

# Washington Running Club Newsletter



Volume 4, Number 6

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June 1985

The JUNE meeting of WRC will be held on Friday, June 14, at 8:00 p.m., in Conference Room B, First Floor, Department of Justice Main Building at 10th and Pennsylvania, N.W. The entrance is in the middle of the block on 10th Street. If that entrance is not open go to the entrance on 9th Street.

## CLYDE'S 10K FIELD FLIES; McGARRY, DOUB GO 1-2; MCGOVERN WINS WOMEN'S

by Peter Nye  
WRC Staff Reporter

John Doub (Nike), defending champion at the Clyde's American 10K May 5 in Columbia, Md., tenaciously fought off a tough challenge from WRC teammate Kevin McGarry (Converse). But when McGarry threw in a 4:42 mile starting at the fourth mile, Doub fell back slightly as McGarry went on to win in 29:56, eight seconds up on Doub and 15 seconds ahead of Matt Wilson (Tiger).

In the women's race, WRC's Patty McGovern (Saucony) ran the first mile with ever-popular Marge Rosasco (Brooks) in 5:30 before continuing on to win by more than a minute.

Rosasco, winner of several Clyde's past, was in good cheer afterward. "I was happy to hang on for second because it was a good women's field."

### 4:38 First Mile—Uphill

The seventh annual event, sponsored by Clyde's and put on by the Howard County Striders, drew the best men's and women's fields over a busy race weekend. At the Capitol Hill Classic in Washington, for example, WRC's David White won in 31:12 which set a course record—yet wouldn't put him in the top ten in Columbia.

It is difficult to compare courses and times, but everyone after the Clyde's 10K agreed that the rolling out-and-back course was not conducive to fast times.

Scott Celley of NOVA was hoping to run a minute faster than the 32:31 he finished with.

"I was running with Charlie Cvrk (WRC/Adidas) through four miles," Celley recounted. "Then Charlie looked up and saw his coach (Dan Rincon) and took off. That was when I began to plan my summer."

Mike McMaster of York, Pa., led through the first mile, mostly uphill, in 4:38, running as though he wanted to tear everybody's legs off. Trailing by a few strides was Doub, with McGarry, Wilson and Baker (Kangaroos) and the other 1,500 runners stacked up behind.

The top runners were primed for action before the start. Pre-race buzzing had it that 14 runners registered for the race had run faster times than the course record. One runner was Olympic Marathoner John Tuttle who turned out to be a no-show.

Prizes included a trip for two to a Caribbean island, Sony Watchman Television, Peugeot 10-speed bicycle and a Sony Betamax. It was a cherry-picker's delight.

### Do or Die at Four Miles

While Doub, McGarry and Wilson soon after engulfed McMaster, the pace continued burning over the rolling terrain. The three leaders passed through mile three in 14:28. At mile four, in 19:38, it was McGarry, Doub and Wilson in tight order. McMaster meanwhile slipped back, although he led the rest and went on to finish fourth.

For McGarry, the race was do or die at four miles. He surged with a 4:42 mile. Afterwards he admitted the effort nearly did him in.

Wilson, better on the descents than ascents, found Doub and McGarry were gaining pavement, but he felt he could close the gap over the descending final half-mile.

McGarry realized the race was still wide open as he passed through mile five in 24:20.

"I didn't feel I had a chance to win till five miles," he said later. "I didn't feel confident I would win till

### FAIRFAX RUNNING CENTER OFFERS ONE-DAY 25% DISCOUNT EXCLUSIVE TO WRC

Fairfax Running Center is offering a 25% discount for WRC members only on the non-sale price of any item in their stores. The offer is for ONE DAY ONLY, Saturday, June 15. No rain checks. Take positive identification—i.e. driver's license. The Club will supply the stores with the latest paid-up membership list so they can identify members.

By spending a mere \$60 WRC members can recoup the cost of their yearly membership dues.

Fairfax Running Center has two stores one in Old Town Alexandria on the Strand off of Union Street (tel. 549-7688), and the other at the Jermantown Shopping Center at 11208 Lee Highway, Fairfax City (tel. 691-8664). On Saturday, June 15, both stores will be open from 10 a.m. until 5 p.m.

Fairfax Running Center also has a digital finish line clock with a Seiko timer for rent. For further details call Dixon Hemphill at 691-8664.

the last two-tenths of a mile. Then I sneaked a peak over my shoulder and saw that I had it."

