

Washington Running Club

August 1982 Newsletter

NEXT MEETING: FRIDAY, AUG. 20, 8 PM, 2100 K St. NW. Follow signs. Inquiries 653-5270

AUGUST MEETING

Note that the date is the 20th instead of the 13th as previously announced. It seems too many people will be in Falmouth the weekend of 8/13-15. At the meeting we should get a report on Falmouth, on the summer track series, and other items such as a proposed "patch contest" (designing a WRC patch). See you there!

WRC PICNIC

by Jeff Reed and Keith Higgs

To gain perspective on the annual WRC picnic one must go to the "Lost and Found". Lost: 1 bread knife (Thurstons'), 1 pair of underwear, 3 bathing suits, 1 jock, morality, and a watch (P. Stewart's). Found: 1 pair of women's running shorts, 1 Moving Comfort singlet, 1 pair of contact lenses, 2 tee shirts, 6 towels and Bob Oberti's softball glove. Damaged: 1 bush next to the pool. Needless to say, it was a good party.

The heat at this year's picnic forced the cancellation of several events (also the Hosts were trapped in a whirlpool). The two main reliefs from the intense heat were the pool and the Keg Kart. The Keg Kart provided mobility and the pool . . . well, it provided much more— as the day went along.

The Beer Relay once again proved to be one of the highlights of the picnic. The results were somewhat unclear but the true spirit of WRC surfaced as the eight teams killed a keg in short order. A turning point in the picnic was reached with the tapping of the third keg. The presentation of the door prizes (space blankets, tee shirts, posters, safety glasses, autographed pictures of Jeff "Full-Frontal" Reed, and a cane) supplemented the day's main award— the Alfred Tom Felde Award— won by the infamous Bob Thurston.

After some volleyball the remaining picnickers retreated back to the pool for some hardcore partying. Much was learned of the "talents" (or lack of them) of these hardy few.

(picnic, cont.)

Due to postal regulations prohibiting mailing of such materials, details are available by asking a survivor.

In the years to come there will be much said about this year's WRC picnic and the challenge is set to top it next year. This will be difficult due to superior performances by Laura DeWald, most exposure— before dark (after dark it was a tie); Phil Stewart, as Beer Man and the Fountain of Youth— or whatever; Ira Pisserillo for fitting into a medium tee-shirt; Jacob Wind for getting there; among many others . . . ! Finally, to quote an unknown inebriate— "THE PICNIC WAS A BLAST."

— j.r. and k.h.

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CREDIT WHERE CREDIT IS OVERDUE

Many thanks to Fred Kruger, who put out the last newsletter singlehandedly, and on short notice, too. Fred has been doing paste-up, production and mailing beginning with the June issue. THANKS!!

* * *

This issue— in addition to Fred, we wish to thank Keith Higgs for paste-up and production, and Norm Brand for processing lots of addresses. — Bob Thurston

* * *

Bob T was totally surprised by the Alfred Tom Felde award, and was not too disturbed when someone else chose to make an acceptance speech in his place. But he told us he has since thought of "a few words" and threatens to either send them to the newsletter or say them at a meeting. We'll keep you posted . . .

In case anyone missed it (and to refresh bitter memories for those who ran), the top story of this year's race was the wind: 30 mph, gusting higher. And of course Terry Baker's defeat of Bill Rodgers, 49:29 to 49:36.

Here are WRC results, starting with

WOMEN

7	Mary Ellen Williams	1:01:33
21	Kathi Guiney	1:06:02
24	Jennifer Rood	1:06:48
26	Patti Deuster	1:06:54
27	Lolitia Bache	1:06:57
28	Betty Blank	1:07:01
31	Colleen Troy	1:07:41
38	Suzy Rainville	1:08:19
40	Valerie Nye	1:08:40
43	Mary Walsh	1:09:33
60	Susan Aaronson	1:12:14
186	Phyllis Beers	1:22:01
301	Marlene Cimons	1:28:27
397	Estelle Roth	1:34:16

