



ROADRUNNERS

TOLEDO ROADRUNNER NEWSLETTER
ISSUE IV May 18, 1976

STATEMENT OF PURPOSE

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.

MEMBERSHIP DUES

TRRC membership dues are \$6.00 per year for a single and \$10.00 per year for a family membership. Dues are renewable Jan. 1st annually with new members joining after June paying only half price. Your dues entitle you to a beautifully embroidered club patch (two for a family membership--extras available), 1 yr. subscription to our monthly newsletter, a vote in club affairs, eligibility for club championships, special awards, and our many social functions.

MAY 1ST MEETING

The meeting was graciously hosted by Diana Hancock and, as usual, the evening began with another indescribably delicious potluck dinner. It's a good thing we're runners the way we all love to eat! After everyone completed their second and third helpings and after much discussion of Lou Wagner's new secret training gimmick, our May 1st meeting got underway. The previous meeting's minutes were read and approved. Treasurer Pat Gallaher reported the club had \$423.10 as of May 1st. It was decided we would not join the AAU as a club, but, of course, anyone is welcome to join on their own. A motion was made and passed to continue affiliation with the Road Runners Club of America. Members present voted to have membership renewal come due annually Jan. 1st with new members joining after June paying half price. It was decided that we would add two more club championships to our summer and fall schedule bringing the total to four (4) for 1976. The distances will be one (1) mile and 10,000 meters. Besides being a TRRC championship, the mile run will also be a RRC postal run.

The majority of the meeting was spent discussing the upcoming schedule with Vice President and Scheduling Committee Chairman Dick Trame giving a progress report. Most of the dates and distances are taken care of, but we still need a few more race directors. The schedule will be completed and voted on for approval at our May 22 meeting. Most members present voiced displeasure with the many 9:00 a.m. starting times on our current schedule so we'll be experimenting with new starting times for our summer and fall schedule. To avoid the heat the runs will be held in the morning or evening with starting times of 10:00 a.m., 11:00 a.m., 6:00 p.m., or 7:00 p.m. depending on such variables as distances, dates and race director's preference, etc.

GLASS CITY MARATHON

If you're planning to run Glass City this year and haven't signed up yet, let's get with it! If you're not "going the distance" this year, director Dave Sprandel still needs some help. Besides running as individuals we want to enter several teams with six or seven members on each team. Also, don't forget that this year's G.C.M. is our second club championship. You will be notified of divisions and awards at a later date.

MANSFIELD MINI MARATHON

Saturday, May 22 many TRRC members will be going to Mansfield, Ohio for the 11th Annual Mini Marathon. The distances are 3.8 miles for boys and girls, a 16 miler and a 9.2 miler with many age groups and team competition. Most of us are entered in the 9.2 in which we will compete as a team as well as individually. We're also taking a Masters team with us. Anyone who hasn't been notified and wants to go, we'll be meeting at St. John's High School at Airport Highway at 7:00 a.m. to form car pools.

MAY 22ND MEETING

After we return from Mansfield it's off to Vic Tanny's on Reynolds Rd. for a potluck, meeting and swim party starting at 6:30. Remember to bring picnic type food (cold chicken, potato salad, etc.) because of limited heating and cooling facilities. The club will provide paper plates, cups and plastic spoons and forks.

GET IT IN GLASS RUN

Paul Anderson did a great job of directing this April 25th 20 km. race and 2.75 mile prediction. Assisting Paul were three U. of T. students coming to us via Sy Mah.

Running conditions were wet and windy with the temperature in the mid-40's. Jim Petiniot led all members in the 20 km. with the time of 88:25. Paul Warshawsky, still undergoing distress due to a leg injury, closed the gap in the waning miles but was unable to catch Jim. Paul toured the distance in 89:17. All TRRC members were in pursuit of Frank Hanak 'til, with only four miles to go, Frank was forced into the "pits". Even so Frank crossed the finish line in the time of 90:23. Other members completing the run were: Rick Trame - 92:22, Art Johnson and Fred Fineske - 99:08, Dick Trame - 101:44, Len Dybala - 112:07, Ron Cole - 116:07, Bob Munson - 116:07. Doug Roby of Kenton, Ohio was the overall winner blistering the course in 73:54.

P. J. Petiniot finished only 40 seconds off his estimated time to win the 2.75 prediction.

FIRST ANNUAL GALLAHER INDUSTRIES RACE

A very challenging out and back ten-mile course over the trails at Oak Openings Park was greeted with ambivalent feelings by those in attendance at the First Annual Gallaher Industries Race. Pat Gallaher

and Dick Trame spent many hours measuring and marking the course, but some of us still managed to get lost. Take the roads out from under us and we just seem to lose all sense of direction. It was a fun course, though, and next time we'll mark it even better.

"Super-racer" Craig Harms of Columbus, Ohio was the overall winner with the time of 60:53. Close behind Craig with the time of 61:30 was TRRC President Lou Wagner. John Trame and Jim Petiniot finished next, but both had gotten lost so their times were inaccurate.

