

Washington Running Club Newsletter

FEBRUARY 1982

NEXT MEETING FRIDAY MARCH 12, 2100 K ST. NW, 8 PM. FOLLOW SIGNS. 653-5270.

MINUTES OF FEB. 12 MEETING from Jack Coffey, sec'y

President Mark Baldino called the meeting to order at approximately 8:15 p.m. The first order of business was the proposed 1982 race schedule. Jack Coffey moved to adjust the number of runners being sent to the Phila. Dist. Classic from 18 to 9, in order to send an additional 3 runners to the NYC marathon. This proposal was voted down, and those in attendance voted to approve the race schedule as published in the January newsletter.

Mark Baldino then discussed the subject of coordinators for the 14 races on the club schedule, explaining that the coordinator's primary function is in getting funds for the race to the runners, and determining the number and names of runners who will participate. The individual runner is responsible for entering the race. The following coordinators were appointed/volunteered:

New Jersey 10 Miler-- Henry O'Connell
Nike Club Chmps-- Mark Baldino
Boston Marathon-- Roger Urbančsik
Waramaug 50m & 100k-- Ed Foley
Elby's 20K-- Al Naylor
L'Eggs Mini Marathon-- Susan Aaronson
Peachtree 10K-- Jim Dole
Falmouth-- Mark Baldino
Cow Harbor 10K-- Mark Baldino
Philadelphia Dist. Classic-- R. Rodriguez
Lynchburg 10 Miler-- Bob Trost
Freedom Trail 8 Miler-- Mark Baldino
New York City Mar-- Alan Roth
Marine Corps Mar-- Peter Nye

Mark Baldino is coordinating 4 races, and will gladly relinquish 2 or 3 of these to anyone who can volunteer.

Al Naylor briefly discussed the Hecht 10 Miler, and indicated that he needed a volunteer to act as his "right hand man", since Ed Sayre is no longer living in the area. Any volunteers should contact Al.

Among the new business discussed was the New Jersey 10 Miler (3/14). Henry O'Connell indicated that he had obtained several free rooms for WRC runners, and had convinced the race director to waive the entry fee for the first 10 WRC runners.

Minutes continue on p. 2

BERMUDA BERMUDA BERMUDA Marathon & 10 Km, Jan 30, 31

WRC was fairly well represented at the Bermuda International races this year, not only by runners but also by newsletter reporters Roger Urbančsik, Betty Blank and Bob Trost. Their reports follow.

* * *

Geoff Smith of England shattered the course record with a time of 28:14 to lead a field of 800 and defend his Bermuda 10K title. Five runners broke Craig Virgin's 1979 course record of 29:12. Grete Waitz won the women's race for the third straight year, breaking her own record with 31:41.

The marathon was run the following day under almost ideal weather conditions: temperature 60°-70°, mostly overcast and a light wind. It is a course of rolling hills (major hills at 4, 14, 22, and 25 miles) which takes you through several quaint little villages, past some great scenery and cheered on by an outstanding crowd.

Three-time winner Andy Holden did not return to defend his title so last year's bridesmaid, Andy Robertson, was the early favorite. His halfway split of 1:05:35 was an omen of sorts for a course which refuses to respect such eagerness. At 17½ miles he was found walking. At 19 miles he had regained the lead but later relinquished it at mile 25 to the eventual winner, Colin Kirkham (2:17:28) of England. Robertson finished second in 2:18:11. WRC members Bob Kelly (19th in 2:38:18) and Roger Urbančsik (24th in 2:43:36--FR) were two of the 238 survivors of this tough course.

(Two others were Phil Stewart, 21st in 2:39:12; and Betty Blank, 9th woman in 3:30--ed.)

Overall, the Bermuda International 10K and Marathon were well organized races, were dominated by the English again, and were held in an excellent location for a winter vacation.

-- Roger Urbančsik

Bermuda continued on p. 3
Race notices: p. 2

Minutes, cont.

-2-

Jim Sockler, a graduate student at the U. of Maryland, requested volunteers for a study which he is conducting involving thermal stress during vigorous exercise.

Jim indicated that he needed male volunteers willing to run for up to 1½ hours on a treadmill under varying degrees of heat stress. Before you rush to volunteer, be aware that the stress test will require, in addition to running in the heat, the insertion of a rectal thermometer to remain in place throughout the run.

Peter Nye reminded members that the Albany 30K distance race is coming up on March 31. This race traditionally results in fast times.

Ed Foley reminded members that on March 13 the TAC 50K Championships will be held on Hains Point (that's 10 laps).

