

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

Schutzensnur, but now had to return to Baumholder on Oct. 17th to do a 12.4 mile road march, with another German unit and with a twenty-two pound combat load, in three hours and twenty minutes. Two German sergeants kept him company and they finished with twenty-eight minutes to spare. This completed the gold in the Sports Badge.

As an officer in the Army Reserves, Bill is permitted to wear the Sports Badge on his dress uniform. Only enlisted soldiers are permitted to wear marksmanship badges, however, both of Bill's accomplishments are now on file in the German Army archives at Munich.

For those of you who don't know, Bill has been in the Army Reserves for sixteen years as a dental officer and now has the rank of major. Joint Endeavor was his first active duty tour.

INTERESTING ITEMS FROM VARIOUS SOURCES

Humble Request:

I don't covet with greed
A big piece of the action,
But I do feel the need
Now and then for a fraction.

Mars 1040:

Now that scientists have discovered a new form of life, we'll need a new tax for it.

Forget It:

If you see a tall fellow ahead of a crowd,
A leader of men, marching fearless and proud,
And you know of a tale whose mere telling
aloud would cause his proud head in
anguish be bowed,
It's a pretty good plan to forget it.

If you know of a skeleton hidden away
in a closet, and guarded, and kept from the
day in the dark,
Whose showing, whose sudden display
would cause grief and sorrow and pain and
dismay
It's a petty good plan to forget it.

If you know of a tale that will darken the joy
of a man or a woman, a girl or a boy,
That will wipe out a smile or the least bit
annoy a fellow, or cause any gladness to
cloy,
It's a petty good plan to forget it

Goals:

Each goal that you set should be one step
beyond others you have taken.

Remember: It is better to aim for a star and
hit a mountain than to aim at a mud puddle
and hit it every time.

THE GREATER PITTSBURGH ROAD RUNNERS CLUB

Bushwackers' Nightmare Trail Run - 1/12/97
(Bruce McGlothlin)

3.5 Mile				
No.	Name	Age	Time	Pace
1	Brian Suttle	18	00:25:21	00:08:10
2	Tim Sabella	19	00:28:48	00:09:16
3	Scott Allman	30	00:32:40	00:10:31
4	Don Smith	44	00:38:49	00:12:30
5	Ed Winschel	37	00:42:23	00:13:38
6	Larry Winschel	45	00:42:25	00:13:39
7	Chris Winschel	11	00:42:35	00:13:42
8	Kevin Rentier	12	00:42:37	00:13:43
9	Richard Hickey	56	00:42:40	00:13:44
10	Joe Morgovich	37	00:45:32	00:14:39
11	Jim Orkwis	48	00:45:32	00:14:39
12	Sharon Caskey	19	00:48:16	00:15:32
13	Barbie Bunt	18	00:48:16	00:15:32
14	Lisa Winschel	18	00:48:16	00:15:32
15	Mike Joyce	53	00:53:06	00:17:05

7 Mile				
No.	Name	Age	Time	Pace
1	George Toomey	31	00:51:57	00:08:22
2	Jason Winschel	23	00:56:48	00:09:08
3	Doug Mitarotonda	16	00:56:52	00:09:09
4	John Antonelli	28	00:57:55	00:09:19
5	Ken Kissler	37	00:58:13	00:09:22
6	Rick Freeman	35	01:00:42	00:09:46
7	Ron Hannan	46	01:00:42	00:09:46
8	Jim Lacey	62	01:14:14	00:11:57
9	Tom Mal	48	01:17:17	00:12:26
10	Cynthia Sanchas	42	01:17:17	00:12:26
11	Janice Boyko	45	01:21:22	00:13:06
12				

Weather: Snowy, Cold, 9 degree (Wind Chill -20 degrees)

Helper - Richard Hickey

The 3rd Annual Bushwacker's Nightmare Trail Run saw 26 hardy, trail loving runners on a day that was not exactly the best for running. Each year seems to draw more and more trail runners for this difficult race. Some say this harder than the Gutbuster". People seem to love this race, especially a group of ultrarunners from the South Park Runners and the usual Mt. Lebanon Family Group. If more people found out about this race, I am sure I would be back "on the carpet" in front of the police, explaining why we wer holding a race without a permit. That's ok. I can stand the heat !

