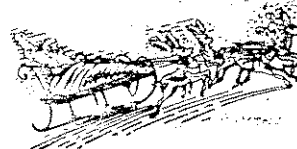
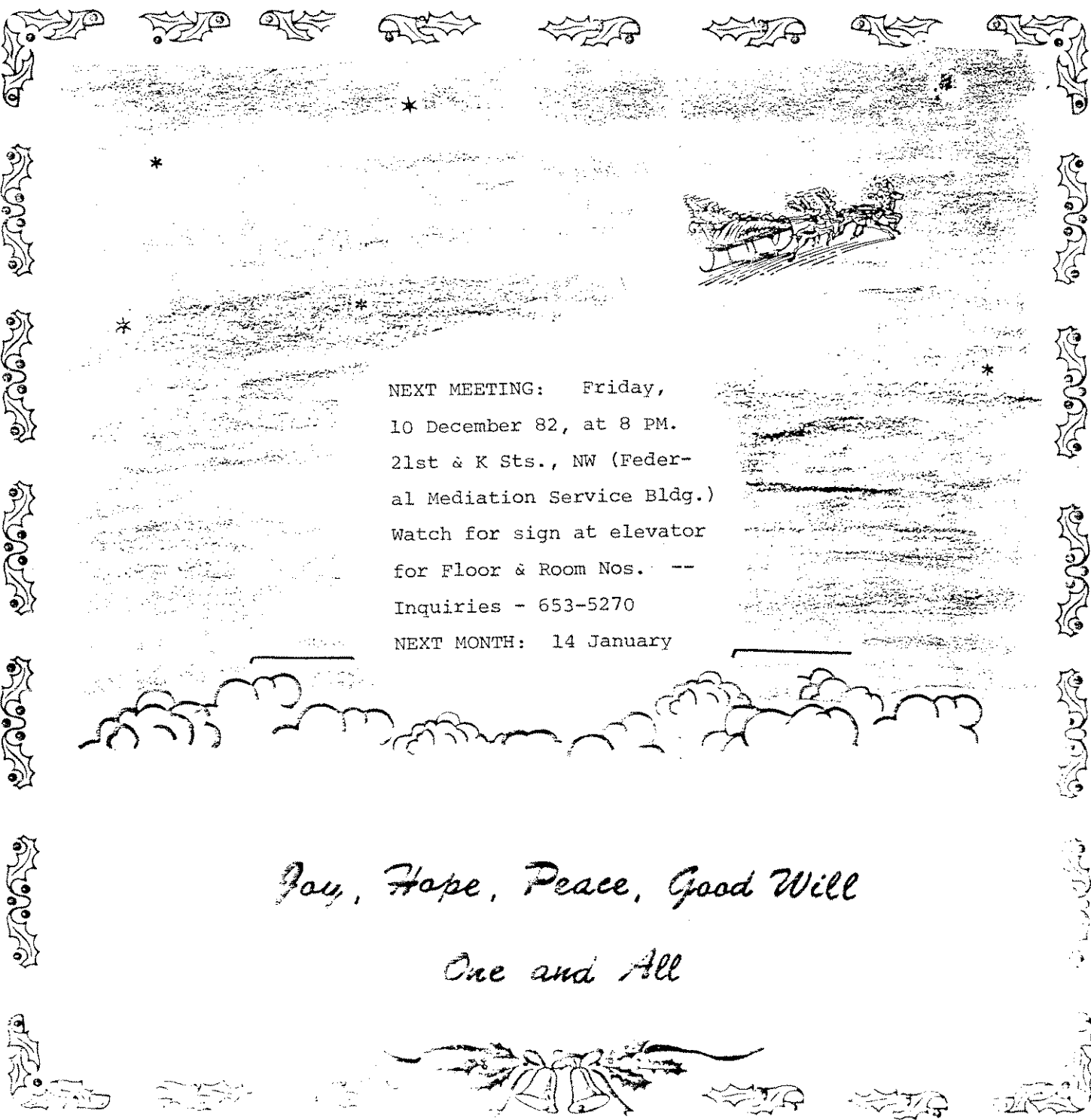


