

# Washington Running Club Newsletter

October 1982

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NEXT MEETING: FRIDAY, 15 OCT, 8 PM, 2100 K St. NW. Inquiries 653-5270. Next month: 12 NOV.

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## NOTE FROM THE PRESIDENT

This has been an exciting year for the WRC. The good that has happened overshadows 100 times, the controversies. Keeping this in mind it enables one to see a good future ahead. It's going to take more hard work and communication but take a look at what the WRC can accomplish.

- Members provide direction for many aspects of running in the area.
- A club that wants to help you become the best possible runner.
- Social activities/friendships
- Travel schedule to help athletes get to the competition they need to sharpen their skills without going to the poorhouse.
- Provide the Wash area with three excellent races that set a standard for all others to follow.
- WRC will pick up entry fees for up to 3 races of every club member.
- Everybody seems to be achieving PRs.
- Development of Masters & Womens programs.
- Initiation of a Track and Field Program with our summer track series.
- The WRC name is becoming familiar nationally.
- The first sponsorship program by Converse which helps club money stretch deeper.

See you at the races.

Yours thru running,

*Mark S Baldino*

## BOB THURSTON STEPS DOWN

For the first time in many years the WRC Newsletter is without the capable editorial leadership of Bob Thurston. Because of pressing demands on Bob's time from job, home, and DCCRRC responsibilities, Bob asked that someone else give the newsletter a try for awhile. We all owe a huge debt of thanks to Bob (& Delabian) for the hundreds of hours of personal time they have devoted to the newsletter over the past years. Hopefully Bob will continue to author an unsolicited article every now and again.

For many members who are unable to attend the monthly meetings the newsletter represents their only link with club activities, functions, and race accomplishments. It is hoped that the newsletter can continue to bring to members informative articles, stories, and personal recognition by way of race results, and serve as a vehicle by which interested members may communicate their viewpoints to the club as a whole.

I thank all of you who have contributed articles and race results in the past, and I encourage everyone to do so in the future. It is only with your help that we can continue to have a newsletter we can look forward to receiving each month.

--flk

Send future newsletter inputs to:

Fred Kruger  
8900 Huxley Court  
Springfield, VA 22153

or call: (703) 644-1131 (H) or  
(703) 379-4500 (W)  
ext. 309

HELP !! Does anyone have a current address or know how to contact these members: Terry Baker, Tom Foose, Phil Yunger. If so, please provide the information to either Norm Brand or Fred Kruger.

GEORGETOWN 10K  
VOLUNTEERS NEEDED

WRC members, the Georgetown 10K is up on us once again. The race is truly an event to be proud of for it represents the excellence that is WRC. If you haven't already done so please consider volunteering. Friends and neighbors are also welcome.

The estimated number of entrants is 3000. The club will benefit to the tune of \$1 per runner.

Club members assigned responsibilities are listed below. Call them directly if you see a task you'd like to help with.

Course Marshalls

- Bruce Robinson h)774-4135 w)986-0558
- Dan Rincon h)384-7803 w)454-4861

Duties: Responsible for traffic control runner safety. Must be at every intersection on course to insure safety. The most critical job position.

39 Volunteers needed.

Finish Line

- Bruce Coldsmith h) 836-7284
- John Allen h) 780-9176

Places and times for every runner.  
20 Volunteers needed.

Split Timers

- Robert Rodriguez h) 671-6896
- 6 Volunteers needed.

Water Stations (2½ miles & finish)

- John Lott h) 451-0458
- Jay Wind h) 920-5193

6 Volunteers needed.

Registration

- Saturday 12-4 Georgetown Univ.  
10 Volunteers needed.
- Raceday 7-8 AM Starting area  
20 Volunteers needed.

Note: It is hoped that finish line volunteers will double up here.

- Kathi Guiney h) 451-6530
- Pam Briscoe h) 656-8857

Food/Refreshments

- Fred Kruger h) 644-1131
- Ira Pesarilo h) 521-9394

Duties: Serve runners Clyde's Famous Clam Chowder (Yes, volunteers can have some too), Bananas, & Spring Water. Clydes's personnel will help.

6 Volunteers needed.

CAN THE WRC DO IT??

Special party after the race for race volunteers. Barbara Miller has graciously offered to host (hostess?) this get-together. Watch the NY City Marathon, drink beer and/or go for a run.

MARK BALDINO  
Race Director

GEORGETOWN 10K TENTATIVE BUDGET

The following list of items and expenses associated with the race have been provided by Race Director Mark BALDINO to inform interested WRC members of anticipated expenses for this Club Race.

