

# The Greater Pittsburgh Roadrunners

Pittsburgh, Pennsylvania

December 1998

## Newsletter

### President's Corner

**G**reetings and Happy Holidays To All!! We have had another wonderful year. We pay our bills and use our money to give things back to the membership. I have seen many members at the races with our new Tyvek jackets. They look great and keep the chill off after a bout of heavy sweating. Thanks to Ed Hall for ordering these beautiful things for us. We still have a few XL's left if anyone is interested. See me at the races.

For the coming year, we have a few changes in our running calendar. Paul Conrad is moving his July 11 "Piece of Cake Race" to Duff Park in Murrysville. This will be a new course for all of us. Also, Jim Caskey has retired his mountain goat trophies and has created a brand new "Mountain Goat Fun Run". This is a very different and challenging course that is entirely on roads, but runs up to the model airplane field in South Park. Care for a spot of heavy breathing? We ran it in early December and it is definitely a difficult course.

Thanks again to all our race directors and helpers who organize our races. They deserve a lot of credit. Remember we are a volunteer organization who love to run! No elaborate prizes or awards. We are true runners in our hearts. Many other local running organizations have experienced big drops in membership. Our membership has a solid core of people who return year after year. We have a sense of tradition!

I hope that most of you can attend our banquet scheduled for the middle of February. Everybody pays their own way. Call Connie Hoon to register. It is "time well spent". (Trivia Question: What network has that particular motto?)

Good running. See you at the races.

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### The First Run of 1999

**B**ushwacker's Nightmare Trail Run !!!!  
January 17th at 10:00 a.m. at the South Park Fairground (Big Clock) for either 10k or 5k. For information call Bruce McGlothlin at 724-348-6012

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### Annual Banquet

**T**ime for the annual dinner/meeting party. It seems that every two years I change the restaurant, and this year is no exception. Let's try Bado's in Mt. Lebanon at 307 Beverly Road. It's an Italian restaurant; we'll we served an all-inclusive buffet. There will be a private room to socialize in before dinner.

The date is February 13th, at 6:30 p.m.

If interested, please send me a check for \$12.50 per person. Make the check payable to RRCA and mail to: Connie Hoon, 456 Coolidge Ave., Pittsburgh, PA 15228-1222. I will need all moneys and reservations by February 8th.

Do make an effort to come. These events are always fun and one of the few times we can really relax and enjoy each other's company. You may also bring your own wine or beer to the restaurant; Bado's will provide the glasses. Directions from Mt. Lebanon High School – continue on Cochran Rd., cross over Bower Hill Rd. and make a right at the next traffic light (Beverly Rd.). The restaurant is on the right; free on street parking is available. Any questions, give me a call at 341-0684. May I remind all of you that 9:30 p.m. is the latest we take calls. Hope to see many old and new faces there.

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## Officers for 1999

**P**<sup>resident</sup>  
Bruce McGlothlin

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

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## Additon to the President's Corner

I often wondered why Bruce took the time to drag out his typewriter and type the President's Corner article for the newsletter. This summer I found out why.

In July I received his article written on a yellow sheet of paper. I read and re-read it quite

a few times and always there were too many words that I could not decipher and understand what the sentence was saying. We were not at the same runs for several months so I could not get the answers I needed. Finally, after a run at South Park, Andy Gero and I teamed up to translate the article. The parts that are still current are in the next paragraphs.

We have had another great running year thus far. Registrations for all our runs have increased. Calls continue to pour in for information about GPRRC. No one has sustained any serious injuries. And we all seem to be having fun! This is what our running club is all about.

One of our new races this year was Paul Conrad's "Piece of Cake" run. Actually it is an old race with a new location – Sloan Elementary School in Murrysville. Even the new run had to be re-designed due to fallen trees. It was quite challenging with a good hill workout. Thanks to Paul, Linda and LeAnn for all the hard work. The cake was delicious. By the way, next July if you want to attend this race, just call Terry Carskaddan and Art Wiland for directions. (They live in Murrysville but got lost).

