

Washington Running Club ★ Newsletter

Volume 3, Number 3

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March 1984

NEXT MEETING: FRIDAY, 9 MARCH 1984 at 1330 NEW HAMPSHIRE AVE., N.W., in the party room of Kathy Scott's apartment building. Called the Apolline, it's located at 1330 New Hampshire, at the intersection of New Hampshire, 20th and O streets, N.W. The meeting will begin at 7:30 p.m. with a guest speaker followed by a business meeting. The meeting will adjourn to La Martine Lounge for some serious socializing.

The April meeting will be held at the American Red Cross Building, at 2025 E St., N.W. Nancy Shaw, director of the Northern Virginia Myotherapy Clinic, will be the speaker.

D.C. MARATHON CLINIC

There will be a clinic held for D.C. Marathon entrants on Saturday, March 10, at 3030 G Street, S.E., starting at 1:00 p.m.

ROOSEVELT MEMORIAL THREATENS WEST POTOMAC COURSE

In 1982, President Reagan signed legislation authorizing construction of a Memorial to Franklin Delano Roosevelt on grounds of West Potomac Park. If built according to plans, the memorial will consist of a large granite wall, and a terraced Hawaiian-style garden, or haha, on each side of the wall. The site for the wall and haha is the road which is used as the beginning of the Hain's Point 10 mile and 10K loop. If the wall is constructed, the Cherry Blossom course, as we now know it, cannot be used for 10 mile races, and can be used for 10Ks only with great difficulty. In the view of the Greater Washington Running Council, the National Park Service's Environmental Impact Statement failed to consider the impact that this memorial will have on the viability of the many road races that are now held in West Potomac Park. Construction is expected to begin in 1985.

As the memorial is now planned, the Greater Washington Running Council finds that there is no way to avoid a significant reduction in the quality of road races held in West Potomac Park, nor a way to satisfactorily move the races to other locations. Only major changes in the FDR Memorial plans will meet the needs of the running community.

The staff of the National Park Service has expressed concern for our needs and the relationship between the Park Service and the Greater Washington Running Council is not adversarial. With an effort at mutual cooperation, we can hope to maintain the

quality of the road races held in West Potomac Park in the future.

Tom Lohrentz

WAVA RACE TO BE FOLLOWED BY OFFICIAL'S RACE TO CHAMPIONS

The WAVA race is on March 25, at West Potomac Park, at 8:00 a.m. We need *everyone* out there EARLY. And, this time, we've come up with an incentive for our people. One criticism of club races has been that we don't get to run in them. Well, after the WAVA race we have something just for the officials.

The person who runs the longest route from the finish line of the WAVA race at West Potomac Park to Champions (at 1206 Wisconsin Avenue, N.W.) *without* doing laps, loops, or repeating their course in any way, will be declared the winner, and will win a special prize. Also, you will not be permitted to run any farther north than Vermont (Avenue that is), any farther south than Florida (Avenue that is), or any farther west than Indiana (again, the avenue, not the state). This rule was created to prevent Jay Wind from running around the Beltway. Upon arrival at Champions you will be required to verify your course on a map. Remember, you must not repeat any part of the course, nor may you do laps, loops, or anything similar, and no buzz-saws are permitted on the course (this means you, Mark Baldino). You must arrive at Champions no later than 2:30 p.m. (on March 25) by my watch. The decision as to who will be the winner will be made by the Honorable John E. Coffey, and the Honorable Ira M. Pesserilo. You *must* help out and work the race that morning or you will not be eligible to participate in this unique event. Speed is irrelevant, only distance counts. The winner and prize will be announced in the appropriate portion of the newsletter next month. Where will that be ... you figure it out.

