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**1968 FLRC: 40 Years and Still Running 2008**

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**Trail Stoneheads • Road Asphaltheads • Track Speedheads**

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***Inside:***

Speak Up for Your Favorite Volunteer—D. Yates

Results and Calendars

Entry: Skunk Cabbage Classic



Skunk Cabbages

**Moving Toward Spring—N.K.**

Finger Lakes runners have one more chance to run inside at Barton Hall, and this is one for the whole family. Family Fun Day hosts two "serious" races plus lots of games and good times for the kids, and for the adults who love them. Two weeks after winter turns to spring, just as the skunk cabbages are beginning to show their greenery, area runners will take to the streets of Ellis Hollow for the Skunk Cabbage Classic 10K and Half Marathon races, to be held Sunday, Apr 6. You can register online at [Active.com](http://Active.com) or use the entry form included with both last month's and the present newsletter. In the meantime, road racing options abound during March, with almost every distance represented in the calendar on the page 4 of this newsletter—every distance, that is, except the 5K. Who would have guessed?

**All in the Family: 2008 Winter All-Comers  
Indoor Track Meets—Tim Ingall**

It seems that more and more runners that come to our meets are not yet teenagers. Pretty soon we can probably call every meet a "family" meet. Not that there weren't a large number of adults, too, at the February meet—around 125 athletes in all. The March meet, however, is explicitly geared toward families—and geared toward fun. Details appear at the end of this article. In the meantime, here is a recap of the good times that were had the last time we convened at Barton Hall

Thank you to the awesome volunteers who once again worked tirelessly all morning so that people like myself could run as many events as they wanted to; you are all very much appreciated. I hear many compliments all the time from all directions about our meets, so thank you all.

Eric Davis organized a bit of a meet within the meet in the form of a sex/age-graded "all-event competition," which went well. Casey Carlstrom was by far the overall winner this time around, and perhaps next year we can have more people added to the roster of participants.

And thank you to by far my better half in the Valentine Relay, next year we'll break the 5-minute mile together! Adam Engst said that those participating who didn't kiss before and after should be on a "wusses" list; I thought they should just share the bottle of Gatorade award for each finishing "couple"!

And now for the details of the final meet of winter 2008:  
*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.

*Web:* [www.fingerlakesrunners.org](http://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](mailto:timingall@hotmail.com), 351–6778.

*Additional Upstate New York winter track meets:* Visit [www.gvh.net](http://www.gvh.net)





## In the Loop

[www.syracusechargers.org](http://www.syracusechargers.org); [www.masterstrack.com](http://www.masterstrack.com) (calendar); also websites of Niagara and Adirondack USATF Associations, [www.usatf-niagara.org](http://www.usatf-niagara.org) and [www.usatfadir.org](http://www.usatfadir.org), respectively.

*Sponsor:* Many thanks to Ian Golden and his Finger Lakes Running Company for continued sponsorship of FLRC indoor track meets.

*Remaining Dates and Order of Events:*

Sat Mar 15, 2008: 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.

## Reward Your Volunteers, Redux—Shelly Marino (FLRC Secretary)

When you race, who helps? Whose smile greets you at registration? Who reaches over to tear off your race tag (and catch you if you fall over in exhaustion)? Who stands outside in Ithaca weather at an aid station in the middle of nowhere to hand you that oh-so-necessary cup of Gatorade?

Who works behind the scenes, arranging food, timing, emergency personnel, training opportunities, finances; serving on the board, keeping tabs on membership, newsletters, the web site; caring for equipment, coming early to set up, staying till the last bag of trash has been picked up?

These are just some of the questions to ask yourself before you cast your vote for the Hartshorne Memorial Service Award.

As described in last month's newsletter, this is the 11<sup>th</sup> time that FLRC has solicited the names of deserving volunteers for this special award. Wouldn't you like to give special recognition (and a substantial prize award) to someone in the club who helps make all this fun possible? You have another chance now if you missed the opportunity to speak up in recent weeks.