Entry forms @ \$ .05 ea.	\$ 500
Large display clock	100
Video timer	150
Tables	80
PA system	300
Truck rental	150
Cups/spoons/napkins	195
Pins/Numbers	700
Finish pylons	60
Traffic cones	40
Snow fence	120
Water containers	48
Portajohns @ \$40 ea.	800
T shirts @ \$2.80 ea.	8400
Clam chowder	1200
Set-up crew rooms	150
Dinner at Clydes	100
Race day instruction sheet	90

Services:

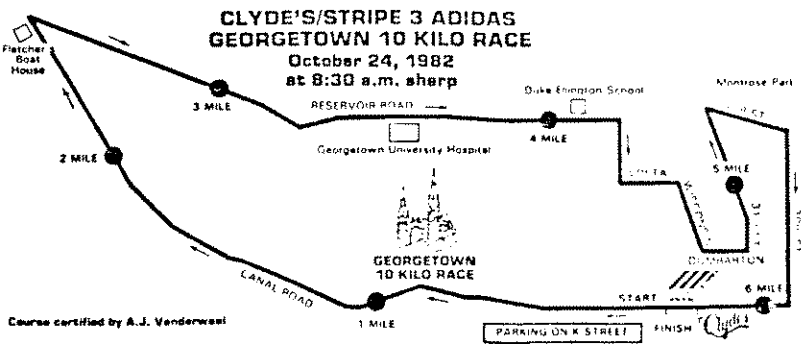
Computer registration	\$ 1 per runner
WRC stipend	\$ 1 per runner
Red Cross	\$ 150 donation
Mailing costs (est.)	\$1400

\$ 21,533 Expenses  
18,000 Income (Entry fees)

(\$ 3,533) Loss

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Harriet's Dining Observation: In every restaurant, the hardness of the butter pats increases in direct proportion to the softness of the bread. —Harriet Markman



\* \* \* RACE RESULTS \* \* \*

8/1 JACK HORNER 5 MILER  
at YORK, PA

1st	Terry BAKER	23:59
2nd	Tim GAVIN	24:12
4th	Jeff PETERSON	---
---	Will ALBERS	24:59
---	Heinz WEIGAND	25:20
19th	George KEIM	25:39
---	Laura DeWALD	---

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9/--- HISTORIC GETTYSBURG MARATHON  
at GETTYSBURG, PA

1st	Allen HINCHLIFFE	2:29:30
	1st Marathon -- New CR	
2nd	Mike O'HARA	2:34:40 PR

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9/6 MACKINAC ISLAND ROAD RACE  
at MACKINAC ISLAND, MI (8 Miles)

10th	Ron BARDACH	42:57
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9/19 FAIRFAX SYMPHONY 10KM  
at GEORGE MASON UNIV.

2nd	Ron BARDACH	33:12
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9/25 FAMILY HEALTH RUN 5 MILER  
at ROCK CREEK PARK

1st	Ron BARDACH	25:01
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9/12 PEP/UNITED WAY 10K  
at WEST POTAMAC PARK

4th	Peter NYE	32:55
20th	Bob TROST	35:06
---	John ALLEN	37:20
2nd W	Betty BLANK	40:29
7th W	Val NYE	41:44
---	Jodie BALL (-BEVANS)	45:30

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9/5 NEW HAVEN 20 KM  
at NEW HAVEN, CN

1st	Greg MYERS	58:26
	(New American Record)	
11th	Henry O'CONNELL	1:01:38
20th	Tim GAVIN	1:02:50
---	Bob STACK	1:05:35

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9/25 NATIONAL YEAR OF DISABLED PERSONS  
10K RUN at WEST POTAMAC PARK

1st Woman	Lolitia BACHE	38:47
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9/26 SEVERN RIVER 15 KM  
at ANNAPOLIS, MD

3rd	Stan FLETCHER	50:01
13th	Mark DOLES	52:15
41st	John ALLEN	57:10
---	Bernadette FLYNN	65:10

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NIKE/OTC MARATHON

Timo DOWD represented the WRC in excellent fashion at NIKE/OTC by running a fine 2:27 in his first marathon attempt.

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9/26 7th ANNUAL AMERICA'S MAR.  
at CHICAGO, IL

1st	Greg MYERS	2:10:59
13th	Henry O'CONNELL	2:16:32 PR
27th	Terry BAKER	2:21:05
29th	Mike GREEHAN	2:22:54
	Will ALBERS dropped out at approx. 18 miles.	

