



# Finger Lakes Runners Club Newsletter ~ December 2004



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

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**Super Seniors (M70–79) National XC Champs: Don Farley, Chuck Collins,**

## Coming Up:

Dec. 5: FLRC Indoor Track Meet, Barton Hall, Cornell, 9 am.  
Dec. 12: Syracuse Chargers All-Comers T&F Meet, Manley FH, Syr. Univ., 8 am.  
Dec. 18: Last Chance Trail Run, Highland Forest, Fabius, 8–9:30 am starts.  
Dec. 26: Upstate Holiday Classic T&F Meet, Rochester Inst. Tech., 10 am.  
Dec. 31: Resolution 5K, Otsiningo Park, Binghamton, 1 pm.  
Jan. 1: Resolution 5K, Big Flats Am. Legion, noon.  
Jan. 16: FLRC Indoor Track Meet, Barton Hall, Cornell, 9 am.  
Jan. 22: Hartshorne Memorial Masters Mile, Barton Hall, Cornell, time TBA.

*I am so proud of that women's team. TEAM!!! It's some kind of occasion when a woman runs 50 miles. But to find women who are in that kind of condition to do it, and there are FOUR of them—and they are in the same club! You Finger Lakes women are PEER-LESS!—Lennie Tucker, regarding Lorrie, Becky, Thaisa, Mary's JFK 50 team title. [Ed. note: Lennie ran ultras back when women were hardly allowed to run!]*

## FLRC Super Seniors and Vets Win National X-C Team Titles—Diane Sherrer

Jack Daniels wrote "the" book on running, but it's the practical applications of training research, plus inspiring teamwork, that brings home the victories.

Daniels, the head cross-country coach at Cortland State, professor of exercise science and sports studies, and author of the best-selling *Daniels' Running Formula*, was recruited by Ithaca senior runners Don Farley and Chuck Collins to compete as a team on October 17 at the USA Masters 5K Cross-Country National Championships, held at Saratoga Spa State Park, in Saratoga Springs.

Farley, Daniels, and Collins, representing the Finger Lakes Runners Club, won the national championship team title in the men's 70–79 division, and finished second, third, and fourth, respectively, among men ages 70 to 74.

The Finger Lakes Runners Club women's veterans' (ages 50–59) squad, with Zsafia Franck, Shelly Marino, Diane Sherrer, Mary Wenck, and Deb Yelverton, also won the national championship team title in the veterans division.

"It's kind of amazing that a little town in upstate New York can put together teams better than those from big cities like New York and Boston," said Farley, 70, who finished second among men 70–74 in 23:09, just eight seconds behind the individual national champion.

Daniels finished in 23:46; Collins in 23:50. The three men, with a cumulative score of 1:10:45, and an average of time of 23:35, defeated three other men's teams in their division, including one from Texas.

"It was nice to be asked to participate, even though I seldom race because I seldom train for rac-

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ing," said Daniels, 71, who runs two miles every day. "I had no idea we would be a winning team. Interestingly, one of the guys on the team from Texas remembered me from when I coached at the University of Texas. I used to run pretty well back then. I remembered passing one or two of them during the race, and that was satisfying, since I figured they had made a real commitment to do this race. I figured teams that traveled a long way to get here would be pretty good. Maybe they are, and we were just a bit better."

Farley, Collins, and Daniels are all nationally ranked by USA Track & Field in their age group. But the senior men's race at the national championships was brimming with runners ages 60–80-plus who were capable of similar performances.

"I needed to get a decent start, and at 200 meters I noticed another 70-year-old runner ahead of me, so I picked it up even though the pace already felt pretty fast," said Farley, a Cornell University professor of engineering. "I passed him on a major downhill, in a free fall. So, I think to myself, 'Okay, I'm a better downhill runner than he is.' I hope he will fade, but he doesn't. With a half mile to go, he passed me, and I couldn't do anything about it."

Meanwhile, Daniels and Collins were playing cat and mouse with other runners, yet working as a team. Daniels passed Collins in the final half mile.

"My plan was to go out slow, and see how I felt as the race progressed," said Daniels, a former Olympic medalist in the modern pentathlon. "I prefer passing others rather than being passed. The ages on the backs did help, and a runner five years my superior kept me motivated. I was always about five meters behind a pack of five others, but managed to maintain contact. The hills were not easy for me, but the downhills and flats were more to my liking."

"I'm not that experienced in cross country, but I used to run Death Gulch on the Cornell golf course, and coming from Ithaca I figured I should be able to power up the hills," added Collins, 70, a marathon specialist in his prime. "During the race, I was trying to keep Don in sight, and really sucking air. At the finish stretch, I said, 'Come on legs,' and they said, 'No thanks.'"

But thankfully, it was enough to claim the victory in a harrier's sport that emphasizes the team over the individual, as well as a pain zone of its own.

"I still enjoy cross country, and teams are what cross country is all about," said Farley, who participated in the first New York State high school cross-country championship, held in 1951. "All and all, it was an enjoyable race in the usual painful sort of way. But that's the way cross country is supposed to be."

"I enjoy cross-country running probably more than the track, because on the track it is so much reality. You know the distance is accurate, you know when you slow down and it's not fun to realize when you do not keep the pace," Daniels said. "In cross country, you can get away with just running and not worry so much about how you are doing as the race goes on."

But Collins summed up the experience the best.

"Cross country is interesting, because you're off by your-

self, yet it's a team and an individual sport," he said. "But one good runner does not make a team. [Our victory] proves the old adage: It pays to have powerful friends."

### Those Ultra-Amazing Women!—Nancy Kleinrock

At the JFK 50-Miler in Boonsboro, MD on November 20, four FLRC women pushed themselves to the limit to achieve the women's team title. See the *quote of the month* for the race director's take on their achievement, read Mary's account elsewhere in this newsletter, and congratulate the following runners when you see them: Becky Harman, Willseyville, 7:55:31 (fourth female overall); Thaisa Way, Ithaca, 9:01:15; Lorrie Tily, Locke, 9:01:15; Mary Wenck, 11:43:55.

### 2004–2005 Finger Lakes Runners Club Indoor Track Meets—Tim Ingall

It's indoor track time again, thanks once again to our awesome Tim Ingall. Come inside and play!

*Site:* Barton Hall, Cornell University campus

*Cost:* Free for all FLRC members; \$1 students (nonmembers); \$3 adults (nonmembers). Team discounts or memberships may be discussed with Tim Ingall. EVERYONE IS WELCOME!

*Registration:* No preregistration. Meet-day registration closes 15 minutes prior to start of each meet. All meets will be held on Sunday, with the exception of the Harts-horne Memorial Masters Mile.

*Designated "Featured Event":* Participation awards for the younger athletes who choose this event.

*Web:* [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org). Please verify updated information prior to each meet. Results will be posted following each meet.

*Contact:* Track vice-president Tim Ingall: [tim-ingall@hotmail.com](mailto:tim-ingall@hotmail.com). Volunteers needed.

*Additional local winter track meets:* Visit [www.gvh.net](http://www.gvh.net); [www.syracusechargers.org](http://www.syracusechargers.org).

*December 5:* Doors open at 8 am; registration begins at 8:15 am. Meet runs 9 am–noon.

Order of events:

- 3000 meters
- 55 meters (featured event of meet)
- 800 meters (includes one race walk heat)
- One mile
- 4 × 400-meter relay

*January 16:* Doors open at 8 am; registration begins at 8:15 am. Meet runs 9 am–noon.

Order of events:

- 2 mile
- 100 meters (featured event of meet)
- 400 meters

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1500 meters (race walk included in slowest heat)  
Medley relay (400–200–200–800)

*January 22 (Saturday):* The Hartshorne Memorial Masters Mile. Time: TBA.

This meet, which is not an official event on the FLRC indoor track meet series, is open to masters men ages 40-over, submasters women (30–39) and masters (40-over) women. There are several mile sectional heats, including the elite invitational mile for men and women. This event is held in conjunction with a Cornell University Invitational. To request a Hartshorne Mile application, contact Hartshorne Mile meet director Rick Hoebeke: [erh2@cornell.edu](mailto:erh2@cornell.edu).

*February 6:* Doors open at 8 am; registration begins at 8:15 am. Meet runs 9 am–noon.

Order of events:

5000 meters—begins promptly at 9 am. Register early for this event from 8:15–8:45 am.  
60 meters (featured event of meet)  
200 meters  
1500 meters (race walk included in slowest heat)  
2 × 800-meter Valentine's Day relay

*March 6:* Family Fun Day & "Serious Events": Doors open at 8 am; registration will open at 8:15 am for serious events, and at 9 am to start of individual events for Family Fun Day participants.

All runners may participate in both FFD & serious events.

Order of events:

One mile & 400 meter heats begin at 9 am.  
Family Fun Day events follow serious-event heats.  
FFD events to be announced. Awards ceremony follows conclusion of meet.

### Tily Annual Holiday Open House—Lorrie Tily

Please join us Saturday December 11<sup>th</sup>, 4–9 pm, for our annual running community holiday open house. Bring good cheer, a dish to pass, and your favorite beverage. We will have lots of home-baked goodies, some wine, beer, and soda, along with smiles and laughter for all.

*Directions:* From the Ithaca area, go North on Triphammer Road. Go straight at the blinking stop sign light. Take a right onto 34B. Drive ~5 miles. Proceed past Bakers Acres. Turn right onto Locke Rd (Nancy's Diner is on the corner). Follow Locke Road to the end. Take a right onto Route 90. Follow Route 90 to the four-corners in Locke. Go straight through the four-corners. Our house is 0.2 mile up the road on the left. It is a gray house with white trim and a huge sycamore tree in the front yard. Coming from the Syracuse/Cortland area, take Route 222 to Homer. Turn west onto Route 90. Follow Route 90 for 12 miles. Our house is on the right on the base of a steep hill. You can also call for directions. (315)497–3743.

For info, email Kurt at [kurt\\_cornfield@ml.com](mailto:kurt_cornfield@ml.com).

### Last Chance Trail Run and Breakfast—D.S.

The always-popular Last Chance Trail Run and Breakfast will be held Saturday, December 18, at the (heated) Community House, Highland Forest, in Fabius, with staggered starts from 8:00 to 9:30 am. You can start and stop whenever you desire, but there are set courses of varying lengths for you to follow. If as much as a few feet of snow lies on the ground, runners will have plowed dirt roads to follow.

A pancake breakfast follows, from 9-11 am, in the Community House. The cost is \$4 per person, or \$2 for youth 12-under, free for kids 6-under and a one fee \$10 per family.

Please register by December 12 for an accurate food count. This low-key event is hosted by the Syracuse Chargers. PS: Bring a dry and warm change of clothes.

Contact Ed Stabler, 5387 Anvil Dr., Camillus, NY 13031; (315)443–4370; go to [www.syracusechargers.org](http://www.syracusechargers.org) for the application.

### The 38th Annual Hartshorne Memorial Masters Mile and 25th Anniversary Women's Masters Mile—D.S.

The race date is Saturday, January 22 at Barton Hall on the Cornell campus. The event is held in conjunction with a Cornell Invitational track meet. The starting time will be announced in January.

The Hartshorne Mile is open to men ages 40-up, and women sub-masters (30–39) and masters (40-up). There are several sectional heats based on seed times, and elite invitational races for the very best masters men and women. There are qualifying standards, but not etched in stone. It's a chance to see all ages compete in the indoor mile.

As always, we do not print the Hartshorne Mile race application in the newsletter, nor is it available to just pick up at race sites. If you ran the mile last year, you will receive an application by mail very soon. If you want to request an application, contact meet director Rick Hoebeke, 2706 Agard Road, Trumansburg, NY 14886; call 387–6281; or contact elite coordinator Tom Hartshorne at 266–8222.

There is equal prize money for both elite men and women, plus bonus money for records and performance. Tom Hartshorne tells me he has a stellar field preparing to race.

Diane Sherrer and Phyllis Radke are cochairing the women's 25<sup>th</sup>-anniversary celebration. It is not too late to get on Diane's good side by donating funds or prizes for this celebration. We've already received some very wonderful help. We are preparing special T-shirts, a 25<sup>th</sup>-anniversary results booklet and we'll order a fat-and-carbo-filled cake. [Masters women of FLRC: Don't make me start dialing you up to harass you into showing up!]

And remember, spectators are always welcome.