Please let me know, via phone or email, the name of the person (or persons) whose efforts you most appreciate. I will keep all responses confidential, but that doesn't mean you can't campaign on behalf of your chosen favorite(s).

To make your selection more difficult, let me remind you that the following folks' good works have already been recognized in previous years' awards, so they are not eligible for your votes: 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, Dave Jones, and Lennie Tucker.

I hope to hear from you soon: [mkm1@cornell.edu](mailto:mkm1@cornell.edu); (607)277-7161; Shelly Marino, 1792 Danby Rd, Ithaca 14850.

## Race Results

### Chilly Chili 5K Run and Walk

Cazenovia, Feb 10

Local runners: Jason Clark, 18:18 (3<sup>rd</sup> overall); Dirk Elliot, 21:06; George Hade, 21:27; Mark Brooks, 21:34; Ted Larison, 21:58; Brent Sears, 23:06; Dana Warren, 24:06; Steven Burke, 24:17; Theresa Rhinehart, 26:44; Meghan Gaige, 28:32; Lori Middendorf, 30:28; Jennifer Coleman, 30:37; Stephen Derlin, 31:33; Matt Swindon, 31:38; Amy Swindon, 31:38; Liz Cole, 32:03; Melony Sands, 32:16; Wendy Kane, 34:52; Alec Cole, 38:51; Patricia Jennings, 39:08; Joyleen Gaustad, 39:18; Martha Beck, 40:24; Marsha Ptaja, 40:26; Janice Johnson, 41:23; Kathy Cole, 1:00:32; Kathleen Hennessy, 1:00:33.

### Black Warrior 50K

Feb 16, Moulton, AL

Local runner: Nancy Kleinrock, 4:52:15 (2<sup>nd</sup> female overall).

### Empire State Games Snowshoe Competition

Feb 22-23, Lake Placid, NY

Local 100-m sprint snowshoer: Scot Jacobs, 16.40 (bronze, men's masters I).

Local 200-m sprint snowshoer: Scot Jacobs, 34.60 (bronze, men's masters I).

Local 400-m sprint snowshoer: Scot Jacobs, 1:15.48 (bronze, men's masters I).

Local 1500-m snowshoer: Scot Jacobs, 5:45.88 (gold, men's masters I).

Local 5000-m snowshoers: Eric Sambolec, 19:19 (gold, men's masters 1); Scot Jacobs, 20:35 (silver, men's masters I).

### 2008 February Indoor Track Meet

Sun Feb 3, Barton Hall, Cornell, Ithaca, NY

**4800/5000 m** (note: all sub-19:30 runners except Tim Ingall and Matt Aldridge may have been short one lap.)

	Name	Gender	Age	Town	Time
1	James Derick	M	42	Big Flats	15:23.6
2	Shawn Horan	M	26	Norwich	16:03.0
3	Joshua Cross	M	28	Ithaca	16:04.2
4	William Troy IV	M	16	Ithaca	16:09.4
5	Eric Davis	M	28	Lansing	16:09.9
6	Katie Aldridge	F	34	Alpine	16:10.4
7	Daniel Craighead	M	17	Ithaca	16:16.9
8	Steven Spittler	M	16	Norwich	16:30.8
9	Josh Barber	M	16	Lansing	16:31.2
10	Jon Cleveland	M	16	Lansing	16:34.3
11	Walker Diebolt	M	18	Freeville	16:52.7
12	Eric Maki	M	46	Cortland	17:02.0
13	Scot Jacobs	M	32	Ithaca	17:02.2
14	Eddy Potter	M	15	Lansing	17:08.6
15	Max Straneva	M	15	Binghamton	17:13.4
16	Casey Carlstrom	M	49	Ithaca	17:15.4
17	Gary Radford	M	51	Cicero	17:16.3
18	John Silva	M	15	Conklin	17:29.0
19	Bruce Roebal	M	51	Ithaca	18:12.7
20	Tom Hartshorne	M	54	Ithaca	18:34.7
21	Tim Ingall	M	48	Lansing	18:44.7
22	Matthew Aldridge	M	35	Alpine	18:58.7
23	Skip Strobel	M	37	Odessa	19:26.9
24	Melinda Liptak	F	18	Gilbertsville	19:31.2
25	John Heath	M	34	Sayre, PA	19:40.5
26	Ryann Cretney	F	17	Ithaca	19:40.9
27	David Carroll	M	45	W Seneca	19:55.1



