

from Fleet Feet FITnews!

New Years Day marks the beginning of the second full calendar year at Fleet Feet Sports in Rochester. We want to make a point to thank all of you for our 2005 success and our future success. Boots and I have been so pleased with the response and we owe it all to you. For us being out there at races and events, cheering you on, coaching you or even helping you in store! has been great. Many magazines always highlight the Best and Worst of the exiting year, so we wanted to list what we thought of as Highlights of 2005 Rochester Running. There are quite a few, but we picked what we thought as standouts:

- Dave Bradshaw and Jason DeJoy dueling to win the Chase Corporate Challenge down to the last 50 meters.
- Kevin Collins' return to running back in Rochester and his fierce sprint battle at Lilac 10K
- First time 2 people got under 25 minutes at FireCracker 5 Mile (Mark Andrews & Kevin Collins)
- Scott Bagley's duel at Club Nationals Masters Race, where he lost by a hair
- SUNY Geneseo's Girls Cross Country winning Division III Nationals
- Hilton HS Girls Cross Country winning Team Nationals in Oregon
- Scott Bagley's win after many years at Rochester Marathon
- The Return of the Rochester Marathon

Tom Brannon

Most runners are very much number people. They like to know what time they did their training runs in, what their PR for a 5K, 10K or even a marathon is, what place did they come in, how far was their run. These are topics we hear discussed all the time. We review logs for people showing heart rate, distance, time etc... Numbers help Runners reach goals. Well, interestingly there is a runner in Rochester whose running numbers helped him decide to retire. Tom Brannon, in the 70 plus age group, can be seen at most races in Rochester with his tall stature and fluffy long white beard. Tom has kept a log of his running career for many years and after 777 competitive running races (from 5Ks to Marathons) Tom Brannon (depicted on the left) a native of Greece New York may have run his last competitive race on Sunday, December 18th. He has always been highly competitive and a great sportsman and encourages other running enthusiasts.

The amazing thing about **Tom Brannon** is the number of races he has accumulated in the last 25 years. The locations of the races started in San Diego, CA and include such exotic locations as : Scotland, London, Tenerife, Benidorm, Paris, Amsterdam and back to good old New York. Check this out, of the 777 competitive races Tom has run in his career. He has placed 1st in his age group in 333 of them. He has placed 2nd in 222 of them. And oddly enough he placed 3rd in 111 of them. He will receive his first place award at the Runner of the Year Ceremony held in Rochester in February of 2006. Which is a great accomplishment considering he had to catch Jerry Looker between age groups.

About a year ago Tom started experiencing heart arrhythmia. (irregular heartbeats) The doctors told him to keep running for his health. During the Polarcats race on Sunday, December 18th he did have the irregular heartbeat during the race and his heartbeat did not become regular again for 2 ½ hours. Tom believes it is a sign that he is done competing because of the way the numbers came up. How many of us would love to be in the shape to complete 777 races in just one lifetime? So, if you don't see Tom at the races anymore don't worry. He is still running for his health but just not to compete. Tom will turn 71 years old on January 13, 2006. Tom - we wish you the best of luck and hope to see you out there cheering us folks trying to hit those numbers. Kudos to a great running career.