

# Washington Running Club Newsletter



Volume 5, Number 6

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June 1986

The JUNE meeting of WRC will be held on Friday, JUNE 13, 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 to Rosslyn and go straight on N. Ft. Myer Drive. Left on 19th St., two blocks to AMS Building. On Metro, Rosslyn station, out main entrance, through park, left on Lynn and right on 19th. Take the elevator to 14th floor of AMS Building, take the spiral staircase to penthouse.

This will be a covered dish meeting, so bring your favorite salad, casserole, pie, or whatever. The Club will supply some beverages, but extra donations will be welcome.

Pat Carr will once again have the new WRC uniforms for sale at the meeting, so bring your check book.

## WRC PROVIDES TOP COMPETITION, TOP ORGANIZATION FOR HECHT RACE

by Newsletter Editor  
J.M. Walsh

It can't be the weather conditions that once again attracted 1200 runners to Rock Creek Park for the Hecht Co. 10 Miler. As usual the temperatures reached well into the eighties before the back of the pack runners finished their tour. And the promise of a flat and fast race has never been an appeal for this hilly traversal of the Rock Creek Gorge.

What attracts the large, competitive field that year after year returns to this annual early June event is the simple fact that this is one of the best organized races in the Washington area.

Although the Washington Running Club is best known for its stable of open and age-group competitors, the members' performance at the Hecht Co. race demonstrates once again that the club knows how to both administer and compete. Race director Ron Ponchak and his wife, Candy, put on performances that at least equalled those of race winner's John Doub and Gerry Clapper (50:32), who tied for the men's victory, and woman's winner Patty McGovern (59:15) who captured her third consecutive Hecht's first prize.

Add the work of J.J. Wind and Pat Neary on registration and results, the work of Al Naylor and his crew in the chutes, and the yeoman efforts of everyone who worked the mile marks and water stations to the master's triumphs of Gust Svanson (58:05) and Mary Ellen Williams (1:03:05) and you can call June 1 a red letter day for WRC.

Last year's men's winner Kevin McGarry, another WRC runner, managed third place this time with a time of 51:14, while Donna Elliot (1:07:27) also managed a top ten finish.

With WRC providing most of the top competition and one of the best managed large field races around the Hecht Co. 10 Miler is likely to remain an important event on the local race schedule, but one most of us aren't likely to run. But after all, it's always so hot, and certainly this is no PR course.

## SULTRY WEATHER AT HOMETOWN RUN SLOWS TIMES, WARMS COMPETITION

by Newsletter Editor J.M. Walsh

A week earlier near perfect running conditions had prevailed at the GW Parkway 15k and the conditions lent themselves to fast times and hot competition (see story in this issue). When the some of the area's premier running talent moved into the District for the Hometown Run 15k times slowed by two minutes or more, but the individual battles remained heated.

At the top of the heap WRC-Adidas members Steve Spence and John Doub fought it out for most of the first nine miles without a decision before deciding to cross the finish line together in a wonderful display of camaraderie. Those who saw only the finish may have wondered whether Spence and Doub had competed with one another, or merely teamed up to destroy the rest of the field, but anyone who saw them out on the course knew how fiercely they had battled.

Not far behind the leaders and adding to WRC's dominance of the race was 4th place finisher Kurt Kroemer (48:35). Kurt's strong effort held off former WRCer Matt Wilson over the closing meters.

The women's race was dominated, and I mean dominated, by WRC's Mary Alico (56:39). Ms. Alico bested her WRC teammate Donna Elliott by nearly six minutes!!

Men: 1. Steve Spence (WRC), and John Doub (WRC), 47:03; 3. Kenneth Aliceburg, 48:03; 4. Kurt Kroemer (WRC), 48:35; 5. Matt Wilson, 48:38; 7. Pablo Gomez, 49:52; 13. John McGrail, ??:??; 17. Peter Nye (WRC) 52:40; Lucious Anderson (WRC), 53:30; Gus Svanson (WRC), 53:40; Bob Thurston (WRC), ??:??; John Potter (WRC), 55:58; J.J. Wind (WRC), 56:10; Jeff Wice (WRC), ??:??.

Submissions for the WRC Newsletter, as well as diatribes against the editor should be mailed to John Walsh, 2829 28th St. N.W., #12, Washington, DC 20008.

**Women:** 1. Mary Alico (WRC), 56:39 (est.); 2. Donna Elliott (WRC), 62:59; 3. Susan Pantzer, 63:36; 5. Joan Sarles-Lee (NOVA), 64:16.

### WRC MEMBERS WIN MEN'S AND WOMEN'S TITLES AT BALTIMORE'S CONSTELLATION 10K, MAY 25TH

*Special to WRC Newsletter  
by Bob Tross*

WRC's Gerry Clapper, whose recent performances had included a win at Fritzbe's 10k in Rockville and strong finishes at Clyde's 10k in Columbia and at Cherry Blossom added to his laurels with a victory May 25 at the Constellation 10k in Baltimore.

