

Washington Running Club

July 1981 Newsletter

NEXT MEETING: FRIDAY, JULY 24, 8 PM, WASHINGTON SQUASH RACQUETS CLUB, 1120 20th St., NW

JULY MEETING

The main business of the meeting on the 24th will be to work on a WRC Club Manual. The manual would discuss our goals, activities, policies, budget, travel program, ETC.— in short, a practical guide to the WRC. All members, especially new ones, should benefit from having all this information in one place.

To accomplish this project, we need everyone's help. At the meeting, we will have copies of a rough draft, based on input from the executive committee, and available as a starting point for discussion.

A project like this inevitably involves policy decisions as well as editorial ones: e.g., what is our purpose after all; what should be our policy concerning our "working races"; what rules do we need on the use of club travel money; etc. Your club needs your help in deciding these and other matters. Please try to come.

We should also get a report from Jack Coffey on his project of getting nonprofit corporation status for us.

Our prez will be vacationing in Colorado after attending Jim Buell's wedding, but v.p. Al Naylor will chair the meeting and keep the pace from lagging. Fresh race reports should provide entertainment, and the Racquets Club has promised fresh vegetable platters for nourishment. See you at the meeting!

PICNIC

It was great! Food to feed an army was brought, and eaten. Everyone played volleyball until the game started getting too serious and ref Joie kicked the kids out. Actually the game never got as serious as the horseshoes match, where Ray was battling Bruce for club championship (no known results). The most serious event of all, the beer relay, was tightly regulated and refereed— a far cry from the a'borning days of the event. Refs Ray M. and Robert R. commanded the runners to turn the cups upside down over

THIS ISSUE

How gratifying to have so many authors! Let's keep this up; we need even more contributors. Start now to write something for the August issue, whose deadline is nearly upon us— August 1.

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Being mailed with this newsletter is a questionnaire from longtime WRC friend (and rival) Dave Theall, for an article he is doing for Running magazine. The topic is thought-provoking, so please jot down some of the provoked thoughts and send them to Dave.

(Picnic, cont.)

their heads when they were finished; Mike Sabino still hasn't forgiven Ray for the beer shampoo. This year two teams finished in a tie, and there were no cheating incidents.

The Alfred Tom Felde Award, for running and service for the club, was awarded to Al Naylor, for his outstanding work on club matters, directing races, and running. Bob Thurston received a Presidential Award for his work on the newsletter— the award was a running star, made by Mark himself.

If you missed the picnic, you missed a super time. Also you caused us, for the second year in a row, to have beer left over (?!).

FUTURE MEETINGS: August 21, September 18

REPORT FROM THE BRENTWOOD LOK
by Jim Ulvestad

Brentwood, cont.

The Brentwood LOK, run on May 24 this year, is one of the larger road races in the Los Angeles area. This year, there were approximately 3300 entrants and an additional 500 (est.) unofficial runners. Included among the entrants were 800 women and a seemingly inexhaustible supply of youngsters who did not appear to have seen a junior high school from the inside yet. The youngest finisher was a 4-year-old named Sally who has now run 17 LOK races in her life, 14 more than this writer.

The race is run on San Vicente Blvd., a divided road starting at the Pacific Ocean and running about 4 miles inland before ending within a mile of UCLA. Its broad, grassy median strip makes it the Mecca to which L.A. runners make their pilgrimages. Great throngs of Nike-shod jaywalkers can be found on San Vicente at all hours of the day.

The Brentwood race is a flat, certified, two-loop tour taking place several miles inland on San Vicente. This year, it took 90 seconds for the entire field to cross the starting line. The leaders split 5K in 14:42; all told, there were about a dozen runners under 15:00 at the halfway mark. Only the foreign invader Burne of New Zealand could maintain his pace to finish in 29:36, 5 seconds off Tom Wysocki's course record. Chuch Smead took 2nd more than 30 seconds back, with about 10 runners breaking 31 minutes. The first two finishers in the women's division were a pair of Santa Monica runners, finishing in 36:30 and 37:12. A running waiter carried his bottle of Perrier around the course in under 20 minutes for the first loop, but his finishing time is not known.