Finally, Laura DeWald was congratulated for her 4th place finish in the Osaka Marathon in Japan. Laura set a PR with her 2 hours, 34 minutes and 59 s.

The meeting was adjourned at approximately 9:15 P.M.

— Jack Coffey

NOTES ON ELEY'S 20K

Al Naylor (384-7303) and Henry O'Connell (345-3644) are coordinating this race, to be run on May 2 in Wheeling, WV. Henry will have entry forms (but as usual, runners should enter individually). The race will provide us with free housing and \$150 in gas money.

VIRGINIA 10 MILER ENTRIES

Coordinator Bob Trost reminds us that the deadline for the Virginia Ten Miler in Lynchburg (Sept. 25), is April 30. Entries will be available at the next meeting. Also, this year the Virginia 10 Miler will have team events for masters and sub-masters. Categories are:

- Men 30-39
- Men 40-49
- Men 50-59
- Women 30 & over

Those interested in going should enter on their own, and notify race coordinator:

Robert F. Trost
5723-71 Elliot Ct.
Alexandria, VA 22311
931-8809 (h); 676-6153 (w)

* * *

WANTED: DC MARATHON TEAMMATES

So far, we've got Will Albers, Mark Doles, Jim Berka, and J.J. Wind. Last year we won the team award; let's do it again this year. Let J.J. Wind know if you're running (841-6974, 920-5193).

WRC TEAM SQUEEZES CHASE VICTORY

Faced by Tim Gavin's sterling 4th-place performance, the WRC men's open team narrowly beat the Balto. RRC for the team title at the Bethesda Chase on March 7, 61 points to 64.

Second man on our team was Eob Stack, 9th. Also scoring-- and winning trophies, courtesy of Mont. Co.-- were Jack Coffey, 11th; Jim Ulvestad, 13th; and Jim Berka, 25th. Non-scorers included Dan Rincon, 27th; Peter Nye, 34th; Mike Spinnler, 37th(?); and J.J. Wind, 39th. Mike Sabino won the masters crown going away, finishing 20th(?) overall.

The race just wasn't the same without WRC's help this year. The leader, Craig Holm of Syracuse, and the second finisher, Martin Green (formerly of WRC), were both misdirected by cops and marshalls with two miles to go. Green found his way back to the course, but Holm never did. Holm was awarded the first prize trophy anyway, while first-finisher Ned Paffenberger of Baltimore had to take second and Green had to settle for third.

Everyone was drenched and shivering after running 20K in 35° and rain, and the awards ceremony was slowed by frozen fingers and sticky, wet papers. The awards turned out to be trophies and loving cups, rather than merchandise certificates like last year.

— jjw

BALTIMORE MARATHON IS CERTIFIED

Race Director Les Kinion presented three lovely personalized pewter plates to Balto. Marathon team winners Nye, Rodriguez, and Wind before the Bethesda Chase. "You did get into Boston, didn't you?" he asked. "No thanks to those turkeys in Baltimore." Most assuredly, yes. Although Boston entries based on Baltimore were initially rejected, they're OK now.

—jjw

II. Betty Blank reports:

Bob Trost and I arrived in Bermuda on Thursday, Jan. 28, so excited about running the 10K and marathon that we immediately unpacked and went for an 11 mile run. As soon as we started running I knew that the marathon and 10K would be slow courses. The hills are really tough—challenging would be putting it mildly. Nonetheless, we had a good run that evening and also the next day, trying to get used to the hills.

Bermuda is a great course to use as training for Boston, which was my intention. The hills at the end remind you exactly of Heartbreak, but they come further along in the race, at 23 miles.

Bob had a little accident on his moped, so he didn't run the marathon with me. Instead he met me along the route and gave me defizzed pepsi. They had a lot of water stops, with sponges and gatorade, but if you are like me, gatorade is enough to gag a maggot when you're running.

The crowds were really great . . . everyone knew your name because the local paper listed the competitors, so they would yell your name and give you encouragement as you went by.

The women's winner was Judi Vivian, who ran her first marathon in 2:45:09. Five women broke 3 hours, and I came in 9th (out of 60 women) doing an easy 3:30.

I never felt so great running a marathon . . . it was a wonderful experience. As an added bonus, it was excellent hill training! All in all we had a terrific time and met a lot of great runners. It was a real high for the five days we were down there.

