

# Washington Running Club Newsletter



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## CHOOSE NEW WRC UNIFORMS AT OCT. MEETING

The OCTOBER meeting of WRC will be held on Friday, OCTOBER 11, at 8:00 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. Brochures will be available so we can choose the colors and style of the Club uniforms. The AMS Building is located in Rosslyn. Take Key Bridge (you can see the AMS Building on the far left as you're crossing the bridge) to Rosslyn and go straight on N. Ft. Myer Drive. Turn left on 19th St. and go two blocks to the AMS Building. If you come by metro get off at the Rosslyn station, go out the main entrance, go through park and turn left on Lynn and right on 19th. Take the elevator to the 14th floor of the AMS Building and then take the spiral staircase to the penthouse.

## de CASTELLA AND AUDAIN TAKE HONORS; WRC SUB-MASTER IN BRIDESMAID ROLE

*by Special Correspondent R.A. Trost*

Less than 24 hours after Hurricane Gloria ram-paged through the Old Dominion, a pair of whirlwinds from Down Under stormed Lynchburg's Virginia Ten Miler. Australian Rob de Castella, who lagged behind the lead pack for the first half of the race, joined the front runners at the 7 mile mark before sprinting away over the last mile to win in 46:52.

In the women's half of the draw, New Zealander Anne Audain (54:05) bested fellow Kiwi Lorraine Moeller who finished second in 54:03. First American and third overall was N.C. State grad Joan Nesbit who finished in a credible 55:07 on the hilly out and back course.

Following de Castella, whose time was two seconds off the course record 46:50 set by another New Zealander, Rod Dixon, were Britisher Nick Rose (46:58), a Louisville, Ky. resident, and American Jon Sinclair (Brooks), third in 47:11.

Dennis 'Count' Baker led a combined WRC-GNATS sub-master (30-39) team with a 54:38. Repeating their performance of last year the team again finished in

second place. This time bested by an excellent Tidewater Striders contingent.

Becky Nolan was the only woman WRC member making the trip and she came up with a fine 67:01 finish. She promises to return again next year when she will be eligible for her first masters title. This year's winning woman master was Liz Ervin (67:27). Lou Faxon captured the men's master title in a time of 54:45.

John Hosner set a new men's 60-69 course record with an outstanding 61:43. Second in that age group was Fairfax Running Center's Dixon Hemphill (69:26).

Prize money in both the men's and women's races extended all the way to tenth place and ranged from \$2500 down to \$300.

**Partial Results: Men**—1. Rob de Castella Team Xerox, 46:52; 2. Nick Rose, 46:58; 3. Jon Sinclair Brooks, 47:11; 4. Ibrahim Hussein, 48:14; 5. Joe Kipson, 48:17; 6. Gabriel Kamau, 48:58; 7. Mike Cotton, 49:02; 8. Steve Taylor, 49:27; 9. Steve Pinnard, 50:01; 10. David MacDonald Tidewater Striders, 50:21; Mike Cobb, 53:23; Dennis Baker WRC, 54:38; Lou Faxon, 54:45 (first master); Darryl Stewart WRC 55:00; Alan Hinchcliffe WRC, 55:15; Chuck Moran NOVA, 57:30; Bill Larsen WRC, 57:38; Bob Trost WRC, 58:26; Dave Roeber GNATS, 58:40; John McGuire 58:45; John Hosner, 61:43 (first place 60-69); Dixon Hemphill, 69:26. **Women**— 1. Anne Audain, 54:05; 2. Lorraine Moeller, 54:53; 3. Joan Nesbit, 55:07; 4. Natalie Updegrave, 58:19; 5. Maureen Custy, 58:27; 10. Debbie Forrester, 61:51; Becky Nolan WRC, 67:01; Liz Ervin, 67:27 (first master); Lynda Derfee PVSTC, 69:47; Rita Fisher, 82:04.

## McGOVERN, COLDSMITH LEAD WRC TEAMS TO VICTORY IN PHILADELPHIA; McGARRY 7th

*By Special Reporter Pat Neary*

The weather was outdone only by the WRC performances at the 8th Annual Philadelphia Half Marathon. The weather, 60 degrees, and course were perfect. Joan Benoit won the Women's Division in 69:43 and Mark Curp broke Steve Jones World Best with a 60:55 time. Following Curp across the line and also bettering Jones' mark were Mike Musyoki and Jon Sinclair. Bucknell alum Bill Reifsnnyder, winner of the Alexan-

## VOLUNTEERS NEEDED FOR THE GEORGETOWN 10K

Volunteers are needed for the Georgetown 10K (minimum of 70 volunteers), Oct. 20. This is a big money maker for the club and provides us with expense money to send members to out-of-town races. Volunteers will get a free long-sleeved T-shirt and are guaranteed to have a lot of fun. Call Pat Neary between 6 p.m. and 8 p.m. at home, Tel. (703) 455-0575, to volunteer.

dria RunaCross this summer, finished fourth.

