

# Washington Running Club ★ Newsletter

Volume 3, Number 6

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June 1984

## 4TH ANNUAL HOMETOWN 15-K IS WRC SHOWPIECE AND IRA P's SENDOFF

*Mansy, Naylor, Hage Sweep;  
Briscoe Tops Women's Field*

### Ira, Bound for L.A., Bids D.C. Adieu

by Peter Nye  
WRC Staff Reporter

Mike Mansy and Al Naylor have been strolling down injury lane until recently when they mended and were able to take to the roads once again. Both showed they still have the right step at the fourth annual Hometown 15-Kilometer Run May 20 in Washington, D.C. Holding hands in a deliberate effort to tie, they won the event on a hot day from a field of 2,500 in a time of 48:57.

After them came a virtual deluge of WRC uniforms. Jim Hage came in third to complete the team sweep. Finishing fifth was Jack Coffey, followed by Peter Nye in ninth and Roberto Rodriguez in tenth to make WRC finishing six in the top ten.

In the women's division, Pam Briscoe won in 57:31 with a comfortable margin over Kathy Hibbert of the Rock Creek Running Club in 57:59. New WRC members Ruth Joyner and Becky Nolan came in third and fifth, followed by Coleen Troy in sixth. Chari McLean, another new member, was eighth, and Suzy Rainville was fourteenth. Because of a mixup, Nolan wasn't included in the team scoring, but WRC still won the women's team competition.

The team competition represented some breakthroughs in area racing. Not only did the WRC women win their team competition from teams such as the RunHers, but the men's masters took second place. This represented a significant challenge to local territory formerly dominated by the Potomac Valley Seniors.

Those who scored on the WRC master's team were Gerry Ives, Joe Luigiano, Ken Moffett Sr., Dick Good and Ron Ponchak.

WRC won first and third in the overall team competition. Ira Pesserilo had announced that he is moving to Los Angeles June 6 to continue his legal career and asked members to win the team prizes for him.

The team wins were a tribute of sweat to Ira and further reflect a deeper team effort in the form of coordination. Ruth Joyner and Jeff Reed telephoned members. Jeff also wrote checks and registered runners. On race day, Dan Rincon tallied results and handed them in to the officials for tabulation. Reed also had to do some smooth talking to overcome a

bureaucratic snafu which left Mike Mansy out of the race until minutes before the start.

After Mansy and Naylor crossed the line, officials gave the race to Mansy. Although Coca Cola sponsored the race, there was no prize worth giving away so it didn't really matter who won or finished twelfth.

Over the previous weekend, Naylor had won the Loudon Ten Miler in hilly Loudon County, Virginia, in 52:30. It was an easy win: "After the first 400 yards I was in the lead. It was embarrassing." He ran the Hometown Run as his version of a workout with Mansy.

Mansy had gotten over his smarting experience the week before from exposure to teammate Henry O'Connell. Just before the start of the Pierce Street Annex 10-Kilometer race in Washington, D.C., O'Connell told Mansy he was feeling down and wouldn't pose any competition. But when the race began, O'Connell sprinted away, built up a lead that Mansy couldn't overcome, and won a round-trip airline trip on World Airways to San Francisco.

Mansy had fallen prey to the oldest ruse in competition. He was mildly miffed. Then O'Connell met with Mansy. As they shook hands, O'Connell said, "I just want you to know I'm not in shape yet." Mansy's mood shifted to annoyance.

Shortly after, O'Connell cemented the relationship by waving the envelope containing the voucher for the airline trip in front of Mansy's face and said, "I can use this ticket to fly anywhere in the country, not just San Francisco."

This was trying Mansy's patience and considerable good nature. Exasperated, he vowed to several club members to "get even."

O'Connell, explaining he was perhaps misunderstood, said, "I don't want to sound conceited." Naylor was at his elbow. He smiled with memories of having been a roommate of O'Connell and said, "You are."

At the Hometown Run a week later, Mansy was awarded the win from Naylor. But O'Connell still had

The JUNE meeting will be held June 8 at 8:00 p.m. in the Customs Building, 1307 Constitution Ave., N.W. at 8:00 p.m. The meeting will feature Bruce Coldsmith, Jim Hagen and Dan Rincon on a panel addressing coaching techniques.

The JULY meeting will be held July 8 at 8:00 p.m. in the Customs Building, 1307 Constitution Ave., N.W. at 8:00 p.m. The meeting will feature a "Shoe Fair."

the last hurrah. He continues to hold the course record from two years ago.

