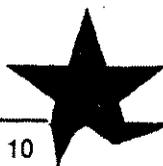


# Washington Running Club Newsletter



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October 1984

## WOMEN'S TEAM WINS, MEN'S TEAM 3RD AT 7TH ANNUAL PHILADELPHIA HALF MARATHON

by Pat Neary  
WRC Competition Chairman

Near-perfect weather was outclassed by WRC performances at the 7th Annual Philadelphia Half Marathon Sept. 16. The weather and course were ideal—55 degrees, a slight breeze on the way out for the loop course along the Schuylkill River, the beautiful downtown area with its majestic tall office buildings, and twice around the Philadelphia Art Museum which Sly Stallone made famous with his trilogy of Rocky movies.

Joan Benoit (Athletics West) won the Women's Division in 68:34, an unofficial world record by 30 seconds, and Dean Mathews (Team Adidas), fifth in the Olympic Trials Marathon, outkicked Falmouth Road Race winner Dave Murphy of England by 1 second to win in 62:11.

The WRC women's team did us proud by winning the Women's Division in a runaway—scoring 56 points to the next place team with 315. There were an about 12 teams.

WRC's Mary Ellen Williams of Brooks took home a runner statuette trophy that was about two feet tall for the team.

In the men's division, we finished third. We scored 210 points—13 points better than last year's finish. We were behind the Converse Shoe Company, with 128 points, and the University of Pennsylvania, with 168. There were an estimated 25 teams participating. Our team received an 8-inch silver bowl. All age group winners received a pewter cup.

New team member John Doub of Nike and Coleen Troy led our teams. Doub really looked strong, beating several outstanding runners—including Kyle Heffner, 1980 U.S. Olympic Marathoner.

Coleen delivered a breakthrough performance. Her summer training with Dan Rincon is showing. Mary Ellen turned in a great time after a superb effort at the Scotland Two Bridges 36 Miler Aug. 25 in Scotland, where she was 2nd woman with a 4:28:30, a PR by 20 minutes.

It was a day for PRs. Betty Blank and I decided we would run together. It would be good for me since I

The OCTOBER meeting of WRC will be held October 12 at 8:00 in the Customs Building, 1307 Constitution Ave., N.W. Following the regular meeting there will be a special meeting to discuss the proposed Corporate Race Series sponsorship commissions.

am recovering from plantar fasciitis. And she would like to have the confidence to break that 3-hour barrier at the upcoming marathon in Chicago, her hometown.

We saw several pass us at the start, including Patty Deuster and Coleen. Jack Moffett passed us at 2 miles, but we passed him at the next water stop. I knew the course well and kept reminding Betty to cut the corners and shave a few seconds.

At the midpoint we were 42 minutes even. She finished in 84:19, for seventh place among women. I felt good since I believed I helped her achieve her goal—no greater reward.

Each WRC runner had a story to tell. Will Albers of Brooks ran 69 minutes, and at 1 mile (5:05) was behind Benoit by 20 yards and was losing ground fast. Will knows the feeling.

Dan Rincon ran a great race, almost 3 minutes better than his predicted time. Jim Hage almost beat Charlie Cvrk's time last year by 1 second.

The New Jersey contingent of the Club (Dave Hudson, John Mornini and Frank Grasso) ran well. Roger Urbancsik who resides in Philly was host to the Alexandria crew of Bruce Coldsmith, Jeff Reed and new member Robert Dewey.

Sibling rivalry of Ken and Jack Moffett was reversed from the Annapolis 10 Miler, with Ken outdistancing his brother this time.

Reed ran a PR. Coldsmith ran strong the last mile, as Hudson testified after not being able to keep up.

This is the strongest showing we have had in an away race. Let's do it again in 1985.

WRC Results: 5. John Doub, 63:40; Jim Hage, 65:19; Dan Rincon, 67:16; John Ausherman, 69:30; Bruce Coldsmith, 70:18; Dave Hudson, 71:03; Roger Urbancsik, 72:11; John Mornini, 72:17; Pat Carr, 74:53; Frank Grasso, 75:20; Robert Dewey, 78:35; Coleen Troy, 80:31; Mary Ellen Williams, 80:58; Jeff Reed, 81:33; Patty Deuster, 81:50; Karin Wagner, 82:30; Betty Blank, 84:19; Pat Neary, 84:20; Ken Moffett, 85:35; Jack Moffett, 86:08; Al McAlpine, 88:30. □

## NIKE'S 4th CONGRESSIONAL CHALLENGE 3-MILER GETS GOVERNMENT MOVING

by Gerry Ives  
Special to WRC Newsletter

A cool head and hard running by Scott Celley of NOVA got him his second straight win Sept. 13 at the fourth annual Nike Capitol Challenge, Nike's effort to get the flab out of government.

