

Washington Running Club

September 1980 Newsletter

NEXT MEETING: FRIDAY, SEPT. 12, 8 P.M., 3309 CLAY ST., WHEATON, MD.

WOMEN'S MEETING

FRIDAY, SEPTEMBER 19, 7 P.M.*

MARY ELLEN WILLIAMS' HOUSE
2 WOODSEND PLACE, ROCKVILLE, MD.

Directions: From 495, take 270 N towards Frederick. Exit at Montrose Rd.; L on Montrose to 7 Locks Rd.; R on 7 Locks, about 1½ mi to Falls Rd. L on Falls, then immediate right onto Fallmead way. First R on Watts Branch, then 3rd R on Woodsend Pl., to #2.

*We'll start with a 5 mile run around 7 p.m. Bring: running shoes; bathing suits if you'd like; a dish to share; and any race schedules, dates, or ideas.

We will discuss plans for racing, women's uniforms, and a budget—i.e., try to come up with a proposal for spending a portion of the club's money.

If you have any questions, suggestions, etc., give me a call at 340-2044. Hope to see you on the 19th!

- Mary Ellen Williams

COACH'S REPORT from Mike Bradley

All those who are planning to run the Marine Corps Marathon should send your completed entry form to Mike Bradley, 914 Green St., #1, Alexandria, VA 22314 by Sept. 22. If you're already entered, let me know your entrant number and also your PVAC number if you wish to score in this category. We should do what we can to avoid past communication foul-ups with the USMC so I'll exercise some control over how we'll handle club registrants. So that I may know exactly who is entered and what teams I can put together all entry forms will be mailed together. Team entries require the participants' name and race number, so when you receive your number let me know what it is. Don't delay; do it now.

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MEETING THIS FRIDAY

Directions to meeting site, Rincon & Naylor's house, from D.C. & 495: Out Connecticut Ave. and Conn. Ave Extended (make left turn in Kensington to stay on Conn.), 5 miles beyond beltway. Go across Viers Mill Rd. (Rt. 586) to next light at Randolph Rd. Right at Randolph; then take 3rd right (just past Wheaton H.S.) onto Bluhill; 2 blocks to Clay St. Right on Clay; 3309 is 3rd house on right. Phone: 933-7427.

On the agenda: distribution of listings of members, active & inactive; Brooks NJA race, signup sheets for helping; men's and women's cross country; Thanksgiving Day race; maybe women's uniforms.

Bring refreshments. See you there!

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NEXT MONTH

Along with race reports, columns, some continuations, and maybe a profile or 2, we'd like to feature a set of articles, both fact and opinion, on the theme of pro, amateur, and open running. Already on line: side-by-side contrasting opinion papers from Pete Nye & Bob Thurston. Keep eyes peeled for news in this area—the prize money circuit, the IAAF meeting in London on the subject, etc. Please send us your reactions, feelings, thoughts!

AND PLEASE SEND LAST MONTH'S SURVEYS TO WILL ALBERS!

REPORT ON AUG. 8 MEETING

(MEETING, cont.)

The meeting began at 8:10 p.m. at Norm Brand's house. The Brooks/NJA race was discussed; 50-60 helpers are needed for the race. Liz Eliot, NJA president and new WRC member, was introduced. Some of the conflicts were discussed, such as 2 x-country meets the same day, another race on Hains Pt. that day, the 36-miler the next day, etc. Chins up, we can do it.

A Foot Locker/Nike race is being planned for Thanksgiving Day; Will Albers will direct, with the club working the finish line and aid stations. We will get \$2/entrant for our efforts (est. 1500 entrants first year).

Mike Bradley reported on several upcoming races: AC Nat. X-country chmps, 11/29 will be at Idaho State (Pocatello); Nat. 50K Chmps., Sept. 15 in Brattleboro, VT— Dick Good of PVS is offering rides. — Lynchburg: (9/27): WRC invited to enter a 3-man team to compete against Greater Boston TC, Frank Shorter Team, Gateshead Harriers (England), plus national teams from Kenya, Japan and Finland. — 10K race in Pittsburgh, 9/28. Check with Ray for details. — 5 miler at U of MD, 10/25. Dan Rincon providing technical advice, will need a few volunteers.