KUALA LUMPUR INTERNATIONAL MARATHON

By Alan Roth

The first annual Kuala Lumpur International Marathon was an unexpected surprise on my recent four-day business trip to Malaysia. I learned about it soon after my arrival in Malaysia, and called the race director to volunteer my assistance. When he heard

The deadline for copy for the April issue is Thursday, March 29. We need **you** to contribute; Ira's running out of things to say (that might be a slight exaggeration).

about my work for the New York City Marathon, he quickly set up meetings for me with his staff to go over race details.

They had put a lot of money and time into race preparation; every component of the race had a separate committee, and many workers. They paid for a dozen runners to come in from Europe and from other Asian countries. The qualifying time for invited males was 2:30. They were ready to pay for three American runners but did not know how to contact any.

They wanted a big race, but there were not enough marathon runners in Malaysia, so they also decided to put on a 10K race for women and a 20K race simultaneously. The race started 15 minutes apart, with the Marathon starting first. Due to their lack of race management experience, they were very interested in my advice. Unfortunately, by the time I arrived most of their plans were already set in concrete. There was a lot to criticize, but my comments had to be made in a way that would not cause them to lose face. I often had to say "next year you could ..." and let them freely decide whether they could do it this year.

Malaysians are very serious about rules and regulations. They wanted their marathon to meet international standards, and read that waterstops should be at 5K intervals. With high humidity, and temperatures expected in the high '80s, I suggested that the stops be closer together. I even called Norm Brand to check the rules on this, but it was too late for them to change

their plans. I did manage, however, to get them to double the number of water cups from 10,000 to 20,000, although they really wanted 50,000.

The plans were to give out order-of-finish cards to all runners for all three races at the finish line. Each race had a separate lane. When the finish got crowded they expected the runners to queue up along the course before reaching the finish line. I showed them how to use chutes.

Course marshals had been instructed to write down the number of every runner that passed their check point; if a runner was seen breaking any rules, the marshal was to catch him, and remove his number.

The marathon was originally scheduled to start at 6:00 a.m., but it was postponed until 6:45, as the Prime Minister was not interested in getting there quite so early to start the race. I was the announcer at the staging area, and made a big point about taking a lot of water at each stop.

The world class runners lost 8 to 10 minutes due to the heat, humidity, and hills. Tommy Persson of Sweden won the race in 2:22, while Lone Dybal of Denmark won the women's race in 2:48. The finish was in the national stadium, and a large crowd came to cheer the runners in.

The master's division was won by the U.S. Deputy Ambassador, running his first marathon in 3:36. It was a tremendous thrill for him to mount the victory stand in front of the King, a panoply of ambassadors, and the big, cheering crowd.

I worked the stadium as a trouble shooter and was surprised at how well the finish was managed. However, I learned from the runners that the water stops were a problem, and some runners had to drop out when they couldn't get water. I also heard that the course was strewn with bodies suffering from heat stroke and other ailments.

It was a very impressive event. Next year will be even better as many lessons were learned, and the Malaysians are very capable and intent on success. If any club member would like to enter next year's race, I would be glad to help them make arrangements.

It's time for

RUNNING ON EMPTY . . .

what lunacy is Ira up to now?

Yes sports fans, it's that time again, where you all get to hear what's new in the swinging, swirling world of running, whether you want to hear it or not.

For openers, we have some news nuptial-wise. Jim Hagen is getting married, in his minister's yard, with the ceremony to be performed by the bride's Rabbi . . . Phil Stewart, the renowned Beer-Man of our legendary picnic a few summers back, is now hitched, and the name of the bride is, uh, Mrs. Stewart (Mrs. Beer-Man?) . . . Bruce Robinson is hard at work in Jersey, getting ready to open the doors to Miles Ahead Sports, on Route 35, Mannasquan, N.J. Hey, Bruce, are you gonna give the club members a discount on analgesic balm? . . . Marc Sengebusch is going to be a daddy before much longer . . . Betty Blank is pleased to

Washington Running Club

P.O. Box 2605, Springfield, Va. 22152. Tel. 703-455-0575

CLUB OFFICERS FOR 1984

President: Alan Roth (649-4909)

