

# Washington Running Club ★ Newsletter

Volume II, Number 10

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**NEXT MEETING, FRIDAY OCTOBER 14, 8:00 p.m.** (we're starting it an hour later so we can get our running in) at 9200 EDWARDS WAY, ADELPHI, MARYLAND, in the party room of Patty Deuster's condo complex (same place we held it in August.) It's going to be a covered dish again, so we can all delight in each others culinary artistry again (and guys, you're doing real good in this department.) Potluck starts at 8:00 p.m., then the meeting, and then (have we got a surprise for you) Al Roth is going to show video tapes of Falmouth, Diet Pepsi, and other races. Possibly, there will be a sneak preview of the tapes at 7:00 p.m.; if you want to come to the sneak preview, call Dan at work (454-4861) or Ira at work (254-3830) to find out. See you at the meeting.

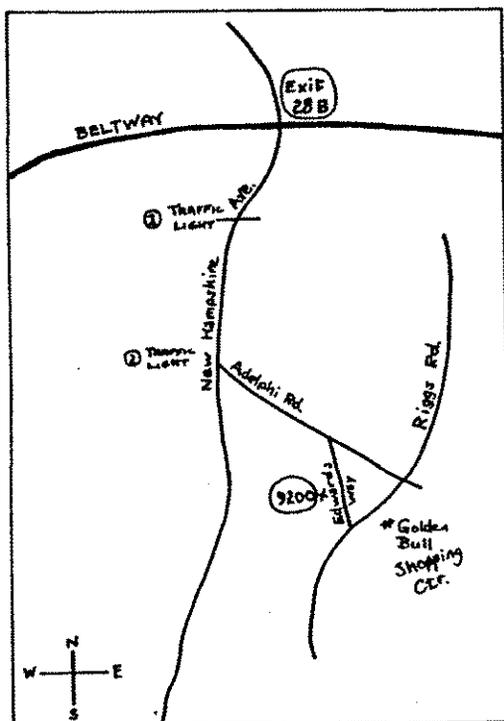
area, and look for the party room. Parking is at a premium, so if the lot is full, go up the block to the shopping center (where the Golden Bull Restaurant is located), park, and walk back. ■

## **NOTICE, MATES, OUR NICE, NEW, PROFESSIONAL FORMAT?**

Well, along with our new format comes a new responsibility—DEADLINES! From now on they have to be strictly enforced, so get your stuff to me ASAP, if you want it in the newsletter, or you won't have anything to send home to show to your mother! ■

## **EXTREMELY URGENT ANNOUNCEMENT**

The Georgetown 10K is a club race, and we need everybody to show up (and you'll get a nice, long-sleeved T-shirt out of it). So, Sunday, October 23, the day of the Georgetown 10K ... WE WANT YOUR BODY! ■



## **DIRECTIONS**

Take Beltway towards College Park/Silver Spring, 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 Road 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

## **APPLIED KINESIOLOGY WORKSHOP**

The guest speaker at our July meeting was Dr. Mark Smith, a chiropractor who practices in Vienna, VA. He specializes in applied kinesiology and spoke to us about how muscle balance is critical for runners and how muscles can be tested. His demonstration was very impressive and a number of club members have since been treated by him at his office.

Applied kinesiology attempts to identify the cause of injuries, provide preventative treatment and facilitate rehabilitation. Muscle testing is a basic diagnostic technique that can be quite complicated but there are a number of simple tests that can be taught in a workshop. There are also a number of simple treatment techniques that we can learn.

The workshop is scheduled for Saturday and Sunday, the 12th and 13th of November. The time and place have not been set. We'll try to schedule it as late in the day as possible to allow time for morning races and training runs. We'll go six hours on Saturday and four hours on Sunday.

These workshops often cost \$50 per person per day. Dr. Smith has agreed to do the workshop for \$600. This breaks down to about \$20 per person for the weekend (with 30 participants). There will be an additional cost of about \$14 for the book we will use. Not everybody

has to have the book but it will be a good reference after the workshop.

