



December 1980 Newsletter

NEXT MEETING: FRI, DEC. 12, 8 PM, WASH. SQUASH RACQUETS CLUB, 1120 20th St., N.W.
telephone 659-9570

NOVEMBER MEETING

The regular meeting got underway at 8:30 p.m. at the Washington Squash Racquets Club, with about 30 people in attendance. Some of the highlights:
X-country comments: Ray said the season was not as bad as Mike had stated at the last meeting. Dan Rincon did travel to W&M, finished 3rd, but didn't take others because of the short time available to arrange rides and accommodations. Dan apologized to the Nancy brothers for not taking them; at the time he didn't know them or their credentials.

Other results: Ray won the DCRR Devil-take-the-Hindmost Race on 10/26 and had a lot of fun, too. Paul Rapavi was 2nd.
Future events: Ray discussed plans to run with a group at a 2:29 pace and suggested that others might want to form similar groups— at the Maryland Marathon. (By the time you read this the race will be over, with Ray— victim of a mean virus— in attendance but not running.) Mark Johnson offered housing for the night of 12/6.
Master's team: Members are still needed to form a solid masters team. John Butterfield has been recruited.

Treasurer's Report: Balance \$ 2,128.46 after receipt of \$1250 for Brooks race. Recent expenses: membership cards, \$58.28; newsletters, \$127.00; intra-club prizes, \$15.81. \$400 due from Adidas for Falmouth expenses.

DECEMBER MEETING

We will meet this Friday at the Squash Racquets Club. Those who attended the last meeting can tell you how pleasant it was, sans tobacco smoke and Musak! The December meeting promises to be primarily a social one as business is minimal (in other words, this is the closest we'll get to a Christmas/Chanukah party). Known business items: Mark will present the club with a check for \$1300 from the Foot-locker race; budget proposals for next year; family memberships.

The discussion following the business portion ("A Look on the Bright Side") will focus on the positive aspects of running, and— we hope— provide a suitable antidote to 2 successive discussions concerning getting and being injured.

See you at the meeting!

IN THIS ISSUE

You will find news, race results and some photos from the past year. It would be nice to have more pictures— do we have some photographers who'd be willing to contribute?

JANUARY ELECTION MEETING

We will hold our annual election meeting on January 23 at the Washington Squash Racquets Club. Mark this date on your calendar and plan to come!

Brooks deal: A committee formed of those who had expressed an interest, met before the regular meeting on this issue. This committee accepted a resolution as follows:

(1) approve the allocation of shoes and equipment to coordinators of races (Bradley, Baldino, Naylor, Sullivan, Hubbard and Spencer) plus Bob Thurston for his work with the newsletter; (2) find some way to distribute the remaining shoes & equipment (a lottery was mentioned); (3) any future shoes or equipment arrangements to be reviewed by the committee.

All of this was reported in the general meeting, and Ray presented the \$1250 check from the Brooks race to treasurer Dan Rincon.

WRC- Three Cheers! Ray saw Bernie Allen, Mike Greehan and Sheldon Karlin at the Peace Race in Youngstown, Ohio. From their comments and Ray's observations, WRC is the most organized of all the east coast clubs, including Allegany, Greater Boston, Central Park AC, Atlanta TC, Millrose, etc.

Race equipment: Ray has purchased a Chronomix. We will operate it and will also provide a back-up timing system for \$100 rental plus concessions.

Dues structure: Ray proposed that (1) as of Nov. 1 to end of each year, dues be payable for the following year; (2) from Sept. 1 to Oct. 30, dues be \$5 for remainder of calendar year; and (3) from Jan. 1 to Aug. 31, dues be \$10 as at present. All this passed. Ray also proposed that any inactive member should pay back dues for 1 previous year before they become active members, but this proposal was defeated.

Old business:

1. Bob Thurston restated his proposal that someone make a WRC banner for use at races as a place to congregate. Mark Johnson and his friend Lisa volunteered to make a large sign in time for the Md. Marathon. Phil Stewart has information about a firm that could make a banner.

2. Will Albers plans to resurrect his Page of Fame, last seen in the August '80 newsletter. Please send your year's performances for all distances run to Will. Note PR's.

New Business:

1. Dan Rincon suggested that as our treasury grows, WRC should plan a group trip to a major race like Falmouth or Peachtree.

2. Ray would like a \$5000 overall budget for next year and wants proposals from each of the coordinators: Mike Bradley, M.E. Williams, Bob Harper and Dick Spencer.

3. Intra-club organization: Delabian Rice Thurston said that coordinators are still needed for some areas. She will do D.C., Chip Hill will do Reston & Vienna. Jay Wind volunteered to cover Arlington, Mark Johnson to coordinate Baltimore and Columbia, and Bob Kelly, southern P.G. Co.

INJURIES, PART II

Ray opened this discussion of the trauma of stopping running, noting that he feels a definite personality change if he has to miss a run.

Mark Johnson recounted how he had to stop running because of knee pain, and during his layoff, funneled his energy and time to other interests.

