



# 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.

Volume II, Issue IV - April, 1977

## MAY MEETING AT FRIENDSHIP PARK

The May 7th (Sat.) meeting will again be held at Friendship Park shelter house in Point Place. As usual, for those so inclined, "fun runs" of any distance and pace will begin at 5:00 or, if you wish, you may start at 6:00. The potluck will be at 7:00 (don't forget your table service) with our meeting to follow. The Toledo Fire Dept. Paramedics will be guest speakers at this meeting.

Our June meeting is tentatively scheduled for June 4th at Vic Tanny's Reynolds Rd. Club. Aaron Mattes, assistant to Dr. Grenninger at the University of Toledo Kinesio-therapy clinic will be our scheduled speaker.

## MILE RUNS

Anyone who attended April's meeting or the past couple of runs is aware we're now having a one (1) mile run every week before our other runs. This is primarily intended for those of us who are really just beginning. You simply sign up, pay a quarter entry fee, and jog the mile. If you have to walk a little (or a lot), that's ok too. Every time you complete the mile you get a ribbon, and when you've accumulated ten (10) ribbons, you get a Toledo Roadrunner t-shirt. No excuses now for everyone in the family not getting out--my 4 yr. old already has two ribbons!

Also, Jack Bodnar has agreed to take responsibility for publicity, so he's our liaison to the various media. He can be reached at 6633 W. Bancroft, Toledo 43615.

## TRRC TO DEFEND MANSFIELD TITLE

Mark your calendars and get your entries in right now for the 12th Annual Mansfield Mini-Marathon Day - Saturday May 21st! TRRC will be returning in full force to defend their 1976 team championship title! However, we don't just want to take our best runners, we want as many members to go as possibly can. We'll be forming carpools again and will probably be leaving (caravan style) from St. John's High School (Airport Hwy. near 475) at 7:00 a.m. Race time is 10:30 a.m. Those of you with vans, station wagons and jeeps, we'd like you to drive if at all possible. Of course, we'll all share the driving and gas expense.

There are two (2) races. The team competition is in the 9.2 mile race only; however, there are better age groups for the women in the 4 mile race. Male or female, beginning jogger or veteran racer, we still want you with us! The distance you run is up to you, but we do want a large contingent in the 9.2 for the team competition. For more information and entries, see me (Lou Wagner) or President Fred Fineske, or write to Dave Kafer, 450 Stewart Lane, Mansfield, Ohio 44906. Dave has assured me there will be no last minute rule changes in the Master's team competition this year. Entries must be in by May 19th, so don't delay! No post entries will be accepted! Don't forget to state your club affiliation on your entry form (TRRC) and wear your TRRC shirts. Let's show all of Ohio what a proud and thriving club we have!

## 120 IN RIVER EAST RUNS!

One hundred and twenty runners and joggers participated in the Second Annual River East 10 km. race and 5 km. jog March 27th. Director, Omer Holman, and crew did an outstanding job and all in attendance enjoyed the afternoon in East Toledo.

William Stewart (34) of Detroit, Mich. was the overall winner in the 10 km. blistering the course in 31:26! Finishing second overall and first for TRRC was 27 yr. old Harry Ausderan in the great time of 32:22!



## 1977 OFFICERS

PRESIDENT - Fred Fineske  
4128 Hill Avenue  
Toledo, Ohio 43607

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

Other TRRC members who ran well in the 10 km were: Tony LaPoint 46:07 1st (12 & under), Bob Zink 38:26 7th and Steve Schmidt 39:17 8th (13-18), Tom Gladieux 9th 42:24, Rick Trame 11th 42:58, Tom DeWitt 15th 50:37, and Steve Powers 16th 54:51 (19-24), Mark Hessel 4th 40:23, Jack Bodnar 5th 41:22 and Ben Widmer 6th 41:54 (25-29), Frank Hanak Jr. 3rd 38:35, Mike Cameron 7th 40:06, and Ken Dettloff 8th 44:16 (30-34); Dave Peelle 1st 35:37, Jim Petiniot 2nd 27:57, Doyle Carpenter 4th 41:51, Rich Blickie 5th 42:15, Richard James 6th 42:28 and Tom Kovacs 7th 45:25 (35-39); Ron Cole 3rd 41:57, Richard Corado 4th 45:43, Pat Gallaher 5th 45:44, Walt Tucker 6th 46:10 and Robert Powers 7th 49:10 (40-49); Art Johnson 2nd 42:44 and Bob Morris 3rd 48:52 (50 and over).

TRRC women running well were: Lisa Rupp 4th 48:30 and Jill Robarge 5th 49:06 (12-19), Shirley Taylor 1st 54:58, Laura Bellg 2nd 56:43, and Char Petiniot 3rd 62:06 (20 and over).

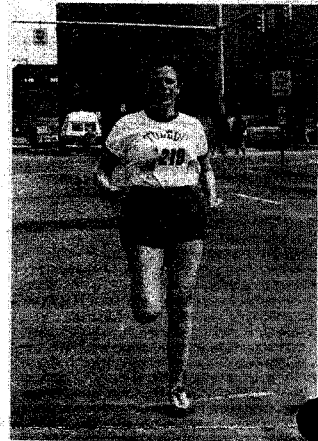
LEN DYBALA WINS AT CANTON!

