

Washington Running Club ★ Newsletter

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September 1984

The SEPTEMBER meeting of WRC will be held September 14 at 8:00 p.m. in the Customs Building, 1307 Constitution Ave., N.W. The meeting will feature a shoe fair, with Jim Roberts of the Fairfax Running Center and podiatrist Dr. Ayne Furman giving advice and tips on how to choose the correct shoe.

MATT WILSON AND PATTY MCGOVERN SHARE WINNING HONORS AT ANNAPOLIS 10-MILER

by Peter Nye
WRC Staff Reporter

Winners of both the men's and women's divisions at the Ninth Annual Annapolis Ten-Mile Run Aug. 26 were not apparent until the leaders had the finish in sight inside the U.S. Naval Academy stadium.

Matt Wilson of the Tiger Asics International Racing Team and John Eberle of Nike ran stride for stride into the stadium. They had shed Frank Sharky of the Brooks Racing Team when they crossed the Severn River Bridge, with slightly less than two miles to go. When it got down to a two-man race, Wilson tested Eberle with a few surges to test how Eberle was doing, Wilson said after the race.

Once in the stadium, Wilson broke away for the lap over grass — slick in parts, owing to the morning's dew — that went up one side of the Navy football field, across the back, then down the far side to the finish.

Wilson's 49:29 was four seconds ahead of Eberle.

The same four-second margin separated WRC's Patty McGovern of the Saucony Racing Team from Sue Crowe of the Warren Street Athletic and Social Club at the finish, but their race was more dramatic.

McGovern and Crowe entered the stadium in tandem and duelled up the football field's sideline and across the back. But coming off the final turn, McGovern prevailed to take over and win in 58:11.

Third-place woman was WRC's Pam Briscoe, in 60:45, a new pr. Coleen Troy was the next WRC woman, in sixth with 62:30.

Weather for the race was more characteristic of a northern environ. Giant clusters of clouds scudded across the azure sky as though they were scrubbed clean and scattered out to dry on a day with moderately low humidity. Turnout for the event was as strong as ever, with 3,500 official starters who had submitted their entries months in advance.

Wilson, who formerly ran for WRC, now runs full-time for Tiger International. Leading WRC finishers were Tim Gavin in fifth, a resurrected Jeff Peterson (recovered from an achilles tendon injury) seventh, Stan Fletcher eighth and Jack Coffey tenth.

One of the more remarkable performances was that

of 51-year old Rev. Norman Green who finished 21st overall in 54:01. He not only won the 50-59 age group but also bested the 40-49 age group winner, Ed Kandrot in 55:18, as well.

Green's performance prompted a fellow age-group competitor to shake his head and smile. 'It's all relative,' WRC's Ken Moffett said. "The secret is to check out the obscure races to run."

Results: 1. Matt Wilson, Tiger, 49:29; 2. John Eberle, Nike, 49:33; 3. Frank Sharky, Brooks Racing Team, 50:02; 4. Willy McCool, U.S. Navy, 50:32; 5. Tim Gavin, WRC, 50:37; 6. Jim O'Keefe, Tiger Race Pace of Baltimore, 50:54; 7. Jeff Peterson, WRC, 51:00; 8. Stan Fletcher, WRC, 51:18; 9. Paul Malott, Nike Allegheny, 51:42; 10. Jack Coffey, WRC/Adidas, 52:16; 11. Dave Harrison, Tidewater Striders Locker Room Team, 52:16; 12. James Clelland, TRP, 52:33; 13. Don Uphouse, TRP, 52:36; 14. Tim Tays, WRC/Brooks/U.S. Army Old Guard, 52:42; 15. Dave Menosky, Nike Allegheny, 52:47; 16. Lucious Anderson, WRC, 52:52; 17. Charles Cvrk, WRC/Adidas, 53:07; 18. Jim Dare, WRC, 53:20; 19. Dan Rincon, WRC/Adidas, 53:20; 20. Roberto Rodriguez, WRC, 53:43; 21. Norm Green, Nike, 54:01; 22. Bob Oberti, Unat., 54:15; 23. Mark Hribar, Buffalo Valley Striders of Lewisburg, Pa., 54:16; 24. Mark Reisinger, York Road Runners, 54:18; 25. Layne Party, WRC/Adidas, 54:20; Other WRC finishers: 26. Bob Cosby, 54:45; 29. Peter Nye, 55:07; 37. Jay Wind, 56:29; 46. Mark Doles, 57:06; 50. Dave Asaki, 57:55; Bob Trost, 58:56; Jim Hagen, 60:45; Jack Moffett, 65:44; Ken Moffett, 65:45; Ron Ponchak, 68:19.

