

# The Greater Pittsburgh Roadrunners

December 1999

## The President's Column

**Bruce McGlothlin**

While shopping recently, I noticed a sign showing a running shoe surrounded by the printed words: "The Future of Running". I always thought the Future of Running was more than a shoe. It was people that made running, not shoes.

This started me thinking about the early days of The Greater Pittsburgh Road Runners Club. When I joined in 1976, we had a large membership of between 500-600 people. The club was founded in 1975. Races were huge. These were events, not fun runs. Running and competition were at an all time high.

Many who began running with the club are no longer running. Some still are. People like Marty & Al Fellers, Jim Enright, Vivian & Harvey Kucherer, Ken & Ruth Ann Balkey, John Graham, Skip Brown, Stu Levy, Stu Snodgrass, Peggy & Jim Hoburg, Jim Caskey, Andy Gero, Dick Haggerty, Connie & Bill Hoon, Ron Hannan, Monty Miller, Tom Henry, Jame Bean, Jim Thompson, Ed Hall, The Harwick Family, Clair & Tom Henderson, Nate Hershey, The Holland Family, Don Adams, Tom Mal, and Lee & Maureen Keller. These are just a few of the names that come to mind. There are also many others that helped our club grow.

Although we may not be as large as before, we still have 80+ members. There seems to be a core group of people who participate and keep the club going strong. New members are also joining and participating enthusiastically.

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! Prizes, T-Shirts, awards ---- Bah, Humbug !!!

Low-key running is what attracts new members or GPRRC. Let's keep this as our goal for the New Millennium. Ask your friends to run with us. To me. This is the future of running!

Remember our first race is mine on January 16 – The Bushwacker's Nightmare Trail Run. Don't forget to renew your membership in January.

**GOOD RUNNING !!**

## From The Editor

**Ed Hall**

Hi You all. I hope everyone had a happy and safe holiday time. If this weather doesn't change it will take some of the nightmare our of the Bushwacker's Trail Run in January. But I suppose we can somehow suffer through a run without mud and snow.

Our President, like all good Presidents, is always thinking of ways to improve the Club and has come up with a good idea to improve the Newsletter and to help us become better acquainted with each other. He has suggested that, for each Newsletter, I send a questionnaire to a club member. The questionnaire would ask about the member's running – why, how much, races, likes and dislikes, etc. The answers would be included in the Newsletter. SO!!! Start thinking about how you will answer. At runs we tend to talk about our latest excuse (I meant injury) for running so slow and our latest race. I think it will be nice to find out interesting things about our running friends, such as, Andy Gero plays in a local Symphony orchestra, Art Wiland is with the County Police and what the "+" means in Dena Holland's age.

The Newsletter entered the Internet Age with this issue. Connie Hoon sent me the results for the Gutbuster and information for the Awards Banquet by E-mail. Dena Holland did the same with photos taken at the Gutbuster.

For those who might want to send something, my E-mail address is: [pbussvc1@usaor.net](mailto:pbussvc1@usaor.net).

Said the sage,

"Now that I'm old and wise,

This Wisdom makes me realize,

The best thing in Life, and it may sound ghoulish.

Is simply being young and foolish!

## Letter From Jane Donnelly

Dear Friends,

Your love, support, friendship and sympathy have meant so very much to me. The fruit basket was great. The whole family enjoyed it. I made copies of the last Road Runners newsletter and sent it to all our children. It was a wonderful tribute and I will keep it always.

Love & God Bless,

Jane

Life seems to me like a Japanese picture which our imagination does not allow to end in the margin.

Oliver Wendell Homes, Jr.

## Championship Club

Look for the form at the end of the Newsletter. Please send your information as quickly as possible so I can have the awards ready to give out at the Banquet.

You can mail them to the address on the form OR send the information to the E-mail address on the front page of this Newsletter.

## Awards Banquet

It's that time of the year again for the annual dinner meeting. Once again, we're having it at **Bado's**. Everyone seemed to enjoy themselves except me, of course. I was home with the flu. This year I had a flu shot and I fully expect to make it. Bado's is located in the Beverly Road Shops, in Mt. Lebanon.

