

Washington Running Club ★ Newsletter

Volume 3, Number 4

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April 1984

NEXT MEETING: will be held APRIL 20 at 8:00 p.m. in the American Red Cross Building, at 2025 E St., N.W. Nancy Shaw, director of the Northern Virginia Myotherapy Clinic, will be the speaker.

The MAY meeting will be held on May 11 in the Customs Building, 1307 Constitution Ave., N.W. at 8:00 p.m. Plenty of parking in the rear. If you come by Metro, get off at Federal Triangle. Room number will be at front desk (Remember mates, this is a Federal building. Be discrete about your liquid refreshments).

12th ANNUAL CHERRY BLOSSOM PAYS CASH, WITH \$13,000 PURSE; BECOMES INTERNATIONAL EVENT

Washington's biggest race, the Cherry Blossom 10 Miler, paid \$3,000 each to Simeon Kigen of Kenya and Rosa Mota of Portugal for winning the men's and women's division at the 12th annual edition of the event. Sponsored by Nike, the Cherry Blossom had a total purse of \$13,000 and paid down to seventh place. Kigen's time was 47:25, 11 seconds ahead of David Murphy. Mota beat Lisa Larsen in a dramatic contest by one second in 54:16.

Although no WRC members finished in the money, club members made up about one-fifth of the top 100 places. Our best finisher was Laura DeWald, eighth in the women's division in 57:55. Reflecting the level of competition and conditions—with a hearty wind and a water hazard 25 yards long and ankle deep—WRC's Matt Wilson and Terry Baker who last year battled for second place this year finished 15th and 35th.

Partial Results: 15. Matt Wilson, 49:22; 18. Charles Cyrk, 49:41; 22. Gordon Minty, 49:55; 25. Mark Shafer, 50:24; 34. Tim Minor, 51:10; 35. Terry Baker, 51:19; 37. Jim Hage, 51:21; 40. Jim Cooper, 51:45; 46. Mike Mansey, 52:19; 47. Lucious Anderson, 52:22; 48. John Ausherman, 52:24; 53. Jack Coffey, 52:33; 55. Don Uphouse, 52:34; 62. Henry Barksdale, Jr., 53:05; 65. Bruce Coldsmith, 53:15; 67. Carl Hatfield, 53:27; 70. Robert Thurston, 53:36; 75. Walter Sergeant, 53:44; 76. Bennett Beach, 53:46; 77. Bill Hall, 53:49; 79. John Walsh, 53:53; 82. Peter Nye, 53:56; 85. Don Davis, 53:58; 86. Al Naylor, 54:00; 88. Bob Stack, 54:04; 92. Bruce Robinson, 54:09; 93. Temple Washington, 54:10; 95. Mark Baldino, 54:17; 96. Sam Bair, 54:22; 100. Jay Wind, 54:51; Dennis Baker, 55:05; Dennis Jett, 56:28; Dan Rincon, 57:07; Bob Trost, 57:50; Pat Carr, 58:21; Myron Leitman, 60:25; Bill Larsen, 61:30; George Cushmac, 61:30; Jeff Reed, 62:25; Pat Neary, 62:57; Gerry Ives, 63:27; Ira Pesserilo, 99:23; Tom Lohrenz, no time available. Women: 8. Laura DeWald, 57:55; 15. Mary Ellen Williams, 1:00:16; Delabian Rice-Thurston, 89:10.

BETHESDA CHASE INAUGURATES 1984 SEASON; WRC DOMINATES MEN'S AND WOMEN'S FIELDS

by Don Pedro
WRC Staff Reporter

Terry Baker and Mary Ellen Williams, two regulars at winning key local races, opened up the 1984 racing season with clear victories at the Bethesda Chase 20-kilometer Mar. 3. Both runners led team sweeps in the men's and women's divisions.

Baker had a sizeable lead over the field of approximately 800 when he was accidentally led off course at about the 9.5-mile mark by bicyclists who were leading him. An alert Alan Roth, who worked as a race official and happened to be near Baker, saw the error and called to him to correct it. Baker finished in 1:03:23. He estimates he lost about 20 seconds, not to mention concentration.

Layne Party finished second in 1:04:33, followed by Henry O'Connell, 12 seconds down, and Tim Minor two seconds later. Jack Coffey ran the second half faster than the first and finished sixth in 1:05:56. Another WRC runner in the top ten was Walter Sargent, in 1:06:58.

Williams led a WRC women's sweep, as WRC women apparently chose the more rugged 20-kilometer course over the flat Avon 15-kilometer race the day before. Her time was 1:16:25. Next woman in was Pam Briscoe, with 1:18:36, followed by Colleen Troy, 1:21:10.

Appropriate with a late-winter race, several club members were in various stages of recovering from the flu. Roberto Rodriguez felt his energy dissipate after the first two miles. He was recovering from a bout of the flu which forced him to even take time off from the road and his job. Bob Trost had been feeling out of sorts on Saturday as he wound up a 100-mile week, and when the race went off at 10:15 a.m. the next day, he stayed home. As everybody else took off at the start, Bob noted that a radio announcer said the temperature was 35-degrees Fahrenheit.

