

# North Carolina Roadrunners Club – 25th Anniversary Celebration

**1979 – 2004**

**1979/1980**

The club was founded by, Tom Phillips of Hackney's, a sporting goods store in North Hills Mall.

The club was officially established on November 10<sup>th</sup>, 1979. The initial club roster had 45 names. The first "**RUNNERGRAM**" was published in January 1980.

**The first fun run was held at Umstead Park with over 30 runners and a dachshund named Peanut Butter** in attendance. The snickerdoodles, and other refreshments, and "poker game" were great. Other runs were held during that time period, with the year culminating in a candlelight run on December 21<sup>st</sup>. The run was hosted by, Tee Stephenson, and, John and Linda Miesch.

**The December candlelight run was held at the newly opened Sertoma Park and Shelley Lake facility.**

The initial staff of the newsletter was: Dr. Terry Claycomb (Podiatrist), Tee Stephenson (Coach), Dr. Charles Mangano (Cardiologist), Dr. Arturo deLeon (GP), and Tom Devito (Nutritionist).

**The original dues were \$7.50 / year. The January calendar included a Fun Run at Umstead Park, a Cheese and Ale party, a Social Trip and Fun Run to Atlantic Beach, and Running Clinics in North Hills Mall and University Mall throughout the week.**

**The first North Carolina Roadrunners Invitational 5K was held on February 24<sup>th</sup> 1980 at 3:00 PM. Entry Fee was \$2.50 for the general public and \$1.50 for NCRC Members. This was the precursor to the Run for the Roses.**

**The Shamrock Marathon was held on March 15<sup>th</sup>, 1980.**

**The Great Raleigh Road Race was held on March 30<sup>th</sup>, 1980.**

**The first "real" Club Meeting was held on May 18<sup>th</sup> 1980. This is hard to believe considering the number of "Fun Runs", Running Clinics, Social Gatherings and Thursday night track workouts at W. Millbrook Jr. High that had occurred leading up to it.**

Newsletter articles were written by the staff. Race results were from: Shamrock, GRRR, Smithfield Birthday Run 10K, Boston Marathon, Southeastern Masters and the Goldsboro 10K. (Sound familiar?)

A coordinating council was established at the May meeting.

**Tom Phillips - Public Relations**

**John Miesch - Vice President (Later a President)**

**Linda Miesch - Treasurer**

**Marianne Glover – Recording Secretary (She later became Toms' wife)**

**Jim Young - Events Committee**

**Bob Ross - Events Committee (Later a President)**

**Rodney Johnson – Newsletter (Later a President)**

**Joe Lugiano – Newsletter (The First elected President)**

Races that spring included: Pine Level Fireman's Run 10K, Spivey's Corners Hollerin' Run 10K, Rainbow Run 10K in Greensboro.

**The first NCRC All Comers Track Meet was held on June 22<sup>nd</sup> 1980. Al Elder and John Miesch earned the “Iron Men” title for competing in all 7 events in less than 2 hours. Donna Jenkins (now Donna Young) and Marjorie Allen were judges and timers.**

**The Saturday morning Shelley Lake 5 mile Fun Runs, followed by breakfast, were popular events. Sign in was on the clipboard on Jim Young’s red Kawasaki motorcycle.**

**Both 3 mile, and 5 mile fun runs were held during the summer months. NC State, Optimist Park, and Shelley Lake were frequent venues. The runs were followed with Gatorade and Watermelon. And as frequently as possible, door prizes were provided by Carl Coats Jr. of The Locker Room and Jeff Howser of Second Sole.**

**In the fall of 1980, a Backgammon Tournament was put on by Tom Phillips and Marianne Glover of Hackney’s to help raise funds for the club. With 16 players entered, the double elimination tournament came down to a showdown between Garland and Susan Whichard. Susan won 2 out of 3 games to take home the prize of a \$50 Backgammon set.**

**The NCRC’s first “Saturday morning distance workout” was a big success with runners covering distances of 3 to 30 miles. Finish at 9 AM followed by breakfast at Griffin’s.**

The Jonesville – Union Grove Marathon was held in the North Carolina mountains. First held in 1979.