Other contributors to this absorbing discussion included Whitty Bass, Jim Hagan, Dave Asaki, Bob Thurston & Jamie Chan.



Mark and Kathi have this recurring nightmare in which a clothesline comes along just in time . . .

A LETTER FROM DENNIS JETT

WHEATON REGIONAL PARK 7.8 MI, 11/8

. . Tel Aviv is O.K. The weather and the job are great. The run is breaking through now. This morning was our first day that it hasn't been mild and sunny. Today it is windy, cloudy and cold-- it must be mid-fifties out there.

I read the newsletter with great interest every month. The running scene here is not so hot. Good weather and all but very little organized activity. I'm trying to get in good shape for the Jan. 4 Sea of Galilee for which J.J. Wind is coming over. I'm feeling O.K. but without a race or two it is hard to measure where you are. I never was very precise about how far or long I go on training runs either

. . . My warmest regards to all my WRC friends.

--Dennis

DCRRC 30 KILOMETER CHAMPIONSHIP
O'CONNELL H.S., ARLINGTON, 11/16

Laura DeWald took top honors in this race: her 11th overall 1:59:16 not only broke the previous women's record by 22 minutes, but it made her the third "man" on the winning WRC team! The other 2 were new member Bill Wooden, 2nd overall in 1:52:20, and almost new member Kit Nacy, 3rd in 1:53:00.

Karen Sullivan's 2:14:30 was also under the old women's record (somehow that doesn't sound just right-- sorry, Karen).

Dave Dance ran 2:05:48 for 21st, and Jay Wind ran 2:28:57.

CLYDE'S/ADIDAS STRIPE 3 10K
Georgetown, Nov. 16

Dan Rincon's 30:43 took 2nd in this race; 1st was Georgetown U's John Eberle, in 30:35. Jim Berka was 3rd in 31:14; Henry Barksdale, 9th in 32:01; Steve Ruckert, 12th in 32:44; Robert Rodriguez, 13th in 32:53; and Phil Stewart, 15th in 33:14. Hannah Rowe was 6th woman in 40:36; Gretchen Triantos, 7th in 41:00.

WHEEL 5-Miler, GMU, 12/6-- Jeff Peterson won this race in 24:50 after he and Robert Rodriguez went out in 4:44. Robert finished 3rd in 26:05; Ken Umbarger was 7th in 26:41; Mark Baldino, 8th in 26:54; Ed Sayre, 14th in 27:23. Laura DeWald was first woman in 29:12.

Mary Walsh set a women's course record of 48:27 on this twisty, hilly course. In the men's division, Whitty Bass placed 7th in 47:04; Ed Sayre followed (8th) in 47:20; Steve Ciccarelli, 13th, 49:12; and Dave Dance was 19th with 55:12.

COLUMBIA TIMES METRIC MARATHON, 11/23
26 KILOMETERS, COLUMBIA, MARYLAND

- | | | |
|------|---------------------|---------|
| 1. | Dan Rincon | 1:24:17 |
| | (new CR) | |
| 2. | Jim Berka | 1:25:23 |
| 4. | Jeff Smith | 1:26:53 |
| 7. | Ray Morrison | 1:30:38 |
| 10. | Steve Ruckert | 1:32:16 |
| 17. | Mary Walsh (1st wo) | 1:35:33 |
| 21. | Dave Asaki | 1:36:50 |
| 29. | Ed Sayre | 1:38:15 |
| 35. | Marge Rosasco | 1:40:15 |
| 36. | Kerry Baruth | 1:40:19 |
| 37. | Laura DeWald | 1:40:22 |
| 49. | Bob Stack | 1:43:29 |
| 197. | Karen Sullivan | 2:02:22 |

Pat Bradley invited all WRC members to her place for homemade chili and bread.

Dan took a \$500 savings bond for his prize, Jim Berka decided on a car stereo, and Mary Walsh chose a weekend ski trip to Seven Springs, PA.

-- Allen Naylor

John Sanders ran a PR 28:02 for 5 miles at the Alexandria Turkey Trot. We hope to have complete results from the race eventually.

FOOTLOCKER RACE - THANKSGIVING DAY

This race had a successful debut, drawing 650 entrants-- and that means \$1300 for the WRC treasury. Thanks to all the WRC helpers: Carol & Neil Campbell, Keith Higgs, George Barker, Pam Russell, Karen Sullivan, Barbara Jones, Jeff Reed, Pat Bradley, Mike Bradley, Will Albers, Ed Sayre, Norm Brand, Mark Baldino, Joey Morrison, Al Naylor, Al Hinchcliffe, Dave Asaki, and Robert Rodriguez.

