

Running Shorts YRRC Newsletter June/July 2006



2006 Hall of Fame Banquet

By Jen Walsh



This year's YRRC Hall of Fame Banquet was held at Bruno's Restaurant on May 20th. YRRC member Kevin Finnerty served as emcee for the evening. The newly inducted Hall of Fame members were Steven Hixson presented by Ken Schenker, Ron Posey presented by Tony Parish, Jim McKenna presented by Bill Richardson, and Mike Handel (posthumous) presented by Gene Mallen. Mike's son Mike accepted the award in memory of his father.

The RRCA National Volunteer Awards were given to Denise Losiewicz, Gene Mallen and Bill Richardson. This award is given to those individuals who have served over 2000 volunteer awards. The Pat Malandra Award was presented by Penny Pavelko to Leonard Veith.

Dr. Rick Kattouf, author of, "Forever Fit: The Easy-to-Follow, Step-by-Step Life Plan to Improve Your Body and Mind" was the guest speaker for the evening. Rick, an online nutrition and fitness trainer, talked about the importance of our diet in maintaining daily balance. He stressed that we should focus on the frequency of our eating and eat a minimum of five small meals per day rather than the "three" that we have become accustomed to. He believes that eating smaller meals more frequently will help us keep our blood sugar levels balanced, and we will find ourselves having more energy throughout the day. Rick also spoke about personal goal setting and says that in order to achieve a goal we should first visualize the goal, next we should believe that we can achieve the goal, and then finally we should work achieve our goal.



2006 Hall of Fame Inductees. Front Row: Ron Posey. Back Row from Left to Right: Steve Hixson, Mike Handel (accepting award for his father Mike Handel), & Jim McKenna.



Award winners from Left to Right: Gene Mallen, Bill Richardson, & Leonard Veith.



Guest speaker for the evening, Dr. Rick Kattouf

Memorable Quotes From the Banquet

"You don't have to get faster to win, all you have to do is maintain and get older". Bill Richardson when introducing Jim McKenna

"When you are a runner, you are on the road a lot". Jim McKenna

"What better place to run than Mill Creek Park". Steve Hixson

Remembering Denise

Keeps your eyes posted for the August newsletter which will be dedicated entirely to club member Denise Losiewicz who passed away in June.

Local Race Results

Ides of March Niles, OH

03/19/2006

Top 3 Males

- 1. Rick Kattou 17:20
- 2. Nick Sudik 18:23
- 3. Jim Pitts 18:29

Top 3 Females

- 1. Alana Smith 21:58
- 2. Heather Schell 23:30
- 3. Holly Herrholtz 23:46

The Joey Winterburn 5K

Cougar Challenge

Girard, OH

03/25/2006

Top 3 Males

- 1. Jim Pitts 19:28
- 2. Ryan Mirto 20:09
- 3. Michael Vanes 20:37

Top 3 Females

- 1. Denise Galterio 21:30
- 2. Kelsey Price 23:08
- 3. Meg Sweeney 23:54

Male 55-59

- 2. Larry Koval 25:37

Male 60 +

- 2. Jim McKenna 27:31

Female 50-54

- 2. Kathleen Griffith 34:12

Female 55 +

- 1. Karen Vandyke 34:09

YSU Run With the Penguins

Youngstown, OH

04/02/2006

Top 3 Males

- 1. Peter Boyd 16:06
- 2. Tom Sutcliffe 16:31
- 3. Joshua Boggs 17:15

Top 3 Females

- 1. Jeannette Boyd 19:51
- 2. Lauren Blasé 20:10
- 3. Denise Galterio 20:10

Ecathon at the Wilds 10 K

Cumberland, OH

04/29/2006

Placing second in the 10K

in their respective age groups:

- Wilma DePiere 49:00
 - Dan Shields 1:00:52
 - Leonard Veith 1:103:03
- 5K**
Gene Barrett 31:49