Vice President: Pat Neary

Secretary: Keith Higgs

Treasurer: Jeff Reed

Newsletter Editor: Ira Pesserillo (521-9394)

COMMITTEES

Legal: Jack Coffey, Chairman; Jay Wind, Dave Asaki, Tom Lorenz, Sue Holms

Membership: Coleen Troy, Chairwoman (277-7112); Patty Deuster, Bruce Coldsmith

Newsletter: Ira Pesserillo, Chairman (521-9394); Gerry Ives, Pete Nye, Don Pedro

Finance: Dave Asaki, Norm Brand, Robert Rodriguez

Competition: Pat Neary, Chairman; Lloyd Shrager, Keith Higgs, Mark Baldino, Al Naylor, Bernadette Flynn

Race Management: Mark Baldino, Chairman; Pat Neary, Al Naylor, Jim Feaster, Bruce Coldsmith, Jack Coffey, Jay Wind, Keith Higgs

Social: Suzy Rainville, Chairwoman; Delabian Rice-Thurston, Kathy Scott, Jeff Reed, Ira Pesserillo, Keith Higgs, Bobbie Bliestift, Dan Rincon

announce that she was third woman in a recent 20K with a time of 1:25:59, and second woman at the George Washington's Birthday 10K in Alexandria with a time of 39:56, but she'd be more pleased if I would tell her who's giving me all my hot poop. Wouldn't you like to know ... Jay Wind lost 12th place at the Greenbelt Marathon, on Bob Thurston's 40th birthday (see story elsewhere) because he lost his safety pins, and had to tuck his number into his shirt. At the finish line, as he was fumbling with his shirt to show the finish line official (none other than Norm Brand himself) his number, Earl Kelcher of Annapolis grabbed 12th place; for want of a pin, 12th place was lost! Hey Jay, wanna know where you can get some extra safety pins? Contact the Will Albers Home for Needy Punk Rockers. And while we're on the subject of our Michigan auxiliary, *Running on Empty* received the following piece of fan mail from Wilber himself: To the Washington Running Club—Let it be known that I do not now root for the Washington Redskins, nor have I ever rooted for the Redskins; in fact, I hate the Redskins. Take that, Jim Hagen. Long live the Cowboys (and the Raiders). Cheers, Will Albers. Well, what do you expect from a guy who listens to punk-rock, good taste? As a renowned podiatrist said about Will ... Oh, never mind. Seriously Will, you know we all love you, and all the guys are looking forward to your last bachelor party, which should be quite a blast (we'll even hire the Dead Kennedys to play at it) ... Will also announced that Laura did respectably in Florida, running in her first races since her operation, and to celebrate they adopted a new parrot named Jose Gaspar, the pirate who invaded Florida and for whom Gasparilla is named. Also, Will and Laura won a couples race in Grand Rapids. And speaking of couples, on the cover of the DCRR newsletter was our own Jack Coffey, and Suzy Rainville. Ain't they cute ... Tim Tays, I must report, has changed his venue; he's now back in New Mexico. After a brief sojourn to visit Tim, "Sweet" Carolyn Ulrich has returned, which is good because Mark Baldino needs another cooling off ... At this Cherry Blossom word has it that Tom Wysoki and Benji Durden are definites, and Bill Rodgers and Greg Myers are maybe's ... Well, once again Ira has waged guerrilla warfare on good taste by coming out with another *Running on Empty*. What does he have to say for himself; just this, Frogs never sleep. Fooled ya, didn't I sports fans? I'll bet you thought I was gonna say, toodleoooooo!

imp

BUDWEISER LIGHT 5-MILE OLYMPIC QUALIFYING TORCH RUN IN ANNAPOLIS

Most of us cannot even dream of qualifying for the Olympics. However, we all can be a part of it now. On Saturday, March 17, at 8:30 a.m. sharp, at Navy-Marine Stadium, in Annapolis, there will be a five-mile race, and after the race the first prize, *which will be drawn at random from all finishers*, will be the right to carry the OFFICIAL OLYMPIC TORCH one kilometer of its course from Greece to the stadium in Los Angeles, where it will launch the games of

the XXIII Olympiad. For entry forms write: Katcef Bros., Box 763, 2404 S.E. Eagle Blvd., Annapolis, MD 21404.

