

Washington Running Club Newsletter

March, 1980

NEXT MEETING: FRI., MAR 28, 8:00, RAYBURN HOUSE OFFICE BUILDING, ROOM B-318
Independence Ave. & S. Cap. St.; entrance on S. Cap., garage entrance on C. St.

MEETING AGENDA FOR MARCH 28

* * DISCUSSION TOPICS * *

1. Masters Running Program
2. Hecht's 10 Miler (June 1)
3. Upper Marlboro Race (May 10)
4. Report on Intra-Club teams
5. Cross Country Schedule

* * TRAINING CORNER * *

* * SOCIAL HOUR * *

REPORT FROM FEB. 22 MEETING

Forty-seven (!) people showed up, a record in itself. Mike Bradley reported results of the Feb. 17 marathon. Steve and Delabian brought us up to date on the Intra-Club League. Ray read two letters he had written: one to Rudy Straub of the Lynchburg 10-miler concerning his shabby treatment of our club; the other to Jimmy Carter protesting the lack of athletes' input in decisions affecting them (and also inviting him to join WRC— no word yet).

Ensuing discussion brought out the need for us to be involved in the Athletics Congress. Mitch Tropin and Steve Ciccarelli bravely volunteered to attend the next meeting and stick up for us.

In the discussion of funding, Mark reported that Athletic Attic may take over the runner's log— in which case the club could get an advance. He also discussed the Atlanta Track Club's li'l ole fundraiser, called the Peachtree Road Race, which earned them about \$41,000 last year.

In other business, Larry Noel agreed to look into an unlikely sounding race— in Forestville, Md. on a Thursday morning (??).

The business meeting was adjourned an hour and 15 minutes after it started (second record of the evening).

Jim Hagan discussed some training ideas. Some key points: (1) get a lot of sleep; (2) be aware of your body; and (3) work into your runs.

Folks enjoyed visiting for quite a while after the meeting, even though (because?) the beer was gone.

Record #3: running out of beer.



OUR LADY AT LAKE PLACID

When Mary Ellen Williams got home after last years' Cherry Blossom Race, she knew something was up from the big, enigmatic smiles on the faces of Bobby and David. Not until her parents came over, bringing champagne, did she find out: she'd been chosen as an Olympic Torchbearer!

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NEWSLETTER HOTLINE NUMBER 293-7009

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MEN'S COORDINATOR REPORT

MARY ELLEN (cont. from page one)

On April 5th we will send an open men's team to San Diego, CA for the Nike-U.S. Club Road Racing Championship. I have been in touch with the race committee and we are being considered for expenses. However, we should not be too optimistic as our men have not yet posted the necessary times at the 10K distance to put them into the funding category. At the moment Jim Buell and Terry Baker are very close and may become eligible if anyone above drops from the competition.

We need your help in thinking of ways we can raise additional funds to send our team! In 1974 we were faced with a similar problem in sending a team to Rosyth, Scotland for the Two Bridges 36 Mile Race. We met this challenge in an overwhelming display of club kinship and unity by raising \$1500. We accepted donations and had raffles and yard sales. So, again this challenge is upon us so please, any help you can give whether personal donations, time or ideas will be enormously appreciated. In fact, any help will be an investment in the future fame and success of your club.

At the moment, the club runners being considered to represent the WRC are: Will Albers, Terry Baker, Jim Buell, Dan Rincon, Jeff Peterson, Mike Greehan, and Bruce Robinson.

The traveling squad for the National AAU/Athletics Congress 30K Championship on March 23 in Albany, NY is: Bruce Robinson, Mark Johnson, Will Albers, Jim Berka, and Robert Rodriguez.

A note on the Cherry Blossom: If you're running, you should come to the meeting or call me beforehand so I can declare teams.

Finally, congratulations to Michael Benshoff for two super 1500's: Running for George Mason, Mike won the Virginia State Collegiate Indoor 1500 in 3:49, and placed 6th in the ICA 1500 in 3:48.2. Way to go!

---from Mike Bradley
(Home: 596-3670; work 381-4211)

Our men's masters coordinator is Dick Spencer, 250-9063. Men over 40, get in touch with him if you haven't!

It started in October, 1978, when Mary Ellen spotted a small notice in the Post concerning the relay and wrote for an application. The application was a bit overwhelming: she had to write 3 essays (heady stuff like "How I embody the Greek ideal of the 'whole man', and "What the Olympic Flame means to me") and provide lots of other information. But apply she did, and around Christmas (1978) she learned she was a finalist. Then came interviews, a trial run, and an orientation. By now she was really enthusiastic but doubtful of her chances. Then in April came the good news, and finally, last month, the Relay.

