



Finger Lakes Runners Club Newsletter ~ June 2006



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

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(see May newsletter for June 2006 entries; or grab 'em directly from www.fingerlakesrunners.org/races/forms/index.html)

Sunset this year for Twilight

Due to resurfacing of the Ithaca High School track, there will be no Twilight 5K this year. This popular race will be back in 2006.

In the meantime, see the June Calendar for other exciting road and trail race plus track meet opportunities.



Coming Up

June 3: Tortoise & Hare Trail 10K, Lower Buttermilk Falls, Ithaca, 9 am.
June 3: Freihofer's Run for Women 5K, Albany, 10 am.
June 6: FLRC Track Meet, Cornell University, 6 pm.
June 6-11: Empire State Senior Games, Cortland.
June 7: Fly By Night Duathlon, Watkins Glen, Fabius, 6:30 pm.
June 11: Keuka Lake Triathlon, Penn Yan, 8 am .
June 17: Big Flats Community Days 5K, Big Flats, 10 am.
June 17: Vestal XX (20K), Vestal High, 8 am.
June 18: Tanglewood Tanglefoot Trail Runs, 5&10 mi, Elmira, 10 am.
June 21: Red Dress Run 5K, Maine-Endwell High, 6 pm.
July 1: Finger Lakes 50s, 50 mile, 50K, 25K, Hector, NY, 6:30 am.

Marathon Madness—Diane Sherrer

Marathon madness is ruling the earth.

So much so that at least two well-respected, data-keeping organizations annually dissect and examine all kinds of marathon statistics under a microscope. That rarely happens with 5Ks or other distances.

Running USA's Road Running Information Center (RRIC), and MarathonGuide.com, have each issued an intriguing collection of tables, trends, and totals for US marathons in 2005.

So much has changed with marathon profiles since running boom No. 1 (1980) and running boom No. 2 (now). A picture emerges that will evoke mixed feelings of dismay, regret, hope, and awe for our sport.

While the RRIC and MarathonGuide.com don't agree on all statistics, both groups conclude our passion for running 26.2 miles is at a fever pitch.

The RRIC reports that, in the US, there was a 2.2% increase in finishers for the same 234 marathons examined in 2004 and 2005.

In 1976, only 25,000 runners finished a marathon. This was the era when we watched Frank Shorter win a marathon gold medal in the 1972 Munich Olympics, and a silver in the 1976 Montreal Olympics. By 1980, on the cusp of the first boom, 120,000 runners finished a marathon; in 2000, that number soared to 389,000; and in 2005, a record 432,000 crossed a marathon finish line somewhere in the USA.

In terms of age and gender breakdown, RRIC reports that in 1980, 98.5% of marathoners were men; 10.5% women. Masters (ages 40-over) accounted for 26% of marathon finishers; open (ages 20-39) comprised 69%; and juniors (ages 19-under) just 5%.

Last year, the gender gap closed some more: women accounted for 41% of all finishers; men 59%. Masters runners of both genders now total 44%, a fact race directors should reward. Open runners total 54%; juniors, just 2%.

RRIC credits the mega, first-time marathons for fueling 26.2-mile mania at the grassroots level. Destination marathons like the Rock 'n' Roll national series encourage all levels of runners to give the distance a try.

In 2005, RRIC says there were 58 US marathons with at least 1000 finishers. Two decades ago, only

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25 US marathons could boast those kinds of numbers.

Looking for a personal best? The two US marathons that recorded the fastest median times were the Citizen's Bank Philadelphia, which averaged 3:41:47 (1995) and 4:02:57 (2005); and the Rite Aid Cleveland Marathon, which averaged 3:55:51 (1995) and 4:05:38 (2005).

Prefer to lag behind and smell the Gatorade? The two slowest marathons determined my median times were the City of Los Angeles, which averaged 5:26:49 (2005), and Honolulu, which averaged 5:39:40 (2005). It should be noted that both of these races encourage participation by beginners and walkers.



The marathons with the most sub-4-hour finishes were the LaSalle Bank Chicago (33%), and Boston (59%), which requires qualification standards for entry.

If misery loves company, you might want to pick a marathon that attracts the most runners in your respective age division.

The City of Los Angeles attracts the most male and female junior runners. In fact, this marathon has high school training programs for teens throughout the year.

The LaSalle Bank Chicago draws big numbers among females ages 20–29 and 30–39, and males ages 20–29. Male and female masters, and males ages 30–39, flock to the ING New York City Marathon. And veteran females (ages 50–59), and senior males (60-over) prefer Honolulu.

Duh! The largest percentage of women run the "almost" all-female Nike Women's Marathon, and the highest percentage of men run the Rite Aid Cleveland Marathon. Masters runners head to Boston first, and the least number of masters run Honolulu.

RRIC reports that the USA hosted six of the ten largest marathons in the world in 2005.

The top five: ING New York City (36,856 finishers—a record), Flora London (35,260), LaSalle Bank Chicago (32,951), Berlin (30,382), and Paris (28,765).

The top five US marathons: New York, Chicago, Honolulu, Los Angeles, and Marine Corps.

MarathonGuide.com also reports a record number of

marathon finishes in the USA, but pinpoints that total at 382,000, with a 5.6% growth spurt between 2004 and 2005. In recent years, the only dip occurred in 2001, and that drop is attributed to the September 11 terrorist attacks.

In terms of average finishing times and age factors in 2005, MarathonGuide.com says the average finishing time for men is 4:32:08, and the average age is 40.5 years. For women, the average finishing time is 5:06:08, and the average age is 36.1 years. Among all runners, the national average is 4:45:47 and 38.1 years.

For bragging rights, MarathonGuide.com says the fastest age groups by gender were men ages 40–44 (4:21:46), and women ages 20–24 (4:52:38). Men ages 40–44 also was the largest single age group for marathon runners in 2005.

Last year, 28 brand new marathons appeared somewhere in the USA, and most of those races were small. The one exception was the New Las Vegas Marathon with 8200 finishers, but other notable debuts were Knoxville, Fargo, Charlotte's Thunder Road, and the revised and relocated Rochester (NY) Marathon.

Marathon finishing times in 2005 ranged from a world-class 2 hours, 7 minutes to over 12 hours.

Just 1.6% of all marathoners (roughly 6300), broke the coveted 3-hour mark. And, by virtue of size, the largest marathons had the most runners with sub-3 hour times.

But MarathonGuide.com detected an unlikely number of sub-3 hour finishes in smaller marathons, numbering 300 or more finishers. Those marathons were Clarence DeMar, Lincoln, Cape Cod, Mohawk-Hudson (Albany), Rocket City, Steamtown (Scranton), and Tuscon. Also on the list was one of the oldest and most difficult marathons—Yonkers, which had 13 out of 121 finishers under 3 hours.

To accommodate the masses, many marathons have extended course-closing deadlines to six or seven hours. Economics and the "super-slowng" of average marathon times warrant this change of heart.

MarathonGuide.com reports that in 2005, 14,633 marathoners finished in over seven hours. If that's your wish, enter the Pikes Peak Marathon (509 over seven hours), or the Bataan Death Marathon (997), where some runners carry a 40-pound pack on their backs.

No surprise, more than 50% of marathons take place in October, November, and December. October is the king, with more than 25% of all marathon finishes.

Now, armed with all this data, pick your poison!

FLRC 2006 Summer Series Outdoor 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.

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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 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, except Aug. 8, when sign-up begins at 5 pm. Organizers urge you to complete *all* event registration by 5:55 pm.

Web: 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; (607)351-6778.

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

Here's what's in store:

Tuesday, June 6, Cornell University outdoor track. Registration opens at 5:15 pm; meet begins at 6 pm.

Order of events:

- 2-mile
- 200 meters
- 1500 meters (includes race walk)
- 800 meters
- MAGRS: 400-200-400-200-meter relay. "Mixed Age/Gender Relays"

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!

Weekly Maine-Endwell 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; non-members must sign a waiver and pay \$3.

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

Open for Business—Nancy Kleinrock

Ian Golden's new running store is open for business right in downtown Ithaca. The Finger Lakes Running Company, located at 138 W. State St (former home of Cayuga Ski and Cyclery), is welcoming customers now and expects to hold a grand-opening celebration on Friday, June 9.

Stop in, say hi, and check out brands and models that are otherwise unavailable in the local area, including shoes for road, trail, and track by Adidas, Asics, Brooks, Inov-8, Montrail, and Saucony. He has an assortment of high-quality clothing (even exciting socks!) for running, plus swimming and yoga apparel and accessories. Non-clothing items include various bars, gels, drinks, watches (Garmin, Timex), B.O.B. jog strollers, hydration systems, insoles, body lubricants, and massage aids (the Stick).