C'mon mates; let's all show up for this one. The more of us that show up, the better the chances will be that a WRC member wins it, and we can have the WRC uniform carrying the torch along its course. What do you say, huh?

"BOB THURSTON'S BIRTHDAY MARATHON" CELEBRATED IN MASTERLY FASHION

The George Washington's Birthday Marathon (which this year fell on Bob Thurston's 40th birthday, February 19) is generally known to be a cold, windy race. This year it was different; it was a hot, windy race, with temperatures in the middle 70s. A full-capacity crowd showed up, of 400 runners. In addition, there were over 200 bandits who used this one as a workout. Included in the unofficial category was Henry O'Connell, who is at long last, back on the roads. It's been a long hard climb for Henry after an auto accident last year left both his knees too banged-up to take any running, but the nightmare is over, Henry is back, and we all wish him only the best from here on in.

Bob Thurston gave himself a birthday present, winning the master's division in 2:40 (fifth overall); Jay Wind was 13th in 2:47:46.

TO-ING AND FRO-ING AROUND WRC AND THE REST OF THE WORLD

Mark Baldino is seeking insurance compensation for losing his nose during the Ed Baron Hangover Classic on New Year's Day. Wearing a wig with blue, green, red and yellow hair, Mark also wore a pair of eyeglasses which were equipped with a false nose. During the 10-kilometer race, however, the air current brought on by Mark's speed forced the eyeglasses to break under the pressure and he lost his nose.

Alison Roe is making a comeback. At the Osaka International Ladies Marathon in Japan Jan. 29, she finished seventh with 2:38:36 in an international field. Winner was Katrin Dorre, East Germany, in 2:31:41.

Norm Brand was an official judging the long jump and triple jumps at the Athletics Congress indoor national championship Feb. 24 at Madison Square Garden in New York City. He was hoping to be in *Sports Illustrated* again. Those of you with eagle eyes and keen recall may remember that Stormin' Norman was part of a coterie of judges scrutinizing a jump of Larry Myricks a few years back. Norman reports that the indoor track meet that used to be held early in the year at the Cole Field House at the University of Maryland has been cancelled due to a lack of sponsor.

WRC President Alan Roth called from Kuala Lumpur, Malaysia, to tell club members that a time of 2:23 won the local marathon Feb. 12 in tropical heat.

Remember *Bob Harper*, king of the ultra-marathoners? A stress fracture forced him off the running trails some time back, and he and his wife had a couple of lovely children. For those unfamiliar with

his accomplishments, Bob placed well in events that included the national AAU 100 mile championships and the JFK 50 miler. In those days he weighed in about 150, looking gaunt on his frame of about 6 feet 2. In recent years, he has put on about 60 pounds. He plans to make a comeback since his children are getting a bigger and he is looking forward to a job change.

Move over *Mary Decker*. From the Union of South Africa comes a new 5,000-meter mark for women, set Jan. 5 by *Zola Budd*, a wispy 17-year old, who ran the distance in 15:01.83 at a place called Stellenbosch. Decker's time of 15:08.26 remains the official record as a result of the other USA's racial policies which have isolated that country from international competition. A feature in *The New York Times* said Budd runs 10 to 13 miles a day when training, and reduces this mileage to about 30 a week when concentrating on speed at the track. She stands 5 feet 2½ inches and weighs 83 pounds.

Dick Beardsley has asked the Athletics Congress to waive his entry into the men's U.S. Olympic marathon trials, according to a recent edition of *USA Today*. The article said that Beardsley, who as all WRC members know was recovering from surgery on his achilles, will soon undergo the surgeon's scalpel again for leg surgery — no detail given — and will not be ready for the Boston Marathon in April, his final chance to qualify for the trials.