Early race leader was Henry O'Connell of WRC, who broke away with 4:35 for the first mile to lead Celley by five seconds. Strung out behind them were

Faye Bradley of the GNATS, John Walsh of the Buffalo Checkers A.C. and more than 500 others who represented the legislative and executive branches of government and the media that covers them.

After the race, Celley said that he expected O'Connell would win since O'Connell had beat him by two minutes in the spring at the Pierce Street Annex 10 kilometer.

But during the three-mile commute around Hains Point, Celley pulled even with O'Connell at the tip of the point—about the middle of the race. By the two-mile mark, Celley's time was 9:30 and he was pulling ahead. He won by 15 seconds and took five seconds from his previous course record.

Behind them, Walsh overhauled Bradley for third, in 15:21.

WRC's Patty McGovern, using the race for speed work before her trip to Paris for the Avon International Marathon ten days later, ran even 5:36 miles to finish in 16:48, a new women's mark.

Another WRC member, Suzy Rainville, showed that she doesn't spend all her time socializing as social committee chairperson. She turned in a time of 18:06. Marlene Cimon — fresh from covering the Summer Olympics for *The Los Angeles Times* — ran a pr of 21:23, breaking her self-imposed goal by 22 seconds.

Race Director Jeff Darman once again put on a professionally organized race, with individual and team results in all categories available within an hour of the conclusion of the race. All entry fees for the race are donated to the Special Olympics.

Results: 1. Scott Celley, 14:25; 2. Henry O'Connell, 14:40; 3. John Walsh, 15:21; 28. Patty McGovern, 16:48; 40. Gerry Ives, 17:26; 69. Suzy Rainville, 18:09; Marlene Cimon, 21:23 (pr). □

### JOHN WALKER A SURPRISE WINNER AT NEW YORK'S FIFTH AVENUE MILE

by Alan Roth, WRC President  
*Special to WRC Newsletter*

My job at this year's Fifth Avenue Mile in New York City Sept. 29 was to escort the runners from the St. Regis Hotel on 55th St. to the finish line at 62nd St. Official escorts would take them to the starting area.

At the St. Regis I found the runners relaxing in the lobby, in no hurry to leave. We had about 10 minutes to wait so I asked Steve Scott about the European circuit. He said he started out well until he got a chest cold.

I then ventured a question about his performance in the Olympics. He said he didn't prepare well and was over-confident. He used the wrong strategy by going out in front early. He didn't have the experience to hold a lead like that, but thought his confidence would

**We need all club members to turn out to help in the Georgetown 10K on October 21. Your family and friends can help too. Contact Mark Baldino at 451-6530 or come to the meeting Oct. 12 and get an assignment. Long-sleeved T-shirts for all helpers.**

do the trick. I told him that, watching the race on television, I felt sure he would hold onto the lead. He said he felt that way, too. That was the problem, he said. As each runner passed, he tightened up more and more until he was out of the race.

When we all started out from the hotel we were battling the Saturday shoppers along Fifth Avenue. I suggested we go out into the street and walk along the curb lane as there was no parking.

Patricia Owens of the New York Road Runners Club suggested I walk in front to block any oncoming cars with my body to protect the elite runners. She was serious.

Rod Dixon and John Walker accompanied me to the finish line where the special escorts were waiting impatiently to run the runners up to the starting area. The three escorts started off abreast, looking more like they were prancing than running. For some reason, they didn't look back to notice that most of the elite runners weren't with them. There was a feeling among the runners that they should take it easy, so they walked up the avenue. I joined them.

Dixon was very nervous about the race, as he hadn't run the mile since 1979 and had never done a mile race along a straightaway. Walker gave him advice. Spectators kept yelling, "Good luck, Rod." But nobody said anything to Walker.

When I suggested to Walker that he try for a win at the New York City Marathon in October so New Yorkers would know who he is, his response was less than enthusiastic.

We had a lot of time to talk on the way up the avenue and Rod mentioned that he had his wettest 10K race ever two years ago in Washington, D.C.'s Diet Pepsi race. We may see him back in town again as he will be doing a lot more 10K races and fewer marathons. He just dumped his agent, the International Management Group, which put such a high price on him that few races could afford him. He is now negotiating for himself and has already cut some very good deals for the next few years.

At the starting line Dixon's nervousness was obvious. He wasn't nervous about trying to win, but rather about not losing by too much. Scott looked relaxed. Previous winner Sydney Maree looked introspective. This was his first race since the Olympic trials.

It was a big field and Walker said the race would be close. Some of the other major contenders were Jose Abascal from Spain and Jim Spivey and Aragon of the U.S.

