

TOLEDO ROADRUNNER NEWSLETTER
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STATEMENT OF PURPOSE

The Toledo Roadrunner Club (TRRC), an affiliate of the Roadrunners Club of America, is a non-profit club open to anyone with an interest in jogging and/or running regardless of sex, race, age or ability. Whether you're a fitness jogger, fun runner, competitive runner or a combination of all three, you're invited to join the TRRC. We have "fun runs", prediction jogs, and races every weekend with distances for the beginning jogger and the seasoned distance runner.

MEMBERSHIP DUES

TRRC membership dues are \$6.00 per year for a single and \$10.00 per year for a family membership. Dues are renewable Jan. 1st annually with new members joining after June paying only half price. Your dues entitle you to a beautifully embroidered club patch (two for a family membership--extras available), 1 yr. subscription to our monthly newsletter, a vote in club affairs, eligibility for club championships, special awards, and our many social functions.

FT. WAYNE MARATHON (BY BOB MUNSON)

They came by car, truck, bike and plane, but they came with a cheering herd from Toledo (Toledo Roadrunners that is)--flashes of green and white everywhere! The occasion was the second running of the TV 5 - Weeks Marathon on July 18th in Ft. Wayne, Indiana.

Dave Sprandel set the pace finishing first for TRRC and eleventh overall in 2:44:46! Lou Wagner was next in 2:50:46 for 19th followed by Dave Mason (25th) in 2:55:25, Stan Huff (39th) in 3:03:41, Jim Petiniot (44th) 3:06:25, Steve Kaczor (51st) 3:13:45, Sy Mah (67th) 3:18:34, Frank Hanak, Jr. (79th) 3:26:22, Fred Fineske (86th) 3:29:23, and Robert Gantz (137th) 3:51:58.

Several TRRC members, including yours truly, were unable to finish, but all in attendance agreed that this was one of the best marathons we have ever participated in. Help and encouragement was everywhere and the spectator enthusiasm was great! With 409 entrants this year, this marathon is sure to grow and be one to mark on your calendar for 1977. And maybe next year Walt Tucker will even land at the right airport!



Bob Munson stands in front of the registration tent with sons Mike and Robbie, while Lou Wagner, Fred Fineske and Bob Munson relax at poolside following the gruelling marathon.

MILE CHAMPIONSHIP (AUG. 8 - T.U. TRACK)

Our mile championship run was an overwhelming success with seventy-six runners competing in the various age group heats.

In the 9 and under age group Jon Gallaher barely defeated Dean Warshawsky crossing the finish line in 6:59 to 7:00 for Dean. Darin Stewart was third in 7:18 with Jon Noreika finishing fourth in 7:42. Mike Munson went the four laps in 8:40 while 3 yr. old Chance Petiniot toured the distance in 14:16.

In the girls 9 and under, Sara Mason led all finishers in 6:34 with Gwyn Huff and Sue LaPoint finishing in 7:57 and 8:11 respectively. The boys 10-11 age group was won by Joe Pilliod in 6:32, followed by Tony LaPoint 6:40, Tim Trame 6:41, Aaron Stewart 6:57, Gerald Jenkins 7:11 and Rob Munson 7:43.

Sue Kovacs, having just returned from running camp, strided to a 6:16 mile to win the girls 10-11 with Sue Fineske finishing in 8:00. P. J. Petiniot ran a 6:42 mile to win the boys 12-13, while Jennifer Pilliod led the girls in the same age group, clocking a 6:19. Following Jennifer were Julie Mills 7:50, Lisa Fineske 8:01, and Romona LaPoint 8:08.

In the boys 14-15 group, Bill Wagner took first in 5:07, followed by Dave H... 5:18, Pat Jensen 5:22, Gary Mills 6:06, and Mike Sprouse 6:11. Kathy Kaczor won the girls 14-15 and was also the overall female winner in 5:37! Stephanie Eaton was second in 5:57 with Amy Trame third in 6:30, and Sue Edwards fourth in 8:29.

The boys 16-19 age group was won by Gary Bryan who also recorded the fastest time overall of 4:34! John Kaczor, who will be starting his freshman year at T.U. this fall, was next in 4:39. Other TRRC members running well in the 16-19 group were Randy Co... 5:09 and John Trame 5:12. Terrie LaPoint ran a 8:00 mile in the girls 16-19.

