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With membership and race fees, we are continuing to hold our own financially. As you are aware, running and races seem to be down, but not us. All our money goes to pay insurance, gifts for the Championship Club, picnics, awards. In other words, it comes back to you, so join up or renew your membership today.

Also enclosed, you will find the new racing schedule of 1993. You will note there is a new race in September called the "Hartwood Hoofers Run". Art Wiland has volunteered to direct this exciting race. Sounds like an "Andy Gero" type of race---mud, rocks, lost bodies, sore knees, etc.. With Art being an Allegheny County policeman, we know that he won't be called on the carpet by the police like many of us have been in the past. Besides, he works on it! Right, Art?

Please get your Championship Club forms to Ed Hall so he will have a chance to buy some nice awards. Hope to see you all at the banquet, which Connie Hoon has worked so hard to plan for us.

Good Running!

Bruce

Faces At the Races

by Bruce Mc Glothlin

- The news on Harry Holland is good and continues to improve. Harry had a transplant operation in the summer and was in the ICU Unit for a long time. He is now in a regular room and has recently begun to walk a little. Our prayers and well wishes are with Harry and family. Anyone wishing to send a card can send it to Harry at 140 Murray Hill Ave, Pgh. Pa. 15217.
- Jim Enright called me to get information about Tom Rogozinski, who finished 3rd in the Trans-America Race this summer. Jim coached Tom at Seton-LaSalle in high school. Jim says he is running 2 or 3 times a week plus biking. Sounds like a running comeback to me, Jim! How about commuting for a 2 Mile?
- Ted Massa is alive and well and still living in Latrobe when he is not directing the Laurel Highlands Trail Run. Recently, Ted ran the JFK 50 and did pretty well for an "oldguy". Ted needs to experience some real mud and rocks" at the Gutbuster, not that artificial stuff on the Trail. Dare you, Ted!
- Ron Hannan biked Virginia this fall. He seemed to enjoy it, but if he takes up Triathlons, like Hoon, I'll never speak to him again!
- Ed Hall is becoming a "Sy Mah enthusiast". He has just completed his 91st marathon this year. Only 400+ marathons to go! Ed is only 58. What does he know, anyway?
- Andy Gero will have recently been married by the time you read this. He is marrying Susan Hill and will live in Leechburg. Congratulations, Susan and Andy! Susan and Judi(my wife) will have a lot to talk about. They are both non-runners! Ho Hum!!!
- Ken Balkey was last seen yelling "Gutbuster" at the top of his lungs as he was finishing this year's race. If he doesn't send his membership dues in like he promises every year, he will be singing "soprano" in a boy's choir. Racing next year's race will be impossible.
- Dennis Blunt completed his first Punxy Groundhog 50 this fall. Way to go, Denny! You get better every year!
- Does anyone know where Dick Haggerty is? Would someone please direct him to one of our races where he belongs? Maybe if he knew Nate Hershey was running.....????
- Bill Hoon is back to running again after arthroscopic surgery on his knee. Things are clearing up and we are happy you are running back on schedule(kind of??) Connie, you must be a saint! That's why you walk, I guess.
- Al Eppihimer continues to maintain his "low profile", but keeps on trucking with the group. Way to go, Al! How low can you go?
- Tom Henry has experienced some recent injuries which have slowed him down a bit, but he is another one that keeps on going. Keep it up, Tom!
- I wish Paul Conrad would slow down in our races. I used to be able to see him at a distance cross the finish line. Now he sends me a "smoke signal"!

- Where are Al and Marty Fellers(Georgia) and Rollin Geddes(Tenn.) when you really need them? Maybe they can begin commuting for our "get-togethers"!
- Ann Ruth continues to rehabilitate a knee. She walks a great deal and her recovery is going well. She can still dance up a "storm". Does this help, Ann?
- Why would Terri Carskadden want to take pictures of this group? She seems to conveniently forget her camera. What are you telling us, Terri?
- We need more members like Don Laws and Jack Wise who are dedicated, consistent and hard working runners!

I apologize to all our runners who made the "Seen" column. You weren't seen, you were "Had".

I'll be looking for you.....

BIKE VIRGINIA
by
Ronald Hannan

When I mentioned to Bruce, that I would be biking in Virginia, he thought it would be an interesting story for the newsletter. That was two months ago and now I am debating what is more important, to write this story or to work on my Christmas cards. I guess the Christmas cards can wait a few more days.

Bike Virginia is an organization which promotes two bike tours each year in Virginia. They have a six day bike tour in the summer and a two day ride in the fall. I participated in the fall ride.

