

Washington Running Club

October 1980

NEXT MEETING: FRIDAY, OCT. 24, 8 P.M. at WASHINGTON SQUASH RACQUETS CLUB
1120 20th St., N.W. (between L & M), D.C.

WOMEN'S MEETING, SEPT. 19

The WRC women's meeting took place on September 19 at 7:30. There were not as many members as hoped for but quite a bit was accomplished by those stalwarts that attended. How to spend our one third of the club's treasury was our main concern. It was decided that we would poll by mail all the women members. Pam Russell is setting up the questionnaire.

Norm Brand informed us of some upcoming championship races. The general feeling was that we should go for the local races and set up our priorities as to which ones we would want to travel to. It was suggested that the club not buy uniforms for the members; rather spend the money on race expenses.

It looks like we will have a strong Marine Corps team. If you are running the Marine Corps, let Mike Bradley know. We are also looking for members to run in the PVAC X-Country Chmps., Oct. 12.

We all enjoyed the good food and some of us relaxed in the whirlpool.

— Mary Ellen Williams

QUESTIONS FOR THE WOMEN

At the women's meeting on Sept. 19th it was agreed that more of the women need to be heard from in order to set up a budget. What are your priorities for road racing? What distances and which particular races would you be interested in running? What percentage of the budget should be spent for entry fees and/or travel expenses? And should this money be spent only when there are enough members in a race to make up a team or when there are just a few individual runners entered? How much traveling to the various races would you be interested in doing?

Please let us know your feelings on these or any other subjects so we can get our budget planned. Call Mary Ellen (340-2044) or me (656-4747) or talk to us at the next meeting.

—Pam Russell

NEXT MEETING

Parking near the Squash Racquets Club is tough; you can find a pay lot or park farther away. Probably the best way is to take Metro to one of the Farragut stations—both North and West are convenient. Once at 1120 20th, walk in through the brick arches back to the courtyard. Turn right, sign is above door. Telephone there is 659-9570.

There are a couple of conditions attached to our arrangement for using the club: (1) children must be supervised and can't play on the equipment; (2) we are expected to buy food and beverages from them rather than bring them ourselves.

It's a nice place, and the food is good. Sandwiches, salads, quiches, etc. for \$2.75- 3.50. Beer, soft drinks, cheesecake. Don't get too impatient with the service, says Bob Harper.

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NEXT MONTH

Complete Lynchburg results were still not available at press time, so we hope to have them next time. If EVERYONE who runs the Marine Corps marathon would find Mike Bradley after the race & give him your time, we can have those results also. (Won't someone make a big sign or banner?)

Please send all other news, opinions, letters, columns to 2135 Newport Place, N.W., Washington, D.C. 20037 by Nov. 1, or call me at 293-7009. — Bob Thurston

TO JOIN WRC

Send \$10 dues and pertinent info about yourself to: Dan Rincon, 3309 Clay St., Silver Spring, MD 20902.

HIGHLIGHTS: SEPT. 12 MEETING

A MESSAGE FROM NJA

The meeting at 3309 Clay St. began at 8:30 p.m. New rosters, listing both active and inactive members, were distributed. Inactive members who wish to become active can pay \$10 for this year; if they decide next year to become active, they should pay \$10 for this year and \$10 for next.

Masters report: A 7-man team is planned for Lynchburg (Spencer, Hubbard, Cushmac, Sabino, Mallet, Krause, & Winslow).

National 20K Chmps. coming up, 10/19.

We need to recruit more masters (men and women) to have complete teams.

Brooks/NJA Race: Coordinators Mark Baldino, Larry Hubbard, Dick Spencer, Mike Bradley, Al Naylor and Ray Morrison were introduced, and tasks described.

Men's report: At the Charleston 15 miler on August 30, Mark Rapavi (Paul's 15-year old brother) ran 1:41; Ed Sayre ran 1:46. Upcoming races:

-10/25 Terrapin Trot 10K (see Dan R)

-11/8 Internat'l Peace Race, Youngstown

Women's report: Discussion of upcoming women's meeting (see story, page 1), women's uniform tops, and the question of the club's paying for uniforms (Ray prefers not).

