold); Barb Harman, 10:02.14; 1. Earl Steinbrecher, Jr., 5:48.56 (gold); 3. Lawren Smithline, 7:03.14 (bronze); 3. Eric Maki, 6:17.76 (bronze); 1. Earl Steinbrecher, Sr., 8:39.34 (gold); 3. Bill Harman, 9:11.17.

5K race

2. Chandra Joos, 27:48 (silver); 1. Rebecca Harman, 23:10 (gold); 1. Lawren Smithline, 21:57 (gold); 2. Eric Maki, 20:44 (silver); 2. Laura Clark, 28:59 (silver); 5. Jeff Clark, 39:50; 1. Earl Steinbrecher, Sr., 29:24 (gold); 2. Bill Harman, 30:49 (silver).

2003 Upstate New York Indoor Distance Festival

Feb. 23, Hobart College

Roger Messenger Memorial Masters Mile

Local runners: 6. Tim Ingall, Lansing, 5:07.69.

Open men's mile

Local runners: 7. Andris Goncarovs, Ithaca, 6:05.72; 8. Thomas Connor, Ithaca, 6:38.95; 9. Ben Yavitt, Ithaca, 6:54.81.

Open women's mile

Local runner: 2. Coreen Steinbach, FLRC, 5:47.67.

Men's Veteran's (ages 50-up) Mile

Gulf Beaches Marathon

Florida, Feb. 16

Local runner: Cathy Troisi, FLRC, 5:17:42.

Local runners: 2. Herb Engman, Ithaca, 5:32.46; 3. John Saylor, Ithaca, 5:39.66.

3,000 meters

Local runners: 6. Sharif Younes, Ithaca, 11:09.24; 7. Andris Goncarovs, Ithaca, 11:17.22; 8. Robert Holowka, Ithaca, 11:55.00; 9. Thomas Connor, Ithaca, 12:20.73.

800 meters

Local runners: 13. Ben Yavitt, Ithaca, 2:45.12; 14. Sharif Younes, Ithaca, 2:49.83; 15. Thomas Connor, Ithaca, 2:53.45.

Calendar

APRIL CALENDAR 2003

- *April 5: 2003 U.S. Men's 8K National Championship, New York City. Web: www.nyrrc.org.
- *April 5: 2003 U.S. Women's Marathon National Championship, St. Louis. Web: www.stlouismarathon.com.
- *April 6: The 22nd annual Skunk Cabbage Classic 10K and Half Marathon, Barton Hall, Cornell, 10:30 a.m. Contact Yvette de Boer: call 256-5145; e-mail: yedeboer@lightlink.com. Web: www.cee.cornell.edu/~flrc/flrc.html
- +April 6: The 31st annual Cherry Blossom 10 Miler, Wash., D.C., 8 a.m. Contact Cherry Blossom, P.O. Box 5366, Rockville, Md. 20848; Web: www.cherryblossom.org.
- *April 12: Great Heron 5K Road Race, Boswell Field, Hobart and William Smith College, Geneva, 9 a.m. Contact William Smith Athletic Dept., Winn-Seeley Gym, Geneva, N.Y. 14456, or call Sally Scatton at (315) 781-3940; email: scatton@hws.edu. Web: www.hws.edu/herons/ghrr.
- *April 12: Running for a Wish 5K Run/Walk, Butterfield Stadium, Ithaca College, 2 p.m. Contact Ithaca College, Community Service Network -- 5K, 3rd Floor Campus Center, Egbert Hall, Ithaca, N.Y. 14850. Contact Kyle Willets: kykaw@yahoo.com; or Caitlin Scarry: cscarry1@ithaca.edu. Benefits Make a Wish Foundation of Central New York.
- *April 12: Bull Run Run 50 Miler, Clifton, Va., 6:15 a.m. Web: www.vhtc.org/brr.
- *April 13: Peer Pride 5K Cross Country, Binghamton University, 11 a.m. E-mail: mlehman@binghamton.edu.
- *April 13: Penn Relays Distance Classic 20K, 5K, Philadelphia, Pa., 8:30 a.m. Web: www.thepennrelays.com.
- *April 13: London Marathon, England. Web: www.marathonour.com.
- *April 19: United Communities Against Substance Abuse 5K, Windsor. Call Priscilla Ksionzyk at 655-1325.
- *April 19: Charlottesville Marathon and Half Marathon. Web: www.charlottemarathon.com.
- *April 19: Mt. Penn Mudfest 15K Trail Run, Reading, Pa., 10 a.m. Contact Ron Horn: rhornpcs@aol.com; Web: www.pretzelcitysports.com.
- *April 19: Northern Nipmuck Trail 16-miler, Union, Conn. E-mail: jacamp@aol.com.
- *April 21: The 107th BAA Boston Marathon, noon. Contact BAA, One Ash St., Hopkinton, Mass. 01748; call (617) 236-1652; Web: www.bostonmarathon.org.
- *April 26: Muddy Sneaker 20K, 9 a.m., Naples/HiTor wilderness area at south end of Canandaigua Lake.. Contact Tim Ratowski, 15 Pleasant St., Fairport, N.Y. 14450; goutnow@yahoo.com; www.geocities.com/goutnow.
- *April 26: Trail Triple Crown Marathon and Half Marathon, Newark, Delaware. Web: www.traildawgs.org/tc.
- *April 26: Cleveland Marathon, Ohio. Web: www.clevelandmarathon.com.
- *April 26: The 25th annual Sybil Ludington 50K, Carmel, N.Y., 8 a.m. Web: www.runner.org.
- *April 27: New Jersey Marathon, Long Branch, N.J. Web: www.njmarathon.org.
- *April 27: Oklahoma City Marathon. Web: www.okcmarathon.com.
- *April 27: Van Wert Reservori Marathon, Ohio. E-mail: kiggs@bright.net.
- *April 27: St. John Ambulance Marathon, Waterloo, Ontario. Web: www.stjohn.bond.net.
- *April 27: John Polo Nature Revisited 5K, Spencer Crest Nature Center, Corning Community College, 9 a.m. Web: www.corning-cc.edu/collegelife.
- *April 27: Kingston Classic 10K, Kingston, 1 p.m. Web: www.kingstonclassic.com.

