

From the President's Desk

I want to thank the membership for bestowing upon me the opportunity to serve the Washington Running Club as President. I will endeavor to serve the club with the dedication, concern, and tenacity necessary to continue and broaden the success of the Washington Running Club.

Before us lies a year in which there will be much to do to further enhance the image and improve the operation of the club. To be successful we must set goals and pursue them with the hard work and dedication necessary to achieve a positive result. I, for one, know I'm ready, the Executive Board is ready and I believe the club is ready to follow this course. However, we must always remember that a dream without the hard work to make it take flight and soar is but a broken-winged bird trying to fly. So, together, let us work hard and with a dedication to purpose set in motion the machinery necessary to make this club the winner it should be.

Pursuing goals with hard work alone is not enough to achieve victory. As runners we are used to setting goals and working hard to be successful. However, as runners we also realize that more is needed than just hard work. We all know the value of a proper training schedule in achieving our running aspirations. The training schedule provides a "guideline" to aid us in getting the most out of our hard work. So too with this club, we will follow "guidelines" as we work toward our finish line --- making the Washington Running Club become the best it can be. Let it be known here and now that these goals shall be ones the club wishes to see pursued. The "guidelines" will be ones that the club decides are necessary to successfully achieve our goals. So let us work together as one and together we will experience the "thrill of victory" as a club.

Once again, thank you for providing me this opportunity to be of assistance to the club.

Respectfully yours,



Dan Rincon
President,
Washington Running Club

The following are the minutes from the January meeting of the WRC.

WRC MEETING - 14 JAN 1983

SECRETARY'S NOTES

The meeting was brought to order by club President Mark Baldino. First order of business was the election of club officers for the 1983 term. With non-campaign speeches outnumbering campaign speeches, a new Executive Board was elected largely by default:

Club President - Dan Rincon
Vice-President - Alan Roth
Secretary - Ed Foley
Treasurer - Norm Brand

A motion was made by Dan Rincon and a vote of confidence obtained to include the Membership Secretary (Coleen Troy) and the Newsletter Editor on the Executive Board. The Newsletter Editor slot was vacated by the unexpected resignation of Fred Kruger in spite of pleas to the contrary by club members. The Executive Board is currently conducting a search to fill this demanding and essential position for the club - any volunteers?

Norm Brand gave the final Treasurer's report for 1982 indicating that the club finished the year in the black with about the same amount of funds available for the 1983 season as was available last year. He also announced that club membership had increased to 179 members.

No items were brought up for discussion under "Old Business"

Under "New Business" the following items were discussed:

- 1) Bob Thurston made a plea for help (volunteers) for the Reston 20 Miler and the JFK 20K.
- 2) Dan Rincon made another plea to Fred Kruger to stay on as Editor. Fred declined and Dan opened the floor to volunteers for the position - No volunteers. The possibility of having a dual Editorship was discussed although no volunteers were obtained.

over

- 3) Tom Lohrentz announced that he has been appointed the DCRRC liason to WRC.
- 4) Delabian Thurston suggested that the club should sponsor more activities in the areas of coaching, running injuries and other activities of general interest to club members and the general public.
- 5) Norm Brand brought up the subject of the 1983 Race Schedule. With the race schedule being the anticipated order of business for the February Meeting, some action was necessary for races occurring prior to that date. Two races were brought up for consideration: Jacksonville River Run and the Tampa Gasparilla Run. \$500 was approved for use of travel expenses to the Gasparilla Run. Dave Asaki was appointed race coordinator.
- 6) Fred Kruger announced that deadlines were approaching for team entries in the Bethesda Chase and that he would be willing to coordinate WRC entries.

The meeting was closed by the new President Dan Rincon.

Ed Foley, secretary

THE FOLLOWING ARE ITEMS WHICH WE WILL TACKLE AT THE NEXT MEETING:

WRC Race Schedule
WRC Constitution and By-Laws
Committees the executive board is contemplating setting up and individuals to fill those committees.
Hecht Co. race

SO PLAN TO ATTEND AND REMEMBER TO WEAR YOUR THINKING CAPS AND BECOME INVOLVED!