Once the race was underway, Dixon to the surprise of many was in the lead at the half. Ultimately, he and Scott finished poorly. I spent some time with Scott the Monday after the race and learned he had a breathing problem due to a lingering case of the flu.

Walker won. As the first runner to break the 3:50 barrier for the mile in 1975 and the 1976 Olympic 1,500 meter gold medalist, he has been seen by many as running in relative obscurity although he continues to win on the European track circuit and regularly runs miles in the low 3:50s. At this year's Olympic Games, he was eighth in the 5,000 meters.

But now that Walker won the 1984 Fifth Avenue Mile, a few people might wish him good luck as he walks up the avenue. □

## WHAT'S UP AROUND WRC, FROM EUGENE TO MONTREAL TO DUBLIN AND AROUND

by Don Pedro  
WRC Staff Reporter

WRC's Darryl Stewart has his picture in the Smithsonian Institution for running in the Marine Corps Marathon last year. At the National Museum of American History is an exhibition of 85 photographs called, "American History as Seen from the Mall." Three photos depict the 1983 Marine Corps Marathon, and in one of the photos one can see our own Darryl Stewart at the start of the race. The exhibit is on view through Nov. 15.

Patty Peoples continues to receive media notice. At the national cycling championships in Sunapee, N.H. in August, she finished ninth in the women's 40 kilometer individual time trial, with a time of 1:03:15, according to the Sept. 14 issue of *Velo News*.

She also was mentioned as a supportive roommate and teammate by Marianne Martin, winner of the inaugural women's Tour de France. Martin, interviewed in *Velo News*, described how she was getting discouraged and wanted to go home. When Patty told her, "We're here to have a good time," Martin put things in a different perspective, perked up, and went on to not only win the 18-stage race but also take home the title of best hill climber of the race which went up and down the French Alps.

Laura DeWald Albers had her picture *in situ* in the new issue of Footnotes, the Road Runners Club of America quarterly tabloid. She was on her way to winning the Road Runners Club of America 15K title in Michigan City, Ind.

On an international level, Joan Ulyot mentioned Laura who set a 10K pr of 33:50 at the first such major event for women in Dublin, Ireland. Ulyot went

to the race to write an article for the September issue of Women's Sports Magazine. Winner of the race was Regina Joyce, in 32:35, with Laura and Cary May battling it out for second. Laura came in third, one second down on May.

Former WRC member Max White, now of Eugene, Ore., finished third at the Nike-Oregon Track Club Marathon Sept. 9, in 2:28:52. Winner was Alley Cole of Wales, in 2:23:24. If times sound slow, it was because the West Coast was suffering under a heat spell.

In other results, Dave Hudson took a trip to Canada to run the Montreal Marathon Sept. 22 where he finished 36th place among 12,000 runners. His 2:35:23 made him the fifth U.S. runner, ahead of Lisa Larsen of the Saucony Racing Team. She was first woman, in 2:36:28.

Social Committee Chairperson Suzie Rainville announces that the date of the next club banquet has been set for Saturday, Jan. 1. She is taking suggestions on where members would like to go. Get in touch with her at work: 566-8686, or at home: 931-3791. □

### BARGAINS FOR WRC MEMBERS AT LOCAL SPORTING GOODS STORES

Washington Running Club has contacted a number of sporting goods stores in the area to find out if they'll give our members a "deal." Almost every store contacted was very cooperative. The list of participating stores follows:

**Nike Georgetown**, on M Street near Wisconsin in the heart of Georgetown (333-1505). Discount of 15% on shoes and clothing.

**Fairfax Running Center**, Alexandria store in Old Towne on the Strand, off Union St. (Tel. 549-7688) and Jermantown Shopping Center in Fairfax City (Tel. 691-8664). Discount of 10% on shoes and clothing.

**College Park Bicycle**, 4360 Knox Rd., College Park (864-2211). Discount of 5-15% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

**Sports Afoot**, Viers Mill Rd., Wheaton (949-8824). Discount of 10% on shoes and clothing.

**Racquet and Jog**, International Square at 19th & K. Discount of 10% with cash or check only. No discount for shoes on sale. □

### ULVESTAD GETS HIGH IN CALIFORNIA WITH 500 LOCAL CRAZIES

*One of the club's more consistent runners is Jim Ulvestad. In 1982 he led the team to victory by winning the Dannon 36-Miler in Alexandria, a team victory that got three free trips to Scotland the following August to compete in the Twin Bridges 36-Miler there. Ulvestad has also run consistent 51-minute 10 milers and 31-minute 10 kilometers.*

*A professional astronomer complete with Ph. D., Ulvestad's job is keeping track of celestial bodies as the National Air and Space Administration is preparing to extra-terrestrial work in the decades beyond. On the terra firma he is regularly a front runner.*

