



Finger Lakes Runners Club Newsletter ~ January 2004



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

Quote of the Month

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"It has always been about finishing what you started. Being able to do what you set out to do. Maybe not as fast as the person in front of you, but faster than the person who never started. You can quit, and no one will care if you do. But you'll always know."

--John Collins, talking about the Hawaii Ironman Triathlon, which he created 25 years ago.

Gobbler Grind Marathon, Overland Park, Kansas: State #42 and DC Completed - Ruth Ripley

On Thursday, November 20 Larry and I flew to Kansas City, Kansas so I could run the Gobbler Grind Marathon in Overland Park, Kansas. Just before leaving I checked Weather. Com one more time. Weather. Com changed their prediction and a cold front with snow and rain would be coming in for marathon day. Warmer running clothes were added to our suitcase at the last minute.

Our hotel was located just outside of Kansas City, Kansas and Kansas City, Missouri. The two cities are divided merely by a street named State Line Road. I often did not know which state I was in as we traveled around.

The first day of sightseeing included a visit to the Hallmark Visitors Center. The Hallmark Cards industry started in Kansas City. One of the exhibits I particularly enjoyed included the different Christmas Cards ordered by the Presidents through the years.

The remainder of the day we toured the Arabia Steamboat Museum. The Arabia sank in the Missouri River in 1856 with a 200 ton cargo when the hull was suddenly pierced by a tree. She sank in just minutes with all of her treasures lost. Years after the tragic accident the river changed course. The legendary Arabia with its buried treasure

was discovered beneath a Kansas farm field 132 years later. We were able to view items of every description used in frontier life.

Saturday began with a trip to the local running store, who sponsored the race, to pick up my packet. The first 500 runners, and I was on of them, received a beautiful fleece jacket with the Gobbler Grind logo on it. The remainder of the day we toured Independence, Missouri. While there we toured President Truman's Home and the Truman Presidential Museum and Library.

Upon our arrival to Kansas we were welcomed with temperatures in the 70's and sunshine. We would not be so fortunate marathon day. A cold front came through Saturday night with thunder storms and heavy downpour and this was going to change over to snow by marathon morning.

Our hotel was located about a quarter of a mile from the start/finish line which I always enjoy. I did not have to worry about traveling a great distance if the weather was terrible. Fortunately on Sunday morning there was no rain or snow, but the temperature would start in the 30's and drop with winds gusting over 35 miles per hour. During this time the wind chill would be a miserable 5-10 degrees. The double loop course was all within the parks system of Kansas on bike trails.

The first half went well. I was so happy to have packed the extra warm running clothes when I started the second half.

The second time around did not go so well with the temperatures dropping into the 20's and the winds increasing. A gust of wind actually blew me off the bike trail one time and also blew away the signs that showed runners which way to turn on the trails. I took a wrong turn because of this. A runner behind me knew the course and called to me to come back before I went far. On the second time around the volunteers were all huddled in their warm vehicles

Coming Up:

Jan. 1: New Year's Day 5K, Big Flats American Legion, noon.

Jan. 10: Frozen Assets Snowshoe 5K, Honeoye, 10 a.m.

Jan. 11: FLRC Indoor Track Meet, Barton Hall, Cornell, 9 a.m.

Jan. 18: Syracuse Chargers T & F Meet, Syracuse U., 8 a.m.

Jan. 24: 37th annual Hartshorne Memorial Masters Mile, Cornell, time TBA.

Jan. 31: 7th annual FL Snowshoe 7.6-miler & one-mile fun run/hike, Hector, 11 a.m.

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News & Updates

News Updates

Track and Field News has ranked two local women among the best in the U.S. in 2003.

Molly Huddle of Elmira is ranked No. 9 in the U.S. in the 5,000 meters.

Michelle Rohl of Mansfield, Pa. is ranked No. 1 in the U.S. in the 20K Race Walk. Rohl made the U.S. World Championship team, but was unable to go due to injury. Rohl is the national 15K RW champion.

USA Track & Field, at their 25th annual convention in N.C., has named several familiar athletes as among the best in the U.S. for 2003.

John Geesler was named masters ultra runner of the year.

Margret Betz was named outstanding long distance runner F65 for 2003, her third-straight title.

Freddi Carlip, RRCA president and editor of Runner's Gazette received a President's Award for her contribution to the sport.

The Bill Hargrove Award for youth athletics was given to our Niagara Association.

Kathy Martin was named masters cross country of the year, and F50 LDR Runner of the Year. Tom Dalton also received a masters cross country award.

George Regan of Albany received the Otto Essig Award for meritorious service to masters LDR. Regan is director of Freihofers 5K, and the Adirondack USATF region.

The BAA Boston Marathon has raised its entry fee for 2004 to \$95 (U.S.) and \$125 for international runners. Add \$6 for online registration. The race date is April 19, 2004; entries will be accepted until the 20,000 limit is reached. Go to www.baa.org for information. E-mail mile27@baa.org for a hard copy application.

Rochester will host the 2005 U.S. National Club Cross Country Championships, Nov. 26, 2005 at Genesee Valley Park. The race will host a 10K for masters and open males; a 6K for open and masters women; and a 4K for the community. See www.gvh.net for details.

Snowshoers! A Few Tips for the FL Snowshoe Jan. 31 at the FL National Forest.

First of all, if you wake up race morning (Jan. 31) and the sun is shining where you live, don't assume it's sunny and snowless up in the Hector hills. Usually, there's snow at the forest when there's no snow other places.

Come early, and pick out your snowshoes if you don't own any. Redfeather will provide a limited number, first come, first served. Come early, because it takes time to sign in, get the shoes on your feet and practice a few steps. Bring your own, if you can do so.

Wear layers of warm clothing pre-race, and bring lots of extra post-race clothes and dry gloves and socks. We have no indoor shelter at the race site. What you race in depends on the weather, of course.

Wear running shoes if you plan on running the longer or shorter race. Boots are OK for hiking, but a bit harder to wedge into racing snowshoes. Also, running in boots might be tough on your feet

Party at Logan Ridge Winery post-race, very close to the race site. They've generously offered to host a get-together after the snowshoe's conclusion. We'll also have food at the race site, and at aid stations.

Make your journey to the race site a safe one. You'll find slippery roads and steep hills on your way to the Potomac Campsite. Park your car on the side of the road, clear of hidden ditches, and not blocking trail access. The race crosses the roads several times at different sites.

Thank the volunteers. It's a very chilly job to sit outside for hours, registering entrants and timing runners.

