

Washington Running Club ★ Newsletter

Volume 3, Number 5

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May 1984

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).

The JUNE meeting will be held June 8 at 8:00 p.m. in the Customs Building, 1307 Constitution Ave., N.W. at 8:00 p.m. The meeting will feature Bruce Coldsmith, Jim Hagen and Dan Rincon on a panel addressing coaching techniques.

**WIND, RAIN AT BOSTON DISCOURAGE SOME;
MINTY RUNS 2:19:03; BRISCO, 2:54:03**

by Bob Trost
WRC Roving Reporter

As I have done the last three years, I decided to pass up an all-out effort at the Boston Marathon this year and instead run with Betty Blank. Last year she ran a 3:04:15 p.r. and anchored the WRC's women's team to a first-place trophy. Since I ran with her, to a small extent I shared their winning the team title. With this year's team of Pam Briscoe, Coleen Troy and Betty, I was hoping to repeat the 1983 win. This year Betty was hoping to go under three hours.

At 11 a.m. race day, the conditions couldn't be worse. It was raining hard, the temperature was 43 degrees, and there was a strong wind from the northeast which would be a headwind the whole route. Many runners were seized with a fit of sensibility and didn't even bother to take the bus from Boston to the start in Hopkinton. Will Albers looked out the window of his hotel room and refused to leave. Henry O'Connell was game enough to go out and stand in line for the bus but had a change of heart before boarding the bus. He returned to his room and went back to bed.

But conditions improved shortly before the race started at noon. The rain ceased and the wind diminished, although it continued.

Englishman Geoff Smith tore through the first mile in 4:36 on his way to victory in 2:10:33. WRC's Gordon Minty, determined to run a qualifying time for the Olympic trials, ran hard. He was in 20th place until overtaken by a pack of about 50, all of whom were running a pace to qualify for the trials. The pack jostled him unmercifully and he quickly dropped from 20th place to 70th.

We went through the first mile in 6:30. We then settled in to a 6:40 to 6:45 pace.

At about four miles I started to develop blisters on both feet. I had to stop to remove a plastic support from my right foot. This cost me two minutes. I took

off in hot pursuit for Betty, catching her just after the 10-k mark. She was 40:25 at 6 miles. At eight miles I had to stop again to move the elastic support from my left foot. I was already badly blistered on both feet. I lost another two minutes. Again in hot pursuit, I went through 10 miles in 68 flat. Betty's split at 10 miles was 67:45, and I shortly after caught up to her.

At about 11 miles, we spotted NOVA's Barbara Frech, a training partner of Betty's. Barbara had begun to cramp up at two miles into the race from the cold rain that splashed on her legs. She ran through 10 miles in 67 minutes flat, but her cramps were causing problems. We three ran together and went through the half-way mark in 1:28:56.

At 15 miles, Barbara fell off the pace. I shouted over for my shoulder for her to gut it out.

Betty and I pushed on. When we hit the hills at 16 miles we knew the fun was over. My strategy was not worry about mile splits through the hills, and after topping the hills at 21 miles to run a pace of 7:00 to 7:15. Our 20-mile time was 2:18:17.

At 25 miles we came up on teammates Jay Wind and Pat Neary, and John Kennedy of NOVA. Our time was 2:55:10. I told Betty she had to run a 7:30 pace or better for a p.r. She tried. She had a terrific sprint down the final stretch for the clock, but finished four seconds off. She finished in 93rd place, 3:04:19.

Jay, who had run the D.C. Marathon the week before, and Pat pressed on and finished ahead of us. Jay ran 3:03:55, with Pat in 3:04:17. Although I finished with Betty, my time was officially one second slower than hers.

Frech succeeded in gutting it out to the end and finished in 3:10:47. Her teammate Kennedy, who was expecting to run about 2:50, finished in 3:03:58.

Ahead of us, Pam Briscoe finished 34th for women, in 2:54:03, followed by Coleen Troy in 2:57:36 for 46th place. This gave the WRC women's team a total of 173 points. According to preliminary reports, this placed the women's team in third, as there reportedly were two teams tied for first.

