



TOLEDO ROADRUNNERS

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

Volume II, Issue X - October 1977

November Meeting

Date: Saturday, Nov. 5. Time: fun runs at 5:00 p.m., potluck at 7:00, meeting at 8:00. Location: Friendship Park Shelter House, Point Place.
Items of importance: Nomination of 1978 officers with elections at December meeting. Deadline for new ideas and/or amendments for '78 Winter and Spring schedule.

Instead of a slide presentation at the October meeting we were entertained by Sy Mah who showed a movie on women's fitness through aerobics narrated by Millie Cooper, wife of Dr. Kenneth Cooper. A movie showing the last olympic trials marathon will be shown at the November meeting if we receive it in time.

Vic Tanny Half-Marathon Results (Males)

Sept. 25th. Sunny, dry, 75°, flat course. There were 115 starters with 92 finishing the race.

1. Denny Stefanich	Age 21	72:04	33. John Forrest	44	86:57
Wally Rodriguez	23	72:04	34. Charles Sprandel	43	87:00
2. George Guins	34	72:41	35. Mark Hessel	28	88:03
3. Lou Putnam	31	73:19	36. Steve Kaczor	22	88:03
4. Lou Wagner	33	74:07	37. Paul Mallue	25	88:06
5. Bill Stewart	34	74:07	38. Fred Holtappa	49	88:25
6. Mike Markley	25	74:36	39. Jack Schendel	45	90:01
7. Al Ruffner	28	76:02	40. Steve Schmidt	16	90:57
8. Angel Campesino	30	77:21	41. Henry Taylor	43	92:00
9. Dave Mason	34	78:05	42. Del Russell	40	92:27
10. George Peuhl	29	79:00	43. Bob Chmelik	34	93:12
11. Craig Harms			44. S. Cooke	27	93:31
12. Aaron Leitner	16	79:39	45. John West	48	93:39
13. Phil Ford	41	80:01	46. Kathy Bryant	15	94:02
14. Monte Prosser	18	80:28	47. Ron Cole	45	94:17
15. Bob Mersy	29	80:48	48. Paul Sczannicki	14	95:11
16. Norm Roof	40	81:46	49. Craig Leitner	26	95:35
17. Dave Kelley	24	81:53	50. Rick Trame	24	96:38
18. Tom Balon	25	81:53	51. Margaret Frericks	16	97:00
19. Fritz Yunk	24	82:14	52. Neil Nord	41	97:16
20. Jerry Miller	36	83:02	53. Steve Ciccattelli	30	97:29
21. Mark Cromwell	17	83:09	54. Bill McGahey	32	98:04
22. Jim Schafer	30	83:22	55. Dick Heberling	54	98:22
23. Lynn Greenler	27	83:29	56. Alan Janrowski	23	99:20
24. Jim Petiniot	39	83:47	57. Jeff Myers	16	99:24
25. Ben Widmer	28	84:25	58. Rich Blickle	35	102:42
26. Jim Rockovich	41	84:36	59. Stormi-Ann Guntsch	9	102:45
27. Randy Cole	19	85:03	60. Judy McLaughlin	21	103:51
28. Dave Kafer	38	85:10	61. Bobby Henderson	32	103:51
29. Frank Hanak	35	85:27	62. Walt Tucker	42	103:58
30. Doyle Carpenter	38	85:37	63. Dave Sprandel	35	103:58
31. Dick McCraney	31	86:23	64. Eric Christiansen	46	105:11
32. Mike Haninger	29	86:32	65. Ken Behan	34	106:46

PRESIDENT - Fred Fineske
1707 Eastfield
Maumee, Ohio 43537

1977
OFFICERS

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

66. Fred Yunck	61	107:12	79. John Cook	36	112:27
67. Earl Britt	24	107:20	80. Omer Holman	51	113:58
68. Lawrence Solak	22	107:23	81. John Hojnacki	26	117:14
69. Charles Creutz	39	107:56	82. Dave Holden	21	120:21
70. Ron Charles	28	108:21	83. Steve Powers	25	122:55
71. Judy Cooper	29	108:25	84. Laura Redd	15	127:10
72. Tony LaPoint	12	108:25	85. Stacy Forrest	13	129:40
73. Len Dybala	60	108:48	86. Jack Forrest	9	129:40
74. Amy Warner	15	110:06	87. Ed Gorlewski	64	131:14
75. S. Dunsmore		110:42	88. Rene Forrest		137:31
76. Jim Opperman	20	110:43	89. Jerry Powers		150:29
77. Shirley Taylor	44	111:14	90. Bill Bucchette		152:11
78. Richard Phillips	26	112:25			

Paul Warshawsky is still recovering from encephalitis (watch out for bugs!) and won't be allowed to resume running for awhile yet. However, he is back at work and is feeling much better. Paul and Mary Lou both wish to extend their sincere thanks for all the thoughtfulness expressed by friends and fellow runners during this trying experience.

