

Washington Running Club ★ Newsletter

Volume 4, Number 1

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January 1985

The JANUARY meeting of WRC will be held Friday, January 11 at 8:00 in the Customs Building, 1307 Constitution Ave., N.W. Election of officers for 1985 will take place at this meeting. If you haven't renewed your membership, bring a check to the meeting.

DAVE SHAFER WINS BALTO MARATHON IN 2:20:09; JIM HAGE TOPS 10-K FIELD

by Count Baker and Jeff Reed
Special to WRC Newsletter

Two WRC/Adidas Middle Atlantic runners came out on top at the 12th annual Maryland Marathon in Baltimore and Tame 10-kilometer Dec. 2. Dave Shafer won the marathon over the hilly course which includes the notorious Satyr Hill in 2:20:08. Hage meanwhile racked up another win to cap a successful season in 30:15.

Shafer went by pre-race favorite Matt Wilson of Tiger-Asics International at 23 miles to win the \$2,500 for first place from the total purse of \$10,000. Victory was sweet for Shafer who had trailed Wilson by three minutes at 20 miles. Winner of the women's race was Patricia Mileson of Timonium, near Baltimore, in 2:49:22. For her victory, she also took \$2,500 home in her swag bag.

In the 10K race, Hage went through the mostly downhill first mile in 4:45. This put him about 25th place. But he maintained the pace and surged past tiring "rabbits" by mile 2.

At a crucial point in the race, Hage pulled away from Dave McCormick of Saucony to win. Hage credited euphoria from being named "King of the Roads" in the December WRC Newsletter for his win over McCormick who also has had a good season—including wins at the Georgetown and Footlocker 10Ks this autumn.

Suzanne Girard of Georgetown University ran away from Marge Rosasco of the Brooks Racing team as well as the rest of the women's field to win in 34:25. A total of \$1,600 went to the top finishers. Hage and Girard each won \$500.

A popular misconception about the Maryland Marathon is that it is a regular marathon with Satyr Hill thrown in. Satyr Hill measures about a mile and a quarter in total span, with the gradient steeper on one side.

But the Maryland Marathon is mean. An out-and-back course, it has six other hills that create a roller-

coaster which left the leaders struggling to keep a pace of 6 minutes over the last 10 kilometers.

As WRC's Dan Rincon, second in the race a few years back, observed before the race, "It's not just Satyr Hill, but the whole series of ups and downs that take their toll."

On a sunny and cool day, this year's Maryland Marathon saw Shafer win by a three-minute margin over Dave Brehmer of Ohio.

Five miles into the marathon, Tiger's Wilson had established a lead over a pack consisting of Shafer, WRC's John Doub and Scott Bagley who had won the D.C. Marathon in the spring and the Rochester, N.Y., marathon in October. Wilson pushed his lead to almost 2 minutes.

At the half-way point where runners doubled back to the finish, Shafter sensed "the look of despair" in Wilson's eyes and went after him. Wilson, who has run a 2:12 at Grandma's Marathon in Minnesota and led for a portion of the Olympic Trials Marathon in May, was shattered when Shafer went past him with 5 kilometers to go. Lactic acid transformed Wilson from a tiger to a pussy cat. He slowed to a walk and clanked in to finish 24th in 2:39:28.

Patricia Mileson, a Baltimore runner, used the home course advantage of friends and family to cheer her along to a victory that was 10 seconds short of the course record that Kathy Heckman of the Howard County Striders set.

Ray Lurrier of Manchester, N.H., won the master's title, finishing 10th overall in 2:32:46. He beat sentimental favorite Ron Hill of England. Hill, who holds the distinction of winning in 1974 and then finishing one place back each year for six years, came back to run his eighth Maryland Marathon. Cindy Dalyrmpole of the Brooks Racing Team won the women's masters in 3:15:50.