Race officials were excited that the sky was sunny and clear, as the race has endured every kind of weather variation in its seven years. In 1982 the race

WRC DUES

Your 1984 membership dues must be in by the end of this month. Please send your check (\$15 individual membership, \$20 family membership), made out to Washington Running Club, to: Coleen Troy, 4503 Guilford Rd., College Park, MD 20740.

was victim to a cold rainfall. Two years earlier, it was postponed two weeks due to a snowfall.

Some WRC members ran in in pairs. Jim Hagen ran with Pam Briscoe, and Rick Shank ran with Jeff Reed. Reed broke his previous p.r. by 6 minutes. "When I set a new p.r., I don't fool around," he said.

Dan Rincon, as impressario of the regional Adidas team, scored as the fifth member on his team to win the team title. Other members scored second, third, sixth and eleventh. They beat the WRC proletariats whom Rodriguez assembled. The proles finished 10th, 16th, 18th, 20th and 22nd.

Baker has switched from the New Balance racing team to the newly formed Kangaroos racing team. Kangaroos, a firm that does about \$100 million in retail sales for shoes, is a recent welcome addition to the complement of competitive teams that help support the better competitive runners.

Partial results:

1. Terry Baker, 1:02:23; 2. Layne Party, 1:04:33; 3. Henry O'Connell, 1:04:55; 4. Tim Minor, 1:04:57; 5. Richard Ferguson, 1:05:48; 6. Jack Coffey, 1:05:56; 7. Matthew Tobin, 1:06:17; 8. David Stewart, 1:06:28; 9. Henry Barksdale Jr., 1:06:54; 10. Walter Sargent, 1:06:58; 11. Jim Hage, 1:07:10; 16. Peter Nye, 1:09:35; 18. Dennis Baker, 1:10:01; 20. Bob Cosby, 1:10:19; 22. Jay Jacob Wind, 1:10:31; 28. Dan Rincon, 1:11:08; 46. Roberto Rodriguez, 1:13:25; 70. Pat Carr, 1:15:14; 107. George Cushmac, 1:18:54; 108. Jeff Reed, 1:18:56; Gerry Ives, 1:21:50; Pat Neary, 1:22:08; Ken Moffett 1:36:11.

Women: 1. Mary Ellen Williams, 1:16:25; Pam Briscoe, 1:18:36; 3. Colleen Troy, 1:21:10; 4. Molly McGhee, 1:23:45; 5. Suzanne Pantzer, 1:24:49; 5. Betty Blank, 1:24:56; 7. Joani Donnell, 1:25:22; 8. Bernadette Flynn, 1:26:13; 20. Bobbi Bleistift, 1:33:18.

Washington Running Club

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CLUB OFFICERS FOR 1984

President: Alan Roth (649-4909)
Vice President: Pat Neary (455-0575)
Secretary: Keith Higgs (703-777-5964)
Treasurer: Jeff Reed (430-9089)

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RUNNING 26.2 MILES INTO THE WIND WAS EASY COMPARED TO A NIGHT ON BOURBON STREET DURING MARDI GRAS

By Jim Berka

After hearing that the Mardi Gras Marathon (MGM) was just two days before Mardi Gras Day, I decided to head down to New Orleans and take a shot at the elusive 2:19:04. As I drove from Albuquerque in the station wagon that also serves as my motel, I relived my jog at the 1980 MGM with the aid of a 15 mph tailwind. It had helped myself and about 20 others sneak in the back door of the 1980 Olympic Marathon Trials.

It's hard to tell how many runners at the starting line this year were there to run under 2:19:04, but with a 15 mph wind blowing into our faces it didn't really matter. John Mullins of Washington, D.C. led for the first 20 miles in a gallant battle against the wind. Twenty of us followed 150 yards behind, sheltering each other from the wind. At 16 miles, Dan Skarda, a teacher from the Chicago area, broke from the pack and made a charge at Mullins. Skarda caught and passed Mullins at 20 miles and hung on to win, despite the late spint of a few runners who were fresh from drafting off those of us still willing to break the wind.

No spectators are allowed on the 24 mile Lake Ponchartrain Causeway that the race is run on, so the 25 mile mark was our first view of the cheering crowds. Even though I came off the bridge in 5th place (and finished 5th in 2:28:48, 1:14 behind the leader) the crowd realized that I was 1st in the unofficial "Runners wearing Mardi Gras beads" division. This brought a roar from the crowd, at my expense. I figure that the heavy beads added 15 minutes to my time, deprived me of an easy victory, and an Olympic Trials qualifying time: but it was all in the spirit of Mardi Gras.

I felt surprisingly good the day after the marathon as I headed for Bourbon Street. The people in the French Quarter were in high spirits, abandoning all rational speech and actions. After waking up the next day (or maybe I never went to sleep) feeling like I'd just run 3 consecutive Ironman Triathalons, I said to myself, "And I thought running 26 miles into the wind was tough!" Maybe if I hadn't had those last 8 or 10 beers — of course the bottle of wine or the pint of brandy may have done me in anyway. If not that, then surely it was the Hurricanes — and I'm not talking about the wind.

