

Washington Running Club

Newsletter June 1981

NEXT MEETING: JUNE 7 AFTER HECHT'S RACE AT R.U.N. HOUSE, 3309 CLAY ST., WHEATON, MD.
WRC ANNUAL PICNIC: JUNE 21, 1 P.M. ON, AT ROBINSON'S, 340 EDNCR ROAD, MD.

MEETING AFTER HECHT RACE, JUNE 7

The R.U.N. house has invited us all out for a pool party/picnic/run/meeting, after we get done with the Hecht's race. NO MEETING ON JUNE 5 AS PREVIOUSLY ANNOUNCED; the June 5 time conflicts with the Fri. night clinic for Hecht's.

Bring running clothes if you'd like to go for a run when you get out there (you may want to run out there from Carter Barron). There will be a keg of beer, and a grille available. Bring your own food or something to share.

The Rincon-Umbarger-Naylor house is at 3309 Clay St. in Wheaton. Directions: out 16th St./Georgia Ave. to Randolph Rd.; (Glenmont); L on Randolph to Bluhill; L on Bluhill, 2 blks to Clay; R on Clay to #3309, 3rd house on R. Tel. 933-7427.

LETTER FROM THE PRESIDENT

The Washington Running Club is the most truly advanced independent running club in the U.S. We have competitive runners who rank with the country's best. We have the beginnings of a travel development program that in other cases requires a corporate sponsor.

WRC accepts all runners who strive to attain their potential, whatever that may be. WRC is not a racing team but a club—a social, athletic, and let's have fun organization.

In order to keep WRC heading in the progressive direction it's going, it has to earn money to fulfill its goals. We have earned our own money through conducting top-quality road races in the Washington area.

Due to our limited roster, the club will require everybody in the club not to run in our own sponsored races. This restriction will apply to: Hecht's; Georgetown 10K; Footlocker Race; and tentatively a Britches race.

By not running in these races, we not only free ourselves up to work in them; we also demonstrate that we are willing to give up something in order to put on a good race.

The good will we earn in the running community will more than repay our small sacrifice of not running.

— from Mark Baldino

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NEXT MONTH

Karen Sullivan profiles WRC award winners
Jim Ulvestad reports from California

UPCOMING CLUB RACES

July 4, Peachtree: Jim Hagan, 280-4346

July 9, Utica 15K: Al Naylor, 933-7427

Aug. 16, Falmouth: Mark B, 451-6530

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The Two Bridges Road Race (Scotland) is on August 29, not Aug. 22 as previously guessed. Bob T will get entry blanks, etc. around.

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P.S. Since this is such late notice, we will understand if you've entered the Hecht's 10-Miler and want to run it. But any entrants willing to forgo the run will be welcomed to the ranks of volunteers.

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WRC INFORMATION

TO JOIN: Send \$10 dues plus relevant info to WRC, c/o Norm Brand, 5224 Manning Pl NW, Washington, DC 20016.

SEND NEWS TO: Bob Thurston (address on back). Tel 293-7009.

TO HELP AT HECHT'S RACE: Al N, 933-7427

REPORT FROM MAY 8 MEETING

WRC ANNUAL PICNIC

About 30 members attended this meeting which got underway at 8:14 p.m., Mark Baldino presiding. Mark reported the results of the May 4 executive meeting, in particular the protocol for getting money for club trips as reported in the May newsletter.

We discussed the question of club size, whether or not to limit membership, etc. Al Hinchliffe noted that there is no apparent danger of overwhelming our meeting site. Whitty Bass said that the Oregon T.C., with 1000 members, had clubs within the club— the seniors club for elite athletes, a club for kids, etc. Pete Nye said it's nice to know there are other clubs around; not everyone wants to be in a highly competitive club. The problem of numbers may take care of itself, he suggested.

There was general agreement with a suggestion of Whitty's that we identify our club goals or philosophy in a short paragraph, so that the running community (and we) would know what sort of club we want to have.

Mark discussed some of the jobs to be filled for our "working races", such as Hecht's.

