

# Washington Running Club ★ Newsletter

Volume 4, Number 3

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March 1985

The MARCH meeting of WRC will be held Friday, March 8, at 8:00 p.m., in the Customs Building, 1307 Constitution Ave., N.W. The guard will have the room number.

## ROOSEVELT MEMORIAL PLANS DETAILED BY GREATER WASHINGTON RUNNING COUNCIL

*(The following is for members only. The Greater Washington Running Council is trying to negotiate an equitable solution with the National Park Service and the Franklin Delano Roosevelt Memorial Commission over the roadway around the FDR Memorial which will drastically alter the most popular running course in the metropolitan area in West Potomac Park.—Alan Roth)*

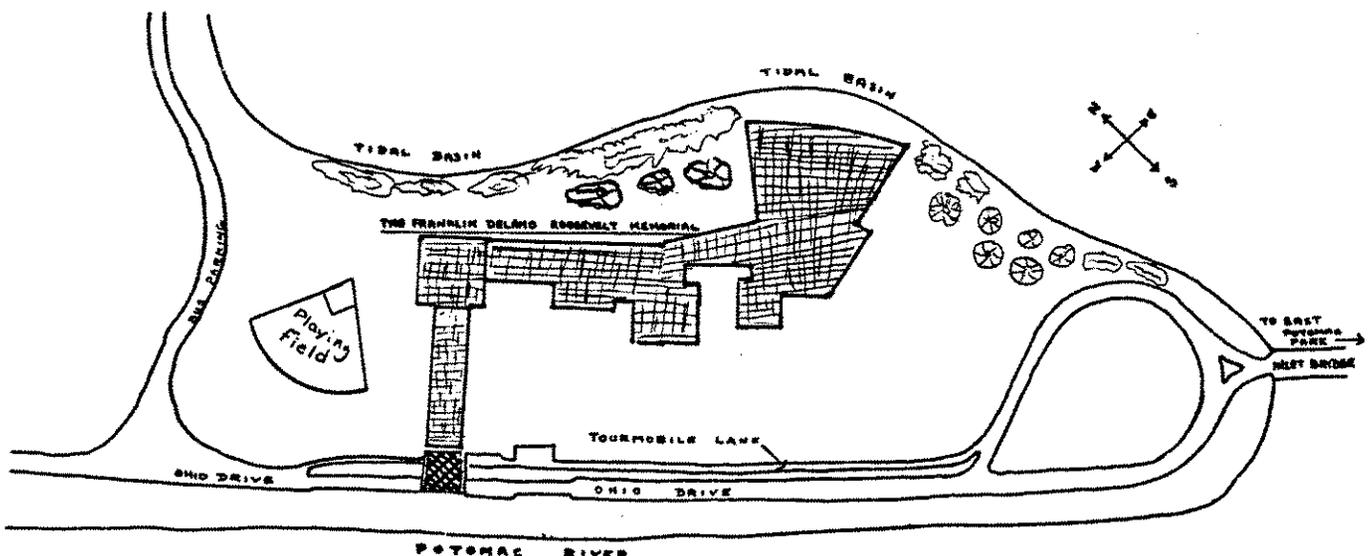
Since running impresario Jeff Darman and NOVA's Bill Evans met last April with the NPS, we have been waiting to see the response to our request for changes to the proposed FDR Memorial. At the April meeting, NPS representatives appeared receptive to our ideas to widen the proposed Tourmobile Rd., to eliminate the Tourmobile name for this road so that runners could claim a right to use it, and to consider a connecting road from Ohio Dr. to Independence Ave. that had been in an earlier design but was since discarded. These changes would reduce some of the adverse effects of the memorial on our ability to

conduct high-quality races in East-West Potomac Park.

We have just received a copy of the final design for the roads. As you can see from the duplicated copy, the connecting road will be there. But the Tourmobile Lane not only keeps the name "Tourmobile" but also is too narrow for big race fields. We requested a minimum width of 24 feet while the Tourmobile lane will be 18-20 feet. It may be possible to have runners use the grass alongside the lane on the Tidal Basin side. An underground sewerline keeps landscaping from being put above it. This would give some running space if a fence or other obstacles are not put in. The bottleneck will be at the Tourmobile Dropoff where the grass ends.