**The Raleigh Marine Corps Reserve / NCRC Half Marathon was held on October 11, 1980. The race was headed up by, Rodney Johnson and Joe Lugiano.**

Fall interval workouts were moved to Broughton HS.

North Carolina Road Runners Club elections were held. Club By-Laws were formalized.

**President – Joe Lugiano  
Vice President – Rodney Johnson  
Treasurer – Linda Miesch  
Membership Chairman – Dave Lenat  
Activities Chairman – Bob Ross  
Newsletter Editor – Jim Young  
Member-at-large – Skip Midkiff  
Member-at-large – Judy Raynor**

## **1981**

**The first Run for the Roses was held.**

**The Newsletter expands its typewritten format to over 20 pages.**

- Presidents Corner
- A column titled, “The Good, the bad and the ugly” by Ellen Ross, Nutritionist
- Race results expanded with details on known club finishers.
- Upcoming events more detailed
- Welcome to New Members profiles started. The majority of ages were in the 20’s and 30’s. The club membership was over 100.
- More members attend the Shamrock Marathon in 1981. Bob Ross was praised for his work on putting this annual event together.
- A very detailed Calendar of Events became a new fixture in the newsletter, as Jim Young would contact each race director to get the particulars on each race.

- **The Southeastern U.S. Masters Distance Jamboree became the site of the Marathon Championship of the USA.**

The First Annual Armed Forces Day 10,000 Meter Race and 1 mile fun run were held in Jacksonville. The Second Kiwanis Brick Races, 10 Mile, 10,000 m and 3 Mile were held in Sanford. Trophies and ribbons to age group winners (0-19, 20-26, 27-33, 34-40, 41-47, 48-54, 55-61, 62+)  
 The Carolina Beach – Pleasure Island Pepsi Run was sponsored by the Wilmington YMCA.  
 The Spirit of America Marathon, ½ marathon was held on July 4<sup>th</sup> in Washington, NC (A fifth year race)  
 The Historic Beaufort Road Race was held in New Bern on July 19<sup>th</sup>.

**Rodney Johnson assumes the Presidency as the Lugiano's return to Virginia.** Ed Monaghan was added to the list of officers as responsible for Race Transport or FART (Far Away Race Transportation).

A 10% discount was offered to club members at Second Sole.

**The Marine Corps ½ marathon was awarded the NCA/TAC/USA half marathon championship.** The Raleigh Amateur Radio Club provided split times of the first 3 men and women at the 2,4,6,8 and 10 mile points.

**Carolina Federal Savings and Loan becomes Co-sponsor of the Run for the Roses, with WPTF-AM, Harris Wholesale and Pine State.**

**In August, the Maggie Valley Moonlight Race attracted several members. This became an annual summer pilgrimage for many years.**

And now 2 opportunities to eat and run on the weekend with a Saturday and Sunday run followed by breakfast. Sunday runs were at the Sheraton Highwoods with breakfast at the Sheraton.

