

Washington Running Club Newsletter



Volume 4, Number 5

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May 1985

The MAY meeting of WRC will be held Friday, May 10, at 8:00 p.m., in the Customs Building, 1307 Constitution Ave., N.W. The guard will have the room number.

99th BOSTON MARATHON ANOTHER HEART BREAKER—WEATHER WILTS MUSCLES, WILLS

by Bob Trost

WRC Roving Reporter

When T. (for Thomas) S. (for Stearns) Eliot, that often oblique poet and American expatriate, wrote in *The Wasteland* that April is the cruelest month, he could have been drawing from what he heard in his Boston years as a(n) Harvard undergrad and graduate student.

Surely it wasn't in Eliot to run Boston. That was impossible. The man had tachycardia and suffered from a congenital double hernia. Yet when he penned that phrase shortly after World War II about the fourth month in our calendar, he could have been talking about the 1985 Boston Marathon April 15.

In this year's edition, the 89th, WRC members and others failed to run the race they expected because the temperature was warm, the course exposed. And how right Eliot's phrase from *The Wasteland* appears when you consider that the winner, Geoff Smith of England, was so spent from his effort that he not only *walked* across the finish in 2:14:05 but also was *five minutes* ahead of second-place Gary Tuttle, in 2:19:11.

About 2,000 finishers had to be treated for cramps and other problems brought on by dehydration.

Survival: A Lofty Goal

After looking at the results, a reader can judge that the only hot item at this year's Boston Marathon was the weather. With the temperature and humidity rising into the 70s by the noon start, most rational runners threw all thoughts of prs aside. As top local master's runner Doug Bulcao of the GNATS told me at the start, survival was the only rational goal.

Bruce Robinson, former WRC president and now Shore A.C. member, looked around at the mass of runners before the start and declared it was not the day to run a new pr. He wisely ran conservatively and finished 70th place, in 2:34:17 to thus finish in the top 100 and bring home another coveted Boston Athletic Association medal with the BAA's unicorn on the face.

Must WRC runners did survive, but Chuck Kuhn had to be taken to the hospital after passing out at the 20-mile mark. Betty Blank, Pat "Rocko" Carr and Mark

Doles had to be treated for heat exhaustion at the finish line. All were fully recovered the next day.

The only two smiling faces among the WRC contingent were Roger Urbancsik and Faith Kuhn, Chuck's wife. Roger set a new PR of 2:35:33. Faith ran her first marathon, and although she had to start at the back the enormous pack where the bandits took up residence, she ran a respectable 3:24.

A-Team scorers were Dave Shafer, 2:33:37, new member John T. Sullivan, 2:34:46 and Rocko Carr, 3:19:04. The scoring members on the B-Team were Urbancsik, Bob Dewey, 2:53:23, and Doles, 3:13:29.

The weather even sapped Barry Brown, the master's runner who ran a 49:31 at the Cherry Blossom shortly before Boston and had his sights set on a new master's record. Seduced by his speed but zapped by the weather, he called it a day far from the finish of the race.

Even a stalwart like WRC's Dave Shafer was way off. Yet he made it. The man who closed out the 1984 season by winning the arduous Maryland Marathon and opened this season by taking top honors at the demanding Bethesda Chase 20K in early March succeeded in finishing Boston in a credible 62nd place.

War Stories

Rocko found he was tightening up at 13 miles. "I knew I was in trouble at 13," he said. "It was a matter of how long I would feel tolerably painful. By 16 miles it was all over. Then it was a matter of just getting back to the Prudential Center."

Rocko, the club's official king of rock and roll (red dancing shoes, dark leather trousers and disco spectacles are a part of his raiment and accessories) did not find that Wellesley debs gave him the high that had been advertised.

"I wasn't impressed by the girls at Wellesley," he said philosophically as he looked back at his Boston

Contributions are invited for the Jay Jacob Wind nickname contest. Mr. Wind recently lamented that he does not have a nickname and asked the WRC editorial board to supply him with one. The board decided that such an undertaking should be opened up to the entire club.

A member since the late 1970s, Jay is known to everyone. Recommendations for a soubriquet should be submitted to: WRC Newsletter, P.O. Box 2605, Springfield, VA. 22152. Results will be published in the next newsletter for consideration at the following club meeting.

debut. "They looked like little rich girls—overly well fed."

Dennis "The Count" Baker found that by 11 miles his shoes were getting tangled in his cape.

