



# Washington Running Club



## April 1980 Newsletter

NEXT MEETING: FRIDAY, APRIL 25, 8 P.M., RAYBURN HOUSE OFFICE BUILDING, ROOM B-318  
Independence Ave. & S. Cap. St.; entrance on S. Cap., garage entrance on C St.

### RINCON RINCON RINCON

### IN THIS ISSUE

Congratulations on three super races!

- \*March 30: 10 miles in 47:49  
(placing 5th in the Cherry Blossom)
- \*April 6: 10K in 29:29  
(placing 5th at Colonial Relays)
- \*April 13: Half-marathon in 1:05  
(winning Colonial Relays Half-mar.)

\* \* \* \* \*

### UPCOMING RACES

- A. Races to help with  
The club needs your help with these races. Call the listed coordinator to volunteer.
  - 4/27: 5M Montessori School Race, Annandale. Jim Hagan, 347-8914
  - 5/10: Upper Marlbor Race, 8 A.M. Dan Rincon, 933-7427
  - 6/1: Hecht's 10 Miler, 9 A.M. Al Naylor, 933-7427
- B. Races to run, open (additions to list published in Feb.)
  - 4/20-26 Penn Relays
  - 4/26 Patriots Cup 10K
  - 4/27 Diet Pepsi 10K
  - 5/11 PVAC 20K Chmps, Belle Haven, Alexandria, 9 A.M.
  - 5/17 PVAC 1 hour run, 8 A.M., Walter Johnson H.S., Bethesda
  - 5/25 Constellation Run (10K), Balt.
  - 6/8 PVAC 15K Chmps., Belle Haven
- C. Races to run, women only
  - 4/19 4M, 2M, Jefferson Memorial, sponsored by RunHers
  - 5/18 Bonnie Belle, 10K
  - 5/31 L'Eggs Mini, 10K, N.Y.
  - 6/21 4M, 2M, Old Angler's Inn, C&O Canal, 8:30 A.M. (RunHers)
- D. All-comers meets
  - 4/22, 29 Georgetown Track, 4:30 P.M. info: Joe Lang, 625-4293

- Report on women's gathering . . . . . p.3
- The story of Lake Irvington . . . . . p.4
- Ultramarathon Corner (new column) . p.3
- Commentary by Fleet Feet . . . . . p.4
- What happened last meeting. . . . . p.2
- What happened at the races . . . pp.4-6
- What happened at Ryun's Run . . . . . ?
- No biographies this time . . . . .

### MAY ISSUE

Will feature some of the women of the club. Women, start looking for photos for our cartoonist!

### APRIL 25 MEETING

This should be a good one. We will have first-hand reports from Boston and the Penn Relays, some pictures from Cherry Blossom, a movie called "Run for Yourself", and maybe even a couple letters. Also business, such as firming up plans for the races we're doing and planning a picnic. If you have anything you want discussed, please call Morrisons at 593-3834.

Bring popcorn, other refreshments, any recent race photos or clippings.  
See you there!

### PHONE NUMBERS

- NEWSLETTER . . . . . 293-7009
- INTRA-CLUB RESULTS 937-6835, 293-7009
- FREZ . . . . . 593-3834
- VEEP . . . . . 591-6583
- MEN'S COORD. 596-3670(h), 381-4211(w)
- WOMEN'S COORD. . . . . 340-2044
- MASTER'S COORD. . . . . 250-9063
- TREAS., SEC'Y, CENTIPEDE COORD. 933-7427

### ADDRESSES

Send news to 2135 Newport Place, N.W.,  
Washington, D.C. 20037

Send dues to 3309 Clay St., Wheaton,  
MD, 20902

Report from March 28 Meeting

Treasurer's Report (Dan Rincon):

Last year's total expenses were \$3,318.71, of which \$2,951.29 were travel expenses and \$367.42 were operating expenses (mailings, picnic, etc.)

Current balance is \$181.00, with \$564 owed for Albany trip (partially offset by \$250 from race director and \$84 from PVAC for Robert Rodriguez, who won local title). Recent expenses have included entry fees for Albany & for Shamrock Marathon, and printing & mailing of the newsletter. (If you're keeping score, don't get alarmed; members coughed up enough at the meeting to put us in the black!)

