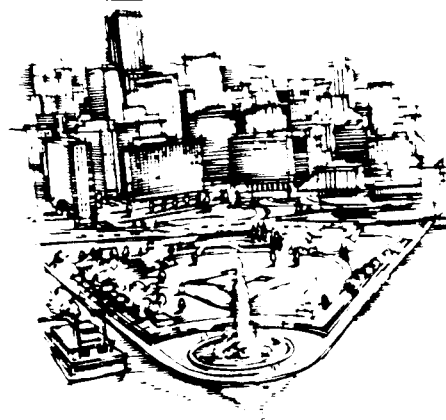




NEWSLETTER



ALLEGHENY MOUNTAIN/GREATER PITTSBURGH ROAD RUNNERS CLUB

SPRING 1986

Chautauqua New York - This past winter the annual Chautauqua cross-country ski marathon had at least 2 club members who completed it, Andy Gero and Jim Hoburg. Congrats! In past years Cliff Ham, Ken Balkey and Tom Henry have completed this well run ski race. The course was shortened somewhat this year due to warm weather and rain.

The Last Shall Be First and the First Shall Be ? - A little birdie has informed the editor that two club members have not only finished first and last in our club's monthly runs, but they did it in the same run!! Yes, amazingly Andy Gero and Peggy Hoburg finished one of our runs in both first and last place, at the same time. My hat is off to you two. If any club member has any other amazing feats (feets) worth mentioning, please place them in an envelope and address them to: That's Incredible, c/o Jim Enright, 2123 Whited St., PA 15210.

Frank Shorter, William Perry & Frederick Banting - Two of three men previously mentioned are readily recognizable "heroes" in the USA. Shorter for his running skills, Perry for his refrigerator antics on the gridiron. But Frederick Banting?? Banting in 1922, received the Nobel Prize for Medicine honoring his discovery of insulin. Reading an article in a science book reminded me of my trivial knowledge of sports and general lack of knowledge of Nobel Prize winners. Am I just a dumb jock who has no concern for what is truly important in life, but who revels in his sports knowledge. I hope not! I get kidded by non-runners who question my time spent perusing the sports pages and studying high school track results or road race results. Do I consider it more important that "the Frig" scored a TD in the Super Bowl than Mr. Banting helped control diabetes?? Naw. I just happen to be a normal American who is inundated with sports trivia and who happens to read about Nobel Prize winners in the two inch paragraph, on page 2, once every year.

The Butler 10km - The most competitive 10km in the Pittsburgh area will be held Saturday June 28th in Butler. An honest course (one tough hill), with down home friendliness make this a don't miss race. The course age group records follow:

MEN:

Open - Malcolm East 29:42
14&u - Larry Shaffer 34:39
15-17 - John Thomas 32:49
18-21 - Joe Come 30:26
22-29 - Joe Worden 31:24
30-39 - Ken Judson 31:31
40-49 - Bill Reilly 32:48
50-59 - Don Adams 36:28
60&o - Lou Lodovico 41:06

WOMEN:

Open - Tammy Donnelly 34:11
15&u - Allison Kotouch 38:15
16-18 - Allison Kotouch 37:17
19-29 - Colleen Snyder 36:09
30-39 - Barbara Filutze 36:18
40-49 - Mary Jo Neff 41:47
50-59 - Margretta Lutz 46:48

Butler 10km (cont.)

Top ten open times:

Women:

34:11 Tammy Donnelly '85
 35:32 Tammy Donnelly '84
 35:32 Sue Crowe '81
 35:47 Patty Weldon '85
 35:53 Jennifer Colgrave '85
 36:09 Colleen Snyder '85
 36:18 Barbara Filutze '85
 36:27 Mary Alico '84
 36:28 Kitty Consolo '80
 36:35 Colleen Snyder '84

Men:

29:42 Malcolm East '83
 29:45 Sam Bair '76
 29:49 Malcolm East '82
 29:53 Bob Petrini '83
 30:06 Dennis Rice '84
 30:07 Don Freedline '83
 30:13 Don Norman '82
 30:21 Malcolm East '85
 30:22 Carl Hatfield '78
 30:22 Steve Spence '84

Butler will be offering prize money this year, for the first time. There is also a picnic held after the race!

Comments : I would appreciate any comments from club members on the inclusion of course record data (e.g. Butler 10km in this newsletter). The editor happens to be a stat freak but he does not want to bore - yawn - everyone else if there is no interest. Do you want more info on future races and their age group records? Or do you want only our club results? I could also include race results during the year if there is any interest.

Summertime, summertime, sum, sum, summertime... Entries are crashing into my mailbox for the 2nd annual "go as you please" track run. The field swells daily for this infamous ultra. If you would like to join this mentally deranged group for 2-8 hours of walking, jogging, slogging, and shuffling please let Jim Enright know by the first week of July. Remember the 8 hour run(?) begins at 5 a.m. and the 1 and ½ hour runs begin at 9 a.m. Each hour another run starts-6,7,8 a.m. No serious training is allowed and walking is a must. You count your own laps. I've asked Larry Kuzmanko for his expert advice on how to schedule the run at Keyston Oaks without interfering with church services, on July 13.

Picnic - Do not forget our annual picnic on August 30th, after the run at Settler's Cabin Park. It is a covered dish affair, as usual; just bring something scrumptious and get your tummies in shape!!

Vintage Run - The 6th annual vintage 5 miler was won by Jordan Bisceglia, age 60, in 31:08. This annual race is for adults over 55!!

