

# Washington Running Club

## May Newsletter 1982

NEXT MEETING FRIDAY MAY 14, 2100 K ST. NW, 8 P.M. FOLLOW SIGNS. 653-5270.

### MAY MEETING THIS FRIDAY

At the Federal Mediation & Conciliation Service, above address. Bring refreshments.

Hecht's 10 Miler: June 6

### MESSAGES FROM THE PRESIDENT

Recent interviews with president Mark Baldino have enabled the WRC Newsletter to bring you these announcements:

Be sure to reserve Sunday, June 6 to help at the Hecht's 10 Miler, our first (of 3) club working races for 1982. If you're not signed up already, call RD Al Naylor to volunteer: 384-7803. Or drop him a note: 12906 Broadmore Rd., Silver Spring, MD 20904. We also need people to help at the pre-race clinics: Friday, June 4, 7-9 p.m., at Hecht's (lower level, Tyson's Corner; and on Saturday, June 5, 1-3 p.m., at the downtown Hecht's (3rd floor).

Hosts are needed for out-of-town guests. If you can help, please call or write Al.

- We now have more club jerseys; they are being printed (outside chance they'll be ready by 5/14 meeting)
- Getting Hecht race assignments nailed down quickly is a priority. Expect some hammering at the meeting.
- We're working on a deal with Etonic shoes whereby WRC would host some clinics done by Dr. Rob Roy McGregor; we'd provide light refreshments and receive a fee for our services.
- Here's how to get reimbursement for your 3 local race entry fees if you're interested: Wait until you've run the races, then write Norm Brand a note, giving time, place, and entry fee for each race.
- Summer Track Series: There will be allcomers meets at George Mason U. and U of Md throughout the summer, on Wednesday and Thursday nights. WRC will provide registrars, and receive 50¢/runner per event.
- Sponsorship guidelines: Basically it's ok for WRC runners to be supported by shoe, or any other, companies. What we ask is that you wear "WRC" somewhere on the front of your jersey— even if it's only the shoulder strap.
- It takes a long time to recover from a marathon!

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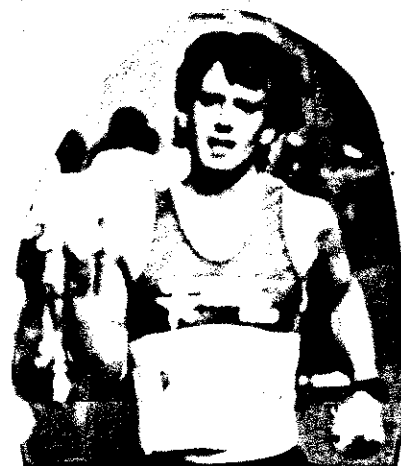
### CREDITS

Photos (from Cherry Blossom): Al Naylor  
Typing: Lisa Hamm (the neat part)

Bob Thurston (the other part)

**RUN THE HOMETOWN RUN (15K)!**

Our president, pictured below, is buying a sixpack (or was it a case) for anyone who beats him in the race. MAY 23.



mark  
baldino

\* \* \*

Beds Needed for Visiting Kiwis

Twenty members of the New Zealand cross-country team will visit DC June 7-13 while on tour of the U.S. They'll run the Diet Pepsi 10K on 6/13. Race director Peggy Tomlinson has asked WRC members to help with housing. Do you have a spare bedroom and want a fast training partner for a week? To offer housing, call J.J. Wind at 920-5193(h), 841-6974(w).

-jjw

Housemates Wanted

Laura DeWald is looking for nonsmoking housemates, male or female, to share her 4 bedroom townhouse in North Arlington. The house is close to the Four Mile Run and I-66 bike trails, and also to public transportation. Laura needs to find people by June 1st. If interested, call her during the day at 558-2941.