Donnell Ford / Youngstown YMCA

Memorial 5 Results

05/27/2006

OVERALL MALE

- 1 Justin Boggs 27:38
- 2 Josh Boggs 28:32
- 3 Sean Finnerty 29:06

MALE MASTER

- 1 Tom Grantonic 30:52

MALE GRANDMASTER

- 1 Rick Kempe 33:44

MALE

14 & UNDER

- 3 John Zajac 33:48

55-59

- 1 Gary Barnes 34:50
- 3 Larry Koval 36:41

65-69

- 2 Bill Richardson 87:55

70+

- 1 Tom Frederick 46:31
- 3 Rev. Art Joachim 75:14

OVERALL FEMALE

- 1 Wilma DePiere 34:16
- 2 Penny Felger 35:04
- 3 Meghan Ferraro 35:19

FEMALE MASTER

- 1 Karen Grantonic 39:53

FEMALE GRANDMASTER

- 1 Rebecca Bailey 41:09

FEMALE

14 & UNDER

- Chloe Zocolo 41:35

35-39

- Jenn Wohlgamuth 38:43

40-44

- Jennifer Zocolo 41:35

50-54

- Carol Sargent 41:33
- Kathleen Griffith 60:01

50-59

- Karen VanDyke 47:57

Memorial Mile

Boardman, OH

05/29/2006

Open Men

- 1. Silas Kiplagat 4:24
- 2. A J. Crisucci 4:25
- 3. Carlos Jones 4:26
- 4. Tommy Sutcliffe 4:27
- 5. Pat Dillon 4:30

Masters Men

- 1. Tom Grantonic 5:12
- 2. Michael Kifer 5:14

Grandmasters Males

- 1. Rich Kempe 5:28

Open Women

- 1. Lauren Blasé 5:20
- 2. Becky Rudzik 5:26
- 3. Colleen Moran 5:39
- 4. Penny Felger 5:42
- 5. Rachelle Pavelko 6:00

Masters Women

- 1. Karen Granitonic 6:13
- 2. Renee Bodden 6:55

Grandmasters Females

- 1. Kathy Shoaf 7:10

Men 12 - 14

- 3. Brandon Pasvanis 5:23
- 4. Thomas Finnerty 5:25

Men 15 - 18

- 1. Sean Finnerty 4:47

Men 19 - 24

- 1. Jeff Hoover 5:11

Men 45 - 49

- 1. Bob Gerdes 5:32

Men 65 & Up

- 1. Jim McKenna 7:09

Women 9 - 11

- 2. Baylee Felger 7:02

- 7. Leah Finnerty 7:47

10. Jordan Granitonic 8:37

Women 12 - 14

- 3. Hannah Gerdes 6:45

Women 15 - 18

- 3. Abby Gerdes 6:22

Women 19 - 24

- 2. Rachel Hixson 6:09

Women 35 - 39

- 4. Lori Thomas 8:25

Women 45 - 49

- 1. Laurie Hixson 7:05

Immaculate Heart 5K

Austintown, OH

06/08/2006

Top 3 Males

- 1. AJ Crisucci
- 2. Ross Lenehan
- 3. Justin Setty

Top 3 Females

- 1. Kaitlin Kempe
- 2. Penny Felger
- 3. Stephanie Pierce

Male 50-54

- 1. Rich Kempe

Male 55-59

- 3. Joe Palmer

Male 60-69

- 1. Kip Minnick

Male 70+

- 1. Tom Frederick
- 2. Gene Mallen
- 3. Rev. Art Joachim

Female 45-49

- 2. Laurie Flowers

Women 50-54

- 2. Corinne Hewitt
- 3. Kathleen Griffith

Women 55-59

- 1. Karen VanDyke

Ohio Police & Fire 5K

Warren, OH

06/10/2006

Top Male

- 1 Ryan Petrick 16:03
- 2 Justin Boggs 16:06
- 3 Josh Boggs 16:30

Top Female

- 1 Denise Galterio 19:54
- 2 Jamie Musick 20:18
- 3 Courtney Dombroski 22:40

Female Under 15

- 1 Leah Finnerty 27:42

Female 45-49

- 2 Laurie Flowers 29:38

Female 50-54

- 1 Kathleen Griffith 32:36

Female 55-59

- 1 Karen VanDyke 28:11

Male Under 15

- 1 Tom Finnerty 20:00

Male 30-34

- 2 Andrew Lynden 18:22

Male 45-49

- 1 John Zajac 22:16

Male 55-59

- 3 Larry Koval 25:58

Male 60-64

- 1 Kip Minnick 21:54

Male 65 +

- 1 Jim McKenna 25:23
- 2 John Petersal 26:31
- 3 Tom Frederick 27:09

Jim Ward Annual Track & Field Meet

Columbiana, OH

06/10/2006

Jeff Hoover first in age group in four events:

