



The Greater Pittsburgh Road Runners



Pittsburgh Pennsylvania

January 2004

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Bruce McGlothlin
- Vice President
Connie Hoon
- Treasurer
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- Membership
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- Newsletter
Ed Hall
- Mailings & Permits
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- Web Masters
Kathleen & Richard Hickey
- Championship Club
Ed Hall

Championship Club—2002

- Terry Carskadden
- Jane Donnelly
- Al Eppihimer
- Chris Garber
- Andy Gero
- Ed Hall
- Ron Hannan
- Tom Henry
- Kathleen Hickey
- Richard Hickey
- Dena Holland
- Bill Hoon
- Tom Mal
- Bruce McGlothlin
- Art Wiland

The President's Column

Bruce McGlothlin

Happy New Year to all our Members and Friends.

It has been another great year for GPRRC! Not only has membership increased, but attendance at our races has also shown a significant increase. This suggests that running and racing are alive and well in Pittsburgh, despite cancellation of other important races.

I would like to thank our officers, volunteers and race directors for quietly keeping on with the business at hand. Without them, we would be history. Since 1974 when GPRRC was founded, we have always had good people to carry on these rich and famous traditions.

The GPRRC Banquet is scheduled for March 20, 2004 at the Chesapeake Inn in the South Hills. Put this on your calendar. We welcome members and "wannabe members". It is a fun and casual

dress evening for everyone to dine and discuss running. Nobody does it better than us. Additional information about the banquet is on a following page.

Remember to renew your membership for 2004. Our year goes from January to January. Dues remain the same (\$7 individual / \$9 couple / \$11 family). If you join, every race is on a \$1.

It seems the controversy with the national office of the RRCA is being resolved. Everything should be back to normal shortly. "Footnotes" may be resumed in April, according to reports.

Our first race for 2004 was the Bushwhacker's Nightmare Trail Run on January 8th in South Park. The weather did not cooperate, it was a balmy 35 degrees but at least the course was snow and ice covered. 39 runners came with their in-

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From The Editor

Ed Hall

Hi everyone!!

It is sure nice to be in the new year of 2004. I expect that all of us anticipate a better year than 2003, for all the world, for all of our friends, and for our running.

The long lost newsletter finally reappears.

I set a record low running miles during 2003. I compensated by setting a record

high automobile mileage because of a drive to Seattle Washington where my son and his family now live.

Our President, like all good Presidents, is always thinking of way to improve the Club and he came with a good idea to improve this newsletter and to help us become better acquainted with each other.

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WEB: www.geocities.com/gprrc

E-Mail: rhickey@adelphia.net

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surance cards and enjoyed the run, even though the conditions were not nearly disgusting enough. The first to finish the 5K was timed at 25:55 and the first to finish the 10K was timed at 56:14.

See you on the trails!

Bruce

Championship Club

PURPOSE: To recognize participation and involvement in the Club.

ELIGIBILITY: All members who run in four (4) or more club races AND helps at one (1) race OR any combination thereof.

ANNOUNCEMENT: Members who meet the requirement will be recognized and presented with a special award at the annual Awards Banquet.

The Webmasters Column

Kathleen and Richard Hickey

In its 3½ years of life, the club website (<http://www.geocities.com/gprrc>) has continued to grow and increase in benefits to the Pittsburgh running community. The number of visits to the site in 2003 was approximately 18,000. The website has fulfilled a role in providing new runners and runners new to Pittsburgh with an introduction to running in Pittsburgh in general and specifically to GPRRC. The site includes directions and maps to each GPRRC race. Race results and pictures have been published by the day following the race. The pictures, in particular, have been very popular. At the suggestion of one of the club members, we have added a bulletin board.

This past year has seen the addition of new articles on various aspects of running, including an article on middle and long distance training (800 meters and longer) by Arthur Lydiard. This article has become very popular with the running community with over 1800 visitors in one month. Other articles have also been added, along with an increase in links to other running websites and GPRRC members' business websites. Anyone

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This suggestion was made several years ago and was never implemented. I will try to do that this year. The suggestion was that, for each newsletter, I send a questionnaire to a club member that would ask about the member's running—why, how much, races, likes and dislikes, etc. SO!!! Start thinking about how you will answer.

At runs we tend to talk about our latest race and our latest excuse (I meant injury) for running so slow. I think it will be nice to find out interesting things about our running friends. Things such as, what is Art Wiland doing since he retired from the County Police, what is something we never knew about a runner, what is their profession, etc.

