

# Washington Running Club

## September 1981 Newsletter

**NEXT MEETING: FRIDAY, SEPT. 18, 8 P.M. WASHINGTON SQUASH RACQUETS CLUB, 1120 20TH ST., NW**

### AUGUST MEETING

At the last club meeting, chaired by WRC President Mark Baldino, a new policy was defined that designates WRC runners won't compete in WRC-managed races. There are three or four of these events a year, with the major one now being the Hecht Company Ten-Miler in June. Two others include the Georgetown Ten Kilometer in the autumn, and the Foot Locker Five-Mile race on Thanksgiving Day.

These races generate revenue that is turned into the club for travel expenses for our members to races. It was agreed when the motion was up for discussion at the second club meeting in a row that (a) there still are plenty of local and other area races to compete in and (b) we need all the staffing aid we can muster at the events we manage.

There still remains some flexibility in cases where WRC runners are compelled for various reasons to compete in these races. Dan Rincon, for example, has a commitment with Adidas which helps sponsor the Hecht Company event.

### NEW CLUB JERSEYS

In time for the new fall fashions, WRC has new tank tops for men and women that are spiffy.

WRC President Mark Baldino had a new silk screen pattern made up that shows off the running star in the club's name. The tank tops are Billy Rodgers's brand, white mesh and vibrant blue panelling across the top where the logo is silk screened in white.

Mark is bringing a new batch to the next club meeting. The first batch sold quickly. Cost is \$8, strictly cash and carry.



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TO JOIN WRC . . . Send \$10 annual dues and pertinent running and biographical information to Norm Brand, 5224 Manning Pl., N.W. Washington, D.C. 20016

SEND NEWS to either Bob Thurston, 2135 Newport Place, N.W., Washington, D.C. 20037; or Peter Nye, 5780 Dunster Ct., #173, Alexandria, Va. 22311.

This newsletter was assembled, edited, typed, copied, and mailed by Val & Peter Nye. Drawings by Barbara Jones.

BIRTH ANNOUNCEMENTS

John & Mary Allen had a baby boy Sept. 6. WRC's smallest member is named John David Allen II.

Wayne & Debbie Roe also had a baby boy, born July 13. The 7-lb., 22-inch boy is named Alexander Frederick Roe.

American Univ., 10-K, Aug. 4, Results

- 1. Lou Patterson, 33:06
- 2. Robert Rodriguez, 33:55
- 3. Peter Nye, 34:10
- 4. Marc Sengerbusch, 34:34
- 5. Walter Sargent, 34:49
- 10. Jim Berka, 36:15
- 12. Tom Bache, 36:38
- 13. Lucious Anderson, 36:44
- 25. Bob Williams, 38:20
- 29. Robert P. Frost, 38:50
- 66. Chauncey Berdan, 42:10
- 87. J. J. Wind, 45:13
- 124. Dick Sargent, 49:14

Women's Division, 5-K

- 1. Alde Cossi, 18:49
- 2. Karen Sullivan, 19:30
- 3. Mary Ellen Williams, 19:49
- 5. Valerie Nye, 21:12
- 6. Betty Blank, 21:21
- 9. Lolitia Bache, 21:42
- 34. Martha Sargent, 28:50

50 MILES ON THE INSIDE TRACK, or HOW I LIVED TO TELL ABOUT IT

by J.J. Wind

It seems that compared to running 50 miles, a marathon should be easy. With that in mind, I tackled the 50-mile race at Ford Meade, Md., held Aug. 1 in conjunction with the 24-hour relay and a 100-mile race, all on the track.

Training for the 50-miler came easy. It meant a few longer runs on weekends, which come naturally, and learning to run slow, which I do anyway. The hardest part was finding the athletic field and our motel once we got to Fort Meade.

The 24-hour relay runners and 100-mile racers started at noon, although we 50-milers began at 6 p.m. Marc Sangebusch and his wife, Gloria, served as my handlers. They clocked my mile times and handed me water, iced tea, and grape jelly. (Cont. p. 3)

STACK TUNES UP FOR SCOTLAND 36-MILER WITH 32:15 FOR 10-K

The Saucony Share-the-Road 10-k race July 26 in Philadelphia showed the eight WRC runners who went up there some nice portions of the old city.

