

Washington Running Club Newsletter

VOL. II, NO. 3

March, 1983

editorial

LET ME INTRODUCE MYSELF;

To those of you who were there at the picnic, the cane-breaking contest, and the back of the pack in any one of two dozen races, I need no introduction.

To the rest of you, I'm Ira Pesserilo, your new editor.

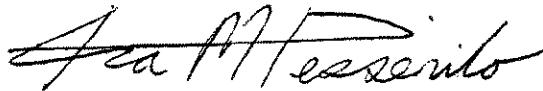
Let me state again, for emphasis, that I am your newsletter editor; this is your newsletter. This is the one official publication of the Washington Running Club, and the one method we have of reaching everybody. Consequently, we need everybody to pitch in with whatever you can; results from a race, cartoons, poems, stories, you name it (but no personal problems, or insults at other club members, please; I'm the editor, not the chaplain). Also, I could really use some help with the typing, so that I won't have to work

NEXT MEETING: FRIDAY, 11 Mar.
AT 8 PM --- 21 ST & K STS.,
N.W. --- FEDERAL MEDIATION
SERVICES BUILDING. LOOK FOR
SIGNS FOR ROOM #'S AND FLOOR
LOCATION. PROSPECTIVE MEMBERS
WELCOME .
#####

from this typewriter, which must have come over on the Mayflower! (Also, if any of you have access to a word processor, you can really be of assistance).

If anybody has any ideas concerning the newsletter, I'd be more than happy to listen; you can reach me at home at 521-9394, or at work at 254-3830.

Well, that's all for now; see you at the meeting, and see you at the races.



RUNNING ON EMPTY

Hello, sports fans! What's new with WRC these days? Funny you should ask!...Tim Tays, our February runner of the month, began his running career in D.C. on the wrong foot, so to speak, when "Sweet" Caroline Ulrich, and "Miss" Jean Coldsmith locked his racing shoes in the car! Poor Tim, having to run the Hangover classic in training shoes, decided to wear his sweats in the race as well (a very un-outrageous get-up, considering what was being worn at that race. Did you catch Bruce Robinson, and his buddies in "Team Funk"? They looked like they were in line to see the Rocky Horror Show!). Tim had to settle for Sixth in his debut race, but to show that there were no hard feelings, he shared his prize, a bottle of Champagne, with Jean and Caroline...Speaking of the Hangover Classic, Jeff Peterson, getting some competition at last, won the race in 30:02, beating Andy Ferguson by one second. Free Market economists, take note... Condolences to Jay Wind. When Lou Patterson moved out of Arlington recently, Jay became the fastest marathoner in all of Arlington county. But Jay's

glory, alas, would only be short-lived. Kendell Smith, a 2:18 marathoner from Kansas moved into Jay's neighborhood. So, not only is Jay no longer the best in town, he's not even the best on the block. Them's the breaks, Jay... Bernadette Flynn has made tremendous progress in her running of late; since she found herself a first rate coach, she really turned the corner (Se hablo Espanol ?)... In other news around town, the D.C.R.R. Banquet, held the day of the Cherry Blossom, will feature Bill Rogers as guest speaker, at the Westpark Hotel, in Rosslyn; \$12 per head, and only 200 seats, so call the DCRR hotline at 445-5400 for reservations. Also, on March 24, Thursday, at 7:00 is an open D.C.R.R. meeting, where an election will be held, for all club offices. Where? I dunno. Call the Hotline. All for this month sports fans. Toodle Oooo.

RACE RESULTS

Hangover Classic

Jeff Peterson	1st	30:02
*Tim Gavin	2nd	30:07
Tim Tays	6th	31:14
Bob Stack	8th	31:35
Bruce Goldsmith	9th	31:41
Alan Hinchliffe	11th	31:53
Lucius Anderson	15th	32:45
Mike Spinler	16th	32:46
Jon Howland	20th	33:34
Jim Hagen	27th	34:14
Tom Bache	31st	34:25
Jay Wind	53rd	35:19
Bob Thurston	69th	35:47
Mark Baldino	49th	35:08
Ed Sayre	55th	35:24
Mark Albers	84th	36:21
Fred Krueger	86th	36:22
Dick Spencer	91st	36:31
C.Desparberg	105th	36:58
Jeff Reed	126th	37:23
Mary Ellen Williams (4th Woman)	132nd	37:39
Lolitiae Bache	181st	39:02
(1st Woman Master)		
Jack Moffett	149th	38:02
Gerry Ives	191st	39:14
Robert Troust	206th	39:26
Betty Blank	207th	39:27 (PR)
Susan Aaronson	509th	44:46
Walt Chalmers	547th	46:11
Tom Lohrentz	753rd	49:13 (PR)
Ira Pesserillo	1103rd	66:22
* Jeff Scuffins	5th	30:44

Mardi Gras Marathon (New Orleans, 2/20/83)

Tem Washington 3rd 2:27:16 (PR)
 Mike Spinnler 6th 2:29:07
 Fred Kruger 49th 2:54:27
 (thus, upon finishing
 the race that began in
 New Orleans, Fred
 emerged in...BOSTON)

Snowball #4 (A.U. Hills)