Partial Results: 1. Mike Mansy and Al Naylor, 48:57; 2. Jim Hage, 49:23; 5. Jack Coffey, 49:44; 9. Peter Nye, 51:20; 10. Roberto Rodriguez, 51:24; 13. Lucious Anderson, 52:15; 24. William Larsen, 54:25; 25. Bruce Coldsmith, 54:27; C. Kunh, 54:58; Darryl Stewart, 55:14; Pat Carr, 55:16; Jay Jacob Wind, 56:08; A. McAlpine, 56:20; Roger Urbancsik, 56:45; Lloyd Shrager, 57:16; Joe Luigiano, 59:05; Ron Ponchak, 59:19; Gerry Ives, 61:27; Jeff Reed, 62:07; Ken Moffett Sr., 64:04; Dick Good, 69:02; Tony Teixeira, 92:05.

Women: 1. Pam Briscoe, 57:31; 3. Ruth Joyner, 60:36; 5. Becky Nolan, 62:56; 6. Coleen Troy, 63:06; 8. Chari McLean, 63:10; 14. Suzy Rainville, 67:23; Bobbie Bleistift, 72:20.

### CLYDE'S 10-K DRAWS CLASS FIELD; DOUB WINS IN 29:48; ROSASCO WINS WOMEN IN 36:01

by Don Pedro  
WRC Staff Reporter

While there were about a dozen races over the first weekend in May, the one that drew the best and the fittest was the Clyde's 10-kilometer race in Columbia, Md., May 6. There John Doub left no doubts. He won in 29:48, four seconds ahead of fellow Pennsylvanian Don Norman.

The first ten finishers were faster than the winners of other weekend area 10-kilometer races.

Gordon Minty of WRC/Nike realized during the event that he still wasn't recovered from his effort at the Boston Marathon which qualified him for the Olympic Marathon Trials. Finishing in 32:15, he won his age division in the 35-39 group, which got him a silver bowl for his efforts, but he failed to make the top 15.

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## 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 (455-0575)

**Secretary:** Keith Higgs (836-7284)

**Treasurer:** Jeff Reed (836-7284)

**Newsletter Editor:** Peter Nye (998-5467)

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**Race Management:** Mark Baldino, Chairman (451-6530)

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In the women's division, WRC's Coleen Troy chased Marge Rosasco of the Brooks Racing Team to the line for second place. Coleen finished in 38:23 to Marge's 36:01. WRC's Bernadette Flynn was fifth in the women's division, in 40:45.

The event got underway under a cloudy sky that brought rain as the lead group reached the midpoint of the rolling course.

Before the rain fell, the lead pack of Doub, Norman, Charley Cvrk of WRC/Adidas and Terry Baker of WRC/Kangaroos hit the first mile which was slightly uphill in 4:41. As the race developed and the rain brought to mind the marathon of the 1976 Olympics in Montreal, Doub pulled ahead of Norman and went on to win by four seconds.

At the same time, Baker was trailing Cvrk in fourth place.

"We were coming up on the finish and I was going to pass Charley," Baker recalled. "But damn if Mike Spindler wasn't standing on the sideline and called my name out. Charley realized how close I was and sprinted ahead. I never did catch him."

They finished third and fourth, with Cvrk in 30:33 and Baker five seconds behind. Baker held off Mike Monaghan of Baltimore, but both runners were awarded the same time.

Cvrk took home a new Peugeot bicycle for his work. Doub got a trip for two to Jamaica for three nights and four days. Norman had to have help to carry off his 19-inch color Sony television. And photogenic Marge Rosasco won a Nike camera.

Winner of the men's master's division was Joe Thomas of Nike/Allegheny, in 33:33. Dick Hipp of the GNATs was second in 35:01.

The race was put on with the help of the Howard County Striders.

Results: 1. John Doub, 29:48; 2. Don Norman, 29:52; 3. Charles Cvrk, 30:33; 4. Terry Baker, 30:38; 5. Mike Monaghan, 30:38; 6. Dave Rinehart, 30:40; 7. David Shafer, 30:43; 8. Mike Sheely, 31:08; 9. James Cooper, 31:11; 10. Jim Hage, 31:22; WRC finishers: Stan Fletcher, 32:42; Peter Nye, 33:06, Rick Shank, 35:40 (pr); Jack Moffett, 39:19; Ken Moffett Jr., 37:06 (pr).

