

Washington Running Club ★ Newsletter

Volume 4, Number 4

© 1985 Washington Running Club

April 1985

The APRIL meeting of WRC will be held Friday, April 12, at 8:00 p.m., in the Party Room of the Montebello Apartments in Alexandria. It will be a covered dish event, so bring your culinary PRs.

DIRECTIONS: From the Beltway, take exit #1, just over the Woodrow Wilson Bridge toward Ft. Belvoir, to Rt. 1. (If you live inside the Beltway, just head for Rt. 1.) After getting off the Beltway go through the second stop light and after approximately a quarter mile turn right onto MT. EAGLE DR. Go straight until you get to the Montebello gatehouse. Go up the driveway and it's the building on the right, 5901 Mt. Eagle Dr. Ask at the desk where the WRC meeting is being held.

KIGEN WINS HIS SECOND CHERRY BLOSSOM; LARSEN-WEIDENBACH SETS COURSE RECORD

by Don Pedro
WRC Staff Reporter

Kenyan running stars Simeon Kigen and Sosthenes Bitok who have been racing one another at the heads of major races around the country this year battled again at the 13th annual Cherry Blossom Ten Miler Mar. 31 in West Potomac Park.

For his ninth mile, Kigen surged from a pace of about 4:40 to 4:28, followed by a final mile in 4:24 to win the \$3,000 first prize for the second year, in 46:24. Behind him, compatriot Bitok matched Jon Sinclair of the Brooks Racing Team until just before the last 100 meters. Bitok opened a gap to capture second, 46:39.

In the women's division, Lisa Weidenbach—who narrowly lost last year as Lisa Larsen to Rosa Mota of Portugal—pulled ahead of Gail Kingma of Seattle at the eight-mile point to win this year. Her 53:30 trimmed 10 seconds from the 1983 mark that Eleanor Simonsick set.

Weidenbach, who also won the St. Patty's Ten Miler in Oley, Pa., earlier in the month also showed she will be a woman to reckon with at the Boston Marathon.

Over that last two miles, Canadian Jackie Gareau trailed within striking distance in third when she began reducing the distance between her and Kingma. Gareau and Kingma have run several duels together in recent months. At the Cherry Blossom, it was Gareau who caught Kingma and prevailed to capture second, in 53:56, by 5 seconds.

McGovern, Doub Lead WRC

In this premier area race which had a cash purse of \$16,500, Patty McGovern of WRC/Adidas was the top

local finisher, in ninth with 56:46. WRC's John Doub was the first male finisher, in 15th place, 48:54. He was followed by Jim Hage, WRC/Adidas, in 17th, 49:04, and Dave Shafer, WRC/Adidas, 21st, 49:15.

Former winner and WRC member Terry Baker of Team Kangaroos finished 18th, in 49:09. Gary Siriano, once manager of the Nike Georgetown store and now of Athletics West, was dismayed by his 16th place, in 49:02. On the previous weekend in Eugene he had set a 10K personal best of 28:33 at the Oregon Invitational Meet and was looking to finish in the money at the Cherry Blossom.

Records tumbled in favorable racing conditions. Both Barry Brown and Ed Benham came to town and set new national age-group records. Brown recently turned 40 and has been setting a string of national records. He set a new 10-mile mark when he ran 49:46 to capture the first master's prize. Ed Benham, 77, slid under the previous age mark for the distance by 7 minutes when he ran 74:10.

This year's Cherry Blossom attracted a top national field that saw the first 31 men under 50 minutes and the top 25 women under 60 minutes. Some 4,000 ran.

Winner of the women's master's division and best personal story was Cindy Dalrymple. A former Brooks Racing Team member until the start of 1985 and named Women's Master Runner of the Year by more than one running publication, she had no racing shoes to wear the day before the event. She spent some time searching retail stores in vain for a pair.

Finally, half in jest, she asked her teenage son if he would take the train to New York City to retrieve from a friend a pair of still unused Nike Miriahs from her palmy days. Her son went, and came back with the shoes she wore to run 61:48. (*For clinching her age group, Cindy won a Nike certificate for a pair of shoes of her choice in the new V-series—ed.*)

Bob and son David Thurston ran the 3K undercard event. David, age 5, commuted around the route in 20:37.

WRC Dan Rincon showed he has made the transition from standout runner to exemplary coach. His squad of more than 50 track and field athletes at the Eleanor Roosevelt High School in Greenbelt wrapped up the winter season by winning the Maryland State Indoor Track Championship, AA Division.

