



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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JUNE MEETING AT VIC TANNY'S

The June 4th meeting will be held at the Vic Tanny club located on Reynolds Rd. just south of Dorr St. A swim party is scheduled for 6:15 p.m. with the potluck to start at 7:00. Remember to bring picnic type food as the facilities for heating and cooling are limited and, of course, don't forget your table service. Also, because of this specific facility (pool, gym equipment, etc.) we ask for close parental supervision of all children.

Our guest speaker for the evening will be Aaron Mattes, assistant to Dr. Grenninger at the University of Toledo Kinesio-therapy clinic.

At our May meeting a most educational and interesting presentation was given by Tom Holt, a member of the Toledo Paramedics. The listeners were further delighted by the fact that Mr. Holt himself maintains fitness through jogging.

In the short meeting following Mr. Holt's presentation Tom Kovacs reported on the upcoming Cancer run slated for Aug. 21. All members are urged to seek additional gifts as donations for the grand drawing. Also, more volunteers are still needed. If you can help, please contact Tom Kovacs at 698-3487.

The club has purchased a starting pistol and we are currently pricing a portable p.a. system.

On Sat., Oct. 1st, Dave Matthews and Tom Kovacs will be directing an A.A.U. 1 mile and 1-1/2 mile cross-country run for boys and girls in the following age groups: 9 and under, 10-11, 12-13, and 14 and over. Entries are expected from Ohio, Michigan and Indiana.

Dr. William Rowe and Rich Lachowski are investigating the possibility of getting a fitness trail constructed at one of Toledo's Metroparks. Thirty-one U.S. cities already have these thanks to the Parcourse, a Swiss-invented combination of a jogging trail and outdoor gymnasium. A Parcourse is a 2-mile-long circuit with twenty exercise stations. Joggers stop at each station to consult a plaque with instructions on what exercise to perform with the equipment on hand--chin-up, perhaps, or maybe jumping over logs. The Parcourse places its primary emphasis on developing the heart muscle rather than the biceps or pectorals.

GLASS CITY MARATHON - JUNE 19th

The 7th Annual Glass City Marathon is less than two weeks away, so if you plan on going the distance this year, let's get registered! Remember, teams must be pre-registered! And, if you're not running this year, Race Directors Dave Sprandel (475-8042) and Art Johnson (536-0939) could use some more helpers.

INCENTIVE AWARDS (By Tom Kovacs)

Have you been keeping track of your training and racing mileage? Are you telling club member Paul Warshawsky how much you run every month? No!! Well, you should be. Why? Because Paul has volunteered to record the monthly mileage of the other club members in order to have an accurate record for the incentive awards that will be given out in the beginning of next year for all miles run in 1977.

PRESIDENT - Fred Fineske
4128 Hill Avenue
Toledo, Ohio 43607

1977
OFFICERS

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

Incentive awards?? Sure, you remember at our February meeting it was decided to give patches as incentive awards for the total amount of miles run by club members during 1977. The first patch will be for 250 miles, then 500 miles and every 500 miles after. According to Paul only 6 members have been reporting their mileage which should be done every month.

So, don't wait any longer. Get an accurate tabulation of your mileage over to Paul as quickly as possible so you won't miss out. And if you haven't been keeping track, start today. Paul's address is 26717 Sheringham, Perrysburg, Ohio 43551 or call 874-1647.

VIRGINIA BEACH MARATHON (By Ron Cole)

Doyle Carpenter had a business trip to make and Ron Cole was to perform his two-week annual training duty with the Navy. Both were to be on the east coast at the time of the Heartwatchers Marathon. Shucks, we had to run somewhere... then we found out about the Virginia Beach Marathon. On March 19th on the boardwalk we started, ran along the Atlantic ocean to and thru Old Fort Story, Fort Story Park, back to the boardwalk and completing the figure eight course.

In only his second marathon, Doyle's P.R. was 31 minutes faster than Buffalo at 3 hrs. 18 mins. and 15 sec. and Ron's time (also a P.R.) was 3 hrs. 17 mins. and 8 secs.--a good trip for both Toledo Roadrunners.