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9/26 EAST LYME (sp.?) MARATHON  
at EAST LYME, CN

2nd	Bob STACK	2:25:13 PR
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**Crinklaw's Observation:** Nowadays the order of life is reversed: Sex is first enjoyed, marriage follows, and after marriage comes virginity. —Don Crinklaw

9/5/82 DANNON YOGURT 10K  
ROCHESTER, NEW YORK

On a perfect day for racing, 27 year old Craig Holm grabbed an early lead in this 10K race and won going away with a near course record time of 29:42. Holm was surprised to be all by himself so early in the race. "I thought more people would go faster," he said. "I wasn't going very fast, my first mile was 4:50, I usually do a 4:35 or 4:40."

With local favorite Kare Cossaboon-Holm (Craig's wife) choosing to run in the Avon 20K in Ottawa (where she finished 3rd in 1:14:01) instead of running Rochester, the women's race in the Dannon 10K was up for grabs. Buffalo's Barbara Halm, a pre-race favorite, won in 36:32. Julie Ogden was second in 37:57.

Bob Trost

(Correspondent BT ran 48:34 in loosening up for the next days marathon).

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9/6/82 11th Annual ROCHESTER MARATHON  
ROCHESTER, NY

With both temperature and humidity in the mid- 60s, the weather conditions for this year's marathon were the best they have been in years. Two Cornell college students, Matthew Hellerer (2:29 in Boston) and Joe Arthur, took advantage of the fine weather and ran side-by-side at a 5:20 pace for the first 10½ miles. After that Hellerer, a 25-year old from Buffalo, NY, went ahead and won in a time of 2:25:58, just 3:14 shy of the record set by Pete Pfitzinger in 1980. Arthur finished 2nd in 2:29:16.

Twenty-three year old Beth Haag of Rochester was the first woman and 50th overall in a time of 3:16:43, well off Kare Cossaboon-Holm's course record of 3:03 set in 1980. This was only the second marathon for the 5-foot-5 Haag. Last year's Rochester marathon being her first. Haag also competed in last year's Iron Person Triathlon and finished 4th for the women.

Bob Trost

(Correspondent Trost ran a PR 2:43:36 to finish 2nd in the 35-39 age group).

10/3/82 TAC 15KM NATIONAL MASTERS  
CHAMPIONSHIP - HAINS POINT

5th Lucious ANDERSON	49:37 (sub-master)
6th Mike SABINO	49:42 (4th master)
9th Jim HAGEN	51:50 (sub-master)
Bernie GALLAGHER	55:02 PR
George CUSHMAC	55:35
Tony McINTYRE	56:12
Chauncey BERDAN	57:39
Paul MOOTZ	57:44
Fred KRUGER	65:44

The WRC Master's team finished 3rd, four seconds behind the PVSTC. NCTC won.

Lolitia BACHE won the women's race in a time of 60:50. She is now the reigning TAC National Masters Champion. CONGRATULATIONS!! 15 KM

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10/2/82 NISSLEY VINEYARD DISTANCE  
CLASSIC - YORK, PA (7 Miles)

2nd Al NAYLOR	36:06
28th Keith HIGGS	41:54
31st John ALLEN	42:11

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9/19/82 PHILADELPHIA DISTANCE RUN  
(13.1 Miles)

Correspondent Pat Neary reports that this course has to be the fastest in America. It is basically an out and back course. There is only a slight 50 meter hill at about 8 miles. The last five miles was downhill with a slight following wind.

Under balmy, 58° weather, Michael Musyoki bested 7000 entrants to win in a new world record time of 1:01:35. Judi St Hilaire ran 1:13:12 to finish in front of Allison Roe (1:14:09) and Eleanor Simonsick (1:16:11).

(Our "correspondent" ran PR's at 6 miles (34:20) & 10 miles (58:26) enroute to a PR 1:16:56 for the half-marathon).

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Pecor's Health-Food Principle: Never eat rutabaga on any day of the week that has a "y" in it. —Charles J. Pecor

9/25 VIRGINIA 10-MILER

The WRC turned out in force again this year for the 9th running of this event. Jon Sinclair held off two Kenyans from UTEP, and Maureen Custy won out over Eleanor Simonsik, in times of 47:34 and 56:19, respectively.

The WRC sub-masters team of Anderson, Nye, Thurston, Wind, and Kelly finished second to the Tidewater Striders.