The Count had started out with teammate John "Mattressback" Walsh and eventual women's winner Lisa Larsen Weidenbach of Saucony. Their first three miles were a steady 5:30 pace. But the heat was getting to the Count and Mattressback. The Count found he was struggling to keep the pace which kept his cape snapping behind him so he decided to slow to a more defensive pace.

"Before I came to Boston, people told me and told me to watch out for the first half, to be careful not to run too fast," he said afterwards. "But until you've been there to experience it, you don't really understand what everybody's telling you."

He passed through 10 miles in 57 minutes before deciding to wait on Betty and me. For several miles he ran with us, but (but alas, Eliot might frothily interject) the damage had been done.

Kelly's 51st BAA

Ultimately the Count wound up finishing just under four hours, a short distance behind Boston Mayor Ray Flynn who got in the marathon on a lark. Police Commissioner Francis "Mickey" Roache ran 3:22 in the Boston Marathon—faster than any of the 16 other local officers competing.

By the time the Count dragged across the finish, his cape was goeey with cranberry juice from when he sat in a cranberry bog where he rested.

"I don't know if the cranberry stains ever will ever be removed," he said as he surveyed the damage to his turquoise silk cape. "How was I to know that cranberries come from Massachusetts? I thought they came from cans in a gourmet store."

The Count succeeded in finishing before John A. Kelly who was running Boston for the 51st time. It was 50 years ago that Kelly won his first Boston Marathon, in 2:32. He followed that 1935 win with another 10 years later, in 2:30. Both Kelly and Eliot were revered figures by then.

Mattressback Walsh remained a margin ahead of the Count but had fallen off Weidenbach's pace, which got her to the finish as first woman in 2:34:06. Mattressback was 1:14 at the mid-point but realized he was tightening up and that his strides were numbered. At 16 miles he passed relatives who were following the race by leapfrogging via car from point to point along the course. As he waved at them one last time, the thought of dropping out seemed comforting. He pondered it a little too long. Two hundred yards after seeing his relatives, he decided to double back, only to find they had left.

Mattressback made his way to the 17-mile mark where he got off the course and took mass transit back to the Prudential Center.

Mark Doles said that he started walking at 16 miles. He met up with friends who were joined by others. Soon after there were several. Bill Larsen was also reduced to taking a more leisurely approach. "Mobs of us were walking," Doles said.

Martha Orem, running in her second marathon, was disappointed with her 3:19:20 showing until she learned that some of WRC's finest had, as Roberto Rodriguez put it, "crashed and burned."

Martha ran her first long effort at the 1984 Marine Corps in 3:10:04 on a 40-miles-a-week training schedule. She upped her mileage—not to mention her expectations—while training for Boston and was hoping to run under three hours. Martha was WRC's first woman finisher.

T.S. Eliot knew all along. But there are more wise runners than before, assuming we have learned something. Wait till next year.

MEN: 1. Geoff Smith, 2:14:05; 2. Gary Tuttle, 2:19:11; 3. Mark Helgeson, 2:21:15; 35. Ben Beach, D.C. Harriers, 2:30:55; 55. Jack Cleland, Slickie Boys TC, 2:32:56; 62. Dave Shafer, WRC/Adidas, 2:33:37; 70. Bruce Robinson, Shore AC, 2:34; 72. John T. Sullivan, WRC, 2:34:46; 82. Roger Urbancsik, WRC, 2:35:23; 154. Dick Jamborsky, GNATS, 2:39:50; 224. Dick Hipp, GNATS, 2:43:05; 276. Rick Rockelli, BNA, 2:45:05; 368. Ben Hyser, Unat., 2:48:02; 492. Fay Bradley, GNATS, 2:50:41; 603. Robert Dewey, WRC, 2:53:23; 1200. Ed Silversmith, WRC, 3:06:10; 1341. Chip Calkins, Unat., 3:08:37; 1650. Mark Doles, WRC, 3:13:29; Rocko Carr, WRC, 3:19:04; Bob Trost, WRC, 3:30:59.

WOMEN: 1. Lisa Larsen-Weidenbach, Saucony, 2:34:06; 2. Lynne Huntington, 2:42:15; 3. Karen Dunn, 2:42:27; Martha Orem, WRC, 3:19:22; Betty Blank, WRC, 3:30:59. □

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

by Peter Nye
WRC Staff Reporter

Those who want to run in the New York City Marathon this Oct. 27 can request an entry by writing

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)

to: Marathon Entries, P.O. Box 1388, G.P.O., New York, N.Y. 10116. Deadline for requesting entries is June 3.

