

Finger Lakes Runners Club Newsletter ~ October 2005



Trail Running Stoneheads, Road Running Pavement Pounders, and Track Smacking Maniacs

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**Picture yourself running here—
and tell us your story.**

Running a fall marathon? Write a race report and share your pleasure and pain (and digital pictures)—and boasting and bellyaching—with your FLRC family. Submit items to Nancy Kleinrock at nk33@cornell.edu.

Coming Up

Oct 2: 24th annual Wineglass Marathon & Relay, Corning, 9 am.
Oct 2: Syracuse Festival of Races 5K, Manley FH, SU, 9 am.
Oct 2: Habi-Dash 5K, Stewart Park, Ithaca, 11 am. Benefits Habitat for Humanity.
Oct 8–17; 22–24: Friends of the Library Book Sale, 509 Esty St, Ithaca.
Oct 9: Danby Down 'n' Dirty 10K & 20K Trail Runs, Danby State Forest, 9 am.
Oct 9: Alpaca 5K, Indian Chimney Farm, Lansing, 9 am. Benefits IUTC.
Oct 15: Zeppy's 5K, Cornell Vet School, 9 am. Benefits animal medical care.
Oct 23: St. James 5K, St. James Church, Johnson City, 2 pm.
Oct 29: Upstate NY XC Series Race #4: Watkins Glen State Park, 5K, 11 am.
Nov 6: 25th annual Red Baron Half Marathon, Corning CC, 1 pm.
Nov 6: New York City Marathon. Check local TV listings.

Quote of the Month:

"Right after I did that race, I heard Dean was on the cover of *Runner's World*. It's a coincidence that he's getting all this publicity for wanting to do 300 miles when I had just done it. Maybe it doesn't count in their eyes because I took a one-hour nap. That's okay with me. To each his own."—John Geesler, Oct 2005 *Outside Magazine*

[Ed. note: In the *Outside* article "Desperate Housewife Stalks Male Supermodel in Sports Death March," about ultra-runners Pam Reed and Dean Karnazes, both of whom are seeking Hollywood-type publicity for their ultra-running wars, both were trying to outdo each other by attempting, among many other things, to be the first/fastest to run 300 miles nonstop. Geesler has actually done it, recording 300 miles in 69 hours on a track—with no publicity (and the humble, low-key Geesler, who comes to our trail runs and is an accomplished ultra runner who has made US teams bound for international events, would seek none)]

Tom Hartshorne at World Masters Championships—Diane Sherrer

On Tom Hartshorne's way to the World Masters Athletics Championships, pick-up hockey games broke out—on purpose.

The Ithaca native admits that playing hockey to prepare to race the 800 and 1500 meters against the best age-group runners on the planet is a bizarre idea. But it seems to have been a very effective tool to build speed and endurance off the ice.

"I'm a triathlete of sorts in regards to my cross training," said Hartshorne, a father of two. "I used to do rollerblading, running, and biking, sometimes swimming or soccer. To prepare for the world championships, each week I played pick-up hockey twice, ran 15 miles on grass, did one track speed workout, and biked 30 minutes down to Ithaca High School and back uphill (to Cayuga Heights). I also didn't race at all, but soloed an 800-meter time trial in 2:18."

The World Masters Athletics Championships were held Aug 22–Sep 3 in San Sebastian, Spain. Held once every two years in cities around the globe, world-class masters runners compete in five-year age groups in events ranging from track and field and

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cross country to the 5000 and 10,000 meters and the marathon.

The 51-year-old Hartshorne placed 15th in the world among men ages 50–54 in the 800 meters, posting a time of 2:09.76. Hartshorne's semifinal heat turned out to be faster than the actual finals for both the men's 45–49, and 50–54 age groups. (A note to high school boys: the gold medalist M50 won in 2:03.8)

In the 1500 meters, Hartshorne placed 23rd among men in his age group, clocking a 4:37.48. That time equates roughly to a 4:57 mile.

"My goals for this year were to break 2:10 for the 800, and 4:30 for the 1500," Hartshorne said. "I achieved one, but not the other. But my 800 time was an age-group personal record for me, and the last time I ran a sub-2:10 was four years ago. I was able to turn back the clock in time for a brief moment."

You might say Hartshorne also is gifted with good genes. His late father Jim, who created the Finger Lakes Runners Club and was a pioneer in the US masters running movement, was the first national masters outdoor mile champion (1968), and in 1969 set an American masters outdoor mile record (4:41.1). Expectations for excellence prevailed through the next generation.

Hartshorne, who used to compete in masters track for the Central Park Track Club, has participated in three World Masters Championships: Buffalo, a decade ago, London, and now Spain.

"This particular championship was personal to me, because I traveled in Spain in 1974–1975, and I had a great interest in seeing Spain post-Franco," he said. "By train or on foot, it's more fun to be there now. It was fantastic."

Also fantastic were the athletes Hartshorne lined up with on the track in the San Sebastian stadium.

"I was astonished! I was running against men in their 50s who looked like marathoners," said Hartshorne, 5'10", 153 pounds, with 12 percent body fat. "These men were about 5'10" to 6'1", and 8 percent body fat—lean, lean, lean. And the races were very tactical. If you lacked confidence, you might lead early on. A big mistake because these guys would just sit and kick."

Hartshorne went through the first lap of the 800 in 63 seconds, and the final lap in 66. The leaders hit the first lap split in 59 seconds.

"These guys broke me," Hartshorne said. "It was so fast, you couldn't use tactics. You have to be in the hunt to be in the first three positions. In the 800, you get out and get comfortable on the first lap. Then, you have more of a selection of what to do next: kick at 300 meters to go, or wait until 100 meters. A strength runner will go with 300 meters left, and that's the best for me."

"If luck smiles on me, maybe in four to five years, I can be in that lead pack."

To fulfill that goal, Hartshorne says he'll have to up his mileage to match the 40–80 miles a week the medalists train and continue to cross train with sticks and pucks.

"(The experience at worlds) was exhilarating!" Hartshorne

said. "Maybe one out of 10 times you can feel what you had years ago. Why do people run? Health aspects for sure. But there's also the feeling you can turn the clock back, and say to your body, 'Let's go,' and you can accelerate—and go."

"My father was into fitness and exercise, and getting people out running," Hartshorne said. "But for himself, he sought a competitive performance edge. We all have an urge to beat and seek the feelings we had years ago (as athletes). We are each our own ultimate competitor."

2005 Hartshorne Memorial Volunteer Awards

Congratulations to FLRC's worker-bees Karen Grover and Dave Jones who have been chosen as the co-recipients of the 2005 Hartshorne Memorial Volunteers of the Year Award winners.

Karen and Dave were informed at the Ithaca 5 & 10, where Lorrie Tily and I found them—yes, working! Each will receive a T-shirt quilt, or may opt for the monetary value of the quilt, and, instead, take a modest trip or do something special.

We will highlight Karen's and Dave's achievements in the November and December issues, where we'll get to know them even better.

News to Use—D.S.

Running Books Galore!

The Fall 2005 Friends of the Library Book Sale, one of the three largest (used) book sales in the country, will be held Oct 8–17, and 22–24 at 509 Esty St, Ithaca.

Books, paperbacks, textbooks, records, puzzles, software, CDs, and children's literature—and so much more, decrease in price every day, until on the final day, \$1 buys a plastic grocery bag full of treasures.

Go to www.booksale.org, e-mail info@booksale.org or call 272-2223 to get all the details, including hours open to the public.

If you enjoy all kinds of books in general, or are looking to add to your running and training books collection, you'll find all kinds of amazing discoveries. Guaranteed finds: Jim Fixx, George Sheehan, and Kenneth Cooper by the dozens. Hint: check out sports, hobbies, physiology, health, children's books, and physical education categories. (Last year, I found a vintage book containing articles written by Jim Hartshorne.)

Happy hunting! (Watch out Jim Miner, I'm gonna beat ya to the stacks.)

Help the Animals!

The fifth annual Zeppy's 5K is set for Saturday, Oct 15, at 9 am, at the Cornell College of Veterinary Medicine.

All proceeds benefit the Zeppy Memorial Fund, which provides vet care to needy and abandoned animals in five counties.

You need look no further than the desperate plight of all the Hurricane Katrina pets, who were abandoned and left to fend for themselves in dire circumstances to see what happens to animals who need help. In fact, Cornell

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vets did travel to the Gulf Coast to assist in the animal recovery and care.

At Zeppy's, you find cute shirts, dog biscuits in the goody bags, super raffle prizes, adorable medals, nice snacks, and cash prizes to the top three men and women in the 5K road race. The course travels through the very hilly, but pretty and lush-with-autumnal-color Cornell Plantations.

A limited number of applications are in distribution, but go to www.zeppyrun.com to download an application.

Entry fees are \$15 pre-race, and \$20 race day. Registration will take place inside the Vet School, with ample nearby parking for all runners.

VCR/DVD Ironman Alert

The Ford Ironman Triathlon World Championship from Hawaii will be tape-delayed telecast beginning at 4:30 pm (to 6 pm), Saturday, Nov 12 on NBC. Check local TV listings for correct channels.

Also, check for a tape-delayed broadcast Nov 6 of the NYC Marathon by NBC. It's usually one hour, and same-day broadcast later in the afternoon.

Good times on the front lines, or the joys of helping at the 5&10—Laura Voorhees

We had such a good time serving at the water station. I love shouting encouraging things to runners as they come by. I've *wanted* to serve at a race for a while, but it seems that for so many races, our family is busy or out of town. The kids had a good time too, and we'd all like to do it again. The "call for help" on the listserv worked for us!

One funny thing happened at our water station—no, two:

(1) Early on, this somewhat elderly lady named "Lee" came by (going on her morning walk, wearing headphones) and she asked what was going on. We told her that it was a race, and that we were handing out water to the runners. She said, "Oh! That's wonderful! Why, I should *help!*"

And she did: I showed her how to hold the cup away from you (so you don't get entirely drenched). She helped us with the first wave of the 5-milers. What a hoot!

(2) One bare chested (male!) runner instructed as he approached us, "Throw it on me!" What? "Throw it on me! Go ahead! Do it!" So I did—I took both cups of water, and he got a ker-splash! Don't think I had ever seen *that* at a water stop!

We look forward to helping somewhere again. It was fun.

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Thom B Report: Better Late than Never—Bob Nugent

At the Finger Lakes Thom Bugliosi Trail run Sunday, May 8. A 13K-ish and 26K (no thanks).

It was an interesting crowd; split halfway between people quietly screaming "notice me," and those who were simply crazy, talking to themselves, talking to the trees, to each other, but not making any eye contact.

I knew it was different type of thing when the directions to the race read, "After the blinking red light, take a right turn at the fork in the road, go a few miles, there will be another

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fork..."—apparently they don't really name roads out in the country.

A fun twist: the parking lot was about a half-mile mountain hike away from the registration/start. I was already tired. My appearance was greeted with the expected, "We'll show this track guy what it takes to be a mountain man."

Apparently, nobody actually warms up for a mountain/trail race, as all the way up to the start, the entrants either stood idly by, or chose to sit in the wet grass.

The only award was given out at the starting line when the director recognized a guy for actually paying the extra \$5 for mailing his entry after the deadline.

I was confident at the start that my charging some long hills during the week had prepped me for the task. I had, after all, set a record up a local hill (3:20) and was confident. The first climb commenced right at the start and after 8 minutes of grind, we crested something of a ridge.

Damn those Coronas last night; damn them all to hell.

I was keeping an eye on Tim Ingall, a master's mountain legend who has won something like 50 straight masters divisions mountain/trail races, and he was out hard.

After the big climb, think Van Cortlandt Park back hill loop old school circa 1975–1982, untended trails with wicked roots, sharp rocks, and stray overhanging branches for eight miles of up and down.

This was going pretty fast, and we had a really long way to go, but if I lost him on this section, I was screwed. I think he knew he had to get out on me, and he probably ran faster than he wanted to, but I was willing to put the hurt on, and he was running on pride.

I pulled even with him probably just before two miles, and we talked a bit in between hyperventilations. "Go get 'em, good luck, the last mile and a half is downhill," he told me. Okay, I guess I go from the hunter to the hunted. *Big mistake.*

I took off after the next group (all young open guys, 23–30, who train on these trails), and for the next 35 minutes I ran as freaking hard as I could. I was at 190 bpm and hyperventilating on the uphill, and trying to tear down the downhills. Of course as you know, I am neither a good uphill or downhill runner, and there were only about 300 meters of flats in the entire course.

For 35 minutes I made pacts with myself; "Just make it to 25 minutes, just make it to 30 minutes, just run a little faster for a minute," all the time looking back to see if "Ingall the Hunter" and his yellow singlet was closing in.

Oddly, I was running about as hard as I could, but the guy a place (50 yards) ahead of me looked to be just jogging. It slowly dawned on me that I may have been running nearly all out, but I was pretty much jogging too. This must be mountain racing.

Scary section at about 40 minutes, the trail deteriorated to just roots and steep side slope. I somehow lost sight of the guys ahead, and *bam* just like that I was to-

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tally off trail and lost.

I panicked and yelled, "Hey where are you guys!" No response. Again, "Hey where did you go?" Wind in trees. As if anyone was going to help me at all. Thought for a moment about waiting for "Ingall the Hyena," who, I knew, was not too far back. But, no, I just started sprinting towards one direction, a direction that was my read of the line of the trail. Within 30 seconds I was back on the trail and running for my life.

"Ingall the Smart" mentioned the last mile and a half being downhill, but I was still grinding away, tripping more often now, both feet cramping, and my hammys were tighter than an E string on a guitar.

My neck was my sorest body part from looking back, because "Ingall the Vulture" was somewhere back behind me, lurking. I spent as much time in the last mile turning to look for that yellow vest of his than I did looking forward and running.

A glance at my watch, 50 minutes, we must be coming into the finish soon, it has to be close, just one harder minute, and I have to be there.