If you're coming from the Fort Pitt tunnels, get on Banksville Rd. and bear right past the Fireplace, (approximately 2 miles from the tunnels). That road is Beverly and Bado's is on the left; their address number is 307. The meal will be similar to last year, buffet style and of course a meatless entry and plenty of vegetables. If, however, you crave the grease, Bado's has a Pizzeria delicatessen. "Bring your own bottle" is acceptable, wine and beer only. So, circle your calendar for Saturday, **February 26, 2000** at 6:30 P.M.. The price is \$12.50.

Please send checks to:

Connie Hoon  
456 Coolidge Ave.  
Pittsburgh, PA 15228

On a more somber note, I would like to thank the Road Runners members for their cards and the Fruit Basket. My mother passed away on December 1<sup>st</sup> and only time can heal that emptiness I feel right now. But knowing that friends are there with a dry shoulder (and fruit of course) really helps. My mother was the one who convinced me to start walking. She would walk about 6.5 miles a day; even I couldn't keep up with her at first. Her course consisted of 8 hills out and 9 hills back. This was an out and back course? I never questioned my mother when it came to her route. I expect she already has her new route planned by now and hopefully, way down the road she and I can walk it together.

## Late Gift

If you didn't get your holiday gift shopping completed or just forgot someone and maybe you don't really know what to get, here is an idea.

The Perfect Gift – A HUG

Relieves Tension

Improves Blood Flow

Reduces Stress

Non-Polluting

Helps Self Esteem

Generates Good Will

No batteries required

Absolutely NO COST

Non Taxable

Silent Performance

Extremely Personal

Fully Returnable

Recommended for Ages 1 to 100 and up

GET ONE TODAY

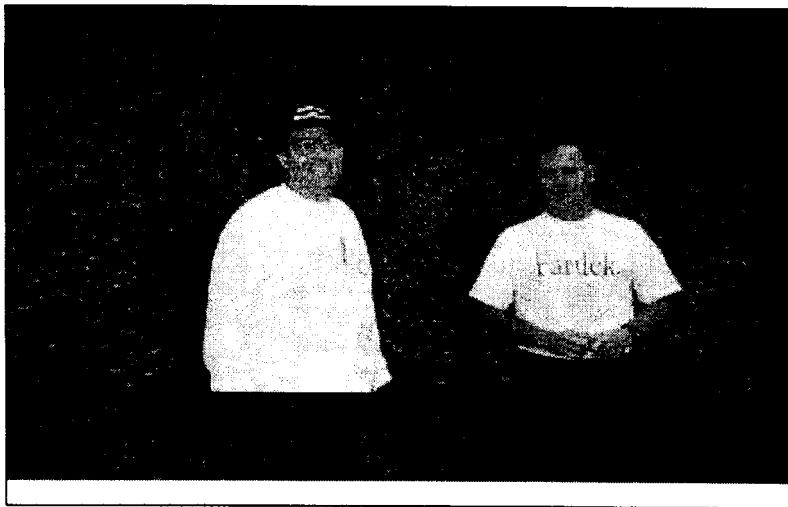
**THE GREATER PITTSBURGH ROAD RUNNERS CLUB**

**Piece of Cake Run - 7/11/99 (Paul Conrad)**

3 Mile				
No.	Name	Age	Time	Pace
1	Bill McShea	42	0:23:12	0:07:44
2	Bryan Marker	12	0:25:10	0:08:23
3	Dennis Strine	45	0:26:38	0:08:53
4	Ray Wright	49	0:27:06	0:09:02
5	Megan McShea	14	0:27:11	0:09:04
6	Tony Wright	27	0:27:47	0:09:16
7	Terry Carskaddan	58	0:35:55	0:11:58
8	Meredith Rumon	18	0:37:35	0:12:32
9	Ralph Miranda	52	0:38:29	0:12:50
10	Billie Miranda	52	0:38:58	0:12:59
11	Denna Holland	55+	0:39:44	0:13:15
12	Amos Sullivan	63	1:23:22	0:27:47