Bob Thurston celebrated his fortieth birthday by winning the master's division of the Washington Birthday Marathon in Beltsville, Md., Feb. 19, in 2:42. He's been working hard through the winter. Observers pick him to be the scourge of the roads once again. Bob has a marathon best of 2:23.

At the Old Towne, Alexandria, 10-kilometer on the same day as the marathon in Maryland, two WRC runners made an impressive showing. *Tim Gavin* breezed through to win in 30:33. Tim, an accountant, has been under a lot of work pressure since the first of the year and has been training five days a week. On those days, he runs 15 miles, breaking the workouts in two parts, and alternates hard days with easy ones. On the hard ones he runs a lot of fartlek. *Betty Blank* finished second in the women's division, with 39:56. NOVA's *Barbara Frech* won in 38:57. *George Cushmac* was seen there, putting on a tough sprint at the end.

For ye of immense faith, *Sister Marion Irvine*, a 54-year-old Roman Catholic nun, qualified for the women's Olympic Trials marathon with a time of 2:51:01 at the California International Marathon in Sacramento in early December. —D.P.

CAROLINA MARATHON WEATHER HOT, BUT TROST QUALIFIES FOR BOSTON

by Don Pedro
WRC Staff Reporter

At the Carolina Marathon Feb. 11 in Columbia, S.C., the weather was so warm that *Peter Nye* left for the 10-hour drive there with a bag full of turtleneck pullovers and never considered taking his WRC tank top. Once down there, however, he and *Bob Trost*,

Chauncey Berdan and *Valerie Nye* discovered that the climate was quite mild. Convertibles cruised with their tops down, even after dark. The local golf courses had a full complement of swingers in short-sleeved shirts. During the race, residents hauled garden hoses curbside to spray the runners down as the sun under a bright cobalt sky heated the mercury to the mid-70s.

Nye ran with a tee shirt from the Bacardi Rum 10-kilometer race on Labor Day in Baltimore. This meant that he had to pass up water or gatorade at the numerous aid stations to avoid a conflict of tee shirt.

Bob Trost ran a well-controlled race and qualified for the Boston Marathon, finishing in 2:48:23. Over the last four miles, Bob held strong to move up from 21st place to 18th. Three places up was Peter Nye, in 2:46:59, who stopped after the finish and removed his Bacardi Rum tee shirt before taking a first drink of water.

The two WRC runners sat on a curb afterwards and bathed in the sun. Not a bad day for early February. After the frigid weather this winter, neither minded the warm weather's affects on their marathons. Both had intended to break the Olympic trials qualifying standard, of course, until the weather won out.

Valerie Nye, winner of the women's event in 1980, finished second in her age group with a time of 3:26:32. She won a silver brandy snifter which Bruce Jenner presented to her. Valerie, a member of WRC for six years, has switched clubs and now runs for NOVA Running Club. Jenner was the official race starter and had delivered an interesting talk the night before the event.

Chauncey Berdan, who ran for WRC for two years and now competes for the Potomac Valley Seniors, bagged the race and enjoyed the weather.

Race winner was Thomas Blumer of Cincinnati. He ran 2:24:10 after tossing his shirt away early in the event to run in just his shorts and shoes. It was that kind of a day. Blummer recently returned to the roads after achilles surgery. He has run under 2:20 at Boston, and this was his first marathon in two years.

Second was Mike Andlin of Newton, Mississippi, in 2:26:51, followed by two-time winner Lee Fidler, in 2:27:25. Winner of the women's division was Ruth Ozman, a 27-year old teacher at Taylor University in Upland, Indiana. Her time of 2:49:57 qualified her for the Olympic trials. Second woman was Betsy Shilligo of Atlanta who overhauled Lori Jorgenson in the last half mile. Shilligo was 2:55:12 to beat Jorgenson by 7 seconds.