--bb

III. More on the races, from Bob Trost:

(10K) Winner Geoff Smith's mile times were: 4:21, 4:30, 4:35, 4:20, 4:37, 4:54 (that 6th mile had a killer hill in it). His 5K time was 13:51, and his 28:14 10K was a PR. Smith led from the start but it was that 4:20 fourth mile that finished off his competitors, who included:

2. Greg Fredricks	28:59
3. Marty Ludwikowski	29:02
4. Julian Goater	29:06
5. Mike McGuire	29:12
8. Odis Sanders	29:32
9. Malcolm East	29:57

WRC finishers were

81. Bob Trost	36:26
98. Bob Webb	37:17

Unlike the 10K, the men's marathon wasn't over until the latter stages of the race. By mile 8, Andy Robertson and Puerto Rican Jorge Gonzales had left early leader Louis Ostolozaga behind. Robertson and Gonzales ran together until mile 17, but at 17½ Robertson stopped to walk! He later said "Mentally, I was beaten. He (Gonzales) was hammering up the hills, every bloody one . . ." but Robertson started again and caught Gonzales at 19 miles.

When Gonzales dropped out soon after it looked like Robertson had an insurmountable lead. But about a minute behind was 37-year old Englishman Colin Kirkham, pouring on steady 5:20 miles while Robertson slowed to about 6 min. miles. At mile 25 Kirkham took over and went on to win in 2:17:28. . .

The women's marathon was less dramatic. Judi Vivian took over from pre-race favorite Sissel Grottenberg (Norway) at 10 miles, and never looked back. She won easily in 2:45:09. Vivian was only there because she had won a 5-miler in New Jersey, and the prize was a round trip ticket to Bermuda!

-- rpt.

* * *

SPRINGROOK 10 MILE, JAN 30

While some of their clubmates were running and basking around in Bermuda, several WRC members reported for duty at the Springbrook track run. But race director Bill Wooden had to move the race from the snow-and-ice bound track to neighborhood streets: five out-and-back loops, each with an out-and-back sub-loop. Great for spectators (?).

WRC RESULTS:

1	Bob Stack	55:02
2	Walter Sargent	55:36
4	Mike Spinnler	56:07
5	Tim Gavin	56:09
6	J J Wind	58:26
8	Bill Wooden	59:59
16	Bernie Gallagher	63:00

* * *

TALE OF A FROZEN TAIL
by Heinz Wiegand

FORT HUNT 8 MILE, 6 FEBRUARY

In my area of Western Maryland a big race is held in early Jan (10th) called the FROSTBITE 5K & 15K in Westminster. The 2 events draw around 700 freezer buffs because of the sumptuous breakfast buffet afterwards.

The first three runners broke the old course record, with times of 41:11 for Lou Patterson, 41:27 for Bob Stack, and 42:10 for Jack Coffey. (Bob Thurston, whose CR it was, promises an investigation and possible remeasurement.) In the same race, Carl Kuhn set a new masters record of 46:09.

Most of the runners needed a double buffet this year because at race time it was a balmy -1° with a 30 mph breeze. A large bucket of vaseline was available to help to antifreeze faces. I ran the 5K (no bare legs anywhere), and the wind was the worst pain I've ever felt in a race; most times were off 90-120 seconds. I finished 3rd (17:28) behind Baltimore speedster Don Uphouse (16:53) on a hilly course.

5 Lucious Anderson	43:30
6 Peter Nye	43:46
7 Mark Albers	43:55
15 Tom Waites	45:36
16 Bob Trost	?
25 J J Wind	47:17
33 Bernie Gallagher	48:19
45 Chauncey Berdan	50:02
85 Walt Chalmers	54:58
124 Ken Moffett	64:45

The buffet tasted extra good and the Frostbite race lived up to its name, as one person was treated for it. Last year it was a toasty 8°-- so reserve next year's event on your Required Agony list. You can say you lived like an Eskimo one day and will have a tale in your mental scrapbook for your grandchildren.

WOMEN:	
2 Lolitia Bache	54:57
5 Val Nye	57:36
WOMEN'S 5K:	
4 Val Nye	20:56
2½ MILE:	
4 Estelle Roth	24:21
* * *	

-- hw

(Heinz won the Eastern 3M Championship at Slippery Rock in 15:22, after racing a mile the hour before --- ed. note)

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SNOWBALL DERBY FINAL RESULTS

T.J. CENTER INDOOR MEET, JAN 10

TWO-MILE

2. Walter Sargent	10:00
5. Laura DeWald	10:45
24. Estelle Roth	17:12

THREE-MILE

1. Lucious Anderson	15:37.1
2. Tom Waites	15:38
4. Mary Walsh	16:20

Men, 20-29:	1. Bob Stack
Men, 30-39:	
	1. J.J.Wind
	2. Bill Wooden
	4. Bob Trost
	6. Phil Stewart
Men, 40-49:	
	6. Bernie Callagher
* * *	

