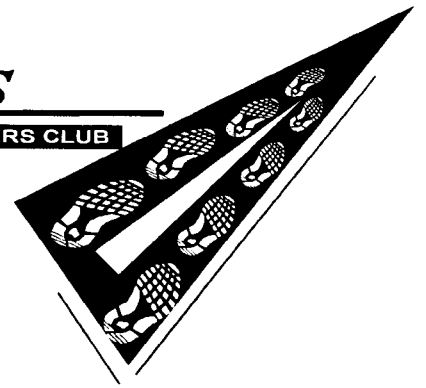


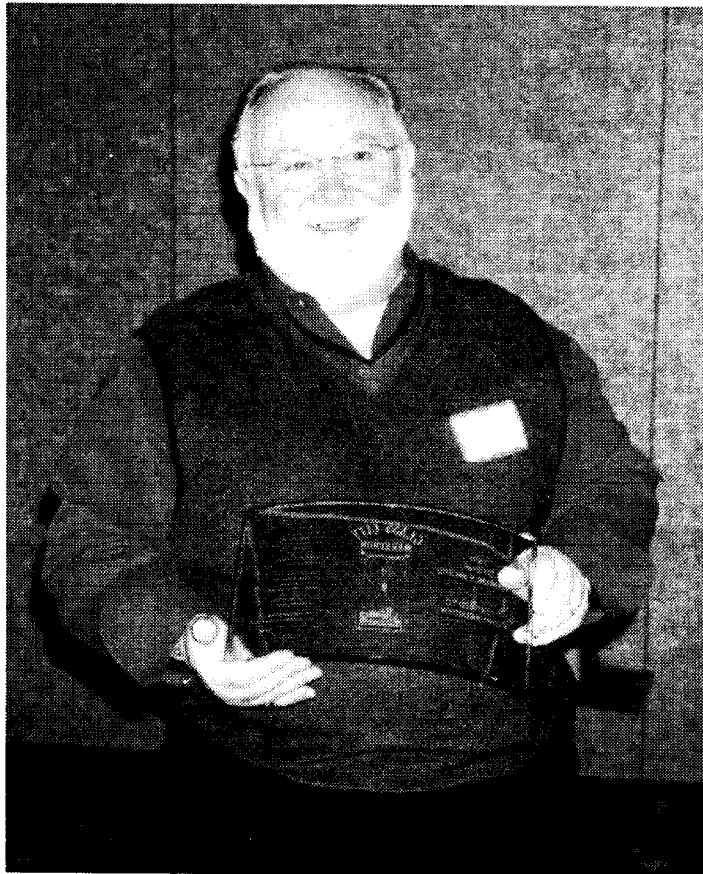
footprints

TOLEDO ROADRUNNERS CLUB

Volume 26 Issue 2



Annual TRRC Awards Issue



*Congratulations to Floyd Batanian
Winner of the Sy May Endurance Award*

MARCH 2001

TOLEDO ROAD RUNNERS CLUB



MEMBERSHIP REPORT

- 3 The President's Letter
- 4 Tom's Tales, Thoughts, and Bits
- 4 GCM: Call for Volunteers
- 5 PROFILE: Jim Troknya
- 6 Board Meeting Minutes
- 7 RACE PREVIEW: Marv's & Cookie Classic
- 7 RACE PREVIEW: Wearin' of the Green
- 8 TRRC ANNUAL AWARDS: Article and Photos
- 10 ... Board Meeting Minutes (again?)
- 11 ... Running in Place(s)
- 12 ... RACE RESULTS: Dave's 10-Mile Shoe Run
- 13 ... GLASS CITY MARATHON: Top Ten Reasons to Run
- 14 ... Penelope's Universal Truths
- 14 ... Why Volunteer?
- 15 ... RACE RESULTS: Eastside Turkey Trot
- 15 ... RACE PREVIEW: Ed Dibble Towpath Run
- 16 ... Did You Ever Notice . . . ?
- 17 ... Cross Training?!?
- 19 ... Race Day — Calendar of Races and Events

Current membership totals for 2001 are 94 family membership renewals representing 275 members, along with 301 single membership renewals. In addition, first-time memberships total 4 family memberships representing another 17 members, along with 27 new single members. This gives the club a **current total of 620 members** as of the February 10 newsletter deadline.

Becky Rudnicki
 Membership Secretary
 Toledo Roadrunners Club
 Lov2runRN@aol.com

Welcome, First-Time Members!

The MALOSH family (Steve, Darlene, John, Steffanie)

The JORDING family (Gary, Jaquette, Cheryl, Andrea, Nathan)

- KACZOR, John
- HERDELIN, Wally
- GAGNET, Laura
- WALKER, Richard
- KIDD, Douglas
- MC MASTER, Alli
- NUNGESTER, Chris
- ALDRICH, Robyn
- CARON, Troy
- NICHOLSON, Elizabeth
- PYLES, Bryan

Lanette's Lines

LanetteT@aol.com

Congrats (again) to Deb Wagner

Someone handed me a printout of a web page from the Naples (Florida) Daily News sports section. Lo and behold, there was our own Deb Wagner, coming in 44th of 1156 (and first in the women's Masters division) in the Naples Daily News Half Marathon on January 28th. Even though she hasn't run a half-marathon in a couple of years, Deb completed the course in 1:21:08, beating another local running celeb, Terry Mahr, by three minutes. Does everyone in Toledo go to Florida for their winter running? Once again, TRRC is proud to call Deb Wagner one of us!

The Last Word . . .

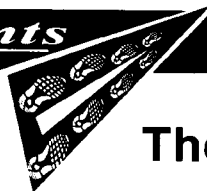
"Learn from the mistakes of others. You can't live long enough to make them all yourself."

Be careful out there. Til next time. . .

Lanette Cornwell



Becky Rudnicki, TRRC Membership Secretary and recipient of the Female Runner of the Year award in the Open category.



The President's Letter

TRRC OFFICER ROSTER

President , Dave Jankowski	(419) 868-5029	Davej@jannsnetcraft.com
Vice-President , Louise Miklovic	(419) 868-1295	
Treasurer , Jim Troknya	(419) 874-1505	
Secretary , Karen Wolf	(419) 823-0722	
Membership , Becky Rudnicki	(419) 691-0912	Lov2runRN@aol.com
Race Schedule , Jan Winke	(419) 829-3560	
Equipment Coordinators		
Steve Kaczor	(419) 833-6365	
Jim McGuire	(419) 885-1101	
Race Course Coordinator		
Don Standish	(419) 872-9903	
Race Management Coordinators		
Terri Kaczor	(419) 833-6365	
Dennis Scott	(419) 478-6405	
Pat Wagner	(419) 385-7025	
Volunteer Coordinator , Bea French	(419) 475-8452	
Legal Advisor , Walt Kosydar	(419) 535-6060	
Members At Large		
Kris Cuprys	(419) 872-6544	
Tom Fridrick	(419) 841-9312	
Chuck Hinde	(419) 841-2909	
Ken Peterson	(419) 385-0419	
Ed Stuart	(419) 866-6516	
Jerome Tomc	(419) 893-3289	
Past President , Bill Lindeman	(419) 693-3896	
Newsletter Editor		
Lanette Cornwell	(419) 531-1270	LanetteT@aol.com
Circulation Coordinators		
Jill Calcamuggio	(419) 726-3948	m.calcamuggio@worldnet.att.net
Jerome Tomc	(419) 893-3289	jeromewtomc@worldnet.att.net
Web Page Director		
Gary Gronau	(419) 382-9508	ggronau@accessledo.com

ITEMS FOR FOOTPRINTS

ARTICLES, RACE RESULTS, ADS

Lanette Cornwell (419) 531-1270
 5731 Candlestick Ct. E. • Toledo, OH 43615
 LanetteT@aol.com FAX (419) 531-0119

RACE & EVENT CALENDAR

Jan Winke (419) 829-3560

RACE ENTRY FORM INSERTS

Jill Calcamuggio (419) 726-3948
Jerome Tomc (419) 893-3289
 \$50 for 8 1/2 x 11, \$75 for other sizes.
 Payment should accompany inserts.

OUT OF TOWN RACE RESULTS

Rob Nicely (419) 877-9135
 7302 Laurel Ridge • Whitehouse, OH 43571
 rob_n@btcnet.com

by Dave Jankowski

At this time of the year, most of us are working hard just trying to get some miles in. Looking out the window and seeing snow blowing down a dark street is enough to put the most motivated runner back on the couch. Our club is here to help you through the rain, the snow, and dark of night. We'll help you run all winter and prepare for a job at the post office! Check our schedule, choose a run, then come on out. A crowd makes winter easier to face.



Our banquet was a great success with over 100 members and guests in attendance. Somewhere over 40 service and performance awards were given out. Congratulations to all the recipients and especially Floyd Batanian, our Sy Mah Endurance Award winner. Suffice it to say, if you've ever crossed a finish line or received a t-shirt from a race, Floyd was involved.