We all know how our neighbors and non-running friends or business acquaintances think we're a little weird or are certain we're killing ourselves by running all the time! Well, Paul is no exception, since upon hearing of his illness one neighbor asked Mary Lou, "Is it true Paul's chest caved in from all that running?" While yet another thought he had syphilis! Won't these pilgrims ever learn?!

Women Only

Approximately 500 women participated in Bonne Bell's Oct. 9th 10,000 meter race in Lakewood, Ohio. Instead of women on the side lines cheering on the men, it was the fathers, husbands and boy friends cheering for their favorite female runner! As reported by Shirley Taylor, great comraderie and excitement was experienced from start to finish among all who participated.

Jackie Cameron, in her first race ever, finished in 67:18, while Char Petiniot ran a personal best of 56:21! Shirley Taylor completed the distance in her best time ever of 43:48--good for 6th place in the 40 and over division, and Jeanne Miller also ran a personal best in touring the course in 60:24! Other women participating from the Toledo area were: Mary Connell (68:22), Mary Ellen Smith (57:47 - her first race), and Lyn Goetz. The overall winner was Beth Sheridan (17) of Poland, Ohio in 34:17, while Mary Czarapota (42) from Wisconsin was first over 40 in 38:58. Weather conditions were cold and windy.

Cleveland Heart-a-Thon - Sept. 10th (By Diane Hires)

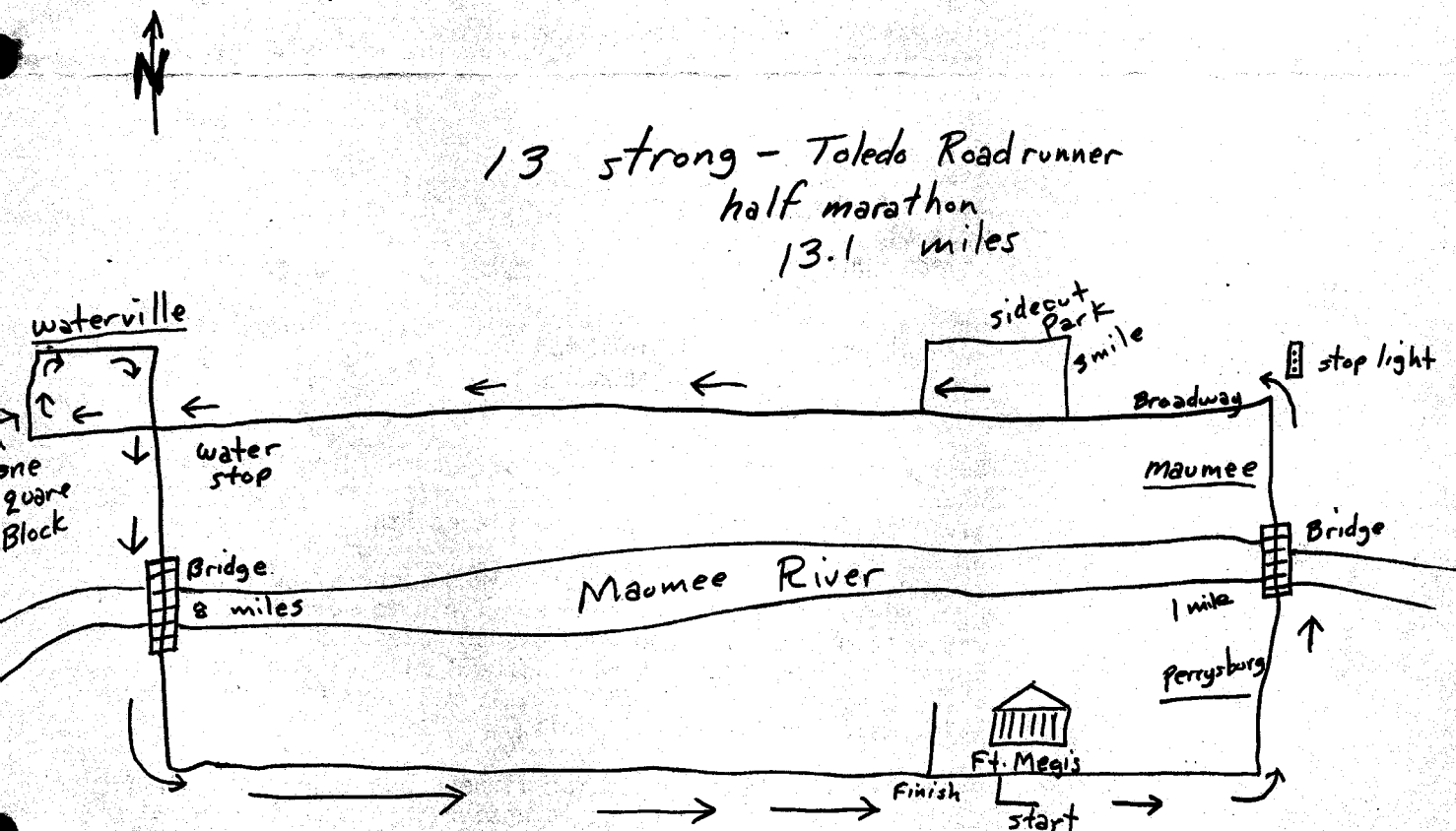
The Cleveland Heart-a-Thon was the most exciting race I've ever experienced. Although I didn't train to race it, I went to give Cindy Baker (TRRC member from Chagrin Falls and an old school friend) moral support for her first try at 13.1 miles. She did really well, completing it in 2 hrs. 2 min. non-stop. She was so happy she cried! There were 2,100 entered and we were 521 out of 1,500 finishers.