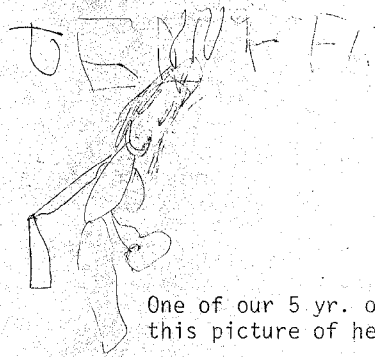
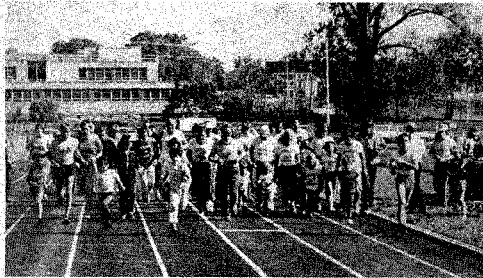
POINT PLACE RESULTS (4/24/77)

Name	Age	Time	Name	Age	Time
Phil Hinck	23	31:47	Bob Weltz	46	42:42
Harry Ausderan	27	32:17	Tom Kubiak	16	43:17
Al Ruffner	28	32:56	Mitch Stauffer	14	43:42
Lou Wagner	33	33:08	Harry Koontz	28	43:46
Pete Buehler	20	34:08	Jon Edelhauser	16	43:48
Angel Campesino	30	34:17	Gary Downing	27	43:56
Steve Horvath	19	34:23	Ken Behan	33	44:03
Dave Mason	33	34:46	Glen Moore	40	44:04
Rich Lachowski	27	36:10	Pat Gallaher	42	44:23
Lou Pilliod	42	36:16	Jim Smith	29	44:43
Dave Peelle	39	36:21	44th Chris Stauffer	44	44:44
Rick Schnittker	24	36:40	Lisa Rupp	14	45:06
Howard Rivette	44	37:07	Walt Tucker	42	45:12
Dan Hernandez	20	37:15	John Hojnacki	25	45:18
George Scott	23	37:30	Dave Hammond	29	45:24
Glen Moore	15	37:40	Tom Vamospercsi	10	45:31
Mark Hessel	28	38:13	Mike Hayden	19	46:09
M. P. Kennedy	27	38:28	Dave Diedhardt	17	46:12
Monte Prosser	18	38:58	Scott Flowers	16	46:17
Jeff Kubicki	15	39:11	Tony LaPoint	11	46:31
Chuck Fowler	34	39:14	Jim Leslie	48	46:32
Tom Gerbers	28	39:34	Tom Kovacs	35	46:37
Larry Bodnar	26	39:41	Len Dybala	60	47:19
Doyle Carpenter	37	39:54	Pete Brown	54	47:41
Scott Hickman	19	40:49	Keith King	10	47:45
Richard James	35	40:53	Fred Fineske	36	47:46
Flave Stimpson	42	40:54	John Clark	35	48:43
Mick Hardy	22	41:13	Tom Dewitt	24	49:03
Richard Blekle	35	41:19	Glen Hojnacki	16	49:10
Scott Decker	26	41:24	Omer Holman	50	49:55
Corey Smith	16	42:03	Ron Bradshaw	45	50:06
Tom Dopm	23	42:26	Shirley Taylor	43	50:24
Eric Myers	16	42:36	Bob Morris	54	52:30

Name	Age	Time	Name	Age	Time
Jamie Mason	14	53:55	Sara Mason	9	56:14
Joyce Fisher	39	54:12	Bart Hepner	15	56:25
Laura Bellg	45	54:46	Ron Benore	34	56:39
Robbie Munson	11	55:23	Mike Munson	9	56:40
Darin Stewart	9	56:14	Erv Mixer	48	57:48

FITNESS JOGS

As you know, we are having one mile fitness runs at our Sunday races to encourage beginning joggers. Rick Trame was trying to explain to his 4 yr. old son Jason just how far he was to run. "You go around the track 4 times--once for each year you are old," said Rick. After a minute Jason replied, "I'm sure glad I'm not 5!"