The Collard Festival Footrace in Ayden, the Knightdale 10,000 meter run with Butch Robertson as the race director, Carolina Street Scene 10,000 Meter in Winston-Salem, the Fayetteville 10,000, New Bern Craven County Hospital Day 10,000M Roadrace, Wilmington Pepsi Triathlon (3<sup>rd</sup>), The Virginia 10 Miler, Apex Jaycees Street Run 5,000m, and the Greensboro Run for the Arts 10,000m. Wilmington Mini-marathon, Flora Macdonald Highland Games, Selma Railroad Run 10,000m, Fayetteville 3 Day Marathon (7.1 mile, 6 mile X-C, and 13.1 Mile), the Holden Beach Oyster Festival Run 10,000m, the Charlotte Running Mates Road Race (for married couples only), the Greensboro Marathon (17<sup>th</sup> year), Swansboro First annual Mullet Festival 10K. Canton – 4<sup>th</sup> Annual Lake Junaluska Road Race, Chapel Hill Hokum-Karem 9+ Miles, Winston-Salem First Union Classic, 10,000m, 5,000m and 1.25 mile, Southern Pines Autumn Fest 20,000m, 10,000m and 2,000m, 2<sup>nd</sup> Annual RTP Run in the Park, 10,000m and 2 mile, Wendell – Pat Patterson Invitational 10,000m, Durham First Half-marathon and 10K, Marine Corps Marathon, Fayetteville, Veteran's Day Run 10,000m, Fuquay-Varina Exchange Club Roadrace 10,000m, Fort Bragg All-American Marathon, Lumberton Natural Run 10,000m, 3 mile, 1 mile, and the East Coast Classic, TFA/USA Master and Sub-Master Championship 5,000m at Meredith College.

**The NCRC fielded its first 2 teams at the East Coast X-C Classic..**

NCRC Runners took 4 out of the top 5 positions at the Pat Patterson 10K in Wendell with their times between 32 and 33 minutes.

**The Marine Corps Marathon had a lot of the NCRC members participating with Rodney Johnson the fastest in 2:38:10 .**

**And 1 for the books, Jim Young took first in his age group at the Pasquatank River Run 5K while his future bride was first female overall.**

**The Year ended with its 1<sup>st</sup> Annual Christmas Banquet at St. Giles Presbyterian Church in Oak Park with about 70 members in attendance. Danny Reeves presented his world renowned Magic Show. A business meeting was conducted after dinner with reports from the various committees. We ended the year with 255 members.**

**Elections were held with the following officers being elected for 1982.**

President – Rodney Johnson  
Vice President – Bob Ross  
Saundra Shay – Secretary  
Donna Jenkins – Treasurer  
Activities Chairman – Ed Monaghan  
Membership Chairperson – Susan Johnson  
Newsletter Editor – Jim Young  
Members-at-large – Chuck Ainge and Danny Reeves.

A revised version of the constitution was passed as our first step towards incorporation and non-profit status.

## **1982**

Virginia Beach Trip planned for March 19<sup>th</sup> – Bob Ross spearheading – 30 Ocean Front Rooms (\$25/night) at Howard Johnson's. Along with that, the first Marathon Training Group was organized to prepare runners for the Shamrock races. Over 35 runners participated.

In March also was the Wilmington Marathon, Pulsebeat 10000m in Raleigh, Greensboro 10 Miler, Rotary Easter Seal 10,000 in Jacksonville, Tarheel 12,000 in Chapel Hill and the St. Paul's Runners Classic.

The one feature that we note as we review the evaluation of each race is the colorful and detailed report that Jim Young provided for each race that he profiled.

Club membership was 222 at the start of the year. The goal of the year was to join the Road Runners Club of America.

A Training Tips column began with an article by Anne Holmes.

**Another new feature was an article on cooking. It began with an article by Sims Roy, Jr. on making Stir Fry Pork Liver in Fermented Black Bean Sauce. I am sure that after eating a good plate of that you would be ready to run.**

This was followed by a satirical piece on a deadly gas.

**Race Reports included one on the Run for the Roses. Over 240 runners showed up on race day to enter. In the previous year there were 450 runners. We had planned for 700 and ended up with over 900 finishers. 4 men broke 15 minutes and 3 ladies were under 16:35. Ralph King and Mary Shea led the field.**

Chariots of Fire was the "must see" movie of the Year.

The Cary Road Race was in its 5<sup>th</sup> year with over 700 runners.

**Rodney Johnson suffered massive and debilitating injuries when his stopped vehicle was hit by a stolen Sheriff's car. \*\*\*\*\*SEE OCTOBER – NOVEMBER 1992 NEWSLETTER.** Many club members rally to help rehabilitate him over his long recovery.

