

WASHINGTON RUNNING CLUB NEWSLETTER

November, 1979

Now that you have stuffed yourself into oblivion, get off your tu-tu and start running off those extra pounds!!

The next WRC meeting will be held on Friday, December 7th at 8:00 p.m. at Bob and Delabian Rice Thurston's, 2135 Newport Place, NW (off 22nd Street between N and O Streets, NW). Since parking is scarce, we suggest you take the Subway and get off at Dupont Circle. WALKING DIRECTIONS: Southwest on New Hampshire Avenue to O Street; Right on O Street to 21st; Left on 21st Street to Newport Place and make a Right on Newport; 2135 Newport will be on your left. If you have any questions about directions, call Bob or Delabian at 293-7009 or Jim Hagan at 273-5808. We are expecting Will Albers to provide cookies!! See you there.

RACE RESULTS: Lynchburg 10 miler: Bruce Robinson was 18th in 50:25, Dan Rincon 20th in 50:33, Mike Greehan ran about 53:00, Mark Johnson and Jim Coffey finished high in about 53:00 (close to Greta Waitz), Marge Rosasco was the second woman in 59:00, John Sanders finished high in his age group (John, what was your time?). Peter Nye was 12th at the San Francisco Marathon in 2:26:30. In the Catoctin Race Dan Rincon was second, Steve Gilmore and Bruce Robinson finished in the top ten, Bob Thurston was 26th in 35:45, Bob Williams ran 38:52 and Mary Ellen Williams was the third woman in 42:20. Peter Nye was fourth in the Princeton Half Marathon in 1:09:13. Mark Johnson is really coming back. He was second at the Ocean City 10 miler. Jim Hagan won the Anacostia River Run in 33:11. Ron Martin won the Festival of Leaves in 32:17 and Peter Nye was second in 32:52. In the Montgomery Mall 10K Bruce Robinson and Jim Buell tied in 31:00. Steve Gilmore finished first in the Springfield 10 miler in 50:25 (hey Steve, where are you?) Jeff Petersen was second in 51:03, Will Albers placed third in 51:38 and Robert Rodriguez was fifth or sixth in the Springfield 10 miler. Jim Hagan was second in the Woodbridge 10K with 32:19. Will Albers won the National Jogging Day 20K in 1:05:19. In the Marine Corps Marathon Will Albers was second in 2:20:14 (congratulations to Will for qualifying for the Olympic trials!), Steve Gilmore was 11th in 2:22:46, Max White 12th in 2:23:09, Jim Berka 20th in 2:25:41, Peter Nye 22nd in 2:26:20, Steve Ciccarella 123rd in 2:40:33, Bob Harper 183rd in 2:44:05, Jim Hagan 192nd in 2:44:54, Dan Reeks 279th in 2:48:45, Jubie Aulisio 289th in 2:49:02, Dick Spencer ran 2:53, George Cushmac 2:58 and Joy and Larry Hubbard ran 3:35. (If WRC had been entered as a team in the Marine Corps Marathon, we would have won. Also, had our women been organized, we could have won that division as well. Laura DeWald and Gail Keponik where are you?) In the Greater Hershey 10K Will Albers took first place in about 31:18, Jeff Petersen ran 31:30, Steve Rosasco ran 38:31 and Marge Rosasco was the third woman in 37:38. Bruce Robinson won the Kennedy 10K in about 32 minutes. Both Bill and Bruce will have to answer for their freshness and being so spry the week after a marathon. Dan Rincon was second in the National Symphony 5 miler. Steve Ruckert was first in the Second Annual Columbia Harvey Derby 2.6 miler in 12:12. Robert Rodriguez won the PVAAU Cross Country 10K in 34:50. Congratulations to Mary Cassidy for winning the Double A High School Championship. Hannah Rowe was on the winning Seneca Valley team. Mary Ellen Williams was

the first woman to finish the Rockville 10K in 38:37 and Bob Williams finished in 40:30. Mary Ellen was the second female at the Ft. McNair 10K in 39:25 (ah, youth!), Bob Thurston ran 37:00 to finish second in his age group. Mary Ellen is the area representative for the Olympic Torch Relay on February 1st. She would love to have volunteers to run with the torch carriers. Please call Mary Ellen at 340-2044 if you want to help. The Louisville Invitational was won by Tom Burridge of the Mason Dixon Athletic Club in 29:42, Mike Greehan was seventh in 30:07, Jim Buell ninth in 30:14, Bruce Robinson 13th in 31:04, Dan Rincon 19th in 31:58, Dave Cornwell 25th in 32:23 and Ray Morrison 36th in 33:08. The team scoring was MDAC "A" 17, WRC 73 and SLTC 78. The course was hilly and muddy and the temperature was 45°.

DANNON TWO BRIDGES: Max White ran away with the 36-mile run winning the Dannon race in 3:34:51. Max won the very first Two Bridges in 1972; it was his first ultramarathon. In eighth was Vassili (Bill) Triantos in 3:55:46, with Bob Harper 10th in 3:59:06. Veteran 36-miler (and new WRC member) Les Kinon did 4:13:03 for 14th place. Joe Reiner, another new member, finished 34th in 4:42:20. Haverford AC won a close team contest, followed by Warren St. Socicel and Athletic Club, WRC and Human Energy. Bob and Delabian wish to thank all the Club members who helped out at the race.