# Race Results

28	Ben Yavitt	M	16	Ithaca	19:59.1	41	Noah Heath	M	2	Sayre, PA	1:05.9
29	Trish Spring	F	22	Binghamton	20:18.3	42	Drake DuMont	M	4	Ithaca	1:14.2
30	Adam Waszczak	M	20	Ithaca	20:32.9	43	Ardis DuMont	F	1	Ithaca	1:53.9
31	Melissa Moser	F	18	Bethel, CT	20:47.9						
32	Larry Brooks	M	56	Binghamton	21:01.3						
33	Gabe Borden	M	39	Ithaca	21:12.2						
34	Catherine Meyer	F	41	Tonawanda	21:21.5						
35	Jeff Smith	M	17	Endicott	21:45.5						
36	Jon Campbell	M	17	Endicott	21:51.5						
37	Susi Varvayanis	F	44	Dryden	22:00.5						
38	William Spittler	M	52	Norwich	22:11.2						
39	Si-Ning Li	M	21	Ithaca	22:12.6						
40	Eric Varvayanis	M	10	Dryden	22:37.3						
41	Susan Stage-Derick	F	43	Big Flats	22:43.0						
42	Alexis Fairbanks	F	16	Apalachin	23:20.4						
43	Jen Wasileski	F	14	Apalachin	23:20.6						
44	Sterling Payne	M	14	Apalachin	23:34.9						
45	Joe Reynolds	M	63	Newfield	24:43.9						
46	Dave Talcott	M	47	Owego	25:20.1						
47	Renee Kenney	F	44	Freeville	26:41.9						

## 1 mile

Name	Gender	Age	Town	Time
1 Paul Kintner	M	17	Ithaca	4:45.0
2 Sharif Younes	M	16	Ithaca	4:52.0
3 Eric Davis	M	28	Lansing	4:54.7
4 Joshua Cross	M	28	Ithaca	4:55.9
5 Henry Potter	M	17	Lansing	4:56.3
6 Jeremy Gardner	M	30	Brooktondale	4:58.4
7 Jeff Smith	M	17	Endicott	4:59.2
8 Casey Carlstrom	M	49	Ithaca	5:02.3
9 Eric Vanderpool	M	16	Horseheads	5:07.9
10 Bob Nugent	M	47	Binghamton	5:08.4
11 Jordan Atlas	M	27	Ithaca	5:13.5
12 John Heath	M	34	Sayre, PA	5:15.9
13 Scot Jacobs	M	32	Ithaca	5:16.3
14 Jay Laitenberger	M	34	Rochester	5:17.7
15 Bill Dayton	M	17	Binghamton	5:19.4
16 Connor Nugent	M	14	Binghamton	5:19.8
17 Oliver Habicht	M	40	Ithaca	5:25.7
18 Fern Beckhorn	F	24	Ithaca	5:26.7
19 Jon Campbell	M	17	Endicott	5:32.4
20 Tim Ingall	M	48	Lansing	5:33.3
21 Ada Lauterbach	F	18	E. Berne	5:34.9
22 Claire McIlvennie	F	17	NY	5:45.5
23 Chris Dembia	M	18	Ithaca	5:48.5
24 Jeff Davaidson	M	18	Ithaca	5:52.7
25 Gerrit Van Loon	M	46	Ithaca	5:55.3
26 Alexis Fairbanks	F	16	Apalachin	5:56.5
27 Coreen Steinbach	F	56	Pompey	5:59.8
28 Herb Engman	M	62	Ithaca	6:00.5
29 Jim Hodges	M	45	Ithaca	6:00.8
30 Elizabeth Reamer	F	16	Ithaca	6:01.1
31 Abby Elliott	F	16	Binghamton	6:04.1
32 Vincent Borden	M	8	Ithaca	6:09.0
33 Gabe Borden	M	39	Ithaca	6:09.8
34 Carl Franck	M	55	Ithaca	6:13.7
35 Larry Brooks	M	56	Binghamton	6:14.7
36 Rishard Chen	M	27	Ithaca	6:21.7
37 David Dlugosz	M	29	Phila, Pa	6:26.7
38 David Webster	M	47	Sayre, PA	6:27.2
39 Sterling Payne	M	14	Apalachin	6:28.5
40 Emilie Dunham	F	15	Ithaca	6:31.2
41 Laura Josephs	F	20	Ithaca	6:35.0
42 Paul Sims	M	29	Norwich	6:38.1
43 Luke Webster	M	13	Sayre, PA	6:38.8
44 Jen Wasileski	F	14	Apalachin	6:43.4
45 Ed Donovan	M	16	Liverpool	6:58.0
46 Eric Varvayanis	M	10	Dryden	7:04.3
47 Joe Reynolds	M	63	Newfield	7:13.1
48 Dave Talcott	M	47	Owego	7:27.6
49 Ralph Josephson	M	62	Westfield	7:28.1
50 Mike Treat	M	27	Ithaca	7:36.7
51 Amelia Habicht	F	41	Ithaca	8:17.7
52 Anna Deitcher	F	8	Ithaca	8:34.3
53 Juliet Borden	F	7	Ithaca	9:18.8
54 Marilyn Williams	F	73	Ithaca	10:47.5
55 Don Farley	M	74	Ithaca	10:47.8