6 Mile				
No.	Name	Age	Time	Pace
1	Art Wiland	50	0:46:35	0:07:46
2	Patrick McShea	44	0:46:55	0:07:49
3	Larry Gallo	49	0:48:20	0:08:03
4	Diane Hrivnak	25	0:53:07	0:08:51
5	Bill Zoth	49	0:55:26	0:09:14
6	Dave Butler	31	0:56:37	0:09:26
7	Rich Hrivnak	53	0:59:17	0:09:53
8	Ed Hall	65	1:08:12	0:11:22
9	Dave Rumon	50	1:08:20	0:11:23

Another year, another new course. After several years of loose dogs in Frick Park, I once again (For the LAST TIME!) moved the location of the cake run. The new course seemed to challenge everyone. A flat first mile with a tough hill at the turn around and a flat mile to the finish kept everyone huffing and puffing. Hope to see you again next year.



Race Directors Andy Gero and Paul Conrad at the Gutbuster

Probably discussing how they can attract 100 plus runners to their races - The April Showers Run and the Piece of Cake Run



**THE GREATER PITTSBURGH ROAD RUNNERS CLUB**

**Picnic (?) Run - 8/08/99 (Tom Mal)**

2 Mile				
No.	Name	Age	Time	Pace
1	Luke Russman	11	0:014699	0:00735
2	Eddie Russman	13	0:25:04	0:12:32
3	Kate Wu	6	0:25:08	0:12:34
4	Mary Wu	36	0:29:25	0:14:43

10 K				
No.	Name	Age	Time	Pace
1	Mitch Radella	34	0:41:01	0:06:36
2	Steve Sibenik	42	0:43:47	0:07:03
3	Art Wiland	50	0:46:11	0:07:26
4	Len Donnelly	39	0:46:36	0:07:30
5	Bruce McGlothlin	52	0:54:24	0:08:46
6	Paul Conrad	47	0:54:25	0:08:46
7	Richard Hickey	59	0:55:39	0:08:58
8	Janice Fountain	46	1:01:41	0:09:56
9	Steve Wu	37	1:02:14	0:10:01
10	Andy Gero	51	1:05:10	0:10:30
11	Jane Donnelly	60	1:06:10	0:10:39
12	Kathleen Hickey	52	1:06:10	0:10:39
13	Terry Carskaddan	59	1:08:01	0:10:57

**Fall Classic - 10/10/99 (Ron Hannan)**

2 Mile				
No.	Name	Age	Time	Pace
1	Ed Hall	65	0:22:17	0:11:09

5 K				
No.	Name	Age	Time	Pace
1	Jim Flahaven	36	0:23:42	0:07:38
2	Art Wiland	51	0:24:08	0:07:46
3	Dena Holland	55+	0:56:02	0:18:02
4	Terry Carskaddan	59	0:56:02	0:18:02
5	Bill Hoon	53	0:56:10	0:18:05

10 K				
No.	Name	Age	Time	Pace
1	Dan Holland	30	0:36:48	0:05:55
2	Tom Mal	51	0:54:24	0:08:45
3	Al Epphimer	52	1:06:24	0:10:41

**Mountain Goat Fun Run - 12/05/98 (Jim Caskey)**

3 Mile				
No.	Name	Age	Time	Pace
1	John Harwick	67	0:28:02	0:09:21
2	Tammy Sluser	34	0:28:12	0:09:24
3	Georgette Lacey	62	0:30:21	0:10:07
4	Tom Macrullan	57	0:31:30	0:10:30
5	Al Epphimer	52	0:31:48	0:10:36
6	Jane Donnelly	60	0:33:10	0:11:03
7	Ed Hall	65	0:33:21	0:11:07
8	Dena Holland	55+	0:34:30	0:11:30
9	Kathleen Hickey	52	0:38:42	0:12:54
10	Terry Carskaddan	59	0:38:42	0:12:54

6 Mile				
No.	Name	Age	Time	Pace
1	Dan Holland	30	0:41:37	0:06:56
2	Ron Romanoff	43	0:44:31	0:07:25
3	Art Wiland	51	0:50:39	0:08:26
4	Jim Lacey	65	0:50:39	0:08:26
5	Frank A Fusca	44	0:50:44	0:08:27
6	Tom Mal	51	0:55:53	0:09:19
7	Richard Hickey	59	1:01:19	0:10:13
8	Bruce McGlothlin	53	1:01:51	0:10:18
9	Mike Joyce	56	1:10:54	0:11:49
10	Janice Fountain	46	1:13:47	0:12:18



Race Director Ron Hannan with a very lovely escort during the Gutbuster. Michelle McGary and others.