I liked the Championship Club jacket so much that I purchased another one. I can't wait to see what Ed Hall has on tap for this year's award. Participation is our middle name and it pays huge dividends.

PS from the Editor – I hope a lot of you qualified for the 1998 Championship Club. I hope to present the awards at the Banquet and to see you at the 1999 runs IF:

I don't get fired by Bruce for the above disclosure or

Terry and Art don't get to me the same reason or

Art doesn't get me for the picture that is found elsewhere in the newsletter.

## Bill does it again

No this is not about another Bill Clinton bimbo eruption. This is about our own Bill Hoon who completed the Vineman Ironman Triathlon back on July 25th of 1998.

The 2.4 mile swim was in the Russian River and Bill completed that portion of the triathlon in 82:20. The swim in a river was a first for Bill.

Quoting Bill – The bike ride was quite hilly and it got pretty warm in the afternoon. My usual bananas and water diet during this part of the race let me down this time. I wasn't getting adequate sugars into my system and that plus the rising temperatures resulted in me feeling pretty weak by the time that I got to the mile 96 aid station. I stopped there, ate two pounds of Pringles and just about all of their cookies before hopping back on the wheels and heading fro the finish line 16 miles further down the road. My bike time was the pits and also the slowest that I've ever done in an Ironman race. It was 7:32:59. I must have been hurting for a long time before I stopped at mile 96.

I approached the marathon quite conservatively since I could not possibly not finish this race. I have never quit one before. I stopped at every aid station which was at each mile marker and shopped for goodies to keep me rolling. With five miles to go, I figured that I'd make it and I started picking up the pace. I picked off my last two competitors in the last two hundred yards and finished in the 255th position and with a total time of 14:34:03. My marathon time was 5:38:44.

That was my 6th Ironman and now I've completed all of them in North America. Con is suggesting that we move on to Europe for my

next long competitions and thus I may be doing Ironman Germany next July.

Since I received this information from Bill in September and since Connie recently gave me the information regarding the Banquet, you will already know the outcome of the following:

Con and I are flying to Geneva from New York on October 7th on Swissair flight 111 for a little vacation in Switzerland and France. That's the exact same flight and indeed would have been the exact same plane that crashed on September 2nd, unless the plane was pulled out of service for maintenance or something else. We were scheduled to fly on that same plane exactly five weeks after it crashed. Needless to say, we're feeling a bit lucky and at the same time a bit nervous about this flight.

On a lighter note, Con started on an MBA at Duquesne University this month and I was recently promoted to Lieutenant Colonel in the Army Reserves.

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### SPECIAL NOTICE

## BIRTHDAYS



**ART WILAND-50 AT LAST!**

9 - 27 - 98

LOVE, TERRY

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### From the Editor

Since I have been telling stories about the President of our Club and Bruce has been kidding Terry and Art, I guess it is only natural for me to add two more to the list of those being roasted.

Ron Hannan saw me one day in early December and said he would send me the results for the Fall Classic if I gave him my e-mail address. The address I gave him, which any of you are free to use is [pbussvc1@usaor.net](mailto:pbussvc1@usaor.net).

After about two weeks of checking my e-mail almost everyday and not finding a message from Ron, I saw him in North Park. When I asked him if he had sent me a message, he said no and explained that it was because he could not find the results.

Well when I started preparation of this newsletter I couldn't find the results from my race, the Boathouse Burner. If that wasn't bad enough, I couldn't find the results for the other races from January through July. I believe that they are just misplaced and I will be able to include them in another newsletter.