The championship tops the second-place his runners took in the state cross country state championship last autumn. □

Partial results:

MEN: 1. Simeon Kigen, 46:24; 2. Sosthenes Bitok, 46:39; 3. Jon Sinclair, 46:45; 4. Thom Hunt, Athletics West, 46:57; 7. Dean Matthews, Adidas, 47:18; 9. Charles Spedding, Great Britain, 47:18; 12. Phil Coppess, 48:28; 15. John Doub, WRC, 48:54; 16. Gary Siriano, AW, 49:02; 17. Jim Hage, WRC/Adidas, 49:04; 18. Terry Baker, Kangaroos, 49:09; 20. Tim Tays, U.S. Army, 49:14; 21. Dave Shafer, WRC/Adidas, 49:15; 22. Benji Durden, AW, 49:19; 23. Matt Wilson, Tiger, 49:21; 26. Tim Gavin, Unat., 49:27; 37. Scott Celley, NOVA, 50:48; 44. David White, WRC, 51:17; 51. Jeff Delauter, WRC, 51:51; 56. Bob Stack, WRC, 52:31; 60. Lucious Anderson, WRC, 52:51; 61. Layne Party, WRC/Adidas, 52:57; 63. John Sullivan, WRC, 53:03; 65. Peter Nye, WRC, 53:06; 68. Tom Weber, NOVA, 53:13; 70. Ben Beach, D.C. Harriers, 53:16; 71. Matthew Centrowitz, Unat., 53:17; 73. Rev. Norm Green (first men's 50-55), 53:18; 75. Bruce Robinson, Shore A.C., 53:28; 76. Al Naylor WRC/Adidas, 53:32; 78. George Keim, 53:41; 80. Charlie Trayer, Reading, 53:47; 81. John M. Walsh, WRC, 53:50; 83. Dennis "Count" Baker, WRC, 53:56; 84. Faye Bradley (first men's 45-49), GNATS, 53:56; 89. Greg Shank, WRC, 54:09; 53:56; Roberto Rodriguez, 55:06; Roger Urbancsik, WRC, 55:22; Jay Wind, WRC, 55:27; Craig Voise, WRC, 55:34; Mark Doles, WRC, 56:09; Pat "Rocko" Carr, WRC, 56:30; Will Albers, WRC/Brooks, 56:45; Lawrence Temple Washington III, WRC, 56:50; Bob Trost, WRC, 57:41; Mark Baldino, WRC, 58:07; Keith Higgs, WRC, 58:31; John Potter, WRC, 59:33; Gerry Ives, WRC, 61:20; Jim Frech, NOVA, 61:50; Joe Lugiano, WRC, 61:59; Pat Neary, WRC, 62:19; Ken Moffett, WRC, 69:18; Chauncey Berdan, WRC, 75:00; Jim Johnson, WRC, 87:43.

WOMEN: 1. Lisa Larsen Weidenbach, Saucony, 53:30; 2. Jacqueline Gareau, 53:56; 3. Gail Kingma, 54:01; 9.

Looking for TAC number? Fairfax Running Center stores at Jermantown in Fairfax and Old Towne in Alexandria have The Athletics Congress forms and can sell you one for \$5 on the spot. For information, telephone their Jermantown store at 691-8664, or their Old Towne Store at 549-7688. □

Patty McGovern, WRC/Saucony, 55:46; 24. Mary Ellen Williams, WRC, 59:41; 28. Coleen Troy, WRC/Adidas, 61:20; 30. Cindy Dalrymple (first women's master), Unat., 61:48; 33. Barbara Frech, NOVA, 62:49; 39. Betty Blank, WRC, 65:12; Barbara Blank, Sibling A.C., 71:52; Jodie Bevins, NOVA, 73:00; Bobbie Bleistift, WRC, 73:08; Shannon McCarthy, WRC, 76:57; Phyllis Beers, WRC, 80:14; Delabian Thurston, 89:15; Ellen Walsh, WRC, 1:40:01. □

BETHESDA CHASE 20K GROWS INTO LOCAL CLASSIC; WRC MEN, WOMEN CLEAN UP

by Peter Nye
WRC Staff Reporter

After a harsh winter that forced cancellation of two D.C. Road Runner Club championships, the 1985 racing season was officially inaugurated Mar. 3 with the Bethesda Chase 20K.

Dave Shafer of WRC/Adidas and Patti McGovern of WRC/Saucony showed they weathered the winter solstice the best of anyone in these environs by winning. Shafer and McGovern were supported by club depth which helped WRC win two open team competitions.

WRC's men's five-member A-team held off an attempted coup from the Human Energy Team from Pennsylvania, to win by four minutes.

McGovern led a parade of WRC women who smothered the competition by filling the next three places. WRC women's squad finished 45 minutes ahead of Rock Creek Running Club's women and 64 minutes up on the NOVA Running Club ladies, race results show.