## **1983**

The following new officers were elected:

President – Bob Ross  
Vice President – Aliece Bristol  
Secretary – Bill Clark  
Treasurer – Donna Jenkins  
Membership – Susan Johnson  
Newsletter – Jim Young

The new meeting location was the Sertoma Arts Center at Shelley Lake.

The Sunday runs were moved to the Ridgewood Shopping Center and breakfast was at the Ramada Inn at Crabtree.

**Over 530 regular members and 100 subscribing members were on the rolls as of August.**

A Poets Corner was added to the newsletter, along with Triathlon training tips by Michael Wharton.

Aliece Bristol leaves for Florida and Brenda Bridgman (now Pitts) takes over control of the clothing line.

**The first evening race held in Raleigh was the Sunset 5K. Over 700 runners participated with Mike Mantini wining in 14:34. The NCRC Womens team beat the DUPAC team for 1<sup>st</sup> place honors. (Anna Moore, Susan Johnson, Donna Jenkins and Susan Gray).**

The Spivey's Corners 1<sup>st</sup> ever 3.3 Mile miscue was held.

The newsletter was filled with runners times as well as upcoming races.

**The First Run for the Oaks was conducted by the club.**

**The First Capitol Trail Run 10 Mile and 5,000m was held in Raleigh. It included Team Prize money.**

**The NCRC Women's Team (of Marla Daniel, Linda Weis, Lisa Klatt, Anita Jones and Allison Edwards) dominated the competition. The NCRC MENS Masters A & B Teams placed 4<sup>th</sup> and 5<sup>th</sup> overall. The competition was fierce. Tom Hare (56:14), Joe Lugiano (56:24), Gordon Whitman (58:31), Rich Mowat (59:01), and Cecil Davis (59:25) didn't even place in their age groups. We did take many of the other age group prizes however.**

The 19<sup>th</sup> Annual Ahoskie Rotary Runathon 13.1 mile and 10,000M was held in November.

The East Coast Cross-Country Classic was held on Friday and Saturday. There were 9 separate races with the 18 and under groups competing on Saturday. The \$5 entry was considered on the high side considering that it did not include a T-Shirt. The NCRC Teams won many of the age groups the previous year. Participation was down this year due to the high entry fee and dinky awards (medals).

The Year concluded with its annual Christmas party with over 150 in attendance. Louise Wortham entertained with some great Jazz Piano and Don Jayroe joined in on the trumpet.

The 1983 Treasurers Report showed receipts of \$16,668.86 and expenses of \$15,175.12. The Ending balance was \$2,232.05.

## 1984

The new slate of officers for the year were:

President – Bob Ross (2<sup>nd</sup> Term)  
Vice President – Bill Brown  
Secretary – Connie Underwood  
Treasurer – Brenda Bridgman  
Membership – Susan Johnson  
Newsletter – Jim Young  
Public Relations Chairman – Sandra Shay  
Members-at-Large – Ken Long, Dave Leo  
Activities Co-chairpersons – Tom & Linda Gould

The Saturday Morning run at the Sertoma Club was followed by breakfast at the Deli-King in North Hills. The Sunday morning runs were held at the Sheraton Highwoods followed by breakfast at the Sheraton.

The Road Race Management Program was in full swing with a goal of conducting 5 races this year. The Race Director Compensation program was started.

The annual Shamrock weekend was again hosted at the Howard Johnsons with 50 oceanfront rooms at a special rate of \$33.00 per night. A “Pasta Pig-out” was held at Howard Johnson’s at a price of \$4.50. The Saturday night event was held at the Black Angus Restaurant for the 2<sup>nd</sup> year. This was preceded by the Saturday afternoon celebration at the Howard Johnsons.

**The first Road Race Management Meeting was held in Washington DC in November. One session that the group attended was using computers in road racing and club management. I guess it paid off.**

The Ironperson Triathlon article was written by, Greensboro member Shelby Hayden-Clifton.

