

## GENERAL INFORMATION

**WHAT:** 43rd Annual  
Hartshorne Memorial Masters Mile  
Men and Women

**WHEN:** Saturday, January 23, 2010

**WHERE:** Barton Hall  
Cornell University campus  
Ithaca, New York

**RACE CONTACTS:** Tom Hartshorne, Race Director & Elite Athlete  
Coordinator - days/eves. 607-266-8222  
Rick Hoebeke, Asst. Race Director -  
days 607-255-6530; eves. 607-387-6431

**MEET:** This Track & Field Meet (The Upstate  
Challenge) promises to be an exciting exhibition  
in collegiate track and field competition. The  
Hartshorne Memorial Masters Mile is one of the  
featured events of the meet, sanctioned by USA  
Track & Field.

**ELIGIBILITY:** Male competitors must be 40 yrs. old or  
over. Female competitors must be 40 yrs.  
old or over for Masters, and 30-39 for  
Submasters. **TOTAL FIELD LIMITED.  
COMPETITORS! SEND ENTRIES  
EARLY - SEND NOW TO RESERVE A  
SPOT! FIRST COME-FIRST SERVED**

**MIN. QUALIF. STANDARD:** Women: Section I (6:00 min. & up)  
Men-Section III (7:00 min. & up)  
includ. veterans 60+ (8:00 min. & up)  
Men-Section II (5:30 - 7:00 min.)  
Men-Section I (4:40 - 5:30 min.)

**START TIMES:** All events this year will commence  
ca. 10:30-11:00 a.m., beginning with  
the first of the women's sections,  
and the men's sections following.  
The 2 Elite Women's Miles and the  
2 Elite Men's Miles will follow the  
sectional races.

\*An e-mail (or postcard) providing SECTION  
ASSIGNMENTS AND SECTION STARTING  
TIMES WILL BE SENT TO EACH  
REGISTERED RUNNER APPROX. ONE WEEK  
BEFORE RACE DATE!

**AWARDS DINNER:** THE COUNTRY CLUB of ITHACA  
189 Pleasant Grove Road (about 2 miles NE of  
Barton Hall, see enclosed map)  
Athletes are encouraged to PREPAY the banquet  
fee to help us prepare the menu.

\*Social (Cash Bar): 3:30-5:00 p.m.  
\*Dinner/Awards: 5:00-8:30 p.m.  
If planning to attend, please mark  
the appropriate boxes on the entry  
form. Come and join us to recap the  
races, watch the race video, talk  
with friends, enjoy a delightful  
meal, and applaud the award winners.  
And bring a guest!

**PREPAY:** Buffet (choice of fish, chicken, pasta,  
salad, dessert, coffee or tea) - \$23 (tip included)

**PAY AT DOOR:** Buffet style (as above) - \$25 (tip  
included)

## ENTRY FEE & REGISTRATION:

Deadline for registration:  
**Jan. 15, 2010 Postmark!**  
Fee - \$17.00 (Non-refundable)

**CHECKS PAYABLE TO:**  
Finger Lakes Runners Club (FLRC)

Mail entries (entry form, signed waiver,  
and check) to R. Hoebeke, 2706 Agard Rd.,  
Trumansburg, NY 14886

**RACE PACKET PICKUP:** Available at the registration table, located at  
far NW corner of track in Barton Hall. Look  
for the "MASTERS MILE REGISTRATION"  
sign! Packet pickup begins at 9:00am.

**AWARDS:** Cash awards & medals to top 3 elite 40-49 and  
50-59 male and top 3 elite 40-49 and 50-59  
female.

Combined Sections/heats: Silver picture frame  
awards to first 3 male Masters (best overall  
times), and computer flash drives (to store your  
PRs) to winners in male & female 5-year  
categories, M,W40 and up (Elite runners  
excluded).

2nd year! Age-Graded Awards -  
Sponsored by Bill Quinlisk & Diane Sherrer  
Memorial Fund

Best in Meet Age-Graded (open to all runners):  
1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> male & female: \$100, \$50, \$25.

No duplication of awards!

**FACILITIES:** Dressing, toilet, and shower facilities are  
available in Teagle Hall, immediately to the east  
of Barton Hall. An underground passageway  
connects these two buildings.

**OVERNIGHT ACCOMODATIONS:**  
Those planning to arrive overnight before the  
race are responsible for making their own  
reservations. Contact the race directors for  
directions and telephone numbers of some  
conveniently located motels/hotels in the  
immediate area of the Cornell campus.