(There were 539 women finishers, led by Eleanor Simonsick in 58:16)

MEN

4	Matt Wilson	49:28
10	Tim Gavin	51:03
19	Jim Cooper	51:50
24	Jeff Peterson	52:15
34	Jim Ulvestad	53:02
35	Jack Coffey	53:10
53	Jim Berka	54:10
54	Bob Stack	54:13
55	Dan Rincon	54:14
56	Mike Spinnler	54:14
57	Robert Rodriguez	54:15
60	Mark Baldino	54:17
80	George Keim	54:58
83	Bruce Robinson	55:17
96	Lucious Anderson	55:47
98	Mike Sabino	55:53
99	Peter Nye	55:57
121	Dennis Albright	56:51
125	Jacob Wind	56:53
140	Marc Sengebusch	57:26
164	Mark Doles	58:03
167	Bob Trost	58:06
181	Tom Bache	58:41
188	Bob Kelly	59:00
246	Ed Sayre	60:16
299	Bob Williams	61:21
306	Fred Kruger	61:27
342	Bernie Gallagher	62:06
381	Larry Noel	62:44
460	Chauncey Berdan	63:50
480	Joe Lugiano	64:08
546	Dick Spencer	65:14
558	Dave Asaki	65:27

588	Jack Moffett	65:46
828	Walt Chalmers	68:42
847	Hank Barksdale	68:57
908	Alan Roth	69:33

Among the FRs (and what a day to get one!) was Ken Moffett's 62:59 (400th).

There were 2669 male finishers.

* * *

HOMETOWN RUN, MAY 23

So many WRC members ran so well that we wanted to get official results before making a report. But we owe two apologies: one for this long delay; another, in advance, for the names we'll miss. The results weigh in at over 400 g (nearly a pound).

OVERALL MEN

1	Henry O'Connell	45:48
2	Tim Gavin	45:50
5	Jim Cooper	47:02
7	Will Albers	47:32
11	Bob Stack	48:03
14	Bruce Robinson	48:38
20	Mike Sabino	49:11
22	Peter Nye	49:19
23	Lucious Anderson	49:21
25	Al Hinchliffe	49:39
27	Mark Baldino	49:48
30	Robert Rodriguez	50:02
35	Jon Lott	50:54
38	Marc Sengebusch	51:07
40	Tom Washington	51:12
45	Jay Wind	51:31
46	Jim Hagan	51:34
48	Phil Stewart	51:36
50	Tom Waites	51:43
56	Tom Bache	51:57
62	Bob Trost	52:34
64	Mark Doles	52:41
72	Vassili Triantos	53:21
125	Fred Kruger	55:56
220	Chip Hill	59:04
264	Jeff Reed	60:04

OVERALL WOMEN

1	Mary Ellen Williams	57:11
2	Jennifer Rood	57:29
12	Lolitia Bache	61:31
15	Betty Blank	62:34
32	Kathi Guiney	66:05
43	Joanne Mallet	68:04
49	Shannon McCarthy	68:45
85	Jodie Ball	71:58
142	Marlene Cimons	77:31
222	Estelle Roth	86:38

ALSO

15*	Ira Pesserilo	1:41:44
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(* from last)

UTICA BOILERMAKER, July 11

This race lived up to its name as far as the WRC was concerned, not on the road but before the race. Several tempers reached the boiling point over the question of how to distribute club monies.

It seems that a group of runners from the Hagerstown area went to Utica intending to run for WRC. This was agreed to beforehand; but a complication arose in that some of the Hagerstown group were paid-up members and others were not.

Coordinator Al Naylor determined before the race who was and was not a member already, and directed that the \$360 from our budget be distributed only to runners who had been members for 30 days prior to the race (see May 1981 newsletter). The RD of the Utica race had promised the club another \$250; this was to be distributed to all those who ran for us.