AMERICAN ROAD RECORDS

MEN			
10,000	28:04	Alberto Salazar (AW)	Miami, Fl 1/ 9/82
15,000	43:12	Greg Meyer (BRT)	Tampa, Fl 2/ 6/82
10M	46:00	Herb Lindsay (FSRT)	NYC, NY 4/27/80
20,000	58:27	Greg Meyer (BRT)	New Haven, Ct 9/ 6/82
½-Marathon	1:01:43	George Malley (NBTC)	Philadelphia, Pa 9/19/82
25,000	1:14:09	Herb Lindsay (AW)	Gr. Rapids, Mi 5/ 9/81
30,000(ii)	1:34:20	Tom Fleming (NYAC)	NYC, NY 12/23/78
(ptp)	1:29:04	Bill Rodgers (GBTC)	Albany, NY 3/28/76
Mar(loop)	2:10:20	Tony Sandoval (AW)	Eugene, Or 9/ 9/79
	2:10:20	Jeff Wells (AW)	Eugene, Or 9/ 9/79
(p-t-p)	2:08:13	Alberto Salazar (AW)	NYC, NY 10/25/81
WOMEN			
10,000	32:04	Jan Merrill (AGAA)	Boston, Ma 10/12/81
15,000	49:34	Patti Catalano (AW)	Jacksonville, Fl 3/14/81
10M	53:18	Joan Benoit (AW)	Flint, Mi 8/21/82
20,000	1:08:45	Nancy Conz (NBTC)	New Haven, Ct 9/ 6/82
½-Marathon	1:11:16	Joan Benoit (AW)	San Diego, Ca 3/ 7/81
25,000	1:26:21	Joan Benoit (AW)	Gr. Rapids, Mi 5/ 9/81
30,000(ii)	1:50:45	Marty Cooksey (unat)	Pasadena, Ca 5/10/80
(ptp)	1:47:30	Ellen Hart (Nike)	Phoenix, Az 10/30/82
Mar	2:26:11	Joan Benoit (AW)	Eugene, Or 9/12/82

"IT HAPPENED AT THE RACES"

DCRRC 25-K at American U. (1/2/83)

MEN:

1. Robert Rodriguez, 1:31:22
2. Vassilli Triantos, 1:33:45
4. Bob Trost, 1:34:10
5. J.J. Wind, 1:36:30
8. Ron Griswold, 1:39:33

WOMEN:

1. Mary Walsh, 1:55:28

Race of The America's 10-K
Miami, Fla.

A 70degree day made for some equally hot times over the looping course. 3,000+ followed in Salazar's foot steps as he lead all finishers with a new American Record 28:02. Close behind in second & third respectively were Greg Meyer, 28:12 and Bill Rodgers, 28:15. A little further (but in the top seventy) back was this roving reporter in 32:06. The Women's race was equally hot with Grete Waitz showing how its done in 31:22. Dorothy Rasmussen and Wendy Smith followed in second and third with times of 31:55 & 32:33. WRC was represented in the women's race by Laura Dewald in 34:00 for 10th. *Bob Stack*

DCRRC 20-K (JFK) at Hains Point
(1/23/83)

MEN:

2. Bob Stack, 1:04:47
3. Robert Oberti, 1:08:04
4. Bruce Robinson, 1:08:05
5. Robert Rodriguez, 1:09:07
14. Vassilli Triantos, 72:22
15. Robert Trost, 72:33
- ?? Bob Thruston, 76:15
- ?? Fred Kruger, 76:22
- ?? Dick Spencer, 77:36
57. Ray Morrison, 81:45
- ?? Martin Greenbaum, ??:??

WOMEN:

3. Lolitia Bache, 83:24
4. Bernadette Flynn, 83:53
- ? Betty Blank, 84:46

Men's team won the Team Title while the Women were Runner Ups in the Women's Race. Way to go WRC!

THOMAS D. LOHRENTZ
ATTORNEY AT LAW
1374 C STREET, N.E.
WASHINGTON, D.C. 20002
(202) 547-1923

1/2/83

Dear Fred,

This wasn't much to retype. It seemed strange typing something that I had typed so many years ago. I was running the mile and the half mile for my high school when I composed it.

I'm sure I could have given this to you at the January 14 meeting but I wanted to get it out of the way. I'll look forward to seeing you at the meeting.

