

Washington Running Club Newsletter June 1982

SUMMER MEETING DATES: JUNE 11, JULY 9, AUG. 13, AT 2100 K ST., NW. 8 PM. 653-5270 for directions, etc. Put the dates on your calendar. If there's any change, we'll give adequate notice; otherwise just come (i.e., don't wait for newsletter to remind you).

JUNE MEETING

If you're receiving this issue by personal hand delivery, you're at the meeting. If by mail, you missed the June meeting, so we hope we'll see you in July.

WRC ROSTER

Included in this issue is what you might call a first draft: our best information on who's paid '82 dues, along with addresses and tel. numbers. If you're name isn't on the list, don't be offended; just pay up (send \$10/person dues to Norm Brand, 5224 Manning Pl., NW, DC 20016. Please send any corrections you can make to Norm also. Get those dues and/or corrections in quickly because the mailing list will be based on our updated roster!

To "complimentary" addressees (there's a "c" on your address label): please let us know whether you want to continue to receive the newsletter. Send a postcard (or a running report!)

HECHT CO. RACE

Al Naylor wants to thank the club for the greatly improved volunteer turnout of this year compared to last. As a result of the club's great support, Al didn't have to spend as much time on the phone, and there was no high school team we had to pay for extra help. We all deserve a pat on the back, and also the \$2000 we will receive for our services. Just keep quiet about those recycled water cups.

MARK BALDINO CHALLENGE

Twelve WRC runners beat Mark at the Hometown Run; that figures to 3 cases of beer Mark owes club members. Pictures and complete results will appear in a future issue, but if the beer isn't paid up by then a suitable penalty will be exacted.

UTICA BOILERMAKER

Tell Al Naylor if you're interested in this July 11 race (I have already expressed interest). Al's deadline for team entries is June 16. Travel money is expected.

REPORT ON L'EGGS MINI MARATHON from team coordinator Susan Aaronson

Neither Grete Waitz nor the sun were visible to any WRC runner on Monday, May 31 in New York City's Central Park. L'Eggs this year was held in 55-degree humidity and a constant light downpour. More than 5,000 women tackled the hilly course known for the 110th St. "Heartbreak Hill," and some 4,400 runners were awarded medals for finishing the 10-kilometer distance.

Grete won the race in 31:59, her fourth L'Eggs victory, followed by Joan Benoit in 32:35 and West Germany's Charlotte Teske in 32:52.

WRC runners arrived at race headquarters at the West Side "Y" to find long lines of runners waiting for numbers, bathrooms, and checkrooms. I arrived at 9:30, an hour before the race began, and saw 2,000 other women fuming as they waited in line for their numbers. So Kim Hom and I gave out numbers until 10, warmed up and waited in the rain for the start.

The gray, cloudy day was brightened momentarily just seconds before the start when hundreds of pastel-colored balloons were let loose by runners to rise above the skyscrapers along Central Park West.

Frankly, it was distressing to see so many first-time runners start up front (Runners were seeded by ages and times). As a result, we had a slow start and a crowded first two miles. However, WRC runners did the team proud. Approximate times for team members were:

Susan Rainville	39:50
Kim Hom	46:04
Shannon McCarthy	44:31
Phyllis (Gibble) Beers	51 min. (side stitch)
Kathy Scott	45:31
Susan Aaronson	43:36

Thanks for the financial support, Washington Running Club. Diner at Le Palais was wonderful.

(also contributing to this report was Kathryn Scott)

LILAC 10K, ROCHESTER, NY, 4/16
by Bob Trost

Twenty-seven year old Matt Centrowitz held off a challenging Marty Ludwikowski and Dan Fredmore, and went on to win this year's third annual Lilac 10K race in a new course record of 29:00.8. In the women's division, 40 year old Cindy Dalrymple won in 35:11, also a new course record.

Centrowitz and Ludwikowski led a field of over 2,000 runners through this scenic but tough 10K course with a 4:24 first mile. They ran shoulder to shoulder through 2 (9:04), 3 and 4 miles, as each runner tried to break the other. By the 4½ mile mark Dan Fredmore closed to within 10 yards, but then Centrowitz made a final kick to take the lead for good.