In Utica, however, Mark Baldino decided that such an uneven distribution would be a slap in the face of the Hagerstown bunch who had clearly expressed their desire to run for us. He intended to distribute all monies equally; when Henry O'Connell challenged him on this, how shall we say, a loud discussion ensued. The problem was settled when Dan Rincon obtained all the money in question and distributed it according to the original plan.

To Henry, the issues were not only that we should follow our own rules, but also a question of openness: Henry claims Mark concealed the fact that he had obtained the \$250 in cash from the RD, and also his intention to use the \$250 to "even out" the payments.

Mark feels that his plan would've been true to the spirit of the 30-day rule, because the Hagerstown group obviously didn't come or join just to get the money. To him the issue was whether the club could be generous and fair to folks who helped us and wanted to join.

Obviously we, as a club, need to clarify our rules and also decide who, in what situations, has which discretionary powers. With a little luck, we may be able to save our steam for the race next time.

-- R.E.T.

By the way, there was also a race. Laura DeWald was first woman in 54:40, with Betty Blank 6th in 61 minutes.

Here are the piecemeal men's results:

8	Tim Gavin	46:22
9	Terry Baker	
11	Henry O'Connell	
17	Mike Mansy	47:12
20	Jeff Scuffins	47:42
26	Jack Coffey	48:11
	George Keim	48:55
	Mark Baldino	49:41
52	Dan Rincon	50:20
	Bob Trost	
212	Ed Sayre	57:16
	Keith Higgs	58:59
	Jeff Reed	62:50
	Mike Spinnler	?
	Al McAlpine	?
	Heinz Wiegand	?
	Will Albers (ran with Laura)	

Our team was second to Allegany East.

--r.t.

BIRTH ANNOUNCEMENTS

Congratulations to Bruce, Sharon and Courtney Robinson on the birth of SHAUN MICHAEL ROBINSON born July 5. Birthweight ? (Shaun is vacationing on the Cape and cannot be reached for comment.)

* * *

Congratulations to Bob, Sarah, and Sarah Mae Harper on the birth of ROBERT PHILIP HARPER on July 15; 6 lbs. 1 oz. Robert is not a "Jr.", but he does seem to have his father's ability to put on weight quickly!

* * *

Obviously our birth announcement dept. needs some shaking up. We hope to have everything together in time to report on Lucious and Lanita Anderson's baby, expected around August 19.

* * *

WEDDING

Congratulations to Whitty Bass and Elayne Hyman-Johnson on their marriage, July 25. They'll be living at 7401 Riverhill Road, Oxon Hill, MD 20745; tel. 839-2129.

* * *

Among the 250 competitors gathered on the banks of the Tred Avon River on June 6 for the 2nd annual Oxford Triathlon was Washington Running Club member Ron Bardach.

A veteran of innumerable road races, including a 2:38 marathon, Ron was making his triathlon debut. Because of a series of ankle injuries that limited his training, his only goal was to finish the grueling 72 mile course.

A two mile swim against a strong current was the first leg of the race. Despite being stung by sea nettles, Ron swam the leg in 1:24:30, well behind the leader's 54:30 performance but still good enough to place him in the top third of the field.

Then, while a steady stream of swimmers emerged from the water and began the 20 mile run back to Oxford, Ron waited for a friend also competing in the triathlon. Half an hour later, his companion finally having thrashed his way through the two mile swim, Ron set off on the run.

Running at 7:30 pace, the pair slowly began to overtake runners ahead of them. Meanwhile, Californian Dave Horning was stretching the lead he had built during the swim with a steady string of 6:20 miles.

Arriving at the Oxford Fire Station, where the final biking leg began, Horning had an insurmountable 10 minute lead. Horning maintained his relentless pace throughout the 50 mile bike ride, finally finishing in the overall time of 5:26:38, more than 35 minutes under the old standard.

As Horning was crossing the finish line, Ron was pumping along the first stretches of the cycling leg. The last five miles of the run had been the hardest ("It felt like the end of a marathon out there.")