He indeed had it, although Doub was chasing hard—with enough speed to keep Wilson at bay. The finish of the Clyde's race was similar to that of Fritzbe's a few weeks earlier, with McGarry outrunning Wilson. But this time out, Doub—tenth at Fritzbe's—hung tough to put Wilson one place further back and thus make it one-two for WRC.

### Minty's Back

Clyde's was the first big race that WRC's Gordon Minty has been in since shortly after the Olympic trials marathon 12 months earlier. Plagued by chronic hamstring difficulties after the trials, he took much of 1984 off to let the injury heal.

Now on the faculty at the U. of Maryland, Minty has been doing track workouts twice weekly. He finished in 32:19 to show he is coming back. The effort won him his age group, 35-39.

For those who like to keep track of names, Vera Thornhill who won the 1982 Maryland Marathon has married and now is Vera Kennevan. She finished eighth in the 10K, in 38:03.

### Partial results:

1. Kevin McGarry, WRC/Converse, 29:56; 2. John Doub, WRC, 30:04; Matt Wilson, Tiger, 30:11; 4. Mike McMaster, York, Pa., 30:34; 5. Tim Gavin, Adidas, 30:40; 6. Henry Phelan, 30:53; 7. Mike Monaghan, Team Race Pace, 31:00; 8. Seb Junger, Saucony, 31:05; 9. Dave Shafer, WRC/Adidas, 31:08; 10. Jim Hage, WRC/Adidas, 31:09; 17. Charlie Cvrk, WRC/Adidas, 32:12; 18. Gordon Minty, WRC, 32:19; 21. Anthony Grier, Balto, 32:32; 22. Scott Celley, NOVA, 32:31; 25. Ben Beach, D.C. Harriers, 33:02; 32. Peter Nye, WRC, 33:48; 33. Layne Party, WRC/Adidas, 33:58; John

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## Washington Running Club

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

### CLUB OFFICERS FOR 1984

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**Competition:** Pat Neary, Chairman (455-0575)  
**Race Management:** Mark Baldino, Chairman (451-6530)  
**Social:** Bobbie Bleistift, Chairwoman (379-2767)

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Jim Hagan is looking for two more runners to coach. Jim will be moving to the Georgetown area in June. He presently coaches Pam Briscoe; her recent success in the Marine Corp Marathon (1st woman) shows that Jim knows what he's doing. His work number is 347-8994.

Myers, WRC, 35:26; Mark Doles, WRC, 34:42; Ken Moffett, WRC, 42:45; Keith Delauter, WRC, 43:55.

Women: 1. Patty McGovern, WRC/Saucony, 34:55; 2. Marge Rosasco, Brooks, 36:10; 3. Stacey Nicholson, Balto, 36:26; 4. Diane Miller, Spfld., 36:40; 5. Karin Wagner, WRC/Adidas, 37:02; 6. Chari McLean, WRC, 37:15; 7. Coleen Troy, WRC/Adidas, 37:26; 8. Vera Thornhill Kennevan, Mount Airy, 38:03; 15. Valerie Nye, WRC, 41:50; Joanne Mallet, WRC, 46:20. □

### WRC GOES TO CAPITOL HILL, PUTS 6 IN TOP 8; WHITE, FRECH SET RECORDS

by John M. Walsh

*Special to WRC Newsletter*

WRC and NOVA traded honors at the fourth annual Capitol Hill Classic 10K May 5 in Washington where WRC won the men's division while NOVA won the women's.

WRC's David White easily outdistanced NOVA's John Devlin in winning the overall race, while NOVA's Barbara Frech beat WRC's Becky Nolan. Both winners set new course records—31:12 for men and 38:06 for women.

White pulled away from the last of his challengers at two miles, in 9:45, and cruised on for a solo win.

Before the race, White said he thought this might be the race to meet his spring goal of 31:00 for the distance. But no one was able to stay with the Bucknell grad long enough to aid with the pace work around the many-turned course and he was unable to sustain the rhythm that took him through the first half in 15:21.

Following White across the finish was John Devlin of NOVA, 32:50.

A surprise early-race performance came from WRC's Craig Voise who started out strong but faded to fourth in 33:02. Voise was nipped by teammate Roberto Rodriguez who passed him around six miles and picked up three seconds by the end. They were followed by teammates Darryl Stewart and David Keating.