Dick Spencer reported on the masters' team; we have 6 current masters. Events of interest: Lynchburg, and the National Masters 20K on 10/19.

Women's Events: 1. Susan Aaronson wants to run Avon race, N.Y., 9/6. 2. Moving Comfort race, 9/21. 3. George Mason 5K X-country, 10/4. Mary Ellen Williams will host a women's meeting (see front page).

Mark Baldino proposed that one third of our funds be allotted to the women's team; but discussion on this was deferred until the women could meet to come up with a proposed budget.

Dan Rincon reported that there is \$1,839.36 in the treasury. He suggested that the executive committee meet to decide a budget for the fall season and into next year.

Athletics Congress report from Norm Brand. The AC is planning to increase national membership fee to \$6, and to require compulsory medical insurance of \$1. Norm suggested a letter of protest, also enlisting other clubs to protest as

well. Ray said he would draft a letter.

Intra-club competition report and discussion (refer to proposal for details). Steve said the biggest problem was apathy concerning reporting of race results. Some discussion of how to organize it so only those interested will be involved. You will probably be called.

Women's shirts (\$6) will arrive shortly.

New members: Jamie Chan, Bob Shaw.

Head count: 38.

— from Al Naylor's notes

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SOME RACES TO NOTE

(Also see minutes of meeting)

* The Alexandria Gazette (On the Road) 10K, Sunday, Sept. 28, 8:30 a.m. Start and finish: Founder's Park, Old Town, Alexandria. Entry deadline Sept. 14; get form at meeting or call John Sullivan, 252-6346 days, 660-6280 eves. \$5 entry fee, T-shirts, merchandise prizes for overall winners, age groups, & random.

John says no one entered so far has a predicted time under 35 minutes, so here's a chance for some nice press coverage and to shake the mayor's hand if you can better that!

* Also on Sept. 28: The National 20K Masters race. Women's categories from 30 & up. See DCRRC schedule for details.

* If you're not going to Lynchburg, you may be interested in a race on Long Island the same day, the Cow Harbor 10K. Talk to Mark Baldino, 451-6530.

* Oct. 12: Women's 5K cross-country, 11 a.m., U of Md. golf course. Contact Dick Good, 622-3276.

* Oct. 19: Men's 10K X-country, 1 p.m., U of Md. Contact Dick Good.

* Races on DCRRC Fall Schedule:

Craziest: Devil-take-the-Hindmost, Oct. 26 (after 2 mi, last 1-3 runners on each lap are eliminated, until only 1 left). Also prizes for Halloween costumes.

Team events: 10/19, Bowie 6 mile (a good one for intra-club teams); 11/16, 0' Connell H.S. 30K.

Merchandise prizes: Kettering, 9/27; 0' Connell 30K; Anacostia, 9/6.

(An intercepted letter from Bob Crane
to Bob Harper:)
CRANE, HARPER, CHILLING DIALOGUE

Dear Bob:

Your all-purpose cure for hot weather running is all it is cracked up to be, and unfortunately a lot more.

Two weeks ago, I quadrupled my training mileage to complete a week of 160 miles just six days before the annual Ft. Meade 24-hour inferno. This week included a shakedown run of 20 miles in 100 degree heat around a track. Per your instructions, I stopped every mile to: 1)fill my hat with crushed ice; 2)recharge an icepack around my waist by throwing ice down the front and back of my T-shirt and 3)douse myself liberally with ice water to accelerate the melt rate.

The hotter the weather, the faster the ice melted, and the cooler I became. Fantastic! Absolute protection against anything that Texas could send up our way. No wonder Ed Foley could confound the doctors in the Old Dominion 100-mile in June by maintaining a body temperature not only below normal but below outside ambient temperature. Now I thought I had the secret to the incredible runs of Australians and other supermen across Death Valley in ground temperatures of 190 degrees. And I could envision winning at Ft. Meade hands down, if the temperatures would just stay around 100 at night.