Don't be afraid to try something new. That's why we have the one-mile fun run/hike. Snowshoeing is a great winter sport alternative to running. Come on, and join us.

HAT Run

The 16th annual Hinte-Anderson Trail (HAT) run (50K) will be held on Saturday, March 27th at 9:00 am in Susquehanna State Park in Maryland. The application can also be found on our web site listed below.

For 2004 please note the following:

1. We have increased the total number of runners from 350 to 400. There is a strong possibility that we will NOT have any race day sign up. We encourage you to sign up early and also feel free to invite any of your friends along for the race. Remember, it is a two loop race and many runners like to treat it as a training run and just do one loop.
2. We understand that Gilley's Athletic Club (GAC) from the Boston area plans to bring a bus load of runners down for the race.
3. The cut off date for the reduced entry fee of \$48 is March 10th.
4. To date we already have a total of 10 runners signed up.
5. For additional information, please check out the web site at: www.hatron.com

Jeff and I hope to see you on the 27th. Best of luck with your training.

Phil & Jeff

Hartshorne Milers

The bright yellow entries have been sent out to previous masters entrants. Race date is Saturday, Jan. 24 at Barton Hall, Cornell. Deadline for registration is Jan. 19; the fee is \$15.

The starting time is 11 a.m. for the first of several sectional heats. The elite women's and men's races will begin about 11:30 a.m. and 12:45 a.m., respectively.

Women must be age 30-over, with major emphasis on women 40-over; men 40-over. The elite races are by invitation only. Field size is limited, to enter early.

For information, contact Rick Hoebeke at 2706 Agard Rd., Trumansburg, NY 14886.

Spectators Welcome!! Please come and support your local masters runners.

And, many thanks to Bob Babcock and Ken Zeserson for their special support.

Race Reports

(Continued from page 1)

as the winds blew away full water glasses. The wind was a direct head wind the last 2 miles and I could hardly move. Another runner was struggling ahead of me. The runner was 18 year old Brenton Floyd whom I had met in Storm Lake, Iowa. He was running his 187th marathon and had only 12 more states to go before he completed all 50 states again. Benton was also struggling because he had run a marathon the day before in Tulsa, Oklahoma. We continued struggling together and were very happy to cross the finish line in 4:20:45. I had turned into a popsicle and while Larry was patiently waiting for me he turned into an iceberg. We quickly made our way to the hotel and I did not care to wait around for the age group award results.

Next month I will complain about the heat as I "suffer" in Honolulu, Hawaii running the marathon.

Happy Running,

Ruthie

Honolulu Marathon, Hawaii: State #43 and DC Completed — Ruth Ripley

On Wednesday, December 10, my 50 states running friend Cathy Troisi and I were on our way to Hawaii so we could participate in the Honolulu Marathon. We knew running the marathon would be the easiest part of the trip. Flying for over 11 hours and the 5 hour time change would be the most challenging part of the trip.

The trip to Hawaii was the first for both of us. A friend of Cathy's, who now lives in Honolulu, was most gracious and offered her place for us to stay at during our visit. The opportunity proved wonderful because it was midway between the start and the finish lines with each being over 1 mile away. As we woke each day the first sight we saw was Waikiki Beach and Diamond Head out our bedroom window.

Everyday was a perfect day in paradise. The temperatures ranged from a high of 83 degrees to a low of 69 degrees.

The first full day we toured the USS Arizona Memorial at Pearl Harbor. It is amazing to see oil bubbles still coming to the surface from the bombed battleship after all these years. The memorial is a white concrete and steel structure that spans the 106 by 608 foot hull of the sunken USS Arizona. From there we caught the shuttle to the largest shopping center to help the Hawaiian economy. During the evening our host took us to see all the Christmas lights in downtown Honolulu. My favorite was the Christmas Tree decorated with plastic shells, fish and seahorses.

Our second full day started with a climb up Diamond Head. Diamond Head was created by a volcanic eruption 2.5-3 million years ago. The next stop was at the Honolulu Zoo so Cathy could see her favorite animal the giraffe. The evening was busy with the marathon luau/dinner. This was attended by over 5 thousand runners and was held at the Waikiki Shell.

Saturday morning we returned to our third day of shopping at the marathon expo to once again help the Hawaiian economy. In the afternoon we visited the nearby Niketown to hear John Bingham speak. He is the author of the Penguin articles in Runners World. His best advice, which Cathy and I took to heart, was to carry money on the course. He stated you might want to stop by the ABC stores for something to drink or catch a bus ride at the end.

Our pre-race pasta dinner was at the neighborhood "hole in the wall" restaurant. The restaurant had only 12 chairs and 4 tables but served the best pasta we had ever had. As soon as dinner was over we were headed to bed due to the early marathon start of 5 a.m.

The Honolulu marathon is the largest event on the Island and brings in over \$81 million dollars for the economy. The runners consisted of 15 thousand Japanese runners, 5 thousand local runners and 5 thousand runners from the mainland or other countries. Cathy and I felt we were running the Japan Marathon with all the Japanese Runners and spectators yelling at the runners in Japanese.

3 a.m. came fast and we were up and out the door. Our warmup was a mile walk to the starting line with thousands of other runners. To start the marathon a cannon went off followed by a brilliant fireworks display. It was still dark as we started but the downtown city lights helped. The runners had to be very careful of city street reflectors, potholes and each other.

The course looped around and then headed to Diamond Head where there were no lights. I could not see runners but could hear their nearby foot steps in the darkness. While running up Diamond Head Hill the aroma of blossoming flowers was very strong in the air.

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After 2 hours of running we watched the spectacular sunrise over the ocean. The beauty was just breathtaking. We continued along the ocean to see beautiful homes with a Mercedes parked in every yard. The course looped around again and we could see the leaders coming back. The day became very warm when the sun came out. At mile 24 we once again had to climb Diamond Head followed by a long downhill into Kapiolani Park and at last the finish line. At the finish line a seashell necklace was draped around our necks. Each runner then had to proceed to the finishers T-shirt tent where you at last received your marathon T-shirt and finishers medal in the form of a key chain. A first-we could keep our timing chips which had a picture of a Hawaiian runner on it.

I was very happy with my finishing time of 4:28:54. With the money I carried along I bought a ticket back on the public bus to our place of residence instead of walking the mile and a half.

Cathy was happy to finish under 6 hours because she had recently completed a 100 mile race.