A Note from Jim Berka

I will be travelling in the Western U.S. and Europe for the next 8 months. I quit my job and am set to do some travelling and probably another 3-4 month lay-off to ease my sciatica. My mailing address will now be:

Jim Berka  
4921- 29th Ave. South  
Minneapolis, MN 55417  
(Phone 612-724-3473)

I'll keep in touch with the club and for sure see you all from time to time.

- Jim

\* \* \*

A Note from Larry Burch  
(who has moved to Palmdale, CA)

I enjoy reading the newsletters, and really miss Washington (except when I read about all the cold and snow). I have not run any races in California yet, as my plantar fascia is still not healed. Mark B told me it might take a year to heal, and I now believe him. I am planning to run Bay-to-Breakers (as a jog) in May, so I'll drop you a line after the race.

- Larry Burch

DCRRC AWARDS: April 24, 1982

Laura DeWald, for the second straight year, won the DCRRC Outstanding Female Runner Award. Laura's time at Osaka is still the fastest American woman's time in 1982— 2:34:59. Laura won the women's division in every DCRRC race she entered this year, setting two course records and an American 20-mile record in the process.

George Vernosky, 51, won the Outstanding Male Runner Award— in recognition of his performance as a top master (not to mention 50 plus) in many races. In this award category, WRC runners Stack and Rodriguez gave George a run for his money.

WRC runners did corner the market in improvement awards, with the awards going to Betty Blank and to Fred Kruger (one of our newest masters). In addition to improvements at shorter distances, both made dramatic improvements in marathon times: Betty's going from 4:18 in 1979 to 3:10 at 1982 Boston; Fred's improving from 3:40 to 2:54 in one year.

Chuck Evans and Bobbi Conlan, race-directing team extraordinaire, were awarded the Outstanding Volunteer Award. Those of us who enjoy their well-organized races can second that one.

Congratulations to Laura, Betty and Fred.

- r.e.t. (thanks to DCRRC historian J.J. Wind for information)

Phil Stewart Retires  
As DCRRC President

With a gleeful feeling of relief, Phil Stewart turned over his gavel, along with a heavy carton full of files, to Larry Tabachnik who probably didn't yet know what had hit him. All of this was official at the banquet.

We hope and trust that Phil's feelings also include a deserved sense of satisfaction and pride for a tough job well done. From a club that was more or less in disarray 3 years ago, Phil has rebuilt an organization that still serves as the backbone of roadrunning in this area.

Thanks for that, Phil, and congratulations on your new freedom. Now for that sub- 2:30.

- ret

LETTER FROM MIKE BRADLEY

Well, as you probably know by now I finally made it to sunny, sandy Saudi Arabia, albeit after several false starts. This is certainly the largest single beach I have ever seen, although I'm sure the sound of crashing waves will ring only in my mind. When the summer kicks in the trickle of a babbling spigot will, undoubtedly, be music to my ears.

I am employed by the Saudi Arabian National Center for Science and Technology (SANCST). My current contract is valid for two years and is renewable thereafter on an annual basis. My responsibilities are to provide online bibliographic and numeric information on a wide variety of topics (S&T, Economics, Business, Medical, Agriculture, Education, etc.) and conduct on-the-job training for other online search analysts at SANCST. . . and manage and coordinate the dissemination of information from incoming request through final product.

That's a quote, folks, directly from the job manual. (Could you tell?)

SANCST is a new organization, so this position gives me a chance to get in on the ground floor. The Center's plans are quite ambitious and progressive, but not without an occasional growing pain (administrative confusion, overzealousness, etc.). SANCST and the Kingdom in general is intent upon acquiring the most up to date, modern, and sophisticated equipment and technical expertise available. Since money doesn't seem to be a problem, I think they will succeed very well.

Saudi leadership in technology depends on their educational system gearing up quickly enough to keep pace, and the desire of the Saudi professional to take the old ball and run like hell with it. So far, it seems like these two factors could be limiting their chances.

The only physical-type recreation currently available to me is an occasional run with friends and Friday morning softball (the weekend here is Thursday afternoon and Friday; Sat & Sun are normal work days).

