

# **Greater Pittsburgh Road Runners Club** **Newsletter (Fall 1992)**

## **President's Corner**

As most of you are aware, we changed our name to The Greater Pittsburgh Road Runners Club at the beginning of the year. Members seem to be accepting the new name and getting used to it. I have heard very few negative comments about it.

We are still a strong and active club, although we don't get much publicity. Memberships have also dropped off in the past several years. However, there exists a strong core of dedicated runners and workers who keep our club a solid running organization in the Pittsburgh area. I would like to express my sincere thanks to those members for keeping us on the "straight and narrow" through all the tough times. They have been active in participation and working various events. Thank you!

The newspaper strike has definitely hurt us. Where we would have 30-40 runners in our races, we are now down to 15-20. But people still discover ways to learn about races. I believe running is now going through one of its "down" phases in the past several years, but we look for it to pick up again. All of us are optimistic, of course. Runners are always this way. Probably from the endorphins!

A brief reminder that dues will increase beginning in January 1993. The new fees will be on the application form you will receive at the end of the year with the newsletter. Individuals will pay \$7; couples \$9, and families \$11. This is up a dollar or two, but not an unreasonable amount. All our monies are returned to the runners for picnics, banquets, gifts, etc. So it is a good investment, plus you will save a \$1 on entry fees. Non-members pay \$2, while members pay \$1. What a deal! Let's keep our club a strong force for runners in the Pittsburgh area by supporting the GPRRC. We are always looking for a few good women and men to help. See one of our members today!

Lastly, the GPRRC Banquet will probably be held in late January or early February, so make your plans early and put it on your calendar. Details will be sent in the winter newsletter. Championship awards are also given at the banquet. So get your races in before the end of the year to qualify.

Good fall and winter running! See you at the races!

Bruce Mc Glothlin

**BOATHOUSE BURNER**  
**North Park**  
**May 17, 1992**

**Race Director – Ed Hall**  
**Helper – Chris Hall**

**Weather – 70 & Sunny**

<b>Results: 5 Miles</b>
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1	Chris Singleton	28:32
2	Chris Gibson	28:40
3	Henry Snyder	30:57
4	Matt Younkirs	32:12
5	Len Schuster	32:14
6	Charles Harris	33:16
7	Steve Franze	33:21
8	Mitch Radella	34:42
9	Bruce McGlothlin	37:43
10	Jim Caskey	37:44
11	Marcy Dunham	41:11
12	Andy Gero	45:03
13	Mark Dunham	46:20
14	Al Eppihimer	47:37
15	Newton Davis	53:17
16	Jason Damon	53:43
17	David Damon	53:45

<b>Results: 2 Miles</b>
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1	Ron Hannan	31:41
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## No Problem Run

Date: 7 June 92  
Distance: 10K / 2 Mile  
Race Director: Al Eppihimer  
Helper: Bob Eppihimer  
Weather: 79' over cast

### 10k

- |     |                 |    |            |
|-----|-----------------|----|------------|
| 1.  | Dan Holland     | 23 | 36:38      |
| 2.  | Jack Vermenlen  | 39 | 37:10      |
| 3.  | Mike Portogallo | 37 | 40:21      |
| 4.  | Terry Jackson   | 45 | 47:39      |
| 5.  | Tom Mal         | 43 | 50:30      |
| 6.  | Jason Lalgrone  | 28 | 51:02      |
| 7.  | H.J. Rogers     | 53 | 58:22      |
| 8.  | Harry Holland   | 55 | 74:04      |
| 9.  | Sharon Nackey   | 37 | ran 3 mile |
| 10. | Nienie Castello | 34 | ran 3 mile |

### 2 Mile

- |    |              |     |       |
|----|--------------|-----|-------|
| 1. | Greg Hallas  | 35  | 15:38 |
| 2. | Tom Henry    | 50  | 17:30 |
| 3. | Dena Holland | 40+ | 19:55 |

Darwin Dog Days of Summer 6 Hour Run

Pittsburgh, Pa.  
1 Km. Dirt Loop

July 12, 1992

1. Chris Gibson, 39	50 Miles
2. Laurance Kam, 28	43.4
3. Mark Rosskamp, 29	40.3
4. Ed Motosicky, 16	32.2
5. Ed Hall, 58	31.1
Scott Allman, 26	31.1
6. David Conely, 31	28.5
Joe Morgovich, 33	28.5
7. Bruce Mc Glothlin, 45	28.1
8. Rick Freeman, 34	27.0
9. Ed Motosicky, Jr., 37	15.5
10. Ed Ritter, 40	15.0
11. Dan Debusschere, 43	12.4

It dawned dark clouds, gray skies, off-and-on rain and tons of humidity for Darwin's Dog Days of Summer Ultra. This made it somewhat uncomfortable for most runners, except for the lead runners.

Chris Gibson, a veteran ultra runner and top notch competitor, gunned it out with Laurance Kam, a medical resident and first time ultra runner for several hours. They both seemed tied to a string and kept pace with each other.