The only two well-represented local clubs appeared to be the Santa Monica Track Club (SMTC) and the San Fernando Valley Track Club (SFVTC). In addition, the Greater Las Vegas Track Club lent a bit of glamour to the race. Although the SFVTC actually put on the race, the SMTC seemed to have more top-flight runners despite the fact that their best runners were absent, probably pointing for the TAC championships a few weeks hence. Perhaps SFVTC's best-known runner is 73-year-old Monty Montgomery, who ran just over 42 minutes on the Brentwood course last year.

The SFVTC and the SMTC both have well-known coaches, Lazslo Tabori and Joe Douglas, respectively. The SFVTC has regularly scheduled workouts and even has green-and-white club sweats to go with their racing outfits. Such an appearance of discipline seems unusual to a spectator used to the creativity evidenced by the many different versions of the WRC racing singlet. But most of the 200 members of the SFVTC are probably athletic anarchists just like the rest of us.

-- J.U.

Ed. note: After getting his Ph.D. in radio astronomy from Maryland this May, Jim went out to the L.A. area (home base) for a few weeks. He had hoped to run in the Brentwood race but was sidelined by a muscle strain and turned reporter instead. He is now in Charlottesville, VA, where he works for the National Radio Astronomy Observatory. (Only the observatory is in New Mexico—now figure that out.) We are hoping for more reports from Jim, whether from Virginia, New Mexico, other galaxies, or even L.A. -r.t.

* * *

HECHT'S, ETC.

Congratulations! The club did a fine job and received many compliments for our work at the Hecht Co. race. We also had the satisfaction of seeing WRC alumnus Jack Fultz achieve a nice victory in 50:30. (not to mention the satisfaction of seeing Ray Morrison get a taste of his own medicine— in a creditable 55:54). Also:

- | | | |
|------|--------------------|-------|
| (M:) | 3. Dan Rincon | 52:13 |
| | 5. Bob Stack | 53:46 |
| | 8. Tom Bache | 56:42 |
| | 15. Tom Waites | 57:41 |
| (F:) | 2. Mary Walsh | 59:12 |
| | 3. Kim Dunlap | 60:55 |
| | 21. Valerie Nye | 73:44 |
| | 22. Susan Aaronson | 74:03 |

Following the race, the "marathon house" in Wheaton hosted a pool party/meeting. Discussed at the meeting were: negotiations concerning WRC involvement in some races; an effort to get nonprofit status for WRC; club insurance; and upcoming races.

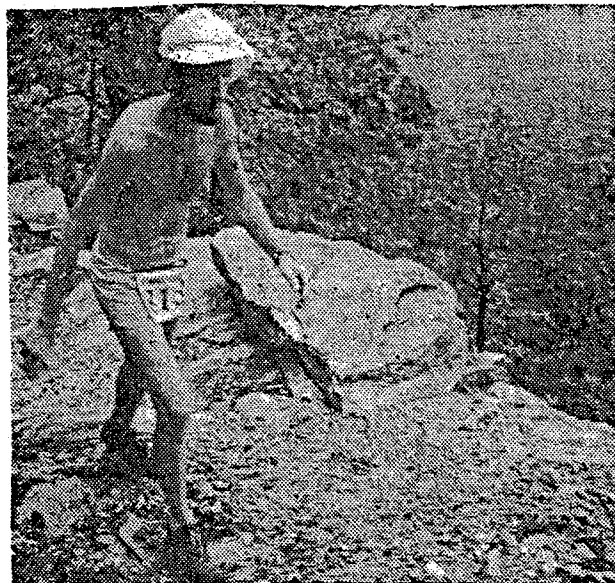
100-Mile Race

Ed Foley was more surprised than anyone with his victory in the Old Dominion 100-miler. His training wasn't going so well. He figured teammates Rusty Donahue and Kevin Eagleton were both in better shape than he was. About the only special thing he did to get ready (that is, beyond those routine 30 & 40 milers with Harper & Donahue) was to go out and practice running slowly— about 8½ minute pace. It must have helped. Here's Ed's story:

OLD DOMINION 100 MILE RUN JUNE 20

The organizers of this race are actually endurance horse riders/trainers and they refer to the race as a "cross country" ride and run. The term "cross country" is loosely applied to some sections of the race course where walking can be a perilous pace. Over 12,000 feet of climb during the race took the starch out of the best endurance horses, not to mention runners. Through all the adverse conditions of trail, heat and humidity, WRC was well represented by Bob Harper, Rusty Donahue, Kevin Eagleton and myself (Ed Foley)

