



Washington Running Club

July 1980 Newsletter

NEXT MEETING: FRIDAY, JULY 11, 8 P.M., RAYBURN HOUSE OFFICE BUILDING, ROOM B-318
Independence Ave. & S. Capitol; people enter, S. Cap.; cars, C St.

BOB HARPER SECOND AT OLD DOMINION

Scene: Virginia Piedmont farm country, about 6 miles south of Round Hill and 15 miles west of Leesburg. I drove up to a trail crossing, hopped out of the car, and took a breath of fresh air. Noises of city and highway are far away. To the west, through the haze, I could just make out the Blue Ridge; nearby a couple crows protested my intrusion, a downy woodpecker flew to a new tree, a squirrel scurried to a safer vantage point. All in all, it's pretty quiet here. People? None to be seen, although signs of human presence were abundant-- the land that's been farmed for more than 2 centuries, the ancient fences, the roads that have sunk into the hills not from bulldozing but from use, and then these mysterious lime arrows all around, and the little ribbons tied to trees and fenceposts . . .

Those last details woke me from a pleasant stupor. This was the Old Dominion 100-miler for horses and humans; I was following the progress of Bob Harper, now running second among humans at the 75-mi. point, 12 hours after the start.

As I began jogging in what I supposed was the direction of the trail, the stillness was suddenly shattered by a high-pitched voice, from the top of a distant hill. "You're going the wrong way!" the voice said. "Follow the arrows." Since that advice was a little confusing to someone who wanted to go backwards on the course and couldn't interpret the arrows anyway, more long-distance conversation was necessary before I found my way.

Still a bit shaken by the sudden entry of the Voice onto the scene, I began to follow a dirt track across a field, until I came to a gate-- closed, right across the track. I stopped, puzzled once more, and at that moment who should gallop up but Bob Harper-- who also stopped, confounded by the obstacle.

Again the voice on the hill came to the rescue: "Turn right and go through

(continued p. 2)

MEETING THIS FRIDAY!

We will meet at the Rayburn Building as scheduled-- and then, if folks are agreeable (and there aren't too many of us) we will adjourn the meeting to Dennis Jett's boat over at the Gangplank Marina! Chief among the topics to discuss as we cruise is the question of a partial sponsorship of our club by Brooks. This would be part of a package deal being negotiated, involving: -- our putting on a Brooks/NJA race in early October

-- Brooks giving us a sum of money, \$2200, plus 40 pairs of shoes and 10 complete uniforms

Ray will explain the details and present this plan for our consideration.

We may also have a chance to discuss the intra-club program. Response to last month's questionnaire was not overwhelming!

See you at the meeting!

TREASURER'S REPORT

Present Balance: \$1166.36

Recent Receipts: \$355 from Upper Marlboro race, plus a lot of dues.

Recent Expenses: \$150 for picnic, plus miscellaneous.

Upcoming Expenses:

For travel & entry fees for 15K Chmps in Utica (July 13): \$281.50

Club's contribution to help pay for a party after Peachtree: \$50

Printing & mailing last newsletter: \$95 (approx.)

-- from Dan Rincon

THIS ISSUE

is incomplete due to a lack of time & patience. "No more pieteter" says David Thurston. So Peachtree results, a report from Susan Aaronson on some New York races, and other odds and ends will have to wait. Please send news, letters, etc. to 2135 Newport Pl., N.W., D.C. 20037.

(Harper, cont.)

the shed," as if Bob should have known that. "Thanks, I couldn't tell," he answered.

"Keep the ribbons on your right. Come on now," said the voice.

Bob gave a little shrug, palms upward. "My brain is addled."

"Okay," said the voice, this time calmer in a resigned sort of way. (The voice, it turns out, belonged to race director Pat Hurrocks. Her forceful direction-giving was probably justified; there had certainly been enough wrong turns in the race already.)

