

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 or 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 on 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

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 \*

