

# Keep Track with the **GRTC**

The Greater Rochester Track Club

Rochester, NY

[www.grtcconline.org](http://www.grtcconline.org)

February / March 2008

## 2008 Hall of Fame Members



Belinda O'Brien, left and Dick Buerkle right, were inducted into the GRTC Hall of Fame at the Annual GRTC Awards Banquet.

**Belinda O'Brien** is an accomplished runner, a coach extraordinaire and gives back to her community in numerous ways. But for those who know her best, it's that effervescent smile and bubbly personality that make it a pleasure for all to be around her. It is that personality that is a role model for so many in the running community. Her Oven Door Runner friends that she has been a "regular" with since the early '90's would be lost without the weekly dose of the sunshine she radiates.

If you get into a conversation with **Dick Buerkle** you might be surprised to find that he'd really rather downplay the success of his accomplishments of 30 years ago, when he broke the World Indoor Mile record and had his Millrose Wanamaker Mile win memorialized on the cover of Sports Illustrated. You find out quickly that he's an extremely humble individual and that he has a unique gift and talent to share his strengths and passions with those around him now. Instead of focusing on his personal goals (as he once had to) his focus is on how he can make a difference in the lives of others, the kids he teaches now, and those who are yet to have the good fortune to meet him.

*Complete story on pages 4 and 5*



Greater Rochester Track Club  
Rochester, New York  
Member of Niagara Association,  
USA Track & Field #031

**The GRTC newsletter** is the official news-magazine of the Greater Rochester Track Club. Membership in the GRTC entitles one to receive the GRTC newsletter which is published 10 times per year.

**Articles and Photos** for publication are welcomed and encouraged. Send electronic files to Dick Lewandowski. Photographic files should be in JPG or TIF format.

**Race Calendar Information:** There is no charge for listing a race on the official Rochester Race Calendar. Send e-mail with all pertinent race information to Brian Sears.

**Race Entry Forms** can be published in the newsletter for a fee. Send electronic form (in WORD or PDF) to Dick Lewandowski and remit payment of \$30 or \$45 for two page entry to GRTC.

**Race Entry Form Restrictions** - In order for GRTC to qualify for bulk mailing rates as a not-for-profit organization, the USPS requires that we strictly adhere to the following qualifications. 1. Conditions of awards must be clearly stated. 2. There must be no reference to drawings that might conflict with Postal Service regulations, especially the use of the term "raffle."

**Advertising** from commercial sources will be accepted at the rates listed below. Submit ads to Anne Procopio.

Size of ad	1 mo.	3 mos.
5" x 7.5" (1/2 page)	\$50	\$135
5" x 3" (1/4 page)	\$25	\$70
3.5" x 2" (business card)	\$15	\$40

**Newsletter Deadline** is the 1<sup>st</sup> of the month for inclusion in the issue for the following month. For example, articles and race forms for the April issue must be submitted by March 1.

**Available for Rent** - Finishing line clock and Chronomix time recorder @ \$75 each. Race directors willing to provide GRTC members a \$3 pre-registration race discount can rent the clock and Chronomix for the discounted fee of \$75 for both. Contact a Board member for more info.

**GRTC Contacts:**  
Individuals are listed under Board of Directors.

Online: [www.grtconline.org](http://www.grtconline.org)

**BOARD OF DIRECTORS**

President, Freezeroo Director	Deb Wyspianski	debest@rochester.rr.com 585-764-0263
Past President	Tom Perry	tperry01@rochester.rr.com 585.388-5270
Vice President	Doug Jones	djones6703@aol.com 585.248.5065
Vice President, Merchandise	Wilt Alton	wilton.alston@alumni.duke.edu 585-663-9025
Secretary, Spring Track	Bob Dyjak	run4jesus@yahoo.com 585.225.6560
Treasurer	Bill Hearne	whearne@rochester.rr.com 585-377-3537
Newsletter	Dick Lewandowski	ralmit@frontiernet.net 585.426.6228
Equipment, Race Committee	Rick Cronise	dolphin@frontiernet.net 585.924-7936
Membership, Race Calendar	Brian Sears	run26pt2@yahoo.com 585-563-6263
Advertising	Anne Procopio	aproco52@rochester.rr.com 585.663.6219
Awards Banquet	Pete VanPeurse	pvanpeur@rochester.rr.com 585-594-4197
Webmaster, RROY	Roger Howe	rhowe@frontiernet.net 585.227.0776
Member at Large	Hillary Cardin	discohilly@aol.com 585-746-3569

**GRTC Board of Directors Meeting Tuesday, February 5, 2008**

**Attendees:** Rick Cronise, Bob Dyjak, Bill Hearne, Doug Jones, Dick Lewandowski, Tom Perry, Anne Procopio, Brian Sears, Deb Wyspianski

**New Business:**

1. *Tom Perry* and *Bill Hearne* will resolve the USATF membership renewal fee issue. 2. First meeting after the annual meeting a president, vice-president, secretary and treasurer are elected per our bylaws. One individual can hold more than one office except that one individual cannot be both the president and secretary. The Board elected *Deb Wyspianski* as president with *Doug Jones* and *Wilt Alston* to serve as vice-presidents. *Brian Sears* will take on the added responsibility of the membership database. 3. *Wilt Alston* is willing to coordinate the volunteers for the Lilac 10K again this year. We will do so conditionally based on payment by March 1st for last year's involvement, along with a written agreement for this year's with documented roles & responsibilities (Bob to scan previous year's agreement). 4. *Brian Sears* indicated that the race calendar collaborative effort with Fleet Feet is going well. He proposed a summary level calendar be published in the newsletter with the detailed information available on the website. The Board agreed with the change. 5. *Bob Dyjak* agreed to do some of the upfront legwork with respect to the Spring Track Workout series - contact *Mike Reif* to get a day of the week and Nazareth to commit their facilities. We need to publicize the series to promote attendance. *Doug Jones* to write an article for the March newsletter. 6. The Board would still like input from both *Paul Kato* and *Greg Brooks* as *ex officio* members. 7. The advertising policy needs development for the new website.

**Priority Continuing Business:**

1. *Deb Wyspianski* provided a Freezeroo update ... ~240 entrants signed up for the series which is up ~7% from last year. 2. *Bob Dyjak* wrote an article for the newsletter honoring *Lu Ann Weinstein* as the 2007 Volunteer of the Year. He will contact *Mike DiCataldo* about a desk plaque and a restaurant certificate will be secured. 3. *Dave Jackson* (IMS) is making good progress with our newly designed website with an unveiling targeted for March 1st.

**Important Regular Stuff:**

1. Membership stands at 436. 2. Treasurer's Report - seem to be about where we were financially last year. 3. Newsletter - February 10th deadline with mailing target of the 1st for the March issue.

Minutes respectfully submitted by *Bob Dyjak*

# Club Officers for 2008

## **President – Deb Wyspianski**

Deb is the newly-elected President of the GRTC. Most recently she was a Co-Director of this year's Freezeroo Series. Besides being an active runner with several recent marathons to her credit, Deb is frequently seen taking photos at races.



## **Vice President – Wilt Alston**

Wilt has been re-elected for another year as a Vice President. Wilt is coordinator of the popular Boilermaker Bus (to Utica for the 15K) and manages club merchandise. See Wilt to order a club singlet or vest.



## **Vice President – Doug Jones**

Doug is a newly elected Vice President. Previously Doug maintained our membership database. Doug is a regular at the Oven Door runs and is a marathoner and ultra-marathoner.



## **Secretary – Bob Dyjak**

Bob has been re-elected as Secretary of the GRTC. Bob is Captain Bagel to the Bunch and also directs the Thanksgiving Day Race with Grace. He has completed 22 marathons with a long-term goal to do all 50 states.



## **Treasurer – Bill Hearne**

Bill has been re-elected for another year as Treasurer. Bill is the organizer of the Oven Door Runners and a Co-Director of this year's Freezeroo Series.



*Dick Buerkle Cntd.*

Richard (Dick) Buerkle (pronounced berkeley) is a two time Olympic athlete and also held the world record for the indoor one mile run. He was born in Rochester, New York, on September 3, 1947. He graduated from Aquinas Institute in 1965 and went on to Villanova University to graduate in 1970 with a degree in Spanish studies. Dick now resides in Atlanta Georgia with his family and teaches Spanish at Montgomery Elementary School.

At Villanova University he trained under the tutelage of head coach, Jumbo Elliott, and assistant coach, Jim Tuppeny. He started on the Villanova team as a walk-on with no athletic scholarship. He did not receive a track scholarship until early April of his junior year when he ran 8:57 for two miles. Two weeks later he broke Villanova's school record with an 8:46.2 two-mile at the Penn Relays.

Buerkle qualified for the 1976 and the 1980 Olympic games. The 1976 Montreal Games turned out to be a disappointment for Buerkle who finished 9th in the fastest 5 K Olympic heat on record at that time.

Although he qualified for the 1980 Olympics, he did not get the opportunity to run due to our country's boycott of the games under President Jimmy Carter. As you may remember, the 1980 Olympics took place in Moscow and tension existed between the United States and the Soviet Union governments. (The Soviet Union had moved its army into neighboring Afghanistan to fight a group of guerillas, one of who was a young Saudi Arabian named Osama Bin Laden. But we digress.)

Buerkle ran the mile in under 4 minutes an astonishing 6 times in his career with a personal best on Friday, January 13, 1978 at College Park, Maryland when he broke the world indoor mile record with a time of 3:54.93. Two weeks later his win in the Wanamaker Mile at the Millrose Games in New York City in 3 minutes 58.4 seconds put him on the cover of Sports Illustrated and Track and Field News magazine. Instant fame came for his accomplishments and he was easily recognizable as "the fast bald guy".

He had his greatest races against Steve Prefontaine, Frank Shorter, Paul Geis and Marty Liquori in the 1970's. He ranked 3rd in world at 5K in 1974 with 13:23.4, and was the National AAU Champion at 5,000 meters in 1974 and 1976.

Kenny Moore wrote in his book **Bowerman . . . and the Men of Oregon** "Dick Buerkle pressed Prefontaine at the 1973 AAU Nationals all the way in the three mile. Pre responded with a new American record winning in 12:53.4 to Buerkle's 13:00.2." (That's a mere 4:20 per mile for each mile . . . or 65 seconds per lap for 12 consecutive laps)

In 1974 Dick was an easy winner over the legendary Steve Prefontaine in a 2-mile race at a CYO meet in College Park. Dick ran 8:26.2 to Pre's 8:33.2. It was Pre's first loss to an American in a race longer than a mile since 1970.

In the film **Fire on The Track** (a documentary about the life of running legend Steve Prefontaine) Dick was one of those interviewed to reminisce about Steve's great accomplishments. He also recalled the great sadness throughout the entire running community and world after Pre died in 1975 at age 24. One thing Dick said during the film was "I guess what made me so sad was that he's "me" even though maybe he's cocky and I'm not as cocky; and he's different than me, there's more of him that's like me . . . than not like me. The twenty mile runs on Sunday, the hard intervals, I mean that stuff, we're brothers that way. He always made me feel like a friend but also the competitor who was going to make it tough."

Indeed, Buerkle, inspired by the likes of a Steve Prefontaine and many other great runners of that era marched to his own drummer.

If you thought he was just a miler and 5 K world-class runner, guess again. In 1981 Dick won the Atlanta marathon in a time of 2:21:36 and still goes for easy runs these days.

Today Dick Buerkle is focused on activities with his family, his students, his former athletes and his community. Indeed they are fortunate to have such a man surrounding them and looking out for them.

Belinda O'Brien contd.

Not all has been a bed of roses for this Irish Lassie however. She's encountered and overcome some serious illnesses, all to the amazement and joy of her loyal friends. And she's come back as an even stronger competitor in the running game to boot. But, there are some down sides to that personality. For instance, the Oven Door Runners, the early Saturday morning running crowd she hangs out with at Bushnell's Basin, anointed her, at their annual awards party in 1994, the "Mouth in Motion" award, a distinction that no one has won since. And there are those USATF National Age Group race competitions that she could handily win or place high in that she often forgoes . . . In order to be with her high school team or friends, who count on her loyal support. And so it goes for the Irish Lassie.