I am always interested in ideas to improve the newsletter and welcome any articles you would like to submit. An article concerning a race you attended, especially one that is new and other runners would appreciate knowing how well it was conducted and details about the course

from a runner's point-of-view as compared to the race director description.

You can mail items to me at 718 Olive Street, Pittsburgh, PA 15237-4881. You can send item by Email to padgettpgh@comcast.net

Late last year I had the opportunity to talk with Kevin Smith, the owner of Elite Runners & Walkers in Robinson Township. He told me about all the possibilities and obstacles that he and a group of other people had been studying regarding the possibility of saving the 2004 Pittsburgh Marathon. He also told me about a number of meetings that had been held with existing and potential sponsors and how the timing was bad for obtaining new sponsor support for 2004.

I also learned about a new course that was being considered. As you know they were not successful. If you happened to meet Kevin, I suggest you thank him for all the time and effort he put into saving the marathon.

Ed

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

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who would like to write an article for the website is encouraged to do so and send it to the webmaster for publication.

It is now possible for all runners to obtain a 15% discount or free shipping for orders over \$125 from Road Runner Sports by linking to their site through The Greater Pittsburgh Road Runners Club (GPRRC) website. It is also possible to obtain either a 10% discount or free shipping on any order from Activa (Road Runner Sports women's shop) by linking through the club website. These discounts are in addition to any RAC or VIP discount a person may be entitled to receive. During the December holiday season, Road Runner Sports offered either a 20% discount or free shipping on any order, and Active offered both a 10% discount and free shipping on all orders. The club receives a 7% commission on all orders placed by linking through the GPRRC website, and we have received approximately \$500 from this partnership.

Members who would like for their business websites to have a link from the club website can contact the webmaster.

The site will always be a work in progress, and any suggestions or ideas about changes are welcome.

Richard and Kathleen Hickey
agedrunner@hotmail.com

Awards Banquet

The annual banquet will be at 6 p.m. on March 20, 2004 at the Chesapeake Lounge at 1965 Streets Run Road. There will be individual checks and discount coupons will not be accepted. Let Connie Hoon know that you are attending by either calling her at (412) 341-0684 or by Email to wlh47cah@adelphia.net or by sending a card or letter to 456 Coolidge Ave. Pittsburgh, PA 15228.

We need to let the lounge know the number of people who will be attending by March 13th. Please let Connie know as soon as possible if will be there!

Directions and a map will be available on the website, <http://www.geocities.com/gprrc>. The route choices:

1) Take Route 51 to Streets Run Road. From the

Race Photographs

Copies of the pictures from any or all of the club races for 2001, 2002, and 2003 will be made available to anyone who requests the pictures.

The pictures will include the original and the editing done before posting on the website at <http://www.geocities.com/gprrc> under the Club Photos page.

Anyone who would like a CD should contact Richard Hickey at agedrunner@hotmail.com or call (412) 831-7420 and let him know what they would like and where they would like to have the CDs mailed.

Discounts

Visit the club's website and check out the links for running shoes and clothes. Discounts are available and in most cases the club gets a commission on each sale originating from the website. Win-Win!!

Awards Banquet continued

Liberty Tubes take 51S to Streets Run Road (traffic light) and turn left onto Streets Run Road. Chesapeake Lounge is on the left. Or from the south take Route 51N to Streets Run Road and turn right.

- 2) Take Lebanon Church to Dewar Road (Applebee's Restaurant on one corner and Goodyear Tire on one corner) and turn left at the light if coming from the west and right if coming from the east. At the Y turn right onto Streets Run Road and follow to Chesapeake Lounge on the left.
- 3) Take Route 885 to Streets Run Road (just south of the Glenwood Bridge) and exit onto Streets Run Road.

If you need any additional help, please feel free to contact Connie Hoon or contact Richard Hickey by Email at agedrunner@hotmail.com

Come and celebrate another successful year of running and visit with other runners.

The Championship Club members for the year 2003 will be announced and the awards will be presented just before the business meeting.

Letter from Jim Enright

Bruce received, about a year ago, the following letter that will be of interest many of our members.

Hello old running friends from the Pittsburgh area!! I have not seen many of you since I moved from the "steel city" back in 1989 but I do miss all of you and think of the good times we had together. I miss the old GPRRC runs, picnics and banquets.

