

Washington Running Club Newsletter

February-March 1981

NEXT MEETING: FRIDAY, MARCH 13, WASHINGTON SQUASH RACQUETS CLUB
1120- 20th St., N.W., telephone 659-9570

NEXT MEETING

Please study the budget proposals outlined in this newsletter; these proposals will be submitted for approval at the meeting on 3/13. We will also select the races to be "Club Races", so be thinking about which ones you would most like to participate in.

We will discuss plans for upcoming races— notably the Cherry Blossom, the Nike Club Championships, and Boston.

The executive board feels that this is a very important meeting; if we are to carry out the proposed running program we need a strong commitment from all members. Please come.

If all of this sounds too serious, don't worry. We will have committee reports, race reports, maybe a debate or two, and a possible reprise of the crashing glasses trick behind the bar.

See you at the meeting.

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JANUARY MEETING

About 35 members attended the meeting on January 31, which began at 8:30 p.m., Ray Morrison presiding. We were reminded that 1981 dues are due.

* Women's report— Delabian reported that some form of anemia is limiting Marilyn Bevans' training to 40 mi/wk. Anyone have any suggestions?

* Men's report— We had reports on the Md. Marathon and the JFK 20K (see results).

Terry Baker is running the Shamrock Mar. on March 14 and wants a team to go along. Contact Terry, or Mark Baldino.

Bob Harper told of an ultramarathon seminar at the Dulles Marriott on March 14. The speaker will be Tom Osler. Call Bob.

* Guests introduced included Tom Bache, Bruce Colsmith, and John Campbell. New member Bill Wooden was also introduced.

* Pro-Keds Shoes, through area rep Tom Dowling, has begun to supply equipment to Ed Sayre and Mary Walsh. More

Jan. Meeting, cont.

members have expressed an interest and are being considered. If interested, call Ed Sayre or Norm Brand for particulars.

* TAC report by Norm Brand: Norm asked the advice of the club concerning sanctioning of the D.C. Marathon by PVAC. This led to a lengthy discussion which brought out some of the history of the planning for the marathon and some of the foul-ups to date. Ray suggested that we not participate in the D.C. Marathon and also recommended that it not be sanctioned. Delabian argued that the club should not discourage runners from entering races if they want to, and that any specific concerns about the race should be taken to the D.C. Rec. Dept. A motion by Ray to disinvolve the club from the D.C. Marathon died for want of a second, and the discussion ended.

* Elections: Elected to offices were:

President— Mark Baldino
Vice President— Al Naylor
Secretary— Bob Thurston
Treasurer— Norm Brand

* Cherry Blossom report: Bruce Robinson is on the committee to screen invited runners. Talk to him if appropriate.

Bruce wants a list of club members who could house out of town guests for the Cherry Blossom. (Some volunteers were enlisted at the meeting; if you can help out call Bruce at home, 774-4135.)

* Meeting schedule: Second Friday of each month, beginning in March.

— taken from Al Naylor's minutes

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WRC BUDGET FOR 1981
As proposed by the Executive Board, February, 1981

I. Assets and Income

\$3700 on hand
 1200 expected from dues
 1000 expected from Hecht's race
 \$5900 "assured funds"
 (ab. \$1000 to be found; see below)

II. Expenses

\$900 Newsletter
 300 Picnic & miscellaneous
 1200 Club Races
 4480 to send teams to races
 \$6880 total

Above is the outline of the budget proposal worked out by the executive board. This budget can be thought of in two portions: an Operating Budget and a Travel Budget. The Operating Budget, funded by dues from about 120 members, includes expenses for the newsletter, annual picnic, and possibly other minor items. The Travel Budget, funded by our working at races (Hecht's, Brooks 10 Mile, Footlocker 10K), includes a Club Race fund for en masse trips by the club, and a Racing Program fund for sending teams to some major races.