Ian also offers discounts to FLRC members (10% off training shoes, 20% off flats and spikes, 10% off nutritional products), plus a lending library of training manuals and running books, and rentals of training and race DVDs.

Upcoming Workshop—Nancy Kleinrock

On Wednesday, June 7, 5-7 pm, make your way down to the Horseheads Medical Office Building (100 John Roemmelt Dr, Horseheads) for a free 40-minute, interactive, personalized session that will include a nutrition assessment, strength/flexibility analysis, biomechanical assessment, and advice on proper footwear.

FLRC member Dr. Kevin Coughlin of Finger Lakes Orthopedics will be present with info about sports injuries and how to avoid them. Preregister for this free event by calling Health on Demand at (607)737-4499.

(sponsored by Arnot Health Human Motion Institute)

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Bataan Death March/Marathon—Carol Hart

Bataan was the most unique, and the most challenging of events I have participated in while accompanying Tommy in his quest of the fifty states.

Originally staged as a commemorative march 17 years ago with a handful of participants, it has evolved into a field of 3700 marchers, joggers, runners, and walkers.

A brief thumbnail summary to those unfamiliar with the history: In 1942, US and Philippine troops held off the Japanese in the Pacific campaign, on the Bataan Peninsula, located on the Island of Luzon in Manila Bay. After three months under siege, the sick and hungry troops were surrendered by US General Edward King, Jr. Thereupon began the infamous marches through hot, claustrophobic, bug-infested jungle to Camp O'Donnell. Nearly 2500 Americans died either on the five-to-nine day marches, or in the first 40 days at the camp. Survivors were later loaded onto ships, which were often strafed and sunk by US forces because they did not fly the flag of POW. The remaining survivors found themselves in prison labor camps in Japan, Korea, and China under dehumanizing conditions, until liberated several years later.

The Bataan commemorative event is held in the Southwest desert rather than in a tropical environ because the backbone of those 1942 forces were deployed from the New Mexico National Guard Coastal Artillery, and resided in the cities and towns surrounding White Sands Missile Range (WSMR).

The prerace weekend included a series of programs at WSMR, featuring an historical seminar presented by the faculty of New Mexico State University, meeting the survivors of Bataan (who are in their 80s and 90s), and the 2005 feature length movie, *The Great Raid*, which chronicles the rescue effort. The traditional pasta dinner was held at the base Frontier Club, and was surprisingly delicious for mass-produced spaghetti. It gave us a chance to see some old familiar faces, including our pal Paul, with whom we did the Antarctica Marathon in 1999, as well as the participants from 47 states and some seven countries.

Entrants must choose among ten major categories, which are further subdivided into numerous subcategories, such as male, female, teams, and age groups. For example, major categories include military, nonmilitary, light (no pack), or heavy (carry rucksacks 35+ pounds). Packs, by the way, were weighed in at check in, in front of God and everybody, and added to if necessary using rocks, by race officials. The heavy category, military, in addition to a pack, were required to wear fatigues and combat boots! Our category, nonmilitary, light, allowed us to dress in our usual way. Some lodging was available on WSMR itself, but was completely booked with a wait list. We were provided with an extensive list of lodging in Las Cruces, nearly all were reasonable, and some provided discounts. We chose to stay in El Paso, our fly in/out destination. It was nice to be in a place I was familiar with, having lived there for five years in the 1960s and 1970s, courtesy of a former spouse and the US Army.

The drive to White Sands, NM, from across the state line in El Paso only took 45 minutes or so. Ya gotta love desert driving—the roads are flat, straight as an arrow, with posted limits

of 70–75 mph once you get out of town. Just put your wheels on cruise control, and you can read the newspaper. Be aware at dusk and after of coyote, fox, and endless jackrabbits on the roads. Also a hazard is the oryx, a huge critter weighing ~1600 lb, which is a very large relative of the pronghorn antelope. Imported from the plains of Africa by the state of New Mexico and introduced to the expansive WSMR, they have flourished, multiplied exponentially, and terrify drivers by wandering onto the roads singly and in small herds.

Race day began in the dark, ceremoniously, with the raising of the colors, and introduction of disabled vets (mostly amputees), from the Iraq and Afghanistan conflicts. We were provided with chip timing, disposable ones we got to keep for a souvenir. They proved useful at the start where it was mandatory for all participants to shake hands with a dozen or so Bataan survivors, who were strategically lined up and seated on chairs, right before you crossed the electronic start line. This was both a clever and heartwarming strategy that eased the inevitable crunch of a large field starting on a narrow road.

We were given warnings about rattlesnakes, but saw none. The course, in high desert, started at ~3800', and was a combined loop and out and back, the majority of miles (about 21 or so), being off the road. After the initial half mile on pavement, we found ourselves on a lovely, wide, gently rolling hard pack dirt trail lasting about 6 to 7 miles. It was very uphill after that, on a paved road for about 1.5 mile, then back onto a narrower, winding looser dirt trail up a mountain, cresting at ~5700'. This loop portion brought us back to the paved portion for a welcome stretch downhill. The final 6–7 miles back to the finish on the base, were the most difficult, as we did not return on that nice trail we went out on, but rather on a trail with numerous "washes." A wash is lingo for areas in the desert that are normally dry, but become raging rivers during heavy rains. They have the depth and texture of beach sand, and are no fun to negotiate after going most of the distance and are beginning to have that crashed feeling. In lieu of finisher's medals, we were given dog tags on chains, which seemed appropriate for such an event, and were treated to barbecue and beer.

Temps ranged from about 50°F. at the dawn start, to around 65°. The flora consists mainly of scrub and yucca, nothing resembling shade. Our only relief from the sun consisted of the occasional passing cloud, so sunscreen was a must. Aid stations were plentiful, with the usual water, Gatorade, bananas, oranges, etc. Most, though, including myself, carried our own fluids, ranging from handheld bottles to camelbacks. March is characteristically windy in the Southwest, the beginning of the dreaded sandstorm season, and we found ourselves in some areas caught up in dustdevils. I paused on a couple of occasions, to empty my shoes of sand and gravel, and those folks wearing combat boots frequented the aid stations to have blisters treated.

The event was well organized, the staff very courteous,

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with plentiful volunteers. While it wasn't our best event, with Tommy taking 5:15 and myself 7:05 to complete this, we found it one of the most interesting and rewarding, with many folks like myself taking disposable cameras to take photos along this unusual course. The finish line crew are the most patient, since there are still finishers coming in at dusk.

For those with some extra time, there are numerous attractions in the area. We visited the White Sands National Monument, about an hours drive east from WSMR, near the town of Alamogordo. It is operated by the US Park Service, and encompasses a 26-square-mile area of pure white gypsum dunes you can walk, hike, or roll down (sunglasses are a must). Tommy borrowed a boogie board from a kid who was parked next to us, so we got to slide down the dunes, which at a distance, look like snow. El Paso, is a border city, so we drove downtown, and crossed the footbridge over the Rio Grande, and visited Ciudad Juarez, and the City Market, where bargaining is an art form among the vendors. It is also a home of those ubiquitous, kitschy velvet paintings that we've all seen somewhere—even ole twisted granny here will admit a velvet painting of Elvis once graced my walls, long ago. Another nice day trip is the Carlsbad Caverns, about 60 miles away. Hueco Tanks State Park, roughly 40 miles east, was a sparsely used recreational area for picnicking when I last lived in EP; it is now a mecca for the region's rock climbers, much like the Gunks are in NY. One can also enter the shallow caves and grottos to see the ancient Indian petroglyphs on the walls.

We actually plan to return here again in the future both for the challenge of the event and to see the Indian ruins and other stuff that make nice day trips. It was also a nice way to say thanks to those wonderful vets who did so much for us, and whose numbers have all but disappeared. We met the highest number of returnees here of any marathon we've been to.

FYI: There is an accompanying 15-mile, nonscoring event, so it behooves you to do the 26.2, if you want that coveted dog tag. Be sure to have your photo ID and car rental papers on you, as the security check at WSMR is quite rigorous. The event's website, www.bataanmarch.com has hundreds of photos from this year and from previous years for you skeptical and curious folk. If your in the market for western stuff, it is boot nirvana, as numerous manufacturers (Nocona, Lucchese, etc.) either manufacture or have huge outlets here. Tommy bought a nifty pair of Tony Lama's there.

Geneva Wine Rack 3-Miler: Four Views—All with Chocolate Donuts, One with American Cheese, but None with Wine **Herb Engman**

The contingent making the short drive to Geneva for the USATF Niagara Conference 3-mile Championship was very small, but highly successful. John Hylas, John Saylor, and I all won our respective age divisions. Andri Goncarov (the father) was second in his.