In the women's race, NOVA's Frech took the lead from third-place finisher Susan Pantzer in the third mile, and went on to beat WRC's Becky Nolan who caught Pantzer in the last mile. Nolan finished in 39:41.

The race witnessed the debut of Colonial Racing Company's new computer program, designed to sort out race results quickly and accurately. Although officials of Colonial Racing voiced confidence about working out the bugs, they blamed an early finishing bandit for a timing snafu that resulted in finishers receiving the time for one place lower than their actual finish. Corrected results appear below.

**Results:** Men. 1. David White, WRC, 31:12; 2. John Devlin, NOVA, 32:50; 3. Roberto Rodriguez, WRC, 32:59; 4. Craig Voise, WRC, 33:02; 5. Darryl Stewart, WRC, 33:03; 6. David Keating, WRC, 33:32; 7. William Hall, Lanham, 33:33; 8. John Walsh, WRC, 34:14; 9. Tiserd Broekman, Chevy Chase, 34:18; 10. Andrew Farmer, Washington, 34:22. 11. David Asaki, former WRC, 34:32; 13. J.J. Wind, WRC, 35:00; 16. Vassili Triantos, WRC, 35:33; 20. Bob Trost, WRC, 35:50; 21. Mark Grummer, Unat., 35:57; 43. Jim Frech, NOVA, 37:09; 70. Tom Hardcastle, WRC, 38:32, 79. Myron Lehtman, NOVA, 39:04. Women: 1. Barbara Frech, NOVA, 38:06; 2. Becky Nolan, WRC, 39:41; Susan Pantzer, Washington, 39:46; 4. Mary Catherine Fischer, Washington, 40:20; 5. Betty Blank, WRC, 40:56; 6. Beth Manning, Arlington, 41:41:34, 7. Karen Gallagher, Washington, 41:38; 8. Kathy Lloyd, Washington, 41:41; 9. Susan Barbe, Washington, 42:07; 10. Amanda Patton, Alexandria, 42:12; 11. Bobbie Bleistift, WRC, 43:12. □

### WHAT'S UP AROUND WRC AND THE REST OF THE WHIRLED

by Don Pedro  
WRC Staff Reporter

Look for a double interview in the August issue of Runner Magazine with English emigre Priscilla Welch and Wendy Sly who both currently have digs in Boulder. Conducting the interview in Colorado was WRC's Marlene Cimonis who went west to talk to these fast ladies on how they view racing, training and life. . . .

Another WRC scrivener, Peter Nye, had a short story in the May 16 *Detroit Free Press* on Major Taylor, the first black to break the color barrier for professional athletes. In 1899 Taylor won the world professional cycling championship in Montreal.

And former WRC member Patty Peoples got a brief write-up in the June *Winning Magazine* for her accomplishments in cycling, which she is now pursuing fulltime. . . .

It was shortly after World War I—the one that Lawrence Welk once pronounced on television as Worlda War Eye—that T.S. Eliot wrote *The Wasteland*, as sharp-eyed readers have correctly pointed out from the last newsletter in Bob Trost's lead story on the Boston Marathon. A typo moved the publication date up 30 years.

Prof. Trost explains that Eliot was influenced by James Joyce's *Ulysses* and wanted to pattern an epic poem after the Irish laureate's work. Trost recommends that those interested in pursuing the matter further might want to read *T.S. Eliot: A Life*, by Peter Ackroyd. . . .

Top area woman master's runner Cindy Dalrymple went to the Bloomsday 10K May 5 in Seattle with 38,000 others and picked up \$500 for finishing third in her division. Women's master winner was Gabriel Andersen.

A fortnight later Cindy went to Albany to race in the Freuheufer 10K where she picked up some change for finishing among the leading masters, and the next day

was runner-up in the Yonkers Marathon in 3:10 which also was worth some change. . . .

Informed sources say that Moss Brown in late April closed its Alexandria warehouse which had been operating as a store. The game plan is to open stores in Chicago, New York and northern Virginia, according to the informed sources, although employment has been a form of musical chairs. . . .

Australia bound for the Sydney Marathon June 9 are WRC's Laura Dewald Albers, spouse Will and Bruce Coldsmith.

While a marathon in June may not hold much appeal to us here, it must be remembered that Australia's seasons are the opposite of ours because they are south of the equator. Hence, June is their dead of winter, and Sydney's weather and terrain are compared to that of San Francisco, a fairly consistent climate year round. The trip to Down Under is an invitation that Laura's running attracted. . . .