### The Championship Club

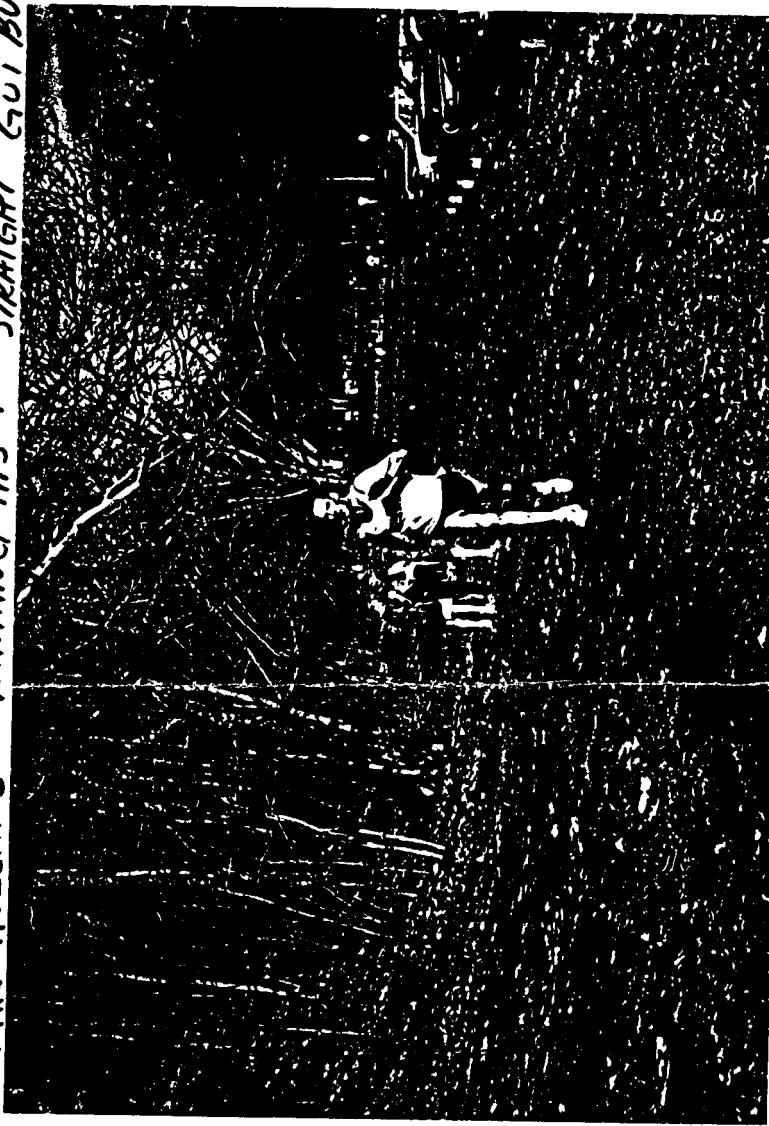
Please send me the results of your 1998 running in our club runs so I can determine how many qualified for the 1998 Championship Club. The form to use for this is will be found at the end of the newsletter.

### New Year's Resolution

Hagar the Horrible and his buddy were talking in a recent cartoon and it went something like this: Buddy: Did you make a New Year's resolution? Hagar: Yes, I resolved to eat and drink as much as I want. Buddy: What kind of resolution is THAT? Hagar: One I can keep.

I hope none of our members made this type of resolution. But it sure is tempting.

DAN HOLLAND - WINNING HIS 7<sup>TH</sup> STRAIGHT GUT BUSTER



Photographs Of Interest - 1998 GUTBUSTER



TRALE DIRECTORS: DENA HOLLAND & BILL HOON + CONNIE HOON & BRUCE MCGLOTHLIN



ANDY GERD DAN HOLLAND KAREN BALKEY KEN BALKEY RON HANNAN

Photographs Of Interest - Picnic Run 1997



PICNIC RUN 1998



## THE GREATER PITTSBURGH ROAD RUNNERS CLUB

## Piece of Cake Run - 7/12/98 (Paul Conrad)

1 Mile				
No.	Name	Age	Time	Pace
1	Alison Saxe		00:07:52	00:07:52
2	Cody McKoy		00:11:56	00:11:56
3	Dick McKoy		00:12:30	00:12:30

