

# Washington Running Club ★ Newsletter

Volume 3, Number 11

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November 1984

## GEORGETOWN 10K RACE A SUCCESS; WRC MEMBER VOLUNTEERS COME THROUGH

The club had an excellent turnout of volunteers for the Georgetown 10K race. The only hitch came when a 12-foot high truck tried to go under our 11-foot arch at the finish line.

The listed below are the people who signed the volunteer sheet at the race. The next time you get race money, these are the people you should thank:

### Georgetown 10K Volunteers

Alan Roth	Pat Neary	Nella Neary
Susan Sumner	Patrick Neary	Melissa Neary
Marge Morris	Robert Dewey	Dick Spencer
Chcyu Desenberg	David Derricotte	Jim Dar
Mark Vause	Tim Weise	Dick Sargent
Martha Sargent	Ron Schumann	James Johnson
Ken Gaddy	Ellen Walsh	Alex Nyce
Mark Cammarota	Jim Feaster	Doug Deraut
Adam Martinez	Vasill Tiantos	Bil Larsen
Sylvia Joyner	Ruth Joyner	Nathan Joyner
Pat Carr	Tom Lohrentz	Gerry Ives
Tom Hutil	Dan Rincon	Joanne Mallet
Bob Mallet	Ken Moffett	Sue Cain
Ron Ponchak	Candy Thomas	Paul Burlet
Lynn Hodges	Sue Fowler	Luann Bedell
Alison Wichman	Henry O'Connell	Sandra McEachran
Bob Rodriguez	Daryl Stewart	Mary Ellen Williams
Nancy Reed	Beverly Abreu	Patty Deuster
Jim Hage	John Arias	Al Naylor
Jeff Reed	Keith Higgs	Dave Asaki
Bee Garcia	Cath Culver	Mrs. McDowell
Maurice Miller	Kaleb McDowell	George Char
Maher Al-Jaber	Tommy Char	Jimmy Chang
Brian Burkell	Andy Schwartz	George Monroe
Mr. McDowell	Antonio Teixeira	

## WILSON WINS COLUMBIA'S COLUMBUS CHASE; WRC RUNNERS PERFORM WELL

by Coleen Troy and Dan Rincon  
*Special to WRC Newsletter*

Ideal running conditions drew some 1,200 runners to compete Oct. 7 in the Christopher Columbus Chase 10K race in Columbia, Maryland. The race, twisting and rolling through the pleasant middle-class neighborhoods of Columbia, was organized by the Howard County Striders who have earned a reputation of putting on races that are the Tiffany of events—small and artfully carried out.

Several WRC members were in the field competing for a microwave oven, a personal computer, a color TV and a 12-speed bicycle.

Matt Wilson of Tiger outkicked WRC's John Doub to win by 1 second the open men's division in a time of

29:32. For second place, John Doub claimed the 12-speed bike. WRC's Jim Hage finished fourth overall in 30:06.

All our WRC men were in the top 25 finishers and had times of under the 33-minute mark. David Shafer came down from Hagerstown and made it into the top 10 by running a 30:40. Dan Rincon, 14th overall, led the 30-34 age group with a time of 31:15. Close behind Dan were Jeff Delauter 31:16 (15th), Layne Party 31:31 (16th), Al Naylor 31:41 (19th), Lucious Anderson 32:02 (21st), and Robert Cosby in 32:41 (24th).

WRC women were represented by Karin Wagner of WRC/Team Adidas member and Coleen Troy. Karin pushed past Coleen in the last few hundred yards to finish 2nd overall woman in 36:24. Coleen had a PR for the 10K distance and finished in 36:31.

Both Karin and Coleen were less than 30 seconds from the overall female winner Marge Rosasco of the Brooks Racing Team, who finished in 36:02 and took home the personal computer.

The Howard County Striders will be hosting a metric marathon (16.3 miles) on Nov. 18. Prizes are U.S. Savings Bonds, beginning with \$500 for the winner, and are issued promptly—in the mail the next day—to top finishers and age-group winners.