Pesserilo Passes Quill to Nye. Ira Pesserilo, who took over the WRC Newsletter last year when it needed an editor, has announced he will step aside. He has agreed to continue writing his "Running on Empty" column, but plans to devote his considerable energy to other endeavors. Taking over as editor will be Peter Nye, who created the first WRC newsletter in 1977. Peter has agreed to be editor for the next 12 months.

Winner of the women's division was Lorraine Moller of New Zealand, in 2:29:28.

Minty continued on the pace for qualifying for the Olympic trials. As he made the final turn and headed for the finish, he saw the large digital clock ticking away. For a fleeting instant he considered savoring the moment and finessing his way to the finish. But he sprinted. It turned out to be the right thing to do, as he qualified by one second. After he crossed the line he learned that the qualifying standard was 2:19:04. He was under the mistaken impression that it was 2:19:08.

John Ausherman, of WRC's Pennsylvania contingent, ran a 2:22. Jim Berka came through with a fine performance, in 2:22:30. Jack Coffey, ready for a fine effort himself, was hampered with leg cramps starting about the eighth mile and slugged it in to the finish in 2:38:23.

Other finishers include: Jim Hage, 2:29:13; David Hudson, 2:35:23; Roger Urbancsik, 2:42:07; Fred Lampazzi, 2:43:09; Dennis Jett, 2:44:32; Bob Stack, 2:49:50; Joe Lugiano, 3:05:13.

Preliminary results of the men's team competition had WRC in fourth place. Details will follow in a subsequent newsletter.

—With help from Pat Neary

WRC TAKES D.C. MARATHON TEAM WIN; PUTS 3 IN TOP TEN; STEWART, 4th, LEADS TEAM

from assorted sources

Darryl Stewart's high mileage and hard workouts paid off with a fourth-place finish at the D.C. Marathon Apr. 8. Finishing with 2:31:56, Stewart was the first of three WRC finishers in the top ten. Following him in were Jay Jacob Wind in seventh, 2:38:30, and Vassili Triantos, 10th in 2:43:01.

Washington Running Club

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CLUB OFFICERS FOR 1984

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Vice President: Pat Neary (455-0575)

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Newsletter Editor: Peter Nye (998-5467)

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Finance: Jeff Reed (836-7284)

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Race Management: Mark Baldino, Chairman (451-6530)

Social: Suzy Rainville, Chairwoman (549-2143)

Stewart led the WRC finishers to win the team prize.

Overall winner was Scott Bagley of Ontario, N.Y., who ran 2:26:40 and succeeded in holding off a late-race challenge by defending champion James Alexander of Abington, Penn. Alexander finished 17 seconds behind Bagley. In third was Paul Jessey of Alexandria, in 2:31:05.

Leading the field of 1,500 through the first mile was John Doub of Waynesboro, Penn., who set the pace with a 4:59. But Doub went on to drop out of the event after the mid-point, which he and Bagley breezed through in 1:10.

Winner of the women's division was Peggy Koker-not of San Antonio, who shattered the course record by 13 minutes. Her time was 2:49:05.

Lucious Anderson started the race with the leaders and ran comfortably for several miles before pulling out, using his effort as a training run.

FRITZBE'S 10-KILOMETER RUN FEST LONG ON FOOD, SHORT ON PRIZES

by Don Pedro
WRC Staff Writer

The elaborate spread of food, from croissants filled with roast beef and tuna fish to stuffed baked potatoes to a variety of soups to salads and omelettes, which followed the second annual Fritzbe's 10-kilometer race Apr. 15 in Rockville seemed to upstage what preceded it.

During the race, Terry Baker ran 30:38 over a rolling course to beat Dave Shafer and set a new course record. Shafer's effort was transformed into a training run after he "fessed up" that he was running with Kevin McTigue's number. Second place then went to Joey Abernethy of Garrett Park, Md., who crossed the line in 31:40.

Race excitement was generated when Eva Ernstrom, a lithe blonde from Bethesda, took four minutes off the women's course record with a time of 33:26. At the awards presentation, she was introduced as having qualified for the Olympic trials in the 3,000-meter event. She finished nearly two minutes up on Laura DeWald, who ran 35:23 for second.

The event, now in its second year, drew a field of 2,400 which doubled last year's inauguration. Its start this year rates as one of the worst. Runners jammed onto an access road that fed at a sharp angle onto Rockville Pike where the course went straight for the first mile.