I promised my tennis buddies that when I returned home I would be proficient enough to at least return a serve. Right now that is questionable. This week I'm going to try and find a healthy wall to play against as the "private club" dues here in Riyadh begin at \$1,000/year.

I certainly wouldn't starve if I joined but I think I'm still principled enough to think this a bit of a rip. The wall will do fine thank you!

Tuesday evenings may bring some rugby if I choose to be adventurous (stupid maybe?). The team organizers said I could play wing and still be reasonably assured of keeping my very straight nose intact. I may decide to live dangerously and give it a try. But, at the first broken bone I promise to take up camel watching or belly dancing.

I'm presently trying to learn the language, which is not an easy task I assure you. At the moment, I'm just learning everyday phrases on my own but next semester I'll enroll in the university language course for foreigners. I would never forgive myself if I returned to the states without a working knowledge of the language or an understanding of the Saudi culture. I missed the boat in Vietnam and returned totally ignorant of their way of life. I don't want to make that mistake again.

With almost nine weeks vacation and a good cash flow going, travel is a definite must. This year I'll be visiting the states twice, early summer and again over the Christmas/New Year holiday. I also have plans to visit Greece for a cruise of the islands, Cairo, Bahrain and Kuwait, in addition to other cities within the Kingdom. Next year (1983) will bring another trip home and maybe a couple of weeks on some out island, hopefully with a friend. . .

I'm looking forward to seeing you soon. If you care to hear the latest goings on you can call either one of my sisters (Barbara or Florence) or my close friend, Michelle. Their telephone numbers are listed below. They will certainly be aware of and able to tell you whether I'm alive or dead or both.

Stay loose and write when you can. I would love to hear from you!

Mike

Mike's address: c/o SANCST, P.O. Box 6086, Riyadh, Kingdom of Saudi Arabia.

Local telephone contacts:  
Barbara Beverly 301-645-2455  
Florence Bradley 301-645-3657  
Michelle Manire 703-671-0459

LETTER FROM ISRAEL

March 17

I just got the latest WRC newsletter, and though I have three dozen other things to do, I decided I should sit down and give you the latest while I was properly inspired. Things have changed somewhat in that I will now be in Israel until the summer of 83 instead of returning this year. I don't know where I will go after that since we are given a list of all open positions worldwide and we bid on them and the infallible computer matches people and positions. So we will just have to wait and see where I end up. In the interim I'll be here in case any of my WRC friends are in the neighborhood. I will be back in the U.S. in August on vacation and plan to run Falmouth since I will be spending a couple of weeks in Cape Cod and also plan to spend a week or so in D.C.

As for my running, all goes well. On March 9 I ran the second annual Tel Aviv Marathon, and for the second year in a row I finished in 5th place - behind two French men and two Israelis. Times are faster this year as I ran 2:36.43. Instead of 97 degrees, cloudless and windy like last year, there was intermittent heavy rain, cool and windy.

Where is Mike Bradley these days? Tell Baldino I want to run Falmouth and that my mother is renting a small place on the Cape which might serve as a place to crash (I better check with her but why not) and second, he owes me (and Bradley) some WRC shirts and jerseys - assuming he got my letter and check which I sent him in January.

All the best,

Dennis Jett

NOTES ON AC/USA BOARD OF DIRECTORS  
MEETING, Kansas City March 14

The main item was the announcement of the agreement by the NCAA to join the Athletic's Congress. This means that the TFA will dissolve and that the NCAA will get some seats on the AC/USA Board of Directors. Coming in with the NCAA are the National Junior College Athletic Association and the National High School Federation.