For those who like flat courses, this is for you. The course started and ended close to the visitor center at the tip of the lake. It is the flattest course I have ever run. That didn't help

me make the goal John S. and I had considered—a sub-19 time requiring a tick under 6:20 pace. What didn't help also was my irrational exuberance at the start: a 2:58 first half and 6:06 first mile. Still at 12:35 at the two mile, I thought I had a sub-19 in hand. But, a slight head wind, 10° F warmer than I expected, a sudden pain in the inside upper part of my leg (a first—it is always interesting to find new ways to hurt yourself running) and the fast start doomed me to a 19:08. Of course there is also the possibility I just punked out in the third mile. The official time was 19:05, which I can't explain.

Strangely, although the race was sponsored by a wine store, the refreshments and age-group prizes were boxes of doughnuts.

If the race is offered again it would be worth the short trip north—this is a race you can drive to and run in 4 hours, under 3 if you are a Rick Cleary who doesn't need to stretch or warm up.

John Hylas

It was beautiful that morning. I was on the highway and saw John S. and Herb from my 1985 convertible (with the top down) warming up with Seneca Lake just in back of them. Fast-forward to the race itself:

I went through the mile in 5:44 with the 3rd–7th-place people around me. Just past the two-mile mark I caught the 3rd place guy that turned out to be a high school kid. Out loud I said, when I first got with him, "Good job, stick with me, I'm hurting but pretending I'm not and I'm trying to make myself do four foot strikes per second to not overstride." We stayed together, and then I ran a good 400 to outkick him and take 3rd overall.

Then, without a sip of beer, I discreetly went into Seneca Lake from the end of the dock—cold, but great for the legs.

The large box of Freihofer's chocolate coated mini donuts that I won made it all the way to Ithaca—unopened. I was able to give it away to a 17-yr-old girl and her dad (Kiera and Dan) in front of Gimme! Coffee on Cayuga St that afternoon. I asked them if I could have one, and it tasted so good. this is the only way I can have any control over a serious chocolate habit—this was the most difficult part of the race for me!

John Saylor

The most difficult part of the race for me was truly running it. The only reason I won my age group was that Herb is 60 and there were no other 50 year olds there :-). For me it was a very frustrating race in that everything hurt from my feet to my hamstrings. Herb initially said he wanted to run 6:20 pace and I'm thinking to my self, "Right. I'll go out at 6:30 and just try to hang onto that. So as usual Herb runs his fantastic first mile and I thinking he was running 6:20 and I am way back thinking I won't even run a 6:30 first mile, but I go through 1 right at 6:20 so all was okay. But it deteriorated from there and no matter how hard I tried to move my legs faster they just wouldn't go. I ran the second mile in 6:38 and the third in 6:42 fin-

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ishing in 19:40 (I think). I seriously considered retiring from racing on the way home. But it was a beautiful day—a really fast (for some) course and still a lot of fun, and that Lakefront Park is beautiful with loons and Purple Martins.

Hey John Hylas said he made it home without eating his donuts, but he didn't say whether or not he picked up mine and what happened to those!

Andri Goncarovs

I second Herb's comments. Small cozy race, bucolic setting along the lake, just about perfect temps. The only hazards were small potholes and willow branches of various sizes on the course. All set for a fun race. Except I didn't know it was the USATF Niagara 3-mile championships. What a bonus! Additionally, I found out from Russ Ebbets, the race director, that some of the proceeds from the race will go to support youth running programs in our USATF Niagara Association.

Some of you may not know this, but Russ is the new USATF Niagara Association President. This is good news, because Russ has made it a priority to fund youth running programming in our association. The race in Geneva was a good first step, and I for one am happy he is driving the USATF bus. He lives in Union Springs, which I hope will help balance our historically western-centric association youth programs.

So thank you to Herb, John, and John (and any others) for making the trip north. You not only got to run, but supported USATF at large and youth running.

On my side of things, I finally entered the 18 minutes category in this race. I know I know—it was a 3-mile, but it gives me hope. That's what we hang onto these days. After hacking bits of lung up for the month prior it felt good to run at race pace and not feel like I just huffed two packs of Camels. Silver medal 2nd place.

I like small races, not because I get to place, but because of the other things that happen. Like the donuts for prizes, and donuts for post race treats, the cowbells, and all the locals driving up and asking, "What's going on here?" The Geneva folk were concerned that something was happening and they weren't informed. A couple of the traffic volunteers were kept busy keeping the locals from parking where they wanted to for their Saturday stroll. Oh yes and the 24" dead pike in the water provided endless entertainment for one of our younger athletes.

The other reason I like small races is the trip back. Typically we stop somewhere. This time it was Waterloo. Connie's Diner is located on the main drag, just up the road from the Evans Chemetics chemical plant. Connie's used to be called "Chick's" Diner 33 years ago, which happens to be the last time I was there. I referred to the place as Chick's during the entire meal. They still have the faded pictures of Gene Autry, Elvis, and "The Duke" on the wall. The juke boxes in the booths no longer work; that was a bummer. The waitresses are still chipper and perky, and they still hustle for the \$3 dollar tip. As diner food goes, it was awesome. Real eggs in your omelette (runny or firm if you ask), real American cheese (there is no other cheese choice), real potatoes in the home fries, and they actually make the lemon meringue pie right there. Our expert

on board tells us that they got the meringue right but the lemon was not quite there. Good enough though, as the pie was gone after I came back from the car with the cash for the meals, for the cash-only portion of the program. (They don't tell you that when you order, you have to ask the locals next table over or overhear it from the other transactions. Interesting.) Its worth a stop at "Chick's" if you are up that way for a race.

Wall Street 5K—Tom Meyer

The evening of May 17, I ventured downtown to the heart of New York City for the third annual AHA Wall St "Run & Walk" 5K. Apparently, like everything else in Manhattan, you pay a little more than you would in Ithaca, and get a little less—finish line support was unremarkable, the "technical fabric" T-shirt turned out to be rough starchy cotton, and the promised 5K distance was probably more than 100 m short, although Google Maps confirms the length.

The course (new again this year, apparently) starts in front of Stuyvesant High School in Battery Park, heads into the "canyons" of Wall St for a lot of sharp zig-zagging around various landmarks, construction sites, and faceless, barred shops, and then finally loops down to the bottom of the island for a scenic return through Battery Park, finishing at a little marina. With traffic cleared from the streets, the course was open and wide, although the potholes, curbs, and turns made it feel a lot more like a trail race than a road race. Except no hills to speak of.

Despite the announcer's claim that 9000 people had registered, 4000 of them from cosponsor Merrill Lynch, the field looked like it was going to be pretty soft even at the start. The 5:00 min/mile and 6:00 min/mile signs in the starting corral were right next to each other and also on top of the starting line. Only a handful of runners in the front row had that lean, tough look that earns my instant deference. I ended up about five rows back from the starting mats.

The start was smooth and fast. With no familiar faces to help with pacing this early in my racing season, I fell back to the old "run by feel" strategy. Spectators and businesspeople lined the course at various points, mostly quiet, some trying to cross the street between little packs of runners. The first mile wasn't marked, and with all the turns, it was hard to develop a feel for my pace. A clock at the "2 mile" mark read 10:40, which left me with two possibilities to consider as we headed back into the sunlight: either I'd gone out way too fast and was about to collapse, or the mark was way off. I prepared for the worst, shrugged out of my shirt to help refocus, and tried to maintain the pace I thought I was running, still sufficient to steadily catch and pass people. I did my best to sprint the final straightaway as Janis cheered me on, and I caught yet another runner in the last 50 m. I got a shout-out from the finish line announcer as the "first bare-chested runner", and finished with a ridiculously fast

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17:20, 28th overall out of 4400 finishers. Winning time was a respectable but not stunning 15:07, and there wasn't much depth.

Apparently a weekday race in the financial district brings primarily the slow employees of Merrill Lynch and a lot of people dressed way too heavily for 65°F. (I saw only one other runner without a shirt.) I was disappointed to see that many New Yorkers race like they train—very noninteractively and rather withdrawn. While there was the usual buoyancy at the finish line, no one during the race said anything, and no one responded in any way as I passed them. I had much more positive experiences during the New York marathon a few years ago, so I suspect this event simply draws a different crowd.

Goodies at the end included water and ham sandwiches from Subway, adequate but not spectacular given the \$25 nonmember entry fee. Of course, getting a chance to run against Wall St investment bankers on their home turf, free of traffic, was priceless.

