

Washington Running Club Newsletter

VOL. II, NO. 8



1983, Washington Running Club

August 1983

.....IMPORTANT NOTICE.....IMPORTANT NOTICE.....IMPORTANT NOTICE.....

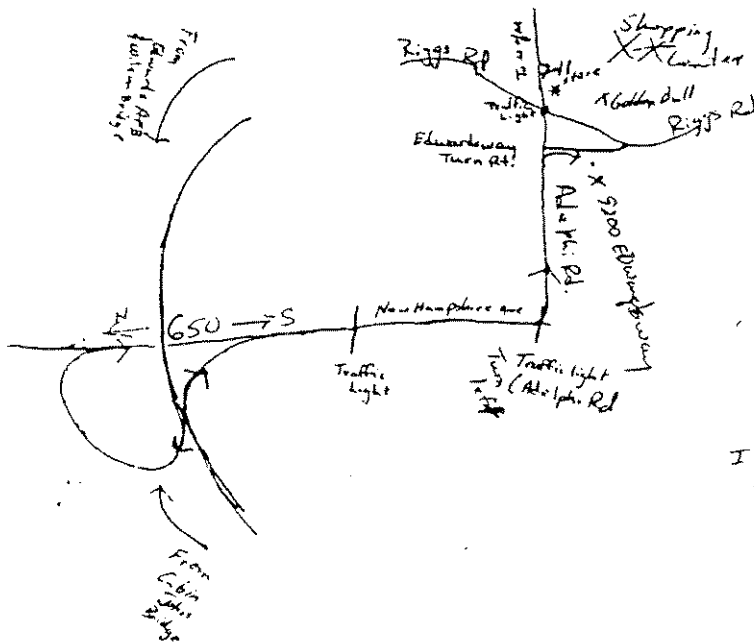
FRIDAY, AUGUST 12, 7:00 pm- We've decided to mix business with pleasure, for a change. Our next monthly meeting will feature a covered dish dinner (and that doesn't mean a six-pack in a paper bag, guys) at 9200 EDWARDS WAY, ADELPHI MARYLAND, in the party room of Patty Deuster's condo complex. Following the meeting, where Patty and Colleen Troy (both professional nutritionists) will give a talk on Nutrition and Exercise, we're going to have a PARTY!!!!!! Please contact either Patty Deuster at (h) 445-1405 or (w) 295-3142/3167, or Colleen Troy at (h) 277-7112 or (w) 295-3822 to let them know what you're going to bring to the pot-luck (and guys, a little imagination, huh? I mean, it won't kill you to spend two minutes in the kitchen, and if you need a recipe, call home and ask your mother). In the business department, we're going to discuss the travel budget for fall races, After the potluck, and then.....THE PARTY!!!!!!

DIRECTIONS

Take beltway towards College Park/Silver Spring, MD to exit 28B (New Hampshire Ave. So. Rte. 650), and exit the beltway. Follow New Hampshire Avenue South to the second traffic light (Adelphi Road) and turn left. Follow Adelphi Rd. to the bottom of a hill, and you'll see Edwards Way. Turn Right on Edwards Way, and look for the sign that says " 9200 Edwards Way, the Racquet Club. " Turn right into the parking area, and look for the party room. Parking is at a premium, so if the lot is full, go up the block to a shopping center (where the Golden Bull Restaurant is located, park, and walk back.

* one word (and only one word)
of caution, mates.

We all want to have a good time at the party, and there's nothing wrong with having a few beers, but if you're driving home, stay sober; you could hurt yourself, hurt other people, and be in for the hassle of your life if you drive drunk. If you really have to let go, use public transportation, use a taxi, use a car pool, and above all, use your common sense (remember what happened to Steve Prefontaine?) Be careful, please.



If you miss Edwards Way
Then turn Rt at Traffic
light (7-11 store in corner)
Park in shopping Center
and walk down the
Block to 9200

NEXT MONTH: A report on the Twin Bridges 36 (MaryEllen Williams, Bruce Robinson, Dennis Jett, Ray Morrison, and Jim Ulvestaad) team's adventures in Scotland, a report on the Rockville Moonlight 5 miler, and Mary Ellen's report on the course at Olympia.