Although races results are unofficial at press time, the WRC men's team of Bruce Coldsmith, Jim Hage, Jeff Delauter, Jack Coffey, and Dan Rincon improved on our third place finish the past two years with an impressive win. The WRC women's team won for the second straight year with outstanding performances from Patty McGovern, Karin Wagner, and Pam Briscoe.

Kevin McGarry ran a strong race (63:51), improving his time from last year by nearly a minute and his placement by two slots. David White running the longest race of his short road racing career posted an auspicious 66:52, but said later that he thought it would be quite some time before he would again tackle such a lengthy challenge. It was quite a day for 'Rocko' Carr. While enroute to a PR 73:52 he also eclipsed his previous best for 10 miles, passing the decade mark in 56:10.

The biggest improvement, 6 minutes and 68 places, was recorded by Bruce Coldsmith (64:44). Bruce attributes his form to 3 weeks of 100+ miles and the great training ground at James Madison University.

Timo Dowd's father John received a very nice 62nd birthday present with a PR of 1:40. John's goal is a Boston Marathon start. John said he got into running about 10 years ago in Central Park, New York, by running between the vantage points to see Timo run. By the way Timo got his name from one of his forefathers in Ireland; Tim O'Dowd.

**Partial Results:** 1. Steve Jones, 60:55; 7. Kevin McGarry, 63:51; 12. Bruce Coldsmith, 64:44; 14. John Doub, 65:04; Jim Hage, 66:40; David White, 66:52; Jeff Delauter, 66:57; Jack Coffey, 69:30; Joan Benoit, 69:43 (1st woman); Dan Rincon, 69:48; Will Albers, 70:20; Al Naylor, 71:12; Al Hinchliffe, 71:20; Mike Spinnler,

71:42; Timo Dowd, 72:02; Dave Hudson, 72:10; Peter Nye, 72:27; Roger Urbanscik, 73:05; Steve Daniels, 73:15; Patty McGovern, 73:40 (6th woman); Patrick 'Rocko' Carr, 73:52; Gust Svanson, 73:59; Bill Larsen, 75:18; Karin Wagner, 76:50 (9th woman); Pam Briscoe, 78:34 (7th Age); Tom Hardcastle, 79:23; Chuck Desenberg, 79:25; Pat Neary, 80:48; Mike McGuire, 82:01; Joe Lugiano, 82:16; Coleen Troy, 82:30; Alan Braley, 92:40; Val Nye, 93:00; John Betts, 1:45:56; Nancy Lauck, 1:56:48; Bob Woodruff, 2:07:00.

## HAGE, LIBUTTI TOP WRC RUNNERS AT FOOTLOCKER PARTNERS RACE

by Staff Scribe 'Red' Panama

Carolínians, both North and South, took overall and individual honors at the Footlocker (8k) Partners race Sept. 29 at East Potomac Park.

A 4:41 first mile separated eventual winner David Branch (23:41) of Greenville, S.C. and runner-up John Rogers of Raleigh, N.C. (23:48) from the field and theirs remained a two-man race until the final 400 meters when Branch's sprint proved decisive. Their distaff partners were also dominated, but in opposite order as Marla Daniel, Roxboro, N.C. led all the way to post a 27:36 and win over Mary Branch (28:13), wife of the overall winner. The Branch's captured a trip to Fotlocker's national championships in Los Angeles as top husband-wife team.

After working hard in mid-race to move up the leaders WRC's Jim Hage (24:17) was bested over the final mile by Bill McCormack of Arnold, Md. for third place honors in a time of 24:08. Scott Ceeley (NOVA) was fifth in 24:41.

Buffalonian Linda Niedermeier (28:27), formerly of Woodbridge, Va. was third among the women, followed by Washington newcomer and onetime Cornell University half miler Dorianne Lambelet (28:41). WRC runners Jeanie Libutti (28:45) and Pam Briscoe (29:19) trailed in fifth and sixth place, respectively.

David White (WRC), 8th overall, and his former Bucknell U. teammate Mark Hulme (Checkers A.C.) captured top male-male honors. WRC's Patty Deuster (31:03) and Allison Wichham (30:30) were winners of their age group in the female-female competition besting Betty Blank of WRC (32:27) and NOVA's Barbara Frech (30:01) who finished second.

