



Finger Lakes Runners Club - March 2003

# Newsletter



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

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**Quote of the Month:**

"The zebra was accused of a false start." -- press coverage of the Fox TV Network's "Man vs. Beast."

[Details: Shawn Crawford, former NCAA 200-meter champ, and world indoor 200-meter champ, raced a giraffe and a zebra in the newest reality TV programming. In a 100-meter sprint Crawford beat the giraffe, who did not have a good start (probably rattled by those guys standing by with tranquilizer guns).

Crawford lost to the zebra in the first race, with the zebra running a 9.9. Crawford then filed a false start protest, and the zebra beat him again with a 10.8. In other Man vs. Beast results: the grizzly bear won the world hot dog eating championship by downing 50 dogs in sub-2 minutes; the orangutan defeated the sumo wrestler in a tug of war, then raised his hands in victory; and a navy seal defeated a chimp in the obstacle course.]

**Coming Up:**

Mar. 9: Family Fun Day at the Track (plus "serious" 400 meters and mile), Barton Hall, Cornell, 9 a.m.

Mar. 15: St. Patrick's Day 4-Miler, Binghamton, 10 a.m.

Mar. 28-30: National Masters Indoor T & F Championships, Boston.

Mar. 30: 30th annual Forks XV (15K), Chenango Forks, HS, 2 p.m.

April 6: 22nd annual Skunk Cabbage Classic 10K and Half Marathon, Cornell, 10:30 a.m. (Chip timing this year.)

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**Schedules and Entry forms enclosed:**

- Family Fun Day
  - Skunk Cabbage Classic 10K and Half Marathon
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**Snowshoe Thank Yous**

The sixth annual Finger Lakes Snowshoe had a record crowd of nearly 90 snowshoers -- 7.6-mile racers and untimed fun runners -- and was held under perfect snow conditions in the FL National Forest. [Stories & results enclosed.]

Many thanks to RD Joe Reynolds for the high maintenance of the course, which was snowmobiled the full 7.6 miles, and for organizing a very complicated and cold event. Special thanks should go to volunteers (men with trucks) Frank Rusby, John Ives, Herb Engman, Tim Ingall and Bob Seacord (chili chef) who made up the backbone of workers on race day. It's not an easy job to volunteer in snowy and cold conditions on a race that goes on for hours. Apologies to anyone else who volunteered, and I did not mention here.

Redfeather Snowshoes of Colorado sent us 25 pairs of loaner shoes, free of charge, and without their support, few rookies would have a chance to try the sport. Joe took the snowshoes to T-Burg and Newfield high schools, and gave learn-to clinics before and after the race. The Redfeather Web site is [www.redfeathersnowshoes.com](http://www.redfeathersnowshoes.com).

Gail Fink and her staff at Logan Ridge Winery of Hector opened up Logan Estates for a post-race get-together; and donated two cases of Ridge-Runner Red wine to us for prizes. Gail also brought volunteers to the race, and worked with cheerful enthusiasm all day long.

Once again, we purchased interesting awards from the local Dollar Store. Do ya know how tough it is to find a moose wearing snowshoes? We did.

# Updates

Ken Moses of Pro-Am Sports (Johnson City) provided the race sweatshirts, this year with a beaver logo. Ken has been with us since the beginning, long before anyone else would support us. He's always been helpful and willing to provide us with anything we need.

Ken is a distributor for Redfeather Snowshoes, a brand not sold in local sporting goods stores. Ken gives FLRC members a very generous discount on snowshoes (racers and hikers), so if you were inspired to buy a pair of your own, here is Ken's contact information: Pro-Am Sports, 309 Burbank Ave., Johnson City, N.Y. 13790; phone: (607) 797-6956; e-mail: proamsport@aol.com. [Cycling Guru Glen Swan of Ithaca also sells Redfeather Snowshoes, so you might want to contact him as well.]

Thanks to everyone who supported the FL Snowshoe this year. Joe was responsible for introducing the sport to our region, and perhaps we should encourage him to add another snowshoe race next season, perhaps a 5K and Empire State Winter Games qualifiers.

## Statistical Analysis of 17 years of FLRC Trail Races

Joe Dabes (listserv posting)

In the beginning, there were two in 1986: Ed's Ultra and VMM.

Two are now defunct: Ed's and Dave Rossiter's 5K XC races.

Nine exist today.

Observations:

1. Long distance races, like the 21-mile VMM brought in big numbers in the late '80s and early '90s. But those races have dwindled greatly in numbers in recent years.

2. Reasons: The now-defunct Northeast Trail Runners Circuit brought large numbers of New England runners here. You then had to travel to find trail races.

3. The Triennial Trail Relay keeps growing in numbers, despite it's every 3rd year presentation. Is it longevity, or the camaraderie of the teams?

4. The full and half monster Monster Trail Runs have switched in favorite status. In the early years, the marathoners outnumbered the half monsters. Now the half outnumbers the marathon by 3 to 1.

5. Finger Lakes Trail 50s: The total numbers in this race, held at three different locations (Connecticut Hill, Virgil and Hector), have remained stable. The numbers in the 25K in recent years has gone from zero to the most popular distance.

6. Long distance vs. shorter distance: Until 1993, there were more races 15 miles or longer. But in recent years, sub-15 mile races outnumber longer runs by 3 to 1.

