

THE GREATER PITTSBURGH ROADRUNNERS

Newsletter December 1997

The President's Corner

Seasons Greetings To All !! I hope you had a wonderful holiday with family and friends.

With all of the fun, shopping, partying, and general craziness of the holidays, I made myself sit down and spend a little time thinking about my running. Most of you that know me realize that I spend a great portion of my time thinking about things. Very little time is set aside for decision-making, which suits me fine.

One of the many things I thought about was why I seem to like and enjoy being with runners. What is it about them that makes them different than others? Generally, most people you come in contact with are nice, but

there is something about the runner that makes him/her stand out from all the rest.

First of all, they are Relaxed. calm, and mostly easy-going. They don't become overwhelmed over the smallest things. They greet people warmly, enjoy their company, and know when they have worn out their welcome. I always believed relaxed people could leap tall buildings at a single bound, among other things.

Most runners tend to be Understanding about different people and situations. They are remarkably patient toward others who have seemingly different agendas and schedules. They have a sense of kindness that sets them

apart from others.

Basically, runners are particularly **N**ice people who are interesting to talk to. They don't always discuss running, which can get pretty boring at times. Who cares about PRs any way? They are well versed in a variety of different subjects and are anxious to hear about you and what you know.

They tend to love **N**atural things. They like the environment and nature, in general. Superficial people who try to impress simply bore them, but they will patiently listen to them. The smallest things excite them. Taking things in stride and focusing on the right things to do are their supreme talents.

Most runners are **E**mpathetic toward others. They care about others --- their triumphs, tragedies, and shortcomings. Listening and offering a kind and sympathetic ear are in-born behaviors. As human beings, this should be a common goal for everyone.

Last, runners are very **R**esourceful. They are intelligent and are especially good at problem-solving and creativity. It seems that brains can think better when flooded with oxygen. Brains crave oxygen! More problems could be solved if brains became a bit clearer.

These are the reasons I like runners. Are you a runner who has some or all of these traits? Perhaps yes; perhaps no. Personality has a lot to do with why you hit the trails and the roads.

Good Running!

Bruce

From The Editor

Those of you who are regulars at the club runs have probably noticed that I have not been at any of them since July. I simply forgot about the August run till a week too late. Then on August 24th during my last 20 mile run for the Air Force Marathon, I stepped on a rock and while trying to recover my balance I strained the muscles in my left side so badly that I couldn't run for a month. I didn't even try to run the marathon. I missed the October and November runs because of trips to Houston and to Atlanta. I missed the December run because of the weather that day.

This year is my lowest number of miles run and the first time in 18 years that I have not run a marathon. As Bruce said in his column, we runners tend to take things in stride, probably because we get a lot of practice because of the various set backs we experience during our running. In my case, it also helped that I was able to balance the bad in running with some good in my business by signing up a record number of new clients in 1997.

A reminder: contributions to the newsletter are welcome and can be in almost any form: typed, handwritten, copy of an article in a magazine, etc. I have to enter it into my computer, so the most important thing is that it be legible. Give it to me at a run or mail it to me at 718 Olive St., Pgh, 15237-4881 and include your telephone number in case I have a question.

See you at the next run.

Ed Hall



The Championship Club

The members of the Championship Club for 1997 are:

1. Jim Caskey
2. Terry Carskaddan
3. Al Eppihimer
4. Andy Gero
5. Ed Hall
6. Ron Hannan
7. Kathleen Hickey
8. Richard Hickey
9. Dena Holland
10. Bill Hoon
11. Jim Lacey
12. Georgette Lacey
13. Tom Mal
14. Bruce McGlothlin
15. Joe Spisak
16. Art Wiland.

The award for 1997 members is a tyvek jacket. It will have the club logo on the left chest area, a reflective strip across the front and back and knit cuffs and waistband. 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. Look for a picture in another part of the newsletter.

Since we had to order a minimum of two dozen jackets, there are a few extras that will be available for purchase at \$30 each.



ANNUAL BANQUET

The 1998 annual banquet was held at Otto's Holfbrau Hous on Saturday night, January 31st.

A group of 25 enjoyed casual conversation away from the running paths followed by an very nice buffett. Thanks to Connie Hoon for all the arrangements.

A nice surprise was the long lost Keiko McDonald who was one of the 25. When asked, where have you been?; the answer was fishing ! Then to prove she wasn't kidding, Keiko had a photo album showing some very impressive fish she had caught.

The President opened the business meeting with a recap of the 1997 running year and noted the excellent start in 1998 with 42 runners participating in the January 11th Bushwhacker's Nightmare Trail Run.