Said the 6'1", 165-lb. Centrowitz, who is resigning his ass't track coach job at St. John's University in NYC to devote more time to training: "As good as Marty is, I am more efficient. I can run a four minute mile. He can't do that. In my mind I knew I could outkick him."

Ludwikowski was second in 29:13, Fredmore third in 29:21, and Craig Holm fourth in 29:40.

Cindy Dalrymple ran a steady 5:25 first mile and then took over the lead from Kiki Sweigart and Isabelle Carmichael, a pair of her Warren Street teammates, and Kare Cossaboon-Holm, a local favorite. Dalrymple gradually pulled away as she went through two miles in 11:04 and three miles in 17:04. Like Centrowitz, she also made a move at 4½ miles that proved too much for her competition. Swigart was 2nd in 35:22, Carmichael 3rd in 35:29 and Holm 4th in 35:39.

Correspondent Bob Trost was 79th in 35:13.

-- b.t.

MAY MEETING: NOT READY FOR PRIME TIME

I've forgotten what actually happened at the meeting, and no minutes from the secretary have turned up. All I remember is pinching myself and rubbing my eyes and-- yes, it was actually happening: Ira Pesserilo was conducting a cane-breaking contest, ranting on about the rules and so on, when first candidate Mark Baldino pulled a power circular saw out of his satchel and plugged it in. When, after much wailing and shouting and gnashing of teeth, Ira failed to convince his audience of the unfairness of Mark's ploy, he relented. With a quick buzz of the saw, the cane was cut in two and Mark won the bottle of champagne. This show should have been lost in a canebreak. .

--ret

ELBY'S 20 KM, WHEELING, WV
May 29, 1982

Henry O'Connell, fresh off his 45:45 win at the Hometown Run, showed he could handle the heat, humidity and hills of the Elby's 20K race by placing 4th in a very classy field. He was closing on Bill Rodgers (who was saved by the finish line).

Tim Gavin (who had finished the Hometown Run in 45:49) took 19th place in Wheeling in 1:07:45. New member George Keim, who lives in Waynesboro, PA, ran 1:09:14 for 29th place. George will turn 40 this December (watch out, NCTC!).

Jon Lott was 32nd in 1:09:21, Mark Baldino was 35th in 1:09:47, Phil Stewart ran 1:18:02, and Fred Kruger ran 1:22:16.

Ed Sayre was running beside Patti Catalano at 8½ miles, when he was bitten by a bee and had to stop. That's what he says. Some teammates suggested unkindly that it was only a 17-year locust that bit him. Or, according to Henry O'Connell, a 13-year locust (with the green eyes). Don't try to figure that out.

-- information from Fred Kruger, garbled by Bob Thurston

WRC Members List 31 May 1982

Susan Aaronson
Apt 820
1718 P St., NW
Washington, D.C. 20036
h) 667-0255 o) 235-1313

Mark Albers
Apt 333
10028 Mosby Woods Dr.
Fairfax, Virginia 22030
h) 273-0368 o) 383-0061

Will Albers
10612 Springman Dr.
Fairfax, Virginia 22030
h) 273-5808

Dennis Albright
113 New Row St.
Mt. Savage, Maryland 21545
h) 301-264-3178

John Allen
P.O. Box 15093
Alexandria, Virginia 22309
h) 780-9176 o) 452-5545

Lucious Anderson
Apt 501
3301 Hewitt Ave.
Silver Spring, Maryland 20906
h) 871-8924 o) 673-7029

David Asski
9803 Dairyton Ct.
Gaithersburg, Maryland 20760
h) 869-1019 o) 468-4455

Leo Aulisio
~~2B Northway Rd.~~
Greenbelt, Maryland 20770
h) 474-5622 o) 454-4133

Lolitia Bache
4210 Downing St.
Annandale, Virginia 22003
h) 354-2758

Thomas Bache
4210 Downing St.
Annandale, Virginia 22003
h) 354-2758

Mark Baldino
Apt R
5806 Royal Ridge Dr.
Springfield, Virginia 22152
h) 451-6530 o) 451-4353