RUNNING ON EMPTY . . . (must you Ira)

Yes sports fans, I must. What's new in the swinging, swirling world of running lately? Well, the hard-luck runner of the month award has to go to Jack Coffey. At the Cherry Hill 10-miler, poor Jack woke up twenty minutes late, and couldn't find the right exit off the expressway to get to the race. As he saw ten o'clock approaching, he gave up, thinking that he was going to be too late for the race, and parked his car at a bowling alley. He decided to just go out for a run when who should he spot but all his buddies who came down for the race. Jack couldn't figure out what was going

on until someone told him that the race begins at 11 a.m., not 10 a.m.! After avoiding this disaster, another one befell Jack a week later. Unintentionally, he gave the Washington Post his office phone number concerning the WAVA race, and the Washington Post published it in the *Weekend* section as the place to call for information about the race. Needless to say, Jack didn't exactly endear himself to the receptionists at his law firm. Wait until you make partner before giving out your office phone number to the Post, Jack ... Tim Minor of WRC won, as did Ms. Joiner (a new member of WRC). Next month, we'll do a small introduction piece about our new member (and hopefully by then I'll be squared away about her first name). Also at the WAVA race, Patrick Neary, (WRC Vice President's son) ran his first race without benefit of his father's pacing, and finished in 54:20 for a PR by a minute! Nice going Patrick! ... Pity Greg Shank; at Cherry Hill he, too, like a certain lawyer previously mentioned, got lost on his way to a race and stopped at a motel to ask directions; the desk clerk, seeking assistance, called out, "Hey, this jockey can't find the track." Well, Greg, we'll see if we can find a podiatrist who makes elevator orthotics! Coleen "little troyster" Troy has a new hairdo; no word on how she did at the Lady Equitable. Also, no word on Bob Trost's time at the Bullets 10K; by the way Bob, did you spot the red head with the rear end? (I just put that in to get Barbara Miller going). ... Olympic Bulletin, sports fans: Zola Budd, the South African speedstress, just moved to England and hopes to compete in the Olympics for Britain. Poor thing will probably have trouble getting a shoe contract; she runs BAREFOOT (how the hell can you market bare feet?). Speaking of the Olympics, yours truly has run into a snag in my quest to hold a party for WRC in L.A. My mother has expressly forbidden me from using her place ("You're not bringing your rowdy friends to my house!") All right, which lousy bum out there squealed to my mother about that picnic?... I found out that Phil Stewart's bride's name is Charlotte; that sounds better than Mrs. Beer-man! One more thing, sports fans; toodleoooooooooooo!

NOTES ON WHAT'S UP AROUND WRC AS WELL AS SOME OF THE GREATER RUNNING COMMUNITY

by Don Pedro
WRC Staff Reporter

Back in the halcyon days of pungent quips and barbs at the Algonquin Round Table before New York City had a regular marathon, Dorothy Parker observed that baseball was a game created so that men with unpronounceable names would have something to do. Now comes running, with record setters from around the globe.

On Mar. 3 in Phoenix, Zakarie Barie of Tanzania powered away from Rob de Castella of Australia to set a new world record for 10 kilometers on the road. He ran 27:43 to trim 6 seconds from the world record at the Second Annual Continental Homes 10-Kilometer....

Remember Martin Smith? Surely you remember

Aileen O'Connor, who used to win all those races between here and Baltimore after she ran beginning in her early teens for the CYO team of Baltimore. Well, the couple married on St. Patrick's Day. Among those attending the ceremony were Bruce Robinson, who came down from New Jersey for his old WRC teammate.

In the mid and late 1970s, Martin was plagued with injuries and turned his considerable energy to coaching while he taught school at Oakton High in northern Virginia. One of Martin's Oakton charges was Jimmy Hill, and he also coached Jenny White when she was a WRC member. Both of Martin's stars won slots on the national cross country team in 1978 to compete in the world cross country championship in Limerick, Ireland. His coaching career has been stellar ever since.

On New Year's Day he was in town for the Ed Baron Hangover Classic and told the WRC Newsletter that he's left the University of Virginia, where he coached the Cavaliers' girls team to two national IC4A wins, for the University of Wisconsin. One of the Cavalier women runners he coached was Aileen.

WRC wishes the couple good health and all the best.

As a follow-up, Jenny White, who left Virginia for Oregon for the Olympic trials in 1980 and ran for Athletics West, has changed her venue to Durham, N.C., Martin said, adding that she's winning road races down there. She's also changed her surname, having remarried. Those who want to follow her running may look her name up in results as Jennifer Freeman, according to Heinz Wiegand, another former WRC runner who has relocated to the Tar Heel State. Heinz, who is working around Durham and is studying for a master's degree at the University of North Carolina in Durham, said Jennifer is a nurse at the Duke University Hospital.