**MEET HOTEL:** Best Western - University Inn - 607-272-6100;  
Double room rate: \$79/night

### MEET RECORDS (MASTERS):

**M40 (2009).....4:17.08, JIM SORENSEN**  
(San Leandro, CA)

**W40 (2007).....4:51.32, ALISA HARVEY**  
(Manassas, VA)

**M50 (2008).....4:42.94, COLIN CORKERY**  
(Needham, MA)

**W50 (2005).....5:10.87, MAUREEN de ST. CROIX**  
(Vancouver, BC)

### 2009 Winners:

**(MEN).....M40: JIM SORENSEN, 4:17.08**  
(San Leandro, CA)

**M50: NOLAN SHAHEED, 4:45.95**  
(Pasadena, CA)

**(WOMEN).....W40: ALISA HARVEY, 4:55.70**  
(Manassas, VA)

**W50: SUZANNE MYETTE, 5:51.42**  
(Endicott, NY)

## **ATTENTION WOMEN MILERS**

In January 2010, the Hartshorne Memorial Masters Mile will celebrate the 30th anniversary of the women's masters mile at Cornell University. We are pleased to announce that Bob Babcock, Prof. Emeritus of Cornell University and Life Member of the Finger Lakes Runners Club, will again (9th year) graciously sponsor the 2010 Women 40s elite mile. 2008 saw the inauguration of the women's 50's Elite mile; Ann Marlowe of NYC sponsored the prize purse for the 2008 & 2009 races and will again sponsore our Women 50s elite mile in 2010.

Name \_\_\_\_\_  
 Last First Initial Address Street, Apt. No.  
 City, State \_\_\_\_\_ Zip \_\_\_\_\_ Phone No. \_\_\_\_\_  
 E-mail Address \_\_\_\_\_ Sex (circle): M F Age (on 01/23/10): \_\_\_\_\_  
 Best Mile Time (last 2 yrs.): \_\_\_\_\_ Meet/Date: \_\_\_\_\_

**Awards Banquet:** All athletes are asked to PREPAY their banquet fee if possible  
 Check the following: \_\_\_\_\_ I will attend the social hour & awards banquet  
 \_\_\_\_\_ Indicate number of guests besides yourself  
 \_\_\_\_\_ I will not be attending the awards banquet

# Meals Dinner Selection  
 \_\_\_\_\_ x Buffet (\$23) = \$ \_\_\_\_\_

PREPAY: Buffet- \$23  
 PAY AT DOOR: Buffet - \$25  
 Tip is included in both sets of prices!

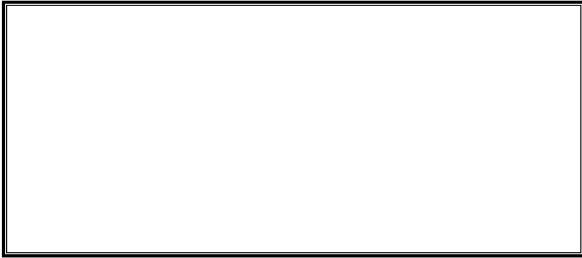


+ ENTRY FEE - = \$17.00  
 Total Enclosed: \$ \_\_\_\_\_  
 Payable to: FLRC

**\*\*Waiver must be signed in order to compete\*\***

In consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Cornell University, High Noon Athletic Club, Finger Lakes Runners Club, the club officers, the race directors, USA Track & Field, the sponsors and their representatives, and volunteers and their representatives and successors from all claims or liabilities of any kind arising out of my participation in the 43rd Annual Hartshorne Memorial Masters Mile to be held on Saturday, January 23, 2010. I further certify that I have no physical weaknesses or defects that might make my participation in this event harmful to me. I also understand that all entry fees are non-refundable.

Signature \_\_\_\_\_ Date \_\_\_\_\_



**MEMORIAL MASTERS MILE  
 HARTSHORNE  
 43rd ANNUAL**

E. Richard Hoebeke  
 2706 Agard Road  
 Trumansburg, NY 14886

**ZESERSON,  
 BABCOCK, DALEY  
 MARLOWE & FOR**

PROUDLY PRESENT THE  
**43rd ANNUAL  
 HARTSHORNE MEMORIAL  
 MASTERS MILE**



ITHACA, N.Y.  
 BARTON HALL  
 CORNELL UNIVERSITY CAMPUS  
 SATURDAY, JANUARY 23, 2010

Co-sponsored by:  
 FINGER LAKES RUNNERS CLUB  
 HIGH NOON ATHLETIC CLUB  
 Sanctioned by USA Track & Field