- 3200 11:30

- 1600 5:40

- 800 2:45

- 400 1:19

Wilma DePiere first in age group in four events

Healthy Christian 5K

Campbell, OH

06/17/2006

Top Males

- 1 Matt Folk 15:23
- 2 Dave Mealy 15:58
- 3 Rick Wilson 16:02

Top Females

- 1 Emily Cicero 19:00
- 2 Lauren Blasé 19:46
- 3 Michelle Rupe 20:10

2006 STARS AND STRIPES 5K

HOWLAND, OH

07/04/2006

Top Males

- 1. Ryan Petrick 15:46
- 2. Dave Mealy 16:12
- 3. Joshua Boggs 16:23

Top Females

- 1. Michelle Rupe 19:34
- 2. Lauren Blasé 20:16
- 3. Wilma Depiere 20:27

Third Annual Smoky Hollow 5k

Run

Youngstown, OH

07/08/2006

Top Male

- 1 Tim McNeil 17:16
- 2 Ryan Mirto 17:51
- 3 Terry McCluskey 18:06

Top Female

- 1 Alana Smith 23:10
- 2 Holly Herholtz 23:35
- 3 Alexandra A. Casi 23:51

Race Results disclaimer. Don't get mad at us: we feel we have been slacking on race results and wanted to do a better job reporting the results in the newsletter. Because there were so many race results for us to sift through we only reported the overall winners. When race results were broken down by age groups we reported the members that were listed as winners. In the future we plan on listing all members that ran a given race. If you run a non-local race we would like you to provide the results for the newsletter. Please contact either Wilma or Jen with the results.

The Elite Corner: Folk & Fast Company

YRRC speedster Matt Folk ran the Buffalo Subaru four mile chase on July 14, 2006 in 19:27. Matt was the first American placing eighth overall. Locally, he defended his title as winner of the Fourth of July Canfield Firecracker four mile race in 19:44. He also won the June 28, 2006 McDonald Mile in 4:14. Matt also mentioned two Malone alumni speedsters who have been keeping him company. Leo Korminick and Dave Gramlich; they placed third and sixth respectively at last year's Peace Race (which Matt won). The three plan on traveling together to compete in the Columbus Marathon in the fall where Matt hopes to break 2:22. We wish Matt the best of luck!!



Matt Folk, far left, during the 2006 Buffalo Subaru Four-Mile Chase.



New Local Race – The Equalizer

The Equalizer is an aged graded four mile challenge. Age grading is a handicapping system that levels the playing field for runners and other athletes based on factors that take into account slower times before or after our prime. For an example a 24 year old that can run 4 miles in 20 minutes may get beat by a 74 year old that runs the same race in 28 minutes. Awards will be given to top 15 male and female finishers. The race will be held on September 24, 2006 @ 9:00 a.m. at the Davis Family YMCA located at 45 McClurg Rd. in Boardman, OH. Please check out the YMCA website for more information: http://www.youngstownymca.org/Davis_Y/events/davis_events.htm

Happy Birthday Road Runners

June

Mike Buzulencia
David Dickey
Kevin Finnerty
Tom Frederick
Bob Johnson
Tom Kane
Joe Novicky
Tony Parish
Jennifer Pasvanis
Jim Patsey
Penny Pavelko

George Bartholomew
Gene Chipelock
Jeff Dunn
Rick Hart
Dale Hynes
Rev. Art Joachim
Mike Landers
Dave Lordi
Kevin McGee
Bruce McIntosh
Chuck Miller
Jonah Rono
Kathy Shoaf
Roger Thompson
Leonard Veith
John Vicarel
Hong Zhang

