

# TOLEDO



TOLEDO ROADRUNNER NEWSLETTER  
ISSUE

## ROADRUNNERS

### OCTOBER MEETING

Twenty-six members were in attendance at our Oct. 2 meeting. I want to remind everyone that our meetings are the 1st Saturday of every month at Friendship Park shelter house in Point Place. For those who are so inclined, a fun run leaves the park at 5:00 p.m. with varying distances and pace for everyone. A very enjoyable and always superb pot-luck follows at 7:00. This is a very informal social gathering and there's even a separate playroom for the kids. The kitchen facilities are excellent and all you need to bring besides your potluck dishes is your own table service.

Our meeting follows the potluck and we try to end by 9:00. This is your club so come out and help run it!

Much time was spent discussing championship awards at our Oct. 2 meeting. Members present voted to present awards to the first three in each age group (reg. RRC age groups) with an additional award for every seven more in each group. Also, it was decided to have standard awards in order to purchase by volume. These will be presented at the time of the championship with name-plates to follow. Pat Gallaher and Jim Petiniot will be responsible for the awards. Richard James and Fred Fineske are responsible for incentive awards, and Walt Tucker is in charge of course measurement and accuracy.

The scheduling committee, consisting of Jim Petiniot, Pat Gallaher, Steve Kaczor and Tom Kovacs, is presently working on our 1977 Winter and Spring schedule. The committee will present the new schedule at our Nov. 6th meeting so come out and share your opinion with us. Nominations for our 1977 TRRC officers will also take place at our Nov. meeting.

### SECOR PARK 20km/5km

Running was but one of the many activities taking place on Sunday, Oct. 3 at Secor park as the trails were shared with many bicyclists and hiking enthusiasts enjoying a beautiful fall day with the temperature in the high 70's.

The runs were well directed by Pat and Joann Gallaher with adequate splits, water stops and post run refreshments including delicious juicy red apples.

In the 5 km prediction Toni Baker was closest missing by a mere 6 seconds. Diane Wagner was next missing by only 37 seconds, followed by Lisa Rupp - :42, Jennifer Pilliod +:59, Anne Marie Dwyer -1:00, Diane Hires +1:05, Mary Lou Warshawsky -1:23, Tom Dwyer +1:36, Bob and Robbie Munson +2:25. Mike Munson +3:25 and Dean Warshawsky +4:26. A total of twenty-nine officially entered the 5 km. prediction.

Nineteen ran officially in the 20 km with past Devilbiss high school standout

Mark Lohman crossing the finish line first in 72:00. Rich Lachowski was second overall and first for TRRC as he toured the 12.4 miles in 78:43. Paul Warshawsky and Lou Wagner battled to a tie in 82:00 with Phil Workman close behind in 82:44. John Trame was next in 84:50 with brother Rick covering the distance in 94:04, followed by Mike Cameron and Fred Fineske in 94:31, Doyle Carpenter in 95:24, and Walt Tucker at 1:40:30.

### SURPRISE FUN RUN

On October 10th at Swan Creek park director Ron Cole pleasantly surprised the 67 runners in the combination 5 and 10 kilometers. A real fun run was held with the idea being that runners be aware of their surroundings as they ran. Following the runs, a short quiz was given and if you passed (everyone did) your name was dropped in a box and prizes were awarded by a drawing. Ron really put a lot of imagination and work into this run and I know all in attendance were most appreciative! Numerous prizes such as hats, shirts, towels and mugs were awarded. Congratulations to Ron Cole for a job well done!

### SKYLON MARATHON (OCT. 16)

A total of twenty possible TRRC marathoners traveled to Buffalo, New York along with 1,100 others for the running of the 3rd annual Buffalo to Niagara Skylon International Marathon. The weather, a damp 40°, was greeted with ambivalent feelings, and variable cooling breezes confronted the runners throughout the afternoon. However, most in attendance agreed that the course--starting in Buffalo, crossing the Peace Bridge into Canada, running parallel to the Niagara river and ending directly in front of the Falls at the bottom of Skylon Tower--was indeed truly scenic!