THIS YEAR'S EIGHTH annual Bethesda Chase saw the event emerge as a local classic. About 900 ran through the winding and rolling streets of Bethesda which offers its share of hills that are mild knuckle-draggers.

By the time Shafer ran onto the Bethesda-Chevy Chase High School track for the finish, he had successfully held off feisty challenges from John Eberly, a recent Georgetown U. alum, and Bruce Coldsmith of WRC/Saucony.

The three ran the race together after starting out with the lead group of nine who cruised through the first mile in 5 minutes flat.

"No one seemed to want to take the pace out that fast," commented Dan Rincon of WRC/Adidas who went on to finish eighth.

Race tactics were not crucial in the first half, as a variety of hills that punctuated the landscape served to let gravity trim the lead pack. The first major hill came near the six-mile mark when the course went past the Mormon Temple.

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: Gerry Ives (965-2532)
Treasurer: Jeff Reed (836-7284)

Newsletter Editor: Peter Nye

COMMITTEES

Legal: Jack Coffey, Chairman
Membership: Coleen Troy, Chairwoman (251-5848)
Newsletter: Peter Nye (998-5467)
Finance: Jeff Reed (836-7284)
Competition: Pat Neary, Chairman (455-0575)
Race Management: Mark Baldino, Chairman (451-6530)
Social: Bobbie Bleistift, Chairwoman (379-2767)

At about 7.5 miles, however, the race hotted up with surges exchanged between Coldsmith, Eberly and Shafer. With a mile remaining, Shafer broke up the cohesion of the threesome with a burst of speed the others couldn't match. They ultimately finished in intervals of 10 seconds.

Shafer won in 1:03:55. His performance was 22 seconds off Terry Baker's 1984 winning time.

McGovern's winning effort was a new course record for women, in 1:12:42. She and teammate Pam Briscoe ran together for the first five miles before parting company. Pam finished second in 1:16:14.

Defending women's champion Mary Ellen Williams of WRC didn't let a bout of laryngitis interrupt her weekend. She finished third in 1:16:38, trailing Pam Briscoe by 24 seconds, to complete the WRC women's sweep.

HEALTH VAGARIES appropriate to a late-winter race forced several WRC members to scuttle the launching of their 1985 season. Allen Naylor coughed through the event with a chest cold. Coleen Troy stayed home with a bout of the flu. Ken Moffett exercised his option not to run with a cold but went to lend support, as did Jack Coffey.

Before the race start, Coffey spotted Coldsmith's Kansas U. shorts of hot-pink. "You have to be in good shape to run with those," Coffey told him.

Another who used the race to showcase his sartorial taste was Dennis "Count" Baker who wore a new summer-weight cape. Made of turquoise silk, it had a pattern of Tahitian flowers. Several WRC members remarked that it made him look like King Kaluaha. Never known to be shy, he also took running fashion to the next logical step by having running shorts and socks to match.

The combination must have helped him as he ran more than a minute faster than the year before, finishing 17th in 68:55.

In a post-race interview, Count Baker explained that he has his capes made by a Philadelphia tailor on Arch St., in the heart of the city, who specializes in making clothes for clergy.

"My tailor is from the Peccadillo Province, located in southern Italy, where my mother's side of the family comes from," Count Baker explained. "There isn't much involved in getting fitted for a cape. My tailor makes sure the fit is good in the shoulders and that the length is right."

He smiled and added, "The nice thing about a cape in this weather is that after the race I can wrap up in it rather than look around for my warm-up suit to put on."

In the Master's division, versatile Faye Bradley of the GNATS won in 1:10:49 over Don Davis of RC², 1:11:32, and Eamonn McKevilly of NOVA. (Bradley in his college days a quarter century ago was a high hurdler for Kansas State.) Judy Flannery of Racquet & Jog won the women's master's title, in 1:21:02 over Janice Stoodley, RC², 41 seconds back.

Jack Moffett after the race was whooping it up on the track infield. He improved his 20K time by more than six minutes.

RESULTS: 1. Dave Shafer, WRC/Adidas, 1:03:55; 2. John Eberly, Unat., 1:04:55; 3. Bruce Coldsmith,