WRC members who are interested in running in the metric marathon can get information by contacting Warren Ohrlich at Feet First of Columbia, Tel. (301) 992-5800.

## MINUTES OF THE WRC MEETING HELD ON OCTOBER 12, 1984

The October meeting of the Washington Running Club was called to order by Club President Alan Roth. Twenty-six members were present.

*Treasurer's Report:* Jeff Reed reported a balance of \$3,295.50. This balance was a result of deposits of \$1,854.10 (returned from the race budgets) and withdrawals of \$1,272 (race budgets and long-sleeved T-shirts).

### Committee Reports

*Social:* Suzy Rainville said the club banquet is scheduled for Saturday, 26 Jan. 1985. Suggestions for a venue are being taken.

*Competition:* Pat Neary stated that a suite has

The NOVEMBER meeting of WRC will be held Friday, November 9 at 8:00 in the Customs Building, 1307 Constitution Ave., N.W. The DECEMBER meeting will be held December 7 (Note: This is one week earlier than usual).

been rented for club members to gather following the Marine Corps Marathon. Showers, food, drink and good conversation will be available. Those running the marathon should contact Pat Neary at the club number. WRC uniforms will increase in price to \$15 next month. This is a result of higher screening costs.

**Newsletter:** Everyone should have received a new address list. Any inaccuracies should be reported to Gerry Ives at 785-6850.

**Legal:** Jack Coffey reported that the club bylaws are being reviewed by the Executive Committee.

**Membership:** The committee reported that dues will be \$7 for the rest of this year. Time to renew is fast approaching. **NOTE: EFFECTIVE FEBRUARY 1 1985**, those members who have not renewed will be dropped from the newsletter mailing list.

**Race Management:** Mark Baldino felt that the club had not done enough to mobilize volunteers for the Georgetown 10K. It was suggested that there be a committee to oversee getting volunteers out for races. The Footlocker 10K, to be held Thanksgiving Day, will require volunteers.

**Old Business:** Alan Roth reported on the progress of the D.C. Team Challenge Series. For more information contact Alan Roth at 649-4909.

**New Business:** None.

## COLEEN TROY REPEATS LAST YEAR'S WIN IN FENTON CAREY HALF MARATHON IN N.J.

### *Special to WRC Newsletter*

In the Fenton Carey Half Marathon last year, under an overcast sky and a temperature of 55 degrees F, Jack Coffey ran a little over 68 minutes, Coleen Troy won the women's division in 83:33 and Betty Blank had a PR.

This year the 13.1-mile race, on Oct. 20 in Ocean

City, N.J., was hot and muggy — 76 degrees F and high humidity. However, Coleen Troy showed her mettle and became the women's division champion for the second consecutive year in a time of 85:10. Bill Khrenes of Philadelphia won the race in 72:25.

The race organizers put on a good race and made sure there were plenty of water stations.

## IRA, ALIVE AND EMPLOYED, SENDS HIS BEST AND THIS SPECIAL OLYMPIC REPORT

*Ed. Note: We received Ira's column last month after deadline. Ira, who moved to the West Coast, needs no introduction:*

Thought I'd forget all about you, huh sports fans? NO SUCH LUCK! What's new? Well, for openers I've got a job. I started the day after the Olympics ended. My new address is: 1135 West I Street #15, Ontario, CA 91762. Tel. 714-984-6705.

The Olympic Games were everything I'd hope they'd be. Besides tickets for Boxing, Judo, Fencing, and Volleyball, I got to go to Saturday's all-day track and field events.

Afterwards I posed for a picture with a member of the U.S. race-walking team—I told him I knew Alan Price of Washington, D.C. The U.S. track team swept the relays, and I got to see the only track world record set at the Games: the men's 4x100 meter relay.