It was then a quick shower followed by the shuttle to the airport and the long, long flight back to Chicago. After talking with everyone at home we knew we could get back as far as Chicago and then did not know about the trip from Chicago to Syracuse with all the snow that had fallen while we were gone. The flights were all on time and we were back in Syracuse at 9 a.m. After seeing all of the snow we wished we were back laying on the beach of Waikiki in the warm sunshine.

January it is off to Clinton, Mississippi for state 44.

Happy Running,
Ruthie

Weekend Round Up: AAU Region 1 Finals- Washingtonville NY, November 1, 2003 Correspondent CoachesAndri Goncarovs and Nancy Tisch

This past weekend was one of the best cross country meets races I have ever attended. That said, I have to say that I fully appreciate what a national event has to offer. Nationals are the epitome of a well orchestrated event on a grand scale with huge well contested races, hundreds of runners, thousands of spectators. However, in their enormity they lose the individuality and coziness of the race with fewer teams. At times, they lack the personal enthusiasm and pure emotion that a well contested regional race brings to dinner. Our races at Washingtonville were full of gallant end of race sprints, gutsy climbs, early race hammer runs for position, wrong turns at critical moments, mid race surprises, and a tremendous views of key race transition points.

Teams present were Ithaca United, The Onondaga Athletic Club, West Point, New York City Starz, Tri Valley CS, Westchester Striders, a few runners from Newburg. Ithaca and West Point were the two largest and best matched teams. West Point had a giant team present, a scoring squad in every age and gender division. In almost every race, West Point and Ithaca with its combined allies of the Onondaga Nation Athletic Club found themselves locked in duals for key positions up and down the race course.

It wasn't until the bus ride home that I realized the ironies of the match-up, from the city names, location, and what our towns are sometimes best known for. At the end of the day, we were runners, coaches, siblings, and parents together for a day to contest a few races and see who would be champions for a day.

The course deserves description. The race start line is just off the chipped up sidewalk on the back side of the Washingtonville High School Athletic building. The line heads 200 meters north to a short and sloppy hill, which narrows and then dumps quickly into a wooded trail, turns hard right into a scrubby woods, then inclines steadily to a fenced in softball field. The line runs the back fence of the softball diamond perimeter to a muddy creek, crossed by a slippery wooden plank bridge, takes a sharp left uphill into a coarse weedy field, very steep and *very* tilted, aptly named "agony hill". Any viewer could see the runners on the loop from down below at the start. The course loops the steep field, crosses the reek again, runs the perimeter of the softball field, and jumps down in a series of short drops and levels with S curves, and then home to the chute next two the start line. Youth runners (ages 13-14) got to run another hill called Woodchuck hill, steeper than Agony, on yet another loop.

Race Summaries:

In the Bantam Boys race Chris Troy, first year IUTC runner Sean Auyash, and 2nd year Matty Johnson led the pack up the hill. Chris, no new comer to big cross country races, in his third Cross Country Season with IUTC, earned top honors with a first place finish in the first 3k race of the day. Words cannot do justice to what we witnessed in this race. If there was a movie crew on site, looking to cut a key race scene sequence with all its poignant moments, driving home the movie message, it was this race. IUTC race strategy was simple, nothing elegant, nothing complicated, get out early, climb the hill first and don't get caught in the woods where you can't pass easily. Chris, Sean, 2 West Pointers and Matty made were the first out of the woods, in line, and in that order. The West Point fellows, were in tight formation behind Chris and Sean, ready to make a move. On the Softball field back line Kerr Rugenstein and Josh McDonald from West Point (his parents and I were able to exchange comments on the softball field), took advantage of the now level ground and surged. Chris would not take this attempt at closing the distance lightly, surged after them.

Typically, an IUTC surge lasts 15 seconds maybe 20, at least that's what we teach for early in the race. Chris blew past Josh and Kerr, and continued surging. Only Josh followed. Josh tall, clean cut and dressed in West Point black, looking strong, jaw set, picked up his courage and ran ahead after Chris. Leaving Kerr to dual with fast closing Sean. Chris and Josh traded places a couple of times on the ascent of Agony hill, Josh's longer legs, led him all the way down. This part of the trail is very muddy and soft. Footing is slippery and unsure. You could see the mud flying behind the two. Chris, however would not let Josh go and was within spitting distance at the creek on the return. At the bridge Josh lept the creek expertly. Chris who had now closed the gap entirely, went wide and hit the bridge or to the side of the bridge, I could not see exactly, had to correct his

line of running, and dropped a couple more seconds behind. I don't remember what I yelled at that moment, but Chris obviously so focused on keeping the black West Point Josh in arms reach, somehow found yet another surge deep inside as he visibly gritted his teeth, and pushed on, up to and beyond Josh to where the S curve drops and the final 1000 meters are presented. IUTC Dad, Frank Kutka was on the hill, yelled himself almost hoarse. Chris and Josh were locked on to each other, giving every last bit of strength long before the race was over, both had the look of amplified determination, both looked as if their tanks were draining faster than replenishment could ever take them back. Sean and Kerr had dropped back maybe 10 seconds, setting up the race for 3rd.

At the beginning of the S curves, the unthinkable happened, Josh began his response to Chris' surge, Chris suddenly and without any confusion bound left, determined to hold his outrageous pace, missed the orange coned entrance to the final S curves. Course officials and the rest of us were yelling for Chris to turn around, which he did, finally stopping, realizing what he had done. By then Josh had gone by into the turn off, Chris had to back track and return to the trail. I glanced up at Frank, whose face fell at the mistake, who then turned to cheering the oncoming Sean and the West Pointer (Kerr), also now locked in, fighting for the right to lead the two. "Chris was out of the race, there was no way he is coming back from that one", I thought to myself. Yet, Chris redoubles and literally sprints, AGAIN, to gain the space he lost. In an instant he is gaining on Josh. The race is on again!! In the corner of the first S curve, facing downhill, Chris pulls off to the side, stops dead again!!!!. I don't know how much more I could take watching this unfold.

He throws up. Throwing it away from himself. It wasn't much, but it was a deep one. A little further back. Sean and Kerr are gaining by the second. I wouldn't have blamed Chris for walking the rest of the way down the hill. He must have felt awful. The big chance at a Bantam win was gone. That was the third strike it seemed. At that very moment Josh, to my and everyone else's surprise, slowed to a snail's pace. Seeing that Chris had pulled off, he must have felt a wave of relief that this crazy loon was finally spent, because it was obvious that Josh was close to spent or just beyond spent as well.

