

# Washington Running Club Newsletter



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The NOVEMBER meeting of WRC will be held on Friday, NOVEMBER 15, at 7:30 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. The AMS Building is located in Rosslyn. Take Key Bridge to Rosslyn and go straight on N. Ft. Myer Drive. Turn left on 19th St. and go two blocks to the AMS Building. On metro get off at the Rosslyn station, go out the main entrance, through park, turn left on Lynn and right on 19th. Take the elevator to the 14th floor and take the spiral stairs to the penthouse.

This will be a covered dish meeting, so bring along your favorite dish (food!). The covered dish part of the meeting will start at 7:30 p.m. and the business meeting will be over at 9:00 p.m. *Diane Miller, shoe consultant to the Athlete's Foot, will discuss new running shoes. This should be a first-class presentation.*

## TOP TWO SWITCH SPOTS; HAGE REPEATS AS WRC'S BEST AT MARINE MARATHON

by Newsletter Editor J.M. Walsh

Accept the old saw "turnabout is fair play" and nothing could be more fair than the results of this year's Marine Corps Marathon. In 1984 Thomas Bernard had let the leaders get away early only to find his second half charge fall short of catching the frontrunner Stu Ingram. But this year Bernard determined to stay at the front and to rely on his finishing strength to capture victory in 2:19:16. Ingram's 2nd place time of 2:19:46 was only six seconds off his winning 1984 performance. WRCer Jim Hage reprised his position from a year ago, again finishing third.

Joining Hage among WRCers at the top of the field were Lucious Anderson, 16th place (2:29:13) Fred Lampazzi, 26th place (2:31:01), and aging warhorse Will Albers who finished in 2:31:32, good enough for 32nd. Albers considered it a successful race since he had searched long and hard for a fall marathon where he was confident of besting the first place woman. (*If present trends continue Will's wife Laura will pass him sometime in the next year — ed.*)

Pat 'Rocco' Carr capped his fall season with a 2:41:08 good enough for 108th place. 'Rocco' was reportedly seen in the first half of the race accompanied by the elusive Don Pedro. However, investigators who have been searching for the onetime WRC Newsletter contributor since his disappearance several months ago discounted the reports of the sighting. The 'Don' is known to leave behind a written clue to his

appearances, yet nothing was left near the scene of the reported apparition.

Disappointment is the only way to describe WRC booster reaction to the fate of defending women's champ Pam Briscoe. Hoping for a repeat of last year's win supporters anxiously awaited the first female, especially as the clock passed last year's winning time of 2:43:20. But the first woman to enter the finish area wasn't Briscoe, but rather rookie Marathoner Natalie Updegrove of Charlottesville, Va. Updegrove's win proved decisive as second place finisher Susan Paterson (2:54:53) was more than seven minutes in arrears.

First among the WRC women was Patty Deuster who finished 7th overall in 2:58:53. Pam Briscoe had a tough day, but still managed an eleventh place time of 3:00:37. She was followed by Becky Nolan who clocked 3:06:56 good enough for 19th.

Although team results were not yet available to us at press time the WRC masters team performed masterfully. Led by Dick Spencer's 126th place time of 2:42:21 the team placed all three of its scorers under 2:55. Following Dick were Joe Lugiano in 2:51:32 and Gerry Ives in 2:54:16. Joining them on the masters team were Norm Miller (3:08) and Dan Fife (3:33).

Other WRC runners among the top 500 finishers were Jim Millette (2:45:07), Bob Trost (2:49:36), Mark Doles (2:51:38), and Tom Hardcastle (2:55:32).

The club's traditional hospitality suite in the Arlington Hyatt was even more of a hit this year. The club arranged for a professional masseuse to give 10-minute leg massages to all needy WRCers. Gerry Ives, Pat Carr, and Pete Nye were the first to get "worked over" and all considered it far the best part of the day; much better than grunting around Hains Point against the wind. Thanks should go to Count Baker for providing us with the services of his masseuse from his retinue. As Gerry Ives noted, "it was really nice of the Count to detach part of his retinue for us."

**Partial Results—Men:** 1. T. E. Barnard, 2:19:16; 2. B. T. Ingram, 2:19:46; 3. Jim Hage, WRC, 2:23:30; 13. John McGrail, 2:28:28; 16. Lucious Anderson, WRC, 2:29:13; 26. A. Lampazzi, 2:31:01; 29. Rev. Norm Green, 2:31:19; 31. Ben Beach, 2:31:25; 32. Will Albers, WRC, 2:31:32; Rick Rockelli, 2:40:05; Pat Carr, WRC, 2:41:08; Dick Spencer, 2:42:21; Alex Krynetsky, RC, 2:47:52; Bob Trost, WRC, 2:49:36; Joe Lugiano, WRC, 2:51:32; Mark Doles, WRC, 2:51:38; Gerry Ives, WRC, 2:54:16; Tom Hardcastle, WRC, 2:55:22; Dave Ramsey, WRC, 2:59:49; Norm Miller, WRC, 3:08; Dan Fife, WRC, 3:33; Dan Polk, WRC, 3:24:12.

**Women:** 1. Nancy Updegrove, 2:47:47; 2. S. Patterson, 2:54:53; D. A. Dye Farver, 2:57:55; 7. Patty Deuster, WRC, 2:58:53; 11. Pam Briscoe, WRC, 3:00:37; 19. Becky Nolan, WRC, 3:06:56; Barbara Blank, 3:32:02.

