

Washington Running Club Newsletter

VOL. II, NO. 5

MAY, 1983

IMPORTANT NOTICE

Sorry mates but we have lost our meeting place at the Federal Mediation Services Building (politics). Our Next meeting will take place at the Maryland Student Union on the campus of The University of Maryland. The room number there is room 1131(look for signs). Date of next meeting is May 13, 1983(thats right-Friday the Thirteenth, bring your rabbits feet). at 8pm. One other thing; WE WILL NOT BE ALLOWED TO BRING ANY BEER, WINE, OR OTHER INTOXICANTS INTO THE BUILDING- its a building policy. However I am making arrangements to have a cash bar (drinks will be inexpensive).

DIRECTIONS TO U. MD.

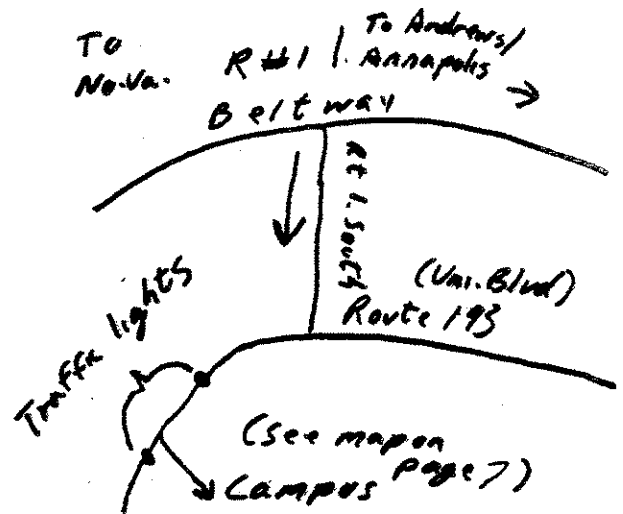
Take the beltway to the College Park Exit (number slips my mind) Route 1 South. Follow Route One south to Route 193 west (university blvd.) take University blvd to Second traffic light. Turn left at light(wait for arrow). You are now on Campus. Follow road through stop sign then bare right on to south stadium drive. Turn right at second entrance to parking lot z, go through parking lot z to the stop sign at the top of the hill. Turn left(Cole Field House will be on your left) Follow that road to stop sign and turn left. Take your next left(Cole Field House will now be on your left and the building on your right is the Student Union. Turn left into the parking garage.(see map)

If you are lost call 454-2801 and have me paged.

From the President's desk

The Washington Running Club has been in recent weeks accomplishing quite a bit to make the progress we spoke of in our first meeting of the year. We are moving foward in our goal of becoming incorporated and tax exempt. The finance committee will be meeting to aid the club in keeping track of itself financially. We have also been making progress where it counts the most, at the races. After all we are a running club. As many of you may know, we're the " Boston Women's Team Champion, thanks to fine efforts by Patty Deuster, Maryellen Williams, Betty Blank and Coleen Troy. Ladies-CONGRATULATIONS for bringing home the team title and best of luck the remainder of the year. All of this progress and success is not only a result of individual efforts, but individual efforts combined for the good of the club. Let us continue this mutual support and working together and we will see this club blossom into an organization that the area can be proud and happy to call their own.

Don Kincaid



WASHINGTON RUNNING CLUB WINS WOMEN'S TEAM TITLE AT BOSTON!!!

Patty Deuster, Maryellen Williams, Betty Blank and Coleen Troy bring the glory to WRC; Betty accepts trophy.

What a day! WRC won the women's team title at Boston!! Patty Deuster, with a 2:48:35 finished 17th, Maryellen Williams came in 40th with a time of 2:54:45, and Betty Blank rounded out the team scoring with a PR 3:04:15, good for 77th place. Coleen Troy finished in 3:12:48. Getting up on stage, along with defending Cherry Blossom champion and new Boston champion Greg Meyer, and the new world record holder Joan Benoit was our own Betty Blank, to accept the trophy for the new Boston champion Women's team, WRC. What a day!

