



Finger Lakes Runners Club Newsletter ~ November 2006



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

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Results and Calendar; no race entries in this issue.

2006–2007 Winter Series All-Comers Indoor Track Meets—Diane Sherrer, Tim Ingall

Site: Barton Hall, Cornell University campus.

Cost: Free for all FLRC members; free for all kids ages 6-under; \$1 students (nonmembers); \$3 adults (nonmembers). Team discounts and FLRC membership can be arranged on site.

Registration: No preregistration; sign up each meet, beginning at 8:15 am. Meet-day registration closes at 9:15 am and must be completed by that time. Meets run 9:00–noon on the listed Sundays, except the Hartshorne Memorial Masters Mile, which is a Saturday event.

Designated "Featured Race": Participation awards for younger athletes who choose this event.

Web: www.fingerlakesrunners.org. Please verify updated information prior to each meet. Results will be posted following each meet.

Contact: Track meet director Tim Ingall: timingall@hotmail.com, 351–6778.

Additional upstate New York winter track meets: Visit www.gvh.net; www.syracusechargers.org; www.masterstrack.com (calendar). Also visit web-sites of Niagara and Adirondack USATF Associations.

Sponsors: Thanks go to the Finger Lakes Running Company for the



raffle detailed below and to Fleet Feet Syracuse for donating race numbers for this season's meets.



Dates and Order of Events:

Dec 3, 2006

- 2 miles
- 60 meters (featured event)
- 200 meters
- one mile (includes race walk)
- 4 x 400-meter relay

Jan 7, 2007

- 800 meters
- 55 meters (featured event)
- 3000 meters
- 1500 meters (time trial for Hartshorne Mile; also includes one race walk heat)



At left is Gillian Sharp as lead woman in the masters (and vets and super-vets) race during the third get-together of the Upstate XC Series. Above is a visual a reminder from the Watkins Glen race that if you come out for the final two races you won't be going it alone. See page 2 for more on this fall's cross-country series and how you can join in on the fun.

Coming Up

- Nov 5: Red Baron Half Marathon, Corning, 1 pm.
- Nov 5: Upstate NY XC Race #4, Hilton, 11 am
- Nov 11: Interlaken Steeple Chase, 5K Interlaken, 10 am.
- Nov 11: Mendon Ponds Trails, 5K, 10K, 20K, 50K, Rochester, 8 am.
- Nov 19: Upstate NY XC Race #5, Genesee Valley Park, 10–11:30 am.
- Nov 23: Bob's Prediction Turkey Trot, ~5 miles, Ithaca High, 9 am.
- Nov 23: Pie & Glove 5K, Corning, 9:30 am.
- Nov 23: Race with Grace 10K, Rochester, 9 am.
- Nov 25: RT Turkey Run 5-Miler, Mendon Ponds Park, Rochester, 10 am.

There are many other Thanksgiving-time races; see full calendar for more.

News and Upcoming Events

400-200-200-800 meter medley relay
Jan 20, 2007 (Saturday): 40th annual Hartshorne Memorial Masters Mile. Time: To be announced.

This meet, which is not an official event on the FLRC winter track series, is open to masters men ages 40-over, and to sub-masters (30–39) and masters (40-over) women. There are several sectional heats, including the elite invitational mile for men and women. This meet is held at Barton Hall in conjunction with a Cornell University Invitational. To request a Hartshorne Mile application, contact meet director Rick Hoebeke: erh2@cornell.edu. Elite runners should call elite coordinator Tom Hartshorne at (607)266–8222; or e-mail tharts-horne@twcny.rr.com.

Feb 4, 2007:

5000 meters—begins promptly at 9 am. Register earlier for this event during 8:15–8:45 am.

200 meters (featured event)

1500 meters

400 meters

2 x 800-meter Valentine's Day relay

Mar 3, 2007: Family Fun Day & "Serious Events" (one mile and 400 meters)

Doors open at 8 am; registration will open at 8:15 for serious-event races and at 9:00 to start of individual events for Family Fun Day participants. All runners may participate in both FFD and serious events for one fee. Timed one-mile and 400-m heats begin at 9 am. Family Fun Day events follow serious event races. FFD events will be announced as meet day approaches.

But, wait—there's more fun in store!

At the Dec 2006, Jan 2007, and Feb 2007 FLRC track meets, the Finger Lakes Running Company will give away one \$25 gift certificate and one \$50 gift certificate in a random drawing of bib number tear-offs following each meet.

The \$25 winner will be drawn immediately following the close of the meet, right in Barton Hall.

The \$50 winner will be drawn 30 minutes later down at the Finger Lakes Running Company store (138 W. State Street, Ithaca) from the same pool of tear-offs.

Following the March meet will be a drawing at the store from all the tear-offs from all four meets. Two winners will each get any pair of running shoes from the Finger Lakes Running Company (valued up to \$100 per pair).

Winners must be present to win at each drawing, and you can win more than once.

The tear-off pool from earlier meets will just be added to at each meet. The more meets you go to, the more likely you are to win, as you have more tear-offs in the hat!

Fall Cross Country—Nancy Kleinrock

Three down and two to go. Don't miss out on the excitement, fun, and competition of: the 17th Annual Upstate New York Cross-Country Series! Here's what's left:

Race 4: Sunday, Nov 5 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.

All you young women (<40 yrs), speedy or otherwise, contact Karen Grover at kag22@cornell.edu forthwith! Masters women (40–49), contact Lorrie Tily (ljm2@cornell.edu); and vets (50–59) and super vets (60+) contact Diane Sherrer (dysherrer@hotmail.com) or Zsofia Franck (zsofiarf@twcny.rr.com). Men (open/masters) contact Geoffrey Hutchinson at grh25@cornell.edu; vets contact Bruce Roebal (bar2@cornell.edu); and you venerable fellas (super vets) should be in touch with Herb Engman at hje1@cornell.edu to secure your spot. In each team category, there must be enough runners present to field a team and count toward results, thus every body counts—be there and do your part to keep FLRC/High Noon on the Upstate cross-country map!

XC Nationals: Women, This One's for You—Lennie Tucker

Women. Men, you can stop reading right here; this is gender specific. Women. We had a helluva good time in Saratoga. There's probably a law against women having that much fun. Wish all of you had been there.

Roger Robinson—okay, he's a guy, but he got this right—RR noted at the Switzer/Robinson gathering at Fleet Feet on October 5 that marathoning is inclusive. Running is inclusive. A Greek water carrier won the marathon that Roger was talking about. Every kind of person was on that start line, and a water carrier won. Everyone there was prepared—you have to be prepared—but the gods smiled on a water carrier whose training intentions may have been different from the others, but who trained nonetheless.

On Sunday, I toed the start line of the women's race with other Veterans and SuperVets (like me), with Master runners, with doctors and nurses, stay-at-home moms, technicians and traders, writers, and a New York lawyer. It was the New York lawyer who took off with 800 meters to go and I was at the bottom of the tank already.

In the awards room, later, I looked around to many friends, some friendships beginning at a start line 25 years ago. We still start a race with fear and dread—Mary Rosado scares the hell out of me every time—and we end just like this: friends in the same room, gleeful if the gods smile that day on oneself and delighted if the gods smile on friends, old friend and new friend.

Women. Come to the races. A team of women is a joy to behold, a joy to be. Toe the start line together. I'll be looking for you.

News and Upcoming Events

New USATF Membership Fee Structure— USATF Press Release

In order to continue to support and enhance grassroots programs and services, USA Track & Field recently approved a proposal to increase membership fees, starting with the 2007 membership year. Effective Nov 1, 2006, membership fees will be \$19.95 for youth and \$29.95 for adults. Adults will also be offered discounted multiyear memberships: two years, \$54.95; three years, \$79.95; and four years, \$99.95.

The approved proposal calls for the incremental revenue to be reinvested to support enhancing grassroots programs and services. "Our overarching goal is to provide our membership with an improved experience as USATF members," said USATF President Bill Roe. "It is our hope that our members view this as an essential step toward ensuring the long-term health of our sport."

It is expected that through the fee increase, USATF will generate ~\$300,000 in yearly incremental revenue, which will be reinvested to make improvements in four broad areas: member benefits, infrastructure improvements for grassroots initiatives, marketing and branding of grassroots programs, and viable sport committee-based projects.

Specific initiatives that the new revenue will immediately be used to support include implementing a coach/volunteer criminal background check to protect youth members, developing a national athlete performance rankings system, and creating new marketing materials to encourage participation in USATF grassroots events and programs.

Even with the increase, USATF membership fees remain below the national average of other USOC national governing bodies and are competitive with other organizations providing programs for the Athletics community.

As a benefit of being a 2006 USATF member, you can renew your membership for 2007 at the current membership fee if you process your renewal online prior to 11:59 p.m. ET on October 31. In order to renew your membership, you will need your 2006 membership number and your password. If you need assistance obtaining either your membership number or your password visit www.usatf.org/membership and click on the appropriate link in the Help section. Please note that registering as a new member will generate a new 2006 membership which will expire at the end of 2006 and will not provide you with the benefits of being a 2007 member.

Open House—Lorrie Tily

Please join Lorrie and Don Tily Saturday, Dec 16, 4 pm–?, for their sixth annual running community holiday open house. Bring good cheer, a dish to pass, and your favorite beverage. We will provide a cozy home, lots of home-baked goodies, some wine, beer, and soda, along with smiles and laughter for all.

Directions: From the Ithaca area, go north on Triphammer Road. Go straight at the blinking light/stop sign. Take a right onto Rt 34. Drive 5 miles. Proceed past Bakers Acres. Turn right onto Locke Rd (Nancy's Diner is on the corner). Follow

Locke Rd to the end. Take a right onto Rt 90. Follow Rt 90 to the four-corners in Locke. Go straight through the four-corners. Our house is 0.2 mile up the road on the left—a gray house with white trim and a huge sycamore tree in the front yard. Coming from Syracuse/Cortland area, take Rt 222 to Homer. Turn west onto Rt 90. Follow Rt 90 for 12 miles. Our house is on the right at the base of a step hill. You can also call for directions. (315)497-3743. We enjoy sharing the holidays with our running family.

Hartshorne Memorial Service Award Nominations: Last Chance for 2006—Nancy Kleinrock

Now that we've reached the end of this month's stories, please take some time (now, on your next run, or whenever—but soon) to consider who in the Finger Lakes Runners Club has enhanced your experience through their ongoing volunteer efforts, either in front of or behind the scenes. Present your nominations to Diane Sherrer (387-7565; dsherrer@hotmail.com) according to the rules laid out in the September 2006 newsletter (www.fingerlakesrunners.org/newsletter/2006/September/Sep2006.pdf). Voting ends November 7. Look for an announcement of the winner(s) in the issue next month.

Note that past winners of this award are not eligible to win again, although they continue to contribute to the lifeblood of the club. Past recipients are as follows: Joe Dabes, Diane Sherrer, Herb Engman, Lorrie Tily, Joe Reynolds, John Sholeen, Jim Bisogni, Jim Miner, Don Tily, Alan Lockett, Rick Hoebeke, Tim Ingall, Phyllis Radke, Tom Meyer, John Whitman, Frank & Sally Rusby, Karen Grover, and Dave Jones.

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Race Reports

What the #*!% is a Megatransect?—Alan Evans

This is the first thought that ran through my head as I excitedly tore open my September Finger Lakes Trail newsletter and scanned the calendar for interesting events. The Bald Eagle Mountain Megatransect immediately caught my attention. Maybe it was the distance: 24.9 miles. I could get into that. I hate those last 1.3 miles of a marathon. But first I had to go to their website and assure myself that no map reading was required for something called a megatransect. Hey, if I can get lost on the *second* loop of the Highland 1-2-3, I don't want to sign up for anything that requires too much thought. (Come to think of it, maybe that's why I do well on down hills). I had to read no further than "The Megatransect is designed to appeal to the hard-core trail runner..." before deciding I was in. Now, after surviving this adventure, I'm here to report that this race is a real gem, but definitely not for the weak ankle. If I didn't know better, I'd say they imported all those rocks just for the race as if being "subjected to unrelenting climbs and downhill with vertical gains over 5000'" is just not challenging enough.

I drove down the night before to Lock Haven, PA, and was pleasantly surprised that it was less than two hours from Corning. I was also happy getting gas for 26¢ per gallon less than in New York. But mostly I was happy not to see Bald Eagle Mountain because it was already dark. I did get a hint of what was to come as I pulled into the Castanea Fire Company Picnic Grounds start/finish area to camp out and saw red lights in the distance quite high above the horizon. It took me some time to accept that they were antenna lights on the top of Bald Eagle Mountain. Perhaps, had I gotten a clear view, I would have questioned my sanity regarding what I was about to undertake.

Having no idea what I was getting into, I decided the course description would make good reading before bed. This turned out to be a very bad idea, given the nightmares it caused. With a description of a boulder field called "Bald Spot" in which "there is no trail; contestants *simply* [my emphasis] choose a line to the top" and "once committed [perhaps in more ways than one], turning back is extremely dangerous" did not allow me to peacefully drift off to sleep. I decided to give it up and go to sleep anyway after reading that at mile 20.7 "a rope is available to help with the first 75' of this infamous area" and "for the next ¾ mile you will travel on a 45° angle to the top of the mountain."

Although it rained during the night, I awoke to the misty, gray dreamlike world of a 7 am start. Ah, nothing like rolling out of bed and going to the start line. But first, a few prerace rituals. I knew as I headed to registration that this was no ordinary trail event. Maybe, it was the plethora of walking poles and baggy kakis (did I mention that of the 480 entrants, most were content to enjoy the trail at the sane pace of a fast walk). Maybe it was the prerace breakfast offering scrambled eggs and oatmeal (I opted for a small apple juice and a couple of bagels for later). Maybe it was the guy wearing a polka-dotted hat that made him look like a mushroom from *Alice and Wonderland*. No, that wasn't it. I've seen plenty of weird attire before "regular" trail runs. Not my own shorts—they are a thing of beauty.