Summary:

We've lost out of state runners that used to come to our longer runs, due to demise of NETRC and more races to choose from everywhere.

Shorter races are increasing in popularity, and finishers in longer races have faded greatly.

VMM will add a 12K in 2003, hopefully to triple participation. Do we want a shorter race at the 50s? (ed. comment: NO!)

## The Seventh Annual Hartshorne Memorial Service Award

Last call, people... We want nominees!

A few years ago, the FLRC executive board created service awards in Jim Hartshorne's memory, to honor acts of unsung volunteerism to our running community. Originally, we gave a community service award and an individual volunteer award, but as we've evolved, we have amended that plan. Now, we give one or two general volunteer awards depending on the closeness of the vote count.

We want the membership to nominate people who work on behalf of those who reap the benefits of the service. Please take the time to cast a vote, and say why that person deserves some recognition. We know you know some people are very deserving of recognition. Think about all those folks who work while you're playing. Say and do something nice for someone who serves you all year. The winner receives a very nice award!

So, here we go again. The FLRC executive board members will examine the list of nominees, count the votes and announce the winners in April. Due to limited voting response in the past, the executive board also has the power to nominate and select a winner through the internal voting process of the board membership.

We are now seeking nominations from the entire FLRC membership for the Hartshorne 2003 Service Award(s). Please call or email (see newsletter directory) Lorrie Marnell at 255-0202 or Diane Sherrer at 387-6281. Your votes will be confidential. Do it now, please!

**Deadline: March 31, 2003**

Although these folks continue to share the workload, do not vote for the following past winners, because we want to spread the wealth around town for at least one decade: Joe Dabes, Diane Sherrer, Herb Engman, Lorrie Marnell, Joe Reynolds, John Sholeen, Jim Bisogni, Jim Miner, Don Tily, Alan Lockett, Rick Hoebeke and Tim Ingall.

# Updates

## **Race promos: Two fantastic Binghamton races on deck for March**

We're not running the apps, due to the excessive amount of information in this month's edition, but...

March 15: The 2nd annual St. Patrick's Day 4-Miler will be held on Saturday, 10 a.m., beginning on Binghamton's west side at St. Patrick's Church (Leroy and Oak streets).

Pre-registration fees are \$13, which includes a long-sleeve T-shirt; or \$8 race day with no shirt. There are lots of awards, with class divisions and police vs. fire department categories. Prize money for open and masters top three.

This will be the first race on the inaugural Saints Series.

Contact Vince Kelley at 779-7781, or email: kelleyv@uic.com.; or Web: [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org).

Ed. comment: They served more food and beer than many marathons I've attended! It's a super race in the quiet month of March.

March 30: The 30th annual Forks XV (15K) will be at 2 p.m. at Chenango Forks HS. The fees are \$5 for TCRC members; \$7 for non members pre Mar. 26 or \$10 race day.

Prize money for top three male and females overall, and first masters M/F.

Contact Ralph Fuller, 6 Rosewood Dr., Conklin, NY 13748; or Web: [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org).

## **Congrats to Carter, Huddle, Betz and Matthews**

Margret Betz of Conklin was named Running Times masters runner of the year 2002 for women ages 65-69.

New England Runner magazine named the following runners NYS runners of the year in various categories: Tom Carter, senior male (50-59); Molly Huddle, High School Track Female; Lena Matthews (Cornell), Collegiate Track Female. Other Hartshorne alums: Tom Dalton, masters male runner; Kathy Martin, senior female runner. (NER calls runners ages 50-59 senior and 60-69 veterans, which is opposite of what we usually see published in NYS.)

## **Attention HS Coaches: Boilermaker Hall of Fame Weekend Special**

There will be a free running clinic by world-famous Hall of Fame Inductees for High School track & cross country teams, coaches and athletes.

It will be held as part of the National Distance Running Hall of Fame Weekend, July 12-23, and includes the ceremony, race expo, special team awards and benefit, discounts on entry fees for the Boilermaker 5K or 15K. To participate, you must register for the clinic; attend the Hall of Fame Induction Ceremony Sat. eve, and run either the 5K or 15K on Sunday.

Call 315-724-4525; or visit [www.distancerunning.com](http://www.distancerunning.com)

## **2003 USA Track & Field MUT (Mountain, Ultra, Trail) Championship Schedule**

July 6: Vail Hill Climb 8-miler, Colo.

Aug. 2: White River 50-Mile Trail, Crystal Mountain, Wash.

Aug. 23: Golden Gate Headlands 50K, Sausalito, Calif.

Sept. 13: Olander Park 100-Miler, Sylvania, Ohio

Nov. 15: San Diego 24-Hour Run

See: [www.usatf.org](http://www.usatf.org) for details

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

Diane Sherrer

The Chemung Canal Trust Company, which has sponsored and presented the Elmira-Thon throughout its entire life, will discontinue their signature event 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 fun run 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 party 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, dueled 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."

# RACE REPORTS: HARTSHORNE

## Records are broken during meet at Cornell

Diane Sherrer

It was Super Oval Saturday in the men's and women's elite invitational races at the 36th annual Hartshorne Memorial Masters Mile at Cornell University.