Robert Rodriguez	1st	1:31:26
V. Triantos	3rd	1:35:45
Robert Troust	4th	1:34:10
J."Hopalong" Wind	5th	1:36:30
Ron Criswald	8th	1:39:53
Dick Good	30th	1:55:37

Reston 20 Miler

Robert Rodriguez	1st	2:01:04
Robert Troust	3rd	2:03:26
Dick Good	30th	2:31:42

Washington's Birthday Marathon

Tim Tays	1st	2:26:22
Mike Sabino	3rd	2:32:52
(1st Master)		
Greg Shenk	16th	2:44:13
Bruce Robinson	31st	2:51:38
Mike O'Hara		3:14
(training run)		

Snowball #7 (10 miles, track)

Jack Coffey	2nd	53:05
Robert Rodriguez	3rd	55:13
Ron Griswald	9th	57:27
Paul Mootz	23rd	1:04:40
Dick Good	25th	1:05:52
Hopalong Wind	35th	1:13:43

LEFT ANYONE OUT? let me know,
 and I'll put it in next month's
 newsletter... Also, to insure
 that you won't be left out,
 ALWAYS REGISTER, AT EVERY RACE,
 AS A WRC MEMBER! Otherwise,
 nine chances out of ten, we
 won't find you, and you will
 be left out.

Snowball #6 (J.F.K. 20K)

Tim Tays	1st	1:04:06
Bob Stack	2nd	1:04:47
Bob Oberti	3rd	1:08:04
Bruce Robinson	4th	1:08:05
Robert Rodriguez	5th	1:09:07
(Fastest Team;WRC!)		
Robert Troust	15th	1:12:36
Ron Griswold	23rd	1:14:30
Bob Thursten	30th	1:16:15
Fred Kruger	31st	1:16:22
Lolitia Bache	73rd	1:23:24
(3rd Woman)		
1st Woman Master)		
Bernadette Flynn	77th	1:23:53
(4th Woman)		
Betty Blank	84th	1:24:46
(5th Woman)		
Paul Mootz	91st	1:25:30
Dick Good	105th	1:27:16
Marty Greenbaum	108th	1:22

SNOWBALL DERBY OVERALL20-29 Men

Robert Rodriguez	1st
Vassilli Triantos	2nd

30-39 Men

Ron Griswold	2nd
Robert Troust	3rd

40-49 Men

Dick Good	1st
-----------	-----

Snowball #8-8 miles

Alan Hinchliffe	2nd	42:52
Robert Rodriguez	9th	44:45
V. Triantos	15th	45:49
Robert Troust	17th	45:57
Ron Griswold	26th	47:06
Bernie Gallagher	35th	48:33
Paul Mootz	63rd	52:00
Lolitia Bache	80th	53:44
(2nd Woman)		
1st Woman Master)		
Jeff Reed	88th	54:29

Phoenix Marathon

Laura Dewald	1st	2:41
(won by over 5 minutes)		
Jeff Peterson	7th	2:19 (PR)
(1st place, Frank Platso,		
2:14:51)		
By George 10K		

Henry Barksdale	2d	31:41
Bob Stack	4th	31:52
Mark Baldino	9th	33:30
(in the restroom when		
the gun went off)		

Lolitia Bache	2nd W	40:20
(Glen Best won in		
30:56, and Kathy		
Hibbert was first woman		
in 37:30)		

<u>RUNNER OF THE MONTH</u>	Tim Tays,
newly arrived from Kansas, won in	
his very first attempt at the	
Marathon in Greenbelt. Welcome	
to D.C. Tim, and as runner of	
the month, we salute you.	

Upcoming races: The Landover 10 K was moved up to April 2nd this year. Also, the Pierce Street Annex Six miler is on May 15th, hosted by Q-107. Anybody want to run the New Jersey 10 miler on March 20th in Cherry Hill, N.J.? Deadline is March 12; Need a place to stay? Ed Sayre can put you up? Need more information? See Al Taylor at the meeting, or give Nails a call.

LETTER FROM JOHN MORONI

update.....you've got to get up "oily" to be one of the men from mars

the other day i got a letter from mark johnson. he was writing to apologize for calling me after 11pm on sunday night. i was in bed, preparing for the start of a new race. i'll tell you about that race in a moment. you see, mark was happy to hear that i had found true love. i appreciate that sort of contact, and didn't mind that he had caught me in the buff in a cold apartment just several hours before i have to be up in the morning to welcome the sun.

i had told him a little about my new job. my new race, that is. i work for mid-atlantic refinery services (mars). we clean up oil spills, and do a lot of other oil cleaning. you know them big oil tanks sitting along the road near big cities -- and other places too? well, they have to be cleaned from time to time. that's what we do. we clean out the tanks of big ships, too. it's amazing work. i'll be learning from a former Coast Gaurd officer who saw the value of working for a tight family outfit that did the job right. his name is Chris Gregory. i'll say more about him from time to time, too.