2.5 Mile				
No.	Name	Age	Time	Pace
1	Jill Constantine		00:26:20	00:10:32

3 Mile				
No.	Name	Age	Time	Pace
1	Mitch Radella		00:20:06	00:06:42
2	John Damore		00:21:28	00:07:09
3	Glenn Rosporski		00:26:22	00:08:47
4	Ed Hall		00:30:05	00:10:02
5	Katherine Rumon		00:31:10	00:10:23
6	Leah Rumon		00:31:36	00:10:32
7	Terry Carskadden		00:33:03	00:11:01
8	Debra Milito		00:37:40	00:12:33

4 Miles				
No.	Name	Age	Time	Pace
1	Andy Gero		00:43:32	00:10:53

6 Miles				
No.	Name	Age	Time	Pace
1	Robert Giesen		00:38:05	00:06:21
2	Art Wiland		00:43:25	00:07:14
3	Brian Taylor		00:44:45	00:07:28
4	Tom Ferri		00:49:22	00:08:14
5	Bill Zoth		00:50:19	00:08:23
6	Bruce McGlothlin		00:56:36	00:09:26
7	Dave Rumon		00:58:13	00:09:42
8	Al Epiheimmer		01:08:08	00:11:21

Helpers - Linda, and Lee Ann Conrad.

This year saw a new location for the Cake Run, and thanks to the wrath of Mother Nature some last minute course changes had to be made. Everyone managed to find their way and all seemed to have a good time. Hopefully next year's race will go off without a hitch. See you then.

## Picnic (?) Run - 8/02/98 (Tom Mal)

2 Mile				
No.	Name	Age	Time	Pace
1	Barb Russiman	39	00:15:15	00:07:38
2	John Fox	16	00:17:15	00:08:38
3	Luke Russman	10	00:17:30	00:08:45
4	Ed Russman	12	00:17:31	00:08:46
5	Denny Donnelly	62	00:17:32	00:08:46
6	Jane Donnelly	36	00:18:57	00:09:28
7	Kathleen Hickey	51	00:19:00	00:09:30
8	Dena Holland	50+	00:19:23	00:09:42
9	Terry Carskadden	58	00:19:49	00:09:54

10 Km				
No.	Name	Age	Time	Pace
1	Jarett Paraey	22	00:35:38	00:05:44
2	Fred Jaroudi	44	00:40:49	00:06:34
3	Drew Kushner	18	00:40:49	00:06:34
4	Mitch Radella	33	00:41:20	00:06:39
5	Dave Helwig	47	00:42:20	00:06:49
6	Larry Roof	44	00:42:49	00:06:53
7	Art Wiland	49	00:43:24	00:06:59
8	Rich Evans	26	00:43:24	00:06:59
9	Sarah Pratte	19	00:44:08	00:07:06
10	Patrick Armknecht	26	00:47:08	00:07:35
11	Joe Bruce	24	00:53:33	00:08:37
12	Ginnie Haid	40	00:54:47	00:08:49
13	Monica Heine	22	00:54:53	00:08:50
14	Gregg Haid	39	00:55:08	00:08:52
15	Gail Fox	49	00:57:26	00:09:15
16	Richard Hickey	58	01:00:48	00:09:47
17	Ed Hall	64	01:02:21	00:10:02
18	Andy Gero	50	01:03:48	00:10:16
19	Mike Joyce	55	01:10:10	00:11:18

Hartwood Tour Run - 9/13/98  
Terry Carskadden & Art Wiland

5K				
No.	Name	Age	Time	Pace
1	Patrick Sherridan	17	00:19:36	00:06:19
2	John Caskey	23	00:20:05	00:06:28
3	Gary Caskey	43	00:20:33	00:06:37
4	Brook Parise	22	00:22:30	00:07:15
5	Julian Asenfo	37	00:27:45	00:08:56
6	Al Eppihimer	51	00:30:16	00:09:44
7	Andy Gero	50	00:30:56	00:09:57
8	Tom Sherridan	56	00:31:05	00:10:00

