

Washington Running Club ★ Newsletter

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September 1985

The SEPTEMBER meeting of WRC will be held on Friday, SEPTEMBER 20, at 8:00 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. The AMS Building is located in Rosslyn. Take Key Bridge (you can see the AMS Building on the far left as you're crossing the bridge) to Rosslyn and go straight on N. Ft. Myer Drive. Turn left on 19th St. and go two blocks to the AMS Building. If you come by metro get off at the Rosslyn station, go out the main entrance, go through park and turn left on Lynn and right on 19th. Take the elevator to the 14th floor of the AMS Building and then take the spiral staircase to the penthouse. They have a "no alcoholic beverages" rule in the building, so be discreet if you bring anything. The building is within a half mile of Roosevelt Island and the same distance from the tow path, so if anyone wants to go for a "fun run" meet outside the building at 6:00 p.m. There are showers available in the AMS Building.

ANNAPOLIS 10-MILER PRODUCES NEW WINNERS, BEGINNING OF NEW REIGN

by Don Pedro
WRC Staff Reporter

A new top order emerged at the tenth annual Annapolis Run 10-mile race Aug. 25.

Paul Malott of Nike Allegheny and Karin Wagner of WRC/Adidas, ninth and fourth in 1984, returned to win with indisputably long margins and indicate they are the new Mid-Atlantic names to reckon with in the autumn season.

Malott, a 27-year-old U. of Kansas alumn who works as assistant superintendent of grounds at the Slippery Rock, Penn., Golf Course, finished nearly a full minute over WRC/Adidas's Jim Hage. Malott ran 50:59, with Hage at 51:52. Finishing third was WRC/Adidas stalwart Bruce Coldsmith, 51:55.

Wagner, 22, took a minute from her previous best time to win in 58:12. This is a substantial improvement over the 62:03 she ran last year when Patty

McGovern of WRC/Saucony won in 58:11. Yet Wagner won by more than three minutes.

Rambo-Grams Needed

Times were generally slower all round in the race, due chiefly to high, high humidity, although the overcast sky lent a deceptive ambience of favorable conditions.

The toll on performances and times, however, was evident. Malott's victory was well off the 49:29 that Matt Wilson of Tiger needed last year to win, and the course record of 48:42 that Gary Siriano set in 1983.

Perhaps the clearest barometer on how times sagged this year was WRC's Roberto Rodriguez who finished 20th place last year in 53:43 and 20th this year in 56:13.

Another barometer in the women's division was Barbara Frech, fourth in 63:18. This was a one-second improvement over last year when she finished eighth.

Val Nye of WRC entered the race feeling not up to par. By midway she felt a terrific strain on her medulla oblongata.

"I needed a Rambo-gram," she said afterward. "I needed Rambo to come tearing out through the bushes, grab me by the wrist and tow me to the finish."

One who took difficulties literally in stride was Scott Eden. The 1978 Marine Corps Marathon winner has completed medical school and now has a practice in Annapolis. While commuting to the race, his car broke down. He had just enough time to run to the start—but not enough to get pick up his race number.

The elfin Eden has a face that expresses surprise easily like Bill Rodgers. Eden made his way to the start and told an official what happened. He ran the race without a number and finished in 10th.

Adidas Drinking Shoes

The Annapolis race also saw the return of Pam Briscoe of WRC/J. Lynn Endurance Sports. Last seen in the spring, Pam was on the injured list for the early part of the summer. She succeeded in finishing third, in 62:03.

Dan Rincon's WRC/Middle Atlantic Adidas squad

VOLUNTEERS NEEDED FOR THE GEORGETOWN 10K

Volunteers are needed for the Georgetown 10K (minimum of 70 volunteers), Oct. 20. This is a big money maker for the club and provides us with expense money to send members to out-of-town races.

Volunteers will get a free long-sleeved T-shirt and are guaranteed to have a lot of fun.

Come to September's meeting or call Pat Neary between 6 p.m. and 8 p.m. at home, Tel. (703) 455-0575, to volunteer.

were outfitted in vibrant yellow shoes with black triple side stripes.

Pat Carr suggested the bumblebee shoes were better for hard-core partying and drinking than running: "Somebody wearing those shoes would never be lost in the gutter the morning after."

Jack Moffett showed up to watch and cheer WRC teammates along the out-and-back course from the Naval Academy stadium. He is still sidelined with knee tendonitis that has hampered him since the spring. Jack has been lifting weights in the interim, changing his physique and rendering him three-dimensional.

The race itself, now completing its tenth anniversary, has been the chief inauguration of the autumn race season. Some 2,500 runners ran. Between the race's popularity and the quality of the field, race officials have five sponsors.

