

Washington Running Club Newsletter

APRIL 1981

NEXT MEETING: FRIDAY, APRIL 17, 8 PM, WASH. SQUASH RACQUETS CLUB, 1120 20th St., N.W.

APRIL MEETING

This month's meeting will be on the 3rd, not the 2nd, Friday. Too many members will be going up to Philadelphia on the 10th, to be ready for the Nike Club Race on the 11th. We realize that many of you may be going up to Boston on the weekend of April 17-20, but perhaps a meeting will cheer up those of us who aren't going. We will discuss ways of recruiting (we need more masters!), ways of getting more input for the newsletter. There will be results from Cherry Blossom, the Nike race, and the D.C. Marathon. Maybe we can share some training ideas. See you there!

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MARCH MEETING

March 13, Washington Squash Racquets Club— About 50 members showed up for our last meeting, which started off with a bang as Norm Brand announced that we have about \$6000 in the treasury, including \$2100 earmarked for the Scotland trip in August.

In explaining the budget proposal, Mark Baldino pointed out: (1) the executive board will make team selections, based on times submitted; (2) we will stick to the schedule; (3) everything is "up front;" that is, everyone will know the possibilities for travelling to races; (4) the money from dues goes entirely for the newsletter and the picnic.

Chris Steele moved, and Ed Sayre seconded, that the budget be approved. An amendment proposed by Delabian, that would have distributed the Peachtree allotment to 6 instead of 3 runners, was discussed and then voted down. The entire budget was then approved unanimously.

The high point of the meeting came with descriptions of various races being considered for Club Trips (Club Races). It was hard to tell which had the most horrible hills or the best feed.

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CHERRY BLOSSOM

It appears that the blossoms will be out for the race, so come on down even if you're not running. Look for the WRC sign/banner near the starting area— come by before the race for moral support, and after to help us get club results, etc.

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DUES!

Pay them! There are still quite a number of you we haven't heard from. Remember the April 15 deadline (we thought that date would ring a bell). Don't let this be your last newsletter; send your dues to WRC, c/o Norm Brand, 5224 Manning Place, NW, Washington, DC 20016.

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NEXT TIME

In May's issue, we hope to catch up on back race results as well as provide fresh ones. Also, some useful articles— confessions of an achilles tendon sufferer, and ultramarathon secrets from Tom Osler.

PROGRESS REPORTS

Bruce Robinson has now had both his operations; the hernia 3 weeks after the back (the hernia operation was the more painful of the 2). He feels good and is back at work.

Pete Nye is back to running 80 miles a week, though he doesn't plan to race at all this year.

In the non-progress category, both Jacob Wind and John Winslow have stress fractures (tibia and heel respectively).

SOME LOCAL EVENTS

4/18-- DCRRC is doing a different kind of race: you must guess where the finish is for a 5 mi. course.

4/25-- DCRRC Annual Awards Banquet

March Meeting (continued)

RACING PROGRAM— PROCEDURES

Ray Morrison told how at Elby's 20K, "First you go up a big hill, then you go up another hill . . ." ; while Pete Nye described "sucking wind" at the Alpine Cup because of the hills and the altitude. Ed Sayre enumerated the attractions of the Charleston 15 Miler: banquets before and after the race, many awards, much beer, etc. The Virginia 10 Miler did not need much introduction to most people. Ray spoke up for the Great Race (10K) in Pittsburg: "The course is so fast that I ran a 31:16." Mike Sabino told about the Berwick, PA race on Thanksgiving morning (they give diamonds for prizes), but that race was ruled ineligible for a Club Trip because we will need all hands to help with the Nike-Footlocker Race.

In voting, 3 races received strong support and were designated Club Races: Alpine Cup (June 21?, Davis, W.Va.); Virginia 10 Miler (9/22, Lynchburg); and The Great Race (9/23, Pittsburg).

Ray spoke briefly on the Hecht's race. He wants those who helped last year to help out with the same jobs. In addition, we will need lots more people this year. Al Naylor will serve as race director again; please help him by calling him to volunteer so he doesn't have to call the entire club. Date is June 7.

Ray then presented the women's uniforms (Laura later modeled one). Cost is \$12.50 per uniform. Men's shirts, at \$6.50 each, are available in large and small sizes; mediums should be in soon.