The other major item of interest was the first report on the new AC/USA athlete's trust agreement to legitimize prize monies and donations for athletes without endangering their amateur standing with the IAAF. In early March, about \$200,000 was in trust and 30 persons had joined or applied, including Shorter, Rojas, Fleming, Durden and the Warren Street Social and Athletic Club. In addition, several large races are participating: Peachtree, NYC Marathon, Cascade Runoff, NIKE Intl Marathon, Avon Women's Intl Marathon, etc. Basically, the trust allows athletes to accept prize money from sanctioned races, endorsement revenue, and donations. The entire principal and interest belongs to the athlete, who may make withdrawals with AC/USA permission and retain eligibility.

It may be possible to set up a trust locally for those area runners who qualify, although there are cost advantages to joining with a nationwide fund.

- Norm Brand

#### Elby's Distance Classic (May 22)

Although there is no team prize for this race, the organizers have promised us \$200 for expenses and it can be a fun trip (descriptions of the race itself have not always been printable). If you're interested in going, contact Al Naylor (384-7803) as soon as possible.

PROFILE OF CYNTHIA LORENZONI

By Jim Ulvestad

One of the most talented newcomers in Washington area races is Cynthia Lorenzoni of Charlottesville. A native of Connecticut, Cynthia attended Michigan State University as a contemporary of Herb Lindsay and Magic Johnson. A typically stubborn cross country and distance runner, she often attempted to fight her way through injuries as a Spartan. Hamstring problems and plantar fasciitis were victorious sometimes, but Lorenzoni graduated in 1980 with many years of road running ahead of her.

Following her graduation, Cynthia moved to Charlottesville, where she and her husband Mark live on a farm to the west of town. There they host an annual pre-Christmas party which is rapidly becoming a legend among the local runners. A group run seldom goes by without questions such as, "Do you remember when (insert runner's name here) was (insert ridiculous activity here) at the party last December?" The level to which the Saturday night party ascends (descends?) is evident on the following morning, when the roads are empty of serious runners. Most of them are recovering from losing battles with various evil spirits and thinking, "Did I really (insert ridiculous activity here; see above)?"

Since coming to Charlottesville, Cynthia has worked in two of the local sporting goods stores. In late January, she and Mark opened the Ragged Mountain Running Shop, Charlottesville's first store specializing in running equipment. The store already serves an important function in the local running community and has become a well-known hang-out for a certain WRC member who sometimes gets bored of being a scientist. There is cer-

tainly no other business in town where a jogger or a runner can receive such knowledgeable advice about the proper shoe for various levels of training. In addition, no other store sends a representative out on the roads to chase down an unsuspecting "Jogger of the Week."

Cynthia Lorenzoni had a major impact on a number of important local races in 1981 and was ranked 50th nationally by The Runner along with being rated in the top 10 for 10 miles.

Following a course record victory in the Charlottesville 10-Miler, she took fourth in the D.C. Bonne Bell race and won the difficult Hecht's 10-Miler. A 4th place finish at Lynchburg, behind only Anne Audain and the Shea sisters, preceded her first effort at the marathon distance. That race was to be the Bethel Marathon in North Carolina. However, without the knowledge of her self-appointed advisors, she laid secret plans to make the Marine Corps race her first marathon.

The entry in the Marine Corps Marathon was kept fairly secret in order to prevent any build-up of pressure in a first marathon. How secret was it? I saw Cynthia less than 30 minutes before the start of the race and went away with absolutely no clue that she was planning to run. Upon hearing that she was leading at 23 miles, I became convinced that the Marine spotters had made one too many charges up the finishing hill. But within a short time, it was Lorenzoni making her way up the hill to the finishing line. Although fatigue cost her at the end, her winning time of 2:50.23 was a fine effort for her first marathon. One of the lessons she learned from the

more

Lorenzoni (Cont.)

race was the danger of running a marathon in light racing flats, as her feet and legs took such a pounding that three weeks passed before she could begin running again.

