

MEETING NOTICE

Friday, January 18th at 8:00 pm in Room B-318 of the Rayburn House Office Building, Independence Avenue & South Capital St., S.W. This is our annual election meeting so please be prompt. Bring your own refreshments.

Walking directions from Capital South subway stop: When you come out of the subway you will be on C St. Go left two blocks to South Capital St. and make a right. The Rayburn Building will be on your left. Go 1/2-way down the block to entrance and the guard will direct you to Room B-318.

Directions from Rt. 395: North on Route 395 to the C Street-Capital Exit. Get in the left lane. Go through the traffic signal. You will be on C St. and the Rayburn Building will be on your left. Go 1/2-way down the block to the indoor garage entrance. Parking will be available for WRC members. The attendant will direct you to Room B-318.

Directions coming North on Independence Ave. from 14th St.: Independence Ave. to South Capital St. and make a right. Go one block to C St. and make a right. Go 1/2 block to indoor garage entrance of the Rayburn Building.

DON'T FORGET YOUR DUES

Effective January, 1980 your Club dues will be \$10.00 minimum per year (you may give more) and for new members who join after June 30th, \$5.00 for the remainder of the calendar year. The mailing list will be updated toward the end of March.

OLD BUSINESS for this Meeting:

1. Intra-club league and designation of event directors.
2. Appointing race directors for the following events:
 - a. Montessori school 10k in northern Virginia at the end of April. Club will receive \$250 for setting-up the course and working the finish line.
 - b. Upper Marlboro Country Run on May 3rd. WRC will get \$1.00 per entrant. Contact Dan Rincon to help.
 - c. Hecht Company 10 mile on June 1st. Club will receive \$1,000 for putting on this race. Contact Ray Morrison for details.

Congratulations to Mike Greehan for landing a new job with Brooks Shoes. Mike will be moving his family from their Harrisonburg, VA home to Hanover, PA. He'll be Assistant Promotion Manager to Dean Reinke. We'll be seeing more of Mike in the near future, he has assured us, as his new home will be closer to the D.C. area. His next big race will be the Bethesda Chase in March.

RACE RESULTS

3rd Annual BOC Club Cross-Country Challenge
23 December 1979, 9:00 AM

For the 3rd straight year our WRC has won the Club Cross-Country Challenge at Herring Run Park, Baltimore, MD allowing us to retain forever the Sterling Silver cup award. What may seem to have been an easy victory (WRC-46, BOC-74, etc.) had its interesting, however tense, moments. At racetime, which we were able to delay by 15 minutes, we found ourselves 1 man short (even though Club members enough for two teams had promised to show). Since those that were present were warming-up for the race, Ray Morrison, our omnipresent Coach, took on the responsibility of finding another person to complete the team complement of 4 men and 1 woman; (Who wants to run on the winning team? was Ray's plea). He found his man and, at the gun, we were off and running. Almost 2 minutes into the race, as Mary Walsh, Steve Ciccarella, Jim Hagan and Mike Bradley were trudging through the mud, mighty Dan Rincon burst upon the scene. Without so much as a touch of his toes he ran from his still turning automobile to the starting line and out onto the course. Heavily laden in his training shoes and warmups, Danny managed to wind himself through the field to finish 4th and ensure the team victory. If there is a lesson to be learned here we should try to figure it out.

Thanks go to Mary (1st woman, 26th overall), Steve (1st), Jim (3rd), Danny (4th), Mike (12th), and Joie, Pat and Ray who gave administrative and psychological support, for giving the Club the best Christmas gift it could ever have, A WIN.

*Sorry for not reporting earlier on Stan Fletcher's Great Pumpkin 10 kilometer win on Oct. 27th. Stan toured the Crofton, MD course in 33:33. He has assured us that he was only house hunting.

ED BARRON HANGOVER CLASSIC
1 January 1980, 12 noon

This race ranks right along with the Cherry Blossom Classic and the Hecht's 10 miler in Club participation. We had no less than 23 members (hope none were missed) take part in this day-after 10 kilometer run - pretty incredible since we've never been renowned for our unsociability.

Hangover Classic cont.

