

enough interest. Anyone interested in running should express that interest to Carol Hoffman, Box 162, RD 4, Troy, NY 12180, 283-6609, as far in advance as possible.

Results of the 3 and 10 mile runs on the SUNYA campus, Oct. 29.

3 mile	Time	10 mile	5 mi.	10 mi.
1. Paul Rosenberg	18:00	1. Don Wilken	28:10	56:04
2. Nat Friedman	19:07	2. Bill Boyle	29:05	58:30
3. Bob Bullock	20:20*	3. Tim Atwell	30:15	61:15
4. Herb Brown	23:18	4. Bill Ghiorse	30:50	62:15
5. Malcolm Sherman	23:32	5. Burke Adams	36:15	72:10
6. Howard Stratton	24:00	6. Mel Katz	38:00	78:05
7. Michael Katz	DNF			

*: 2.82 mi.

A rainy afternoon attracted only a small group of stalwarts away from the Giants-Redskins game. In the 3 mile first-timer Paul Rosenberg, who took up running only last March, ran strongly. The 10 mile was headed by Don Wilken, who won only his second race in 6 years of competitive running (his first was just 2 1/2 weeks before--persistence pays off!).

Elsewhere, Kathy Shrader was first woman, and Larry Frederick and Jim Shrader came in 10th and 14th (to Vitali, Burfoot, etc.) in the 10 mile run at Gardner, Oct. 22; and Tom Robinson finished 2nd (to Jim Crawford) in the National AAU 3000 meter championships in New York Oct. 29.

Looking ahead past the heavy schedule (see last newsletter)

of races between now and Dec. 3, the PRC has tentatively