The Great Ride - Yes, the great ride, not the great race, is coming up on Sunday June 22nd. This is a unique bike touring event that raises money for Children's Hospital. This year's event starts at Schenley Park, Schenley Oval, with a 50 mile ride, at 9 a.m. There will also be a 25, a 15 and a 7 mile ride. Additional rides for children will take place over obstacle courses, an all terrain ride and a big wheels course. If you need an entry form I can make copies.

Carrick, Breeding Grounds for Distance Runners? - You've heard of Eugene and Boulder as distance meccas but how about Carrick! Yes, that hilly little part of the city rising above route 51 has some tough runners this year. In high school, watch for Chris Rauber of Central Catholic, Melanie Wiseman of Carrick High and Wilbert Bailey of Carrick High to excel at the state championships. Wiseman and Bailey won the 1600 at the Baldwin Invite and should win the city 1600 title. Rauber should beat an improving Paul Friedrich of Bethel in the WPIAL 3200 and have a good shot at the state title.

Rusty Toolin Memorial 5km
 Boyce Park
 Weather: mid 40's
 Race Director: Bill Phelps

5km

| | | |
|-----|---------------------|-------|
| 1. | Rick Wolfson | 16:28 |
| 2. | Dan Holland | 16:56 |
| 3. | Tom Holland | 17:55 |
| 4. | Jason Baim | 18:08 |
| 5. | Mark Hunkele | 18:32 |
| 6. | David Hayden | 18:55 |
| 7. | Jim Hoburg | 19:12 |
| 8. | Steve Bence | 19:45 |
| 9. | Jim Enright | 19:54 |
| 10. | Jim Caskey | 19:56 |
| 11. | Dan Taylor Jr. | 21:03 |
| 12. | Dan Taylor | 21:06 |
| 13. | Monty Miller | 21:39 |
| 14. | Ryan McGuire | 22:01 |
| 15. | Richard Morrow | 22:03 |
| 16. | Paris Minard | 22:07 |
| 17. | Clifford Greenfield | 22:09 |
| 18. | Amos Selavan | 22:25 |
| 19. | Tim Harris | 22:43 |
| 20. | Harry Holland | 22:44 |
| 21. | Andrew Gero | 23:02 |
| 22. | Tom Mains | 23:04 |
| 23. | Denise Weimer | 23:14 |
| 24. | Don Lenz | 23:29 |
| 25. | Rollin Geddes | 23:37 |
| 26. | Martin Shivy | 24:08 |
| 27. | Frank Malick | 24:38 |
| 28. | Jennifer Taylor | 25:16 |
| 29. | Taeza Baynes | 25:17 |
| 30. | Vicki Airhart | 25:54 |
| 31. | John Westendorf | 26:29 |
| 32. | Dale Lynn | 26:52 |
| 33. | Al Eppihimer | 27:11 |
| 34. | Ray Gallagher | 29:03 |
| 35. | John Bifulco | 29:12 |
| 36. | Dena Holland | 30:57 |
| 37. | Al Fellers | 32:59 |
| 38. | Peggy Dapra | 34:10 |
| 39. | Kristin Burgard | 34:47 |
| 40. | Marty Fellers | 34:57 |
| 41. | Vivian Kucherer | 34:57 |

1 Mile

| | | |
|----|--------------|-------|
| 1. | Mary Brown | 12:44 |
| 2. | Donna Taylor | 14:16 |
| 3. | Penny Geddes | 19:27 |

2 Mile

| | | |
|----|--------------|-------|
| 1. | Erica Garner | 22:15 |
|----|--------------|-------|

**** \$150 was contributed to cancer research from the participants of this run, in memory of Rusty Toolin.



John Beale/Post-Gazette

ST. VALENTINE'S DAY ROAD RUN

Mt. Lebanon, PA.
Sunday - Feb. 16, 1986
Cool - Flurries

5 Mile Race

| | | |
|------------------------|----|-------|
| 1. Warren Miller | 16 | 27:48 |
| 2. Dan Holland | 16 | 27:58 |
| 3. Dan Driskell | 35 | 28:08 |
| 4. Horst Endress | 35 | 28:33 |
| 5. Steve Talley | 15 | 29:04 |
| 6. Ralph Ross | 49 | 29:56 |
| 7. Tom Holland | 23 | 30:57 |
| 8. Wayne Evron | 30 | 31:04 |
| 9. Mark Hunkele | 14 | 31:48 |
| 10. Jim Caskey | 39 | 31:57 |
| 11. Doug Anderson | 25 | 34:09 |
| 12. Steve Bence | 30 | 34:24 |
| 13. Bill Hoon | 40 | 34:54 |
| 14. Bruce McGlothlin | 39 | 37:14 |
| 15. Bruce Brennan | 44 | 37:35 |
| 16. Ed Hall | 51 | 37:37 |
| 17. Amos Selavan | 49 | 37:45 |
| 18. Keiko McDonald (F) | 46 | 37:59 |
| 19. Dean Haney | 55 | 40:10 |
| 20. Russ Sheldon | 37 | 40:44 |
| 21. Andy Gero | 37 | 40:53 |
| 22. Connie Hoon (F) | 37 | 41:02 |
| 23. Harry Holland | 49 | 41:35 |
| 24. Dick Haggerty | 59 | 41:58 |
| 25. Jolene Ross (F) | 46 | 42:08 |
| 26. Rollin Geddes | 47 | 43:04 |

2 Mile Run

| | | |
|-------------------|----|-------|
| 1. Cathy Brennan | 45 | 20:27 |
| 2. Lauri Anderson | 25 | 20:29 |
| 3. Mary Brown | 41 | 26:20 |

Race Director: Monroe Miller
Helpers: Jan~~e~~ Bean
Casey Brennan
Al Fellers
Marty Fellers
Mary Harwic~~h~~

Tom Henry
Vivian Kucherer
Harvey Kucherer
Jim Thompson