Continuing through pleasant suburban streets where trees were budding, the course was rolling. Race leader Baker felt confident at the midpoint that he would run 29:30. Then came the uphill stretches that comprised the second half. Reflecting afterward, Baker said he liked the course because it was well monitored and had a good variety of terrain.

Farther back in the middle of the pack, one runner took his frustrations out on the hills in a spirited fashion. Orange traffic cones that marked the runners' lane along the road were supplemented by plastic gallon milk containers that were painted red. There

were three or four of these containers between each traffic cone over the yawning uphill portions. When the tension of running up the gradients got to this runner, or possibly he was seized by a need to change the mood, he stopped to kick the empty plastic milk containers for imaginary field goals.

Upon finishing, the runners were treated to an enormous feast that awaited. Tables laden with food bordered the parking lot that was cordoned off for the runners and their family members, who paid \$3 for the feed. Prizes were limited to the overall man and woman winners and Fritzbe gift certificates to the first two in each decade age group. But there was lots of food.

Partial results: Men: 1. Terry Baker, 30:38; 2. Joey Abernethy, 31:40; 3. Kris Herdt, 32:09, 7. Peter Nye, 33:14; Gregg Shank, 33:50; Mark Baldino, 34:00; Gerry Ives, 38:46; Jeff Reed, 39:03; Ken Moffett Jr., 39:13; Ken Moffett Sr., 41:36; Ray Morrison, time unrecorded; Greg Shank, time unrecorded; Vassili Triantos, time unrecorded.

Women: Eva Ernstrom, 33:26; 2. Laura DeWald, 35:23; 3. Annie Hoefler, 36:53; 4. Gretchen Triantos, 37:41; 5. Mary Ellen Williams, 37:52; 8. Stephanie Shipp, 40:39; Maura Shaughnessy, 45:30; Kathy Scott, 50:24

THE NAME SHELLY IN THE WRC HAS A RING LIKE NO OTHER

by Peter Nye

When I wrote the article on Rob Tabb a few issues ago, I was not prepared for the reaction it drew from several club members. It was simply a reminiscence that grew out of a conversation last autumn with Ed Ayres.

Many WRC members are familiar with Ron Tabb, but draw a blank at the mention of Ed. He has become reclusive, rather the Howard Hughes of the Washington Running Club. Ed doesn't have a difficult time writing his checks with ten-inch long fingernails or shuffle around wearing Kleenex boxes for slippers as Mr. Hughes was rumored to have done in his later years, but Ed has virtually dropped out of sight as he works to put out *Running Times Magazine* which he founded. Certainly you know *RT*.

Through the years we've had a cast of characters of our own without going outside to write about other people. Certainly one of them is the late Ed Jerome who was killed a couple of years ago by a motorist while he was riding a bicycle after dark.

Jerome and his dog Shelly ran more than 100 marathons. Shelly was a rather nondescript brown dog about three hands high who ran with her master all the way in all races. This created quite a flap in some D.C. Road Runner races until the mid-1970s when Jerome got a job out on the West Coast and left.

Jack Mahurin, when he was matriculating at the University of Maryland where he got his Ph. D. in physiology, used to shake his head at the mention of Jerome. "He goes to marathon after marathon, drives all over the country to get there, and goes through the same ritual every time," Mahurin remarked during one club picnic. "He lays out three different tank tops

and three different shorts on his bed and spends hours the night before the race pondering what he'll wear. Then he picks the same top and same shorts every time. Ditto with his training. No matter what he tells you he's doing for mileage or track workouts, he always runs 2:50, plus or minus five minutes for the course or weather."

In one marathon, dog and master got separated in the throng at the start. Shelly ran at her accustomed pace for a while, then sped up in search of her master. She overtook runner after runner over the miles and finally crossed the finish line in 2:23. Perplexed at not finding Jerome along the way, the dog realized what happened and went for a take-out Chinese dinner. She was deep into her snow peas and chestnuts when Jerome finally arrived at the finish in his usual time.

Shelly's record still stands as a national mark in the sub-40 pound weight division.

Another Shelly we had as a club member was Shelly Carlin who ran for us and moved out of the area for metropolitan New York City after he graduated from the University of Maryland. While here, Shelly won the Washington Birthday Marathon in Beltsville, and also won the New York City Marathon before it invented Fred Lebow and Perrier.