Harry Ausderan led the men's 20-29 age group with a 4:37 clocking followed by Dick McCraney 4:47, Ed Lachowski 4:52, Steve Kaczor 4:59 (Steve continues to unveil his hidden talent), Rick Trame 5:43, and one of our newest members, Tom Dwyer, 6:33. (If Tom becomes as proficient at running as he is on the golf course--watch out!)

Char Petiniot took the ladies 20-29 in 9:49. Nice to see more of the ladies running!

In the men's 30-39 Lou Wagner outlasted Dave Mason to win in 5:00 to Dave's 5:04. Paul Warshawsky, figuring to be really strong at one mile, wasn't disappointed as he finished third in 5:16! By the way, Paul should have received the politness award for the day! 440 yds. into the race, bursting with energy and being "boxed in", this plea was heard from Paul, "Would you please let me out?!" Ever improving Frank Hanak Jr. was next across the finish line in 5:22, followed by Stan Huff in 5:26, Jim Petiniot 5:29, Richard James 5:47, Fred Fineske 5:49 and Bob Munson 5:57. (Somebody's been spreading the rumor around that Bob's given up beer at least 'til the Skylon Marathon in Oct.)

Toni Baker ran a great 6:28 mile to capture the ladies' 30-39 group, with Richard James' spouse, Fabianita, completing the four laps in 10:00.

Lou Pilliod out sprinted Jim Edwards to the wire in 5:13 to 5:15 for Jim in the 40-49 with Pat Gallaher third in 5:50. Walt Tucker strided to a 6:13 with Ron Cole not too far behind in 6:22. There were no ladies in the 40-49.

Bob Morris cruised the distance in 7:42 to become the 50-59 TRRC one mile champion. Unfortunately, Sy Mah hasn't joined TRRC yet, but his time of 5:41 is certainly newsworthy. We currently have no ladies running in this age group either.

MONTREAL '76 (BY TOM KOVACS)

The days that we had looked forward to for so long were finally here! Since 1971, when we first signed up for Track and Field New's Montreal Olympic Tour, it had always been in the back of our minds; and, as the years rolled by, it moved steadily toward the front. All the talk about cancelling or switching the Olympics did very little to dampen our enthusiasm. There was just no way, at least in our minds, that "OUR" games would not go on as scheduled.

Channel 30 ran a series called "The Olympiad" and we watched it every week, sometimes twice, so that by July we were primed and ready. The tour included lodging and track tickets, but we also had an opportunity to order extra tickets. We were interested in getting a feel of what the Olympics were really all about so we ordered tickets to the Opening and Closing Ceremonies plus basketball, boxing, both free style and Greco Roman wrestling, cycling, judo, weightlifting, volleyball and both men's and women's gymnastics.

Montreal itself is a tourist attraction with its many fine restaurants, Old Montreal area and "Man and His World". Add to this the Olympic games and we were in for a busy two weeks.

Although our room at the De Province Hotel lacked a lot, it was ideally located downtown and near a Metro (Subway) station and we were able to get around just fine. The Metro, built in 1967 for "EXPO", now Man and His World, was very clean and efficient and had been expanded to include the new Olympic Park. The events were spread around and outside the city at various sites and those that didn't have Metro service had buses running right up to the front door. It was all very convenient.

I'm certain everyone at home who watched the games on TV knows more about what went on, especially with the U.S.A. team than we did, but the feeling and thrill of being there and seeing it live really can't be explained. This was especially true during the pomp and pageantry of the opening and closing ceremonies.

When the African nations protested New Zealand's participation in the games and dropped out, some events and matches had to be cancelled and some of the anticipated duels, especially on the track, never happened. Just after the boycott started, Carolyn and I attended a luncheon where the guest speaker was a sports writer from Kenya, who mentioned that the people who would be most hurt by the pull-out were those new athletes competing internationally for the first time, and who would have most certainly made names and established reputations for themselves. Bayi and Boit will still receive the invitations to International meets, but certainly not Sammy Kipkurgat or the many others like him who maybe could have been even better.

