



Washington Running Club Newsletter

VOL. II, NO.9

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CHANGED OUR VENUE AGAIN GANG!

FRIDAY, SEPTEMBER 9th 7:00 pm - Since we did such a good job mixing business and pleasure last month, we've decided to have another covered dish party at this month's meeting. Once again, bring a covered dish (and guys, you did good last month; keep up the good work in the culinary arts department), enjoy some good eats, listen to the guest speaker (described below), then the meeting, and then we PARTY!

This month, to please our Virginia contingent, the meeting will be held on the other side of the Potomac, and will be hosted by Jack Coffey. The address is 5901 MT. EAGLE, ALEXANDRIA, VA. Directions are as follows; From the Beltway, take exit #1, just over the Woodrow Wilson Bridge toward Ft. Belvoir, to route 1. (If you live inside the Beltway, just head for route 1.) After getting off the Beltway, go through the second stop light, and after about a quarter mile, take a right onto MT. EAGLE DRIVE. Go straight until you get to the MONTEBELLO gatehouse; go up the driveway, and its the building on the right (5901 MT. EAGLE DRIVE). It will be in the party room of building #1, B1 level.

John Romero, Guest Speaker

John Romero, a Physical Therapist and runner, practices at the Sports Medicine Center, 5450 Wisconsin Avenue, Ste. 1555, Chevy Chase, MD 20815 (tel 301 986-9252). He received his Masters Degree in Physical Therapy from Stanford in 1978. For the past 5 years, he has been working in the area of Administration and Community Health. He has worked on the Medical Staff of the Marine Marathon where he was guest lecturer and spoke on " Alternatives to Running " at the seminars. At the meeting, he will speak on " Common training errors, use of heat and cold, treatment of injuries, and alternative exercises. "

LISA HAMM, RUNNER OF THE MONTH

September's runner of the month did not go to Falmouth, or Annapolis. She will not compete in the Olympics, and hasn't run a race in years. At present, her running consists of 2 1/2 miles, every three days. Yet, her accomplishment as a runner has made her the hands-down choice for runner of the month, when you consider what she had to go through to get it.

A few years ago, following an auto accident, Lisa Hamm developed sciatica so severe that she could not run a step. Indeed, many people (including some of her doctors) told Lisa that she would never run again. Virtually everybody who becomes a runner, at one time or another, gets injured, but few ever face an injury this severe. Indeed, many of us become despondent when we're told that we'll have to rest it out for a few weeks. Lisa Hamm was given much worse news than that.

Yet, when her injury was at its worst, Lisa first joined WRC! Lisa became an active club participant from the start, always at the meetings, the social functions, and at club races to help out. All the while, hearing endless talk about the running she could not do, Lisa lost neither her faith, nor her smile.

Her spirit and courage finally paid off for her. After extensive treatments by Dr. Mark Smith (our speaker a few months ago) Lisa returned to the roads just this month.

Running is a sport invariably measured in numbers; time over distance. Yet, numbers can never do justice to an amazing young woman whose courage, and human qualities overcame the odds. No one ever had to work harder to become the best runner they could be than Lisa even if it is 2 1/2 miles every third day.

Be proud of this one Lisa; you earned it.

WRC TAKES SECOND AT TWIN BRIDGES; EDGED OUT
BY ONE POINT BY SCOTTISH CLUB: BEATS TIPTON

MARINE MARATHON UPDATE

At Scotland, all five WRC entries finished, netting Second place overall for the club. Fife A.C. of Scotland, the first Scottish team to win since 1974 took first with 42 points, to WRC's 43. Tipton Harriers, WRC's old arch-nemesis at Scotland was third with 48 points.

The lead runner for WRC was none other than the Old Sage himself, Bruce Robinson. Fearful at first of being able to make it to the first water stop at 10 miles, Bruce soon found both his strength and confidence returning, showing Scotland the Bruce Robinson the Washington running community has come to know and respect. Bruce passed the marathon point in 2:44, five minutes behind team-mate Jim Ulvestaad Yet, Bruce came on especially strong in the end, finishing 6th in 3:49.91, to Jim's 8th, with a time of 3:58.

Dennis Jett finished 29th 4:16:28 despite a bout with sciatica. Ray Morrison ended up 59th in 4:46:22 Ray had some problems from 15-29 miles; after the last bridge, however, Ray was sailing, and passed people on the way in.

There was no contest for the woman's title; it belonged to Mary Ellen Williams, with a time of 4:47:50 (62nd overall). Coming into the race with a definite plan of action, Mary Ellen stuck to her schedule, and prevailed.

