

# Finger Lakes Runners Club Newsletter ~ July 2006



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

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## Results and Calendar

Apps: Fillmore 5K, Forge the Gorgeous, Loop-the-Lake 5K  
(see June newsletter for early-July 2006 entries; or grab 'em directly from [www.fingerlakesrunners.org/races/forms/index.html](http://www.fingerlakesrunners.org/races/forms/index.html))

## JULY 2006 BALLOT FOR NEW PROPOSED BYLAWS

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ACCEPT

Mark E. Thompson

REJECT

PO BOX 366

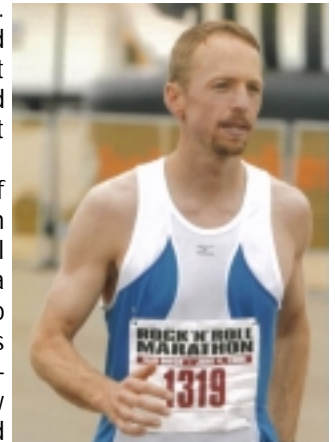
Ithaca, NY 14851-0366

## New FLRC Bylaws Proposed: Please Vote Now!—Mark Thompson

In January the board undertook the task of re-writing the club's bylaws. The 1993 bylaws had several elements that did not reflect how the club has grown. A bylaws committee was appointed and charged with suggesting revised bylaws. Alan Lockett chaired this committee, and was assisted by Nancy Kleinrock, Lorrie Tily, and Thaisa Way. After several months of fine-tuning, the new bylaws were approved at the June 2006 board meeting. Before the new bylaws can become effective, they must be voted on by a majority of the club's membership.

*This is where you come in.* We need you to take 10 minutes to review the new proposed bylaws and then vote by ballot to me (pictured here). The finished product can be viewed on our club website, or, if you prefer, I can email or regular-mail a copy to you. We will complete the vote in time to announce the results in the August newsletter, so be sure to cast your ballot by July 22.

Please either tear out and mail to me the ballot that appears at the left, or send me an email at [mthomps6@twcny.rr.com](mailto:mthomps6@twcny.rr.com), or let me know at one of our upcoming events in July. Incoming ballots will be accounted for against a current membership list so that duplicate voting does not occur. Your participation matters. Please review the proposed bylaws, and let me know your vote now.



## Coming Up

July 1: Finger Lakes 50s, 50 mile, 50K, 25K, Hector, NY, 6:30 am.  
July 4: Hope Lake 5K, Virgil, 8:30 am.  
July 4: Cazenovia 5K & 10 Miler, 8 am.  
July 5: FLRC Outdoor Track Meet, Dryden High, 6 pm.  
July 9: Boilermaker 15K & 5K, Utica, 8 am.  
July 13: Women's Distance Festival 5K, Dryden Town Park, 6:30 pm.  
July 16: Forest Frolic 7K & 15K, Virgil State Forest, 9 am.  
July 22: Fillmore 5K, Moravia, 9 am.  
July 26-30: Empire State Games, Rochester.  
July 29: Forge the Gorgeous 7-Mile Trail Run, Moravia, 9 am.

## FLRC 2006 Summer All-Comers Track Meets—D.S. and Tim Ingall

*All-Comers:* These are low-key track meets for all abilities and ages to enjoy during the summer months. Bring your own snacks (we'll provide a few), friends, and competitive spirit. The meets will go on rain or shine! No field events.

*Site:* Two at Cornell University; one at Dryden High School. (details below)

*Cost:* Free for all FLRC members. Free for kids ages 6-under; \$2 for students (nonmembers); \$3 for

## News and Upcoming Events

adults (nonmembers). Team discounts and memberships may be discussed with Tim Ingall. Individuals who volunteer to work a portion of the meet will receive a free entry to participate in the meet.

**Registration:** No preregistration. Sign up at each meet, beginning at 5:15 pm July 5 and at 5:00 on Aug. 8. Organizers urge you to complete *all* event registration at least five minutes before the start of the meet.

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

**Contact:** Track meet director Tim Ingall: [timingall@hotmail.com](mailto:timingall@hotmail.com); (607)351-6778.

**Additional upstate New York summer track meets:** Check 'em out at [www.gvh.net](http://www.gvh.net); [www.syracusechargers.org](http://www.syracusechargers.org); [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org) (and see page 3), [www.empirestatgames.org](http://www.empirestatgames.org).

Here's what's in store:

Wednesday, July 5, Dryden High School. Registration opens at 5:15 pm.; meet begins at 6 pm.

Order of events:

- 3000 meters
- 100 meters
- one mile (includes one or two special youth mile heats)
- 400 meters
- 4 x 200-meter relay

Tuesday, August 8, Cornell University outdoor track. Registration opens at 5 pm; meet begins at 5:45 pm. *Note earlier starting times!*

Order of events:

- 1500 meters
- 200 meters
- 5000 meters
- 800 meters (includes race walk)
- The "3 Rs"—grand finale event of the season (shhh! details later) Run, run, run!

### Fall Cross Country—Karen Grover

It's barely summer, but...

...it's time to start thinking about fall, and fall means the 17<sup>th</sup> Annual Upstate New York Cross-Country Series.

**Race 1:** Saturday, Sep 23, Center Park (Fairport) 5K, 11:00 am.

**Race 2:** Sunday, Oct 8, Vernon Verona Sherrill HS 6K, 12:00 noon (VVS is near Rome)

**Race 3:** Saturday, Oct 21, Watkins Glen State Park 5K, 11:00 am.

**Race 4:** Sunday, Nov 6, Parma Town Park (Hilton) 4 miler, 11:00am.

**Race 5:** Sunday, Nov 19, GVH Invitational at Genesee Valley Park, Masters Men 8K, 10:00 am; Women 6K, 10:45 am; Open Men 8K, 11:30 am.

### Weekly M-E Track Meets—George Joseph

Wednesday Evening Track Meets are in full swing at the Maine-Endwell High School track. Registration is 5:30-6:00

pm; meet starts at 6 pm. This is free to TCRC members; nonmembers must sign a waiver and pay \$3.

*Order of events:* one mile, 800 m, 400 m and 2 mile.

### RRCA's *Footnotes* Publication—N. Kleinrock

The Road Runners Club of America's quarterly *Footnotes* is now an online-only publication. As an RRCA member club, Finger Lakes Runners Club members are invited to check out the latest issue at [www.rrca.org/publicat/footnotes0606.pdf](http://www.rrca.org/publicat/footnotes0606.pdf) or order a print version (for a fee) from [www.cafepress.com/rrca](http://www.cafepress.com/rrca).

### Hope Lake 5K—N. Kleinrock

Looking ahead toward some holiday fun or need a recovery run after the Finger Lakes 50s? Start your 4<sup>th</sup> of July by heading out to Virgil's Hope Lake for a two-loop, hilly, grassy 5K directed by Cortland High's coach Robert Vidulich on behalf of the Cortland Runners Club, sponsored by the Cortland YMCA, and in support of the Cortland XC team. See attached registration form for all the details. There will be age group awards and some gift certificates from Fleet Feet.

### Group Runs—N. Kleinrock

Saturday mornings will find runners collecting at the Finger Lakes Running Company, 318 W. State St, Ithaca (northeast corner of State and Geneva), for group runs. There will always be a 9:00 am run; and additional start times, if any, will be announced on the listserv.

Also, check out the running store's website at [www.fingerlakesrunningcompany.com](http://www.fingerlakesrunningcompany.com).

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## Race Reports

### Live Like Liz 5K—Diane Sherrer

It was a spiritual moment invisible to the eye, a flicker of faith that would almost enable you to see Liz Amisano standing at the foot of the Catharine Valley Trail, waving at her friends and family, and laughing so loud it would echo through the tunnel of trees.

The irony of it all would have never have escaped Liz's acute sense of humor. A memorial race and fundraiser for the girl who threw the discus and shot put, but didn't like to run. Unless, of course, the run could somehow alleviate the suffering from poverty or disease of someone who needed her help.

Liz was a former member of the Watkins Glen High School track team who was diagnosed at age 18 with ovarian cancer. After two years of enduring four surgeries and rounds chemotherapy, she died in October 2005, at the age of 20.

In loving memory of Liz, a group of friends and family members, teammates, community groups, and area merchants, led by coach Marie Fitzsimmons, planned the inaugural Live Like Liz 5K, held June 11 on the beautiful Catharine Valley Trail in Montour Falls. Proceeds from the race are earmarked for the Elizabeth Amisano Ovarian Cancer Education Fund, which will include a scholarship program for Schuyler County teens.

Nearly 450 runners and walkers appeared like magic at the trailhead on that perfect Sunday morning.

"Everything went beyond our wildest expectations," said Fitzsimmons, also a Watkins Glen High School educator. "We've seen incredible love and support for the amazing Amisano family. Anyone who knew Liz loved her. Here we all are today, with pain yet love in our hearts. It was a beautiful day, and it made all of us happy to do this. And, we introduced a lot of people to this gorgeous trail system for the first time, and they will be able to enjoy it forever."

In the 5K trail race, Scott Weeks, 34, of Cortland won the overall title in 16 minutes, 25 seconds.

Jonathon Fazzary, 16, a member of the Watkins Glen High School track and cross country team, placed second in 17:23, and Russ Derick of Bath was third in 17:52.

John Fazzary, 41, of Montour Falls, Fazzary's father and a Watkins Glen Elementary School physical educator, was the men's masters champion.

In the women's 5K race, Katie Danner, 32, of Alpine placed first in 18:56.

Shirley Woodford, 50, of Burdett was the second female overall—and first masters, in a nationally ranked, age-group time of 20:55. Elmira's Christina Bruner, 30, was third in 21:05.

Once the starter's gun fired, it was the Groton High School track coach versus the Watkins High track standout. Weeks' running talents are well known, and he was going to be tough to beat.

"I just wanted to make this race a tempo run," said Weeks, a top-ranked road race and track athlete for the Syracuse Chargers. "I was especially impressed with Jonathon. Even at the turnaround, he was right there, and I didn't expect anyone to be that close. He'll be a person to watch!

"I also teach health education, that's my profession,"

Weeks added. "We talk about these types of diseases in class. It's really a nice thing to do to create awareness in somebody's name. It's something young people need to pay attention to; ovarian cancer is not just a disease of the old."

While Weeks had never seen the Catharine Valley Trail, and wished he lived closer, Danner has spent countless hours training on the trail, especially for marathons. In fact, Danner was actually in the process of completing a 20-mile run on the trail, using the 5K as a tempo run.