Women: 1. Patty McGovern, WRC/Saucony Racing Team, 58:11; 2. Sue Crowe, Warren Street Athletic and Social Club, 58:15; 3. Pam Briscoe, WRC, 60:45; 4. Karen Wagner, Team Adidas, 62:03; 5. Patricia Milleon, Balto., 62:30; 6. Colleen Troy, WRC, 62:30; 7. Susan Duquette, Tide Water Striders, 63:06; 8. Barbara Frech, NOVA, 63:19; 9. Catherine Pugh, Balto., 64:22; 10. Cheryl O'Keefe, Spfld., Va., 64:27; WRC finishers: 11. Suzy Rainville, 64:50; 12. Becky Nolan, 64:59; Betty Blank 65:49; Bernadatte Flynn, 68:43; Bobbie Bleistift, 70:54 (pr). □

CLELAND'S SWANSONG IS A WIN AT AMERICAN U. 10K; CLINCHES BUNION DERBY AGE GROUP

by Don Pedro
WRC Staff Reporter

The final of the seven Bunion Derby races on the course at American University July 31 intimidated some with its D.C. Road Runner Club rating of IV for difficulty. Many observe that there is never a flat spot on the 5K course that is run twice by the men and once by women in the race. A number of years ago, WRC's

George Cushmac measured the course with a wheel for certification and discovered that the hill on the back stretch measures 5,000 feet from base to summit, going up in three different gradients before topping out.

Yet it is a draw to the hearty.

Jack Cleland, running in one of his final area races before moving to Cambridge to attend Harvard Law School, took command of the event after two miles while going up the back stretch hill. Peter Nye of WRC chased with WRC's Roberto Rodriguez and David Lieb of NOVA in tow.

But the hill and pace did not foster cohesion. Runners strung out and finished individually up the hill. Nye continued chasing Cleland for much of the next lap until he faded on the second half of the hill next time around. Ben Beach of the D.C. Harriers, running in his first derby of the season, overtook Nye for second.

Cleland went on to win by a 10-second margin in 33:48 over Beach.

By winning the race, Cleland clinched the 20-29 age-group competition over defending champion Roberto. Nye finished third in 34:13 and took over the 30-39 age-group competition.

Betty Blank of WRC was fifth in the women's 5K race, in 20:06. Martha Sargent ran 29:35.

Jennifer Westfall of the Rock Creek Running Club was the first woman in the 10K, in 44:13.

Results: 1. Jack Cleland, Unat., 33:48; 2. Ben Beach, Harriers, 33:58; 3. Peter Nye, WRC, 34:13; 4. David Lieb, NOVA, 34:27; 5. Don Davis, RC, 34:29; 6. Roberto Rodriguez, WRC, 34:35; 7. John M. Walsh, Checkers A.C. of Buffalo, 34:40; 8. Dave Ott, U. of Penn., 34:45; 9. Steve Daniels, Greenbelt, 35:10; 10. Bob Oberti, Unat., 35:24; 15. Pat Carr, WRC, 36:04; 16. Fred Myerson, NOVA, 36:10; 17. Gerry Merkel, NOVA,

36:10; 19. Robert Trost, WRC, 36:40; 21. Vassili Triantos, WRC, 36:47; 22. Mike O'Hara, NOVA, 37:05; 23. Tom Webber, NOVA, 37:06; 41. Gerry Ives, WRC, 41:07; 79. Dick Good, WRC, 46:06; 93. Dick Sargent, WRC, 48:46. □

FINAL BUNION DERBY RESULTS SHOW BLANK, MARTHA SARGENT, NYE WIN AGE DIVISIONS

by Jay Wind

Special to WRC Newsletter

The 1984 Bunion Derby summer series of seven races had some competitive surprises as usual.

The men's 20-29 age group produced the most surprises. When the series kicked off with the Hugh Jascourt 4-Miler at Hains Point in June, Scott Celley of NOVA Running Club won the event and seemed likely to clinch the men's 20-29 age group. But a knee injury temporarily put him out. Defending champion Roberto Rodriguez of WRC then looked like the heir apparent until Jack Cleland, unattached, improved meteorically and beat Roberto in several outings. Cleland won, 115 points to Roberto's 110.

Barbara Frech of NOVA finished fifth in her age group, 30-39 which WRC's Betty Blank won with 106 points. Frech had the distinction of scoring the greatest number of points with the fewest number of races. Competitors could score a maximum of six races.

Jack Coffey of WRC/Adidas was another who seemed headed for a sure win in his division, the men's 30-39. He won the Fort DuPont race outright after telling friends he would use the race as a workout, and he broke his course record by 1 second. In each of two races, he racked up the maximum of 20 points to lead with 40 points early on before work took him out of town and he was unable to compete again in the series. WRC teammate Peter Nye won for the third time.

