

★ Washington Running Club ★

May - June 1980 Newsletter

WRC ANNUAL PICNIC: SUNDAY JUNE 22 * * * * NEXT MEETING: FRIDAY JULY 11

!!! WRC ANNUAL PICNIC !!!

Sunday, June 22, from 1:00 P.M. on, at the Robinson's, 340 Ednor Road, Silver Spring, Md.

FEATURING

Horseshoes, Championship Volleyball Game (on regulation court), possible Softball Game (bring mitts), and the infamous Beer Relay!

PLUS FOOD AND DRINK:

Club will provide beer, soft drinks, paper plates & cups, grilles, charcoal, etc. Bring food to share and/or to eat. Some suggestions--

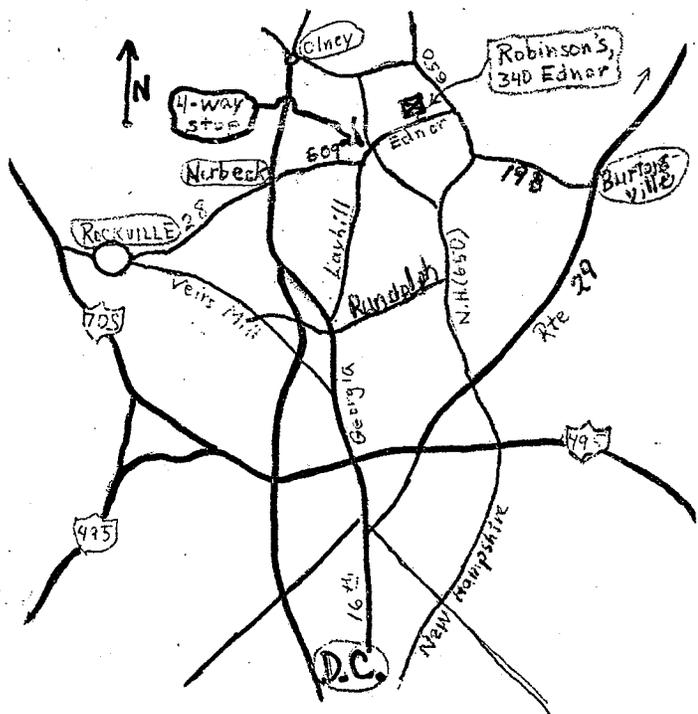
- To grill: hamburgers, hot dogs, spareribs, chicken, shishkebob, steak(?)
- Casseroles: macaroni & cheese, tuna, scalloped potatoes, vegetarian dishes, etc.
- Salads: garden, potato, cole slaw, cold bean
- Breads & cheeses, butter, rolls
- Fruits & deserts

"Whatever is brought will be eaten" is our motto (and historically true).

HOW TO GET THERE

1. Out Connecticut Ave. extended to Aspen Hill Shopping Center; left (north) on Georgia. About 2 mi to third light, right on Norbeck Road (Rt. 609). 2 1/2 mi to T junction, left on Layhill to 4-way stop. Straight across intersection, Layhill becomes Ednor; 1 mile to 340 on your left. Look for Sharon's rainbow on the mailbox.
2. Out Georgia Ave. to Glenmont. After Randolph Road and the Shopping Center, take next right onto Layhill Rd. 5 mi to 4-way stop; continue straight onto Ednor, 1 mi to 340.
3. From Route 29, take 198 west at Burtonsville, 3.2 mi to Rt. 650 (New Hampshire). Right at 650, 1 mi to Ednor. Left on Ednor, 1 mi to 340 on right.
4. Ride with someone who knows the way.

In case of very bad weather, call Bruce to see if picnic is on or off (i.e., whether or not he got the beer). 774-4135.



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DEAR READER:

The newsletter need your help! How? Well, a whole slew of you could start by paying 1980 dues so we can keep putting stamps on your copies. Also we need more stories, letters, commentary. Even postcards--telling race results, or what you're up to. Please don't wait for an invitation, just write. Your news doesn't have (cont.p2)

APRIL MEETING

MAY 23 MEETING

Forty-five people attended the April 25 meeting including new members Pam Russell, Bob Mallet, Jesse Garves, John Elder, Neil Campbell, Dave Asaki, Gretchen Vogel, and Samuel Jackson.