Upcoming Spring and Summer Marathons & Half Marathons at a Site Near You:

- April 6: The 22nd annual Skunk Cabbage Half Marathon (and 10K), Ithaca. Web: www.cee.cornell.edu/~flrc.flrc.html.
- April 6: Ocean City Half Marathon, Ocean City, Md. E-mail: info@oceancityhalfmarathon.com.
- April 13: Athens Marathon and Half Marathon, Athens, Ohio. Web: www.athensmarathon.org.
- April 13: London Marathon, England. Web: www.marathonour.com.
- April 19: Charlottesville Marathon and Half Marathon. Web: www.charlottemarathon.com.
- April 21: The 107th BAA Boston Marathon. Web: www.baa.org. Closed; qualifying standards.
- April 26: Trail Triple Crown Marathon and Half Marathon, Newark, Delaware. Web: www.traildawgs.org/tc.
- April 26: Cleveland Marathon, Ohio. Web: www.clevelandmarathon.com.
- April 27: New Jersey Marathon, Long Branch, N.J. Web: www.njmarathon.org.
- April 27: Oklahoma City Marathon. Web: www.okcmarathon.com.
- April 27: Van Wert Reservori Marathon, Ohio. E-mail: kiggs@bright.net.
- April 27: St. John Ambulance Marathon, Waterloo, Ontario. Web: www.stjohn.bond.net.

Calendar

MAY

May 3: Ontario Shore Marathon and Half Marathon, Hamlin Beach, Rochester. Web: www.ontarioshoremarathon.com.
May 4: Pittsburgh Marathon. Web: www.pittsburghmarathon.org.
May 4: Race of Champions Marathon, Holyoke, Mass. Web: www.harriers.org.
May 4: Long Island Marathon and Half Marathon, East Meadow. Web: www.flrrt.com.
May 11: National Capital Marathon and Half Marathon, Ottawa, Canada. Web: www.ncm.ca
May 11: Forest City Marathon and Half Marathon, London, Ontario. Web: www.forestcityroadrace.com.
May 18: Sugerloaf Marathon, Carrabassett, Maine. E-mail: Outdoor@tdsteime.net.
May 25: Buffalo Marathon. Web: www.buffalomarathon.com
May 25: Burlington Marathon and Half Marathon, Burlington, Ontario. Web: www.burlingtonmarathon.com
May 25: Vermont City Marathon and Relay, Burlington, Vt. Web: www.vcm.org.

JUNE

June 1: Nipmuck Trail Marathon, Ashford, Conn. Web: www.newenglandtrailrunner.com.
June 7: God's Country Marathon, Coudersport, Pa. Web: www.pottercountypa.org.
June 22: Fairfield Road Races Half Marathon, Fairfield, Conn. Web: www.fairfieldhalf.org.

JULY

July 5: Finger Lakes Trail Fifties: 25K, 50K and 50 Miles, Finger Lakes National Forest, Hector. Web: www.cee.cornell.edu/~flrc.flrc.html.

AUGUST

Aug. 31 Virgil Mountain Monster Trail Marathon and Half Marathon, Virgil, 6:30 a.m.
Web: www.cee.cornell.edu/~flrc.flrc.html.

