



# Finger Lakes Runners Club

## Newsletter ~ February/March 2005



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

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### **Quotes of the Month:**

"I'm ecstatic to run under 5:11. I had no idea I could do that. (At age 51) it's cool we're still upright and still going!"—Maureen de St. Croix, speaking about her world record at Hartshorne.

"Our best performances come when we have no excuses, and the Hartshorne Mile was one of the first races to put masters women in a no-excuses position. The older I get, the more I realize how important and rare these opportunities are to discovering our limits, and the more appreciative I become. Those that offer and have offered this event are/were true visionaries. They understand that the heart and soul of the true athlete never ages, he/she just has different equipment to work with as times goes on."—Patti Ford, who has run the Hartshorne Mile 13 times, and won it six times as a masters and twice as a sub-masters.

**Tin Tin Larson experienced the thrill of the Junior National Cross-Country Championships. Read her account on page 6.**

**Other race reports: Mark gets a belly-ache in Tucson, and Laura goes round and round in Central Park in preparation for going round and round in Central Park.**

### **Coming Up:**

Mar 6: FLRC's Family Fun Day and "Serious 400 & Mile", Barton Hall, Cornell. 9 am.  
Mar 12: St Patrick's Day 4-Miler, Binghamton, 10 am. ([www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org))  
Mar 13: Syracuse Chargers Youth Meet, Manley Field House, SU, 9 am. For youth ages 12-under.  
Mar 20: Forks XV (15K), Chenango Forks HS, 2 pm.  
Apr 3: The 24<sup>th</sup> annual Skunk Cabbage Classic 10K and HM, Ithaca, 10 am.

**World Record F50 for de St. Croix and Third Victory for LeBourne at Hartshorne—D.S.**

An Alberta Clipper roiled through Central New York, while the Vancouver Express roared around Barton Hall's track Saturday at the 38<sup>th</sup> annual Hartshorne Memorial Masters Mile held at Cornell University. Maureen de St. Croix, 51, of Vancouver, British Columbia won her first Hartshorne elite women's title in 5:10.87, setting a pending indoor mile world record for women ages 50-54. Sarah Kramer, 44, of Trumansburg placed second in 5:11.17. Ithaca's Gillian Sharp, 43, the 2003 national masters F40 indoor mile champion, placed third in 5:25.47. de St. Croix and Kramer ran the second- and third-fastest times ever recorded by a female ages 40+ in the 25-year history of the women's Hartshorne masters mile.

In the elite men's race, Anselm LeBourne, 45, of Maplewood, NJ, won his third elite men's title in 4:23.88. Mike Egle, 41, of Des Plains, IL, placed second in 4:28.27, and 43-year-old Stuart Galloway of St. Catharine's, Ontario, was third in 4:35.22.

Both world-class masters track specialists, LeBourne and de St. Croix each won a prize purse of \$300 for their victories, and performance bonuses of \$400 each for breaking the time barriers of 4:26 (men), and (5:15) women.

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The women's elite mile race was an eight-lap boxing match, until the final knockout punch was delivered right on the finish line. de St. Croix stepped to the starting line aiming to set an age-group world record, which she thought was 5:22. The F50 world mark was actually 5:14.00, set in March 2004 by Kathy Martin of Northport, NY. Kramer, who moved here from Utah in December, was hoping to break the Hartshorne women's meet record of 5:08.55. "Being an 800-meter specialist, I try to get off the (starting) line pretty quickly, and get out of trouble," said de St. Croix, who qualified for the 1976 Canadian Olympic team in the 800-meter event. "I went out faster than I planned to, but it felt great. I thought to myself, 'Great, let's hang in here, and see what I can do.' After three laps, Sarah's coach yelled at her to go, and she took off. But I knew I had to run my own race, and try to focus." The two women hit the 800-m split in 2:34, with Kramer boldly taking the lead, and pulling away from de St. Croix during the fifth and sixth laps. "I was running like a scared rabbit, with nothing ahead of me but an empty track," said Kramer, who in December set a pending F40 American record in the 1,500 (4:47.72). "But I've done all my training solo, so I was prepared to go. It was not an unfamiliar position for me. I just tucked in, and ran as comfortably as I could while I was leading. I knew I had a lot of work ahead of me."

Patience and confidence were de St. Croix's virtues, because she had set outdoor bests last year in the 800 (2:16) and mile (5:02). "I like to kick from 300 meters out, so I started moving on Sarah with a lap and a half to go," de St. Croix said. "On the back stretch, I wasn't gaining much on her, but I still had 150 meters to go. At the (final) corner, Sarah faltered a little bit, and I said to myself, 'Go for it!' The next thing, we were neck and neck. I almost fell with 50 meters to go, but I said, 'Dig deep, and pull this off.' I had angels with me today."

Kramer, who also is an elite masters cross-country and road race specialist, was powering on wobbly legs toward the finish line. "I could sense Maureen coming up on my shoulder, and I could listen to the crowd responding to our race," said Kramer, who won \$150 for second place. "I hit that last stretch as hard as I could, and my legs felt like 100 pounds each. I couldn't hold her off, unfortunately. But it's my fastest time in a decade, so I can't argue with that."

The men's elite race set up a duel between two former Hartshorne mile champions, who are world-class track technicians with lethal kicks. LeBourne, who won Hartshorne in 2002 and 2003, and Egle, the 2004 Hartshorne winner, had met once before at the world masters championships, where LeBourne won titles in the 800- (1:54) and 1,500-meter (3:56) races, and Egle finished second. Although LeBourne is known for a third-gear over the final 20 meters which leaves everyone else standing still in their shoes, Egle believed this time he could beat him.

At the gun, designated pace-setter Scott Weeks, the Groton High School track and cross-country coach, pulled Egle and LeBourne through the half in roughly 2:11. For seven laps, Egle led, with LeBourne tucked in two strides behind him. A brave tactic by Egle, but futile. With less than a lap to go, Le-

Bourne launched his infamous kick. "I wanted to stay right behind the rabbit, but he was too far ahead," said Egle, who competes for Fleet Feet Chicago. "So, I felt like I was doing all the work. Then I knew Anselm was right there the whole race, drafting off me, and that also scares you. But I'm not making any excuses; Anselm is simply amazing. I was on a pace to run the best time this year, but he had too much left."

LeBourne, who took a few years off from racing to be a soccer dad, feels a comeback at age 45 is looking good. "I was looking for a faster time today, but I'll take the win," said LeBourne of his third victory. "I went into the race thinking I'm going to sit behind Mike because he ran a 4:21 last year, and I figured if he was in that type of shape, he'd take me to at least a 4:20. But while I was sitting behind him, I was getting kind of anxious. I wanted to move a bit earlier because the pace was slow. But a win is a win. I'm 45 now, and to comeback and win, I can't complain about that at all."

Meet director Rick Hoebeke and co-director Tom Hartshorne in 2004 created the Charlie McMullen Memorial Award to honor the three-time Hartshorne Masters Mile champion from Rochester who died in August 2003 after a long battle with cancer. The McMullen award is given to the male who runs the fastest nonelite race mile time. The 2005 recipient is Dave Cole, 45, of Liverpool, NY, who finished in 4:51.30. Ken Zeserson & Associates, Cornell professor emeritus Bob Babcock, and the Hartshorne family again provided financial sponsorship for this year's men's and women's elite mile races.

[This article originally appeared in the Ithaca Journal.]

## Evans Wins Seventh Snowshoe Title; Harman Wins Her Third Women's Title—D.S.

Alan Evans was a marked man Saturday at the eighth annual Finger Lakes Snowshoe, held at the Finger Lakes National Forest in Hector. But it wasn't just because he was wearing bright pink tights.

Every year, some snow-slinger comes to town aiming to stay one step ahead of the 41-year-old Hornby man who has won all but one of the 7.6-mile snowshoe races. But in the most exciting head-to-head duels in the race's eight-year history, Evans prevailed in his near-perfect winning streak by a mere one second.

Evans, who owns both the open and men's course records, won his seventh Finger Lakes Snowshoe 7.6-mile title in one hour, 5 minutes and 49 seconds.

Ryan Pauling, 28, of Rochester was second in 1:05:50, and Ithaca's Garrett Wagner was third in 1:07:20.

In the women's race, Becky Herman, 35, of Willseyville, won her third-straight title in 1:23:08. Trumansburg's Ann Brewer was second in 1:34:36, and Meredith Peterson, 26, of Ithaca, was third in 1:44:13.

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With temperatures near 20 degrees and brisk winds, a record crowd of snowshoe racers and fun runners faced sand-like snow on ungroomed trails. But at the starting gun, Pauling hit the rough fluff in a dead sprint. Evans stayed back in third place, and let Pauling have the arduous task of breaking trail.

"I went out a little hard, and I had to break trail for almost half the race," said Pauling, who has won two shorter snowshoe races, and qualified in 2004 for the national championships in Lake Tahoe. "Once Alan passed me, he got a pretty big lead, but I came back on him. We had a charge to the finish, but even if I had more in the tank, I wouldn't have been able to pass him."

Evans knew Pauling and has raced him in cross-country, with Pauling walking away the victor. But because of layers of snow clothes, Evans didn't recognize his Genesee Valley Harrier teammate until after the race was done.

"Once the gun went off, I had no choice but to follow," said Evans, a research scientist for Corning, Inc. "Ryan and another guy went off really fast. I had to imagine to myself early on that I may not win this thing. By the time I hit the Backbone Trail, I had worked up to second place, about 10–15 seconds behind Ryan. And, I knew at this kind of distance, something is bound to change after we turn into the woods. I also knew those guys didn't know what was in store for them, and that they were in for a treat!"

Knowing the course was key, and there were many treats to come. Pauling, who didn't know the course, hesitated slightly while determining where to enter a steep ascent into the woods. Once the race resumed, Evans was right on his snowshoe tails, with both men trudging through deep snow—all uphill.

"About two-thirds up the hill, Ryan stepped off the trail, and put his hands on his knees," said Evans, who warmed up for the race by cross-country skiing. "I wondered, 'Is he really tired?' I took over the lead, and put quite a distance on him. But by the Blueberry Patch, I caught wind of him again. At the Interloken Spur, I still had 15–20 seconds on him, but I was breaking a trail in what seemed like two feet of snow."

Evans and Pauling crossed Potomac Road, and hit the final half-mile ascent to the finish line. Pauling was just 10 seconds back and closing fast.

"We were desperately clawing and climbing up the gully," said Evans. "When we hit the open, packed section to the finish line, I said to myself, 'He's going to have to go around me (into deep snow for the final sprint).' You don't expect a snowshoe race that lasts an hour to come down to a (one-second) finish. It's the most exciting race I've been in for a long while, and this is one of the best of all."