From time to time, rumors surface that Jennifer's ex-spouse, former WRC metronome Max White, is in the best shape he's ever been in and lives in the Northwest.

And as *toute le monde* knows, Jimmy Hill graduated from the University of Oregon and made the U.S. team in the 5,000-meter event at the world championships in Helsinki last summer, and he stands a good shot for the U.S. Olympic team....

Dan Rincon is coaching track at Eleanor Roosevelt High School in Greenbelt, Maryland. Dan also heads up the local Adidas squad, which includes several of WRC's finest, and continues to work for the University of Maryland, his alma mater. He's enjoying his running without having training and racing dominate his own regimen....

Cognoscenti report that the name of Phil Stewart's bride is Charlotte. The Stewarts were among the three dozen folks who attended WRC's banquet Mar. 4 at G.D. Graffiti's Restaurant in Rockville. Among the glitterati attending were Ken Moffett, Laura DeWald, Jeff Reed, Coleen Troy, Allen "Rusty Nails" Naylor, and several new members....

Two WRC members are headed back to campus in the autumn. Walter Sargent will be leaving for Harvard Law School, and Jim Hage will be heading off for campus in the Northeast as well....

WRC has the distinction of being one of the few

competitive running clubs that could run a small college, as several members have Ph. D. degrees. An informal survey indicates that members who wore their mortar boards long enough to complete the academic gamut include George Cushmac, whose degree is in chemistry; Robert Trost, economics; Tom Bache, engineering; Alan Roth, public administration; Jim Ulvestad and Bill Wooden, astronomy. Then there's the usual Washington panopoly of those with juris doctorates, masters degrees and baccalaureate degrees which apparently are *de rigor*...

Perrier, Poland Springs and other bottled water may be appropriate in swank restaurants for complicated seafood or white meat entrees, but what about an entree such as turkey or roast beef that requires a dark beverage? Not to worry. *Voila*. Mark Baldino is working with Perrier to come out with a burgundy-colored water to properly complement the darker repast. Mark is taking orders now from WRC members. He said he expects they should be filled by the time the summer Olympics open in Los Angeles...

At a seminar on running March 10 to help promote the D.C. Marathon in April and help runners get the most out of their effort, several WRC members were guest speakers at a center in Southeast D.C. Speakers were Pat Neary, Suzy Rainville, Valerie Nye, Lucious Anderson, Bob and Delabian Thurston. Others on hand were Jack Coffey and Peter Nye. Into this cornucopia of expertise, depth and running lore came an audience of one novice runner hoping to run his first marathon. He unwittingly transformed the seminar into a tutorial.

Lucious told how he regularly runs a Saturday track workout with Bob Cosby, a new member who used to run for the Syracuse (N.Y.) Chargers. Lucious and Bob three repeat miles at about 5:20 pace, plus or minus a few seconds, Lucious said. Lucious, who has improved steadily since he started running in 1978, last year consistently ran his 10-kilometers at a mile pace of 5:05 to 5:10. He encouraged running repeat miles at slightly slower than race pace, and he spoke of the virtues of taking one day off during the week when tired...

Those who heard that the City of Alexandria would revive a race in May on the George Washington Memorial Parkway from Mount Vernon to Olde Town may be interested to know that race plans have hit the wall. Bob Thurston says he was contacted to measure a 15-kilometer course, then was told not to bother since a main sponsor did not come through. The event was tantalizing, as the city volunteered to close off the parkway from traffic.

The original race was held in 1982 with a fanciful epithet — the First Annual George Washington Ten Miler Classic. But the event was abandoned along with a fledgling magazine, *On the Road Report*. The race and magazine were the product of Alexandrian John Sullivan who was a font of grandiose ideas. Unfortunately, he let the magazine disappear after the first few issues without reimbursing subscribers who paid for for a year in advance.

Another race that has disappeared — but for totally other reasons — is the half-marathon that used to be held in early June in Columbia, Md. The half-mara-

thon was sponsored by the Columbia Group Medical Plan which was bought out by Blue Cross-Blue Shield. The new owner decided to drop the half-marathon and replace it with a 10-kilometer event on the October weekend of Christopher Columbus's holiday. The new event is called the Columbus Chase. Prizes are pretty good for the top runners, and last October's edition had a prize list that included a color television set, Peugeot 10-speed bicycle, microwave oven...

Marlene Cemons sliced six minutes off her time from the previous year at the Avon 15-kilometer race Mar. 3 at West and East Potomac Park. Marlene, a scrivener at the Washington, D.C., bureau of *The Los Angeles Times*, has been writing interesting articles on women runners for the *Times* and various running magazines. She will use her expertise to cover women's running events for the *Times* at the summer Olympics.

After her effort at the Avon 15-k, she ran a warm-down with Nancy Conz of Amherst, Mass., second in the event that day with 53:12. Winner was Katy Schilly who came up from Atlanta to run 52:30 which nudged one second from Julie Isphording's course record.