### MICHAEL MUSYOKI BLITZES APPLE BLOSSOM 10-K IN WINCHESTER, VA., WITH 29:20

From Assorted Sources

At the Apple Blossom 10-kilometer race in Winchester, Va., May 5, African Michael Musyoki ran the first part of the race with Mark Stickley of Virginia Tech and Matt Wilson of WRC/Tiger. But after the first mile only Stickley could stay with Musyoki.

Stickley, a two-time high school wrestling champion from Virginia, could not grapple with the pace and left Musyoki to finish alone for a new course record in 29:20. Stickley finished second in 29:55, five seconds up on Wilson.

Rumor had it that Musyoki was given \$5,000 appearance money and was admonished not to run too fast.

WRC's George Keim was ninth in 33:08, Greg Shank was 10th in 33:40, and Ken Moffett Sr. ran 40:50.

## COLDSMITH MAGIC THWARTS TIM MINOR'S ATTEMPT TO STEAL ALEXANDRIA 5-MILER

by Don Pedro  
WRC Staff Reporter

Tim Minor sprinted away from the start of the sixth annual Run for the Children Five-Mile race in Alexandria Apr. 28 and established a 10-second lead by the first mile, in 4:45.

Behind him was a pack made up of WRC's Bruce Coldsmith, Jack Coffey, Peter Nye, unattached Jim Dare, followed closely by 500 others. Coldsmith, wearing the black colors of the Saucony Racing Team, then turned into sorcerer and edged away from the lead pack to bridge the gap to Minor.

The lead pair went through the two-mile mark in 9:51. But a half-mile later Coldsmith pulled ahead. He stretched his lead to about 150 yards by the finish near the Potomac River in Alexandria's Old Towne. Coldsmith's time on the out-and-back course of 25:12 beat Minor by 18 seconds, but was off from the 25-flat Minor ran last year.

In the women's division, Henley Roughton of the RunHers won with a time of 32:33. Roughton had recently returned from nearly two weeks of skiing in Austria where she didn't run at all.

The race, a fund raiser for a special children's fund for foster care, was sponsored by the Alexandria Department of Social Services and featured a list of prizes from which winners two-deep in each age group could choose. Coldsmith selected a weekend for two at a condominium at Bryce Mountain. Roughton passed up a wrist watch for a dinner for two at an Old Towne restaurant.

"I wish to thank the Boston Marathon for tiring Tim out," Coldsmith said after the race. Minor had run 14 miles of the marathon 12 days earlier before he pulled out with pain in his achilles tendons, although he said his tendons didn't bother him during the race.

Tim's wife, Janice, finished fifth in the women's division with 34:00.

Jack Coffey had turned age 30 two weeks earlier and was looking to win an age-group prize. When he paid his entry fee and registered, he casually listed his name as Igatoo Lenichi. But during the race, age-group competitor Jim Dare moved ahead by the two-mile mark, and when another age-group competitor, Tom Webber of the Red Rhino Running Club, opened a gap, Coffey opted to cruise.

Coffey discovered that moving into another age group doesn't always make for a soft landing. Bob Thurston, upon progressing recently into the master's division, concluded, "It's tough. They don't take prisoners."

The race was also part of Old Town's Seaport Festival which featured a mile-long race for waiters and waitresses. They carried a glass two-thirds full on a serving tray. First waitress and finishing third overall was WRC's Carolyn Ulrich, who works at an Old Town restaurant called the Penalty Box.

Partial results: 1. Bruce Coldsmith, WRC/Saucony, 25:12; 2. Tim Minor, WRC/Brooks, 25:30; 3. Jim Dare, unat., 25:51; 4. Tom Webber, NOVA, 26:02; 5. Jim Alexander, unat., 26:03; 6. Matt Coyle, unat., 26:08; 7.

Dennis Baker, WRC, 26:21; 8. Peter Nye, WRC, 26:27; 11. Jack Coffey, WRC/Adidas, 27:14. Other WRC finishers: 12. Jay Wind, 27:20; 14. Bob Trost, 27:55; 15. Pat Carr, 28:16; 17. Bill Larsen, 28:30.

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In addition to the Alexandria five-miler, there were 11 other races in the metropolitan District of Columbia, former D.C. Road Runners Club President John Davenport observed.

At the Springfield Rotary 10-kilometer April 29, Lucious Anderson ran 32:27 for second place, followed by Bob Cosby, fourth in 34:00.

Another second place finish for WRC came at the Highlander Five-Miler in nearby McLean where Roberto Rodriguez ran 27:40 on a rolling course which featured several turns. Carolyn Ulrich won the women's division.

