

Washington Running Club Newsletter

September 1982

NEXT WRC MEETING: FRI, SEPT. 17, 8 PM, 2100 K St. NW. Inquiries 653-5270. Next month: 10/15

RACING IN THE NETHERLANDS by Jim Ulvestad

Holland is a different experience for someone accustomed to running lots of hills. The only hills in the Netherlands are on bridges going over canals. I have seen maps on which places with elevations of 50 meters above sea level are marked as mountains, and to a Dutchman, they are mountains.

Most of my time was spent in a little town called Dwingeloo, located in the central part of the country. It's about 15 km from the local metropolis of Hoogeveen. Dwingeloo is where one of the radio astronomy observatories is, if you saw the clouds all the time, you'd know why the Dutch are big on radio astronomy! The permanent population of 3,000 swells considerably during the summer. Since Dwingeloo sits on the edge of a fairly big national forest, it is a big attraction to vacationers. The forest contains many nice paths that are used largely by bicyclists and pedestrians, since there are almost no runners in the area.

After flying all night from New York, I arrived in Amsterdam on a Friday morning. In Dwingeloo that evening, I prepared for the next day's races by staying up half the night getting drunk. The races are apparently an annual event in the town. There were about 55 people in the 10K and 80 or so in the 20K this year. Those seemed to be relatively big fields for Holland, which has not yet been hit by a running boom. And the races, quite literally, attracted people from all over the country. The Saturday afternoon events were run in bright sunshine on the hottest day of the year. This took its toll on the Dutch, who are used to cold, foggy, misty weather.

The marathon in Rotterdam the next weekend attracted a giant field. About 400 runners started the race, including only 4 women who finished. It was a

quality field, as my marathon PR of 2:26 was only good enough to be seeded 29th, and 158 of the 349 finishers broke 3 hours. After a day of fog and rain, the sun came out half an hour before the 3:30 p.m. start and made for a hot race.

The totally flat course was ideal for spectators, consisting of slightly less than 5 loops around a big lake followed by 7 kilometers on the roads to a downtown finish. The runners actually pass the finish line once and make a 400 meter loop in front of the crowd before hitting the finish for real. The finishers are immediately given bouquets of flowers, which apparently get smaller the further back you finish. Running a 2:28 with 3 pit stops was not my idea of fun. What do you eat before a late afternoon marathon, anyway??

As for a competitive race, there was a lead pack of about 10 which included Nijboer, several other Dutchmen, Pheffer, Buhmann, East, Gomez, Marczak, Stahl, and possibly one or two more. They set a quick pace, going through the half marathon in about 1:04:30. By then, the pack had dwindled considerably as the warm weather took its toll. By about 25 km, Gomez was moving out alone. I passed Buhmann walking at 33 km, but never did find out where Pheffer, Nijboer, and East gave up the chase. Coming off the lake for the last 7 km, everyone hit a tough headwind, especially when running along the harbor. The first Master to finish was an incredible 50-year old, Piet van Alphen, who took 11th in 2:27:09. The first woman was someone named Mathilde Heving, who ran 2:54:03 to win by almost 14 minutes. The wind may have prevented Gomez from breaking 2:11.

On the whole, Holland would be an enjoyable place to run when not tapering for a marathon. Although it is one of the most densely populated countries in the world, there are lots of back roads and countless bike paths once you've gotten away from the Amsterdam area. If I go back again, I may skip the racing and just do a lot of long exploratory runs in the countryside. My only advice for other travelers is this: avoid the cobblestone and brick roads if you value your knees!!

Hecht's 10 Miler

Al Naylor has provided us with an accounting of the money he handled for the Hecht 10 Miler. In addition to the expenses detailed below, there was

1. Hecht's advertising budget, about which we know little
2. \$2000 paid directly to WRC, c/o Al Naylor. Of this, the club received \$1/entry, or \$1384, and Al received \$616 for directing the race.

EXPENSES

Portable toilets	\$675.00
Park Police overtime	432.00
Finish line barricades	165.00
NPS water trailers	150.00
Cups	143.69
8 staplers	66.78
Misc. (stamps, check charges, trash bags, flour, paint, parking lot fee, PVAC sanction fee)	37.74
Celebrity runners (Chris Stewart, 750; Stewart's hotel bill, 50; Greenery Racing Team, 50; C. Lorenzoni, 150)	1000.00

Paid to Colonial Running Co. \$3123

Itemized as follows:

1. <u>Equipment rental</u>	
digital clock	100
video timer	200
water containers	48
pylons	50
traffic cones	25
chute tape	14
van rental	50
p.a. system	400
Total	887.00
2. <u>Computer Registration & Results</u>	
(\$1.00 X 1384)	\$1384
3. <u>Data Entry Time</u>	
84 hours, \$5/hour	420
4. <u>Tear-off tags, skewers</u>	
	432

(CRC) TOTAL \$3123

Total expenses handled by Al:	5793.21
Income	6830.00
Balance turned over to Hecht's:	1036.79

Hecht's Account: Discussion

Colonial Running Co., in which Mark Baldino has one-quarter interest, conducts races for various sponsors.

