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Washington Running Club Newsletter

Volume II, Number 11

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November 1983

NEXT MEETING, FRIDAY NOVEMBER 18, 8:00 p.m. at 1330 NEW HAMPSHIRE AVE., N.W., WASHINGTON, D.C., in the community room of Kathy Scott's apartment building. (Tell the guy at the desk you're with WRC.) The building is called the APOL-LINE, and is located about a half-block south of Dupont Circle at the intersections of 20th St., O St., and New Hampshire Ave., N.W. (Not far from our old meeting place at Federal Mediation and Conciliation Service). On-street parking is available but limited, especially on Friday nights when the bar crowds arrive, but it should not be much of a problem at 8 p.m. Or you can take the Metro to the Dupont Circle station (19th Street Exit). We're foregoing the almost-traditional covered dish dinner this time, but snacks and drinks are welcome (as well as members and prospective members.)

COFFEY SETS NEW COURSE RECORD, WINS WATCH IN 12-K RACE HE TRAINED THROUGH

by Don Pedro

Four miles into the Best Running and Fitness 12-Kilometer at West Potomac Park Oct. 8, Jack Coffey looked over his shoulder at Will Albers and Peter Nye who were trailing him in the lead. "Looks like old times," he said as a timer called out 20:37. "Why don't you guys come up and run with me? I just want to run even 5:10s. Tomorrow I'm going to run 20 miles."

Albers moved up to accompany him while Nye stayed tucked behind, too extended to indulge in conversation. As they continued moving with the even pace of a metronome north up the channel side of Hains Point, Coffey and Albers exchanged easy chit-chat. Then after the turn around and trip south, first Nye then Albers broke off to trail Coffey who continued on for a solo win in 38:28.

Albers, visiting from his new home base of Grand Rapids, was second in 38:49, and Nye was 38:56. Alan Roth announced through the public address system that the first three finishers broke the course record.

Early race leader Roberto Rodriguez finished in fourth place in 39:00 to complete a four-place sweep of WRC runners. Roberto led through the first two and a half miles.

Hardly anyone was prepared for the hoopla and prizes that followed. Best & Co., based in Richmond, advertised there were 250 merchandise prizes, and the prizes were among the best of the races all year. To begin with, the first three women were each presented a bouquet of two dozen red roses, while the first three men got bouquets of assorted flowers.

Because Valerie Nye finished third in the women's

division in 49:12 and both spouses had flowers, Peter gave his to a work colleague, Barry Able, to give to his wife. Able, accepting the flowers, remarked, "You're the first guy who's ever given me flowers."

First for men and women was a Hamilton wrist watch, second was a Nikon camera, and third was an AM-FM Sony radio cassette. After that came age-group prizes which went deep. Rodriguez, for winning his 20-29 age group, got a certificate for a pair of Muzuno shoes. He lamented he didn't finish second, which was a radio walkman with headphones. Billy Rodgers digital watches were prizes for fifth in the age groups.

After the race, during a warm-down run, Roberto renewed a friendship with an old Darien, Conn., neighbor, Robert Cosby, who finished seventh. Cosby, who recently got his Ph.D. in sociology from Syracuse University, recognized Roberto by his running style from their high school days.

Organizing the race were Mark Baldino, Al Naylor, Bruce Coldsmith, among others.

Results: 1. Jack Coffey, 38:28; 2. Will Albers, 38:49; 3. Peter Nye, 38:56; 4. Roberto Rodriguez, 39:39; 5. Chris Goddy, 39:50; Darrell General, 39:57; 7. Robert Cosby, 40:03; 8. Eric Dishman, 40:14; 9. Darryl Stewart, 40:15; 10. Rick Crump, 40:21; Jay Wind, time and place unknown.

Women: 1. Anne Beyer, 48:00; 2. Becky Nolan, 48:12; 3. Valerie Nye, 49:39; 4. Hideko Pirie, 49:53 (coming back after a year-long layoff); 5. Jennifer Westfall, 50:29; 6. Mary Lowe Walde, 50:29; 7. K. Oliver, 50:44; 8. Elaine Shereika, 51:00; 9. Lynda Durfee, 51:59; 10. Suzanne O'Hara, 52:14.

CHICAGO/America's Marathon

by J. J. Wind

In July, when you asked any WRC runner where he'd race in October, he'd answer "Chicago, of course."