Partial Results:

Men: 1. Paul Malott, Nike Allegheny, 50:59; 2. Jim Hage, WRC/Adidas, 51:52; 3. Bruce Coldsmith, WRC/Saucony, 51:55; 4. Michael Sheeley, Balto., 52:21; 5. Harry Goodman, Balto., 52:52; 6. Jack Coffey, WRC/Adidas, 53:11; 7. Henry Phelan, 53:19; 8. Michael Monaghan, Team Race Pace, 53:20; 9. David Harrison, 53:56; 10. Scott Eden, 54:11; 11. Christopher Little, 54:25; 12. Brian Palmer, 54:30; 13. Jim Cooper, 54:35; 14. Al Naylor, WRC/Adidas, 54:58; 15. John Messels, 55:22; 20. Roberto Rodriguez, WRC, 56:13; 25. Dan Rincon, WRC/Adidas, 56:58; 26. Peter Nye, WRC, 57:09; Dick Jamborsky, GNATs, 57:40; Jim Dare, WRC/Old Goats, 58:40; Bill Larsen, WRC, 58:50; Pat Carr, WRC, 59:00; Bob Trost, WRC, 60:31; Jay Wind, WRC, 61:30; Gerry Ives, WRC/Woodbines, 62:13; Tom Hardcastle, WRC, 62:24; Pat Neary, WRC, 63:55; Jim Frech, NOVA, 66:00; Walt Chambers, WRC, 74:00.

Washington Running Club

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CLUB OFFICERS

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John M. Walsh will be taking over as Acting Newsletter Editor for Peter Nye who will be on a three-month book leave. Peter is under contract with W.W. Norton & Co. of New York to write a book on bicycle racers. He will be co-author the book with Kent Gordis, with a foreword by world champion Greg LeMond, who finished second in the Tour de France this summer. Entitled HEARTS OF LIONS, the book is scheduled for publication in June.

Women: 1. Karin Wagner, WRC/Adidas, 58:12; 2. Susan Duquette, 61:45; 3. Pam Briscoe, WRC/J. Lind Endurance Sports, 62:03; 4. Barbara Frech, NOVA, 63:18; 5. Mary Pitchford, 63:42; 6. Patricia Milleson, 64:14; 10. Amy O'Leary, 65:26; Becky Nolan, WRC, 67:38; Betty Blank, WRC, 58:25; Val Nye, WRC, 70:10; Bobby Bleistift, WRC, 70:02; Barbara Blank, Sibling A.C., 73:50; Bernie Flynn, WRC, DNF. □

DAVID WHITE'S WIN AT A.U. 10K MAKES WRC 5 FOR 7 BUNION WINS

by Eduardo Bianchi
WRC Staff Reporter

Every excuse that runners conjure up was used before the start of the American University 10K that wound up the Bunion Derby series July 30.

The race was held anyway and went off punctually. WRC's Craig Voise pulled the lead pack through the mostly downhill first mile in 4:47. Soon after, however, he pulled out after feeling that he was aggravating an ankle strain.

David White took over the lead and went on solo. By the end he stretched his lead over John McGrail to more than a minute.

Behind McGrail came Ben Beach of the Harriers with his usual come-from-behind strategy. Beach, who won the last two 25K races held in the winter over the course, steadily chipped his way forward through the field after passing through the first mile out of the top ten.

Beach ran steadily as most of the others lost a minute in the second 5K lap.

"With about two miles to go, I felt like my body would collapse like an accordion," commented WRC's Peter Nye. "My breathing was wheezy and decidedly unmusical."

In the women's 5K, Alisa Harvey finished a comfortable margin over her competitors.

Results of Men's 10K: 1. David White, WRC, 33:19; 2. John McGrail, Unat., 34:40; 3. Ben Beach, Harriers, 34:51; 4. Dennis "Count" Baker, WRC, 34:59; 5. Steve Daniels, WRC, 35:20; 6. John M. Walsh, WRC, 35:26; 7. Don Davis, (first master) Rock Creek Running Club, 35:39; 8. Mike Barnes, Unat., 35:58; 9. Peter Nye, WRC, 36:06; 10. Jeff Kramer, WRC, 36:37; 11. Pat "Rocko" Carr, WRC, 36:38; 22. Bob Trost, WRC, 39:10; 26. Gerry Ives, WRC/Woodbines, 40:11.

