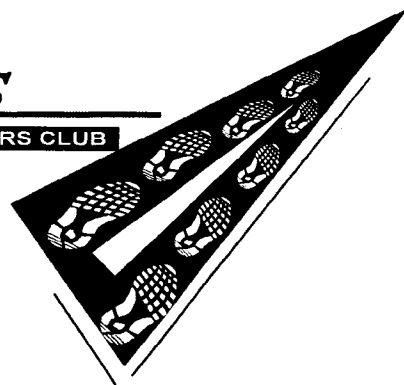


footprints

TOLEDO ROADRUNNERS CLUB

Volume 27 Issue 3



Glass City Marathon April 21, 2002

"RUN IT
OR
WORK IT"

Volunteer Party April 18

GCM Expo at Seagate Center
April 20 9 a.m. to 7 p.m.
April 21 6:00 to 7:30 a.m.

The Race begins at 8 a.m.

APRIL 2002

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ROAD RUNNERS CLUB**

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**Membership Report
March 2002**

Current totals are 100 family membership renewals representing 295 members, along with 304 single membership renewals. In addition, first-time memberships total 5 family memberships representing 11 members, along with 31 new single members. This gives the club a current total of 641 members as of the March 10, 2002, newsletter deadline.

..... see you on the roads!!!!

Becky Rudnicki

Membership Secretary

Toledo Roadrunners Club

Temporary e-mail: RUN4jeep13@aol.com

Welcome, First-Time Members!

- The BUERK family (Jim, Lee)
- The LINARES family (Luis, Terry, Rosie)
- LESTOCK, Dainya
- GRAMZA, Peter
- ZIOL, Jeff

Lanette's Lines

LanetteT@aol.com

The \$200 Prediction!

Since The O'Reilly Family began sponsoring the Wearin' of the Green 5K/10K races and prediction runs five years ago, Race Director Ed O'Reilly has offered a \$200 prize to anyone who ran the race in exactly the time they predicted. We're betting he never expected to have to eat those words. However, Abby Bukas accomplished this amazing feat on March 16 at Pearson Park, in the process of winning the 5K prediction run. Abby was one of our Youth Award winners last January and is also, as Coach "R" points out, a Junior Jogger. Coach is sure that the training Abby receives at JJ practices contributed to her ability to accurately predict her race time.

I asked Abby what she would do with the prize money, then, like a typical obnoxious adult, answered the question for her: "Put it in your college fund?" Abby didn't commit herself, but dad Randy was nodding vigorously in the background at my suggestion.

CONGRATULATIONS, Abby. I'm sure we'll hear more about this next month when the Wearin' of the Green race results are published.

The Last Word . . .

This month's instruction for life (for those running the Glass City Marathon): *When you are totally exhausted but have to keep going, wash your face and hands and put on clean socks and a clean shirt. You will feel remarkably refreshed. ;)*

Be careful out there. Til next time. . .

Lanette Cornwell

How to Join! Or Moving?

Wanna join us? Membership applications are always available at the TRRC web site: www.toledoroadrunners.org. Or call Membership Secretary Becky Rudnicki at the number below.

Moving? You must notify Becky, because the postal service does not forward your newsletter. If you don't you will not continue receiving it.

Contact Becky at (419) 691-0912

Run Ohio Offer

Run Ohio magazine is offering 20 percent off to Toledo Roadrunners for a 1-year subscription. That's \$12.00 for the year. Send new subscription/renewals to: *RunOhio*, P.O. Box 238, Granville, OH 43023. Include Name, Address, City, State, Zip, Club name. Call 740-587-0376 with questions.



TRRC OFFICER ROSTER

- President**, Dave Jankowski (419) 868-5029
Davej@jannsnecraft.com
- Vice-President**, Louise Miklovic (419) 868-1295
- Treasurer**, Jim Troknya (419) 874-1505
- Secretary**, Karen Wolf (419) 823-0722
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KGBJ42@hotmail.com

ITEMS FOR FOOTPRINTS

ARTICLES, RACE RESULTS, ADS

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

RACE & EVENT CALENDAR

Gary Gronau (419) 382-9508

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@bttnet.com



Fortunately for us the "Blizzard" half of the Blizzard Breakfast did not appear this year. Event conditions included a little wind, a lot of fun, and plenty of food. First-year "Breakfast Nazi" Tom Husman did a fine job, allowing his experienced crew to show him how to do it. Thanks to Jan and Chuck Winke, Tom Husman, and the many volunteers for their efforts. Oak Shade Grove deserves a pat on the back also. They mistakenly scheduled two events for their main hall. They offered us a nice auxiliary building at no fee if we could use it. It worked out great for us.

What luck! Tony Bayford asked me to drive a sag wagon for the Churchill's half-marathon. I was lucky because otherwise I would have had to run in those hurricane-force winds! My heart went out to those who struggled as I lamented over my tepid coffee. Is there another donut in that bag?

Our new computer timing system was used for the first time at Churchill's half-marathon. Overall, it worked very well. One of the best features of the new software is its ability to create results files for our newsletter and web site. We should have complete official results for any event we time on our site within a day or two. Hopefully, we will be using the new system to time most events by mid-summer.

You were gonna run on Saturday morning anyway, right? So join us for the Ed Dibble Towpath Run on April 6th. The run is on a beautiful out-and-back course so you can easily run whatever distance you choose. The weather will be nice. It's almost free. It includes a shirt and home-made cookies. We'll wait for you. . . .

Our club championship 5K will be held once again on a weekday evening. We moved it to a weekday to avoid competing with other races. The turnout was good so it will stay. The club championship 5K is being held on Wednesday evening, April 10th. Thanks to Becky Sechrist for directing the race for the past few years and to Tammy Szymanski for stepping up as the new race director. Check the newsletter or our web site for more information.

The Glass City marathon is coming up on April 21st. It's a lot of fun whether you're competing or volunteering. The GCM needs more volunteers than any other running event we do. If you're not running, you should be working! Give Pat Wagner (419) 385-7025 a call and offer your talents.

Dave Jankowski

Footprints Dates

Issue	Submit Items	COLLATE
May	April 10	Thursday, April 25
June (GCM results)	May 10	Thursday, May 30
July	June 10	Tuesday, June 25



Tom's Tales, Thoughts, and Bits

by Tom Falvey

As I'm writing this in Islamorada, 80 miles north of Key West, I'm looking forward to running in our 26th Glass City Marathon on April 21. I hope you are, too. The weather should be perfect that morning. We'll have several local celebrities and a bunch of 2- and 5-person teams. I expect a large contingent from the Florida Keys to enter our Glass City Marathon as I have entry forms with me and not one person I've spoken with has turned me down. Of course, it's hard for one to say no when I have him/her in a chokehold or headlock.

There will be other marathons staged around the world on April 21 but by far the best will be Glass City. Among the highlights will be the pace car (pictured on the cover of last month's issue of *Footprints*) and Fifth Third Field, the new Mud Hens Stadium that we'll run by. The Hens have a game that afternoon so tell your out-of-town friends. Don't forget the first-class volunteer party the Thursday before Glass City.

Good luck to all club members running the Boston Marathon on April 15. That should serve as a nice training run for Glass City.

Norm Frank, 71, from Rochester, the USA's marathon leader, will be here, as always. He's close to 750 completed marathons. His Rochester buddy, Don McNelly, 81, will be here also. McNelly is over 600 completed marathons.

