

President's Corner - Those of you who were unable to attend this year's banquet, certainly missed an unusual and absorbing evening of entertainment. The food and fellowship was excellent! Jim Reeves provided us with a fascinating and interesting talk on bicycling in Vermont and over the Rockies. Thanks to Rollin Geddes for arranging the speaker and Dick Haggerty for making our banquet arrangements!

Besides our regular program, we were treated to being entertained by a male stripper who was in the next room for a 40th birthday party. Several of the female members asked if we could upgrade our entertainment schedule to something like this for next year. It was hard to pull Jane Bean, Connie Hoon and Mary Harwick away from that screen separating the rooms. I guess bicycling just doesn't have the same appeal ...???!!!

At the banquet, the membership voted to increase the treasury for the coming year by charging \$1 for both members and non-members at all monthly races. This should bring much needed money into the treasury to cover the cost of printing, awards and other such necessities. Special races, such as ultras, may cost more in order to cover participation awards. Cost of membership dues will remain the same for the coming year.

Our Championship Club awards this year are navy blue baseball caps with our club's name in white. They are really very nice looking. Thanks to Ed Hall for taking care of these awards. Special thanks to Ed's wife, Aleta, for delivering these awards to me so everyone could have them for the February run.

I hope everyone has a great year running and racing! Consider bringing a friend to our races. We are always seeking new members. Thanks to all of you who support the AM/GP RRC. We appreciate all that you do! Good running!

\* Bruce \*

Editor's Notes - Howdy and welcome to all the new club members. Even though our club has been in existence for almost 15 years, the membership is constantly changing. If you are new, please say hi and introduce yourselves. If you want to say something nasty (or even nice) to the editor, just look for a skinny guy with a greying beard, a slightly receding hairline (only slightly Bruce!), hairy legs, and sometimes accompanied by a swift dog. Anyone wishing to contribute an article to the newsletter can send it to : Jim Enright, 2123 Whited St., Pgh. PA 15210

Many thanks to Tom Henry for all the printing and mailing of every newsletter. Thanks to all of last year's race directors for getting the results to me and keeping the club going - Rollin Geddes, Harry Holland, Ron Hannan, Bruce McGlothlin, Andy Gero, Tom Mal, Ed Hall, & Bill Hoon.

This is a volunteer club and the best way to make new friends is to volunteer your services. All of our races need more help. If you are shy, just call the race director and ask for something simple to help with. Anyone who can read a watch, write times in minutes and seconds, or point the runners in the right direction, while yelling lookin' good and it's all down hill from here, can be of immense help at our races. If you are looking for a speed workout, why not sprint the first mile of a race and stop and call out mile splits at a race? If you run the 2 mile, why not help the finish line of the longer race? New respect for the race directors is gained if you help out. Who knows you might even feel good about yourself after giving of your time for others!!!

November 24, 1988 (Thanksgiving)

Frick Park

Weather Conditions: MISERABLE! (no wind, no rain, no snow, no ice, no mud)  
mid 40s and sunny.

place name age time

---

2.5 Miles

1. Bob Eppihimer 18 23:20 (first male)

4 Miles

1. Cliff Ham 64 30:07 (tie)(first male)  
2. Vivian Kucherer 59 30:07 (tie)(first female)  
3. Gordon Ham 34 31:44  
4. Craig Franzman 29 32:18  
5. Ken Monyak Jr. 18 34:45 (near tie)  
6. Dan Vater 28 34:46 (near tie)  
7. Ken Monyak Sr. 40 34:47 (near tie)  
8. Deb Kanarek 37 40:19  
9. Al Eppihimer 41 41:59  
10. Diane Monyak 27 45:32  
11. Harry Ash ?? 45:49