Partial Results: MARATHON: 1. Dave Shafer, WRC/Adidas, 2:20:08; 2. David Brehmer, Seven Hills, Ohio, 2:23:06; 3. James Dill, Winston-Salem, N.C., 2:23:54; 8. Jeff Smith, ex-WRC, 2:28:58; 13. Kevin McGarry, WRC, 2:35:00; 17. Ron Hill, Manchester, England, 2:36:05; 24. Matt Wilson, Tiger, 2:39:28; 31. Bruce Robinson, WRC, 2:41:35; 59. Mike O'Hara, NOVA, 2:49:11; 60. Mark Doles, 2:49:57. WOMEN: 11. Becky Nolan, WRC, 3:14:40; 19. Wendy Hagman, WRC, 3:22:15.

In a surprise move, Avon drops 1985 women's race series. See "What's Up" on page 4 of this issue.

Please Pay Your Dues Before January 31—See p. 3

10K: 1. Jim Hage, WRC/Adidas, 30:14; 2. Dave McCormick, Saucony, 30:24; 3. Gary Bicking, Sarpsberg, Pa., 30:38; 15. George Kiem, 32:14; 19. Dennis Count Baker, WRC, 32:55; 20. Darryl Stewart, WRC, 32:57; 28. Eammon McEvilly, NOVA, 33:33; 44. Jerry Merkel, NOVA, 34:19; 53. Pat Carr, WRC, 35:00; 54. Dave Asaki, WRC, 35:01; 75. George Veletsis, NOVA, 36:34. WOMEN: 1. Suzanne Girard, 34:25; 2. Marge Rosasco, Brooks, 36:11; 3. Stacey Nicholson, Baltimore, 37:26; 5. Coleen Troy, WRC/Adidas, 38:03; 6. Barbara Frech, NOVA, 38:08; 8. Kathy Ventura-Merkel, NOVA, 38:27; 15. Betty Blank, WRC, 40:00; 18. Joan Sarles-Lee; 32. Jodie Bevins, 43:31. □

ALEXANDRIA 5-MILE TURKEY TROT COMES OF AGE; COLDSMITH REDUX WINS IN 23:58

by Peter Nye
WRC Staff Reporter

After what aficionados consider a long and conspicuous absence, Bruce Coldsmith of WRC/Saucony Racing Team returned Thanksgiving Day to the five-mile Alexandria Turkey Trot where he beat a fast local field to win in 23:58.

"I think I'm back in shape," he said afterward as he pondered briefly the logistics of taking home the bicycle he won. He said he was using the flat and fast course as a tune-up for the Rocket City Marathon soon after in Huntsville, Ala.

Coldsmith took command of the race from the start with a 4:41 mile. Running off his shoulder was Mike Regan of Alexandria.

Not far behind was WRC's Lucious Anderson who took off faster than usual.

"The beginning of the race was real rough, with a lot of pushing and shoving," Lucious explained. "When I heard one guy fall and get trampled, I figured it was

DCRRC Team Championship Races: Jan. 6, American University 25K, with merchandise certificates of \$15 to each of the three scoring on the winning team.

Jan. 20 _____ Hains Point 20k
Feb. 3 _____ Reston, 20 miles.

time to clear out. I wasn't running to impress anyone—just to be on the safe side."

Coldsmith continued hammering the pace. He was 9:22 at two miles, with Regan in tow and about 1,150 more behind. By four miles Coldsmith was 19:09. He had opened a small gap on Regan who subsequently finished second with 24:04.

In the women's division, Julie George of James Madison College beat Sonia Smith of Alexandria to win a bicycle. George, in 29:16, finished 27 seconds up on Smith.

After first, prizes were gift certificates that went down to fifth in the two gender divisions, starting with \$50 for second and ending at \$25 for fifth. Lucious finished 10th, in 25:55.

"Turkeys Give Thanks"

Since the Potomac West Trade Association established the race in 1975 to draw attention to area merchants whose shops were flooded in a storm that battered the East Coast, the Turkey Trot has been the setting for interesting developments that reflect the character of the running community.

In 1976, it was WRC's Jenny White who won the women's division and told race officials that she already had a bicycle. She generously suggested that officials award the prize to second-place Hannah Rowe, one of WRC's youngest members, then still in junior high school.

The next year Gary Finelli came down from near Philadelphia to compete for the \$500 U.S. Savings Bond that was first prize. By then the Potomac West Trade Association was into the spirit of the race which had been doubling in size each year. A local car dealer donated a jeep as the pace vehicle. Someone dressed as an over-size turkey stood in the back of the jeep for the runners to chase.