485 Greg Shank 2:35:05
Joe Olander 2:45
Rich Shank 2:54

F Team

Joe Lucciano 3:13
Fred Lampazi 2:41:50
234 Geo. Keim 2:27:38 (5th Master)
1253-131 age Pat Neary 2:48:44

Alumnus

496 Bruce Robinson 2:35:17

OTHER BOSTON RESULTS (or, how members of WRC belonging to the male persuasion did).

Special thank to race coordinator Pat Neary

A Team

81 Al Naylor 2:19:38
139 Walt Sargent 2:23:36
466 Tim Cook 2:34:30
497 Tim Gavin 2:35:20
546 Tim Rays 2:36:25

Cherry Blossom revisited -
The following people gave me their Cherry Blossom times, so they can show the following to their mothers

B Team

53rd Dave Shafer 2:17:37
(Qualified for the Olympic Trials)
217 Jeff Delauter 2:27:03
243 Walt Stack 2:27:56
800 Tem Washington :40:15

Walt Sargent 50:21 (37th)
Dan Rincon 54:05(?)
Fred Kruger 59:31
Al Naylor 49:30 (24th)
Rob. Rodriguez 54:00 (centennial)
Pat Neary 58:31
J.J. Wind 57:50
Dave Asaki 57:05
Gerry Ives 63:45
Coleen Troy 68:08 (44th Woman)
Patty Deuster 61:40 (19th Woman)
Bob Kelly 55:06
Ed Foley 60:47
Bobbie Eleistif 1:14:??
John Ausherman 51:40 (58th)
Jack Moffett 1:03:26 (PR)
Ira Pesserilol 1:48:56
Jim Cooper 50:50 (47th?)

C and D teams

252 Jon Lott 2:28:08
371 Mike Spinnler 2:31:59
560 Dave Ramsey 2:36:41
950(appx) Mike O'Hara 2:42:50
2025(appx) Bob Trost 3:04:15
paced Betty

RUNNERS OF THE MONTH * Dave Shafer, and Patty Deuster, for their performances at Boston. A special honorable mention is awarded to Maryellen Williams, Betty Blank, and Colleen Troy, our other champions. Dave and Patty, you really done us proud!!!

Williamsport MD, Budweiser Light
5 Mile - April 8

A group of Boston bound WRC runners made an excellent showing at this flat, fast course just outside of Hagerstown. The race's chief sponsor doubled as the overall mens winner as Bud Lights Terry Baker won in 24:20. The women's winner was too young to benefit from the race's sponsor as 12 year old Ann Densmore blazed the 5 miles in 29:50.

1. Terry Baker 24:20
2. Jeff DeLauter 25:25
3. Mark Baldino 25:30
4. Mike Spinnler 26:16
5. Greg Holder 26:24
7. Tem Washington 26:48
9. Dave Ramsey 27:09
21. Dick Shank 28:52 PR
28. Keith Higgs 29:42
35. Jeff Reed 30:22

New Jersey 10 Mile
3/20/83

Overall winners were Chris Fox of Martinsburg, WVa in 47:21 (CR) and Karen Dunn in 55:33 (CR). Out of about 2,000 starters over 200 broke 60 minutes with 23 going under 50:00.

Terry Baker 48:40 (9th)
Jeff DeLauter 51:33 (PR)
George Kiem - 1st Master
51:34 (PR)
Mike Spinnler 53:21
Tem Washington 54:20
Greg Shank 54:58 (PR)
John Mornini 54:59
Dave Ramsey 56:03 (PR)
Rick Shank 59:47 (PR)
Ed Sayre 60:14
Keith Higgs 61:04
Jeff Reed 62:20 (PR)

Thank to Jeff Reed

Children's Run 5 mile
4/16/83

Jack Coffey 2d 25:29 (appx.)
Peter Nye 9th 27:28
Bob Trost 12th 27:34 (PR)
Val Nye 34:35
Ken Moffett (no time)

Army HQ 10 km. 5/1/83

Daryll Stuart 5th 34:38
Bob Trost 8th 35:33
Pat Neary 23 (3rd Master) 37:10

Baltimore Marathon

Rusty Donahue 4th 2:30
Dave Asaki 11th 2:43
Ron Bardach 15th 2:45
Jay Wind 22nd 2:52
George Cushmack 3:01

In this long-delayed running of the Baltimore Marathon, Terry Raush won the race in 2:27. Ron Bardach finally broke his Baltimore Jinx, even though he lost his breakfast at 25 miles. Jay Wind arrived 7 minutes late at the race.