1976 Churchill's half-marathon winner and U.S. Olympic Marathon Trials qualifier, Bill Stewart (33), was the overall winner, outlasting last year's winner, Martin Sudzina (24), by a mere 6 seconds in 2:24:01!

Dave Mason (33) finished first for Toledo in 2:53 despite leg cramps caused by chilling breezes. 44 year old Jack Schendel convincingly broke 3 hours for the first time recording a personal best of 2:57:58! Paul Warshawsky (34), in only his second attempt at the distance, also managed to crack the magical three hour barrier finishing in 2:59! 18 yr. old Randy Cole, using this as his marathoning debut, strided over the distance in the great time of 3:03! Randy says he can hardly wait for his next marathon--like maybe in the year 2080! Frank Hanak Jr. toured the 26.2 miles in 3:13, followed by Jim Petiniot in 3:15.

Another relative newcomer at the marathon, 43 yr. old Ron Cole, lowered his personal best by 12 min. crossing the finish line in 3:18! Fred Fineske (35) and Walt Tucker (41) also ran personal bests finishing in 3:26:45 and 3:34 respectively! 54 yr. old Art Johnson reached the Falls in 3:48:48, while Doyle Carpenter, yet another newcomer at the grueling distance, finished on Art's heels in a very respectable 3:49. Pat Gallaher struggled across the finish line in 3:54:16, and 54 yr. old Bob Morris endured his first marathon in 5:07.

Bob Munson and Steve Kaczor hobbled for ten miles before sensibly calling it quits, while Mike Cameron (not registered) and Lou Wagner (injured) enjoyed the weekend in Canada without running so much as a mile.

Leroy Lloyd completed the course in 4:24:33. Harry Radebaugh also ran the distance but his time is unavailable.

PROFILE

Gary M. Bryan  
1517 Secor  
Toledo, Ohio

Born Sept. 9, 1956 - Toledo, Ohio - 20 yrs. old.  
5'7" 126 lbs. - student at University of Toledo - single.

Racing: 880 yds. 2:08 ('76), mile - 4:30 ('76), 2 mile - 9:24 ('76),  
3 mile - 14:25 ('76), 5 mile - 25:08 ('76), 10 mile - 52:23  
( '76), 13.1 miles - 70:08 ('76), marathon 2:34:20 ('76).

Training: Seven days a week - 52 weeks a year. 10-15 miles daily  
with mostly long slow distance (LSD) in winter and summer and  
intervals in spring and fall. Averages 90-100 miles per week.  
Highest lifetime week - 150 miles.



This is Gary's third year on T.U.'s cross country team where he is currently their number 2 runner. Gary started running when only in the 6th grade and ran on the Varsity team all 4 years while at St. Francis high school. He was St. Francis' number 2 runner in only his sophomore year, moving to number 1 his junior and senior years. Also as a high school senior, Gary entered, finished and won TRRC's annual 50 mile run!

Richard Lachowski  
443 Waggoner Blvd.  
Toledo, Ohio 43612

Born March 24, 1950, Hanover, Germany. 26 yrs. old.  
5'10-1/2" - 150 lbs. Teacher - single.

Racing: 880 yds. - 1:54 ('71), mile - 4:13 ('72), 2 mile - 9:18 ('72),  
5 mile - 25:30 ('76), 10K - 31:50 ('72), 10 mile - 50:15 ('73),  
half-marathon - 70:01 ('74), 15 mile - 79:00 ('73), marathon -  
2:32 ('76).

Training: 6-7 days a week - 52 weeks per yr. combined with winter cross  
country skiing. Weekly average of 60-80 miles. Mostly long  
fast - fartlek. Started running in 1965 in 9th grade of  
high school. First roadrunner race in '67. '66 - original  
member TRRC. NW Ohio AAU distance runners '73. City and  
district champ in senior year at Woodward ('68). All city  
cross country '67. Captain T.U. track and cross country  
teams '71 and '72.



Has attended last two Olympics.