



Washington Running Club Newsletter

VOL. II, NO. 7 © 1983 Washington Running Club July 1983

NEXT MEETING - FRIDAY, JULY 8, 8:00 pm, Room 548, HOFFMAN I, 2461 EISENHOWER DRIVE, ALEXANDRIA. Be discrete about the liquid refreshments you bring into the meeting; afterward, we'll readjourn at the bar in the Holiday Inn next door, and you won't have to be discrete.

DIRECTIONS TO HOFFMAN BUILDING I

Apologies to all people who couldn't find the meeting place last month. The Hoffman Building is in Alexandria. Exit Hwy 95 (Capital Beltway) at Exit 2B (Rte 241 North Telegraph Road). Watch for the Cameron Run Regional Park signs. After exiting, 1st right off Telegraph Road, 1st intersection turn right on Stovall St, 1st intersection turn left on Eisenhower Avenue. On the ground floor of the Hoffman Building I is the United Virginia Bank. Watch for the bank sign. Park near the Metro Station. For more information contact Pat Neary at 202 325 0230 office or 703 455 0575 home.

JULY GUEST SPEAKER

Dr Mark Smith established his practice at McLean, Virginia in 1977 and later moved to Tysons Corner. Dr Smith is a graduate of Logan College of Chiropractic Medicine St Louis Missouri and a member of The Intercollege of Applied Kinesiology and the American Chiropractic Association. He has been associated with the Touch for Health Association and a Health and Nutrition Consultant to the Inter-American Development Bank. He has taught at the School of Physical Therapy, University of Maryland and studied with Dr George Goodhart, Chiropractic on the US Olympic Sports Medicine Modalities Team. His interests include racquetball and running. His office is located at 8306-C Old Courthouse Road, Vienna, Virginia 22180 and can be reached at 703 356 6284.

Last month our guest speaker was Dr Steve Pribut, Podiatrist. He gave an excellent talk on "Common Running Injuries and Training Errors". This month our guest speaker was arranged by Lisa Hamm. Both Lisa and Laura Dewald are under the care of Dr Smith. Members, let us get out and learn something about a topic from an experienced practitioner. Take part in the discussion. Get your club dues' worth. (Program Committee)

NOTICE THE WAVA RACE IS SET FOR 25 SEPTEMBER
please come to help out

FOR SALE - WRC Patches. Only \$1.25. Buy them at the meeting

ATTENTION WOMEN RUNNERS

In response to Editorials & Front page articles about the dangers of running in the summer (especially to women in National Parks) the D.C. Road Runners Club will present an emergency workshop Wednesday night, July 13th at 7:30 pm at the UDC campus, 4200 Connecticut Avenue, N.W. Henley Roughton of the D.C. RunHers will discuss the danger to women running in the National Parks, and Bill Norton who teaches attack avoidance to I.R.S. agents will demonstrate ways to avoid and fend off attackers. Dr. Mona Shanegold will discuss health problems of women runners and Dr. Gabe Mirkin will explain how to save the life of a runner stricken by heat.

There will be no charge for this workshop; please come and tell your friends.

FOLEY FOURTH AT TAC 50 MILER

On May 25, two members of WRC went to Central Park, New York City, for the TAC National 50 mile championship. The course consisted of 12 and 1/2 laps around a four mile loop. The competitors had to negotiate walkers, non-competitors, skaters, baby carriages, and so forth, without any assistance from the race organizer, making the race more of a Zoo event than a national championship.

Ed Foley, with the help of handlers Rick Shank and Terry Baker masterfully worked his way through the field and ended up 4th with a PR 5:58:22.

Hector Rodriguez wrested the lead from WRC member Mike Spinnler at 37 miles, and went on to win in 5:47:06. Bill Lawder finished second in 50:50:50, followed by Dave Faherty, third, in 5:52:01. Spinnler dropped out at 38 miles, suffering from heat exhaustion and dehydration.

