

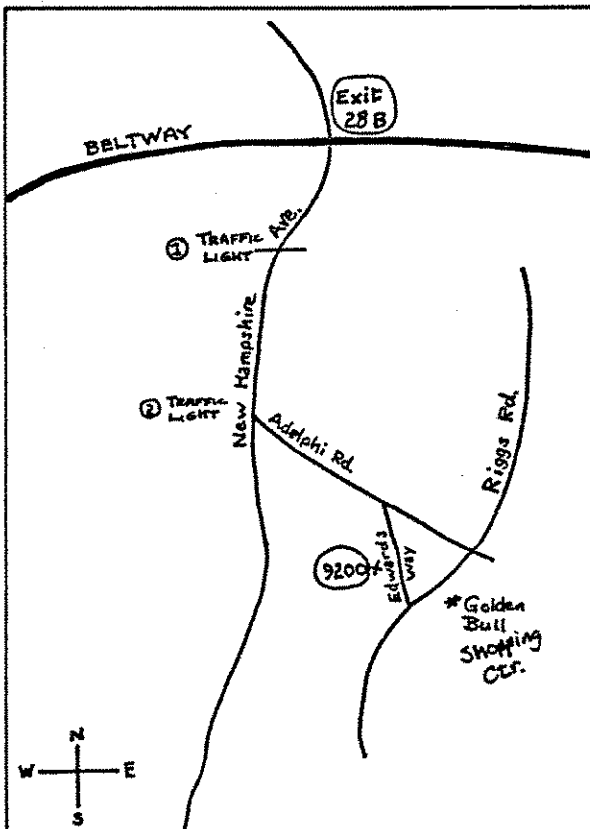
Washington Running Club ★ Newsletter

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August 1984

The AUGUST meeting of WRC will be held at The Racquet Club, 9200 Edwards Way, Silver Spring, MD, on Friday, Aug. 10. Directions: Take 495 to the New Hampshire Ave. South exit (28B). Go through two traffic lights and take a left on Adelphi Road. Turn right on Edwards Way at the bottom of the hill. The Racquet Club Apartment Building is on the right. The meeting will be in the party room. This is a Potluck Dinner meeting. A TV will be available for the Olympic Games Junkies.



For those who are going to the Virginia Ten Miler in Lynchburg in September, please get in touch with Bob Trost if you are over age 30 and want to run on the WRC team. Deadline is Aug. 9. If you don't see Bob at a race, you can call him at home: 931-8809, or leave a message at his office: 676-6150. Good luck at Lynchburg, a.k.a. City of Seven Hills. □

ROCKVILLE MOONLIGHTER 8K NETS JOHN DOUB TRIP TO PARIS; KATHY HIBBERT, NEW ORLEANS

by Bob Trost
WRC Roving Reporter

Shortly after the first mile of the Moonlighter 8-kilometer July 14 in Rockville, the men's race became *manos a manos*.

A pack of four went through the slightly downhill first mile in 4:24, but by the two-mile marker it had boiled down to WRC's Terry Baker of the Kangaroos Racing Team and John Doub of Nike who were alone in front. They sped through the two-mile point in 9:15, following the pace vehicle which was a silver DeLorean gull-wing car.

With first prize being a round-trip plane ticket for two to Paris, Doub decided to solo to the finish. He surged as he and Baker headed for the midpoint of the race and opened a few strides on Baker. Doub went on to win in 23:58 to Baker's 24:05.

WRC President Alan Roth, who was race announcer and handed out the awards, explained rather defensively, "Our second-place award is nice also."

Baker's effort got him a suit. Not a law suit or three-piece business suit, but a Brooks Gortex running suit.

The women's race was quite tactical. I got a good view from the rear (Ira made me say it!). Jessica Space, a miler from the University of Richmond, went out fast and cruised through the first mile in 5:21. I was running with Kathy Hibbert of the Rock Creek Running Club, and we went through the first mile in 5:24.

Hibbert looked over at me and asked casually, "How's it going, Bob? Nice night for a run."

Well, it was a beautiful yet warm Saturday night. The race started at 8:30 p.m., and we were running under lights. But I shook my head at Kathy's coolness. Jessica Space was not going to win this race without a fight, I thought.

Kathy and I went through two miles in 11:20, and three in 17:13. Ms. Space was still ahead of us a little.

Soon after three miles, Kathy surged up a hill that left Space behind, gasping for air. Kathy went on to win easily in a new pr of 28:33. Space was second in 28:50.

For winning, Kathy got a round-trip ticket for two to New Orleans. Space, for finishing runnerup got ... you guessed right — a warmup suit.

Mary Ellen Williams was the first WRC woman finisher, in third place with 29:50.