---

6 Miles

1. Ed Hall 54 51:17 (first male)

---

8 Miles

1. John Skapinac ?? 55:54 (first male)  
2. Bill Kanarek 35 57:58  
3. Ed Berry 31 58:54  
4. Wayne Evron 33 59:09  
5. David Hayden 45 1:01:00  
6. David Gouldthorp 43 1:01:32  
7. Jim Hoburg 41 1:01:56  
8. Tom Mal 40 1:03:04  
9. Bill Hoon 42 1:03:09  
10. Bill LaFramboise 35 1:05:05  
11. Ron Hannan 37 1:06:13  
12. Bruce Mendelson ?? 1:06:19  
13. Susan Orenstein 40 1:06:45 (first female)  
14. Don Dudley 41 1:07:49  
15. Richard T. Conlin 33 1:08:19  
16. Lynne Angers 29 1:09:10  
17. Bob Zoeller 32 1:11:58  
18. Keiko McDonald 40+ 1:12:17  
19. Bruce McGlothlin 42 1:15:32 (near tie)  
20. Jim Caskey 40+ 1:15:34 (near tie)

Helpers: Dena Holland (club member) Tom Henry (club member)  
Dan Holland (club member) Kasia Sudol  
Tom Holland (club member) Matthew Ruben  
Jim Lacey (club member) Jennifer Ross

Race Director: Harry Holland

January 22, 1989  
 South Park , Snowflake Seven Miler  
 Race Director: Bruce McGlothlin  
 Helpers: Dick Haggerty, Jack Wise  
 Weather: Cloudy, cool (30's)

7 Mile

1. Dan Holland	19	40:33
2. Chris Gibson	36	41:23
3. John Skapinac	30	42:14
4. Jim Lacey	54	46:49
5. Jim Caskey	42	47:16
6. Ron Hannan	38	47:28
7. David Gouldthorp	44	48:16
8. Lee Keller	39	48:53
9. Dennie Laughlin	33	49:01
10. Joe Morgovich	29	49:03
11. Ed Ritter	37	49:24
12. John Stephenson	25	50:34
13. Tom Mal	38	52:21
14. Bill Ware	34	52:33
15. Dennis Blunt	47	52:42
16. Bill Hoon	43	53:00
17. Georgette Lacey	51	53:15 F
18. Jim Rigos	39	54:11
19. Paul Conrad	36	54:17
20. John Sonetti	42	55:23
21. Richard McClain	38	55:36
22. Dave Kielbasa	29	55:51
23. Tony Licate	46	56:23
24. Keiko McDonald	49	57:11 F
25. Ed Hall	54	58:12
26. Reed Sourbeer	34	58:12
27. Don Laws	53	60:01
28. Joe Chiodo- marathon	sam	62:43
29. Charles McDonald	53	64:37
tie Mike Lindsey	39	64:37
31. Andy Gero	40	65:22
32. Harry Holland	52	65:37
33. Lynda McKay	42	67:31 F
34. Al Eppihimer	41	68:57
35. Jane Bean	39	69:17 F
tie Barb Heim	52	69:17 F
37. G.K. Ross	46	69:30
38. Lee Weisenthal	51	72:54
39. Betty Beck	59	75:12 F

2 Mile

1. Tom Holland	26	13:26
2. Jim Enright	36	15:23
& Darwin	6	15:22.9 F
3. Bob Eppihimer	18	16:46
4. Rollin Geddes	50	17:37
5. C.J. Gouldthorp	11	18:55
6. Jennifer Ross	21	18:58 F
7. Tony Gouldthorp	10	19:14
8. Toni Sheen	41	19:31
9. Karen Gouldthorp	40	21:37 F
10. Viv Kucherer	59	24:48 F
11. Dena Holland	39+	34:24 F
tie Mary Brown	44	34:24 F