WRC is looking for a race results coordinator to provide results to the Newsletter Committee. Any volunteers?

Marge Rosasco has been busy in the last few months. She was second behind Greta Waitz at the Lynchburg 10 miler in 59:46; first woman to finish the Ocean City 10 miler in 60:03; first woman to finish the Harrisburg Marathon in 3:00:03 (she caught the leader, Carole Myers, at the halfway point and struggled on to win); first woman at the BRC Half Marathon in 80:04 and was the third woman at the Greater Hershey 10K in 37:38. Marge's husband Steve has been just as busy. He ran the New York City Marathon in 3:09:20; Lynchburg in 64:20; Harrisburg Marathon in 3:03:15 (5th place in the Masters); the Sayder Hill 12 miler in 78:21 and the Greater Hershey 10K in 38:31.

Hey! We're losing Jenny White to the Charlottesville Track Club. She wants a team for the nationals. Having her in the Club has inspired many of us to match her dedication. Before she goes she's still one of us. Look at these times: U of M Invitational 5,000 meters (course record) 17:00; RRCA National Championships in New York 3 miles in 16:30 (second to Jan Merrill); 5,000 Cross Country Race in Connecticut, 18 minutes in a cold rain (again second to Jan Merrill--good company). Jenny is pointing for several championships, the Virginia State 5,000 meters and the Raleigh National AAU Championships. If she makes the top six at Raleigh she'll have her second berth on an international team and a trip to Paris. (Jenny, need a luggage carrier in Paris to keep the weight off your legs? Call Delabian.)

Max White is running as strong as Jenny! After winning the Dannon Two Bridges 36 miler Road Race in 3:34 on October 14th, he churned out a 2:23:09 at the Marine Corps Marathon on November 4th which was good for 12th place. He wanted to qualify for the trials but only felt fair. Following this performance feeling "fair" Max tied Will Albers for first

at the Reston 10K in 32:30 (the first mile was uphill). Max is chagrined about his "slow" winning times but he's still sore. Max has a schedule to run a qualifying time--Savannah, Ga., Mardi Gras, Boston! Meanwhile he's going to take it easy on marathons. Max will ride the Maryland Marathon doing the radio play-by-play. Watch for his column on running in the Alexandria Gazette, the oldest newspaper in the U.S.

UPCOMING RACES: December 2nd, the Maryland Marathon. Any WRC member who is running please call Jim Hagan at 273-5808. Jim will be entering the team so it is important that you contact him! On December 23rd the Third Annual Club Cross Country Championship will take place at Herring Run Park in Baltimore. This is an important Club race. WRC has won the title for the last two years and we can retire the trophy this year. The team will consist of four men and one woman. Contact Mike Bradley at 596-3670 if you plan to run this one. The Rocket City Marathon will be held on December 14th in Huntsville, Alabama. The Ed Barron Hangover Classic will be held on January 1st. The Charlotte Observer Marathon will be held on January 5th. The CYO Track Meet will be held at the University of Maryland on January 11th and the Mardi Gras Marathon will take place on February 10th.

A hearty welcome to new WRC members Charnie Leslie Kinon, Steve Ruckert and Mike Benshoff. We hope we can see you not only on the race courses but at the Club socials as well.

Congratulations to Phil Stewart for his photo of Jimmy Carter which appeared in several national magazines. WRC Newsletter dropped out early in the bidding for the photos.

How about a WRC Masters Team? We have enough masters (40+) runners if they'll just admit their age! All you masters contact Norm Brand at 244-2218 so you can get organized.

WRC women should call Mary Ellen Williams at 340-2044 so she can coordinate women's running.

Mark your calendar for our January 18th meeting. We will be electing officers at this meeting so come and take part in selecting the Club leadership. The place of the meeting will be announced in our next newsletter.

Intra Club Improvement Plan--Ready to improve your times? One idea...let's setup teams of equal ability including every member of the Club (maybe six teams). Each team will have people of all abilities from our fastest to slowest. At the end of a year or half year the teams and individuals improvement will be measured and compared. Every member of the team will be responsible for helping every member improve. We'll give appropriate awards/recognition for club encouragement. The most important part of the program is that team members will help each other run better! Interested? Talk to Delabian Rice Thurston 293-7009.

From all accounts the National AAU Cross Country Race course was a killer. It took its toll on all who ran. Even extremely fit Jim Buell had problems getting out of bed the next morning. Final times and team standings were not complete as of this printing so the following is a list of our team participants: Jim Buell (32:45), Mike Greehan (33:52), Mike Benshoff, Bruce Robinson (33:20), Dan Rincon (33:50), Dave Cornwell, Mark Johnson, Ray Morrison, John Mornini, Mark Macky, Gerald Turner, Ed Hume, Robert Rodriguez, Kevin McTigue and Warren Haynie.