Thanks to our new masters of ceremonies Tom Falvey and Doug Mosiniak. They're both Hotties! Those who attended will understand what that means. Those of you who didn't should sense that you missed something special. Attend next year and be with the "In Crowd."

Thanks to all the people who took the time to call me and say "What a nice banquet" and "That was one of the best I've ever attended." I was fortunate to take the calls. Pete Buehler, the MCs, Jennifer Payette, and the award presenters deserve all the accolades.

Have I got a fun job for you and five of your best buddies! Our most important club events all have a run and a meal provided by the club. Our current crew of chefs have provided meals for the Blizzard Breakfast, Frantic Finish, Fall Bash, and the club picnic. Working all four events doesn't allow them to participate in any of the runs. We're looking to spread the work load. You and your friends would make and serve the food for only one club event. All we need are the eager volunteers. Guidance, menu, food, and equipment are all provided. Is your group really good enough to win "The Contest"? We need a group starting with the Frantic Finish 5K in May. Call me if you have five eager buddies.

There is still plenty of time to reserve your spot at the RRCA national convention. It will be held in Albuquerque, New Mexico May 2 thru 6th, 2001. My wife Patty hooked us up with some roundtrip tickets for under 250 bucks. I hope we're on an airplane and not the big gray dog. Call me if you're interested in attending. Check the RRCA.org web site for more information.



Our President chairs a board meeting.



Tom's Tales, Thoughts, and Bits

by Tom Falvey

April 22 is the silver anniversary of the Glass City Marathon. As age goes, we are one of the USA's oldest. We would like to see more club members involved. We generally have enough volunteers although none are ever turned away. Where we could most use you is on relay teams. Seriously consider organizing a 2 or 5-person team made up of relatives, friends, neighbors, or acquaintances. I guarantee all will have fun. As for volunteers, Jim Troknya has a great party planned for them at the Anderson's on April 18. Whether you're running, relaying, or volunteering, we're glad you'll be part of our 25th Glass City.

San Antonio just had their 26th annual marathon. At their first, an out-and-back put on in May, there was a water stop at the 13.1 mile turnaround. That was it for the aid stations! Only 43 finished that year and many of those were camels.

Doug Mosiniak and I have received favorable comments on the Awards Banquet. We enjoyed doing our part but the real brains behind the annual banquet belong to Pete Buehler. Without Pete, there might not be that night of fun every winter. As for Doug n' me, we're already polishing our routine for next January. One change we'll make is to have the photo shoot and autograph session during the cocktail hour as very few people took advantage of that this year. Well, actually no one did and we understand that people were pressed for time, so you'll have a better opportunity in '02.

Lois Berkowitz recently completed the New Orleans and Clinton, MS marathons. Next? Mesa, Arizona.

Patty and Dave Payette completed the Clearwater and Ocala marathons for a total of 281 as a couple, probably tops in our club. Then, they did a 10K in Silver Springs, FL.

I saw these clever license plates in Michigan: FR39EVER, and GOD.IOU.

If you like pretzel rods as much as I, and Ballreich's aren't your favorites, you need your taste buds repaired! And if, after eating Ballreich's, you don't have a large drink of V-Splash, you should.

Bob Masters, who placed 24th in the 2000 Olympic Marathon Trials, owns part of two Glass City Marathon records. He was a member of the 2 and 5-person teams that currently hold those GCM records. Eventually he will hold the overall and (pardon the pun) masters records but it won't happen this year as he'll be running Boston instead. Bob intends to run in the '04 Marathon Trials and try to be one of the top 3. Don't be surprised if Bob Masters is the first American at Boston.

Remember the Van Wert Marathon and Half Marathon March 25th. It's a great tune-up for Glass City.

Discouraged with your running times? In a slump right now? Listen up. A professional middleweight boxer was 0-18 after 4 years on the circuit. Most people (pardon another pun) would have thrown in the towel after that disastrous start. He stuck with it and his record is now 30-21. He recently lost a hotly disputed decision to a former world champion and should be getting some good paydays from now on. My point? Stick with it, as your injuries will go away and your times will eventually improve.

Track and field officials are needed for the spring meets. You can earn \$\$ for doing this and you are giving back to our sport. Contact Louise Miklovic if you want to be involved and get paid for your time.

I have entry forms for Grandma's Marathon but hurry as that fills quickly.

The fastest college female 5K runner in the USA right now is UT's Tuula Laitinen, a native of Finland. Unfortu-

nately, she recently withdrew from school to return to Finland to care for her ailing father. She'll be back. Her 5K time, indoors in January, of 16:35, is the best in our country this season.

Are the USA's high school distance runners, male that is, improving in the past generation? You tell me. In '67, Jim Ryun, then a Kansas teen and now a U.S. Congressman, set the American high school mile record of 3:57. In January, Alan Webb, 17, ran a 3:59 indoor mile. Webb thus became just the 4th high schooler to ever break 4 minutes in the mile.

For those of you who wanted details about the Glass City Marathon's Rolls Royce pace car, it is a 1973 **SILVER SHADOW MODEL**. Remember, as far as we know, GCM is the world's only race paced by a Rolls. You'll see when you're on Summit St. at 8 a.m. Sunday, April 22.

Those who cannot remember the past—go trail running again!

See you at Glass City.

Glass City Marathon Volunteer Opportunities

Attention members! The Glass City Marathon is fast approaching, and we need YOUR help as volunteers! You may contact our volunteer coordinator Bea French at (419) 475-8452. Everyone who volunteers receives a t-shirt, and an invitation to the Outback-sponsored volunteer party to be held April 18 at The Andersons complex on Holland-Sylvania Road. Many thanks to Randy Dewey, from the Monroe Street Outback restaurant, for his support in providing the food again this year. **Remember to support the sponsors who help make our marathon a great success. See you at the race!**





Club Sponsored Runs 2001

Thanks to the many TRRC members who help sponsor club runs. Because of these people we are still able to present the club runs at a minimal cost or free. Although most runs have at least one sponsor, we encourage people to co-sponsor runs. If you are interested in sponsoring a run please call me at my new number, 419-862-5028, Pam Graver-Koenig.

- Jan 2001 Icicle/Chicken Soup Run
Terry and Cay Mohler
- Jan 2001 Doughnut Dash
Two Perrysburg Policemen
- Feb 2001 25K Club Championship
IET, Inc.
- Feb 2001 Blizzard Breakfast
SPONSOR NEEDED
- Mar 2001 Wearin' of the Green
The O'Reilly Family
- Mar 2001 Cookie Classic
Anonymous sponsor
- Apr 2001 Ed Dibble Towpath 19-Miler
The Dibble Family
- Apr 2001 5K Club Championship
SPONSOR NEEDED
- Jun 2001 Yogurt Run
Bob McOmber
- Jul 2001 Club Picnic
SPONSOR NEEDED
- Oct 2001 Boy Scout Trail Run
SPONSOR NEEDED
- Nov 2001 Couples Run
SPONSOR NEEDED
- Nov 2001 Turkey Trot
Anonymous I and II
- Dec 2001 Slip 'n' Slide
SPONSOR NEEDED

PROFILE: Jim Troknya, Club Treasurer

By Pete Buehler

With many of today's workforce retiring as much younger ages, many of these people have had to come up with alternative ways of filling their days with something other than work. Jim Troknya has absolutely no problem keeping busy.

Since his retirement back a few years ago at age 49 from Davis-Besse, Jim has been putting his accounting background to use in other ways. Besides his work with the TRRC, Jim works four days a week with Gil and Shirley Gilmore's company, Unistrut of Toledo. Gil claims if you can get over listening to Jim talk about running all day, he is one of the best workers he has ever had at his place.

The reason Jim has a lot to say about running is pretty basic. Jim participates in a lot of races, in many places. By Jim's own estimation he runs about 50 races a year and has been doing this, year in and year out, for quite a while now. Included among his many races are over 100 marathons, three 24-hour runs, and many, many races from 5K on up.

Getting some of Jim's best times out of him was not easy, but he is proud of his just-over-3-hour marathon PR, plus he is proud he was able to run 102 miles at one of our 24-hour races.

Several of Jim's favorite races include the Virginia 10-Miler, Dave's Shoe Run, and Randy's Run. He also thinks our course for the Glass City Marathon rates right up there with the best of them.

As far as club finances are concerned, Jim thinks the club is really in a healthy position financially. He thinks Bill Lindeman and his board have done a good job by

spending club money on things necessary, but also saving money for needs that could be around the corner.

Jim has been club treasurer the last two years, and he is holding that position during the most prosperous time financially in club history. Jim does not take this lightly, and his system of accounting club affairs has been extremely well done.

Jim looks to the future optimistically as far as the TRRC is concerned. The TRRC, according to Jim, has a great reputation not only in the Toledo area but also he has heard good things being said while attending national RRCA conventions.