At 52 minutes I looked back, pretty confident that I was home free, that I would survive and get to go home and tell a good story and drink beer in the sun by the pool the rest of the day, when it happened: I saw the yellow vest, and it was "Ingall the Magnificent" sweeping out of the trees and down the trail like a bloody English hawk, in full flight with one thing on his mind, run the track guy off his feet in the last quarter mile.

I ran down the last hill faster than I have ever run down a hill in my life, skimming the trail now, sprinting for home. Over a fallen log, around two tight bends, and up a huge gravel berm, cannot look back, have to get there. I take the road in one step and I'm into the field, into the sunlight and 40 yards from the line, finish this damn thing, get there, then you can die quietly in the woods.

53:31, master's course record by 29 seconds, eight seconds ahead of the Great Tim Ingall.

This morning, I am not walking very well.

Sister Marion and me at Pikes Peak—Cathy Triosi

Arrived Manitou Springs last Wednesday. The first person I saw was Sister Marion (editor's note: Sister Marion Irving is a famous running nun, dating back to the mid-1970s when she held many age-group records and qualified for the US Olympic marathon trials. She was one of the oldest, if not *the* oldest woman to do so then. She's from the SF Bay area), there to do Saturday's Pikes Peak Ascent, going for a 75–79 age-group win, guaranteed since she was the only one registered in that age group. Apparently, despite her background, she has minimal connections with weather gods. At her 7:30 am start, summit temperature was a balmy 40°F, but a storm was expected midmorning. It arrived on schedule with thunder, lightning, and three successive hailstorms with progressively larger hail; quoting *Marathon and Beyond's* Jan Seeley, "from tapioca size to pea size to marble size." According to the following day's newspaper account, echos of "ow, ow, ow, ow" could be heard along the course. Before the storm subsided, six inches of hail had pelted and bruised hundreds of runners still en

route to 14,110' and combined with snow, the course was closed at A-Frame, 10.2 miles into the course. Two hundred plus runners were turned back down the mountain. Those 600+ runners 'lucky' enough to make the top were stranded for four hours waiting for snow plows to clear the road so race vehicles could return runners to Manitou Springs. Sister Marion made it to A-Frame, but was not allowed to continue. She was told she had three options: hike back down (which the volunteer told her would take the rest of the day), ride down on horseback to Barr Camp at 7.6 miles and over to the Cog Railroad to take it back down, or be carried (and bounced around) on a litter. She opted for the horse. Let's just say she'll have great stories at Jeff's (Galloway) camp next summer!!!

Pikes Peak marathon was Sunday. The weather was predicted to be better than Saturday's Ascent. Cool start, but the immediate steep climb to the trailhead at 1.65 miles already had me tossing my throw-away T-shirt. My goal was to make the successive cut-offs. Strictly a "move forward" as it's too steep to do anything else. The first cut-off at Barr Camp, 7.6 miles: 27 minutes to spare. The second cut-off at A-Frame, 10.2 miles, only by six minutes. I'm convinced Sister Marion jinxed me as I recalled her story about her previous ascents and her thought that the miles from Barr Camp to A-Frame were the most difficult. Now with first-sole knowledge of those first 7.6 miles, I was hard-pressed to envision what was ahead. In those miles, I'd been thinking—but choosing not to dwell on it—that I'd not been taking in adequate calories for this task. I was making a conscious effort to stay fully hydrated to ward off altitude issues. I hoped that would offset the single bite of Clif Bar, the two grapes per aid station, and the two jelly beans. I'd taken an Endurolyte capsule every hour, and by the fifth capsule, which coincided with A-Frame and 12,000' I could no longer swallow anything nonliquid. I knew that was the beginning of the end. I had no obvious altitude problems (dizziness, headache, nausea), but my system just seemed to shut down in degrees, and by A-Frame it was a done deal.

My now revised plan was to make the next aid station at Cirque, at 11.9 of the 13.32 miles to the summit or 6:30:00 on the clock (the cut-off time at the top to turn around and head back down) and turn myself around. My preference was to make the next aid station and have them officially tell me to turn around and go back down. When I arrived at Cirque (29 seconds from the cut-off time at the top!), I told the volunteers I obviously wasn't going to make the top in 29 seconds, and would hike back down. Not to be. Very nice volunteer lady told me I had to go to the top. And very nice race participant said, "I've seen the Pike's Peak marathon video. There's no way I'm going to the top by myself." Note: Apparently I was the last person allowed to go up from A-Frame. Nice volunteer lady told me someone would go with me. I told her I didn't want a race volunteer to accompany me, since I was going to be way past the official cut-off time. She assured me it

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wouldn't be a race volunteer but a Search and Rescue volunteer who is on the mountain daily to assist hikers (other than slower than slow marathon participants as myself) as needed. That was agreeable. I then duly informed very nice volunteer lady that I would not be going down the mountain in the manner as Sister Marion. The SAR volunteers were sweeping the course, literally cleaning up the aid station areas, and I was handed off to three different SAR personnel. Each questioned me extensively to determine how lucid I was and I passed the test three times. We survived the hail and snow and the rock climbing section. We paused to enjoy the magnificent scenery, and to offer a prayer for the runner who was taken off the mountain via helicopter (with a running resume of 49 marathons, and four previous ascents, at age 59, he is the race's second fatality in its 50-year history). As cautious as we were, we slipped (but didn't fall) on the snow, ice, slush, mud from the previous day's storm and finally made it to the top in 7:47:57. I was glad the volunteers at Cirque 'made' me go to the top. It was an experience. Not exactly how I had planned the day to finish—with a 'did not finish,' my first ever DNF in 168 marathons and ultras. At the top, the medic came out from the building to check on me and determined I was fine. And I was, until we took that step into the building. Immediately, I had every symptom of altitude sickness the second I entered that warm building: dizziness, nausea, intense headache. My pulse was racing, and it was determined my oxygen level was less than half what it should be. My only transportation down the mountain would be the SAR van, but I had to wait for them to finish sweeping the course. The longer I was there, the worse I felt. Not quite an hour later, the sweep was done and we were going down the mountain. By that time, I was grateful I hadn't had much caloric intake as I really didn't want to mess the interior of the van. Although the scenery was quite beautiful, the continuous switchbacks down the mountain were playing havoc on my head and stomach. The only way to survive the trip was to go to sleep. I awoke at the race tent. I reported my DNF, and went into the tent to wait for my friend. I still wasn't feeling great, and, since the cots were empty, I asked if I could lay down. When I did, I felt like road-kill and all the (medical) vultures descended. Pulse, blood pressure (148/96—wonder what it was atop the mountain!), and before I knew it, they were giving me oxygen. Another first, not just in a race but in my lifetime. I saw my friend come in and shortly afterwards, they agreed my vitals were calming down enough and I could leave. Fortunately, my hotel was directly across the street and I was grateful for the proximity. A shower and pizza, and I was as good as new.

Very early that day, as we made the first turn up Ruxton Street to the trailhead, we passed a small church, Our Lady of Perpetual Help. Going by, I offered a small prayer that the day would be safe and successful. I was safe; I came down alive, all limbs intact, no bruises, and no falls. The day was successful, if only through the back door: see above 'safe.' Also, it was successful in that I made it to the top, I enjoyed the mountains (even that one). It was successful in that I did not have to come down that mountain on foot. The section above A-Frame,

tree line, is beyond trail to rock. Serious rock for a hard core road runner as myself. I don't mind testing my limits, but I also know my limits.

Those of you who shared last month's Tahoe Rim Trail 50K with me know and agreed that we would never do that course again. I don't feel that way about Pikes Peak, although I feel comfortable saying that if the Peak is again in my future, I'm content with only doing the Ascent. Unless I take a rock-climbing course.

Thanks for all your good thoughts and vibes for this (ad)venture.

Monster Wrap-Up—Becky Harman

Thank you to everyone who showed up for the Virgil Monster Marathon and Half Marathon on September 4. I had a fabulous time hanging around at Jeremiah's visiting with you all and watching some fast, strong running. I thought that the day was a "success." Here are a few of things that made it fun for me:

1. Waking up at 5:30 am in a dark tent with a hangover and guessing from the looks of things that June, Lorrie, and Don were all in the same situation.
2. Seeing the start/finish tent get put up in record time, before 6:00 am.
3. Having close to 50 people show up to register on race day.
4. Having enough volunteers to register 50 people on race day.
5. Checking out Chris Reynolds' elaborate prerace routine.
6. Watching the ever hard-working and loyal Ithaca Triathletes show up for their long aid station shifts.
7. Knowing that Charlie still eats five Arby's roast beef sandwiches (for \$5) before the run.
8. 8:00 and 9:00, 8:00 and 9:00, 8:01 and 20 seconds and 9:00...
9. Proving to Java Joe that small T-shirts will sell.
10. Learning from Joe that 100 T-shirts will *not* sell, even if some of them are small.
11. Watching Chris Reynolds' midrace routine.
12. Counting over 12 runners who came back from the turnaround saying, "...then I talked to Bob Talda for 10 minutes."
13. Getting a hug from Sue Aigen.
14. Talking to people who want to be involved in the all-night run.
15. Watching Nancy Kleinrock come barreling into the finish at the end of her marathon.
16. Seeing two other strong women finish not far behind Nancy.
17. Spitting watermelon seeds.
18. Discovering (thanks to Jeff Juran) that a watermelon vine complete with fruit had sprouted up near the finish line as a result of last year's seed spitting.
19. Watching Lorrie and Don's grandson toddling around, and remembering that he was born two years ago on Monster Day.
20. Listening to the "victory speech" given by the final

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Nancy Kleinrock, Laura Bleakley, and Eva Pastalkova

marathoner to cross the finish line.

21. Knowing that even if the final marathoner had needed two weeks to finish the course, June would have hung around to cheer him in and then helped me clean everything up.

Thanks to all for a good day!

Off Trail on an Alp—Nancy Kleinrock

Missing the Ithaca 5&10, whether racing or helping, could only mean one thing for me—I was out of town, this time in quite a fine location: the Swiss Alps (a village called Kandersteg, en route to a conference in Geneva, which included an *amazing* tour of CERN).

While in the mountains, I had good but wet times. It rained off and on during the first two of my two-and-a-half days there, as well as throughout the nights, but I was in a very good little tent that kept me and my things dry.

The first day featured a long marathon pace workout back and forth along the walking paths that skirted the town, stretching from chairlift to chairlift to chairlift, earning me a whole host of odd looks—few of them friendly smiles—and with the rain leaving me soaked and chilled for the final 8 miles or thereabouts. Recognizing that the second day was to be a recovery from the prior workout, and considering that I still couldn't see the mountains around me due to the fog and clouds and lingering misty rain, I went on a hike to higher elevations hoping to outclimb the clouds, but to no avail. I ran



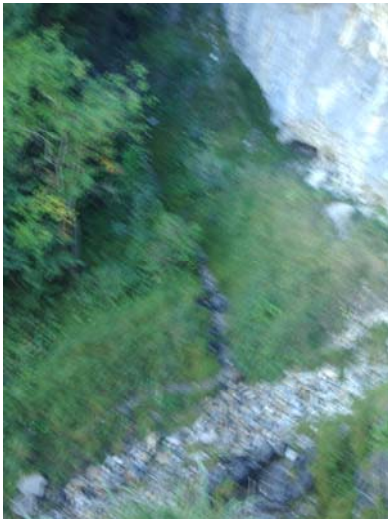
only small sections of this largely-above-treeline trek that went to, along, and then above a gorgeous turquoise lake (Oeschinensee) before descending on a rugged trail under the chairlift (which I eschewed in either direction), through some woods, and down through a stretch of cow/sheep pasture. (The livestock in Switzerland are adorned, respectively, with cowbells and sheepbells, and these provided a musical backdrop, both on the trails and in the tent.) It was a beautiful hike and would have been even more so if only I had been better able to see what was around me. I had thought to ascend higher, but even though I have done lots of solo hiking and running in unfamiliar locales I found it a little eerie to be all alone on the mountainside in the mist and fog, so I headed down after reaching the third middle-of-nowhere mountainside restaurant.



On my final morning in Kandersteg, the sun finally came out—and it was stunning. The village was essentially completely ringed by enormous, jagged, ancient-looking peaks, and I could only imagine what the view from above the lake might have been in those climatic conditions. But (1) not wanting to repeat what I had done the day before, (2) not having the time, and (3) wanting to run, not hike, I set off on a loop trail across a hump on the hillside known as Biberg, or so the map indicated. I dutifully took a copy of the map with me, along with my camera and ID, and set off on a happy run. No problem until after about half an hour when I took a left where the real trail went right and I found myself meandering in the deep woods on an increasingly narrow path that traversed the very steep hill (mountain)side. When the trail finally came to a definitive standstill, looking at the map I figured (incorrectly, it turns out) that I just needed to get above the next bluff to get properly back on track. After trying and failing to ascend

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two different—and equally unconvincing and forbidding—routes, I tried to re-find the path that had taken me out to those never-reaches. Finding it quite tenacious in its propensity for deception, I lowered myself without toeholds by grasping tufts of long wet grass and a few sparse tree roots until I found a washout of rock, hoping to see the trail from there. But no. First I guessed I was too low, and then decided I must be too high, and finally found that I was just right. That's right, I eventually did find the trail, heaved a big sigh of relief, and headed back the way I came, somewhat dejectedly.



You'd think by now that I'd be better at keeping my eye on the damn blazes! And perhaps it would have benefited some Triennial participants had I posted this account to the listserv as a route-finding warning. Anyway, just after beginning to descend the main trail once again, I came upon a couple who said I needed to go *right* across the waterfall, instead of turning left next to it. (The photo here shows the *non-trail*—still looks like a real trail to me!) So back up the hill I trotted, crossed by the waterfall, pulled myself up the slippery stepping stones using the guidewire, and was soon delightfully jogging along a beautiful mountainside trail that really was a trail, with blazes, occasional benches, and everything—even an end, which landed me back on one of the village roads. Whew. The "detour" took about an hour, and a pretty hairy hour at that—I kept telling myself that there would be people (at the conference, as well as back at home) who would be disappointed if I ended up in a broken heap somewhere tumbled down the mountainside (i.e., doing a Grover, only more so), so I think I did a pretty good job keeping my wits about me. The total adventure took two and a half hours and likely covered something like 10 miles altogether. In the meantime, the tent dried off nearly completely, enabling me to make swift work of packing up camp and catching the train back to Geneva and the work that awaited me.