I haven't heard from club leader Lois Berkowitz lately, who is on her second tour of 50 states and the 10 most beautiful.

After another Olympic fiasco where judges decide who wins, aren't you glad we compete in a sport where there are clear-cut winners and the runners themselves determine who places where?

I have been in touch with some important people at *Runner's World* and I have some semi-commitments that they'll cover the Olander Park National Championship IF——. That big IF means if Yiannis Kouros returns, *Runner's World* will. Without Kouros,

chances are slim. However, John Simon has an ace up his sleeve for that weekend so we have several deals going.

Fireman Len Baker, one of the truly nice people in our club, was at Ground Zero for a week last October. For the record, Len used a week of his vacation and paid his own expenses. Thanks Len, I'm sure you represented Toledo and our TRRC well.

I saw two more unusual license plates in the Keys. I.RN.4U looked like a runner and the dude with MY.NW.WF looked to be several generations older than his wife.

The pro-choice crowd would love the Keys, as you can catch Rush Limbaugh on either 610 or 1300. G. Gordon Liddy, however, is only on 1300.

Be seen you at the Volunteer Party and at GCM the morning of April 21. Get your friends and relatives involved. I guarantee they'll have fun.

Aging Well and Racing Well

By Bill Day, Reston Runners, VA
(submitted by Terry Mohler)

Congratulations for encouraging running as a lifelong experience, encouraging runners to follow the lead of George Sheehan and Fred Lebow, both of whom ran to the end. With that in mind, it is puzzling to find some race directors collapsing age categories at the upper end of competition. Masters runners age 69+ are forced to compete against masters runners age 60! Try that in any other age category and see who cries foul.

What's at stake here is fairness. If running in friendly competition isn't fair, we've lost the best, last hope for sportsmanship and clean competition. Masters runners who train and race, sometimes against difficult odds, should be recognized on the same basis as everybody else

The Aging Racing Population—So What?

By Terry "Proud to Be Bronze" Mohler

I would like to take issue with an article that appeared in the January/February 2002 issue of *Footprints*, authored by Paul Beckwith. He titled his article "The Aging Racing Population," to which I respond, "So What?"

In his attempt to be humorous (?) by demeaning the efforts of oldsters, Paul wrote:

"If this trend continues, awards may have to be changed. Gold, silver, and bronze medals may be replaced by Old, Gray, and Bronze Age. In a few more years I may move all of my Nike stock over to the wheelchair racing companies. Water stations will offer Gatorade AND Ensure.

"Again, looking at the Randy's Ten-Miler and 5K results, an eighty-year-old man finished, but so did a seven-year-old girl. Now, if this trend continues, look for a Cozy Coupe leading the New York Marathon under an AARP finish banner."

I guess if I were 46, I might find this humorous, but at 72 years and 7 months, I don't. I've talked with others in my age group, and many feel the same way. If Paul is still able to make it to the starting line at our age—that will be in 26 more years—he should thank the "Bronze Agers" for participating as long as we did, thus keeping the age groups open for him and the others who are younger than we.

Aging Well and Racing Well (continued)

for their motivation and achievement. Collapsing categories for older runners is sending the message that they don't count, hardly the way to encourage the sport or burnish the image of running.



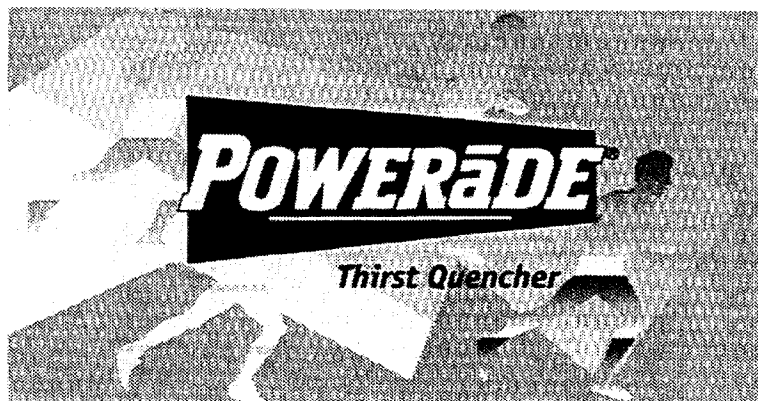


Club Sponsored Runs 2002

It's time to think about sponsoring one of TRRC's club runs. Sponsorship can be done by giving a monetary donation (\$25-\$50 is great!) and some people get creative and donate food or awards or shirts. The large events like The Blizzard Breakfast Run and the Club Picnic could use multiple sponsors. You can either contact me or the race director. Pam Graver-Koenig 862-5028.

- Jan 2002 Icicle/Chicken Soup Run
Terry and Cay Mohler
- Jan 2002 Doughnut Dash
Two Perrysburg Policemen
- Feb 2002 25K Club Championship
IET, Inc.
- Feb 2002 Blizzard Breakfast
SPONSOR NEEDED
- Mar 2002 Wearin' of the Green
The O'Reilly Family
- Mar 2002 Cookie Classic
Anonymous sponsor
- Apr 2002 Dibble Towpath 19-Miler
The Dibble Family
- Apr 2002 5K Club Championship
SPONSOR NEEDED
- May 2002 Yogurt Run
Bob McOmber
- Aug 2002 Club Picnic
SPONSOR NEEDED
- Oct 2002 Boy Scout Trail Run
SPONSOR NEEDED
- Nov 2002 Couples Run
South End So-and-So's
- Nov 2002 Turkey Trot
Anonymous I, II and III
- Dec 2002 Slip 'n' Slide
SPONSOR NEEDED

Race	Date	Location	Name	Time	Place
Jingle Bell 5K	11-25	Essex, ONT	Jim Zink	33:02	2 nd (70 & Over)
Run Like the Dickens 5K	12-1	Tiffin, OH	Ana Rodriguez-Leffler Mary Steinhauser Jim Zink	24:11 28:17 33:33	Oldest Runner
Jingle Bell 5K	12-8	Fremont, OH	Bo Waggoner Ben Waggoner Becky Rudnicki Ron Brant Kay Heinrich Joan Mathews Ana Rodriguez-Leffler Jerome Tomc Cyril Steinhauser Richard Schutt Mary Steinhauser Sandra Schutt Johanna Moore	19:20 19:38 19:54 21:35 22:39 23:21 24:39 24:49 27:19 28:48 29:31 32:23 32:55	2 nd (14 & Under) 2 nd (35-39) 1 st Female OA 1 st (60-65) 1 st (50-54) 1 st (45-49) 1 st (55-59) 3 rd (55-59) 3 rd (55-59) 3 rd (55-59) 1 st (60-65)
Frostbite 5 Mile	1-1	Ft. Thomas, KY	Jim Zink	64:47	3 rd (70 & Over)
Winterfest 4 Mile	2-9	Riverview, MI	Sue Szenderski	41:34	11 th (50-54)
Lake Erie West Winter 5K	2-23	Monroe, MI	Gary Hanafee Randy Fielder Bill Gosline Thomas Biblewski	22:02 22:04 27:24 27:36	
Beer Bottle Open 4 Mile	3-9	Columbus Grove	Becky Rudnicki Ronda Massey Betty Newton Pam Graver-Koenig	26:03 27:40 27:54 31:19	1 st Female OA 3 rd Female OA 4 th Female OA Female Masters





(Overheard at a recent race)

Penelope and Monica went running together and Monica asked Penelope, "What are you doing to firm up your arms? They look wonderful and your shoulders as straight as a young model's."