"I've put in 1,000 miles on this trail, if I've put in one mile on it," said Danner, whose daughter Sarah also won the 14-under age group title (22:59). "It's my favorite place to train. Today, there were a lot of fast women here, and some very good high school girls. I didn't know what to expect, so I kept control (of pace) going up the trail—it's hard, and you can fly coming back to the finish."

Meanwhile, Bruner and Woodford battled it out up the trail and back.

"The uphill made for a nice challenge," said Bruner, a local attorney. "I felt great through 2.5 miles, then at the end I could feel myself slowing down. Shirley was right behind me—I knew it and I saw her, but I couldn't go with her. It was close between us at the end, but I didn't have the steam. But the cause was wonderful, and although I never met Liz, I read the Live Like Liz blog online, and she seems like she was a wonderful person."

That was exactly the point. The Amisano family wants everyone to remember Liz, and live her motto every day: "Love your family, cherish your friends, believe in God, care about others, laugh a lot, and enjoy life!"

### Vermont City Marathon Relay—Laura Voorhees

Well, you can *try* to teach an old dog new tricks...

I participated in the Vermont City Marathon relay with members of my family—my very first marathon relay. I've done other marathons where I saw other runners sail past me, and when I'd see the relay tag on their bib or their back, I'd secretly mutter under my breath, "Oh. One of *them*. S/he's just doing the *relay*, and I'm suffering through all 26.2 miles."

So I thought, "Hey, here's my chance to be the one *sail-ing*, and not just watching the *sail-ors*."

I was assigned the first leg, which was only a 5K. I envisioned a strong run and a triumphant pass of the baton (in this case, a stretchy coiled yellow wrist band) to my husband, who would be running the second leg. I ran pretty well, especially considering the heat and bright sunshine. I did my customary sprint toward the end of my leg.

What I was *not* prepared for was the *mob* awaiting the first exchange. At the very last minute, I heard someone yell, "Relay people go on the left, marathoners on the right!" Whoops! A quick swerve over, and I feverishly searched several hundred faces for that of my husband. I got to the end of the crowd, and I was still holding my stretchy yellow coil. Oops. I had not planned for *that!* I retraced my steps (dangerous, when you've got other peo-

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ple frantically bounding all around you), and I ran past the whole crowd again, screaming his name. No hubby. Then, as it can sometimes happen when you've got an overload of adrenaline pumping through your body, I started thinking rather irrationally. Maybe I wasn't at the place he had pointed out to me the previous day. (I am directionally challenged to begin with.) Maybe I was supposed to go to another corral further down? So, I kept running, all the time asking anyone wearing a neon vest (race helpers), "Did I miss my exchange? Is my relay exchange ahead?" No one could give me an answer. So I kept going. My sister-in-law told Scott, "She went past here!" So my husband, Scott, sprinted to catch up with me. When he did, he asked me, "What are you *doing*?" Darn good question, and I still don't think I can answer it! He took the coil and ran. I hear that the rest of our exchanges went off without a hitch, and our team managed to finish in about 3:45.

### *Things I learned:*

- (1) If you miss your exchange *don't* keep going! (Unless you are an elite type and your time is serious business.)
- (2) If the baton you pass is *not* a timing device, you could designate a definite spot nearby so that you can link up with your next man (e.g., Meet ya at the huge oak tree just after the corral!).
- (3) If you *must* be in the exact corral spot, then pre-decide where in the corral the person will be: at the beginning, very end...?
- (4) A cell phone can be your friend!

So, it was quite an interesting first experience for a relay for us. I'm sure that (like childbirth) the icky parts will fade from our memory, and at some point will be crazy enough to try again. Maybe next time a smaller race, so my husband and I can find each other. We've only been married almost 13 years. You'd think we knew what each other looked like by now.

That's my story and I'm stickin' with it.

### **Soaking Tortoises and Wet Hares—Adam Engst**

Several years ago I wrote up an amazingly wet Virgil Mountain Madness race, talking about how soon I gave up on trying to keep my feet dry, and how there was a stream crossing that was at least up to my knees.

Those were desert conditions compared to Saturday's Tortoise & Hare trail race. From what I can tell of the climate page, it rained about 1.5" the day and night before the race, and Buttermilk Falls was about the highest I've seen it. The stone bridge to the other side was completely submerged, and had there been a lifeguard in the chair on the other side, well, he would have been stuck there until the flood abated.

As with the prior week's Rec-Way 10K, it was drizzling during the warm-up and at the start, so I ditched my jersey to reduce water weight. I'd also opted for my Saucony Azuras, which are lightweight training shoes with decent treads, since I figured neither my normal racing flats nor my current Mizuno Inspire training shoes would have nearly enough traction. At the start, KC Bennett promised that she had drained the course, but, given the glee with which Joe Reynolds was clowning about the forthcoming mud, we didn't believe her.

We were right. The race starts across the open playing fields, and my socks were wet before we were halfway across them from the standing water. Then we had to do the meadow loop trail, which, in a few places, didn't have six to eight inches of water on it. But it made up for that relative dryness with a stretch through which we had to run upstream against a strong current. Curious just how serious it was, I looked up white-water rapids in Wikipedia and discovered that it probably counted as Class-3 rapids ("Difficult, irregular, and requires expert navigation to successfully travel.") At this point, I was running behind Jeff Abbott (an upcoming senior at IC and last year's winner), Eric Davis (who's running really well right now), and Tom Meyer (fresh from some NYC Thunderhead running), but I was a touch worried that some of the smaller children could have succumbed to the undertow.

Eric claimed we did the first mile in about 6:30, which would have been astonishing given the weight of our feet and the complete lack of solid footing. Then we headed across the parking lot and up the hill that climbs 400' in half a mile. Tom, who apparently had been doing more sewer training than hill work in Manhattan, fell off a bit, leaving Eric and me following Jeff up the hill. At the steepest point, Eric walked, and I passed him briefly, still running, but as soon as he crested the worst of it and started running again, he promptly passed me back. The puddles (keep in mind that this is one heck of a steep hill) were few and far between, and seldom had more than an inch of water in them, but the footing was awful everywhere, and we were slipping all over the place.

Eventually we hit the top, enjoyed a bit of downhill, and then crossed over King Road into the winding and twisty trails that mark the upper part of the course, followed by the flat field of Upper Buttermilk, where Jeff fell off the pace. Eric led for a while until we went back into serious trails and I was able to take advantage of the way the trails cramped his stride to slip by going down a hill. Woo, I was in the lead! Could I make it three wins in a row, after the Rec-Way 10K and the Waddleduck Phrolic?

I led for about a mile or so around Lake Treman, pushing as hard as I could through the trails since I knew my only chance was to have a good-sized lead going down the long hill and into the flat quarter mile at the finish. At some point there's a hairpin turn off a road back onto the trail, and after I negotiated it, I saw a huge puddle covering the trail in front of me. But there was space to the right, so as I approached it, I took one step the right, planted my right foot, and went down instantly as my foot hit the slick mud. Luckily, it was all mud and leaf litter, so I got up quickly without more than a tiny scratch and retained the lead, although Eric made up a few yards in the process. We careened along at full speed together, agreeing that we'd cool it over a stone bridge without rails that had only a few inches of space between it and the rushing water below, and then picking it up again afterwards.

Eventually we hit a hill that was relatively free of roots and Eric powered past me to retake the lead, but the fancy

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footwork that was required to maintain speed after that enabled me to stay close to him as we passed others on their way out, crossed King Road, and headed for the steep downhill. Normally I'm a big fan of downhills, and I've long believed that the best approach is to run them as fast as possible with relatively short strides, since the less time your feet spend on the ground, the less likely you are to slip and fall. But there was no hope of solid footing this time, and I let Eric ease out to ten feet or so in front of me so I could see every time his feet slipped or splashed as an early-warning system.

We powered down the hill together as fast as we could, spinning out even on the asphalt once we hit the road. Eric made it through the gate at the bottom first, and I knew I had no chance given his 800-meter speed. But I pressed on, since I had a sense that Jeff Abbott wasn't far back, and Eric put only three seconds on me in the 300–400 yards across the parking lot and into the finish. He came through in 45:59 compared to my 46:02, and Jeff was another five or ten seconds behind, I think, followed a while later by Tim Ingall and then Tom Meyer.

Overall, it was an exhilarating race, and I wasn't at all put out to have taken second to Eric. In fact, I was ecstatic that I'd managed to stay as close as I had, since he wasn't really able to open up his stride other than in a few spots. Plus, there was enough food afterwards for a small army, making for an amiable postrace atmosphere. What's not to like?

Still flush with the fun of the race, Tom and Tim and Eric and I agreed to do an easy 5 miles on the Rec-Way on Sunday, giving us the chance that day to explain in great detail to Boris (who missed out on all the excitement) all of the ways one could have died during the race (he may never run a trail race again). Unfortunately, with that crew, what I had envisioned as an easy five mile run to Burns Road and back to stretch my legs turned into a grueling 53 minute ordeal as Tom punished us by taking us down some astonishingly slippery trails below the Rec-Way (with my treadless-wonder training shoes, I felt like a cartoon character with blurred legs and no forward motion) and Tim upped the ante by insisting that we run both extra legs of the trail. So now the question is if I'll be able to walk in time for the first FLRC track meet of the summer!

### Evan's Race—Evan Kurtz

"Come on Evan! This is a race," is what I heard, in Tim's slightly accented voice, as I came off the grass, thru the gate, and onto the blacktop for that last down hill to the finish of Tortoise & Hare.

Since I started running just over five years ago, I've approached these events as 'just another run,' definitely at a quicker pace, but not as races. Today was different.

In the soggy flat I went out quicker than I like to (being older, a warm up means several miles, which I didn't have time for), knowing I could hold on during the uphill and start working on the down. There was the usual (for me anyway) being passed and passing during the first couple of miles, then things settled down. I knew Steve Ryan and Audrey were not far ahead, but I spent much of the way up trading places with some very tall young guy while picking off a few others.

The fast folk were just starting to come back along the trail toward me. One way I judge how I am doing in this race is by how many lead runners come by before I turn off onto the loop. Today those numbers were low, but the distraction of exchanging encouragement with Jeff Juran and Jim Chely (numbers 6 and 7) caused me to miss the turn for the loop! Not by much, but by the time I stopped, reversed, and got back to the turn, my competition had gained much ground. I pushed the next section of trail up to the road fairly hard and left him. Nice! Now, to start the downhill. With encouragement from Bob Talda (and I swear I heard little Emily, too!) I took off after the guy ahead of me. Passed him at the lake and had Steve, Audrey, some stranger, and John Dailey in sight! Like lots of the less sane in the trail runners group, I like the down hills. Even in these nasty conditions it felt good. Legs not tired and feet secure. We hit Bear Trail (I had just removed my shirt to be 'bare'), and I didn't know if they realized how close I was, but on a little steep up hill I walked and lost a good bit. Darn!

