

Washington Running Club December 1981 Newsletter

NEXT MEETING: FRIDAY, JAN. 8, 2100 K St., 4th floor. Follow signs. Inquiries 653-5270.

DECEMBER MEETING REPORT

Our meeting on Dec. 11 got underway at 8:30, with president Mark Baldino thanking the club for helping make the T-day race a success. That venture earned \$2000 for WRC, and the Georgetown race netted us \$1500. Mark predicts that those races and Hecht's should give us a \$6000 income next year.

Dan Rincon explained some exercise physiology testing going on at U. of Md. Designed especially for runners who are going from one stage of training to another, the tests will measure anaerobic threshold, max. O₂ uptake, and possibly body fat. WRC member Henry O'Connell is assisting in the research. For more details, call Dan Rincon at 933-7427.

Norm Brand reported on the TAC convention. Some of the developments were: approval of a trust fund for prize money, pending IAAF approval; continuing registration, permitting runners to maintain registration with a club (such as WRC) no matter where they live in the U.S.; a decision to begin shifting the x-country championships to later in the season to conform more to international x-country; and setting of some of the 1982 championships (the next one in this area is the 50K, slated for Hains Point on March 13-- ultrarunners, get out your ice and your dizziness pills).

The racing schedule was discussed. Suggestions were made concerning races to be added or dropped from the schedule. It seems the "club races", where we would travel to a race *en masse*, were a complete flop. The club officers were charged with putting together a proposal for a racing budget and schedule for 1982.

Bob Thurston asked for any corrections for the club address list, but side-stepped questions about when a new list would be produced.

Will Albers reported that Converse is proposing to sponsor 20 runners within our club, supplying shoes, gear and some travel funds.

(cont. next column)

JANUARY ELECTION MEETING

Election of officers for 1982 will take place at our next meeting, on Jan. 8 at 8:00 p.m. Also to be discussed: at least some of the 1982 racing program. BRING REFRESHMENTS. See you at the meeting!

DEC. MEETING, CONT.

We heard a report on the Maryland Marathon, in which our B team trounced everyone.

About half a hundred members attended the meeting, not counting Jamie Moffett and David Thurston who spent most of the time diving into the floor outside the meeting room.

-- r.e.t.

* * *

HAPPY NEW YEAR!
IN THIS ISSUE:

Dues are payable: see page 7	
New York City, by Jacob Wind	p. 2
Charlottesville, by J. Ulvestad	p. 3
Who is Billy Pilgrim	p. 4
Movie review, p. 2; poetry, p. 5	
The year's highlights	p. 7
Local results	p. 6
Cartoon by Barbara Jones	p. 3



The WRC Newsletter is the monthly publication of the Washington Running Club. It depends on unsolicited articles and news tips; send yours to the editors: Bob Thurston, 2135 Newport Pl., N.W., Washington DC 20037, tel. 293-7009; or Peter & Valerie Nye, 5780 Dunster Ct. #172, Alexandria VA 22311.

BERKA STARS ON NATIONAL TV
IN NEW YORK CITY MARATHON

By Jacob Wind

Twenty million people watching ABC's national broadcast coverage of the New York City Marathon saw WRC's Jim Berka finish 109th in 2:25:26.

Jim, his blond hair flying, held off a last-mile charge by New Zealand's Allison Roe. She finished just behind Jim, in a women's world record of 2:25:29. The camera crew followed them for the entire last mile.

"I could hear the crowds cheering as I got near the finish," said Jim, "and I knew the cheers weren't for me. So I looked back and said Oh-oh, I'd better run harder." Allison Roe was gaining.

For Jim, New York was an enjoyable surprise--he didn't think he was in such good shape. Since his last marathon, the 1980 Marine Corps Marathon, Jim had been laid up with a stress fracture of the heel. In fact, he hadn't run a step all summer, and was wearing a soft cast.

His first race in nine months was a low-key 10-kilometer event around American University in August, and the New York City.

"I guess my training's going pretty well," he said.

Matt Wilson, WRC's fastest marathoner with a 2:14 at Gramma's Marathon in northern Minnesota in June, led a contingent of four other WRC men with a 2:26:53 for 133rd place.