Penelope thought a minute and said, "I will let you in on a little secret I've found for building my arm and shoulder muscles. You might wish to adopt this regimen 3 days a week. I started by standing with a 5 pound potato sack in each hand, extended my arms straight out to my sides and held them there as long as I could. After a while I moved up to 10 pound potato sacks, then 50 pound potato sacks and finally I got to where I could lift a 100 pound potato sack in each hand and hold my arms straight out for more than a full minute!"

"This was real work, but the results were worth it! Next, I started putting a few potatoes in the sacks, but I would caution you not to overdo it at this level. . . ."

Why Do You Run?

Lori Schneider, a graduate student in Sport and Exercise Science at Ohio State University, wants to know the answer to that question. She is conducting a study to examine psychological factors involved with running, and has contacted our club to invite all interested and willing runners to participate in her study.

To participate, log on to www.coe.ohio-state.edu/jbuckworth/research and complete a series of questionnaires. Your responses are anonymous.

I visited the site to verify the address and while I was there went ahead with the study. It took about 15 minutes to complete the eight (I think) separate questionnaires. Each one was pretty short and the web site responded quickly, even at 4 p.m., a fairly high-traffic time of day.

The data collection portion of the study will be completed by the end of May, so you have a little time to do this if you're interested. On Lori's behalf, thanks for your help.

RESPECTFULLY SUBMITTED

by Penelope Pathpacer

Reasons to Bump Up Your Exercise Program

As we all know, the reasons for pushing oneself to tougher workouts are varied. One day, while distracting myself from pushing myself harder, I tried to think of as many as I could. Here's what I came up with before I wore myself out mentally and physically:

- a high school reunion
- a new year (January 1st)
- a new decade birthday
- seeing how bad Billy Joel looked at the Grammys
- seeing how good Tony Bennett looked at the Grammys
- having a baby
- getting away from the kids with a valid excuse
- an upcoming beach vacation
- your favorite jeans no longer fit
- your doctor recommends it
- reentering the dating scene
- Spring-like weather
- a friend pushes you
- an upcoming big race
- new shoes or exercise clothes
- a change in your environment (like moving)
- a close call health-wise
- a close relative's death from a possibly preventable disease
- envy
- seeing a great athlete or reading of one

Can you think of others? Whatever your reasons, may you find inspiration.

**Contributors to the *Footprints* April Issue
with many thanks from the Editor!**

- | | | |
|----------------------|--------------------|----------------|
| Lois Berkowitz | Joan Mathews | Becky Rudnicki |
| Randy Bukas | Terry Mohler | Dennis Scott |
| Tom and Alice Falvey | Rob Nicely | Ryan Serber |
| Pam Graver-Koenig | Penelope Pathpacer | Joe Sparks |
| Gary Gronau | Coach "R" | Jerome Tomc |
| Dave Jankowski | The Racing for | Karen Wolf |
| Patty Jankowski | Recovery folks | Jim Zink |

and

The (March Issue) Collating Volunteers!

- | | | |
|------------------|----------------|--------------|
| Tom Biblewski | Chuck Cornwell | Sue Potts |
| Jill Calcamuggio | Ann Fago | Ken Peterson |
| Tim Connors | Bill Lindeman | Jerome Tomc |





Get into the FUN of the Runs . . .

AND, Keep Up with the KIDS!

By Coach "R"

The initial opportunity for youngsters to register for the Junior Joggers Fun Running Club was held as gales of March winds blew across Woodlands Park in Perrysburg. A few hardy souls attended, but anyone still interested in getting the kids involved in a fun running program can contact Coach "R" (*alias* Marilyn Witko Rosinski) by calling 419-874-0536 [home] or 419-704-2635. Or e-mail her at coachr@wcnet.org for the current schedule. Kids are always welcome to drop in and TRY IT! The program is geared to youth who would like an individual sport with personal goals or who want to get into shape for soccer, lacrosse, or basketball.

As the wind blew through the open shelter house one of the new parents commented about how many opportunities there are in northwestern Ohio for youngsters to run. After contemplating that observation, Yes, he was right! And the majority of that effort comes from the efforts of the Toledo Roadrunners Club members, its race directors, parents, and coaches.

So adults, don't let the kids run away with all the fun! Join Junior Joggers Fun Running Club.

TRRC Summer Picnic
DATE CORRECTION
 The club picnic this summer will be held on
JULY 28, 2002
 not August 28 as listed on the race calendar.

Kids' Kilometers

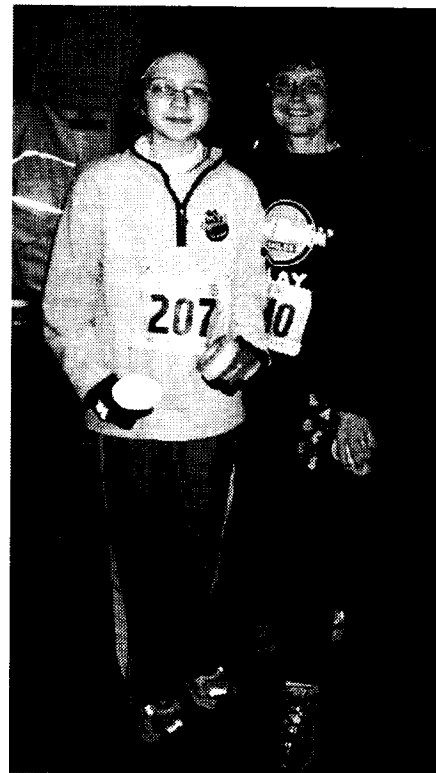
May 25, 2002

By Joan Mathews

It's getting to be spring and that means its time to start thinking about Kids' Kilometers. From what I have been reading in *Footprints*, there seems to be a lot of kids' races lately. So . . . you should be ready for Kids' Kilometers!

There is a race distance suited to every age: 1K for the 7 and under crowd, 2K for the 8-10 crowd, and a 3K for ages 11-13.

Once again the t-shirt design is by a middle school student at Springfield. This year's design will be very patriotic and of course special. My students have really enjoyed creating these t-shirts. So mark your calendars for the big day. If you have any questions or want to help PLEASE call me at 865-8437. (My regular crew, you know I count on you—DOUG !!!)



RRCA Convention Travel Companion?

By Coach "R"

I'm very proud to be a member of a club "That CARES about the KIDS!" And I plan on bragging about our Toledo Roadrunners Club at the national convention of the Road Runners Clubs of America this May in Norfolk.

I will be attending the convention as a member of the national Youth Development Committee of the Road Runners Clubs of America and as a nominee for the Kurt Steiner Award. I will probably be serving on a panel, too.

But I am looking for someone who would want to travel with me to Norfolk, sharing driving and/or room. I've identified some economical options, but my budget still needs someone to go along with me. Call me at 419-874-0536 [home] or 419-704-2635 [cell] or e-mail me at coachr@wcnet.org and let's talk.

Wearin' Green at the Wearin' of the Green

Abby Bukas and Barb Lindeman win the fashion prize (awarded by the *Footprints* editor) for being dressed head to toe in green at the March 16 Wearin' of the Green Race and Predictions. Barb (right) wore hunter green topped by a kelly green stocking cap, while Abby opted for subtle shades of moss, sage, and mint.

