



MAKING TRACKS

CLEVELAND-WEST ROAD RUNNERS CLUB

Vol. 1, No.1

April 1977

WEST SIDE RUNNERS FORM NEW CLUB

Early this year, a group of dedicated west side runners met to plan the formation of a running club devoted to serving a wide range of interests and needs in the community. The CLEVELAND-WEST ROAD RUNNERS CLUB will emphasize fun, health and sociability through running and club participation. The president of CWRRCC, Steve Gladis, has outlined the club aims and objectives in our lead editorial as follows:

"There is growing concern in this country for health and physical fitness. Jogging or running seems to fit the American need for being the fastest, easiest, cheapest, most efficient means of getting in shape and staying in shape. Interest in the sport is mushrooming and the new club will help fill this need.

"The CLEVELAND-WEST ROAD RUNNERS CLUB is a congenial group of runners of all ages and abilities, shapes and sizes, from beginners to veteran marathoners. Our members all share an interest in physical fitness through running and our purpose is to teach people how to run and help them run better. Our club includes cross country and track coaches, physical education teachers, exercise physiologists, podiatrists, doctors, and a core of seasoned runners with years of training and racing experience who are eager to share their knowledge."

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FOOT

PRINTS

Alan Falquet advises new runners to "start out slow...but once you begin, keep it up...commit yourself."

He lives at 507 Humiston Drive in Bay Village with his wife Bobbie ("I'll work on her to join"), and 2 year old son Jamie. Alan started running at Fairview Junior High School in 1962 and held eight school records before running varsity at Bowling Green State University. Alan is not trying to improve on his past record of 9.7 for the 100 yard dash or even break his old time of 49.0 in the 440, but he has missed a training program since college and he sees "group activity as important in addition to regulated competition." He further observes, "It is important to make any form of exercise fun ...or too many people will find excuses to quit."

When he isn't running, Alan is involved in geological and environmental research at the University of Akron in addition to teaching and lecturing in this field.

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to the point . . .

The birth of an idea, club, or publication is exhausting, yet filled with promise. This 1st edition is witness to all three and we welcome your interest and support for the future growth of CWRRC.

We will do our best to bring you news and information about Greater Cleveland area running, even though we are west side based. We welcome news of your club activities, racing and social events. In the future, we hope to do profiles of other clubs in the area.

In this issue we start a series, "HISTORY OF CLEVELAND ROAD RUNNING," by John O'Neil. Many consider John the patron saint of local running in addition to his duties as race director for the Revco-Western Reserve Marathon.

In later issues we plan to bring you a history of ROAD RUNNERS CLUBS OF AMERICA, our national parent, and a view of some of the RRCA activities in over 90 chapters with some 16,000 members. (Growing about 500 new members each month.)

Please let us know what you are doing! A "1st mile" at a 12 minute pace may encourage as many new runners, as the finish of a "1st marathon" may encourage a more advanced group of runners.

Our advertisers have products and services useful to runners. Tell them you saw their ad in "MAKING TRACKS."

On page 6, you will find our membership application information. The potential benefits are many...perhaps the most important is knowing that your membership will help to spread the word to an ever-growing audience about the joy, satisfaction and good health that comes with a regular program of walking, jogging, running and racing. Why not drop your application in the mail today?!

Dick & Ruth Fanning

FOOT PRINTS continued...

Another club member puts it this way..."For me, running started out as a physical conditioner. After 5 or 6 months it turned out to be a mental activity. It's both stimulating yet relaxing; gives you time to think about things that you wouldn't have time to think about otherwise. When you are out running in the environment, you become part of the environment not just passing through. It gets you in tune not only with yourself but with your surroundings."

So states Doug Carlson who is Secretary-Treasurer of CWRRC. He and his wife Vicki live at 312 Bassett Road in Bay Village and help each other to train together. In fact, Doug states, "Vicki helps to keep me motivated."

His present goal is the Boston marathon and training plan is to work up to 100 miles a week with 6 miles a.m., 10 miles p.m., and 20 miles on Saturday. (Ed. note: What do you do on Sunday, Doug?)