A quick history of my last decade or so — I was transferred in July 1989 to our central laboratory at West Chester University, located west of Philadelphia. I had 30 days to move and find somewhere to live. I was not a happy camper but sucked up my pride and chose to work in eastern PA over being one of the many unemployed in our country. I lived with my brother in New Jersey for a couple of months until I found an apartment. Life improved immensely as I met my wonderful, present wife—Lynn—through my

**Negative expectations
Yield negative results**

sister-in-law. We were married the following April (1990) — wow—what a fast mover I'd become at the age of 38!!

Life has been great for the most part. Lynn and I have decided to visit as many beautiful areas of the US as we can, on as many vacations as we can muster. We have hiked in the following parks—Yellowstone, Yosemite, Rocky Mtn., Mt. Rainier, Lassen Volcanic, Mt. St. Helens, Northern Cascades, Kings Canyon, Sequoia, Grand Canyon, Canyonlands, Zion, Bryce, Mesa Verde, Black Canyon of the Gunnison, Glacier, Grand Teton, Waterton & Jasper & Banff & Yoho & Kootenay in Canada, Denali, Shenandoah, Great Smokies and some smaller parks. We also took a few long bike treks from 200-900 miles through some of the above mentioned parks. Sorry to bore you with all the names, I am not trying to impress you, but some of you may have suggestions on

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Borrow Running Watch

The Greater Pittsburgh Road Runners Club now has available the Nike Triax 100 SDM to be checked out from Bruce McGloghlin. The SDM is a speed and distance monitor that may be used to obtain the distance over a favorite course, a new course, or a course that cannot be easily measured by any other means. In addition, it will provide feedback on pace in either mile per hour, Km per hour, minutes per mile or minutes per Km.

The device is two pieces with one piece (the pod for measuring velocity and transmitting the data) attaching to the shoe lace of one shoe and the other piece worn on the wrist (the receiver and recording time and providing visual output). Call Bruce at (724) 348-6012.

Condolences

The GPRRC and all its members were saddened to hear that John and Mary Harwick lost their daughter, Mary Beth, to an auto accident on January 25th.

Mary Beth was almost home on Saturday the 24th when her automobile hit a patch of black ice which threw her car directly into a telephone pole on the driver's side and then flipped over. The paramedics brought her back to life but the brain stem was injured so badly that she could not recover. She was flown to Morgantown but she never regained consciousness and died at 9:13 a.m. Sunday.

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other wonderful parks to hike that we have not visited. I can not get over the beauty in our country, the natural settings and wildlife astound me every year. I appreciate having the opportunity and resources to admire and enjoy our parks.

My running life — I ran most days about 2-3 miles per day until the mid-90's. Lynn developed my interest in biking through the countryside while I turned her on to running. The last few years Lynn has improved her running and enjoys racing a few times a year. My running has turned into walking. First my calf muscles kept tearing every time I tried to run faster than 10 minute miles!! Now my back has hurt too much to run (due to arthritis and disc degeneration, etc.) so I try to walk or bike most days. I have not run in months and I do not know if I will ever return to running. I am now trying to learn how to race walk. Like most sports I try, I initially stink but like most sports I feel that I can improve immensely in the future!!

I have visited Pittsburgh a few times every year for the past 13 years. I tried to link up with some GPRRC runs but family matters always took precedent. My mother was in the last stages of Alzheimer's disease and my energy was devoted to visiting my parents. My mom died 12/10/01 after a long battle. She was and is a great inspiration to me at all times. My minor setbacks in life are nothing compared to the suffering that she met head on with no complaints.

If you happen to see a skinny, short, balding, white-haired man walking slowly in South Park or Schenley Park in the future, yell hello!!

I always enjoy hearing from old friends. Unfortunately, the distances keep up apart physically, but mentally I will always care about my friends, which each and every one of you are and will remain!!

We actually have an e-mail address:

jimlynnenright@msn.com

E-mail us any time you desire and send me your ad-

Bushwhacker's Nightmare Trail Run

Jan 19, 2003—Bruce McGlothlin Race Director

It was a morning filled with anticipation, nervous uncertainty, and hot excitement. These were just to keep warm. Of course, I'm talking about the start of Pittsburgh's premier trail race, which draws trail runners by the dozens.

This year, we had a record crowd of over 70 runners that were psyched up for the cold, frosty challenge of a January morning. Among these veterans were quite a few new faces including a ten year old girl, Sophie and her thirteen year old brother Joe, from Somerset. They had come to Pittsburgh to run some real mountains!!

Again this year, Mark Tressler, South Park High's star runner won the 5K while chiropractor Geo Toomey won the 10K again. Those tow can really motor even under difficult circumstances.

Congratulations to all who ran and completed the course. Everyone seemed to have a fun filled exciting time.