## STUNNING VICTORIES, BUT NO RECORDS FOR JONES; BENOIT-SAMUELSON AT CHICAGO

by Newsletter Editor J.M. Walsh and CBS

While Joan Benoit-Samuelsan found a willing challenger for her assault on the 2:20 barrier in the women's race, Steve Jones' most prominent rivals chose not to answer his blistering early pace and were unable later to make up the huge lead he established at the America's Marathon Oct. 20 in Chicago.

All the money being thrown around by the likes of NYC Marathon director Fred Lebow and his Chicago counterpart Bob Bright has changed the nature of bigtime marathoning. At one time it was enough to win, but that was before the dawn of \$50,000 appearance fees and like sums for world records.

All this money may or may not make for better overall racing, but there is little doubt the money made for two very different races in Chicago.

### Women's Blistering Start

Since the men and elite women used different starting lines Benoit-Samuelsan and Norwegian world record holder Ingrid Christiansen had little trouble finding one another from the opening gun and began racing immediately. Ignoring the admonition that the marathon is a twenty mile run followed by a 10k race the gold medalist and fourth place finisher from last year's L.A. Olympic marathon passed through the first mile in 5:08, a pace that would have taken them to a 2:14 marathon.

The Olympic champion, it seemed, was attempting a reprise of her L.A. win where she surged to a big early lead and was never headed. But Christiansen was having none of it and refused to let Benoit-Samuelsan get away. So fast was the early pace that at 10k (32:23) the women remained on a 2:16:20 pace

and 30 seconds ahead of the split Christiansen had recorded in setting the current record last May in London. But always it was Benoit-Samuelsan in front, refusing to let her Scandinavian rival control the pace at any time.

Often in road racing it seems easier to follow the pace than to set it. But for Christiansen following would offer no advantage. Again and again Benoit-Samuelsan pressed the tempo, opening up five to eight yard margins that the Norwegian was forced to whittle down until she was back at the leaders' shoulder. Briefly, around 20k the rivals spoke; Christiansen offering Benoit-Samuelsan her beverage, Benoit-Samuelsan gaining assurance it was something she could stomach and then speculating on the whereabouts of Portuguese runner and former Cherry Blossom winner Rosa Mota. They needn't have worried about Mota, for although she would finish third at this point she was more than a mile behind the leaders.

Near the eighteen mile mark (1:35) the record pace began to take its toll. Although they had slowed somewhat the pace still predicted a finish in 2:18:05, and Christiansen was having more difficulty and taking longer to close the gap after her nemesis' surges. A mile later the margin was ten yards and Christiansen's form had begun to collapse, her right arm swinging wildly and her feet landing flatter on a shortening stride. Benoit-Samuelsan remained steady and impassive, her facial muscles slack and her eyes masked in concentration.

But disposing of the challenge from Christiansen in perhaps the most intense women's distance battle ever had left Benoit-Samuelsan few reserves to call on over the closing miles. Even as she widened the gap between herself and the field her mile splits grew slower and her world record chances fell away. Finishing alone in 2:21:20 to the cheers of those assembled in Lincoln Park this ultimate competitor from Freeport, Maine must have wondered just how fast she might have run had her rival pushed her several miles further.

Christiansen who had expressed pre-race concerns about the prospects of a fast early pace and a world record held on to finish second (2:23:05) over a fast closing and very pleased Rosa Mota (2:23:29) who broke her own PR by almost four minutes.

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## Washington Running Club

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### CLUB OFFICERS

**President:** Alan Roth (649-4909)

**Vice President:** Pat Neary (455-0575)

**Secretary:** Gerry Ives (965-2532)

**Treasurer:** Jeff Reed (836-7284)

**Newsletter Editor:** John Walsh (acting)

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**Newsletter:** John Walsh (543-1588)

**Finance:** Jeff Reed (836-7284)

**Competition:** Pat Neary, Chairman (455-0575)

**Race Management:** Mark Baldino, Chairman (451-6530)

**Social:** Bobbie Bleistift, Chairwoman (379-2767)

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### Essentially a Time Trial

They even brought in a rabbit, Brit Carl Thackeray, to set a record pace for the first half in the men's race at Chicago, but that wasn't fast enough for Welshman Steve Jones and by the three mile mark (14:20) Thackeray was history.

By 10k, passed in 29:30, Jones and Kenyan Simeon Kigen had pulled clear of the field, and perennial frontrunner Kigen would soon find himself sharing the rear view of Jones before dropping out. Jones actually picked up the pace after 10k covering the distance from there to the 10 mile mark at a 4:40 per mile pace. At 10 miles (47:11) Jones was alone and averaging an astounding 4:43 per mile. If he were able to maintain that pace he would finish in 2:03:35, breaking the existing world standard by more than three and a half minutes.

Once beyond halfway and on his own Jones did begin to slow gradually, but by then for all intents and purposes the race was over. There might have been a contest third place finisher Rob de Castella said afterward, "If I'd known he was slowing down [as much as he was] . . . the trouble was, I wasn't up there to see he was struggling." Slow he did, but as late as the 25 mile mark Jones remained below world record pace. And Jones' 2:07:13 first place goes down as the second fastest in history, eclipsed only by Carlos Lopes' 2:07:12 at Rotterdam last spring.

Exciting the men's race wasn't, but for bravery Jones performance rivaled Benoit's L.A. marathon with its "come catch me" quality. The winner seems unaffected by the wariness most runners have of the marathon distance. Unbelievably, each of the three marathons he has completed — Chicago '84, London '85, and Chicago '85 — has been faster than the one before it.