Finelli inconspicuously announced he was a vegetarian by wearing a new yellow T-shirt with large red block-print letters that said, "Turkeys Give Thanks to Vegetarians."

He ran after the turkey faster than anyone else, including WRC's Bruce Robinson who finished second, to win the bond. Apparently an idea formed as he ran and stared at the turkey costume.

For the past few years, he has taken to wearing costumes himself. At the Boston Marathon in April he ran dressed as a Blues Brother—in complete dark suit, sunglasses and fedora. The sunglasses stayed on in spite of a rain. When race applications ask for entrants to state their occupation, he inks in that he is a roads scholar. At the New York City Marathon in October, he wore a large white sheet and ran as a ghost.

Results: 1. Bruce Coldsmith, WRC/Saucony, 23:58; 2.

Washington Running Club

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CLUB OFFICERS FOR 1984

President: Alan Roth (649-4909)
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Secretary: Keith Higgs (836-7284)
Treasurer: Jeff Reed (836-7284)

Newsletter Editor: Peter Nye

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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)

Mike Regan, Alexandria, 24:04; 3. Jonathan Maier, Silver Spring, 24:30; 4. Tim Cole, Fairfax, 24:31; 5. John Arias, Silver Spring, 25:06; 8. John Walsh, Checkers AC of Buffalo, 25:51; 10. Lucious Anderson, WRC, 25:55; 12. Peter Nye, WRC, 26:05; 13. Dennis "Count" Baker, 26:10; 14. Tom Weber, NOVA, 26:12; 19. Roberto Rodriguez, WRC, 26:29; 27. Pat Carr, WRC, 27:12; Gerry Ives, WRC, 30:03; Jim Frech, NOVA, 30:10; Ron Griswald, 31:15; Jeff Day, BNA, 32:40.
 Women: 1. Julie George, James Madison College, 29:16; 2. Sonia Smith, Alexandria, 29:43; 3. Kathy Ventura-Merkel, NOVA, 29:57; 4. Marta Vogel, Washington, D.C., 30:34; 5. Lorna Lewis, Alexandria, 31:11; Shannon McCarthy, WRC, 34:46; Colleen Gaughan, Buffalo Checkers AC, 39:30. □

showed the effects of "too much thesis" and faded in the final mile of the race to place third behind WRC's Ruth Joyner.

Coleen her turned thesis in Dec. 17 to her Ph. D. committee members and vows to get back into training so she can keep up with Ruth, who gets tougher in every race.

After the race Coleen continued her efforts to keep WRC the top women's club in the area by trying to recruit Lisa Hartley.

WOMEN: 1. Lisa Hartley, U. of Tenn., 36:10; 2. Ruth Joyner, WRC, 37:02; 3. Coleen Troy, WRC, 37:30; 4. Allison Wichman, WRC, time unknown.

MEN: Gerry Ives, WRC, 38:02; Craig Voise, WRC, 48:00; Dave Summers, WRC, 48:11. □

WRC WOMEN NET THREE OF TOP FOUR PLACES IN JINGLE BELLS RUN FOR ARTHRITIS

Special to WRC Newsletter

WRC women's took three of the top four places in the Jingle Bells 10K Dec. 8, in West Potomac Park.

Coleen Troy of WRC/Adidas, who has been spending more time working and studying than running, ran second to Lisa Hartley for most of the race. She

WRC WINS TOP 2 SPOTS IN PVS 5-K CHRISTMAS CAPER DEC. 15

Darryl Stewart and Carolyn Ulrich showed the 5K field the way home in East Potomac Park on Dec. 15. The race was run in unseasonably warm weather.

5K—MEN: 1. Darryl Stewart, WRC, 16:15. **WOMEN:** 1. Carolyn Ulrich, WRC, 20:09.

10K—MEN: 20. Gerry Ives, WRC, 38:06. □

**WASHINGTON RUNNING CLUB
1985 MEMBERSHIP APPLICATION**

\$15 Individual Membership

\$20 Family Membership

Name _____ Date of Birth _____

Address _____

Phone h] _____ w] _____ Is This a Renewal Membership? (yes) _____ (no) _____

FAMILY MEMBERS

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Make check payable to WASHINGTON RUNNING CLUB and send to:
 Gerry Ives, 4435 MacArthur Blvd., N.W., Washington, DC 20007.