Women's 5K: 1. Alisa Harvey, East Tennessee, 18:15; 2. Suzanne Augustaukas, 19:00; 3. Jeanie Libutti,

WRC/Navy, 19:09; 8. Val Nye, WRC, 21:23; 10. Betty Blank, WRC, 21:40; 26. Bernie Flynn, WRC, 24:19. □

DCRRC BUNION DERBY IN 24th YEAR; ORIGINAL CROSSED U.S. IN 1928

by Peter Nye
WRC Staff Reporter

There was no fanfare at the conclusion of the D.C. Road Runners Club Bunion Derby which wound up with the American U. 10K—beyond relief at completing the arduous race. But it is interesting to note that the event completed the 24th DCRRC Bunion Derby series.

Comprised of seven races from 4 miles to 10 kilometers in Washington and northern Virginia, the DCRRC Bunion Derby is named after the 3,422-mile trek from Los Angeles to New York City back in 1928.

Winner of the original cross-country grind was Andy Payne of Oklahoma. His prize was \$25,000.

Galloping Ghose Went, Too

The Bunion Derby was the brainchild of the famous promoter Charles C. "Cash and Carry" Pyle, who also worked as agent for Harold "Red" Grange, the stellar football player who helped transform the image of professional football in the mid-1920s. Grange, whose nickname was The Galloping Ghost for his running ability on the gridiron, actually followed the Bunion Derby in a \$25,000 bus specially outfitted to help promote the Bunion Derby.

Pyle was a dapper man who went to the barbershop every day and dressed immaculately. He expected crowds to flock to the Bunion Derby race as it made its way across the continent.

He had a sideshow that featured a fire-eater, a mummified human cadaver, a wrestling bear and a pig with five legs. The crowds failed to flock, except in Conway, Mo., where people gathered to throw eggs at the bus in which Red Grange traveled.

But race winner Payne, 20, enjoyed immense popularity. He was invited to the White House to meet President Calvin Coolidge and Queen Mary. Will Rogers, a fellow Sooner and newspaper columnist, wrote that he was "kind of jealous when I saw that someone had supplanted me as the favorite son."

Payne retired from the sport and went on to serve a 40-year career as clerk to the Oklahoma Supreme Court.

His retirement was an intelligent excuse for not defending his title in the 1929 Bunion Derby which ended in fiasco.

Race organizer Pyle looked to make a profit by holding vaudeville shows every evening at the runners' campsite. But at the race's end, Pyle was unable to come up with the money. He fled and left penniless the handful of exhausted competitors who went from east to west.

When Office Seniority Was an Issue

The DCRRC Bunion Derby began with more modest intentions in June 1961 with a five-mile race around Hains Point. Hugh Jascourt, now a WRC member but

Figure 8 Fun Run—Sunday, September 29, 5:30 p.m. Starts at Washington-Lee High School in Arlington, Va. Eight miles on Custis bikeway and connecting streets. Meet at rear parking lot near I-66. Refreshments and finish times. For further information contact James Scarborough at 536-7764 or 252-1673.

then competing for the now long-gone Empire Harriers, was instrumental in creating the race.

Back then there was no local Road Runners Club, no running schedule and no local annual event. Jascourt, then recently out of law school in Detroit, set about creating the DCRRC with Norm Brand (now of WRC), Gar Williams and a small number of others.

Seven other events were held as part of the Bunion Derby series.

WRC's George Cushmac recalls that back in the early 1960s, job seniority was an important factor in being able to leave the office in time to commute to the different venues. Bear in mind that it was the late 1970s before flexitime was adopted in the Federal Government and many area offices.

In 1962, the June race around Hains Point was pared to four miles, a distance it has been since. And the Bunion Derby series was cut to seven, with runners scoring their five best performances.

So next June, when you make preparations to run in the Hugh Jascourt four-miler that kicks off the Bunion Derby, bear in mind that you are participating in a silver anniversary. □

COUNT BAKER IS WRC'S ONLY BUNION DERBY AGE-GROUP CHAMP, LEADS 30-39 MEN'S SWEEP

by James North
WRC Staff Reporter

After winning two of the summer Bunion Derby races, Count "Dennis" Baker wound up as the club's only age-group winner. WRC's Val Nye, Joanne Mallet and Steve Daniels all finished second in their age-groups.

In his 30-39 age group in which 113 runners competed, Baker led teammates who filled in the next four places. The Count scored 97 points out of a possible 100. Trailing were John M. Walsh, 91; Peter Nye, 90; Pat "Rocko" Carr, 87; and Bob Trost, 75. Ron Griswald collected 29 points for 15th place.

Ed Doheny, Unattached, outpointed Eamonn McEville of NOVA and Doug Bulcao of the GNATS to capture the men's 40-49 age group.

