

Washington Running Club

Newsletter

Volume 3, Number 1

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January 1984

NEXT MEETING will be held on Friday January 13, 1984 at 1330 NEW HAMPSHIRE AVE., N.W., in the basement meeting room of Kathy Scott's apartment building. Election for officers will be held at this meeting, based on nominations received at the December meeting and any new nominations made at the upcoming meeting. The apartment building, called the Appoline (named after Abe Pollin for all you sports fans), is located near Dupont Circle at the intersections of New Hampshire Ave., 20th, and O Sts., N.W. The meeting will begin at 8 p.m. (no covered dish dinner) so come early for a good seat (and a good parking spot). Tell the desk attendant that you are a member of WRC.

TAYS 10th AT PHILLY MARATHON; URBANCSIK SETS P.R.; WALSH, NYE, FINISH IN TOP 100

by Don Pedro

At the Philadelphia Independence Marathon Nov. 27, Tim Tays executed what may be a definitive split. He hit the mid-point in 1:12. It beckoned at the crest of a hill that began snug against the 12-mile marker and rose from about 130 feet to 435. From there he charged on to finish in 2:20:39 for 10th place.

Tim had close company, as there were five finishers between 2:20:03 and 2:20:56. Winner was Sam Peltier, of Newburg, N.Y., in 2:15:26. Women's winner was Jane Welzel, of Hopkinton, Mass., in 2:36:18.

Roger Urbancsik, who resides in Philly, continued his p.r. rampage with a 2:38:09 for 95th place. Others making the top 100 were John Walsh, who slugged in with 2:35:43 for 79th place, and Peter Nye who finished in 2:32:39 for 55th.

As Walsh toiled over the last six miles after completing the first half of the course in 1:12, all he could think of were the bottles of Guiness Stout he had waiting for him in his bag at the finish. A true Irishman.

Valerie Nye, running in her second marathon in three weeks, finished in 3:17 for 50th place among women. Val's time was a minute faster than at the Marine Corps Marathon three weeks earlier.

Two marathons in the same month pales, however, when compared to what Paul Fetcher of the Warren Street Athletic Club ran. Philly was his sixth marathon in eight weeks. He has been running *domestique* to pace club mates. At the New York City Marathon in October, Warren Street distinguished itself by having a woman qualify for the Olympic marathon trials with 2 seconds to spare. Fetcher went one better, and paced a woman runner in with *one second* to spare.

The course was scenic, starting north of the city on the Ambler Campus of Temple University and finish-

ing in front of Independence Hall at Fifth Street in the city. The sky was sunny, the temperature in the low 50s. The air was like wine.

Roberto Rodriguez blasted off from the gun, chasing the leaders and watching Tays closely. His first three miles were 15:06. But as he went on he executed the definitive unravel. His legs wore out and he schlepped in with a 2:47, covering the final three miles in 25 minutes.

Through the first half of the race, most of the spectators were geese. As many as three formations were overhead at any one time, two dozen to a gaggle, honking as they made their way across the sky.

Jim Ulvestad also was running in his second marathon of the month. He was pacing a Charlottesville companion who had to drop out around the middle of the course. Dave Asaki called it a training run and stopped at 20 miles.

On the previous afternoon, Asaki had his work cut out after a misunderstanding with Race Director Chris Tatreau that resulted in his losing three rooms Dave thought he had at the race hotel headquarters. Someone outside WRC — a Washington-area gadfly — attributed bad-mouthing of Tatreau to Mark Baldino. Both Tatreau and Baldino have mastered the logistics of putting on fine events and charge fees for their work. Tatreau didn't want to provide accommodations to the same team that hearsay had it was talking ill of him. Fortunately for Dave, who as president of Open Class Athletes makes appropriate arrangements for his charges, Tatreau had an open mind and helped out.

Tatreau administered a first-class event which drew some 5,000 runners. Nearly all the roads along the point-to-point course were closed to traffic, and burly police officers looking indestructible in black leather jackets and pistols at their side quietly held all traffic at bay. Each mile had a timer, and about 20 mile points had digital clocks. At the midpoint was a state-of-the-art machine. In large digits it told each runner their time, average pace, and place were. It did everything but park your car and polish your shoes. At the finish, there were plenty of soft drinks and tomato soup. There also was a fleet of masseurs who administered massages and doted those who needed help. Why fight a system that is this fine?