VOLUNTEERS

Anyone interested in helping with the collation of this newsletter, "FOOTPRINTS"

Call

Jill Calcamuggio

(419) 726-3948

Jerome Tomc

(419) 893-3289

Meet New People!

Fun Time!



Streets Run Red in Whitehouse

By Randy Bukas

Okay, okay, so the streets in Whitehouse, Ohio, will not run red for the 20th Annual Cherry Fest 10K Run, as the streets continue to be the kind of grayish black color that we road warriors have come to know and love. (In fact, some of these beautiful roads were reconstructed and repaved since last year's race and now make the course flatter and faster yet!) However, the fact of the matter is, every Mother's Day weekend Whitehouse is home to both a great festival, Cherry Fest, and one of the oldest races in the area, the Cherry Fest 10K.

This year's event will be held on Saturday, May 11, 2002, beginning at 9:00 a.m. Prior to the 10K run, there will be a one-mile Fun Run at 8:30 a.m. The traditional flat-to-mild-rolling-hill course starts on Providence Street, in front of the American Legion Hall. From there, the runners tour a cross section of the village's residential areas before reentering the downtown to finish at the festival site in the Village Park. Registration and packet pick-up will begin at 7:30 a.m. at the Whitehouse Laundry Mat, near the start line.

In addition to awards to the top finishers, there will be a battle in the age group competitions for the right to wear the crown of Cherry Fest Champions. And this year's prizes will include containers (or bags) of sweet homegrown Northwest Ohio cherries. LIFE IS A BOWL OF CHERRIES when you run the Cherry Fest 10K. Race applications can be found at your favorite running store, the April issue of *Footprints*, by calling the Whitehouse Village offices at 419-877-5383, or e-mail to Rjbukas@whitehouseoh.com. See you at the races.

Running in Apple Country

by Lois Berkowitz

Yakima, Washington, is a lovely small city about 140 miles east of Seattle. You have your choice of getting there quickly via expressways or taking the scenic route, which includes lots of spots to drive off of the road and take mountain, ski, and river photos. In late March they are experiencing spring in the relative flatlands and snow in the mountains. Spring means lots of forsythia and daffodils in bloom. It brings hope to a Detroiters heart.

Due to buying tickets on line through a web site that shall remain anonymous, I missed the pre-race festivities and pasta dinner. I heard wonderful things about it and saw the "Hard Core Runner's Club" mugs full of hazelnuts that were given to all 50-Staters (there were about 20 or more of us in attendance. The rest of us received our mugs at the post-race dinner).

Henry and I arrived at 4 a.m. (thanks to the red-eye) on 3/30/01 in Yakima, had breakfast at Denny's, then woke up our friends Ray and Don at the nearby Motel 6 so that we could dress for the race and catch the 6 a.m. busses. We were bussed out of Yakima to the start of the race—it took approximately an hour. There were plenty of portajohns and the busses stayed for us to stay warm. The wheelchair race started at 7:55 a.m. and runners started at 8:00.

The race looked pretty ordinary at the start, good roads with minimal traffic and beautiful foothills and fields showing the first signs of spring. After a few miles, we entered the canyon and began following the Yakima River through the canyon. The scenery became awesome and for the most part we were close enough to the Yakima River to hear the water. We continued on the roadway. Most races seem to have more uphill than downhill, but Yakima was an exception. There were several long downhills, a few of which were severe. There were two severe uphill that were probably about one-quarter of a mile long. One of those uphill, unfortunately, was around mile 21. There were aid stations

every three miles stocked with sports drink, water, and usually Washington State apples (second only to Michigan/Ohio apples). A couple of stations had pretzels or other goodies. The temperature was moderate, probably in the 40s to begin and around 50 at the end. The finish line was very well stocked with mylar blankets, bagels, more apples, Jogmate, and other goodies. There was a massage team there (\$10 donation). There were quite a few people waiting even after five hours to welcome runners home. The time limit for the race was seven hours. Showers were available at Selah Middle School. If you required immediate gratification to see how good you could look after 26.2 miles of rough road, an area photographer posted photos of most runners for purchase at the post-race dinner.

There was a large dinner at 4:00 p.m. Your ticket bought you a huge baked potato with choices: salsa, cheese, chili, veggies, sour cream, etc. etc. There was salad with three dressings and lots of additions. Sides included coleslaw, coffee, pop, and cake. Joe Henderson from *Runner's World* spoke a bit more (he had been featured at the pasta dinner) and also handed out awards. Peter Graham from England, Secretary for the English edition of the 100 Marathon Club, was available. There were PLENTY of awards. In some categories the awards went as deep as the number of participants, which is not to say that it was easy to get an award: The times were very fast for such a difficult course. I thought that the drawing for prizes would go on forever. There were some very nice jackets, runner's gifts, gift baskets, etc.

The fee was \$55, but that included the post race meal, transportation to/from the race start and finish, shirt, and finishers medal.

Check this one out in 2002. The website is <http://ontherun.com/yrcm> or contact: Bob Dolphin, 10519 126th Avenue S.E., Renton, WA 98056. Bob will also be the U.S. contact for the 100 Marathon Club, U.S. branch.



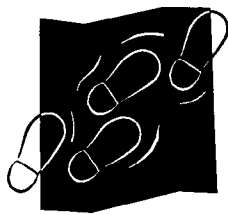


Glass City Marathon Page



Local Celebs Join the Fun

Ryan Serber, news anchor at Fox Toledo TV 12, will be running his second marathon at GCM. His first was Chicago last October, which he completed in 3:30. Watch for Ryan and other local news personalities on the course and at the finish line on April 21.



P.O.S.E. in Person at GCM Expo

By Joe Sparks

Attention all Toledo Roadrunners! I will have a booth at the GCM expo Saturday, April 20. I will be happy to talk to you about the Pose Method of Running. I will take appointments for anyone interested in having their running stride videotaped and analyzed, also information on classes in Yoga and Pose Method. Look forward to seeing you there. Any questions call 419-874-2911, e-mail me at joe.sparks@toast.net, or check out my Web site: <http://members.toast.net/joe.sparks>

GCM hosts 2nd Annual Kids Run

Children 13 and under are invited to run in a 1-mile fun run the morning of the Glass City Marathon. The out and back run starts and finishes at the GCM finish line. The children will finish right before the first runners in the Glass City Marathon cross the finish line. The cost of the run is \$7. All finishers will receive a Glass City Marathon teddy bear and a medal at the finish line. To promote the idea that all finishers are winners, we will announce finishing times but no awards will be given. You may mail the entry form in the newsletter or sign up at the GCM expo (Seagate Center, Saturday, April 20, from 9:00-7:00 or Sunday morning from 6:00-7:30).

Volunteers are needed to help man the course. If you are down at the finish line anyway or are done with your GCM job and would like to help please call Pam Graver-Koenig, 419-862-5028.