## 100 m

Name	Gender	Age	Town	Time
1 Steve Pierce	M	18	Endwell	0:11.40
2 Matt Chun	M	17	Ithaca	0:12.10
3 Paul Sims	M	29	Norwich	0:12.70
4 Chris DePugh	M	16	Endicott	0:12.70
5 Eric Davis	M	28	Lansing	0:12.80
6 Josh Barber	M	16	Lansing	0:13.10
7 Eddy Potter	M	15	Lansing	0:13.20
8 Walker Diebolt	M	18	Freeville	0:13.20
9 Bob Micho	M	60	Syracuse	0:13.20
10 Alex Spencer	M	18	Owego	0:13.40
11 Luke Webster	M	13	Sayre, PA	0:13.50
12 Aaron Spencer	M	15	Owego	0:13.70
13 Scot Jacobs	M	32	Ithaca	0:14.10
14 Andy Lisak	M	17	Owego	0:14.30
15 Jim Hodges	M	45	Ithaca	0:14.30
16 Casey Carlstrom	M	49	Ithaca	0:14.90
17 Christopher Van Loon	M	12	Ithaca	0:15.00
18 Evan Kurtz	M	51	Dryden	0:15.20
19 Christina Brewington	F	15	Ithaca	0:15.30
20 Tim Ingall	M	48	Lansing	0:15.40
21 Chelsea Webster	F	15	Sayre, PA	0:15.70
22 Niall Hodges	M	10	Ithaca	0:15.90
23 Bob Nicholson	M	61	Syracuse	0:16.00
24 Laura Voorhees	F	40	Trumansburg	0:16.30
25 Diane Wade	F	50	Moravia	0:16.60
26 Joshua Cross	M	28	Ithaca	0:16.60
27 Vincent Borden	M	8	Ithaca	0:17.00
28 Tim Ingall	M	48	Lansing	0:17.40
29 Gavin Derick	M	9	Big Flats	0:19.60
30 Joe Reynolds	M	63	Newfield	0:19.90
31 Bryce Derick	M	7	Big Flats	0:20.10
32 Corrine Hartshorne	F	7	Ithaca	0:20.80
33 Carl Varvayanis	M	7	Dryden	0:20.80
34 Juliet Borden	F	7	Ithaca	0:22.80
35 Anna Deitcher	F	8	Ithaca	0:23.20
36 Cara Reynolds	F	6	NY	0:23.80
37 Kaitlin Reynolds	F	6	NY	0:24.70
38 Luke Varvayanis	M	4	Dryden	0:25.00
39 Isaac Borden	M	5	Ithaca	0:26.50
40 Claire Reynolds	F	4	NY	0:31.60