Flying Like a Pig—Diane Sherrer and Jim Miner

Leave it to Jim to find something new to do. At the Flying Pig Marathon, Jim won the M55 division of the Old Spice High Endurance Mile to the Finish Race. He race-walked the first 25 miles, and flew like a pig the final mile to the finish.

The race offered this additional incentive, and, with Chip timing, this type of contest is possible.

Here is Jim's brief description:

Flying Pig was fun. Great race. Hilly course. Saw Mary Wenck of Corning there. PJ did 5:35:27 and had a great race. I did 5:29:30.

I race-walked with PJ for 25 miles and then went after the Old Spice High Endurance Award for my age group. I call it the Super Sandbagger Award. It is for the runner (per age group) who runs the fastest last mile. At 25 miles I started running. By 25.2, my legs were finally in running mode and I took off. It ended up being an after-the-accident PR of 6:30.

A Grandmother/Granddaughter Day at the Race for the Cure—Cathy Troisi

Saturday's "marathon/weekend" was miles in the car rather than on foot. I arrived in Albany (187 miles east of Seneca Falls) Thursday evening. Friday afternoon I took my granddaughter Miss Ashley 110 miles west of here, as I couldn't procure a hotel/motel room in Syracuse where it was graduation weekend at two colleges. We stayed overnight at my friend's in Oneida.

At 6:30 am, we drove 40 miles to the Race for the Cure site in Syracuse for "Miss A's" first official Kids for the Cure event, a one miler. She has participated in three RFTCs, but did the 5K in the stroller. Syracuse is one of the few RFTC sites with the new kids' event. Her one mile (with me alongside) was at 8:30. My 5K was at 9:15 (my friend from Seneca Falls met me there and watched Miss A while I ran 30:58). Then we returned to Albany 145 miles east of Syracuse.

I asked Ashley what was the best part of the morning. After thoughtful consideration of two seconds, she said, "The

caterpillars" (hundreds were crawling up the building and she, of course, as a future "bug-ologist" had to "save" those in danger of falling). My next question, more specific, was what she liked best about the Race for the Cure. She responded, "Watching you run to the finish line." Even more specific, I asked, "What did you like about the Kids' Race for the Cure?" to which she promptly replied, "Winning."

At the finish line, each of the Kids participants received a medal rivalling any marathon medal: gold with "raised" words "Kids for the Cure" along side three pink ribbons of descending size. When they gave it to her, she asked, "Did I win?" I told Ashley, "Yes, you are the first person from Albany to cross the finish line." Probably true since Albany has its own RFTC event. She also felt very official with her own bib number, "1" and didn't comment that all the other kids also had number 1.

Hopefully/maybe the seed has been planted for more races and maybe even longer distances.

Highland Forest 1: Hawks, Hail, and who Knows What Else!—Tim Ingall

Race director Mark D had to contend with a variety of problems this year. From hawks that had previously attacked a passerby and meant a major reroute of the course, to the recent heavy rains (and today's rain, wind, and later hail) on the clay-like soils that left a quagmire of slop over many sections of the course.

But despite the horrendous conditions, many FLRC runners did very well. The Harmanator Harmon led the women over three grueling and muddy loops while looking as sprightly as ever. Despite bringing along Steve to count her laps Nancy K was I think on lap four when I left, she's probably still out there someplace if the hawk hasn't carried her off [but see below]. Katie S ran two loops (plus more) and Karen (Monica) G won the women's 10-mile race, assuming it has been determined that Craig someone (registered as a woman) is really a guy [verified!]. Jason C was once again flying, easily floating over the mud to win the one loop in a blistering time. For quite a while I had a fun time running with two "kids" who were on a "training run." I gave it everything to finally catch Alan E right at the end of my one loop, he was continuing on—of course! Dave Jones ran a terrific 20 miles again, almost breaking the illusive 3-hour barrier. Jim H was there—nice to see him happily running again—and Boris ran in what looked like flats when he should have been wearing spikes.

The course was well marked, mud beyond expectations, organization excellent as always, and the food fabulous! Thanks to Mark for all his hard work and everyone else that helped out on a tough May day.

Highland Forest 1-2-(ouch)-3—Nancy Kleinrock

According to William Shakespeare, all's well that ends well—but some things don't end so well. Such was my day

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at the Highland Forest 1-2-3 trail race this year. It was a good-news–bad-news day all around.

Good news: The sun came out briefly. Hmm, but later it hailed, so does that count?

Bad news: Things started out was rainy, and the trails were slick and muddy and riddled with slippery wet roots; they became slicker and muddier as the day wore on, and the roots, of course, remained.

Good news: Some people enjoyed the break from the technical trail on what this year was a mixed trail/road event due to an attack-hawk forcing a course modification.

Bad news: I don't really fall into the prefer-some-road category.

Good news: Mark Driscoll offered up a perfectly marked course with well-spaced self-serve drink/snack stations along the way plus a great variety of snacks at the start/finish and hot soup and cake in the nice warm building on this chilly day. (no associated bad news)

Good news: I had a plan to run four loops (40 miles) in preparation for a planned-for 100K race late-June in Mongolia (in conjunction with a business trip) and was running easy and happy through just shy of the 20-mile mark, with the sun briefly shining and listening to a lecture on biopsychosocial reactions and strategies for resilience in the aftermath of disasters when I came down just a little hard on a root. No big deal; happens all the time, and I started on my third loop with a smile.

Bad news: Pain in my right ankle worsened rather than abated, and a grimace had replaced the smile long before I completed the next ten miles, after which I stopped. 30 miles down, 10 more uncompleted, one stress fracture of my right fibula, and no trip to Mongolia in Steve's or my immediate future.

Good news: Many runners had a wonderful morning, racing valiantly or simply enjoying the time in the woods, as did I for the first two loops.

Bad news: Some struggled with the tough trail conditions, and others, like me, were pulled up short by injury.

Good news: Steve greeted me as I hobbled across the line, helped me clean up, and drove us home, but not until we had a chance to enjoy a postrace visit with several of you. So, Becky, I didn't drag you out for a fourth loop—and won't for quite a while—but I'll take your always-positive attitude to heart during upcoming couple of months as my ankle stitches itself back to normal. Also, thanks to Dr. Andy for preferring to see me at races rather than in his office, but welcoming there nonetheless; to Ian for the light, comfy, and possibly implicated shoes; to Tim for the crutches; to Tim and Karen for cheers in the sunshine and warm wishes thereafter; to the Katies for their strong encouragement, both before and after; to Evan and John D. for the time passed together on the run; to Sarah and John for looking out for me; and to Steve for more than I can express. So, while it sucks to be hurt, friends indeed create a good ending after all.

Soldier's Field 10-Miler: A Confluence of Sixes—Jay Hubisz

The 10-mile race is deeply resonant with me, especially since my running has had me hovering around the 1-hour mark this past year. The race is a kind of a collision of the English system of units, and the base 10 system on which metric units is constructed. You break 1 hour if you run faster than 10 miles an hour. If you run 6-minute miles, you finish in 60 minutes. It's nice and easy to calculate the splits mid-race. Six is also a cool number, being "perfect," which means that $1 \times 2 \times 3 = 1 + 2 + 3 = 6$.

I was psyched to break through this psychological barrier at the Soldier Field 10-Miler. The course was pretty darn flat, with a couple of little bumps. I went out kind of cautiously and was about 30:11 at the half-way point. I felt kind of yucky and thought I was going to crash. Happily, although the yucky feeling stayed, my splits came down over the last few miles, and I ran about a 40-second negative split to finish in 59:28.

The race started early, 7:30 am CST, so I probably finished just a little bit before the runners of this year's Rec Way 10K crossed the line. The field was medium-sized for the city, meaning a little under 3000 finishers. I started with the goal of going under an hour, and went out with a 5:55 feeling decent. I was about 20 yards behind the leading lady at this point, and a few fast guys went through about 50 seconds earlier. The field had already spread out quite a bit in my neighborhood by this point. After the third mile or so, I started reeling in the leading woman who was seemingly being paced by the guy next to her, and at mile 4 and a bit, the leaders came smoking by at 5:10 pace or so (the course was mainly out and back along the lake-front bike path). By the time I got to the turnaround I had caught the pair. At this point, with a 30:11 5-mile split, I started formulating a race report in my head that utilized the ClearNote (tm) timing system, useful also for those not-quite sub-3-hr marathons, where my time would be something like 59:90. I focused on reeling in people in front of me, expecting at any moment an embarrassing crash where I would get run over by those very same people. By mile 7 my goal was back in my sights again, and I was inspired to hold on. The race finishes on the 50-yard line of Soldier Field, and they had the runners being projected on the jumbotron up above the field, which was neat...but I forgot to look.