WRC members may want to keep the Carolina Marathon in mind for 1985. Race Director Russ Pate, who has run numerous marathons in the teens and knows what runners need, is generous in providing motel rooms for marathoners at the Marriott. Anybody interested may contact Peter Nye for details.

STAFF REPORTER A BARGAIN AT \$48,000; DUES INCREASE UNLIKELY, ROTH INDICATES

To those who expressed outrage at the news leak that WRC is paying Don Pedro \$48,000 a year to be a staff reporter for the WRC Newsletter, we can say

that you don't know what a bargain we're getting. We had intended for this development to stay under wraps, as it were, until we discovered that information about his contract had been leaked. But since it's out, we'll go one step further to let you know that we also have given him unlimited use of the WRC Porsche.

Now that it's out in the open, let us put all this caterwauling aside and look at what we've got. What forced us to go outside to look for help in the first place was a lack of contributions to the newsletter from our own members. You can't expect us to fill the WRC Newsletter up on just Ira's column and minutes of the last meeting, can you?

We feel it's a bargain at any price to get a regular contributor. What we're contracted for is at least one story and a column per issue. The criteria is that material he writes be at least interesting, if not humorous.

To let your minds rest, we visited Don Pedro at his home — he calls it his "digs" — when we interviewed him for the job after screening some 200 resumes which came in response to an advertisement in *The Washington Post*. Don Pedro is not what you would expect. A former London School of Economics student, he came to these shores as gastronome editor for *The Bridgeport Lemming Leader* in Connecticut. You probably first heard of him when he was nominated for the Pulitzer Prize for breaking the story that the Scots were moving to corner the world market in thistles and dip.

His digs are not conventional. His desk is an old door that is laid across two sawhorses. He writes his stories on an old wood-burning typewriter. That's the reason his salary is so high. His typewriter burns only eucalyptus wood from Australia, and he pays exorbitant fees at the Eastern Market on Capitol Hill for this wood.

WRC President Alan Roth has arranged for a grant from a consortium of business executives in the Far East to underwrite Don Pedro's salary and expenses. This means that having Don Pedro on the payroll will not cost WRC members any money, and will leave our members free to attend to their running and related matters.

So come on, you WRC-ers, it's a bargain just to have somebody regularly contribute to the newsletter. Stop your grouching. When you see a blue-and-white Porsche with a D.C. tag that reads WRC screeching along the streets, wave to it. That's Don Pedro, chasing after another story for our newsletter.

WRC Newsletter Editorial Board.

MATT WILSON WINS \$500 SAVINGS BOND FOR CAPTURING COLUMBIA METRIC MARATHON

by Don Pedro
WRC Staff Reporter

On a chilly day over windswept landscape around Howard County, Maryland, Matt Wilson surged near the finish on Charles Cvrk to open a gap and win the Seventh Annual Metric Marathon Dec. 11 which awarded a \$500 U.S. Savings Bond to the winner.

Wilson, 25, finished in 1:22:56 — 39 seconds up on Cvrk. They were followed by Jim Hage who completed the rolling and sometimes hilly course in 1:23:45 to round out a WRC team sweep.

Cvrk still went home with a \$200 savings bond, and Hage took home a \$100 bond.

The race, put on by the Howard County Striders, Inc., in conjunction with the Howard County Cancer Crusade, awarded numerous other \$50 bonds which WRC members managed to pick up.

Former winner and current WRC member Jeff Smith finished fourth with 1:24:15.

Women's winner was Marge Rosasco, in 1:41:29. She nudged out Patty Deuster who took second in her age group with 1:44:32. Marge's husband, Steve, won the savings bond for his age division, 50-59, in 1:46:13. Marge's share of the swag was \$200.

WRC's runner of the month Deuster edged out Carey Hill of Fort Dix, N.J. Patty, who ran 25 seconds ahead of Ms. Hill, took home a \$100 bond.