Sure enough, at race start the temperature was a delightful 98 with a humidity that almost produced a fog. The weatherman called for the hottest night of the year. The official low was 84 towards morning, which certainly gave us the highest daily mean. This was the same time two runners died of heat stroke in the Herndon 10-miler. Dr. John Newdorp, of PVSTC, was hauling runners off the track to weigh them. He found one young runner who had blithely lost an average of one pound every ten minutes during the first hour, and he ordered him to slow down and drink every half mile in order to avoid lapsing into a coma.

CONTINUED ON PAGE FIVE

VICE PRESIDENT TRAILS
by Mark Baldino

This corner will appear regularly in the newsletter and will feature my completely opinionated thoughts.

1. Pro road racing: yes.

Low key road racing: yes.

(not to scare anyone away)

2. Thanks to Brooks and the fine people who work there, Dean Reinke & Mike Greehan.

3. BROOKS/NJA RACE, OCT. 11, NEEDS HELP! YOU WILL BE CALLED BY RACE CHAIRMEN TO FILE AN IMPORTANT JOB. PLEASE ASK WHAT AND WHEN.

4. WRC owes many thanks to the Brooks organization for the excellent support of our team; i.e., Brooks/NJA race, free hotel accommodations for Peachtree, several and soon many athletes on the mailing lists, a place to shower at Falmouth, and hospitality at Utica 15K.

5. I'm waiting for the women to claim the 1/3 of WRC budget before the men take a special training camp in Hawaii this winter.

6. Ever thought about how well the club systems in Europe work? Talk to Ron Martin and Stan Fletcher, they've been there.

Next month-- the club system: the best way for sponsors to promote; the best way for athletes to travel more and have more fun.

Psychic insight provided by
Mark Baldino

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HELP WANTED

Someone to coordinate the procurement of supplies for Brooks/NJA race, Oct. 11. Call Al Naylor, 933-7427.

Reporters, typists, ETC., for newsletter. Editor tried to fire the typist & proof-reader who flubbed up the name of the Brooks/NJA race last month. But when no one else applied for the jobs, he had to hire the bums back. Seriously, we can use help. Call Bob Thurston, 293-7009.

All sorts of help for races.

Brooks/NJA race-- call Al Naylor
36 Miller-- call Bob Thurston

FLEET FEET reports a conversation:

F.F. Jacob, since you were good enough to comply with the request for your training logs, how about taking my space to tell us how you did it?

J.J.W. Aw, it's not that interesting or . . .

F.F. Cut the false modesty! You're proud as a peacock about doing what most of us just dream about, improving like that. Let's hear about it. — J.J.W. Okay.

It was two years ago that I ran my first race in the Washington area, the Schlitz Light half-marathon in Gaithersburg. After the race, I called my old college running buddy, the first marathoner I ever knew. "93 minutes," I told him, "that's pretty slow."

"No way!" he told me. "That's great! Run two of those back-to-back and shave off 6 minutes and you'll qualify for Boston."

Those 6 minutes were hard to come by, but they became my target. First opportunity: 1978 Marine Marathon. My buddy flew up to D.C. and we ran together to a 3:23.

Four months later, my big chance came on Washington's Birthday, or so I thought. I ran the first loop in 52 minutes, feeling great. Then the second loop, completed in 1:56. I wasn't prepared for the piano that landed on my shoulders at 21 miles. I limped in at 3:24.

But wait! The aptly-named Last Train to Boston was waiting for me in Aberdeen, MD. With my wife on her bike and Jon Peterson running alongside me, I ran an evenly-paced race, and finished the race in 2:57. Boston, here I come!

That was in early '79. The thrill of Boston brought me a PR of 2:47. I still knew nothing about speedwork, intervals, or even hard-day-easy day. But carbohydrate loading, especially noodle kugel and pizza—that I understood.

It was 6 months before I ran another decent marathon . . . 3:01 in June, 3:03 in September, a devastating Marine Corps race in November. I looked at my progression of times and was torn between training seriously and chucking it all.

Fortunately, November brought cooler weather and longer races, and my twisted ankle began to heal. Running by the book (which I hadn't read yet), doing long slow distances of 15-18 miles a day,

I trained for the Maryland Marathon and surprised even myself with a painless 2:46.