Mary Ellen Williams (38:10), Jennifer Rood (41:49) and Hannah Rowe represented our women and ran their usual superlative times - Mary Ellen being the 3rd woman. Our men, some hominid and some arthropod, upheld their own and the Club's high standards. Results:

1st - Jeff Peterson - 30:28	Bob Harper - 35:21 (PR)
4th - Will Albers - 30:55	Joe Riener - 36:14 (PR)
5th - Jim Berka - 31:22 (PR)	Dick Spencer - 37:31
8th - Peter Nye - 32:07	Larry Hubbard - 42:40 (PR)
13th - Jim Hagan - 32:42	Chip Hill - 39:50
20th - Steve Ciccarella - 33:15	Dave Cornwell & Mike Wilhelm - 39:54
33rd - Phil Stewart - 34:22	Bob Williams - no time
40-45th (unofficial) - "THE CENTIPEDES" (Jim Buell, Bruce Robinson, Dan Rincon, Kevin McTigue, Stan Fletcher, Al Naylor and Mark Baldino)	John Davis - no time reported

Thanks to Mary Ellen and Bob, Jim Buell and Carmen, and to a new member whom we'll mention later, we all shared post-race champagne and snacks.

MARYLAND MARATHON
2 December 1980

Bruce Robinson showed he had recovered from his impressive New York City Marathon performance by finishing third at the MARYLAND MARATHON in Baltimore (better known locally at Balmer) Dec. 2 in 2:22:19. It was a hilly course on a blustery day -- the wind chill factor plunged to 15 degrees F. He was followed by several other WRC runners, including Jeff Peterson, 10th, in 2:26:24, and Peter Nye, 13th, in 2:26:53. They scored to finish first in team competition.

Jim Hage was 16th, in 2:29:11. Dan Rincon worked with Bruce in the lead pack but struck with muscles tightening up on the second half of the race; he clanked in for 44th in 2:36:28. Other finishers were: Bob Harper, 87th, 2:43:31; Bob Thurston, 136th, 2:48:25; Ray Morrison, 2:58:52 (Not a bad time, considering he was supposed to meet his wife at the 20-mile point. Unable to meet up with her; he galumphed to the finish.); Kerry Baruth, 321st, 2:59:51; and Tom Dunham, 323rd, 2:59:53.

Noteworthy performances were by Marge Rosasco, running unattached, in 3:04:52, and Chuck Burrows, also running unattached. Burrows ran sixth, in 2:24:18. He ran for WRC last year (1978) and most likely will join us again. He's looking around to re-locate his dental practice in the Baltimore area. The week before the Maryland Marathon, he ran his best-ever 10 kilometers, in 30:10, and three weeks before the Maryland Marathon he won the Philadelphia Marathon in 2:25. He's aiming to make the first 10 at Boston this year. WRC is stepping-up efforts to recruit him.

*At the five-mile TURKEY TROT on Thanksgiving Day in Alexandria, VA our WRC had a close grouping in the second half of the first 10. Bruce Robinson ran 6th in 24:45; Peter Nye was 7th in 25:04; Jack Coffey, 9th, 25:22, and Steve Ruckert was 12th, in 25:47. Chip was there, but we didn't get your time. Also, the ever improving Bob Thurston sprinted in at a respectable 26:51 for 31st place.

LAKE BRADDOCK HS 10 MILE - TRACK
9 December 1979

1st - Will Albers - 55:09, the remainder of the field followed doggedly.

SPORTS AFOOT 5 MILE (WRP)
10 December 1979

2nd - Ray Morrison - 27:42, on a tough, winding and hilly park course.

December 15th, BELLE HAVEN PARK, 14 miles

1st - Bruce Robinson - 74:45	9th - Steve Ciccarella - 79:40
2nd - Jim Berka - 74:52	13th - Bob Thurston - 81:17
3rd - TIE - Will Albers - 76:46	18th - Dennis Jett - 83:21
4th - TIE - Jeff Peterson - 76:46	24th - TIE - Phil Stewart - 85:50
5th - Robert Rodrigues - 77:23	25th - TIE - Jenni White - 85:50
7th - Ray Morrison - 78:17	26th - TIE - Marty Smith - 85:50
	95th - Stephanie Flynn - 1:38:04

December 22nd, Greenbelt 10 & 20 miles

10 miles: (won by John Blankfield of Frostburg, MD in 53:09); 5th - Dennis Jett - 57:35, 24th - Mary Ellen Williams - 65:44
20 miles: (won by Dave Lieb in 1:53:21); 4th - Bob Thurston - 1:58:47, 8th - Bob Harper - 2:03:16

One WRC runner who has been coming on strong and fast is WILL ALBERS. Taking over the lead at the Marine Corps Marathon and coming in second place with a 2:20:14 to qualify for the U.S. Olympic Trials, Will has been fulfilling the promise he showed in many races earlier.