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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)

### COMMITTEES

**Legal:** Jack Coffey, Chairman  
**Membership:** Coleen Troy, Chairwoman (530-9536)  
**Newsletter:** Peter Nye, Editor (998-5467)  
**Finance:** Jeff Reed (836-7284)  
**Competition:** Pat Neary, Chairman (455-0575)  
**Race Management:** Mark Baldino, Chairman (451-6530)  
**Social:** Suzy Rainville, Chairwoman (549-2143)

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In recent years his work was funded by a grant at the University of Virginia in Charlottesville. Because he commuted from Charlottesville for many of the local races, Ulvestad's name was more recognized than he was in person. He stands over 6 feet tall and has sandy-colored hair that borders on being unruly.

This summer his grant expired and he was forced to get a job, a feat he executed with his customary grace that placed him with a jet propulsion laboratory in Pasadena, Calif.

Now relocated on the West Coast, he writes:

As the newest member of the western auxiliary of the Washington Running Club, I quickly became acquainted with the San Gabriel Mountains. With the temperature reaching the mid-90s to well over 100 degrees in Pasadena, it's the only place to go.

There is a trailhead at the base of the Arroyo Seco Mountain just outside the east gate of the Jet Propulsion Lab where I pretend to be gainfully employed, about 3 miles up the arroyo from the Rose Bowl. The Gabrielino Trail follows the gorge north into the heart of the San Gabriel before turning east, climbing to 5,000 feet, and then looping back down into Arcadia above Santa Anita Race Track. In places, the trail exists in name only where Arroyo Blvd. was wiped out by a flood in 1938.

After spending a fair amount of Labor Day weekend getting lost, I invested in a number of U.S. Geological Survey topographical maps. But most of them are the results of surveys 25 years ago and don't solve all the problems. Even the Pacific Crest Trail, the West's answer to the Appalachian Trail, is unmarked except at occasional trailheads where it crosses the Angeles Crest Highway. I've already traversed several washed-out stretches of that trail and discovered that going cross country through chaparral is not particularly easy.

On Labor Day there was a race up Mount San Antonio, more popularly known as Mount Baldy. I went there expecting to find two or three dozen of the local crazies. Imagine my surprise when about 500 people showed up at the start, 358 of whom finished. Although the race is advertised as 8 miles, it really seems more like 7.

That doesn't sound like a big race, with a few hundred people going a little farther than 10K. But this race starts at 6,400 altitude, with a banzai quarter mile downhill to 6,200. Then you turn onto a fire road that switchbacks for 4 miles until reaching a restaurant at 7,800 feet at Baldy Notch.

That's the easy part. A mile or so on an uphill jeep trail follows. Beyond that, there is nothing but a narrow footpath about 2 miles long until you reach the top at 10,064 feet. In places the trail is about a foot wide, going around corners with rocks on one side and a steep drop-off of loose shale on the other.

The only "rest" comes when crossing the Devil's Backbone—a ridge about the tree line at about 9,300 feet. For several hundred yards, there is a flat section of trail with steep drop-offs of shale on either side. After walking much of the previous mile, this gives you a chance to stretch your legs and have an unobstructed view of the front range of the San Gabriels

and Los Angeles County on the left, with the San Andreas Rift and the high desert on the right. The summit of Old Baldy is then reached via a narrow trail that switchbacks its way through the shale, rising about 600 feet in a half mile.

I took 16th in this race in 1:14:21, having run the first four miles very conservatively in order to stay completely aerobic at the high altitude. The winning time of 1:02:10 was very near Chuck Smead's course record of 1:01:30.

The women's winning time was about 1:24.

Biggest problem with reaching the summit was getting back down by the same route while the rest of the 358 finishers were coming up the trail. I chose the knee-saving method, running only 3 miles down and taking the ski lift the rest of the way.

New address: Jim Ulvestad, 79 Patrician Way, Apt. 1C, Pasadena, CA 91105. Tel. (213) 256-3823 □

### RUNNING IN KINGDOM OF LESOTHO IS CHILLY IN MONTH OF AUGUST

*Ken Moffett—former director of the Federal Mediation and Conciliation Service, union chief for the Baseball Players Association and currently labor mediator, arbitrator and consultant—was invited this August to Africa to help advise the Kingdom of Lesotho on forming their labor law.*

*Lesotho is not a nation that most of us are familiar with. Formerly called Basutoland, Lesotho is a mountainous nation the size of Maryland. It is surrounded by the Republic of South Africa in the east central part of that country except for short borders on the east and south with two discontinuous units of the Republic of Transkei. In the east are the Drakensberg Mountains, Lesotho's principal chain, while the rest of the nation is rocky tableland, not unlike parts of Arizona or downtown Cleveland.*

*History books tell that Lesotho became a British protectorate in 1843. The colony of Basutoland became the independent nation of Lesotho in 1966. Like the English, the African nation has a prime minister—Chief Leabau Jonathan—and a sovereign—King Moshoeshoe II.—Ed.*

*Ken writes:*

Running in south Africa is very much like running in a race and looking over your shoulder to see who in your age group is catching up. You never know whether it's a horse, North Korean-trained paramilitary or another crazy out to stretch his various quads and hamstrings.

