

## TOLEDO ROADRUNNER NEWSLETTER

ISSUE 2 March 22, 1976

The Toledo Roadrunner Club is a non-profit club open to anyone interested in jogging & running. Whether you consider yourself a fitness jogger, a fun runner, a competitive runner or a combination of all three, our club has something for you. Dues are only \$6.00 per year for single & \$10.00 per year for a family membership. Your dues entitle you to a beautifully embroidered club patch (two for a family membership-extras available) 1 year subscription to our newsletter, a vote in club affairs, & eligibility for club championships & special awards. Join now and become eligible for our first club championship. Make checks payable to Toledo Roadrunners, send to Patrick Gallaher, 5339 Edgewater Dr., Toledo, Ohio, 43611

### CLUB CHAMPIONSHIP

Our first club championship is April 4th, 2:00 P.M. at Oak Openings park. We're having a 25 Km. (15.534 Mi.) race with the following divisions; 15 & under, 16-18 19-29 30-34 35-39 40-49 50 & over and Womens 19 7 Under & Over 18. At least the first two finishers in each division will receive trophies. We are also having a 3 Km. (1.864 Mi.) prediction. The five closest predictions will receive trophies.

### APRIL MEETING

Our April meeting is the 10th, 6:30 P.M. at Churchills on Monroe St. We'll begin the evening with a scrumptious Smorgasborg (\$4.75 a person), our monthly meeting followed by movies of the Boston Marathon. We have a lot of interesting and fun activities planned in conjunction with our monthly meetings so if you haven't paid your dues yet lets get with it! Tentative plans for our May meeting is a combination potluck and swim party at Vic Tanny's. Famous Australian distance runner Bill Emerton is also tentatively scheduled to talk and show movies of some of his exciting running adventures.

Walt & Lois Churchill put on another great half marathon again this year with all of the over 200 runners in attendance thoroughly enjoying themselves.

Many Toledo Roadrunners participated in the 4th annual Heart-Watchers Marathon & Relays Sunday, March 21st. Sandy Turners tenth place finish in 2:51:46 qualified him for an exciting trip to the Boston Marathon in this Bicentennial year. Jim Petiniot, at 38, running his first full marathon finished 3:24:41. Bob Munson, running in only his second marathon bettered his time by almost an hour finishing in 3:29:23. Steve Kaczor, with sis Kathy escorting on her bicycle, completed the distance in 3:39:39. Frank Hanak, another first timer at 26.2 miles also crossed the finish line in 3:39:39. Two more first timers at the marathon were Walt Tucker and Len Dypala. Walt covered the distance in 3:58 and Len, celebrating his 59th birthday, toured the distance in 4:05. Club members Dave Mason, Paul Warshawsky, and Richard James captured first place in the three man relay in the time of 2 hrs. 44 min. Great effort by race director Fred Fineske and all his many helpers!

Our March meeting was hosted by Bob and Janet Munson along with a fun run and pot luck enjoyed by all in attendance.

HEY! Did anyone catch that recent article in Ann Landers column about the Jogger?

From Washington D.C. Dear Ann:  
My husband never anywhere without me. I thought I knew where he was every minute. He used to job every morning. I decided to follow him when he left the house-to jog during the worst blizzard of the year.

He jogged right over to the home of my best friend, a widow who lived six blocks away. Thats where he was getting all the wonderful exercize.

This is the last complimentary newsletter being sent to all runners and joggers on our mailing list. If you wish to avail yourself of our future monthly newsletters, our beautiful embroidered club patch, a vote in club affairs along with our many exciting and interesting social activities, eligibility for our club championships plus many other special awards, dont delay any longer! Send your dues now and become a member of the most fun and exciting running club in the Midwest!

#### 1976 Toledo Roadrunner Officers

Pres. - Iou Wagner - 109 Oak St. Swanton, Ohio 826-9136- 43558  
V. Pres. - Dick Trame - 2606 Parkwood, Toledo, Ohio 255-1947-43610  
Sec. - Bob Munson- 158 Dartmouth Dr. 385-2468 - 43614  
Treas.- Pat Gallaher - 5339 Edgewater Dr. - 729-9445- 43611

## NEWSLETTER NOTES

### March

Visiting runners- Lately, at many of our Sunday runs, we've been honored by many out-of-town and out of state runners. This is partially attributed to our fine running schedule and the hospitality shown by our local runners. We hope to continue having excellent schedules and hospitality, but we all have to do our part to make this possible.

The schedule committee will be starting the summer and fall schedule before the end of this month so if you have any ideas, sponsors, etc. let us hear from you. Also many club members have expressed the willingness and desire to house out-of-town runners for the night prior to our runs. Some of these runners travel quite a few miles and would really appreciate overnight accommodations. And, of course, they are equally willing to return this hospitality whenever we might happen to be in their area. This can turn into a great exchange program with growing friendships and numerous new running experiences. Again, if you share this interest, please let us hear from you.

One fine group attending many of our runs recently is Bobbie Widmann of Ft. Wayne, Ind. Bobbie is Athletic Director for Womens Intercollegiate Sports at St. Francis College and coach of Basketball, Volleyball and men and women's track. Judging from the runners Bobbie is bringing into our area she's having much success as a coach. One of her better runners is nationally known 14 year old Laura Cartwright. In June of 1975 at Terre Haute, Laura set the national record for 12-13 yr. olds in the marathon. Her time of 2 hr. 55 min. brought her in ahead of another nationally known runner (and much more experienced) Nina Kusick. Laura also set the national record for the mile (5:01) at the Junior Olympic Regionals. She has the Ind. State mile record of 5:01:4, received Sports Illustrated Award January 1976, Runner of the Month- Ind., placed 5th on last year's Charleston 15 mile, has run five marathons winning four and finishing third at Paco Nermi. Here's the clincher, she's only been running 1 1/2 years!

PROFILES

Alex (Sandy) Turner: Sylvania, Ohio  
31 yrs. old; Born June 6, 1944; 5'10",  
160 lbs.; Sales, married-wife Cheryl,  
sons- Matt 7, Todd 5

Racing: ¼mi 52.6 (65) ½mi 1:58 (64) mile 4:20 (66)  
2 mi 9:20 (67) 5 mi 25:50 (68) 10 Km. 32:15  
(70) 10 mi 54:30 (70) Marathon 2:39:20 (70)

Current training: Once daily - 6 days a week 12 months a year  
40 - 60 miles per week.

Sandys training involves 50% LSD, 40% long fast distance and 10% repetitions. He is a graduate of Wittenberg University 66, was All-American in the Steeplechase 66 and three miles Ohio Conference champ. Sandy has run eleven full Marathons and was the overall winner of Churchills half-marathon in 1971. Sandy coached cross-country and track at Sylvania high school for three and one half years in which time his cross-country teams were sectional champs for three consecutive years