Alber's best times: One-mile - 4:25, 5-mile - 23:58, 5-kilometers - 14:50,
10-kilometers - 30:20, 10-mile - 49:04, Marathon - 2:20:14
Favorite races: 10 to 20 kilometers

Will attributes his marked improvement and consistent performances to basic rigorous running and returning to his former coach, Norm Gordon. Will and Norm began working together while Will was a student on the George Mason University Track Team.

"Usually when I run, I run hard," he says. "I run my distance runs hard." Subsequently, he tends to train alone. Currently his general format alternates hard and easy training days. Norm has him running five miles in the morning during the week, and a long run of 20 miles or more on Sunday. His afternoon runs on week days range from 8 to 13 miles most often. He also puts in one fartlek day early in the week.

Will's plans are to continue training through races this winter, usually at about a 5:30 pace, and start working more intensely for the Bethesda Chase 20-kilometer March 2nd. Then he plans to point for the National AAU 30-kilometer championship and the Cherry Blossom 10-miler and, of course, the Olympic Trials in May.

His work schedule at the busy Tysons Mall Athletic Foot Locker is flexible enough to permit him to stay up late, even to catch Johnny Carson's monologue. He handles shipments of stock, and works a 40-hour work week. He gets about eight hours sleep daily.

The 24 year old Albers stands 6 feet 1 and weighs 148 pounds. It's hardly the frame that football coaches and scouts point to as material for recruiting. Will realized that in high school and chose to run instead. He graduated from Robinson High in Fairfax with a best of 4:45 in the mile and 10:20 for the two-mile. Then he went to George Mason, more because it was close to his home than because he wanted to run for them. GMU didn't have much of a cross country team while he was there, and no track.

But Will kept running. In local events he won several races, including the Potomac Valley AAU championships at 15 and 20 kilometers, and he showed real promise. He spent a total of five years at GMU which succeeded in helping shape much of his basic fitness.

Those who feel compelled to train in the pain, torture and agony regimen might look at Will's background. "I think what has helped me avoid injuries is that I miss about 60 days a year of running for a variety of reasons," he explains. In the past year he has been averaging about 70 to 80 miles a week, a marked increase over the 40 to 90 miles a week he had been doing before. While his workouts tended to be unstructured after leaving GMU and before being coached again by Norm Gordon, Gordon has put Will under a more structured pattern than before, emphasizing the fartlek session and long-distance workout once a week, in addition to the twice-daily pattern weekdays. He also does little upper-body work. Most often it's limited to 10 pushups two or three times daily, with about 30 situps, light stretching, and some light weight work.

It's all been a positive background for Will -- one that's enabled him to grow into his running rather than forcing his running.

Local Events of Interest

Snowball Series: Jan. 20 - Reston 20-mile
Feb. 2 - Springbrook 10-mile, track
Feb. 9 - Fort Hunt 8-mile

Regularly Scheduled Events: Jan. 27 - Kennedy Memorial 20 k Run, Hains Point (team awards)
Feb. 3 - PVAC 30 k, Belle Haven Picnic Area, 9:00 AM
Feb. 17 - Washington Birthday Marathon, 11:00 AM
Mar. 2 - Bethesda Chase, 10 AM
Mar. 23 - Lady Equidable 10 k, Baltimore, MD, 10:30 AM
Mar. 30 - Cherry Blossom Classic (See Note below)

1980 Long-Distance Championships

March 23 - 30 kilometers - Albany, NY - Contact Bruce Robinson
June - 20 kilometers - Concord, NH - Contact H. D. Thoreau
July 13 - 15 kilometers - Utica, NY -
August 3 - 50 miles - Chicago, IL - Contact Bob Harper
Sept. 14 - 50 kilometers - Brattleboro, VT -
Nov. 29 - Super Cross-Country Nationals - Ft. Collins, CO -

New Members

We Washington Running Clubbers would like to warmly welcome the following new members:

Laura DEWALD of Arlington, VA, Beverly KANE of Silver Spring, MD, and Bill KRAUSE of Glen Burnie, MD.