Doug turned a 1:45 in the Charlston 15 mile race last fall and a 2:57:23 in his only marathon, (Skylone International, Buffalo to Niagara Falls, Canada, October 16, 1976). Not bad for someone who started "full time" training last April!

MAKING TRACKS . . .

is the quarterly newsletter of the
CLEVELAND-WEST ROAD RUNNERS CLUB.
P. O. Box 16243, Rocky River, Ohio 44116

We encourage the exchange of information with other clubs, individuals and organizations interested in running and good health. We welcome your reproduction of this information provided that source credit is given.

| | | |
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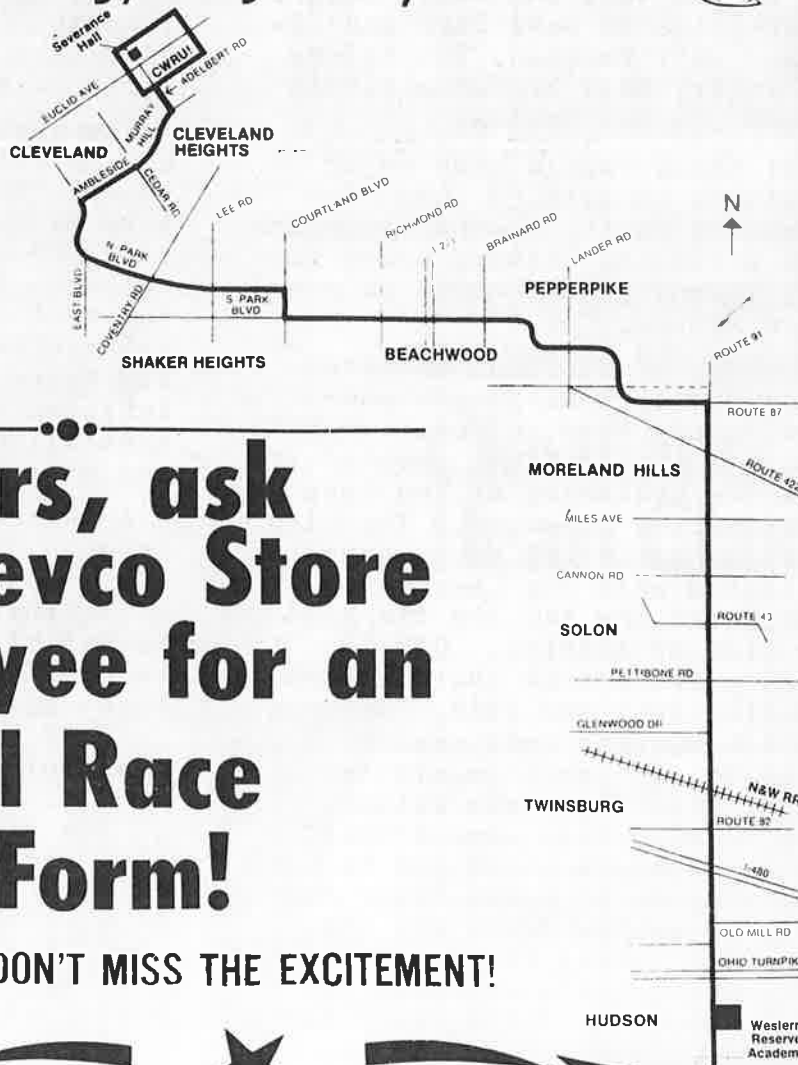
ANNOUNCE

REVCO WESTERN RESERVE MARATHON '77

Sunday, May 15TH, 1977



Starting
at 12:00
Noon In
Hudson,
Ohio



Runners, ask any Revco Store employee for an Official Race Entry Form!

DON'T MISS THE EXCITEMENT!

HUDSON
Western Reserve Academy

A HISTORY OF CLEVELAND ROAD RUNNING

by John O'Neil

I've been asked to write a history of long distance running in the Cleveland area. That is a prodigious task. So, a complete history may have to wait until later. In its stead, I will try for some history, and some reminiscing, aware that this is a difficult course. Inaccuracies and omissions are inevitable. Anyway, for practical purposes, this chronicle might be called "The Historical Impressions of an Old Running Shoe!"

