

# Washington Running Club

NOVEMBER 1981 NEWSLETTER

NEXT MEETING: FRIDAY, DEC. 11, 2100 K St., 4th floor. Follow signs. Inquiries 653-5270.

CONGRATULATIONS, WRC, ON ANOTHER FINE RACE: THE FOOTLOCKER 10K. FORTY OR FIFTY CLUB MEMBERS GAVE UP PART OF THANKSGIVING DAY TO HELP, AND THEY WERE ALL NEEDED. WELL DONE! OUR RACE MANAGING IS OVER 'TIL JUNE: NOW WE CAN CONCENTRATE ON TRAINING AND RACING.

-- from Mark Baldino, president

## OCTOBER MEETING REPORT

On Friday, October 23, we met in a conference/bargaining room at the Fed. Mediation Service to negotiate several matters, including a final plan of action for the Georgetown 10K, battle strategy for the Marine Marathon, and a policy on shoe company money.

The Georgetown 10K went off very well and received lots of compliments; the Marine Marathon turned out to be a festival of good WRC performances; and the shoe question is still here to kick around.

The medal for dedication in the Georgetown 10K effort has to go to a non-WRC worker, veteran course-measurer A.J. VanderWaal. A.J. had finished measuring for the mile points and was returning home to West Virginia when he fell asleep behind the wheel, totaled his car and ended up in the intensive care unit of Frederick Memorial Hospital. His first words to his wife, when he regained consciousness, were the details of the mile point locations.

The question of shoe company money was discussed, at least by Mark. He would like to see such sponsorship money be routed through the club, so that the club could select the fittest runners for any given race. Dan Rincon commented that the shoe companies are getting picky and want to give travel money only to elite runners, while providing gear to others.

Dave Asaki will coordinate WRC efforts in the Maryland Marathon. He will help with carpool and hotel arrangements, and will designate teams; runners should take care of their own applications. Dave's number is 869-1019.

The meeting was well-attended.

-- r.t., from Delabian's notes

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## DECEMBER MEETING TO PLAN FOR 1982

The meeting on December 11 will be our last of the year, and therefore an appropriate time to make an informal assessment of this year's program (racing and other) and to talk about plans for next year: budget, races, other activities. Come with your ideas, also with refreshments to share if you like. See you at the meeting!

\* \* \*

P.S. A word about meeting dates: we missed a November meeting due to a number of causes, including a lack of planning ahead. So let's plan now for meetings on the second Friday of each month: Jan. 8, Feb. 12, Mar. 12. We will still announce the meetings in the newsletter, but we'll try to make them a bit more predictable.

- r.t.

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## ELECTIONS

Next year's officers will be elected at the meeting on Friday, January 8.

## SHIRTS

Mark has T-shirts and jerseys in all sizes. T-shirts \$5, jerseys \$8. Get them at meeting, or order by mail (50¢ extra) from Mark Baldino, 5806 Royal Ridge Dr., #R, Springfield, VA 22151.

## IN THIS ISSUE

Club manual-- insert. Membership renewal application, p. 5. Names that might have been, p. 4. Marine Corps, p. 2. Bradley to Saudi Arabia, p. 5. Results throughout.

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The WRC Newsletter is published irregularly 11 or 12 times a year. Editor Bob Thurston. Contributing editors Pete & Val Nye. Roving reporter Kathi Guiney. Other reporters:

YOU!

ULVESTAD, 3RD AT DANNON 36-MILER,  
LEADS WRC AT MARINE CORPS MARATHON

Jim Ulvestad showed more is better at the Marine Corps Marathon Nov. 1 when he led the WRC runners to the finish with a 2:26:12 for 14th place. Jim had finished third three weeks earlier at the Dannon Yogurt 36-Miler with 3:40:23.

While Jim's performance was noteworthy, several other WRC runners equally terrific. Ken Moffett set the greatest p.r., taking 19 minutes from his previous best to finish in 3:18. John David Allen, Sr., and Dick Spencer each took nine minutes from their p.r.s. J.D.'s time was 2:53:55.