10K				
No.	Name	Age	Time	Pace
1	George Carroll	54	00:42:28	00:06:50
2	Patrick McShea	43	00:42:56	00:06:30
3	Beth Lehman	26	00:44:31	00:06:45
4	Bruce McGlothlin	51	00:55:01	00:08:20
5	Paul Conrad	46	00:55:56	00:08:28

Helpers: Jane & Dennis Donnelley

It was another gorgeous day at Hartwood Acres, even with the remains of the previous day's Polo Match. Terry and Art had the usual refreshments (thanks to Jane and Denny), the T-shirt give away and a raffle with prizes!

Course: excellent conditions. See you next year !!

## THE GREATER PITTSBURGH ROAD RUNNERS CLUB

HARRY C. HOLLAND G-U-T-B-U-S-T-E-R 11/26/98  
Bill Hoon & Dena Holland

2 Mile				
No.	Name	Age	Time	Pace
1	Jim Lacey, Sr.	64	00:14:36	00:07:18
2	Amy Hahn	16	00:15:47	00:07:54
3	Molly Sullivan	16	00:15:47	00:07:54
4	Hannah Levinson	12	00:16:12	00:08:06
5	Alex Winschel	11	00:16:18	00:08:09
6	Matt Winschel	9	00:16:25	00:08:12
7	Tim Winschel	11	00:18:02	00:09:01
8	Georgette Lacey	61	00:18:29	00:09:14
9	Meg Laufman	13	00:20:13	00:10:06
10	Heather Hahn	14	00:20:13	00:10:06
11	Marcia Papale	43	00:21:12	00:10:36
12	Dena Holland	50+	00:21:12	00:10:36
13	Bill Hahn	48	00:21:20	00:10:40
14	Jake Winschel	10	00:22:33	00:11:16
15	Danny Winschel	8	00:22:48	00:11:24
16	Christina Winschel	23	00:35:00	00:17:30
17	Christine Winschel	14	00:35:00	00:17:30

4 Mile				
No.	Name	Age	Time	Pace
1	Steve Goldcamp	37	00:27:30	00:06:52
2	Kevin Lucas	32	00:28:25	00:07:06
3	Matt Grogan		00:29:13	00:07:18
4	Michael Grogan		00:29:19	00:07:20
5	Mark Grogan		00:29:19	00:07:20
6	Capt Monet		00:33:11	00:08:18
7	Mercedes Goldcamp	37	00:33:30	00:08:22
8	Woody Hoburg	13	00:33:44	00:08:26
9	Jim Hoburg	51	00:33:44	00:08:26
10	Russell Carr		00:33:55	00:08:29
11	Lidia Sudol	24	00:34:35	00:08:39
12	Chris Winschel	13	00:35:12	00:08:48
13	Dick Winschel	44	00:37:02	00:09:16
14	Julia Waters	29	00:37:34	00:09:24
15	Dolores Krypa Waters	61	00:37:34	00:09:24
16	Charles Winschel	44	00:38:05	00:09:31
17	Kathy Lachenauer	31	00:38:50	00:09:42
18	Jim Jaklin	46	00:38:52	00:09:43
19	Ted Winschel	14	00:39:39	00:09:55
20	Lavid Laird	50	00:40:00	00:10:00
21	Jan Levinson	14	00:40:54	00:10:14
22	David Levinson		00:41:54	00:10:28
23	David Huston	30	00:42:09	00:10:32
24	Barb Pane	30	00:42:30	00:10:38
25	Ksthrtnir Rumon	14	00:42:52	00:10:43
26	David Rumon	50	00:42:52	00:10:43
27	Ken Balkey	47	00:42:52	00:10:43
28	Karen Balkey	20	00:42:52	00:10:43
29	Tom Winschel	49	00:43:58	00:11:00
30	Val Winschel	17	00:43:58	00:11:00
31	Beverly Bernard	55	00:45:15	00:11:19
32	Andy Gero	50	00:45:15	00:11:19
33	Debbie Caterino	43	00:45:54	00:11:28
34	Christa Wilkins		00:46:25	00:11:36
35	Brian Cooper		00:46:25	00:11:36
36	Tom Henry	57	00:46:50	00:11:42
37	Richard Hickey	58	00:47:07	00:11:47
38	Lorissa Hemmer	23	00:47:15	00:11:49
39	Kathleen Hickey	51	00:47:31	00:11:53
40	All Eppihimer	51	00:48:40	00:12:10
41	Michele McGory	42	00:48:54	00:12:14
42	Stacey Hannan	23	00:51:40	00:12:55
43	Anne M Bricle	39	01:00:18	00:15:04
44	Larry Winschel	47	01:03:31	00:15:53
45	Ed Winschel	39	01:03:31	00:15:53
46	Evelyn Humphreys	30	01:05:13	00:16:18
47	Anne Humphreys	35	01:05:13	00:16:18

