



Washington running club

august 1980 newsletter



NEXT MEETING: THIS FRI., NORM & CHRIS' HOUSE, 5224 MANNING PL., NW. DIRECTIONS BELOW.

THE SECOND SECOND

Utica, N.Y., July 13— Loaded with one of the strongest club teams ever assembled for one race, the "Millenium Buz-zard" piloted by Mark "Chewbacca" Bal-dino took off from Wheaton headed for Utica, N.Y. The team's goal was the 2nd jewel of a coveted Triple Crown. We had already won the TAC 30K title in Albany, N.Y., and hoped to add the 15K this week-end, then capture the 20K crown in August.

The 6½ hour trip was uneventful other than "Chewie's" exploding club soda trick and Will Albers' insane attempts at pass-ing slow cars on a narrow rural road. We arrived in Utica to find ourselves housed in extravagant quarters. Earle Reed, the race director, put us up in a brand new Sheraton, in a previously unused executive suite. After a pre-race spaghetti dinner and a few beers with Bob Bright, the Mid-lands Run director, we were ready to sack out.

Race day dawned a cool 65 degrees, a pleasant change from sweltering D.C. A brisk headwind and a very challenging course, plus the fact that Greater Bos-ton was our chief challenger, promised to keep the race interesting. At the gun, Terry Baker proceeded to engage in a duel with GBTC's Peter Pfitzinger. They went neck and neck until a calf cramp at 6½ miles forced Terry to give some ground. At the finish Pfitzinger had a 16 second edge with Terry 2nd in 45:39. Will Albers followed in 47:15 for 11th, Mike Greehan was 13th in 47:4?, Al Naylor ran 47:51 for 14th, and newcomer Tim Gavin was a couple of steps behind in 15th place. Also finishing in the top 20 was Jim Berka, while Mark Baldino ran 52:30 with a hangover.

With our top 5 runners in the top 15 we had GBTC whipped in points. Much to our chagrin the title was decided by cumulative times, and we discovered we had lost the title by ONE second.

We did have the last laugh. Someone inadvertently dropped a cigarette into the awards box and reduced the gold

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AUGUST 8 MEETING

How to get there: from Beltway, exit at G.W. Parkway, Maryland side. East to-ward Washington. Past Chain Bridge, Parkway becomes Canal Road. Left on Ar-izona, left on MacArthur to Manning Pl., 3rd street on right. Turn right; 5224 is 2nd house on right. If you're coming from another direction, hook up with the above at some point, or give Norm & Chris a call at 244-2218.

Meeting will start at 8 p.m.; you're also invited to come for a run around 6 if you're interested. Norm & Chris are emptying their basement to fit us in, and emptying their fridge to make room for the electrolyte replacements we bring (hint).

On the agenda: the Brooks/NJA race, reports from team captains, getting teams together for upcoming races, and a report from the Intra-Club committee. Also time for visiting and for replacing electrolytes.

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FLEET FEET WRITES:

In the interest of club unity, Fleet feet has squelched invidious rumors to protect the reputations of club members. Persuasive oratory on F.F.'s part convinced various members that J. Jacob Wind did not pull a Rozie to grab a 2:27 at Boston. These members have given up their plans to challenge Wind's Boston finish and also his DCRRRC Most Improved award.

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SECOND SECOND (cont. from p. 1)

REPORT FROM JULY 11 MEETING

medals to a slag heap of molten plastic and burnt fabric. At least we got to bring our awards home! We will also have the satisfaction of revenge at the 20K championships in Concord, N.H., Aug. 23rd. Please contact Mike Bradley if you want to run.

— Will Albers

WOMEN TO MEET IN SEPTEMBER

Mary Ellen Williams, women's team coordinator, will host our first women's organizational meeting and food fest of the 1980-81 season. We'll be deciding which races we want to attend as a team and planning a budget to propose to the club. It's an important meeting (besides, we have good cooks). Look for a date in the September newsletter. If you have previous commitments in September, tell Mary Ellen so we can schedule around them.

-- Delabian

Susan Aaronson wants a team for the Women's Avon 10K, Sept. 6 in New York City. Call Susan, (202) 667-0255.