WRC's Wayne Allen showed his stuff at the Armed Forces 10K on Backlick Road in Virginia. He ran a 33:43 for 4th place, 2nd in his age group. Joe Lugiano ran 37 minutes and change in the same race. . . .

Matt Centrowitz, the two-time track Olympian who ran 1,500 meters in the 1976 Games and 5,000 meters in 1980, is now living in Northern Virginia and is getting back in shape. Centrowitz has been hired by NOVA to coach members for the summer. They regularly run track workouts Tuesday evenings at St. Stevens School track in Alexandria.

At his first session with NOVA May 21, he found the track surface too hard and suggested NOVA find another track, exhorted the runners not to get injured and concluded that several members should lose weight. . . .

Another back in town is Jim Roberts, known to many as the manager of the Fairfax Running Center in Alexandria. Jim returned May 21 from a cross-country bike ride. He flew to Los Angeles and pedaled all the way.

Attending the welcome-home party thrown for him at Fairfax Running Center were WRC members Jeff Reed, Mark Doles, Keith Higgs, Ron Ponchak, Mark Baldino, Temple Washington, Peter and Val Nye. . . .

A sure thing, Bob Thurston says of the likelihood of having a great run, maybe even a pr for 15K at the Great Allegheny Run June 8 in Cumberland, Md.

Just back from certifying the course, Bob expressed excitement at how fast the point-to-point course is.

"I am saying the reason to go is that there is a great chance for a good 15K."

Winners in the men's and women's division each get a trip to the Bahamas, with the next four getting U.S. Savings Bonds. Entry fee is \$7.50. For further information, contact Tim Travis, Tel. (301) 724-8940. . . .

Wedding vows are set for July 6 in Fort Ann, N.Y., for Suzanne Rainville and John Edwin Coffey, better known as Jack Coffey. Wedding reception will be in nearby Lake George.

Reservations may be obtained by contacting the Lake George Chamber of Commerce, Lake George, N.Y. 12845. Tel. (518) 668-5755. . . .

John and Ellen Doub had a new baby boy, Andrew Stephen, born May 17. John says getting ready for the

baby cut into his training and race concentration this spring, but feels he will be ready come autumn. . . .

Ever wonder about the comparative values of Nautilus workouts versus running? No contest, say physiologists Linda S. Hempel and Christine L. Wells in the April issue of *The Physician and Sports Medicine*. Running has Nautilus beat all hollow, they say.

Cardiovascular conditioning requires activities that boost heartbeat as well as oxygen uptake—the measure of the body's ability to process oxygen that is inhaled. Hempel and Wells contend that the Nautilus Express Circuit, the rigorous 20-minute workout on machines, strengthens muscles and enhances flexibility but does little to build cardiovascular fitness.

The authors also concluded that the Nautilus Express Circuit is an inefficient way to drop weight. Using measures of caloric expenditure, the authors said men would have to make the circuit 21 times—requiring seven and a half hours—to lose a pound, while women would have to make the circuit 31 times—taking more than 11 hours.

So next time a bully kicks sand in your face at the beach, don't fight back. Just have your opponent fill out a marathon entry. □

#### COLDSMITH, OREM ESTABLISH RECORDS IN CLINCHING NEW G.W. PARKWAY 15K

by Demery Grubbs  
WRC Staff Reporter

For the weeks leading up to the new George Washington Parkway Classic 15K May 19 from in front of George Washington's home to Old Towne Alexandria, the talk of the running community was how fast the course was. When the race was over, most of the 1,300 who ran agreed the weather was ideal but that the course with its multitude of curves and undulations made for fewer fast times than expected.

Yet WRC's Bruce Coldsmith (Saucony) and WRC's Martha Orem had no problems. They won decisively. And because the event was the first they established new course records.

Both also outran teammates who finished second. Coldsmith won in 46:46, with David White runner up in 47:30. Orem ran 57:40, with Nolan trailing in 59:43.

#### Coffee and Bengay All the Way

"This is my fifth second place in four weeks," Nolan said. Her face, framed by a fresh pixie haircut, expressed vexation and surprise concurrently as she spoke. Nolan had finished second the day before at the arduous Arlington Hospital 10K.

Orem, 22 and not long out of Gettysburg College, was ebullient at the finish. "I felt so good," she exclaimed. "It was my first real road race."