Jodie Ball
Apt 112
5421 Sheffield Ct.
Alexandria, Virginia 22311
h) 671-7462

Ron Bardach
5405 Greystone St.
Chevy Chase, Maryland 20815
h) 656-7613

Henry Barksdale, Sr.
1522 Wisconsin Ave., NW
Washington, D.C. 20007
h) 965-1525 o) 965-4350

Whitty Bass
Apt 104
10014 Campus Way
Upper Marlboro, Maryland 20870
h) 350-1193 o) 899-2882

Phyllis Beers
Apt I
6145 Edsall Rd.
Alexandria, Virginia 22304
h) 370-4667 o) 566-5586

Chauncey Berdan
1636 Preston Rd.
Alexandria, Virginia 22302
h) 998-0869 o) 528-6836

Jim Berka
4921 29th Ave. South
Minneapolis, Minnesota 55417

Betty Blank
~~Apt 303~~
~~6072 Edsall Rd.~~
Alexandria, Virginia 22304

Norman Brand
5224 Manning Pl., NW
Washington, D.C. 20016
h) 244-2218 o) 632-8742

Pam Briscoe
8014 Glendale Rd.
Chevy Chase, Maryland 20815
h) 656-8857 o) 676-2947

Robert Cadwell
205 C St., SE
Washington, D.C. 20003
h) 543-6907 o) 223-3111

Marlene Cmons
Apt 418
3901 Cathedral Ave., NW
Washington, D.C. 20016
h) 686-1222 o) 293-4650

Jack Coffey
Apt. A2
6722 W. Wakefield Dr.
Alexandria, Virginia 22307
h) 765-1377 o) 836-8400

Bruce Goldsmith
Apt. A2
6722 W. Wakefield Dr.
Alexandria, Virginia 22307
h) 765-1377

James Cooper
Apt 302
4800 Wellington Dr.
Chevy Chase, Maryland 20815
h) 652-0178 o) 652-7130 x 263

Linda Cooper
Apt 302
4800 Wellington Dr.
Chevy Chase, Maryland 20815
h) 652-0178

Donald Cummings
8505 Thames St.
Springfield, Virginia 22151
h) 323-5644 o) 692-5199

George Cushmac
712 Grandview Ave.
Alexandria, Virginia 22305
h) 548-1176 o) 426-2311

Chuck Desenberg
Apt 1101
9335 Lee Highway
Fairfax, Virginia
h) 273-1138 o) 273-9276

Patty Deuster
Apt 516
9200 Edwards Way
Adelphi, Maryland 20783
h) 445-1405 o) 454-5223

Laura DeWald
~~2231 N. Wakefield St.~~
Arlington, Virginia 22205
h) 241-2492 o) 558-2941

Mark Doles
3352-A S. Wakefield St.
Arlington, Virginia 22206
h) 671-3272 o) 548-8338

Patricia Fauls
Apt 6
13143 Larchdale Rd.
Laurel, Maryland 20708
h) 621-2918

Bernadette Flynn
Apt 619
11215 Oakleaf Dr.
Silver Spring, Maryland 20901
h) 681-6503

Ed Foley
289-2 Broad Run Farms
Sterling, Virginia 22170
h) 430-1959 o) 227-1817

Bernard Gallagher
5309 Musket Ct.
Rockville, Maryland 20853
h) 774-0861 o) 389-3419

Martin Greenbaum
10156 Scotch Hill Dr.
Largo, Maryland 20870
h) 336-1965 o) 794-6800 x251

Kathy Guiney
Apt R
5806 Royal Ridge Dr.
Springfield, Virginia 22152
h) 451-6530

Jim Hagan
9074 Arlington Blvd.
Fairfax, Virginia 22031
h) 280-4346

Lisa Hamm
9617 Verdict Dr.
Vienna, Virginia 22180
h) 938-0435 o) 466-8850

Sarah Harrison
320 Sun Park Lane
Huntington, Maryland 20639
h) 301-257-9097 o) 202-232-6390

