

# Washington Running Club Newsletter

MAY 1981

(Sports Final)

NEXT MEETING: FRIDAY, MAY 8, 8 PM, WASH. SQUASH RACQUETS CLUB, 1120 20th St., N.W.

## MEETING THIS FRIDAY

We hope to discuss three basic issues: (1) club size and membership—should there be a limit to growth, should we recruit members (and how), etc.; (2) how to organize our "working races", including the question of how to give recognition and/or reward to supervisors of these races; (3) how to involve more members in doing the newsletter. The exec. committee will be meeting this week to come up with thoughts and proposals on these issues, for presentation at the meeting.

And now a word from our sponsor—unintended sponsor, that is. The Squash Club normally charges \$50/hour for use of the clubroom; they have been waiving that fee on the assumption that our food and drink orders would exceed that amount. For the most part, that assumption has proved correct—but last time, folks, we just didn't make it. Our small and sober crowd may have made for a pleasant meeting, but it didn't pay the rent. So this time, as an experiment, we will guarantee \$150. That is, if our orders fall short of \$150, the club will make up the difference. Beer will be reduced to \$1.25, and we have requested that they provide some snack foods that would be cheaper than a club sandwich.

A reminder: we are not to bring our own food or drink. Someone, alas, left some beer cans there last week. That could jeopardize the Squash Club's liquor license, so they were none too happy.

We can talk about all of this, and also about running (remember running?) at the meeting. See you there!

## LAST MONTH'S MEETING

The April meeting was chaired by vice-president Al Naylor. Norm Brand gave the treasurer's report, as follows: current balance, \$5,436.17; recent expenses, \$500 for runners going to Nike race and \$100 to Laura DeWald for Atlanta trip.

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## LAURA DEWALD: EIGHTH AT BOSTON

Laura always had this problem, a problem of confidence: whenever she found herself running against the real hot shots, she felt intimidated. It happened at Washington & Lee H.S. in Arlington, where she was a quarter miler. It happened when she was running for U.Va. at Charlottesville. When the track team went to the AIAW Nationals (Laura's two mile relay team finished 10th), and again when the x-country team placed 7th in the AIAWs in Denver, Laura was perfectly scared.

Figuring that cross country meet was the pinnacle of her running career, Laura then dropped running and gave up a newly awarded athletic scholarship to concentrate more on her studies. There was some relief in the thought that she would not have to face that kind of competition and pressure again.

She was wrong, of course. She couldn't keep away from running, and now she is once again at the top, this time as a long distance runner. But with a difference: running at Boston with Allison Roe, Patti Catalano, Jacqui Gareau—all the stars she had looked up to—Laura was surprised to realize that she felt confident, not at all scared. (cont. p. 5)

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HELP WANTED: Margo Whiteside lives in Annapolis and would like to come to a meeting but doesn't know her way around D.C. If you could meet her someplace then go with her to the meeting, call Margo at 301-268-8626.

AWARD WINNERS: Next time a story about Jim Berka, Karen Sullivan, Lucious Anderson, who received DCRRC Awards at recent banquet.

Report from April meeting (cont.)

Norm showed a stack of cards representing members who have paid, BUT a larger stack of not paid. Upcoming expenses will include \$200 for 4 runners to go to Boston, and \$200 for the Lake Waramaug ultramarathon.

Race results were discussed for the Cherry Blossom, the Nike Club Chmps., and the D.C. Marathon (see newsletter reports on these). Upcoming races discussed included Boston, Lake Waramaug, the Elby's race, Bentley's 10K.

Whitty Bass pointed out that both the D.C. Marathon and the Wendy's-Bullets race came off very well.

Ed Sayre brought us up to date on the KEDS situation: in summary, it's in limbo. Ed's plan is to take the "Keds list" to Saucony to solicit some help. However, Saucony seems to be looking for sub-31 10K or sub-2:25 marathon times.

There is a proposal that the club do a race for Britches this September.

An executive committee meeting will be held soon to discuss such matters as recruiting methods and the optimum size of the club. Any members who would like to be a part of that discussion should let one of the officers know.

The next two meetings will be on May 8 and on June 5, both at the Squash Racquets Club.

