

THE GREATER PITTSBURGH ROAD RUNNERS CLUB

Newsletter - June 1994

The President's Column

Happy summer to all our members !! Hope your running is going well and you are staying off the injury list.

This year, our banquet was held in February at Vincent's Pizza. We had an attendance of about 15 people. Everyone seemed to enjoy the food and fellowship. Awards for the Championship Club were given by Ed Hall. Thanks again to Connie and Bill Hoon for arranging our banquet this year. This was a nice change of pace for us.

There are some bits of news that might interest you. One item that was decided at the banquet was in regards to the Championship Club. Starting in January 1994, it will be 5 runs and 1 help or 5 helps and 1 run or 6 helps to qualify instead of 6 runs and 1 help. We have lowered the requirements just a bit for those of you who are too busy to make a lot of the runs. This may provide more incentive to qualify for the Championship Club. Ed gives nice awards. There is plenty of time for you to get your award for 1994. Add your name to our list of award winners for 1994.

Speaking of Ed Hall, now that he is in a "new age" category and acting as a semi-retired person, we gave him more work to do. Ed is now doing the newsletter for us. We are trying to get it out at least three times a year. Any articles, results or news that you would like to share with us, please send Ed a copy (718 Olive St., Pgh., PA 15237). He wants to play with his computer. You know how 60 year old guys like

to play with their "toys".

I encourage everyone to write something up for the newsletter. We will all look forward to reading it.

I recently ran into Chuck Rauber and his son, Chris. Those of you who are long time members will remember Chuck as a marathoner who used to run a lot with Jim Enright in the old days. His son Chris was about 8 or 9 years old who was beating everybody back then. He blossomed in high school and went on to Edinboro where he was a college All-American in cross-country and track. Now he runs professionally around the country. See what joining the Road Runners can do for some people?

It is great to see Jim Caskey at our runs. Remember Jim had open heart surgery in December right after the Mountain Goat Fun Run. How does this guy do it? Now there is a guy that loves running. Next time you see him, ask him. Jim tells some interesting running stories.

In this issue, we have a lot of results to catch up on. Our runs have been going well. Some better attended than others. Nobody has been arrested yet (although Jim Lacey was close last year) and called on the carpet. This could happen at any time. Knowing this group, part of your membership is used for a "bail bond" fund for anyone crazy enough to put on a race.

Remember to put our monthly schedules on your refrigerator. We'd

love to see you at our monthly runs. This is the only time we can really get together. The "Gutbuster" has always served as our "Convention Day" (Thanksgiving Day again this year). It draws many old and new members. Don't forget the Picnic Run on Sunday August 21. Hope to see you there! Also for heaven's sake send you dues in!!

Bruce McGlothlin

From The Editor

Like Bruce said, I have been playing with my computer. Taking the job of Editor very seriously I purchased a software package named PFS:Publisher so I could issue a fancy newsletter, but I haven't mastered it yet so I have had to use a combination of Wordperfect and Lotus 1-2-3 to prepare this newsletter. I hope that by the next issue you will see something that looks a little more professional.

The real value of a newsletter is the based on its' content and not on how attractive it appears. As Bruce said in his column it would be nice to have some contributions from all of the members. This can be in almost any form: typed, handwritten, copy of something from a magazine, etc. and I will enter it into my computer. Give it to me at a run or mail it to me at 718 Olive St., Pgh., PA 15237 and include your telephone number in case I a question.

Also, I would welcome comments, ideas, suggestions, etc. for ways to improve the newsletter.

Ed Hall

The Championship Club

Included in this issue of the newsletter is a copy of the form that is usually included in the year-end issue. The reason for this is to allow you to record your runs and helps as they occur so you don't forget and so you can see your progress (or lack of any) toward qualification for the 1994 club.

Since some of you may misplace this form we plan to also included it in the year-end issue when we remind you to send them in so the awards can be purchased.

The 1993 Championship Club

Andy Gero
Ed Hall
Ron Hannan
Connie Hoon
Bill Hoon
Georgette Lacey
Jim Lacey
Bruce McGlothlin

Each person received a pair of polypropylene gloves.

Previous Years History

<u>No.</u>	<u>Award</u>
92 - 10	- Key Pocket for Shoe
91 - 12	- Head Band
90 - 11	- Tank Top w/club name
89 - 10	- Fanny Pack w/club name
88 - 25	- Baseball Cap w/club name
87 - 19	- Gym Bag w/member's name
86 - ?	- Jacket w/member's name
85 - ?	- Desk Set
84 - ?	- Hooded Sweat Shirt

Suggestions are welcome and desired for 1994 and future year awards.

Some suggestions made at this year's awards banquet were: Shoe Bag, Wrist Pocket, Sport Towel, Gift Certificate, Reflective Vest, or a sleeveless slipover sweater with the club name.