In the women's race, Harman prevailed for her third victory with more company than usual.

"It was hard this year, and everyone was slower, but it was fun," said Harman, who is training for Ironman Lake Placid. "There were a lot more faster guys around me this year, and I could see people all the way. The uphill were

really tough. I think during the entire race, I passed one person, and two passed me."

"Becky was awesome!" added Brewer, who is training for the Boston Marathon. "It was a difficult race, but it was beautiful (on the trail). It's totally like a marathon. I was at the back of the pack at the beginning of the race, then I started passing people. When I came to one of the water stops, they told me I was one of the top five females."

Laura Clark and her husband Jeff drove all the way from Saratoga Springs to participate in the Finger Lakes Snowshoe. The Clarks co-direct two snowshoe races in the Western Massachusetts Snowshoe Series, and this time Laura won the women's veteran's (F50) title at the FL Snowshoe.

"There was a guy in front of me wearing huge Tubbs snowshoes, and he was breaking trail," said Laura Clark, an Empire State Winter Games snowshoe medalist. "I didn't really want to pass him. At first my legs felt tight with lactic acid, but then I started feeling okay. The best part of the course was the cow pasture, which reminded me of Antarctica. I had a really great time today."

The Finger Lakes Snowshoe was presented by the Finger Lakes Runners Club, and was sponsored by Redfeather Snowshoes of Colorado who provided loaner shoes and prizes, and Red Newt Cellars of Hector who donated wine for the overall and age-group champions.

"Our sponsors, and the Finger Lakes National Forest staff, were unbelievably generous," said Joe Reynolds, who has directed the race all eight years. "I had one of the racers who drove up from Philadelphia come to me, and say, 'This is a real cross-country snowshoe race. A lot of races are run on groomed, packed trails, but this race has difficult snow and tough terrain. This is what snowshoeing is all about!' That made me feel really good. People say it's a tough race, but they always come back."

## FLRC Proudly Presents Our Sixth Annual Family Fun Day—Tim Ingall

What is Family Fun Day? Track and Infield events and games for the whole family. Everyone is welcome!

The real focus of the meet is for adults and children to participate together for fitness and fun. The idea is to encourage people to take part in a track meet along with family, friends, relatives, and co-workers—anyone who might like a little exercise, but who is usually not into competition. Skill, rigorous training, fancy shoes, and a desire to win are *not* prerequisites! A little willingness to spend some time with our kids is all it takes. "Sports and exercise rejuvenate the body for everything else in life."

Date: Sunday, March 6, 2005

Site: Barton Hall, Cornell University, Ithaca, NY

Time: Events begin about 9 am and continue until noon. Registration is open during 8:15– 8:50 am for the "serious" events, and begins at 8:15 and continues throughout the

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morning for Family Fun Day (FFD) events.

Fee: Free for all FLRC members. Nonmembers: \$1 each for adults with a child; \$1 for students; \$3 for adults not accompanied by a child. Everyone may participate in both serious and FFD events for one fee.

Schedule of Events (times approximate):

- 9 am: "Serious Events" begin—The 400 meters and one-mile races. These are for the more serious athletes who are familiar with our regular indoor track meets, and want to have a competitive day at the races. It's another chance to have a "good time" this winter. Times and results will be recorded and posted on our website.
- 10 am: "Less Serious Events"—Family Fun Day begins. Lace up your running shoes and bring the kids out for an easy two-lap warm-up. Grab your friends for a few minutes of easy warm-up to get everyone in the spirit of the games.
- 10:20 am: Pairs Races—One adult and one child team up and run together. The runs will be 55 meters for children ages 5-under, and increasing in distance up to 400 m for kids ages 15-up. Children and adults who come alone to the meet can be paired up.
- 10:45 am: Infield Games—Lots of fun! Sack races, backward sprints, three-legged races, wheelbarrow, skipping, balloon bouncing, and cone-head craziness. You'll never quite know what we may ask you to do. Lots of contests; lots of prizes.
- 11:10 am: "200-meter Elimination"—Everyone will be divided up into races according to similar age groups. In each race, the athletes will be asked to stay in their own lanes and race one lap around the track. The first four winners across the finish line move on to the next round, and the rest of the runners are eliminated. This is open to everyone of all ages, like everything else during FFD. Girls and women go first; then boys and men. The final race will have both males and females racing each other for the victory.
- 11:25 am: Relays!—Shuttle relay, age-group races, and as always a special and secret 3 × ??? relay finale.
- 11:45 am: Awards Ceremony—Everyone walks away a winner. Athletes will be recognized for their participation.

Questions? Visit [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org), or contact meet director Tim Ingall at [timingall@hotmail.com](mailto:timingall@hotmail.com).

### Track Meet Plea for Help—Tim Ingall

Vice President of Track Tim Ingall is looking for some major volunteer assistance with future track meets. Our schedule now includes four winter and three summer meets, and he is looking for your help.

Please contact Tim at [TimIngall@hotmail.com](mailto:TimIngall@hotmail.com) if you are interested in any or all of the following:

- Taking over the inputting of race results into the very simple Filemaker program the club uses. Tom Meyer is more than happy to teach people the program; simple data entry skills are all that is required. More than one or two people would be great.
- Learning to operate the new Time Machine timer, Adam

Engst is willing to teach as many people as possible.

- A new position as assistant to Tim to share in some of the many duties preparing for and helping with our track meets.

This is *your* club, please jump in where you can. FLRC NEEDS YOU!

### It's Never Too Soon to Plan: Cayuga Lake Triathlon Registration—Jane Miller

Registration for the Third-Annual Cayuga Lake Triathlon (CLT) is now open! The CLT will be held on Sunday, August 7, at Taughannock Falls State Park. Details on the CLT can be found at the following race page link to the Ithaca Triathlon Club's website: <http://www.ithacatriathlonclub.org/race/default.html>

The same distances will be offered as at last year's triathlon, but USA Triathlon has changed the name of the race distances:

*Short* (formerly Sprint): 750-m swim, 14.2-mile bike, 5K run

*Intermediate* (formerly Olympic): 1.5K swim, 40K bike, 10K run

The 2005 rendition will be able to accommodate 600 athletes total. Each distance race will be capped at 265 individual athletes and 35 relay teams.

Race packet pickup will be held on Saturday, August 6, on the Ithaca Commons, 2–7 pm, or at Taughannock Park on race day.

Arrangements are in the works with the Ithaca/Tompkins County Visitors Center to arrange special overnight packages for the CLT athletes. As the race draws closer please visit their website, [www.VisitIthaca.com](http://www.VisitIthaca.com), to find details of these special deals and other information on the Ithaca/Tompkins County area.

Please feel free to contact race director Jane Miller with any questions about the 2005 race.

### Watkins Glen Duathlon—Evan Kurtz

Announcing Fly By Night: Formula 1 Duathlon at Watkins Glen International: Recently we promised a new race announcement, and here it is: On June 4, 2005, we will proudly present the Fly by Night, a Formula 1 duathlon staged at one of the most historic and famous racetracks in the country—Watkins Glen International. The run-bike-run-bike-run event will occur in the evening during Porsche Clash Weekend, and entry includes a three-day ticket to the car races. The three-lap bike course will take place entirely on the Glen's 3.4-mile looping, twisting, rising, and falling racetrack, and each run leg will take you on a 1.4-mile loop of the infield and over the track. Pit row will be your aid station, and a postrace BBQ will sweep our merriment deep into the night. Join us in June and at [www.flybynightdu.com](http://www.flybynightdu.com)!

### Jack Daniels Talk—Rob Licht

Daniels, the noted cross-country coach from SUNY Cort-

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land, spoke at Cornell Friday evening, February 11 at 7:00 pm in the Veterinary Research Tower, Lecture Hall 3.

Many of you have read his book "Daniels' Running Formula," and most of you have heard bits and pieces of his work, as it has strongly influenced the training of many successful athletes.

The sponsoring organizations were (in no particular order): Finger Lakes Cycling Club, Wineglass Marathon, Finger Lakes Runner's Club, Cornell Cycling Team, Ithaca Triathlon Club, and Swan Cycles Inc. With cyclists, runners, and other athletes in attendance, this was a great opportunity for members of the different groups to come together.

### 2005 Muddy Sneaker Registration—Mort and Tim

The sixth annual Muddy Sneaker 20K Trail Run will take place on April 16, 2005 in the Hi Tor Wildlife Management Area in Italy, NY. Limit of 150 runners, with 25 spots reserved for those living outside the 144xx, 145xx, and 146xx zip codes. Registration opened on Wednesday, February 2; the application became available on our website ([www.geocities.com/gooutnow](http://www.geocities.com/gooutnow)) that morning. We will stick to the limit—no exceptions—so register early.

### US Club XC Championships—Pete Glavin

The date for the 2005 US Club Cross-Country Championships at Genesee Valley Park in Rochester, NY, has been changed. The meet will occur on Saturday, November 19.

After speaking with many teams and individuals at the 2004 Club Championships in Portland, it became apparent that the Thanksgiving weekend posed problems for those wanting to travel to Rochester for the event and also for those who wanted to celebrate the holiday with their families.

The new date should allow the Genesee Valley Harriers to put on the biggest and best US Club XC Championships yet, surpassing the 878 individuals and 67 teams that competed in Portland.

Official entry info will be available at [www.usatf.org](http://www.usatf.org) by May 1. Other information relating to the event will be posted on the GVH website ([www.gvh.net](http://www.gvh.net)) as it becomes available.

### And Now, News You Can Use from Diane—D.S. Senior Games

The registration deadline for the 2005 Summer Senior Olympic (June in Pittsburgh) has been extended to Feb. 28,

### MORE Marathon and Half Marathon Teams

The second annual all-women masters MORE Marathon and two-person team event (two masters, or one masters and one open woman) will be held at 8 am, April 10, in New York City's Central Park. Registration and race information is now available at [www.nyrrc.org](http://www.nyrrc.org).