The starting instructions had most of the usual advice about watching for blazes and going easy on the steep sections. Then came the part about not crawling on all fours to get through the boulder field. First off, you'd never make it, and, second, the snakes basking on the rocks might be hungry. Great, this run would require more than the usual share of balance (and snake anti-venom). Just before the gun went off, I looked back to see that there was only a single line of "runners" who cared about the two second advantage of being right on the line. Most were content to hang back in preparation for a full day in the woods.

At the gun, one runner took off much faster than I'd consider running for a marathon. After a mile I tucked in behind the guy in second as our leader made a few more hesitations at a couple of intersections. I commented that it's easier to make wrong turns on the roads than on trails. I recalled from my reading the night before that the first 4 miles were on roads before it got serious and headed dramatically uphill onto the trails. While I have come to learn that roads are poison, I was enjoying a few easy miles to get into the swing of things. Also, it's not on every trail run that you can gauge how far the leader is ahead—in this case, one city block. It also helped that the fog was still obscuring the full height of the mountain. Just before we turned into the trail to begin the fun, the guy in second was handed a water bottle from a group of young ladies. Trail groupies? No, I was to find out later that he was the local coach for the Jersey Shore high school cross-country team. A few miles in, I found that he hadn't run a lot of trail races before. What tipped me off was the sound of him falling hard on some of the early rocky parts just behind me. Actually, falling is a normal reaction to this rock-infested trail. Even the dirt roads on it had rocks requiring careful attention. In fact, I'd call this a kissing cousin of The Escarpment down by the Hudson for those of you who have had that pleasure.

What made this a truly unique experience was going through the boulder field (notice I didn't say running). This is where the thought occurred to me that a more appropriate name for the event would be *Megatransick*. And a better name for the "Bald Spot" boulder field would be Picasso's stairs. Every so often, I would have to stop and look up to spot the next flag, 100' further up the slope. It was like swimming in open water and trying to keep sight of the buoys. Scattered along the trail were spectators, or perhaps course marshals. Don't ask me how they got there. I managed a few smart remarks as I hobbled by, like, "I sure picked the wrong marathon to qualify for Boston." I caught sight of the leader just as he was exiting the boulder field, but my will to go on was rapidly waning along with any humor I had. In my mind, I was now alternating thinking, "This is *Megatransick*,

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no Megatransucks, no Megatransick..." Fortunately, the terrain gave way before I did, and I was heading downhill for a breather. The next few hours became a bit of a blur. At around 16 miles I saw the leader again, at last. He had suffered an ankle strain and was walking. I checked to see if he was okay before pushing up the hill to gain distance between us. I truly wished that was the last of the hills, but in the back of my mind I remembered reading about the rope and 45° hill. Could it really be that bad? I soon found out the answer was yes. I admit, I did use the rope. And yes, I was doing the pushing down on my quads with my hands to get up the 45° powerline hill from hell. It just didn't want to end. Unfortunately, at the top, I wasn't rewarded by a fast descent—it was simply too steep and required lots of attention just to walk down without killing myself. I never walk down hills so this says something about this one. Soon I was back onto the roads for 4 miles to the finish. What, on the way out, was a smooth warm up, on the way back, was interminable pain. After the finish, it was time to appreciate the great food and hospitality of the volunteers and other racers. You can't beat a fireman chicken barbecue to replenish a serious calorie deficit, not to mention that Troegs Brewing out of Harrisburg was a proud sponsor for the liquid refreshments. Perhaps I should have had the scrambled eggs and oatmeal earlier. I would have loved to hang out the rest of the day and compare war stories, but I was back on the road to get to my daughter's soccer game in Corning in time to see many others on up the road heading toward the finish.

Greylock Trails with Tales & Tails—Laura Clark

As befits the highest peak in Massachusetts, Mt. Greylock sits shrouded in mist and surrounded by legend. There is the Bellows Pipe Ghost, the Bernard Farm Trail airplane wreck and, in winter, an outbreak of bunny-sized Bigfoot tracks. One persistent story seasonally spun after the Greylock Half by old-timers soaking their feet in the pond is that of the "one and only" Greylock Marathon in 1998. Those who were there, like Henry V's band of brothers, command respect when they drawl, "If you think the half was tough today, you should have been there in '98 for the full!" No princess "Once upon a time," but pure blood and guts.

'Ninety-eight was a long time ago by human standards, enough to make retellings the stuff of legend rather than fact. It took us eight years to forget the pain, but not the glory. Those in the Western Mass Athletic Club were more than ready for a rematch. So Darlene McCarthy, who had never before directed a race, logically decided that it would be a good idea to start her career with a 26.2-mile event. You can see where I'm going here. Ultimately, 73 of us thought it would be fun to circumnavigate the summit of Mt. Greylock for four to nine hours on a course whose profile resembled the EKG of a heart patient in serious trouble. Interviewed shortly after the event, before amnesia had a chance to set in, Darlene stated, "I guess the reason I chose a marathon first was because we [she and hubby, Brian] were so naïve! I didn't see a huge problem with it."

Edward Alibozek and his dad, who spent half the summer

training on the proposed route, did see one slight problem: At least a third of the field would probably not be able to make the two cutoffs. So he proposed an early-bird special, minus the breakfast, at (gulp) 7:00 am. This was a great idea, especially if you had the foresight to bring a headlamp to the registration tent. Not only did this adaptation give some of us a fighting chance of finishing, the two-wave start relieved the usual congestion at the out-house line. An unexpected side benefit was that it saved us from muttering to ourselves the entire way. Both waves got to meet and greet each other as we passed or got passed and some of the faster runners even took a "break" to slog and chat.

If the truth be told, there were actually three waves. After initiating the early bird, Edward woke up even before the worm. He, his dad, Paul Hartwig, and Tippi departed at 6:30, accompanied by rolls of marking tape. Thank them for not getting lost, or at least for not getting lost as badly as you might have.

Now here's the rest of the story: Normally dogs are allowed to participate only as water stop support crew (St. Bernards are a natural for this duty), prerace cheerleaders, food taste testers, or postrace therapy companions. But because of the pre-early start and the fact that the three friends needed a herding dog to keep them on task, Tippi was allowed to join in the fun. This was fitting, since all proceeds from the trek were to benefit the Sonsini Animal Shelter.

Tippi, being a former shelter/rescue dog herself, understood her responsibility: She represented all other tailed species. So she pretty much avoided the usual doggie side trips and stayed firmly on task, tail held high for her pack to follow. She also knew that when she was on the trail with her person, it was more likely than not to be an all-day affair. So, unlike many dogs, she was not in the least bit tempted to speed up when passed by other runners. They were not pack members—just differently paced individuals sharing the same course. The only truly difficult moment, both for Tippi and her person, came when a hiker approached the Deer Trail from the *wrong direction*. While Tippi was fine with anyone traveling at a faster rate of speed, they better be traveling the *right way*. Her tolerance level plummeted to zero and her herding instinct took over. Edward was embarrassed, Tippi frustrated. Tippi knew the score. If she could just get that hiker turned around and headed in the correct direction she would earn one more entry for her friends at the animal shelter.

While the swifter travelers relied mainly on water stops and brief trail encounters for companionship, others preferred to brave the wilderness in semipermanent packs. Rich Busa, Karen McWhirt, and I were roughly committed to staying more or less together. What this really meant was that when I fell behind, I could catch Karen and Rich on the uphills. I use the term "fell" literally, too, as I took the time to log surf on one of the brief muddy sections. You'd think after all the mud this year, I would know better. But there were times when I became leader

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of the pack regardless of the slant the terrain took. Does that mean I am getting better, or did they feel I needed some positive reinforcement?

Inevitably, though, discipline fell apart. Karen moved ahead to run with Will Danecki who, suffering from cramps, was falling behind his group. This was an instinctive reaction on her part, since she has paced both Will and Rob Scott through the o'dark-30 portions of many 100 milers. She would make an excellent animal rescue person, since she seems to gravitate to those in trouble. Feeling slightly bereft, Rich and I picked up Greg Taylor, hoping that as an experienced 100 miler, he would have had the good sense to bring a headlamp. It seems that the rain hit us just as we were entering an intensely forested section on Deer Hill Trail. It was a dark and stormy night, and we almost expected Snoopy the Red Baron to crash into our section of mountain.

The 18.4-mile water stop was wonderful. Not only could we see again, but we were on familiar Greylock Half territory. At 20 miles, Rich decided he was almost home and headed for the barbecue like a horse heading for the barn. Greg lagged behind, and I was all alone. But I didn't mind. I knew I would finish, and I knew I would come in under nine hours (my goal). I must confess I probably could have been a bit faster, but I wanted to savor the familiar woods and feel good about what I had accomplished. I revisited all the places where I usually get lost, either in the half or in a snowshoe race, and they were all well marked. Apparently, again, the course markers had done their homework and reread my past articles before they headed out. I felt the same sense of accomplishment as someone who is on her way to completing her first marathon.

Greylock was not my first trail marathon, but definitely my most challenging so far. Naturally, I wanted more. The two likeliest candidates, in the Northeast at least, would be Jay Mountain Marathon in the Adirondacks and the Monster Marathon in the Finger Lakes. A guy in a Jay T-shirt who passed me on the trail said he said he thought Greylock was tougher. But perhaps that's just because that's where he was at the moment. Rich has tamed the Monster ten times so far, but not lately. He believes Greylock has it over Monster. But just to be sure, we plan to challenge the Monster next year, roughly three weeks before round two of Greylock. We'll let you know.

[editor's note: If interested, see October 2006 issue for other accounts of the Mt. Greylock Marathon]

A Great Race for an Avid Miler: 5th Avenue Mile—Derek Dean

Just wanted to make folks aware of a really nice way to run a good mile time in a well-organized race. The Continental Airlines 5th Avenue Mile is put on every year at the corner of 5th Avenue and 80th Street, right next to the Metropolitan Museum of Art and Central Park in Manhattan. The course is on a smooth, straight road, and, with an exception of one small uphill in the second quarter, it's all flat or a slight downgrade. The organization was excellent. They had the roads blocked off, and heats according to age/gender took off at their exact time, a team of cops leading the way on motorcycles. Digital clocks were everywhere: The lead car, every quarter mile, etc. And there was a nice range of paces in every heat. If you stick

around, you get to see the pros blaze on by. On a personal note, I had some good news, a personal best of 5:06—and I enjoyed the Picassos at the Met shortly thereafter. Check it out next September (www.nyrrc.org/mile/home.php), and I hope to see you there.

50 Miles is a Long Way—Lorrie Tily (note: unedited at author's request)

Two years ago I ran the JFK Fifty mile trail run in Maryland with Becky Harman, Thaisa Way and Mary Wenck. It was the first 50 mile run any of us had ever done. We registered as a team, gutted it out and somehow won the women's team division. When asked if I would do it again my first thought was no way but within a few hours of finishing I changed my mind and said yes, probably, someday. That someday came Saturday October 7th when Katie Stettler, Becky Harman and I ran the Canandaigua 50 mile road race. While running early, one cold morning in the dark last winter Becky, Katie and I decided we would run the Western New York Ultra series which consists of 6 races throughout western New York. We had participated in a couple of the events over the past two years and thought it would be fun to have the initial goal of competing in all of them. As we talked more of the series we decided we not only wanted to compete, but we wanted to compete well by finishing as the top females. This meant that we had to stay healthy and run well for an extended period of time. The first race of the series was in April. The last race is in November.

Canandaigua was the 5th race in the series. There was a 50k, 50 mile and 50 mile relay option. Both the 50k and single 50 mile event were part of the ultra series. I debated until two weeks before the event about which race I should enter. I did not feel strong enough or mentally ready to run 50 miles and running and winning the 50k would have put me in a better position in the series than running the 50 mile and finishing 3rd to my training partners. It was a dilemma. After much consideration I concluded that I could not better my position over that of my training partner by running the shorter easier event so I registered for the 50 miler. Tom Perry, race director send out an email a few days before the race informing pre-registered runners that there were additional awards. The top three men and women would receive embroidered techno vests. Becky decided Katie, she and I would just have to win the vests. Karen Grover and company decided to run the relay. Karen thought it would be fun to be able to watch us, offer support and compete all at the same time. Unfortunately the relay started with the 50k runners an hour and a half after the 50 mile event so we would not be able to see her and her team until the later miles, if at all.

The day started out cool and clear. The forecasted weather could not of been better, sunny and highs in the 60's. By the time we reached the starting line I was pumped and ready to run. My only goal was to break 9 hours. I finished JFK in 9:01 and thought I was in better

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long distance shape. I had no idea what kind of pace this would end up being until Katie told me that it equaled out to well over 10 minute miles. Katie and I ran the first miles together. Our first mile split was an 8:30, too fast. Katie said the goal was to run 10 minute miles including all walking and aid station breaks. I was concerned that the pace would catch up with me in the later miles. I did not have enough experience at this distance. We clicked off several 8 ½ minute miles. We could see Becky a few hundred yards ahead. I was surprised that we kept in visual contact with her as long as we did. The views around the lake were beautiful. The leaves were changing and mist came off the lake. We ran past docked sail boats and extravagant homes. The roads had little traffic except for the handlers some of the other ultra runs had. Katie and I separated about 10 miles or so into the run when I made a pit stop. The course was mostly rolling hills up to this point. Nothing that we weren't use to. I had read about the infamous Bopple Hill at the 16 mile mark on the cycling club listserve. There was a bike race around the lake a few weeks before. The hill was supposed to be a bear. We ran up several steep small hills and then came to an aid station called Bopple Bottom. I thought that one of the steep hills we previously ran up must have been Bopple. I also thought that it was not nearly as bad as I had heard it was. Well, I learned a very valuable lesson. Some things are as bad as people actually say they are. We rounded a corner after the aid station only to see this beast of a hill. The only thing I can compare it to was Buffalo street only much, much longer. The course description states that it rises 600 feet in 8/10th of a mile. I can tell you by personal experience this is steep. I walked the entire hill. Everyone around me walked the entire hill. I had asked Becky at the finish if she had ran the hill. She said she had and that it was tough. The man who marked the course happened to be at the top when Becky ran by. He yelled to her from his car and asked her if she had run the entire hill. Proudly she said "yes I did". He told her that was "very, very stupid". She was taken back by his bluntness.