But no matter how much money race sponsors comes up with the stakes aren't quite so high in these annual races as in the quadrennial Olympic Games. Neither, however, is the yearly fall marathon schedule likely to remain static as long as Chicago and New York continue their battle to capture the world's top distance runners emphasize records in their prize structures.

#### **WRC TAKES TOP PLACES AT NSO 10K; IRA FINISHES WITH POLICE ESCORT**

*by Will Woodbine*

Kevin McGarry beat out fellow WRCer Gerry Clapper by 13 seconds to win the National Symphony 10K at West Potomac Park in a time of 29:35. Scott Celley, NOVA, followed in 30:15 to take third. WRC's Karen Wagner easily took the women's top spot with a time of 34:59.

McGarry was part of the usual West Potomac Park first mile sprint that saw 25-30 runners pass in 5:10 or better. But none could hang with McGarry, who has won more than his share of races this past year, and by four miles he was clear from his nearest challengers and assured of victory.

One of WRC's more colorful runners, Ira Pesserilo, visiting from Southern California, finished the race with a police escort. Ira lost contact with the lead pack early in the race; as soon as they crossed the starting line in fact. Realizing that his chances of catching the leaders were slim, he decided that the maximum exposure would come if he tried for dead last. Ira's theory proved correct as he probably garnered more cheers than Kevin McGarry as he sprinted for the finish in a PW of 77:46.51.

**Partial Results—Men:** 1. Kevin McGarry, WRC, 29:35; 2. Gerry Clapper, WRC, 29:48; 3. Scott Celley, NOVA, 30:15; Roberto Rodriguez, WRC, 32:55; Dennis Baker, WRC, 33:08; John Walsh, WRC, 34:34; Dave Roeber, GNATS, 34:35; Dan Rincon, WRC, 35:00; Bob Trost, WRC, 35:07; Pat Carr, WRC, 35:38; Chuck Desenberg, 35:39; Gerry Ives, WRC, 36:18; Pat Neary, WRC, 36:28; Mike Causey, WRC, Ira Pesserilo, WRC, 77:46.

**Women:** 1. Karin Wagner, WRC/Adidas, 34:59; 2. Don-

na Elliott, 38:02; Pam Briscoe, WRC, 39:15 (1st Age Group); Cindy Dalrymple, 39:04; Betty Blank, WRC, 40:04; Becky Nolan, WRC, ??:??; Shannon McCarthy, WRC, ??:??; Joanne Mallet, WRC, 44:04 (1st Age Group).

#### **SPENCER, CIMONS TAKE MASTERS HONORS; ONLY WRCers TO SCORE AT CATHEDRAL 10K**

*Special Wired Service Report*

The truly unusual in Washington running occurred Saturday, Oct. 19 in West Potomac Park — WRC failed to dominate the top ten of a local road race. Only masters runners Dick Spencer and Marlene Cimons cracked the men's and women's top ranks at the Cathedral Classic 10k, with the two veterans winning their respective age groups.

Overall race winners, neither of whom was ever seriously challenged were David Stein and Marianne Dickerson. Stein, of Ellicott City, took command despite a rather pedestrian 5:07 first mile, fast enough to open a 9 second gap over eventual runnerup Mike Stokes (34:00) of Wheaton and Bob Muir (34:43), a Geneseo, N.Y. resident and crony of WRCer 'Rocko' Carr. Stein, left on his own, cruised to splits of 10:27 (2 miles), 16:29 (5k), 21:40 (4 miles), and 27:04 (5 miles) en route to his 33:02 victory.

Dick Spencer's master's win came on a solid 36:36 clocking, good enough to place Dick 8th overall among the men and just behind women's division winner Dickerson. Dickerson, silver medalist at the 1983 World Championship marathon and a current resident of Arlington was on her own throughout and posted a 36:10 in her final preparation for the NYC Marathon.

WRCer Marlene Cimons continued her string of autumn PRs with a 46:21 masters win. Marlene bettered her previous best posting for the distance by 1:20 just one week after setting a 76:44 PR at the Army HQ Run Between the Bridges 10 Miler.

#### **MCRRC AMBUSHES DCRRRC IN WHEATON; FIRST FIVE PLACES GO TO COUNTY RUNNERS**

*by Will Woodbine*

Montgomery County Road Runners took possession of The Challenge Cup with a 963 to 1,266 score after luring unsuspecting DCRRRC members out to the wilds of Wheaton and introducing them to the Wheaton Regional Park 5.3-mile roller coaster ride. The first five finishers were MCRRC members.

Adam Trezeciak, of Gaithersburg, took the lead early in the race. Relinquishing the front spot after he ran off course, Trezeciak quickly regained his composure and the lead and went on to win in 30:31. The number two spot was decided by the "Battle of the Bills." Bill Toth and Bill Selby battled it out over the twisting hilly course, with Toth taking 2nd place in 31:13, three seconds ahead of Selby.

Leading the WRC squad at the finish was Bobby Bauer, 7th in 32:16, followed by Gerry Ives, 9th in 32:42, Gordon Noel, 11th in 33:15, Steve Daniels, 13th in 33:27, and Margaret Noel, 6th woman in 41:42.

**Partial Results—Men:** 1. Adam Trezeciak, 30:31; 2. Bill Toth, 31:13; 3. Bill Selby, 31:16; 4. Edward Hayden, 31:33; 5. Gary Berg-Cross, 31:40; 7. Bobby Bauer, WRC, 32:16; 9. Gerry Ives, WRC, 32:42; 11. Gordon Noel, 33:15; 12. Ben Beach, DC Harriers, 33:27; 13. Steve Daniels, WRC, 33:27.