- Entry fees: Marathon: \$45 by April 1; \$50 April 2–9. HM: \$25, pre 4/1; \$30, 4/2–9.
- Course: Multiple loops of Central Park. HM team runners all run at the same time.
- Celebrities: Kathrine Switzer and Grete Waitz.
- Race Expo: Enlarged and improved; site is Sheraton NY Hotel and Towers.
- Prize money: \$11,000 purse. In the marathon, 1. \$2,000 plus vacation package for two to Red Mt. Spa, St. George, Utah (value \$5,000); 2. \$1,000; 3. \$500. Plus time bonuses for overall winner—\$1,000 for a sub-2:50; \$500 for sub-3 hours. In the half marathon, a combined team time of sub-2:30 gets the winning team \$1,000; sub-2:45, \$500 (winning team/individuals only).
- Club Team Competition: Prize money and awards will be given to both local (NYC) and nonlocal running club teams in participation and performance categories. The running clubs with the largest numbers of marathon and HM finishers, first, second, and third place, will receive \$1,000, \$600, and \$400, respectively. The same prize structure is in place for non-NYRRC teams (that would be us). Top three performance money will be given to the best combined performance by five members of the same team in the marathon, and six members in the half marathon, with at least three of those six HM team members being masters runners. The money is \$750, \$500, and \$250.
- Age-Group and Team Awards: These will be given in both the marathon and half marathon. Besides the top three finishers overall, the first three age-group finishers in categories from 40–44 to 85–89 (marathon), and top three teams in combined age categories in the half marathon: 52–59 to 120–139 (ages combined).

Some FLRC women are planning on attending this event. Several FLRC and Twin Tiers women participated last year, and came home with rave reviews. If you are a FLRC woman and you are going to run either the marathon or half marathon, please contact Diane Sherrer so we can keep a tally of how many team members we have going to NYC.

Please note Laura Clark's article **PAGE X** in this newsletter to inspire you to action.

[Footnote: Karen Grover is gathering a group to attend the Runners's World Half Marathon, April 24, in Allentown, PA. Email Karen if you're interested ([kag22@cornell.edu](mailto:kag22@cornell.edu)), and visit [www.runnersworld.com](http://www.runnersworld.com).]

### Skunk Smells Sweet in NER

The January/February 2005 edition of New England Runner has named the Skunk Cabbage Classic 10K and Half Marathon as one of New York State's finest races in April. Other familiar races listed for NYS: Forks XV (March); Race for the Cure 5K in all upstate NY cities; Freihofer's (June); Cazenovia and Boilermaker (July); Chris Thater (August); Wineglass and Syracuse Festival of Races (October); NYC Marathon and Stockade-athon (November).

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### Freihofer's Run for Women

This wonderful race will be the same as always, except it will be the national masters 5K championship only, and not the open national championship. All focus and prize money will be given to masters (vets and seniors) runners—team and individual. Open runners of all ages will still remain an important part of the 3500-plus field. They just won't be awarding prize money to the open champions.

Race date is June 4. (Editor's note: FLRC Vet team, take note and put this date on your calendars! Also, renew your USATF membership by mid-March.)

Go to [www.freihoferstrun.com](http://www.freihoferstrun.com) for information.

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## Race Reports

### Tin Tin Larson (age 10) Goes to Junior Nationals—Tin Tin Larson

I went to the 2004 USATF National Junior Olympic Cross-Country Championships in Schaumburg, IL, in December 2004 and ran a 3K race. It was very surprising that I had qualified for the Junior Olympics, since I only started running in the summer. I was introduced to running at a fun run that FLRC organized at Buttermilk Falls (Tortoise & Hare Trail Run). Then I started training with IUTC (Ithaca United Track Club). During the fall, I began to love cross-country because it is so fun.

To get to the Junior Olympics, I had to run two qualifying cross-country races, both held on a very hilly and challenging course in Lansing. The first race that I did was the Association meet. That was really easy to pass—because I was the only girl in my age group! At the Regionals, there were 18 girls in the race. I came in eighth place and qualified for the Junior Olympics.

I traveled to Schaumburg by bus with my mom, my coach, and team (plus my teammates' parents). We had a poetry slam on the bus. We would write a poem and read it out loud in front of the team. The judges would grade your poem and if you won you would get a prize. I was too shy to do it, even though I love poetry.

We left Ithaca in the early morning. It was still dark when we left, but it gradually started to get brighter. We got to Chicago near six or seven pm. We stayed at Springhill Suites over night. The next day we went on a field trip to Fermi Lab, an accelerator laboratory. They talked about physics, and I think that no one except the grown-ups really got the stuff they were taking about. In the afternoon, we went to walk the racecourse in Busse Woods Forest Preserve. It was much more flat than the Lansing course. We practiced jumping over a lake of mud and I got wet. The course didn't look pretty at all. I guess I am being spoiled by the prettiness of the landscape here in and around Ithaca.

On race day morning I got up at about seven, pumped, ready, and excited. Once at the race site, I warmed up and started to

get nervous. My race was the first of the competition, so that was pretty scary. The start was exciting. There were more than 250 girls in the race, so the starting line was really packed.

When the gun went off everyone started running. I don't think anyone went out running like the wind. But if you were away from the two trees that you had to go through, it would be a bit harder because you had to drift to that spot.

The hardest part of the race was the big lake of mud, which everyone had to jump over. It was about ankle high.

The finish, almost everybody went all out with what they had left in them. You had to really fight because there were a pack of girls going into the finish line together. After the finish there was a crowd of parents looking for their children, so it was a bit hard for me to find my mom. You would start to get really cold because of the winds, but hey, you were in the windy city.

The run was okay though. I enjoyed it out there.

My time was 13:22, which I think was OK, and I placed in the top half, 109 out of 255 finishers. I had a great time and enjoyed myself a lot.

I am really happy that I got to go to the National Junior Olympics. I think all that I had worked on really paid off. It was a great experience!

I must give a lot of thanks to all of the people who helped me get there, especially my parents and family, the FLRC, my coach and team, my mom's colleagues, and all of my friends and teachers who supported me.

This year my goal is to go to Nationals again. I want to try to improve all of my times. Like in the 5K and the mile. I really hope I'll make it.

### Tucson Marathon—Mark Thompson

I ruminated for a while on my experience in Tucson and had decided not to write an account because it was not the glowing success I had trained and planned for. However, at Lorrie's prompting, I agreed that it could possibly be enlight-

## Race Reports

ening to readers, and, who knows, you may find yourself in Tucson the first week of December some year and want to know what their marathon is like before you try it. So here is my race report, along with some lessons I've learned.

I had been looking for a gently downhill marathon to end the year with hopefully a new PR of 3:24:00. I looked at St. George, Utah, but it was too early in the fall, and so decided on Tucson, Arizona. Besides, we had lived in Southern California for eight years and have grown to love the southwest deserts in the winter. The host hotel was the very impressive Hilton El Conquistador golf resort in the Oro Valley just north of Tucson. For the size of the marathon, the expo was well done. I heard the pasta dinner was very good also. There were about 1900 entrants at this ninth running, and never did it feel too crowded.

**Lesson #1:** You cannot travel cheaply and expect a peak performance. I found some great \$187 tickets for my wife and me—perfect for going together. The two older kids stayed with grandparents and we took the 15-month-old. We were looking forward to a nice weekend getaway to the sunny southwest, with a good run tucked in on Sunday. The problems began Friday morning when traffic backed up just outside Philly (the "cheaply" part of the trip required that we drive to Philly, then fly nonstop to Phoenix, then drive to Tucson). Unfortunately, we also found that Philly's long-term parking is simply atrocious (BWI is infinitely better). Anyway, we missed our flight by 10 minutes, had to stand by for several hours, endure a layover in Pittsburgh, and *then* drive the last hour-and-a-half from Phoenix to Tucson, arriving at our hotel just before 2:00 am EST. So gone were the dreams of a "restful" get-away. Gone too were our dreams of sunshine as we woke up to an all-day rainy Saturday. We scrapped our plans to go to the botanical gardens, which is our habit when visiting a new city. Instead, we enjoyed a soak in the hotel's outdoor hot tub in the rain—something even the baby enjoyed.

The course is point-to-point, starting at about 4600' elevation to the north in Oracle and ending around 2400' back near the hotel in Oro Valley. I calculated this as a 1% grade. This should have translated into a fast PR at best. Quads were never a problem as the incline is so gradual. They don't really have "hills" there anyway. Just mountains punching up out of gently sloping desert plates. Being the desert, spectators weren't exactly abundant or motivating, if that's something you need to keep going. The majority of the time we were running on highways, and I wasn't prepared for the incessant noise of passing cars going 60 mph, but the scenery of the mountains and cacti were pleasant and distracting.

All 34 shuttle buses left about 5:30 am from the finish area to take us up to the start. Start time was 7:30 am, just before sunrise. It was a brisk 47°F and partly cloudy. The first two miles are on dirt road heading out to the highway. Instantly I knew I was in for trouble. **Lesson #2:** Only eat familiar combinations of familiar foods prerace. Yes, I knew not to eat new foods on race day. But I didn't expect that un-

familiar combinations of well-tolerated food could be just as volatile. Peanut butter is okay, bananas are okay, grape juice is okay. But PB, bananas, and grape juice together is *not* okay. I paid dearly for that mistake with 10–11-minute miles the first 4 miles as Mother Nature disciplined me periodically for my ignorance. But then I settled into my 7:45 goal pace for a revised expected finish time of 3:32:00—still plenty of glucose to perform mental calculations. Things went very well from miles 5–23. The weather was marathon perfect, 45°F at the start, and 50–57°, partly cloudy, with a light crosswind after sunrise. I drank well, paced well, and felt pretty good. However, there was another annoying complication I hadn't anticipated. **Lesson #3:** "Taper and rest" means taper and rest. Not taper and do yard work, or taper and work late, or taper and stay up late. I new I was not well rested about mile 6 because I just felt tired and unmotivated. My body felt good, but my mind just felt slow and tired. The harried trip out was partly to blame, but I had only netted about five hours a night the week before because of work and family obligations. So all you peak-performance chasers—don't forget to sleep 7–8 hours a night the week or two before! Then there was the usual and expected slowdown from miles 23–26, where I dropped to about 8:30/mile then 9:00/mile the last mile, but I finished feeling pretty good. The \$20 professional massage was worth every penny. My shoulders usually are tense or frankly cramped up when I run more than 20 miles, and the massage really worked out the knots nicely.

And we did get to go to the botanical gardens after the marathon before driving back up to Phoenix for our redeye flight home Sunday night. They were having their annual Illuminaria show that night. That's when they light all those candles in paper bags and have musical performers, baked goods, and warm drinks to celebrate the desert in winter.

Driving back to Phoenix and the flight home was very tiring. Thankfully, our adorable daughter slept most of the time! But by far the most painful part of the whole experience, and most dangerous, was the drive up from Philly to home after two hours of sleep on the plane after the marathon. But we had to get back to relieve our baby sitters.

So, you *can* take a weekend and run a marathon 3000 miles from home. Sure. But pay for a good flight from nearby home, eat familiar foods in familiar combinations, and get plenty of rest first! You might try Tucson some year. It is a well-organized, downhill course, in a beautiful place. But would I do it all again? Not as a short weekend trip. I think Wineglass sounds pretty good for next year.