THE PICNIC

Once again, WRC staged a mass invasion of Keith Higgs' parent's house, for our annual picnic. Briefly, for those of you who weren't there, we ate food, went swimming, and drank beer. Then we ate some more food, did some more swimming, and drank some more beer. Then, we drank some more beer, drank some more beer, and drank some more beer.

This year marked the return of the beer relay, where Mark Baldino won back the trophy he donated to the club, being the captain of the winning team. Also returning this year was the infamous whirlpool. If I could figure out how many laps around that pool equals a mile, I'd log the distance I ran during those whirlpools. And most welcome, in the return department, was the return of WRC's old sage, Bruce Robinson. As I said a few months ago, what would a WRC picnic be like without Bruce?

This year, we had a number of unexpected delights, in the form of the Rainville sisters. It must have been fun growing up with seven sister, Suzy, and the Rainvilles are living proof of the old adage, you can't get too much of a good thing.

Then, came the high point of the picnic. Lisa Hamm and her confederates organized the greatest display of beefcake ever assembled, as she staged a best looking legs and bottom contest among the men. After the guys got up, and gave the judges a twenty-one moon salute, we got down to the serious business of showing off our buns and shanks to the ladies. Mark Baldino won first prize, a pair of pantyhose, which he modeled for us.

But alas, right after the beauty (?) contest, thunder and lightning boomed across the skies, as if the Gods were showing their displeasure at our rear ends, and the troops scattered, thus bringing the picnic to an early end. So ended the picnic, until next year.

Why do we have to wait a whole year? Why can't we have more picnics? After all,
THE PICNIC WAS A BLAST!!!

imp

CONDOLENCES TO PHIL STEWART
ON THE LOSS OF HIS FATHER

OLYMPIC BULLETIN: Mary Ellen Williams became the third WRC woman (along with Patty Deuster and Laura De Wald) to qualify for the Olympic Trials, posting a 2:50:47 on the very same course in Olympia, Washington, where the women's marathon team will be selected next May. Mary Ellen promised us a mile by mile description of the course for our newsletter next month.

ROBERT RODRIGUEZ.....runner of the month

When the fires of summer reduces both our pace, and our endurance, racing tends to take a back seat, as most of us struggle just to keep our milage up. Only a hearty few will seriously race in the summer, and only the heartiest will prevail.

So its only fitting that our runner of the month is the one who indeed prevailed, Robert Rodriguez. Robert won his age group at the bunion derby, and took first at the Takoma 15K on July 4th.

A budget analyst for the Defense Department, Robert Rodriguez has been one of the club's most consistent runners, as well as the most enthusiastic racer. While many shun all but the glitziest of races, Robert attends big races and small races alike, as his almost constant presence at DCRR races shows.

A native of Cuba, and a graduate of George Mason University, Robert always comes on strong at the finish, even though he, better than most of us realizes, the important thing isn't the finish, it's the run.

Philadelphia Endurance Run Update {18 Sep 83}

He have had 3 runners apply. Team Open Competition is 6 person team with first 5 scoring {6/5} with Masters and Female 4/3. For those members wanting to run with WRC Sponsorship deadline is 22 August. Applications are to be sent to Pat Neary, 8321 Lindsie Way, Springfield, Va 22153 {Tel 703 455 0575}. Applications can be picked up at August Club Meeting. Six Hundred dollars has been allocated {Pat Neary}

WRC NAMES J.J.WIND AS 1983 FELDE AWARD WINNER

WRC President Dan Rincon presented Club Member J.J.Wind with the 1983 Alfred Tom Felde Award as Most Valuable Club Member at the picnic July 17.

Previous winners have included Allen Naylor, Terry Baker, Bruce Robinson, and Mark Baldino. In 1982, Robert Thurston won the award. The trophy itself, engraved with the names of all previous winners, sits on permanent display at the Royal Mile Pub in Wheaton.

Over the past five years, Wind has worked to improve both running as a sport in Washington, and his own running. For the Washington Running Club, he recruited new members, made sure the Club had teams registered at many local races, and encouraged members to come to races and wear the Club colors. This year, he wrote the Club's Articles of Incorporation and pushed them through the DC Bureaucracy; he also developed a computerized race registration and results system that the Club used at Hecht's and may use in the future.