St. Valentine's Day Run - 2/16/97 (The Hoon's)

1 Mile Walk				
No.	Name	Age	Time	Pace
NONE				
2 Miles				
No.	Name	Age	Time	Pace
1	Jake Winschel	8	00:20:52	00:10:26
2	Matt Winschel	8	00:20:55	00:10:28
3	Andy Gero	48	00:20:59	00:10:30
4	Alex Winschel	10	00:21:19	00:10:40
5	Dick Winschel	42	00:21:53	00:10:56
6	Jeff Winschel	9	00:23:37	00:11:48
7	Danny Winschel	6	00:23:48	00:11:54
8	Larissa Bifano	16	00:23:53	00:11:56
9	Lisa Winschel	19	00:23:53	00:11:56
10	Jack Wise	61	00:24:56	00:12:28
11	Tim Winschel	8	00:25:15	00:12:38
12	Ted Winschel	12	00:26:00	00:13:00
13	Tom Winschel	4*8	00:26:34	00:08:51
14	Dena Holland	50+	00:27:09	00:13:34
15	Terry Carskaddan	56	00:27:09	00:13:34
16	Chris Winschel	11	00:27:26	00:13:43
17	Kathleen Hickey	49	00:28:30	00:14:15

5 Miles				
No.	Name	Age	Time	Pace
1	Jason Winschel	23	00:30:22	00:06:04
2	Doug Mitarhonda	16	00:30:23	00:06:05
3	Mitch Radella	31	00:32:22	00:06:28
4	Ron Romanoff	41	00:33:26	00:06:41
5	Art Wiland	48	00:35:35	00:07:07
6	Ron Hannan	46	00:35:57	00:07:11
7	Sam Bertenthal	38	00:36:02	00:07:12
8	Jim Lacey	62	00:38:28	00:07:42
9	Tom Mal	48	00:41:09	00:08:14
10	John Harwick	64	00:41:13	00:08:15
11	Ellen Sweeney	36	00:43:40	00:08:44
12	Richard Hickey	56	00:43:57	00:08:47
13	Jana Koch	24	00:44:07	00:08:49
14	Kevin Rentier	12	00:46:17	00:09:15
15	Julie Downs	17	00:46:17	00:09:15
16	Nicole Boiano	14	00:46:17	00:09:15
17	Ed Hall	62	00:46:18	00:09:16
18	Bruce McGlothlin	49	00:48:39	00:09:44
19	Jim Caskey	50	00:48:40	00:09:44
20	Bill Hoon	51	00:49:22	00:09:52
21	Stuart Kaufman	74	00:50:25	00:10:05
22	Larry Winschel	45	00:51:25	00:10:17
23	Ed Winschel	37	00:51:25	00:10:17
24	Bill Winschel	40	00:51:26	00:10:17
25	Connie Hoon	48	01:04:41	00:12:56

Helpers: Mary Harwick & Dick Burshing



THE GREATER PITTSBURGH ROAD RUNNERS CLUB

St. Paddy's Day Run - 3/09/97 (Jim Lacey)

1 Mile Walk				
No.	Name	Age	Time	Pace
1	None			
2				

2 Mile				
No.	Name	Age	Time	Pace
1	Jason Winschel	23	00:11:11	00:05:36
2	Kevin Ranther	12	00:15:42	00:07:51
3	Larry Winschel	45	00:17:17	00:08:38
4	Lisa Winschel	18	00:17:17	00:08:38
5	Ed Winschel	37	00:17:17	00:08:38
6	Georgette Lacey	59	00:17:32	00:08:46
7	Christopher Winschel	11	00:18:00	00:09:00
8	Kathleen Hickey	50	00:24:04	00:12:02

4.2 Mile				
No.	Name	Age	Time	Pace
1	Dave Helwig	46	00:28:45	00:06:32
2	Art Wiland	48	00:29:05	00:06:37
3	Lou Becker	30	00:30:10	00:06:51
4	John Smearman	22	00:30:25	00:06:55
5	Wayne Evron	42	00:31:40	00:07:12
6	Lill Elder	43	00:33:09	00:07:32
7	Jeff Gerlach	28	00:33:43	00:07:40
8	Tom Mal	48	00:33:50	00:07:41
9	Dean Page	54	00:34:09	00:07:46
10	Jim Foilin	41	00:34:19	00:07:48
11	Richard Hickey	56	00:35:25	00:08:03
12	Colleen White	29	00:36:22	00:08:16
13	Bruce McGlothlin	50	00:36:42	00:08:20
14	Bill Hoon	51	00:37:53	00:08:37
15	Stuart Kaufman	74	00:38:38	00:08:47
16	Dena Holland	50+	00:38:56	00:08:51
17	Ed Hall	62	00:39:10	00:08:54
18	Jim Caskey	51	00:39:11	00:08:54
19	Todd Green	25	00:39:50	00:09:03
20	Cindy Joseph	25	00:39:50	00:09:03
21	Bob Dell	51	00:40:13	00:09:08
22	Greg Hallis	40	00:40:30	00:09:12
23	Michael Laffey	37	00:40:39	00:09:14
24	Collin Laffey	7	00:40:39	00:09:14
25	Tom McMullen	55	00:42:10	00:09:35
26	Andy Gero	49	00:43:43	00:09:56
27	Victoria Brown	43	00:44:27	00:10:06
28	Terry Wiland	56	00:46:01	00:10:28
29	Benn Breen	59	00:47:01	00:10:41
30	Eileen Kiley	23	00:47:23	00:10:46
31	Mary Spegal	40	00:47:23	00:10:46
32	Connie Hoon	48	00:52:37	00:11:58