We will need at least to have the bottleneck eliminated and be assured that runners can run alongside the tourmobile lane. It would be preferable to have a sidewalk built flush with the lane and the road surface. Bill Evans, the Council's public works architect, thinks it would be an attractive option for the designers.

The NPS is not in a position to make these changes. We will need to go to the members of the FDR Memorial Commission. The members are Senators Hatfield, Inouye, Levin and Mathias; Representatives Howard, Fish and Green, Eugene Keogh; and ex-Governor Pat Brown. There are two vacancies. Jeff Darman will be heading up our effort to make the Commission aware of problem. If any Council members have any contacts or influence with Commission



members, please call Jeff at 544-0970.

If the Commission does not respond favorably to our requests, we may need to marshal our forces for a show of strength. Even if we get the changes we want, the value of East-West Potomac Park for races probably will still be diminished. The biggest problem will be parking. We will probably be more restricted in time allowed for races. Training runs through that area will be more dangerous because of increased traffic.

While we lobby for the minor changes, we should also recommend that the FDR Memorial not be built in West Potomac Park. It is possible that money will not be appropriated for the memorial this year as a result of emphasis on budget cutting to reduce the deficit.

### WASHINGTON RUNNING CLUB'S ARBITER OF BAD TASTE REPORTS FROM THE WEST COAST

by Ira Pessarilo  
*Special to WRC Newsletter*

#### RUNNING ON EMPTY (*Oh no, it can't be!*)

Oh yes, sports fans, it can! Right now I'm gonna do a special "Running on Empty" dedicated to the WRC alums nationwide, for your reading pleasure (???)

Moving from East to West, Bruce Robinson, the old sage himself, ran three marathons (N.Y., Jersey Shore, and Maryland) last fall to help in his training for his new goal—the Ironman Triathlon. Go for it Bruce. . . . Will Albers is sitting pretty in Grand Rapids, Michigan, watching Laura remodel their house. Will plans to spend the winter gloating over the Redskins' defeat at the NFC play-off, while he watches Laura work. The only fly in the ointment is his parrot, Jose Gaspar, who learned some rather rank

language from Kevin Breeman, when Breeman visited Will and Laura last Thanksgiving. Hey, Kev, next time you're up there teach that bird how to sing *Hail to the Redskins*.

On the West Coast, Jim Ulvestad won a 50-mile race in Pasadena, but he didn't get a free trip to Scotland. . . . Tom and Lish Bache have finally returned to San Diego from England. Stephanie, Tommy, and Kristin came home with proper English accents (which they promptly lost). While Tom senior and Lish are recovering from plantar fasciitis, Kristy is tearing up the competition in San Diego cross-country. . . .

Gary Siriano was offered an Athletics West slot in Eugene, Oregon. Before he planned to leave, the Steel City gave him a going away present: a submarine ride. Hey listen, not every guy in the world has been inside a submarine. (*ed note—Siriano may still be in Pittsburgh and run from there for Athletics West, according to recent info.*)

Well, sports fans, may the wind be at your back, a pr at the finish, and may there be a red head with a great-looking rear end running in front of you. Oh, one other thing: Toodleooooooooooooo.

### MINUTES OF THE FEBRUARY MEETING OF THE WASHINGTON RUNNING CLUB

Pat Neary, WRC Vice-President, called the meeting to order in the absence of WRC President Alan Roth.

A special presentation was given by Brad Hatfield of the University of Maryland. He asked for volunteers from the club to help in research he is conducting on the EEG response to exercise. Volunteers must be male, have trained continuously for the last six months and have recorded a sub-32 minute 10K during the same period. Volunteers will find out: 1. Aerobic capacity determination (VO<sub>2</sub> max.); 2. maximum heart rate; 3. body composition (% of body fat); 4. blood pressure prior to and following exercise; 5. greater understanding of mind/body relationship regarding performance. Call Dr. Hatfield at 454-4614 or 3076 for details.

Neary asked for volunteers with PCs to help with registration for Hecht's race, and he announced that Ron Ponchak has volunteered to be race director.

