

Washington Running Club Newsletter

January 1981

Happy New Year!

Welcome Home, Hostages!

THE ANNUAL ELECTION MEETING WILL BE ON FRIDAY, JANUARY 30, 8 P.M., AT THE WASHINGTON SQUASH RACQUETS CLUB, 1120 20th St., N.W., telephone 659-9570. NOT JANUARY 23!!!

NOTE DATE CHANGE FOR MEETING!

DECEMBER MEETING

Our election meeting will be on Friday, January 30, at the Squash Racquets Club, NOT on January 23 as previously announced.

It was felt that a meeting on the 23rd would too blatantly upstage Reagan's Inaugural festivities. We graciously accepted Nancy's suggestion of a postponement ("Clear out," she said) when we remembered that the little lady packs a pistol.

Don't worry; they can put us off but they can't outdo us. Our Inaugural Party will follow the elections by a mere 10 minutes, rather than 10 weeks and as many trips to the barber shop. Official WRC taste-testers have been busy selecting the official inaugural beverage. They refuse to confirm or deny reports that it will be an exotic concoction made from fermented barley and hops, said to be even more bubbly than the Republican champagne.

Do come to the meeting. Have candidates in mind for offices. (Incidentally, you might mention, to any intended nominees, that inaugural parties are traditionally hosted by the inaugurees.)

SORRY 'BOUT THAT (from the editor)

Does anybody out there still make New Year's Resolutions? If so, I hope yours are working out better than mine. High on my list was putting the newsletter out on time, in time for Bob Stack to print it, in time for you to be able to plan your Friday evenings without fear of ambush (you know, the newsletter comes and tells you the meeting is tomorrow, or yesterday, or whatever). Oh, well. If you're reading this after going to the meeting on the 23rd, I hope you had a nice time doing something else. If you have any news, stats, gossip, etc., send it in now! The more things that pile up for the newsletter, the more my conscience will goad me to get at it.

Thanks and Happy New Year,
Bob Thurston

We met on Dec. 12, with Mark Baldino presiding for the absent Ray Morrison. Mark, with a lot of help from his friends, gave a report on the Maryland Marathon (see report this issue). Dan reported on the treasury, which had grown to about \$4400 by the end of the meeting, with money flowing in from all sides (\$400 reimbursement from Adidas, \$500 from Terry Baker's Diet Pepsi placing, \$1300 for Nike/Footlocker race, dues, etc.). Despite all these payments, Dan said no hostages would be released until there was enough money for a Porche.

*Norm Brand reported on the Athletics Congress meetings in Atlanta. Some championship dates:

Internat'l X-country trials:

	Louisville, Ky	3/7
30 km	Albany, NY	3/22
marathon	N. Carolina	5/10
15 km	Lake George, NY	8/9
25 km	(New England)	9/13
50 mi	Buffalo, NY	9/?

*Jamie Chan introduced a new kind of orthotic, less expensive than standard ones.

*Whitty Bass asked for discussion of upcoming races that people felt were good.

Some of the races mentioned:

- Jan. 25-- JFK 20 km at Hains Point: Jim Berka is race director and would like help
- 2/14-- South Carolina marathon
- 2/15-- Washington's B-day Mar., Beltsville
- 3/1-- Bethesda Chase 20 km
- 3/7-- Avon women's 20 km, Hains Point
- 3/14-- Shamrock Mar., Virginia Beach

*Norm Brand said that Pro-Keds shoe co. is looking for runners to sponsor. Get details from Norm.

-- Apologies to Al Naylor, on whose minutes the above was loosely based.

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PHILADELPHIA MASTERS CLASSIC, Jan. 10
WRC's Pat Speer won both the mile and two-mile events in his 70 & over division of this meet. His times were 7:35 and 16:20. Congratulations, Pat, and keep it up!

MARYLAND MARATHON

Baltimore, Dec. 7-- Led by Dan Rincon's 2:21:17, second place finish, the WRC "A" team won the team title at the 1980 Md. Marathon, defeating the Baltimore Olympic Club 15 to 34. Jeff Smith, in 10th place, was our next man across, in 2:29:10. The team was rounded out by former BOC stalwart Mike Sabino who captured 16th place in 2:30:53.