When they started in Yorktown, VA, on January 31, the team followed a formal plan: half of the group formed a ceremonial team which would precede the runners to alert people along the route, speak at rallies, and sign autographs; the other half formed the running team. Runners did their 3-mile segments in groups of three: one torchbearer and two flagbearers. On alternate days the running and ceremonial teams would switch.

Realities and common sense dictated changes as the relay proceeded. For example, the official plan called for an 8½ minute pace but listed incorrect distances, so that a listed 4 miles might turn out to be 5 or 6. To stay on schedule, the runners would pick up the pace between towns, shortening the "legs" to one-half mile at times.

They were accompanied by a 13-vehicle convoy, plus police escorts with lights flashing, and sometimes fire departments to boot. "You would have known we were coming," says Mary Ellen. People along the route would come out ringing bells, banging pots and pans, and cheering-- none of this discouraged by the runners, who were having the time of their lives.

The Torchbearer Relay Team consisted of 52 runners, one from each state, one from D.C. (Tony Diamond) and one from host Lake Placid. There were 26 men and 26 women. They were a varied bunch, ranging in age from a 16-year-old student from Hawaii to a 57-year-old veterinarian and father of 14 from Lake Placid, NY. There were runners, skiers, bobsledders, and an internationally known mountain climber from Kentucky. "I liked every
(cont., p.3)

MARY ELLEN (cont. from page 2)

one of them," says Mary Ellen, who was pleasantly surprised that the entire group got along so well, with no formation of cliques.

Accommodations for the runners included a Hilton Hotel, a Coast Guard Station, a monastery, a convent, and private homes. The worst was a gym in Princeton, NJ, where the heat went off at midnight and left them shivering.

While people all along the route were enthusiastic, Mary Ellen noticed that "the smaller the town, the greater the excitement." Speculator, NY, with a population of 150, turned out 300 people to watch the relay. But the town of Indian Lake, NY, may have outdone them all, welcoming the runners with ice sculptures, a dogsled parade, a banquet, and (in place of their annual Christmas Pageant) an Olympic Torch Pageant. Having heard that about one third of the runners were vegetarian, the townsfolk made huge cardboard carrots for the vegetarians to wear on their heads, for identification at the banquet.

At Lake Placid, the runners participated in the award ceremonies each night and were charged with being "goodwill ambassadors." Their first opportunity came early: the opening ceremonies were delayed, and box lunches were served to the officials and the relay team but not to the athletes.

The relay team started sharing their lunches with the athletes, and soon all were talking, trading pins, getting along fine. But the Chinese delegation felt a bit left out; they spoke no English and had no pins to trade.

Mary Ellen reached in her pocket and brought out some American coins. The Chinese were delighted at seeing American money for the first time, and soon more gifts were found for them. With gestures, the Chinese athletes thanked the torchbearers and apologized for having nothing to offer in return.

The striking thing at Lake Placid was that despite the cold, the crowds, the intolerable bus situation, and the sky-high prices, the mood was universally cheerful and friendly. Even the Russians, at first wary and uncertain of their welcome, were quite warmly treated.

During the relay, Mary Ellen's family

accompanied her as far as Princeton, NJ, then returned home for work and school. Later they went up for the last four days of the games, and then brought their heroine home. Mary Ellen's really psyched now. "Los Angeles, 1984" she announced to Bob as they were driving home. "Are you kidding? I can't take off work for a whole month," he protested. But if Mary Ellen manages to hold onto just a fraction of her present enthusiasm, it's a good bet they'll find a way to go.

* * *

Mary Ellen and Bob started jogging 6 years ago after reading Aerobics. After two years of running $1\frac{1}{2}$ miles every other day, Mary Ellen felt like quitting: she wasn't getting better, and she was always slower than Bob. But someone steered her to a postal mile meet; she entered and ran a 5:52. Delabian Thurston and Connie Junghans talked her into joining WRC-- and between the races and the club she now found plenty of motivation to run and improve.

After holding back her mileage this winter in preparation for the relay, Mary Ellen is working up to 70-75 miles a week, a level she feels gives her best results. She has run 10K in 38:10; 10 miles in 63:45; and a 3:10 marathon.