Triennial IX—attributions as noted; "Official" words have been stripped from the Atrocious website, <http://home.hetnet.nl/~fatcat/tri2005.htm>. (In the spirit of the Triennial, the editors have modified the text, rarely noting where, when, or why.)

The Official Word(s)—David "Truck" Rossiter (see also page 20 for more from Truck)

North Mountain Clansmen and Atrocious are Champions!

Do not believe disinformation on other so-called Triennial sites! (*hint*: see (or blacklist) the "true results" on the FLRC home page, and see *The Unofficial Word(s)*, below, circuitously submitted by Adam Engst)

This is the one true official and authorized site and not some random "TidBit"

Triennial IX was successfully run on Saturday 24-Sep-2005. Conditions were perfect: temperatures about 6°C at the start, rising to 21°C during the day, gorgeous blue sky, relative humidity of about 50% at the start, falling to 25% during the day. The trail and most creek crossings were bone dry following an exceptionally hot and dry summer, making for fast times. Foliage was abundant; this and the bright sun made it imperative to pay close attention to the well-marked trail.

Results

The preliminary version of the complete results appear in the Results section (pages 18–20). Some times are missing and some names are misspelled. Please assault Truck Rossiter (rossiter@hetnet.nl) with any corrections.

Raw scores (team name, points, team captain)

1. North Mountain Clansmen **25** (Alan Evans)
2. Mad Dogs w/o Englishman HNAC **32** (Adam Engst)
3. Flying Stumbleheads HNAC **39** (Tim Ingall)
4. Screaming Cheetah Wheelies **41** (Earl Steinbrecher)
5. **Atrocious AC 42** (D Truck)
6. Blue Boys **45** (Ron Knewstub)
6. *Lightning Strikes 45* (Lorrie Tily)
6. High Finger Bestial Mudderflopers **45** (Joe Dabes)
9. *Mighty Isis 58* (Tessa Bauer + Isis)
10. I.G. CIME **59** (Skull) don't ask... *hint*: "in my eye"
11. Centaurs and Gorgons **72** (Dan Graybill?)
12. Bottom Feeders **75** (Brent Alspach)
13. Noospherians **78** (Gail Steinhaus)
14. North Tioga Trail Dogs **78** (John Zevan + dogs)

Combined High Noon Athletic Club (HNAC)

At the request of the team captains, we re-calculated the scores for a combined HNAC team ("one envelope" policy) with the slowest-runner rule (see entry form; but also see *The Unofficial Word(s)*, below): this is 11 + 7 + 14 + 10 + 6 + 3 + 8 = 59 points, tied with I.G. CIME. Have your cake or eat it too...

Alternate Reality HNAC

In some parallel universe where people are reduced to tidbits (tiny morsels to be consumed by Illegal Space Aliens) the combined HNAC would be able to score their *fastest* runner... in that universe they would have had 12 points... but in

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that universe no light can escape from black holes so the information would be lost forever.

Adjusted Scores

-1 point for each previous Triennial, president of FLRC, lactation, etc. Still to be posted, but Atrocious has -37 points (adjusted score 5), Mad Dogs -2 (adjusted score 30), so draw your own conclusions.

Stage Winners

1. Joe Daley, *Katie Stettler*
2. Randy McDermott, *Yvette de Boer*
3. Tim Ingall, *Linda Grossman*
4. Scott Weiller, *KC Bennett*
5. Tom Meyer, *Nancy Kleinrock*
6. Alan Evans, *Becky Harman*
7. Earl Steinbrecher, *Audrey Ballander*

Awards

Keep an eye on <http://home.hetnet.nl/~fatcat/tri2005.htm> for explanatory details; but, for now, the winners:

Catherine the Great out-standing performance: Alan Evans; honourable mention Earl Steinbrecher

Christopher Columbus most lost: Greg Bouzenca

Most Eager Virgin: June Eillenberger

Oliver North ends justify the means: Nancy Kleinrock

Brooke Shields inappropriate behaviour for a 13-year old: Mini-Me

Marth Stewart: P J

Ralph Lauren best dressed: Charity McManaman; honourable mention "Hula" Dan Graybill

Monica Lewinsky going down twice for no good reason: Karen Grover ("Hey, do the Grover!")

La Leche League: Katie Stettler

Nothing Between the Ears: headphone fools

Rafael Palmeiro: Joe Dabes (refused drug test)

Marshal Kutuzov time and patience: Lorie Tilly

Timothy Leary long strange trip: Bottom Feeders

Richard Nixon "Expletive Deleted" Award for unprintable name: Skull's team (who having TIUTALAM so that MABLIMFNIP, found that they had GCITEs)

Triennial IX Recollections (still "official")—Caleb "Spider" Ros-siter

There were some great award-winning performances: the Monica Lewinsky Award honoring A Woman Who Goes to Her Knees Repeatedly, to Karen "Face-Plant" (Do the) Grover on the Texas Hollow leg; the Paul Ereng 800-meter finish award to two guys on Leg 4 who came out of the Michigan Hollow bog straining for the imaginary finish line, with the winner planting a nice elbow on the loser's ribs while drifting about 5 feet out with him (just a tad closer than the 8 second win by Tom Meyer over Nancy Kleinrock on the Danby leg I was privileged to monitor—amazing performances for both the scratch runner and the big handicapper, who, by the way, managed to buy her way into a tie with beers for the race committee by babbling something about timing problems at the start, where she lost 15 seconds on a mixup; all she had to say was that the extra point would tie her team with Joe Dabes', and the deal was done); and the Richard Nixon "Expletive Deleted"

Award for unprintable name to Skull's team, which having TIUTALAM so that MABLIMFNIP, found that they GCITEs...

But there were some performances that cannot win awards, because of the humility of Atrocious A.C., who never honor their own members (as *if!*): Joe Daley would certainly have been a contender for the Katherine the Great's Horse's Award for Outstanding Performance, winning leg 1 outright (by more than his handicap) at 55 years of age (although Big Joe's practice of selling handicap minutes for favors and having red hair might also have landed him the Transparency International Pius Pope award); and your correspondent Spider would have been in contention for the Paul Wolfowitz Redemption Certificate, awarded to runners who follow a poor Tri with a sterling one three years on. (Paul, a native Ithacan who doesn't dare return, ended his murderous, mendacious term as Invasion Planner and Imperial Chieftain at the Pentagon by making a lateral move to the soft side of the empire, as President of the World Bank, where he plans to expiate his sins by "changing Africa from a place of despair to a place of hope." This best lateral career move since Robert MacNamara's came as surprising news to the millions of Africans who didn't know they were in despair, or if they were, had the impression that US military dominance of an economic system enforced by the US-controlled World Bank was a source of it...)

Meanwhile, back at the ranch... Here is how I moved into contention for the Wolfowitz Certificate: after a toasting in the last four miles in 2002 by that year's Eager Virgin (2005 La Leche League awardee, Katie Stettler), I asked to return to the famed Mountain Stage out of Texas Hollow to Connecticut Hill and even asked the Race Committee to move the race to the fall so I could finish the indoor track season, rest up, and train anew for Triennial. The Committee, meeting in Truck's bathtub as usual, approved, so there I was, standing in the dreaded Hollow again, after three months of training that started in the sands of Marrakesh and journeyed through the hills of Cape Town (Elephant's Eye), Swaziland (The Mountain with No End), Wales (The Talog Triangle), and England (Coastal Path, Seatown to Seaton) to the Ithaca 10 miler (65 minutes for Marshall Kutuzov). The former Virgin had talked tough, but switched to leg 1, leaving our leg with the pneumonia-ridden Yvette DeBoer, former Katherine the Great's Horse's winner, as the presumptive favorite.

This disease dropped Yvette to a still strong fifth place, so after a crisp climb past her out of the Hollow and a hurried, shocked glance at Buck Nakeed on the way to the second hilltop, with my 14-minute handicap I was in the lead for Atrocious after a half hour, with about an hour and a half to go. Having prerun my section a month before (the race is to the prepared!!), I did not deviate one stride as I romped down the infrequently marked truck trail to the flats by Cayuta Lake, and reached the lake ten minutes ahead of my training time, in 55 minutes.

Atrocious crew members Mushroom, Lee Roy, and Batko met me there with potent elixirs, before leaving arsenic-laced Gatorade out for the following teams—and I rumbled along

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the river trail for 12 minutes to the nasty three-minute climb up the rock trail. Pain, tight hamstrings, and blown lungs were present, but not yet incapacitating, and I pushed all the way up to the first road in 14 minutes. I knew I had about 30 minutes of rolling trail left, and forced as much turnover as possible. Nearer and nearer to a first-place finish I came, not daring to hope, just reminding myself that every painful rise was just as tough for my pursuers, and praying that they had not prerun. But with just a few minutes to go, with no warning and no noise, a ghostly figure appeared at my side—a dreaded Action Figure Scratch runner, Randy McDermott, moving as if he was running the first lap as rabbit for Hicham El Gerouj at Oslo. I could not have run the leg faster (although I could have run it less painfully, giving away two minutes in the first hour for more pep in the last), so I can't regret the outcome—Randy by 40 seconds.

I was pleased to have contributed a low score to Atrocious' wining total of negative 5.

The Atrocious powers that be, who also meet in Truck's bathtub, have already approved my request to run in 2008 one of the two legs I have never done in my eight Triennials: the Danby Double, between Michigan Hollow and Coddington Rd. [Editor's note: *Piece of cake, Spider—just watch out for those scratch runners!*] After four straight Tris in the west (Last Place Disaster on CT Hill in 1996; Partial Redemption in Texas Hollow in 1999; Mid-pack Disaster on CT Hill in 2002; Full Redemption there in 2005) it is time to head east.

With our youthful additions showing so well this year (Mini-Me, Queen of the Nile, and Sh'Tara), I can safely predict many Atrocious victories to come. To those teams who plan to load up on multi-tri veterans to take advantage of this year's special scoring bonus for veterans, be advised that there may be a different set of rules next time.

Selected Chatter from the FLRC Listserv (this is the FLRC newsletter, folks, so any chatter should be posted there and not exclusively on High Noon)

And the Controversy Begins—"Java" Joe Dabes

Note that Atrocious changed the rules during the race, so that the *slowest* (rather than *fastest*) runner of combined teams scores (clever, eh?). In the raw scores, the North Mountain Clansmen won, but after the various Atrocious "adjustments," Atrocious claims the win.

Next Triennial, let's let some honest folks do the organizing and make the rules. Or does Atrocious have "Triennial Trail Relay" copyrighted?

Anyway, the event was truly fun. I was able to view the race from the first leg to the last, and everyone (except maybe Herb (see below) and Lorrie (see her somewhere way south of where stage 6 actually was) seemed to have a great time. And the Ithaca Brewing Co. "Flower Power" beer at the post race party at The Plantation Inn was fantastic enough to make me forget the slow food service.

And Continues—Joe "Yo" Daley

The truly Atrocious behavior occurred when the High

Noon teams, after getting lost for an hour, breaking an ankle [Editor's note: *By self-admission, Josh Cross, was actually walking by the end of the weekend.*] and other minor inconveniences, concluded that they were going to lose yet again and decided that they really only had *one* team running and that all those bad things happened to some other group of people who were out on the trail for some reason. While the organizers cannot abide by other teams changing the rules of the race, we do appreciate the spirit with which the High Nooners were willing to totally abandon half their members to the trail monsters on a moment's notice. Such team loyalty is the kind of thing we are fostering in the Triennial.

The Unofficial Word(s) (aka "alternate reality")—Adam Engst of High Noon (times 2)

Marking the first fall installment of this race, Triennial IX was successfully run on by 98 runners representing 14 teams of Saturday 24-Sep-2005. As with Triennial VIII, conditions were perfect: temperatures about 6°C at the start, rising to 21°C during the day, very light warm winds, gorgeous blue sky. Trail conditions were uniformly good, thanks to the driest summer on record. The bright sun on the trees made the white blazes a bit difficult to see... as intended!

Early Results

Due to few too many beers at the postrace party at the Plantation Inn, the organizers weren't able to enter all the results. Nevertheless, thanks to the adjusted rule of "Teams must consist of at least seven runners, one or more per stage; if more than one, **fastest** runner scores," the clear victors are the combined High Noon teams, with an amazing score of only 12 points.

Stage 1: John Tomac, 2nd place

Stage 2: Randy McDermott, 1st place

Stage 3: Tim Ingall, 1st place

Stage 4: Eric Davis, 3rd place

Stage 5: Tom Meyer, 1st place

Stage 6: Michael Wunsch, 2nd place

Stage 7: Adam Engst, 2nd place

And by way of Explanation of the Ends, if not the Means—Nancy "Ollie" Kleinrock

And it was with just this team-loyalty-spirit-of-the-Tri that I put in my bid for an extra 15 seconds, having found myself caught in an improbably Douglas Adamesque digital-watch-based time warp. Having synchronized my timepiece with Spider's before heading off on a warmup jog, I returned with a leisurely 45 seconds before my appointed start time only to find that Spider had reset his watch in a manner that made me 15 seconds late. In the end, Tom Meyer crossed the line 8 seconds ahead of me, making those 15 seconds matter. (As if! you say, and rightly so, for who could doubt that Tom could have readily made up any small gap between us, had I been in front as we approached the finish line!) So did my team really deserve an extra point from this perspective? Of course not, but, after hearing that Jim Chely wouldn't be offered a mulligan for running/walking with Karen for half an hour after he found her in a gasping post-Monica heap, I recognized

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that this was indeed a no-holds-barred game and that I owed it to Jim and Karen to make a case for myself. (*That's logic?* you ask, and rightly so. They weren't on my team, or even on each others'!) But, no matter. After all, this *is* the Triennial.