Across the bridge, past the water stop (too short a race for that), and up the short grassy rise. Now for the long downhill to the finish. Audrey seemed surprised as I flew past. I had told her as she left me on the early uphill I would see here on the down! Later, she told me the surprise was more because she had thought I was another women runner when she had glanced back. Even without my shirt? (Maybe this speaks more to Audrey's good sense than to anyone's running ability.)

Now I was tearing; Steve and John, who are also downhill nuts, had opened up on me, but there was some kid in black whom I was closing on quickly (the results tell me this was Brendan George, age 32, and, yes, to some of us that is a kid). This was the point where I saw Tim and heard his challenge. Coming off the hill and onto the flat I was maybe 10 feet behind and realized I had reached a decision point—push like heck and maybe beat this guy or ease up just a bit and not throw up!

My running goals are three; finish, don't get hurt, and don't throw up. So I finished, unhurt, and with my stomach contents inside. But it was fun to *race* again, and I appreciate Tim's reminder that competition with others (not just the clock) can add to the running experience.

### San Diego Rock 'n' Roll Marathon—Mark Thompson

With 40 bands, and 20,000-plus runners, I was very concerned about congestion at the porta-potties and during the first few miles. However, the planning was exceptional. The crowding was minimal. Because of my estimated finish time of 3:10:00, I was herded into corral #1 of 22, right behind the elites. There were a lot of Team in Training runners, perhaps a few thousand—a sea of purple. It was nice for a change not to share the starting area with any half marathoners or other races. There was just the marathon.

San Diego is not a flat city, as some of you may know.

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And there were some pretty big hills (Route 163 up through Balboa Park). I chose to stick to a Cliff Bar 3:10 pacing group, and this was very helpful in the first 13 miles where most of the hills were. We averaged 7:00 on the down hills and 7:30 on the uphills, very controlled. I felt I could trust the team leader. Unfortunately I just couldn't keep up with them after 17 miles.

With \$200,000 in prize money including \$20,000 and a car for first place male and female, there was an impressive international elite lineup. The \$5000 bonus for new course record didn't get taken, probably because of the high humidity. Best finish time was 2:10 and 2:28, still an awfully fast marathon.

Temperatures were perfect San Diego: 65°F at the start. The clouds didn't break until almost 10:00, long after I was done—that was a blessing. Humidity was 50–60%. If the temperature had been closer to 70°, it could have been very difficult. I reviewed all the collective wisdom from the recent listserv thread, and bought a new technical singlet to wear, padded my shorts with a couple salt tablets, and ran through every water hose they had on the course! The medical director wrote a letter to all runners that recommended eating packets of salt prior to running, and at least around mile 17, he also stressed the importance of not drinking too much water, only 8 ounces every 20 minutes or so. As we entered the corrals at the start, the medical folks were handing out salt packets to every runner with bottled water everywhere.

As for my personal battle, I had very good early splits with 7:10 and 7:15 pace at the 10K and half-marathon points. My watch kept reporting at least 7:16 miles until mile 16, when I began to lose touch with my pace leader, and by 18 miles the slowdown was on, 8:00 for a few miles, then 8:30 for a few, then 9:00 for the last 2 miles. Never did I feel prominent muscle fatigue or tightness, but just an inability to aerobically continue at any higher pace. Recovery has been uneventful and much better than usual. So my higher miles this time paid off with better muscle use and recovery, but there's still that 18-mile barrier for me.

The finish line was pretty cool, as they handed out wet souvenir towels and Spenco sandals, as well as the usual food and drink. Ozomatli was the band set to play for the postrace concert at the Coors amphitheater following the awards ceremony starting at 6 pm. I had a noon flight back home, and I'm not the party type anyway, but with free beer and good music it could have been fun I guess.

I was just happy to have the chance to once again do my best on a good course in a beautiful place. A refreshing mini-vacation.

### Freihofer's 5K—Shelly Marino

The best part about running Freihofer's Run for Women is the time spent hanging out with the great group of FLRC women in their 50s who make the commitment and the trek to Albany. Debbie Yelverton is our star driver, and we pack her vehicle to the hilt. Since Diane Sherrer, Zsofia Franck, Shirley Woodford, and I are all subject to motion sickness, multi-

continent marathoner Mary Wenck takes the way-back seat. I'm happy to report that no cookies, Freihofer's or other, were tossed. PJ Peterman and Jim Miner joined us for a huge pasta dinner at Buca's. Looking at the groaning tables, you'd think we were eating for an ultra or two.

The second best part about running Freihofer's is the other 2600 women participating in the race. When we arrived at the capital building Saturday morning, the concourse was packed. With a minimum of mix-ups and a maximum of trips to the bathroom, we got our numbers pinned on and our goody bags stashed away. Zsofia and I went out to warm up.

Perhaps I should have said, "wet up" rather than "warm up." Albany was expecting to receive an inch of rain on Saturday, and the rain was coming down right on schedule. By the time we'd jogged to the park, any weight advantage I'd hoped to gain from my spankin' new racing flats was utterly counteracted by the weight of the water in my shoes and socks. Z and I slogged on back and went into the concourse to work on our dynamic warm-up routine (courtesy of IC track women's coach Jen Potter, who gave a three-session workshop to Tri Club members). We ran through the snakes and scorpions, hydrants, etc., and felt as ready as we would ever be. Well, maybe one more trip to the bathroom.

Outside the concourse, there were signs up for predicted times. I ended up standing near one that said something like 18:29–21:39. As if! But I was surrounded (think: sardine) by (now, don't laugh when you hear it from me) old ladies and young girls. Clearly no one was paying much attention to the signs. The loudspeaker began squawking, some women put their hands over their hearts while the National War Anthem was sung (why do they do that?), and there were a few surges forward while we got ready to go. In the second surge I moved forward enough to spot Shirley Asterisk Woodford up ahead. And then we were off.

Well, not really. In a mob that packed, it's more a matter of achieving a little forward motion. Eventually, we got moving as a unit at a slow jog.

The course starts with a pretty steep, though brief (200 yds?) uphill. I guess it was my good fortune to be prevented from going out too fast. For the first half mile it was more like a trail run without a trail. All my core training came in handy for dodging other folks, weaving in and out, and jumping forward if the slightest opportunity presented itself.

It wasn't until nearly a mile into the race that I had a (mostly) clear way to run. By that time we were weaving through the park, down and around a curve, back up to the road, turning the corner to a long straightaway. They'd changed the course this year, and I welcomed the long straight shot, rather than last year's endless (is this the last one? no, drat it) turns. I was beginning to fade a little as I passed the 4K sign. That's where those 6 am track sessions kicked in. Anyone who has ever run 1000s knows

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that you can always sustain your effort through the last 1000 repeat. Or that's what I told myself, and kept up my pace.

Before I knew it, I'd turned the last corner, and was looking ahead for the 400-meters-to-go sign. There it was! Now just keep it up! I didn't have a big spurt of energy at the end, but since the race ends where it began, I pounded down the hill doing my best. Gasping at the end, I saw that I'd met my goal. Hurrah! Done!

Our team greeted each other with hugs as we came in and then started shivering. Back to the car to change, on to the awards ceremony, such as it was, and I'll leave it to Diane to tell that tale. Suffice it to say that Shirley Asterisk Woodford received her well-deserved age group award along with a handshake from Joan Benoit. I had the honor to offer JB an apple, which she accepted, and I took her picture with Shirley, Diane, and Deb. Quite a thrill. And she's mighty short, too.

To this I want to say a *big thank you* to everyone on the vet team for being such wonderful teammates and friends, with special thanks to Diane Sherrer, without whom all this would not be possible...or is that "necessary"?

And the biggest thanks of all to the hardy 6 am track group who showed up all winter long, encouraged me to go far beyond what I thought was ever possible, extended their rest periods between reps to accommodate this slowpoke, and never even asked me to stop whining.

May you all have a season filled with just enough PRs to keep you trying harder!

### Keuka Lake Triathlon—Karen Grover

I was invited to participate in the Keuka Lake Tri as the 10K runner for a team; Michelle Bamberger had a back injury that would allow her to swim, but not bike or run. Mary Bouchard was biking (slowly this early in the season), and I agreed to run, and I felt my time might also be slow due to earlier injuries of my own. We agreed not to think about our times, and just have fun; we named our team Splash-Pump-and-Gasp.

*Swim:* Michelle donned her wet suit for the 1-mile swim in the 62°F waters of Keuka Lake. Some swimmers wore socks to the beach to keep their toes warm before entering the water. We cheered as they took off, then Mary headed for the transition area to get ready. Michelle had swum the distance in 25 minutes last year (awesome for any athlete, and she is in her 50s), and although she anticipated a slow time, we knew she was still speedy. I was happy to see many athletes from Ithaca coming out of the water, and I cheered as they climbed the wooden steps up from the beach. Michelle was done in 35 minutes, and was looking forward to a shower and hot tea to warm up. It had been tough to catch her breath when putting her face in the cold water, and the white caps and wind gusts had slowed her down. She passed the chip to Mary with a smile and cheers to have fun and enjoy the scenery.

*Bike:* Mary, also in her 50s, was off with the biker of another relay team. She had considered doing the entire short course herself, which would have been a shorter/flatter bike route. She learned that the 24 miles on the longer course were bumpy and included a long hill climb, and had figured it might

take at least 90 minutes to complete. She has not biked much yet this season, but it is her favorite of the three choices. I took a warm-up run and hung around the transition area waiting for Mary to return. Again I was enjoying the opportunity to cheer for Andy Getzin, Karen LeFace, Hal, Terry Habecker, Val and Josh Cross; their new Ithaca Tri Club tank tops are great. They were among some of the first athletes to return, and after hearing me calling names, someone asked if all athletes from Ithaca were all that good; of course my answer was *yes*. I got to see Brian Olmstead finish the long course in 7th place and Marni Martini win the short course. Terry H. finished his run and headed back out for a second loop, apparently he had turned too soon and needed to run another 3.1 miles. Mary returned in about 1:45 minutes, remarking how beautiful the ride was, her only complaint was the gusts of wind as she passed open fields, and I was given the timing chip.