- * Club Races— The board suggests allocating \$1200 for two "Club Races," to be chosen by the members. Any member desiring to go to a "Club Race" would receive \$25 for travel; the idea is to encourage lots of folks to go and have a good time. The reason for two races is to make it more likely that any one member could join at least one of these forays (only one "Club Race" funded per person).
- * Racing Program— Perhaps the meat of the budget proposal is the portion allotted for WRC representation at various major races, enumerated below. This program is intended to provide members with good racing opportunities, to represent the club at some of the significant races in the East, and to give us something to aim for both as a club and as individuals.
- * The Races— There are so many races that selection is difficult, but we have to start somewhere. We are proposing 13 races to start with— giving racing opportunities for open, women and master runners, and at various distances from 10 to 100 kilometers.
- * Organization— For each race, someone will be chosen or drafted to be race coordinator. The coordinator would: receive names of those interested in going, along with relevant data such as recent performances and current condition; contact the race director for entry blanks, help with housing and travel, etc.; get the team entered; and afterward submit a report on the trip to the board.
- * Allotments— For each race we are proposing a definite number of runners to be sent, along with a maximum amount per person to be spent. The money is intended to cover a big chunk of travel and hotel money, but not food. Travel by auto is assumed for all races except those in Atlanta and Scotland. We also assume that folks will carpool when possible rather than take separate cars.
- * Selection— For races where more than the allotted number of runners wish to go, the executive board will select a team based on relative times for the distance in question and current state of readiness (this info. to be supplied by coordinator). Those not qualifying for a subsidy would receive moral but not financial support to go along. That way we won't thin out our already skimpy "scholarships," and we also offer an incentive for club members: trying to make the team for a given race.

In the opposite case, where fewer than the allotted number express an interest, the budget would be reduced according to the max. per person listed.

- * Financing— You will notice that our present assets plus expected income falls about \$1000 short of financing all our proposals. We hope that our eager-beaver race coordinators will solicit all sorts of help from the race directors involved so that the club will save money. We might also save money if not as many members as estimated wish to participate in some of the races (however, we'd rather not save money due to apathy). Or maybe someone will leave us \$1000 in their will, or . . . If none of the above occur, we'll just cut back on our travel toward the end of the year.

PROPOSED 1981 RACING PROGRAM

Here are the races, along with the number of runners to be sent, the amount per person to be spent, and the total allocation. Abbreviations: o-- open; w-- women; m-- masters.

<u>Date</u>	<u>Race, Place</u>	<u>Number</u>	<u>per person</u>	<u>total</u>
1. 4/12	NIKE Club Championships, Phila. (4-person teams)	20 (12 o, 4 w, 4 m)	\$25	\$500
2. 4/20	B.A.A. Marathon, Boston	6 (3 o, 2 w, 2 m)	\$50	\$300
3. 5/3	Lake Waramaug 50 Mi & 100 Km Connecticut	5 open	\$40	\$200
4. 5/23	Elby's Distance Classic, 20 Km Wheeling, WV	12 (8 o, 2 w, 2 m)	\$25	\$300
5. 5/24	REVCO Marathon & 10K Cleveland, OH	5 (4 o, 1 w)	\$50	\$250
6. 5/30	L'Eggs Mini Marathon, N.Y. City	3 women	\$50	\$150
7. 7/4	Peachtree Road Race, 10K Atlanta, GA	3 open	\$210	\$630
8. 7/9	Utica 15K, Utica NY	10 (7 o, 2 w, 1 m)	\$25	\$250
9. 8/16	Falmouth (7.1 mi), Cape Cod, MA	16 (10 o, 4 w, 2 m)	\$31.25	\$500
10. 8/22	Two Bridges Road Race, Scotland	3 open*		\$400
11. 9/27	Virginia 10 Mile, Lynchburg	24 (16 o, 4 w, 4 m)	\$25	\$600
12. 10/25	New York City Marathon	5 (3 o, 1 w, 1 m)	\$50	\$250
13.	a masters race, to be determined	3 masters	\$50	\$150
				<u>\$4480</u>

*Two Bridges Race: 3 runners will be sent by Dannon; this would help to send 3 more.

CLUB RACES

These races have been proposed as Club Races (see discussion); from this list we must choose two. If the concept is approved, selection will be made at March meeting. Note ballots on reverse of membership form, in case you cannot attend on 3/13.