AMERICAN UNIVERSITY 25K, JAN 2

Jim Berka and Mary Walsh both broke their own course records today, Jim with a 1:24:26, Mary with 1:53:42.	
2. Ray Morrison	1:28:47
4. Bob Oberti	1:30:35
6. Phil Stewart	1:31:57
7. J.J. Wind	1:34:02
8. Bill Wooden	1:34:36
10. Bob Trost	1:34:58
* * *	

From J. Wind's notes: "The most spectacular race was the three-mile, where Mary Walsh held the lead for the first mile before yielding to Tom Waites. Waites ran with her for a lap, then broke away with Lucious Anderson in tow. Together the two accelerated through the second mile . . . the crowd was at its feet as the two entered the last lap a step apart-- and then Lucious broke away to win."

* * *

PLAYING PIN CUSHION
by Jim Ulvestad

Researchers at the University of Virginia Hospital are testing the effects of the drug naltrexone on marathon runners. Clearly, such an event was too important for your roving reporter to miss. A weekend of immense personal sacrifice went into gathering the following facts for the running public.

Saturday morning got off to an unassuming start, with a run of 10 miles at 7:50 pace on a recently severed achilles tendon. Three grimy runners then wandered endlessly through rarely frequented byways of the UVA hospital in search of the Clinical Research Department. We were obviously prisoners of science, and stumbled on to the proper location by luck while in the terminal stages of carbohydrate depletion. After a bitter-tasting liquid was administered and initial blood samples were drawn, we settled in for the long haul.

Every 20 minutes, all day long, 8 cc's of precious blood were removed. After standing for an hour, the blood was transported to the centrifuge.

The second day started out even less promisingly. After a morning run on the coldest, windiest day of the year, we staggered in to the hospital. By following the trail of bread crumbs deposited the previous morning, we found our way to the proper location. There, all was chaos. Screams of a 4-year-old girl resonated through the hallway. After ingesting the horrible liquid again, we quivered in our shoes as needles were inserted in veins for the second day.

It immediately became evident that we had received a placebo on the first day, as naltrexone quickly went to work on the endorphins in the brain. Within 30 minutes, two of the subjects had plummeted from the runner's high to the jogger's abyss.

Frustration grew when we found that the test tubes were not labelled for our own personal blood samples. Words were exchanged over the shame of having one person's highly trained blood mixed up with that of the slow slob sitting next to him. Flood was splattered all over the hospital room, and we labelled the tubes while watching a mountain of French toast get cold.

Then the nefarious purpose of the experiment became clear. It was a psychological study of the effects of confining three high-strung runners to a hospital room for a weekend. Since we were not given a dart board with a Runner's World cover as the target, the level of aggression slowly increased.

As the day progressed, things settled down. Runners stalked the halls looking for trouble, returning every 20 minutes. We had become docile subjects, reminding the nurses when it was time to draw blood again and locating the proper tubes for the samples.

The routine was broken only once during the remainder of the day, when it was realized that the experiment was 75% completed and we hadn't yet read or signed the "Informed Consent" forms which would permit the researchers to begin to use us as subjects. . . .

The research being done at the UVA hospital is aimed at discovering the effects of naltrexone and naloxone on production of gonadotropic hormones by the pituitary gland. The drugs are opiate antagonists, preventing endorphins (naturally occurring opiate-like substances) from attaching to their receptors in the pituitary. Trained distance runners probably have high levels of endorphins, which may inhibit hormone production in the pituitary.

In women that have been tested so far, application of the drug seems to increase the gonadotropin level; this may have important implications for causes and treatment of amenorrhea in female distance runners. There may be an opportunity for women in WRC to participate in this study some time in the spring as unpaid (too bad!) volunteers. If so, I'll provide more details later.

-- jsu

HELP WANTED

"This is too butch for be"* said the fellow who brought this ad in:
EDITOR, club newsletter, lots of satisfaction, no pay. Positions also open for reporters, asst editors, typists, stamp lickens. Contact Bob Thurston, 293-7009.

*said the Elephant's Child as the crocodile pulled on his nose

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).

FUTURE WRC MEETINGS: APRIL 9, MAY 14, JUNE 11

WRC NEWSLETTER
2135 Newport Place, N.W.
Washington, DC 20037

MAY 09 4513MHZ1 03/13/82

NAYLOR JR ALLEN C
12906 BROADMORE RD
SILVER SPRING MD 20904

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Naylor, Rincon & Umbarger
3309 Clay St.
Silver Spring, MD 20902