The modern era of road running and road racing in Cleveland started with the organization of the Cleveland Road Runners Club in 1964. The first meeting was held at Central "Y". Those present were Tom Franck, Wally Guenther, Tom Donaldson, Foster Rucker, John O'Neil and Kevin Leigh. Later participants were Dick and Jim Branaghan, Jeff Vaughan, Ian Milne, Roy Reisinger, Bill Bredenbeck, Jim Comyns and Joe Muscarella.

Each of these people made major contributions to getting long distance running moving around Cleveland. Each has a running history worth publishing. Perhaps that might be done in future issues.

The members of the CRRC competed as a team and as individuals wherever they could find action. When there wasn't action, they created it. That was the beginning of the Lake Erie Road Racing Schedule. The club published a newsletter and a schedule. It affiliated with the Lake Erie Association of the AAU and the Road Runners Club of America. O'Neil served as president of that national group during 1967 and 1968. At that time, the Cleveland unit revived and published the national newsletter FOOTNOTES. Ian Milne was editor. Training headquarters were O'Neil's flat in Lakewood, a short jog to training grounds in Rocky River Reservation, Edgewater Park, and the Lakewood High School track. O'Neil's flat also served as a way-stop for itinerate runners. Their first races were at Rocky River Reservation, Liberty Boulevard, and Forest Hills Park.

From this start, the action spread. John Trojan and Irving Waterbury started an excellent program, that still exists, in Bedford. Later, runs were established at Independence (Bill Bredenbeck) and North Chagrin Reservation (Jim Comyns and Joe Muscarella). Programs were started in the Akron area, Canton and Elyria. The radiating circle of activity expanded.

From this beginning, events of national importance developed locally. Our first magnet races were dominated by outsiders. Significantly the Lake Erie District 20 Kilometer Championship, run on a circular course from the Arena to North Marginal and return, was won by Dr. Bob Moore, an Englishman running for the Totonto Olympic Club. Jim Comyns, as director, put together a first-class event.

The Toronto Olympic Club dominated our important events for several years. With a team of eight runners, they handily won the LEA/AAU 15 Kilometer Championship held at Cuyahoga Falls in 1968. Only Phil Nabel of the Kent Track Club, finishing 6th, interrupted a clean sweep. Again, Bob Moore won. The "Canadian" team included three other Englishmen, an Australian, a Swiss, a New Zealander and an Irishman.

An Australian, attending the University of Texas at El Paso, won our first National Championship in world's best time. Kerry Pearce, then the holder of the world's indoor 2 mile record, burned up the certified Rocky River 25,000 meter course in 1:19:08.2 that was the fastest time ever for the distance. The first local runner to finish was Dave Wise in 8th place with a time of 1:29:29. Wise led the Cleveland Road Runners Club to its first National Championship. The other scorers, who can also wear an AAU/USA Champion patch are Virgil Yehnert, Dave Whalen, Mark Davis and Jim Comyns.

to be continued in the next issue...