**Partial Results: Men—** 1. David Branch, 23:41; 2. John Rogers, 23:48; 3. Bill McCormack, 24:08; 4. Jim Hage WRC, 24:17; 5. Scott Ceeley, 24:41; 6. Darrell General, 24:45; 7. Henry Phelan, 24:50; 8. David White WRC, 24:52; 9. Mark Crumblish, 24:53; 10. Gary Fanelli, 24:58; Dan Rincon WRC, 25:26; Darryl Stewart WRC, 25:55; Mark Hulme Checkers A.C., 26:05; Tim Bevins NOVA, 32:52. **Women—** 1. Marla Daniel, 27:36; 2. Mary Branch, 28:13; 3. Linda Niedermeier, 28:27; 4. Dorianne Lambelet, 28:41; 5. Jeanie Libutti WRC, 28:45; 6. Pam Briscoe WRC, 29:19; 7. Carroll Meyers, 29:42; 8. Marge Rosasco, 29:54; 9. Karen Sullivan, 30:01; 10. Barbara Frech NOVA, 30:02; Coleen Troy WRC, 30:23; Patty Deuster WRC, 31:03; Betty Blank WRC, 32:27; Jodie Bevins NOVA, 36:45.

## Washington Running Club

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### CLUB OFFICERS

**President:** Alan Roth (649-4909)  
**Vice President:** Pat Neary (455-0575)  
**Secretary:** Gerry Ives (965-2532)  
**Treasurer:** Jeff Reed (836-7284)

**Newsletter Editor:** John Walsh (acting)

### COMMITTEES

**Legal:** Jack Coffey, Chairman  
**Membership:** Dennis Baker (966-9355)  
**Newsletter:** John Walsh (543-1588)  
**Finance:** Jeff Reed (836-7284)  
**Competition:** Pat Neary, Chairman (455-0575)  
**Race Management:** Mark Baldino, Chairman (451-6530)  
**Social:** Bobbie Bleistift, Chairwoman (379-2767)

## CELLEY TAKES TOP INDIVIDUAL HONORS, BUT WRC-DOMINATED TEAM WINS MEDIA TITLE

by Staff Correspondent Emmett Grogan

Two years ago Peter Chandler was able to offer a challenge, last year WRC's Henry O'Connell pressed the issue, but this year no serious contender emerged from the pack and Congressional staffer Scott Celley (NOVA), representing Sen. Slade Gorton's (R-Wash) *Slade's Striders*, emerged with his third consecutive Nike Capital Challenge victory.

The annual three mile event, pitting legislative and executive branch teams against media groups has been held with Nike sponsorship for five years. All proceeds, plus a \$2000 corporate contribution from Nike, benefit Special Olympics.

Celley's time of 14:44 placed him well ahead of 2nd place finisher John M. Walsh (WRC), representing the Bureau of National Affairs, Inc. *Fleet Streeters*, who took first journalist honors for the second straight year in 15:12. Walsh's WRC clubmate and *Fleet Streeter* teammate Peter Nye placed 3rd in 15:15.

On the women's side WRC's Patty McGovern, racing here on the same team as Celley, captured top honors in a course record 16:00. She had set the previous record of 16:48 in last year's contest.

Other WRC members contributed to the *Fleet Streeters* 1st place finish among media teams for the fourth straight year with Gerry Ives turning the 3-mile course in 17:10 and Kathy Scott posting a time of 20:50. Also competing were WRC members Steve Nearman (16:00) and Mike Causey (24:24) both running for the *Washington Post*, Jeanie Libutti (17:02) running for the Navy, Bobbie Bleistift (19:23 P.R.) running for the Justice Dept., and Marlene Cimons (21:02 P.R.) representing the *L.A. Times*.

Marlene Cimons credited her PR time to Joan Benoit. Joan, who has been the subject of a number of articles written by Marlene, ran the last mile of the race with the *L.A. Times* reporter.

## LOCK UP YOUR DAUGHTERS! HIT THE BUNKERS! IRA'S COMING BACK TO TOWN

Famed WRCer and former *Newsletter* editor Ira Pesserilo is heading back to town from California. Don't worry, he's only coming for a short visit.

In honor of Ira's sojourn the Executive and Social Committee of WRC have organized several happenings. On Saturday, October 26, at 8:00 p.m., there will be a BYOB/Potluck party at Pat Neary's house. If you are planning to attend try to call Pat at 455-0575 to let him know. On October 27 the club will have a "Run in Front of Ira at the National Symphony Orchestra 10K" event, followed by brunch.

Those of you acquainted with Ira know that he likes to run quietly at the back of the pack in search of the little red-head with the cute rear end who ran in front of him in some long-ago race at Hains Point; a race long-forgotten by everyone but Ira.