Discussion

- Mailing list: it's in disarray and Ray is trying to fix it.
- Wendy's-Bullets Race and the shorts story. Ray explained how Abe Pollin's refusal to pay for \$4000 worth of shorts may force Bernie Allen to sue.
- Ray read a pro forma reply from Carter's letter writer to Ray's earlier letter.
- Mike's report. Some results including Jim Berka's 2:19:26 at Mardi Gras.
- Mary Ellen reported on the Bethesda Chase, and asked Mark why there was no WRC women's team entered. "Not my job," he said. Upcoming race: Bonne Bell, 5/18.
- To request money for trips: make the request to Ray, another officer, or your team coordinator. That group of 7 will be polled to act on the request.
- Next meeting set for May 23, same place.

Entertainment

As bags of popcorn made their rounds, we watched a nice movie called "Run for Yourself." When it was over somebody said "Where are the cartoons?" The answer came soon as Mark Baldino showed about 8 unspliced home movie reels of the Cherry Blossom Race. During the course of this film marathon: Mark was nominated for an Academy Award (Best Foot Film); several members received detailed critiques of their running style and apparel; and Bill Rodgers was discovered to have incorrect foot placement-- landing on his toes (that could be his problem, right there). By the time "only 2 more reels" were left, everyone hoped that Mark would be in shape to run next year's Cherry Blossom instead of film it.

This was a low key event, with about 2 dozen attending. Ray discussed his attempts to get the roster straightened out-- please get in touch with him if there's any mistake on the list (or if you didn't get one).

Dan reported on the treasury; there was a balance of \$331.36 until he started writing checks later on.

In Mike Bradley's absence, Jim Hagan read from the coach's report until he was hooted down.

We discussed the picnic and agreed that we could live without a softball game (as long as there's a beer relay).

Plans were made and people drafted to help with the Hecht Co. 10-miler.

The highlight of the meeting was Bob Harper's ultramarathon report. He reported on the Williamsburg to Richmond 50-miler, the Waramaug 50-miler and 100K, and told of some of the new "ultra" recruits. By the time he described the 60-mile training run, members were falling off their chairs in astonishment. "You do take an easy day after a run like that?" asked a worried-looking Dan Rincon. "Yeah, I only ran 10 the next day," said Bob.

A couple comments on refreshments:

1. Beer, etc.-- this is brought by people, not paid for by the club. If you drink beer at meetings, please try to contribute a fair share-- not necessarily every time, but over a few months at least. Soft drinks, cider, etc., would also be welcomed by many!
2. Food-- the maintenance crews have asked that we limit food to snack-type things that can be easily vacuumed.

The next meeting was set for Friday, July 11, same place and time.

- Bob Thurston

DEAR READER, (cont.)

to be earthshattering (we hope it isn't), just interesting to you. Another kind of help is more and better race results reporting. Could we make it a habit, each time we go to a race, to make sure someone will report results to the newsletter? Write down results immediately; you'd be surprised how many people can't remember their own times a little later, or how hard the information is to get once people disperse. Be as complete as possible (see Norm's story, p. 4 for a model of statistical thoroughness!): include date, time, name of race, WRC times, winner's time, whether any FR's, awards if relevant, and what was interesting & funny about the race. Got all that? Go ahead and call the results in-- 293-7009. But since you've already done most of the work, why not just write them up and send to: 2135 Newport Pl, N.W., Washington, D.C. 20037.

INTRA-CLUB REPORT

MEN'S COORDINATOR REPORT

Arlington-D.C. South, riding some strong performances by Robert Rodriguez and outstanding improvements by Jacob Wind, seems to have the league title in the bag (but there are still 2 weeks before the official end of this season, at the picnic!). Now is the time for us to evaluate this program and start another season, this time for a whole year if we want to go ahead with it. We can discuss it informally at the picnic and more officially at the next meeting, but meanwhile get your thoughts together and send them to Delabian, 2135 Newport Place, N.W., D.C. 20037. Use your own paper, but you can use the numbers & letters below to save time. Please send by June 16.

Intra-Club League Questionnaire
Name _____

Intra-club team _____

1. Has the program:
 - a. spurred you to any extra effort in your running?
 - b. helped you to get to know some other club members?
 - c. brought you out to races or meetings?
2. Has your team:
 - a. gotten together for races, training runs, etc.?
 - b. kept track of each other's performances?
3. If continued, should the program:
 - a. keep the same emphasis, weighted toward improvement, or give more weight to participation?
 - b. keep the existing teams, or do they need revision?
4. Please comment on the program in general, giving any suggestions you have. Should the program continue?

