

The Greater Pittsburgh Road Runners Club

N E W S L E T T E R

PRESIDENT'S CORNER by Bruce McGlothlin

I thought I'd never see it in my lifetime. But I was wrong. One of our races was cancelled, but the bad part was I cancelled it!

Our March race was to be held at South Park, but as we are all aware, not even the snow plows got through. I didn't get any calls or complaints and I don't think Jim or Georgette did either. But how could Jim? He was stranded at the airport. So I apologise to anyone that showed up or got stranded because of this unusual situation.

Our banquet was held at Otto's in Dormont and we had our usual croud of "regulars" -- 20 in number -- who would show up for anything associated with running. Many thanks to Connie Hoon, our VP and her "roomie" Bill for making all the arrangements. Everyone seemed to have a great time. Next time we need to have some form of entertainment. Remember when the stripper cop came to the party in the next room. I thought we were going to have to restrain Connie, Mary and Jane. I guess the biking in New England lecture and slide show didn't quite match up.

I'm keeping this short this time due to the large number of complaints about my wordiness in past columns. Is this short enough for you! As my 9th grade civics teacher used to say, "A speech or column should be like a woman's skirt: long enough to cover the subject, but short enough to make it interesting".

Good Running!

Bruce

SNOWFLAKE SEVEN MILER (South Park)

Date: January 17, 1993

Race Director: **Bruce McGlothlin**

Helper: Jack Wise

Weather: Clear, cold

7 Mile

Name	Age	Time
Dan Holland	23	39:47
Joe Loy	35	40:39
Jason Winschel	19	41:16
Jack Hartwell	29	41:28
David Finck	32	44:14
Tom Holland	29	46:23
Art Wiland	44	49:50
Tom Mal	44	55:14
Charles Brandt	37	56:30
Jim Caskey	46	57:32
Bill Hoon	47	57:32
Paul Conrad	40	57:32
Ben Breen	55	77:50

2 Mile

Jim Lacey	58	13:21
Dean Payne	50	13:41
Georgette Lacey	55	14:49
Greg Hallas	36	17:58
Audra Charity	24	18:41
Dena Holland	40+	20:00
Ann Ruth	61	20:37
Harry Holland	56	51:39*

* not quite 2 miles (turned around early [cheating!!])

SNOWFLAKE SEVEN MILER (continued)

1+ Mile

Lidia Sudol	18	12:52*
Kasia Sudol	23	12:52*

* turned around too soon

The highlight of this race was the return of Harry Holland to the racing scene. He looked good and his spirits were high. We are thrilled to have you back, Harry! Keep getting stronger!!

APRIL SHOWERS FUN RUN (Boyce Park)

Date: April 18, 1993

Race Director: **Andy Gero**

6 Mile

Name	Time
Bruce McGlothlin	50:35
Art Wiland	50:35

3 Mile

Debi Page	25:13
Paul Conrad	25:13

The 1993 edition of the April Showers Fun Run may have set a new record for lowest number of participants, as four stalwarts (one recruited at the last minute) participated. Art Wiland was one of the four, only a day after running a 20 km race and minutes after completing a 5 k. The other participants were regulars Bruce McGlothlin and Paul Conrad, and newcomer Debi Page. Perhaps because of the small number of participants, a cooperative spirit ruled over competition and they all ran together.

ST. VALENTINE'S DAY RUN (Mt. Lebanon)

Date: February 14, 1993

Race Directors: **Bill & Connie Hoon**

Helpers: Mary Harwick, Dick Fershing

Weather: 25 and breezy

5 Mile

Name	Age	Time
Jason Winschel	19	30:21
Dan Driskell	42	32:58
Ron Romanoff	--	34:37
W. Evron	38	35:02
Mitch Radella	27	35:42
Ben Winschel	12	36:16
Tom Holland	30	36:16
Art Wiland	44	36:49
Tom Mal	44	36:53
Ron Hannan	42	37:10
Paul Conrad	40	40:18
Ed Hall	58	42:37
John Wicker	47	43:07
Linda Stubna	30	44:48
Andy Gero	44	44:55
Mark Miller	27	45:51
Monty Miller	54	45:51
Jack Wise	57	47:23
Don Laws	57	51:50
Al Eppihimer	45	51:50
Bruce McGlothlin	46	51:50
Ben Breen	55	57:27
Eileen Henry	40	57:30
Ann Ruth	61	64:44

2 Mile

Audra Charity	24	18:47
Terry Carskaddan	40+	19:32
Dena Holland	40+	21:08
Harry Holland	56	39:51

RUNNING AND READING: an Occasional Column by Tom Henry

I will buy and try to read just about anything written on running. So it was a surprise to find a running book published in 1979 that I had not heard of. The book is called The Girl Who Wanted to Run the Boston Marathon, and it was brought to my attention recently at the Goodwill Station Square book sale.