The Philadelphia trip inadvertently overspent its allotment by \$100. The club voted to approve this expense.

Al Hinchliffe told of a July 12 race in Middletown, NY, for which there's the prospect of some financial support for club members (details elsewhere).

Ed Sayre reported that Saucony has picked up the stranded Keds kids. Saucony is looking for men with sub-33 10K or sub- 2:27 marathon times; and women with sub-37s or sub- 2:45s.

We were hungry and thirsty enough to ring up a big enough bill, close to the "target" of \$150. The Squash Racquets Club folks are content, and have even offered to make up some vegetable platters for our next gathering there.

BELLE HAVEN 15K, April 25

- Won by Tim Hassall in 48:12.
- 2. Robert Rodriguez 50:27
- 3. Bob Oberti 52:08
- 5. Bob Thurston 52:55
- 6. Tom Waites 53:04
- 16. Bob Harper 61:53
- 38. Delabian Rice T 70:27

The winning team was Bob, Bob, Bob, Bob, and Delabian.

* * *

Bruce and Sharon Robinson will host our picnic again, on Sunday, June 21. Come anytime from 1 p.m. on. At about 1:30 Bruce (if able) will lead an easy fun run to the sludge dump which has been renamed a bird sanctuary— a 6 mile round trip, but you could run more or less. There will be volleyball and badminton— bring baseball mitts just in case. Naturally, a beer relay.

The club will provide beer, soft drinks, paper plates and cups, charcoal for grilles, etc. Bring food to share and (or?) eat. You can call Bruce or Sharon if you'd like a suggestion for what to bring— but it's really not necessary. General categories: stuff to grill, casseroles, salads, breads & cheeses, fruit & dessert. General guideline: bring plenty.

The Robinsons live at 340 Ednor Rd. in Montgomery County. To get there:

1. Out Conn. Ave. ext. to Aspen Hill; L on Ga. Ave; ab. 2 mi to 3rd light; R on Norbeck Rd. (Rt. 609); 2½ mi to T-junct.; L on Layhill to 4-way stop; straight on to Ednor, 1 mi to #340 on left.
2. Out Ga. Ave. to Glenmont. Past shopping center, R on Layhill; 5 mi to 4-way stop; St. onto Ednor, 1 mi to #340.
3. From Rt. 29, 198 West at Burtonsville; 3.2 mi to Rt. 650 (New Hampshire). R on 650, 1 mi to Ednor; L on Ednor; 1 mi to #340 on R.
4. Ride with somebody else.

In case of very bad weather, call Bruce to see if picnic is on or off. Telephone 774-4135.

RUN FOR CHILDREN 5-MILE
ALEXANDRIA, VA, 4/25

Will thought it was just some sprinter going out so fast, but it was Victor Elk, who won the race two years ago and won it again in 24:30. Will fought hard but missed first prize (a mountain weekend for two) by 7 seconds; he had to settle for a dinner for 2 at the Palms. Mary Ellen was first woman in 29:12; Jim Berka was 4th in 25:15; Jay Wind and Marc Sengebusch were 6th & 7th in 26:32 and 26:34; prez Mark B was 9th, 26:46.

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HECHT 10 MILER PROGRESS REPORT
From Al Naylor

UPCOMING RACES

At press time, these are the volunteers listed by work categories.
Sentries (John Lott, coordinator):
Jack Coffey, Bob Trost, Bob Kelly, Marc Sengebusch, Tim Gavin, Dave Asaki, Neil & Carol Campbell, Ken Umbarger, Kim Goram, Gloria Sengebusch, John Mornini. NEED 2 MORE.

Number spotters: Ed Foley, Rusty Donahue.

Split timers (D. Spencer, coord.):
Robert Rodriguez, Mike Ten-Kate, Bozena Syska, Jeff Peterson, Jim Hagan. NEED TWO MORE.

Awards-Results:

Bob Williams, Karen Sullivan, Joanne Mallet.