* * * * *

OPEN GROUP TRAINING RUNS

Have you ever wished for companionship on those long runs? Ever been curious about other folks' favorite courses? Here are a couple of opportunities:

1. Steve Ciccarelli is hosting a run on Sunday June 8, starting at 9:30 or 10:00. 3905 Stoconga Dr., Beltsville, Md.; 937-6835. Any distance you want to run can be accomodated. Give Steve a call.

First off, congratulations are in order for our Olympic Marathon Trials team of Bruce Robinson, Will Albers and Jim Berka. Bruce and Will recorded PRs of 2:17:29 and 2:17:51 respectively, finishing 28th and 32nd overall. Jim ran 2:26:16 for 97th place and was just glad to finish (he lost a toenail).

Secondly, I'm looking for a team to compete in the PVAC 15K event on June 8. This local championship will be held at 9 a.m. at the Belle Haven picnic area just south of Alexandria. All of you who are registered with the PVAC and who wish to run, call me at the office (202-634-3933) or home (703-683-5193).

Also, after winning the National Championship at 30 kilometers recently, we should field a team for the upcoming National TAC 15K event to be held in Utica, NY on the morning of July 13. All interested men should contact me no later than June 15th. That's it.

-Mike Bradley

SOME UPCOMING RACES

- 6/8 PVAC 15K Chmps, 9 am, Belle Haven Picnic Area, Alexandria
- 6/14 Old Dominion 100 mile, 5 am, Morven Park Estate, VA
- 6/15 Columbia Birthday Classic Half Marathon, 8 am (500 limit)
- 6/22 Alpine Cup 15K, 2 p.m., Davis, W.Va.
- 7/4 Peachtree Road Race, 10K, 8 am, Atlanta, GA
- 7/13 Utica Boilermaker 15K- National TAC open chmps, Utica NY, 9 am. Call Mike for entry.
- 8/17 Falmouth Road Race, Woods Hole, MA, 10 am.
- 8/24 Annapolis 10 Mile 7:30 am, Severna Park, MD.

2. Jesse Carves turns 30 on June 15 and plans to celebrate by running 30 miles. You're invited along for part or all of the run, then return to Jesse's for cake and ice cream. Call Jesse at 681-6878(h) or 755-3284(o). Start 7 am at Kemp Mill Shopping Center, Silver Spr.

Do you have a suggestion for a running site and time? Call or write the newsletter and we'll get the word out. Why not have one every week, varying the location and time?

OLYMPIC MARATHON TRIALS
Buffalo to Niagara Falls, 24 May 1980

Before the race there was concern about the weather. On Friday the temperature reached the 70's, 10 degrees warmer than normal, and the sky was clear. But on Saturday the sun was screened by heavy haze and light clouds, so that when the 178 runners took off, the air was about 60°. The course went 4 miles through Buffalo streets, over the Peace Bridge to Canada, around Ft. Erie, and then out 20 miles along the Niagara River, finishing about a quarter mile from Niagara Falls. The temperature then was about 70°, so it was not a bad day for running, at least for the 123 finishers.

The 10 minute warning cannon startled several people into turning and starting to run by reflex. At the real start Gary Fanelli broke in front (like Kurt Steiner at Boston) and before leaving the art gallery plaza was 10 yards ahead. He held the lead through 17 miles, most of it by 100 yards, but the pack caught up to him at 15. At 17 Randy Thomas took over, replaced in turn by Benji Durden at 20.

Then Tony Sandoval turned on the speed and made up the 75 yard lead Durden had and passed him at about 22 miles, although Durden was running 4:50 for that mile. Sandoval's next 2 miles were 4:45 and 4:50, which opened a lead no one could close, although Durden and Kyle Heffner tried to keep with him. Tony's time was 2:10:18, Durden clocked 2:10:40, and Heffner cut 3:36 off his best for 2:10:54.

Many other in the race also made personal bests as the strong field made a good opportunity for running fast: twelve were under 2:15 and 56 broke 2:20. Among those disappointed with the race were John Lodwick and Tom Fleming, who dropped out, and Frank Shorter and Kirk Pfeffer, who

came in together at 2:23.