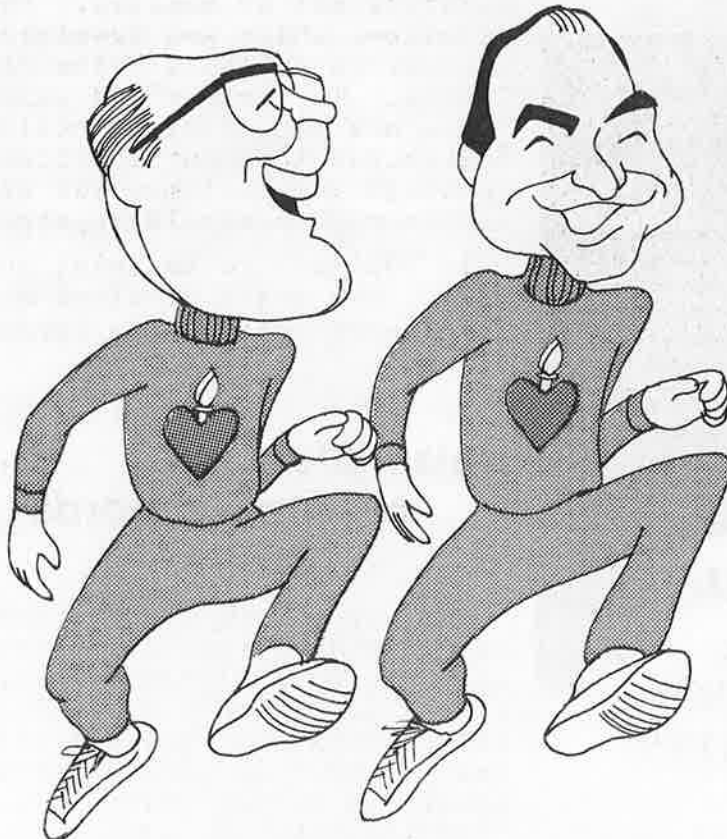
WEST SIDE RUNNERS FORM NEW CLUB

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The club meets every Saturday morning at 9:00 a.m. in MetroParks-Rocky River Reservation at the bottom of the hill from the Detroit Road, Lakewood entrance (near the boat launch area). Meetings start with a short informal clinic on training tips, medical advice, stretching exercises, diet, and a wide variety of topics. Then members break into smaller groups according to ability and go for easy, comfortable runs through the park while exchanging ideas, advice, encouragement, and philosophy. Experienced runners usually accompany groups of beginners to help them get a good start. At the far end of the spectrum is a dedicated group of experienced runners that go ten to fifteen miles or more every Saturday.

At least once a month, the club holds informal, noncompetitive "Run-for-Fun" races at distances from $\frac{1}{4}$ mile to 5 miles. These events provide good incentive and a good measure of improvement. The club holds occasional social events, picnics and an annual banquet. They publish a quarterly newsletter. The most important benefit of club membership is finding new friends that share your interests and that enjoy the energy and zest for life that comes from being physically fit.

"The CLEVELAND-WEST ROAD RUNNERS CLUB is a community service organization and we are looking for new members. Families are especially encouraged and the meeting area has plenty of protected play area for the little ones. Whether you formally join our club or not, you are most cordially invited to participate in our Saturday morning activities. Naturally we hope you like us and will become a member of Cleveland's newest runners club.



Everyone's running to get in shape for the Cleveland Heart Classic

Sunday, August 14, 1977
20 Kilometers (12.4 miles)

Sponsored by
The Northeast Ohio Heart Association
Entry Forms available from Tom Kelley —
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ted & linda creighton, head runners

NEW BONNE BELL RUNNING TRACK OFFERED FOR CLUB USE

This superb one mile running and jogging track which circles the new Bonne Bell cosmetic complex in Westlake is now available for use by club members during daylight hours.

Jess Bell, company president and an avid runner and marathoner himself, indicated his hope that the rustic country setting would encourage families to participate together as a group, particularly on weekends --something his own family has been doing for the past three years.

There is one rule emphasized in the offer. No dogs, horses, bikes, or motorcycles will be permitted on the course for obvious reasons.

The cinder surfaced track, which measures 5,296 feet, and the new Bonne Bell manufacturing and distribution center it surrounds are located at 1006 Crocker Road, Westlake.

Included along the track route, are nine well-marked exercise stations. Each one is different and offers an opportunity to exercise a separate set of muscles. This combination, which was developed in Europe, is called a "Vita Par" Course. To further add variety, there are two "mini-mountains" in the course that put an added stress on thigh and calf muscles as well as the cardiovascular system.

In addition to training runs and races, the track provides an intriguing setting for relay races.

finish lines . . .
personal records . . .
awards . . .

When you finish your first mile, it may be the most important event in your running career--until you finish your second mile, that is! Let us know what you are doing...not for yourself so much...but to encourage others that are just a "footstep" behind you!

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THE NEW MICROMA CHRONOGRAPH

It's a Watch.

6 digits of continuous time ...hours, minutes and date. A touch of a button and the date becomes seconds, flashing continuously.



It's Continuous.

Even in the dark with our glowing nightlight, the time is always there for you to see.

It's a 4-function Stop Watch.