Some other cool numerical tidbits: 1) If I round up, this is a 6-minute PR for me for this distance (not counting the 10-mile split of HMs); 2) If you look up the Jack Daniels VDOT formula, this pushed me up (if I round up again) to a VDOT of 60.

Rec Way 10K—Adam Engst

Oddly, I've never run the Rec Way 10K before. I've been out of town, or injured, or just down on the concept of the 10K, a distance that I've seldom run well. But this year I didn't seem to have any excuses, so off I went on Saturday morning.

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The weather was weird—a light drizzle on the drive over, accompanied by fog so thick that I had trouble finding the turn to Juniper Place to get to the parking area near Iacovelli Park. Luckily, the drizzle lightened to the point where gravity didn't particularly affect the drops, and it settled into a state of easily sliced humidity. As with Virgil Mountain Madness last year, which had similar weather conditions, I opted out of wearing my beloved blue High Noon racing jersey from 1990, because it would have meant having wet nylon sticking to me the entire race.

After an easy 1.5-mile warmup on the trail, half chatting with a guy visiting from Baltimore, we lined up at the start. Clearly, I'd chosen well for the second race in a row—no Eric Davis, no Randy McDermott, no Geoff Hutchison, no Josh Cross, no Jason Clark... But unlike the Duck Race, where I led from the start and wasn't challenged at all, that didn't look likely this time, what with Michael Wunsch (coming off a marathon win in Colorado) and Boris with me at the start, along with a fast-looking guy wearing a Cheetah Track Club jersey who turned out to be Jeremy Gardner. He beat me by 4 seconds in a 1500 in March, and that was after running a 9:46 3000 and a 2:13 800—I'm glad I didn't know all that at the time.

Nevertheless, I went out relatively hard, leading Michael and Jeremy through the first half mile to the turn at Iacovelli Park, where there's a nice downhill. That's where Michael took off, lengthening his already long stride and moving out a good 20 feet from me. Jeremy and I stayed together, and although I was trying not to let Michael get away, I was worried. Luckily for me, he slowed up once the downhill petered away into the flat stretch out to Hudson Street, and I caught up with him and, with a little surge, passed him shortly before the turnaround. I led the way back to the hill, now a rather unpleasant-looking uphill, and as I hit it Jeremy came up next to me. I vowed not to let him get by, and as we worked up the hill together, I noticed that his head was wagging back and forth. Normally that's a sign of the runner tiring out, so I took confidence from that and managed to stay slightly in front up the rest of the hill and around the turn at the park.

That was where my break came, I think. There was only one water stop in the race, just after the park and before the 2.5 mile straightway to Burns Road. I never (or at least very seldom) drink in races, and with the redlined humidity, I saw no need for additional water. But Jeremy did take a cup, which slowed him down slightly, giving me a bit of breathing room, and then I heard a choking sound, as though he'd had a sip go down the wrong pipe. I figured it was my chance, so I threw in another surge and the sound of his footsteps receded into the mist.

After that, it was mostly just a hard run all the way out to Burns. The scenery was beautiful, with the mist obscuring everything but the trail in front of me, and although at the start Jeffrey Juran had waxed poetic about the sounds and the smells, all I was listening for were footsteps and my nose was too busy aiding in oxygen intake to take note of the pleasant odors around. At the turnaround by Burns, I learned that I had

about 50 meters on Jeremy, with Michael further back yet, which meant that I didn't have to worry too much, but that I also couldn't let up—50 meters over a couple of miles could be easily made up. I tried small surges now and then, and said hello to everyone I recognized coming in the other direction, and after a while—it was not one of those races that finishes before you expect it—I rounded a slight turn and kicked into the finish line.

My time was 37:05; faster than this year's Skunk 10K by 2 seconds, but slower than last year's 37:07 and well off 2002's 36:48. Skunk is the only other 10K I've run in the last five years, but the weather is such a factor that it's almost hard to compare. Still, I'd thought I was going faster, and afterwards, Diane Sherrer told me there had been a disagreement about the course length, with Joe Reynolds having wheel-measured it at 6.5 miles, but Jeffrey wanting to leave the start where it was. Jeffrey and the other volunteers did a great job with the race overall, and I'm hoping that Joe's right on the distance, since that works out to a 35:41 10K or a 5:41 per mile pace.

Jeremy came in 26 seconds later, followed by Michael, Boris, John Hylas, and Dave Jones. The food was good, and, despite the humidity, it was an extremely comfortable temperature. Overall, I was extremely pleased with my race, partly because of the time and the place, but mostly because I felt as though I actually ran a smart race for the first bit, when Michael and Jeremy were pushing me.

Alas, I'm sure my two-race winning streak will be rudely interrupted by someone with real speed next week at Tortoise & Hare. Perhaps I should start a rumor about how the starting time is really 9 pm on Saturday...

And a Recap from the Race Director—Jeffrey Juran

This year's Rec Way 10K seems to have come off well, despite the initial setback of the early dampness. The upside is that the still, heavy, damp air carried sounds very well. It sounded like a tropical forest in those woods, if not for the incessant sound of footsteps from everyone being in such a hurry. Gotta slow down!

We had I think 48 finishers in the 10K and more than we have had in a long time in the fun run, which this year was one mile long in honor of the Prefontaine Classic to held the following day. It appeared to my admittedly biased mind that everybody had a very good time, if not in running the course, at least in being there. The course itself was in great shape, newly pruned and preened, with a fresh layer of crushed limestone added to the path. The air was unusually still, and damp, overcast (and therefore devoid of glare), and not so hot. Great running weather! I had a great time just being there, pretending to be doing stuff that would have all gotten done if I had never shown up, but happily I made it there too.

About (maybe exactly) fourteen people lined up for the about (almost exactly) one-mile fun run. AJ Danner ran it in his bare feet, finishing ahead of all other challengers in a time of 7:45. The next runner (Tuli Kuckes) arrived back

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to the finish line in 8:33, only twelve seconds ahead of three other runners, which included a couple of little Annas who finished in the neighborhood 8:45. It was great to see the very young people out there, having a great time.

Race Results

Great Heron 5K

Geneva, April 29

Local runners: Andri Goncarovs, 21:04; Kevin Howell, 21:26.

Mountain Goat 10-Miler

Syracuse, April 30

Local runners (top 600 only): 4. Randy McDermott, 44:10; 5. Jim Derick, 55:26; 8. Eric Davis, 57:06; 10. Joshua Cross, 58:11; 13. Earl Steinbrecher, 59:00; 20. Jonathan Healey, 1:00:43; 22. Geoff Hutchinson, 1:00:58; 24. Boris Dzikovski, 1:01:04; 49. Bob Weathers, 1:05:42; 69. Suzanne Myette, 1:07:50; 107. Murphee Hayes, 1:10:45; 128. Valerie Cross, 1:12:05; 131. Bryce Webster, 1:12:08; 172. Coreen Steinbach, 1:14:20; 183. Audrey Balandier, 1:14:42; 229. Steve Codner, 1:16:45; 302. John Dailey, 1:18:52; 330. Edwin Jones, 1:19:36; 367. Dan MacCracken, 1:20:59; Todd O'Connell, 1:21:40; Ronald Moore, 1:22:48; Ray Wagner, 1:23:49; Steve Gallow, 1:25:43.

BPAC Six-Hour Classic

Amherst, April 30

Local runners: Becky Harman, 39 miles; Katie Stettler, 39 miles; Chris Reynolds, 35.75 miles; Lorrie Tily, 35.75 miles; Dave Weiss, 33.50 miles; Joe Reynolds, 32:50 miles.

Runner's World Half Marathon

Allentown, PA, April 30

Local runners: Jaret Herter, 1:26:20 (3rd M25); Anna Scheinzbach, 1:36:54; Karen Grover, 1:48:12; Jill Rotondo, 1:53:33; Paul Kearney, 1:53:33; Mark Margeson, 1:54:00; Kelly Squires, 2:17; Retha Shaffer, 2:35:20.

New Jersey Marathon

Long Branch, April 30

Local runners: Jason Kennedy, 3:45:46; Cathy Troisi, 5:03:07 (2nd F60).

Nature Revisited 5K (cross country)

Corning, April 30

Local runners: Tim Ingall, Lansing, 21:12 (first overall); Jim Miner, 27:01 (first M50); PJ Peterman, 34:59 (first F50).

Big East Track & Field Championships

University of Connecticut, May 5-7

Local runner: Molly Huddle of Elmira won both the individual titles in the 10,000 meters and the 5000 meters. Huddle, a senior at Notre Dame University, ran the 10,000 in 32:27.87, and the 5000 in 16:31.34.

