



Road Runners Club of America



The Greater Pittsburgh Road Runners

Pittsburgh Pennsylvania

September 2005

The President's Column

Bruce McGlothlin

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Bruce McGlothlin
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- Web Masters
Kathleen & Richard Hickey
- Championship Club
Ed Hall

Greetings To All Members and Friends,

The old saying about watching what you wish for, it may come true was certainly true with our summer weather. It was the hottest summer we have had in several years. I love to sweat, but not get heat stroke. So most runs might be classified as "maintenance runs", which is OK, but it hurts the base work. So much for all that!

Several months ago, I received a package and a note from Jim Enright. For those of you that do not know him, he was one of the founding fathers of this organization. He was President, Newsletter Editor and Anything Else Anybody Could Think Of. Jim loved running. He had a pool table in his living room and sold running shoes and clothes on the side, besides working as a chemist at the Meadows. Jim moved to New Jersey and got married. Don't worry Jim was already half domesticated by having a dog, house and garden.

He still runs, but not as much, bicycles and hikes. Jim recently retired from being a chemist and now he is a novelist. His new book is entitled "Flagstaff Hill", which is set in Pittsburgh. Most of us who live and run in Pittsburgh will have a nostalgic return to the 1970's when running in Pittsburgh was at its peak. It tells the story about a young runner who is wrongfully out-cast and eventually jailed on drug charges. The plot is interwoven with running and familiar landmarks of Pittsburgh. The GPRRC is even mentioned several times and a reference to some pretty good runners in the 70's. Jim always was a pretty good story teller. You can tell that his heart still belongs to Pittsburgh. Check Amazon.com or Fleet Feet in Bethel Park to obtain a copy. Jim will be speaking at West Penn Track Club Banquet later in the year.

Enjoy the cool fall running and the beautiful leaves. You certainly earned it!!!!

Good running!!

Championship Club—2004

Terry Carskadden	Andy Gero	Dena Holland	Bill Hoon	Tom Mal
Jane Donnelly	Ed Hall	Kathleen Hickey	Sam Bertenthal	
John Harwick	Ron Hannan	Richard Hickey	Bruce McGlothlin	
Gary Chabala	Meg Hannan	Chad Holderbaum	Art Wiland	

From The Editor

Ed Hall

Hi Everyone!!

Something new this year. A second issue of the newsletter.

As many of you already know, there was a typo in the February 2005 issue, in BIG type on the front page. "Championship Club—2004" was really "Championship Club—2003". I have always kept the current Championship Club membership secret until the annual banquet that is held after the newsletter is issued.

The correct information for the 2004 Championship Club is now shown on the front page.

For a runner, and I barely qualify for that designation, I have my priorities messed up. I am letting my growing business interfere with my running. I assume my absence from most of the runs this year has been noticed. I even had to miss this year's awards banquet.

I hope to make it to the remaining runs in 2005 and to bring the Championship Club awards with me.

I am still interested in hearing any ideas you have for improving the newsletter. Articles from any of you would also be appreciated. Suggestions for an article would also be welcome. You can mail items to me at 718 Olive Street, Pittsburgh, PA 15237 or send by Email to padgettph@comcast.net

I'll see you at the races.

The Webmasters

Kathleen and Richard Hickey

The GPRRC web site (www.geocities.com/gprrc) is now being maintained from the webmasters' new home in Colorado.

We've had a number of hits this year, and the site continues to trigger email from runners interested in the club and in meeting up with runners in the Pittsburgh area. The links offering discounts to Aactiva and Road Runner Sports are still live and very popular with site users.

With the help of local club members, particularly Art Wiland and Terry Carskaddan, we've been able to post the race results and pictures from all the club races.

We continue to provide information on running activities in the Pittsburgh area and interesting articles on the sport of running and advice on training. The Runner of the Month has been honored regularly, and we will accept any nominations for Runner of the Month.

As always, any suggestions on content for the website is welcome. Pictures and articles, as well as links to other pages and articles, can be emailed to the webmasters.