Two runners who cruised the course at a steady 5:30 pace were Bob Stack and Tim Gavin. Bob, down from his home in Niantic, Conn., was showing Tim how to do the Connecticut Cruise, a new style he has picked up since relocating to the Nutmeg State. For the uninitiated, the Connecticut Cruise is where you get into an event and run fast enough to watch the race unfold but never break a sweat.

Wearing his brown tweed tank top over a gray herring bone turtle neck pullover, Bob talked Tim into doing a Connecticut Cruise before the starter's pistol was fired. Both runners wore penny loafers rather than running shoes for the outing. While running up the steep grade out of Elicott City at about seven miles, Bob reached into his back pocket and pulled out an aged meerschaum pipe. Tim, wearing a simple gray long-sleeved shirt, caught on and produced a seasoned leather tobacco pouch. The runners lit up and took the hill. It was a long upgrade and they had plenty of time to smoke their pipe. They alternated watching Wilson and Cvrk battle away at the front and keeping track of the migratory pattern of orioles in southern Maryland.

"The soles of the penny loafers are much better for striking the farmer's matches with while running than regular running soles," Bob observed. "Besides, if I really want to pick up the pace, all I need is to pick the pennies out to lighten the shoes and go faster."

Bob and Tim finished together, but Bob was awarded 13th place, with Tim taking 14th. Peter Nye finished 15th. "I had to smell their tobacco smoke all the way up the hill," Nye lamented. "I mean, these guys were really smoking."

The race was also marked by the appearance of longtime WRC member Mike Bradley, visiting from his base in southern England as he began making forays into resettling back in the U.S. Dan Rincon was also there. Dan, a winner of several events in Columbia, observed that the metric marathon, which measures 16.3 miles, is much more practical to run than the regular marathon of 26 miles and 385 yards. "The next day after a metric marathon," he said, "you can still go out and run."

Finishers: 1. Matt Wilson, 1:22:56; 2. Charles Cvrk, 1:23:35; 3. Jim Hage, 1:23:45; 4. Jeff Smith, 1:24:15; 5. Gordon Minty, 1:24:35; 6. David O'Keefe, 1:24:50; 7. Fernando Braz, 1:25:36; 8. Hugh Kuchta, 1:27:01; 9. Tim Minor, 1:27:22; 10. Harry Goodman, 1:28:18; 13. Robert Stack, 1:30:47; 14. Tim Gavin, 1:30:48; 15. Peter Nye, 1:32:13; 18. John Doub, 1:33:07; 22. Henry O'Connell, 1:34:06; 23. Dennis Jett, 1:34:07; 34. James O'Brien, 1:37:48; 43. Mike Sabino, 1:39:41; 59. Marge Rosasco, 1:41:29; 73. Patty Deuster, 1:44:32; 77. Coleen Troy, 1:45:23; 83. Steve Rosasco, 1:46:13; 157. Bernadette Flynn, 1:56:36; Marlene Cimons ran the race as a workout, and she said afterwards that she sure got one.

MAREE'S NATURAL SPEED NOT ENOUGH AT FLORIDA SUNSHINE CLASSIC 10-K

by Bob Trost

The major topic of discussion among the pre-race favorites at this year's Florida Sunshine Classic in Gainesville, Fla., Feb. 18 was whether or not former 1,500 meter world record holder Sydney Maree would toe the starting line. After all, Maree has been training in Gainesville this winter, and the city is the host for the Florida Sunshine Classic. So it seemed only natural that Maree would get in a "long run" on such a beautiful Saturday morning.

Defending champion Mark Scrutton told reporters, "I certainly won't let it go out slow if Maree is here. I wouldn't let it come down to the kick." Scrutton, a 23-year-old Englishman, had the course record with a time of 28:57.

Former WRC member Gary Siriano came down from Pittsburgh and observed that Maree was a competitor to reckon with. "I don't know what kind of 10K person Maree is," Sariano said, "but because he is one of the world's top milers and I'm sure he's trained some distance during the year, he'll definitely be a contender."