Another WRC runner at the Avon race was Laura DeWald, who finished ninth in 55:36. Down from her home in Grand Rapids, Laura showed that running in the snow and cold of Michigan isn't an awesome training obstacle. She's visiting her family in Arlington for a few weeks while she makes final arrangements for her wedding in April to Will Albers who works for Brooks in Michigan.

The Avon race drew the largest women's field ever for that distance — 850. They came from all over the country — including 16 who have qualified for the Olympic trials. But for reasons that have not been made clear, the Avon race was not a big draw among WRC women. See story on the Bethesda Chase 20-kilometer...

Suzy Rainville is back training after recovering from a nagging injury called piriformis — irritation of a rotator muscle deep in the hip. This was the same affliction that plagued Herb Lindsay. Suzy speculates she developed this irritation as a result of overworking her quadriceps which in turn caused other surrounding muscles to overcompensate. After a three-month layoff, she's back on the roads with a progressive schedule starting with 20 minutes one day, progressing 10 minutes more daily until 60 minutes, then resuming with 20 minutes the following day...

It's back. The Arlington Dream Mile which was promised in the early part of this decade, then disbanded for lack of backing and sponsorship, has been revived again. Jay Jacob Wind announces that the Thomas Jefferson Community Center in conjunction with the Thomas Jefferson Road Runners have given their nod to approve the event set for 9:30 a.m., Saturday, June 9.

Jay says the race will be the preliminary for the Arlington Parade, set to start at 10 a.m. The race will start at Jackson School on Wilson Blvd. at George Mason Drive and head west down Wilson to finish at the Bluemont Park. While the course is undulating, it drops a net 50 feet in elevation, Jacob says.

Entry will be \$1. All finishers get ribbons, according

to Wind, who is currently soliciting merchandise prizes. The T.J. Road Runners will be putting on the event with help from the Potomac Valley Seniors. For further information, send a self-addressed, stamped envelope to the T.J. Community Center, 3501-South Second St., Arlington, Va. 22204. Tel. (703) 553-8522....

For the first time in memory, no WRC member was cited for a D.C. Road Runners Club Annual Award at the annual D.C.R.R.C banquet, held Apr. 1 at the Blackie's Marriott in Washington, D.C. Eamonn McEvilly of NOVA was selected Outstanding Male Runner, with Stephanie Shipp of the RunHers picked as Outstanding Female Runner. Most Improved Male Runner went to Douglas Bulcao of the Potomac Valley Seniors, and Most Improved Female went to Janice Stoodley of the Rock Creek Running Club. We swept the categories in 1981, but this time around we apparently we got caught with our better runners out of town and our courses showing....

The Virginia Ten Miler in September in Lynchburg, Va., has team divisions for men and women in the 30-39 age group, and master's teams. Bob Trost has volunteered to coordinate the team entries. He says that we have to enter individually, and the deadline is Apr. 30 or the first 2,000 entries, and the teams can be assembled by Aug. 15. Anyone interested in competing in these categories, please get in touch with Bob, who regularly attends club meetings and goes to most of the races....

Frank Shorter announced at a press conference in New York City in early March that he won't be competing in the U.S. Olympic trials for the marathon in May, according to *The Washington Post*, which didn't give any detail. Some explanation came from *Running Times Magazine* in its coverage of the December Honolulu Marathon. Frank pulled out of the marathon and told a reporter for RT that he thought his foot was broken. Since 1968 Frank has been a regular at the U.S. Olympic trials, and was leader in 1972 and 1976. With a gold medal in 1972 and a silver in 1976 in the marathon, no one will deny that Frank has the heart of a lion.

JETT, RODRIGUEZ, DOWN AGE-GROUP WINS IN FINAL WINTER SNOWBALL DERBY EVENT

by Don Pedro
WRC Staff Reporter

The final race in the winter season's Snowball Derby Feb. 6 in Reston, Va., was a 20-miler held on the established four-loop course that alternates from the road to a winding bike path and was partially covered by snow and slush. With the temperature hanging stubbornly around freezing, the only impetus for those who made the drive to Reston and bundled up for the starting line was to keep their positions in the Snowball Derby series.

Former WRC member Mike O'Hara took the race lead on the second lap, capitalizing on the small group of leaders, including Roberto Rodriguez, who took a wrong turn after the completion of the first lap. O'Hara ran 1:56:42 and held off a charge that Jack

Cleland put on. Cleland finished second, 23 seconds down.

Dennis Jett ran third in 1:59:50 to preserve his first-place standing in the derby's 30-39 age group. Roberto Rodriguez finished sixth in 2:02:06 to successfully defend his win in the 20-29 age group.

Dick Good emerged as winner in the men's over-50 age group in the Snowball Derby. He amassed 91 points, a total that was topped only by Roberto who won his age group after garnering 93 points. Good dominated an age division that included former WRC member Chauncey Berdan who finished fourth with 40 points.

Other results in the final Snowball Derby standings in the men's 30-39 age division are: 1 Dennis Jett, 73 points; 2. Robert Thurston, 66 points; 3. Bob Trost, 63 points; 4. Peter Nye, 54 points; 5. Henry Danver, 53 points; 14. Jay Wind, 25 points; 16. Chip Hill, 22 points, 18. Lucious Anderson, 20 points.