The miles were clicking by. I was still running around an 8:30-8:45 pace. At 20 I told myself that there was only a 50k left. I was starting to doubt my ability. I felt a blister forming on my second toe. The view of the lake was breathtaking. You could see how the inlets came into the lake. I thought it would be the perfect place to kayak. I was running alone, enjoying my sanctuary. By mile 25 I was thinking half way. I was also thinking a marathon would be good enough. I hit the marathon in 3:50, a Boston qualifier as part of a fifty miler, probably not a good thing. I kept going. I was tired. My gluts felt the hills. There were many. I told myself I could run to the 50k. That was doable. I hit the 50k in 4:50 which is a good 50k time for me. I was in trouble. The next aid station was at the 32 mile mark. I had left a drop bag with a complete change of clothes including shoes and socks, power gel, cliff shots, glucose, Gatoraid, Naproxen and anything else I could think of that I might want. I filled my water bottle with the Gatoraid, took a couple of Naproxen, changed my socks, and hit the road. The few minutes of rest did me good. I was ready to run. I found my stride easily only to be hit with another long steep hill. I managed to

run more of it then walk however I had to stop three times to take something out of my shoe. Changing my socks was a good idea but the slightest little pebble drove me crazy. My feet were very tender from all those miles running on pavement. I was closer to the finish then the start. I told myself to keep going. I told myself to think of the journey not the destination. I looked at my watch. If I could stay focused I would easily break 9 hours. Around the 35 mile mark there was a ¼ mile out and back section added to complete the distance. It was here that I saw a runner ahead of me. He looked like he was working hard. He became my target. For the next 5 miles I focused on getting closer. I would get closer only to fall back from him. My goal was to pass him which I did going up a hill around the 38 mile mark when he was taking aid from his handler. Shortly after this, Karen, Torrey Jacobs and one of their other team members drove by me. They cheered and asked if I needed anything. I wanted to cry. I wanted to jump in the car with them and say "I'd had enough fun for one day". All I could say to Karen was something like "you don't even want to know". They filled my water bottle and I shuffled along. I still felt like I had a lot of energy however my mind was drained. My legs felt fine. My gluts and feet were sore. A blister on my third toe popped as I ran. The 40 mile mark was a welcome relief. I told myself this was the same distance as running Gunung. I could do this. I shuffled. I was running-walking 10 to 13 minute miles now. I was slow but I was also moving forward. At 42 miles I saw Karen and company again. I asked Karen were Charity McManaman was. She was running her second and final leg for her team. I told her I wanted Charity to run me in. She said Katie had also wanted Charity to run her in. In my state of delirium I told Karen that Katie could run her self in and that I needed Charity more. Charity arrived by my side before I hit the 44 mile mark. She was my angel. She walked when I needed to walk. She ran when I felt like I could run. She talked to me without expected me to talk back. I knew Becky was first women, Katie was second and I was third at this point. I still wanted to break 9 hours but more importantly I wanted that vest so that my training partners and I could wear them with pride, together. At 44 I told Charity "it is only a Freeze Trails noontime run. I can do this" Charity agreed. I took one mile at a time. Each would become my next goal. I had plenty of time to break 9. I asked Charity a few times to look back and see if the next woman was within sight. Thankfully she was not. The last miles were long. By 46 I calculated that I could walk in and still break 9 hours. I had a new vision now. I wanted to see how much I could break 9 hours by. Run, run, run, walk, walk some more if you need to. Remember to run again. 49 came. Charity said you've got this now. Mary Wenck pulled up in a car. She ran out and gave me hug. She had competed on a replay team and was happy to have meant up with me. By some cruel chance of fait the last ¼ mile goes up a winding road. Charity, my angle left me to finish on my own. I rounded the last corner to hear Becky's voice cheering me

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on. What satisfaction. I was exhausted. It was worth with it. Becky, not only finished first female, she finished first overall in 7:15. She past the second place finisher somewhere around 42 miles. Katie finished 4th overall, 2nd female in 7:46. I finished 11th overall, 3rd female in 8:33. We won the vests. We maintained our standings in the Ultra series and more importantly we shared an experience that few training partners, few friends are able to.

Karen and her team of Athena women proudly won the open women's team relay. Chris Reynolds who ran the Tessy Mountain 50 mile run the same day called me shortly after I finished. She reported that she won the women's race there in 8:22, one week after running a 3:37 marathon. She said she thought of us often during her run. I thought of her. It is amazing that such camaraderie can carry across two 50 mile races, hundred's of miles apart. Running and racing can push us beyond what we think our limits are. It can teach us lessons about life, friendship, loyalty, reliability and self. It truly is the journey, not the destination that matters and yes 50 miles is a long way to run.

Canandaigua 50-Mile Relay—Karen Grover

Team Athena was the first Open Women's team to finish, we placed 7th among 16 teams, with a combined average pace of 8:03 min/mile, completing the 50-mile course in 6:42:39. We earned ourselves a bag full of goodies from Fleet Feet and had a great day together. Linda Grossman cranked out a good start for us, and also ran Bopple Hill. Torrey Jacobs ran her furthest ever recorded mileage for one day, and looked very strong throughout, one of her legs included an extra mile I was not aware of when I coordinated the schedule. Melanie Holland tackled the some of the hilly sections with strength and grace, and Charity McManaman seemed to fly as usual. It was a fun day. We spent part of it chatting with Mary Wenck, Sue Stage-Derick, and their teams, as well as some of the other competitors, occasionally offering support to the folks running the 50-miler and 50K solo.

Torrey and I arrived early to watch the 50-mile start, in which Becky Harman, Katie Stettler, and Lorrie Tily participated. Their goal was to finish top 1, 2, 3 for women. These amazing Finger Lakes ladies completed their goal in style, Becky won first place honors *over all* in 7:15, Katie was second woman in 7:46, and Lorrie was third woman in 8:33, earning themselves matching vests for their efforts. The race director stated that Becky missed the women's record by only 4 minutes, however, one of the aid stations did not have water available yet and needed to run to their car, perhaps costing her the record.

Chris Reynolds was running her own 50-miler in Tussey Mt, where she won her race in 8:22; Josh Cross, Eric Davis, and their teammate Jim Moran also won the 50-mile relay in 5:05 in that Pennsylvania race. Finger Lakes Runners Club rocks.

Breakneck: Or, As Close to an Adventure Race as You May Ever Get—Laura Clark

Instructions: Run the Ridge Trail the entire length to Breakneck Pond. Run around the pond any way you want:

- 1) By staying on the Breakneck Pond View and Nipmuck trails
- 2) By taking the dirt roads (longer and hillier but marginally better footing)
- 3) By any combination of trails and roads

Then run the Ridge back to the finish. That's it. Period.

No supplemental (ribbons) course marking will be done.

With these scary instructions, race director Karl Molitoris single-handedly demolished normal expectations and created the Western Mass Athletic Club's first ever adventure race. Yeah, I know, every race is ultimately an adventure, but this time there were *no* rules and *almost anything goes*.

As soon as the application was released, a wave of concern began to direct itself toward me and Rich Busa. Even on a good day, when I have my contact lenses in correctly and the brim of my cap tilted upward and when Rich's stiff neck relaxes and he can scan the trail comfortably in all directions, it is pretty much a sure bet that we will stray from the yellow brick road. What would happen now? Would Karl have to camp out overnight waiting for us? (serves him right!) Would the beavers invite us to spend the night in their lodge?

Enter Karen McWhirt, who has recently discovered the sport of geo-caching. She punched the course into her GPS, and we were ready to go! That is, until she lost her GPS. So we were back where we started from and getting worrieder and worrieder, especially when Rich casually mentioned that this is the one course he has trouble visualizing. Since misery loves company, we banded together as Team Three Blind Mice and pledged, "One for all and all for one," *or* "All for one and one for all," *or*, in keeping with the true spirit of this trail race, "Whatever works."

In spite of this excellent company, as the fateful day approached, I must have been muttering in my sleep and disturbing our cat Nicholas' 17 hours of frequent-sleeper shut-eye, for in the morning he pointedly left three of his furry catnip mice next to the race application. Thanks to Nick's foresight we now had mascots.

Race day dawned dark, gray, and wet, with the usual mixture of sprinkles, light rain, and downpours that we have come to expect this season. This was the tenth Breakneck and the first to feature rain. It was also the first that did not feature the Jeff and Laura Kayak Challenge, as Jeff had injured his wrist. Perhaps the gods were angry that we never seem to get our run/kayak challenge properly resolved and were tired of providing perfect weather.

Rich, Karen, and I gathered in the parking lot for the traditional Three Mouseketeer pledge and the Pinning of the Mice ceremony. This is not as brutal as it sounds. Each mouse had a rather long leather tail, which we carefully pinned to our jackets, leaving the mice spinning freely in order to scout the trail from all possible directions, rather like the needle on a compass. The only drawback to this arrangement came before the actual start when Simba, a friendly four-footed WMAC'er, decided she appreciated the

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smell of catnip and took to following me around. Fortunately, by the time we hiked to the start, Simba had decided she was not, after all, a cat and went on to doggier pursuits.

Despite the fact that mice prefer to burrow under things rather than remain exposed on top of the trail, we felt rather smug about our progress. At least for the first four miles. Then, as we prepared to jump off the lollipop stick and onto the magic candy circle, two completely focused individuals whooshed by. This was not the sleek, fashionable Nike whoosh, but a powerful down-to-business statement by Team Gazelle. They had already sucked down the final piece of lollipop and were working on the stick. Were they even in the same race? Obviously not.

Oh well...moving right along...Once in the magic circle, Rich began to reminisce about past Breaknecks. All of a sudden, he came to the realization that even if he factored lousy weather \times age-graded percentages = actual race time, he would never ever be able to compare this year's effort with any other year's. Because this year, *anything goes*. The 700-yard road detour we normally take to avoid climbing over the beaver dam was *completely legal* and above board, even though it involved mucking through some mud. At one point, we did fail to connect the blue-dotted trees, but had the option of discovering alternate routes instead of backtracking. We are slow learners and chose to backtrack, proving once again that mice are more comfortable treading familiar mazes.

And we weren't last! But only by a whisker! My only regret is that Rich did his usual Charge of the Light Brigade finish and did not pause to join hands with the rest of Team Mouse before crossing the threshold. But perhaps that's because his mouse was having a rough time and was seriously in need of first aid. My furry companion was the only rodent to emerge still attached to his tail, a fact I am extremely proud of. As we checked the damage and recharged at the buffet, we came to the following conclusions:

- 1) Karl's relatives must love him very much to stand out in the pouring rain and serve refreshments for 3+ hours.
- 2) Team Mouse is ready for Stone Cat!
- 3) The original mascots have definitely overtrained; some, in fact, are more than ready for retirement followed by a hasty burial. We might have to break in new, sturdier mice.

Vernon–Verona Sherrill Cross Country–Adam Engst

Okay, first off, I need to thank Geoff Hutchison for the gentle arm twisting that meant that Earl and Scot and I showed up at 8:30 for the ride up to Rome. We'd all been thinking that we wouldn't run unless there was a team, but with only five possible runners at the time, it was seeming like one of those prisoner dilemma puzzles. But to make the long story that follows short, we all showed, we had a truly enjoyable drive up and back (we took the very scenic route home) to Rome in Scot's Subaru WRX, and we and the other High Noon and Finger Lakes teams ran well, winning three of six races. The High Noon Vets and Super Vets teams won in close races, and the FLRC Masters Women team did, as well, with more of a point spread. High Noon Open ran well, placing third behind GVH and the Syracuse Track Club.

The course was excellent, with a fair amount of wind-ing-woods trail and minor hills interspersed in loops around playing fields. The weather was unbeatable: warm and sunny—the only downside is that I managed to get a sunburn. Overall, I think there were distinctly fewer runners than in the first race of the 2006 Upstate New York Cross Country Series.

Perhaps the highlight of the race for me, though, was meeting Dan Predmore on the warmup. Geoff and Earl had pulled away a bit, and I was talking with Eric Maki, who was running with another guy, chatting about Ithaca. Eric dropped back to tie a shoe or something, and after a bit more conversation about people in Ithaca, I introduced myself and was quite surprised in the return introduction to learn that I'd been talking with Dan. Back in the early 1980s, when I was running in high school, Dan and Pete Pfitzinger were at Cornell and running near-Olympic-class times in local races. They were astonishing to watch finish, as they came flying through the finish line, and for some reason they were always talked about together, just because they were here at the same time and were roughly the same speed. I tried briefly to recruit Dan for our open team, since he was at the race to run just in the Niagara vs. Adirondack competition, but the distinction between the teams always confuses people, so he demurred.

The race started at noon and went around some fields before dipping into the woods for a while. I started fairly conservatively, but slowly moved up to run with Geoff when we hit the woods (Earl was well ahead of us), and once in the woods felt like I was in my element. I picked people off on turns, and when we hit "Killer Hill," I managed to get by Geoff and about four other people.

A brief segue. While looking at the map on the way up, Geoff commented that every high school course had a hill called something like "Killer Hill." Since we have the Gorge, we're pretty unimpressed with most of what passes for a "Killer Hill," and this was no exception. It had a down-up-down roll to it, but it couldn't have taken more than about 5 seconds to run the uphill part, which, although steep, wasn't as steep or long as the bowl coming out of the Gorge, and you hit it with leg speed after the downhill. It was clearly the Chihuahua version.