1. May 23: Elby's Distance Classic, 20K, Wheeling, WV
2. June (21?): Alpine Cup 15 km, Davis, WV
3. Sept. 7: Charleston 15 Miler, Charleston, WV
4. Sept. 22: Virginia 10 Miler, Lynchburg, VA
5. Mar. 1982: New Jersey 10 Miler, Cherry Hill, NJ
6. Others?

* * *

MORE LISTS: We have compiled several other lists, but they will have to wait until next issue. Lists include: Significant Regional Races, Local Races, Suggested Races (for our Racing Program in future) etc. Is there anyone who could & would compile and update such lists for us?

Lake Fairfax 8 Mi, 11/23

Robert Rodriguez won the Rod Steele Memorial race, apparently in such a fast time that officials were unable to record it (?). Watches were ready to record the second finisher in 44:45, and the 125 others including Dick Spencer in 29th place with 51:47.

* * *

Powdered Snow Donut 5 Mile, 11/29
Greenbelt Regional Park, MD

Bob Oberti took 5th place in a time of 28:26 to win, along with about 90 others, a powdered snow donut. One donut/doughnut each, that is.

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Run for the World's Largest Purse
10 km, Tidal Basin, Dec. 21

While the TAC, the runners & the promoters are battling out the form of open road racing, the DCRRRC decided to go ahead & have this "Run for the World's Largest Purse." Phil Stewart, DCRRRC prez, took on the job of directing the race and coming up with the promised purses.

Shortly before the race, Phil was marking the course when he found himself surrounded by U.S. Park Police. It seems someone had reported that a man was about to blow up the 14th St. Bridge, and all descriptions matched Phil! You can read about this misadventure in the Mar. Running Times. After a long interrogation, Phil was released to direct the race . . .

Chris Winters, winning in 32:21, was quite proud of his largest purse, which measured about 2' high and 4' long. The women's purse was won by 15-year old Cindy Raley, who probably felt the whole thing was too silly for words.

WRC results:

- 5. Robert Rodriguez 33:38
 - 6. J. Jacob Wind 34:12
 - 21. Dave Dance 37:00
 - 44. Karen Sullivan 41:40
- * * *

A couple of swift 15K's from George Malley: at the Runner's World Invitational on Jan. 1, George ran 43:43.4, missing Rodgers' U.S. mark by less than 4 seconds; on Feb. 7 he placed 12th at the Gasparilla Dist. Classic in Tampa, time 45:01.

American University 25 km, Jan. 3

Jim Berka successfully defended his title on this course in a time of 86:28. Lucious Anderson was 6th in 95:35; Phil Stewart, 12th in 1:40:33; Bill Wooden, 14th, 1:41:28; Vassili Triantos, 15th, 1:42:33. Mary Walsh won the women's division as she set a new women's record of 1:55:19.

Robert Rodriguez won the accompanying 10 km. in 35:28.

* * *

Belle Haven 14 Miler, VA, 12/13

Jim Berka ran a fine 3rd, in 74:03—fast enough in most years to win this race. But this year Tom Kelley and Steve Giorgis tied in 1:13:46, breaking Will Alber's CR (1977) by 5 seconds. (Some of us will never forget the time Robbie Perkins turned in a 70 minutes flat at this race— but that was in '75, before the starting point was moved from Market Square, Alexandria to Belle Haven Park.) Other WRC results:

- 10. Jack Coffey 1:20:27
- 11. Bob Oberti 1:20:37
- 15. Marc Sengebusch 1:21:16
- 19. Bill Wooden 1:22:58
- 21. Bob Thurston 1:23:38
- 22. Steve Ciccarelli 1:23:53
- 24. Matt Nacy 1:24:34
- 27. Ken Umbarger 1:25: ?
- 31. Jacob Wind 1:27:47
- 39. George Cushmac 1:30:47
- 46. Dave Dance 1:33:40
- 56. Chip Hill 1:35:47
- 1st wo: M.E. Williams 1:35:47
- 63. Bob Crane 1:47:54

(p.s., Bob also ran Lake Fairfax race in 58:47)

* * *

Greenbelt 10 & 20, December 27

(These races used to be held around Thanksgiving, before 5 milers and 10K's became the rage and the event was moved to Christmas. Actually, there was just the 20-miler, and it was 4 times out and back along Crescent Road. There was too much traffic and it seems like it always snowed. But there was no big hill at 2 mi. to go, either.)