The meeting proceeded smoothly. Its brevity was appreciated by the 30 or so attending members, who then stayed around to relax, visit and share war stories.

\* \* \*

NOTICE: UPCOMING RACES

\*The Alpine Cup (Davis, WV) does not exist for this year. We must decide whether to drop the trip, substitute another race, or substitute a camping and running weekend without the race. Ed Sayre does exist, and will coordinate our WV trip if it happens. Telephone 384-6231(h), 324-5023/5918 (w). \* Elby's Distance Race is May 23. Al Naylor will coordinate. 933-7427 (h), 454-3909(w).

\* The REVCO Marathon and 10K is May 24, in Cleveland. Will Albers, 273-5808(h), 356-2829(w).

\* The Urban League Hometown Run is May 17. Bob Thurston will have entries at meeting and coordinate team entry. 293-7009.

Upcoming Races, cont.

\* Jack Coffey will coordinate the Virginia 10-Miler in Lynchburg (9/27). 765-1377(h), 836-8400(w).

\* L'Eggs Mini Marathon in NYC is 5/30. Kathi Guiney, 451-6530.

\* The Bonne Belle 10K is this Sunday, May 10, at 8 a.m. Come on down to cheer on the WRC women.

\* \* \*

TEL AVIV MARATHON, 3/19/81

Our Israel correspondent Dennis Jett placed 5th in Tel Aviv's first marathon with a time of 2:47. From his report:

"It was a swell day for a race: 44% humidity and the temp. hit 36° — that converts to 97 blistering degrees F.

"The traffic control for cars was great but there were a few problems: . . .the kids manning the water stations in trying to be helpful would throw so much water on you that your legs, shoes and socks were drenched . . . they would run into you handing you water . . . in Tel Aviv where we started and finished there was no attempt to tell the pedestrians there was a race on so 3 times in as many blocks I had to dodge little old ladies stepping out into the street— I guess they thought the cops blocked off all the traffic just so they could cross.

"At the 35K point the runner in front of me stopped dead to get some water which was O.K. except the 3 clowns on bikes accompanying him all stopped. In trying to hurdle them I fell flat on my face.

"I took water 6 times in the last 5K alone and still spent a good deal of that time unable to swallow because I didn't have enough moisture in my mouth. Well, I did get my name in the paper and a not-so-bad trophy. The trophy should read 'The Herndon Memorial Award for Running When You Should Have Stayed in Bed.'

Jean Michel Charbonnel of France won the race in 2:35:47. Dennis Jett was quoted in the Jerusalem Post as likening the sharav (hot desert wind) to "running into a giant blow-dryer."

Congratulations, Dennis, and thanks for the reminder that as hot as our Washington summers can be for running, things could get worse.

SNOWBALL DERBY AWARDS

WRC Snowball winners were: Marc Sengebusch, 2nd 20-29; Karen Sullivan, 2nd 20-29; M.E. Williams, 2nd 30-39; and Jacob Wind, Bill Wooden, and Lucious Anderson, 3rd, 4th and 5th respectively in the 30-39 category.

\* \* \*

10K, Woodson H.S., Fairfax, Feb. 21

At this track race, won by Cliff Balkam in 32:59, Jack Coffey placed 6th in 34:17, followed by John Weidman, 7th in 34:37. Laura DeWald was first woman in 38:35; Jeff Peterson ran 38:36.

\* \* \*

SANDY SPRING HALF MARATHON

Sherwood H.S., MD, March 22

This is one of the prettiest courses on the DCRRC schedule. Also one of the toughest. It was originally laid out by our own Ray Morrison. In this writer's opinion the miles have lengthened considerably since Ray measured them, and the hills have gotten steeper.

Bob Stack handled all of this pretty well, beating the field by 5 minutes in a time of 1:14:45. Bob Thurston was 4th in 1:20:34; Bill Wooden, 6th in 1:23:49. Race director Shalom Fisher arrived too late to stop an extra lap from being run, so actual distance was 13.35 miles.

\* \* \*

FORT WASHINGTON 4.3 MI X-COUNTRY

(March 28)

Robert Rodriguez and Jack Coffey tied for second in 23:45 at this little gem of a race. The rest of us seem to have missed a true cross-country run complete with hills, steps, mud, etc. We may get another chance this fall.