Water (Mark Baldino coord.):

2 Williams children, Phil Yunger, Sheila Horsley & 2 kids, Robert Webb, Kathi Guiney, Bob & Delabian Thurston.

Water at finish:

Bob Stack, Bernadette Flynn, M.E. Williams, Geo. Cushmac, Phyllis Gible, Susan Aaronson, Liz Elliot, Tom Waites, Barry Goodman, Mary Walsh, Betty Blank.

P.A. Announcers:

Jubie Aulisio, Jay Wind, Mike Bradley.
THE FOLLOWING PEOPLE WILL WORK THE FINISH OPERATION AND SHOULD ATTEND MEETING AT MORRISON'S ON SAT. MAY 30, 12 NOON. 593-3834 IF YOU'VE NOT BEEN CALLED.

Finish chute coordinator: Ed Sayre

Timing: Les Kinion

Recorders: Jack Buczek, Kerry Baruth, Pat Bradley, John Weidman, Gail Baruth, Chip Hill, Jesse Garves, Steve Donovan, Nan Buczek.

Judges: Al Hinchliffe, Tem Washington.

Timers: Whitty Bass, Bob Oberti

Rope: Joie Morrison, Keith Higgs, John Allen, Larry Noel III, Warren Haynie, Marilyn Bevans, Barry Stemmel. NEED ONE.

People directors: Jeff Reed, Matt Wilson, Ken Moffet, Dan Rincon, Will Albers, Laura DeWald, Peter Nye (NEED ONE MORE).

Tape recorders: Ralph Landry. NEED ONE.

Runners— from finish to awards:
NEED TWO.

As you can see, we still need helpers. Al will be out of town for about a week; in his absence Ed Sayre (384-6231) and Mark Baldino (451-6530) will pinch-hit. See Letter from the President concerning the importance of working this race.

July 12— Middletown, NY 10K. Shorter and Rodgers to run. Money available for travel. Al Hinchliffe has entry blanks and more information. Call him at 620-7185 (w) or 435-3716 (h), or see him at the next meeting.

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Mid- and back-of-pack runners take note: DCRRC race on 6 June, Lake Accotink will offer lots of merchandise prizes, random distribution. Following that race, a seminar for race directors.

* * *

Weekend of June 13 & 14: When it rains, it pours. Among the attractive races:

—June 13, The Great Allegany Run, 10 mi in Cumberland. Interested WRC runners could get free housing. Call Bob T or Mark B for entry.

—June 14, Run Through History, 10K, Antietam Battlefield (Sharpsburg, MD).

—June 14, Columbia Birthday Classic (13.1 mi), MD. Call 301-992-5800.

— June 14, Shady Grove Hospital Run, in Rockville. Call 301-279-6534.

— June 13, Hugh Jascourt DCRRC Anniversary Run (4 mi), Hains Point.

—June 14, Vietnam Vets 10K at Fort Hunt, good awards (particularly for women). 659-2490.

June 20— Arlington Food Coop/T.J. Center 10K. Call Jay Wind, 920-5193.

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DCRRC SUMMER HIGHLIGHTS

- 6 June— Lake Accotink. \$750 in gift certificates, distributed randomly. Also race director's seminar.
- 13 June— 4 Mi, Hains Point, ribbons. Meeting follows, refreshments served.
- 17 June— Carderock 6 mile.
- 25 June— Fort Dupont park 5.5 Mi.
- 28 June— Meet of Miles, George Mason U.
- 4 July— Takoma Park 15K. Merchandise.
- 11 July— Distance Medley Relay, Greenbelt.
- 16 July— Langley 5 Mi; team race.
- 21 July— Reston 5 mile.
- 25 July— Women's Distance Festival, 5K
- 29 July— Annandale H.S., 6 mi, road, 1 Mi in heats on track.
- 1-2 Aug.— 24-hour relay, Fort Meade

See DCRRC schedule for details, and info on Bunion Derby. List to be continued.