For the community, Wind served as DC Road Runners Club's historian, maintaining race results from as far back as 1961. He also initiated a DCRRC seminar on running safety, attended by 75 people. And if you've ever seen your name in the fine print in the Washington Post for finishing in the top ten in a DCRRC race, you can be ~~it~~ ^{was} Wind who called it in.

For himself, Wind covered 5011 miles in 1982, including victories at the Fort Meade 50-Mile, the Arlington Cup 10-K, the Jewish Week newspaper 10-K, and the DCRRC-PVSTC joint meet 15-K. He ran 2:31:12 at the Marine Corps Marathon, good for 49th place. He pulled up lame in January of 1983, however, with a bad knee. So he turned to swimming and biking, and finished second in the Washington Area's First Triathlon, once he was running again. This summer, he's finished second twice in DCRRC races. Before WRC would give him an award, however, he had to prove he was healthy again by running the 20+ miles from Arlington to the picnic in Loudoun County. (He may be crazy, but at least he's not sick!)

Wind's only regret in 12 years of running came at the 1980 Boston Marathon, when he registered the team of Robinson, Nye, Berka, Barksdale, and himself. Robinson finished 19th, Wind 69th, and - alas, Jack Coffey, not on the team, 50th. That year, Greater Boston and Atlanta Track Clubs split their teams, and WRC would have won! "I wish I'd known Jack was coming," Wind has rued ever since. Maybe next year...

Alfred Tom Felde, by the way, was a 1936 U.S. Olympian race walker and a member of WRC's predecessor, the Washington Sports Club. He watched distance running develop in the area, always attending meets and helping out. Even as he grew too old to participate himself, he encouraged other athletes to get out there and compete. He embodied the enthusiasm and community spirit that mark our Club. He also drank beer by the gallon.

RACE RESULTS

Diabetes 10K - 6/25/83

- 6. Jim Ulvestad...32:15
- 11. Bob Oberti....32:50
 - Pete Nye.....33:40
 - Tem Washington.....
 - Roger Urbancic.....
 - Darrell Stewart.34:55
- Patti Deuster ..37:27(2d Woman)
- Jack Coffey....37:30
- Gerry Ives.....39:13
- Berni Flynn.....39:52(4th Woman)
- Valerie Nye.....42:28

Run For Jazz 6 1/2 mile 10K
6/19/83

- Pete Nye..33:45
- Jonny Wall.36:17
- Jeff Reed..40:10
- Val Nye..43:28 (1st Woman)

Baltimore Constellation 10K
May 30, 1983

- Berni Flynn..39:35
- Also running were Al Naylor,
Pete and Val Nye, Carolyn
Ulrich (but no times)

Wheaton 5 Mile
(July 4, 1983)

- Dan Rincon..27:37 (1st place)

Diet Pepsi 10K
5/12/83

- Woman's Team-
 - Patti Deuster...37:02(3rd Woman)
 - (PR)Berni Flynn.....39:05 (9th Woman)
 - Carolyn Ulrich..39:50
 - Coleen Troy.....40:50

Crystal Gateway/Marriot First
Aniversary 10K 6/18/83

- Mary Ellen Williams...36:40 (1st Woman)
- Won a paid 4 day vacation to LA!

Loudon 10 miler

Al Hinchliffe pulled away from pre-race Favorite Al Naylor at the two mile mark and went on to win. Both Hinchliffe and Naylor were below Naylor's old Course Record. It proved to be a profitable win for Hinchliffe as he won over \$1300 in furniture.

- 1. Al Hinchliffe.....52:22
- 2. Al Naylor.....53:45
- 3. Mark Baldino.....54:45
- 6. Mile Spinnler.....56:45
- 7. Greg Shank.....56:55
- 24. Rick Shank.....62:12
- 95. Carolyn Ulrich...69:14(4th W)
- 15. Ed Foley.....60:22
- 30. Dick Spencer.....62:45

Takoma Park 15K - July 4, 1983

- 1. Robert Rodriguez.....52:11
- 2. Jay Wind.....52:53
- 3. Mike O'Hara.....53:54
- 4. Bob Thurston.....54:22
- 6. V. Triantos.....55:02
- 7. Dave Asaki.....55:35
- 31. Jack Moffett.....63:43
- 49. Dick Good.....69:04
- Woman's 8K..Mary Ellen
Williams.....31:37(First)

