

# Washington Running Club ★ Newsletter

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December 1984

## BRISCOE FIRST WOMAN AT MARINE CORPS MARATHON; HAGE AND NAYLOR IN TOP 10

by Peter Nye  
WRC Staff Reporter

The Marine Corps, not content with a mere starting pistol, got the Ninth Annual Marine Corps Marathon going Nov. 4 with a blast of a Howitzer 105-mm cannon that rattled window panes on both sides of the Potomac River. Eleven-thousand runners fled south from the base of the Iwo Jima Memorial along the George Washington Memorial Parkway to begin the marathon of the monuments.

Drama over what the weather would be was resolved when the unseasonably warm temperature turned cool in time for the weekend, and race day's sunny sky was covered over by a layer of clouds shortly after the race got underway.

For WRC runners, the Marine Corps Marathon produced numerous best times, particularly for Pam Briscoe who won the women's division and Pat Carr and Gerry Ives—all of whom bettered their times by 10 or more minutes.

WRC also topped the other teams in the open team competition, with the A and B teams finishing first and second.

### Briscoe's New Dimension

Briscoe, wearing a generic singlet rather than a club one, took the lead in the women's competition at about 17 miles and went on to capture the women's division in 2:43:20.

Last year she ran 2:58 which kept her outside qualifying for the women's Olympic marathon trials. Yet this year she improved her marathon time substantially to show she is rapidly becoming a national-level runner rather than just a regional athlete.

In the overall race, WRC's Jim Hage found he lacked the umph at 19 miles to respond to a surge by Brad Ingram of Team Ohio who went on to win in 2:19:39. Hage finished third, in 2:22:40.

Another WRC runner in the top 10 was Al Naylor, ninth in 2:25:34. Naylor, the University of Maryland alum of a thousand injuries, went out with pre-race favorite Henry J. O'Connell of WRC/Reebok near the front pack. They cruised through the first mile in 5:22. By about five miles, however, O'Connell pulled up with a calf injury and called it a day.

Those up at the front who were veterans from the second half of the 1970s were treated to some *deja vu* in the form of Max White who returned to finish 18th in 2:27:59. Max, who once finished third in the Marine

Corps Marathon, moved away in 1980 to attend the University of Oregon where he is finishing up his Ph. D. dissertation in economics. He came back to run the marathon for the National Guard.

### A & B Teams on top

WRC's A and B teams finished 1-2 in the open team competition. Scoring on the A team were Hage, Naylor and Lucious Anderson. Their average time was 2:26:11. On the B team it was Carr, Bob Trost and Dennis Baker. Their average time was 2:44:50.

Several WRC members ran new personal bests, while other found it just wasn't their day.

One of the biggest improvements was for Carr who ran 2:38:53 for a 10-minute improvement. He rolled along with several friends, including teammates Baker and Trost and NOVA's Jerry Merkel and Tom Weber—all of whom made minor fame during the 24-hour relay in August at Fort Meade where they won the team title with the sobriquet of Slickie Boys.

Trost was running his third marathon in three months (Rochester in September, Chicago in October), and finished in 2:47:15, a modest improvement over the 2:51 he ran at the 1983 Marine Corps Marathon.

Gerry Ives also improved his best time for the marathon by 14 minutes. Fatigued but elated, he came across the finish line in 3:01:48.

Beverly Abreu, running her first marathon, ran a controlled pace throughout, finishing in 4:04:42. Another first time marathoner was Martha Orem. Mar-

The DECEMBER meeting of WRC will be held Friday, December 7 at 8:00 in the Montebello Apartments in Alexandria. This is a covered dish meeting, so bring your best culinary efforts. Nominations for Club officers will be taken at this meeting. **Members are reminded that 1985 membership renewals are due before January 31.**

**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 stop light and after approximately a quarter mile turn right onto MT. EAGLE DRIVE. Go straight until you get to the Montebello gatehouse. Go up the driveway and it's the building on the right, 5901 Mt. Eagle Dr. Ask at the desk where the WRC meeting is being held.

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tha, a new WRC member, finished the race in 3:10:04. Not a bad time for someone who had never run farther than 15 miles.

There were many who dropped out after starting, like Vassili Triantos and Roberto Rodriguez, and others who joined in to run a portion for a workout. The latter included Dick Spencer, who ran the last 17 or so, and Jim Hagen who ran the last 16 with Briscoe. Others who ran part of the course were Pat Neary, Dave Asaki, Jeff Reed.

After the marathon, WRC members repaired to the nearby Hyatt where WRC hosted a hospitality suite with food and beverages and camaraderie.

#### Bill Murray Cheering, Too

Among the throng of spectators at by the Lincoln Memorial just after 10 miles and again at about 16 miles was actor Bill Murray, in town to receive the male star of the year award at the National Association of Theater Owners.