**Women:** 1. Heidi Pirie, 36:19; 2. Cheryl Collins, 37:55; 3. Carolyn Rivera, 39:05; 6. Margaret Noel, WRC, 41:42.

#### DILL AND MCGRAIL GARNER TOP HONORS AS WRC CAPTURES 5 OF TOP 10 AT CLASSIC

*by Special Correspondent Emmett Grogan*

It was a two man race until Jim Dill and John T. McGrail began climbing the long hill leading up to Mt. Vernon and the ten mile mark of the D.C. Road Runners National Capital 20 Mile Classic. Dill (1:49:30) proved the more efficient climber and pulled away to win by 1:49 under glorious conditions Oct. 5 in Alexandria.

The National Capital Distance Classic is actually two races, a 20 mile and a 36 mile, run concurrently on the Mt. Vernon Bike Trail. The course is deceptively tough since one assumes the riverside bike trail must be flat and straight. South from Old Town Alexandria, however, this trail seems constantly to twist and turn, rise and dip, raising havoc for runners ankles and knees. Rarely can a runner find a prettier course and even the cyclists on this Sunday morning generally allowed the racers a wide berth.

The start along Union St. in Old Town was wonderfully smooth as only 200 contestants are permitted — to conform with National Park Service demands — and the field has ample opportunity in the first half mile to sort itself before joining the single lane trail.

When the trail was reached Dill and McGrail, joined by Robert Rodriguez and eventual 36 mile winner Charlie Trayer, had moved to a ten second margin over the pack. By the time the five mile mark was reached the two frontrunners had left third place finisher WRCer Rodriguez (1:57:49) and Trayer, who would go on to win the concurrent 36 mile race in 3:36, with an opening five mile split under 27:00 on the rolling and curving course.

Cagey Don Costello ran 1:59:15 to finish 4th after lagging well off the pace during the first 10 miles. Costello pulled away from 6th place finisher Patrick 'Rocco' Carr near the 14 mile mark at Ft. Hunt and rolled over Carr's WRC clubmate John M. Walsh into 4th place just after 18 miles. Carr said later of Costello: "He dropped me like a bad habit." Walsh excused that he had been "forced to slow near the Belle Haven Marina to fend off an attack by bears."

WRC master performers Dick Spencer and Gerry Ives took two of the top three spots among the 40+ crowd. Spencer posting a strong 2:05:58 for 10th place while Ives continued a string of impressive performances, covering the 20 miles in 2:09:35 to finish in 15th place. That time marked Ives third PR in eight days, following a 36:32 10K and a 29:52 5m during the previous week.

In the women's race WRCer Mary Ellen Williams

(2:20:44) earned victory by nearly 6 minutes over NOVA's Joan Stahle.

WRCer Betty Blank may be reconsidering her plans to skip the fall marathon season following her 5th place clocking of 2:30:32. Betty seems to have recovered from her bout with heat prostration suffered at the Reston Triathlon in August.

#### 20-Miler

**Partial Results—Men:** 1. Jim Dill, 1:49:30; 2. John McGrail, 1:51:21; 3. Roberto Rodriguez, WRC, 1:57:49; 4. Donald Costello, 1:59:15; 5. John Walsh, WRC, 2:00:40; 6. Pat Carr, WRC, 2:01:40; 7. Jim Millette, WRC, 2:02:08; 8. Bill Larsen, WRC, 2:03:40; 9. Bob Trost, WRC, 2:05:35; 10. Dick Spencer, WRC, 2:05:58 (1st Master); 11. Tom Harcastle, WRC, 2:07:15; 15. Gerry Ives, WRC, 2:09:35; 19. Bobby Bauer, WRC, 2:13:28; 23. Tom Kurihara, PVSTC, 2:17:00; Norman Miller, WRC, 2:21:42; Gust Svanson, WRC, 2:31:16; Chuck Havill, GNATS, 2:34:00; Gordon Noel, 2:39:32; Basil Hangemanole, WRC, 2:54:34; Dick Good, 3:03:00.

**Women:** 1. Mary Ellen Williams, WRC, 2:20:44; 2. Joan Stahle, NOVA, 2:26:28; 3. Jennifer Westfall, RC<sup>2</sup>, 2:28:39; 4. Lynn Calmes, 2:28:49; 5. Betty Blank, WRC, 2:30:32; 23. Margaret Noel, WRC, 3:01:00.

#### 36-Miler

**Partial Results—Men:** 1. Charles Trayer, 3:36:13; 2. Bill Lawder, 3:48:26; 3. David Horton, 3:55:52; 6. John Ng, 4:13:08; 31. Keith Padgett, RC<sup>2</sup>, 5:37:01; 36. Larry Tabachnick, WRC, 6:02:01.

**Women:** 1. Carole Williams, 4:41:37; 2. Kay Moore, 5:17:14; 3. Sharon Leigh, 6:02:01.

#### WRC OUT IN FORCE TO RUN (AND RUN IN) G'TOWN 10K; McGOVERN AND COLDSMITH WIN

*by Special Scribe 'Red' Panama*

Local running tout Jack Coffey should have had a big exacta down, given his prerace prognostication at the Georgetown 10k. Sidelined this morning by a cold and his desire to pitch in at the club race, Coffey told those who would listen that Bruce Coldsmith (WRC-Saucony), off his PR 1:04:44 half marathon at Philadelphia (See Sept. Newsletter), was likely to emerge from the hilly contest victorious. He also speculated that Bruce's likely challengers would include Gerry Clapper (WRC-Adidas) and David McCormack of Falls Church.