## Race Results

### 200 m

Name	Gender	Age	Town	Time
1 Steve Pierce	M	18	Endwell	0:23.70
2 Matt Chun	M	17	Ithaca	0:25.50
3 Brendan Nugent	M	16	Binghamton	0:25.70
4 Eric Davis	M	28	Lansing	0:26.40
5 Chris DePugh	M	16	Endicott	0:26.50
6 Aaron Spencer	M	15	Owego	0:27.00
7 Bob Micho	M	60	Syracuse	0:28.00
8 Andy Lisak	M	17	Owego	0:28.00
9 Alex Spencer	M	18	Owego	0:28.00
10 Mari Giurastante	F	16	Binghamton	0:28.10
11 Casey Carlstrom	M	49	Ithaca	0:28.30
12 Gerrit Van Loon	M	46	Ithaca	0:28.40
13 John Heath	M	34	Sayre, PA	0:28.60
14 Scot Jacobs	M	32	Ithaca	0:28.90
15 Christina Brewington	F	15	Ithaca	0:30.60
16 David Dlugosz	M	29	Phila, Pa	0:30.90
17 Chelsea Webster	F	15	Sayre, PA	0:31.60
18 Ashley Bava	F	19	Franklin Lakes, NJ	0:32.60
19 Joshua Cross	M	28	Ithaca	0:32.60
20 Tim Ingall	M	48	Lansing	0:33.10
21 Christopher Van Loon	M	12	Ithaca	0:33.80
22 Vincent Borden	M	8	Ithaca	0:35.90
23 Laura Voorhees	F	40	Trumansburg	0:36.30
24 Diane Wade	F	50	Moravia	0:36.40
25 Eric Varvayanis	M	10	Dryden	0:37.50
26 Joe Reynolds	M	63	Newfield	0:41.30
27 Gavin Derick	M	9	Big Flats	0:42.80
28 Anna Deitcher	F	8	Ithaca	0:44.30
29 Bryce Derick	M	7	Big Flats	0:45.20
30 Juliet Borden	F	7	Ithaca	0:48.20
31 Corrine Hartshorne	F	7	Ithaca	0:49.20
32 Cara Reynolds	F	6	NY	0:56.50
33 Claire Reynolds	F	4	NY	0:58.50
34 Isaac Borden	M	5	Ithaca	1:30.4
35 Henry Deitcher	M	3	Ithaca	1:30.8
36 Claire Reynolds	F	4	NY	1:34.1
37 Drake DuMont	M	4	Ithaca	1:47.8
38 Noah Heath	M	2	Sayre, PA	2:05.2

### Valentine 2 x 800-meter Relay

Name (anchor)	Gender	Age	Town	Time
1 Brendan Nugent	M	16	Binghamton	4:49.7
2 Bill Dayton	M	17	Binghamton	4:56.5
3 David Carroll	M	45	W Seneca	4:56.8
4 Gary Radford	M	51	Cicero	5:0.9
5 Mari Giurastante	F	16	Binghamton	5:02
6 Gerrit Van Loon	M	46	Ithaca	5:09.7
7 Tim Ingall	M	48	Lansing	5:13.6
8 Vincent Borden	M	8	Ithaca	5:33.8
9 Ashley Bava	F	19	Franklin Lakes, NJ	5:59.9
10 James Derick	M	42	Big Flats	6:12.1
11 Chris Reynolds	F	37	Newfield	6:32.6
12 Juliet Borden	F	7	Ithaca	6:59.9
13 Caroline Borden	F	45	Ithaca	7:01.8
14 Susan Stage-Derick	F	43	Big Flats	7:12.6
15 Susi Varvayanis	F	44	Dryden	7:12.9
16 Anna Deitcher	F	8	Ithaca	7:42.5
17 Kaitlin Reynolds	F	6	NY	7:53.5
18 Corrine Hartshorne	F	7	Ithaca	8:07.7

## March 2008 Calendar

**Mar 1:** Shamrock Mile Run, Binghamton, 1:20 pm. A street mile preceding St. Pat's parade; begins in front of Broome County Public Library. [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org); <http://www.triplecitiesrunnersclub.org/y2008/ShamrockRun.pdf>.