Scott Celley of NOVA broke in as a marathoner with a 2:35:02 after negotiating the last mile in 9 minutes. Although he finished 53rd overall, he went home a winner for being the first District of Columbia resident to finish.

Two northern Virginia runners not with WRC who made the top 10 and are talents to reckon with are Mark Mackey, unattached, of Springfield and Paul "The Animal" Jessey of Alexandria. Mackey was fourth in 2:23:19. Jessey, who works at Chadwick's in Old Town and runs for the Fairfax Running Center, finished sixth in 2:24:16.

Those who appreciate luxury may be interested in knowing that the Montgomery County Road Runners rented out rooms at the Holiday Inn in nearby Rosslyn where they removed the beds from the rooms and set up massage tables. Massages were given by the Poto-

mac Myotherapy Institute to all the MCRR members who wanted one.

Partial results: 1. Brad Ingram, Team Ohio, 2:19:39; 2. Tom Bernard, Hayesville, Va., 2:20:45; 3. Jim Hage, WRC, 2:22:40; 9. Al Naylor, WRC, 2:25:34; 18. Max White, Oregon National Guard, 2:27:57; 27. Lucious Anderson, WRC, 2:30:20; 36. Peter Nye, WRC, 2:32:01; 58. Bennett Beach, D.C. Harriers, 2:35:57; 62. David Ramsey, WRC, 2:36:23; 78. Jerry Merkel, NOVA, 2:38:13; 81. Charles Kuhn, WRC, 2:38:24; 85. Pat Carr, WRC, 2:38:46; 125. Patrick Rockelli, BNA, 2:42:43; 140. Don Costello, Unat., 2:44:02; 164. Tom Weber, NOVA, 2:44:58; 210. Bob Trost, WRC, 2:47:15; 225. Dave McCormick, Saucony, 2:47:40; 238. Dennis Baker, WRC, 2:48:18; 246. Bill Larsen, WRC, 2:48:49; 268. Mike Spinnler, WRC, 2:49:13; 526. Keith Padgett, Rock Creek Running Club, 2:58:14; 575. Mark Doles, WRC, 2:59:30; 673. Ed Foley, WRC, 3:01:40; 675. Gerry Ives, 3:01:49; 993. Jack Moffett, WRC, 3:08:29; 1341. Ron Schumann, WRC, 3:15:16; 2021. Jay Wind, WRC, 3:25:54; 2844. Jim Wilson, WRC, 3:36:17; Mark Cammorota, 4:00:00; Jim Johnson, 4:28:00.

Women: 1. Pam Briscoe, WRC, 2:43:20; 2. Susan Stone, Canada, 2:45:47; 3. Charlene O'Brien, Jacksonville, N.C., 2:46:32; 13. Beth Dillenger, Bladesburg, Va., 3:02:50; 23. Valerie Nye, NOVA/Fairfax Running Center, 3:07:01; Bernie Flynn, WRC, 3:45:16; Beverly Abreu, WRC, 4:04:42. □

#### WRC BANQUET SET FOR JAN. 26; GET YOUR RESERVATIONS EARLY

The WRC Annual Banquet will be held at the University of Maryland on Saturday night, January 26, 1985. The banquet will feature a catered sit-down dinner. The price will be approximately \$10. There will be a cash bar and dancing.

For further details and reservations call Suzie Rainville at 566-8686.

## Washington Running Club

P.O. Box 2605, Springfield, Va. 22152. Tel. 703-455-0575

#### CLUB OFFICERS FOR 1984

**President:** Alan Roth (649-4909)  
**Vice President:** Pat Neary (455-0575)  
**Secretary:** Keith Higgs (836-7284)  
**Treasurer:** Jeff Reed (836-7284)

**Newsletter Editor:** Peter Nye

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**Newsletter:** Peter Nye (998-5467)  
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**Race Management:** Mark Baldino, Chairman (451-6530)  
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#### RUNNING FAST IS THE BEST REVENGE: ALBERTO TEACHES SIRIANO A LESSON

by Demery Grubbs  
*Special to WRC Newsletter*

Early in the Olympic Marathon trial in Buffalo in May, former WRC member Gary Siriano accidentally stepped on the outside of Alberto Salazar's foot, informed sources tell the WRC Newsletter.

Siriano quickly edged away, but not before Alberto shot him with a glance that stuck four inches out his back.

As everyone knows, Alberto went on to make the Olympic marathon team. Both Alberto and Siriano run for Nike, and Nike thought enough of Siriano to have him go out with Alberto for a good tune-up run shortly before the Olympic marathon.

After cruising five miles at a pace of five-minutes flat, Alberto looked over at Siriano and asked, "Aren't you the guy who stepped on my foot at the trials?"

Siriano acknowledged that he was and mumbled an apology. There was a lot of jostling in the early stages of that marathon, particularly after leaving Buffalo along the flat course.

