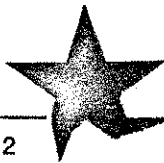


Washington Running Club Newsletter



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NEXT MEETING, FRIDAY DECEMBER 9, 8:00 p.m. at Jack Coffey's place. Once again, bring a covered dish, as we'll combine business with pleasure, and make an Xmas party out of the meeting (and, if anyone wants to come as Santa Claus, please feel free to do so.)

Directions are as follows: From the Beltway, take exit #1, just over the Woodrow Wilson Bridge toward Ft. Blevior, 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 it's the building on the right (5901 MT. EAGLE DRIVE). Ask at the desk where the WRC meeting is going to be.

RODRIGUEZ CONQUERS O'CONNELL 30-K IN 1:47:04; LEADS WRC TO TEAM VICTORY

by Don Pedro

For years the gamut of hills up and down the O'Connell 30-kilometer course in Arlington, named after Bishop O'Connell High School where the race starts and finishes, has had the reputation of a megabeast. Its three laps of 10 kilometers each are usually referred to in the same breath as the courses at American University and Sandy Springs, Md. They are known as the Purple People Eaters.

Moments after Roberto Rodriguez ran across the finish line of the D.C. Road Runner's 30-Kilometer Championship Nov. 20 at O'Connell to win by the margin of a zip code, he collected his breath and declared, "That last lap was rather unnecessary."

Rodriguez, using the race as a depletion run in preparation for the Philadelphia Independence Marathon the following week, roared off from the start. He quickly built up a lead and burned through the first lap in 33:23. Although he slowed slightly each lap, he won handily to lead the WRC team to victory. His time was 1:47:04.

Following him were Robert Trost in sixth place, 1:58:50, and Ron Griswold in seventh, 1:59:13. Trost, ever the mathematician, estimated that there was a half-mile each lap where the course was level.

Surprise finisher was Jack Cleland, in fourth place with 1:57:18. A recent competitor in local races, Cleland was even more surprised when he went home. After taking a shower he sat down to watch television and discovered that he was struck with such a severe case of *rigor mortis* that he couldn't get up to go out that evening to a dinner engagement.

Race directors Chuck Evans and Bobbi Conlan made sure the prizes were not just the gewgaws

(which are showy trifles) that have characterized many D.C.R.R.C. races. They got drinking glasses for all those who finished, and merchandise prizes from Nike. Nike donated seven blue shoulder bags. Three were distributed to WRC's winning trio, along with the first woman, master, and two others.

The race this year wasn't the draw that it has been through the late 1970s. About 50 people started it, with not much more than a dozen finishing. In years past it was the local AAU championship which meant that winners got half expenses to the national championship. And as an afternoon race, it lost much of whatever potential it had from the morning 10-K race which Sportzone put on at West Potomac Park in D.C. (See related story this issue).

To help punch up the race for next year, race director Evans said he is looking into making the O'Connell course the site for a championship between D.C. Road Runners and road runners from Annapolis, Baltimore and Rappahanock. Watch your D.C. Road Runner Club Newsletter for details.

I wanted to publish

AN EXCLUSIVE WRC INTERVIEW WITH ALBERTO SALAZAR

*but he didn't give us one, so instead you'll have to
put up with RUNNING ON EMPTY*

Okay sports fans. So it isn't an exclusive interview with Alberto Salazar; excuse me for living!

So what happened this month? Well, for openers, I found out that I goofed last month! It was Jeff Peterson whose costume was kind of a drag at the Halloween party, not Jeff Reed. Jeff Reed came as a graduate. Jeff is pleased to report that he is now the track coach, for men and women, at Broad Run High School (what do they call the women runners at Broad Run, Jeff?). Also, due to popular demand, I must report that yours truly passed out on the couch at the same party (which could account for my faulty observation regarding who came dressed as what). The reason why I went under was, being Count Dracula, I had tired blood (among other things, adds Suzy Rainville).

Also last month was the Marine Corps Marathon! Will Albers was in town, with a custom made pair of tartan and red Brooks shoes, that you can see a mile away. Despite the rather loud nature of his shoes, they still were able to take Will through the course in 2:47, earning him a place in this year's Boston Marathon. After the race, Will joined Laura, Lisa Hamm, and Dave Asaki in cheering me on to the finish of the course. Thanks, group, and very extra-special thanks to my Coach, Dan Rincon, for making my dream come true, and thanks to WRC, just for being WRC.

Enough seriousness, time to get back to the tomfoolery. Best crack of the year award goes to Dave Asaki, for the counter to my smart remark, offering to put a famous female runner up in my place (even though there's only one bed in the joint and I sleep in it), when he said "You'll have to keep up with her, Ira." I rejoined, "I was talking about the night before the race" and Dave answered, "so was I!" A classic, Dave.