GCM Expo Highlight: Racing For Recovery

Racing for Recovery is an organization dedicated to preventing individuals from becoming addicted to alcohol or drugs and offering a positive alternative to those already battling addictions. Todd Crandell, 35, founder of the organization, has overcome a thirteen-year addiction to drugs and alcohol, turning his life and health around. Since he got sober eight years ago, he has devoted his energies to athletic competition, completing thirteen triathlons, including five Ironman™ triathlons, which consist of a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile marathon run. Mr. Crandell's success has been featured in various media, such as *Runner's World* and *Triathlete* magazines, Rudy Ritiger's International Talk Show and the Iyanla Show. Through Racing for Recovery, he hopes to encourage individuals, particularly adolescents, to pursue a healthy lifestyle instead of one involving alcohol and drugs.

Racing for Recovery's mission is to spread Mr. Crandell's message, through promotional activities, while raising funds through individual and corporate contributions to prevent substance abuse. Funds raised by the organization will be used to support other organizations committed to preventing substance abuse. Racing for Recovery will feature athletes with success stories like Mr. Crandell and other youths

and adults who have chosen a healthy lifestyle instead of drugs or alcohol and will promote national recognition of this worthy cause.

The organization plans on being involved in the upcoming Glass City Marathon by providing an aid station where volunteers will distribute food and water to the runners. Racing for Recovery intends to increase its involvement with running races on a local and national scale, and eventually plans on sponsoring its own triathlon, the Race for Recovery.

Todd is particularly looking forward to the organization's involvement in the Glass City Marathon as he and many of those involved in the organization are from the Toledo area. Mr. Crandell is looking forward to making the organization and its mission more recognized in the area through the group's participation in the race. Several of the organization's officers and directors will be participating in the event, as well as many other individuals interested in showing their support of the organization.

Mr. Crandell will be speaking on Saturday, April 20, 2002, at 7:00 p.m., the evening before the Glass City Marathon, to further discuss the mission of the organization.

If you would like to contribute to Racing for Recovery or have Mr. Crandell speak to your organization, please send an e-mail to Racing4Recovery@aol.com.



Churchill's Half-Marathon

March 10, 2002

1 FERGUSON, BOB	1:17:00.00	M	31 YOUNGSTOWN, OH	65 TOMC, JEROME	1:55:17.00	M	59 TOLEDO, OH
2 SNYDER, CHRIS	1:17:10.00	M	27 WESTLAKE, OH	66 CONSTIEN, ROB	1:55:26.00	M	49 DEFIANCE, OH
3 MONHEIM, JON	1:21:40.00	M	33 TOLEDO, OH	67 KARL, DEBORAH	1:55:28.00	F	46 MAUMEE, OH
4 ZUBAL, KARL	1:23:49.00	M	36 HAZEL PARK, MI	68 RAPP, JOHN	1:55:38.00	M	67 TOLEDO, OH
5 VORICK, RICK	1:24:22.00	M	51 FORT WAYNE, IN	69 BROWN, MICHAEL	1:56:51.00	M	41 PERRYSBURG, OH
6 HORNS, SCOTT	1:25:09.00	M	31 FINDLAY, OH	70 KRENZ, ELIZABETH	1:57:21.00	F	25 OAK PARK, MI
7 GILLETTE, JUSTIN	1:27:21.00	M	19 NILES, OH	71 SZYMANSKI, JOE	1:57:34.00	M	40 TOLEDO, OH
8 BARKACS, RANDY	1:27:42.00	M	50 ELYRIA, OH	72 HARTL, JOE	1:57:46.00	M	47 FINDLAY, OH
9 BARTHLOMEW, BILL	1:28:35.00	M	37 PERRYSBURG, OH	73 LAPLANT, LINDA	1:57:51.00	F	40 PERRYSBURG, OH
10 BECKWITH, PAUL	1:29:45.00	M	46 ANGOLA, IN	74 CONNORS, TIM	1:58:11.00	M	47 TOLEDO, OH
11 KESSLER, DEAN	1:30:02.00	M	44 CAREY, OH	75 GABEL, JEFFERY	1:58:25.00	M	49 FREMONT, OH
12 HESS, JEREL	1:30:44.00	M	35 SYLVANIA, OH	76 SCHNABEL, JAMES	2:00:28.00	M	41 HOLLAND, OH
13 COMBS, MATT	1:31:19.00	M	28 TIFFIN, OH	77 TROKNYA, JAMES	2:00:38.00	M	58 PERRYSBURG, OH
14 FOUST, CURT	1:31:38.00	M	24 BRYAN, OH	78 SMITH, LORI	2:00:39.00	F	39 SYLVANIA, OH
15 BATT, KYLE	1:31:50.00	M	31 DEFIANCE, OH	79 RIFE, BETH ANN	2:01:13.00	F	46 PERRYSBURG, OH
16 CHESTER, ALAN	1:32:01.00	M	44 FINDLAY, OH	80 ZERECHT, DICK	2:01:19.00	M	48 MONCLOVA, OH
17 PERRY, DALE	1:33:22.00	M	51 WALBRIDGE, OH	81 O'REILLY, ED	2:01:31.00	M	48 MAUMEE, OH
18 BEALS, MARK	1:34:34.00	M	39 FORT WAYNE, IN	82 PASSALACQUA, RUTHANN	2:01:53.00	F	47 MAUMEE, OH
19 DEGROSS, JEFF	1:34:41.00	M	46 SYLVANIA, OH	83 WEIDNER, JULIE	2:01:54.00	F	49 TOLEDO, OH
20 DIBBLE, DOUGLAS	1:35:10.00	M	41 TOLEDO, OH	84 BIBLEWSKI, TOM	2:01:56.00	M	51 TOLEDO, OH
21 REED, JESSICA	1:35:12.00	F	26 ATHENS, OH	85 GOSLINE, WILLIAM	2:02:04.00	M	57 TOLEDO, OH
22 SQUIRE, JESSE	1:36:16.00	M	30 BOWLING GRN, OH	86 WERBYLO, JAYNE	2:02:33.00	F	40 ROSSFORD, OH
23 HART, TOM	1:37:16.00	M	43 TEMPERANCE, MI	87 WARNKE, GINA	2:02:43.00	F	28 OAK HARBOR, OH
24 VERNOT, TOM	1:38:37.00	M	32 WAUSEON, OH	88 HABEKOST, CARL	2:03:07.00	M	44 WATERVILLE, OH
25 BECK, MARK	1:38:37.00	M	46 MILLBURY, OH	89 HOEHN, LYNN	2:03:10.00	F	41 PERRYSBURG, OH
26 THETFORD, TIM	1:38:42.00	M	40 TOLEDO, OH	90 KOPKO, MARY	2:03:41.00	F	34 PERRYSBURG, OH
27 BRACKENBURY, TIM	1:38:59.00	M	35 BOWLING GRN, OH	91 GABEL, JENNIFER	2:04:51.00	F	20 FREMONT, OH
28 FOOS, KEVIN	1:39:02.00	M	43 LUCKEY, OH	92 EDELBROCK, DOUG	2:04:57.00	M	32 PETERSBURG, MI
29 MASTA, ED	1:39:56.00	M	40 Unknown, NA	93 EAGAN, TOM	2:05:00.00	M	61 PERRYSBURG, OH
30 PAYMENT, JOE	1:40:29.00	M	50 TOLEDO, OH	94 LAWSON, SCOTT	2:05:11.00	M	42 TOLEDO, OH
31 WYGANT, SAM	1:40:48.00	M	34 SYLVANIA, OH	95 MIESLE, RICHARD	2:06:10.00	M	54 WATERVILLE, OH
32 KAMP, KENTON	1:40:53.00	M	36 WAUSEON, OH	96 SMITH, NICOLLE	2:06:21.00	F	30 TOLEDO, OH
33 DISTEL, HEATHER	1:41:14.00	F	18 GRAYTOWN, OH	97 MATERNI, STEVE	2:07:26.00	M	34 OREGON, OH
34 MITTMAN, JERRY	1:42:09.00	M	57 NORTHVILLE, MI	98 DOYLE, CHERYL	2:09:37.00	F	43 Unknown, NA
35 SHAFFER, LORRI	1:42:18.00	F	34 ROSSFORD, OH	99 CARVALHO, CARLOS	2:11:04.00	M	52 PERRYSBURG, OH
36 CUBBERLEY, DOUG	1:42:55.00	M	38 BOWLING GRN, OH	100 WEINMANN, BRENT	2:12:02.00	M	38 BOWLING GRN, OH
37 NEES, DAVID	1:43:00.00	M	45 SYLVANIA, OH	101 DEMBINSKI, TOM	2:12:22.00	M	52 FREDERICKTON, OH
38 WAGGONER, BEN	1:43:17.00	M	38 MAUMEE, OH	102 KINSTLER, RICHARD	2:12:33.00	M	57 TIFFIN, OH
39 COMBS, DAVE	1:43:20.00	M	51 TIFFIN, OH	103 HOPSON, BRENT	2:12:40.00	M	30 SYLVANIA, OH
40 JACKEL, JIM	1:43:24.00	M	48 MONROE, MI	104 WELCH, LYNNE	2:12:57.00	F	39 TEMPERANCE, MI
41 HILL, WILLIAM	1:43:47.00	M	59 PINCKNEY, MI	105 CARTER, SUE	2:13:18.00	F	54 TOLEDO, OH
42 AMPTHOR, BOB	1:43:48.00	M	45 SYLVANIA, OH	106 TREMP, WILLIAM	2:13:26.00	M	48 TOLEDO, OH
43 MASKA, MICHAEL	1:43:52.00	M	45 ROCHESTR HILLS, MI	107 CAMPBELL, JEFF	2:13:42.00	M	29 ROSSFORD, OH
44 DETLEF, DON	1:44:37.00	M	52 TOLEDO, OH	108 KAPELINSKI, MARK	2:13:48.00	M	50
45 TUNNICLIFFE, JOANNA	1:44:54.00	F	43 PERRYSBURG, OH	109 DICK, MICHAEL	2:13:48.00	M	33 MONCLOVA, OH
46 JAMES, RICHARD	1:45:09.00	M	60 TOLEDO, OH	110 CONROY, CHRIS	2:17:23.00	M	53 MAUMEE, OH
47 IVOSKA, BILL	1:45:18.00	M	49 PERRYSBURG, OH	111 SCHETZSLE, DAVID	2:17:46.00	M	39 TOLEDO, OH
48 GERE, ANN	1:46:15.00	F	40 MONROE, MI	112 SHEA, MICHELLE	2:18:47.00	F	37 PERRYSBURG, OH
49 BOLAM, DAVID	1:47:57.00	M	43 FRASER, MI	113 ARMITAGE, SHANNON	2:19:01.00	F	24 TOLEDO, OH
50 ROGUCKI, JOANIE	1:48:38.00	F	48 PINCKNEY, MI	114 STEINHAUSER, MARY	2:22:51.00	F	57
51 BLEVINS, SANDRA	1:48:43.00	F	35 PEMBERVILLE, OH	115 STEINHAUSER, CYRIL	2:26:11.00	M	60 LASALLE, MI
52 ALEF, CHRIS	1:48:44.00	M	48 STERLING HTS, MI	116 THOMAS, MICHELLE	2:28:25.00	F	34 SYLVANIA, OH
53 PENN, TOM	1:50:57.00	M	54 TROY, MI	117 WERNERT, JOHN	2:39:19.00	M	80 TOLEDO, OH
54 DIBLING, JOHN	1:52:04.00	M	49 PEMBERVILLE, OH	118 CALCAMUGGIO, JILL	2:41:03.00	F	66 TOLEDO, OH
55 STUART, ED	1:52:15.00	M	55 HOLLAND, OH	119 HAROUFF, GARY	2:50:31.00	M	50 BOWLING GRN, OH
56 VASKO, ANDY	1:52:29.00	M	43 OREGON, OH	120 WIDMAN, MARILYN	2:55:00.00	F	35 GENOA, OH
57 GUYTON, JEFF	1:52:29.00	M	41 OTTAWA LAKE, MI	121 ZINK, JIM	3:20:49.00	M	77 TOLEDO, OH
58 MATERNI, E J	1:53:44.00	M	27 OREGON, OH	122 HUBER, GARY	3:25:29.00	M	39 NAPOLEON, OH
59 HANAFEE, GARY	1:53:54.00	M	46 DETROIT, MI				
60 BAUER, SANDRA	1:54:05.00	F	48 OREGON, OH				
61 BONEY, JULIE	1:54:07.00	F	36 ROSSFORD, OH				
62 LOWERY, CHARLES	1:54:08.00	M	53 BLOOMDALE, OH				
63 ROONEY, TIM	1:54:50.00	M	50 FINDLAY, OH				
64 HEINRICHS, KAY	1:55:10.00	F	55 TOLEDO, OH				