Winner was Canadian Don Costello, who works at the World Bank in the District. Costello and Roberto were running together as they approached a hill leading to the four-mile marker. Roberto was planning to throw in a surge up the hill and roll on for the victory. But it was Costello who opened up a 20-second margin which he kept all the way to the finish.

After the race Costello had to endure someone telling him that he may have won the event in 27:20, but he didn't look like a runner.

A five-mile Road Runners Club championship in Rock Creek Park between the D.C. Road Runners and the Montgomery County Road Runners ended in a victory for the MCR. The score was 404 to 665.

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Darryl Stewart continues to make gains on the roads. On May 12 he went home a winner from the Race for the Race Five Miler in Rock Creek Park. His time was 25:49.

## WHAT'S UP AROUND WRC AND THE REST OF THE WORLD AS WELL

by Don Pedro  
WRC Staff Reporter

Two WRC members are marching in formation now instead of running in packs. Tim Tays recently enlisted in the U.S. Army. He's going through basic training in Fort Benning, Ga., and afterward is hoping to get stationed at Fort Meyer.

Kevin McTigue is in training to be a U.S. Navy pilot. You will recall that he worked as bartender at the 21st Amendment in Washington, D.C., and managed a shoe store in Bethesda called Sneakers. Kevin, 26, is already a gentleman and is on his way to becoming an officer.

Those who want to write to Kevin can reach him at:  
AOC(P) McTigue, William K.  
CL 16-84 BATT II  
AOCS NASC  
NAS Pensacola, Fla. 32508...

Dave Theall has announced he is retiring in August from his job at the Department of Health and Human Services where he worked for 27 years. Over the years, Dave has done a lot to help local clubs. In 1973-74 he served a term as D.C. Road Runners Club

president — between Gar Williams and the late Rod Steele.

Dave also has helped create most of the area running clubs. In 1972, he and Jeff Darman co-founded the D.C. Harriers. Five years later the club split over the issue of whether or not to join the Amateur Athletic Union.

Those former Harriers who split formed their own club, the National Capital Track Club, called Nats, which became for pronunciation's sake GNATS and appears on their jerseys. Meanwhile, the Harriers, continues as a club, although Dave didn't stay with either.

He went on to form the Rock Creek Running Club in September, 1980. Through the years he has helped to form other clubs, particularly the Beltway Striders and Capital Hill Pacers. The Striders continue to flourish, while the Pacers exist chiefly as a social club with runs Saturday mornings out of the Washington, D.C. Sailing Marina near National Airport.

Dave is no longer a member of the RC<sup>2</sup>, however. For reasons that are unexplained, he is a member of the GNATS. But this summer when he retires, he'll have more time to form more clubs. . . .

Speaking of clubs, former WRC member Marc Sangerbusch has broken away to form the Red Rhino Running Club. Among those he's recruited are his brothers — Ernie and Eric — and Tom Webber, who won the AT&T Communications 5-kilometer race May 12. . . .

Neatest headline of the season goes to the Apr. 29 issue of *The New York Times*. The headline writer for an article about the Trevira Twosome 10-mile race the day before in Central Park got the two-some confused with the length of the race so that the head read, "Barie Team Wins in Two-Mile Race." Zakarie Barie of Tanzania teamed up with Carol Urish-McLathie of Houston to win the combined time of 1:42:23.

Race winner was Dave Murphy of Britain, in 46:42. Barie was second in 47:00, and Bill Rodgers was third in 47:46. Urish-McLathie won the women's in 55:15, well up on Fordie Madeira of Sherborn, Mass., in 56:59.

Noteworthy finishes were Craig Holm and his wife Kare Cossaboon-Holm who finished third in 1:46:39. Cindy Dalrymple of Washington, D.C., teamed up with Bernie Allen to finish seventh overall. Bernie came to these shores from England as a graduate student at the University of Maryland and has won a fair number of local races. He used to do interval work with Bruce Robinson and Phil Stewart, with Bruce and Phil running the inside lane and Bernie running the outside lane. . . .

But the *Times* did redeem itself by publishing the news that competition stalwart Grete Waitz was beaten Apr. 30 for the first time in 14 years by a compatriot on home ground. Ingrid Kristiansen won the Norwegian 6-kilometer (3.7-mile) cross-country title by running 16 seconds faster than Waitz. Kristiansen also won the 2-kilometer title, a race that Waitz did not enter.

Kristiansen went on to win the London Marathon May 13 in 2:24:26. She took two minutes from the

mark that Grete had set in London, and hers is the fastest woman's time of the year thus far. Kristiansen, 27, had a previous pr of 2:27:50 which she ran at the Houston Marathon in January. . . .