Daryll Stuart: 10K for Youth, 7th, 36:31, Capitol Hill Classic, 10th, 34:31, Run for Namibia, 1st, 32:37, D.C. Marathon Fun Run 1st 27:03.

Chicken George 10K - Bob Oberti took 12th with a PR of 31:58. Bob Trost ran the race in 34:11, and Bob Kelly did it in 34:14. I wanted to run this one too, but I was too burnt out from the Cherry Blossom. Tell me one thing, guys; did any of you see the red head with the rear end?

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ANNOUNCEMENT: Loudoun 10 mile race is May 14 in Leesburg, VA. Call Jeff Reed (430-9089) or Keith Higgs (703-777-5964) for info.

Letter from Warren Shindle

Just a short note to let WRC know that I'm doing fine down here at school. I've been training for next cross-country season. Outdoor season is almost done and I can hardly wait. This season has been disappointing for me even though I'm physically stronger from the track training. I have run several road races while home on weekends. These are my races and my times.

April 2nd Equipment Fund Race -
5k, 2nd, 17:30
April 16th, Run for Straight-
5 miles - 3rd-appx. 30 min.

Even though the times are not too hot, I enjoyed both races and did fairly well without having to push too hard.

Is there a WRC member who lives down here in Lexington? On a training run, I saw a car with a licence plate which had WRC on it! I almost ran off the bridge looking for it.

Sorry I have not been to many meetings, but I have been busy down here with this damn engineering curriculum. That and Running has been keeping me busy. I plan to run the Peachtree in July. Have to go.

Warren Shindle.

From John Mornini
(329-b Springfield Terrace
Haddonfield, N.J. 08033

... Denise and i ran in the cherry blossom race on march 27th. D. ran 86:26, and i ran right around 54:30. i spent most of the time after the race looking for my car key, which dropped out of my pocket just after the race started. i heard it drop, but decided not to stop. wise decision. made for a rather chilly puddle hunt after the race, and prevented me from visiting with anyone who wasn't willing to search with me. big drag. i'm telling you, though; the washington running club has some tough runners. and a lot of 'em are named Tim. that can't be all irony, can it? I'm particularly proud of Al Naylor. he deserves some great races; he's paid his dues. i can say honestly that the most dissapointing thing about the event was missing Laura's brunch after the race. oh well, we'll just have to hope for another opportunity to get together.

well, it's been cloudy now for most of the week. rained quite a bit this morning, but looks like a let-up in the action. i bought some racing flats yesterday for Boston; pretty white and black nikes with a red swoosh. i don't know what they're called, but i think i should take advantage of this peaceful feeling that sunday morning update writing brings. enjoy the spring, and keep praying for peace....i think it's working, by george.

Running on Empty

Hello again sports fans. Talk about carrying coals to Newcastle. Berni Flynn, after finishing 3rd woman, won a free season's pass to U of Maryland football games. Great prize, only her afiance already gets free tickets. Want to see some Terrapin football in the fall; call Bernadette. No sooner had Maryellen William's ranch been mentioned as a site for the picnic, than Jay Wind began preparations to run to Darnestown MD, from his home in Arlington. Next year, there's going to be a big party for WRC at LA, following the Olympics. Jay, you weren't planning to run all the way to California, were you? And while we're on the subject of the picnic, gossip has it that Mark Baldino is planning to use the picnic as a way of getting even with rival running-log publisher Jim Fixx. It seems that Mark has been none too pleased that Fixx has used pictures of Mark's WRC team-mates Bruce Robinson, Peter Nye, and Laura DeWald for his log. So Mark plans to take some pictures at the picnic, to publish in his log. But according to rumor, Mark just bought a special infra-red camera, for taking pictures at night. Mark, you wouldn't. All for now sports fans, toodleooooo.

