**TAC/USA National Masters 5k X-C Championships**

**Fayetteville, NY**

**Green Lakes State Park**

**October 7, 1990**

M40

1 16:28 Dale Keenan (40) Road Runner Masters

2 16:48 Thomas Carroll (40) Greater Lowell RR

3 16:53 Bob Giambalvo (41) Shirley, LI, NY

4 16:54 Gary Wallace (41) Greater Lowell RR

5 16:58 Harold Nolan Jr. (43) Shore AC

6 17:16 Scott Abercrombie (40) Taconic RR

7 17:16 Stoddard Melhado (44) Greater Lowell RR

8 17:22 Albin Swenson (43) Hartford TC

9 17:25 Dennis Grantz (41) Grand Rapids TC

10 17:29 Tom Amiro (40) Greater Lowell RR

11 17:32 Laurence Fearon (42) Hartford TC

12 17:38 Bob Hermesch (40) Taconic RR

13 17:41 Duane Green (40) E. Williston, NY

14 17:41 Buzz Wynbeek (42) Grand Rapids TC

15 17:43 Bruce Albert (41) West Lawn, PA

16 17:47 Roger Price (41) Shore AC

17 17:50 Ron Fleury (44) Auburn Pulsars

18 17:54 Jack Norton (43) Boston AA

19 17:58 Brian O'Keefe (42) Syracuse Chargers

20 18:·01 Mark Sepkowski (42) Shore AC

21 18:08 Reinhold Wotawa (41) High Noon AC

22 18:11 Bob Hall (44) Greater Lowell RR

23 18:12 Ben Brockwell (42) Shore AC

24 18:15 .Anthony Galfano (42) Taconic RR

25 18:21 Michael Krywanski (40) Grand Rapids TC

26 18:23 Jim May (44) CATS AC

27 18:24 Fred Dedrick (42) Philadelphia Masters

28 18:26 Michael Daley (40) Taconic RR

29 18:29 John Holland (44) Taconic RR

30 18:30 James Ascioti (41) Syracuse TC

31 18:32 Steve Desmond (40) Shore AC

32 18:41 John Hohm (41) Syracuse TC

33 18:43 Don Gulick (43) Hartford TC

34 18:48 Phillip Jessen (42) Road Runner Masters

35 18:49 John Dwyer (43) Syracuse Chargers

36 18:50 Tom Homeyer (42) Syracuse TC

37 18:51 Tim Payne (40) Orillia, ON, Canada

38 18:51 Ken Whitcomb (41) Greater Lowell RC

39 18:52 Kimball Atwood (40) Boston AARC

40 18:55 Jim Boyle (40) CATS AC

41 18:58 Dennis Bunting (43) Road Runner Masters·

42 19:05 Gary Herbert (44) CATS AC

43 19:12 Julian Nichols (43) Hartford TC

44 19:15 Jim Cintron (42) Taconic RR

45 19:19 Andrew Morton (41) Syracuse Chargers

46 19:19 David Abusamra (43) Boston AA

47 19:28 Gregg Hiller (40) Grand Rapids TC

48 19:40 Brian Dongelewlc (41) RR Masters

49 19:47 Morris Horgan (40) Road Runner Masters

50 19:53 Bob' Russell (41) Syracuse TC

51 20:12 James Lawton (41) Syracuse Chargers

52 20:32 Jeff Gerson (43) Over the Hill TC

53 20:51 Marc Kutner (43) Road Runner Masters

54 20:54 Jerry Elkins (42) Grand Rapids TC

55 21:03 Joseph Burleson (43) Hartford TC

56 21:33 Jim Caskey (44) West Penn TC

57 21:44 Wendell Dawson (42) Syracuse Chargers

58 21:55 Michael Defio (44) Syracuse Chargers

59 22:11 Ken Sieperman (43) Syracuse TC

60 22:12 Peter· Baigent (44) Syracuse Chargers

61 22:13 John Mazurick (40) Central Jersey RRC

62 22:27 Richard Dingman (41) Syracuse Chargers

63 22:29 Ray Brown (42) Syracuse Chargers

64 23:21 Larry Naukam (42) Greater Rochester TC

65 24:01 David Kennedy (43) Syracuse Chargers

M45

1 17:51 Dennis LaMountain (45) Richmond VA

2 17:56 Jerry Smith (47) Syracuse TC

3 18:02 Kirk Randall (49) Boston AARC

4 18:13 Salih Talib (45) New York City

5 18:23 Hector Bauza (45) Belle Watling AC

6 18:26 Michael Persak (47) Grand Rapids TC