The excitement stemmed from the presence of Frank Shorter, Bill Rogers and Jack Fultz. Rogers won with a time of 1:04.29 and Shorter came in 29th due to a sore leg. Only 36 women were entered in competition and we would have placed a lot of Toledo women, especially in the masters division.

At the awards we found ourselves next to Hal Higdon and he tolerated me taking his picture. My 200 mm zoom lens brought me close up for some great shots, but now I'm not sure what to do with 29 pictures of Bill Rogers!! It was fun talking with these "super stars"--the friendliest and warmest by far were Bill Rogers and Jack Fultz.

The race was extremely well organized with the Boy Scouts at four water stops and times given at 1, 2, 5 and 10 miles. The course was flat and interesting through and around downtown Cleveland, and the spectator enthusiasm was tremendous the entire way. There were three separate finishing chutes--men competitive, women competitive and fun runners (that's us!). Our Cancer Run was every bit as organized and well planned, but I'm convinced to draw such large crowds you need big names.

After the race, Cleveland's annual Rib Burn-off was beginning only a half block away. Two hundred cooks vie for the best ribs in town and most of the runners were there--eating a lot as usual! While we were stuffing ourselves, a Cleveland Plain Dealer reporter interviewed us and Monday on the front page Cleveland found out what a Toledo Roadrunner thought of the race, ribs and downtown Cleveland! I thought it was all great, and I'd like to see more of us there next year!



Profiles: Leonard Richard Dybala
1082 Craig Rd.
Maumee, Ohio

Born: March 21, 1917 in Toledo - 60 yrs. young.
Occupation: Mechanic
Wife: Arnese
Children: Dave (35), Lynnel (30), Darlene (25), Randy (21)
(Randy is a fitness jogger.)
5'10½" - 162 lbs.



Len graduated from Scott High School in 1936. He played football for 3 yrs. and was offered a scholarship to Ohio University.

At age 56 Len started jogging around his back yard for fitness, but didn't feel this was doing much good. When he joined Vic Tanny he became interested in logging miles. Len, who is the oldest TRRC member, says he now enjoys the competition, travelling and meeting new people at races. He has accumulated 35 trophies thus far--two of them for the oldest finisher. In addition he logged 108 miles in the '76 8 hr. Pepsi Bike Marathon and 112 miles in '77!

Len averages 40-50 miles per week, most of it LSD (long, slow, distance). His best times are: 1 mile 6:51 ('77), 2 mile 14:19 ('77), 5 mile 40:38 ('77), 10 K 46:38, 10 mile 80:42, 1/2 marathon 108:48 ('77). His first marathon was on his 59th birthday (4:05), and the '76 Glass City Marathon was his 2nd (4:03:39).

George Peuhl
1234 Slater
Toledo, Ohio

Born: Nov. 28, 1947 in Toledo.
Occupation: Tool and Die Maker
Daughter: Missy (8) - jogs one mile runs.
5'7" - 145 lbs.



George began running in his Junior year of High School where he ran the ¼ mile, ½ mile and mile. He went to State in cross country where he placed 8th.

George, who was one of the first TRRC members, currently runs 40-50 miles per wk. back and forth to work (LSD). His most mileage for one week was 90 miles. His best times are: ¼ mile 52 secs., ½ mile 1:56, 1 mile 4:18, 2 mile 9:30, 5 miles 26:00, 10 K 32:00, 10 miles 53:02, ½ marathon 1:14, marathon 2:54 (only finish).

George says he runs mostly for fitness but enjoys the competition. Besides running he is active in bicycling and was a state cross country skiing champion last year.