Belinda O'Brien was born in Ireland, has two younger sisters and three younger laddie brothers. Her dad, Sean O'Brien, continues to be a key inspiration to her running pursuits as was her late mother, Bridget O'Brien. She is a long time resident of Fairport NY and has been a Librarian for the Fairport School District for nearly her entire professional career.

Her running accomplishments are many. Starting in the late 1980's she got hooked by teacher friends on running. Firsts, a leg of the Rochester marathon relay, then the full marathon, then many others. Onward to qualifying for the Boston Marathon, running the NYC, Columbus, Los Angeles, Buffalo, Disney and Wineglass marathons. Most of them multiple times and the fastest in 3 hours and 19 minutes for the 26.2-mile distance. She took first place honors in her age group at the 2002 Buffalo Marathon in 3 hours and 30 minutes. A remarkable time for a young person but at age 50. Wow!

Perhaps it was because she tamed and charmed the challenge of the marathon with her steady strides that she ventured out to the Ultra-marathon world. She had successes in the JFK 50 miler, which she completed in 10 hours and the 50 K Hat Run. The Hat Run is a challenging trail race of 31 miles over hill, dale, rivers, rocks and mountain tops. Of course she smiled the entire way. In case you were wondering, Belinda does not shy away from the highest levels of competitive running either. As part of her Genesee Valley Harriers Running Club 50-59 year old team she successfully helped win four USA Track and Field National Master's (50-59) Team XC Championships between 2002 and 2005. The distances ranged from 5K to 10K. She finished 2nd individually in 2003 in Greensboro NC and 3rd in Holmdel, NJ in 2002.

Belinda has been the Head Coach of the Boys and Girls Cross Country and Track teams at Victor High School since 2001. Her teams have won three Sectional XC championships, seven WFL League titles has had 2 Individual State Champions, and has had athletes compete at the National Footlocker Championships. Coaching runners like Kyle Heath, Amy DeSeyn and Zach Rivers are several of the her success stories with high school athletes. The Boys teams have accumulated a dual meet record of 282 wins and only 13 loses. The girls are 267 wins and 23 loses. No wonder she has been named a Coach of the Year on a consistent basis since her arrival. Belinda also gives back to her community in many ways. Promoting the Town of Victor's Community 5K for many years and most recently promotion of running for athletes participating in the Special Olympics.

So despite that fact that she smiles everyday as she challenges herself and others around her to accomplish special things what's really important is that she's made the world we all live in a better, more cheerful place. Those Irish eyes keep smiling.

## Pat Dupont and Zach Rivers



It's my pleasure on behalf of the Rochester Running Community to honor these two very talented young men. Pat DuPont, runner for Fairport HS, and Zach Rivers, runner for Victor HS, have represented our area with quite the list of accomplishments. This year alone, Pat, was 17<sup>th</sup> at Footlocker National Championship and Zach was 28<sup>th</sup>. Pat, 4<sup>th</sup> at Footlocker NE Regionals, Zach was 6<sup>th</sup>. Pat was first at NYS Federations and Zach 3<sup>rd</sup>. At States, Pat finished 1<sup>st</sup> in his class and Zach was 3<sup>rd</sup>, but has been a past champion twice. And locally, both dominated Sectionals for their class. Basically, they have quite the running resume.

But, beyond their athleticism, Pat is an accomplished musician and composer, plays flute, guitar and piano and is seeking to pursue a degree in Music Ed & Composition at George Mason, U of Kentucky or U of Syracuse. Zach, has represented the US Jr. as a in World Mountain Running and Snowshoeing. Zach has a verbal agreement currently to U of Syracuse.

Together these two young gentleman are phenomenal talents, and have the ability to pursue their running on a world class, national or even local level. We can only hope they'll come back and represent our streets and races after college. We wish them the very best and hope they continue to make Rochester Proud.

by Ellen Brenner-Boutillier

## GRTC Volunteer of the Year 2007

### *Lu Ann Weinstein*

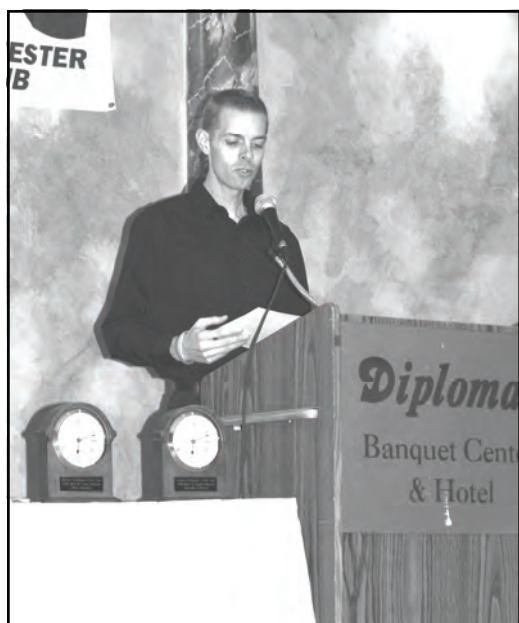


The recipient of our Volunteer of the Year is a repeat winner. She was honored, along with Stacey VanDenburgh and Karen Suitor in 2002, for her efforts in support of our local running events. She can be seen at the registration table of many of our local races such as the Greece Freezeroo, Runnin' of the Green, Irondequoit 10K, Jungle Jog, Run for Hospice, Race with Grace to name more than a few. Her enthusiasm is contagious. Her ability to turn the chaos of same day registration into a smoothly running process is truly remarkable. If you have her on your team, you know that that particular aspect of your event will be handled in a first class manner and you can move on to putting out other "fires" that occur on race day.

Chances are you will see her at your next running event. When you do, be sure to thank her! She will be receiving a small desk plaque and a restaurant gift certificate as a small token of appreciation for her countless hours of volunteer time.

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### 2007 Runners of the Year



Mark Andrews accepting his overall Runner of the year award



Vanessa Martell was the 1st Place female Runner of the Year

## Rochester Runner of the Year 2008

Congratulations to all the 2007 RROY winners. Vanessa Martell and Mark Roberts won hard fought races as did the age groupers. Thank you also to our wonderful sponsors, Westside Tax Service ( Pete Van Peurse), Medved Running and Walking (Dan Medved), Otter Lodge Dan Rohnke), Johnny's Smoke Free Bar( John Savino), Innovative Edge Sports (Mike Reif), Molly's Yoga Center (Molly Huff), and Greater Rochester Track Club. We appreciate their continued support.

2008 looks like this:

**March 15, Runnin of the Green 5 Miler.** This year there will be a change of venue- Crown Point Plaza in Downtown Rochester.

**April 19, Rochester 5K Run for Health-** Genesee Valley Park. This race is put on by the UR Medical Students with proceeds going to St Joseph's House of Hospitality.

**May 18, Medved Lilac 10K-** Highland Park

**June 1 Bethel 5K** at Temple Bethel, Winton Rd.

**June (exact date not yet determined) Charlie McMullen Mile-** Spencerport HS

**July 20, Jungle Jog 5K** Seneca Park Zoo

**August 1, Phelps 20K-** Phelps NY

**September 21- 20TH Upstate Cross Country Series-** Mendon Ponds-5K

**October 18, Hospice -** North Greece Road

**November 27, Race with Grace 10K** Manituau Rd.

This year in addition to the Open division, we will continue to recognize the top 5 in each of the five year age groups. Also, the GRTC Most Consistent Participant. Five runners who compete in at least five of the series races will each receive \$100.00. To be eligible for RROY, a runner must live within the Section Five area.

Why did we pick these races for 2008? The committee, consisting of Roger Howe, Carolyn Smith Hanna, Jeff Chester, Ron Hughes, Tom Lamme, Sarah Elliot, Dan Rohnke and myself take a look at the races over the past year, run in many races, take a look at smaller, well run races as well as the larger ones. We feel a variety of distances (although sometimes it's hard to avoid all the 5Ks), charities, race directors, all play in to our choices. We rotate out races and bring in other ones. Sometimes race directors wonder what they've done wrong when their races are not on the calendar for the following year. We just like to recognize other races. No race is permanent.

Why have we not used the Rochester Marathon and Half Marathon? We feel those races are so big that they don't really need to be part of the RROY series. Because of that, it allows us to choose other races for that time period.

Enough said. I hope to see you on the roads for 2008 RROY

Carolyn Kriesen



### 2008 Rochester Runner of the Year Series

March 15	Johnny's Runnin' of the Green	5 Miles
April 19	Rochester 5K Run for Health	3.1 Miles
May 18	Medved Lilac 10K	6.2 Miles
June 1	Beth El 5K	3.1 Miles
June 21	Charlie McMullen Mile Run	1 Mile
July 20	Jungle Jog 5K	3.1 Miles
August 2	Phelps 20K	12.4 Miles
September 21	Upstate NY XC Series (at Mendon Ponds Park)	3.1 Miles
October 18	Run for Hospice 5K	3.1 Miles
November 27	Race with Grace 10K	6.2 Miles

## GRTC Race MILEStone Patches 2007

**CONGRATULATIONS** to those of you who earned MILEStone patches this year. We achieved an all time high of 89 submittals! Approximately two-thirds of them were distributed at our Annual Awards Banquet on January 26<sup>th</sup> with the remainder being mailed to those unable to attend. If you earned one of these patches, but did not receive it yet, please contact Bob Dyjak at [Runr4Jesus@yahoo.com](mailto:Runr4Jesus@yahoo.com) or 585-615-6059. Start documenting race miles for 2008 NOW so you can receive a patch at next year's banquet!

Name	Races	Miles	Patch	Total
<b>Matt Kellman</b>	36	<b>324.8</b>	GOLD	17
Bill Murphy	<b>65</b>	318.4	GOLD	
Dan Giblin	26	282.6	GOLD	
Jamie Howard	24	279.5	GOLD	
Chet Jozefski	33	266.3	GOLD	
Andrew Ciaio	42	252.0	GOLD	
Steve Rivers	29	232.2	GOLD	
Jeff Chester	33	223.9	GOLD	
Mike Dunn	26	223.7	GOLD	
Dick Lewandowski	54	221.2	GOLD	
Kathy Fleming	14	213.6	GOLD	
Al Smith	43	208.7	GOLD	
Barry Watkins	29	208.3	GOLD	
Jeanne Herriek	28	206.8	GOLD	
Mary Wojnowski	28	202.0	GOLD	
Kevin Clary	33	201.6	GOLD	
Chris Boshnack	15	200.4	GOLD	
Rick Cronise	13	194.4	Silver	
Darlene Saeva	12	186.8	Silver	
Jen Malik	25	177.6	Silver	
Karen Kryder	22	176.9	Silver	
Ron Fancher	32	174.5	Silver	
Linda Drinkwater	32	174.0	Silver	
Jane Mahoney	24	169.7	Silver	
Jean-Paul Scott	29	166.3	Silver	
Diane Jozefski	21	164.9	Silver	
Sandy Churchill	25	164.5	Silver	
Larry Guskowski	28	164.3	Silver	
Mark Woodhams	23	162.0	Silver	
Matt Davis	20	157.9	Silver	
Zach Rivers	41	157.9	Silver	
Mitzie Lewandowski	37	156.2	Silver	
Karin Kellman	30	151.0	Silver	
Steven Levitsky	16	150.6	Silver	
Michael J. May	13	150.2	Silver	
Carolyn Kriegen	49	149.9	Silver	
Deb Wyspanski	14	146.1	Silver	
Alison C. Currie	12	137.9	Silver	
Peter McCandlish	23	137.4	Silver	
Juliann Nelson	23	137.1	Silver	
Kathleen J. DeJoy	25	136.3	Silver	
James Roehz	23	136.0	Silver	
Bob Hamilton	35	134.5	Silver	
Allan Marciano	9	134.4	Silver	

