

# TOLEDO



## ROADRUNNERS

TOLEDO ROADRUNNER CLUB NEWSLETTER  
ISSUE #117 - JANUARY, 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 beginner jogger and the seasoned distance runner.

### 1976 TRRC OFFICERS:

President - Lou Wagner  
Vice President - Dick Frame  
Treasurer - Pat Gallener  
Secretary - Bob Munson

### NEWSLETTER STAFF:

Editor - Lou Wagner  
Assistant Editor - Bob Munson  
Typing - Diane Wagner  
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via Fred Fineske  
Circulation - Janet Munson

### FROM THE PRESIDENT

The new Toledo Roadrunner club was officially formed just last January with the objectives being more organization, better communication, more social activities, and a majority rule on specifics of our running program and all other club related activities.

Of course our most important objective is our weekly runs--we all share the common interest of jogging and running, whether it be for fitness, competition or just fun and companionship. One of our best assets is our schedule (initiated primarily in the past by Sy Mah), considered by most in or out of our club to be the best in the country!

I believe we have a very good newsletter--a monthly newsletter--and we're always open for new ideas and encourage all members to write articles on weekly runs, personal running related experiences, etc. So far we've had many fine contributions to the newsletter from such members as Richard James, Dave Sprandel, Tom Kovacs, Bob Munson and Ron Cole.

I think we've come a long way since January. Of course there's always room for improvement--we still have problems to iron out, i.e. starting races on time, inaccurate distances, and problems with getting awards on time just to name a few. No run, ours or any other, is always going to be 100% perfect in everyone's judgment, but I think we can strive to that end. These are legitimate problems and any club or organization needs constructive criticism in order to improve.

We will work on a standard format for all race directors to follow and we invite and encourage your ideas and cooperation. In the future, when awards are scheduled for runs--championships or otherwise--they will be presented at that particular run.

Some ideas stemming from our last meeting were: staying with specific distances at specific parks and other running locations. Walt Tucker suggested having slower runners starting early in longer runs, and Walt will also be in charge of two person teams checking accuracy of courses at various running locations. Also we've become lax in giving encouragement to new and visiting runners. So let's stay near the finish line when we finish and give encouragement to these people.

We have a meeting and social gathering (usually potluck) every month, so if you have any ideas, constructive criticism, etc., come out and share it with us. We're meeting the first Saturday of every month, at least into May '77, at Friendship Park in Point Place. A fun run leaves at 5:00 p.m. with potluck at 7:00 followed by our meeting. This is a real nice facility with a huge meeting room, separate play room for the kids, and kitchen facilities. Let's get out and socialize with our fellow runners, their families and utilize your ~~ideas~~ and vote in 'running' your club!

Respectfully,  
Lou Wagner

TRRC MEETINGS 1ST SATURDAY OF EACH MONTH AT FRIENDSHIP PARK, POINT PLACE.  
FUN RUN AT 5:00 P.M. POT LUCK & MEETING AT 7:00 P.M.

HAVE YOU MOVED RECENTLY? BE SURE TO GET NEW ADDRESS TO JANET MUNSON,  
158 DARTMOUTH, TOLEDO, OHIO (PH. 385-2468).

THE CHARLESTON 15 MILER (BY RON COLE)

We sped along route 23 (aided by our C.B.) and passed Chillicothe, Ohio. We were in the hills. Pre-race talk had us wondering--those awful hills. Bob Munson had stated Mansfield was as tough as any hilly race course, and I found while on vacation this summer that the Irish Hills in nearby Michigan can be tough...but what about Charleston. We arrived at our good friends' abode in Nitro, W. Va. about midnight, gabbed a couple hours, slept 4 hrs., up and a light snack and headed for the big one. We were not disappointed. The organization was the finest with over 500 volunteer workers, 8 doctors in attendance, ambulance and free bus service, envelopes with numbers and directions, race officials with helpful suggestions, loud speaker announcements, every possible anticipated problem a runner might have had been thought out and planned for.

The air filled with excitement as I looked around for the big guns (look for faces now for I knew all I would see is backs after the race was started by Jesse Owens). Yes, look...Frank Shorter, Don Kardong, Bill Rodgers, John Vitale, Gary Tuttle, Chris Ridler, Lucian Rosa, Nick Rose, Scott Eders, Jeff Galloway, Ron Kurre, Carl Hatfield, Barry Brown, Amby Burfoot, Kim Merritt, Harry Cordellos, Bob Hall, Craig Harms and others. It was like "Runners World" had come to real life.

Then we were on the line, 1003 hopefuls, some to win, some to P.R., all to finish...the gun sounded and off to the hills.

Frank Shorter stated after he broke the course record with 1 hr. 14:37 sec., "It was kinda like a marathon because those 6 miles of hills at the start of the race are like 10 or 11 miles of level ground". It was tough (unlike any race I have ever been in); however, 25 runners finished under 1 hr. 20:00, 100 under 1 hr. 27:21. This runner was 465th in 1 hr. 49:58 and my son Randy, who had really not trained for the event (his first 15 miler) with a great 1 hr. 44:30. Blind runner Harry Cordellos was 406th in 1 hr. 47:09 and Bob Hall in his wheel chair 287th in 1 hr. 39:30.

A lovely banquet followed with watches, trophies and medals to winners and T-shirts and a glass to all participants. What a super race! I hate to get older, but we are already talking about next year's Charleston 15 miler.