For many of us who have been hard core marathoners, April is synonymous with the most famous, oldest modern day marathon -- Boston. That race is also the most written about long distance event. For example, the long-time scribe of running, Joe Henderson, wrote a sentimental column in April's Runner's World titled "Boston on My Mind". Hal Higdon's authoritative new book, Marathon; The Ultimate Training and Racing Guide (Rodale Press, 1993), frequently mentions Boston; and the 50 coaches he surveyed voted it tied with the Olympic event as the best marathon worldwide. Another author, Eric Segal, who has been a classical scholar, the writer of Love Story, and -- more importantly -- a marathoner; wrote a hilarious short story a few years ago. The story, which I think was called "Dr. Fastus", is about a jogger who sells his soul to the devil so that he can win the Boston Marathon. In the nick of time, Jock Semple, a famous Boston race official, saves Segal's hero from Satan's snare.

This April, I am only able to take a vicarious reading journey on the course that begins in Hopkinton. Unlike running Boston, no qualifying time was needed to read these books in my library. I only had to buy them. They run the gamut from not very good to one that is a classic in the literature of sport.

In 1980, Ray Hosler compiled an anthology that is a good overview called Boston, America's Oldest Marathon. Another book I have that might interest some fanatics, is a novel on redemption by Bruce Tuckman titled Long Road to Boston (1988). Bill Rodgers' Marathoning (1980) is interesting because Boston has been so important in his illustrious career. However, this autobiography could have been better written. Though sportswriter Joe Concannon helped Bill write the book, my impression is that the two of them got together at the end of some of Bill's exhausting 20 mile training runs to proofread for cohesion and styles.

Don Kardong put together a delightful, humorous collection of his running experiences called Thirty Phone Booths to Boston (1985). The title story is about how the world class runner, Kardong, supposedly did a better job covering one year's Boston not by riding on the press vehicle, but by sitting in a hotel room. From the hotel, he claims to have used a prepared list of phone

RUNNING AND READING (continued)

numbers to call phone booths on the course and ask whoever answered which runners were leading. Kardong cares about literature, and he even started the gigantic bloomsday race named from James Joyce's Ulysses.

A classic in running and sports literature is Marathon, by Clarence DeMar (1937), because its author is so significant. It is a short, uncomplicated and easy to read book about the man who won more Boston Marathons (7) than any other runner. He eventually was able to run the race 34 times even though he didn't run it for five years during his prime. Those five years were lost partially because doctors warned him his heart could not endure continued marathoning.

So in this cross-section of books how does The Girl Who Wanted to Run the Boston Marathon compare? Given the teen-age audience author Robert McKay aimed for, it is a well written though sad novel. The facts about training and running are remarkably accurate considering its writer is a nonrunner. Also, it is not just a one dimensional story about the sport. I do have one criticism, however, and it is that for some reason McKay kept saying Boston was to be run on a Wednesday. Anyone who has run it knows that it is always on a Monday. That day, the third Monday in April, is a New England holiday called Patriot's day.

**REMINDER: The Greater Pittsburgh Road Runners ANNUAL PICNIC is
August 8 ... South Park
register at 9:30 ... run at 10:00 ... picnic after**

TRAIL MARATHONS

by Ed Hall
6-14-93

As many of you know I run quite a few marathons each year. My last one was at the Sunburst Marathon on June 5, 1993 and it was also my 98th marathon. Within the last year I had the opportunity to run three marathons that were quite different from the normal marathon. I'm writing this article so you can also take advantage of the same opportunity.

Until now I thought all "trail" marathons were like the Michigan Trail in Ann Arbor, Michigan which is hilly, has very poor footing and adds about 30 minutes to your normal time *and* the Virgil Monster Marathon near Elmira, New York which has extremely steep ascents and descents (not hills!) over back country terrain.

The "trail" marathons that I ran were so called because in two cases the marathon used an existing course that had "trail" in it's name. I will describe each event so you can choose one or all of them for your 1993/1994 marathon schedule.