Name	Races	Miles	Patch	Total
David Davenport	20	133.3	Silver	48
Roger Bolton	12	131.9	Silver	
Wilt Alston	20	131.3	Silver	
Juana Guskowski	24	129.9	Silver	
Maura Arendt	28	129.4	Silver	
Roger Howe	22	127.4	Silver	
Tony Gingello	31	126.6	Silver	
Peter Haggerty	30	123.4	Silver	
Christina Ruhland	26	120.7	Silver	
Colby Shores	17	119.5	Silver	
Sid Bolton	20	118.8	Silver	
Stephen Hedges	26	118.4	Silver	
Tim Peters	15	112.8	Silver	
Zachary Nelson	21	112.7	Silver	
Bob Yax	15	110.7	Silver	
John Hultz	9	110.5	Silver	
Joe Tally	23	110.3	Silver	
Kathleen Hall	8	107.6	Silver	
Joanne Carr	25	106.6	Silver	
Steve Scott	15	106.3	Silver	
Nolan Henrie	34	102.4	Silver	
Timothy J. Cilinger	14	97.8	Bronze	
Dick Courtright	18	93.8	Bronze	
Tom Brannon	29	92.6	Bronze	
Bob Dyjak	11	88.9	Bronze	
Tom Hawkins	24	88.1	Bronze	
Daniel Sillicek	10	87.7	Bronze	
Paul Kato	17	86.2	Bronze	
Ted Thull	11	86.1	Bronze	
Bill Beyerbach	13	84.3	Bronze	
Steve Woodley	5	79.2	Bronze	
Stacey VanDenburgh	8	76.2	Bronze	
Janet Courtright	19	75.4	Bronze	
Bob Merberg	11	71.4	Bronze	
Aliee Kay	18	70.8	Bronze	
Paul Glor	15	68.4	Bronze	
Marey Tobin	21	66.0	Bronze	
Rie Perry	14	64.6	Bronze	
Marvin Eisenstein	13	64.3	Bronze	
Lori Sousa	8	63.5	Bronze	
Barb Werzinger	9	58.3	Bronze	
Dawn Wilcox	18	57.6	Bronze	
Jennifer Kelly	11	55.0	Bronze	
Tom Perry	2	52.5	Bronze	
Ernie Werzinger	8	49.6	Bronze	

1st Place m/f \$500

2nd \$250

3rd \$100

# JOHNNY'S

## Runnin' of the Green

Saturday, March 15 10:30am

a Rochester Runner of the Year event

Long Sleeve T-Shirts for all runners

Certified Distance 5 Miles

s/f Crowne Plaza Hotel

This event benefits Irish Children's Program

LAST NAME

FIRST NAME

M.I.

NUMBER & STREET

TOWN/CITY

STATE/PROV/ZIP/POSTCODE

E MAIL ADDRESS

SEX

AGE

Entry Fees:

\$18 by mail made out to "Race Director" by March 11

132 Winteroth St. Rochester, NY 14609

\$22 at Johnny's 6-9 pm Wed. Thurs. Fri, March 12,13,14

\$25 at The Crowne Plaza race day 8am-10:15am

+\_\_\_ optional additional donation to Irish CP

PSN/BIB

RACE USE ONLY

\$\_\_\_ Total enclosed

LONG SLEEVE T-SHIRT SIZE: S M L XL XXL

I KNOW THAT RUNNING IN A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND PARTICIPATE UNLESS I AM MEDICALLY FIT AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO COMPETE TO COMPETE IN THIS EVENT. I ASSUME ALL RISKS ASSOCIATED WITH THIS EVENT INCLUDING, BUT NOT LIMITED TO: FALLS, CONTACT WITH OTHER PARTICIPANTS. THE EFFECTS OF WEATHER, HEAT AND HUMIDITY, TRAFFIC AND CONDITIONS OF THE ROAD. ALL SUCH RISKS BEING KNOWN AND UNDERSTOOD BY ME, I FOR MYSELF AND ANYONE ENTITLED TO ACT FOR ME, WAIVE AND RELEASE: WILLIAM KEHOE, WILLOPUS T-SHIRTS, THE CATS ATHLETIC CLUB, ROAD RUNNERS CLUB OF AMERICA AND ALL SPONSORS AND MUNICIPALITIES, AND THEIR REPRESENTATIVES OF LIABILITY ARISING OUT OF MY PARTICIPATION IN THIS EVENT. I GRANT THE ORGANIZERS FULL PERMISSION TO USE ANY PHOTOGRAPHS, MOTION PICTURES, RECORDINGS OR ANY OTHER RECORD OF THIS EVENT FOR ANY PURPOSE.

Signature (Parent or guardian sign for minor) \_\_\_\_\_

## GRTC SPRING TRACK WORKOUT CLINIC Begin April 24, 2008

By: Doug Jones

April 24th at Nazareth College will be the first evening for this year's GRTC track workout clinic. Now in its 14th year, the track clinic is one of the best benefits that your GRTC membership affords you, and a rewarding and enjoyable time to spend with other runners. Under the coaching of Mike Reif, (2004 GRTC Hall of Fame member and coach of the Genesee Valley Harriers) and Carolyn Smith-Hanna (2002 GRTC Hall of Fame Member and age group World Record Holder in the Mile) this is a chance for runners of all levels to learn the training techniques and principles to improve their running and get more enjoyment out of our sport.

Meeting at Nazareth College weekly on Thursday nights at 5:45 PM, each session includes a half hour didactic presentation on training principles, injury prevention, nutrition, stretching and other topics that we all need to know and often refresh on. This is followed by a half hour of group stretching and exercises. Then the track workout schedule itself takes place for the remaining hour. Each participant will work with the coaches to develop a workout schedule tailored to their own fitness level and running speed. The program includes setting up a schedule of runs (and rest!) to do on one's own through the week based again on the individual's own level. Over the eight-week schedule, one can expect to improve their running and most importantly learn the principles to continue throughout the year to meet one's running goals.

The track clinic is really for everyone at every level and includes seasoned regulars who come each year, fast runners, middle of the pack runners and importantly new runners who are just starting our sport and want to learn how to train, run well and run injury free. It is perhaps the new runners who in fact can benefit the most and who in the past have enjoyed the clinics the best. Here are some quotes from last years' attendees: *"Learning tons! Each week I learned so much and have changed my running"; "I need to learn to run differently as I age. As goals change with age, training and running knowledge need to adapt"; "Excellent topics, very supportive atmosphere"; "I know I am a much more informed and confident runner"*.

And most important of all, this is fun! Perhaps the best fun your can have for just \$25 for the whole series. GRTC membership is required to attend (Individual @\$20/yr, Family \$30/yr.). The track clinic is a great opportunity for runners of all levels, all ages and with all distance goals (from casual running to marathons) to meet new people, strike up new friendships and find individuals at similar levels to run with. I have made some great and long lasting friendships through the track clinics and hope that all of you can do that too. For the seasoned veterans, welcome back this year. If you have never come, don't miss out on one of the best benefits your GRTC membership provides. Hope to see you there this year.

For information contact: Bob Dyjak at email: [runr4jesus@yahoo.com](mailto:runr4jesus@yahoo.com)

*(registration form included in the newsletter)*

Location: Nazareth College Track Facility

Dates: April 24, May 1, 8, 15, 22, June 5, 12

Time: 5:45-7:30 PM

**No** clinic/workout is scheduled for May 29th due to the JP Morgan Chase Corporate Challenge Race.

**Beginner Level** - Goal is to run 20 minutes by the end of the series.

**Intermediate Level** - Goal is to improve speed, endurance, and 5K - 10K race times.

**Advanced Level** - Goal is to improve speed, endurance, and time to place in top 25% at local races.

**Sprinter** - Goal is to improve speed, strength, form, and starts for track workouts.





## The Eclectic Runner

by Tom Perry

Each month in this space I share something about running and racing. The content varies widely from month to month, hence the title. This month it's a review of cell phone GPS for tracking runs. Since I haven't found any similar reviews on the internet, I will go into considerable detail.

### Wireless Run Tracker / Bones in Motion

You probably already carry a cell phone on your runs. If that phone is a GPS-enabled phone, you can use your phone to record your pace, distance, route and calories burned on the phone. Your data will be stored on the phone and can later be uploaded to track your progress online and even create maps on Google maps.

Of course, this capability comes at a cost. You will need to sign-up for the service with Bones in Motion ([www.bimactive.com](http://www.bimactive.com)) and download the bim application to your phone. Verizon customers are charged \$9.99 per month but do not have to have a data plan. The fee for most other wireless carriers is \$5.99 per month but you have to already have a data plan.

Regular visitors to the Runners World web site have seen the prominent link for Wireless Run Tracker. Runners World is marketing the Bones in Motion product. You can sign-up from the Runners World web site or at the BiM Active site. You will get the same software and the same online run tracking log.

The sign-up process on the web was straightforward and the download of the application to the phone only took about a minute of connect time. The monthly subscription fee is added onto your wireless phone bill.



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Sun., April 6:	Spring Forward Distance Run 15K
Sat., May 17:	Rochester Spring Classic Duathlon
Sat., June 7:	PowerBar Trail Race
Fri., July 4:	Fleet Feet FireCracker 5 Mile
Fri., July 4:	Brighton 5K
Sun., July 27:	Shoreline Triathlon
Sun., August 17:	Sodus Point Triathlon
Sun., August 31:	Fleet Feet Summer Fest 12K, 5K & Kids Races
Sun., September 28:	Rochester Autumn Classic Duathlon
Sun., September 28:	Rochester Autumn Classic Trail Race
Sat., November 1:	Pumpkins in the Park 5K and Kids Races
Thanksgiving Day:	Webster Turkey Trot

**Registration now open at [www.yellowjacketracing.com](http://www.yellowjacketracing.com)**

Thank you for your interest in the  
4th annual:

# Rochester 5K Run / Walk for Health

It's that time of year again! Time to shake the snow off your running shoes and run through the mud for a great cause!

All proceeds from this event will go directly to UR Well Student Outreach at St. Joseph's Neighborhood Center.

UR Well Student Outreach provides primary health care to Rochester's uninsured and underinsured.

Run for your own health and to ensure health care for all members of our community!

Join Us!

Your support is greatly needed, and your contributions are truly appreciated.

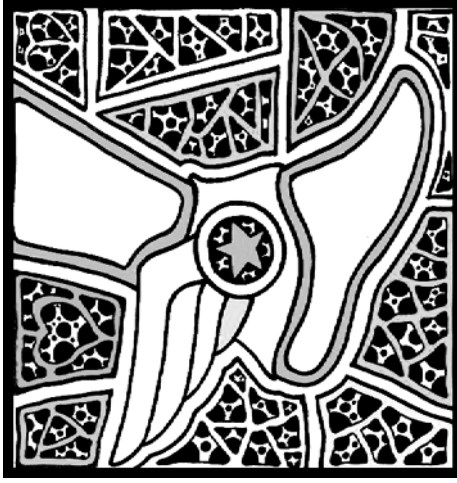
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Register: By Mail, at [Active.com](http://Active.com) (search "rochester run for health"), or at **Fleet Feet Sports, 2210 Monroe Ave.**,  
Rochester, NY

Groups of 10 or more, please email:  
[Patrick.Francis@urmc.rochester.edu](mailto:Patrick.Francis@urmc.rochester.edu) for  
discount information

[www.urwell.org](http://www.urwell.org)

Genesee Valley  
Park



Rochester  
5K

Run for  
Health

Saturday  
April 19<sup>th</sup>,  
2008



Return Address:

UR Well Student  
Outreach  
c/o Patrick Francis,  
URMC Box 221,  
601 Elmwood Ave.,  
Rochester, NY 14642

Please  
Apply  
Proper  
Postage

# Rochester 5K Run/Walk for Health

## Race Day Information:

10 a.m. Saturday  
April 19th, 2008

### Location:

\*Genesee Junction Shelter\*  
Genesee Valley Park  
Moore Road, Rochester, NY  
Race map available at  
[www.urwellstudentoutreach.org](http://www.urwellstudentoutreach.org)

## Three Ways to Pre-Register:

1. Mail your name and registration fee using the form on this flyer.
2. Go to [www.urwell.org](http://www.urwell.org)  
Print out & mail in on-line registration form.
- 3.



register online at  
Search for event:  
"Rochester Run for Health"  
\$2 surcharge

Or register in person on race day  
from 8-9:30 a.m.

**\$15 pre-registration**

Waiver: In consideration of being permitted to participate in the 5-kilometer UR Well Run/Walk or the 1-kilometer Kids' Fun Run, I hereby for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge, and covenant not to sue UR Well Student Outreach, St. Joseph's Neighborhood Center, the University of Rochester or its affiliates, employees, sponsors, organizers, volunteers, or other representatives, or their successors and assigns, for any and all injuries or damages of any kind whatsoever suffered as a result of taking part in the event and related activities. I also agree to the use of any photo, film or videotape of the event for UR Well business purposes.