OTHER RACES:

Walt Sargent finished 3rd, Bethesda Chase, in 1:05:05, Laura DeWald won the Seattle Bonne Belle 10K in 31:25, Ron Griswald finished 4th at the Ft. Washington 7K in 26:44, Delabian Thurston was 23rd in 26:44, and Ira Pesserilo finished 27th in 45:55.

DENNIS JETT - RUNNING IN ISRAEL

WRC member Dennis Jett recently returned from Israel, where he served as Science Attache to the U.S. Embassy in Tel Aviv. While he lived in Israel, Dennis kept up his training by running on weekdays to and from work, and going out to the country on weekends, for long runs.

Dennis reports that Israel has only a very small running community, and that it is uncommon to see a runner, along Israeli roads. Most Israelis give up running after they leave the Army (Israel has universal male conscription). Indeed, while Dennis was out on his weekday training runs between his North Tel Aviv apartment, and the Embassy, people would sometimes count out in army cadence as he ran past. However, contrary to what the Washington Post would have you believe, no one treated Dennis with hostility, because he was a runner.

At Israeli road races, which are held at Israel's communal farms, the Kibbutzim and Moshavim, Dennis met the same people over and over again, and could usually predict beforehand, where he'd finish in the race, within one or two places, just by seeing who had shown up. Yet, despite the small scale of racing in Israel, Israeli races emulate their American counterparts in one regard; T-shirts. Dennis brought home a small collection of race T-shirts in Hebrew, with him.

His most memorable run in Israel was not a race, but a 38 kilometer training run from Jericho to Jerusalem which, over the course of the run, rose 3200 feet in elevation. Dennis doesn't feel that the limited number of races in Israel hurt him; in fact, he attributes being injury-free while in Israel partly to the inability to over-race.

And, running in Israel benefitted Dennis Jett in one other regard. Because of his running, he became personal friends with many Israelis he otherwise would never have met, because he and they were runners. Making friends with Israeli runners, and travelling throughout Israel for races and training runs, gave

him an insight into the people, and the places of Israel, that he otherwise would never have found.

Today, Dennis Jett is back in Foggy Bottom, working in a new assignment, at the Argentine desk. Yet, while he relinquished his duties as Science Attache, he kept the memories of running in Israel.

imp

Anyone interested in running a marathon in Israel? Air fare and accommodations will be picked up for both the Sea of Galilee, and Tel Aviv Marathons, for runners in the 2:14 or better range. Contact Dennis Jett, 2122 California St. N.W. #358, Washington, D.C. 20008, or by phone at 632-9166 (w) and 462-4134 (H).

Agenda for the meeting

Some items to be on the agenda for the May 13, 1983 Washington Running Club Meeting.

- Hecht 10-miler
- Wheeling 20K
- Falmouth
- Annapolis 10-miler
- Presentation by Programs/Activities committee
- Date & Time of Club Picnic
- Corporate Cup Relays (volunteers needed)
- WAVA/WRC Sponsored Race

Any member seeking to have something brought up at meeting must have it placed on the agenda. To do that call

Dan Rincon
384-7803 evenings
454-6695 days

submitted by Club Secretary,
Ed Foley

The meeting was brought to order by club President Dan Rincon. A motion was made and accepted to dispense with the reading of the notes from the previous meeting. The first order of business was a report from the Legal Committee given by Tom Lohrentz. The Articles of Incorporation have been drawn up and were printed in the Newsletter. This move will limit the liability of the club in any legal matter to the extent of the club treasury. A motion was made to adopt the Articles of Incorporation as printed in the newsletter. The motion was seconded and passed by the members in attendance. A draft of the Club Bylaws will be the Legal Committee's next order of business.