The WRC runners and their handlers may have set a record for beer consumption in a 48 hour period. TAC is currently reviewing the record.
mike spinnler

3.5 Mile Poker Run
4 June 83
Lajes Field, Azores

A field of 41 runners turned out for the 3.5 mile poker run at this air base.

The object of the run was to get a playing card from each of the five stations along the course. The runner with the best poker hand wins. Roger Urbanzik finished first, but his three queens were beaten by a straight.

FOR SALE Laura DeWald has a small desk (\$25), a chrome glass-top coffee table (\$25), a trunk (\$25) a compact stereo (\$60) and cortina bike rollers (\$80) for sale. If you're interested, call Laura at 528-1252, and tell her that Ira sent you.

JOE LUGIANO

Fairfax 10K 2d age group 40-49
37:06

Hometown Run 15K 55:06 PR

Diet Pepsi 10K 35:30 PR

Corporate Cup Challenge, White Plains, N.Y. 36:43 2d master

...also, Joe helped out at the Corporate Cup last month at UM.

imp

NOTICE: THE MONEY FROM THE DANNON 36 is here! If you ran the Dannon 36 last October and you want to go to Scotland, contact Norm Brand. (We got \$1,800 gang! Remember though, if you go to Scotland, send us a postcard.)

CAROLYN ULRICH
Runner of the Month

Attention:

This month's runner of the month is a relative newcomer to the sport. An Alumna of Lake Braddock High School, Carolyn Ulrich didn't begin running until she began at the University of Alabama. (By the way, it's "Carolyn", not "Caroline", but she's still every bit as sweet) At Alabama, her friends were runners (including Linda McClennan, her best buddy) so Carolyn decided to take the sport up.

With no formal training (Carolyn never went out for a team), in only two years, the results have been impressive; 6th in the Hometown run (62:05), 17th at the Constellation (40:24), 11th at the Diet Pepsi (39:40), paced by Tim Tays, our February runner of the month, First at the Falls Church Memorial Two Miler in 11:26, and First in the Brentwood five miler in 32:32.

Now sponsored by Brooks, this is only the beginning for Carolyn Ulrich. How far can she go? Well, in 1988, the Olympics moves to Seoul, Korea, and don't be suprised if the Woman's Marathon champion, as they put the medal around her neck, tells the whole world, " it all began in June of 1983, when I was named WRC runner of the month..."

WANTED: RUNNERS FOR THE PHILADELPHIA DISTANCE RUN (13.1 MILES) SUNDAY 18 SEPTEMBER. COURSE IS FAST AND OFFERS A GREAT CHANCE FOR A FR. WORLD BEST WAS ESTABLISHED LAST YEAR. RACE IS RUN WELL, AND GAVE GREAT INDIVIDUAL AND TEAM AWARDS LAST YEAR. WRC GIVES EXPENSE MONEY. CONTACT RACE COORDINATOR PAT NEARY AT 703-455-0573 after 6:00 pm.

There may have to be a change in the date of the picnic. Seems that severel members of the club are involve in putting on arace on July 16.

President proposes that we make the date July 17,1983.
Final decision to come at next meeting. *DMR*

If you did not receive a newsletter last month perhaps you have not renewed for 83??? If you know you did and still did not receive a newsletter please contact Dan Rincon ASAP to correct the situation. Call him during the day Mon-Fri At 454-6695 or in the evening at 384-7803. My sincere apologies to those of you that are curretly paid up and did not receive a newsletter hopefully we can straighten out the problem of keeping track of renewals and non-renewals and make sure those of who should receive a newsletter do receive a newsletter. *DMR*

The executive board has come to the following decision concerning the following races and the money to be alloted to said races

Peach Tree:

\$50.00/person maximum ceiling of \$500.00

Falmouth road race:

Executive board is requesting that the club pick up the entry fee for this race. (subject to final approval by general membership)

\$60.00/person less \$8.00 for each entry making the amount to be received by each person making trip \$52.00 with a maximum ceiling of \$1100.

