

ALLEGHENY MOUNTAIN/ GREATER PITTSBURGH ROAD RUNNERS CLUB  
 NEWSLETTER WINTER 1988

January 17, 1988

South Park Snowflake Seven Miler

Race Director: Bruce McGlothlin

Helpers: Dick Haggerty

Weather: High 40's overcast

7 Mile

1. Dan Holland	18	41:42
2. Bernie Doerlig	27	43:49
3. Wayne Evron	32	44:31
4. Ray Sanchas	37	44:41
5. Jim Hoburg	41	45:51
6. Jim Lacey	53	46:29
7. Jim Caskey	41	46:38
8. David Hall	31	47:21
9. Tom Mal	40	51:23
10. Clancy Green	30	51:51
11. Lee Keller	38	52:04
& Attila		
12. Georgette Lacey	50	52:06
13. Tom Henry	46	52:58
14. Denny Boerner	40	53:27
15. Ed Hall	53	53:34
16. Amos Selevan	51	53:37
17. Keiko McDonald	48	54:27
18. Charles McDonald	52	54:38
19. Mary Ellen Shea	40	54:40
20. Mary Benedetti	44	54:41
21. Joe Morgovich	28	55:08
22. Harry Holland	51	56:10
23. Chris Manns	31	56:33
24. Andy Gero	39	57:33
25. George Watzlaf	29	57:36
26. Ron Hannan	39	57:59
27. Rick Hammace	33	58:04
28. Doug Sikora	28	58:48
29. Don Laws	52	58:50
30. Rich Fisher	36	59:33
31. Richard McClain	37	59:47
32. Frank Romano	35	59:50
33. Jack Wise	52	61:04
34. Jorge Madrigal	42	61:15
35. Valerie Watzlaf	30	61:20
36. Bob Eppihimer	17	62:58
37. Al Eppihimer	40	62:59
38. Pete Gialumes	40	64:58
39. Wayne DiBartola	28	65:11
40. Lee Wiesenthal	50	65:27
41. G. K. Ross	46	65:28
42. Peter Abovlovic	37	66:31

2 Mile

1. Jim Enright	35	14:36
2. Rick Seibel	41	18:14
3. Robin Hammack	27	18:14
4. Betty Beck	58	21:30
5. Kimberly Lesk	8	23:50
6. Ken Lesk	42	23:56
7. Viv Kucherer	58	25:37
Marty Fellers	45	25:37
Mary Brown	43	25:37

1 Mile Walk

1. Russ Hoburg	$\frac{1}{2}$	40:10
2. Woody Hoburg	2	40:10
3. Peggy Hoburg	39	40:10
4. Dan Madrigal	3	45:00
5. Sue Ann Madrigal	37	45:00

February 14, 1988  
 Mt. Lebanon St. Valentine's Day Run  
 Race Director: Bill Hoon  
 Helpers: Connie Hoon, Mary Harwick  
 Weather: 12 degrees, sunny

5 Mile

1. Wayne Evron	32	32:19
2. Brady Mermon	41	32:28
3. Jim Lacey	53	34:01
4. Jim Caskey	41	34:17
5. Tom Mal	39	36:22
6. Norm Conway	32	36:24
7. Don Zenner	56	36:28
8. Frank Pastor	42	37:57
9. Georgette Lacey	50	38:06
10. Amos Selavan	57	39:19
11. Tom Hutchins	41	40:08
12. George Watzlaf	-	40:52
13. Joe Morgovich	28	40:54
14. Bill McKim	41	40:58
15. Rolf Kehlenbach	40	41:03
16. Bob Eppihimer	17	41:12
17. Al Eppihimer	40	41:30
18. Ron Hannan	37	41:33
19. Monty Miller	49	41:53
20. Dan Holland	18	42:42
Harry Holland	51	42:42
22. Larry Evans	40	44:00
23. Valerie Watzlaf	-	46:47
24. Ed Snarey	62	46:54
25. Peggy Peper	47	47:19
26. Dena Holland	40+	52:33
Bruce McGlothlin	41	52:33

2 Mile

1. Jim Enright	35	12:29
2. Jan Peper	47	17:18
3. Cliff Ham	63	26:10

Notes From the Prez

The Snowflake Seven Miler was a tremendous success! This was probably due more to the mild weather conditions that prevailed more than anything else. We had a total of 42 runners in the seven mile, 9 runners in the 2 mile and 5 walkers. There were a lot of new faces, besides the "hard core" of our normal group. A lot of thanks goes to Judy Downie, who gets our layout and printing needs done for our schedules and membership applications. Judy, who edits the newsletter for the South Park Runners, included our application forms and schedules in their monthly newsletter. They have close to 250 on their mailing list. Thanks Judy!