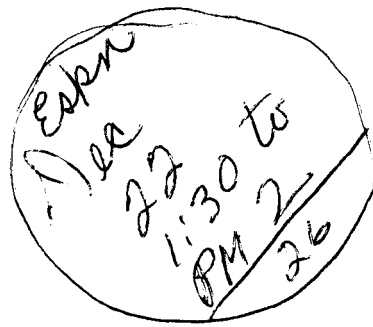
Andy Gero handed out a report on the financial activity for 1997. This was followed with a discussion regarding investing some of the bank account balance in a CD or some other vehicle with a higher interest rate.

Ed Hall read the names of the 1997 Championship Club and then described the tyvek jacket that is the award for 1997.



1998 Slate of Officers

| | |
|----------------------------------|------------------|
| President: | Bruce McGlothlin |
| Vice President: | Connie Hoon |
| Treasurer: | Andy Gero |
| Membership: | Ron Hannan |
| Mailings: | Tom Henry |
| Permits: | Tom Henry |
| Photographer: | Terry Carskaddan |
| Newsletter/ Championship Club | Ed Hall |



THE USAF MARATHON

The first annual edition of this marathon was run in September 1997 at Wright-Patterson AFB in Ohio. It was very successful with approximately 2,500 runners and good reviews. This appears to be a good one to run if you are planning a marathon in Septebmer of 1998.

THE HOUSTON MARATHON

This event was run on Sunday, Jan 18th under warm conditions, 65 degrees at the start, with 95% humidity, cloudy skies and a light wind.

The women's field was competing for the USA Track & Field National Women's Championship. Gwyn Coogan won in a time of 2:33:37. A total of 22 women also qualified for the U.S. Marathon Olympic Trials by running under the 2:50:00 time standard.

The men's winning time was 2:11:23 by Stephen Ndungu which led a Kenyan sweep of the first five places.

There were 5,892 entrants in the Marathon and 1,356 in the 5K.

This event has what I think is an unusual problem --- too many volunteers. For the third year in a row, the Marathon had to limit the number of volunteers to 4,500. This means that every marathon runner had the equivalent of 3/4th of a volunteer.

SOMETHING TO THINK ABOUT

General

- ▶ A smile is a powerful weapon. You can even break ice with it.
- ▶ Visits always give pleasure -- if not the arrival then the departure.
- ▶ A bank is a place where they lend you an umbrella in fair weather and ask for it back when it begins to rain.
- ▶ There is a foolish corner in the brain of the wisest man.
- ▶ What's in a word? Take the difference between wise guy and wise man.
- ▶ Everyone wants to go to heaven, but no one wants to die.
- ▶ He who laughs . . . lasts!
- ▶ Taste makes waist.

Races

- ▶ Success is never final and failure is never fatal. It's courage that counts.
- ▶ Pain is never permanent



THE GREATER PITTSBURGH ROAD RUNNERS CLUB

Piece of Cake Run - 7/06/97 (Paul Conrad)

| 3 Mile | | | | |
|--------|------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | David Keen | 30 | 00:17:25 | 00:05:48 |
| 2 | Patrick Sheridan | 16 | 00:20:38 | 00:06:53 |
| 3 | Rick Berger | 37 | 00:23:27 | 00:07:49 |
| 4 | Tom Robertson | 31 | 00:24:11 | 00:08:04 |
| 5 | Pete Landram | 32 | 00:24:12 | 00:08:04 |
| 6 | Art Wiland | 48 | 00:27:18 | 00:09:06 |
| 7 | Greg Hallas | 40 | 00:27:42 | 00:09:14 |
| 8 | Georgette Lacey | 60 | 00:29:05 | 00:09:42 |
| 9 | Al Eppiheimer | 49 | 00:30:09 | 00:10:03 |
| 10 | Dena Holland | 50+ | 00:30:29 | 00:10:10 |
| 11 | Terry Carskadden | 57 | 00:31:54 | 00:10:38 |
| 12 | Ruth Ann Balkey | 44 | 00:32:56 | 00:10:59 |
| 13 | Brenda Stumpf | 28 | 00:34:09 | 00:11:23 |

| 6 Miles | | | | |
|---------|-----------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Mike Portogalla | 46 | 00:41:30 | 00:06:55 |
| 2 | Ken Balkey | 46 | 00:42:44 | 00:07:07 |
| 3 | Jim Lacey | 63 | 00:45:14 | 00:07:32 |

Helpers - Linda, Daniel, Lee Ann and Tess Conrad.