Suddenly, without any sign of having stopped, Chris came alive.... yet one more time, and the chase was on. once again. I am shaking my head with disbelief. Out of the S curves Josh answers the call and took advantage of his longer legs and made some distance, 4 seconds in the lead, on the down hill. By then the announcer, might I add this guy had great eye sight, broadcast over the speakers "We have race, Ithaca and West Point", "Troy and MacDonald". One could see everything from the start line, which was filled with thick lines of spectators. I figure,..... all bodies counted, maybe 200 or more, cheering madly at every utterance of the race position that that announcer made. The cheers, whistles, epitaphs and oaths erupting from the line were resounding. I never knew such a noise could carry up the hill so far. Chris yet made another effort to gain the space back, Josh gave even more, now both closer to the end. Hard to imagine that these boys could muster even any sprinting, yet they did. Chris made yet another attempt to pull closer. Where was he finding the strength, surely on vapors only, Josh pulled away once more.

Some where in the fading damp green in the distance, amongst the cheers, whistles, hoots, and the broadcaster who was now shrieking the play by play, voice cracking, I heard the word "Incredible", Our young harrier found the spare change, the last of his pocket lint, his legs no longer carrying him forward, just pure flight, across the finish line, three seconds ahead of West Point. Billy Mills would be proud. This was Cross Country!!! This is what makes these races so great to watch. Chris has logged three long years of hard work, usually taking a back seat to his team of truly great young runners. And now when he had to, he went above and beyond the call. He was fit enough and determined to see it through. What a great memory, what a great race.

This ending was repeated time and again though-out the day, Ithaca, Onondaga and West Point. There was no peace in Washingtonville that morning. A few seconds later Sean and Kerr were about to repeat the action just seen. Sean, still building lacked a stronger kick and dropped back only 6 seconds behind Kerr, taking 4th overall and 2nd for Ithaca United Bantam boys. What a great first bantam run for Sean, He truly looked in control the whole race. Only 2 seconds later came Matty Johnson, running like someone with long teeth was after him, passing two West pointers in the process and almost up to Sean and Kerr. That was one long kick Matty!, He was at least 15 seconds back coming into S curves. 25 seconds later Dougie Moore 8th overall, couldn't quite catch another West Pointer at the end. Connor Lyons from Onondaga sped in at 12th place, and then young Chris Van Loon found a great kick at the end, leading the next pack of three Ithacans (and 1 Endicotian), Vlad Kutka and Tim Nichols, 15, 16th and 17th. In 21st was Max Hermanson ahead of New York Starz and 2 West Pointers. The Bantams looked good, all ran to their ability and beyond. Top Three teams were West Point 28, IUTC 30, and NY Starz 77.

In the Bantam Girls Race Chrystal Thompson and Natasha Way placed 2nd and 4th respectively. Natasha trying out a new strategy, charged up the first hill, only to take a wrong turn to the right before going into the woods. She had to gain most of the pack back, to claim her 4th place. Chrystal looked very steady. I haven't seen her run in Regional competition since last year and she looked very good.

The Midget Girls led by Onondaga's Bobbie Steeprock placed third, thirty seconds later in 5th was IUTC's Elizabeth Reamer Both had tremendous end of race sprints, Bobbie and Elizabeth gaining 4 places in the last 1000 meters.

The Midget Boys was won easily by our Sharif Younes, looking very strong, tackling the down hills like a pro, gliding through the S curves easily. Andris Goncarovs, nursing a cold, gave him chase most of the way, trading the lead a couple of times. They finished 7 seconds apart. Both finished about 30 seconds ahead of the 3rd place West Pointer, and a New York Starz fellow who never challenged the two after the woods at 1000 meters. The West Point coach told me they expected their midget team to be their strongest play of the day. Thomas Connor (6), Will Troy (7), and Ben Yavitt (9) looked really speedy despite the softer grassy trail. Great leg turnover. Not far back were Lyle Thompson, Jamie Johnson, Nathan Greene (who smiled the whole way), Dave Nichols, Jim Reamer, James Hermanson, and Alex Salton in his first Regional race for IUTC. IUTC won that race with 25 points to 47 points for West Point. Other teams were well back in the points.

Special Thanks go to Adrian Servetnick, IUTC Alumnus in transition. He assisted me well in coaching, warm-ups, and the all important cool downs. He also kept the bantam boys focused on the start line, which was difficult for the 10 year old boys, due to delays. It's always difficult. Thanks Adrian.

All 25 IUTC and all 12 OAC runners qualified for Nationals in Dayton, this December 6th.

IUTC at the Foot Locker North East—November 23, 2003

Christian Thompson of Candor placed second in the Foot Locker North East Regional Cross Country Championships Freshman 5k at Van Cortlandt Park in New York City. Thompson ran a 17:14 in the field of 165 top Freshman runners from 10 New England and Middle Atlantic States. The famed and challenging course features over 1.3 miles of vertical ascent and numerous switchbacks on the downhill cinder trail. Thompson raced for Candor High and for Ithaca United in the post season. He closes his xc season in Albuquerque at the USATF Junior Olympics National Finals December 13. Coach Goncarovs of IUTC notes that Christian has run masterfully this season. He will get to test himself one more time in New Mexico against national competition in his age group.

Other regional runners at the race included Lopez Lomong of Tully High School who placed 5th in the seeded boys race, qualifying for the Foot Locker National Championships in San Diego on December 13th. The Foot Locker championships feature 32 (8 from each region) of the top High School xc runners.

IUTC at the AAU National XC Championships—December 6, 2003

Ithaca United Cross Country Team stepped to the line at the Amateur Athletic Unions (AAU) National Cross Country Championships in Dayton Ohio December 6th. Ithaca United's Andris Goncarovs placed seventh out of 244 in the National Midget Boys race 3000 meter finals, and Chris Troy placed 10th out of 204 in the National Bantam Boys race 300 meter finals. Ithaca United and another 130 teams, represented by 3000 runners from almost every region of the U.S., vied for top national honors at the historic Indian Ripple Park, located near the Huffman Prairie famed for multiple early aviation flights of the Wright Brothers.

Ithaca's Bantam Boys (ages 9-10) led by Chris Troy scored 222 points for 7th place overall. Other Bantam runners in order were Doug Moore (39th), Matty Johnson (55th), Sean Auyush (57th), Chris Van Loon (135th), and Max Hermanson (157th). In the Midget Boys (ages 11-12) 3000 meter run, Andris Goncarovs led the IUTC crew with a 7th place finish. The midget squad earned 327 points for a 12th place overall finish. Midget runners included Will Troy (52nd), Tom Connor (102nd), Ben Yavitt (139th), Lyle Thompson (146th), James Hermanson (206th), Nathan Greene (214th), and Alex Salton (223rd). Robert Holowka, IUTC's sole Youth Boy, placed 228th in the 4000 meter race.

