



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.

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KOVACS PRESIDENT ELECT

Tom Kovacs, running unopposed, will become TRRC's third president officially taking office January 1, 1978. Tom, who was instrumental in the birth of TRRC, has also been active in assisting running programs at both Cardinal Stritch and Central high schools. A fitness oriented jogger himself, Tom was also director of our past Commodore Perry Cancer Run. Tom, along with his wife Carolyn, daughter Susan and son Tommy, lives at 3262 N. Reach Dr., Oregon, Ohio.

Running for Vice President, with election at our Dec. 3 meeting, are Monte Prosser and Shirley Taylor. Also running unopposed for Secretary and Treasurer respectively are Diane Hires and Diane Wagner.

My wife Diane made an interesting observation that almost two years ago at our first official meeting and election at our home in Swanton all the women were upstairs while only the men were participating in the meeting downstairs. Now, only two years later, it's possible that three of our officers could be women! It's great to see the increased interest in running shown by more and more women of late.

FINESKE WINS PHOTO CONTEST!

Current TRRC president and avid photographer Fred Fineske has been chosen a winner in the Runner's World Calendar Photo Contest. Over six hundred slides were viewed by Bob Anderson (Publisher), Joe Henderson (Editor) and Jeff Loughridge (Art Director). Fred's were selected on the basis of overall composition, color clarity, and in the "general" classification. Fred was awarded \$200 for his fine efforts. His slides were selected for the months of January and February.

SANTA TO VISIT DECEMBER MEETING

Santa Claus is scheduled to stop in at Friendship Park shelter house for TRRC's Dec. 3rd meeting. Rumor has it he'll have a treat for all the kids. As usual, the potluck beginning at 7:00 will precede the 8:00 meeting. As Christmas is the theme for this meeting, we're all asked to bring an appropriate decoration along with our table setting.

PETINIOT PAGES TRRC IN 50 KM

Jim Petiniot finished 4th overall and first for TRRC at our November 12th 50 kilometer run held at Secor Park. The 39 year old distance runner also recorded his best time ever of 2:57 at the 26.2 mile mark enroute to his 50 km. time of 3:32!

Of the 19 starters 14 courageous bodies endured the distance led by Steve Kearney, 29, of Chesterton, Ind. who covered the course in 3:26:37. Mark Bauman, 27, of Flint, Mich. was second in 3:26:37, with John Gault, 32, of Flushing, Mich. third in 3:30:54. By the way, John currently weighs in at 190 lbs. in

PRESIDENT — Fred Fineske
1707 Eastfield
Maumee, Ohio 43537

1977
OFFICERS

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

case anyone still believes the fallacy that all distance runners are small! Gary Wilcox, 35, finished 5th in 3:34:22, while TRRC's 1977 Treasurer Dave Sprandel, 36, went the distance in 3:40:31, good for 6th place. Ray Fielder, 36, finished 7th in 4:02, with Frank Hanak Jr., 35, 8th in 4:03:59. Eric Jones, 32, completed the course in 4:09:30 for 9th place, followed by Sy Mah, 51, 4:16:54, Monte Prosser, 18, 4:19:34, Richard King, 57, of Chicago, 4:38:57, Walt Tucker, 43, 4:56:50 and Rich Losek, 18, 5:19:52.

Meet director Char Petiniot and her helpers are to be commended for their fine job also.

FIRST AID - CPR COURSES OFFERED

TRRC member and registered nurse, Jackie Cameron reports at least twelve persons are needed in order to organize a first aid class specifically for TRRC. The course, entitled Multi-Media, prepares people to care for injuries and to meet emergencies when medical assistance is not excessively delayed. The course can be completed in one day of 8 hrs. or two days of 4 hrs. each. The cost is \$6.50 for the first family member and \$4.55 for each additional family member. Included in the fee are: first aid, chart on poisons, airway obstructor, triangular band aid, roll band aid, and four workbooks. Jackie stresses the fact that first aid is very essential in our every day lives as well as our weekend runs.

The first aid classes are offered beginning in January. For more information and to sign up call Jackie at 476-1252 after 4:00 P.M. Jackie will personally instruct TRRC members in CPR (Cardio-Pulmonary-Resuscitation) as soon as she get recertified. She also reports that our first aid kits are now complete with the exception of blankets. If you have any old blankets you can part with we can use them for our first aid kits.

Jackie is to be congratulated for her fine efforts and the club thanks Sandy Mason and Len Dybala for the containers.

RUNNING NOTES

Dr. George Sheehan's column "Working Out" started Nov. 20th in The Blade's Sunday Leisure Section and will be a weekly feature. Dr. Sheehan, a runner himself, is of course best known by most of us as medical editor of Runner's World. Dr. Sheehan's column answers the basic questions in every jogging program of how fast? how far? how often? Congratulations to The Blade for this much needed and long overdue column!

A 2,612-mile relay began Sept. 29 in Seneca Falls, N.Y. where the first national women's convention was held in 1848. It ended in Houston on Nov. 18 where another national convention began. The torch relay got off to a good start with Judy Carter, President Carter's daughter-in-law, running the first mile.

(From "Women On The Run", Newsweek, Nov. 14, 1977)

About 500,000 women are now running or jogging regularly as against 25,000 in 1972. More than 280 women ran in the New York Marathon last month, and women-only races (Is that discriminating?) are scheduled in Arizona, Iowa, Georgia and Washington, D.C. before Dec. 1st. Five hundred women participated in Bonne Bell's Oct. 9th 10,000 meter run in Lakewood, Ohio.