When the October 16th running of the America's Marathon finally rolled around, however, only Matt Wilson, Tim Tays, J. J. Wind, John Doub, and George Keim took the trip. Matt, hungry for the \$2,000 first prize (so he could retire for the year) went out with the leaders, but dropped back to finish at 2:17, when he discovered that Joseph Nzau and Hugh Jones were on a 2:09:45 pace. He still won \$1,000 for 12th place, ahead of last year's winner Greg Meyer, as well as Bill Rodgers and Bobby Hodge, who finished in the 2:20s.

Tim Tays stayed at 5:18 per mile through 10 miles and ran 1:49 for 20, but decided to take the last six easy and try again to qualify for the Olympic Trials,

at the Philadelphia Marathon next month.

J. J. Wind, a Chicago native, was too busy sightseeing and watching Jacqueline Garreau's behind, and Dorothe Rasmussen's legs to notice when he passed Tim at 22 miles. He finished in 2:32:36, 65th overall, immediately behind the women, Rosa Mota, Garreau, Rasmussen, and Anne Audain—all 30-60 seconds ahead of him.

George Keim ran solid sixes all the way, for another fine 2:36. His travelling partner, John Doub, tried hard to run 2:19, finishing strong in 2:24 instead.

Cynthia Lorenzoni joined the Olympic club with a 2:49, 18th women. Chicagoans who watched the race on TV were treated to the spectacle of a Nzau-Jones duel to the finish—a half-second apart at the tape.

(Editor's Note; Apparently, I'm not the only one around here who likes to look at rear ends) J. J. Wind

WRC MEETING OF 14 OCT. 1983

The meeting was called to order at 9 p.m. by the Club President, Dan Rincon. Prior to the business meeting, the members once again enjoyed a delicious covered dish supper in the party room of Patty Deuster's apartment building. Norm Brand was absent for the Treasurer's report, however, Dan informed club members that the current balance in the Club's treasury is \$3,866.83.

Dan made three announcements of general interest to club members. For runners going to the Philadelphia Marathon, Dave Asaki has room space available for anyone interested and they should contact him as soon as possible before Nov. 10. The WRC Converse Team is no longer in official existence due to poor communications between WRC and Converse. Pat Neary is currently trying to save the sponsorship from Converse. Adidas is looking for a team of highly competitive runners that Dan will be putting together in the coming months. This will not be limited to WRC. However, many club members can be expecting a call from Dan.

Alan Roth announced that there will be a meeting with the National Park Service on Monday, October 17, and members of various running interests in the Washington area. The Park Service has been under some pressure to restrict use of the parks and associated roadways for conducting road races. The meeting is intended to counter the pressure being exerted on the Park Service. Alan also brought up the subject of new club uniforms. A deal has been made with Brooks through a local running store to provide members with shorts, singlets and a hooded tee shirt for a price very near wholesale. Members present passed around a sign-up sheet to indicate the numbers of items they desired to purchase. The clothing will naturally be silk screened with the WRC logo. Alan also announced that the Applied Kinesiology workshop will be featuring two doctors (Dr. Smith and Dr. Worden) on Nov. 12-13 and will be opened up for an additional 10 people (total of 40).

Under Old Business, Club members were reminded that we are committed to the Georgetown 10K race and we need as many volunteers as possible.

Under New Business, Dan announced that he has drawn up a proposed new constitution for the Club. We are currently operating under the rules outlined in the Club Manual. Jack Coffey is currently reviewing the document and it should be presented to the members at the next meeting.

The short business meeting was adjourned at 9:35 and members returned to socializing and viewing video tapes supplied by Alan Roth.

submitted by Club Secretary, Ed Foley

RUNNERS OF THE MONTH

Joe Lugiano, Master Runner of the Month

This month's top master is a 40 year old computer programmer with IBM, who has been running for a little over 4 years; yet, he has already competed in 20 marathons, including 4 Bostons. This year, Joe PR'ed at every distance. This month Joe continued his string of PRs. Not content to leave his brand-new 10 mile PR, set at Lynchburg on September 24 (59:15) alone, Joe went down to Raleigh on October 10th, and ran a 10 miler in 58:24. Joe hopes to continue his string of PRs at the Marine Corps Marathon this year. Age is no barrier, as our Master Runner of the Month, Joe Lugiano, has shown. imp

Jack Coffey, Male Runner of the Month

His stirring finish at the Best 12K in 38:28, 21 seconds ahead of WRC alumnus Will Albers was only the cap of an incredible string of successes for our Male Runner of the Month. Jack started the summer finishing 79th at Falmouth (36:03), 23rd at Annapolis (55:20), and then finished first in the 4 Bars Four Miler (21:36), the Greenbelt 15K (50:02), and the Terry Fox 10K (32:40). The string of firsts was broken by a fifth place finish at the Maryland Alumni Cross Country 5.1 miler (27:26) and a second at the Fritzbees 10K (31:58) before his big victory at Bests. Then, on October 22nd, at the Fenton Cary Half Marathon in Ocean City, New Jersey, Jack finished third in 1:08:26, 20 seconds behind the leader.