... This year's Footlocker 10K was a classic. John Gregorek won the men's division, and his wife, Christine Mullens Gregorek won the women's division; all in all, not a bad day for the Gregorek family ... also at the race, yours truly, doing sentry duty at the six mile mark, spotted this great-looking women, wearing a green leotard and tights combination, and I couldn't resist yelling out, "I like your outfit." A second later, this guy running right behind her answered "I've been liking it for six miles!" Apparently Jay Wind and I aren't the only ones who like to girl watch on the run. I guess some people run races to *get* a good time, and others among us run races to *have* a good time!

And once again, I think I'll get in the last word; toodleooooo!

TAYS NIPPED AT LINE IN SPORTZONE 10-K; KRISTOFFERSEN WINS BY 1 SECOND IN 28:56

by Don Pedro

WRC's Tim Tays was leading the fastest 10-kilometer race of the year at West Potomac Park until about 600 yards to go when Per Kristoffersen sniffed the finish, dug into his reserves and pulled ahead to win by 1 second in 29:56.

Kristoffersen, a 3:55 miler on scholarship at the U. of Maryland, and Tays had been running together in a lead pack of six that breezed through the first mile in 4:40. The leaders splintered off until Tays and Kristoffersen were waging a two-man race with one mile to go. A half-mile later, Tays surged ahead of Kristoffersen. But 200 yards later, Kristoffersen saw the green finish banner spanning the roadway and overtook Tays to win.

Slightly further back, two WRC runners ran outstanding races. Lucious Anderson ran 32:00 to win the 30-39 age group over Tony Grier, a runner from Baltimore who has had a series of fine performances over the past year. But Lucious has been steadily improving as well, and he put Tony away by a few seconds.

Another WRC runner who ran well was Darryl Stewart. After charging out too fast in many races past, he tried a more moderate start. He smoothly trundled along in 32:59 and held steady throughout.

Will Albers, running around Hains Point where he won a 5-kilometer race in 16:01 the previous Sunday when winds had ripped at 30 mph, was content to fall back from the front for a few spots until someone drew up alongside wearing heavy training shoes (Saucony Jazz). "I said, No way, and shifted gears," he said.

Everything seemed to fall in place for the event, as the weather was about as good as it gets — low 50s at the start, with a sunny sky and a light enough wind

that the Potomac River was smooth as glass — and the field had lots of depth. Tenth place among men, for example, was WRC's Tim Minor in 31:46. Winner of the women's event was Carolyn Forde, of the University of Maryland, in 34:49. Local races don't get any better.

Then came Don Fogel, the impresario of the event. After the race was over and everybody stood and waited patiently for the awards, he bounded on to the small stage, raised his arms high and announced, "Sorry for the delay in making the awards. What held us up was the runners. The runners held us up." He then explained that hardly anybody filled out the names or ages on the bottom of the running numbers. That about 1,000 people finished the race and scarcely anybody filled out the information because there were no pens available didn't indicate to him that possibly administration was lacking.

"We had to look up 100 names," Fogel said, with the air of a man who throws a 30-foot rope out to someone drowning 50 feet away and says he's met them more than halfway.

Dave Asaki said he discovered that Fogel's wife had tossed out the sheet correlating runners' names with numbers because she became impatient with so few runners who had filled in the information on the "bibs."

Although Fogel was generous in prizes, which certainly were better than most other races, he didn't appear to recognize the caliber of race he had. The level of competition made the 10-kilometer event comparable to the Cherry Blossom Ten Miler in April. The difference, beyond the distances, was that it was a local weekend event and no major sponsor flew in big names from out of town. When Fogel announced Tays's name at the awards, he told the gathering that Tays "finished underneath 30 minutes."

But it all worked out.

Results: 1. Per Kristoffersen, 29:56; 2. Tim Tays, 29:57; 3. Jim Uhrig, 30:00; 4. John Abernathy, 30:51; 5. Jim Hage, 30:53; 6. Gordon Neysmith, 30:55; 7. Tim Gavin, 31:01; 8. James Cooper, 31:04; 9. Joel Menges, 31:45; 10. Tim Minor, 31:46. Also: Bob Stack, 31:59; Bob Cosby, 32:45; Will Albers, 32:55; Peter Nye, 33:15; Dave Asaki, 34:46; Jeff Reed, 37:00.

Women: 1. Carolyn Forde, 34:49; 2. Pia Palladino, 35:02; 3. Annie Hoefler, 35:40; 4. Cindy Dalrymple, 37:08; 5. Marya Small, 37:19; Carolyn Ulrich, 40:00; Valerie Nye, 42:10; Barbara "Bobbie" Bleistift, 44:14.