Hugh Jascourt 4 Mile (6-18-83)

- 2. Robert Rodriguez.....20:15
- 3. Peter Nye.....20:40
- 6. Jay Wind.....21:26
- 7. Mike O'Hara.....21:29
- 10. Bob Trost.....21:52
- 41. Val Nye (1st Woman).25:51
- 77. Dick Sargent.....28:24
- 90. Delabian Thurston.....31:00
- 114. Martha Sargent.....36:41

Kengar Rec. Center 5 Miler
6/23/83

- 3. Robert Rodriguez.....26:41
- 6. Jay Wind.....27:20
- 7. Bob Thurston.....27:24
- 9. Pete Nye.....27:34
- 18. Bob Trost.....28:54
- 19. Vassili Triantos....28:55
- 87. Delabian Thurston...40:29

Fort DuPont 5.5 mile x-c
7/15/83

- 1. Jack Coffey.....30:16
(tie with Richard Schwartz)
- 6. Jay Wind.....31:31
- 8. Bob Thurston.....31:52
- 15. Bob Trost.....33:18
- 51. Dick Sargent.....42:23
- 59. Walt Chalmers.....43:54
- 60. Sharon Chalmers....43:54
- 67. Delabian Thurston..46:53
- 72. Martha Sargent.....51:40

Langley 5 Miler
7/14/83

- 2. Jay Wind.....26:51
- 7. Robert Rodriguez....27:29
- 9. Pete Nye.....27:31
- 10. Bob Thurston.....27:36
- 11. Jon Lott.....27:45
- 25. Dennis Jett.....28:53
- 44. Bob Trost.....30:18
- 45. Jim Hagen.....30:24
- 72. Jeff Reed.....32:37
- 93. Valerie Nye.....33:52
- 140. Lloyd Shrager.....37:58
- 142. Dick Sargent.....38:20
- 190. Martha Sargent....47:40
- 196. Ira M. Pesserilo..55:45

Reston 5 Miler

- 3. Jay Wind.....26:47
- 6. Peter Nye.....27:14
- 23. Bob Trost.....29:05
- 66. Val Nye. (First W)34:22
- 90. Dick Sargent.....37:05
- 139. Martha Sargent....46:02

PEACHTREE 1983

This year's race had three WRC/Converse participants among 28,000 runners (?). 800 men and 200 women were seeded. Dave Shafer finished somewhere in the 50's in 31:30. Al Naylor ran 31:34 and new Master's club member Vince Fuller ran 36:29. After manning the BROOKS display booth for the entire weekend, Will Albers ran, while Laura DeWald, still recovering from her surgery, was an enthusiastic cheerleader.

Annandale High School

- 5. Robert Rodriguez.....33:48
- 6. J.J. Wind.....33:56
- 8. Peter Nye.....34:15
- 13. Bob Thurston.....35:22
- 23. Bob Trost.....36:34
- 61. Val Nye (2d Woman)....41:52
- 89. Dick Sargent.....45:20
- 140. Martha Sargent.....56:43

American University 10K 8/2/83

All Jay Wind wanted to do was to beat Lucas Palmer, to win his age group award at the bunion derby. But Jay never does just enough, and won his first race in over a year.

- 1. Jay Wind.....34:08
 - 2. Robert Rodriguez.....34:22
 - 5. Mike O'Hara.....34:40
 - 7. Lucious Anderson.....34:48
 - 8. Pete Nye.....34:50
- other finishers; Val Nye, Bob Trost, and Dick and Martha Sargent.

BUNION DERBY WINNERS

- Women 50 and over...Martha Sargent..1st
- Women 30-39.....Val Nye..1st
- Delabian Thurston..6th
- Men 50 and over....Dick Sargent..2nd
- Men 30-39.....Jay Wind.....1st
- Peter Nye.....3rd
- Bob Trost --(tie)..4th
- Bob Thurston
- Men 20-29.....Bob Rodriguez..1st
- Mike O'Hara..4th

WRC Meeting of 8 July 1983

The meeting was called to order by Club President Dan Rincon. It was again announced that Al Naylor will not be the Race Director for next year's Hetch Company race and a call was put out for volunteers. There were no volunteers.