WRC runners were as follows:

Jim ULVESTAD	50:48	(51:24)?
Mark BALDINO	53:37	
Lucious ANDERSON	54:33	
Peter NYE	54:37	
Jay WIND	54:56	
Bob THURSTON	55:45	
Bob KELLY	57:38	
Bob TROST	57:46	
Dave RAMSEY	57:50	
Joe LUGIANO	59:58	
Tony MCINTYRE	60:46	
Ron PONCHAK	61:29	
Chuck DESEMBERG	62:15	
Bob WILLIAMS	63:18	
Dick SPENCER	67:22	
Fred KRUGER	80:51	
Mary Ellen WILLIAMS	62:??	
Pam BRISCOE	65:20	
Kathi GUINEY	65:??	
Val NYE	68:20	
Kelly KRUGER	80:51	
Estelle ROTH	92:??	
Walt CHALMERS	68-69	??

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9/5/82 DC ROADRUNNERS 15 KM GREENBELT, MD

Lou PATTERSON, 30, led all the way to break Dan RINCON's course record of 47:44 (1980) by 37 seconds in winning in 47:07. PATTERSON's winning margin was 2:04 over this tough, certified course. Other WRC times:

6	Bob THURSTON	52:15	
7	J J WIND	52:31	
10	Phil STEWART	52:59	
19	Bernie GALLAGHER	56:35	
20	Mark BALDINO	56:36	
38	Paul MOOTZ	60:59	
49	Dick GOOD	63:17	
59	Kathi GUINEY	64:57	3rd W
61	Suzy RAINVILLE	65:04	4th W
63	Jack COFFEY	65:04	
68	Bernadette FLYNN	66:16	5th W
65	Martin GREENBAUM	65:09	

9/10 GREAT COW HARBOR 10K NORTHPORT, LONG IS., NY

3	Lew PATTERSON	29:41	
5	Henry O'CONNELL	29:56	
15	Jeff PETERSON	30:40	
20	Jim COOPER	30:56	
22	Jack COFFEY	31:06	
27	Bob STACK	31:27	
33	Mark BALDINO	31:49	
40	Robert RODRIGUEZ	32:20	
43	Dave HUDSON	32:30	
46	Jon LOTT	32:44	
88	Dave ASAKI	34:56	
89	Laura DeWALD (1st W)	34:57	CR
119	Ed SAYRE	35:57	
154	Keith HIGGS	36:58	
234	Mary Ellen WILLIAMS	38:17	(14th)
318	Suzy RAINVILLE	39:24	(17th)
482	Kathi GUINEY	41:18	
2302	Linda COOPER	56:02	

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CORRECTIONS

JJ WIND'S time at the Annapolis 10 Miler was 54:18, his best in 2 years. "I don't know whose time was 53:22," (as reported last month) said Jay. "I wish it was mine."

ALSO Mike SABINO ran 53:59 to win the Masters division. Other times not reported last month were: Timo DOWD, 10th in 50:56, Tony MCINTYRE, 117th in 58:51, and Mary WALSH, 625th in 68:36.

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OTHER RESULTS -- Ed FOLEY took 1st place in the Sri Chimnoy 24-hour run at Greenwich, CN on Sept. 25/26. Ed's plan was to run a steady nine minute mile pace; he did that for 100 miles (15:12) and then started slowing down. He found himself in first place when pre-race favorite and 24-hour record holder Cahit Yeter suddenly quit at 126 miles. Ed's winning distance was 143 miles.

Lloyd SHRAGER ran a 66:59 (16th place) at the Sullivan Road 10-Miler in Westminster, MD on August 12th.

Lolitia BACHE has been trying to break 40 minutes for 10K for a long time; finally at the National Year of Disabled Persons 10K on Sept. 25th, she ran an excellent 38:47. Congratulations !!!

O'CONNELL STRIKES IT RICH  
IN CHICAGO

Henry O'CONNELL chased home a classy field in the 7th Annual America's Marathon in Chicago on September 26th in a PR time of 2:16:32. His efforts did not go unrewarded as he brought home \$1000 in prize money for his 13th place finish.

This was Henry's 4th PR of the month. The previous weekend he ran 1:05:24, in finishing 4th at the Maple Leaf Half-Marathon in Manchester, VT. The other two were a 1:01:38 20K (13th) at New Haven, CN on 9/5 and a 29:56 10K (5th) at Cow Harbor on Sept. 11th.