TREVIRA TWOSOME

The Trevira 10 Mile Twosome was a real treat for this runner. The distance is one of my favorites and the course provides both challenges and relief. This year's race was also special for me because it was not only an opportunity to run with my N.Y. cohorts, but also the first time my boyfriend Steve and I were a racing team. He ran 67 and I ran 74 minutes plus change.

-- Susan Aaronson

Sharpsburg, MD, June 8-- Mary Ellen was the first woman at the "Run Through History" 10K at Antietam Battlefield, in a time of 38:38. Terry Baker won the race (time?). A couple of Mary Ellen's rivals were not far behind: Bob Williams in 39:07 and Chip Hill in 41:?? Mary Ellen reports that the race was a good one— plenty of water, refreshments after, good splits, nice awards (reg. & random).

*Ray reported on the newsletter. Bob Thurston needs help with input and follow up. The mailing list is now on a computer (ed. note--- now you can blame Hal instead of me).

*Dues: if not paid by June 30, a member is placed on the inactive list and will not receive newsletter, other mailings, and cannot run for the club. (If you get this anyway, thank Hal.)

* Meeting in Atlanta before Peachtree, our executive committee allocated \$250 to be used for the Utica, NY trip, to be supplemented by \$75 from meet director.

* Brooks proposal: (1) club puts on a race for Brooks and the National Jogging Association on Oct. 11. 10 miles, 3000 entry limit, \$3.00 entry fee.

(2) WRC will receive partial sponsorship from Brooks. \$1250 will go into club treasury. Also, 10 people-- those who have worked races in the past and would work this Brooks race, would be the first people selected to benefit, as follows: each person would receive 9 pairs of shoes, 2 pairs of shirts and shorts, for a year at a time. If the equipment is not used by the 10 people, it can be distributed to eligible people throughout the club.

Ray has asked Brooks for at least a 2 year commitment. Members who already run for Adidas (Nye, Rincon, Robinson) would be exempt and there would be no conflict of interest.

The people who worked Hecht Co. in various capacities would be used to work this Brooks race to avoid having to retrain new people.

Dick Spencer moved that WRC accept the Brooks proposal. The motion was seconded and passed.

* Women's uniform tops are being silk-screened in Boulder, Colo. at Bernie Allen's. The entire uniform will cost around \$11. There are now more men's shorts in small, medium & large, selling for \$6.00.

* Charleston 15 Miler, 8/30: Ed Sayre has rooms for us (see item elsewhere).

* Delabian led a discussion of intra-club competition. Jacob Wind, Mitch Tropin and Robert Rodriguez volunteered to help Delabian and Steve work out a system for next year's competition.

* August 8 is set as the date for the next meeting.

— from Al Naylor

DCRRC HONORS CLUB MEMBERS

THE PAGE OF FAME

by Will Albers

At the DCRRC Annual Banquet, July 26, awards were presented to 3 WRC members. Bob Stack, who has just joined the club, was selected as Outstanding Male Runner. Last year Bob won the Reston 20 Miler in 1:48:27 and the Sandy Spring Half Marathon in 72:21. He finished second in a string of races (AU 25K, Kennedy 20K, Larry Noel 20M, NIH 10M) and very high in other races, especially longer ones.

The Outstanding Woman Runner award went to Mary Walsh, who last year won 4 consecutive races: the Reston 5M in 28:05; Greenbelt 6M, 34:35; Annandale 6M, 40:26; and the AU 10K, 40:08. In the Reston and Greenbelt races she finished 12th and 11th respectively overall. In 1980, she won the Bethesda Chase in 1:17:01, and finished 4th at Cherry Blossom with 57:20.

Jacob Wind was selected as Most Improved Male Runner, on the basis of dramatic improvement at all distances. Most impressive, perhaps, is his progress in the marathon: from 3:24 in '78, 3:23 in '79, to 2:46 and then 2:30 (Shamrock) this year (Jacob's 2:27 at Boston came after the time period for the award; looks like he'll be in the running for next year also!). Just one more example of Jacob's improvement: 1979 Cherry Blossom, 61:50; 1980, 52:42.