Runners commuted to the start on a relay of buses along the George Washington Memorial Parkway from the finish site at Jones point, in southern Old Towne, to the front of George Washington's home at Mount Vernon.

"There's nothing like being trapped on a bus with the smell of coffee mixed with Bengay," observed WRC's Valerie Nye.

With all the runners milling about the giant oval in front of Mount Vernon before the race start, it was difficult to miss a swami ambling about. The bearded swami, swathed in white, loose-fitting garments and wearing black loafers, walked with a slight stoop. He leaned on a knurled walking stick as he gently made his way among the runners who were in different postures of stretching alone, talking in groups or running around to warm up.

"How did he get here?" asked WRC's John M. Walsh.

"We ought to recruit him in the club and have him give us an official WRC mantra," Gerry Ives (Woodbines) suggested. Rocko Carr and Count Baker quickly agreed.

The Count this race looked rather subdued and possibly in need of a mantra himself. His turquoise cape was still at the dry cleaners to get the cranberry juice stain removed from when he sat in a cranberry bog during the Boston Marathon, and he wore plain Navy shorts with a vague white tank top. The Count apparently had lost his way to his closet that morning.

#### "I Faded Like a Cheap Blouse"

He did succeed in getting a fine start in the race. With a descent of about 120 feet to propel the runners into action, he was not far behind Coldsmith who also led White through the first mile in 4:38.

But the Count, a former 800-meter man from Frostburg State College, slipped back to seventh. Evaluating his performance, he said, "I faded like a cheap blouse."

From shortly before the first mile to the finish, Coldsmith was alone. He whipped through 10K in 30 minutes flat. Alexandria's mayor-elect Jim Moran said that Coldsmith picked up the pace in the final mile to open a greater margin over White.

Hizzoner also smiled and said that Coldsmith was a liberal democrat.

The parkway was closed to traffic to allow the runners full access to the four-lane cement roadway. It was necessary to run the course in tangents to take advantage of the way the course was measured, but few actually ran that way because they were not accustomed to having the roadway to themselves. This was the second time since 1932 that the parkway was closed.

Coldsmith said he tried running the tangents at the start of the race, but race officials in the lead vehicle told him to stay to the right side. "I did what they told me and stayed on the right curb the rest of the way," he said.

White, running behind, took advantage of the tangents but felt sufficiently guilty that he abandoned the tangents and followed Coldsmith's course against the right curb.

Few complained about the course. Top priority in the minds of many at the 8 a.m. start was to warm their hands on the cool spring morning. That coolness was preserved for the duration of the race by the tall trees that line the parkway and cast shadows for much of the distance.

Race leader Coldsmith chased a procession of lead cars headed by Giuseppe Cecchi and his spouse Mer-

cedes, the race grand marshalls. One who got the race from a planning stage to an actual event was Coldsmith. He worked with a committee that included three area race clubs to put on the event: NOVA, GNATS and the RunHers Unlimited.

When the race was over, Rocko hosted a tailgate party to show off his new Honda car. A small group gathered round his car to take advantage of the selection of beer, Perrier, cookies, bananas and vodka that he offered.

Bobby Beathard of the GNATS pronounced the course as "not fast at all." He said, "After that initial downhill, it's just another rolling course."

As people talked and regaled one another, WRC members saw the swami making his way around the runners and parked cars, stopping every so often to straighten his back.

How did he get from Mount Vernon to Jones Point? Traffic was closed. It was impossible for him to have run the distance so quickly. The swami, master of mystery from the East, is obviously a master traveler. He may even have got in before Coldsmith, before the race officials got the finish chute organized.

If anyone sees the swami at another race, ask him how he did it. And please offer him a membership form. Our rates go down by half beginning in June.

**Partial results:** 1. Bruce Coldsmith, WRC/Saucony, 46:46; 2. David White, WRC/Adidas, 47:30; 3. Ted Hackett, Warrenton, 50:06; 4. Peter Nye, WRC, 50:22; 5. John Babcock, Reston, 50:39; 6. Fred Lampazzi, Manassas, 50:48; 7. Dennis "Count" Baker, 50:58; 8. Gust Svanson, first master, 51:21; 12. Mark Doles, WRC, 51:44; 17. Tom Waites, RC<sup>2</sup>, 52:45; 18. Pat "Rocko" Carr, WRC, 52:48; 22. Tem Washington, WRC, 53:23; 35. Chuck Desenberg, WRC, 54:30 (pr); 57. Ron Griswald, WRC, 56:41; 59. Joe Lugiano, WRC, 56:50; 61. Tom Hardcastle, WRC, 57:01; 74. Gerry Ives WRC/Woodbines, 57:48 (pr), 81. Pat Neary, WRC, 58:14; Jeff Reed, WRC, 60:06.