**HARRY C. HOLLAND G-U-T-B-U-S-T-E-R 11/25/99**  
**Bill Hoon & Dena Holland**

2 Mile				
No.	Name	Age	Time	Pace
1	Jim Lacey	65	0:15:14	0:07:37
2	Christine Kelly	29	0:20:05	0:10:02
3	Joan Rentler	41	0:20:20	0:10:10
4	Terry Carskaddan	59	0:20:44	0:10:22
5	Dena Holland	55	0:21:32	0:10:46
6	M Papale	44	0:21:32	0:10:46
7	Joan Sexton	39	0:21:37	0:10:48
8	Daniel Kelly	27	0:22:06	0:11:03
9	Hannah Levison	13	0:23:23	0:11:41
10	Dan Winschel	9	0:23:27	0:11:43
11	Heather Hahn	15	0:23:30	0:11:45
12	Annie Kegarise	15	0:23:30	0:11:45
13	Dave Lockerman	7	0:23:45	0:11:52
14	Alicia Walczuk	67	0:24:00	0:12:00
15	Brandi Lockerman		0:24:35	0:12:17
16	Brittany Lockerma	8	0:25:06	0:12:33
17	Mary Hall	17	0:26:42	0:13:21
18	Gorana Smailagic	14	0:26:42	0:13:21
19	Rose Welsh	44	0:27:34	0:13:47
20	P. Puppy	45	0:31:44	0:15:52
21	Cyd Pennington	38	0:34:07	0:17:03
22	C W Donohue	40	0:34:14	0:17:07
23	Becky Arel	47	0:34:14	0:17:07
24	Ann Unger	47	0:34:14	0:17:07
25	Sarah McKenney	13	0:37:13	0:18:37
26	Joch Davis		Walker	
27	Dawn Davis		Walker	
28	Patti Hahn		Walker	

3 Mile				
No.	Name	Age	Time	Pace
1	Ethan McKenney	16	0:17:50	0:05:57
2	Nick Jarcik	16	0:19:44	0:06:35

4 Mile				
No.	Name	Age	Time	Pace
1	Chris Stoke	34	0:29:04	0:07:16
2	Chris Winschel	14	0:31:52	0:07:58
3	Art Wiland	51	0:32:15	0:08:04
4	Kevin Rentler	15	0:32:15	0:08:04
5	Darlene Hudak	42	0:32:59	0:08:15
6	John Harwick	67	0:35:22	0:08:50
7	Vandi Verna	26	0:36:18	0:09:04
8	Anna Hu	20	0:36:37	0:09:09
9	Dirk Kalp	49	0:36:48	0:09:12
10	Alex Winschel	12	0:37:03	0:09:16
11	Ed Winschel	40	0:37:35	0:09:24
12	Larry Winschel	48	0:37:35	0:09:24
13	Matt Winschel	10	0:38:18	0:09:34
14	Dick Winschel	45	0:38:23	0:09:36
15	Paul Conrad	47	0:38:25	0:09:36
16	Karen Balkey	21	0:39:40	0:09:55
17	Ken Balkey	48	0:39:44	0:09:56
18	Suzanne Jacobs	52	0:41:21	0:10:20
19	Ann Marie Tomley	27	0:40:54	0:10:13
20	Heather Tomley	23	0:40:54	0:10:13
21	Sean Rentler	12	0:40:55	0:10:14
22	Bryan Cooper	31	0:41:00	0:10:15
23	Christina Willa	33	0:41:56	0:10:29
24	Barb Pare	31	0:41:56	0:10:29
25	Melissa Smith	19	0:44:31	0:11:08
26	Rene Fossum	28	0:44:38	0:11:10
27	Al Epphimer	51	0:45:02	0:11:15
28	Debbie Caterino	44	0:45:21	0:11:20
29	Jake Winschel	11	0:45:57	0:11:29
30	Patti Hahn	46	0:48:42	0:12:11
31	Christine Winsche	15	0:50:03	0:12:31
32	Lisa Winschel	21	0:50:09	0:12:32
33	Kathleen Hickey	52	0:50:37	0:12:39
34	Richard Hickey	59	0:50:37	0:12:39
35	Ashah Perry	48	0:51:44	0:12:56
36	Misi Bislich	41	0:51:44	0:12:56
37	Charles Winschel	46	0:53:05	0:13:16
38	Tom Henry	58	0:55:40	0:13:55
39	Bert Winschel	19	Time unavailable	