Bob Kelly ran 2:31 but wasn't listed in the results, and Jay Wind ran his first marathon of the week in 2:37 (He ran another 2:37 the following week at Marine Corps). Bruce Coldsmith started out fast but finished with a whimper. He was forced to walk portions of the end of the race.

Lou Patterson dropped out at 17 miles, saying, "I crashed and burned."

For those of you who read in the newspapers the next day that Edward Swiatocha of Arlington, Va., ran 2:19:53, don't fret about not knowing him. He lives in Arlington, but in Texas's Arlington, not Virginia's.

Oh, and in case you didn't hear, Alberto Salazar set a new world's record with 2:08:13. After the race, he told reporters he was going out to disco all night.

"CHARIOTS OF FIRE" WRITTEN IN
EARLY 1800s; WINS 1981 AWARD

In the period of 1804 to 1808, Wm. Blake, an Englishman of art and poetry, wrote a poem which was a preface to a larger poem, Milton.

The third stanza reads:

Bring me my bow of burning gold;
Bring me my arrows of desire:
Bring me my spear: O Clouds unfold!
Bring me my chariot of fire.

One of the finest movies this year was Chariots of Fire which takes its name from the above stanza. It's about the stories of some real people who participated at the 1924 Olympiad in Paris. Two the film concentrates on are Harold Abrahams of England and Eric Liddel of Scotland. The Almanac shows that Abrahams won the 100-meter dash in 10.6, and that Liddel won the 400-meter dash in 47.6. Both times were new Olympic records.

Two others mentioned in the movie were Charles Paddock, who had won the 100 meters in the 1920 games with 10.8, and Jackson Scholz who won the 1924 Olympic Games 200-meter dash in 21.6. They were U.S. runners.

The Blake poem was set to music in the Victorian era and is entitled Jerusalem. It's an old standby which you've no doubt heard in English movies without knowing what song it was you're hearing.

Shortly before Christmas, the movie was awarded the "best cinematography" by the New York Film Critics, with the Warren Beatty movie Reds taking the prize for best movie.

--P. Nye

* * *

INDOOR TRACK ALL-COMERS MEETS

Indoor meets will be held on Jan. 24, Jan. 31, and Feb. 14 and Maryland's Reckord Armory (College Park). Events start at noon for age 14 and under; at 2 p.m. for 15-95 years of age. Donation 50¢/participant. Longest event: 1 mi. Meets will be held at Morgan State in Baltimore on Jan. 3 & 17, Feb. 7 & 14.

* * * * *

REPORT FROM CHARLOTTESVILLE
by Jim Ulvestad

Charlottesville, as I expected, is an excellent location for running. The mental effort involved in inventing courses that avoid all the slopes is too great to be worthwhile, so I eventually gave up and started running more hills every day. Arthur Lydiard would have a grand time designing loops for his hill workouts in this time.

The only real disadvantage of running here is the lack of traffic-free routes such as bike paths. This leads to a choice between a few well-lit, but busy, main roads and lots of unlit semi-rural roads. There are obvious dangers in either alternative, so caution is necessary in training during the dark mornings and evenings of winter.

The area supports one major club, the Charlottesville Track Club (CTC). This club attempts to perform the service-oriented functions of an organization like the DCRRC while also fielding competitive teams. That dual role sometimes leads to conflicts when the more serious racers have plans that do not include CTC-sponsored events. For example, the CTC's biggest race, the Charlottesville 10-miler, is scheduled for the same weekend as the Boston Marathon. . . The situation points out some of the advantages of the specialization possible in a heavily populated area such as D.C., where different organizations can play different parts in the running community.

A number of members of the CTC gather for a 10-mile run every Saturday morning. This group run provides a great opportunity for an easy 15- or 20-miler by anyone willing to wake up an hour early.

From three or four to as many as fifteen or twenty runners gather for the 10-mile workout. Although it is intended as a social training run, the battle of egos sometimes leads to efforts to grind one another up on the hills in the latter half of the course. On a recent Saturday when only four runners showed up, two were recovering from all-out efforts in the JFK 50 miler . . . needless to say, the pace was gentle on that morning!