If Jack, along with his 70 or so WRC clubmates who also showed up early this Sunday morning, hadn't been working so hard on race preparations he might also have noticed John Eberle's presence and picked the top four finishers.

As things turned out, despite the fact that so many club members were on the sidelines working the race, WRC runners took 5 of the top ten spots in the G'town race. Finishing behind Coldsmith and Clapper, first and second overall, came David Shafer (5th), Jeff Smith (6th), and David White (9th).

All of these men, plus Jim Dill of Arlington and NOVA's Scott Ceeley were part of a large pack that passed the first mile post in 4:44. White and Shafer

remained with the top four of Coldsmith, Clapper, Eberle, and McCormack through a two mile split of 9:36.

### Do Wopping Down Reservoir Road

Once the leaders began to roll through the streets of upper Georgetown, however, the pack became a quartet with Coldsmith clearly setting the tempo and pitch while the other three tried to harmonize. At four miles (19:36) the group remained intact, but shortly thereafter Coldsmith began the first of several attempts to sing solo. It wasn't until the last mile, however, that Bruce began to hit a crescendo to which the rest could not respond and the former Kansas Jayhawk, now coaching at James Madison University, soloed to the finish in 30:09 just two seconds in front of clubmate Gerry Clapper.

The battle for honors on the women's side wasn't nearly as large, nor did it last as long, but the results were similar; a WRC-Saucony runner proving to be the class of the field. On the women's side it was Patty McGovern who once again dominated, winning over a strong field in which the top eight all bettered forty minutes. McGovern's time, 35:13, represented a new course record. Following McGovern by 27 seconds was Karin Wagner (WRC-Adidas).

McGovern's time may seem just a bit slow compared to her recent efforts, but Patty, true to her reputation as a club contributor had arrived in Georgetown very early in the morning to help her fellow WRCers with pre-race preparations.

**Partial Results—Men:** 1. Bruce Coldsmith, (WRC-Saucony), 30:09; 2. Gerry Clapper, (WRC-Adidas), 30:11; 3. John Eberle, 30:12; 4. David McCormack, 30:20; 5. David Shafer, (WRC-Adidas), 30:34; 6. Jeff Smith, (WRC-Adidas), 31:10; 7. Jim Dill, 31:17; Jeff Peterson, 31:19; 9. David White, (WRC), 31:20; 10. Henry Phelan, 31:26.

**Women:** 1. Patty McGovern, (WRC-Saucony), 35:13; 2. Karin Wagner, (WRC-Adidas), 35:40; Carey Hill, 36:57; 4. Leslie Maerki, 37:55; 5. Ellen McEvily, NOVA, 37:59; 6. Marybeth Duffy, 38:42; 7. Laura Gaydos, 39:35; 8. Laurie Bender, 39:47; 9. Geanne Hand, 40:06; 10. Cindy Dalrymple, 40:27.

### DCRRR CARDEROCK PREDICTED TIME 5-MILER NO 'PIE IN THE SKY' RACE FOR THE WINNERS

*by Will Woodbine*

John McGrail outran the rest of the field on the soggy C&O Canal towpath early in the Carderock Predicted Time 5-miler and cruised in more than two minutes ahead of WRC's Steve Daniels. Daniels claimed second place over the last two miles after he and fellow WRCer Jeff Kramer paced the first three miles side by side.

The race is run *sans* stopwatch; which ranks along with giving up your first teddy bear or security blanket in terms of emotional shock. Many of the starters were seen pressing imaginary buttons on their wrists at the start. WRC's Bob Trost was so upset that officials allowed him to keep his watch, but he disqualified himself from winning one of the 20 pies that

were to be awarded to the finishers closest to their predicted times.

**Partial Results:** 1. John McGrail, (unattached), 25:52; 2. Steve Daniels, WRC, 28:05; 3. Jeff Kramer, WRC, 28:45; 4. Larry Washington, 29:31; 5. Gerry Ives, WRC, 29:51; 7. Dan Walsh, 30:32; 9. Bob Trost, WRC, 31:21; O. T. Williamson, 32:02; Jim Scarborough, WRC, 32:50; Tom Kurihara, PVSTC, 33:15.

### RUN THE RIVER BRIDGES ARMY 10-MILER WON BY MCGARRY AND DICKERSON

*Special to WRC by Pat Neary*

WRC's Kevin McGarry won the Army 10 Miler, October 13, by over a minute. Marianne Dickerson, newly-arrived in the area and an Women's Olympic Marathon Trial standout, won the women's division by over two minutes in 58:45.

The course began and finished in the North Parking area of the Pentagon and crossed the Memorial Bridge. The course was slowed by the two 180 turnarounds, at 6 miles along the Washington Marina and at 9 miles in front of the Jefferson Memorial. The weather was near-perfect, about 60 degrees and a slight head wind down to Hains Point. Several club members were age group winners out of nearly 1600 registrants.

**Partial Results—Men:** 1. Kevin McGarry, WRC, 50:05 (course record); 2. James O'Connell, 51:13; 3. John Carper, 51:48; 8. Raymond Velez, WRC, 53:05 (age winner); 10. Lucious Anderson, WRC, 53:25 (age winner); 12. Jim Alexander, NOVA, 54:35; 14. Roberto Rodriguez, WRC, 54:40; Keith Higgs, WRC, 56:22; Pat 'Rocko' Carr, WRC, 59:26; Pat Neary, WRC, 61:46; Pat McKenna, WRC, 68:29; John Betts, WRC, 76:41 (pr).