Masters Running Report (Dick Spencer)

There are 6 current members, but no team organized yet. Bob Mallet has been recruited and John Winslow is back. Upcoming masters races: National 20K champs here (date?); and Lynchburg 10 miler. Reports on Races, Etc.

The Hecht Co. 10 Miler is Sunday, June 1. Entry blanks will go out April 7. WRC gets \$1250 for doing the race, and \$250 for the clinics.

The Upper Marlboro Race is May 10; we are responsible for registration and finish line and will receive \$1.00 per entrant. Dan Rincon director.

Forestville Mall (Larry Noel): the race will be Thursday April 10, at noon, a 4 mile race around the mall. WRC to supply finish line crew of 6.

Women's uniforms have been ordered. Intra-club league report (Steve C.)

People aren't reporting races to Steve. PLEASE! 937-6835, or Delabian, 293-7009. Letters Department (Ray)

A letter from Marilyn Straub in answer to Ray's original letter— said we are welcome to compete (Lynchburg) but not as part of club challenge because we have no name runners. Mike Greehan said there's a possibility of a team entry for us.

Coach's Report (Mike Bradley):

WRC wins National 30K in Albany! Led by Bruce Robinson's fourth place 1:33:09, the team was tied with Summit A.C. using total times. The tie was broken by our third man (Jim Berka) being ahead of theirs. Will Albers was 9th in 1:35, and Jim Berka 12th in 1:36. Robert Rodriguez ran a 1:43, and Mark Johnson dropped out with a sore achilles.

Mike also reported on the Lake Irvington race, on Wendy's Hot & Juicy, and listed some of the upcoming races.

Another letter:

This one, from Bernie Allen, was shared by Norm Brand. Bernie had been in an auto accident and had to stop running, but he's back in training and is aiming for the 1981 European Marathon Champs. He'll be in town for the Hecht Co. clinic. Fund Raising (Mark Baldino):

The Runner's Log has been cleared with Foot Locker to open in all east coast stores.

Coca-Cola and Budweiser have been asked to sponsor a Peachtree-style race in October. WPGC radio is very interested. A \$28- 30,000 working budget is needed.

Training Corner

Bob Thurston talked about running Boston. Main points: prepare for downhill running and for heat. Know that timing stations are at odd distances. Spectators need a good game plan, a familiarity with the roads, something to eat and drink, and clothing for any weather.

There were about 40 members present.

— Al Naylor, sec'y

\* \* \* \* \*

**FLASH!**

Jim Buell reports:

The Aggie Track Club of San Francisco has challenged the East Coast Centipede Champions (that's us by default, folks!) to some head to head to head to head to . . . competition at this year's Bay to Breakers (May 18). Centipedes from throughout the country will be competing for an all expense paid trip to Australia for the (you guessed it) International Centipede Championships. Our centipede coordinator has picked up all the rules and regs, and info on places to stay. All we need to do now is find 13 crazies willing to hoof it out to the Bay.

Break out those nose and glasses!



CLUB WOMEN MEET!

Would you believe the WRC has a women's team that's twenty-eight strong and growing? I didn't either until I started calling the list to organize a pot luck supper meeting on April 11th. If you didn't know about it, make sure you 1) give Mary Ellen Williams your correct number; 2) get your phone fixed; 3) stay home when I call! We don't want to miss you at future gatherings. I'll send a women's roster soon.

There was no way that 15 mere mortals plus David could consume Julie Hubbard's immense salad but we tried. The two casseroles, french and homemade breads, wine, several desserts (wow, that chocolate cake!) and paté were a feast. (Marilyn Bevans nearly missed all of this, lost on an "hour long short cut" from Baltimore to Newport Place. Don't follow her too closely during a race.)

Full and mellow, we tried a guided tour through our running histories and what we'd like to see in our competitive futures.

The talents in our women's team are enormous. Many members are trying to break into national class times, others are trying to go from jogging to running. All want a forum that will cultivate their potential. We don't yet know how much organized team competition we want.

We have developed a list of races which several members plan to run. If you know of others, present them at the next meeting or in the next newsletter. People have expressed interest in:

1. Bonnie Belle, 10K, May 18 (D.C.)
2. Diet Pepsi, 10K, April 26 (D.C.)
3. L'Eggs Mini-marathon, 10K, 5/31, N.Y.
4. Hecht Co. 10 miler, June 1, D.C.