For the men's 20-29 age division, the results are: 1. Roberto Rodriguez, 93 points; 2. Jack Cleland, 84 points; 3. Mike O'Hara, 79 points; 5. Jim Hage, 39 points; 10 Jack Coffey, 31 points; 17. Bob Stack, 18 points.

In the women's division, Betty Blank finished third in the race with 2:25:59 to retain her second-place finish behind Barbara Frech of NOVA Running Club in the women's 30-39 age group. Frech won the women's race in 2:21:07. She finished the derby as age-division winner with 77 points, with Betty in second with 54 points, based on one race less than Barbara.

When the wind whipped up during the race after runners began the second half of the event, the temperature dropped into the 20s. About half of the field of approximately 80 chose to exercise their options rather than their bodies and dropped out to seek comfort in Hunter Woods School or their cars.

Partial Results: 1. Mike O'Hara, 1:56:42; 2, Jack Cleland, 1:57:05; 3. Dennis Jett, 1:59:50; 4. Tom Weber, 2:00:04; 5. Bob Thurston, 2:00:44; 6. Roberto Rodriguez, 2:02:06; 7. Bill Larsen, 2:03:19; 10. Peter Nye, 2:06:42.

Women: 1. Barbara Frech, 2:21:07; 2. Christie Hutchinson, 2:22:14; 3. Betty Blank, 2:25:59; 4. Janice Stoodley, 2:27:19; 5. Stephanie Shipp, 2:31:00.

—D.P.

ST. PATTY'S 10-MILER IN OLEY, PA., GETS RECORD FIELD; GORDON MINTY 6TH IN 49:32

by Demery Grubbs
WRC Special Reporter

Oley, Penn., near Reading, is too small to show up on the map which the American Automobile Association issues. The best directions from Reading came from a service station gas jockey who said, "Go up Route 73 to the IGA store on the corner and turn left. You can't miss it." About 5,000 runners found their way to Oley Mar. 18 for the Fourth Annual St. Patty's 10-Miler and 5-Kilometer events.

Big attractions to the 10 miler which drew some of the best runners within a three-hour driving radius of Philadelphia were some \$7,000 worth of merchandise

certificates from Athletic Foot Locker, Dolphin warm-up suits for the first 50 men and 25 women, and 31 trips to Ireland for winners of age groups that were broken down in five-year increments. In addition, fifths of Baileys Original Irish Cream were presented to the first four in each of the age group from age 21 and up.

A gray canopy of heavy clouds hung low in the sky for the start of both races in front of Gracie's Bar & Grill on Main Street. Piles of snow ringed the edges of parking lots and lurked in shady areas below bare tree branches.

When the starter sounded his horn for the 10 miler, the pack of more than 3,000 runners who were jammed shoulder to shoulder on the two-lane street pounded up a cloud of dust in their charge. They turned right at the second street and were quickly out into the countryside, running past farm fields that had patches of ice and water.

New WRC member Gordon Minty was right up with the leaders in the pack that had a lot of depth over the rolling course. With the temperature at 40 degrees and only a mild wind to contend with, times were fast.

Minty, who has won the Detroit Free Press Marathon and in February won the Washington Birthday Marathon while on a run with training shoes that resembled tug boats with shoe laces, found he ran the first three miles 10 seconds faster than his time trial on a track four days earlier. He went through three miles in 14:20 and ultimately finished sixth in 49:32.

Al Naylor, choosing to be a spectator this year after finishing in the top ten last year, was able to gather some results before the finish got too confusing. He noted that Greg Fredericks won the race in 48:31, followed by someone he didn't recognize, with a time of 48:52. Two Irishmen currently running for Villanova University took third and fourth: Marcus O'Sullivan in 49:09, Anthony O'Reilly in 49:19. Steve Eachis of New Jersey was fifth, 49:29.

After Minty, WRC's next runner was Henry O'Connell, 19th with 50:42. He has been steadily coming back after a car crash last year took him out of training for eight months.

As Dennis Baker and Peter Nye approached the first mile together, the leading woman asked them not to block her in the crush of the field which was still bunched up. She was Lisa Larsen of Michigan, running for the Brooks Team. They went through the first mile together in 5:04. Lausen went on to win the women's division in 54:19.

"When she came up on Dennis and I," Nye recounted, "we were contending with a slight headwind, so I tucked in behind her. She was a smooth runner."

A little farther back, Mark Baldino and Tem Washington ran with Jan Yerkes, the second-place woman. They all finished in 56:20.

Bob Trost ran 17:29 in the 5-kilometer race which preceded the 10-miler. The 5-k event drew some 1,800 runners. He then paced Betty Blank through the 10-miler in 66:51.

Another WRC member who was there was Bill Larsen, indulging in "some intense rest" to help recover from a hip injury. (ed. note: after a layoff of

nearly four weeks, he's back on the road. Good luck, Bill.)