8 Mile				
No.	Name	Age	Time	Pace
1	Dan Holland	29	00:50:24	00:06:18
2	Doug Mitarotonda	18	00:50:50	00:06:21
3	Chris Stone	33	00:57:22	00:07:10
4	Jasen Winschel	25	00:58:04	00:07:16
5	Adam Berger	29	00:58:58	00:07:22
6	David Helwin	48	01:00:09	00:07:31
7	Sam Bertenthal	40	01:04:12	00:08:01
8	Dale Hayden	50	01:04:13	00:08:02
9	Dave Hayden	55	01:04:14	00:08:02
10	Wayne Jacobs	50	01:04:26	00:08:03
11	Peter Noyner	32	01:04:36	00:08:04
12	Dan Bloch	38	01:07:32	00:08:26
13	Jay Reifer	49	01:08:27	00:08:33
14	Rob Ruck	48	01:08:27	00:08:33
15	Dirk Kalp	48	01:09:02	00:08:38
16	Brad Meyer	32	01:10:35	00:08:49
17	John Pane	35	01:11:06	00:08:53
18	Perry Lan	31	01:11:35	00:08:57
19	Bill Hoon	52	01:13:40	00:09:12
20	Stephen Humphrey	32	01:15:15	00:09:24
21	Ron Hannan	47	01:15:56	00:09:30
22	Shawn Meyer	38	01:15:56	00:09:30
23	Bruce McGlothlin	52	01:23:54	00:10:29
24	Diana M. Lutz	33	01:34:59	00:11:52

Sunny - High temperature of 52

## Mountain Goat Fun Run - 12/6/98 (Jim Caskey)

2 Miles				
No.	Name	Age	Time	Pace
1	John Harwick		00:18:57	00:09:28

3 Miles				
No.	Name	Age	Time	Pace
1	Mitch Radella	33	00:19:40	00:06:33
2	David Hartman	41	00:23:55	00:07:58
3	Paul Conrad	46	00:28:35	00:09:32
4	Ed Hall	64	00:31:45	00:10:35
5	Jane Donnelly	59	00:33:00	00:11:00
6	Dena Holland	50+	00:33:24	00:11:08
7	Al Eppihimer	51	00:34:25	00:11:28
8	Terry Carskaddan	58	00:35:24	00:11:48

5 Miles				
No.	Name	Age	Time	Pace
1	Georgette Lacey	61	00:46:57	00:09:23

6 Miles				
No.	Name	Age	Time	Pace
1	Art Wiland	50	00:49:27	00:08:14
2	Jim Lacey	64	00:49:27	00:08:14
3	Richard Hickey	58	00:58:49	00:09:48
4	Bruce McGlothlin	52	00:58:57	00:09:49
5	David Rumon	50	00:58:57	00:09:49
6	Bart Russman	39	01:03:26	00:10:34