Dick Spencer's 2:42:24 led the masters team to WRC's team victory among masters teams. Dick placed 153rd overall. He was followed by George Cushmac, 2:52:04, and Chauncey Berdan, 2:56:48.

Ulvstead himself was the first finisher of the Washington Running Club B team, a team so designated because there were two teams entered in the team competition. The "B" team finished third overall. Others who scored were Jay Wind, 2:37:33, and Mark Baldino, 2:43:49, who ran in his first marathon.

WRC's Treasurer Norm Brand wrote checks for \$132 to cover WRC entries into the marathon which were coordinated by Peter Nye. Next year Nye will again coordinate entries to the Marine Corps Marathon with the anticipation that more teams entered.

WRC's women were edged out by the Washington RunHers for second among women team competitors. Scoring were Lolitia Bache, 3:09:37 (She really does train 40 or fewer miles a week!), Kathleen Guiney, 3:12:48, and Betty Blank, 3:13:55. More on the women on another page.

Several runners had set their sights on faster times until they wilted in the heat. While it wasn't hot weather, it was warm for a marathon. Among those who pulled out were Jack Coffey who has been running in the low- to mid-31 minute range for 10 kilometers. Jack was shooting for a mid-2:20 and decided to bag it after 17 miles.

This has given rise to a number of marathon drop-out jokes. One is that he got a photo back from the marathon, but it was developed only from the waist up. And Lou Patterson, a 2:19 marathoner, pulled

out of the New York City Marathon after the Queensboro Bridge, at 16 miles. It is said that photos were taken of him, but the mail took them only as far as Pennsylvania.

(An article on the New York City Marathon by Jay Wind will be in the next issue.)  
-pjm

Marine Marathon results we know of:  
WOMEN:

16.	Lolitia Bache	3:09:37
18.	Jennifer Rood	3:10:05
25.	Annamae Diehl	3:12:31
27.	Kathi Guiney	3:12:48
31.	Betty Blank	3:13:55
33.	Pam Briscoe	3:14:34
34.	Val Nye	3:14:41
74.	Susan Aaronson	3:25:46
102.	Bernadette Flynn	3:30:30

MEN:

14.	Jim Ulvestad	2:26:12
20.	Bob Stack	2:28:19
25.	Peter Nye	2:29:18
45.	Henry O'Connell	2:33:27
81.	Jay Wind	2:37:32
114.	John Shimonsky	2:40:00
125.	Rusty Donahue	2:40:50
140.	Phil Stewart	2:41:40
153.	Dick Spencer	2:42:23
157.	Dave Asaki	2:42:59
165.	Mark Baldino	2:43:48
170.	Bill Wooden	2:44:10
171.	Jon Lott	2:44:21
195.	Ray Morrison	2:45:14
205.	Bob Oberti	2:45:44
254.	Jim Hagan	2:47:28
276.	Bob Trost	2:48:17
328.	Vassili Triantos	2:49:41
372.	George Cushmac	2:51:55
410.	Mark Dole	2:53:19
428.	John David Allen	2:53:55
467.	Ed Foley	2:55:17
498.	Chauncey Berdan	2:56:39
525.	Anthony McIntyre	2:57:20
609.	Robert Shapiro	2:59:02
614.	John Major	2:59:06

MARINE MARATHON TEAM RESULTS

"CIVILIAN": WRC "B" Team was 3rd, behind the RC<sup>2</sup> and Atlanta T.C. teams. Our team: Ulvestad, Wind, Baldino

WOMEN: WRC team of Bache, Guiney and Blank was second behind RunHers "A"

MASTERS: Our team of Spencer, Cushmac, Berdan was first in this category.

MILITARY: We didn't even score.

TAC MASTERS 15K RACE DRAWS  
SUBMASTERS IN SPECIAL CAT.

WRC submasters took advantage of a special category to join in the National TAC Masters Championship Oct. 3. on Haines Point in D.C. It was a windy day and chilly. But eight national age-group records were set.