Terry Baker said at the awards presentation that he had been counting on winning the race for the trip for two to Paris. He had already promised the trip to

three women. (Terry had his own run-off contest in mind to determine who would make the final cut—*Ed. note.*) He then went on to explain at the awards presentation that he would have to be happy with dividing up his running suit, since he runs for 'Roos and the suit was made by Brooks.

After the race I went back out and ran the course again. It didn't seem that demanding at an eight-minute pace. When I got back to the finish, the awards were just concluding. Although there were a few hundred runners left, almost everyone got a random award. I "won" a copy of Kenny Moore's book *Best Efforts*.

Who said you can't win a prize by training 80-100 miles a week at an eight-minute pace?

Results: 1. John Doub, Nike, 23:58; 2. Terry Baker, WRC/Kangaroos Racing Team, 24:05; 3. Ken Holla, 24:30; 4. Jim Hage, WRC, 24:43; 5. Jim O'Keefe, 24:58; 6. Jeff Peterson, WRC, 24:54; 7. John Aries, 25:00; 8. Dan Quinn, 25:03; 9. Dave Shafer, WRC, 25:10; 10. Stan Fletcher, WRC, 25:20; 14. Lucious Anderson, WRC, 25:35; 15. Mike Woolsey, WRC, 25:40; Other WRC members: Greg Holder, 25:55; Dan Rincon, 26:30; Greg Shank, 26:31; Bob Cosby, 26:58; Bob Stack, 26:59; Jack Coffey, 27:10; Mike Spindler, 27:14; Vassili Triantos, 27:43; Bill Larsen, 27:58; Ray Morrison, 28:22; Rick Shank, 28:56; Bob Trost, 28:57; Bob Williams, 29:50; Keith Padgett, RC, 29:57; Jack Moffett, 30:59; Ken Moffett, 31:40; Jim Frech, NOVA, 33:24; David Derri-cotte, 38:22.

Women: 1. Kathy Hibbert, RC, 28:33; 2. Jessica Savage, U. of Richmond, 28:50; 3. Mary Ellen Williams, WRC, 29:30 (approx); 4. Colleen Troy, WRC, 30:13; Martha Vogel, 30:20; 6. Barbara Frech, NOVA, 30:42; 7. Gretchen Triantos, Unat., 30:44; Other WRC finishers: Patty Deuster, 31:00; Betty Blank, 31:47, Suzy Rainville, 32:30. □

Washington Running Club

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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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Membership: Coleen Troy, Chairwoman (530-9536)
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WRC'S PATTY PEOPLES RACES 616-MILE TOUR DE FRANCE, HELPS U.S. TEAM WIN

by Peter Nye
 WRC Staff Reporter

Patty Peoples participated in sports history in July when she finished 16th general classification in the first women's Tour de France. She rode *domestique*, where she worked to put the race results of her team members before her own, and helped the U.S. women to first and third overall by the end of the 616-mile event. It finished up at the Arc de Triumpe in Paris July 22.

"We were not as tired as I expected we would be," she said in a telephone interview after she returned to her home in Gaithersburg.

"We didn't have to worry about the little things. We didn't have to worry about where to eat because we ate in the hotels where arrangements were made for us. We had a mechanic who took care of our equipment. All we had to do was eat and rest and race. It's amazing what you can do when all you have to do is perform."

Patty, 27, has been in bicycle racing only since January. This represents a phenomenal adaptation to cycling as well as a jump from regional to international competition.

Cycling in a triathlon contrasts sharply with regular bicycle racing such as in *Le Tour*. In a triathlon, cyclists time trial individually. Penalties — even disqualifications — are levied on those riders who draft behind one another. Regular bicycle racing consists of a massed start, with racing that is marked by hard surges and team tactics. Drafting is crucial.

A graduate of the University of Maryland, her first foot race was the Bonne Bell 10K in 1981, about the time she joined WRC. Later that year she ran the Marine Corps Marathon and subsequently went into triathalons which include cycling.

It was as a triathlete winning the Rico East Coast Championship in Barnegat Lake, N.J., last September that she caught the attention of Mike Fraysee, U.S. Cycling Federation secretary, who helped her get an invitation to the U.S. Olympic Training Center in Colorado Springs in January. There she trained with the best in the nation, including Rebecca Twigg and Connie Carpenter — both of world champions.

"I was so new to cycling that I didn't know anybody's names," she said. "I was real green."

Yet she succeeded in gaining a ride at the month-long Tour of Texas in March. The races there were hard. Originally intended to be training races to enable riders to race to fitness, most everybody arrived in Austin for the start already sharp and ready for competition.