So far, 26 club members have signed up for the workshop. We can go slightly over 30 participants as Dr. Smith will be accompanied by an associate. However, there is not much more space left so you are encouraged to call Alan Roth (649-4909) as soon as possible to reserve a place. ■

#### Marine Corps Coordinator's Update

Individual's entries must be postmarked on or before 8 October. Team entries are due on or before 15 October. It is the runner's responsibility to get himself registered. Once registered please notify Pat Neary at (703) 455-0575 (home) between 6-9 p.m., or (202) 325-0230/0432 (work) 8-10:30, 1-4 during week. The club will reimburse entry fee of \$12. Pat Neary needs the following information on each registered runner: Name, Age, Sex, Marine Corps Number, Est. Completion Time. If you are going to get racing money from the club you are encouraged to wear the WRC Running Singlet. If you haven't got a singlet, at least wear a patch. ■

### RACE RESULTS

#### Anacostia 10K

Bob Oberti .....	33:19 (1st)
Daryll Stewart .....	33:27 (2nd)
Robert Rodriguez .....	33:37 (4th)
Bob Trost .....	36:24 (13th)

Also, Val Nye was 5th Woman

#### Annapolis 10 miler

Walter Sargent .....	52:26 (10th)
Pete Nye .....	56:09 (30th)
Bob Trost .....	60:21
Dan Rincon .....	68:18 (ran with Berni)
Berni Flynn .....	68:18 (PR)
Ira Pesserilo .....	1:55:32

No times for Jack Coffey, Tim Tays, Suzy Rainville, Carolyn Ulrich, and probably a few others).

#### 24 Hour Relay, Ft. Meade

John Mornini .....	25 miles (5th)
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#### NIH 10 Miler

Bob Stack .....	54:44 (1st)
Bill Triantos .....	59:02 (9th)
Ira Pesserilo .....	1:54:28 (last)

#### Arlington Arts 10K

Jay Wind .....	33:14 (3rd)
Peter Nye .....	34:02 (4th)
Mike O'Hara .....	34:54 (6th)
Vince Fuller .....	35:44 (7th)
Val Nye .....	42:27 (1st W.)

#### Moving Comfort 10K

Berni Flynn .....	39:34 (20th)
Carolyn Ulrich .....	41:20 (36th)

#### Capitol Challenge 3 Miler (Bureaucrats vs. the Press)

Scott Ceeley .....	14:30 (1st) CR
Pete Chandler .....	14:44 (2nd)
Pete Nye .....	15:06 (4th)
Jay Wind .....	15:18 (5th)
Gerry Ives .....	17:04
Kathy Scott .....	21:00

(There will be a story on this race in the next month's Newsletter)

#### Philadelphia Distance Classic (Half Marathon)

On a flat course, and a perfect 65° day, WRC placed 3rd out of 43 teams in Philadelphia.

The course was a scenic loop starting and finishing amid the tall buildings of JFK Plaza. Along the loop, at the 4 and 12 mile marks was the Art Museum; none of the WRC entrants succumbed to the temptation to charge up the steps and yell "Yo Adrienne" à la Rocky. Also, 8 miles of the course went along the river.

New WRC member Charley Cvrk was the first team member across the line in 65:20 (17th overall), followed by Tim Tays, 66:01 (30th), Walt Sargent, 66:12 (34th), John Ausherman 68:00 (50th), Al Hinchliffe, 69:53 (92nd), Dave Hudson (93rd), Roger Urbancsik, with a PR of 74:06 (197), and Pat Neary, in 82:24 (598).

On the women's side, Coleen Troy had a PR by 4 minutes in 83:47.

WRCans netted the club 223 points, third to Plaisted Harriers of Pennsylvania University (182) and Converse "Y" (187).

Overall winners were Mike Musyoki in 1:02:49 and Joan Benoit in 1:09:14.

(Special thanks to race coordinator Pat Neary). ■

#### Army HQ 10 Miler

(9/25/83) — The real story in this race wasn't the times, but was about one runner who came to the rescue of another runner in severe peril. Near the 7 mile mark, a runner ran past the turn-off, and was wandering around the Lincoln Memorial when Bill Taylor noticed him. Bill, an Army Major, had finished the race in under 65:00, and went out to get some extra mileage. Seeing the runner lost, Bill paced him to the 14th Street Bridge, and up the steps onto the bridge. While they were crossing the bridge, they both saw the course being taken down from the finish-side out, and were both on a busy highway, without course protection. Bill then kept a lookout for traffic, so his slower companion could run in safety. The lost runner, with Bill's help, made it to the finish line in 1:46:48, after running a distance that Robert Rodriguez (5th, 54:05) estimated to be 10¼ miles. As you probably guessed, the runner in trouble that Bill had to save

was me, and if it wasn't for Bill, a D.N.F. would have been the least of my worries that day. Bill, I could never thank you enough. imp.