And so, with smooth stride and ready humor, a high-spirited Bob Harper continued on his way. His day had started at 2:30 a.m. when he got up for breakfast (eggs, toast and coffee) and the drive to Leesburg in time for the 5 a.m. start. Then, running and running, walking, pausing, running some more. Running over all sorts of terrain, most of it lousy--mud, stones, cornfields, gravel roads, and so on. Up and over the Blue Ridge, then back up Mount Weather, then down onto the rolling Piedmont.

Bob was one of 45 human starters in this race, along with teammates Joe Riener, Kevin Eagleton, and Ed Foley, and such ultramarathon standouts as Frank Bozanich, who has run 50 miles in 5:05, Bill Lawder, a 5:38 50-miler, and Phil Bishop, who won the tough JFK 50 with a 6:15 in '78. There was "Iron Man" Pete Monahan, course record holder at 17:57, and orienteerer Fred Pilon from Massachusetts..

A 6-man lead pack broke up at about 8 miles when Harper, Sabin Snow and Pete Monahan elected to walk the uphill to save energy, while Bozanich, Pilon and Ed Foley continued to run. Ed ran hard on the downhill stretches and led the race from about 17 miles until 21 miles, when Bozanich took over.

At about this time Harper and companions made a wrong turn, but fortunately it cost them only about 4 minutes. Later on Kevin Eagleton and 5 others were not so lucky with their wrong turn; it cost them 6 miles and nearly an hour. Too bad Pat Hurrocks' voice wasn't on hand to call them back! At the 50 mile mark (56 for him) Kevin decided to call it a day.

Joe Riener missed some valuable fluids when his pit crew (i.e. family and a friend) had a flat tire during the hottest part of the day. Around 65 miles, Joe

became disoriented and decided to stop.

Through the 40-mile point, Bob Harper and Bill Lawder were see-sawing between 4th and 5th place, behind Bozanich, Foley, and Pilon. Gradually Bob eased ahead of Lawder as Pilon dropped back. By 60 miles Bob was in second place, 50 minutes behind Bozanich and closing. The gap closed to 45 minutes, 40, 35, 30, then 27 minutes at the 80-mile mark. But when Bozanich got word of his challenger, he picked up his pace enough to maintain and increase his lead.

Results: (1) Bozanich, 15:17; (2) Harper, 16:12; (3) Lawder, 17:55; (4) Foley, 18:30. 20 humans finished, 17 under 24 hours to win the coveted silver belt buckle. Tying for 11th human in 22:28 was Sue Medaglia, the lone woman ontry.

How did Bob do it? Besides heavy-mileage training, including that famous 60-mile workout, Bob put some of this past year's discoveries to work. Every few miles, Bob's trusty handler Dennis Hovis was there with his truck, ready with drinks, a sopping wet towel, and ice. Bob would drink 2 cups of coke, 2 cups of water, and then stretch his hamstrings while Dennis threw the towel over him and rubbed ice on his legs. Bob calls this keeping down his microclimate. Thus rejuvenated, Bob would bound off for some more miles, looking something like a friendly, dripping sponge, or perhaps a Great Dane emerging from the creek.

You may be wondering, as I did, whether these guys don't need to stop to pee, with all that drinking. The answer is yes and no-- they need to pee but don't stop to do it. Pete Monahan is said to be the champion at this, having developed a technique of peeing between steps. The others just go ahead and pee.

Thirty-seven horses started the 100-mile ride, with 50 entering the simultaneous 50-miler. All competitors, primate and ungulate, had to stop for a medical checkup at specified checkpoints (7 of them over the 100-mile distance). Horses had to wait for an hour before proceeding; the people could proceed at once provided they passed an inspection consisting of a check on weight and skin temperature. Losing more than 7% of your body weight would disqualify you (when Kevin Eagleton stopped, he discovered that he'd lost 14

(continued p.3)

(cont. from p. 2)

pounds and therefore would have been disqualified had he continued).