WRC/Saucony, 1:04:16; 4. Steve Giogis, Annadale, 1:05:23; 5. Dan Cunkleman, Human Energy, 1:05:42; 6. Layne Party, WRC/Adidas, 1:06:06; 7. Jim Hage, WRC/Adidas, 1:06:14; 8. Dan Rincon, WRC/Adidas, 1:06:16; 9. Mark Studnicki, Human Energy, 1:06:22; 10. Mark Blaolo, Human Energy, 1:08:20; 15. Ben Beach, D.C. Harriers, 1:08:20; 17. Dennis "Count" Baker, WRC, 1:08:55; 18. Peter Nye, WRC, 1:09:41; 19. Scott Celley, NOVA, 1:10:08; 20. Jacob Wind, WRC, 1:10:28; 25. Tom Weber, 1:11:08; 28. Allen Naylor, WRC/Adidas, 1:11:39; 29. Bob Thurston, WRC, 1:11:49; 30. Jeff Smith, WRC, 1:11:49; 36. Bill Larsen, WRC, 1:12:35; 39. Pat "Rocko" Carr, WRC, 1:12:46; 41. Dave Keating, WRC, 1:12:49; 59. Robert Dewey, WRC, 1:15:10; 60. Mike O'Hara, NOVA, 1:15:22; 102. Jack Moffett, WRC, 1:19:03; 118. Tom Foose, WRC, 1:19:38; 119. Gerry Ives, WRC, 1:19:52; 122. Jim Frech, NOVA, 1:20:54; 134. Dave Albinson, WRC, 1:21:22; Jeff Reed, WRC, 1:24:36; 259. Pat Neary, 1:29:21; 575. Jim Johnson, WRC, 1:59:57.

WOMEN: 1. Patricia McGovern, WRC/Saucony, 1:12:42; Pam Briscoe, WRC, 1:16:14; Mary Ellen Williams, WRC, 1:16:38; 4. Chari McLean, 1:20:36; Louise Kandra, D.C. Harriers, 1:23:18; 7. Barbara Frech, NOVA, 1:24:45; Becky Nolan, WRC, 1:26:47; Suzy Rainville, WRC, 1:26:59; Val Nye, Fairfax Running Center, 1:27:29; Betty Blank, WRC, 1:29:21; Joan Saries-Lee, NOVA, 1:30:20; Bobbie Bleistift, WRC, 1:37:10. □

RUNNERS SUBSTITUTE FOR LOST AVON EVENT DRAWS 1,000; IS PLANNED AGAIN FOR 1986

by Demery Grubbs
Special to WRC Newsletter

What started out as an ad hoc event to replace the 15K race that went down the schnitzel when Avon Products scrapped its race schedule may grow into another annual event for area women.

The RunHers-I-Love-to-Run 5K took the place of the Avon 15K at Hains Point Mar. 2 and drew slightly more than 1,000 runners. Race Organizer Henley Gible told the WRC Newsletter the race was so successful that the RunHers are looking around for a sponsor for next year's do.

Hains Point and West Potomac Park adjacent to it are the most popular sites for holding races, Gible pointed out. Avon in December withdrew from its popular women's racing series after deciding it wanted to cut overhead costs and redefine the image of The Avon Woman (*ed—see January newsletter*).

"When we learned that Avon was not going to have the event this year, we decided to go ahead and hold a race anyway to save the date," Gible said.

In this year's race, Eleanor Simonsick, who has been out of the racing scene since last year because of injuries, redefined her image as a fast woman. She forged an early lead and strode to a 25-second win over runner-up Carey Hilt of the National Capital Track Club.

WRC's Ruth Joyner of the Saucony Racing Team came in third. New WRC member Sue Raleigh finished in 24 minutes, despite her winter cutback in weekly mileage.

Gibble said that while Avon's withdrawal was abrupt, the company graciously donated Avon shirts for those who entered. Avon medals were awarded to the first 600 finishers, with the rest of the finishers receiving visors.

Partial results:

1. Eleanor Simonsick, Moving Comfort, 17:19; 2. Carey Hilt, Nat'l Capital T.C., 17:44; 3. Ruth Joyner, WRC/Saucony, 18:10; Suzanne Aaronson, Unat., 21:41; Jodie Bevins, NOVA, 22:20; Sue Raleigh, WRC, 24:00; Kathy Scott, WRC, 24:59. □

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

by Don Pedro
WRC Staff Reporter

Race sponsorship continues to be a moveable feast. From Baltimore race organizer Les Kinion comes word that Baccardi Rum has dropped the popular 10K which they backed for the previous two Labor Days. In recent years it was called the Baccardi Rum Run and was a benefit for sickle cell in the City of Monuments.

Kinion, who recently re-joined WRC, said that 7-Eleven is looking to step into the breach. Kinion plans to be more active in race organizing. He retires from the Baltimore Fire Department at the end of the summer and has been organizing worthwhile races for several years. Kinion has been to Baltimore running what Fed Lebow has been to running in New York City.

Locally, race impresario Jeff Darman says that the Bonnie Bell 10K race at West Potomac Park will be held again on Mother's Day, although the secondary sponsor—Chevrolet—has discarded their involvement. Bonnie Bell isn't keen on footing the entire bill themselves for the series which includes Washington, D.C., in its itinerary. They are expecting to get another secondary sponsor.