### Exploring the MORE Marathon Course—Laura Clark

Finding myself in a New York City hotel only ten blocks away from Central Park, I decided to familiarize myself with the MORE Marathon Women's Masters Course. While running with guys adds a certain spark, I thought it would be fun to try something different this year, rather like the all-girls Catholic school bonding experience of my high school days. I would cross the finish line, toss my bra in the air, and no one would bat an eye.

## Race Reports

Before I left Saratoga, I ran our standard Wednesday night trek around Skidmore with Heidi West, who cautioned, "Now don't get lost!" I almost laughed. How could I possibly get lost? The course was a series of 5 × 5-mile loops around Central Park. Any perpetually lost runner can handle circles.

Assured by the hotel personnel that the weather would be lovely the day of my expedition, I awoke to face a torrential downpour and a 40°-feels-like-32° temperature. I made it to Central Park without incident, using my trail tree-dodging skills to thread my way through the rush of commuters heading to work, umbrella'd and oblivious. Once in the park, however, I discovered that none of the roads were marked—no friendly lamppost signs, no blue ribbons, no orange flags. Presumably, the birds had already eaten the bread crumb trail laid down by the last befuddled runner.

My downloaded map indicated that the start was located near the Tavern on the Green, somewhere towards the left, so I forged ahead. I even found the Tavern. I did not stop for a beer, but ran doggedly on. I greeted other runners. Then I greeted the same runners again, wondering why they were going around in little circles. Then I passed the Tavern yet again. Light, even in this downpour, was beginning to dawn. Like a rat in a wheel, I found myself on an endless

loop becoming just as frustrated, with no idea of how to break the spell. Fortunately, I remembered I was a female and not too proud to ask directions. I finally reached the turn-around at 102<sup>nd</sup> Street by heading up the down road. By this time I was so soggy and cold that I decided to forgo another heroic effort to locate the up road and conceded defeat.

One of the biggest surprises I had (besides the fact that the roads weren't labeled) was that every walker I stopped to ask directions was cheerful and, apparently oblivious to the miserable weather, wished me a good run. Every time I encountered a fellow runner, I also wished him well, but received not a single acknowledgement. Sure, they were wet, but so were the walkers. And they would get home a lot quicker. Are New York City runners more suspicious? Unfriendly? Focused? I'm glad I'm a Stryder and can look forward to running in my own Spa Park where people smile at one another.

Still, I plan to head back on April 10. The course, what I saw of it, looks like a good Boston qualifier—a few mild hills to give your legs a break but not seriously strain them, with the repetitive segments making split time math a breeze even for tired legs and brains. Plus, this time the paths will be marked!

## Race Results

Jumbo-Holdsworth Mountain Race, 24 K (a *real* mountain)  
Tatarua Forest Park, New Zealand, Jan 29  
FLRC runners: Steve Shaum, 3:41; Nancy Kleinrock, 3:44.

Naples Daily News Half Marathon  
Naples, FL, Jan. 22  
FLRC runner: Joan Long, 2:22.

Texas Marathon  
Kingwood, TX, Jan. 16  
Local runner: Cathy Troisi, 5:57.

Frozen Assets 5K Snowshoe Race  
Canadice, Jan. 8  
Local runners: Nate Huckle, Tioga, 24:57; Jim Chely, 28:26; Anne Brewer, Trumansburg, 30:28; Tim Doward, Trumansburg, 40:16.

Penn State Relays  
State College, PA, Jan. 15  
Mixed Mile  
Local runner: Joe Reynolds, Newfield, 5:56.01; Morgan Wasikonis, 6:11.82.

Disney World Marathon  
Orlando, Jan. 9  
Local runners: Jocelyn Stark, Ithaca, 3:32; Megan Wag-

enet, Ithaca, 5:51.

Disney World Half Marathon  
Local runners Chris Irving, Groton, 2:17:22; Kathy Rohrer, 2:47.

PF Chang's Rock 'n Roll Half Marathon  
Phoenix, Jan. 9  
Local runners: Russ Derick, 1:21:48 (3rd M35); Sue Knapp, 2:13:26;  
Marathon  
Local runner: Morgan Wasikonis, 3:40:24.

Upstate Holiday Classic (Track and Field)  
Rochester Institute of Technology, Dec. 26  
1,500 meters  
Local runners: Sarah Kramer, Trumansburg, 4:47.72 (pending American record F40-44); Tim Ingall, Lansing, 4:52.99; Dave Bowen, 4:53.65; Joe Reynolds, Newfield, 5:47.96.  
800 meters  
Local runner: Sarah Kramer, Trumansburg, 2:24.75.  
3,000 meters  
Local runners: Tim Ingall, Lansing, 10:13.95; Kevin Coughlin, 10:42.03; Murphee Hayes Falls, 10:51.64; Herb Engman, Ithaca, 11:22.92; Chris Reynolds, Newfield, 11:41.72; Joe Reynolds, Newfield, 12:29.53.

## Race Results

### 10th annual New Year's Day 5K

Big Flats, Jan. 1

Overall winners: Jim Derick, Big Flats, 17:13; Chris Reynolds, Newfield, 19:50.

Local runners: Andris Goncarovs, Trumansburg, 18:27; Jim Chely, 19:22; Joe Reynolds, Newfield, 20:51; Andres Goncarovs, Trumansburg, 22:22; Dave Weiss, 22:32; Diane Sherrer, Trumansburg, 24:21.

### Run to the Farside 5K and 10K

San Francisco

Local runners: Norm Ward, 44:38 (10K); 188th/2,873; 12th M50. Margaret Ward, 33:45 (5K); 1,137/2,766; 44th F50

### Section V Cross Country Hall of Fame Inductees

Cornell University alumni Grant Whitney (Penfield) and Mike Wyckoff (Lodi) have been selected as 2004 inductees in to the New York State Section V Cross Country Hall of Fame.

## Race Results

### Hartshorne Memorial Masters Mile

Saturday Jan 22, 2005

Barton Hall, Ithaca

#### Men's Mile

Place	Name	Age	Town	Time
1	Anselm LeBourne	45	Maplewood, NJ	04:23.88
2	Mike Egle	43	Des Plaines, IL	04:28.27
3	Stuart Galloway	43	St.Catharines, ON	04:35.22
4	Tom Dalton	46	Schenectady, NY	04:37.21
5	Casey Carlstrom	45	Ithaca, NY	04:43.45
6	Jim Robinson	51	Rochester, NY	04:45.74
7	Jerry Kooymans	49	Markham, ON	04:47.65
8	Dave Cole	45	Liverpool, NY	04:51.30
9	Fred Kitzrow	49	Delmar, NY	04:51.70
10	Marty Doherty	41	W. Milford, NJ	04:51.75
11	Mark Rybinski	49	Manlius, NY	04:51.82
12	Tom Carter	52	Johnson City, NY	04:53.02
13	Sean Nicholson	40	Ithaca, NY	04:56.03
14	Richard Raflaub	45	Kingston, ON	04:59.44
15	Tom Hartshorne	50	Ithaca, NY	05:00.21
16	Fred Robbins	48	Stouffville, ON	05:02.98
17	Tim Ingall	45	Lansing, NY	05:06.12
18	Larry Krol	53	Williamsville, NY	05:06.86
19	Tony Plaster	53	Neptune, NJ	05:10.53
20	Jeffrey Juran	48	Ithaca, NY	05:10.86
21	Steve Blostein	44	Kingston, ON	05:13.45
22	Caleb Rossiter	49	Washington, DC	05:17.45
23	Kevin Nelson	40	Owego, NY	05:18.12
24	John Hylas	48	Ithaca, NY	05:22.41
25	Kevin Coughlin	47	Elmira, NY	05:24.22
26	Greg Grund	53	Elmira, NY	05:29.51
27	Tim Payne	54	Orillia, ON	05:30.89
28	Tom Homeyer	56	Tully, NY	05:33.11
29	Herb Engman	59	Ithaca, NY	05:38.74
30	Dennis Featherstone	63	Ottawa, ON	05:41.10
31	Jim Chely	48	Elmira, NY	05:41.20
32	Bob Huddle	57	Elmira, NY	05:49.21
33	Ken Zeserson	57	Ithaca, NY	05:49.83
34	Steve Halebsky	50	Ithaca, NY	05:50.31
35	Andre Goncarovs	44	Trumansburg, NY	06:06.73
36	Ken Gordon	62	Derby, NY	06:24.17
37	Don Farley	71	Ithaca, NY	06:59.58
38	Chuck Collins	71	Ithaca, NY	07:01.13
39	Dick Sullivan	76	Buffalo, NY	07:45.86
40	Roger Whalley	75	Buffalo, NY	08:09.74

41	Sandy Bueme	77	Lakeview, NY	08:13.02
42	Ted Sullivan	72	Williams, NY	08:45.32
43	Bill Pow	76	Penfield, NY	09:44.85
44	Jack O'Sullivan	76	W. Seneca, NY	09:54.77

#### Women's Mile

Place	Name	Age	Town	Time
1	Maureen de St. Croix	51	Vancouver, BC	05:10.87
<b>WR (F50-54)</b>				
2	Sarah Kramer	44	Trumansburg, NY	05:11.17
3	Mary Beth Romagnoli	35	Cazenovia, NY	05:24.83
4	Gillian Sharp	43	Ithaca, NY	05:25.47
5	Lynn O'Malley	43	Odessa, ON	05:37.39
6	Karen Kennedy	46	Portland, ON	05:37.76
7	Suzanne Myette	47	Endicott, NY	05:41.48
8	Diane Legare	53	Montreal, PQ	05:42.11
9	Christine Reynolds	34	Newfield, NY	05:53.82
10	Ruth Yanai	46	Syracuse, NY	05:55.33
11	Patty DePaulis	50	Fayetteville, NY	06:00.21
12	Coreen Steinbach	53	Pompey, NY	06:00.74
13	Patti Ford	49	Lafayette, NY	06:01.60
14	Carolyn Smith-Hanna	54	Pittsford, NY	06:07.39
15	Lorrie Tily	43	Locke, NY	06:08.52
16	Shirley Woodford	49	Burdett, NY	06:15.98
17	Shelly Marino	52	Ithaca, NY	06:18.19
18	Diane Sherrer	53	Trumansburg, NY	06:44.20
19	Diane Yates	32	Ithaca, NY	06:58.06
20	Mary Magoffin	39	Buffalo, NY	07:02.17
21	Diane McGuire	50	Buffalo, NY	07:04.94
22	Lennie Tucker	66	Baldwinsville, NY	07:21.17
23	Katy Gottschalk	63	Ithaca, NY	07:35.76
24	Helen Bueme	74	Lakeview, NY	09:12.19
25	Edna Hyer	70	South Wales, NY	09:26.43

### 2005 January Indoor Track Meet

Sun Jan 16, 2005

Barton Hall, Ithaca

As part of an initiative to gradually modernize the FLRC timing equipment, we tried out a new timing system at this meet. As luck would have it, not only did the new system fail during one heat of the 1500 m, we also had problems with lap counting in both the 2 mile and another heat of the 1500 m!