At the age of 23, Cynthia Lorenzoni stands 5'6" and weighs 115 pounds. She currently competes for Converse, as do a number of top women in American road racing. Her training this spring is aimed at running a quality race in the Boston Marathon, where she hopes to break 2:40. As she did before the Marine Corps race, Cynthia usually runs between 70 and 85 miles per week, including two speed workouts. Much of the running is done with Margaret Groos and Margaret's dog, Gravy. Perhaps the key in the shift of emphasis toward the marathon is the addition of the traditional weekend long run to Lorenzoni's training schedule. Her speed work indicates that she is rounding into good shape, and her performance at Cherry Blossom will be an important clue to her condition prior to Boston. If she improves as much as many runners do in her second 26-mile race, Cynthia soon could be a runner to be reckoned with in any big marathon she enters. JU

RACE RESULTS: JACKSONVILLE RIVER RUN (15K) March 13

A record crowd of over 5,000 ran in this year's annual 15K River Run race. With temperatures already in the low 70s by the 9 a.m. start (the high for the day was 87° F!!!!), there were no world records set this year. A world class field, however, did produce one course record. Kenya's 25-year-old Michael Musyoki finished in 43 minutes and 33 seconds, just one second ahead of Britain's Nick Rose. Musyoki's time broke Dan Dillon's course record of 43:34, but was 25 seconds slower than Musyoki's world record (43:08) set in February at the Gasparilla 15K in Tampa.

England's 22-year-old Wendy Smith easily won the women's title in 49:52. She was disappointed that Patti Catalano didn't show up. "The (course) record would have been broken if Patti were here," said Smith. She was referring to Catalano's course (and American) record of 49:33 set last year. This was only the third 15K effort for Smith. She ran a 51:34 in Tulsa last October, and then a 49:01 at this year's Gasparilla Distance Classic.

American Marty Ludwikowski and Musyoki took the early lead, but for a while the runners did not know how fast they were going because the first two mile splits were wrong. "We went through the first mile in 5:20, and the second mile in 7:40," said Rose. "We didn't know where the hell we were!!"

Ludwikowski faded after four or five miles, and as expected Musyoki, Rose and England's Adrian Leek gathered at the front. At the 10K mark (the beginning of Hart Bridge, a 3/4 mile uphill climb), Leek fell off the pace and it came down to a two man duel between Musyoki and Rose, with Musyoki the eventual winner.

MORE



Jim Ulvestad



Jeff Peterson

River Run (cont.)

In the women's race, Smith and University of Virginia's Margaret Groos took an early lead, but Smith broke away at four miles. "I decided to stick with the lead women for the first few miles, then see how I felt and make a move," Smith said. "I ran my fastest between 4 and 6 miles." Groos finished second, 1 minute and 30 seconds behind Smith, in 51:22.

- Bob Trost

RESULTS

Men

- 1) Musyoki 43:33.3
- 2) Nick Rose 43:34.3
- 3) Dave Murphy (G.B.) 44:20
- 4) Adrian Leek 44:29
- 5) Ludwikowski 44:50
- 6) Chris Bunyan 45:16
- 7) David Long 45:22
- 8) Benji Durden 45:27
- 9) Robbie Perkins 45:40
- 10) John Rogerson 45:42
- 11) Kent McDonald 45:46
- 14) Tony Staynings 46:11
- 15) Ed Sheehan 46:15
- 18) Dan Predmore 46:45
- 19) Ed Palmer 46:53
- ... Lee Fidler 47:++  
(2nd in 30-34 age group)
- ... Jack Bachelor 52:54  
(5th in 35-39 age group)
- 157) Bob Trost 55:14

Women

- 1) Wendy Smith 49:51.9
- 2) Groos 51:22
- 3) Jackie Garreau 52:29
- 4) Julie Shea 52:54
- 5) Judi St. Hilaire 53:38
- 6) Julie Isphording 53:51
- 7) Bonnie Tamis 54:26
- 8) Mary Shea 55:05
- 9) Linda McLennon 56:14
- 10) Chris Mullen 56:34
- 11) Carol Cook 57:59

# # #

RACE RESULTS: SUNSHINE CLASSIC IN GAINESVILLE, FLORIDA March 2

Over 800 runners took part in this year's Sunshine Classic in Gainesville, Florida. The temperature was in the 80s and the field had an international flare with Great Britain's Mark Scrutton and Dave Murphy in attendance, along with Ireland's 3:52-miler Ray Flynn.

