

## TCRC News Archive

### [TCRC Photo Archive](#)

- **March 2018** - The Triple Cities Runners Club Annual Dinner was held on March 16 at Terra Cotta in Binghamton. The 2017 Grand Prix winners were recognized. Steve Esposito received the President's award in recognition of his outstanding career as a runner. Meghan Earle-Mitrus was named as the TCRC Member of the Year award for 2017. A complete list of Member of the Year recipients is [here](#). The history of the TCRC President's award is [here](#).
- **June 2017** - The TCRC awarded a total of \$8,000 in college scholarships to 9 outstanding high school seniors: Owen Brewer, Montrose HS; Zachary Mead, Montrose HS; Remy Farrell, Seton Catholic HS; Shayna Will, Seton Catholic HS; Shannon Daino; Maine-Endwell HS; Matthew Goyden, Maine Endwell HS; Kristin Daino, Maine-Endwell HS; Kaylee Stone, Windsor HS; Kimberly White, Marathon HS.
- **March 2017** - The Triple Cities Runners Club Annual Dinner was held at Terra Cotta in Binghamton. The 2016 Grand Prix winners were recognized. Mike Kent received the President's award for his remarkable running performance in 2016. Vince Fox was named as the TCRC Member of the Year award for 2016. A complete list of Member of the Year recipients is [here](#). The history of the TCRC President's award is [here](#).
- **June 2016** - Eric Maki and Chuck Hein have joined the Vestal XX 20-20 Club. The award recognizes runners who have completed at least 20 Vestal XXs. This accomplishment is recognized with the award of a custom-made, personalized ceramic mug. [Members of the Vestal XX 20-20 Club](#).
- **June 2016** - The TCRC awarded a total of \$10,000 in college scholarships to 11 outstanding high school seniors: Alex Zwierzynski, Maine Endwell HS; Alison VanDyke, Vestal HS; Dan Schaffer, Maine Endwell HS; Emily Cluck, Johnson City HS; Erin Rush, Maine Endwell HS; Julie Ferrante, Vestal HS; Lucas Sutton, Susquehanna Valley HS; Lydia Werner, North East Bradford HS; Maggie Pellelela, Binghamton HS; Marlee Shafer, Seton Catholic Central HS; Vincent Putrino, Binghamton HS.
- **March 2016** - The TCRC Annual Meeting was held on Tuesday, March 15th. Annual elections were held for open Board seats and for all officers. The following were elected or re-elected to three year terms on the Board of Directors: Sarah Yurka, Tom Ryan, Sue Cain, Mike Thompson, and Chris Simer. The new board elected officers for the next 12 months. The officers are: Chris Cowden, President; Harry Back, Vice President; Grace Tabeek, Secretary; Kevin Pasterchick, Treasurer. A complete list of Officer, Board, and Volunteer positions with contact information can be found [here](#).
- **March 2016** - The Triple Cities Runners Club Annual Dinner was held on March 3 at Terra Cotta in Binghamton. [2015 Grand Prix winners](#) were recognized. Ben Snodgrass received the President's award in recognition of his outstanding career as a runner. Harland ("Butch") Bigelow and Chris Cowden were named co-recipients of the TCRC Member of the Year award for 2015. A complete list of Member of the Year recipients is [here](#). The history of the TCRC President's award is [here](#).
- **September 2015** - At the TCRC Board Meeting on Tuesday, September 8, Meghan Mitrus and Michael Thompson were elected to the TCRC Board to fill seats vacated by Vince Kelly and Charles Wellman. Our thanks to Charles and Vince for their dedicated service to the TCRC. The board also approved the amended [TCRC By-Laws](#).