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Dan Rincon, *DMR*
President, WRC

WRC AT GRANDMA'S MARATHON IN DULUTH, MINN.
(from Minneapolis Correspondent Jim Berka)

The race on Saturday (June 11) went pretty well. I got off to a too-fast start with some 5:15 & 5:20 miles, but soon settled down to a 54:30 10-mile & a 1:11:00 half-marathon split. They were my slowest marathon splits in a long time, so I ran 5:20 miles thru 18 - a bad decision, though, as I'm not in good enough shape for that kind of running. I slowed down in miles 19-20, but the crowd got me going again & I ran 21-23 too fast -- I'll never learn! By 24 it was just a survival pace, but the crowds in Duluth made it fairly easy to struggle in at a 7+minute/mile pace. It seems that a lot of people (including the winners) got blasted at the 24-mile mark. I guess it's the uphill section at 23, followed by a downhill section right after, that cramped everyone's legs up. It felt real good to race again - my first since that 10K in VA in November (Run for WETA) and before that it was Boston '82. Felt like I was starting all over again.

The 2:25:15 (I ran) put me 4th in the 30-39 & 44th overall. I saw (Tim) Gavin who had a great time going and also really died at the end. He still ran 2:23 though! I also saw (Alan) Hinchliffe and talked to him, as well as a lot of old timers from Mpls. that I'd run with years ago.

The course is a good one; a little less sun and the day would have been perfect. Although the course follows the Lake (Superior coastline) most of the way, I only remember looking at it once, for a few seconds. The spectators and other runners were much (more) fun to look at.

Free beer tickets after the race--We only got 2 each, but someone gave us 30 more later in the afternoon & it took us till 6 pm to drink them all up...

I'm going to try a 10K this weekend and then head back to Albuquerque the week after. It looks like it will be this fall before I can make it out to DC.

Oh, I also saw (Will) Albers and (Mike) Greehan at the race. Only Albers raced, & I think I saw him pull over at the 24-mile mark just before I was about to pass him. Looks like I'll have to get him some other time - don't think I've ever passed him in a race.

We are doing some white water rafting out near Albuquerque and lots of hiking, including the Grand Canyon -- See you later,
--Jim

RUNNING ON EMPTY (yeah, that again) Well sports fans, wedding bells are ringing for WRC people. John and Denise Mornini just got hitched - which may account for the fact that we haven't gotten a letter from John this month, but then again, if he's going to take time out on his honeymoon to write to me, he's really got problems...After Laura agreed to marry him, Will told her an awful secret he's been keeping; he's going bald. Hey Will, wanna know how to save your hair? A shoebox (Brooks shoes, of course)! Al Roth is back from the Orient. It seems that in Thailand, he had to duck and dodge traffic and dogs, and had to be careful about the heat. Well Al, I guess Thailand was good preparation for running in Washington in the summer...Lisa Hamm has been really shaping up, and her doctor, our speaker this month, thinks our injured runner of the month will be back on the roads again soon; Lisa, I envy the guy that you pass on your first race back; he'll have one hell of a view...Matt Wilson did a 2:12:56 at Duluth's Grandma's Marathon, while WRC hanger-on Gary Siriano did 2:14:58 took fifth, and got a chance to go to Skylon; all my love to Maria, Gary. Mates, the force may not have been with us at the Diet Foopsie this year; Jack Random Coffey and Lucious Anderson did, however, place in the top 40; I won't mention who took the team title. Bruce Coldsmith, I'd like to introduce you to a fine young lady. Her name is Coleen Troy, and she, not I, is in charge of membership. We have this little understanding. She doesn't do the newsletter, and I don't do membership... To all the nice folks who helped out at the Hecht 10, THANKX, and Fred Kruger, I was trying to get a broom to sweep up the cups... (I'd mention everybody who helped, but we only budgeted 9 pages per issue of the newsletter)...As you all must have guessed, I just don't act my age at all, but why should I? All for now sports fans; toodleooooooooo.