Surely I was on to something. This long, steady distance work proved out! And then, THE BOOK. Marc Sengebusch lent me his copy of Running—The Lydiard Way. It all made so much sense! Lydiard advocated months of long, steady distances, followed by 4-5 weeks of high speed training every few days. Armed with Lydiard and Tom Allison's article in Running Times, "Training for Faster Marathon Times," I mapped out a four-month training schedule, singularly pointing toward Boston.

Boston made sense, because it came in the middle of a great season of races, and because it was a downhill, fast course. But Boston has steep hills, and it's usually hot. During the winter, living in the flat part of Arlington, it's hard to train for heat and hills.

But not impossible. For heat, I trained in full sweats even after the spring thaws . . . for hills, I ran up the 20 flights of stairs in my office building every morning; and up the steep hill through Fort Myer every night—wearing a backpack. And weight training at Thomas Jefferson Center. (It's really depressing to leg-press your 250 pounds, then watch the guy next to you come over and reset the weight to 420.)

And long distances at ever faster paces. Washington's Birthday 1980 marked the transition from long, slow distance to long, hard distance. I ran that race in full sweats . . . after running up 20 flights of stairs, the hills in Beltsville seemed easy, and my 2:46 there was a full 37 minutes faster than my 1979 finish.

After Beltsville, for the first time in my life, I began a training log. I used it to record minor injuries, pulse rate, weight in a.m. and before & after running, and race results. Funny how much you can pack into a 1"xl" square.

(Pssst, Jacob! — Yes, F.F.? — Er, uh, my column is running kind of long and I just wondered— How long I was going to go on? — Well, yes. But as a would-be improver, I'd like to hear the rest of your story next month, if you're willing . . . —O.K.) Next time: some wild workouts, the Pritikin diet, and Boston 1980.

— Fleet Feet

CHILLING DIALOGUE (cont. fr. p. 3)

Conditions were absolutely ideal to demonstrate the Harper breakthrough in human refrigeration. Last year I had stopped at 33 miles in a similar Ft. Meade inferno from simultaneous internal drowning and extreme dehydration when I simply could not process liquids fast enough. This time, although the pitstops to recharge the refrigeration system added almost a minute per mile, I could not have been more comfortable. It was like running a biathlon, half running, half swimming. As the ice occasionally cascaded down onto the track, I must have resembled a mobile ice machine, and if I was concerned about anything, it was not heatstroke but frostbite. As I passed the 30-mile mark, I learned I was in 7th place out of 25 or so competitors, despite some 60 pit stops. For the first time in my life when people yelled, "you're looking good," I think they actually meant it.

And then the real secrets of Harper's secret cure hit me like a block of ice, right in the midriff. From one lap to the next I developed a severe stitch, which soon knotted my stomach into one big cramp. Despite every trick known to runners, the stitch hung on. Finally at the familiar distance of 33 miles, I decided to resort to the ultimate trick of simply dropping out.

So much for the Harper miracle cure. But thanks, Bob anyway for a great concept. Perhaps the ultimate in hot weather running is a heat pack to counteract the cold.

Many thanks are due to our ultramarathoning whiz kid, Ed Foley, who started the 100 mile at noon and was waiting to man the pitstop when I arrived for the 50 at 6 PM. As a true Harperian, Ed invited me over to his treasure trove, enough to refrigerate a team of horses, and told me a strange story about having to drop out at 33 miles. "Too bad," I volunteered in my naivete. "Next time you should use more ice."

BOB CRANE

Bluemont Park, VA, Aug. 13-- Marc Sengebusch is second in this cross-country style 10K, with 33:59, 17 seconds behind Kurt Shallenberger of Chicago. Bob Oberti was 9th in 36:34, and Laura DeWald was 22nd overall with 38:50.

PHIL STEWART FINDS HIS RACE

For the benefit of WRC newcomers: Phil Stewart, DCRRC president and peripatetic writer/editor for Running Times, is also a top-notch runner (2:19 marathon) who had grown accustomed to winning a lot of races before he was felled by that nasty of nasties, a groin injury. After several years of waiting patiently and impatiently, Phil is coming back. Racing hard only once every two weeks, Phil has had some pretty respectable placings in local races (6th at Carderock and at Reston) but no outright victories.