*Run:* My turn for the 10K run. I had decided to let my first mile determine the pace and looked forward to getting onto the trail, unfortunately the course never entered a trail. It included gentle hills, (flat my Ithaca standards), and involved more downhill grades going out to the turn around on a paved road along the lake, which was very pretty. An out and back course is good for me, as I get to cheer for others as they are coming in, allowing me to relax and offer words of encouragement to others along the way. I clocked 7:25 at mile one, I felt good other the tight hamstring and calf in my right leg, and continually passed other athletes, most of which had been on the move for almost three hours. Mile two was 7:30, and I was quite excited to see 22:30 on my watch at the turn around (3.2 miles). I had run 44:26 at my last 10K during the Great Race 2005, a PR for me, and was pleasantly surprised to still feel strong at this point. Runners were fewer and further between, but I was still using them to push myself, again offering more words of encouragement as I passed. The last few miles were getting tougher, I was not gaining much ground on the last women in my sights, I wish I had looked at my watch for the last mile, I felt like I was flying. We both crossed the grass toward the finish chute, but I was still 20 yards back. How exciting to learn that it was my cross-country coach from high school, and she had been running the 5K course. I had forgotten to stop my watch, but was very pleased to learn my finish time was 44:44—very respectable.

After a cool down run with a good friend, we sat in the grass eating fruit loops and fried chicken while awards were announced. Lots were distributed, and many Ithaca athletes collected something for their efforts. Josh and Val are both strong, looking forward to more triathlons this summer, Brian Olmstead was happy to keep up with another athlete on a \$7000 bike, Karen and Marni still looked fresh as daisies, Hal thanked us for cheering and joined us to eat, and many of the Ithaca men had already headed home for the 50+ miles on their bikes. Animals! I

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really enjoyed the event and look forward to joining these folks for more. I am still not ready for the water portion, but perhaps I'll try a duathlon once I get more comfortable on the bike. I definitely recommend joining a team, I had a great day among lots of friends.

### Empire State Senior Games—Herb Engman

Thanks to the organizing and cajoling of Diane Sherrer, our area was well represented at the Seniors Games in Cortland last week. On a side note, I learned that Diane is also referred to as "Di." How sweet—our own little track princess!

Despite sometimes wretched conditions—rain, wind, cold, and a half-hour lightning delay just as we were ready to run the 1500—my times in each of my four events were within one second of what I thought my training indicated I could run. My placement was also highly predictable, not having run the 400 and 200 in decades and lacking in raw speed. In order of completion the results were: 400 m, 70.3, bronze; 1500 m, 5:30, gold; 800 m, 2:39, gold; 200 m, 34, skunked. I was one of the weenies, running only shorter stuff over two days. Folks like Diane, Chuck Collins, and Jim Miner ran the longer road races, too.

*Observations:* This is a fun meet, low key, and somewhere between a FLRC track meet and Hartshorne or nationals. There were 80- and 90-year-olds competing, although that often meant walking rather than running. But as the old saying goes, "Victory belongs to those who show up." The facilities at SUNY Cortland are superb, although we got a workout just walking from the parking lot to the stadium. I noted in the previous event scrapbooks, as of 2003, that Joe Daley holds the 800-m meet record and Jim Miner holds a race-walking meet record.

The Seniors Games is a good tune-up for the Empire State Games.

### Carlsbad Marathon: The Beauty of Life is its Surprises—Gary Cremeens

Life is filled with surprises and this is where the beauty lies. Starting in July of 2005, I started training for the Carlsbad Marathon in Southern California. Weighing in at 300+ pounds at 6'1", my goal was to use this event to train and lose weight.

It is 5:30 am on January 15, 2006. I have my walkers bib pinned to my shirt and sporting my Chicago Cubs baseball hat. I make sure my timing chip is properly located on my shoe and the race starts. As I pass mile marker two, I see and smell the Pacific Ocean, but I am reminded I have several more hours and 24 more miles to go.

After passing mile marker 15, the skin on the bottom of my right foot ripped. Then a mile later the skin on the bottom of my left foot ripped. I could start to feel a huge blisters develop between my toes and on my left heel.

This is where the beauty begins. As I am passing mile marker 17, runners are passing me slapping me on the back saying great job. The crowd is yelling *Go Chicago* or *Go 2534*. This continued for the next 9 miles; the positive energy was so abundant that I could not absorb it all. I blocked out any pain I

was experiencing and focused on going faster, which became easier.

Around mile 22, I see my brother and a huge smile, my adrenaline is kicked into overdrive and I start a light jog. Just over 4 miles left and my mind is clear, my body feels no pain, and I am filled with unbelievable energy from the crowd.

After 7:08:11, I heard my name over the loud speaker, "Gary Cremeens from Ithaca, NY," as I crossed the finish line. The crowd cheered, and I searched for my brother gave him a huge hug.

This is the beauty of life, I took on this challenge to lose weight and complete a goal. To my surprise, I left the event and what spurred me to make this attempt—and to achieve it—did not even cross my mind. Instead, it is all about people. The energy and encouragement from the crowd and participants I will never be able to put into words. People are what make the difference in this world, and I love people.

[This article previously appeared in *The Ithaca Times*.]



*Gary and his brother Matt*

### Tangling with the Heat and Hills at Tanglewood—Tim Ingall

This was almost certainly the hardest race I've done since the Monster Marathon a couple of years ago (I do have a pretty short memory though). I don't like running when it's much over 65–70° F, so Sunday was a little too much for me!

Jim Chely has done a terrific job with this event and puts in countless hours massaging the meadows and tenderizing the trails for what is really a beautiful, but extremely challenging, course. I was told that over 90 people were registered, maybe one for every degree Fahrenheit at race time?

Everyone that finished either one or two loops of the five-mile course was a winner. Congrats to Eric Davis for destroying the 5-mile course record on such a hot and humid day. Many people ran incredibly well under terribly challenging conditions and came in looking like they had

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just been out for a Sunday stroll—not me!

For much of my race it seemed like I had a hard time just making forward progress, and by the time I got to the finish line I really didn't care about my time, my place, or anything much else! I was just glad to be there.

Gary is the real deal [see *next story*]. I finally met him about two-thirds the way up that last hill, and he too pushed me—I didn't want him to see me walking too much towards the finish line! For anyone who hasn't met him yet just come to a FLRC race and he'll probably be there giving it well over 100%, far more than I have ever done.

Now for recovery, it may take me a little while. Thanks a lot to Jim and his merry volunteers.

### And Gary's Set of Thank You's—Gary Cremeens

In addition to thanking Jim Chely, I need to give personal thanks to Tim Ingall and Audrey Balander for the past race at Tanglewood.

People the past 12 months have coddled me and just thought it was neat that a fat guy was run/walking long distances and finishing. But it was great that Tim and Audrey had higher expectations!

Tim [see *prior story*] came back down the trail yelling my name and helped push me up that last 1/3 mile uphill. That trail kicked my butt, but he told me to start jogging up the hill. I'll be honest: I did not want to jog up that hill. But I started to push my body a little harder...and did a light jog. Thanks Tim, you really helped push me up to another level mentally.

Same goes for Audrey.

I was planning on doing the loop for 10 miles, but chickened out. I can't remember verbatim, but Audrey said jokingly—but half seriously to me—after she finished her 10 miles something to the effect that I was someone *else* not doing the second loop. Even though I had an excuse ready like everyone else—you know the heat, hard course, etc.—she had a higher expectation for me, and that was awesome to hear.

*Congrats* on a great time Audrey! You rocked that course Sunday!

And, Tim, I heard you pulled your quad and still finished strong with a *great* time too!

Again everyone at the race was *great*, and thanks again for making me feel welcomed at your races.

### Pre's Meet, Rock, and Trail—Sarah Stiner

How do two people that love each other and track celebrate their first wedding anniversary? By flying off to Oregon for the Prefontaine Classic, of course. There is nothing like imagining something for years and then actually realizing it in person. As John and I stood in a lengthy line at historic Hayward Field on May 28, in Eugene Oregon, it was with a sense of excitement and anticipation. Here we were, right at the hallowed ground where many amazing athletes heralded in the track world for decades have lit the oval ablaze with their personality and talent.

Steve Prefontaine, for whom this famous meet is named, was just such a personality, known for his hardcore front-

running tactics and never-say-die attitude. He epitomized for many the spirit of our sport, the sheer beauty and flow of a runner in action, pacing his feet to the finish line with grit and determination. We clutched our tickets on an ominously gray Sunday afternoon, wanting to pinch ourselves that we were truly at the venue of some of track history's greatest moments. Even the rain that began to fall slowly at first and then steadily, until finally it was a deluge, could not dampen our spirits. We actually stood in another line soon after we got out of the one to enter the track, in order to have twotime Olympian Kenny Moore, sign his new biography on legendary Bill Bowerman for us.

The lineup of competitors was of course world class, and we were witness to some fine displays of superb athleticism. Maria Mutola in the women's 800 was gunning for her 14<sup>th</sup> unprecedented title in a row, meaning she was just 19 when she first toed the line at Hayward Field. She delighted us all with a solid sub-2-minute performance, a world leading mark in fact, and her 14<sup>th</sup> title. A blazing time was also set in the men's 400-m hurdles by the young Bershawn Jackson from Miami, Florida, whom we first met at the Millrose Games in New York City earlier this year. The meet record holder in this event in 2005 clocking 47:91, he simply flew over the barriers as if they did not exist with great grace and power.

Sitting in the stands surrounded by like-minded track fans and hearing the rhythmic clapping and cheering we had only read about was nothing short of surreal; it was as though we wanted to put the meet on hold in some way, as it seemed to be speeding by, one marvelous event after another. Of course the showcase event for men was the Bowerman Men's Mile, highlighting such greats as America's Alan Webb and Bernard Legat, as well as Rachid Ramzi from Bahrain. Prior to this event, though, a hotly contested men's 2 mile was duked out on the Hayward track. All eyes were on Adam Goucher, who has been making something of a comeback after several years in a slump; his wife Kara had just run a personal best in the earlier run women's 1500 meters by 4 seconds, so it looked to be a good day for the Gouchers. The race was fast from the gun with three Kenyans setting a blistering pace and everyone else settling into positions further



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back. Goucher and his US teammates Matt Tegancamp and Dan Lincoln were in a good spot off the first pack, just riding the train so to speak. When it really mattered, though, and it was time to up the ante, the US men rose to the occasion and stormed around the last lap impressively, with Goucher placing a close third behind Ben Lima and Eluid Kipchoge, both of Kenya. He was just shy of the US mens record, clocking 8:12.73. The crowd went ballistic on the closing lap, with people chanting Goucher's name and everyone yelling their hearts out. The rain showers had passed over and the sun beamed down on the field reminding me of how John has told me that when Pre raced—often it would be very wet and raining, yet when he stepped onto the field the sun would come out. I think he would have been proud to be witness to the meet held in his memory.