"Let's pick up the pace," Alberto said.

The next five miles clicked past at 4:30 a mile. The pace and distance began taking a toll on Siriano. He has won the Annapolis Ten Miler in under 50 minutes over a hilly course several times in the heat, but running for an indefinite period at a 4:30 pace wore on Siriano. His breathing sounded very important.

Alberto looked over at Siriano after 10 miles and smiled. "I was just kidding," he said. "We can slow down now."

Siriano continued running alongside Alberto, but he was careful not to step on the man's feet. □

**JIM HAGE, PAM BRISCOE SHARE WINS AT NAT'L SYMPHONY 10K**

by Don Pedro  
WRC Staff Reporter

On the same morning that marathoners were getting dehydrated in sultry conditions at the New York City Marathon Oct. 28, WRC members had a substantially shorter race in West Potomac Park at the National Symphony 10K.

WRC's Jim Hage had pulled Jim Cooper of Wheaton down the length of Hains Point into a mile headwind. As they approached the four-mile point and began to turn into a tailwind, Hage opened a gap and went on to win in 31:13. Cooper finished second in 31:34.

In the women's division, WRC's Pam Briscoe outdis-

tanced teammate Ruth Joyner to win in 35:57. Joyner finished in 38:23, comfortably ahead of NOVA's Cathy Ventura-Merkel, in third with 38:47.

Prizes were surprisingly good, and WRC members took home the lion's share. Hage and Briscoe each won a Moss Brown Gortex running suit which came with a weekend for two each at the Madison Hotel.

Teammates Peter Nye and Lucious Anderson went one-two in the 30-39 age group. Nye, in 32:40, won a pair of Tiger shoes and a champagne dinner for two at the American Cafe. Anderson, eight seconds down, won a tank top and shorts from Moss Brown along with a digital recording of Prokofiev's *Romeo and Juliet, Suites 1 and 2*, performed by the National Symphony Orchestra, Mstislav Rostropovich directing.

Another WRC age-group winner was Joanne Mallet who won the women's 50-plus age group in 44:56 for dinner for two and a pair of Tiger shoes.

The most original complaint was reported by Dennis Baker who said Bob Trost gave him grief for not being bulky enough to make a sufficient windbreak in the run into the wind along the length of Hains Point.

Results: 1. Jim Hage, WRC, 31:12; 2. Jim Cooper, Wheaton, 31:34; 3. Paul Crichtow of Weymouth, England, 32:13; 4. John O'Brien Murphy, Washington, D.C., 32:25; 5. Peter Nye, WRC/Fairfax Running Center, 32:40; 6. Lucious Anderson, WRC, 32:48; 7. Darryl Stewart, WRC, 32:55; Other WRC finishers: 22. Jay

**WASHINGTON RUNNING CLUB  
1985 MEMBERSHIP APPLICATION**

\$15 Individual Membership

\$20 Family Membership

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Phone h] \_\_\_\_\_ w] \_\_\_\_\_ Is This a Renewal Membership? (yes) \_\_\_\_\_ (no) \_\_\_\_\_

**FAMILY MEMBERS**

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Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Make check payable to WASHINGTON RUNNING CLUB and send to:  
Gerry Ives, 4435 MacArthur Blvd., N.W., Washington, DC 20007.

**If you require further information call Coleen Troy: h] 530-9536 o] 295-3822/3815.**

Wind, 35:30; 23. Bob Trost, 35:39; 24. Dennis Baker, 35:39; Jim Hagen, 35:57; Gerry Ives, 38:19; Jack Moffett, 38:38.

Women: 1. Pam Briscoe, WRC, 35:57; 2. Ruth Joyner, WRC, 38:23; 3. Cathy Ventura-Merkel, 38:47; 4. Patty Deuster, WRC, time unrecorded; Joanne Mallet, WRC, 44:56. □

#### WHAT'S GOING ON IN AND AROUND THE WRC AND THE RUNNING WORLD

by Don Pedro  
WRC Staff Reporter

If you think you've got maladies, two people who are not normally associated with hospitals recently got out of them.

World Champion and U.S. Olympian Craig Virgin, in town for the road race management consultant conference Nov. 10-11, told the WRC Newsletter that after the racing season ended he had two kinds of knee surgery to correct chronic pain behind his left patella. One form of surgery was the conventional one requiring a surgeon's keen eye and steady hand while the other was through arthroscopy.

Worse for Craig was surgery performed to remove a kidney stone. He was born with bad plumbing and has one kidney functioning at about half power.

Craig said he recently married a woman from Atlanta where he has relocated. He said he is running two to three miles a day now but plans to be ready for the 1985 season.