editorial

WHY DO NON-RUNNERS HATE RUNNERS? © 1983 Ira M. Pessenile

Last March, after the Cherry Blossom, I got to meet Jackie Gareau at Laura DeWald's post-race brunch. Later that afternoon, my mother called me up from California (as she usually does on Sunday afternoons). I told my mother how I did at the race, and that I met Jackie Gareau afterward. My mother (who is, unfortunately, about the most sedentary person I know) asked, " who's Jackie Gareau? " I then responded " do you know who Rosie Ruiz is ? " and Mom answered " oh yeah, she was the one who cheated in that race a few years ago, " and I responded " well, Jackie Gareau is the woman who really won that race. "

The next day, when I told about ten other non-runners that I met Jackie Gareau, they all drew a complete blank, but they all knew the name of the fraud who tried to steal the race from her. One isolated incident? Hardly. Earlier that month, the Washington Post hit a new low with its editorial, " Jogging in Jerusalem " criticizing Jimmy Carter for, of all things, going for a run in Israel! Roy Rodgers Roast Beef ran an ad campaign, asking 'what's your beef?' and one staged man on the street interviewee answered ' joggers.' Finally, the crowning blow came when the prestigious New England Journal of Medicine published a half-baked, unscientific discourse speculating that distance running could be analogous to Anorexia. Then, the same media stooges who published " Jogging in Jerusalem " gave this crock the type of news coverage they haven't given a medical work since the discovery of polio vaccine.

The common thread running through these and many other incidents too numerous to mention is, that a lot of people hate runners. You might ask, what is it about runners that these people hate ? What have we done to them?

The answer is, unfortunately, all too clear; losers hate winners. In running, the only losers are the ones who don't run. In a race, everybody wins. The former physical wreck who finishes her first marathon in slightly under five hours is every bit as much a champion as world-record holder Joan Benoit. The ex-cigarette smoker who plods out ten minute miles is just as much a winner as Greg Meyer, who strung 26.2 sub-five minute miles together at Boston. And can anyone doubt that the greatest champion of all is the man who took four hours and twenty-three minutes to finish the Boston Marathon this year, John A. Kelley? Indeed, as Alan Sillitoe wrote in his classic, The Loneliness of the Long Distance Runner, in every race, some "bloke" just happens to finish before everybody else, through no fault of his own.

Besides the obvious health benefits, there are other prizes to be won by running as well. The sense of fulfillment after a training run, when you know that you've done what you set out to do, can be exhilarating. And in a world, which alas Washington tends to exemplify, where phoniness prevails, where finagling replaces finesse, and where back-stabbing and dirty politics substitute for honest achievement, the uncompromising distance and the unforgiving clock provide a true measure of accomplishment. No one is ever unjustly treated once the race begins, and no amount of dishonesty can impugn the results (even though, some have tried.) As Marty Liquori so succinctly put it, " all the charm and politics in the world can not take so much as a second off your time. " But then again, losers could never cope with a concept like honesty.

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That's another reason losers hate winners; nothing can be appreciated which is not honestly achieved, and losers are incapable of honest achievement. Because they lack the courage to give anything their all, they have to denigrate the people who do give something their all. To cite just one example, let's go back to that " study " in the New England Journal of Medicine about running and anorexia (I know you'd rather not; neither would I) which called Alberto Salazar obsessive-compulsive for putting in the long milage needed for his world record marathon. Obsessive-Compulsive? Is that what losers are calling winners these days? To give just one example from my personal experience, last February, the day after the blizzard, determined not to let the snow get in the way of my training for the Cherry Blossom, I donned my shorts, long-sleeved T-shirt, cap, and gloves, and went out to do five miles. When I got back to my apartment building, dripping in sweat, this pale, rotund desk clerk, working on his third pack of cigarettes that day, screamed at me, " look at you, going out like that on a day like this; have you no concern at all for your health? "

For serious runners all this can be somewhat hard to take. After all, most of us have some friends who are non-runners, and know some non-runners who don't hate runners. Unfortunately, we also know a lot of non-runners who love to disparage runners. They disparage us because they hate us. But then again, losers always did hate winners.