1. Total elapsed time—accurate to 1/10 second.
2. Flyback—for consecutive event times.
3. Lap-Accumulator—accumulates consecutive laps.
4. Pause-Accumulator—provides total time, allowing for time-outs or interruptions.

The Ringleader
Jb
ROBINSON.
JEWELERS

DOWNTOWN (EUCIID 9TH TOWER)
SEVERANCE
MENTOR
RANDALL PARK
EUCIID SQUARE

SOUTHLAND
PARMATOWN
WESTGATE
MIDWAY MALL

CONSOLIDATED RACE SCHEDULE

April - May - June 1977

| <u>DAY</u> | <u>DATE</u> | <u>TIME</u> | <u>LOCATION</u> | <u>DISTANCE</u> | <u>CONTACT</u> |
|------------|-------------|-------------|---|---|---------------------------|
| Sun | Apr. 3 | 9:00 am | (SFR below) | $\frac{1}{2}$, 1 & 5 mile | |
| Sun | Apr. 3 | 10:00 am | Rocky River | LEAAU 30 kilo Chmp. (A & M) | Reno Starnoni 232-6373 |
| Sat | Apr. 9 | 10:00 am | (<u>See CWRRC below</u>) | $\frac{1}{4}$, 1 & 5 mile | |
| Sun | Apr. 17 | 9:00 am | (SFR below) | $\frac{1}{2}$, 1 & 5 mile | |
| Sun | Apr. 17 | 1:00 pm | Bedford Parkway | 4 mile open 2 mile open | Ed Kikel 232-3178 |
| Sat | Apr. 23 | 1:00 pm | Wickliffe | 6 mile | Frank Fitz 944-4000 |
| Sun | May 1 | 9:00 am | (SFR below) | $\frac{1}{2}$, 1 & 5 mile | |
| Sat | May 7 | 10:00 am | (<u>See CWRRC below</u>) | $\frac{1}{4}$, 1 & 5 mile | |
| Sat | May 7 | 10:00 am | Columbia Station H.S. | 3 & 10 mile (A) men & women (M) | Brian Blue 236-5749 |
| Sun | May 15 | 1:30 pm | Hudson, Ohio | Revco-Western Reserve Marathon | John O'Neil 368-4494 |
| Sun | May 22 | 9:00 am | (SFR below) | $\frac{1}{2}$, 1 & 5 mile | |
| Sun | May 22 | 1:00 pm | Tri-C Eastern Campus corner Bishop-Harvard | 10,000 meter men & women (A) | George Farris 464-1450 |
| Sun | May 29 | 1:00 pm | Chagrin Falls | 5 mile men & women (A) | Bernie Finkel 338-5236 |
| Sun | June 5 | 9:00 am | (SFR below) | $\frac{1}{2}$, 1 & 5 mile | |
| Sun | June 5 | 1:00 pm | Bedford High School | 10,000 meter men & women (A) | Reno Starnoni 232-6373 |
| Sat | June 11 | 10:00 am | (<u>See CWRRC below</u>) | $\frac{1}{4}$, 1 & 5 mile | |
| Sun | June 19 | 8:00 am | Glass City Marathon, Toledo | | Arthur Johnson ** |
| Sun | June 19 | 9:00 am | (SFR below) | $\frac{1}{2}$, 1 & 5 mile | |
| Sun | June 19 | 1:00 pm | Akron University | Greater Akron 10 & 20 kilo | Jim Klett 762-2882 |
| Sat | June 25 | 7:30 pm | Solon High School | S.E.R.C. 1 hr. AAU Chmp. Run (A & M) | Reno Starnoni 232-6373 |

Notes: (A) denotes age groups (M) denotes masters

CWRRC: Saturday Fun Runs:
Cleveland-West Road Runners Club,
beginners, fitness run, distance,
MetroParks, Rocky River Reservation,
Detroit Avenue entrance (near boat
launch). Contact Ron Kosisky,
651-3048.

SFR: Sunday Fun Runs:
Horseshoe Lake Park, South Park
Blvd., 1 block east of Lee Road,
Shaker Heights. Contact Ted
Creighton, 321-1679.