Bruce Robinson and Will Albers were aiming for Bernie Allen's club record of 2:17:02, and came pretty close. Bruce was 28th in 2:17:29.9, a 3/4 second improvement, and Will was 32nd in 2:17:50, 2:24 better than in the Marine Marathon. Just behind Will were Phil Camp and David McDonald, 1st and 3rd last November. Both Bruce and Will were pleased with their times and had no problems after the race (except a 3 hour flight delay for Bruce, anxious to get back for Sharon's birthday party). Jim Berka did not fare so well, with 2:26:13 for 98th place.

Several WRC alumni were in the race: Cliff Karthausser showed good form with his 2:16:58 for 24th, Chuck Burrows was 78th in 2:22:52, and the irrepressible Sheldon Karlin was 103rd in 2:27:29. They (and their wives) all send greetings back to the club. Cliff wants to come in for the Marine next November, Chuck is moving to Portsmouth, N.H., and Sheldon is a social worker for the state of New Jersey.

The next day, the Belle Watling Club put on a 10 K race in Delaware Park, not far from the trials start. Our ubiquitous and peripatetic Mike Greehan won (31:31) in a sprint finish with Willie Bauza. Laura DeWald was second woman in 39:51. She claimed she didn't run well because of too much beer the night before, but I wonder if another factor might have been the 40 miles she biked with Mark Albers and Norm Gordon escorting Bruce and Will. Several marathoners, Will included, took a couple of laps in a later fun run.

-- Norm Brand

LEADERS TIMES, 1980 TRIALS

1	4:39	Fanelli	10	49:30	Fanelli	30K	1:32:59	Thomas
2	9:46		11	54:20		19	34:45	
3	14:44		12	59:14		20	39:44	Durden
4	---		20K	61:23		21	44:40	
5	24:37		13	64:03		35K	48:23	
6	29:48		1/2M	64:39		22	49:41	Sandoval
10K	30:48		14	69:24		23	54:34	
7	34:47		15	74:35	Fanelli; pack	24	59:24	
8	39:41		16	79:41		40K	2:03:34	
9	44:31		17	84:41	Thomas	25	04:18	
15K	46:02		18	89:44		26	09:18	
						M	2:10:18.6	

ULTRAMARATHON CORNER

By Bob Harper

Capitol to Capitol Classic

On Saturday April 19, WRC's ultra-people made a strong showing at the Williamsburg to Richmond race. The only thing classic about this race was the camaraderie of the runners and their pit crews. Fighting a head wind, temperatures in the 70's, an uphill course, and heavy traffic, Max White led all the way (except when led off course by the lead vehicle) to cover the 50.5? miles in 5:39, 12 minutes ahead of Bruce Nystrom. Joe Rienr worked his way up through the pack to capture 6th place in 7:25. Bob Harper dropped out at 40 miles. Of the field of 48, 25 runners had completed the distance in 9 hours. Many thanks to Jenny White and Bill Lawder's friend Carol for their help during the race. Ed Foley, who has since joined WRC, placed 4th with 6:47.

New Ultramembers

Recent new members include Bob Crane, Kevin Eagleton, and Ed Foley. These three new additions are all accomplished ultramarathoners having 50 mile bests of 7:24, 7:17, and 6:47 respectively. Bob is an old hand at both ultrarunning and ultraorganizing. His founding of the US Twin Bridges Race is probably responsible for the rapid growth of our club into ultradistances. Kevin Eagleton, a hill staffer, ran his best ultra to date at the tough JFK course, a 7:17. Ed Foley has been running only about 2 years but already has run many ultradistance races. Besides his recent 6:47 (see above), he also won the Sierra Club 100K, a muddy towpath race from D.C. to Harper's Ferry.

Lake Waramaug 50mile/100 km, May 4

The WRC entry of Max White and Bob Harper showed the field of 118 nothing but their backs for the first 40 miles. Max won both the 50M and 100K portions of the race with times of 5:28 and 6:59:44. Max's 100K makes him the second fastest American at that distance; the record is 6:51, by Frank Bozanich.

After Max dispatched one early rabbit to take the lead he was never threatened. Harper closed to within less than a minute from the 15 mile mark to the 30; Max and Bob both passed the marathon in 2:48. Harper slowed drastically to finish 5th in the 50 in 5:49:56, the 4th fastest finish ever by a club member. Strong winds during the second half of the race prob-

ably prevented Max from taking the American record, although he did demolish Park Barner's course record by some 15 minutes.