Having passed Geoff and the pack around him, I worked on maintaining my position, since after one more guy faded back to me, I was pretty much alone. That held for a while, but the soft fields started to tire me out, and after about 4K (of the 6K race), Geoff caught and passed me again. I stuck with him, hoping to keep him in sight until we hit the trails again, where I hoped my faster leg speed in uneven terrain would help. Even still, I couldn't quite reel him in, and Jim Robinson and a couple of other guys went by me, and then him, while we were on flat trails in the woods. But there was another yappy little hill about 300-meters from the finish, and somehow, subconsciously, I clicked on that hill, took it at a full sprint, passing the rest of the guys, Geoff, and then, on the downhill, Jim Robinson. I've been wanting to beat Jim for ages, but

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he only seems to get faster with age, and since he's an 800/ mile specialist, I wasn't able to hold him off, and he crossed the line 0.7 seconds in front of me in 21:40.25.

So even though I had a great race, felt wonderful, and managed to sneak in ahead of Geoff thanks to that last hill, I can't quite declare a PV without having beaten Jim. Maybe at Watkins Glen! While this next item falls more in the category of dream-come-true than PV, the final results show that I came in ahead of Dan. Of course, I have been training hard, and of course there is the minor fact of a decade difference in our ages, but even the thought of beating one of the untouchables of the runner world left me feeling a little shocked.

Earl also had a fabulous race, finishing 6th overall. He was the first non-GVH finisher, and he even beat Scott Shaw, last race's overall winner. Eric Maki, Jordan, and Scot all had good races, too; and the Vets team managed an amazing 35-second spread for their runners.

It was, moreover, a great weekend for local runners. Aside from XC, Randy ran a 2:28(!) for 9th place in the St. George Marathon in Utah, Earl won the Oktoberfest 5K on Saturday in 16:42, Becky won a 50-mile race outright (and took the team competition with Katie Stettler and Lorrie), Chris Reynolds was the women's winner at a different 50-mile race (taking home some serious prize money), Karen's relay team won a 50-mile relay, and Eric Davis, and Josh Cross, and their friend Jim Moran won their separate 50-mile relay as well. And I'm guessing that Eric's third place in Danby Down 'n' Dirty the day after running 16 miles in legs in his winning relay might be enough to get him the Stonehead award too (*see full Stonehead and Pebblehead results later in this newsletter*).

Down 'n' Dirty—Tom Meyer

What a great day for a race—the Danby course is one of my favorites, and having a chance to race it in the crisp weather of fall is one of the highlights of my season every year. Thanks, John Dailey and Alan Lockett, for taking over the reins this year and putting on another great race.

The start on Michigan Hollow was fast, as always, and John Hylas brought his usual easy banter that kept it fun and noncompetitive. I coaxed a few details from Eric Davis about his Tussey Mountain 50-mile relay before the start, but he showed no signs of trail fatigue as he slowly eased away from the clump of us following Nate Lockett in that first, fast mile. I fell in behind Eric, Nate, and the eventual 10K and 20K winners when we finally hit the trail, but it wasn't long before a missed turn ahead put me in the lead, and I was forced to lead the zigzag charge up the swampy ravine that Tim loves so much. Once we hit the hill climb at the far end, however, I let Nate and the two gray-shirted winners by and started up on my own. And my race pretty much deteriorated from there. Becky cheered me on as I staggered up to Bald Hill Rd—she still had more energy after her 50-mile win the day before than I had 3 miles into the race!

Nonetheless, the view from the Pinnacles was worth the climb, and I slowed down more than usual for the breathtaking view. I was too tired to manage the descent aggressively, and settled into a modest trail-running pace for the next 7+ miles.

It was great to have Katie Stettler cheer some more as I reached Bald Hill Rd the second time, one of the few places on the course where I felt some strength and speed return. Soon after, I ran across Lorrie and Becky escorting a tireless Anna (Katie S.'s daughter), and also a hard-working, enthusiastic Gary Cremeens who provided more encouragement. Lorrie took one look at me and pointed out that I'd never be able to catch the winners, something I'd admitted to myself some time before, but they still urged me on. From there it was just a mile or so to the finish, where I learned that Nate had managed to "add-on" some significant distance, bumping me to an accidental second.

In general, the leaf cover seemed a little denser than usual, and the orange blazes a bit more faded. Many parts I picked out from memory long before I finally spotted a confirming blaze, but I still had to hesitate several times to spot where to head next. At the finish, I heard several comments about missed or wrong turns, something hard to avoid on that course at this time of year, but no one seemed unduly annoyed or upset. One poor guy described getting lost near that steep climb near the end of the 10K loop marked by a stretch of orange ribbon blocking the easy way up. Apparently he followed what he thought was the actual trail, but ended up right back at the flagging tape—four times in a row!

I've spent most of the season training on roads, with my only real trail-running during actual FLRC trail races. It's no wonder that I set a PR in the Ithaca 5&10, but haven't matched previous years' times off-road. Thank goodness my November marathon isn't on trails.

Becky Moments at the Down 'n' Dirty—Tim Ingall

Registration at the Down 'n' Dirty was barely underway, and already people were lining up. Alan Lockett had left to find a table and other missing miscellaneous items and John Dailey was running in all directions getting things organized.

For a few minutes it was a little chaotic!

Then Becky arrives and within about 5 seconds takes complete control of the craziness and got everyone and everything in its rightful place. Shirts, signup forms, numbers, pins, runners, volunteers—she did it all, and smiling. In the midst of this, John then asks Becky if she might be willing to do an aid station and if she had a car that could handle rough roads. Without even a moment's hesitation she had signed herself up again.

And all this after winning a 50-mile race just hours before—how could she even walk! This lady gives everything and more and more and more, thanks Becky, you are a total inspiration to all around you, and fun too!

US Marine Corps Half Marathon in Albany—Mark Thompson

Here, near the end of this year's marathon training, my schedule said to run a half marathon. So I looked at my calendar and found only one Sunday in October that I

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had free. Then I looked around for a half marathon on that date. There was only one within a four-hour drive of Ithaca, so that's how I picked the US Marine Corps half marathon in Albany. But the more I looked into it, the more I liked. Mostly on bike paths, it was also flat and fairly small. The course is point-to-point. There is an accompanying marathon. Both races start at 8:30 am, and most of the half marathoners were off the course before the marathoners came through. I didn't see the first 13 miles of the marathon course, so my report is only on the half marathon (and last half of the marathon) part of the course. Both races are organized by the Hudson Mohawk Road Runners Club (HMRRC).

After a fitful night's sleep in a hotel near the start in Latham, NY (why do they make heaters where the fan only runs when the heat is on?), I headed to the Town of Colonie park where the half marathon started. It was 39°F and was looking to be a sunny day with about 60° at the finish—absolutely perfect.

The start was pretty informal—no timing chips. Just line up and "Go," like the start of a trail race. After 4 miles along the very flat, very beautiful bike paths, we ran a couple miles through the town of Cohoes. There was a very big downhill right in the middle of town with lots of potholes on the way down. That's all I have to say negative about the course. We then entered the bike paths again along the Hudson River and followed that right into Albany to finish at the Hudson River Amphitheater.

My goal was to run the same pace I had at the Ithaca 5&10 and finish in 87 or 88 minutes. GPS watches are fabulous little gadgets that can really help you keep on pace and race your plan. I had planned on using mine. It took a while to "localize" the satellites, but finally did so. As we were nearing the first mile marker of the race I glanced down and noticed mine said "0.2 miles." Uh-oh. It seems I was too near the building or bus when it located the satellites, and now it was hopelessly off. Phooey. The timer was running, but I couldn't use the lap feature because I had set the thing to "auto-lap" each mile. So each mile I added 6:40 to whatever the timer said, and aimed for that! After mile 4 that was giving me a headache, so I just picked out a guy with a red shirt who was running very consistently and followed him. He had passed me the first mile and he was on my "first to pick off" list when I kicked at the end. It went on like this until mile 10. Beautiful scenery, crisp clear weather, the red shirt ahead. At mile 10, I was ready for phase II. I would speed up to run a faster 3.1 miles—a 5K at the end of a 10 mile race. Then the red shirt was behind me, and there were blue shirts ahead, I passed four of them, and then there was a yellow shirt, and then the finish line was in sight—1:25:44, and then warm apple cider and donuts—heaven!

I was very happy to take 2nd place in men 35–39, and 16th overall out of 430 participants. It was a long wait until the return bus left at 2 pm back to the start in the town of Colonie. But I made good use of the time to nap, eat more donuts, and talk to some HMRRC folks. Even the drive back to Ithaca was beautiful with the trees changing and the moon coming up at sunset. A very good day.

A 10K, a 5K, and 100 Outhouses—Rick Cleary

The big running news here in Massachusetts came from my much better half, Ann Trenk, who returned to racing after over five years off for various pregnancies and the like. Ann did the Tufts 10K for women today and zipped around at 10:30 pace, just missing top half in the master's group. Not bad for her longest run in six years. Generally her being excited about running is good for my training, so let's hope it rubs off on me. It was sort of fun to take my turn being the support guy and spending much of the hour Ann was running putting the recently potty trained Eddie into and out of most the roughly 100 outhouses near the start.

I did a 5K XC Sunday morning at Wayland High, alma mater of Alberto Salazar. His picture was prominently displayed several places. I snuck into the top half of the field by running seven minute pace on a very challenging course. I got beat by a kid who might have been 10 years old, but might have been 4, certainly the smallest person I've lost to in my adult running career. I saw him at the start and thought, "Awww, look at that little kid going out too hard—he's so *cute!*" Then I noticed I wasn't catching him. I eased by him at the mile mark and figured he was gone for good. The second mile was a very hilly and treacherous section of dirt trail and soft sand pit. Near the end of it I heard somebody gaining on me. I was stunned when this little 60-pounder scooted by, and I worked very hard to keep up. I was just about back to even when we turned a corner and faced a fairly short but *very* steep hill. Much better for 60 pounds than 200. On the ensuing downhill I made up most of the ground, but he was tougher around the track to the finish.



Thanks to Lorrie Tily (left) for this photo of three of the FLRC champs at the 2006 Adirondack Marathon and Half Marathon. The indomitable Becky Harman was first female marathoner and sixth overall in 3:13:47, Lorrie was first female masters in 3:41:47, and Chris Reynolds finished second F35 in 3:46:41. Katie Danner (not pictured) was first female half marathoner and fourth overall in 1:23:55, with the next woman not crossing the line until more than 10 minutes later. Congratulations to these fine competitors.

Race Results

Back to School Scholarship 5K

Pleasanton, CA, Sep 16

Local runner: Joan Long, 30:08 (first F60).

The Helpers Fund 5K and 10K

Chesterton (part of Adirondack Distance Festival Weekend), Sep 17

5K
Local runner: Earl Steinbrecher, Willseyville, 16:32 (first overall).

10K

Local runner: Joe Reynolds, Newfield, 49:44 (1st M60).

Upstate New York Cross Country Series—Race #1: Fairport 5K; Sep 23
Local men (High Noon): Randy McDermott, 17:11; John Grunert, 17:17; Earl Steinbrecher, 17:26; Eric Davis, 17:30; Sean Nicholson, 17:55; Joshua Cross, 18:01; Adam Engst, 18:15; Eric Maki, 18:56; Bruce Roebal, 19:10; Jeffrey Juran, 19:20; John Hylas, 19:23; Tom Hartshorne, 19:39; Tim Ingall, 19:40; Charlie Fay, 19:46; Scot Jacobs, 20:01; Rick Hoebeke, 20:07; John Whitman, 20:32; Andrew Courtney, 20:33; Ron Hulslander, 20:38; Jim Chely, 20:51; Herb Engman, 21:40; Jim Miner, 23:47; Bob Dattola, 24:57; Joe Reynolds, 25:05.

Local women (FLRC): Sandy Gregorich, 22:02; Juli Lanning, 22:45; Tar Conroy, 22:45; Charity McManaman, 23:18; Lorrie Tily, 23:29; Kim Snedden, 23:35; Melissa Smith, 23:45; Karen Grover, 23:59; Zsofia Franck, 24:20; Shelly Marino, 24:48; Sarah Hauk, 26:03; Celeste Grace, 26:23; Lennie Tucker, 27:10; Gina Cesari, 27:42; PJ Peterman, 29:07; Diane Sherrer, 29:20.

Team Standings of local squads (after first meet):

Men (High Noon): open men, 3rd; masters men, 2nd; vet men, 1st; super vet men, 2nd.

Women (FLRC): open women, 2nd; masters women, 4th; vet women, 2nd

Bald Eagle Mountain Megatransect 24.9-mile Run and Hike

Lock Haven, Sep 23

Local runner: Alan Evans, 3:48 (1st overall).

Falling Leaves 5K and 14K

Utica, Sep 24

5K

Local runners: Scott Weeks, Cortland, 15:29 (3rd overall); Murphee Hayes Falls, Marathon, 18:57 (2nd female overall); Patti Trabucco, Cortland, 19:48; Wally Powers, Spencer, 21:02; Coreen Steinbach, 21:02 (first F55); Jan Hunsinger, Moravia, 23:23; John Burns, Cortland, 23:24; Karen Burns, Cortland, 25:15.

14K

Local runner: Jordan Varano, 49:37 (fifth overall).

Bud Run 10K

Baldwinsville, Sep 24

Local runner: Wayne Moore, Cortland, 48:19.

Bud Run 5K

Local runners: Amy McDonald, Ithaca, 22:02; Brad McDonald, Ithaca, 23:39; Thomas Sroczynski, Groton, 26:08; PJ Pataki, Groton, 43:14.

Fox Cities Marathon

Wisconsin, Sep 24

Local runner: Cathy Troisi, 4:58:44 (2nd F60).

Continental Airlines Fifth Avenue Mile

New York City, Sep 30

Local runner: Tom Hartshorne, Ithaca, 4:47 (4th M50); Derek Dean, 5:06.

The 25th annual Wineglass Marathon

Corning, Oct 1

Overall winners: Shaun Evans, 2:35:30; Karen Cowling, 2:55:40.

Local marathoners (Note: hometowns not listed, so if you're not included here, please contact Diane Sherrer dyserrer@hotmail.com.)

