



ROADRUNNERS

TOLEDO ROADRUNNER NEWSLETTER

Issue III April 19, 1976

STATEMENT OF PURPOSE: The Toledo Roadrunner Club (TRRC) is a non-profit club open to anyone regardless of sex, race, or age who is interested in jogging or running. Whether you're a fitness jogger, fun runner, competitive runner, or a combination of all three, we invite you to join the TRRC. Dues are only \$6.00 per year for a single membership and \$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), one (1) year subscription (12 issues) to our newsletter, a vote in club affairs, and eligibility for club championships, special awards and many social functions.

APRIL MEETING

Thirty-five members, their spouses and guests were in attendance Saturday, April 10, at Churchill's on Monroe St. The evening began with a most enjoyable buffet dinner and the fresh strawberries, watermelon and cantelope were a welcome and popular change to all. Tom Kovacs was busy photographing everyone at their various tables, but he managed to sit down for a few bites every now and then. After stuffing ourselves with all the goodies at the smorgasbord, we adjourned to an upstairs banquet room where Walt and Lois Churchill showed and commented on their '74 Boston Marathon movies. Walt did the running, Lois took the movies, and they both did great jobs. Besides Walt, several other local runners were spotted in the massive wave of marathoners.

Dave Mason reported on this year's Delta Chick 'n Run scheduled for Sat., June 12. Sounds like another good one with many age groups, lots of trophies, and bi-centennial patches to all entries. Along with the parade, chicken barbeque and various other activities planned for the day, this will be another Chick 'n Run you won't want to miss. So bring the whole family and make a day of it.

The scheduling committee, consisting of Vice President Dick Trame, Tom Kovacs, Dave Sprandel and Mike Cameron, has begun working on the summer and fall schedule. Many members have expressed their displeasure with past schedules, i.e. too many early morning runs, not enough short runs, not enough long runs, too many or not enough predictions, etc., etc. Of course we want to please the majority of the members and ultimately have something for everyone, but we can't do it without inputs from you the members. Please try to attend at least one of the next two meetings and share your ideas with us. We need sponsors and race directors so if each member gets just one sponsor and volunteers to direct or at least assist at one run, we'll be in great shape.

Paul Warshawsky suggested having various fresh fruits for post run refreshments which is certainly a good idea. When monetarily feasible we'll try to have them occasionally when in season.

Also, it's the responsibility of each race director to insure we have sufficient liquid refreshments at our weekly runs. The club has two large containers with plenty of Gatorade, Body Punch and water available. So, if you don't have these necessary items in your possession when it's your turn to direct the next run, contact any of the club officers and one of us will see that you get them. And, of course, the same is true for the rest of the items and equipment essential for conducting the runs.

Our club shirts are in now and many members already have theirs. If you didn't get yours yet Dave Mason will have them at the next run and the next meeting.

For those of you who still have a trophy coming from the Club Championship, Pat Gallaher will have them and all the name plates at the next run. Pat has also purchased new and appropriate ribbons for the runs.

AAU AFFILIATION

In view of the debate on AAU affiliation at past meetings, you might find Hal Higdon's article "Why I Quit the AAU" in April's RW interesting reading. More on this at the next meeting. In fact, there are many good articles in this month's RW. If you don't subscribe, borrow a friend's. Some of the articles can be very inspiring--especially if you're just a beginner at jogging and running.

MAY MEETINGS

Due to recent and future conflicts in accommodating facilities and activities, and our concern for the upcoming schedule, there will be two(2) meetings in the month of May. Also because of our two May meetings there will be no June meeting unless otherwise deemed necessary at a future time. Saturday, May 1st is the date of our next meeting at the home of Diane Hancock - 262 Hardwood Ct. in the area of Alexis and Telegraph. We will have another fabulous potluck beginning at 7:00 P.M. followed by our meeting. Contact Diane (476-0613) to coordinate what dishes you wish to bring.

Then on Sat., May 22 we're having a combination potluck and swim party along with our meeting at Vic Tanny's on Reynolds Rd. Starting time is 6:30 P.M., and you're invited to bring the entire family, but we'd appreciate close parental supervision of all children for their protection. Also, your potluck dishes should be picnic types for this occasion since there are limited facilities for keeping things heated or refrigerated.

NAUTILUS TRAINING CENTER JOG

Sunday, March 28th at 2:00 P.M. was the date and time of the first run sponsored by the Nautilus Training Center. The distances were a 7.5 mile prediction and a 2.75 mile prediction starting and finishing at the Training Center located at the Westchester Mall on Monroe St. A fun time was had by all and after the runs those in attendance were given demonstrations on the various Nautilus weight strengthening equipment. TRRC members winning T-shirts were: Joann and Pat Gallaher, Robbie Munson, Richard James, Mike Cameron, Fred Fineske and Jim Petiniot.

TRRC 1ST CLUB CHAMPIONSHIP

A 25 km. race and a 3 km. prediction jog were the distances and events of our first club championship April 4th at Oak Openings Park. Winning trophies in their respective age groups were: John Trame (18 and under) 1:51:10; (19-29) Rich Lachowski (also 1st overall) 1:28:15, Al Ruffner 1:31:31, Steve Kaczor 1:48:06, Mike Cameron 1:48:34; (30-34) Dave Mason 1:38:02, Richard James 1:42:53, Dave Sprandel 1:43:35; Frank Hanak 1:53:30; (35-39) Paul Anderson 1:32:41, Stan Huff 1:43:35, Jim Petiniot 1:53:45, Fred Fineske 2:01:00; (40-49) Dick Trame 2:13:24; (50 & over) Art Johnson 2:04:28, Lyn Dybala 2:25:34.