Flying Pig Marathon

Ohio, May 6

Local runners: Eric Maki, 2:53:56; Stephen Sauer, 3:37:14; Jim Miner, 5:29:30; PJ Peterman, 5:35:27; Mary Wenck, 4:28:38; Lori Mitchell, 4:59:04; Todd O'Connell, 3:48:51; Cindy Cassetta, 5:41:19.

Note: Jim Miner of Dryden won the Old Spice High Endurance Mile to the Finish Award (M55). Jim posted 6:30 over the last mile of the

Race Results

marathon, after race-walking the first 25 miles.

Whiskey Row Marathon

Prescott, AZ, May 7

Local runner: Cathy Troisi, 5:48:16 (first F60).

Pocono Marathon

PA, May 7

Local runners: Joe McGee, 41, Wyalusing, 3:14:54; Tom Wilber, 50, Columbia Cross Roads, 3:20:09; Bob Lantz, 52, Wyalusing, 3:33:41; Dave Rote, 48, Waverly, 3:47:47; Benjamin Kartono, 32, Ithaca, 3:58:02; Meg Su, 32, Ithaca, 4:44:46.

Colorado Marathon

Fort Collins, CO, May 7

Overall winner: Michael Wunsch, Ithaca, 2:49:05.

Broad Street 10-Miler

Philadelphia, May 7

Local runners: Jeffrey Juran, Ithaca, 58:55; Bill Trondsen, Ithaca, 1:14:36; Sandy Folzer, 1:22:22 (first F65); Laura Peifer, Ithaca, 1:22:42; John Dulik, 1:33:14; Treacy Ziegler, Newfield, 1:37:27.

Law Enforcement Bull Canyon 10K

Santa Maria, CA, May 12

Local runner: Nick Iven, 48:07 (first grandmaster M60).

Rotary Invitational Coaches 1500 race

Maine-Endwell, May 12

Local runner: Suzy Myette, 5:17.

The Wine Rack 3-Mile USATF Niagara Championship

Geneva, May 13

Local runners: John Hylas, Ithaca, 17:41 (first M40); Andri Goncarovs, Groton, 18:58 (2nd M40); John Saylor, Brooktondale, 19:47 (first M50); Herb Engman, Ithaca, 19:08 (first M60).

Montessori 5K

Big Flats, May 13

Local runners: Kevin Coughlin, 19:07 (1st overall); Lucas Mann, 20:46.

Race for the Cure 5K

Syracuse, May 13

Women's 5K (chip-timed only; not in order of finish)

Local runners: Murphee Hayes, 19:13; Emily Taft, 33:18; Lauren Johnson, 27:21; Torrey Jacobs, 27:00; Katy Guido, 30:31; Sharon Leim, 30:51; Hilary Matson, 36:26; Megan Matson, 36:41; Patricia Trabucco, 20:34; Julia Froio, 25:28; Christina Yonta, 37:24; Beth Mercer, 32:23; Sarah Ploss, 34:32; Shannon Anderson, 35:52; Terry Marcus, 34:05; Carolyn Withiam, 48:36; Pat Kinney, 35:19; Dawn Larison, 40:57; Carol Agate, 1:12:04; Cathy Troisi, 31:46; Betsy Gillim, 1:00:37; Linda Eberly, 25:31.

Men's 5K

Local runners: Taylor Withiam, 41:07; Charley Lu, 24:02; William Towcimak, 24:18; Martin Lessmesiter, 24:38; Garland Buchanan, 27:23; Scott Jacobs, 24:16; David Sherman, 53:22; Doake Brown, 19:52; Mark Withiam, 52:59; Doug Matson, 43:21.

22nd annual Guthrie Gallop

Sayre, May 13

Race Results

10K		18. David Losee	35 Sidney Center	1:11:00
Local runners: Jim Derick, 34:12 (first overall); Jeffrey Juran, 37:09; Dave Jones, 41:26; Chris Reynolds, 43:38 (2 nd female overall); Bob Kern, 46:45; Mark Haggerty, 47:59; Sue Stage Derick, 48:46; Penelope Borko, 50:31; Chris Newell, 50:40; Helen Newell, 50:46; Wayne Huddleston, 50:47; Courtney Warren, 55:28; Ruth Widrig, 1:03:21; Kathy Rohrer, 1:05:38; Joy Gaustad, 1:08:28; Janice Johnson, 1:09:15; Chufi Giaffo, 1:23:14.		19. Christopher Barry	53 Newark	1:11:05
5K		20. Mark Murphy	36 Cortland	1:11:53
Local runners: Jim Derick, 16:54 (first overall); Jeff Naylor, 18:31 (3 rd overall); Jeffrey Juran, 19:12; Jul MacNeal, 20:27; Dave Jones, 21:11; Jennifer Macneal, 21:16; Jerry Keene, 21:33; Wally Powers, 21:47; Bob Kern, 23:28; Chris Jones, 23:50; Jean Spencer, 23:56; Doug Hickey, 24:00; Bob Urban, 24:13; Wayne Hzooleston, 24:48; Heidi Moore, 25:28; Jason Moore, 25:28; Liz Urban, 25:47; Sue Stage Derick, 26:14; Kay Urban, 26:22; Rick Wilbur, 27:48; Maureen Gillette, 29:26; Amanda Bailey, 29:40; Lauren Ambury, 29:46; Carmen Correll, 29:52; PJ Peterman, 30:50; David Ackland, 32:57; Wendy Burt, 33:03; Wendy Kane, 33:14; Ruby Mosier, 44:41; Joshua Correll, 46:10.		21. Bill Gibson	53 Copperstown	1:16:19
5K Race Walk		22. Michelle Marino	53 Ithaca	1:16:30F
Local walkers: Jim Miner, Dryden, 29:44 (first overall); Patricia Lewis, Alpine, 43:41; Kristene Kepner, 48:14; Corky Bostwick, 49:01; Ed Bostwick, 49:02; Gloria Ward, 51:21; Mary Evans, 51:21; Jennifer Chandler, 54:28; Shawn Belles, 54:29.		23. Doug Gibson	48 Oneonta	1:16:39
Distance Running Hall of Fame 5K and Half Marathon		24. Shane Murphy	40 Cortland	1:17:22F
Utica, May 21		25. Amy Rhodes	32 Sidney	1:20:34F
5K		26. Mike Terwilliger	51 Brooktondale	1:20:35
Local runners: Andris Goncarovs, Ithaca, 16:52 (first overall); Andri Goncarovs, Groton, 20:06; Kevin Howell, Groton, 20:18.		27. Louise Mahar	42 Cortland	1:20:41F
Half Marathon		28. John Kopalek	55 Binghamton	1:20:47
Local runners: Stasi Kasianchuk, Ithaca, 1:34:38; Daniel MacCracken, Ithaca, 1:41:08.		29. Marne Einarson	49 Ithaca	1:20:54F
Twin Tiers Race for the Cure 5K		30. Tamara Loos	39 Freeville	1:21:23F
Elmira, May 21		31. Joel Brock	47 Groton	1:21:37
Local runners: Jeff Naylor, 18:00 (3 rd overall); Kevin Coughlin, 19:21; Shirley Woodford, 20:29; Marissa Ecclesston, 22:23; Kristy Wood, 23:45; Rod Weeden, 25:16; Mary Muse, 25:26; PJ Peterman, 27:07; Maureen Gillette, 27:41; Teresa Sawester, 29:34; Jim Miner, 30:08; Sally Rusby, 31:05; Kathy Rohrer, 33:10; Gary Cremeens, 40:45.		32. Allan Hall	41 Macedon	1:22:37
Thom Bugliosi Trail Runs		33. Tomas Larsson	38 Ithaca	1:25:39
Hammond Hill State Forest; May 6, 2006		34. Bill Ames	58 Homer	1:25:43
13K		35. Dave Ames	24 Homer	1:25:44
1. Eric Davis	26 Ithaca	36. Maria Costanzo	47 Ithaca	1:40:36F
2. Earl Steinbrecker	41 Willseyville	37. Gary McCheyne	45 Interlaken	1:40:37
3. Tim Ingall	47 Lansing	38. Carol Hart	61 Deposit	1:47:31F **
4. Thomas Meyer	31 Ithaca	**Some confusion on this time—this is the best of a couple.		
5. John Hylas	48 Ithaca	26 K		
6. Ted Larison	53 Cortland	1. Jason Clark	28 Cortland	1:47:30
7. Thomas Powers	56 Newfield	2. Alan Evans	42 Beaver Dams	1:52:07
8. Garrit VanLoon	45 Ithaca	3. Zachary Koch	20 Newport PA	1:54:30
9. John Dailey	28 Vernon CT	4. Kevin Koch	49 Newport PA	1:54:30
10. Steve Ryan	55 Ithaca	5. Boris Dzikovski	41 Ithaca	1:59:44
11. Mark Vail	40 Towanda PA	6. Michael Murphy	32 Warren Center PA	2:01:42
12. Raina White	27 Brownsville VT	7. David Jones	47 Interlaken	2:03:30
13. Audrey Balander	49 Cortland	8. Gerjan Diepstraten	47 Faraway	2:08:50
14. Christine Reynolds	36 Newfield	9. Rebecca Harmon	36 Willseyville	2:12:01F
15. Helene Strutok	27 Harveys lake PA	10. Nancy Kleinrock	46 Trumansburg	2:13:44F
16. Steve Shaum	40 Trumansburg	11. Gary Burdick	51 DeRuyter	2:16:34
17. Karen Grover	35 Alpine	12. Bill Gibson	53 Copperstown	2:16:36
		13. Bill McGovern	46 Marathon	2:26:25
		14. Steve Sherwood	42 Chinango Forks	2:28:01
		15. Michael Beaudry	44 Newtown CT	2:29:42
		16. Jim Chely	50 Elmira	2:32:47
		17. Joe Reynolds	61 Newfield	2:40:48
		18. Charity McManaman	29 Ithaca	2:46:49F
		Highland Forest 1-2-3 Trail Runs		
		Highland Forest, Fabius, NY; May 21, 2006		
		10 miles		
		1. Jason Clark	28 Cortland	1:09:37
		2. Tim Ingall	47 Lansing	1:14:15
		3. Pete Gratien	18 East Syracuse	1:17:38
		4. Pat Stagnitta	20 North Syracuse	1:17:40
		5. Boris Dzikovski	41 Ithaca	1:18:14
		6. Dan Duger	41 Marcellus	1:18:40
		7. Jeffrey Juran	49 Ithaca	1:18:47
		8. Lawren Smithline	33 Princeton NJ	1:21:54
		9. Craig McGowan	49 Liverpool	1:25:18
		10. Ted Larison	53 Cortland	1:27:44
		11. Matt DiCintio	36 Wyomissing PA	1:30:10
		12. Pat Piscitelli	50 Baldwinsville	1:31:44
		13. Jason Fahy	34 Liverpool	1:31:45
		14. John Condon,	50 Fulton	1:32:36
		15. Kevin Mintgomery	45 Syracuse	1:37:21
		16. Mark Morrison	30 North Syracuse	1:37:42
		17. Robert Stokes	24 Canastota	1:39:43
		18. Jim Hoch	55 Cortland	1:39:59