The 1997 Cake Run was once again held in lower Frick Park. For those who ran, helped, or just showed up to watch and cheer, we had had cake and water for refreshments. A special thanks to Linda, Danier, Lee Ann and Tess Conrad for all your help. Thanks also to Terry Carskadden for the nice photos of the race. Due to the ever increasing number of dogs running loose in the park I have decided to move the race to a new location. I will keep the start time and date (second Sunday of July) the same. Be sure to check your club calendar for the new race site. Keep active, stay healthy, and see you at one of the next runs.

Picnic (?) Run - 8/03/97 (Tom Mal)

| 1 Mile | | | | |
|--------|---------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Karen Galilei | 40 | 00:10:32 | 00:10:32 |

| 2 Mile | | | | |
|--------|----------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Tim Graettinger | 35 | 00:13:56 | 00:06:58 |
| 2 | Danny Schulte | 9 | 00:14:37 | 00:07:18 |
| 3 | Jeff Schulte | 44 | 00:15:31 | 00:07:46 |
| 4 | Caroline Graettinger | 36 | 00:20:59 | 00:10:30 |

| 10 Km | | | | |
|-------|--------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Jan Lennartsson | 15 | 00:39:59 | 00:06:26 |
| 2 | Mitch Radella | 32 | 00:40:13 | 00:06:28 |
| 3 | Becky Buchheit | 22 | 00:40:41 | 00:06:33 |
| 4 | Beth Buchheit | 18 | 00:41:09 | 00:06:37 |
| 5 | Scott Ferrari | 29 | 00:44:25 | 00:07:09 |
| 6 | Suante Lennartsson | 44 | 00:47:16 | 00:07:36 |
| 7 | Gary Kifer | 22 | 00:48:20 | 00:07:47 |
| 8 | Todd Hamer | 21 | 00:48:21 | 00:07:47 |
| 9 | Ed Bonner | 36 | 00:50:05 | 00:08:04 |
| 10 | Bruce Kerman | 37 | 00:51:18 | 00:08:15 |
| 11 | Thomas Drobycki | 48 | 00:52:53 | 00:08:31 |
| 12 | Al Eppimimer | 49 | 01:02:13 | 00:10:01 |
| 13 | Andy Gero | 49 | 01:03:18 | 00:10:11 |
| 14 | Liz Engstrom | 38 | 01:09:17 | 00:11:09 |

Helper: Joseph Spisak

CHAMPIONSHIP CLUB JACKET



THE GREATER PITTSBURGH ROAD RUNNERS CLUB

**Hartwood Tour Run - 9/07/97
Terry Carskadden & Art Wiland**

| 3.3 Miles | | | | |
|-----------|-----------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Jessica Pentz | 38 | 00:21:02 | 00:06:22 |
| 2 | Gary Caskey | 34 | 00:22:33 | 00:06:50 |
| 3 | John Caskey | 13 | 00:23:00 | 00:06:58 |
| 4 | Ted Frank | 49 | 00:23:20 | 00:07:04 |
| 5 | Ellen Sweeney | 10 | 00:23:54 | 00:07:15 |
| 6 | David Egan | 49 | 00:25:32 | 00:07:44 |
| 7 | Bruce Pecci | 48 | 00:27:27 | 00:08:19 |
| 8 | Georgette Lacey | 19 | 00:29:32 | 00:08:57 |
| 9 | Al Eppihimer | | 00:32:29 | 00:09:51 |
| 10 | Kathleen Hickey | | 00:34:23 | 00:10:25 |
| 11 | Joe Spisak | | 00:38:18 | 00:11:36 |

| 6.6 Miles | | | | |
|-----------|------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Dave Helwig | 47 | 00:47:35 | 00:07:13 |
| 2 | Jim Lacey | 63 | 00:49:25 | 00:07:29 |
| 3 | Stu Zarembo | 55 | 00:49:30 | 00:07:30 |
| 4 | Tom Mal | 49 | 00:53:25 | 00:08:06 |
| 5 | John Adams | 51 | 00:54:35 | 00:08:16 |
| 6 | Ginnie Haid | 29 | 00:55:08 | 00:08:21 |
| 7 | Richard Hickey | 57 | 00:57:28 | 00:08:42 |
| 8 | Bruce McGlothlin | 50 | 00:57:34 | 00:08:43 |
| 9 | Mike Moran | 51 | 00:59:42 | 00:09:03 |
| 10 | David Rumon | 48 | 01:06:10 | 00:10:02 |
| 11 | Jim Caskey | 51 | 01:06:15 | 00:10:02 |
| 12 | Andy Gero | 49 | 01:07:58 | 00:10:18 |