In contrast the biking portion was a breeze. "The sheer relief of being on the bike was overwhelming. Here we were completing in 3 minutes the same miles it had taken us 8 minutes to slog through on foot."

Getting stronger and stronger as the end neared, Ron finished the triathlon in 7:45, an excellent time considering his 35 minute wait before the run, and one that put him squarely in the middle of the field.

Ron had nothing but praise for the race which relied on the efforts of over

200 volunteers under the guidance of race director Fletcher Hanks for its smooth organization. The accent placed on the safety of the competitors (bike paths most of the way, an extremely clear and well monitored swimming course) also earned Ron's commendation.

Now that Ron has survived his first triathlon, he is eager to continue his assault on the multi-event sport. His recent improvement as a swimmer and extensive biking experience, when coupled with his running ability, would seem to indicate a bright future for Ron in this increasingly popular sport.

* * *

Ulvestad Smoked Out, not Burned Out

This is not another athletes & drugs story, just a report that Jim Ulvestad had to move because of a fire in the apartment next door to his. New address: 223 Colonnade Dr. #20, Charlottesville, VA 22901. Tel. (804) 296-9343.

Jim also sends some race results from his May vacation in Holland:

May 15— 10 km in Dwingeloo: 1st in 33:12 (he arrived May 14)

May 22— Rotterdam Marathon— 13th in 2:28:13. This race was won by Rodolpho Gomez (Mex.) in 2:11:57. Jim was the only American finisher; dropouts included Pfeffer, East, Buhmann, and Nijboer. An article is promised, once Jim sorts through his smoky possessions.

* * *

PEACHTREE 1982

We have some times, but no places:

Mike Mansy	30:15
Henry O'Connell	30:17
Jim Cooper	31:??
Will Albers	31:??
George Keim	31:48
Mark Baldino	32:05
J.J. Wind	34:29
Estelle Roth	60

(but 53' on t-shirt clock)

Laura DeWald was second woman (and first U.S. woman) in the Rio de Janeiro Marathon (Aug. 7). On an unseasonably hot day, Laura ran a 2:50 to Charlotte Teske's (W. Germany) 2:47. Great for a 90° day.

THE OLD DOMINION 100 MILE MUDFEST 6/5
by Ed Foley

The fourth running of this annual event brought out a large field of horses and runners. With everyone expecting the usual high heat and humidity, mother nature showed everyone something new. Cool temperatures (relatively), rain, fog and most of all mud, made for new and difficult running conditions over very rugged mountain trails. WRC was represented by Rusty Donahue, Kevin Eagleton and myself. Rusty managed to break the jinx that has plagued him in previous Old Dominion attempts by coming in for a three way first place tie with Dave Horton and Don Helfer. Kevin followed behind in fourth place, while I slid on in for a tie in sixth place with Scot Maxwell of Charlottesville. Scot was accompanied in the late miles of the race by his pit crew director, Jim Ulvestead.

The thought of one hundred miles is mind boggling enough, but when you add in steep mountain trails complete with running water, mud and rocks in one glorious mixture, the event takes on more of an air of survival than running. This probably had much to do with the partnerships formed on the trail and the resulting ties at the finish. It was not competitor against competitor, but rather everyone against the trail trying to survive. The winning time of 18:22 does not sound impressive for a hundred mile event, but for that trail on that day, it is.

WESTON 6 DAY TRACK RACE 27 JUNE - 3 JULY
by Ed Foley

Somehow, I feel a necessity to justify my sanity for trying such an event. I guess I'm just crazy! I don't know. The event was something totally new when compared to any of my previous ultra runs.

The race was held in Pennsauken N.J. (near Cherry Hill) on a dusty ½ mile cinder track. The race started at noon on Sunday under a very hot sun. Don Choi from California led out with a 7:08 50 mile split in spite of the heat. He paid a heavy penalty with blisters by 20 miles even with his special \$30 chamois socks.