Procedure requires that each entry request be accompanied by a stamped, self-addressed envelope that is business size.

The New York Road Runners Club will mail out entry forms in the order that the club receives requests. A total of 19,000 will make up this year's field—an increase of 1,000 over last year. There will be 7,500 entries accepted on a first-come, first-served basis, another 7,500 drawn from a lottery, and 4,000 more from foreign entrants who are determined by a quota system by country (Don't forget that Henry Kissinger, before he became President Nixon's Secretary of State, was N.Y. Governor Nelson Rockefeller's secretary of state.)

Running the New York City Marathon is an exhilarating experience. If you're going to do a marathon, don't miss New York's. Like the song says, "Oh, New York, New York. It's a hell of a town. People drive around through a hole in the ground..."

In case you need to get a singles conversation jump-started, or pushed through a lull, you might resort to dropping the nomenclature for those holes through the mid-sole of Tiger shoes you see. The holes in the heel are called heel air ducts, and the holes in the forefoot are called air flex canals....

From the Brooks Newsletter comes the curious information the Team Brooks runners voted Rod Dixon—a Saucony runner—as better looking than WRC's Laura DeWald Albers—one of their own Team Brooks runners.

Au contraire, cried WRC's Al Naylor. "In my eyes, Laura Albers is a lot better looking than Rod Dixon."

The Washington Running Club Newsletter staff took a scientific poll, using formula supplied by George Washington University Economics Professor Robert P. Trost and various statistics texts from The London School of Economics. The staff unanimously (3-0) voted Laura Albers as better looking than Rod Dixon. All agreed that Rod is a nice bloke, but he's got hairy legs and knobby knees. Laura has neither.

Quipped Newsletter staffer Don Pedro, "Some will always like Roddy, but Laura's got a much better body..."

In case you're wondering how Laura fared at the Osaka Marathon Women's Marathon Jan. 27 in Osaka, Japan, she finished 10th, in 2:41:31. She was second U.S. runner, as compatriot Lauri Crisp was 8th in 2:40:19. Winner was Carey May of Ireland, in 2:28:07....

Scrivener Marlene Cmons has a feature in the May issue of *Runner Magazine* on Gabriele Anderson. Millions of television viewers recall Gabriele in trouble at the finish of the women's Olympic Marathon. Marlene's article informs us that Gabriele is a gutsy, talented athlete, and that the difficulties she had with the heat in Los Angeles were small compared to other travails she has endured.

The news is that Gabriele, recently turned 40, is looking to set some new master's records. With a 10K pr of 33:29, she is looking to break local star Cindy Dalrymple's 34:29. Other marks loom on the horizon.

Gabriele, by the way, ran 2:37:37 at the Oskaka Women's Marathon; that put her in 5th place.

Speaking of Masters, Bill Rodgers at age 37 now is looking forward to hitting the four-oh to set some marks himself. No doubt he will be chasing after Barry Brown's new set of records.

And Marlene, by the way, apparently learned a thing or two from running with Gabriele. At the Cherry Blossom in March, Marlene ran 77:26 for a new pr by 5 minutes....

Another person who wrote a nice article about the foot sport came from the unlikely source of Fairfax County Circuit Court Judge Richard J. Jamborsky. Jamborsky, a member of the GNATS, wrote in the April 15 Christian Science Monitor about his previous 14 consecutive Boston Marathons. That day he completed his 15th marathon, in 2:39:50, for 154th place....

New WRC member John M. Walsh has announced his betrothal to Colleen Gaughan of Buffalo. An August date has been set for the ceremony in upstate New York...

Mark and Suzanne Baldino had a daughter, Sharon Teale, born April 1...

A cool idea for coping with the dog days of summer comes from Craig Voise. Anyone interested in accompanying him to Iceland to run in the Reykjavick Marathon or Half-Marathon Aug. 25, please contact Craig at 768-1432 or 676-2911....

Former Georgetown U. cinderman John Gregorek has moved to Boston and severed his relationship with Adidas. Gregorek has joined the growing East Coast contingent of Athletics West runners that includes fellow Beantowner Dan Dillon....