Eleven TRRC members traveled to Canton, Ohio for the Seventh Annual Sheriff's Trophy Race on March 27.

In the men's ten (10) mile race TRRC's own Len Dybala raced to victory in the 60-69 age group with the time of 80:42!

Other TRRC members running well in their respective age groups over the hilly ten mile course were: Jamie Mason 2nd (12-14) 72:36; Steve Kaczor 7th (19-22) 61:14 (a P.R. for Steve), Lou Wagner 2nd 55:32, Dave Mason 4th 57:03 (P.R. for Dave), Angel Campesino 8th 57:57 (P.R. for Angel)(30-34) and Sy Mah 2nd (50-54) 67:18.

In the women's five (5) mile, also quite hilly, Sara Mason placed second in the 11 and under age group in 46:55. Diane Hires and Cindy Baker finished third and eight in the 30-39 in 41:05 and 50:06, and Jeanne Miller captured second in the over 50 with 55:03.



1ST ANNUAL WHITEHOUSE 10 MI. & TRRC CLUB CHAMPIONSHIP RESULTS - APR. 3, 1977

Time	Place	Name	Age	Time	Place	Name	Age
54:10	1	*Harry Ausderan +	27	62:55	15	*Jim Petiniot +	39
20	2	Alfonzo Faison	19	63:05	16	Frank Hanak +	34
47	3	*Rich Lachowski +	27	64:08	17	Dave Althaus	20
56:00	4	*Al Ruffner +	28	65:30	18	Jack Bodnar +	26
56	5	*Mark Lohman	18	46	19	Mike Cameron +	30
57:10	6	*Dave Mason +	33	66:27	20	*Walt Churchill +	44
17	7	Tim Zumbaugh	24	50	21	Ben Widmer +	28
58:05	8	Chet Bowers	19	67:30	22	*Ron Cole +	44
12	9	Bill Howard	22	48	23	Doyle Carpenter +	37
61:26	10	*Steve Kaczor +	21	58	24	Dave O'Brien	19
37	11	*Dave Sprandel +	35	68:54	25	Rick Trame +	24
62:07	12	*Rich McCraney +	30	69:20	26	Colt Hickman	19
07	13	*Paul Warshawsky +	35	71:33	27	Corey Smith	16
35	14	Dan Greenwald +	25	72:00	28	*Steve Schmidt +	28

Time	Place	Name	Age	Time	Place	Name	Age
72:13	29	David Hammond	29	81:53	44	Tony LaPoint +	11
19	30	*Arthur Johnson +	56	58	45	*Len Dybala +	60
54	31	Mark Hessel +	28	82:34	46	George Rupp +	47
74:48	32	*Randy Cole +	18	43	47	*Jeanee Bonkowski +	27
75:05	33	David Ponceby	21	84:25	48	*Jamie Mason +	14
33	34	Ken Dettloff +	34	:48	49	*Omer Holman +	50
40	35	Brad Adams	21	:49	50	*Diane Hires +	30
40	36	*Lisa Rupp +	14	85:42	51	Tom Dewitt	24
77:15	37	Bob Esplin	32	88:36	52	*Marianne LaPoint +	17
78:38	38	*Pat Gallaher +	43	90:25	53	*Laura Bellg +	44
56	39	Roger Phillips	20	:32	54	*Shirley Taylor +	43
80:19	40	Jim Lesle +	48	93:55	55	Jean LaPoint +	48
35	41	John Cook	35	94:15	56	Richard Trame +	44
37	42	*Kathy Kaczor +	15	98:56	57	*Robert Morris +	54
40	43	Tom Kovacs	35	120:33	58	Char Petiniot +	26

+ TRRC Member

\* Awarded age group trophy

10 Mile 2 Man Relay (With Handicap)

HC Time	Actual Time	Place	Names	Ages	HC
67:19	80:19	1	Mike & Jim Lesle	15 - 48	13 mins.
75:33	88:33	2	Mike Munson & Gary Mills	9 - 14	13 mins.
81:23	84:23	3	Terri LaPoint & Rich James	18 - 35	3 mins.
82:16	98:56	4	Darin & Earon Stewart	9 - 11	16 mins.

Handicap is one minute for each year 18 and under or 38 and over plus 2 mins. for all females.

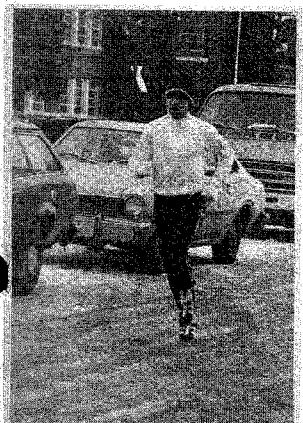
81ST BOSTON MARATHON

Several TRRC members participated in the 81st Boston Marathon April 18th, and all were happy just to finish in the 80° heat.