Lesotho is located in central south Africa and is a democratic enclave carved out of the Union of South Africa as a result of the Boer War (see James Michener's *Covenant*).

Lesotho has a mean altitude of 5,600 feet, with heights up to 10,000. There's little oxygen, but lots of sun. Because the country is located south of the equator, their seasons are the opposite of ours. My trip there put me in the dead of their winter, where the temperature was 55 to 60 degrees daily. There are many hills, United Kingdom-type of food and great beer.

The capital city of Maseru offers two decent restau-

rants. After that, the main fare is bananas and Amstel Lager (not light).

Arriving there gave me a good dose of jet lag that was brought on by riding 26 hours in the same plane, plus a 12-hour layover in Johannesburg. Upon arriving and checking into my hotel, however, I went out and ran about 45 minutes. I was spent. This came after a two-hour run just two days previous with Patty Deuster, Patty McGovern, Sue Cain, Dan Rincon and my brother, Jack. It's called instantaneous deconditioning.

All the runs were bears because of the hills, altitude, pollution—everyone heats with a low-grade of coal, and there are no pollution devices on buses, trucks or cars. It's not a good place to ready oneself for the Marine Corps Marathon, but when traveling one doesn't always have a lot of choice—especially if you're the only one in town who is running.

Who ever thought I would be wearing a Gortex running suit at 6 a.m. on Aug. 3? Oh, to be back in Rock Creek Park with the temperature at 90 degrees.

There's no races in Lesotho. Just weird looks from the natives who seem to ask, "Why is he running when I have to carry a heavy pitcher of water on my head?"

I only hope that running at the high altitude burned up more calories than Amstel put on.

The only Olympic coverage over there was on a short-wave BBC and South African television: One channel and every other day in English. Because of the Olympic boycott, only English track stars Zola Budd made the news along with Sebastian Coe. Because Daley Thompson—the English gold medalist for the second time in the decathlon—is a non-white, he did not make the news. He was *black*ed out.

So much for running in south Africa. □

## WRC WELCOMES NEW MEMBERS

by Coleen Troy

WRC Membership Chairman

The Washington Running Club welcomes the following new members:

Paul Brna, Beltsville, Md.; Robert Dewey, Washington, D.C.; Tom Francis, Bethesda, Md.; and Edward Meyer, Washington, D.C. Speedster Stan Fletcher of Annapolis has re-joined.

Good luck with your running. We hope to see you at our next meeting or club race. □

## LAURA ALBERS WINS WOMEN'S EVENT IN PARTNERS RACE, BUT PRIZE GOES TO HOLMS

by Don Pedro

WRC Staff Reporter

With a weeklong trip for two to Jamaica as the prize for married couples at the Footlocker Partners Race Sept. 30 at West Potomac Park, couples came in from all over for a shot.

Jon Sinclair of the Brooks Racing Team, apparently still hungry for more action after finishing third the day before at the demanding Virginia Ten Miler in Lynchburg with 47:11, raced with Craig Holm of the Saucony Racing Team as they stretched their margin

over the rest of the field of 2,000.

It was not the traditional battle, however, as Holm but not Sinclair had a spouse in the partners race. Shortly after the turnaround point, Holm checked the position of his wife, Kare Cossaboon Holm, who was running in a close contest with Laura Dewald Albers, and he realized they could win the trip to Jamaica. His real rival was Will Albers, who was clicking off steady five-minute miles but was more than a minute behind.

Sinclair threw in a surge with about a mile to go and won in a new course record of 23:03, with Holm finishing second 12 seconds down. WRC's Jim Hage was the first team member in, in 24:02.

Not far back, Laura Albers of the Brooks Racing Team finished in 27:26 to beat Kare Holm of Saucony by 14 seconds. On the basis of combined times, the Holms won the couples title.

In other couples competition, WRC's Betty Blank teamed with NOVA's Barbara Frech to win the female-female team. Peter Nye of WRC and his spouse, Valerie, of NOVA, outran the WRC couple of Mary Ellen and Bob Williams in the 60-79 combined age division. WRC's Lucious Anderson and Bob Cosby won the male-male category.

