
Washington Running Club Newsletter

Volume 13, Number 8



September, 1993

Next Meeting: The next WRC Club Meeting will be held at the Prez's Winter Palace on Friday, October 8th beginning around 8:00. Call the Prez himself at 301/983-2283 if you need directions. The grills will be hot, so bring something to go along with the hot dogs and burgers. The heated pool and hot tub will be open!

Volunteers are needed!!!

For the Georgetown 10K
Saturday, October 9th and Sunday, October 10th

Every year, WRC assists with registration for the Georgetown 10K. This is our biggest money making event -- WRC receives \$ for every volunteer who works. Volunteers are especially needed between 11:00 a.m. and 3:00 p.m. on Saturday. Volunteers are also needed on Sunday morning between 7:00 and 9:30 a.m. for registration.

Please call Tris Kruger at 301/983-2283 or John O'Donnell at 202/625-1401 to volunteer. Try to come out and help WRC; many people are needed!

Note from the Editors: Again, our thanks are extended to everyone who has submitted articles and sent us information. We are sorry that we could not include everything in this issue. Special thanks go to Norm Brand for his article on the Chinese Women runners, Gerry Ives for maintaining the mailing list, George Banker for the results of the Central Fidelity Women's 8K (and the picture!) and Chris and Tris for their dutiful submissions of minutes and letters. The best news is that Gerry Ives has agreed to takeover the newsletter beginning in January. We hope we can continue to get the newsletters out over the next three months, but life here at the Merkel's is pretty hectic! Hope to see you at Georgetown!

-- Cathy and Jerry

Letter from the President:

Dear Editor: He's back! Mike Regan is again winning races and gearing up for a marathon, though he swears not in this city where he might be embarrassed (I could teach him a thing or two about that!). Sonny Clarke is running well as usual and Chris Stockdale is running in the water. Donna Moore is also doing well. The usual athletes I mention every week are doing their incredible things: Doheny (first 50+ at Philly), Ives, Merkel, Smythe, Burke. Johnny "The Traveler" O'Treasurer is blasting out the miles and hopes to break the 2:50s at the M.C. Marathon so he can again walk the Freedom Trail in Boston.

Now that the accolades have been acknowledged, I can move on to the subject at hand. Aging. Recently I read some interesting stuff in the AMAA Quarterly, September, '93 issue. Coach Roy Benson, an exercise physiologist who trains masters runners and used to be a distance coach at the University of Florida for ten years, asks in an article reprinted from Masters Sports Newsletter "how long do the best years last?: Things That Bend Your Improvement Curve One Way or Another". Coach Benson talks about five factors. One, previous history -- "are you an adult onset athlete (AOA) or is this your second jockhood (SJ)". AOAs aren't "scarred up" as much from old injuries and aren't as familiar with pain, torture and agony as SJs who have taught their bodies to tune out the brain's messages of exhaustion. AOAs don't know the difference between 90% and true 100% effort. "endurance athletes are limited by how many times we dip down into the well of 100% effort." Two, biomechanical brakes -- peak performances produce either slower times as injuries or we push ourselves to the point of biomechanical overload. Avoidance requires cross training, stretching exercises, easy days. Benson mentions the dreaded "Cadillac engine/Chevy transmission Syndrome", i.e., too much heart and lungs for the limbs (he did not mention the Maverick). Three: physiological ceiling: athletes who constantly push can get sick due to immune system overload.

Four: psychological toughness; an overtrained athlete has to start being mentally tough very early in the race due to fatigue, where as the undertrained athlete feels great for a short while but requires a colossal mental struggle from where they ran out of gas to the finish line. Five: emotional burnout; as the great runner-physician George Sheehan would say: listen to your body better -- feel bad?, run slow; feel good?, run fast.

Benson says AOAs and SJs can expect 3 - 6 years in which to set PRs - on the shorter side for SJs. The rest of us will just wait for the demise and say "we're just here for the beer".

What need to be stressed here is the colossal commitment of one's physical and mental capability to the pursuit of excellence in the most demanding of endeavors. To even consider performing at the peak level in this grueling "sport" necessarily requires a higher order of person than can be found in "normal" society. Don't forget that as a "runner", you define yourself as superlative!

Your truly, Tris, WRC President

Minutes of WRC Meeting: July 10, 1993

The meeting was held at President Kruger's house where a few loyal members attended to partake of the traditional sumptuous repast of hamburgers, hot dogs, chips and beer.

Racing teams were discussed. We hope to field teams for the Marine Corps Marathon. As a reward, Pres. Kruger has offered to host a post marathon celebration at his house, where the hot tub will be ready and waiting. John O'Donnell suggested the club spend its few dollars in sponsoring a hotel suite after the marathon -- he was quickly booted down.

Those members who run the Philadelphia Distance Run outfitted in a WRC singlet will have their race entry fee reimbursed.

As it does every year, the club will be providing volunteers to work the Georgetown 10K on October 9th (for packet pick up) and October 10th (race day registration). All members are asked to come out and help. If they don't hear from you, Tris and John O'Donnell will call and will accept no excuses for non-participation.

Volunteers are also needed for the President's Annul Run (no, it's not election time again!). It's President Kruger's Potomac 5K to be held on October 30th. If you don't want to help with the race, plan to run it for the paltry sum of \$12 for which you will receive a classic long sleeve tee shirt and the chance to win a unique trophy. In addition, you will also be contributing to the preservation of the President's bank account as he is covering all the expenses for the race.

James Scarborough announced that he has challenged NOVA to a football game on October 3rd, James also gave a run down on upcoming area races. Call James at 703/536-7764 for details.

There being no further business, the meeting was adjourned and the festivities were continued in the Winter Palace, the weather having turned unseasonably cold.