## Race Results

The runners in the "3018-m" race were actually just one lap short of the full two-mile distance.

We've tried to reconstruct the affected heats of the 1500-m race, but some times are simply missing and others may be slightly confused. The two fastest heats were timed without trouble, however, and can be considered fair times. Sorting out the results after the fact is a difficult challenge. We apologize for mistakes and omissions in what follows.

Thanks for being patient as we work out the bugs in our use of the new system, and as we all learn how to count. We expect things to go smoothly at future meets.

Note that this meet also saw a special 800-m event for runners to tune up for next week's Hartshorne Memorial Master's Mile. What a race it was!

—Tom Meyer (results) and Tim Ingall (meet director)

Place Name Gender Age Town Time

### 2 mile

1	Geoffrey Hutchison	M	27	Ithaca, NY	10:28.1
2	Byron LaBare	M	31	Endicott, NY	10:44.5
3	Boris Dzikovski	M	40	Ithaca, NY	11:02.6
4	Josh Schultheis	M	16	Binghamton, NY	11:27.7
5	John Hylas	M	47	Ithaca, NY	11:44.8
6	Roger Learn	M	49	Troy, PA	11:54.8
7	Rick Cleary	M	48	Wellesley, MA	12:28.5
8	Tricia Learn	F	18	Troy, PA	12:31.3
9	Ashley Horton	F	15	Candor, NY	12:32.5
10	Justin Pedersen	M	15	Gilbertsville, NY	12:54.3
11	Suzanne Myette	F	47	Endicott, NY	12:55.4
12	Bob Talda	M	44	Ithaca, NY	13:03.8
13	Bryanna Learn	F	15	Troy, PA	13:07.9
14	Dan Graybeal	M	34	Ithaca, NY	13:20.4
15	Michele Grund	F	34	Elmira, NY	13:39.3
16	Andri Goncarovs	M	44	Trumansburg, NY	13:51.8
17	Lorrie Tily	F	43	Locke, NY	13:53.8
18	Robert Kern	M	61	Beaver Dams, NY	13:54.4
19	Joe Reynolds	M	60	Newfield, NY	14:17.3
20	Catherine Meyer	F	37	N Tonawanda, NY	14:36.1
21	Susan Learn	F	12	Troy, PA	14:40.1
22	David Carroll	M	42	W Seneca, NY	14:41.5
23	Violet Learn	F	9	Troy, PA	15:17.4
24	Stewart Auyash	M	53	Ithaca, NY	15:44.5
25	Jamie Sirianni	F	41	Painted Post, NY	16:14.8
26	Candy Learn	F	46	Troy, PA	18:39.7
27	James Miner	M	56	Dryden, NY	19:24.2

### 3018 m

1	Bob Nugent	M	44	Binghamton, NY	9:37.5
2	Daniel Wagner	M	48	Sterling, MA	9:41.3
3	Chris Garvin	M	24	Ithaca, NY	9:42.9
4	Kenny Winn	M	23	Syracuse, NY	9:46.4
5	Lynann Lorenz	F	25	Apalachin, NY	11:23.5
6	Fiona Cundy	F	17	Endwell, NY	11:32.2

### 800 m

1	Sarah Kramer	F	44	Trumansburg, NY	2:24.4
2	Tim Ingall	M	45	Lansing, NY	2:25.4
3	Casey Carlstrom	M	46	Ithaca, NY	2:28.6
4	John Hylas	M	47	Ithaca, NY	2:29.4
5	Gillian Sharp	F	43	Ithaca, NY	2:32.4
6	Tom Hartshorne	M	51	Ithaca, NY	2:33.5
7	Jim Chely	M	48	Elmira, NY	2:41.8
8	Herb Engman	M	59	Ithaca, NY	2:53.2
9	Shelly Marino	F	52	Ithaca, NY	2:56.5
10	Lorrie Tily	F	43	Locke, NY	2:59.1
11	Diane Sherrer	F	53	Trumansburg, NY	3:08.6
12	Sue Aigen	F	51	Ithaca, NY	3:08.8
13	Diane Yates	F	33	Ithaca, NY	3:12.2
14	Don Farley	M	71	Ithaca, NY	3:13.3

### 100 m

1	Dave Eaton	M	32	Auburn, NY	0:12.30
2	Eric Betts	M	16	Oxford, NY	0:12.60
3	Matt Sullivan	M	15	Wilseyville, NY	0:13.20
4	Geoff May	M	17	Binghamton, NY	0:13.60
5	Brian Maley	M	13	Ithaca, NY	0:13.60
6	Emily Newton	F	18	Ithaca, NY	0:13.80
7	Eugenio Alonso	M	15	Binghamton, NY	0:14.20
8	Diamondo Stratakos	F	17	Ithaca, NY	0:15.00
9	Tim Trojian	M	45	Naples, NY	0:15.00
10	Gabriela Cestero	F	18	Trumansburg, NY	0:15.10
11	Peter Hogan	M	53	Buffalo, NY	0:15.30
12	Claire O'Donnell	F	17	Interlaken, NY	0:15.40
13	Robin Seegers	F	17	Trumansburg, NY	0:15.50
14	Robert Kern	M	61	Beaver Dams, NY	0:16.40
15	Leslie Cody	F	13	Binghamton, NY	0:17.00
16	Sean Auyash	M	11	Ithaca, NY	0:17.30
17	Tintin Larsson	F	10	Ithaca, NY	0:17.30
18	Andris Goncarovs	M	12	Trumansburg, NY	0:17.80
19	Zora Mlejnkova	F	41	Painted Post, NY	0:18.10
20	Donna Eschenbrenner	F	46	Ithaca, NY	0:18.60
21	Laurel Maley	F	9	Ithaca, NY	0:18.80
22	Jamie Sirianni	F	41	Painted Post, NY	0:19.20
23	Carolina Larsson	F	6	Ithaca, NY	0:20.00
24	Claudia Savoy	F	7	Cornign, NY	0:20.20
25	Connor Seeley-Ion	M	5	Newfield, NY	0:26.80
26	Carter Seeley-Ion	M	3	Newfield, NY	0:31.80
27	Haley DeJager	F	4	Smithsville Flats, NY	0:38.60
28	Luke DeJager	M	1	Smithsville Flats, NY	1:04.60

### 400 m

1	Scott Weeks	M	32	Cortland, NY	0:53.9
2	Pete Eschenbrenner	M	17	Ithaca, NY	0:57.0
3	Justin Pedersen	M	15	Gilbertsville, NY	1:01.0
4	Emily Newton	F	18	Ithaca, NY	1:05.4
5	John Hylas	M	47	Ithaca, NY	1:05.8
6	Mike Eschenbrenner	M	46	Ithaca, NY	1:06.9
7	Matt Sullivan	M	15	Wilseyville, NY	1:07.2
8	Geoff May	M	17	Binghamton, NY	1:07.7
9	Andri Goncarovs	M	44	Trumansburg, NY	1:08.1
10	Peter Hogan	M	53	Buffalo, NY	1:08.5
11	Katie Mlejnkova	F	15	Painted Post, NY	1:09.7
12	Eugenio Alonso	M	15	Binghamton, NY	1:09.8
13	Bob Thompson	M	58	Candor, NY	1:10.8

## Race Results

14	Chris Milner	M	40	Ithaca, NY	1:12.5
15	Diamondo Stratakos	F	17	Ithaca, NY	1:14.2
16	Bob Talda	M	44	Ithaca, NY	1:17.2
17	April Midyette	F	14	Binghamton, NY	1:17.4
18	Amanda Phillips	F	16	Binghamton, NY	1:17.9
19	Robert Kern	M	61	Beaver Dams, NY	1:18.5
20	Catherine Meyer	F	37	N Tonawanda, NY	1:18.6
21	Joe Reynolds	M	60	Newfield, NY	1:19.4
22	Martina Casey	F	14	Binghamton, NY	1:19.4
23	Shelly Marino	F	52	Ithaca, NY	1:20.9
24	Stephanie Pietrosani	F	16	Binghamton, NY	1:22.4
25	Michele Grund	F	34	Elmira, NY	1:23.3
26	Lorrie Tily	F	43	Locke, NY	1:23.8
27	Stewart Auyash	M	53	Ithaca, NY	1:26.9
28	Diane Yates	F	33	Ithaca, NY	1:27.6
29	Diane Sherrer	F	53	Trumansburg, NY	1:29.9
30	Sue Aigen	F	51	Ithaca, NY	1:31.1
31	Jamie Sirianni	F	41	Painted Post, NY	1:32.7
32	Melissa Wagner	F	16	Binghamton, NY	1:40.9

### 1500 m

1	Casey Carlstrom	M	46	Ithaca, NY	4:24.0
2	Christian Thompson	M	16	Candor, NY	4:29.1
3	Drew Hart	M	15	Ithaca, NY	4:29.8
4	Geoffrey Hutchison	M	27	Ithaca, NY	4:36.7
5	Jay Hubisz	M	25	Ithaca, NY	4:38.1
6	Tom Hartshorne	M	51	Ithaca, NY	4:43.4
7	Adam Zinder	M	16	Ithaca, NY	4:45.0
8	Tim Ingall	M	45	Lansing, NY	4:49.1
9	Jeffrey Juran	M	48	Ithaca, NY	4:53.2
10	Andris Goncarovs	M	12	Trumansburg, NY	4:57.5
11	Neil Clifford	M	34	Watkins Glen, NY	4:58.0
12	Greg Grund	M	53	Elmira, NY	5:11.6
13	John Hylas	M	47	Ithaca, NY	5:16.6
14	Michael Cordi	M	45	Endwell, NY	5:22.6
15	Fiona Cundy	F	17	Endwell, NY	5:22.9
16	Federico Pereyra	M	23	Ithaca, NY	5:24.0
17	Herb Engman	M	59	Ithaca, NY	5:24.4
18	Lynann Lorenz	F	25	Apalachin, NY	5:27.0
19	Sean Auyash	M	11	Ithaca, NY	5:31.7
20	Sabrina Turco	F	22	Elmira, NY	5:36.7
21	Bob Talda	M	44	Ithaca, NY	5:51.0
22	Kevin Howell	M	10	Eaton, NY	6:00.2
23	Megan Cordi	F	14	Endwell, NY	6:04.0
24	Robert Kern	M	61	Beaver Dams, NY	6:22.4
25	Tom Scharff	M	55	Ithaca, NY	6:34.0
26	Chuck Collins	M	71	Ithaca, NY	6:38.0
27	Tomas Larsson	M	38	Ithaca, NY	6:44.9
28	Gabby Dello	F	16	Mt Upton, NY	6:48.2
29	Eugenio Alonso	M	15	Binghamton, NY	7:22.6
30	Tintin Larsson	F	10	Ithaca, NY	7:30.6
31	Stewart Auyash	M	53	Ithaca, NY	7:44.8
32	Zora Mlejnkova	F	41	Painted Post, NY	7:50.5
33	Jeff Horton	M	44	Candor, NY	7:54.4
34	Beth Savoy	F	35	Corning, NY	7:56.4
35	Katie Mlejnkova	F	15	Painted Post, NY	7:59.5
36	Sara Juran	F	16	Ithaca, NY	8:05.1
37	Chanita Somton	F	42	Ithaca, NY	8:12.8
38	James Miner	M	56	Dryden, NY	9:05.6
39	PJ Peterman	F	52	Dryden, NY	9:05.9
40	Ashley Horton	F	15	Candor, NY	??:??
41	David Carroll	M	42	W Seneca, NY	??:??