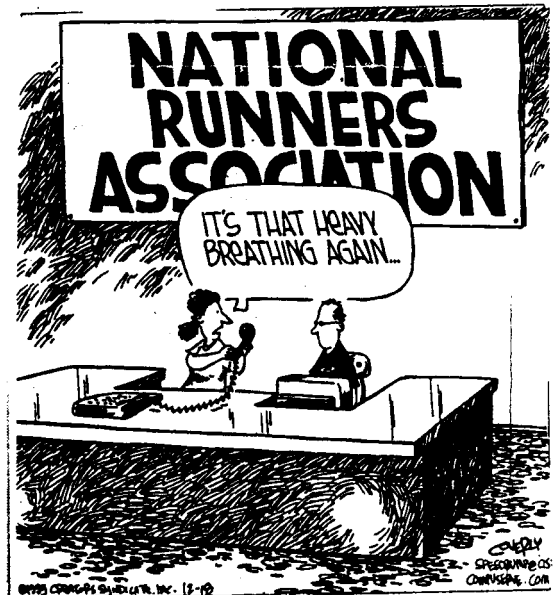
Help - Georgette Lacey

April Showers Fun Run - 4/13/97 Andy Gero

3 Mile				
No.	Name	Age	Time	Pace
1	John J. Prizzi	45	00:21:15	00:07:05
2	Art Wiland	48	00:21:20	00:07:07
3	Patrick Sheehan	36	00:22:51	00:07:37
4	Michael Chopp	39	00:23:03	00:07:41
5	Bill Jaroudi	13	00:23:45	00:07:55
6	Tami Hanchuk	39	00:25:16	00:08:25
7	Jim Caskey	50	00:28:58	00:09:39
8	Joe Spisak	57	00:28:59	00:09:40
9	Georgette Lacey	58	00:29:36	00:09:52
10	Lee McClain	?	00:29:51	00:09:57
11	Marc Jaroudi	7	00:33:34	00:11:11
12	Terry Carskadden	56	00:34:07	00:11:22
13	Elizabeth Brezovic	19	00:44:58	00:14:59
14	Sara Joslyn	21	00:44:58	00:14:59

6 Mile				
No.	Name	Age	Time	Pace
1	Robert K. Giesen	33	00:37:22	00:06:14
2	Fred Jaroudi	42	00:41:07	00:06:37
3	Mike Cary	?	00:43:43	00:07:17
4	John Spurlock	42	00:44:02	00:07:20
5	Jim Lacey	63	00:45:44	00:07:22
6	Tom Mal	48	00:46:26	00:07:44
7	Ron Hannan	46	00:46:28	00:07:29
8	Bill Hoon	50	00:51:19	00:08:33
9	Straga King	42	00:51:19	00:08:33
10	Ed Hall	62	00:56:32	00:09:25
11	Bruce McGlothlin	49	01:05:07	00:10:51
12	David Rumon	48	01:05:07	00:10:51

Ed Hall had an offer that was hard to refuse from a friendly person who was walking with his dog in the Ski Lodge parking lot. First he pointed to the place to turn off of the parking lot on to the trails and THEN he offered to change the directional arrow so that the following runners and the second lap leaders would go the wrong way and let Ed finish the six mile in first place. Being a honorable runner and an officer of the club, Ed refused this friendly offer.



THE GREATER PITTSBURGH ROAD RUNNERS CLUB

Boathouse Burner - 5/10/97 (Ed Hall)

2 Mile				
No.	Name	Age	Time	Pace
1	Mike Stanislaw	?	00:13:35	00:06:48
2	John Wetzel	39	00:15:47	00:07:54
3	Terry Carskaddan	56	00:20:08	00:10:04
4	Kathleen Hickey	50	00:22:59	00:11:30
5	Josh Pennington	14	00:28:56	00:14:28
6	Lisa Pennington	37	00:29:51	00:14:56

