



Road Runners Club of America

# The Greater Pittsburgh Road Runners

Pittsburgh Pennsylvania

June 2001

## Officers

- President  
Bruce McGlothlin
- Vice President  
Connie Hoon
- Treasurer  
Andy Gero
- Membership  
Ron Hannan
- Newsletter  
Ed Hall
- Mailings & Permits  
Tom Henry
- Photographer & Publicity  
Terry Carskadden
- Championship Club  
Ed Hall

## Championship Club—2000

- Jim Caskey
- Bill Hoon
- Andy Gero
- Kathleen Hickey
- Richard Hickey
- Ed Hall
- Bruce McGlothlin
- Dena Holland
- Jane Donnelly
- Ron Hannan
- Terry Carskadden
- Art Wiland
- Tom Mal

## The President's Column

Bruce McGlothlin

Greetings to all our members! Hope your running is going well and you are staying off the DL. That is always the downside of our sport — the mind is willing, but the body is not. Just think of our bodies as getting stronger.

I just finished reading PG's columnist Lori Shontz's article on The Wheeling Distance Race (Ogden Newspapers 20K). Actually, it was quite a good article. Highlighting the Best Race in the Pittsburgh area. It has been that way since day one twenty-five years ago. The hard thing to believe is that the PG devoted a full page and it only took a quarter of a century to do it. Running is not exactly considered a high priority by the local media. Maybe they are changing.

On a sad note, one of our most faithful and popular members, Larry Winschel recently passed away. It was quite a

shock to all that knew him. Larry was a member of the famous "Pancreas Racing Team". You remember them — the guys with the pink shirts. I ran with Larry in the Mountain Goat Fun Run in December. He complained that he was getting slower and that he was tired. Larry had told others this also, but he continued regular running in Mt. Lebanon. Maybe this is an important thing for all of us to learn — get a regular check-up from your doctor. Running does not make us invincible. In fact, nothing makes us invincible. We are just human beings. Read the nice article about Larry from a columnist on the "iPlayOutside.com" in this newsletter. The family felt comforted. It was a nice tribute to a good fellow. We all will miss Larry!

To finish on a happy note, I received a call from Monty Miller, former President

*(Continued on page 2)*

## From The Editor

Ed Hall

Surprise! A mid year newsletter.

Surprise! Another new format.

I don't remember that any previous issue ever used the same format as any other issue. I plan for this format to be THE ONE. But I will always welcome suggestions for improvement and I also welcome articles, cartoons, etc. for use in the newsletter.

As most of you know, the Winschel families were active participants in GPRRC runs. If you read the run results in the newsletters you saw that last name scattered throughout the results. They were in effect a club by themselves since they would be found in almost every age group and in the fast times and in the slower times. I was glad to see that they will con-

*(Continued on page 2)*

WEB: [www.geocities.com/gprrc](http://www.geocities.com/gprrc)

E-Mail: [rhickey@adelhia.net](mailto:rhickey@adelhia.net)

*(Continued from page 1)*

of GPRRC and a nice guy extraordinaire. He and family are doing well. Monty is still running, but not as far and not as often. He is trying to come up with an idea to give away all the medals and trophies the Miller Family has accumulated over the years. (You can imagine how much that is!) I was not sure how to do it, but maybe some of our members might. Any idea? Let me know if you do and I'll contact Monty.

Well, I guess that is all for now. People are starting to say that I'm getting "Too Chatty" in my columns, so I will make this short. Next time I'll have more to reflect about.

Good Running!

P. S. Check out our

Web Site: [www.geocities.com/gprrc](http://www.geocities.com/gprrc)

and

e-mail: [rhickey@adelphia.net](mailto:rhickey@adelphia.net)

Thanks to Rich and Kathleen Hickey for upgrading us to the modern world. Some of us have a hard time getting there since we still use rotary phones.