### The Ithaca 5&10 Enters a New Decade—Tom Scharff

For the past 10 years, the Ithaca 5 & 10 has been directed by Lorrie Tily. It has been a great run! Lorrie has generated consistent participation, excellent volunteer support, and

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expanded the base of sponsor and community involvement. Lorrie is now stepping aside. How one person could manage all of this so well is hard to imagine. Could anyone match her string of successes? No!

So, as the Ithaca 5 & 10 enters its 31<sup>st</sup> year, Lorrie is being succeeded by a whole team. The September 11, 2005 event—5 miles, 10 miles, and 1 mile family fun run—is being directed by Tom Scharff, *along with* Zsofia Franck, Nancy Winemiller, Sarah Postgate, and Evan Kurtz.

Each will focus on a preferred area of responsibility, from promotions to registration, and from equipment to race day logistics. The group is already meeting and taking steps backward next fall's race day. With Lorrie's record, and her continuing advice to guide the new team, the Ithaca 5 & 10 should continue to run well!

If you would like to help along the way, feel free to contact Tom at: (607)272-8206; tscharff@twcny.rr.com.

### News Flashes—D.S.

#### 2005 Summer National Senior Games

The national championship for senior athletes will be held June 3–18 in Pittsburgh, PA.

As a New Yorker, you must be age 50-over and have competed at the Empire Senior Games at Cortland last summer.

Sports include more than running, although there is competition in road racing, track & field, race walking and triathlon (sprint). Swimming, cycling, tennis, team sports, golf, bowling, badminton, archery, racquetball... and more, are all part of the competition.

We tell you now, because the entry deadline is January 31, 2005. If you are eligible to enter the national games, you

should have received a hefty application booklet by now.

The shocking news is the fee requirements. It's \$90 for the first sport entered (one sport, for example is track & field; another sport is road racing; another sport is triathlon, and on and on). Then it's \$25 for the next sport entered; and a required \$25 to join the NSGA. There are also dorm and hotel fees, and no transportation from one venue to another (you'll need a car).

There's much more to know. For information, write for an application at 2005 Senior Olympics, PO Box 54892, New Orleans, LA 70154-4892. Or type "National Senior Games" into a search engine, and you'll find related websites.

There are Ithaca-area athletes planning to go to these Games, and it's a prestigious event fairly close to home (nationals, held every two years, rotate to sites all over the US).

#### BAA Bid

The Boston Athletic Association has announced plans to bid for both the 2008 men's and women's U.S. marathon trials. Most likely, the trials course will not be the actual Boston Marathon course. [See [www.baa.org](http://www.baa.org) for press release.]

#### Martin is the best masters

USA Track & Field recently named Kathy Martin, 53, of Northport, NY, Bengay Masters Athlete of the Year. Martin, who has won the Hartshorne women's mile, was cited for her outstanding performances in track, road, and cross country. For example, last winter, Martin set a F50 world record in the indoor mile (5:13.93) and 1500 meters (4:57.6). She also was the age-graded women's champion at the XC 5K nationals in Saratoga Springs. [See [www.usatf.org](http://www.usatf.org) for press release.]

## Race Reports

### National Masters Championships—Don Farley

The tense parts of competing in the National Masters 5K Championships near Saratoga Springs with our 70+ mens team was not the race itself; it was getting the team organized in time and getting it to the starting line. Chuck Collins and I were set to go, meaning we got USATF numbers and sent in our entries with at least a day to spare, but our third potential teammate (Frank Moore) decided to go to a music festival instead! (Where are your priorities Frank?!?) At the suggestion of Diane S., I finally managed to get in touch with Jack Daniels in Cortland. This was not so easy since this was on Friday (the day before the absolute entry deadline), his email address at home didn't work, his telephone number from Google turned out to be a fax machine, and other frustrations. But I made contact finally Friday night, Jack got everything done over the Web, and I sent in the team registration on Saturday morning (the week before the race). All this never would have happened without Diane's prodding and encouragement. And we got Jack into the FLRC officially.

Chuck and I got to the race in plenty of time on Sunday the 17<sup>th</sup>. Our race wasn't until 12:45, so we didn't even need to get up at 5 am. We got there a little after 11, picked up our stuff,

warmed up some, got FLRC singlets from Diane, which it turned out we all had to wear, even though nothing was said about that in the race literature. But where was Jack?? He stayed overnight in the Albany area the night before, no more than a half hour away from the racecourse. Time passes. We watch Diane's F50 team run and win, starting at 12. Ours is the next race. With 10 minutes or so to go, we leave Jack's singlet at the registration desk and head for the start. A couple of minutes later Jack arrives, gets registered, and also gets to the line. Whew.

So finally the race starts. The 60–69 and the 70+ runners, 10 teams in all plus assorted unattached runners, start off across a big field before the trail narrows. So you need to get a decent start. After 200 m or so I notice one M70 runner ahead of me (we wore age group ID on our backs), so I pick it up a little, even though the pace already felt pretty fast. He had on a bright orange shirt, so he was easy to keep in view. I passed him on the first major downhill, which I went down in more or less free fall, at about the half-mile mark. So I think to myself, okay, I'm a better downhill runner than he is. I hope he will fade, but he doesn't. Near the 2-mile mark there is a sharp turn before a major uphill, and I see that he is no more

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than 10–15 meters back. The uphill is tough, similar to the hill behind the Ag Quad and I am hurting at the top, but still ahead. But about a half mile later he and a 65-year-old go by me—not a decisive pass, but I just couldn't do anything about it. They inched ahead during the long flat straight-away to the finish, and that was that. I lost by 8 secs, 23:01 to 23:09. My splits were 7:29, 15:05, with an average pace of 7:28 per mile, so I must have actually picked it up some in the last mile, which was the only flat mile. The winner, Bill Butler from West Chester, PA, was unattached. Does anyone know him?

Our team won easily, since we took places 2, 3, and 4. Our whole team beat all the members of the other three teams in the race (one from Texas, one from the NYC area, and Belle Watling from the Buffalo area). Jack Daniels beat out Chuck Collins in the last 100 meters or so I think, 23:46 to 23:50. So our team was nicely bunched together. Maybe Chuck or Jack can fill in details on their races. Our average team time was 23:35, 2nd place was 25:23.

The weather turned out to be good, in spite of terrible forecasts. Damp but no rain, temperatures in the high 40s, I think, and no wind to speak of. All in all, it was an enjoyable race (in the usual painful sort of way!). It was great to have Diane and her teammates cheering us on. The course was nice too—some tough hills, to be sure, but that's the way XC is supposed to be.

### Interview with Jack Daniels—Diane Sherrer

Jack Daniels wrote "the" book on running, but it's the practical application of training research, plus inspiring teamwork that brings home the victories.

Daniels, the head cross country coach at Cortland State, reknown professor of exercise science and sports studies, author of the best-selling *Daniels Running Formula*—and known in the Twin Tiers as Andy Cloke's coach, was recruited by Ithaca senior runners Don Farley and Chuck Collins to compete as a team Oct. 17 at the USA Masters 5K Cross Country Championships, held at Saratoga Spa Park in Saratoga Springs.

Farley, Daniels, and Collins, representing the Finger Lakes Runners Club, won the national championship team title in the men's 70–79 division; they finished second, third, and fourth, respectively, among men ages 70–74.

Farley (23:09); Daniels (23:46) and Collins (23:50) defeated three other men's M70 teams and won the national title with a cumulative score of 1:10:45.

The FLRC women's veterans (ages 50–59) squad, with Corning's Mary Wenck, and Ithaca's Diane Sherrer, Zsafia Franck, Shelly Marino, and Deb Yelverton, also won the national championship title in the women's veterans division.

The 71-year-old Daniels, who is usually in the news concerning his coaching and not his athleticism, graciously allowed me to interview him a few days after the championship race. Winning is not something new to Daniels. He twice won an Olympic medal in the modern pentathlon, and is currently nationally ranked by USA Track & Field in his age group.

Here's some of what Daniels had to say about his training, and the masters championship race:

Q: Tell me about your individual race, citing strategy and how your earmarked your competition and teammates.

JD: "My plan was to go out slow and see how I felt as the race progressed. I prefer passing others rather than being the passee. The ages on the backs did help, and a runner five years my superior kept me motivated. I was always about five meters behind a pack of about five others, but managed to maintain contact. The hills were not easy for me, but the downhills and flats were more to my liking."

Q: How was the team experience?

JD: "It was nice to be asked to participate, although I seldom race because I seldom train for racing. I run about two miles every day (I haven't missed a day since Dec. 1998), but seldom do any real quality running, so races hurt more than I would like them to."

Q: Do you enjoy cross country, and how does it compare to road or track running?

JD: I enjoy cross-country running probably more than the track, because on the track it is so much reality. You know the distance is accurate and you know when you slow down, and it is not fun to realize when you do not keep the pace. In cross country, you can get away with just running, and not worry so much about how you're doing as the race goes on. Actually, when in racing shape (it has been many years now), I prefer the track because I like running at a set pace, and knowing how the pace is going."

Q: What do you think about the masters running movement? You're used to coaching collegiate runners and Olympic hopefuls.

JD: "I get the same satisfaction seeing anyone of any age or ability level running for a personal best time. In fact, running a best time may not even be so important, but having a goal or a race to lay it on the line is quite satisfying."

Q: What did it mean to you to win the men's M70 team title, and place third in your age group?

JD: I had no idea we would be a winning team. Interestingly, one of the guys on a team from Texas remembered me from when I coached at the University of Texas. I used to run pretty well back then. I remembered passing one or two of them during the race, and that was satisfying since I figured they had made a real commitment to do this race. I guess I figured teams that travel a long way to get here would be pretty good. Maybe they are and we were just a bit better."

Q: What kind of training do you do which allows you to still be nationally ranked in your age group?

JD: I am surprised that I can place in my age group. First of all, I grew up as a swimmer, and even in my (modern) pentathlon days (as an Olympian), the running event was always my weakest by far. In fact, that is why I studied running and became a running coach—because I was so weak at it, and assumed if I studied training that I could optimize what running ability I did have."

Q: You also work with elite-level athletes, and now you're a national champion at age 71. How does that feel?

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JD: "It has been a treat for my younger daughter Sarah, 11, because she never got to see me be a good athlete. It's my greatest regret, that my wife and two girls never got to actually see me be a very good athlete—twice an Olympian, twice U.S. national champion, and not even a video or film to show them. Believe me, that is a sad thing for me to deal with. I have all those memories, and they have none of it. I just hope they get to travel some like I have been able to do. It's an education beyond anything you can get in school."

### Cross-Country Roundup

#### Series Recap and Thanks —Karen Grover

I wanted to thank all of those who gave up their weekends to participate in the Upstate New York Cross Country Series this year. I'm sure we all had our good and bad days, but I hope that everyone enjoyed themselves for the most part. Please encourage your friends to join us for a few races next year in hopes of keeping the trend going. It was a lot of fun to see such large groups congregating at the T-Burg Shursave at dawn every other weekend.

The High Noon Men were awesome, as usual, and managed to place in team standings as well as earn individual awards. Great job, guys! I always enjoy those meets where we are able to cheer them on since they are always supporting our ladies at the finish line. Thanks for keeping us going out there and for all of your positive encouragement.

Our FLRC Ladies did quite well. In the Open Division, we placed third overall, with Becky Harmon holding on for seventh place. In the Master's Division, we grabbed second place, with Suzanne Myette holding second, Gill Sharp third, and Lorrie Tily missing fifth by only one point. Our Vet Ladies had first place all wrapped up with Zophia Franck taking second and Shelly Marino fourth overall. All three divisions earned a handful of Upstate NY XC headbands for our efforts, and we will be passing them out to those ladies that were able to participate in the most races.

Several of us are hoping to meet in the Finger Lakes National Forest occasionally for some snowshoeing/skiing adventures when it snows, so watch for postings if you are interested. I think that many of you may be participating in the track meets this winter too.

Thank again for joining the FLRC XC team this fall.

#### And a Response from a Newcomer—Diane Yates

After reading the great accounts of experiences running in the cross country series on the FLRC listserv, I feel compelled to throw in some comments from the perspective of a beginning runner! I have really appreciated FLRCs genuine support and spirit of inclusion.