The next order of business was a discussion of the rules governing the eligibility of club members for travel funds. In particular, a long discussion centered about the requirement for members to work as volunteers at club races in order to be eligible for funds. This of course provides hardship on members from out of the local area, however, it is important for the club to give full support to its races. A motion was made and passed by the members in attendance to require a minimum of one race participation as a volunteer for the club with the understanding that an honest effort be made to help at all club races in order to be eligible for travel funds.

Al Naylor gave the report on the preparations for the Hetch Company Race (the Club's first race of the year). Work must begin in several areas and volunteers are needed: registration, obtaining permits, obtaining supplies, and also a search for a computer that could be used by club members is needed. Bruce Coldsmith volunteered to head the committee for obtaining permits. Other volunteers should get in touch with Al as soon as possible.

A report was given by Pat Neary on the preparations for Boston and the list of teams was presented. Pat had to submit the team information by 1 April and some subjective guesses as to performance potential had to be made. Mark Baldino has vowed that the "B" team will win! Pat will be checking into making some switches do to injuries, cancellations and the like.

Under Old Business, a Treasurer's report was given indicating the the Club has a current balance of \$2429.57 in the treasury. A discussion of the money owed to the club from the Georgetown race followed. Mark Baldino will continue to follow up on the debt. Dan Rincon mentioned that the Executive Board is still in search of a location for a telephone line and the new "hotline." Any volunteers? Bruce Coldsmith asked the question of the club membership of what the intended direction of the club should be. Should we be looking towards uncontrolled growth and expansion or should we place the emphasis on quality development?

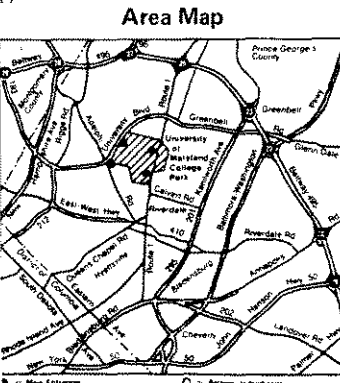
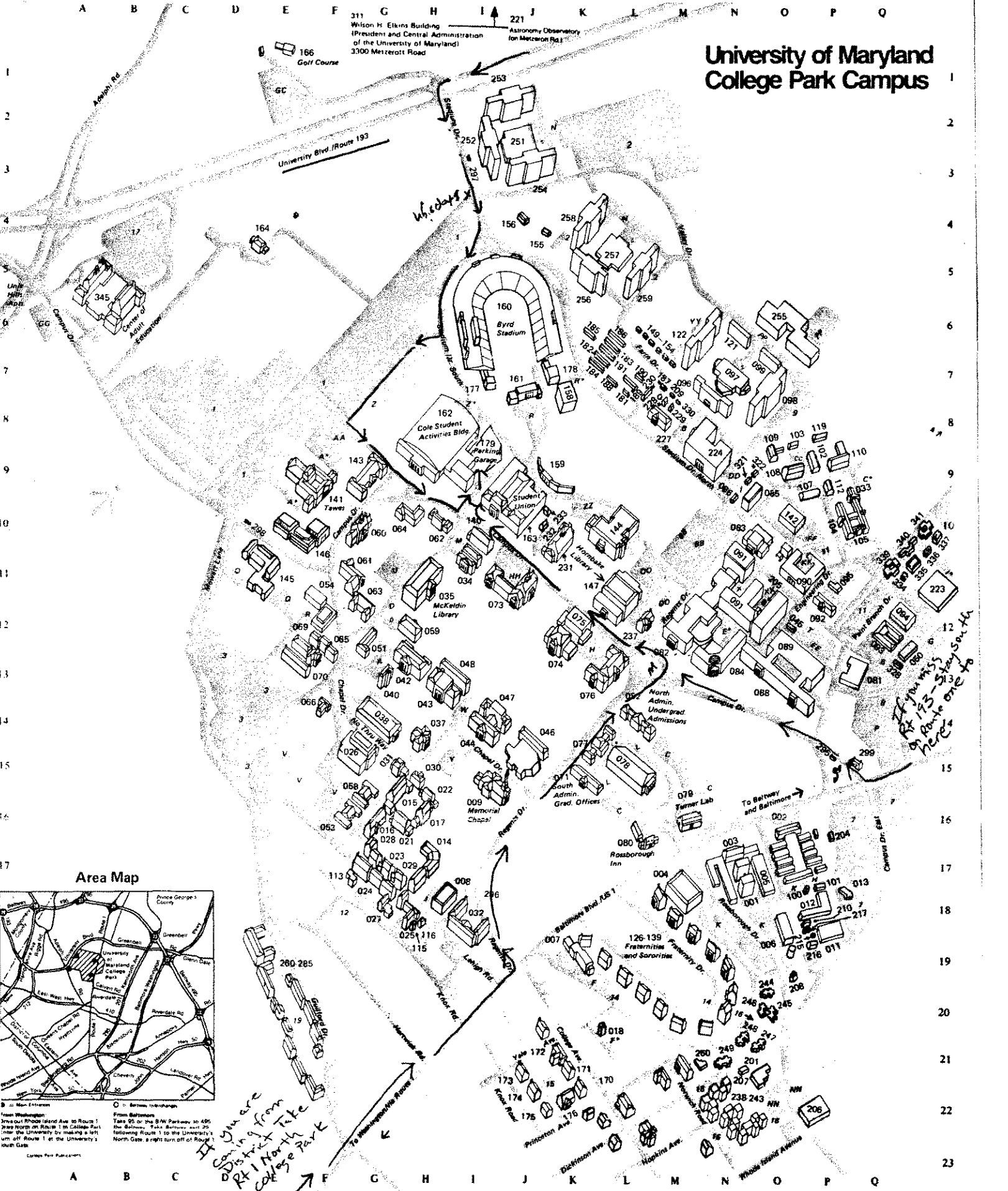
Under New Business, the subject of participation in the Baltimore and DC Marathons was discussed with Jacob Wind being the informal coordinator for the club. An announcement was made that WRC members Dennis Jett and Mike Bradely were back from foreign travel and in attendance. They were warmly greeted by the members present. Alan Roth gave a short talk on the direction he sees for the progression of the club from the Executive Committee point of view. Alan explained that he feels that there should be less emphasis on the financial rewards for travel and more emphasis on club activities and events that can be enjoyed by all club members. Hopefully, the Activities Committee will be providing more opportunities in these areas. In the line of club activities, the Apple Blossom Race in Winchester on April 30 was discussed as a good race for the club to attend in mass.