**Mar 2:** Los Angeles Marathon. [www.lamarathon.com](http://www.lamarathon.com).

**Mar 2:** USA 50K (Road) National Championship, Caumsett Park, Lloyd Harbor, NY. [www.usatf.org](http://www.usatf.org); [www.newyorkultrarunning.org/caumsett\\_state\\_park\\_50k2008.htm](http://www.newyorkultrarunning.org/caumsett_state_park_50k2008.htm).

**Mar 2:** Celebrate Life Half Marathon, Rock Hill, NY., 10 am. [www.celebratelifehalfmarathon.com](http://www.celebratelifehalfmarathon.com).

**Mar 8:** St. Patrick's Day 4-Miler, St. Patrick's Church, Leroy St., Binghamton, 10 am. Contact Vince Kelley: [kellyv@uic.com](mailto:kellyv@uic.com). [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org); <http://www.triplecitiesrunnersclub.org/y2008/StPatsApp.pdf>. Competition also for police and fire department teams.

**Mar 8:** Peak Adventure Snowshoe Marathon, Half Marathon and 10K, Pittsfield, VT. 8 a.m. [http://www.peakraces.com/snowshoe\\_mstr.html](http://www.peakraces.com/snowshoe_mstr.html).

**Mar 8:** Tipperary Hill Four-Mile Shamrock Run/Walk, Burnet Park, Syracuse, 11 am. [www.tipphillrun.com](http://www.tipphillrun.com).

**Mar 15:** Family Fun Day and "serious" 400-meters and one-mile races, Barton Hall, Cornell, 9 am. Saturday Family Fun Day is track and games for kids and adults to do together. [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org); contact Tim Ingall: at [timingall@hotmail.com](mailto:timingall@hotmail.com).

**Mar 15:** Wurtsboro Mountain 30K and Relay, Wurtsboro, 9 am. [www.sullivanstriders.org/30k.htm](http://www.sullivanstriders.org/30k.htm).

**Mar 16:** Syracuse Chargers All-Comers Indoor Track & Field Meet, Manley Field House, Syracuse University, 9 am. [www.syracusechargers.org](http://www.syracusechargers.org). Free.

**Mar 16:** The 28<sup>th</sup> annual Winter's End 4.5-miler, Lehman, PA, 10 am. <http://home.ptd.net/~rrrawls/we08entryform.pdf>; Contact: [wyoalstr@aol.com](mailto:wyoalstr@aol.com).

**Mar 16:** The 36<sup>th</sup> annual Shamrock Sportsfest Marathon, Half Marathon, Relay and 8K, Virginia Beach, VA. [www.shamrockmarathon.com](http://www.shamrockmarathon.com).

**Mar 22:** Lt. J.C. Stone 50K Ultra Marathon, North Park Boat House, North Allegheny Cty, PA. (google "LT Stone 50K" for URL)

**Mar 22:** Mt. Penn Mudfest 15K Trail Run, Reading, PA, 10 am. [www.pagodapacers.com/Races\\_main.htm](http://www.pagodapacers.com/Races_main.htm).

**Mar 28-30:** The U.S. National Masters Indoor Track & Field Championship, Reggis Lewis Center, Boston. [www.usatfne.org/masters](http://www.usatfne.org/masters).

**Mar 29:** Wirefly National Marathon and Half Marathon, Washington, D.C., 7 am. [www.nationalmarathon.com](http://www.nationalmarathon.com).