Martha Sargent won the women's 50 and over age category.

Results: Women 20-29: 1. Jean Silverman, NOVA, 83 points; 2. Kathy Hibbert, RC, 80; 3. Jodie Bevins, NOVA, 66.

Women 30-39: 1. Betty Blank, WRC, 106 points; 2. Suzie Cooper, RunHers, 98; 3. Valerie Nye, NOVA, 97; 4. Lynda Durfee, Potomac Valley Seniors, 95; 5. Barbara Frech, 78.

Women 40-49: 1. Karen Lovelace, Unat., 117 points; 2. Carol Moran, Edgewood Striders, 37.

Women 50 and over: 1. Martha Sargent, WRC, 119 points.

Men 20-29: 1. Jack Cleland, Unat., 115 points; 2. Roberto Rodriguez, WRC, 110; 3. Fred Myerson, NOVA, 90; 4. Dave Lieb, 72, NOVA; 5. Mike Silverman, NOVA, 68; 6. Kent Myer, 44; 7. Tim Good, WRC, 41; 8. Mike O'Hara, NOVA, 41; 9. Jim Alexander, Unat., and Scott Celley, NOVA, tied with 40.

Men 30-39: 1. Peter Nye, WRC, 96 points; 2. John Weidman, D.C. Harriers, 80; 3. Jay Wind, WRC, 77; 4. Robert Trost, WRC, 75; 5. Pat Carr, WRC, 64; 6. Scott Bartrum, Unat., 60; 7. Michael Banks, Unat., 59; 8. George Veletsis, NOVA, 53; 9. Phil Stewart, WRC, 49; 10. Jack Coffey, WRC/Adidas, 40; 11. Dennis "The Count" Baker, 38.

Washington Running Club

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Men 40-49: 1. Ed Dohney, 112 points, 2. Doug Bulcao, Potomac Valley Seniors, 111; 3. Otis Williamson, Harriers, 103; 4. Tom Kurihara, PVS, 91; 5. Charley Ross, GNATS, 65; 6. Eamonn McEvilly, NOVA, and Bill March, D.C. Police, tied with 60; 8. Bernie Gallagher, GNATS, 51; 9. Gary Smith, 47; 10. Gerry Ives, WRC, Bill Sollers, RC², and Charley Kuhn, PVS, tied at 42 points.

Men 50-59: 1. Keith Olson, 116; 2. Dick Sargent, WRC, and Sy Glanzer, PVS, tied at 95 points; 7. Dick Good, WRC, 52.

Men 60 and up: 1. Bill Osburn, PVS, 120. □

MICHIGAN'S WARM MONTHS COMPENSATE FOR WINTER HARSHNESS, ALBERS SAYS

A letter flooded in Aug. 3 from Will Albers, a WRC member whose job as Brooks Shoe Company running promotions manager took him out to Rockport, Mich., near Grand Rapids. In the late 1970s and early part of this decade, Will was the scourge of the roads. He won numerous races, including the 1981 Washington, D.C., Marathon, Hometown 15K, several D.C. Road Runner Club championships, and was second in the Marine Corps Marathon in 1979.

Will is is perhaps best known for his 2:17 at the 1980 Olympic Trials Marathon in Buffalo. He and Laura DeWald, who competed in the women's Olympic trials marathon, married in April in Arlington. Will writes:

Dear WRC:

I received the August issue of the newsletter and it sent me back reminiscing on the good times with the club. Grand Rapids has a strong interest in running, due mainly to Greg Myers's accomplishments, but it isn't quite WRC and the D.C. area.

There's a local club that puts on bi-weekly races. During the winter months there's usually several races in western Michigan each weekend. Things tail off rapidly in the winter. Many runners train on cross-country skis. Laura enjoys cross country skiing, but I spend more time on my rear than on my feet.

Training in this area is great: Rolling countryside with some uphill grades near the Grand River. There's also plenty of dirt country roads and trails. The real plusses are great weather (rarely over 90 degrees, usually 70 to 80 degrees, with cool evenings), no smog and no traffic. It's almost paradise. Of course, winter is hell, but I've always felt that runners need some down time.

Laura's become quite the celebrity out here. She hasn't lost a race. In fact, she recently broke a 10-mile course record by over 6 minutes and won by over 7 minutes. She's already had a newspaper feature and television story. A Michigan runner magazine will be doing a piece on her soon. She's training well and will run the San Francisco Marathon on Aug. 19.

[Ed note: Laura finished third, with 2:38:06. Winner was Katy Shilly, 27, of Atlanta and a colleague of Laura's on the Brooks Racing Team. Shilly won \$15,000, while Laura took home her biggest purse to date — \$3,000. Stomach cramps forced Laura to make pit stops at 5 and 10 miles

which put her to seventh place by 10 miles.

