



# TOLEDO ROADRUNNERS

The Toledo Roadrunner Club (TRRC), an affiliate of the Roadrunners Club of America, is a non-profit club open to anyone with an interest in jogging and/or running regardless of sex, race, age or ability. Whether you're a fitness jogger, fun runner, competitive runner or a combination of all three, you're invited to join the TRRC. We have "fun runs", prediction jogs, and races every weekend with distances for the beginning jogger and the seasoned distance runner.

## ANDERSON UPSETS BARNER IN 50 MILER!

TRRC's own 39 year-old Paul Anderson set a blistering pace from the start and never relented en route to upsetting America's top ultra-marathoner, Park Barner of Harrisburg, Pa., at the December 26th National RRC 50 mile championship run at Secor Park!

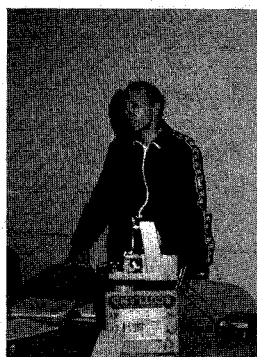
Paul's time of 5:59:55 ranks him among the elite top 10 ultra-distance runners in the country! Park Barner finished second in 6:32:50, while yet another TRRC member, Jim Petiniot, courageously endured the distance to finish third in 7:20:41!

Have you renewed your membership yet? If not, this is the last newsletter you will receive. You should have a renewal form attached to this newsletter. Before you forget again, send in your renewal right now and continue to support our fine club!

## ATTENDANCE RECORD SET AT JAN. MEETING

Approximately 60 members were in attendance for our first meeting of the new year topping December's special Christmas meeting attended by approximately 55! At least twenty enthusiasts participated in the 5:00 p.m. fun run and the 7:00 p.m. potluck was better than ever!

Following the potluck, guest speaker, Cardiologist, Dr. William Rowe showed a short film on "jogging fitness tours" taken on a recent trip to Vienna, Austria and spoke of the necessity for strengthening the heart muscle through "aerobic" exercise of the arms. Dr. Rowe, himself a four-mile a day jogger, expressed the opinion that although jogging is a great cardiovascular exercise, to really enhance the strengthening of the heart muscles we should try to incorporate at least twenty minutes of "aerobic" exercise of the arms every other day.



PRESIDENT — Fred Fineske  
4128 Hill Avenue  
Toledo, Ohio 43607

1977  
OFFICERS

VICE-PRESIDENT — Walt Tucker  
SECRETARY — Terri LaPoint  
TREASURER — Dave Sprandel

Following Dr. Rowe's talk and a question and answer session, a short business meeting was held. Trophies were presented to the various division winners of our recent 10 km. club championship as well as special recognition to Paul Anderson and Jim Petiniot for their success in our Dec. 26th 50 mile run.

Our Feb. 5th meeting will feature "paramedics" from the Toledo Fire Dept., so come and join us for an enjoyable evening.

### 5TH ANNUAL "SWANTON 13"

The 5th Annual "Swanton 13" (13 mile race and 3 mile fitness jog) will be held Feb. 6th starting at 2:00 p.m. at St. Richard's church hall, Brookside Dr., Swanton, Ohio. Entry is still only \$1.00 for the 13 mile race and 50¢ for the jog. Divisions in the 13 mile race are: 18 and under, 19-29, 30-39, 40-49, 50 and over, and women's open. Three (3) trophies (of equal size) will be awarded in each division, with all who complete the three-mile jog receiving certificates.

As usual, post-race refreshments of doughnuts and gator aid served. This is an excellent training distance in preparation for Churchill's Half-Marathon and upcoming marathons, so even if you're not in racing form, come out and join us for an enjoyable afternoon run in the country.

### JAN. 9 DELTA SHOE RUN RESULTS (-30° CHILL FACTOR!)

#### 15 & Under

1. Jamie Mason, 13, 82:53, 31st overall
2. Tony LaPoint, 11, 84:51, 32nd overall

#### 16-18

1. Mark Lohman, 18, 57:20, 3rd overall
2. Joe Pucilowski, 16, 74:09, 25th overall

#### 19-29

1. Jeff Hlinka, 27, 54:59, 1st overall
2. Rich Lachowski, 26, 55:17, 2nd overall
3. Harry Ausderan, 27, 57:48, 4th overall
4. Al Ruffner, 27, 59:00, 5th overall
5. Marty Cohen, 24, 60:39, 9th overall
6. John Kaczor, 19, 61:03, 11th overall
7. George Scott, 23, 63:28, 12th overall
8. Steve Kaczor, 21, 64:37, 13th overall
9. Ben Widmer, 27, 67:03, 19th overall
10. Dan Greenwald, 25, 72:28, 23rd overall