THE HEARTBREAKER Award went to WRC's Gerry Ives who finished ninth—one place out of the awards. This age group had intense competition, with 101 runners competing.

John McGrail, also unattached, collected 93 points to capture the men's 20-29 group which had 88 runners competing. Steve Daniels of WRC finished second in 89 points, 85 for WRC's Roberto Rodriguez and 80 for Jeff Kramer of WRC in fourth place. Finishing tenth—and two places out of the awards—was James

Scarborough of WRC, with 17 points. Eighty-eight competed.

Rounding out the other men's age-group winners were James Hodges in the 50-59 age group, and Sy Glanzer of Potomac Valley Seniors scoring the only 100 total in the whole series to capture the over-60 age group.

WOMEN HAD TOUGH competition in their age categories as well. There were 48 in the 20-29 age group. WRC's Bernadette Flynn finished fourth, trailing Jean Silverman of NOVA in third, Jennifer Westfall of RC² in second and Joan Stahle of RC² in first with 99 points.

RC²'s Kathy Hibbert, Stahle's sister, won the women's 30-39 age group. She scored 98 points to beat WRC's Val Nye by 2 points. Betty Blank of WRC was third with 92 points, followed by Lynda Durfee of PVS, 91, and Liz Sadoff of RC², fifth in 83 points.

Karen Lovelace dominated the women's 40-49 age group.

Joanne Mallet of WRC, who has been winning her age group in races that she enters, finished second in the over-50 category after competing in only three of the seven races, with the top five scoring. □

HEAT AT TAC 10K IN ASBURY PARK BURNS MANY OFF COURSE; BRANTLEY SETS RECORD

By Al Naylor
Special to WRC Newsletter

This year's TAC national 10K championship in Asbury Park, N.J., Aug. 11 was on a Sunday morning so hot and humid that many of the 5,000 runners DNFed—others were reluctant to admit their times.

Everybody, I am sure, ran slower times than they had expected. I was able to collect only a partial list of WRC finishers. I hope WRC Treasurer Jeff Reed, as he distributes the travel expenses, will gather more times (*he did—ed.*).

The 9 a.m. race start should have been earlier. The morning was hazy until 8 a.m. when the sun began burning down. There was a slight headwind for the first 1.5 miles, again for a couple spots in the middle of the race, and finally the last 200 yards of the race.

As you saw in The Washington Post, Keith Brantley won in a new course record of 28:39, which was 9 seconds better than WRC's Terry Baker's mark set last year. Grete Waitz won again for the second year in a row, but did not improve on her course record of 32:02. This year she clocked 32:30. Jerry Kiernan of Ireland, who finished 9th in the L.A. Olympics marathon, finished second in 28:41.

PARTIAL RESULTS: 1. Keith Brantley, 28:39; 2. Jerry Kiernan, 28:41; 3. Barry Smith, 28:44; 4. Gadi-mas Shihanga, 28:44; 14. John Doub, WRC/Nike, 29:32; 19. Kevin McGarry, WRC/Converse, 29:40; Gerry Clapper, WRC, 30:31; 50. Terry Baker, WRC/Reebok, 30:43; Jim Hage, WRC/Adidas, 30:51; Dave Shafer, WRC/Adidas, 31:14; Jeff Delauter, WRC, 31:17; Bruce Coldsmith, WRC/Saucony, 31:20; Al Naylor, WRC/Adidas, 32:23; Greg Shank, WRC, 32:43; Tom Stevens, WRC, 32:43; Dave Hudson, WRC, 33:03; Ed Blum, WRC, 33:40; Dan Rincon, WRC/Adidas, 34:31; Keith

Higgs, WRC, 35:10; Patty McGovern, WRC/Saucony, 35:37; Karin Wagner, WRC/Adidas, 36:02; Rick Shank, WRC, 36:20; Coleen Troy, WRC/Adidas, 38:10.

MURPHY, BENOIT REPEAT AS WINNERS IN COMPETITIVE FALMOUTH ROAD RACE

by John M. Walsh
WRC Staff Reporter

Just as he had a year ago, Falmouth road race winner David Murphy (Brooks) waited until the sharp uphill just before the finish. He then took control and captured the 13th edition of the Cape Cod classic over fellow Briton Steve Jones (Reebok) and Australian Robert De Castella (Team Xerox).

Murphy joins an elite group of champion defenders who include Frank Shorter (1975, 1976) Bill Rodgers (1977, 1978) and Alberto Salazar (1981, 1982).

Distaff honors were won in course record time for the sixth time by New England's own Joan Benoit (Athletics West).

