

Washington Running Club

August 1981 Newsletter

NEXT MEETING: FRIDAY, AUGUST 21, 8 PM, WASH. SQUASH RACQUETS CLUB, 1120 20th St., N.W.

JULY MEETING

As promised, we had some interesting and colorful reports. Al Naylor filled us in on beer relay and other antics at Jim Buell's wedding (our distinguished president broke his hand while doing cartwheels). Will Albers reported on the trips to Atlanta and Utica— better yet, Laura showed the pictures from the trips. In summary, the pace was wild but the parties were wilder.

Pete Nye reported running into Finn Esbensen in Boulder, Colorado.

Al delivered a public appeal on behalf of Mark to Ray, that the WRC silk-screen be returned by Bernie Allen. Talk about communication!

Bob Thurston led a discussion of the proposed club manual. Some items:
— on out-of-town races, the big problem seems to be that people don't call the coordinator, or they wait until the last minute. That puts the coordinator in a bind as far as making travel arrangements, and sometimes reduces him to calling around to recruit club members to go. There was disagreement over whether the coordinator should be asked to make travel & accomodation arrangements— but agreement that the rest of us should do our part by letting the coordinator know early if we're even thinking about the trip.

—on amounts budgeted for various races: some of these were questioned. Coordinators are encouraged to evaluate the amounts allotted (enough? skimpy? generous?) to help in planning for next year.

— WRC-managed races: what restrictions, if any, should be placed on member participation (running) in the races we work as a club to earn money?

This question produced a lively discussion. Those favoring a ban on members running in the races pointed out that we have sometimes had trouble getting enough club workers at races where some members were running (Hecht's), and argued that missing 3 or 4 races a year is not too much sacrifice to ask.

cont. on back page

NEXT MEETING

The WRC club roster is ready! Come to the meeting on Aug. 21 to get your free copy! We will also have race reports including a report from Falmouth. With luck, new WRC jerseys will be available (sorry, no free copies). And we will discuss and vote on the question of running in WRC-sponsored races (see discussion). We'll start on time.

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A RACE OPPORTUNITY

The organizers of the Great Cow Harbor Race (Sept. 19, Northport, Long Island) will give us \$250 in travel expenses and provide lodging. Attractive team awards: gold bars to winning team, silver to 2nd, etc. Mark Baldino will serve as coordinator; call him at 451-6530. Race is 10K.

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AND ANOTHER

Robert Rodriguez is coordinator for the Philadelphia Distance Classic on Sept. 20. A half marathon. Call Robert at 671-6896(h) or 523-9559(w).

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SEPTEMBER MEETING

Will be Sept. 18 at the Squash Racquet Club.

SEPTEMBER NEWSLETTER

Peter & Valerie Nye have graciously consented to do the next newsletter, while editor Bob T. & family are roaming around the British Isles. Send news & stories to them:

5780 Dunster Ct. #172
Alexandria, VA 22311

TO JOIN WRC

Send \$10 and your running history and interests (in 25 words or less) to:

Norm Brand, 5224 Manning Place, NW
Washington, DC

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IN THIS ISSUE

What to do with a rattlesnake p. 2
Why you should be a fisherman p. 3

UTICA BOILERMAKER 15 KM, JULY 12
— Kathi Guiney

Utica is a long way from here. The Buzzard left early Saturday morning and arrived at the "Sons of Italy" (registration and check-in site) 9 hours later.

Washington Running Club had an excellent team in the race. WRC finished 2nd in the overall team standings, mere seconds behind Allegheny-Nike (We had 'em running scared, folks!).

Some impressions—

Terry Baker, won the race and set a new course record (44:48). Terry was sporting a cowboy hat trimmed with a rattlesnake skin— caught it himself, barehanded! Dan'l Boone, look out!

Will Albers looked pleased with his performance . . . Jeff Peterson trained through the race and felt a little tired . . . Al Naylor— a great run, definitely on a comeback trail . . . Mark Baldino feels with a little more distance on the roads he'll have a good one at Falmouth . . . Keith Higgs "ran well for the shape I was in" . . . Jeff Reed had a hell-of-a-good time— before and after the race.

Laura DeWald was third! She ran well; she was "in the thick of things" the whole way . . . Kathi Guiney felt strong and pleased with the race.