Back to the present: Robert Rodriguez won this year's 20 Mi. in 1:56:10 with a 2-minute margin over Tom Skelly.

(continued, p. 7)

CLUB TRIP BALLOT

If Club Trip fund is approved, selection will be made on Mar. 13; obviously, ballot must be received before then to be counted. You may vote either by mail or at the meeting. Vote for two races: place a "1" beside your first choice, a "2" beside your second.

_____ Elby's Distance Classic, 20 km, Wheeling, WV, May 23

_____ Alpine Cup 15 km, Davis, WV, June (21?)

_____ Charleston 15 Miler, Charleston, WV, Sept. 7

_____ Virginia 10 Miler, Lynchburg, VA, Sept. 22

_____ New Jersey 10 Miler, Cherry Hill, NJ, March 1982

_____ write-in: _____

Return address:

WASHINGTON RUNNING CLUB
c/o Norm Brand
5224 Manning Place, N.W.
Washington, D.C. 20016

(Greenbelt, cont.)

The holiday season brought former WRC member Ed Jerome into town; he ran a 2:06:07 to place 5th.

In the 10-miler, Whitty Bass ran a fine 53:59 for third place. Other WRC:

- 5. Ray Morrison 55:42
- 8. Tim Gavin 56:35
- 9. Bob Oberti 57:43
- 10. Phil Stewart 58:01
- 19. Jack Coffey 61:19
- 66. Valerie Nye 80:12
- 67. Hugh Jascourt 81:10

The race was won by Jim Ulvestad in 53:38. Jim has since joined the club.

* * * *

TJ Indoor Track Meet, Arlington, 1/11

Dave Dance tripled in this meet: he ran a 2:30 half, a 5:25 mile, and an 11:32 two mile. In the 3-mile, Mary Walsh ran 16:55, and Tom Waites ran 15:46.

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Reston 20 Mile, Jan. 18

Laura DeWald shattered the women's course record by 12 minutes with 2:14:08, good for 13th place overall. Marc Sengebusch & Jay Wind finished in 2:10:53 (10th) and 2:40:59 (40th) respectively, after starting 2 min. late. Tom Washington, who started on time, ran 2:13 for 12th place.

* * *

JFK Memorial 20K, Hains Point, 1/25

Bob Stack took the lead from the gun, and was accompanied and pushed by Jack Coffey for 3 laps. Jack dropped out after 15 km and Bob went on to win in 67:35. Next across for WRC was Lucious Anderson, 10th in 70:44.

Laura DeWald came within a minute of the course record as she won her division in 76:24. Other WRC finishers:

- 14. Jacob Wind 72:15
- 18. Vassili Triantos 73:01
- 20. Phil Stewart 73:46
- 22. Tom Waites 73:58
- 30. Bill Wooden 75:02
- 50. Jesse Garves 78:11
- 61. Steve Ciccarelli 80:01 (1st J)
- 67. George Cushmac 80:20
- 68. Dave Dance 80:23
- 2nd W: Karen Sullivan 86:19

(JFK, cont.)

- Bob Crane 87:30
- Mary Walsh 87:42
- Hugh Jascourt 96:09

The WRC team was beaten by the DC Harriers team (Robt. Hirst, Ben Beach, Cliff Balkam, Tom Skelly, O.T. Williamson). Next year.

By the way, the course record (said to be 62:12) is questionable; Jack Fultz ran that time in 1973. That's before A.J. Vander Wall remeasured Hains Point and found that our old courses were a bit short.

* * *

Springbrook 10 Miler, MD, 1/31

New member Jim Ulvestad ran his first sub-54 10 miler to win this track race in 52:35. Bob Stack, who had run with Jim for 4 miles, finished 3rd in 53:50.

- 5. Ray Morrison 55:10
- 8. Jacob Wind 55:59
- 9. John Weidman 56:38
- 11. Kit Nacy 58:40
- 13. Bill Wooden 58:58
- 22. Lucious Anderson 61:42
- 23. Dave Dance 62:38

* * *

Fort Hunt 8 Mile, VA, 2/7

Kit Nacy led the WRC today, his 44:43 making him first junior and 6th overall. Jacob Wind followed in 7th place with 44:56.