THE TOP THREE men broke away from a lead pack that included Briton Adrian Leek and Kenyans Michael Musyoki and Simeon Kigen near the halfway point of the 7.1 mile race. They ran the fourth mile in 4:33 and traded the lead through the six-mile mark (27:30).

Then de Castella took over and forced the pace. Asked later if the race had ended by the time the leaders reached the steep upgrade shortly before the finish, de Castella said, "Finished? It was just beginning."

Asked when it was over, he replied, "For me, about three strides from the bottom."

It took Murphy only slightly longer to dispose of Jones and win in 32:02 which pared 9 seconds from Salazar's 1982 course record.

Only three Americans finished in the top ten: seventh place Mark Curp (New Balance), 9th Don Norman, and 10th Greg Meyer (Brooks). None of the Americans was ever in contention to win.

Benoit had little competition among the women, winning by 25 seconds. She pulled away from second place finisher Leslie Welsh of Boston at three miles when no other women came forward to help contain the Olympic marathon gold medalist and ran alone amongst the men to finish in 36:17, four seconds better than her own course record set in 1983.

AMONG THE WRC contingent making the trip to the Cape, Dave Shafer, Jeff Delauter, and David White posted top-75 finishes. White who looked up around the 4-mile mark to find himself running along with Frank Shorter but was unable to maintain the pace that the 1972 Olympic marathon champion set.

During the long drive back home to Washington, David swore off track workouts with his recent compatriots — Mattressback, Rocco, and the Count — and declared he would begin running his intervals "fast again."

Top Finishers: Men: 1. David Murphy, 32:02; 2. Steve Jones, 32:06; 3. Robert de Castella, 32:09; 4. Michael Musyoki, 32:19; 5. Barry Smith, 32:33. Other Finishers: 55. John Doub (WRC), 34:54; Dave Shafer 35:10; 64. Jeff

Delauter (WRC), 35:18; 73. David White (WRC), 35:45; John M. Walsh (WRC), 37:59; John T. Sullivan (WRC), 38:03; Dave Asaki, 38:07; Mark Baldino, 38:30; Temple Washington 39:10; Jim Cain, 39:28; Keith Higgs, 39:40; Jeff Reed, 45:40; Ron Ponchak, 46:40; Pat McKenna, 49:20.

Women: 1. Joan Benoit, 36:17; 2. Leslie Welsh, 36:42; 3. Judi St. Hilaire, 37:12; 4. Diane Rodger, 37:38; 5. Francie Larrieu-Smith, 37:59. Other Finishers: 28. Jeannie Libutti, 41:47; Candy Ponchak, 51:32.

CLAPPER AND FLYNN VICTORIOUS AT DCRRC 5000M AND 1500 RACES

by Bob Trost
WRC Roving Reporter

Running enthusiasts who enjoy watching a tactical and competitive 5,000 meter track race missed a golden opportunity to view such a race Aug. 17 at Walter Johnson High School in Bethesda. The DCRRC 1500 and 5,000 meter championships are held there annually and each year the competition gets keener.

At this year's event, the most exciting was the men's age 40 and under 5,000 meter.

WRC's Gerry Clapper warmed up for the event by placing second in the 1500 meter event to University of Wisconsin sophomore Kris Herdt. Herdt ran 4:00, with Clapper five seconds down.

WRC's Chuck Kuhn placed seventh in 4:33, followed 3 seconds later by Ben Beach of the Washington Harriers and me 2 seconds down on Beach. Harry Cross of the Rock Creek Running Club was first master, in 4:30.

AN HOUR LATER came the 5,000 meter. At the end of two laps, three competitors quickly established themselves as the class of the field: Jim Dill of the Florida Track Club but recently relocated in Springfield, Va., Scott Celley of NOVA, and Clapper.

Dill, who is 28 and has run a 2:18 marathon, is a native of Gaithersburg and is no stranger to many WRC members. He took the early lead with Celley and Clapper close on his heels. The threesome went through the first mile in 4:50 and 2 in 9:40.

With a half-mile remaining, Clapper began a long kick which brought him victory in 14:56. His last mile was a swift 4:43. Second was defending champion Celley in 15:07. Dill finished in 15:10.

WRC's Dennis "Count" Baker was fifth, first in the 30-39 age group, with a 16:16. Chuck Kuhn of WRC was 9th in 16:55.

Other notable performances at the meet came from Bernie Flynn who won the women's 1500 meter in 5:40 and placed second in the 5,000 meter with 22:47.

Becky Beachley, a new area runner, showed that she will be a force to reckon with on the roads. Beachley, of NOVA, ran an impressive 17:34 to win the women's 5,000 meter.