25K Club Championship and Prediction Run February 24, 2002

25K Race

1	Henry Meldonado	37	1:33:12
2	Anthony Maletich	26	1:37:42
3	Steve Darmofal	27	1:40:45
4	Jeff Zioli	40	1:40:55
5	Ed Osborn	47	1:44:08
6	Sean Farkas	29	1:52:20
7	Becky Rudnicki	38	1:52:23
8	BruceA Krupp	43	1:53:18
9	Joe Payment	50	1:53:40
10	Ken Kovacs	48	1:54:47
11	John Gray	47	1:54:47
12	Doug Dibble	40	1:54:49
13	Jeff Decoross	46	1:54:56
14	Bill Knisley	50	1:58:01
15	Ben Waggoner	38	1:58:33
16	Mark Beck	46	2:02:39
17	Richard James	60	2:03:29
18	Kevin Foes	42	2:04:20
19	John Dibling	49	2:04:21
20	Bill Ivoska	49	2:05:43
21	Tim Hunter	46	2:08:36
22	Gil Gilmore	63	2:09:52
23	Doug Cubbelley	38	2:10:13
24	Fred Smith	41	2:10:48
25	Joan Mathews	45	2:15:34
26	Jim Wolf	45	2:17:25
27	Neill McKinstry	49	2:17:32
28	Ed Stuart	55	2:19:18
29	Lynn Hoehn	41	2:19:53
30	Jeff Bertram	54	2:22:51
31	Gary Lake	55	2:24:24
32	Jerome Tomc	59	2:34:52
33	Ed O'Reilly	48	2:38:36
34	Louise Miklovic	64	2:45:37
35	Mary Steinhauser	57	2:57:57
36	Tery Mohler	72	2:58:00
37	Jim Zink	??	3:49:20

3.2652-Mile Prediction

1	Gary Hanafee	:01
2	John Hatras	:03
2	Harry Ausderan	:03
4	Laura Novotny	:18
5	Randy Fielder	:38
6	Kay Heinrichs	1:01
6	Tim McGranahan	1:01
8	James Janowiecki	1:14
9	Gary Huber	2:07
10	Kris Cuprys	2:26
11	Theresa Swan	2:41
12	Cheryl Doyle	2:46
13	Jack Streicher	3:49
14	Fabianata James	5:15
15	Blake McGranahan	5:28



Some of the finishers at the 25K Club Championship (Photo by Jim Zink)

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TRRC Board Meetings

January 11, 2002

The Pinnacle

The meeting was held in conjunction with the annual TRRC Awards Banquet.