Anna Mae Diehl led our women with 3:09:20 for 4th. Karen Sullivan ran 3:28:29 for 19th; Barbara Lohrentz' time was about 3:34; Christie Hutchison finished (time?).

Bob Stack was 23rd in 2:33:08; Jacob Wind, 40th in 2:37:28; Lucious Anderson, 2:43:19 (79th place). Dave Dance, Neil Campbell, and Matt Nancy all finished but we don't have their times.

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CHIP HILL REPORTS

(more on the Chip vs Mary Ellen rivalry)

M.E. Williams and Chip Hill placed 8th and 10th at the Lake Braddock 10 miler (12/7) in 64:33 and 65:13. The following week they tied for 50th place at the Belle Haven 14-miler in a time of 95 minutes.

These races were intended as hard training runs for the Mardi Gras Marathon on Feb. 1. Both Mary Ellen and Chip wish to thank the club for providing funds to help with the New Orleans trip.

While Mary Ellen was in Florida, Chip ran 37:29 at the Hangover Classic 10K, a PR by over a minute. This time was accomplished while wearing a heavy warmup suit and an old pair of training shoes.

Watch out Mary Ellen!

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LETTER FROM ISRAEL

Dennis Jett writes from Tel Aviv, Dec. 1:

It has been sunny every day since I arrived. As I write this on the last day of November in a short-sleeved shirt with all the windows open, the sun continues to beat down. After last winter on the boat I never thought I would miss cold weather!

I thought you might be interested in the running scene in Israel. The short answer: there isn't much of one . . .

When I entered the Sea of Galilee Marathon I picked up a list of races (in Hebrew). After translation I discovered that a 25-km "National Championship"

would be held on Nov. 29 in a place called Bet Qama about an hour and a half south of Tel Aviv.

As I headed south, skirting the sea for a while and then driving through the rich agricultural area of the coastal plain, I wondered what the differences would be from running in the States. I remembered a 5-miler in Colchester, England, at which I discovered the differences between running in the U.S. and the U.K. In Central Park the week before I had run a 10k race at a 5:57 pace and finished 136th out of 5000. At the Colchester 5 miler I ran a 5:45 pace and finished 72nd out of 119.

Arriving at Bet Qama I found an intersection and a gas station. There may be a town somewhere but if so, you can't see it from the road. I filled out my entry form (with a little help since it was all Hebrew), paid my 10 shekels (about \$1.50) and got my number.

I lined up with about 200 or so other runners as we got our final instructions (in Hebrew). The course was now down to a half-marathon and was supposed to be one way due East. I asked another runner if the finish was in Jordan (after all, Israel without the West Bank is less than 10 miles wide at its narrowest point).

Under sunny skies and temperatures in the 60's, we started off into a stiff head wind. We ran east along a paved, 2-lane road with little traffic, turned to circle through a kibbutz, then back to the road and up into the foothills. We left the pavement and ran along some dirt roads through fields and twice around an orchard. The course was not that well marked and the next runner was 200 yards in front of me, so I found myself using about half my Hebrew vocabulary to ask directions from the few spectators.

Up a hill, through another kibbutz, over the top and down the other side to finish in a small park in a forest. I came in 16th in a time of 1:18 and change.

At the finish I was given a piece of bread and cheese, a small plastic bag filled with grape flavored sugar water, and a long-stemmed rose (which I gave to the first good-looking blonde I saw).

Well, that's it, folks. Running here is not an intensely competitive sport nor a sport for the masses yet; maybe where U.S. running was 15 years ago. A report later on Sea of Galilee (if only I could learn to run on water). Warm regards,
Dennis

SEA OF GALILEE MARATHON, Jan. 4
from Jacob Wind

WRC members Jacob Wind and Dennis Jett finished 2nd and 3rd among American runners (17th and 27th overall) in the 4th annual Sea of Galilee Marathon. Wind clocked 2:35:05 and Jett finished in 2:44:56, both hampered by bad colds.