Other 5-kilometer times are Kevin Ruck, winner in 14:57, Kimberly Belyn, winner of the women's division in 17:28, and Alison Wickman of WRC in 19:42.

Full results are promised to be published in *The Runner's Gazette*, a publication from the Keystone State.

Partial results: 1. Greg Fredericks, 48:31; 6. Gordon Minty, 49:32; 19. Henry O'Connell, 50:42; Heinz Wiegand, 52:05; Peter Nye, 53:58; Dennis Baker, 55:30; Dennis Jett, 55:40; Mark Baldino and Tem Washington, 56:20; Pat Carr, 60:20; Pat Neary, 66:14; Betty Blank, 66:51.

HEAT POSES NO PROBLEM FOR SHAHANGA; 42:54 FOR 15-K IN JACKSONVILLE, FLA

by Rob Trost
WRC Roving Reporter

With last year's one-two punch of Nick Rose and Mark Nenow missing in this year's Jacksonville River Run, and with WRC's Jeff Peterson and Tim Gavin staying home, some were concerned about the quality of this year's field. There was no need to worry, although the temperature at the start of the race was in the mid-60s and rose up to nearly 80 degrees. The first four finishers broke the course record that Rose had set the year before, with Africans dominating the race.

The event began with Englishman Adrian Leek and John Tuttle of upstate New York blasting away to an early lead. Both run for the Kangaroos Racing Team and were told by the shoe company to get out in front for a promotional photo. Once it was taken, the Kangaroos — acting as race rabbits — ran to the two-mile mark before they hopped off the course.

After that, a pack of seven runners took command. The leaders consisted of Gidamis Shahanga and Zackarie Barie of Tanzania via the University of Texas at El Paso, Kenyans Joseph Nzau, Simeon Kigen and Sosthenes Bitok, and Americans Mark Stickley and Mark Curp.

Shahanga took the lead at the 7.5-mile mark and pushed the pace up and over the Hart Bridge for the win. His time was a new course record of 42:54. Joseph Nzau was second in 43:04. Barie, whose recent 27:43 for 10,000 meters on the road is the new current world record mark for that distance, finished third in 43:07. Virginia Tech's Stickley was a surprise fourth in 43:19 — 10 seconds ahead of Simeon Kigen. Bitok was sixth in 43:47. That meant that five of the first six finishers were Africans.

In the women's race, Sweden's Midde Hamrin took command early and breezed to the finish in 50:12 to win the \$5,000 first-place prize. Julie Brown was second in 50:56 to win the \$2,000 prize for first American woman. A "reborn" Patty Lyons Catalano was 16th in 54:30.

Catalano, in the midst of a comeback after two years of injuries that all but ended her racing career, was happy with her time. During those two years she gained 34 pounds and was so depressed that she said,

"It took a great effort for me to get out of bed in the morning." (ed. note — Ms. Catalano is speaking for a lot of us, although the reasons may vary for the difficulty in getting out of bed in the morning.) However, she now feels she has a shot at making the Olympic marathon team. Conceding the first two spots to Joan Benoit and Julie Brown, Catalano said, "The third spot is up for grabs."

Two Baltimore-D.C. area runners, Suzanne Girard and Eleanor Simonsick, dropped out.

After my seventh-place age-group finish last year in 52:16, I had great hopes for this year's event. Things didn't go my way, however, and I finished 195th overall in 55:51.

Cindy Dalrymple collected \$500 for winning the women's masters division in 55:45. (ed. note — Cindy flew up to Oley, Pa., after the race to compete the next morning in the St. Patty's 10-mile race there where she again won her age division which had round-trip airfare to Dublin for the prize.) Among men's master runners, Guenter Mielke ran 46:10 to beat out Antonio Villaneuza by 30 seconds. Jack Batchelor was third in 49:00. Prizes were \$500 to win, \$300 to place, \$100 to show.

Other times of interest are for men: 8. Mark Curp, 44:05; 9. Herb Lindsay, 44:20; 15. Robbie Perkins, 45:24; 18. Benji Durden, 45:37; 20 Paul Cummings, 45:50. Women: 5. Carol Urish, 51:22; 6. Regina Joyce, 51:27; 8. Nancy Conz, 52:35; 12. Karen Dunn, 53:37; 19. Kare Cossaboon-Holm, 55:59.

GREG MEYER SETS PACE AT CHERRY HILL, N.J., 10-MILER, WINNING SOLO IN 47:21

The 10-mile race Mar. 18 at Cherry Hill, N.J., had a full team from Athletics West, but Greg Meyer provided a signal to those awaiting his return to the top. Meyer took the lead from the start, holding off a hard-charging Chris Fox to win with a course record time of 47:21. At the 5.5 mile point, Meyer had a lead of 200 yards over the lead pack. Fox, last year's winner gained over 100 yards on Meyer in the last mile, but finished 16 seconds back. Meyer claimed that Fox had the longest legs of anybody he had ever seen. Kevin McGarry finished fourth with 47:44. Katey Wiley won the women's title in 54:49, also a course record.