The meeting was called to order by President Dave Jankowski.

Presentations of the officers' reports were waived.

President Jankowski presented:

THE STATE OF THE CLUB ADDRESS

TRRC is one of the largest and most financially stable clubs in the RRCA. Last year we held 40 events. We had 778 members in 2001, slightly down from the previous year, because of people forgetting to renew. Attendance was up at all of the special events: Officers' Fall Bash, Summer Picnic Run, and tonight's Awards Banquet.

OTHER BUSINESS

The site plan for the Sy Mah statue was submitted to the Olander Park board. The dedication of the statue will occur on September 13, 2002.

Louise Miklovic announced that track and cross country officials are greatly needed. If interested contact Louise at 419-868-1295.

Dave welcomed new board members Jim Zink and Gary Gronau.

The next board meeting will be on Thursday, January 17, 6:30 p.m. at Central Tennis and Fitness.

The Toledo Symphony will be sponsoring a 5K race on June 1. TRRC will be providing the race management.

The RRCA National Convention will be held in Norfolk, Virginia, May 2-5. Call Dave Jankowski at 419-868-5029 if you are interested in attending.

The Blizzard Breakfast run is coming up on February 17. Tom Husman has volunteered to be chef for the morning.

Dave thanked and presented gifts to outgoing board members Kris Cuprys and Jan Winke.

The meeting was adjourned by President Dave Jankowski.

Respectfully submitted,

Karen Wolf

TRRC Secretary

January 17, 2002

Central Tennis & Fitness

The meeting was called to order by President Dave Jankowski.

Treasurer's Report: The treasurer's report was given by Jim Troknya:

Checking Account	\$9,035.74
Money Market	\$10,073.85
C.D.	\$5,066.00
C.D.	\$7,168.26
Total	\$31,343.85
Sy Mah Restricted Funds	
3yr.C.D.	\$2,597.80
Savings	\$3,744.65
Total	\$6,342.45

Membership Report: Dave Jankowski mentioned that total membership for 2001 was down 40 from 2000.

Race Management: Race Manager Terri Kaczor announced that she was asked by someone from BGSU if TRRC could provide a scorer for a new race. It will be held the day before the Glass City Marathon. Contact Terri if interested.

Circulation Coordinator: Jerome Tomc handed out a schedule of dates for the newsletter submissions and collation. Jerome requests that if anyone learns that someone is not receiving his newsletter, give that person's name and address to Jerome, Becky Rudnicki, or Jill Calcamuggio.

Jerome also suggested that an updated membership list needs to be compiled. Dave said that Jerome, Becky, Jill, and he himself will compile the list. Terri Kaczor questioned whether the mailing list has been updated. Dave said that it has not been, but should be.

OLD BUSINESS

Dave announced that the Awards Banquet was a huge success. It appears also that we stayed within budget.

ANNOUNCEMENTS

We have a new race. The Toledo Symphony is sponsoring a 5K Run/Walk at Ottawa Park on June 1st. They plan on having musicians on the course and a concert afterward. A number of the musicians plan on joining our club.

Footprints won first place in the Midwest Region, large club category, of the RRCA newsletter competition. *Footprints* is now eligible for a national award. Dave congratulated editor Lanette Cornwell and all those who have contributed to the newsletter.

Dave announced that the RRCA Convention will be held May 2-5 in Norfolk, Virginia. Further information is on the RRCA web site at www.rrca.org.

NEW BUSINESS

Dave handed out a packet of information concerning the purchase of computer timing equipment. Dave hopes to purchase two complete timing computers (one for backup or for timing two races on the same day) in order to reduce stress on the timing team, and to expand timing capability. The new equipment was tested at the Fall Bash. After considerable discussion, the board authorized the Race Management/ Timing Team to purchase timing equipment up to \$10,000, purchase to be completed within the next 30 days.

Terri Kaczor noted that many small club runs have been dropped from the schedule as various directors have quit. We need to make an effort to get replacement directors.

Tom Fridrick suggested we have a class to teach potential directors the ins and outs of directing.

Jim Troknya announced that Randy's Run made \$150. Last year donations to the Brain Cancer Foundation totaled \$1500. This year \$1304 was donated. MOTION: TRRC donate \$250 to bring this year's total donation to \$1500. The MOTION PASSED.

The meeting was adjourned by President Dave Jankowski.

Respectfully submitted,

Karen Wolf

TRRC Secretary



February 12, 2002

Central Tennis & Fitness

The meeting was called to order by President Dave Jankowski.

The minutes for the January 17 meeting were accepted.

Treasurer's Report: The treasurer's report was given by Jim Troknya:

Checking Account	\$8,346.46
Money Market	\$10,090.79
C.D.	\$5,006.00
C.D.	\$7,168.00
Total	\$30,671.51
Sy Mah Restricted Funds	
3yr. C.D.	\$2,597.80
Savings	\$3,744.65
Total	\$6,342.45

Race Schedule: Coordinator Gary Gronau handed out the race calendar for 2002. Gary said that the web site has frames now and he wants feedback on how they look.

OLD BUSINESS

The two computers, printer, and timer authorized at the last meeting have been purchased.

NEW BUSINESS

Dave is updating the membership list. He handed out the first page of the list, which contained numerous organizations who have been receiving the newsletter. We eliminated many of the organizations from the list.

Dave announced that Louise Miklovic has volunteered to be the director if TRRC becomes a Rally sponsor this year. Rallies no longer work on a percentage-of-profits basis, but rather a set amount is paid to the organizations providing volunteers. After much discussion, the board decided to apply to sponsor one of the smaller events with a \$1500 pay out, and will include a letter stating that CitiFest will hold the liquor license. About 100 volunteers will be needed.

Gary Gronau asked whether we should charge non-club directors for putting race applications on the web page. It was suggested that for races we direct, or for outside races that pay to have their inserts in our newsletter, we'll put them on the web site for free. Gary agreed to look into how

many other running clubs download applications and how many users download them on our web site.

Louise suggested and the board agreed that we should be using our Road Runner logo on all stationery, shirts, and on the web site.

The next board meeting will be on Thursday, March 14, at Central Tennis at 6:30. A GCM meeting will follow.

Meeting was adjourned by President Jankowski.

Respectfully submitted,

Karen Wolf

TRRC Secretary

March 14, 2002

Central Tennis and Fitness

The meeting was called to order by President Dave Jankowski.

The minutes of the February 12 meeting were accepted.

Treasurer's Report: The treasurer's report was given by Jim Troknya:

Checking Account	\$2,398.70
Money Market	\$10,090.79
C.D.	\$5,066.00
C.D.	\$7,168.26
Total	\$24,723.75
Sy Mah Restricted Funds	
3yr. C.D.	\$2,597.80
Savings	\$3,744.65
Total	\$6,342.45

\$7,084.70 of the allotted \$10,000 has been spent on new computer equipment.

