

ON THE RUN... Heat enters WAQY race



By THERESA GIERA Republican staff

The sixth annual WAQY 102 Road Race gets under way at 1 p.m. today and heat promises to be an obstacle...

The temperature is expected to creep up into the 80's today and that can wreak havoc with runners...

Alberto Salazar won the Boston Marathon last year and then collapsed with heat-related exhaustion...

Heat prostration, or exhaustion, hits just about everyone who isn't equipped to handle an increase in temperature...

their thinking — when they become disoriented. Signs of heat exhaustion include weakness, dizziness, headache, nausea and faintness...

Dr. Lovell also advises runners to stop at all fluid stations. He cautions contestants to take it slow and easy and drink lots of fluids.

WAQY race director Don Wilks already has covered the possibility of excessive heat today. In the event it is hot today, Wilks will have hoses on hand to spray those runners who request it.

Even experienced runners are advised to take heed as it takes at least a week to become acclimated to especially hot weather.

Boston Marathon champion Greg Meyer will not be on the starting line this year. Meyer, spent after his marathon victory, chose to pass up Wilks' invitation to return to the course...

Carol O'Connor, who holds the women's record of 30:15 on the new course, set in 1982, hasn't decided yet if she'll be back.

WAQY road race entries

The official entries in today's sixth WAQY 5-mile road race through downtown Springfield:

- 1. Cheryl Abbott 158. William Lonn 317. William Probyna 328. Robert Jordan 483. Charles Wilkerson 494. Tom Egan 495. Dan O'Connell 496. Mark Elmer 497. Ed Lynch 498. Ed O'Connell 499. John O'Connell 500. John O'Connell 501. John O'Connell 502. John O'Connell 503. John O'Connell 504. John O'Connell 505. John O'Connell 506. John O'Connell 507. John O'Connell 508. John O'Connell 509. John O'Connell 510. John O'Connell 511. John O'Connell 512. John O'Connell 513. John O'Connell 514. John O'Connell 515. John O'Connell 516. John O'Connell 517. John O'Connell 518. John O'Connell 519. John O'Connell 520. John O'Connell 521. John O'Connell 522. John O'Connell 523. John O'Connell 524. John O'Connell 525. John O'Connell 526. John O'Connell 527. John O'Connell 528. John O'Connell 529. John O'Connell 530. John O'Connell 531. John O'Connell 532. John O'Connell 533. John O'Connell 534. John O'Connell 535. John O'Connell 536. John O'Connell 537. John O'Connell 538. John O'Connell 539. 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Ross MacDonald (left), program director for WAQY 102 radio, presents t-shirts for today's WAQY road race to Mark Harper and son Matthew, and the race's oldest entry, Tim Babcock, 73.

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Arkansas wins two titles

PHILADELPHIA (AP) — Strong finishing kicks by anchorman Frank O'Mara in the 6,000-meter relay and Stanley Redwine in the sprint medley lifted Arkansas to its second and third major championships Saturday at the 89th annual Penn Relays.

Arkansas' first title came Friday in the distance medley relay, with O'Mara running away from Villanova's Marcus O'Sullivan on the anchor leg.

Arkansas lost its chance to join Villanova as the only team ever to win five major relay championships on one Penn Relay weekend, when it scratched from the 400-meter relay because of a hamstring injury suffered by Spearman.

Arkansas, with Ed Williams, Mike Conley, Wallace Spearman and Redwine, turned in a 3:15.22, with Villanova second (3:15.98), and Fairleigh Dickinson third (3:13.86).

Lisi sizzles at plate. CHARLESTON, W.Va. (AP) — Rick Lisi of Pittsfield, Mass., smacked three hits and Rick Jones ripped a two-run homer Saturday, powering the Rochester Red Wings to an 8-2 International League victory over the Charleston Charlies.

Jack Perconte hit his first homer of the season for Charleston in the first. Mark Brown, who relieved Rochester starter Allan Ramirez in the seventh, was credited with his first victory against no losses.

ROAD RACING SCHEDULE. TODAY: SPRINGFIELD: WAQY Road Race, 5 miles, 1 p.m. Start and finish at City Hall, Downtown Springfield.