But the savvy and experience of Gibson won out in the end. He went on to finish his usual fifty miles, casually change his clothes and drive off to work. Kam covered an outstanding 43.4 miles in the 6 hour time limit. Not bad for his first try. Mark Rosskamp finished third with a good, steady running pace.

The top three finishers won fruit pies. So much for the money, glory, belt buckles, trophies and T-shirts, which attract most runners. Darwin's always attracts many of the low-key ultra runners in the Pittsburgh area who run for the love of running. These are the type of runners who get up in the middle of the night, run their hearts out for hours, get nothing, and then disappear before anyone even realizes they were there. They are the true "unknown finishers" of our great sport.

Bruce Mc Glothlin

## Second Annual "5 Mile Piece of Cake Run"

Date: 19 July 92  
Distances: 5 & 2 Mile  
Race Director: Paul Conrad  
Helpers: Linda, Daniel & Lee Ann Conrad. Don & Leah Merola.  
Weather: Sunny & Mild

The second annual "5 Mile Piece of Cake Run" was held under clear skies. The recent heavy rains had washed out the trail in several places, but that didn't stop the lead runners from tearing up the course themselves. Cake and ice water were served to everyone. Hope to see you all back next year.

### 5 Mile

1	Jim Langer	20	25:06	Course Record
2	Eric Sheridan	27	25:16	Under Old Record
3	Dan Holland	23	25:46	Under Old Record
4	Ron Romanoff	36	32:46	
5	Dave Rosenberg	34	34:05	
6	Bruce McGlothlin	45	36:48	
7	Art Wiland	43	36:49	
8	Brian Gribben	36	39:11	
9	Patrick Sheridan	11	40:00	
10	Andy Gero	44	41:31	
11	Amy Nathan	33	42:25	
12	Matthew Sheridan	13	46:16	
13	Tom Sheridan	50	46:43	
14	Al Eppihimer	44	48:68	

### 2 Mile

1	Michele Mai	10	18:47	
2	Terry Carskaddan	52	19:20	
3	Jeff Mai	5	25:04	
4	Tom Mai	43	25:06	
5	Betty Sheridan	48	29:34	

## Annual Picnic Run (South Park)

Date: 9 Aug 92  
Distance: 10K & 2Mile  
Race Director: Tom Mal  
Helpers: Michele Mal & Les Ward  
Weather: Hazy, Hot & Humid

### 10K

1	Dan Holland	23	35:17
2	Dick Amato	53	38:22
3	John Paulewski	35	40:28
4	Bill Rice	37	41:31
5	Jim Lacey	58	42:00
6	Terry Jackson	45	42:13
7	Larry Mandarino	41	42:23
8	Jack Marszalek	43	42:37
9	Susan Ward	20	43:01
10	Lori Grabowski	20	46:00
11	D. Poe	24	46:00
12	Paul Earlery	34	46:02
13	Art Wiland	43	48:30
14	Ed Hall	58	50:12
15	Jim Zalenski	33	50:19
16	Tom Hebertson	32	50:19
17	Will Fox	40	51:07
18	Bill Hoon	46	52:08
19	Tom Henry	50	52:37
20	Alex Gonzalez	50	52:49
21	Andy Gero	44	55:24
22	Sharon Navoney	37	55:34
23	Maria A. Frayle	23	60:00

### 2 Mile

1	Tom Mal	43	13:22
2	Barr Lintner	42	14:06
3	Georgette Lacey	55	14:39
4	Christine Lintner	13	15:45
5	Greg Hallas	35	15:56
6	Ian Lintner	11	17:22
7	Terry Carskaddan	52	18:05
8	Neenie Costello	35	18:51
9	Michele Mal	10	21:52

RILEY'S RAFFLE RUN

Date: Sept. 13, 1992

Weather: Sunny, Cool

Race Director: Bruce Mc Glothlin

Helpers: Judi, Mike, Molly Mc Glothlin, Terry Carskadden

2 Mile

1. Jim Weber	14:34
2. <u>Georgette Lacey</u>	14:43
3. <u>A. Weber</u>	15:37
4. Jim Lacey	20:21
5. Amos Selavan(4 Mi)	28:22

10K

1. Bob Mc Hugh	42:15
2. Tom Mal	42:33
3. Gary Cooper	42:35
4. Art Wiland	45:29
5. Ron Hannan	48:15
Jim Caskey	48:15
7. Andy Gero	54:33
8. Al Eppihimer	61:09
9. Bill Hoon (Walked)	64:19

Riley's Raffle Run was held under beautifully clear and cool skies. Obviously a perfect day to run. But then, isn't everyday? The crowd was small, which virtually guaranteed that almost everyone would win a prize. It is always nice to see middle of the pack or last place finishers win a prize for just competing. In this race, everyone is equal. All you have to do is finish either one of the races. Everyone seemed to enjoy themselves and had a good time. Remember, don't tell your friends about Riley's Raffle Run next year or your chances of winning will surely diminish!

Bruce Mc Glothlin