7 18:33 Howard Bashant (45) Taconic RR

8 18:36 Joe Abernethy (48) CATS AC

9 18:42 Joseph Cote (47) Millrose

10 18:47 Will Mason (49) Greater Lowell RR

11 18:52 Paul Rose (46) Syracuse Chargers

12 19:03 Ralph Walde (47) Hartford TC

13 19:04 Dick Coleman (47) Syracuse Chargers

14 19:04 Dave Winn (47) CATS AC

15 19:06 John Kuhl (46) Shore AC

16 19:19 Paul Perry (45) Orland Park, IL

17 19:27 Peter Szawlowski (48) Boston AARC

18 19:41 Lawrence Abrahamson (48) Syracuse Chargers

19 20:03 Tom Wall (47) Boston AARC

20 20:05 Stan Edelson (49) Shore AC

21 20:18 John Lesher (45) Sherill, NY

22 20:20 Peter Kadrouach (48) Grand Rapids TC

23 20:22 Tim Collins (48) Syracuse Chargers

24 20:57 James Weber (45) Grand Rapids TC

25 21:32 David Dunham (48) Syracuse Chargers

26 21:35 Allen Jenks (47) Grand Rapids TC

27 21:46 · Paul Stelmaszyk (47) Syracuse Chargers

28 22:07 Edward Hetkowski (45)Yorktown Hgts NY

29 22:46 Mike Hankinson (47) Grand Rapids TC

30 24:09 Allan Drew {47) Syracuse Chargers

31 24:23 Jack Soltis (45) Syracuse Chargers

32 26:22 Ray Karaffa (48) Syracuse TC

M50

18:10 Ben Johns (54) Ottawa, ON, Canada

1 18:19 Ken Mueller (54) Boston AARC

2 18:45 Dick Perrin (50) Bunnell, FL

3 18:55 Harold Hatch (50) Boston AARC

4 19:08 John Pelton (51) Road Runner Masters

5 19:19 Alan O'Dell (50) Grand Rapids TC

6 19:22 Joel Landis (51) Road Runner Masters

7 19:23 Greg Osmun (50) Grand Rapids TC

8 19:24 John Hurley (54) Boston AARC

9 19:26 Henry Sarnowski (50) RR Masters

10 19:26 Robert Clark (51) Boston AARC

11 19:28 Vincent Colgan (51) Syracuse Chargers

12 19:30 Lee Wilcox (52) Road Runner Masters

13 19:33 Harry Tellman (52) Grand Rapids TC

14 19:36 Sam Graceffo (54) Syracuse Charges

15 19:57 Larry Decker (50) RR Masters

16 20:04 Art Conro (53) Boston AARC

17 20:42 Bill Walsh (52) Westchester Club

18 20:51 Jack Ucci (52) Syracuse Chargers

19 20:56 Robert Bender (54) Grand Rapids TC

20 21:07 Jim Turner (50) Menlo Park, CA

21 21:23 Lee Lindley (53) Grand Rapids TC

22 21:28 Robert Fouts (52) Grand Rapids TC

23 21:29 Al Owens (50) Grand Rapids TC

24 21:43 Dick Crook (51) Syracuse Chargers

25 22:12 Ed Obetts (54) Grand Rapids TC

26 23:05 Lucius Bugbee (51) North East, PA

27 23:16 Alec Davis (50) Syracuse Chargers

28 23:38 Richard Haven (54) Hurley's Heroes

29 24:07 Thomas Kieran (50) RR Masters

30 28:17 Chuck Shanklin (54) Syracuse, NY

M55

1 19:06 Bob Milner (55) Syracuse Chargers

2. 20:11 Peter Hettrich (55) Road Runner Masters

3 20:15 Larry Nicholson (56) Grand Rapids TC

4 20:17 Bob Brock (57) Syracuse Chargers

5 21:40 Tom Whelan (58) Belle Watling AC

6 22:55 Robert Klaus (58) Belle Watling AC

7 22:59 VanNess Robinson (55) Hurley's Heroes

8 23:07 John Garrity (59) Belle Watling AC

9 23:12 Dillon Maier (55) Hurley's Heroes TC

10 23:32 Ron Gerughty (58) Annandale, VA

11 24:22 Richard Hueber (57) Syracuse Chargers

12 24:38 Albert Dormann (57) Belle Watling

13 25:13 Richard deFrances (57) Hurley's Heroes

14 27:12 Joseph Fodero (58) Hurley's Heroes

15 28:58 Charles Ammann (59) Westchester RR

16 29:14 Nicholas Paladino (57) Syracuse TC

M60