July

Janet Gbur
Morren Greenburg
Tom Hewitt
Terry McCluskey
Brian McKinney
JoAnn Olson
Jennifer Walsh

August

Carole Arendas



Youngstown Road Runners Club
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V-President	Kevin Finnerty	(330)757-8831
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Treasurer	Carolyn DeChristofaro	(330)652-0084
Newsletter	Jen Walsh	(330)533-4065
	Wilma DePiere	(330)965-6178

Newsletter Submissions

If you are interested in sharing a story or experience in this newsletter please feel free to hand an article to either Wilma or Jen at one of the club gatherings. If you are PC savvy you can e-mail articles to Jen at: Jen3327078@aol.com. All contributions are greatly appreciated!

WELCOME NEW MEMBERS

A warm welcome to our newest club members Bob Fultz from Ravenna, Tom and Corinne Hewitt of Youngstown, Jim McNulty of Salem and Rick Fawcett of Leetonia.



Options to Go Long in Northeast Ohio

By Jim Harris

There are only a few races available in North East Ohio for those who want to run more than a marathon. For most ultra runners travel is part of the equation for racing and going long. But not everybody wants to spend the time and money involved for a weekend spent away from home just to get a long run in.

The closest race for the Mahoning valley is the Youngstown Ultra Trail – Classic 50K (YUT-C) that occurs here in Mill Creek Park. This is the second year for the YUT-C and it will be held on September 23rd, 2006. The race starts and finishes at the log cabin on the north end of Lake Glacier and begins at 8:00 AM with an earlier option for those who need more than 8 hours to finish the run. Last year 53 finishers from as far away as Florida spent time running through the park on a beautiful fall day. The course involves three loops around the lakes that are part of Mill Creek Park; Lake Glacier, Lake Cohasset, and Lake Newport. The first two loops are run in opposite directions, with the third leg being a shorter version of the first. The majority of the run is spent on trails except for some short portions on pavement on the east side of Lake Newport. This is a challenging race, but is still an excellent choice for a first time ultra runner. There are two aid stations on the course, which provide a feast for those exerting themselves. Information for this race is at www.TeamPR.info.

One of my favorite races is the Buckeye Trail 50K (BT50K) that takes place in the Cuyahoga Valley. The BT50K has two editions, one in the heat of summer and the other in the dead of winter. The summer BT50K is an out and back which starts in the Brecksville area of the Cuyahoga Valley National Park and winds south almost to Peninsula before it turns around and heads back north. There are several stream crossings and many hills to go up and down as you wind your way along the trail. My favorite section is where the evergreens line the stream near the Blue Hen Falls area. It reminds me of an alpine setting and I always get a lift when traveling this section. The summer version takes place on July 29th this year and typically it is hot and muggy. Last year saw 102 finishers complete the course for the summer race. The winter version has seen temps in the single digits for the start as well as warmer years when the course was muddy and wet. The winter version is usually the last Saturday in January, but the date has

not been set for the 2007 race yet. The 2006 winter edition of the race featured a new route that involved several loops, and the new course was well received by the runners with 30 completing the 50K distance this year. Many of the area's fastest ultra runners have participated in this run and even the esteemed David Horton has made an appearance at the winter race. More information for both versions of this race can be found at www.bt50k.org.