Jim thinks the TRRC needs to look at two areas to improve, however. One is having more youth-oriented events, and the other is promoting walking at club events. The kids are our future, plus in today's world they need more wholesome activities to be provided them. And as we are all getting older, walking is something we can all do, so why exclude someone who wants to participate by walking?

As you can see, Jim is a busy, productive person. Retiring doesn't mean becoming a couch potato, and Jim is definitely proving that he has a lot to accomplish, day in and day out, in his life.





TRRC Board Meeting

January 12, 2001
The Pinnacle

The meeting was called to order by President Dave Jankowski. The meeting was held in conjunction with the 22nd Annual Awards Banquet. Dave began by thanking Pete Buehler for his hard work in organizing the banquet, then welcomed the new Board Members: **Jerome Tomc**, Member-At-Large and Newsletter Circulation Coordinator; **Kris Cuprys**, Member-At-Large; **Jill Calcamuggio**, Newsletter Circulation Coordinator; and **Louise Miklovic**, Vice-president.

The minutes for the November 9, 2000, meeting were accepted.

Treasurer Jim Troknya reported \$15,459.48 in the checking account and \$21,510.57 in certificates of deposit for a current balance of \$36,970.05. In addition, restricted funds for the Sy Mah statue and maintenance fund include \$5,540.

Membership Secretary Becky Rudnicki reported that membership for the year 2000 totaled 818. Year 2001 membership as of January 12 stands at 368.

Race Schedule Co-ordinator Jan Winke announced that she is compiling the 2001 calendar and hopes that race directors will be prepared for her phone call.

Legal Advisor Walt Kosydar revealed that \$8,000 has been released by the University of Toledo from the Sy Mah Fund to cover construction of the Sy Mah statue. The artist will now be contacted with finalization of the statue projected to be the summer.

Dave Jankowski then welcomed our new Web Page Master, Gary Gronau.

Dave announced that the next board meeting will be on February 8 at 6:30 p.m. at the Reynolds Corners Library.

Dave said that this year's RRCA convention will be held May 2-6 in New Mexico. Contact Dave if you wish to attend.

Louise Miklovic announced the upcoming Track Officials' class on February 22. No experience is necessary and an individual can become as involved as he or she wishes. Typically, city league meets are held 2-3 nights a week. The 5-night class costs 135. Officials are paid. See Louise if you are interested.

Outgoing President Bill Lindeman recognized those board members who are leaving: John and Betty Newton, Bob Irish, Floyd Batanian, and Tony Bayford.

Dave then presented a gift to Bill Lindeman and a heart-felt thanks for his accomplishments, commenting, "Bill is

first of all a runner, then a volunteer, he plays well with others, he always has the appropriate response, he raised thousands of dollars through the CitiFest fund raisers, Bill and his wife Barb generously opened their home for the Club Picnics, and Bill knows The Roberts Rules of Order." Bill received a running suit and a gift certificate for a nice evening out.

The meeting was adjourned by President Jankowski.

Respectfully submitted
Karen Wolf
TRRC Secretary

KICK
SOME
ASPHALT

ROAD WARRIOR

INLINE SKATES ■ RUNNING SHOES ■ APPAREL

Dussel Dr, 1/4 mile west of Reynolds Mon-Sat 10 to 8 Sun noon to 6
PHONE 419.891.6914



COMING ATTRACTIONS

Kids' Runs

By Barb Lindeman

As the running community across our country grays and gradually slows, the TRRC continues its support of youth running in NW Ohio. Many members are active coaches in area high school, middle school, grade school, and church/club-sponsored teams in track and cross country. Countless others volunteer their time and expertise to help young runners train and compete. A quick glance at the list of registered track officials for the state of Ohio shows familiar names from the TRRC roster.

Each individual TRRC member is a potential mentor for a young runner. Each one of us knows the kid who has an interest, or even talent, in running—but just needs someone to provide the necessary extras. Perhaps you can be the one to give encouragement, to be a running partner, to provide transportation to races, to attend school running events. Your own enthusiasm and skills may even grow in the process.

As a club, the TRRC sponsors several “kids only” events: Marv’s Fun Run, Kids’ Kilometers, and The Pumpkin Run. Several races include kids’ fun runs, notably Tromp Thru the Swamp at Sauder’s Village.

This year’s first youth event will be Marv’s Fun Run co-sponsored by Clay High School and TRRC. Marv Hemminger was a vocational agriculture teacher at CHS and an active TRRC member. His family is still an active part of TRRC and attends this annual event run in his honor. Marv and Cindy’s oldest son, Brian, is a member of the Oak Harbor High School cross country team.

Marv’s Fun Run, a one-mile run at Pearson Park, will take place on **Saturday, March 31, 2001**, at 9:00 a.m. Registration of \$5.00 entitles each finisher to a t-shirt designed by a fifth grade student in Oregon City Schools, a ribbon, cookies, juice, and milk. Each finisher is recognized at the awards ceremony. The run is open to all young runners from kindergarten through eighth grade. Entry forms are in this issue of the newsletter. Please copy for any additional for friends and neighbors. If you want a large number for a particular group, contact Bill and Barb Lindeman at 693-3896.

Marv’s Fun Run is followed at 10:00 a.m. by the Cookie Classic 5K and 10K Prediction Runs. Adults are encouraged to arrive early to cheer on these young runners and possibly volunteer.

Pot of Gold to be found at the Wearin’ of the Green

‘Tis sure to be a fine Spring day on Saturday, March 17, 2001, for the running of the 2001 Wearin’ of the Green Race and Prediction Run. The right and honorable race director has it on the word of the highest authority that it will be sunny, with little breeze and just cool enough to make running a joy. All fine Irish Lads and Lassies (honorary or otherwise) should be ready to toe the starting mark, as there will be a pot of gold awaiting someone with the “Luck of the Irish.” As in the past, to find the largest pot of gold, in this case a \$200 Savings Bond, a strong-hearted soul will need to post the first perfect prediction. However this year’s “Irish Running Odyssey” will be the **MOST IMPORTANT IRISH RACE EVER RUN (BLARNEY WARNING!)**, as the race director, in an obvious moment of intemperate behavior, is posting a \$50 Savings Bond for the **BEST** prediction of the day. In the case of a tie, consideration is being given to the tie being resolved by a rousing and spirited debate, in Gaelic, in the finest Irish tradition.

The awards will be certificates and the special **Wearin’ of the Green** t-shirts, so highly prized for their wonderful designs and slogans. And, of course this is the only race where it makes sense to drink green beverages! Ensure that no evil-hearted runners claim what could be your pot of gold; join the Leprechauns at Pearson Metropark on St. Patrick’s Day. Registration by only the cream of Irish volunteers begins at 9:00 a.m., with the grand and glorious start set for 10 a.m. **ERIN GO BRAUGH!**



Len Baker presents Youth Awards to Gina Ardner (right) and Mackenzie Barney, Ed O'Reilly, Jr., and Mark Young, Jr. as emcees Doug Mosiniak and Tom Falvey look on.



2001 Awards Banquet

by Pete Buehler

This year's edition of the annual passing out of accolades went off without a hitch. The masters of ceremonies this year, Tom Falvey and Doug Mosiniak, did a fine job of keeping the evening's agenda moving along at a steady rate. Their careful planning and good sense of humor made for a fun evening.

Once again The Pinnacle did a fine job of hosting this year's event. We really couldn't hold this event in a better environment.

One hundred five people attended this year's banquet. Many thanks to the award presenters. This year's presentations were some of the best I can remember.

The TRRC is loaded with some of the Toledo area's classiest people, and this was made evident by those who attended this year's event.



Ken Falls, Race Director of the Year for the second year in a row.

And the Winners are . . .

Veteran Runner of the Year
Jack Streicher

*Dibble Spirit of Running
Award*
Jerome Tomc

Comeback Runner of the Year
Rick Trame

Youth Recognition Awards
Gina Ardner
Mackenzie Barney
Ed O'Reilly, Jr.
Mark Young, Jr.