#### 30-39

1. Lou Wagner, 33, 59:17, 6th overall
2. Angel Campesino, 30, 59:32, 7th overall
3. Dave Peelle, 38, 59:50, 8th overall
4. Dave Mason, 33, 60:50, 10th overall
5. Frank Hanak Jr., 34, 66:01, 16th overall
6. Paul Warshawsky, 35, 66:49, 17th overall
7. Phil Workman, 32, 67:02, 18th overall
8. Dave Sprandel, 35, 69:09, 20th overall
9. Jim Petiniot, 38, 71:35, 21st overall

#### 30-39 (cont'd)

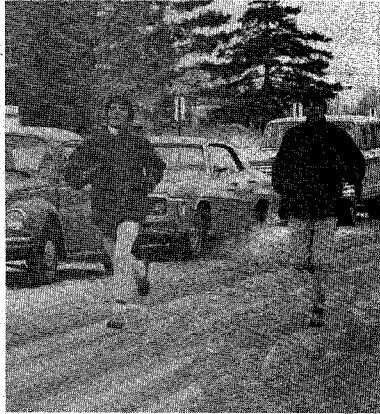
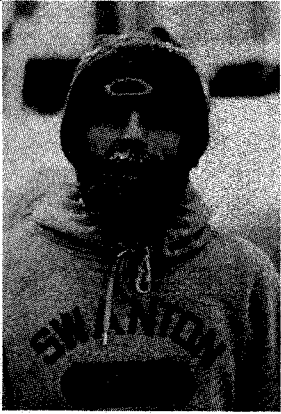
10. Richard Blicke, 35, 71:41, 22nd overall
11. Doyle Carpenter, 37, 74:39, 26th overall
12. Roger Kania, 31, 82:27, 30th overall
13. Tom Kovacs, 35, 90:32, 37th overall

#### 40 & Over

1. Lou Pilliod, 42, 64:40, 14th overall
2. Jim Edwards, 42, 64:46, 15th overall
3. Art Johnson, 54, 74:09, 24th overall
4. Ron Cole, 44, 78:45, 27th overall
5. Walt Tucker, 42, 81:26, 29th overall
6. Len Dybala, 59, 86:15, 34th overall
7. Robert Morris, 54, 88:26, 35th overall
8. Omer Holman, 50, 88:26, 36th overall

#### Women's Open

1. Kathy Kaczor, 15, 80:47, 28th overall
2. Jill Robarge, 17, 85:06, 33rd overall
3. Marianne LaPoint, 16, 91:35, 38th overall



Due to insufficient representation from other clubs, four five-person teams were comprised strictly from TRRC members. As shown by the scoring, President Fred Fineske did an excellent job of dividing the teams equally. Placing first was the team of Al Ruffner, Mark Lohman, Paul Warshawsky, Steve Kaczor, and Tom Kovacs with 75 points.

Finishing second with 80 points were Dave Mason, Marty Cohen, Lou Wagner, Rich Blickle and Jill Robarge.

The third-place team with 88 points consisted of Harry Ausderan, John Kaczor, Frank Hanak Jr., Walt Tucker and Kathy Kaczor. And close behind in 4th place with 91 points was the team of Rich Lachowski, Angel Campesino, Jim Petiniot, Doyle Carpenter and Bob Morris.

Congratulations to Dave and Sandy Mason for another superb race! It's only regretful that attendance wasn't better especially due to the many fine merchandise awards offered. Besides seven pair of the top-rated New Balance 320 training shoes, seven green and white TRRC carrying bags were awarded as well as tubes of Goo, running related books, E.R.G., etc.

#### "TO HANDICAP OR NOT TO HANDICAP" (BY TOM KOVACS)

Recently I read an article in Sports Illustrated about a race in California called the Dipsea. What really interested me about the run was the fact that it was a handicap race and drew over 1700 starters for the 7.2 mile race over a rough course. This year's winner was a 40+ year old Cross-Country Coach, and in the past only four scratch runners (19-29 year old males) have won the event. Once it was won by a 14 year old girl. When was the last race that you can remember that wasn't won by a male in what most Americans consider their running prime, 19-29 years old?

My first thought was that this type of race might just be the thing to add a new dimension to our running program here in Toledo. The Dipsea claims to be the 2nd oldest race in the U.S., and I thought that their handicap system would have had all the problems worked out by now and would be accepted more readily by the runners themselves. But try as I might, I haven't been able to get a response yet from anyone concerning the race. I've written to

Sports Illustrated, Runners' World, this year's winner, and the JC Club that puts on the race, but I don't know any more now than I did two months ago.

On June 26th Tony Packo's restaurant is going to sponsor a 6+ mile handicap race over a fairly rugged course (part of the course is the motorcycle trails down by the river on Consaul St.). This race is going to be kept low-key to test the response to this type of run. Right now I am putting together an age handicap system that I hope will be fair; but what I really need is input from you, the runners, as to any built-in problem this new set-up might have.

Here is how the race is to be run: we will have 14 different groups, 6 women and 8 men. Each group will start one minute ahead of the next until finally Group #14, men runners in the 19-29 age group, start 13 minutes behind the first group.