Other American runners in the top of the field at Chicago were:

1st	Greg Myers	2:10:59
5th	Randy Thomas	2:12:33
7th	Ed Mendoza	2:12:46
8th	Duncan McDonald	2:13:02
12th	Mark Spillsbury	2:15:29
16th	Craig Virgin	n.t.a.

Thirty-seven year old Englishman, Michael Hurd, the 1980 (or was it '79) winner of the Marine Corps Marathon, finished 10th in a swift 2:13:37.

10/2/82 EAST COAST TRIATHLON  
LONG BEACH ISLAND, NY

Ron BARDACH finished 9th overall out of approximately 250 contestants in a time of 2:23:55. The triathlon consisted of 1/2 mile swim, 20 mile bike, and a 10 mile run. Ron was 22nd out of the water and 17th after the biking portion of the contest.

Another Washington area resident some members may know, Jim Stevenson, finished 4th overall.

BELATED BIRTH ANNOUNCEMENT

Jerry Lucious ANDERSON  
Born August 28th at 9:01 PM  
to Lucious & Lanita ANDERSON  
at the Washington Hospital  
Center. 7 lbs, 12 oz, 20 in.

CONGRATULATIONS !!!

8/3/82 DCRRRC BUNION #7  
AMERICAN UNIV.

SWEET REVENGE: Three weeks earlier, at Bunion Derby #4, five-mile at Langley, VA, Victor Elk (RC<sup>2</sup>) and Jack COFFEY were neck-and-neck to the turnaround, when Elk broke away with a fierce surge and went on to win by a minute.

At the Bunion Derby finale, COFFEY knew his competition. He stayed right with Elk down the steep hills outside the AU campus, then got a precious few seconds lead going up the notorious Rockwood Parkway hill (180 feet in less than a mile). The two leaders missed the turn back into the campus and went all the way to Ward Circle, but still finished two minutes ahead of third place. COFFEY extended his lead on the second round of Rockwood hill to taste sweet revenge, winning in 32:28 to Elk's 32:47. Other WRC times were:

4	Lucious ANDERSON	34:20
5	J J WIND	34:26
15	Bob THURSTON	36:22
16	Vassili TRIANTOS	36:25
21	Bob TROST	36:59
25	Bernie GALLAGHER	37:41
26	Fred KRUGER	37:51
32	Tony McINTYRE	38:31
44	Phil STEWART	39:46
79	Suzy RAINVILLE	44:08

WOMEN'S & TEENS 5 KM

3	Betty BLANK	20:29
16	Kelly KRUGER	25:14
11	Lloyd SHRAGER	20:17



"Clam chowder—Ingredients: clams, potatoes, water, hydrolyzed plant protein, sodium phosphate, calcium carbonate, butylated hydroxytoluene. For external use only."

WRC, LEGISLATIVE, EXECUTIVE AND MEDIA  
RUNNERS INDULGE IN 3-MILE CHALLENGE

Nearly twice as many runners as last year competed in the second edition of the Nike Capital Challenge 3-mile race Sept. 9, and most of the WRC runners returning this year ran faster than last year. The event, just short of a full commute around the triangle of Hains Point, included some 9 Senators and 12 Congress members in a field that competed to determine whether the legislative, executive branches or the media that covers them is the fittest.

Bill Kamejar of the Journal Newspapers went through the mile with Peter Nye in 5 minutes flat before putting on a surge that ultimately won the race.

When I saw this stranger pull up to me in blue socks, I thought it was a Capitol Hill dilettante," Nye said. "I let him and his socks get a lead on me before I realized I couldn't close the gap. What a blow. At least he could have worn argyle socks. They would have been more stylish."

Kamejar set the new course record, with 14:52, as Nye with 15:01 also went under the previous record.

In the women's division, Valerie Nye successfully defended her previous year's win with 19:11. After the awards presentation she was easy to spot, holding the big Nike garment bag with the big swoosh which was her prize.

Ken Moffett surprised himself with a new p.r., in 18:06, despite having to endure a layoff of several weeks as a result of an inflamed heel. He had been chasing Tim Bevins who galloped in with 18:02. Bevins's finish put him and colleague Peter Nye in on the winning media team. Their prize was appropriate--each got an ink pen emblazoned with the Nike swoosh, and a medal.