I met Karen (Grover) and Diane by volunteering at the Tom B race a couple years ago. Their kindness, encouragement, and dedication as runners really sums up my encounters with other members of FLRC as well. It's this spirit that made me want to join the cross-country series this year. For new runners, this can be extremely intimidating. For starters, everyone is damn fast! And while this is a reality check of how much time and effort runners have put

into their training each season, it is also a reflection of the priority placed on running in one's life. I've found this to be my struggle as I try to make more time for running while balancing other endeavors. It's been tremendously helpful to be on the FLRC and hear the various discussions—trials and triumphs that people experience while training and racing. It's encouraging to have "models" of various runners as I seek out my own style.

So thank you. It felt really good to drive away from the last cross-country meet with a car full of people.

#### The Last Hurrah—John Whitman

Herb Engman and I got chewed out by Diane Sherrer for posting a carpooling time at the last minute. We were the only ones at Teagle at 6:30 am to travel together to the finale of the 2004 Fall Cross-Country Series. The three strong FLRC women's teams were already on the road, and the men's open team showed up soon after.

The simplified Genesee Valley Park course was designed by Pete Glavin to host the national event next year (to be accurate, next year the weekend after Thanksgiving, when there will be two feet of snow in Rochester). It is maximally unchallenging, but set up nicely for spectators: It is basically three loops of the McQuaid course for 6K (women and men's masters) and four loops for the 8K course (open men).

The FLRC women won the vets race and series, the masters were second, the open women third. Lorrie Marnell had a great race after her 50K tune-up the week before in Mendon Ponds Park. The FLRC vets women, who won every race, have a mountain of beer in Diane Sherrer's garage, which they say they would like to trade for hard liquor.

For me, the most thrilling aspect of this race and the entire series was the return of the High Noon Athletic Club men's open team to glory. Pete Glavin remarked on this at the awards ceremony, harkening back to the legendary HNAC teams of the early 1990s. Both the men and women's open races had a ton of very talented nonseries runners present for the invitational, including a passel of open women from GBTC, Indiana Invaders, and Canada running in the 21s for 6K. But Tod Markelz held on to third place overall in the series, and Geoff H. for tenth—the best series finishes by local open men in a long time. Complete results at [www.peteglavin.com](http://www.peteglavin.com).

Tim Ingall was the lone representative of the once-proud HNAC men's masters team, and Tim had a great race, battling with Tom Hartshorne all the way, while wearing hardly any clothes. The men's vets team was cooked after getting beat by Checkers at Moakley two weeks ago, but Tom H. had another fantastic race, actually winning the category because Jim Robinson ran with the GVH masters team. The team finished second in the race and the series.

The temp in T-Burg was 18°F when Herb and I drove through, maybe 30 at the start of the masters race. The turf on the course was half frozen but muddy in places, definitely a spike course. The course starts in the middle of the large grassy field on the McQuaid course, runs to the end of the field, comes back and loops down by the river (muddy),

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climbs up the slight hill by the parking lot, and then repeats same three or four times.

I started out faster than in recent races and was able to keep Tim and Tom in sight, but no better. My series-long rival Ron Blackmore from the Chargers passed me by the river on the first lap, getting the juices flowing; I passed him back, then on the first uphill Steve Forrestel from Checkers passed me. I realized on the downhill that I was willing to run with more abandon than he was, using the Bisgoni free-style, and we had a little elbow joust as the course turned parallel to the river on the flat. The rest of the race I was able to keep just ahead of Blackmore, Forrestel, and Ted Paget (also Checkers), the three guys who beat me at Moakley, good enough for second place vet in the depleted field. Tom took second place in the series competition and with OMH and Charlie absent, I took third.

The vets team took 1, 2, 11 (Herb, a great race beating Dave Blake again), 16 (Dave Fernandez—need him back next year), and 21 (Joe Reynolds, SuperVet series winner with a great championship race finish, out-kicking Jerry Smith), with Jim Miner moving up a lot of places in sixth. As it turned out, we would have been beaten out of second place in the race and the series by GVH, if not for their strategy of registering Jim Robinson as a master.

Another great year, everybody—remember that Jimmy B. has, somewhere in his basement, the one case of beer won by a male team.

### More Recollections—Herb Engman

The Vet women engaged in a victory dance to "oldies" before the races even started. John downplayed his terrific jump from seventh to third in the final standings by his gutsy run, finishing second at the championship race. Speaking of gutsy, Joe Reynolds almost lost his after his grueling sprint, but he won the very first SuperVet individual championship, cementing his place in history. David Fernandez ran only the last two races of the series and he scored for the team in both. What a great addition to the Vets team. Jim Miner has been working his way back from serious injury and will be ready to score next year. And, of course, Tom Hartshorne's second place final standing was terrific—he came a long way back from injury over the course of the year.

My big thrill in this race was competing with Tim McMullen, last year's Vet champion. As we went around a corner early in the race, someone tried to cut to the inside of me, and I caught him full in the chest with my bony elbow. I was startled to look over to see Tim slumping back with my pack. As he sped away I thought that would be the last I'd see of him in the race. However, about 600 yards from the finish I noticed him struggling up what served for a hill on this course, and I went by him for good. Of course, Tim is still coming back from serious injuries, but competing with a national champ in a number of distances was quite a thrill nonetheless.

Overall, a tremendous XC year for the Ithaca-area teams and something to build on for next year.

### The Last Word(s), on XC: The Vets—Diane Sherrer (who else?)

Many thanks to our fearless team captain Zsafia who began to work her magic powers of persuasion way back in the summer. She started with me while we were training for track, then she plucked Shelley from triathlon "camp" and Meg J from swimming. Then, on behalf of Zsafia, I went after Sue Aigen, and then Mary W, who drove in every time from Corning to help the team. Then Deb and PJ and Chris I stepped up to support the cause. I said "yes, no, yes" to Zsafia: many of our vet mates had never raced or run XC—ever!—and not everyone wanted to travel west on the Thruway for every meet. But we showed up every time, watched each others' backs, and believed what Zsafia had said from the beginning: We can win!

We ordered our spikes and the rest is history. We remained undefeated and fielded a full team each meet.

Congratulations to Zsafia who had a tough series battle with Diane Sardes of Checkers, but edged her out every time. Zsafia claimed second vet behind Carolyn Smith Hanna in the series standings. And all our vet teammates had personal bests and excellent war stories to tell.

Yes, we did warm up yesterday by dancing to 50s music, joined by Carolyn Smith Hanna who also remembered how to do the Pony, Mashed Potato, and Twist.

Not to chew out Whitman one more time, but in Trumansburg "garages" are called "barns," and although the vets have five cases of beer, not all of it is hidden in my "barn." We split up the stash to cause confusion.

Invitations will go out to the party...TBA. Stay tuned.

### Going Loooooong: The JFK 50 Miler

#### The View from Lorrie Tily: I Crawled Within Myself

It all started about three months ago when Thaisa Way asked me if I would be interested in running the John F. Kennedy 50-mile race with her. Never in a million years would I of expected Thaisa to ask me this. I thought about it for a few minutes. I had always said I would run a 50 miler someday. Was this to be that day? Almost immediately, I asked my training partner in crime Becky Harman if she would ever consider a 50-mile run. Her answer: "Of course I would consider it." The seed had been sown. Becky, Thaisa, and I had planned on running the Mount Desert Island Marathon in October. We had agreed that we would postpone our decision until after the marathon. We had a wonderful trip to Bar Harbor, enjoyed a great run which only added water to the seed no-longer-dormant seed. We were in. Becky and Thaisa mentioned to Mary Wenck that we were going to run the 50. Mary had never done one, but the mention of us taking on the challenge sparked her interest as well.

Before we knew it, we had a team. The Finger Lakes Runners Club Women's Team. As such, we faced our first 50-miler together—separately but as one.

I entreated for advice from the local trail gods who have braved the distance: Joe Dabes, Jim Miner, and the infamous Lennie Tucker. The range of lore was as interesting as the range of personalities. I knew the suggestions all were right, but perhaps all wrong for me. This was going to be an adven-

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ture of one. I would have to crawl within myself to find out what I was made of and what would work for me.

Becky and I drove down to Thaisa's house in Tacoma Park after taking a side trip to the Hershey Factory along the way (sound familiar Sally, Phyllis, and Diane?), and we arrived Friday evening. Thaisa and her family opened their home to us. Saturday morning started early. We were out the door by 5:15 am to make the 7:00 start and the mandatory 6:30 am pre-race meeting. This is where we ran into Mary to wish each other well. The first two miles were predominately uphill. Thaisa and I were within touching distance of Becky. I told myself that if the entire racecourse was like this then I was not going to make it. We turned onto the Appalachian Trail. Parts were beautiful. Most of the leaves had fallen from the trees, and the rain from the night before had them stuck to the ground so you could see the terrain underneath. It was not long before I realized this was not a trail like our FLRC trails. This trail reminded me more of your typical New England trail with its rocky terrain. There were runnable sections, but they were not long or often. I love to run on trails. Trails that consist of dirt and pine needles—but, when it comes to rocks, I'm a baby. I am uncomfortable and awkward. I devoted 100% of my attention to the ground. I took a brief moment or two to notice my surroundings on the sections I could run. There was a heavy fog and mist in the air that added to the aura. It was serene yet haunting. After several miles of this, Thaisa and I lost contact with each other. However, I had made my plan ahead of time. I went into this race knowing that I would spend the entire day doing nothing else. This was my day. I had planned on spending between 2½ and 3 hours on the first 16 miles, which were on the hilly Appalachian Trail. I had planned on running a 4-hour marathon on the relatively flat C&O canal towpath and then just hold on for the last 8 miles, which were on rolling road. Whatever happened on those last 8 miles happened. Best-case scenario: I would run for 8 hours; worst case would be 10 hours.

I hit the C&O towpath after struggling on the trail. This is where I looked at my watch for the first time for this section, 2:59. I could not believe I was so close to my anticipated completion time. I filled my water bottle, grabbed a handful of M&M's and picked up the pace as I turned onto the towpath. It was flat. I could see forever in front on me. I had hoped I would feel fresh at this point and ready to attack. My legs were stiff and tired from holding back on the trail. I ran well—considering—and passed several others in the early miles. I stayed focused and anticipated every coming aid station, which were positioned between three and four miles apart. I enjoyed the sights of the Potomac River with all its power on my left and the sights of the canal, rock wall, and train tracks on my right. Dabes had said it was boring. It did seem like it would never end, but I was so focused on moving forward that I did not ever feel bored. The rocky cliffs and caves only added interest to the scenery.

As the miles passed, I found myself trading places re-

peatedly with the same few people. There were over 1000 people at the start, and yet I saw the same 10 or so for miles on end. There was a 5 am start for people who thought they would need more than 12 hours to finish. These wore a yellow number on their back. I passed the time by counting how many of them I could overtake. Thaisa and I met up again at the second aid station on the towpath. We had shared a few words at several aid stations, but somehow never managed to run together. She later told me she kept me in sight the entire 27 miles. I always felt her presence. I knew she was there. Sometimes it's enough to know someone is close without having the need run with them. Things were getting hard and ugly. Much earlier than I would have liked, I experienced a hard left side cramp. I used my hand to apply pressure to the cramp, and this helped to keep it manageable. I hoped the worst was over when the cramp subsided, only to be plagued by an experience I have never had before—and it was not pleasant. My left calf cramped suddenly. I had no clue what was going on. I've seen others in races experience leg cramps, but have never personally felt how painful it could be. I ran/limped through it. How could I go on? I had only run about 27 miles and still had 23 to go. This was insane even by my standards. I knew if I stopped running I would be done. So I hobbled through the cramp, and to my surprise after several minutes it subsided. I was so relieved—until it returned a second, third, fourth... time. Each time I ran through it, and each time it would go away. Just run I told myself. *Just run.* Lennie Tucker told me to keep moving forward. No matter what you do just keep moving. I remembered this and was determined to keep moving. I knew I could run 31 miles. I knew I could run 34 miles. But anything greater was unknown waters. David Weiss told me that miles 34–42 were the hardest. This was unknown territory, but if you made it to 42 you would know you would finish.