The April *Track & Field News* tells that Alberto Salazar is recovering nicely from two recent operations. America's fastest at the marathon and 10K had been plagued by hamstring and knee problems for several years. Doctors found his left hamstring had attached to the sheath around it. Tendonitis he suffered in the same knee since the trials for the 1984 U.S. cross country team was the result of a degenerated tendon. Both problems were repaired. Six weeks after surgery, Salazar was running 4-5 miles each day and cycling, all with a PO₂ simulator set for 7000 feet altitude.

The former U. of Oregon runner expects to be back in race shape before the end of this year's track season. He will refocus his training on the 5 and 10 kilometer track races where he made his original reputation and let the road racing take care of itself.

Another marathon will wait until Salazar has "complete conviction" that he is just as fast and just as strong as the top competition. □

VOISE SUCCESSFUL IN EASTER EGG HUNT AT GREENBELT EASTER CLASSIC 5-MILER

WRC's Craig Voise returned to his old hill workout course at Greenbelt Park, Md., and won the Easter Classic 5-Miler on Saturday, April 6, in a PR time of 28:07.

Craig moved up from third place to take over the

lead at the three-mile mark where the half-mile long "Pike's Peak" is.

First prize was a one-pound, hand-rolled and hand-dipped Mary Sue chocolate-covered Easter egg, presented by Larry Noel. Craig gave a kudo to NOVA's Barbara Frech who handed out water during the race. MEN: 1. Craig Voise, WRC, 28:07; 2. Chuck Kuhn, WRC, 28:18; 3. Tony Cook, 29:07; 4. Jim Cook, 29:08; 5. Tim Good, 29:19.

WOMEN: 1. Sheryl Conrad, 33:14; 2. Carolyn Hearne, 36:25; 3. Jody Choate, 36:35; 4. Jodi Shindle, 38:29; 5. Jenny Athey, 38:29. □

APPLICATION OF QUANTITATIVE METHODOLOGIES CONTINUE TO BE APPLIED TO MARATHON RUNS

Roger Urbancsik, a graduate student at the Wharton School of Finance, was intrigued by Jay Wind's March article on calculus during a marathon. Roger writes:

Thoroughly enjoyed your March article. It's heartening to learn that my past six months in academe have not been for nought—that there is some real-world application of the quantitative methodologies I've been inundated with. But might I suggest some alterations to your equations? To wit:

$$1. \text{ Change } \sum_{i=1}^{26.2} V_i \text{ to } \int_0^{26.21875} f(x)dx$$

$$2. \text{ Change } \sum_{i=1}^{13} V_i + \sum_{i=1}^{26.2} W_i, W \gg V$$

to:

$$\int_0^{13} f(x)dx + \int_{13}^{26.21875} (\alpha x)dx$$

where $\alpha > 1$

and x is a function of :

1. aerodynamic drag (recent haircut? cling-free running shorts?)
 2. quality of awards (real plastic?)
 3. quantity of awards (under the table money? How much?)
 4. number of runners and talent distribution (standard normal distribution? Pareto? Skewed?)
 5. traffic control
 6. condition of shoes
 7. psychology and motivation of the runner
 8. road surface (macadam, concrete, grass, cobblestone, potholes, etc.)
 9. terrain (inclines, angles, lengths)
 10. weather (wind speed, direction, and gust velocity; rain, snow)
 11. any "drive lag?" (à la "jet lag")
 12. time of day
 13. biorhythms
 14. training (a logged function)
 15. meals in past week (type, number, calories, nutritional value)
 16. aerobic capacity, VO_2 max.
 17. course water/electrolyte support
 18. "crowd" factor (spouse, media, the "masses")
- and,

19. total energy.

They say it's all double. And no need for any near-derthal algebraic or econometric modeling either as we now have stepwise, log-linear, distributed lag, constrained models! Why just look at the successes of the Keynesians and Monetarists in "managing" (read: "fine-tuning") our economy the past 50 years. On second thoughts . . .

Well, back to the books.

Roger A. Urbancsik
The Wharton School

P.S. Ran my first race since last fall this past weekend. Finished 4th of 220 in an out-and-back 10K (33:59). But I got an award, Jay—a four-ounce engraved medallion on a nylon ribbon! And an apple! All for my \$6 entry fee. □

APRIL MARATHON MADNESS LURES WRC MEMBERS TO DISTRICT OF COLUMBIA

by Jay Jacob Wind
Special to WRC Newsletter

Peripatetic WRC member Jim Berka swooped in from Albuquerque on his way to a job interview in New York City and stopped here long enough to pace the WRC team to its fourth first-place title in five years at the D.C. Marathon April 14.

