

# Washington Running Club

## November 1980 Newsletter

NEXT MEETING: FRI., NOV. 14, 8 P.M., WASH. SQUASH RACQUETS CLUB, 1120 20th St., N.W.

### MARINE CORPS MARATHON

The WRC finally made it into the Marine marathon in a big way. At this writing the "A" team was 1st and the "B" team 2nd, quite a showing in a field of 9000. Both Laura DeWald and Mike Greehan took 2nd in their respective fields. Laura's time moves her into world class status and Greehan's time is one of the best ever for a neophyte. The really impressive thing though is the incredible depth of our team showing even with our long injury list. Many thanks go to team captain Mike Bradley for getting our team entries in correctly and on time. Thanks also goes to club members who make the race possible by participating as officials i.e. Norm Brand who also helped with compiling the following results.

2.	Mike Greehan	2:17:46
5.	Will Albers	2:20:12
6.	Jeryl Turner	2:20:31
11.	Jim Berka	2:22:36
12.	Jeff Peterson	2:23:11
17.	Henry Barksdale	2:25:03
24.	Bob Stack	2:26:36
31.	Tim Gavin	2:27:34
54.	Mark Mackey	2:32:23
58.	Charles Shapiro	2:33:38
73.	Bob Oberti	2:34:31
87.	Vasili Triantos	2:35:26
103.	J. Jacob Wind	2:36:47
134.	Ed Foley	2:38:44
142.	Robert Rodriguez	2:39:11
161.	Phil (Comeback) Stewart	2:39:56
217.	Laura DeWald	2:42:55
223.	Lucious Anderson	2:43:07
236.	David Asaki	2:43:34
377.	Matt Nacy	2:47:47
489.	George Cushmac	2:50:23
501.	Robert Trost	2:50:38
514.	Dick Spencer	2:51:02
576.	Ralph Landry	2:52:59
733.	Kit Nacy	2:56:20
1208.	Mary Ellen Williams	3:04:59
1617.	Annamae Diehl	3:10:56
W371.	Delabian Rice Thurston	4:15:46

### NEXT MEETING

Last month we were a wee bit crowded, but this time the Squash Racquets Club is reserving the whole lounge for our meeting, and will also turn off the Muzak. It should be very pleasant. 1120 is between L & M Streets on 20th; go through the arches to the courtyard and turn right. Telephone is 659-9570.

We will discuss upcoming races and plans, and continue our colloquium on matters of training, etc.

See you there!

\* \* \*

### MORE ON THE MARINE CORPS

In order to figure your corrected time, you first need your time according to the reconciled list— that is, after the times are compared with numbers and spurious finish times are thrown out. If you remember your exact time, or if you finished fairly high on the list, go to step 2: multiply your time by the conversion factor, 1.01163 to compensate for the 1591' shortfall. (see p.6) . . . David Dance finished in the 2:59 neighborhood, we missed him in results . . . Jim Berka missed a lot of training recently; he was vacationing at Yellowstone and it snowed so heavily that he couldn't run. Maybe we all need such forced layoffs? . . . Val Nye ran but had to pull out after 17 miles with what Peter called "a big squishy blister".

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## OCTOBER 24 MEETING

The meeting began at 8:15 p.m. at the Washington Squash Racquets Club. Ray thanked those who helped with the Brooks/NJA race, then asked for a report from the women's meeting. Norm Brand, the only one present who had attended the women's meeting, reported: the WRC women will be contacted to find out what their priorities are. More communication is needed between the women and their coordinator.

Mike Bradley reported that the cross country season has fallen apart, due to injuries, schedule conflicts, and a lack of commitment on the part of some runners. For Mike, who had promised good competition in arranging for these meets, our failure to show up was embarrassing (to put it mildly). For the WRC, we may find it very tough to arrange meets with some good teams in the future. At this point, Mike's recommendation is that we put the 1980 X-country season out of its misery and declare it over.