- **June 2015** - The TCRC awarded a total of \$9,000 in college scholarships. Individual awards were made to these outstanding high school seniors: Alexander Whitney, Susquehanna Valley High School; Caitlin Mizerak, Susquehanna Valley High School; Christa Denmon, Union Endicott High School; Jamie Farrell, Seton Catholic Central High School; Katie Nolan, Bainbridge Guilford High School; Krista Kiscak, Maine Endwell High School; Larissa Plaskon, Maine Endwell High School; Maddison Hutton, Maine Endwell High School; Richard Buchanan, Susquehanna Valley High School; and Sara Zuwiyya, Vestal High School.
- **April 2015** - The TCRC officially registered the Trademark of the [TCRC logo](#), as described in the [NYS Department of State Certificate of Trademark](#).
- **April 2015** - The Triple Cities Runners Club Annual Dinner was held on April 10 at Terra Cotta in Binghamton. [2014 Grand Prix winners](#) were recognized. Tom Carter received the President's award in recognition of his outstanding career as a runner and his service to the TCRC. Kristy Zuber was named as the TCRC Member of the Year for 2014. A complete list of Member of the Year recipients is [here](#)
- **March 2015** - The TCRC Annual Meeting was held on Tuesday, March 17th. Annual elections were held for open Board seats and all Officer positions. Emily Pizza-Taylor, Harry Back, and Aaron Perry were elected to three year terms on the Board. Chris Simser was elected to a one year term to fill the Board seat vacated by Tom Hamlin, who retired from the Board after many years of service. Board members with current seats not up for election remained: Dan Dougherty, Vince Kelley, Chris Cowden, Vince Fox, Matt Gawors, Sue Cain, Mike Murphy, Charles Wellman, and Joe Geronimo. All officers were re-elected: Chris Cowden, President; Mike Murphy, Vice President; Grace Tabeek, Secretary; Kevin Pasterchick, Treasurer. A complete list of Officer, Board, and Volunteer positions with contact information can be found [here](#).
- **June 2014** - The TCRC awarded \$1,000 college scholarships to six outstanding high school seniors: Kirsten Anderson, Union Endicott High School; Anthony Bowersox, Chenango Forks High School; Natalie Hawkes, Chenango Valley High School; Anthony Taylor and Brianna Carey, Maine Endwell High School; and Katie Markstein, Susquehanna Valley High School.
- **April 2014** - The TCRC is pleased to announce a Youth Track Club for youth from 7 to 18 years old, starting May 1. Participants will be coached by USATF certified coaches. Participation is open to all abilities. Contact: [Crystal Muse](#).
- **April 2014** - Thanks to [Charles Wellman](#) for the creating the new TCRC logo.
- **March 2014** - The Triple Cities Runners Club Annual Dinner was held on March 21 at the DoubleTree by Hilton Hotel Binghamton. [2013 Grand Prix winners](#) were recognized. Fred Joslyn received the President's award for contributions to running. Tom Carter received special thanks for 14 years of service as President of the TCRC. Diane Macko was named as the TCRC Member of the Year for 2013. Complete list of [Member of the Year](#) recipients...
- **March 2014** - The TCRC Annual Meeting was held on Tuesday, March 18th. Annual elections were held for Board members, Officer positions, and volunteer positions. There were six Board seats up for election: Dan Dougherty, Vince Kelley, Trish Horan and Chris Cowden were re-elected to their seats; Vince Fox and Matt Gawors were elected as new Board members. Board members with current seats not up for election remained: Harry Back, Sue Cain, Steve Esposito, Tom Hamlin, Emily Piza-Taylor, Mike Murphy and Greg Derick. Tom Carter stepped down as President, and Chris Cowden was elected as new President. Mike Murphy was re-elected as Vice President. Grace Tabeek was elected as Secretary. Kevin Pasterchick was re-elected as Treasurer. Board volunteer positions remained as: Newsletter Editor- Grace Tabeek, Membership Chairman- Suzanne Myette, Grand Prix Scorer- Greg Amend, Webmaster- George Groome. A complete list of Officer, Board, and Volunteer positions with contact information can be found [here](#). [Minutes of Annual Meeting and March Board Meeting](#).

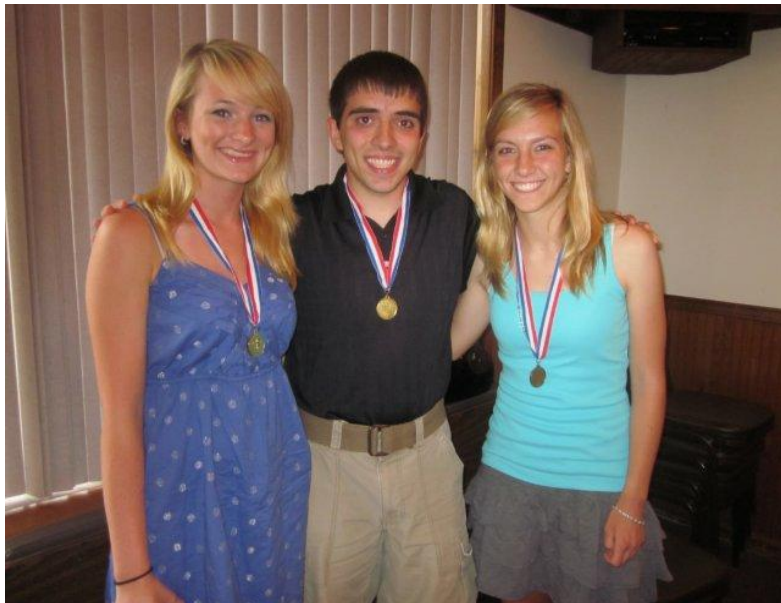
- **February 2014** - The board met on February 11. [Approved minutes from previous meetings](#) are posted.
- **February 2014** - [Final 2013 Grand Prix Results](#). Category winners: Open: Trish Horan and Mookey Kent; Masters: Suzanne Myette and Steve Camissa; Veterans: Kathleen Lantry and Gary Fancher; Youth: Lydia Werner and Jack Hillenbrand.
- **June 2013** - The TCRC awarded \$1,000 college scholarships to five outstanding high school seniors: Elizabeth Jewiss, Marathon High School; Abbie Bideaux, Binghamton High School; Colten Steinbrecher, Windsor High School; Jenna Cupp, Newark Valley High School; and Michael Kostek, Vestal High School.