Clapper's win did not come without a strong challenge from Canadian Olympic marathoner David Edge. The Toronto-based Edge challenged Clapper until the final 220 yards when the WRC-Adidas runner's kick gained him a six-second win in 29:58.

In the women's division, WRC's Maria Pazarentzos won in a time of 35:27 after leading from start to finish. Marge Rosasco caught Pazarentzos with 1½ miles to go, but could not maintain the pace and finished second in 35:42. Finishing third in 36:16 was another WRCer, Laura Albers. Albers' time was exceptionally good considering the fact that she had run a 2:41 marathon in New Jersey three weeks earlier.

**Men:** 1. Gerry Clapper (WRC), 29:58; 2. David Edge, 30:04; 5. Harry Goodman, 30:56; 7. Jim O'Keefe, 31:04; 8. Scott Ceeley (NOVA), 31:04; Steve Giorgis, 31:25; Adam Bean, 31:54; Jim Dill, 32:13

**Women:** 1. Maria Pazarentzos (WRC), 35:27; 2. Marge Rosasco, 35:42; 3. Laura DeWald Albers (WRC), 36:16; 11. Nelda Casper, 39:47; 19. Lisa Kolb, 40:58.

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## Washington Running Club

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### CLUB OFFICERS

**President:** Jack Coffey (836-8400)  
**Vice President:** Dan Rincon (345-9342)  
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**Treasurer:** Pat Carr (370-1912)

**Newsletter Editor:** John Walsh

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**Race Management:** Al Naylor, Chairman (345-9342)  
**Social:** Suzy Coffey, Chairwoman (329-9271)

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### ROCCO WANTS YOU!

Patrick J. Carr is recruiting members for a team to win the annual 24 hour relay this August at Fort Meade, Maryland. "Rocco's Rangers" promises to be the latest incarnation of a group that won the 1984 race, covering 264 miles, under the name "Slickie Boys." Although not required, lack of mental stability is highly recommended for anyone participating in this race. Especially on this team. If you qualify call 'Rocco' at 370-1912.

### McGOVERN RETURNS TO ROAD WITH WIN IN CONNECTICUT

*Special to WRC Newsletter  
by Emmett Grogan*

(Greenwich, CT.) — Visiting her family in Connecticut over the Memorial Day weekend WRC stalwart Patty McGovern also returned to the road battles following recovery from a nagging back injury. Ms. McGovern was the class of the field in winning the Jim Fixx Memorial 5 Mile Run on the streets of Greenwich, Ct. 28:04.

On the men's side of the race WRCer John Walsh wasn't as successful as his teammate, finishing 5th in 26:24. The winner, Bob Murdoch, was unchallenged in route to a 24:48 win, nearly a minute ahead of 2nd place finisher Jose Martinez (25:42). Walsh, who ran strongly until encountering a series of hills between miles 3 and 4 called his performance "a memoriam" and said afterward; "I died, but at least that hill couldn't kill me permanently."

The latest round in an ongoing Walsh family rivalry went to Westchester County's Michael Walsh, who bested his sister-in-law WRC's Colleen Gaughan-Walsh. Michael (39:38) and Colleen (40:02) both set PRs despite the hills, as Michael avenged the loss he had suffered to Colleen at Cherry Blossom.

### RECORDS TUMBLE ON PARKWAY AS KIPSANG & SPENCE CLASH

*by Newsletter Editor J.M. Walsh with  
Eduardo Bianchi & Celeste Green*

The ancient Greeks used to say you never run the same race twice. Remember Euripides?

You can hardly ask someone coming back to defend their title to do more than break the existing course record, and that is precisely what WRC's Bruce Coldsmith did at the George Washington Parkway Classic May 18. Unfortunately for Bruce, a two second improvement in his record from last year's premier Classic wasn't enough to capture a this year's race.

Coldsmith went through the first mile in 4:38 with Joseph Kipsang, Steve Spence and Matt Wilson. That foursome remained bunched on the northbound course, closed to traffic, until the four mile mark when Kipsang and Spence surged. Kipsang, a Kenyan who works in his country's Washington, D.C. embassy and does graduate economics work at Howard U., and

Spence, a former Iowa State runner, ran stride for stride for the next five miles.

Kipsang, 25, then outdueled Spence (WRC) over the final quarter mile for the win in 44:56 after they had toured the GW Parkway minutes ahead of the field. Spence, who has built an impressive racing resume of late finished just one second behind Kipsang. The victory was worth \$500 to Kipsang, while Spence pocketed \$250 for his effort.

Coldsmith, whose improved performance yielded only 5th place this year, looked upon the race with mixed emotions. He was disappointed that he was left out of the top prizes, but proud that a race he had instigated was so quickly becoming a success. Spurred by corporate support from Anheuser-Busch this year's race produced ten finisher under 49 minutes. Last year only Coldsmith and 2nd place finisher David White completed the 15 kilometers under 50:00. Another principle in the race's organization, Alexandria Mayor Jim Moran finished in 1:21:20.