Sincerely,



Senior Composition
March 5, 1958

Tom Lohrentz
Period 5

FORTITUDE

A hush fell over the stands as the crowd prepared to watch the grueling mile run at the regional track meet. The runners had just finished their warming up exercises and were now anxiously awaiting the start. Of all the runners, Ted was the most anxious, for he knew that the success of his team at this crucial meet depended on the outcome of the race. He glanced at some of his redoubtable competitors. There was Smith, Stubbs, and Williams — all with previous times which surpassed Ted's best. But Ted knew that he had to win; there was something deep in him which told him that he could win if he put everything he had into it. These and a million other thoughts whirled through Ted's mind as he approached the starting line. The time was up. The gun sounded and the runners sprinted to the first turn for position. Ted found himself in the middle of the pack and stayed there for the first half mile, trying to conserve energy for the latter part of the race where it would count most. At the half mile mark, Ted began to quicken his smooth, rhythmic stride a little and at the 300-yard mark of the third quarter, he was approaching the leaders. Ted's mind was a maelstrom of fury as he strained his body for the final plunge into oblivion. The gun sounded for the last lap. Ted knew that it was now time to make his bid. Barely conscious of the flying arms and legs surrounding him, Ted drove his tired body still harder and passed two runners. Through the tempest raging in his mind, Ted realized that he had a chance to win as he found himself among the first three boys. A new feeling of confidence surged through his body and revitalized his weary limbs. With a supreme effort such as Ted had never before attempted, he summoned every last ounce of strength from his body as he bolted around the turn to the homestretch. By this time, practically anesthetized of any feeling whatsoever, Ted flew across the finish line amidst a flurry of arms and legs. Numb with exhaustion, Ted looked expectantly at the timers; it had been a close finish. Then someone accosted him and handed him a medal. He had won the race.

Letter from john mornini

Dear Fred,

We had snow yesterday. not nearly as much as expected, but a coating deep enuf to cover the litter that defines and defiles an otherwise lovely city.

this particular update is real special to me, and i longed for the weekend to put the final touches on it. i know there are members of the club who will find the news particularly pleasing. unlike most of the updates that i write, this one even had a rough draft. i wanted it to be clean, clear ... special. like the feelings that i have for Denise.

i feel this extreme gratitude to you for printing the gonzo writing that i send you. without editing it. i saw REDS last night, and the most powerful theme involved John Reed and his editors. words are too important to take lightly, too personal to tamper with in excess.

You're doing good work with the newsletter, and living (what sometimes seems like) far away from the Club, i look forward to reading about the lives and times of our international assemblage of runners.

So keep up the good work, the energy, and the commitment to bringing our running community together with words. i'll write again soon.

Stay fit,
john

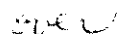
update ... falling in force of habit

i asked Denise to build a life with me. she said, "what do i look like, a construction worker?"

"no, babe, i mean i want to spend the rest of my life with you. i want to have your child." i think she could see i was being serious. it was new years eve, and the year was slipping away. as the old year ended, so did a former life. the new year brought a profound opportunity to begin an endless love journey.

last night, i went running in the cool rain. i had just finished reading the washington running club newsletter for motivation and connection. i ran along the dark wissahickon creek (dark except for the orange glow of the crime lights). the noise of the rain, and the roar of the creek, put me in a reflective mood. i was on the wing, and the monsoon of emotions surfaced as the trees fled by like shadows. i returned from the run with a legfull of tigger, my heartwound like an eight-day clock, and my soul quieted. Denise was standing on the step leading up and out of our kitchen.

i peeled off sodden fur and claimed my hug. as we embraced, Denise wicked away the damp chill with her warmth. there was homemade soup on the stove, and it smelled almost as inviting as the woman in my arms. Denise looked me deep in the eyes, a straightaway gaze that held me easily, inviting my thoughts. inviting the truth. i held her gaze, smiled, noted her dark brown eyes, and the cool winter brown hair that bordered her friendly face. she's very attractive, with full expressive features and strength. her eyes were sparkling. in the works of my good buddy, Bob Kerrick, she's truly a twentieth century fox.