500 runners slogged through the muddy course in a driving rain, which threatened to make the world's only marathon run entirely below sea level into the world's only marathon run entirely under water. In at least 2 spots, puddles as wide as the road itself turned the marathon course into a steeplechase.

Scotsman Jim Dingwall broke loose from a pack of four after 10 kilometers and went on to win handily in 2:16:19. His 10k splits were remarkable: 32:53, 32:05, 31:33, and 32:38 (est.). Julien Grimont of France and Paddy Hooper of Ireland rounded out the top 3, with times of 2:19:27 and 2:21:28. Michael Cleary of New York City was the first American, finishing 11th in 2:30:29. Zehava Shmueli of Israel, the women's winner in the first running of this race 3 years ago, returned from a 2-year hiatus to repeat as women's division winner in 2:52:45 (41st overall).

The 3-man team from Eilat, Israel, picked up the team prize, with 3 Frenchmen coming in 2nd. After the team results were announced, Wind and Jett mourned that they had not signed up Cleary before the race to round out a USA threesome-- that would have won. Where was our team coordinator when we needed him?

The scenic course started north of Ein Gev Kibbutz on the eastern shore of the Sea of Galilee, in sight of the mountains of the Golan Heights. It curved through the Kibbutz, where kibbutzniks cheered on the runners (but somehow forgot to staff the first water table). Then it proceeded down hill through two more agricultural kibbutzim, past banana, orange, and grapefruit trees. Here the water was ankle-deep across the road.

Then the course rejoined the main road around the lake, swinging north to cross the start of the Jordan River and snake through Tiberias, the only city on the course. In Tiberias, Sunday morning drinkers leaned out of bars to applaud us in Hebrew. But still no crowds. From Tiberias, with only 8 km. still to go, the road pitched sharply upward near the

mountain of Migdal, where Mary Magdalene was born. Both Wind and Jett agreed after the race that this uphill took a lot out of them. After the hills of Migdal, the race turned in for one last kilometer through Kibbutz Nof Ginnsar. Finally, there were crowds!

The finish line was in front of a resort hotel run by the Kibbutz. Besides water and army blankets, the marathon organizers provided private hotel rooms to change and shower in, a fantastic banquet of Middle Eastern food, and an awards ceremony in English and Hebrew featuring the Kibbutz's own lovely modern dance troupe. With the rain and muddy course, this runner wondered in mid-race whether it was all worth it. But the banquet and the dancers made it all worthwhile.

Wind and Jett were both happy with their times. Wind felt he needed more training, while Jett felt he needed more races. After he recovers from this marathon and his cold, Jett will begin prepping for the Hapoel Sports League Marathon in Tel Aviv on March 19. He is running 8-12 miles a day, including a run to work and back along the Yarkon River and the Mediterranean Sea beach.

-- J.J. Wind

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PAGE OF FAME

At long last here are my 1980 performance lists and club rankings. All these performances are to the best of my knowledge. I welcome all additions and corrections. For 1981 please remember that my lists will only be as complete as the results that I receive, so if you want to be ranked please make sure that I get every performance you run! I accept all times from reasonably accurate courses (courses needn't be certified, but I will judge whether the distance is close enough). I will also accept track times for all distances through 10 miles. I will not accept enroute times (i.e. your half-marathon time during a marathon race).

Distances ranked for 1981 will be: 5 mi., 10k, 15k, 10 mi, 20k, 30k, 20 mi, mar., and ultras. Depth of ranking will depend on number of performances known. I will try to add track events and Masters divisions if I get enough input.

To be included in 1981 rankings you must be a club member in good standing who represents the club in competition,

and you must have joined the club no later than Sept. 1, 1981.

Club rankings: compiled by awarding points for fast times, consistent performances, and race victories. I also awarded bonus points for placing well in major races. This was my own doing and in no way accurately reflects the relative merits of each runner in the club. I thought it might be interesting to have an idea how club members stand in terms of consistent quality performances.

Accolades at end: these are strictly a personal opinion of my own and do not represent the feelings of the club officers or membership.