If you require further information call Coleen Troy: h] 530-9536 o] 295-3822/3815.

WHAT'S UP AROUND WRC AND THE REST OF THE RUNNING WORLD

by Don Pedro
WRC Staff Reporter

It's a bittersweet farewell to Avon which has decided to drop its 1985 racing schedule from 10K to the marathon in the U.S. This decision was reached in early December, with Avon's racing staff dismissed at the end of the month.

Local running consultant Jeff Darman said that Avon, which had been sponsoring women's races since the mid-1970s, was seeking to cut back expenses and re-evaluate the image of the Avon woman. Avon had some entries printed for the 1985 schedule—including the 15K event at West Potomac Park in early March—and had even had begun advertising. But corporate officials decided to scrap the entire program.

All that remains is that the marathon originally scheduled for Mexico City will become a 10K in Guadalajara, Darman said.

Katherine Switzer who headed Avon's running circuit is on a leave of absence till May. She is writing a book and afterwards plans to return to Avon to write speeches and handle public relations. Insiders note, however, that Switzer would be returning in the late spring to a significantly reduced staff which may influence her decision to resurface elsewhere.

Avon joins Perrier as another major corporate sponsor that has no qualms about scuttling races, no matter how popular the events are. . . .

Mad Madridniks forced organizers to call off the fifth annual Canillejas 12-kilometer race Nov. 25 in Madrid after a spectator knocked over the leading runner and another spectator prevented another runner from getting to the finish line.

Englishman Mike McLeod, third at the 10,000 meters in the Olympics in August, was knocked to the ground while leading the race. According to a United Press International dispatch in *The New York Times*, McLeod limped angrily off the road as his attacker escaped into the crowd.

Carlos Mamede of Portugal, who also was in the 10,000 meter finals at the Olympics, took the lead until he was also unable to reach the finish as Madridniks swarmed onto the road.

No explanation was given for the Madridnik's behavior. . . .

Mike Woolsey is back training again after recovering from a bout of meningitis which took him out of competition during the autumn. . . .

One who endured a frustrating series of varying diagnoses over 18 months while enduring much leg pain is WRC's Shannon McCarthy. At one point she was told she had a fractured pelvis. Eventually she was told she had sciatica.

After the sciatica diagnosis, she was recommended to work out on a rowing machine to strengthen back muscles which helps in many cases. After five months of working out on a rowing machine for 20 minutes a day three days a week, she found relief and was able to hit the roads.

She tried the New York City Marathon in October,

but found the weather a formidable foe. "Boy, was that marathon a mistake," she sighed. But she did better at the Thanksgiving Day Turkey Trot in Alexandria where she beat a seven-minute pace. . . .

On the medical front comes news that certain back pains can be treated with an injection rather than a scalpel for herniated discs, sometimes misnamed as slipped disks. Chymopapain, a papaya-derived enzyme similar to one of the active ingredients in meat tenderizer (of all things) recently was approved by the Food and Drug Administration as an approved drug to treat back pain. It is estimated that about half of all candidates for back surgery might benefit from this treatment.

Those who want more information about the new drug and more on causes and care of back pain can get a free reprint, entitled "Back Pain" from FDA's magazine, *FDA Consumer*. Send your name and address to the Consumer Information Center, Dept. 608M, Pueblo, Colorado 81009. . . .

Wedding vows are in store for Mary Decker. She and English discus thrower Richard Slaney announced they will start the year off on solid footing by marrying Jan. 1. One runner likely not to be present for the vows will be Zola Budd whose international track career seems headed to emanate out of Switzerland. Race promoters have been working to arrange a series of lucrative meets between Decker and Budd since they collided in the Olympic Games. . . .

WRC's Marlene Cmons, who regularly writes for the Washington, D.C., bureau of *The Los Angeles Times*, has an article in the January *Runner* on running the marathon. It's in a section on marathon training and racing, and is entitled, "The First Time."