- 11. Marc Sengebusch 45:24
- 16. Matt Nacy 47:18
- 34. Jesse Garves 50:02
- 49. George Cushmac 51:40
- 63. Karen Sullivan 54:44 (1st W)

* * *

Great Kiawah Island Road Race, 10 Mi South Carolina, Feb. 22

In what must be the fastest 10 mile of 1981, Craig Virgin won this race in 47:32. Right up there in 8th place was our own Phil Stewart in 54:15. Placing second was Dean Reincke in about 50:30, while Kevin McDonald (a Marine Corps Mar. winner) finished 3rd in about 51:20.

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Omissions: Bill Gaston ran a 10:26 two mile and a 15:47 at the TJ Indoor Meet; and finished 12th in 45:30 at the Fort Hunt 8 Mile. (sorry 'bout missing those)

GEORGE WASHINGTON'S BIRTHDAY MARATHON
Beltsville, MD, Feb. 15

INJURY ROUNDUP

New member Jim Ulvestad won this 20th G.W. Marathon in 2:28:38, on one of the more pleasant days offered to a Beltsville marathon field. He was followed by master Mike Sabino, second in 2:32:35 (a new CR for masters). Also setting a new course record was Laura DeWald, as she won the women's division in 3:01:28. The WRC team defeated the Gnats for first team prize.

WRC finishers:

- 5. Jack Coffey 2:36:27
 - 7. Ray Morrison 2:37:52
 - 8. Terry Baker 2:37:53
 - unof. Dan Rincon 2:39:03
 - 13. Warren Haynie 2:41:11
 - 29. Bill Wooden 2:47:25
 - 39. Jim Hagan 2:50:49
 - 2nd. W: Jennifer Rood 3:07:35
- Jacob Wind dropped out at 12 mi with a bad back. Hugh Jascourt did 2 laps. Any others?

Timing czar Norm Brand mentioned that this race was another illustration of our need for a banner or flag so folks can get together; two of our top finishers, Ulvestad & Haynie, were not declared on the team this time.

* * *

RUNNERS WANTED

- *For Shamrock Marathon, March 14: Terry Baker wants a team to go. Call Terry, 301-797-8483; or Mark B, 451-6530.
- * For Montessori School 5 Mile, March 15, 9:30 a.m., Annandale, VA. Call race director Jim Hagan (280-4346) for directions.

Bruce Robinson had his back operation on Feb. 23 at Sibley Hospital. They trimmed up a couple of disks but found no other serious damage. Bruce will finish out the week at Sibley, then rest at home for a while before reporting back for a hernia operation . . . Mean while Peter Nye is on the recovery road, swimming, doing pushups, easy running—and putting in a lot of work on a novel. He has spurred at least one other member to some very fast training runs; this by falling in with a lunchtime bunch running Hains Point and cracking so many jokes that this (unnamed) runner ran ahead to stay out of earshot . . . Ray Morrison, still plagued by his old injury, is going to see a hypnotist. The theory is that a slight pain may cause him to tense up, leading to worse pain. . . . Will Albers was at the G.W. Marathon, showing off his orthroscopy (sp?) scar. They filed some spurs down and tied a ligament, and showed him a videotape of the whole thing.

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SOME UPCOMING RACES

- 3/8- Club 10 Mi Challenge, Columbia, MD (a competition among RRC clubs)
- 3/14- Shamrock Marathon, Virginia Beach
- 3/14- 2 Hr. Run, Walter Johnson H.S.
- 3/14- Endurance Run Seminar (see p. 1)
- 3/15- MCRRC Birthday Race, Mont. Village Jr. Hi (10 a.m.) A piece of cake.
- 3/15- River Run 15K, Jacksonville, FL
- 3/21- Nat. Lite 1/2 Mara, Hilton Head, SC
- 3/22- Sandy Spring 1/2 Mar, Sherwood H.S.
- 3/22- St. Pat's Day 10K, Holyoke, MA

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