Back to the Controversy—Geoff Hutchison

Wait. We're supposed to suddenly believe the disinformation from the Rossiters? What on earth can be "true" about their results? Everyone who was there knows the truth—High Noon runners dominated every leg. True, we didn't win every single stage, but it's hard to argue with results. Even better, Randy McDermott sprinted past a strongly handicapped Rossiter on Stage 2.

End result: High Noon had three first places, three second places, and a third place, with a pile of other strong results mixed in.

It's worth pointing out that Atrocious made up some truly ugly (in my humble opinion) jackets claiming Triennial championships 1981–2005. Of course, we know their real places on current and previous races, but isn't it interesting that they already admit they have no chance for 2008?

What are the "true" results for the Triennial? The truth is that there were many, many amazing performances from local runners, plenty of missed trail blazes, a few wrong turns here and there (especially on the first leg), and lots of fun. Oh, an exceedingly long wait for food, too. (I don't think the Plantations Grill was ready for an army of hungry trail runners.)

What's next? Back to picking up cases of beer from GVH, right?

Perhaps the Eager Virgin Should Give Begging Lessons (see Herb's entry, below)—June Eillenberger

So, I thought that the rule was that Team Atrocious could change the rules "right up to the start of the race". I say that by changing the rules *during* the race, they broke their own rule!

Hey, I have the pictures of Keaton (aka Mini-Me) finishing and of Keaton and Joe Daley at the finish. I could hold them for ransom until Team Atrocious admits that the other runners on my stage cheated!

When I did the easily cheat-able Rumsey Hill Road loop, I got a zillion spider webs in my face, and there should have been *nine* runners ahead of me! I did not get *any* spider webs on *any* other part of my trail! I think that's very suspicious. I should be moved up a few places in the standings for that! Or, how about that I stopped to help Josh Cross? We tried to call his significant other from my cell phone but she didn't pick up. I told Tessa when I saw her, and she tried calling too. I guess Tessa was able to go back for him. Or, maybe I should get extra credit for giving members of Team Atrocious beer while out on the trail. Okay, I only saw two of them, but I gave each a beer. Both Spider and Herb. That should be enough bonus points to move me up to first place in my stage. :-)

Tim Weighs In, With a Bit of Misunderstanding (and Admission of Guilt by Omission?)—Tim Ingall

It sounds to me like June must have taken a short cut if she encountered spider webs on part of the course where at least when I went by was being monitored by an official making sure we went the right way. And Herb was there too, as backup policeman making sure everyone missed the next turn

into the woods (by the way, great job with that Herb, too bad you wouldn't give me a ride as well!).

What other explanation could there be? That June ran so slow that spiders had time to spin a zillion webs between the ninth and tenth runners? Come on now, I don't think so.

Hey Rossiters, maybe a time penalty needs to be considered :-)

June, Round Two—June Eillenberger

Well, I don't think anyone cheated the easily-cheatable-but-well-monitored Trumbulls Corners Road loop. There were no spider webs there; besides cheating there would only gain a person about 5 minutes.

I think that the cutting occurred after the intersection between Connecticut Hill Road and Rumsey Hill Road. The trail goes left for a loop and comes out just to the right. Cheating here at this unmonitored intersection could save a person about 20 minutes. It is very possible that runners would not know which way to go since the blazes start up again on the right after about only 50 feet.

And, hey, all I want is to be vaulted past all other runners into second place. Then I'd be happy and would release my photos of Keaton currently being held for ransom.

And Now the "Normal" Race Day Recollections Herb Engman

Molly Ivins famously said that George Bush (pick one) was born on third base and thought he had hit a triple. This poor boy from a blue collar family felt like he was part of the elite Saturday as his Atrocious Team won the Triennial (again) despite the suckiest run in seven tries. True, Atrocious didn't win according to the facts. But, as George Bush has taught us, the truth is inconsequential (remember the weapons of mass destruction?). The crucial thing to claiming victory is to be in charge. As our wondrous organizer team jackets declared, "Winners 1981–2005."

It was also instructive to witness the begging techniques* (not unlike the Browns and other job-seekers in the disaster preparedness part of the Bush administration) of the supplicants for favorable treatment in the scoring. Nancy Kleinrock (see also below) proved a master, convincing the head Spider to give her a few seconds credit for her run. Lorrie Tily (on the same team, it should be noted) proved totally inept at begging—it just isn't her style. She was obviously delirious from running despite her previous injury. Normally the tough president of the FLRC would have grabbed Spider where it hurts and demanded an adjustment. Where are you, Diane Sherrer, when lessons need to be given?

I trained reasonably well for this Triennial, but knew I was in trouble when trail animal Nancy Kleinrock blew by me in the first mile, having started about a minute and fifteen seconds behind in the age-and-sex-graded start. When Steve Ryan soon zipped by I knew it would be a long day. One of my goals—to get to 96B before Tom Meyer—was shattered when he caught be about a quarter mile before 96B despite my 17 minute(!) age-graded head start. Still, I was running fourth, equal to my worst finish in a Triennial. Then, two youngsters

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who must have stalking Tom soon went by. Still, 6th, in the top half wouldn't be so bad. By one and a half hours, my IT band flared up and I started running in pain. Even walking some to give the IT a rest, I thought I'd make it okay to the finish. However, the last very long, very steep down hill was hard on my leg and two more guys went by with only a quarter mile to go. I couldn't compete and limped to the line in about 1:57.

One measure of my slowness was that I not once pulled a Grover**, common for me even in practice runs. Another good thing—the slow run enabled me to actually enjoy a beer at the finish line rather than throwing up in exhaustion. A fun time which *maybe* I'll recover from in time to run my 8th Tri in 2008.

*I will be offering consultant services for a slight fee for the next Triennial on adjustment begging techniques.

**A grover shall be known hereafter as a face plant leading with the chest as demonstrated by Karen Grover on her leg of the 2005 Triennial.

Rick Cleary

First, *thanks* to the Atrocious leadership for their 11th hour call. This is the only trail race I like, and I like it a lot. I just love team events, which is why I've done four Triennials, two cross-state relays, and an around Lake Winnepesaukee in the last couple of decades; and it's much of the allure of XC. Thanks also to my son Frank for watching his little brother Eddie while I was running, and to Eddie for putting up beautifully with the long car ride to Central New York.

Now, great moments:

I absolutely would have skipped the little Rumsey Hill loop if there weren't three carloads of people watching there.

One of those people watching was Karen Grover, who asked me a very funny question for midrace. As I jogged by she said, "Are you in good shape?" by which she meant, "Do you want anything to eat?" or "Are you injured, or is your stride always that bad?" or "Have you been bitten by a rabid raccoon?" or something local. I, however, took it quite literally and I stopped, and said "No! Since when have I ever been in good shape? Wouldn't I have to train for that? Training is too hard."

It was really fun watching Jeff "Fractal Path" Juran disappear and reappear in front of me every 15 minutes for the first hour. It was no fun at all when he passed me with 100 meters to go when I thought he was 20 minutes ahead of me. I'm quite certain that he hid behind some trees and did that on purpose. I had ignored Satchel Paige's wise advice and looked behind me frequently in the last half hour of my 2.5 hour leg, just trying to make sure that I didn't crash.

It was strange to finish a Triennial leg with dry feet and no blood showing.

A related fashion note: I wore my longest shorts, quite stylish in these days. Shortly after seeing Herb on Porter Hill, I hit a prickier branch that caught and stretched them a little, but didn't rip them. I couldn't help thinking that John Saylor would have been bleeding quite a bit from then on.

Finally, some historical perspective. By combining two, count 'em two, squads of pawns, the current crop of High Nooners scored 12 points in seven legs. Impressive? To the novice, perhaps. But look back at the 1996 race when the Green Goons

of High Noon scored only 8 points in six legs! And that was with one runner per leg! And we got up that morning, milked the cows, and tended to our chores before we drove ox-carts to the start of our legs. Nowadays? Hah! High Noon insists on having good-bye runs for people I haven't even met yet instead of getting out there and training.

That's why when offered the chance to sign on with the multichampion Atrocious team, I jumped at the chance. Imagine if the learned and wise team leaders had put in a weight handicap as well as gender and age; why I'd have gotten to start Leg 3 in late August.

Oh, That "Normal Recollecton" Demands a Rebuttal plus Hazy Recollections from Bygone Days—Adam Engst

And you only had nine other teams to compete with, rather than 13 in this year's installment.

But High Noon playing it safe through sheer mass of runners is nothing new. There was 1990, when of 35 runners, 16 of them were from High Noon, and four of those DNFed. Heck, the only reason High Noon won at all that year was that John Saylor recruited me at the last minute to be the third High Noon runner on leg 6, and the other two (John and Aaron Pempel) dropped out.

That was the year I'd never seen the course, and all my recent training had been on the bike. Aaron went out like a banshee and I went with him, thinking that if I lost sight of him, I'd be lost forever and probably eaten by weasels. Then it starts to rain, so I can barely see through my glasses, and I'm crashing through berry bushes and trees trying to stay up with Aaron. Next, of all the gall, he hits the wall and just stops. Leaves me alone in the woods to fend for myself. I managed to make it out to a road properly, and ran down the road for a bit, but never found the turn back into the trail. Looking back, I saw someone coming half a mile away and figured that discretion was the better part of valor, so I just stopped and waited. Eventually Truck Rossiter catches up with me and, although I'm sure he would have done it differently if he'd been able, had to show me where the trail was. I ran with him for a while until we hit the steep logging road down to Rt 79, then kicked in to win. It turned out that along with Aaron and John, Reinhold Wotawa also DNF'ed, making Truck and me the only two who finished the leg.

Admittedly, I couldn't walk the next day, and my legs were a mass of scratches and wounds, but it was my most memorable race ever.

And Some Rambling About the Rambling—Jeffrey Juran

My third-stage run, at the Triennial Olympics: I tried to treat it as a fun run, mostly, and I did have fun much of the time. It would have been a lot more so if I wasn't having such difficulty seeing the course. Not that I was running it well either.

A minute or two into the run, I realized that I was wearing the wrong spectacles. I wish I could wear contacts, like Joe Dabes, whose ability to see was so much improved when he changed to those little optical specks that sit right on the eyeballs. Rather, I saw the nearby world zip by in a distorted manner, at least it was initially distorted, but it was the whole time flat, with no depth, and there were those bright flashes of light having neglected to wear a visor, it was hard to tell

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the shadows from the trippable objects lying around. And the lenses were darkened, so everything was in shadow. I did better on the stretches of road and the wider, straighter, cleaner paths.

I slowed down for large parts of the course, especially in the first half. I wasn't going to let my trip become a bad trip. A little frustrating at times, but I had fun, what with the beautiful cool breeze and dry air, and Herb to serve me water at the top of the biggest hill climb. And there was even a large mushroom early in the stage. Did others running stage three see the mushrooms? I wasn't running totally blind!

As Rick intimated, I did get temporarily delayed a few times, and for five to fifteen minutes on a couple of occasions. They served as my meditation periods, until some runner would show up and lead me back onto the right path. There were several such fellow runners, and let me now publically thank each of you. And I apologize if any of you thought I was being rude or obnoxious.

My two favorite times were when this guy named Eric came up on me. It was on a good runnable section and I was going pretty good. Tim had already passed me a while back on what I felt was a pretty slow section, but I was able to run hard when Eric went by me. It took quite while from when I noticed him behind me to when I could no longer see him (25 meters?) ahead. I think it was just the sensation of speed. The speed isn't necessarily as entertaining as the bad trips, but in this context, it was mighty fine.

And then on the final few miles in Treman Park: Very pretty area, in the park, and much of it could be run rather fast. Since I enjoy that, I ran fast—not that I had much reason to otherwise. I mean, I didn't really expect that it would make a difference in terms of a race, but I like to go fast if and when I can, in a race I mean. I passed a person or two along the way. And then I gave it most of what I had to the end in that last mile. And who should suddenly show up but Rick.

Serendipity. I thought it was funny. He said that he had had a dream, and I was kind of wondering about something like this happening at the end while I was approaching the end, and, talking about dreams, it was coming off of that mountain top. Rick and I started together and we finished together. Actually, Grover style, I offered to hold hands across the finish but he smartly declined, so we jostled a bit, my sharp elbow neutralizing his weight advantage. And it seems that the point difference meant something in the end, though I still have no idea what that difference actually is or means. It does remind me of a local election for school board in which I turned around shortly after entering the polling place as someone was smoking a cigar(!), which made me want to throw up rather than throw the switch in the booth. My not having voted the way I was going to actually made a difference in the final result, but, in the long run, both candidates went on to have long "careers," one later serving as board president and the other in city council. So it was good that I avoided doing unpleasant bodily actions.

For the Final Word from Truck, see page 20. Send things in at press time, and you get relegated to the nether reaches of the newsletter, even if you are a once-in-three-years race director!

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Race Results

Former Cortland State All-American Michelle LaFleur, who won the 2004 and 2005 Pud's Run 5K women's titles (with absolutely no fanfare)—and set a new course record this year—has been selected for the US team heading to the IAAF World Half Marathon Championships, Oct 1 in Edmonton, Canada.

LaFleur placed 10th at the USA 20K National Championships this month, and is a two-time Olympic Marathon trials qualifier and a five-time NCAA D3 All-American.

Rochester Marathon and Half Marathon

Sep 17

Marathon

Overall winners: Scott Bagley, Rochester, 2:39:16; Diane Matthews, Johnson City, 2:56:58.

Local runners: William Thomas, Ithaca, 3:27:02; Laurel McIntyre, Watkins Glen, 3:27:59 (first F30); Marie Anastasio, Cortland, 3:32:36; Carmine Anastasio, Cortland, 3:32:36; Jennie Sanders, Ithaca, 3:56:46; Dave Weiss, 3:58:31; Kristin Burns, Ithaca, 4:14:44.