Washington Running Club Newsletter

December 1982



NEXT MEETING: Friday,
10 December 82, at 8 PM.
21st & K Sts., NW (Federal
Mediation Service Bldg.)
Watch for sign at elevator
for Floor & Room Nos. --
Inquiries - 653-5270
NEXT MONTH: 14 January

Joy, Hope, Peace, Good Will

One and All



POSTCARD FROM JIM BERKA

Okt 2, 1982

Grüss got, from the Oktoberfest. With all the festivities, I haven't started running yet. Maybe I can do a de-training test (6 months of no running) when I get back. That's a good enough excuse to be lazy. Have spent the previous month in the Swiss & Austrian alps with excellent weather and hiking conditions. From here, will go down to Italy & Greece to soak up some rays & from there, who knows? Right now I must get back to the beer tents. There are 7 just like the one on the card, except by the end of the night everyone is up on the table dancing & getting absolutely crazy. Auf Wiedersehen & good running to you all.

Jim B.

* * * * *

POSTCARD FROM ROGER URBANCSIK

Howdy,

What a great trip! Beats the hell out of Iceland. Too busy to write in Perth (serious partying takes precedence) so I'm sending this from Reunia (200 miles east of Madagascar) -- a nice little French resort -- came 2/3's of the way around the world to get here (Hawaii; Christchurch, NZ; Melbourne & Perth, Australia). Sri Lanka and Bali Island (Indonesia) next. Then three more weeks in Australia (!!!) Back in October if I don't go AWOL. Take care. Roger U. PS And I get paid for doing this??! PPS I'd like to tell you I ran with Allison Roe while in N.Z. but I didn't.

* * * * *

COACHING OPPORTUNITIES

Al Naylor reports that his old high school, Northwestern in Hyattsville, Md. is looking for a fulltime indoor track coach. There is a salary involved.

On the same note, High Point HS in Beltsville, Md. is also conducting a search for a track coach.

If anyone is qualified and interested contact the schools directly.

* * * * *

Newlan's Truism: An "acceptable" level of unemployment means that the government economist to whom it is acceptable still has a job.

-Anonymous. from John W. Gustafson

LETTER FROM MIKE BRADLEY

Nov. 17, 1982

Dear Mates,

Yes, yes, I know it's been awhile since I last wrote. I've been so busy just trying to stay cool over here that extracurricular activities were simply out of the question. Now, however, it's begining to simmer down a bit and so has my survival instinct.

Thank you so much for the monthly newsletter. It's certainly an oasis of information that, alas, makes for enjoyable but nostalgic reading. Like most of the Club members, it (the newsletter) has improved with age. It would be interesting to compare the current issues with the ones Ray Morrison (and Joie) and I (and Pat) circulated back in the stone age. Will the Club Historian please stand up? It's also good to see so many new names. Thanks to Balquini, JJ & Company, and the support of old(you know who you are) and new alike, the WRC has become quite an institution.

I'm sure that some of you have heard via the "coconut telegraph" that I probably will be leaving the Kingdom soon. Well, the rumor does have the ring of truth - I should be winging westward by the end of January. On the way home I'll stop by Warsaw, Poland to visit a friend, then on to England for a few days before touching-down at DCA (just in time for my daughter's birthday - Hooray!).

I don't know where my next employer will take me but if it's close to home, you can certainly add me to your list of volunteers/competitors. By the way, as some of the old timers remember, after bombing-out at the 31 mile point of a long ago Twin Bridges race while in 2nd place, I haven't had much of a desire to run anything approaching a marathon. However, the burning sun and desert has undoubtedly baked my gourd because I'm now in training to run the 2nd Riyadh Marathon on January 21st. You see, I haven't run one in at least 6 years and since running officiarities guarantee life for that period of time after a marathon, I'm overdue for an overhaul. I'll report on it at the february meeting.

Cheers



Michael of Arabia
c/o Mike Bradley
SANCST, P.O. Box 6036
Riyadh 11442, KSA

MEMBERSHIP CHAIRPERSON APPOINTED

At the last meeting Jay WIND initiated a discussion on the need for a designated individual to be responsible for membership matters.