Probably the most courageous run of the day was turned in by Bob Harper. Bob has been suffering from a very serious groin problem and has not been able to run his usual training mileages. He also came into this year's race carrying 15 lbs of excess baggage (we all know about his appetite). Things seemed to be going from bad to worse for Bob as his flashlight played out on the way to the start (4am). This slowed him a little in the early going but he came back challenging for the lead over much of the first third of the course. Bob's ability to "run from memory" was quite remarkable; however, the lack of training miles and extra weight did slow him slightly. Bob's luck really turned sour at around 87 miles when he attempted to go for another 75 mile loop rather than proceed down the out and back section of the course. Fortunately with his luck running as it was, he got lost before he could retrace a significant portion of the loop. Things had to get better for him and they eventually did. His screams for help from a dark lonely mountainside were finally heard by Rusty's ace pit crew. Bob was finally pulled from the woods with some assistance from Peter Monahan.



Lee Ball for The Washington Star

Eventual winner Ed Foley leads the way over the Veatch Gap Trail.

From this point, still without a flashlight, Bob decided to wait for Rusty and Kevin Eagleton. Rusty and Kevin had done a little exploring of their own earlier in the day - around 20 miles. A wrong turn and a run down the mountainside, left them with a discouraging climb and about an hour of race time lost. Dehydrated and tired, they held on and eventually finished with Bob in toe at 22 hours & 36 min into the race for a sixth place tie.

Fortunately, not everyone's luck turned sour. I ran an easy steady pace and near the 50 mile point, I began to overtake the runners ahead of me. By 70 miles I had pulled alongside the leader, Dave Horton, and decided to settle in with the leader and his entourage of running pit crewmen. An indescribable mountain climb around 80 miles left both of us nauseated and depleted. However, slurred speech and repeated questions from Dave gave me the idea that maybe my opponent was pushing too hard. Once we had returned to semi-horizontal terrain and a dirt road, at about 84 miles, I could feel some strength return to my legs. A half-hearted surge went unanswered and then the adrenalin began to flow. I pulled away to finish in 18 hours & 7 min with a half hour margin over Horton and my first big ultra win. Unfortunately, a fast finishing horse had squeezed in a half hour prior to my finish such that my "First to Finish" award only applied to the human competition. But next year, the horses had better be wearing their racing flats!

Ed Foley

DCRRC Awards Winners: Lucious Anderson and Jim Berka

The Running Club swept the runners' awards at the DCRRC banquet in April, with Most Improved Runner awards going to Lucious Anderson and Karen Sullivan, and Outstanding Runner awards to Jim Berka and Laura DeWald. We featured Laura in the May issue; here Karen reports on her conversations with Lucious and Jim. We're hoping for a story on Karen in August.

What is it that makes certain runners improve so much and run so well? Numerous reasons have been offered to explain the vast differences in performances; but much of what separates a great runner from a good one (or more importantly, a runner who realizes more of his potential than another) is vague, uncertain and intangible.

Lucious Anderson, selected as DCRRC's most improved male runner, feels that attitude is largely what separates runners. For him, the mental aspects of running are an integral part of his total running program— just as important as any other part of his training. His own approach to running varies from casual to very serious. Having started running a little over two years ago, already well past his college days, he didn't intend it to be more than a hobby. Even now, he sees himself as not too serious about his running. "Running is not the dominant thing in my life," he says. "I do it because I like to do it, not because I have to do it."

Before major competitions, however, Lucious does get fairly serious about his running. More than anything else, this intensity has enabled him to monitor his body so closely that he seldom experiences injuries. He has the ability to be keenly in tune with his body, and an attitude that allows him to back off readily when he feels run down and prone to injury. This ability— knowing when to back off in order to avoid injury— may be a key to progress.

The first race Lucious ever ran was the 1979 Cherry Blossom, only a few months after he took up running. Later the same year he completed his first marathon, the Marine Corps, in 3:04, a truly fine performance for a novice runner. Encouraged that he could soon break 3 hours, he sought other marathons to run. However, his times got slower before they began to improve again. He ran three marathons in the spring of 1980: G.W. Birthday, Shamrock and Penn Relays, all slower than his initial 3:04.