Dan Conway of Chetek, Wisconsin pulled away from Peter Nye on the final stretch of the race, down the west side of the point to win in a near text-book style of racing. Conway set a new age group record of 48:30 and beat Nye by 9 seconds.

Mike Sabino led the WRC masters, finishing 6th overall, with 50:28.

In women competition, Trudy Rapp won the race in 58:08, over Mary Ellen Williams who was second, in 58:49, and Lolitia Bache, third in 1:01:37.

Other finishers were:

- Men. 8. Bob Oberti, 51:11  
9. Jay Wind, 51:46  
11. Tom Bache, 52:03  
14. Bill Wooden, 52:23  
18. Bob Trost, 53:40  
25. George Cushmac, 54:49  
40. Gary Cooper, 57:03  
42. Chauncey Berdan, 57:36  
65. Ken Moffett, 59:53  
131. Hugh Jascourt, 1:07:41  
149. Egon Kafka, 1:12:32  
151. John Walker, 1:12:42

- Women. 4. Rita Roppolo, 1:01:59  
5. Val Nye, 1:02:08  
8. Barbara Jones, 1:04:30  
19. Phyllis Gible, 1:16:05

-pjm

\$1,600 IN U.S. SAVINGS BONDS FEATURED  
IN COLUMBIA, MD., METRIC MARATHON

John Doub set a new course record at the Howard County Times Metric Marathon Nov. 15 in Columbia, Md., and Laura DeWald ran a steady 6-minute pace on the hilly, wind-swept course to win the women's division in 1:37:58. Laura finished 20th overall.

Doub edged out second-place finisher Martin Green who followed in 1:24:57, with Henry O'Connor in third with 1:26:38. O'Connor was competing for the first time in three months after recovering from a back injury he suffered while bending over to lock his bicycle to a rack.

Jim Berka turned in one of the more remarkable runs. Jim began with the leaders, but was dropped after two miles. But over the next few miles along the course, the undulations gave way to greater grades and the lead bunch splintered up. Into Elicot City there was a good, long downhill of about a mile, followed by a tough hill to climb past the seven-mile marker. Berka picked off places and passed Jeff Peterson at about 9 miles, moving up to seventh place. He continued pressing on and overhauled Dan Rincon and Ned Poffenberger to finish fourth.

Finishers:

- Men. 1. John Doub, 1:24:48.  
2. Martin Green, 1:24:57  
3. Henry O'Connor, 1:26:38  
4. Jim Berka, 1:26:55  
5. Ned Poffenberger, 1:27:07  
6. Dan Rincon, 1:28:38  
7. Jeff Peterson, 1:29:33  
8. Peter Nye, 1:29:55  
9. Tom Curley, 1:30:59  
10. Robert "Nut" Hall, 1:32:37  
16. Ron Bardach, 1:36:18  
25. Temple Washington, 1:38:37  
48. John Major, 1:46:31  
79. Chip Hill, 1:51:44

- Women 1. Laura DeWald, 1:37:58  
4. Mary Ellen Williams, 1:48:01  
5. Mary Walsh, 1:49:20  
7. Bernadette Flynn, 2:00:59  
8. Valerie Nye, 2:03:50

-pjm

WRC FINISHES 1-2 AT VIRGINIA  
HEART ASSN. 10-K AT GEORGE MASON

Two new WRC runners ran away with the Virginia Heart Association 10-kilometer event Oct. 24 at the George Mason Univ. campus.

Peter Chadler won in 31:48. Ron Bardach was second in 32:20. Both runners are new to the area and come from Michigan.

Lucious Anderson was married on Oct. 22, just before the N.Y. Marathon. His wife Lanita does not run (she says) but was seen outsprinting Lucious to the car after a recent race.

## HAGERSTOWN HOOP-LA!

(1st Annual Hagerstown Optimist Club 10K)

-- by Kathi Guiney

Hagerstown is not all it's cracked up to be-- it's better! For those of you who haven't been there it's a medium-sized town complete with a fast-food and pub strip, no subdivisions, a "wilderness" backdrop and many nice people.