To get to Pat Neary's house: Take I-95 South, Exit 56 (Newington/Fort Belvoir) 1st light left, next light (about 50 meters) left. Straight ahead 1 mile. First housing area on right. Right turn Terra Woods Dr.

Left turn Terra Grande Dr. First right turn (Ruxton Drive) 1 block straight ahead to house at intersection Ruxton Drive/Lindsay Way. Light on over garage and front porch.

## WILL ALBERS WRITES FROM THE WILDERNESS; THREATENS RETURN FOR 25TH BUNION DERBY

*The Bi-Annual Albers Letter arrived on September 19. Will Albers, a long-time WRC member, is Brooks Shoe Company promotion manager and is presently domiciled in Rockport, Mich., near Grand Rapids. Will ran a 2:17 in the 1980 Olympic Marathon Trials and has won the D.C. Marathon, the Hometown 15K and numerous other local races. Will is married to WRC heartthrob Laura DeWald Albers. Laura showed her toughness in this year's N.J. Waterfront Marathon. After taking a nasty spill at the start of the race she got up to win by 10 minutes, in 2:38:55. Five weeks after N.J. Laura placed 2nd in 2:40:40 at the Sydney Marathon in Australia.*

Dear WRC:

Another letter from the great midwest. September has arrived and it looks like another brutal winter is right around the corner. We had a pleasant summer, getting our hottest weather (mid to upper 80s) this past week. Oh, well, we'll pay for it come January and February.

The Albers family is fine. As usual one member is running well and the other not. This time the roles are reversed. I'm doing the best I have in 3+ years and Laura's been injured. A hamstring problem that cropped up after the Sydney Marathon kept Laura idle for 10-12 weeks. Extensive therapy and chiropractic/AK treatments seem to be bringing her around. She's up to about 15 minutes a day easy running and we are remaining optimistic for a speedy recovery.

As for myself, I've been consistent in my training since mid-June. Greg Meyer has moved back into town and I run with him 3-4 times a week. So through osmosis I appear to be regaining some of my old fitness levels. I ran 52:51 at the Bobby Crim 10-miler and actually beat Terry Baker. My fastest 10 miler in 3 years. I even ran a brisk 20+ miles last weekend. Looking forward to a decent race in Philly. My main goal is to get revenge for the whipping Joanie gave me last year. I ran 1:09:50 in '84 and I know I'm in better shape this year. (*Joanie gave him another whipping; beat him by 37 seconds—ed.*)

So if the training keeps up and I run good races and hard 20s you may see my ugly mug at a fall marathon. I'll keep it a secret (big secret, huh?) as to which one I'd like to run, but if I think I can run with the leaders I'll be there.

I really am enjoying Val Nye's history of DC Road Running in the Washington Running Report. Brings back fond memories and a deep satisfaction that my roots go fairly far back in DC road running. It was fun in the early days (mid '70s). I get a big kick out of reading the Bunion Derby results and going back to compare my times. I think some of the old guard will

agree that it sure seemed a lot more competitive back then. I have to admit there sure are a lot of great runners in the area now. I also like the wide selection of road races available all year long. There's a few good races out here in the hinterlands but they are woefully lacking in attractive and varied prizes and things completely shut down in the winter. I'd really like to come back next June to do the 25th anniversary of the Bunion Derby and the Hugh Jascourt 4-miler. How about a WRC Reunion Party on that day — not that WRC needs an excuse to party but it would be nice to bring the ghosts from the past out to mingle with all the new faces. How about it?

I hope you all add the Old Kent 25K as a club road trip next year. A great chance for big PR's and age group records on one of the few certified 25K courses in the U.S. It's a bullet. Laura and I will host a brunch or something if anyone makes it.

I'll be at Philly, Chicago Marathon, New York, Marathon, Marine Corps Marathon, and the TAC Convention. Hope to see a few WRC'ers while I'm on the road.

Cheers, Will Albers

#### **KUDOS FOR WRC WOMEN'S PHILLY WIN RECEIVED FROM COLEEN TROY IN JERSEY**

*WRC lost a valuable member and club contributor this past summer when Coleen Troy left the Washington area for Philadelphia's New Jersey suburbs. But Coleen is not one to desert us entirely and recently she checked back with an epistle for club members.*

*We here in the WRC Newsroom were terrifically pleased to read her invitation to stay when racing in the Philly environs, but would like to know more about the condition of her refrigerator before committing ourselves to any serious free-loading—ed.*

Hi Everybody, Greetings from Cherry Hill, New Jersey. The running up here is almost as nice as it is back home (D.C. and Bethesda area), but instead of miles and miles of bike trails to run on, there are several small interconnected parks. To get in a long run you have to put together several 4 or 5 mile loops.