Park Barner took command by 100 miles (20:36) and finished the first 24 hours with 116 miles. Park also was a victim of the heat with dehydration problems. He could only manage 53 miles on his second day. This allowed a hard charging Dan Brannen to close within 9 miles of him by the end of day two.

Meanwhile my prerace strategy had called for an 80 mile easy effort the first day. As it turned out, it was an 82 mile hard effort. The second day found me wondering what the hell I was doing there. I struggled through and managed to plug out 61 more miles by Tuesday noon. However, I had severe tendonitis behind one knee and on the top of both ankles. I was unable to run a step all day Tuesday.

At this point, I began to learn the importance of taping, ice water and aspirin to relieve swelling. A few lessons from the podiatrist on blister treatment also proved beneficial. With the treatments and my longest sleep of the week (4-5 hours) on Tuesday night, I awoke with a new pair of legs. I couldn't believe it when I could run again. I piled in 39 miles by noon Wed. (end of day 3) to log a magic 200 miles. In the process I moved from 7th to 4th place. Another 40 miles on Wed. afternoon moved me on up to second place.

By this time Park had himself well established in first place and was spending the least number of hours on the track. His schedule was 12-14 hours rest during the afternoon and evening and then 10-12 hours of steady running. He considered it a good day when he could run 3 back to back sub 4 marathons. I had to agree with him!

Meanwhile, Dan had become a victim of tendonitis and fell out of contention. Don Choi had rallied and held close behind me.

Although I had closed the gap on Wed. and Thur. between myself and Park, I needed a strong finish to put pressure on him. Unfortunately, a return of the heat wave forced me into a long mid-day rest on Friday. At this point, I knew I was competing for second. Don remained very close. When I gave in late Friday night and took about 2 hours sleep, Don managed to get 3 or 4 miles on me. When I got going though, I quickly made up the difference and began lapping him.

Six Day Race, cont.

-6-

Park was having some difficulty getting below 10 minute miles, but with over 20 miles of cushion, I was not interested in chasing. By 8⁰⁰ Sat morning (4 hours of race left), Don informed me that I had second place - he was not going to challenge. A few laps of walking and beer drinking were all that was left of an incredible week. I couldn't believe it was over! Park pushed on until 10am in order to claim the modern day American record. The top five places of the selected field of 20 were:

1. Park Barner, 445 miles
2. Ed Foley, 411½ miles
3. Don Choi, 408½ miles
4. Dieter Dauberman, 390 miles
5. Yasu Shimizu, 365½ miles

A Letter From Will Albers (highlights)

June 21, 1982

Dear Fellow Club Members,

As many of you have probably heard by now, I'm up here in Hanover, PA; slaving away at BROOKS SHOE, INC. under the stern whip of Mike Greehan. . . . Currently I'm completing an internship to satisfy my undergrad requirements at GMU. I'll finally graduate this August.

Mike and I are training very hard in Hanover. As a matter of fact, all there is to do here is work and train. . . . we plan to be very fit by the end of the summer, and hope to run fast marathons at the Chicago race in September. We have declared this race the unofficial club grudge match, and we are encouraging everyone to come out and run. Bruce Robinson has already accepted the challenge and we hope the rest of the club's top marathoners will also. The course is fast and the field is shaping up to be one of the best ever assembled.

I've decided to cut back the mileage to about 80 well-planned miles a week. . . . Recent accomplishments include: 1:06:33 to break Bernie Allen's old record on the Madison HS DCRRC 20K course, 51:41 at Mt. Vernon 10M, 47:32 at Hometown, 30:55 at Diet Pepsi, and 2:25:32 at Grandma's. . . . I hope to see some of you on the road.

Life's slow in Hanover, so I encourage cards and letters. My new address: 35 Baltimore St., Hanover, PA 17331.

— Will Albers

* * *

Considering the Gettysburg Marathon?
Better Reconsider
(excerpted from an article in the DCRRC
Newsletter, by J.J. Wind)

If you're thinking about running the Historic Gettysburg Marathon Saturday, September 11, think twice. The race is poorly organized and downright dangerous. First, be aware that the \$4.50 registration fee doesn't cover a T-shirt. The T-shirt is an extra \$3.50.