Anselm LeBourne of Maplewood, N.J., proved worthy of his world-class track titles, and Patty Blanchard of Dieppe, New Brunswick, Canada set a world record (pending ratification) for women ages 45 to 49 in the women's elite mile.

The 43-year-old LeBourne, a world champion in the 800 and 1,500 meters for men ages 40 to 44, defended his Hartshorne elite men's title in 4 minutes, 24.46 seconds. LeBourne, who was ranked the No. 1 masters miler in the U.S. in 2001, won \$300 for the victory and another \$400 for breaking the 4:26 mark.

Schnectady's Tom Dalton, 44, placed second among elite milers in 4:25.35. The 2002 national masters indoor champion in the 3,000 meters (8:38.89) among men ages 40 to 44, Dalton was recently named masters cross country runner of the year by USA Track & Field. Bob Carroll, 46, of Orchard Park finished third in 4:39.02.

Designated pace-setter Scott Weeks, the Groton High track and cross country coach, led LeBourne and Dalton through the half-mile split in 2:06. Carroll, racing in no-man's land, followed in 2:16, with the second-tier pack another three to five seconds back.

Dalton, who lived in Elmira until 1972, attacked from the gun and closely shadowed LeBourne for the entire eight laps. The duo was running so fast and in such perfect synchronization that it appeared they were racing on a tandem bicycle.

With 400 meters to go, Dalton passed LeBourne on the back stretch. But LeBourne, who has run 800 meters in 1:54, regained his lead by launching a lethal kick to the finish.

"I knew Dalton was close," said LeBourne, an analyst in the New York Stock Exchange. "The race was a little harder than expected, but this is my first race (of the season). I felt OK until we passed through 800 meters, so I slacked off the pace a bit to get ready for my kick. When Tom passed me, I thought, 'Let me just tuck in behind him.' I know I can kick, and that's what I was going to do," he said.

Dalton, the reigning national masters 5K and 8K cross country champion, knew exactly whom he was up against for the title.

"I love running the mile and indoor races, but I'm really a longer distance runner," said Dalton, employed by New York State Higher Education in Albany.

"Anselm is an 800, 1,000 and mile (track specialist). He's coming up; I'm coming down. But I'm glad I gave him a race."

Carroll said he saw LeBourne fall down during an 800-meter race at nationals, get back up and win. Also a cross country specialist, Carroll needed to concentrate on his own race for third.

"When I heard my first 200-meter split in 32 seconds, I knew that was way too fast," said Carroll, who like most of the elite field will be going to nationals in late March. "I had to settle back so I'd come through the half on pace. But it was depressing to look ahead and see Tom and Anselm almost into the curve ahead of me. I also had to wonder who was behind me, so I had to keep my composure and think about finishing my race."

Blanchard, who also owns the indoor mile world record (4:57) for women ages 40 to 44, was primarily concentrating on the clock in her elite race. The

5-foot-8 Canadian, who moves like a gazelle, crossed the finish line in 5:08.55, shattering the existing women's 45-to-49 age group world record of 5:18.10, held by Patti Ford of Lafayette, N.Y.

Gillian Sharp, 41, of Ithaca placed second among masters in 5:19.55, and 44-year-old Karen Kennedy of Portland, Ontario (near Toronto), was third in 5:24.36. An unprecedented total of six masters and one sub-masters (ages 30 to 39) women broke the 5:30 mark.

Sharp, a lieutenant in the Ithaca Fire Department, ran a personal best and passed Kennedy with three laps to go.

"I was worried our times were beginning to go slow down, and I wanted to keep that 5:20 pace," said Sharp, a world-class summer and winter biathlete (run or ski/shoot). "Then I was worried if I could hang onto the end, but I was very pleased with my race."

"I knew going in that Patty was going to be here, and there would be a front field, and a second field," added Kennedy, a high school physical education teacher. "I had never raced Gillian, and I was hoping not to lead. I wanted to get a feel for the others and follow a pack. But I'm the kind of runner where if no one takes the initiative to lead, I'll jump out and do it."

"When Gillian jumped ahead after four laps, I tried to hang onto her, but she showed tremendous strength with a lap and a half to go," she said. "It was enough to shake me, and I had to dig deep to finish."

Blanchard, who holds most Canadian provincial masters records in distances from 800 to 10,000 meters, won \$300 for the victory, a \$400 bonus for the world record and \$200 for breaking the existing meet record of 5:15.86.

As in the men's race, a pace-setter was enlisted to aid the lead women. Sub-masters Becky Heuer, 38, of Orchard Park served as Blanchard's rabbit and finished in second behind her in 5:17.08. Sub-masters aren't eligible for masters prize money.

# RACE REPORTS: HARTSHORNE

"I was happy to contribute to Patty coming through," said Heuer, an 800 and 1,500-meter age-group gold medalist at the 2002 outdoor masters nationals. "It's hard, because I want to do well, and I want Patty to do well. But I'm not running my own race. I'm running Patty's race, which is a different style than I would run."

Blanchard, who is setting her sights on breaking the record again in March at nationals, appreciates the sacrifice.