AFTER I PLACED 9th overall (4th in the 30-39 age group) in the 1,500 meter with 4:38, dreams of cleaning up in the master's division at next year's race were quickly dashed. Harry Cross of the RC² easily won the age 40 and over 1500 meter race with a 4:30. Afterward, Henry told me he was a little disappointed

with his performance. He had run a 4:24 the week before.

Oh, well, maybe when I turn 50. . . . □

DAVID WHITE, NEW FORCE ON THE ROADS, DISCUSSES HIS RUNNING GOALS, CAREER

David White is a new Washington Running Club member who represents the new blood coming into the club.

While studying at Bucknell College where he earned a degree in political science in 1983, David was primarily a 1,500/800 meter runner. His PRs are 3:44 and 1:51.

This spring he used his track speed to break in to road racing and showed sparkling potential. He won the Capitol Hill Classic in 31:12. Soon after, he ran 47:05 for second place in the Mount Vernon Classic 15K. He also had a 51:17 PR in the Cherry Blossom Ten Miler.

WRC's roving reporter Bob Trost interviewed David in his Georgetown apartment. Trost, a stickler for statistics, noted that David is 6 feet tall and weighs 145lbs.

WRC: *What sort of work do you do, and how does it fit into your training?*

DW: I work with the Republican National Committee in the finance department, raising money. I run in the morning. That's what I like to do, except when I'm doing speed workouts. Then I run in the afternoon. I personally like to get running over with. Not over with because I hate to do it. It's just that a lot of times later in the day I like to do other things.

WRC: *What time in the morning are we taking about?*

DW: The alarm goes off at 6 a.m.

WRC: *And what time do you start work?*

DW: 9 a.m.

WRC: *Is your training mainly speedwork, or endurance, or both?*

DW: I don't do enough speedwork. I'm sure of that. It's more distance than anything else. Right now I'm probably doing 65 miles a week average. Eight to ten miles a day. I haven't done a speed workout since the Rockville race [An 8K on July 13]. I wish I could do a little more. I kind of do it when other people are doing it. I'll go up and do it by myself, but I don't enjoy that all the time.

WRC: *What do you consider your most important training session? I guess, basically since you don't do speed work, you don't really have a most important session?*

DW: If I have a race coming up, not the Tuesday night before, but two Tuesdays before, I do something that usually is going to wear me out.

WRC: *For example?*

DW: Before the Rockville race, two Tuesdays before I did four by one mile.

WRC: *By yourself?*

DW: No, with John [Walsh] and Dennis [Baker]. We tried to do them at a five minute pace. So the first three were 4:56, 4:54, 4:56, right in there. And then the last one I did in 4:42.

WRC: *Is your condition right now, as good as it was when you were in college?*

DW: No, because I had more frequent speed workouts then. Distance-wise though, I'm in pretty good shape. But the only thing that's going to make me improve now is speed workouts. I'm past the point where I have to keep building up a base. I have that now. It's the speed workouts that are going to make me better.

WRC: *Are you going to try to do more speed training in the fall?*

DW: Yes, on Tuesdays mostly. It's a habit from college. And then on Thursdays you do something, but not quite as tough. Maybe just two five-minute miles. Just to make sure your legs are used to running fast. You don't want too much time to pass without doing speed work.

WRC: *It would seem that your best performances so far are at the shorter distances. What about the future?*

DW: Well, I'm wondering if I am one of those guys who can just get on a pace and just keep going. Although I have no interest in running a marathon over the next four years. Not that I won't, but I really would rather not. When I ran that Washington Parkway race, I went through 10K in 31:20, which was only eight seconds off my PR, and I continued on at about the same pace.

And in that race, I wasn't always the same distance behind him [Bruce Coldsmith]. I was farther behind him, and I think that when he kind of new he had it won, he might have taken it a little easy and I also tried to pick it up in the end. So I think that's why it got back to 22 seconds.

WRC: *I was told by some friends that at the end of the Mount Vernon race you looked very fresh. Do you feel you should have run the race differently. Was your early pace too slow?*

DW: No. going through the 10K in 31:20 was good. I think if I had somebody right next to me, I might have run a whole twenty seconds faster. I didn't know how far anybody was behind me. I just kind of kept the pace going. I usually have something left at the end, unfortunately. Hopefully it's not too much, so that I would be embarrassed about it.

WRC: *Embarrassed?*

DW: One time in college, my freshman year as a matter of fact, we ran up in Syracuse and parents came. I ran the 3,000. I forget what my time was. I ran in 9th or 10th place for most of the race. and then on the last two laps, I just blew by and wound up in fourth place. The coach said, "we all know that looked very impressive, but we also know what it really meant. You didn't work hard in the early part." And he was telling guys back at school that I gave everyone a nosebleed because I created such a whirlwind.