**Race Committee:** Details were discussed for the teams that WRC put together for the Bethesda Chase. WRC's "Ides of March" race will be for the benefit of CCNV. Entry fee to be \$1 for WRC expenses plus two T-shirts or two cans of food to be given to CCNV. Neary, Wind and Ives will put together and distribute flyers on race. TAC/USA 10K Women's Road Championship will be held in Albany, May 18. Contact Coleen Troy (251-5848) for entry forms and for help in finding accommodations. Barbara Miller and Pat Neary need volunteers to help with the Cherry Blossom race. Help especially needed with registration. Call Pat at 455-0575 for details.

**Legal:** The proposed Club Bylaws were put to a vote of the meeting and approved as printed in the February Newsletter.

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## 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:** Gerry Ives (965-2532)  
**Treasurer:** Jeff Reed (836-7284)

**Newsletter Editor:** Peter Nye

### COMMITTEES

**Legal:** Jack Coffey, Chairman  
**Membership:** Coleen Troy, Chairwoman (251-5848)  
**Newsletter:** Peter Nye (998-5467)  
**Finance:** Jeff Reed (836-7284)  
**Competition:** Pat Neary, Chairman (455-0575)  
**Race Management:** Mark Baldino, Chairman (451-6530)  
**Social:** Bobbie Bleistift, Chairwoman (379-2767)

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**Treasurer's Report:** Treasurer Jeff Reed reported a balance of \$3,300.54.

**Membership Committee Report:** The membership committee reported that there were 111 paid membership renewals as of February 8.

**Newsletter:** The newsletter committee reported that they had enclosed a notice in the February newsletter to all members who had not paid their 1985 dues. Members who have not paid their dues by February 25 will be taken off of the newsletter mailing list.

*Gerry Ives, Secretary*

## CAROLINA MARATHON A COMBINATION OF SOUTHERN HOSPITALITY AND RACE SAVVY

by Bob Trost  
WRC Roving Reporter

For the past several years Russ Pate, director of the Carolina Marathon in Columbia, S.C., has extended a gracious invitation to WRC to send runners. The list of invited runners has included such notables as Bruce Robinson (2nd in 1979 with 2:20), and an impressive team victory in 1980 with Will Albers in third with 2:21, Jeff Peterson sixth with 2:22 and Peter Nye in seventh, a minute down. That year, Val Nye was a WRC member and won the women's division.

Last year I was honored to be included among the WRC invitees who traveled to Columbia, S.C., along with Peter and Val Nye, Don Pedro and Chauncey Berdan (*ed—see March, 1984 newsletter*). The weekend was one of the most enjoyable in my life, so jumped at the chance of being invited again this year. WRC's Betty Blank also accepted the offer from Pate to run in this year's Carolina Marathon Feb. 10.

**WE WERE MET AT THE AIRPORT** by Steve Sparrow, a national-class 50K racewalker who just missed the U.S. Olympic trials qualifying time by a scant 2 minutes. He drove us and invited runner Eric Wilkens of Pittsburgh to the downtown Marriott Hotel where we had rooms for two nights. Since the new hotel was also race headquarters, Betty and I promptly picked up our race numbers. With our entry fee having been waived, we already felt like winners.

Upon checking into our room, Sparrow said, "Call me if you need anything." Somehow we knew from the tone of his voice that we should take him at his word. Betty and I learned later that Pate, Sparrow and assistant race director Camille Baldwin would move mountains to make our stay in Columbia pleasant.

Pre-race dinner speaker was David Costill, the famed physiologist from the Human Performance Laboratory of Ball State University. In his interesting talk, he described two chief factors determining an athlete's performance are the amount of blood volume the heart can pump and make-up of muscle fiber—ie. fast twitch or slow twitch.

Race morning dawned with nearly perfect: It was 22°F at the 9 a.m. race start outside the Marriott, but the sky was clear, the air was still, and the temperature rose to 53°F by the afternoon.

**I WAS LATE** getting to the start where Boston Marathon legend John A. Kelly was getting ready to

fire the starting gun. Once I made my way into the line-up, however, I realized I left my gloves up in my hotel room. I wasted no time in acting like a professional guest. I turned to Sparrow who was standing on the sidelines.

"Can you get me an extra pair of gloves?" Without hesitation, he took his off. "Here, take mine," he offered. I had just enough time to put them on before Johnny Kelly fired us off.