The flat, out-and-back course began on the mall, with the starting line next to the Rodin Museum and the back of the pack extending to near the Benjamin Franklin Museum. From there the race headed for a quarter mile to the Philadelphia Art Museum, then went straight along West River Drive, adjacent to the Schuylkill River to the turn-around, then doubled back to the Art Museum.

Chris Mason, the former sub-4-minute Villanova miler, led through the first mile in 4:31. Running with him were Rod Dixon, Dave Patterson, Mike Ludovici, and Richard Burne. Dixon soon surged. He showed the back of his lap to the lead pack and the 2,000 other runners trailing.

Bob Stack led the WRC as he worked his way up through the pack. Peter Nye accompanied him for the first few miles as they reeled off 5-minute pace. Nye slowed as Stack continued. Stack slowed slightly himself in the thick, muggy air, but still moved up in places to finish about 23rd.

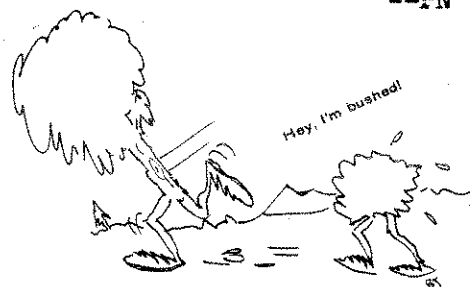
The post-race surprise was the efficiency with which the prizes were dispensed. Not long after runners completed a warm-down run, the prizes (Saucony traveling bags) were doled out.

Valerie Nye, who ran a p.r. with 42:43, won a bag for fourth in her age group. Peter also won one for fifth in his.

Finish: (1) Rod Dixon, 29:13; (2) Tommy Smith, 29:55; (3) Richard Burne, 29:58; (4) Dave Patterson; also, Bob Stack, 32:15; Peter Nye, 33:08, Dave Asaki, 36:11; Bob Webb, 36:11; Ed Sayre, 37:07; Tim Bevans, 42:04.

Women: (1) Jan Yerkes, 35:09; (2) Sue Crowe, 36:51; also, Valerie Nye, 42:43; and Jodie Ball, 50:18.

--FN



(Cont. from p. 2)

I spent the first 20 miles at 7 minutes a mile. Dick McCubbin from Baltimore and Don Helfer from Peoria, Ill., went out like gangbusters, finishing 20 in 1:59 and 2:02. Then McCubbin dropped out and I was in second place!

Bob Harper, a veteran of many ultras but sitting this out with a groin injury, was there as a handler for another runner. He gave me help that was priceless: ice cold towels for overheated muscles, toilet paper, and sage advice. I asked him how to take the race from 20 miles on, with Helfer so far in front.

"Run your own race," he said. "If you try to go after him and fail, you might not finish. But if you don't try to go after him, you'll never know."

So I picked up the pace from 7-minute miles to 6:30 by the 30-mile point. I lapped Helfer twice between 25 and 30 miles.

But, ah! Glory was not to be mine. Too many unscheduled pit stops and a "monkey" on my back between 35 and 45 miles slowed me. Oh! the dark night of the soul between 35 and 45 miles, as my pace slowed to 9 minutes a mile.

Then, at 45 miles--five and a half hours into this--two things happened to lighten my load. First, my wife, Estelle, arrived, having spent the week out of town. Second, Helfer finished the race, winning in a new meet record. Suddenly, the pressure was off. Seven-minute miles became easy again, and I finished strong. I finished third place, with Spear Kronlage in second. My time was 6:17 (that's six hours. Groan!).

We stuck around for an hour till a friend finished, then went back to our motel for a bath, a night's sleep, and breakfast. When we returned to the track the next morning, the other competitors were still running!

The atmosphere was jubilant throughout the race. I passed 100-milers and slower 50-milers, while the 24-hour relay runners passed me. People brought stereos and speakers, cheerleaders, tents and campers. It looked like Woodstock.

Marc and Gloria Sengebusch and Bob Harper showed far more attention, care, and consideration than their role as handlers. They were saints.



WRC CAPTURES THREE BUNION DERBY WINS;  
SARGENT FAMILY WINS TRIPLE SECONDS

WRC members Robert Rodriguez, Peter Nye, and Karen Sullivan held off the competition to win first places in their age categories in the D.C. Road Runners Bunion Derby series.

New Members Walter Sargeant, his dad Dick and his mom Martha all captured second-place plaques in their respective age categories. Walter, 22, recently graduated from MIT and helped spice races up at the front this summer. Walter only lost to Robert Rodriguez by a margin of two points.