Results: (1) Bill Kamenjar, 14:52; (2) Peter Nye, 15:01; (4) Mike Hill, 15:21; (7) J.J. Wind, 15:49; (14) John Kennedy, 16:19; (29) Gerald Ives, 17:18; (48) Tim Bevins, 18:02; (51) Ken Moffett, 18:05; (65) Max Baucus, 18:27; (70) John Block, 18:35; (90) Valerie Nye, 19:11; (121) Susan Aronson, 20:05; (134) Kathryn Scott, 20:26; (158) Paul Tsongas, 21:13; (161) Richard Lugar, 21:18; (195) Marlene Cimonis,

22:22; (203) Stan Lundine, 22:50; (221) Colman McCarthy, 23:20; (238) K. Musa Pratabulu-Bey, 24:19; (252) Pete McCloskey, 25:16; (269) Alice Rivlin, 27:07. About 400 ran.

--Don Pedro

COLDSMITH TAKES A YEAR OFF, STILL RETAINS  
OLD TOWNE 10-K; BETTY BLANK(S) LADIES FIELD

Bruce Coldsmith, pestered with injuries that kept him from competing since winning last year's 10-kilometer On-the-Road race in Old Towne, came back on Sept. 26 to win again with a new course record of 31:00:15.

After four miles, Bruce was running with Charles Cvrk on the grid of streets that make up Old Towne when a spectator cheered, "Great running, boys." When Cvrk expressed chagrin at their being called boys, Bruce surged and went on to run alone to the finish at King and Royal Streets.

Behind them developed another form of race. Bruce and Cvrk were led around the course by a police car, complete with flashing red lights, but after they got out of sight in the myriad of turns, the rest of the field starting with Steve Giorgis who finished third went off course and ran about a half-mile long. Blame was laid to a sentry who was confused and missed his post, but the course was one with a multitude of turns and after a few miles it was easy to get lost.

Betty Blank and Valerie Nye duelled for four miles before Betty pulled ahead. Both had run a race the day before--Betty in a 10-k at Hains Point, and Val at the hilly Lynchurg 10-miler. Both could likely have broken 40 minutes for the Old Towne 10-k if they hadn't been mis-led.

Nearly 600 finished the event. Results: (1) Bruce Coldsmith, 31:00:15; (4) Jack Coffey 34:57; (6) Peter Nye, 35:31; (8) Leo Tolstoy, 35:49; (9) Jim Hagen, 36:27; (15) Robert Frost 39:23; (19) John Kennedy, 39:34; (20) Bob Webb (25) George Cushmac; (78) Betty Blank, 43:29; (91) Valerie Nye, 43:56; (122) John Moffett, 45:32.

--Don Pedro

Barker's Proof: Proofreading is more effective after publication.

—Phil Barker

The NYC TRIATHLON  
by BETTY BLANK

On August 19th I swam, biked and ran the NYC triathlon. What an exciting event! It consisted of a 1 mile swim, 18 miles of biking and 13.1 miles of running.

It started at 6 AM on Friday morning at Rockaway Beach. I swam the mile in 24 minutes and was 81st out of the water. (Actually I overswam the turn-around point and spectators had to yell for me to swim to shore).

After changing into my biking gear, I started the biking portion which was mostly on the naily boardwalk, with some biking in the street. Six people got flats from the nails. We had a headwind the whole way to Coney Island. It was the worst! I felt like I was pedaling uphill the whole way, but I did manage to pass quite a few participants.

After biking I put on my running shoes and ran the whole 13.1 miles with a tailwind. My time for the run was 1:36.

I passed 54 people after getting out of the water and came in 27th overall. It was definitely a runner's triathlon. I was third woman and 1st in my age group. All in all I was quite happy with my performance. This was especially true because three days prior to the race I had strep throat and was afraid I wouldn't even be able to start the race.

My next triathlon will be in Willmington, NC on Sept. 19th. This one consists of a 1 mile swim, a 42 mile bike ride, and a 10 mile run. We really ought to get some people from the WRC to go. We could clean up the team event.

—bb

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8/14/82 DC ROADRUNNERS TETRATHON  
WALTER JOHNSON H.S.

4th Lucious ANDERSON 60.5 (440), 2:14.7  
(880), 4:44.2 (Mile), 10:15.6 (2 MI.)

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### Healthy Cooking

A new book called the *No Salt, No Sugar, No Fat Cookbook* (Nitty Gritty Productions; \$4.95) contains information and healthy recipes for eating better. The authors are Jacqueline Williams and Goldie Silverman. □

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LETTER FROM WILL ALBERS

9/22/82

Dear Bob (and fellow WRC members)

Here is another report from "Hangover", PA. As everyone has probably heard by now, I have accepted a full time job as Promotions Coordinator for Brooks Shoe, Inc. This is a milestone in my life. Finally, a full time job. (Will Wonders) never cease. I'll be working for Mike Greehan, coordinating athlete sponsorship, clinics, races and the like. It's very exciting working for such an aggressive company. We're out to kick our competitor's asses (I won't name names, Phil Knight) and I have no doubt that we will. Wolverine World Wide is a very sharp company! I'll be in Hanover for a few more months and then I must move. They (WWW) want to move Mike and I to corporate hdqtrs in Rockford, MI; but the rumor has it that I may go to CA to set up promotional efforts for the Olympic Games. And to head our West Coast Promotional office. This could happen very shortly.