Congratulations to all three!

-- Bob Thurston

CHARLESTON 15 MILER

Ed Sayre would like to get up a team (3 or more) to run the Charleston 15 Miler on Sunday, Aug. 30. The race organization will provide rooms; you can request either private housing or hotel. Entry fee is \$6.00, which includes a clinic, one or two banquets, and T-shirt. Deadline Aug. 25. Call Ed, 384-6231, or Mike Bradley at work, 634-3933. Ed, who hails from those parts (he's from Gallipolis, Ohio) says there's another good race on Labor Day, Aug. 31 (super awards).

Steve Ruckert won the Great Oella Foot-race (2 1/2 miles, June 7) in 12:42, beating Mike Sabino for the first time.

This is the first installment of what I hope will be a regular feature of the club newsletter. In this column I hope to list many different categories of club members' achievements. I will get into all recognized distances, plus Master's, Women, and club trivia. The only way this column will work is with input from all members. Please take the time to fill out the info sheet on the back page, and also to keep me informed of race results (especially PRs, etc.). Mail to Will Albers 10612 Springman Dr., Fairfax, Va., 22030. Telephone 273-5808.

MARATHON 1980

MEN:

- | | | |
|-------------------|---------|------------|
| 1. Bruce Robinson | 2:17:29 | Buffalo |
| 2. Will Albers | 2:17:50 | Buffalo |
| 3. Jim Berka | 2:19:26 | Mardi Gras |
| 4. Jeff Peterson | 2:22:11 | Columbia |
| 5. Terry Baker | 2:22:59 | Shamrock |
| 6. Peter Nye | 2:23:41 | Columbia |
| 7. Jack Coffey | 2:25:19 | Boston |
| 8. Jacob Wind | 2:27:25 | Boston |
| 9. Dan Rincon | 2:28:39 | Tucson |
| 10. Al Naylor | 2:31:14 | Shamrock |

WOMEN:

- | | | |
|--------------------|---------|------------|
| 1. Marilyn Bevans | 2:55:26 | Boston |
| 2. Anna Mae Diehl | 3:12:54 | Shamrock |
| 3. Laura DeWald | 3:14:41 | Beltsville |
| 4. Stephanie Flynn | 3:16:44 | Beltsville |
| 5. Pam Russell | 3:23:05 | Boston |

I'm sure this listing is somewhat incomplete. Please feel free to notify me of any changes or additions. -- W.A.

ROOM AVAILABLE AT RUNNING HOUSE

Alas, Jim Buell of winged foot is also one of Proctor & Gamble's wing-tipped wonders (as in Florsheim shoes, which, along with 3-piece Brooks Brothers suits, are standard attire in the company). P&G has just transferred Jim to Atlanta, this time permanently, as of Sept. 1. It's a promotion for Jim, but a loss for us. And it leaves a vacancy at the Running House in Wheaton. Anyone interested should call Al or Dan for details.

Congratulations on your promotion, Jim, but who's gonna take care of the centipede?

GRANDFATHER MOUNTAIN MARATHON
July 12, 1980

DENNIS JETT JETS TO ISRAEL

They stop giving away the miles early at the Grandfather Mountain Marathon. After an oh-so-brief tour of Boone (lovely place) one spends the rest of the trip staring straight ahead at the heels of the runner in front, or wondering "Where are those damn Sherpas?" Eight people out of 200 broke 3 hours. Friendly race people, gorgeous views of lakes, mountains, water every 2 miles, lots of shade. The man-made challenge was the only one to leave the runner disgusted rather than awed: traffic for the Highland Games, a Scottish-American reunion, was bumper to bumper the last marathon mile. It was like running through the Tyson's Corner parking lot on the Saturday after Thanksgiving, only squeezed into a two lane winding mountain road.

It was not true that our man Bob Harper, winner of the amateur division (beaten only by touring pro Frank "I don't pay entry fees" Bozanich) of the Old Dominion 100 Miler, was run over by a 16-wheel truck. Bob's PW (personal worst) of 3:38 was due in part to his daughter Sara Mae's having gained weight recently (Bob usually runs shorter races carrying Sara Mae in the backpack). Bob ("Ice my legs and I can go forever") also reported feeling a bit sluggish after having pushed Dick Good's car the last 50 miles into Boone the day before. Afterwards, Bob was thinking of asking his wife Sara to sit on his shoulders on some of his hill workouts. Zatopek got his wife to do it . . .