Half Marathon

Overall winners: Mark Andrews, Canisteo, 1:09:50; Martha Wilson, Washington, D.C., 1:32:29.

Local runners: Lucas Koerner, Ithaca, 1:45:16; Scott Voorhees, Trumansburg, 1:45:49; Haley Singer, Ithaca, 2:08:36; Sarah Tyler, Ithaca, 2:09:02; Ines Nobach, Ithaca, 2:10:08; Jayden McCune, Ithaca, 2:13:50; Laura Voorhees, Trumansburg, 2:21:47; Sarah Munro, Ithaca, 2:22:24; Sally Manning, Ithaca, 2:24:17; Mary Hutchens, Ithaca, 2:37:07.

Erie Marathon at Presque Isle

Sep 11

Local runners: Jennifer Bennett, Ithaca, 3:30:20 (first F20); Mike McQuillan, Cortland, 3:42:51; Brian Strahine, Ithaca, 3:44:43; Anita Hackstedde, Cortland, 4:27:59; David Hackstedde, Cortland, 4:27:59; Ruth Ripley, 4:31:21; Cathy Troisi, 5:36:38.

American National 100-Mile Challenge

Sylvania, OH, Sep 10-11

John Geesler finished fourth in 15:28:20.

Cable Car Chase 5.67 miles

Results

San Francisco, CA

Local runners: FLRC-ers Norm Ward of Elmira finished in 42:10 (8th M50), and Margaret Ward of Elmira finished in 1:12:15 (11th F50).

Upstate New York Cross Country Series—Race No. 1: Byron-Berger High School

5K, Rochester, Sep 10

Local runners/High Noon/Finger Lakes team members: 9. Chris Garvin, 17:01; 12. Randy McDermott, 17:12; 17. Eric Davis, 17:35; Katie Danner (2nd female overall), 18:34; 44. Tom Hartshorne, 18:53; 48. Jeff Naylor, 19:10; 56. Jordan Atlas, 19:31; 59. Fred Miller, 19:43; 69. Herb Engman, 20:17; 101. Karen Grover, 21:50; 116. Joe Reynolds, 22:49; 117. Jeremy Slivnick, 22:56; 119. Charity McManaman, 23:09; 123. Bob Dattola, 23:13; 138. Sarah Danner, 24:30; 141. Michelle Giron, 24:43; 144. Linda Glowacki, 24:54; Lennie Tucker, 26:33.

ARC 5K and Half Marathon

Liverpool, Sep 10

5K

Local runner: Barb Wells, Ithaca, 24:07.

Half Marathon

Local runners: Sean Iddings, Groton, 1:42:36; Edward Sampson, Ithaca, 1:50:03; Steven Gallow, Groton, 1:55:14; Ray Wagner, Groton, 1:55:19.

Dick's Value of Life 5K

Vestal, Sep 10

Local runners: Murphee Hayes Falls, 17:31 (first female overall); Harland Bigelow, 22:31; Margaret Betz, 23:06; Jason Moore, Waverly, 26:01.

Skinny Man Triathlon: 800 yard swim, 14 mile bike, 5K run.

Skaneateles, Sep 3

Local athletes: 5. Sean Nicholson, Ithaca, 1:13:13; 11. Terry Habecker, Ithaca, 1:15:36; 16. Chris Garvin, Ithaca, 1:16:52; 27. Charles Dietrich, Ithaca, 1:19:59; 38. Steve Meyer, Ithaca, 1:22:09; 41. Dave Miller, Ithaca, 1:22:24; 46. Dan Brown, Ithaca, 1:22:58; 58. Morten Nielsen, Ithaca, 1:24:56; 63. Calvin Russell, Ithaca, 1:25:32; 69. Dieter Eppel, Cortland, 1:27:25; 72. Sam Meyer, Ithaca, 1:28:09; 76. Rochelle Matheny, Ithaca, 1:29:09; 77. Steve Patrick, Cortland, 1:29:11; 87. Ron Rohde, Ithaca, 1:30:35; 99. Francesca Crannell, Ithaca, 1:32:07; 103. Mark Masino, Ithaca, 1:33:07; 106. Elizabeth Vance, Ithaca, 1:33:36; 121. Emily Sullivan, Ithaca, 1:35:39; 130. Mary Rogan, Ithaca, 1:36:59; 139. Jim Hodges, Ithaca, 1:38:06; 173. Krishna Ramanujan, Ithaca, 1F:43:45; 203. Beth Vandine, Ithaca, 1:48:05; 214. June Ellenberger, Ithaca, 1:49:12; 220. Melissa Siebrecht, Ithaca, 1:50:49; 222. Margaret Jastran, Freeville, 1:50:52; 230. Mary Louise Viero, Ithaca, 1:55:03.

Skaneateles 5-Miler

Sep 5

Local runners: Stephanie Smith, Ithaca, 40:02; Nancy Patterson, Ithaca, 43:25.

Escape from the Judge One-Mile Open Water Swim

Skaneateles, Sep 4

Local athletes: 1. Alex Meyer, 20:51; Heather Gillespie, 24:57; Steve Meyer, 26:07; Sasha Kuznezov, 26:31; Charles Dietrich, 28:01; Hollin Wilkins, 30:48; Joey Hamilton, 31:09; Hilary Gehman, 32:54; Dan Deemer, 33:01; Jessica Dailey, 33:38; Mark Valley, 37:20.

St Anthony's Italian Festival 5K

Seneca Falls, Sep 3

Local runner: Joan Long, 28:28; Cathy Troisi, 31:03..

Labor Day Classic 5K

Auburn, Sep 4

Local runner: Joan Long, 28:59.

Rock 'n' Roll Half Marathon

Virginia Beach, VA, Sep 4

Local runners (Chip times): Thad Schug, Freeville, 1:21:21; Peggy Eck, Dryden, 1:48:27; Melissa Schug, Freeville, 1:53:14; Hope Bandler, Lansing, 1:54:42; Andy Eck, Dryden, 1:56:15; Tony Ciccone, Locke, 2:04:05; William Campbell, Cortland, 2:10:28; Todd Waltman, Cortland, 2:13:59; Maxine Flagg, Interlaken, 2:49:05; Sandra Brunk, Waverly, 2:51:32; Paul Flagg, Interlaken, 3:10:11.

Skaneateles 5-Miler

Sep 5

Local runners: Stephanie Smith, Ithaca, 40:02; Nancy Patterson, Ithaca, 43:25.

Monster Marathon and Half Marathon—Preamble by Joe Dabes

09/04/05; weather: cool and sunny

It was sunny and cool and trails were dry. There were a total of 102 starters and 102 finishers; thus no one dropped out of their intended distance. The number of runners was the greatest in recent years.

Kevin Bandru won the full marathon, but three women placed in the top four. Alan Evans set a new course record in the half marathon with his 1:34:04, 34 seconds ahead of the old record set by Robin Wheelless last year (Robin was second this year).

Runners were given head starts based on their age and sex, per *The National Masters News* age and sex graded tables. (For actual running times, see the handicap tables at www.fingerlakesrunners.org/races/results/2005/Monster.html.)

Monster Marathon (26.2 miles)

1. Kevin Bandru	43	Dickson City PA	3:51:54
2. Nancy Kleinrock	45	Trumansburg	4:00:09F
3. Eva Pastalkova	29	Jersey City NJ	4:01:31F
4. Laura Bleakley	35	Rochester	4:05:39F
5. James Chely	49	Elmira	4:06:29
6. Andreas Petschar	36	Villach Austria	4:28:45
7. Brian Downie	40	Toms River NJ	4:31:44
8. Steve Sweeney	50	Albany	4:31:52
9. Christine Reynolds	35	Newfield	4:48:22F
10. Tom Campbell	35	Riverton NJ	4:54:58
11. Marty Callaman	38	St Johnsville	5:01:45
12. Gregory Calloway	45	Galena MD	5:05:57
13. Ed Sullivan	40	Canadaigua	5:08:18
14. Grover Cook	58	Bainbridge	5:08:33
15. James Miner	56	Dryden	5:10:54
16. Kimberly Rapp	41	Macedon	5:13:53F
17. Mike Lynch	41	Sparta NJ	5:14:11
18. David O'Neill	38	Warwick	5:18:46
19. Dale Fox	52	Bainbridge	5:21:41
20. Peter Bauerle	42	Bainbridge	5:24:26
21. Dennis Uhlig	52	Sidney	5:27:15
22. Bill Meredith	37	Hoboken NJ	5:28:07
23. Barbara Sorrell	48	Delmar	5:34:57F
24. David Weiss	56	Corning	5:50:51
25. Peter Rahmer	23	Rochester	5:52:54
26. Tom Nichols	39	Olyphant PA	5:56:00
27. Charlie Wojcik	53	Fairfax VA	6:21:18

Race Results

28. Jeff Krammes	42	Huntington MD	6:22:27	35. Ann Brewer	31	Trumansburg	2:10:37F
29. Greg Taylor	58	Delmar	6:37:12	36. Colin Hinkley	21	Ithaca	2:10:45
30. John Backman	59	Olivenhain CA	7:19:05	37. Bruce Graf	52	Corning	2:11:01

Monster Half Marathon (13.1 miles)

1. Alan Evans	42	Beaver Dams	1:34:04	39. Emmett Marzahn	27	Buffalo	2:12:35
2. Robin Wheelless	45	Syracuse	1:36:40	40. Diane Yates	33	Ithaca	2:13:44F
3. Tim Ingall	46	Lansing	1:37:05	41. Kevin Bandru Jr	22	Dickson City PA	2:14:29
4. Jonathon Healey	22	Ithaca	1:40:31	42. Lisa Hill	46	East Syracuse	2:15:07F
5. Audrey Balander	49	Cortland	1:43:07F	43. Linda Glowacki	46	Liverpool	2:15:41F
6. Thomas Meyer	30	Ithaca	1:45:14	44. Joe Reynolds	61	Newfield	2:15:54
7. Jay Hubisz	26	Chicago IL	1:45:29	45. Dan Graybeal	34	Ithaca	2:16:01
8. Joe Daley	55	Ithaca	1:45:43	46. Shane Murphy	39	Cortland	2:16:34F
9. Tim Muratore	24	Voorhees NJ	1:47:40	47. Michael Ruiz	38	Saddle Brook NJ	2:16:43
10. Fred Miller	54	Liverpool	1:49:09	48. Tom Curtis	55	Philadelphia PA	2:17:23
11. Eric Davis	25	Ithaca	1:50:14	49. Doug Gibson	48	Oneonta	2:18:50
12. David Riccards	17	Syracuse	1:56:00	50. Jeffrey Guide	21	San Diega CA	2:19:34
13. Jen Yantachka	19	Ithaca	1:56:15F	51. Michelle Marino	52	Ithaca	2:21:38F
14. David Jones	47	Interlaken	1:56:16	52. Mike Terwilliger	50	Brooktondale	2:23:30
15. David Schumway	44	Baltimore MD	1:56:37	53. William Gibson	52	Cooperstown	2:24:52
16. Michelle Bird	22	Horseheads	1:57:06F	54. Shannon Delaney	21	Lake Placid	2:25:23F
17. David Miller	45	Manlius	1:57:58	55. Matt Shechtman	21	Ithaca	2:25:24
18. Doug Bishop	19	Ithaca	1:58:50	56. Andrew Lea	24	Watertown	2:25:55
19. Will OConnell	18	Ithaca	1:59:45	57. John Dailey	27	Ithaca	2:27:06
20. Helene Strutko	26	Harvey's Lake PA	2:00:42F	58. Tom Constantine	54	Amsterdam	2:29:07
21. Dave Krawczyk	15	Syracuse	2:00:43	59. Melissa Hubisz	25	Ithaca	2:30:05F
22. Karen Grover	35	Alpine	2:02:04F	60. John Czamanske	46	Campbell Hall	2:30:29
23. Joe Dabes	66	Dryden	2:03:02	61. Tessa BauerDumont	36	Ithaca	2:30:43F
24. Greg Pallotta	16	Syracuse	2:03:17	62. Kolene McDade	18	Ithaca	2:32:56F
25. Mark Kcremedjjev	21	Ithaca	2:04:17	63. Sara Virgil	21	Slingerlands	2:32:56F
26. Sue Aigen	52	Ithaca	2:04:27F	64. Allison Graf	23	Corning	2:36:52F
27. Matt Krawczyk	19	Syracuse	2:05:01	65. Geri LakeBakaar	24	Ithaca	2:38:40F
28. Lincoln Francher	46	Lacona	2:05:05	66. John Ives	55	Newfield	2:43:12
29. KC Bennett	46	Ithaca	2:05:42F	67. Kelly Cenca	33	Windham NH	2:43:31F
30. Steve Shaum	39	Trumansburg	2:05:46	68. Sally Rusby	68	Horseheads	2:47:29F
31. Tim Hartnett	17	Ithaca	2:06:31	69. PJ Peterman	53	Dryden	2:59:20F
32. AJ Corcoran	15	Syracuse	2:08:04	70. Carol Hart	60	Deposit	3:17:47F
33. Robert Kern	61	Beaver Dams	2:08:54	71. Diane Sherrer	54	Trumansburg	4:29:24F
34. Mark Thompson	34	Ithaca	2:09:08	72. Cathy Troisi	59	Seneca Falls	4:29:26F