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Rx for Tendonitis: Tincture of Time
by Peter Nye

About 12 months ago, I had the sensation that a very tiny and mean midget was giving me karate chops in my left achilles with every step. My podiatrist, Harold Glickman, dispelled my paranoia. Then he squeezed his fingers on my achilles tendon and coyly asked, "Do you feel that?" My piercing cry which shattered the lenses in my eyeglasses and the bulbs in two lamps led him to diagnose that I had tendonitis.

For the summer I spent weeks working with a litany of cures. They began with a cortisone injection which brought instant and welcome relief. Unfortunately, the relief was short lived. Soon the midget was back working out on my achilles.

Glickman really tried. He prescribed rest and medications. One medication was Butazolidin, an anti-inflammatory which has been banned from horse racing tracks in Maryland. The drug did reduce some of my swelling. It also made me feel like I had blown up 30 balloons in one minute flat. The other medication was a milder form, Motrin, which settled more easily with me.

Another effort included ultra-sound treatment which Glickman said has a record of mixed results. Two or three times a week I dragged into his office for five minutes of this treatment. To be candid, I can't say whether it worked or not.

Three of Glickman's other suggestions worked far more efficiently at keeping that wretched midget at bay. One was resting the achilles. Once the swelling went down, I then began resuming light stretching. The third was to elevate the heels to reduce strain on the tendon.

In talking with other people who have suffered achilles tendonitis and from reading articles, there are some relevant points to pass on which are consistent from runner to runner. One is that it takes months to recover from tendonitis. The chief reason is that it's the sheath around the tendon that gets the blood nourishment, not the tendon itself. The amount of blood that circulates down there is substantially less than any other parts of the anatomy.

Another is that preventative measures are easy to take, but are just as easy to put off until too late. Dr. David Brody published a book on sportsmedicine

in which he explains that achilles tendonitis is brought on by stress, particularly from too much uphill running, and by not enough stretching.

As the summer ended and autumn began, I concluded that I had lost a lot of time already to my karate-chopping midget, so I more or less just gave in to resting the achilles for however long it took to part company with him.

I didn't run until February, except for the five-mile Turkey Trot in Alexandria which I ran with Valerie and Trever. Even then I kept expecting to suffer some whacks from the midget.

Meanwhile, I stayed in shape the best I could. Being a bicycle racer for years before I took up running in 1975, I knew my chest was only a theory. So I worked out in the gym near my apartment every day for an hour to an hour and a half.

The nice thing about being a runner, even an injured one, is the amount of personal attention you get when you show up to a gym. When I got down on the bench press, for example, conversations suddenly stopped and several guys ambled over to ask, "You want some help with that weight?"

Eventually I got to bench pressing 210 pounds. I did lots of other exercises. Working out for an hour involves a lot of work. My 90-minute workouts were like the long Sunday runs. By January I was acquiring the illusion of three dimensions.

I also swam a mile three mornings a week at the Wakefield High pool in Arlington. At first I could only swim a half mile, broken up with stopping a few times to catch my breath and spit out chlorine water which always reminded me of the Kool-Aid from Jonestown. But it didn't take too many weeks before I was able to swim a mile with the crawl stroke in a little less than 40 minutes. The Wakefield pool opened at 6 a.m. for the public. That was an obstacle in itself, getting there so early, but I did it in spite of myself.

Beginning in February, I resumed running. This time I followed Glickman's counsel and wore heel lifts and stretched. The heel lifts I wear are two Spenco half-soles under each heel. They work really well.

The difficult part-- among other difficulties-- is that there isn't any seniority granted to the body by its parts.

(cont.)

Tendonitis, continued

Despite having raced for the last ten years, my legs were dead. They hurt like hell. My seven-month layoff reduced me to running like a hobby jogger. Yet it feels wonderful to go to races again, even though I am breathing like a gravy-sucking pig. I missed the camaraderie that goes along with being a team member of the WRC, and burning up calories so I can eat without restraint.

Now I'm back running 90 to 100 miles a week again. Running comes easier each week. I continue to run with my heels raised with Spenco lifts, and follow each run with light stretching. That midget hasn't taken a chop at my achilles for several months. I hope he's retired.

— P.N.