THE GREATER PITTSBURGH ROAD RUNNERS CLUB

Snowflake Seven Miler - 1/16/94 (Bruce McGlothlin)

2 Mile				
No.	Name	Age	Time	Pace
1	None			

7 Miles				
No.	Name	Age	Time	Pace
1	Jim Lacey	59	00:53:17	00:07:37
2	Tom Mal	45	01:01:38	00:08:48
3	Bill Hoon	48	01:01:55	00:08:51

Three hardy souls braved the cold and five below zero temperature to run the Snowflake Seven Miler. Only "nuts" like us would be out in conditions like this. I would like to especially thank Jack Wise, who was probably the hardest. He drove all the way from Moon Twp. to help, but forget his running shoes. In fact, Jack kept track of everything, while I went running. what a friend we have in Jack!

A happy note was that Jim Caskey stopped by to visit. He wanted to let us know that he is getting along well and to thank everyone for their generous cards, gifts, etc. Some of you may not be aware that Jim had open-heart surgery, not once, but twice in December! He looked great and was his old chipper self. Jim has a congenital condition that had to be corrected. His doctor is, none other than Paul Thompson, the famous cardiologist of Runner's World fame. Jim had nothing but glowing reports for him. Many of Gov. Bob Casey's doctors were also on the case.

Jim is getting along well and will be in recovery for several months. He says he will eventually be back to running. That is good news! Jim is one "tough" individual. As many of you know, he can pound out two races a weekend. He is a long time member of the club and race director for our December Mountain Goat Race. In fact, he awarded prizes to the Lacey's this week. Nothing can stop this guy!!!! We all wish him well in his recovery.

P. S. On you 1994 running schedule, I made a typo. The Laurel Highlands 70 Mile Ultra Challenge is scheduled for June 11 not July 11. Please make the change on your calendars. Apologies to Ted Massa and Joe Butehko.

St. Valentine's Day Run - 2/13/94 (The Hoon's)

2 Mile				
No.	Name	Age	Time	Pace
1	Barb Lathrop	43	00:17:40	00:08:50
2	Cliff Ham	69	00:22:15	00:11:08
3	Harry Holland	57	00:28:39	00:14:20
4	Dena Holland	50+	00:28:39	00:14:20
5	Kasia Sudol	24	00:34:26	00:17:13
6	Audra Charity	25	00:34:28	00:17:14

5 Miles				
No.	Name	Age	Time	Pace
1	Dan Holland	24	00:30:13	00:06:03
2	Jason Winschel	20	00:32:19	00:06:28
3	Tom Holland	31	00:34:20	00:06:52
4	Mitch Radella	28	00:34:33	00:06:55
5	Ron Romanoff	38	00:35:10	00:07:02
6	Ben Winschel	13	00:37:15	00:07:27
7	Jim Lacey	59	00:38:20	00:07:40
8	Jackie Brodak	30	00:38:35	00:07:43
9	Tom Mal	45	00:43:20	00:08:40
10	Ron Hannan	43	00:43:20	00:08:40
11	Bruce McGlothlin	40+	00:44:12	00:08:50
12	Ed Hall	59	00:44:44	00:08:57
13	Don Laws	58	00:52:21	00:10:28

April Showers Fun Run - 4/10/94 (Andy Gero)

3 Mile				
No.	Name	Age	Time	Pace
1	Al Eppiheimer	46	00:30:08	00:10:03
2	Jim Caskey (walk)	47	00:48:02	00:16:01

6 Mile				
No.	Name	Age	Time	Pace
1	Ron Hannan	43	00:52:01	00:08:40
2	Joe Senita	31	00:52:01	00:08:40
3	Bruce McGlothlin	47	00:56:14	00:09:22

The 1994 April Showers Fun Run showed a 25 percent increase in participation - from four to five participants. Ron Hannan turned it into a biathlon by riding the course beforehand. He didn't have to tell us it was muddy, looking at him was enough.

Regulars Bruce McGlothlin, Jim Caskey and Al Eppiheimer were joined by new club member Joe Senita. Everyone claimed to have a good time. Now if only I could get warm and dry.....

Question: does Bruce McGlothlin get credit for a help in addition to a run since he picked up arrows and mile markers while he was running the second loop of the course?

WATER PITTSBURGH ROAD RUNNERS CLUB

Graddy's Day Run - 3/13/94 (Jim Lacey)

No.	Name	2 Mile Age	Time	Pace
1	Pete Collopy	44	00:13:58	00:06:59
2	Dylan Collopy	11	00:13:58	00:06:59
3	Georgette Lacey	56	00:14:57	00:07:28
4	Bob Brashear	44	00:17:11	00:08:36
5	Linda Pefean	32	00:18:42	00:09:21
6	Lisa Katulis	26	00:18:43	00:09:22
7	Jim Caskey	47	00:19:49	00:09:54
8	Andy Gero	46	00:25:18	00:12:39