The same racing fate that befell Bruce Coldsmith also hit defending women's champ Martha Orem. Although Ms. Orem improved her time from last year, Penn State grad student Natalie Updegrove went her one better. Updegrove put the new record down in national class range with a time of 52:53. Never challenged for the women's lead, Updegrove spent most of the race among the faster men. Although she slowed somewhat over the final 5k her final time was still over 3 minutes faster than Ms. Orem's. The top women were awarded the same \$500 for 1st, \$250 for second prize money structure the men received.

WRC's Ray Velez continued an impressive string of spring performances that placed him among the race leaders. Velez finished with a 9th place time of 48:35. Peter Nye has begun to show some results, after a slow start this spring posting a very smooth 50:50. Nye has been held back this spring by efforts to complete the rewrite for his book on American bicycle racing.

Pat 'Rocco' Carr (52:50) completed an ironman weekend as he outsprinted Mark Grummer after stopping 150 meters from the finish to, how do you Americans say, "lose his cookies." The previous day 'Rocco' had completed the Uptown 8k in 27:48.

Carr's main squeeze Betty 'Fly me' Blank finished 6th on the distaff side (1:02:10) before showing a physical malady similar to Carr. The gracious and well-mannered woman she is, however, Ms. Blank waited until she had crossed the finish line before being sick. *Where did they have dinner Saturday night—ed.*

Colleen Gaughan Walsh, wife of the editor, finished out of the prize money in 1:19:45, demonstrating once again why her husband is an editor and not a track coach.

Notwithstanding his physical suffering Carr hosted his second annual post-Parkway tailgate bash, attended by most WRCers present at the race. Among the guests were club prez Jack Coffey and his bride Suzy 'Boom Boom' Rainville, top WRC finisher Steve Spence and several winsome lasses attracted to the festivities by the sun and Carr's promises of champagne.

**Men:** 1. Joseph Kipsang, 44:56; 2. Steve Spence (WRC), 44:57; 3. Matt Wilson, 46:05; 4. Carlton Law, 46:29; 5. Bruce Coldsmith (WRC), 46:41; 9. Ray Velez (WRC), 48:35; Faye Bradley, 50:13 (1st master); Peter Nye (WRC) 50:50; Patrick Carr (WRC), 52:50; Mark Grummer, 52:51; Jeff Wice (WRC), 60:18.

**Women:** 1. Natalie Updegrove, 52:53; 2. Martha Orem, 56:07; 3. Linda Brennan, 59:36; 4. Marilyn Segal, 1:01:20; 5. Lisa Kolb, 1:01:36; 6. Betty Blank (WRC), 1:02:10; 9 Hideko Pirie, 1:02:30 (1st master); Colleen Gaughan Walsh (WRC), 1:19:45.

## WHITE USES SPEED TO WIN UPTOWN 8K OVER FINAL MILE

by WRC Correspondent 'Red' Panama

A twenty minute delay and an uphill start combined to slow the leaders first mile to a nearly pedestrian 5:04, but from there on things really heated up at the debut Uptown 8k in Northwest Washington May 10. Run over a triangular course consisting of Wisconsin, Massachusetts, and Western avenues that was anything but flat and fast, the race course did lend itself to close competition.

After the slow start a four man phalanx of David White, Henry Phelan, Darrell General, and Chris Chottin accelerated away from the chasing pack as the course flattened out. That group held together through the halfway point along Mass. Ave. south of American University where Chottin fell off the pace.

Past Ward Circle, into Spring Valley and up the hill to the District line and the four mile mark the three frontrunners remained together, White seeming content to let General and Phelan set the tempo. But as the trio turned onto Western Ave. and began the rolling last mile the Bucknell U. grad turned on the afterburners and stretched out what would become a thirteen second victory. Darrell General held on to take 2nd place, just one second ahead of Henry Phelan.

Fifth behind Chris Chottin was WRCer Kurt Kroemer. Further back Robert Rodriguez (26:20) bested WRC rival John Walsh (26:25), to reverse their placing a week earlier at the Capitol Hill 10k.

An "I'm just getting into shape" Bob Cosby (28:04) couldn't keep up with Pat Carr through the Mass. Ave. hills. Carr, in turn, was bested in the "bulky guys" division by NOVA's Jerry Merkel. John Potter (WRC) captured masters honors in 28:33.

First finisher in the women's race was an unknown "bandit" who crossed the line in an outstanding 28:45. Officially, Marianne Dickerson (29:41), will have her name inscribed on the Uptown Cup along with White's. Just behind Dickerson was Kathy Ventura-Merkel, wife of "bulky guys" award winner Jerry Merkel. Kathy, a mother of two, showed some of the potential she has to be among the area's best women runners when she is able to accomplish some extended training. Third place on the women's side went to Laura Fiedler.