With these three races there has been talk of a Northeast Ohio 50K series, but we were lacking a spring race to round out the 4 seasons. On March 25th of this year there was a Fat Ass version of the YUT-C and 10 runners showed up to compete on the YUT-C course, with 9 finishing the 50K distance. We had a beautiful morning and the camaraderie was excellent as we enjoyed a day spent running through Mill Creek Park. There was even one person who didn't get enough running with 31 miles in already. Jerry Brandt went back out after the 50K to get some more miles in as he was preparing for his first 100 miler in April. He ended up with 44 for the day. There were two runners who completed the series of all four versions of North East Ohio 50K's available over the last 12 months. David Peterman from Akron was one of the runners who was able to get to all 4 races and complete the distance, and I also was fortunate enough to be able to participate in the series as well. There are rumors of a loosely organized 50 miler in Mill Creek this fall, so stay tuned for more details. We are lucky to have the Ultra races available here in North East Ohio as options for going long. If you are at all interested in running longer than a marathon, any of these races would be an excellent opportunity to try out the greater distance. The biggest obstacle to overcome when contemplating one of these races is not the physical part of pushing your body for a long period time, but it is the mental part of opening your mind to the possibility that you can do this. I will end with a quote from one of our local ultra runners, Bob Combs, who is also the race director for the YUT-C. "That will probably be the hardest part of the whole ultra experience. (filling out the entry form and mailing it in) You know you want to try it, but something inside of you is questioning your reasoning. We must continue to fight to find and argue our perceived limitations."



World Records and Other Great Expectations By Rick Hart

In April my wife Linda and I trekked to Allentown, Pa., the home of Runner's World magazine, to participate in the Runner's World Half Marathon and 5K races for the third straight year. The Saturday Night Pasta Dinner included speakers Bart Yasso "the Mayor of running in Allentown", Soledad O'Brien of CNN, and featured Sarah Reinertsen the first woman with a prosthetic leg to complete the Hawaii Ironman. Also introduced was Toshiko d'Elia a 76 year old woman who has set numerous age group records at various distances over the last thirty years. Toshiko was born in Japan and came to America as a teenager. She was elected to the inaugural class of the Masters Track and Field Hall of Fame in 1996. She has had many great feats, the two I found most amazing were in 1980 at age 50 she ran Boston in 3:09 four months after she had surgery for cervical cancer and then at age 62 ran a 3:15 marathon (world record).

Sunday morning the half started at 8 a.m. and I finished in 1:56:40, 10 minutes slower than last year but close to my hip injury recovery plan. Toshiko finished in 2:05:01 (2:04:35 chip time) for yet another World Record (I think her 10th).

Meanwhile at 8:15 the 5K was off and running with Linda trying to defend her third place award of last year. When I finished she told me she again claimed an age group third place trophy but the clock was messed up or something because it said 22:17. Since her PR is 26 minutes and change it did seem something was wrong, however further checking showed her official time was in fact 22:17. Linda commented that she was worried that other people (club members) would see her time and develop great expectations of her running. However, when we returned home the next day we had an e-mail from the Leigh Valley Road Runners Club saying that one of their volunteers had stood at a wrong turn and that the 5K was only 2.7 miles. The races have always been very well managed and organized but when you're counting on dozens of volunteers mistakes can happen.

As I continue my rehab the next adventure on my agenda is the IKEA half marathon on Sept. 9 on the Montour Trail near the Pittsburgh Airport. I wish you luck whether you're training for the Detroit Marathon or another race. If you're not training for a race then stay motivated, and remember more miles and smiles keep you feeling young.

Thank You Dan By Tom Bresko Proud Club Member

In the last newsletter, Dan Shields officially stated that he will retire at the end of his term as President of the Youngstown Road Runners Club. Reading that announcement has prompted me to be one of the first in line to give Dan a great big pat on the back and a sincere thank you for all his efforts over the past several years.

Dan has never sought out thanks or praise for what he's done during his run as president, which, by anyone's measure has been substantial. The content of this column comes from my perspective and observations of Dan and his accomplishments over the years.

Dan has been a true leader of the Youngstown Road Runners, both by example and in his ideas: By example I mean that Dan has pitched in hands-on at races and club functions too numerous to mention. Whether Dan's working a finish line, writing articles for the newsletter, hosting the Hall of Fame banquets, setting the fun run schedule, participating in fun runs and races, or myriad other duties, he has never shirked from "getting his hands dirty" in advancing the goals of the YRRC. He has never asked anyone to do anything that he wouldn't do—as a matter of fact, Dan's probably done it! On the other hand, Dan has never been afraid to delegate responsibility to those who could handle it, or to give a word of encouragement or a "boot in the pants" if, for the good of the club, that was what was needed.