Race reports: At the PVAC X-country championship at College Park (10/1 ), WRC was second to Maryland, 43 to 22. Dan Rincon ran 25:46 for 1st, Charles Shapiro was 8th, and Matt and Kit Nacy were 11th and 12th. At the Detroit Free Press 10K (accompanying the marathon) Ray Morrison finished 11th in 32:45.

Ray suggested that the club needs to draw up a budget for next year. We should figure on about \$5000; in order to plan the budget, Ray would like the various coordinators (or others) to submit proposals by December 15.

Ray also noted that WRC elections are in January. We should be thinking about potential officers.

Dick Spencer reported on Masters running. Dick was our only master at Lynchburg, but we had 3 in the Masters 20K: Dick, George Cushmac and Mike Sabino. Mike was 3rd in 75:12. Dick and Mike also ran in the Brooks race on 10/19.

Results of the 36 miler, reported in the last newsletter, were announced.

Mark discussed the NIKE/Foot Locker race (9 a.m., Thanksgiving Day, at Tyson's Corner). WRC will receive \$2 per entry in return for handling the finish line and logistical support from Mark and Will. Mark and Ray encouraged members to spread the word about the race.

There was a discussion of the arrangement for distributing shoes from Brooks. At present, the members who performed key roles in the NJA race are slated to receive 6 pairs of shoes over the year. Those key people present stated their intention of sharing these with the members who helped out. The distribution of the remaining "shoe allotment" is still an open question, Ray said. Bob Thurston questioned the arrangement, a discussion ensued, and the question was eventually tabled, to be taken up later by a committee of interested people.

Delabian apologized for the status of the intra-club league. It will come back to life and be a part of WRC.

Following the business portion of the meeting, Ray led a discussion of runner injuries. Ray talked about a runner's tendency to react to a performance breakthrough by upping training mileage. If done too quickly, this can cause too much stress and lead to injury. Racing too much is another common cause of injury. A few of the points made in the discussion:

Norm Brand compared improvement in running to a series of rises and plateaus, with each spurt in performance followed by a leveling off period. Our expectation that our performance will continue to improve steadily is what gets us into trouble. Norm used the analogy of torque and horsepower curves for an automobile engine to point out that the optimum training level, or intensity, may be lower than the level that gives us the best times. In the long run, we may improve more by staying at a level of training that we can maintain.

Mark Baldino suggests a rule of thumb when increasing your training mileage: keep the increase within 10% of the previous week's mileage.

Whitty Bass suggests alternating weeks of progression. (cont. p. 4)

## SPOTLIGHT: MIKE GREEHAN

At 24 miles, he was leading the race, with nearest challenger Mike Hurd 20 yards back and stopping to throw up; at 24½ miles, there was Hurd, smiling and about to pass. Yet Mike Greehan still managed a second place, 2:17:46, finish—not bad for a first marathon, even when converted because of the shortened course to 2:19:22. As demoralizing as it was to be passed at 24½ miles, Mike is glad it happened then rather than at 26 miles. "I think I might have cried," he says. Interviewed two days after the race, our top WRC finisher admits to considerable soreness but "not as much as after the 24-hour relay."

Mike ran for West Springfield High School, where he ran a 2:00 half and a 4:26 mile, but he always felt his best event was cross-country. After graduating from West Springfield in 1974, Mike went to James Madison U. in Harrisonburg, VA., where he studied accounting. A member of D.C. Metro TC (since merged with WRC), Mike ran with Mark Baldino, Will Albers, and Jeff Peterson during the summers—and competed against them during the school season.

Mike was married in August of 1978 (his wife, Barbara, is from Harrisonburg); at that point he felt he had to decide whether to get serious about his running or forget it, because it was taking a lot of his time. His schedule was a wicked one—he was working fulltime, taking 12 hours of coursework, and running. Typically, he'd get home from work around 10, have dinner, do his homework, go out for a run around 1 or 1:30 p.m., and finally, get 4 or 5 hours of sleep.