Here are the tentative age groups: 1) Women 50-over, 2) Women 30-49, 3) Women 10-under, 4) Men 60-over, 5) Women 11-14, 6) Men 10-under, 7) Women 19-29, 8) Men 50-59, 9) Women 15-18, 10) Men 11-14, 11) Men 40-49, 12) Men 15-18, 13) Men 30-39, 14) Men 19-29. The winner is the first to cross the finish and so on down the line with a minimum of tabulation at the end.

Using the last Vic Tanney 5 Mile race in Dec. as an example, but remembering that it will be a little longer (6+ miles) and a hilly course in June, the winner might have been Karen McHarg (28), 2nd Mark Lohman (18), 3rd Phil Hinck (23), 4th Dave Peele (38), 5th Steve Reghard (16), 6th Kathy Kaczor (15), 7th Bruce Kritzler (28) and 8th TIE Harry Ausderan (27) and Toni Baker (31), etc

I will certainly continue to try to contact the Dipsea race officials about their race, but even if I can't we will, with your help, still have a good handicap race right here in Toledo on June 26 for Tony Packo's restaurant.

#### DICK TRAME CONVALESCING

We all wish Dick Trame a speedy recovery and hope to see him at some of our events soon. His address is: 2606 Parkwood, Toledo.

#### PEARSON PARK 10km.

This was Richard James first attempt at race directing, and everything was going according to schedule. Richard and his spouse had made soup, hot chocolate and gator aid. They started a roaring fire, everything was cozy inside the shelter house, ready for the soon to be chilled runners, for it was 5 degrees outside. As his watch approached 2:00 anticipation grew, but no runners had arrived yet. Was it too cold to run on this snowy afternoon. It was now 2:30 and still no runners, Richard and his spouse started to pack up thier gator aid when Frank Hanak showed up. Why so late asked Richard. It's only 1:30 replied Frank. After a few more runners arrived, they were able to convince Richard that his watch was an hour fast. In all about 40 runners showed up and had an enjoyable jog on the beautifully snow covered trails.



fellas this is a prediction run

PROFILES

Kaczors: Steve, John & Kathy  
539 E. Indiana  
Perrysburg, Ohio

Steve: Born Aug. 10, 1955 Toledo, Ohio - 21 yrs.  
5'8", 140 lbs., factory worker, single

Racing: Mile 4:59 ('76), 5 mile 28:06 ('76), 10 km. 37:22 ('76),  
15 km. 55:25, 10 mile 63:45 ('76), 13.1 mile 89:29 ('76),  
25 km. 1:41:51 ('76), marathon 2:58:31 ('76).

Steve did some occasional jogging during the summer after graduating from high school, but didn't start running seriously 'til December of 1974. Steve credits brother John's running experiences for his own initial motivation.

His current training consists of 70-80 miles per week with LSD comprising 90% while racing the other 10%. Steve has completed seven (7) marathons already and is quick to admit that the classic 26.2 miler is his favorite distance. All of us who've run with Steve know he's only just begun to uncover his running talent and has many years of continued improvement.

John: Born Oct. 26, 1957 Toledo, Ohio - 19 yrs.  
5'9", 150 lbs., student, single

Racing: 1/4 mile 54.6, 1/2 mile 2:02, 1 mile 4:27, 2 mile 9:36, 5 mile c/c  
25:40, 10 km. 32:40, 25 km. 90:00, marathon 3:15.

John's running began in the 8th grade when he ran the longest distance available--1320 yds. His freshman year of high school he played football and ran the mile in track. Starting with his second year of high school, John excelled in both cross-country and track alternating between the mile, half-mile and the two mile in track. John advanced to state competition his last 3 yrs. of high school in both cross-country and track. His high school training consisted of 60-70 miles per wk.--mostly LSD with Fall and Spring racing.

Currently, as a freshman at the Univ. of Toledo (and a member of last Fall's cross-country team), John is averaging 80-90 miles per wk., and usually at a much faster pace. John was also a member of the group which ran from Toledo to Sarnia, Ont.--162 miles over a period of 6 days in the summer of '75. John also is sure to have a brilliant future in running.

Kathy: Born May 17, 1961, Toledo, Ohio - 15 yrs.  
5'2", 106 lbs., student

Racing: 1/2 mile 2:37, mile 5:33, 2 mile 12:00, 5 mile 31:30, 10 km. 41:26,  
10 mile 78:45, 13.1 miles 1 hr. 40 min.

Kathy started jogging around the block at age 12 in an effort to win the President's Physical Fitness Award. She ran the 1/2 mile in the 8th grade and now in high school runs the 1/2 mile, mile and cross-country. Although only averaging 25-30 miles per wk., Kathy is one of the best female runners in the state! Kathy states that her next goal is to break five minutes for the mile in track this Spring. I'm sure with a little more effort and that natural Kaczor talent Kathy will achieve her goal.