One highlight for us was meeting Craig "Buster" Mottram, a scratch from the mens 2-mile field due to a bad case of plantar fasciitis, as he explained to us. The dude is very tall and very Aussie; if you think I have an accent, talk to Craig! We wished him the best as he recovered from his injury.

After the meet, what better thing to do than find Pre's Trail and take a run on it. We changed into our gear and did a few strides on the track just to say our feet touched the same ground as the greats, and then friends took us out to where the trail was, promising to meet us at Tracktown Pizza afterwards.

To be honest, the trail was in a state of disrepair in a lot of spots, with woodchipped areas blatantly missing, but it was still a serene type of setting, and one could imagine Pre loping along with the wind in his face. After the pizza came, we took a more somber sojourn to Pre's Rock, the last place he took a breath on this earth, and a veritable shrine for track fans around the world. We made our way to Skyline Drive the scene of Pre's fatal car accident almost 31 years ago. Already near the rock were two young men who had flown in from Atlanta, Georgia, at the last minute to see the meet and pay their respects to Pre's memory. I noticed that laid by the memorial was a bouquet of flowers that were presented to the winners of each event in the meet a few hours earlier. To say this was a moving experience was an understatement. Added to it was the gentleman who visits Pre's Rock only three times per year and formerly owned the property where it lies. He is in his late 70s and recounted for us the story of what happened to Pre that fateful evening. His eyes welled up with tears even though he has shared this tale many times over, and we also were deeply moved. His intention was to take the things left at the Rock to eventually be placed into a museum that would be dedicated to the young man taken in the prime of his life and athletic career. The memories of this wedding anniversary journey will be with us for a lifetime, and we just wanted you to have a sense of how incredible a meet this was. It is well worth it to get to this amazing track meet, should the chance ever be presented to you. Last of all a big thank you to Kevin Coughlin who first inspired us to make this trip, as well as Carl Rose, who was our host in Portland, and Glenn and MaryBeth Rudner, who acted as tour guides in Eugene.

## Race Results

### Penn Relays

Philadelphia, PA, April 21

Local runner: Tom Hartshorne of Ithaca ran the 4 x 400-meter relay with the Central Park Track Club masters team. Hartshorne ran his leg in 57.6, and the team finished fourth.

### Rite Aid Cleveland Marathon

May 21

Local runner: George Hade, Trumansburg, 3:39:21.

### Nissan Buffalo Marathon and Half Marathon

May 28

Marathon

Local runners: Tom Portuses, Cortland, 3:45:31; Terri Iwata, Ithaca, 3:59:50; Dave Weiss, 4:10:30.

### Half Marathon

Local runners: Karen Gisler-Carley, Lansing, 2:08:07; Abbie Saunders, Ithaca, 2:10:28; Justine Kolb, Trumansburg, 2:10:44; Andy Chong, 2:18:33.

### Fayetteville Classic 10K

Syracuse, May 28

Local runners: 2. Garrett Wagner, 34:00; Murphee Hayes Falls, 38:29; Dan MacCracken, 43:42; Lauri Francis, 50:47.

### High Sierra 50K Ultra (34 miles)

Bishop, Calif., May 21

Local runner: Cathy Troisi, 8:58:17.

### Camillus Memorial Day 5K

May 29

Local runners: Andris Goncarovs, Trumansburg, 17:26 (first overall); Thaddeus Schug, Freeville, 18:36; Fred Miller, 19:21; Andri Goncarovs, Groton, 21:02; Stephen Codner, Groton, 22:29; Barb Wells, Ithaca, 22:59; Josh Jacobson, Ithaca, 23:35; Ray Wagner, Groton, 23:37; Daniel Berry, Ithaca, 25:09; Katie Allen, Groton, 26:33; Wyatt Schug, Freeville, 30:27; Bailey Schug, Freeville, 28:50; Paula Jones, Cortland, 32:58; Michael Hennessy, Newfield, 33:25.

### Sixth annual Bob Bridgman Memorial 5K

Mansfield University, May 29

Overall male: Chris Cummings, Mansfield, 16:52.

Male age-group winners: 14-under: Patrick Woods, 25:01; Tyler Morgan, 25:43; Derek Morgan, 25:53. 15–19: Garth Watson, 17:16; Jared Dexter, 18:16; Josh Adisna, 19:54. 20–29: Jon Holtz, 19:47; Josh Beals, 20:27; Jon Bacon, 20:57. 30–39: Skip Strobel, 19:18; Ron Brought, 19:33; Chad Butcher, 20:04. 40–49: Michael Hudyncia, 19:59; Frank Watson, 22:35; David Stanton, 24:34. 50–59: Randy Stroble, 19:38; Roger Learn, 19:46; Tom Wilber, 20:44. 60–69: Bob Kern, 23:58; Nick Iven, 24:11; Joe Reynolds, 25:48; John Dulik, 30:48. 70-plus: Dave Morgan, 26:54; Don Teague, 37:06.

Overall female: Bryanna Learn, Troy, PA, 20:24.

Female age-group winners: 14-under: Susan Learn, 22:14; Violet Learn, 25:15; Allison Varegeson, 29:08. 15–19: Caitlin Sullivan, 22:28; Lauren Norton, 22:49; Molly Rohl, 26:33. 20–29: Mimi Bacon, 21:21; Kristen Weller, 22:15; Amy Bryan, 23:03. 30–39: Chris Reynolds, 23:48; Anna Kieser, 24:59. 40–49: Lisa Norton, 23:37; Jill Dunphy, 25:53; Monika Wood, 28:05. 50–59: Shirley Woodford, 22:26; Mary Wenck, 27:57; PJ Peterman, 28:57. 60–

## Race Results

69: Sandy Folzer, 25:55; Barb Morgan, 29:01. 70–plus: none.

God's Country Marathon  
Coudersport, Pa., June 3

Local runners: Tom Wilber, 3:35:37 (3rd M50); Charlene Lyford, 3:44:49; Charity McManaman, 3:52:52; Oliver Habicht, 3:58:46; Benjamin Kartano, 4:18:57; Amelia Habicht, 4:51:55; Cathy Troisi, 5:17:47 (first F60); Pilar Sargeant, 5:20:54 (2nd F60).

Freihofers Run for Women 5K  
Albany, June 3

Overall winner: Benita Johnson, Australia, 15:26.

Local runners: Shirley Woodford, 20:51 (first F50); Coreen Steinbach, 21:48 (2nd F55); Shelly Marino, 22:44; Zsofia Franck, 22:54; Liebe Meier, 25:41; Diane Sherrer, 26:02; Lennie Tucker, 27:12 (3rd F65); PJ Peterman, 27:55; Kathleen Putnam, 28:27; Deb Yelverton, 29:08; Mary Wenck, 29:27; Sarah Ploss, 35:30; Kim Paton, 33:31.

Third annual Brad Sanford 5K  
Elmira Heights, June 4

Overall men:

Jim Derick, Big Flats, 16:17; Rob Winkky, Hornell, 16:39; Andy Corman, Hornell, 16:42.

Overall masters: Mark Dexter, Lawrenceville, 18:09.

Male age-group winners: 15-under: Joe Savino, 19:16; Nick Gardner, 20:16. 16–19: Jared Dexter, 17:57; Pat Sschiefer, 18:37; Jeremy Speck, 19:58. 20–29: Rodney McClelland, 20:17; Erich Herzig, 22:30; Robert Orr, 25:32. 30–39: Russ Derick, 17:29; Scott Bickman, 18:35; Brett Shelton, 21:40. 40–49: Dave McCracken, 21:13; Scott Dean, 22:30; Tom Gole, 22:45. 50–59: Greg Grund, 19:16; Tom Wilber, 20:41; Adam Smith, 21:47. 60–69: Bob Kern, 22:50; Nick Iven, 22:55; Joe Reynolds, 23:47. 70-over: Chufi Giaffo, 31:53.

Overall women:

Katie Ryan, Boston, 18:47; Caitlin Sullivan, Elmira Heights, 20:42; Sarah Palmer, Elmira Heights, 20:45.

Overall masters: Sue Stage Derick, Big Flats, 23:43.

Female age-group winners: 15-under: Sam Saver, 26:41; Amber Summers, 26:52; Lindsay Barnes, 30:39. 16–19: Jess Stanton, 23:05; Kim Adams, 23:13; Meghan Sullivan, 25:39. 20–29: Patty Affeldt, 23:29; Mattea Orr, 25:31; Maureen McGlenn, 25:53. 30–39: Michele Grund, 22:46; Laura Waters, 26:34; Missy Lutz, 31:07. 40–49: Terrie Kingsbury, 24:51; Jill Dunphy, 25:04; Kim Sanford, 28:17. 50–59: Kathy Rohrer, 32:39; Hazel Shaddock; Ruth Gram; Ann Keenan (times not available). 60–69: Jean Derick, 31:35. 70-over: none.

Vermont City Marathon

Burlington, Vt., May 28

(Incomplete results. Please e-mail marathon and relay results to me.)

Local runners: Paul Kearney, Ithaca, 3:03:24; Anna Silciano, Ithaca, 3:18:06; Paul Soper, Ithaca, 4:16:40; Brain Collins, Ithaca, 4:16:40; Peter Voorhees, Dryden, 4:17:25; Ron Acerra, Ithaca, 5:42:32.

Lake Placid Marathon

June 10 (additional results)

Local runner: Isabelle Schweitzer, Lansing, 4:10:13 (first F50).

Nate the Great 5K

Canastota, June 10

Local runners: Andri Goncarvos, 20:03; Kevin Howell, 20:25; Alex Crocker, 24:20.

Vestal XX (20K)

June 17

Overall: Bryan Morseman, Addison, 1:09:12; and Diane Matthews, Binghamton, 1:22:22.

Local runners: Jordan Varano, 1:12:02 (2nd overall); Branden Morseman, 1:12:39 (3rd overall); Boris Dzikovski, 1:16:29; Jeffrey Juran, 1:17:37; Eric Maki, 1:17:45; Dirk Elliot, 1:25:37; Tom Powers, 1:28:16; Suzanne Myette, 1:28:40 (age group record F49); Kevin Pasterchik, 1:39:35; Harland Bigelow, 1:58:25.

