

The Triple Cities Runners Club

Presents the  
Forty-fifth Annual

**Vestal XX**  
*Be a part of the oldest race in New York's Southern Tier*

**Twenty Kilometer Road Race**

(20 km = 12.43 miles)

Race Sanctioned by RRCA

Course Certified by USATF

(NY0743JG)

Beginning and ending at the

**Vestal Senior Center**

**201 Main St.**

**Vestal, NY 13850**

**Saturday, June 20, 2015**

**8:00 AM**

**Entry Fee:** \$10.00 with pre-registration (received by June 17). **TCRC members may deduct \$2.00 if they pre-register.** You can also register by searching for "Vestal XX" online at [RunSignUp.com](http://RunSignUp.com). Race day registration is available for an entry fee of \$14.00. Make check in the amount for entry fee plus contribution (see below) payable to "VESTAL XX." Entry fee is waived for any past winner, male or female, of the Vestal XX or any runner 19 years of age or younger.

**Awards:** Ceremony begins at 10:30 AM. Instead of giving awards in age-groups, awards will be given based on "age and gender grading." This works by determining each finisher's performance level based on tables developed by Alan Jones and Rex Harvey for the **World Masters Athletics (WMA)** and the **United States Track and Field Federation (USATF)**. The performance level is a percentage based on world records for the age and gender of the runner.

**Dick's Sporting Goods Gift Certificates Given as follows:**

- |                    |                    |                            |
|--------------------|--------------------|----------------------------|
| • Open Male        | • Open Female      | • Age/Gender Graded        |
| ○ 1st Place - \$50 | ○ 1st Place - \$50 | ○ 1st - 9th Place - \$15   |
| ○ 2nd Place - \$30 | ○ 2nd Place - \$30 | ○ 10th - 18th Place - \$10 |
| ○ 3rd Place - \$20 | ○ 3rd Place - \$20 | ○ 19th - 27th Place - \$5  |

\*Please note that winners in the Open class are not eligible for the Age/Gender Graded awards.

**Vestal XX Tom Carter High School Award:**

A special award will be given to the first boy and girl of high school or younger age.

**Contact:** Dan Dougherty, Race Director at [ddougherty421@gmail.com](mailto:ddougherty421@gmail.com)

**Tear off below dotted line and mail with payment to Alan Jones, Vestal XX, 3717 Wildwood Dr. Endwell, NY 13760**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_ Gender: M \_\_\_ F \_\_\_

Date of Birth: \_\_\_\_\_ Age on race day: \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_

Donation for low-income child  
to attend Sky Lake Camp\*: \$ \_\_\_\_\_

\*As in the past, any amount you give above the entry fee will be used to help pay for low-income children from all races to attend Sky Lake Camp near Windsor, New York. **This contribution is tax deductible.**

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running this event, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I acknowledge that my entry fee is non-refundable, including if the race is cancelled because of an act of nature.

I understand that the use of bicycles, skate boards, baby joggers or carriages, roller skates or blades, animals and music headsets and/or earbuds are not allowed in any TCRC event and their use can result in disqualification from a race. I will abide by and assist in the enforcement of this guideline.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Triple Cities Runners Club (TCRC), Road Runners Club of America, Dick's Clothing and Sporting Goods, Crowley Foods, Inc., Broome County Trophies and Awards, the Vestal Central School District and the Town of Vestal, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the sponsoring bodies.

This release shall be binding upon my heirs, administrators, successors and assigns and those of the sponsoring organization. By this release I fully intend to discharge the said organizations from any and all injuries or losses suffered by me while participating in and traveling to and from this event.

**\*\*\* No Headsets Allowed \*\*\* No Wheeled Vehicles Allowed \*\*\***

**\*\*\* You Must Stay on Left Shoulder on Route 26 \*\*\***

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

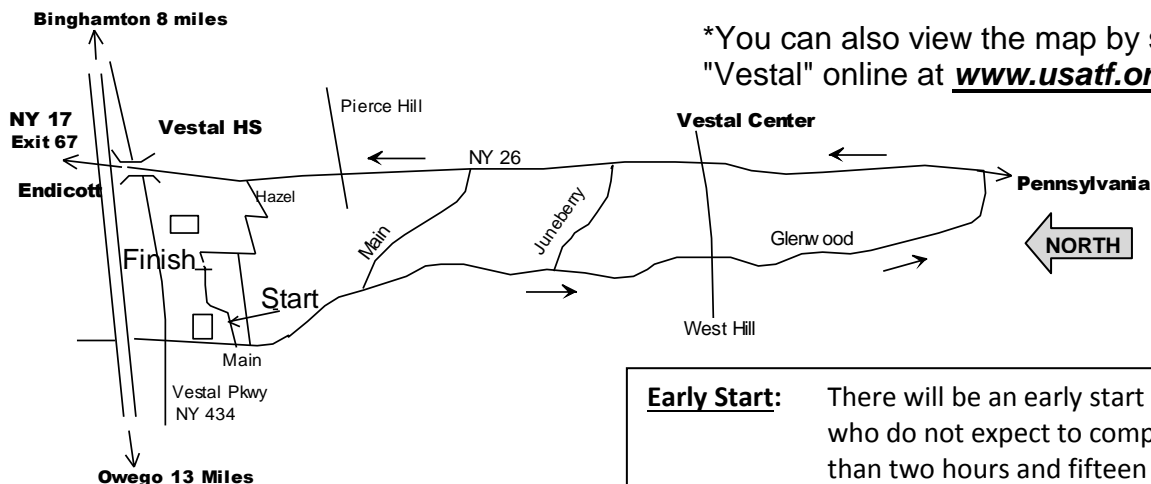
Parent/guardian: \_\_\_\_\_ (if under age 18)