31st Annual Ithaca 5&10

September 11, 2005

5-Miler

1 Shaun Horan	23	27:44	5:33	1 M20-24	M1 Clifton Park
2 Ryan Casey	24	27:49	5:34	2 M20-24	M2 Ithaca
3 Bob Nugent	44	27:53	5:35	1 M40-44	M3 Binghamton
4 Andris Goncarovs	13	28:55	5:47	1 M01-19	M4 Trumansburg
5 Adam Engst	37	28:57	5:48	1 M35-39	M5 Ithaca
6 Hans M. Larsson	22	29:24	5:53	3 M20-24	M6 Ithaca
7 Michael Hudyncia	46	29:43	5:57	1 M45-49	M7 Wysox PA
8 Tim Ingall	46	29:54	5:59	2 M45-49	M8 Lansing
9 Scott Bickham	39	30:51	6:11	2 M35-39	M9 Corning
10 William O'Connell	18	31:51	6:23	2 M01-19	M10 Ithaca
11 John Hylas	47	31:55	6:23	3 M45-49	M11 Ithaca
12 John Saylor	58	32:41	6:33	1 M55-59	M12 Brooktondale
13 Tara Conroy	21	32:52	6:35	1 F20-24	F1 Ithaca
14 Nicholas Robertson	23	33:08	6:38	4 M20-24	M13 Ithaca
15 Scott Shephard	40	33:12	6:39	2 M40-44	M14 Binghamton
16 Andri Goncarovs	45	33:27	6:42	4 M45-49	M15 Trumansburg
17 Carl Franck	53	33:29	6:42	1 M50-54	M16 Ithaca
18 Marni Martini	38	33:59	6:48	1 F35-39	F2 Ithaca
19 Audrey Balander	49	34:01	6:49	1 F45-49	F3 Cortland
20 Shirley Woodford	49	34:07	6:50	2 F45-49	F4 Burdett

Results

21 Herman Sieverding	55	34:22	6:53	2 M55-59	M17 Ithaca
22 Douglas McQueen-Tho	30	34:39	6:56	1 M30-34	M18 Ithaca
23 Mitch Weiss	54	34:47	6:58	2 M50-54	M19 Ithaca
24 Gary Luno	47	34:56	7:00	5 M45-49	M20 Ithaca
25 Bob Congdon	60	35:02	7:01	1 M60-64	M21 Trumansburg
26 Melissa Smith	40	35:20	7:04	1 F40-44	F5 Ithaca
27 Jason Rotstein	18	35:27	7:06	3 M01-19	M22 Ithaca
28 Daniel Simon	37	35:27	7:06	3 M35-39	M23 Ithaca
29 Brian Oursler	53	35:34	7:07	3 M50-54	M24 Lansing
30 Joseph Reynolds	61	36:07	7:14	2 M60-64	M25 Newfield
31 Barb Sinsheimer	41	36:14	7:15	2 F40-44	F6 Sayre PA
32 KC Bennett	46	36:23	7:17	3 F45-49	F7 Ithaca
33 Jon Hart	54	36:26	7:18	4 M50-54	M26 Ithaca
34 Ray Cole	35	36:30	7:18	4 M35-39	M27 Freeville
35 John Leary	61	36:39	7:20	3 M60-64	M28 Cortland
36 Jennifer Anderson	32	36:40	7:20	1 F30-34	F8 Ithaca
37 Anne Riordan	20	36:40	7:20	2 F20-24	F9 Ithaca
38 Abbi Hills	23	37:02	7:25	3 F20-24	F10 Ithaca
39 Hilary Gehman	34	37:03	7:25	2 F30-34	F11 Ithaca
40 Zsofia Franck	52	37:13	7:27	1 F50-54	F12 Ithaca
41 Kevin Howell	11	37:21	7:29	4 M01-19	M29 Groton
42 Rachel Shanley	22	37:35	7:31	4 F20-24	F13 Ithaca
43 Mia Slotnick	43	37:37	7:32	3 F40-44	F14 Ithaca
44 Tom Gole	42	37:46	7:34	3 M40-44	M30 Horseheads
45 Kevin Lantry	47	37:46	7:34	6 M45-49	M31 Whitney Point
46 Christina Terpeluk	22	37:51	7:35	5 F20-24	F15 Lodi
47 Jasmine Chiang	18	37:53	7:35	1 F01-19	F16 Ithaca
48 Todd Burch	32	37:57	7:36	2 M30-34	M32 Elmira
49 Brian Dupont	34	37:57	7:36	3 M30-34	M33 Horseheads
50 Walter Cohen	55	37:57	7:36	3 M55-59	M34 Ithaca
51 Peter Mansfield	55	38:02	7:37	4 M55-59	M35 Ithaca
52 Donald Farley	71	38:21	7:41	1 M70-99	M36 Ithaca
53 Shelly Marino	52	38:28	7:42	2 F50-54	F17 Ithaca
54 Dirk Swart	35	38:30	7:42	5 M35-39	M37 Ithaca
55 Tom Bond	60	38:33	7:43	4 M60-64	M38 Ithaca
56 Joseph E Williams	42	38:47	7:46	4 M40-44	M39 Ithaca
57 John Hummel	48	38:55	7:47	7 M45-49	M40 Lansing
58 Susan Stage-Derick	40	39:09	7:50	4 F40-44	F18 Big Flats
59 Chuck Collins	71	39:10	7:50	2 M70-99	M41 King Ferry
60 Paul Kintner	59	39:20	7:52	5 M55-59	M42 Ithaca
61 Donald Phykitt	46	39:30	7:54	8 M45-49	M43 Athens PA
62 David Reynolds	45	39:34	7:55	9 M45-49	M44 Groton
63 Amanda Jenkins	18	39:38	7:56	2 F01-19	F19 Ithaca
64 Xuan-Mai Nguyen	21	39:42	7:57	6 F20-24	F20 Fountain Valley CA
65 Debbie Martin	48	39:42	7:57	4 F45-49	F21 Ithaca
66 Paul Rhudy	38	39:46	7:58	6 M35-39	M45 Ithaca
67 Brian Zapf	50	39:56	8:00	5 M50-54	M46 Ovid
68 Diane Sherrer	54	40:31	8:07	3 F50-54	F22 Trumansburg
69 David Franck	10	40:34	8:07	5 M01-19	M47 Ithaca
70 Josh Jacobson	13	40:37	8:08	6 M01-19	M48 Ithaca
71 Charity Ketz	30	40:38	8:08	3 F30-34	F23 Ithaca
72 Barb Wells	33	40:46	8:10	4 F30-34	F24 Ithaca
73 Alexis Dengel	42	40:53	8:11	5 F40-44	F25 Ithaca
74 Billy Williams	14	41:03	8:13	7 M01-19	M49 Ithaca
75 Will Carpenter	37	41:11	8:15	7 M35-39	M50 Bethlehem PA
76 Thomas Hart	59	41:16	8:16	6 M55-59	M51 Staten Island
77 Jill Dunphy	45	41:18	8:16	5 F45-49	F26 Elmira
78 Alexander Hagen	31	41:18	8:16	4 M30-34	M52 Ithaca
79 Pete Sullivan	52	41:28	8:18	6 M50-54	M53 Whitney Point
80 Linda Eberly	65	41:36	8:20	1 F65-69	F27 Cortland
81 Summer Killian	26	41:38	8:20	1 F25-29	F28 Ithaca
82 Eric Nelson	50	41:39	8:20	7 M50-54	M54 Trumansburg
83 Lauren Nelson	15	41:39	8:20	3 F01-19	F29 Trumansburg

Race Results

84 Joel Brock	46	41:44	8:21	10 M45-49	M55 Groton
85 Katherine Simmons	19	41:48	8:22	4 F01-19	F30 Ithaca
86 Joey Williams	14	41:50	8:22	8 M01-19	M56 Ithaca
87 Laurie Tortorelli	25	41:52	8:23	2 F25-29	F31 Ithaca
88 Liz Christie	18	42:07	8:26	5 F01-19	F32 Ithaca
89 Amanda Linnertz	18	42:10	8:26	6 F01-19	F33 North Syracuse
90 Courtney Farrell	18	42:14	8:27	7 F01-19	F34 Ithaca
91 Jennifer Graap	40	42:14	8:27	6 F40-44	F35 Ithaca
92 Rebecca Hagen	30	42:15	8:27	5 F30-34	F36 Ithaca
93 Treacy Ziegler	49	42:18	8:28	6 F45-49	F37 Ithaca
94 Brian Henry	28	42:18	8:28	1 M25-29	M57 Dryden
95 Gretchen Bowman	31	42:18	8:28	6 F30-34	F38 Ithaca
96 Jessica Dwinell	19	42:19	8:28	8 F01-19	F39 Ithaca
97 Natalie Paterniti	26	42:24	8:29	3 F25-29	F40 Ithaca
98 Paulette Salmon	41	42:35	8:31	7 F40-44	F41 Ithaca
99 Deirdre Lafferty	18	42:37	8:32	9 F01-19	F42 West Chester PA
100 Allison Schindler	21	42:38	8:32	7 F20-24	F43 Ithaca
101 Andrew Morpurgo	39	42:53	8:35	8 M35-39	M58 Trumansburg
102 Denise Green	20	43:17	8:40	8 F20-24	F44 Flower Mound TX
103 Gary Rightmire	57	43:26	8:42	7 M55-59	M59 Groton
104 Renell Carpenter	37	44:01	8:49	2 F35-39	F45 Bethlehem PA
105 Steve Ealick	54	44:07	8:50	8 M50-54	M60 Ithaca
106 William Wright	54	44:08	8:50	9 M50-54	M61 Jacksonville
107 Craig Ryan	32	44:10	8:50	5 M30-34	M62 Ithaca
108 Rebecca Colesworthy	26	44:18	8:52	4 F25-29	F46 Ithaca
109 Audrey Wasser	28	44:23	8:53	5 F25-29	F47 Ithaca
110 Sarahjane Harrigan	31	44:26	8:54	7 F30-34	F48 Burdett
111 Jane Galvin	44	44:29	8:54	8 F40-44	F49 Elmira
112 John Martindale	59	44:43	8:57	8 M55-59	M63 Ithaca
113 Grace Planck	48	45:01	9:01	7 F45-49	F50 Trumansburg
114 Robert Frank	54	45:03	9:01	10 M50-54	M64 Trumansburg
115 Trisha Knaack	27	45:18	9:04	6 F25-29	F51 Los Angeles CA
116 Craig Harrigan	30	46:15	9:15	6 M30-34	M65 Burdett
117 Frank Moore	83	46:29	9:18	3 M70-99	M66 Ithaca
118 Mark Kouwe	48	47:10	9:26	11 M45-49	M67 Houston TX
119 John Patterson	45	47:33	9:31	12 M45-49	M68 Rome
120 Kristine Walker	33	47:55	9:35	8 F30-34	F52 Ithaca
121 Mike Hall	58	48:09	9:38	9 M55-59	M69 Ithaca
122 Rachel Peris	28	48:15	9:39	7 F25-29	F53 Ithaca
123 Will Planck	55	48:21	9:41	10 M55-59	M70 Trumansburg
124 Melinda Butler	41	48:47	9:46	9 F40-44	F54 Trumansburg
125 Amelia Habicht	39	49:09	9:50	3 F35-39	F55 Ithaca
126 Wendy Latunik	29	49:19	9:52	8 F25-29	F56 Waverly
127 Marilyn Oakley	23	49:41	9:57	9 F20-24	F57 Ithaca
128 Christopher Osborn	36	50:06	10:02	9 M35-39	M71 New York
129 Bethani Pallace	21	50:11	10:03	10 F20-24	F58 Ithaca
130 Catherine Layton	39	50:13	10:03	4 F35-39	F59 Ithaca
131 Joy Miller	28	50:36	10:08	9 F25-29	F60 Ithaca
132 John Dutcher	47	51:01	10:13	13 M45-49	M72 Ithaca
133 Michelle Wichtowski	29	52:55	10:35	10 F25-29	F61 Elmira
134 Kosali Simon	32	54:38	10:56	9 F30-34	F62 Ithaca
135 Katherine Borgella	43	55:19	11:04	10 F40-44	F63 Newfield
136 Robert Bohdan	53	58:41	11:45	11 M50-54	M73 Ithaca
137 Katherine Karlson	52	1:00:51	12:11	4 F50-54	F64 Binghamton
138 Carol Hart	60	1:01:32	12:19	1 F60-64	F65 Deposit
139 Joe Familo	81	1:12:36	14:32	4 M70-99	M74 Oswego

10-Miler

1 James Davenport	22	53:19	5:20	1 M20-24	M1 Brockport
2 James Derick	40	56:00	5:36	1 M40-44	M2 Big Flats
3 Daniel Krisch	25	57:19	5:44	1 M25-29	M3 Ithaca
4 Jordan Varano	26	57:20	5:44	2 M25-29	M4 Endicott