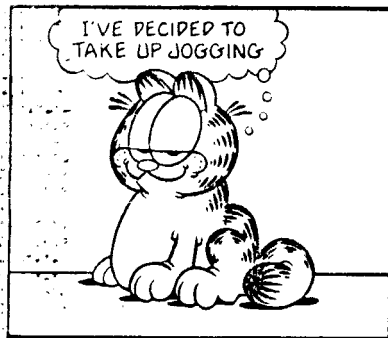
Fall Classic - 10/12/97 (Ron Hannan)

| 5 Kilometer | | | | |
|-------------|------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Dan Bloch | 37 | 00:21:10 | 00:06:49 |
| 2 | Joe Seiler | 37 | 00:21:13 | 00:06:50 |
| 3 | Dena Holland | 50+ | 00:31:23 | 00:10:06 |
| 4 | Terry Carskadden | 56 | 00:35:34 | 00:11:27 |

| 10 Kilometer | | | | |
|--------------|------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Ron Weathers | 28 | 00:38:38 | 00:06:13 |
| 2 | Robert Giesen | 34 | 00:38:41 | 00:06:14 |
| 3 | Art Wiland | 48 | 00:48:34 | 00:07:49 |
| 4 | Woody Hoburg | 12 | 00:52:22 | 00:08:26 |
| 5 | Jim Hoburg | 50 | 00:52:22 | 00:08:26 |
| 6 | Tom Mal | 49 | 00:53:34 | 00:08:37 |
| 7 | Bill Hoon | 51 | 00:59:27 | 00:09:34 |
| 8 | Bruce McGlothlin | 50 | 01:02:40 | 00:10:05 |
| 9 | Al Eppihimer | 50 | 01:02:40 | 00:10:05 |

Garfield

By Jim Davis



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THE GREATER PITTSBURGH ROAD RUNNERS CLUB

**HARRY C. HOLLAND G-U-T-B-U-S-T-E-R 11/27/97
Bill Hoon & Dena Holland**

| 2 Mile | | | | |
|--------|-----------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Jim Lacey, Sr. | 63 | 00:12:05 | 00:06:02 |
| 2 | Jan Waldeck | 36 | 00:17:24 | 00:08:42 |
| 3 | Aaron Waldeck | 8 | 00:17:24 | 00:08:42 |
| 4 | Greg Hallas [2+miles] | 41 | 00:29:31 | ? |

| 4 Mile | | | | |
|--------|------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Chris Stone | 32 | 00:26:45 | 00:06:41 |
| 2 | Michael Groggan | 44 | 00:29:53 | 00:07:28 |
| 3 | Mark Kozlonski | 40 | 00:29:53 | 00:07:28 |
| 4 | Capy Monet | ? | 00:33:25 | 00:08:21 |
| 5 | Curt Devlin | 45 | 00:33:39 | 00:08:25 |
| 6 | Pat McElhonn | 15 | 00:34:31 | 00:08:38 |
| 7 | Woody Hoburg | 12 | 00:35:30 | 00:08:52 |
| 8 | Jim Hoburg | 50 | 00:35:30 | 00:08:52 |
| 9 | Charles Store | 30 | 00:35:58 | 00:09:00 |
| 10 | Alex Winschel | 10 | 00:35:58 | 00:09:00 |
| 11 | Dick Winschel | 43 | 00:36:13 | 00:09:03 |
| 12 | Chris Winschel | 12 | 00:37:35 | 00:09:24 |
| 13 | Bill Winschel | 40 | 00:37:43 | 00:09:26 |
| 14 | Jim Jakub | 45 | 00:37:45 | 00:09:26 |
| 15 | Charles Winschel | 44 | 00:38:05 | 00:09:31 |
| 16 | Ed Winschel | 38 | 00:38:22 | 00:09:36 |
| 17 | Ted Winschel | 13 | 00:39:25 | 00:09:51 |
| 18 | Kevin Rentler | 13 | 00:39:25 | 00:09:51 |
| 19 | Mike Healey | 49 | 00:39:40 | 00:09:55 |
| 20 | Ken Boas | 52 | 00:39:40 | 00:09:55 |
| 21 | Jake Winschel | 9 | 00:40:07 | 00:10:02 |
| 22 | Tom Winschel | 48 | 00:43:07 | 00:10:47 |
| 23 | Valerie Winschel | 16 | 00:43:07 | 00:10:47 |
| 24 | Autumn Feidmeyer | 26 | 00:43:55 | 00:10:59 |
| 25 | Tom Henry | 56 | 00:43:55 | 00:10:59 |
| 26 | Jim Lacey, Jr. | 37 | 00:45:05 | 00:11:16 |
| 27 | Kris Palmer | 17 | 00:45:28 | 00:11:22 |
| 28 | Melissa Smith | 17 | 00:45:28 | 00:11:22 |
| 29 | Debi Katerina | 42 | 00:45:52 | 00:11:28 |
| 30 | Richard Hickey | 57 | 00:47:12 | 00:11:48 |
| 31 | Kathleen Hickey | 50 | 00:47:12 | 00:11:48 |
| 32 | Juliette Borda | 30 | 00:51:22 | 00:12:50 |
| 33 | Wayne Jacobs | 48 | ? | 00:00:00 |
| 34 | Cara Coyle | 30 | ? | 00:00:00 |
| 35 | Steve Partridge | 32 | ? | 00:00:00 |
| 36 | Cheryl Ross | 40 | DNF | 00:00:00 |