29. Tom Powers, 3:08:02; Jeffrey Juran, 3:08:26; Jocelyn Stark, 3:10:11; Andy Getzin, 3:12:28; Warren Brown, 3:15:16; Anna Scheinzbach, Ithaca, 3:16:31; Christina Bruner, 3:25:03; Tom Wilber, 3:35:51; Christine Reynolds, 3:36:40; Steve Ryan, 3:44:25; Steve Codner, 3:45:42; Rob Hermanet, 3:46:00; Terri Iwata, 3:51:13; Dave Weiss, 3:52:09; Scott Voorhees, 3:52:26; Amy Rhodes, 3:52:02; David Morgan, 4:12:37; Steve Gallow, 4:15:26; Jodie Whittle, 4:19:32; Sherri Loucks, 4:21:45; Jon Murray, 4:24:53; Karen Fennie, 4:25:31; Mary Wenck, 4:28:09; Tom Dorward, 4:28:48; Laura Dorward, 4:28:48; Deb Redman, 4:51:12; John Furman, 4:54:06; Jeff Bieder, 4:56:56; James Wavle, 4:58:10; Pilar Sargeant, 5:34:17; Kathy Rohrer, 6:05:15; Tracy Hoffman, 6:06:15; Nancy Cloke, 6:07:03.

Wineglass Relay

Corning, Oct 1

Local teams: 1. Loco Banditos 2—Scott Bickham, Jim Derick, Katie Danner, 2:32:55; 6. Elmira Slugs—Greg Grund, Kevin Coughlin, Jim Chely, 2:52:43; 9. Still Running—Skip Strobel, Amy Aken, Dan Aken, 2:56:35; 16. Ambulance Chasers—Amy McDonald, Jeff Bucholz, Steven Russell, 3:16:47; 25. Trail Dogs—Dan Farr, Rich Hoffman, Ron Knewstubb, 3:27:49; 27. Groton Gophers Relay Team—Ray Wagner, Gary Rightmire, Johnny D'Antonio, 3:31:07; 28. Terpvivush—Dan Viviano, Bruce Bush, Dan Dougherty, 3:31:49; 32. WART Women—Diane Sherrer, Shirley Woodford, Marie Fitzsimmons, 3:33:11; 40. Beyers Bunch—Steve Beyers, Carolyn Beyers, Chris Beyers, 3:40:59; 51. Moe, Larry & Curly—Tony Ciccone, Lynn Cunningham, Aimee Andersen, 3:49:16; 54. Smith School Cougars—Sharon VanHooydonk, Chris Wert, Brad Pollack, 3:50:52; 55. Pedajoggers—Fred Knewstubb, Ron Acerra, Jody Greenspun, 3:51:35; 56. 3 Toed Sloths—Aaron Oswald, Sam Law, Adam Law, 3:52:51; 82. 3 Sheets to the Wind—Jamie Grogan, Sarah McCarthy, Kevin Keegan, 4:12:55; 83. Trail Animals—Berit Fischer, Katie Mullen, Ann Townsend, 4:14:16; 98. Six(ty) + Legs—Dorothy Sholeen, Cathy Troisi, Sal Rusby, 4:29:00; 107. Lin Juli—Lisa Maloney Hahn, Linda Vanalme, Judith Gallow, 4:41:52.

Syracuse Festival of Races 5K

Oct 1

Men's 5K

Local runners: 2. Scott Weeks, Cortland, 15:34; Byron LaBare, 16:40; Dan MacCracken, 22:13; Wolfgang Bullmer, 24:06; Chris Atwood, 26:21.

Women's 5K

Local runners: Murphee Hayes Falls, 18:31; Suzanne Myette, 19:28 (first masters); Linda Eberly, 24:42; Heidrun Bullmer, 33:17.

Pit Run 10K

Oneonta, Oct 1 (part of police pursuit series)

Race Results

Local runners: Greg Derick, 38:29; Bill Foley, 47:47; Ted Palmer, 47:51; Johanne Primmer, 49:41.

Grete's Gallop Half Marathon
New York City, Oct 1

Local runners: Jaime-Lin Venezia, Ithaca, 1:34:15; Colby Hagen, Romulus, 1:45:56.

Tussey Mountainback 50-miler and Relay
Boalsburg, PA, Oct 6

Local runners: Christine Reynolds, Newfield, 8:22:07 (first female overall).

Relay: Tri/Quad Division

Local team: "Minus"—Jim Moran, Josh Cross, Eric Davis, Ithaca, 5:05:12 (first team overall).

Out of Bounds Trail Half Marathon
Bristol Mountain Ski Resort, Oct 7

Local runners: 2. Alan Evans, 1:41:43; 6. Jim Chely, 1:55:24; 10. Dave Jones, 1:59:44; 22. Ann Doward, 2:20:00 (2nd female overall); 63. Tim Doward, 2:55:23.

Canandaigua Ultra and Relay
Oct 7

50-miler
Local runner: Becky Harman, Willseyville, 7:15:40 (1st overall, not just first woman!); 4. Katie Stettler, Ithaca, 7:46:41 (2nd female); 9. Lorrie Tily, 8:33:06 (3rd female); 19. Charlie Leonard, Freeville, 9:32:58.

50K

Local runner: Dave Weiss, 5:55:40 (2nd M50).

Local teams:

6. Ithaca PTs: 6:41:12; 7. Team Athena, 6:42:39 (1st open women's team); 9. Sole Sisters, 7:13:02; 15. Game Farm Girls, 8:30:46.

St. George Marathon
St. George, UT, Oct 7

Local runner: Randy McDermott, Lansing, 2:28:55 (9th overall); Dick Beardsley, 2:44:47.

Steamtown Marathon
Scranton, PA, Oct 8

Local runners: Steve Russell, Ithaca, 3:09:12; Bill McGovern, Marathon, 3:14:05; Daniel Capps, Ithaca, 3:28:16; Gerald Keene, Waverly, 3:33:52; Deanna Ardley, 3:41:14; Yrjo Grohn, Ithaca, 3:43:37; Peggy Eck, Dryden, 3:45:07; Kevin Pasterchik, 3:57:54; Brenda Rudan, Ithaca, 3:59:07; Tom West, Ithaca, 3:59:14; Tony Ciccone, Locke, 4:14:16;

USMC Reserves Half Marathon
Albany, Oct 8

Local runner: Mark Thompson, Ithaca, 1:25:44 (2nd M35).

Octoberfast 5K and 10K
Endwell, Oct 7

5K
Local runners: Earl Steinbrecher, 16:45 (1st overall); Trevor Huckle, 17:36; Greg Derick, 17:53; Ellen Harris, 36:43.

10K

Local runners: Byron LaBare, 34:32 (2nd overall); Heidi Moore, 52:18;

Jason Moore, 52:19; Jill Dunphy, 53:40.

Upstate New York Cross Country Series—Race #2: Vernon-Verona Sherill, 6K; Oct 8

Local men: Earl Steinbrecher, 20:56; Adam Engst, 21:41; Geoff Hutchinson, 21:46; Eric Maki, 22:22; Tom Hartshorne, 23:13; Bruce Roebel, 23:17; Jeffrey Juran, 23:19; Ron Hulslander, 23:47; Rick Hoebeke, 23:48; Jordan Atlas, 24:11; Scot Jacobs, 24:29; Herb Engman, 25:58; Kermit Cadrette, 29:23; Jim Miner, 29:40; Bob Dattola, 30:17; Joe Reynolds, 30:56.

Local women: Hollie Rhodes, 24:40 (1st female); Suzanne Myette, 24:49 (2nd overall); Gillian Sharp, 26:11; Sandy Gregorich, 26:19; Celeste Grace, 32:45; Michelle Giron, 33:29; Lennie Tucker, 33:14; PJ Peterman, 35:25; Diane Sherrer, 39:15.

Team Standings of local squads (for second meet):

Men (High Noon): open men, 3rd; vet men, 1st; super vet men, 1st.
Women (FLRC): masters women, 1st.

Columbus Marathon
Oct 14

Local runners: Eric Maki, Cortland, 2:48:50; Cathy Troisi, 7:04:38.

Greater Hartford Marathon and Half Marathon
Oct 14

Marathon
Local runner: Roger Strang, Ithaca, 3:13:41; Amanda Bonneau, Ithaca, 1:43:34.

Baltimore Marathon
Oct 15

Local runners: Peter Voorhees, Dryden, 3:47:19; Amy Voorhees, Dryden, 3:48:16.

Sioux Land and Lewis and Clark Marathon
Iowa, Oct 21

Local runner: Cathy Troisi, 5:29:30 (2nd F60).

Fallview Niagara Falls International Marathon & Half Marathon
Oct 22

Marathon
Local runners: Lori Kingsley, 2:55:01 (3rd female overall, 1st masters); Pam Dejneka, 3:45:49.

Half Marathon

Local runners: Jim Derick, 1:11:37 (10th overall, 2nd M40); Jason Camm, 1:44:09.

LaSalle Bank Chicago Marathon
Oct 22

Local runners: Jay Hubisz, formerly of Ithaca (now Chicago), 2:48:53; Kim Harris, Ithaca, 3:17:43; Kedan Yarden, Ithaca, 3:40:20; David Putnam, Ithaca, 3:57:19; Melissa Hubisz, formerly of Ithaca (now Chicago), 4:00:54; Jesse Burkholder, Ithaca, 4:03:12; Mary Hutchens, Ithaca, 5:42:24; Sally Manning, Ithaca, 5:42:44; Alfred Phillips, Ithaca, 6:01:47; Yvonne Murnane, Cortland, 6:13:17; Mabel Andalon, Ithaca, 6:38:08.

Half Marathon

Local runners: PJ Peterman, Dryden, 2:04:29; Jim Miner, Dryden, 2:12:09 (3rd race walker overall).

Race Results

Upstate New York Cross Country Series—Race #3: Watkins Glen, 5K, Oct 28

Local men: Jonathan Healey, 18:02; Randy McDermott, 18:09; Earl Steinbrecher, 18:29; Alan Evans, 18:35; Eric Davis, 18:36; John Grunert, 18:43; Casey Carlstrom, 18:57; Sean Nicholson, 19:02; Eric Maki, 19:08; Geoffrey Hutchinson, 19:10; Adam Engst, 19:16; Tom Hartshorne, 19:59; Scott Bickham, 20:01; Rick Hoebeke, 20:10; Jeffrey Juran, 20:18; Tim Ingall, 20:22; Bruce Roebel, 20:26; Charlie Fay, 20:34; Ron Hulslander, 20:38; Scot Jacobs, 20:41; Jordan Atlas, 21:11; Kevin Coughlin, 21:28; Jim Chely, 21:37; Michael Girardi, 21:43; John Whitman, 21:51; Herb Engman, 22:33; John Dailey, 22:44; Jim Bisogni, 23:19; Jim Miner, 23:33; Robert Kern, 24:52; Charles Fausold, 25:05; Joe Reynolds, 26:58;

Local women: Rebecca Harman, 21:28; Gillian Sharp, 21:29; Fern Beckhorn, 21:32; Amanda LaBelle, 22:02; Nancy Kleinrock, 22:26; Sandy Gregorich, 23:04; Charity McManaman, 23:33; Lorrie Tily, 23:52; Kim Snedden, 23:53; Tara Conroy, 24:21; Zsafia Franck, 24:31; Karen Grover, 24:58; Melissa Smith, 25:25; Karla Eisch, 25:43; Celeste Grace, 26:39; Shirley Woodford, 27:16; Jill Fickbohm, 29:06; Michelle Giron, 29:30; PJ Peterman, 29:52; Sally Rusby, 35:46; Diane Sherrer, 35:47.

Team Standings of local squads (for third meet):

Men (High Noon): open men, 3rd; masters men, 1st; vet men, 1st; super vet men, 2nd.

Women (FLRC): open women, 2nd; masters women, 1st; vet women, 2nd.

Stoneheads and Pebbleheads—Karen Grover, with legacy text from Joe Dabes

Stoneheads have but a single thought in their concrete craniums—to place in the top FLRC Stonehead trail rankings. Stoneheads stay focused, doing trail race after trail race, as all races count. Nothing else in life matters to Stoneheads, but to be a top Stonehead!

Pebbleheads (only the top three races count), on the other hand, have a bit of attention deficit disorder—they have a number of thoughts rattling around in their rock-in noggin. They are not single-focused like Stonehead wannabies.

Top male Stonehead of 2006 is *Eric Davis*. Eric runs both long and short distances, doing well at both and proving that he is a force to be reckoned with. He helped his team of three win the Tussey Mountainback 50-mile relay, and still chose to run Danby Down 'n' Dirty the following day for fear of losing top Stonehead to Dave Jones, who has been racking up points all year by running all of the FLRC trail races as usual. Eric won three of the ten races he completed this year, which managed to keep him ahead of Dave by fewer than 50 points.

Top female Stonehead of 2006, *Audrey Balander*, has had this title a number of times before. Audrey has always been focused on being a Stonehead and added fuel to the fire by turning 50 this year, winning three of the nine FLRC trail races she competed in.

So what is the meaning of life? Folks have sought the answer to

this question through the millennia. What is it—family, work, love, or money? *No!* The meaning of life is to rank in the top 100 Stoneheads! Congratulations to all the top 100 Stoneheads below! And may you all move up in the rankings next year.

Pebblehead rankings include some ties this year, something that has never happened before, I am told. We are making efforts to set up a tie breaker for future rankings—thoughts and ideas are welcome. Pebblehead male is a three-way tie between *Eric Davis*, *Jason Clark*, and *Nate Lockett*—all of them won three of the races in which they competed. Pebblehead female is a two-way tie between *Audrey Balander* and *Becky Harman*.

We have come up with a tie breaker formula to use in the future, thanks to John Dailey. It involves earning "tie breaker points," using the score of the second place finisher in each race. You gain more credit by beating your nearest competitor by the greatest margin. Below is an example of what tie breaker results might look like if we used them for the men this year: Nate would have won the most tie breaker points and earned Pebblehead honors. If you want to be Pebblehead next year, you'll not only have to win, but win by the most time. You'll also notice that the second place finishers below are often the same people, so watch out for them—if they cannot win Pebblehead for themselves, they will surely try to steal them from you!