To remedy this situation, Phil entered the "Corn Days Festival 4 Mile" in Long Lake Minnesota, on August 17. In preparation for the event, Phil first flew to California to get some of those good vibes, and then, accompanied by his sister, began driving and training toward Minnesota.

First stop was Jeff Galloway's camp at Lake Tahoe, where he got in a 16-mile altitude run with Jeff. It's a beautiful setting, Phil reports. Then some more altitude training, in Salt Lake City and in Rocky Mountain National Park. And so on. Phil says the high point of the trip was not running in Omaha, Nebraska.

On race day, Phil was feeling fit, and won the four mile race in 21:07, a 52-second margin over #2. Phil modestly adds that some of the top local runners were in Falmouth on the same day. But who knows? Do you think Phil would have gone to such extremes in his training just to let somebody beat him?

* * * *

BUNION DERBY WINNERS

A baker's dozen WRC runners took awards in this summer's DCRRC Bunion Derby. Congratulations to all of them. Nobody can prove it, but this may have been one of the hardest summers to run through in years.

Women, 19& under: 1. Mary Walsh

Women, 20-29: 1. Karen Sullivan; 2. Sally Strauss.

Women, 30-39: 1. Mary Ellen Williams; 2. Barbara Jones.

Men, 20-29: 1. Paul Rapavi; 2. Marc Sengebusch; 3. J. Berka; 5. R. Rodriguez.

Men, 30-39: 1. J. Wind; 2. R. Thurston; 6. Peter Nye; 9. Phil Stewart.

DCRRC RESULTS

Greenbelt, July 19--The team of Rapavi, Sengebush, Berka and Wind put together a good effort on a hot day, completing the 20 mile medley relay in 1:48:15, good enough to better the old course record by 40 seconds, but not enough to beat a Quantico Marines team that set a new record of 1:46:11. Leo Aulisio and Steve Ciccarella formed half of the 6th place team, new member Jill Haworth was on the first place (also record setting) women's team, while Laura DeWald ran on the second place women's team.

Historical note: Before 1977 this event was a 25 mile relay. The 25 mile record was (and is) 2:10:13, held by the Washington Sports Club team of Stewart, Karlin, Thurston and Morrison. Going back to 1969, when the race was a 30 miler, we find another victorious WSC team: George Cushmac, Milt Greenbaum, John Laughland, and John Winslow in 3:03:20. * * *

American University, August 5-- With this race coming just a few days after the Herndon tragedy, this race almost became a fun run with no times recorded, not to be counted in the Bunion Derby. But thundershowers cooled the day off and the competitive run was back on. The remarkable thing was the sense of camaraderie between all the runners. Like long-lost relatives brought together at a funeral, folks were chatting away with people they'd run against all summer but hadn't talked to.

The men's times were not spectacular, but those of two WRC women were. Running in the open 10K, Mary Walsh was 9th overall in 35:54; recently joined Sally Strauss was not far back-- 11th in 36:36. Barbara Jones won the women's 5K in 20:29, and Karen Sullivan was second in 20:30.

Men's times:

1. Jim Berka	33:34
4. Bob Thurston	35:04
16. Bob Rodriguez	37:19
34. Ed Sayre	40:35
35. Marc Sengebush	40:35
39. Dick Spencer	41:04
50. Dave Dance	42:22

IT RUNS IN THE FAMILY

Burke Lake, VA, Aug. 19-- The Thurstons turned out in force at the Paul Thurston Run-- all of them at least sounding like the real thing. David took his grandma "running," and began trotting along, huffing and puffing very loudly. From time to time he'd turn to her, stop puffing, and announce "I'm running," then turn ahead and resume the loud puffing.

Bob, running with Doug Slocum, began some deep breathing/groaning a la Ted Corbitt about 2 miles into the run. Doug, fearing his former cross-country coach was succumbing to a heart attack, asked in alarm "Are you all right?" --"Yeah," Thurston bluffed back.