In early 1980, Shelly was running the Jersey Shore Marathon in the qualifying range for the Olympic Trials when he got tired and decided to bag it after 20 miles. Shelly has two speeds: fast or not at all. But the crowd was alert to his being on schedule for the qualifying standard that year and wouldn't let him falter. They recognized his trademark of white tee-shirt with a V-neck, his frizzy sandy hair, and a high back-kick. He responded to the crowd and finished the race physically spent but entitled to going to the trials in Buffalo.

Shelly still holds a few local course records, although the D.C. Road Runners Club hierarchy has had to alter several courses through the years for traffic reasons so that his name doesn't crop up as much as it deserves.

Phil Stewart noted once that Shelly had the distinction of setting a special record by the mid-1970s. "There was a time when Shelly didn't want to wear his glasses when he raced," Phil said. "He missed markers and ran off course while leading something like nine races in a row."

(This is the first of a series of pieces on WRC history to be published occasionally. Next month, George Cushmac will describe pre-WRC days, when the two area running clubs were the Empire Harriers and Excelsior, and when a young Marine Corps officer from Quantico named Billy Mills was winning local races.)

BULLETIN BOARD

HECHT COMPANY 10-MILE RACE: June 3. All members should work the race. We get \$1,000 plus 70¢ for each of the first 1,500 runners, and 85¢ each for all

runners over 1,500. Bruce Coldsmith and Al Naylor will be race co-directors. If you don't call to sign up, you will be called and then assigned. Here are some suggestions and telephone numbers for volunteering:

Jay Wind (920-5193) is handling registration. He needs package stuffers for Thursday and Friday nights. Mark Baldino (451-6530) is working the finish line. Bob Trost (931-8809) is coordinating course marshalls. Ruth Joyner (978-2136) is doing the water stops which we all know is a vital job.

LYNCHBURG 10-Miler in September. Bob Trost is forming a 30-39 age-group team for the team competition. Give him a call soon at: 931-8809.

HOMETOWN RUN 15-Kilometer in May. WRC is forming men's and women's teams. Contact: Jeff Reed (836-7284) for men; Ruth Joyner (978-2136) for women. Expenses for this race will be reimbursed, upon request, if you run on a team.

NOTES ON WHAT'S UP AROUND WRC AND THE REST OF THE WORLD

by Don Pedro
WRC Staff Reporter

Southern Maryland runners have been meeting Tuesday evenings and Sunday mornings at Ray and Joie Morrison's Royal Mile Pub in Wheaton for workouts.

On Tuesday evenings between 6 and 6:15, a coterie as large as 10 runners meets to head off to a nearby track for interval workouts. Ray, former WRC president and president of the D.C. Road Runners, coaches. The runners have a range of abilities and run intervals that make up between 2¾ miles to 4 miles, for a total distance of 5 to 7 miles including recovery jogs. In his coaching, he takes into account what each runner raced or ran over the weekend. Among those indulging in the Tuesday evening workouts are Ken Moffett Sr. and Dan Rincon.

On Sundays, a group two-mile run leaves at 11 a.m., and another group leaves 30 minutes afterward for a 10 miler. Those who make the Sunday morning run get a card good for a free beverage — beer, soft drink or orange juice. He's even formed his own club, the Royal Mile Athletic Club. People wanting more information on the runs, the pub or the RMAC may call Ray at work: 946-4511.

The Royal Mile Pub might sound familiar, even though you're not living in Maryland. Some radio announcers, including Mary Cliff on WETA during her Saturday night folk-music program, mention the RMP as a place where traditional string and singing groups perform. Three groups regularly at The Royal Mile Pub are the Irish Breakdown, Gross National Product, and Ogham. . . .

Results from the Moffett clan from the Cherry Blossom which got missed last issue were 65:30 for Jack Moffett, 69:35 for Ken Moffett Sr. and 64:05 for Ken Moffett Jr.