Name(s)	Phone	Age	Gender	T-Shirt (s,m,l,xl)	Registration Fee:	\$15.00
Address	City	State	Zip		Optional Donation:	_____
					Total:	_____

**Please make checks payable to:**  
*UR Well Student Outreach*  
**Please Mail to:**  
UR Well Student Outreach c/o  
Patrick Francis, URM Box 221  
601 Elmwood Ave., Rochester, NY 14642.

Signature	Signature of Adult (if under 18)
-----------	----------------------------------

Clip & Mail this form

## Did you know...

1. An estimated 59,000 Monroe County residents have no health insurance! \*
2. Almost 70% of these individuals are employed either part-time or full-time! \*
3. St. Joseph's Neighborhood Center provides care only to people without health insurance and has over 10,000 patient-visits annually!
4. UR Well is a small branch of St. Joseph's that is run by medical students from the University of Rochester School of Medicine.

\*Survey of Health Coverage and Access in Monroe County, Harris Interactive Inc., 14 Feb 2001.

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**SUNDAY, APRIL 27, 2008**

RAIN or SHINE

**9 a.m. START (Registration 7:30 a.m. - 8:45 a.m.)**

**\*\* Due to road construction in Victor, the race course may be modified to a 6K\*\***

**WHERE:** Thompson Health Family Practice, 53 West Main Street, Victor, NY 14564

**ENTRY FEE:** \$15 Pre-registration (must be postmarked by April 16), \$20 Day of Race  
Family Rates available - call for more information

**REGISTRATION:** On-Line at [www.thompsonhealth.com/F.F. Thompson Foundation/Special Events](http://www.thompsonhealth.com/F.F.ThompsonFoundation/SpecialEvents) or mail this form with payment to the address below.

**AWARDS:** Overall winners (male and female), Masters winners (male and female) and Age Group winners; plus T-shirts to the first 150 registered runners.

**Raise \$250 or more in donations and you'll receive a FREE PAIR OF RUNNING SHOES!**

**INFORMATION:** Call Anita Pietropaolo (585) 396-6671 or email [anita.pietropaolo@thompsonhealth.com](mailto:anita.pietropaolo@thompsonhealth.com).  
Log on to [www.thompsonhealth.com](http://www.thompsonhealth.com) for additional information, directions, course map, donation and registration forms.

---

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

AGE \_\_\_\_\_ (on day of race) BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

SHIRT SIZE (for the first 150 5K runners only): S M L XL XXL (circle one)

**WAIVER AND RELEASE:** In consideration of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Thompson Health and/or the Village of Victor, Town of Victor, Ontario County Sheriff, sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

(parent or guardian must sign if under 18 years of age)

**Make checks payable to:** F.F. Thompson Foundation

**Mail payment and form to:** F.F. Thompson Foundation, 350 Parrish Street, Canandaigua, NY 14424

**Proceeds benefit Thompson Health**

Eclectic runner cntd.

Wireless Tracking a Typical Run or Ride. Navigate the phone menu to start the BiM Active application (13 clicks on my Verizon phone). Select the Activity (run, walk, cycle, etc.) and Goal (distance, time, pace or probably None). Then the phone starts its GPS function as shown in the screen snaps below. Satellite acquisition is pretty quick, typically 15-20 seconds. Then, you click OK to start recording and start moving.



You could carry the phone in your hand, flipped open to show the full display. More likely, you will want to close the phone. An abbreviated version of the full display appears on the phone's external screen.

For best GPS accuracy, you won't want to carry the phone in a pocket or clipped to a belt. Instead, you will want to carry the phone in a holster on your upper arm with the phone antenna away from your body. See the FAQs on the BiM Active web site for information about how to carry your make and model phone. With phone folded and stored on your arm, the display is out of sight and the Pause & Resume buttons are out of reach. BiM accommodates these limitations with audible alarms (the run default is a distinctive series of beeps at each mile; walkers get beeps at each quarter mile) and auto-pausing when you stop.

The BiM phone display doesn't show your route and can't be used to follow a pre-defined route. However, if you do get lost, you can use the "My Location" feature to get a road map showing your current location.

At the end of the run, pull out the phone, flip it open and click the Stop button. Click Stop a second time to confirm that you will not be resuming the exercise session. Then click Save to upload the exercise data. Your phone will place a call to BiM Active. Data upload for an hour-long run takes about a minute.

After the run, you can check basic statistics for any run stored on your phone. If you want to see the route on a map or see an elevation profile of a run, your phone will make another call to BiM Active to download the map or profile. Of course, the maps and charts are available for free viewing at the BiM Active web site.

Online Run Tracking. Go to the BiM Active web site and log in. You can see the data shown in the screen snap. The profile shown is based on United States Geological Survey elevation data for routes in the United States. Routes outside of the US will use the much less accurate elevation data collected by the GPS. You can add notes for the activity. You can share a route with other runners by publishing it. You can search for routes published by other runners, which could be handy if you frequently travel and want a recommended route.

The online running log is easy to use and has a lot of good features. The biggest negative is that there is no way to export the data to your PC or to another application.

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Eclectic runner cntd.

Performance versus Garmin Forerunner. There are two areas of concern with cell-phone GPS and the BiM Active software: 1) run timing usability and 2) run distance and route accuracy.

The cell phone isn't set up to be a good stopwatch. The phone must be flipped open to access the buttons and there's no button to manually record splits. The auto-pause feature seems to be slow in responding to stops in a run. I typically found the time for runs recorded by the BiM Active software to be noticeably longer than what I recorded manually with a Garmin Forerunner or Polar watch.

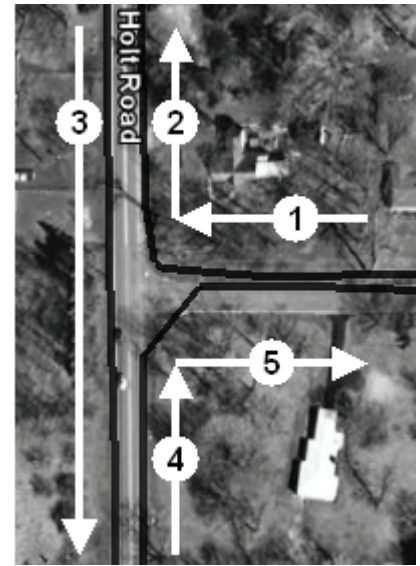
### Track Comparison

Phone GPS and Garmin 305 were used to simultaneously track a bike ride in Webster. The tracks from both devices were imported into Google Earth.


Notice how the phone GPS tracks have me riding on the wrong side of the road and how the two turns have me cutting the corners.



Cell Phone GPS Track



Garmin 305 Track



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## RUN 12:56 PM

Previous | Next | List

[Driving Directions](#)





Click Markers to annotate the map

### ROUTE

Route Name: **Run 12:56 pm**

Location: **Fairport, NY**

Distance: **6.58 miles**

Elevation Avg: **485 ft**

Total Uphill: **+305 ft**

Total Downhill: **-301 ft**

Elevation Net: **+4 ft**

Difficulty: **2.5**

Add to Favorites | Make Route Public

### MY PERFORMANCE

Activity: **Run**

Date: **02/09/08 12:56 PM**

Distance: **6.58 miles**

Time: **1:15:07**


Speed: **5.3 mph**

Pace: **11' 24 min/mile**

Calories: **772**

Heart Rate: **--**

Activity Goal: **None**

Weather:  **Light Rain Snow**

Temp: **37 F**  
Humidity: **75**  
Heat Index: **37 F**  
Wind: **S 16 G 22**

Difficulty: **3.1**

[Edit Activity](#) | [Delete Activity](#) | [Fine Tune GPS](#)  
[Export](#) | [Publish to Blog](#)

[View in Google Earth](#)

### Elevation (ft.)



Powered By **bonesinmotion**  
www.bimlog.com

### Pace (min/mile)



Powered By **bonesinmotion**  
www.bimlog.com

### Splits

MILE	PACE (MIN/MILE)		SPEED (MPH)		ELEVATION GAIN
	ACTUAL	+/- AVG	ACTUAL	+/- AVG	
1	11' 52	+0' 28	5.0	-0.2	+26 ft
2	11' 52	+0' 28	5.0	-0.2	+65 ft
3	11' 00	-0' 24	5.5	+0.2	-109 ft
4	11' 27	+0' 03	5.2	-0.0	0 ft
5	10' 46	-0' 38	5.6	+0.3	0 ft
6	11' 19	-0' 05	5.3	+0.0	+16 ft
end	11' 54	+0' 30	5.0	-0.2	+3 ft

Versus average of 11' 24 min/mile:  Slower  Faster

[Save Notes](#)

Source: BIM Active v1.6.15 8350 with LG 8350

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Sample Screen – BiM Active Online Run Log

Eclectic runner cntd.

How you carry the cell phone will make a noticeable difference in the distance recorded for a route and the accuracy of the track. While I did get a usable result carrying the phone in a jacket pocket, the distance reported for my standard 4.48-mile loop was about 3% long and the track wandered significantly from my actual path. Results were better carrying the phone as recommended for greatest accuracy, i.e., in an arm holster with the antenna away from my body. These results were 1 to 2% short of those consistently recorded with a Garmin Forerunner 305.

As shown in the Track Comparison figure, the best tracks recorded by the cell-phone GPS are comparable to those of the first generation Garmin Forerunner 201 but are well short of the performance of the latest Garmin devices.

**Recommendations.** So is cell-phone GPS a strong competitor for a specialized GPS running tool like the Garmin Forerunner? The answer will depend on your needs and expectations. Despite the limitations noted in the review above, cell phone GPS and BiM Active have a lot going for them. The cost is reasonable... for only ten dollars a month you can try out GPS run tracking. If you are uncertain about whether it's for you, this beats spending several hundred dollars for a dedicated GPS system. You don't have another device to remember to keep charged, bring to the run, carry on the run, etc. The data upload process is quick and the online running log has all the basic features you need and is easy to use. Cell phone GPS is a good fit when your main goal is to capture a memory of each run... the distance, time, profile, and track are good enough.

On the other hand, the phone controls are a poor fit for the task of timing splits during an interval workout and the distances measured will vary enough that you won't want to use them for anything critical. And there's no way to integrate a heart-rate monitor. The second-generation Garmin Forerunners are worth the extra cost when your running includes structured training where ease-of-use and accuracy are critical.

### **Injury of the Month Update**

Regular readers will remember that I was diagnosed with a Morton's neuroma in my left foot in June. Treatment has been Sole Supports orthotics, no running, one round of cortisone shots, and lots of cycling. Now I'm cautiously running two days a week. Some days the foot complains; most days it doesn't. The prognosis remains uncertain.

### **Back Issues of this Column**

Thanks to Webmaster Roger Howe for posting all of my previous columns on the GRTC web site ([www.grtconline.org/EclecticRunner/eclectic.html](http://www.grtconline.org/EclecticRunner/eclectic.html)). This column will be added to the web site about one month after the issue is delivered to your mailbox.