In the women's field, the anticipated duel between Julie Shea and Margaret Groos never came off. Shea was sick with the flu (as was Groos), but, more importantly, Shea was experiencing some numbness in both feet. Apparently, the numbness was also a problem in the previous week's River Run. Groos decided to run anyway, and won easily in 35:48.

The men's race was a little tougher to call than the women's in the early going. Flynn took the lead pack consisting of American Marty Ludwikowski, Scrutton and Murphy through the uphill first mile in 4:35. After that, it was a duel between Ludwikowski and Scrutton (9:10 second mile, 13:45? third mile) until Scrutton pulled ahead after three miles and went on to win in 29:16 (ten seconds off Craig Virgin's course record of 29:06 set last year in cooler weather). Ludwikowski was second in 29:27.

Groos went through the first mile in 5:30, the second mile in 11:18 and held about a 5:50 pace thereafter.

- Bob Trost

RESULTS

Men

- 1) Mark Scrutton 29:16
- 2) Marty Ludwikowski 29:27
- 3) Dave Murphy 29:30
- 4) Ray Flynn 29:39?
- 5) Dan Predmore 30:26
- 8) Jack Bachelor 32:10  
(first in 35-39 age group)
- 34) Bob Trost 35:19

Women

- 1) Margaret Groos 35:48
- 2) Jayne Surbyka 37:58

BOSTON 1982

Reports from Roger Urbancsik & J. Wind

At least it didn't snow.

But the sunshine and warm weather (68°) did surprise a lot of the runners. Most finished the race slightly dehydrated and sunburned.

The gaggle of WRC runners was led by Jack Coffey who had a very respectable 72nd place finish and by Patty Deuster (54th woman).

After the race, club members met at the Park Plaza Hotel to tell war stories. A good time was had by all.

— RU

Our 'A' team's top three (Stack, Lott and Nye) totaled 7:30, just 7 minutes ahead of our 'B' team (Coffey, Wind and Baldino), and 17 minutes faster than our 'C' team (Spinnler, Sabino, Allen). It's A team for Jack Coffey from now on . . .

Former members of WRC did well too: Terry Baker, 2:16:32, 7th; Martin Green, 2:20:19, 27th; and Henry Barksdale, 2:21:50, 39th.

JJW

WRC WOMEN

|                      |         |    |      |
|----------------------|---------|----|------|
| Patty Deuster        | 2:59:43 | FR | 54th |
| Colleen Troy         | 3:10:18 |    | 120  |
| Suzy Rainville       | 3:10:45 |    | 125  |
| Betty Blank          | 3:10:54 |    | 128  |
| ". . . ran with Bob" |         |    |      |
| Kathi Guiney         | 3:11:20 |    |      |
| Jennifer Rood        | 3:17    |    |      |

WRC MEN

|  |         |    |        |
|--|---------|----|--------|
| Jack Coffey                              | 2:24:52 | FR | 72nd   |
| Jon Lott                                 | 2:27:48 |    | 114    |
| Bob Stack                                | 2:28:10 |    | 120    |
| Mike Spinnler                            | 2:28:18 |    | 123    |
| Jay Wind                                 | 2:31:36 |    | 193    |
| Mike Sabino                              | 2:32:37 |    | 10th M |
| Mark Baldino                             | 2:32:52 | FR | 222    |
| "I didn't pass anyone the last 5 miles." |         |    |        |
| Jim Berka                                | 2:34:33 |    | 276    |
| (bound for Europe)                       |         |    |        |
| Bruce Robinson                           | 2:36    |    |        |
| (wearing Rosie Ruiz's number)            |         |    |        |
| Roger Urbancsik                          | 2:41:36 | FR | 587    |
| "What can you say? It's all downhill."   |         |    |        |
| Peter Nye                                | 2:45:43 |    | 826    |
| John Allen                               | 2:46:35 | FR | 893    |
| Phil Stewart                             | 2:47    |    |        |
| Bob Kelly                                | 2:47:37 |    | 974    |
| "side stitches"                          |         |    |        |
| Joe Lugiano                              | 3:03:28 |    |        |