Keith Higgs provided support for the members. Chip Hill showed up to watch. Jack Coffey ran a restrained 2:48 to qualify for Boston.

Other finishers were Mary Ellen Williams who paced Nancy Reed for a 3:28; Greg Shank, 2:39; Rick Shank, 2:57; Charles Whittaker, 4:50. Carolyn Ulrich was there, but she ran off before WRC's scrivener recorded her time.

MARINE CORPS MARATHON TEAM RESULTS SHOW WRC WOMEN IN 2nd, MEN IN 3RD

Results of the team competition in the Marine Corps Marathon in November show that WRC's women's team of Colleen Troy, Valerie Nye and Bernadette Flynn won silver medals in the women's open competition. They totaled 5,140 points to the winning team of Tidewater Striders "A" which garnered 2,846. In third place was the Chattahoochee Roadrunners, and the RunHers squads in fourth and fifth places.

In the category of civilian team open, WRC's Jim Ulvestad, David Hudson and Peter Nye finished third spot for bronze medals. Their point total was 213. Winners were the North Carolina Roadrunners with 157 points, and the Blacksburg Jock Shop in second with 182 points.

The Brooks Team won the corporation competition with 285 points.

WRC's master team finished ninth in the master's open competition, with 2,363 points. Trailing them were the Gnats Masters, who got 2,859 for 10th place. Winner was Allegheny Nike with 296 points.

Pat Neary did an fine, efficient job of coordinating the runners and team categories, and made sure to follow up and mail medal winners their booty.

—D.P.

ANECDOTES ON RON TABB: LOTS OF DRIVE, LITTLE PROBLEM WITH EGO

by Peter Nye

Out of camera range at this year's New York City Marathon but still in the showing was Ron Tabb, who finished third in 2:10. He was the first U.S. runner there, and as observers look toward the U.S. 1984 Olympic marathon trials, Tabb seems a major contender at the trials in Buffalo next May.

His performance at New York capped a stellar year which served notice with a third-place at Boston that earned him a spot on the U.S. squad to compete during the summer at the world championship in Helsinki. There he ran a 2:14 on a windswept course and was the first U.S. runner, as Benji Durden finished minutes behind and Ed Mendoza dropped out. Tabb also won the Peking Marathon in China in the autumn. He ran a 2:18 to win the event held on a hot enough day that Billy Rodgers dropped out after running with him for about 23 miles.

When I met Tabb a couple of nights before the 1978 New York City Marathon, we were roommates staying at the Barbizon Plaza Hotel on Central Park South. We were part of the Adidas team, which included Bruce Robinson and Dan Rincon, that had just been put together.

But where I got to know him more was at the White Rock Marathon the next month in Dallas. The night before the race, he endeared himself to all the other Adidas runners when he announced, "Tomorrow I'm going to run just fast enough to win because next week, at the Honolulu Marathon, I want to run a real fast time."

At the New York City Marathon, Tabb's 2:45 wasn't

regarded as an awsome display of prowess. To be fair, the marathon was hot that year, with the mercury in the low 80s by the end of the race, and the race got complicated for a lot of runners between dehydration and blisters.

Blisters in particular hampered Tabb at New York. After the marathon he showed them to everybody. He also told how he had won three marathons in successive months earlier in the year — Corpus Christi, St. Louis, and New Orleans, and all with fast times — two in the teens.

This was long before his courtship and marriage to Mary Decker. He was then married to a woman who worked on the copy desk of a daily newspaper in Houston, and he worked installing eaves troughs on houses. He said he often pulled his truck over to the side of the road in the middle of the afternoon and went running for a while. About the time of the New York City Marathon he was negotiating with a bank for a loan to open up a running store in Houston.

At the Dallas marathon four weeks after New York, the weather was warm — in the 60s — with wind that whipped up cats' paws on White Rock Lake where there was a storm warning. When the gun went off, I went out with the lead pack, which included Tabb.