One of our 5 yr. old members gave me this picture of her in the one mile jog

MAY 8th 2 MILE CLUB CHAMPIONSHIP RESULTS

Girls

Under 10

1. Sara Mason 14:12
2. Suzanne LaPoint 17:03
3. Deanne Warshawski 19:00
4. Lisa Warshawski 19:09
5. Karen LaPoint 20:21

11-12

1. Susan Kovacs 13:49

13-15

1. Amy Trame 13:27

16-18

1. Lorna Richey 13:18
2. Marianne LaPoint 14:08
3. Terri LaPoint 17:04

19-29

1. Jeaneen Bonkowski 14:27

30-39

1. Diane Hires 14:52
2. Joyce Fisher 15:27
3. Cindy Baker 17:15
4. Diane Wagner 17:19
5. Mary Lou Warshawski 19:14
6. Carol Collier 19:20

40-49

1. Shirley Taylor 15:40
2. Laura Bellg 16:01



Boys

Under 10

1. Mike Munson 15:04
2. Dean Warshawski 15:08
3. Kevin LaPoint

11-12

1. Tony LaPoint 13:34
2. Dave Schmidt 14:35
3. Greg Duhaime 15:02
4. Robbie Munson 16:10

13-15

1. Jamie Mason 11:48
2. Mike Leslie 15:11

16-18

1. Jim Kurtz 10:48
2. Steve Schmidt 11:15
3. Monty Prosser 11:30
4. Eric Myers 12:31

19-29

1. Harry Ausderan 9:41
2. Rich Lachowski 9:42
3. George Puehl 10:32
4. Steve Kaczor 10:59
5. Jack Bodnar 11:14
6. Mark Hessel 11:25
7. Rick Trame 11:35

30-39

1. Angel Campesino 10:21
2. Lou Wagner 10:22
3. Dick McCraney 10:31
4. Paul Warshawski 11:12
5. Frank Hanak 11:15
6. Richard James 11:52
7. Fred Fineske 13:14
8. David Matthews 13:30
9. Bill Hamilton 15:05

40-49

1. Ron Cole 12:36
2. Walt Tucker 13:38
3. Jim Leslie 13:39
4. Jean LaPoint 15:43

50-59

1. Art Johnson 13:15
2. Omer Holman 14:59
3. Bill Murtagh 17:17

60 & Over

1. Len Dybala 14:19



TRRC SUCCESSFULLY DEFENDS TEAM TITLE AT MANSFIELD!!! (By R. James)

Nearly four dozen TRRC runners and fans converged on Mansfield and gave a very impressive account of themselves at the Mini-Marathon (9.2 mi.). Harry Ausderan, second place finisher overall, along with R. Lachowski, L. Wagner, A. Campesino and P. Anderson combined to take team honors with D. Peele and S. Kaczor close behind for insurance sake. These and many others won age group trophies or performed well.

In the four-mile event the first TRRC male and female finishers overall respectively were Jamie and Sara Mason who won age group trophies. Quite impressive was the contingent of TRRC "blonde bombshells" who performed admirably and won well. The women have definitely come into their own. Bob Morris was also among the many winners at that distance.

A full account of the TRRC will be given pending receipt of complete and accurate results.



PROFILE

This month's profile is a little out of the ordinary, it features our second honorary lifetime member Henry Hofacker. A very interesting person as interviewed by Bob Gantz.

Henry Hofacker is the jogger par excellence of Brookside Rd. Each morning at 6:45 Henry begins his 3 mile morning jog. Just before Talmadge Rd. at the dip Henry meets his little friend "Ginger" the toy collie who playfully waits for him. Henry is 88 yrs old and began jogging in 1968 at the young age of 79. He last owned a car in 1938. So he has been bicycling since then.

He was the postmaster at Wooster till he was retired at age 70. After that he opened up a greenhouse in his backyard and ran that business till he retired and moved to Toledo.

He still raised vegetables and flowers in his mini-greenhouse here in Toledo. He's got a green thumb.

He began jogging when he was visiting in Augusta Ga. Henry saw a man running by and he stopped him. The jogger was a physician who explained the benefits of running. Back home Henry asked his own physician if he could run and he answered "Stick to your bike, if you run you'll never see 80."

Henry said "I might as well go the way I want to." I like the huffin & puffin jogging does- bicycling never did this to me."

So he's been running ever since. He even likes to jog down the new U.T. parking lot stairs. He runs on a crepe sole shoe he buys at Woolco for \$3.91 Henry feels they're too inexpensive to resole. They cost more to repair.

Henry is a charter member of the N.J.A. He's been married for 63yrs. And would like to organize a 70th reunion of his high school.

It's truly a pleasure to see Henry out there jogging - especially to our 50 yr old jogging friends when Henry responds his cheery good morning saying " Good Morning Boys"