Time did not exist. It was all about moving forward. Staying focused, running, limping, moving. I ran from aid station to aid station. Wondering how close I was to the next one. I drank coke, water, and Poweraid. I ate M&M's, jelly beans, and even a third of a peanut butter sandwich on *white bread* (don't tell my kids). This was hard. I had no idea how well or not I was running. It hurt—but then again running the mile hurts or the marathon or the 50K. This was not worse. It just lasted longer. I crawled within myself knowing that I needed to find strength from within, knowing that there was no escape from the demons that my mind would force me to face. Thaisa and I met up again at the 42-mile aid station. This was the last point of the C&O towpath. This was beyond the beyonds. A place neither one of us had ventured before. We turned on the road together. I looked at my watch for a second time, 7:25. I ran the Canal towpath marathon in 4:25 not too far off of my goal pace. From this point on it was teamwork. We walked; we chose not to talk other than a comment here about this house, that stone wall, or that hairy cow—little was said. It was a walk/run. My mind was weaker than my body. The body said that I could still run, but the mind said,

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"Why?" The mile markers cruelly counted down at this point, 8, 7, 6. They were long rolling miles. We made it to the 46-mile mark where Thaisa's 14-year-old son Adrian meant up with us. Thaisa's husband had dropped him off earlier and then went on to the finish to cheer Becky in. Adrian had planned on running us in the last four miles. This kid was amazing. He has such a bright outlook and managed to lie very well by telling us how great we looked and how awesome we were. It was hard to believe. I made them walk more than they would of without me. I had told them to go along without me. My mind was losing the battle with my body. They made me keep going. When we ran, we ran well, and it felt doable. The problem was that my mind had had enough. I could not stay on task. I could not focus. I did not care if I ran or not. I knew I would finish even if it meant walking the last three miles. Quite frankly, I was ready to walk. With three miles to go it started to rain. I put on my polypro shirt, which I had worn tied around my waist since the fourth mile into the run. We continued to follow a walk/run pattern. The last aid station was at the two-mile mark, which was at the top of a small hill. Two teenage volunteers were standing at the crest. They said they had Poweraid, water, bananas, cookies, etc.... They asked if they could get us anything. In my state of discontentment I said, "I want drugs, I want a massage, and I want a cold beer." They looked at me with shock not knowing what to say. I then realized how miserable I was to them, so I turned around and yelled, "but I really appreciate your being here!" The one-mile-to-go sign was a welcome relief, until Adrian said, "Let's run the whole last mile in." I just looked at him and said *NO*. I had a bad attitude and knew it. The JFK is actually 50.2 miles long. It's that last 0.2 that zaps you. It was starting to get dark. We could hear the finish line announcer. We could see the end. We ran the last 400 meters in together, crossing the finish line as one. I could feel a wealth of emotions running through my body. I was close to tears from the pure joy of going beyond what I thought were my limits.

We meant up with Thaisa's family and found Becky. I took a warm shower still disbelieving that I had actually done it. I wanted to stay in that shower forever, but Becky helped reality sink in when she said I had to get out for the awards ceremony. We were sure our team had won the Women's team division—and this was one award we wanted to accept. When the race director handed us the trophy for "Overall Women's Team Champions," he told us that the team champion award for the oldest, largest, most prestigious ultra running event in the country was considered a coveted award. We proudly took it, knowing that we earned the right to be called team champions. After the award ceremony Thaisa, Becky, and I went out to wait for our fourth teammate, Mary Wenck, who had not yet finished. We wanted to give her the support of her teammates as she completed her first 50 miler as well. Mary's finish was so inspiring to witness. We walked to the top of the incline to the finish in hopes of seeing her. It was dark, so all we

could see were the shadow of runners as they were coming in. We saw someone who was clearly giving it everything she had. Then a car with its headlights on went past, only to reveal that the person we were watching was indeed Mary. She was tilted to her left side severely, but she was also moving forward. We cheered for her. We cried for her. We witnessed her personal strength. We ran her in the last 400 yards finishing the way we began: triumphantly as a team. Mary refused to let the medical team see to her needs. She said she was fine and that she wanted a picture of her and her team together. Running is usually such a personal sport. This day it was more than that. This day it was about four women pushing the envelope in a way none of them had ever done before, each one of us learning something about ourselves and each other along the way.

### **And Now the View from Mary Wenck**

The best of the JFK 50 Miler: that's easy—it's the people! Everyone that fate brought together on November 20<sup>th</sup> played an important part in the completion of my most difficult race yet.

It was Dave Morgan, never the spectator, who changed roles, giving so much encouragement, concern, and support. Always waiting at the aid stations, often as long as an hour or more, bag in hand, ready to produce whatever I needed in order to continue. At times walking miles to get there after facing challenging driving conditions on narrow foggy back roads. Even at mile 46, in the pitch black, the tall apparition with the bag appeared. I could barely make him out but the outline of bag made me certain that it was him! He convinced me if I kept on track I could make it—in time.

It was Lorrie Tily, Becky Harmon, and Thaisa Way, the Finger Lakes Women's Masters Team, and Thaisa Way, the Finger Lakes Women's Masters Team, new to the 50-mile distance but game to give it their best. Their unabashed enthusiasm in the gym pre-race, and again as we raced to make the start and shared a pit stop, got the race off to a good start. What really stands out is their four-hour plus wait in the cool, dark evening to be there for me at 49-1/2 miles. They cheered, ran, even walked and literally supported me to the finish line. Then they held me up so the medics wouldn't demand to take me away. Their enthusiastic positive encouragement in that half-mile made all of the pain tolerable. Their presence at the finish, their gift to me of time, , and unwavering support of my achievement brought a new sense of being part of the Finger Lakes Running Team. These three women are the best ambassadors that the FLRC Board and Club could ever have. And I am proud to have been a part of their Team!

The list could go on, especially to include Sharon at aid station 42, who noted my deteriorating condition and rather than try to get me out of the race, helped me into a reflective vest, and got some Gatorade and M&Ms into me. Then she walked and ran with me the next half-mile, giving explicit directions that if I wanted to finish I would have to walk the hills and to try to run on the downhill. She said "get that in your head," and I was once again back on track to goal!

No list would be complete without mentioning Cathy

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Troisi who sent numerous details about the course and really helped with pre-race logistics. She gave me support to move forward to face the challenge.

The JFK 50 was the most difficult race I have ever completed. Yes, I have a sense of pride and accomplishment. But more important, I have a renewed understanding that we accomplish nothing alone. But as a partner, a team, and with the help of others, we can succeed at any challenge.

**But More was Happening on that November Day: The Philadelphia Stories...**

**The View from John Whitman**

Congrats to the FLRC women, who brought home yet more hardware at the JFK 50 miler, winning first place women's team award.

Some of us boys (and Melissa) were at the Philadelphia marathon—Boris, Dan Friedman, me, and Melissa and Jay. Looks like good times were had by all. Boris ran 2:42:27 and was third master. Dan and I ran together for most of the race, and Dan had an incredible first marathon, finishing in a Clearnote time of 2:59:108. Melissa ran 3:40 with Jay there all the way (sorry we missed you guys) and I ran 2:57:34. Longer account follows.

**MARATHON ASSESSMENT:** Excellent urban marathon, and cheap (\$45 through Oct. 31). Hard to think of another East Coast city marathon where you can drive in an hour and half before the start, park across the street from a Starbucks three blocks from the starting line, stroll past one America's great individual art museums (the Philly Rodin Museum), start at and run past famous landmarks (the Rocky Balboa steps at the Art Museum, Independence Hall), and have a nice combination of late fall scenery (Fairmount Park, the river) and cityscape. The course isn't superfast (it has a slight net uphill and a few too many turns), but the hill at Fairmount Park is minor, aid is good and competently staffed, and the field was pretty competitive but friendly. Lots of age group dudes running at specific paces. There were a few too few portajohns at the start for the enlarged field (7,000), but there are nicely placed woods right on the other side of the Rte 76 ramp opposite the start to compensate. Postrace food was sparse, but good chicken broth, for my money.

**START:** Boris and I arrived around 5 pm Saturday, picked up our numbers, and Boris bought a bunch of shoes at the decent expo, which was held in tents right at the start on the Eakins Oval. We went back to our hotel by UPenn and endured some insufferable yuppie recreational runners carousing in the freebie lounge. I spent the rest of the evening punching little ventilation holes in my new HNAC singlet with a paper punch. Next morning, we were a little too far from the start to walk, so drove over and found a prime parking place. Temps were high 40s, overcast. During the race they rose into the high 50s, never the 61 degrees predicted but no rain—excellent conditions.

Painful rendition of the anthem at the start, but, thankfully, no mayoral speech. The start wasn't too congested, people were pretty decent about self seeding. A 13 second

lag between clock time and my watch/chip time.

**RACE:** First mile was 6:35. Dan and I planned to run together at 6:45 pace through 20 miles and then see what we had left. I spotted Dan in the second mile and we hooked up. The first four miles, though downtown Philly around Independence Hall, Society Hill, Penn's Landing, etc., was overall downhill, and we ran 15–20 seconds under pace. There was nice but not overwhelming crowd support through this section—but *terrific* support from the HNAC Scrapple Country contingent. Will and Georgia and Greg M. supplied "Go High Noon" cheers at minimally four separate spots on the course. Boris and Dan unfortunately didn't have singlets, although Boris could have been spotted in retrospect as the guy in the long trunks shadowing the eventual women's winner.

We crossed the river on Chestnut St. in the general UPenn area and began an overall uphill section through miles 6–10. The course turns north here, goes past the Philadelphia Zoo, then through Fairmount Park on the biggest hill of the course. Suzanne Myette (3:05 here a couple of years ago) warned us that the hill was tough, but it didn't turn out to be bad, and was followed by very nice downhills through the Philadelphia Horticultural Society sections of the park. Coming from Ithaca in late November, a nice feature of this race is that there are still leaves on the trees, one caught by Boris. Dan and I were 1:07:42 at 10 miles, just under pace.

Out of the park, the course comes down to the west bank of the unspellable Schuylkill River. Around the half there was a very young-looking Beatles imitation band playing *Daytripper*, the only such band at this race. Dan and I were 1:28:32 at the half. The course crosses to the east bank just behind the start/finish at the Art Institute. In previous years there was a noisy band of anti-abortion protesters at this spot, for some reason, but this year they didn't come, satisfied, I guess, with having won the election.

The rest of the race, roughly miles 14–finish, is an out-and-back leg on the east bank of the SK. This section has been criticized as boring/demoralizing, but it's pretty for the majority segment in view of the river, and I liked being able to see both the leaders and, on the way back, waves of human agony with a couple more miles to go than myself. At 15–16, Dan and I got split up a little bit, Dan caught me again at 17, but then I got involved with a little group that mounted a spurt through 18–19. 18 to the turnaround at 20 runs through a nice gentrified section where the road narrows providing good crowd support at a welcome time. In this section I saw Boris coming back in the top 50.

I was 13 seconds under pace at 20. In the downhill mile 20–21 back from the turnaround, I tried to pick the pace up a little bit without too much success. The last 1.5 mile has a bit of an uphill, and I fell off the pace there (my final pace was 6:47.3). 2:57:34 was good for fourth place 50-year-old, but Boris and I never figured out where/if they gave out age group awards. We got back to the hotel in time for showers and then went to the zoo to see the gorillas.

Overall, I recommend this race. It's the shortest major

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urban driving destination from Ithaca, a nice city to visit, and a marathon course that shows off the city nicely.

### And from Melissa Hubisz

Jay and I drove down to Philly Saturday afternoon, picked up our packets and T-shirts (which only came in large or extra large), and hung out at the expo for a while. We attended the pasta dinner, which had good food, but was way too expensive for spaghetti. Then we drove to my Aunt's house in the Philly suburbs, where we slept restfully in bunk beds. I was amazed at how easily I fell asleep: no pre-race jitters at all. I took this as a good sign, that subconsciously I felt ready for my first marathon and was confident I would do well.

My hometown is on the Jersey coast, about an hour east of Philly, so my dad was able to come and watch/help out. He picked us up at my Aunt's house bright and early and we arrived about 7:15 and managed to find parking easily about six blocks from the start. We needed to use the portajohns, and the lines were very long. We picked one and waited, and waited, as the start time got closer and closer. We were still in line as the national anthem was sung (terribly), and a minute later we finally got to the front. We did our business and ran to the start, squeezed ourselves into the crowd, and the race started about 20 seconds later. I felt sorry for the hundreds of runners who were in the portajohn line behind us, and must have missed the start altogether.