Treasurer's report: Recent expenses:

\$91.21 newsletter (for May/June double issue)

\$400.00 Falmouth expenses, to be reimbursed by Adidas

\$20.00 late Annapolis entry fees

\$145.00 Falmouth expenses to Terry B, Mark B and Steve Mahieu

Currently \$1,093.46 in treasury.

Falmouth report: Ray and Mark regaled us with stories of Falmouth, in particular Mark's gallant rescue of Jackie Gareau at the start of the race.

Nike/Foot Locker race: Will Albers will head up this Thanksgiving Day race, to be at Tyson's Corner. Mark showed an intriguing design for the long-sleeved T-shirts to be given away to all entrants.

Newsletter: Bob Thurston expressed a wish to spread the work out. He said the deadline would be the 20th of each month, so that the newsletter could appear around the first of each month. Bob Stack & Dave Asaki volunteered to handle printing & mailing.

New members introduced: George Malley, Marc Sengebusch, Henry Barksdale, Jr., Woody Bass, Bob Oberti. 26 members present.

The NJA would like to thank all the members of the WRC who helped with the National Jogging Day 10 Miler on Oct. 11. All the comments we've received from race participants reflect a well organized event, and we at NJA really appreciate your effort.

Our special thanks to those who coordinated various aspects of the race and fun run: Ray Morrison, Al Naylor, Mark Baldino, Larry Hubbard, Dick Spencer, Karen Sullivan, Mike Bradley, and J. Wind for his great announcing at the finish.

- Liz Elliott, NJA Exec. Director
- Linda Cleek, NJ Day Coordinator

THE 36 MILE RACE COMMITTEE

wishes to thank Steve Donovan, Hannah Rowe, Mary Cassidy, Ray Morrison, Pam Russell, Barbara Lohrenz, Bob Harper, Jay Wind, & Estelle Roth for their help with the race. Also Joe Riener, Jamie Chan!

MARYLAND MARATHON

Pam Russell and Karen Sullivan would like to have a team— call them.

HOUSEMATE WANTED

Dave Dance has space in his house to share. He lives in the Langley section of McLean. Call him, 357-1678 at work, or 821-3482 at home.

WANTED: WOMEN RUNNERS FOR RESEARCH

Women, are you interested in some testing that could help your training? Mary Jo Gunning is looking for women who run at least 20 miles a week. The testing involves hydrostatic weighing to determine body weight and density, along with a treadmill test.

Call her at 434-2261.

HEALTH'S ANGELS 10 MILER

Kensington, MD., 9/21— On a very warm and humid day, Bob Stack led several WRC runners to win this race in 54:55. New member Kit Nacy followed in 57:46, with Matt Nacy, 4th in 58:50. Bob Oberti was 6th in 59:40; Jacob Wind, 66:12; Dave Dance, 68:30.

Kevin Eagleton was second in the 50 mile at the 24-hr. relay, in 7:07:14.

* * * *

36 MILE RUN, OCTOBER 12

A QUICK QUESTION - Who is winning races today who was also winning them in 1973? Not Bill Rodgers, he first won Boston in 1975; not Frank Shorter, he won the Olympic Trials in 1972 but placed 83rd in 1980. The correct answer is the Washington Running Club's own Bob Thurston.

His 1980 win in the Dannon 36 mile marked the latest step in a dramatic comeback. Thurston won the race in 1973 in a still-standing course record of 3:32:22, by running down Nigerian Olympian Martins Ande with an incredible sub-55 minute last 10 miles. Then Bob took some time off intentionally to build a house and father a son and unintentionally due to some injuries. In this interim period, Bob took over directing the race.

But Bob's training pulled together this summer and he produced another one of his masterful peaks at the right time with a repeat win this year in 3:43:45.

The race marked a comeback for the WRC also. After losing to the Haverford AC last year, the club assembled a strong crew this year including Thurston, JFK veteran and recent 2:25 marathoner Bob Stack, Old Dominion 100 mile runner-up Bob Harper and Old Dominion 4th placer Ed Foley. Thurston and Stack shared the pacesetting for the first 12 miles, averaging around a six-minute pace. Stack pulled away between 12 and 33 miles, opening up as much as a four-minute gap on Thurston. But Stack's recent PR marathon caught up to him and forced him to drop off the pace. He tenaciously hung on for third in 3:50:09. Ed Foley locked up the team's trip to Scotland with a sixth place, 4:58:51, effort.