I've met up with former WRC member John Morini and we run together when opportunity and occasion prevail.

There are a number of 4 mile races up here (2-3 per month) that offer cash awards. I've won one so far and came in second another time. Usually they are held weeknights which limits the field to locals.

I'd like to extend an invitation to anyone who might be interested in racing up this way to come and visit/stay with John Martin and myself. We are only eight miles outside Philadelphia. For the Philadelphia Half Marathon we housed Suzie and Jack Coffey, Dan Rincon, and Patty McGovern. Dan says he really would have beaten Joan Benoit if he hadn't spent the night before on a leaky air mattress. Sorry Dan.

Pat Neary, as usual, did an excellent job organizing the WRC teams and distributing race packets. And how about our WRC women winning for the second straight year — we beat the Athletics West team —

thanks to Patty McGovern's spectacular performance of 73:40. Also in good form — and welcome back to the roads — was Pam Briscoe. Karin Wagner showed fine form following her recovery from the anemia she suffered last spring.

I'll be back in town for the Stroh's Run For Liberty, I hope to see some of you then. If anyone is looking for a quick 5K they should contact Patty Deuster about the memorial run on Oct. 12 (Sat. at 3p.m.). All proceeds go to the Emma Bockman Scholarship fund. There will be prizes.

Thank you to everyone for the WRC merit award, it was really nice to receive. See everyone soon.

Cheers,  
Coleen Troy

#### **LAGGING TACTICS PAY OFF FOR HUSBAND-WIFE DUO AT ROCHESTER**

*by Special Reporter R.A. Trost*

It's often been said that patience is a virtue. For Kare and Craig Holm it also proved to be the right strategy for winning this year's 14th running of the Rochester Marathon. With heat and humidity added to the always present hills both Kare and husband Craig started out at a modest pace and waited for the early leaders torrid pace to fall.

There must have been moments though when they both wondered if their race strategy wasn't a mistake. At the 10 mile they each trailed the respective men's and women's leaders by two minutes. Craig was still the same distance behind men's leader, Scott Bagley, at the eighteen mile mark. By 22 miles, however, the hunt was over. That was when Holm caught and passed Bagley. And no sooner had Bagley lost the lead than he stepped off the road and dropped from the race. Said Bagley later: "When Craig passed me I pulled over to the side. I had no regrets. To me it's a waste of time to finish second in a marathon."

About 20 minutes after her husband took the lead in the men's contest, Kare Holm caught distaff leader Maria Waits. In a scenario that couldn't have been better scripted in Hollywood, Kare Holm, like her mate, also assumed the lead at the 22 mile post.

Craig Holm's time in capturing overall race honors was 2:26:04, well off fellow Cornell grad Pete Pfitzinger's course record 2:22:00 set in 1980. Second place went to Charlie McMillen in 2:27:17, well off his marathon PR of 2:15. Howard Reitz, who had recently run a 10K PR of 31:45, finished a distant third in 2:38:57.

Kare Holm's winning time in the women's race was a course record 2:53:56. The previous record of 2:56 was set by three time Rochester winner Beth Hagg in last year's race which was run under much more favorable conditions. Hagg was third this year in 2:58:50. Maria Waits, the early pace setter, unlike her male counterpart Bagley, proved she still had something left and held on for second place in 2:55:06.

I was 15th in the men's race with a time of 2:56:42. First among male masters runners was Henry Gintner in 2:54:17. First among the 50 and older division was Jim Gray in 2:56:29. 26th overall and first in the 60

year old division was Don McWilliams in a fine 3:09:39.

### STEVE DANIELS TAKES FIRST AT KETTERING FOUNDERS DAY 10K

*by Will Woodbine*

Steve Daniels of Washington Running Club took an early lead at the Kettering 10K and went on to win in 33:23, 41 seconds ahead of second place-finisher Keith Burns. Don Rich of PGRC was third in 34:38.

Bobby Bauer, running his first race as a member of WRC, took 10th place with a P.R. time of 36:24 just ahead of WRC's Gerry Ives who toured the course in a P.R. 36:32. Tom Kurihara of Potomac Valley Seniors easily won his new 50-59 age group in 36:06.

**Partial Results: Men**—1. Steve Daniels, WRC, 33:23; 2. Keith Burns, 34:04; 3. Joh Rich, PGRC, 34:38; 10. Bobby Bauer, WRC, 36:24; 11. Gerry Ives, WRC, 36:32; Dick Good, 42:25. **Women**—1. Jeannette Goodman, 42:19; 2. Angela Salvadia, 45:18; 3. Dianne Harahush, 45:20.