imp

RUNNERS FROM THE PAST

At the National Geographic Museum, a current display on pre-Columbian art includes a vessel commemorating the Bean Runners of ancient Peru. These Bean Runners were a part of the Moche (pronounced Mō-chay) civilization that flourished in northwestern Peru circa 900 B.C. The name " Bean Runner " derives from the decorated dried lima beans they carried in hand-held pouches. The decorations on these beans communicated meanings to the Moche people, who lacked any other written language. The head-dresses and loin cloths worn by the Bean Runners suggests that they belonged to the Moche warrior class " whose elevated status in Moche society bore ritualistic as well as martial overtones. "

Unfortunately, little else is known about the Bean Runners. According to researcher Mary Azoy, an anthropologist studying Bean Runners died before he could complete his work. The training, diets, and footwear of the Bean Runners remains a mystery of the past, yet Ms. Azoy speculates that they could be similar to those of Mexico's Tarahumara Indians.

Possibly, the Bean Runners were the predecessors of the Chasquis of the Inca civilization. The Chasquis " helped unify the far-flung Inca realm with a complex relay messenger service. "

The Bean Runners of the Moche, along with the Inca Chasquis, and the Greek Hemorodromos provide a true cultural heritage for today's distance runner. Indeed, we can all take pride in our spiritual ancestors who ran not for sport, but for civilization, to give a pouch of beans to a far-away priest, or the message " Rejoice, we Conquer " to the City of Athens. imp

WRC Meeting of 10 June 1983
Submitted by Acting Club Secretary
Pat Neary

The meeting was called to order by Club President Dan Rincon at 8:15 P.M. Al Naylor, the Race Director for the Hecht's 10 Miler said that we had about 1600 run the race. The Hecht's Company wrote a letter to the club saying how much they appreciated all the help. Hecht's said that this was the best organized race in recent memory. However Al Naylor said that he could probably not be race director next year since it might conflict with his getting ready for the Olympic Trials. He asked if someone in our club would take over the position for next year. There were no volunteers. The President indicated he would look for some candidates.

Pat Neary of the Program Committee spoke about the need to establish our Club Guest Speaker Program. The guest speaker for the evening was Dr Steve Pribut, Podiatrist. He was asked after Tom Lohrentz suggested asking him to be our speaker. We need more recommendations like that from our membership. It was pointed out that it was an excellent means to get payback on dues. Along this line it was asked that Club Members fill out the survey that was distributed last month in the newsletter. The committee had gotten back about 20 surveys. Dan Rincon or Pat Neary would collect the survey. Results would be published in a forthcoming newsletter.

Dan Rincon announced that a roster of club members would be published and distributed in the near future. One of the ideas was to start a local group of runners contacting each other for training runs.

Bruce Coldsmith brought up his proposal as discussed in the last newsletter on WRC sponsoring a group of runners 14 thru college age for the purpose of taking part in a summer series of runs, once weekly. Coldsmith's proposal would envision where these younger runner receive the developmental experience from our club members. WRC image would be enhanced by this sponsorship in that the runner would be introduced to the club at a younger age. The long term benefit would be that they might stay with club after their competitive high school and college experience. The club would charge \$5.00 and in return the runner would receive a WRC patch, 3 newsletters, and a paid admission to a road race such as any race DCRRRC puts on for 50¢. Coldsmith said that he had contacted 15 of 22 Northern Virginia Track and Cross-Country coaches any they expressed confidence in the program and would support the program. Also because of some Interscholastic Rule there was discussion of not being able to compete in road races before 13 August. In rebuttal, Coldsmith indicated that since the program was open to any runner that rule would not be a problem. After discussion, it was agreed that for this summer only on a trial basis that the club would support the program. Coldsmith volunteered to help runners in Virginia. There were no volunteers in Maryland except for Dan Rincon's weekly track workouts at Univ of Maryland.

The President announced that he had applications for the Annapolis 10 Miler. It would be conducted 28 August, Sunday 0730. Entries would be waived for Males that can run under 53 minutes and females under 62 minutes. The President can be reached at 454 6695 during the day for more information.