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[Editor's note: The following article, which originally was published in the Elmira Star-Gazette, appeared in last month's newsletter missing paragraphs. We're running it again with the missing pieces. --ds]

25 Years Later, Elmira-Thon Ends

--Diane Sherrer

The Elmira-Thon is dead at age 25. Rest in peace.

The Chemung Canal Trust Company, which has sponsored and presented the Elmira-Thon throughout its entire life, will discontinue their signature event and shift all energies to another Twin Tiers road race.

Dr. Nancy King, president of the Susan G. Komen Breast Cancer Foundation Board of Elmira, announced Jan. 23, that Chemung Canal Trust Company will be the presenting local sponsor of the 2003 Komen Race for the Cure event.

"After 25 years, we were still very proud of the Elmira-Thon," said Marcy Scanlin, senior vice president/director of marketing for the Chemung Canal Trust Company. "When we sat down after the race to discuss the Elmira-Thon, we decided we ought to parlay all our expertise to a charitable community event. We've enjoyed doing the Elmira-Thon, and now we want to focus all our energy behind a cause-based (project). The Komen race matches our goals.

"It cost a lot of money to put on the Elmira-Thon, and we never made money on it," added Scanlin. "People would ask, 'Where does the money go?' We wanted the money to go for something. The Komen race has that kind of relevance."

The Chemung Canal Trust Company has invaluable resources to offer the Komen race, such as monetary contributions; employee manpower to fill numerous volunteer positions; public relations power, which includes Web site link ups and entry distribution; and road race management consultation.

Scanlin will serve on the Komen race committee, and be responsible for advertising and promotions. Chemung Canal Trust Company marketing research director, Kathy Vail, will serve as Komen race operations chair elect with current chair Barb Festa. Vail, who was race director of the 25th edition of the Elmira-Thon, will move into the Komen chair position in 2004.

Lorraine Shapiro of the Wineglass Running Club will continue as the 5K road race director, and Wineglass Running Club members will administer the finish line and timing operations.

"We are always looking for community-based support, and it's an honor that this (partnership) has come to fruition," said Dr. King, an ob/gyn specialist. "Having the Chemung Canal Trust Company as the presenting local sponsor comes with a generous financial contribution to the cause. And, a fresh input on developing basic local support so we can expand our grant-funding program."

The Elmira-Thon, which debuted on July 23, 1978, and was staged for the 25th and final time on June 2, 2002, was the oldest running-related event in the Twin Tiers.

Initially, the Elmira-Thon hosted a 10K and 20K road race, but as the event rode the waves of the nation's running boom, organizers decided to make changes to meet the needs of our community. The 20K was replaced by a 15K for one year; the 15K was eliminated and a 3-mile run fun was added; the 3-mile fun run became an official road race. A youth-oriented one-mile fun run was created for the region's elementary school kids, and a community health walk was inserted for adults. A biathlon (run-bike) event came next, and soon was switched to a duathlon (run-bike-run) format. The original 10K road race, which showcased the region's best long-distance runners, always remained the core event.

It was the concept of community, not fitness fever, that initially sparked Chemung Canal Trust Company employees into creating the city's biggest block part for athletes. One of the bank's requirements for Komen sponsorship was that 5K race and related activities had to be moved from its current site at the Arnot Mall to downtown Elmira. The Elmira-Thon 3-mile race course -- plus an extra tenth of a mile, will be utilized, and the course will be distance-certified by USA Track & Field, as required by the Komen Foundation.

The Komen health fair will be held at Coach USA, and a post-race block party also may be in the works.

"This was a decision made taking the best interests of everyone to heart: the charity arm, the runners and downtown Elmira," Scanlin said. "We're committed to downtown, and we want to regenerate some of the excitement again that we had in the early years of the Elmira-Thon."

The Komen Foundation Race for the Cure is the largest and fastest-growing series of 5K runs/walks in the United States. Proceeds from the series fund both national research efforts and local breast cancer initiatives related to breast health education, screening and treatment. A maximum of 75 percent of the net funds raised will remain in the community, and a minimum of 25 percent of the net funds are given to the Susan G. Komen Breast Cancer Foundation Award and Research Grant Program.

In 2002, the fourth annual Twin Tiers Race for the Cure drew a record number of 1,200 runners and walkers, making it the largest road race in the Elmira/Corning/Northern Pennsylvania region.

The fifth annual Twin Tiers Race for the Cure 5K will be held this year on Sunday, May 18. When the traditional date of the second Sunday in June rolls around, there will be no Elmira-Thon.