"Becky came to me, and said, 'Patty, I am here for you. I'll try to go around 2:30 or so for the half,' and we were almost right on," said Blanchard, who teaches French to junior high students. "Then she said, 'Let me know if you want to go faster or slower.' At that point, I figured I wanted to go faster, so I just went on the fifth lap. My plan was to run a really good final 400 meters, and when it came time to go it was quite comfortable. My ultimate goals were to come and break the records, and I did."

## **Hartshorne XVI**

Herb Engman

If I remember correctly (I'm aging, after all) today was my 16th Hartshorne. Since I must travel on Monday for my job, I am posting my report while copying the videotape of the race, expertly filmed this year by Bruce Roebel and narrated by Adam Engst. Both did a wonderful job, although Adam was not your typical neutral announcer: he would interrupt his narration by yelling "Go John!" "Kick Tim!" He was so enthusiastic, I think he got a better workout than most of us who ran. My race was somewhat unusual because I ran the slower of the two heats I usually qualify for. As a result I had an intimidating "1" on my hip which I thought might as well have been a bulls eye. After Kevin Thompson bolted to the lead, I followed a little too slowly and fell off the 39-40-second pace I wanted to run. I passed Kevin after the 41 first 200 and went through the 400 in 80. Kevin passed again and again I settled on following, getting to the half in about 2:43. I knew that was too slow and tried to pick it up. I managed to essentially hold pace and draw away from the field, but finished in 5:28, a lot slower than my Hartshorne last year (5:20). However, we have been following the Jack Daniels schedule and while the scheme didn't result in a faster time I am uninjured for the first time in many years and perhaps I will slowly improve as the indoor season progresses. I know I run better with competitors around me and Suzanne Myette ran 5:23 off the same Jack Daniels training, so I think my lack of racing discipline cost me the extra seconds. I'm sure others will describe the other very exciting heats, but most impressive to me this year with the superb quality of the women's field. From a world record masters time to the quality 60-year-old times, this was perhaps the biggest and certainly the best women's field ever. Thanks for that can go to Diane Sherrer's and Lorrie Marnell's determination as well as Ken Zeserson's and Bob Babcock's financial support. Oh, and Dennis Featherstone's 5:25 at age 62 was quite impressive. Overall, Hartshorne was again one of the few best - if not THE best - master's mile competition in the country. Rick Hoebeke, co-race director Tom Hartshorne and the large number of High Noon and Finger Lakes Runners Club members who help behind the scenes continue to amaze by making this race better and better every year.

## **Hartshorne - So close, but no disappointment!**

Tim Ingall

My 2002/3 season mile goal was set back late last summer when I was training pretty hard for a few of the FLRC trail running series races. Pete's fall x country series and running with the High Noon group helped my progress and by November I had begun to dream of cutting my indoor mile time to 5 minutes this winter. To be honest that 5 minute barrier is one I see as a very tough target for me. To go beyond it is to enter a world not too many 'regular' athletes see in their lifetime. My mile PR was set in 2002 at 5:07.6 at a meet at Manley last February (at 43 I can't actually remember if it is a PR but in my book when you get to be 40 anything you ran before you turned 40 doesn't really matter anyway!) That time improved my Hartshorne mile result from 2002 by about a second and a half.

After numerous knee operations I tend not to look too far ahead. A series of hamstring problems followed in November and December but luckily they came and went. My races at the December and January track meets went pretty well and I felt like this was my big opportunity to go for it.

Running well in my case is a lot about confidence. If you've put in the work beforehand then come race day that is the fun day you deserve as a reward for everything you have worked hard for. I am not a natural athlete, far from it. But I am willing to work hard to try and achieve something I feel I can possibly reach. I suffer from pre-race nerves, I always have and I think most people do as race time approaches. If I didn't then I know I wouldn't race as I know I can. I knew that Karen G had been working hard to reach a 6 minute mile goal so I took on a private wager with her that I would try to get closer to 5 minutes than she to 6. In

# RACE REPORTS: HARTSHORNE

grand style Lorrie M and Karen had a terrific race and in doing so set the bar pretty high. Lorrie powering home in 6.03.74 and Karen close behind in 6.05.71. The event organizers could not have asked for a better start to the races. In order to beat 5.05.71 I'd have to run close to 2 seconds faster than last year's PR. Generally I feel stronger than then and possibly capable of doing it but the fact remains that I'm a year older and that clock just doesn't slow down!

John H had written a terrific pre-race report that had got me in the right mind-set. He was standing beside me as we lined up for our heat and I knew I would have to stay with him if I was to come close to 5. The first few laps went well. I went out in front which wasn't the best, but at least I wasn't boxed in at all. After 4 laps 2 speed demons flew by me like I was standing still and I never saw them again. John came by next in typical good form and quickly opened up a 3 yard gap. I tried to stay with him but he is a tough competitor and just keeping sight of the back of his shirt was all I could hope for. Since lap 1 my 'impossible to achieve' lap times had very slowly drifted by a couple of seconds and by lap 5 I knew I had my work cut out for me. Things kind of fell apart on the last lap as I just tried to hang on for that 5 minute dream. Very consistent 200s around 38's and then a final lap of just over 36 put my official time at 5.02.69. I was thrilled and certainly not disappointed.