I didn't notice Tabb until I crashed on a turn at about eight miles. Ed Leddy of Tennessee via Ireland, and a winner of one of the early Peachtree 10-K races, was leading the pack when he cut the turn by going diagonally from the street, across the sidewalk corner, to the street again. His move caught others off guard and I got tripped up and fell. My fall jammed one leg into the pavement while the other snapped up hard. Watching the lead pack continue while my chin rested on the asphalt, I pondered whether to stop and jog to the finish or continue. I swiveled around and saw way off in the distance a figure running toward me. It was Tabb. I figured that if he was expecting to run "just fast enough to win" so that he could run a real fast time the next week at Honolulu, I might as well stay in the race to watch him win in Dallas.

As it turned out, I forgot about Tabb until after the finish. I wound up tenth. Tabb had dropped out at 20 miles.

"It was a training run," he said. In a van on the way back to the hotel, all the Adidas runners were sitting in silence. Ed Leddy had finished second to a local runner at Southern Methodist University who won, a neighbor of Jeff Wells in Dallas whose name escapes me. Race officials handed finishers white sheets which they got from a laundry service, and all the finishers standing or lying around the finish area looked like casualties from some catastrophe.

Tabb seemed to have more energy than the rest of us in the van. After some moments he broke the silence and said, "I got a contract offer from Tiger Shoes."

Silence.

"Of course, I told them I was running for Adidas."

Silence.

"They offered me \$7,000 which is to include travel expenses."

After more silence, John Bolter, the international Adidas representative, spoke up. Bolter, a former half

miler from England who went to the marathon out of curiosity to see why so many people ran in these events in the U.S., had been mostly watching. He said, "Why don't you write Tiger a letter and tell them how you did today? That will take the pressure off."

I wasn't sure what Tabb's reaction was. His face didn't register one. Bruce Robinson went the next week to the Honolulu Marathon and came back and said that Tabb ran something like 2:39. Compared to the 2:45 or so that he turned in at New York, that was "a real fast time."

The next year at New York, I was standing around waiting for the start of the marathon with Tabb and Ed Leddy. To help pass the time, Leddy told a joke. When he got to the punch line, I laughed politely but Tabb was a sphinx. "That's the punch line," Leddy said, and repeated it to him. "That's the joke."

"Oh," Tabb said.

At that marathon, both Leddy and I dropped out. I pulled out at 17 miles and walked over to Central Park, around the 24th mile marker, and watched Tabb overtake a runner to move up to ninth place in the marathon. The following year was 1980. He finished third at Boston, then fourth at the Olympic trials. Conclusion: If you're not afraid to miss a few punch lines, you can be a great runner.

PATTY PEOPLES, WRC IRONMAN

On October 22nd, Patty plunged into the Pacific deep blue off the Hawaiian Islands to test her triathlon skills in the 5th Ironman (Iron Persons? Iron Peoples!) Triathlon. She finished 25th female with a combined time of 12:09:44. Her splits were 1:19 for the 2.4 mile swim, 6:40 for the 112 mile bike ride (twice she fell victim to the tacks some psychopath placed on the trail) and 4:01 for the 26.2 mile marathon that came right after the swim and bike ride. Temperatures were in the high 90s at the start of the race, and during the bike ride, (besides the tacks) there were constant head and cross winds of up to 45mph. Her other triathlon accomplishments are:

1. May 15, 1983, Royal Mile, Wheaton, MD (1.2 swim, 10 run, 30 bike)
1st Overall, 3:19:10
2. June 5, 1983, National Long Distance Championship, Oxford, MD (2.4 swim, 20 run, 50 bike)
4th Woman, 6:32:17, qualified for the Ironman (IronPeoples!) Triathlon
3. August 7, 1983 USTS Chicago (1.2/25/15k)
5th Woman, 2:53:44, qualified for short distance Championship
4. September 10, 1983, Mighty Hamptons, Long Island (1.5/25/10)
10th Woman, 3:12:41
5. September 18, 1983, Muddy Run, Lancaster PA (1.2/25/10)
1st Woman, 3:07:12
6. October 3, 1983, Ricoh East Coast Championship, Long Beach, NJ (1/25/10)
1st Woman, 2:46:12

OLYMPIC UPDATE

Patty Peoples, (see story above) is currently under consideration for membership on the 7-11 Woman's biking team, which will get her some training at the Olympic Training center in Colorado Springs, in preparation for the Olympic Trials in biking, at Spokane, Washington, July 18-28. WRC is honored to have yet another potential Olympian in its ranks. A sizeable WRC contingent is going to be at L.A. as spectators, including yours truly. Patty, if you make it, we'll have a great party for you in L.A., and every one of us is pulling for you. Altus, Citius, Fortius!!!

imp

WANTED: All former WRC Converse Runners;
Contact Pat Neary, (703) 455-0575 (after 6:00 pm) for 1984 Support.