Start - 1999 G-U-T-B-U-S-T-E-R

40, Couldy & Wet

**HARRY C. HOLLAND G-U-T-B-U-S-T-E-R 11/25/99**  
**Bill Hoon & Dena Holland**

8 Mile				
No.	Name	Age	Time	Pace
1	<b>*Max King</b>	19	0:47:43	0:05:58
2	Dan Holland	30	0:49:02	0:06:08
3	Doug Mitenland	19	0:50:37	0:06:20
4	Don Wyzonirski	40	0:51:59	0:06:30
5	Billy Kanarek	46	0:57:43	0:07:13
6	John Pane	36	0:58:23	0:07:18
7	George Carroll	56	0:58:23	0:07:18
8	Jim McCarthy	41	0:59:44	0:07:28
9	Jason Winschel	26	1:00:02	0:07:30
10	Sam Bertenthal	41	1:01:02	0:07:38
11	Andy Sadeghi	39	1:01:10	0:07:39
12	Mike Portogallo	44	1:01:34	0:07:42
13	Dave Kelwig	49	1:01:53	0:07:44
14	Ken Kizynski	52	1:02:37	0:07:50
15	Eric Fossum	33	1:02:37	0:07:50
16	Bert Davis	41	1:08:33	0:08:34
17	Rob Ruck	49	1:10:28	0:08:48

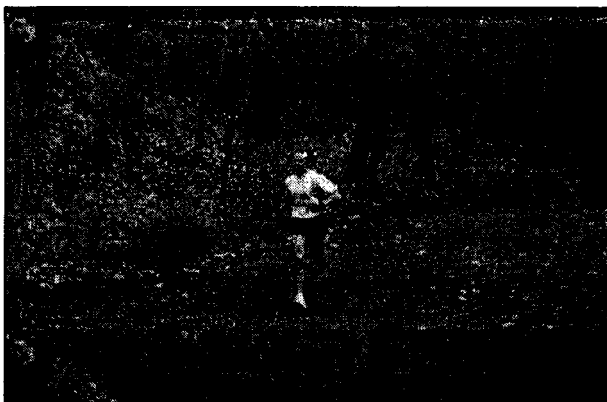
8 Mile				
No.	Name	Age	Time	Pace
18	Sandra Fleck	35	1:11:19	0:08:55
19	Wayne Jachi	51	1:14:44	0:09:20
20	Tom Mal	51	1:15:01	0:09:23
21	Brad Meyer	33	1:15:46	0:09:28
22	Bill Hoon	53	1:16:29	0:09:34
23	Mariann Butula	40	1:19:07	0:09:53
24	Ron Hannan	48	1:19:49	0:09:59
25	Michael Nugarry	48	1:21:58	0:10:15
26	Mike Loenard	39	1:29:53	0:11:14
27	Bruce McGlothlin	53	1:37:14	0:12:09
28	Andy Gero	51	1:37:14	0:12:09
29	Roland Jefferson	54	1:38:19	0:12:17
30	Patti Hahn	43	1:38:30	0:12:19
31	Dan Bloch	39	1:47:20	0:13:25
32	Kevin Yates	46	Time unavailable	
33	Christina Simpson	38	Time unavailable	
34	Doug Simpson	49	Time unavailable	

**\*Course record\***

Helpers - Connie Hoon, Ron Hannan, Art Wiland, Terry Carskaddan



Al Eppihimer with Max King (center), the new course record holder and winner of the 1999 G-U-T-B-U-S-T-E-R



Dan Holland finishing second in the 1999 G-U-T-B-U-S-T-E-R