Richard and Kathleen Hickey

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www.geocities.com/gprrc

The club received a thank you note from the family of James Kizzire. It reads as follows:

Dear Bruce,

Gama and I really appreciate the beautiful fruit basket that GPRRC sent to us. Your support and friendship mean a great deal to us. Please thank the club very much from all of us—Richard, Liz, Gama and me.

Sincerely, Kathleen

Runner's book has a local flavor

Review by Maria Sciuillo

There's a bit of Pittsburgh and a lot of running in **Jim Enright's** book, "Flagstaff Hill."

"The book was something I've been putting together for close to three years," said Enright, who retired in 2003 as a chemist in a toxicology lab after working for 23 years in drug testing.

Enright is also a runner. He grew up in Bethel Park and South Park, and enjoys hiking in the mountains. So he has some of that in "Flagstaff Hill," too.

"The people are fictional, but the locations and the race course [the Olympic marathon trials are run in Pittsburgh] are more accurate," said Enright, a 1970 graduate of South Hills Catholic High School.

After graduating from the University of Cincinnati with a degree in biology, Enright worked in labs and found time to coach high school cross country at his alma mater, now Seton-LaSalle High School.

He later moved to New Jersey, where he lives in Sewell and coaches the cross country teams at Paul VI High School in Haddonfield. Paul VI has been undefeated in the two seasons Enright has coached there, although he's quick to point out that most of a 228 dual-meet winning streak was firmly in place when he got there.

"That wasn't my doing," he said, laughing.

Enright had done some articles for running magazines and newsletters and said he

wanted his first novel to involve his field of expertise. So you know his book's running protagonist, Tommy O'Hanlon, is in for a rocky road.

"He's at the end of his years in high school and both of his parents have died in difficult circumstances. He's implicated in using drugs and more or less thrown out of school," Enright said.

After a year in a detention facility, O'Hanlon "has to transfer from South [Catholic], my alma mater, to Central Catholic, which was my father's alma mater," Enright said.

The next 10 years of the story take O'Hanlon to the Olympic trials.

Enright's own running career wasn't quite that illustrious, but he has run a commendable 2 hour, 52 minutes marathon and still runs about 20 miles a week.

"I enjoy running. If my body held, I'd still be running marathons," he said.

Enright self-published "Flagstaff Hill." "I've seen the problems with people trying to get some shelf space against the against the big titles in book stores," he said.

He tried a different route: "It's called 'print-on-demand.' All the places that have it online—like amazon.com—can print it up when somebody orders the book"

Self-publishing means going to road races to hand out advertising flyers, and Enright also has taken out small ads in some running club newsletters. There's an altruistic motive behind this.

One of the dedications in the book is to Enright's mother, who died of complications from Alzheimer's in 2001. Rita Enright was a popular teacher at St. Anne's in Castle Shannon, where her son attended grade school. "Not that I think I'm going to make tons of money from this thing, but if I do make some, I'd like to put it toward Alzheimer's research," he said.

2005 Bushwhacker's Nightmare Trail Run

January 16, 2005 at South Park

Weather: 30 Degrees, Cloudy, Snow and Ice Covered Course

Race Director: Bruce McGlothlin

Helpers: Meg Hannan and Molly McGlothlin

2 Mile				
Place	Name	Age	Time	Pace, min/mile
1	Ed Hall	70	20:00	10:00
5K				
Place	Name	Age	Time	Pace, min/mile
1	Ray Worrell	24	0:27:11	0:08:46
2	Shawn Wahl	29	0:32:26	0:10:28
3	Rick Freeman	46	0:32:45	0:10:34
4	Dave Conway	48	0:32:55	0:10:37
5	Steve Goyer	28	0:33:39	0:10:51
6	Gary Chabala	52	0:34:54	0:11:15
7	Pete Valentino	40	0:35:18	0:11:23
8	Chris Garber	52	0:37:10	0:11:59
9	Josh Jackson	24	0:37:20	0:12:03
10	Dick Winschel	50	0:38:36	0:12:27
11	Clint Hartle	26	0:41:49	0:13:29
12	John Warrick	54	0:44:38	0:14:24
13	Jeff Larak	43	0:48:10	0:15:32
14	Jane Donnelly	65	0:51:47	0:16:42
15	Barrett Ziglar	57	0:52:22	0:16:54
16	Bob Dudash	53	0:52:22	0:16:54
17	Erin Hartle	26	0:53:38	0:17:18
18	David Misconish	35	0:58:00	0:18:43
19	Albert Winschel	6	1:02:45	0:20:15
20	Jason Winschel	31	1:02:46	0:20:15
21	Ben Winschel	24	1:10:00	0:22:35
22	Stacey Livlias	29	1:18:58	0:25:28
23	Mike Livlias	35	1:18:58	0:25:28