Every year, it seems the Bushwhacker's reputation for difficult challenges and just plain fun trail running speaks throughout the Pittsburgh area. Maybe over 100 sometime?

	Name	Age	Time	Pace
1	Mark Tressler	16	24:53	8:02
2	Shawn Lively	18	26:46	8:38
3	Mindy Klavon	16	32:16	10:25
4	John R. Klavon	46	32:46	10:34
5	Mike Tressler	23	32:50	10:35
6	F. J. Lucchino	37	32:53	10:36
7	Alex Winchel	16	32:53	10:37
8	Donna Olejniczak	33	33:40	10:52
9	William Walker	41	33:49	10:55
10	Dave Heck	31	34:38	11:10
11	Jason Winschel	29	34:45	11:13
12	Jake Winschel	14	34:50	11:14
13	Chuck Petzingor	43	34:58	11:17
14	Yoram Vodovotz	36	35:00	11:17
15	Rex Harpst	36	35:02	11:18
16	Steve Paul	15	35:13	11:22
17	Adam Hartman	30	35:22	11:25
18	Chris Winschel	17	35:53	11:35
19	Jim Kaufman	41	36:08	11:39

Name	Age	Time	Pace	Name	Age	Time	Pace
20 Keith Boyce	44	36:10	11:40	52 Babs Carryer	49	57:47	18:38
21 Jeff LaRock	41	36:13	11:41	53 Dean Bouris	30	1:00:50	19:37
22 Jennifer Zimmerman	25	36:14	11:41	54 Tim Winschel	15	1:06:46	21:32
23 Bill Winschel	45	36:15	11:42				
24 Nick Morganti	46	36:19	11:43				
25 Don Offerman		37:20	12:03				
26 W. Broderick	38	37:23	12:04				
27 Herb Thompson	43	37:26	12:05				
28 Chase Petzingor	15	37:30	12:06				
29 Chad Holderbaum	23	37:34	12:07				
30 Straker Carryer	13	37:52	12:13				
31 Dick Winschel	48	37:59	12:15				
32 Art Wiland	54	38:02	12:16				
33 Blair Zimmerman	49	38:04	12:17	1 Geo Toomey	37	52:39	8:30
34 Guy Mattda	37	38:22	12:23	2 John Antonelli	34	58:54	9:30
35 Ed Winschel	43	39:28	12:44	3 Rich Evans	30	59:45	9:38
36 Eric Piacenti	30	39:41	12:48	4 Bill Jester	47	1:04:59	10:29
37 Tom Mal	54	40:44	13:08	5 Matt Hawk	29	1:05:20	10:32
38 Bruce Ship	60	40:56	13:12	6 Jonas Jensen	28	1:06:56	10:48
39 Victor Weeden	49	41:53	13:31	7 Charlie Weaver	44	1:07:18	10:51
40 Hagan Starz	24	42:38	13:45	8 Rick Freeman	44	1:08:56	11:07
41 Matt Hagen	29	42:38	13:45	9 Andrew Behnke	25	1:09:15	11:10
42 Sam Zell	31	42:38	13:45	10 Sammy Bertenthal	44	1:09:57	11:17
43 Mary Ann Linder	43	43:08	13:55	11 Bob Gedekoh	51	1:10:47	11:25
44 Peter Johanson	48	44:23	14:19	12 Ron Hannan	52	1:16:12	12:17
45 Sophie Kashurca	10	44:53	14:29	13 Venessa Wilson	31	1:20:25	12:58
46 Bill Grove	50	46:11	14:54	14 Mary Schardt	36	1:20:25	12:58
47 Earl Lenz	41	54:36	17:37	15 Janice Boyko	51	1:26:48	14:00
48 Christine Lesh	35	54:52	17:42	16 Mary Kashurba	46	1:38:34	15:54
49 Barrett Ziglar	55	54:54	17:43	17 Joe Kashurba	13	1:38:36	15:54
50 Anne Humphreys	39	57:47	18:38	18 Pat Wildeman	50		
51 Tom Petzingor	47	57:47	18:38				

The older I get,
the better I was.