It was, therefore, with no great hopes of breaking 3 hours that he ran the Gettysburg marathon in the fall. Running relaxed and under no great pressure, with the purpose of using the race merely as a tune-up for the Marine Marathon, he ran 2:49 for 7th overall — and a Boston qualifying time.

This year at Boston Lucious ran a 2:40, only a few weeks after a 2:41 at Shamrock. Last fall, in addition to the Gettysburg marathon, he ran the Marine and the Maryland marathons as well as his first ultramarathon. At the Damon Two Bridges 36, Lucious placed 12th with a time of 4:13 (and a marathon split of 2:52); he is now looking forward to competing in the Two Bridges Road Race in Scotland on Aug. 29.



Most of Lucious' training is geared toward the marathon, a distance he favors because of the way the strategy develops in the race. If he can maintain his concentration and not go out too fast, he is pretty well assured of a good race.

Quality and variety are reflected in his everyday training. He likes to keep his runs interesting and does this by experimenting with various training techniques. He incorporates hill training, race pace running, fartlek and interval sessions into a well rounded program. He has not had much success with high mileage, i.e. over 70 miles per week, so he emphasizes quality more now.

Lucious' training is not geared to peaking but to smaller, incremental gains. With his steady improvement, his sensible training techniques and his positive attitude, he is certainly on the road to realizing his maximum potential.

- Karen Sullivan

Award Winners, cont.: Jim Berka

Jim Berka was surprised to hear that he had been selected the year's outstanding male runner for DCRRRC. Looking back over the year, he recalls experiencing more than the usual number of injuries, forcing him to take many days off running (frequently as many as 3-5 days at a time). Yet despite these obstacles, Jim performed consistently well in the many races which he ran during the year.

"Running is a pretty big part of my life," Jim states, but hastens to add that it is "not everything to me." During the past couple of years running has assumed somewhat less importance for him, yet he continues to plan and set goals for his running. His job with the Federal Highway Administration, which requires extensive travel, has naturally resulted in a de-emphasis of running. Simultaneously running has become a more personal endeavor for him as he focuses mainly on improving his times and competing against himself.

Jim first started running about 13 years ago. For the past five years, he has never been completely injury free; this has given him a more relaxed and casual attitude regarding running. He feels that he is training more wisely now and avoiding the over-training that had been so characteristic of his earlier running. He now emphasizes quality much more than quantity.

Jim has certainly been in the position to learn some of the qualities essential to becoming a good runner. His many injuries would have defeated him long ago had he not developed patience and persistence. Jim also works on improving his attention and concentration. Though he enjoys relaxing and daydreaming on many of his runs, there are times, such as during speedwork or racing, that he focuses keenly on his running and monitors his body closely. Competition involves a great deal of intensity of concentration and effort. Jim believes that his enjoyment of competition and of testing his limits have made him persistent and thus have contributed greatly to his success.

Jim recalls the Clyde's 10 km race (Nov., 1980) as a particularly successful effort. There, despite over 3 weeks of a heel problem and very little running, he ran a 31:14 and recorded a personal best. Again, before the Olympic trials, injuries plagued him. These injuries as well as that perennial fear of all marathoners, that perhaps they shall not complete the distance, almost kept him from going. Fortunately he did go and finished the marathon in 2:26, a time he does not consider especially good for himself. However, looking back, he says quite sincerely, "The experience was great!"

At 29, Jim is looking to the 1984 Olympic trials and hoping to make the marathon his strongest race. This long range goal enables him to make more prudent decisions now regarding his training and when to cut back. He no longer fears that he might lose all of his training by taking a few days off. He will remain patient and persistent and we shall see him in 1984 running the Olympic trials marathon.

Even though the runners were interviewed separately, they both mentioned the gratitude they felt toward the many people who had encouraged them along the way. Particularly during times when they felt they were not running well, the encouragement was quite helpful. The performances of runners such as Lucious and Jim are an inspiration to us all.

— K.T.S.



* Pat Speer has now added a new event to his repertoire: the discus. He recently threw 46.8 meters at a Yorktown H.S. PVS meet. At the masters meet in May (Raleigh, NC), the winning distance for Pat's age group was 37.5 meters. Decathloners, look out!

Photos of Lucious and Jim
by Al Naylor.

