



TOLEDO ROADRUNNERS

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.

February 1977

MONTHLY MEETINGS

Due to the energy situation we are unable to use the Friendship Park shelter house for our next meeting. Our March 5th meeting will be held at the Commodore Perry. Anyone wishing to may dine at The Captain's Table about 7:00, then we will be going to the Lawrence Room (3rd floor) at 8:30 for the meeting. At 9:30 PODIATRIST DR. CHARLES MARLOWE, JR. WILL BE SPEAKING ON OVERUSE SYNDROME. Watch your newsletter for notice of locations for future meetings.

Tom and Carolyn Kovacs graciously hosted our February meeting at their home in Oregon. It was Angel Campesino's first time at one of our gatherings, and he's still raving about all the delicious food he consumed!

Our club has purchased a new digital stopwatch with yet another still on order.

One incentive award decided upon will be progressive mileage patches to be awarded at a special banquet next January. Be sure to keep track of all your mileage.

We wish to offer a warm and sincere welcome to three of our newest members--Dr. William Rowe, Roberta Widmann and Robert Renaux. Dr. Rowe, a prominent cardiologist, is presently jogging four miles a day, and was our featured speaker at our January meeting. Roberta (Bobbi) Widmann, an accomplished distance runner and race walker, is Director of Women's Intercollegiate Athletics at St. Francis College, Ft. Wayne, Ind. Robert Renaux, track coach at Rogers high school, is also a runner himself.

HEARTWATCHERS MARATHON (By Fred Fineske)

On Sunday March 20 the 5th annual Heartwatchers Marathon will be held at the University of Toledo. Your running schedule for that day reads 26.2 mile race, 3 person and 6 person relay teams. Even if none of these fit you, make a date to be at the University on this day. The TRRC is co-sponsoring this event with the University Faculty Joggers to raise funds for the American Heart Association. There will be runners from all over the Midwest and Canada there, making this an exciting race to watch.

We also need some more volunteer workers for water stops, timers and finish line help. Please contact Fred Fineske at 531-4880. Come out and be part of a very exciting race--a "MARATHON".

PRESIDENT -- Fred Fineske
4128 Hill Avenue
Toledo, Ohio 43607

1977
OFFICERS

VICE-PRESIDENT -- Walt Tucker
SECRETARY -- Terri LaPoint
TREASURER -- Dave Sprandel

TRRC COMPLIMENTED BY ROAD RUNNERS CLUB OF AMERICA

The following comment was made by Jeff Darman, Co-President of Road Runners Club of America in a recent letter to TRRC President, Fred Fineske: "I am very impressed with the TRRC schedule and newsletter. Your club is obviously well organized and from the "flavor" of the newsletter it looks like you are a fun group who keep their running in the right perspective. I look forward to welcoming you officially in St. Louis."

TWO "FUTURE ROADRUNNERS" ADDED TO ROSTER

Dave and Betty Sprandel are the proud parents of David Walter Sprandel, born January 30th in Mercy Hospital. He weighed in at 8 lbs. 8 oz. and the rumor has it he has a nice slow pulse and great running legs!

Sara Claire Campesino was born January 25th at Mercy Hospital. Angel and Jeannette are her parents and birth weight was 7 lbs. 8 oz.

"WE'RE ALL WINNERS" (From the Editor)

Each month as I "study" a new issue of Runner's World I find myself reading about ideas and opinions we all so often experience but so easily forget. February's issue was no exception as the very first article in the Runner's Forum, "Winning and Losing" hit home so vividly.

In our highly competitive success oriented society we too often think of winners as only those elite few who finish 1st, or in our particular sport, those who place in their respective divisions. But everyone can be and is a winner just by participating.

Health and fitness aspects aside, we've all made many new friends who share our interests and many of us have visited places which might have otherwise gone unnoticed except for our running interests. Maybe we've learned to appreciate some of the little things in life more--things most of us often took for granted--or come to terms with our fears or ignorances.

Paul Warshawsky was certainly a winner when he broke 3 hrs. for the first time at Buffalo last October! It didn't matter how many finished ahead or behind, Paul had conquered victory! Jim Petiniot finished third in our recent 50 miler where only three were able to finish. All of us who stood waiting and cheering as he crossed the finish line 7 hrs. and 21 mins. after starting knew Jim was a winner!

Bob Munson, maybe because of over enthusiasm and impatience, literally ran himself into exhaustion, but I think Bob will tell you he's been a winner despite his problems! And believe me, he'll be back!

Diane Hires was a 100% success when she just recently finished her first 13 mile run ever! My own Diane only jogs a mile maybe four days a week (and doesn't even particularly enjoy it), but as long as she can still fit into her size 7's, believe me, she's a winner! Len Dybala ran his first marathon on his 59th birthday one year ago. Len's a winner to inspire all winners!

Of course I could go on and on relating to various experiences, but I'm sure you've got the idea by now. Whether we run for fitness, fun, competition, or only cosmetic reasons, no matter what our degree of ability, we're all winners. We truly are "distance champs"!

COMMODORE PERRY CANCER RUN

Mark your calendars for Sunday, Aug. 21 when the Commodore Perry and TRRC will be sponsoring a 10 km run to benefit the American Cancer Society. We're hoping for 1,000 runners which means we need everyone's help to make it a success. There will be many fantastic prizes including a Rupp trail bike donated by LOF.

