

Allegheny Mountain / Greater Pittsburgh Road Runners Club Newsletter (Spring 1991)

On Running

by Bruce McGlothlin

Running can mean many things to many people. There are also a variety of reasons why we run. Even after a "lay-off" for several weeks or months or even years, we always seem to come back to it. What is it about running that makes us lace up our shoes time after time, day after day, year after year?

Here are 30 reasons. See if you can find yours among this list. I run because:

- 1) I am the obsessive-compulsive type.
- 2) it's relaxing (i.e., I'm often mistaken for not being there or being dead).
- 3) it allows me to think through problems.
- 4) it allows me to work out problems.
- 5) it allows me to dress up in colorful and stylish outfits.
- 6) it's the "in" thing to do.
- 7) it satisfies my need to be competitive.
- 8) it's healthful and stimulates "good" cholesterol levels.
- 9) it's solitary.
- 10) it's social.
- 11) it's fun.
- 12) I'm a "masochist".
- 13) I like to impress other people with my PR's
- 14) it releases endorphins and gives me a "high".
- 15) it allows me an opportunity to listen to radio station I like (i.e., developing ability to walk and chew gum at the same time).
- 16) I can sleep better at night.
- 17) it reduces general illness levels.
- 18) it allows me to buy new shoes every six months.
- 19) it allows me to sweat, get dirty and wallow in the mud for a short time.
- 20) it gets me out of the house and away from chores and work.
- 21) I'm crazy and enjoy having others think so, too.
- 22) my mother said it is good for me.
- 23) other people think I'm athletic.
- 24) I get a discount at Marty's store.
- 25) I can lose weight.
- 26) I need it.



- 27) I can eat what I want without gaining weight.
- 28) I can discuss foot and leg injuries more intelligently.
- 29) my life seems better whenever I do run.
- 30) I hope to live beyond my predicted life span.

These are only 30 reasons why people run. Perhaps you can find your reason on this list or have others. Whatever it is -- keep it up! You're doing a great job!!

17th Annual "St. Valentine's Day Run"

Distance: 5 Mile / 2 Mile
 Race Director: Bill Hoon
 Helpers: Connie Hoon
 Weather: Snow

5 Mile

1.	Gary Davis	24	34:23
2.	Dan Driskell	40	35:25
2.	Ron Romanoff	35	35:25
3.	Jim Lacey	56	36:59
4.	Jim Caskey	43	37:20
5.	Pat Quirh	33	37:57
6.	Mike Swain	36	38:24
7.	Mitch Radella	25	41:33
8.	Tom Mal	42	44:20
9.	Ed Hall	56	44:28
10.	Steve Blair	34	44:57
11.	Rob McKinley	32	47:26
12.	Frank Romano	38	47:28
13.	Georgette Lacey	53	49:42
14.	Bruce McGlothlin	44	49:43

2 Mile

1.	Harry Holland	54	25:26
2.	Dena Holland	40+	25:26

Snowflake Seven Miler

Distances: 7 Mile/2 Mile

Race Director: Bruce Mc Glothlin

Helpers: Dick Haggerty

Jack Weiss

Harvey Kucherer

Viv Kucherer

Weather: Rainy and Cool

2 Mile

1. Jim Smearman	9	15:21
2. <u>Donna Mc Crea</u>	41	17:27
3. <u>Dawna O"K eefe</u>	35	18:04
4. Kyle Mc Gee	9	18:32
5. <u>Terry Carskaddan</u>	49	18:35
6. <u>Dena Holland</u>	40	24:19
7. Harry Holland	54	24:19
8. <u>Kara Mc Gee</u>	7	26:40
8. Kris Mc Gee	36	26:41

7 Mile

1. Ed Mc Laughlin	27	42:12
2. Rich Mc Galka	40	42:36
3. Greg Bethune	27	42:46
4. Tom Peiritsh	42	42:51
5. <u>Lisa Holland</u>	24	44:17
6. Bryce Maretzk	27	44:19
7. Wayne Evron	36	44:24
8. David Sanetis	32	46:20
9. Mike Swain	36	46:21
10. Jim Lacey	56	46:25
11. Dennis Atchison	38	47:01
12. Dan Debusschere	42	47:20
13. Jim Caskey	44	47:49
14. Dave Wildman	38	48:34
15. Bernt Oedegaard	29	49:14
16. Jack Mc Crea	41	49:18
17. Tom Mal	42	52:07
18. Dean Payne	48	52:25
19. Mitch Radella	25	52:33
20. Art Wyland	42	52:34
21. Bill Hoon	45	53:31
22. Ed Hall	56	54:12
23. Mike Sirott	30	54:59
24. Andy Gero	42	55:42
Paul Conrad	38	55:42
25. H. Capozzi	60	57:00
26. Steve Blair	34	58:05
27. Eric Tompkins	39	58:44
28. John Tramonlina	39	59:01
29. David Frame	29	59:32
30. Ben Breen	53	72:53
31. <u>Connie Hoon</u>	42	86:39(walked)