Mark explains that many of the rented items are quite expensive— for example the digital clock cost \$2200, the video timer \$1800. The water containers are worth \$400, and 80 pylons cost \$600.

Comparisons: last year computer cost was \$2500 (to Bob Mallet) compared to \$1804 this year; and the sound system last year cost the race \$150 more than Colonial Running's price.

Apparently a \$1000 race director's fee has been traditional for this race. Al chose to take less.

Comment

It seems plausible that there are good grounds for the arrangements described above, and for the individual expenses. The real question is, since this has been called a "club race", why has the club known so little about it?

— Bob Thurston

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CHARLESTON 15 MILER, SEPT. 4

Terry Baker set a new course record in winning this race for the second straight year: 1:14:15. Other WRC runners apparently tore up the road also.

10. (?) Stevens	1:17:33
14. Dave Shaffer	1:18:22
40. Robert Rodriguez	1:22:54
42. Jeff DeLowder	1:23:31
58. Greg Holder	1:25:21
74. Greg Shank	1:27:11
102. Dave Ramsey	1:29:26
133. Dave Asaki	1:31:38
156. Ed Sayre	1:33:21
167. Keith Higgs	1:34:04
? Rick Shank	1:37:33
288. Jeff Reed	1:39:39
377. Lloyd Shrager	1:43:20

Our A team was Baker, Stevens, Shaffer, and Rodriguez; 3 counted, and their 25 points missed Allegany-Nike's winning score by just one point. Our B, C and D teams were 7th, 12th and 13th respectively.

— from Keith Higgs

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ANNAPOLIS 10: Aug. 29, 1982
by John D. Allen

TESTING

The "Dog Days of August" relented and produced a great day for the 7th Annapolis 10 miler: cool and low humidity. At 7:30 a.m. the 2500 runners were off for downtown Annapolis, across the Severn River and to the hills towards Route 50 and then back to the Navy/Marine Stadium.

Gary Siriano defended his '81 title with a kick in the stadium to edge out Jeff Peterson by 1 second, with 48:42. The remaining WRC members did well also, with quite a few setting PR's.

The following times and places are approximate (sorry if we missed anyone).

Jeff Peterson (2nd)	48:43	PR
Jack Coffey	50:39	PR
Bob Stack	51:27	
Mark Baldino	52:10	
Peter Nye	52:45	
JJ Wind	53:15	
R. Rodriguez	53:16	
Bruce Robinson	53:20	
Al Naylor	53:22	
Mike Sabino		
Dan Rincon	53:23	
Mark Johnson	54:48	
John Lott	54:55	
Mark Doles	55:55	PR
Bob Trost	55:56	PR
Ed Sayre	59:45	
John Allen	61:30	PR
Chauncey Berdan	62:45	
Jack Moffett	65:??	

WOMEN

Kathi Guiney	64:20	PR
Suzy Rainville	64:48	PR
Val Nye	65:11	PR
Betty Blank	66:30	
Bernadette Flynn	70:20	

* * *

POT-POURRI

WRC member Marlene Cimons has a cover story in the current issue of Running magazine, and also authored an article that will appear soon in the same magazine. Current story is about Roberta Gibb, who was really the first woman to run the BAA marathon; the second article is about Bill Rodgers. . . the DC Society for Crippled Children is doing a walkathon on Oct. 9, and they're looking for walkers and runners. Distance is 20 mi-- maybe a nice way to do a long run. Adrienne Gray, 232-0037 for information.

I'll bet you've never had an "Echo Cardiograph"-- but here's your chance: Edward Bodurian, 625-7243, is looking for runners for some research. He's at Georgetown Hospital. Testing takes only a half hour.

ERROR

We've missed Kathy Scott's times in a number of races-- notably the Home-town Run, where she ran a 70:02 (59th).