If we keep getting these types of crowds, we might be able to pay for our banquet next year! I am really good at spending other people's money. So when the club treasury is depleted I'll be impeached

and someone else can take over the reins. Any volunteers?

- Apologies to Ted Massa and Rollin Geddes for misspelling their names on the schedule. It was a typo! We know who they are and how to spell their names. Honest!

- New corrections on the schedule. The GUTBUSTER in November will be at Frick Park on the Lower Field, not the Lover Field. Somebody will be driving around asking for Lover Field- probably looking for a good "make-out" spot. Point them in the right direction. Harry Holland would certainly appreciate it!

- The July 24th race at Schenley Park has been cancelled due to the Vintage Car Race. No permits will be issued for that date. Please make a note on your racing schedule.

- The banquet was very successful this year. It was held in the party room of the Parkside Inn. There were approximately 30-35 members who attended. Thanks to Dick Haggerty for making the necessary arrangements. We also want to thank Ron Hannan who secured a projector for the movies and Bill Hoon who borrowed a movie on the '76 Olympic Trials. The movie on the "Ironman Triathlon", narrated by Bruce Dern, seemed to hold the attention of the audience the longest - at least 23 minutes worth. Even 3 year old Woody Hoburg started to watch! Could this be the start of something, Jim and Peggy?

- The prizes for the Championship Club were very nice this year. Thanks to Ed Hall, who had the original idea and made the arrangements. How many runners have personalized bags? In fact, Ed did such a good job this year, that I have asked him to do it next year. Make sure you get your races in this year because next year's prizes will probably be even better!

- There were some questions about the Championship Club and what it takes to qualify. For next year's races, you must participate in 7 races, but you must help with at least one race in terms of administration or organization. So remember it is a total of seven races you have to be involved with. Helping can take the place of running, but just running in 7 does not count. Please help with our races. We need it!

- Several members have approached me about changing the name of the club. This was discussed at our last meeting and it was a lively one! At the present time, our charter with national organization reads Allegheny Mountain / Greater Pittsburgh Road Runners Club. Whatever we do, the consensus is to keep Pittsburgh as part of the name. We are opening this up for discussion to our members. If you have an opinion, please share it! We are interested in your thoughts and opinions. Write in to Jim Enright, 2123 Whited St. Pgh. PA 15210 or see me at the races. If you have any thing else you want to contribute to our newsletter, just write to Jim Enright - the editor.

- In the past several years, we have had an excess of money in our treasury. The Executive Committee agreed to use this money to spend on our members who have supported the club for you. The Championship Club has awarded some very nice prizes, which have taken a toll on this excess. It appears that in the next year or so, we are going to use some cost cutting measures to build our surplus again. We are counting on your support and ideas to keep this club going and solvent. Please help us out with your thoughts and ideas. Remember, we are a volunteer organization!

- Thanks again for your support and enthusiasm during the past year. Let's go ahead and make 1988 a successful running year for the club. Good running!

Bruce

Championship Club 1987: Congratulations!!

Mary Brown	Ed Hall	Dena Holland
Judy Downie	Cliff Ham	Harry Holland
Jim Enright	Ron Hannan	Bill Hoon
Al Eppihimer	Tom Henry	Vivian Kucherer
Al Fellers	Jim Hoburg	Tom Mal
Marty Fellers	Peggy Hoburg	Bruce McGlothlin
Andy Gero	Woody Hoburg	Monty Miller
Dick Haggerty	Dan Holland	Amos Selevan
Bob Eppihimer		

ON RUNNING By Bruce McGlothlin

Cross-training has become very popular. Runners will try anything that may improve performance. We have heard about bicycling, cross-country skiing, walking, swimming, etc., but how about snowshoeing? Did you say snowshoeing? Yes, I did!