The Road Runner Club Newsletter said division winners were to also win (beside the plaque) \$20 gift certificates, but that may have been misleading information. Division winners are encouraged to call DORRC President Phil Stewart to check this out. His work tel. is: 550-7799.

WRC results: Men 20-29. 1. Robert Rodriguez; 2. Walter Sargeant; 3. Marc Sengebusch. Men 30-39. 1. Peter Nye; 3. Tom Bache; 4. Jacob Wind; 5. Bill Wooden; 7. Jim Hagan; 9. Bob Williams; 12. Bob Thurston. Men 49-49. Dick Spencer, 10th. Men 50-59. Dick Sargeant, 2nd. (Cont. p. 5)

CATCHING UP WITH WOMEN

by  
Val Nye

Congratulations to LAURA DeWALD for her fifth place finish in the Avon International Marathon, Aug. 23 in Ottawa. Her time was 2:39:03. on a hot and muggy day. Laura -- WRC's answer to Bill Rodgers -- is pointing for the Columbus, Ohio Marathon in October. She's passing up the N.Y.C. Marathon in order to compete with the likes of Joan Benoit and other top marathoners who also plan to run Columbus.\* \* \* Others pointing for a particular race include KATHI GUINNEY who is doing serious speed workouts twice a week along with 15-20 mile runs to get ready for the Marine Corp Marathon(MCM). She ran one marathon about four years ago and says she will be happy to just qualify for Boston, but WRC knows she can do a lot better than "just" qualify.\* \* \* PHYLLIS GIBBLE, also on the team for the Marine Marathon, generally favors all women races, so the Moving Comfort 10K this month is a natural for her. One of the beautiful people, Phyllis can be seen running at lunch time on Haines Point with Fed Med Head Moffett.\* \* \* WRC Nuclear Bon-Bon BETTY BLANK is competing in a triathlon in North Carolina later this month. Yes, folks, Betty's got to swim one mile in the ocean (brrr!), flash into her bike shorts and put 40 miles of road behind her, then whip on her running shoes to go for 10 big ones --that's all! Good luck to ya', Betty! We'll be waiting to read WRC's interview with a triathlete in the next issue.\* \* \* Yet another hoping to get ready for the MCM is LOLITIA BACHE. She has been running about 12 years and has done exceptionally well on relatively low mileage. The answer? Most of her running is just plain fast in spite of having arches higher than the cost of living. Watch out for her this fall! \* \* \*

Yet another running the MCM is JODY BALL, a new member of WRC, she also swims a mile a day and bikes to work. She's just back from a vacation of camping and fishing in the wilderness of Vermont--not to mention running all those hills! \* \* \* BARBARA JONES is going to compete in the Harrisburg Marathon. She's also an equestrian interested in trying a "Ride and Tie" event. Ask her about it. She'll be graphic.\* \* \* KAREN SULLIVAN wins our professional podiatry patient of the month award. If Karen hadn't been so strong, she never would have been able to lift that dreadful 5-gallon glass bottle of spring water that slipped to shatter on top of her big toe, leaving her toe with multiple fractures. That put a halt to Karen's running, in fact, it put her on crutches. However, disappointed but undaunted, she's working out with weights three times a week now. But I just don't know, Karen, maybe you can get "too" strong for your own good! Hope you're on the mend soon.\* \* \* BERNADETTE FLYNN is finishing her graduate work in exercise physiology at the University of Maryland. Formerly a track runner, Bernadette has taken to roadracing. Since she does 70 second quarters, expect it to be more than hobby jogging.\* \* \* DELABIAN THURSTON has been in Scotland for the past month with husband, Bob, the 36-miler, and son David, the verbal cuisinart. Let's catch up with how her running went on yon bonny banks in the next issue.

\* \* \*  
Gossiper's Note: This is the first of a continuing column(space permitting) to help WRC Women keep track of each other. Let me know what you are up to, whether it's in the action, or as an aficionado. I'll write what you tell me; if you don't tell me, I may not be right, but I'll write anyway!

ANNAPOLIS, MD., TEN MILER  
INAUGURATES AUTUMN RACING

BRUCE ROBINSON RECOVERS FROM HIS  
INJURIES, SURGERY, AND HITS ROAD

In the third week of August this year, Bruce Robinson ran a weekly total of 50 miles for the first time in a year. "It was mostly pain-free running," he said.