I'm glad to see that most of the club is running well. My training has gone steadily down hill as I try to adjust to a normal life. I find it difficult to run after working all day, plus I have an extensive traveling schedule that adds more strain. I'm on the road 3 out of 4 weekends a month. Kind of gets to you after awhile. All I'm trying to do is lose weight and get back in shape. I hope to break 2:30 at Chicago this weekend, and then again at NYC with Laura in tow. I'll also run either Philly or Baltimore; and Laura and I anticipate trips to Sao Paulo midnite run and Osaka, Japan (vacation for me). Mike "Greenie" is also doing well and hopes to break 2:18 at Chicago and then "retire for the winter."

Well, that's all from PA. I anxiously await each newsletter for news from home, but Laura gives me all the gossip. Congrats to all who ran well at Annapolis. That's to bad they found the course to be 300 yds short. HA HA. Stop in and say HI at the Brooks booth at NY. I'll also be down for the Marine Corps Expo. Bruce, who's playing the 9:30 Club that weekend?

As always,  
Will Albers



## NEW MEMBERS

(As of 30 Sep 1982)

John Ausherman  
229 N. Second St.  
Chambersburg, Pennsylvania 17201  
h] 717 264-1848 o] 717 264-6718

John Beeman  
4819 W. Braddock Rd.  
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h] 820-2748

Zane Branson  
c/o Athletic Attic  
Johnson City Mall  
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Larry Delaplaine  
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Adelphi, Maryland 20783

Timo Dowd  
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Paul Garfield  
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Richard Good  
Apt 421  
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h] 345-2286 o] 454-5604

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Bolling AFB, DC 20336

Ron Griswold  
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h] 525-9794

Joseph Herget  
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h] 301 276-6544 o] 301 547-9050

Jeff Holder  
(see Greg Shank for address)

Jonathan & Ellen Howland  
Apt. 2309 N  
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h] 671-9207 o] 998-7606 (JH)

David Hudson  
117 Arlington Ave.  
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h] 201 363-4369 o] 201 240-9828

Gerry Ives  
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h] 965-2532

Alfred Lampazzi  
7626 Quail Run Lane  
Manassas, Virginia 22110  
h] 703 361-8682

Michael Mansy  
2618 Foster Ave.  
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Lt Col Paul Mootz  
6428 Alloway Ct.  
Springfield, Virginia 22152  
h] 569-2150 o] 981-3375

Joseph Murray  
3301 Lancer Dr.  
Hyattsville, Maryland 20782  
h] 559-2371 o] 234-7610

Patrick Neary  
8321 Lindsie Way  
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h] 765-1377 o] 823-5555

Patricia Peoples  
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Chevy Chase, Maryland 20815

Ron Ponchak  
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6612 Boulevard View  
Alexandria, Virginia 22307

David Ramsey  
23 Lehigh Ave.  
Hagerstown, Maryland 21740

David Shafer  
2608 Quebec School Rd.  
Middletown, Maryland 21769

Greg Shank  
Rte 1, Box 72A  
Williamsport, Maryland 21795

Warren Shindle  
100 Oakmont Ct., NE  
Vienna, Virginia 22180  
h] 938-6808

John Slade  
2017 Nordlie Place  
Falls Church, Virginia 22043  
h] 821-2866 o] 556-1454

Tad Stepek  
617 Aster Blvd.  
Rockville, Maryland 20850  
h] 762-9224

## RENEWALS

Larry Burch  
Apt R-2  
1247 East Ave.  
Palmdale, California 93550  
h] 805 273-4821

Tim Gavin  
Apt 103  
34 W. Deer Park Rd.  
Gaithersburg, Maryland 20877  
h] 926-0251 o] 871-2178

## RENEWALS

Barry Goodman  
Walnut Hill  
Brinklow, Maryland 20727  
h] 301 774-7057 o] 301 774-3100

Martin Green  
9 Leyton Court  
Rockville, Maryland ~~20850~~  
h] 424-2820 o] ~~454-2636~~