But American Telephone and Telegraph has said it will continue its Spirit of America 5K event sometime between September and November in the nation's capital, Darman said.

Another sponsor that changed its mind with a local race of some standing was Adidas. It has pulled out of the Hecht Co. Ten Miler in June. WRC's Ron Ponchak is in charge of the race and says that Hecht Co. has further decided to forego the fullpage ad with comprehensive race results that they used to publish in *The Washington Post*.

But as some sponsors withdraw, others enter. A race to look forward to next month will be the 15K George Washington Parkway Classic, set for May 19, in Alexandria. Budlite is the sponsor.

Going from Mount Vernon north along the George Washington Memorial Parkway, the race will finish at Jones Point, under the Woodrow Wilson Bridge, on the southern edge of Old Towne.

The course drops a net of 150 feet from start to finish, with one turn. Take your fast shoes. And your check book. Entry is \$10, and bus transportation to the start will cost another \$2.

This may be the race that WRC members will race

as a substitute for the Hometown 15K which takes place the same day. Last year, you will recall, WRC dominated the men's, women's and team categories. But race officials succeeded in discouraging a return in 1985 by not giving decent awards last year and ignoring inquiries this year on what the prizes—if any—would be.

Details will follow in the next newsletter. Meanwhile, information is available by sending a stamped, self-addressed envelope to: GWPC, Box 267, Mount Vernon, VA. 22121.

Like the Greek philosopher said, one doesn't swim in the same river twice, as the current is always changing the water. . . .

Running Times is undergoing an apparent identity crisis. Readers noticed that the February issue hawked itself on the cover, below their name, as "America's Road Running Authority," then dropped the claim from the March issue. It's back again on the cover of the April issue.

In most of the 1984 issues, RT claimed, "The National Calendar Magazine for Runners" . . .

Speaking of magazines, former WRC runner and winner of the 1976 Boston Marathon Jack Fultz has an article in the March/April issue of *Ultrasport Magazine* on Bill Rodgers's 1975 Boston Marathon victory. Fultz ran for WRC in the summer of 1976 while he was still living in Arlington while finishing up his undergraduate curriculum at Georgetown U.

Gerry Ives says there's no justice. Looking at the new Moss Brown catalogue, he found his face in the background of the cover photo. Moss Brown management has turned down Ives's request on behalf of WRC members for a modest discount. He was told their prices already were low enough. Gerry is still laughing. . . .

Louise Mallet won the 1,500 meter run in 4:44.8 at the ECAC Women's Division III track meet at Tufts College in Boston. Louise is a member of the track team at Catholic U. where she is a senior. The win earned Louise a bid to the first round of the NCAA competition in Lewiston, Maine. . . .

Patrick Neary, an Army major who works as an assistant secretary for the Army's office, competed in the Infantry Half-Marathon Jan. 26 in Fort Benning, Ga. He finished 137th overall in 1:26:41. About 1,000 troops participated from around the country.

One was former WRC member Tim Tays, third in 1:08:07. Tays, a Private First Class in the Old Guard of the Third U.S. Infantry Regiment, is stationed at Fort Myer.

Pat said Tim went through six miles in 29 minutes and change, intending to hunt down the two leaders. When Tim went through 10 miles in 51-flat and was losing ground slightly, he realized he couldn't catch the leaders. A windchill drove the temperature down to 6 degrees Fahrenheit as they ran along the flat terrain. Tim ran to keep warm as he settled for third.

Pat didn't recognize the names of the winner and second finisher. After asking around, he came upon a sergeant who smiled proudly and replied, "Oh, they're just some guys we had hanging around the post." □

PATTY MCGOVERN WINS TRIP TO DUBLIN AT OLEY, PA., ST. PATTY'S 10 MILER

by Al Naylor
Special to WRC Newsletter

Like the mythical Scottish village of Brigadoon which comes to life once every 100 years, the Pennsylvania village of Oley comes to life on the Sunday closest to St. Patrick's Day.

Oley, near Reading in the southeastern part of the Keystone State, is too small for most maps, including one that the American Automobile Association issues. But once a year Oley attracts the best runners in the Northeast for the St. Patty's Ten Miler.

At this year's edition on Mar. 17, a contingent of WRC runners found Oley under a clover leaf.

More than 5,000 other runners were there as well. Race organizers found the field was larger than the ever and reversed the route of the basically out-and-back course.

Blood Trails on the Knuckle Dragger

The reverse generated numerous blood trails from the hard-core knuckle-dragger of a hill over the last quarter mile. Although the climb was only 200 yards long, it was a sharp rise that came just at the lung-bursting, muscle-searing point of the race. The closer a runner got to the top, the lower the arms went until the knuckles were dragging along the pavement. It was a skin scraper to the top.

