

THE GREATER PITTSBURGH ROAD RUNNERS CLUB

Newsletter - June 1997

The President's Corner

I find it very hard to believe we are half way through our racing schedule for the year. It seemed like just yesterday that a small group of runners were charging up and down the hills of Sleepy Hollow Trail in South Park in January. Out numbers seem to be up which is an excellent sign for our club

But we are more than just numbers. We are people who love running. For some of us, racing has already taken a back seat to our regular solo runs. That is OK with us as long as we can breath fresh air and enjoy our experience of putting one foot in front of another. As most of us have learned over the years, it often becomes difficult at times due to injuries or motivational problems. But we keep at it! Nothing can take that thrill away from us.

I have a poster in my office that I picked up somewhere. It says: "It doesn't matter how fast you run or how far you run, it's what running does for you that counts." Every time I experience a problem with my run, I keep this basic quote in my mind and it helps justify my performances. I love to run and I am proud of this fact.

Remember to get your five participations in for the year to get your GPRRC jacket this year. One of these participations must be a help.

Good Running!

Bruce

From The Editor

This year I have met the goal of issuing a newsletter during the middle of the year. This will give members an earlier feedback on the results of each monthly run and attached you will find a form for recording your participation toward earning the GPRRC jacket that will be awarded to members of the 1997 Championship Club.

Bruce's comment regarding the effects of time on our running reminds me of a recent issue of "Motley's Crew" from the comic strip page of the Post Gazette:

The old timer's in the hospital ?

Yeah, his gastritis kicked in plus his arthritis flared up and he got bone spurs on both feet.

Well, it just goes to prove what He's always said

Yeah, "**Old age isn't for sissies.**"

Runners have never been sissies. There always seems to be an obstacle to overcome. With the older runner the focus changes to a different type of challenge.

It looks like we may finally get some running days with sunshine and without rain or strong winds.

See you at the next run

Ed

The Championship Club

The members of the Championship Club for **1996** are:

1. Terry Carskaddan-Wiland
2. Andy Gero
3. Ed Hall
4. Ron Hannan
5. Dena Holland
6. Georgette Lacey
7. Jim Lacey
8. Tom Mal
9. Bruce McGlothlin
10. Art Wiland

The above members were awarded a copy of the latest book by Joe Henderson: **BETTER RUNS - 25 Year's Worth of Lessons For Running Faster and Farther.**

This is a very good book and I believe that every runner will benefit from reading it, no matter how long they have been running. Since Bruce and I have mentioned the effects of age on running, there are tables on pages 64 and 65 that provide a method to relate your current run times to those in previous years.

At the library or at a book store, you can also find the book by it's ISBN number which is 0-87322-866-9. P.S. I don't get a royalty on sales of this book.

The award for 1997 members of the Championship Club will be a tyvek jacket. This is an extremely nice award. It is light weight, wind proof, water resistant and folds into a very small package so it is easy to carry for changing weather conditions. So please urge all your fellow members to increase their participation in club runs so that we can have a lot of these jackets awarded.

Marathons

For those who like to run new courses, there is a new marathon this year. To quote from the entry form: For years the Air Force has been the only service without a marathon. This year - the Air Force's 50th Anniversary - we will change that and begin a new tradition here in Dayton, the Birthplace, Home and Future of aviation. On behalf of the USAF, Wright-Patterson Air Force Base, and the surrounding community, we look forward to providing you with a friendly, enjoyable running experience on Sept. 20!

For detailed information about the race, access the USAF Marathon website at <http://afmarathon.wpafb.af.mil> or call (937) 656-0470.

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SOMETHING TO THINK ABOUT

General

- Yield to temptation, it may not pass your way again.
- With a calendar, your days are numbered.
- An Optimist is one who sees the light at the end of the tunnel. A Pessimist is someone who sees the Optimist as the guy who got him into the tunnel in the first place.
- If it were not for time, everything would happen at once.
- Hindsight is an exact science.