Swamp Rat 5K and 10K

Brewerton, June 17

5K

Local runners: Scott Weeks, Cortland, 15:44 (first overall); Murphee Hayes Falls, Marathon, 19:22; Wyatt Schug, Freeville, 28:39; Don Trombley, 35:43.

10K

Local runners: Coreen Steinbach, 43:49; Peter Voorhees, 47:50; Amy Voorhees, 47:50; Daniel Berry, 48:32; Gary McCheyne, 49:07; Maria Costanzo, 55:16.

Syracuse YMCA Sprint Triathlon

Green Lakes State Park, June 17

Local triathletes: Daniel Brown, Lansing, 1:10:45; Steve Meyer, Ithaca, 1:10:51; Sam Meyer, Ithaca, 1:10:51; Jay Williamson, Ithaca, 1:11:31; Liz Vance, Ithaca, 1:19:33; Kathleen Elliott, Groton, 1:26:14; Mary Rogan, Ithaca, 1:26:43; Jana Hay, Lansing, 1:30:16; Stephanie Roach, Ithaca, 1:38:49; John Schabowski, Ithaca, 1:39:46; Erin Duddleston, Lansing, 2:02:25; Gerald Lawrence, 2:02:25.

Senior Games Triathlon Division:

Local triathletes: Terry Habecker, Ithaca, 1:02:34 (gold M55); Zsofia Franck, Ithaca, 1:13:34 (gold F50); Shelly Marino, Ithaca, 1:18:38 (silver F50).

Mt. Washington Road Race: 7.6 miles

New Hampshire, June 17

Local runners: Ryan Pauling, Rochester, 1:06:56 (9th overall); Kermit Cadrette, 1:58:59 (6th M65).

The Deuce 2-Miler

Union Springs, June 17

Local runner: Joan Long, 17:47.

**Tortoise & Hare 10+ K Trail Race**

**Buttermilk Falls State Park, Ithaca; June 3, 2006**

**6.7 miles; weather, damp; trail conditions, supersaturated**

1. Eric Davis	26	46:00
2. Adam Engst	38	46:03
3. Jeffery Abbott	20	46:15
4. Tim Ingall	47	47:49
5. Thomas Meyer	31	48:33
6. Jeffery Juran	49	50:31
7. Jim Chely	50	50:35
8. Yvette deBoer	42	51:39F
9. David Jones	47	53:04
10. Tim Doward	48	56:04
11. David Gucza	44	56:20
12. Mark Vail	40	58:25 (PA)
13. Steve Ryan	55	58:54
14. John Dailey	28	59:07

## Race Results

15. Brendan George	32	59:23 (PA)	26 JIM HOCH	56 M	51:42	
16. Evan Kurtz	50	59:29	27 NICK IVEN	62 M	52:43	
17. Audrey Balander	49	59:57F	28 MICHELE GRUND	35 F	53:02	
18. Ryan George	29	1:00:56 (PA)	29 MICHELLE MARINO	53 F	53:14	AGE GRP
19. Christopher Barry	54	1:00:56	30 SARA MEDA	36 F	55:32	
20. Thomas Williams	50	1:02:02	31 MARIE CORTIER	37 F	55:33	
21. Noah Kooperman	27	1:02:37	32 ROBERT KERN	61 M	56:25	
22. Amy Rhodes	32	1:03:05F	33 MARISSA ECCLESTON	16 F	57:15	
23. Jim Hoch	55	1:03:18	34 JENNIFER HEINE	33 F	57:25	
24. Karen Grover	35	1:03:19F	35 ERIC ROBLYER	40 M	57:37	
25. Gary Cheyne	45	1:04:37	36 ED WINEBOLD	57 M	58:43	
26. Annie Doward	31	1:05:23F	37 P.J. PETERMAN	54 F	59:28	
27. Donovan George	27	1:05:59 (PA)	38 JIM MINER	57 M	59:29	
28. Al Wrunk	60	1:06:29	39 KEVIN HOWELL	11 M	59:33	
29. Joe Reynolds	61	1:06:35	40 MONIKA WOOD	44 F	1:01:07	
30. Steve Morris	46	1:06:40	41 DENISE GREEN	20 F	1:02:19	
31. Kira Novakofski	22	1:07:41F	42 MAUREEN MCGLENN	23 F	1:03:06	
32. Debbie Cretney	42	1:08:51F	43 GRETCHEN STILLINGS	13 F	1:03:15	
33. Ken Redell	44	1:11:53	44 JOHN IVES	56 M	1:04:52	
34. Teresa Sukiennicki	40	1:12:39F	45 BRIDGET HALLINAN	40 F	1:05:22	
35. Shelly Matheny	40	1:12:54F	46 HEATHER LUDWIG	26 F	1:05:59	
36. Lisa Abott	37	1:15:02F	47 KIM KAFFENBARGER	38 F	1:07:05	
37. Barbara George	31	1:15:38F (PA)	48 RENEE ALLINGTON	23 F	1:08:15	
38. Maria Costanzo	47	1:15:49F	49 ELLI CARR	43 F	1:08:30	
39. Robin Dempster	40	1:16:34F	50 BRIDGET WILSON	31 F	1:08:30	
40. David Keeler	59	1:16:49 (PA)	51 BETH STILLINGS	53 F	1:08:50	
41. Melissa Shive	24	1:21:36F	52 KAYLEIGH JONES	15 F	1:13:13	
42. Amy Redmond	42	1:23:28F	53 BARB ESPOSITO	64 F	1:15:03	AGE GRP
43. Jane Raven	29	1:23:28F	54 HARRIS THOMAS	47 M	1:15:42	
44. Jon Michel	32	1:26:37	55 MAUDE MORSE	53 F	1:17:53	
45. EJ George	35	1:43:04F	56 SALLY RUSBY	69 F	1:20:09	
46. Gary Cremeens	33	1:47:34	57 GARY CREMEENS	33 M	1:24:41	
47. Melinda Butler	42	1:57:38F	58 MIMI MORSE	59 F	1:31:22	

### Tanglewood Tanglefoot 5 and 10 mile Trail Runs

June 18, Tanglewood Nature Center, Elmira, NY

Weather: 82° F, sunny, humid; trails dry

#### 5 miles (one loop)

1 ERIC DAVIS	26 M	34:44	COURSE RECORD
2 JOHN HYLAS	48 M	37:12	M MASTERS
3 JOHN FAZZARY	41 M	38:03	
4 JOHNATHAN FAZZARY	16 M	38:10	AGE GRP
5 GREG GRUND	54 M	40:08	AGE GRP
6 ANTHONY ROSSETTIE	19 M	41:22	
7 MARC ODONNELL	19 M	41:23	
8 ALLEN EDWARDS	31 M	42:06	
9 DAN KEOUGH	29 M	42:48	
10 ANDRY LANDRY	36 M	44:05	
11 CHRISTINA BRUNER	30 F	44:08	1ST FEMALE
12 RICHARD DUBOIS	19 M	45:54	
13 BRETT SHELTON	34 M	46:16	
14 JAMES KAFFENBARGER	37 M	47:08	
15 CHRIS JONES	24 M	47:10	
16 JOHN DAILEY JR	28 M	47:38	
17 EVAN KURTZ	50 M	47:58	
18 DOUG KARSHBARGER	39 M	48:45	
19 STEVE ROSSETTIE	10 M	49:01	
20 TRICIA ROSSETTIE	16 F	49:13	
21 STEVE SHAUM	40 M	49:26	
22 TODD OCONNELL	49 M	49:55	
23 SUE STAGE-DERICK	41 F	50:34	F MASTERS
24 KEELY OCONNELL	21 F	50:55	
25 LJERKA UKRAINCZYK	43 F	51:03	

#### 10 miles (two loops)

1 JOSH CROSS	27 M	1:15:20	0:38:00
2 JAMES DERICK	40 M	1:17:36	0:36:58
3 RUSS DERICK	38 M	1:18:08	0:36:59
4 TIM INGALL	47 M	1:18:56	0:38:24
5 VALERIE CROSS	25 F	1:25:35	0:41:48
6 MIKE GIRARDI	35 M	1:29:05	0:39:25
7 EVAN WHITE	23 M	1:31:12	0:44:09
8 DAVE JONES	48 M	1:31:28	0:43:47
9 AUDREY BALANDER	49 F	1:32:57	0:45:17
10 RYAN MARKER	20 M	1:37:32	0:45:38
11 SUE LANDRY	39 F	1:38:19	0:46:54
12 ROBERT GANEY	39 M	1:44:31	0:48:52
13 JOHN MCGLENN	60 M	1:46:50	0:48:56
14 ANDRI GONCAROV	45 M	1:52:28	0:59:55
15 ANNE ESPOSITO	39 F	2:01:25	0:55:26
16 GLEN ROBERTSON	35 M	2:04:34	0:57:58
17 JOE REYNOLDS	61 M	2:06:05	0:57:36
18 DAVE STANTON	46 M	2:07:49	1:01:38

#### Live Like Liz 5K

June 11, Catherine Valley Trail

1. SCOTT WEEKS	16:25
2. JON FAZARY	17:23
3. RUSSELL DERRICK	17:52
4. AARON THOMSON	18:05
5. JOHN FAZZARY	18:06
6. JEFFREY JURAN	18:29
7. KATIE DANNER	18:56