Barry Brown, a Gainesville resident who will soon turn age 40, said, "If Maree is there, it will be tough. He's got enough natural speed that he doesn't have to do speed work to be faster than the rest of us. He's faster than us naturally."

As it turned out, Maree did show up. When the starter's pistol fired, it was Scrutton who surprised Maree. Scrutton ran the uphill first mile in 4:36 and never looked back. At about the mile-and-a-half mark, Maree was still with a pack of runners vying for second place. Maree asked Brown who was ahead and Brown told him it was Scrutton. At that point, Maree set off to bridge the gap. He looked strong enough to do it, but Scrutton stayed out in front and won with a new course record of 28:42. Maree was second in 29:30.

Jane Welzel, a 28-year-old from Hopkinton, Mass., finished 37th overall to claim the women's title in 36:01. Having qualified for the U.S. Olympic Marathon Trials with a 2:36:18, Welzel said she was dissatisfied with her 10K performance and lamented she had not done any recent interval training.

"I felt strong," she said. "I just couldn't turn it over

any faster. I felt like I could keep that pace up for a longer time, but I just couldn't go faster than that."

Bill Stewart, 41, a health education instructor at Wayne State in Detroit, won the Master's division honors with a 32:35 clocking. Stewart holds the Master's world record in the mile, and took a nine-month leave of absence from Wayne State to train in Gainesville this winter.

Partial Results: 1. Mark Scrutton, 28:42; 2. Sydney Maree, 29:30; Bob Duerkson, 29:52; 4. Gary Siriano, 30:07; 5. Ralph Edwards, 30:16; 6. Barry Brown, 30:33; 22. Bob Trost, 34:19. Women: 1. Jane Welzel, 36:01; 2. Kathy Leonard, 36:19; 3. Sharon Chiang, 37:01.

(Editor's note: Trost finished second in the men's 30-39 age division.)

EDITORIAL: NEW FORMAT FOR WRC NEWSLETTER—A PROPOSAL

Last year, when I took over the newsletter, I had hoped that the WRC Newsletter could become *the* running magazine for Greater Washington. After about two or three issues, my dreams evaporated when faced with the reality that 7½ pages was the maximum that could go into the newsletter, to keep within the budget. The necessary news that had to go in didn't leave me much space for "glitz."

With the more compact typesetting method we're using now, I've decided it is time to reconsider some of my earlier ideas. Among these ideas are:

For Women Only—A monthly column, written by a different woman member of the club each month, on some aspect of women's running.

The Coaches Corner—Each month a member of the club who is, or has been, a coach writes some training tips.

Alternate Sports—Perhaps once a month a club member writes about some other sport that either a) they enjoy, and that other club members may also enjoy, or b) that they do to keep in shape while they're injured, or c) that can be used for overall conditioning. Triathletes should appreciate this feature.

Nutritionally Yours—About nutrition, something that's always of interest to distance runners.

These ideas are not the only ones we can use. If you have an idea, I'll be glad to give it a try. However, if we are to make the club's newsletter anything more than a "bulletin board," then we need everybody to pitch in. This newsletter can be the running magazine for Greater Washington, but not without everyone pitching in to do a column every now and again on the above topics, or a topic of your choosing.

The choice is yours, team-mates. We can have a really first-rate newsletter, but a better newsletter is up to you.

RUNNER OF THE MONTH: BOB THURSTON

Has the George Washington's Birthday Marathon in Greenbelt been held a day earlier, our Runner of the Month couldn't have taken the master's award, because they ran it on his 40th birthday. However, the

timing couldn't have been better for Bob as he celebrated his entry into the ranks of the masters by winning the master's division of the 23rd Greenbelt Marathon. Bob is a second-generation distance runner

(his father, Paul Thurston, was one of the early area runners) who has been running a long time. But, Bob isn't getting older, he's getting better! Congratulations Bob, and Happy Birthday.