Other TRRC members finishing were Dick McCraney - 65:54, Todd LaBonte - 67:46, Richard James - 67:55, Stan Huff - 68:02, Dave Mason - 82:16, Rick Trame - 82:16, Dick Trame - 83:47, Tony LaPoint - 95:27, Len Dybala - 95:54 and Bob Munson and Walt Tucker - 101:37.

Tom Kovacs had the closest time in the 3 km. prediction (10 secs.) with daughter Susan finishing second (50 secs. off). P. J. Petiniot was third missing his prediction by only 1:25, followed by Terri LaPoint - 1:57, Sara Mason - 1:58, Jean LaPoint - 2:01, Marrienne LaPoint - 2:15, and Carolyn and Tommy Kovacs - 4:10. The biggest and certainly most pleasant surprise in the 3 km. was the site of Jean LaPoint, father of all those running LaPoint kids, finally taking up running himself. Keep it up Jean--it's much more fun than standing around watching everyone else run!

DETROIT

Some of our members were seen running in Detroit, May 2 where over 400 runners entered the Detroit - Wayne Co. Bi-Centennial 8.2 mile run. Winners in their respective divisions were: Dave Sprandel (30-39), Sy Mah (40-49), Art Johnson (50-59) and Al Ruffner (open). Others running well were: Paul Warshawsky, Steve Kaczor and Frank Hanak.

BOSTON '76

Three TRRC members were reported to have braved the record setting high temperatures to run in the world's most prestigious road race, The Boston Marathon. Sandy Turner traveled the rolling course in a great time of 2:51:55. Dr. Jack Schendel finished in 3:09 and Walt Churchill toured the distance in 3:28.

WESTERN RESERVE MARATHON

Jim Petiniot led all members in this Cleveland 26.2 mile road race finishing in 3:18. Close behind Jim were Mike Cameron - 3:24, Sy Mah - 3:30, Fred Fineske - 3:42, and Frank Hanak - 3:44. Fast improving Paul Anderson set a blistering pace reaching the ten mile mark in 60 mins., but wisely stopped at 16 miles after becoming ill. Conditions were reported to be windy, temperature in the low 70's with a hilly course.

PROFILES



Fineskes - 4128 Hill Ave.

Fred - 35 yrs. old - born Nov. 12, 1940

6'2", 170 lbs.; Printer

Wife - Stel

Daughters - Lisa 13, Susie 11, Jackie 9 and Jennifer 4

Racing: 1 mile - 6:14, 5 miles - 32:40 - 10 miles - 69:01,
Half-marathon - 94:30, Marathon - 3:42

Current Training: Once daily usually every day with occasional day off. 40-60 miles per week - 95% LSD, 5% racing. Fred started running in January 1975 as a result of Vic Tanny influence. He joined Dr. Jack Schendel's morning jogging class at T.U. and enjoys the predictions and companionship of running more than competition. However, Fred says he's getting serious lately about marathoning. Fred reports that daughter Susie is the only other serious road runner in the family.



Warshawskys - Perrysburg, Ohio

Paul - 34 yrs. old - born Jan. 3, 1942 in Chicago, Ill.

6'2", 178 lbs.; Vice President Vic Tanny International

Wife - Mary Lou - 30

Children - Lisa 9, Dean 7, and Deanne 5

Racing: 2 miles - 10:45 ('75), 5 miles-29:56 ('75), 10 km.-37:30 ('75), 10 miles - 66:44 ('75), 20 km. - 86:44 ('75), 15 miles - 1:45 ('75), 30 km.-2:40 ('76).

Current Training: Twice daily - 6 days per week - 3 miles a.m., 7-9 miles p.m., 60-65 miles per week, 12 months a year. 70% LSD - 30% hard steady pace and racing. Paul began running in May of '74 after having been a weight lifter and weighing 240 lbs. You'd think he still lifts weights to look at him, but he's given it up for the cardiovascular benefits of running. Paul also does Yoga type stretching daily plus body toning calisthenics. It took Paul three months of jogging before he could go a full mile without stopping, but with his natural competitiveness, he's one of the fastest improving runners in the club. Glass City will be his first attempt at the popular 26.2 mile distance and he wisely states his main goal is just to finish. Paul's whole family runs with wife Mary Lou having run for two years and running 2 miles every day. The kids often accompany Mary Lou on her daily runs and are class runners in their own rite. Dean set a 5-7 age group record in Taylor, Mich. at 2 miles in 16:11 at age 6 and Deanne has run 1/4 mile in 88 secs at age 5.

TRRC MEMBERSHIP

(\$6.00 single/\$10.00 family)

Name _____ Date of birth _____

Age _____ Sex _____

Address _____ Zip Code _____

Phone _____

(If family membership, list names, birth dates, ages and sex of all members.)

(Make checks payable to The Toledo Roadrunners, send to Patrick Gallaher, 5339 Edgewater Dr., Toledo, Ohio 43611)

(Let's sign-up a new member.)