Marlene also spent about a week in Sun Valley, Idaho, to write a feature on Gabrielle Scheiss-Anderson who runs and skis in and around Sun Valley. This will be published soon in *Runner*.

It will likely be filled with short, vibrant sentences as Ernest Hemingway used to live and ski and hunt and fish in Sun Valley. His spirit is imprinted there: a bust of Papa commands a view facing the east to watch the sun rise just outside of Ketchum, the town in Sun Valley.

Another WRC scrivener, newsletter editor Peter Nye, has an article scheduled for February in *The Olympian*, published by the U.S. Olympic Committee, on Art Longsjö, the first athlete to make two U.S. Olympic teams in one year. In 1956, Longsjö made the Winter Olympic team as a speed skater and the Summer team as a bicycle racer. Longsjö, a dominant national force in both sports, was killed in a car wreck in 1958 while returning home after winning the last major race of the season.

Peter also has a profile set for the March issue of *Winning: Bicycle Racing Illustrated* on Jack Heid, a bicycle racer from New Jersey who competed in Europe in the late 1940s and early 1950s and finished third in the world amateur sprint championships. *Winning* is a slick, published in Belgium and distributed worldwide. . . .

It's either-or for Joan Benoit who has found that she can either make public appearances or run, but not both. The *Times* Nov. 28 said that demands on her are

too much. She said it will be March "at the earliest" before she attempts another road race. . . . □

O'CONNELL 30K COURSE NO CREAMPUFF; COUNT BAKER LEADS WRC TO TEAM WIN

by Bob Trost
WRC Roving Reporter

About 150 courageous runners showed up Nov. 18 for this year's DCRRC 30K Championship at Bishop O'Connell High School in Arlington. As Washington-area runners know, this course is no cream puff. It consists of three 10K hilly loops through residential streets, and although each circuit covers the same topography, the third one always feels 20 times harder than the first.

I've entered this *bete noir* for the past three years. My goal has always been to simply run each 10K lap under 40 minutes. Finally I achieved that goal this year. My three commutes around the course were 38:20, 39:00 and 39:55 for ninth place in 1:57:15.

The race among the front runners took on a twist this year, as WRC's Dennis "Count" Baker and NOVA's Mike O'Hara—former WRC member—decided to run together. They went through the first lap in 34:30, and 20K in 70:20.

In the bell lap, however, the Count realized he had to make a pit stop. His cape had slipped from his shoulders and needed adjusting. Mike magnanimously offered to wait, but the Count, after giving the gesture careful consideration, gracefully declined. He waved his gold-tipped cane and wished O'Hara good luck.

O'Hara went on solo to win in 1:48:00. The Count finished in a dignified 1:49:12.

Dick Jamborsky of the GNATS was fifth. Jamborsky, a Fairfax County judge, set the new masters course record of 1:52:59. He broke the record of O.T. Williamson of the D.C. Harriers, sixth this go-round in 1:54:35.

The hilly 30K event was also the DCRRC 30K team championship, with the top three scoring. While WRC's contingent featured the Count, Ron Griswold, Roberto Rodriguez, the indomitable Jay Jacob Wind and myself, we had some heady competition from the informally-organized TJ Road Runners, named after the Thomas Jefferson Community Center in Arlington near which the members live.

The TJ squad consisted of O'Hara, Catholic University Theology Ph. D. student Dave Bruning and Doug Wham.

After I finished and totalled up our score, I realized we had 19 points: 2 from the Count, 8 from Roberto (1:56:23) and 9 for me. The TJ squad had 8 points: 1 for O'Hara and 7 for Bruning (1:55:45), with one more to score. If the Whammer was 10th, WRC would lose.

I was relieved when I saw WRC's Ron Griswold heading down the final stretch ahead of the Whammer. If Ron could hold off the Whammer, WRC would win the title since the third scorer was designated as tie-breaker. Ron held on for 10th, in 2:03:09. The Whammer finished 11th. We won the team title.