Upcoming Events

Old Dominion 100 Mi X-Country, June 14--

Joe Rienr, Bob Harper, Kevin Eagleton, Ed Foley, Bob Crane, and Bill Lawder will all be participating. Pit crew help can be all-important in a race like this. If you can help on June 14 please get in touch with Bob Harper. TAC 50 Mile, Aug. 3, Chicago-- This national title should be ours for the taking if we can generate a few more interested runners. We should have at least 4 runners and 1 handler to insure a victory. So far, Dave Asaki, Kevin Eagleton, Ed Foley, Jubie Aulisio, and Bob Harper want to go. We'll be planning some track training runs so we can all get used to running around in circles. Get in touch with Mike B. or Bob Harper if you're interested.

Dannon Two Bridges 36 Mi, Oct. 12, 1980

Keep this Sunday open on your calendar. Our team could use (1) runners, (2) a rabbit, (3) throngs of cheering spectators, and (4) pit crew assistance. The entry fee is only 50 cents so let's overwhelm the field with WRC runners.

NEWSFLASH

In most ultras the third scorer for the winning team is often beaten by the first woman. If some of our women runners would like to move up to a slower-paced event, get in touch with any of our experienced ultra people and they can help you out.

* * * * *

More on Bob Crane: He started running 15 years ago while training sled dogs in New York State. His objective: to run just enough during the week so he can comfortably run 25 to 30 miles on Saturdays with his dogs along the canal. Long-range objective: "to set an unbeatable age group record in the 100K for 100-years and over by running a sub-10 hour time at age 101. This leaves me 50 years of training yet, which should be enough preparation for a good race." Bob held the age-45 U.S. record for both the 50-mile (7:42) and the 100K (10:19) for five years until Pete Monahan shattered them last year.

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BAA MARATHON, APRIL 21, 1980

On a warm Patriot's Day, while Bill Rodgers was winning his 4th Boston Marathon and Jackie Gareau was being robbed of her earned glory, WRC runners acquitted themselves honorably. Congratulations to 27th-placing Bruce Robinson who finished in 2:21:15 after a sprint to pass a "late entrant"(about 26 miles late); to Jack Coffey, whose fine 2:25:19 garnered him 50th place and a spot in the large type column in the Globe; to Jacob Wind, with a 2:27:25 that helps make his PR chart look like a record of the 1929 stock market; and to Marilyn Bevans, 26th among women in 2:55:26.

I'm sure we're missing somebody, but we'll catch them later. Here's what we have:

Dean Reinke	2:30:43
Chuck Burrows	2:42:39
Dick Spencer	3:04
John Winslow	3:08:28
Pam Russell	3:23:05

John Winslow's experience this year was interesting in the light of his 13-year acquaintance with this event. He has always loved the race; his tales of the excitement, the spectators, and the cheering coeds at Wellesley convinced this writer, at least, to run Boston. But now John wonders if the whole thing isn't "too much."

In the old days John could leave for Boston without much ado and only a few silly questions (you're going to run that far?). This year his office mates embarrassed him with a huge surprise send-off party which he felt compelled to "enjoy."

On his first trip he shared a \$25 room at the Boston Sheraton with four others; this time-- well, you know how far \$5 a head would get you.

There's been a lot of discussion of how the size and quality of the field have increased; John says the size of the crowds (not quality) has increased enormously also. It used to be that there were clusters of spectators, whose cheering gave you just the encouragement you needed. But there were also nice spaces of

quiet road between spectators. Now, with spectators lining the whole route, shouting relentlessly, making the same comments for 26 miles, and in some of the narrow spots screaming at you from both sides, the intended encouragement becomes tiring and even painful.

Nobody ever raved about the beef stew, but at least beef stew was a nice tradition, and the cafeteria was a pleasant enough place. By contrast, yogurt served in a concrete parking garage, the scene poorly lit except for the shining space blankets enveloping the runners, was a bit weird. When John realized that just to get a drink of water he had to step over space-blanketed bodies, the surrealism of the scene overtook him and he left before getting his yogurt.

If there's any race that doesn't need a gushy, high-powered, crowd-egging announcer at the finish line, it's Boston. Who needs it? For that matter, who needs such screaming mobs, or Rosie Ruiz, or any of the other opportunists and hangers-on?

It's probably the wrong question. The Boston Marathon doesn't need Rosie, or the announcer, or the entrepreneurs, or the million spectators, or the 5,000 runners. They (and we?) need it, just because it's Boston, even if it's changing in ways we don't like.

I didn't ask John if he was calling it quits after this, his 9th Boston. I'm not so foolish. He might say yes, or he might say no. But if you check with him next spring, or the spring after that, I'll bet you can catch him getting ready for number ten.