The 3K and 4K courses were muddy, lined with puddles, featured numerous 90 degree and two 180 degree turns, including a short, steep 80-foot incline at the one-mile mark. The Midget boys, with over 240 nationally qualified runners, was tightly contested as the top 7 boys finished within 11 seconds of each other. IUTC coach Andri Goncarovs reports that the course was made extra challenging by the ever-present mud slick from start to finish. IUTC will send 6 runners to the USTAF Junior Olympics National Finals in Albuquerque December 13th. Complete results can be found at www.aauathletics.org.

IUTC coaches and parents would like to thank FLRC for their courageous support for our program. A recent and generous scholarship contribution to our scholarship fund by FLRC made it possible for one runner to attend Dayton AAU National Championships and another to attend USATF Junior Olympics on December 13th.

IUTC at the National XC Championships—December 13, 2003

Congratulations to IUTC runners competing in the USATF Junior Olympics National Finals in Albuquerque New Mexico. Andris Goncarovs earned All American Status for the second year in a row placing 22nd in the Midget Boys race. Over 3,000 runners representing every state in the US ran the grassy course on a high altitude desert race venue. Each race had close to 300 finishers. Results for IUTC are as follows. Complete Results can be found at: <http://www.usatf.org/events/2003/USATFJuniorOlympicXCChampionships/results/national/national.shtml>

3000 Meter Bantam Girls

#13 Way, Natasha 93 04 Ithaca United 823.7 1538.90 Ithaca

3,000 Meter Midget Girls—

#615 Reamer, Elizabeth 91 04 Ithaca United 749.6 1435.40 Ithaca

3000 Meter Midget Boys— All American — Top 100

22 #1029 Goncarovs, Andris 92 04 Ithaca United 624.1 1155.90
Trumansburg

4,000 Youth Boys — Top 100

64 #1833 Fazzary, Jonathan 89 04 Ithaca United 623.0 1551.80
Watkins Glen

4,000 Youth Boys

206 #1832 Thompson, Patrick 89 04 Ithaca United 700.0 1723.90
Candor

5,000 Intermediate Boys Top 100

35 #2530 Thompson, Christian 88 04 Ithaca United 554.5 1821.20
Candor
44 #2531 Morseman, Brandon 88 04 Ithaca 559.7 1837.50
Addison

Coach's note: The altitude and thus thin air was tough on all runners especially the ones from the East. It was IUTC's second high altitude race in 4 years. However, a few runners from the east seemed to adapt quicker. Early AM cold temperature added difficulty to the breathing zapping climate. All our Athletes reported feeling perky and ready to run on Sunday the day after the race, giving even more credence to adaptation time.

Side trips to Acuma Pueblo, Sky City Mesa, Petroglyphs National Monument, Santa Fe, Numerous Mexican Restaurants, Old Towne Albuquerque, helped make the trip a memorable one. The desert is an amazing place with views, smells, and people unlike anywhere else. Note The food at the Hyatt in Downtown Albuquerque is dangerous,.....and not in a good way.

Huge thanks and gratitude to FLRC for their tangible and non tangible support. Two of our kids got to go to NM as a direct result of the help received. THANKS in a very big way.

Coach G

Results

Nittany Valley Half Marathon

State College, Dec. 7

Local runners: Joe Reynolds, Newfield, 1:48:00; Christine Beach, Newfield, 1:59:40.

Mendon Trail Runs,

Rochester, Nov. 15

Local runner: Dave Jones, Interlaken, 1:77:30 (20K).

108th J.Y. Cameron Turkey Trot 8K

Buffalo, Nov. 27

(Local runners who finished in top 2,000; 5,664 runners finished!)

Matt White, Ithaca, 27:32; Murphee Hayes Falls, Marathon, 29:58; Paul Wawrzyniek, Ithaca, 31:40; Sarah Coseo, Ithaca, 36:42; Greg Wright, 38:19; Dennis Bailey, Ithaca, 39:44; Carl Penzuil, 41:43; Sachin Das, Ithaca, 42:09.

94th annual Run for the Diamonds 9-Miler

Berwick, Pa., Nov. 27

Local runner: Pam Strausser, Cortland, 1:19:49.

Race With Grace 10K

Rochester, Nov. 27

Local runner: William Marquis, Ithaca, 1:13:11.

Newark Turkey Day 5-Miler

Nov. 27

Local runner: David Weimann, Locke, 32:52.

Jingle Bell for Arthritis 5K and 10K

Liverpool, Nov. 23

(incomplete listings; no hometown in results)

5K

Local runners : John Hylas, Ithaca, 18:13; Doake Brown, Cortland, 20:03.

10K

Local runner: Derek Dean, Ithaca, 39:14.

New York City Marathon

Nov. 3

Local runner: FLRC member Richard de Frances, 70, of Franklin completed his 20th New York City Marathon this year in 5:52. His personal best at NYC was recorded in 1979 (3:20).

Philadelphia Marathon

Nov. 23

Local runners: Earl Steinbrecher, Willseyville, 2:45:52; Rebecca Harman, Willseyville, 2:57:40; Eric Maki, Cortland, 3:06:30; Tom Powers, Newfield, 3:12; Andy Getzin, Ithaca, 3:14:21; Scott Ellinger, Ithaca, 3:19:44; Nancy Kleinrock, Trumansburg, 3:21:09; Patrick Longslip, Ithaca, 3:27:37; Byron Warner, Ithaca, 3:27:59; Kim Ryan, Ithaca, 3:30:44; Dylan Kuckes, Ithaca, 3:32:20; Lorrie Tily, Locke, 3:39:22; Rachel Blair, Interlaken, 3:40:40; Steve Ryan, Ithaca, 3:47:05; Meredith Peterson, Ithaca, 3:50:20; Carina Garnk, Ithaca, 3:50:36; Elana Brochin, Ithaca, 3:52:40; Matthew Craigie, Berkshire, 3:54:09; Stephen Chidester, Ithaca, 3:54:10; Zacher Child, Ithaca, 3:59:10; Laura Kitson, Ithaca, 3:59:56; Josh Fenn, Ithaca, 4:05:10; Richard Goldstein, Ithaca, 4:06:54; Claire Cohen, Ithaca, 4:06:56; Jude Blood, Freeville, 4:08:38; Dave Weiss, 4:16:24; Matthew Miller, Ithaca, 4:45:55; Kathleen Clarke, Ithaca, 4:51:04; Robert Gilbert, Ithaca, 4:51:04; Margaret Piccoli, Ithaca, 5:01:22; Alfred Phillips, Jr., Ithaca, 5:15:30; Brian King, Ithaca, 5:18:26.