Improved Runner Awards
Bev Wolcott-McLove
Jim Yarnell
Tammy Bengela
Dave Jankowski
Patty Jankowski
Jayne Werbylo
Tom Villagomez

Worker Achievement Awards
Kevin Kemen
John and Lisa
Lewandowski
John and Abby Flahie
Dennis Rudnicki
Jill Calcamuggio
Dick and Natalie
Corado



Bev Wolcott-McLove, winner of an Improved Runner award

*Lisa Neiswander TRRC
Service Award*
Randy Dewey of
Outback Steak House
Barry Greenblatt of
Barry Bagel's
Doug Ford of St.
Luke's Rehab

OUTSTANDING RUNNER AWARDS

Open division
Bob Masters
Becky Rudnicki
Masters division
Glen Miller
Boo Hensien
Senior division
Dennis Scott
Louise Miklovic



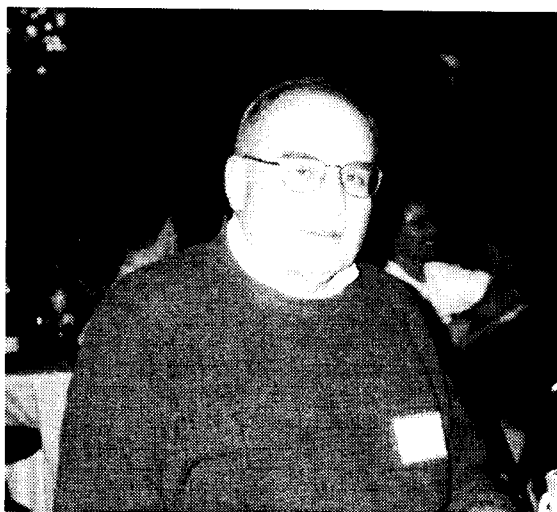
Runner of the Year
Deb Wagner

*Newsletter Contributor of
the Year*
Ann Fago

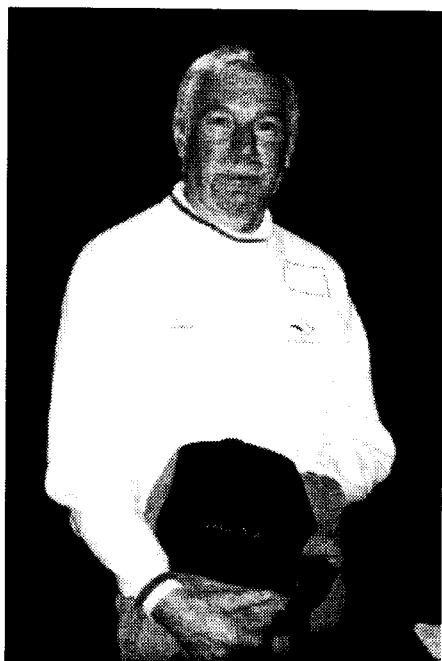
Race Director of the Year
Ken Falls

Volunteer of the Year
**Gil and Shirley
Gilmore**

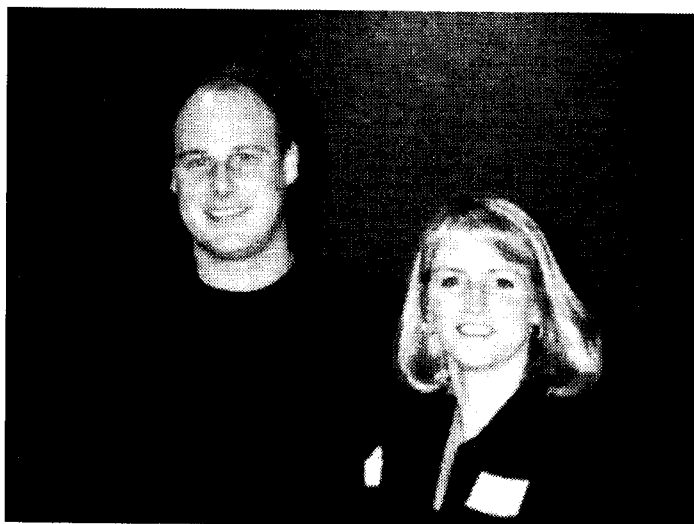
Sy Mah Endurance Award
Floyd Batanian



**Jack Streicher, Veteran Runner of
the Year**



**Dennis Scott, Outstanding
Runner, Senior division**



**Randy and Jill Dewey of Outback Steak House,
recipients of a Lisa Neiswander TRRC Service
Award**





TRRC Board Meeting

February 8, 2001

Reynolds Corners Library

The meeting was called to order by President Dave Jankowski.

The minutes for the November 8, 2000, and January 12, 2001, meetings were accepted.

Treasurer Jim Troknya made the following report:

Checking account: \$14,750.97

Certificates of Deposit: \$21,510.57

Total: \$36,261.54

Restricted funds (Sy Mah Statue): \$5,540

Membership: Becky Rudnicki reports a current total of 680 members.

Race Schedule: Jan Winke reported that a date for the Cookie Classic in March has not been set. The yearly calendar is not ready yet because Jan is waiting on callbacks. The Nutrition Run has been canceled. The Frantic Finish has a date change to May 9. The Club Championship 5K has been changed to April 11 at 6 p.m. at Swan Creek.

Volunteer Coordinator Bea French announced that volunteers are needed for Churchill's Half Marathon.

Newsletter Editor Lanette Cornwell reminded everyone that February 10 is the deadline for the March issue.

Circulation Coordinator Jerome Tomc announced that the collating of the newsletter will take place on February 22.

OLD BUSINESS

Toledo Classic 10K: Pete Buehler met with CitiFest in January and told them that some changes needed to be made. They said that this is our event so we could make changes. A meeting was held last Sunday at President Jankowski's home. Twenty TRRC members came and were divided into three groups to discuss: When should the race be held? How should we market the race? What distance should the race be? Tom Fridrick, Louise Miklovic, and Dave Jankowski headed up these committees. All seemed to want to keep the race

on Labor Day Weekend, connected to the CitiFest activities. Another meeting with CitiFest will occur on February 15.

Sy Mah Memorial: Dave reported that on January 3, he submitted the signed agreement regarding the statue to the Olander Board. Their attorney is looking into the codes and legal ramifications of accepting the statue on park lands. So once again, the project is on hold.

Race Clock: Steve Kaczor reported that the cost of a new race clock has risen to \$2,500 if the clock is purchased within 60 days. We had allocated \$2,000 for the purchase of the clock. MOTION: allocate the \$2,500 for the purchase of a new race clock. Dave Jankowski suggested placing a time limit on the usage of the funds. AMENDED MOTION: Allocate \$2,500 for the purchase of a clock within 60 days. THE MOTION PASSED.

NEW BUSINESS

Rally By The River Application: Dave Jankowski posed the question, Do we want to sponsor a Rally this year?

Ken Peterson asked, Why do we want to do it? 5 years ago we were almost bankrupt. Why do it now?

Bill Lindeman mentioned that some new things have appeared in the Rally contract: (1) Organizations must apply for and receive a temporary liquor permit (except for major holiday events). (2) No volunteers may consume alcohol. (3) The non-profit organization is responsible for underage drinking.

Much discussion ensued, the highlights being:

Kris Cuprys: A \$1,000 fine per underage drinking incident is levied.

Tony Bayford: If we get the liquor license, we would be liable.

Terri Kaczor: We can make more money in one night than we can in a year of race management.

Bill Lindeman: It's hard to get the needed volunteers (240) for the all day events.

Jim Troknya: We make \$3,000 for one Rally By The River.

Ken Peterson: Why do we need the money?

Terri Kaczor: Our big race management is way down. We don't make as much during the race season as we used to.

Bea French: I'm worn out from my Rally involvement.

MOTION: If CitiFest accepts our condition of requiring them to hold the liquor license for any event that TRRC sponsors, we will apply for a Friday night Rally By The River. THE MOTION PASSED.

German American Festival Race: Dave questions whether we should take on this race.

Terri Kaczor: We already have too many races to manage. We use the same people for management over and over.

Jan Winke: We've had problems in the past with hall rental through the festival organization.

Jeff Bertram: Let them see about our equipment rental, course certification, etc. Present what we have, let them make the decision.

Food Preparation for the club: Dave said we provide 4 full meal races during the year. We need new people, the current group wishes to step aside. Maybe we need a separate group for each separate event.

Jan Winke: We have good records for each meal that has been prepared.

Dave Jankowski: Think about it for the next meeting.

OTHER BUSINESS

1. The RRCA Convention is May 2-6, see Dave if you wish to attend.

2. Dave has received many phone calls saying, "Nicest banquet we've ever had."

3. Jim Troknya: We must decide upon a donation amount for the American Brain Tumor Association in connection with Randy's Run. Last year we gave \$1,500, which included donations from individuals. MOTION: Donate \$1,500 to the American Brain Tumor Association. MOTION PASSED.