The WAVA Race has been set for September 25 and is scheduled to be a 10K. A Committee of volunteers was formed to begin the preparations for the race.

Mark Baldino gave an extensive talk on what he feels is wrong with WRC and what can be done to improve the club. He feels that the Club should remain a base station for runners even after they receive large contracts from Shoe Companies. One way to accomplish this is not to withdraw club funds from an individual runner just because he/she may be receiving additional funding from another source. Also with the large increase in corporate sponsorship of our club, more of the Club's budget can now be directed towards social activities for the members. There is no need to limit the Club's activities to one annual picnic. Also, we should consider sponsorship of non-WRC members for certain races with the stipulation that they wear the WRC logo. The Club should also encourage the formation of group training runs.

Under New Business it was announced by Alan Roth that the Diet Pepsi race would be shown on Cable TV. A proposal was also raised and accepted to conduct next month's meeting at Patty Deuster's house. The plan is for each member attending to bring a covered dish so that we may conduct a Dinner Meeting.

The meeting was adjourned and the floor was turned over to the guest speaker, Dr. Mark Smith. Dr. Smith gave a very informative and relevant talk concerning muscle imbalances and running related injuries. He was able to drive home his lecture by conducting on-the-spot examinations of some of WRC's finest.

Submitted by Club Secretary, Ed Foley

RUNNING ON EMPTY...Quite a month sports fans! It all started when Fred " the Kroog " Kruger and Bruce " Salacious Crumb " Goldsmith tried to toss yours truly into the Holiday Inn pool following some post-race reveiling last month. I was able to foil their nefarious scheme by sitting down, thus rendering them unable to consummate their foul deed. Have you two noodles considered doing some upper body work? Might help the next time you try that stunt...Laura DeWald is now domiciled in Michigan; She and Will now live at 4214 Sawkaw Drive N.E. #202, Grand Rapids, Michigan 49505; at a farewell luncheon for Laura at Cousteau's, history was made; over 5 WRC members met at one watering hole, and nobody had a beer! Is this bunch going legit or what?...Talk about twdn disasters; at the Annandale 10K, just when Robert Rodriguez dropped his keys, Jay Wind nearly dropped his breakfast. I hope what you guys have isn't contagious...Robert Thurston is off the roads for a few weeks. He was knifed in the knee by some maniac. Even though Bob couldn't catch him, he did get his name, and planned to launch a major law suit, until, after obtaining expert legal counsel, he learned that he can not go to court because of a technicality; in our system of jurisprudence, you can't sue yourself! That's right sports fans, Bob knifed himself in the knee. Fortunately, all he got was one teeny-weeny little artery, and some fat (how did Bob manage to hit the only spot on his body that has any fat?). When asked to comment, Bob replied, " some people get hit by cars, and some of us have to do it to ourselves. " I have just one thing to say to that; toodleooooooooo.

ROOMATE WANTED - Group house in Colesville section of Silver Spring, rented by Dan Rincon, Al Naylor, and Berni Flynn. Nice residential neighborhood, and no trouble finding a training partner. Contact Dan or Al.

New Adress; Lisa Hamm moved out of the family homestead, and is on her own, at 3001 Audobon Terrace N.W., D.C. 20008, tel (202) 244-3001

RACE OPENINGS..Ron Ponchack has two (male and female) for FALMOUTH...Call him at 642-1686, and Jay Wind has two openings for the Nike/OTC marathon in Oregon .. Jay's at 920-5193.



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DUBLIN MARATHON: Oct 31—Extremely popular . . . over 12,000 will run in 1983 . . . awarded 1982 “Trip of the Year” . . . Nothing like post race celebration in an Irish pub . . . with real Irishmen and Guinness on tap . . . You will love the crowds.

HONOLULU: Dec 11—Always popular . . . a great destination to spend a week or more . . . Exceptional race direction . . . Great marathon for beginners.

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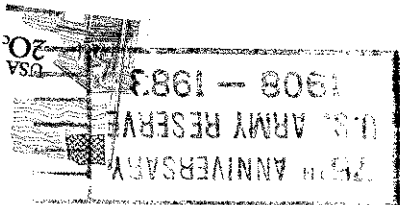
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