### **Feedback**

Questions? Comments? Suggestions for future columns? Send to [tperry01@rochester.rr.com](mailto:tperry01@rochester.rr.com)

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## 2008 CALENDAR

<b>3/1/2008 Sat 12:00 Noon</b>	30th Annual Buffalo Shamrock Run	8K	\$20.00	OFW Center 716-856-8613 info@buffaloshamrockrun.com website: www.buffaloshamrockrun.com	Old 1st Ward Commu- nity Center 62 Republic Street Buffalo, NY
<b>3/9/2008 Sun 8:45 AM</b>	2007-08 RIT River Road Runners Open Indoor Track Meet	Various Track Events	\$10 per meet - day of only	Bill Quinlisk billq@frontiernet.net	RIT Gordon Field House RIT Campus Rochester, NY
<b>3/11/2008 Tues 7:15 PM</b>	Fleet Feet Lecture Series - topic TBD		FREE	Pat Weber 585-697-3338 PatriciaWeberCPA@aol.com	Fleet Feet Sports 2210 Monroe Avenue Rochester, NY
<b>3/15/2008 Sat 10:30 AM</b>	Johnny's Runnin' of the Green RROY Race #1	5 miles		Bill Kehoe 585-473-8337 132 Winteroth Street Roch, NY 14609 willopus@aol.com	Crowne Plaza Rochester, NY
<b>3/15/2008 Sat 9:30 AM</b>	Hornell YMCA Run for the Shamrock 5K Run/Walk	5K	\$15.00	Dan Galatio 607-324-5520 dgalatio@hornellymca.com	Hornell YMCA 12 Center Street Hornell, NY
<b>3/16/2008 Sun 8:00 AM</b>	RIT Indoor Triathlon	15 minute swim, bike and run waves	\$10.00 - students w/ID \$20.00 - faculty/staff/ alum \$30.00 public	Neil Bonsteel nkb8483@rit.edu	RIT Gordon Field House RIT Campus Rochester, NY
<b>3/22/2008 Sat 9:00 AM</b>	Leo Austin/CATS Half Marathon	13.1 miles		Bill Kehoe 585-473-8337 132 Winteroth Street Roch, NY 14609 willopus@aol.com	Mendon Ponds Park Mendon, NY
<b>3/29/2008 Sat 9:00 AM</b>	17th Annual Stair Climb	19 floors	\$50.00 (can be raised through online fund-raising campaign)	Grant Fletcher 585-697-0777 gfletcher@cff.org	First Federal Plaza 26 East Main Street Rochester, NY 14614
<b>3/29/2008 Sat 9:00 AM</b>	5th Annual Kyle's Run for a Memory 5K	5K	\$18.00	Donna Coggins 585-248-3088 dcoggins@rochester.rr.com	Barker Rd Middle School 75 Barker Road Pittsford, NY



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<b>3/29/2008 Sat 9:30 AM</b>	Daniel's 5K	5K		Joseph McMahon 585-303-6598 jcmahon@rochester.rr.com www.daniels5k.com	Churchville-Chili HS 139 Fair- banks Road Churchville, NY
<b>4/1/2008 Tues 6:00 PM</b>	Tri-Community Col- lege Information Ses- sion		FREE	www.fleetfeetrochester.com info@fleetfeetrochester.com 585-697-3338	Fleet Feet Sports 2210 Monroe Ave- nue Rochester, NY
<b>4/5/2008 Sat 9:00 AM</b>	Little Blue Run	5K		Bill Kehoe 585-473-8337 132 Winteroth Street Roch, NY 14609 willopus@aol.com	Mendon Ponds Park Mendon, NY
<b>4/6/2008 Sun 9:00 AM</b>	Parkinson Canal 5K Run/Walk	5K	\$20.00	Pete Smith 585-943-3136 pe- terssmith71@frontiernet.net website: www.psgun्य.org	Meridian Centre Park 2025 Winton Rd. S Rochester, NY
<b>4/6/2008 Sun 8:30 AM</b>	Spring Forward Dis- tance Run	15K		Dave & Ellen Boutillier 585-697- 3338 yellowjacketrac- ing@hotmail.com www.yellowjacketracing.com	Mendon Ponds Park - Stewart Lodge Mendon, NY
<b>4/8/2008 Tues 6:00 PM</b>	Fleet Feet Lecture Se- ries - topic TBD		FREE	Pat Weber 585-697-3338 PatriciaWeberCPA@aol.com	Fleet Feet Sports 2210 Monroe Ave- nue Rochester, NY
<b>4/9/2008 Tues 6:00 PM</b>	Tri-Community Col- lege Information Ses- sion		FREE	www.fleetfeetrochester.com info@fleetfeetrochester.com 585-697-3338	Fleet Feet Sports 2210 Monroe Ave- nue Rochester, NY
<b>4/12/2008 Sat 9:00 AM</b>	11th Annual Great Heron 5K Road Race and 1 Mile Fun Walk	5K 1 mile fun walk	\$15.00	Sally Scatton 315-781-3940 scatton@hws.edu	Bristol Field House Hobart & William Smith College Cam- pus
<b>4/12/2008 Sat 9:00 AM</b>	Meaghan's 5K Race/ Walk	5K	\$15.00	Gail Wagner wag- ner1231@yahoo.com	Holy Trinity Church 1460 Ridge Road Webster, NY
<b>4/16/2008 Wed 6:30 PM</b>	Dirt Cheap Trail Series Race #1	5 - 7 miles		Greg Buzulencia 585-697-3338 gab5540@gmail.com www.yellowjacketracing.com	Mendon Pond Park Mendon, NY
<b>4/19/2008 Sat 9:00 AM</b>	Muddy Sneaker 20K Trail Run	20K		<a href="http://www.roadsarepoison.com">www.roadsarepoison.com</a>	Parish Hill Road Bristol Springs, NY
<b>4/19/08 Sat 10:00 AM</b>	Rochester 5K Run for Health RROY Race #2	5K	\$15.00	Patrick Francis 203-581-2254 patrick_franis@urmc.edu	Genesee Valley Park Moore Road Rochester, NY
<b>4/26/2008 Sat 8:30 AM</b>	2nd Annual St. J's 5K Run/Walk	5K	\$12.00	Joaquin Aymerich 585-703-8652 stj5k@frontiernet.net	St. Januarius Church Hall 180 N. Main St. Naples, NY
<b>4/27/2008 Sun 8:00 AM</b>	BPAC 6 Hour Dis- tance Classic	Repeat loops of a 3.25 mile paved bike path	\$20.00	Peggy Hillery 716-649-4147 peggyran26@aol.com	Amherst Pepsi Center 1615 Amherst Manor Dr Williamsville, NY
<b>April 27, 2008</b>	12th Annual Better Life 5K	5K (may be modified to a 6K due to road con- struction)	\$15.00	Anita Pietropaolo 585-396-6671 anita.pietropaolo@thompsonhealt h.com	Victor Family Practice 53 West Main Street Victor, NY

<b>actual date unknown - sometime in May Sun 8:30 AM</b>	9th Annual Highland Forest 1, 2, 3	30 miles - 3 loops on trails (10 & 20 mile non-scoring options avail)		Mark Driscoll 315-449-9615 mdriscol@mailbox.syr.edu	Highland Forest Park Fabius, NY
<b>5/3/2008 Sat 9:00 AM</b>	5K for Kenya	5K	\$18.00	Bill Kehoe 585-473-8337 132 Winteroth Street Roch, NY 14609 willopus@aol.com	Perinton Park Fairport, NY
<b>5/3/2008 Sat 10:00 AM</b>	1st Annual Running for Recovery from Addictions	10K run 5K run/walk	\$20.00	Cindy Bevens 315-782-8440 watertownurbanmission@yahoo.com	Jefferson County Fairgrounds Watertown, NY
<b>5/4/2008 Sun 8:00 AM</b>	Medved Madness Trail Race	15 miles		<a href="http://www.medvedrunwalk.com">www.medvedrunwalk.com</a>	Mendon Ponds Park - Hopkins Point Lodge Mendon, NY
<b>5/4/2008 Sun</b>	Karen's Walk/Run 5K	5K	RIT Students \$5.00 RIT Staff/ Alum \$10.00 General Public \$15.00	<a href="http://www.karenswalk.com">www.karenswalk.com</a>	Rochester Institute of Technology - Field behind Grace Watson Dining Hall
<b>actual date unknown - sometime in May Sun 8:30 AM</b>	3rd Annual Scrubs & Stethoscopes 5K Run/Walk	5K - part trail and part road	\$18.00	Stephanie Von Bacho 585-275-7641 stephanie_vonbacho@urmc.edu	Mendon Ponds Park - Canfield Shelter Mendon, NY
<b>5/10/2008 Sat 9:30 AM</b>	Run for the Young	5K	\$18.00	Joanne Church 585-328-3210 ext 1240 church@dor.org	St Lawrence Church 1000 N. Greece Rd Rochester



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5/10/2008 Sat 10:00 AM	<b>Wine Rack 3 mile</b>	3 miles		Russ Ebbets 315-889-3578	Lakefront Park Geneva, NY
5/11/2008 Sun 9:05 AM	<b>Pink Ribbon Run - 5K Race for Women</b>	5K run for women only; 2.5 mile walk for men, women & children	\$15.00	Bix DeBaise 585-944-3680 bixdebaise@yahoo.com www.bccr.org	Ontario Beach Park (near flagpole) 1 Beach Avenue Rochester, NY
5/13/2008 Tues 7:15 PM	<b>Fleet Feet Lecture Series - topic TBD</b>		FREE	Pat Weber 585-697-3338 PatriciaWeberCPA@aol.com	Fleet Feet Sports 2210 Monroe Ave- nue Rochester, NY
5/16/2008 Fri 6:45 PM	<b>Apple Blossom 5K &amp; 10K</b>	5K and 10K		Dan Sackett 315-589-8533 dansac5@aol.com	Williamson Elem School William Street Williamson, NY
5/17/2008 Sat 8:30 AM	<b>Rochester Spring Classic Duathlon</b>	Formula 1 - 2mR/10mB/1 mR/10mB/2 mR OR Super Sprint for beginners - 2mR/10mB/1 mR		Dave & Ellen Boutillier 585-697- 3338 yellowjacketrac- ing@hotmail.com www.yellowjacketracing.com	Mendon Ponds Park - Stewart Lodge Mendon, NY
5/18/2008 Sun 8:00 and 9:00 AM	<b>Medved Lilac 10K and 5K Family Fun Run RROY Race #3</b>	10K and 5K distances	\$18.00	Pete Glavin pglavin@rochester.rr.com www.medvedrunwalk.com	Highland Park Rochester, NY
5/21/2008 Wed 6:30 PM	<b>Dirt Cheap Trail Se- ries Race #2</b>	5 - 7 miles		Greg Buzulencia 585-697-3338 gab5540@gmail.com www.yellowjacketracing.com	Webster Park Webster, NY
5/24/2008 Sat 9:00 AM	<b>Sunset House 5K Run and Fitness Walk</b>	5K	\$18.00	Ann Cunningham 585-338-1766 annecc1@frontiernet.net	Irondequoit United Church of Christ 644 Titus Ave Rochester, NY
5/25/2008 Sun 8:00 AM	<b>Waterloo Celebrates 9th Annual 5K Race</b>	5K	\$15.00	Jack Sutcliffe 315-539-3889 sut@rochester.rr.com	Lafayette Park West Main Street Waterloo, NY
5/25/2008 Sun 8:30 AM	<b>Bruce Bridgman Me- morial Race</b>	5K	\$13.00	Matt Ward 585-396-1378 wardm@canandaiguaschools.org	Canandaigua Acad- emy 135 East St. Canandai- gua, NY
5/26/2008 Mon 12:00 Noon	<b>Lima Memorial Day 2 Mile Fun Run</b>	2 miles	\$10.00	Beth Paszko 585-293-1991 225 Stearns Road Churchville, NY 14428	Lima Christian School 1574 Rochester Street Lima, NY
5/29/2008 Thus 7:00 PM	<b>JP Morgan Chase Corporate Challenge</b>	3.5 miles	see race website	Jane Iaculli roches- ter@jpmorganchasecc.com www.jpmorganchase.com	RIT Rochester, NY