### ALAN ROTH'S REHABILITATION SUCCESSFUL; HOLDS HIS OWN IN MADAGASCAR OLYMPIC RUN

*by Alan Roth*

Over the past 3 years, most of the running I've done has been running off at the mouth. Most WRC members must wonder whether my feet run at all since my race role has been announcing rather than running.

A little history to explain how and why my mouth won over my legs.

Three years ago, I was peaking for the New York City Marathon in expectation of qualifying for the Boston Marathon. But three weeks before the race I suffered a stress fracture of my foot, ruining my marathon hopes and limiting my training to swimming and Nautilus. A month and a half later (Thanksgiving 1982) my physical troubles worsened when I developed serious tendonitis in both shoulders. Several months later, both legs also became victim to tendonitis. Both my upper and lower body remained crippled and did not respond to normal treatment.

Months ran into a year and isn't wasn't until April, 1984, and many visits to many doctors that my malady was correctly diagnosed. A prescription began to remedy a peripheral nerve disorder and I have faithfully taken the medication ever since. One attempt to back away from the therapy went without success.

In mid-1984, I slowly began to train again, giving myself months just to build up to a few miles. By this past summer my training was back up to 10 miles every other day. Speed work was out of the question and my normal training pace has dropped from 7:00 to 8:00 per mile. But swimming had become part of my training routine when I was first injured and later cycling was added. The Bud Light Triathlon the end of June and the Reston Triathlon in early September had replaced that Boston qualifier as my goal.

At the Bud Light Triathlon my master status put me in the fifth heat with five minutes between heats, but

that gave me a many people to pass. On the bike, the course was moderately hilly so I figured on an 18 mph pace at best for the 40K. However, passing hundreds of others kept my adrenalin flowing and my pace ended up just under 21 mph. At the start of the 10K run, my legs were like rubber, and by the last my body was screaming with pain. It was a pain I loved, bringing back memories from years past and telling me that I was truly healthy again. My total time for the triathlon was 2:35. Good for 13th out of 91 in my age group.

I was back, but my work was taking me away from my triathlon training. Two weeks after Bud Light, I was off to Madagascar for a 4-week job. In the capital city, Anatanarivo, my morning runs were with the embassy marine guards who each had a different pace ranging from 6 to 9 minutes a mile. We'd have an embassy vehicle take us out to the airport road which was fairly straight, flat and uncrowded. The distance we covered ranged from 3 to 5 miles depending on the day. My per mile pace was generally around 7 minutes or better since the distances were so short. On Sundays I'd get an embassy vehicle to take me out to the flat, straight, uncrowded airport road do 10 to 12.4 miles.

During a full week when work took me a town reminiscent of the American Old West I didn't run at all. By the third day out, I was sick with a high fever and could barely breathe. I rushed back to the capitol where the embassy doctor diagnosed my illness as pneumonia. But fears of a several month setback in training were relieved by the miracle of penicillin, and by the end of the next week I was able to handle a 12.5 mile run.

My last day in Madagascar was a Sunday and I was planning a 10-mile run. A marine guard from the embassy and one other person decided to join me. I had met this third person at a few embassy parties and we talked about running together but until this day had not had a chance.

He mentioned that the Friday before we ran together he had run the 400 meter hurdles in 55.1. I was wondering whether it was a mistake inviting him for this run. Fortunately, speed is his forte and we stayed together for the first half of the run, doing 8 minutes per mile and talking most of the time. We picked up the pace a bit on the way back and at an altitude of 1,200 meters the 7:20 to 7:30 pace was enough to keep the conversation at a minimal level. I was relieved to find my partner shared my effort maintaining the pace.

At 38, he told me he can run the 400 in 48.00. He is in Madagascar as an emissary of the U.S. government, training the Madagascar track team for an upcoming international competition. He's done this for a number of African countries over the years. But you'll excuse me if I was just a bit in awe of my fellow runner, I don't often run comfortably with a world record holder!

I remembered him from the distant past, 1968, the year before I started running. Then running at altitude had a much different effect on him. But the raised fist on the podium at Mexico City will be remembered even longer than the still standing world record for

400 meters (:43.8) Lee Evans set that day in the Olympic Games.

I'm writing this on the plane back from Madagascar. The travel time is 27 hours with a 7-hour time change. I'll probably be a vegetable for the next 3-4 days. If I do the triathlon anyway, I'll try not to be too big of an embarrassment for the club. Now that I'm fit again and must stand on my performance I look back a bit longingly for those good old days when I only had to run at the mouth!