RUNNING ON EMPTY

(Doesn't Ira ever shut up?)

Hello again sports fans, what's new in the swinging, swirling world of running, you ask? Oh, you didn't ask? Tough Noogies, I'm gonna tell you anyway!

Joe Lugiano provided an answer to last month's question, what do they call the woman runners at Broad Run High School; Fast! Jeff Reed, you owe Joe a beer for that one ... Laura DeWald is coming back very well, having done a ten miler at a 7 minute pace, while Will was at home, rooting for his favorite team, the Washington Redskins. Hail to the Redskins, Wilbur ... Al Naylor, we are pleased to report, is back on the roads for the first time since his injury at the Marine Marathon. His chiropractor diagnosed the problem as strained ligaments caused by twisting his upper body to acknowledge the spectators (talk about playing to the crowd!). He asked Santa to bring him a pair of earplugs, and blinders, so this won't happen at Boston, when he makes his try for a place at the Olympic Trials, in Skylon. Eyes forward Al, especially around Wellesley ... Bruce Robinson couldn't make it down for last month's meeting, as he had hoped; however, he will return to join his old buddies, Team Funk, for this year's Hangover classic; next month, expect a full report about the 1984 version of Washington's crazy run. Oh, you can't wait a whole month to find out about the Hangover Classic. Show up for the race, then! ... Gary Siriano had some bad luck in Israel last month. Leading at the 22-mile mark in the Tel Aviv Marathon, he had to DNF because of an injured achilles tendon. Take some chicken soup Gary; it couldn't hurt. And, in answer to the question I posed this month, no, I never shut up, except for right after I say toodleooooooooooooooo!

UPCOMING RACES

*St. Patty's 10 miler and 5k, 3/18/84, Oley, PA.
Premiums include a complete Dolfin running outfit, a*

raffle ticket, lunch and drinks, and "a lot of tender loving care." It is a club race, age group awards include trips to Ireland, (First, second, and third place finishers, male and female also get trips to Ireland.) At present, the race co-ordinator position is vacant.

Williamsburg ½ Marathon, 3/11/84, Williamsburg, VA.

MINUTES OF WRC MEETING HELD DECEMBER 9, 1983

The meeting was called to order by Vice President Alan Roth, acting as chairman in the absence of Dan Rincon, President. The first order of business was obtaining a temporary substitute to take the minutes, due to the absence of Ed Foley, club secretary, from the meeting. Ira Pesserilo took the minutes, with an admonition from the chairman that the minutes are not "Running on Empty."

Under the matter of old business, Uniforms have arrived. Please send checks ASAP to Norm Brand, and make them payable to WRC; Uniforms ordered but not paid for, upon arrival, will be sold generally.

Mark Baldino expressed his thanks to the club for its assistance in putting on the Footlocker 10K, and the Georgetown 10K. The issue of the newsletter contained the addresses of members; if your address is wrong, SAY SO!

The next matter to be discussed was the WAVA race; a meeting was set for December 13; Bruce Goldsmith brought up a number of ideas concerning radio and racing.

Under new business, Alan Roth proposed that we have a formal banquet, in a restaurant (Jack Coffey proposed Victoria Station) in February. Among the members of the committee to set the banquet up are Suzy Rainville, Mark Baldino, Jack Coffey, Keith Higgs, Kathy Scott, Ira Pesserilo, and Sue Holmes.

Next, Alan Roth proposed that Committees should form, with the head of each sitting on the executive board. Bruce Goldsmith proposed that a steering committee shculd be formed; Alan Roth answered that the steering committee should be the executive board. Jack Coffey agreed with Alan Roth, and Alan added that the Executive Board should hold regular meetings, and decide committees.