She went on to qualify for the U.S. Olympic Trials on the selection of U.S. Cycling Federation Coach Eddie B. (for Borysewicz) after a tire punctured at her regional trials. When the U.S. Olympic cycling teams were selected, members went off to compete in the pre-Olympic buildup Coors Classic stage race in Colorado. The Coors Classic this year had fields made up exclusively of Olympians from several countries.

With *Le Tour* inaugurating a women's event, a

team of six U.S. women riders was organized. Patty was included, chiefly because of her performances in the Olympic trials held in June in Spokane.

Each of the women's 18 Tour de France stages over 22 days went about a quarter of the men's, whose race totalled 2,498 miles. The women's stages ranged from 60 to 74 kilometers, and one time trial was 12 miles. Their stages preceded the men's by two hours daily. Other women's teams were made up of two teams France and one each from Holland, England and Canada.

The Dutch women were a threat to the U.S. team in the flat stretches. Over the hilly portions, however, the U.S. riders went on to take over the team competition. Marianne Martin of Boulder won the Queen of the Mountains jersey and won the overall race. Deborah Shumway of Long Beach was third.

Patty's riding was a great adventure. For her efforts, she got a new Vitus, a quality French racing bike, to ride in the race and then keep.

The hardest part of the racing was the three days of French Alps. "We would climb for an hour, hour and a half at once," she said. "The descents were scary. We would go 60 miles an hour down little narrow roads. I would rather climb than go down the descents."

All along the way, spectators lined the roads and cheered. "They gave us a lot of support. People gave us sponges. They gave us water. It really increased our morale. Racing the tour was like living a fantasy."

In the last 10 years, U.S. women cyclists have won respect from other competitors by winning several medals in international competition. That was reflected in the support the team Patty rode for.

"The French loved us," she said. "We heard them cheer for their own team members, and us, too. They thought that if their country couldn't win, then they wanted some one to win whom they could respect."

ARLINGTON PARADE MILE WON BY RICK GARCIA

by J. J. Wind
WRC Correspondent

Rick Garcia of Blacksburg, an Olympic Trials qualifier at the 3K steeplechase, led a parade of 40 runners down Wilson Boulevard with a 4:15 mile on June 9.

Another runner was half a second back, and Arlington's 44-year-old miler, Chuck Vehorn, was third in 4:20.

Harry Cross, also over 40, was seventh in 4:36, Doug Bulcao eighth in 4:38, and I was ninth in 4:41. They gave me no mercy.

Estelle Roth won the women's 20-29 division (believe it) in 8:49, a pr.

To those who say you could have run faster or set a pr yourself, I say, You should have been there!

☆☆☆☆ WANTED ☆☆☆☆

Club runners for CHARLESTON DISTANCE RUN (15 miles), Saturday, Sept. 1. Contact Keith Higgs at: (703) 836-7284. Some rooms available, possibility of some travel money from race director.

Club runners for PHILADELPHIA HALF MARATHON, Sunday, Sept. 16. Contact Pat Neary at: (703) 455-0575. Course is fast — expect a pr.

Club runners for MARINE CORP MARATHON, Sunday, Nov. 4. Contact Pat Neary at: (703) 455-0575.

MINUTES OF WASHINGTON RUNNING CLUB MEETING, FRIDAY, 13 JULY 1984

The meeting was called to order by WRC President Alan Roth, who announced that the Shoe Fair has been postponed until a later date.

Committee representatives gave reports.

SOCIAL COMMITTEE: Last-minute reminders were given concerning the Club Picnic and the post-Moonlighter Party at the Royal Mile Pub.

MEMBERSHIP: The Membership Committee is culling the membership list of "free riders."

RACE MANAGEMENT: The committee reported that the Mall will not be available for future races. The Pepsi 10K race is coming up in September. Several members expressed concern over the organization of this race. They believe that the race managers have not considered runners' needs. It was noted that Pepsi Cola has not made any effort to maintain good relations with the running community. The Hecht Co. 10-Miler could be replaced with a Hecht/Diet Pepsi 15K over a less challenging course (possibly Mount Vernon to Old Town, Alexandria). The October Georgetown 10K race is doing well — 500 entries already — and has a great poster. Roth suggested that the club look into putting on a short-distance Corporate Challenge-type race in D.C. if we can get a sponsor. Such races have enjoyed huge success in other cities.

COMPETITION COMMITTEE: The committee representative reviewed the list of races the club has allocated money for members' expenses: Asbury Park, Charleston, Philadelphia and Marine Corps, (*see elsewhere in this issue for dates, etc.*). Al Naylor is putting together a team for Asbury Park. Mark Baldino has entry applications for Falmouth. Pat Neary has uniforms available and asked if there was any interest in getting a long-sleeved T-shirt with "WRC" printed on the sleeve (approximate cost \$6.50).

LEGAL COMMITTEE: By-Laws are being reviewed by Jack Coffey.