Ken the Younger, an ex-Marine headed to graduate soon from the U. of Maryland, succeeded in his performance by training four miles the week before. Ken the Elder recently doubled in 10-k races over the

weekend of Apr. 14-15. On Saturday he ran 41:02 at the Early Byrd 10-K, named after Byrd Stadium at his *alma mater* the U. of Md. He won an Igloo ice cooler for his effort. The next day he ran 41:36 at the Fritzbe's 10-k. . . .

There is no truth to the rumor that Mark Baldino has been offered an internship as greeter at the Los Angeles Greyhound Bus Station during the summer Olympics. Greeters meet bus patrons as they debark, give each passenger a hot white towel, and say, "Welcome to Los Angeles, city of the angels. We hope you have a nice visit here."

But Mark has made a big score from the West Coast. Through a dazzling series of heady negotiations, he has arranged with the William Morris Talent Agency a special engagement exclusive to the Washington Running Club to rent out Michael Jackson's glove. During this four-week period, Michael Jackson will be underground and will not be using his glove. It's the only one of its kind, and those who wear it are guaranteed to have an experience that their minds and bodies have never had. Those interested in wearing the special glove, which fits all sizes, give Mark a call.

Remember Jim Buell? A former scourge of the roads who finished in the top five at the Lynchburg Virginia Ten Miler while a student at the University of Kentucky and winner of numerous local races, including the Hecht Co. Ten Miler, he is now busy working for Procter & Gamble. Jim and his wife Carmen live in Leewood, Kansas, a suburb of Kansas City, according to Al Naylor. Al says a Christmas card from Jim said he runs for recreation these days. His job requires a lot of airline traveling. He is in charge of Midwest sales of Attends, an adult diaper for adults with incontinence. . . .

Another scourge, Mike Mansy, is back on the roads after an eight-month layoff due to an injury. Mike, a December graduate of East Tennessee State University, got a degree in criminal justice. He was forced to miss running in his last year of school with pains that turned out to be from his orthotics. He was fitted for them while in high school. But over the years his body changed and it turned out it was his orthotics that were the source of his affliction.

At the Cherry Blossom Ten Miler Apr. 1, he showed his fitness was coming around with a 52:19, and two weeks later finished second at the 90th annual Penn Relays marathon, with a time of 2:22:44. . . .

Ken Terrell, who used to finish well up in races around here in the middle and late 1970s, now runs for recreation. Not long after getting a master's degree from American University, he began working public relations for AT & T Communications which is underwriting the expenses of the Olympic torch. The torch will come through this area in mid-May and he helped coordinate a practice run recently.

Carrying a torch similar to the one that will bear the flame from Greece bound for the Olympiad in Los Angeles, Ken ran up a main traffic artery in Washington during the afternoon rush hour and found motorists were caught up in the excitement of the torch coming through.

"Drivers were flashing their headlights, honking

their horns," he said. "They were really getting into it. Kids ran alongside me for short distances, all excited. Some kids rode their bikes beside me, asking questions. I passed by one woman wearing a dress-for-success gray suit, high heels and carrying an attache case.

"She started running with me. She said she was a marathon runner and this was her only chance to run with the Olympic torch. She ran *click-clack, click-clack* on the sidewalk. I was worried she'd trip and fall as she ran with me. She kept this up for a mile and a half. I didn't have the heart to tell her it was a practice run, that it was not the real Olympic torch."

Recovering from foot surgery following a confrontation with a car while out running is Mike Spindler. He is walking all right and expects to be running again by the end of April. . . .

One person who has been chided for never walking by a bar finally passed the Maryland Bar. Dave Asahi, who got his juris doctorate from the University of Maryland, currently is working for Carl Anderson's Lockerroom franchise which has four stores in this area.

Dave soon will leave for Los Angeles where he will work as a volunteer for the Los Angeles Olympic Committee, helping to coordinate athletes and the press. . . .

Another WRC member at the Olympics will be Marlene Cimons, regularly a reporter at the Washington, D.C., bureau of *The Los Angeles Times*. Since our last newsletter, her duties at the Olympics have been extended to include both men and women in track and field. With luck and some pleading on 300 or so bended knees, we may have some first-hand reports from the Olympics, eh, Marlene? . . .

Jim Berka was in town recently from Albuquerque and won the Wakefield Recreation Center 10-Kilometer race Apr. 7 with 31:37. Ray Morrison finished fifth, in 34:12. . . .