-Bob Thurston

* * * * *

Patriot Day Five Mile, April 20
Beltway Shopping Center, Greenbelt

1. Robert Rodriguez 26:45
2. Kevin McTigue 27:20
3. Stan Fletcher 28:45

McLean Rotary 5 Mile, 4/13

1. Robert Rodriguez 25:27
4. Jim Hagan 26:12

LETTER FROM MOROCCO

SAN FRANCISCO "BAY TO BREAKERS," MAY 18

Member Judy Graeff received her April newsletter in Casablanca, Morocco and wrote back to Delabian. We hope Judy won't mind if we share some of her letter.

"I read the newsletter and was very very pleased to see that the women are getting together and (besides eating) are organizing themselves. I attended several WRC meetings last year and read all newsletters and was disappointed to see how silent and overlooked women's activities were . . . A lot of this was our own fault- we needed to let people know we were running! So, although I am physically not there, know that there is a woman runner who is cheering for you all.

"I am a psychologist and have taken a job here in Morocco for 3 years. This is an A.I.D. sponsored project to integrate women into vocational schools. Just as in the states, women are relegated to secretarial or nursing schools. So we are introducing girls to training in electronics, drafting, accounting, etc. My job is to counsel them as they are in training and later on the job. I am also going to be doing research on the problems women face being employed outside the home. Morocco is a Muslim country and many women are still veiled. You can also see tight jeans, slit skirts and high heels-- so the scene is changing. It's a challenging job and I am enthusiastic about it . . .

"What about running in such a place? Good question and one I needed to address as soon as I got over here . . . My solution rests with the U.S. Marines! There are 6 guys who guard the consulate here in Casablanca and they are happy for the feminine company when they run. That way I don't get hassled and just have to put up with being stared at. The Marines are running a little slower than I am-- so my reputation has spread wide and fast after only two outings of 3 miles each!

"I ran in the 1979 Marine Marathon and the Md. Marathon, clocking about 3:36 for both. Really enjoyed the distance and wish I could sneak back for some events this fall. I will keep in shape here and who knows when I will show up!?. . .

Sincerely,
Judy Graeff

In a city where the bizarre is the norm, it was no unusual event when the local winos, hippies, belly dancers and Hare Krishnas began assembling along the streets early on a Sunday morning. Representing WRC at the world's zaniest and largest run for fun was Laura DeWald. Having gone to Frisco for a little sun and fun, she felt right at home among the mass of 24,000 who gathered for the derelict-dominated race.

The 7.63 mile cross-city race appeared to provide the participants and spectators alike the opportunity to release a few inhibitions. Countless centipedes wriggled their way over the route as did a Heineken six-pack, a man in a veiled wedding gown, Dracula, a giant pumpkin, and people who preferred to wear absolutely nothing.

Having started the race in front with the seeded division to avoid the stampede (thanks Mike Bradley!), Laura missed out on the entertainment provided further back in the crowd by a native flasher.

For those people that took this athletic event seriously, the race proved challenging. Once past the obstacle course at the starting line, the course meandered westward away from the waterfront through the central business district for a couple miles, whereupon the runners were faced with the ominously steep Hayes Street hill. Most runners agreed that this mile-long ascent was the toughest part of the race.

Once over this barrier the remainder of the course was downhill, going through Golden Gate Park and ending in the cold and fog at the breakers.

The winners, Craig Virgin and Laurie Binder, both clocked record-breaking times and were awarded a trip to Australia to compete in the "City to Surf" race. Such an exciting prospect spurred Laura D. to her own PR of 46:07, placing her fourth among the women and 256th overall.

In keeping with the excitement and festivities of the gala event, the sweet taste of victory was complete as the winners saturate one another with champagne. Good times had by all!