Meanwhile Delabian found herself beginning to overtake Wes Mathews. Determined not to let Wes beat her ("he always looks like he's walking-- it's insulting"), she started to pass. As Wes tells it, "I was running along peacefully when I heard what sounded like a leaky steam locomotive behind me" The locomotive actually passed Wes not once but twice-- but she misjudged the finish and had to settle for a 13-second loss.

The race was dominated by the George Mason cross-country team, who took the first 10 or so places and some others too. Distance is said to be 4.5, but some of us prefer the rumor that it's 4.8. WRC results:

12. Bob Thurston	25:54
13. Bob Oberti	25:54
18. Mark Albers	26:51
38. Phil Stewart	ab. 29 min.
47. Dave Dance	30:29
99. Delabian Rice T.	36:38

* * * *

Annandale, VA, July 30-- 6 M, Bunion Derby #6: 3. Jim Berka, 31:42; 4. Marc Sengebush, 32:47; 5. Jacob Wind, 33:11; 8. Bob Thurston, 33:48; 10. Bob Oberti, 34:11; 27. Bob Rodriguez, 36:44; 29. Phil Stewart, 37:04; 36. Dick Spencer, 38:04; 38. Mary Ellen Williams, 38:47; 44. Dave Dance, 39:42; 46. Chip Hill, 39:47; 55. Karen Sullivan, 41:51; 69. Mary Walsh, 43:44; 108. Bob Mallet, 51:18. Woops, #21, Ed Sayre, 35:56.

FALMOUTH ROAD RACE

Rod Dixon beat out most of the top U.S. road racers with a time of 32:20 for this 7.1 mile event; he missed breaking Craig Virgin's record by a second, probably because he was enjoying the victory too much. 12 seconds back was Herb Lindsay, and only 38 seconds out of 1st was WRC's Terry Baker, in 6th place! Terry's time of 32:58 (that's 4:38 per mile!) put him ahead of Kyle Heffner, Randy Thomas, Benji Durden, Bill Rogers and others too numerous to count, let alone mention.

Terry had called the race pretty well, saying he was ready to finish in the top 4 or 5. He's back training with his old coach at Hagerstown Community College, and between his "mountain runs," his track workouts, and his good long runs, he must be doing something right. Bruce Robinson says Terry's the club member to watch for at New York City this year. Now if only the bear hunting season doesn't get too tempting . . .

Next across for WRC was Dan Rincon, in 34:43, 36th place. Then George Malley, 52nd, 35:07; and Bruce Robinson, 75th, 36:10. Diligent research failed to turn up the times of Ray M, Mark B, Stan F, and Kathy G. Confronted with a direct question, our veep said his time was "not worth mentioning."

Bruce says the organization was excellent, and the weather conditions were the best of the 8 years the race has been held.

— by R.T. from info supplied by
Bruce R & Phil S (no info from Mark B)

* * *

Aug 16— George Cushmac had a good day at the Sea Isle City (NJ) Beach Patrol 13 Mile Run. His time of 1:18:20 placed him 110th overall and only a couple minutes behind his 40-49 age group leaders.

* * *

Pat Speer recently entered a race at Fargo Jr. High. His time for a hilly 2 miles was 27:37.

* * *

George Malley, just 9 days after his 2nd at Peachtree, won the Summer 10 Mile in State College, PA, in a meet record time of 48:51. 2nd: Mike Cotton, in 50:11.

ANNAPOLIS 10 MILER

Aug. 24— Terry Baker, hot off his 6th finish at Falmouth, blazed this course in 48:09 for an impressive win that shaved 2:17 off Dan's 2-year old course record. Weather conditions were ideal, says Pete Nye who suffered through hot days in other years.

Baker led 3 others under 50 and the old CR: Jeff Foster, Malcolm East and Jeff Bradley. Next WRC finisher was 7th-placing Jeff Smith in 50:53. Then:

9. Will Albers	51:26
10. Bob Stack	51:58
18. Dan Rincon	52:55
21. Mark Johnson	53:14
27. Mike Sabino	53:58 (1st M)
31. Mark Baldino	55:00
33. Steve Ciccarella	55:32
35. Phil Broughton	55:38
48. Mary Walsh	56:42
(1st W, breaks own CR)	
51. Peter Nye	57:02
Ed Sayre	59:49
Ed Foley	60:58
Laura DeWald	61:09 (1st W)
Mike Bradley	61:10
Marilyn Bevans	62:13
Pam Russell	65:16
Margaret Hoyert	67:31

Dan says 16 club members showed up for brunch at his parents' home.