Berka, 34, third in 1982, ran 2:31:03 for second place this year. Lucious Anderson finished third in 2:32:47, and Vassili Triantos, 10th in 2:42:52, rounded out our team, while J. J. Wind, 14th in 2:45:59; John Potter, 42nd in 2:58:23; and Gerry Ives, 63rd in 3:04:48, wore the team colors but finished out of the money.

First overall was Jim Alexander of Philadelphia and Boca Raton, in a course-record 2:25. He won another color TV to go with the big one he won for first place in 1983 and the small one he won for second place last year.

For second place this year, Berka won a portable waterproof high-gain radio set, perfect for carrying along while exploring caves and running the Colorado River rapids—two of his other favorite diversions.

Again this year, the race featured a festive atmosphere, with free beer, yogurt, and fruit at the finish. Budding cherry trees and dogwoods lined the course around Catholic Univeristy and Anacostia Park, but not quite at peak as last year, when the *Washington Post* described the Marathon finish and cherry blossom traffic as "a state of mass euphoria." This year's edition was a little hotter and a little longer than previous years—but attracted many more spectators and more participants than ever before.

RESULTS: MEN: 1. Jim Alexander, 2:25:08; 2. Jim Berka, WRC, 2:31:03; 3. Lucious Anderson, WRC, 2:32:47; 4. Jerry Merkel, NOVA, 2:36:54; 5. Tom Weber, NOVA, 2:38:36; 7. John Ng, 2:38:55; 10. Vassili Triantos, WRC, 2:42:52; 14. Jay Wind, WRC, 2:45:59; 42. John Potter, WRC, 2:58:23; 53. Tom Kurihara, 3:01:55; 63. Gerry Ives, WRC, 3:04:48; 78. Keith Padgett, RC², 3:08:35; 81. Herb Chisholm, 3:08:59.

WOMEN: 1. Stephanie Schneider, 3:05:04; 2. Molly Kyle, 3:19:56; 3. Susan Stroud, 3:24:05. □

BUCKS FOR PRIZES DRAWS MODEST CROWD THAT FAILS TO PLEASE SPONSOR WHO SPLIT

By Jeff Reed
Special to WRC Newsletter

To the surprise of many veteran runners in the area, an ad appeared in the April 17 *Washington Post* for a 10K race on Saturday, April 20, with \$6,000 in cash awards: \$1,000 for the overall winners in 6 categories, including the fastest team.

Some who read the ad showed up at the D.C. Convention Center for the start of the race, put on by the National Transplant Foundation, headquartered in Silver Spring. John Davenport, former D.C. Road Runners Club president and respected race adviser was set to carry out the ministrations of the finish line. All I could find out about the race director was that his first name is Damien.

Upon arriving at the Convention Center at 8:15, I found a group of about 20 runners and wheelchair athletes milling around, wondering what was going on. J. J. Wind was chasing Damien around, trying to get a confirmation of the \$6,000 advertised for prizes.

The field included WRC's Wind, Patty McGovern, Kevin McGarry and Ruth Joyner, along with several of other area top runners. Nobody seemed to know what was going on. Registration was supposed to close at 8:30 a.m., yet at 8:50 registration yet was to open. Just after the supposed start at 9-sharp, the Race Committee opened the registration. This is when things really got interesting.

Damien unveiled the release form for the race—a full-page Xeroxed sheet. Buried down in the third paragraph was a clause saying the winners of the various categories would receive \$1,000 OR ¼ of the total receipts of the race. That would have been \$75 instead of the promised \$1,000.

Upon seeing this, Davenport protested on behalf of the TAC that the promises in the ads did not include the disclaimer about the lesser amounts. When this did not bother the Race Director, Davenport grabbed the numbers, sign-up sheets and other materials he brought and left.

Wind was quick to demand to the Race Director that everyone should receive their money back, since they entered with the idea of there being \$6,000 in prizes, not \$450. The officials reluctantly obliged, wondering what went wrong with their great plans.

The race had purchased 2,500 T-shirts, rented Davenport's services, and paid for the police. It is rumored the race—which never was—lost \$6,000. This is a prime case of race official incompetence. I believe that had the planned 2,500 runners shown up on three days' notice and paid their \$15 entry fee, the race would have given out the advertised money. It was too good to be believed, and as it turned out, should not have been believed.