[Winner of the men's division was Simeon Kigen, the 22-year-old Kenyan whom locals will recall won the Cherry Blossom 10-Miler in April. Kigen, upset at not being permitted by his country's officials to run in the Olympic Marathon, took home \$15,000 for his victory in the San Francisco Marathon.]

My own running is going better than ever in the last two years. I'm getting 50 miles consistently per week and hope to increase that for a fall marathon. (Can I lose the Marine Corps Marathon on the 14th St. Bridge for the third time?) I recently ran 31:56 for 10K, so I'm doing okay. Still have leg troubles, so I'm not sure I'll ever make it all the way back. Our next trip home will be to the Footlocker Couples 8K race in late September.

I'll be going out to the Olympics to try and keep Ira [Pesserilo] out of the strip joints. Brooks has several people in the Games, including Ruth Wysocki and Zola Budd. We should get a couple of medals. I'll write a report back to you all if Ira doesn't beat me to it.

The club picnic sounded like a blast, but obviously was quite subdued without Laura there to get naked. (Sigh — Ed Note.) I suppose that the next club picnic will have to be held in Grand Rapids. We could go to Lake Michigan and turn it into a giant whirlpool. Of course, we would need Phil the Beerman!

I enjoy the race articles as well. It's my only connection to the D.C. scene. Keep up the great work. The one thing I'll miss is Ira's Running on Empty column.

Well, that's all from the great Midwest. Keep in mind the Old Kent 25K in May for a club trip. (Mark Baldino: Do you think the Millenium Buzzard can make it?) It's a certified course and fast.

Laura and I hope to see some of you on our travels.

Cheers,

Will Albers

4244 Sawkaw Dr., No. 202

Grand Rapids, Mich. 49505 □

ANDERSON, COSBY TUNE UP FOR AUTUMN RACES WITH PROGRAM OF TRACK EVENTS

by Bob Trost

WRC Roving Reporter

The track at Walter Johnson High School in Bethesda was the site of recent races in which WRC's Lucious Anderson and his training partner Bob Cosby sharpened their summer training in preparation for the autumn events.

At an Aug. 12 event, WRC placed four in the top 10, with Tim Gavin the winner in 14:59. Put on by the Montgomery County Road Runners, the race attracted about 125. There were four 5,000-meter events to pare down the size of the field in each race and permit runners to compete with others of similar abilities.

By the time the final heat was run, a light summer rain was falling, Cosby said. "There was not quite enough rain to ruin your shoes, but there was enough to make your shoes good and wet," he observed.

About 20 runners were in the final heat.

Gavin of WRC/Brooks took command shortly after the half-mile mark and went on to splash through the first mile in 4:37, Cosby said. Two seconds down was Dan Quin of southern Maryland.

Cosby went through the first mile in 4:47, with Anderson in pursuit. Anderson soon overtook his teammate Cosby but could not bridge the gap to catch Quin.

Quin finished in 15:22, followed by Anderson in third, 15:44, Cosby in fourth, 16:11, and John Stepek in fifth with 16:26. Tenth place was new WRC member Craig Voise, 17:09, setting a new pr.

On the following Saturday, Aug. 18, the track was site of the D.C. Road Runners Club championships at 1500 meters and 5,000 meters. This time the weather was seasonably cool and it didn't rain.

Anderson and Cosby showed up seconds before the start of the 1500-meter championship. Their warm-up was a sprint across the infield to get to the starting line.

Cosby, who used to run for the Syracuse, N.Y., Chargers and has a best of 3:59 at 1500, blasted through the first 400-meter lap in 63 seconds. The lack of warmup agitated an achilles tendon which started to tighten, however, and Anderson took over the lead on the second lap. They held this one-two position to the finish, with Anderson prevailing in 4:21 — three seconds up on Cosby.

I was sixth, in 4:36.

The 5,000 meter held an hour later was uneventful. Scott Celley of NOVA Running Club lead from start to finish to win in 15:27. Anderson provided some excitement by closing hard in the last 800 meters, but it was elusive as Celley accelerated slightly to match Anderson. Anderson finished second in 15:39, Cosby fifth in 15:44.

WRC's Dave Asaki was 16th in 17:16, and I was 17th in 17:19.

Other results: Women's 1500 meters: Nelda Caspar, Unat., 5:25. Men's over-40 1500 meters, 2. Kirk Davies, GNATS, 4:54. Women's 5000: 1. Anna Rennan, 19:50; 2. Jennifer Westfall, Rock Creek Running Club, 20:00; 3. Nelda Caspar, Unat., 20:47. □

WRC'S BAKER, ADIDAS'S WAITZ TOP STELLAR FIELD AT ASBURY PARK 10K, WIN \$2,500

by Al Naylor

Special to WRC Newsletter

Terry Baker of Team Kangaroos and WRC broke a modest string of second-place finishes Aug. 18 when he outran an aggressive field at the fourth annual Asbury Park, N.J., Classic 10K. Setting a new course record of 28:44, Baker came home a winner and picked up a check for \$2,500.