The Literary Corner poem, “What is a Workout?” was written by George Allen.

The road race results showed long lists of club members who finished races offered throughout the area.

The 4<sup>th</sup> Annual Run for the Roses was held.

The 1<sup>st</sup> Annual People Chase 10,000m and 5,000m were held in RockyMount.

**The First Old Reliable 10K was held.**

The Regular Membership fee was raised to \$10.00 with the Family Membership at \$15.00 and the Subscribing membership at \$8.00. The club membership was growing by leaps and bounds.

## 1985

**The slate of officers for the year were:**

President – Rick Barbour  
Vice President Ron Delzer  
Secretary – Connie Underwood  
Treasurer – Brenda Bridgman  
Members-at-large – Mary Olive, Danny Reeves, Johnny Teal, Jim Young  
Newsletter – Jim Young

**The newsletter added the title “ Running Account “ and the October-November edition had a full cover, complete with pictures, graphics and ads.**

**Chuck Petersen was coordinating the Team Information and Masters race reporting.**

On the roads, with Jim Young, covered in detail the results of many races in which club members participated.

Mark Strucko, Kevin Brower, Jim Cooper, Kevin Amigh, Wayne Broadhead were still on top. Marla Daniels, Treva McLean, Mary Brown, Anita Jones, Meta Leckband, Nancy Johnson, Anna Moore, Donna Jenkins and Susan Johnson were strong leaders on the distaff side.

1<sup>st</sup> Annual Bald Head Island run was held.

The quest for Volunteers continues on.

The club provided volunteers, or ran 7 road races this year.

Breakfast at Horowitz's became a Saturday Morning tradition.

Fees were raised to \$12 for Reg. \$18 for Family, and \$10 for Subscribing members.

## **1986**

President – Ron Delzer

Vice President – Connie Underwood

Secretary – Mary Anna Osburn

Treasurer – Ron Beard

Members-at-Large – Beverly Cooper, Donna Jenkins, Susan Johnson, Ken Murray, Johnny Teal

Newsletter – Jim Young

**The NCRC Executive Committee appointed Jim Young, Executive Director.**

First North Carolina State meeting of the RRCA was held.

Summer picnic was held at Bond Lake Park in Cary.

The NCRC Men's Team wins the team title at the Charleston Distance Run. The women's team takes 2<sup>nd</sup>.

Annual Christmas party at St. Giles is a highlight of the year.

The Deli-King reopened after a disastrous fire. Wasn't after one of our breakfast party's was it?

**Chuck Petersen donated all his findings to Cancer Research in memory of member Ed Monaghan who passed on.**

A Volunteers column was added to the newsletter to highlight their contributions.

The Great Raleigh Road Race returns after a years' absence, with new sponsors.

The Health & Nutrition column by Nancy Clark appears in the newsletter.

Carroll Jr. High adds lights for its cinder track.

Speakers are now engaged for monthly club meetings.

The club buys its first computer – A Compaq Plus and an IBM Proprinter for \$3200.

The membership fee was raised to \$15 for Regular, \$20 for Family, and \$12 for a Subscribing Membership.

The National Running Data Center ranking of NCRC Members highlighted.  
The club reported 872 members.

## **1987**

Officers of the club were:

President – Ron Delzer  
Vice President – Mary Anna Osborne  
Secretary – Norma Vega  
Treasurer – Ron Beard  
Executive Director – Jim Young  
Members-at-Large – Larry Bates, Donna Jenkins, Susan Johnson, Ken Murray, Carty Osburn  
Program / Social Chairman – Bob Ross

**Highlight of the year had to be the Volunteer Appreciation Weekend with Julie Isphording as a special guest.**

**Robert Taylor, 5 year member of the NCRC, was killed in a freak accident from a falling tree branch.**

The Summer Runs in the Park Series takes place at Umstead Park in August. This was the brainchild of Mary Anna and Carty Osborne, to provide a low-key event where runners could prepare for the fall racing season while showcasing Umstead State Park.