In other speedster developments, Sydney Maree, originally of the Union of South Africa, was sworn in as a U.S. citizen Apr. 30 in Philadelphia. Maree, 27, had to wait only three years for citizenship rather than the standard five because he is married to Lisa Rhoden, a member of the Florida State University track team.

As a U.S. citizen, Maree will no longer be denied the chance to compete internationally because of the apartheid policies of the other USA. An alumnus of Villanova University, Maree last year broke Steve Ovette's world 1,500-meter mark, only to have Ovette reclaim the record not long after. . . .

You, too, can set a record in the mile this season by running in the Arlington Dream Mile, set for 9:30 a.m., Saturday, June 9. The race will start at Jackson School on Wilson Blvd. at George Mason Drive in Arlington and head west down Wilson to finish at the Bluemont Park. The undulating course drops a net 50 feet in altitude.

Entry is \$1. The race will be put on by the Thomas Jefferson Community Center Road Runners who will be getting help from the Potomac Valley Seniors. For further information, send a self-addressed, stamped envelope to the T.J. Community Center, 3501-South Second St., Arlington, Va. 22204. Tel. (703) 553-8522. . . .

John Lott is leaving at the end of the summer for graduate school at the University of Florida in Gainesville where he will tackle the Ph. D. curriculum in coastal engineering. He expects to do more bike riding down there.

His roommate, Tem Washington, will take the week-long architect's exam in June. Tem got his graduate degree in architecture from Virginia Polytechnic and has served a draftsman apprenticeship at the firm of VVKR in Old Town, Alexandria. We should be able to trust an architect whose Christian name is Temple. . . .

More wedding bells for another WRC member rang May 6 for Jim Hagen and his new wife, Fran "Frantic" Eisenstat. Jim, who has been successfully coaching Pam Briscoe, met Fran where they both work — Britches clothing store on Connecticut Ave.

Jim knows a lot about clothes. When he met Bob Cosby he said without hesitation, "39 Long, right? Glad to meet you." While watching strippers with other WRC members in Archibalds bistro in downtown Washington, D.C., at a stag party club members held for Will Albers, Jim held forth with great erudition and perseverance.

To Jim, the quintessential fashion plate is Edward VIII, the English king who abdicated the throne in 1936 for Mrs. Wallace Simpson, the divorced American woman. Edward VIII was better known as "David" and was one of the more popular Dukes of Windsor.

"A great dresser," Jim said of David that night in Archibalds as a nubile dancer molted from her lingerie. "His trousers were pinch-pleated, his jackets were

double-breasted. Everything he wore was terrific. He was the best." □

**ROOMMATE WANTED.** Tem Washington seeks roommate to share apartment in Springfield, Va. Located in quiet area that has quick access to expressway. For rates and details, call Tem at: 549-9200 (w) during the day or 451-0458 (h) evenings and weekends. Wants nonsmoker.

## HELPING HANDICAPPED IN ACHILLES TRACK CLUB PROVES TO BE WORTHWHILE SURPRISE

by Bruce Coldsmith

Jeff Reed and I left home about 10 a.m. recently and jogged to the local Metrorail on our way to help the Achilles Track Club. The ATC, consisting of handicapped runners from the New York area, is funded in part by the New York Road Runners Club.

As we jogged the mile to the station I expressed doubts. Ostensibly we were to help the handicapped runners across the streets to help signify to the non-runners that these handicapped runners were accepted by the "running community." I wondered out loud about our ability to signify anything about these athletes in as much as they neither need nor ask our acceptance. I also wondered if we only served to point out the handicaps of the athletes even more by running with them, and if we were not implying that they couldn't run the mile down the Washington mall by themselves.

When I mentioned these suspicions to Jeff as we ambled across a vacant lot near the Hyatt Regency Hotel he said, "Uhh." Knowing Jeff as I do, however, that meant, "Yes Bruce, I was just now thinking the same things and having the same doubts. However, let us proceed with no prejudices." Jeff is a man of few words but great meaning.

We got off the Metro at the Archives Building and jogged the mile to the Washington Monument. On the way we hurdled several ropes put up across the mall to keep people from creating new paths in the grass.

When we got to the monument, Alan Roth was there with a few of the Achilles members. We introduced ourselves and set about planning the course of the run, back towards the Capitol. It seemed the course ran back through the ropes we had just hurdled, so the course was changed to circumvent them.

As we waited for the run to begin, one of the ATC members came up to me. I was wearing my Saucony racing team outfit and he asked me if I ran for Saucony. When I said that I did he then asked me if that wasn't Rod Dixon's club.

