

**Dana Buchanan, Mike Kurvach, Carol Bischoff  
and Kevin Vanboden**  
**Win 2013 Charlie McMullen Mile Titles In Torrential Downpour**  
 By Mike Reif

Like everyone before her, Canadian Olympic Steeplechaser, **Dana Buchanan**, age 29, of team BDP, strode through and around 2 inches of water on sections of the Nazareth College track in pouring rain but created a thrilling race to win the **Open Elite Women's Charlie McMullen Mile**. She ran a fast time of 5:06.33 with **Sarah Loerch** of GVH, who led much of the race, coming in second with 5:08.33. Recent Cortland State graduate **Jordyn Naylor** was in hot pursuit and finished in 3<sup>rd</sup> place in a time of 5:11.75 for a great entry into post-collegiate running. All three won cash prizes, medals and a commemorative award certificate. In addition, the winner took home a special Charlie McMullen trophy as well.

This year **Nancy McMullen**, Charlie's wife, and his **brother Tim** decided they would donate one of Charlie McMullen's many trophies won around the US and locally, to each of the Elite Open and Masters Overall winners. Thus, each of the four winners were given a long lasting legacy award from the McMullen family collection. A wonderful gift with tremendous significance to be treasured forever by those who came to honor Charlie.

In the **Elite Men's race** it started out as a one man run-away with eventual winner and recent RIT grad, **Mike Kurvach**, taking a 5 second lead on the first lap of four. A pack of six, led by **Mark Streb** of GVH, pursued and held their own on laps two and three. Meanwhile, Kurvak, also running in his first post collegiate money race in town ran by himself out front splashing through heavy water in lane one. On the last lap Streb made a move in an effort to catch Kurvach but fell short and finished in 4:30.59 to Kurvach's 4:25:09. **Chad Byler**, also of GVH, finished a solid third in a fine time of 4:36.75 with 38 year old **Josh Perks** not far behind with a nice 4:38.41.

In the Elite Masters women's race, newcomer to the track circuit and GVH, was Macedon based **Carol Bischoff**. In her first track race ever she played it smart for the first lap and let **Carolyn Coyle** of Fairport take the lead as they both tried to figure out which of the standing water swamps to avoid or run through. Right on pace however, Carol took the lead around the 700 meter mark and was never seriously challenged thereafter. She won in a very nice time of 6:40.86. **Bonnie Lindbloom** of Jamestown, also of GVH, attempted to catch Carol on the last lap but both had strong finishes thus she took second in a time of 6:43.30. Early leader Carolyn Coyle finished third with a time of 7:13.8, which also won her first place in the 50-54 year old age group. Carol, who is primarily a marathoner, is finding a new found love for speed as well as shorter distances was delighted to take home a Charlie McMullen legacy trophy for her first ever track victory. The top three Masters ladies were also money winners.



L to R: Open Elite Champion Dana Buchanan (1<sup>st</sup> Place in 5:06.33) with one lap to go, Sarah Loerch (2<sup>nd</sup> place), Jordyn Naylor (3<sup>rd</sup> Place)



Open Elite Male Champion Mike Kurvach 4:25.09 being chased by Mark Streb (blue), Josh Perks (inside lane) in lap one.



Right to Left: Masters Champion Carol Bischoff (1<sup>st</sup> Place) with 2 laps to go, Carolyn Coyle (3<sup>rd</sup> place), Bonnie Lindbloom (2<sup>nd</sup> Place)

*The McMullen Mile is a Rochester Runner of the Year race run each year in memory of Charlie McMullen. Charlie was Rochester's most accomplished runner ever and one of the best ever in the US. He is a Greater Rochester Track Club Hall of Famer and was a member of the Genesee Valley Harriers. Charlie was a 3:56 miler, 2:15 marathoner and a multi-time National Masters Champion. He was a special education teacher in the Rochester City School District and was awarded a Lifetime Achievement Award by the Special Olympics for his selfless volunteer efforts. Unfortunately we lost Charlie to cancer in 2003 at the age of 51.*