**Looking for volunteer runners to work with the Achilles Track Club.**

The first National Senior Olympics was held in St. Louis. Among the 81 North Carolina athletes were Marie Betts, Ken Long, and Caldwell Nixon. They all fared well against some stiff competition.

A number of club members attended the Virginia 10 miler in Lynchburg.

## **1988**

**Officers of the club were:**

President – Mary Anna Osborne  
Vice President – Bob Ross  
Secretary – Norma Vega  
Treasurer – Brenda Bridgman  
Executive Director – Jim Young  
Members-at-Large – Larry Bates, Ron Beard, Al Terry / Claudia Ciaverella  
Social – John and Linda Miesch  
Programs – Dave Pritchard

**Craig Virgin was the Guest at the 1988 Volunteer Appreciation Weekend**

## **The club raised \$359 at the Run for the Roses for the Brooke Ward Trust Fund**

Headlines began to appear on the front page of the newsletter – courtesy of June Woodward

### **1989**

Officers of the club were:

President – Mary Anna Osborn  
Vice President – Dave Pritchard / Bill Bohm  
Secretary – Deva Wright  
Treasurer – Robert Pitts  
Executive Director – Jim Young  
Members at Large – Brenda Bridgman, John Miesch, Bob Ross, Claudia Ciavarella /  
Marla Daniel  
Social – John and Linda Miesch  
Programs – Al Terry

### **1989 Run for the Roses was Canceled due to Snow!!!**

The Shamrock Weekend Club Headquarters was moved to the Thunderbird Hotel

**Jim Young – Donna Jenkins wedding makes the headlines**

### **1990**

**Officers of the club were:**

President – John Miesch / Bill Bohm  
Vice President – Bill Bohm  
Secretary – Deva Wright  
Treasurer – Butch Fussell  
Newsletter – Jim Young  
Members at Large – Marla Daniel, Frank Haag, Emily Newkirk, Bob Ross, Ray Kanoy,  
Marc Liles, Al Terry, Anne Tyrrell, Danny Reeves  
Social – Nancy Olson  
Programs – Evelyn Terry

**Jim Young resigns as Executive Director – keeps newsletter and office duties.**

10 Year Historical notes in this issue.

The Shamrock trip moved to the Days Inn at Virginia Beach

**The Capital Trail Run was Canceled. A victim of the Nation's Savings and Loan Crisis - Controversy ensued.**

**John Miesch resigns as president. Bill Bohm assumes presidency.**

## **1991**

### **Officers of the club were:**

President – Bill Bohm  
Vice President – Ray Kanoy  
Secretary – Marla Daniel  
Treasurer – Brenda Pitts  
Members-at-Large – Elizabeth Aiken, Anna Moore, Emily Newkirk, Carty Osburn, Bob Pitts, Bob Ross, Al Terry, Anne Tyrrell, Jim Vinson  
Social – Elizabeth Aiken  
Programs – Evelyn Terry  
Newsletter Editor – Jim Young

1990 Club Survey results were published.

The club newsletter has a crisper format.

Sweeping changes to the Constitution were enacted.

**First White Water Rafting trip and Maggie Valley weekend was held.**

## **1992**

### Officers of the club were:

President – Bill Bohm  
Vice President – Ray Kanoy  
Secretary – Marla Daniel  
Treasurer – Brenda Pitts  
Members-at-Large – Elizabeth Aiken, Bernard Genna, Bob Pitts, Danny Reeves, Bob Ross, Al Terry, Tom Tune  
Social – Elizabeth Aiken  
Programs – Tom Tune  
Newsletter Editor – Jim Young

1991 Club Survey results were published.

1992 Shamrock Marathon Club Headquarters at the Days Inn.

**Volunteer Appreciation Dinner was held at Gregory's.**

**Over 1000 runners ran the DARE Run for the Roses**

First NCRC Golf Tournament was held.