Perhaps it was only fitting that the grand finale produced two of the event's greatest performances for the record books. Molly Huddle, of Elmira, duelled with two male peers in the three-mile race and placed an unprecedented second overall in a course record 16:33. And, Jim Derick, of Big Flats, became the only man to win seven Elmira-Thon 10K titles to add to his five biathlon-duathlon team titles.

Personally, I've attended all 25 Elmira-Thons, and I'm sad to see it go.

"We had an attachment to the Elmira-Thon too, and it took a lot of soul-searching to let it go," said Scanlin. "There are some people here who have been with the race since the beginning. It was hard to say, 'This is it; we're out at the 25th (edition).' But because of the opportunity with the Komen Foundation, we feel we're still supporting our downtown community, and the runners."

For Immediate Release: March 10, 2003

Total Immersion will conduct a weekend freestyle workshop April 26-27 at Ithaca High School. The workshop will be directed by Total Immersion founder and Head Coach, Terry Laughlin.

New Paltz, NY-based Total Immersion specializes in teaching “fishlike” swimming to improvement-minded adults at weekend workshops all over the U.S. and internationally.

“It doesn’t matter if the swimmer is age 13 or 63 or 93—whether they’ve never swum before or they’ve swum their way to the Olympics. What we teach—and the special way in which we teach it—can turn anyone into a swimmer or make them a better swimmer than they are now,” Laughlin says.

Total Immersion is the only swim-improvement program in the world that teaches a unique style called “Fishlike” swimming. “While swimming is the closest thing to a perfect exercise you can name, very few people ever enjoy that experience completely, finding themselves fighting to stay afloat, struggling for air, or feeling exhausted after just a lap or two,” Laughlin explains. “You sense it will take years to learn to swim well enough for it to be truly pleasurable. But it needn’t take that long.”

The key to better swimming is understanding that each time we enter the water, we bring with us habits and instincts that serve us well on land, but in the water lead to inefficiency and exhaustion. That’s Human Swimming where the emphasis is on muscling your way through the water. In Fishlike Swimming, the focus is on learning to slip through the water rather than trying to overpower it. The secret is working **with** the water, not against it—learning to swim with grace, economy, balance, and flow.

For information on this or any Total Immersion workshop, call 800-609-7946 or visit www.totalimmersion.net

BACKGROUNDER ON TOTAL IMMERSION: TOTAL IMMERSION: WHO WE ARE AND WHAT WE DO

Total Immersion (TI) is the world’s leading source of hands-on swim instruction, teaching more **improvement-minded swimmers** than all other swim clinics combined. At TI we believe that the joy of swimming well is not a gift reserved for a talented few but something attainable by everyone. Our mission is to bring that gift to as many people as possible. We do this through books, videos, and free online services at www.totalimmersion.net and at weekend workshops, where “average” swimmers not only improve their swimming efficiency by an average of 20 percent in just a few hours; they also gain the skills and knowledge for a lifetime of satisfying swimming.

TI instructors are the world’s most respected and experienced teaching professionals. They are led by Terry Laughlin, recognized worldwide for revolutionizing the art of teaching and practicing “Fishlike” swimming. Our 100+ associate instructors worldwide have been chosen for their extraordinary teaching skills and manner, and all receive exhaustive and ongoing training in teaching fast, efficient, effortless swimming. Here is what makes TI unique and special:

1. **Our approach is unique in that we teach the *qualities* of excellent swimming as well as the mechanics.** Swimmers come to our workshops with the goal of swimming faster. They leave knowing it’s far more important—and more satisfying—to swim with the qualities of grace, flow, economy, relaxation, and ease. They learn that speed will surely follow if they first master fluency.
2. **It’s clear we’re not just teaching swimming, we’re creating transformation.** TI, alone among all swimming-improvement programs, teaches swimming as a *practice* or discipline -- in the same holistic spirit as the practice of yoga or meditation or tai chi. We help students increase the mind-body connection by focusing on the *quality* of their movements. This, in turn, leads to greater self-awareness, and a sense of self-mastery that flows into other areas of life. Our clients repeatedly tell us they’ve achieved untold health benefits—both mental and physical—as a result of swimming the TI way.
3. **We teach swimming as an art to be practiced with the same refined, studied precision and exactness employed in martial arts.** Our teachers conduct themselves far more like martial arts teachers than like conventional swim coaches, and our students welcome and even thrive on the attention to detail that we encourage and that they discover they can achieve

What we do is more transformational than any previous method of swim coaching or instruction. Is it something your readers would love to know more about? If you’d like to see for yourself what all the excitement is about, we teach weekend workshops throughout the year in all parts of the country. Come swim some laps with us. We guarantee you’ll want to write about your experience and we guarantee you too will be swimming better than you ever dreamed possible.

Happy laps!
Terry Laughlin