TAC LIAISON: Norm Brand asked if there were any suggestions on rule changes for the upcoming TAC National Meeting. He noted that beginning on Jan. 1, 1985, TAC-certified course measurement requirements will be more stringent.

TREASURER: Money from the WAVA and Hecht races is still outstanding. The club has a balance of \$3,556.64.

OTHER BUSINESS: Norm Brand asked whether the Washington Running Council could take up the issue of runners competing for more than one club. Presently there are stringent rules against this. These rules have not been enforced on the local level, but they are on the books.

CLUB RACE SCHEDULE

18 Aug.	Asbury Park 10K Asbury Park, NJ	9:00 a.m.
26 Aug.	Falmouth 7.1M Falmouth, MA	9:00 a.m.
26 Aug.	Annapolis 10M Annapolis, MD	7:30 a.m.
1 Sept.	Charleston 15M Charleston, WVA	
16 Sept.	Philadelphia ½ Marathon Philadelphia, PA	8:30 a.m.
22 Sept.	Moving Comfort 10K Hains Point	8:00 a.m.
30 Sept.	Lynchburg 10M Lynchburg, VA	8:00 a.m.

BULLETIN BOARD

COURSE MEASUREMENT WORKSHOP: Bob Thurston, Potomac Valley Course Certification Chairman, will lead a workshop on measuring and certifying running courses:

DATE: Saturday, Sept. 15, 1984

TIME: 6:30 a.m. until 12:30 p.m.

PLACE: Thomas Jefferson Community Center,
3501 S. 2nd St., Arlington, Va.

COST: \$25.

The agenda includes: calibrating a bike, measuring a course, paperwork needed for certification, calculations, map sketching. Refreshments will be provided.

You will need a bike and a "Jones Counter" (these cost \$20 and are available from New York RRC — we can arrange to get one for you).

If interested, send SASE for further details to: Bob Thurston, 2135 Newport Place, N.W., Washington, DC 20037, or call (202) 293-7009. Final details will be available around the last week in August.

HOUSE WANTED: WRC needs a centrally-located house with a large rec. room to enable us to hold our monthly club meetings in a more casual atmosphere. Call the club number if you want to volunteer your house.

SHORT TAKE ON MAX WHITE'S U.S. OLYMPIC MARATHON TRIALS SHORTS

by Peter Nye
WRC Staff Reporter

One of my favorite U.S. Olympic trials stories came from Max White when he returned from the 1976 marathon trials. From our club, Max, Phil Stewart and Bruce Robinson had qualified for the marathon, held that year in Eugene. They brought back not just stories of speed and prowess but also equipment, as

Nike was generous with shoes and related accoutrements.

The qualifying time that Olympiad was 2:24. For those who made it, Nike passed the word that athletes could go to a particular store where names of qualifiers were on a list. Marathoners would then be given three pairs of new Nike shoes and a rain jacket. Those who ran sub-2:20 would also were given a new pair of nylon Nike shorts, a warm-up suit, and a shoulder bag with to put everything in.

These were real hot items, and wearing a shoulder bag with four zippered pockets and the swoosh logo on the side had a certain cachet. The shorts were special because Nike was the first to come out with shorts that had liners.

Max had qualified with a 2:20:03, run on the wind-assisted Boston Marathon the year before. He went to the appointed store just after closing time and introduced himself to the clerk working behind the counter. The clerk duly looked up Max's name and issued him three pairs of shoes and a jacket.

"Those blue shorts look pretty neat," Max said, eyeing a pair on a shelf over the clerk's shoulder.

The clerk agreed, then checked Max's name on the list. "Too bad you didn't run sub-2:20," the clerk said. "Then you'd get the shorts, too. But as it was, you were three seconds over 2:20."

"Do those shorts have a liner?"

"Oh, sure," the clerk assured him. "You just wear them into the shower after your run like they were swim trunks and rinse them out. They dry fast."

"Sounds nice."

"Yeah, but I can't give them to you because you ran over 2:20. And I can't sell them to you because the cash register's locked up since we're after business hours."

The clerk's description of the shorts made Max really want a pair, and the matter of a few seconds over qualifying for them became vexing. Max and the clerk argued politely a few minutes before the clerk realized that Max was tenacious. After all, what is a marathoner if not tenacious?

"Look," the clerk said at last, his temper rising slightly. "If I turn my back and you take the shorts, I didn't see it. Then just get out of here."

Once back in his hotel room, Max tried on the shorts.