"St. Paddy's Day Run"

Distance: 4 Mile / 2 Mile / 1 Walk

Race Director: Jim Lacey

Helpers: Georgette Lacey

Weather: Cloudy & Mild

4 Mile

1. Dan Driskell	40	24:30
2. David Donnellan	23	24:45
3. John Jones	27	24:52
4. Jeanette Ognag	17	24:53
5. Steve Bence	35	25:30
6. Ronald Romanoff	33	25:36
7. Robert Isenberg	25	25:56
8. Bill Dempsey	33	27:00
9. Bob Jewart	38	27:15
10. Michael Eichenmuller	32	29:06
11. Bill Oxenreiter	37	29:26
12. Dean Payne	48	29:33
13. Dave Buchta	23	29:43
14. Michael Burgess	24	30:07
15. Art Weland	42	30:08
16. Charles Warren	58	30:28
17. Mic Jackson	33	30:52
18. Michael Zinger	18	30:53
19. Tim Jackson	39	31:16
20. Jere G. Satterfield	30	31:26
21. Ed Burns	40	31:45
22. Steve Evans	36	31:49
23. Robert M. Trozenski	27	31:52
24. Bill Hoon	45	32:09
25. Julie Latina	23	32:10
26. Bob Brashear	41	32:25
27. John Tramontina	39	32:35
28. Richard Smith	45	33:05
29. Suzanne Gidel	43	33:18
30. Ed Hall	56	33:30
31. Jack Wise	55	34:03
32. Glen Young	40	34:14
33. Tom Mal	42	34:23
34. Andy Gero	43	34:24

35. Loraine Navoney	32	35:06
36. Mike Mueller	35	35:36
37. Gary Navoney	42	35:45
38. Larry Williams	37	35:48
39. Diane Burns	39	35:51
40. Don Laws	55	36:25
41. Robert B. Swinkola	49	36:45
42. Sharon Navoney	35	38:33
43. E. Lacey	54	38:40
44. T. Lacey	55	38:48
45. Kasia Sudol	21	39:31
46. Daniel Holland	21	39:32
47. Maura M. ???	43	42:30
48. Jerry Goodrick	32	42:31
49. Michael Mod???	32	43:00
50. Kris McGee	36	43:01
51. Kyle McGee	9	43:25
52. Claudia Coates	40	43:26
53. Sal Zoppi	50	43:27
54. Harry Holland	54	43:50
55. Dena Holland	40+	43:51

2 Mile

1. John Gniewkowski	18	13:46
2. Bruce McGlothlin	44	14:02
3. Ted Harhai	36	15:34
4. Greg Hallas	34	16:40
5. Ryan Young	11	18:03
6. Colleen Hanavan	35	19:18
7. Terry Carskadder	50	19:45
8. Neenie Costello	33	20:53
9. Seth Poluszer	12	21:50
10. Kathy Wise	51	22:21
11. Annie Farrai	8	23:08
12. Jenny Kies	42	23:09
13. Kara McGee	8	25:13
14. Vicki Martin	32	25:15
15. Donna McGee	35	26:30

1 Mile Walk

1. Kasey McGee	4	17:20
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APRIL SHOWERS FUN RUN

APRIL 14, 1991

Weather: Appropriate

6 mile

Bruce McGlothlin	44	46:06
Art Wiland	42	46:37
Ed Hall	56	50:29
Tom MacMullan	49	61:22
Al Eppiheimer	43	61:46

4 mile

Steve Blair	34	25:26
Paul Spiker	31	30:55
James Klingensmith	36	32:59
Kasia Sudol	21	44:57 tie
Daniel Holland	21	44:57 tie
Dena Holland	40+	44:57 tie
Harry Holland	54	44:57 tie

3 mile

Wayne Messer	36	23:11
Preston Vock	32	24:16
Julie Fitzgerald	27	29:45

Race director: Andy Gero
Help: Paul Conrad

"Boathouse Burner"

Date: 19 May 91
Race Director: Ed Hall
Weather: Sunny & Warm

5 Mile

1.	Larry Siefers	43	34:02
2.	Ed Fiertz	47	36:15
3.	Charles Warren	59	38:43
4.	Jim Caskey	44	42:54
5.	Bruce McGlothlin	44	42:54
6.	Andy Gero	43	42:54
7.	Ron Hannan	40	42:54
8.	Greg Hallas	34	45:22
9.	Cliff Ham	67	49:30