Boston 1982, cont.

|  |                         |
|--|-------------------------|
| Bob Trost  | 3:10:55                 |
| "ran with Betty"   |                         |
| Mark Doles   | 3:14:20                 |
| Robert Rodriguez   | 3:19:40                 |
| (the worst splits: 1:12 & 2:07. "I crashed and burned.") |                         |
| Ken Moffett  | 3:25 "I disintegrated." |
| Fred Kruger  | 3:34                    |
| Bernie Gallagher   | "won't tell"            |
| Dick Spencer   | ?                       |
| Chauncey Berdan  | ?                       |
| * * *  |                         |



Boston Heroes  
Jack Coffey      Bruce Robinson

Results from Falmouth (1981)  
from Al Naylor

|     |               |       |
|-----|---------------|-------|
| 7   | Terry Baker   | 33:01 |
| 26  | George Malley | 33:59 |
| 29  | Jeff Scuffins | 34:05 |
| 50  | John Doub     | 34:43 |
| 68  | Will Albers   | 35:04 |
| 69  | Dan Rincon    | 35:12 |
| 113 | Mike Spinnler | 36:23 |
| 114 | Jack Coffey   | 37:06 |
| 119 | Allen Naylor  | 37:14 |
| 173 | Mark Baldino  | 37:45 |
| 205 | Greg Shark(?) | 38:45 |
| 220 | Mike Bradley  | 39:15 |
| 327 | Ken Umbarger  | 41:30 |
| 412 | Bob Boone     | 43:10 |
| 732 | Peter Nye     | 47:10 |
| 874 | Kathi Guiney  | 48:36 |

(Some times are random, or guessed; first 80 are accurate)



D.C. MARATHON, MARCH 21

Although Robert Hirst sprinted past Will Albers in the last 385 yards to win the race and the TV, WRC put enough top finishers across to merit at least a channel in the second running of the DC Marathon.

Our 7 in the top dozen were:

- 2 Will Albers 2:29:57
- 3 Jim Berka 2:31:35
- 4 Jay Wind 2:32:32
- 6 Rusty Donahue 2:36:25
- 8 Phil Stewart 2:37:29
- 9 Lucious Anderson 2:38:10 (?)
- 10 Tom Waites 2:42:18
- 12 Ed Foley 2:46:03

Jennifer Rood was second woman in 3:05:44. There were other WRC runners, but we'll catch them later.

\* \* \*

SANDY SPRING HALF MARATHON, 3/14

Vassili Triantos ran 1:20:10 for 6th place on this difficult course, while Bernie Gallagher was 9th in 1:24:04. The race was won by Kevin Ambrose of Manassas in 1:15:33. Mary Walsh was second woman in 1:41:30.

\* \* \*

10K Track, Woodson HS, 2/27

- 6 Mark Albers 33:11
- 19 Bernie Gallagher 35:20
- 24 Ed Foley 36:15
- 2nd woman: Lolitia Bache, 40:24

Competitive Two Mile

- 1 Robert Rodriguez 10:11
- 2 Bob Trost 10:41

\* \* \*

Two Virginia Races

Robert Rodriguez ran a 1:11:52 half marathon to take 5th place at the F&M BANK run on March 14. The following week, Bill Wooden ran a 2:49:49 marathon at Virginia Beach.