But it was the middle distance runs that afternoon that really made the day worthwhile. I was more that a little miffed at first to have paid \$60 only to be put in Row 75. But, as it turned out, I had an amazing view of the whole field, and my trusty binoculars put me right into the races. And I was sitting in the only shaded part of the Coliseum!

The women's 1500 meters was a thriller, with Gabriella Doria beating out Wendy Sly. Then came the exciting men's 5,000 meters. Moroccan Said Aouita broke loose at the final turn to win. And Englishman Dave Moorcroft, the world champion, put in a gutsy performance. After just a few laps Moorcroft was obviously ailing and was running last. Yet he finished and afterwards left the track in an ambulance.

In the men's 1,500 meters, Englishman Steve Ovett also had to be taken off the track in an ambulance. Seb Coe, England's golden boy of the mile in 1980, seemed in the intervening years to be dogged by one bad break after another since his 1500 meters win in Moscow. In this Olympiad, after a poor finish in the 800 meters, he had just barely made the cut in the 1500 heats. But the five Olympic rings worked their magic for him. After hanging in with the lead pack for three laps, he charged out of the final turn to take the lead and win. He shook hands with the fans and signed autographs until the security guards whisked him away.

Finally, at both Marathons, Jay Wind, Estelle Roth, and yours truly stood at Marina Del Rey to watch. We saw Joan Benoit way out in front of the women, and I got to cheer ma chere amie Jackie Gareau just before she dropped out. A week later I got close enough to Alberto Salazar to touch him.

Well sports fans, I hate to get mushy, but with the excitement over the Olympics, my new job, and meet-

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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

## COMMITTEES

**Legal:** Jack Coffey, Chairman

**Membership:** Coleen Troy, Chairwoman (530-9536)

**Newsletter:** Peter Nye (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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ing new people doesn't mean you haven't been on my mind. These few months have been exciting yet terrifying. Now I'm back in California, doing the kind of work I want to do. But I do miss all of you.

I'll always cherish the memories. My favorite was being newsletter editor for 15 months. And the thing I enjoyed most was hearing from WRCians in exile, as the newsletter was their only link to their old friends.

I'll be in touch again from time to time, and someday I hope to see you all again. Until we meet again, let me say (yet another time) toooooooooooooooooooooo!

#### **CRAIG VOISE WINS 5K IN BETHESDA; SETS PR IN DETROIT FREE PRESS MARATHON**

*Special to WRC Newsletter*

Craig Voise, who recently joined WRC, initiated his new club uniform at the inaugural Our Lady of Lourdes 5K race in Bethesda Oct. 7. He lived up to WRC's front-running reputation by leading all the way and winning the race in a PR of 16:58.

Realizing that his new uniform was responsible for his improved speed, he rushed off to his native Michigan the following week to run the Detroit Free Press Marathon with his brother John. Once again the uniform came through and got him a 3:17 PR, good enough for 698th place among a field of 4300 runners.

Way to go, Craig!

#### **OOPS! WE GOOFED LAST MONTH; WRC BANQUET IS ON JAN. 26**

We blundered in last month's newsletter. The correct date of the banquet is January 26.

Suzie Rainville, Chairperson of the Social Committee, is taking suggestions on where members would like to go. The feeling is that we should try to get a hall or private room. If you know of any place that is available call Suzie at work: 566-8686, or at home: 931-3791.

#### **LETTER DRAWS ATTENTION TO PROBLEM OF IDENTIFYING CLUB MEMBERS IN RACES**

*The following letter was sent to the newsletter editor—*

Editor  
Washington Running Club Newsletter  
PO Box 2605  
Springfield, Va.

Reference: Volume 3, No. 10, WRC Newsletter pgs. 5 and 6, "O'Keefe Runs Away . . ." by Don Pedro.

Pg. 6 of referenced article states, in part, "... comfortably ahead of Louise Mallet of Catholic U., in 39-flat. Top WRC woman was Becky Nolan. . . ."