Eric:ThomB13K: Earl Steinbrecher 99.90 points; T&H: Adam Engst 99.93; TW5: John Hylas 92.78; Eric's second place points: 292.61, subtracted from 300 earns 7.39 tie breaker points.

Jason:ThomB26K: Alan Evans 95.74; HL10: Tim Ingall 93.55; VMM30K: Alan Evans 98.07; Jason's second place points: 287.63, subtracted from 300 earns 12.37 tie breaker points.

Nate: Fr7K: Adam Engst 90.99; Forge: Micheal Page 97.44; VMM12K: Adam Engst 95.12; Nate's second place points: 283.55, subtracted from 300 earns 16.45 tie breaker points.

The 11 FLRC trail races for 2006:

Finger Lakes Snowshoe 7.6 miles
Thom B. 13K and 15K
Highland Forest 10 miles, 20 miles, and 30 miles
Tortoise and Hare 7 miles
Tanglewood Tanglefoot 5 miles and 10 miles
Finger Lakes Fifties 25K, 50K, and 50 miles
Frolic 7K and 15K
Virgil Mountain Madness 12K and 30K
Forge the Gorgeous 7 miles
Monster Marathon and Half Marathon
Danby Down 'n' Dirty 10K and 20K

Points were determined for each race by taking the winning time for a race, dividing by the runner's time, then multiplying by 100. [editor's note: Enjoy Karen's added comments, gloat over your own accomplishment, and congratulate one another!]



Race Results

MALE top 100 Stoneheads:

NAME, Age	Total	#	Ave	
Eric Davis, 26	939.09	10	93.91	(Congratulations Eric)
David Jones, 47	892.02	11	81.09	(only runner to complete all 11 trail races)
Tim Ingall, 47	760.31	8	95.04	(not as focused this year and missed 3 races)
Evan Kurtz, 50	649.31	9	72.15	(way to go Evan, turning 50 must be good for you)
Thomas Meyer, 31	566.01	6	94.33	(ahh, city life is taking its toll)
Gary McCheyne, 45	537.32	8	67.17	
Jim Chely, 50	497.96	6	82.99	(run more races next year, you'll move up in rank)
John Dailey, 27	479.96	7	68.57	(focus, focus)
John Hylas, 48	446.21	5	89.24	(nice score for only five races)
Joe Reynolds, 61	437.73	7	62.53	(awesome, first vet)
Boris Dzikovski, 41	431.38	5	86.28	(broken toe did not help, worse than getting lost)
Steve Shaum, 40	419.80	6	69.97	(he is on the mend folks)
Todd O'Connell, 49	403.65	6	67.28	
Jason Clark, 28	396.19	4	99.05	(won three of the four he ran)
Jim Hoch, 56	395.57	5	79.11	(lookin' good Jim)
Alan Evans, 42	393.82	4	98.45	(won 2 out of 4)
Nate Lockett, 21	389.30	4	97.33	(won 3 out of 4, then got lost in Danby)
Adam Engst, 38	381.25	4	95.31	(wins everything else, lets others win in the trails)
Steve Sherwood, 42	358.96	5	71.79	
Jeffery Juran, 50	353.06	4	88.26	
David Grucza, 44	314.98	4	78.75	
Mike Terwilliger, 51	311.27	5	62.25	
James Miner, 57	304.49	5	60.90	(he can walk faster than many of us run)
Steve Ryan, 55	296.83	4	74.21	
Ted Larison, 53	293.04	4	73.26	
Chris Jones, 24	285.02	4	71.25	(nice start Chris)
David Jung, 46	276.93	4	69.23	
Mike Wright, 57	274.72	3	91.57	
Alan Lockett, 49	249.97	3	83.32	(someone needs to sign him up for XC)
Andrew Jordan, 52	232.60	2	77.53	
David Blumer, 24	231.26	3	77.09	
Mark Vail, 40	230.36	3	76.79	
Patrick Riccardi, 55	215.92	2	71.97	
Thomas Williams, 50	211.57	3	70.52	
Steve Morrison, 46	197.59	3	65.86	
Todd Baum, 48	196.91	2	98.45	
Michael Wunsch, 29	195.32	2	97.66	(he needs to run more trails, another work-a-holic?)
Robert Kern, 61	185.79	3	61.93	(Buk is in his 60's, and he's still got it)
Ryan O'Dell, 21	176.53	2	88.26	
David Riccardi, 18	171.10	2	85.55	
Garrit Van Loon, 45	156.53	2	78.27	
Brian Densmore, 23	153.32	2	76.66	
Christopher Barry, 53	149.40	2	74.70	
Edward Edington, 35	148.89	2	74.45	
Bill McGovern, 46	147.32	2	73.66	
Brett Shelton, 34	147.28	2	73.64	
Keith Gregoire, 40	146.09	2	73.05	
Greg Taylor, 59	144.96	3	48.32	
Mark Dixson, 47	144.49	2	72.24	
Kevin Mattessich, 26	140.71	2	70.36	
Scot Jacobs, 31	139.28	2	69.64	(he is just warming up, watch out)
Mark Murphy, 36	136.91	2	68.45	
David Losee, 35	134.23	2	67.12	
Keith Comfort, 45	130.57	2	65.29	
Lorne Runge, 66	130.13	2	65.07	
Douglas Theoret, 43	129.56	2	64.78	
Vincent Borden, 7	129.11	2	64.55	(only 7 years old, way to go Vincent)
Brian Hooker, 27	128.15	2	64.07	
John Clark, 47	127.43	2	63.71	
John Kopalek, 55	126.21	2	63.10	
Glenn Robertson, 35	125.99	2	63.00	

Race Results

Al Wruck, 60	125.67	2	62.84	
Tim Dorward, 47	124.87	2	62.44	(did any Hashers notice this)
Jon Marks, 46	123.95	2	61.97	
Noah Kooperman, 27	123.65	2	61.82	
James Sumrna, 51	120.75	2	60.38	
Michael Lewis, 27	120.31	2	60.15	
Gary Cremeens, 33	120.10	3	40.03	(awesome job Gary, you made top 100)
Dave Stanton, 46	119.63	2	59.81	
Charlie Wojcik, 54	118.86	2	59.43	
Dan Maccracken, 49	118.60	2	59.30	
Bob Talda, 45	117.93	2	58.97	(having a baby takes up a lot of time)
Jason Noel, 5	117.85	2	57.57	
Joe Dabes, 67	115.14	2	57.57	
Chester Jozefski, 53	111.24	2	55.62	
Larry Magiera, 43	110.83	2	55.41	
John Ives, 56	105.31	2	52.66	
Sean Andrish, 36	100.00	1	100.00	
Josh Cross, 27	100.00	1	100.00	(he was busy earning triathlon credit this year)
Ryutaro Hirai, 47	100.00	1	100.00	
Zachary Rivers, 15	100.00	1	100.00	
Eric Sambolec, 28	100.00	1	100.00	
Dan Verrington, 44	100.00	1	100.00	
Andrew Weishaar, 30	100.00	1	100.00	
Earl Steinbrecher, 41	99.90	1	99.90	
Jeffery Abbott, 20	99.67	1	99.67	
Dave Dunham, 42	97.47	1	97.47	
Michael Page, 24	97.44	1	97.44	
Ryan Hrebin, 24	97.40	1	97.40	
James Derick, 40	97.21	1	97.21	(another amazing Master)
Patrick Lowkes, 33	96.64	1	96.64	
Ron Herried, 40	96.32	1	96.32	
Russ Derick, 38	96.31	1	96.31	(Jim's brother above, sign him up on XC)
Shiran Kochavi, 37	96.22	1	96.22	
Dan Dominie, 42	96.20	1	96.20	
Bryan Moresman, 20	95.14	1	95.14	
Dave Sanford, 20	95.14	1	95.14	
Ed Housel, 47	94.42	1	94.42	
Zachary Koch, 20	93.88	1	93.88	
Kevin Koch, 49	93.88	1	93.88	
FEMALE Top 100 Stoneheads:				
Audrey Balander, 50	846.23	9	94.03	(she is amazing)
Michelle Marino, 53	475.49	6	79.25	(your moving up in rank girl)
Christina Bruner, 30	470.35	5	94.07	(on the board)
Rebecca Harman, 36	400.00	4	100.00	(we are not worthy....:-)
Nancy Kleinrock, 45	376.53	4	94.13	(back at it, and running strong)
Rachel Toor, 44	357.31	4	89.33	(our visiting journalist)
Maria Constanzo, 47	349.16	5	69.83	(good job Maria)
Lorrie Tily, 45	339.98	4	84.99	(you rock on)
PJ Peterman, 54	327.00	5	65.40	(still goin' strong)
Karen Grover, 36	277.14	3	92.38	
Louise Mahar, 42	264.93	3	88.31	
Jeanette Lippitt, 44	240.11	3	80.04	
Denise Green, 21	220.39	3	73.46	
Teresa Sukiennicki, 40	219.61	3	73.20	
Heather Ludwig, 26	216.98	3	72.33	
Anne Dorward, 31	211.69	3	70.56	(are the Hashers aware of this)
Barbara Sorrell, 49	208.98	3	69.66	
Yvette deBoer, 42	200.00	2	100.00	(Yvette and Katie S are amazing)
Katherine Stettler, 41	200.00	2	100.00	
Helen Strutko, 27	190.95	2	95.47	
Christine Reynolds, 36	176.67	2	88.34	(would have ranked higher but work takes up time)
Tamara Loos, 39	175.86	2	87.93	(she is just getting started folks)

Race Results

Keely O'Connell, 21	173.48	2	86.74	
CharityMcManaman,29	168.97	2	84.49	(moved to Buffalo)
Shane Murphy, 40	166.14	2	83.07	(another masters runner...sign her up)
Amy Rhodes , 2	162.98	2	81.49	
Diane Yates, 34	162.01	2	81.01	
Diane Jozefski, 42	158.23	2	79.11	
Kira Novakofski, 22	156.78	2	78.39	
Maude Morse, 53	154.71	3	51.57	
Aubin Mooney, 28	152.59	2	76.30	
Jessica Densmore, 35	150.21	2	75.10	
Jill Fickborn, 46	143.20	2	71.60	
Lisa Abbott, 37	139.67	2	69.83	
Laura Clark, 59	128.04	2	64.02	
Val Cross, 25	100.00	1	100.00	
Katie Danner, 32	100.00	1	100.00	
Bethany Devilbiss, 23	100.00	1	100.00	(vet school has her too busy)
Mara DropkinFrank, 22	100.00	1	100.00	
Kelly Gregoire, 38	100.00	1	100.00	
Tricia Learn, 20	100.00	1	100.00	
Raina White, 27	100.00	1	100.00	
Lori Allen, 31	98.76	1	98.76	
Tina Busak, 43	97.05	1	97.05	
Heather Wida, 18	96.59	1	96.59	
Tara Murray, 29	96.40	1	96.40	
Therese Sime, 21	96.36	1	96.36	
Karen LaFace, 40	95.99	1	95.99	(nice to see you in the trails, she's on the mend)
Dawn Toronto, 38	95.79	1	95.79	
Elizabeth Confield, 37	95.33	1	95.33	
Kristen Weller, 21	95.33	1	95.33	
Melinda Butler, 42	94.93	2	47.46	
C Ehrensberger, 30	93.20	1	93.20	
Petra Meier, 25	92.89	1	92.89	
Michelle Haydt, 29	92.60	1	92.60	
Pamela Gaborski, 23	91.03	1	91.03	
Sara Zimmer, 35	90.98	1	90.98	
Tanya Cady, 53	90.86	1	90.86	
Hilary Plum, 25	90.31	1	90.31	
Susan Baehre, 47	90.13	1	90.13	
Traci Durgan, 34	89.87	1	89.87	
Marie Kearns, 48	89.81	1	89.81	
Kathryn Simin, 35	89.73	1	89.73	
Tricia Rossettie, 16	89.72	1	89.72	
Clarissa Correll, 19	89.00	1	89.00	
Morgan Windram, 23	88.97	1	88.97	
Sarah Pinkowski, 20	88.31	1	88.31	
Gretchen Nace, 14	87.99	1	87.99	
Sue Stage-Derick, 41	87.56	1	87.56	(strong woman, she ran well in Canandaigua too)
Sue Landry, 39	86.92	1	86.92	
Cindy Gretzinger, 44	86.80	1	86.80	
Ljerka Ukrainczyk, 43	86.38	1	86.38	
Heather Blake, 37	85.96	1	85.96	
Amanda Streeter, 20	85.57	1	85.57	
Kristy Falcon, 27	85.25	1	85.25	
Theresa Palmeiri, 43	84.21	1	84.21	
KC Bennett, 47	83.99	1	83.99	
Laura Bleakley, 36	83.98	1	83.98	
Lisa Madden, 33	83.94	1	83.94	
Marne Eirarson, 49	83.77	1	83.77	
Michele Grund, 35	83.14	1	83.14	
Cerah Richardson, 29	82.84	1	82.84	
Kelsey Mitchell, 18	82.49	2	41.24	
Emily Specker, 18	82.49	1	82.49	
Darlene Saeva, 47	82.08	1	82.08	

Race Results

Heather Blake, 37	85.96	1	85.96
Amanda Streeter, 20	85.57	1	85.57
Kristy Falcon, 27	85.25	1	85.25
Theresa Palmeiri, 43	84.21	1	84.21
KC Bennett, 47	83.99	1	83.99
Laura Bleakley, 36	83.98	1	83.98
Lisa Madden, 33	83.94	1	83.94
Marne Eirarson, 49	83.77	1	83.77
Michele Grund, 35	83.14	1	83.14
Cerah Richardson, 29	82.84	1	82.84
Kelsey Mitchell, 18	82.49	2	41.24
Emily Specker, 18	82.49	1	82.49
Darlene Saeva, 47	82.08	1	82.08
Sarah Marks, 18	82.05	1	82.05
Laura Linek, 23	81.39	1	81.39
Stephanie Gehrsitz, 30	81.09	1	81.09
Molly Almquist, 23	81.03	1	81.03
Kate Ciccone, 21	80.42	1	80.42
Kimberly Rapp, 41	80.06	1	80.06
Candice Poyer, 38	79.73	1	79.73
Sara Meda, 36	79.68	1	79.68
Marie Cortier, 37	79.67	1	79.67
Rebecca Hagan, 31	78.70	1	78.70
Rhiannon Basse, 25	77.86	1	77.86
Martha Gold, 42	77.35	1	77.35
Alison Bierly, 25	77.28	1	77.28
Sue MaioWade, 48	77.24	1	77.24
Kathryn Mancarella, 20	77.24	1	77.24