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FALMOUTH '82

Women

Mary Ellen Williams	43:30
Suzy Rainville	45:46
Kathi Guiney	47:00
Colleen Troy	47:10
Linda Cooper	63:00

Men

Terry Baker (20th)	33:47
Henry O'Connell (26th)	34:02
Tim Gavin (50th)	34:38
Mike Greehan (55th)	34:48
Jack Coffey	34:59
Mike Mansy	35:18
Jim Cooper	36:14
Stan Fletcher	36:25
Jon Lott	37:12
Mark Baldino	37:20
Bob Stack	37:30
Bob Kelly	37:46
Greg Holder	38:40
Greg Shank	38:50
Al Naylor	39:46
Fred Kruger	40:51
Keith Higgs	41:40
Jeff Reed	45:33

Will Albers finished "ahead of Joan Benoit." Dottie and Hannah Rowe "ran the race."

Mike Spinnler has tendinitis and swam in various bodies of water during his time at Falmouth. On Saturday night prior to the race at the Brothers 4 Restaurant/Bar, Mike won \$25 1st prize in the talent night contest with a song and dance routine to "Rapper's Delight" by the Sugar Hill Gang. Mike said he knew every word.

-- Al Naylor

LETTER FROM JOHN MORNINI (reprinted exactly as received so as not to destroy its original "character." /ed/

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sunday august 29th 1982 dear Bob Thurston,

i must say up front that this letter is nothing more than a ramble down memory lane. there may be some news. there will be a request. certainly some insight is possible. business first:

i got a letter from Jubie Aulisio. great piece of literature, considering the source, and the fact that the source is in training to be ANOTHER one of those societal em-barrassments. anyway, let me quote directly from Mr. Aulisio:

"This may be my last letter for awhile. I feel like I'm voluntarily committing myself to prison. I start classes tomorrow (august 23rd, 1982), and I've already received my first weeks assignments.

there is one beneficial aspect of law school for skinny distance runners. Carrying those fat m-f law books around is one hell of an upper body workout. my arms have been sore for the last four days.

write me to keep me going, because these first coupla months will be the mental equivalent of running a 50 mile race or a 24-hour relay."

a couple of thoughts. one, Jubie better not get so caught up in those "fat m-f law books" that he forgets to write ME. he can cut back; that's alright. another thing i considered, though, was that club members should help old Jubes out. send scripture readings and the like. maybe some good speed. his address is : University of Florida/31-310 Thomas Hall/Gainesville, Fl 32612.

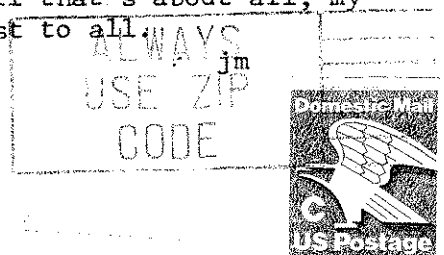
WRC NEWSLETTER
c/o THURSTON
2135 Newport Pl., N.W.
Washington, DC 20037

i got results from the 24-hour relay this week. i avgd 5:22.4, finishing 17th overall. the Baltimore Roadrunners finished 2nd to Richmond a.c.. i ran for balt. we ran 255 mi 880 yds. richmond a.c. ran 271 mi 887 yds. we let 'em get too big a lead. jj wind ran 50 miles in 6:16.21, winning the 50 mile run. he looked a lot better this year, and told me that it was something i said last year -- when he was looking like he needed exorcism -- that brought him back to win the thing this year. now, he told me that i told him that he should have won (meaning last year). come on, jacob. i don't say that kind of stuff to people. you were hallucinating anyway, you must have THOUGHT that i said such a petty thing. i MAY have said, "Gee, Jacob; you should have RUN." (instead of crawling and licking the track from time to time for the dew.)

anyway, it's all academic. just as his comments to me during the race this year. i would be running next to Jacob from time to time, and he would make reference to how much more GUTS were required to run a 50 mile race. stuff like that. i chalked it up to Jacob feeling cocky, knowing he had the race in the bag. i just kept waddling on. this was a much tougher year for me than last. i was fit last year, and this year i was living in Jersey.

Cow Harbor is coming up, and i'm looking forward to scoring one of those little gold bars. it could pull me out of debt; well, it could help. i recall writing some garbage about that race. i lost my copy; maybe i destroyed it, on second thought. and you edited the long version; i think you left out all the really saucy stuff. nothing but the facts, huh? so i was hoping that you're a more organized string saver than i. if so, and if you have a copy of cow harbor, 1981, i'd love a copy of that copy.

well that's about all, my best to all.



Al Naylor
12906 Broadmore Rd
Silver Spring, MD 20904