Dan Rincon showed that his retirement has not really taken. He finished fifth in 24:28. Dan paired up with Coleen Troy for third in the couples division, combined age of 56-69. Second were Will and Laura Albers.

Dennis Jett and his son Brian won the father-son award.

Results: 1. Jon Sinclair, Brooks, 23:03; 2. Craig Holm, Saucony, 23:15; 3. Jim Hage, WRC, 24:02; 5. Dan Rincon, WRC/Adidas, 24:28; 8. Henry O'Connell, WRC/Reebok, 25:00; 10. Will Albers, Brooks, 25:13; 11. Jeff Delauter, WRC, 25:14; 12. Lucious Anderson, WRC, 25:29; 13. Peter Nye, WRC, 25:33; 18. Robert Cosby, 26:00; 19. Roberto Rodriguez, WRC, 26:14; Other WRC finishers: Temple Washington, 26:36; Dennis Jett, 28:10; Brian Jett, 28:31; Jeff Reed, 29:40; Jack Moffett, time unrecorded.

Women: 1. Laura Dewald Albers, Brooks, 27:26; 2. Kare Cossaboon Holms, Saucony, 27:40; 3. Coleen Troy, WRC, 28:40; 4. Annie Hoeffler, time unrecorded; 5. Mary Ellen Williams, WRC, 29:44; 6. Patty Deuster, WRC, 29:52; 7. Barbara Frech, NOVA, 30:09; 8. Kathy Ventura-Merkl, NOVA, 30:35; 9. Cindy Dalrymple, Brooks, 30:36; 10. Betty Blank, WRC, 30:51; 11. Alison Wichman, WRC, 30:53. □

## O'KEEFE RUNS AWAY WITH PEPKO-UNITED WAY 10K, IN 30:52; HIBBERT WINS WOMEN'S

by Don Pedro

WRC Staff Reporter

Jim O'Keefe, a former laboratory assistant at McCormack spices in Baltimore who decided to leave the corporate world for road races, ran away from the start of the United Way 10K race Sept. 8 to win in 30:52.

O'Keefe went through the first mile in a modest 4:50, with a slight margin over WRC's Tim Tays (Brooks), Jack Coffey (Team Adidas) and Mark Macke, unattached. Tays moved up at two miles, in 9:58, into

second place where he ultimately finished in 31:12.

Among women, Kathy Hibbert of Rock Creek Running Club won in 37:45, comfortably ahead of Louise Mallet of Catholic U., in 39-flat. Top WRC woman was Becky Nolan, in 39:50 for fifth place.

WRC's Patrick Carr surprised himself by shedding more than a minute from his best at that distance.

Results: 1. Jim O'Keefe, Fairfax Running Center, 30:52; 2. Tim Tays, WRC/Brooks/Old Guard, 31:12; 3. Mark Macke, Unat., 31:34; 4. Jack Coffey, WRC/Adidas, 31:54; 5. Steve Kelly, Team Race Pace, 32:06; 6. Max Russell, 32:13; 7. Tim Turner, Electric Light R.C., 32:26; 8. Peter Nye, WRC, 32:44; 9. Dennis Baker, WRC, 33:22; 10. Douglas Slocum, 3:47; 12. Pat Carr, 33:52; Jay Wind, time unrecorded; Gerry Ives, 37:42.

Women: 1. Kathy Hibbert, RC<sup>2</sup>, 37:45; 2. Louise Mallet, Catholic U. 39:00; 3. Cathy Ventura-Merkl, NOVA, 39:15; 4. Fiona Branton, Alexandria, 39:40; 5. Becky Nolan, WRC, 39:40; 6. Beverly Skooshen, C.U., 40:38; 7. Valerie Nye, NOVA, 41:04; 8. Anita Freres, 41:05; 9. Kathleen Kelly, 41:30; Jean Silverman, NOVA, 41:52; Bobbie Bleistift, WRC, 43:19.

Winner Men's Masters: Ed Doheny, Unat., 34:33; Winner Women's Masters, Connie Lowe, Unat., 50:14.

#### KEVIN McCAREY RUNS BALTIMORE'S FASTEST 10K TO WIN BACARDI LABOR DAY RUM RUN

by Peter Nye  
WRC Staff Reporter

Running through the first mile in 4:40 with a pack of a dozen, Kevin McCarey of Nike was on his way to 28:58—the fastest 10K in the city. It was a race in which many set prs.

The Bacardi Rum Run on Labor Day was typically hot under a strong sun over the course that started out in the Roland Hills section. Pre-race jitters were fully developed when the start was delayed a half hour to let the last bus make the distance to the start of the point-to-point race.