*(Alan suffered a cycling accident one week before Reston and had to withdraw—ed.)*

## AROUND WRC AND THE REST OF THIS WEIRD WORLD

*By Acting Editor J.M. Walsh*

The Boston Athletic Association, organizers of annual Patriot's Day marathon from Hopkinton to Boston have secured a 10 year \$10 million sponsorship arrangement with John Hancock Insurance. The deal means that \$292,000 in prize money will be awarded in 1986. No word yet on distribution of the bounty, but Hancock's sponsorship also means that the finish line will be moved several blocks down Boylston Street from its current Prudential Center location. The new terminus will be adjacent to Hancock headquarters at Copley Square.

Then there was the one about... former WRC members Larry Noel and Patty Peoples. Both have recently earned note for sporting endeavors away from the running scene. Larry has turned to bicycle racing and according to the Washington Velo Club News has finished in the top third at a 10 mile time trial in Reston. Patty Peoples is featured in the October issue of *Ultrasport*, a terrific magazine, for her recent triathlon endeavors. She is one of a quartet of women training together in Newport, Rhode Island. Some copies of the issue have Patty's picture on the cover while others gave over the cover photo to TAC cross-country champ Pat Porter.

Forget all those plans you have about moving to Boulder, Colorado to train, or your fantasies about how if only you could move to the mountains you would take several minutes from your best 10K time. The New York Times recently reported on a study by University of Colorado scientist Dr. Robert Grover showing that high altitude training causes blood plasma to be diminished. That leads to the appearance of an increase in the number of red blood cells, when in fact blood volume has decreased. Coupled with studies showing expanded blood volume for miners working far below sea level researchers concluded that the best place to train is in low altitudes, not high ones.

Race directors often blame the big money marathons for continued shrinkage of numerous smaller races around the country. The Buffalo-Niagara Falls Marathon (nee Skylon) attracted only 800 entrants for its Sept. 21 running, down from 3500 in 1980. Race Director John Chew, who also served as manager of the U.S. National Cross-Country squad, has in the past attributed the drop-off to siphoning from New York and Chicago which pay out big sums in appearance

and prize money. But then runners at this year's Buffalo race were taken almost 2 miles off course, forcing race officials to jerryrig a new finish line while the race was in progress. What race directors like Chew don't seem to appreciate is that those who aren't running for cash consider the efforts made to serve the runners foremost in selecting races. How else to explain the success of the U.S. Marines marathon here in Washington where everything is for the runners and not a nickel is spent on attracting the "elite" runner.

The September issue of *Track & Field News* contains the world best lists for races reported to T&FN through August 20. In the marathon not a single American appears in the top twenty. Don Norman's 2:11:08 is best among U.S. racers this year. Yet in the 10,000 meters (track) the top three are all from the U.S., Bruce Bickford, Mark Nenow, and Doug Padilla respectively. Given the recent success of 10k cinder-men in big marathons: Carlos Lopes at the Olympics and in Rotterdam; Steve Jones at Chicago last autumn, I suggest salting away the names of those three Americans for future marathon handicapping.

There is a sense of lost direction here in the WRC newsroom without erstwhile editor Peter Nye riding herd over the staff, but we understand work on his bike racing treatise is going well. We also have heard unconfirmed reports that sometime WRC Newsletter scribes Celeste Green and Eduardo Bianchi have eloped (with one another). Rumor mongers add that the elusive couple are honeymooning in Italy.

From the everything comes to those who wait department: WRC member Marlene Cemons recently learned that she was the third master woman at the Pittsburgh Marathon last May and race officials are holding a big trophy for her. Congratulations Marlene. At press time we also learned that Marlene's time of 1:47:10 placed her sixth overall among women at the Montgomery County Road Runners Club Half-Marathon Sept. 29 at Great Falls, Md. Margaret Noel of WRC was 8th (1:51:14).

Patty McGovern (WRC-Saucony) added another victory to her impressive string at the Inspire 85 10K held on the Elipse Sept. 21. Her time was 34:05. Overall winner in 28:54 was George Malley of Eugene, Ore. Ore.

## MINUTES OF THE WASHINGTON RUNNING CLUB MEETING HELD SEPTEMBER 20, 1985

In the absence of WRC President Alan Roth the meeting was called to order by Vice-President Pat Neary. Neary organized a phone campaign to get club volunteers out to the Georgetown 10K on Sunday October 20. He emphasized that this race is a major contributor to the Club budget and that the Club is paid for each volunteer we produce.

**Financial Report:** Treasurer Jeff Reed reported a balance of \$4,400.64 in the Club account. Over past few months the Club has paid expense money to members racing at Asbury Park, Falmouth and Philadelphia. The next race that will require Club money will be the Marine Corps Marathon. The Club will reimburse entry fees to members *upon request*.