Many people ran great times and even a World Women's Master's record was broken in fine style. Thanks to the video crew and the photographers, to Derek for getting my splits and thanks for all the FLRC and High Noon encouragement. And of course thanks to Rick and Tom and all the other people who helped make it another great Hartshorne. Congratulations to all and especially those who traveled a long way to help make it so memorable for everyone.

## **Between the Leagues @ the Hartshorne**

Bill Taylor

One of my goals for this year was to qualify for the Hartshorne Memorial Masters Mile. I don't think I have ever run a sub-seven minute mile in my life. So with some good coaching and with help and encouragement from Diane Sherrer and Jeffery Juran and others, I was able to qualify at the FLRC indoor track meets with a 6:50. So after a couple indoor track meets, I was prepared. Well almost, what the heck are hip numbers for? I guess it's so you can't pay off someone to let you start closer to the rail.

At 6:50 I wasn't in any of the fast leagues! Those runners are incredible to me. They make it look so easy. It's nice to read their comments on how much training they were doing to run that fast.

I didn't realize until after my section's heat, who I was running with. I wasn't in their league either. And if they realized it, they might have kicked me out. This was first race I've been in that I was the youngster. I was at least 17 years younger than anyone else in my heat. I am 52 and the next youngest was 69.

But they were all having a good time and didn't seem to notice.

The race official was wondering, "Where is number 3?"

"I think he went to the restroom," someone said.

(So that's why hip numbers! They know right away, if you left to the bathroom.)

Another guy said, "Hey, let's start without him."

Someone else said, "Yea, he can catch-up."

Well, we finally got off okay and two of the oldsters finished ahead of me. I came in at 6:54. It was a great race.

# RACE REPORTS: FLRC SNOWSHOE RACE

## **Hornby man reclaims record in snowshoe race**

Diane Sherrer

It was such a magical, winter wonderland at Saturday's sixth annual Finger Lakes Snowshoe 7.6-mile race and one-mile fun run that many of the record field of 90 runners imagined themselves racing inside a swirling snow globe.

In near-perfect conditions for snowshoe racing over the 7.6-mile course at the Finger Lakes National Forest in Hector, Alan Evans continued his near-perfect streak of victories, and Rebecca Harman finished third overall while breaking a women's course record that had appeared unbreakable.

The 39-year-old Evans, of Hornby, won his fifth Finger Lakes Snowshoe title in a course-record 1 hour, 12 seconds. He reclaimed his course record broken in 2001 by Derek White of Fayetteville (1:00:29), the only man to have defeated Evans on his home turf.

Garett Graubins of Norwalk, Conn., who had received the trip to the snowshoe race as a Christmas present from his girlfriend, took second in 1:05:04. David Boor, 45, of Horseheads finished third in the men's division -- and first among masters -- in 1:10:49.

"I feel redeemed," said Evans, a Corning Inc., research scientist. "I realized fairly quickly that no one would be close to me, and I wanted to get my course record back. I felt really good, and I haven't run in four weeks. I've been cross-country skiing six miles a day. I guess I have a knack for snowshoeing, although I don't train for it. The course was not only ideal for speed, there was the beauty of it. I just wish I could have enjoyed it more as I was chugging through."

Boor, who set the men's masters record in 2001 (1:08:18), found himself a bit slower this time around despite dueling with the lead woman for the No. 3 spot.

"I took right off behind Alan, but he flew out faster than two years ago," said Boor, a Horseheads dairy farmer. "He really spread it out, and I mainly took off so I wouldn't have to deal with the crowd of runners. Then Rebecca went by me, gained another 20 to 30 seconds, and slowly pulled away from me. I tried to stay right behind her, but she was really running well."

It was no surprise that Harman, 33, of Willseyville won the women's race. She's a seasoned trail runner and rugby player who has earned multiple gold medals in the Nordic snowshoe sprints and 5K race at the Empire State Winter Games.

Harman's time of 1:09:52 wiped out former Ithaca ultra runner Barb Bellows' long-standing record of 1:10:21.

Christine Beach, 32, of Interlake placed second among women in 1:27:52, and Trumansburg's Ann Brewer, 28, was third in 1:28:13.

"It was a great event," said Harman, employed by Cornell University. "The race so nicely spread out that I never saw any of the lead men, or many others."

The Finger Lakes Snowshoe is presented by the Finger Lakes Runners Club, and was sponsored this year by Redfeather Snowshoes of Colorado, and Logan Ridge Winery of Hector.

Redfeather provided 26 pairs of loaner snowshoes, which were utilized for free at the snowshoe race, and by local high school runners last week during learn-to clinics.

Overall winners in the open and masters categories -- and age-group champions -- in the 7.6-mile race each received a bottle of Ridge-Runner Red wine, donated by Logan Ridge Winery. The wine bottle features a stick person with wild blue hair running up Logan Ridge in front of a rising sun.

Finger Lakes Snowshoe creator Joe Reynolds, who works in the Finger Lakes National Forest, was grateful for the huge turnout, the course records and for the local sponsorship which has embraced the race.

"We couldn't have done the race without loaner snowshoes, and Logan Ridge Estates generously donated prizes and opened up their winery to the race participants," said Reynolds. "People are finally coming to Hector to visit the wine trails and the forest trails."