Coleen TROY volunteered and was quickly appointed (before she changed her mind) to fill this position.

It is envisioned that Coleen will be responsible for receiving all Club dues (to be turned over to the Treasurer) for renewing, as well as new members. She will also maintain an accurate listing of paid-up members to include: date of membership (needed to establish eligibility for travel funds), up-to-date addresses, and current phone numbers.

Coleen will provide new members addresses to the Newsletter and ensure that they are personally welcomed to the Club by a phone call or correspondence. At that time they will be informed about such things as Club meetings, how they can acquire a Club singlet, policy on travel funds, reimbursement for selected entry fees, and so forth. They will be encouraged to take an active role in the Club and have explained to them how we earn travel funds (via Club races) and the need for reliable volunteers to help out at these races.

Should you need to contact Coleen or refer a potential new member to her, she can be reached on the following number: 277-7112 (let it ring as Coleen claims to be a slow answerer).

* * * * *



Does anyone have a good caption for this picture? If so, send it in and we'll publish it.

VITAMIN AND MINERAL SUPPLEMENTS

A physician interested in optimal performance has recently developed a unique dietary supplement. It is a complete program and in my estimation, the finest combination of vitamins, minerals and cofactors to be found. He is distributing the formula presently, by word of mouth, but is interested in finding a group of runners (since he assumes that we are healthy individuals and in tune with our bodies) and having them try it for a period of time. It is his opinion that running times will improve and thus he needs feedback, i.e. anecdotal reports of personally observed changes.

I have been taking the formula for one month and am definitely pleased. The program, consisting of three bottles of different supplements, costs \$35 and will last 100 days unless the user opts to double or triple their dosage (which is suggested although I'm on the maintenance dose). There is a money back guarantee if the user is not satisfied.

If anyone is interested in obtaining or discussing the formula please call me at home in the evening. 445-1405 Patty Deuster (Ed. note: Patty ran a PR 2:52:04 at the Marine Marathon - It must work!!)

* * * * *

NEEDED: WOMEN LONG DISTANCE RUNNERS

The government medical school in Bethesda (USUNS) is currently conducting a study on specific physiological and biochemical aspects of women long distance runners. A stress test, blood sampling and underwater weighing are part of the protocol. Women who run at least 50 miles per week are needed. If interested please call Patty Deuster at 295-3142 or 295-3375 during the day for further information.

* * * * *

Grubnick's Process for Effecting Action via Paperwork Within the Bureaucracy: (a) Blitz it with paperwork. (b) Say as little as possible, in as many ways as possible, as verbosely as possible. (c) Always try to tell them what they want to hear. (d) And never, never, never let the facts interfere with your story. —David S. Grubnick

POSTCARD FROM JOHN MORNINI 28 Oct 82

Lynchburg

I was in Lynchburg on September 25th to run the Virginia Ten-Miler. I got a card in the mail on Friday, October 1st, telling me that i had finished 125th overall (42nd in my division) with a time of 57:32. i had a few thoughts on Lynchburg -- everyone calls the race "Lynchburg" rather than something cumbersome and non-specific like "the virginia ten-miler."

so i had these few thoughts on lynchburg, see; and i put them on paper that following monday, after the race. i was going to send the words to Bob Thurston, the (former) editor of the washington running club newsletter. then Bob retired as editor of the newsletter, and the new guy's name isn't on the envelope that i pre-addressed and stamped (to get me psyched to put those thoughts on paper in a more refined manner). you can sense my disorientation, can't you?

well, this is what i wrote on september 27th: i left new jersey at 5 o'clock. i would have left south jersey earlier if i could have. i was glad to be taking leave of the state if only for a brief visit to run the state for lovers. i made lynchburg by mid-night, with the holiday inn appearing first. no rooms. down the hill i stopped at a hojo and an old fella helped me track down a room. i stayed at harvey's motel, and was fast asleep by 1 am. i felt good about that.

the sound of a diesel engine woke me early, and i took my first good look at the mountains surrounding town. i also saw alot of other buildings, and things. the sky was blue, though, as was those lovely blue hills off in the distance.