An alumnus of University of Maryland where he ran varsity track, and a graduate of Washington and Lee School of Law, Chicago-born Jack Coffey is an attorney practicing in Alexandria, Va. Congratulations Jack Coffey, Male Runner of the Month.

Coleen Troy, Female Runner of the Month

Coleen Troy had never finished first woman in any race prior to this month. Yet, our October Female Runner of the Month did it on two consecutive weekends, this month! On October 16th, at the Terrapin 10K, Coleen finished ahead of the field in 38:15. A week later, at the Fenton Carey Half Marathon in Ocean City, Coleen went to the starting line with a PR at the distance of 83:47, set on September 18th, at Philly, which bettered her previous PR by 4 minutes. Yet Coleen was not content to leave her still-fresh PR

alone, as she finished the race in 83:30, with a brand-new PR, and her second first.

A research nutritionist at the Uniform Services University of Health Science (USUHS), Coleen attributes her success in a large measure to her Coach, Dan Rincon, who not only gave her workouts, but a large measure of confidence as well.

We're proud of your performance, Coleen, we're proud of you, and we're proud to have you in WRC.imp

**COMING ATTRACTIONS:
THE PHILADELPHIA MARATHON**

On November 27th, a week after Thanksgiving, a ground of WRCans will be headed for Philly, in the hope of qualifying for the Trials. Among them are Al Naylor, Jack Coffey, Tim Tays, Dave Asaki, Mark Boldino, and others. If you're not running, why not come down and watch? After the race, there's going to be a big party at Roger Urbaniczik's place. Directions are as follows:

- I-76 West from Center City,
Exit Montgomery Avenue, Turn left.
Go 1/2 mile to the first light. Turn right on Belmont.
- Go 1/2 mile to the next light (5-way intersection), take the second right at the intersection.
- Go 1/2 mile. Just past the second light, turn left into West Village Apartments, at 3901 Conshohocken.
- Through the gate turn right.
- Drive 100 yards and park the car near Apt. No. 32, cell block No. 4.

If you're not clear on how to get there by now, call Roger at home (215) 877-3621 or at work, (215) 897-5601, extensions 261, 262, or 263, or at Automon, 433-5601. Finally, if you need a place to stay, contact Dave Asaki; he may be able to accommodate you. As Roger put it, be there or be a stellated dodecahedron (whatever the hell that is).

John Mornini, you're on notice that we're coming!
imp

RACE RESULTS

Marine Corps Marathon

D. Asaki	2:45:51 (260)
P. Briscoe	2:58:31 (763)
G. Cushmac	2:57:23 (702)
E. Foley	2:56:59 (674)
B. Flynn	3:22:57 (2288)
R. Good	3:25:19 (2476)
D. Hudson	2:35:05 (74)
G. Ives	3:15:52 (1741)
D. Jett	2:40:49 (159)
J. Larimer	3:41:35 (3967)
J. Lugiano	2:51:07 (440)
P. Nye	2:38:20 (123)
V. Nye	3:18:38 (1943)
I. Pesserilo	5:03:01 (8123)

R. Trost	2:51:37 (453)
C. Troy	3:01:52 (932)
J. Ulvestad	2:24:43 (20)
R. Williams	3:08:03 (1230)

Kettering 10K

Lucious Anderson	32:00 (3)
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DCRR 10K Championship (Ft. Hunt)

Robert Trost	35:44 (13)
Dick Good	40:32 (44)
George Cushmac	45:07
<i>Started Late; Elapsed time 37:26</i>	

N.S.O. 10K (10/23)

Robert Rodriguez	33:28 (13)
Jay Wind	34:53 (18)

Ed. Note: C'mon mates, more of you ran races than I've got listed! You know how to get in touch with me, so let's have the race results; or pretty soon, the only thing I'll have for the newsletter are the minutes, and Running on Empty.

**PHILADELPHIA LOOP RACE
SUNDAY, 30 OCTOBER 83**

by Roger Urbaniczik

They just don't make the weather any better; 45° and sunny were the conditions for the 11th Annual 8.4 Mile Fairmont Park Loop Race in which 925 runners chased winner George Buckheit (40.07—a course record by 30 seconds) around the picturesque course (which includes the art museum, and scenic West and East River Drives, and is also a part of the Philadelphia Distance Run).