In the Elite Master's Mens race, 51 year old, **John VanKerkhove**, of Rochester and GVH, took the early lead with a large contingent on his heels. After checking out the competition **Kevin Vanboden**, age 45, of the Syracuse Track Club took command of the race and gradually pulled away from the entire field. Eventually Kevin won, crossing the line in a time of 5:13.17. **Tim McMullen**, of Churchville and GVH, age 60, put on a surge the last 200 meters to go by John VanKerkhove and ran a nice 5:24.02 for 2<sup>nd</sup> to John's 5:25.3 for 3<sup>rd</sup>. These finish times are indicative of the havoc all evening caused by the rain and standing water on the track. As an example, just a few weeks ago Kevin won the Annual Wilber-Duck Mile in Syracuse with a time of 4:57. Both Tim McMullen and Johnny V. are also capable of going under 5 minutes in the right conditions. Both are also former National Masters champions in their respective age groups and its great to see their continued efforts in tough conditions.



Elite Masters winner Kevin VanBoden, age 45, of the Syracuse Track Club taking the lead from John Vankerkhove (inside lane), Tim McMullen (hidden), Ted Thull (in GRTC blue), Mike Mertens (GVH with hat)

A portion of the competitors in this mile event were participants of the annual **Greater Rochester Track Club** sponsored **Spring Clinics and Workouts**. The clinics and workouts were presented by Co-Coaches, Mike Reif and Carolyn Smith-Hanna who spent seven weeks preparing the runners with clinic sessions on; the principles of training, the science of training, racing strategies, biomechanics, nutrition and injury prevention advice. Each clinic was followed by a track workout and culminated with the McMullen Mile. For some of the participants the McMullen Mile is their first track race ever. A true test of speed, endurance and courage. We congratulate each of the participants for their participation and success. Also, the Greater Rochester "Track" Club as a co-sponsor of the McMullen Mile deserves recognition and appreciation for keeping "track" in the Rochester Runner of the Year Series.



And the race is on . . . despite torrential downpour all day. All had fun.

Last but not least, kudos to members of the **Genesee Valley Harriers Running Club**, and the Clinic participants for helping with stadium set up, registration, announcing, race management, setting up heats, refreshments and clean up. They did a phenomenal job, especially under less than ideal conditions. Thanks also to the loyal participants for coming to this challenging event and particularly to Nancy and Tim McMullen for their ongoing support. Everyone's contributions make this a very worthwhile endeavor. One more in the books for Charlie!



Awards Presentation – the warmth of indoors.

All results listed at: [http://www.gvh.net/?page\\_id=5](http://www.gvh.net/?page_id=5)

A link to pictures is at: <http://runnerpics.shutterfly.com/>

Age group results on next few pages:

**Thanks for the pictures  
Tommy!**

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## Age Group Results:

Girls 10-14 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading
Finals 1 Clay Bailey	14 Rochester	8:23.58	7:54.33 53.04%

Women 20-24 1 Mile Run merged

Name	Age Team	Finals	Age-Grading	H#
1 Jordyn Naylor	22 Fairport	5:11.75	5:11.76 80.71%	3
2 Erin Toner	23 GVH	5:25.80	5:25.81 77.23%	3

Women 25-29 1 Mile Run merged

Name	Age Team	Finals	Age-Grading	H#
1 Dana Buchanan	29 BDP Rochester	5:06.33	5:06.27 82.15%	3
2 Sarah Loerch	27 GVH	5:08.33	5:08.34 81.60%	3
3 Trisha Byler	29 BDP Rochester	5:23.71	5:23.65 77.74%	3
4 Vanessa Taylor	26 Spencerport	5:59.26	5:59.27 70.03%	3
5 Anzehela Knyazeva	27 Una	6:42.13	6:42.14 62.57%	3
6 Jessica Nichols	29 Una	8:42.13	8:42.03 48.20%	1