## RACE REPORTS: FLRC SNOWSHOE RACE

"My goal six years ago was to introduce snowshoeing to our region and get people outdoors in the winter to enjoy the woods," he added. "I know we're successful because I see snowshoe prints all over the forest trails, and not just on race day. Things couldn't be better for the sport."

I ran the Finger Lakes Snow Shoe race yesterday. The snow was very excellent. Friday, it cracked freezing for the first time in a month. (Daytime high of 35, I think.) I was concerned about the drizzle in Ithaca on Saturday morning. As Becky and I drove out to the race, we climbed out of the valley and the rain changed to snow. At the race site in Finger Lakes National Forest (where they won't be drilling for natural gas in the next couple of years), there was lots of snow, lots of trees, and temperature of about 28 F.

I checked in right as the one mile event was to start. There were about forty people, and the organizers were surprised to have every one of the twenty-five loaner pairs of snowshoes spoken for. I did a little warmup about 20 minutes later. Twenty minutes after that, as I returned, the last of the one mile people were coming back.

(The one mile was definitely an all-ages event. I tried to avoid running past the ten year old near his finish, when he decided to run, too. Amusingly, he did a face plant two yards before the end, and crawled across the line.)

At noon, an hour after the short race, the 7.6 mile event started. I had my Cal cycling jersey on. It's long sleeved, and provided a stark contrast with the winter weather. I think first prize for best dressed goes to a fellow employed by a local winery, not the race sponsor, but another vineyard owned by the same family. The prize bottles of wine were "Ridgerunner Red", which feature a red stick figure with crazy blue hair running across some hills. The day before the race, the manager of Logan Ridge winery put together a costume of red sweats and a hat with a ragged blue tassel for this guy to wear, which he did.

[This race has done really well with sponsors. Redfeather snowshoes supplies the loaner pairs, and it's a good investment; I bought a pair this year. The personified logo on the wine bottle was a fun addition to the race, and there was a rendezvous at the winery after the event.]

[This race has also done really well with volunteers. There were three water stops, and there was a bonfire at the finish.]

The race itself was fairly challenging. About a mile in, I decided I was running a higher intensity fun run, rather than a high performance race; the two hour run on Monday (indoors) and the ninety minute bike ride Thursday added up. Besides the unknown at the time superstars who were ahead from the start, Becky also snuck past, on her way to a women's course record, about 69 minutes. After that, I ran alone, within sight of someone in the distance on the few straights.

This was my third time on this course, the second on snowshoes. I remembered the end of it this time before it was upon me. Down a shallow hill in the woods, across a road, up the steep bank, and past a sign showing a half mile to the campground and the finish. That last half mile is a steep down hill, across the bottom of a ravine, and then a steep ascent, which for some reason I really cranked. When I got to the shallow part of that last hill, I could hear, but not see, the finish. After climbing out of the ravine, I went up the shallow part, and around a sharp right turn. It's about hundred meters to the finish from there, but one can't see it until the last twenty. I scampered up to the finish line. After I crossed, I was astonished to learn my 77 minute fun run

had earned me an age group win (my first in a new age group!) and a bottle of wine. I also received a trophy in the form of a moose figurine. The moose is standing on two legs and wearing snowshoes.

That's the news from ridge above lakes Seneca and Cayuga.

++Lawren

Diane,

Was that you that coined the phrase, "Most Lost in a Snow Globe" in this morning's paper? This would be in reference to my adventure in the forest, otherwise known as the Finger Lakes Snowshoe Race? If so, THANK YOU!!!! What a great and appropriate description! I was fully prepared to be interviewed by you, as I thought that my story would be far more interesting than some guy who finished in one hour. My two hours, forty-eight minutes were far more fun than his, more than twice as fun as a matter of fact.

I must say that I caught on quick. I began to think that things were amiss when I passed the pickup truck that was stuck in a ravine....the "Posted, No Trespassing" signs got me worrying, but when the "road" dead-ended at a farm, the lights came on, I looked around for banjos, and seeing none, quickly ripped off my hand-made surf-board-like snowshoes and began running for my life. But, the race purist that I am, when I finally made it back to the faux-point and saw the little orange sign saying to me "no, THIS WAY, stupid", I had to put the shoes back on and finish the race.

Just thought that you would want to know the story....feel free to use it!!!