1 20:22 Michael Sullivan (60) Boston AARC

2 20:26 Howard Rubin (62) Syracuse Chargers

3 20:40 Ed Stabler (61) Syracuse Chargers

4 20: 58 Richard Kendall (60) Belle Watling AC

5 21:32 Bill Cooney (60) Road Runner Masters

6 21:53 Jerry Johncock (62) Grand Rapids TC

7 22:05 Bob Gauvreau (60) Road Runner Masters

8 22:15 Olcott Brown (62) Belle Watling AC

9 22:15 Pat Fitzgerald (60) Road Runner Masters

10 22:48 Richard Sullivan (62) Belle Watling AC

11 22:57 Joe Conrad (61) Syracuse Chargers TC

12 23:14 Thomas Hovey (61) Syracuse Chargers TC

13 23:34 Roger Whalley (60) Belle Watling AC

14 23:39 Jack O'Sullivan (62) Belle Watling AC

15 24:20 Wallace Ypma (64) Grand Rapids TC

16 24:58 Bob Warner (60) Road Runner Masters

17 25:32 Edward Hart (63) Finger Lakes RC

18 26:43 George Tillson (62) Shortsville, NY

M65

1 22:23 Donald Carter (66) Vestal NY

2 23:26 Don McWilliams (66) Canandaigua, NY

3 23:36 Bob Hennig (65) Road Runner Masters

4 23:45 Clyne Lunsford (67) New Canaan, CT

5 24:09 Bill Tribou (69) Hartford TC

6 24:12 Edward Buckley (69) Syracuse Chargers

7 25:18 Francis Albaugh (68) West Penn TC

8 25:40 Tom Walnut (66) Syracuse Chargers

9 27:34 Bill Schweizer (68) Syracuse Chargers

M70

1 25:24 Nathaniel White (71) Syracuse Chargers

2 27:03 John Evans (74) Grand Rapids TC

3 29:11 Mel Freidel (70) Dix Hills, NY

4 31:40 Sid Zecher (71) Syracuse Chargers

5 37:35 Ed Straub (72) Syracuse Chargers -

6 NT Nathan Hacker (73) Syracuse Chargers

M75

1 25:36 Eugene Keller (76) Cincinnati, OH

2 26:50 Bill Brobston (77) Saugerties, NY

3 26:56 Dudley Healy (76) Chatham, NJ

4 32:04 Bob Boal (78) Wake Forest, NC

M80+

1 35:07 Charles Hackenheimer (84) Syracuse Chargers

W40

1 20:36 Kathy Brown (42) Fairport, NY

2 20:56 Elizabeth Mastin (40) Syracuse Chargers

3 22:29 Diane Colbert-Mauboussln (44) FLRC, Ithaca, NY

4 22:58 Sue Terwilliger (42) Syracuse Chargers

5 23:15 Kathleen Collins (43) Syracuse Chargers

6 25:05 Paula Emmons (44) Grand Rapids TC

7 25:21 Kathy Pierce (43) Syracuse Chargers TC

8 26:25 Kate McKenna (41) Syracuse, NY

9 26:59 Lori Hankinson (44) Grand Rapids TC

W45

1 21:24 Judy Pickert-Hetkowskl (47) Yorktown Hgts, NY

2 22:28 Elizabeth Bugbee (46) North East, PA

3 22:43 Sue Gardinier (48) Syracuse Chargers TC

4 23:56 Andrea Hatch (47) Liberty AC

5 24:54 Linda Mclaughlin (47) Boston AARC

6 25:52 Charlene Francis (49) Boston AARC

7 30:27 Barbara Genton (45) Syracuse Chargers TC

W50

1 22:22 Carol Bender (51) Grand Rapids TC

2 26:06 Lennie Tucker (52) Syracuse Chargers TC

3 27:17 Delores Horn (51) Grand Rapids TC

4 30:33 Eleanor White (52) Syracuse Chargers

5 32:17 Mary Kunzelman (54) Syracuse Chargers

W55

1 23:51 Carole Schuiteman (55) Grand Rapids TC

2 24:25 Mary Harada (55) Liberty AC

3 25:53 Liz Szawlowski (57) Boston AARC

4 26:25 Lois Bell (58) Syracuse Chargers

5 31:06 Patricia Horan (56) Syracuse Chargers

W65

1 36:54 Marsha Tillson (69) Shortsville, NY

**Team Scores**

W40 (3 score)

1 66:37 Syracuse Chargers Track Club

2 76:39 Boston Athletic Association Running Club

W50 (3 score)

1 73:30 Grand Rapids Track Club'

2 83:04 Syracuse ·Chargers Track Club

M40 (5 score)