5/31/2008 Sat 6:15 PM	<b>Fly by Night Duathlon</b>	Formula 1: 1.75mi run; 10.2 mi bike; 1.75mi run; 10.2mi bike; 1.75mi run		Jeff Henderson 315-636-4268 jeff@musselmantri.com www.flybynightdu.com	Watkins Glen International Race Track 2790 County Rd. 16 Watkins Glen, NY
6/1/2008 Sun 8:15 AM	<b>Temple Beth El 5K RROY Race #4</b>	5K	\$18.00	Matt Field 585-473-1770 marafield@aol.com	Temple Beth El 139 Winton Road S. Rochester, NY
6/1/2008 Sun 7:00 AM	<b>Town of Pittsford 4th Annual Triathlon</b>	300 yard swim 15 mile bike 5K run		Jessie Hollenbeck 585-248-6280 www.townofpittsford.com	Thornell Farm Park (next to Mendon HS) Pittsford Mendon Road Pittsford, NY
6/6/2008 Fri 6:45 PM	<b>St. Christopher's 5K</b>	5K	\$13.00	Bryce Walker 585-413-5460 or 585-293-2544 bryce.walker@stantec.com	St. Christopher's Church 3350 Union Street North Chili, NY
6/6/2008 Fri 7:00 PM	<b>Downtown Fitness Club East End Mile</b>	1 mile	\$10.00	Downtown Fitness Club 585-756-4090 johndfc@rochester.rr.com	Downtown Fitness Center 50 Chestnut Street Rochester, NY
6/7/2008 Sat 9:00 AM	<b>Nunda Fun Days 5K Run/Walk</b>	5K		Jim Forrester www.nundany.org	M&T Bank State Street Nunda, NY
6/7/2008 Sat	<b>Woods Walk &amp; Trail Run</b>	10.5M, 10K, 5K or 1 mile fun walk	no pre-registration	Margaret Cherre 585-933-0187 woods-walk@pfeiffernaturecenter.org www.woodswalk.net	Pfeiffer Nature Center Portville, NY
6/7/2008 Sat 9:00 AM	<b>Caledonia SOS (Source of Success) 5K</b>	5K		Jeff Bird 585-538-2544 calmumref@hotmail.com	Main Street Caledonia, NY
6/7/2008 Sat 9:00 AM	<b>Power Bar Trail Race</b>	4.5 or 9 mile trail race		Dave & Ellen Boutillier 585-697-3338 yellowjacketracing@hotmail.com www.yellowjacketracing.com	Mendon Ponds Park Beach Parking Lot Mendon, NY
6/8/2008 Sun (:00 AM	<b>Paul Bellance 5 mile Scholarship Run &amp; 2 mile Fitness Walk</b>	5 mile run 2 mile walk	\$18.00	Dave Ambeau 315-524-5717 paulisscholarshiprun@rochester.rr.com	Casey Park Rec Center 6551 Knickerbocker Rd Ontario, NY
6/10/2008 Tues 7:15 PM	<b>Fleet Feet Lecture Series - topic TBD</b>		FREE	Pat Weber 585-697-3338 PatriciaWeberCPA@aol.com	Fleet Feet Sports 2210 Monroe Avenue Rochester, NY
6/13/2008 Fri	<b>Deuce 2 Mile Run</b>	2 miles		Russ Ebbets 315-889-3578	Union Springs, NY

6/14/2008 Sat 9:00 AM	<b>St. Thomas' 5K at Cobbs Hill for Habitat for Humanity</b>	5K		Kathleen Merritt km@stthomaschurch.org 585-442-3544	St. Thomas Episcopal Church 2000 Highland Avenue Rochester, NY
6/15/2008 Sun 8:30 AM	<b>Medved 5K to Cure ALS</b>	5K race and 1 mile fitness walk	\$18.00	Pete Glavin pglavin@rochester.rr.com www.medvedrunwalk.com	Frontier Field Rochester, NY
6/17/2008 Tues 6:00 Pm	<b>RIT Summer Track &amp; Field Series</b>	various track & field events		Bill Quinlisk 585-482-6371 billq@frontiernet.net www.rochestersummertrack.com	Rochester Institute of Technology Jefferson Rd. Rochester, NY
6/18/2008 Wed 6:30 PM	<b>Dirt Cheap Trail Series Race #3</b>	5 - 7 miles		Greg Buzulencia 585-697-3338 gab5540@gmail.com www.yellowjacketracing.com	Ellison Wetlands Park Empire Blvd. Webster, NY
6/21/2008 Sat 9:00 AM	<b>Airport 5K Run/Walk</b>	5K and Kids Fun Run	\$15.00	Kathy Miller 585-426-4120 ext 3102 kathy.miller@lifetimeassistance.org	Greater Rochester International Airport 3 South Hanger Road Landmark Aviation Hanger
6/21/2008 Sat 10:00 AM	<b>Charlie McMullen Mile RROY #5</b>	1 mile		Bill Quinlisk 585-482-6371 billq@frontiernet.net	Spencerport High School Spencerport, NY
6/22/2008 Sun 8:00 AM	<b>Rochester Harborfest 10K</b>	10K	\$10.00 (plus \$5.00 for t-shirt)	Pete Glavin pglavin@rochester.rr.com Genesee Valley Harriers PO Box 16375 Rochester, NY	Ontario Beach Park 4650 Lake Avenue Rochester, NY
6/24/2008 Tues 6:00PM	<b>RIT Summer Track &amp; Field Series</b>	various track & field events		Bill Quinlisk 585-482-6371 billq@frontiernet.net www.rochestersummertrack.com	Rochester Institute of Technology Jefferson Rd. Rochester, NY
6/28/2008 Sat 9:00 AM	<b>Fast &amp; Furriest 10K</b>	10K race and 1-mile dog walk	\$18.00 - 10K \$10 - dog walk	Chris Fitzgerald chris.fitzgerald@cityofrochester.gov	Rochester Animal Services 184 Verona Street Rochester, NY
7/1/2008 Tues 6:00 PM	<b>RIT Summer Track &amp; Field Series</b>	various track & field events		Bill Quinlisk 585-482-6371 billq@frontiernet.net www.rochestersummertrack.com	Rochester Institute of Technology Jefferson Rd. Rochester, NY
7/4/2008 Fri 8:30 AM	<b>Fleet Feet Firecracker 5-mile</b>	5 miles		Dave & Ellen Boutillier 585-697-3338 yellowjacketracing@hotmail.com www.yellowjacketracing.com	Fairport, NY
7/4/2008 Fri 8:00 AM	<b>Brighton Chamber of Commerce July 4th 5K</b>	5K	\$18.00	Bill Kehoe 585-473-8337 132 Winteroth Street Roch, NY 14609 willopus@aol.com	Brighton High School Rochester, NY

7/4/2008 Fri 9:00 AM	<b>GO ART! Firecracker 5K Run for the Arts</b>	5K	\$12.50	Kelly Kiebala 585-343-9313 ext 26 info@goart.org	Centennial Park Richmond Ave Batavia, NY
7/4/2008 8:00 and 8:15 AM	<b>Irondequoit July 4th Race</b>	10K and 2 mile runs	\$18.00 individual \$52.00 family (up to 5 persons)	Charles Tanck 585-467-4993 www.irondequoit.org	Christ the King Church 445 Kings Highway Rochester, NY
7/5/2008 Sat 9:00 AM	<b>Springwater Gala 5K</b>	5K		<a href="mailto:james.bowers@med.ge.com">james.bowers@med.ge.com</a>	Springwater Com- munity Park Springwater, NY
7/8/2008 Tues 7:15 PM	<b>Fleet Feet Lecture Series - topic TBD</b>		FREE	Pat Weber 585-697-3338 PatriciaWeberCPA@aol.com	Fleet Feet Sports 2210 Monroe Ave- nue Rochester, NY
7/8/2008 Tues 6:00 PM	<b>RIT Summer Track &amp; Field Series</b>	various track & field events		Bill Quinlisk 585-482-6371 billq@frontiernet.net www.rochestersummertrack.com	Rochester Institute of Technology Jefferson Rd. Rochester, NY
7/10/2008 Thurs 5:30 PM	<b>Big Valley Striders 9th Annual All- Comers Track &amp; Field Meets</b>	various track & field events	Events are free, but donations are en- couraged	Mike Garger 585-243-3450 ext 1050 mgarger@geneseo.k12.ny.us or mgarger@rochester.rr.com	Geneseo High School 4050 Avon-Geneseo Rd Geneseo, NY
7/12/2008 Sat 9:00 AM	<b>Mini-Mussel Sprint Triathlon</b>	Sprint Triath- lon - 500 yard swim; 15 mile bike; 3 mile run	see race website	Jeff Henderson 315-636-4268 jeff@musselmantri.com	Seneca Lake State Park Geneva, NY
7/13/2008 Sun 7:00 AM	<b>Musselman Half-Iron Triathlon</b>	Half-Iron Triathlon- 1.2 mile swim; 56 mile bike; 13.1 mile run	see race website	Jeff Henderson 315-636-4268 jeff@musselmantri.com	Seneca Lake State Park Geneva, NY
7/13/2008 Sun 2:00 PM	<b>Musselkids Triathlon</b>	Kids Triath- lon	see race website	Jeff Henderson 315-636-4268 jeff@musselmantri.com	Seneca Lake State Park Geneva, NY
7/15/2008 Tues 6:00 PM	<b>RIT Summer Track &amp; Field Series</b>	various track & field events		Bill Quinlisk 585-482-6371 billq@frontiernet.net www.rochestersummertrack.com	Rochester Institute of Technology Jefferson Rd. Rochester, NY
7/16/2008 Wed 6:30 PM	<b>Dirt Cheap Trail Se- ries Race #4</b>	5 - 7 miles		Greg Buzulencia 585-697-3338 gab5540@gmail.com www.yellowjacketracing.com	Mendon Ponds Park Mendon, NY
7/19/2008 Sat 8:30 AM	<b>Canandaigua Open Water Swim</b>	1 mile and 2 miles	see race website	Vern Hecker 3452 Gehan Road Canandaigua, NY 14424 vheck- er001@rochester.rr.com www.sawbellies.org	Kershaw Park Canandaigua, NY

7/20/08 Sun 8:15 AM	<b>2008 Jungle Jog 5K RROY Race #6</b>	5K, plus Seneca Park Mile and Kid's Fun Run	\$18.00	Chuck Levensgood 585-336-7205 clevensgood@senecazoo.org	Seneca Park Zoo 2222 St. Paul Street Rochester, NY
7/22/2008 Tues 6:00 PM	<b>RIT Summer Track &amp; Field Series</b>	various track & field events		Bill Quinlisk 585-482-6371 billq@frontiernet.net www.rochestersummertrack.com	Rochester Institute of Technology Jefferson Rd. Rochester, NY
7/24/2008 Thurs 5:30 PM	<b>Big Valley Striders 9th Annual All-Comers Track &amp; Field Meets</b>	various track & field events	Events are free, but donations are encouraged	Mike Garger 585-243-3450 ext 1050 mgarger@geneseo.k12.ny.us or mgarger@rochester.rr.com	Geneseo High School 4050 Avon-Geneseo Rd Geneseo, NY
7/26/2008 Sat	<b>Annual Run for the House</b>	1 mile fun run and old fashioned picnic		Vern Hecker 3452 Gehan Road Canandaigua, NY 14424 vhecker001@rochester.rr.com	Hopewell Historical Society Hopewell, NY
7/26/2008 Sat 9:00 AM	<b>Medved Ten Ugly Men 5K</b>	5K, plus 1K kids race	\$18.00	Pete Glavin pglavin@rochester.rr.com www.medvedrunwalk.com	Genesee Valley Park Rochester, NY
7/26/2008 Sat 8:00 AM	<b>Webster Hi-Octane 5000CC 5K &amp; 10 Mile</b>	5K and 10 mile races		Michael Valleriano 585-872-5142 www.allagesphotography.com/5000cc.htm	Spry Middle School Webster, NY
7/27/2008 Sun 8:15 AM	<b>Shoreline Triathlon</b>	0.5 mile Swim, 15 mile Bike, 4 mile Run		Dave & Ellen Boutillier 585-697-3338 yellowjacketracing@hotmail.com www.yellowjacketracing.com	Hamlin Beach State Park, Hamlin NY
7/31/2008 Thurs 6:30 and 7:00 PM	<b>Innovative Edge Summer 5K &amp; Youth Development Cross Country Series</b>	5K plus various youth races	\$5.00 (plus \$5.00 for t-shirt)	Pete Glavin pglavin@rochester.rr.com Genesee Valley Harriers PO Box 16375 Rochester, NY	Cobbs Hill Park Rochester, NY
8/1/2007 Fri 7:00 PM	<b>The 24th Annual Father Murphy 5K</b>	5K and .8 mile kids fun run	\$15.00	Paul Contestable 585-247-5568 frmurphy5k@frontiernet.net www.frontiernet.net/~frmurphy5k	St. Pius the Tenth Church 3032 Chili Avenue Rochester, NY
8/2/2008 Sat 8:00 AM	<b>Phelps Sauerkraut 20K Road Race RROY Race #7</b>	20K	\$22.00	Jim Phillips 315-548-3607 sauerkraut20k@yahoo.com	Phelps Community Center Phelps, NY
8/7/2008 Thurs 6:30 and 7:00 PM	<b>Innovative Edge Summer 5K &amp; Youth Development Cross Country Series</b>	5K plus various youth races	\$5.00 (plus \$5.00 for t-shirt)	Pete Glavin pglavin@rochester.rr.com Genesee Valley Harriers PO Box 16375 Rochester, NY	Cobbs Hill Park Rochester, NY
8/9/2008 Sat 8:30 AM	<b>Jenny Kuzma Memorial Bergen 5K</b>	5K	\$13.00	Eric Boyce 585-548-2501 jenyukzmaberger5k@yahoo.com	