Make checks  
payable to  
**Vestal XX**

Mail to:  
Alan Jones, Vestal XX  
3717 Wildwood Dr.  
Endwell, NY 13760

You can also register by searching  
for "Vestal XX" online at  
**RunSignUp.com**

## VESTAL XX COURSE MAP



\*You can also view the map by searching for "Vestal" online at **[www.usatf.org/routes](http://www.usatf.org/routes)**

Yr	Male Winners:		Female Winners:	
1971	Moses Mayfield (12 Miles)	1:05:12	Kathrine Switzer (12 Miles)	1:30:32
1972	Jim Boyle	1:09:09	Pam Tomek	1:43:07
1973	Karl Thornton	1:07:01	Nikki Kilgore	1:34:55
1974	Dave Milliman	1:07:14	Laurie Griffith	1:49:35
1975	Chip Boehm/ Dan Parker	1:07:57	Mary Hanley	1:42:50
1976	Tom Carter	1:05:49	Karin VonBerg	1:32:50
1977	Gary Wallace	1:07:18	Susan Kahler	1:25:36
1978	Chip Boehm	1:05:01	Karin VonBerg	1:20:24
1979	Chip Boehm	1:06:25	Cindi Girard	1:20:19
1980	Chip Boehm	1:04:17	Suzanne Girard	1:16:03
1981	Tom Carter	1:03:17*	Margaret Weaver	1:26:38
1982	Chip Boehm	1:03:30	Debbie Savino	1:22:16
1983	Tom Carter	1:03:41	Andrea Burke	1:18:08
1984	Tom Carter	1:04:05	Andrea Burke	1:17:08
1985	James Knight	1:04:29	Andrea Burke	1:15:52
1986	Tom Carter	1:05:25	Sharryn Henderson	1:26:33
1987	Thomas Leonard	1:08:32	Sharryn Henderson	1:25:56
1988	Tom Carter	1:05:33	Carol Livermore	1:26:07
1989	Bob Pulz	1:09:26	Susan Compton	1:24:20
1990	Jim Walsh	1:09:15	Sharon Bigart	1:28:10
1991	Tom Carter	1:08:54	Barbara Blaszak	1:23:32
1992	Timothy Wunsch	1:07:33	Charlene Lyford	1:20:50
1993	Timothy Wunsch	1:09:04	Charlene Lyford	1:19:19
1994	Timothy Wunsch	1:11:43	Renae Bartolone	1:26:33
1995	Bill Kroll	1:08:45	Patricia Wiegand	1:16:16
1996	Bill Kroll	1:10:28	Charlene Lyford	1:16:30
1997	Gary Fancher	1:11:52	Charlene Lyford	1:16:57
1998	Thomas Gudas	1:11:53	Caitlyn Ramsey	1:31:37
1999	James Oigara	1:08:25	Charlene Lyford	1:14:29*
2000	James Oigara	1:11:12	Charlene Lyford	1:18:50
2001	James Oigara	1:11:58	Charlene Lyford	1:21:51
2002	Tom Gudas	1:11:59	Suzanne Myette	1:27:06
2003	Bryan Morseman	1:11:08	Rebecca Harman	1:23:55
2004	Fred Joslyn	1:10:47	Christa Winslow	1:29:28
2005	Fred Joslyn	1:07:26	Katie Danner	1:20:55
2006	Bryan Morseman	1:09:12	Diane Matthews	1:22:22
2007	Patrick Murphy	1:13:28	Shelby Perkins	1:26:11
2008	Patrick Murphy	1:12:56	Jennifer Hastings	1:31:19
2009	Eric Stermer	1:11:18	Katie Radzik	1:19:18
2010	Earl Steinbrecher	1:13:38	Janine Fitzgerald	1:31:44
2011	Christopher Gaube	1:10:29	Katie Aldridge	1:24:20
2012	Jeff Martinez	1:09:24	Samantha Snead	1:22:15
2013	Cole Crosby	1:11:29	Tara Soraghan	1:26:36
2014	Christian Thompson	1:11:56	Ann Mazur	1:21:47
	* Course Record			

\*Any male or female runner who sets a course record will receive an additional \$200

### Early Start:

There will be an early start for those runners who do not expect to complete the race in less than two hours and fifteen minutes. The spirit of the early start is to allow slower runners to finish with the pack and join in with the post-race festivities. To participate, sign up at the registration table on race day by 7:10 AM for the 7:30 AM start. **Please note that early starters are not eligible for awards.**

### Water Stops:

There will be water at approximately every 1.5 miles with Gatorade at 10K and 15K. Water stations close at 10:00 AM.

### Finish Line:

The finish line officially closes at 10:30 AM. This is a 12:00 minute/mile pace for the normal start and a 14:30 minute/mile pace for the early start.

### Post Race:

Light refreshments and printed results will be available after completion of race. Results will also be posted on the TCRC Web Site:  
*[triplecitiesrunnersclub.org](http://triplecitiesrunnersclub.org).*



Nick Ruggieri, Kathrine Switzer, and Arnie Briggs  
in the 1971 inaugural Vestal XX