"I didn't like the fit," he said later while on a training run. "It was the liner. It didn't fit right. I had to cut the liner out. Then I didn't like the shorts. I wound up giving them away." □

JIM ALEXANDER STRAYS OFF COURSE, YET WINS LANGLEY 8-K RACE; RC'S HIBBERT TOPS WOMEN

by Don Pedro
WRC Staff Reporter

The Bunion Derby race out of Langley High School in McLean, Va., is a demanding course with hills and turns spaced at the right spots so that runners have to keep changing stride. For this year's event July 12 which was the fourth in the series, WRC's Bob Thurston changed the course that winds through the nice

residential neighborhood so that it cut down — slightly — on the hills and shortened the course from 5 miles to 8K, about 30 yards short of 5 miles. The D.C. Road Runners Club designated the race as the club 8-kilometer championship.

While the new course may have been a relief to some, it did provide difficulties to the leaders, as they got misdirected in the last 2K. It was not difficult to do, considering how the streets created a suburban labyrinth.

Jim Alexander, a former WRC member who is now running unattached, had a lead of about 15 yards on Michael Banks, Jack Cleland — both unattached — and WRC's Roberto Rodriguez when Roberto realized they were off course. Roberto made the announcement that they were lost and commanded that they make the next left.

The leading foursome bunched up, made their way back to the proper course, and then with nearly a mile to go fell back into their former order for the sprint. Alexander won in 26:38, a second up on Banks, 6 seconds ahead of Cleland, and 10 seconds ahead of Roberto.

Alexander ran for WRC in the late 1970s. He is a graduate of Hampton-Sydney College in the Tidewater area.

Roberto led the WRC men's team to victory. Surprisingly, the team competition meant D.C. Road Runners Club plaques to each of the five scorers. After Roberto came Peter Nye, fifth; Phil Stewart, 10th; Jay Wind, 16th; and Pat Carr, 19th place.

In the women's division, Kathy Hibbert of the Rock Creek Running Club won in 30:27 and headed their women's team of three to the women's team win. The second women's team was the NOVA (Northern Virginia) Running Club, led by Barbara Frech.

WRC's women runners were Betty Blank in fifth place, 33:06, and Becky Nolan in sixth, 33:48. Martha Sargent finished in 47:18.

J. Jacob Wind, who last year finished a strong second place under the name of Michael Paine, this year finished 90 seconds down on his time. This year, like last, he strapped a fanny pack around his waist and ran back home to Arlington, a roadrunner's equivalent to a labor of Hercules.

Results: 1. Jim Alexander, Unat., 26:38; 2. Michael Banks, Unat., 26:39; 3. Jack Cleland, Unat., 26:44; 4. Roberto Rodriguez, WRC, 26:48; 5. Peter Nye, WRC, 26:53; 6. Dave Lieb, NOVA, 27:11; 7. Unidentified from U. of Delaware; 8. Rick Loughery, D.C. Harriers, 27:34; 9. Don Costello, Unat., 27:38; 10. Phil Stewart, WRC, 27:42; 16. J. Jay Wind, WRC, 28:12; 19. Pat Carr, WRC, 28:24; 24. Robert K. Thurston, WRC, 28:51; 28. Bob Trost, WRC, 29:06; 62. Gerry Ives, WRC, 32:25; 63. Jeff Reed, WRC, 32:26. □

CLELAND BEATS NYE TO WIN ANNANDALE 10-K; RC's KATHY HIBBERT EXTENDS HER STREAK

by Demery Grubbs
WRC Staff Reporter

A late afternoon rain storm July 18 ended in time for the start of the 10-kilometer race at Annandale,

Va., for the fifth Bunion Derby race. Conditions couldn't be much better as the temperature was pleasantly cool under a sunny sky.

David Lieb of NOVA was aggressive and led the pack. WRC's Roberto Rodriguez and Michael Banks cruised up to him and they led through the first mile in 5:05, with Jack Cleland trailing. Cleland, who used to box for West Point, has been getting progressively stronger and was looking to win his first D.C. Road Runner race.

As the race unfolded along the undulating course that is run twice, Roberto fell back while Banks continued through 5-kilometers with Lieb in 15:58. Soon after they were joined by Peter Nye of WRC and Cleland. At the four-mile point, Nye surged into the lead.

Lieb told him, "You're not getting this one without a fight."

For the next two miles, the foursome remained close. Each took turns taking the lead and forcing the pace up and down the hills.

With a half-mile to go, Cleland took the lead over from Nye. Lieb dropped back but had a comfortable margin over Banks. They finished that way.

In the women's field, Kathy Hibbert of Rock Creek Running Club continued her winning streak. Her win at Annandale, in 40:30, was her third in eight days.

WRC's Betty Blank was second in 42:15, and Martha Sargent ran 58:35. Sargent filled in her finish card in time for the random drawing and won a D.C. Road Runner Club drinking glass.