The race went smoothly. The course passes by the state capitol which bears six metal stars to mark the spots where Union Gen. William Tecumseh Sherman's cannons hit the building after their march from Savannah. Sherman's troops went on to burn much of the city to the ground after a drunken free-for-all on Feb. 17, 1965. More of this is described in the Jan. 28 issue of *The New Yorker* in an article by James Reston, Jr.

Dave Patterson of Norristown, Pa., pulled away from the leaders on a hill at 23 miles to win in 2:22:23. Dave Rhinehart of Cumberland, Md., outkicked Eric Wilkens of Pittsburgh in the last 300 yards to place second in 2:24:48, claiming a new VCR. Wilkens was third in 2:24:53, claiming \$25 in groceries at a local supermarket.

Ruth Ozman of Bloomington, Ind., easily defended her women's title, breaking her own course record in the process. Her time was 2:49:47, 10 seconds ahead of last year which she ran under a sunny sky that reached 80°F by the time she finished in 1984. Second was Martha Winkler in 3:08:07. Third was Nancy Grayson in 3:09:04.

Betty came into this race knowing she was not in PR shape. Yet she placed 5th in 3:14:33 and won a large engraved silver bowl, along with \$40 in gift certificates at local stores. She used the certificates to buy a sweatshirt and a charm to ward off sore muscles, aching joints and a low balance in her checking account.

I renewed my respect for the marathon after struggling with a 2:53:54—22nd overall.

**AFTER A DIP** in the hotel whirlpool later that evening, Betty and I attended a special dinner for the invited runners. We sat at the same table as third place finisher Wilkens and discovered that he occasionally trains with former DC-area runner Gary Siriano. Eric said Gary was running well and was recently invited to join the Athletic's West marathon team in Eugene. Gary was all packed and ready to go, but at the last minute changed his mind. He will still run for Athletic's West, but will keep his Pittsburgh as his venue.

We spent the rest of the evening enjoying good wine, beer, food and conversation. The following morning Sparrow drove us to the airport. As we flew over the Columbia skyline, we got one last look at the marathon course and fond memories of the Carolina Marathon danced in our heads.

Places that we missed seeing included the boyhood home of Woodrow Wilson, and seeing the successionist document of the Confederacy that is in the state capitol. As the plane went higher, we were already making plans to attend next year's race.

**JAY WIND GETS FIFTH IN WASHINGTON BIRTHDAY MARATHON, FIRST IN MATH**

by Jay Jacob Wind  
Special to WRC Newsletter

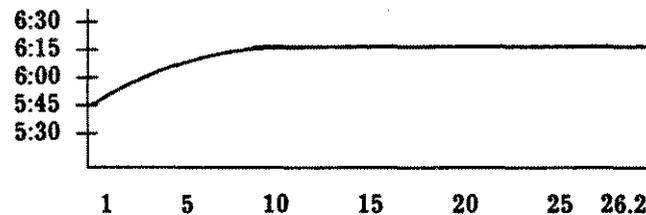
Ten miles into my 35th marathon, I learned calculus on the run the hard way.

I started out conservatively in the Feb. 24 Annual Washington's Birthday Marathon. The first two miles are steeply downhill—5:45 and 11:40 felt easy for splits, and a little group of early leaders loomed ahead. None of them looked strong and I thought maybe, just maybe, if I moved on them slowly... (ed—if you moved more slowly, you'd fall back, wouldn't you?)

Suddenly, at three miles, novice marathoner Gerald Leblanc from Connecticut burst from our pursuit pack and charged ahead to join the leaders. Was he getting over confident? Should I go with him?

More than any other race, the marathon is a battle with self. In the longer distances, it's OK to stop, walk, enjoy the camaraderie. Just finishing a 36-miler or 50-miler is challenge enough. In the shorter distances, you can go out fast and stay ahead of pace; if you weaken at five miles in a 10K, you're only a mile from the finish and you can hang on.

But in a marathon, you have only so much energy to last the time it takes. You can think of yourself trying to minimize the area under the pace curve:



Allowing for the inevitable start-too-fast-slow-down syndrome. If  $V$ =Velocity per mile, and  $i$  is the mile you're running, the equation (sort of) is:

$$\sum_{i=1}^{26.2} v_i$$

If you save it for the end, you'll have lots of energy left over for a good finish. But if you dissipate it in mid-race, you might end up walking.