Unfortunately none of the ladies entered the 25 km.

In the prediction, trophies were awarded to: Sara Mason and Jon Gallaher - 2 secs. off, Jack Wellington - 10 secs. off, Marcia and Romana LaPoint - 12 secs. off, and Terri, Tony and Marianne LaPoint - 22 secs. off.

Congratulations to all those members who participated in our first club championship.

HARE AFFAIR

Omer Holman was meet director and sponsor of the 5 km. race and 15 km. prediction held at Pearson Park on April 11 at 9:00 A.M.

Club members taking part in the 5 km. race were: John Trame - no time, Tony LaPoint - 24:50, Steve Kaczor - 20:16, Richard James - 20:01, Richard Blickle - 22:33, Frank Hanak - 21:28, Bob Munson - 26:06 (Bob's still trying to recuperate from Heart Watcher's Marathon), Jack Wellington - 30:56, Marianne and Terri LaPoint - 25:03 and 34:01. Members going the distance in the 15 km. prediction were: Tony LaPoint - 12 secs. off, John Trame - 45 secs. off, Richard James - 46 secs. off, Fred Fineske - 54 secs. off, Jim Petiniot - 1:04 off, Walt Tucker - 1:27 off, Dick Trame - 2:13 off and Len Dybala - 2:55 off.

VIC TANNY'S 10 MILE

Easter Sunday, April 18th, was the date of another exciting Vic Tanny run superbly directed by Paul Warshawsky and company. Beautiful trophies plus various other special awards were presented in several categories. Over seventy runners were in attendance from Ohio and Michigan. Famous Australian distance runner and fitness lecturer Bill Emerton was on hand to aid in inspiring and cheering on the runners. Numerous fruit juices and other beverages were offered as post race refreshments.

Thirty-one of those persevering over the ten mile course in the out of season hot and humid weather were TRRC members. Crossing the finish line first overall in the time of 54:32 was "super-racer" Craig Harms. Others finishing in order were: (18-29) Rich Lachowski 56:20, Harry Ausderan - 56:43, Lynn Greenler - 64:01, Steve Kaczor - 66:13, Mike Cameron - 66:33, Richard Blickle - 68:16, Rick Trame - 73:13, Jeaneen Bonkowski - 86:27; (17 & under) John Trame - 65:14, Todd LaBonte - 77:02, Jamie Mason - 79:04, Tony LaPoint - 89:01, Susan Kovacs - 93:02, Amy Trame - 114:32, and Jon Gallaher - 114:34, (30-39) Lou Wagner - 58:47, Dave Mason - 58:54, Richard James - 62:30, Frank Hanak - 69:19, Jim Petiniot - 70:39, Fred Fineske - 72:09, Tom Kovacs - 90:44, Bob Munson - 99:14, JoAnn Gallaher - 99:14, (40-49) Richard Trame - 75:43, Pat Gallaher - 76:41, Walt Tucker - 84:45, (50 & over) Art Johnson - 79:08, Len Dybala - 80:42, Penny Greenler, also in the 18-29 group toured the distance in 83:48. If we missed any members please let us know.

1976 TOLEDO ROADRUNNER OFFICERS

Pres. - Lou 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

PROFILES

Richard E. James and spouse Fabianita

(He) Age 34 yrs. - Born Oct. 7, 1941; 5'9" - 155 lbs.
(She) Statistics are confidential.



Racing: (He) 4.1 km 14:48 ('75), 5 mi. 30:35 ('76), 7 mi. 40:53 ('75),
8 mi. 47:48 ('75), 20 km. 77:41 ('75), 25 km. 1:42:53 ('76),
50 km. 3:49:51 ('75).

(She) 3 mi. predictions only at present.

Training: (He) Daily all year long with approximately 2 months for
recuperation. LSD is main component in building aerobic
base. Intent thereafter is to enter brief sharpening phase
allowing for one peak per annum.

(She) Jogs for fitness and fun when time and motivation allow.

Richard began running steadily during latter '67 while in Wash., D.C.
undergoing State Dept. training for the Vietnam mission. In Vietnam
the volume was gradually increased to approx. 10 mi./diem. Also began
the slow evolution to vegetarianism resultant of influence from Buddhist
monks. Fabianita, who is from the Philippines, was also working for the
U.S. Government in Vietnam and was influenced by her future spouse to
begin running. They were married in '72 and went to the U.S.A. for a
brief visit. Thereafter they were in Taiwan and the Philippines for
1-1/2 and 1 yrs. respectively. After their respective returns to the
U.S.A. in latter '75, they began competing. While both recognize they've
much to learn regarding racing, they thoroughly enjoy this extension of
running. Above all, they appreciate the comradery with other runners,
particularly in TRRC.



PROFILES

Frank Hanak

Residence: 1948 Pickle Road, Oregon, Ohio. He is 33 years old
and single. Frank has been running for a long time, but just
for health reasons. He has gone from weighing 185 pounds to 150.

Racing: 5 Miles - 33:23, 10 Miles - 68:18, 13 Miles - 94:14
and 26 Miles - 3:39:39 (Marathon).

Training: Frank runs at Pearson Park and in south Toledo with
Jim Petiniot and Bob Munson. He runs about 60 - 90
miles per week. He also runs about 90% LSD and 10%
speed. His first marathon was the 1976 Heartwatchers
Marathon and he turned in a good time.