Race Results

5 Daniel Blew	22	57:48	5:47	2 M20-24	M5 Brockport
6 Tom Gudas	41	57:48	5:47	2 M40-44	M6 Binghamton
7 Tony Jarc	22	1:00:21	6:03	3 M20-24	M7 Ithaca
8 Boris Dzikovski	41	1:00:30	6:03	3 M40-44	M8 Ithaca
9 Thad Schug	38	1:01:39	6:10	1 M35-39	M9 Freeville
10 Andrew Getzin	36	1:02:04	6:13	2 M35-39	M10 Ithaca
11 Jeffrey Naylor	35	1:02:08	6:13	3 M35-39	M11 Elmira
12 Jeffrey Juran	48	1:02:17	6:14	1 M45-49	M12 Ithaca
13 Daniel Friedman	21	1:02:32	6:16	4 M20-24	M13 Ithaca
14 Lori Kingsley	39	1:02:57	6:18	1 F35-39	F1 Wysox PA
15 Bill Bosmann	54	1:03:09	6:19	1 M50-54	M14 Sparta NJ
16 Marshall Kutuzov	53	1:05:21	6:33	2 M50-54	M15 Ithaca
17 Neil Clifford	34	1:05:42	6:35	1 M30-34	M16 Trumansburg
18 James Newlove	49	1:06:03	6:37	2 M45-49	M17 Rome
19 Daniel MacCracken	48	1:07:27	6:45	3 M45-49	M18 Ithaca
20 Dylan Kuckes	42	1:07:44	6:47	4 M40-44	M19 Ithaca
21 Steve Supron	41	1:07:57	6:48	5 M40-44	M20 Ithaca
22 Joseph Yarbrough	25	1:08:47	6:53	3 M25-29	M21 Ithaca
23 Mark Shenstone	50	1:09:36	6:58	3 M50-54	M22 Trumansburg
24 Randall Allen	22	1:10:28	7:03	5 M20-24	M23 Ithaca
25 Thomas Williams	50	1:11:18	7:08	4 M50-54	M24 Ithaca
26 Brett Harris	20	1:11:24	7:09	1 F20-24	F2 Ithaca
27 Christine Reynolds	35	1:11:45	7:11	2 F35-39	F3 Newfield
28 Pat Riccardi	55	1:11:57	7:12	1 M55-59	M25 Syracuse
29 David Campbell	44	1:12:21	7:15	6 M40-44	M26 Newfield
30 Ann Brewer	31	1:12:29	7:15	1 F30-34	F4 Trumansburg
31 Stephen Salino	17	1:12:56	7:18	1 M01-19	M27 Trumansburg
32 Steve Shaum	39	1:13:12	7:20	4 M35-39	M28 Trumansburg
33 Steve Morris	45	1:14:20	7:26	4 M45-49	M29 Ithaca
34 Thaisa Way	45	1:14:32	7:28	1 F45-49	F5 Ithaca
35 Philip Terpening	36	1:15:39	7:34	5 M35-39	M30 Endicott
36 Dan Jenkins	45	1:16:33	7:40	5 M45-49	M31 Ithaca
37 Todd Mattison	46	1:16:42	7:41	6 M45-49	M32 Ithaca
38 Scott McIlvennie	42	1:16:47	7:41	7 M40-44	M33 Ithaca
39 Andy Dracup	41	1:16:58	7:42	8 M40-44	M34 Ithaca
40 Harland Bigelow	59	1:17:08	7:43	2 M55-59	M35 Lisle
41 Karen LaFace	39	1:17:08	7:43	3 F35-39	F6 Ithaca
42 Michael Hudak	52	1:17:22	7:45	5 M50-54	M36 Binghamton
43 Paul Hamlin	55	1:18:16	7:50	3 M55-59	M37 Owego
44 Elizabeth Riccardi	21	1:18:22	7:51	2 F20-24	F7 Ithaca
45 Lisa Gallagher	41	1:18:30	7:51	1 F40-44	F8 Vestal
46 David Weiss	56	1:18:37	7:52	4 M55-59	M38 Corning
47 Jeff Tomasik	37	1:18:48	7:53	6 M35-39	M39 Ithaca
48 Katherine Klein	28	1:19:00	7:54	1 F25-29	F9 Ithaca
49 Daniel Graybeal	34	1:19:10	7:55	2 M30-34	M40 Ithaca
50 Martha Roberts	48	1:19:12	7:56	2 F45-49	F10 Penn Yan
51 Timothy Hughes	51	1:19:55	8:00	6 M50-54	M41 Williamsport PA
52 Craig Salino	14	1:20:43	8:05	2 M01-19	M42 Trumansburg
53 Brenda Rudan	41	1:21:00	8:06	2 F40-44	F11 Ithaca
54 Peggy Eck	43	1:21:07	8:07	3 F40-44	F12 Dryden
55 Mike Terwilliger	50	1:21:08	8:07	7 M50-54	M43 Brocktondale
56 Diane Yates	33	1:21:45	8:11	2 F30-34	F13 Ithaca
57 Sue Aigen	52	1:21:49	8:11	1 F50-54	F14 Ithaca
58 Tom Connors	48	1:21:59	8:12	7 M45-49	M44 Newfield
59 Richard John	46	1:22:19	8:14	8 M45-49	M45 Ithaca
60 Roger Thorn	28	1:22:30	8:15	4 M25-29	M46 Candor
61 Lisa Hill	46	1:22:46	8:17	3 F45-49	F15 East Syracuse NY
62 Daniel Viviano	44	1:22:47	8:17	9 M40-44	M47 Endicott
63 Nan Filler	25	1:22:52	8:18	2 F25-29	F16 Ithaca
64 Steven Dunk	49	1:23:30	8:21	9 M45-49	M48 Ithaca
65 Jodie Whittle	36	1:24:14	8:26	4 F35-39	F17 Ithaca

Race Results

66 Kent Scriber	55	1:24:23	8:27	5 M55-59	M49 Ithaca
67 Danielle Olson	20	1:24:48	8:29	3 F20-24	F18 Walton
68 Patrick Kongsilp	26	1:25:10	8:31	5 M25-29	M50 Parsippany NJ
69 Donna Kouwe	49	1:25:23	8:33	4 F45-49	F19 Houston TX
70 James Rohan Jr	41	1:26:01	8:37	10 M40-44	M51 Trumansburg
71 Fred Walker	44	1:26:10	8:37	11 M40-44	M52 Virginia Beach VA
72 Mary Wenck	57	1:26:48	8:41	1 F55-59	F20 Corning
73 Ed Hamerstrom	59	1:26:50	8:41	6 M55-59	M53 Roscoe
74 Laura McCreary	30	1:27:17	8:44	3 F30-34	F21 Ithaca
75 Paige Peters	27	1:27:17	8:44	3 F25-29	F22 Ithaca
76 Holly Burkholder	28	1:27:43	8:47	4 F25-29	F23 Ithaca
77 Beth LaFace	37	1:28:43	8:53	5 F35-39	F24 Ithaca
78 Brooke Cobb	29	1:28:59	8:54	5 F25-29	F25 Ithaca
79 June Eillenberger	32	1:30:35	9:04	4 F30-34	F26 Ithaca
80 Catherine Dunk	45	1:31:05	9:07	5 F45-49	F27 Ithaca
81 Iris Packman	21	1:32:13	9:14	4 F20-24	F28 Ithaca
82 Ken Packman	53	1:32:16	9:14	8 M50-54	M54 Ithaca
83 Jonathan Cogen	21	1:32:40	9:16	6 M20-24	M55 Ithaca
84 Linda Swafford	52	1:36:30	9:39	2 F50-54	F29 Ithaca
85 Mary Scheidegger	39	1:38:12	9:50	6 F35-39	F30 Ithaca
86 James Miner	56	1:40:40	10:04	7 M55-59	M56 Dryden
87 PJ Peterman	53	1:40:40	10:04	3 F50-54	F31 Dryden
88 Bob Babcock	77	1:46:42	10:41	1 M70-99	M57 Ithaca
89 Joan de Boer	71	1:46:59	10:42	1 F70-99	F32 Ithaca
90 Joyleen Gaustad	45	1:52:27	11:15	6 F45-49	F33 Trumansburg
91 Janice Johnson	48	1:52:27	11:15	7 F45-49	F34 Trumansburg
92 Jillian Bosmann	26	1:54:48	11:29	6 F25-29	F35 Ithaca

Triennial Finger Lakes Trail Relay IX September 24, 2005

These results reflect the Sep 27 version and are subject to change at the whim of the organizers

Stage Results

Team	Runner	Handicap	Scratch time	Place	Notes
Stage 1	FLNF	8.8 miles			
Atrocious	Joe Daley	0:11	0:59:00	1	
Mad Dogs w/o an Englishman	John Tomac		1:06:30	2	
Lighting Strikes	Katie Stettler	0:10	1:16:40	3	
Centaurus & Gorgons	Evan Kurtz	0:07	1:19:00	4	late start, 0:03
Bestial High Finger Mudderflopers	David Weiss	0:11	1:22:10	5	
Mighty Isis	Maria Costanza	0:14	1:27:00	6	
Blue Boys	Fred Knewstub	0:30	1:27:30	7	
Noospherians	Kristin Arend	0:07	1:34:10	8	
Bottomfeeders	David Wooley		1:39:40	9	
N Mountain Clansmen	Jim Derek	0:02	1:46:00	10	
Flying Stumbleheads	Derek Dean		1:48:20	11	
Screemin Cheetah Wheelies	Kevin Coughlin	0:06	1:50:00	12	
N Tioga Trail Dogs	Terry Ross		1:53:15	13	
I.G. CIME	Greg Bozulenca	2:19:00	14		
Stage 2	Texas Hollow - Connecticut Hill W	13.0 miles			
Flying Stumbleheads	Randy McDermott		1:38:05	1	
Atrocious	Spider	0:14	1:38:44	2	
I.G. CIME	Skull	0:03	1:40:26	3	
N Mountain Clansmen	Dennis van der Hoeve	0:07	1:42:48	4	
Lighting Strikes	Yvette de Boer	0:17	1:47:50	5	
Screemin Cheetah Wheelies	Jim Chely	0:06	1:52:50	6	
Mad Dogs w/o an Englishman	David Jones	0:08	1:55:10	7	
Blue Boys	Rob Licht	0:05	1:57:25	8	
Bestial High Finger Mudderflopers	Buck Nakeed	0:22	1:58:31	9	
N Tioga Trail Dogs	Bill McGovern	0:06	2:00:52	10	
Mighty Isis	Karen Grover	0:11	2:01:28	11	
Bottomfeeders	Steve Hall	0:03	2:02:30	12	SCB*

Race Results

Centaurs & Gorgons	Bob Talda	0:06	2:06:35	13	
Noospherians	Lynn Vacaro	0:15	2:30:00	14	late start, 0:09
Stage 3	Connecticut Hill E - Treman Park		14.2 miles		
Flying Stumbleheads	Tim Ingall	0:08	1:42:10	1	
N Mountain Clansmen	Eric Grimm	0:02	1:43:00	2	
Bestial High Finger Mudderflopers	John Whitman	0:13	1:53:56	3	
Blue Boys	Rich McCutcheon	0:07	1:55:48	4	
Lighting Strikes	Linda Grossman	0:17	1:58:46	5	
Screemin Cheetah Wheelies	Jeff Juran	0:11	2:18:47	6	
Atrocious	Rick Cleary	0:11	2:18:53	7	
I.G. CIME	Ian Webber		2:23:58	8	
Centaurs & Gorgons	John Dailey		2:24:15	9	
Noospherians	Gail Steinhaus	0:16	2:31:31	10	
Mighty Isis	June Eillenberger	0:12	2:56:00	11	
Bottomfeeders	Matt Amster	?	12		
N Tioga Trail Dogs	Paul Strobe	0:04	?	13	
Mad Dogs w/o an Englishman	Joshua Cross	DNF	14		left to die
Stage 4	Lick Brook - Jersey Hill		11.3 miles		
N Mountain Clansmen	Carl Johnson	0:02	1:24:02	1	
Screemin Cheetah Wheelies	Boris Dzikovski	0:03	1:24:15	2	
Mad Dogs w/o an Englishman	Eric Davis		1:24:48	3	
Mighty Isis (redhead)	KC Bennett	0:22	1:29:00	4	+5 min handicap
Bottomfeeders	Dan Walega		1:30:18	5	
I.G. CIME	Brian Matthews		1:30:19	6	
N Tioga Trail Dogs	John Basal	0:03	1:31:05	7	
Blue Boys	Jim McCutcheon	0:12	1:31:10	8	
Atrocious	Dump Truck	0:15	1:34:43	9	
Flying Stumbleheads	Blake Jacgal		1:39:18	10	
Centaurs & Gorgons	Shelly Marino	0:30	1:41:12	11	+6 min handicap
Bestial High Finger Mudderflopers	Jim Hoch	0:14	1:41:53	12	
Lighting Strikes	Kim Snedden	0:11	1:50:17	13	
Noospherians	Jeff Steinhart		2:12:55	14	
Stage 5	South Danby		10.5 miles		
Mad Dogs w/o an Englishman	Tom Meyer		1:20:11	1	
Lighting Strikes	Nancy Kleinrock	0:16	1:20:19	2	-1, ask her why, I am still confused
Bestial High Finger Mudderflopers	Steve Ryan	0:12	1:23:40	3	+1, SCB*
N Mountain Clansmen	Steve van der Hoeve	0:03	1:23:30	4	
Screemin Cheetah Wheelies	Steve Shaum	0:02	1:29:12	5	
Flying Stumbleheads	Darren Zanon		1:33:40	6	
Noospherians	Nick Shipanski		1:33:45	7	
Atrocious	Herb Engman	0:17	1:34:53	8	
Blue Boys	Dan Farr	0:10	1:36:20	9	
Centaurs & Gorgons	Sue Aigen	0:22	1:42:40	10	
I.G. CIME	Evan Clark		1:48:57	11	
Mighty Isis	Tessa Bauer	0:09	1:53:48	12	
N Tioga Trail Dogs	Alison Graf	0:09	1:54:10	13	
Bottomfeeders	Dan Motto	?	14		
<i>Extras: Trojan</i>					
Stage 6	Shindagln		13.5 miles		
N Mountain Clansmen	Alan Evans	0:04	1:44:00	1	
Flying Stumbleheads	Mike Wunsch		1:45:20	2	
Mad Dogs w/o an Englishman	Geoff Hutchinson		1:56:00	3	
Blue Boys	Ron Knewstub	0:17	1:56:30	4	
Mighty Isis	Becky Harman	0:11	1:58:15	5	
I.G. CIME	Tim Howland		2:11:40	6	
Bestial High Finger Mudderflopers	Jim Miner	0:14	2:12:50	7	
Atrocious	LeRoy	0:13	2:13:15	8	
Screemin Cheetah Wheelies	Bob Weathers		2:16:00	9	
Bottomfeeders	Brent Alspach		2:19:20	10	
Noospherians	Peter Stevens		2:21:00	11	
N Tioga Trail Dogs	John Zevan		2:46:00	12	

Race Results

Centaur & Gorgons	Tomas Larson	0:01	?	13
Lighting Strikes	Lorrie Tily	0:19	?	14
<i>Extras: Queen of The Nile 2:42 + 0:11 handicap</i>				
Stage 7	Hammond Hill	8.3 miles		
Screamin Cheetah Wheelies	Earl Steinbrecher	0:02	0:55:20	1
Mad Dogs w/o an Englishman	Adam Engst		0:59:32	2
N Mountain Clansmen	John van Kerkhoeve	0:03	1:01:40	3
Lighting Strikes	Audrey Ballander	0:15	1:03:37	4
Blue Boys	Rich Hoffman	0:06	1:06:00	5
Bestial High Finger Mudderflopers	Joe Dabes	0:19	1:08:15	6
Atrocious	Sh'Tara	0:07	1:09:35	7
Flying Stumbleheads	Lauren Smithline		1:10:35	8
Mighty Isis	Charity McManaman	0:09	1:14:40	9
N Tioga Trail Dogs	Cindy Gretsinger	0:11	1:14:50	10
I.G. CIME	Eric Finnemore		1:19:40	11
Centaur & Gorgons	Dan Graybeal		1:20:30	12
Bottomfeeders	Matt Warfel		1:31:20	13
Noospherians	Julie Pett-Ridge	0:09	?	14
<i>Extras: Mini-Me 1:10:35 + 0:30 handicap</i>				

***SCB: short-cutting bastard**

The Final Word: Late-entry Ramblings—Triennial-Race-Director-for-Life D. Truck Rossiter

It was awfully nice of the FLRC to include Triennial IX in your official race calendar, thereby taking an insane insurance risk. We (I speak now of the Triennial Central Committee, meeting in my bathtub as per usual) handle this risk by carefully screening teams for a healthy balance of insanity and sense of humor. Also, we thank you for the use of FLRC equipment (namely five water tubs, five clipboards, 30 cups, and 12 result sheets), although that involved a trip to Irish Hill and a close encounter with Joe Reynolds. Anyway, I feel we owe you a brief race report.