Winner of the women's field was Norway's Grete Waitz of the Adidas, in a new course record of 33:02, which also netted her \$2,500.

Second in the women's field was Brenda Webb of Athletics West, in 33:32. A former All American from Tennessee, Webb won \$750 for her efforts. She finished comfortably ahead of Lisa Larsen of the Saucony Racing Team, in 34:13, whose third-place finish paid \$500.

A temperature in the low 80s, enhanced by low humidity and a light wind off the Atlantic Ocean, made the race as comfortable as an August event can get. A total of 4,400 athletes entered to compete for the \$13,000 in prize money which went to tenth place in the men's division and seventh in the women's.

Baker beat William Reifsnider, who ran 28:54 and won \$1,000 to mark a grand performance. In third place was Dean Matthews of Adidas, in 29:05, which paid \$600. Matthews, fifth at the U.S. Olympic Trials Marathon in May, helped to force the pace so that the first two bettered the course record of 29:03 that New Zealander Rod Dixon had set.

Although WRC had a strong showing, we were unable to compete for the team prize of \$1,000 because no club women entered. Team competition consisted of a maximum of 10 members, with the top 7 scoring, including 2 women.

The race was only part of what went on that weekend, as team members Roger Urbanczik and Ed Sayre had cause for celebration.

On the evening before the race, Urbanczik's friends threw a party for him in Philadelphia to commemorate his completion of his six-year hitch as a Navy pilot. Now a civilian who looks forward to such scintillating topics as deciding what to wear and when to get a haircut, Urbanczik will begin graduate studies at the Wharton School of Finance and Commerce at the University of Pennsylvania University this autumn.

There also was a merchants' exhibit the night and afternoon before the race. WRC's Bruce Robinson did a brisk business at his booth, Miles Ahead Running Shop.

Another important event which drew club members to the race was the wedding vows taken by WRC's Ed Sayre and Millie Martinez of Toms River, N.J. Among those in attendance were WRC members Dan Rincon, Jeff Reed, Keith Higgs and Frank Grasso. Two others — Dave Hudson and Rick Risuto — arrived fashionably late "due to local traffic" but were in time for the reception. This reporter was catcher of the garter in what I am *positive* was a set-up.

On Saturday night after the race, at the Ashbury Park Convention Hall where the merchants' exhibit had been held earlier, a runner's dance was held featuring comedian Gary DeLena. The Delvikings sang their hits such as "Come Go with Me."

Finally, Tom McLoone and the Atlantic Coast Band performed until the wee hours. Acoustics were awful, but those in attendance seemed to really enjoy themselves.

WRC members may want to keep the race in mind for next year, as the event has been selected as site of the 1985 TAC National 10K.

Other results: 4. Brian Coates, 29:12, \$500; 5. Sal Vega (1982 winner), 29:26, \$400; 6. Tom Runig, 29:32, \$300; 7. Kevin McGarry (third at 1984 Hecht Company 10-Miler), Nike, 29:33, \$200; 8. Gerry Vanasse (runner-up at the 1984 Boston Marathon), 29:39, \$150; 9. John Eberle (second at Hecht Co. 10-Miler), Nike, 29:41, \$125; 10. George Buckheit, 29:43, \$100; WRC finishers: Jim Hage, 30:17; Greg Holder, 31:47; Dave Hudson, 31:58; Bruce Robinson, 32:04; Dan Rincon, 32:10; Frank Grasso, 34:17; Al Naylor (nursing bruised right

knee), 34:35; Rick Shank, 35:04; Roger Urbancsik (first race as civilian), 35:24; Keith Higgs, 36:55; Jeff Reed, 39:05; Ed Sayre (last race as bachelor), 42:20; Rick Risuto, DNF.

Other women results: 4. Shelly Steely, 34:23, \$250; 5. Nina Zola, 34:46, \$125; 6. Jan Yerkes (1981 winner), 35:13, \$75; 7. Linda King, 35:32, \$50; 8. Jan Merrill, 35:36; 9. Karen Coola, 35:36; 10. Karen Updegave, 35:51. □

WHAT'S UP AROUND WRC AND THE RUNNING COMMUNITY

by Don Pedro
WRC Staff Reporter

Although two WRC members have finished second in the Marine Corps Marathon, no member has won the event. Will Albers had the lead in the 1979 edition until the 14th Street Bridge, with about two miles remaining, when Phil Camp went past him. Will finished second. The next year, Will got passed again on the bridge and ultimately finished fifth. Mike Greehan of WRC was runner-up.