**Men:** 1. David White (WRC), 24:30; 2. Darrell General, 24:43; 3. Henry Phelan, 24:44; 4. Chris Chottin, 25:03; 5. Kurt Kroemer (WRC), 25:11; 6. Paul Jacobson, 26:16;

7. Robert Rodriguez (WRC), 26:20; 8. John M. Walsh (WRC), 26:25; 9. Stewart Holm, 26:24; 10. Douglas Slocum, 26:41; 13. Jerry Merkel (NOVA), 27:18; 15. Patrick 'Rocco' Carr (WRC); 27:28; 16. Bob Cosby (WRC), 28:04; 20. John Potter (WRC), 28:33 (1st master); 22. Phil Stewart (WRC), 28:45; 31. Herb Chisholm, 29:33 (1st 50-59); Tom Kurihara (PVSTC), 30:33.

Women: 1. Marianne Dickerson, 29:41; 2. Kathy Ventura-Merkel (NOVA), 29:59; 3. Laura Fiedler, 30:36.

### NOVA'S SCOTT CELLEY AND BARBARA FRECH SET RECORDS IN CAPITOL HILL CLASSIC

by Don Pedro, WRC Staff Writer

WRC's David White, defending champion at the Capitol Hill classic 10-kilometer race may 4, tried gallantly to make it three in a row by taking the pace out at 4:30 for the first mile. Scott Celley of NOVA trailed by about 15 seconds at that point but was biding his time. By the half-way point Celley had passed White in near text-book strategy and went on to win with a new course record of 30:49. White finished second in 31:09.

Defending women's champion, Barbara Frech of NOVA, won the women's division and broke her own course record with a winning time of 37:28.

Bands played on street corners as more than 1,000 runners ran a zig-zag course behind the Capitol building, around RFK Stadium, then down Capitol Hill, around the Capitol, and back up the hill. A cool spring morning with low humidity made the shadows sharp and clear.

Despite losing the individual title White did lead a WRC contingent to the group title. Joined by Wayne Allen (32:49) and John Walsh (33:16) this WRC team defeated a team that included Celley and 3rd place finisher Todd Coolidge, representing Capitol Sports.

Men: 1. Scott Celley (NOVA), 30:49; 2. David White (WRC), 31:09; 3. Todd Coolidge, 31:34; 5. Pablo Gomez, 32:17; 6. Wayne Allen (WRC), 32:49; 10. John Walsh (WRC), 33:15; 12. Roberto Rodriguez (WRC), 33:35; 13. Pete Nye (WRC), 33:48; 16. Gust Svanson (WRC), 33:57 (1st master); 17. Jerry Merkle (NOVA), 33:58; 18. 'Rocco' Carr (WRC), 34:00; 23. Craig 'Sri' Voise (WRC), 34:44; 35. John Potter (WRC), 35:35; 36. Mark Doles (WRC), 35:39; 37. Bobby Bauer (WRC), 35:42; J.J. Wind (WRC), 35:53; 42. Bob Trost (WRC), 36:07; 122. Jeff Wice (WRC), 39:18; Bob Mallet (WRC), 48:24; Count Baker (WRC), 00:00.

Women: 1. Barbara Frech (NOVA), 37:29; 2. Laurel Park, 38:44; 3. Susie Barbie, 39:26; 4. Louise Mallet (WRC), 39:31; 6. Betty Blank (WRC), 40:22; 8. Becky Nolan (WRC), 40:57; 11. Val Nye (WRC), 43:07; Joanne Mallet (WRC), 46:44;

### FLOWER CITY'S LILAC RACE NO RELIEF FROM THE HEAT

Special to WRC Newsletter  
by R.P. Trost

(Rochester, NY.) — With the Washington area weather forecast for the weekend of May 17 and 18 sounding more like mid-August than mid-Spring, I

decided to head north in search of more favorable racing conditions.

Strangely enough, I ended up in my old home town, Rochester, New York, toeing the starting line for the Manufacturer's Hanover 10k. But rather than escaping from D.C.'s hazy, hot, and humid Hometown 15k Run, my only escape was to delay the D.C. race's early 8:30 a.m. starting time. You see, up along the shores of Lake Ontario they are more concerned with the weather being warm enough, not too warm at this time of year. The result was that at 10 a.m. we were greeted by sunny, humid weather with the thermometer in the 80's. Great weather for the beach, except that the Lake Ontario water temperature was still hovering around 48 degrees. Not so great weather if you are staring into the uphill first mile of a 10k road adventure.

Manny Hanny, as the sponsoring bank is known among New Yorkers, has succeeded in making the Lilac 10k a first class event. They are also, you might recall, a primary sponsor of that little marathon contested each autumn through the boroughs of the Big Apple. The list of past winners and runners-up reads like a distance racing who's who. Included are 1984 Olympic marathoners John Tuttle and Peter Pfitzinger, former tracksters Dick Buerkle and Matt Centrovitz, and road aces Paul Stemmer, Bruce Bickford, and Sosthenes Bitok.

This year's list of invitees included Pfitzinger, Tuttle, Bitok, Terry Goodenough, and less well known Buffalonative Bernie Prabucki who now lives in Durham, N.C. All those except Bitok, a Kenyan, are Western New York natives. Noted masters runners Barry Brown, another upstate New Yorker, and Englishman Allan Rushmer were also invited.