I am open to any suggestions and/or criticisms you may have. Any help in compiling race results would be greatly appreciated.

— Will Albers, Page of Fame Editor, (703) 273-5808.

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10 KILO

MEN

1. Dan Rincon	28:58
2. Terry Baker	29:20
3. Will Albers	29:29
4. Mike Greehan	29:59
5. Dave Cornwell	30:13
6. Tim Gavin	30:22
7. Jim Buell	30:23
8. Jeff Peterson	30:28
9. Al Naylor	30:54
10. Jim Berka	31:14
11. Ray Morrison	31:16
12. Jeff Smith	31:20
13. Mark Johnson	32:05
14. Peter Nye	32:08
15. Mike Sabino	32:12
16. Al Hinchcliffe	32:20

17. Robert Rodriguez	32:40
18. Warren Haynie	32:41
19. Steve Ruckert	32:44
20. Stan Fletcher	32:50
* George Malley	29:19

WOMEN

1. Mary Walsh	35:34
2. Marilyn Bevans	37:14
3. Laura DeWald	37:15
4. Mary Ellen Williams	38:05
5. Pam Russell	40:18
6. Hannah Rowe	40:36
7. Gretchen Triantos	41:00
8. Christie Hutchison	41:40
9. Kathi Guiney	49:30
* Sally Strauss	36:36

15 KILO

MEN

1. Terry Baker	45:37
2. Will Albers	46:32
3. Dan Rincon	47:05
4. Mike Greehan	47:40
5. Al Naylor	47:51
6. Tim Gavin	47:55
7. Bruce Robinson	48:02
8. Jim Berka	48:37
9. Jim Buell	48:45
10. Mike Sabino	49:35

WOMEN

1. Mary Walsh	55:23
2. Laura DeWald	64:39
3. Kathi Guiney	69:40
4. Delabian Rice Thurston	77:20

10 MILE, MEN

1. Dan Rincon	47:49
2. Terry Baker	48:09
3. Will Albers	49:13
4. Dave Cornwell	49:14
5. Bruce Robinson	49:28
6. Jeff Peterson	49:48
7. Jim Buell	49:55
8. Mike Greehan	49:56
9. Jeff Smith	50:53
10. Mark Mackey	50:56
11. Jim Berka	51:19

12. Mark Johnson	51:22
13. Al Naylor	51:24
14. Peter Nye	51:38
15. Bob Stack	51:58
16. Jacob Wind	52:41
17. Al Hinchcliffe	52:46
18. Robert Rodriguez	52:49
19. Jack Coffey	52:59
20. Ray Morrison	53:58
Mike Sabino	53:58
* George Malley	48:51

10 MILE, WOMEN

1. Mary Walsh	56:42	5. Pam Russell	65:14
2. Laura DeWald	60:55	6. Christie Hutchison	68:33
3. Marilyn Bevans	61:15	7. Mary O'Conner	71:56
4. Mary Ellen Williams	62:13	8. Val Nye	72:27

20 KILO

1. Dan Rincon	1:02:47	9. Peter Nye	1:07:41
2. Jeff Peterson	1:03:29	10. Ray Morrison	1:08:51
3. Will Albers	1:03:54	WOMEN	
4. Jack Coffey	1:04:59	1. Mary Walsh	1:17:01
5. Bob Stack	1:06:28	2. Mary Ellen Williams	1:19:55
6. Robert Rodriguez	1:06:41	3. Marilyn Bevans	1:20:16
7. Mike Greehan	1:07:10	4. Pam Russell	1:23:50
Mark Mackey	1:07:10	* Sally Strauss	1:14:54

Half Marathon

1. Dan Rincon	1:05:57	6. Ron Martin	1:10:20
2. Al Naylor	1:07:42	7. Peter Nye	1:11:54
3. Mike Greehan	1:08:49	8. Ray Morrison	1:13:50
4. Tim Gavin	1:10:00	9. Dave Asaki	1:18:34
5. Jim Berka	1:10:01	no women results	