13 STRONG HALF MARATHON

What a beautiful day for a run, 61 degrees, fall colors, scenic Maumee River course, and plenty of company. Our sponsors, 13 Strong, did a fine job of promoting our half marathon. 263 registered and 237 finishers. The two bridges course is a tough hilly course, but if you want to know how difficult it really is, ask Dave Ramirez of Genoa, Ohio. He did it in his wheelchair (152:39). Sy Mah ran the course escorting a group of heart attack patients from his University rehabilitation program.

Many thanks to all the race workers, Tom Foos and Jim Mengle of 13 Strong, Waterville police dept., Ft. Meigs park rangers (especially for the portable toilets), John Bolster and the American Red Cross, and Dan Shepard and the Greater Toledo Amateur Radio Assoc., for course direction and communications.

The following are excerpts from two letters I received:

Dear Fred,

I want to thank you very much for my son Dave's shirt you sent him. He got home 8:30 at night. He had to take the wheelchair back to a friend. He dropped on the living-room floor, dead tired. He ached all over, he had 5 blisters on his hands. He felt awful when he got home. He said, Mom, I feel terrible, I was the last one. But the chair he used was a different one, he wasn't used to the wheels. He's taking the shirt to work to show all the people he works with at O.I...May God bless you and all your staff

Mrs. Ramirez

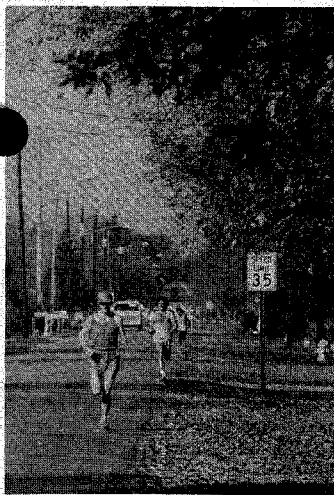
Dear Toledo Roadrunners,

Thank you very much for giving me an award for running in the Toledo 13 Strong half marathon. I considered it a privilege to run in your race and look forward to participating in some of your future events.

Jogging is new to me as a participant. Before my heart attack, I was sceptical of the benefit of jogging. Since entering the rehab class at T.U., I have seen and experienced many of the healthful benefits of jogging. I wish to congratulate the Toledo Roadrunners for their great and continuous effort in improving physical fitness of this city through their running events.

Thank You,
Norm Warner

These were two special awards for effort instead of for winning. The response from this gesture makes me wonder if more of these types of awards shouldn't be handed out at more races. After all, aren't all finishers winners to themselves?



winner
Bob McOmber
68:57



PROFILE: Diane Lynne Hires
3655 Devon Hill
Toledo, Ohio

Born: July 14, 1946 - Toledo, Ohio (31)
5'3", 115 lbs. - Dental Hygienist
Husband - Rick, Daughters - Jennifer (6), Samantha (3)

Diane's introduction to running came about following Samantha's birth. Her weight had ballooned to a size 14, and, with her love for food (lots of it!), dieting alone was not the answer. With the advice of Bob Gantz and other friends, Diane joined a jogging class at the University of Toledo where she met current TRRC President, Fred Fineske. Fred encouraged her to participate in one of TRRC's weekend runs and Diane has been an avid participant ever since.

Through running Diane says she's experienced a new level of fitness, increased her self-confidence, has a whole new social life with many new friends, and, best of all, she can eat and eat and eat!

Besides being actively involved as a runner, Diane is TRRC's new secretary for 1978, has been a race director and assisted at many other club functions.

The closest Diane ever got to any sport before was as a cheerleader in high school, but now besides running she plays squash, tennis, and water and snow skis. Her father was a track star at Devilbiss high school though, and she's always been fascinated by track. Many of Diane's friends have also started running now as a result of her enthusiasm and personal example.

Diane tries to run six days a week averaging four to six miles daily, and usually with a group at the University of Toledo. Her pace is slow and enjoyable, but she occasionally throws in some fartlek.

Rick runs an average of three times a week with much encouragement from Diane. Jennifer enjoys TRRC's mile runs, and Samantha "talks" a good run!

Personal Bests: 1 mile 6:43, 2 mile 14:52, 4 mile 30:56, 5 mile 41:05, 10 mile 80:00, 13.1 - 1:56:47, marathon 4:12.

PROFILE: Jeanne Miller
4103 North Haven, Toledo, Ohio

Born: Feb. 7, 1925 (52) - Pittsburgh, Pa.
5'4", 110 lbs. - Claims Adjuster
Son - Jeff, Daughter - Jill

Jeanne was raised in Buffalo, N.Y. where she took part in winter sports for fun. She began running in January of '77 in an aerobics class at TU to strengthen her legs for cross country skiing.

Jeanne considers herself a slow, steady runner. She says running makes her feel good, function better and trims off fat.

Jeanne runs 20-30 miles per week mainly on the Brookside course. One of her happiest moments was completing 12 miles in a training run mainly through Walt Tucker's encouragement. She is beginning to build up her miles and plans to enter more races.

At the recent Bonne Bell 10,000 meter run she ran 60:24 and was quite pleased to pass many people.

Both her son and daughter are starting to express an interest in jogging.