**Women:** 1. Martha Orem, WRC, 57:40; 2. Becky Nolan, WRC, 59:43; 4. Betty Blank, WRC, 61:06; 5. Anna May Deal, 62:06; 6. Valerie Nye, 62:07; Rita Fischer, WRC, 75:10 (pr). □

### BONNIE BELL DRAWS 2,500 WOMEN BUT FEW FROM WRC; BLANK, V. NYE RUN 28th, 29th

by James North  
WRC Staff Reporter

Eight Mothers Days ago, Cindy Dalrymple of Hawaii was visiting friends on the East Coast and decided to run the Bonnie Bell 10K in West Potomac Park. She didn't know any of the local runners and expected a relatively easy win but discovered a feisty Marge Rosasco gave her a race.

At this year's event May 12, Cindy, now a resident of northern Virginia, dropped out at two miles after not feeling it was her day while Marge went on to again finish second.

Marge pushed Sue Crowe of State College, Pa., for the lead over the first four miles. before Crowe surged ahead to romp home in a solo run.

The field this year drew 2,500 women. For reasons

that are unexplained, few WRC women ran in the event. Former WRC member Ruth Joyner pulled out of the race about midway through. Another former member, Marilyn Bevans of Baltimore, finished 19th in 40:49.

**Partial results:** 1. Sue Crowe, State College, Pa., 36:06; 2. Marge Rosasco, Brooks, 36:28; 3. Diane Miller, Springfield, 37:02; 19. Marilyn Bevans, Balto, 40:49; 27. Betty Blank, WRC, 41:21; 28. Val Nye, WRC, 41:25; Joanne Mallet, WRC, 46:10; Diane Myers, WRC, 53:10. □

### LAURA COMES UP A \$5,000 WINNER AT N.J. MARATHON; MARLENE MOVED BY PITTSBURGH

by Don Pedro  
WRC Staff Reporter

WRC's Laura Albers (Brooks) tripped and fell at the start of the New Jersey Waterfont Marathon May 5 in Jersey City. She got up, waited till later to take care of the scrape on her left leg and went on to win the women's division by 10 minutes in 2:38:55.

Her prize was \$5,000, the same as the men's winner, John Moreno of Pacifica, Calif., who finished in 2:12:50.

Not far to the west in Pittsburgh, the husband-wife team of Ken and Lisa Martin of Mesa, Ariz., scored a first for couples by winning their divisions in a race that WRC's Marlene Cimons found "quite extraordinary."

Ken Martin won the event in 2:12:58 while spouse Lisa—seventh at the Los Angeles Olympic Marathon—captured the women's division in 2:31:54. For their family affair, they were paid \$43,000. First prize in each category paid \$20,000, augmented by another \$3,000 for being the first couple.

Marlene finished 51st among more than 200 women finishers in Pittsburgh. She ran 3:49:48, five minutes off her best time, but was elated over how well organized the first-time event was.

### Slow Times

The weekend was one of hot, windy weather. Priscilla Welch of England, after finishing fourth at the Pittsburgh, described her race as a "load of rubbish." She finished in 2:34:35 which paid \$5,000 to soften her mood.

Welch, who recently turned 40 and currently lives in Boulder, had outrun Martin in the Los Angeles Olympic Marathon and was the one Martin expected would be the competition this time around. It was Martin's day. She felt like she was out training.

Not so for Bill Rodgers in New Jersey. While struggling in for second, 2:14:55, he had questioned what he was doing. Rodgers, four-time winner of both the Boston and New York City Marathons, has a history of not doing well in the heat.

Near the end of the New Jersey Marathon, Rodgers considered dropping out. He decided to prevail when he was too tired to read the signs for how far he had to go to the end.

But his finish wasn't entirely inner-directed. According to *The New York Times*, Rodgers was paid

a promotional fee of \$25,000 and agreed to turn down prize money.

Marlene raved about the crowd support in Pittsburgh for the 2,500 runners.