Jack Covvey, Mark Baldino and I went to run this race on Saturday, November 14. The course was fast, with a loop through town and back out around the "city park." The spectators were few in number but made up for it with their enthusiasm. Yelling and screaming from the back of a pickup truck does tend to instigate a lot of enthusiasm!

The prizes for the top 3 male and female finishers were picked from a selection of 6 gifts. After a lot of haggling and trying to outsmart each other the prizes were distributed with Hagerstown fanfare (pictures for the local paper, applause, even an autograph or two). Everyone was convinced they came away with the best award-- made for lots of smiles.

The drive to Hagerstown is only 2 hours from the D.C. area-- it proved to be a relaxing day and a half outing. I'm sure there will be a 2nd annual Hagerstown Hoot 'n' Holler 10K so think about it for next year.

## Results, Male:

- |                 |       |
|-----------------|-------|
| 1. Terry Baker  | 29:20 |
| 2. Tim Cook     | 30:47 |
| 3. Jack Coffey  | 31:30 |
| 7. Mark Baldino | 32:50 |

## Female:

- |                 |       |
|-----------------|-------|
| 2. Kathi Guiney | 40:00 |
|-----------------|-------|

(I don't know the first woman's name; she was a local college cross-country star who ran about 39 minutes)

-- K.G.

\* \* \* \* \*

Al Naylor is able to run again, thanks to a chiropractor he went to see. The doc "cracked" his neck and relieved the pressure on the sinuses, allowing the rest of the body to relax; removing extra tension from the quadriceps relieved the pain from Al's knees. Or something like that-- anyway, Al is running and happy about it.

## THE SEARCH FOR IDENTITY

There's a new running club in the area: the Rock Creek Running Club, or RC<sup>2</sup>. Which reminds some of us of a story.

Back in the days when we runners first ended our association with the Washington Sports Club, its soccer team and its beer hall meetings, we needed to pick a new name for our new club. We started meeting at Norm Brand's house, and for months on end we discussed, chiefly, two topics: our name and our uniform. (The uniform discussion may have been just a relief from the continual hilarity of the name discussion-- or was it the other way around?)

RC<sup>2</sup> was just one of those name ideas; we also considered D.C. Distance Club (DC<sup>2</sup>). A few of the others:

- Washington Leisure and Amenities Athletic Association (WL3A)
- D.C. Athletic Club (DCAC), or Athletic Club of D.C. (AC-DC)
- Washington Association of Runners (WAR)
- Running Association of Washington (RAW, as in raw, raw, raw-- wellknown cheer)
- COCROACHES (C&O Canal Runners Or Athletic Charity Home & Equestrian Society); we would all pitch in to buy a horse to justify the name.
- TB2 (Tidal Basin Bombers)
- C3 (Chocolate City Chargers)
- DISRUP (Distance Runners Paradise)

Well! With such creative imaginations at work, we end up with a name as plain as Washington Running Club? We have to admit that the name has worn well, though-- can you imagine having been a COCROACH for the last 7 years?

-- Names courtesy of Mike Bradley, who came across some old notes -r.t.

\* \* \*

Winter Note: Peter Nye is coordinating entries to the Carolina Marathon in Columbia, S.C., on Saturday, Feb. 13. The course is rolling, starts in downtown Columbia, winds through the state campus and a nice residential community, and finishes on the campus. Nye hasn't heard yet from the race promoter what the organizers are willing to do to encourage WRC runners, but in previous years we have had entries waived and meals and accommodations. Anyone interested call Nye at work: 452-4416.

## BRADLEY JOINS WRC-EAST CONTINGENT

Mike Bradley, veteran WRC/WSC member who has served as president, team captain, newsletter editor, chief cook and bottle washer, etc., will start a new job in Riyadh, Saudi Arabia beginning Jan. 2. We will miss him-- but he will be able to visit the U.S. 2 or 3 times a year.