We had several new members. We'll try to do a newsletter profile on them soon. Meanwhile, when you see Pam Russell, Lenore Magida, Val Nye, Susan Aaronson, and Marilyn Bevans at a meeting, help them feel welcome.

The women's meeting was a chance to get in touch with some lost members. Connie Junghans is still in law school at U. of Maryland. She still runs and will stay in better touch. Gael Summer is coming back after surgery for cancer. We, the strong of lungs and heart are still vulnerable.

Gael is on the White House staff and hopes to be at some meetings once the presidential campaign is over.

-- Delabian Rice Thurston

\* \* \* \* \*

ULTRAMARATHON CORNER  
by Bob Harper

Coming Events:

- 5/4 Lake Waramaug 100K & 50M, CT.
- 6/1 Forest Park 40M, New York City
- 4/19 Williamsburg to Richmond 50 Mile
- 4/26 Sierra Club 100K hike/run, Canal
- 6/13 Invitational 100M, NYC
- 6/14 Old Dominion 100M, X-Country
- 8/3 Athletics Cong. Nat. 50M Champs.

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As of this writing we have a 3 person team entered in the Capitol to Capitol 50 Mile Run on April 19. Max White, Bob Harper, and Joe Riener expect to make a strong showing in this inaugural event after prepping in the Life and Health Marathon on April 13.

Summer may not be the best time to think about marathons, much less ultras, but it is the best time to get in some good training for the Two Bridges 36 Mile scheduled for Oct. 12. We're hoping Dannon will again offer travel funds to the winner and the first team.

According to Ken Young's collapse point theory anyone doing 84 miles/wk. should be able to handle a 36 miler, so I'm sure many of our marathoners could handle the race with little ill effect. Let's have a big team entry in this race.

The most prestigious ultra in the U.S. is the Lake Waramaug race May 4. Max and Bob H. are now entered; a third entry who can finish the 100K would give us a great shot at the team title. Contact Bob Harper for further information.

I'd like some feedback on whether club members would like to try some ultras as a practice session, fun run or a low-key but organized race.

-- Bob Harper

797-9608 (h), 381-4211 (w)

Ed. note: An unidentified hanger-on says this about the women's meeting: 1. Those women know how to feast! 2. If you want to hear a good story, ask Joy Hubbard to tell about 1979 Boston.

LAKE IRVINGTON CLASSIC  
March 22

Wendy's Hot & Juicy 10K  
Landover, Md., March 23

While members of the Washington Running Club were winning the Nat. AAU 30K Championship in Albany, a specially selected fun squad took a road trip to the shores of Lake Irvington. The WRC was invited back after last year's soggy saga and surprised all by accepting.

It was apparent from the start, however, that things would not go smoothly this year. Mark Baldino was on time. Phil Stewart was healthy. Dan Rincon wasn't alone. Upon arrival it was discovered the travelers would be unable to sleep in their vans as they had the previous year. They were forced to sleep in beds. Some doubled up.

Race day brought more headaches. Orange juice and coffee were forced upon the team members and it appeared the race would go on time. Veterans of last year's race voiced their disapproval when they didn't sink to their ankles in mud. If it weren't for the 50 MPH winds, all thoughts of Irvington '79 would have been lost.

Before the gun was sounded the members of the team were announced (possibly to be ridiculed for coming back). Jim Buell managed to repeat last year's win by slashing almost two full seconds from his record. Dan (there's no accounting for taste) Rincon finished third after suffering an overdose of white wine and Oreos from the night before. Ray Morrison brought home 5th place followed closely by Steve Ruckert (6th), Stan Fletcher (8th) and Phil Stewart (9th). Mark Baldino rounded out the team's effort with a 12th place finish. Interviewed after the race, Mark said "Pro road racing!"

In the women's race, the WRC scored a perfect 1. Kathi Guiney, our very own cover girl, won the event followed by the entire men's master division who refused to pass Miss Guiney.

-- Jim Buell

\* \* \* \*

Towson State College, March 22

Dave Cornwell won a one hour run here with 11 miles 825 yards, despite a 40 mph wind!