WRC's Ken Moffett was in the hospital for three days in late October for intestinal bleeding brought on by a medication he took to relieve swelling of hamstring muscles. Ken was feeling dizzy and lethargic after losing a liter and a half of blood. Soon after he went into the hospital, the bleeding stopped on its own. . . .

At the sultry New York City Marathon Oct. 28, Laura DeWald Albers caught some of the audio attention during the television coverage when she was in third place in the early stages. When she slipped back, however, she was no longer mentioned.

Results show she finished 10th, in 2:42:12, and earned \$3,000 prize money (see her spouse's letter elsewhere in the issue for details). Finishing next was Gabriele Anderson-Schiess, the Swiss runner who was at the point of exhaustion at the Los Angeles Olympic marathon. She was 2:42:24.

Terry Baker of WRC/Team Kangaroos led the race in the early stages with Pat Paterson of New York. Baker dropped out at 13 miles while Paterson went on for fourth place. While in the lead, Baker reportedly got \$150 a mile from Kangaroos. Those who looked at their television screen closely would have noticed that Baker dutifully wore his WRC patch on the front of his singlet.

Another glorious dropout was former WRC member Matt Wilson, now with Tiger International, who ran with the lead pack until he concluded it just wasn't his day. Even defending champ Rod Dixon pulled out. Roddy was running fourth around 21 miles before he opted to exercise his option.

Stan Fletcher of WRC finished in 118th place in 2:38:52. Henry Barksdale Jr. was 147th in 2:41:20. Their times reflect the horrendous conditions as both have run considerably faster several times. . . .

Louise Mallet, a WRC member who runs for Catholic U., won the individual title in the 5,000 meters at the NCAA Division III, S.E. Regional Women's Championships recently to help her team win the team title.

Shanon McCarthy was inadvertently overlooked recently for her third-place age-group placing in the Pepco/United Way 10K at West Potomac Park Sept. 9. She's coming back after a long layoff due to an injury. She placed third in the women's 40-49 age group, in 50:15. . . .

Two WRC members who were inadvertently overlooked were Estelle Roth, who was helpful at the sign-up table, and Tom Foose who helped on the course, at the Georgetown 10K in October. . . .

Suzie Rainville and Jack Coffey have announced their engagement. The wedding is set for July 6.

A new local publication, *Washington Running Report*, has hit the streets to cover local races in a way they should be. Published by WRC's Mark Balduino, president of the Colonial Running Company, and staffed by an efficient editorial staff, *WRR's* inaugural December issue hits the spot.

Editor Greg Merhar graduated from Amherst College where he ran cross country and track, and has three years of daily and weekly newspaper experience. Kathy Ruser is associate editor. After earning her M.A. in urban planning from Harvard, she ran for the Millrose Athletic Club in New York City and edited their newsletter. Ed Freeman, who runs 40 miles a week, is advertising director. With an undergraduate degree from Towson State U. and a graduate degree in sports administration from Eastern Kentucky U., he is out there soliciting advertising.

December's issue is 24 pages long, is chocked with results and has features on Jim O'Keefe of the Fairfax Running Center and Kathy Hibbert of the Rock Creek Running Club. . . .

Now comes the winter winds accompanied by cold and flu season. For those who come down with the pox and have a difficult time afterward comes a helpful observation from the Nov. 9 issue of *Velo News*, a bicycle-racing publication.

Ed Burke of the U.S. Cycling Federation writes: "A recent study in Sweden showed that colds associated with muscle aches and pains may keep athletes from regaining their full capabilities for more than three or four months. It took that long for certain chemicals necessary for energy production to return to normal in the muscle."

So if you come down with a cold or flu this winter, don't be too rough on yourself as you return to the roads. □

#### LAWDER WINS 36 MILER; NYE CAPTURES 20-MILE EVENT HELD CONCURRENTLY

by Don Pedro  
WRC Staff Reporter

The 1984 National Capital 36-Mile road race in Old Town, Alexandria, Oct. 7 may be remembered be-

cause the prizes that used to be trips to Scotland for the Twin Bridges 36 miler there have been discontinued. Nike, the sponsor who took the race over in 1983 from Dannon, has decided to abandon the expense.

In addition, the race may be remembered for including a concurrent 20-mile event for the first time since the race was begun 10 years ago.

The finish of the 36 miler was the closest in recent memory. Bill Lawder of Yardley, Penn., summoned up one last effort with a quarter-mile remaining to go past David Horton of Team Kangaroos and win by 13 seconds in 3:44:34.

For Lawder, the win came as a crown after having run the race five times in the last six years. In 1982 when WRC's Jim Ulvestad won and paced the WRC team to trips for three to Scotland, Lawder was seventh. He was also second in 1980.

For Horton, it was the double seconds, as he was second for the second year in a row. He had a lead of over Lawder of about 50 seconds after the 11-mile point, but Lawder pecked away at the gap until he closed it over the remaining quarter-mile straight along Union Street adjacent to the Potomac River in Old Town.