P.S. Jim Berka recently wrote that he'd been out of commission for 6 weeks with severe plantar fasciitis and stress fracture in the heel. Lots of patience practise!

UPCOMING CLUB RACES

- 8/16 Falmouth— call Mark, 451-6530
- 8/29 Scotland— Bob T., 293-7009
- 9/26 Lynchburg— Jack Coffey, 765-1377
- 9/27 Pittsburg— Ray M., 593-7009

The Great Allegany Run
- by Kathi Guiney

CARDEROCK 6-MILER, JUNE 17

Cumberland, MD, June 13— Someone told someone who told someone else who told Mark that the 10 Mi. Cumberland Race Against Leukemia was going to be downhill and fast! I wouldn't give 2¢ for the truth behind that bit of third-hand knowledge!

Cumberland is in upstate Maryland, very near Frostburg State. The fresh air and mountain greenery was a delight after a long week in D.C. Mr. and Mrs. Albright (Dennis' parents) took in Mark and me for the weekend. Southern hospitality abounded and we woke Saturday morning rested and excited about a fast (!?) 10 mile course.

The race started on top of Mt. Savage (I should have recognized a bad omen when I saw one). The course plunged downhill for 6 miles. All the runners began to "push" and feel tired from constant pounding and breaking of stride that the course demanded. The six mile water stop allowed for a moment's relief from the pressure— stressing the word moment; the last 4 miles were uphill!

Tim Gavin had warned me (seconds before the race) that the last 2 miles were the worst. He was right! It was at 8 miles that I began to wonder why I didn't bring mountain climbing gear and an expert guide. Oh! where were the downhills of yesteryear!

The finish (a 300 yard, 90° slope) was reminiscent of the ascent of Mt. Everest— a final challenge "for God, Queen and Country" . . . Needless to say, Mark made himself invisible immediately following the race. I had time to put the whole "race experience" into perspective and decided not to take his life.

WRC had a good showing, with Tim Gavin 4th, Bob Stack 9th, Mark Baldino 10th, and Kathi Guiney 2nd. Times are being withheld until the Guinness Book of Records investigates the event.

This race was a fantastic community-supported event. All the local and county dignitaries volunteered their time and muscle. The police force manned the course with the enthusiastic help of two high-school groups. Much money was raised for the Leukemia Foundation. A 2nd annual race is planned for next year. -K.G.

Moments before the start of the DORR six-mile race June 17 along the C & O Canal, it was announced that first prize was one week's vacation in Rockville. Second prize was two weeks' vacation.

Robert Rodriguez, eager to boost the club coffers with the prize, took off from the start. He ran a solo effort to win in 31:59.

Marc Sengebusch and Walter Sargent (una.) were the remains of the lead cluster chasing Rodriguez, with Sargent eclipsing Sengebusch 32:14 to 32:19.

Just after the midpoint of the event, Ray Morrison charged up from the back to take fourth position. He finished strongly, five seconds behind Sengebusch.

A drama developed behind him in the last mile. Peter Nye overtook new WRC teammate Tom Bache at the last mile marker. Nye didn't open much of a gap, and soon was challenged by Cliff Balkam of the D.C. Harriers. Then with 400 yards left, Phil Stewart's second-half surge took him past Balkam and Bache. He challenged Nye while Bache challenged Balkam. Nye held on to finish fifth, 32:48, with Stewart two seconds behind, followed one second later by Bache. Balkam slowed to 32:59, but managed to edge out Eamon McEvelly of NOVA by one second.

The women's division was won by Laura DeWald who breezed through the event for a workout. Her time of 34:49 was a new course record. Valerie Nye took 90 seconds off her personal best for that course, running the distance in 42:46.

Other WRC finishers were Jay Wind, 11th in 33:53; Jim Hagan, 14th in 34:14; Bill Wooden, 16th in 34:40, and Dick Spencer whose time was 37:39.

Anyone wanting to spend a week's vacation in Rockville should contact Robert Rodriguez.

— Peter Nye



Robert Rodriguez
photo: Naylor

Lake Accotink Five Mile, June 6

Jack Coffey really tried. \$750 in merchandise prizes, to be distributed randomly. So Jack signed in, "Jack 'Random' Coffey", and proceeded to run a very random pace. Along the way, he was heard making random wisecracks (on the fast pace set by Bob Oberti and Walter Sargent: "Two guys are running for fame, the rest of us are running for fortune."). With all the horsing around Jack and Bob Rodriguez were still about to finish too high for comfort ("weighted against frontrunners," Phil Stewart had said) so they eased off to finish 5th and 6th. Jack figured a prime number like 5 would give him a good chance.