"Yes, he also runs for Saucony," I said. "But he and I did not run together, and I had never met him."

"Oh, I met him last year after the (New York City) Marathon. We went to the White House together."

He was on crutches and had one leg. He maneuvered with such agility that he reminded me of a gymnast more than a runner, although he was obviously a good runner.

When we started the run, Ken Moffett, Jeff and I would run ahead to the intersecting streets to stop the traffic while the handicapped runners passed. We caught one woman driver in the middle of a left turn. She waited only a few seconds before rolling down her window and said, "You can't hold us here this long."

I smiled at her, the same smile I have when I know I have a runner in hand, when the race is all but over. I was wondering how long I actually could stand there holding up traffic, but soon I was off to another street.

I jogged with another Achilles runner, who has cerebral palsy, as we neared the Capitol. He was leading at that point.

"Do you always train this fast?" I asked. We were hitting about 7:30 pace.

"Yes, I train three days a week like this in Central Park."

"Wow," I said, trying to impress him with my vocabulary.

"I ran a race in Madrid a few weeks ago."

"Geeze, that's great," I said.

As we approached the end I saw Ken Moffett helping a woman in a wheel chair who was having problems with the gravel on the mall, as were most of the wheel chair people. It was hard to tell who was having more fun — Ken pushing her, or she travelling that fast. Another woman in a wheel chair never stopped smiling the whole way. She had this great smile that glittered like the Big Apple itself. Another Achilles runner was leaving soon for the London Marathon on May 13.

By the time the press and the White House people left, Ken seemed to know all the Achilles Track Club members and was trading jokes with them. As Ken, Jeff and I jogged away, Jeff seemed to sum it up best.

"Uhh," he said.

Ken and I both knew intuitively that he meant, "It's nice to be able to run, and do something that's worthwhile."

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## CLUB RACE SCHEDULE

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|         |  |           |
|---------|--|-----------|
| June 2  | Bull Run Regional Park 10-K<br>Fairfax, Va.        | 8:15 a.m. |
| June 9  | Alleghany 15-K<br>Cumberland, Md.                  | 9:00 a.m. |
| June 14 | DCRRC 10-K<br>Carderock, Md.                       | 7:00 p.m. |
| June 26 | DCRRC 5.5-M<br>Ft. Dupont, D.C.                    | 7:15 p.m. |
| July 4  | DCRRC 15-K<br>Tacoma Park, Md.                     | 5:15 p.m. |
|         | (Take a picnic and watch the fireworks after dark) |           |
| July 14 | Moonlighter 8-K<br>Rockville, Md.                  | 8:30 p.m. |

## HAIL AND FAREWELL, WCRI!

Well, team mates, this is it. I'm finally doing what I

said I was going to do for a long time: I'm going home to California. Over five years ago, I came into town as a newly minted attorney, with dreams of becoming a Washington Super Lawyer. Career-wise, I found things to be disappointing, unhappy, and unfulfilling. Personally, I found something I never thought I'd find.

I guess it began in October, 1979 when I took a trip to Rhode Island to see Lou Azie, my best friend since I was eight. He is an avid runner. At the time was training for his fifth marathon. Since I hadn't seen him in a while, I went out with him (as long as I could) in jeans and a pair of \$12 sneakers. Even though I could barely do a quarter mile, I fell strangely in love with this crazy sport. It was then, after 29 sedentary years, that I decided to get into shape by running.

A year later, I had sent in my entry to run the Marine Corps Marathon, and was worried about this pain I had in both knees. Wandering through Georgetown during lunch one day, I saw a new running store about to open and walked in. I spent about a half hour talking with the manager, who as you might have guessed was Bruce Robinson. After disaster struck at the twelve-mile mark of the marathon, Bruce became my chaplain, as I spent about two months commiserating with him about my introduction to that other phase of athletics—overuse injury. After the trips to Dr. Konecke's office, the orthotics, and the stretching, and the wait, I returned to the roads unsure if I'd ever do a marathon.

In the summer of 1981, Bruce told me that I ought to go to a WRC meeting one Friday night. It would be a chance to drink some beer, talk about running, and drink some more beer. That's how I first came to be part of the Washington Running Club.