"I have never seen crowds as enthusiastic as in Pittsburgh," she said. "Streets were lined and people were screaming at the top of their lungs. People were screaming not just for the front runners but also for the ones farther back like me. I am so impressed with the way people turned out for the race."

She found the cool air and overcast sky helped make conditions comfortable for the first hour. Then the sun rose higher. The morning heated up. Marlene unraveled.

"After 20 miles I don't know what happened," she said. "It took me 58 minutes for the last 10K."

#### Laura Faced Headwind

Laura finished 20th overall in the field of about 1,500. As runners had to contend with in Pittsburgh, the New Jersey runners had a significant wind. The New Jersey marathon wound through waterfront steets of Jersey City, Hoboken, Weehawken, West New York, Guttenberg, Union City and North Bergen.

While the course twisted around its route, the field had to contend with a head wind for the final eight miles on a Sunday morning that was getting progressively warmer.

Both races had financial backing from major corporations. In New Jersey it was corporations that do business in the Garden State, such as A.T.&T., which contributed toward the prize list. Pittsburgh had bucks from U.S. Steel.

Partial results of the New Jersey Waterfront Marathon. Women: 1. Laura Albers, WRC/Brooks, 2:38:56. 2. Shirley Finken, Oxford, N.J., 2:48:55. Men: 1. John Moreno, Pacifica, Calif., 2:12:49; 2. Bill Rodgers, Sherborn, Mass., 2:14:55; 4. Ron Tabb, Eugene, 2:19:11; 13. Dave Patterson, Norristown, Pa., 2:30:51.

Pittsburgh results. Women: 1. Lisa Martin, Mesa, Ariz., \$20,000, 2:31:54; 2. Laura Fogli, Italy, 2:32:06, \$14,000; 3. Julie Isphording, Cincinnati, 2:33:34, \$7,000; 4. Priscilla Welch, Boulder, 2:34:35, \$5,000; 5. Carey May, Tornoto, 2:34:49, \$3,000; 6. Jacqueline Gareau, St. Bruno, Quebec, 2:37:29, \$2,000; 51. Marlene Ciments, WRC, 3:49:48. Men: 1. Ken Martin; 2. Jorge Gonzalez, Puerto Rico, 2:13:07, \$14,000; 3. Lahbib Oubib, Morocco, 2:17:14, \$10,000; 7. Gabriel Kamau, Kenya, 2:18:12, \$3,000; 21. Tony Sandoval, Colorado, 2:32:43. □

#### CALVERT, MD., CLASSIC 8K WIN GOES TO PGRC's BEAN; WRC's CHUCK KUHN IS 2ND

by Gerry Ives  
*Special to WRC Newsletter*

Although the Prince George's Running Club is new, they have been active in putting on events. Their Calvert Road Classic 8K in College Park May 11 was their second race in eight weeks for the 75-member-Prince George's Running Club.

The 9 a.m. start gave the sun a little extra time to push the temperature and humidity higher on the

discomfort scale, bordering on the red zone. The tree-shaded flat course helped a little, but the times of the more than fifty athletes reflected the conditions.

Adam Bean of PGRC pulled away from WRC's Chuck Kuhn just past the mile mark and went on to win in 26:56. Chuck, fully recovered from his collapse and subsequent hospitalization at last month's Boston Marathon, went to the race as a break from writing his master's thesis and re-tested his hot weather running abilities.

MEN: 1. Adam Bean, PGRC, 26:56; 2. Chuck Kuhn, WRC, 28:06; 3. Larry Washington, PGRC, 28:18; 4. Tim McKenna, Unattached, 28:30; 8. Gerry Ives, WRC, 31:18.

WOMEN: 1. Jane Schultz, 35:38; 2. Carol Jordan, 39:58; 3. Elizabeth Galletta, 40:14.

#### TUTTLE AND MRS. PFITZINGER MOP UP IN LILAC 10K IN ROCHESTER, SET NEW MARKS

by Bob Trost  
*WRC Roving Reporter*

Every year in mid-May I return to my hometown of Rochester, N.Y., to celebrate my parents' wedding anniversary—this year was their 46th—and to run in the Manufacturers Hanover Lilac 10K. This year, Rochester native Pete Pfitzinger and John Tuttle returned as well, and although defending champion and course record holder Bruce Bickford (28:52) was sidelined with a back injury, a strong field was there.

