

TOLEDO ROADRUNNER NEWSLETTER

ISSUE 1 Feb..9, 1976

The Toledo Roadrunner Club is a non-profit club open to anyone interested in jogging and running. Dues are \$6.00 per year for single, and \$10.00 a year for family. Your dues entitle you to a club patch (Two for family membership) 1 years subscription to the newsletter, a vote in club affairs and eligibility for club championships and special awards

The first Toledo roadrunner Club meeting was held on Jan. 2 at Lou Wagners in Swanton. A fun-run and potluck were held prior to the meeting with a good time enjoyed by all. Seventeen were present. Officers elected were ; Lou Wagner-President, Dick Trame-V.President, Pat Gallaher-Treasure, Bob Munson-Secretary.

The second meeting was held at Sandy Turners in Sylvania also accompanied by a fun-run and potluck on Feb. 8th. Once again all in attendance, including our wives, had a great time and we all ate like kings.

The club has ordered 24 nylon (tank top) running shirts, white in color with green lettering (Toledo Roadrunners). These shirts will be available in the near future (approx 2wks) @ \$4.00 each. We are also considering club jackets - green with white lettering, but we need at least a dozen positive commitments before we can order. These jackets will cost between \$10.00 & \$15.00 depending whether or not you want lining.

The next meeting will be Saturday, March 6th at Bob Munsons, 158 Dartmouth. There will be a fun run at 5:00 followed by a potluck, the meeting will be at 7:30. Bring your wife, a dish and have an enjoyable evening.

"HEY" lets not forget about the up and coming Heartwatchers Marathon. Lets get that 8-9 miles per day in. Were expecting excellant weather with a tailwind.

PROFILES

BOB MUNSON: 158 Dartmouth, Toledo, Ohio - 36 years old
born Sept. 16, 1939 5' 10 $\frac{1}{2}$ ", 150 lbs. Sales,
married; wife- Janet, Daughter- Julie (17)
Son- Robert Jr. (10), Mike (8). Began running
in 1974 at Age 35.

RACING: 2 miles - 13:27 (75); 5 miles - 32:00 (75);
10 miles - 76:00 (76); half marathon- 96:20 (75)
Marathon - 4 hrs. 21 minutes (75)

TRAINING: Once a day, 6 days a week, 12 mos. a year; 40
miles a week.

Bob runs all LSD (long slow distance), but admits the weekly competition is the main reason he maintains his weekly mileage. Bob usually runs at 7:30 p.m. and is almost always accompanied by 3 to 5 friends. He readily admits to initiating his friends running interests and is known as "coach" to his running companions. Although still considered a "newcomer" in the "running scene," Bob was among the 18 finishers of last Augusts 162 mi. run to Canada!