*Respectfully Submitted,
Karen Wolf*



Race	Date	Location	Name	Time	Place
Battleship NC ½ Mar.	11-19	Wilmington, NC	Chuck Winke	1:38:12	6 th (45-49)
New Year's Eve 4 Mile	12-31	Belle Isle, MI	Jerome Tomc	32:51	
			Thomas Biblewski	34:00	
Festival of Lights 5K	1-6	Ann Arbor, MI	Becky Rudnicki	20:01	2 nd (35-39)
			Jacob Ardner	20:38	6 th (13-14)
			Jim Ardner	21:05	10 th (45-49)
			Chris Wojciechowski	21:08	22 nd (15-17)
			Monica Urbanski	21:13	3 rd (35-39)
			Gina Ardner	21:16	13 th (15-17)
			Pat Wojciechowski	21:18	12 th (45-49)
			Laura Novotny	22:09	4 th (30-34)
			Kay Heinrichs	23:04	2 nd (50-54)
			Mathew Wojciechowski	25:14	3 rd (11-12)
			Cy Steinhauser	27:42	8 th (55-59)
			Mary Steinhauser	29:12	1 st (55-59)
			Jim Zink	33:43	2 nd (75-99)
Walt Disney Marathon	1-7	Orlando, FL	Thomas Husman	4:34:57	3065 th OA
Super Bowl 5K	1-28	Novi, MI	Pat Wagner	18:44	2 nd (50-54)
			Becky Rudnicki	20:39	3 rd (35-39)
			Jim Jackel	20:47	7 th (45-49)
			Colette Long	20:49	1 st (30-34)
			Bo Waggoner	21:23	11 th (1-19)
			Jerome Tomc	23:09	4 th (55-59)
			Gary I lanafée	23:40	18 th (45-49)
			Ed O'Reilly	23:43	19 th (45-49)
			Thomas Biblewski	24:56	22 nd (45-49)
			Mary Steinhauser	29:28	3 rd (55-59)
Groundhog Gallop 4 Mile	2-2	Jackson, MI	Jerome Tomc	30:58	2 nd (55-59)
			Gary Hanafée	32:35	12 th (45-49)
			Thomas Biblewski	34:10	14 th (45-49)
			Cy Steinhauser	35:08	13 th (55-59)
			Mary Steinhauser	38:18	1 st (55-59)
Las Vegas Marathon	2-4	Las Vegas, NV	Tom Husman	4:39:40	1920 th OA
Las Vegas ½ Marathon	2-4	Las Vegas, NV	Tim Stansfield	1:34:38	69 th (40-44)
			Ronda Massey	1:43:02	33 rd (40-44)
Heart & Sole 3 Mile	2-10	Huntington Woods, MI	Jerome Tomc	22:16	
			Gary I lanafée	23:20	
			Bob Kruse	24:18	
			Thomas Biblewski	24:36	
			Cy Steinhauser	26:00	
			Mary Steinhauser	28:22	
			Tony Volino	29:00	
Winterfest 4 Mile	2-11	Riverview, MI	John Gray	23:43	2 nd (45-49)
			Pat Wagner	24:19	1 st (50-54)
			Ed Masta	24:21	3 rd (35-39)
			Ed Osborne	24:25	6 th (45-49)
			Jim Fanning	24:27	7 th (45-49)
			Ken Kovacs	25:57	10 th (45-49)
			Becky Rudnicki	26:13	1 st (35-39)
			Colette Long	26:49	2 nd (30-34)
			Jim Jackel	27:27	15 th (45-49)
			James Troknya	29:23	4 th (55-59)
			Jason Kaczor	29:47	24 th (19 & Under)
			Herbert Meil	30:00	6 th (55-59)
			Steve Kaczor	30:01	27 th (45-49)
			Jerome Tomc	30:27	7 th (55-59)
			Edward O'Reilly	30:44	29 th (45-49)
			Dennis Metzger	31:37	36 th (40-44)
			Thomas Biblewski	33:50	44 th (45-49)
			Daniel Padilla	34:55	19 th (35-39)
			Sandra Mell	35:09	4 th (50-54)
			Cy Steinhauser	36:00	18 th (55-59)
			Lois Berkowitz	36:22	6 th (50-54)
			Mary Steinhauser	38:01	1 st (55-59)
			Paula Steinker	54:10	12 th (50-54)

RUNNING IN PLACE/S!



Dave's 10 Mile Shoe Run

January 14, 2001

Delta, Ohio

1	Nicholas Kruse	58:38	Napoleon	17	58	J.C. Troknya	1:19:18	Perrysburg	57
2	Adam Sherk	59:30	Kalamazoo, MI	27	59	Joan Mathews	1:19:26	Maumee	44
3	Keith Roberts	1:01:53	Augusta, MI	41	60	Ed Stuart	1:19:42	Holland	54
4	Jay Prichard	1:02:19	Van Wert	43	61	Cheryl Hannigan	1:20:09	Petersburg, MI	40
5	John Malosh	1:02:29	Monroe, MI	15	62	LeRoy Martinez	1:21:15	Archbold	49
6	Victor McHenry	1:02:43	Craigville, IN	16	63	Bill Knisley	1:21:25	Erie, PA	49
7	Nathan Folks	1:03:18	Bluffton, IN	17	64	Tim Shipley	1:22:01	Wauseon	32
8	Mike Henry	1:03:26	Fort Wayne, IN	36	65	Tom Vernet	1:22:02	Wauseon	30
9	Ed Osborn	1:03:32	Toledo	46	66	Harry Ausderan	1:22:09	Bowling Green	51
10	Scott Beasley	1:03:43	Monroeville	39	67	Lynn Thompson	1:23:18	West Unity	31
11	Jack Vrana	1:04:13	Angola, IN	45	68	David Renz	1:23:41	Sherwood	16
12	Dan Sechrist	1:04:26	Swanton	40	69	Doug Soards	1:23:53	Bryan	38
13	Jeff Taylor	1:04:29	Delta	33	70	Neal Parsons	1:24:07	Findlay	45
14	Tom Etchill	1:04:44	Sandusky	47	71	Al Biler	1:24:30	Ida, MI	50
15	Randy Barkacs	1:05:26	Elyria	49	72	John Truck	1:24:39	Bryan	42
16	Jim Fanning	1:05:42	Lambertville, MI	45	73	Jerome Tomc	1:24:42	Toledo	58
17	Carl Hansen	1:05:43	Auburn, IN	44	74	Janis Clay	1:24:56	Toledo	43
18	Jon Beasley	1:05:58	Fort Wayne, IN	35	75	Lori Smith	1:25:40	Sylvania	38
19	Mark Plucinski	1:06:08	Bryan	46	76	Ed Masta	1:25:41	Wyandotte, MI	38
20	Paul Beekwith	1:06:25	Angola, IN	45	77	Charles Pollauf	1:26:15	Whitehouse	39
21	Ward Mayo	1:06:36	Fort Wayne, IN	37	78	Rod Johnson	1:26:20	Monroe, MI	45
22	Bill Bartholomew	1:06:47	Perrysburg	36	79	Jim Kontak	1:26:23	Perrysburg	52
23	Pat Martens	1:07:03	Toledo	46	80	Dan Sander	1:26:36	Bryan	62
24	David Bruning	1:07:08	Toledo	48	81	Steve Long	1:26:37	Bryan	31
25	Kent Buehrer	1:07:39	Maumee	37	82	Donna Treece	1:27:08	Findlay	45
26	Brian Schultz	1:07:45	Fort Wayne, IN	31	83	Roger Treece	1:28:03	Findlay	46
27	Sean Farkas	1:07:51	Toledo	28	84	Neill McKinstry	1:28:16	Perrysburg	48
28	Scott Ferrari	1:08:35	Westview, PA	42	85	Silvia Brown	1:28:13	Lambertville, MI	32
29	Ron Carpenter	1:08:36	Hudson, MI	51	86	Bob Nutter	1:29:16	Lambertville, MI	54
30	Curt Foust	1:08:48	Mark Center	23	87	Dale Sherry	1:29:22	Avon Lake	57
31	David Cray	1:08:48	Ann Arbor, MI	49	88	Audrey Stonbaugh	1:29:35	Defiance	29
32	Carlos Quintero	1:09:03	Defiance	40	89	Edward O'Reilly	1:29:58	Maumee	47
33	Jeff Smith	1:09:09	Fostoria	42	90	Michael Weaver	1:30:07	Napoleon	47
34	Ben Waggoner	1:09:37	Maumee	37	91	Gary Hanafee	1:30:12	Detroit	45
35	Becky Rudnicki	1:09:54	Oregon	37	92	Mark Bockelman	1:31:47	Napoleon	33
36	David Kalman	1:10:54	Toledo	29	93	Thomas Biblewski	1:32:04	Toledo	49
37	Eric Nelson	1:12:20	Toledo	17	94	Louise Miklovic	1:32:15	Toledo	49
38	Karen Plucinski	1:12:27	Bryan	38	95	Patrick Convery	1:32:25	Temperance, MI	38
39	John Dibling	1:12:39	Pemberville	48	96	Deb Bogden	1:32:26	Huron	47
40	Steve Ball	1:12:43	Temperance, MI	39	97	Robin Dobler	1:33:39	Findlay	44
41	Tim Rooney	1:12:49	Findlay	49	98	Sue Carter	1:33:52	Toledo	53
42	Charles Lowery	1:13:17	Bloomdale	51	99	Chris Brown	1:36:07	Lambertville, MI	42
43	Jim Sperling	1:14:06	Onsted, MI	53	100	Beth Monroe	1:37:39	Toledo	40
44	Heather Weis	1:14:11	Metamora	15	101	Joe Walten	1:38:35	Perrysburg	28
45	Debbie Madsen	1:14:38	Strongsville	27	102	Cheryl Doyle	1:39:39	Findlay	42
46	Chuck Winke	1:14:46	Toledo	46	103	George Fosco	1:40:37	Sandusky	71
47	Chris Werbylo	1:14:53	Rossford	41	104	Jim Watkins	1:41:29	Bryan	41
48	Jim Hood	1:14:57	Adrian, MI	51	105	Freddie Osgood	1:41:41	Maumee	51
49	Arnie Elton	1:15:47	Swanton	53	106	Cyril Steinhauser	1:42:15	LeSalle, MI	59
50	Dustin Hinkel	1:16:08	Sylvania	16	107	Dave Dirr	1:42:53	Continental	50
51	Geoffrey Clark	1:16:20	Sylvania	45	108	Joan Gary	1:43:00	Fremont	64
52	Larry Whitaker	1:16:44	Perrysburg	50	109	Bill Davis	1:47:25	Fostoria	70
53	Mark Altsaetter	1:18:18	Van Wert	38	110	Mary Steinhauser	1:47:53	LaSalle, MI	56
54	Bill Ivanoska	1:18:29	Perrysburg	48	111	Jill Calcamuggio	1:53:00	Toledo	65
55	Ryan Wilson	1:19:06	Ossiah, IN	15	112	Jim Zink	1:57:30	Toledo	75
56	Megan Johnston	1:19:07	Berkey	57	113	Terry Mohler	2:02:25	Toledo	72
57	Wes Moats	1:19:15	Defiance	32					