This card was received by Bruce from Kathleen Hickey

Dear Road Runners,

Thank you so much for the gorgeous big basket of fruit. Richard and I are feasting!

I'm feeling much better now, and I have been assured that I can run again soon. In fact, my doctor is encouraging it. So I'm hoping to be back on the road again soon with all of you.

Bruce, please share this thank-you with the Club. Everyone has been incredibly supportive, and it has contributed greatly to my mental state. You can't do this alone!

See you very soon,

Kathleen.

The card was sent January 27, 2001 and Kathleen is definitely back on the road — she ran a very good time at the Wheeling Ogden Newspapers 20K. You all know what a difficult course that is even when the weather cooperates.

*(Continued from page 1)*

tinue running. I noticed in the results for the Pittsburgh Marathon Relay that Jason, Benjamin, Ed and Richard Winshel finished in 3:14:13 in 40th place.

The members who were at the Awards Banquet in February and those who received an e-mail from Richard Hickey know that we had a visitor from Italy. The Boathouse Burner became an International Event that was won by our Italian visitor.

In February I received an e-mail from Daniel in Milan. He said that he was going to be in Pittsburgh for the Marathon and was looking for some races to run in April and May. I don't know, and I forgot to ask, how he came up with my e-mail address but I responded by describing the April Showers Run and my Boathouse Burner Run. In his reply he said that he would like to run in the Boathouse Burner. Sorry about that Andy.

Daniel and I exchanged several e-mails prior to his leav-

ing Italy. One that you will find amusing, because we live in Pittsburgh and Daniel had never been here, is this part — "I would like to know how to arrive from my hostel (Warrington Ave on the South Side) to the starting point using the bus or the subway, as it will be my first day in the city and I will not know in a good way the streets". I told him that I would pick him up and take him to the race. And I did.

While talking with Daniel here in Pittsburgh I found out that he had run the Boston Marathon (taking it easy at 3:46), would run the Pittsburgh Marathon Relay and finish up his trip with the Capital City Marathon in Ottawa. He also ran in some other races between Boston and Pittsburgh. He qualified for Boston by running 3:09:54 in the Berlin Marathon.

We tried to put together a GPRC team for the relay but finally Daniel ran with a West Penn Track Club team called the Wings of Moon that finished in 3:02:15 in 22th place.

*"Income Tax could be worse.  
Suppose you paid on what you  
think you're worth."*

**Bushwacker's Nightmare Trail Run**

January 21, 2001

Bruce McGlothlin - Race Director

Helpers: Terry Carskaddan, Art Wiland,  
Connie Hoon & Richard Hickey

5K				
No.	Name	Age	Time	Pace
1	Curt Brown	32	0:30:30	0:09:49
2	Mark Tressler	14	0:32:35	0:10:29
3	Mike Tressler	21	0:34:24	0:11:04
4	Larry Winschel	49	0:50:04	0:16:07
5	Jason Winschel	26	0:50:04	0:16:07
6	Tom Mal	52	0:52:53	0:17:01
7	Kate Brown	39	0:53:05	0:17:05
7	Gary Chabala	48	0:53:05	0:17:05
9	Anne Humphreys	37	1:03:00	0:20:17
10	Jane Donnelly	61	1:05:00	0:20:55
10	Janice Boyko	49	1:05:00	0:20:55
10	Barrett Ziglar	53	1:05:00	0:20:55
13	Jim Hurst	76	1:05:00	0:20:55
14	Deana Reldr	32	1:47:00	0:34:26
14	Carrie Celeskey	26	1:47:00	0:34:26
14	Rudy Abt	37	1:47:00	0:34:26
14	Craig Brooks	45	1:47:00	0:34:26
18	Richard Hickey	60	Finished	

10K				
No.	Name	Age	Time	Pace
1	George Toomey	35	1:03:00	0:10:08
2	John Antonelli	32	1:09:00	0:11:06
3	Joshua Lowe	17	1:15:00	0:12:04
4	Sam Berenthal	42	1:20:00	0:12:52

Terry Carskadden, Connie Hoon and Jim Caskey ran on the roads for 3- 5 miles.