Some of you may wonder what happened to Jay Wind, no stranger to the front of races. Well, it turns

out that the day before he ran a 33:50 10K and was using the *bete noir* as a training run. His time and place were not known at press time. [Editor's note: Jay may still be running on the course. If anybody spots him, tell him to call home.] □

FOOTLOCKER THANKSGIVING 10K TURNS INTO GRAND SUCCESS DUE TO SUPPORT

A special thanks goes out to those who showed up to make the Footlocker Thanksgiving 10K a grand success. Volunteers helped the club earn \$1,000. They were:

Alan Roth	Steve Corbett	Ilene Farley
Gerry Ives	Coleen Troy	Chuck Kuhn
Roger Urbanscik	Pam Briscoe	Sue Fowler
Tem Washington	Ken Gaddy	Pat Neary
Barbara Corbett	Dick Sergeant	Suzy Rainville
Mark Baldino	Al Naylor	Dave Asaki
Cindy Collins	Herb Poe	Tris Krueger
Nella Neary	Kathy Miller	Martha Sargent
Dan Rincon	Jeff Reed	Ellen Walsh
Fred Lampazzi	Kathy McCaffrey	Patty Coe
Jack Moffett	Patrick Neary Jr.	Dick Spencer
Jim Johnson	Keith Higgs	Jack Coffey
Jim Johnson	Lloyd Shrager	Paul Burlett
Lynn Hodges	Joe Lugiano	Lisa Hamm.

A special thanks goes to Paul Burlett for bringing his swim class to volunteer on Thanksgiving morning at 7 a.m. Roger Urbanscik gets the award for the Volunteer Who Came the Farthest. He drove down from Philadelphia the night prior to the race and left afterward to return to Philadelphia for dinner with his fiancée. Roger, a former ex-Navy pilot with the Right Stuff, is matriculating at the Wharton School of Finance at the University of Pennsylvania. He and his fiancée have set Aug. 10 for their wedding. He is also scheduled to graduate in December 1985 and return to Washington, D.C.

DON'T THE NEW WRC COLORS LOOK GREAT?

by Pat Neary
Special to WRC Newsletter

WRC watchers have said they can pick us out in our new uniforms at 100 paces. Since receiving the uniforms in April, we have sold 92 singlets, 94 shorts, and 59 hooded long-sleeved shirts.

Colors are a bright red and white for the men's uniforms, and aqua blue and white for women. We have been fortunate with Alan Roth's contact with Rosemary Schaefer, owner of Sports Afoot at 11145 Viers Mills Road in Wheaton, and Mike Greehan and Will Albers of the Brooks Shoe Company that we got the goods at cost.

The club has taken them to Comming Attractions in Manassas for the screening of the club's logo.

If you would like to order yourself a set or have your friends, family or anybody else receive a gift for a special occasion, see me at a club meeting or send me a check made out to WRC for the cost plus \$3 for shipping. The singlet costs \$8, shorts \$7, and \$17.50 for

a hooded shirt. We also have some great-looking women's cap-sleeved medium tops remaining for \$6.50.

My address is 8321 Lindside Way, Springfield, VA. 22153. Tel. (703) 455-0575.

If you are in Wheaton, stop by Sports Afoot and show your appreciation by buying something. Rosemary gives us a discount. Their number is: Tel. 949-8824.

As a special service to the club, we have an embroidered WRC logo design available for that special shirt, training outfit, warmup jacket or any other garment. Cost for embroidery is \$5, plus any special handling.

We also have a great supply of long-sleeve shirts for \$6.50 each. The color choice is blue or beige. They have the small WRC logo on the chest, which comes off looking like a sheriff's badge over the left breast, and Washington Running Club written down the length of the left sleeve (neat, huh?). Order early for the best selection. Contact Jeff Reed, 2509 Terret Ave., Alexandria, VA. 22301. Tel. (703) 836-7284.

If you don't attend club meetings, get a friend to pick up your size. We try to have a good supply. Give us a call before the meeting and we will make every effort to have what you want at the meeting. Don't forget: This club belongs to all of us.

Stay healthy and have good racing in 1985. See you at the races. □

A MASTER PLAN FOR THE MASTER'S MASTER: BARRY BROWN REACHES 40

by Bob Trost
WRC Roving Reporter

Featured speaker at this year's Hilton Head Island 10K recently was Barry Brown who recently turned age 40 and is the current world veteran 10K champion.