DAVE'S 10 MILE SHOE RUN
WINNERS
January 14, 2000

Male Overall

Nicholas Kruse	58:38
18 and under	
John Malosh	1:02:29
Victor McHenry	1:02:43
Nathan Folks	1:03:18
Eric Nelson	1:02:20
Dustin Hinkel	1:16:08
19-29	
Adam Sherk	59:30
Sean Farkas	1:07:51
Curt Foust	1:08:42
David Kalman	1:10:54
Joe Walton	1:38:35
30-39	
Mike Henry	1:03:26
Scott Beasley	1:03:43
Jeff Taylor	1:04:29
Jon Beasley	1:05:58
Ward Moya	1:06:36
40-49	
Keith Roberts	1:01:53
Jay Prichard	1:02:19
Ed Osborne	1:03:32
Jack Vrana	1:04:13
Dan Sechrist	1:04:26
50-59	
Ron Carpenter	1:08:36
Charles Lowery	1:13:17
Jim Sperling	1:14:11
Jim Hood	1:14:57
Arnie Elton	1:15:47
60 and over	
Dan Sander	1:26:36
George Fosco	1:40:37
Bill Davis	1:47:25
Jim Zink	1:57:30
Terry Mohler	2:02:25
Female Overall	
Becky Rudnicki	1:09:54
18 and under	
Heather Weis	1:14:38
Megan Johnston	1:19:09
19-29	
Debbie Madsen	1:14:38
Audrey Stonbaugh	1:29:35
30-39	
Karen Plucinski	1:12:27
Lori Smith	1:25:40
Silvia Brown	1:28:13
40-49	
Joan Mathews	1:19:26
Cheryl Hannigan	1:20:09
Janis Clay	1:24:56
Donna Treece	1:27:08
Deb Bogden	1:32:15
50-59	
Sue Carter	1:33:52
Mary Steinhauser	1:47:53
60 and over	
Louise Miklovic	1:32:15
Joan Gary	1:43:00
Jill Calcamuggio	1:53:00
Johanna Moore	2:02:00

Why Run the GCM?

By Pam Graver-Koenig, Director

Okay, it hasn't been the best winter to train, but hopefully you're gearing up for the Glass City Marathon as an individual or a team.

Many of you want to help out with the race but don't know how. Let's try to get a record number of participants for this 25th anniversary running of the Glass City Marathon on April 22! Our race will sure get more coverage and attention if we increase our numbers. If you are a volunteer, is there a way that you can get away and run a leg of the race? If the race director gets away with it, maybe you can too! Try to get a relay team together at work. Even if you're not going to run or you're running as an individual, pick up extra entry forms from Dave's Performance Footgear and take some to work.

Top Ten Reasons to Run the Glass City Marathon

10. You get a cool Henley shirt, a glass mug, and a medal. (I know, "What's a Henley shirt?")
9. You get to see how creative you can be with your relay sash.
8. You get to be a part of the fishing contest in Maumee without getting in the water.
7. You will participate in the only marathon with a Rolls Royce pace car. (Thanks, Tom!)
6. You will be greeted by enthusiastic water stop volunteers, like the Archwood gang, every mile or two. Floyd does a great job.
5. You can stand in downtown Toledo with hundreds of sparsely dressed runners and not get arrested.
4. You are treated to the best post-race refreshments around.
3. You can jam with WIOT's music before, during, and after the run.
2. You will view some of the most scenic parts of northwest Ohio as you run over the High-Level Bridge, along the Maumee River through Toledo, Rossford, Perrysburg, and back to downtown Toledo.

And, the number one reason why you want to run the Glass City Marathon:

1. You will be a part of one of the oldest races in the country while supporting the Toledo Roadrunners Club, one of the oldest and best running clubs in the country.



RESPECTFULLY SUBMITTED

by Penelope Pathpacer

Universal Truths

In running, just as in life in general, there are universal truths. Every once in a while, one of these truths will strike me (as I'm certain they do you). Let me share some of mine.

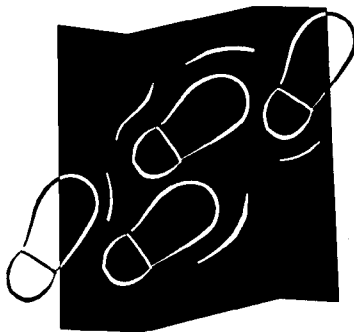
Murphy's Law, for instance, applies to running situations, too. "If something can go wrong, it will," shows up in runners' lives by the following:

- Untried apparel worn for the big race will cause blisters, dig into the skin, become the cause of a wedgie, turn transparent when wet, or otherwise be obnoxious to the runner.
- Disabling injuries most often occur after you have entered/qualified for, but before you actually run, a "big race."
- The only corner where the race volunteer doesn't show will be the one that confuses the field or puts entrants in danger (volunteers always make it to posts where the runners continue straight through no cross-traffic).
- Likewise, the Port-O-Let line you choose to stand in will move the slowest.
- Furthermore, women named Bertha and men named Clyde are never the overall winners of a race.

Now, before you get depressed and think, "What's the point?" here's a little tidbit to inspire you: Where I work, we see many employees come and go and those whom we do get are not always the best personalities for dealing with the public (what can you do with unemployment so low?). One twenty-one year old, in particular, has impressed me with her "roll with the punches and keep smiling" attitude. So the other day, when we were working with each other, I asked her about herself. You guessed it, she's a runner, generally about four miles a day, but sometimes she's feeling pretty good and does seven or eight. When I asked what she likes best about running, she answered, "The thought process you go through while running." Having not recently, regularly had that discipline (Heck, who am I kidding? I never had that discipline), I had forgotten

how running clears your head and keeps your emotions smooth. It was great hearing the wonderful reasons to run again (just as Kristi Sanborn's article, "Why I Run" did in last month's newsletter) from the mouth of someone half my age. When she told me how during yesterday's run she was so tired ("Just wait until middle-age hits, honey"), and she didn't have her usual partner with her, so she said, "You have to look at how well you're running. You have to motivate yourself." And she continued running and finished her usual distance.

I say, "Thanks, Sayard" for reminding me during the cold, grey winter of what young Spring feels like. And, every so often, Mother Nature kicks in out of nowhere and gives us a glorious day. Sure, if you have other universal truths about running, share them with us in this newsletter, but I forgot to tell you my favorite, "When you're burned out, someday, inspiration will come again."



Why Volunteer? (cont.)

gives up an event to help put on the event? Or are you a member waiting for Bea or the race director to call? Join the fun of working a finish line (training provided) AND you still get the shirt and post race refreshments, without paying an entry fee. I promise, if you volunteer, you'll be given a job and have a great time, too.

Why Volunteer?

by Terri Kaczor

You have probably noticed the large balance in the club treasury. It seems like a lot of money. In fact I've heard several members question the need to continue doing some of the events that helped bring us to this healthy financial state. I'd like to respond to that question.

For the last few years, we have been fortunate enough to be asked to sponsor a rally for Citifest. This brought in \$2-\$3000 each time. This year, we must apply for the drawing to be considered for a rally. If selected, we will not be eligible next year (unless the rules change). Of course, this means we cannot rely on that large source of income in the future.

In 2000, we (in a mutual agreement with the event) disassociated our club from the Race for the Cure. This was the largest money making race in which we were involved.