37 degrees at Race Time

Helpers: Connie Hoon & Ron Hannan

| 8 Mile | | | | |
|--------|------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Dan Holland | 28 | 00:49:36 | 00:06:12 |
| 2 | Chris McGuinness | 23 | 00:52:57 | 00:06:37 |
| 3 | Doug Mitarotonda | 17 | 00:57:05 | 00:07:08 |
| 4 | Bill Kanarek | 44 | 00:57:10 | 00:07:09 |
| 5 | Mike Portogallo | 42 | 01:01:31 | 00:07:41 |
| 6 | Rhett Cherkin | 26 | 01:01:40 | 00:07:42 |
| 7 | Ken Balkey | 46 | 01:02:43 | 00:07:50 |
| 8 | Bill Wolf | 41 | 01:03:27 | 00:07:56 |
| 9 | Sam Bertenthol | 39 | 01:06:15 | 00:08:17 |
| 10 | Frank Pfenning | 38 | 01:06:44 | 00:08:20 |
| 11 | Dave Hayden | 54 | 01:06:49 | 00:08:21 |
| 12 | Dave Rosenberg | 40 | 01:07:20 | 00:08:25 |
| 13 | Rob Ruck | 47 | 01:09:49 | 00:08:44 |
| 14 | Brad Meyer | 31 | 01:10:09 | 00:08:46 |
| 15 | Dirk Kalp | 47 | 01:10:51 | 00:08:51 |
| 16 | Tom Mal | 49 | 01:13:04 | 00:09:08 |
| 17 | Deena Barnett | 27 | 01:14:26 | 00:09:18 |
| 18 | Bill Hoon | 52 | 01:14:41 | 00:09:20 |
| 19 | Darlene Hudak | 40 | 01:17:12 | 00:09:39 |
| 20 | Bruce McGlothlin | 51 | 01:20:39 | 00:10:05 |
| 21 | Ed Heath | 36 | 01:20:43 | 00:10:05 |
| 22 | Michele Megarry | 41 | 01:20:43 | 00:10:05 |
| 23 | Bev Bernard | 54 | 01:25:46 | 00:10:43 |
| 24 | Ron Hannan | 46 | 01:26:24 | 00:10:48 |

Mountain Goat Fun Run - 12/7/97 (Jim Caskey)

| 2.86 Mile | | | | |
|-----------|------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 | Richard Hickey | 57 | 00:28:45 | 00:10:03 |
| 2 | Georgette Lacey | 55+ | 00:43:12 | 00:15:06 |
| 3 | Terry Carskadden | 50+ | 00:43:12 | 00:15:06 |

| 5.7 Mile | | | | |
|----------|------------------|-----|----------|----------|
| No. | Name | Age | Time | Pace |
| 1 (A) | Ronald Romanoff | 41 | 00:43:10 | 00:07:34 |
| 2 (B) | Andy Sheehan | 46 | 00:43:49 | 00:07:41 |
| 3 | Art Wiland | 49 | 00:45:38 | 00:08:00 |
| 4 | Sam Berthenal | 39 | 00:45:54 | 00:08:03 |
| 5 | Ron Hannan | 46 | 00:50:43 | 00:08:54 |
| 6 | Tom Mal | 49 | 00:50:46 | 00:08:54 |
| 7 | Wayne Evron | 43 | 00:51:42 | 00:09:04 |
| 8 | Bruce McGlothlin | 51 | 00:57:02 | 00:10:00 |
| 9 | Mike Joyce | 54 | 01:06:31 | 00:11:40 |

Weather: Snow, Ice, Cold

(A) = The Goat (B) = The Old Goat (C) = The Goats
George Sheehan's son, Andy was the latest celebrity to show up at one of our races.

Hagar the Horrible

By Chris Browne





RICHARD

"PRESIDENT" BRUCE

HARTWOOD TOUR 1997



ANDY GERO
PICNIC RUN 1997