This year the club is making a concerted effort to put in its best effort to date. We at least plan to have a strong team showing. WRC has won different categories of team titles several times.

Both Albers and Greehan are scheduled to return to the Marine Corps Marathon. If you want to be on the team with WRC picking up the \$12 entry fee, contact Patrick Neary at 8321 Linside Way, Springfield, Va. 22153, Home Tel. (703) 455-0575, Work Tel. 697-0842. Be sure to let Pat know what your competitor's number is for the marathon so he can complete the team information.

After the marathon, WRC will again host a hospitality suite at the Hyatt Regency Hotel in Rosslyn, located conveniently near the finish, at 1325 Wilson Blvd. . . .

Several WRC members went in different capacities to Los Angeles for the summer Olympic Games. Marlene Cmons, a *Los Angeles Times* reporter with the Washington, D.C., bureau, covered the running events for the *Times*. The *Times* had extensive sports coverage, with at least 32 pages daily devoted to coverage of the Games.

Jay Wind went as a spectator and reported that he saw Julie Ispording head into the turnaround of the women's marathon at 12.1 miles "and never come out." Ditto John Tuttle a week later in the men's version. Jack Coffey and Suzie Rainville also were there as part of the crowd, along with Jim Berka and Ira Pesserilo.

Two others who worked at the Games were Dave Asaki who worked as a volunteer with the media, and Will Albers, a representative of Brooks Shoe Company which had Zola Budd and Ruth Wysoki in the running. . . .

This year continues to be one of wedding vows as Mark Baldino and Suzanne married in May. Now comes word that they are expecting a baby, possibly in March, Mark says.

Mark and Tem Washington went up to western

Massachusetts Aug. 18 to the Riverside 5-Miler where Mark was 52nd in 26:05 and Tem finished 56th in 26:13. While there, they went to an amusement park in nearby Agawam, home of the famed Agawam Cyclone — a feisty roller coaster that was more than Mark was ready for.

When his feet were back again on *terra firma*, he reportedly claimed that he was distracted on the ride with much of his entire life flashing before his eyes. . . .

Off to Paris is a contingent of the RunHers who will be running in the Avon International Marathon there in September. Like WRC, the RunHers earned money by helping put on races, including the Avon 15K in the spring. They are using their treasury to fund expenses to the marathon in Paris. . . .

Complaints from residents along Union Street in Old Towne, Alexandria have put the kibosh on the Head RunAcross 10K that has taken place there for the last three springs. Ergo the race will either seek another venue or be discontinued.

Union Street runs adjacent to the Potomac River and is the route along which most of the scenic and flat 10K is run. Previous complaints from residents in Old Towne to the local police department and chamber of commerce have forced more than one race out of the area. . . .

Patty Peoples is the subject of a feature in the July issue of *Feeling Great*, a health-oriented magazine. The article, by George Soule, runs three pages and describes her heart beat of 36 a minute and her rigorous training for triathalons. She regularly swims 15,000 yards a week, runs 70 miles and bikes 325 miles.

Soule bumbles, "The result: a svelte 5'7" frame that bespeaks health and vitality, not the anemic look often associated with long-distance runners." . . . □

A NIGHT AT THE OLYMPICS: SEEING THE 10,000 METERS AND GETTING A TOUCH OF THE GOLD

by Jack Coffey
Special to WRC Newsletter

Part 1—The 10,000 Meters

As the shadows lengthened in the L.A. Coliseum on the evening of Aug. 6, Suzy Rainville and I anxiously checked our watches as we waited for Alberto Cova, Fernando Mamede, Pat Porter, et al., to be led into the stadium for the evening's final event — the 10,000 meters.

We had not planned to see this, or any other Olympic event during our trip to California. Our trip was primarily planned to "see the sights" out West and to visit with friends such as former club members Kathy Guiney, Tim and Janice Minor and Lou Patterson.

As the 10,000-meter finalists made their entrance and took their places on the starting line, we reflected on how fortunate we were to be witnessing this event. If it weren't for Lou Patterson digging up some extra tickets, we would doubtlessly have spent the evening tuned to ABC, watching such highlights as the team underwater handball quarter final rounds rather than catching the 10,000-meter event.

At 7:45 p.m., the starter's pistol fired to begin the mad scramble for position began in the 10,000 meters race. (An unwritten rule appears to have evolved that when one races on the track against the best in the country or the world, this event be referred to as The 10,000 Meters. On city streets against anyone who can afford the price of entry, it is a 10K.)