* * *

P.S. to Annapolis: Hugh Jascourt, original godfather of DCCR and a long-time club member, has been plagued by a hip injury for some time. He's gradually coming back, and ran this 10-miler in 77:32.

* * *

Greenbelt, MD, Aug. 31— Labor Day 15K After a disappointing finish at Annapolis, Dan Rincon had "head problems" and figured a race might help. This one should have: on a hot day and not really challenged at the end, he took 10 seconds off Jack Fultz' CR (set in 1973) to win in 47:44. Mary Walsh took 3 min. off the women's record, with a 55:23 over the demanding course, placing her 11th overall. Others: (3) R. Stack, 51:07; (6) R. Rodriguez, 53:07; (8) L. Aulisio, 53:49; (9) R. Oberti, 54:06; (19) L. Noel, 58:01; (29) G. Cushmac, 61:19; (42) D. Dance, 64:01; (48) M. Greenbaum, 65:20; (103) D. Rice Thurston, 80:19. Alex Barnes provided his usual deadpan comedy act: 2 races start at once, going in opposite directions.

PROPOSAL FOR AN INTRA-CLUB COMPETITION

Submitted by Mitch Tropin, Jay Wind, and Delabian Rice Thurs

1. GOALS:

- * to encourage Washington Running Club members to compete and improve;
- * to encourage club members to carpool to races and get together socially;
- * to create cohesive intra-club teams;
- * to recognize the achievements of faster runners;
- * to enable slower runners to contribute as much to their teams as faster runners
- * to provide a basis for annual awards; and
- * to do all this with a minimum of paperwork and bother.

2. TEAMS: Geographical, each with about 10 members. If 100 WRC members want to participate, we should have 12 teams of 8-9 members, leaving room for growth.

Current WRC members sign up for teams during August. New members join teams when they join the club. Not everyone has to participate.

Each team must select a captain responsible for gathering monthly results.

3. DATA: During August, team members provide their captain with a list of personal records (P.R.s) or last year's best time, at the member's option, in the following distances: 5 mile, 10 mile, 20 mile; 10 km, 15 km, 20 km; half marathon, full marathon, and ultra-marathon.

On the 1st of each month, members provide their captain with a list of races completed, distance, time, date, and whether it was a P.R. Team members also report the races they helped out at.

By the 5th of each month, the captains call these results into a person who would serve as Competition Coordinator. All results for a calendar month must be in by the 5th of the following month to count.

Between the 5th and 10th of each month, the Coordinator records the results in a ledger and totals up each team's points for the previous month. These results are reported in that month's newsletter and at the next meeting.

4. POINTS: Three types: PARTICIPATION, IMPROVEMENT, and PERFORMANCE (P.I.P.).

* PARTICIPATION POINTS are earned by finishing a race or helping out:

- 1 point for helping out at a WRC or DCRRC race;
- 1 point for running in a track meet (any number of events) or finishing a race of less than 5 miles;
- 2 points for finishing a race of 5 miles or more but less than 10 miles;
- 3 points for finishing a race of 10 miles or more but less than marathon;
- 4 points for finishing a marathon or ultra-marathon.

If one drops out of a marathon or shorter race, no points. But if one is running an ultra-marathon and finishes at least 26.2 miles before dropping out, one still gets 4 points. Have mercy.

If four or more members of one team help out or finish a race, the team earns 1 extra participation point for each person who helped or finished.

- * IMPROVEMENT POINTS are earned by bettering the time of record in the ledger (the P.R. or last year's best), in any of the standard distances in Section 3. Any improvement on the time of record is worth 4 points.

A person can earn improvement points several times in one month in the same event; if a person sets a P.R. in each of three 10 km races in a month, that's 12 points. If a person races a distance never raced before, by definition the time is a P.R. and the person gets 4 improvement points.