Louise Mallet is now and has been for several years a member of WRC. She represents Catholic U., where she is a senior and a member of the cross-country and track teams, in appropriate running events. NCAA rules you know.

Joanne Mallet, a local masters runner also has been a WRC member for several years. However, she runs for PVSTC in master team events. Personally, I would

like to see WRC field a female masters team. I cannot recall the last time Joanne's name has appeared in the Newsletter.

Sincerely,  
Robert A. Mallet  
Also a WRC member.

*Editorial Reply: Bob has drawn attention to a continuing problem when we report on races—we honestly don't know everyone in the club. We want everyone to feel that this is their Newsletter, with items that are of interest to them and their families. When you finish a race look for the WRC race coordinator, or any Club official, and give him or her your time and any other information about the race you feel is of interest. If you can't find a Club official, write a note including the information to the Club address and we'll get it into the next Newsletter issue; if you can round up any other members' times, put that in as well.*

*Our race stories and results are obtained by someone taking the time after the race to look for the members they know and get the information to the Newsletter. We have no other sources but our members' input.*

*Both Bob and Joanne are valued members of the club and were among the club members who helped make the Georgetown 10K a great success. I hope this will inspire a whole new generation of WRC Race Reporters.*

—Don Pedro

#### **REMINDER—WRC NOMINATIONS FOR CLUB OFFICERS ARE DUE AT DEC. MEETING**

If you haven't had enough of elections, come to the December meeting and nominate your favorite son or daughter. If you can't make the meeting you can send your nomination by mail to the Club address.

Balloting will be at the January meeting, so the candidates for office will have only one month to campaign. So far none of the TV networks have expressed any interest at all in televising a debate—they didn't last year either.

#### **PERFORMANCES OF WOMEN AT '84 OLYMPICS SHOW NO APOLOGIES NECESSARY**

by Marlene Cimonis  
*Special to WRC Newsletter*

*Besides being a member of WRC, Marlene Cimonis is a reporter for the Los Angeles Times. This article is one of a series she wrote while covering the '84 Olympics for the LA Times.*

A guy I know once made the observation about women runners that I have never forgotten.

"When women run, they always look like they're apologizing," he said.

It wasn't meant as a putdown. He simply meant that women ran as if they were still a little apprehensive and unsure of themselves. Unlike men, he said, when women approach a finish line, they never look like they are pushing. They always look like they are holding back.

This conversation took place in 1981, not all that long ago. I had started running six months earlier and loved it. As one of the well populated middle of the pack, I had not yet run more than 10 miles in competition.

The idea of running a marathon was nothing more than a dream.

At the front of the pack, only a few women marathoners had broken 2 hours 30 minutes. Joan Benoit and Julie Brown were not among them.

The idea of having a women's marathon in the Olympic Games was nothing more than a dream.

In the fall of 1982, I interviewed Joan Benoit after she set an American record of 2:26:11, breaking 2:30 for the first time.

Six months later, she shattered the world record, running an almost unheard-of 2:22:43.

More than a year and a half later, of course, she ran the first Olympic women's marathon in the L.A. Games and won the gold, clocking the third fastest time ever, 2:24:52.

But on that night I interviewed her in Boston, she wasn't thinking about breaking records.

She was asking me about *my* running. By then, I had already run two marathons. I wasn't very fast, but I was serious—the classic addict.

She grins over her beer.

"You know what I'd really like to do?" she says. "One of these days, I'd really like to put on a pair of high-topped sneakers and run a race from the middle of the pack."

I invite her to join me. Anytime.

In June, 1983, I come here from Washington to write about the Avon International Marathon, run along the Olympic marathon course. Two nights before the race, I interview Julie Brown. We hit it off.

On race morning, I see her warming up. "How're you feeling?" I ask.

"Real good," she said. "And you?"

"I had to miss my own run this morning to cover this," I said, laughing.

"Tell you what," she said, "If I win this thing today, I'll run with you in the morning."