In 2000, \$4700 (with \$700 of that still in accounts receivable) was raised through race management fees. Additional money was generated through equipment rental. This income was generated by 5-10 club members volunteering at each of 12 events. Their efforts helped provide the other 900 members with a venue for racing, without TRRC expense. Again, this income will most likely not grow tremendously. The calendar is very full, and we are unable to take on many more race management assignments without new volunteers.

The cost of the newsletter is barely covered by membership dues. This is a top-notch, nationally recognized publication. The money generated by all of the above events pay for the club events such as fun runs and our social/food runs (Blizzard Breakfast, Fall Bash, picnic, Frantic Finish 5K, and others). Many of these can be held as "loss leaders" because they are among the many benefits of belonging to great organization like ours.

Are you doing your share? Are you a member who runs every race, but seldom



Eastside Track Club Turkey Trot 5K Thanksgiving Day 2000

submitted by John Gray

Male Overall Winner	
PAUL POBURSKY	15:42
Male Master Winner	
LOU MILTRON	17:06
Male Grand Master Winner	
JIM O'NIELL	17:22
Male Clydesdale Winner	
TONY FLAMINIO	21:12
10 and under	
DANNY KOCH	23:25
MIKE SCHERER	23:55
WILLIAM GIBSON	29:50
11-14	
BILL PIETRYKOWSKI	20:20
BO WAGNER	20:24
TRAVIS TREECE	21:39
15-19	
NICHOLAS KRUSE	16:32
PAUL LEWANDOWSKI	16:43
BRAD MILLER	16:53
20-24	
BRIAN MEINARDI	16:06
ERIC KONIECZNY	16:31
NICK TABB	16:37
25-29	
ANTHONY MALETICH	16:59
TOM DURBIN	17:02
DON BARIL	18:51
30-34	
SONNY WORKMAN	17:03
JEFF TAYLOR	17:25
BRAD LIESKE	19:10
35-39	
JOE BAKER	18:37
BEN WAGGONER	19:40
JOSE MONDRAGON	21:16
40-44	
HORACIO ROMERO	18:04
ALAN CHESTER	19:05
BRENT BONECUTTER	19:12
45-49	
TOM ETCHILL	17:57
JOHN DIBLING	20:03
GARY BOGNER	20:34
50-54	
PAT WAGNER	19:33
RON CARPENTER	19:37
BILL MUMFORD	19:55
55-59	
TONY SHELBOURN	20:21
MIKE BURKE	21:03
GARY GRONAU	21:23
60-64	
BILL ZEHNER	20:23
AL SHUMAKER	27:04
JACK STREICHER	28:20

65-69	
EVERETT LUOMA	24:24
WALT SCHIMPF	24:52
HARRISON HENSLEY	27:08
70-74	
GEORGE FOSCO	27:32
RICHARD BERKHOUDT	34:50
75 and over	
JIM ZINK	30:45
Clydesdale	
PHIL LIMPACH	22:23
ROBIN YOUNG	22:55
ED O'REILLY	23:11
Female Overall Winner	
JENNY HANIFAN	18:04
Female Masters Winner	
DEB WAGNER	18:30
Female Grand Masters Winner	
KAY HEINRICHS	21:57
Female Clydesdale Winner	
TERI BUMP	21:56
10 and under	
ASHLEY CIEGIELCZYK	23:10
JESSICA MONDRAGON	26:24
BRIANNA WATSON	33:07
11-14	
AMBERLY CONKLIN	22:05
NORA MOLTER	24:16
ASHLEY RAHM	24:30
15-19	
EMILY GORA	19:05
EDNA KOLLARTIS	19:23
NICHOLE MATHEWS	20:17
20-24	
MANDY MCCUMBER	19:13
KATHY FAYE	20:32
KRISTI SHAFFER	22:08
25-29	
NIKKO DICK	21:53
BRANDI SPAHLER	24:56
GINA WARNKE	25:33
30-34	
LAURA NOVOTRY	22:52
SARAH DEAS	24:07
TAMMY SMITH	25:33
35-39	
REBECCA RUDNICKI	19:18
BETH KOHLER	22:47
JAYNE WERBYLO	23:48
40-44	
JOAN MATHEWS	21:55
DOROTHY HAFERTEPEN	22:04
JOANNE TUNNICLIFFE	24:16
45-49	
SUE STREICHER	22:51
SANDY BAUER	25:12
LYNN LANGEL	25:25
50-54	
MAGGY ZIDAR	22:04
CAROL TROIKE	26:37
BARB FOSCO	26:56

Ed Dibble 19-Mile Towpath Run

By Louise Miklovic

Join us for the Ed Dibble 19-Mile Towpath Run **Saturday, April 7, at 8:00 a.m.** The beautiful path runs next to the Maumee River from Waterville to Grand Rapids and back. T-shirts, water stops, and home-made cookies. A great place for a long fun to get ready for the Glass City Marathon.

This is the Club run where everyone is a winner! If you are not ready to do all the way to Grand Rapids, run part way and back and enjoy the wonderful park.

The race starts in Farnsworth Park outside of Waterville. For more information call Louise Miklovic at 868-1295 or Marge Dibble at 841-2068.

Indoor Speed Work

The Lenawee County Running Club has invited interested TRRC members to do weekly indoor speed work sessions with them at the Sienna Heights College field house in Adrian, Michigan. These sessions will be held at 7:00 p.m. on Wednesdays. Team Toledo Triathlon will train there also. The contact person is Jon Biggs at 517-266-1368 or jonbiggs@cass.net.

55-59	
JANE ZBINDEN	33:15
SHARON MILLER	36:22
60-64	
BETTY HUGHES	30:34
MILLIE SCHWAN	40:26
65-69	
JOHANNA MOORE	32:34
70-74	
VIVIAN STALLFUS	45:51
Clydesdales	
DIANE LEIMBACH	23:44
JENNY EVERSON	24:02
HEATHER BELLIAN	24:12



Did You Ever Notice . . . ?

by Jayne Werbylo

Have you ever noticed that the drivers passing you on the street have specific driving habits that directly relate to their age and/or sex, especially when they come upon a runner? Maybe it's because I've been doing a lot of long runs. Maybe it's because I'm a lone female runner out on the road. Or, maybe it's because I get bored while on those long runs that I begin to watch more than just the asphalt.

Let's see if you've had similar experiences and conclude with the same hypothesis. Match the drivers' habits with their age and sex.

Driver habits:

Remains in the middle of their lane until just before approaching you. Their speed decreases slightly and they move

just a little closer to you. As they pass they take a good long look at you.

A very cautious driver that remains in the middle of their lane and does not move the car an inch one way or another, slows down, does not look at you but straight ahead, and keeps their hands at the 10 and 2 o'clock position on the steering wheel.

Drives a little over the speed limit, moves over on a two-lane road and may move to the other lane on a four lane road. They usually make brief eye contact and may nod or give some acknowledgment.

Drives slightly over the speed limit, remains in their lane even if on a four lane road and there are no other cars in sight. Sometimes they may even move closer to you but not to take a closer look at you, they have ulterior motives and it's not meant to be kind.

Drives far above the speed limit. As they approach you they get closer, and closer, and closer—WHOA! Jump off the road! This driver is headed straight for you. At the last minute they swerve to miss you.

This driver notices you far before anyone else does. (They actually notice that you are wearing a reflective vest, hat, gloves, pants, and are holding a mini-flashlight that is turned on.) They gradually move over, away from you, beep their horn and wave acknowledgment or encouragement in a friendly manner.)

Sex/Age Description

Male, young adult to middle age, visibly works out on a regular basis.

Male, older adult but young at heart, refers to himself as a Sexy Senior Citizen.

Male or Female, late teens to early adult, most often is putting in a new CD or looking at their make-up in the mirror while they are driving, or is any adult who is talking on a cell phone.

Male or Female, any age, they are a friend, colleague, or a fellow runner.

Male or Female, middle age, their only form of exercise is bringing that cigarette that's currently hanging from their mouth to and from their mouth and the steering wheel; or doing bicep curls all evening every evening, with their favorite brew; hasn't ever seen an inside of a workout room, or would know where to find one. They don't do any form of exercise and subconsciously they don't want you to either.

Female, a caring but worried grandmother.

Put together your matches. Let's see how many you got correct.

Answers: 1. B, 2. F, 3. A, 4. E, 5. C, 6. D

If you got 5-6 correct: You are obviously a very observant runner! How many miles do you run in a week? 35? 50? More?

If you got 3-4 correct: Not bad. Do you primarily run on the trails? If you're on the road you better keep your head up and be observant. Besides, keeping your head



Ever wondered if there really ARE donuts at the Donut Dash? Charlie Machala, winner of this year's prediction run, displays his prize while Jerome Tomc prepares to chow down with him.



Cross Training?!?

by Terri Kaczor

For most TRRC members, cross training is something to do while recovering from an injury. For others, it is a part of a balanced training regimen. No matter which of these categories you fall into, your cross training probably consists of adding biking and or weight training to your workout routine. This will be the first in a series of articles about some of the more unusual avenues for cross training the Kaczor family utilizes this year.