The Bushwackers' Nightmare Trail Run brought a 6 inch snowfall and very cold temperatures. Although the weather may have hampered the attendance, it still brought out a number of hardy trail runners who braved a tough relentless course. Footing was somewhat hazardous and falls were numerous, but everyone seemed to have a wonderful time. Only one bloody incident to report. Jim Hurst ran into a tree branch, but I'm not sure who was hurt more — Jim or the tree!!

The course gets tougher by the year! The weather adds a little more difficulty. T-shirts sales were brisk, suggesting people were proud of their accomplishments.

Hopefully, the weather will be worse next year and the course will get ever uglier! See you next January!

*There can be a fine line between  
"hobby" and "mental illness."*

**26th Annual St. Valentines Day Run**

February 18, 2001

Connie Hoon - Race Director

Helpers: Dena Holland, Dick Firsching  
Don Parks & Richard Hickey

1 Mile Run				
No.	Name	Age	Time	Pace
1	Stephanie Krakowski		0:23:45	0:23:45
2	Clare Coin		0:23:51	0:23:51

2 Mile Run				
No.	Name	Age	Time	Pace
1	Tim Winschel	13	0:16:37	0:08:18
2	Dick Winschel		0:16:47	0:08:24
3	Laura Reutler	11	0:17:25	0:08:43
4	Frank A. Petrich	58	0:18:07	0:09:03
5	Christie Winschel	16	0:19:18	0:09:39
6	Lila Winschel	22	0:19:11	0:09:35
7	Max Russman	10	0:20:17	0:10:09
8	Barb Russman	41	0:20:18	0:10:09
9	Brian Cayne	54	0:21:41	0:10:50
10	Danny Winschel	10	0:22:47	0:11:24
11	Ali Coin	11	0:22:50	0:11:25
12	Dena Reba	30	0:24:05	0:12:02
13	Rudy Abt	30	0:24:05	0:12:02
14	Marissa Winschel	9	0:26:29	0:13:15
15	Nancy Winschel		0:27:35	0:13:47
16	Joe Pegher	30	0:28:52	0:14:26
17	Cheri Morcia	30	0:28:52	0:14:26

3 Mile Run				
No.	Name	Age	Time	Pace
1	Dena Holland	50+	0:30:10	0:10:03

**26th Annual St. Valentines Day Run**

5 Mile Run				
No.	Name	Age	Time	Pace
1	Jim McCarthy	43	0:32:00	0:06:24
2	Ron Romanoff		0:32:10	0:06:26
3	Jude A. Thomas	31	0:32:42	0:06:32
4	Sam Bertenthal	42	0:34:12	0:06:50
5	Jefferey Ward	25	0:34:19	0:06:52
6	David Johnson	30	0:34:25	0:06:53
7	Jason Winschel	27	0:34:55	0:06:59
8	Rick Foster	40	0:35:11	0:07:02
9	Tom Hyslip	30	0:36:28	0:07:18
10	Kerry Buhner	29	0:37:00	0:07:24
11	Ron Ferguson	49	0:37:40	0:07:32
12	Gary Chabala	48	0:37:57	0:07:35
13	Ron Hannan	50	0:38:00	0:07:36
14	David Lorenzi	30	0:38:10	0:07:38
15	Jeff LaRock	39	0:38:53	0:07:47
16	Ed Winschel	41	0:40:01	0:08:00
17	Alex Winschel	14	0:40:34	0:08:07
18	Sean Rentler	13	0:40:34	0:08:07
19	Bill McNellie	59	0:41:15	0:08:15
20	Jessica Winschel	13	0:41:38	0:08:20
21	Kimiko Welch	31	0:41:47	0:08:21
22	Matt Winschel	12	0:41:53	0:08:23

Richard Hickey was the timer with his Timex watch. All mistakes and errors in the results are his fault.