10K Results

Name	Age	Time	Pace
1 Geo Toomey	37	52:39	8:30
2 John Antonelli	34	58:54	9:30
3 Rich Evans	30	59:45	9:38
4 Bill Jester	47	1:04:59	10:29
5 Matt Hawk	29	1:05:20	10:32
6 Jonas Jensen	28	1:06:56	10:48
7 Charlie Weaver	44	1:07:18	10:51
8 Rick Freeman	44	1:08:56	11:07
9 Andrew Behnke	25	1:09:15	11:10
10 Sammy Bertenthal	44	1:09:57	11:17
11 Bob Gedekoh	51	1:10:47	11:25
12 Ron Hannan	52	1:16:12	12:17
13 Venessa Wilson	31	1:20:25	12:58
14 Mary Schardt	36	1:20:25	12:58
15 Janice Boyko	51	1:26:48	14:00
16 Mary Kashurba	46	1:38:34	15:54
17 Joe Kashurba	13	1:38:36	15:54
18 Pat Wildeman	50		

28th Annual St. Valentine's Day Run
 Feb 16, 2003 - Connie & Bill Hoon, Race Directors

1 Mile Walk

2 Mile Run				
Place	Name	Age	Time	Pace, min/mile
1	Dick Winschel	48	21:21	10:41
2	Christine Winschel	18	23:42	11:51
3	Jim Caskey	56	23:44	11:52
4	Marissa Winschel	11	32:00	16:00
5	Matt Winschel	14	32:01	16:00
6	Tim Winschel	15	32:01	16:00
7	Dan Winschel	12	36:51	18:26

Place	Name	Age	Time	Pace, min/mile
1	Jane Donnelly	63	19:09	19:09
2	Richard Hickey	62	19:09	19:09

Larry Winschel St. Paddy's Day Run
 Mar 16, 2003—Jim Lacey, Race Director

As the sun rose high on the morning of Sunday March 16, 2003, it beheld a gathering throng in the parking lot of the South Park Children's Playground. The colorful crew was there to partake in the annual Larry Winschel St. Paddy's Day Run. After treacherous winter, the runners found themselves competing in near record warm temperatures on the flat course that follows Corrigan Drive through the heart of South Park.

The race drew another large crowd this year. It has quickly become an annual pilgrimage for the Pankreas Racing Team, as well as family and friends of the late Larry Winschel, in whose honor the race was renamed last year. Larry died immediately after completing and winning the two-mile here in 2001. So it was, that after barking out the directions at the start line, race director Jim Lacey called for a moment of silence in honor of the man for whom this race has become a memorial.

Upon Jim's further commands, the crowd surged forward. Shawn Lively and Alex Winschel both established themselves our front early, and both dipped below six-minute pace en route to decisive victories in the 4.2 and two mile races respectively. Lively won the 4.2 mile race in a quick time of 25:09 to Rich Sandala's 27:37. Alex's 11:49 in the two-mile race bested runner-up Nick Boerlo who crossed the line in 14:14. His victory came in a repeat performance of last year when he won the race in colder temperatures in a time of 12:16. Meantime, the one-mile race, while a bit tighter on paper, did not appear to have the same ferocity of competition as did its longer counterparts.

Eighty-three runners completed the race this year. Assistant race-director, Art Wiland, had his hands full trying to get times and names matched up at the finish line as the hordes poured through. All had a fine time on a day that was, as they all truly are, a great day for a run.

Other helpers: Terry Carskaddan, Kathleen Hickey and Richard Hickey.

Weather: 60 degrees and Sunny.

5 Mile Run				
Place	Name	Age	Time	Pace, min/mile
1	Jonas Jensen	28	0:41:58	0:08:24
2	Alex Winschel	16	0:42:58	0:08:36
3	Gary Chabala	50	0:44:34	0:08:55
4	Jeff Larock	41	0:46:03	0:09:13
5	Bill Winschel	46	0:46:44	0:09:21
6	Ed Winschel	43	0:46:48	0:09:22
7	Sara Gorman	28	0:49:36	0:09:55
8	Chris Garber	50	0:50:48	0:10:10
9	Tom Mal	54	1:01:01	0:12:12
10	Bill Hoon	57	1:50:57	0:22:11

April Showers Fun Run
 Apr 6, 2003 - Andy Gero, Race Director

10K				
Place	Name	Age	Time	Pace, min/mile
1	Bruce McGlothlin	56	55:43	08:59

5K				
Place	Name	Age	Time	Pace, min/mile
1	William Broderick	28	22:11	07:09
2	Cy Fleming	14	22:55	07:24
3	Erika Marazas	23	28:44	09:16
4	Art Wiland	54	34:55	11:16

2 Mile				
Place	Name	Age	Time	Pace, min/mile
1	Kim Burkey	24	24:49	12:24
2	Terry Carskaddan	62	25:13	12:36
3	Paul Lenz	47	33:30	16:45