**Women:** 1. Marianne Dickerson, 58:45; 2. Carey Hill, 61:00; 3. Mary Ellen Williams, WRC, 62:11 (age winner); 8. Patty Deuster, WRC, 65:36; 9. Laura Cantrell, WRC, 67:25; Betty Blank, WRC, 68:10 (1st age group); Carolyn Ulrich, 68:55; Marlene Cimonis, WRC, 76:40; Candace Velez, WRC, 83:43 (13 yrs.).

### WHIRLING AROUND WRC AND THE REST OF THE WORLD

*by Acting Editor J.M. Walsh*

The TAC has begun soliciting bids for the 1987 and 1988 Marathon Championships. These races will also serve as the trials for the 1987 World Championship and the 1988 Olympic teams. Just thinking mind you, but I couldn't help envisioning that '88 race being held on the Marine Corps course. With the race likely to be held in the Spring, attracting spectators to a run among the monuments shouldn't be much of a problem. But then does anyone in the area — other than the USMC — have the resources to put such an event on the calendar.

The Gasparilla 15k lost much of its to course, victim to Hurricane Elena's visit to Florida's Gulf Coast. Both the seawall and sidewalk along Tampa's Bayshore Blvd. were destroyed, but expectations are that repairs will be made in time for next February's race.

We goofed last month in our listing of results from the Nike Capital Challenge. *Washington Postie* Steve

Nearman did have a good race, but he is not a WRC member. He is however, a close reader of the WRC Newsletter and we apologize for the error. But this does give us a chance to thank Steve for his regular coverage of the D.C. area running scene in the Post.

Last month we were plugging magazines, this month a nod to a local race. If the sponsors are up to their performances of the last two years we heartily recommend the Alexandria Autumn 10k out at Shooter McGee's Restaurant on Duke St., November 17, for your gastronomic delight. There is nothing quite like a hot breakfast and a cold beer following a Sunday morning road race. And this one is a bit more manageable in terms of size than the Fritzbe race in Rockville. Hey, I even won age group awards the past two years. The course is PR material too — looping through Cameron Station and a residential area, before an uphill finish. That's pretty quick, not pretty.

Let's put all of CBS announcers John Tesh and Toni Reavis' comments about the America's Marathon being among the best fields ever assembled in some perspective. At the 1983 Boston Marathon over 70 runners qualified for the U.S. Olympic Marathon Trial, bettering 2:19:05. At Chicago that time would have put you 35th. Need more evidence. That same year at Boston 2:27:07 got you 225th place. Run that in Chicago and your finish place was 55th. In 1979 your basic 2:40 marathon might have placed you in Boston's top one thousand, 2:34 put you in Chicago's top 100.

No argument from these quarters that Chicago (and NYC) are the richest marathons ever contested, but for quality of field they both have a long way to go before they match the groups that assembled in Hopkinton, Mass. between, say, 1978 and 1983.

Our item from last month about the advantages of training at low altitudes was apparently taken to heart by at least one WRC member. We understand that Jim Dare is leaving his current post at the Pentagon for a U.S. Navy assignment in Connecticut. Jim, Naval Academy graduate, will be taking command of a submarine. Some guys will go to extremes to improve their times.

Bob Kelly was in town on October 29 helping Roger Urbancsik and his fiancée, Marianne, celebrate the two-year anniversary of their meeting and the first-year anniversary of their engagement. Joining them were the Baldino's and the Neary's. Bob is stationed in the Navy on Oahu in Hawaii. He does 20-mile runs on the big island on the weekends. Bob had some bad luck at the New York York Marathon. As a top master he had a 200 number and was seeded up near the start. He was less than 15 yards from the start line surrounded by 4 hour marathoners. Bob pleaded with the officials to get the 4 hour marathoners back to their proper place to no avail. To add insult to injury, one of the out-of-place runners stepped on Bob's foot as the gun was fired. Bob hobbled thru the first mile in 7:15 and the 10K in about 40 minutes. From there he picked it up to a 82 half and a 2:38:16 finish.

On Monday Oct. 14 in Boston 8,000 contested the largest woman only race in history. Joan Benoit dominated the competition, winning the 10k race in a sterling 31:49. Judi St. Hilaire was second in 32:03 with Lynn Jennings third in 32:18. Lest anyone think

all the money in road racing is going to the men, Ms. Benoit took home \$4,000 for her pre-Chicago prep race. Second and third paid \$3,000 and \$2,000, respectively. Note also that this effort came just six days before Benoit's America's Marathon victory.

#### MINUTES OF THE WASHINGTON RUNNING CLUB MEETING OF 11 OCTOBER 1985

The meeting was called to order by WRC President Alan Roth.

**Treasurer's Report:** The major expenses for the month were \$210 for seven people to run the Virginia 10-Miler (\$30 each) and Newsletter costs. Income came from sale of our Hecht Co. mailing list, membership applications, and \$200 that was split 50-50 with Ron Ponchak. The Club was asked to put on a race for a trade association convention and Ron acted as race director. Income roughly covered expenses and we ended the month with a balance of \$4,392.54. November expenses will include entry fees for the Marine Corps Marathon and expenses connected with the Club's hospitality suite after the race.

**Membership Committee:** Club membership is now 231. We are now beginning our 1986 membership drive. All new membership applications will be for 1986. Current memberships expire 31 Jan. 1986.

**Competition Committee:** The White Oaks Triathlete Club is looking for runners for their relay teams. They have members who will do the bike and swimming parts of the relay, but they need some good runners. The White Oaks club helps WRC at the Georgetown race, so let's see if we can reciprocate.

**Race Management:** The Race Management Committee is looking to expand the number of races next year. The Club needs the money generated by these races. The committee is investigating the possibility of putting on a Pennsylvania Avenue Mile.