WRC: *Do you have a good kick?*

DW: Well, I never thought of myself as being fast. But that's because I usually associate that with 100 meters. But I've come to learn that I've got more speed than normal people. I'd also like to think that I'm mentally tough, also [laugh].

WRC: *In the Moonlighter you were 13th with a 25:27. Were you happy with that time, and do you*

feel you used your full efforts in that race?

DW: Physically, yes. But one thing I was kind of sad about was that I didn't see the course ahead of time. I knew there was that big hill in there. But going up it in the dark and not knowing when it was going to end. Well, I think in that race I lost my mental toughness [laugh].

But any race you can run better. In other races though, its been because I didn't have anyone to push me, like in the Capitol Hill Classic and the Mount Vernon race. But at the Moonlighter, it wasn't that way. actually the more I think about it, I think I did O.K. But I am a little disappointed in that one. □

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

by Don Pedro
WRC Staff Reporter

Those interested in an autumn cross country team to challenge university teams or other running clubs should get in touch with **Pat Neary**, Tel. (703) 455-0575 6-8 p.m., **Jim Hagan**, (703) 938-7644, or **Dan Rincon** (301) 345-9342. . . . The first race is scheduled for 11:00 a.m., October 19 at James Madison University. It will be a five-miler with the James Madison cross country team, the Georgetown University "B" team, and the A.U. cross country team participating.

On the day the autumnal equinox comes to town, there will be moola for team competition on the Mall in Washington. Prizes are set at \$1,000 for the fist five-man team, \$500 to place, and \$250 to show for the 10K race Sept. 21.

Competition is open division only. Sponsor will be the President's Conference on the Handicapped.

Those interested should see **Jeff Reed** or **Pat Neary** to coordinate teams. Jeff can be reached at 841-6080 during the day and at 836-7284 at night. Pat's number is listed above. . . . Two-time Olympian **Matt Centrowitz**, coach this summer for NOVA, won a silver medal in the National Sports Festival 5,000 meter event, Aug. 5. Winner was **Doug Padilla**. . . .

Former WRC Member **Marc Sangerbusch** has quit running to concentrate on lifting weights. To help increase his size he has been eating a sandwich an hour while at work. Marc also does situps ever day to keep his abdomen from getting too big. . . .

The venerable Boston Marathon, officially known as the Boston Athletic Association Invitational Marathon, has come up with sponsorship that will offer a \$250,000 purse for next April's race.

While this is the first purse touted at the BAA, racing experts point to the gold medals that were offered, even in the Depression years.

BAA physical therapist **Jock Semple** tells how in the 1930s the runners competed to finish among the top eight, each of whom got gold medals in the shape of the unicorn, the BAA's logo. Winners got a diamond chip for an eye of the unicorn. Since the end of World War II, however, only the winner got the gold medal, which continued to have the diamond chip.

As every school child knows, the race is held on Patriot's Day in the Bay State, a day set aside to commemorate the mid-night ride of patriots Paul

Revere and William Dawse on April 17-18, 1776. . . .

Pat Carr, the club's king of rock-n-roll, is featured on a poster distributed by the Giant Grocery Store as part of a program to discourage people from driving and drinking.

In a two-panel photo poster, Pat cheerfully takes a bottle of beer from a winsome lass, and then in the next panel is shown ruefully reduced to hitchhiking a ride to the beach.

"A sober ride is your license to summer fun," the poster warns. "Don't lose it."

The poster is part of a campaign by the Washington Regional Alcohol Program and distributed by the Giant chain. . . .

Dennis "Count" Baker has moved into the retail biz and is now the manager of The Red Balloon on lower Wisconsin Ave. in Georgetown.

The Count was unable to attend the WRC summer picnic because his manservant suffered a rupture when helping him put on a 130-pound ermine cape borrowed from Liberace. The Count had to take his valet to hospital.

"It was unfortunate things worked out that way," lamented the Count. "Lee (Liberace's name among friends) was so generous to lend me his cape while performing at the KenCen. He's such a fan of the Washington Running Club.

"Of course, you understand that this ermine cape is just for show. Strictly for show. It's hard to run up hills with a cape that heavy. Even for me." . . .

At the picnic, Peter Nye was presented the 1985 Arthur Tom Felde Award for his contribution to the club as newsletter editor.

Nye, absent from the meeting because of a magazine assignment, was informed the following week of the award which goes to the club member in recognition for contributions to the club's well-being.