Male Pebbleheads:

Eric Davis	300.00
Jason Clark	300.00
Nate Lockett	300.00
Alan Evans	298.07
Tim Ingall	294.63
Adam Engst	290.26
Thomas Meyer	289.88
John Hylas	275.03
Mike Wright	274.72
Jeffery Juran	266.69
David Jones	265.51
Boris Dzikovski	264.98
Jim Chely	263.01
Alan Lockett	249.97
David Grucza	239.77
Steve Ryan	235.43
Ted Larison	233.96
Andrew Jordan	232.60
Evan Kurtz	232.33
Garrit Van Loon	231.87
David Blumer	231.26
John Dailey	230.57
Mark Vail	230.36
Gary McCheyne	220.46
Steve Sherwood	220.24
Chris Jones	217.24
Steve Shaum	217.10
Brian Densmore	216.15
Patrick Riccardi	215.92
David Jung	213.58

Thomas Williams 211.57

Todd O'Connell	211.30
Joe Reynolds	207.81
Jim Hoch	206.33
Steve Morrison	202.91
James Miner	199.98
Mike Terwilliger	194.92
Robert Kern	185.79
Greg Taylor	144.96
Gary Cremeens	120.10

Female Pebbleheads:

Audrey Balander	300.00
Rebecca Harman	300.00
Christina Bruner	295.43
Nancy Kleinrock	286.83
Karen Grover	277.14
Rachel Toor	275.67
Louise Mahar	264.93
Lorrie Tily	258.78
Michelle Marino	252.37
Jeanette Lippitt	247.18
Denise Green	220.39
Teresa Sukiennicki	219.61
Heather Ludwig	216.98
Maria Constanzo	216.89
Anne Dorward	211.69
Barbara Sorrell	208.98
PJ Peterman	207.49
Maude Morse	154.71

Danby Down 'n' Dirty

Danby State Forest; Oct 8, 2006; weather: perfect Indian summer morning

10K

1. Andrew Weishaar	M30	45:59
2. Derek Dean	M35	49:54
3. Eric Davis	M26	49:56
4. John Hylas	M48	50:14
5. Tom Barron	M43	52:14
6. Andrew Getzin	M35	52:29
7. Andy Jordan	M52	55:05
8. Mike Paul	M24	55:06
9. Mara Dropkin	Frank F22	55:09
10. Isaac Joseph	M18	55:44
11. Gary Williams	M42	56:24
12. Theresa Sime	F21	57:17
13. Aiden Erwright	M16	57:21
14. Rick Mazzeo	M54	57:26
15. Karen LaFace	F40	57:39
16. Herman Sieverding	M56	58:33
17. Steve Ryan	M55	59:03
18. Gary McCheyne	M45	1:00:48
19. Gerrit Van Loon	M45	1:00:51
20. Mark Dixon	M48	1:00:51
21. Sara Zimmer	F35	1:00:55
22. Chris Jones	M24	1:01:04
23. Steven Sauer	M37	1:01:12
24. Peter Godenschwager	M28	1:03:15
25. Chris Bordlemay	M38	1:04:36
26. Bob Thompson	M59	1:04:46

27. Frank Rees	M47	1:05:04
28. Doug Theoret	M43	1:05:53
29. KC Bennett	F47	1:05:59
30. Mark Valley	M48	1:06:04
31. Michelle Marino	F53	1:08:02
32. Vincent Borden	M7	1:08:09
33. Dan Merl	M27	1:08:20
34. Steve Morris	M46	1:08:23
35. Jeanette Lippitt	F44	1:09:04
36. Mike Terwilligerr	M51	1:09:27
37. Kent Scribes	M56	1:09:30
38. Larry Piekeen	M46	1:09:43
39. Alex Hagen	M32	1:09:50
40. Glen Robertson	M36	1:09:59
41. Rebecca Hagan	F31	1:10:00
42. Martha Gold	F42	1:11:22
43. Allison Bierly	F25	1:11:29
44. Jill Fickbohm	F46	1:11:43
45. Heather Ludwig	F27	1:12:03
46. Denise Green	F21	1:12:08
47. Dave Densmore	M48	1:12:08
48. Brian Densmore	M23	1:12:56
49. Jessica Densmore	F36	1:13:08
50. Don Densmore	M51	1:13:09
51. Andrew Morehead	M35	1:15:05
52. Lawrence Magiera	M43	1:16:29
53. Tessa Bauer-Dumont	F27	1:16:39

Race Results

54.	Maria	Costanzo	F48	1:17:00	34 Bruce	Montgomery	M 53	Ottawa Canada	1:47:36
55.	Angela	Rudert	F39	1:19:38	35 Bill	Foley	M 54	Cortland	1:48:12
56.	Juliana	Finucane	F30	1:19:38	36 Louise	Mahar	F 42	Cortland	1:48:28
57.	Anna	Deitcher	F7	1:45:51	37 Kara	Markham	F 25	Cortland	1:48:43
					38 Caitlin	Stern	F 22	Ithaca	1:49:15
					39 Jessie	Barker	F 22	Ithaca	1:49:15
					40 Steve	Gallow	M 46	Groton	1:49:50
					41 Gregory	Peppel	M 21	Cortland	1:51:22
					42 Danielle	Branton	F 37	Las Vegas NV	1:51:25
					43 Tim	Nevinger	M 25	Cortland	1:51:29
					44 Adam	Milburn	M 36	Tully	1:51:31
					45 Danielle	D'Avirro	F 31	Syracuse	1:51:31
					46 Kevin	Piarulli	M 18	Ithaca	1:51:36
					47 Jason	Doell	M 28	Utica	1:51:37
					48 Noah	Beck	M 24	Cortland	1:52:56
					49 Ray	Wagner	M 47	Groton	1:53:24
					50 James	Summa	M 36	Waterford	1:53:31
					51 Tim	Kirch	M 42	Syracuse	1:53:48
					52 Ron	Gay	M 60	Skaneateles	1:55:25
					53 James	Wavle	M 46	Cortland	1:55:45
					54 Eileen	Mushalla	F 45	Vestal	1:55:55
					55 Jaclyn	Barbano	F 19	Ithaca	1:56:50
					56 Rita	Kerr-Vanderslice	F 19	Ithaca	1:56:50
					57 Neil	Young	M 20	Ithaca	1:57:47
					58 Laura	Oberlander	F 28	Liverpool	2:00:24
					59 Tony	Ciccione	M 58	Locke	2:02:13
					60 Joe	DiMattina	M 58	Endicott	2:02:52
					61 Edward	Fowler	M 36	Syracuse	2:03:08
					62 Dan	Tracy	M 55	Cortland	2:03:58
					63 Maria	Wolman	F 21	Ithaca	2:04:05
					64 Tania	Gardner	F 26	Chittenenango	2:06:11
					65 Gary	Rightmire	M 58	Groton	2:06:31
					66 Jeff	Penoyer	M 21	Homer	2:06:45
					67 Lori	Deptula	F 37	Syracuse	2:07:01
					68 Jennifer	Petalito	F 31	Liverpool	2:07:20
					69 Ralf	Bernecker	M 45	Syracuse	2:07:27
					70 Michele	Kibby	M 25	Moravia	2:07:27
					71 Wayne	Hampton	M 60	Moravia	2:07:27
					72 Lori	Warfield	F 43	Whitney Point	2:08:37
					73 Paul	Dunham	M 60	Whitney Point	2:08:37
					74 Abby	Halpin	F 20	Burlington VT	2:08:57
					75 Jessica	Palmer	F 25	Syracuse	2:12:46
					76 Pauline	Cecere	F 53	Cazenovia	2:13:21
					77 Shelley	Musci	F 33	Cortland	2:13:53
					78 Rebecca	Stone	F 35	Rodman	2:13:54
					79 Marian	Luce	F 52	East Freetown	2:16:33
					80 Jennifer	Turck	F 40	Homer	2:18:58
					81 Tina	Shattuck	F 37	Homer	2:20:37
					82 Katie	Hall	F 43	Cortland	2:21:11
					82 Sheila	Redoutey	F 45	Easton PA	2:21:26
					83 Jeff	Redoutey	M 44	Easton PA	2:21:28
					85 Debra	Clark	F 55	Cortland	2:24:04
					86 Talitha	Johnston	F 31	Homer	2:24:05
					87 Shannon	Anderson	F 41	Cortland	2:25:28
					88 Kathleen	Elliot-Birdsall	F 44	Cortland	2:33:49
					89 Cindy	Frery	F 45	Syracuse	2:36:07
					90 Carmen	Noval	F 54	Syracuse	2:37:05
					91 Kerry	Cottrell	F 30	Homer	2:38:20
					92 Pauline	Shostock	F 34	Camillus	2:39:26
					93 Danielle	Cross	F 34	Syracuse	2:51:57

20K									
1.	Eric	Sambolec	M28	1:30:22					
2.	Tom	Myer	M31	1:36:35					
3.	Tim	Ingall	M47	1:40:25					
4.	Nate	Lockett	M21	1:41:03	(ran >20K)				
5.	Yvette	DeBoer	F43	1:45:21					
6.	Mike	Wright	M57	1:55:04					
7.	Nancy	Kleinrock	F46	1:57:29					
8.	David	Jones	M48	1:59:02					
9.	Audrey	Balander	F50	2:03:13					
10.	Kristy	Falcon	F27	2:02:41	(small short cut used)				
11.	David	Jung	M45	2:04:50					
12.	Steve	Shaum	M41	2:07:53	(ran >20K)				
13.	Evan	Kurtz	M50	2:17:42					
14.	Jim	Hock	M56	2:21:06					
15.	Heidi	Tremaine	F37	2:28:38					
16.	James	Summa	M51	2:30:28					
17.	Jack	Lee	M25	3:19:04					
18.	Gary	Cremeens	M33	4:07:57					

Leaf Peeper Half Marathon Results									
Cortland, Oct 14									
1	Shaun	Horan	M 25	Clifton Park	1:22:30				
2	Boris	Dzikovski	M 42	Ithaca	1:23:30				
3	Andy	Peebles	M 43	Tully	1:28:24				
4	Jesse	McConnell	M 17	McLean	1:28:48				
5	Michael	Walsh	M 23	Ithaca	1:31:50				
6	Geoff	Peppel	M 17	Cortland	1:32:00				
7	Brian	Luce	M 18	East Freetown	1:32:30				
8	Gregg	McConnell	M 41	McLean	1:32:34				
9	Thomas	Mullins	M 39	Cortland	1:33:49				
10	Jonathan	Larson	M 26	Cortland	1:35:01				
11	Chuck	Hein	M 47	Vestal	1:35:31				
12	Jennifer	Broton	F 33	Olyphant PA	1:36:55				
13	Erin	Kelly	F 34	Cazenovia	1:38:14				
14	Joseph	Gibbons	M 44	Trinity FL	1:39:05				
15	Heather	Miller	F 32	Lansing	1:39:16				
16	Glenn	Cobb	M 43	Lansing	1:39:16				
17	Doake	Brown	M 48	Cortland	1:39:31				
18	Patti	Trabucco	F 30	Cortland	1:39:49				
19	Jack	Myers	M 47	Liverpool	1:40:04				
20	Ed	Jenner	M 51	Vestal	1:40:17				
21	Todd	Mattison	M 47	Ithaca	1:40:23				
22	John	Dailley	M 28	Ithaca	1:42:38				
23	Esther	Lee	F 24	Greenbrook NJ	1:43:04				
24	Larry	Franks	M 57	Smyrna	1:43:23				
25	Jim	Grieger	M 44	Groton	1:44:13				
26	Joseph	Lyman	M 33	Cortland	1:44:31				
27	Jon	Marks	M 47	Cortland	1:45:07				
28	Theresa	Fulgieri	F 50	Endicott	1:45:23				
29	Christopher	Ellis	M 44	Marcy	1:45:24				
30	Darl	Zehr	M 43	Cortland	1:45:42				
31	Mike	Randall	M 38	Towanda PA	1:46:24				
32	Kim	Cass	F 31	Syracuse	1:46:49				
33	Stephen	Codner	M 47	Groton	1:47:18				

Late-Breaking Story: Chicago Marathon—Jay Hubisz

Lead in:

With three marathons under my belt, 3:13, 3:04, and 3:05, I wanted a sub 3. My shorter races said I could do it (as it had for those previous three races), but in every race I had bonked and death-marched/dragged my glycogen-depleted wreck of a body over 4 or 5 miles of pavement. In preparation, I upped my mileage over six months from a peak of 55 mpw to a peak of 93 mpw. I had the speed, but not the endurance, so I focused on the long run, getting in three long runs a week. A typical week (in singles) was something like 9-13-9-16-9-21-9. I was inspired by reading some stuff by the late great Arthur Lydiard, and I tried to keep all of my runs as fast as I could without going anaerobic, and without screwing up my other planned long runs. I used small races for speed and tempo work, and ran a 4-minute PR in a fitness evaluation HM (1:17:06), a 28-second PR in the 5K (16:54), and a big PR in the 10K (35:30). I felt ready.