42	Heidi Bretscher	F	18	Ithaca, NY	??:??
43	Andri Goncarovs	M	44	Trumansburg, NY	??:??
44	Bob Thompson	M	58	Candor, NY	??:??

### 400-200-200-800 m Relay

1	Pete Eschenbrenner	M	17	Ithaca, NY	4:18.1
2	Christian Thompson	M	16	Candor, NY	4:19.9
3	Fiona Cundy	F	17	Endwell, NY	4:47.4
4	Andris Goncarovs	M	12	Trumansburg, NY	5:17.1
5	Leslie Cody	F	13	Binghamton, NY	5:49.5
6	Amanda Phillips	F	16	Binghamton, NY	5:58.6
7	Tomas Larsson	M	38	Ithaca, NY	6:09.8
8	Beth Savoy	F	35	Corning, NY	6:58.9

### 2005 February Indoor Track Meet

Sun Feb 6, 2005  
Barton Hall, Ithaca

Place	Name	Gender	Age	Town	Time
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### 5000 m

1	Christian Thompson	M	16	Candor, NY	16:40.6
2	David Siegel	M	21	Ithaca, NY	16:56.9
3	Byron LaBare	M	31	Endicott, NY	16:57.2
4	Rickey Visinski	M	19	Ithaca, NY	16:57.5
5	Casey Carlstrom	M	46	Ithaca, NY	16:57.8
6	David Fritz	M	36	Syracuse, NY	17:22.1
7	Boris Dzikovski	M	40	Ithaca, NY	17:28.9
8	Tim Ingall	M	45	Lansing, NY	17:40.9
9	Michael Wunsch	M	27	Ithaca, NY	17:47.6
10	Sarah Kramer	F	44	Trumansburg, NY	17:48.8
11	Skip Strobel	M	34	Odessa, NY	17:51.4
12	Gary Hurta	M	35	Orchard Park, NY	18:13.8
13	Tom Benoit	M	33	Oneonta, NY	18:39.2
14	David Dier	M	14	Elmira, NY	18:51.4
15	John Whitman	M	50	Ithaca, NY	19:05.0
16	Lynann Lorenz	F	25	Apalachin, NY	19:08.5
17	Jeff Naylor	M	34	Elmira, NY	19:36.5
18	Masha Proshutina	F	18	Dunmarc, PA	19:37.3
19	Herb Engman	M	59	Ithaca, NY	19:43.8
20	David Carroll	M	42	W Seneca, NY	19:45.3
21	Fiona Cundy	F	17	Endwell, NY	19:50.7
22	Lindsay Conway	F	17	Rochester, NY	19:53.6
23	Todd Mattison	M	46	Ithaca, NY	20:02.8
24	Larry Brooks	M	53	Binghamton, NY	20:37.3
25	Amy Hurta	F	35	Orchard Park, NY	22:04.5
26	Andri Goncarovs	M	44	Trumansburg, NY	22:35.9
27	Mark Thompson	M	34	Ithaca, NY	22:54.7
28	Laurie Francis	F	47	Syracuse, NY	22:57.6
29	Don Farley	M	71	Ithaca, NY	22:58.1
30	Ralph Josephson	M	59	Westfield, NY	23:02.9
31	Ryan Kincaid	F	15	Geneva, NY	24:07.5
32	Stewart Auyash	M	53	Ithaca, NY	24:48.9
33	James Miner	M	56	Dryden, NY	29:59.6

### 60 m

1	Eric Betts	M	16	Oxford, NY	0:07.43
2	Dave Eaton	M	32	Auburn, NY	0:07.47
3	Rick Smith	M	24	Central Square, NY	0:07.71
4	Gregory Spears	M	13	Syracuse, NY	0:07.84
5	Andrew Clark	M	22	Montour Falls, NY	0:07.88
6	Brian Maley	M	13	Ithaca, NY	0:07.99

## Race Results

7	Michael Maley	M	18	Ithaca, NY	0:07.99	31	Joe Reynolds	M	60	Newfield, NY	0:34.82
8	Chris Garvin	M	24	Ithaca, NY	0:08.00	32	Martine Casey	F	14	Binghamton, NY	0:34.83
9	Nick Pikarsky	M	23	Central Square, NY	0:08.08	33	Tintin Larsson	F	10	Ithaca, NY	0:35.21
10	Justine Brown	F	17	Oxford, NY	0:08.41	34	Dirk Galbraith	M	58	Freeville, NY	0:35.21
11	Emily Newton	F	19	Ithaca, NY	0:08.42	35	Tom Scharff	M	55	Ithaca, NY	0:35.26
12	Gerrit Van Loon	M	43	Ithaca, NY	0:08.54	36	Garrett Clarke	M	9	Liverpool, NY	0:35.29
13	John Herzig	M	19	Elmira, NY	0:08.94	37	Leslie Cody	F	13	Binghamton, NY	0:35.49
14	David Utter	M	14	Syracuse, NY	0:09.13	38	Shelly Marino	F	52	Ithaca, NY	0:35.51
15	Dan Meile	M	10	Syracuse, NY	0:09.18	39	Kathy Fairand	F	41	Freeville, NY	0:36.19
16	Tyrone Barnes	M	30	Pine City, PA	0:09.19	40	Chris Van Loon	M	9	Ithaca, NY	0:36.30
17	Peter Hogan	M	53	Buffalo, NY	0:09.21	41	Justin Harlow	M	8	Syracuse, NY	0:38.00
18	Shawn Bryant	M	12	Syracuse, NY	0:09.29	42	J.J. LaPlante	M	12	Mexico, NY	0:38.00
19	Star Utter	F	13	Syracuse, NY	0:09.31	43	Nikki Harlow	F	11	Syracuse, NY	0:38.06
20	Chloe Royal	F	10	Syracuse, NY	0:09.53	44	Chanita Somton	F	43	Ithaca, NY	0:38.70
21	Megan LaPlante	F	10	Mexico, NY	0:09.81	45	Laurel Francis	F	10	Ithaca, NY	0:39.46
22	Garrett Clarke	M	9	Liverpool, NY	0:09.93	46	Laurie Francis	F	47	Syracuse, NY	0:39.80
23	Dirk Galbraith	M	58	Freeville, NY	0:09.99	47	Diane Sherrer	F	53	Trumansburg, NY	0:42.14
24	Kathy Fairand	F	41	Freeville, NY	0:10.37	48	Carolina Larsson	F	6	Ithaca, NY	0:43.90
25	Chris Van Loon	M	9	Ithaca, NY	0:10.50	49	Allie Combs	F	9	Liverpool, NY	0:43.92
26	Tintin Larsson	F	10	Ithaca, NY	0:10.51	50	Cole Banfield	M	6	Newfield, NY	0:49.10
27	J.J. LaPlante	M	12	Mexico, NY	0:10.75	51	Sage Hurta	F	6	Orchard Park, NY	0:50.00
28	Nikki Harlow	F	11	Syracuse, NY	0:11.01	52	Jordynn Naylor	F	6	Elmira, NY	0:59.00
29	Laurel Maley	F	10	Ithaca, NY	0:11.22	53	Connor Seeley-Ion	M	5	Newfield, NY	0:59.40
30	Justin Harlow	M	8	Syracuse, NY	0:11.40	54	Avery Clarke	F	5	Liverpool, NY	1:01.40
31	Hilary Reinhard	F	13	Binghamton, NY	0:11.55	55	Claudia Savoy	F	7	Cornign, NY	1:02.60
32	Carolina Larsson	F	6	Ithaca, NY	0:12.29	56	Patrick Banfield	M	5	Newfield, NY	1:04.70
33	Sage Hurta	F	6	Orchard Park, NY	0:12.31	57	Richard Thompson	M	6	Ithaca, NY	1:06.20
34	Allie Combs	F	9	Liverpool, NY	0:12.50	58	Carter Seeley-Ion	M	3	Newfield, NY	1:16.60
35	Trevor DeJager	M	6	Smithville, NY	0:13.22						
36	Richard Thompson	M	6	Ithaca, NY	0:17.82						