In December, tired of running on the cold, windy, country roads near home, we decided to try jogging on a cruise ship track. We quickly discovered that it is very similar to training on the roads near our home—boring scenery that never changes, lots of wind, and not many other people around. On a ship with over 3000 people, we never saw more than 5–6 on the track at one time! This cross training exercise did provide us with *some* new challenges—combating dizziness (not from the motion of the ship, but from the 11 laps that make up a mile), and dodging the shuffleboard cocks that kept landing on the track.

Did You Ever Notice (cont.)

up will prevent neck and back pain.

If you got 0-2 correct: Do you run in your sleep or what? Open those eyes, stay alert, it's dangerous out there!!!!

In all seriousness, be careful, wear reflective clothing, carry a light, and run on the defense. You never know about those drivers! When you are driving, be sure to honk your horn and wave encouragement to your fellow runner.

In January, we headed south again. This time the trip was much closer to home as we traveled to Hocking Hills State Park for the 35th annual Winter Hike. Thousands of people participate in this event, from all over the Midwest. The six-mile hike is conducted in the Old Man's Cave area. At the halfway point, hikers are served bean soup, cornbread, and hot chocolate in an outdoor picnic area. The park volunteers do a wonderful job spacing out hikers at the start so you can enjoy the sights and sounds of nature. Later on, if you are fast hikers (and we are!), you'll catch other groups and spend some time in single file walk. This provides

another training opportunity—people watching and the chance to check out the latest in winter apparel. This was definitely the best kind of winter for this hike. December's cold had helped create beautiful ice sculptures at the falls and in Old Man's Cave. As an added bonus on the day of the hike, it began snowing as we started and continued through the hike and the first hour of our trip home. The fresh snow added to the natural beauty of the area.

We'll keep you posted through the year as we discover new "training" opportunities and revisit some we enjoyed last year.

Ad-Sensations

Advertising Specialties & Gifts

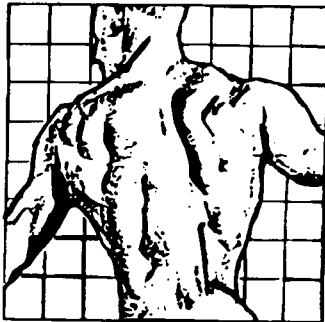
www.ad-sensations.com

call **Jim Donaldson**
(419) 841-5395

One screen **Free of Charge**
with this coupon
\$20.00 Value

3315 N. Centennial Rd. • Sylvania, OH 43560

**8 Out of 10 Americans
Will Suffer From a Back Injury**



The stress and inconvenience of back pain cannot be measured.
If you have a back problem, call us today.

Chiropractors... we can help

McMAHON CHIROPRACTIC

Dr. Brendan McMahon

1833 EASTGATE, TOLEDO **385-0002**

**Deadline--April Issue
March 10, 2000**

Submit articles, race results, and especially photos to:

Lanette Cornwell
5731 Candlestick Ct., E.
Toledo, Ohio 43615
419-531-1270
FAX: 531-0119
LANETTET@AOL.COM

E-mail is the preferred submission method. Second choice: a clean, typed copy I can scan! (12 pt. type or larger, please) Also accepted, diskettes and handwritten copy, especially when written on \$20 bills.

DAVE'S



**PERFORMANCE
FOOTGEAR**

Starlight Plaza
5700 Monroe Street
Toledo, Ohio 43560
Phone (419) 882-8524
Mon.- Fri. 10:00-8:00
Sat. 10:00 - 6:00
Sun. 12:00 - 5:00
www.daveerunning.com

**Hey TRRC Runners!
Dave's has Moved!**

**Visit our New Store
in the Starlight Plaza
5700 Monroe Street, Sylvania
\$10 off on Shoes for TRRC Members**

For the latest in running shoes and apparel, visit
Dave's Performance Footgear.

April 2001

1	2	3	4 Hash Run	5	6	7 Dibble Towpath Run
8 Lighthouse Runs	9	10	11 TRRC 5K Chpshtp	12	13	14
15	16	17	18 GCM Volunteer Party	19	20	21 GCM Expo
22 Glass City Marathon	23	24 Collate Newsletter	25	26	27	28
29	30					

7th - Ed Dibble Memorial Towpath 19-Mile Run. 8:00 a.m. Farnsworth Metropark. Louise Miklovic 868-1295
Sponsored by The Dibble Family

8th - Lighthouse Half-Marathon and 5K Run/Walk. 8:00 a.m. Huron, Ohio. Judy Ishmael 419-433-5700; Tim Esposito 419-483-1634; www.huron.net; chamber@huron.net

11th - TRRC 5K Club Championship. 6:00 p.m. Swan Creek Metropark (Airport Highway entrance). Becky Sechrist 419-825-3694
NOTE CHANGE FROM LAST YEAR

18th - Glass City Marathon Volunteer Party. 7:00 p.m. at The Andersons complex. Jim Troknya 874-1505

21st - Glass City Marathon Expo, packet pickup, and registration. 9 a.m. to 7 p.m. Seagate Center (2d floor entrance on Jefferson and St. Clair) Jeff Bertram 534-2151

22d - **The Twenty-fifth Running of the GLASS CITY MARATHON!** Also 2- and 5-person relays. 8:00 a.m. Pat Wagner 385-7025

24th - Collate May issue of Footprints. 7:00 p.m. at Print-All. Jill Calcamuggio 726-3948 or Jerome Tomc 893-3289

MAY 2001

5th - Diabetes Center Kiss-a-Pig 5K. 9 a.m. Becky Sarantou 841-5992

5th - Purple Heart 5K. 10:00 a.m. Maumee Bay State Park. Tom Fuller 419-698-1332

9th - TRRC Frantic Finish 5K. 6:30 p.m. Olander Park. Dinner and club meeting. Ed Osbourne 389-6971

12th - Cherry Fest 10K. 9 a.m. American Legion Hall, Whitehouse. 1-mile Fun Run at 8:30 a.m. Angie Kuhn 419-877-0296

19th - Tromp Thru the Swamp 5K. 9 a.m. Sauder Historic Village, Archbold. 1-mile walk, kids' fun run & Kinder Kick. Dick Lees 419-822-3981

20th - TRRC Yogurt Runs 5.2 and 10.4-mile predictions. 8 a.m. Oak Openings Park (Evergreen Lake). Louise Miklovic 868-1295

24th - Collate June issue of Footprints. 7:00 p.m. at Print-All. Jill Calcamuggio 726-3948 or Jerome Tomc 893-3289
Sponsored by Bob McOmber

26th - Kids' Kilometers. 9 a.m. Wildwood Metropark. Joan Mathews 865-8437

28th - Kip Boulis 5K and 1-mile fun run. 8 a.m. Woodlands Park, Perrysburg. Mark Wasylslayn 872-8009

May 2001

		1	2 Hash Run	3	4	5
6	7	8	9 Frantic Finish 5K	10	11	12 Cherry Fest 10K
13	14	15	16 Hash Run	17	18	19 Tromp thru the Swamp
20 Yogurt Runs	21	22	23	24 Collate Newsletter	25	26 Kids' Kilometers
27	28 Kip Boulis 5K	29	30 Hash Run	31		



P.O.Box 5656 • Toledo, OH 43613-0656

NON PROFIT ORGANIZATION
U.S. POSTAGE PAID
TOLEDO, OHIO
PERMIT 662

Toledo Roadrunners Club — Phone No. 419-474-2649

Information on Club activities and area races!

March 2001

				1	2	3
4	5	6	7 <i>Hash Run</i>	8	9	10 <i>Beer Bottle Open</i>
11 <i>Chenault's Half-Mar</i>	12	13	14	15	16	17 <i>Wearin' of the Green</i>
18	19	20	21 <i>Hash Run</i>	22 <i>Collate Newsletter</i>	23	24
25	26	27	28	29	30	31 <i>Marv's! Cookie Classic</i>

10th - Beer Bottle Open. 2 p.m., Columbus Grove, Ohio. Jerry Bunn 419-659-5702 evenings

11th - 34th Annual Churchill's Half-Marathon. 1:00 p.m., Fort Meigs Elementary School, Perrysburg. Tony Bayford 537-8631 or Walt Churchill 872-6900

17th - Wearing' of the Green 5K/10K Prediction Runs. 10 a.m., Pearson Park. Ed O'Reilly 867-1490
Sponsored by The O'Reilly Family

22d - Collate April issue of Footprints. 7:00 p.m. at Print-All. Jill Calcamuggio 726-3948 or Jerome Tomc 893-3289

31st - Marv's 1-Mile Fun Run and TRRC Cookie Classic 5/10K Predictions. 9:00 and 10:00 a.m. Pearson Park. Barb and Bill Lindeman 693-3896
Sponsored by Anonymous

See or call Bob Amphthor (882-1711) for details on Hash Runs.