Women 30-34 1 Mile Run merged

Name	Age Team	Finals	Age-Grading	H#
1 Kiki Maletz	30 GVH - Roch	5:33.89	5:33.53 75.44%	3

Women 35-39 1 Mile Run merged

Name	Age Team	Finals	Age-Grading	H#
1 Karen Blodgett	37 BDP Fairport	5:18.04	5:12.54 80.50%	3
2 Sarah Newsome	38 Palmyra	5:30.49	5:24.78 77.47%	3
3 Sonia Grondin	36 GRTC	7:39.27	7:31.33 55.75%	2
4 Olivia Durant	36 GRTC	10:08.79	9:58.26 42.06%	1

Women 45-49 1 Mile Run merged

Name	Age Team	Finals	Age-Grading	H#
1 Carol Bischoff	49 GVH - Mace	6:40.86	5:58.81 70.12%	2
2 Bonnie Lindbloom	49 GVH - Jamestown	6:43.30	6:01.00 69.70%	2
3 Christina McLyman	45 Rochester	7:17.57	6:31.67 64.24%	2
4 Christine Klein	49 GVH	7:44.93	6:56.16 60.46%	1

Women 50-54 1 Mile Run merged

Name	Age Team	Finals	Age-Grading	H#
1 Caroline Coyle	51 GRTC	7:13.82	6:05.11 68.91%	2
2 Colleen Magnussen	53 GVH	7:27.10	6:16.28 66.86%	2
3 Marie White	52 GVH Henrietta	7:50.98	6:36.38 63.47%	2

Women 55-59 1 Mile Run merged

Name	Age Team	Finals	Age-Grading	H#
1 Barbara Pudiak	55 GVH	7:48.27	6:09.05 68.18%	2

Women 60-64 1 Mile Run merged

Name	Age Team	Finals	Age-Grading
1 Donna Roberts	60 GRTC	8:46.64	6:26.87 65.03%

Women 65-69 1 Mile Run merged

Name	Age Team	Finals	Age-Grading
1 Connie Hibbard	68 Una	7:47.87	5:18.67 78.95%
2 Lynda McQuire	65 GVH	7:58.04	5:25.60 77.27%
3 Mitzie Lewandowski	66 GRTC	9:11.95	6:15.94 66.93%

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## Men 10-14 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading	H#
1 Jonah Simpson	14 Una	5:15.15	4:46.51 77.70%	3
2 Oliver Lindblom	14 Jamestown	7:27.83	6:47.13 54.68%	2

## Men 20-24 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading	H#
1 Mike Kurvach	23 Victor	4:25.09	4:25.10 83.97%	5
2 Mark Streb	23 GVH - Rochester	4:30.59	4:30.60 82.26%	5
3 Greg Selke	23 Una	4:40.61	4:40.62 79.33%	5
4 Kenny Goodfellow	23 Road Kill	4:54.16	4:54.17 75.67%	5

## Men 25-29 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading	H#
1 Justin Niebel	28 Pittsford	4:48.48	4:48.46 77.17%	5

## Men 30-34 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading	H#
1 Chad Byler	30 GVH Rochester	4:36.75	4:36.06 80.64%	5
2 Matt Phillips	32 Pittsford	5:22.14	5:21.34 69.27%	3
3 James Trwillo	31 Una	5:32.16	5:31.33 67.18%	3
4 Jason Gottfried	33 Spencerport	7:19.05	7:17.96 50.83%	2

## Men 35-39 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading	H#
1 Joshua Perks	38 Road Kill Fairport	4:38.31	4:32.41 81.71%	5
2 Andrew Caffrey	35 Pittsford	5:25.93	5:19.03 69.78%	3