The Buzzard left Utica early afternoon and rolled back down the beltway late Sunday night. Everyone was tired but looking forward to doing it all again next year.

— K.G.

(ed. note: independent sources confirm Terry's rattlesnake skin hat, that more or less freaked everyone out at the awards ceremony— but tend to throw doubt on the barehanded conquest of the snake!)

RESULTS

1	Terry Baker	44:48	CR
7	Will Albers	46:29	PR
12	Mike Scuffins	46:59	
20	Jeff Peterson	47:37	
23	John Doub	48:08	
37	Al Naylor	49:44	
52	Mark Baldino	50:40	
186	Keith Higgs	56:36	
564	Jeff Reed	66:53	

3	Laura DeWald	55:24	
21	Kathi Guiney	66:07	

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BONNE BELL 10K, MAY 10

5	Laura DeWald	35:35
10	Mary Ellen Williams	38:05
15	Karen Sullivan	38:22
23	Monica Joyce	39:22
31	Lolitia Bache	40:18
49	Bernadette Flynn	41:05
56	Betty Blank	41:40
89	Joanne Mallet	42:54 (FVS)
101	Susan Aaronson	43:19
128	Margaret Hoyert	43:52
158	Phyllis Gobble	44:43
162	Delabian Rice T.	44:51
241	Valerie Nye	46:20
280	Kim Hom	46:59
	Estelle Roth	(?)

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I hope we didn't miss someone. Bet you didn't know WRC had so many women running the Bonne Bell! Not only that, but the WRC "A" team took first place! Special awards: Laura, 5th overall; Mary Ellen and Lolitia, 2nd and 5th in 30-39; Joanne and Louise Mallet, 2nd mother-daughter team.

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RRC MEET OF MILES, JUNE 28, FAIRFAX

At a distance which is basically too short for most of us to get warmed up in, a number of WRC runners showed their good sportsmanship and courage by trying it anyway. With some surprisingly good results. After many years at Roosevelt HS in Greenbelt, Larry Noel moved the meet to George Mason; the move seemed to pay off as far as times are concerned.

20-29

4:16	Jeff Peterson
4:26	John Mornini
4:51	Alphonso Cleveland
4:59	Dave Asaki

30-39

4:32	Lucious Anderson
4:47	John Weidman
4:55	Bill Wooden

* * *

LANGLEY 5-MILE, JULY 16

5	Marc Sengebusch	26:48
6	Robert Rodriguez	27:11
8	Peter Nye	27:23
13	Tom Bache	27:57
16	Jim Hagan	28:03
17	J. Wind	28:04
18	Bob Thurston	28:22
21	Keith Higgs	28:46

(Langley, cont.)

27	Bill Wooden	29:15
32	Bob Williams	29:41
81	Chauncey Berdan	33:10 (new)
89	Tim Bevins	33:40

1	M.E. Williams	31:45
3	Karen Sullivan	31:55
7	Betty Blank	34:54
9	Val Nye	35:27
	Estelle Roth	49:28

The Harriers beat the randomly-assigned WRC "A" team, with WRC "B" third. Afterwards, Jay Wind was alternatively wishing that he and Bob T had run better, or that he had stacked the teams. That's ok, Jacob, in these high-stakes contests you sometimes miss a call.

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RESTON FIVE MILE, JULY 21

5.	R. Rodriguez	26:04
7.	M. Sengebusch	26:18
8.	P. Nye	26:25
11.	J. Wind	27:08
13.	Heinz Wiegand (!)	27:13
18.	Tom Bache	27:57
22.	Bill Wooden	28:26
34.	Bob Williams	29:44
36.	Keith Higgs	29:54
38.	Ed Sayre	30:17
44.	Chauncey Berdan	31:05
46.	Dick Spencer	31:23
69.	Jeff Reed	33:29

1.	Karen Sullivan	31:14
2.	M.E. Williams	32:16
6.	Val Nye	34:33
9.	Lolitia Bache	35:28
	Joanne Mallet	37:09
	Estelle Roth	49:23

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NAT. SPORTS FESTIVAL, SYRACUSE NY
JULY 26

Laura DeWald won the USOC's first marathon for women in a time of 2:47:06, defeating her nearest rival by over four minutes. Her victory earned her what has to be the envy of many a distance runner: equal billing in the Post with track star Renaldo Nehemiah!