The first mile was slow, as the crowd of runners was pretty thick. I picked it up after that, running a few sub-8-minute miles, which were probably a bit faster than was wise, but felt good at the time. Jay warned me to slow down, but I told him, "I wanna learn the hard way!". I didn't really have much of a plan. I thought I was probably capable of qualifying for Boston (need a 3:40:59), but had insisted that I wouldn't worry about my time for my first marathon, and just take it easy, enjoy myself, and finish. But of course I went right ahead and worried about my time anyway. The first 10 miles passed very quickly and easily. In general, I'm pretty oblivious to my surroundings, and I didn't notice the scenery or historic landmarks that John described. Most of my focus was taken up by trying to maintain a good pace in a thick herd of runners without tripping anyone or getting tripped. Around mile 12 something in my right foot started to hurt, as a blister started to form. It felt like a pebble was digging into the ball of my foot, and the pebble got bigger and sharper every mile. We passed the half at 1:49:20, on track for Boston, and still feeling fresh and upbeat. Around mile 16 my quads started to complain, and the mile markers seemed to suddenly be very far apart. I managed to keep the pace up, but it became more painful. Jay reminded me to relax a few times and that helped quite a bit, but I usually forgot 30 seconds later and tensed back up. It was especially painful to start running again after the water stops. Still, I ran well up until mile marker 23, with splits ranging from 8:05 to 8:35. We were passing tons of runners and were in very good shape

for Boston. Then things started to decline. I just couldn't go fast anymore. I was scared that if I pushed it, my quads would start spasming, or just give up altogether and I'd fall on my face. And the "pebble" in my shoe was now a very jagged rock. I stopped thinking about Boston and just dreamt about the finish line and food. I developed an irrational desire for cantaloupe. I got passed by many runners those three miles, and my splits were 8:42, 9:11, 9:22. My watch wasn't working correctly—it was giving me split times, but not overall time—so when I crossed the finish (very, very happy), it took a few minutes to calculate that I had indeed qualified for Boston, with 9 seconds to spare!

Physically, I was miserable after the race. There were not enough volunteers or chairs at the end, and I stood around dazed for several minutes hoping for a nice stranger to congratulate me, offer me a foil blanket, and help me with my chip. It never happened. A chair finally became available, and I fumbled with the chip myself. My dad came by and helped us find food, which wasn't very good. There was no way I could walk the six blocks to the car, so we stood on a corner and waited for my dad to pick us up. I couldn't even sit on the ground while we waited; the ground was just too far away and my quads wouldn't support my weight if I bent my knees. My dad finally came, took us to my Aunt's house, and we had hot chocolate and white pizza and relaxed for a few hours before Jay drove us back to Ithaca.

Overall, I thought the Philly marathon was adequate, but not great. I liked the course; not too hilly, and I enjoyed watching the fast runners come in. After the turnaround, it was encouraging to pass the slower runners who had many more miles left than me. There were plenty of well-manned water stations, and big digital clocks at every mile. However, the lack of porta-potties, medium-sized T-shirts, and volunteers at the finish, plus the lousy food, are things that can definitely be improved. Then again, it only cost 50 bucks to register at the last minute, so I probably got my money's worth.

It was really, really nice of Jay to run along with me. The crowds were not too spectacular, and I probably would have been very lonely and bored without him keeping me company. He let me set the pace the whole way, and just encouraged me and helped me stay entertained. I wish I could return the favor some day, but he is just too fast.

Thanks to Lorrie and Becky and Mark for the early morning speedwork and long runs. And thanks to everyone in the FLRC for all the advice, and inspiring me to give this a try. I never would have considered running a marathon until I met you guys. It was an awesome experience I will never forget.

### And from Bob Talda: a Report Card

As one of the less distinguished of the 27 ;), here's my brief report...from a first-in-a-long-time marathoner who despite himself PR'd:

*Pre-race organization: B*

Parking was a game, and there weren't a lot of signs, but I figured out you had to go to the back of the tent (past all the

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vendors) to register and then lucked into the right line. Lines were organized by race number, but all the signs were at table level, something higher would have helped. Once I got my packet, all was well—I wanted an XL T-shirt anyhow, but at that time (3 pm Saturday) there were still other sizes available. I heard from others that this was the first year at the Eakins Oval, so some bugs had to be expected. Hopefully it will improve with time.

*Pre-race dinner: N/A*

Seemed too expensive, so I skipped it in lieu of dinner with my sister and her husband.

*Race itself: B*

Despite the number of runners (yikes!) and lack of signs, I had no trouble finding a spot to warm up. There were lots of volunteers at the bag drop-off. I appreciated the pace placards, but I didn't know how many people were following them. The day itself wasn't bad for running for me, damp but not wet (foggy), light winds, not too hot—I debated but passed on gloves. I was a little cold through the seemingly endless pre-race festivities, and very nervous, but eventually the gun went off and we got started. I had lived in Philly prior to living in Ithaca, and so much of the run was over roads I knew; so I was attuned more to changes than I was to historic sites. I thought the course itself was a nice balance between city and park, and in particular, a number of maples in the park still had their leaves, so the bright yellow brightened an otherwise gray day. And for the most part, the city streets were wide enough to accommodate the runners during the early stages. The yellow jackets worn by most of the volunteers were also very welcome—and there were plenty of people at every aid station. There were also lots of spectators along some parts the course, some of whom were very vocal (Iggles fans warming up for the game later, maybe?) A couple of (minor) gripes: the clocks were missing or not easy to see at some mile marks (and broken at mile 16); the gap in aid stations between 12 and 15.5 was very noticeable; and the course profile on the website didn't really show the course, just the elevation changes by mile—there were a couple of short steep climbs that I wasn't really prepared for. Like Melissa, I began having quad problems around mile 16, and by mile 22 was walking. (I'll save the personal observations for the newsletter) I was surprised that I only saw two other runners from Ithaca, although a least one spectator recognized the FLRC singlet and gave me a cheer.

*Post-race: A-*

I finished a few minutes after Melissa, despite all the walking setting a PR (3:55:57 race time; 3:54:04 chip time) by a couple of minutes.

However, unlike her experience, I had lots of help from volunteers in getting to a chair, getting a foil wrap and getting my chip off—in fact, I had to have the gentleman helping me untie my shoe because I could reach it. Again, there were no signs, but I figured out where to go quickly enough.

The bag pickup was as well-staffed as the drop-off, and I got my bag right off—and headed for the medical tent (sigh). I found the people there efficient, friendly and helpful, and in 45 minutes I was able to meet my wife and head for home. (As an aside, my wife was at the finish line, and was impressed by the medical staff's response in general, from helping the second place runner after he crawled, literally, across the finish line, to helping folks like me.)

All in all, I would recommend Philly to another runner, but I would warn them about the problems of the number of runners. (Guess I'm too used to our "little" races up here!)

**Wineglass DNF; Steamtown PR—June (I-don't-Believe-In-Paragraph-Breaks) Eillenberger**

I finally decided to really train for a marathon; this was going to be it, my big year and my best time ever. I trained and trained, and I never missed a day. I was targeting Wineglass again. I've run it the last two years, but this year, I really wanted to do well. Unfortunately, I was really ill leading up to race day. I am not really experienced enough to know when *not* to run, and I was not honest with myself about just how sick I really was. I was throwing up for a few days before and again on Sunday morning, but I thought to myself that I'll only be running for a few hours, and after I get started, I'll forget all about this feeling of sickness... Well, that didn't quite happen. So I felt ill at the beginning, but for me that seems to be the norm. I'm always worried about the race, and I always feel queasy at the start. The problem was that I never started feeling better. But, even as ill as I felt, for the first ten miles my pace was right on. I thought to myself that perhaps this was good, because I certainly wasn't going too fast, but I also wasn't going too slowly. Then, about halfway through mile eleven, the downward slide started. I found myself frequently in the bushes dry heaving, and feeling worse and worse. Very quickly, I realized that the new PR I wanted was out the window, so when I got to the halfway point, I decided to sit down and rest to see if that helped. I did feel a little better, and I made it to mile 14 and sat down again. When I sat down at mile 15 for about ten minutes or so, the sag wagon finally caught up to me. I thought to myself, "wow, this is it, I'm officially last." The guys were really nice and supportive, and they gave me some water. I decided that I didn't want to drop out, so I would continue running, although I would just go really slowly. I passed the last guy (a speed-walker) again, and I was only going a few hundred feet each time before making another trip to the bushes. I was able to keep this up until about 16.5 when I realized the guys in the van were next to me and said something that I couldn't understand and I said something too, although I don't know if it was comprehensible (or even English!). I do remember the guy in the passenger seat jumping up to open the door for me and leading me in. After a few minutes of riding, I realized that I was out of the race, and I was really disappointed. I took the ride to the finish line, where I met a friend. The first time I actually had a fan of my own is the one I didn't finish. RATS!! I continued to feel sick for the rest of the day, and I was only beginning to feel better

## Race Reports

by Tuesday night.

The good part about having to drop out at that point is that ten miles of running isn't much for my legs anymore, and they weren't sore at all the next day. I realized that if I had suffered through to the end, I would be done for a while. But ten miles of running is like a short training run, so I found myself on the web doing a search for another marathon within driving distance. I saw two for the following weekend, Mohawk/Hudson in Albany and Steamtown in Scranton. The Mohawk/Hudson looked nice, being right along the river, but it also looked very similar to the Wineglass and the Steamtown was a much bigger race, and I've been wondering what these bigger races are like. So I called the race director of Steamtown, and I asked him if I could register at the expo. He said yes, and then asked, "Have you trained for a marathon?" I said I had and I told him a brief version of the Wineglass story. I wasn't organized enough to get a room, so I drove to Scranton both on Saturday to register at the expo and then I got up at 2:30 am(!) again on Sunday for the race. This was a whole lot of driving for me, since I gave up my daily driving commute this past summer. When I got there I was amazed at how it was such a big event, both at the expo and on race morning; there were *so many people!* And loads and loads of buses on race day morning! I got there very early, but it didn't help because the bus I got on got lost. That's right, the guy I was sitting next to noted that he was a little concerned when the buses in front of and behind our bus were taking a different turn than we did, and I had to agree. With only about 40 minutes to the start and after several U-turns, we finally pulled over at a gas station to ask for directions. The driver gave up on trying to talk to "base," because he couldn't hear anything anyway. I was nervous (along with everyone else it seemed) and my stomach was filled with butterflies again and I was certain that this was a bad omen for the race, but luckily we found our way and were the last bus to arrive at the start. Again, there were people everywhere! And since there wasn't a relay, everyone was doing the full race. There were pace groups (I wish I had time to meet with some of the people at the 4:30 pace), and there were volunteers everywhere! Not much time to stretch before I had to get outside to see the helicopter and civil war reenactment group. Here, there were also signs directing people to line up according to average pace, so I stood by the ten-minute mile sign. I figured it was close enough. Oh, and there were announcements! At Wineglass, I'm always surprised that they don't say anything, its just line up and bang. Here the guy talked for a few minutes and wished everyone luck, and he told us about the course, there is a hill at the end, and the sponsors, blah, blah, blah... (enough with the announcements already!). Then the civil war group fired a cannon as the official start gun, it was really neat. Because of all the people, I took about one minute 30 seconds before getting up to the start line, and then I was off! The first few miles were really hilly, so hilly that I actually walked down some of the

hills because they were *so steep!* Lots of people were flying past me in the beginning, but I've learned that I must keep my own pace. The website advertised this as a fast course (and of course a Boston qualifier), but I have to say that much of the middle miles were rolling, not very flat or only downhill as the webpage would have you believe. I talked with people almost the whole way; again, there were so many people! And the spectators were really enthusiastic too. Wow! They were everywhere. I had the distinction of being number 13, so every time someone said "Go 13!", I corrected them and said "I'm Lucky 13!" and then they would cheer on "Lucky 13"! The water stops were lots of fun, too. At one, it was a toga party theme, and they were giving out Jell-O shotsMMMMmmmm. At many, there were cookies and candies and all sorts of fun treats! I had to hold back from stuffing myself because two DNFs in one year might make me give up running. But for this one, I really felt good. I factored in some one-minute breaks and they helped me so much that I was already at mile 18 before I even felt anything in my legs. After 18 though, my legs had a lot to complain about. There was a stretch of a few miles that was on the side of a road that was steeply sloped, so my left knee and hip really started to hurt. Everyone else was complaining about the same thing, and I wondered if I should slow down my pace so that I wouldn't get injured. Well, I couldn't do it, I wanted a good time, and I promised myself lots of rest after. So, after several miles of that we were back on flatter roads. I had to stop at the mile-21 aid station to blow my nose, my tissues were gone and I couldn't take it anymore! Then I was off again. At about 22.5 miles, I realized that I was at my Boston qualifying time of 3:40, I still felt great and then I did some calculations and I realized that this was going to be my best marathon ever, by a lot! Then, in mile 23, there was the hill. I finally made it to the top, *whew!* And I said to the guy next to me, "I don't think I can do that again". He laughed and told me that there were two more hills to go. *Yikes!* The hill at mile 24 was the worst! This hill was so steep, and it just went on and on and was just *unreal!* I could not believe that this was at the end! I think this is the one the director was talking about. There was another hill at the 25-mile mark, and I thought to myself that this course is cruel. Just before the hill at mile 25, a girl from the crowd said, "Hey its lucky 13! I thought you'd be here an hour ago!" "An *hour?!?!?*" She said Yes, I looked so much better than everyone else for so long, she thought I was faster! Ha! Well, I have to admit that I did enjoy miles and miles of passing people. I said hello to most of the people I passed because from my two other marathons I know what it feels like to be getting slower! I passed one person after another from about mile six right up to that first hill at mile 23. In the end, it really was my best marathon right up to those last hills, they slowed me down so much that I got passed by lots of people on the way up, I really had nothing left, and I think that anyone targeting this race was planning for those hills. Finally I made it to the finish line where there was a huge crowd again, and most of them remembered me! They all yelled out

## Race Reports

"Lucky 13!!" and it felt really great to be done! I think my final time was about 4:37, faster than last year's 4:41, but still off my targeted time of 4:15 or so. I am happy that I finished one marathon this year, and this was a nice course, with incredible crowd support. Let me put it this way: the outer parts of my upper arms were sore from waving to the people all along the course! However, I would certainly have to say that this course is not a fast one, unless you like steep hills right at the end! I think that this will be my last marathon for a while. (Well, maybe until I get the bug again next year...)