On the matter of membership, Alan pointed out that membership has fallen from 120 to 90, and we need to put membership forms (such as appeared in last month's newsletter) in front of people at races and get them into the club. Ira Pesserilo suggested that the forms that appeared in the newsletter be used as the membership brochure. Alan Roth said that the forms can be duplicated in the form of a brochure.

Applied Kinesiology was next discussed. The possibility of another seminar was looked into, and also, the idea of having a review session for those who went to the earlier seminar, with people who did not attend welcome to come and learn from those who did. Among those who expressed interest were Lloyd Shrager, Jack Coffey, Ira Pesserilo, Jay Wind, Keith Higgs, Bobbie Bleistiff, Sue Holmes, Mark Baldino, and Suzanne Partain, at a time and place To Be Arranged. (Added note: the date set was 12/18/83, at

the American Red Cross Building, 2025 E Street N.W. (between 20th and 21st) from 11:00 am to 4:00 pm).

The next order if business was the nomination for club offices next year. The elective club offices are President (Chief Executive Officer of the club) Vice President (takes jobs from the President) Treasurer (keep books, collects money) Secretary (takes minutes). The appointive offices are Membership Chairman (collects dues money) and Newsletter Editor (assembles and distributes the Newsletter). Nominees were taken, and can also be taken next month, at the meeting were the elections will take place. The nominees are as follows:

President—Alan Roth, Pat Neary, and Al Naylor

Vice President—Suzy Rainville, Pat Neary

Secretary—Ed Foley, Keith Higgs, Pat Neary

Treasurer—Norm Brand, Pat Neary, Lisa Hamm, and Jeff Reed

The meeting will take place next month at Kathy Scott's building (The Appoline, where the November meeting was held). Members are advised to bring something to sit on.

The next matter concerned the Newsletter. Bruce Goldsmith stated that the newsletter has been arriving within a day or two of the meetings, and some people aren't receiving the newsletter until after the meeting has already taken place. Ira Pesserilo stated that the reason for the delay, is a few months ago, the newsletter began to be copied at the office of a member, who had to do it when work permitted. Previously, it had been done by a professional copying service, at a cost of approximately \$25-\$50 per issue, exclusive of postage costs. Ira went on to say that the change-over in the method of copying the newsletter was made in an attempt to save the club some money, and that the former method of duplicating the newsletter could once again be employed, if the club wanted to make the extra expenditure from the treasury. The club then voted overwhelmingly to authorize the newsletter editor to spend up to \$50 on operational costs per newsletter. Ira Pesserilo then said that with the copying service he used, he was able to give them the copy in the morning, and have the completed newsletters ready to mail out by the early afternoon, and usually have them in the mails the next day. Furthermore, Ira said that by returning to the professional copying service, the newsletter could generally be expected to be received by members earlier than it has recently be received. However, Ira gave a note of caution; with the new format the newsletter has been using, two people are now indispensable in the assembling of the newsletter. As such, if either one has an unforeseen emergency or exigency at the time a newsletter is being assembled, the newsletter can be delayed. Furthermore, Ira pointed out that the newsletter can not be put together until a date and place for the next meeting has been decided. Therefore, Ira suggested that meetings be planned two at a time, so the newsletter can publish the times and places of the next two meetings, over the next two months. This way, if the newsletter is delayed because of unforeseen circumstances, the members will still know the time and place of the next meeting.

In the matter of club races, the St. Patty's 10 miler

was added to the list of winter races (along with Gasparilla, in Florida). Located in Olney, PA, 2½ hours from Washington, the race director promised assistance to any club members who wanted to come. Jay Wind added that on February 26, the RRCA 10 mile championship will be held in Amherst MA. The Sugarloaf Mountain Athletic Club has offered to pay expenses, and housing, for a carload of WRC runners who want to run the race.

Alan Roth then mentioned that club money is available to any member who requests it. Bruce Goldsmith

then asked again, where is the club going, and that the club should have a statement of purpose. Joe Lugiano pointed out that one is already in the new member book. New people were then introduced; Mora Shaughnessy, Kathy Golas, Jim Feister and Cynthia Davis. The meeting adjourned, and we enjoyed another amazing covered dish party.

*Submitted by Ira M. Pesserilo
Newsletter Editor and Acting
Secretary for the December Meeting
in the absence of the club secretary.*