Delabian reported that WRC women had done very well in the Avon 20K: Laura was 7th, Mary Ellen 17th, Karen Sullivan 27th. This put Laura just 2 points shy of the 20 needed for an Avon-sponsored trip to the marathon in Ottawa. Delabian moved that the executive board be instructed to find a way to assist Laura in travelling to an Avon race in Atlanta on April 4. The motion was approved, along with an amendment proposed by Joie Morrison that the amount be at least \$25. (Since the meeting, the exec. board voted \$100 for this purpose, to come from the \$600 for the Lynchburg race which is now a club race.)

After a few more race and injury reports, the meeting was adjourned. Sure enough, there was a repeat of the glass-crashing trick. After all, it was Friday the thirteenth.

— Bob Thurston

On the next page you will see the list of budgeted races, with the coordinators. If you would like to go to any race, contact the coordinator. The coordinator will get you an entry form, answer any questions concerning the race, and help to arrange carpools and accommodations. The coordinator will also keep a list of those expressing an interest, along with current times for each runner. In case there are more volunteers than allotted slots, the executive board will select a team from the information available (in case of a tie vote, the coordinator can break the tie).

Never assume you would be out of the running for any trip! It may turn out that "faster" runners will not or cannot go— also someone may have room in a car, or a good place to stay. In any case you can go along and enjoy the trip.

Free-lance coordinators: If there is another race, not on our schedule, that you'd like to travel to, we encourage you to let the club know via the newsletter, and act as coordinator for the trip. Example #1: for the Charleston 15 Miler, Sept. 7, call Ed Sayre, 384-6231.

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TV PAGE

WRC members Bruce Robinson and Myles Schneider will appear, along with Roy Watlington, on "Newsprobe," next Wednesday (April 8), Channel 20 at 12:30 in the afternoon. You might try to sneak away to a tube to see this program, which focuses on the D.C. Marathon.

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KEDS SHOES

Some members are getting shoes, etc., from the Keds company. If you are interested, call Ed Sayre, 384-6231.

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RESULTS IN BRIEF: WOMEN

Anna Mae Diehl ran 1:30:47 for the half marathon at Lake Montebello, Balto, on Mar. 1 . . . at the Lady Equitable (10K), Laura DeWald was 2nd in 35:56, and Kathi Guiney was 26th in 40:23 . . . besides the Avon finishers reported at the meeting, both Delabian Rice Thurston and Phyllis Gible ran PR's for 20 km. In completing the race, Estelle Roth made her longest ever run. We hope to have complete results soon.

1981 Racing Program as adopted, with coordinators for each race
For each race is listed: no. of runners to be sent; amount per runner;
home and work numbers, respectively, of coordinators.

4/12 Nike Club Chmps. (12 o, 4 w, 4 m; \$25 each): Mark Baldino, 451-6530, 451-4353

4/20 BAA Marathon (3 o, 2 w, 2 m; \$50) Bob Stack, 424-9039

5/3 Waramaug 50 mi & 100 km (5 o; \$40) Bob Harper, 797-9608, 634-3933

5/23 Elby's 20 km (8 o, 2 w, 2 m; \$25) Al Naylor, 933-7427, 454-3909

5/24 REVCO Mar. & 10 km (4 o, 1 w; \$50) Will Albers, 273-5808, 356-2829

5/30 L'Eggs Mini Marathon (3 women; \$50) Kathi Guiney, 451-6530

7/4 Peachtree 10K (3 o; \$210) Jim Hagan, 280-4346

7/9 Utica 15K (7 o, 2 w, 1 m; \$25) Al Naylor, 933-7427, 454-3909

8/16 Falmouth (10 o, 4 w, 2 m; \$31.25) Mark Baldino, 451-6530, 451-4353

8/22 Two Bridges, Scotland (6 o) Bob Thurston, 293-7009

9/27 Lynchburg (now a Club Race; see below)

10/25 New York City Mar. (3 o, 1 w, 1 m; \$50) Bob Stack, 424-9039

date? a master's race to be determined Mike Sabino, (301) 788-5806

CLUB RACES

Everyone in the club is eligible for assistance (\$25) to travel to one of these:

1. June (21): Alpine Cup 15 km, Davis, W. Va.
2. Sept. 22: Virginia 10 Miler, Lynchburg, VA
3. Sept. 23: The Great Race (10K), Pittsburg, PA

We will identify coordinators for these races at the next meeting and in the next newsletter; we will also try to round up entry forms for Lynchburg.