VALENTINE SPECIAL PROVES POPULAR

Over 40 couples--or over 80 in all--participated in our Feb. 13th Valentine Special "mixed couple" relay! We saw many new faces and, of course, it was one of our largest turn outs for the women. Maybe we should consider more of this type of event in the future.

Bags of delicious mixed fresh fruit were awarded to those with the closest predictions.

5th ANNUAL "SWANTON 13" RESULTS -
FEB 6, 1977 (PARTIAL SNOW AND ICE COVERED ROADS)

13 mile race

- | | |
|--------------------------------|----------------------------------|
| 1. Mark Lohman, 18, 76:52 | 16. Dave Childer, 24, 92:00 |
| 2. Harry Ausderan, 27, 77:47 | 17. Ben Widmer, 27, 92:55 |
| 3. Al Ruffner, 27, 83:09 | 18. Phil Workman, 32, 93:18 |
| 4. Angel Campesino, 30, 86:11 | 19. Rick Blickle, 35, 94:18 |
| 5. Tom Martin, 23, 86:40 | 20. Art Johnson, 50+, 97:46 |
| 6. Paul Warshawsky, 35, 86:56 | 21. Doyle Carpenter, 27, 1:41:21 |
| 7. Lou Wagner, 33, 86:57 | 22. Pat Jensen, 15, 1:42:10 |
| 8. Jack Schendel, 44, 87:15 | 23. Kathy Kaczor, 1:47:34 |
| 9. Frank Hanak, Jr., 34, 87:30 | 24. Jeff Myers, 15, 1:50:22 |
| 10. John Kaczor, 19, 87:37 | 25. John Valade, 14, 1:55:05 |
| 11. Fred Holappa, 48, 87:38 | 26. Jill Robarge, 1:57:01 |
| 12. Mike Cameron, 30, 87:44 | 27. Tony LaPoint, 11, 2:02:45 |
| 13. Monte Prosser, 18, 90:01 | 28. Diane Hires, 2:02:57 |
| 14. Art Beckhoefer, 41, 90:54 | 29. Fred Fineske, 36, 2:02:58 |
| 15. Moses Zavala, 16, 91:52 | 30. Omer Holman, 50+, 2:03:21 |

3 mile fitness jog

- | | |
|----------------------------|-----------------------------|
| 1. Andy Klatt, 20:16 | 10. Susan Kovacs, 25:37 |
| 2. Denny Walsh, 21:29 | 11. Linda Cable, 25:55 |
| 3. Eric Meyer, 22:27 | 12. Jennifer Pilliod, 26:17 |
| 4. Joe Pilliod, 22:55 | 13. Dean Warshawsky, 27:15 |
| 5. Bob Renaux, 23:26 | 14. Dave Markovich, 27:16 |
| 6. Tom Falvey, 23:27 | 15. Mike Munson, 27:26 |
| 7. Carty Finkbeiner, 23:28 | 16. Laura Bellg, 27:30 |
| 8. Tom Giteaux, 24:11 | 17. Terri LaPoint 31:31 |
| 9. Will Booth, 24:28 | |

PROFILE

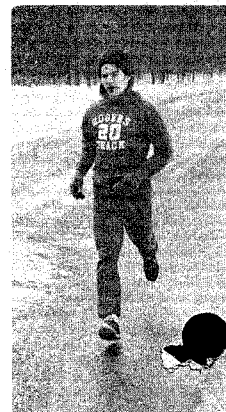
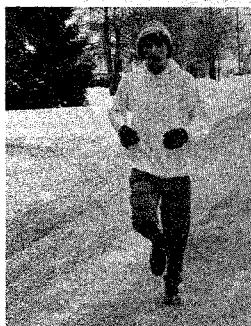
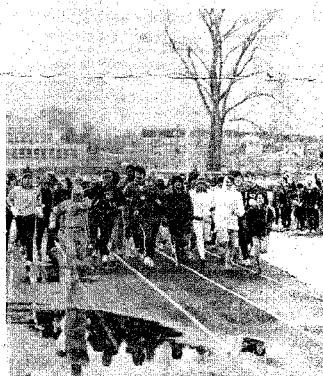
Harry Ausderan, #3 Springhill Dr., Bowling Green, Ohio

Born: July 25, 1949 in Ft. Wayne, Ind. (27 yrs. old),
6', 148 lbs. - Restaurant Mgr. - wife Betty.

Racing: 880 yds. 2:03 ('67), mile 4:29 ('69), 2 mile 9:48 ('69), 3 mile 15:03 ('76), 5 mile 25:41 ('76), 6 mile 31:30 ('76), 10 km. 32:10, 10 mile 55:06, 15 mile 1:23:40, marathon 2:38:39 ('76).

Current Training: Harry averages 85 miles per week about 10 months a year usually dropping down for 2 months. He runs 75% LSD with the other 25% consisting of intervals, hill work, and races.

He started running his freshman year of high school and continued 'til his sophomore year of college when he tired of the pressure and strain of college running. He started running again in '73 in road racing and enjoys the relaxed atmosphere. Harry has trained with Sid Sink, Dave Wottle, ran the Boston Marathon in '74 and ran Springbank in '73 and '74.



"WE'RE ALL WINNERS"