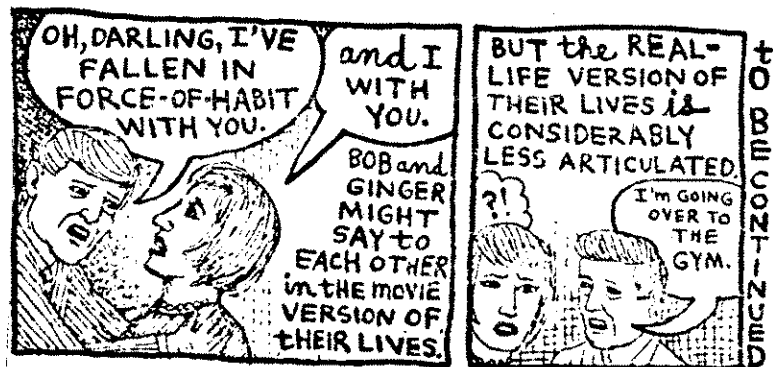
but she's more than just a lovely partner, friend, and fiancée. Denise is a spirited adventurer and artist. her last trip to Europe and the Middle East spanned a full year, and she's spent the last two years in Denver. listening to her tales of travel has awakened fires in me that have been no more than glowing embers for several years now. i've been too busy studying trash. Kanach feels that i should do some "tesis" research in garbology. or herpes.

Denise and i met a long time ago. we were two years out of high school america. two years into work and college and emerging ambition america. struggling to "find ourselves," man. we took a trans-american bus ride together, and discovered that we didn't know one another — or ourselves — well enuf to travel on the dog for a month.

since then we've experienced similar, predictable, life crises. our lifelines have followed an ironic parallel, and our ideals have been sanded by similar forces. the day we left, together, to begin construction on our new home, Denise handed me the following cartoon. i loved it. it put me at ease. took some of the romantic pressure off. i mean, this is a real-life thing i'm trying to deal with. a real-life thing *we're* going to deal with.

Denise and i have emerged, now, as adult children; full of love of life, still not quite sure what the hell is going on in the world, but willing to take risks, and damn ready to take on the responsibility of events-shaper. together.

this update is for friends who recognize my capacity to love, and who prayed for me to be patient and poised. it's a new year's message of hope. please pray for peace. 12 jan 83



The cartoonist is a contributor to *The Village Voice*

The following is provided for the club for its information as it may have ramifications for some our runners and may need to be addressed at a future club meeting.

TAC Spells Out Rules on Agents

from Ollan Cassell

In a memorandum sent on January 3 to meet directors and registration chairmen, TAC has spelled out the rules regarding agents in the sport of track and field. It has come to my attention that certain agents indicate they represent certain athletes for entry into competitions. IAAF rules only permit national federations or clubs with the approval of their federations to arrange for athletes to compete.

TAC has sent a letter to athletes whom agents claim to represent. The letter cites IAAF rules 12.1(e), 12.3, 12.5 and 12.6, which provide for how athletes may be entered into competition. The letter also mentions TAC rules which permit only members of a club or individual athletes (if unattached), to negotiate for entry into meets.

The letter says individuals who are not members of a club...are not permitted to represent an athlete. It also states that certain athletes may be using agents to negotiate their entry into competitions and that this practice cannot proceed if the athletes wish to continue participation in national and international athletics.

The letter also explains that the rule against agents pertains only to entry into events. The letter states that athletes may have representatives...to advise them on business affairs and commercial opportunities.

The letter was sent to athletes whose names appeared on a list of track performers who are supposedly represented by International Management Group, a Cleveland-based organization which represents the business interest of several athletes.

MAJOR LEAGUE BASEBALL PLAYERS ASSOCIATION

MARVIN J. MILLER, EXECUTIVE DIRECTOR
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January 6, 1983

Ira Pesarilo
1850 Columbia Pike
Apartment 127
Arlington, Virginia 22204

Dear Ira:

If I spent three days writing this, I couldn't thank you and my fellow members of the Washington Running Club enough for the wonderful surprise "brunch" after the January 1, 10K @ West Potomac Park!

Also, you will never know how much I miss you all already.

You were all very kind and considerate, and if at any time in you or your colleagues careers you need representation in collective bargaining matters, please feel free to call upon me. For friends I come cheap.

With best wishes and
warm regards,

Kenneth E. Moffett

KEM/jhr

P.S. Thanks again.

cc: Fred Kruger ✓

Al Naylor
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