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Pot-Pourri . . . Word comes from the West Coast that Max White is hunkered down in his studies at the University of Oregon at the expense of his running. But he has found a way to integrate his years of running in with his studies. Max, who did his undergraduate at Princeton and got his Master's degree from the U. of Virginia, is working for his doctorate in education. He is studying his courses in sets of twenty pages. He reads a burst of twenty pages, then takes a short rest between each. When his workout is finished he marks it by eating a cup of yoghurt. Meanwhile, Jenny White continues to run well for Athletics West, but no details yet.

— P.N.

CHERRY BLOSSOM, amendments

Marc Sengebusch learned the hard way that runners who key off the newsletter editor, then pass him in the stretch, somehow get missed when results are published. So here it is: Marc Sengebusch, 122nd place, 55:55. Sorry about that (if you're sorry, you skunk).

These others were missed, mostly because they didn't report their times: Ed Sayre, 57:48; Jim Ulvestad, 55:22; Vassili Triantos, 56:12; Larry Noel, 63:53.

LAKE WARAMAUG ULTRAMARATHON

Thanks to the support of the club, WRC was ably represented at what is probably the best ultra race in the US. The list of those who dropped out in this year's event reads like a Who's who of ultras. As I ran along during the first 30 miles of the event, I was on pace for a 5:58 50; about the 6th fastest ever WRC time and I'm only in 35th place and the 2nd woman is moving out of sight. With fields like this I might start running the mile again.

Further up in the pack, new member, Rusty Donahue, and Ed Foley are enjoying the company of some of the best runner's and biggest bullbatters extant today. Rusty stayed with the favorites but Stu Littleman and Ray Krolewicz pulled away. Stu is the American record holder at 100 miles and Krolewicz is the American record holder at nonstop self aggrandization. Rusty hung on to record a 5:53 at the 50 mile mark, good for 6th place and Ed Foley ran just a tad slower to take 13th in 6:07. At 35 miles I was all set to drop out and was walking back to the starting line, but a runner comes along and lets me know in no uncertain terms that I am not allowed to drop out while I'm still a lap(7.66 miles) ahead of him. So off I went with my new coach to complete 50 in 6:51 for 27th place.

Luckily I continued because most of the other teams had high attrition rates so WRC would probably have been the team winner. It sure would help if we could drag a few more teammates out to these races. Now I know some of you think we're not all there but if you notice none of us went on to the 100 kilo even though we could have placed much higher in that event.

Lake Waramaug is a beautiful setting, and the hospitality and amenities are some of the best around, so think about it for next year.

Bob Harper

BONNE BELL 10K, 5/10

- 5. Laura DeWald 35:35
 - 10. M.E. Williams 38:05
 - 15. Karen Sullivan 38:22
- Other results when available!

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HEART RUN 10K, MAY 2

Jeff Peterson was second only to a couple of world-class athletes this month; no others need apply. This time it was to Chris Stewart, who recently turned down a spot on the British Olympic team as a protest against Soviet actions in Afghanistan. Results:

- 1. Chris Stewart 30:17)
- 2. Jeff Peterson 30:42
- 3. Al Hinchliffe 31:30
- 4. Jim Ulvestad 31:59
- 5. Jim Hagan 33:08

Hmmm— perhaps that remark about world-class athletes gives an unexpected promotion to Will Albers and Dave McDonald, who beat Jeff at the Elizabeth River Run on May 9. But let's let it stand. Times:

- (1. Dave McDonald 30:01)
- 2. Will 30:37
- 3. Jeff 30:42
- 25. Jim Hagan 33:06

(On second thought, Jeff was third to those guys, not second— leaving their rankings undetermined,)

Jim Hagan is happy to be back in serious training— look out for him!