The Williams' are area natives: Mary Ellen grew up in College Park, and Bob in Bethesda. They met at U. of Md. when she was a freshman. Bob is a real estate appraiser; Mary Ellen works in real estate part time and does substitute teaching. Her hobbies include painting, gardening, and bee keeping.

David (11) and Bobby (12) will be on St. Mary's track team this spring, but they enjoy lots of sports-- soccer, wrestling (Bobby just took 5th in his 55-lb. class at a Beltway League tournament), and along with the whole family, downhill skiing.

For this athletic family, even the sky is not the limit: Bob is learning hang gliding, and Mary Ellen intends to take wing also.

Can't you see it all now? There's a little ad in the paper, long about 1983, requesting volunteers to soar across the Rose Bowl, holding to a glider formed of five rings . . . (Your assignment, should you choose to accept it, is to DESTROY THAT AD. Burn, shred or ingest, but DON'T LET MARY ELLEN SEE IT!!!) --r.t.

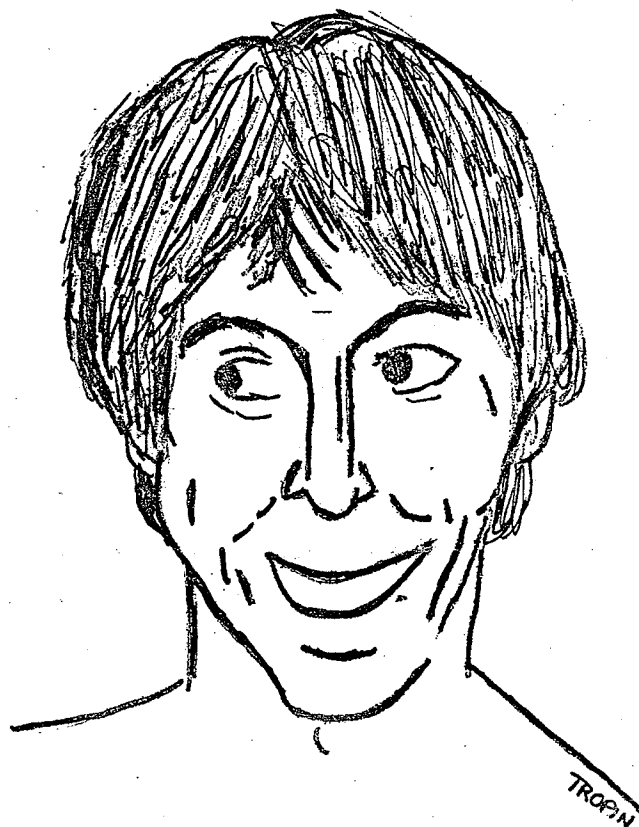
Mark Baldino, Vice President

Our new and old vice president has lived in West Springfield, Va. for all of his 27 years. His degree from Virginia Tech is in geology, but he elected to go into the family lock business, Baldino Lock and Key, rather than tramp around the world in search of oil (after all, how do you run in the North Sea?). If he has his way, though, he will be going places in running and in promoting and organizing for running.

Mark started running as a sophomore at West Springfield H.S. under coach Richard Evans ("The Wizard"). By his senior year he was a member of the state champion 4-mile relay team, and had posted times of 4:41 for the mile and 10:13 for the two mile.

Despite these successes, Mark almost quit running after high school. Fortunately a couple of former teammates talked him into going out for cross country at Virginia Tech. He became an accomplished steeplechaser, running 9:00 at U. of Tennessee, and placing 12th at the USTFF nationals.

Mark has worked in the lock business ever since 6th grade, and is proud of having a genuine skill, but finds his 8 to 5 job not terribly conducive to running. Things are looking up, though: he will be out on the road as a salesman, with more flexible hours. And his plantar fasciitis tear, which has sidelined him since mid-July, is healing. "I don't bounce anymore," Mark warns anyone expecting to recognize him by his familiar jaunty (running) style; he has smoothed it out. With all this good news, Mark hopes to get back and surpass his PR's, which include a 4:17 mile, about 31 min.



for 10K, a 51:15 10 mile, and 1:43 for 30 kilometers.

What does Mark like to do when he's not running? "Work on road races" is his unhesitating reply. He's been the prime mover behind the Bethesda Chase and the Patriot's Cup, and he's working up some more biggies.

The organization of and for running in this area, says Mark, "is in the pits, considering the talent we have." He would like to help remedy that condition by working to build a strong and sound club.

-- r.e.t.