## Race Results

8.	SKIP STROBEL	19:48	70.	SUNNIE SMITH	25:41
9.	LUCAS MANN	19:53	71.	MATT COMBS	25:42
10.	DAVID JONES	19:57	72.	JANELLE SEDLACK	25:45
11.	KEVIN COUGHLIN	19:58	73.	SIERRA YAPIE	25:53
12.	STEVE COMBS	20:49	74.	MARY EASTON	25:55
13.	BEN STAMP	20:50	75.	MICHELLE OBRIEN	25:58
14.	DANIEL MCCRACKEN	20:50	76.	CHRISTINE BEDR	25:59
15.	SHIRLEY WOODFORD	20:55	77.	STEPHANIE OBRIEN	26:00
16.	CHRISTINE BRUNNER	21:05	78.	JAMES OBRIEN	26:07
17.	ERICH HERZIG	21:07	79.	RODNEY WEEDEN	26:09
18.	CHRIS STAMP	21:10	80.	MOLLY SCHAMEL	26:12
19.	NILS WATSON	21:13	81.	JAMIE SEDLACK	26:20
20.	JORES PETERS	21:20	82.	SUSAN BARTONE	26:21
21.	TRAVIS WAITE	21:23	83.	LAURA WALTERS	26:21
22.	JEFF KELLOGG	21:26	84.	JERLANDO PURPURA	26:23
23.	BRETT SHALTON	21:52	85.	ANDREA DUVALL	26:27
24.	SOPHIE PETERS	21:59	86.	AMBER SWARTZ	26:42
25.	JARED PETERS	21:59	87.	MICHAEL PLAISTED	27:00
26.	TOM GOLE	22:04	88.	JACLYN CONKLIN	27:08
27.	KIM BLAHA	22:10	89.	KATHRYN MARTIN	27:04
28.	MATT JAYNES	22:14	90.	GRETCHEN STILLINGS	27:06
29.	BEN QUIGLEY	22:26	91.	CHRISTOPHER DUANE	27:07
30.	ROB BELLIVIGNA	22:33	92.	SAMANTHA DAVIS	27:13
31.	CHARLES FAUSOLD	22:44	93.	JESSIE SMITH	27:13
32.	LARRY BANFIELD	22:45	94.	SARAHJANE HARRIGAN	27:18
33.	ROBERT KERN	22:52	95.	LINDSAY SCHMIDT	27:25
34.	SUSAN STAGE DERRICK	22:53	96.	JACINTA JELIFF	27:27
35.	JOHN DAHL	22:24	97.	ED WINEHOLD	27:38
36.	MICHELLE MARINO	22:55	98.	ABBY STAMP	27:44
37.	STEVE SHAUM	22:58	99.	CRAIG OLAFSON	27:48
37.	SARAH DANNER	22:59	100.	JIM SCOTT	27:49
38.	ALTON DERRICK	23:01	101.	CORY RODABAUGH	27:50
39.	DEVON SHAW	23:03	102.	MONIKA WOOD	27:52
40.	KRISTY WOOD	23:05	103.	JULIE LACONTE	27:56
41.	WILLIAM SIMIELE	23:05	104.	PETER OSTERHOUDT	28:00
42.	HANNAH STILLINGS	23:05	105.	ELLIE FAUSOLD	28:08
43.	LLOYD WETHERBEE	23:06	106.	ANDREA WITIAZ	28:12
44.	MARISSA ECCLESTON	23:07	107.	LYNDA KRAMER	28:13
45.	HILARY NIVER-JOHNSON	23:14	108.	CASSANDRA KEEFER	28:16
46.	CHRISTIE EMERSON	23:19	109.	DON WEBSTER	28:18
47.	JOHN FAUSOLD	23:24	110.	CELESTE SHAFFER	28:24
48.	CHRIS NIELSEN	23:25	111.	JOE PALUMBO	28:24
49.	NICHOLAS IVEN	23:25	112.	KATJA ZIMONCZYK	28:25
50.	CATHY FAZZARY	23:37	113.	MARGIE AMISANO	28:25
51.	DANIELLE MCCORMICK	23:40	114.	EMILY MARCELLUS	28:26
52.	BEN STAMP	23:45	115.	BRIDGET HILLINAN	28:31
53.	CHRIS JONES	24:00	116.	LISA COWDEN	28:52
54.	DARCY WOOD	24:02	117.	ANNE CROWLEY	28:55
55.	ALAN MCILROY	24:07	118.	ANDREA BELLIVIGNA	28:55
56.	NICK PHOENIX	24:07	119.	JOHN DULIK	28:58
57.	TIM DORWARD	24:35	120.	KEVIN MURPHY	29:15
58.	STEVE BARNES	24:39	121.	KENT DUANE	29:24
59.	SANDRA FOLZER	24:50	122.	WALT LAKOMY	29:25
60.	JILL DUNPHY	24:59	123.	DJ AMISANO	29:26
61.	TERRIE BARRIC	23:05	124.	PAT NOACK	29:29
62.	BOB DECKER	25:06	125.	COURTNEY CLARK	29:43
63.	DAPHNE HOLLAND	25:08	126.	MARGARET MARKLET	29:48
64.	PAUL DIMMICK	25:12	127.	BOB FITZSIMMONS	29:48
65.	IVAN MALINA	25:19	128.	NEIL COUCH	30:06
66.	BEN HUEY	25:29	129.	GAIL TREMBLAY	30:07
67.	DANIEL HODGE	25:35	130.	MARIA DESIMON	30:07
68.	JASON SMITH	25:39	131.	MARIO SEARSELLETTZ	30:12
69.	VANESSA PALUMBO	25:40	132.	JULIA COWDEN	30:19

## Race Results

133	JILLIAN PEVO	30:34
134	JENNIFER KLEMANN	30:46
135	MICHELLE NICHGOWSKI	30:48
136	ALEXIS GONZALEZ	30:49
137	SHELBY OLAFSON	30:52
138	JENNIFER BUTLER	30:50
139	MICHELLE GONZALEZ	30:53
140	AMELIA STAMP	31:05
141	ANTONELLA PUPURA	31:11
142	ARIANA MARMORA	31:13
143	SAMANTHA LEHMAN	31:13
144	JEAN DERICK	31:30
145	MARIAN SCHAMEL	31:49
146	BECKY BOND	31:49
147	BETH STILLINGS	31:56
148	CHUFI GIAFFO	32:04
149	DIANA CRANE	32:27
150	KATIE RICHARDSON	32:35
151	ANNETTE MOCIUN	32:35
152	ELLEN CORRADINI	32:47
153	PETE GOUGHANY	32:49
154	KATHY ROHRER	33:32
155	ASHLEY CHOUINARD	33:32
156	LARRY MORRIS	33:23
157	JENNIFER MORRIS	33:26
158	LEE MORRIS	33:26
159	MICHAELA OLAFSON	33:27
160	ELIZABETH STAMP	33:39
161	JEFF FAZZARY	33:39
162	MARIA EATON	34:10
163	HEIDI WILSON	34:20
164	SAMANTHA JOHNSON	34:48
165	BRITTANY CLARK	35:14
166	KELSEY OLAFSON	35:29
167	VIRGINA WETHERBEE	35:32
168	JANE OLAFSON	35:48
169	RACHEL BACCILE	36:14
170	ALICIA UPHAM	36:39
171	TRACY OAKLEY	36:39
172	EILEEN MALANEY	36:47
173	ILEA MALANEY	37:23
174	JASON CRANE	38:09
175	JUSTIN DUANE	38:33
176	KRISTA VANALSTINE	39:05
177	JANICE SHAFFER	39:27

178	LISA BELLAVIGNA	39:28
179	LIN COMSTOCK	39:57
180	LONNIE OBRYAN	41:20
181	JESSICA SHAFFTER	41:21
182	NICOLE WOLCOTT	41:44
183	DYANNA CRANE	44:44
184	COURTNEY NEUMIRE	45:15
185	TAMRA JANKOWSKI	47:04
186	RACHEL HOUSEKNECHT	47:36
187	KELLEY SHAFFER	51:27
188	MELISSA MILLER	51:28
189	JOANNE RANDALL	53:33

### Live Kike Liz Award Winners

Overall: Scott Weeks 16:25 Katie Danner 18:56  
 Masters: John Fazzary 18:06 Shirley Woodford 20:55  
 U14 Female 1st Sarah Danner 22:59 2nd Amber Swartz 26:42  
 3rd Gretchen Stillings 27:06  
 U14 Male 1st Travis Waite 21:23 2nd Devon Shaw 23:03 3rd  
 William Simele 23:05  
 U19 Female 1st Sophie Peters 21:59 2nd Kim Blaha 22:10 3rd  
 Hannah Stillings 23:05  
 U19 Male 1st Jonathon Fazzary 17:23 2nd Aaron Thomson  
 18:05 3rd Steve Combs 20:49  
 U29 Female 1st Kristy Wood 23:05 2nd Christie Emerson 23:19  
 3rd Darcy Wood 24:02  
 U29 Male 1st Lucas Mann 19:53 2nd Erich Herzig 21:07 3rd  
 Jores Peters 21:20  
 U39 Female 1st Christina Brunner 21:05 2nd Annie Dorward  
 21:09 3rd Cathy Fazzary 23:37  
 U39 Male 1st Russel Derrick 17:52 2nd Skip Strobel 19:48 3rd  
 Nils Watson 21:10  
 U49 Female 1st Susan Stage Derrick 22:53 2nd Jill Dunphy  
 24:59 3rd Terrie Barric 25:05  
 U49 Male 1st Jeff Juran 18:29 2nd David Jones 19:57 3rd Kevin  
 Coughlin 19:58  
 U59 Female 1st Michele Marino 22:55 2nd Lisa Cowden 28:52  
 3rd Becky Bond 31:49  
 U59 Male 1st Charles Fausold 22:44 2nd Lloyd Wetherbee 23:06  
 3rd Paul Dimmick 25:12  
 U69 Female 1st Sandra Folzer 24:50 2nd Jean Derrick 31:30 3rd  
 Joanne Randall 53:33  
 U69 Male 1st Robert Kern 22:52 2nd Alton Derrick 23:01 3rd  
 Nickolas Iven 23:25  
 U79 Male 1st Chufi Giaffo 32:04



## Western New York Ultra Series

### Jul 1, Saturday, 6:30 am: 18<sup>th</sup> Annual Finger Lakes Fifties (50 miles and 50K) ; Race #3

Finger Lakes National Forest near Hector, NY. 50 miles (four loops) and 50K (two loops) on forest trails, roads, and pastures;(25K nonscoring option). [www.fingerlakesrunners.org/races/forms/Fifties.html](http://www.fingerlakesrunners.org/races/forms/Fifties.html). Contact: Chris Reynolds [cb2runner@yahoo.com](mailto:cb2runner@yahoo.com)

### Aug 27, Sunday, TBA: Inaugural Green Lakes Ultras (100K and 50K) ; Race #4

Green Lakes State Park, Fayetteville, NY. Multiple loops of flat and fast shaded trails around the lakes. Website: TBD. Contact: Mark Driscoll (315)449-9615 after 7 pm; [mrdiscoll@mailbox.syr.edu](mailto:mrdiscoll@mailbox.syr.edu)

### Oct 7, Saturday, 7:00 am: 4<sup>th</sup> Annual Canandaigua Lake (50 miles and 50K); Race #5

Canandaigua, NY. 50 miles is a loop around a beautiful Finger Lake; 50K is a modified out-and-back course. Scenic roads, including renowned Bopple Hill in both options. [www.canlake50.org](http://www.canlake50.org). Contact: Tom Perry (585)410-0584; [info@canlake50.org](mailto:info@canlake50.org)

### Nov 11, Saturday, 8:00 am: 12<sup>th</sup> Mendon Trail Runs (50K); Race #6

Pittsford, NY. Five loops on trails in Mendon Ponds Park (5K, 10K, 20K nonscoring options). 1100' of climb per 10K loop. <http://roc.us.orienteering.org>. Contact: Larry Zygo (585)225-0733; [Lzygo@frontiernet.net](mailto:Lzygo@frontiernet.net)