**2013 Scholarship Winners**  
(Not pictured: Michael Kostek)

- **March 2013** - The 2013 annual meeting was held on Tuesday, March 12. A regular board meeting was held after the annual meeting. Two new board members were elected, and a new vice-president was elected.  
[Minutes of Annual Meeting and March Board Meeting](#).
- **March 2013** - The Triple Cities Runners Club Annual Dinner was held on March 1 at the Riverwalk Hotel in Binghamton. Mark and Kara Hendley were named as the TCRC Members of the Year for 2012.
- **January 2013** - The TCRC board met on Tuesday, January 8. [Approved minutes from previous meetings](#) are posted.
- **June 2012** - The TCRC awarded \$1,000 college scholarships to four outstanding high school seniors: Alicia Sutphin, Vestal High School; John Mooney, Norwich High School; Ian Tolan, Binghamton High School; and Corey Wasilnak, Maine-Endwell High School.
- **March 2012** - The Triple Cities Runners Club Annual Dinner was held on March 23 at the Riverwalk Hotel in Binghamton. Karen Fennie was named as the TCRC Member of the Year for 2011.
- **March 2012** - The 2012 annual meeting was held on Tuesday, March 20. A regular board meeting was held after the annual meeting. Two new board members were elected, and a new secretary was elected.  
[Minutes of Annual Meeting and March Board Meeting](#)
- **January 2012** - The TCRC board met on Tuesday, January 10.

- **October 2011** - The TCRC board met on Tuesday, October 11.
- **September 2011** - The TCRC board met on Tuesday, September 13.
- **July 2011** - The TCRC board met on Tuesday, July 19.
- **June 2011** - The TCRC awarded \$1,000 college scholarships to four outstanding high school seniors: Cal Michaels, Vestal High School; Chad Noelle, Greene High School; Sarah Krizan, Chenango Forks High School; and Sydney Williams, Susquehanna Valley High School.
- **June 2011** - The TCRC board met on Wednesday, June 15.
- **April 2011** - The TCRC board met on Tuesday, April 19.
- **April 2011** - The TCRC received a "thank you" note from Robb Munro and Chad Noelle. The TCRC contributed to Robb's travel fund so he could accompany Chad to the Foot Locker Cross Country National Championship in San Diego, where Chad finished tenth overall. Robb, a coach at Bainbridge-Guilford HS, volunteers to coach Chad in cross-country.
- **March 2011** - The Triple Cities Runners Club Annual Dinner was held on March 25 at the Riverwalk Hotel in Binghamton. Tom Carter presented the President's award to the Binghamton University Cross-Country team. Greg Amend was named as the TCRC Member of the Year for 2010.
- **March 2011** - The 2011 annual meeting was held on Tuesday, March 22. A regular board meeting was held after the annual meeting. Four new members of the board were selected. [Minutes of the 2011 Annual Meeting](#)  
[More information on the Annual Meeting...](#)
- **January 2011** - The TCRC board met on Tuesday, January 11.
- **November 2010** - The TCRC board met on November 9.
- **September 2010** - The TCRC board met on September 14.
- **July 2010** - The TCRC board met on Tuesday, July 13.
- **June 2010** - The TCRC awarded \$500 scholarships to four graduating high school student-runners: Emily Burchill - Seton Catholic Central High School; Trevor Bender - Union-Endicott High School; Andrea Prusik - Union-Endicott High School; and David Bates - Windsor High School.