**Mr. Arthur Johnson
Glass City Marathon
2520 Aldringham Road
Toledo, Ohio 43606



"splits & laps"

All committees need volunteer members. Pick your interest and call the committee chairman of your choice. His phone number is listed on our masthead in this issue...or call President Steve Gladis and he will find you a spot in which to help.

The next issue of "Making Tracks" will be published in June, just 2 months from now. Many local races and running events are scheduled in June-August. If you know of any forthcoming running activities, please let us know who to contact for details...also, our deadline for news and ads will be May 6th!

The LAKE ERIE ASSOCIATION of the AMATEUR ATHLETIC UNION (LEAAU) address is Room 8, City Hall, Cleveland, Ohio 44114. Phone 241-5115. Individual registration is \$2. A phone call will bring a registration form by return mail.

finish lines . . . personal records . . . awards . . .

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Ruth Fanning, much to her surprise, has run 3 consecutive miles on several occasions...Several CWRRC members ran the Bedford 5 mile race on Sunday, Feb. 27th...Max Lammers finished his first 5 mile race...Annette Johnson and her two sons finished as did club Equipment Chairman Bob Locy...Dick Fanning took a 1st in the over-50 with a P.R. of 36:43.

Jess Bell started 5 and finished 5 (marathons, that is!) in '76 with a 4:21 in the Western Reserve and a 3:40 at the N.Y.C. "Big Apple" marathon.

Julie Bell finished her 1st marathon (Toledo Heart Watchers) with a time of 4:30...Club Membership Chairman Tom Kelley set a new personal record of 2:46:42 in New York City. How many other "Cleveland-Westerns" ran the "Big Apple" with Jess and Tom?? or at Bedford?? or what have you done lately?? We would like to know...and so would other club members.

Cleveland-West Road Runners Club
P.O. Box 16243
Rocky River, Ohio 44116



Cleveland, Ohio

FIRST CLASS MAIL

Ms. Susan Chanter
1370 Sloane Avenue #112
Lakewood, Ohio 44107

Horizontal lines for an address label.

COME JOIN US - JOGGERS, RUNNERS, EVERYONE

Cleveland-West-Road Runners Club

Who we are — A congenial conglomeration of runners of all ages and abilities, including beginners, runners trying to go a little farther and a little faster, and veteran marathoners eager to share their knowledge and experience. Our group includes people with many varied occupations joining together to share a common interest.

What do we offer — Weekly runs every Saturday morning at 7:30 a.m. in MetroParks-Rocky River. (Enter at Lakewood side of Detroit Road bridge. Go right at the bottom of the hill and continue straight into the parking area. See map.) These Saturday morning runs through the park are of any distance and pace you like.

- On Saturday mornings at 9:00 a.m. there are short clinics for beginners which include training tips, medical advice, diet and a wide range of topics to aid the new running enthusiast.
- We also provide monthly run-for-fun races (noncompetitive) of various distances. These runs help maintain incentive and act as a measure of improvement to each individual.
- Other social events, picnics, annual banquet, discounts at local sporting goods stores, membership cards, club patches, T-shirts, regular newsletter, incentive awards, good company, good fun are all offered to our members.
- Monthly meetings held the fourth Wednesday of each month at 8:00 p.m. at the Bonne Bell headquarter offices located at 18519 Detroit Avenue.

What does it take — a real interest in physical fitness and running

Annual Membership Fee

| | |
|-----------------------|---------|
| Regular Membership | \$ 5.00 |
| Student Membership | 3.00 |
| Family Membership | 10.00 |
| Sponsor Membership | 25.00 |
| Sustaining Membership | 50.00 |



APPLICATION FORM

Send to: Cleveland-West Road Runners Club
P.O. Box 16243 • Rocky River, Ohio 44116

DATE _____

NAME — LAST NAME _____ FIRST NAME(S) _____

HOME ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ DATE OF BIRTH _____ AGE _____ OCCUPATION _____

PREVIOUS EXPERIENCE, RACES, AWARDS, GOALS, ETC. _____

TYPE OF MEMBERSHIP _____ AMOUNT _____ SIGNATURE _____