The women's field included Pete's wife Chris Pfitzinger, a New Zealand native, Julie Isphording, Michelle Bush, Jeanne Pare, and Ellen Weglarz of Bloomfield Hills, Michigan.

Prize money went to the 1st-8th place finishers with the winners taking home \$1,000 each while an 8th place finish was worth \$100. Master's prize money went three deep (\$500, \$350 and \$200) for the men and two deep (\$300, \$150) for the women.

At the gun eleven men moved to the front although by the first mile mark the group had shrunk to five — Pfitzinger, Tuttle, John Bagley (a former D.C. Marathon winner and Rochester native) Bitok and Prabucki. Tuttle attempted to take command before the race was half finished with a long surge, but the pack refused to let him go. They raced as a pack until the five mile mark, where Cornell grad Pfitzinger took the initiative and began opening a gap that widened to 20 yards. It looked as though he was in command, but during a long downhill stretch to the finish line Bernie Prabucki kicked past Pfitzinger to win by four seconds in 29:44. Tuttle was third (29:54) and Bitok made it four finishers under 30 minutes (29:57). Scott Bagley, who one might have guessed was out of his league, finished a strong and surprising 5th in 30:02.

Allan Rushmer had an easy time of things in the masters race, finishing 13th overall in 31:42. Barry Brown (32:36) was the second master and 23rd overall.

An anticipated battle between Chris Pfitzinger and

Julie Isphording in the women's race never materialized when Pfitzinger dropped out around three miles suffering from heat exhaustion. Isphording won going away in 35:13, while New York City's Jeanne Pare was second in 35:36, and Weglarz third in 37:01. Arlington's Cindy Dalrymple bested the women's masters field and carried off the \$300 prize with a time of 41:29.

**Partial Results: Men** — 1. Bernie Prabucki, 29:44; 2. Peter Pfitzinger (New Balance), 29:48; 3. John Tuttle (Kangaroos), 29:54; 4. Sosthenes Bitok, 29:57; 5. Scott Bagley, 30:02; 6. Dan Predmore (New Balance), 30:31; 7. Terry Goodenough, 30:42; Jim Ferris, 34:15 (3rd masters); Bob Trost (WRC), 37:16.

**Women** — 1. Julie Isphording (Converse), 35:13; 2. Jeanne Pare, 35:36; 3. Ellen Weglarz, 37:01; 4. Nancy Miesczak (Greater Buffalo T.C.), 37:31; 5. Alicia Hauber, 37:55; 13. Ellen Coyne, 41:31; Sally Snyder, 45:39 (2nd masters).

## RUNNING ON EMPTY

*The editor regrets having to run this kind of trash in our very classy newsletter. However, Ira 'Tons of Fun' Pesserilo pays his dues just like the rest of us so we have to provide space as available. If you agree with us that Ira should be shut up send in your own contributions and we can just say, "Gee, sorry Ira, but we didn't have space. Toodleooooooooo."*

Well sports fans, lets get right to the point. After the last edition of WRC's longest continuing soap opera, you're all still shaking your heads in disbelief. Ira actually got serious in *Running on Empty*? Does this mean that Ira's finally growing? Does this mean that Ira has realized that the problems of the world can't be solved by cracking jokes? Has a more mature Ira decided to use *Running on Empty* in a meaningful, thought-provoking way, to address the vital issues of the day and make the world a better place for people to live . . . Naaah, I think I'll return to bad taste and tomfoolery.

But before I commence being obnoxious again, let me tell you about my last race. It was the Mt. SAC (an acronym for San Antonio College) 10k, run in conjunction with the Mount SAC Relays.

Imagine, if you will, a course about as hilly as the NIH 10 miler, run through a broiling desert heat, with an unhealthy dose of smog, after a solid month of cool, crisp, partly cloudy, and unpolluted weather. Then imagine developing blisters on each foot the size of silver dollars, and practically limping across the finish. Imagine getting a p.w. (personal worst) of 88 minutes (maybe a world record worst) for 10k. And imagine staying for that day's world class track meet, and getting a world class sunburn. Finally, imagine waking up the next morning, your feet looking like fresh hamburger (*in Ira's case undoubtedly ground round—ed.*), swollen so badly from sun and abuse that you are barely able get street shoes on them.

You got all that in your heads, sports fans? Good, then I won't have to describe that race and its aftermath in graphic detail! And after a month of good

training, and finally having whittled away some of the excess baggage, I couldn't run for a week because of my hacked up feet. I also remain badly sunburned. But, sports fans, all bad things must come to end and today, finally able to walk straight again, I ran two miles. If you were expecting that to mean I was finished with *Running on Empty*, no such luck. It looks like there is a heap of training ahead of me before I race again (*does that mean the excess baggage has returned—ed.*), but I'm still gonna get a PR at the LA 10k next January . . . wearing Brooks shoes! (Hear that Will Albers).

And now that we're on the subject of Will, it's time, at last, to get back to the bad taste and tomfoolery. Last February, when Will came to LA, I gave him a small souvenir of Southern California, symbolizing the West Coast life-style. I'm not going to say what it was, but a.) it came from a men's room vending machine, and b.) Will better have brought it home to Laura, unused.