The race's first eight laps ran true to the pattern one has come to expect in distance races at major track meets. Seventy-second laps were the norm, with occasional surges of 68 to 69 seconds. At about two miles, however, John Treacy began to force the pace. Although Treacy's four laps in the 66 to 67 range were far from world record pace, he still pulled the pack through 5,000 meters in the respectable time of 14:19.

Then the real racing began.

Just past 5,000 meters, Nick Rose of England charged to the front, followed quickly by Martii Vainio of Finland and Alberto Cova of Italy. By the close of the 14th lap, Vainio took the lead, with Cova drafting just off his right shoulder. The 13th lap was run in 62 seconds.

With 12 laps to go, Vainio began the unenviable task of attempting to break Cova — a man with probably the best finishing speed of the world's current 10,000 meter runners. For the next 11½ laps, they dueled: Vainio surged forward with laps in the 64 to 65 second range. Cova, running with the mechanical economy of a wind-up toy, appeared to be running well within himself.

The pack, reduced to a line of runners, slipped farther and farther back until the gap between the two leaders and third place approached 100 meters.

For 11½ laps, Vainio delayed the inevitable. Then Cova kicked past the Finn, who was by no means faltering, with 150 meters to go, and won by 4 seconds. The last 5,000 meters had been covered in 13:27 — one second faster than the winning time in last year's world championship 5,000 meters in Helsinki.

Part II—Touching a Gold Medal

After the Awards Ceremony for the 10,000 meters, we had an opportunity to attend a party on the USC campus for Tiger athletes. Lou Patterson, national sales manager for ASICS Tiger Company, again helped pave the way for us.

We left the party about midnight and walked back to our car, past various USC fraternity houses which running shoe companies rented for their athletes. As we passed in front of the house which had been rented by Nike for its athletes, we encountered John Gregorio, a former national-class runner from the University of Colorado, doing promotion work for Tiger during the Games. John was taking to a casually dressed, tall, black athlete. Seeing Lou, John turned and announced that the athlete was Al Joyner, the winner of the triple jump gold medal.

After appropriate introductions and congratulations were exchanged, someone observed, "An Olympic gold medal must mean a lot to you. Where do you keep it?"

Joyner beamed from ear to ear. Although his event was two days before, he was obviously still on Cloud 9. His grin actually broadened as he replied, "Actually, I've got it in my pocket."

He reached into the pocket of his blue jeans and extracted a long, 1½-inch wide, crumpled ribbon, which had obviously been in and out of his pocket a few thousand times in the past two days. At the end of the ribbon, and none the worse for wear for the number of times which it must have been exhibited, was Joyner's gold medal.

As we passed the medal around, handling it as gently as possible in light of the excitement of the moment, Joyner continued to beam happily.

After we returned the medal and departed for our car, it occurred to each of us that the behavior of athletes like Al Joyner epitomized the Olympic spirit. There will always be Carl Lewis and Mary Lou Retton to display and profit from their gold medals to the tune of hundreds of thousands of dollars per year. But it is comforting to know that there are even more athletes, such as Al Joyner — willing to share the fruits of their efforts, not just with the sponsor who offers the most lucrative contract, but also with four strangers encountered after midnight on an empty street in Southern California.

CLUB RACE SCHEDULE

16 Sept.	Philadelphia ½ Marathon Philadelphia, PA	8:30 a.m.
23 Sept.	Moving Comfort 10K Hains Point	8:00 a.m.
30 Sept.	Lynchburg 10M Lynchburg, VA	8:00 a.m.
7 Oct.	Fritzbe's 10K Reston, VA	8:00 a.m.
14 Oct.	HQ Army 10M Pentagon	8:00 a.m.
20 Oct.	Cathedral 10K W. Potomac Pk.	8:00 a.m.
27 Oct.	Nat. Symphony 10K W. Potomac Pk.	8:00 a.m.

FALMOUTH ROAD RACE PRODUCES SURPRISE WINNERS; TERRY BAKER FINISHES 8TH

by Jeff Reed
Special to WRC Newsletter

The Falmouth Road Race Aug. 26 had two surprise winners in very close and exciting races. David Murphy broke away from Mark Curp in the last 100 meters of the 7.1-mile race to win the men's division while Joan Nesbit upset Lorraine Moeller to top the women. The WRC contingent that went to Cape Cod in Massachusetts for the race was lead by an eighth place finish by Terry Baker.

Baker went out in what turned out to be too conservative a pace, 4:33. Tony Sandoval pulled the pack through the mile in 4:25, leaving Baker to lead the second pack for the entire race. The front pack of Adrian Leek (Wales), David Murphy (England), Mark Curp (USA), Mike McLeod (Eng.), Sothenes Bitok (Ke-

nya), and Jimmy Hill (Oakton, Va.) remained solid until after the 10K mark when Curp began a series of surges that dropped all but Murphy.