Former TRRC member Sandy Turner, now a New Jersey resident, finished in 2:49. Rich Lachowski toured the distance in 2:55, while other TRRC members completing the classic 26.2 miles were: Dave Sprandel 3:05, Jack Schendel 3:13, Steve Kaczor 3:16, Sy Mah 3:18, Mike Cameron 3:28, Walt Churchill 3:30, Phil Workman 3:34, Paul Warshawsky 3:40 and Ron Cole 3:50.

Joe Falls, Detroit Free Press Sports Writer, who traveled the course on the press bus said, "I've been to Indy and I've seen Louisville on the first Saturday in May. I've been in the mobs at the 18th green at Augusta and I've sat among the 105,000 out in Ann Arbor. But nothing, anywhere touches this scene in Boston on the third Monday in April."

Paul Warshawsky said running in the Boston Marathon was the greatest experience of his life! Steve Kaczor said he felt sick most of the way, but quickly revived as he passed Wellesley College half way through the run! Mike Cameron says running Boston is a must for anyone who's never experienced it!



A page from Rich Lachowski's running diary  
(Rich ran 2:32 at 1976 Glass City)

Monday-April 18, 1977

Yes - Oh the BOSTON MARATHON. I learned one very true fact today. I am human - I felt as much pain as anyone would ever like to tolerate. After all - I'm not supposed to let my body take over - like hell, there was nothing I could do once my body took all it was willing to withstand.

Here's how it went - the walk to the starting line was surrounded by thousands of runners, an experience very new to me. It was bright, sunny and warm when the gun went off. After running in place and a shuffle of feet, I started moving. It was almost 2 minutes before I finally reached the starting line. then the real chore began, how to run thru a maze of people and maintain a pace. You don't for a long time, you just dart between elbows and around groupies as best as possible. I was passing so many people - so - so - many.

Well as it went it wasn't too bad. I had some momentum going and I felt as if I was holding back a bit - there was a problem when I didn't hear any splits. Everything was going fine till about 10 miles, I was a bit suspicious of my legs, they felt like they were tying up. At 15 miles it was all over, I had nothing left in those poor things, and they were hurting. I knew the next 10 miles were going to be hell. It was - If it wasn't for the crowds I probably would never have finished. They offered encouragement the entire distance.

I finally finished (2:55) sore and a bit disappointed. There were thousands of people cheering for all the finishers - I never experienced anything like this before in terms of pain, people and pride. It was a very unique time in my life.

P.S. my blasted legs hurt.

### PROFILE

LaPoint Family - 2653 Edgar, Toledo, Ohio



Terri - Born Nov. 17, 1958 in Toledo, Ohio (18 yrs. old). 5'6" 112 lbs.  
Student at Univ. of Toledo in Special Education, single.

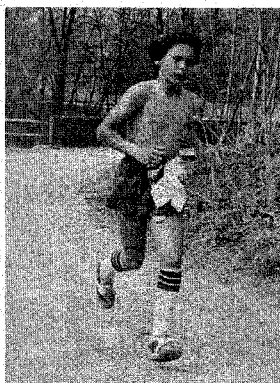
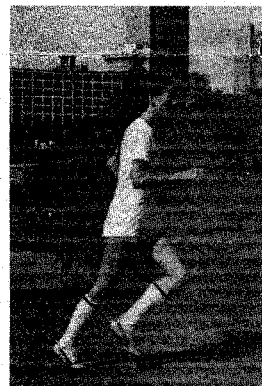
Racing: 1 mile (7:20), 3 km. (16:08), 3 mile (26:03), 5 mile (49:00).  
10 km. (66:49).

Terri runs mainly on Sundays for enjoyment, but wants to start running daily and hopes to improve. Terri is also TRRC Secretary for 1977. She began running in 1975 when she was convinced to join the track team.

Marianne - Born Feb. 11, 1960 in Toledo, Ohio (17 yrs. old), 5'5" 107 lbs.  
Student at Whitmer High School, single.

Racing: 880 (2:30), 1 mile (5:41), 3 mile (20:01), 5 mile (36:42),  
13 mile (1:41:38).

Marianne runs for Whitmer H.S. girls track team. She enjoys the competition and hopes to run the 880 in 2:20 or better this year. She currently averages 50 miles a week in training. She began running in 1973.



Tony - Born July 6, 1965 in Toledo, Ohio (11 yrs. old). 5' 95 lbs.  
Student.

Racing: 1 mile (5:50), 2 mile (12:02), 3 mile (21:34), 5 mile (37:42),  
10 km (44:47), 13 mile (1:45:37), marathon (4:27:20).

Tony started running in 1974 mainly "just for fun", but readily admits he enjoys occasional competition. Tony's next goal is to run the marathon (probably this year's Glass City) under 4 hrs. He's currently running about 20 miles a week.

Besides Terri, Marianne and Tony there are six other children in the LaPoint family. Marcia, 15, also runs for Whitmer High School. Susanne, 9, has started making many of our Sunday runs. But the biggest and best surprise has been Dad - Jean LaPoint. Jean, a one time 5 pack a day smoker himself, started running to help keep the kids motivated and has since quit smoking all together! Jean is currently running 6-10 miles daily at least 4 days a week.