Joe Henderson
534 Hobart Pl., NW
Washington, D.C. 20001
h) 387-5691

Tom Henderson
15639 Candy Hill Rd.
Upper Marlboro, Maryland 20772
h) 888-2428 o) 322-0425

-3-

Keith Higgs
Rte. 1, Box 72
Ashburn, Virginia 22011
h] 703-777-5964

Chip Hill
613 John Marshall Dr., NW
Vienna, Virginia 22180
h] 938-7240 o] 691-2011

Kim Hom
Apt 914
1718 P St., NW
Washington, D.C. 20036
h] 462-4828 o] 755-5407

Bruce Jackson
716 Horton Dr.
Silver Spring, Maryland 20902
h] 593-2024 o] 530-4306

Rugh Jascourt
7 Maplewood Ct.
Greenbelt, Maryland 20770
h] 345-8343 o] 343-6331

Dennis Jett
Science Attache
American Embassy
APO NY 09672

Mark Johnson
Apt C-1
4206 Roland Ave.
Baltimore, Maryland 21210
h] 301-321-7674 o] 301-321-7333

George Keim
8774 Stottlemeyer Rd.
Waynesboro, Pennsylvania 17268
h] 717-762-6302 o] 717-762-1191

Robert Kelly
VXN8 Air Frame Div
Patuxent River, Maryland 20670
h] 301-863-7371 o] 301-863-4700

Les Kinion
1363 Halstead Rd.
Baltimore, Maryland 21234
h] 301-668-3766

Fred Kruger
8900 Huxley Court
Springfield, Virginia 22153
h] 644-1131 o] 379-4500 x309

Ralph Landry
13913 Vista Dr.
Rockville, Maryland 20853
h] 460-6135

Bonnie Larrabee
1775 Powder Horn Terrace
Woodbridge, Virginia 22191
h] 703-670-7718

Anthony LoTempio
9 Allendale Rd.
Binghamton, New York 13903
h] 607-722-0497

Jonathan Lott
6018 Grayson St.
Springfield, Virginia 22050
h] 451-0458 o] 642-5080

Jonathan Low
~~4817 Leland St.~~
Chevy Chase, Maryland 20815
h] ~~657-8516~~ o] 530-3225

Joseph Lugiano
9933 Loudoun Ave.
Manassas, Virginia 22110
h] 703-369-7876 o] 703-367-3059

Ann Lukens
6607 Chesterfield Ave.
McLean, Virginia 22101
h] 356-0272

John Major
2277 Four Seasons Dr.
Gambrills, Maryland 21054
h] 621-7157 o] 436-6008

Joanne Mallet
14358 Chesterfield Rd.
Rockville, Maryland 20853
h] 460-8297

Louise Mallet
14358 Chesterfield Rd.
Rockville, Maryland 20853
h] 460-8297

Robert Mallet
14358 Chesterfield Rd.
Rockville, Maryland 20853
h] 460-8297

Allan McAlpine
8656 Bruton Parish Ct.
Manassas, Virginia 22110
h] 703-369-0559 o] 703-367-4749

Shannon McCarthy
Apt 103
2205 California St., NW
Washington, D.C. 20008
h] 232-6462 o] 653-9170

Anthony McIntyre
3530 Manorwood Dr.
Hyattsville, Maryland 20782
h] 559-1213

Kevin McTigue
12906 Broadmore Rd.
Silver Spring, Maryland 20904
h] 384-7803

Jack Moffett
10902 Snowden Rd.
Laurel, Maryland 20708
h] 490-2724 o] 436-6008

Kenneth Moffett
10809 Pleasant Acres Dr.
Adelphi, Maryland 20783
h] 937-4846 o] 653-5270

John Mornini
Apt D
38 Broadway
~~Laurel Springs, New Jersey 08024~~
h] ~~602-455-8671~~

Ray Morrison
120 Eastmoor Dr.
Silver Spring, Maryland 20901
o] 946-4511

Richard Murphy
Apt 303
15710 Dorset Rd.
Laurel, Maryland 20707
h] 725-0189 o] 462-5930