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CLYDE'S COLUMBIA RACE, MAY 3
10 KILOMETERS

- 1. Will Albers 31:29
- 2. Jeff Smith 31:45
- 3. Tim Gavin 32:01
- 5. Steve Ruckert 32:40
(now with Howard Co. Striders)
- 6. Robert Rodriguez 32:43
- 7. Bob Stack 32:45
- 12. Mark Baldino 33:17
- 17. Jay Wind 34:14
- ? Mike Bradley 34: ?
- ? Larry Dragon 36:20
- Kathi Guiney— 5th woman

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CONSTELLATION RACE, 10K
Baltimore, May 24

Dan Rincon, Chris Stewart and Tom Kelley were neck and neck with only 400 meters to go. All sprinted madly, and finally Stewart broke the tape, followed by Kelley and Danny. Only 3 seconds separated first and third in what Sun writer Bob DuPont called the city's most exciting road race finish since 1975, when John Vitale outkicked Ron Hill to win the Md. Marathon by 4 seconds.

Dan capitalized on a water station snafu in which slower runners were using stops on both sides of the street: he surged forward, sandwiched himself between 2 motorcycles, and let them run interference for him.

Just a bit farther back, Ray Morrison and Mike Sabino continue to battle it out, with Ray taking the latest round.

- (1. Chris Stewart 30:02)
- (2. Tom Kelley 30:03)
- 3. Dan Rincon 30:05
- 4. John Doub 30:21
- 5. Terry Baker 31:02
- 6. Jeff Smith 31:20
- 13. Mark Johnson 32:01
- 17. Ray Morrison 32:19
- 18. Mike Sabino 32:22 (1st M)
- 19. Dennis Albright 32:23
- 38. John Mornini 33:22
- 43. Pete Nye 33:34
- 51. Lucious Anderson 33:52
- 81. Mike Bradley 34:44
- 92. Bill Wooden 34:58
- 116. Larry Dragon 35:47
- 128. Heinz Wiegand 35:59
- 164. Bob Williams 36:55 FR
- Chip Hill 38:10

WOMEN

- 3. M.E. Williams 37:34
- 11. Annamae Diehl 40:16
- 21. Kathi Guiney 41:45
- 34. Hannah Rowe 43:42
- 42. Margaret Hoyert 44:40
- 43. Valerie Nye 44:42

Pat Speer had a good weekend at the Master's Championships in Raleigh, NC (May 9, 10). These performances earned him a slew of 2nd and 3rd place awards:

- 1500 M : 10:18
- Javelin— 52 feet (new event for Pat)
- long jump— 14 feet
- 800 m — 4:35
- 400 m— 2:10.

This weekend Pat is going up to Collinsville, PA for a pentathlon in which runners do 5 mi, 800 m, 2 mi, 400 m, and 1 mi. He feels just a little handicapped because there is no 70's age group and he'll compete in 60 & over . . .

George Cushmac ran the Army HQ 10K in 36:20 for 34th place. That was May 3; then on May 9 he was second in his age group (40-49) with 35:44.

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DATELINE: WHEELING, W.VA., SATURDAY MAY 23 1981
a stream-of-consciousness farce

CHARACTERS

M. Baldino	Kamikaze Osaki
M. Buzzard	Amazing Matt Wilson
Iri W. Albers	Mountain Man Ed Sayre
Striking L. DeWald	Bob Waco Stack
Chargin' K. Higgs	Auntie Eve (J.L.'s aunt)
Stalwart Thinclad Coldsmith	John Lott-a-fun

others

SCENE 1: GETTING THERE # #

In Millenium Buzzard, various roads throughout the tri-state area

Baldino: After taking 30 minutes to get through Frederick, we are almost hit by a beer drinking tractor trailer.

DeWald: Snore, snore.

Albers: We'll never get there in time.

Sayre: Where are those guys?

Higgs: I told you so.

Lott: I'm at a loss for words.

Coldsmith: Who's gonna be there?

Baldino: We arrive at Liberty College at 1:30 a.m., not knowing how we got there.

DeWald: I'm not worried. I train on the hills of Arlington.

Albers: Beer.

(ed. note: Yuengling, Iron City, Pittsburg Steelers, Stokies, Tech)

Asaki: Where are those guys?

Waiter at Wendy's: They don't deserve any food.

Coldsmith: Apparently they don't know who we are.