The Story:

Marathon weekend was a blast. I took Friday off work so that I could pick up Katie Danner at the airport (we were hoping to run some part of the race together, and she was staying with us for marathon weekend), and get some prerace hectic stuff out of the way early. The weather was great on both Friday and Saturday (I wish I could say the same for Sunday). We hit the expo in the early afternoon on Friday, and got ready for two days of pure hanging out and relaxation to be ready for the major undertaking on Sunday morning. On Friday night, we watched Saint Ralph, the inspirational (fiction) movie about a young boy who sets out on a miracle quest to win the Boston Marathon.

On Saturday, we picked up some cheap throw-away gear at the Salvation Army, since we found out that you had to be in the corrals 20 minutes before the start of the race, and wait around in the cold. We had a great brunch at the Bongo Room Cafe, and did the last of the major carb loading. The weather was calm and sunny, and warmed up to low 60s later in the day. It would have been a beautiful day for the marathon. That evening, we watched two movies, had a somewhat light pasta dinner, and hit the hay at 9:00 pm. Prerace jitters kept me from sleep until around 10, but after that I was out. Not too bad! Usually I'm up until 1 am or even later the night before a big race. I fell asleep by using a bit of a mantra, picking out some relaxing words, and repeating them in my head. It was a strategy that actually carried over into my race the next day.

At 4:30 am, the alarm went off, and I started stumbling through the prerace routine. Triple checking the bib and chip, and worrying about what to wear. The forecast said rain for the start, slowing down to light rain during the race, but with 20–25 mph winds coming out of the northwest. Sounded pretty miserable. I settled on a coolmax T-shirt under my team singlet (I recently joined Fleet Feet Chicago), short shorts, throw-away gloves, and my lightweight neutral trainers. I hadn't done enough workouts in my flats to feel comfortable wearing them for 26.2. Breakfast was a couple bananas, a little bit of cereal, and some Naked Juice. We caught a train to the start, and Melissa and I parted ways with Katie (she was in the Top-100 corral, and had a special tent). I was in another special tent, the Trophy Tent, which had been reserved by the captain of our corporate team. The Trophy tent was really nice. We had our own gear check, separate bathrooms, pre- and postrace food and beverages, and our own massage specialists. Well worth it, to those who might consider coming next year.

At 7:20, I left the tent to find some teammates who I wanted to start the race with. The plan was to go out at 6:30 pace together. They were planning on staying at 6:30s, while I was hoping to pull the pace down after 5K to low 6:20s. I met them at Buckingham Fountain, and we soon headed towards our "Competitive Start" cor-

ral. I was in the corral by 7:35, at which point the goal was to stay warm and relaxed until the start. At about 7:45-7:50, the elite and top-100 runners made their way to the start, and I yelled a couple words of encouragement to Brian Sell as he jogged by. I've been logging my runs on Athleticcore.com, which has a number of *fast* people posting, Brian Sell among them. His 140–160 mile weeks are quite humbling. Quite a few of my Fleet Feet teammates post there as well. A couple of minutes before the start, the barriers were removed, and everyone rushed forward, and we were packed quite tightly behind the top-100 corral. Then the horn sounded, and we were off! One of my decisions was to not click the miles, since it is a really discouraging way to break up the race for me. I went instead with 5K splits. I knew that I wanted to be a little under 20 minutes per 5K to hit my low 6:20s. I hung tight behind my teammates, and we hit the first mile right on 6:30. They were kind of excited, though, and the first 5K split ended up being 19:45 (6:17 average for miles 1.0–3.1). We slowed up a bit (partly due to a headwind), and ran the next 3.1 in 19:59, still under 6:30 pace, but a little more reasonable. I ran behind this pack until 15K, and then, while I felt comfortable, they wanted to drop back a bit, so I gained 15 seconds or so on them by the half. They had made the mistake of taking the lead of a pack in the first 10K and were doing a lot of the wind-breaking work. I was taking water at every stop, and Gatorade every 5K, a strategy that I held to for the entire race.

The field was fairly spread out at this point, so it became more difficult to feed off the other runners. More importantly, it was getting hard to find people to break the wind for me. After I left my teammates, I was leading a small pack myself from about miles 12 to 15. We were getting into the skyscrapers again, which meant that the wind would switch from a strong headwind to forceful tailwinds every 100 meters. There were a number of top-100 females in my neighborhood, most likely aiming for the 2:47 necessary to get into the Olympic Trials. It was a positive experience to be with these highly motivated runners. Through the race, I would go into the mantras from time to time, and my form would relax when I did it. This was extremely helpful to me, and kept my frame of mind from becoming negative due to the weather conditions.

At mile 20, I still felt pretty good, although I noticed my left hip and hamstring starting to cramp slightly. My legs definitely had some wear on them, but I was telling myself that I just had to do a little 10K workout on tired legs—nothing special. I told myself I was just out for an upbeat jog. There were other runners who were fading at this point. It was sad seeing some of the talented female runners losing their goals. At 21, I ate the gel I had been carrying since mile 19 (I get a quick boost from these, but a sharp fade shortly after, so I didn't want to take it too early). Shortly after mile 23 was when things became quite difficult. The last stretch goes directly north along Michigan Avenue. The city buildings were channeling a very nasty headwind, and I was pretty much on my own, since various people were either kicking in with some energy to spare, or falling off precipitously. 35–40K was a 20:20, about 6 or 7 seconds per mile slower than my average up to then. After that, it was just a matter of bringing it home. I clicked my watch with 1 mile to go, and did my best to keep form. My hip and hamstring were throbbing now, and the soles of my feet were numb from the pounding. My breathing was starting to come unhinged, and I felt slow as molasses. After a few minutes I rounded the corner to face the only hill in the course, but knew I had a downhill to the finish. I had no kick. I was spent. My breath was wheezing hard through my chest and I felt very cold. Last mile: 6:44. The usual bonk was in the process of happening, but it was too late in the race to kill me.

The clock read 2:49:10 as I crossed the line. A first sub-3 for me, and a sub-2:50 for good measure!

As I crossed the line, and stopped running, my hip and hamstring really tightened up, and I limped through the chute. I picked up a water

Late-Breaking Story

and a protein bar, and tried to get to the warmth of the tent as quickly as I could hobble. My body temperature was dropping like a stone, and I was shivering uncontrollably. Once in the tent, I went straight to the gear check. They were doing a great job, and already had my bag on the table, having spotted my number from the other side of the room. I got into my warmup suit, and a long-sleeved shirt, picked up some coffee, and moved a chair in front of a heat blowing machine. After 30 minutes, I was mostly recovered, got my postrace massage, and started feeling truly good about myself.

The Splits:

5K 19:45
10K 39:44 (19:59)
15K 59:35 (19:51)
20K 1:19:29 (19:54)
HM 1:23:50

25K 1:39:31 (20:02)
30K 1:59:21 (19:50)
35K 2:19:19 (19:57)
40K 2:39:40 (20:21)
Full Mary 2:48:53 (6:26 per mile, 4:00 per km)
Overall, 468; gender, 422; division: 144.

I crossed the line beaten, tired, and freezing, but victorious. 15 minutes and 4 seconds had been shaved from my PR. In my mind, I had really *run* my first marathon, not needing to stop due to depletion. Finishing my previous marathons was an achievement, but this was the first time I crossed the line feeling like a champion.

Melissa also had a fantastic day, going the entire distance without any issues even though she had not done any marathon-specific training (longest run since Boston was maybe 15 miles). She ran a few miles with a good friend, and enjoyed the atmosphere of race day.

November 2006 Calendar

Nov 4: Charlie's Old Goat 10-Mile Trail Run, 9 am, Dryer Road Park, Victor. Contact Charlie Sabatine, cs4646@frontiernet.net; www.grtconline.org/2006RegForms/2006oldgoatrun.pdf. Benefits Hospice Serenity House.

Nov 5: The 26th annual Red Baron Half Marathon, 13.1 miles from Corning Community College to Corning YMCA, 1 pm. Contact powers@corning-cc.edu, 962-9375; www.spencercrest.org/redbaron.

Nov 5: The 37th annual ING New York City Marathon, 10:10 am. www.ingnycmarathon.org. Check local TV listings for tape-delayed same-day coverage on NBC.

Nov 5: Upstate New York Cross Country Series—Race #4: Parma Town Park, Hilton, 4 miles, 11 am. www.peteglavin.com.

Nov 5: The 22nd annual Grunt Run 5K and 10K, Lakeland Park, Town of Geddes, 1 pm. Contact Cindy Maggiore, Town of Geddes Parks and Recreation, (315)487-8238.

Nov 11: The Interlaken Steeple Chase 5K, Interlaken Reformed Church, 10 am. Contact Laura Voorhees, 387-5441; laura@interlaken5K.com. Benefits restoration of church steeple.

Nov 11: Mendon Trail Runs: 5K, 10K, 20K, 50K, Mendon Ponds Park, East Lodge, Rochester, 8 am. Contact Larry Zygo, 232 Willowood Dr., Rochester, NY 14612; (585)225-0733; lzygo@frontiernet.net. This is run on a 10K cross-country ski trail with 1000' of climb per 10K loop. 50K is the final event on Western NY Ultra Series.

Nov 11: The 29th annual SunTrust Richmond Marathon and 8K, Richmond, VA. www.richmondmarathon.com.

Nov 12: The 31st annual Stockade-athon 15K, Schenectady, 10:30 am. Contact HMRRRC, P.O. Box 12304, Albany, NY 12212; www.HMRRRC.com.

Nov 12: The 34th annual Harrisburg Marathon and Relay, Harrisburg, PA, 9 am. www.harrisburgmarathon.com.

Nov 18: The 44th annual JFK 50 Miler, Boonsboro, MD, 7 am. Contact Mike Spinnler, CVAC, 1023 Valleybrook Dr., Hagerstown, MD 21742. www.jfk50mile.org.

Nov 19: Upstate New York Cross Country Series—Race #5: Championship Day. GVH Invitational, Genesee Valley Park. Men's 8K (10 am); women's 6K (10:45 am); open men's 8K (11:30 am) www.peteglavin.com.

Nov 19: Philadelphia Marathon and 8K, 8:30 am. Contact Philadelphia Marathon, Memorial Hall, P.O. Box 21601, Philadelphia, PA 19131; www.philadelphiamarathon.com.

Nov 19: Invest in Youth Turkey Classic 5-Miler, Southeast YMCA, Pittsford, 9 am. Contact Kristen Rusho, YMCA, 111 East Jefferson, Pittsford, NY 14534. www.southeastfamilyymca.org.

Nov 19: The 23rd annual Norwich YMCA Turkey Trot 5K and 10K, 1:30 pm. Norwich Contact YMCA, 68-70 North Broad St., Norwich, NY 13815; 336-9622.

Turkey Day Races!

Nov 23: The 35th annual Bob's Prediction Turkey Trot: about 5 miles over varied terrain, starts at Ithaca High School, 9 am. Contact Bob Congdon, 387-5130. Free.

Nov 23: Pie & Glove 5K, Denison Park, Corning, 9:30 am. Contact Kurt Cornfield, kurt_cornfield@ml.com.

Nov 23: Cortland Turkey Trot 5K. www.cortlandsports.org.

Nov 23: The Kiwanis Turkey Day Races: 5 miles, 10 miles, 2 miles, Baker High School, Baldwinsville, 9 am. Contact Tom DeSain, (315)635-3628.

Nov 23: The 16th annual Race With Grace 10K, Rochester, 9 am. Contact Bob Dysak, 188 Kim Lane, Rochester, NY 14626.

Nov 23: The 97th annual Run for the Diamonds 9-Miler, Berwick, PA, 10:30 am. Contact Margaret Livsey, Box 856, Berwick, PA 18603. www.runfordiamonds.com.

Nov 23: Webster Herald Turkey Trot, 4.4 miles and 2.5 miles, 10 am. www.yellowjacketracing.com.

Nov 23: Newark Turkey Day 5-Miler, 10 am. Contact Joe Contario, (315)789-0222.

Nov 23: The 111th JY Cameron Turkey Trot 8K, Buffalo, 9 am. Contact Delaware Family YMCA, 2564 Delaware Ave., Buffalo, NY 14216; www.buffaloyymca.org.

Nov 23: Hornell YMCA 5K Turkey Trot Run/Walk, 10 am. Contact Dan Glatio, Hornell YMCA, 12 Center St., Hornell, NY 14843.

Nov 23: The 59th Troy (NY) Turkey Trot: 5K/10K and kids' runs, 9:15 am. www.troyny.org.

Nov 23: The 70th Manchester Thanksgiving Day 4.7-mile Road Race, Manchester, CT; www.manchesterroadrace.com.

Nov 23: 45th Atlanta Marathon and Half Marathon, GA. www.atlantatrackclub.org.

Nov 25: RT Turkey Run 5-Miler, Mendon Ponds Park, Rochester, 10 am. www.gvh.net.

Nov 25: The 17th annual Northern Central Trail Marathon & Two-Person Relay, Sparks, MD, 9:30 am. www.brrc.com.

Nov 26: Seattle Marathon and Half Marathon. www.seattlemarathon.org.

Group Runs:

Keep an eye on the FLRC listserv (see instructions on back of newsletter for getting on the list) for announcement of quasi-regular and entirely irregular group runs—sometimes trails, sometimes roads, sometimes in a creek—many organized by the incomparably sunny Karen Grover (even her car is sunny!).

Regularly scheduled group runs, geared to those who show up: Tuesdays 6 pm and Saturdays 9 am, Finger Lakes Running Company, 138 W. State St., Ithaca. 275-3572. Free.

Subscribe to the FLRC Listserv!

Stay in touch with us for training runs, schedule changes, late-breaking news, etc., by email. To subscribe, send an email notice to Lorrie Tily at LJM2@cornell.edu from the email address at which you wish to receive postings from the listserv. State that you wish to join (or be removed from) the list and whether you wish to receive each posting individually or in digest mode.

To send email to all on the list, address your message to flrc@cayugacomputers.com.

We thank Cayuga Computers for this service!

This is your club and your newsletter. Get involved in ways that extend beyond running: volunteer (contact co-presidents Nancy Kleinrock/Steve Shaum or relevant race director) and/or submit race reports (email them to Nancy Kleinrock nk33@cornell.edu).

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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