1 86:3.8 Greater Lowell Road Runners

2 89:30 Shore Athletic Club

3 90:04 Taconic Road Runners Club

4 91:21 Grand Rapids Track Club

5 91:52 Hartford Track Club

6 93:41 Road Runner Masters (Albany NY Area)

7 93:50 Syracuse Track CIub

8 94:03 CATS AC, Rochester NY

9 94:10 Boston Athletic Association Running Club

10 96:15 Syracuse Chargers Track Club

11 101:18 Syracuse Chargers Track Club B Team

12 107:04 Grand Rapids Track Club B, Team

13 111:58 Syracuse Chargers Track Club C Team

M50 (5 score)

1 96:08 Boston Athletic Association Running Club

2 97:23 Road Runner Masters (Albany NY area)

3 99:18 Syracuse Chargers Track Club

4 99:26 Grand Rapids Track Club

5 122:14 Hurley's Heroes Track Club (Oneonta NY)

M60 (3 score)

1 64:03 Syracuse Chargers Track Club

2 65:52 Road Runner Masters (Albany NY Area)

3 66:01 Belle Watling AC (Buffalo NY)

4 73:16 Grand Rapids Track Club

M70 (3 score)

1 92:11 Syracuse Chargers Track Club

*National Masters News*, December 1990 Issue

**National 5k Cross-Country Draws 13 Clubs from 12 States**

BY BILL O'BRIAN

An impressive turnout of master harriers took advantage of near perfect conditions for TAC's 1990 National Masters 5kCross-Country Championships at Green Lakes State Park, Fayetteville, NY, on

'October 7. In total, there were 210 finishers from 12 states, with 13 TAC Clubs participating in the team competition. The closest contest was the M60-64 race in which 2:53 Boston Marathoner Michael Sullivan drove impressively down the finish straight to eclipse Syracuse Charger Howard Rubin by four seconds, ·20:22 to 20:26. Syracuse's Ed Stabler finished a strong third (20:40), and Joe Conrad nailed down an M60-69 Syracuse Charger team victory with his 11th-place 22:57.

In another close finish; Dennis LaMountain of Richmond, VA, edged Jerry Smith of Syracuse by five seconds in the M45 division, 17:51 to 17:56. M40 winner, Dale Keenan·, Albany, NY, was 20 seconds up on Greater ·Lowell's Tom Carroll with a 16:28, but Greater Lowell piled in three men in the first seven places to give them the M40-49 team win over Shore AC by almost three minutes.

On the other hand, Syracuse Charger Bob Milner ran away and hid in the M55 division, taking it by over a minute in 19:06. Canadian Ben Johns crossed the finish line first in the M50 race, but the American title went to Boston’s Ken Mueller, who clocked 18:19 to lead the Boston AA to the M50-59 team title.

The host Syracuse Chargers entered the only complete M70+ team, led by individual titlist Nate White, who ran 25:24 to win his race by over a minute and a half. But White had to hustle to cross the finish ahead of M75 champion Eugene Keller of Cincinnati, who ran 25:36. Syracuse's Charlie Hackenheimer, without competition, won the M80 race in 35:07. Two nationally-ranked 66-year-olds clashed in the M65 division, with Don Carter, Vestal, NY, beating out Don McWilliams, Canandaigua, NY, 22:23 to 23:26. Carter attributes his recovery from almost five years of injuries to an alkaline diet, which included tons of raw fruits and vegetables. You certainly can't argue with the results.

Female participation was far lower than hoped for but greater than usual for this event. Kathy Brown, Fairport, NY, staged a great final kick to take the W40 race; 20:36 to 20:56, over Syracuse Charger Elizabeth Mastin. Judy Pickert-Hetkowski took the M45 win in 21:24, and Grand Rapid TC's Carol Bender was W50winner in 22:22. The W55 winner, Grand Rapid's Carole Schuiteman, who clocked 23:51, actually finished ahead of all W50finishers except teammate Bender. Marsha Tillson, Shortsville, NY, running her first cross-country race (though she has been nationally-ranked as a roadrunner for several years) rounded out the female champions with a W65 win in 36:54. Female teams were entered in two age divisions. The host Chargers took the W40-49 title by ten minutes over Boston AA, and Grand Rapids downed the Chargers by nearly the same margin for the W50-59 title.

The competition was staged in three separate age-group races and was administered by volunteers from the Syracuse Chargers. The event was ably directed by Nate and Evelyn White. After the races, the runners got down to the serious business of consuming enormous amounts of food. Three bushels of Empire apples disappeared down their gullets, along with 20 gallons of cider, 700 homemade cookies and brownies, and 20 loaves of French bread. Fifty-three pounds of hot dogs also were eaten (but not a

single one by Don Carter).