To lighten the ambiance, Gary Finelli came down from Pennsylvania to run the event in his Blues Brothers outfit of black suit, white shirt, sunglasses (natch) and black fedora.

When the race finally got underway and past the first mile, it was Matt Wilson of Tiger International Team who made the first move at two miles, but was reeled back.

The lead pack began to string out in linear fashion, with Dave McCormack of the Saucony Racing Team running with McCarey as they sprang up the last hill, with nearly a mile remaining. There McCarey opened a gap that McCormack thought he could bridge but didn't. McCormack finished in 29:07.

The women's race was no surprise to area runners, with Marge Rosasco setting a new course record for women in 34:27. First WRC woman was Karen Wagner, new WRC member and member of Team Adidas, whose time was unavailable.

Race Director Les Kinion announced at the awards ceremony that McCarey's time is the fastest 10K run in Baltimore.

Results: 1. Kevin McCarey, Nike, 28:58; 2. Dave

McCormack, Saucony Racing Team, 29:07; 3. Matt Wilson, Tiger International, 29:21; 4. Tim Gavin, WRC/Brooks, 29:37; 5. Mike Monaghan, Team Race Pace, 29:37; 6. Jeff Peterson, WRC/Brooks, 29:40; WRC finishers: Dave Shafer, 30:25; Tim Tays, 31:00; Temple Washington, 31:52, Peter Nye, 32:03; Mark Baldino, 32:32; Mark Johnson, 32:37; J. Jay Wind, 33:20; Dave Asaki, 34:14; Jeff Reed, 37:19; Tim Bevins, NOVA, 41:18.

Women: 1. Marge Rosasco, Brooks, 34:27; 3. Karen Wagner, WRC/Adidas, time unrecorded; 5. Catherine Pugh, Unat., 37:33; 17. Valerie Nye, NOVA, 41:18; Jodie Bevins, NOVA, 44:31. □

#### ANACOSTIA RIVER 10K ATTRACTS SURPRISINGLY LARGE FIELD

by Bob Trost  
WRC Roving Reporter

On a weekend that offered a half dozen or so road races and a local triathlon, I didn't expect to see many runners at a low-key D.C. Road Runners Club event Sept. 9. Such was not the case, however, as some 200 or more showed up for the Anacostia River 10K. Apparently the lack of entry fee and the fact that this was the first of eight Cherry Blossom qualifying races was the incentive.

The early race pace was quite tame, considering the cool and dry conditions. About eight runners, including WRC's Darryl Stewart who warmed up by winning the preliminary two-mile run in 10:49, went through the first mile in about 5:15.

By 5K, the pack was trimmed from six to five runners. Shortly after, Stewart who was in second was directed off course. He suddenly found himself in fifth but managed to work himself up to third by race end and finished in 33:52.

Winner was Tom Stewart, an occasional training partner of Stewart's. Stewart's time was 32:32. Women's winner was Carolyn Showalter, in 38:42.

Mike O'Hara and Tom Webber, both of NOVA Running Club, and Suzie Cooper and Stephanie Shipp of the RunHers used the 10K as a hard training run. O'Hara and Webber finished sixth and seventh in 34:30. Cooper and Shipp finished third and fourth in 43:30.

I was tenth in 35:26. O.T. Williamson of the D.C. Harriers was the first masters runner in 35:31. □

#### BAGLEY AND HAAG BECOME FIRST 3-TIME WINNERS IN ROCHESTER, N.Y., MARATHON

by Bob Trost  
WRC Roving Reporter

Scott Bagley had to run a mile to the starting line because his car broke down. The starter's pistol sounded while he was getting out of his warmup clothes, he was left 10 yards behind before taking a step.

After this inauspicious start, the 21-year-old Bagley won an unprecedented third Rochester Marathon Sept. 4 in a pr of 2:23:50. Bagley, who won the D.C. Marathon in April, considered going after Pete Pfätzinger's course record of 2:22:44 set in 1980, but at 20 miles his legs turned sore and he could only crank out 5:50 miles

on a day where the temperature was 55 to 60 degrees.

He ran the last half of the race alone, dropping the second-place finisher Ed Cohn at 12 miles. Cohn finished in 2:35:51, and Ray Stemmer, brother of Athletic West's Paul Stemmer, was third in 2:36:15. The men's master winner was Richard Kellerman in 2:43:36.

The women's winner was Beth Haag, a 25-year-old state trooper who routinely does 27-mile training runs to and from work. Haag, who wears a T-shirt reading, "Guided by God," broke Kare Holm's course record of 3:03:57 with an overall 30th place in 2:56:57. Haag's previous best marathon was 3:07 in the 1984 Boston Marathon.