2003 December Indoor Track Meet Results
 Sunday December 7, 2003

18 Sage Hurta F 5 "Orchard Park, NY" 0:14.06

Barton Hall
 Ithaca, NY

2 mile

200 meters

Place	Name	Gender	Age	Town	Time
1	Andy Cloke	M	19	"Elmira, NY"	9:47.7
2	Nick Rizzon	M	19	"Bradford, NY"	9:48.0
3	Robert Conley	M	18	"Brewerton, NY"	10:33.8
4	Eric Davis	M	23	"Ithaca, NY"	10:35.7
5	Daniel Mackenzie	M	17	"Weedsport, NY"	10:36.5
6	Brian Suhr	M	20	"Farmington, NY"	10:36.9
7	Richard Terpening	M	32	"Syracuse, NY"	10:44.8
8	Gary Hurta	M	34	"Orchard Park, NY"	10:49.4
9	Tim Ingall	M	44	"Lansing, NY"	10:50.8
10	Jonathan Fazzary	M	14	"Watkins Glen, NY"	10:53.1
11	Boris Dzikovski	M	39	"Ithaca, NY"	10:57.6
12	Casey Carlstrom	M	44	"Ithaca, NY"	11:14.4
13	Derek Dean	M	32	"Ithaca, NY"	11:19.2
14	Jay Hubisz	M	24	"Ithaca, NY"	11:21.7
15	David Carroll	M	41	"W Seneca, NY"	11:23.2
16	David Elliott	M	40	"Ithaca, NY"	11:28.3
17	Sergey Kiselev	M	28	"Ithaca, NY"	11:47.5
18	Herb Engman	M	58	"Ithaca, NY"	12:02.7
19	John Saylor	M	56	"Brooktondale, NY"	12:03.2
20	Mary Bushallow	F	32	"Auburn, NY"	12:21.3
21	Wayne Mason	M	46	"Auburn, NY"	12:31.3
22	Amy Hurta	F	34	"Orchard Park, NY"	13:04.0
23	Amy Rhodes	F	30	"Owego, NY"	13:28.1
24	Kristen Wilson	F	19	"Auburn, NY"	13:54.1
25	Katrina DeWitt	F	18	"Elmira, NY"	14:06.7
26	Ralph Josephson	M	57	"Westfield, NY"	14:14.4
27	Don Farley	M	70	"Ithaca, NY"	14:21.3
28	Elana Brochin	F	21	"Ithaca, NY"	14:21.7
29	Anna Sapozhnikova	F	24	"Ithaca, NY"	14:28.0
30	Lorrie Tily	F	42	"Locke, NY"	14:33.9
31	Brian Richardson	M	26	"Ithaca, NY"	14:47.1
32	David Holowka	M	55	"Ithaca, NY"	15:06.7
33	Tate Mason	M	12	"Auburn, NY"	15:16.7
34	Frank Moore	M	81	"Ithaca, NY"	15:32.4
35	Sue Aigen	F	49	"Ithaca, NY"	15:45.9
36	Margaret Richardson	F	13	"Syracuse, NY"	15:55.1
37	Sarah Posegate	F	26	"Ithaca, NY"	15:55.5
38	Dan Mittler	M	63	"Ithaca, NY"	17:03.1
39	Cindy Gration	F	48	"Ithaca, NY"	19:34.1
40	Charlene Temple	F	53	"Ithaca, NY"	19:37.6

Place	Name	Gender	Age	Town	Time
1	Robert Zeigler	M	18	"Utica, NY"	0:24.51
2	Matt Porzio	M	20	"Lafayette, NY"	0:24.70
3	Daniel Kengh	M	26	"Elmira Heights, NY"	0:24.70
4	Jarrett Newby	M	17	NY	0:25.00
5	Matthew Powers	M	19	"Ballston Spa, NY"	0:25.12
6	Peter Thompson	M	16	"Ithaca, NY"	0:25.41
7	Sean Lawrence	M	18	"Ballston Spa, NY"	0:25.52
8	Mitchell Munson	M	18	"Groton, NY"	0:25.54
9	Jeff Suhr	M	16	"Farmington, NY"	0:25.75
10	Dan Hixon	M	17	"Victor, NY"	0:25.96
11	Brandon Farzad	M	18	NY	0:27.02
12	Matthew Bruno	M	19	"Morrisville, NY"	0:27.23
13	Nicole Nolan	F	16	"Palmyra, NY"	0:28.10
14	Steve Heggelke	M	17	NY	0:28.37
15	Elizabeth McCollum	F	19	"Newfane, NY"	0:28.73
16	Anthony Casciano	M	14	"Syracuse, NY"	0:28.96
17	Paul Kitner	M	13	"Ithaca, NY"	0:29.16
18	Daniel Craighead	M	13	"Ithaca, NY"	0:30.46
19	Sarah McFee	F	17	"Bainbridge, NY"	0:30.67
20	Elizabeth Reamer	F	12	"Ithaca, NY"	0:31.41
21	Adrian Servetnick	M	13	"Ithaca, NY"	0:31.43
22	Tasia Engst	F	18	"Williamstown, NY"	0:31.85
23	William Lamberson	M	13	"Syracuse, NY"	0:32.00
24	David Elliott	M	40	"Ithaca, NY"	0:32.16
25	Mary Hodock	F	17	"Palmyra, NY"	0:33.13
26	Jim Pelozo	M	13	"Syracuse, NY"	0:33.16
27	Justin Keskin	M	13	"Syracuse, NY"	0:34.17
28	Steve Kopp	M	50	"King Ferry, NY"	0:34.62
29	Christina Brewington	F	11	"Ithaca, NY"	0:34.90
30	Joseph Carni	M	13	"Syracuse, NY"	0:36.05
31	Anna Sapozhnikova	F	24	"Ithaca, NY"	0:36.93
32	Jordan LaPlante	M	13	"Syracuse, NY"	0:38.36
33	Lorrie Tily	F	42	"Locke, NY"	0:39.10
34	Diane Sherrer	F	52	"Trumansburg, NY"	0:41.19
35	Sue Aigen	F		"Ithaca, NY"	0:41.37
36	-pink-				0:47.45
37	Sage Hurta	F	5	"Orchard Park, NY"	0:52.23
38	-yellow-				0:57.30