To-ing and Fro-ing

Alan Roth, injured with hamstring tendonitis (sounds painful), has come up with *wonderful* ideas to improve the newsletter to make it a better record of athletes' performances, inform members about future events, and facilitate communications among club members, so keeping watching this spot ... Robert Trost was awarded tenure as a professor in the Economics Department of George Washington University ... At a party hosted by Barbara and Roberto Rodriguez at their apartment in Arlington to celebrate Bob's tenure, Betty Blank nearly out arm-wrestled Peter Nye. Val Nye laughed all night about everything

she saw and heard. Also attending were Myron Lieberman, who weighs 130 pounds and can bench press 270, and Keith Plaget, who won the 100-mile track run in August at Ford Meade . . . Two new area runners are looking to join WRC. They are Bob Cosby, who recently got a Ph. D. in social work at Syracuse University, and John Walsh, a recent Cornell University School of Industrial and Labor Relations graduate. Cosby has acquired a reputation for coolness under tension when he helped defuse a WRC member's angst during a heated confrontation. Walsh ran the three-mile Nike Challenge Cup in September in 14:56 to win a case of Molson's from Nye who is a work colleague . . . Alberto Salazar has announced he will run the Fukyoko Marathon this December, according to *The New York Times*. Will Albers says the running industry rumor is that Fast Al is tired of being considered by some to be slower than Australia's Rob DeCostella and wants to smash his own current world record. Fast Al in November ran a 1:02 half-marathon in California. The marathon in Japan will be the Japanese Olympic trials, so it should be what Albers calls a bullet race . . . Meanwhile, Mollie Salazar is pregnant with Salazar bambino numero two, according to Roberto R. . . . With 1984 coming up soon, Newspeak sneaks into jockdom, as a recent newspaper ad was hawking "Nylon Conditioning Suits." Does this mean that runners wear a blue suit for base conditioning, and a red one for peaking? . . . Roger Urbancsik has moved to Philly. Soon to complete his six-year stint as a pilot in the U.S. Navy, Roger plans to do graduate work at The Wharton School of the University of Pennsylvania. This autumn Roger has been indulging in a p.r. binge . . . Robert Stack has moved to Connecticut where he works as a printer. The Nutmeg State, long known for its preppyness, has apparently made a mark. At the recent Sportzone 10-K, he was easy to spot, wearing a tweed tank top. But the suede elbow patches on his warm-up suit (Uh, nylon conditioning suit) were what really gave him away . . . Those who are stymied at remembering Ms. Bobbie Bleistiff's surname may be helped by knowing it's German for pencil. But that doesn't help you pronounce it . . . Mark Baldino, WRC's entrepreneur in residence, has come out with a new bumper sticker for sale. It reads, "Support Training Specificity. Ban Triatholons." He'll be selling them at the next club meeting. Don't forget to ask Mark about his lining up sponsors for the Fourteenth Street Mile.

—D.P.

RACE RESULTS

Footlocker 10K

- 1. John Gregorek 29:57
- 2. Matt Wilson 30:22
- 3. Charlie Cvrk 30:33
- 6. Jeff Smith 31:05
- 7. Jim Hage 31:40

Alexandria 5 Mile Turkey Trot

- 3. Lucious Anderson 25:25

B-CC Rotary/YMCA 10K

- 1. Tim Gavin 32:31

JFK FIFTY MILER

Mike Spinnler, wearing a Brooks Singlet with a WRC patch, duplicated the feat of his hero Max White, and became only the second person to win back-to-back JFK's. Mike did it in a time of 6:12:12, coming from behind to beat Jim Pellon of Encino, California. Other WRC finishers included Ed Foley in 7:33, Tom Zavortink in 7:45, and Dick Good, in about 8:30.

WRC MEETING OF 18 NOV. 1983

The meeting was called to order by Club President, Dan Rincon in the community room of Kathy Scott's apartment building. The minutes from the October meeting were accepted, as written and published in the Newsletter, by the members in attendance. The Treasurer's report was given by Norm Brand indicating that the treasury has a net balance of \$3,586.50.

The Applied Kinesiology Seminar was discussed by the members present who had attended. The attendees all expressed their appreciation for the course. In spite of the support for the seminar by those who attended, the turnout was not as large as expected and the club treasury was called upon to support some of the cost.

The Executive Committee has set a budget value of \$20 per person for those club members planning to run the Philadelphia Marathon. Several club members will be attending with Open Class Athletes providing free rooms to as many club members as possible.

It was announced that the Footlocker Race will be held on 24 Nov. and all club members are expected to help out as early as possible on race day. In addition volunteers are needed to help with registration on the 23rd. In regard to Club Races, it was announced that the WAVA Race will take place on March 25th. Planning and volunteer help will need to start as early as January.

A long discussion was held concerning the International Health Fair race which did not take place. Mark Baldino was the race director and after devoting many manhours to setting up the race, backed out of the deal when it became apparent that he might not be compensated for his efforts. Mark described in detail the events that led to this action. Some members of WRC were approached to try to save the race during the 11th hour, but nothing could be done since Mark held the permit to conduct the race.