Weather conditions were unusually tough this year, as the wind was in the runner's faces throughout the entire race, when the wind shifted, just as the runner's hit the turn-around. Not only was it a wind-hindered course, but the temperature chilled, just at about the marathon point.

WRC had a lot of help in this race, from the unsung heroes in this victory, the support crew. Because the water stops didn't begin until 10 miles, help was needed in cooling the crew down until then, and providing whatever else was needed (like a T-shirt for Jim Ulvestaad at 29, after the chill really got bad.) So three cheers and a locomotive must go to Norm Brand, Mike Bradley, Bob Williams, Nancy Reed, Joi Morrison, Chris Steele, and Sharon Robinson, for the excellent assistance they provided to our team.

Gang, ya done us proud!

This year, there will be a few small changes in the Marine Marathon. The first change concerns the course. You may have heard that the course was changed, and it was, but the changes are barely noticable. Basically, the bottlenecks were eliminated, and a few sharp curves were softened, but essentially, its the same course.

The second change is in the administration. The new RD of the Marine Marathon is ex officio, the commandant at Quantico. What this means, is that a strict deadline of October 8th has been imposed, and it can not, and will not, be extended. They don't have the personnel to accept and process applications after that date. So troops, get your applications in on time OR ELSE! In addition, the team deadline is October 15. So, at the next meeting, let's get our act together, find out who is and who isn't running, get some teams up, get a race co-ordinator, and let's write WRC across the team trophy for running clubs.

And don't forget; there's going to be a WRC party at race site. So, if you're not running the race this year, come down, have a beer, and cheer us on. You can't miss us; we're going to be the ones in blue singlets with the running star; everybody else will be wearing green T-shirts (the official race shirt this year is green). Also, if you run on a WRC team, you get your entry fee paid for (and its \$12 this year.)

Oh, one more thing; Marathon clinics will be held at GW medical school on September 22, and October 10. Call 690-3431/3432 for exact time and place. Even if you're not running the Marine Marathon this year, it's a good idea to hear what they have to say about running.

One final thing mates; I'll be a little late for the party, with my pace being what it is, so save some beer for me, please?

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Famouth Road Race Results

WRC Women

Patti Deuster.....41:21
Coleen Troy.....44:30
Suzy Rainville.....47:45

WRC Men

Terry Baker.....33:58
Jim Hage.....34:38
Tom Stephens.....35:02
Jeff Delauter.....35:30
Dave Shaeffer.....36:00
Jack Coffey.....36:01
Mark Baldino.....37:15
Dan Rincon.....37:48
Darryl Stewart.....38:33
Dave Asaki.....39:40
Vince Fuller.....40:59
Pat Neary.....42:38
Rick Shank.....44:15
Jeff Reed.....44:58
Lloyd Shraeger.....46:12
Fred Kruger
Greg Mueller (tie)....55:27

tidbits from Falmouth

Dave (Steve) Shaeffer, Tom Stephens, and Rick Shank received the WRC Big Brothers Award; Jeff Reed has a fondness for 300 pound rabbits; Vince Fuller showed the latest in french fashions for men, namely a Bonne Belle T-Shirt; Suzy Rainville was elected pick-up artist of the trip; Jack and Suzy prepared for their English Channel swim by swimming to a sailboat for a beer; Most asked question of the trip, " what did I ever do to deserve this"(sorry Rick); Lloyd Shraeger has trouble with man eating trees, and Patty Deuster learned a new way to serve white wine (warm); Coleen Troy was elected the club comedienne.." truly tasteless " Coleen, "truly tasteless", but very funny. Greg Mueller decided that his run over the course with Fred Kruger just wasn't fast enough, so that night, he went over the course again and PR'ed; in a station wagon!; WRC was declared the winner of the Hawaiian shorts contest. Coleen and Dan were elected club travel agents for finding the quickest way home; it took them twelve hours, and they flew!

Strange but true happenings the night after the race - Coleen was whisked away by a " gray-haired man in a 280 Z "; Dave Shaeffer shows us all that chivalry is not dead; as he came to the aid of a damsel in distress - isn't that right, " Steve " ?

A special note of thanks must go to Bernadette Flynn, Pat Neary, and Al Naylor, for getting the numbers to us before race day. Their efforts allowed a lot of people to enjoy one of the finest road races in the country.

By the way, if any of this stuff is unintelligible to you, refer any questions you have to the rumor mill; after all, we must keep it clean, this is a family publication.