The women's division was not the excitement it has been in the past, with Kay Moore, a 42-year-old Denver resident, winning in 4:52:48. Second was Linda Belton of Roanoke in 5:16:30. Third place went begging.

It was WRC's Henry J. O'Connell of Team Kangaroos who ripped the race wide open from the start. Before the field took off, he said he had been looking forward to running the 36 miler last year, but the Chicago Marathon took precedence. This year he had an opening in his racing schedule and was ready for the event.

Talking briefly with Horton before the race start, O'Connell said he was looking to run around six-minute pace. "Definitely nothing faster than 57 minutes for 10 miles," he said.

After the start in Old Town, this plan was fast disappearing with a 5:20 first mile.

Peter Nye of WRC, who had signed up for the 20 miler as a training run, expected to run with the leaders of the 36 miler but was caught off guard by O'Connell.

"Henry was in his own race," Nye observed. "I went through 10 miles in 57 minutes flat, and Henry was out of sight."

At 20 miles, O'Connell posted a 1:54:24. From there the course goes north and is slightly faster than the previous part as there are fewer turns and it is flat. It looked like O'Connell was going to set a new course record.

Nye won the 20-mile event in 1:55:40. Don Costello of Ottawa was second, in 2:01:23, just 14 seconds ahead of WRC's Pat Carr. Costello's effort at keeping Carr at bay was apparent by the way he laid down on the cold ground in his wet T-shirt and shorts.

Conditions for the first time in the autumn were good for running, with an overcast sky and the temperature in the high 50s.

Barbara Frech of NOVA ran 2:16:19 to nose out Betty Blank of WRC by 15 seconds.

Soon after came the word via radio that O'Connell had pulled out at 21 miles after cramps in his calves began bothering him a few miles earlier. He had a lead of more than 8 minutes when he pulled out.

Ever-popular Jack Cleland, who drove down from Cambridge where he is attending Harvard Law School along with WRC member Walter Sargent, finished third in the 36 miler. [Editor note: Cleland soon after finished 6th in the Newport, R.I., marathon in 2:27, according to his fiancée, Sharon Pero.]

Results: 36 Miler: 1. Bill Lawder, 3:44:34; David Horton, Team Kangaroos, 3:44:47; 3. Jack Cleland, 3:48:31; 4. Mel Williams (First Master), 3:49:07; 5. Chris Gibson, 3:51:19; 17. Alvin Marcy, PVS, 4:26:03; 32. Dick Good, WRC, 4:45:06.

20 Miler: 1. Peter Nye, WRC, 1:55:40 (New Course Record); 2. Don Costello, 2:01:23; 3. Pat Carr, WRC, 2:01:37; 4. Ed Doheny, 2:01:40 (First Master); 5. Bob Trost, 2:03:37; 6. Theoros Tadesse, 2:03:49; 7. Robert Bell, 2:05:07 (First in 20-29 age group); 8. O.T. Williamson, 2:07:00; 9. Mark Grummer, 2:06:38; 11. Dick Spencer, WRC, 2:08:18; 12. Keith Padgett, 2:10:19; 21. Myron Lehtman, Capital Hill Pacers, 2:16:17.

Women 20 Miler: 1. Barbara Frech, NOVA, 2:16:19; 2. Betty Blank, WRC, 2:16:36; 3. Pam Briscoe, WRC, 2:17:37; 4. Patricia O'Brien, 2:20:29; 5. Valerie Nye, NOVA/Fairfax Running Center, 2:20:40. □

## WRC'S ACTIVE TRIATHLETES HAVE A BUSY TRAINING, RACING SCHEDULE

by Bob Trost  
WRC Roving Editor

The mania for triathalons has swept the country and WRC has been affected. There are at least five triathletes in the club, and many more are ready at poolside—or lakeside or ocean beachside or roadside or . . .

Our active members are Betty Blank, Al McAlpine, Jim Youngblood, Paul Burrett and Mark Doles. Betty this summer competed in four triathalons, Al and Mark in three. Jim and Paul competed in numerous triathalons and won the team title in the Reston Triathlon in September.

Their physical regimen makes training for running seem tame. After all, the sport's publication of record is called *The Beast*.

A typical week of training for Betty during the summer was 50 miles of cycling, 50-75 running and 3-4 miles swimming. She feels that her triathlon training has contributed to her recent PRs in running, which included 2 minutes and 15 seconds from her marathon (see related story elsewhere in this issue).

Betty's first triathlon of the summer was in May at the Annapolis Biathlon which was a 10K run and 20 miles on the bicycle. She was second, in 1:50. Next came the Montauk, Long Island, Triathlon in June, where she was 10th woman. She was 2:35 after swimming 1 mile, cycling 21.5 and running 6.6.