This was my first multi-day organized bike ride. Three other cyclists and myself set out for Virginia on Friday, October 16th. In about six hours we arrived at our destination, the historical city of Staunton, Virginia, right in the heart of the beautiful Shenandoah Valley. We checked in to a local motel. This is where we would call home for the next three days. Both the Saturday and Sunday rides started and finished in center of Staunton. The motel was about 2 1/2 miles from town, so we decided that we would bike to the start each morning.

There was no specific time for starting the ride, although if you started too late you could miss the lunch stop. We chose to start at nine o'clock. The weather was less than perfect on Saturday. It was partly sunny with a temperature of 40 degrees and windy. I found out later that I was not properly dressed, as the temperature only rose to 48 degrees that day.

There were four different routes of various distances (22, 42, 57, or 70 miles). I decided on riding the 70 mile route. The terrain was definitely rolling, but none of the hills we had to climb were any worse than the hills in Pittsburgh. The roads were in excellent condition, unlike the roads around Pittsburgh. We passed farm after farm on the rural roads. Quite a few of the farms we passed were chicken farms.

The first rest stop was at mile 22, where we munched on cookies, brownies and bananas. The next rest stop would be our lunch stop which would be at mile 52. But first we had to tackle a long gradual 2 mile climb up to Lake Todd in the George Washington National Park. We arrived at the top to catch a glimpse of this lake and to everybody's surprise all the water had been drained from the lake. Now it was on to the lunch stop, with most of the ride being downhill.

The lunch stop was at a place called The Natural Chimneys State Park. The park was appropriately named because of the five or six tall limestone formations which actually did resemble chimneys. The tallest of these was approximately eighty feet high.

By the time I got to the lunch area almost all of the good food was gone. I ate some cookies and rolls and got back on my bike and rode the next 18 to 20 miles back into town to the start/finish area. I arrived just in time to see the end of the movie "Breaking Away". I think that's where I got my inspiration to take up the sport of biking many years ago.

The next day we started at the same time, although I needed a spoke replaced that I had broken yesterday. Again we had a choice of four different routes of various distances (23, 30, 39 or 50 miles). The weather was even colder than the day before. When we started our ride the temperature was barely above freezing with overcast skies. I was prepared for today's ride though, I wore three layers of clothes and a pair of winter riding gloves.

The terrain was again rolling and very picturesque. After 11 miles the course split and those choosing the longer ride went in a different direction. I chose the 50 mile option route and for the next 15 miles I did not see another biker. At 26 miles there was a rest stop where there were a few other riders and plenty of cookies, bananas and hot tea. I stayed for ten minutes and decided that it was time to move on. Eventually we rejoined those riders that were doing the shorter options. The rest of the today's route would be the same for everyone.

The lunch stop was at mile 35. Today's menu consisted of peanut butter/jelly sandwiches, chicken, tuna and pasta salad. There was one catch though. You had to purchase today's lunch. This was not very good for me, since I spent all the money that I had in my bike bag for repairing by spoke. The people operating the lunch stop felt sorry for me and gave me a peanut butter/jelly sandwich.

I didn't stay very long at the lunch stop since we weren't very far from the finish. It was on this section of the ride where we encountered the only major hill of the day. It was slow going but I made it up the hill passing many people walking their bikes. I eventually arrived at the finish and met my fellow Pittsburghers at the Octoberfest celebration.

On Monday morning we visited the Woodrow Wilson Birthplace Museum. Woodrow only lived in Staunton for three years, but I guess that's long enough to be honored with a museum. The tour of the museum took about an hour and then it was on the road again, this time in a car.

Overall it was a very enjoyable weekend and I would seriously consider doing it next year. The only thing negative about Bike Virginia was the colder than normal weather.

If anyone would like information concerning Bike Virginia, write to Bike Virginia, P.O. Box 203, Williamsburg, VA 23187-0203.