Sometime during this grueling period, Mike learned from Mark Baldino that the Bethesda Chase would be the RRCA National 20K Championship. That was the trigger. Thinking that meant Bill Rodgers and Herb Lindsay would be there, Mike decided to get serious and train for the Bethesda Chase. Rodgers and Lindsay didn't show up, but Mike did, winning the Chase in record time of 63:18. How could he top that?

Here's how: in the Cherry Blossom race a month later, Mike was running well but had to drop out at 6½ miles with a foot cramp. He stepped off onto the grass and

began to walk. Then a pack of encouraging teammates came by and Mike decided to try jogging. That felt ok, and soon he was back in the race—finishing 9th in 49:11.

With that, Brooks started sponsoring him, and this gave him further encouragement. He feels this was a good period in his running—lots of good training around Harrisonburg, with a race about once a month. He tells of some close calls in arriving at races—with 15 seconds to spare at the Bethesda Chase, and with no seconds to spare at the McLean Spartan run (Dave Theall kindly held up the start for Mike, after "on your mark" had been given).

In January of this year, Mike moved to Hanover, Pennsylvania, to work for Brooks Shoes. It's a good job, not in accounting (Mike found that an accountant's 60-hour work weeks around tax time were not conducive to running); yet Mike and Barbara found it hard to leave the quiet and beauty of Harrisonburg. Mike says he would sometimes go for a 15-mile run without once seeing a car.

Recently, Mike has been training under the tutelage of Steve Floto of Colorado. His plans were to get in lots of high mileage during the summer, then cut back a bit and begin some hard speedwork. His summer mileage was in the 120 per week range, but his busy schedule this fall cut his mileage back even more than planned. It may have been for the best, as it helped him taper right on time for a superb marathon debut.

One of the stranger-than-fiction stories about Mike is his recovery from an achilles tendon injury. Injured at the National X-country in North Carolina last year, Mike had tried everything to no avail. He was in Florida when a woman runner asked him what was wrong with his back. "It's not my back," said Mike. "I'm limping because of my achilles tendon." — "No, it's your back," she told him. She "cracked" his back, and within 3 days Mike was able to train again.

Anyone can see by now that this story is not over. Any runner who runs 49:11 after dropping out of a 10 miler, who consistently wins races for which he shows up late, who fixes his achilles' by getting his back cracked, and runs a sub-2:20 first marathon—must have some more tricks up his sleeve. We'll keep you posted.

— Bob Thurston

10/24 Meeting, cont.

LETTERS

Bob Thurston said a key thing is how and when you do your hard workouts; they should be spaced for adequate recovery. Recovery seems to occur more slowly with age.

Bruce told us that his recent injury cut short his plans to write a book called "How to run well by not stretching." His back problems especially educated him about the need for abdominal strength. (Bruce and Ray then discussed whether 500 or only 200 daily situps would be adequate. Actually, Ray says he has found that some modified situps have helped him a lot and taken 1 1/2 inches off his waist--in this version you put your feet against a wall and raise only your head and shoulders off the floor.)

Both Bruce and Will Albers agreed that shoes should not be worn too long; most of their absorption value is gone before the soles appear worn. Will stops running in shoes after about 300 miles.

Ray recommends Myles Schneider's foot book, How to Doctor Your Feet Without the Doctor.

The discussion was a good one--it was followed by many small, informal "clinics" on individual problems, and hopes that we can have similar discussions at future meetings.

42 members were present, including new members Lucious Anderson, Nathan Reed, Matt & Kit Nacy, and Patty Samonson (sp?).

-- Bob Thurston, from minutes of Al Naylor

\* \* \* \*

FOOTNOTES

to above discussion of injuries:

1. Confirmation of Bruce & Will's assessment of shoe wear can be found in the October Runner's World: Peter Cavanagh and Mario La-fortune report (pp.45-47) that 18 different shoes (of 5 types) when tested after 350 miles of running lost an average of 29% of their forefoot cushioning. The range among the shoes was 9 to 72%. Rearfoot cushioning suffered virtually no loss during this period. No shoes named because there were too many uncontrolled variables.