The Dewey Beach, Del., Triathlon in August was next. She was third in 2:06 after swimming a half-mile, cycling 20 and running 10K. She was third in the Reston Triathlon Sept. 9, in 2:31:15; and was 19th

overall at the Sandman Triathlon at Virginia Beach later in the month. Her time was 2:33:17 after swimming 2K, cycling 30K and running 10K.

Al McAlpine competed in the Chesapeake Challenge Triathlon in Annapolis in June. It had a 1-mile swim, 25 miles cycling and 10-mile run. He was 10th, in 2:34. At the Seaside Triathlon on Cape Cod, Massachusetts, in July, he was 47th in 2:13. It had a 1-mile swim, 25 miles of cycling and 10K run. At the Reston Triathlon, he was right behind Youngblood, in 2:13 after swimming a mile, cycling 23 and running 10K.

When Youngblood, 39, was asked about his training, he responded with a training formula which gives a point a mile for running, 6 points for an hour of cycling and 1 point for swimming 400 yards. In his weekly training he shoots for 85 to 150 points. This is his first triathlon season.

"I just started swimming last January," he said.

Youngblood's results in triathalons since June are: fifth at the Columbia, Md., Triathlon; 11th overall at Morristown, N.J.; 11th overall at Annapolis, 5th overall at Lynchburg; 2nd overall at Reston; and 3rd overall at Chambersburg, Pa., biathlon.

"Note: I'm looking forward to my 40th birthday," he said.

Paul Burlett's weekly training consists of 9K-10K of swimming, 100-200 miles of cycling and 35-40 miles of running, all of which is supplemented by 2-3 hours of weight training.

Burlett, 43, had a long and busy season up and down the Middle Atlantic region. He began with the Chambersburg, Penn., Biathlon Apr. 28, where he was 12th overall and second master. He won the master's division May 5 at the Richmond Triathlon. At the Pittsburgh Triathlon May 19 he was 24th overall and third master. At the Oxford International Triathlon June 3 he was 13th overall and eighth master. He won the Master's division June 24 at the Annapolis Triathlon.

In New Jersey at the Morristown Triathlon July 8, he endured a flat tire in the cycling portion and finished 40th overall, fifth master. At the Lynchburg Triathlon July 21, he was first master again, and 14th overall. On Aug. 11 at the Lynchburg Biathlon, he was 15th overall and scored on the winning team with Jim Youngblood and Winston Whitney.

He again scored on the winning team at the Reston Triathlon with Jim Youngblood, finishing second in the 40-44 age group and 20th overall. Over the week-end of Sept. 15-16 in Lancaster, Penn., he was first master at the first day's triathlon and 18th overall, and third master and 70th overall at the triathlon the next day.

Finally, on Oct. 28 at the Oxford Triathlon Relays, he scored on the third-place mixed team with Beth Bernstein and Mike Jump.

Burlett plans to work on strength training for the winter.

Mark Doles has competed in three triathalons, including the Rehoboth Triathlon. □

## BLANK RUNS PR AT CHICAGO WHILE WORLD RECORD FALLS; TROST AND WIND RUN, TOO

by Bob Trost  
WRC Roving Reporter

Steve Jones a 29-year-old high school dropout from Wales and a corporal in the British Royal Air Force, won the Chicago Marathon Oct. 21 in a world record of 2:08:05. Winning meant a check for \$35,000 at a time when the English pound is worth \$1.22—about half the value 10 years ago—along with another \$50,000 bonus money for setting the world record. Such a total in prize money represents more than 10 years' wages for the corporal whose wages are 500 pounds a month.

At the final of the Olympic 10,000 meters this summer, Jones finished eighth. But at the Chicago Marathon he broke away from the lead pack at 19 miles and ran 10-15 seconds a mile faster. His final 10K was run in 29:38.

Carlos Lopes of Portugal who won the Olympic Marathon finished second to Jones in 2:09:06, having outkicked Rob de Castella of Australia who finished three seconds behind.

In the women's race, Rosa Mota of Portugal broke away from Norway's Ingrid Kristiansen at the 13-mile point and went on to win easily in 2:26:01, a new PR for her following her bronze medal at the Olympic Marathon. Local runners may recall that Rosa won the Cherry Blossom 10-Miler in April.

Lisa Martin of Australia overtook Kristiansen and finished second in 2:27:40, with Kristiansen in third with 2:30:21.

The weather could be described as less than ideal for marathoning. The temperature at the start was in the 40s, with wind and a light rain.

I ran with Betty Blank and 10,000 others. We started near the front and were surprised to see Jay Jacob Wind. Neither Betty nor I knew Jay was planning to run the marathon, but then, like Betty, Chicago is Jay's hometown.