(ed note—John Davenport filed a complaint April 26 with the TAC, charging a violation of trust. Race director Damien has been identified as Damien Taylor, president of the National Transplant Foundation.) □

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD FRIDAY, APRIL 12, 1985

WRC President Alan Roth called the meeting to order. The president took note of Jim Berka's gallant 2,000 mile journey to attend the April covered dish meeting (the statement was greeted with disbelief).

FINANCE COMMITTEE: Treasurer Jeff Reed reported a \$226 profit from the sale of various items at the Cherry Blossom Expo., a profit of \$84 from the CCNV No-Frills Run, and a balance in the treasury of \$4,185.31. Expenditures totalled \$525 (\$35 per runner) for the Oley 10-Miler; this was \$175 under budget. It is expected that the Club will spend between \$600-\$700 for Boston (\$50 per runner).

MEMBERSHIP COMMITTEE: Membership Chairperson Coleen Troy reported a paid-up membership of 156. Renewal applications were sent out during the first week of April to all members who did not renew in 1985 (approximately 100). Dan Rincon volunteered to duplicate Membership Applications to give out at races.

COMPETITION COMMITTEE: Chairman Pat Neary reviewed the race schedule for the coming months, and asked for opinions regarding sending a team to the D.C. Hometown Run. Several members noted that the awards last year were second-rate, but felt that we should be represented in the race. It was agreed that we should split our teams and run both Hometown and the Alexandria Parkway 15K. Dan Rincon will coordinate Hometown. For information on the Alexandria run call Pat Neary at the Club number.

OTHER BUSINESS: Dan Rincon asked for Club members to volunteer for the Maryland State Track Meet on 23-24 May. They need timers, judges, etc. Call Dan (work: 454-4861 or home: 345-9342) if you can help. The Club decided to go ahead with at least one race (July 15) in the Corporate Challenge series this summer. Lisa Hamm volunteered to design a poster. Bruce Coldsmith suggested the Club looks into the TAC National Club Championship series of races. The Competition Committee will look into it. *Gerry Ives, Secretary* □

NEW MEMBER KEVIN MCGARRY WINS FRITZBE'S 10K WITH COLEEN TROY

by Don Pedro
WRC Staff Reporter

Kevin McGarry, a recent graduate from the University of Maryland, thought the Fritzbe's 10K course record in Rockville was an easy target. At the third annual event April 21, he went home a winner and holder of the new course mark with 29:56. McGarry also went home a new member of WRC after joining the club to augment his affiliation with the Bucks County, Penn., Converse Team.

Complementing his win was Coleen Troy of WRC/Adidas who won the women's division in 37:06. Coleen continued her improvement streak as she led a WRC sweep of women. Mary Ellen Williams followed in 11 seconds, with Chari McLean in third, 20 seconds behind.

Fritzbe's third edition of the event drew 2,900 run-

ners. From the start the lead group of eight runners ran tightly together through two miles, with WRC's John Doub pulling the leaders along at a sub-5-minute pace over rolling landscape. WRC's Charlie Cvrk was trailing slightly behind the lead pack.

Over more ups and downs along the course which gets progressively more undulating, however, Cvrk moved up and overtook Doub who fell off the pace.

By 5 miles it was a close race with McGarry, Matt Wilson of Tiger and Jim Hage of WRC/Adidas. Half a mile later, McGarry and Wilson drew ahead of Hage. McGarry won the sprint to the finish by four seconds over Wilson.

Hage finished third in 30:13. Cvrk moved up to finish fourth in 31:01, his best showing in more than a year. Doub, the early race leader, fell back to finish tenth, 32:32.

Howard Blum suffered the misfortune of having his car break down three miles from the start. He managed to get his vehicle safely parked before beginning a three-mile warm-up to get to the start 12 minutes late, but he had a good workout anyway.