2. On situps: George Sheehan (R.W., Nov., 1980, p.99) cites Halpern & Bleck's tests to determine which exercise strengthens abdominal muscles most effectively. The winner: bent-leg situps in which only the head, neck & shoulders are lifted.

-- R.T.

Editor-in-Chief, WRC Newsletter:

It was gratifying to benefit from the support of many WRC members in the staging of the TFA/Brooks national veterans 15k championship on October 19. WRC members helped with registration, split times and the crisis-filled finish line stampede. Thank you Mark Baldino, Mike Bradley, Jeff Peterson, Mary Ellen and Bob Williams, and Laura and Will. Even Bob Thurston offered to help but was "dismissed" on the basis of his double-duty the previous Sunday; staging and winning the Twin Bridges gala. (I was thinking of trying to pull that off too but I didn't want to embarrass Roger Robinson and Herb Lorenz.)

The Washington Running Club not only competes with the best of clubs, it also contributes a great deal toward the promotion of running in the community.

Thanks again,  
Dave Theall

(as soon as we get an editor-in-chief, I will forward Dave's letter to him or her; meanwhile we'll pass it around among the proletariat. --R.T.)

\* \* \* \* \*

THEY ALSO SERVE WHO . . . STAND AND CHEER

I think we should give special thanks to all the WRC members who were not in the Marine Corps Marathon but came out to cheer us on anyway-- Al Naylor, Pete Nye, Ray M, Mark B, & others but especially to Bruce Robinson who appeared at about 10 different places on the course to give encouragement and who most likely could have won the race had he not been injured.

-- Jim Berka

P.S. sorry I can never get to the meetings; I have been travelling very extensively.

\* \* \*

QUOTED BY GEORGE SHEEHAN:

Bill Rodgers: "If you want to win a race, you have to go a little berserk."

\*

"The athlete in training is a sleepy creature. . . they sleep most of the time and . . . the slightest deviation from their routine leads to serious illness."

Plato in The Republic

ULTRAMARATHON CORNER

With our overwhelming team victory in the Dannon 36 mile, the tone for next year's season has pretty well been set. We need to develop a strong group of 6-7 runners to challenge the formidable English and Scottish teams. Our biggest barrier to a win in Scotland may not be injuries or training but travel funds. As it stands now the cheapest available reserved seat is on World Airways at 620 dollars. The Laker SKYTRAIN service is cheaper but you wait for a seat. Laker has service to Prestwick, Scotland but World flies to London. So even with the funds we have won we will still be short even for the first three. Anyway the team members interested in making the trip should be thinking about any special fund raising ideas and training runs so we can make as good a "team" showing as we made here at home.

A great opportunity for a race to prep for the 36 is the NYRRC 60-kilo champs in Central Park in March. Last year the team title went to CPTC followed closely by Millrose. This year let's have a WRC contingent.

BOB HARPER

WRC MEMBERSHIP APPLICATION

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TEL(S): \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

AC No. (if you have): \_\_\_\_\_

OTHER (please tell us something about yourself as a runner and as a person):  
\_\_\_\_\_  
\_\_\_\_\_

Dues \$10 per year (\$5 for rest of calendar year if you're a new member). Checks payable to Washington Running Club; send to Dan Rincon, 3309 Clay St., Silver Spring, Md., 20902.

KETTERING FOUNDER'S DAY 10K  
(9/27)

Bob Oberti took second place in this race with a time of 33:33. Bob has been steadily improving over the summer and fall, thanks to some dedicated training in the 90-plus mileage range.

\* \* \*

MARYLAND MARATHON

If you're planning to run this, let Mike know so he can make up teams. If you haven't entered yet he may be able to help you out, so be sure to call him.

\* \* \*

FORT HUNT 10K, 11/1

George Barker battled with Finn Pincus of Charlottesville for the lead in this race, but both were eventually outdone by Chris Winters who took the lead on the last lap. George was 4th in 33:14, followed by men's captain Mike Bradley in 33:42 for 5th.

\* \* \*

BOWIE 6 MILE, 10/19

Marilyn Bevans set a women's course record of 37:58 to win the women's division, while Marc Sengebusch ran 32:29 for 3rd and Jacob Wind ran 34:24 for seventh.