Results: 1. Jack Cleland, Unat., 33:28; 2. Peter Nye, WRC, 33:33; 3. David Lieb, NOVA, 33:41; 4. Michael Banks, Unat., 33:48; 5. Roberto Rodriguez, WRC, 33:55; 11. Pat Carr, WRC, 35:35; 14. Bob Trost, 35:47; 18. Alan Hincliffe, 36:17; 21. Jay Jacob Wind, 36:27; 42. Gerry Ives, 39:38; 53. Jeff Darman, D.C. Harriers, 41:09; 59. Dick Sargent, WRC, 41:21.

ALEXANDER NIPS STUART CLOSE AT RESTON 8K TO WIN; KATHY GRAVES TOPS WOMEN

by Don Pedro
WRC Staff Reporter

Jim Alexander won his second Bunion Derby 8K race July 25 in Reston after catching Kevin Close on the track of the South Lakes High School. They were within sight of the finish when Alexander cruised past to win in 26:07 — three seconds up on Close. But Alexander did not threaten Jack Cleland's apparent hold on the 20-29 age group Bunion Derby category with one race remaining.

Cleland came in third, in 26:26, and clinched his win WRC's over Roberto Rodriguez, in seventh in the race and second overall in the age-group competition.

Close took over the lead from Roberto and David Lieb of NOVA just before leaving the street for the bike trail shortly after the first mile. Once on the pave trail, Roberto slid back to seventh. Alexander moved up as the trail serpentine and bird-dogged Close, who knew the trail well as he lives nearby. In third was Jack Cleland, who ran alone. Trailing him were Lieb and Michael Banks who ran in tandem.

Then when the leaders burst through the clearing for the open space adjacent to the track, its lovely green surface beckoning like the Sirens of Titan (I just threw that in to show I got a liberal arts education), the order changed.

Alexander moved up when he got to the track and made up a 15-yard deficit to bridge the gap to Close. Alexander continued going faster and won. Cleland, isolated in third, soloed in. Lieb had about 15 yards on Banks when they hit the track. Banks got inspired, like it was time to play rock and roll. He pulled alongside Lieb who challenged as best he could. Banks danced right past, though.

In the women's race, Kathy Graves outsped Barbara Frech of NOVA — 31:03 to 31:50. Betty Blank of WRC was third.

Results: 1. Jim Alexander, unat., 26:07; 2. Stuart Close, unat., 26:10; 3. Jack Cleland, unat., 26:26; 4. Michael Banks, unat., 26:41; 5. David Lieb, NOVA, 26:42; 6. Peter Nye, WRC, 26:54; 7. Roberto Rodriguez, 27:15; 8. Jay Wind, 27:25; 12. Robert Trost, WRC, 28:03; 16. Pat Carr, WRC 28:16; 19. Al Hincliffe, WRC, 28:40; 35. Gerry Ives, WRC, 30:54; Dick Sargent, WRC, 37:06; Martha Sargent, WRC, 44:54.

U.S. OLYMPIC TRIALS A STUDY IN SURPRISES, DRAMA, OFFERING A GLIMPSE OF THE FUTURE

by Norm Brand
Special to WRC Newsletter

"OK, Her it is . . . 60 meters left . . . there's Scott out front. Now I'm next to Maree. Don't slack off and you're on the team. . . Wonder why Spivey hasn't made a move. . . (Whap!) My God, there he is on the outside! I'm 4th! I've really got to go. Can I do it?" So might have been the thoughts of Chuck Aragon in the 1,500-meter final. But, as we know, he missed qualifying by just 5/100 of a second.

Or how about Jim Robinson surveying the 800 meter field from his usual last place with about 300 meters to go: "Time to move. Seven guys to catch. . . There's two . . . five more. The guy in green and yellow is giving Gray a good race. Need to catch one more, just one. It's Marshall, and I can handle him. Here's the tape. Did I get him?"

Not this time. Both Robinson and Marshall set personal records and were only 1/100 slower than Rick Wohlhuter's 1974 record of 1:43.91, but Marshall made the team and Robinson didn't, by less than 1/100. Earl Jones (in Eastern Michigan's green and gold) and John Gray (from Carl Lewis's Santa Monica Track Club) both had 1:43.74 for a new American record ahead of them. It was the first time that more than two runners had been under 1:44 in the same race.

And so it went, with the closest finishes I've ever seen, or even read about, in one meet. It's true that it's harder to make the U.S. team than win at the Games. In 13 of the men's events the entry standards for the Trials are equal to or tougher than for the Games themselves. It's not easy to pick only three when there are five or more who can win an event plus some surprise newcomers, like Ruth Wysocki (800 and 1500),

or nearly forgotten old-timers like Steve Lacy in the 5km, and Ed Burke, now 44, in the hammer.