TAC 50 KM CHAMPIONSHIPS  
March 13, Hains Point

Ed Foley was the first local finisher in the 10 lap race at Hains Point, finishing in 3:19:22. Winner was 36-mile champ Charlie Trayer (Reading, PA) in 2:59:36.

\* \* \*



Tim Gavin

CHICKEN GEORGE (BULLETS) 10K

March 27-- Here are some times, but no places:

- Dan Rincon 32:45
- Mark Baldino 34:06
- Bob Kelly 34:42
- Roger Urbancsik 34:54
- Bob Trost 35:53
- Bob Webb 36:11
- Jack Moffett 39:40
- Lolitia Bache 40:46 (second woman, first master)

\* \* \*

Results from Jim Ulvestad

April 10, Harrisonburg Heart Run, 10K:

- Jim Ulvestad 1st in 31:43
- Mike Greehan 9th in 33:47

April 18, Charlottesville 10 Miler

- Rich Ferguson 1st in 52:22
- Jim Ulvestad 2nd in 52:50
- Robbie Pecht 3rd in 53:41

\* \* \*

4th Annual Flying Circus 10 Mile  
Bealeton, VA, May 1, 1982

This year's race was marred by the fact that approximately ten runners in the "second-pack" went off course. However, this misdirection did not affect the first five male places, nor the female places.

Phil Stewart and Roger Hewitt (from Richmond) took the early lead at about a 5:35 pace, but Hewitt started to pull away by five miles, and went on to win in 56:13. WRC times:

- 3 Bob Trost 57:19
- 4 Phil Stewart 57:28

The second-place woman, Barb Fromme (71:05) may soon join WRC.

— Bob Trost

# NY Times features Susan Aaronson

## On the Run

It is high noon of a Wednesday, time for one of the most pleasant antidotes the city offers to counter the politicians' cliché of regularly bad-mouthing Federal workers. Down at the Tidal Basin, by the steps of the Jefferson Memorial, more than 100 of these workers gather at a trot, hurrying over from scattered offices for the weekly interagency lunch-hour run. Hopeful and vibrant, the group could serve well as a revealing stop on the tourist routes, for few capital denizens are more willing to talk to friendly strangers than the competitors of the Wednesday race. The implications of a budget cut? Their time for six kilometers? Say hello and ask.

Susan Aaronson, an international budget specialist with the General Accounting Office, is enough of a Wednesday runner to plan a quick change into her track clothes at a field office over at the State Department. Lithe as a dancer, she runs the mile and a half to get to the race on time. Tony Diamond, a founding leg in the event 10 years ago as a worker with

the National Aeronautics and Space Administration, is there with stopwatch and information on other races. Ken Wasch of the Department of Energy is not running because it is his agency's month to time and chart the competition and remind the runners that the finish line is the tar-patched crack down from the feet of Jefferson.

"People like the sense of uplift the race gives them," says Claire Gesalman, a scientist at the Environmental Protection Agency who is president of the group that races out through the sunshine, welcome relief from all the slow-motion running movies lately, as well as from the cranky pace of the tourists over at the nearby Mall. Everyone seems to win, the first across and the stragglers. Doug Wham, a lawyer with the Labor Department, is first. Susan Aaronson leads the women. She smiles and breathes deeply. The time to savor victory is as quick as the race, for her lunch hour is fading. It ends with her running, still lithe as a dancer, proud now as a runner, all the way back to the State Department, to get her clothes and get back to work.



Bob Stack  
(last seen running  
with Grete Waitz)

### THINGS TO REMEMBER

1. Don't get cut off the list; pay your dues (\$10) to Norm Brand, 5224 Manning Pl., N.W. Washington, DC 20016.
2. Upcoming club races: 5/22 Elby 20K; call Al Naylor (see p. 4)  
5/29 L'Eggs Mini; call Susan Aaronson, 667-0255
3. Send news, views, cartoons, ETC., to editor Bob Thurston; address below
4. Meeting schedule (tent.) June 11, July 9, Aug. 13. PICNIC time & place to be announced

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