Second, be aware the race is run in 90° weather, mostly on open, unshaded roads. The shady portions through Gettysburg Battlefield probably saved people's lives last year. By the time the four-hour runners came by, the water stations were dry.

Don't expect any aid when you finish. Last year, the finish line was marked with a tape and a digital clock. No medical assistance, no one to help you walk, not even any water.

Don't expect any prizes. Last year, they gave ribbons to the first 25 finishers. They also gave trophies to the top 3 men, women, and masters. I think that's stingy for a \$4.50 entry fee in a race with 500 people.

The awards ceremony didn't begin until 2 p.m., six hours after the start.

Don't expect local hospitality either, as at Lynchburg. The race is organized by the Gettysburg Chamber of Commerce, and their goal is to bring business into town. They'll provide you with a list of local hotels and guest houses, but make no effort to contact local families.

Perhaps I'd feel better about the race were it not for a personal insult. I finished third in 1981, but the 3rd-place trophy wasn't printed yet. "We'll have it to you in a month via UPS." It's been nine months, and still no trophy.

This would be a lovely course to train on, and it's a great day to run, but false advertising and false promises make the race a bitter experience.

— jjw

Marty Smith, himself, was at the A.U. 10K race and is planning to be at Burke Lake on Aug. 18.

Joey Morrison has been travelling in Scotland on a trip to round up stuff for the Royal Mile Pub

DCRRC 15K, Takoma Park, MD (July 5)

John Eberle of Georgetown U. won this race, missing Dan Rincon's record by only 5 seconds, in a time of 47:51. WRC results:

2 Dan Rincon	50:42
3 Lucious Anderson	51:10
4 Jon Lott	51:21
10 Ray Morrison	54:43
40 Jack Moffett	63:09
1W: Mary Walsh	72:54

In the women's race (called 7.5 K but is surely longer) Mary Ellen Williams ran a course-record 32:46 to win. The old record was Jennifer White's 32:57, set in 1977. Linda Moffett took 9th in the 7.5; her time was 45:10.

* * *

BUNION DERBY RACES

No. 1, Hains Point 4-mile (6/10):

We missed Shannon McCarthy's time when we reported on this race last issue. She was 10th woman in 26:53. Also, congratulations to Karen Sullivan whose 23:51 represents her first sub-6' pace for a race.

No. 2, Carderock 6 mile, 6/16:

Not reported last time were the times of Shannon McCarthy (42:30, 8th) and Bernadette Flynn (43:00, 9th).

No. 3, Fort Dupont Park, 6/24, 5.5? or 5.8?

Bob Oberti was 20th in 33:39; Bill Mallet (age 16) was 33rd in 35:13; and Joanne Mallet was 6th woman in 42:51. Joanne runs for FVS but we'll report her times as part of "WRC family."

No. 4: Langley 5 Mile, 15 July

Victor Elk won this event in 25:30 on a hot and humid day. WRC finishers:

2 Jack Coffey	26:25
3 Bruce Robinson	26:32
4 Jon Lott	26:44
6 Walter Sargent	27:04
7 Peter Nye	27:07
8 Lucious Anderson	27:43
9 Robert Rodriguez	27:47
13 JJ Wind	28:11
22 Jim Hagen	29:15
25 Phil Stewart	29:30?
28 Robert Trost	29:44
30 Bob Oberti	29:56

Langley, cont.