Toe To Tow Marathon - the name is telling you to place your toe to the starting line of the marathon run on the former Ohio & Erie Canal Towpath in the Cuyahoga Valley National Recreation Area between Akron and Cleveland. The 1993 marathon is the second and will be run on Sunday, October 17th. Michele Angermeier, the Race Director can be reached on (216) 663-2282 at the Athlete's Shoe Specialist.

You park your car about 100 yards from the finish line and climb aboard old railroad cars of the historic Cuyahoga Valley railroad for a 20 minute ride to the starting point. If it is a cold day be sure to dress warmly because the cars are not heated and you will not have any shelter when you get off the train. The marathon begins on a two-lane asphalt road so that the field can spread out in the two miles before entering the towpath which is only eight feet wide, but wonderful to run on. The only hills in the course are in the first two miles. The towpath has a very comfortable surface and nice fall colors, deer, Blue Herons and other wildlife to see along the course. You receive a very nice sweatshirt and at the finish a good box lunch and other refreshments.

Northern Central Trails Marathon - the course is the former roadbed for the Northern Central Railroad which ran from York, PA to Baltimore, MD. The 1993 marathon is the third and will be run on Saturday, November 27th. The race director can be reached on (410) 494-8649 at the Hess Running Center. It begins in Sparks, MD which is near the northern border of Baltimore.

TRAIL MARATHONS (continued)

The marathon is conducted by the Baltimore Road Runners. The race begins with an uphill start and follows a rolling asphalt road for the first 1.5 miles which allows the field to spread out before entering the towpath. The path is about 10 feet wide and has a surface of crushed limestone. The fall colors provide a very nice running experience. Once on the trail the course is slightly uphill to the turn-a-round and then the last 12.5 miles are slightly down grade. In 1992 at the indoor finish area there was soup, bagels, donuts, bananas, hot cocoa, coffee, fruit drink, cookies, apples and exceed.

B & A Trail Marathon - the course is the former roadbed for the Baltimore and Annapolis Railroad. The 1994 marathon is the third and will be run on Sunday, March 6th and is conducted by the Annapolis Striders. Sue Briers, the Race Director, can be reached on (410) 721-1442. It begins and ends at Saverna Park High School which is just north of Annapolis.

This course is entirely asphalt as opposed to the soft yielding surface on the other two trail marathons. In addition, most of the B & A Trail runs behind homes and shopping centers and beside some busy streets so it *is not* as scenic as the other courses. The course is primarily flat but there are noticeable hills at 2 miles, 7 miles, and at 21 miles. In 1993 at the indoor finish area there were drinks, fruit and bagels. The locker room was available for showers afterward.

All three of these marathons were well done. I believe that you would like all of them. The most convenient is the Toe To Tow Marathon and it has the nicest shirt but the Northern Central Marathon has the best scenery and the best after race refreshments. If you want to know more, give me a call on 366-6506 or see me at one of the Roadrunners monthly runs.

ON RUNNING (1.)
by Bruce McGlothlin

Take this one question quiz for a minute.

The most important part of the body when running is:

- a. head
- b. arms
- c. hands
- d. legs
- e. feet

In looking over the answers, you could probably substantiate any argument for any one of them. But the more I study running and runners, in general, I tend to believe the correct answer is c, or the hands. Let me tell you why.

The hands are an important part of the body. It is hard to imagine being without them to perform every day functions, such as eating, writing, communicating, playing, working, etc.. We use our hands to let others know what we are thinking and feeling. We put our hands next to our face when we are bored or just being thoughtful about something. We put our hands between our legs to keep them warm. We scratch our head whenever we are puzzled. We use our hands to communicate and explain what we mean. We put them behind our head to relax. We protect our bodies when threatened.

In running, this generally indicates what we are feeling inside. If we clench our fists, it suggests we are tight and probably feelin pretty miserable inside. Not really in touch with ourselves. If they are semi-tight, then we are the same inside. If they are open, loose and free, it is a fairly good conclusion that we are more relaxed, calm and in touch with the real self.

I observed one grade school girl who was running the 1500 meters in a local track meet. She was close to last, but ran with an open and limp wristed technique that suggd a relaxed and confident manner. She was in touch with what true running is all about. Speed and place were irrelevant to this young runner. She was having fun and building strategies for future running.

ON RUNNING (1.) (continued)

As we grow older, get injured, have families, our running goals have changed in most cases. Instead of PRs, we just run to run and have the hope to run injury free. I call it "stress-free" running. This means being free and loose. Most of you know what I am talking about.