Al Roth brought up the discussion of the club sponsoring a triathlon. There has been an increased interest in the club of members participating. After some discussion it was agreed to table the issue. The basis was that the club's interest is running.

Ira Pesserillo announced that Will Albers asked Laura Dewald to marry him. She accepted. Laura had recently qualified at the Avon Marathon with a 2:38 and 10th place finish. She was also undergoing a leg operation. A Get-Well card was sent around. Dan Rincon volunteered that the club would send an appropriate gift

in addition.

Al Roth discussed the Diet Pepsi and stated there were over 3000 entered. The race would be shown on TV at a later date. Al was asked to have the dates of showings in the next newsletter. However, there were no WRC Teams entered. After discussion of the problem where we should win all the team titles with the talent in the club, Dan Rincon appointed himself as male team coordinator. Suzy Rainville said she would coordinate the women. She also volunteered to make a banner or sheet near the finish where WRC could meet after the race.

Bruce Coldsmith brought up his second proposal as outlined in the June club newsletter. The proposal was for the club to establish a direction or goals of the club. It seemed that about 18 months ago the topic was brought up and there was a "Pep Squad" established. The goal was to encourage club members at races. There hasn't been much done in the last year or so. The President said that along that line he was trying to put a Club Uniform together. He had some preliminary estimates from Dolfin. He would like a coordinated outfit rather than one kind of singlet and another kind of shorts. After some discussion, it was thought that the uniform should be similar to past uniforms such as the Bill Rodgers WRC Blue Singlet.

Al Roth announced that he is associated with the making of a running film titled "On the Edge" starring Bruce Dern and Pam Grier. Some of the filming will be shot next month in California. If you are interested in perhaps appearing as a runner give Al a call at 862-1169(office).

The Annual Club Picnic was discussed. The date has been set as July 16, Saturday beginning at 1PM. Mary Ellen Williams or Keith Higgs said they would sponsor the location.

J.J. Wind said that he had received the necessary paper work back from the DC government stating and declaring the club a Non-Profit Corporation.

After the formal business meeting, the President introduced our guest speaker, Dr Steve Pribut, a Podiatrist with a practice in Rockville and the District. He spoke on Running Injuries and "How To Stay Out of the Doctor's Office". Dr Pribut's presentation was both well presented and educationally interesting. At the end, several club members stayed around for a foot examination. They found it very beneficial.

The meeting was adjourned at 1030. Next month's meeting will be in Hoffman Building I, Room 548, 2461 Eisenhower Drive, Alexandria, 8 July, 8 PM (same location)..

Budget Projection

COLUMN WRITE @

		1	2	3	4
		Admin/ operating Expense	Travel Expenses		
1	Newsletter July-Dec	500.00			
2	Picnic	150.00			
3	Uniforms	<u>450.00</u>			
4					
5	Races:	1100.00			
6	Peach Tree		500.00		
7	Falmouth (including Ruby fees)		1136.00		
8	Lynchburgs		300.00		
9	Phila. Dist. Classic		600.00		
10	Cow harbor		600.00		
11	Twin Bridges (Scotland)		2400.00		
12	other races rest of year		<u>2000.00</u>	8636.00	w/ misc. Expense
13	misc. Expenses		<u>645.25</u>		
14					
15	Total Projected expenses		9281.25	9281.25	w/ misc Expense
16					
17					
18					
19					
20	Revenue:				
21	current Balance	6000.00			
22					
23	Income from sales of patches:				
24	225 @ 1.25 ea	281.25			
25	Hecht's 10-miler	3000.00			
26					
27	WAVA Race (Sept. 25)	1500.00			
28					
29	Total Revenue:				
30	w/ WAVA Race	10781.25			
31	w/o WAVA Race	9281.25			
32					
33					
34					
35					
36					
37	Net income of (loss)				
38	w/o WAVA	--			
39					
40	w/ WAVA	1500.00			

Submitted by *D. Williams*
President



Al Naylor
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