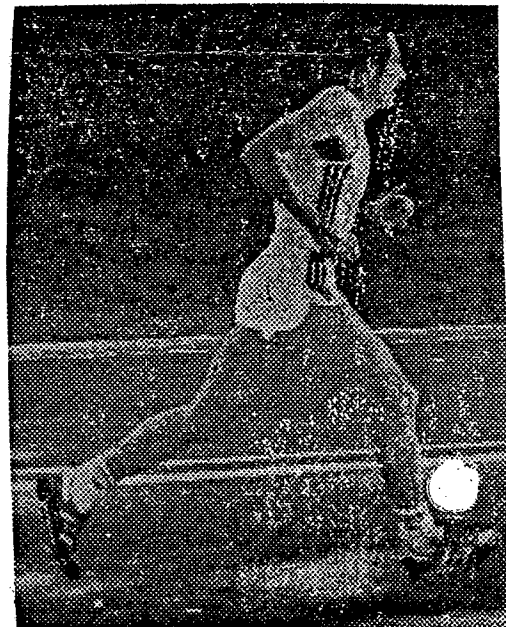
In the 10K race, Dan Rincon placed 2nd with 30:44 to Chris Fox's 30:12. Other WRC finishers:

- | | | |
|------|---------------|-------|
| 4. | Mike Benshoff | 30:56 |
| 8. | Jeff Peterson | 31:32 |
| 9. | Jim Berka | 31:39 |
| 10. | Mike Greehan | 32:08 |
| 18. | Mark Mackey | 33:59 |
| 22. | Ken Umbarger | 34:51 |
| 29. | Bob Kelly | 35:28 |
| 42. | Jim Hagan | 37:07 |
| 206. | Bob Minor | 45:05 |



CLOCKWISE FROM UPPER LEFT:

Max White at Lake Waramaug, Br Bruce and Will at the Trials, Terry Baker at Annapolis, Dan Rincon at the Hecht race, Will Albers at Hershey, PA Jenni White at Jacksonville 15K



Cherry Blossom 1980

Jack Coffey
52:59



Robert Rodriguez
52:49



Jay Wind
52:41



Mark Johnson
51:22

Ray Morrison
54:02



Dave Cornwell



49:14

Will Albers



49:13

Dan Rincon



47:49

Jim Berka



51:19

Jim Hagan



54:54

Bruce Robinson



49:28

Mark Mackey



50:56



Lee Aulisio 56:15

Jim Buell
49:55



Jeff Peterson



49:48

Mike Grechan



50:19



Bob Harper
58:29



Jenni & Max
White, 59:26



Dick Spencer
60:00



Al Weiss, 62:00

ATTENTION: WOMEN

Ladies, here's a chance to get some valuable information for yourself while participating in some exercise physiology research. Janet Yu, of the U of Md. Medical Center, is looking for women who run 50 mi/week or more. Your participation would involve just one visit: an underwater weighing to determine % of body fat, and blood tests to measure your iron metabolism & hemoglobin, etc. The lab is at the "Uniformed Services—University for the Health Sciences" on Jones Bridge Road in Bethesda.

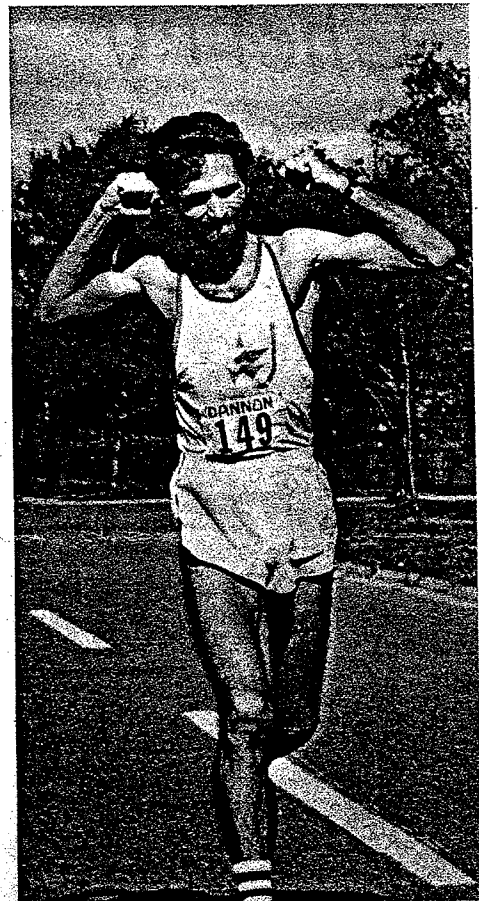
Call Janet at her office, 295-3623, or at home, 299-7505.

SYMPATHY

To Estelle Roth and Jacob Wind. Estelle's father died of a sudden heart attack on election day. He was 56.

WRC MEMBERSHIP

Dues are payable NOW for 1981. \$10 per person, checks payable to Washington Running Club. Along with your dues, please send up-to-date address, phone numbers, and other relevant information to: Dan Rincon, 3309 Clay St., Silver Spring, MD, 20902.



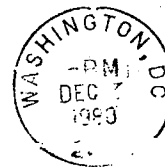
Bob Thurston takes the Dannon 36 mile title in Washington, D.C. /Phil Stewart/

Apologies to Running Times

WRC Newsletter, %



Mr. Robert Thurston
2135 Newport Place
Washington, DC 20037



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