800 meters

55 meters

Place	Name	Gender	Age	Town	Time
1	Anthony Jones	M	18	"Paterson, NJ"	0:06.49
2	Dave Eaton	M	30	"Auburn, NY"	0:06.60
3	Thomas M. Peters	M	26	"Dryden, NY"	0:06.62
4	Jorge Perez	M	19	"Morrisville, NY"	0:06.80
5	Joe Sullivan	M	16	NY	0:06.95
6	Brandon Farzad	M	16	NY	0:06.95
7	Dan Enright	M	18	"Macedon, NY"	0:07.17
8	Jarrett Newby	M	17	NY	0:07.20
9	Steve Heggelke	M	17	NY	0:07.48
10	Nicole Nolan	F	16	"Palmyra, NY"	0:07.61
11	Anthony Casciano	M	14	"Syracuse, NY"	0:08.03
12	William Lamberson	M	13	"Syracuse, NY"	0:08.20
13	Justin Keskin	M	13	"Syracuse, NY"	0:08.22
14	Jim Pelozo	M	13	"Syracuse, NY"	0:09.02
15	Christina Brewington	F	11	"Ithaca, NY"	0:09.11
16	Joseph Carni	M	13	"Syracuse, NY"	0:09.14
17	Jordan LaPlante	M	13	"Syracuse, NY"	0:10.00

Place	Name	Gender	Age	Town	Time
1	Mike Keating	M	18	"Elmira, NY"	2:04.1
2	Andy Cloke	M	19	"Elmira, NY"	2:06.7
3	Casey Carlstrom	M	44	"Ithaca, NY"	2:08.1
4	Gary Hurta	M	34	"Orchard Park, NY"	2:09.5
5	Daniel Mackenzie	M	17	"Weedsport, NY"	2:10.3
6	Jay Hubisz	M	24	"Ithaca, NY"	2:10.8
7	Eric Davis	M	23	"Ithaca, NY"	2:11.6
8	Brian Cook	M	19	"Ballston Spa, NY"	2:13.8
9	David Carroll	M	41	"W Seneca, NY"	2:18.6
10	Sergey Kiselev	M	28	"Ithaca, NY"	2:21.5
11	Richard Terpening	M	32	"Syracuse, NY"	2:21.6
12	Tim Ingall	M	44	"Lansing, NY"	2:21.9
13	Daniel Kengh	M	26	"Elmira Heights, NY"	2:23.9
14	Eric Douglas	M	16	"Ithaca, NY"	2:26.0
15	Mary Bushallow	F	32	"Auburn, NY"	2:28.5
16	Kenny Pixley	M	14	"Bainbridge, NY"	2:29.6
17	David Elliott	M	40	"Ithaca, NY"	2:34.3
18	Wayne Mason	M	46	"Auburn, NY"	2:36.1
19	Herb Engman	M	58	"Ithaca, NY"	2:45.9
20	Mary Hodock	F	17	"Palmyra, NY"	2:52.0
21	Kristen Wilson	F	19	"Auburn, NY"	2:57.3
22	Jim Pelozo	M	13	"Syracuse, NY"	3:01.6

(Continued on page 9)

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23	Zach Goebel, M	13	"Minoa, NY"	3:02.1
24	Zachary Doell M	13	"Syracuse, NY"	3:02.4
25	Margaret Richardson, F	13	"Syracuse, NY"	3:07.8
26	Lorrie Tily F	42	"Locke, NY"	3:10.5
27	Anna Sapozhnikova, F	24	"Ithaca, NY"	3:11.0
28	Tate Mason M	12	"Auburn, NY"	3:12.4
29	Sara Juran F	15	"Ithaca, NY"	3:13.3
30	Natasha Way, F	10	"Ithaca, NY"	3:14.5
31	Ralph Josephson, M	57	"Westfield, NY"	3:15.5
32	Sue Aigen F		"Ithaca, NY"	3:29.2
33	Phyllis Radke, F	48	"Burdett, NY"	3:38.6
34	Diane Sherrer, F	52	"Trumansburg, NY"	3:39.1
35	Sage Hurta F	5	"Orchard Park, NY"	4:37.6
36	Al Wilson M	54	"Auburn, NY"	4:44.4

Medley Relay: 400/200/200/800 meters

Place	Name (Anchor)	Gender	Age	Town	Time
1	Nick Rizon M	19		"Bradford, NY"	3:50.0
2	Brian Suhr M	20		"Farmington, NY"	4:03.1
3	Jarrett Newby M	17		NY	4:10.0
4	Andy Cloke M	19		"Elmira, NY"	4:12.2
5	Elizabeth Reamer F	12		"Ithaca, NY"	4:52.1
6	Gary Hurta M	34		"Orchard Park, NY"	5:16.4
7	Diane Sherrer F	52		"Trumansburg, NY"	6:08.7

Finger Lakes Runners Club 2004 Board Nominees

President:	Lorrie Tily	At Large:	Karen Grover
Secretary:	Jim Bisogni		Bill Taylor
Treasurer:	John Sholeen		Jim Strehle
Roads:	Jim Miner		Thaisa Way
Trails:	Joe Reynolds		Don Tily
Track:	Tim Ingall		Kevin Thompson

Finger Lakes Runners Club

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January Running Calendar

Jan. 1:

New Year's Day Resolution 5K, Big Flats American Legion (Olcott exit/Rt. 17), noon. Contact Lorraine Shapiro at 936-6741 evenings. Race day registration only, 11 a.m. to 11:50 a.m.

Spaghetti Warehouse 5K and 5-miler, Syracuse, 10 a.m. Web: www.fleetfeetsyracuse.com (calendar link).

Hudson-Mohawk Winter Series No. 2-- Hangover Half Marathon and Sober-up 3-Miler Run/Walk, Albany University physical education building, noon. Web: www.hmrc.com.

Jan. 3:

Saratoga Biathlon Club 5K Snowshoe Race, 10 a.m., Saratoga Biathlon Club. Web: www.runwmac.com. E-mail Laura Clark: laurac@sspl.org.

Jan. 10:

Frozen Assets Snowshoe 5K, Harriet Holister Spencer Park, Honeoye, 10 a.m. (separate 5K starts for men and women). Contact Tim Ratowski: goutnow@yahoo.com. Web: www.geocities.com/goutnow. Empire State Games 5K qualifier. Limited number of Redfeather snowshoes available race day for use. No snow -- it's a trail run.