\* \* \*

From Bob Mallet:

"If you continue to report my times, I may actually be forced into real training! Ugh!"

Bob also reports that we missed some Mallets in our Bethesda Chase report: Louise won her 17 & under age group in 1:26:58; and Joanne was 5th in her 40-49 group with 1:34:49.

\* \* \*

Tom Waites bested a field of 80 runners to win the C&O 10-Miler in a time of 56:31. That the field was not the world's classiest (on the day before Cherry Blossom) in no way detracted from the thrill of winning. "I'll take it," says the happy victor. Wayne Roe was third in 59:12.

\* \* \*

At the Camper's Classic 10K on March 29, Dick Spencer was second master in 37:31.

\* \* \*

CHERRY BLOSSOM, April 5

There are still some results we don't know but here are the ones we do. Not everyone found our club "banner," it seems. Next time we'll use an extra-large T-shirt and a longer pole.

Women first:

- 6. Laura DeWald 58:51
- 14. M.E. Williams 62:31
- 16. Karen Sullivan 63:40
- Phyllis Gible 75:38
- Valerie Nye 79:40

And the men:

- 1. Bill Rodgers 47:17  
(his excuse: he had the flu)
- 9. John Daub 49:25
- 17. Dan Rincon 49:57
- 22. Jack Fultz 50:28 (a WRC grad)
- 25. Jeff Peterson 50:45
- 29. Henry Barksdale 50:58
- 36. Will Albers 51:32
- 47. Jim Berka 52:05
- 51. Jack Coffey 52:33
- 55. Terry Baker 52:45
- 63. George Malley 52:53
- 68. Robert Rodriguez 53:18
- 73. Mike Sabino 53:38 (2nd M)
- 74. Ray Morrison 53:39
- 89. Mark Johnson 54:22
- 90. Steve Ruckert 54:23
- 93. Kit Nancy 54:27
- 98. Jay Wind 54:47
- 100. Bob Stack 54:50
- Matt Nancy 55:08
- Bob Thurston 56:00
- Lucious Anderson 56:20?
- Peter Nye 56:28
- John Mornini 56:40
- Bill Wooden 58:55
- Dave Asaki 59:22
- George Cushmac 60:20?
- Dick Spencer 63:54
- Jeff Reed 68:18
- Steve Donovan 68:20

Stan Fletcher was third in the Cherry Pit 10-Miler at Edgewater, MD on April 5 with a time of 56:11.

\* \* \*

IF THIS HAPPENS, ARE YOU STILL A JOCK?

A WRC member who shall go unnamed had an unsettling experience during a recent marathon: just moments after the start, his athletic supporter came apart. He had to run the race on his own, so to speak. The moral should be clear for those of us who tend to use such garmets well beyond the rotted-out stage.

\* \* \*

FIRST D.C. MARATHON  
April 12, 1981

One week after a 51:32 10 mi., and one day after a 46:56 15K, Will Albers showed his rapid recovery from knee surgery by winning the D.C. Marathon in 2:27:58. In third place with a time of 2:36:33 was Jay Wind; Marc Sengebusch placed 6th in 2:40:46. Jesse Garves ran 2:45:39 for 12th; Vassili Triantos, 17th in 2:49:33; Dave Asaki was 20th in 2:50:43. Rusty Donahue, who has just joined the club, was 7th in 2:40:51.

Runners seemed pleased with the race and with the course. Many participants remarked on the springtime beauty of the city. Those who worked on the race—Helen Hillman, Roy Watlington, Lucious Anderson among others—deserve praise and thanks for their tireless efforts.

\* \* \*

NIKE CLUB CHAMPIONSHIPS  
Philadelphia, April 11.

Fourteen runners represented the club at the Nike Club Championships, and did so ably. A flat, fast course along the Schuylkill, combined with good weather and good competition, brought out hard efforts from everyone. Those efforts were especially rewarding for some: for Matt Wilson (new member, has run for George Mason U.) whose 45:27 represents a personal breakthrough as well as a big reason for our "A" team's fourth place finish; for Mike Sabino, running on our "B" team for lack of a WRC master's team—Mike's 49:21 would have placed him 5th in the master's race; for Kim Dunlap, 11th in the women's event in 54:47; and many more.