Tuttle, who has been training with Craig Virgin in Atlanta and had recently run a 27:57 pr 10K road race in England, was in the best shape of his life. Epected to challenge him on this rolling 10K course were Pfitzinger, Sosthenes Bitok of Kenya (winner of the last two Cherry Blossom 10 milers), Englishman Eddison Wedderbun, newcomer Bernie Prabucki, John Craig of Canada and locals Den Predmore and Craig Holm.

The women's race was shaping up as a duel between Chris Hughes, who is also Mrs. Pfitzinger and the New Zealand Olympian who ran in the 3,000 meters, and New York City's Michele Bush.

The men's race went as expected, except for the absence of Holm, sick with the flu, and the absence of Pfitzinger, running with a sore hip. With less than a mile to go, a pack of five—Tuttle, Prabucki, Bitok, Craig and Wedderbun were running like a human five-pack. They prepared themselves for the final kick.

At six miles, Bitok surged into the lead. But Tuttle accelerated past to win and break Bickford's course record by three seconds, in 28:45.

Prabucki outkicked Bitok for second, with 28:47—one second up on the Kenyan.

Tuttle was pleased with his win and \$1,000 first prize. Native Rochesterians were not surprised at his grand performance. Tuttle is, after all, still the record holder of the high school mile (4:09) and two-mile (8:53) in the Rochester area. He set these records while a hile school senior in 1977.

The women's race was a one-lady affair, as Chris Hughes led from start to finish to win in a new course record of 33:46. Michele Bush was second in 34:02, and 35-year-old Nancy Miesczak of Buffalo was third in 34:57.



Other results include Pfitzinger finishing 10th in 30:04, Barry Brown 17th in 30:32, and I was 138th, in 35:57. Among women, Sue Crowe was fourth in 35:49. □

#### PODIATRIST TO BE SPEAKER AT JUNE MEETING OF WASHINGTON RUNNING CLUB

Steve Pribut, well-known sports podiatrist, will be the guest speaker at the June meeting of the Washington Running Club. Steve will give a presentation to be followed by a question-and-answer session. □

#### FIRST ALFRESCO MEETING OF WRC HELD OUTSIDE OF CUSTOMS BUILDING

The custodian of the Departmental Auditorium could find no record of WRC having made arrangements for a meeting room and, after noticing that several WRC members looked like unrepentant anarchists, asked everyone to leave the building.

Not one to be deterred by such minor inconveniences, Alan Roth called the meeting to order on the grass outside of the Customs Building.

**TREASURER'S REPORT:** The Club has a balance of \$3,481. The big expense last month was the \$650 in expenses for club members at Boston.

**SOCIAL COMMITTEE:** Bobbie Bleistift needs more volunteers to serve on the committee. Help is needed, especially for the Club Picnic.

**MEMBERSHIP COMMITTEE:** Membership is up to 162. Dan Rincon is working on getting the membership forms Xeroxed.

**COMPETITION COMMITTEE:** Asbury Park race is coming up on August 10; Al Naylor will be the coordinator. The Club decided to put off the Corporate Challenge series until next year. Lisa Hamm had some sample artwork for a Corporate Challenge poster. She will go ahead with the design so it will be ready for next year.

**OTHER BUSINESS:** Wendy Hagmann needs money to run in the 3000 meters at the National Junior College Championships. Her expenses will be over \$500. The Club voted \$110 to partially cover her expenses and asked for her to report on her race for the newsletter.

*Gerry Ives—Secretary*

Lomabardi 10K, Georgetown University, 7:30, 703-356-1178

**PEACHTREE 10K**—4 July, Atlanta, Ga. (Club guarantees \$50 per runner).

**MIDDLEBURG 10K**—4 July, Middleburg, Va. (Club will pay entry fees and provide snacks and/or drinks).

#### 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 clothing and shoes.

**J. Lynn & Co.**, Endurance Sports, 19th & I St., N.W. (223-0310). Discount of 10% on clothing and shoes. □

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### CLUB RACE SCHEDULE

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**ARLINGTON MILE**—8 June, 9:55 a.m., Jackson School, Arlington, Va.

**CLARA BARTON 10K**—9 June, 8:15 a.m., George Mason University Campus, Rt. 123, Fairfax, Va. 703-591-8091

**CORPORATE CUP RELAYS (5K Women, 10K Men)**—15 June, 8:00 a.m., Columbia, Md. 301-248-5619

**VINCE LOMBARDI 10K**—7:30 a.m., 23 June, Vince

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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.