Looking back, I'll always remember Washington as the time in my life when I took care of myself, and in my third decade of life, became an athlete. I couldn't have made it without all the help I was given by WRC. Let me give special thanks, first and foremost, to Dan Rincon, whose coaching and confidence helped me finally run that Marathon, and to Will and Laura Albers, Dave Asaki, and Lisa Hamm (my "wife") for cheering me on at the marathon; to my fellow Arlingtonian Jay Wind; to everybody who was at that picnic two years ago (oh yeah!); to Pat Neary, WRC's resident grown-up; to Ken Moffett, for just being Ken Moffett; for Peter Nye for taking care of the newsletter that I will continue receiving in California; to the gang at Thomas Jefferson Community Center where I had a place to run in bad weather, and got two pieces of hardware to boot; and finally, to Al Naylor, Mike Mansy, Jack Coffey, Suzy Rainville, and everyone else who ran the Hometown Run. When I asked everyone to run extra hard for me, since that would be my last race with the WRC, Al said "I'll run like hell for you Ira." He spoke for everybody; I'll always believe my name is on that team trophy.

Finally, thanks to the WRC for being there. I hate to leave, but I've got to move on professionally, and I have to go to California. But let's not get mushy in the final hour, sports fans. Let's once again engage in some all-around bad taste and tomfoolery. Yeah, that's right, for one last time I'm gonna do...

## **RUNNING ON EMPTY (still Ira after all these years!)**

Tell me, sports fans, what is the worse thing you can imagine happening to you on the road? Discovering that you put your orthotics in backwards at the 20-mile mark of a marathon? Discovering at the three mile mark of a 15K that you forgot to go potty that morning? Meeting the red head with the rear end and discovering that she's married? Worse? Okay, how about getting passed by Ira Pessarilo at the eight-mile mark of the Cherry Blossom Ten Miler. That actually happened to a certain team mate who shall remain nameless. Better do some more intensive training, team mate.

The men of WRC sunk to a new level of degeneracy a few weeks ago at Will Albers's last bachelor party, at Archibalds, a strip joint on K Street. In attendance were Jeff Peterson, Keith Higgs, Bruce Coldsmith, Alan Roth, Pat Neary, Jim Hagen, Peter Nye, Bob Trost, Jeff Reed (apparently the subscription we gave him to Penthouse, and the Frederick's of Hollywood nightie we gave Mary paid off), Mark Baldino, Mark Albers, Kevin Breeman, Bruce DeWald, Will, of course, and yours truly.

Special awards to the first guy to stick a dollar bill in a naked stripper's garter goes to Bruce DeWald (an honorary WRC member), sexiest bald head to yours truly, and stretching credit to the limit award to Jim Hagen for trying to tip a stripper by MasterCard! As you can see, the boys are getting worked up for this summer's picnic. Laura, I hear, had a last bachelorette party, but no word as to what, if any, Tomfoolery took place.

Also, sports fans, I must report that the wedding went all beautifully, with only one hitch; Will and Laura getting hitched (Hey, look sports fans, not all of my remarks can be jewels!). And sports fans, what a wedding it was. Good luck, and good life, Will and Laura.

Club loyalty pays off. Jay Wind loved the Georgetown 10K course when he ran the race in its first year. But the next year it became a designated club race and Jay, loyal as he is, would no longer run the course he so enjoyed. This year, the Blake Heart Run used the Georgetown 10K course. Not only did Jay run, but he took seventh overall and second in his age group, winning a medal and a hard hat.

Talk about odd couples... Carolyn Ulrich's new roommate is the super master Cindy Dalrymple. After a bad ankle injury, Sweet Carolyn is back on the roads and working in the Penalty Box in Olde Town, Alexandria.

Well, sports fans, hail and farewell, until we meet again. And remember, nothing is forever in this world, not even toodleoooooooo!

## **LILAC 10-K IN ROCHESTER, N.Y., FALLS BETWEEN OLYMPIC TRIAL DATES; NEW COURSE RECORD SET**

*by Robert Trost  
WRC Roving Reporter*

Temp. 61 degrees fahrenheit; 74 percent humidity; wind calm; overcast sky

Like the swallows returning to Capistrano, I made



my annual spring trek back to my hometown of Rochester, N.Y., again this year to run the Manufacturer's Hanover Lilac 10-Kilometer May 20. This race is held every spring in conjunction with the city's week-long celebration of the Lilac Festival.

My trip took on special meaning, since it was also my parents' 45th wedding anniversary. I saw relatives I hadn't seen for several years.

The Lilac 10-K is a well run race stocked with the best competition, locally and nationally. This year's field was a little thin (*No pun intended — Ed.*), however, as it fell between the Olympic marathon trials for men and women. Nonetheless, 2,727 runners entered. Bruce Bickford of Massachusetts won it in 28:48 — a new course record.