-continued-

Nike race, cont. Individual Results:

MEN'S OPEN

1. Herb Lindsay		43:41
16. Dan Rincon	WRC-A	45:26
17. Matt Wilson	A	45:27
32. John Doub	A	46:23
34. Terry Baker	A	46:26
37. Jeff Peterson	WRC-B	46:37
40. Will Albers	B	46:56
73. Stan Fletcher	WRC-C	49:16
75. Mike Sabino	B	49:21
85. Bob Stack	C	50:12
87. Phil Stewart	C	50:32
103. Mark Baldino	C	51:39

191 finishers. 45 teams entered.

WRC "A" was 4th, beating out the Farnland National Doodle Dashers (Wisconsin) by 7 seconds. The first 3 teams were Athletics West "A", Allegheny/Nike "A", and Sub-4 Track Club "A" in that order—making ours the first non-sponsored team. Our "B" team finished 11th and the "C" team, 21st. Three runners scored for each team; scoring by total times.

MEN'S MASTERS

We had no entries in this division, whose individual winner was Herb Lorenz in 47:18. The National Capitol T.C. made a strong showing—third place—boosted especially by Dick Hipp's 6th place 49:43, and Dick Jamborsky's 50:42.

WOMEN'S OPEN

1. B. Springs, NCTC	49:53
11. Kim Dunlap, WRC	54:47
17. M.E. Williams, WRC	56:57
38. Mary Walsh, WRC	64:33

The women's team placed 8th out of 14 teams.

Once the races were run, the runners had another problem to solve: what to do for a whole day in Philadelphia? The awards ceremony was not scheduled until 7 p.m. Well, naturally, the obvious thing was to go to eat. Somebody knew of a good restaurant, and a dozen or so WRC hungries set out walking to find it. Soon confusion set in ("I thought it was right here") directions were asked, and the group walked off with renewed vigor. Again and again this was repeated: directions, walking, getting lost. Finally they stumbled onto an eatery in a shopping mall, where everyone could indulge in his own favorite cuisine. With Bob Stack leading the WRC Eating Team by devouring a giant banana split, the exhausted walkers realized that they had, after all, solved the problem of what to do in Philadelphia.

LAURA AT BOSTON (cont. from p. 1)

Patriot's Day in Boston got off to a good start for Laura. Jacqui Gareau took her under her wing, and with Jacqui's press pass, they were able to drive right up to the starting line to get good position. When the race began, Laura found herself running a bit ahead of Patti Catalano, behind Jacqui, and for a while beside Allison Roe. The women did not bunch up until about 7 miles. Laura was right with the leaders, but the pace felt good and she felt no panic.

She did panic a bit when she heard her 10 mile split: 55:40, a PR. She slowed down a little, but still went through 15 in 1:24:00, a 5:40 pace for the 5 miles. After 15, things got worse. Laura had to make a pit stop: "I wasn't embarrassed at all-- I figured I'd never see these people again in my life. The people were nice, just cheered me right on." Then she struggled over the hills, still feeling kind of sickly. Joan Benoit and Sissel Grottenberg (Norway) passed her on Heartbreak Hill.

In the home stretch Laura felt pretty terrible but she got the encouragement she needed to keep on-- from Mark and Kathi at Mile 23, from Nancy Conz who passed her in the last half mile, and most of all from the crowds. They were really too loud, too persistent, their noise too deafening, but they did pull her through those weak moments. "Several times I tried to stop-- but the crowds just wouldn't let you stop!"

Finally the finish line: 2:35:57, 8th woman. But it would be quite a while before Laura could feel happy with her performance; she was immediately ushered into the women's parking garage, only to discover that her clothes had been lost. She spent the next two hours underground, with nothing but a space blanket to wear, no friends in sight, feeling pretty deserted. In desperation she wrapped herself tightly in the blanket and ventured outdoors, where she began to see people she knew. Laura felt better right away, and began to realize how well she had done. Soon she even recovered her clothes.

How did she do it, we want to know-- the 2:35, the steady progress, solving the confidence problem?