One of the benefits of being in Charlottesville has been the opportunity to watch U.Va.'s women's x-country team in action. They obliterated the field in the first NCAA championship this fall and have at least seven past or present All-Americans on the team. Almost all the top runners will be back next year to test themselves on the hilly 5 km. home course, which is as much as a minute slower than some of the flat golf courses used around the country.

The hills on the Charlottesville course would test any road runner's versatility and power, as was evidenced in one race this fall when a number of the University's runners beat both Margaret Groos and Cynthia Lorenzoni.

In summary, the running community in Charlottesville is quite active. As in any town dominated by a major university, runners can be found on the roads at any time of day. However, many of the runners here appear more hardy than those who suddenly appeared outside at U. of Md. on the first warm day of spring. The first pleasant spring day is far off now, but there are still a great many people out there running on the icy roads of Charlottesville.

— j.s.u.



OUTLAW WRC RUNNERS REVEL IN ALEXANDRIA

THANKSGIVING TURKEY TROT FIVE MILER

There was a conspicuous absence of WRC uniforms despite a substantial number of WRC runners at the Thanksgiving Day Turkey Trot five-mile race in Alexandria, according to a 10-page report the Metropolitan Mattress Police have leaked in a copyrighted article in On the Road Report.

Involvement of the WRC runners at the Alexandria race was contrary to WRC rules requiring club members to work in organizing the concurrent 10-kilometer Footlocker Race at Tyson's Corner in Fairfax County, Va. The Footlocker race is one of three that WRC President Mark Baldino has designated that WRC members staff as a means of raising money for the club to gain travel expense money to races.

One WRC member quoted in the report defended his actions by saying he had already worked two other WRC-designated races: the Decht Co. Ten Miler in June and Clyde's 10-kilometer race in Oct. That runner spoke in a clipped English accent and identified himself as Billy Pilgrim, the article said.

"Besides those two races," Pilgrim continued, "I worked as a race organizer for a weekend DC Road Runner Club event. And I help out with the WRC newsletter. I lick the stamps."

A check of the WRC roster, however, fails to show a Billy Pilgrim listed.

WRC runners at the Turkey Trot were described as wearing commemorative tee shirts from a variety of other events. One runner posed as a spectator and stood on the sidelines. Another ran in wrestling tights and Tiger wrestling shoes. He ran the entire course in a wrestler's crouch, his arms extended in front and his fingers curled menacingly.

A WRC woman runner said in the article that she felt a higher personal commitment to competing in the Alexandria Turkey Trot than working the Footlocker race which began about the same time another 15 miles away.

"I've run in all these Turkey Trots since they began in 1975," she said. "They were organized that year to bring attention to the merchants in the city's west end after the area was flooded earlier in the year."

Another man snarled, "This is a holiday. I don't work on holidays. That includes running, too."

Others who were not identified cited they felt the club is large enough that its members with divergent interests and tastes should be left with the prerogative to run the races of their choice. They said they felt working two WRC-designated races a year was the limit.

Billy Pilgrim said it was his right to run the Turkey Trot if he chose to do so. But he noted, "The trick is not to win. It attracts too much attention and defeats being an outlaw runner."

A check of the race sign-up sheets, however, fails to show that a Billy Pilgrim registered for the event. Winner of the men's division was Mike Mansey, a student at East Tennessee State, in 23:56, and winner of the women's division was Sue Smiley, a student at Fort Hunt, Va., High School. Neither is a member of the WRC.

Pilgrim allegedly claimed he would write up the race results for the WRC newsletter, along with his suggestions on what to require from club members in the future to avoid such scofflaws. Pilgrim said the article would be entitled, "A Modest Proposal."

None of the WRC newsletter editors (Bob Thurston, Val & Peter Nye) claimed to have received the article. Nor were they familiar with anyone who licked stamps for the newsletter. Thurston said stamp-licking was accomplished with using a wet sponge.

A check of the reader's guide in the reference section of the city library shows that "A Modest Proposal" was an essay written by Jonathan Swift in the 18th century.

