FILE COPY

TRIPLE CITIES RUNNERS CLUB

MacArthur Field, Binghamton, NY August 21, 1983
WEATHER: Clear, 70 degrees 56 PARTICIPANTS
NEXT MEET: 3:00 PM, September 18, 1983
HELPERS: John Fricano, Peter Clancy, Doug Ferguson, Frank Holby, Jim Miner, Tom Cacace, Pat Maher, Shirley Wang

MILE (Expected times under 6:00)

1	Mark Smith	28	4:49	4	George Groome	43	5:20	7 Ted Reeve	49 5:32
2	Sean Curley	37	5:04	5	John Lucia	15	5:28	8 John Bates	59 5:48
3	John Fricano	30	5:11	6	Gerald Hemmelgarn	42	5:29		

MILE (Expected times over 6:00)

1	Michael Schuler	32	4:57	8	Kenn Sisson	32	6:01	15	Ron Slocum	40	6:57
2	Jim Castetter	16	5:20	9	George Wescott	36	6:06	16	Ken Florance	29	6:57
3	Jim Miner	34	5:45	10	Dave Lowdermilk	45	6:06	17	Andrew Malanchuk	67	7:02
4	Tom Cacace	26	5:48	11	Stephen Appel	32	6:13	18	Kimo Warren	38	7:22
5	Frank Seliga	42	5:51	12	Frank Holby	58	6:32	19	Christopher Warren	7	7:36
6	George Groome	43	5:55	13	Peter Clancy	23	6:39				
7	Duane Brown	47	5:55	14	Mary Grace	29	6:51				

440 YARDS (8 years and under)

1	Christopher Warren	7	1:32.8	3	April Sisson	7	1:52.7	5	Laura Warren	3	2:49.9
2	Danielle	7	1:39.7	4	Matthew Sisson	4	2:05.1				

OPEN 440 YARDS

1	Mark Smith	28	0:56.9	3	Irene Scone	15	1:13.6	5	Melissa Ferguson	13	1:30.2
2	Bob Micho	36	0:57.8	4	Jennifer Barker	13	1:29.5				

880 YARDS

1	Mike Centorani	24	2:09	4	Pamela Ferguson	15	2:40	7	Phil Russell	62	3:02
2	Bill McCarthy	29	2:26	5	Duane Brown	47	2:47				
3	John Lucia	15	2:26	6	Wes Rehbery	47	2:48				

100 YARD DASH - Heat 2

1	Irene Scone	15	0:14.9	3	Jennifer Barker	13	0:18.0	5	Christopher Warren	7	0:19.6
2	Melissa Ferguson	13	0:17.7	4	Danielle	7	0:19.3				

100 YARD DASH -- Heat 1

1	Tim Sullivan	27	0:12.4	2	Bob Micho	36	0:13.6	3	Chuck Pettus 0:14.6

220 YARD DASH

1	Kenneth McCants	18	0:26.3	3	Chuck Pettus		0:32.3		
2	Pamela Ferguson	15	0:31.1	4	Christopher Warren	7	0:43.1		

1.5 MILE TRACK RUN

1	Hans Meier	69	13:25

5 KILOMETER ROAD RACE (Chensus Course)

1	Michael Schuler	32	17:02	12	Chuck Marble	17	20:56	23	Stephen Appel	32	23:00
2	Anthony LoTempio	41	17:27	13	Ken Florance	29	21:01	24	Mary Grace	29	23:32
3	Jim Castetter	16	17:58	14	Bill McCarthy	29	21:04	25	Frank Seliga	42	23:33
4	Ted Reeve	49	18:52	15	George Wescott	36	21:21	26	Peter Clancy	23	24:15
5	Chris Kronk	15	19:13	16	Dave Lowdermilk	45	21:38	27	Andrew Malanchuk	67	24:21
6	George Groome	43	19:21	17	Colleen Chapman	18	21:42	28	Elise Harris	24	24:32
7	Gerald Hemmelgarn	42	19:27	18	Frank Stechel	32	21:46	29	Linda Warren	34	24:54
8	Albert Wang	14	19:36	19	Robert Centorani	14	21:52	30	Tina Jones	22	24:56
9	John Bates	59	19:58	20	Donna Russell	33	21:53	31	Bob Greaves	63	25:12
10	John Fricano	30	20:05	21	Duane Brown	47	22:17	32	Angie Smith	60	43:32
11	Sean Curley	37	20:29	22	Phil Russell	62	22:17				

AT SUNY NEXT MONTH?

We had hoped to be back at the SUNY track by this meet but the improvements there took longer than they figured. However, they assure us that we will be able to return for the September 18th meet at which we will return to our 3:00 PM time.

TRIATHALON THIS SATURDAY AT DORCHESTER PARK

The area's first individual triathalon will take place this Saturday at Dorchester Park near Whitney Point. Frank Holby is organizing this with help from the Triple Cities Runners Club and the Broome County Parks Department. He has everything about set but still needs some helpers for timing the different legs. If you can give a hand, call Frank at 798-0623.

The triathalon consists of a 0.75 mile swim, a 17.5 mile bike ride, and a 10 kilometer (6.21 miles) run. The Triathalon is generating a lot of interest. Come out to Dorchester Park (near Whitney Point) on Saturday, Aug. 27 at 9:00am if you want to see a unique event.