South Pond Shuffle 4-Mile Snowshoe Race, Savoy Mountain State Forest, Florida, Mass. 10:30 a.m. Web: runwmac.com.

Jan. 10, 17, 24 and 31:

January Freeze 10K Series, Otsiningo Park, Binghamton, 10 a.m. Web: www.triplecitiesrunnersclub.org. E-mail George Joseph: gtjoseph1128@cs.com.

Jan. 11:

Finger Lakes Runners Club Indoor Track Meet, Barton Hall, Cornell, 9 a.m. Events: 3,000 meters, 60 meters, 400 meters, one mile, 4 x 400 meter relay. Web: www.fingerlakesrunners.org; e-mail Tim Ingall: timingall@hotmail.com. Registration 8:15 a.m. to 9 a.m.

Great Gore Mountain Raquette Lake Snowshoe Race, North Creek, N.Y., 11 a.m. Web: www.goremountain.com.

Hudson Mohawk Winter Series No. 3-- 5K, 10K, 25K, 10 a.m., Albany University physical education building, noon. Web: www.hmrc.com.

The 11th annual Walt Disney World Marathon & Half Marathon, Orlando. Web: www.disneyworldsports.com.

Rock 'N Roll Arizona Half Marathon and Marathon. Web: www.rnraz.com.

Jan. 17:

The fourth annual Greylock Glen 5K Snowshoe Race, Mt. Greylock State Reservation, Adams, Mass. Web: www.runwmac.com.

Jan. 18:

Syracuse Chargers All-Comers Indoor Track & Field Meet, Manley Field House, Syracuse University, 8 a.m. Web: www.syracusechargers.org. Free.

Jan. 24:

The 37th annual Hartshorne Memorial Masters Mile, Barton Hall, Cornell University, time to be announced. Must be age 40-up for men; 30-up women -- qualifying standards. Several sectional heats, and elite invitational masters race. Contact Rick Hoebeke, 2706 Agard Rd., Trumansburg, N.Y. 14886; call 387-6431.*

Lake Placid Loppet 25K and 50K Cross Country Ski Race, Mt. Van Hoevenberg, 9 a.m. Classic and freestyle skiing. Web: www.orda.org.

Jan. 25:

Curley's Record Run 4-Mile Snowshoe Race, Pittsfield State Forest, Pittsfield, Mass., 10 a.m. Web: www.wmac.com.

Hops Marathon by Tampa Bay Marathon/Half Marathon. Web: tampabayrun.com.

Adidas Boston Indoor Games Track Meet, Boston, Mass. Web: www.globalathletics.com.

Las Vegas Marathon/Half Marathon. Web: www.lvmarathon.com.

Hudson Mohawk Winter Series No. 4 -- 5K, 15K, 30K, 10 a.m., Albany University physical education building. Web: www.hmrc.com.

Jan. 31:

BankNorth Craftsbury Ski Marathon: 25K and 50K, Craftsbury Common, Vt., 9 a.m. Web: www.craftsbury.com.

The seventh annual Finger Lakes Snowshoe 7.6-mile race & one-mile Fun Run/Hike, Finger Lakes National Forest, Hector, 11 a.m. Contact Joe Reynolds at flnf10155@yahoo.com. Web: www.fingerlakesrunners.org (Limited number of Redfeather snowshoes available race day. No snow -- it's a trail run.)

2003-2004 Finger Lakes Runners Club Indoor Track Meets

Site: Barton Hall, Cornell University campus

Cost: Free for all FLRC members; \$1 for students; \$3 adults.

Team discounts or memberships may be discussed with Tim Ingall.

EVERYONE IS WELCOME!

Registration: No pre-registration. But meet-day registration closes 15 minutes prior to the start of each meet. All meets will be held on Sunday, with exception of the Hartshorne Memorial Masters Mile. Designated "Feature Event:" Medal awards for the younger athletes who choose this event.

Web: www.fingerlakesrunners.org. Please verify updated information prior to each meet.

Contact: Track vice president Tim Ingall: timingall@hotmail.com.

Volunteers needed.

December 7: Doors open at 8 a.m.; registration held from 8:15 a.m. to 9 a.m. Meet will run from 9:15 a.m. to noon.

Order of events:

2 mile

55 meters (featured event of meet)

200 meters

800 meters

Medley relay: 400-200-200-800.

January 11: Doors open at 8 a.m.; registration held from 8:15 a.m. to 9 a.m. Meet will run from 9:15 a.m. to noon.

Order of events:

3,000 meters

60 meters (featured event of meet)

400 meters

one mile

4 x 400-meter relay.

January 24 (Saturday): The Hartshorne Memorial Masters Mile.

This meet, which is not an official event on the FLRC indoor track meet series, is open to masters men ages 40-over, and sub-masters (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 Track Meet. To request a Hartshorne Mile application, or for more information, contact Hartshorne Mile meet director Rick Hoebeke: erh2@cornell.edu.

February 8: Doors open at 8 a.m.; registration will be held from 8:15 a.m. to 9:20 a.m. Meet will run from 9 a.m. to noon.

Order of events:

5,000 meters -- begins promptly at 9 a.m. Register for this event from 8:15 a.m. to 8:50 a.m.

200 meters (featured event of meet)

1,500 meters

800 meters (includes one heat for race walking)

Valentine's Day 2 x 400-meter relay.

March 7: Family Fun Day & "Serious Events"

Doors open at 8 a.m.; registration will be held from 8:15 a.m. to 8:45 a.m. for serious events; and at 9 a.m. to start of individual events for Family Fun Day participants. All runners may participant in both FFD and serious events.

Order of events:

one mile (starts at 9 a.m.)

400 meters

"200-meter Countdown:" Runners start laps together, and the last two runners at the end of each lap are eliminated.

Family Fun Day events follow serious events: FFD events to be announced. Awards ceremony follows conclusion of meet.

Visit Our **Awesome** Website!

Where you can find our membership form,
race applications, and FLRC news items:

www.fingerlakesrunners.org

FLRC scholarship supports IUTC youth XC racers

See pages 4-6



Subscribe to the FLRC Listserv!

Stay in touch with us for training runs, schedule changes, late news, etc. by e-mail. To subscribe, send email to listserv@cayugacomputers.com In the message of the body type SUBSCRIBE FLRC *yourname* If you have a signature that automatically gets added to the end of your message you may want to delete that. To send e-mail to all on the list, e-mail to flrc@cayuga-computers.com.

We thank Cayuga Computers for this service!

Finger Lakes Runners Club
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Newfield NY 14867

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