30 KILO

MEN		WOMEN	
1. Bruce Robinson	1:33:09	1. Laura DeWald	1:59:16
2. Will Albers	1:35:34	2. Karen Sullivan	2:14:30
3. Jim Berka	1:36:00		
4. Robert Rodriguez	1:49:28		
5. Bill Wooden	1:52:20		

MARATHON

1. Bruce Robinson	2:17:29	11. Jack Coffey	2:25:19	1. Laura DeWald	2:44:53*
2. Will Albers	2:17:50	12. Jacob Wind	2:27:25	2. Marilyn Bevans	2:55:26
3. Mike Greehan	2:19:22*	13. Tim Gavin	2:29:17*	3. M.E. Williams	3:07:08*
4. Jim Berka	2:19:26	14. Jeff Smith	2:29:30	4. Anna Mae Diehl	3:09:20*
5. Dan Rincon	2:21:17	15. Mike Sabino	2:30:53	5. Stephanie Flynn	3:16:44
6. Jeryl Turner	2:22:09*	16. Al Naylor	2:31:14	6. Pam Russell	3:23:05
7. Jeff Peterson	2:22:11	17. Mark Johnson	2:32:53	7. Val Nye	3:24:36
8. Terry Baker	2:22:59	18. Mark Mackey	2:34:09*	8. Karen Sullivan	3:28:29
9. Peter Nye	2:23:41	19. Chas. Shapiro	2:35:25*	9. Ruth Drengwitz	3:29:12
10. Bob Stack	2:25:18	20. Bob Oberti	2:36:19*	10. Barbara Lohrentz	3:34:00

* converted from Marine Corps time

ULTRAS

36 mile		100 kilo	
1. Bob Thurston	3:42:45	1. Bob Harper	9:31:58
2. Bob Stack	3:50:09	2. Ed Foley	11:00:00
3. Ed Foley	3:58:51		
4. Bob Harper	4:08:41	100 mile	
5. Lucious Anderson	4:13:03	1. Bob Harper	16:12:21
		2. Ed Foley	18:30:54
50 mile			
1. Bob Harper	5:49:56		
2. Ed Foley	6:47:55		
3. Kevin Eagleton	7:07:14		

CLUB RANKINGS

(based on points given for event rank, consistency of quality performances, and over-all race victories. This ranking does not necessarily reflect the fastest runner; it favors the consistent runner who can race well over a wide range of events.)

MEN

- 1. Terry Baker
- 2. Dan Rincon
- 3. Will Albers
- 4. Mike Greehan
- 5. Bruce Robinson
- 6. Jim Berka
- 7. Jeff Peterson
- 8. Tim Gavin
- 9. Peter Nye
- 10. Dave Cornwell

- 11. Bob Stack
- 12. Al Naylor
- 13. Jim Buell
- 14. Jeff Smith
- 15. Robert Rodriguez
- 16. Jacob Wind
- 17. Mark Johnson
- 18. Jack Coffey
- 19. Ray Morrison
- 20. Mark Mackey

WOMEN

- 1. Laura DeWald
- 2. Mary Walsh
- 3. Marilyn Bevans
- 4. Mary Ellen Williams
- 5. Pam Russell
- 6. Val Nye
- 7. Anna Mae Diehl
- 8. Christie Hutchison
- 9. Karen Sullivan
- 10. Stephanie Flynn

MOST VALUABLE RUNNER

Terry Baker

Mary Walsh

MOST IMPROVED RUNNER

Jacob Wind

Laura DeWald

COMEBACK RUNNERS OF THE YEAR

Ray Morrison
Phil Stewart

BEST MASTER
Mike Sabino

MOST VALUABLE CLUB ATHLETE

(combination of running performance and service rendered to the club)
Bob Thurston

PERFORMANCES OF THE YEAR

Terry Baker-- 6th at Falmouth

Laura DeWald-- 2:44:53 at Marine Corps

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We will try to catch up on local results next month. They are scarce this month partly due to our feature coverage of running in Israel and the Page of Fame bonanza, but mainly because we don't have the results yet.

WRC Newsletter
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