### 200 m

1	Eric Betts	M	16	Oxford, NY	0:24.49	1	Chris Garvin	M	24	Ithaca, NY	4:19.6
2	Chris Garvin	M	24	Ithaca, NY	0:24.89	2	Mark Bucklaw	M	16	Mayfield, NY	4:27.7
3	Andrew Clark	M	22	Montour Falls, NY	0:25.60	3	Geoffrey Hutchison	M	27	Ithaca, NY	4:29.3
4	Michael Maley	M	18	Ithaca, NY	0:25.89	4	Josh Schulteis	M	16	Binghamton, NY	4:37.1
5	Brian Maley	M	13	Ithaca, NY	0:25.90	5	Tom Hartshorne	M	51	Ithaca, NY	4:37.6
6	Gregory Spears	M	13	Syracuse, NY	0:26.78	6	Adam Engst	M	37	Ithaca, NY	4:42.1
7	James Dicken	M	15	Elmira, NY	0:26.92	7	Neil Clifford	M	34	Watkins Glen, NY	4:44.5
8	Gerrit Van Loon	M	43	Ithaca, NY	0:27.36	8	Rickey Visinski	M	19	Ithaca, NY	4:48.1
9	Emily Newton	F	19	Ithaca, NY	0:27.55	9	Andris Goncarovs	M	12	Trumansburg, NY	5:00.8
10	Dennis Dier	M	17	Elmira, NY	0:27.65	10	Michael Wunsch	M	27	Ithaca, NY	5:05.0
11	Rickey Visinski	M	19	Ithaca, NY	0:27.96	11	Federico Pereyra	M	23	Ithaca, NY	5:10.1
12	Justine Brown	F	17	Oxford, NY	0:28.13	12	Jeff Naylor	M	34	Elmira, NY	5:14.6
13	Andri Goncarovs	M	44	Trumansburg, NY	0:29.84	13	Luke DeBrita	M	17	Oxford, NY	5:14.9
14	John Herzig	M	19	Elmira, NY	0:29.95	14	Michael Cordi	M	45	Endwell, NY	5:20.1
15	Peter Hogan	M	53	Buffalo, NY	0:29.98	15	Justin Pedersen	M	16	Gilbertsville, NY	5:24.4
16	Andris Goncarovs	M	12	Trumansburg, NY	0:30.51	16	Masha Proshutina	F	18	Dunmarc, PA	5:25.5
17	David Utter	M	14	Syracuse, NY	0:30.63	17	David Boor	M	47	Horseheads, NY	5:27.3
18	Dan Meile	M	10	Syracuse, NY	0:30.68	18	Coreen Steinbach	F	53	Pompey, NY	5:28.9
19	Shawn Bryant	M	12	Syracuse, NY	0:30.74	19	Sabrina Turco	F	22	Elmira, NY	5:32.9
20	Katie Mlejnkova	F	15	Painted Post, NY	0:31.08	20	Sean Auyash	M	11	Ithaca, NY	5:38.2
21	Mark Thompson	M	34	Ithaca, NY	0:31.34	21	Alex Stanley	F	17	Vestal, NY	5:41.6
22	Tyrone Barnes	M	30	Pine City, PA	0:31.76	22	Heidi Bretscher	F	18	Ithaca, NY	5:47.0
23	Lindsay Conway	F	17	Rochester, NY	0:32.18	23	Joe Reynolds	M	60	Newfield, NY	5:48.8
24	Chloe Royal	F	10	Syracuse, NY	0:32.72	24	Andrew Clark	M	22	Montour Falls, NY	5:59.8
25	Chris Reynolds	F	34	Newfield, NY	0:33.25	25	Mark Thompson	M	34	Ithaca, NY	6:00.2
26	Megan LaPlante	F	10	Mexico, NY	0:33.41	26	Gabby Dello	F	16	Mt Upton, NY	6:00.9
27	Amanda Phillips	F	16	Binghamton, NY	0:33.93	27	Gerrit Van Loon	M	43	Ithaca, NY	6:05.6
28	Sean Auyash	M	11	Ithaca, NY	0:34.24	28	Teresa Sukiennicki	F	39	Rochester, NY	6:06.2
29	Zora Mlejnkova	F	41	Painted Post, NY	0:34.32	29	Peter Hogan	M	53	Buffalo, NY	6:13.3
30	April Midyette	F	14	Binghamton, NY	0:34.45	30	Tintin Larsson	F	10	Ithaca, NY	6:26.5
						31	Chris Van Loon	M	9	Ithaca, NY	6:27.3
						32	Andri Goncarovs	M	44	Trumansburg, NY	6:28.2

## Race Results

33	Chuck Collins	M	71	Ithaca, NY	6:40.5	13. David Soule,37	1:22:56
34	Ralph Josephson	M	59	Westfield, NY	6:41.2	14. Rebecca Harman,35	1:23:08F
35	Tom Scharff	M	55	Ithaca, NY	6:43.6	15. Lawren Smithline,32	1:29:11
36	Chris Savoy	M	44	Corning, NY	6:50.5	16. Jerry Palumbo,40	1:30:41
37	Tyrone Barnes	M	30	Pine City, PA	6:50.9	17. David Boor,47	1:33:25
38	Chanita Somton	F	43	Ithaca, NY	6:56.8	18. Tom Jackson,37	1:34:34
39	Garrett Clarke	M	9	Liverpool, NY	7:25.3	19. Ann Brewer,30	1:34:36F
40	Kathy Fairand	F	41	Freeville, NY	7:47.2	20. David Jones,46	1:41:31
41	Beth Savoy	F	35	Corning, NY	7:54.7	21. Meredith Peterson,26	1:44:13F
42	Chelsea Conway	F	15	Rochester, NY	8:19.7	22. Erika Rosettie,44	1:45:10F

### Valentine 2 x 800 m Relay

1	Clark Holdsworth	M	17	Apalachin, NY	4:13.8	23. Jim Hawbaker,52	1:45:19
2	Christian Thompson	M	16	Candor, NY	4:56.8	24. John Proctor,36,PA	1:45:37
3	Tim Ingall	M	45	Lansing, NY	4:59.1	25. Terrie Kingsbury,40	1:46:58F
4	Mark Bucklaw	M	16	Mayfield, NY	5:03.2	26. Davis Stanton,45,PA	1:47:11
5	Joey Cloke	M	17	Elmira, NY	5:16.2	27. Glen Robertson,34	1:49:00
6	David Carroll	M	42	W Seneca, NY	5:31.7	28. Scott Lawhead,42	1:49:59
7	Justin Pedersen	M	16	Gilbertsville, NY	5:38.8	29. David Weiss,56	1:50:40
8	Cortney Sandore	F	17	Pine City, NY	5:46.9	30. Timothy Dorward,46	1:52:41
9	Joe Reynolds	M	60	Newfield, NY	5:55.5	31. Laura Clark,57	1:54:06F
10	Amanda Phillips	F	16	Binghamton, NY	6:01.7	32. Melissa Hubisz,16	1:55:09F
11	April Midyette	F	14	Binghamton, NY	6:27.1	33. Robert Kern,61	1:56:19
12	Zora Mlejnkova	F	41	Painted Post, NY	6:32.8	34. Shelly Marino,52	1:56:48F
13	Diane Sherrer	F	53	Trumansburg, NY	6:33.7	35. Jeff Horton,44	1:57:47
14	Carolina Larsson	F	6	Ithaca, NY	6:42.4	36. Mary Wenck,57	2:00:11F
15	Gary Hurta	M	35	Orchard Park, NY	7:01.7	37. Valerie Pratt,43,PA	2:03:36F
16	Chris Savoy	M	44	Corning, NY	7:???	38. Jen Stanton,32	2:05:34F

Unfortunately, we weren't able to record bib number-to-lane assignments for the first heat of the 60m race. Here are the raw results by lane for that heat.

Lane	Time
4	0:13.21
5	0:15.76
2	0:15.78
1	0:16.47
7	0:16.86
8	0:20.49

### 2005 Finger Lakes Snowshoe

Sat Jan 29, 2005

Finger Lakes National Forest

Weather/conditions: Sunny, upper 20s, light wind

#### 7.6 miler

1.	Alan Evans,41	1:05:49
2.	Ryan Pauling,28	1:05:50
3.	Garrett Wagner,23	1:07:20
4.	Brian Densmore,22	1:12:20
5.	Tim Ingall,45	1:14:50
6.	Steve Buchheister,39	1:17:07
7.	Jay Hubisz,25	1:18:04
8.	Michael Johnson,37	1:19:08
9.	Christian Thompson,16	1:19:19
10.	John Barnett,41	1:21:57
11.	Corey DuBois,34	1:22:07
12.	Edward Myers,53,PA	1:22:42

39. Milissa Murtaugh,23	2:05:50F
40. Diane Sherrer,53	2:09:53F
41. Kai Blaisdell,30	2:10:29F
42. Paul Dimmick,49	2:11:48
43. Monika Wood,42	2:12:09F
44. Don Tily,48	2:20:38
45. Lorrie Tily,44	2:20:39F
46. Jeff Clark,58	2:30:51
47. Marcus Williamee,30	2:33:02
48. Gina Whote,29	2:33:03F
49. Bridget Wilson,30	2:36:51F
50. Delia Gardner,43	2:37:03F
51. PJ Peterman,52	2:49:45F
52. James Miner,56	2:49:48

#### 1 miler

1. Chris Kenedy,18	13:36
2. Brud Hollan,40	13:37
3. Deborah Lane,42	18:18F
4. Tom Lane,43	18:19
5. Sharon VanHoogdonk,37	22:24F
6. Amy Litwiler,35	23:01F
7. MaryAnn Borsick,25	25:27F
8. Mike Herman,28	25:33
9. Sharon Cross,54	26:51F
10. Chad Cross,34	26:57

## Race Results

11. Don Webster,51	27:50
12. Trevor Holland,33	28:58
13. Daphne Holland,32	29:02F
14. Judy VanSkiver,50	29:09F
15. Jakie Dill,53	29:10F
16. Kathie Gillette,54	29:14F
17. Jack Evertt,9	30:34
18. Vickie Everett,39	30:35F

## A Late-Breaking Item

### Childcare at Races—Steve Shaum

Spring will be upon us soon and the race season will soon be busying our weekend schedules. Some of us runners do, however, have children who are too young to be wandering the start/finish line unattended . With this in mind, here's a proposal for a way for everyone who wants to participate in the races we love to be able to do so, regardless of parental status.

Might we collectively be able to round up an adult (or adults) or responsible teenager(s) interested in watching children at FLRC road and trail races (e.g., partners or older kids of runners, or even a round-robin lineup of those of us desiring this service)? Suggestions for incentives include payment of a few dollars by each runner using the childcare service and/or a T-shirt from the race (provided permission by the race director).

If anyone is interested in coordinating the efforts, please take the reigns and run with it. If anyone is interested in doing the childcare at the races or if you have or know teenagers who are interested, please make yourself known. I think it would be a nice incentive for parents of young children, and it would bring more people to races.

Thoughts, suggestions, willingness to help with the kids, and/or coordinate the service? Please post them to the FLRC listserv (flrc@mail.cayugacomputers.com) so that we might have a community discussion.

## 2005 Western New York Ultra Series Calendar [www.wny-ultra.org](http://www.wny-ultra.org)

### Apr 17, Sunday, 8:00 am: 25th Anniversary BPAC Six-Hour Distance Classic; Race #1

Delaware Park in Buffalo, NY.