8/9/2008 Sat 9:00 AM	<b>Heritage Christian 5K Run &amp; Walk</b>	5K	\$18.00	Michelle Labossiere-Hall 585-340-2056 mlabossiere-hall@heritagechristianservices.org	Pieters Family Life Center 1025 Commons Way Rochester, NY
8/12/2008 Tues 7:15 PM	<b>Fleet Feet Lecture Series - topic TBD</b>		FREE	Pat Weber 585-697-3338 PatriciaWeberCPA@aol.com	Fleet Feet Sports 2210 Monroe Avenue Rochester, NY
8/14/2008 6:30 and 7:00 PM	<b>Innovative Edge Summer 5K &amp; Youth Development Cross Country Series</b>	5K plus various youth races	\$5.00 (plus \$5.00 for t-shirt)	Pete Glavin pglavin@rochester.rr.com Genesee Valley Harriers PO Box 16375 Rochester, NY	Cobbs Hill Park Rochester, NY
8/16/2008 Sat 9:00 AM	<b>Stepping Stones Learning Center 5K Run for Autism</b>	5K	\$15.00	Don Sinton 585-467-4567 dsinton@steppingstonelearning.com	Stepping Stones Learning Center 41 Colebrook Drive Rochester, NY
8/16/2008 Sat 9:00 AM	<b>United Way 5K</b>	5K		Lori Stupp 585-343-0666 lori.stupp@uwrochester.org	Orleans Co. Marine Park Rte 98 at Lake Ontario Parkway Point Breeze NY
8/16/2008 Sat	<b>Rochester River Run/Walk 5K</b>	5K		Susan Sullivan 585-275-2420 susan_sullivan@urmc.rochester.edu	
8/16/2008 Sat 9:00 AM	<b>5K Run for Lupus</b>	5K	\$15.00	Lynn Girven 585-889-4286 girvenmc@yahoo.com	Scottsville Free Library Rochester St. Scottsville, NY
8/17/2008 Sun 8:30 AM	<b>Sodus Point Triathlon</b>	0.5 mile Swim, 12 mile Bike, 5K Run		Dave & Ellen Boutillier 585-697-3338 yellowjacketracing@hotmail.com www.yellowjacketracing.com	Sodus Point, NY
8/21/2008 Thur 6:30 PM	<b>Tour dePain XIV</b>	5K cross country 400 meter sprint 1 mile run	\$15.00	Pete Glavin pglavin@rochester.rr.com Genesee Valley Harriers PO Box 16375 Rochester, NY	
8/14/2008 Thur 6:00 and 6:30 PM	<b>Innovative Edge Summer 5K &amp; Youth Development Cross Country Series</b>	5K plus various youth races	\$5.00 (plus \$5.00 for t-shirt)	Pete Glavin pglavin@rochester.rr.com Genesee Valley Harriers PO Box 16375 Rochester, NY	Cobbs Hill Park Rochester, NY
8/20/2008 Wed 6:30 PM	<b>Dirt Cheap Trail Series Race #5</b>	5 - 7 miles		Greg Buzulencia 585-697-3338 gab5540@gmail.com www.yellowjacketracing.com	TBD
8/30/2008 Sat 9:00 AM	<b>Greece Police Athletic League 5K</b>	5K	\$15.00	Lt. Steve Chatterton 585-234-7950 schatterton@greecenyc.gov	Greece Town Hall Just off Long Pond Road North of Latta Road Rochester, NY
8/30/2008 Sat 9:00 AM	<b>Crosswinds 5K</b>	5K	\$15.00 \$13.00 - GRTC members	Bob or Becky Andrus 5k@crosswindsonline.org www.crosswindsonline.org	Crosswinds Wesleyan Church 3360 Middle Cheshire Rd Canandaigua, NY 14424

8/31/2008 Sun 9:00 AM	<b>4th Annual Oak Tree Half Marathon &amp; 5K</b>	5K and 1/2 marathon	\$16.00/5K \$30.00/half marathon	Mike Garger 585-243-3450 ext 1050 mgarger@geneseo.k12.ny.us or mgarger@rochester.rr.com	Geneseo High School 4050 Avon-Geneseo Rd Geneseo, NY
8/31/2008 Sun	<b>Fleet Feet end of Summer Fest 12K, 5K and Kids Races</b>	12K race 5K race 2K kids race	\$10.00	Dave & Ellen Boutillier 585-697-3338 yellowjacketracing@hotmail.com www.yellowjacketracing.com	Mendon Ponds Park - Stewart Lodge Mendon, NY
actual date unknown - sometime in Sept Sun 9:30 AM	<b>18th Annual Brueggers Bagel 5K Run</b>	5K	\$15.00	Brian Dengler 585-461-2000 ext 248 bdengler@jccrochester.org	JCC 1200 Edgewood Avenue Rochester, NY
9/6/2008 Sat 9:00 AM	<b>Victor YMCA Invest in Youth 5K run/walk</b>	5K 1 mile youth fun run		Sue Hodder 585-341-4073 susanh@rochesterymca.org	Victor YMCA 200 High Street Victor, NY
9/6/2008 Sat 10:00 AM	<b>Glen Iris 5K</b>	5K	\$17.00	<a href="mailto:blissfam@frontiernet.net">Pamela Bliss 585-493-2075 blissfam@frontiernet.net</a>	Letchworth State Park - Trailside Lodge Mount Morris, NY
9/6/2008 Sat 10:00 AM	<b>Penelope's Gift 5K</b>	5K		Barb or George Kiefer 585-682-0507 bkiefer@a-znet.com	Lyndonville, NY
9/6/2008 Sat 9:00 AM half 9:10 AM 5K and walk	<b>14th Annual ARC Race 2008</b>	Half Marathon & 5K runs; 3K fun walk		ARC of Onondaga 315-476-7441	Long Branch Park Liverpool, NY
9/9/2008 Tues 7:15 PM	<b>Fleet Feet Lecture Series - topic TBD</b>		FREE	Pat Weber 585-697-3338 PatriciaWeberCPA@aol.com	Fleet Feet Sports 2210 Monroe Avenue Rochester, NY
9/12/2008 Fri 10:00 AM to 7:00 Pm	<b>Preferred Care Rochester Marathon Expo</b>			<a href="http://www.rochestermarathon.com">www.rochestermarathon.com</a>	Main Street Armory Rochester, NY
9/13/2008 Sat 10:00 AM to 5:00 PM	<b>Preferred Care Rochester Marathon Expo</b>			<a href="http://www.rochestermarathon.com">www.rochestermarathon.com</a>	Main Street Armory Rochester, NY
9/14/2008 Sun 9:00 AM	<b>Ithaca 5 &amp; 10</b>	5 miles and 10 miles	\$15.00	Karen Grover/Alan Lockett 607-351-8455 kag22@cornell.edu or aml@thethomasgroup.com	Ithaca High School North Cayuga Street Ithaca, NY
9/14/2008 Sun 9:00 AM	<b>Race for Grapes</b>			Bill Kehoe 585-473-8337 132 Winteroth Street Roch, NY 14609 willopus@aol.com	Casa Larga Winery Turk Hill Road Fairport, NY
9/14/2008 Sun 7:30 AM	<b>Preferred Care Rochester Marathon and Half Marathon</b>	26.2 and 13.1 miles and relay teams	\$55.00 for full marathon \$50.00 for half marathon \$120.00 for relay team	Nicole Mau 585-264-1480 nmau@arthritis.org www.rochestermarathon.com	Frontier Field Rochester, NY
9/17/2008 Wed 6:00 PM	<b>Dirt Cheap Trail Series Race #6</b>	5 - 7 miles		Greg Buzulencia 585-697-3338 gab5540@gmail.com www.yellowjacketracing.com	Ellison Wetlands Park Empire Blvd. Webster, NY

9/21/2008 Sun 9:00 AM	<b>Northwest Family YMCA 5K Run/Walk For Your Life</b>	5K	\$15.00	Jeremy Flint 585-723-5470 jeremyf@rochesterymca.org	Camp Northpoint YMCA 249 North Greece Rd
9/21/2008 Sun 7:30 AM	<b>Finger Lakes Triathlon</b>	Olympic, Sprint and Kids Tri		Linda Miller 585-922-4168 linda.miller@viahealth.org www.fingerlakestriathlon.com	Kershaw Park Canandaigua, NY
9/21/2008 Sun 10:00 AM	<b>3rd Annual Gates Chili 5K</b>	5K	\$18.00	Donald Scheg 585-426-1003 dscheg@townofgates.org	Total Sports Experi- ence 880 Elm- grove Road
9/21/2008 Sun 11:00 AM	<b>The 100th Upstate New York Cross Country Series Race RROY #8</b>	5K	\$8.00 (plus \$10.00 for long sleeve shirt)	Pete Glavin pglavin@rochester.rr.com Genesee Valley Harriers PO Box 16375 Rochester, NY	Mendon Ponds Park - Beach Parking Lot Mendon, NY
9/26/2008 Fri 6:00 PM	<b>Geneseo Homecoming 5K</b>	5K		Danielle Hunt deh5@geneseo.edu	Village Park Geneseo, NY
9/27/2008 Sat 4:45 PM	<b>McQuaid Invitational Alumni Challenge Cross Country Race</b>	3 miles (cross coun- try)	\$8.00	Pete Glavin pglavin@rochester.rr.com Genesee Valley Harriers PO Box 16375 Rochester, NY	Genesee Valley Park - Polo Field Moore Road Rochester, NY
9/27/2008 Sat 9:00 AM	<b>Barktober Fest 5-mile Race and Walk for the Animals</b>	5 miles	\$17.00	Debra Calandrillo 585-223-1330 ext 241 calandrillo@lollypop.org	Lollypop Farm 99 Victor Road Fairport, NY
9/28/2008 Sun 9:00 AM	<b>Penfield Challenge 5K VI</b>	5K	\$15.00	Chris Bilow-Penfield Rec 585- 340-8655 bilow@penfield.org	
9/28/2008 Sun 8:30 AM	<b>Rochester Autumn Classic Duathlon</b>	Formula 1 - 2mR/10mB/2 mR/10mB/2 mR OR Su- per Sprint - 2mR/10mB/2 mR		Dave & Ellen Boutillier 585-697- 3338 yellowjacketrac- ing@hotmail.com www.yellowjacketracing.com	Mendon Ponds Park - Stewart Lodge Mendon, NY
9/28/2008 Sun 8:30 AM	<b>Rochester Autumn Classic Trail Race</b>	4.5 mile or 9 mile trail race		Dave & Ellen Boutillier 585-697- 3338 yellowjacketrac- ing@hotmail.com www.yellowjacketracing.com	Mendon Ponds Park - Stewart Lodge Mendon, NY
10/4/2008 Sat 9:00 AM	<b>Scarecrow/Safe Jour- ney 5K Run/Walk</b>	5K	TBD	Kelly Petrucci 585-425-1580 Post Office Box 21 Fairport, NY kelly.safejourney@frontiernet.net	Box Factory Parking Lot Fairport, NY
10/4/2008 Sat 9:00 AM	<b>30th Annual Hilton Apple Derby 5 Mile Run</b>	5 miles		Steve Fowler 585-392-9030 www.parmany.org	Hilton High School 400 East Avenue Hilton, NY
10/11/2008 Sat 10:00 AM	<b>Brown's Berry Patch 5K Run for Hospice</b>	5K - cross country through the farm		Margy Brown 585-682-5569 mbrown@rochester.rr.com	Brown's Berry Patch Waterport, NY
10/11/2008 Sat 7:00 AM	<b>CanLake50 Ultras</b>	50 miles or 50K	\$50.00	Tom Perry 585-410-0584 in- fo08@canlake50.org	Finger Lakes Com- munity College Canandaigua, NY