I will make the argument that no one has come up with more ideas over the years for the YRRC than Dan Shields. Dan has brought the YRRC to the tech age, taking advantage of the enormous possibilities of computers to encourage and support Kevin Finnerty in the development of a YRRC web-site, purchasing a club laptop to compute results at races, and keeps all of us apprised of YRRC and RRCA news and updates using e-mail. Of course, I appreciated the many, many personal notes Dan has e-mailed to me, and I'm sure to many of you too. Dan has offered myriad suggestions on improving or expanding club-sponsored races and many other aspects of club operations.

Dan's exhaustive efforts to grow the membership has been of great help. I can't remember how many times I've watched Dan approach a individual runner to invite him/her to share in the friendly com- (continued on page 6...)

Thank You Dan (...cont)

munity of the Youngstown Road Runners Club. Dan has always introduced the new member at club runs to ensure they feel comfortable and welcome. Dan has been relentless in scouring races, no matter the location, to collect the names of members who participated and then send those to The Vindicator for public recognition. If it was up to Dan, you'd see runners' names on the front page or the evening news!

Ah, yes, recognition. Dan has been relentless in showing his appreciation to deserving individuals by praising them in articles, writing a kind note, thanking them in front of the membership at runs or banquets, or nominating them for national recognition. Dan has taken, no, he has made the time and effort to nominate our club members for awards from the Road Runner Club of America and has been outstanding in his success in this regard. All those who have received these awards owe thanks to Dan, and yet Dan has never, or ever will, ask for such thanks.

Whether it's working with the Senior Olympics or the YRRC running shoe program for those in financial need, Dan knows the scope, power and value of the YRRC in this community. And he has increased all those aspects of the Club. He has been a relentless ambassador for the Youngstown Road Runner Club in all regards. Dan has set a standard for the Club that will be hard to replicate. It was a privilege to be a member during his service as president.



President Dantelope at the Wilds Ecothon 10K Race.

God's Country Marathon (or is it?)

By Bob Gerdes

Whoever designed the course for the God's Country Marathon must have a wry sense of humor. Why else would someone design a point-to-point marathon course that is mostly uphill and into the wind? (well okay, it wasn't QUITE as bad as it sounds) The 32nd annual God's Country Marathon was held June 3rd, in Potter County, PA. This is self-proclaimed "God's Country". This second-



oldest marathon in PA begins in tiny Galeton, PA, and proceeds westward along Route 6 and ends in the quaint downtown of Coudersport, PA. The course begins at an elevation of 1300", peaks at 2424" at mile 18 (mile 16 was brutal), and then mercifully heads downhill the last 8

miles to 1700" elevation. The weather on this day was perfect for a marathon. There was a light rain the first 4 miles, temperatures were in the low to mid 50's, and it was overcast! Fluid stations were plentiful, well stocked, and friendly. Finish line amenities were superb, and the T-shirts may be my favorite race T-shirt. I'm sure this well-organized race was appreciated by the 156 finishers. Cash prizes of \$500, \$250, and \$100 were awarded to the top 3 men and women. The winning time for the men was 2:50:07, and 3:37:32 was the winning women's time. All results available at runhigh.com. By the way, I finished 15th overall with a time of 3:28:07.

Bulldog Duathlon

The Bulldog Duathlon will be held on July 30, 2006 at 8:00 am at Lakeview High School in Cortland, OH. There will be two races. The Sprint Race is a 2 mile run, 12 mile bike, and a 2 mile run. The Internal Distance is a 6 mile run, 24 mile bike, and a 4 mile run. Applications are available at <http://www.teampr.info>.

Murphy's Law

By Dan Shields

IT WILL... and it did!!! Go wrong that is. It's all about Murphy's Law. The law that gets us all eventually. Murphy's Law states that if anything can go wrong it will. We were timing the Immaculate Heart Of Mary Festival 5k. I have been trying to learn how to run the computer program we have for timing races. The race day entries were successfully entered. There was one 50 year old who only saw fit to put down a 5 on his tear off. Well, to start, we should begin at the opening gun of the race. Our timing printer that we use at every race did not function as it should. We could not get it to print the times for the runners as they came across the finish line. Grab a pencil and paper and write them by hand - a method that hasn't been used since the Chariots of Fire. This task fell to the ever present Melinda Henning. Directly across from the finish was a rock band and they were rockin'!!! This music made it difficult for an over-60 brain to function.