Millenium Buzzard: I love road trips.

Lott: It's great being exposed to other cultures.

Higgs: Are you sure we take 88?

SCENE 2: THE RACE #

Stack: I climbed so high I got nose bleeds

Various others: I got halfway up and wanted to turn around and go back.
Busted a gut on gutbreak hill.
Crowd support is fantastic-- water all the race.

Wilson: I was right with Rodgers on the hill-- that was it.

Rodgers (about Wilson): Who is that four-digit wonder?

DeWald: Can't wait to go back to Arlington and train on the flats.

Coach "Hard Ass" Albers: (to DeWald) Don't ever walk in a race or curse me again (he pulls her up the hill).

Voice: You just cut around the corner and then fly to the end, downhill.

Voice: I just cut the engine and rolled to the finish.

Voice: I ran a 1/4 minute mile at the end.

Carl Hatfield: Wheeling is harder than Charleston.

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SCENE 3 The Fried Chicken Banquet, complete with quick-dry cement butter. Followed by Post-Banquet party, free beer.

Voice: If you hadn't stopped.

Voice: But I was striding it out.

WRC Voices: (to Allegheny club) We challenge you to a team race.

Allegheny voices: A track race in Pittsburgh

WRC voices: Beer drinking at 21st Amendment.

. . . As the Buzzard heads into the sunset, our heroes return home.

#

(If only they had headed into the sunset-- but either the Buzzard or the exhausted runners figured out that home was eastward, so they turned around and came home, bringing the above manuscript. Perhaps we should make them perform it? Fortunately, Keith Higgs had the presence of mind to write down some results--next page.)

ELBY'S 20K, WHEELING, WV, MAY 23

Bill Rodgers set a course record of 1 hr. 9 sec. in winning the race.

- 8. Matt Wilson 1:02:43
- 43. John Lott 1:07:56
- 47. Bob Stack 1:08:22
- 66. Mark Baldino 1:10:31
- 76. Bruce Coldsmith 1:11:17
- 136. Dave Asaki 1:14:43
- W6. Laura DeWald 1:16:18
- 157. Will Albers 1:16:18
- 162. Ed Sayre 1:16:36
- 261. Keith Higgs 1:20:59

DIET PEPSI 10K, 5/24

Jeff Peterson ran a p.r. 30:14 to take second in the Diet Pepsi race. That seems just about as good as first, when first is Bill Rodgers. Other WRC finishers:

- 4. Al Hinchliffe 31:25
- 9. Robt. Rodriguez 32:24
- 13. Marc Sengebusch 32:59
- 15. Jim Hagan 33:27
- 16. Jay Wind 33:31
- 17. Bob Kelly 33:37
- 25. Tom Waites 34:06
- 84. Larry Noel III 36:44

New member Bernadette Flynn was 10th in 42:17.

* *

URBAN LEAGUE 15K HOMETOWN RUN
MAY 17, D.C.

Will Albers ran away with this one in 47:56, nearly a minute ahead of Robert Hirst. Other WRC runners also did well, as both the men's and women's WRC teams won their divisions. Mary Ellen Williams was 2nd woman in 58:18; Betty Blank was 5th in 65:23. Men:

- 4. R. Rodriguez 49:37
- 7. Jay Wind 51:05
- 8. Pete Nye 51:09
- 10. M. Sengebusch 51:26
- 11. L. Anderson 51:49

Pat Speer won the 70 plus division in the 3K run. Joanne Mallet (runs for PVSTC) won the 45-49 division of the 15K in 69:59.

Results from Chip Hill

- 4/25 Alexandria 5-mile:
 - M.E. Williams 30:12
 - Chip Hill 31:15
- 5/2 Heart Association 10K
 - Chip Hill 38:24
- 5/17 Hometown Run 15K
 - M.E. Williams 58:19
 - Chip Hill 59:30

1981 Chip Hill vs Mary Ellen Williams
Match Race Results

Mary Ellen--- 6
Chip Hill --- 0

* . * *

Washington Running Club Newsletter
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