Mark Johnson and his wife have a new baby daughter, Angela. She was born three months ago. Son Aaron is now age two. Mark, a representative for Nike, is growing his mustache back. He found after he shaved it off that he had to re-introduce himself to his longstanding clients. They told him, "I liked the other guy pretty well. What did you say your name is again?" . . .

The 83rd running of the Boston Athletic Association Marathon had one runner less than usual. Bruce Robinson exercised an option to stay at home to make arrangements to open his new running store in Manasquan, N.J. Opening was set for around late April, in time for the nice weather. . . .

EXTRA! EXTRA! WASHINGTON WINS FIRST ANNUAL 10K FOR THE FIRST AMENDMENT

By Kathy Scott

Not in trenchcoats, but in Goretex suits, and with numbers in hand instead of notebooks and pens, a small band of journalists, students and defenders of a free press gathered on a wet and chilly morning in

Northwest Washington to inaugurate the first 10K Run for the First Amendment.

But it wasn't a journalist or even an anchorman who came away with top honors, but WRC's own architect Tem (Lawrence Temple) Washington (III), who pounded out the hilly two-loop course, winding through upper Massachusetts Avenue and up what seemed an interminable hill full of large houses, in a time of 34:58. A gift certificate for dinner for four at Szechuan Gardens restaurant was his reward.

The race, sponsored by the American University Chapter of Sigma Delta Chi, Society of Professional Journalists, attracted runners from a variety of Washington news organizations, with proceeds going to benefit the Freedom of Information Fund and its legal work in First Amendment cases.

WRC was well-represented in the race, with Dennis Jett taking third place overall with a time of 35:31, which also netted him a first place age-group prize of dinner for two at a choice Washington restaurant.

Gerry Ives, with printer's ink in his veins, pulled in 12th place with a time of 41:20, and Jim Feaster finished in 17th place with a time of 45:30. Phil Stewart, who has been hampered by a series of nagging injuries, succeeded in running a 35:45.

And this reporter was the first woman finisher in the 5K race, winning a month-long membership in Spa Lady and a snazzy new haircut at an exclusive Falls Church salon. Not bad for a time of 25:31.

Perhaps the best feature of the race, though, was the long-sleeve tee-shirt featuring . . . a typewriter on running legs. A bit anachronistic, however, considering that typewriters in the newsroom have for the most part gone the way of green eyeshades, flashbulbs and button shoes. But have you ever tried to draw a picture of a word processor with running shoes on?

CLUB RACE SCHEDULE

6 May	HQ Army 10K West Potomac Park	8:00 a.m.
13 May	Women's Bonne Bell 10K West Potomac Park	8:00 a.m.
20 May	DC Hometown Run 15K 15th & Penn., N.W.	9:30 a.m.
26 May	DCRRC 15K Burke Lake, VA	6:00 p.m.
10 June	DCRRC 4 Miler West Potomac Park	8:00 a.m.

RACE RESULTS

DCRRC 15K

Men	
2. Robert Rodriguez	51:51
8. Robert Trost	56:18

Women

9. Bobbie Bleistift72:29

POTOMAC VALLEY SENIORS 5M—GREENBELT**Men**

4. Charles Kuhn28:23

Women

3. Faith Kuhn37:19

CHERRY BLOSSOM CHASER**Men**

Jim Feaster41:57

Women

2. Ruth Joyner39:10

LAURA AND WILL TIE THE KNOT; LEAVE TO HONEYMOON ON THE SHORE OF LAKE MICHIGAN

The wedding of Laura Lee DeWald and William David Albers Apr. 21 drew not just family friends but also runners from all over. After the service, Jack Coffey observed, "This is the first wedding I've been to where if we had to race somewhere I'd finish in the bottom half."

Laura wore a white-on-white wedding dress she made herself with vertical shadow stripes, puffy sleeves, and a tapered hem. Standing barefoot in white stockings on the lawn in her backyard at the reception and wearing a garland of flowers in her flowing hair, she looked equally as much a bride as a medieval Queen of May.

Will wore a traditional soft-gray suit. A pleasant surprise at the wedding service was Will's brother Chris who sang. Chris studied voice at the Peabody Institute of the Johns Hopkins University, Conservatory of Music in Baltimore.