Bob Harper was next across for WRC, in 11th place with 4:08:41. Then new member Lucious Anderson, in 4:13:03, and Vassili Triantos in 4:14:08 for 13th place. All of these were ahead of any other team's third runner (Team results, total time: WRC, 11:32:45; Warren Street, 12:12:52; Team Johnstown, 12:33:18). Dave Asaki ran 28 miles before stopping, while Karen Sullivan did 20.

-- Phil Stewart

VICE PRESIDENT'S COLUMN

Postponed due to marriage!

(Mark and Kathi were married in Needham, Mass. on October 4/5 weekend. They honeymooned at Martha's Vineyard. Congratulations!)

STACK WINS EAST LYME MARATHON

East Lyme, Conn., Sept. 28-- Bob Stack waited out early leader Amby Burfoot, ran with a lead pack from 8 to 12 miles, and broke away at 13 miles to win this marathon in 2:25:18. It was a good day on a good course; Bob reports. And a fine PR for Bob, who won last year's DCRRRC Outstanding Runner Award.

Other area runners at East Lyme were Harriers Ben Beach, 7th in 2:32, and Tom Skelly with 2:40.

MASTERS 20K CHAMPIONSHIP, SEPT. 28

George Cushmac finished 18th in this 20K race at Hains Point, in 75:20.

BROOKS/NJA RACE, OCT. 11

New member John Doub beat out his friend Mike Greehan, 49:50 to 49:56, to win this 10-miler on the Cherry Blossom course. Will Albers was third in 50:15, Jeff Peterson followed in 50:18. Somehow a non-WRC runner slipped in for 5th, with Mark Mackey coming in 6th in 51:58.

Kitty Consolo of Ohio won the women's division in 58:39. Laura DeWald was 2nd in 60:55, with M.E. Williams 3rd in 63:07. Kathy Guiney ran 77:08 and Phyllis Gible, 92:00.

There may be more WRC finishers, but we'll catch them later.

Ray wishes to thank all those who helped out at the race. Not those who said they would help and then didn't show.

ANACOSTIA RIVER RUN, 9/6

If you missed this one, you missed: a good fast course, merchandise certificates about 10 deep; and a good running clinic (Dave Brody, Gabe Mirkin, Delabian).

- 1. Robert Rodriguez 33:56
- 3. Bob Oberti 35:10
- 4. Ed Sayre 36:46
- 14. Dave Dance 41:23
- 15. Jacob Wind 41:39

LAKE NEEDWOOD 10K, 9/14

At this dual meet between Road Runner Clubs, the Mont. Co. RRC outdueled DCRRRC. But the WRC (no relation) captured some top spots:

- 1. Bob Stack 33:02
- 3. Bob Oberti 36:01
- 7. Ed Sayre 37:13
- 10. Dave Asaki 38:50
- 55. Bob Mallet 54:34

IS RUNNING AS A SPORT EVER TO BREAK OUT OF THE THIRD WORLD?

by Peter Nye

Last autumn, Max White won the 36-mile Two Bridges race in Alexandria, VA, which earned him the prize of a round trip to the companion event in Scotland during the summer. While on a training run soon before he was to get a flight to Scotland for the race, however, he fell and suffered a leg cut which required 14 stitches to close. His convalescence required two weeks from running to let the wound heal.

Race officials met and decided to take the prize away from Max and offer it to the second-place finisher. Max's request that he use the equivalent sum toward expenses for another event was turned down by race officials. They said that since the winner wasn't going to the race in Scotland, the prize should be passed on to the next finisher.

The incident poses a typical dilemma that confronts competitive runners: the race sponsor gets the publicity and attendant advertising, but the return to the athlete is often minimal—mostly a trophy, occasionally inexpensive merchandise.

Until recent years, running as a sport was overlooked by serious athletes. They could cash in on their talents and discipline by taking to sports such as football, basketball, tennis, and baseball. Those sports enabled them to earn a living while they provided entertainment for the public.

We lost a lot of talent that way. We also lost deeply in prestige. Neither the media nor sponsors took us seriously.

A phenomenon of our time is that running has really taken off and attracts a large following. There are an estimated 20 million people who run regularly.

Running has become a culture of its own. It supports several magazines. There are folk heroes— not necessarily just for their speed and endurance like Bill Rodgers but also for their character and colorfulness like Walt Stack.