### HOW I BEAT STEVE SCOTT, SIDNEY MAREE, EAMONN COGHLAN AND OTHER WORLD GREATS: A TRUE STORY

*By Alan Roth*

It was a beautiful, hot Saturday morning in New York City. I was slowly coming back from a lingering injury and decided to do an easy ten mile run in Central Park. My twin brother Peter is well-known by many Central Park runners who either totally mistake me for him or give me funny looks as they can't make up their minds who I am. Some of his friends wanted to run with me and pushed the pace a bit. I would never have allowed that to happen had I known who I would be running with later that day. The training run exhausted me but I felt good, thinking it was my one run of the day.

That afternoon was the 5th Avenue Mile. Peter had asked me to help look after the runners in the warm-up area. I was looking forward to the job. When we were getting dressed to go over to the race, Peter suggested I wear running clothes since I would be doing a lot of running. "Running?" I asked. "I'm not doing any running!" I said. "That's what your job is," he flatly replied. I unkindly thanked him for not telling me this before my morning run.

We finally agreed that I would work only two or three of the six races. The job entailed running down 5th Avenue from the warm-up area at 79th Street to the finish line at 62nd Street where I would pick up the runners for the next race and escort them back up to 79th Street.

I have to admit that it was a pleasure running on 5th Avenue. The sidewalks were crowded with spectators held back by an almost solid line of New York's Finest. The escort job was a team effort with three to four people on each escort team. We had the broad avenue to ourselves. It felt great having all that room to run — except for my aching legs!

My first pickup was for the Metropolitan Women's race. After a little delay in getting the women all together at the finish area we headed up the avenue at a comfortable pace. I ran most of the way with Isabel Carmichael, a local favorite who elicited many shouts of good luck from the crowd. Once at 79th Street I was feeling every little twitch in my leg muscles and wondered how much more running I could do.

After resting through the next couple of races, the big call came. Peter said, "Alan, it's time to pick up the elite men runners. Take Rick and a couple of others for the escort team. The runners are waiting for you at the St. Regis Hotel on 55th Street." Rick and the others were pack runners like me. As we headed down the avenue, I told them we shouldn't push the pace on the way back. "Let's not tire these guys out before they have to race" I said. I should have said, "Let's not push the pace now. We should save what we can so we don't embarrass ourselves too much later."

We went past the finish line at 62nd Street and came

to a series of barriers including a snow fence that blocked the street from sidewalk to sidewalk. This area swarmed with police who let no one in without proper ID. The escort team had special passes but we had no problem getting *out* anyway. Once through the barriers I saw a potential problem getting back with the runners in tow. I went over to a cop who seemed to be in charge and told him I'd like to have the barriers opened quickly when I came back with the runners. The following conversation ensued (unfortunately, I cannot accurately reproduce in writing the cop's New Yorkese):

Him: No one can come through here without a pass.

Me: The elite runners may not have their passes in hand.

Him: Then they can't come through.

Me: We are the escorts and can identify who the elite runners are.

Him: No pass, no entry.

Me: These are the elite men runners.

Him: So they should be at the start, not at the finish.

Me: Our job is to take them to the start.

Him: Well, you can't come through here.

Me: This is the only way that we can easily get onto 5th Avenue to run up to the start.

Him: No one is running up 5th Avenue. The races come down 5th Avenue. I won't let you run up the avenue.

Me: But that's the way it's done. We run up the avenue between races. These are the world's best runners. The people and the TV cameras are here to see them.

Him: Are they going to run in a race?

At that, I asked to see his superior. The police inspector was no better informed as to what was happening. "Nobody told us any elite runners are running up the avenue. They can't come in here," he said.

I finally told him I was going to get the runners and upon my return in about 15 minutes I expected him to have the barriers open to us. He replied, "By then I either have authorization to let youse in or I kick youse all clear outa here." I told him we had a deal.

At the hotel we had a slight delay as John Walker had lost one of his racing shoes. Fortunately a nearby running store came up with a new pair for him. Finally we headed out, negotiating the crowded sidewalks up to 59th Street. Most of the shoppers were totally oblivious of their paths crossing with 14 of the world's best runners.

I ran ahead to the barriers to see that they were open. Apparently the inspector got the word that these runners were worth letting through. Another cop came up to me and whispered "Which one is Scott? Which one is Maree? Which one is Coghlan?" He was obviously one of the few runners among the cops.