#### ERIE, PA. MARATHON

Four TRRC members traveled to Erie, Pa. Sept. 11th with all four setting personal records in the gruelling 26.2 miler! Mike Cameron paced the trio with 2:55:35 while Steve Kaczor finished in 2:58:51! Frank Hanak, Jr. missed cracking that ever loving three hour barrier by a mere 37 seconds! The new slim version of Walt Tucker came in at 3:40:50

#### 1 HOUR RUN

Our Sept. 19th one (1) hour run on the T.U. track was greeted with beautiful weather for those of us who were spectators, but, with the temperature in the 80's, less than ideal for the twenty-seven TRRC members circling the blacktop.

Harry Ausderan covered the most distance in the 60 min. time limit with 10 miles, 1704 yds. followed by Rich Lachowski, 10 miles, 1230 yds., Stan Huff compiled 9 miles, 848 yds., while Frank Hanak, Jr. managed 9 miles 798 yds. Angel Campesino was next with 8 miles, 720 yds., followed by Mike Cameron with 8 miles, 674 yds. Pat Gallaher ran 8 miles, 490 yds., Fred Fineske - 8 miles, 460 yds., Len Dybala - 7 miles, 558 yds., Tony LaPoint - 7 miles, 440 yds., Walt Tucker - 7 miles, 280 yds., Omer (Flash) Holman - 6 miles, 1239 yds., Jack Wallington - 6 miles, 372 yds., Robbie Munson - 6 miles, 96 yds., Dave Sprandel - 6 miles. (Dave still managed 6 miles after jogging and walking a mile with daughter Candice.) David Matthews - 6 miles. "Crippled" Bob Munson - 5 miles, 880 yds., Bob Morris (along with his canine friend) - 5 miles, Mike Munson - 4 miles, 15 yds., and Tom Kovacs and Rick Trame who were forced to drop out after 3 miles.

Sherrie Matthews outdistanced all the fairer sex with 6 miles, 880 yds., with Sue Kovacs reaching 6 miles, 749 yds. Joann Gallaher finished with 6 miles, 407 yds., Marianne LaPoint - 6 miles, 231 yds., Sue Fineske - 4 miles, 622 yds., and Lisa Fineske - 3 miles, 1111 yds.



SWAN CREEK RUN

Our 5 and 25 km runs at Swan Creek Park on Sept. 12th were well organized and directed by Walt Tucker. The course over the bike trails was well marked although sufficiently challenging with its hills and the hot weather of the day.

TRRC members in the 5 km were: Rick Trane - 21:09, Gary Mills - 21:25, Tom Dwyer - 23:00, Toni Baker - 24:15, Lisa Rupp - 24:25, Beth Cole - 24:26, Tom Kovacs - 24:45, Marianne LaPoint - 27:30, Bob Morris - 27:31, Susan Kovacs - 28:10, Jack Wallington - 29:42, Robbie Munson - 31:45, Dean Warshawsky - 31:55, Mike Munson - 32:00, Susanne LaPoint - 34:20, Mary Lou Warshawsky - 37:39 and Diane Wagner - 37:40.

Members doing the 25 km in the heat were: Rich Lachowski - 1:40:15, Lou Wagner - 1:44:30, Paul Warshawsky - 1:50:50, Randy Cole - 2:05:20 and Ron Cole - 2:16:15.

Fresh peaches were enjoyed by all following the runs courtesy of Paul Warshawsky.



David 34, Carolyn 32, Susan 11, Tommy 5

David Becker, 6'1", 200-210 lbs. (it varies)

David is strictly a fitness jogger, running 4-6 times a week 12-25 miles  
Susan runs 3-5 times a week for a total of 5-15 miles. Carolyn  
and Tommy are on-again off-again joggers.

David coached Track and Cross-Country since 1959 but never ran himself  
until 1977 when in June he and Susan started to jog.

David believes in the 3 "S's" of physical fitness: stamina, strength and  
stretches. He trains with weights 3 times a week and is always working  
to increase his flexibility.

David does not get as much satisfaction from directing a well run race or  
meeting they do by performing well themselves. Their events are strictly  
a family affair with everyone pitching in to help.

The whole family really enjoys both the social side as well as the  
competitive side of the weekly runs with the club.



### The Sprandels

David 34, Bette 31, Candice 4, Alysce 2, ? (due in January)  
2948 Kendaie - Toledo, Ohio

Professor at Owens Technical College. Born Nov. 5, 1941 in Charlotte,  
Michigan. 5'8", 145 lbs.

Racing: 880 yds. 2:30 ('73), 9.2 miles 55:29 ('76), 10 miles 59:55 ('73),  
13.1 miles 83:15 ('74), 15 miles 91:30 ('74), marathon 2:43:40 ('74).

Dave and Bette both began jogging in 1967 while still in St. Clair Shores,  
Mich. strictly for fitness. They moved to Toledo in 1969 and resumed  
jogging due to the influence of Sy Mah. Dave's first attempt at racing  
was the first Glass City Marathon of 1971 where he completed 20 miles on  
only two months training of 5-6 miles per day. Dave was hooked after his  
first marathon attempt and immediately upped his mileage to 50 per week.  
Marathons are still his favorite distance with his current training  
averaging 60 miles per week increasing to 90-100 miles per week at least  
6 weeks prior to competing in marathons. Bette jogs 3-4 days each week  
for fitness and believes her jogging has been very beneficial in aiding  
with childbirth. She has continued her jogging up to at least one month  
before delivery and has run in three 6 mile runs since first beginning.

Four year old Candice hasn't gone uninfluenced by her parents' ambitious  
activities, and just recently completed a mile with dad. While only 2,  
Alysce is sure to follow.