Once Mayor Washington fired the starting pistol we were off to a good start. Betty wanted to break 3 hours. Her plan was to run at a 6:45 pace for as long as possible. She was on pace through 20 miles in 2:15:53. Although she faded over the last 10K, in 46 minutes, she finished 24th among women in 3:02:03 officially, which was a PR by 2:15.

Jay Wind finished in 2:46:30.

After the race we had to walk two miles to our car, and the realities of running a marathon began to set in: We were sore, cold and tired. But once in the car we uncorked a bottle of champagne. The nectar of the French helped revived us!

When we arrived at the home of Betty's parents, we were in for a surprise. Her parents were caught in a traffic jam near the finish of the race miles away. Their home was locked.

Fortunately, we had an expert with us on matters of crime—Mark Grummer, a lawyer with the Justice Department in Washington, D.C. Mark, who ran a PR of 2:49, told us not to worry. He said, "I can get in."

We took a ladder from the garage and Mark climbed up and entered the Blank home through a bedroom window—just in time to answer the phone, in

fact. The caller was WRC's Bill Larsen who wanted to know how we did. Mark didn't bother to explain the trouble he went through to answer the phone.

The rest of the day went smoothly as Betty, her twin sister Barbara, myself and several long-time friends of Betty's went out for a celebration dinner. □

#### WILL ALBERS SEES "ALL THE RUNNERS WERE HURTING" AT NY CITY MARATHON

*The following is a Nov. 6 letter from Will Albers:*

Winter is setting in here. No snow yet but I would imagine we'll see some in a couple of weeks.

Laura and I bought a house and close on it today. It's a remodeler's dream. We begin by ripping out the kitchen. We're using Laura's running income to pay for the remodeling, so at that rate we should be done in 10 years.

Congratulations to all of you who chose not to run the New York City Marathon this year. You made a wise decision.

Laura hung in for 10th (second U.S. woman) and \$3,000. Afterwards, her quads were shot. The only thing that kept her going was the fact that she was closing on Henry Barksdale Jr., who beat her by less than a minute. Since Henry has run a 2:19 marathon, does this mean that Laura will soon be challenging Olympic gold medalist Joan Benoit?

I cheered for Stan Fletcher a couple of times. By the time I saw him later in the race, his sweat droplets were sizzling on the pavement. Stan's eyes were glazed over, and I doubt he recognized me. Now I know why I've given up on competitive marathoning.

All the runners were hurting so bad that I decided to take the last two weeks off to help everyone recover.

At a local Stroh's Run for Liberty recently, I ran 24:44 for 8K. That was my last competitive race until 1985. I will run at Gasparilla, Fla., early next year where I will attempt to beat the first woman. The way Greta Waitz and Benoit are running, my work is cut out for me.

I see that elections are coming up for WRC officers. I've seen the qualifications of Presidential candidates and would like to submit my name in nomination for said office. I feel I'm fully qualified: I acted in school plays, live in Michigan so it will seem like I'm on vacation (just like Ronnie), have no proven skill at debating, travel a lot, make mistakes with my check-book so that I should be handy when doing budgets, like jelly beans, and never take a stand on anything.

So you can see I'd be as good a candidate as President Reagan. But Alan Roth will do a better job so please, if Alan won't run, railroad him.

Let me use this open letter to say, Hi Ira! Remember the three-hour time difference between California and Michigan. When you call us at 8:30 p.m. Pacific time, it's 11:30 p.m. here. We're asleep! Other than that, I'm glad to hear all is well. I'm looking forward to the return of your Running on Empty column.

Well, I've gotta go buy a house. See you all on the roads.

Cheers,  
Will

□

#### HAGE, NEW 'KING OF THE ROADS,' WINS METRIC MARATHON; ROSASCO FIRST WOMAN

by Don Pedro  
WRC Staff Reporter

Two weeks after placing third in the Marine Corps Marathon, WRC's Jim Hage came back Nov. 18 to win the demanding Columbia, Md., Metric Marathon (26.2 kilometers) and show he is the reigning "King of the Roads" in metropolitan Washington, D.C. and Baltimore.

Pulling away from former WRC member Tim Gavin—now running unattached after leaving the Brooks Racing Team—at 13 miles, Hage opened a gap of 50 seconds by the finish to win in 1:26:09.

Finishing third was previous metric marathon winner and another former WRC runner, Jeff Smith, in 1:27:17. Two years earlier, Smith—like Gavin, now running unattached—won the metric marathon after winning the Marine Corps Marathon two weeks previously.

Their efforts in the race were awarded with U.S. Savings Bonds of \$500 to win, \$200 to place and \$100 to show.

In the women's division, Marge Rosasco of the Brooks Racing Team continued her domination as the longstanding "Queen of the Roads" to win again in 1:42:18.