"Wendy's Hot & Juicy" drew a crowd of 3200. They were led by Terry Baker who took over in the second half and went on to win in 31:13. Mary Ellen Williams proved that she didn't freeze up at Lake Placid and won the women's division.

WRC results got hazier as more runners finished, since the organizers overlooked a few touches such as marking the finish or giving out any times. But here's the general order:

- |                         |              |
|-------------------------|--------------|
| 1. Terry Baker          | 31:13        |
| 5. Peter Nye            | 32:25        |
| 27. Kevin McTigue       | 34:00        |
| 36. Dennis Jett         | 34:34 (PR)   |
| 72. Ed Sayre            | 36:00        |
| 84. Stan Fletcher       | ?            |
| 100. John Sanders       | 36:09        |
| Bozena Syska            | 51:29*       |
| (*see Fleet Feet below) |              |
| Sara & Bob Harper       | ? (finished) |
| -- Peter Nye            |              |

\* \* \* \* \*

FLEET FEET writes:

I had to trick Bozena Syska into telling her time for the Wendy's race, by saying no one in the club is slower than I. At that point, she reluctantly set me straight. She has run a 3:19 marathon, but is now trying to come back after injuries. She'd love to hear any advice on getting your mind ready to compete. Other club members may have the same needs. "Fleet Feet" suggests a training corner on the mental run.

F.F.

\* \* \*

- 5 Mile Predicted Time  
Washington Sailing Marina, March 22
- |                        |       |
|------------------------|-------|
| J.J. Wind              | 30:18 |
| Phil Yunger            | 34:43 |
| John Davis             | 35:21 |
| Delabian Rice Thurston | 42:26 |

CHERRY BLOSSOM

NIKE- US Club Road Racing Chmps.  
San Diego, April 5

What a race! Two new American records, 25 men under 50 minutes, a whole slew of PR's, a perfect day for the race— that's the good news. The bad news is that we don't have complete WRC results yet. The results sheet we had was lost— but even that wouldn't have been complete. We need a system to get every club member's time for a big race like this.

Here's what we have; the complete results should be out in May this time, so it won't be much longer.

- 5. Dan Rincon 47:49
- 15. Terry Baker 48:48
- 17. Will Albers 49:13
- 18. Dave Cornwell 49:14
- 19. Bruce Robinson 49:28
- 23. Jeff Peterson 49:48
- 25. Jim Buell 49:55
- 29. Mike Greehan 50:19
- 38. Mark Mackey 50:56

Mary Walsh was fourth in the women's division with 57:20.

On the same day, Stan Fletcher won the Cherry Pit Ten Classic in 54:43.

To the rest of you who ran: sorry 'bout that, we'll get it together next time (with a little help from our friends).

Anyway, we all (at least a lot of us) had a good time and a good feed at the Robinson's afterwards. Thanks, Bruce and Sharon!

\* \* \* \* \*

R.J. Bentley's Rites of Spring 10K  
College Park, April 12

The WRC made out like bandits at this race which was intended to benefit Children's Hospital (it did, to the tune of \$12,000). Dave Cornwell won the race and a moped with his time of 30:13. Jim Buell followed in 30:23 to win a portable TV. Gracefully allowing a couple of non-WRC runners to slip ahead, Al Naylor claimed 5th place with 30:59, and Bruce Robinson finished 6th (despite lack of sleep and a bad hangover). Other WRC finishers:

- Stan Fletcher
  - Ray Morrison
  - Mark Baldino
  - Kevin McTigue
- (those 4 can fill in their own times)

Congratulations to the WRC team that finished 12th in this classy race, out of 29 full teams to finish. On a 10K course described as San Diego's equivalent of Hains Point, Herb Lindsay beat Frank Shorter in 28:29. WRC's top man was Terry Baker, 31st in 30:18; he was followed by Will Albers, 36th in 30:32, Jim Buell, 40th in 30:36, and Jeff Peterson, who fell down but got up to run 31:42 for 64th place.

Frank Shorter had it figured so he couldn't lose: the team victor was the Frank Shorter "black" team, while Frank Shorter "silver" finished 4th, and F.S. "white, 10th. Second place went to Oregon T.C. "A" team, third to Jamul Toads. The only eastern team to beat WRC was the Atlanta T.C. in 7th.