Delabian Thurston brought up the subject of the Hometown Race on May 22. This is a local race that members are eligible for entry fee reimbursement. Robert Rodriques volunteered and was accepted as the race coordinator.

The Tuesday night runs that used to begin and end at Running Etc in Alexandria were discussed. A small contingent still meets and runs. Dan Rincon also mentioned that he sponsors track workouts at the University of Maryland on Tuesdays for interested members.

Alan Roth brought up the subject of Triathelons. He has been working on the coordination of an event locally which will probably take place early next fall. He feels that WRC should take the initiative to start and organize a local triathlon club as a spinoff organization to WRC. Several members present expressed interest in the Triathlon and Alan's suggestions.

University of Maryland College Park Campus



Legend
 ● Main Entrances
 ○ Interchanges

From Washington
 Drive out Rhode Island Ave to Route 1
 3/4 mile north on Route 1 to the College Park
 interchange. Turn left onto the University
 North Gate, a right turn off of Route 1
 at the University's North Gate.

From Baltimore
 Take 95 or the BW Parkway to 495
 the Beltway. Take Beltway east 2/3
 following Route 1 to the University's
 North Gate, a right turn off of Route 1
 at the University's North Gate.

Handwritten note:
 It's where
 you're from
 District
 take
 to College Park
 From Washington

Handwritten note:
 270-275 - stay on 270
 at 275 - stay on 270
 here

To Beltway
 and Baltimore

Beltway Blvd./285 1

Princeton Ave. 176

Baltimore Ave.

Hopkins Ave.

Whiskey Run Avenue

Al Naylor
12906 Broadmore Road
Silver Spring, MD 20904



Postmark for May
JUNE 14