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EDITORIAL

We will miss the running coverage by Alan Schlein and the Star. It behooves us now to ride herd on the Post.

MAINE SEAFOODS FESTIVAL 10K
ROCKLAND, MAINE AUGUST 2

A report from Bob Oberti

Rockland, Maine is located about 1/3 of the way up the Maine coast and is typical small town U.S.A.

The race started at 8 a.m. with the temperature between 75 and 80° and fairly high humidity. With the locals saying how "hot" and humid it was, it was perfect August weather as far as I was concerned, and worked to my advantage.

Pre-race conversations were predicting a winning time in the 28's. The leader went out at 5:00 with myself next at 5:12. From then on it was a three-man race. At 4 1/2 miles I took the lead and came in to win in 33:18.

The race was well organized with at least 30 sentries along the course with no chance of making a wrong turn.

The prizes were not revealed until presentation time. For first place I won a \$50 savings bond and small medal. First woman won the same and for all you professional fishermen, the first professional fisherman also won a \$50 bond and trophy. At least 20 local merchants donated prizes ranging from a dustpan to \$25 dinner for 2.

After the race there was a pancake breakfast. Later in the day a parade and a seafood festival. . .

I am staying in Booth Bay Harbor about 45 miles from the race. Most of the week it has been very cool, excellent running weather (August 5th the high was 62° with fog and rain). The terrain is all up and down, very little flat.

184 started the race, 162 finished.

* * *

POT-POURRI

A WRC team finished 2nd in the four-person relay at Greenbelt on July 11. Bob Rodriguez, Jay Wind, Paul Rapavi, and Marc Sengebusch finished the medley 20 miles in 1:48:40, while a team of pseudonymous clones of some George Mason runners set a new CR of 1:45:43 . . . Jim Ulvestad is getting back into shape after 6 weeks off with a hip injury— he ran a 5000m in 15:39.7 at an allcomers meet. He has also offered to put people up for Lynchburg weekend (it's about 65 miles away) . . . Whitty Bass is recovering from a stress fracture in his foot. Just in time, too— Whitty was swimming so much he was starting to grow fins and scales. . . .

(cont. from page 1)

Those opposing a ban argued: that the club should not be stopping members from running any race; that we have no reasonable way of enforcing such a ban; that it would probably be enforced selectively (is Dan supposed to tell Hecht Co. that he can't defend his record because he has to give out water at 4 miles? Bruce asked); and that social pressure should be enough to get members to help out.

Dave Asaki said that before he was a member he used to avoid WRC races, because the club would typically win all the prizes as well as put on the race.

Mark Baldino wasn't at the meeting but has submitted some written arguments:

- "Members should not expect to run in the club races for the following reasons:
 - 1. With a resource pool of only about 120 members we need everybody's help in conducting our 3 road races.
 - 2. There are many other quality races members may participate in in our area. By refraining from running in club-sponsored races we can make them better quality races for the metro area.
 - 3. The running community will appreciate the sacrifice WRC members make by not running in their own sponsored races.
 - 4. Problems would arise by dividing the club work force between the different races (inter-team squabbling, who is going to work and who is going to run?)
- to next column-

It became apparent at the meeting that there were several options on this issue. Among them:

- members may not run in these races
- no policy (i.e. members can run or not)
- "no member shall run the Hecht 10 Mi. Members may run one of the 2 remaining WRC-sponsored races." (Dave Asaki)
- Tom Bache proposed emphasizing the help we need rather than regulating whether or not members run. E.G. "WRC members are expected to help manage the events conducted by the club. An acceptable level of participation would be as a committee chairman for one race or as a volunteer for two races."
- members are encouraged not to run (a milder form of first option)
- members may run but not accept prizes (as in many company-run contests)
- ETC.

We will try to resolve this question at the August 21 meeting.

- Bob T.

NEXT ISSUE

Two fine stories just didn't fit this time so we'll catch them in September: one from Pete Nye entitled "Stack tunes up for Scotland with 32:15 for 10K"; and one from Chip Hill with no title so I'll call it "Confessions of Chip Hill."

WRC Newsletter
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