

On Running by Bruce McGlothlin

The fall season is now in full swing, with the countryside ablaze with such beautiful and gorgeous colors. It is often a nice feeling to get out to walk or run just to appreciate nature's unique and glorious performance during this time of year.

Instead of concentrating on how fast or how far we run, it is always fun to break up that constant monotony with looking around to notice little things that are often overlooked during these runs -- falling colored leaves, a glorious sunset, a passing friend, the soft dirt on a little-used path - whatever it is. Usually these are things we pay little attention to. How unfortunate!

We are usually too busy to stop and consider that we are entering a relatively different experience on a run during a particular day that will never be quite the same. It is invigorating to lose yourself in such an event, which makes you appreciate what you have. No matter what your daily problems - whether it be job, money, illness, injury or just plain boredom with our situations - nothing can begin to replace that ultimate feeling of being you, even with all our failures, in this remarkable and unique world. It is a good world that may not always treat us the way we expect it to. But that is the world we live in.

Hopefully, our running/walking has given us the physical, psychological, and spiritual strength to approach our lives in a much more positive and rewarding way.

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It is quickly approaching the end of 1988 and I will soon be making the schedule up for our runs in 1989.

In the past, we have always experienced difficulty recruiting race directors. Being a race director is not as difficult as it used to be, with the small numbers of runners we attract. Remember we are fun runners, not professionals (except for Jim Enright and Tom Henry). In fact, it is fun! Think of all the power you have. People running at your beck and command! It also counts as two races for the Championship Club.

If you can possibly spare the time, you can choose your month, place and time. We'll get the permit.

Please call me during the next month or so at 348-6012 (evenings) or see me at one of the races. We would really appreciate it. Thanks.

Bruce McGlothlin

June 12, 1988

Schenley Park Sizzler

Acting Race Director: Andy Gero

Helpers: Mary Brown, Al Eppiheimer, Georgette Lacey, Tom Mal

10 km

1.	Dan Driskell	37	33:27
2.	Mark Studnicki	31	34:25
3.	Dan Holland	19	36:23
4.	Ray Sanchas	37	38:37
5.	George Ketterer	31	40:03
6.	Jim Hoburg	41	40:30
7.	Ronald Romanoff	31	40:47
8.	Nancy Griffin	26	41:17
9.	Jim Lacey	54	41:30
10.	Tom Mal	39	43:59
11.	Tom Henry	46	44:29
12.	Ed Phillips	43	45:41
13.	Mike Younkin	37	45:56
14.	Greg Katsor	29	46:30
15.	Ron Hannan	37	46:46
16.	Michael Weir	45	47:33
17.	Cynthia Sanchas	33	47:45
18.	Bill Hoon	42	47:49
19.	Ken Holtz	32	49:03
tie	Ron Jefferson	-	49:03
21.	Val Prescop	49	49:55
22.	Harry Holland	51	52:13
23.	Dick Haggerty	61	55:10
24.	Lawrence Doyle	46	60:34

4 Mile

1.	Bob Eppiheimer	18	14:59
2.	Georgette Lacey	50	15:20
3.	Alan Forney	40	16:56
4.	Ed Hall	54	18:14
5.	Cliff Ham	64	24:35
6.	Viv Kucherer	59	24:35

1 Mile (approximate)

1.	Mary Brown	44	20:13
2.	Peggy Hoburg	40	28:25
3.	Russ Hoburg	0+	28:25
4.	Woody Hoburg	2+	28:35

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Remember when ...

Remember when the Great Race was fun and not a hassle?

Remember when you had spring in your legs before you started distance running?

Remember when there were no races in Pgh. except the road runners monthly races and the Golden Triangle 13 miler?

Remember when race results were mailed out within a week?

Remember when half the courses you ran were short?

Remember when most races started around noon, even when it was 90 degrees, just like Boston?

Remember when there was no such thing as cross-training, just running?

Remember when "Runner's World" was a good magazine, not a yuppie fad with pretty gadgets for pretty people?

Remember when people ran the original 10k in Schenley Park?

Remember when you could ride your bike or run in one lane of Corrigan Drive, without being harassed by the police?