Jon Sinclair of the Brooks Racing Team found the course to his liking, however, and ran away from the pack which commuted on the roads around late-winter farmland near Reading. He finished comfortably ahead of Tom Richardson, to win in 48:38—six seconds off last-year's winning pace of Greg Fredericks.

Conditions were less than ideal, with the temperature at 45 degrees and a cold wind blowing.

WRC's women came made a great showing against some of the best women runners in the Northeast. Patty McGovern of WRC/Saucony captured second, in 56:36, behind her Saucony teammate and defending champion Lisa Larsen-Wiedenbach who set a new course record of 54:38. Finishing third was Laura Albers of WRC/Brooks Racing Team, in 58:52.

WRC's grand-slam troika of Bruce Coldsmith (Saucony), Jim Hage (Adidas) and Dave Shafer (Adidas) reversed their order from the Bethesda Chase earlier in the month. This time out, Coldsmith was top club finisher, in seventh, 49:58. He was followed by Hage, in twelfth, 50:28, and Dave Shafer, fourteenth, 50:41.

35 Trips to Dublin Awarded

What makes the race so attractive to runners from metropolitan Philly, New York City and Washington, D.C. are the prizes which include a round trip to Dublin to run the marathon there in the autumn. Thirty-five of these trips are awarded to the age-group winners, broken down into five-year increments.

Patty McGovern thus won a trip by capturing her age group.

Top age-group finishers also received bottles of Bailey's Irish Cream liqueur as prizes. Patty got one,

as did Bruce, Coleen Troy and Mary Ellen Williams.

Dan Rincon had planned to run until shooting pains down the backs of his legs persuaded him to go just to watch the race. He was on the course, giving coaching and pertinent, helpful information to his club mates.

He also helped precipitate an intra-club race to the very end. When Coleen and Jeff Reed got close enough to smell the finish, she was trailing Jeff. Coleen may have been content to maintain the status quo until Rincon yelled, "You can take him!"

Jeff rallied but discovered his legs had transformed to stone. Coleen pipped him at the post, as they say in the aulde sod.

After the race, Coleen and Jeff shared the bottle of Bailey's Irish Cream Liqueur that Coleen won as an age-group prize. The liqueur helped warm the spirits on a cold, windblown day. St. Patrick himself would have winked at that.

(Also contributing to the article were Dan Rincon and Bob Trost.)

RESULTS: 1. Jon Sinclair, Brooks Racing Team, 48:38; 2. Tom Richardson, 49:29; 3. Ted Reyse, 49:30; 4. Brian Ferrari, 49:32; 5. Mark Amway, 49:43; 6. Richard Blood, 49:52; 7. Bruce Coldsmith, WRC/Saucony, 49:58; 12. Jim Hage, WRC/Adidas, 50:28; 14. Dave Shafer, WRC/Adidas, 50:41; 15. John Eberle, Unat., 50:57; 20. Tim Gavin, Unat., 51:11; 29. Terry Baker, Kangaroos, 52:04; 30. Layne Party, WRC/Adidas, 52:21; 31. Jeff Delauter, WRC, 52:25; 52. Stan Fletcher, WRC, 54:22; 58. Lisa Larsen-Wiedenbach, Saucony, 54:38 (1st woman); 65. John M. Walsh, WRC, 55:11; 70. Al Naylor, WRC/Adidas, 55:20; 85. Dave Keating, WRC, 56:34; 86. Patty McGovern, WRC/Saucony, 56:36 (2nd woman); 112. Dave Bruning, WRC, 57:48; 130. Dave Asaki, Unat., 58:45; 131. Will Albers, WRC/Brooks, 58:47; 134. Laura Albers, WRC/Brooks, 58:52 (3rd woman); 140. Marge Rosasco, Brooks, 59:18; 163. Bob Trost, WRC, 59:58; 172. Pat "Rocko" Carr, WRC, 60:04; 179. Mary Ellen Williams, WRC, 60:32; 180. Rick Shank, WRC, 60:33; Keith Higgs, WRC, 60:45; Coleen Troy, WRC/Adidas, 63:58; Jeff Reed, WRC, 64:04; Tom Foose, WRC, 65:14. □

PATTY MCGOVERN SPEEDS TO 33:58 IN BALTO LADY EQUITABLE 10K; WINS \$500

by Dan Rincon
Special to WRC Newsletter

Displaying new-found speed, Patty McGovern sped to a second-place finish Mar. 24 in the popular Lady Equitable 10K in Baltimore. Her time was a swift 33:58, fast enough to earn her \$500 for walking-around money when she takes her trip to Ireland which she won at the St. Patty's 10 Miler.