No.	Name	4.4 Mile Age	Time	Pace
1	Brian Taylor	17	00:26:50	00:06:06
2	Ralph Bowles	57	00:27:59	00:06:22
3	David Lorenzi	24	00:28:30	00:06:29
4	Gail Turley	24	00:28:34	00:06:30
5	Matt Barnes	16	00:28:59	00:06:35
6	Alicia Weber	14	00:29:20	00:06:40
7	Brian Quinn	16	00:31:24	00:07:08
8	Allen McCreedy	51	00:33:08	00:07:32
9	Art Wiland	45	00:33:19	00:07:34
10	Darlene Nese	37	00:33:31	00:07:37
11	Tom Mal	45	00:33:38	00:07:39
12	Linda Clements	31	00:34:09	00:07:46
13	Kelly Johnston	17	00:35:04	00:07:58
14	Jim Stevenson	28	00:35:14	00:08:00
15	Bill Hoon	48	00:35:17	00:08:01
16	Billy Egan	23	00:35:17	00:08:01
17	Lyle Taylor	57	00:35:24	00:08:03
18	Ray Nrst	23	00:36:20	00:08:15
19	Jane Donnelly	54	00:37:46	00:08:35
20	Frank Pericia	51	00:38:30	00:08:45
21	Tom Lacey	57	00:38:32	00:08:45
22	Ben Breen	56	00:38:44	00:08:48
23	Jack Wise	58	00:38:56	00:08:51
24	Steve Aday	40	00:39:50	00:09:03
25	Mark Smeltzer	48	00:39:51	00:09:03
26	William Stocks	51	00:39:52	00:09:04
27	Don Laws	58	00:40:37	00:09:14
28	Al Epphimer	46	00:41:46	00:09:30
29	Bruce McGlothlin	47	00:41:46	00:09:30
30	Eileen Lacey	57	00:42:19	00:09:37

Boathouse Burner - 5/14/94 (Ed Hall)

No.	Name	2 Mile Age	Time	Pace
1	Jim Caskey	47	00:19:15	00:09:38

Improving - negative split of 9:13 on the 2nd mile.

No.	Name	8 Kilometer Age	Time	Pace
1	Alan Hough	32	00:31:35	00:06:21
2	Mike Luba	32	00:32:12	00:06:29
3	Wendy Recio	32	00:37:15	00:07:30
4	Vincent Pasquarelli	23	00:39:15	00:07:54
5	Tracey Barton	28	00:39:16	00:07:54
6	Jason Lalgione	30	00:39:53	00:08:01
7	Bruce McGlothlin	47	00:42:10	00:08:29
8	Tom Henry	52	00:43:13	00:08:42
9	Linda Young	40	00:43:39	00:08:47
10	Joe Slal???	40	00:44:04	00:08:52
11	Andy Gero	46	00:49:52	00:10:02
12a	Terry Carskadden	45	00:49:53	00:10:02
12b	Art Wiland	53	00:49:53	00:10:02

Terry Carskadden pointed out some deficiencies in my conduct of this year's run, so since I haven't done it right yet it appears that I will have to try again next year.

Since participation has been down the last two years I kept my eyes open will I was driving the course to place the mile markers and I picked up three runners and brought them back to the start so they could sign-up and run the 8Km.

Helper - Tom Daley

THE GREATER PITTSBURGH ROAD RUNNERS CLUB

CHAMPIONSHIP CLUB

Purpose	to recognize participation and involvement in the Greater Pittsburgh Road Runners Club.
Eligibility	each member who runs in five(5) events and helps at one(1) or helps at five(5) events and runs in one(1) or helps at six(6) events.
When	members who meet the requirements are recognized. and presented with a special award at the annual awards banquet

Use the area below to enter your activity in the Club events during 1994 to see if you qualified for the 1994 Championship Club. Check each block that applies and total each Column to see if you became a member in 1994 Championship Club.

Send completed forms to Ed Hall, 718 Olive St., Pittsburgh, PA. 15237

Please send completed forms as soon after the December run as possible so that the awards can be ordered in time for presentation at the awards banquet.

Dates	Events	Location	Run	Help	Run	Help
Jan 16	Snowflake Seven Miler	South Park				
Feb 13	St Valentine's Day Run	Mt. Lebanon Park				
Mar 13	St Paddy's Day Run	South Park				
Apr 10	April Showers Fun Run	Boyce Park				
May 14	Boathouse Burner	North Park				
Jun 5	No Problem Run	Schenley Park				
Jun 11	Laurel Highlands Ultra Challenge	Mountains !!				
Jul 10	Darwin's Dog Days of Summer Ultra	Schenley Oval				
Jul 17	Piece of Cake Run / Cake Walk	Frick Park				
Aug 21	Annual Picnic Run	South Park				
Sep 11	Hartwood Hoofers Run	Hartwood Acres				
Oct 9	Fall Classic	Highland Park				
Nov 24	G-U-T-B-U-S-T-E-R	Frick Park				
Dec 4	Mountain Goat Fun Run	South Park				
Totals ----->						

NAME(S)----->

In case clothing is chosen as the Championship Club award - please furnish size preference.

Shirt _____
Shorts _____
Hat _____