8 Kilometer				
No.	Name	Age	Time	Pace
1	Gary Puleio	19	00:30:55	00:06:13
2	Ryan Colombo	15	00:31:06	00:06:15
3	Fred Jaroudi	42	00:31:53	00:06:25
4	Jim Lacey	62	00:33:49	00:06:48
5	Art Wiland	47	00:33:49	00:06:48
6	Ron Hannan	46	00:34:18	00:06:54
7	Ed Poika	41	00:35:12	00:07:05
8	Scott Ferrari	39	00:36:38	00:07:22
9	Richard Hickey	56	00:40:51	00:08:13
10	Dan Miller	51	00:41:48	00:08:25
11	Bill Klapproth	76	00:41:56	00:08:26
12	Greg Gellerman	34	00:43:37	00:08:46
13	Georgette Lacey	59	00:45:37	00:09:11
14	David Rumon	48	00:52:47	00:10:37
15	Bruce McGlothlin	50	00:52:47	00:10:37
16	Andy Gero	48	00:52:48	00:10:37

Helper: Tom Daley

Weather: Light winds and rain and temperature in the 40's

Race Director, Ed Hall, decided to see if runners were paying attention to the splits at the one mile point. By placing the one mile marker about one-half mile past the actual one mile point at which splits were being called. No one mentioned the marker, so they must have been paying attention.

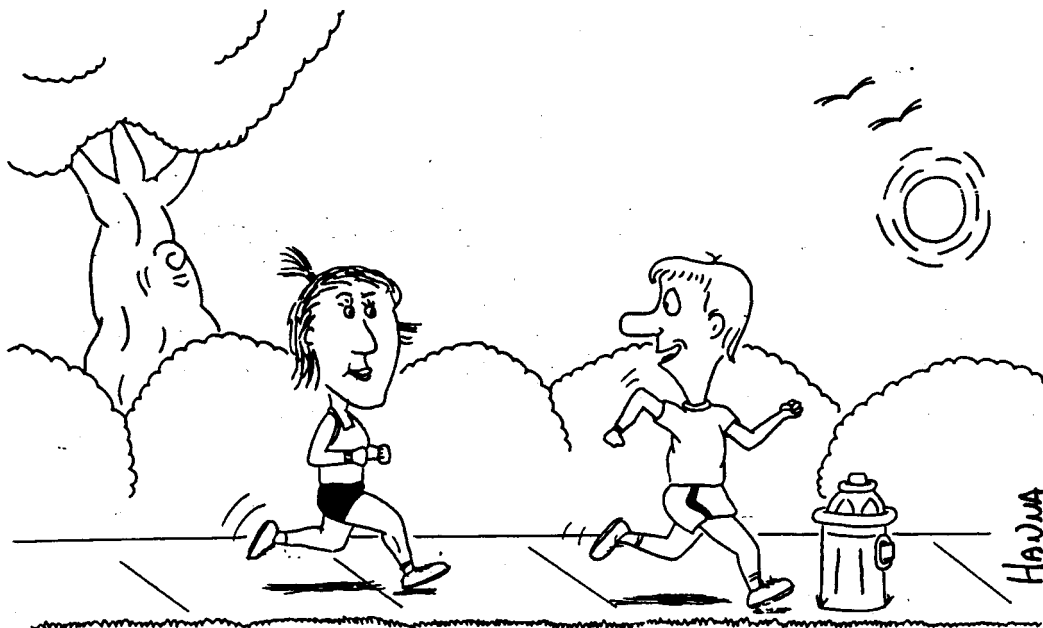
No Problem Run - 6/01/97 (Al Eppihimer)

1 Mile				
No.	Name	Age	Time	Pace
1	None		00:00:00	00:00:00

2 Mile				
No.	Name	Age	Time	Pace
1	John Harwick	64	00:17:14	00:08:37
2	Paul Saxman	11	00:19:07	00:09:34
3	Ed Saxman	35	00:19:08	00:09:34
4	Dena Holland	50+	00:19:36	00:09:48
5	Jim Petrucci	44	00:22:03	00:11:02
6	Judy Wright	36	00:23:50	00:11:55

10 Kilometer				
No.	Name	Age	Time	Pace
1	Joe Fleckstein	20	00:44:37	00:07:11
2	Mitch Radella	31	00:46:02	00:07:24
3	Ken Snowden	37	00:46:34	00:07:30
4	Russell Riethage	51	00:53:20	00:08:35
5	Robert King	43	00:54:53	00:08:50
6	Ray Wright	46	00:56:45	00:09:08
7	Bill Zoth	47	00:58:31	00:09:25
8	Paul Metts	18	01:02:34	00:10:04
9	Ed Hall	63	01:04:32	00:10:23
10	Mike Petrucci	14	01:05:47	00:10:35
11	Jason Killmeyer	14	01:06:01	00:10:37
12	Joe Spisak	57	01:10:00	00:11:16
13	Dave Ruman	48	01:16:10	00:12:15
14	Andy Gero	49	01:16:10	00:12:15
15	John P. Cuesan	41	01:18:00	00:12:33

Helper - Tom Henry



"Remember Honey — run relaxed, concentrate, keep your head down and always, always look straight ahead!"