Allen Naylor
12906 Broadmore Rd.
Silver Spring, Maryland 20904
h] 384-7803 o] 454-3909

Larry Noel III
2915 Arlington Dr.
Alexandria, Virginia 22306
o] 248-1260

Peter Nye
Apt 173
5780 Dunster Ct.
Alexandria, Virginia 22311
h] 998-5467 o] 452-4416

Valerie Nye
Apt 173
5780 Dunster Ct.
Alexandria, Virginia 22311
h] 998-5467 o] 452-4974

Robert Oberti
1034 Country Lane
Waldorf, Maryland 20601
h] 843-6634

Henry O'Connell
12906 Broadmore Rd.
Silver Spring, Maryland 20904
h] 384-7803

Joseph Olender
Apt 1
4212 Wadsworth Ct.
Annandale, Virginia 22003
h] 354-7238 o] 698-9250

Ira Pesarilo
Apt. 127
1850 Columbia Pike
Arlington, Virginia 22204
h] 521-9394 o] 254-3830

Jeff Peterson
10612 Springman Dr.
Fairfax, Virginia 22030
h] 273-5808 o] 281-6310

Suzy Rainville
Apt-203
6106 Breezewood Ct.
Greenbelt, Maryland 20770
h] 441-8628

Jeffrey Reed
106 W. Maple Ave.
Sterling, Virginia 22170
h] 430-9089

-4-

Dan Rincon
12906 Broadmore Rd.
Silver Spring, Maryland 20904
h) 384-7803 o) 454-4861

Bruce Robinson
340 Ednor Rd.
Silver Spring, Maryland 20904
h) 774-4135 o) 986-0558

Robert Rodriguez
Apt. 242
5550 Columbia Pike
Arlington, Virginia 22204
h) 671-6896 o) 981-3976

Jennifer Rood
19674 Club Lake Rd.
Gaithersburg, Maryland 20760
h) 869-1688

Alan Roth
10849 Bucknell Dr.
Wheaton, Maryland 20902
h) 649-4909 o) 862-1199

Mike Sabino
6156 Regent Park Rd.
Baltimore, Maryland 21228
h) 301-788-5806

Martha Sargent
8006 Gosport Lane
Springfield, Virginia 22151
h) 321-9143

Richard Sargent
8006 Gosport Lane
Springfield, Virginia 22151
h) 321-9143

Walter Sargent
8006 Gosport Lane
Springfield, Virginia 22151
h) 321-9143 o) 697-4134

Ed Sayre
118 Colony Circle
Lakewood, New Jersey 08701
h) 201-367-0851 o) 201-542-6466

Kathryn Scott
Apt 221
1330 New Hampshire Ave., NW
Washington, D.C. 20036
h) 223-4097 o) 452-4305

Jeff Smith
28 Pennsylvania Ave.
Cumberland, Maryland 21502
h) 301-777-3656

Dick Spencer
11691 Yates Ford Rd.
Fairfax Station, Virginia 22039
h) 250-9063

Michael Spinnler
Rte. 6
Showalter Rd.
Hagerstown, Maryland 21740
h) 301-797-5999 o) 301-739-3990

Robert Stack
13213 Ardenes Ave.
Rockville, Maryland 20851
h) 424-9039

Phil Stewart
Apt 1001
5800 Quantrell Ave.
Alexandria, Virginia 22312
h) 750-2104 o) 550-7799

Dr. Antonio Teixeira
905 Sheridan St.
Hyattsville, Maryland 20783
h) 559-1188

Robert Thurston
2135 Newport Pl., NW
Washington, D.C. 20037
h) 293-7009

Delabian Rice-Thurston
2135 Newport Pl., NW
Washington, D.C. 20037
h) 293-7009

Robert Trost
5723 Eliot Ct.
Alexandria, Virginia 22311
h) 931-8809

Coleen Troy
321 Eagle Harbor South
Laurel, Maryland 20707
h) 792-4294 o) 454-5223

James Ulvestad
Apt 3
269 Colonnade Dr.
Charlottesville, Virginia 22901
h) 804-971-2765 o) 804-296-0235