We saw many great performances on the track; Jenner's great win in the decathlon; the women's 4 x 400 relay and, although she lost, Jan Merrill's new U.S. record in the 1500 meter semis. In many cases it seemed that the tremendous crowd response pushed some U.S. runners, especially the women, to leave their best times on the track in the prelims and semis. I personally never warmed up to Lasse Viren, and the last thing I wanted to see, whether it would have been a great performance or not, was for him to beat Shorter in the Marathon. I was emotionally involved in that event having met Kardong and wanting Shorter to repeat. Don Kardong ran his kind of race hanging in to finish a strong 4th only 3 seconds behind Lismont of Belgium (twice an Olympic medal winner).

Our seats varied from day to day and event to event. It was good that we brought along binoculars because one day we were all the way up in the top row of the stadium.

The days passed all too quickly until the only event left was the closing ceremony. We both got a little choked up when "O Canada" was played, the Olympic flag lowered and the Olympic flame was extinguished. As the athletes danced and played on the infield, we resisted the thoughts of leaving the stadium because we knew it would then be all over. During our stay we kept a diary of what happened and with our films and slides we will always be able to relive those days of the 21st Olympiad.

Our future plans do not include Moscow, but in 8 years, no matter where the Olympics will be, our whole family will be there. Do you want to come along?

Vic Tanny 5 Mile

Saturday, August 14, 9:00 a.m. was the date and time of yet another exciting Vic Tanny race! Once again Paul Warshawsky proved to be an outstanding organizer and race director as attested to by all of the over 100 in attendance! Mile marks, splits, guidance and post-race refreshments were in abundance and Paul outdid himself again with an array of many beautiful trophies!

TRRC standout Gary Bryan tied for first place with Wally Rodrigues-- both blistering the course in 25:08! Gary informs me that Wally is soon to become a member which is certainly good news for all of us!

Other TRRC members running well were: (12 and under) Sherrie Matthews - 36:55, Tony LaPoint - 40:09, Tim Trame - 40:25, Sara Mason - 44:10, Susan Kovacs - 45:40, Joe Pilliod - 47:37. (13-18) John Kaczor - 26:36, John Trame - 30:13, Gary Mills - 33:55, Amy Trame - 41:37. (19-24) Gary Bryan - 25:08, Steve Kaczor - 28:11, Rick Trame Jr. - 32:33.

(25-29) Harry Ausderan - 25:41, Rich Lachowski - 25:45, Dick McCraney - 28:43, Char Petiniot - 48:33. (30-34) Dave Mason - 26:38, Lou Wagner - 26:46, Frank Hanak - 29:33, Paul Warshawsky - 30:02, Richard James - 33:36, Rich Blickle - 35:42, Tom Kovacs - 37:00.

(35-39) Stan Huff - 30:17, James Petiniot - 30:42, Fred Fineske - 33:34, Bob Munson - 38:24.

(40-49) Jim Edwards - 29:11 (good to see Jimmie getting back into form), Lou Pilliod - 29:29, Pat Gallaher - 32:15, Dick Trame, Sr. - 34:47, Walt Tucker - 35:45.

(50 & over) Len Dybala - 36:11, Robert Morris - 41:51. The top five female trophy winners were: Kathy Kaczor, 15 - 32:46; Stephanie Eaton, 15 - 35:16; Bonnie Trame, 16 - 37:52; Marrienne LaPoint, 16 - 38:53, and Jennifer Pilliod, 13 - 40:25.

Our congratulations to Paul Warshawsky and his staff of fine helpers for another great race!

AUGUST ROADRUNNER MEETING - BILL EMMERTON (BY RICHARD JAMES)

For the August meeting of the TRRC a delightful setting was afforded through the generosity of Churchill's at the Monroe St. location. The food was ideal for the running diet, consisting mainly of fruits and vegetables. With the excellent Vic Tanny race having been run in the morn, the members could indulge with clear consciences without fear of undoing a racing performance. TRRC is very grateful to Churchill's for what they have done for TRRC and running in Toledo.

An additional treat was in store as the great Bill Emmerton graced our presence. The way he moved with ease among the members--talking with and answering questions--was a measure of the type of man he is for he has been with world famous figures and is sought after for his knowledge. Following dinner he gave a talk concerning fitness, showed his "Death Valley Run" film, and answered more questions. Despite his humility, Bill is a most impressive man. His running feats and writing have influenced many people who have wondered what type of man is Bill Emmerton. In the March, '73 Runner's World is a photo with his article. The glint of his eyes is intriguing. Is it the merry twinkle of a superbly conditioned being or is it the mischievous gleam suggesting "women of the world, prepare; unconditioned husbands, beware?!" Those at the meeting learned it was both. Gents, keep running!!!