- * PERFORMANCE POINTS are earned by running the best time of the month club-wide in any of the standard distances. Thus, in any month, club members as a whole will earn 32 performance points. But an unlimited number of participation and improvement points are available each month.

Performance points offer a special opportunity for top runners with topnotch P.R.s to contribute points to their teams regularly.

Note that no performance or improvement points are awarded for en-route times; alas, a 25:30 5-mile split on the way to a 2:27 marathon P.R. counts only once. Also, points are for races, not training runs.

5. SEASONS: The year is broken into two seasons:

- * August 30-January 31 - 5 months, starting with Labor Day Weekend races;
- * February 1 - June 1 - 4 months, ending the day of the Hecht's 10-miler.

6. THE CHALLENGE: Late in May, either independently or in conjunction with the last DCRRC race in May, we have an Intra-Club Challenge Race, to give teams one last chance to upset the standings. The winning team of five gets 100 points (plus P.I.P. points); the second-place team gets 90; and so on. Points in the Challenge should be enough to allow a last-place team to jump quickly through the standings with a dramatic performance, or a second-place team to tip the leaders.

7. AWARDS: There will be awards at the end of each of the two seasons. At the end of the first season in February, we present 6 ribbons, one for males and one for females in each of the three P.I.P. categories. At the end of the second season in June, we present 6 ribbons as above for points amassed during the second season; plus 6 trophies to the overall year's male and female winners in the three categories. In June, we also present ribbons to the members of the top team overall.

8. COSTS: Cost include about 24 ribbons (6+6+12), plus 6 trophies, plus time expended by the captains and Coordinator. Maybe some printing costs.

9. DOING IT: We foresee the following schedule:

- * August 8: Review and approval at club meeting; select Coordinator(s); designate teams.
- * Aug 9-31: People sign up for teams; select team captains; provide P.R. data; Coordinator sets up accounting system and prints forms for captains to use for reporting results.
- * October 1: Data starts rolling in.
- * Each month and next summer: review system to make sure it's achieving goals.

COACH'S REPORT
(continued from front page)

Cross-country season is almost upon us and the men's schedule will be out soon. As you know, October 11th is a busy day for us. We not only have to do the Brooks/NJA race but also field a team to run against William & Mary and UNC-Wilmington at Williamsburg. We should organize this cross-country team and begin to make plans for the trip.

Also, this year, on October 14th, the Joe Binks Cross-Country Invitational at Louisville, Ky., is including a women's division at 5,000 meters. It would be precedent-setting to have our men's and women's team travel together to the same meet. Depending upon which team you qualify to run on let either Mary Ellen Williams (340-2044) or Mike Bradley (683-5193) know if you're interested.

Ultra-marathoners who have or are considering entering the Dannon 36-miler on October 12th, let me know so we can organize teams. We can win the trip to Scotland if we work together.

M.B.

INJURIES, ETC.

Bruce Robinson is out of action with very painful sciatica. He's getting tests now and may need to be in traction for a while.

Two weeks ago Al Naylor sent a very upbeat note to the newsletter, reporting that his weight was down 20 pounds from a year ago when he went 5 months without running (from 165 to 145). "I feel lean, mean and hungry." But soon after, the axe fell: he has a recurrence of knee pain, seems to be chondromalacia.

"Unfair!" says Al. Most of us know how he feels, especially:

Jacob Wind, who is just beginning to recover from a stress fracture that halted his running during August.

Bob Rodriguez, also just coming off summertime injuries.

Bob Harper, troubled by groin pain with just 5 weeks to the 36-miler.

Pete Nye, injured and disgusted ("It's too boring to talk about," he says).

And others--- Marty Smith, Bob Williams, and more.

Editorial comment: maybe one of the things we can do as a club is figure out how to support each other when we're injured, and maybe even learn something from our own and each other's injuries.

- R.T.

WRC NEWSLETTER
2135 Newport Place, N.W.
Washington, D.C. 20037



ALLEN NAYLOR
3309 CLAY ST.
SILVER SPRING, MD
20902