Dan Rincon

ROOMMATE WANTED - Group house in Colesville section of Silver Spring, rented by Dan Rincon, Al Naylor, and Berni Flynn. Nice residential neighborhood, and no trouble finding a training partner. Contact Dan or Al.

Seminar on Kinesiology with Dr. Mark Smith has room for about 14 more people; if we get thirty people, the fee for this two-day seminar will be \$20, plus about \$15 for the text book. If you are interested, contact Alan Roth

SEVERN RIVER RUN 15K in Annapolis; If you're interested in running this one, contact Dan Rincon (H) 384-7803 and (W) 454-4861.

COW HARBOR - Want to run it? Contact Dave Asaki

ANNAPOLIS 10 RESULTS - I don't have any! Send me your times; if you ran it, and I'll put it in the newsletter next month

WOMEN'S OLYMPIC TRIALS

The date: May 17, 1984

Time needed to qualify to enter the race: 2:51:16

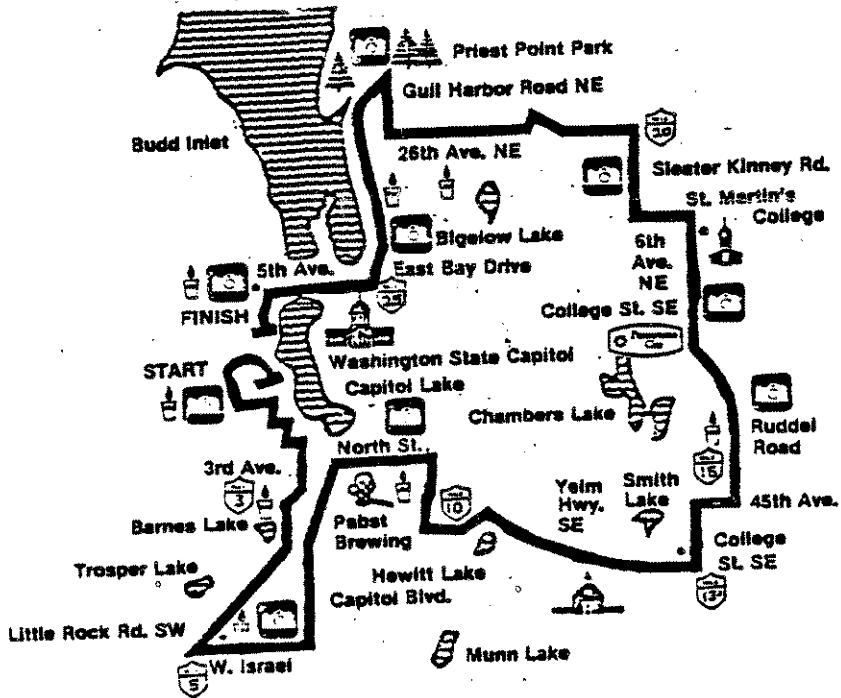
The Prize: The top three entrants go to the L.A. Olympics

The Place: Olympia, Washington

The average temperature during May: 54° F.

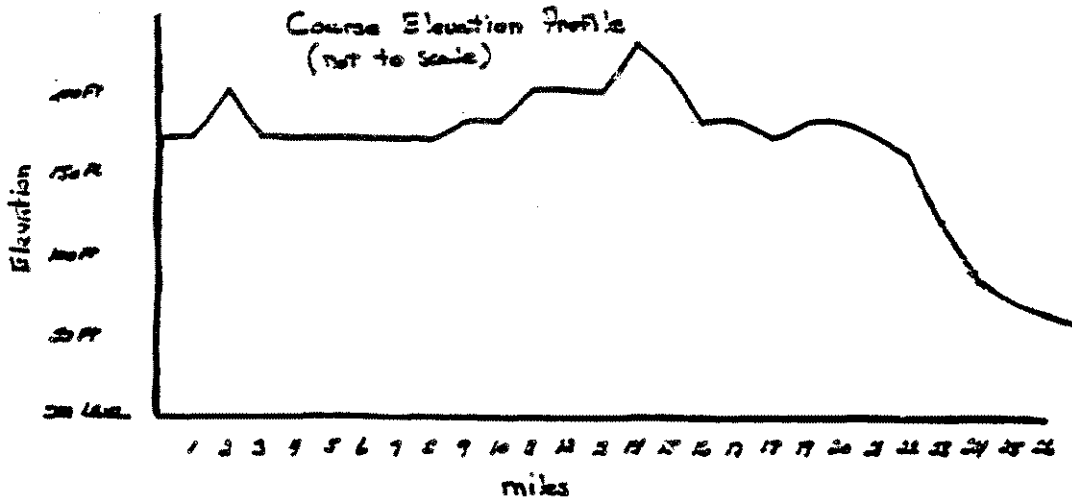
The road surface: Good

The course:



The steepest hill: 40', at one mile

The elevation profile:



special thanx to Mary Ellen Williams for the map & profile

SONGS ABOUT RUNNING

Besides Vangelis' "Chariots of Fire ", there have been other lyrical renditions to running, like Bruce Springsteen's "Born to Run", and Jackson Browne's "Running on Empty" HA HA HA HA HA, fooled ya, didn't I? Thought I was going to be serious, for a change? Thought you'd get away with no RUNNING ON EMPTY this month? You should live so long!

