



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.

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SLIDE PRESENTATION AT OCT. MEETING

TRRC president (not to mention notable Blade photographer) Fred Fineske will show color slides taken from our weekly runs at our October 1st meeting. Again the meeting along with potluck and fun runs will be held at Friendship Park shelter house in Point Place. As usual, for those so inclined, fun runs will leave the park at 5:00 and 6:00 (depending on the distance you want to run) with the potluck starting at 7:00 and the meeting at 8:00. If you plan on coming for the potluck, you'd better be there right at 7:00 or you'll only be eating what you brought yourself! The food just doesn't last long when hungry runners are unleashed!

It was decided that due to rising costs student memberships will remain at the \$3.00 rate all year and entry fees for club championships will be \$1.00 (club members only).

Separate Masters Division (men and women 40 and over) of TRRC. For more information call Jim Petiniot at 248-3168 or Shirley Taylor at 385-2613.

Interested in cross-country skiing this winter? Contact Rich Lachowski (478-9038) or Earl Britt (874-5944).

CHARLESTON, WEST VIRGINIA (SEPT. 3) by Ron Cole

Bil (The Rabiit) Haviland from Athens, Ohio was the winner this year. The field was less notable than previous years, but Haviland's time was a great time of 1:16.42--the third best winning time to date. Frank Shorter, '76 winner, was in Europe.

Toledo was well represented in Charleston this year for the 15-mile toughy. Leading the Toledo contingent was Ron Cole, who finished 204 in a very respectable time of 1:36.48. After the 1976 race when he placed 57 he said, "Next year I will be in the top 10--the 1, almost. Jim (339) Petiniot 1:44.19, Steve (370) Kaczor 1:45.55 and Doyle (172) Carpenter 1:45.59 ran well, while Ron (478) Cole 1:52.26 and Jeff (527) Siefert 1:54.37 felt the heat. 955 persons finished out of the 1500 or so starters as the temperature climbed and claimed quite a few of the hopeful runners. "The trees were dripping wet", as one newspaper so aptly put it--90° and humidity 92%.

The Coles and Jeff stayed with ex-Toledoans Mr. & Mrs. Les Roudebush, while the Petiniots and Steve had a camper, Doyle his van and they spent the holiday weekend camped in Hocking Hills State Park.

(Editor's note)

Since Ron submitted his article on this year's Charleston 15 miler it was

PRESIDENT — Fred Fineske
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1977
OFFICERS

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

learned that two more TRRC members participated also. Kitty Consolo was the 4th woman finisher (243rd overall) in 1:39.10 and Dave Peele toured the distance in 1:33.50--good for 155th overall.

PROSSER PLACES IN SIX MILE

Eighteen year old Monte Prosser finished 5th overall and 2nd in his age group in a six mile race Aug. 31st in Castalia, Ohio. Sponsored by the Marga Ritti high school booster club, Monte covered the distance in 34:30, a personal best.

TAYLOR & MORRIS AT BALLOON RALLY?!

Shirley Taylor finished first in the women's 28 and over age group in a ten mile race Sept. 10th at Marysville, Ohio. The race held in conjunction with a hot air balloon rally was run over a flat course in ideal weather. Bob Morris placed 2nd in the 50 and over group, while Walt Tucker finished in the 40 and over.

TRRC CAPTURES TEAM TITLE AT MILAN!

The Toledo Roadrunners club won the independent team championship at the Milan Jaycee's 10 kilometer run Sept. 5th. Besides the independent team competition, there were also high school, college and industrial team awards. The run is held each year on Labor Day in conjunction with the Melon Festival in Milan, Ohio.

The five members scoring for TRRC were: Paul Emery (2nd) 32:40; Harry Ausderan (3rd) 32:59; Angel Campeşino (6th) 33:58; Lou Wagner (22nd) 35:56; and Dave Mason (26th) 36:36.

Other TRRC members completing the distance were: Paul Warshawsky - 39:16, Stan Huff - 40:55, Randy Cole - 41:11, Jim Petiniot - 41:11, Jerry Hill - 41:40, Doyle Carpenter - 42:39, Ron Cole - 42:41 (3rd 45-49), Len Dybala - 48:35 (3rd 50 & over), Walt Tucker - 49:01, Steve Kaczor - 49:14, Jamie Mason - 53:33 and Sara Mason - 55:06.