Twelve months earlier, after completing the Falmouth Road Race, the constant pain that was nagging him caused him to stop training. His dropping out of the running scene as a regular competitor and winner gave rise to a wave of rumors and concern.

When he went under the surgeon's scalpel twice, rumors ranged more wildly. They included everything short of a lobotomy.

His first operation was on his back where the two lowest discs in the vertebrae had "slipped" and came out of the column. The gum-like substance between the discs oozed out, hardened, and pushed against the sciatic nerve. This didn't give him pain while running, but when he stopped the stiffening of muscles was worse than normal. The surgeon shaved away the bulging part of the disc.

"I got up the next day after surgery, but I still had to rest," he said.

Three weeks later, he had a hernia operation.

It wasn't till mid-May or early June that he resumed running. Bruce said he started with 2 to 3 miles 2 or 3 times a week.

"After a half mile I was wheezing a bit," he said.

(cont. p. 6)

It turned out to be the old shirts beating the new shirts at the Annapolis Ten Miler Aug. 30.

That's what Jack Coffey observed after the race, patting his own old tank top. Then he asked, "Does Baldino have any more of the new ones?"

It was a good turn out of WRC runners at the race which was held on a new course this year.

Gary Siriano, who has relocated locally from Pittsburgh and is thinking of joining WRC, set the new course mark by winning in 48:59. He blitzed the first mile in 4:35. The speed caused some buckling on the part of some of the lead pack. Dan Rincon, who won the race two years ago, pulled out at the 2-mile mark. And Will Albers, reportedly nursing a touchy hamstring, pulled out the next mile.

The other approximately 1,500 runners kept on going, however. Starting outside the Naval Academy's football stadium and finishing inside it, the course is flat for the first three and last two miles. In between are a medly of hills.

Matt Wilson was the first WRC finisher, coming in second with 49:51 on a day that had 98 percent humidity. Jeff Peterson also ran strongly. He finished 5th place, in 50:59, but went home with nothing to show for his effort because the prizes are distributed to the top three in 10-year age groups.

Coffey came in 8th with 52:17 in a showing that indicates he's one of the most revived runners in the club. He was out for months with achilles tendonitis. Allen Naylor, Jr., also an injury victim back on the roads, was 11th, in 53:04.

After them, the new shirts started:  
15. Peter Nye, 53:25; 17. Robert Rodriguez, 53:34; 24. Mike Sabino (men's masters winner), 54:59; 27. John Schimonsky, 55:08; 42. Mark Baldino, 57:03; 48. Dave Asaki, 57:45; 63. Bruce Robinson, 58:49; 70. Ed Sayre, 59:13; 120. Chauncey Berdan, 1:02:02 (p.r.); 322. Ken Moffett, 1:07:37 (p.r.).  
Women, overall placings: 172. Mary Walsh, 1:03:34; 288. Betty Blank, 1:06:52; 357. Valerie Nye, 1:08:24 (p.r.)

union derby results, cont'd (from p. 3)

Women 20-29. 1. Karen Sullivan; 5. Betty Blank. Women 30-39. 1. Mary Ellen Williams; 3. Valerie Nye; 4. Lilita Bache. Women 50-59. 2. Martha Sargent.

WRC TAKES ON UNITED KINGDOM IN  
TWO BRIDGES 36-MILER: FINISHES 4th

After running in the Two Bridges 36-Miler in Scotland Aug. 29, WRC members scattered across the United Kingdom and Europe. Lucious Anderson went to London, Ed Foley to the southern counties. Bob Stack went to Greece. Chris Steele and Norm Brand rambled about the heath of Scotland.

Bob Thurston, with wife Delabian and son David, stayed in a village of Glenelg, by Kyle, accessible by traveling a 9-mile, 1-lane road. There he wrote the following letter:

The WRC contingent performed very well. With 11 teams competing for the team trophy, WRC tied with South London for third. Unfortunately, South London won third on the strength of a higher-place finisher. The ever-strong Tipton Harriers won the team trophy, with Gloucester A.C. second.

Ed Foley led our team, with 3:53:01 for 16th place. Ed was pleased with his race, but he thought afterwards that a 10-mile split of 61 or so might have been better than a p.r. of 58:20.

After a good start in which he ran with the eventual winner for almost 20 miles, Bob Stack had to back off with tightening calves. He held on to finish 18th, in 3:55:13.

Lucious Anderson finished 29th, in 4:07:40. He was troubled by tightening in one leg for the first half of the race, but overcame this to finish in fine form.