10/11/2008 Sat 10:00 AM	<b>Fleet Feet Sports Relay - 50 Miles Around the Lake</b>	50 miles	\$12.00 per team member	Tom Perry 585-410-0584 in-fo08@canlake50.org	Finger Lakes Community College Canandaigua, NY
10/12/2008 Sun	<b>Hike for Haccamo/Rotary 10K Run for Camp Haccamo</b>	10K run (event will also include walking and biking events)		<a href="http://www.hikeforhaccamo.org">www.hikeforhaccamo.org</a>	Mendon Ponds Park Mendon, NY
10/14/2008 Tues 7:15 PM	<b>Fleet Feet Lecture Series - topic TBD</b>		FREE	Pat Weber 585-697-3338 PatriciaWeberCPA@aol.com	Fleet Feet Sports 2210 Monroe Avenue Rochester, NY
10/18/2008 Sat 8:45 AM	<b>13th Annual Run for Hospice RROY Race #9</b>	5K and 10 mile races, plus fitness walk and fun runs	\$17.00	Pete Van Peurse 585-594-4197 pete@runforhospice.com	373 North Greece Rd. Hilton, NY (Grace & Truth Sports Park)
10/18/2008 Sat 10:00 AM	<b>Jensen Stables Ultimate XC Challenge</b>	12K race 2K kids race	\$20.00	Dave Bischoff 585-223-7382 dbischof@rochester.rr.com	Jensen Stables 1942 Turk Road Fairport, NY
10/18/2008 Sat 9:00 AM	<b>Black Diamond Off-Road Duathlon</b>			Brian Emelson 585-742-0140 www.blackdiamonddu.com	Fishers Park Main Street Fishers, NY
10/19/2008 Sat 9:00 AM	<b>16th Annual Ridgewalk and Run</b>	5K road/trail 10K road/trail 14 mile trail run	\$18.00	Carrie Whitwood 585-593-5080 info@ridgewalk.com	Wellsville Campus of Alfred State College 5 Brooklyn Avenue Wellsville, NY
10/25/2008 Sat	<b>Run Like Hell Johnny's Irish Pub 5K</b>	5K		Bill Kehoe 585-473-8337 132 Winteroth Street Roch, NY 14609 willopus@aol.com	Johnny's Irish Pub Culver Road Rochester, NY
10/25/2008 Sat 8:30 AM	<b>3rd Annual Christ the King Royal Run</b>	5K		Tim & Mary Walsh tipawa@aol.com or powersfor3@aol.com	Christ the King Church 445 Kings Highway Rochester, NY
11/1/2008 Sat 9:00 AM	<b>Pumpkins in the Park 5K Run/Walk and Kids Races</b>	5K race and various distances for kids		Dave & Ellen Boutillier 585-697-3338 yellowjacketracing@hotmail.com www.yellowjacketracing.com	Cobbs Hill Park - Riley Lodge Culver Road Rochester, NY
11/1/2008 Sat 10:00 AM	<b>Old Goat 5 and 10 Mile Trail Run</b>	5 miles and 10 miles	\$25.00	Charlie Sabatine 585-657-6272 cs4646@frontiernet.net	Dryer Park Road Victor, NY
11/8/2008 Sat 8:00 and 9:30 AM	<b>Annual Mendon Trail Run (50K Part of WNY Ultra Series)</b>	5K, 10K, 20K and 50K	\$15.00 5K, 10K, 20K \$20.00 50K	Larry Zygo 585-225-0733 lzygo@aim.com	East Lodge - Mendon Ponds Park Canfield Road Mendon, NY
11/8/2008 Sat 9:00 AM	<b>5K Pirate Toy Fund Run</b>	5K		Gary Smith 585-271-5519 info@piratetoyfund.org	Powder Mill Park Rand Lodge
11/8/2008 Sat 9:00 AM	<b>Families Run for Ronald</b>	4.5 mile run/walk and fun run		Christine Deutsch runforronald@yahoo.com	Ronald McDonald House 333 Westmoreland Drive Rochester, NY

11/11/2008 Tues 7:15 PM	<b>Fleet Feet Lecture Series - topic TBD</b>		FREE	Pat Weber 585-697-3338 PatriciaWeberCPA@aol.com	Fleet Feet Sports 2210 Monroe Avenue Rochester, NY
11/23/2008 Sun	<b>Syracuse Jingle Bell Run</b>	5K and 10K		Derek DeSol or Jodi MacLean 585-264-1480 ddesol@arthritis.org or jmaclean@arthritis.org	Onondaga Lake Park Syracuse, NY
11/23/2008 Sun 9:00 AM	<b>25th Annual Turkey Classic 5 Mile Run &amp; 1 Mile Fun Run</b>	5 miles (and 1 mile fun run)	see race website	Southeast Family YMCA 585-385-4665 www.southeastfamilyymca.org	Southeast Family YMCA 111 E. Jefferson Road Pittsford, NY
11/27/2008 Thurs 9:30 AM Walkers 10:00 AM Runners	<b>Hornell YMCA 15th Annual 5K Turkey Trot Run and Walk</b>	5K	\$15.00	Dan Galatio 607-324-5520 digalatio@hornellymca.com	Hornell YMCA 12 Center Street Hornell, NY
11/27/2008 Thurs 9:00 AM	<b>18th Annual Race with Grace 10K RROY Race #10</b>	10K (and 1/4 mile fun run for children under 12)	\$16.00	Bob Dyjak 585-615-6059 Runr4Jesus@yahoo.com www.fbfc.info/gt/racewgrace	First Bible Baptist Church 990 Manitou Road Hilton, NY 14468
11/27/2008 Thurs 10:00 AM	<b>36th Webster Turkey Trot Run</b>	4.4 mile race 2.5 mile fun run		Dave & Ellen Boutillier 585-697-3338 yellowjacketracing@hotmail.com www.yellowjacketracing.com	Webster Park - Parkview Lodge Webster, NY
11/27/2008 Thurs 10:00 AM	<b>33rd Annual Newark Turkey Day 5 Mile Race</b>	5 miles	\$20.00	Joe Contario 315-789-0222 coachcontario@hotmail.com	Central Park Main Street Newark, NY
11/29/2008 Sat 9:00 AM	<b>31st RT Turkey Run 5 Miler</b>	5 miles	\$10.00 (plus \$10.00 for long sleeve shirt)	Pete Glavin pglavin@rochester.rr.com Genesee Valley Harriers PO Box 16375 Rochester, NY	Camp Eastman Lakeshore Drive Rochester, NY
12/6/2008 Sat	<b>Rochester Jingle Bell Run</b>	5K		Derek DeSol or Jodi MacLean 585-264-1480 ddesol@arthritis.org or jmaclean@arthritis.org	Brighton High School Rochester, NY
12/9/2008 Tues 7:15 PM	<b>Fleet Feet Lecture Series - topic TBD</b>		FREE	Pat Weber 585-697-3338 PatriciaWeberCPA@aol.com	Fleet Feet Sports 2210 Monroe Avenue Rochester, NY
12/27/2008 Sat 7:00 AM	<b>Post Christmas Blues Run</b>	5K		Matthew Ward 585-396-1378 wardm@canandaiguaschools.org	United Methodist Church North Main Street Canandaigua, NY
12/31/2008 Sat 7:00 AM	<b>Any Old Tom, Rick and Barry Can Do It Fat Ass 50K</b>	50K	FREE	Richard Cronise 585-924-7936 trandb50k@hotmail.com	Mendon Ponds Park Beach Parking Lot Mendon, NY

# **GREATER ROCHESTER TRACK CLUB MEMBERSHIP APPLICATION**

Name \_\_\_\_\_ Gender (M/F) \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip +4 \_\_\_\_\_

E-mail address \_\_\_\_\_

Birth Date \_\_\_\_\_ Occupation /School \_\_\_\_\_

If under 18, Parent / Guardian Signature \_\_\_\_\_

I'd like to help with \_\_\_\_\_ Races \_\_\_\_\_ Newsletter \_\_\_\_\_ General \_\_\_\_\_

Membership Categories	Individual _____ \$20 / year _____ \$50 / 3 years (save \$10)
_____ New	Family _____ \$30 / year _____ \$75 / 3 years (save \$15)
_____ Renewal	Student _____ \$15 / year _____ \$35 / 3 years (save \$10)

Make checks payable to GRTC, Would like to make a tax deductible contribution \$ \_\_\_\_\_

Mail completed application to: GRTC P.O. Box 92608 Rochester NY 14692

The Greater Rochester Track Club (GRTC) is a not for profit, volunteer organization, that was founded in 1955. It is one of the oldest and largest running clubs in the northeast. GRTC has approximately 500 members, consisting of runners, walkers, athletes and fitness enthusiasts, encompassing an eight county region. Our goals are to help you be more fit and provide information about the local running scene. We also encourage local race participation for fun and fitness, recognizing such achievement at the GRTC Annual Awards Banquet. Whether you are a jogger or runner, ready to race or someone keeping in shape, consider a GRTC Membership.

## **IS IT TIME TO RENEW YOUR MEMBERSHIP? MEMBERSHIP BENEFITS**

- GRTC Newsletter: 10 issues per year containing race calendar, race applications, articles and race reports, *Use your newsletter mailing label to get applicable discounts*
- Race Discounts: In addition to the GRTC Freezeroo Series, some local races provide discounts to GRTC members  
Check the race application form of your favorite race to see if they offer a discount
- Link to Road Runner Sports, Discount of order or Free Shipping valued @\$25
- Canalside Therapeutic Massage \$5 discount
- Mid Town Athletic Club Two Week Free Trial Membership valued, at \$45
- Renew your membership at Jim Dalberth Sports and receive \$10 off purchases over \$60
- Spring Track Workout, a series of coached track workouts valued @75
- Joyous Fool, Yoga studio, 20% discount on Tuesday evening classes
- Forever Fit, 20% discount for Sport Nutrition Consult or free body fat analysis with consult
- G&G Fitness, fitness equipment 10% off
- Annual GRTC Summer Picnic valued @\$10
- Molly's Yoga Corner 15% off an 8week session
- **Annual Racing Mileage Patches**, recognizing sustained commitment to running/racing.....**PRICELESS**

**GREATER ROCHESTER  
TRACK CLUB**  
P.O. BOX 92608  
ROCHESTER, NY 14692

NON-PROFIT ORG  
US POSTAGE  
PAID  
ROCHESTER, NY  
PERMIT # 00145

*Please Check Label For Membership Expiration*

## **GRTC HALL OF FAME MEMBERS**

Trent Jackson	1970
Ed Duncan	1970
Dick Ashley	1971
Dick Boddie	1972
John Coons	1973
Len Bagley	1981
Gene Osborne	1981
Norm Frank	1981
Don McWilliams	1981
Pete Todd	1982
Don McNelly	1982
Paul Gesell	1982
Shirley Gesell	1982
Elroy Turner	1983
Paul Sadler	1984
Beryl Skelton	1985
Kare Cossaboon-Holm	1987
Joe George	1987
Bill Quinlisk	1987

Dave Winn	1987
Dave Coyne	1988
Craig Holm	1988
Tim McAvinney	1988
Nedra Osborne	1988
Beth DeCiantis	1992
Bill Kehoe	1992
Nancy Oshier	1992
George Tillson	1992
Marsha Tillson	1992
Ben James	1993
Charlie McMullen	1993
Tom Rauscher	1993
Barbara Stewart	1993
Scott Bagley	1999
Jane Iaculli	1999
Tim McMullen	2000
Renee Rombaut	2000
Charlie Andrews	2001

Kim Batten	2001
Pete Pfitzinger	2001
Bill Hearne	2002
Carolyn Smith-Hanna	2002
Greg Brooks	2003
Kathy Brown	2003
Ric Perry	2003
Lois Hotchkiss	2004
Michael Reif	2004
Bob Dyjak	2005
Peter Glavin	2005
Carolyn Kriesen	2005
Bob Wood	2006
Charlie Sabatine	2006
Stacia Prey Barkstrom	2006
John Tuttle	2007
Dave Bischoff	2007
Dick Buerkle	2008
Belinda O'Brien	2008