A woman in a car starts to exit the festival area using the driveway that 140 runners have just started to come down toward the finish line. She then decides that she wants to argue about her rights to continue through the onslaught of runners.

I don't see any numbers on the tear off portion of the bib numbers. Yikes, what will we do - go to the card system. Wilma and I are in my truck doing the results via the card system. Of course I am tensed out!!! As happens too often when tensed out, people have a tendency to attack the meek... I yelled at poor Wilma. I'm sorry Wilma!! I hope you can forgive me.

Penny Pavelko came to the truck. She drew my attention to these tiny numbers under the bar code on the tear offs. Oh, yeah, they are the bib numbers. With just 4 runners left on the course, Dave Lordi started reading the numbers to me as I typed them into the computer. While we were doing this, Wilma and Carolyn DeChristofaro continued to do the results with the card system. We finished in a dead heat, even though Dave and I started with just four runners on the course.

Thank goodness for the other volunteers for the race finish line. Frank Tomasino, Jim Carmany and Butch Camino all step in and controlled the runners through the chute.

The computer had scored all of the runners in much less time than the girls scored just the winners of each age group with the card system. As we continue to use the computer, we are learning and making forward progress. So please be patient with us as we go through this learning process. Thank you!!!



Carol Sargent finishes strong at the Y-5.



Becky Bailey comin' down the homestretch at the Y-5.



Bob Klempay, race director, prepares to start Immaculate Heart 5K.



Penny Felger and daughter Baylee all smiles BEFORE the race.



Larry Jensen getting ready to start Austintown Journey for Sight 5K.



The kids at Larry's 5K race.



Tom Finnerty plays a little 'pong' after the Y-5.



Sue & Tom



Gary Barnes "relaxes" at the spin-a-thon after the Y-5.



Jeff Hoover barefoots the 400M race at Columbiana.



Karen Grantonic finishing strong at Y-5.



Penny Pavelko and Peggy Plonko at MS run.



The Gang at the Wilds Ecothon: Dan Shields, Wilma DePiere, Gene Barrett, and Leonard Veith.

Detroit Road Trip

Join the YRRC at the Detroit Marathon Oct. 29. Bus will leave Sat. Oct. 28 7:00 AM from Perkins off Route 193 in Liberty and return Sunday Oct. 29 approximately 9:00 PM. Cost includes transportation via deluxe Anderson coach, lodging Saturday night at the Holiday Inn Express and continental breakfast. The bus will take us to the expo Sat. and to the start lines Sunday. Cost is \$242 single, \$182 double, \$162 triple, \$152 quad. Cancellation insurance can be purchased for an additional \$10 per person. Send \$50 deposit payable to Carolyn DeChristofaro, 357 McEvoy Ct. Niles, Ohio 44446. The race consists of a marathon, run or walk half marathon, 5 person relay and 5K all starting close together. E-mail csdruns@sbcglobal.net for information..

FOOTNOTES: For the Members of the RRCA by the Members of the RRCA

Road Runners Club of America has discontinued the print publication of their newsletter, FOOTNOTES. However, FOOTNOTES has now been introduced as an on-line publication. FOOTNOTES features articles from writers around the country, regular content of RRCA programs, and images to motivate and inspire running. All members are encouraged to provide content and images for future issues. If you would like to contribute royalty free images or content to future issues of FOOTNOTES, contact Jean Knaack at execdir@rrca.org. On-line issues can be found at <http://www.rrca.org/publicat/publicat.html>

Wednesday Runs

Wednesday runs have begun their summer location at Wick Recreation Area in Mill Creek Park at 5:30 pm for 5 miles or what ever distance your heart and legs desire. Remember to bring a picnic for yourself and stay to enjoy the concert and conversation. There is pizza available for

those who are so inclined. The fountain is also used for cooling off on hot days.