There are also levels of race circuits one can get involved in, including a level of top national races where the better men and women runners can make a living. But the number of athletes making anything from the sport is small. The incomes do get high, but they pyramid steeply.

Those who are making money through competitive running are helping the sport emerge from the third world. They are making the depth of competition more intense, something that is reflected in more course records being broken by more people every year.

Yet the resistance that remains strongest is in the bedrock of running. This includes the level of races that serve as the farm system which develops runners for the larger national races. The bigger races have promoters and sufficient sponsors to fly the better competition in. Those race sponsors can deal with handling fees for runners.

But the bedrock of running is taking advantage of how long running languished in the third world. These promoters and race sponsors can—and will—continue to offer the minimum of prizes so long as they can get away with treating the sport as a lightweight hobby.

They will also continue to unilaterally withdraw the prizes, such as one sponsor did with Max White, unless more runners work to break the sport from the third world. — P.N.

REPLY

by Bob Thurston

There are two separate issues here: running as a "third world" sport, and some questions regarding the Dannon Two Bridges race. I'll start with the 36-miler.

First, the case of Max. His fall was not the only or even the main reason he decided not to go. He had been undecided about the trip for some time because of a very hectic summer (i.e. moving to Charlottesville, travelling out west for the trials, graduate school, then a move to Eugene!)

Second, the prize. This was not a grant to be used in any way or even to travel to any race, but expense money specifically to the Two Bridges Road Race, August 1980— and the prize was so advertised.

Third, the "race officials." Jeez, it sounds impressive and you make the decision sound easy and snappy, but we are just a ragtag group of runners who were faced with an agonizing decision. Max did "win" and we wanted to accommodate

REPLY (cont.)

him, but to grant his request (to use the money in another way) brought up other problems. In the end we didn't all agree completely but we decided that the most fair thing to do, since Max couldn't use the prize as defined, was to pass it along to the next eligible man, runnerup Fred Savitz. Similarly, if you qualify for the Olympics and can't go, your country doesn't send you to another race or a different Olympics; your alternate goes.

Fourth, the sponsor. If you want to put down race sponsors, you might have picked an easier target. How many races like this can you find for a fifty cent entry fee (that includes T-shirts, certificates, complete results, etc.)? It takes a lot of imagination to describe a race that offers 3 or 4 trips to Scotland, plus other nice awards apart from the trip, all for a 50 cent entry fee, as "offering a minimum of prizes."

At no point was anyone from Dannon involved in the decisions about Max. So to allege that Dannon "unilaterally withdrew" a prize from Max is simply false.

The trips to Scotland, by the way, were initiated not by Dannon but by local devotees of the tradition begun in 1973. Dannon agreed to the idea and supplied an extra \$1000 above their standard race budget in order to pay for the trips.

Now what about running as a "third world" sport? If you want to use that analogy I am wondering what the first two are, and whether there is a 4th or 40th world and so on. I also wonder whether it's ok to be in the 4th or 40th world, or whether I must be dissatisfied until I am #1. I gather that, as a "serious athlete," I must be dissatisfied until we runners are up there with the big boys, the pros. (At least I had thought I was a serious athlete because I took my running seriously; now I see from your remarks that I lacked that essential ingredient of wanting to "cash in".)

I do agree that your use of "third world" has a valid implication: that runners are victims of exploitation of various kinds. I propose that we (and our readers-- come on and join the discussion!) examine this question in greater depth.

I want to be sure that we look not only at the situation for runners at or near the top, but for all the rest of us too.

(cont. next column)

FLEET FEET

Brings you Pt. II of Jacob Wind's story. He had begun a training log after a 2:46 at Beltsville . . .

Looking over the log, I see that between Washington's Birthday and the week before Boston, My mileage never fell below 90/week. That 7-week period included 13 runs of 20 miles or more, and also several races under perfect weather conditions.

Before Beltsville, I made daily runs of 15-18 miles; after, my mileage started to vary. Some days 20 milers, other days a hard run to work (2.5 mi) and home. One day I got real crazy and ran from Arlington to Columbia, along U.S. 29. Basically lots of distances and hard runs, hills but no track work.