"I'm quite flattered," Nye said upon learning he received the 1985 award. "Felde is the club's only Olympian and this is an honor." Felde, a native German, competed in the 1936 Olympics for Germany in the 50-kilometer race-walk.

"I enjoy helping put the newsletter together. We've got a good, flexible staff. They are easy for me to work with.

"Unfortunately, Don Pedro who was our first staff writer has started George Washington Law School and will be writing fewer stories for us. His original agreement was for one year and that has run out, so to speak.

"His undergraduate degree at Princeton was in philosophy and he feels that he wants to be a lawyer. In any event, I've acquired more staff, such as Eduardo Bianchi, Celeste Green and James North. They are truly beautiful people. They write clearly and hand their copy in on time." . . .

Labor maven Ken Moffett is plotting his return to the roads soon after he recovers from heel-spur surgery in mid-August. Pain from the spur kept him from running the way he wanted. . . .

WRC's registered architect Temple Washington is using his considerable artistic talent to produce a 1986 calendar with races so that one can see at a glance the multitude of events offered over the 52 weeks. Pre-

liminary price will be about \$6. More on this here soon. . . .

In our last issue we inadvertently missed including Wayne Allen's 28:38 finish in the Moonlighter 8K in Rockville. . . .went unreported in our last issue. . . .

Pat Neary showed he is back in shape with a 37:38 win in the masters division of the Ski Fitness 10K. In the same race, Jeanie Libutti was 2nd woman in 36:52 and Timo Doub won his age division in 33:02.

Jay and Estelle Roth Wind on Aug. 10 became parents of Paul Rachmiel Roth-Wind. The baby was born 9 lbs. and 21 inches. . . .

Those keen on learning some of the more interesting DC Road Runner Club history may want to read the article by WRC's Val Nye in the new Washington Running Report. She interviewed longtime WRC member Hugh Jascourt, who built the base of the present club which has grown into an institution in its 24 years, along with many others in research for the piece.

Meanwhile, spouse Peter had a piece picked up and distributed Aug. 5 through Ripley's Believe It Or Not on the late Art Longsjø, the first athlete to make two U.S. Olympic teams in the same year—the Winter Olympics as a speed skater and the Summer Games as a cyclist in 1956.

Also in the media is former WRC member Patty Peoples, featured on the cover and in the cover story of the new issue of Ultrasport Magazine which just hit the newsstands. Patty is one of four women triathletes featured.

Her career as a cyclist is not without its difficulties. Early in August she went out to the national championships in Milwaukee where she discovered that due to a technicality she was excluded from competing in the 40K time trial she finished ninth in last year and was primed to ride this year. . . .

In the last Newsletter it was reported that Jack Cleland would be joining several WRC runners — among them Count Baker, John M. Walsh, Bob Trost and Pat Carr — for a repeat of last year's Slickey Boys team which easily won the Fort Meade 24-Hour relay in August.

What unfolded was that Cleland couldn't break free from his clerk duties as an intern in a New York City law firm and the team's scaffolding collapsed. It brings to mind a phrase from the William Butler Yeats poem, The Second Coming: "Things fall apart; the center cannot hold."

When Count Baker broke the news to Bob Trost that the team wasn't returning to defend, Trost breathed a deep sigh of relief. Such a sigh of relief that that night, free of the obligation to return and run repeat miles for 24 hours, he slept his best in weeks. □

1985 PHILADELPHIA HALF MARATHON ENTRY AND ACCOMMODATION ARRANGEMENTS

If you entered the Philadelphia Half Marathon through Pat Neary, he will have your race number. You can meet him at the Bellevue Stratford which is at the corner of Broad & Walnut Street in Philadelphia at 3 p.m. on the 14th of September. The team will be going out to dinner at 6:00 p.m. We will meet in the

lobby of the Bellevue Stratford. Hotel reservations can be made at Bellevue Stratford 800-228-3000 (this is a toll-free call).

For late arrivals: Get your number at the start line at 8 a.m. on the 15th, or from me or my wife, Nella. Race expense money is \$30. As of Aug. 1, we have 21 entered. We won the Women's Division in 1984 and have taken third in the Men's Open Division for the past two years.

For any further information call Pat Neary at home between 6 p.m. and 8 p.m. Tel. 703-455-0575.

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. □

GROUP RUNS

Day/Time	Location	Pace	Contact
Tues. 6:30 pm	Fairfax Running Ctr.	10M @ 6-9 min.	Paul Jessey 549-7688
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: Dan Rincon w] 454-4861 or evenings h] 345-9342.