The Plaisted Harriers were once again awesome, taking the team trophy and the case of Molson Golden. I finished 19th (45:16, which interpolates to a 33:30 10K, bettering my 10K PR of 34:30 by a nice round (square?) minute). Which goes to show that you can stay out to 3:00 a.m. dancing and drinking on race day. Till then, Aloha.

RUNNERS AND OTHER LIVING THINGS

We spend most of our lives dominated by civilization, much more so than we care to admit. Last week was no exception, until the very end. During the week I woke up to the clock radio, grabbed an umbrella, got on a bus, switched to a subway, sat in an office, talked on a telephone, spoke into a dictating machine, got on a subway, switched to a bus, got home, turned on the stereo, stretched out, and headed for the rubberized floor of the Thomas Jefferson Community Center where, at seven laps to the mile, I continued my training for the upcoming Marine Corps Marathon, without getting my shoes wet from the rain.

On Sunday, the alarm clock failed me (because I forgot to set it) and I got up too late to help out at the Georgetown 10K. I then went to the refrigerator, got some some rolls out of a plastic bag, some orange juice from a wax carton, and some soda from a plastic

bottle, and turned on the TV to watch an electronic image of the New York Marathon. When the coverage ended, it was still raining. Rotten luck, thought I. Today is my fifteen mile run, my longest training run before the Marine Corp Marathon, and I have only two weeks left before the race. Rain or not, I must do it.

I put on a long sleeved T-shirt, filled a squeeze-bottle with water, grabbed my rain jacket, and in the last minute, decided against doing my run in the streets of Arlington; too dark, too rainy, and with the cars, it'll be too dangerous. I then jumped into the car (another accoutrement of civilization I can neither live with nor without) and headed for the C&O Canal towpath; at least there it'll be safe. While driving to Georgetown, listening to the radio, I mentally prepared myself for a grueling, uncomfortable last long run before the marathon. How wrong I was.

After less than a mile into my longest long run, the sights, the sounds, and the smells of the earth were so different from what I had been accustomed. The relative absence of people on the towpath (just a few diehard runners getting their training in) and the long stretches of seeing no other human being only added to the unfamiliar thrill that I was experiencing; the thrill of nature.

To one side of me was the canal; to the other, the river Potomac. The gray misty sky turned the trees, some still green, some wearing their autumn colors, into an impressionistic painting of epic proportion. This was a wilderness. This was nature, as nature intended itself to be. Surprisingly, the rain proved to be no discomfort at all; on the contrary, it only enhanced the breathtaking sensory celebration that I was now experiencing. No longer was I a slave to civilization; I was now another living thing, a part of nature. Even at eleven and a half minutes to the mile, the scenery constantly changed, but experiencing each new vista was a new adventure, and running through it only heightened its majesty. And I belonged there. Along with the birds and the fish and the trees, I was part of the natural ecosystem. A new living thing entered this environment, the runner. The runner, unlike a more sedentary form of its species is not the enemy of nature. For the first time in I can't remember how long, I wasn't just viewing the scenery; I was part of it.

The rocks and the puddles formed occasional obstacles along a path, made unusually soft from the rain, but these were things to be taken in stride. Small aches and minor tightness in the thigh could not break the spell, as I continually bounded through this new realm. Seven and a half miles later, it was time to turn around and head back. Some of the energy had been drained, the pace fell somewhat, as usually happens to me in the third quarter of every run, regardless of the distance, but the magic remained. Indeed, the more I had run, the more the strange and wonderful feeling of being one of the living things of nature persisted. Coming back, I encountered more runners, and recognized them too, as part of the ecosystem; we were living things of the same species. Even as I prepared to run into the never-never land of longer distance than ever previously run, I still felt the strange, yet wonderful sensation of being another of

nature's living things. Then, as it began growing dark, I noticed a large gray object ahead of me, foraging in the woods, with a splash of white at the very end. I realized that it was a deer. I couldn't remember when last I had seen a deer. Suddenly, it scampered off making me realize that there were other species of runners in nature besides mine. Little more than a mile remained before the trail, and my run, would have to come to an end and the trail had grown very dark. Even though I had run farther than I had ever run before, I still felt strong, and decided to pick up the pace, in order to finish the run before it became pitch black. Moving at a pace much faster than I usually do, something eerie happened; the skies actually became brighter. I couldn't realize what was going on; it was getting later, not earlier. Then, over my right shoulder, I saw an ugly, garish monster rising up from the Potomac, a sinister life-form never intended by nature, swirling with bright, artificial lights. It was Rosslyn, all lit up, piercing the darkness. I knew that I had left the world of nature, and was back to my usual habitat. A few short minutes later, the Key Bridge rose above me, and I passed under three overpasses, to the one mile marker at the towpath. My run had ended.