At the reception that followed in Laura's back yard, refreshments were served by members of the George Mason University women's track team. A break in the overcast sky let sunshine light up the backyard where Laura had last year planted some 100 tulips here and there as a gift for her father.

A party ambience was enhanced with a few white parachute shrouds hung from tree branches of big trees over portions of the backyard. Dozens of red and white helium-filled balloons danced on their strings in the breeze to music from the band All Points Bulletin. The band really got the mood rolling.

Jack Coffey, Jeff Peterson, Ira Pessarilo, Marlene Cimon, Dennis Jett, Tom Lohrenz and others cut up the lawn (so to speak), but not like Suzy Rainville, who was really getting it. The first few chords transformed her into Terpsichore, the Greek muse of dance.

Some WRC members who haven't been around for a long time joined in the festivities. Mike Greehan, looking like Warren Beatty, told how there have been six sunny days since November in Grand Rapids where he works with Will. Mike Bradley was there, back to these shores after spending a few years overseas in Saudi Arabia and England.

Others who came from out of town included Julie Isphording, winner of numerous races including the local 1983 Avon 15-kilometer, who flew in from Cincinnati to be a bridesmaid. Craig and Care Holm, one of the few couples to have both qualified for the Olympic trials, drove up from their training base in Florida on their way to their hometown of Rochester.

There were some nonrunners, including Susan, a grade-school classmate and University of Virginia roommate of Laura's. "Reporters call me up for information on Laura and ask if I'm a runner. I tell them I'm not, but I'm in training to be an Olympic spectator."

After the champagne toast was made in honor of the new couple, the helium tank became a popular item. By refilling a balloon and taking a deep draft of the helium, one's voice became squeaky. Chris Albers performed an impromptu rendition of the Lord's Prayer in helium for a small audience.

The wedding capped a five-year courtship. It was love at first trophy, as the couple met in 1979 when they won their divisions of the Health and Fitness 20-kilometer race in Washington, D.C.

When the reception was over, Laura and Will went off to honeymoon in a cottage that Greg Meyer lent them on the shore of Lake Michigan.

—P.N.

MINUTES OF APRIL MEETING OF THE WASHINGTON RUNNING CLUB

The April meeting of the Washington Running Club was called to order by President Alan Roth at 8:15 p.m.

The evening began with our guest speaker Nancy Shaw of the Northern Virginia Myotherapy Clinic. Nancy started by stating that the theory behind myotherapy is that there are trigger (irritated, or pressure) spots in muscles created by some injury or physical insult to the muscle. These injuries can lead to spasms. The muscles may not go into spasms immediately after the injury, but for some reason can wait for days and even months and years after the original hurt. When one group of these points starts to "fire" the muscles in the surrounding area go into spasm causing a pain/spasm/pain cycle. Interrupting that cycle is what myotherapy is all about.

Nancy then demonstrated how she located these trigger points, and applied seven seconds of pressure with thumbs or elbows. She noted that there was no danger of causing damage because she was pushing on just the muscle. Treatment is followed by gentle stretch exercises.

A question and answer period followed the demonstration.

For more information or treatment or upcoming workshops call Nancy Shaw at the Northern Virginia Myotherapy Clinic (922-8250).

Finance Committee: The treasurer's report indicated a balance of \$2,632.36. Money expected to be received in the next month include \$400 from Sports Afoot (uniforms), \$375 for club member work on M Club Race and \$1,500 for WAVA Race (club race).

Social Committee: The Social Committee report

highlighted the Hat Party (see back page of April Newsletter).

Newsletter Committee: The retirement announcement by Ira Pesserilo was the word from the Newsletter Committee. The Club wishes to express their gratitude to Ira for all his hard work. A warm welcome to Peter Nye, our new editor.

Race Management Committee: Thanks go to Jack Coffey for directing the WAVA Race. Co-Race Director Bruce Coldsmith reported preparation for the Hecht's 10-miler is going well. As of 20 April there were 608 registrants. Key positions have been assigned and members are needed to work the race. Packet pick-up and race clinic will be held on Saturday, June 2 from 1-3 p.m. at Tyson's Corner. Call Bruce at 836-7284 to get your assignment, otherwise you will be called.

Membership Committee: The Membership Committee reported 33 new members since the first of the year. This brings club membership to roughly 180.