WRC's Joe Riener enjoyed passing 10 people and one dog the last 4 miles. Pretending he was carrying the football again for Roanoke Catholic High School, he beat out a runner who tried to sneak by him the last 50 yards, for a respectable 3:19.

— Joe Riener

Pat Speer is running again, in the 70-plus division at the PVS meets. (we'll get his times for next issue). After his recent heart attack, Pat was advised to take his running easily, which is something like telling water to run downhill. Well, Pat tired of all this slowness and tried running faster. "You know," he says, "running real hard is the best feeling there is." Pat's running & his stories go waaay back, but that's for another issue . . .

Friday will be Dennis Jett's last WRC meeting for a while. Dennis, a Foreign Service Officer, is being transferred to the U.S. Embassy in Tel Aviv as science attache. He will be there for 3 or 4 years.

Dennis leaves for Albuquerque, NM on August 21 and will spend 10 days there in his hometown before flying (that's right, he's not taking his boat) to Israel. His 14-year old son Brian will accompany him and attend school in Israel.

While in New Mexico Dennis will tackle the La Luz Trail Run, a 9-miler that starts at 7,000 feet and climbs to 10,600. This race is dominated by a local Indian runner, Al Waquie, who last year beat Jeff Wells and Tony Sandoval by a wide margin (how about a report, Dennis?).

Maybe that hill climb will last Dennis for a while. His next planned race is the Sea of Galilee Marathon on Jan. 4, run entirely below sea level. Jacob Wind, by the way, is also planning to run that one.

Bon voyage, Dennis! Oh yes, if anyone wants to buy a boat, give Dennis a call.

—R.T

PEACHTREE, JULY 4

Atlanta, GA— A strong WRC contingent was among the 20,000 runners who stormed Atlanta on this hot day. Our top finisher Dan Rincon (24th, 30:24) was close enough to see the leaders go through the first miles in 4:30, 8:53, and 13:30. At about 2½ miles Craig Virgin opened up a lead and, like the hot Atlanta sun, continued to blaze away. Virgin, wearing his "Front-runner" jersey, crossed the line in 28:39. Meanwhile, George Malley, former DuVal H.S. star (coached at DuVal by Ray Morrison) worked his way up, then broke away to take second in 29:14. (George is now back in the area and will be joining WRC).

Second WRC finisher was Will Albers, 24th in 30:36; then Mike Greehan, 40th in 30:55; Al Naylor, 49th in 31:19; Ray Morrison, 32:58; Jacob Wind, 33:37; Jim Hagan, 33:47; Mark Baldino, 34:24; Dennis Jett, 36:20; Keith Hicks, 37:50.

First woman was Patti Lyons, and her time, to Ray's chagrin, was 32:49. Laura DeWald was 15th woman in 37:25; Kathi Guiney, 49:30.

ULTRAMARATHON CORNER

by Bob Harper

Over the August 22-24 weekend Joe Riener hopes to bike from Putney, VT to the Green Mountain Marathon (about 150 miles), run the race the next day, and then bike back.

Max and Jenni White are moving to Mecca— uh, I mean Eugene, Oregon. They went there for the trials and fell in love with the place. Max hopes to run the AC 50 in Chicago this fall.

The JFK 50 Mile is scheduled for Nov. 22 (same day as NYRRC 100K Chmps.)

Six day track run, August 23-29, Collingswood, NJ. Call Ed Dodd, 609-854-5118.

National 50K, Brattleboro, VT, 9/22

HELP NEEDED FOR RACES

Reserve the Columbus Day weekend for helping out at two big races. First, on October 11, the Nike/NJA 10 Miler— part of our agreement with Nike as outlined at our last meeting. Call Mark Baldino or Al Naylor to volunteer.