First NCRC Bowling Tournament was held in lieu of a monthly meeting.

Membership fees rise: Regular \$20, Family \$25, Subscribing \$15

New membership appears to be slowing.

### **1993**

New Club Officers were:

President – Ray Kanoy  
Vice President – Marla Daniel  
Secretary – Jay Aiken  
Treasurer – Brenda Pitts  
Members-at-Large – Elizabeth Aiken, Bill Bohm, Spencer Combos, Bernard Genna,  
Georgia Hagen, Dave Pritchard  
Newsletter Editor – Jim Young

**The monthly meeting place was moved to the Glen Eden Pilot Park**

Membership was now at 600.

The Volunteer Appreciation Dinner was held at Gregory's.

### **1994**

New Club Officers were:

President – Bob Pitts  
Vice President – Al Terry  
Secretary – Georgia Hagen  
Treasurer – Brenda Pitts  
Members-at-Large – Ron Davis, Bernard Genna, Sherry Kanoy, Joe Lugiano, Peggy  
Sprague  
Newsletter Editor – Jim Young  
Social – Sherry Kanoy  
Programs – Ron Davis  
Volunteer – Bernie Genna  
Race Committee – Al Terry & Ray Kanoy

1994 Shamrock Marathon NCRC Headquarters will be at the Howard Johnson's.

**\$3999.99 presented to the Make-a-Wish Foundation as proceeds from the 1994 Run for the Roses.  
\$350 presented to Interact as proceeds from the Women's Distance Festival.**

### **1995**

New Club Officers were:

President – Al Terry  
Vice President – Elizabeth Aiken  
Secretary – Marla Bohm  
Treasurer – Debra Combos

Members at Large – Spencer Combos, Ben Dillon, Georgia Hagen, Tom Tune, Ted Wernikoff  
Newsletter – Jim Young

1995 Shamrock Marathon NCRC Headquarters will be at the Howard Johnson's.

**Jim Young resigns his various NCRC Club duties**

**NCRC stains cabins at Umstead State Park as a service project.**

**NCRC Holiday Party moves to Page-Walker House in Cary – Format change to buffet and dance. Club membership still declining.**

## **1996**

New Club Officers were:

President – Al Terry  
Vice President – Ben Dillon  
Secretary – Mary Dannegger  
Treasurer – Debra Combos  
Members-at-large – Marla Bohm, Beverly Cooper, Bob Dannegger, Emily Newkirk, Tom Quinn, Tom Tune  
Newsletter Editor – Maggie Adams

**\$1337.73 presented to Interact from 1995 Distance Festival proceeds.**

**Maggie Adams becomes Running Account – Newsletter Editor.  
The club is now becoming Web-Enabled.**

## **1997**

New Club Officers were:

President – Beverly Cooper  
Vice President – Tom Tune  
Secretary – Mary Dannegger  
Treasurer – Debra Combos  
Members-at-Large – Bob Dannegger, Emily Newkirk, Ben Dillon, Georgia Hagen, Janet Regnier, Sondra Panico, Maggie Hensler, Steve Kipisz  
Newsletter Editor – Ben Dillon

**\$2500 presented to Interact from the 1996 Women's Distance Festival.**

Membership is increasing, as we now have 698 members.

## **1998**

## **Club Officers were**

President – Emily Newkirk  
Vice President – Steve Kipisz  
Secretary – Sondra Panico  
Treasurer – Val Price  
Member-at-Large – John Bradford, Meghan Clement, Ben Dillon, Maggie Hensler,  
Randy Mellott, Al Terry, Tom Tune

**Approximately \$5,000 was contributed to Interact from the 1997 Women's Distance Festival.**

**First Carrabba's Classic Half-Marathon and 5K was held.**

**658 members.**

**\$4400.48 was raised for the American Cancer Society Relay for Life.**

## **1999**

Club Officers are:

President – Emily Newkirk  
Vice President – Steve Kipisz  
Secretary – Meghan Clement  
Treasurer – Val Price  
Members-at-Large – Penny Ashley-Lawrence, Ann Marie Calabria, Rhonda Crutchfield,  
Wendy Dyer, Randy Mellott, Randy Saunders, Al Terry  
Newsletter Editor – Ben Dillon

- **\$500 was donated to Lutheran Family Services.**
- **\$7500 was donated to the Tammy Lynn Center from the Carrabba's Half Marathon.**
- **\$8,000 was donated to Interact from the Women's Distance Festival.**
- **ChampionChip Timing System introduced to Raleigh at the Old Reliable Run.**

## **2000**

Club Officers are:

President – Dan McLaughlin / Penny Ashley-Lawrence  
Vice President – Penny Ashley-Lawrence  
Secretary – Elisa Murphy  
Treasurer – Bill Bunn  
Members-at-Large – Rhonda Crutchfield, Ben Dillon, Kirsten Hopper, Erv Love, Randy  
Saunders, Al Terry, Dave Wood  
Newsletter Editor – Ben Dillon

- **\$10,000 was donated to the Tammy Lynn Center from the Carrabba's Half Marathon.**
- **\$1,000 was donated to Umstead State Park from the Carrabba's Half Marathon.**
- **\$7408.82 was donated to Interact from the Women's Distance Festival.**

- **NCRC Joins the Raleigh Chamber of Commerce.**
- **NCRC Running Library established – Jerry Paul is the Librarian.**
- **Jeff Galloway Training Program introduced to Raleigh for the Raleigh Marathon.**
- **Penny Ashley-Lawrence takes over as President.**

## **2001**

Club Officers are:

President – Penny Ashley-Lawrence  
 Vice President – Kirsten Hopper  
 Secretary – Don Weinstein  
 Treasurer – Bill Bunn / Ben Dillon  
 Members-at-Large – Chris Blaser, Ben Dillon, Erv Love, John Pare, Jerry Paul, Randy Saunders, Bill Tucker  
 Newsletter Editor – Marilyn Distelberg

- **\$6,000 was donated to Interact from the Women’s Distance Festival.**
- **\$????? Was donated to Umstead State Park from the Carrabba’s Half Marathon.**

## **2002**

Club Officers are:

President – Ben Dillon  
 Vice President – Don Weinstein  
 Secretary – Honor Gifford  
 Treasurer – Erv Love  
 Executive Director – Elizabeth Aiken  
 Members-at-Large – Jim Braman, Peggy Harper, Eric Johnson, Julie Morris, Jerry Paul, Bill Tucker  
 Newsletter Editor – Marilyn Distelberg / Bill Robertson

- **\$6,000 was donated to Interact from the Women’s Distance Festival.**
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## **GUIDING PRINCIPLES OF THE CLUB**

**CONDUCT FUN RUNS**

**PROVIDE ACCURATELY MEASURED AND CERTIFIED COURSES**

**PROVIDE WELL-ORGANIZED RACES AT A REASONABLE COST**

**PROMOTE RUNNERS / WALKERS SAFETY**

**HOLD GROUP OUTINGS / FAMILY EVENTS**

**ENCOURAGE VOLUNTEERISM (At Races, refreshments at meetings, organizing events, working in the office, highway cleanup, etc.)**

**ENCOURAGE GOOD NUTRITION**

**IMPROVEMENT THROUGH TRAINING**

**BREAKFAST IN THE PARK**

**SUMMER PICNIC**

**WINTER PARTY**

**PROMOTE COMPETITION**

**PROVIDE ONE OF THE PREMIER NEWSLETTERS IN THE COUNTRY**

**FELLOWSHIP THROUGH EATING**

**PARTICIPATE IN NATIONAL CONVENTIONS**

**MAINTAIN AN INFORMATIVE WEB SITE**