"That sounds like plagiarism to me," WRC President Mark Baldino said when told of these developments. "And I don't want any club members to get in that kind of trouble of the race."

He was quick to point out that WRC members who ran in the Alexandria Turkey Trot rather than help out at the Footlocker race will be dealt with.

"They'll be required to work the 14th Street Mile," he said. "I'm negotiating now with the television networks. They're interested. The club could stand to make more money out of this."

--P. Nye

POT-POURRI



at the Royal Mile Pub
2407 Price Avenue
Wheaton, Maryland
946-4511

A POEM SAVED BY JIM BERKA

We run because we must
Through the great wide spaces.
Within each man exists a demon,
Some men are able to quiet it,
Other men are driven by it.
In being driven
They encounter loneliness,
But they discover themselves
and find exhilaration.
They find a peace which many seek,
But few attain.
I congratulate the long distance runner
for his self discipline.
I share with him his loneliness,
I envy him his peace.

by Pierre Trudeau, F.M. of Canada

The Morrisons' Royal Mile Pub in Wheaton opened with a flourish on Dec. 19, toasted by a horde of WRC well-wishers. Everyone had a great time except possibly Ray and Joie who had to work so hard fixing drinks . . .

In the bizarre accident department: Walter Sargent came to the last meeting with a cast on his arm. It seems he was running at night wearing his new contact lenses when a tree branch up and smacked him in the eye. He lost his balance, his contact lens, and broke his arm. With a heavy cast, Walt was forced to take a page from Baldino's book, and run with a counterweight on the other arm— in Walter's case, a bag filled with garbanzo beans . . .

Phil Stewart went to the Rocket City Marathon, on Dec. 12, with some impressive runs under his belt— notably his 10 Mile track win on Dec. 6, in 53½ minutes (report next month). But still he felt that his training had not gone as he had hoped, and he went with the feeling "if I can run 2:30 off of this training, I'll lose respect for 2:30." Phil started the race at a 5:40 pace and began to feel tight. Back off or go for it? He decided to gamble and stay on a hard pace. Result: first half in 73:40, second half in 90 minutes, for a 2:43:40. Phil came back with respect for 2:30. . .

Dick Spencer ran 2:45 in the Fiesta Bowl Marathon in Arizona . . . some other WRC travellers were in Hilton Head, SC for a 10K. Bob Stack ran a PR 31:40, with Robert Rodriguez running 32:04. Ed Sayre's time unknown . . .

WRC moves include: Larry Burch, to Palmdale, CA; Ed Sayre, to New Jersey; John Mornini, to Oaklyn, NJ; and Jubie Aulisio, to Lakeland, Florida.



DCRRC RESULTS

Anacostia River Run (10K), Sept. 12

In 95° weather, Robert Rodriguez broke his own course record in winning this race in 33:12. He had warmed up by winning the two mile in 10:47. Marc Sengebusch was 4th in 34:10.

Wheaton Regional 8 Mile, Nov. 7

This race was the annual match between DCRRC and Montgomery Co. RRC, held this year on the figure 8 course at Wheaton Regional Park. DC chalked up a big lead, but saw it eroding as more and more finishers came across. It came down to one point, with John Winkert of DC still on the course. If he were to finish, DC would lose; if not, DC would win.

The rest of the story didn't make the DCRR history books, but must be told. It was the 1908 Olympic marathon all over again as (DCRR historian) Jay Wind rushed onto the path to block Winkert's finish: "Don't finish!" he yelled. Fortunately for sport and fair play, Winkert has a strong arm which he used to brush Jay aside so he could complete the race. MCRRC won again. WRC times:

- 4. Marc Sengebusch 46:36
 - 5. Dave Asaki 47:20
 - 6. Jay Wind 47:29
 - 7. Ed Sayre 49:25
 - 10. Bernie Gallagher 51:16
- Estelle Roth ran 32:03 in the 5K race.

* * *

Belle Haven 14 Miler, December 12

Jim Perka, continuing a remarkable comeback after 6 months off with a stress fracture in his heel, came within seconds of a win here as he ran 14 miles in 1:14:47, just a minute off the course record. Victor Elk won in 1:14:38.