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REGIONAL RACES OF SIGNIFICANCE

(One of the lists we promised; this is a selection of races not elsewhere mentioned)

April 13	Avon 15K	Cincinnati, OH
June 8	Diet Pepsi 10K	Philadelphia, PA
June 15	Etonic Women's 25K	Sudbury, MA
June 22	Westchester Half Mar.	New Rochelle, NY
July 5	Diet Pepsi 10K	New York, NY
July 27	Saucory Share the Road 10K	Philadelphia, PA
Aug. 2	Maggie Valley Moonlight 5 Mi	Maggie Valley, NC
Sept. 1	New Haven 20K	New Haven, CT
Sept. 21	Phila. Distance Classic, 13.1	Philadelphia, PA
Nov. 8	International Peace Race (25K)	Youngstown, OH

Belated results: It's never too late to pay tribute to these WRC runners who started the year off right, at the Ed Barron Hangover Classic (10K), Jan. 1: Phil Stewart was 4th in 33:11; Mark Baldino, 7th in 33:45; Lucious Anderson, 8th, 33:59; Tom Waites, 16th, 34:48; Bill Wooden, 22nd, 35:22; Ed Sayre, 27th, 35:47; Laura DeWald, 2nd woman, 36:43; Heinz Wiegand, 89, 39:58; Jesse Garves, 40:17; Chip Hill, 40:32; Jeff Reed, 41:52; Phyllis Gible, 48:27; Mary O'Connor, 57:15.

BETHESDA CHASE
20K, MARCH 1

MARY ELLEN: 2:54 AT ST. MARY'S

If this race goes any faster they'll need to open all the fire hydrants to prevent the leaders from burning up the road. George Malley ran an unbelievable 1:01:18 in placing second to an even more unbelievable 1:01:05 by Malcolm East. The WRC team of Malley, John Doub (4th, 1:02:47), Dan Rincon (5th, 1:02:49), Tim Gavin (17th, 1:04:43), and Mike Greehan (19th, 1:05:06) was second to Malcolm East's Allegheny-Nike team. Mary Ellen Williams was 4th woman in 1:18:28; and Mike Sabino took top masters' honors in 1:07:37.

The Nacy brothers swept the 17 & under group, Chris in 1:12:22, and Matt in 1:13:09. In the 18-22 men's division, Charles Shapiro was 7th with 1:10:56, and Warren Haynie, 18th in 1:14:34. Jennifer Rood took 2nd in the women's 18-22 group with a time of 1:24:04.

Men 23-29: Henry Barksdale, 1:04:26 (14th overall); Terry Baker, 1:05:06; Jim Berka, 1:06:21; Jeff Peterson, 1:07:05; Jim Ulvestad, 1:07:33; Bob Stack, 1:08:02; Jack Coffey, 1:08:14; Robt. Rodriguez, 1:08:42; Vassili Triantos, 1:13:32; Dave Asaki, 1:18:30.

Women 23-29: 7th, Kathi Guiney, 1:27:33.

Men 30-39: Phil Stewart (6th in div.), 1:07:53; Ray Morrison, 1:10:04; Steve Ruckert, 1:10:31; Bob Thurston, 1:12:27; Jesse Garves, 1:16:55; Wayne Roe, 1:17:47; Ed Foley, 1:18:56; Chip Hill, 1:23:10.

Women 30-39: Barbara Jones, 1:46:14.

Men 40-49: Bob Mallet, 1:44:02.

I'm sure I've missed someone, but who?

Mary Ellen Williams deserved this one— after many attempts to break 3 hrs., including a trip to New Orleans to run 26 miles into the wind, she found that running 2:54:35 on 3/22 was not such a big deal. The low key race, over a lightly rolling course, provided excellent services for runners. Maybe the key thing for Mary Ellen was the schedule she pinned to her shirt and then stuck to, so well that her last mile was 15 sec. faster than the first. In the same race, Vassili Triantos was 4th in 2:50:36, and Dave Asaki was 5th in 2:53:44.

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BAKER TAKES SHAMROCK

Terry Baker knocked 5 min. off the course record in winning the Va. Beach marathon in 2:16:54. Fresh off a narrow defeat by Bill Rodgers at the Azalea Trail (Rodgers, 29:00; Baker, 29:06), Terry handled his rivals with aplomb, throwing in a fast burst on the boardwalk to lose 1980 co-winners Dave McDonald and Roland Davide. The 3 were already doing 5 min. miles. John Doub lost contact with the leaders when he had to make a brief pit stop, but his time of 2:21:36 was still under the old record and earned him 4th place.

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* Bob Harper won the 50 km. race at Hains Point on Mar. 22, in a time of 3:59:19.

* Ed Foley was 5th in the Richmond to Williamsburg 50 mile, in 7:03.

* Dennis Jett finished 5th in 2:47 in the Tel Aviv marathon— in 97° heat. Story next time.

WRC Newsletter
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