at the starting line i felt relaxed and happy. i was well rested, and convinced that living on flat land wouldn't hurt my chances of running with the WRC guys. Thurston was there, along with Baldino -- both of 'em -- jacob and his wife, John Lott, and other guys with the WRC shirt on that i didn't know. for several of us it was our first crack at Lynchburg. there were a whole lot of gals lining up there right up front. rightful place for 'em, too, and 3 of them gals whipped me. hell, i was pleased with 57:31, i was pleased that the hills didn't do me no worse. i know one thing now: i have to round me up some hills to train on from time to time. just to get a peek at what

(Continued)

the sky looks like, if for no other reason. these pine trees are about as dense as the pineys that live under 'em.

after the race i went back to harvey's motel to gather my belongings and grab the free breakfast that went with the room. i was hungry, which led me to believe that i didn't hurt enough while i was racing; otherwise i'd have been too woozy to want food. i didn't hang around after the race to chat with the boys (and girls). i should've. but i was more interested in scoping out the plethora of fast food dives between lynchburg and route 66. i recalled blowing by 'em at about 70 mph the night before. i thought i was having a nightmare, and had to be sure it was a living nightmare. and it was. i counted 85 fast food holes in that stretch up route 29. i also counted 30 portapots in the high school parking lot where thurston and i chatted before the race. i suppose i was into counting things.

the blue ridge mountains were beautiful. if only we could count beauty.

well, now i've run lynchburg. i have something to shoot for next year; a time to beat, and the hope that not too many gals will whip me then. maybe i'll also take home another one of those polyester numbers and another pack of matches from Harvey's Motel. maybe. i won't hold my breath, though.

jm

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HOW TO MAKE BIG BUCKS FROM RUNNING
(Sub-title: Who Needs Under the
Table Money?)

"Nobody really knows what the secret combination is," allows one Nike Inc. executive, "but something's working." And how. In the ten years since Chief Executive Philip H. Knight founded his little sneaker company--prophetically named for the Greek goddess of victory--it has vaulted from nowhere to \$694 million in annual sales, deposing Adidas with the top-selling sports shoe in the U.S. Nike's earnings, seemingly recession-proof, hit \$49 million in the fiscal year ended last May, barely slowing from their five-year average annual growth rate of 100%. The 37% return on equity is nearly unrivaled. The company's shares, first offered to the public in December 1980 at \$22, were recently selling for \$43, making Knight's 58% hold- ing worth a princely \$346 million.

JFK 50-MILE RACE by Jim Ulvestad

A good field of trail runners was assembled for this year's JFK 50 mile race, including former winner Bill Lawder; Pennsylvanians Paul Jost, Neil Weygandt, and John Hess; last year's early leader Ray Krolewicz; this year's co-winner of the Old Dominion 100-miler, Dave Horton (along with his retinue of handlers, "The God Squad"); and Charlottesville's Scott Maxwell. WRC was represented by Mike Spinnler, Ed Foley, and Dick Good. Although there was rain in the area both before and after the race, conditions during the run were excellent -- 50 degrees and overcast, with little wind on the Appalachian Trail and a slight tailwind on the C&O canal towpath.

Dennis Herr of Harrisonburg, who tied for 12th at Old Dominion this year in his first major trail race, led the field through the first section of trail. Close behind at the 9.5 mile Crampton's Gap checkpoint was a group including Spinnler and Lawder. By the end of the trail at Weverton Cliffs, Herr had fallen back to 2nd place with Lawder and Spinnler still in the 3rd place group. Ray Krolewicz, the shirtless wonder, appeared to have bounced off half the rocks on the trail enroute to the tow path.

As the field raced down along the canal, the Weverton Wipeouts began to fall back. Herr was rapidly deteriorating, while Spinnler, Jost, and Lawder battled up ahead. Spinnler appeared to have achieved the perfect state of harmony with the path, as his glazed look of determination made me believe he would run through any hastily erected brick walls on the course. Further back, the steady runners such as Horton, Foley (being chased by a dog that turned out to be his), and Maxwell began to pick off some of the fast starters.