There were two exhibition races for women, the 5 and 10K. These were staged to promote interest in the events and increase the demand for them to be added to the Olympic schedule in 1988. In the 10K, Joan Benoit showed no sign of problems from her operation or the marathon trial. She started out at a clock-like pace equal to 31:00, but with no serious competition, she gradually slowed and finished in 32:07.5 — still second best for an American.

Katie Ishmael, a Wisconsin marathoner, was 2nd in 32:37.4, a collegiate record, and Regina Joyce of Ireland (she'll be in the Games marathon) was 3rd in 32:41.8. Cathy Schiro, the 16-year old who was prominent in the marathon trial, finished 11th, but cut 28 seconds from the American junior record with her 33:26.6. There were 22 finishers.

The 5K was won by Julie Brown (15:39.5) in a tactical race only 13 seconds faster than the half-way time of the 10K. Eight runners were together up to the start of the last lap when Julie moved past Betty Springs. Springs tried but could not keep up and finished 0.2 back (15:39.7).

Third was Shelly Steely in 15:41, followed by Monica Joyce of Ireland in 15:42.1. There were 27 finishers, many doubling with the 10K a week earlier (and the marathon six weeks earlier).

There were three qualifying races in the men's 10K to pick 18 runners out of 42 for the final, three days later. Some well-knowns who didn't make it to the final were Tuttle, Tabb, Pfeffer, Hodge and Jim Hill (of Oakton, Va.). The heat times were between 28:19 and 28:34. Generally the races were slow until the last lap or two, when a small group would break away to separate the qualifiers.

In the final heat, the mob passed the half-way mark around 14:06-:07 and stayed together for another 10 laps. By 9K, the race was on. Paul Cummings had the best finishing sprint (last lap in 55.9) and won in 27:59.1. Craig Virgin held off Pat Porter 28:02.3 to 28:03.9. Porter was 2 seconds ahead of Garry Bjorklund, who was 2 seconds ahead of Curp, 12 seconds ahead of Bickford. Mark Nenow, pre-race favorite, was 11th, Eyestone (keep an eye on him) was 12th, Herb Lindsay 14th, and Tony Sandoval 15th among the rest.

Two days after, the 5K heats were held (21 June). Twenty-four qualified for the semi-finals the next day, from which 12 advanced to the final on the 24th. The heat winning times were close — 13:37, 13:45, and 13:48. Crafty Doug Padilla has been through this three-race mill before, and in the final zapped the contenders with a 56.5 last lap to win in 13:36.3, the leading U.S. time for the year. Steve Lacy, former Wisconsin runner, surprised in 2nd with 13:27.8. Steve Clary, a determined if not fierce runner, was 3rd (13:28.7), decisively beating Bickford (the leader at 4K) by 5 sec. and Chris Fox of Winchester by 8. Craig Virgin was 8th, so there's no double for him. Jim Hill of Oakton did not look good at all and didn't get past the semis in this event either.

What about Ruth Wysocki and Mary Decker? That

was the meet's most interesting and unexpected match up.

Wysocki had a super double. In her six races over nine days (three 800s and three 1500s) she set four prs, became the 6th American under 2:00, and moved 2nd on the U.S. 1,500 list (cutting 13 sec. off her previous best!). Not that Decker as running poorly. She had six races in six days (two on the same day, but eight hours apart), and was under 9:00 twice and 4:10 twice.

Mary was trying to duplicate the competitive effort she'd be facing in the Games, and it helped her decide that she'd be better off running only the 3K. The schedule is stacked against the 1500-3000 double, with the 3K alternating with the 1,500 all the way through. Wysocki has it better in her double because the 800 finale is a day and half before the 1,500 heats begin and her total distance in all races is 6,900 meters compared to 13,500 for Decker's double.

In the race walks, there was local interest as Carl Schueler from Silver Spring warmed up for the 50K by taking 5th in the 20K (1:30:46). On a hot morning seven days later, he held for 3rd in the 50 (4:15:06) and made the team. Marco Evoniuk won both those races in a remarkable effort (for an American). He clocked 1:26:17 (10th best U.S.) and 4:02:25 (6th best U.S.)

WRC MEMBERS BIKE, SAIL AND RUN TO PICNIC; SARGENT FAMILY GIVEN FELDE AWARD

by Bob Trost
WRC Roving Reporter

About 50 WRC members came in all modes of transport to attend the club picnic held July 22 at Chari McLean's parents home, on the Chesapeake Bay.

New members Jim Dare, a Navy officer who ran for the Naval Academy, and Ed Webb sailed a boat to the picnic. They were accompanied by Kathy Reynolds and Ed's son. Daredevils Bill Larsen and Betty Blank motorcycled through wind and rain. J.J. Wind ran 23 miles through the same blustery conditions and mud as well. Other club members drove their cars. Everybody agreed the trip was worth it.