\* \* \*

NEW YORK CITY

2:09:41. 2:25:41. Can you believe it? Next month we'll have an inside story on Al Salazar, from our own Robert Rodriguez. When he was here this summer with the Olympic team, Salazar stayed with Robert's family. As for Grete-- well. If there's space, we may publish a graph (done by Nathaniel Thurston, Bob's nephew) comparing the progression of the men's and women's marathon records. Wow!

\* \* \*

COMING UP

- 11/16 Clyde's 10K, Georgetown
- DCRRC 30K Chmps, O'Connell H.S.
- 11/22 JFK 50 miler
- 11/23 Rod Steele 8 mi, Lake Fairfax, VA
- 11/27 5 mi Turkey Trot, Alexandria
- Footlocker/NIKE 10K, Tyson's Corner

FLEET FEET

Wow Jacob! Fleet Feet is more than impressed, I'm a believer. These articles will be submitted to the BAA should anyone deign to question your rapid progress. Anyone who will climb 20 flights of stairs and run from Arlington to Columbia, just to train, deserves a series of PR's.

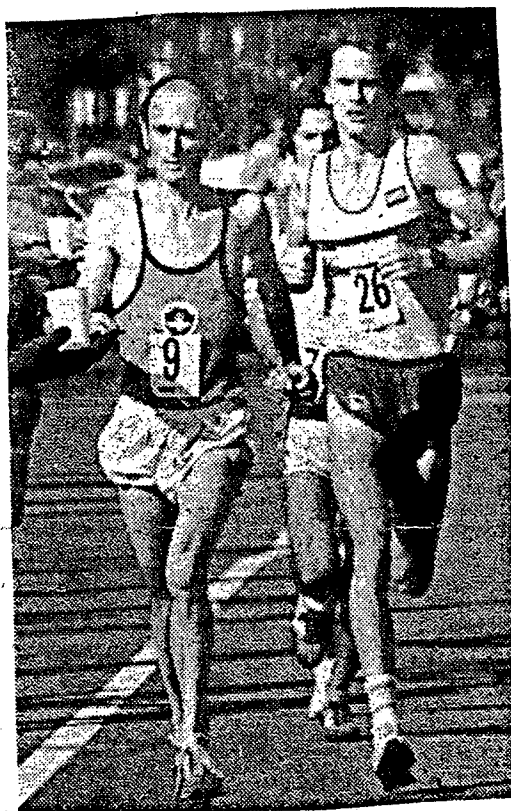
Fleet Feet does admit some doubts about your sanity. Really, you "reduced" your mileage from 120 down to 90 miles the week after a 2:30 PR at the Shamrock Marathon! Even Fleet Feet knows that is asking for stress fractures.

Sorry Jake, I just realized you must have had a method in your madness. You knew that you were compulsive. Only by getting a "bona fide, respectable, lay-off-completely" injury would you get a physical and mental break in your regime. Methodical training requires methodical layoffs?!

Jacob, Fleet Feet sympathises and yet must chide. You are too valuable a member of our "speed force" to indulge in injuries. Fleet Feet provides counseling services and papal dispensations for short layoffs, all free to WRC members.

You have shown us the way. (I admit I hoped you'd say it was due to bee pollen and not to gut wrenching hard work. Fleet Feet loves short cuts.) Well here goes . . . Monday-fartlek, Wednesday-stairs, Saturday-Columbia.

—F.F.



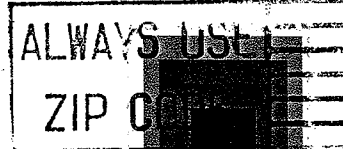
Mikes Hurd and Greehan

Ed Sayre placed second in the FBI National X-Country Championship on October 19. His time was 33:43.

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Marine Corps addendum: in converting your time, do not use the factors published in the Post (first 1.012625, then 1.101163). Trust us!

WRC NEWSLETTER  
c/o Bob Thurston  
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USA15c  
Learning never ends

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