Comments by Ron Romanoff were that it was a beautiful day for a run. He remembered one year when the temperature was below 0. He ran over from his home in Dormont and used the race as a good hard training run. He ran in his training shoes and not his racing flats. He finished 2nd in the race overall. After the race he ran and talked with Ron Ferguson and Jim McCarthy while they cooled down and then ran on home after everyone had left.

Ron Ferguson commented that the weather was beautiful and the sunshine made the running perfect.

**St. Paddy's Run**

March 18, 2001

Jim Lacey - Race Director

Helpers: Georgette Lacey &amp; Richard Hickey

2 Mile Run				
No.	Name	Age	Time	Pace
1	Larry Winschel	49	0:16:48	0:08:24
2	Georgette Lacey	64	0:19:40	0:09:50
3	Eileen Disken	17	0:20:46	0:10:23
4	Art Wiland	52	0:26:12	0:13:06
5	Kathleen Hickey	54	0:26:12	0:13:06
6	Terry Carskadden	60	0:26:12	0:13:06
7	Melissa Lorenzi	27	0:26:30	0:13:15
8	Paul Lenz	45	0:26:50	0:13:25

4.2 Mile Run				
No.	Name	Age	Time	Pace
1	David Hartman	44	0:23:10	0:05:31
2	Mitch Radella	35	0:26:22	0:06:17
3	John Antonelli	32	0:28:00	0:06:40
4	Rich Sandala	39	0:28:30	0:06:47
5	David Lorenzi	30	0:31:09	0:07:25
6	Gary Chabala	48	0:31:15	0:07:26
7	George Toomey	35	0:32:30	0:07:44
8	Jeff LaRock	39	0:32:30	0:07:44
9	Suzanne Swan	41	0:32:30	0:07:44
10	Bill McNellie	59	0:32:32	0:07:45
11	Barb Russman	41	0:39:17	0:09:21
12	Tom	52	0:39:18	0:09:21
13	Don Wieczenski	32	0:40:25	0:09:37
14	Dena Holland	55+	0:44:30	0:10:36
15	Ed Hall	66	0:45:45	0:10:54
16	Bruce McGlothlin	54	0:45:45	0:10:54
17	Jane Donnelly	61	1:01:53	0:14:44
18	Cathy Wise	61	1:01:53	0:14:44
19	Judy Donnelly	60	1:01:53	0:14:44

Shortly after completing the 2 mile run, Larry Winschel collapsed died soon after arrival at the hospital.

Larry was survived by his wife Margie and his children Josh, Jason, Lisa and Ben. He was also the brother of Tom, Dick, Terry and Bill Winschel and Peggy Brown; and the grandfather of Albert Bernard, Thomas Jonathan and David Anthony. He was also survived

by numerous nieces and nephews.

---

I remember reading the following a few years ago and I believe the following wish will be the actual situation for Larry. Ed Hall

"I want to wish you the most enjoyable training -- as mindless as a tree, as light as a cloud, fast as a hummingbird's wing, merry as a star's twinkle ... and bright as the morning sun."

---

iPlayOutside.com had the following article on their Web Site. It was written by Don Parks who was at the St. Paddy's Day Run.

It started with this quote— "To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded."

-- Ralph Waldo Emerson

The Greater Pittsburgh Road Runners (GPRRC) held their annual St. Paddy's Day Run on a beautiful Sunday morning. While the crowd of participants was modest, they all brought the usual big smiles backed with plenty of enthusiasm. As Bruce McGlothlin, GPRRC President, says, "We encourage high-spirited fun running for people of all ages. Our goal is to have fun whether finishing first or last. We love to run!"

My first contact with the GPRRC was at their St. Valentine's Day Run held just four weeks ago. It was here that I met 49 year-old **Larry Winschel** from Mt. Lebanon, an avid runner and regular at many of the club events.