## July 2006 Calendar

- Jul 1:** The 18<sup>th</sup> annual Finger Lakes Trail Fifties: 25K, 50K, and 50 miles, Finger Lakes National Forest, Hector, 6:30 am (50K/50mi); 8 am (25K). Email Chris Reynolds at [cb2runner@yahoo.com](mailto:cb2runner@yahoo.com); Katie Danner: [dannerkt@datanet.net](mailto:dannerkt@datanet.net). [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org).
- Jul 2:** The 30<sup>th</sup> Adirondack Distance Run 10 Mile, 7:30 am, Lake George. [www.adirondackrunners.com](http://www.adirondackrunners.com).
- Jul 2:** St. Bibiana's 4<sup>th</sup> of July 5K, St. Bibiana's Catholic Church, Galeton, PA, 4 pm. Email: [galeboro@verizon.net](mailto:galeboro@verizon.net).
- Jul 4:** The Fleet Feet Firecracker Five Miller Run, Perinton Park, Fairport, 8:30 am. Contact Perinton Chamber of Commerce, 222 Turk Hill Park, Fairport, NY 14450. [www.yellowjacketracing.com](http://www.yellowjacketracing.com).
- Jul 4:** Irondequoit July 4<sup>th</sup> 10K, 8: am, Christ the King Church, Rochester. Contact Charles Tanck, 175 Eastgate Dr., Rochester, NY 14617; (716)467-4993.
- Jul 4:** Sodus Point Lighthouse 5K, 9 am. Contact Michael DeMay, 131 Brizee, East Rochester, NY 14445; (716)381-4812.
- Jul 4:** Greek Peak 5K, Hope Lake, Virgil, 8:30 am. Contact Robert Vidulich: 753-6394; [rvidulich@cortlandschools.org](mailto:rvidulich@cortlandschools.org). Fees: \$10 pre July 1; \$15 thereafter.
- Jul 4:** Firecracker 5K Run for the Arts, Batavia, 9 am. [www.goart.com](http://www.goart.com).
- Jul 4:** The 34<sup>th</sup> annual Cazenovia July 4<sup>th</sup> Races: 5K and 10-Miler, 8 am. [www.syracusechargers.org](http://www.syracusechargers.org); [www.cazenovia.org](http://www.cazenovia.org). Contact: Nate and Evelyn White: [nandewhite@aol.com](mailto:nandewhite@aol.com). No race day registration.
- Jul 5:** Finger Lakes Runners Club Summer Track Meet, Dryden High School, 6 pm. [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org); email: [timin-gall@hotmail.com](mailto:timin-gall@hotmail.com).
- Jul 8:** The 8<sup>th</sup> National Distance Running Hall of Fame Induction Ceremony, 5 pm, Stanley Performing Arts Center, Utica. Free. [www.uticaboilermaker.com](http://www.uticaboilermaker.com)
- Jul 9:** The 29<sup>th</sup> annual Utica Boilermaker 15K and 5K, 8 am. Contact Utica Boilers Inc., P.O. Box 512, Utica, NY 13504-0512; (315)797-5838. [www.boilermaker.com](http://www.boilermaker.com).
- Jul 9:** NYRR Bronx Half Marathon. [www.nyrr.org](http://www.nyrr.org).
- Jul 10:** Syracuse Chargers All-Comers Track & Field Meet, Jamesville-DeWitt High School, 6 pm. Email Tom Shafer: [shafrun@att.net](mailto:shafrun@att.net). [www.syracusechargers.org](http://www.syracusechargers.org).
- Jul 13:** Women's Distance Festival 5K Run & Walk, Dryden Town Park, 6:30 pm. Contact Chris Irving: [irvassoc@aol.com](mailto:irvassoc@aol.com); 273-4494 (days).
- Jul 15:** The 6<sup>th</sup> annual Lumberjack Festival 5K, Deposit, 10 am. Email David Bergstrom: [dfrg@pobox.com](mailto:dfrg@pobox.com); call Tommy Hart: 621-9521.
- Jul 15:** Vermont 100 Miler, South Woodstock VT, 4 am. email: [Vtultrarun@aol.com](mailto:Vtultrarun@aol.com); [www.vermont100.com](http://www.vermont100.com).
- Jul 15:** Henderson Harbor Triathlon, Henderson, NY. [www.nnychildrenshome.com/triathlon](http://www.nnychildrenshome.com/triathlon).
- Jul 16:** The 17<sup>th</sup> annual Forest Frolic 7K and 15K, Virgil State Forest, 9 am. Contact Steve Ryan, 315 Troy St., Ithaca, NY 14850; [sryan004@twcny.rr.com](mailto:sryan004@twcny.rr.com); or call Jon Marks: 835-6688 (home). [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org).
- Jul 16:** The 31<sup>st</sup> annual Nittany Valley Arts Festival 10K and 5K, State College, PA. Contact [artsfest10K@yahoo.com](mailto:artsfest10K@yahoo.com); [www.nvrn.com](http://www.nvrn.com).
- Jul 16:** Indian Ladder Trail Run 15K, Thatcher State Park, New Scotland (near Albany), 9 am. [www.hmrrc.com](http://www.hmrrc.com).
- Jul 16:** Musselman Triathlon: Half Ironman and Sprint, Seneca Lake State Park, Geneva, 7 am. [www.yellowjacketracing.com](http://www.yellowjacketracing.com) or [www.musselmantri.com](http://www.musselmantri.com)
- Jul 17:** Syracuse Chargers All-Comers Track & Field Meet, Jamesville-DeWitt High School, 6 pm. Email Tom Shafer [shafrun@att.net](mailto:shafrun@att.net). [www.syracusecharger.org](http://www.syracusecharger.org).
- Jul 22:** Fillmore 5K and Kids' Fun Run, Moravia Central School track, 9 am. [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org). Contact Lauri Francis: [lcfranci@syr.edu](mailto:lcfranci@syr.edu); Jim Strehle: [jstrehle@tompkins-co.org](mailto:jstrehle@tompkins-co.org).
- Jul 22:** USATF Eastern Masters Track & Field Championships, Springfield College, Springfield, MA, 10 am. [www.usatfne.org](http://www.usatfne.org); Email Steve Vaitones: [office@usatfne.org](mailto:office@usatfne.org).
- Jul 22:** Nescopeck Summer Biathlon (run and shoot), Nescopeck, PA, 9:30 am. Email: [barbara@ccomm.com](mailto:barbara@ccomm.com).
- Jul 22:** Tim Fancher Memorial 5K Walk and Run, Greenwood Park, Great Bend, PA, 9 am. [www.2bigsandwiches.com](http://www.2bigsandwiches.com).
- Jul 23:** Lake Placid Ironman, 7 am. [www.ironmanusa.com](http://www.ironmanusa.com).
- Jul 25-30:** USATF Junior Olympics, Baltimore, MD. [www.usatf.org](http://www.usatf.org).
- Jul 25-30:** Keystone State Games, York, PA. Email: [KSGdavidF@aol.com](mailto:KSGdavidF@aol.com)
- Jul 26-30:** Empire State Games, Rochester. [www.empirestategames.org](http://www.empirestategames.org).
- Jul 28:** The 10<sup>th</sup> annual Around the Lake 24-hour Relay/Ultra/Marathon, Wakefield, MA, 7 pm. [www.srr.org](http://www.srr.org); Email: [dan@blankandsolomon.com](mailto:dan@blankandsolomon.com).
- Jul 29:** Forge the Gorgeous 7-Mile Trail Run, Fillmore Glen State Park, Moravia, 9 am. [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org); Email: [Timin-gall@hotmail.com](mailto:Timin-gall@hotmail.com).
- Jul 29:** Lee Barta 5K, Recreation Park, Binghamton, 10 am. Binghamton Parks Department: 772-7017. Part of Police Pursuit Series, with Pud's 5K (Ithaca) and Pit Run 10K (Oneonta).
- Jul 29:** Silks and Satins 5K, Saratoga Springs, 8 am. [www.nyso.org](http://www.nyso.org). Benefits New York Special Olympics.
- Jul 29:** Jay Mountain Trail Marathon (28 miles), Jay Peak, VT. [www.jaychallenge.com](http://www.jaychallenge.com); [www.racingahead.com](http://www.racingahead.com).
- Jul 29:** Stoney's Harborfest 5K & 10K, 9 am, Oswego. Contact YMCA, 249 W. First St., Oswego, N.Y 13126; (315)343-1981; [info@oswegoymca.org](mailto:info@oswegoymca.org).
- Jul 29:** Salmon Hills X Country Triathlon, swim 500 yd, mtn bike 8 mi, trail run 3 miles; 10 am, Redfield, NY. Contact [info@salmonhills.com](mailto:info@salmonhills.com), (315)559-7008, [www.salmonhills.com](http://www.salmonhills.com).
- Jul 30:** Escarpment Trail 30K, 9 am, Windham. Contact Dick Vincent: [escarpmenttrail@aol.com](mailto:escarpmenttrail@aol.com); (518)678-3293. Pre-registration only; qualification standards. [www.escarpmenttrail.com](http://www.escarpmenttrail.com).
- Ongoing:**
- May 1-Aug 30:** Triple Cities Runners Club hosts a Wednesday night all-comers track meet each week at Maine Endwell High School. [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org). Minimal fee; check Web before attending meet.

### **Subscribe to the FLRC Listserv!**

Stay in touch with us for training runs, schedule changes, late-breaking news, etc., by e-mail. To subscribe, send an e-mail notice to [listserv@cayugacomputers.com](mailto:listserv@cayugacomputers.com). In the message of the body, type SUBSCRIBE FLRC *yourname*

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**Visit Our Awesome Website!**  
**[www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)**

You'll find membership forms, race applications, FLRC news items, calendars, results, photos, archived newsletters, running routes, ...

### **So You Really Think You're a Member of the Finger Lakes Runners Club?**

Have you been viewing the FLRC newsletter online for some time and not receiving a hard copy? If so, good for you. However, it might also mean that your membership has lapsed and that you aren't due that \$2 discount at all club races and free entry at the track meets. Don't you want to enjoy the benefits and the pride of being an FLRC member? If you're wondering about your status, contact Steve Shaum ([sls243@cornell.edu](mailto:sls243@cornell.edu)) to find out. Steve's also the one to contact if you wish to change your newsletter option (hard copy vs. electronic).

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