As we went by the finish line I could see Marty Liquori preparing for his ABC broadcast. The street announcer called off the names of the runners for the crowd and we headed up the avenue amid a roar of applause. Rick and I led the contingent with the other escort people bringing up the rear. We started out at a slow jog. Steve Scott moved out a little ahead but soon found himself alone and ran backwards for a while

waiting for the others. I suggested to him that he might want to run the race backwards. He thought about it for just a moment before turning down the idea.

The crowds cheered all the way up the avenue and I saw many cameras clicking away. Adrenalin was pouring through my system. The pace picked up a bit and I felt terrific. Amid all the excitement, and I had a half-mile discussion with Scott about the European milers who could not come over for the race. Rick was not far from me running with Byers and Masbach. About 30 yards from our finish at 79th Street Scott and the other leaders slowed down a bit to wait for those in the rear. Rick and I held the pace and as we reached 79th Street I turned to Rick and said, "WE WON!"

### WRC Meeting of 9 September 1983

The meeting was called to order at 8:20 by Club President Dan Rincon in the party room of the Montebello Apartments in Alexandria (Jack Coffey's residence). The meeting was preceded by a covered dish supper which was enjoyed by all the Club members in attendance.

The first order of business was a discussion of the Charleston Race by Mark Baldino. WRC was the team winner! No money had been appropriated for the race, and after discussion it was voted by the members in attendance to pay transportation costs (20 cents/mile) for the drivers. Free food and housing were provided at the race. Mark also expressed his displeasure over the lack of interest and support by Club members for the Cow Harbour Race.

Alan Roth and Dan Rincon described a meeting that took place on 6 September with the initiating efforts coming from WRC. The meeting consisted of approximately 30 people representing almost every running club in the Washington area. The object of the meeting was to discuss issues of common interest to all clubs and runners in the area and to form a coalition with the goal of promoting issues of benefit to all runners in the area. The group has entitled itself the Greater Washington Running Council. Items of discussion included proposed changes in Park Service policy concerning race courses, running health and safety. The next meeting has been tentatively scheduled for the December-January time frame.

The Philadelphia Half Marathon will have at least 17 WRC runners as announced by the race coordinator Pat Neary. Pat has his hands full deciding who will make the official WRC team. Alan Roth also announced that the Maple Leaf Half Marathon will also be run the same day with a quality field scheduled to participate.

Ira Pesserilo announced that there has been some complaint about not receiving the newsletters early enough. Ira stated that he would like to have a deadline of two weeks following the meetings so that the newsletter can go out much sooner. Along this line it was announced that the next meeting would again be conducted in the party room of Patty Duester's apartment on 14 October.

Alan Roth announced that Dr. Mark Smith has been

scheduled to give a two day workshop on running injuries and Applied Kinesiology on November 12 and 13. The cost will be \$600 for 30 people. WRC members have the first opportunity to register for this work shop.

Mark Baldino announced that the Georgetown 10K Race will take place this year in spite of the loss in sponsorship by Clyde's. Mark needs to have 6 key people to stage the race for which he is willing to pay the club \$900-\$1,000. If WRC will supply an additional 60-80 people on race day, he guarantees the Club a minimum of \$2,000. The members gave a general show of support for the proposal.

The Business meeting was closed and the floor was turned over to John Romero for a discussion of common training errors, use of heat and cold treatments, general injury treatment, and alternative exercises.