-- Laura DeWald

CHERRY BLOSSOM, MARCH 30

NEW YORK MARATHON ENTRIES

Last time we listed the top 9 WRC finishers, Rincon through Mackey. Here are the rest (completeness not guaranteed)

39	Sheldon Karlin*	50:56
52	Jim Berka	51:19
53	Mark Johnson	51:22
57	Peter Nye	51:38
70	Jacob Wind	52:41
71	Alan Hinchcliffe	52:46
73	Robert Rodriguez	52:49
78	Jack Coffey	52:59
99	Ray Morrison	54:02
	Kevin McTigue	54:18
	Steve Ruckert	54:32
	Jim Hagan	54:54
	David Asaki	56:38
	Randy Truesdale	56:40
	John Walker	57:13
	Dan Reeks	57:25
	Kerry Baruth	58:00
	Bob Harper	58:29
	Max White	59:26
	Dick Spencer	60:08PR
	Jesse Garves	60:42
	Ed Sayre	61:59
	Alan Weiss	62:21
	Bob Williams	62:59
	Chip Hill	63:30PR
	Bill Gaston	65:10
	Mitch Tropin	73:44PR

WOMEN:

4	Mary Walsh	57:20
5	Marge Rosasco*	58:05
6	Jennifer White*	59:27
11	Laura DeWald	61:01
12	Marilyn Bevans	61:30
13	Mary Ellen Williams	62:13
49	Valerie Nye	72:27
	Lenore Magida	78:45
	Margo Whiteside	84:10
	Bev Kane	88:29

(* former members)

The Results Book is long, but it contains a few gems. Mike Bradley, we learn, ran a respectable 57:00 despite appearing simultaneously as a spectator, complete with street clothes, a camera and clipboard. The biggest upset of the day seems to have gone unnoticed, as "Silver Spring, Md." took 378th place in 61:15. Hardly anyone's bet for fastest city, Silver Spring is said to have copyrighted its training methods, refusing to divulge them despite tempting offers from New York, Las Vegas and San Francisco.

Here's how to try for an entry:
 1. Be a hot shot and get invited.
 2. For the rest of us: Write a letter requesting an entry blank, and enclose a legal-sized (No. 10) self addressed, stamped envelope. Mail to: Marathon Entry, P.O. Box 1388, GPO, New York, NY, 10001. Do it now; they'll send entry blanks out toward the end of June, and accept the first 10,000 on a first-come, first-served basis. Later they will choose another 5000 by lottery.

-- This information courtesy of the Holmdel Runners Club, N.J.

MIDLAND 15K, MAY 4, FAR HILLS, N.J.

Herb Lindsay beat out a stellar field in this race with a time of 43:54. His closest competitor was Lasse Viren in 44:15. Patti Lyons won the women's division in 51:50. WRC's top man was Will Albers, 23rd in 46:32--- ahead of (among others) Bob Hodge, Bill Rodgers, John Flora, and Gary Bjorkland. Second for WRC was Dan Rincon, 30th in 47:05; then came Bruce Robinson, 44th in 48:02, followed by Al Naylor, 45th in a PR 48:03, and Jim Buell, 51st in 48:45.

Mark Baldino finished in 55:??; Ron Kalman turned in a 68:55, and Kathy Guiney, 69:40. Dennis Jett's time?

Everyone seemed bothered by the heat, including first-timer Ron Kalman, but Ron was impressed by the quality of the race and the beauty of the course.

Ron hurt his knee at the race and suggests a session on prevention and treatment of injuries.

* * *

MADISON H.S., VIENNA, VA, MAY 4

Jacob Wind and Marc Sengebusch tied to win this 20K race in 1:13:20. Karen Sullivan was the first (and only) woman, in 1:38:33.

* * *

TEAM RACES

There are a couple of lowkey team events on the DCRRC summer schedule: On 19 July, at Braden Field, Greenbelt, 8:30 am, the 4-person, 20-mile relay. On 10 July, DCRRC team race, 5 mi (Langley).

DIET PEPSI 10K

PVAC 20K, BELLE HAVEN, MAY 10

"It's been a long time and it feels great," said Al Naylor of his victory at the Diet Pepsi race on April 27. His time was 30:58. Jim Berka was runnerup in 32:12. There were lots of WRC folks in the race; here are the ones who've coughed up their times. Shame on the others.

5	Robert Rodriguez	32:40
6	Jacob Wind	32:56
12	Dave Asaki	34:12PR
22	Mark Baldino	35:20
	Bob Minor	44:12
*	*	*
*	*	*

BONNE BELL 10K, MAY 18

Teams-- WRC was second, losing to the Tidewater Striders, but beating the RunHers.

Individuals--

7	Mary Ellen Williams	38:31
26	Pam Russell	40:18
30	Hannah Rowe	40:39
75	Karen Sullivan	43:20
86	Val Nye	43:41
	Phyllis Gibble	?
	Jean Dwyer	?

Mary Ellen says that nearly everyone's times were slower than hoped for, on account of the humidity.