Bill is qualified to speak of fitness because he has the academic credentials and the tremendous base allowing for his long runs in Australia, England, Canada, and the U.S.A. What he said was known, in part, by some whose views were reinforced, but all were enlightened in some way. He spoke and gesticulated in a dynamic manner; hence, one reason he motivates. Likewise, he recommended our running, once we're conditioned, be dynamic and sustained. We needn't "swish along like a blippin' fairy". Such were undertones of Newton, Cerutti, Perry, Lydiard, et al with the first having influenced the others. The clear message, known as aerobics, is that sustained exercise strengthens the heart and lungs allowing for more O₂ in the cells which yields more energy which ultimately builds endurance and stamina. His own pulse, after his first year of running, went from 72 to 52 and at 44 yrs. was 38.

With its vast array of human and material resources, Bill said the U.S.A. could, and should, be at the forefront of distance running in the world. However, this great potential has yet to be realized and the assets are squandered. Too many people eat garbage and too much of it. Meat is a killer. In India the people exist on meager diets but can run 10-15 miles easily. Ghandi walked great distances but subsisted on fluids. In the U.S.A. too many "fat slobs" die from exertion so mere as coitus.

In California he was impressed with the numbers of runners who persist despite the filth of smog. In Santa Monica on a steep hill he met a couple in their 80's who ran. Age is no handicap! Micki Gorman, past 40, has run a 2:47 marathon. Mileage counts. A 54 yr. old chap ran that many miles on his birthday after build-up and now runs farther. Snell ran a 2:22 marathon in daily training runs. Clarke covered 20 miles/diem in three sessions. He held world records from 5 to 20 km. However, one long sustained run a day is preferable. Ultimately, however, specificity is the essence. Sub-marathon distances require speed training while ultra marathoners need LSD ad infinitum. The more the better. Finally, he said all distance runners can benefit from the hills. Needless to say, TRRC was highly impressed with such a man, grateful for his contributions, and hope to see him again soon.

The "Death Valley" film showed Bill during the gruelling feat that required 25 hrs. over two days in temperatures at 120°F and a constant supply of water. He had covered 30 miles/diem for 8 wks. prior to the endeavor.

A brief meeting followed the program. Mr. Emerton was made an honorary member of the club. Thereafter, those so inclined went to Big Al's and were entertained by J.B. and Co. who did their bit for nostalgia with imitations of Presley, Cash, and the Singin' Brakeman, Jimmie Rogers. President Louie Wagner demonstrated his agility with a rendition of the "Barroom Sprawl" and "Cocktail Spill". A good time was had by all. Hubba, hubba!

SEPTEMBER MEETING

The Friendship Park Shelter House has been reserved from 7-11:00 p.m. for Saturday, September 4's TRRC meeting. The potluck will be at 7:00 with a business meeting following.

DELTA RUN - SEPTEMBER 25

Dave Mason has details on a run planned for Saturday, Sept. 25 in Delta. This run does not appear on our schedule, but is sure to be a good one.

PROFILE

Louie (Lou) James Wagner
109 Oak St.
Swanton, Ohio 43558

Born Oct. 24, 1943 in Swanton, Ohio (32 yrs. old)
5'7-1/2", 140 lbs. - Machine Operator
Wife - Diane (31), daughter - Wendy (11) - son - Kurt (3)

Racing: 880 yds. - 2:08 ('61), mile - 4:37 ('61), 5 mile - 26:46 ('76),
10 K. 33:36 ('74), 10 mile - 55:32 ('74), 13.1 mile - 72:50
('73), marathon - 2:38 ('74).

Training: 5-6 days per wk., 50 miles per wk., approx. 8 mos. a yr.
70 miles per wk. approx. 2 mos. a yr. Usually 2 mos. of
30 or less per wk. Ran mile and half mile Senior yr. of
High School. Began jogging at age 26 after ballooning to
185 lbs. Enjoy running for sake of running--competition
and many friends acquired through running. Enjoy degree of
fitness.

Diane is presently jogging 1 mile 4-5 days per wk. She appreciates the results (fits into size 7 for the first time since High School).

Wendy dislikes jogging but enjoys swimming.

Kurt always wants to go running with Dad.