So what's new in and around? Good news from Jim Berka; his 2:25 was good for the Desseret News Marathon's second place award. Reliable sources say that Jim is going to run the Marine Marathon this year...Bruce Goldsmith is up and around again, after having had his appendix taken out. Feel better Bruce, but no picking on your sister...Bad news for Mark Baldino; Bob Thurston has no plans to emulate yours truly and hold a knife-breaking contest, so Mark Baldino spent all that time sharpening his hack-saw for nothing...Walter Sargent finally made the big-time; The issue of Running Times now on the stands did a big write up on him. What did it say? Buy a copy and find out, it's a great magazine! Jack Coffey won a pin at the Annapolis 10 this year, and Suzy Rainville didn't, so Jack let Suzy wear his pin. Does this mean that you two are pinned?...And speaking of Annapolis, former WRC hanger-on Gary Siriano made it three in a row this year. But what was really amazing, was after the race Gary accomplished the seemingly impossible; he told a dirty joke about a famous female runner (who was never a member of WRC) that was, believe it or not, too raunchy for Running on Empty, so I'm not going to print it. But, if you really want to hear it, give me a call during the day at (202) 254-3830, and I'll tell it to you. Until next month sports fans, stay single, sober and out of jail; toodleoooooooooooooooooooooooooooo!

After members had sufficiently feasted on the array of covered dish delights, the meeting was called to order by Club President Dan Rincon. It was announced that WRC would be represented by a four member team (MaryEllen Williams, Bruce Robinson, Ray Morrison and Jim Ulvestad) at the Two Bridges Race in Scotland. It was also announced that the planned WAVA Race for this fall has been postponed until April 22nd. A list of proposed races for participation was handed out to the members from the Executive Board. The list of races included: Asbury Park 10K, Falmouth, Charleston 15 Miler, Lynchburg 10 Miler, Philadelphia 1/2 Marathon, Chicago Marathon, New York Marathon, and TAC Cross-Country Championships. During the ensuing discussion, the following races were also discussed: Severn River Run (same weekend as Lynchburg) and Marine Corps. Pat Neary will be coordinating the club efforts for Philadelphia and Marine Corp. The possibility of having a club sponsored party after Marine Corp was discussed and approved by the members in attendance.

Under New Business, Alan Roth brought up the proposal that Dr. Mark Smith be hired by club members to conduct a one or two day seminar on the techniques of Applied Kinesiology. Members expressed interest and voted to postpone the seminar until Winter when the racing schedule is not so busy. It was also announced under New Business that the Executive Board is attempting to organize a seminar to bring together representatives from all the running clubs in the area to discuss topics of mutual concern to all runners and clubs in the area.

No topics were brought up for discussion under Old Business and the meeting was adjourned. Immediately following the regular meeting, Patty Deuster and Cooleen Troy lead a discussion on the benefits of good diet and vitamin supplements for the runner.

ASBURY PARK 10K (8/13/83)

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|-------------------------|-------------------------|
| 1. Rod Dixon...29:03 | * Nancy Reed...39:45 |
| * 9. John Doub...29:47 | * Carolyn Ulrich..40:11 |
| * 16. Tim Tays...30:08 | * designates WRC |
| * 17. Matt Wilson.30:10 | team entries; WRC |
| * Tim Gavin....30:50 | finished 4th behind |
| * Bob Stack.....31:50 | Warren Street S.&A.C. |
| Tem Washington.32:10 | of New York. |
| Dennis Jett...33:45 | |
| Dave Asaki.....33:47 | |

Maple Leaf Half Marathon-Manchester VT Sept. 17, 1983. Run a fast and beautiful course with Joseph Nzau, Hugh Jones, Pat Porter, Laura DeWald, Anne Audain, Karen Dunn, Rosa Mota (4th at Helsinki) and others. Contact Al Roth at 649-4909 if you're interested.

Hi
Al!



Al Naylor
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