

WASHINGTON RUNNING CLUB NEWSLETTER
July, 1979

It's that time again folks, another Washington Running Club Newsletter filled with news of the world and gossip of the local Washington area.

The next meeting will be on Friday, July 13th at the Buell, Naylor, Rincon Country Club conveniently located in Connecticut Avenue Estates in beautiful rural Wheaton. Directions to this exclusive club: From the Beltway take Connecticut Avenue (north) exit, Connecticut Avenue to Randolph Road, make a right on Randolph Road, Randolph to Bluhill Drive, right turn on Bluhill, Bluhill to Clay Street (Second road to the right), right turn on Clay Street to 3309 Clay (third house on right). If you are coming from the east take the Georgia Avenue North exit and follow Georgia North to Randolph Road and Turn left then turn left onto Bluhill. 933-7427 if you get lost.

There will be a club fun run (5-7 miles) followed by a swim in the WRC swimming pool. Meeting to follow promptly.

6:00 p.m. fun run followed by swim
7:30 p.m. meeting

Pizzas and munchies will be provided. This will be an important meeting. We will cover the Upper Marlboro Race which has the potential to add \$200.00 to the Club's treasury. Club members will be assigned jobs for the race. We must have complete Club support in this endeavor. Please make an effort to show up. We will also talk about the 36 miler where the individual winner and winning team will receive expenses to Scotland for the Twin Bridges Race. As of June 30, 1979 you must be a WRC member in order to qualify and represent the Club.

Now for results we turn over this news report to the Ayatollah with race results from around the world and locally too.

Peter Nye won the National Heart Association 10K race in D.C. on May 26th in 32:13, Jay Romasco was second in 33:20. The course was most likely 300 yards long.

Will Albers won the PVAU 15K Haines Point in 48:52. Jim Berka was second in 49:02. Peter Nye was third in 49:32, Robert Rodriguez was fourth in 51:21. Ray Morrison was sixth in 51:43. Will Albers prepared for his race well drinking many Ayatollah colas the night before. He had a chugging contest with the Ayatollah and lost. But after vomiting ten minutes before the race won the race and earned half airfare to the National PVAU 15K in which he finished 16th on July 4th on his vacation. By the way, WRC won the team competition. The Hecht Company 10 miler was won by Jim Buell after pulling away from Terry Baker at about 8 miles. His time was 50:25, Terry Baker was second in 50:57, Bruce Robinson was third in 51:30, Dan Rincon was fourth (coming back) in 51:37, Peter Nye was sixth in 52:52, Steve Gilmore was seventh in 53:10, Will Albers was eighth in 53:22, Jack Coffey was ninth in 54:19, Robert Rodrigues was 13th in 54:34, Mark Baldino was 14th in 55:23, Jay Romasco was 30th in 57:18, Rick Platt was 38th in 58:43, Jim Hagan was 57th in 60:24, Dick Spencer was 169th in 66:39, Larry Hubbard was 944th in 84:31.

Jennifer Rood was second in 65:54, Janet Hollack was third in 66:57, Mary Ellen Williams was fourth in 67:03, Sandra Sprinkle was fifth 68:15, Lisa Checki was 52nd place in 84:03, Phyllis Gible was 77th in 88:17, Terri Ryan was 167th in 1:44:35, Suzette Simon was 144th in 1:44:42.

The Columbia 12 mile was won by Bruce Robinson in 64:44. Ray Morrison was fourth in 65:54, Mike Bradley was ~~sixth~~ in 67:20.

The Schlitz Light 10K was won by Terry Baker in 30:15, Will Albers was second in 30:31, Jeff Peterson was third in 30:35, Bruce Robinson was fourth in 30:41, Peter Nye was seventh in 31:29, Dan Rincon was eight in 31:35, Mark Baldino was ninth in 31:37, Robert Rodriguez was 14th in 32:25, Jay Romasco was 18th in 32:53 and Ray Morrison was 23rd in 33:02. In the women's category Mary Walsh won in 34:30, Dotty Rowe was fifth in 40:29, Mary Ellen Williams was sixth in 40:30, Ruth Drengwitz was 17th in 43:12 and Hannah Rowe was 20th in 43:42.

The Takoma Park July 4th 15K was won by Robert Rodriguez in 50:13, Mike Henneberry was fourth. Mary Ellen Williams won the 5.3 mile. Jeff Peterson was second in 31:10 in the Clydes 10K race in Columbia, Maryland, Mark Johnson was fourth in 32:03, Ray Morrison was 13th in 33:35, Miek Bradley was 15th in 33:35. Steve Rosasco won the 40 and over division and Marge Rosasco won the women's division. Terry Baker finished 12th in a super packed field at the Peachtree Road Race in 29:42. Dan Rincon finished 24th in a time of 30:07, Jim Buell was 25th in 30:09, Bruce Robinson was 49th in 30:52, Mark Baldino was 92nd in 31:54, Jim Hagan was 179th in 33:48 and Kevin McTigue was about 215th in 34:32.

Cross country is shaping up to a full schedule. Dates for most races are tentative except for the following: September 15, College of William and Mary and Peninsula TC at William and Mary at 11:00 a.m.; September 29, Maryland Invitational 11:00 a.m. at College Park, Maryland. Workouts for the team will begin after August 5th. Please contact Ray Morrison (593-3834) if you plan to run on the teams.

Tenative meets:

- 1). Practice meet with George Mason University
- 2). Practice meet with University of Maryland
- 3). September 15: William and Mary and Peninsula TC
- 4). September 29: Maryland Invitational
- 5). Lehigh Invitational
- 6). Indiana Invitational
- 7). Penn State Invitational
- 8). Race over Raleigh Course (same course as National AAU x-country
- 9). November 24: National AAU Women's and Men's x-country, Raleigh, NC/