**Other Business:** A motion was made by J. J. Wind and seconded by Norman Miller to donate \$115 to Jim Youngblood. One hundred dollars would be used for Jim's expenses in the Ironman Triathlon in Hawaii and \$15 would be used for Jim's White Oaks Triathlete Club membership. The motion was passed unanimously. The Club decided to order new uniforms from Brooks. The majority of the attendees at the meeting were in favor of red uniforms for both men and women, however a minority (one person) objected to the color and the Executive Committee agreed to investigate colors further with the Brooks representative.

*Gerry Ives, Secretary*

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### RACE RESULTS

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#### Waters Landing 5-M, Germantown, Oct. 5

**Partial Results—Men:** 1. Tim Gavin, 25:00; 2. Jim Cooper, 25:12; 3. Tim Colas, 25:40; 8. Dave Asaki, WRC, 27:26; 9. Gust Svanson, WRC, 27:39; 10. Craig Voise, WRC, 27:43; Wayne Long, Unattached, 37:22.



**Women:** 1. Mary Ellen Williams, WRC, 30:15; 2. Kim Thompson, 32:09; 3. Carolyn Ulrich, 32:35; 5. Lynda Durfee, PVSTC, 33:19.

#### Fritzbe's 10K, Reston, Oct. 6

**Partial Results—Men:** 1. Mike Stahr, 31:12; 2. Thomas Blumer, 32:28; 3. Larry Frederick, 33:03; 6. Alan Hinchliffe, WRC, 33:54.

**Women:** 1. Jane Newell, 37:34 (course record); 2. Laura Gaydos, 39:47; 3. Becky Nolan, WRC, 40:00.

#### Stroh's Run for Liberty, Oct. 12

**Men:** 1. Joseph Kipsang, 24:56; 2. Jim Cooper, WRC, 25:39; 9. Daryl Stewart, WRC, 26:24; Gust Svanson, WRC, 26:26; Dave Roeber, GNATS, 27:38; Bill Larsen, WRC, 27:49; Bob Trost, WRC, 28:09.

**Women:** 1. Doriane Lanbelet, 28:47; 3. Jane Newell, 29:19; 8. Laura Cantrell, WRC, 32:27; 9. Lynda Durfee, PVSTC, 32:47; Bobbie Bleistift, WRC, 33:26.

#### Columbus Chase 10K, Oct. 13

**Partial Results—Men:** 1. Joe Kipsang, 29:49; 2. Frank Sharkey, 29:53; 3. Jeff Scuffins, WRC, 30:03; 4. Dave McCormack, 30:14; 5. Matt Wilson, 30:53; 8. Dave Shafer, WRC, 31:03; 9. Jim Dill, 31:07.

**Women:** 1. Maria Pazarentzos, WRC, 35:30; 2. Karin Wagner, WRC, 35:34; 3. Buffy Gavigan, 38:59.

#### Copy General 25K, Alexandria, Oct. 19

**Men:** 1. John T. McGrail, 1:27:42; 2. Tim Hood, 1:31:39; 3. Ted Hackett, 1:32:19; 4. Jim Millette, WRC, 1:32:25; 7. Pat 'Rocko' Carr, WRC, 1:34:10; 8. Bill Larsen, WRC, 1:34:15.

**Women:** 1. Jennifer Westfall, RC<sup>2</sup>, 1:54:38; 2. Lynda Durfee, PVSTC, 1:58:54; 3. Mercedes Owdich, 2:00:57; 5. Susan Aaronson, 2:02:15.

#### Arlington Co-op 5K

**Men:** 1. Tim Colas, 15:24; Tod Colas, 15:24; 3. Marty Brown, 16:35; 4. Eamon McEvilly, 17:08; 9. J. 'Bird' and Irving 'Top Dog' Wind, WRC, 20:39; 10. R. Stein, WRC, 20:52; Frank Libutti, 22:55.

**Women:** 1. Jeanie Libutti, WRC, 18:29; 2. Cindy Dalrymple, 20:06; 3. Laura Maher, 20:52; 4. Betty Blank, 21:08.

#### Rockville Lung Run 10K, Oct. 20

**Men:** 1. Kevin McGarry, WRC, 30:16; 2. Tim Gavin, 31:56; 3. Dave Asaki, WRC, 33:53; 6. Rusty Moore, WRC, 34:37.

**Women:** Donna Elliot, 39:06; 2. Jenny LaRosa, 40:40; 3. Efstathia Siegel, 42:00.

#### NOVA St. Stephens 8K—Oct. 26

**Men:** 1. John Wessels, 25:39; 2. John McGrail, 25:50; 3. Jim Alexander, 26:35; 6. Gust Svanson, WRC, 27:46

**Women:** 1. Susan Frank, 32:13; 2. Jennifer Westfall, RC<sup>2</sup>, 32:43; 3. Carolyn Ulrich, 33:20; 4. Betty Blank, WRC, 33:26.

#### Women on the Run 5M—Oct. 27

**Partial Results:** 1. Joan Nesbit, 26:40; 2. Suzanne Girard, 27:27; 3. Sabrina Dornhoefer, 27:51; 4. Maria

Pazarentzos, WRC, 28:23; 5. Patty McGovern, WRC, 28:28; Martha Orem, WRC, 30:00; Barbara Frech, NOVA, 30:39; Laura Cantrell, WRC, 33:46; Bobbie Bleistift, WRC, 33:30; Val Nye, WRC, 34:14; Kathy Scott, WRC, 38:50

## CLUB NOTES

### WRC Members Come At G'town

Many thanks to all those club members who put in the time and effort to lend a hand at the Georgetown 10k. Over 100 were signed in with Pat Neary. All of us know an adequately staffed race is much more pleasant for everyone.