Speaking of Laura, NBC carried some of the New Jersey Waterfront Marathon (after the golf match ran overtime) and the cameras did a one minute close-up of Laura. I taped it, and sent it off to the Albers in Grand Rapids. Laura can watch herself on tape, and Will can drool over Kathy Switzer and the outfit she had on. Did you guys see that blue tights and top combination she was wearing. And did you see her running up to guys on the course and interviewing them during the race. Kathy Switzer can run along with me, preferably ahead of me, anytime. I mean she is even a match for the redhead with the rear end. You were wondering when I was going to bring that up again, huh sports fans? Take that Barbara Miller.

Speaking of Barbara, let me say a few words about my worthy opponent at next year's LA Coliseum 10k. I have heard from a reliable source (no names, but his initials at RR) that Barbara has bought a pair of racing flats. Odd, I didn't know they sold racing flats at Bloomies! Oh, by the way, I've sent out a press release to tell LA Barbara is coming, and the local Hadassah is holding a bagel brunch in her honor. In Beverly Hills, of course.

Another note about the N.J. Waterfront Marathon. New York sportscaster Steve Albert did the close-up on Laura. But unbeknownst even to Steve, she wasn't the first WRCer to get into one of his broadcasts. About 15 years ago, Steve Albert was studying broadcast journalism at Kent State U. and doing play-by-play of Kent St. hockey for the campus radio station, WKSU. At one game, yours truly, who also attended Kent St. back in those prehistoric days, sat right underneath the announcers table, but forgot to purchase a program. Steve, announcing the game live directly above me at the unenclosed arena, of course had a program. After every goal, me, in my normal quiet, soft spoken way (*you haven't changed a bit, Ira—ed.*) would squawk "Hey Steve, who was that guy, number 88, who scored the goal?" The final tally was something like 9-7, which meant Steve and I had shared the microphone about 16 times that day. Steve, a trouper even then, wasn't the slightest bit ruffled. Afterward, without a so much as a hint of emotion he handed me his program. I said, "But Steve, what will I



do with this now that the game is over." With a straight face Steve Albert replied, "Ira, do I really need to tell you where you can stick that program."

Well, Ira, what have you to say for yourself now? After raising everyone's hopes and expectations with your last *Running on Empty*, here you go again making sexist remarks, picking on Barbara Miller, insulting the intelligence of the entire club, once again, parading your disgraceful behavior for the whole world to see? Can you say so much as a single word in your own defense.

Yes sports fans, I can say one word; Toodleooooooooo!

## MASSANUTTEN MOUNTAIN CONDUCTS 50 MILE MASSACRE

*Special to WRC Newsletter  
by Jim Hagen*

Ed Demoney, race director and master of understatement, warned participants that the course would be tougher than the Old Dominion 100 miler because it was virtually all on Massanutten mountain trails.

Eventual winner, David Horton, a 36 year old Lynchburg, Va. resident, called it the hardest 50 mile he has ever run. "I ran hard and that was the best I could do. I have never run a tougher course anywhere." Most runners agreed that you need to add about three hours to your best 50 mile time to compensate for the climbing and terrain on this course.

The 61 participants came from thirteen different states, and included 6 women in this first running of what is planned as an annual event.

An eight hour time limit at the 34-mile mark reduced the starting field of 61 to 36 runners, and a ten hour curfew at the 43-mile check station further reduced the competitors to 22 hearty souls. Race organizers deem the cut-offs essential to ensure that no runners are left on the trails after dark.

Horton had trailed Wes Kessenich, 23, of Gettysburg, Pa. and 27 year old Alan Doss of Mallory, W. Va., by 15 and 10 minutes, respectively, at the 20 mile point. But a wrong turn at Veach Gap cost Kessenich the lead and young Doss plain wore down, while the talented and patient Horton picked up his pace.

The women entrants included ultra race regular Carole Williams, 25, of New York City, and Ice Age 50 Miler winner Sally Webb, a 35 year old resident of Perry, Michigan. Both of these women made the eight hour, 34 mile cutoff, but failed to reach the ten hour check point on time. As a result, there were no women finishers.

At a pre-race dinner in Detrick, Va., race director Demoney encouraged the runners to enjoy the spectacular scenery from atop the mountains and warned the runners that the spring turkey season was open, and gobbling on the course would be ill-advised. It is doubtful that any runners either saw the scenery, or worried much about the turkey hunters because they were far too busy concentrating on the trail and trying to find a place for their next foot plant.

My own recollection consists of seeing many germinating acorns on and along the trail, some bear drop-

pings (Yes, Virginia bears do it in the woods), and, rather ludicrously, a fresh banana peel on a very narrow and rather dangerous part of the trail where a slip could have meant a long fall onto some very hard rocks. The peel didn't present a footing problem; it was just the knowledge that a runner would drop it on a particularly tough part of the trail rather than dropping it down the side of the mountain.