The course was flat except for one challenging hill (the downhill was worse!), but the weather was uncomfortably warm and humid. The overall winner was Bob McOmber, 26, of Bowling Green, Ohio in the time of 31:34. Karen McHarg, 28, of Bryan, Ohio was the first woman finisher in the time of 38:09.

Ron and Randy Cole, Jim Petiniot, Doyle Carpenter and Steve Kaczor ran the Charleston 15 miler the day before; and Petiniot, Carpenter and Kaczor even ran in a 5 mile race in Amanda, Ohio that very morning!

STORMI-ANN FIRST FOR TRRC!

Nine year old Stormi-Ann Guntsch was the first finisher for TRRC in the First Annual Bobby Crim Special Olympics Ten Mile Road Race. Run in Flint, Michigan in 93° heat over a very hilly course, Stormi-Ann finished 217th out of 576 in 78:04!

Other TRRC members participating were: Doyle Carpenter - 83:06, Len Dybala - 85:52, Fred Fineske - 88:20, Gerald Guntsch (Stormi-Ann's dad) 96:46 and Walt Tucker.

PEELE PACES TRRC AT BEDFORD

Dave Peele, one of TRRC's many Michigan members (Ann Arbor) finished first in the 37-43 age group at the Sept. 11th Bedford, Ohio 7½ mile plus road race.

Sponsored by the Bedford Y.M.C.A. and Cleveland Southeast Running Club. Dave covered the rolling course in 42:58. Doyle Carpenter finished third in the same group in 47:47, while Frank Hanak took 5th place in the 30-36 group in 47:48.

ANDERSON P.R.'S AT PRESQUE ISLE!

Paul Anderson, 39, completed the Sept. 10th Presque Isle marathon in 2 hrs. 39 mins., a personal record by over 6 minutes! Paul enters the Masters' division October 29, which is one more reason TRRC will soon have the best 40 and over group around.

Other TRRC members covering the flat course in the windy and humid weather were: Steve Kaczor (3:07), Sy Mah (3:14) and Jim Petiniot (3:28).

PAUL WARSHAWSKY RECUPERATING

We all wish Paul a speedy recovery from his illness.



PROFILE

Sy Mah

Born August 2, 1936 in Western Canada

5'7", 119 lbs.

Professor of Phys. Ed, Director of C.H.A.M.P.S. (Cardiovascular Health and Aerobic Maintenance Programs) at University of Toledo

Daughters: Bonnie (25), Brenda (24), Laurie (16) and Wendy (13)

Although I'm sure many of us have always imagined that Sy was jogging before he learned to walk, the truth is he hasn't always been such a glowing example of health and energy. Having a family history of high blood pressure, Sy was no exception and was even plagued with ulcers 'til early in his thirties.

Sy's second daughter, Brenda, was really responsible for his initial introduction into jogging. Brenda suffered from respiratory problems the first four years of her life 'til, at age five, Sy entered her in a swimming program. After swimming competitively for four years, Sy decided Brenda's aquatic abilities might be enhanced with some jogging. Well, Dad joined her and discovered the more he ran the better he felt and his health was even improving!

Before long Brenda was winning State and National titles with Dad not only coaching her, but an entire team of young girls ages 11-13. Sy began extensive research into the physiological aspects of running and soon had his girls doing volume mileage when high mileage was still virtually unheard of. With the addition of pre-season intervals paced along with the properly timed speed, his girls were winning championships and international recognition.

It wasn't long before the parents were getting involved which was the beginning of an adult fitness club. This was the initial basis for the World Masters program in Toronto.

Most of us are aware of the tremendous contribution Sy has made to jogging in the Toledo area--in fact, I'm sure most of us have felt his influence at one time or another.

Sy usually only jogs about 40 miles a week, but having participated in many more marathons this year, he's been averaging about 200 a month. He started the year having completed 92 marathons and just recently finished number 106 at Erie, Pa.! (And he's been known to run as many as two in one weekend!) He ran 3:13 at Presque Isle this year missing a P.R. by 2 seconds!

Sy says our goals in running must be lifetime--never ending. It's healthy to be mildly competitive, but we must learn to run for fun. He says anyone can run, regardless of ability, and that running's social aspects have been his greatest enjoyment.

Bonnie and Brenda remain fitness joggers, while Laurie is an occasional jogger, and Wendy runs track at Start high school.