A bit farther back, Jay Wind gets credit for a remarkable mini-victory. Recently WRC runners Nye, Thurston and Anderson have learned how tough it is to beat Eamonn McEvilly in a close battle; but Jay beat him here by 15 seconds.

Keeping posted on other rivalries, Chip Hill ran 1:31:00 as Mary Ellen defaulted by her non-appearance.

Other WRC times: Hugh Jascourt, 1:44:43; Bernie Gallagher, 1:27:36; Bob Trost, 1:24:16; Bill Wooden, 1:22:40; Wind, 1:21:07; Rodriguez, 1:18:54.

O'Connell H.S. 30K, Nov. 15

Phil Stewart stuck out the 3 loops of this course to place second in 1:53:47. "Never again," he promised himself afterward. George Cushmac was top master and 6th overall in 2:01:35, while Jeff Reed finished 23rd in 2:26:13.

* * *

WETA 10-KILO RACE AT HAINES POINT, Nov. 8

- 1. Tom Kelly, 30:19
- 2. Jack Fultz, 31:10
- 5. Bob Stack, 32:01
- 10. Bob Oberti, 33:20
- 24. Dave Asaki, 34:18
- 36. Mark Sengerbusch, 34:40
- 45. Ed Sayre, 35:20.

Prizes at this race included shoes and rainsuits and reflective vests. More than 1,900 runners finished the race. The only negative point was after the event when Dave Asaki had his gym bag stolen while he was running a warm-down run. His wallet and Saucony Racing Team singlet were stolen. If anybody sees this singlet worn by a non-WRC runner, including Rod Dixon, let Ed Sayre and Dave know.

--Ed Sayre

BALTIMORE MARATHON, NOV. 29

- 4. Henry Barksdale, Jr. 2:25:03
 - 11. Mike Sabino 2:31:01
 - 13. Robert Rodriguez 2:33:04
 - 22. Jay Wind 2:35:04
 - 36. Jeff Smith 2:38:42
 - 47. Peter Nye 2:41:47
 - 49. Terry Baker 2:42:07
 - 62. Tom Waites 2:44:24
 - 66. Mark Doles 2:45:08
 - 68. Dave Asaki 2:45:23
 - 83. Bill Wooden 2:46:54
 - 94. John Allen (PR) 2:48:06
 - Jack Coffey (unoff.) 2:48:06
 - 107. Tom Henderson 2:49:26
 - 157. George Cushmac 2:55:01
 - 813. Jeff Reed 3:35:54
 - 886. Hugh Jascourt 3:39:29
- Women
- 24. Valerie Nye 3:24:54

* * *

1981 HIGHLIGHTS

By Bob Thurston and Will Albers

Team highlights: the NIKE Club Championships, where WRC placed 4th (and first non-commercial team); the Utica 15K, 2nd team; Cow Harbor, L.I., first team.

Outstanding runners: Laura DeWald, especially for her 8th place, 2:35 Boston which catapulted her into world-class status; and Terry Baker, for a string of great runs-- 1st at Utica 15K (44:58), 7th at Falmouth, 9th at Freedom Trail, ETC., with times ranging from a 29:13 10K to a 2:16 marathon. A strong runner-up is Matt Wilson, whose accomplishments include a 2:14:45 marathon (Grandma's) and a 1:02:43 20K in Wheeling.

Outstanding masters runner has to be Mike Sabino who, for example, ran 2:32 for 2nd overall at the G.W. Birthday marathon.

Ultramarathon highlights:

1. Ed Foley's 100 Mile victory (18:07)
2. Kevin Eagleton, 5:39 for 50 miles
3. Jim Ulvestad, 3:40:23 for 36 miles

Comeback runner of the year: tie, Peter Nye and Jim Berka. Also right up there: Phil Stewart and Al Naylor (who's trying to win it twice in same year).

