

WASHINGTON RUNNING CLUB NEWSLETTER
March, 1979

The next meeting of the Washington Running Club will be on Friday evening, March 23rd at 8:00 p.m. at Buell, Naylor & Rincon, Inc., 3309 Clay Street, Wheaton, Maryland. Directions: Beltway (Route 495) to Georgia Avenue (Exit 21N) to Randolph Road, left on Randolph Road to Bluhill and make a left (if you pass Wheaton High School, you have gone too far), make a right onto Clay Street to 3309. In case you get lost the telephone number is 933-7427. It would be helpful if everyone could bring their own refreshments and some munchies.

WRC members will be asked to help with the Virginia Foot Lover's Race on Sunday, May 20th in Arlington, Virginia. WRC is conducting the race to increase our travel fund. We need everyone's help. Contact Myles Schneider at 750-1124 and let him know you are available.

Two weeks before the February 25th six mile race in Columbia, Maryland Ray Morrison and Mike Bradley sat down and discussed the possibility of running a relatively hard effort that day. On the day of the race the gun sounded and Mike and Ray took off and ran the first couple of miles at a sub five minute pace. At the half way point Mike was leading in 15:15 with Ray a few yards back. Ray soon took charge and pulled Mike to a tie in 31:25. Although Ray has run 30:13 for six, Mike improved his PR by approximately 30 seconds. Mike will be joining teammates Bruce Robinson, Mark Baldino, Peter Nye and Al Naylor at the National AAU 30K Championships in Albany on March 17th and Ray on the same day will be running the Rotary-amrock Marathon in Virginia Beach, Virginia along with Bob Williams, Ron Martin, John Romaine, and Les Page.

Good luck to Jenifer White on her trip to Limrick, Ireland for the International Cross Country Championship later this month.

If you are interested in running the Great Ralieggh 10,000 Meter race on April 8th, contact Ray Morrison at 593-3834.

If you did not enter the Cherry Blossum Classic please do not run. It only causes more confusion. Bruce and Sharon Robinson will be hosting a Post Cherry Blossum Classic party at their house. Everyone bring a dish to share. Perhaps the Club treasury can spring for the liquid refreshments.

Let's hope you have already sent in your 1979 dues. If not, please fill out the membership form and send it along with your check to Bruce Robinson.

WASHINGTON RUNNING CLUB MEMBERSHIP FORM

NAME _____ PLEASE ENCLOSE \$5.00 for yearly dues. Make check payable to Washington Running Club and forward it along with this form to:

ADDRESS _____

CITY, STATE, ZIP _____

BIRTH DATE: ___/___/___ AGE: ___

PHONE (HOME) _____

(WORK) _____

TEMPORARY ADDRESS (SCHOOL, ETC) _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE: _____

BEST TIMES: 60 Yds _____, 100m _____, 110HH _____, 400m _____, 440 Yds _____

I.H. _____, 800m _____, 880m _____, 1500m _____, Mile _____,

3000m stch _____, 2mi _____, 3mi _____, 6mi _____, 10,000 _____,

15k _____, 10mi _____, 20k _____, 20mi _____, Marathon _____,

H.J. _____, P.V. _____, L.J. _____, S.P. _____, Discus _____,

Bruce Robinson
10007 Brookmoor Drive
Silver Spring, MD 20901

FAVORITE EVENTS:

Greehan Winner Of Chase

By Peter Mehman

Despite a most muddy course that slowed his gate, Mike Greehan, Harrisonburg, Va., slogged 20 kilometers (12.4 miles) in 1:03:18 to win the second annual Road Runners Club of America Bethesda Chase yesterday.

Although conditions weren't nearly as severe as last year's snow-covered route, Greehan said his recent training under similar conditions helped him.

"I've been running on hills in the Shenandoah Valley to prepare for the race," he said, barely panting only moments after the finish. "They're kind of muddy and slippery also. Because of my training, I knew I could beat anyone on the hills."