Lady Equitable winner was Suzy Girard of Washington, D.C., in 33:13. The women's races are getting faster and more competitive as the top four places were all sub-35. Next three places were: 3. Eleanor Simonsick, Moving Comfort, 34:32; 4. Michele Bush, (N.Y.), 34:34; 5. Marge Rosacoe, Brooks Racing Team, 35:30. Barbara Frech of NOVA was 38:27, second in her age group, 30-34.

The race this year had great timing, as it was held

between rains. There was an overcast sky and negligible wind, with a fine mist in the air. Soon after the race ended, the rain that began the night before resumed.

"It was an absolutely perfect day for racing," Frech said.

A total of 1,400 women started the race, making it the largest field (my estimate) in the race's 9-year history. All competitors seemed to have a great time.

The WRC women's contingent should consider going to this race in full force next year. It is a flat course conducive to fast times. □

SIREN OF SUNSHINE LURES TROST BACK TO FLORIDA FOR TWO RACES

(Editor's note: WRC's Bob Trost matriculated at the University of Florida graduate school until he completed his Ph.D. in economics. Our March chills proved unbearable, forcing him to return to his alma mater. While down in the land of the sun, he wrote two stories on what he saw in two races down there.)

by Bob Trost
WRC Roving Reporter

Every year in early March I travel back to my old graduate school alma mater, the University of Florida in Gainesville, to run in the Sunshine Classic 10K.

Gainesville, with its lovely sunshine and mild winters, was where I went after I was released from the Marine Corps in the early 1970s, and I have a lot of pleasant memories down there.

This year's trip was especially enjoyable since two old WRC acquaintances, Jon Lott and Gary Siriano, were at the race. Jon is currently working on his master's degree in marine and coastal engineering. Gary was an invited runner.

For Gary, the race was another victory, in 30:09, which he added to his already impressive list of wins. Jon was 11th in 34:00. I was 27th in 35:47.

After the race as we talked I noted that we were quite conspicuous among the sea of Florida Track Club singlets—those white tank tops with the imprint of an orange in the front center with the word Florida over it. Everybody looked tall and lithe, like clones of Jack Bachelor and Frank Shorter and Jeff Galloway from the early 1970s when they made the U.S. Olympic team. Even the women runners looked like this.

Both Jon and I wore our WRC singlets while Gary proudly displayed the Athletics West red-and-white colors.

Jon said school was a challenge but that he had finally settled in. He said he plans on graduating in 1986 and looking for a job in Florida, like Travis McGee in the John D. McDonald novels.

Gary said he was running well and was looking forward to running in this year's Cherry Blossom 10 Miler.

* * *

In recent years, the 15K River Run in Jacksonville has been dominated by Africans who live and train in the U.S. This year's race Mar. 9 was no exception.

Simeon Kigen, the Kenyan who won the 1984 and

1985 Cherry Blossom Ten Milers, broke away from two compatriots at the 10K mark and went on to win easily in 43:27. Sam Ngatia was second in 43:59, and Sosthenes Bitok was third.

First U.S. runner was Ivan Huff, fourth, in 44:13. Mark Stickley was fifth. Craig Virgin showed he is still a force to reckon with—6th in 44:45. Barry Brown won the men's masters in 47:38.

All the pre-race hype was given to Joan Benoit. But Betty Springs got all the post-race attention after she won and set a new American women's record. She broke the previous mark by 10 seconds to win in 49:24. The old mark which stood for four years was set by Patty Lyons-Catalano.

Priscilla Welch set a new world master's record for women with her second-place finish in 49:35. Joan Benoit was sixth, in 50:44.

To give an indication of how deep the women's field was, 25th place was Carol Urish-McLachie, 54:42. That's a 5:52 pace. Six years ago, that pace would have won the race.

MINUTES OF THE MARCH MEETING OF THE WASHINGTON RUNNING CLUB

WRC President Alan Roth called the meeting to order.

RACE COMMITTEE: Pat Neary asked for volunteers for the No-Frills CCNV 8K to be on-site at 6:30 a.m. on March 10. Details of the Arlington Parade Mile are being worked out by Jay Wind. Jay said that if any club member could persuade a "name" miler to run the race it would be appreciated. Ron Ponchak reported that entry forms for the Hecht's 10-Miler are being printed. Hecht's is dispensing with the full-page *Washington Post* ad this year. Premium for the race will be a \$7.50 shirt. WRC should get about \$3,000 for the Hecht's race.

The Team Race Series planned for this summer still does not have a sponsor. The Club will put a minimal amount of money into this series until after the first race is run. If the first race is a success the budget will be increased accordingly. Al Naylor gave attendees details of accommodations and transportation available for **The St. Patty's 10-Miler**.