NOTES ABOUT FOLKS

Stan Fletcher is recovering well after a bad auto accident in January. He suffered a broken nose and cheek, a concussion, and a leg injury. After some miserable weeks of not running, he got the OK to run again. He still has some loss of feeling in his face.

Stan likes living in Crofton, where he does 90% of his running off the road--on woods trails, power line right-of-ways, etc.

Pat Speer was in the hospital recently with bronchitis. Best wishes for continued recovery!

We've rediscovered (Dr.) Anna Mae Diehl, alive and running well, now in her internship in Baltimore. She ran the Washington's Birthday Marathon while on call!

Al Naylor, Secretary

Al Naylor, 24, grew up in Hyattsville, Md., and went to Northwestern High School. His sports interests were divided between tennis and track; there was a tennis court near his house, and he did well in neighborhood competition.

Fortunately he was discovered by Northwestern's coach Russ Sellers in January 1970, when Al was a sophomore. Sellers was "pretty smart for a coach," Al remembers-- for example, he had Al doing all his running in well-cushioned training shoes, no spikes or racing flats. As a junior Al ran a 4:19 mile and a 1:56 half on the same day, placing him 3rd and 5th in the state. The next fall he ran third behind Dave Sandridge and Matt Centrowitz in the All Eastern Cross Country Meet. That race, combined with his performance at the state track finals (4:16 and 1:57), launched some pretty fast and furious recruiting in Al's direction.

Al still has letters from colleges-- but many of them went unanswered. Al's dad suffered a heart attack that summer, so Al decided to stay at home and attend Maryland. (His father recovered quickly, as it turned out, but meanwhile this area avoided losing a top runner).

Al started off with a bang, running 25:48 on Maryland's Cross Country Course to establish a freshman course record which still stands. In 4 years at Maryland he placed 6th, 8th, 12th and 9th in the ACC Cross Country Championships.

Al's PR's include a 4:09 mile, a 9:06 2 mile, 14:03 three mile, 29:56 for 10K (track), 50:36 for 10 miles, and a 1:08:47 half marathon.

On the flip side, Al has had at least his share of injuries. "My main problem has been overwork and not listening to my body," says Al in recounting his long list of injuries, which include 4 stress fractures, severe strains, and inflammations.



Now being coached by housemate Dan Rincon, Al is learning to listen to his body and he hopes to make up for some of his lost running time. He'd like to improve his times, and would especially like to run a sub-50 10 miles, and run his first marathon (see race results).

Al works at the U. of Md. Registration Office, in the scheduling department. This supervisory position, with work in computers, should stand him in good stead when he seeks to put his degree in business and transportation to use. Meanwhile, it's an ideal job: Al and Dan share a locker at Maryland and work out together after work.

Al has been a Running Club member since August, 1977. As secretary he wants to help build a strong club. He doesn't like to get involved in debates at meetings, but he does hope that some of the ideas proposed in Mark's platform can be discussed and implemented.

-- r.t.

WOMEN!

Are you running Cherry Blossom? Are you running any other upcoming races? Give me a call at 340-2044 so we can plan for teams and help each other out.

-- from Mary Ellen Williams
women's coordinator

Delabian Rice Thurston will be on the Fred Fiske show (WAMU, 88.5FM) on Thursday, March 27* and on Channel 7's morning show, Friday, Mar. 28, 9:30.

Evangelizing, no doubt (for running)
(* 8:00 P.M.)

INTRA-CLUB LEAGUE: UPDATE

NUMBERS to call with league results: Steve, 937-6835; Delabian, 293-7009

RULE REVISION: To determine half of your team for participation points, you may subtract any members who live out of the area (e.g. Colorado) and any members injured or not running for the season (until June). Divide the rest by two and throw out half persons (i.e., round down). Do all this convincingly or referees Steve and Delabian will overrule you. Okay, that should make it a little easier-- now get your *** in gear because Greenbelt-PG is trying to take an early lead!