By the end of the towpath, at the 42 mile point, the field was well spread out, with the order of finish fairly well established except for those who were still destined to blow up. One runner, who was in 9th place and still looked physically strong, appeared to lose it mentally and climbed into a van with 5 miles to go. Foley passed Horton for 6th place with just 4 miles remaining. Maxwell and Pat High (20 years old and in his 5th JFK) hooked up together and dragged each other through the last 8 miles to tie for 9th place.

JFK cont.

Up front, Spinnler broke Max White's 9 year old course record by two minutes, with Jost and Lawder following in 2nd and 3rd. Sue Medaglia's women's record was destroyed by 13 minutes, as someone (name unknown) ran 7:28. This was the fastest JFK ever, as about 15 people broke 7 hours, only the 2nd time that there were at least 10 runners under that barrier.

Incomplete, Approximate Results

(PR = PR for JFK)

- | | | |
|-----|------------------------|------------|
| 1. | Mike Spinnler (WRC) | 5:53 PR/CR |
| 2. | Paul Jost | 5:59 PR |
| 3. | Bill Lawder | 6:03 PR |
| 6. | Ed Foley (WRC) | 6:31 PR? |
| 7. | Dave Horton | 6:33 PR |
| 9. | Pat High | 6:41 PR |
| tie | Scott Maxwell | 6:41 PR |
| 11. | John Hess | 6:43 |
| ? | Ray Krolewicz | 6:53? |
| ? | Al Marcy (PVSTC) 1st M | 7:10? |
| ? | Dennis Herr | 7:13 PR |
| ? | First woman | 7:28 PR |

P.S. I ran 51:24 at Lynchburg, not 50:48

j.u.

(Ed. note: Running a 7:03 pace for 50 miles, it is doubtful that Mike had either the time or energy to "moon" any of his fellow competitors during or after the race.) ☺

* * * * *

NOTE FROM HEINZ WIEGAND

Heinz reports that he is enjoying the South; lives right between Duke and UNC. He says he's "been lucky (?) to do interval workouts with supermen Robbie Perkins, Carl Alitz (former West Point great) and some former top UNC runners." This no doubt has helped him, as Heinz also reports running a 31:33 10K at Lumberton, NC recently. (Ed. note: Other WRC members out there in the "hinterlands" are encouraged to send the Newsletter some of their race results from time to time. We'd like to hear from you.)

* * * * *

Seleznick's Theory of Holistic Medicine: Ice cream cures all ills. Temporarily. -Mitchel J. Seleznick, MD

Race Results

11/28/82 PHILADELPHIA MARATHON
Phila., PA

56th	Mark BALDINO	2:32:10 PR
	Roger URBANCSIK	2:39:-- PR
	Dave ASAKI	2:42:--
	Robt RODRIGUEZ	2:56:--
	Jeff REED	3:17:20 PR

Overall winners were: Bill Scholl in 2:14 and Jan Yerkes in 2:34.

* * * * *

11/14/82 DCRRRC 30KM CHAMPIONSHIP

2nd	Robt RODRIGUEZ	1:48:03
5th	Bob TROST	1:56:15
9th	Laura DEWALD	2:00:25
11th	Fred KRUGER	2:05:42
12th	Bernie GALLAGHER	2:09:10 (started
17th	Bob KELLY	2:11:-- (" late)
--	Roger URBANCSIK	2:11:-- ("
25th	Bernadette FLYNN	2:24:08

* * * * *

10/31/82 HQ ARMY RECREATION 10 MILE
at the Pentagon

2nd	Walter SARGENT	52:00
37th	George CUSHMAC	60:35
275th	Kelly KRUGER	75:04 PR
276th	Fred KRUGER	75:05

* * * * *

Lolitia BACHE ran a 39:35 10KM at the PVSTC Cranberry Crawl on 20 November.

* * * * *

Vassily TRIANTOS (45:50) and Ray MORRISON (46:36) finished 9th and 10th at the DCRRRC Rod Steele Memorial 8-Miler at Lake Fairfax, VA on November 21st.