1 Mile Walk

1. Harvey Kucherer	59
2. Pamela France	35 F

February 12, 1989

Mt. Lebanon

St. Valentine's Day Run

Race Director: Bill Hoon

Helpers: Connie Hoon, Mary Harwick, Harvey Kucherer & Jim Enright

Weather: Cold, windy

5 Mile

1. Robert Kissel	22	29:25	
2. Mark Miller	23	32:20	
3. Dave Gouldthorp	44	33:13	
4. Jim Caskey	42	33:20	
5. Dennie Laughlin	33	33:31	
6. Joe Morgovich	29	33:53	
7. Ed Ritter	37	34:06	
8. Tom Holland	26	34:10	
9. John Clark	30	34:11	
10. Mike Swain	34	34:52	
11. Tom Henry	47	37:02	
12. Kate Bonacci	26	37:23	F
13. Georgette Lacey	51	37:53	F
14. Reed Sourbeer	34	37:54	
15. Jennifer Hyland	34	39:04	F
16. Steve Plummer	26	39:54	
17. Keiko McDonald	40+	40:49	F
tie Andy Gero	40	40:49	
19. Don Laws	53	43:16	
20. Bruce McGlothlin	42	45:30	
tie Monty Miller	50	45:30	
22. Jennifer Ross	21	47:00	F
23. Al Eppihimer	40	48:38	
24. Bob Eppihimer	18	49:13	
25. Harry Holland	52	52:33	

2 Mile

1. Jim Enright	36	14:34	
2. Rollin Geddes	50	18:48	
3. Dena Holland	39+	26:04	
tie Cliff Ham	64	26:04	
5. Mary Brown	44	31:37	

Shorter club runs at the 3 ultra runs - Club members may participate at the 3 local ultras (April 23, July 16 & September 17) and run shorter distances, more in line with their particular normal running distance. The ultra held in Schenley Park on July 16th will have a  $\frac{1}{2}$  hour run for club members, starting at 9 a.m. You will run the same 1km loop as the crazy 6 hour runners, but will run for just  $\frac{1}{2}$  hour from 9 until 9:30 - as many loops as you want! The 2 ultras in South Park (April 23 and September 17) are also loops and club members can run 2 miles, or longer, and get credit for participating in a club run.

On Running by Bruce McGlothlin

Runners tend to be obsessive-compulsive types. Luckily, we are classified as only neurotics. But why are we like that? Are we really "Type A" personalities inside our outer shell "Type B" skins? Take this quiz to rate how compulsive or obsessive you really are:

1. Do you ~~time~~ all of your workouts? Yes \_\_\_\_\_ No \_\_\_\_\_
2. Do you record every workout you have had since 1902 to determine how far you ran, how fast and how you felt? Yes \_\_\_\_\_ No \_\_\_\_\_
3. Do you continue to run in place while waiting to cross the street or at a red light? Yes \_\_\_\_\_ No \_\_\_\_\_
4. Do you run the same schedule year in and year out? Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you rearrange family schedules & social events in order to accomodate your workout? Yes \_\_\_\_\_ No \_\_\_\_\_
6. When you have a bad race or workout, do you let it bother you for days & weeks at a time? Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you bore other people with your PRs and race accomplishments? Yes \_\_\_\_\_ No \_\_\_\_\_
8. Do you discuss your injuries with others to the point that they can't wait until you leave or check into a hospital? Yes \_\_\_\_\_ No \_\_\_\_\_
9. Do you feel especially guilty if you miss a workout? Yes \_\_\_\_\_ No \_\_\_\_\_
10. Do you feel irritated or mad when you are beaten by a member of the opposite sex? Yes \_\_\_\_\_ No \_\_\_\_\_
11. Do you feel that you are invulnerable to cars, trucks, motorcycles, street gangs, dogs...? Yes \_\_\_\_\_ No \_\_\_\_\_
12. Do you work yourself up to a "psychological tizzy" about upcoming races? Yes \_\_\_\_\_ No \_\_\_\_\_
13. Do you feel yourself overly worried about how other people might judge you based on your last racing performance? Yes \_\_\_\_\_ No \_\_\_\_\_
14. Do you change your workout to run with a friend? Yes \_\_\_\_\_ No \_\_\_\_\_
15. Do you say hello to fellow runners who pass? Yes \_\_\_\_\_ No \_\_\_\_\_

If you answered : 0-3 - The Enjoyment Runner. Keep it up. He knows what running is all about and will outlast others.

4-6 - The Low-Key Runner. He starts out with the idea of being an Enjoyment Runner, but lets his "competitive juices" take over.

7-10 - The Semi-Serious Runner. He tends to be compulsive but is trying to keep it in check. Forget it!

11-13 - The Serious Runner. Winning and setting PRs is becoming increasingly important. He strives to to show off & can't stand to be beaten.

14-15 - The Psychological Mess Runner. I know a real good psychologist!