### Interlaken Steeple Chase 5K—Laura Voorhees

This year's Interlaken Steeple Chase 5K started off very much like last year: The race field doubled on race day morning, the air was cool and crisp, and once again we were fortunate to be serenaded at the start line by Dave Unland on tuba. He impeccably performed the national anthem and then "First Call" (the traditional tune to signal the start of a horse race).

The finish line crew then hustled to the finish line and began to wait, and eagerly look down the road to catch a glimpse of the lead runner. Then the whispers began. "Is it?" "I think it is..." "Is that a--?" Yes, indeed. It was a woman! Barb Wells of Ithaca was our overall winner, and top woman finisher with a time of 20:50. David Jones (Interlaken) and Steve Shaum (Newfield) battled it out neck and neck at the finish to come in second (21:14) and third (21:15) respectively. Mr. Jones took home an additional prize because he was the first Interlaken resident to cross the finish line. Thomas Williams (Ithaca) was the third place male finisher with a time of 21:52.

Ann Brewer (Trumansburg; 22:09) got to add a second steeple to her collection: she was our second place female finisher last year as well. Another Trumansburg resident, Nancy Kleinrock, (22:27) won third place in the women's division. The top three men and women finishers received beautiful steeple-shaped trophies, handmade by church member Al Ganoung. Al's granddaughter, Kari Ruiz, once

again provided a classy graphic design for our race T-shirt, this time rendered in deep cranberry, with antique-white print.

Inside the church, finishers feasted on homemade soups, stews, fresh fruit, and baked goodies. After all, any participant who completes the grueling 5K around the church block *deserves* refueling! (No, we didn't get around to using a bulldozer to level the hill, as one runner suggested last year.) Many runners who participated last year vowed to return this fall—simply because of the fabulous food! We were pleased to see quite a few familiar faces, and new ones, too.

One face new to the running scene was Anna Danner, age 7. She did a great job, and won an age group award, along with big sister Sarah Danner, age 11.

We also had another first at the Steeple Chase: a participant crossed the finish line asleep! Granted, it was one-year-old Larsson Wing, pushed in a stroller by mom Maureen Callahan-Wing.

I am so pleased with the area businesses that supported the race and provided us with awesome prizes to offer to our first place winners in each age group. One participant looked at the display of prizes, and said, "Wow! It looks like Christmas!" We had gift certificates from area restaurants, bird food wreaths and feeders, photo-shadow boxes, and CDs to name a few. For coming in "right in the middle of the pack", our mid-pack winner Melissa Brechner took home two boxes of yummy doughnut middles (doughnut holes)! Sweet success!

Our Steeple Chase 5K was a success, and I am grateful to all the participants and volunteers who made our "sophomore year" go just as smoothly as our first. One runner asked, "I see that you are getting close to meeting your fundraising goal. Does that mean that the Steeple Chase won't be 'on' next fall?"

Au contraire; we are getting so much positive feedback that I think a lot of folks would be disappointed if we didn't. So—the race for the steeple is *on!* And maybe we'll have some new spires gracing the crisp autumn skyline by then!

## A Special Holiday Season Bonus: A Book Review—The Art Within My Dad is an Ironman

### The Confluence of Sport and Art—Diane Sherrer

Artist and nationally ranked masters runner Coreen Steinbach has won numerous awards for her paintings, which are represented in collections internationally. Working from her studio in Pompey (near Syracuse), she specializes in architectural renderings and sports-related artwork.

Commissioned assignments include artwork for major U.S. road races, like the Utica Boilermaker and the Freihofer's Run for Women in Albany.

As a masters athlete, Steinbach is one of the best age-group 50–54 track and road runners in the nation. Last spring, she won silver medals in the 800 (2:35.93) and mile (5:36.49) at the national masters indoor track and field

championships.

Now the 53-year-old Renaissance woman can add one more achievement to her impressive resume: children's book illustrator.

Steinbach and author Ray Hoese collaborated on the newly published book, *My Dad is an Ironman* (Breakaway Books, \$15). The story is told in the voice of nine-year-old Jordan, a girl who loves to accompany her father as he trains for an Ironman triathlon.

"The nice thing about the book is that it's a real story," said Steinbach, who is married to former Drden School District superintendent Donald Trombley. "Although I've never met him, (Hoese) is the real father in the story who trains for

## Book Review

triathlons."

Breakaway Books publisher Garth Battista contacted Steinbach in July 2003 and asked if she would be interested in illustrating the book. She was picked from over 100 illustrators who submitted portfolios, after Battista visited Steinbach's website ([www.runningart.com](http://www.runningart.com)).

"The publisher wrote me a letter asking if I was interested and that he wanted 30 illustrations submitted by December 30," Steinbach said. "I said I was definitely interested, but I had to think about it because this was all new to me. I suggested he needed a professional children's illustrator, or that I would need more time. The publishers were looking for sports-related art, not children's art. So, he doubled my (deadline) time and doubled my salary."

Battista mailed Steinbach the children's story text divided into numbered panels, each of which required a drawing. The author had written notes on each panel, explaining how he envisioned the art. To make the project more manageable and less overwhelming, Steinbach picked five panels, in no particular order, to illustrate for the initial review.

She then asked a real family of four—her neighbors—to model as the fictional family. For example, the fictional Jordan is really Colleen, the fifth-grader who lives next door.

Steinbach took numerous photographs of the family in their living room, and instructed them to pose according to the story line. For the "off to the Ironman" airport scenes in the book, Steinbach also took photos inside Hancock Airport in Syracuse—and briefly raised suspicions among the security personnel. She then utilized the photographs to create the real art.

"The author wanted real representative art, and not cartoons," said Steinbach, who is currently working on a baseball-themed mural in a client's basement. "But the au-

thor had little or no say with what I did with the art. The publisher signed off on everything.

"For example, I wanted Jordan to have red hair, because it's a wonderful artistic device that makes her stand out," she said. "The author wanted the hair brown like his own daughter's hair. I said, 'I still think it should be red,' and the publisher said, 'Yes, keep the hair red.'"

The illustrations were finished at the end of May, and Steinbach personally delivered all 30 16 × 20-inch paintings on canvas paper to Battista's home in the Catskills. The art was shipped to China, and proofs arrived back in August.

"When I delivered those 30 paintings, my heart was in my throat," Steinbach said. "But Battista didn't want to change a thing. Children's art and literature have always intrigued me, especially when my own sons were young. And, although I've never done an Ironman, because I'm a runner, I know the inside of the sport, and what it takes. (When I was illustrating) biking in the rain, I knew what I was shooting for."

*My Dad is an Ironman* is now available at Barnes & Noble, Borders, and Amazon.com, or contact Steinbach through her website. (Steinbach also will show 25 paintings in June at 171 Cedar in Corning.)

There's nothing more exciting than seeing the final product, especially one that reaches out to a diverse audience.

"There is a real paucity of children's books for kids whose parents are athletes," said Steinbach, who now has a painting on display at the Arnot Museum in Elmira. "This book shows you don't have to preach to the typical choir; it has appeal to others.

"When I saw the finished product, I thought, 'Oh, my goodness!'" she said. "It's thrilling and very satisfying to see all that time come together in a completed product. It's been an incredible experience from start to finish."

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## Indoor Track, Outdoor Track, Roads, Trails, Cross Country, and Snowshoes

The Finger Lakes Runners Club  
offers it all!

Peruse later in this issue or online at  
[www.fingerlakesrunners.org/calendar2005.html](http://www.fingerlakesrunners.org/calendar2005.html)  
for all the details of the 2005  
race calendar.

## Race Results

### Philadelphia Marathon

Nov. 21

Local runners: Boris Dzikovski, Ithaca, 2:42:27 (3rd M40); David Siegel, Ithaca, 2:44:26; Gregory King, Ithaca, 2:57:28; John Whitman, Ithaca, 2:57:34; Fred Merwarth, Montour Falls, 2:58:04; Dan Freidman, Ithaca, 3:00:48; Joel Fleischmann, Ithaca, 3:12:11; Alex Weirong Chen, Ithaca, 3:12:39; Warren Brown, Ithaca, 3:13:26; Sarah Fischer, Ithaca, 3:19:33; Lauren Jacobs, Ithaca, 3:21:34; Dylan Kuckes, Ithaca, 3:24:04; Robert Hermanet, Ithaca, 3:32:13; Dieter Eppel, Cortland, 3:40:44; Melissa Hubisz, Ithaca, 3:40:48; Jay Hubisz, Ithaca, 3:40:48; Dave Weiss, 3:45:49; Meredith Peterson, Ithaca, 3:47:44; Hollie Kitson, Berkshire, 3:52:33; Robert Young, Ithaca, 3:54:20; Bob Talda, Ithaca, 3:54:34; Jim Terrell, Ithaca, 3:58:58; Laurie Goodrich, Ithaca, 4:02:54; Geri Lake-Bakaar, Ithaca, 4:03:09; Rob Gilbert, Ithaca, 4:15:38; Sonia Hizi, Ithaca, 4:18:04; Benjamin Karfono, Ithaca, 4:21:08; Jane Miller, Ithaca, 4:41:40; Rachel Lodder, Trumansburg, 4:56:43; Marne Einarson, Ithaca, 4:56:44; Ted Caldwell, Ithaca, 4:56:45; Alfred Phillips, Jr., Ithaca, 5:44:29.

### Philadelphia 8K

Local runners: Helen Newell, Cortland, 39:08; Russ Derick, 29:43.

### JFK 50-Miler—

Boonsboro, Md., Nov. 20

Local runners: Becky Harman, Willseyville, 7:55:31 (fourth female overall); Thaisa Way, Ithaca, 9:01:15; Lorrie Tily, Locke, 9:01:15; Mary Wenck, 11:43:55.

\*\*\*These four women, representing the Finger Lakes Runners Club, won the JFK women's team title!

Final standings of local runners who competed in the Upstate New York Cross-Country Series (Sept. to Nov.):

Open men: 3. Todd Markelz; 7. Geoffrey Hutchinson; 9. Joshua Cross; 11. Chris Garvin.

Veteran men (M50–59): 2. Tom Hartshorne; 3. John Whitman; 16. Herb Engman.

Super Vets (M60+): 1. Joe Reynolds, division champion.

Men's Teams: Open men -- 2. High Noon. Masters men -- 5. High Noon. Vet men -- 2. High Noon; Super Vets -- 3. High Noon.

Open women: 7. Becky Harman; 13. Chris Reynolds; 14. Karen Grover; 16. Melissa Hubisz.

Masters women: 2. (tie) Suzanne Myette and Gillian Sharp; 6. Lorrie Tily; 8. Audrey Balander; 11. K.C. Bennett.