43 Fred Kruger	31:01
49 George Cushmac	31:28
60 Bernie Gallagher	32:24
62 Karen Sullivan	32:29 (2F)
66 Jack Moffett	32:51
86 Lolitia Bache	34:09 (4F)
93 Val Nye	34:37 (5F)
105 Lloyd Shrager	35:20
111 Betty Blank	35:03 (8F)
138 Dick Sargent	39:51
150 Linda Moffett	42:30
156 Kelly Kruger (14)	44:27
164 Martha Sargent	48:08

* * *

No. 5: Reston 5 MI (7/21)

WRC swept the first 5 places, as this traditional event moved to a new location:

1 Peter Nye	26:41
2 Lucious Anderson	26:52
3 Walter Sargent	26:54
4 J.J. Wind	27:26
5 Al Hinchliffe	27:43
14 Bob Trost	28:50
29 Bernie Gallagher	30:23
58 Betty Blank	33:05 (3F)
63 Val Nye	33:25 (4F)
101 Dick Sargent	37:36
144 Martha Sargent	46:19

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1982 BUNION DERBY FINAL RESULTS

For the final race of the series, Jack R. Coffey dropped the "Random" approach (see 6/81 results) to score a convincing victory over Victor Elk and capture the hotly-contested 20-29 age group of the Bunion Derby.

At Langley, Jack had let Victor get away from him— but not here, in what could be the summer's most grueling race (except that the weather was OK). Actually these two missed the turn that takes runners past the S/F line at 5K; this may have cut a block or so off the distance but nothing off the quality of their times: 32:28 for Jack, 32:47 for Victor.

His A.U. victory leapfrogged Jack ahead of teammates Walter Sargent and Robert Rodriguez, who finished 2nd and 3rd overall in the 20-29 group. Jon Lott finished 5th, just out of the money.

Pete Nye led teammates Jay Wind and Lucious Anderson in sweeping the first

PROTEST
by Bob Thurston

three places of the men's 30-39 division. Sixth in that division was Bob Trost. Phil Stewart finished 10th, one place out of the awards for the division.

Men's 40-49 results are tentative, but apparently Bernie Gallagher finished 7th, and Fred Kruger eighth.

Dick Sargent was 5th in the 50-59 men.

Fred's daughter Kelly Kruger won the women's 19 & under group.

Karen Sullivan and Betty Blank took first and second in the women's 20-29.

Valerie Nye captured the 30-39 contest, and Lolitia Bache did the same for 40-49. Joanne Mallet tied for third in the 40's group, while Martha Sargent won second prize for 50 & over women.

CONGRATULATIONS TO ALL!

-- r.t., with thanks to J. Wind for his immediate tally

A letter from Jim Berka comes to us from Norway. He hasn't been running (and admits that he doesn't miss it while he's busy travelling), but he seems to be having a ball. Sailed to London on a steamer, spent 2 weeks in England (saw the Rolling Stones), 1 week in Ireland, went to Holland and toured the Heineken Brewery twice. Then to Norway, north to see the midnight sun, lots of camping. Next: Germany, Switzerland. Jim will be back in November.

The newsletter received no organized results from either of the last two club races, Peachtree and Utica. The club budgeted \$1160 to send runners to these races, and I, for one, feel that members who get club money for trips owe something in return: namely, a report.

Our protocol for races states that the coordinator should either write or assign the report; but in case that doesn't happen (as when everyone tries to weasel out of the job, and the coordinator is unable to go) then each runner should save 20¢ from his expense money to buy a stamp, and send in an individual report.

Reports should answer questions like: How did you run (place, time)? How was the trip? Do you recommend the race? You can even write your excuses. Relax, spelling doesn't count. Your effort will mean a lot to those of us who didn't go.

I will also propose that coordinators submit to the executive board an account of how money for each race was spent or distributed; these reports to be published in the newsletter or given at meetings.

My sincere thanks to Jay Wind, Ed Sayre, Al Naylor, and others who attempted to provide missing data on the Atlanta and Utica races.

-- r.e.t.

Congratulations to Jacob Wind, for winning the 50-mile event at the Fort Meade 24-hr race, in a time of 6 hours, 16 minutes and 21 seconds.

WRC NEWSLETTER
c/o Thurston
2135 Newport Pl., N.W.
Washington, DC 20037



Al Naylor
12906 Broadmore Rd
Silver Spring, MD 20904