Legal Committee: The Legal Committee reported bylaws are in the works and expect to present them at the May meeting.

Competition Committee: The Competition Committee reported upcoming races to include the HQ Army 10K (6 May) and the Blake Heart Run (on the Georgetown 10K course). The Hometown 15K will be run the 20th of May. Coordinators for the Hometown Race are: Men—Jeff Reed (836-7284) and, Women—Ruth Joyner (978-2136). WRC received the team award in the DC Marathon thanks to outstanding performances by Darryl Stewart (4th), J. J. Wind (8th) and Vassili Triantos (10th). Persons interested in running the Elby's 20K in Wheeling, WV, should contact Al Naylor.

A special feature of the meeting was a talk by Peter Roth, treasurer of the NYRRC and Executive Producer of "On the Edge"—a running film, and brother of WRC President Alan Roth. Peter explained the workings of the NYRRC.

The subject on everyone's mind was entering the NYC Marathon. To enter the NYC Marathon, which will be held on 28 Oct. 1984, you have to send a request for an entry form. The request for an entry form must be postmarked NO EARLIER THAN 12:01 a.m. June 5. The request for an entry form should include a self-addressed #10 envelope (business size) plus a non-refundable \$3 handling fee (check or money order made out to NYC Marathon—do not send cash). You need put nothing else in the envelope, they know what it is. Send the request to:

Marathon Entries
P.O. BOX 1388 GPO
N.Y., N.Y. 10116

The entry forms will be sent out mid-to-late June. The entry forms should be returned immediately by Express Mail. All entries must have a TAC number (contact Norm Brand). Everyone who sends in a request for entry form should contact Alan Roth and he'll let you know when the entry forms are being sent out so you can arrange to have someone home to return the forms to N.Y. immediately. You can be guaranteed acceptance if you can meet the following qualifying times and indicate the same on your entry

form: Men—2:30; Women—3:00; Masters Men—2:45.

New Business: Norm Brand requested a donation to an Olympic Officials Fund. This fund would help to send an area official, Art Miles, to the LA Olympic Games. After discussion the sum of \$100 was passed.

The subject of support for Olympic Marathon Trial participants was discussed. Affected members should contact the Executive Committee.

The issue of coaching was discussed. It seems that there are various individuals and groups available to coach members. We will be publishing more information of these groups in a special section of next month's Newsletter.

New member Ruth Joyner was welcomed to the club.

Old Business: Long sleeved T-shirts are on the way. More uniforms are being ordered (it seems that the women's uniforms are a size smaller than indicated on the labels). WRC patches, silk screening and embroidery are available from Pat Neary.

Keith Higgs

JEFF REED SCORES FOR THE FIRST TIME ON WINNING TEAM; TAKES HOME PLAQUE

Dick Hayden of Philadelphia took off from the start of the D.C. Road Runners 15-Kilometer Championship Apr. 21 without letting Roberto Rodriguez run alongside him. Hayden led the pack south down the paved twisting bicycle trail adjacent to the Potomac River from Belle Haven Park in southern Alexandria to the turnaround, then doubled back and got to the finish ahead of everyone in 49:23 to win.

Roberto came in second with a time of 51:51 to lead the WRC team to victory. In third place was Jack Cleland, 52:22, followed by Eamon McEvelly of NOVA Running Club, 54:00.

Bobbie Bleistift was the first WRC woman, finishing in ninth place with 72:29. Winner of the women's division was Kathy Hibbert of the Rock Creek Running Club, in 58:24.

A WRC contingent ran the race as a workout and each went home with a plaque for winning the team prize. For Jeff Reed, it was reportedly his first time as a scoring member of the winning team. Bob Trost said Reed finished about 30th place, and George Cushmac put Reed's time at under 60 minutes. He was unavailable for comment.

Others who scored between Roberto and Reed were Trost in 8th place with 56:18, Bill Larsen in 15th place with 57:27, and Cushmac in 16th place in 57:46.

Ron Griswald finished 13th place in 57:05, but due to a mix-up he wasn't placed on the WRC team and didn't score. Ken Moffett started the race but pulled out as a preventive measure after a leg pain developed.

Time keeper for the event was WRC's Al Naylor.