So the next time you go for your run, be aware of your hands. Are they open or closed? Do you feel relaxed inside? Slow down for a minute and think about them. If they tighten up and are clenched, open them up and concentrate on keeping them that way.

If any of your non-running friends tease you about experiment with your hands, tell them at least you're not sitting on them.

ON RUNNING (2.) by Bruce McGlothlin

- . Practice endurance daily.
- . Avoid overweight; eat and drink moderately.
- . Exercise muscle strength and coordination.
- . Exercise will-power daily.
- . Don't let your mind go to seed.

Ernst van Aaken, M. D.
On keeping the mind fit and stress resistant

Of all the things I've learned, I think these are the most important. I believe I'm finally beginning to understand.

BOATHOUSE BURNER (North Park)

Date: May 15, 1993

Race Director: **Ed Hall**

Helper: Itea Hall

8 Kilometer

Name	Age	Time
Wayne Toy	39	34:02
Ron DuMoulin	48	34:35
Rick McAlmond	45	35:39
Jim Caskey	46	42:00
Andy Gero	45	43:05
Bruce McGlothlin	46	43:06

2 Mile

Bill Smith	39	15:53
Virginia Dailey	39	17:16
Woody Hoburg	7	23:59
Russie Hoburg	5	24:10
Jim Hoburg	46	24:11

Because of the barrier placed on the road through the tennis area by the Parks Department the normal course had to be changed to avoid turning the run into a steeple chase. A change to 8 Km (4.97 miles) eliminated the problem and gave some people a chance for a new PR. ??

NO PROBLEM RUN (Schenley Park)

Date: June 6, 1993

Race Director: **Al Eppihimer**

4 Mile

Name	Age	Time
John Studnicki	30	27:44
Mitch Radelk	28	28:01
Tom Mal	44	30:24
John Lalgicky	28	33:24
Andy Gero	45	37:13

2 Mile

Ed Fiertz	49	14:22
Greg Hallas	36	16:22
Ed Hall	59	17:20

Road Runners at Other Races:

Boston Marathon:

Jim Lacey 3:04:11
Dan Holland 2:58:??

Elby's Distance Run (Wheeling WV):

Bruce McGlothlin (didn't get his time)
Ron Hannan (didn't get his either)
Al Eppihimer 2:17:58
Jim Lacey 1:28:01 (5th in 55-59 age gp.)
Dan Holland 1:13:20 (4th in 20-24 age gp.)

THE CRITIC (??) ...

(from the Pittsburgh Post-Gazette, Wednesday, May 3, 1993)

Gene Collier

This marathon pure Pittsburgh

Sunday morning. Following a small African man around Point State Park. He is carrying his urine in a cup.

This had better be the marathon.

Thankfully, sort of, it was the marathon, or what's left of it. Fewer than 2,500 marathoners, among them fewer than 50 elite runners, competed in this one, the ninth of a series that just isn't what it once was or could have been.

There was no official crowd estimate, so let's just say that WPXI-TV could have put Margaret Shortridge on the back of a flatbed truck and run it through town on an unannounced schedule and as many people would have lurched out of their houses for that -- probably more -- than did for the Fee Fo Fo Fum/City of Pittsburgh Marathon.

But back to the little man with the urine, Abel Gisemba, the able Kenyan, had just won the thing by running more than 26 miles crosstown and back, and back again, in less than two hours, 17 minutes. Now, just as soon as he'd hand his urine to the official urine collector, it would take him about 2.17 seconds to explain the whole thing.

Abel's favorite words appeared to be "OK" and "Bye."

He had a 3:30 flight, the Pittsburgh-to-Nairobi red-eye, probably because he did not expect to be detained by a victory ceremony, much less one in which a 70-year-old redhead in a black dress purporting to be the mayor placed a green candle ring on his head.

Ain't sports great?

Certainly it could have been worse. Gisemba was the benefactor, as were several winners before him of an amendment to the medal ceremony that once nearly killed poor Dean Matthews. Matthews, 118 pounds of impending delirium, won this thing a few years back and was greeted at the tape by an exuberant race volunteer who, in her zeal to place a ribbon and attached medal around his neck, banged him on the incisors with his prize.

"I was dying; I was exhausted; I was delirious, and I didn't want anybody to touch me!" Matthews said the. "And then, BOOM!"

The marathon is just made o' memories, friends.