Christine Hughes of New Zealand won the women's race in 34:28. She is training in upstate New York with her boyfriend, Pete Pfitzinger. Pfitzinger, a Rochester native, like Craig Holm was resting in preparation for the trials in Buffalo the next week. Neither ran.

Bickford, who ran 27:50 for 10 kilometer at the Penn Relays Apr. 26, ran so comfortably in this year's Lilac 10-K that it prompted runner-up Dan Tredmore to say, "Bruce looked like he was jogging."

My race went as planned through three miles. But then I just ran out of gas. I ran the uphill first mile in 5:45, with 11 minutes flat at two miles, and 16:32 at three. That's where I wanted to be because it is a downhill finish.

I'd rather not mention the rest of my splits.

I finished 10th in my age group with a 35:15, a few seconds ahead of Washington's Cindy Dalrymple of the Brooks Racing Team. She finished third among women. Cindy was two steps behind second-place finisher Sue Crowe of State College, Penn.

The next morning, I was surprised to see Cindy's official time in 34:55, and Sue Crowe's time was given as 34:52. So I suspect my official time will be 34:53. I don't know how the officials screwed times up like that. They may have got a chute mixed up.

Some other runners of interest at the event were Barry Brown, master runner Bill Stewart, and Nancy Mieszczak of Buffalo.

As I was warming before the race with high expectations of placing high in the 35-39 age group, I saw Barry Brown. I shouted to him, "Did you turn 40 yet?"

He replied, "July." That meant I already gunning for second place even if I ran a perfect race.

Barry finished tenth overall in 30:15 — faster than he did last year when he was eighth and ran 30:21. I don't think he was even keying on the race this year.

Nancy Mieszczak ran a fine race considering her previous week's effort at the Olympic Trials Marathon in Olympia, where she finished 37th in 2:40:57. In the Lilac 10-K she was fourth, close behind Cindy. She ran about 35:19, although it won't come out in the paper that way.

In other developments, Bill Stewart was 15th overall in 31:13. Dan Tredmore ran 29:16 for second place. Peter Cooke of Paoli, Penn., ran third, 29:30.

**BULLETIN BOARD**

**HECHT COMPANY 10-MILE RACE:** June 3. All members should work the race. We get \$1,000 plus 70¢ for each of the first 1,500 runners, and 85¢ each for all runners over 1,500. Bruce Coldsmith and Al Naylor will be race co-directors. If you don't sign up, you will be called and then assigned. Here are some suggestions and telephone numbers for volunteering:

Jay Wind (920-5193) is handling registration. He needs package stuffers for Thursday and Friday nights. Mark Baldino (451-6530) is working the finish line. Bob Trost (931-8809) is coordinating course marshalls. Ruth Joyner (978-2136) is doing the water stops which we all know is a vital job.

The Club Picnic will be held on Sunday, 21 July at 12 noon. Place to be announced. Call the Club telephone number for further details.

Club uniforms available. Pat Neary has a limited supply of club uniforms available. He will have them with him at the Hecht's 10-mile race and at the June Club meeting. You can also call the Club telephone number and place an order.

For Sale. Olympic tickets available for all track and field and closing day activities. Contact: Jack Coffey, 836-8400

**GROUP RUNS**

| Day/Time            | Location                                 | Pace                 | Contact                                      |
|---------------------|--|----------------------|--|
| Tues. 6:30 p.m.     | Fairfax Running Ctr.                     | 10M @ 6-9 min.       | Jim Roberts 549-768?                         |
| Mon.-Fri. 3:00 p.m. | Mont. Community College, Rockville       | 3-15M @ 7-8 min.     | Lloyd Shrager 424-7160                       |
| Sun. a.m. (varies)  | Royal Mile Pub, Price Ave., Wheaton      | Varies               | Ray Morrison 946-4511                        |
| Tues. 5:00 p.m.     | Byrd Stadium, U. of Md., College Park    | Track                | Dan Rincon 454-4811<br>Bernie Flynn 983-0619 |
| Sun. 7:30 a.m.      | Carderock, Md., Picnic Area              | 10-20M @ 6-8:30 min. | Pat Neary 455-0575                           |
| Sat. 7:30 a.m.      | Lake Accotink, Springfield, Va.          | 10K @ 5:30-8:30 min. | Rusty Donahue 455-4190                       |
| Sat. 6:15 a.m.      | Saratoga Shopping Ctr., Springfield, Va. | 10-16M @ 6:30-7:00   | Pat Neary 455-0575                           |