She was given some competition for the first 10 kilometers of the race by two WRC/Adidas Middle Atlantic runners. Through 3.5 miles, Karen Wagner ran with Rosasco until Rosasco surged ahead.

Nearly three miles later, Coleen Troy had moved up to within striking distance.

At that point the course had dropped into historic Ellicott City, where more than a century ago a locomotive raced a horse-drawn coach to prove that the industrial revolution was not a fancy. Ellicott City lies in a valley. For runners, there is a mile-long descent followed by a gritty climb that goes on for about a mile and a quarter. There Rosasco dug in to put the pressure on and open a gap on Troy who gamely persevered to place second in 1:43:20.

Wagner finished third in 1:44:07. Their share of the top three prizes was the same as the men's.

After the race started, it was Don Uphouse of the Baltimore-based Tiger Team Race Pace who began aggressively and opened a threatening lead. Gavin, Hage, Smith and Dan Rincon of WRC/Adidas Middle Atlantic followed. They went through the first mile under an overcast sky in 5:12, about seven seconds down on Uphouse.

By three miles Uphouse had a margin of 25 seconds. "That was when I told Hage we had to get him," Gavin said. The pair chased together and caught Uphouse at 10 kilometers.

From there it was a two-man race, with Hage and Gavin running even splits over the rolling to hilly course. At 13 miles the course was modified from years past and left the Howard County roads for a bike path that took the runners to the finish, near the start at the Columbia Mall.

"The bike trail was not just windy but also had bad pavement and was covered with leaves, especially

over the first half-mile," observed WRC's Peter Nye. "The broken pavement made me feel like a lumberjack who was log rolling."

The switch from road to bike trail was enough to bring about a parting of company in the Hage-Gavin duo. "I'm not a strength runner," Gavin said afterward. "We hit the bike trail and Jim just powered away."

A little back from the lead, Steve Rosasco of the Brooks Racing Team had been running steadily and picked his way up to finish fifth, in 1:31:01. In fourth was Uphouse, 1:28:01. Both fourth and fifth in the men's division paid \$50 bonds.

After that, \$50 bonds were awarded to age-group winners. Rincon held off Tony Grier of Baltimore by five seconds to win the 30-34 age group as they finished eighth and ninth. Nye finished seventh to capture the 35-39 age group by five minutes over Eric Sangerbusch of the Red Rino Running Club.

Cindy Dalrymple of the Brooks Racing Team used the race as a training run. She ran a steady 7-minute pace, finishing in 1:55:30, to win the women's master's and take home a \$50 bond.

Winner of the men's master's was Dick Hipp of the Howard County Striders, in 1:39:10.

Results: 1. Jim Hage, WRC, 1:26:09; 2. Tim Gavin, Unat., 1:26:59; 3. Jeff Smith, Unat., 1:27:17; 4. Don Uphouse, Tiger Team Race Pace, 1:28:01; 5. Mark Rosasco, Brooks Racing Team, 1:31:01; 6. Paul Sarbos, Howard County Striders, 1:31:08; 7. Peter Nye, WRC, 1:32:26; 8. Dan Rincon, WRC/Adidas Middle Atlantic, 1:33:22; 9. Tony Grier, Baltimore, 1:33:27; Craig Voise, WRC, 2:08.

Women: 1. Marge Rosasco, Brooks RT, 1:42:18; 2. Coleen Troy, WRC/Adidas MA, 1:43:20; 3. Karen Wagner, WRC/Adidas MA, 1:44:07. □

## WRC WOMEN PLACE THIRD AND SEVENTH IN AVON RACE, CHICAGO ILL. NOV.4

by Coleen Troy  
*Special to WRC Newsletter*

There is a reason why Chicago is nicknamed the windy city, as Patty McGovern and Coleen Troy discovered Nov. 4. The 20K course which paralleled the lake was flat, twisting and very windy. Four hundred women started the race with various goals in mind.

Patty McGovern ran a very strategic race, earned 25 points and finished 3rd in 74 minutes and change. Coleen Troy, who ran with the lead pack for the beginning of the race, placed 7th in a time of 77 minutes and earned 13 points.

Katherine Switzer and Olympic gold medalist Annette Rogers were on hand to distribute awards. The race attracted a number of out-of-towners. The top seven women were from Alabama, Texas, D.C., Michigan and Md. Thanks to WRC and Saucony for supporting us in this race.

Let's see WRC women dominate the Avon 15K to be held in Washington, D.C. March 2nd. Contact Coleen Troy for entries.

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## CLUB RACE SCHEDULE

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9 Dec.	Bread Run 10K Glen Echo Pk., Md.	1:30 pm
15 Dec.	Belle Haven 14 Mi. Alexandria, Va.	10:00 am
22 Dec.	Greenbelt 10 & 20 Mi. Greenbelt, Md.	10:00 am
1 Jan.	Hangover Classic 10K Hains Point	Noon