

ORC Member Frank Giannino's Bio:

I have been a running specialty store entrepreneur for 33 years and a runner since the age of 14; decided to turn my avocation "running" into my vocation through business and community work at age 26.

First, a brief timeline (1967 to 1978), on what led me to make a "career" out of running:

- Rec'd Eagle Scout Award (Troop 55, Blauvelt, NY (1967));
- Ran Track at Tappan Zee my freshman year;
- Ran Cross Country and Track for three years at Valley Central (Class of '70);
- Ran Cross Country during my two years at OCCC;
- Did Army basic training at Fort Dix, NJ;
- Did Army AIT at Fort Huachuca, AZ (watched Frank Shorter win the Olympic Marathon on TV stationed there and watched "Pre" place 4th in the 5,000);
- Stationed in Anchorage, AK, Dec 72 through June 75 during the "Black Gold Rush" (really increased the running mileage, began Marathoning while there);
- Spent the summer 1975 traveling from Alaska through Canada and around the USA (really saw the sights ... got to know the lay of the land);
- Attended SUNY New Paltz for two semesters 1975-76, ran Buffalo, Maryland, and Boston Marathon (lifetime PR in Maryland 2:39.34);
- While living in NP, trained almost every day with Bob Bright;
- Graduated with a degree in Education from NAU in Flagstaff AZ in 1977 (learned a great deal training at altitude);
- Spent most of the summer traveling around the West with my younger brother John;
- Attended UO in Eugene for two semesters Grad School (Fall & Winter) – ran 32:59 in a 10K in Alton Baker Park – finished 96th;
- Worked in my first running store while there (Sugar Pine Ridge);
- Returned to New Paltz April 1978 to handle for Bob Bright (27) and Bill Glatz (20) while they ran Boston in 2:37:24 and 2:32:00 respectively;
- The running scene in New Paltz had really "elevated";
- I really missed running in the Gunks, and of course the party scene in NP;
- While in Boston I noticed a book in Bill Rodgers Running Center called My Run Across The United States, and started to dream about a journey run of my own;

Soon after Boston of 1978, I knew somehow my career path was going to have a great deal to do with running. Everything I did revolved around the running lifestyle. Nothing ever felt more real to me. I have stayed close to the running sports ever since! I will continue to, until the day I die!

Major running accomplishments:

- 1979 – Ran 2,986 miles from LA to NYC in 60 days 6 hours (pledge proceeds benefitted United Way)
- 1980 - Ran 3,103 miles from SF to NYC in 46 days 8 hours 36 min (pledge proceeds benefitted United Way)
- 1981 – Inaugural Race Director for the Orange Classic 10K

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Major business accomplishments:

- 1978-1981 - salesman at Catch Us If You Can running center in New Paltz (first running specialty store in the Hudson Valley) owners Bob Bright & Bill Glatz
- 1981-1982 - partner with Bruce Birnbaum (co-founder of the ORC) in the first running store in Orange County called Blisters, Ltd in Middletown
- 1984 – present - owner specialty running stores in Middletown under the following names: Frank's Run-In Room (1984-1991), Orange County Sporting Goods (1991-1998), Frank's Custom Shoe-Fitting (1998 – present)
- 2003 – present – Board Certified Pedorthist

Community Work:

- Classic 10K (one of the Directors)
- Hustle for the Puzzle 5K (for Autism) board member
- MTA (Middletown Trail Association) volunteer
- Wallkill East Rotary (Past President)
- Middletown Cares (volunteer)
- South Orange YMCA Triathlon (Sprint) inaugural event will be August 25, 2012 (volunteer)
- *Have volunteered, directed, and helped create many running and multisport events around the Hudson Valley since 1978



Frank Giannino

<http://shoe-fitter.com/>