Race Results

19. Karen Grover	35 Alpine	1:40:03F
20. Gary McCheyne	45 Interlaken	1:41:16
21. Louise Mahar	42 Cortland	1:42:57F
22. Tina Buzak	43 Syracuse	1:43:07F
23. Jim Lawyer	40 Pompey	1:43:23
24. Dan Wynkoop	51 Cato	1:43:23
25. David Groff	43 Erieville	1:44:50
26. Roger Fadden	41 Canton	1:46:23
27. C. Ehrensberger	30 Chittenango	1:47:33F
28. Mark Ehrensberger	28 Chittenango	1:47:34
29. Joseph Barry	48 LaFayette	1:50:47
30. Traci Durgan	34 East Rochester	1:51:31F
31. John Melville	52 Honeoye Falls	1:51:32
32. Laura Bleakley	36 Rochester	1:59:11F
33. Chris Read	54 Baldwinsville	2:12:45
34. Brendan Flynn	66 Binghamton	2:13:53
35. Anne Dabbracci	50 Binghamton	2:21:55F
36. Jen Stanton	33 Waterloo	2:22:56F
37. Javier Martinez	35 Baldwinsville	2:30:57
38. Christina Martinez	35 Baldwinsville	2:30:58F
39. Karen Fennie	46 Binghamton	2:32:40F

20 miles

1. Alan Evans	42 Beaver Dams	2:30:29
2. David Jones	47 Interlaken	3:02:11
3. Erik Hanson	32 Cooperstown	3:07:22
4. Robert Richard	29 Delmar	3:18:36
5. Steve Sherwood	42 Chenango Forks	3:25:33
6. Kevin Mattessich	26 Baldwinsville	3:26:04
7. Mark Brugger	46 Vestal	3:26:12
8. Derek Cerza	32 Syracuse	3:30:06
9. Jack Byrne	40 Sodus Point	3:34:05
10. Jim Lampman	23 Cato	3:36:01
11. Evan Kurtz	50 Dryden	3:37:56
12. Katherine Stettler	41 Ithaca	3:45:00F
13. Ed Hetzel	52 Tunkhannock PA	3:45:14
14. Charlie Reller	50 Manlius	3:45:39
15. Tom Homeyer	57 Tully	3:47:08
16. John Dailey	28 Ithaca	3:51:40
17. Lorrie Tily	45 Locke	3:59:58F
18. Jason Noel	35 Oswego	4:04:55
19. Edward Coye	48 Syracuse	4:13:03
20. Stephen Martin	49 Baldwinsville	4:13:05
21. Willis Geer	58 Buffalo	4:35:58
22. Sue MaioWade	48 Rochester	4:51:29F
23. Kathryn Mancarella	20 Syracuse	4:51:31F
24. Teresa Sukiennicki	40 Rochester	4:53:32F
25. Maria Mancarella	18 Syracuse	5:45:29F
26. Gary Gudlin	51 Jamesville	5:45:30
27. Greg Taylor	59 Delmar	6:06:51

30 miles

1. Todd Baum	48 Fayetteville	4:29:47
2. Dan Dominie	42 Canton	4:40:10
3. Ed Housel	47 Rochester	4:45:40
4. Ryan O'Dell	21 Rochester	4:56:19
5. Rebecca Harman	36 Willseyville	5:05:13F
6. Andrew Starowicz	33 Syracuse	5:14:28
7. Nancy Kleinrock	46 Trumansburg	5:19:42F
8. Dan Button	34 Syracuse	5:34:40
9. David Grucza,	44 Fabius	5:38:54
10. Charles Leonard	50 Freeville	5:38:59
11. Edward Edington	34 Stanley	5:43:09
12. Theresa Palmieri	43 Buffalo	6:02:33F
13. Keith Gregoire	40 Depew	6:13:59

14. Dave Smith	52 Williamsville	6:13:59
15. Brian Hooker	27 Rochester	6:17:36
16. Diane Jozefski	42 Rochester	6:21:02F
17. Kimberly Rapp	41 Macedon	6:21:11F
18. Chester Jozefski	53 Rochester	6:33:56
19. Allen Ripke	54 Syracuse	6:47:55
20. Barbara Sorrell	49 Delmar	6:56:24F
21. Sophie Shapely	45 Orchard Park	7:22:19F

Rec Way 10K and Family Fun Runs

May 21, 2006

9:06 start for the 10K; 10:15 for the mile fun run

Conditions: Still air, 100% humidity, 55°F, cloudy, misty, and maybe foggy—almost perfect

1 Adam Engst	37:06
2 Jeremy Gardner	37:31
3 Michael Wunsch	38:01
4 Boris Dzikovski	38:05
5 John Hylas	39:29
6 David Jones	42:00
7 David Shumway	42:03
8 Lucas Mann	42:42
9 Gary William	42:50
10 Tom Powers	43:24
11 Andy Jordan	44:45
12 Audrey Balander	46:35
13 Anne Dorward	46:35
14 KC Bennett	46:49
15 Evan White	46:53
16 Stephen Codner	47:16
17 Ronald Moore	48:19
18 Steve Gallow	49:09
19 Zsofia Franck	49:51
20 Bob Talda	50:06
21 Ray Wagner	50:36
22 John Muckstadt	50:42
23 John Kopalek	50:54
24 Noah Kooperman	50:57
25 Mia Slotnick	50:58
26 Joe Reynolds	51:06
27 Sandy Dayette	51:07
28 Michelle Marino	51:17
29 Mark Oczko	51:23
30 Gary McCheyne	51:53
31 Jackie Wurst	52:21
32 Karla Eisch	53:00
33 Joel Brock	53:40
34 Vincent Borden	54:44
35 Gabe Borden	54:44
36 Marne Einerson	54:54
37 Brian Heltsley	56:13
38 Gary Rightmire	56:17
39 Sarah Danner	56:24
40 Dennis Charsky	56:58
41 Tim Doward	57:28
42 Amelia Anderson	58:25
43 Diane Sherrer	59:09
44 Marnie Ajello	61:04
45 Bob Ajello	61:04
46 Bill Wright	62:39
47 Patti Banfield	66:41
48 Kim Conrad	66:41