After that race, Larry gladly filled me in on the large contingent of runners clad in unmistakable "Pankreas Racing" pink t-shirts (and helped me round them up for a photo). He told me with delight how his son Jason came up with the idea and that it was really just a group of "fun loving runners, walkers, whatever." The pink color was just so they'd stand out in a crowd and make it easy to

find one another.

On this day Larry was running the two-mile event that started just after 10 am. As I waited at the finish, it would be Larry who first rounded the final turn toward the finish line. His time of 16:48 was plenty to take top honors in the two-mile race.

Richard Hickey, who was helping out with the timing, and I quickly reminded him that now he'd need to get ready for the winner's post-race interview. A small reward for victory at this low-key club event.

Quickly it was back to business as I returned to taking photos of runners and Richard went to get some stickers to hand out to the finishers. Larry joined him to get a drink of water at a make shift water stop setup on Richard's car. It was here that Larry collapsed.

Medics were quickly on the scene and they frantically worked to revive him. He was soon whisked off to St Francis Hospital by ambulance. But, as we later learned, this was to have been his last run.

Our hearts and prayers go out to Larry Winschel and the large and loving circle of friends and family that he leaves behind. Given the terms set out by Ralph Waldo Emerson, we can all be assured that in the art of living, Larry succeeded.

---

Bruce went to the hospital as soon as the ambulance left South Park. He was there with many of the Winschel family when they received the bad news from the doctor. He later sent a fruit basket from the club. He received the following thanks from the Winschel family.

Dear Bruce,

Thank you for your sympathy and support. Your regard for Larry was appreciated by me and his family.

The story and photos by Don Parks were a great tribute to Larry. (Emerson and Larry had the same life philosophy)

I am so grateful to have the photos contributed by Richard Hickey. He enjoyed his short life and

looked forward to GPRRC races.

Larry's wife -- Margie

Bruce:

I want to thank you for your kindness and concern in assisting Larry and accompanying him to the hospital. It was a great comfort to his wife Margie, his children, his siblings and myself personally to know that he was surrounded by many loving and caring people such as you at the time of his death. Our thanks extend also to all members of the Greater Pittsburgh Road Runners Club whose friendship and companionship Larry so enjoyed over the years.

We will always be grateful to you. To borrow a line from Larry's favorite singer, Neil Young, "Long may he and you run."

Bill Winschel

Dear Members of the Greater Pittsburgh Road Runners Club,

Thank you for the fruit basket. We had many guests and the fruit was eaten up quickly by some of the Pancreas Runners.

Larry's life was a short but a happy life and your road races played a big role in his pursuit of happiness!

Thank you for your thoughtfulness.

The Larry Winschel Family

**Love is something  
that you can leave behind  
when you die.**

**Its that powerful**

**April Showers Fun Run**

April 8, 2001

Andy Gero - Race Director

Helpers:

3 Mile Run				
No.	Name	Age	Time	Pace
1	Stephen Tinker	64	0:18:01	0:06:00
2	Mitch Radella	35	0:18:57	0:06:19
3	Art Johnston (A)	36	0:20:04	0:06:41
4	Patrick McShea	46	0:21:29	0:07:10
5	Ed Banaszak	49	0:25:03	0:08:21
6	Mary Reinhardt	48	0:25:15	0:08:25
7	Ted Anderson	11	0:26:58	0:08:59
8	Richard Hickey	60	0:28:39	0:09:33
9	Tom MacMullen	59	0:28:53	0:09:38
10	Jane Donnelly	61	0:31:32	0:10:31
11	Al Eppiheimer	53	0:31:43	0:10:34
12	Paul Lenz	45	0:33:28	0:11:09
13	Terry Carskaddan	60	0:37:15	0:12:25
14	Arnold Blair	61	0:41:33	0:13:51
15	Linda Blair	57	0:42:03	0:14:01
16	Vince ?		??	??