It was gratifying to see that so many people had grasped the Spirit of the Triennial, although certainly the postcard-perfect weather helped. Many had pruned their sections of trail, almost all were ready to rumble, and the action in the woods was fast and furious. Or in my case not so fast, but certainly furious. We have to thank the Finger Lakes Trail Conference (although they don't know it) and all the trail maintenance volunteers, especially Joe Dabes who is now in charge of detailed trail mapping with GPS for the whole FLT—finally we have accurate mileage (n.b. that does not include lifting your feet over downed logs or "roots"—actually limbs of the ground-dwelling "Trail Monster" that defend the trail against fast running).

The Triennial is a foot race. It is not a charity event. It is not a fun run (but of course it's fun blowing your competition away! and especially satisfying if you've gotten everything you can out of your feeble running ability). We saw some hard-core racing. I can't get out of my head the image of Charity McManaman in her long skirt desperately (and successfully) holding off Cindy Gretsinger on the brutal downhill of Star Stanton Road at the finish of stage 7, or Mike Wunsch with his head down charging out of Shindagin Hollow in (futile) pursuit of Alan Evans on stage 6 or of David Weiss snorting down Texas Hollow road on stage 1 like some enraged bull as he toasted the faster guys who hadn't learned what "trail is marked by white blazes" means, or (unfortunately) of John Basal and Jim McCutcheon blowing by me on Comfort Road late in stage 4 like I was standing still.

It was gratifying to have so many veterans who wouldn't pass up Triennial for their daughter's wedding (or even their own). The Bottom Feeders came from San Diego, Miami, etc., just for this race. Mighty Isis (the cat) wouldn't let Mama Isis (Tessa Bauer) rest until these feared fast feminist fatales were registered and ready to go. Skull is continuing the obscene names seemingly in perpetuity—as Spider notes, they, having TIUTALAM so that MABLIMFNIP, discovered that they had GCITEs. High Noon (HNAC) seems to be taking this thing seriously—so seriously that they spoofed the Triennial website (and my Atrocious HTML style), surely a first for competitive trail running! The Noospherians set a standard for cool names—thanks Gail! And thanks to Katie for proving that the Triennial is as American as Motherhood as she burned up Burnt Hill.

It's not too early to start your three-year training cycle for Triennial X in 2008. Springtime, summer, or fall? All you've got to do is call... Eastbound, westbound, inbound, outbound? Six or seven stages? Sugar Hill, Watkins, Burdett? To Caroline, Harford, Virgil? All is up for discussion. Your suggestions are welcome.

Well, it's back to the Netherlands for me, back to Merrie England for LeRoy, back to DC for Spider, Sh'Tara, and QUON, back to Beantown for Rick (a most Atrocious addition to our team), back to the left fringe for Herb, and back to...—what does he do anyway?—for Joe Daley. See you in 2008.



Java Joe Dabes in hot pursuit of Keaton Mini-Me Daley on stage 7.

October Calendar

- Oct 1:** The Cortland Pumpkin 5K Run, begins at the City Fire Station, Court St., 9 am. 756-7791.
- Oct 1:** Out of Bounds Trail Half Marathon, Bristol Mountain Ski Resort, Rochester area, noon. www.geocities.com/goutnow.
- Oct 1:** Komen Race for the Cure Women's 5K, Albany. www.albanyraceforthecure.com.
- Oct 1:** Octoberfest 5K & 10K, Highland Park, Endwell, 9 am. www.triplecitiesrunnersclub.org.
- Oct 1:** McQuaid Invitational Open 3-Mile Cross Country Race, Rochester, 4:30 pm. www.gvh.net.
- Oct 1:** Barktober Fest 10K, Fairport, 9:45 am. www.lollypop.org.
- Oct 1:** New Hampshire Marathon, Bristol, NH. www.nhmarathon.com.
- Oct 2:** The 24th annual Wineglass Marathon & HealthWorks Three-Person Relay, Bath to Corning, 9 am. Contact Wineglass Marathon, Box 117, Corning, NY 14830-0900. www.wineglassmarathon.com; e-mail: Wineglassrace@aol.com.
- Oct 2:** Syracuse Festival of Races 5K—men's and women's separate 5K races, plus 3000-meter fun and fitness run; kid's races, Manley Field House, Syracuse University, 9 am. Contact Dave Oja, 213 Scott Ave., Syracuse, NY 13224; (315)446-6285. www.festivalofraces.com.
- Oct 2:** Pit Run 10K, Oneonta. www.pitrun.com. Part of Police Pursuit Series.
- Oct 2:** Grete's Great Gallop Half Marathon, Central Park, New York City, 9 am. www.nyrrc.org.
- Oct 2:** Twin Cities Marathon. www.twincitiesmarathon.org.
- Oct 2:** Rochester Autumn Classic Duathlon, Mendon Ponds Beach. www.yellowjacketracing.com.
- Oct 8:** Canandaigua 50-Mile Ultra and Relay, Finger Lakes Community College, 7 am. www.canandaiguaultra.org.
- Oct 8:** The third annual Flaming Foliage Flyin' Five Miler, Grand Canyon Airport, Wellsboro, PA, 10 am. Contact Andy Sayre, 830 Callahan Rd, Wellsboro, PA, 16901. Benefits Wellsboro High School cross country teams.
- Oct 8:** The Greater Hartford Marathon and Half Marathon, Hartford, CT. www.hartfordmarathon.com.
- Oct 9:** The eighth annual Danby Down 'n' Dirty 10K and 20K Trail Runs, Danby State Forest, Ithaca, 9 am. Contact Suzanne Aigen: aigen@clarityconnect.com. www.fingerlakesrunners.org.
- Oct 9:** Alpaca 5K and 1-Mile Fun Run, Indian Chimney Farm, Lansing, 9 am. Contact Ithaca United Track Club, 401 East State St, Suite 400, Ithaca, NY 14850. Benefits IUTC Scholarship Fund.
- Oct 9:** The tenth annual Steamtown Marathon, Scranton, PA, 8 am. www.steamtownmarathon.com.
- Oct 9:** Upstate New York Cross Country Series—Race No. 3: GVH Invitational, Genesee Valley Park, 10 am. Women's 6K and men's 8K. www.peteglavin.com. Prize money.
- Oct 9:** The 23rd annual Mohawk-Hudson River Marathon and US Marine Corps Toys for Tots Half Marathon, Albany, 8:30 am. www.hmrc.com.
- Oct 9:** BAA Half Marathon, Boston, MA. www.baa.org.
- Oct 9:** The 28th annual LaSalle Banks Chicago Marathon. www.chicagomarathon.com.
- Oct 10:** The 29th annual Tufts Health Plan 10K for Women, Boston, MA, noon. www.tuftshealthplan.com.
- Oct 15:** The fifth annual Zeppy 5K Run and Kid's Fun Run, Cornell College of Veterinary Medicine, 9 am. Contact Zeppy Run, Cornell College of Veterinary Medicine, S2008 Sschurman Hall, Box 45, Ithaca, NY 14853; email: infor@zeppyrun.com; www.zeppyrun.com. Cash prizes for runners; proceeds benefit local animal shelters.
- Oct 15:** Tussey Mountainback 50-Mile Ultra (USATF National 50-Mile Road Championship) and Team Relay, Tussey Mountain Ski Resort/Rothrock State Forest, Boalsburg, PA. www.tusseymountainback.com; www.nvrn.com.
- Oct 15:** Leaf Peeper Half Marathon, Yaman Park, Cortland. Walk, 8:30 am; run, 9:30 am. www.cortland.org. Call Cortland YMCA: 756-2893.
- Oct 15:** The Under Armour Baltimore Marathon and Half Marathon, 8 am. www.thebaltimoremarathon.com.
- Oct 15:** St. Catherine's 5K, Hillcrest, 2 pm. E-mail: ghenders@stny.rr.com.
- Oct 15:** Run For Hospice 5K and 10-miler, First Baptist Bible Church, Greece, 8:45 am. www.runforhospice.com.
- Oct 15:** Green Mountain Marathon, South Hero, VT. www.gmaa.net
- Oct 16:** National Masters 5K Cross Country Championships, Saratoga Spa Park. www.saratoganational.com; www.usatfadir.org/usamasters5k.htm.
- Oct 16:** Alyssa's Run 5K, Country Music Park, Cortland, 1:15 pm. Contact Stacy Marko, 3817 Valley View Rd, Cortland, NY 13045. Benefits Upstate University Hospital Pediatric Oncology Unit.
- Oct 16:** First annual Fallen Heroes 5K Run/Walk, Towanda, 10 am. Benefits Bradford County First Responder Training Center. Contact Fallen Heroes 5K, PO Box 107, Towanda, PA 18848.
- Oct 16:** Baystate Marathon and Half Marathon, Lowell, MA. www.baystate.com.
- Oct 16:** Mount Desert Island Marathon, ME. www.mdimarathon.org.
- Oct 16:** Toronto Marathon and Half Marathon. www.torontomarathon.com
- Oct 16:** Columbus Marathon, Columbus, OH. www.columbusmarathon.com
- Oct 16:** The Ridgewalk and Run 5K, 10K, and 14-mile trail run, 1 pm. Wellsville campus of Alfred University. www.ridgewalk.com.
- Oct 23:** St. James 5K and 2.5K Family Walk, St. James Church, Johnson City, 2 pm. Contact Suzanne Myette: tcrunnersclub@aol.com.
- Oct 23:** Casino Niagara International Marathon, 10 am. www.niagarafallsmarathon.com.
- Oct 23:** Detroit Marathon. www.detroitfreepressmarathon.com.
- Oct 23:** Mystic Places Marathon, East Lyme, CT. www.mysticplacesmarathon.com.
- Oct 23:** Boston Mayor's Cup Cross Country Races, Franklin Park. www.baa.org.
- Oct 29:** Upstate New York Cross Country Series—Race No. 4: Watkins Glen State Park, 5K, 11 am. www.peteglavin.com.
- Oct 29:** Run Like Hell 5K, Johnny's Irish Pub, Rochester, 3 pm. Contact Bill Kehoe at willopus@aol.com
- Oct 30:** Hairy Gorilla Half Marathon and Squirrelly Six Mile Trail Runs, Pine Bush Reserve, Albany, 9 am. www.albanyrunningexchange.org; e-mail: high@albanyrunningexchange.org.
- Oct 30:** The 18th annual Fall Trail Run 5-Miler, Frances Slocum State Park, 1 pm, Kingston, Township, PA. Contact Vince Wojnar, 295 South Mountain Blvd, Mountaintop, PA 18707; email Wyalstr@aol.com.
- Oct 30:** The 30th annual Marine Corps Marathon, Washington, D.C. www.marinemarathon.com.
- Oct 30:** The 28th annual Cape Cod Marathon & Relay, Falmouth, MA. www.capecodmarathon.com.

[Editor's note: Time to break out those reading glasses. Sorry for the extra-small font size, but this is one busy month—so busy, that the normal-small font wouldn't accommodate all the upcoming races! Guess you'll just have to get out and run some of 'em.]

Subscribe to the FLRC Listserv!

So you missed out on the rest of the Triennial chatter? Stay in touch with us for crazed banter as well as info about training runs, schedule changes, late-breaking news, etc., by e-mail. To subscribe, send an e-mail notice to listserv@cayugacomputers.com. In the message of the body type `SUBSCRIBE FLRC your-name` If you have a signature that automatically gets added to the end of your message, you should delete that. To send e-mail to all on the list, e-mail to flrc@cayuga-computers.com.

We thank Cayuga Computers for this service!

**This is your club and your newsletter. Get involved in ways that extend beyond running: volunteer (contact president Lorrie Tily ljm2@cornell.edu or relevant race director) and/or submit race reports (email them to Nancy Klei-
rock nk33@cornell.edu).**

Tired of recycling yet another sheath of paper? Want to save a tree? Want to save some postage for the FLRC?

You can do your part by opting out of receiving the monthly *FLRC Newsletter* in hard-copy and instead access the bulk of it online at www.fingerlakesrunners.org (click on *Latest Newsletter* or *Newsletter Archives* from the menu at the bottom of the home page; other features, such as the race calendar appear elsewhere on the website). To effect this change, contact membership chair Steve Shaum at sls243@cornell.edu.

Think you're an FLRC member signed up to receive a paper copy, but there's no *Newsletter* showing up in your mailbox? Or perhaps you received a renewal email recently? Odds are your membership has lapsed. Shame on you! For this, you too should contact Steve, and he'll sign you back up—with only a modicum of scolding and a request for the low, low membership fee.

Visit Our Awesome Website!
www.fingerlakesrunners.org

You'll find our membership forms, race applications, FLRC news items, photos...

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