Results: 1. Kevin McGarry, WRC/Converse, 29:56; 2. Matt Wilson, Tiger, 30:00; 3. Jim Hage, WRC/Adidas, 30:13; 4. Charles Cvrk, WRC/Adidas, 31:01; 5. Henry Phelen, Adelphi, 31:15; 6. Tim Gavin, Unat., 31:27; 10. John Doub, WRC, 32:32; 11. Layne Party, WRC/Adidas, 32:38; 13. Lucious Anderson, WRC, 32:51; 15. Al Naylor, WRC/Adidas, 33:08; 16. Peter Nye, WRC, 33:14; Temple Washington, WRC, 34:30; 27. Greg Shank, WRC, 34:30; Rick Shank, WRC, 36:00; Bob Trost, WRC, 38:07; Joe Lugiano, WRC, 38:10; Ron Ponchak, WRC, 39:07; Ken Moffett, WRC, 40:56; Alan Roth, WRC, 44:22; Jon Maier, WRC, time unrecorded. Women: 1. Coleen Troy, WRC/Adidas, 37:06; 2. Mary Ellen Williams, WRC, 37:17; 3. Chari McLean, WRC, 37:37; 4. Barbara Frech, NOVA, 38:06; 5. Becky Nolan, WRC, 40:36; 7. Stephanie Shipp, RunHers, 41:00; 15. Valerie Nye, Fairfax Running Center, 42:38; 19. Sue Cain, Unat., 43:01. □

BOGCESS, STEWART, NYE SWEEP BLAKE HEART RUN 10K RACE

by Don Pedro
WRC Staff Reporter

Ed Boggess, wearing scarlet Hawaiian-print shorts loud enough to silence any hammering noises, ran an evenly-paced race April 27 to win the Blake Construction Heart Run 10K at West Potomac Park. Boggess ran 32:15 and led a WRC sweep.

Running with Boggess for half the race before falling slightly back was teammate Darryl Stewart who ran the smoothest he has ever looked. Stewart finished in 32:37, comfortably ahead of Peter Nye who squeaked in on the sunny side of 33 minutes.

Held as a fund raiser for the American Heart Association, the race has prizes that are notoriously anemic—Blake Construction Company hard hats were the age-group prizes.

When a Heart Association staff member was asked before the race if there was any sensitivity about the association being mercenary in milking the running

community as a cash cow, the staff member said, "We have our hand out to everybody. We don't care who they are."

Many who ran the race did so under the auspices of their companies who ginned up the \$8 entry fee to field corporate teams. Boggess ran for the Goddard Space Flight Center, for example.

First woman was former WRC member Ruth Joyner, in 38:13. Anita Freis was second in 39:32; followed by Jessica Space, 40:18.

Partial results: 4. Gerry Andrews, Howard County Striders, 33:04; 5. Tom Waites, Rock Creek Running Club, 33:13; 6. Tim Turner, Balto Electric Lights, 33:34; 13. Jay Wind, WRC, 34:24; Jim Frech, NOVA, 37:43; Gerry Ives, WRC, 37:52; Keith Padgett, RC, 39:50; Jeff Reed, WRC, 40:41; Valerie Nye, Fairfax Running Center, 41:16. □

BEACH AND FRECH LEAD DCRRRC MEN, WOMEN TO VICTORY OVER MCRRRC

by Don Pedro
WRC Staff Reporter

Weather for the annual 12K challenge race between the D.C. Road Runners Club and the Montgomery County Road Runners Club April 28 in Rock Creek Park was sunny and mild as though made by angels.

Nearly 100 runners from the two clubs showed up for the challenge which commuted twice around a rolling 6K loop.

Ben Beach, first area finisher at the Boston Marathon two weeks earlier, showed he had recovered from his 2:30 marathon to win the race handily in 41:11. Beach, of the D.C. Harriers, beat Joe Daley, a standout from Ithaca, N.Y., and Cornell University.

While in high school and college, Daley had set marks that Olympian Peter Pfitzinger couldn't touch when Pfitzinger followed Daley a few years later. Daley has curtailed his training in recent years, but still managed to move up through the hills in later miles of the race to finish runner-up in 42:27.

In the women's division, Barbara Frech of NOVA ran with her spouse Jim, intending to use the event as a workout, as both had raced shorter races the day before. Barbara succeeded in winning the women's race, in 49:52, over Elizabeth Musser of Washington, in 50:58, although Barbara lost the sprint with Jim.

The first five men and women were DCRRRC members. Scoring was based on the top 20 from each road runner club.

Several WRC members showed up for a spirited workout to help drive the DCRRRC to victory. Count Baker led the WRC contingent by spearheading the wedge formation which was made up of Rocko Carr, Bob Trost, Peter Nye and Ron Griswald.