REVISED TEAMS:

~~Columbia-Baltimore: Steve Mahieu, Dave Cornwell, Mark Johnson, Kerry Baruth, Les Kinion, Warren Haynie, Gretchen Vogel, Bill Krause, Mary Walsh, Lenore Magida, Anna Mae Diehl~~

~~Rockville-Gaithersburg: Bruce Robinson, Dan Reeks, Ed Sayre, Bill Triantos, Jennifer Rood, Bob Williams, Mary Ellen Williams, Hannah Rowe, Mike Henneberry, David Kayser~~

~~Kensington-Silver Spring "A": Jim Buell, Tom Dunham, Bob Minor, John Mornini, Lisa Checka, Jim Isenberg, William Gaston, Steve Ruckert, Mike Bradley, Ruth Drengwitz, Chris Hutchinson~~

~~Kensington-Silver Spring "B": Dan Rincon, Ray Morrison, Bev Kane, Ron Kalman, Mitch Tropin, Ralph Landay, Mike Greehan, John Weidman, Tina Middlebrook, Jubie Aulisio~~

~~Greenbelt-P.G. County: Al Naylor, Stan Fletcher, Wayne Roe, Leo Aulisio, Steve Ciccarelli, Kevin McTigue, Margo Whitside, Larry Noel, Marty Greenbaum, Hugh Jascourt, Bozena Syska~~

~~Northwest D.C.: Bob Thurston, Delabian Rice Thurston, Bob Harper, John Davis, Joe Riener, Steve Donovan, John Winslow, Gael Summer, Randy Truesdale~~

~~South D.C.-Arlington: Robert Rodriguez, Alan Weiss, John Sanders, Karen Sullivan, Stephanie Flynn, Jim Berka, Marty Smith, Dennis Jett, Jacob Wynd, Thomas Foese~~

~~Alexandria & South: Phil Stewart, Mike Benschoff, Ron Martin, Jeryl Turner, George Cushmac, Tom Washington, Max White, Peter Nye, Valerie Nye, Phyllis Goble, Terry Ryan~~

~~Fairfax-Falls Church: Jeff Peterson, Mark Baldino, Mike Wilhelm, Joy Hubbard, Larry Hubbard, Cathy Guiney, Phil Yunger, Jack Coffey, Laura Dewald, Jim Alexander~~

~~Fairfax-Reston: Alan Hincheliffe, Dick Spencer, Chip Hill, Miles Schneider, Will Albers, Jim Hagan, George Barker, Jack Daly, Dottie Rowe~~

* * * * *

A SUGGESTION: How's this for an intra-club team event? The DCRR race on April 5 will include a 5-person team competition with prizes to be brought by the participating teams. 15K on bike path, 9:00 A.M., Belle Haven Park, Alexandria

*** RACE RESULTS ***

JFK 20 Kilometer, Jan. 27 (sorry, left out last time): Won by Jere Van Dyk in 66:21, WRC finishers were Robert Rodriguez, 3rd in 66:41; Phil Stewart, 20th in 74:00; Joe Riener, 78:50; Dick Spencer, 80:35 (PR); Marty Greenbaum, 86:22.

D.C., Feb. 27: Running for Springarn High School in a dual meet with Eastern, John Sanders won the 4.3 mile run in 25:12 and took third in the mile with a time of 4:39, a PR by a few seconds. Congratulations!

RACE RESULTS

George Washington's Birthday Marathon
Beltsville, Md., Feb. 17

(Edgewood, cont.)

As reported at our last meeting and in the Post, Bruce Robinson won this 19th running of the G.W. Birthday event. Bruce ran fairly easily; he called his 2:26:22 effort "harder and longer than I would do in training," but added "I don't feel like I ran a marathon."

The 1980 BAA marathon will be John's 9th Boston; he's long since lost count of his marathon total. His first BAA run was in 1967; his best Boston time is 2:45. John is a young-looking 46. His last-minute (or later) arrival at DCRRRC races earned him the nickname, "The late John Winslow."

* * * *

Second was Terry Baker in 2:27:39; Terry is rejoining the club. Jack Coffey was 4th in 2:33:15; Dennis Jett, 11th, 2:39:23; and Bob Harper, 14th, 2:43:15. Also Jacob Wynd, 2:46; John Walker, 2:47; Kerry Baruth, 3:02; and Joe Riener, 3:03. The team of Robinson, Coffey and Harper won the men's title.

Knickerbocker 60 Kilometer
Central Park, NY, March 8

WRC women made a strong showing, capturing 2nd, 3rd, 5th and 8th places:

- 2. Laura Dewald 3:14:41
- 3. Stephanie Flynn 3:16:44
- 5. Anna Mae Diehl 3:26:34
- 8. Ruth Drengwitz 3:29:12

Bob Harper fought off groin and adductor pain to finish a respectable 8th, with a time of 4:12:05 for this 37.2 mile event. Alan Kirik, Central Park T.C., set an American record of 3:46 in winning the race. It's a congenial setting for a long race, Bob reports: you get lots of encouragement from joggers, and the local long distance men have lots of fun accusing each other of cutting the course, etc.