She takes the race, all by herself, running at that time the fastest all-women's marathon ever, 2:26:26.

She is there the next morning, ready to run.

"You set the pace," she said. What choice does she have?

We run nine miles, most of it up San Vicente Boulevard, where she had wiped out the rest of the field the day before. We move along at less than an 8-minute-a-mile pace.

It is an easy, loose, post-marathon jog for her, a killer for me.

We start a lovely little tradition that June morning, one which has meant a great deal to me.

We run together several times, always, of course, at my pace. I see her in September, 1983, in Eugene, Ore., where she has moved to be near her coach, Bill Dellinger, and I have come to run my third marathon. She drives me around the course and predicts I will run a personal best. She makes me promise I will call her when it is over.

She is right. I run a time nine minutes faster than I

have ever run a marathon before. "You're going to catch me pretty soon," she said. "I'm getting worried."

We run together again in May, in Olympia, Wash., the day after she makes the U.S. Olympic women's marathon team.

We talk then about running here during the Games on the day after the women's Olympic marathon. She is fit and confident, convinced she will win a medal. If that happens, she says, our running date is on for sure. She won't miss it for anything.

She jokes that I have been her good-luck charm, that whenever I am around for one of her races, she does well. She says she dropped out of the world championship marathon last summer in Helsinki, because I wasn't there to cover it, even though the real reason was her injured Achilles tendon.

If I have ever brought her luck, it is not there the morning of Sunday, Aug. 5. She runs badly, finishing 36th, and collapses in tears on the infield when it is over. Two days later, she is examined by a doctor and learns she is suffering from a virus.

She doesn't know that, though, on race day.

"I don't understand what went wrong," she tells me after the race. "That's what bothers me. I'm just sitting here, trying to sift things through and figure out what happened."

On Sunday, Aug. 5, shortly after 10 a.m., I am sitting in the Coliseum with a friend, Amby Burfoot, winner of the Boston Marathon in 1968 and now a writer for a running magazine. He has no objectivity about running and makes no bones about it. I have no objectivity about running either, but I try to pretend I do. Most of the time, I work in Washington. It's easy there to stay unemotional about what I cover. I never feel like cheering after I've heard the same political speech 200 times.

But this is different.

This is *running*. This is the *first Olympic women's marathon*. This Joan Benoit running around the Coliseum track, seconds away from a gold medal.

My friend jumps to his feet, screaming his lungs out. I am on my feet too, but I am not screaming.

I am watching her through my binoculars, pretending to be objective.

Behind the binoculars, I am crying.

The next morning, I go out to run and it is different. How can I explain it? Somehow, after seeing a performance like that, I feel *faster*.

So I begin to push as hard as I can. No holding back. And no apologies.

#### **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. □

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## CLUB RACE SCHEDULE

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9 Nov.	Bread Run 10K Glen Echo Pk., Md.	1:30 pm
11 Nov.	DCRR Team Chmpshp. 10K Ft. Hunt Park. Call: Bob Trost h] 931-8809 or o] 676-8087 ext. 6150	
15 Nov.	Belle Haven 14 Mi. Alexandria, Va.	10:00 am
18 Nov.	DCRR Team Chmpshp. 30K O'Connell H.S., Arlington. Call: Bob Trost h] 931-8809 or o] 676-8087 ext. 6150	
22 Nov.	Greenbelt 10 & 20 Mi. Greenbelt, Md.	10:00 am
1 Jan.	Hangover Classic 10K Hains Point	Noon

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## GROUP RUNS

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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
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
Sat 8:00 am	TJ Community Ctr., Arlington	5M @ 6-10 min.	J.J. Wind 920-5193

Training/Coaching Advice—by arrangement. Call Dan Rincon at w] 454-4861 or at home in the evenings at 345-9342, or show up at Eleanor Roosevelt HS track in Greenbelt, Md., Mon-Fri at 4:30 pm.