MEMBERSHIP COMMITTEE: Membership renewals for 1985 total 139 so far. The committee will mail membership applications in April to last year's members who have not renewed.

NEWSLETTER COMMITTEE: Expenses for the Newsletter have been reduced due to the culling of the membership lists.

SOCIAL COMMITTEE: The committee has a hold on a room at the University of Maryland for the Club banquet next January. We are still looking for a venue for the Club picnic this summer. Any member with suggestions for a suitable picnic site should call the club number or get in touch with Bobbie Bleistift (379-2767).

NEW BUSINESS: Pat Neary is trying to get a group together to explore the possibility of fielding a cross-country team. Interested members should contact Pat at the Club number. Jay Wind is coordinating teams

for the D.C. Marathon. Members who intend to run should get in touch with Jay at 920-5193.

WRC PROVES THAT RUNNERS WILL GIVE YOU THE SHIRT OFF OF THEIR BACKS

by Pat Neary
Special to WRC Newsletter

WRC persuaded 70 runners to give the shirts off of their backs, shoes off of their feet, and the canned goods from their larders to the Community for Creative Non-Violence. This was accomplished by charging an entry fee of \$1 and two T-shirts or other items of food or clothing for the First Annual WRC 8K race on March 10.

Wheelchair athlete Ken Archer led everybody across the finish line in a very good time of 25:20. First runner was Alexandria's John Sullivan in 26:03, who earned a year's membership in WRC. In second place was my coach and good friend of WRC, Rusty Donahue, owner of Sport's World in Springfield at 26:05.

A pack of five runners went thru the first mile in 5:05 but slow when they hit the headwind around the tidal basin. Their two-mile time was 10:38. At the turnaround, about 5K, the lead was down to three. At four miles, Sullivan passed Rusty to win.

After the race many club members went out on a run together in the clear blue 60°F day. Ed Foley came with his new finacee for the post-race outing.

Women's winners were Tina Ciecimirski of D.C. in the open category and Margaret Noel of Potomac in the Masters. Welcome to our club!

The executive committee wants to thank Ron Ponchak for lending his truck to take donations of to the Shelter for the Homeless. Additionally, the club picked up \$58 in donations for the shelter.

Jay Wind, Ed Meyer, and Keith Higgs helped immensely in getting the articles to the shelter. Al Naylor and Dan Rincon were a great assist in loaning the Colorado digital clock and helping at the finish line. Thanks to Dick Spencer, Kathy Scott, and Sue Raleigh (a new member) for work at the timing stations. WRC can be proud we put on a good low-key race that really helps our community. □

CLUB RACE SCHEDULE

D.C. MARATHON—Sunday, April 14, 8 a.m. Coordinator J. J. Wind. Starts at Madison Drive and Fourth St., N.W. (Team Race. WRC Past Champions).

FRITZBE'S 10K—Sunday, April 21, 8 a.m. Starts at Fritzbe's Restaurant (Rockville Pike and Halpine Ave.) Terry Baker (WRC) Defending Champion in 30:38.

CLYDE'S AMERICAN 10K—Sunday, May 5, 9 a.m. Starts at Columbia Mall, Columbia, Md. John Doub (WRC) Defending Champion in 29:48.

Race Committee Notes

Runners going to Boston Marathon contact Bob Trost for details of WRC team. Bob's number is 703-931-8809 (home).

Runners interested in Fall Cross Country Team to challenge some universities or other running clubs contact Pat Neary 703-455-0575, Jim Hagan 703-938-7644, or Dan Rincon 301-345-9342.

Club Uniforms

Singlets	\$ 8.00
Shorts	8.00
Hooded Shirts	17.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, P.O. Box 2605, Springfield, Va. 22152. Indicate sizes (S,M,L,XL) for items. Uniforms are on the small size.

RACE RESULTS

DCRR ½-Marathon, Sherwood H.S.

MEN: 1. Jonathan Howland, 1:15:39; 2. Vassili Triantos (WRC), 1:17:21; 3. Paul Sobus (Howard County Striders), 1:17:25; 4. Jerry Merkle (NOVA), 1:18:01.
WOMEN: 1. Jennifer Westfall (RC₂), 1:34:35; 2. Mary Brown, 1:37:08; 3. Judith Flannery, 1:40:37; 4. Susan Aaronson, 1:44:59; 5. Bernie Flynn (WRC), 1:49:56.

BARGAINS FOR WRC MEMBERS AT LOCAL SPORTING GOODS STORES

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.

Fleet Feet, 1840 Columbia Rd., N.W. Discount of 10% percent on clothes and shoes. □

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.