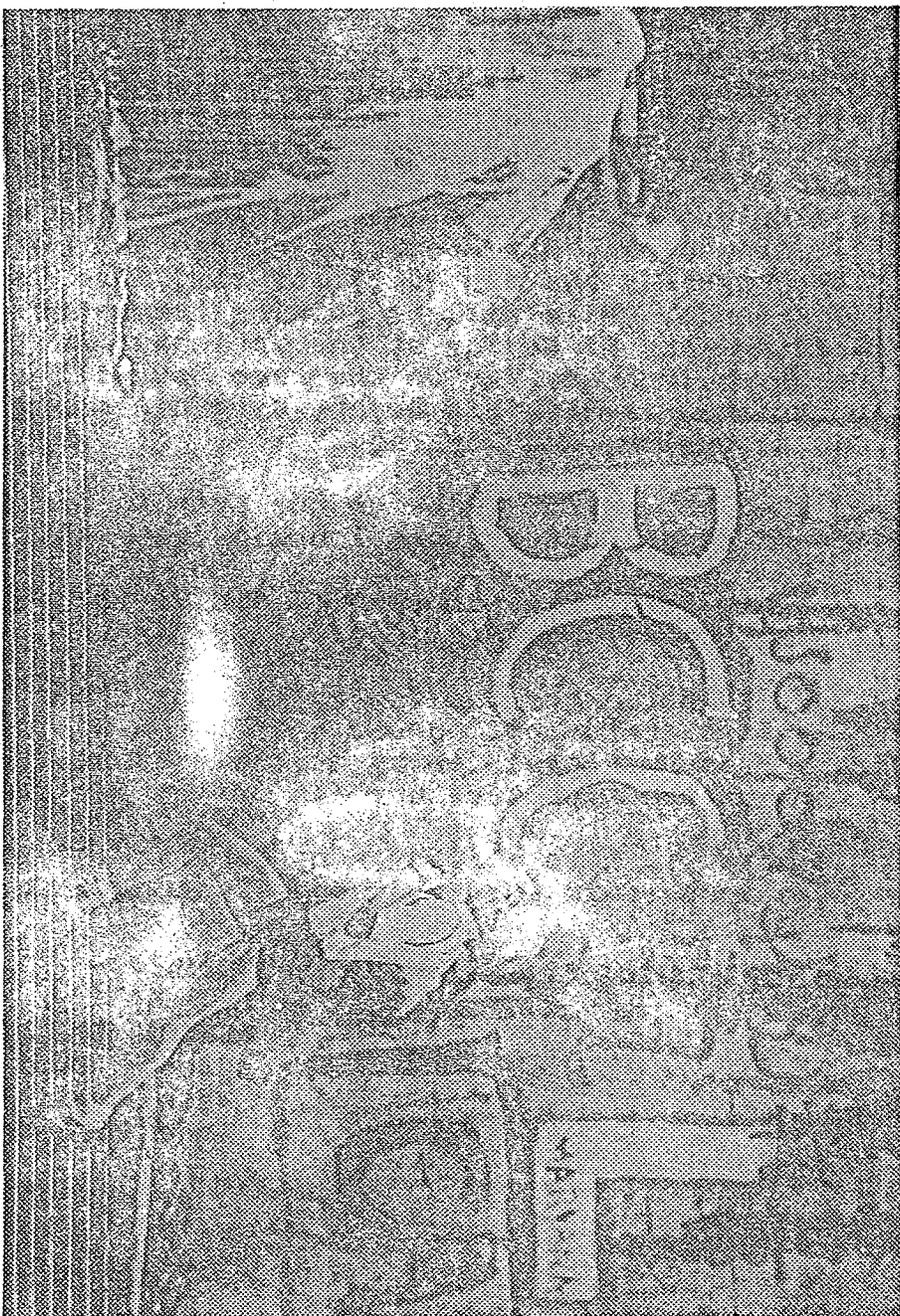
Over the first five miles, Greehan ran stride for stride with Ron Martin, a native of England now living in Rileyville, Va. The two runners came up to a mud-coated bicycle path through a one-lane tunnel and Martin, playing the polite Englishman, let Greehan pass through first.

Greehan said that was the turning point. "It was dark in the tunnel and I could see but Ron couldn't. Then there was a hill outside the tunnel and that's where I pulled ahead."

Greehan looked strong as he swept to the finish line on the track of Bethesda-Chevy Chase High School.

Martin agreed that the tunnel was his undoing. "I couldn't see too well and there were people walking the other way through the tunnel I had to avoid. It's tough changing direction in the mind."

Martin was officially the second



By John McDonnell—The Washington Post

Mike Greehan of Harrisonburg, Va., sets record in second annual Bethesda Chase. He negotiated the 20 kilometers in 1:03:18. Briton Ron Martin was second.

place finisher, although Bob Gray of the U.S. Military Academy finished ahead of him. Gray was not registered for the race on time. Martin's time was 1:03:55.

Stephen Gilmore of Arlington, Va., was third in 1:04:01. Chuck Burrows of McGuire AFB and last year's winner, and Bruce Robinson of Silver Spring tied for fourth in 1:05:15.

Greehan, a graduate of James Madison University, is hoping to be invited to the Olympic Trials after run-

ning in some major marathons. Greehan said he has never run the full 26-mile marathon, but is training constantly on hills in the Shenandoah Valley.

The leading woman finisher was Marge Rosasco of Taliston, Md., in 1:15:50. She finished 85th overall in the starting field of 1,110. A total of 950 finished.

TOP 20 FINISHERS

1, Mike Greehan, Harrisonburg, Va., 1:03:18; 2, Ron Martin, Rileyville, Va., 1:03:55; 3, Stephen Gilmore, Arlington, 1:04:01; 4, Chuck Burrows, McGuire AFB, and Bruce Robinson, Silver Spring,

LEADING WOMEN FINISHERS

1, Marge Rosasco, Taliston, Md.; 2, Ann Forstae Crane, Wyandotte, Md.; 3, Jennifer Reed, Gaithersburg; 4, Trudy Rapp, Alexandria; 5, Cynthia Raley, Rockville; 6, Lenore Masada, Washington; 7, Stephanie Flynn, Falls Church; 8, Janet Fildes, Arlington; 9, Carole Hartick, McLean; 10, Janet Polomac,

1:03:15; 6, Gerald Crane, Wyandotte, Md., 1:05:37; 7, Peter Ayre, Kaysville, 1:05:43; 8, Jim Beull, New York; 9, David Dobzynski, Washington, 1:06:04; 10, Allen Naylor, Hyattsville, 1:06:57; 11, Charle Kaesler, Abingdon, Md., 1:07:19; 12, Robert Rodriguez, Arlington, 1:07:29; 14, Rick Platt, Williamsburg, Va., 1:07:44; 15, Craig Allen, Williamsburg, Va., 1:07:45; 16, John Prael, Alexandria, 1:08:05; 17, Brian Thomas, McLean, 1:08:11; Robert Stack, Rockville, 1:08:19; 19, Will Alder, Fairfax, 1:08:21; 20, Mike Womshar, Baltimore, 1:08:53.