10K List (only best known times listed)

- | | |
|----------------------|-------|
| 1. Terry Baker | 29:13 |
| 2. Jeff Peterson | 29:31 |
| 3. Matt Wilson | 29:47 |
| 4. Dan Rincon | 29:54 |
| 5. Will Albers | 30:13 |
| 6. Bruce Coldsmith | 30:30 |
| 7. Mike Sabino | 31:22 |
| 8. Al Hinchliffe | 31:25 |
| 9. Bob Stack | 31:40 |
| 10. Robert Rodriguez | 31:59 |
| Jim Ulvestad | 31:59 |

Very Improved Runners: Here I know there will be omissions-- sorry, but let's give 3 cheers for: Bob Oberti who's done so well with Whitty Bass as coach; Lucious Anderson whose improvement continues (see July issue); Karen Sullivan, going great guns until she dropped a bottle on her toe; Estelle Roth who is beginning to run; and marathon PR-slashers Dick Spencer, John D. Allen, and Ken Moffett.

--ret

WRC MEMBERSHIP APPLICATION/RENEWAL FORM

Dues for 1982 are \$10 per individual, \$15 per family, payable to Washington Running Club. Send with this form to: Norm Brand, WRC treasurer, 5224 Manning Place, N.W., Washington, D.C. 20016.

NAME _____ M _____ F _____

ADDRESS _____

_____ TAC# _____

TELEPHONES _____ BIRTHDATE _____

RUNNING & BIOGRAPHICAL DATA (running background, best times, goals, occupation, how you can help the club, etc. Attach other sheets if you like).

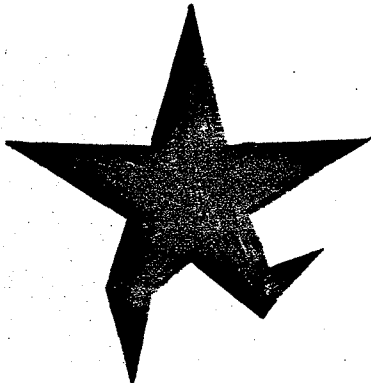
GREENBELT 10 & 20, DEC. 26

EARLY 1982 RESULTS: HANGOVER CLASSIC

The second day of Christmas saw some good WRC performances at this traditional DCRR out-and-back and (out-and-back)² challenge. In the 20 mile, Laura DeWald tied for 6th overall as she and Henry O'Connell finished in 2:02:20. Meanwhile Mark Johnson placed 3rd in 1:59:04, with Hugh Jascourt running 2:39:22.

In the 10 miler, Bob Stack and Tim Gavin ran and finished together in 52:35. Larry Noel III was 8th in 59:41. Jennifer Rood was 15th overall in 64:25, and Mary Walsh got in a 75:08 workout.

* * *



The WRC Centipede galloped across in 36:45, in fine style and with only one amputation, the cutting off of Mike Bradley. The Centipede was powered by the legs of Dave Asaki, Ray Morrison, Ed Sayre, Mark Baldino, John Mornini, Jack Coffey, Jon Lott, Kevin McTigue, Steve Ciccarelli, and for a while Mike Bradley. While it won the prize for centipedes, it had long since dissected itself when the champagne was awarded.

People results, women first: 1. Mary Ellen Williams, 37:59; 2. Lolitia Bache, 40:10 (FR); K. Guiney, 41:06; V. Nye, 41:18?; E. Roth, 63:08. Men: 2. Tim Gavin, 30:21; 3. Jeff Peterson, 30:27; 4. Bob Stack, 30:31 (FR); 8. Jim Berka, 32:26?; 9. P. Nye, 32:32; 10. W. Sargent, 32:42; H. Wiegand, 33:16; L. Anderson, 33:45; T. Waites, 34:02; R. Thurston, 34:52; C. Berdan, M. Sengebusch, 38+ minutes (Marc wishes to point out that he had the flu); Ken Moffett, 39:32; J. Moffett, 39:50; J. Allen, 40:10; R. Trost, 41+ min.; J. and Aragorne Wind, 44:44; E. Robinson (Team Funk), 52:14. Among the more secretive responses: Jim Hagan-- "don't print it"; and Bob Mallet-- "slow enough to allow for lots of improvement over the year."

WRC NEWSLETTER
2135 Newport Place, N.W.
Washington, DC 20037