*Submitted by Club Secretary, Ed Foley* ■

### RUNNING ON EMPTY

*(Oh No, Ira's at it again!)*

Hello, Hello sports fans; so what's new in the swinging, swirling world of running? Well Lloyd Shrager lost a lot of weight recently; he got a hair cut . . . Ken Umbarger is now a daddy, as Kim delivered an 8lb., 11oz. little girl named Jennifer Lee on August 15th. Nice going, Ken and Kim . . . Talk about dedication! Robert Rodriguez, on his honeymoon in Europe, got up early every day to go running. My hat's off to you Robert . . . It seems that I'm not the only one around here who mis-spells Robert Urbancsik's name; His second place finish (16:40) at the Navy Relief Program 5K was attributed to Roger Vrbancsik. Roger described it as "a class race — the winner received a real plastic trophy and a handmade pot-holder (so what do you want from southern Maryland, a rubber biscuit?)" By the way, Roger's new address is 3901 Conshohocken Avenue No. 32, Phila. Pa. 19131 . . . Ray Morrison, Bruce Robinson, and all the rest of you out there in Running on Emptyland, before you read on, I'd suggest that you alert the medical facilities; I don't know if your systems can stand this kind of shock. The young whippersnapper with his hair down to his shoulders that you remembered by the name of Will Albers (now known to the world as William David Albers, B.B.A.), is a college graduate, a professional businessman, and wears a tie to work every day (Will wonders never cease!). However, he still is an aficionado of Punk Rock! (Still Will-bur, after all these years.) Will is going to be in town on October 7-9, (Will run the Best 12K), October 21-23 (Mark is getting married) and November 5-6 (the Marine Marathon). He and Laura have recently adopted a Blue and Gold Parrot named Tweety (Tweety?) who provides them with amusement as Laura is coming back, after her surgery. Go for it, champ . . . Tweety? . . . Walter Sargent is now a Captain in the U.S. Air Force. His Dad retired from the Navy as Commander Sargent, and now Walter is Captain Sargent (his uncle was Sergeant Sargent) . . . Tweety? . . . I guess there are some things you just can't ask your coach to do for you; while everybody else was running either the NIH 10, the

Philadelphia Distance Run, or the Arlington Arts 10K, Dan Rincon went down to the Moving Comfort 10K. I asked my President and Coach, that if he should happen to spot this young woman with red hair, possible wearing all green, and looking like paradise from behind, could he please get me her phone number? Dan replied, "Ira, if I get the phone number of that red head, I'm keeping it for myself!" Oh well sports fans, I guess that's just how it goes sometimes. And with that, I think I'll say toodleoooooooo! (Tweety?) ■

### RUNNING BRAVE — A Movie Review

As a youngster growing up on an Indian reservation in South Dakota Billy Mills dreamed of going to the Olympics. On October 16, 1964, his dream came true, as Billy Mills won the Olympic Gold Medal for the 10K, in one of the most thrilling races in Olympic history.

Along the way, Billy encountered prejudice, an uncaring coach who regarded his athletes as nothing more than pictures on the wall, and a University concerned only about championships, that would (and did) chew its athletes up with excess competition, and spit them out when it was finished with them. Yet, the golden dream survived, as Billy Mills went on to ultimate triumph in the Olympics.

The movie *Running Brave* was a depiction of Billy Mills' story. It began with Coach Bill Easton (portrayed by Pat Hingle) coming to South Dakota to see a young schoolboy named Billy Mills that he had heard about. Coach Easton took Bill to the University of Kansas, despite his prejudice against Indians. The film explores the seamier side of inter-collegiate athletics, as Coach Easton teaches young Billy Mills how to cheat and not be seen by the judges. Later, it shows how Billy, burned out by too many races, and cynical of the system of which he was a part, quits the track team in disgust.

After graduating from College, Billy Mills enlisted in the Marine Corps. In the Marines, Bill rediscovered

the love he had for running before he encountered Coach Easton, and trained on his own for the Olympics. The movie concludes with a thrilling, and incredibly realistic depiction of the race where Billy Mills won his Gold. It also showed the darker side of the Olympics as a fist-fight erupted between an Australian and an American journalist, after Mills was fouled, something that Baron de Coubertain hardly had in mind when he began the modern Olympics.

Robby Benson, himself a runner who bears a striking resemblance to Billy Mills, turned in a splendid performance as the great runner. Benson was totally convincing in both the running sequences, and the dramatic sequences. However, Pat Hingle, as Coach Easton, almost stole the show, with a performance that could only be termed brilliant. Hingle (who portrayed a basketball coach in the Broadway version of "The Championship Season") was magnificent as a one-man personification of everything negative about amateur sports.

Though this film was a jewel, it was not without its flaws. It suffered from poor direction at times, as some of the dramatic scenes did not make the desired impact, through no fault of the cast. A case in point was the scene where Billy was asked to leave a fraternity house when the "brothers" discovered that he was an Indian.

Despite the sometimes weak direction, the movie gave an amazingly accurate portrayal of running, and a splendid depiction of Olympic glory, made all the more splendid by the film's refusal to sugar-coat reality. One had to conclude, after viewing *Running Brave*, that athletic competition, warts and all, is indeed a triumph.

That, in a nutshell, sums up the movie *Running Brave*; warts and all, a triumph. The film will open in the greater Washington area on November 4th, two days before the Marine Marathon. To all those entered in the race, my advice to you is, on Friday night, after you've finished your last training run before the race, go out and see *Running Brave*; it'll be just the up you'll need for the marathon. imp