**2010 Scholarship Winners**  
(Not pictured - David Bates)

- **May 2010** - The TCRC board met on Wednesday, May 12.
- **March 2010** - The Triple Cities Runners Club Annual Dinner was held on March 20, 2010 at the Regency Hotel in Binghamton. Tom Carter presented the President's award to Bob Backus, current Athletic Director and former track and xc coach at SUNY Delhi. Barbara Morrissey was named as the TCRC Member of the Year for 2009.
- **March 2010** - The 2010 annual meeting was held on Tuesday, March 16. The bi-monthly board meeting was held after the annual meeting. [More information on the Annual Meeting...](#)
- **January 2010** - The TCRC board met on January 12, 2010.
- **November 2009** - The TCRC board met on Tuesday, November 10 at the Relief Pitcher.
- **Sept. 2009** - The TCRC board met on September 16.
- **July 2009** - The TCRC board met on Tuesday, July 7.
- **June 2009** - The TCRC awarded \$500 scholarships to four graduating high school student-runners: Jessica Spellane, Vestal High School; Megan Jacoby, Maine - Endwell High School; Steven Spittler, Norwich High School; and Jeffrey Martinez, Johnson City High School.





**2009 Scholarship Winners**

- **May 2009** - The TCRC board met on Tuesday, May 12.
- **March 2009** - Vince Kelley was named as the TCRC Member of the Year for 2008.
- **March 2009** - The Triple Cities Runners Club Annual Dinner was held on March 21, 2009 at the Regency Hotel in Binghamton.
- **03-17-09** - The 2009 annual meeting was held on Tuesday, March 17. The bi-monthly board meeting was held after the annual meeting. [More information on the Annual Meeting...](#)
- **02-13-09** - The [final Grand Prix results](#) for 2008 are posted. Congratulations to Janine Fitzgerald and Max Straneva, our overall winners, and to the other winners and participants.
- **01-06-09** - The TCRC board met on Tuesday, January 6.
- **11-11-08** - The TCRC board met on Tuesday, November 11 at Brothers 2.
- **09-09-08** - The TCRC board met on Tuesday, September 9 at Brothers 2.
- **07-08-08** - The TCRC board met on Tuesday, July 8.
- **June 2008** - The TCRC awarded \$500 scholarships to four graduating high school student-runners: Kati Holowacz, Bainbridge - Guilford High School, to attend SUNY at Buffalo; Megan Cordi, Maine - Endwell High School, to attend Bryant University; Danielle Brenon, Maine - Endwell High School, to attend Houghton College; and Stephen Gaug, Vestal High School, to attend Broome Community College.
- **05-14-2008** - Alan Jones gave a training session for his RunScore software.
- **05-06-08** - The TCRC board met on Tuesday, May 6.
- **04-20-08** - Adopt a Highway Trash Pickup. [More information on Adopt a Highway....](#)
- **03-18-08** - The 2008 annual meeting was held on March 18. [More information...](#)

- **March 2008** - The Triple Cities Runners Club Annual Dinner was held on March 15, 2008 at Grande's in Binghamton.
- **02-22-08** - [Happy 50th Birthday to the RRCA](#). On February 22, 1958, the Road Runners Club of America was born.
- **02-05-08** - The TCRC board met on Tuesday, February 5.
- **February 2008** - The [final Grand Prix results](#) for 2007 are posted. Congratulations to Max Straneva and Annette Acuff, our overall winners, and to the other winners and participants. For more information, see [Grand Prix Standings](#).
- **01-11-08** - The annual TCRC volunteer appreciation party will be held on Friday, January 11th at the Relief Pitcher at 7 PM. Pizza, wings, beer and wine will be on the TCRC for our valued volunteers and their spouse, date, or other guest.
- **10-14-07** - Adopt a Highway Trash Pickup - Fourteen TCRC stalwarts turned out on Sunday, October 14 to clean a stretch of Route 26 in Vestal. Thanks to all who came out. [More information on Adopt a Highway....](#)
- **June 2007** - The TCRC awarded \$500 scholarships to G.J. Gerner, Vestal High School; Michael Doane, Marathon High School; Ashley Horton, Candor High School; and Kelly Billingere, Harpursville High School.
- **03-20-07** - The 2007 annual meeting was on Tuesday, March 20 at 7 PM at Brothers 2 in Endwell.
- **March 2007** - The Triple Cities Runners Club Annual Dinner was held on March 10, 2007 at the Binghamton Club, Front Street, Binghamton. Our guest speaker and President's award recipient was Suzanne Girard Eberle, a graduate of Maine-Endwell High School and an accomplished runner at the national level.
- **June 2006** - The TCRC awarded \$500 scholarships to Chris Gaube, Vestal HS; James Woidt, Binghamton HS; Colleen Spring, Seton Catholic HS; and Amy Williams, Windsor HS. More details are in the [minutes of the June TCRC meeting](#).