Although you can't enjoy the scenery on the course, you do learn some colorful names. Places like Chalybeate Springs, Milford Gap., Indian Grave Ridge, Bear Rocks, Little Crease, Shermans Gap and Buzzard Rock become part of your vocabulary.

For those of you who don't run ultra trail races and suspect the sanity of those that do, here is a guaranteed way to settle the issue once and for all. Some nice weekend, drive over to Front Royal, Virginia. Take Route 55W to Waterlick and then routes 678 and 619 to the Fish Hatchery. About a mile east of the hatchery, you will find an orange trail blaze which leads up the mountain to the tip of Buzzard Rock. Climb up to Buzzard Rock, being careful near the top not to slip and fall. Now ask yourself how any sane person could run at all on such terrain. Then think of the 61 souls who chose to run 50 miles of this terrain.

After dropping out of the Old Dominion 100 Miler last year, I entered this race with the goal of just finishing within the time limit. I ran hard to 20 miles, coasted to 25, and reached the eight hour cutoff with 45 minutes to spare. The long and slow climb back up to Buzzard Rock after the turn forced me to do some hard and painful down hill running in order to make the 10-hour curfew at the 44 mile point. The mind was agreeable to hard running on the rocky downhill, but the quads complained vigorously. I reached the checkpoint with just 8 minutes to spare and was greeted by a young woman who said, "You've got it made now — only a 10k to go and you have two hours to do it in."

From the 44 mile point you go up yet another steep hill for a mile and then gradually climb through the next mile. By the time you reach the top of the mountain, much of your time cushion has disappeared and you are grasped by the trail runners greatest fear — that you have gone off the trail. Even with the orange blazes clearly visible, I began to think that I had somehow gone past the final checkpoint and was running away from the direction that I should be going. I wasn't afraid of being lost, one can always backtrack and find the proper trail, my concern was that over 11 hours of hard work, mental and physical, had been wasted. After 11 hours and 5 minutes, I made a few hollers in hope of generating a response from the checkpoint. No answer. Did the rascals shut down the checkpoint after 11 hours. Surely Demoney would have told us if they planned to do so — wouldn't he.

After a bit more running and a few more hollers, the checkpoint (47.2 miles) came into view, leaving me fifty minutes to get to the finish line. A cup of ice water picked up my spirits considerably and I started down the trail leading off the mountain. Two runners passed me going down the hill, which bruised my ego a bit, but nearly as much as my quads hurt each time I tried to pick up my pace. The rolling pavement which began near the mountain's base was quite another

matter however, as it enabled me to do some hard running and pass one of the two before reaching the finish line in 11:33:34.

What's the best part of a race like the Massanutten Mountain Massacre? Finishing it! Finishing means you never have to go back and try it again.

### WRCers FINDS SAFE HAVEN FOR MARATHON WATCHING

by WRC Special Reporter  
Jeffrey M. Wice

"Hey, where is everybody," I thought to myself as I entered Poor Robert's bar in the Cleveland Park neighborhood ready to watch the Boston Marathon on cable TV. I felt like the Bob Uecker of marathon viewing when the only people lining the bar were the lunchtime regulars who were interested only in an end to the intermittent rains so they could get out to the golf course sometime that day.

This Connecticut Avenue friendly tavern is a sports viewers delight. Poor Robert's may be the only place in Washington where all cable television channels are shown on two large color screens via a satellite dish set up on the bar's roof. On any given evening in April or May, you may find Celtics fans battling Capitols diehards for the right to view a "must win" playoff game. In between, bedraggled members of the Ed Kranepool Society hope that the NY Mets game might be tuned in as a commonly acceptable alternative. Pity the newcomer who enters the bastion of "regulars" and asks that his European soccer match be considered, the man behind the timber is likely to retort, "I don't even know your name."

Learning that this year's Boston Marathon was to be telecast live on the ESPN network, I arranged to spend an extended lunch hour(s) at Poor Robert's. Luckily, there is no competition from the daytime soaps on cable and those cable favorite Chicago Cubs weren't televised that afternoon.

After calling to learn that the satellite dish would be working at the noontime hour, I arrived via the convenient Cleveland Park Metro stop and was no sooner seated near one of the screens than the man in charge asked if I was "the guy who called about the marathon." Had he recognized me by my ectomorphic physique, or, more likely, as I the only in the place he didn't recognize? Whatever, he quickly beamed in ESPN and I ordered a Diet Coke (remembering my later return to work) just as De Castella passed the Farmingham checkpoint at 6.7 miles.

Poor Robert's is nestled between two restaurants, the Roma Restaurant and the Roma Raw Bar. Patrons have the option of ordering from either menu. In honor of the marathon I ordered spaghetti, salad, and an order of Italian bread.

The race itself is now history, but during the course of events I got to explain to the bartender why Ingrid Kristiansen wore gloves despite the 60 degree weather. "After all, Boston is a very proper city where all the ladies wear gloves." Perhaps we WRCers can all make plans to meet there for the next big cable televised race.

Poor Robert's, 3419 Connecticut Ave. N.W., 363-839 to determine baseball, basketball, marathons, etc.