Laura, who we referenced earlier in the Hangover Classic results, joined shortly after that race when she became acquainted with our beagle-beaked Centipede team. She

new members cont.

was overheard to say, as our Centipede was rolling, "What a lovely bunch of coconuts". We then knew, right away, that she was one of us. Laura finished a truly respectable 2nd in the woman's division with a time of 38:05. She recently graduated from UVA where she ran on the 2-mile relay team and an occasional 440. Her relay team went to the Nationals last year and she has an 880 best of 2:14. Laura also recently has won the National Jogging Day 20 k and was 3rd in the Marine Corps Marathon, her first, in 2:59:38 (she led until 25 1/2 miles).

Beverly joined at our last meeting at the Thurston's and we all hope to get to know her better. Let us know what's happening Beverly?

Bill also joined at Delabian and Bob's after he heard we were trying to build a masters team. Bill is 44 years of age and is a very good 36 minute 10 k man. He'll make an important addition to our team.

Notices

SUNDAY RUNS IN D.C. (8:00AM)? If you're interested call Bob Harper - 797-9608.

Bob is training for a 100-kilometers race in Miami on Jan. 26th and the Old Dominion 100-miler in June. Anyone game for loooong training runs (30-miles & up) should call him.

YOUR DUES, if you decide not to come to the meeting, should be sent to Dan Rincon, 3309 Clay St., Wheaton, MD 20902.

CHERRY BLOSSOM CLASSIC

The 1980 Perrier Cherry Blossom Classic will be held on March 30, 1980. Each runner desiring an entry blank must send a long (legal-sized) self addressed and stamped envelope to: Perrier Cherry Blossom, P.O. Box 4711, Arlington, VA 22204. Envelopes will be accepted between January 1st and January 31st, 1980 and there should only be one request per runner. 4,000 envelopes will be selected at random and these will receive entry blanks. The remainder will receive notification of non-acceptance. Runners receiving entry blanks must complete them and return them by February 28, 1980. If you do not get selected let the Club know about it right away, especially Bruce; there may be something we can do (no promises however).

THE FOLLOWING IS A CAMPAIGN STATEMENT BY MARK BALDINO WHO, AMONG OTHERS, IS RUNNING FOR CLUB PRESIDENT. THIS IS A PRESIDENTIAL PLATFORM AND DOES NOT NECESSARILY REPRESENT THE CURRENT VIEWS OF THE WASHINGTON RUNNING CLUB. (verbatim)

I am campaigning for the presidency of Washington Running Club -- if elected I purpose several innovative changes to reconstruct the club into a viable and energized running organization.

Ground Rules for Reorganization

1. All club members who accept the responsibility of the W.R.C. administrative office will be required to fulfill their duties weekly. The estimated weekly work time will be 1-3 hours.
2. The Executive Committee will be available to assist and advise any club officer in the completion of their duties. The Executive Committee will keep in close touch with the progress of each task -- this will ensure the smooth functioning of club business.

Committees:

I. Newsletter:

- Function:
- A. inform all members of upcoming club events
 - B. report results from races
 - C. report on referendums to be voted on in club meetings

Newsletter Officers: A. Editor, B. Club Secretary - both of these officers will be responsible for compiling information, sending appropriate results to newspapers, typing and mailing the newsletter.

C. Executive Committee Reporter: Attends all Executive Committee meetings and reports on discussions and decisions of the meetings.

D. Upcoming Events Reporter: keeps tabs on all club races and social events.

E. Feature Article Reporter: (up to 4 people) this position could rotate among all club members -- articles may include individual training techniques, interesting race experiences etc.

F. Results Reporter: (2-3 people) also takes part in race selection meetings.

These positions may be combined or shared as seen fit by the newsletter staff -- the newsletter should be in print and mailed approx. 2 weeks before each club meeting.

II. Special Events Committee: arranges and coordinates

A. picnics, B. parties, C. uniforms, D. publicity, E. fund raising in conjunction with the Financial Committee.

III. Financial Committee:

- A. Treasurer, B. Fund Raiser

IV. Executive Committee:

- A. President, B. Vice-President, C. Treasurer, D. Secretary, E. Newsletter Editor

WITH APOLOGIES, THE REMAINDER OF MARK'S STATEMENT CANNOT BE PRINTED DUE TO LACK OF SPACE.

COPIES WILL BE AVAILABLE AT THE MEETING