* * * *

How about a campaign for a women's team championship in next year's race?

* * *

Woodson H.S. Track, Feb. 23

Azalea Trail 10K, March 8
Mobile, Alabama

Six Mile: (1) Jack Coffey, 30:24; (6) R. Rodriguez, 32:16; (9) Jacob Wynd, 32:29; (16) Ray Morrison, 33:39
Beginners Mile: (10) Ian Morrison, 11:21
Two Mile: (4) Ray Morrison, 10:38

Jim Buell was invited, expenses paid, to the Azalea Trail 10K. He did not disappoint: he finished third in 30:23, behind Ken Misner and Benjie Durden—beating out Kevin McDonald and Barry Brown.

* * *

Edgewood Marathon, March 1

RRC Team Race, Columbia, Md., Mar. 9

On a cold and bitter day, John Winslow followed a confusing course to qualify for Boston in 3:04:17. Apparently the cold scared off some of the sentries, leaving some turns neither manned nor marked. At one point, the eventual winner got lost, and had to wait for the second place runner to show him the way!

Congratulations to Les Kinion for a PR of 68:36 on this hilly, windy 10 mile course! Jacob Wynd ran 56:02 for third place, Steve Ruckert came across in 57:30 and Mark Baldino in 62:48.

This was a barebones race, without awards or ceremony; people just went home afterwards. Yet John, who has run his share of unfancy races, managed to find a bright side: "They had good dressing facilities."

But the real action was with the Greenbelt-PG intra-club squad, who dragged five members out of bed and over to the race (some arriving with seconds to spare) to capture 5 participation points.

The determined crew and their times:

(see next page)

RACE RESULTS

(RRC Team Race, cont:)

Stan Fletcher, 64:11; Kevin McTigue, 60:02; Al Naylor, 59:??; Leo Aulisio, 62:48; and Cdr. S. Cicarelli, 62:48.

Take heed, rival squads!

* * *

Shamrock Marathon
Virginia Beach, March 15

Good first marathons for Al Naylor and Kevin McTigue, FR's for Jacob Wynd and Bob Harper, a three-way tie for first place, a Boston qualifiable time for Anna Mae Diehl (a week too late to use)— those are some of the high-lights of the Shamrock. Terry Baker ran a 2:22:59 to take 4th place behind R. Davide, R. Bogaty and D. McDonald who tied for first. Pete Nye, shaken up in a collision with a pedestrian, finished twelfth in 2:29:38. In his first marathon wearing a WRC shirt, Jacob Wynd came across in 2:30:51, good for 13th place and a PR by 13 minutes. Al Naylor's 2:31:14 placed him 14th; Bob Harper was 36th in 2:41:32 (PR by a couple minutes); and Kevin McTigue was 39th in 2:42. John Winslow did 3:06, just 2 weeks after Edgewood.

For women, Anna Mae Diehl took 2nd place with her fine 3:12:54. Val Nye ran 3:33:07 for 4th, 30-39.

Ron Martin won the five mile event in 24:53. Stan Fletcher won something too (what was your time, Stan?)

The Bethesda Chase, March 16

Dan Rincon blazed to a new course record of 62:47 (old record, 63:18). He said he felt a little stiff (what will happen when he feels good?). WRC runners swept the top 4 spots:

- 2. Jeff Peterson 63:29
- 3. Will Albers 63:54
- 4. Jack Coffey 64:59
- 8. Mike Greehan 67:10
- Mark Mackey
- 19. Jim Hagan 70:36
- 22. Dennis Jett 71:29
- 23. Leo Aulisio 71:??
- 30. Robert Rodriguez 72:39
- 44. Jacob Wynd 75:28
- 158. Steve Donovan 82:10
- Mitch Tropin 91:36

Mary Walsh won the women's division in 77:02; Mary Ellen Williams was third (time?).

Dick Spencer ran a PR 77:40 to place him well in the master's division.

Jacob Wynd is going for the Ed Jerome award with this weekend double! Sorry, you'll never make it without back-to-back marathons.

TO JOIN WRC:

Come to the next meeting! Call Mike, 381-4211 (day) so he can put your name on the list for the guards.

TO PAY DUES:

Send \$10 to Dan Rincon, 3309 Clay St., Wheaton, Md 20902. Or pay at meeting

Al Naylor
3309 Clay Street
Wheaton, MD 20902