Glass City Marathon income to date \$2,255.00, expenses \$1310.08, so GCM account is currently \$944.92 to the good.

Membership: Dave reported that as of March 10, the club has 641 members.

Equipment Coordinator: Steve Kaczor mentioned that a new clock stand has been purchased from the money that had already been appropriated.

OLD BUSINESS

Dave announced that the drawing for the CitiFest Rally by the River has been postponed to March 26, so no news yet.

Louise Miklovic reviewed the Sy Mah statue and offered changes to the artist for a better likeness. Louise is very

pleased with the results, but urges other club members to also review it. She said that the artist needs the second monetary installment. The statue will be dedicated on the Friday before the 24 Hour Run.

Dave said that the new computer equipment was used at the Churchill's Half Marathon very successfully.

NEW BUSINESS

Race For the Cure, Randy's 10 Miler, and The Frantic Finish 5K are in need of race directors.

Go the Distance Running School will again be presented June 24-28 by Bob Masters, Keith Madaras, and Deb Wagner. Dave feels TRRC should support this camp. Louise Miklovic wants to give a TRRC singlet to each participant. A portion of the camp fees will again come to TRRC to offset the free TRRC membership that each camper receives. **MOTION:** TRRC will give a cotton singlet with the TRRC logo to all Go The Distance campers. **THE MOTION PASSED.**

MOTION: Order 144 Cool-Max singlets to be sold, cost of the shirt not to exceed \$10. Discussion ensued as to whether the club should make money on the shirt sales. Most agreed that no profit should be made. **THE MOTION PASSED.**

Kris Berger gave a presentation concerning the Race Against Child Abuse pledge program that is taking place this year in conjunction with the Glass City Marathon. The Blade has donated \$4500 in advertising and Lee Conklin of Channel 13 is honorary chairman. Channel 13 will be running a 30-second spot and a 10-second spot promoting the pledge program and the marathon.

The meeting was adjourned by President Jankowski.

Respectfully submitted,

Karen Wolf

TRRC Secretary



Deadline—May Issue
April 10, 2001

Submit articles, race results, and especially photos to:

Lanette Cornwell
5731 Candlestick Ct., E.
Toledo, Ohio 43615
419-531-1270
FAX: 531-0119
LANETTE**T**@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, but only when written on \$20 bills.

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May 2002

			1 Hash Run	2	3	4 Kiss a Pig
5	6	7	8 Frantic Finish 5K	9	10	11 Cherry Fest 10K
12	13	14	15 Hash Run	16	17	18 See List ---->
19 See List ---->	20	21	22	23	24	25 Kids Kilometers
26	27 Kip Boulis 5K	28	29 Hash Run	30 COLLATE NEWS- LETTER	31	

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

June 2002

30						1 Symphony 5K
2	3	4	5	6	7	8 Apache 5K
9 See List ---->	10	11	12 Hash Run	13	14	15
16 Yogurt Run	17	18	19	20	21	22
23	24	25 COLLATE NEWS- LETTER	26 Hash Run	27	28	29

APRIL 2002 (continued)

27th - Law Day 5K. 9:00 a.m., Swan Creek, Becky Sechrist 419-825-3694

27th - Old Riverbend 10K. 9 a.m., Findlay Reservoir (Riverbend Park). Al or Kathy Chester 419-425-2917

27th - Lake Twp D.A.R.E. 5K. 9 a.m. Millie Schwan 419-836-8073

27th - Dooby Du Duathlon. Jim or Joyce Donaldson 419-885-2089

MAY 2002

4th - Kiss-a-Pig 5K Run. 9 a.m., Ottawa Park. Becky 419-841-5992, X6733

8th - Frantic Finish 5K. Ed Osborne 419-389-6971

11th - Whitehouse Cherry Fest 10K and 1-mile Fun Run. 9 a.m., American Legion Hall. Randy Bukas 419-877-2814 (H) or 419-877-5383 (W)

18th - 5th Annual Tromp Thru the Swamp. 9 a.m., Sauder Village, Archbold. Dick Lees 800-590-9755

18th - Soul to Soul 5K Run/Walk. 9 a.m., Defiance College. Curt Foust, 419-630-0694

19th - Toledo Area Humane Society 5K. 9 a.m., Indian Woods Circle. Karey Klinzing 419-254-2862

19th - First Place Bank Race for Wellness 10K, 1-mile fun run, Toddler Trot. 9 a.m., Kent, Ohio. Don Luscher. 330-676-6843 or dluscher@colemanprof.com

25th - Kids' Kilometers. 9 a.m., Wildwood Metropark. Joan Mathews 419-865-8437

27th - Kip Boulis 5K. 8 a.m., Perrysburg. Mark Wasylslayn 419-872-8009

30th - Collate Footprints. 7p, Print-All.

JUNE 2002

1st - Toledo Symphony 5K. 9 a.m., Ottawa Park

8th - Apache 5K. 9 a.m., 1-mi fun run 8:30. Fairview HS (Sherwood). Curt Foust 419-630-0694

9th - Catawba Island 5K. Mike Schenk 419-797-4424

9th - Kelley's Island 8K. 10:45 a.m. Tom Etchill 419-625-9512

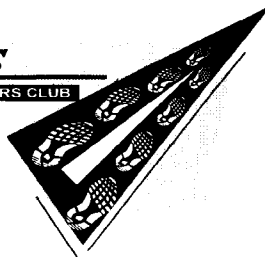
16th - Yogurt Run. Louise Miklovic 419-868-1295

25th - Collate July issue of Footprints. 7 p.m. at Print-All.

footprints

TOLEDO ROADRUNNERS CLUB

P.O. Box 5656 Toledo, OH 43613-0656



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Information on Club activities and area races!

April 2002

	1	2	3 <i>Hash Run</i>	4	5	6 <i>Several Races</i> ----->
7	8	9	10 <i>Club Chipship 5K</i>	11	12	13
14	15	16	17 <i>Hash Run</i>	18 <i>GCM Volunteer Party</i>	19	20 <i>See List</i> ----->
21 <i>Glass City Marathon</i>	22	23	24	25 <i>COLLATE NEWS-LETTER</i>	26	27 <i>Several Races</i> ----->
28	29	30				

6th - Ed Dibble 19-Mile Towpath Run. 8:00 a.m., Farnsworth Metropark, Louise Miklovic 419-868-1295

6th - Indoor Triathlon, Jim or Joyce Donaldson 419-885-2089

6th - 4th annual Lighthouse Half-Marathon and 5K. 8:00 a.m., Huron, Ohio, Deb Bogen 419-433-5700

10th - Club Championship 5K. Ed Osborne 419-389-6971

18th - GCM Volunteer Party. 6:00 p.m. Jim Troknya 419-874-1505

20th - GCM Expo, Registration, and Packet Pick-up. 9 a.m. - 7 p.m. Seagate Center. Jeff Bertram 419-534-2151

20th - Earth Day 5K Run/Walk and 1-mile Kids' Run. 9:00 a.m., Bowling Green Ice Arena, Rob Malcolm 419-373-9854

21st - **GLASS CITY MARATHON** and 2 & 5 person relays. 8:00 a.m., downtown Toledo, Pat Wagner 419-385-7025

25th - Collate May issue of Footprints. 7 p.m. at Print-All.

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