The rules for horses also required that they must be checked by a vet the next day, and judged "ready to go on," or be disqualified. Of the 6 horses that finished ahead of Bozanich and Harper, 3 were disqualified for limping at their checkups the morning after. The race committee, not wishing to disqualify the entire field of human finishers, applied this procedure only to horses.

The theory seems to be that a horse might just run itself to death, whereas a man will have enough judgment to stop when he's in danger. Well! Without commenting on anyone's judgment, we can still offer congratulations to Kevin for his 56-mile run, Joe for his 65-miler, to Ed for his fine 4th place finish, and especially to Bob Harper for his most fantastic race yet. June 14, 1980 is a day they, and WRC, can be very proud of.

Now for 1981, Bob wouldn't mind recruiting a rabbit, to wear Bozanich out early . . .

— Bob Thurston

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WRC ANNUAL PICNIC

A good time was had by the 40-50 (?) people who came to Bruce & Sharon's place for the picnic on June 22. Folks drank beer, ate, drank more beer, ate again, and so on-- managing to sandwich in some good volleyball games and a softball game in the rough field. For the first time Bruce & Ray were not captains, choosing instead to play on the same team. After a few humiliating innings, their team forfeited. About 7 or 8 teams entered the beer relay, each team with one woman and 4 or 5 men. Jacob Wind's team was leading until watchful referee Joie Morrison disqualified him for pouring out his beer instead of drinking it.

The Alfred tomFelde award for outstanding club runner & worker was given to Dan Rincon. Stan Fletcher received some off-the wall award which he left at Bruce's, and the Arlington team won the intra-club title.

In the people not seen for a while department, Pat Speer came, said he had the

A LETTER FROM LESTER PAGE

Hello everyone:

I am writing to squash the rumor that rednecks tarred and feathered me while running. I am indeed alive and running well.

Even though I haven't been able to attend the meetings I have been running under the club colors the past two years. The price of gasoline has gone up and it takes forever to drive to Washington so I have only run local races lately.

My company cut the hours of all the employees six weeks ago so I have been having some fantastic workouts. There are very few races in this area so I'm all dressed up and nowhere to go.

The races which I have run have been good. . (in) the Waynesboro Marathon in October, I ran 7th at 2:50 with a cold. The level of competition is not nearly what it is in the Washington area. With the exception of the marathon the longest race they have is 10 miles.

My wife Joan is expecting in October. We have been hoping for quite a while. This will nix the fall marathons up north.

I am quite grateful for the newsletter which is sent by the club. This is the only interesting running news I get from the outside world. I like the area here and it is a good place to train. The only things I miss from the Washington area are the club and its members. When my company gets back to normal I hope to make more trips to Washington to run with the club. . .

If there are any of you who wish to run the Waynesboro marathon or need a place to stay for the Lynchburg run (it's not that far from here), I have plenty of room.

Sincerely, Lester
(Route 1 Box 134, Lyndhurst, VA 22952)

(Picnic, cont) time of his life; Phil Stewart came, bringing homemade cookies that lasted about 20 seconds; and Marty Smith was on hand, in good spirits and giving informal running clinics despite some current health problems & hospitalization.

We are falling down in the beer-drinking department, according to beer captain Robinson. Of the two half-kegs, about 1/4 of one keg was left over. Next year we must promise to do better: more drinking or more drinkers, one.

NEWS, RESULTS, ETC.

INTRA-CLUB RESULTS

DCRR RESULTS, cont.

The Arlington team won with 240 points, followed by Silver Spring B with 187, Reston with 182, and D.C. with 120. The next 3 teams were very even-- PG, Rockville, & Baltimore. Then with very low scores followed Sil. Sprg. A, Alexandria, and (last and least) Falls Church.

WRC commendations go to: Chip Hill, Ace Reporter of Races Steve Ciccarelli, Fast Computer, Fast Feet.