## Men 40-44 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading	H#
1 Mark Larson	43 Una	5:44.44	5:25.54 68.38%	4
2 James Brennan	43 GVH	5:53.38	5:33.98 66.65%	4
3 Rahul Zutshi	44 Una	6:12.55	5:52.10 63.22%	3
4 Andrew Farmer	41 Una	6:19.65	5:58.81 62.04%	3
5 Rob Bailey	44 Rochester	9:01.03	8:31.33 43.53%	1

## Men 45-49 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading	H#
1 Kevin VanBoden	45 STC	5:13.17	4:44.96 78.12%	4
2 Michael Mertens	49 GVH	6:04.80	5:31.94 67.06%	4
3 Chris Levey	48 GRTC	6:16.26	5:42.36 65.02%	2
4 Thomas Butler	48 GRTC	7:45.41	7:03.48 52.56%	2

## Men 50-54 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading	H#
1 John VanKerkhove	51 GVH Rochester	5:25.53	4:44.75 78.18%	4
2 Joe Haungs	51 GVH Rochester	5:41.21	4:58.46 74.58%	2
3 Ted Thull	52 GRTC	5:46.21	5:02.83 73.51%	4

## Men 55-59 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading	H#
1 Lou Beato	56 GVH	5:57.91	5:00.47 74.09%	2
2 Bill Beyerbach	58 Una	6:07.51	5:08.53 72.15%	3
3 Doug DeWeaver	55 Una	6:25.43	5:23.57 68.80%	3
4 Gene Jensen	58 Rochester	6:27.70	5:25.48 68.39%	2
5 Michael Viterise	55 Una	6:33.82	5:30.62 67.33%	3
6 Ken Streb	56 Una	8:14.60	6:55.22 53.61%	1
7 Gary Lehrer	59 Una	8:21.58	7:01.08 52.86%	2

## Men 60-64 1 Mile Run merged =====

Name	Age Team	Finals	Age-Grading	H#
1 Tim McMullen	60 GVH Churchville	5:24.02	4:20.61 85.41%	4
2 Michael Reif	64 GVH	7:10.99	5:46.65 64.21%	2
3 Andy Matzan	61 GRTC	7:31.60	6:03.23 61.28%	2
4 Daniel Wimer	60 Una	7:56.07	6:22.91 58.13%	1
5 Gregory Vleck	64 Una	8:22.18	6:43.91 55.11%	1
6 Donald Galetto	60 Spencerport	8:47.11	7:03.96 52.51%	1
7 Jerry Roberts	63 GRTC	12:24.29	9:58.64 37.18%	1
-- Bill Quinlisk	61 GVH Syracuse	DNF		2

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Men 65-69 1 Mile Run merged =====							
Name	Age	Team	Finals	Age-Grading H#			
=====							
1 Jim May	67	GVH Williamson	6:11.64	4:45.83	77.88%	3	...
Men 65-69 1 Mile Run merged							
2 Tony Gingello	66	GVH Rochester	6:25.47	4:56.47	75.08%	3	
3 Tom Dunton	67	Una	6:29.16	4:59.31	74.37%	3	
4 Tom Lamme	65	GVH Penfield	6:52.17	5:17.00	70.22%	2	
5 Tom Perry	68	GRTC	8:32.35	6:34.05	56.49%	1	
Men 70-74 1 Mile Run merged =====							
Name	Age	Team	Finals	Age-Grading H#			
=====							
1 Bob Otto	74	Rochester	7:39.99	5:36.67	66.12%	1	
2 Dwight Rogers	71	Churchville	7:50.27	5:44.20	64.67%	2	
Men 75+ 1 Mile Run merged =====							
Name	Age	Team	Finals	Age-Grading			
=====							
1 Charles Sabatine	80	Una	9:35.34	5:53.15	63.03%		
2 Igor Mihajlov	80	Una	10:44.56	6:35.64	56.26%		
3 Don Ducharme	79	Una	12:23.78	8:26.37	43.96%		

If you did not get your age group award (top 3) or certificate of completion please contact Mike Reif at: [coachmr@rochester.rr.com](mailto:coachmr@rochester.rr.com)

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