Barry has been running competitively for 26 years—many of them at national and world class. During the Florida Track Club salad days in the early 1970s when Frank Shorter, Back Bachelor and Barry were the team leaders, Barry was the U.S. record holder in the 3,000-meter steeplechase and a sub-4-minute miler. With credentials like these, I was expecting an insightful presentation. I was not disappointed.

Barry began by giving the four main elements of his weekly workout. These are: a long run, a hard run longer than usual racing distance, a fartlek workout of either eight two-minute surges with three minutes in between or 10 45-second surges with a brief recovery, and a long interval workout. Since he usually does long intervals every other week, that leaves three or four easy days each week.

A fifth element he learned from Billy Squires is to do a second run on the same day as the long run. This second run is to gain mental and physical toughness.

Barry feels that this basic program will work well for anyone, regardless of weekly mileage. He has found that 120 to 140 miles a week works best for him. He tried 200-mile weeks but broke down. He found he was sluggish and not racing sharp on 100-mile weeks.

A typical week of training begins with 20 miles

Sunday morning followed by 7 miles in the afternoon. Monday through Friday he starts each morning off with 7 miles. On Monday he runs 10-12 miles in the afternoon. On Tuesday he runs 7 × 1 mile in 4:35, with a quarter-mile recovery. On Wednesday his afternoon run is 8-10 miles. On Thursday he runs 10-12 miles briskly. On Friday he runs 8-10 miles. Saturdays he runs 15 miles in the morning and nothing in the afternoon. That rounds out a 126-mile week.

Although Barry weighs 137 pounds and is 5 feet 10, he says he is a junk-food junky. "If I don't run for a week or two I gain 10 pounds."

He has never had a serious injury, but is currently bothered by a sciatic nerve problem. Fortunately, his sciatica has been responding well to massage and heat therapy.

Speaking with conviction, Barry said he plans on setting more PRs at every distance from 10K up, and is shooting for Jack Foster's world master's marathon mark of 2:11:19. He said you have to make allowances for age, but you don't have to make excuses.

"I'm running harder workouts now than I did when I was 30," he said. "But I just can't run them as often."

He went on to say that he doesn't feel 40. "I feel like I'm 20 with something very bad happening," he joked. He just ran a marathon PR of 2:15:14 in Minneapolis in September to top his 1980 PR of 2:16:11. He also ran a 4:03 mile last year and will be named the 1984 male master runner of the year by both *The Runner* and *Runner's World*.

At the Hilton Head 10K, Barry won the 10K in 29:43. Bill Fisher of Jacksonville Fl., and Bob Schlauf of Charleston, S.C., were second and third with 30:00 and 30:51.

First woman was Chris Bergeron in 34:57.

I was 11th place and third in the 35-39 age group, in 34:39. I can't wait to turn 40 so I can feel 20 with something very bad happening. □

WRC BANQUET SET FOR JAN. 26; GET YOUR RESERVATIONS EARLY

The WRC Annual Banquet will be held at the University of Maryland Student Union (the Adele H. Stamp Union) on Saturday night, January 26, 1985. Cocktails from 7:30, dinner at 8:30, followed by boogying. The price will be \$11.25, and dinner includes: appetizer, salad and rolls, chicken a la saltimbocca (chicken stuffed with cheese and tomatoes), two vegetables, dessert, tea or coffee. There will be a cash bar.

If you are not attending the January meeting, send a check made out to WRC to Suzie Rainville at 2837A S. Wakefield St., Arlington, VA 22206. Your check MUST be received by Jan. 18.

BARGAINS FOR WRC MEMBERS AT LOCAL SPORTING GOODS STORES

Nike Georgetown is featuring the new V-Series shoes this month. The shoes, the Vengeance, Vortex and Vector, are \$59.95 a pair.

Sports Afoot, in Wheaton, has the Saucony Jazz Plus on sale at \$39.99 a pair. They also have some clothing at clearance prices.

Fairfax Running Center, in Alexandria and Fairfax City, is featuring the new Turntec 570 and 560 shoes at \$49.95 and \$66.95 respectively and the new Avia 581 shoe, both men and women's models, at \$49.95. Both stores have the hard-to-find Hinds tights and tops available at \$29.95.

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 at 11208 Lee Hwy. 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.

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
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.