First of all, when anyone runs 2:59 for a first marathon (Marine Corps, '79) without even training for it, you realize

you're dealing with talent. Laura had run 60 sec. for 440 and 2:16 for 880 during her track career-- perhaps not great times but good enough to be plenty helpful in road racing.



LAURA DEWALD

And then training, of course: since the spring of 1980 she has been coached by Will Albers. She and Will set up realistic goals, and workouts to reach them. Her mileage went from 35-40 up to about 70/week. She began to do speedwork: quarters or a ladder workout on the track, or a fartlek workout. Her weight came down-- at 5'6"

Laura weighs between 110 and 115, compared to a college weight of 130.

With no real injuries, Laura made steady progress. The improvement was gradual but it was always there-- nearly every race brought a new PR. By last November Laura brought her marathon time down to 2:44 (Marines); and she caused quite a stir when she ran a 1:59 30K on a killer course at O'Connell H.S., making her the third "man" on the winning team. And still the improvement continues.

Another clue to Laura's success might be her dancing: she does ballet every Tuesday and Thursday. She feels that dancing keeps her limber, strengthens her calf muscles to help push off from her toes, and also, by teaching body awareness, helps her refine her movement so as not to waste energy in running.

Still, isn't there more to it than this? Certainly there have been other talented women who have trained well and maintained their suppleness-- but only a handful have run a 2:35 marathon. A word comes to mind: spunk-- which is what you must have if you go to a big university that has no women's track team, and simply start one yourself. Laura did that at U.Va., and in the first year the girls did quite well in the state. By the second year, they officially became the varsity team.

Many would say it takes a lot of spunk for a woman to study civil engineering, as Laura did. After graduating in 1979, she  
(cont. p.6)

LAURA, cont.

BAA MARATHON, APRIL 20, 1980

went to work as a civil engineer for Arlington County; she has recently been promoted to public works planner.

One still wants to ask Laura, "What is the secret?" At the question she pauses, then tries: "Will's coaching has been really important. And— (another pause)— just never being satisfied, I guess— always setting a new goal." You begin to see that beneath Laura's pleasant, easy-going nature there lurks a tough taskmaster who will drive her to do her very best.

And so, proud as punch of her 2:35 at Boston, of the Outstanding Runner Award she just received from the D.C. Roadrunners, and of the invitations she is getting from race directors, Laura is not satisfied with all of this but is setting new goals. The Bonne Belle this Sunday, a 2:30 marathon sometime this year, the 1984 Olympics . . .

Somehow, listening to her talk of the future, one gets the feeling that Laura has put her confidence problem behind her.

— Bob Thurston

\* \* \*

AVON 20 KILOMETER, MARCH 7

- (1. Lorraine Moller, 1:13:54)
  - 7. Laura DeWald 1:16:59
  - 17. M.E. Williams 1:21:13
  - 31. Karen Sullivan 1:25:54
  - 61. Delabian Rice-T 1:34:38
  - 63. Phyllis Gibble 1:34:53
  - 341. Estelle Roth 2:27:53
- \* \* \*

Laura wasn't the only club member who ran Boston, nor the only one who ran well there. Terry Baker's 2:16:49 earned him 36th place; slower times have won the race in very recent memory. Phil Stewart achieved a milestone on his long comeback road by running 2:30:50. Also:

- Lucious Anderson, 2:40:50
- Bob Stack, 2:41:24
- Bill Wooden, 2:46:12
- Jack Coffey, 2:46:55
- Mike Sabino, 2:30:19

\* \* \*

LAKE WARAMAUG 50 MILE, MAY 3

- 6. Rusty Donahue, 5:53
  - 13. Ed Foley 6:08
  - 27. Bob Harper 6:51
- Story next month.

\* \* \*

PROTOCOL FOR WRC TRAVEL FUNDS

(Action of exec. board, May 4)

1. Travel funds must be requested at least a week before the race.
2. It's the runner's final responsibility to be entered in the race.
3. You must have been a WRC member for at least 30 days (before race date) to be eligible for funds.
4. Dues must be paid up.
5. Runners receiving money must wear club jersey.
6. Runners on a club trip must give an accounting of the trip, i.e. a STORY FOR THE NEWSLETTER. Coordinator will write or assign.

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