Bob Harper  
4103 Gallatin St.  
Hyattsville, Maryland 20781  
h] 779-0256

Alan Hinchliffe  
11541 Ivy Bush Ct.  
Reston, Virginia 22091  
o] 620-7179

## CHANGES &amp; CORRECTIONS

Will Albers  
531 S. Franklin St.  
Hanover, Pennsylvania 17331

Betty Blank  
h] 751-8314

Dick Spencer  
h] -9063

Vassili Triantos  
4409 Cannes Lane  
Olney, Maryland 20832  
h] 774-3490

Coleen Troy  
4503 Guilford Rd.  
College Park, Maryland 20740  
h] 277-7112

Heinz Weigand  
Rte 3, Box 162  
Durham, North Carolina 27713  
h] 919 544-1857

Walt & Sharon Chalmers  
3079 Brinkley Rd. #T-1  
Temple Heights, MD 20748

ULVESTAD & WILLIAMS TRIUMPH IN  
DANNON 36-MILER

FROM THE TREASURER

Alexandria, VA 10/10/82

The following club members received  
expense money (\$38.10) for running the  
Falmouth Road Race on 15 August:

Running under near ideal conditions  
(55 deg, 62% hum, & overcast skies) Jim  
ULVESTAD captured first place and the ex-  
pense paid trip to Scotland which goes  
with it, in an excellent time of 3:36:22  
(6:00 min/mi). Bruce ROBINSON and Peter  
NYE closing fast behind him, finished  
4th and 5th, respectively, in times of  
3:42:15 and 3:42:18. The WRC "A" team  
of Ulvestad, Robinson and Nye won the  
team title over a very competitive team  
running out of Wisconsin by the name of  
Bucky's Pride. Their team members placed  
2nd, 3rd and 6th for a combined time of  
11:04:03 to the WRC total of 11:00:55.  
The 3:08 margin of victory was extremely  
close considering the distance of the  
race.

- |            |           |                |
|------------|-----------|----------------|
| M. Baldino | J. Coffey | J. Cooper      |
| T. Gavin   | K. Guiney | H. O'Connell   |
| R. Kelly   | F. Kruger | S. Rainville   |
| A. Naylor  | B. Stack  | M. E. Williams |
| G. Shank   | K. Higgs  | J. Lott        |
| C. Troy    | M. Mansy  | J. Reed        |
|            | J. Holder | L. Cooper      |

\* \* \* \* \*

MORE ADDRESS CHANGES/CORRECTIONS

Jon Low  
c/o Mid-Delmarva YMCA  
Rt. 7, Schumaker Dr.  
Salisbury, MD 21801  
h/w) 301 749-0101

Chuck Desenberg  
4235 Sautern Way  
Chantilly, VA 22021  
h) 378-9387

Leo Aulisio  
209 Lakeside Dr.  
Greenbelt, MD 20770  
h) 345-6955

Robert Trost  
6135-408 Leesburg Pike  
Falls Church, VA 22041

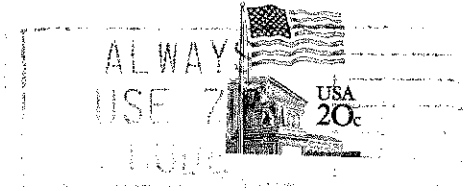
Laura DeWald  
3712 North 18th St.  
Arlington, VA 22207  
h) 528-1252

Mary Ellen WILLIAMS set a new women's  
course record of 4:27:53, in winning the  
ladies title over 12 year old Jennifer  
Amyx who finished only 3:12 back in a  
fine 4:31:05.

Other WRC runners finished well also.  
Congratulations to all !!

- |      |                     |         |
|------|---------------------|---------|
| 14th | Vassili TRIANTOS    | 4:04:08 |
| 15th | Mike O'HARA         | 4:05:03 |
| 17th | Ed FOLEY            | 4:05:28 |
| 19th | Ray MORRISON        | 4:08:46 |
| 24th | Bernie GALLAGHER    | 4:14:49 |
| 26th | Bob TROST           | 4:16:12 |
| 41st | Mary Ellen WILLIAMS | 4:27:53 |
| 62nd | Dick GOOD           | 4:49:37 |
|      | (1st OVER 50)       |         |

WRC NEWSLETTER  
c/o FRED KRUGER  
8900 HUXLEY COURT  
SPRINGFIELD, VA 22153



Al Naylor  
12906 Broadmore Rd  
Silver Spring, MD 20904