As always, food, drink and entertainment were out of sight. This year's picnic featured an "all you can eat" soft-shell crab feast. Many members — Jeff Reed and John Lott in particular — spent most of the day seated at the crab table. The beer keg never was wanting for company.

While some sunbathed by the pool and sipped beer and soft drinks, others pursued more energetic endeavors. Besides organized group runs, there were swimming relays and diving contests in the pool, kayak rides in the bay, volleyball games on the shore, and of course the beer relay.

Beer relay team captains were Mark Baldino, Jack Coffey, Bruce Coldsmith and Suzy Rainville. Suzy's team started fast, but Bruce's team came on strong in the middle to win the team title. Suzy's team finished second, and Mark's team — after a slow start — finished third. Despite the fact that Jack Coffey wore Nike American Eagle racing flats, his team was last.

Voted the outstanding beer chugger was ultramar-

athoner Ed Foley. Ed, who recently ran the six-day ultramarathon in New York City where he finished 21st with a total of 360 miles, downed the glass of beer in no time. When asked how he acquired his skill, he smiled and said, "Practice makes perfect." Honorable mentions went to Keith Higgs, Jeff Reed, Ron Ponchak, Jim Dare, Ed Webb and Pat Carr.

Prior to the relay, WRC President Alan Roth and VP Pat Neary presented meritorious service awards to several deserving members. The esteemed club award is the Alfred Tom Felde Award, named after the club's only Olympian, a race walker. The Felde Award is given for outstanding service to the club.

This year it was presented to the Sargent family of Dick and Martha and son Walter. The Sargents, unable to make the picnic because of a previous commitment, always are available when the club needs help. Because the Felde Award trophy is rotated annually to a new winner, the club also gave the Sargents a plaque that they can keep.

Four other members were cited for service to the club. Special awards for meritorious service were also presented to Jack Coffey, Bruce Coldsmith, Gerry Ives and Suzy Rainville. Each was presented with a plaque bearing the club's running star logo.

Bruce and Jack were cited for their work as race directors of the Hecht Co. Ten Miler and WAVA race. Suzy was honored for her work as social director, and Gerry Ives for his untiring work on the newsletter.

Finally, a special round of applause was given to all the WRC officers, to Newsletter Editor Peter Nye and to WRC Staff Reporter Don Pedro.

RUNNING ON EMPTY . . .

Hello again, sports fans! After five weeks of driving, I'm just now getting back into things — I'm running my first LA race in August.

My new address is: 11344 National Blvd., Apt. C, Los Angeles, CA 90064. Tel. (213) 477-6402. . . . Just before I left, Susan Aaronson (ex-WRCian) and her boyfriend Doug (also a top-knotch runner) had me over for dinner, and Susan insisted that our WRC President was not a twin (he is, as you well know; his brother is Peter). She called Alan up to find out. Well, Alan, that's what you get for going into politics. . . .

Upon arriving in LA I got the latest issue of *Running Times* from a news-stand and what did I see but a wedding picture of Will and Laura.

En route to LA I made a stop on Route 35 in Manasquan, N.J., to visit a really neat running store called Miles Ahead Sports, owned by WRC's Bruce Robinson! Bruce carries a complete line of running shoes, and all kinds of aerobic gear. Located two miles from the beach, and between a bar and an ice cream parlor, Miles Ahead Sports fits all running needs. So, if you're in South Jersey, stop by and see Bruce.

Until next month, when I'll be giving you all the inside poop on the Olympics, sports fans, I'll leave you with this word: toodleooooooooo! imp

GROUP RUNS

Day/Time	Location	Pace	Contact
Tues. 6:30 pm	Fairfax Running Ctr.	10M @ 6-9 min.	Jim Roberts 549-7688
Mon-Wed-Fri 6:30 pm	Mont. Community College, Rockville	3-15M @ 7-8 min.	Lloyd Shrager 424-7160
Sun am (varies)	Royal Mile Pub, Price Ave., Wheaton	Varies	Ray Morrison 946-4511
Mon-Fri 5:00 pm	Byrd Stadium, U. of Md., College Park	Track	Dan Rincon 454-4861 Bernie Flynn 983-0619
Sun 7:30 am	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 am	Saratoga Shopping Ctr., Springfield, Va.	10-16M @ 6:30-7:00	Pat Neary 455-0575
Sun 7:30 am	Seneca Creek Park, Gaithersburg	10-30K @ 7-8 mins.	Lloyd Shrager 424-7160
Sun 7:30 am	Lake Needwood, Lake Frank, Rockville	10-30K @ 7-8 mins.	Lloyd Shrager 424-7160