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"Consumers for Nutritional Action 5K" Coucher College, April 13

Warren Haynie finished a close 3rd in this race with a 16:04, winning a \$15 certificate at a Health Food Store.

Warren has also been chosen as an "American High School Athlete."

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Bob Minor ran a 43:57 to place 81st in the 100 Club 10K Race, in Silver Spring, MD. He's on the way down to sub-40 minutes for 10K, now that he's broken the 44 minute barrier.

Jim Berka won the Headquarters Army Recreation 10 Mile, on May 4, with a time of 54:20, despite going off course. Steve Ciccarelli was second in a PR 56:08. George Cushmac finished in 61:35, Bob Williams in 62:37, Mary Ellen Williams in 64:20, and Chip Hill in 67:??.

The WRC would have won the team entry but only military teams were recognized. Berka won a 2-foot trophy; Jim, Steve, George and Mary Ellen each won shoes.

It was a scene reminiscent of old times. The WRC has over 100 members but only 3 were on hand, with the minutes ticking away before the start of the 20K Championship. Ray, Robert, and Peter looked around, spotted Tom Waites, and cornered him. "Wouldn't you like to join WRC . . . just happen to have a membership card here . . . need to borrow \$10?" Tom, surrounded, was glad to accept, possibly to get rid of the high-pressure salesman. That left them just one shy of a team, so when Jacob Wind showed up they were all set.

The hastily assembled team swept the first four places plus 6th place, as follows: (1) Peter Nye, 67:41; (2) Robert Rodriguez, 67:43; (3) Ray Morrison, 68:51; (4) Jacob Wind, 69:36; and (6) Tom Waites, 72:41. Glad to have won but disturbed by the gap, the team then recruited Marc Sengebusch, who had finished 5th in 69:43.

Meanwhile, Val Nye won the women's division in 95:57 to give the Nyes a double. That's nice, Val, but why didn't you recruit four other women to complete a team?

HECHT CO. 10 MILE, JUNE 1

WOMEN'S RESULTS

1	Mary Walsh	59:08
3	Mary Ellen Williams	62:33
5	Laura DeWald	64:41
8	Chris Hutchison	69:23
9	Pam Russell	69:49
16	Mary O'Connor	71:56
23	Lenore Magida	76:12
	Hannah Rowe	79:55
47	Phyllis Gibble	81:41
	Sandy Weils	
67	Kathy Guiney	86:28

MEN'S RESULTS

1	Dan Rincon	50:00
6	Bernie Allen	52:41
8	Peter Nye	54:04
12	Mark Mackey	55:01
13	Jeryl Turner	55:01
14	Jacob Wind	55:10
23	Robert Rodriguez	56:34
25	Mark Baldino	56:55

MOTHER'S DAY 10 MILE
Rock Creek Park, May 11

Mary Walsh ran an easy 71:52,
Karen Sullivan finished in 74:51, and
Delabian Rice Thurston, lured to the race
by the promise of prizes to all mothers,
turned in an 80:42. Bob Mallet completed
the 10 miles in 81:36, while his wife
Joanne was 2 minutes ahead in 79:13.

* * *

Jacob Wind won the Minuteman Marathon,
in Delaware City, Del., May 17, in a time
of 2:32:10. Congratulations!

* * *

Constellation 10K

Dan Rincon led a large WRC contingent
at this race, winning in 30:24(?). Results
will be published as soon as Les Kinion
sends them to the newsletter (hint).

WHAT'S IN A NAME, OR TWO OR THREE OR..

We have an identity crisis! You see,
any time our club gets ink, our name is
invariably misspelled or altogether
wrong. Now I can see our club appearing
as the Washington (D.C.) Running Club,
but why do we so often read of ourselves
as the Washington Runners Club or the
Washington Road Runners Club (WRRC)?
Without exaggeration, this occurs at
least half the time. What makes things
worse is that I don't know what we can
do about it. Other than changing our
name do you have any suggestions?
- Mike Bradley

(Ed. note: sudjeschins can be sent to
WRDC (d.c.) newsletter, c/o Thirstons)

WRC ANNUAL PICNIC, SUNDAY JUNE 22, AT THE ROBINSONS

NEXT MEETING, FRIDAY JULY 11, RAYBURN BUILDING RM. B-318

TO JOIN OR CONTINUE A MEMBER: SEND DUES (\$10) TO
DAN RINCON, 3309 CLAY ST., WHEATON, MD, 20902

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