2005 Bushwhacker's Nightmare Trail Run

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Helpers: Meg Hannan and Molly McGlothlin

10 K				
Place	Name	Age	Time	Pace, min/mile
1	Geo Toomey	39	0:50:29	0:08:09
2	Rich Evans	32	0:55:16	0:08:55
3	Chad Holder- baum	24	0:55:59	0:09:02
4	Matt Mauclair	26	0:56:09	0:09:03
5	Tammy Slusser	39	1:00:22	0:09:44
6	Hakan Younas	30	1:05:06	0:10:30
7	Jim Kaufman	43	1:11:59	0:11:37
8	Julie McLean	25	1:13:56	0:11:55
9	Brian Witherau	33	1:13:56	0:11:55
10	Clint Langley	42	1:14:09	0:11:58
11	Ron Hannan	54	1:14:14	0:11:58
12	Rahul Kalaskar	28	1:22:57	0:13:23
13	Bill Hoon	59	1:26:50	0:14:00
14	Tim Gray	40	1:27:10	0:14:04
15	Tom Mal	56	1:35:57	0:15:29
16	Mark Runko	43	1:37:54	0:15:47



30th Annual St. Valentine's Day Run

February 20, 2005

Race Directors: Bill and Connie Hoon

Assisted: Mary Harwick and Bruce McGlothlin

Weather Conditions: 25 Degrees and Cloudy

5 Mile Run				
Place	Name	Age	Time	Pace min/mile
1	Jesse Bender	21	0:28:25	0:05:41
2	Tammy Slusser	39	0:33:17	0:06:39
3	Chad Holderbaum	25	0:33:17	0:06:39
4	Mark Ams	24	0:34:40	0:06:56
5	Oliver Flynn	16	0:35:14	0:07:03
6	Dan Vamosi	21	0:35:19	0:07:04
7	Rich Jandala	42	0:35:27	0:07:05
8	Cy Fleming	16	0:36:23	0:07:17
9	Michael Harrison	57	0:37:00	0:07:24
10	Craig Baer	46	0:38:00	0:07:36
11	Art Wiland	56	0:38:01	0:07:36
12	Rahul Kalaskar	28	0:38:12	0:07:38
13	Shawn Wright	44	0:38:54	0:07:47
14	Gary Chobala	52	0:39:21	0:07:52
15	Carl Kondrach	32	0:39:47	0:07:57
16	Ron Hannan	54	0:41:04	0:08:13
17	Jeff LaRock	43	0:41:52	0:08:22
18	Ron Hartle	49	0:42:21	0:08:28
19	Chat Hartle	26	0:42:40	0:08:32
20	Mike Swain	50	0:44:06	0:08:49
21	Tom Mal	56	0:45:47	0:09:09
22	Dan Bonenberger	35	0:46:30	0:09:18
23	Mark Runco	43	0:51:26	0:10:17
24	Valerie McCarthy	25	0:53:49	0:10:46
25	Tom Geyer	49	0:53:56	0:10:47
26	Demetra Changelis	25	0:54:45	0:10:57
27	Meg Hannan	43	0:54:48	0:10:58
28	Andy Gero	56	0:55:26	0:11:05
29	Stacey Liulias	29	0:58:53	0:11:47
30	Bill Hoon	59	1:00:25	0:12:05
31	Jane Donnelly	65	1:03:50	0:12:46