Bob Thurston, plagued by an upper hamstring pull, tried to get through the race by using a lot of rubdowns. But after crossing the Forth Bridge, with 3.5 miles to go, he dropped out.

Overall winner was Mark Picard, 21, of Epsom-Ewell A.C. in the south of England. Mark's win surprised all but the most careful followers of ultramarathoning. They knew of Mark's several 100-mile wins, his 150 miles in 24 hours, and his speed. Mark, about 6' 5", made his 3:26:01 finish look easy. He made have been holding back, for he was planning to run the "South London 30" one week later, followed by a marathon the next day. Ho hum.

The race, as usual, was a fine social event. Post-race meal, and a party that evening. The party involved dancing, drinking, and a vaudeville act performed by one of the runner's children. In the end, there was a circle-sing of Auld Lang Syne.

Mark Pickard was hoisted up and got a rousing "For He's a Jolly Good Fellow." Next was a fellow who has completed all 13 Two Bridges races, then Ron Bartley who also has run in all 13. Then came the turn of Gerald Parsons who always finishes last.

Talking to the British runners, we discovered that many race every week. Some, like Cavin Woodward, do a marathon every week.

The field had 102 starters, 82 finishers. One thing I found was that they are not very liberated on the subject of dropping out. Reactions varied from helpful suggestions like, "Could you have walked in?" to sympathy as if there had been a death in the family. I actually felt that some of the runners would have literally crawled in to avoid not finishing.

bruce robinson, cont'd (from ps)

It wasn't just the layoff that caused the wheezing but also the 10 to 15 lbs. he gained.

"Between the two operations and after, I continued to eat and drink like I usually do," he said. "I didn't feel like dieting. What I was going through was depressing enough. To go on a diet would be deadly."

By August he got back to his regular 6:45 to 7:15 pace for training.

"I feel I'm coming back around. But I have no expectations about getting back into shape."

At the Annapolis Ten Miler, he cruised through the first mile in 6 minutes, then picked up the pace slightly to finish in 58:49. Those who saw him running bare-chested blinked in disbelief as they saw Bruce had grown cheeks on his face and had a budding Buddha belly.

It was his first race in a year. He says he will get in others to run them as work outs. "Everything seems to be coming along well," he smiled.

SAGA OF COMPETITION BETWEEN MARY ELLEN WILLIAMS VS. CHIP HILL CONTINUES

by Chip Hill

Many people have asked me about my races against Mary Ellen Williams.

First of all, we have only raced twice this summer--in June at the Antietam Battlefield 10-K and at a 10-K in Annandale, Va. I don't race much during the summer because of local tennis tournaments. In fact, I recently won the Vienna Tennis Tournament where I won a pewter plate and portable television. But I still run about 70 miles a week.

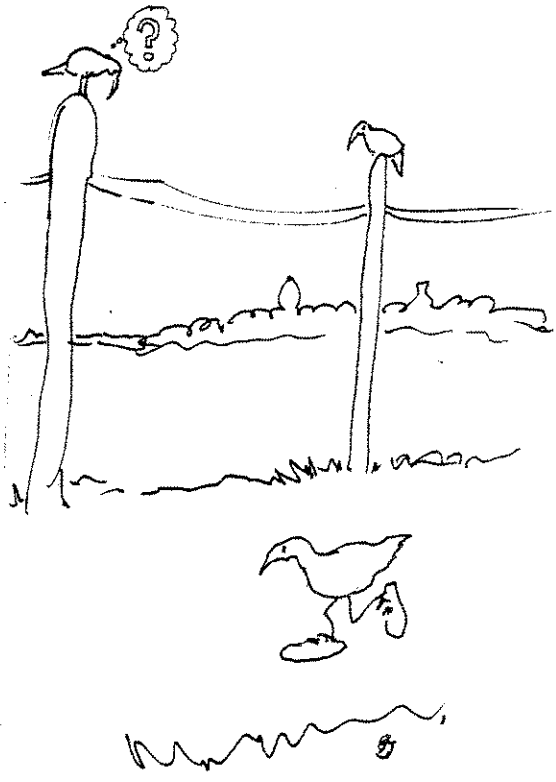
Well, Mary Ellen beat me in both races. At Antietam, even though she was injured, she managed to hobble along fast enough to beat me. Mary Ellen is very gutsy.