If you remember all of the above, then you are definitely an old running fart! \* Jim Enright \*

## 4th ANNUAL DARWIN'S DOG DAYS OF SUMMER 6 HOUR ULTRA

July 17, 1988

Weather : mid 80's at the start; mid 90's at the finish; extremely humid  
 Location: Pittsburgh PA; Schenley Park; Schenley Oval  
 Course: 1 km dirt loop, flat, uncertified  
 Race Director: Jim Enright

<u>Name</u>	<u>State</u>	<u>Age</u>	<u>Marathon Split</u>	<u>Final Distance in Miles</u>
1. Chris Gibson	PA	35	3:02:52	50.0
2. Dahn Shaulis	PA	27	3:03:52	47.4
3. John Giovengo	PA	42	3:20:22	44.4
4. Larry Tabachnick	MD	41	3:31:37	43.1
5. Keith Brophy	VA	26	3:27:25	41.8
6. Ted Massa	PA	31	3:50:50	40.0
7. Charlie Jelley	PA	32	4:03:05	36.2
8. Charlie Danielson	PA	34	4:22:05	35.0
9. Ray Sanchas	PA	37	3:40	33.0
10. Ed Hall	PA	54	4:29:35	33.0
11. Bruce McGlothlin	PA	41	4:38:05	32.4
12. Keith Hileman	PA	39	3:56	32.4
13. Bill Beck	PA	50	4:44	31.8
14. Greg Helbig	WV	32	3:39:50	31.2
15. Doug Landsittel	PA	18	4:00	31.2
16. Joe Dietrick	PA	32	4:18:24	31.2
17. Joe Morgovich	PA	28	5:00	31.2
18. Rex Wilson	VA	46	4:40	30.0
19. Bruce Shettel	PA	38	4:27:05	28.1
20. Andy Gero	PA	40	5:12:30	28.1
21. Sy Mah	OH	61	4:15	26.8
22. Dave Kaufman	PA	17	5:19	26.2
23. Ester Dennis <u>F</u>	MD	51	-	25.0
24. Tom Mal	PA	39	-	20.6
25. Bill Ware	PA	33	-	20.0
26. Monty Miller	PA	40+	-	4.5
27. Mary Brown <u>F</u>	PA	40+	-	3.1

HOT! Hot as in body sapping hot. HOT! Hot as in heated competition. The temperature at the 5:30 a.m. start was 85 degrees with about 80% humidity! Around 9 a.m. it was in the 90's! Due to excellent handlers and intelligent running, nobody experienced heat exhaustion. About one third of the 1 km loop was shaded to offer some relief from the sauna conditions, and a mysterious summer wind emerged after about 4 hours of the competition, offering a slight cooling effect.

Chris Gibson offered a clinic in smart pacing with his evenly paced win. After 10 miles, Gibson led by 3 minutes at 1:12:20. By 15 miles he extended his lead to almost 4 minutes. Dahn Shaulis made a drive after Gibson from 15 miles until 20 miles, running these 5 miles in 32:45. Gibson slowed just slightly but it was enough for the hard charging Shaulis to catch Gibson. These two ran together for about 3 miles before Gibson's grinding pace took its toll. Gibson built up a 1 minute lead at the marathon point (3:02:52 to 3:03:52) that only widened by the finish.

Both Gibson and Shaulis broke the old course record. John Giovengo held off Larry Tabachnick for third place and the last home-made pie award. Giovengo has now captured a 1st place in 1986, a 2nd place in 1987 and now a 3rd in 1988. Ed Hall placed first in the over 50 division and the tireless Sy Mah captured first in the over 60 division. Watermelon, chocolate chip cookies and pop were wolfed down at the conclusion of this \$2 bargain race.

August 14, 1988 ANNUAL PICNIC RUN

South Park Weather - high 80's to mid 90's, extreme humidity, yuk!

Race Director - Tom Mal

Helpers - Andy Gero, Mary Brown, Marlena + Michele + Jeffrey + Henry Mal

10 km

1.	Wayne Evron	34	41:08
2.	Jim Hoburg	41	41:29
3.	Jim Enright	36	45:42
4.	Bill Hoon	42	47:07
5.	Tom Henry	46	48:41
tie	Roland Jefferson	43	48:41
7.	Keiko McDonald	40+	49:55
8.	Ron Hannan	38	50:05
9.	Ed Hall	54	50:18
10.	Al Eppiheimer	41	56:57
11.	Doug Jefferson	39	58:42
12.	Dick Haggerty	61	58:51
13.	Jane Bean	-	58:53
14.	Bruce McGlothlin	41	59:10

2 Mile

1.	Jim Caskey	42	11:59
2.	Tom Mal	39	13:35
3.	Andy Gero	40	16:39
4.	Vivian Kucherer	59	28:09
5.	Mary Brown	44	28:09
6.	Harvey Kucherer	40+	fun-walk

Special thanks to Henry, Jeffrey, Michele + Marlena Mal for their pre-race performance of the star spangled banner, and the firecracker start!!!