30th Annual St. Valentine's Day Run

February 20, 2005

Race Directors: Bill and Connie Hoon

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Weather Conditions: 25 Degrees and Cloudy

32	Linda Ryan	41	1:04:50	0:12:58
33	Albert Winschel	6	1:10:00	0:14:00
34	Jason Winschel	31	1:10:11	0:14:02

2 Mile Run				
Place	Name	Age	Time	Pace min/mile
1	Mitch Radella	39	0:12:42	0:06:21
2	Bob Andra	34	0:13:15	0:06:37
3	Max Russman	14	0:15:45	0:07:52
4	Jamie Woodbridge	29	0:16:32	0:08:16
5	Bill Winschel	48	0:17:50	0:08:55
6	Dick Winschel	50	0:17:50	0:08:55
7	Marie Fleming	47	0:18:58	0:09:29
8	Gwen Baer	46	0:19:43	0:09:51
9	Barb Russman	45	0:20:49	0:10:24
10	Darlene Pawlak	49	0:22:18	0:11:09
11	Terry Carskaddan	64	0:23:27	0:11:43
12	Thomas Winschel	5	0:24:25	0:12:13
13	Marissa Winschel	13	0:24:25	0:12:13
14	Jeffrey Pawlak	43	0:24:32	0:12:16
15	Nisha Lipowcan	12	0:26:27	0:13:13
16	Lawrence Winschel	3	0:26:52	0:13:26
17	Kelly Winschel Rentler	13	0:26:52	0:13:26
18	Ed Winschel	45	0:29:13	0:14:36
19	Cindy Pishmsz	50	0:31:10	0:15:35
20	Jessica Lewis	24	0:31:10	0:15:35
21	Robert Winschel	2	0:35:38	0:17:49
22	Joan Winschel Rentler	46	0:35:38	0:17:49
23	Christina Winschel	29	0:35:49	0:17:55
24	Elizabeth Winschel	3 mos.	0:35:49	0:17:55
25	Lisa Winschel	27	0:35:49	0:17:55
26	Jonathan Barnes	4 weeks	0:35:49	0:17:55

Larry Winschel St. Paddy's Day Run

Race Director: Jim Lacey

Helpers: Art Wiland, Terry Carskaddan, Georgette Lacey, Bruce McGlothlin

Temperature 30 Degrees

1 Mile Run				
Place	Name	Age	Time	Pace, min/mile
1	Georgette Lacy	67	0:13:19	0:13:19
2	Andrea Winschel	32	0:13:24	0:13:24
3	Dan Winschel		0:18:53	0:18:53
4	Sean Winschel	17	0:18:53	0:18:53
5	Kelly Winschel	14	0:24:20	0:24:20
6	Joan Winschel	47	0:24:20	0:24:20

2 Mile Run				
Place	Name	Age	Time	Pace, min/mile
1	Alex Winschel	18	11:24	5:42
2	Jake Winschel	16	12:40	6:20
3	Tim Winschel	17	14:04	7:02
4	Matt Winschel	16	15:50	7:55
5	Jason Winschel	31	16:15	8:07
6	Robert Winschel	2	16:15	8:07
7	Dick Winschel	50	17:16	8:38
8	Billy Boehner	7	18:44	9:22
9	Liz Hagan	24	18:45	9:22
10	Chris Winschel	19	19:52	9:56
11	Misa Winschel	13	21:23	10:41
12	Albert Winschel	6	21:23	10:41
13	Thomas Winschel	5	21:23	10:41
14	Ben Winschel		21:23	10:41
15	Laura Winschel	15	21:23	10:41
16	Keith Winschel	10	21:23	10:41
17	Dena Holland	60+	21:57	10:58
18	Ed Winschel	45	22:47	11:23
19	Elizabeth Livesey	24	22:48	11:24
20	Josh Winschel	32	0:28:36	0:14:18
21	David Winschel	5	0:28:36	0:14:18