6 Mile Run				
No.	Name	Age	Time	Pace
1	Jason Winschel	27	0:42:49	0:07:08
2	Jeff Graham	33	0:45:54	0:07:39
3	Art Wiland (B)	52	0:47:35	0:07:56
4	Walt Wise	39	0:49:44	0:08:17
5	Michael Muchovey		0:50:43	0:08:27
6	Bruce McGlothlin	54	0:54:06	0:09:01
7	Hillary Johnston	34	1:01:38	0:10:16
8	Art Johnston	36	1:01:38	0:10:16
9	Jim Ryan	34	1:02:47	0:10:28
10	Becky Ryan	31	1:03:49	0:10:38
11	Tom Henry	59	1:09:31	0:11:35

- (A) He then ran the second loop with Hillary
- (B) Includes a stop to chat with the policeman on duty and keep the race director from being arrested.

Kathleen Hickey, coming back from health problems, ran a self-designed 2 miles in 23:56.

For a change, it was fairly warm and dry for the April Showers Fun Run. The race director certainly enjoyed it, but the runners probably didn't. They probably did enjoy the fact that there wasn't too much mud, with only one spot where it really couldn't be avoided. I think this was a record field.

**Boathouse Burner**  
 May 5, 2001  
 Ed Hall - Race Director

Helper: Tom Daley

2 Mile Run				
No.	Name	Age	Time	Pace
1	Terry Carskaddan	Old	0:21:48	0:10:54

8km Run				
No.	Name	Age	Time	Pace
1	Daniel Facchinelli	(A) 26	0:34:35	0:06:57
2	Bask Maimone	40	0:35:20	0:07:06
3	Art Wiland	52	0:35:39	0:07:10
4	Rudy Mogush	31	0:38:56	0:07:50
5	Scott Beaves	24	0:39:42	0:07:59
6	Mark Reinstadtler	44	0:40:39	0:08:11
7	Mark Krenitsky	34	0:40:46	0:08:12
8	Jim Lacey	67	0:41:35	0:08:22
9	Andy Gero	53	0:49:04	0:09:52
10	Eric Reinstadtler	15	0:50:18	0:10:07
11	Mike Joyce	58	0:52:05	0:10:29
12	Georgete Lacey	63	0:53:24	0:10:45
13	Bob Longo	41	0:54:00	0:10:52

(A) From Milan, Italy  
 See "From the Editor" for more information about Daniel.

Daniel presented the race director with a T-shirt from the Milano Pavia 32.330 km race his running club conducts. The sponsor for the race is DIABOLIK, a comic book. I will bring it to future club runs so that people can see the unusual design. I gave Daniel one of our Championship Club T-shirts which he put on immediately after the run.

So we are now know in Milan, Italy.

P. S. For the mathematically deficient,  
 32.330 km = 20 miles

Someone, who found it on the Internet, sent the following item to Ann Landers.

I thought you might find it interesting.

**12 Things It Took Me 50 Years to Learn:**

1. Never take a sleeping pill and a laxative the same night.
2. There can be a fine line between "hobby" and "mental illness." Could this apply to the Bushwacker's Nightmare Trail Run?
3. People who want to share their religious views with you almost never want you to share yours with them.
4. You should never confuse your career with your life.
5. No matter what happens in life, somebody will find a way to take it too seriously.
6. Nobody cares if you can't dance well. Get up and dance.
7. Never lick a steak knife.
8. Take out the fortune before you eat the cookie.
9. The most destructive force in the universe is gossip.
10. Nobody can give me a compelling reason why we observe daylight-saving time.
11. A person who is nice to you but rude to the waiter is not a nice person.
12. Your friends love you, no matter what.

You know you've had too much of the 1990's when

You haven't played solitaire with a real deck of cards in years.

**From running I've learned  
 that no matter your ability, there  
 is a level and intensity that will  
 always challenge you.**