the first week was tough. long, long hours. like running a 24-hour relay each day. i even began to drink coffee again, just to stay alert. i also ran a little. today i intend to run a lot, and i told Chris that i still wanted to run Boston even if i didn't get in the quality of training that i had hoped for. he seemed pleased that i would want to see through that goal. Chris has run some marathons. he hasn't run as much in the past three years as he did when he was in the coast guard, but he's still fit. needs more running, though, and more free time in general. that's why i was hired. we met back in april of '82 when i was trying to scramble away from recycling enterprises, inc. i had discovered that my love of recycling didn't blind me to the realities of the business world. i just did not like recycling enterprises, and was looking for a business that did the job right. a trucker told me about mid-atlantic. he had driven for them before, and said that they represented a business that did an imprtant job, and did it so well that they could do it honestly. i want to make a good living, and i feel a spiritual mandate to care for the earth, but i want to be involved in the business world, too, and there are many outfits caring for the world in a shabby way.

what am i trying to say? i'm not really sure, except that i look forward to these strokes of inspiration when my mind opens a channel and allows me to set things down on paper. this particular stream of consciousness involves an update. a new job. a new challenge to my running. a new challenge to the relationship that Denise and i are developing. but all challenges on the horizon right now are clearer than they've ever been before. what is that: maturity? some of you may, by now, be wondering if you're really reading the writing of jmort mornini. i'm not even sure.

Denise and i have set the date. june 11th. it'll be a family affair. we're trying to keep things simple. i've agonized over who to invite. i want everybody that i know to be there. brother Joe warned Denise that i would draw up an invitation list of over 100 people, and after thinking all the special people in my life, i know i could. but i won't. and i'll assume that my friends will at least come to see the film when it hits the theatre. spielberg's doing the video. he's going to call it, CLOSE ENCOUNTERS OF THE MORT KIND. yeah, it'll work.

i keep looking at my beeper. you know, those things that go, "beep, beep, beep, etc," when someone dials a phone number. i wear it because mid-atlantic refinery services (mars) responds to oil spills 24-hours a day/night. and that means I respond to oil spills 24 hours a day. i feel important. Chris told me, knowingly, that i'd learn to feel like i'm in prison. he's probably right. listen, pray for peace. feb19, 1983

A Running Vacation in Florida

by Bob Troust

If you're tired of being snowed and rained on during much of the winter in Washington, a weeks vacation in Florida may be just what your log needs. Although the usual resort areas like Miami, Daytona, Orlando or Sarasota will do, I'd like to suggest another spot more conducive to running - Gainesville, Florida. Gainesville, the site of the University of Florida campus, is in North Central Florida, located 65 miles from the Atlantic Coast, 90 miles north of Orlando, and 85 miles from the Gulf Coast. Gainesville is also headquarters of the Florida Track Club (FTC) and has a rich running tradition. You can do intervals on the same track that Jack Bachelor, Frank Shorter, Barry Brown and Doug Brown trained on during the early 1970's, and where Marty Liquori ran in the 1970's. If long runs are your cup of tea, you can run on the same trails Jack Bachelor used for his famed 6:00 A.M. daily workouts. Finally, there is at lease one organized race in the Gainesville area every weekend. Gainesville is truly a runner's paradise.

Some suggested weeks to travel to Gainesville during 1983 and 1984 are (1) March 12-20, 1983 run in the Jacksonville River Run 15K on March 12, 80 miles from Gainesville, and then run the Florida Sunshine Classic 10K (a money race) in Gainesville on March 19, (2) Second week in January, 1984, run the FTC marathon in Gainesville, (3) February 11-20, 1984, run the FTC 10 miler in Gainesville on February 18 and/or run the Orlando marathon on February 19.

(Bob Troust ran 12th in this year's FTC 10 miler with a time of 57:18)

ON THE ROAD TO L.A.: LaurA DeWald

Coming back from a disappointing finish at Osaka, Laura DeWald came roaring back with a decisive win at Phoenix.

Following a beautiful week at Osaka, where Will and Laura were showered with gifts (and where Will calmed down about Laura's new hair-do; he likes it now), Laura went out with Carrie May, and Charlotte Teske, and stayed with the lead pack until about the 15K mark, when, shades of Boston, Laura had to take a pit-stop. After losing ground to the leaders, Laura tried too hard to get back in front, and faded in the end, finishing about 9 minutes shy of her goal of running a sub-2:30 marathon.

Phoenix, a few weeks later was a test for Laura; could she do two marathons so closely spaced together? Remember, the Avon L.A. marathon, in June, is the trials for the World Games in Helsinki.

On a crisp morning (50°), and an almost too-flat course, Laura ran with a bunch of guys that included Jom Howard, and GBTC alumnus Tom Flemming, at a 6 minute pace until the 20 mile mark. Just running to win, Laura finished in 2:41:09, about 5 minutes ahead of the second place woman.

Laura promised us that she'd bring some of her souveniers from Japan to the next meeting. Next year she'll bring to our meeting a souvenier she plans to take back from Los Angeles - The Olympic Gold Medal.

WANTED: Writers, typists, artists to work on the WRC Newsletter. The pay is nonexistent, and it's bring your own typewriter, but our editor needs some help; Apply by seeing Ira Pesserillo.



Al Naylor
12906 Broadmore Road
Silver Spring, MD 20904