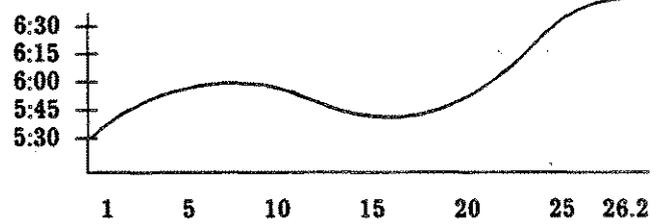
So I decided to hold on and kept running conservatively. Eventually, one of the two early leaders dropped back; the other, John Ng, stayed 100 yards ahead, and the novice extended his lead out of sight. I was in third place from the four to nine miles.

Right after the first loop, however, Steve Schaul caught me, along with two of his York, Pa., friends. This I hadn't expected. To be passed by a 30:26 10K runner like Schaul was no surprise, but to drop from third to sixth in no time was scary.

That's when I re-evaluated my race plan—refigured the calculus. Do I join the fast pack in their move, or stick to plodding?

The racer took over from the thinker, and I went with them. Together we overhauled Ng by the 10th

mile and dipped down around 5:40 for the 11th. As Schaul and friends disappeared out of sight in the 12th, I realized I'd been had. You only get so much energy. If your curve looks like this:



the area under the curve, total time elapsed, is very much greater than under the first curve. Suddenly, it's two races:

$$\sum_{i=1}^{13} v_i + \sum_{i=14}^{26.2} w_i, w \gg v,$$

and you end up with a worse time than you could have achieved.

In time, three other runners passed me—I'd spent my speed chasing Schaul. Only Schaul broke 2:40; he ran 2:34:16. Two who passed me finished second and fourth. The novice faded, as I'd expected, and finish third in 2:45:04—but I never saw it when he walked the last mile—I was already too far back.

Just when I was wondering whether people get tired in marathons anymore, I caught one of the three who had passed me between 12 and 20. With three miles to go, I caught Schaul's two friends as well.

The two miles downhill at the start inverted into two miles up at the finish—this is not a fast course. I ended up fifth in 2:47:50. Not my fastest time ever at Washington's Birthday, but certainly my best finish.

Ah, but the calculus catches up. Second and fourth places were over age 30, as was the novice in third. Since DCRR went only three-deep in age group and awarded duplicate prizes to runners for overall and age group finishes, I walked away empty handed.

I have plaques for 22nd place in 1980, and 10th in 1982, but nothing for 5th in 1985. Not even first DCRR member. Not even 6-point type mention in *The Washington Post*. Nothing. Nihil. Zip. A goose egg. Zero. Zed.

Perhaps an even pace really is optimal in the marathon. Two miles at 5:40, when you should be running 6:00, earns you 40 seconds—but might cost you five minutes later. The urge to race early—or even mid-marathon—is dangerous. Better to save the speed for the last few miles.

We live and learn.

P.S.—Otis Williamson won the masters division in 2:59. Margaret Horioka led the women in 3:07. No one else I've ever heard of finished in the top ten.

**BARGAINS FOR WRC MEMBERS AT LOCAL SPORTING GOODS STORES**

Nike Georgetown, on M Street near Wisconsin in the heart of Georgetown (333-1505). Discount of 15% on shoes and clothing.

Fairfax Running Center, Alexandria store in Old Towne on the Strand, off Union St. (Tel. 549-7688) and Jermantown Shopping Center at 11208 Lee Hwy. in Fairfax City (Tel. 691-8664). Discount of 10% on shoes and clothing.

College Park Bicycle, 4360 Knox Rd., College Park (864-2211). Discount of 5-15% on shoes and clothing.

Must have newsletter for identification. Ask for Larry Black.

Sports Afoot, Viers Mill Rd., Wheaton (949-8824). Discount of 10% on shoes and clothing.

Racquet and Jog, International Square at 19th & K. Discount of 10% with cash or check only. No discount for shoes on sale.

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## GROUP RUNS

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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
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
Sat 8:00 am	TJ Community Ctr., Arlington	5M @ 6-10 min.	J.J. Wind 920-5193

Training/Coaching Advice—by arrangement. Call Dan Rincon at w] 454-4861 or at home in the evenings at 345-9342, or show up at Eleanor Roosevelt HS track in Greenbelt, Md., Mon-Fri at 4:30 pm.