The course was a flat, out-and-back loop, and although the cold, breezy conditions may have slowed the times somewhat 20 people finished 50:00 or below—including three WRC members. Terry Baker led the club in 49:07, followed by Tom Stevens in 49:34 and Dave Shafer with a 50:00. Many of the race participants will be running in the Cherry Blossom, so fast times are anticipated.

Results: 1. Greg Meyer, 47:21 (CR); 2. Chris Fox, 47:38; 13. Terry Baker, 49:07; 16. Tom Stevens, 49:34; 19. Gary Siriano, 49:56; 20. Dave Shafer, 50:00 (1st 20-29); 25. Jim Hage, 50:58 (3rd 20-29); 28. Layne Party, 51:18; 31. Jack Coffey, 52:16; Jeff Delauter, 52:20; Greg Shank, 54:24 (PR); Dan Rincon, 54:42; Katy Wiley, 54:49 (1st woman); Al McAlpine, 56:45; Rick Shank, 58:45; Jeff Reed, 62:04 (PR); Others there (no times) were: John Mornini, Roger Urbancsik, Mike

Spinnler, Dave Shafer, and Keith Higgs.

—Dan Rincon and Jeff Reed

MINUTES OF THE MARCH MEETING OF THE WASHINGTON RUNNING CLUB

The monthly meeting of the Washington Running Club was held 9 March, 1984. Alan Roth, club president, presided.

Club uniforms have been delivered, but have not been silk-screened with the club logo. The delivery of the uniforms was delayed by a cash-flow problem at Sports Afoot. The club had to cover the cost, so payment for your uniform is needed as soon as possible. Prices per item are: Singlet, \$6; Shorts, \$7; Long-sleeved hooded T-shirt, \$12.50; Cap sleeve (women's), \$6.50.

Embroidery of a small WRC logo (approx. 3½-inches long by 1½-inches wide) is now available for any garment you wish. Cost for this services is \$5 per item. Details can be obtained by calling Pat Neary at 455-0575 after 6 p.m.

Thanks go to Suzy Rainville and the Social Committee for an excellent dinner at G.D. Graffiti's.

A contingent of approximately 20 WRCers is scheduled to run in the Boston Marathon. Contact Pat Neary for more information.

The Competition Committee submitted a list of area races where club members can gather and compete.

Bruce Coldsmith, Hecht Race Director, reported that he had met with the Hecht's people. In the meeting Hecht's stated their goals to be money for Big Brothers and publicity for Hecht's and Adididas. Bruce said the club's goals were publicity for WRC and money for the club's treasury. Club member help is needed on this one.

Bruce Coldsmith thinks that the Marine Corps Marathon should be our fall marathon race.

Dan Rincon is looking for help for his race on April 14. Give him a call at 384-7803.

The D.C. Marathon is upcoming. Teams are forming.

Keith Higgs
Secretary

BULLETIN BOARD

On Monday night, 22 April, at Boston, there will be a WRC room in the Sheraton. Ask for the room of Pat Neary or WRC.

Club Racing Schedule

7 April	Farm Animal Reform 10K West Potomac Park	8:00 am
15 April	Fritzbees Rockville	8:00 am
21 April	DCRR Bellehaven 15K Alexandria	9:30 am
29 April	Springfield, Va. 10K	8:30 am
6 May	HQ Army 10K West Potomac Park	8:00 am

Commercial Sponsor Rule

An individual who receives race money from WRC and a commercial firm (e.g., a shoe company) is encouraged to wear the WRC patch or other appropriate and recognizable WRC logo on the commercial firm's singlet. An approved singlet, for example, is the WRC/Converse singlet. Patches can be obtained from the Executive Committee or club mailing address at \$1.25 each.

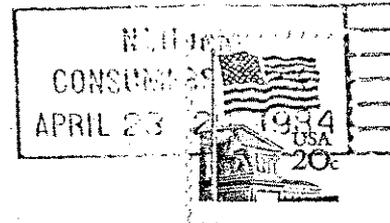
Embroidery of the Club Logo

We now have an embroidered logo, which can be put on any garment of your choosing. Bring any garment (singlet, jacket, sweater, etc.) to the meeting, and instructions as to how to order an embroidered logo will be given. (An embroidered logo will satisfy the commercial sponsor rule).

**WRC CRAZY HAT PARTY ON FRIDAY,
APRIL 27, AT 8:00 P.M.**

WRC is having a party at Jack Coffey's condo party room (5901 Mt. Eagle Drive, Alexandria, Virginia) on Friday, April 27 at 8:00 p.m. The theme is "Crazy Hats". You must wear a hat; the crazier the better. BYOB and bring your own munchies. Music provided by the club.

DIRECTIONS: 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 stoplight and after about a ¼-mile take a right on Mt. Eagle Drive. Go straight until you get the the Montebello gatehouse. Go up the driveway, it is the building on the right. The party is in the party room of building #1, B-1 level. Hope to see you there.



Peter Nye
5780 Dunster Ct., Apt. 173
Alexandria, VA 22311