Vet women: 2. Zsafia Franck; 4. Shelly Marino; 5. Diane Sherrer; 11. Meg Jastran; 12. Lennie Tucker.

Teams: Open women -- 3. FLRC; Masters women -- 2. FLRC; Vet women -- FLRC first-place division champions.

### NCAA Division I Cross-Country Championships

Nov. 22\*

Molly Huddle of Elmira finished 40<sup>th</sup> overall in 21:14, and her Notre Dame University women's team finished fourth in the nation.

### Harrisburg Marathon

Nov. 14

Local runners: Tom Powers, Newfield, 3:37:08; Isabelle

### AUA National 24-hour Championship

San Diego, Nov. 6–7

Local runner: John Geesler finished 3<sup>rd</sup> overall with 135.43 miles.

### New York City Marathon

Nov. 7

Local runners: Laurie Bitting, Ithaca, 4:31:04; Harland Bigelow, 4:21:37; Barb Morrissey, 4:15:07.

### Upstate New York Cross-Country Series/GVH \$5,000 Invitational

Genesee Valley Park, Rochester, Nov. 14

#### Men's masters 6,000-meter race

Local runners: Alan Evans, 20:30; Tom Hartshorne, 27:07; Tim In-gall, 22:09; John Whitman, 22:37; Fred Miller, 24:20; Herb Engman, 24:41; David Fernandez, 25:15; Joe Reynolds, 26:23; Jim Miner, 29:18.

#### Women's 6,000-meter race

Local runners: Murphee Hayes Falls, 23:22; Gillian Sharp, 23:35; Suzanne Myette, 24:23; Becky Harman, 24:36; Chris Reynolds, 25:49; Melissa Hubisz, 26:01; Lorrie Tily, 26:06; Audrey Balander, 26:24; Zsafia Franck, 26:47; Karen Grover, 26:50; KC Bennett, 27:12; Nicole Markelz, 28:06; Shelly Marino, 29:00; Linda Glowacki, 29:48; Diane Sherrer, 30:06; Sue Aigen, 30:29; Diane Yates, 30:38; Meg Jastran, 32:17; Lennie Tucker, 32:43; PJ Peterman, 33:55.

#### Open Men's 8,000-meter race

Local runners: Scott Weeks, 25:28; Todd Markelz, 26:59; Geoffrey Hutchinson, 27:22; Joshua Cross, 27:39; Tom Tomac, 29:01; Jay Hubisz, 29:01; Eric Davis, 29:25; Chris Garvin, 29:40; Adam Engst, 30:11; Jordan Atlas, 32:06.

### Stockade-athon 15K

Schnectady, Nov. 14

Local runners: Wally Powers, Spencer, 1:04:25; Zeph Halsey, Ithaca, 1:07:13; Steve Barcelo, Ithaca, 1:08:57; Kermit Cadrette, 1:11:43; Margret Betz, 1:16:35 (pending single-age F68 American record).

### Nifty 50 Marathon

Rhode Island, Nov. 14

Local runner: Cathy Troisi, 5:52:38.

### Des Moines Marathon

Iowa, Oct. 31

Local runner: Cathy Troisi, 7:17 (Troisi served as a guide for a runner with cerebral palsy.)

### Mendon Ponds 50K

Rochester, Nov. 6

Local runners: Becky Harman, Willseyville, 4:51:52 (course record, first female overall); Lorrie Tily, Locke, 5:42 (3<sup>rd</sup> female overall).\*

### Mendon 10K

Local runner: Shelly Marino, Ithaca, 60:56 (first F50).

### Mendon 20K

Local runners: Dave Jones, Interlaken, 1:47:01; Dave Weiss, 1:59:36; Robert Kerns, 2:01:13.

### Red Baron Half Marathon

Corning, Nov. 7

Overall winners: Jim Derick, Big Flats, 1:13:35; Whitney Simon, Ithaca/Cornell, 1:32:56.

## Race Results

1:33:52 (2<sup>nd</sup> female overall); Kevin Brundage, 1:40:36; Aaron Voorhees, 1:45:21; Dave Weiss, 1:47:39; Amy Voorhees, 1:47:57; Peter Voorhees, 1:47:57; Scott Voorhees, 1:49:31; Marie Fitzsimmons, 1:54:21; Sue Aigen, 1:57:13; Vincent Poplaski, Ithaca, 1:29:12; David Rote, Waverly, 1:32:20; Dan McCracken, Ithaca, 1:37:24; Carina Garnic, Ithaca, 1:41:18; Jenny Todenhagen, Ithaca, 1:43:39; Catherine Broadhead, Ithaca, 1:46:33; Laura McCreary, Ithaca, 1:57:38; Paige Peters, Ithaca, 1:57:39; Elizabeth Newbold, Ithaca, 2:01:47; Jiyong Lim, Ithaca, 2:04:22; Mary Ann Erickson, Ithaca, 2:08:33; Eric Kratochvil, Ithaca, 2:09:06; Todd Howell, Newfield, 2:10:23; Wendy Chely, 2:20:06.

### Grunt Run 5K & 10K

Geddes, Nov. 7

#### 5K

Local runners: Mark Thompson, Ithaca, 20:05; Barb Wells, Ithaca, 21:06.

#### 10K

Local runners: Edmin Jones, Cortland, 43:56; Mark Thompson, Ithaca, 47:56; Ruth Ripley, 55:57; Nanna Fritts, Cortland, 1:04:49; Joe Familo, 1:23:45.

### Cape Cod Marathon

Oct. 31

Local runners: Louise Mahar, Cortland, 4:06:30; Eileen Felner, 4:06:44.

### Marine Corps Marathon

Washington, D.C., Oct. 31

Local runners: Scott Ellinger, Ithaca, 3:21:08; Scott Buchanan, Cortland, 4:00:48; Tamar Melen, Ithaca, 4:29:58; Megan Stacey, Ithaca, 5:27:25; Marc Lewinstein, Ithaca, 4:30:11; Taryn Morrissey, Ithaca, 4:37:37; Elizabeth Kinast, Ithaca, 4:56:37; Matthew Kinast, Ithaca, 4:56:37; Katie Hayes, Homer, 4:56:28; Margaux Maher, Ithaca, 5:03:09; Chris Hardy, Ithaca, 5:19:03; Jenni Katzman, Ithaca, 5:03:06; Joseph Crace, Ithaca, 5:03:09; Anna Carbino, Ithaca, 5:07:48; Harland Bigelow, 5:12:43; Thomas Lee, Ithaca, 5:14:12; Kelly Zamudio, Ithaca, 5:24:55; Susan Newman, Ithaca, 5:25:57; Jodi Sangster, Ithaca, 5:26:35; Jim Miner, Dryden, 5:27:08; P.J. Peterman, Dryden, 5:55:42; Larry Newman, Ithaca, 6:01:07; Kathy Rohrer, 6:01:35; Joe Mulrooney, Ithaca, 6:12:57; Carole Crean, 6:16:49.

### Upstate New York Cross Country Series—Race No. 4

Robert Trent Golf Course, Ithaca, Oct. 30

#### Men's 4.1-miler

Local High Noon/FLRC/Ithaca United Track Club runners: Geoffrey Hutchison, 23:01; Joshua Cross, 23:09; Todd Markelz, 23:39; Alan Evans, 23:42; Jason Clark, 23:56; Tom Meyer, 24:10; John Tomac, 24:19; Robert Weathers, 24:32; Boris Dzikovski, 25:13; Tom Hartshorne, 25:17; Charlie Fay, 25:38; Adam Engst, 25:40; Andris Goncarovs, 25:45; Tim Ingall, 25:51; John Whitman, 26:03; Chris Garvin, 26:10; Jeffrey Juran, 26:25; Kevin Coughlin, 26:46; Jordan Atlas, 26:48; John Hylas, 27:11; Dave Fernandez, 28:03; Chris Muka, 28:07; Kevin Howell, 28:11; Reinhold Wotawa, 18:14; Rick Cleary, 28:17; Sean Auyash, 28:37; Herb Engman, 28:58; Bob Talda, 29:24; Joe Reynolds, 30:34; Robert Kern, 30:39; Bob Datola, 31:01; Evan Kurtz, 31:14; Ed McLaughlin, 31:40;

Christopher Van Loon, 36:23; Doug Moore, 36:33.

#### Women's 4.1-miler

Local runners: Katie Danner, 25:22 (winner); Murphee Hayes Falls, 26:57; Gill Sharp, 27:33; Valerie Curtis, 28:16; Audrey Balander, 29:32; Chris Reynolds, 29:39; Lorrie Tily, 29:55; Karen Grover, 30:07; Zsofia Franck, 30:31; Thaisa Way, 30:59; KC Bennett, 31:03; Charity McManaman, 31:10; Nicole Markelz, 31:58; Shelly Marino, 32:03; Diane Sherrer, 33:59; Sue Aigen, 34:14; Tin Tin Larsson, 34:21; Meg Jastran, 37:36; Deb Yelverton, 39:16; Chris Irving, 42:50.

### Halloween Run 5K

Baldwinsville, Oct. 31

Local runners: Fred Miller, 20:07; Bryan Hall, 25:21; Linda Glowacki, 25:37; Mary Montague, 38:15.

### Run Like Hell 5K

Rochester, Oct. 30

Local runners: Rachel Fink, 27:08; Greg Bliss, 27:12; Sam Beckwith, 28:10.

### Mt. Desert Island Marathon

Bar Harbor, Maine, Oct. 17

Local runners: Becky Harman, Willseyville, 3:12:19 (2<sup>nd</sup> female overall); Thaisa Way, Ithaca, 3:34:40 (2<sup>nd</sup> F40); Lorrie Tily, Locke, 3:38:24; Michelle Leinfelder, Ithaca, 3:40:10.

### Toronto Marathon

Oct. 17

Local runners: Jeanne Sullivan, Spencer, 3:28:28; Andrew Getzin, Ithaca, 3:33:31.

### Ridgewalk 5K

Wellsville, Oct. 17

Local runner: Lucas Mann, Ithaca, 21:09.

### Run for the Hospice 5K and 10-miler

Rochester, Oct. 16

#### 5K

Local runners: Andris Goncarovs, Trumansburg, 17:50; Christopher Troy, Ithaca, 21:13; Andri Goncarovs, Trumansburg, 21:31; Gerrit VanLoon, Ithaca, 21:34; Matt Johnson, Ithaca, 21:41; Doug Moore, Ithaca, 22:44; Tin Tin Larsson, Ithaca, 22:51; Alec Salton, Ithaca, 24:43; Christopher VanLoon, Ithaca, 24:54; Andrew Powers, Ithaca, 25:45; David Johnson, Ithaca, 27:12; Theo Pritz, Ithaca, 27:57.

#### 10-miler

Local runner: Tracy Ziegler, Newfield, 1:26:08.

### Mighty Man Half-Ironman Triathlon

Montauk, Long Island, Oct. 3

Local athlete: Becky Harman, Willseyville, 5:32:09 (3<sup>rd</sup> female overall; 48<sup>th</sup> open)

### Chicago Marathon

Oct. 10

Additional local runners: Maureen Dracup, Ithaca, 3:17:15; John Kramer, Ithaca, 3:23:44; Claire Cohen, Ithaca, 3:59:32; Scott Wiessinger, Newfield, 4:05:39; Laura Wiessinger, Newfield, 4:05:39; Alison Stoll, Watkins Glen, 4:25:46; Michael Keegan, Ithaca, 4:34:07.

## Race Results

USA Masters 5K Cross-Country National Championships  
Saratoga Spring, Oct. 17

Overall age-graded champions (based on age/gender/time):

Men: Tom Dalton, 46, 15:12 (age-graded 13:44); Brian Pope, 41, 14:54 (13:59); Peter Magill, 43, 15:17 (14:07).

Women: Kathy Martin, 53, 18:23 (13:56); Carrie Parsi, 65, 23:33 (15:05); Carolyn Smith Hanna, 54, 20:12 (15:07).

Men's senior race

Local runners: Don Farley, Ithaca, 23:09; Jack Daniels, Cortland, 23:46; Chuck Collins, Ithaca, 23:50.

Team standings:

1. Finger Lakes Runners Club men's 70–79 team, 1:10:45.

Men's 50–59 race

Local runner: 9. Tom Hartshorne, Ithaca, 17:34.