June 2006 Calendar

- Jun 1:** JP Morgan Chase Corporate Challenge 3.5-Miler, Rochester Institute of Technology, 7 pm. www.jporganchasecc.com. Teams only.
- Jun 3:** The 14th annual Rich Lawrence Memorial Tortoise & Hare Trail 10K and 1-Mile Fun Run, Lower Buttermilk Falls State Park, Ithaca, 9 am. Contact KC Bennett at 257-2108; Tessa DuMont at 347-4331. www.fingerlakesrunners.org.
- Jun 3:** The 28th annual Freihofer's Run for Women 5K, Albany, 10 am. www.freihoferstrun.com.
- Jun 3:** The 32nd annual God's Country Marathon, Galeton to Coudersport, PA, 8 am. Contact Potter County Visitors Assn., PO Box 245, Coudersport, PA 16915; (888)768-8372; www.godscountrymarathon.com.
- Jun 3:** The Vestal Rail to Trail 5K, 8 am, Vestal Trail. www.triplecitiesrunnersclub.org.
- Jun 3:** Weedsport Historical 8K, 10 am. www.weedsportrun.com.
- Jun 3:** New York State Public High School Track and Field Championships.
- Jun 3:** Paige's Butterfly 5K, Baldwinsville, 9 am. www.pbrun.com.
- Jun 4:** Brad Sanford 5K and Kids' Fun Run, Oakridge Park, Elmira Heights, 9 am. Contact Skip Strobel: skipstrobel@hotmail.com.
- Jun 4:** The 29th annual Whiteface Mountain Uphill Footrace, 8 am, Wilmington. www.whitefaceace.com.
- Jun 4:** The 14th annual AIDS Walk and Run, Beaver Lake Nature Center, 10 am. www.aidswalkcny.com.
- Jun 4:** Rock 'n' Roll Marathon, San Diego. www.rnrmarathon.com.
- Jun 4:** Down & Dirty at Ore Bed Triathlon, Casey Park, Ontario, 10 am. Contact Bill Riddell, Ontario Parks and Recreation, 6551 Knickerbocker Rd., Ontario, NY 14519.
- Jun 4:** Town of Pittsford Triathlon, 7 am. www.townofpittsford.com.
- Jun 6:** Finger Lakes Runners Club Summer Track Series: Cornell University, 6 pm. www.fingerlakesrunners.org. Contact Tim Ingall: timingall@hotmail.com.
- Jun 6-11:** The Empire State Senior Games, Cortland State and the City of Cortland. Open to athletes ages 50-up. Contact Empire State Senior Games, New York State Office of Parks, Recreation and Historic Preservation, Central Region, 6105 E. Seneca Turnpike, Jamesville, NY 13078; (315)492-9654; www.empirestategames.org. No event-day registration. (Senior Games Triathlon on June 17 at Green Lakes State Park.)
- Jun 7:** Free Running Clinic, Horseheads Medical Office Building, Suite 100, 5-7 pm. Call 737-4499.
- Jun 10:** Fly By Night Duathlon, Watkins Glen International Race Track, 6:30 pm. www.flybynightdu.com.
- Jun 10:** Laurel Highlands Ultra Challenge (70 miles), Ohipyle State Park, 5:30 am. Contact Tim Hewitt: (724)832-1018.
- Jun 10:** Circle of Friends Mini 10K, Central Park, New York City. www.nyrr.org. Women only.
- Jun 10:** Powerbar Trail Runs: 4.5 miles and 9 miles, Mendon Ponds Park, Rochester, 9 am. www.yellowjacketracing.com.
- Jun 10:** Early entry deadline for the Utica Boilermaker. www.boilermaker.com.
- Jun 10:** Apalachin Fireman's Field Days 5K, 9:30 am. Contact Susan Schultz: suzyque@stny.rr.com.
- Jun 10:** Smithville Day 5K, Smithville Flats, 9:30 am. Contact Tim Hanna: 656-7680.
- Jun 11:** Live Like Liz 5K and One-Mile Walk, Catharine Valley Trail, Montour Falls end, 9:30 am. Contact Marie Fitzsimmons: mfitzsim@watkinglensschools.org.
- Jun 11:** Keuka Lake Triathlon: sprint, international, duathlon, kid's event, Keuka Park, Penn Yan, 8 am. (716)662-9379. (Link on www.ithacatriathlonclub.org site.)
- Jun 11:** Lake Placid Marathon & Half Marathon. www.lakeplacidmarathon.com.
- Jun 12:** Syracuse Chargers All-Comers Summer Track & Field Series, Jamesville-DeWitt High School, 6 pm. www.syracusechargers.org.
- Jun 17:** Big Flats Community Days 5K, Big Flats Community Park, 10 am. Contact: Community Days, PO Box 247, Big Flats, NY 14814; Gene Herber, 562-3168 (evenings). BBQ included; prize money.
- Jun 17:** Nice 'n' Easy Swamp Rat 5K and 10K, Oneida Shores County Park, Brewerton, 8:30 am. Contact Richard Nastai, 9573 Shepard Dr., Brewerton, NY 13029. www.syracusechargers.org.
- Jun 17:** Vestal XX (20K), Vestal High School, 8 am. Contact Fred Bostrom, 413 Pinecrest Rd., Vestal, NY 13850. www.triplecitiesrunnersclub.org.
- Jun 17:** The 46th Mount Washington Road Race (7.6 miles), Gorham, NH. www.gsr.com.
- Jun 17:** The 27th annual YMCA Triathlon, Green Lakes State Park, 8:45 am. (315)475-6741. Empire State Senior Games triathlon runs concurrently with this triathlon.
- Jun 17:** Pennsylvania State Laurel Festival 10K, 9 am, Wellsboro, PA. Contact Wellsboro Chamber of Commerce, PO Box 733, Wellsboro, PA 16901. www.wellsboropa.com.
- Jun 17:** Great Adirondack Trail (Mountain) Run: 11.5 miles. www.mountaineer.com.
- Jun 17:** The 30th annual Grandma's Marathon, Duluth, MN. www.grandmasmarathon.com.
- Jun 18:** Tanglewood Tanglefoot Trail Runs: 5 and 10 miles, Tanglewood Nature Center, Elmira, 10 am. Contact Jim Chely: twood2004@aol.com; www.tangle-wood.org.
- Jun 18:** Save Our Switchbacks 5-Miler, Utica Parkway. www.uticaroadrunners.org.
- Jun 18:** Medved 5K to Cure ALS, Frontier Field, Rochester, 8:30 am. www.gvh.net
- Jun 18:** Mt. Greylock Trail Races: Half Marathon and 5K, Adams, MA. www.runwmac.org.
- Jun 19:** Syracuse Chargers All-Comers Summer Track Series, Jamesville-DeWitt High School, 6 pm. www.syracusechargers.org.
- Jun 21:** Red Dress Run 5K, Maine-Endwell High School, 6 pm. www.triplecitiesrunnersclub.org. Must wear red dress and accessorize!
- Jun 24:** Jim King Memorial Firefighter's 5K, Athens Township Fire Hall, Athens, PA, 9 am. Contact Jason Moore: jmoore28@stny.rr.com.
- Jun 24:** Yellow Brick Road Run, Chittenango, 5:40 pm. Contact Steve Waite: waites30@hotmail.com.
- Jun 24:** Tupper Lake Tinman Triathlon (half ironman). Link at www.ithacatriathlonclub.org.
- Jun 24:** Entry deadline for the Cazenovia July 4th Races. www.syracusechargers.org.
- Jun 25:** Summer Sizzle 5-Miler, Mohawk Valley Community College, Utica, 8 am. Separate men's and women's 5Ks. www.uticaroadrunners.org.
- Jun 25:** The Double Trouble 15K and 30K Trail Run, 9 am, French Creek State Park, Reading, PA. Contact Ron Horn: rhornpcs@aol.com; www.pretzelcitysports.com.
- Jul 1:** 18th Annual Finger Lakes Fifties Trail Runs, 50 miles, 50K, 25K), Finger Lakes National Forest, Hector, NY, 6:30 am. Contact: Chris Reynolds cb2runner@yahoo.com; www.fingerlakesrunners.org.

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. Minimal fee; check online before attending meet.

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Visit Our Awesome Website!
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) to find out. Steve's also the one to contact if you wish to change your newsletter option (hard copy vs. electronic).

**Finger Lakes Runners Club
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