I walked back to my car, and prepared for the drive home, for the hot shower, the laundry that I had to do, a hot meal from my gas oven, and some NFL football on the television. Once again, I was forced to abide by civilization's rules. Yet, slightly less than three hours along the canal had given me something that no amount of civilization could ever take away. I had been given the sensation of life, of living, of being alive, of being one of countless living things.

The memory remains.

imp

Due to circumstances entirely beyond your control it's time for

RUNNING ON EMPTY . . .

Hello again sports fans. What's new this month? Funny you should ask! This month got off to a flying start when the Tuesday Run group, consisting of Phil Stewart, Dave Asaki, Mark Baldino and others stopped of at Armands in Alexandria for some post-run dinner, and who turned out to be their waitress but "Sweet" Carolyn Ulrich. Mark Baldino got a good cooling off when Carolyn accidently (?) spilled a coke right down the front of his pants (that'll teach you to get fresh, Mark!). P.S. Did you turkeys leave a tip? . . . at the Capital 36 miler this year, a vaguely familiar face was seen running the first 20 miles of the race. Everybody swore that they's seen him before, but nobody could quite place him. Then, when somebody said, "that guy looks just like Bruce Robinson without the mustache" we all realized that it WAS Bruce Robinson without the mustache; he shaved it! Sources reveal that Bruce has plans to open a running store in Jersey. Let me know when the store opens Bruce; I need some more analgesic balm. . . . Will Aibers (who

kept his mustache, and hence no longer looks like Bruce Robinson) was back in town recently. He finished second by about 20 seconds to Jack Coffey at the Best 12K (see story elsewhere in this issue), and first at his old stamping grounds, George Mason University (where Will spent many a year as a student) edging out Alan Hinchcliff to win the Northern Virginia Heart Run 10K in a Course Record Time of 32:25. This race proved to be a real milestone for Will in one other regard; they made him pay the race fee, to run!

Marlene Cimons likes to mix her business with pleasure. On assignment for the *L.A. Times* to do an article about pacing, she had Jeff Galloway pace her at the Nike/OTC Marathon in Eugene, and she got a 3:44:49 out of the deal. Way to do it, Marlene! . . . I guess even doctors need love. Dr. Gabe Mirkin, who does the sports medicine talk show on WRC radio (how nice of them; they named the station after us) is getting hitched to Dr. Mona Shangold, an ob/gyn. I shudder to think what the dinnertime conversation is going to be like in the household of Mr. and Mrs. Doctor. . . . Patty Peoples competed in the Iron Man (Iron Person) triathlon; no word as to the result. . . . It's official now! Nike is going to be the sponsor of the Cherry Blossom 10 Miler, this year to be held on April 1st (no, this is not an April Fools Day joke, it's for real). This year, the Cherry Blossom's new sponsor has decided on a new method of giving out prize money; over the table. . . . Quite a Halloween party put on by Sue, Suzy, Faith, and Bruce. Among the cast of

characters: Tim Tays came as John DeLorean, Bruce Coldsmith was Huck Finn, Suzy Rainville was a cheerleader, Jack Coffey dressed up as a Scuba diver. Other costumes included Mark Baldino as a Chinese man, Laura DeWald as a Japanese woman, yours truly as Count Dracula (giving me a nice excuse for giving all the girls hickeys), and Jeff Reed came as, well, he came as a guy with a problem. I'm not going to say what kind of problem, but I will say that the club is taking up a collection to buy Mary a Frederick's of Hollywood night gown, and Jeff a subscription to Penthouse. . . . People have gotten all kinds of injuries while running, but last month I came up with a first—I broke a tooth halfway through an eight-mile training run. The next day, the dentist told me what has to be done about it—I need an orthotic for my head! But then sports fans, you've known *that* for quite some time now, haven't you? So until next month sports fans, loodieoooooooooo!

APPLIED KINESIOLOGY SEMINAR

The location is 2025 E Street, N.W. (The American Red Cross Building) on Saturday, Nov. 12 (12 to 6 p.m.) and Sunday, Nov. 13 (12 to 4 p.m.) BRING YOUR CHECKS TO THE SEMINAR! The fee will be around \$20.00, and it's \$14 extra if you want a book. Some spaces are available, and there MAY be room for non-WRC members. Contact Alan Roth at 649-4909 for details.