James Umbarger
Apt 520
9314 Cherry Hill Rd.
College Park, Maryland 20740
h) 345-0141 o) 548-0250

Ken Umbarger
2611 Sheridan St.
Silver Spring, Maryland 20906
h) 942-1844

Roger Urbancsik
747 Piney Wood Circle
California, Maryland 20619
h) 301-863-9222 o) 301-863-4625

Tom Waites
1814 Baldwin Dr.
McLean, Virginia 22101

Mary Walsh
1612 Belvedere Rd.
Silver Spring, Maryland 20902
h) 681-5460

Tea Washington
~~1636 Preston Rd.~~
Alexandria, Virginia 22302
h) 998-0869

Heinz Wiegand
Rte. 1, Box 423
Hell's Delight Rd.
Smithsburg, Maryland 21783
h) 301-824-2125

Mary Ellen Williams
13813 Turkey Foot Rd.
Darnestown, Maryland 20878
h) 963-2812

Robert Williams
13813 Turkey Foot Rd.
Darnestown, Maryland 20878
h) 963-2812

Matthew Wilson
10412 Fyfe Ct.
Fairfax, Virginia 22032
h) 250-5863

Jacob Wind
201 S. Irving St.
Arlington, Virginia 22204
h) 920-5193 o) 841-6974

William Wooden
9950 Cherry Tree Lane
Silver Spring, Maryland 20901
h) 593-5528 o) 227-2152

Phil Yunger
5710 N. 10th Rd.
Arlington, Virginia 22205

-5-

HEART ATTACK COUNTERATTACK

(Excerpted from draft of an article to appear in The Runner)

March 17, 1979 was a day which would change the life style of John David Allen, for on that day at around 4 p.m., while celebrating St. Patrick's Day he suffered a heart attack. For the next 4 weeks while in the hospital he had time to think about and review his life style: 3 packs of cigarettes daily, the typical 3 martini lunch, a stressful job requiring 5 days a week travel and virtually no physical exercise.

Upon release from the hospital John went through a series of tests to determine if there was any damage to the heart and to evaluate his general physical condition. There was a small constriction to the aorta, but no other damage. His physical condition was far below the minimum standard for a man of 35: his resting pulse was in the high 70's (today it is in the low 50's). His cardiologist, Dr. Cleveland Francis, informed him that it would be necessary for John "to turn his life style around" and to begin a program of aerobic condition along with the use of various drugs. John and his doctor agreed on a program of jogging.

Thus on May 1, 1979 John started his running (?) career. At first, a series of walking and jogging for $\frac{1}{2}$ mile— this phase lasted about 2 weeks. Then with a gradual buildup he was walking and jogging a mile in about 12 minutes.

Through the summer with his doctor's consent John worked up to running his first 10K (62:10) and his first 10 miler (90:20). The racing bug had bitten him.

After retesting on the treadmill, the doctor gave his blessings (and the tel. number of a shrink) for John to build his mileage up to 30-35 per week. In late August his 2nd 10K was 48:20. Now slightly obsessed with his new activity John set his sights on the Marine Corps Marathon.

Three hours and 51 minutes after the start of the '79 Marine Marathon, John crossed the finish line, sore as hell but with a wide grin.

Since March of 1979, John has dramatically changed his life style. No more cigarettes, of course. He has lost 36 pounds (163 to 127), and the stress of his job is treated by his daily runs.

John has run 5 marathons since that first one; at the recent Boston Marathon he ran his PR of 2:46:35.

At times John's doctor recommends that he actually call the shrink, and a few WRC members have accused him of being on "serious drugs" (mainly his coach, an attorney with the initials JC); but good natured John just smiles and pushes on.

As for the future John is looking forward to an injury free year and becoming a strong and productive member of the WRC/Converse Master's Team.

WRC NEWSLETTER
2135 NEWPORT PLACE, N.W.
WASHINGTON, D.C. 20037

Al Naylor, Dan Rincon
12906 Broadmore Rd.
Silver Spring, MD 20904