Right behind her were Kathy Brown in 2:58:22 and Maria Watts in 3:00:21. Lorna Richey, the U.S. women's 50-mile record holder, finished fourth in 3:15:01. Richey may have been slowed by the marathon she had run six days earlier.

Both Bagley and Haag collected nearly \$600 in prizes.

My race went as I expected on this cool and damp Labor Day morning. I ran the downhill first 10K in around 38 minutes and the uphill final 10K in 42 minutes. My half-marathon was 1:20:52, and I finished 17th overall in 2:46:43. □

## EARN BIG BUCKS THIS FALL WITH WRC!

*by Alan Roth, WRC President*

The Club is planning to put on a series of team races next summer. They will be based on the Corporate Challenge Race model developed by my twin brother Peter in New York. This summer, there were about 15,000 runners for each of the three evenings the New York races were held.

They are held in mid-week and start at 7:00 p.m. to catch people leaving work. Scoring is by team. Runners record their own times and give them to the team captains who report the results to race management.

There would be three races; one each in mid-June, mid-July and mid-August. They would each be on a Wednesday and start at 7:00 p.m. The races would be held at the Pentagon using mainly the North and South parking lots. The Pentagon is best because of its centralized location, easy access by metro and large parking area. We have already mapped out a 3-mile course and are requesting approval from GSA to have the races there. We did some pre-checking with appropriate people and expect the approval will be granted, but until it is in hand . . . .

In the meantime, it is important to move ahead and secure sponsors. We want the series to be a major happening and very polished. This means having as much time as possible for planning and preparation.

We will need a large budget to successfully carry out the race series as planned. If, by chance, we do not obtain the necessary sponsorship, we can eliminate some of the more expensive trappings and at least start the series off using entry fees with the hope that we can attract sponsorship the following year.

I am optimistic that we can get the sponsorship we need. We can expect around 3,000 runners for each race if it is well publicized. That alone has a high

value to a sponsor. But even more important, we can make this into a high exposure event that will be exceptionally valuable to government contractors.

The race series will be heavily publicized in April and May. Every office in the area will receive a bulletin-board sized poster to use to solicit team members. The race sponsors will have their names in bold type on the posters.

In April, we will start the campaign off with a press luncheon. We will have advertisements in running magazines, and local newspapers and will use radio spots. After each race, the results will be published in the Washington Post through special advertising space. Knowledge about the race, including who the sponsors are, will go far beyond the 3,000 runners.

Each team will be encouraged to have their own racing singlets or T-shirts made. We will not give out T-shirts but rather medallions like those given out to NYC Marathon finishers. The runners can hang them up on their office walls.

We will have 12 team categories (e.g. military, federal agencies, media, consulting firms, associations, retail establishments). These will be broken down into 3 categories: 5 males, mixed (2 and 2), and 3 females for a total of 36 different types of teams. Each of these will compete separately. We will go 3 deep in each category for a total of 108 teams that will win trophies for each race. We will have an additional competition for the overall series, the winners of which will receive trophies and free tickets to the awards banquet to be held in September.

As you can see, this is quite a spectacular undertaking. It will cost well over \$100,000. We will need \$75,000 from sponsors plus entry fees to cover our costs and, of course, have something left for our club treasury. Many of you may be thinking, "this will take a lot of work. The club may benefit but not the volunteers." Wrong! Much of the work will be done by a public relations firm (yet to be hired). The races will be easy to manage so our members can race for their company or agency teams.

Now for the best news. You can earn big bucks (just like those advertisements in magazines). If you have contacts with large companies that do, or want to do, a lot of business in Washington, and you can get them interested enough to talk with us, you can get a 10% commission if they become a sponsor.

Of course there are some rules. You must tell us to whom you are speaking so we can coordinate the effort and register your claim to that potential sponsor. Also, the minimum from any one sponsor will be \$25,000. The series will have only one, two or three sponsors. If we have too many sponsors, the value to any one of them is diminished. The series will be called the D.C. Team Challenge Series unless the sponsors can agree to another name.

We are producing a nice looking proposal to show potential sponsors. If you would like to help market the series and obtain some copies of the proposal, please call me at 301-649-4909 or be at the WRC meeting on October 12. □

**CLUB RACE SCHEDULE**

			4 Nov.	Marine Corps Marthn. Rosslyn, Va.	9:00 a.m.
			Nov. 11 529-5991	My Sisters Place 10K Hains Point	8:00 a.m.
20 Oct.	Cathederal 10K W. Potomac Pk.	8:00 a.m.	Nov. 18 279-2880	Childrens Hosp. 10K West Potomac Pk.	8:00 a.m.
27 Oct.	Nat. Symphony 10K W. Potomac Pk.	8:00 a.m.	Nov. 25	Phil. Marathon Philadelphia, Pa.	9:00 a.m.

**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