On Sunday, October 12, is the Dannon Two Bridges 36 Miler. The 36 Mile Race Committee is looking for help with the race itself (in particular, timing, results compilation, sentries, setting up and breaking camp, meat wagon crew), and also for two other kinds of help: (1) offers of a place to stay for some of the out-of-town runners; and (2) contributions for a post-race potluck meal (billed as a "light repast") on Sunday evening. Bring fruit, baked goods, salad, a casserole, cheese, or- ??, and come enjoy the celebration.

There's no money for us in this race but there should be a lot of fun. Newer members might be interested to know that winning this race in 1973 was one of our big goals as a growing club; once our team won, we faced and met the challenge of raising money to get to Scotland.

If you can help with the 36-miler, call Bob or Delabian at 293-7009.

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FLEET FEET (cont. from page 1)

Without further evidence, however, Fleet Feet cannot continue to champion such improbable improvement. It is imperative that J.J.W.'s training logs for '79 through '80 be submitted to the newsletter c/o Fleet Feet.

DCRRC RESULTS

Langley, VA, July 10-- Bruce Robinson doesn't go to all that many DCRRC races, but when he does, he runs. He ran the 2-mile, won the 6-mile, and was last seen running on the track as night fell. Bruce and Jim Berka ran together for much of the race until Bruce pulled away. Actually both ran a bit short of the full course due to an error in the turnaround point, not corrected until they had passed. Results: Bruce 25:21; Jim 26:35; Paul Rapavi, 4th in 26:58; Marc Sengebusch, 5th, 27:45; Bob Thurston, 7th, 27:52; Bob Oberti (new member), 10th, 28:21; Jacob Wind, 12th, 28:27.

Dave Dance, 33:28; Bob Williams, 34:43; Chip Hill, 34:40; and Bob Crane, 36:16, round out the WRC men finishers. First woman was Sally Strauss in 29:31. Sally runs for Yale and has just joined our club. Second was Mary Walsh in 32:00; then Mary Ellen in 32:48; Karen Sullivan, 34:59; and Barbara Jones, 35:40(?).

The WRC "A" team (Robinson, Rapavi, Sengebusch, Wind, Williams & Crane) won the men's team prize, while the WRC women (Williams, Sullivan, Jones) won their division.

* * * *

Reston, VA, July 22-- Five Mile Run. In this race punctuated by a huge downpour, the overall winner was Jim Hill, in 25:56. First WRC finisher was Paul Rapavi in 26:32 (4th place), then Phil Stewart, 6th in 26:43, and J.J. Wind, 7th in 26:47. Is that George Barker in 8th, at 26:16? Alan Hinchcliff, 9th in 27:36. Apparently the first two women, Mary Ellen Williams and Barbara Jones finished in 31:56 and 33:56 respectively.

* * * *

MOONS OVER ATLANTA

by the Unknown Runner

The Peachtree postrace celebrations were illuminated by the light of the silvery moons. Not all of them were heavenly bodies. This astronomical phenomenon occurs once yearly in Atlanta, Georgia on the 4th of July.

Researchers are baffled as to the origin of this natural wonder. A local expert and guru of the running corner, Jim Hagan, has been on the butt end of many jokes and may be able to shine some light onto the problem. Any questions should be directed to him.

COACH'S REPORT

Another trip may be in the offing. This time to Concord, NH for the National AC 20K championship. The trip, of course is dependent on our financial and physical resources in late August. This could be our reverse, but this race only follows Falmouth by one week. Yes or No?
Mike Bradley

HISTORIAN'S FILE

NAME: SEX: WORK
AGE: DATE OF BIRTH: PHONE: HOME

PERFORMANCES

Dist	1980 Time	Site	Time	PR's Site	Year
10K			*		
15K			*		
10m			*		
20K			*		
1/2 mar			*		
25K			*		
30K			*		
mar			*		
50K			*		
50m			*		
100K			*		
100m			*		
1hr			*		
ot.			*		
ot.			*		

COMMENTS:

(Return to Will Albers, 10612 Springman Dr., Fairfax, VA 22030)

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ALLEN NAYLOR
3309 CLAY ST.
SILVER SPRING, MD

20902

Gen. Bernardo de Gálvez
Battle of Mobile 1780