As one clerk in a sports store once asked me, "Do you mean those things that look like tennis rackets?" There is not a lot of popularity with this sport. Maybe, because we don't get as much snow as Minnesota, which offers near marathon races in snowshoes.

Barney Klecker, who is the world record holder in the 50 mile run and has run a 2:15 marathon is a strong supporter of snowshoeing. He classifies it as a superior workout (I agree) and breaks the monotony of winter training.

Klecker thinks that snowshoe workouts are speed workouts and beyond. They build both lower and upper body strength, as well as endurance. By combining running with snowshoeing, there is some evidence that this may last for years.

Partly because the past several winters have been mild, I seem to have forgotten about snowshoeing until recently. The bug bit me again. I always felt that nothing beat running. I still feel that way, but you do need to do something during the winter months.

So I purchased a pair of Barney Klecker's specially made racing snowshoes. They are really streamlined and use velcro to hold your running shoe to the snowshoe itself. You are supposed to race in these things, but you know me, I don't race, I just run.

Klecker's favorite workout is to follow a 20 mile run one day, with a 15 mile snowshoe trek the next. He believes this tends to make you feel uncomfortable and prepares you for the 50 mile snowshoe race. I don't think I am in Barney's class, but I do enjoy suppling my running schedule with a sport where I can get the most benefit. Besides it's fun! So if you are running in South Park and see a lone figure in a Boston Red Sox cap struggling on "tennis rackets" through deep snow, be sure to wave. It's only me!

On Running by Bruce McGlothlin

Attitude is important. It effects whether we will be successful or unsuccessful at a particular task. This is especially true when it comes to running.

As human beings, many of us tend to be somewhat self-conscious about our performance levels, especially in racing. We are often too concerned about how others will judge us in terms of our times. When we have this attitude, we push ourselves in both training and racing, which often leads to extra stress at home and possible injury. Why do we do this to ourselves? Maybe it is just the human condition - to excell, to achieve.

But sometimes, we are so busy competing to excell and achieve in running and everything else, that what is really important begins to pass us by. The fact that what we are able to run - no matter how pitifully slow - is the most important thing. What about people who can't run or walk? Or those who haven't discovered the "secret" we have? How lucky we really are!

Personally, I get tired of always trying to excell. Sometimes, I love to be a "running shluck" (a running non-achiever, to those of you unfamiliar with the term).

The only person who cares about your running is you. Nobody else cares. Sure, others may notice your times, but it is soon forgotten - Within a month. What if they had a race with no times or places? Sounds intriguing, doesn't it?

So let's go out for fun, do our best, and let god take care of the rest!

Magazines - If anyone is interested in back copies of Bike World or or Runners World, contact the Kucherers or see them at one of our runs.

Pittsburgh Marathon - Ron Hannan is coordinating a water stop for the Pgh. Marathon this May. It will be around Highland Park and will be our club's very own volunteer station. This is the women's Olympic Trials year so please help out and show your support of Pgh. and our Road Runners Club. Contact Ron Hannan if can help out - 452-7384.

Old Shoes?? - Forget the address that I put in the last newsletter for sending old shoes to help those who couldn't afford them. I sent a box full of shoes to the so called 'Athletes United for Peace' and they refused them for some unexplained reason? Maybe the box smelled like old sweaty shoes huh? Whatever, I'm not sure who these people are, so I now question their legitimacy!

July Run - Don't to forget to cancel the July 24th run due to the car race. Do not fret though the infamous Darwin's Dog Days of Summer is still set to go, so get those long runs in Ed H., Jim H., Bruce M., Ted M. etc. , and get set to run for those pies!!!!

Cook's Forest Hike & Run - If anyone is interested in going for a hike in Cook's Forest on Saturday April 2nd, please let me know - Jim Enright 882-0199. There is a flat  $\frac{1}{2}$  marathon and 2 mile that morning in this beautiful Forest and I am going up there for the day, to run, then hike. Little kiddies, big kiddies, dogs and any other friendly creature is welcome.

Newsletter Editor: Jim Enright, 2123 Whited St., Pgh., PA 15210  
Send any articles, information or jokes to me and you will have have instant notoriety - your name in our newsletter! Just look for the skinny guy, with a receding hairline (not bald Bruce), a multicolored beard, and a yapping mouth during our runs - that's me. JE