The Annandale 10-K was another story. I had a few trump cards to play with that I hadn't known about before. While I wasn't feeling particularly well, I knew that a recent treadmill stress test at the Uniformed Services University of the Health Sciences Medical School showed I scored fairly high in maximum oxygen consumption, very low in body fat, and my overall treadmill time was way above average (I held the record until Jeff Peterson smashed them).

When the race got off, I had Mary Ellen in my sights. We went through the first mile in 5:50 to 6 minutes, with me about five yards behind. I sped up, and about 1 3/4 miles into the race I passed her feeling just great but a little guilty. It was like I took something away.

I actually felt uncomfortable being in front of her. I'm a fierce competitor. I've been an athlete since age 10. I was even in the Olympics (more on that later). But I have been beaten by Mary Ellen so often that I felt the pressure of being in front of her.

Then my shoestring came untied. Well, the inevitable happened. As I slowed down Mary Ellen roared past. I felt comfortable in my usual spot behind her.



POT POURRI

WRC PRESIDENT GETS PLASTERED . . . Mark Baldino suffered a broken arm while wrestling--apparently losing the match--at the wedding of WRC teammate Jim Buell at Jim's wedding in St. Louis. He explains his arm was broken when he fell under Kevin McTygue.

NAYLOR BUYS A PAIR OF SHOES . . . Al Naylor, stranded between sponsors when Brooks shoes went bust on promotion, is rumored to have gone out and purchased a pair of running shoes for the first time since high school. Buying them never occurred to him while he was running for Maryland, and later when he was fast enough to either win them or win a sponsor. It might be enlightening to ask him what brand he shelled out money for.

MORRISONS BUY RESTAURANT . . . Ray and Joie Morrison have bought a restaurant in Wheaton, Md. Details are lacking, but it is rumored that they bought the whole building. At last, a restaurant where WRC can get some service.

BACK FROM COLORADO . . . The WRC silkscreen logo is back in captivity. Bernie Allen sent the silkscreen to Ray & Joie Morrison for use on jackets, tee-shirts, rain suits, etc.

### WRC SETS THE ROADS ABLAZE

by  
Kathi Guiney

Falmouth, Aug.16.-- The club was well represented at Falmouth; a 7.1 mile race on Cape Cod, Mass., approximately 16 runners from WRC were entered in the event.

Race Day -- It was raining -- Buckets! The wind was blowing sea spray up from the beach -- all in all it was a miserable Sunday morning. Our makeshift raingear (Hefty garbage bags) worked well, but fortunately were discarded as the rain ceased, on signal, five minutes before the race. The sun was shining on WRC.

Results -- The race was won by Alberto Salazar in a new record: 31:55; Rod Dixon was close behind for second in 32:15; Mike McLeod, 3rd, 32:32; Kirk Pfeffor, 4th, 32:42; Craig Virgin, 5th, 32:50; Herb Lindsay, 6th, 33:00; and Terry Baker (yeah WRC), 7th, 33:01. Jeff Scuffens was 29th in 34.05.

Other WRC finishers were:  
Will Albers - 35:10 (top 60)  
Dan Rincon - 35:12  
Jack Coffey - 36:59  
Bruce Coldsmith - 37:45  
Al Naylor - 37:14  
Mark Baldino - 38:00  
Ken Humbarger - 41:30  
Mike Bradley - No time avail.  
Kathi Guiney - 45:11 (top 50)

Hoopla - One drawing point of Falmouth is the post race parties and general craziness. The whole town gets in the festive mood --and once again WRC was well represented. (No incriminating details here - contact race participants.

Setting streets on fire - Our fleet feet did a good job of that, but our performances were diminished by the blazing work of the "Buzzard". Dan Rincon with co-pilot Al Naylor were driving up the N.J. Turnpike when the Buzzard began to smoke, sputter, and flame! Danny kept his head (while all around him were trying to save their running gear and jump out of the van) and pulled off to the road side. The fire blew itself out -- no damage was done, except were were all wide awake for the remainder of the trip!

Mark you calendar - We are expecting to be invited back to Falmouth next year - for better and faster performances. It's a good race and a good trip. Put it on your race schedule for '82!

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MARINE CORPS MARATHON entries are being coordinated by Peter Nye, 5780 Dunster Ct., #173, Alexandria, Va. 22311. Send your entries to him. The club pays the entry fee.

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Washington Running Club Newsletter  
c/o Peter Nye  
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