HIGHLAND PARK FALL CLASSIC
OCTOBER 11, 1992

Weather: 55 degrees, 96% humidity, overcast
Director: Ronald Hannan
Helper: Terry Carskaddan

RESULTS

10 Km

1. Bob Beavregard	47	42:33
2. Tom Mal	44	48:02
3. Art Wiland	44	48:08
4. Bruce McGlothlin	45	52:35
5. Andy Gero	44	59:36
6. Bill Hoon	46	61:48
7. Al Eppihimer	45	63:54

5 Km

1. Ed Hall	58	30:00
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4 Miles

1. Amos Selevan	56	58:54
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2 Miles

1. Ronald Hannan	41	14:14
2. Terry Crskaddan	40+	17:20
3. Peggy Hoburg	44	20:38
4. Russ Hoburg	5	21:14
5. Woody Hoburg	7	21:17
6. Jim Hoburg	45	21:18
7. Keith Balkey	10	21:48
Ruth Anne Balkey	40	21:48
9. Karen Balkey	14	28:00
Ken Balkey	41	28:00

November 26, 1992
Gutbuster Road Run
Weather: Cool and Rainy

Race Director: Bill Hoon & Tom Mal
Helpers: Connie Hoon, Audra

Results:

2 Mile	AGE	TIME
Daniel Conral	14	12:17
Nicholas Boerio	5	13:26
Zac Ufnar	8	13:48
Mike Ufnar	38	13:53
Mary Grace Boerio	33	18:35
Linda Conrad	35	25:30

4 Mile

Jason Tomsic	15	26:38
Tom Holland	29	28:52
Peter Millin	34	30:12
Ben Winschell	12	31:37
Don Fox, Jr.	14	32:26
Nick Fuerst	44	32:34
Joe Kahalb	29	32:46
Anthony Boerio	11	34:05
MIke Luba	32	35:57
Joan Nickerson	33	35:57
Debbie Perry	41	36:17
Shoran	32	36:28
Rich Tomsic	41	36:38
Pat Luba	27	36:50
Larry Winschel	41	38:45
Don Fox	45	40:00
Roxanne Gierm	36	41:22
Gail Fox	44	41:22
Sandra Hart	41	41:23
Debbie Caterino	37	41:29
Greg Hallas	36	41:39
Mike Fox	12	42:50
T W Sheridan	50	43:13
M T Sheridan	13	43:13
Mary Ann Catalano	45	44:22
U M Cook	43	44:30
Tom Knapp	38	44:30
Lisa Winschel	14	44:30
Sharon CoKey	15	44:30
Jim Caskey	46	44:30
Harvey Hollander	52	45:30
Paul Lovejoy	52	45:56
Chris Falk	38	46:51
Amos Selavan	56	67:37

8 MILE

Dan Holland	23	51:26
Jim Brewer	38	54:02
Jack Hartnell	29	54:35
Brad Robinson	29	55:13
Chris McGuinness	18	55:42
David Wain	34	55:51
Bill Kanarek	39	56:00
Bryce Muefzil	29	58:13
Jason Winschel	19	59:45
Wayne Jacobs	44	60:07
Bill Wolte	36	62:18
Bill Donovan	34	63:05
David Sultanov	37	63:19
D. Simpson	42	63:22
Lisa Holland	26	63:27
Ken Balkey	41	65:12
Art Wiland	44	65:30
Dave Hayden	49	65:31
Ron Hannan	41	67:42
Bob DiBella	36	68:21
Tom Mal	44	68:53
Michelle Megarry	36	70:13
John Lochra	42	71:47
Carol Savage	42	72:29
Lynne Angers	33	74:22
Bev Bernard	49	75:12
Suzanne Jacobs	45	72:55
Bill Hoon	46	72:55
Faul Conrad	40	72:55
Gary Smith	41	82:51
Bruce McGlothlin	46	83:02
Andy Gero	44	84:38

6 Mile

Tom Henry	51	69:10
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MOUNTAIN GOAT FUN RUN

Date: 6 December 1992
Distance: 5 mile/ 2 mile
Race Director: Jim Caskey
Helper: Sharon Caskey
Weather: 22⁰ Cold!

FIVE MILE

1. Dan Holland (29) 28:19 ('92 Mountain Goat)
2. Joe Loy (?) 30:09
3. Jason Winschel (19) 31:27
4. Erick Kauffman (28) 32:15
5. Ron Romanoff (36) 32:31
6. Tom Holland (29) 33:34
7. Mitch Radella (27) 34:19
8. Jim Lacey (58) 35:17 ('92 Old Goat)
9. Ron Hannan (42) 35:30
10. Georgette Lacey (55) 38:23 ('92 Mountain Goateess)
11. Art Wiland (44) 39:11
12. Bruce Mc Glothlin (46) 40:28
13. Jack Wise (57) 44:48
14. Don Laws (57) 48:35

THREE MILE

1. Terry Carskadden (40+) 28:05

TWO MILE

1. Jim Weber (46) 18:06
2. Andy Gero (44) 18:21
3. Alicia Weber (12) 20:18