WRC LOOKING TO SEND MEMBERS TO NATIONAL XCOUNTRY RACE

WRC is hoping to send out teams to compete in Athletics Congress national championships that take place within driving distance. Those interested in these races should contact Al Naylor. He is particular-

ly interested in getting together a strong cross country team for the Nationals in Raleigh, N.C.

SENIOR MEN

Marathon, May 5—Pittsburgh, Pa. *Contact:* Larry Kuzmanko, 640 Chatham Two, Pittsburgh, Pa. 15219; (412) 391-2800.

100 Mile, June 7—Shea Stadium New York, N.Y. *Contact:* Fred Lebow, NYRR, 9 E. 89th St., N.Y., N.Y. 10022; (212) 860-4455.

10K RR, Aug. 17—Asbury Park, N.J. *Contact:* Phil Benson, Box 2287, Ocean Township, N.J. 07712; (201) 531-4156.

10K Cross Country, Nov. 30—Meredith College, Raleigh, N.C. *Contact:* Bob Baxter, 800 Purdue St., Raleigh, N.C. 27609; (919) 876-5674.

SENIOR WOMEN

10K RR, May 18—Albany, N.Y. *Contact:* George Regan, 382 Broadway, Albany, N.Y. 12207; (518) 465-5210.

5K Cross Country, Nov. 30—Meredith College, Raleigh, N.C. *Contact:* Bob Baxter, 800 Purdue St., Raleigh, N.C. 27609; (919) 876-5674. Meet is qualifier for women's World Cross Country Team.

MASTERS (M & W)

5K Cross Country, Nov. 30—Meredith College, Raleigh, N.C. *Contact:* Bob Baxter, 800 Purdue St., Raleigh, N.C. 27609; (919) 876-5674.

10K Cross Country, Nov. 3—Syracuse N.Y. *Contact:* Bob Brock, 4559 Limeledge, Marcellus, N.Y. 13108

15K Cross Country, Nov. 17—New York, N.Y. *Contact:* Bob Fine, 77 Prospect Place, Brooklyn, N.Y. 11217; (516) 267-1650.

20K RR, May 26—Washington, D.C. *Contact:* Chuck DesJardins, 5428 Southport Lane, Fairfax, Va. 22032; (703) 250-7955.

Marathon, November 3—Washington, D.C. *Contact:* Chuck DesJardins, 5428 Southport Lane, Fairfax, Va. 22032; (703) 250-7955.

SOCIAL COMMITTEE NEWS

There will be a party after the Hometown and G.W. Parkway races on May 19 at Bruce Coldsmith's and Jeff Reed's house. Call 836-7284 if you need directions.

There will be a party after the June 2 Hecht's Race. Details will be announced at the May Club meeting or call the Club number for details.

The Annual WRC Picnic will be held at Keith Higgs' parents house in Ashburn, Virginia, on July 27 (with the 28th as a rain date). More news to come.

CLUB RACE SCHEDULE

CLYDE'S AMERICAN 10K—Sunday, May 5, 9 a.m. Starts at Columbia Mall, Columbia, Md. John Doub (WRC) Defending Champion in 29:48.

CAPITOL HILL CLASSIC 10K—Sunday, May 5, 8:30. Starts at Stanton Park, 5th & C N.E.

D.C. HOMETOWN RUN 15K—Sunday, May 19, 1985, 9:00 a.m. Starts at 14th & Pennsylvania. Race coordinator Dan Rincon. (Team Race. WRC 1984 Champions).

G.W. PARKWAY CLASSIC 15K—Sunday May 19, 1985, 8:00 a.m. Starts at Mount Vernon and finishes at Jones Point. Parking available at Jones Point. Bus transportation, one way only, available from 6:00 a.m. until 7:00 a.m. **THERE IS NO PARKING AT MOUNT VERNON.** Race coordinator Pat Neary.

Race Committee Notes

Runners interested in a Fall Cross Country Team to challenge some universities or other running clubs contact Pat Neary 703-455-0575, Jim Hagan 703-938-7644, or Dan Rincon 301-345-9342.

Club Uniforms

Singlets	\$ 8.00
Shorts	8.00
Hooded Shirts	17.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, P.O. Box 2605, Springfield, Va. 22152. Indicate sizes (S,M,L,XL) for items. Uniforms are on the small size.

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.

Fleet Feet, 1840 Columbia Rd., N.W. Discount of 10% percent on clothes and shoes. □

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
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 wj 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.