Murphy pulled even at the crest of the hill at 6.9 miles and passed the fading Curp on the final downhill to the finish. Curp was just 2 seconds back in the closest Falmouth ever, as the top 10 were within 42 seconds of the winner.

The women's race was aided by the staggered start begun this year to avoid some of the danger created by a drawbridge that acts as a bottle neck just after the start in front of Cap'n Kid's bar in Wood's Hole. The seeded women started 2 minutes after the seeded men, with the rest of the field following. Not having to wade through the entire field of 5000 official runners (and 3-4000 unofficial runners) gave the women an opportunity to record some of the fastest times in Falmouth history.

Pre-race favorite Lorraine Moeller did not have enough left from the Olympics Marathon to be able to catch the self-proclaimed rabbit, Joan Nesbit. Nesbit, who has a history of fading in the end of races, held on to score a major upset and record the 4th fastest Falmouth time ever. Nesbit is an assistant coach at the University of North Carolina.

RESULTS: 1. David Murphy (Eng.), 32:17; 2. Mark Curp (USA), 32:19; 3. Adrian Leek (Wales), 32:26; 4. Mike McLeod (Eng.), 32:34; 5. Jimmy Hill (Virginia), 32:35; 6. Sos. Bitok (Kenya & Richmond, Va.), 32:38; 7. John Glidewell (USA), 32:44; 8. Terry Baker (USA & WRC), 32:47; 9. Charles Bevier (Eng.), 32:54; 10. Jonathan Richards (Eng.), 32:59; 64. Jeff DeLauter (WRC), 35:44; 113. Greg Holder (WRC), 37:25; 363. Jeff Reed (WRC), 43:26. Women: 1. Joan Nesbit (USA), 37:12; 2. Lorraine Moeller (NZ), 37:24; 3. Marty Cooksey (USA), 37:26.

MINUTES OF AUGUST MEETING OF WASHINGTON RUNNING CLUB

The August meeting of the Washington Running Club was called to order by vice president Pat Neary.

The reading of the minutes of the July meeting was dispensed with.

The Treasurer's report indicated a balance of \$5,313.61. The club spent \$1,600 the past month. The major expenses were: \$750 for Asbury Park 10K expenses; \$260 for WRC picnic; \$200 for Falmouth; \$274 for club uniforms; and roughly \$100 for mailing and printing the newsletter. The club received \$3,300 during the past month: \$2,165.78 from Hecht Co.; \$1,200 from WAVA.

New Business made note of a suite at the Hyatt Regency for Club members after the Marine Corp Marathon.

Those few present adjourned to watch the Olympics.
Keith Higgs—Secretary

BULLETIN BOARD

MEMBERSHIP: New members dues will be \$7 from now until the end of the year. Deadline for renewals for 1985 will be January 31. This deadline will be enforced this year. Mail early and avoid the rush.

CLUB UNIFORMS: Pat Neary has all sizes of uniforms available. He also has some hooded long sleeved T-shirts embroidered with the club logo. The uniforms are \$13 a set and the T-shirts are \$17.50. Add \$2 for postage if you want them mailed. Pat can be reached at 455-0575.

PARTY TIME!: The Coldsmith-Reed-Higgs household is throwing a party on the 29th of September. All WRCers are invited. There will be a "few kegs of beer" provided by the household, attendees are urged to bring food and/or more libations. The house is located at 2509 Terret Road, Alexandria. Call 836-7284 if you need directions.

GROUP RUNS

Day/Time	Location	Pace	Contact
Tues. 6:30 pm	Fairfax Running Ctr.	10M @ 6-9 min.	Jim Roberts 549-7688
Mon-Wed-Fri 6:30 pm	Mont. Community College, Rockville	3-15M @ 7-8 min.	Lloyd Shrager 424-7160
Sun am (varies)	Royal Mile Pub, Price Ave., Wheaton	Varies	Ray Morrison 946-4511
Mon-Fri 5:00 pm	Byrd Stadium, U. of Md., College Park	Track	Dan Rincon 454-4861 Bernie Flynn 983-0619
Sun 7:30 am	Carderock, Md., Picnic Area	10-20M @ 6-8:30 min.	Pat Neary 455-0575
Sat 7:30 a.m.	Lake Accotink, Springfield, Va.	10K @ 5:30-8:30 min.	Rusty Donahue 455-4190
Sat 6:15 am	Saratoga Shopping Ctr., Springfield, Va.	10-16M @ 6:30-7:00	Pat Neary 455-0575
Sun 7:30 am	Seneca Creek Park, Gaithersburg	10-30K @ 7-8 mins.	Lloyd Shrager 424-7160
Sun 7:30 am	Lake Needwood, Lake Frank, Rockville	10-30K @ 7-8 mins.	Lloyd Shrager 424-7160