All of this led to a PR of 2:30:52 in the Shamrock Marathon in March. That marked the end of long hard distance and the start of the sharpening period. My mileage dropped from a season's peak of 129 miles the week before Shamrock to 92 the week after.

Then began the track workouts. My favorite workout was a 440, 880, 1320, then 5 interval miles, followed by a 1320, 880, and 440 (one lap recovery between intervals). Next best: a short race, followed by a long run home.

One of these long workouts took me from Arlington down the Mt. Vernon Trail, then to Fort Belvoir-- 24 miles; from there I hitched to Woodbridge and ran a 10K, finishing 2nd. Fortunately, someone gave me a ride home.

Another trick I used was downhill racing. Marc Sengebusch and I went to the long hill near Walter Reed and Four Mile Run in Arlington. His plan was to run hard up the hill and relax going back down. I raced the downhill sections all-out and kept Marc's pace going back up. Since Boston is mostly downhill, I reasoned, it's important to teach your muscles to function in that mode. I also raced down the stairs at work . . (to p. 6)

Who is being exploited when a race sponsor charges me a high fee to run in a race, then "takes care of" the fee and travel expenses for a hotshot to run the same race? Who's being exploited when shoe companies add to the cost of producing my shoes by giving away free shoes to other runners?

More- I hope- next month. - R.T.

My weight came off as planned, dropping from a high of 130 to a low of 120, thanks in part to the Pritikin diet which Estelle and I picked up in February. We stayed away from animal protein, fat, even nuts, while emphasizing fruit, vegetables, and pasta.

When April 21 rolled around, I felt light, lithe, and strong. On the bus to Hopkinton, Jim Berka and I planned out the splits to achieve a 2:20

Never have I gotten off to a better start! With the crowd all around, and that fast downhill from Hopkinton to Ashland, I clocked 9:36 for the first 2 miles. But then the heat hit . . . I knew I'd slowed down. From 5 miles on, it was a classic case of running in the heat. Every chance I got, I grabbed water and drank it or poured it on my shirt. I slowed up a little and let stronger runners pass. Then I'd run after them.

The miles from 5 to 10 were the toughest— I hit 5 in 25:30 and 10 in 55:00. From then on, my heat and hill training began to click . . . The hills loomed ahead. They weren't as steep as I'd remembered them— none was as tough as Satyr Hill or even Fort Myer. Originally, I had planned to ease up through Newton, but as the hills began, I got stronger and started passing people often. At 18, Mark and Kathi spotted me and cheered for the W.R.C.

Then it was the top of the hill, where you can look down on all of Boston, including the Pru. Only 10K to go, and it was

1:52. With a 29-minute 10K, I could break 2:21! How demented one becomes after 20 miles. The very thought made me push harder . . .

Then with but a mile to go, 2 runners passed me . . . there wasn't much strength, but I went after them. With 100 yards to go, I sprinted all-out— and finally passed them both. The clock read 2:27:25, and I couldn't believe it. All those weeks of training had paid off. I was in the top 100.

* * * * *

A STRING OF VICTORIES

Maybe the hills and isolation of Pittsburg are good for Ray Morrison's running. Something is; he has won 4 out of his last 5 races. He didn't win the Great Race in Pittsburg on Sept. 29, but he did have a great race: 31:16 for 10K (Tim Gavin was 15th in the same race, in 30:22).

Ray won the PEPCO 10K (Sept. 14) in 32:20. Among other races, he won the Montgomery Co. Fall Leaves race on Oct. 12. It was meant to be a 10K, but Ray's winning time was 36:45 and he suspects it was long.

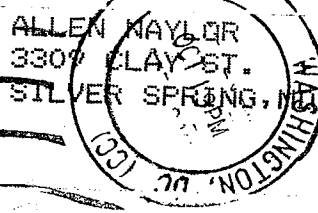
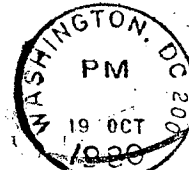
Ray has been doing track work (up the ladders) for the first time in years.

Keep up the good work, prez!

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Tim Gavin lives in Frostburg, goes to school (accounting) and works two jobs. He has also found time to: run a 1:10 half marathon; win the Johnstown 10K in 30:48; win the Bedford 11.4 mi in 59:53.

WRC Newsletter
% Thurstons
2135 Newport Pl, NW
Washington, D.C. 20037



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