DCRR RESULTS

Lake Accotink, VA, June 7-- Est. 5.3-mi run: Robert Rodriguez was 5th, in 28:47; Dick Spencer was 22nd overall with 33:02. The real hero was Phil Stewart who charged out ahead of the RFYL crowd on the unmarked course until he reached a plausible turnaround, where he held up his arm and sent everyone back. Times were very good.

Hains Point, June 12-- Pete Nye and Jim Berka were running neck and neck all the way around the loop, when Jim thought he spotted the finish. He sprinted for it and discovered that it wasn't the finish, but by then he had a small lead that he held onto. Jim's winning time was 19:56; Pete followed in 20:01; with Marc Sengebusch 3rd in 20:25. Also Mark Baldino, 7th in 20:56; Bob Thurston, 9th in 20:59; Robert Rodriguez, 11th in 21:00; John Weidman, 12th in 21:00; Jay Wind, 13th in 21:08; and Dick Spencer, 35th in 23:05.

Mary Ellen Williams set a new women's record of 23:44. There were 175 finishers. (Hains Point-- dist. 4 mi)

Carderock, MD, June 18-- Mike Henneberry won this 6-miler in 31:33, and Pete Nye was 3rd in 31:56. Phil Stewart, who has been steadily getting speed & strength back, put in a fine 32:26 for 6th, followed by (7) Marc Sengebusch, 32:28, (8) Jay Wind, 32:47, (10) Bob Thurston, 32:56, (14) John Weidman, 33:11, (22) Ed Sayre, 35:28, (44) Dick Spencer, 37:38, (60) Chip Hill, 39:??.

In women's competition, Mary Walsh set a new women's record of 35:28; Mary Ellen Williams followed in 37:38. New member Monica Joyce was 3rd in 39:10; Karen Sullivan was 4th in 40:52; and new member Barbara Lohrentz was 6th in 41:30. Val Nye ran 44:01 (place?).

Fort DuPont Park, D.C., June 26--

With hopes of ending the continuing mystery concerning the length of this race, Bob Thurston & Val Lewton concocted a guess-the-distance contest, with a prize for the best guess. Race & contest were both held, but only the race results have achieved general acceptance; Val's measurement of 5.2 miles found, shall we say, not too many believers. So the mystery continues. Results of race: Marc Sengebusch, 2nd in 30:26, same time as winner Paul Rapavi; (3) Pete Nye, 30:32; (4) Robert Rodriguez, 31:19; (5) J. Wind, 31:28; (13) Bob Harper, 32:59; (82) Bob Mallet, 48:07. Mary Walsh set another women's record of 34:45; Barbara Lohrentz ran 39:11; and Val Nye ran 41:23.

Takoma Park, MD, July 4-- New member Margaret Hoyert won the women's 7.5K race in 36:52, while Mike Henneberry won the teen race (time?-- sorry). Delabian Rice Thurston was 3rd woman in the 15K, in 77:57. WRC finishers in the 15K, which was won by Charlie Curk in 50:00:

4. Marc Sengebusch	52:19
5. Steve Ciccarelli	52:30
8. Robert Rodriguez	52:59
9. Jacob Wind	53:03
11. Bob Thurston	53:40
16. Bob Harper	54:45
20. Vassili Triantos	55:50
24. Ed Sayre	57:45
25. Dave Asaki	57:58
34. Joe Riener	60:45

For those of you who've never stayed for the rest of the celebration after this race, give it a try. It's a real down home, small town Independence Day affair, complete with patriotic speeches. The fireworks were good-- perhaps not as continuous as the show on the mall, but then everyone had a good seat and the crowd was smaller.

--r.e.t.

AN INVITATION

The Annapolis 10-miler, Aug. 24, starts at 7:30 a.m. Dan Rincon offers sleeping space at his folks' home in Annapolis, & invites club members to brunch afterwards. Let him know, 933-7427.