\* \* \* \* \*

Belle Haven 15 Kilometer  
Alexandria, April 5

Jim Berka tied with Dean Reinke to win this Mount Vernon Trail race under pleasant running conditions, in a time of 48:37. Mike Greehan was third in 48:54, with Robert Rodriguez 6th in 51:35.

Thanks to Rodriguez, the "WRC downtown" team was able to enter a complete team that included Bob Harper (26th, 54:57), Steve Donovan (58th, 60:52), John Winslow (59th, 61:14), and Delabian Rice Thurston (129th, 77:20). The team finished 5th of 8 teams and won a sack of fruit. The prize they brought, fresh home-baked bread, was eagerly gobbled up by the winning Harriers— but by stashing away an extra loaf and some cheese, "WRC downtown" managed a victory picnic of sorts.

Other WRC finishers: J.J. Wind (22nd, 54:18); George Cushmac (34th, 56:16), and Chip Hill (71st, 62:55).

\* \* \*

INTRA-CLUB LEAGUE:

Corrections & Additions

- 1. Mark Mackey is on Alexandria team.
- 2. Susan Aaronson is on Northwest D.C. team.
- 3. Marilyn Bevans is on Columbia-Balto.

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Life and Health Marathon  
Frederick, Md., April 13

Vienna Campers Classic 10K

Max White and Sam Bair intended to tie as they crossed the finish line in 2:29:58, but race officials ruled that Max (holder of the JFK 50-mile record) beat Sam (a 3:56 miler) by a shoulder. Bob Harper finished 7th in 2:43:13, Vassili Triantos was 9th in 2:44:39, and Joe Riener hit a PR 2:57:20 for 33rd. There were about 600 runners.

Max, Bob and Joe were getting in speedwork for the Capitol to Capitol 50-miler (see Ultramarathon Corner).

In the accompanying 6 mile race, Steve Ruckert took second place in 32:35, losing by only a second to Robert Proctor of Frederick.

The marathon course is beautiful: back roads, no traffic. It is a well-organized race, with permanent mile markers, good aid stations and a fabulous vegetarian feed for all the runners afterward. A good race to put on your calendar for next year, with a big if: the sponsors, publishers of Life and Health magazine are not sure they can continue to sponsor the race, according to an article in the Frederick News-Post. In its 3 years, the race has not yet broken even. Anyone who's ever watched Bob Harper eat knows why not.

Let's hope they continue to put on the race even if they drop the dinner.

Alan Hinchcliffe took second in this race, with 32:30. Chip Hill recorded a PR of 38:23 to place 11th. Chip, whose goal is to beat the times of a certain famous WRC runner, was heard to shout "Watch out, Mary Ellen" as he ran off in the sunset . . .

Bethesda Chase

(picking up some pieces, after last issue's partial coverage.)

Women's Results

In top 5 overall:

- 1. Mary Walsh 77:01.6
- 3. Mary Ellen Williams 79:55
- 4. Marilyn Bevans 80:16

23-29 division:

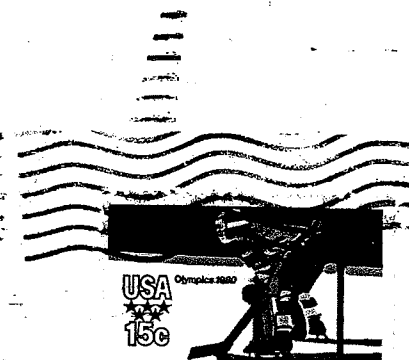
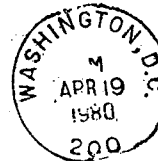
- 1. Pam Russell 83:50
- 8. Kathi Guiney 96:10

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Max White, WRC's stellar ultradistance runner, is leaving the area and the club. This autumn he and his wife Jenny are moving to Charlottesville where Max will resume graduate studies at U. of Va., in the Ph. D. program for math education. Max will rejoin the Charlottesville T.C., for whom he ran earlier while getting his masters degree. We're sorry to see you go, Max, but we wish you all the best.

— Pete Nye

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3309 Clay Street  
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