* * * * *

11/6/82 FT BELVOIR FALL HAUL 10KM
at Ft. Belvoir, VA

7th	Fred KRUGER (1st Master)	38:04
28th	Kelly KRUGER (1st Women)	45:36

* * * * *

10/30/82 COPY GENERAL/DCRRRC 25KM
at Belle Haven, VA

2nd	Robt OBERTI	1:31:47
9th	Ron GRISWOLD	1:35:13
25th	Bob THURSTON	1:43:19
27th	Paul MOOTZ	1:45:51
37th	Jeff REED	1:48:41
60th	Bob TROST	1:56:52 "PR"
62nd	Betty BLANK	1:57:08 "ran with Bob"

* * * * *

11/28/82 TAC NAT'L X-COUNTRY CHMPNSHP
at The Meadowlands, NJ

--	Al NAYLOR	31:40
--	Jon LOTT	32:29
--	Robert STACK	33:14
--	Keith HIGGS	36:50
--	Ed SAYRE	37:37

The course was dry, flat and FAST. There were 3 dirt mounds bulldozed to create "hills." That plus 4 barriers of hay bales were the only obstacles. Al ran the first .5 mile in 2:14 and was in about 80th place. After a 4:41 mile and 9:46 two mile split, his position had worsened. He guesstimates he finished around 200th out of approximately 500. Guess that's what he meant when he said the course was FAST.

* * * * *

At the DCRRRC 30KM the WRC team of RODRIGUEZ, TROST, and DEWALD took top team honors.

* * * * *

It's Moffett for Miller (?)

The Major League Baseball Players Association has a new executive director. He's **Kenneth Moffett**, the deputy director of the Federal Mediation Conciliation Service.

Moffett, who gained considerable exposure to baseball during the 1981 strike, said from his Washington office yesterday that he has not been contacted by a players' search committee. "I won't even say if I'm interested," he said.

Nevertheless, wire services reported that Moffett will be announced for the position, replacing Marvin Miller, who will still be available as a consultant.

Meanwhile, the San Diego Padres made their first formal contract proposal for free agent slugger **Steve Garvey** yesterday when club president **Ballard Smith** met with **Jerry Kapstein**, Garvey's agent.

Washington Times, 12/2

Zisla's Law: If you're asked to join a parade, don't march behind the elephants.
-Harold Zisla

More Race Results

11/7/82 MARINE MARATHON
Washington, DC

11/21/82 HOWARD COUNTY TIMES
Metric Marathon (16.3 Mi.)
at Columbia, MD

MEN

1	Jeff SMITH	2:21:29
8	Tim GAVIN	2:24:13 PR
15	Bob STACK	2:25:35
34	Walter SARGENT	2:30:03 PR
49	Jay WIND	2:31:22
58	Mike O'HARA	2:32:23
66	Lucious ANDERSON	2:33:09
80	Larry DELAPLAINE	2:34:53
123	John AUSHERMAN	2:37:54
136	Dave RAMSEY	2:38:30
188	Joe OLENDER	2:41:46
210	Ed FOLEY	2:42:57
227	Tom BACHE	2:43:26
237	Bob TROST	2:43:47
258	John SLADE	2:44:22
347	John MAJOR	2:46:59
351	Joe LUGIANO	2:47:06 PR
446	Mark DOLES	2:49:21
464	Tony McINTYRE	2:49:33
602	Pat NEARY	2:52:33
	Ron PONCHAK	(2:50-2:55)?
1213	Jim HAGEN	3:04:13
2240	Chauncey BERDAN	3:18:23

1	Jeff SMITH	1:22:44
2	Terry BAKER	1:22:57
8	Jon LOTT	1:27:35
10	Mike SABINO	1:28:48
	1st Wom. Laura DeWALD	1:38:15

* * * * *

November was most definitely Jeff SMITH month as he won both the Marine Marathon and the Metric Marathon in Columbia. In the latter he won a \$500 Savings bond to boot. Watch the Newsletter next month for stories on both of these races by guest columnist Don Pedro.