Nope. The top ten finishers only got their names announced; the juicy awards were distributed to the rest, starting at the back of the pack. There were lots of surprised, happy runners— and a few who vowed to run slower next year. Maybe some 100 milers would help you work on speed, Jack? WRC finishers:

- 1. Bob Oberti 27:23
 - 4. Bob Thurston 28:30
 - 5. Jack R. Coffey 28:31
 - 6. R. Rodriguez n.t.
 - 9. Mark Baldino n.t.
 - 13. J.J. Wind 29:24
 - 33. Steve Donovan 32:48
 - 49. Lolitia Bache 33:56
 - 65. Betty Blank 35:36
 - 66. Bob Trost 35:36
- * * * *



J. Random Coffey (photo: Naylor)



John Doub and Terry Baker
(at NSA 10-miler, October 1980)

NEWS BITS

* From Bob Stack: "I finished 7th in Norwich (Conn.) Rose Arts Festival 10.6 mile race, 6/21, in a time of 56:25. Race was won by John Vitale in 53:17. Tim Gavin and I finished 2-3 in the American Nat'l Bank Race, Meriden, Conn. on June 28 with a time of 52:16 (we finished together). Race won by John Vitale in 50:58."

* Matt Wilson, new and fast WRC member, ran a 2:14:45 for sixth place at the Grandma's Marathon in Minnesota. That WRC record was achieved in Matt's first try at the distance! We hope to let our readers learn more about Matt in the near future.

* Race results for Betty Blank:
— Bonne Belle 10K— 41:40
— Vietnam Vets 10K, at Fort Hunt (6/14)— 43:56. 5th woman, first in 20-29 age group.

* Tuesday night workouts, every Tues. at 6:30 p.m. Meet at Running, Etc. in Alexandria. A recent session brought out 20 runners, rarin' to go. Join the fun!

Moffett

By now all of us have been reading and hearing about our own Ken Moffett— first in connection with the baseball strike, then with the threat of an air controllers' walk-out. Pete Nye's promised profile for the newsletter got shoved aside by more pressing business (the Nyes just drove to Colorado to get in some high-altitude training), but Pete did clip a fine profile from the NY Times, by Wolfgang Saxon.

Here are some excerpts from that article (6/23/81) and some AP shots that catch diverse moods.



After 20 years backstage at lesser labor dramas, Kenneth E. Moffett is in the national limelight as a man trying to save the baseball season for the fans after helping to spare the passengers of 14,200 daily airline flights and all other travelers the coast-to-coast chaos of an air controllers' strike.

**Man
in the
News**

A tall, affable Pennsylvanian who looks and sounds a bit like the television host David Hartman, Mr. Moffett became the country's top labor mediator only Jan. 2. That was the day after Wayne Horvitz, an appointee of President Carter, quit as head of the Federal Mediation and Conciliation Service and put Mr. Moffett in charge as acting director.

Reporters who have watched Mr. Moffett work call him pleasant and unflappable.

Mr. Moffett, 49 years old, is 6 foot 3 inches tall and stays in shape at 165 pounds by long-distance running. When the club owners called him to New York to shoulder that dispute, Mr. Moffett headed for Central Park mornings and after early breaks.

Kenneth Elwood Moffett was born in Lykens, Pa., did his military service in the Navy and was graduated from the University of Maryland with a bachelor of science degree in 1958. That year he became an international representative for District 50 of the United Mine Workers, remaining until his Federal appointment 20 years ago.



Mr. Moffett is divorced. He has a son and a daughter in college and a younger son who will be a junior in high school next year. All three live with him in Adelphi, Md.

Mr. Moffett is a member of the Road Runners Club in Washington and has run in the Marine Corps and Hawaiian marathons as well as in many cities around the country. In fact, it was running that helped him bring a weight problem under control.

Once the present labor problems are out of the way, his ambition is to qualify for the Boston Marathon and one of these days he's going to make it there. "And that's a promise," Mr. Moffett says.

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