Women's race

Local runners: Zsofia Franck, Ithaca, 21:18 (3<sup>rd</sup> F50); Shelly Marino, Ithaca, 22:19; Diane Sherrer, Trumansburg, 23:59; Mary Wenck, Corning, 26:46; Deb Yelverton, Ithaca, 27:32.\*

F40 2<sup>nd</sup> place: Sarah Kramer, 18:10; F45 individual champ: Patti Ford, 19:27; F65 2<sup>nd</sup> place: Lennie Tucker, 25:38.

Team standings:

1. Finger Lakes Runners Club women's 50–59 team, 1:07:36.

3. Syracuse Chargers women's 40–49: 1:04:06.

Saratoga Springs National 5K Classic Cross-Country Race  
Oct. 17

Interlaken Steeple Chase 5K; November 13; sunny, 30s

Place	First Name	Age	Sex	Hometown	Time
1	Barb Wells	33	F	Ithaca	20:50
2	David Jones	46	M	Interlaken	21:14
3	Steve Shaum	39	M	Newfield	21:15
4	Thomas Williams	49	M	Ithaca	21:52
5	Ann Brewer	30	F	Trumansburg	22:09
6	Steve Scheidweiler	33	M	Horseheads	22:12
7	Brendan O'Brien	45	M	Ithaca	22:21
8	Nancy Kleinrock	44	F	Trumansburg	22:27
9	Steve Morris	44	M	Ithaca	22:59
10	John Gilfus	42	M	Trumansburg	22:59
11	Marc Bigsby	36	M	Ithaca	23:12
12	Marcus Robertson	13	M	Mecklenburg	23:13
13	Paul Pratt	36	M	Ithaca	23:15
14	Adam Brechner	31	M	Ithaca	23:26
15	Deb Carter	37	F	Ithaca	23:37
16	Josh Langley	10	M	Ithaca	23:42
17	Mike Terwilliger	49	M	Brooktondale	24:00
18	Becky Poulsen	26	F	Ithaca	24:02
19	Kevin Fairand	50	M	Freeville	24:03
20	Martha Roberts	47	F	Penn Yan	24:09
21	Karla Eisch	48	F	Vestal	24:24
22	Stephen Codner	45	M	Groton	24:28
23	Sarah Danner	11	F	Mecklenburg	24:30
24	Elizabeth Minor	43	F	Trumansburg	24:39
25	Kermit Cadrette	66	M	Rome, NY	24:41
26	Matthew Johnson	29	M	Ithaca	24:44
27	Ray Wagner	45	M	Groton	24:52
28	Tim Dorward	46	M	Trumansburg	25:03
29	Jennifer Buddenborg	26	F	Ithaca	25:13
30	April Amodei	40	F	Auburn	25:21
31	Joan Sutherland	48	F	Groton	25:25
32	Meg Gaige	47	F	Alpine	25:47
33	Melissa Brechner	27	F	Ithaca	26:03
34	Kristen Brennan	33	F	Ithaca	26:05
35	Trisha Hay	23	F	Syracuse	26:28

Local runners: Scott Weeks, Groton, 15:28 (2<sup>nd</sup> overall); Murphee Hayes Falls, Marathon, 19:07.

Hawaii Ironman Triathlon

Oct. 16

Local triathlete: John Schabowski, Ithaca, 16:35:08.

Dublin City Marathon

Ireland, Oct. 25

Local runners: Dave Morgan, 3:56:30; Mary Wenck, 4:07:00 (3<sup>rd</sup> F55).

Detroit Free Press International Marathon

Oct. 24

Local runner: Cathy Troisi, 5:20:12.

Army 10-Miler

Washington, DC, Oct. 24

Local runners: Tony Ciccone, Locke, 1:23:55; Michael Adsitt, Cortland, 1:27:46; Kurt Belawske, Ithaca, 1:34:14.

Casino Niagara Marathon

Niagara Falls, Oct. 24

Local runners: Bill McGovern, 3:09:05; Brian King, Ithaca, 4:55:40.

Steamtown Marathon

Scranton, Oct. 10

Additional local runners: Pat Aquilo, Waverly, 5:18.

36	Mike Vieira	33	M	Elmira	27:17
37	Dick Jarrett	68	M	Waterloo	27:25
38	Kathy Fairand	41	F	Freeville	28:02
39	Bill Wright	53	M	Jacksonville	28:17
40	David Keeler	58	M	Wyalusing, PA	28:52
41	Danielle Lyles	26	F	Ithaca	28:54
42	Alan Bradley	28	M	Ithaca	28:54
43	Gary Plunkett	47	M	Rome	29:52
44	Melinda Butler	41	F	Trumansburg	31:25
45	Esperanza Shenstone	11	F	Trumansburg	32:00
46	Amanda Shenstone	46	F	Trumansburg	32:03
47	Nanci Tripani	56	F	Ovid	34:40
48	Charles Moore	70	M	Interlaken	36:09
49	Darlene LeBlanc	35	F	Ovid	37:34
50	Brian Kuhlmann	20	M	Ovid	38:20
51	Rudy Spooman	13	M	Interlaken	38:24
52	David Barnick	52	M	Ovid	39:05
53	Kelley Macintosh	38	F	Ovid	39:06
54	Anna Danner	7	F	Mecklenburg	41:41
55	Carol Voorhees	63	F	Lodi	44:51
56	Bob Bullivant	51	M	Interlaken	45:19
57	Jean Carey	50	F	Mecklenburg	49:17
58	Coby Veltman	50	F	Interlaken	49:46
59	Joe Veltman	50	M	Interlaken	49:48
60	Beverly Feindt	60	F	Ovid	50:02
61	Diane Barlow	55	F	Interlaken	50:10
62	Toni Patsos	54	F	Interlaken	51:09
63	Elaine Scott	57	F	Lodi	51:10
64	Larsson Wing	1	M	Interlaken	52:53
65	Maureen Callahan-Wing	31	F	Interlaken	52:54
66	Ben Kubiak	54	M	Seneca Falls	54:47

## December Calendar

**Dec 4:** USATF National Club Cross-Country Championships, Portland, OR. Web: [www.usatf.org](http://www.usatf.org).

**Dec 5:** Finger Lakes Runners Club All-Comers Indoor Track Meet, 9 am, Barton Hall, Cornell University. Email: Tim Ingall at [timingall@hotmail.com](mailto:timingall@hotmail.com). Events: 3,000 meters, 55 meters, 800 meters, one mile, 4 x 400-meter relay.

**Dec 5:** The 21<sup>st</sup> annual Nittany Valley Half Marathon, State College, PA, 10 am. Contact Dave Egger: [eggler@geosc.psu.edu](mailto:eggler@geosc.psu.edu). Web: [www.nvrun.com](http://www.nvrun.com).

**Dec 5:** Tucson Marathon and Half Marathon, 7 am. Web: [www.tucsonmarathon.com](http://www.tucsonmarathon.com).

**Dec 5:** California International Marathon, 7 am. Web: [www.runcim.org](http://www.runcim.org).

**Dec 11:** USATF Junior Olympic Cross-Country National Championships, Schaumburg, IL. Web: [www.usatf.org](http://www.usatf.org).

**Dec 11:** Huntsville Times Rocket City Marathon, Alabama, 8 am. Web: [www.huntsvilletrackclub.org](http://www.huntsvilletrackclub.org).

**Dec 12:** Syracuse Chargers All-Comers Track and Field Meet, Manley Field House, Syracuse University, 8 am. Web: [www.syracusechargers.org](http://www.syracusechargers.org); email Tom Shafer: [shafrun@att.net](mailto:shafrun@att.net).

**Dec 12:** Dallas White Rock Marathon. Web: [www.runtherock.com](http://www.runtherock.com).

**Dec 18:** Last Chance Trail Run & Breakfast, Highland Forest, Fabius, 8:00–9:30 am staggered starts; low key fun run. Contact Ed Stabler, Anvil Dr., Camillus, NY 13031; or call (315)443–4370. Web: [www.syracusechargers.org](http://www.syracusechargers.org). Please register by Dec 12.

**Dec 26:** Upstate Holiday Classic VI (track and field meet), Rochester Institute of Technology, 11 am. Web: [www.gvh.net](http://www.gvh.net). This is the Niagara Association Championship.

**Dec 31:** Resolution Run 5K, Otsiningo Park, Binghamton, 1 pm. Contact Broome County YMCA at 772–0560.

**Dec 31:** Midnight Madness 4-miler, Monroe Community College, ESL Hockey Rink. Web: [www.yellowjacketracing.com](http://www.yellowjacketracing.com).

**Dec 31:** Albany's First Night Last Run 5K, 6:30 pm. Web: [www.hmrrc.com](http://www.hmrrc.com).

**Dec 31:** First Night Resolution 5K, State College, PA, 6:30 pm. Contact David Egger, 386 Gregory Lane, Bellefonte, PA. 16823; (814)

## 2005 Race Calendar

Race Date	Race Name	Distance	Location	Start Time	Race Director
<b>January</b>					
Sun Jan 16	January Indoor Track Meet	varied	Ithaca, NY	9:00 am	Tim Ingall
Sat Jan 22	Harsthorne Master's Mile	1 mi	Ithaca, NY	TBA	Rick Hoebecke
Sat Jan 29	Finger Lakes Snowshoe Race	7.6 mi	Hector, NY	11:00 am	Joe Reynolds
<b>February</b>					
Sun Feb 06	February Indoor Track Meet	varied	Ithaca, NY	9:00 am	Tim Ingall
<b>March</b>					
Sun Mar 06	March Indoor Track Meet	varied	Ithaca, NY	9:00 am	Tim Ingall
<b>April</b>					
Sun Apr 03	Ithaca Skunk Cabbage Classic	10 K, 13.1 mi	Ithaca, NY	10:30 am	John Whitman
<b>May</b>					
Sun May 08	Tom Bugliosi Trail Runs	13 K, 26 K	Dryden, NY	10:00 am	Evan Kurtz
Sun May 15	Highland Forest 1-2-3	10, 20, 30 mi	Fabius, NY	8:30 am	Mark Driscoll
Sat May 28	Rec-Way 10 K	10 K	Ithaca, NY	9:00 am	Jeffrey Juran
<b>June</b>					
Sat Jun 04	Tortoise and Hare Trail Run	10 K	Ithaca, NY	9:00 am	Tessa Bauer Dumont
TBA	June Outdoor Track Meet	varied	Cornell	TBA	Tim Ingall
Wed Jun 22	Ithaca Twilight 5 K	5 K	Ithaca, NY	7:00 pm	Alan Lockett
<b>July</b>					
Sat Jul 02	Finger Lakes Fifties Trail Runs	25K, 50K, 50 mi	Hector, NY	6:30 am	Joe Reynolds
TBA	July Outdoor Track Meet -	varied	Ithaca HS	TBA	Tim Ingall
Thu Jul 14	Women's Distance Festival	5 K	Dryden, NY	6:30 pm	Chris Irving
Sun Jul 17	Forest Frolic Trail Runs	7 K, 15 K	Virgil, NY	9:00 am	Steve Ryan
Sat Jul 23	Fillmore 5 K	5 K	Moravia, NY	9:00 am	Lauri Francis, Jim Strehle
Sat Jul 30	Empire Haven 4-Leaf Clover Trails	4.8 - 16.8 mi	Summerhill	8:00 am	Doug Kibby
<b>August</b>					
Wed Aug 03	Forge the Gorgeous Trail Runs	7 mi	Moravia, NY	6:00 pm	Tim Ingall
TBA	August Outdoor Track Meet	varied	Cornell	TBA	Tim Ingall
Sun Aug 14	FLRC Loop the Lake 5 K & Picnic	5 K	Dryden, NY	10:30 am	Joe Dabes (FLRC members only)
Sun Aug 21	Virgil Mountain Madness Trail Run	12 K, 30 K	Virgil, NY	8:30 am	Dave Burbank
<b>September</b>					
Sun Sep 04	Monster Marathon Trail Runs	13.1, 26.2 mi	Virgil, NY	7:00 am	Becky Harman
Sun Sep 11	Ithaca 5&10	5, 10 mi	Ithaca, NY	9:00 am	Tom Scharff
Sat Sep 24	Triennial Trail Relay	varied	Finger Lakes	9:00 am	David Rossiter
<b>October</b>					
Sun Oct 09	Danby Down 'n' Dirty Trail Runs	10 K, 20 K	Danby, NY	9:00 am	Sue Aigen
<b>November</b>					
<b>December</b>					

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