Respectfully yours.

Chris Stockdale, WRC Secretary

Items of Interest:

The club welcomes Amy Durham back from her summer in Moscow.

Norm Brand informs us that former WRC member Dennis Jett will be sworn in as Ambassador to Mozambique on October 8th. Best of luck to him in his new post!

WRC made a good showing at the recent Central Fidelity Women's 8K. Maria Pazarentos was thirteenth overall and third local runner with a time of 27:40; Sonny Clarke ran a P.R. of 27:58 (?); Donna Moore ran a blazing 28:40 followed closely behind by Louise Kelley and Carole Schultz who both ran below 29 minutes. In the mother of four category, your editor ran a 31:30, enjoying her time alone away from the kids. Next time, WRC will have to field some teams. I don't think we would have been first, but we could have had teams taking second and third.

Chris Stockdale is looking for companions for deep water running sessions. As you may know, deep water running is a great way for injured runners to stay fit and also for uninjured runners to give their legs a break from pounding on the asphalt. But it's tedious to do on your own. If anyone is interested in getting together once or twice a week at the Martin Luther King Pool in Silver Spring (a Montgomery County facility that has a hot tub, weight room and designates a separate area for deep water running), please call Chris at 301/588-3734.

Please note: Tris needs both runners and helpers at the Potomac 5K on October 30th at 9 a.m. -- call for details. The club also requires your help (see Bylaws: Reimbursement for Races) at the Georgetown 10K on October 10th. Call an officer to volunteer -- phone immediately!

Upcoming Team Races:

Army 10 Miler, October 17th

Marine Corps Marathon, October 24th

Remarkable Performances by Chinese Women Runners

At the World Championships in Stuttgart, everyone was astounded by the Chinese women distance runners who took 6 of 9 medals in the 1500, 3000, and 10000. Then, in early September, five world and three world junior (under 20) records were broken in Beijing. Kenny Moore's article in Sports Illustrated (Sept. 27) gives a good background for the performances. Here are details on the September races, with the dates of competition and birth years of the runners.

400- final 9/11

- 1 Ma Yuqing 49.81 NR WL
- 2 Zhang Henyun 51.25 NJR

800- heats 9/8, final 9/9

- 1 Liu Dong '73 1:55.54 NR
- 2 Qu Yunxia '72 1:56.24
- 3 Liu Li '71 1:57.18
- 4 Lu Yi '74 1:57.77 4WJ
- 5 Wang Yuan '77 1:58.16

In the 800 heats, Wang Yuan set a World Junior Record of 1:57.18, beating Mutola's mark, and Liu Li set a NR with 1:56.96, bettered in the next heat by Liu Dong with 1:56.25, then bettered in the final as shown. There were maybe 10 under 2:00. (NR= National Record; WL= World Leader; 4WJ= 4th World Junior performer; and so forth.)

1500- heats 9/10, final 9/11

- 1 Qu Yunxia '72 3:50.46 WR
- 2 Wang Junxia '75 3:51.92 2W
- 3 Zhang Linli '74 3:57.46
- ..
- 7 Wang Yuan '77 3:59.81 WJR

3000- heats 9/12, final 9/13

- 1 Wang Junxia '75 8:06.11 WR
- 2 Qu Yunxia '72 8:12.18 2W
- 3 Zhang Linli '74 8:16.50 5W
- 4 Ma Liyan '68 8:21.26 7W
- 5 Zhang Lirong '73 8:21.84

Wang Yuan's WJR of 3:59.81 beat her WJR set in the heats. In the 3000, 12th place was 8:55.70. More trading of World Records in the heats: Zhang Linli ran 8:22.06 in the 1st and Wang Junxia went 8:12.19 in the 2d, with Qu Yunxia close behind in 8:12.27 and Ma Liyan 3d in 8:19.78. These times account for the top 7 times ever in the 3000; in fact, 10 times from that event were better than Kazankina's previous World Record!

10,000- finals 9/8

- 1 Wang Junxia '75 29:31.78 WR
 - 2 Zhong Huandi '67 30:13.37 2W
 - 3 Zhang Lirong '73 31:09.25 9W
 - 4 Ma Liyan '68 31:10.46 11W
 - 5 Zhang Linli '74 31:16.28
- (8 others under 32:00)

Are these times for real? Yes. Check Kenny Moore's story. These are the kilometer splits in the 10,000 with average lap times:

1	2:54.7	69.88 sec	6	3:04.3	73.72
2	3:01.8	72.72	7	3:04.3	73.72
3	3:02.6	73.04	8	2:45.6	66.24! Wang took lead
4	3:03.6	73.44	9	2:44.9	65.96
5	3:03.0	73.20	10	2:47.0	66.80
	15:05.8			14:26.0!	(11" better than current WR)

With years of training at high altitude, starting at a young age, and proper diet, these times are not out of line with human capacities. All right ladies, it's off to Nepal.

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$30 Individual Membership

\$25 Family Membership

Name _____ Date of Birth _____
Address _____
Phone h) _____ w) _____ Is this a Renewal (yes) _____ (no) _____

It would be helpful if you could fill out the information below to enable us to put together teams

BEST TIMES IN 1992

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PR's

10K _____ 10 Miles _____ Marathon _____ Other _____

Family Member's

Name _____ Date of Birth _____

Name _____ Date of Birth _____

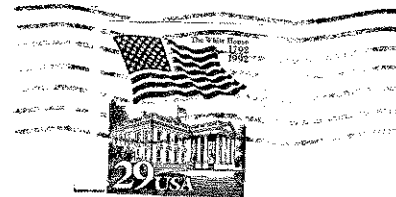
Name _____ Date of Birth _____

Make checks payable to WASHINGTON RUNNING CLUB and send to:

Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

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