### WRC RUNNING NOTES

The Philadelphia Distance Run (½ marathon) scheduled for September 14 is a WRC team race. Anyone wishing to run with a club team — there will be separate master's competition, this is the TAC Master's ½-Marathon Championship — must submit their entry with the team. Those wishing to run with a WRC team should send their completed entry form to John Walsh, 2827 28th St., N.W., Washington, D.C. 20008. A block of rooms has been reserved for the club at the Hershey Hotel in Philadelphia and \$30 in expense money has been appropriated for each club member running the race. Telephone Walsh at 785-6873 during business hours for more information.

Laura DeWald Albers ran a 2:41:06 (the fastest marathon by a WRC woman this year) at the New Jersey Marathon May 4. The time was good enough for a 6th place finish in the women's division. The race attracted an outstanding field this year, with William Donakowski running a 2:11:40 to win the men's division and Rita Borralho of Portugal winning the women's division in 2:35:37.

We inadvertently missed reporting Tristram Kruger's time from our account of the Boston Marathon last month. Tris ran 3:18:28 and gets his name in bold face type this time around.

Due to an alcohol-induced editing error we also missed the date of the final *Bunion Derby* series race. The Bluemont Park 10k will take place on Thursday, August 7 at 7:00 p.m., not August 8 as we reported last month.

Wayne Allen who has had a fine spring campaign finally recorded a much deserved victory at the Armed Forces 10k, May 18. Navy man Allen posted a 33:08 to win the West Potomac Park race.

Dick Good was the oldest finisher — and one of only four — at the Blue Ridge Odyssey, May 1-4. Dick covered 217 miles over the four days, in stages of 61, 59, 57, and 40 miles. The Odyssey was conducted over the mountainous Blue Ridge Parkway beginning in Waynesboro, Va. and ending at the Virginia-North Carolina border.

#### 25th ANNUAL BUNION DERBY SERIES

Date	Location/Distance	Time
June 8	Hains Pt.(Hugh Jascourt Race)/4mi.	8:00 a.m.
June 12	Carderock/10k	7:00 p.m.
June 26	Ft. Dupont Pk./Mystery Distance	7:00 p.m.
July 2	Langley/8k (DCRRC Championship)	7:00 p.m.
July 8	Annandale/10k	7:00 p.m.
July 23	Reston/8k	7:15 p.m.
July 29	American U./10k	7:00 p.m.
Aug. 7	Bluemont Pk./10k	7:00 p.m.

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## RACE RESULTS

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### Washington Naval District 5K, May 3

1. Wayne Allen (WRC), 15:48; 2. Scott Lister, 16:38; 3. Andrew Farmer, 17:24

### Figure 8 Eight Miler, May 4

Men—1. Stephen Kunin, 50:47; 2. Gary Achterberg, 50:48; 3. Jay Eagen, 54:47; 4. James Scarborough (WRC), 56:26.

Women—1. Kitsie Higgins, 58:26.

### H.Q. Army 10K, May 4

Men: 1. Jim Eastman, 32:14; 2. Ray Velez (WRC), 32:38; 3. Fay Bradley (GNATS), 33:26; 5. Tom Waites, 33:40

Women: 1. Marianne Dickerson, 36:24; 10. Margaret Noel (WRC), 45:19.

### Clydes (Columbia) 10K, May 4

Men: 1. Chris Fox, 29:17; 2. Joseph Kipsang, 29:19; 3. Steve Spence (WRC), 29:25; 4. Gerry Clapper (WRC), 29:35; 5. Dave McCormack, 29:47; 7. Matt Wilson, 30:30:40; 8. Jim Hage (WRC), 30:50

Women: 1. Maria Pazarentzos (WRC), 34:49; 2. Patty Weldon, 35:27; 3. Mary Alico (WRC), 35:40.

### Fraternal Order of Police 10K (Rockville), May 18

Men: 1. Joseph Kipsang, 30:15.10; 2. Chris Fox, 30:15.40; 3. Jeff Scuffins (WRC), 31:02; 4. Jim Hage (WRC), 31:24

Women: 1. Karin Wagner (WRC), 35:09; 2. Maria Pazarentzos (WRC), 36:36; 3. Mary Bolt, 36:58; 6. Martha Orem, 38:15; 7. Pam Briscoe (WRC), 39:06; 8. Gretchen Triantos, 39:25; Kathy Hibbert (RC<sup>2</sup>), 40:39.

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## NEW MEMBERS

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Mary Alico joins the Washington Running Club with a 10K p.r. of 34:50 and a 58:20 p.r. for 10 miles. This year Mary has finished 2nd at the Bethesda Chase 20K in 78:38 and clocked a 35:40 at the Clydes (Columbia) 10K to take 3rd place.

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## CLUB NOTES

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### Club Uniforms

Singlets	\$ 11.00
Shorts	11.00
Hooded Shirts	17.50
Club T-shirts	6.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, c/o Pat Carr, 4532 Taney Ave., #202, Alexandria, VA 22304. Indicate sizes (S,M,L,XL) and whether men's or women's model.