There will be a hospitality suite for members after the race at the Hyatt Hotel in Rosslyn.

**Competition Committee:** It was reported that the Club won both the men's open and the women's open team divisions at the Philadelphia ½-Marathon (see story elsewhere in this issue). Twenty-one members were paid expense money for this race.

Dan Rincon gave a presentation on his highly-successful approach to training. Dan covered interval training, weekly mileage and exercises that increase flexibility and strength.

The meeting was adjourned by Pat Neary and many attendees retreated to a bar in Rosslyn to experiment with various combinations of beer, food and music and its effect on racing performances.

*Gerry Ives—Secretary*

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## RACE RESULTS

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**Anacostia 10K:** 1. Wilson Rumble 32:59 (unattached), 2. Darryl Stewart 33:21 (WRC), 3. John McGrail 34:08, 4. Robert Rodriguez 34:26 (WRC), 5. Steve Daniels 34:33 (WRC), 6. John M. Walsh 34:39 (WRC), 7. Keith Burns 34:44, 8. Richard Pankow 34:59, 9. Jim Millette 35:20 (WRC), 10. Don Rich 35:56, 11. Jack Bickley 36:26, 12. Scott Bishop 36:34, 13. O.T. Williamson 36:55, 14. Bob Schmitt 37:49, 15. Maston Gray 37:53 (WRC), 18. Gerry Ives 38:49 (WRC), 41. Lorraine Gersitz 44:13 (first woman), 47. Jim Scarborough 45:20 (WRC), 73. Bernadette Flynn 49:06 (WRC) (second woman).

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## CLUB RACE SCHEDULE

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### Marine Corps Information

Give a call to Pat Neary (703 455-0575 between 7-9 p.m.) if you intend on running Marine Corps Marathon. Each member is responsible for registering themselves. We won the men's title last year. We need our women this year.

The club will have a suite in the Hyatt Arlington, 1325 Wilson Blvd in Rosslyn and about a half mile from the finish line. Showers, food, and drinks will be available. The room will be open at 10 a.m. until to 4 p.m. or the last member.

### Cross Country Update

On 1100 AM 19 October, Saturday, we have been invited to run at James Madison University in Harrisonburg, two hour drive from DC for a 5 mile cross country course against JMU, American Univ, and Georgetown B Squad. Give Pat Neary a call (703 455-0575 7-9 p.m. weeknights) or anyone on the Competition committee. No experience necessary.

### Uniforms

We have to select a new one in 85. Brooks no longer makes the same colors. Contact the executive committee with your preferences colors, style, and manufacturer. We will discuss at the club meeting on 11 October. Uniforms are like t-shirts. They never wear out. Races change colors in t-shirts every year. WRC has to do the same thing. Sorry. Shoes wear out.

### Georgetown 10K

We need lots of volunteers. Our goal is 100 out of the 200 membership. Bring a friend. We can use on the 19th at Georgetown Court, Prospect St & Wisconsin Ave from 1130 to 5 or on the 20th at race start point located at 33rd and M St in Georgetown at 630 AM. All volunteers will get the Georgetown famous long-sleeve tee shirt plus J Pauls incredible crab stew and other delicacies. It's a great time to come out and meet the other members in the club; a fun time. We need you after the race to clean up the finish area. Lots of people make light work. Call Pat Neary (703 455-0575 7-9 PM weekly) or anyone on the executive committee for details. When you come sign the roster so that we know you were there.

### Ira's Coming

Reserve the 26th and 27th of October for Ira. He is here on barrister work. He is a trial attorney in California. He won his first case and has a women on the string. Let's all meet at the National Symphony 10K on Oct 27 in West Potomac Park at 8 AM. We will go to a "by popular demand" local place for breakfast or other such things. Call Pat Neary for details.

### Monthly Meetings

Our monthly meetings are getting fewer and fewer members in attendance. We had twice the number run Philadelphia Half Marathon as attended the September meeting. Give us your ideas on how we can get you that don't come to meetings to the meetings. Do we need to change the format, program, time, date, location, or what not?

### 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.

### 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 clothing and shoes.

J. Lynn & Co., Endurance Sports, 19th & I St., N.W. (223-0310). Discount of 10% on clothing and shoes. ☐

## GROUP RUNS

Day/Time	Location	Pace	Contact
Tues. 6:30 pm	Fairfax Running Ctr.	10M @ 6-9 min.	Paul Jessey 549-7688
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: Dan Rincon w] 454-4861 or evenings h] 345-9342.*