CONTRIBUTIONS:

$15.00 to $30.00: Duane Brown, Frank Stechel
$30.00 to $60.00: Fred Bostrom
Chuck Pettus felt so good after he finished the Vestal XX that he gave us a $100 bill. We applied $50.00 to the Bob Lukens camp and $50.00 for the TCRC. Thanks, Chuck.

TCRC LOTTERY

Art York has agreed to organize a lottery to raise money for a digital display clock. He'll be asking you to sell chances this fall. We'll keep you posted.

EMPIRE STATES GAMES

We know of only two TCRC members who participated in the Empire States Games but they both came back with medals. Pete Keyes took second place in the masters 10,000 meter run in 36:10 and Chuck Pettus got third in the 100 meters in 13.3 seconds.

TROMPTOWN RUN

Many TCRC runners have made the pilgrimage to the Tromptown Run a "must" on their calendar. The "run" is actually four races: a Run-For-Your-Life, a 5K, a 10K, and a half-marathon. Results in the 5K for area runners: (place in age-group is noted on results) Mohn Litzel 24:53 (15th, 11-14); Tony Farrand 19:53 (14th, 15-17); Bud Reyen 17:53 (1st, 35-39 with a new age-group record); Vern Carmon 22:12 (14th, 35-39); Tony Farrand 21:36 (1st, 45-49); Mary Lou Carter 21:02 (1st, 18-20 and overall woman winner and new course record). Results for 10K: Pat Maher 33:32 (1st, 25-29); Jim Vescio 36:16 (3rd, 35-39). Half-Marathon: Ivan Milensky 72:22 (overall winner); Brian Tolan 73:41 (2nd , 18-24); Rick Woidt 76:11 (1st, 25-29); Jim Minter 83:45 (3rd, 30-34); Rob Vieyra 80:56 (2nd, 40-44); Richard Litzel 100:04 (6th, 40-44); Dick VanGorder 92:13 (1st, 50-54); Heidi Sweet 96:42 (1st 30-34 and overall winner); Eleanor VanGorder 120:32 (1st, 50 & over).

TROY 10K CLASSIC

I don't know how a race can be a "classic" in three years but Steve Skinner has somehow pulled it off with this one. This race (in Troy, PA) draws 700 runners, has nice shirt for all finishers, a chicken barbeque, merchandise awards etc. There were a large number of red and white TCRC shirts and they walked off with a lot of hardware. Andre Burke was third for the women and Delores Dedek won her age group. Mike Timmons was third overall, one place behind Tom Carter, and Brian Tolan was a few places back. Jim Vescio, Bud Reyen, and Ben DiLorenzo contributed to a second place team finish for the TCRC. Pete Keyes won th 45-49 age-group (38:40) and Alan Jones was third (39:21). Robin Vieyra was third in the 40-45 age-group. Tony Fiorelli ran a good race but that 35-39 age-group is really tough. Others that I saw there: Mike Chreptak, Gerry Woods, Jerry Patton, Mary Lou Carter, Dick and Eleanor VanGorder (Eleanor won her age-group), Fred Kremenec, Joe Mee.

NEW TCRC MEMBERS:

Duane Brown, Endicott
Bob Micho, Syracuse
Melissa Ferguson, Greene
Jennifer Barker, Smithville
Laura Warren, Endwell
Christopher Warren, Endwell
Linda Warren, Endwell
Kimo Warren, Endwell
John Lucia, Endicott
Chuck Marble, Greene
Mark Smith, Vestal
Wes Rehberg, Glen Aubrey
Robert Centorani, Bing.
George Wescott, Pottersville
Tina Jones, Adirondack
Bill McCarthy, Syracuse
Irene Scone, Greene
Elise Harris, Binghamton
Peter Clancy, Endicott
Kenneth McCants, Bing.
Linda Tiffany, Richmond VA

A SOCIAL NOTE

Two TCRC Board members are to be wed in November: Terry Reich and Rick Woidt. We better check our by-laws to see if this is allowed.

WEDNESDAY NIGHT MEETS

A loyal group of runners show up at the SUNY track (MacArthur track until SUNY is ready) at 6:30 each Wednesday night. You are welcome to join them for the runs and for the socializing afterwards.

CHRONOMIX

The Chronomix Printing Timer has been reserved for the following dates:

07/23 Y-Athalon, Owego, Joe Mee
07/30 Teen Seminar Run, Ralph Fuller
08/18 Corporate Cup Challange, Mike Clare, YMCA
08/21 TCRC Monthly Meet, Alan Jones
08/27 Windsor Lions, Jack Ksionzyk
08/28 Peace Run, Michael Schuler
09/05 Health/Spirit Run 5K, 10K, 20K, Dave Cody, Binghamton Parks
09/18 TCRC Monthly Meet, Alan Jones
10/16 TCRC Monthly Meet, Alan Jones
11/20 TCRC Monthly Meet, Alan Jones

To reserve the Chronomix contact Alan Jones (754-2339) or John Fricano (748-4413). The cost is $25.00 for one day and must be paid on or before the day of the race.

For more information on the Club contact:

Alan Jones, 3717 Wildwood Drive, Endwell NY 13760
(607) 754-2339