**Mar 29:** Hinte-Anderson 50K Trail Run, Susquehanna State Park, MD, 9 am. [www.hatrun.com](http://www.hatrun.com).

**Mar 30:** The 35<sup>th</sup> annual Forks XV (15K) Chenango Forks High School, 2 pm. [www.triplecitiesrunners.org](http://www.triplecitiesrunners.org); <http://www.triplecitiesrunnersclub.org/y2008/ForksApp.pdf>.

**Mar 30:** Around the Bay 30K, Hamilton, Ontario. [www.aroundthebayroadrace.com](http://www.aroundthebayroadrace.com).

**Mar 30:** Ocean Drive Marathon and 10-miler, Cape May, NJ. 9 am. [www.odmarathon.org](http://www.odmarathon.org).

**Mar 30:** Virginia Creeper Marathon, Abingdon, VA. [www.runtricity.org/creepermarathon](http://www.runtricity.org/creepermarathon).

*Calendar courtesy of Diane Sherrer, updated by NK.*

### Group Runs:

Keep an eye on the FLRC listserv (see instructions on back of newsletter for getting on the list) for announcements of quasi-regular and entirely irregular group runs—sometimes trails, sometimes roads, sometimes in a frozen creek, and once in a while even on a track.

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



# 2008 Western New York Ultra Series Calendar



## Western New York Ultra Series

**Apr 27, Sunday, 8:00 am: 28<sup>th</sup> Anniversary BPAC Six-Hour Distance Classic; Race #1**

Amherst Bike Path at Amherst Pepsi Center, U. Buffalo, North Campus. Run and walk as far as you can; 3.25 mi. scenic loop, paved and traffic-free; timing stops at 2 pm. [www.wny-ultra.org/bpac](http://www.wny-ultra.org/bpac). Contact: Peggy Hillery (716)649-4147; [peggyran26@aol.com](mailto:peggyran26@aol.com)

**May 18, Sunday, 8:30 am: 10<sup>th</sup> Annual Highland Forest 1-2-3 (ultra is 30 miles); Race #2**

Highland Forest Park near Fabius, NY. 30 miles (three loops) on trails (10 and 20 mile nonscoring options). [www.syracusechargers.org/highland123](http://www.syracusechargers.org/highland123). Contact: Mark Driscoll (315)449-9615 after 7 pm; [mrdiscol@mailbox.syr.edu](mailto:mrdiscol@mailbox.syr.edu)

**Jul 5, Saturday, 6:30 am: 20<sup>th</sup> Annual Finger Lakes Fifties (50 miles and 50K) ; Race #3**

Finger Lakes National Forest near Hector, NY. 50 miles (four loops) and 50K (two loops) on forest trails, roads, and pastures; (25K nonscoring option). [www.fingerlakesrunners.org/races/forms/Fifties.html](http://www.fingerlakesrunners.org/races/forms/Fifties.html). Contact: Chris Reynolds FL50s@yahoo.com

**Aug 24, Sunday, 6:15 am: 3<sup>rd</sup> Annual Green Lakes Endurance Runs (100K and 50K) ; Race #4**

Green Lakes State Park, Fayetteville, NY. 12.5 km trail loop course includes shaded shoreline, ascents through upland forest, and panoramic views from rolling meadows. [www.gleruns.org](http://www.gleruns.org); [admin@gleruns.org](mailto:admin@gleruns.org). (Note corrections from prior listings.)

**Oct 11, Saturday, 7:00 am: 6<sup>th</sup> Annual Canandaigua Fifties (50 miles and 50K); Race #5**

Canandaigua, NY. 50 miles is a loop around a beautiful Finger Lake; 50K is a modified out-and-back course. Scenic roads, including renowned Bopple Hill in both options. [www.canlake50.org](http://www.canlake50.org). Contact: Tom Perry (585)410-0584; [info08@canlake50.org](mailto:info08@canlake50.org)

**Nov TBD, Saturday, 8:00 am: Mendon Trail Runs (50K); Race #6**

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

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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 Renee Kenney (rmf22@cornell.edu) to find out. Renee's also the one to contact if you wish to change your newsletter option (hard copy vs. electronic).

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