Dan Rincon made an announcement that he will not seek a second term as President of WRC. He has accepted a coaching position and will not have the time available to devote to the Club as President. He intends to remain an active member in WRC. Dan also made the announcement that the Club elections will be held in January with nominations taken at the December meeting.

The meeting was adjourned and the members returned to socializing and enjoying reruns of Alan Roth's Marine Corps '83 video movie.

submitted by Club Secretary, Ed Foley

GREAT WRC MEMBERS FROM THE PAST; WHERE ARE THEY NOW?

BRUCE ROBINSON

Last February, Bruce Robinson, the old sage of WRC, returned to New Jersey. (See "Hail and Farewell, Bruce Robinson," April 1983 Newsletter). This month has been a busy one for Bruce; after running New York (2:35) he finished 9th in the Jersey Shore Marathon in 2:34 (a race won by another New Jerseyan, Tom Flemming, in 2:17), 7th in the Seaside Half Marathon (71:00) and did the Manasquan 10-miler in 54:50.

South Jersey is a Mecca for running, with about a half dozen races within a fifteen mile radius of Asbury Park every weekend, ranging from two to two thousand entrants. Also, the local Asbury Park newspaper devotes half a page to running each Saturday. The only thing the area needed to make it a real running paradise was a real running store. Bruce, a former partner and manager of Racquet and Jog decided to fill that void, and come January, the doors will open for Miles Ahead Sports, on Route 35 in Manasquan, which will be owned and operated by Bruce himself. Undoubtedly, Bruce will also serve as chaplain to the Souther Jersey running community, as he did for the Washington runners. Also, he promised to keep a large supply of analgesic balm handy, in case Benji shows up!

Bruce also related a George Sheehan anecdote. It seems that Sheehan, who also lives in South Jersey, is a regular fixture at many area races. One day, George pulled up in his little Honda Accord, undressed in front of everybody, right down to his grubby undershorts, put his number on the roof of the car, put on a tacky pair of shorts and a well-worn singlet, and headed for the starting line, leaving his number behind. Bruce decided to play good samaritan, and brought the number over to the running doc. George couldn't quite understand what was going on at first, because he had a number pinned to his shirt. Upon closer inspection it turned out to be the number he had for a race he ran the day before, in Kentucky, with Nick Rose. George then put on the right number, and proceeded to run the race.

Bruce hopes to make it back for our December 9th WRC meeting. We hope you make it too, Bruce. It'll be just like old times.

NEW WRC CLUB UNIFORMS WILL BE DELIVERED IN JANUARY

The new club uniforms have already been ordered from Brooks and delivery will be in January. The men's uniform consists of a singlet, shorts and a hooded long-sleeved T-shirt. Both the singlet and shorts will be a bright red/orange with shadow stripes (these are alternating textured and shiny stripes of the same color). The hooded T-shirt is a heavyweight material with a light silver color except for a broad red/orange stripe across the center. Brooks has labeled the red/orange color "sunrise." For the singlet, we will be using the same logo as the last uniform. The shorts and T-shirt will have a smaller version of the logo. The singlet will cost \$6.00, the shorts \$7.00 and the T-shirt \$12.50. These prices are about one-half of the retail price in the stores.

The women's uniforms will be a pastel green called "seabreeze." The shorts have a shadow stripe. There are two types of tops available. One is a fashion top with a cap sleeve. This is a sleeve that goes over the shoulder and comes in at the armpit. It has a low neck (though not low enough to satisfy male spectators) and comes in a shadow stripe. The singlet does not come in a shadow stripe, but will still go well with the shorts. The hooded T-shirt is blue with the green stripe across the center. The fashion top will cost \$6.50, the singlet \$6.00 and the T-shirt \$12.50.

Orders from individual members were taken at the last two meetings and at the Footlocker race. About 40 members have ordered uniforms (some ordered only the singlet but many ordered the full combination). Extra uniforms were ordered for members who were not at the meetings and for new members. There will only be about 10 extra men's and 5 extra women's uniforms. It is possible to order more but Brooks may run out or delivery could take a long time. It is therefore important to know as soon as possible how many members who haven't ordered want to do so. If we get a strong response we can put in another order right away. For those who have already ordered, it will be necessary to pay in advance so we can make payment as soon as the uniforms arrive and before we have the logos put on. Payments should be in to Norm Brand by the end of December. After that date, any uniform not paid for will be considered open stock for other members.

We are getting a terrific deal on these uniforms. Credit for helping us should go to Mike Greehan and Will Albers at Brooks, Joe Schmidt (the Brooks regional rep), and Pete Favret at Sports Afoot in Wheaton. He is offering all Washington Running Club members a 10% discount on all merchandise.

We will need to pick a race in early '84 to unveil our new uniforms to the public.