Tim Dentry

# Results

<p><b>FLRC Snowshoe 7.6 Mile</b>  <b>02/01/03</b>  <b>7.6 miles</b>  <b>Weather: Snow</b></p> <ol style="list-style-type: none"> <li>1. Alan Evans,41           1:00:12</li> <li>2. Garrett Graubins,30,CT   1:05:04</li> <li>3. Rebecca Harman,33       1:09:52F</li> <li>4. David Boor,45           1:10:49</li> <li>5. Bruce Rohdenburg,42      1:13:08</li> <li>6. Lawren Smithline,30      1:17:34</li> <li>7. Brian Densmore,20       1:18:18</li> <li>8. Joe Daley,52            1:20:28</li> <li>9. David Jones,44           1:25:52</li> <li>10. David Weiss,54          1:26:49</li> <li>11. Christine Beach,32      1:27:52F</li> <li>12. Ann Brewer,28          1:28:13F</li> <li>13. Frank Martin,48         1:32:26</li> <li>14. Tessa BauerDuMont,33   1:32:37F</li> <li>15. Bill Taylor,52          1:34:51</li> <li>16. Jessica Lyon,32         1:35:33F</li> <li>17. Donny Densmore,48      1:35:35</li> <li>18. Dave Jodeit,39         1:35:51</li> <li>19. Dan Tulip,34            1:36:42</li> <li>20. Sue Aigen,49           1:40:26F</li> <li>21. Nancy Kleinrock,42     1:41:37F</li> <li>22. Holly Birkhold,31,CT   1:44:43F</li> <li>23. Tom Jackson,35         1:45:01</li> <li>24. Jerry Palumbu,38        1:45:22</li> <li>25. Pam Carlucci,46        1:45:39F</li> <li>26. Buk Nakeed,59         1:51:17</li> <li>27. Lorrie Marnell,42      1:51:43F</li> <li>28. Donald Tily,46         1:51:44</li> <li>29. Andy Danner,33         1:53:11</li> <li>30. Karie Danner,29        1:53:12F</li> <li>31. Phyllis Radke,47       1:53:49F</li> <li>32. Diane Sherrer,51       1:53:50F</li> <li>33. Dan Rhoads,25          1:54:09</li> <li>34. Marie Fitzsimmons,44   2:03:23</li> <li>35. Karen Culpepper,45     2:03:37F</li> <li>36. Talia Perry,27          2:05:33F</li> <li>37. Brad Hoffman,21        2:13:15</li> <li>38. Twisted Granny,58     2:26:37F</li> <li>39. Tim Dentry,46          2:48:33</li> </ol>	<p><b>Valentines Race 2003</b>  <b>5K Big Flats, NY</b>  <b>28Degrees F. Wined 10 to 15 mph</b>  <b>50 runners</b></p> <p>First Place  Male: Kevin Coughlin, 18:30  Female: Isabelle Chauvel, 21:13</p> <p>18 &amp; Under Female:  Robyn Hand, 24:33  Felisha Vergeson, 25:31  Marie Wilson, 26:53</p> <p>19 to 29 Female:  Kristin Butler, 31:24  Kerri Kilbourne, 31:33</p> <p>30 to 39 Female:  Debbie Henke, 25:05  Sharon VanHooydonk, 25:08  Courtney Warren, 25:27</p> <p>40 to 49 Female:  Marie Fitzsimmons, 23:00  Mikki Tipton, 30:35  Kathy Rohrer, 31:14</p> <p>18 &amp; Under Male:  Chris Kennedy, 18:57  Brendon Lehman, 19:19  Ryan MacDonald, 20:40</p> <p>19 to 29 Male:  Aaron McKerrow, 20:05  Steven Copp, 23:02  Raymond Barnes, 31:09</p> <p>30 to 39 Male:  Tom Jackson, 20:52  Tim Lyons, 21:01  Sebasten Chauvel, 21:45</p> <p>40 to 49 Male:  Bruce Rondenberg, 19:14  Bruce Deiseroth, 19:36  Bruce Sermonis, 21:15</p> <p>50 to 59 Male:  Greg Grund, 20:06  Tom Hamlin, 22:08  Rick Crean, 26:16</p>
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# Results

## RESULTS

Calloway Gardens Marathon

Georgia, Feb. 1

Local runner: Cathy Troisi: 4:53:34.

Mount Meru Marathon

Arush, Tanzania (last summer)

Local runners: Dave Morgan and Mary Wenck, 3:58 (Mary was third female overall).

79th U.S. Men's Marathon Championship

Birmingham, Alabama, Feb. 8

Top three will represent the U.S. at the World Championships this summer in Paris.

1. Ryan Shay, Mich., 2:14:29 (\$12,000) ; 2. Kevin Collins, Cicero native, 2:15:32 (\$7,500); 3. Clint Verran, Mich., 2:15:52 (\$5,500); 6. Brian Clas, Cornell graduate, 2:17:15 (\$2,500).

Meyo Track Invitational

Notre Dame University, Feb. 7

Molly Huddle clocked a 9:14.33 personal best 3,000-meter time to finish 2nd overall. Colette Liss, Nike, was first in 9:09.37.

Disney World Marathon

Orlando, Fla., Jan. 11

Additional local runners not listed last month: Amy Voorhees, Interlaken, 3:33:39; Peter Voorhees, Interlaken, 3:47:07; Eilen Hebets, Ithaca, 3:47:31; Mary Helen Blake, Cortland, 4:33:25; Lori Neighbors, Cortland, 4:34:53; Sharon Clark, Homer, 5:06:40.

Central New York Team in Training runners: Matt Banazek, Homer, 4:41; Kristy Zuber, Endicott, 4:41; Kevin Kimber, Dryden, 4:45; Monica Thomas, Ithaca, 4:45; Katie Baumann, Elmira, 5:01; Kelly Brady, Corning, 5:01; Harland Bigelow, 5:01.

Disney World Half Marathon

Local runner: Kelly Zamudio, Ithaca, 2:41:42.

Syracuse Charger Track Meet

Syracuse, Jan. 11

Local runner: Tim Ingall, Lansing -- 3,000 meters, 10:08.77

Lost Dutchman Run for the Gold Marathon

Tuscon, Arizona, Jan. 19

Local runner: Cathy Troisi, FLRC, 4:57:48.