Special thanks to John Betts, Jeff Wice, Pam Briscoe, Craig Voise, Paul Etter, Jim Scarborough, and Al Naylor for their telephone recruiting efforts.

Timo Dowd and Paul Burlett earn kudos for each bringing in 15 volunteers. Timo brought his Langley High Cross Country teams and Paul brought along his White Oak triathletes to assist us.

Many thanks to Nancy Lauck for placing an announcement in her Washington Center Bulletin and 12 students who assisted.

Apologies in advance to anyone we missed, but here are those that we know worked at the race.

Wayne Alien	Rich Backe	Dennis Baker
Jeff Barb	Ann Barry	Bobby Bauer
Luann Bedell	Chauncey Berdan	John Betts
Kirin Beyer	Betty Blank	Bobbie Bleistift
Ed Blum	Pam Briscoe	Heather Buklin
Paul Burlett	Jodi Bushdiecker	Rob Cain
Chris Cantrell	David Cantrell	Laura Cantrell
Pat Carr	Jodi Choat	Marlene Cimens
Jerry Clapper	Jody Clarke	Becky Clemensens
Jack Coffey	Suzy Rainville Coffey	Bruce Coldsmith
Amy Cole	Cindy Collins	Martha Cudlipp
Steve Daniels	Jim Dare	Jane Davis
Rusty Donahue	Dotty Esher	Paul Etter
Frank Faykes	Kathy Faykes	Jim Feaster
Susan Finklestein	Kathie Friedley	Julie Gabrielsen
Cynthia Gould	Ron Griswood	Jackie Gulick
Jenn Gulick	Vince Hancock	Keith Higgs
Al Hinchliffe	Lynne Hodges	Kandi Hooten
Andrea Huss	Gerry Ives	Lisa Jackson
Candis Johnson	Mike Jump	Jack Katz
Bob Kelly	Tim Kelly	Chuck Kuhn
Jeff Labree	Bill Larsen	John Lavey
Sam Lenoir	Nancy Litwinetz	Joe Lugiano
Paula Marchand	Patty McGovern	Pat McKenna
Charles Merritt	Tom Millbank	Kathy Miller
Norm Miller	Tim Mitchell	Jack Moffett
Mary Ann Mosley	Barb Mueller	Al Naylor
Melissa Neary	Nella Neary	Pat Neary
Patrick Neary	Jenny Noel	Katharine Noel
Margaret Noel	Nancy Nolting	Kevin O'Hara
Kim Ogden	Julie Osbourn	Mary Parker
Juliet Plauika	Patty Poe	Jeff Reed
Dan Rincon	Alan Roth	Dick Sargent
Martha Sargent	Carol Schnake	Steve Shilling
Adria Summers	Ann Svanson	Tony Teixeira
Bob Thurston	George Uhl	Holly Vaughn
Ray Velez	Ellen Vollinger	John Walsh
David White	Jeff Wice	Larry Williams
Mary Ellen Williams	J.J. Wind	

### Uniforms

The decision to change uniforms is the result of a diminished supply, the fact that Brooks no longer produces the style we have been wearing, and the desire of many members for a change.

We are leaning toward continuing with Brooks as supplier of a new uniforms. Sentiment among those attending the October club meeting was to stay with red as the primary color and to outfit women and men in the same colors. No final decisions have been made, however, and the executive committee would appreciate any ideas you may have.

### TAC National Championship

How many times do you have a chance for a National Championship? The national championship cross country meet is scheduled for November 29 and 30 in Raleigh, N.C. We would like to send a group to the race since we have the runners to compete seriously for the team title. Bruce Coldsmith has agreed to be the team captain. A full team require seven runners. If possible we would like to field both men's and women's teams. If interested call Bruce 267 Vine St. 2, Harrisonburg, Va. 22303. (703) 433 3547 or Pat Neary (703) 455 0575.

### Indoor Track Meets at T.J. Community Ctr.

Indoor track meets are scheduled throughout the winter at T.J. Community Center, 3501 S. 2nd St., Arlington. Distances will range from 220 yards to 2-miles (3-miles on January 12). Meets will be held: Dec.

8 and 22; Jan. 12 and 26; Feb. 9 and 23; and Mar. 9. Showers, bathrooms and ample parking are available.

### Capital Area Biathlon Series Makes First Stop In Arlington

On Sunday November 17, the Capital area Biathlon Series begins its first of three races in Arlington Virginia at 10 AM. The race consists of a 10k run and a 15 mile bicycle race. It begins in North Parking of the Pentagon.

Long sleeve bicycling shirts and printed water bottles to all participants. For applications: SASE to CABS Arlington, Race Director, Box 17038, Arlington, VA 22216. Volunteers get long sleeve shirt and refreshments. Call 703-243-0125. The club point of contact is Pat Neary 455-0575.

### Vince Hancock Making a Name On Prep Cross Country Scene

A fourteen year old sophomore at Lake Braddock High School and a recent WRC member, Vince Hancock is establishing quite a reputation on the local harrier circuit. Holder of a national age group record at 10 miles in 57 minutes he finished 16th in the recent Georgetown Prep Invitational.

Vince is the nephew of long time WRC supporter and former Old Dominion 100 miler Co-Champion Rusty Donahue. Watch for him in the Journal in the next two years. He runs the mile in the low 4:20s. Good luck, Vince, in the coming Cross Country and track seasons.