Run & walk as far as you can; 1.77 mi. certified road loop in Delaware Park. \$25 by Apr 16, \$30 race day. [www.wny-ultra.org/bpac](http://www.wny-ultra.org/bpac). Contact: Carl Pegels, 150-D Arielle Court, Buffalo, NY 14221; (716)689-9018; E-mail: [cpegels@buffalo.edu](mailto:cpegels@buffalo.edu)

Western New York Ultra Series Race #1 - [www.wny-ultra.org](http://www.wny-ultra.org)

### May 22, Sunday, 8:00 am: 7th Annual Highland Forest 1-2-3 (ultra is 30 miles); Race #2

Highland Forest Park near Fabius, NY. 30 miles (three loops) on trails (10 & 20 mile nonultra options). \$10 (\$15 after May 14, \$20 race day). [www.syracusechargers.org/highland123](http://www.syracusechargers.org/highland123). Contact: Mark Driscoll (315)449-9615 after 7 pm; E-mail: [mdriscoll@mailbox.syr.edu](mailto:mdriscoll@mailbox.syr.edu)

### Jul 2, Saturday, 6:30 am: 17th Annual Finger Lakes Fifties (50 miles); Race #3

Finger Lakes National Forest near Hector, NY. 50 miles (four loops on forest trails, roads & pastures (25 & 50K options). \$40 (\$50 after June 27). [www.fingerlakesrunners.org/races/forms/Fifties.html](http://www.fingerlakesrunners.org/races/forms/Fifties.html). Contact: Joe Reynolds (607)564-1804; E-mail: [flnf10155@yahoo.com](mailto:flnf10155@yahoo.com)

### Oct 8, Saturday, 7:00 am: 3rd Annual Canandaigua Lake (50 miles); Race #4

Canandaigua, NY. One big lap around the most beautiful Finger Lake. Scenic roads, including renowned Bopple Hill. \$50 (\$70 after Sep 24). [www.canandaiguaulta.org](http://www.canandaiguaulta.org). Contact: Tom Perry (585)388-5270; E-mail: [info@canandaiguaulta.org](mailto:info@canandaiguaulta.org)

### Nov 5, Saturday, 8:00 am: 11th Mendon Trail Runs (50K); Race #5

Pittsford, NY. Five loops on trails in Mendon Ponds Park (5K, 10K, 20K nonultra options). 1100 feet of climb per 10K loop. \$8 (\$10 after Nov 1). [Http://roc.us.orienteeing.org](http://roc.us.orienteeing.org) Contact: Larry Zygo (585)225-0733; E-mail: [Lzygo@aol.com](mailto:Lzygo@aol.com)

## February and March Calendar (some material presented for retrospective purposes only)

**Feb. 5:** Tug Hill Tourathon Cross Country Classical Ski Race 25K and 50K, Winona State Forest, Boylston. [www.tughillskiclub.com](http://www.tughillskiclub.com).

**Feb. 5:** Northfield Mt. Snowshoe Race 7.25K, Northfield, MA., 8 am. USSSA Championship qualifier. [www.runwmac.com](http://www.runwmac.com).

**Feb. 5:** Glimmerglass 5K Snowshoe Race, Glimmerglass State Park, Cooperstown, 2 pm. E-mail Chuck Hudson: [cjhudson@stny.rr.com](mailto:cjhudson@stny.rr.com).

**Feb. 6:** Finger Lakes Runners Club Indoor Track Meet, Barton Hall, Cornell, 9 am. Events: 5,000 meters, 60 meters, 200 meters, 1,500 meters and a 2 x 800-meter Valentine's Day relay. [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org). E-mail: [timingall@hotmail.com](mailto:timingall@hotmail.com).

**Feb. 6:** The seventh annual Saratoga Winterfest Snowshoe 5K, Saratoga Springs, 11 am. Contact Laura Clark, 91 Loudon Rd., Saratoga Springs, N.Y. 12886; [www.saratogastryders.org](http://www.saratogastryders.org).

**Feb. 6:** Great Winter Race, Casey Park, Auburn, 10 am. Five-person team event: ice skate 5 miles (rink); run 3- and 6-miles (roads); cross country ski 4 miles; snowshoe 2.5 miles. If no snow, everyone runs except skater. Call Auburn YMCA: (315) 253-5304.

**Feb. 12:** Chilly Chili 5K Run and Walk, Cazenovia, 10 am. Call Kitty Filkorn: (315)655-4576.

**Feb. 12:** Camp Saratoga 8K Snowshoe Race, Wilton Wildlife Preserve, Wilton, 10:30 am. [www.saratogastryders.org](http://www.saratogastryders.org).

**Feb. 13:** The eighth annual Valentine's Day 5K, Big Flats American Legion, noon. Contact Gene Herber at 562-3168 evenings. No preregistration.

**Feb. 13:** Syracuse Chargers All-Comers Track & Field Meet, Manley Field House, Syracuse University, 8 am. [www.syracusechargers.org](http://www.syracusechargers.org). E-mail Tom Shafer: [shafrun@worldnet.att.net](mailto:shafrun@worldnet.att.net).

**Feb. 20:** National Bank of Geneva Indoor Distance Festival: 800 meters, one mile, 3,000 meters, Veteran Men's mile (ages 50-over) and Roger Messenger (Men's) Masters Mile, 11 am. [www.gvh.net](http://www.gvh.net); [www.peteglavin.com](http://www.peteglavin.com).

**Feb. 25-27:** USA Indoor Track & Field Championships, Boston. [www.bostontrackandfield.org](http://www.bostontrackandfield.org).

**Feb. 25-27:** Empire State Winter Games, Lake Placid. Web: [www.empirestategames.org](http://www.empirestategames.org).

**Feb. 27:** Hudson Mohawk Road Runners Club Winter Marathon and Three-Person Relay, University of Albany, 10 am. [www.hmrrc.com](http://www.hmrrc.com).

**Feb. 27:** Sheraton Hyannis Marathon & Half Marathon, Hyannis, MA. Contact Event Promotions, P.O. Box 440103, Somerville, MA. 02144. [www.clydesdale.org](http://www.clydesdale.org).

### MARCH CALENDAR 2005

**Mar. 5:** Shamrock Mile Run, Binghamton, 1:20 pm. A street mile preceding St. Pat's parade; begins in front of Broome County Public Library. E-mail: [www.happyrunner5K@hotmail.com](mailto:www.happyrunner5K@hotmail.com).

**Mar. 5:** Umstead Trail Marathon, Raleigh, NC, 9 am. [www.carolinagodiva.org/umsteadmarathon](http://www.carolinagodiva.org/umsteadmarathon)

**Mar. 6:** Family Fun Day & Serious 400 and Mile, Barton Hall track, Cornell, 9 am. Adults and kids participate together in low-key runs and games. Contact Tim Ingall at [timingall@hotmail.com](mailto:timingall@hotmail.com). Meet includes "serious" 400-m and one-mile races. [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org).

**Mar. 6:** B & A Trail Marathon, Severna Park, MD, 7:30 am. [www.annapolisstriders.org](http://www.annapolisstriders.org).

**Mar. 6:** City of Los Angeles Marathon. [www.lamarathon.com](http://www.lamarathon.com).

**Mar. 11-13:** The 2005 USATF National Masters Indoor Track & Field Championships, Boise, ID. [www.usatf.org](http://www.usatf.org).

**Mar. 12:** St. Patrick's Day 4-Miler, St. Patrick's Church, Leroy St., Binghamton, 10 am. Contact Vince Kelley at [kelleev@uic.com](mailto:kelleev@uic.com). [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org). Competition also for police and fire department teams.

**Mar. 12:** Johnny's Runnin' of the Green 5-Miler, 10 am., Rochester. [www.catspage.com](http://www.catspage.com).

**Mar. 13:** Syracuse Chargers Youth Developmental Meet, Manley Field House, Syracuse University, 9 am. [www.syracusechargers.org](http://www.syracusechargers.org). For boys and girls ages 12-under. E-mail Lennie Tucker: [lennieruns@aol.com](mailto:lennieruns@aol.com).

**Mar. 19:** The 32<sup>nd</sup> annual Shamrock Sportsfest Marathon and 8K, Virginia Beach, VA. Contact Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA. 23451; [www.shamrocksportsfest.com](http://www.shamrocksportsfest.com).

**Mar. 19:** HAT Run 50K, Aberdeen, MD, 9 am. [www.hatrun.com](http://www.hatrun.com).

**Mar. 20:** The 32<sup>nd</sup> annual Forks XV (15K), Chenango Forks High School, Patch Rd., Chenango Forks, 2 p.m. Contact Tom Hamlin: [hamlin918@cs.com](mailto:hamlin918@cs.com).

**Mar. 20:** Syracuse Chargers Relay Carnival and Throws Meet, 9 a.m. Web: [www.syracusechargers.org](http://www.syracusechargers.org). E-mail Lennie Tucker: [lennieruns@aol.com](mailto:lennieruns@aol.com).

**Mar. 20:** The 25<sup>th</sup> annual Winter End's 4.5-miler, 10 a.m., Penn State/Wilkes-Barre, Pa. campus. Contact Vince Wojnar, 295 S. Mountain Blvd., Mountaintop, Pa. 18707; call (717) 474-5363; e-mail: [Wyovalstr@aol.com](mailto:Wyovalstr@aol.com).

**Mar. 20:** The 111<sup>th</sup> annual Around the Bay 30K, Hamilton, Ontario, Canada. Web: [www.aroundthebayroadrace.com](http://www.aroundthebayroadrace.com).

**Mar. 20:** The Ocean Drive Marathon, Cape May, N.J. Web site: [www.odmarathon.org](http://www.odmarathon.org).

**Mar. 26:** The 11<sup>th</sup> annual Mt. Penn Mudfest 15K Trail Run, Reading, Pa. Web: [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

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**This is your club and your newsletter. Get involved in ways that extend beyond running: volunteer (contact president Lorrie Tily [ljm2@cornell.edu](mailto:ljm2@cornell.edu) or relevant race director) and/or submit race reports (email them to Nancy Kleinrock [nk33@cornell.edu](mailto:nk33@cornell.edu)).**

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You can do your part by opting out of receiving the monthly *FLRC Newsletter* in hard-copy and instead access the bulk of it online at [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org) (click on *Latest Newsletter* or *Newsletter Archives* from the menu at the bottom of the home page; other features, such as the race calendar appear elsewhere on the website). To effect this change, contact membership chair Casey Carlstrom at [kcc@cornell.edu](mailto:kcc@cornell.edu).

Think you're an FLRC member, but there's no *Newsletter* showing up in your mailbox? Odds are your membership has lapsed. Shame on you! For this, you too should contact Casey, and he'll sign you back up—with only a modicum of scolding and a request for the low, low membership fee.

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