Mike will be working for Saudi Arabia's National Center for Science and Technology, working with computers in the biomedical field. Half his time will be spent teaching, and the job will involve a lot of traveling around the country.

Mike is pleased with the job prospect; it's a long way from home but there are compensating perks such as no tax liability, free housing and transportation, and lots of annual leave.

We extracted one promise from Mike as he prepares to join Dennis Jett and Judy Graeff in the WRC-East faction: that he will send us plenty of reports on the running scene. We're looking forward to them!

-r.t.

John Sanders ran a 36:57 10K in the WETA race. We missed John for a while and we're glad he's back with WRC.

## DCRRC RESULTS

Greenbelt 15K, Sept. 6:

3. Marc Sengebusch	51:22
6. Lucious Anderson	52:15
10. Vassili Triantos	53:46
11. Jay Wind	54:04
14. Larry Noel III	54:39
22. Bill Wooden	56:02

Gar Williams 10K, Ellipse, 10/6:

John Weidman matched strides with Eamon McEvelly for 9 laps, and then finished a creditable 2nd in 34:00, to McEvelly's 33:50. More than one WRC runner has found Eamon's finish to be very strong.

NIH Health's Angels 10 Mi, Sept. 20:

The Harriers' Bob Hirst won in 52:58, but WRC's Stack was on his heels.

2. Bob Stack	53:06
4. Heinz Wiegand	54:45
5. Bob Oberti	54:59
6. Phil Stewart	55:11
7. Lucious Anderson	55:30
23. Bernie Gallagher	62:06

Kettering 10K, Sept. 26:

Jack Coffey won this race by over a minute, in a time of 33:04.

## WRC MEMBERSHIP APPLICATION/RENEWAL FORM

Dues for 1982 are \$10 per individual, \$15 per family, payable to Washington Running Club. Send with this form to: Norm Brand, WRC treasurer, 5224 Manning Place, N.W., Washington, D.C. 20016.

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS \_\_\_\_\_

TAC# \_\_\_\_\_

TELEPHONES \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

RUNNING & BIOGRAPHICAL DATA (running background, best times, goals, occupation, how you can help the club, etc. Attach other sheets if you like).

ROD STEELE 8 MILE  
Lake Fairfax, VA, Nov. 22

Alan Hinchliffe led after the first of two convoluted, hilly but beautiful loops in Lake Fairfax Park. But over the second loop Robert Rodriguez, owner of the 43:12 course record, took over and powered his way to victory for the second year in a row. WRC results:

1. Rodriguez	44:08
2. Hinchliffe	44:44
4. Lucious Anderson	45:08
Jeff Reed	57:40
Al Naylor	62:21
Delabian R. T.	66:42

This race offers a nice mix of road, trail and grass. It's a beautiful setting though not for hill-haters.

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POT-POURRI

Some 17 WRC members ran the first Baltimore City Marathon; report next time . . . The Morrisons will open the "Royal Mile Pub" in Wheaton on Dec. 19 . . . Bozena Syska, who worked for the Star, now has a job in Little Rock, Arkansas. Good running, Bozena, and remember we have an opening for Ark. correspondent . . . Laura DeWald has been venturing into x-country recently, travelling to races in Belmont, NY and Burbank, CA. Her next big race will be a marathon in Osaka, Japan on January 24th.

WRC NEWSLETTER  
2135 NEWPORT PL., NW  
WASHINGTON, DC 20037

APARTMENT TO SHARE

Tem Washington is looking for someone to share his two-bedroom condominium in Park Fairfax, Alexandria. Call him at home (998-0869) or work (549-9200,x222).

\*\*\*\*\* REMINDERS \*\*\*\*\*

MEETING FRIDAY DECEMBER 11

ELECTION MEETING: JANUARY 8

DUES FOR 1982 PAYABLE NOW, SEE P. 5

WRC SHIRTS & JERSEYS AT NEXT MEETING,  
OR FROM MARK B. SHIRTS \$5, JERSEYS \$8.