* * * * *

WOMEN

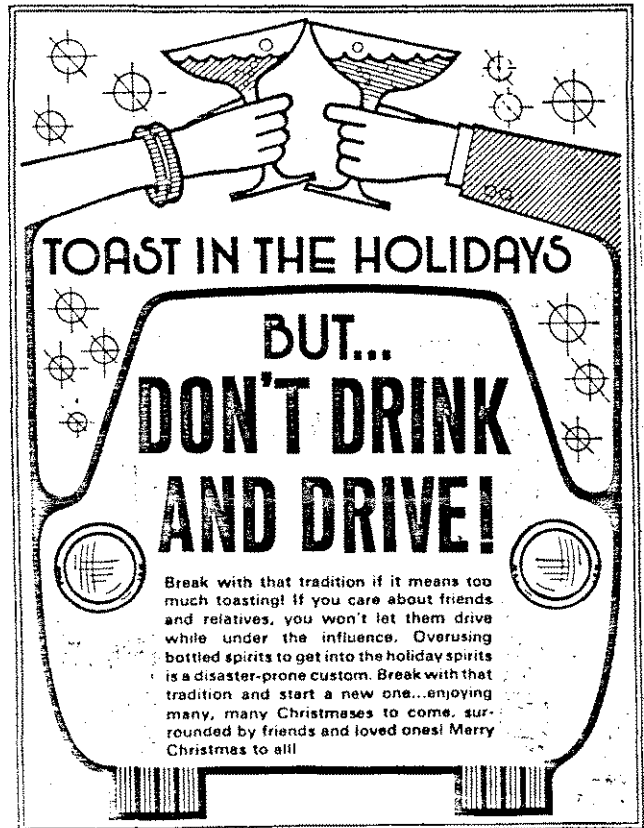
4	Patty DEUSTER	2:52:04 PR
16	Pam BRISCOE	3:04:57
17	Lolitia BACHE	3:07:51
22	Val NYE	3:11:40
33	Patty PEOPLES	3:15:29

The WRC "E" Team of Patty DEUSTER, Lolitia BACHE, and Val NYE took top honors in the Women's Division. The WRC "A" Team of Tim GAVIN, Bob STACK, and Walter SARGENT came in second to the Human Energy team. It's too bad we didn't realize Jeff SMITH was running otherwise we'd have taken top honors in both divisions. CONGRATULATIONS to all WRC members who ran and finished.

* * * * *

✓ If the wires to California ever go out, *Fit2Print* will be in serious trouble. Where else, pray, would we get items (this one from Palo Alto) telling how the cops are on the lookout for a tall male jogger who eschews fancy jogging suits and does his running in the buff?

The chap, clad only in his pelt, has been seen a number of times in the past two months, but to date authorities have only



And while you're out there "pounding" the roads over the Holidays, be on the alert for those drivers who don't take the above message seriously. We want you as a WRC member in '83.

* * * * *

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* * * * *

1983 DUES

The Executive Committee (Pres., VPres., Sec., & Treas.) has decided that there will be a discussion on the upcoming years dues, followed by a vote, at the next meeting.

If you want to have a say on this matter you'd better be there.

Watch next months newsletter for the amount of next years dues and for renewal forms.

* * * * *



WATCH NEXT MONTH FOR ANOTHER INPUT FROM JOHN MORNINI -- His account of the NYC Marathon entitled, "update...life in marathon america"

CHANGE OF ADDRESS ??? If you've moved or are planning to move keep the Newsletter informed so you won't miss out on what's happening in the WRC. THANKS !!

CLUB ELECTIONS

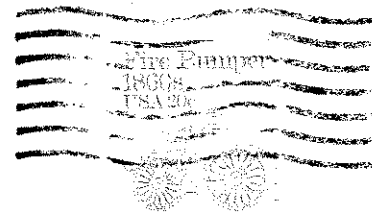
Also, at the next meeting the ground rules for the January elections will be set. Nominations will be taken from the floor.

If you would like to nominate either yourself or another member for Club office and cannot attend this meeting, read on. Send your nominations in a signed letter to the Club Secretary NLT 20 December.

Candidates desiring to make an election "pitch" should forward their "brief" remarks to the Newsletter Editor NLT 4 Jan.

* * * * *

WRC Newsletter
c/o Fred Kruger
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