# Calendar

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## MARCH CALENDAR 2003

- \*Mar. 1-2: USATF National Indoor Track & Field Championships, Boston, Mass.
  - \*Mar. 2: Hudson Mohawk Road Runners Club Winter Marathon, Albany, 10:30 a.m. Web: [www.hmrrc.com](http://www.hmrrc.com).
  - \*Mar. 2: Tim Hortons Chilly Half Marathon, Burlington, Ontario, 10 a.m. Web: [www.vrpro.ca](http://www.vrpro.ca).
  - \*Mar. 2: B & A Trail Marathon, Severna Park, Md., 7:30 a.m. Contact Tom Bradford, 746 Miimos Ct., Millersville, Md. 21108; Web: [www.annapolistriders.org](http://www.annapolistriders.org); or [tabslab@aol.com](mailto:tabslab@aol.com).
  - \*Mar. 2: Los Angeles Marathon, 8:45 a.m. Web: [www.lamarathon.com](http://www.lamarathon.com).
  - \*Mar. 9: Family Fun Day at the Track, Barton Hall, Cornell, 9 a.m. Adults and kids participate together in low-key runs and games. Contact Tim Ingall at [timingall@hotmail.com](mailto:timingall@hotmail.com). Meet includes "serious" 400 meters and one mile races.
  - \*Mar. 15: St. Patrick's 4-Miler, St. Patrick's Church, Leroy St., Binghamton, 10 a.m. Contact Vince Kelley at [kelleylv@uic.com](mailto:kelleylv@uic.com), or call 607/779-7781 days. Web: [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org). First race on new Saints Series.
  - \*Mar. 15: Johnny's Runnin' of the Green 5-Miler, 10:30 a.m., Rochester. Contact Bill Kehoe at [willopus@aol.com](mailto:willopus@aol.com).
  - \*Mar. 16: Syracuse Chargers All-Comers Indoor Track & Field Meet, Manley Field House, Syracuse University, 8 a.m. Web: [www.syracusechargers.org](http://www.syracusechargers.org).
  - \*Mar. 16: New Bedford Half Marathon, New Bedford, Mass. This is the 2003 USATF Masters Half Marathon Championship. Web: [www.usatf.org](http://www.usatf.org).
  - \*Mar. 15: The 31st annual Shamrock Sportsfest Marathon and 8K, Virginia Beach, Va. Contact Shamrock Sportsfest, 2308 Maple St., Virginia Beach, Va. 23451; Web: [www.shamrocksportsfest.com](http://www.shamrocksportsfest.com),
  - \*Mar. 23: Syracuse Chargers Children's (ages 12-under) Track & Field Meet, Manley Field House, Syracuse University. Call Lennie Tucker at (315) 638-8238; e-mail: [lennieruns@aol.com](mailto:lennieruns@aol.com).
  - \*Mar. 23: The 23rd annual Winter End's 4.5-miler, 10 a.m., Penn State/Wilkes-Barre, Pa. campus. Contact Vince Wojnar, 295 S. Mountain Blvd., Mountaintop, Pa. 18707; call (717) 474-5363; e-mail: [VDDLvince@aol.com](mailto:VDDLvince@aol.com).
  - \*Mar. 23: The second annual Washington D.C. Marathon. Web: [www.washingtondcmarathon.com](http://www.washingtondcmarathon.com).
  - \*Mar. 28-30: The 2003 USATF National Masters Indoor Track & Field Championships, Reggie Lewis Track & Athletic Center, Boston, Mass. Contact Steve Vaitones, USATF-NE, NMIC, 79 Manet Rd., Chestnut Hill, Mass. 02467. Open to athletes ages 30-up. E-mail: [usatfne@ix.netcom.co](mailto:usatfne@ix.netcom.co); Web: [www.usatfne.org](http://www.usatfne.org). No meet day registration; must have current USATF registration.
  - \*Mar. 29: Ellerbe Springs Marathon, Ellerbe Springs, N.C. Web: [www.mangumtc.org](http://www.mangumtc.org).
  - \*Mar. 30: The 30th annual Forks XV (15K), Chenango Forks High School, Patch Rd., Chenango Forks, 2 p.m. Contact Ralph Fuller, 6 Rosewood Drive, Conklin, N.Y. 13748; or call 775-4713.
  - \*Mar. 30: Inaugural Frederick Marathon and Relay, Frederick, Md. Web: [www.frerderickchamber.org](http://www.frerderickchamber.org).
  - \*Mar. 30: Around the Bay 30K, Hamilton, Ontario, Canada. Web: [www.aroundthebayroadrace.com](http://www.aroundthebayroadrace.com). Oldest road race in North America.
  - \*Mar. 30: The fifth annual Ocean Drive Marathon, Cape May, N.J. Web site: [www.odmarathon.org](http://www.odmarathon.org).
  - \*Mar. 30: Virginia Creeper Marathon, Abingdon, Va., 9 a.m. Web: [www.runsftc.org/creepermarathon](http://www.runsftc.org/creepermarathon).
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Where you can find our membership form, race applications, and FLRC news items:

[www.cce.cornell.edu/~flrc/flrc.html](http://www.cce.cornell.edu/~flrc/flrc.html)

***Goodbye,  
Elmira-thon***

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