

# Washington Running Club ★ Newsletter

Volume 7, Number 1

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January 1988

## January Meeting in Rosslyn

The JANUARY meeting of WRC will be held on Friday, JANUARY 8, at 8:00 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. Take Key Bridge to Rosslyn and go straight on N. Ft. Myer Dr. Turn left on 19th St. Go three blocks to AMS Building. Go to 14th floor and take spiral staircase to penthouse.

This will be a covered dish meeting, so bring your favorite salad, casserole, pie, or whatever. The Club will supply some beverages, but extra donations will be welcome.

*The election of officers for 1988 will be held at this meeting.*

## TJ CENTER INDOOR MEETS JEOPARDIZED BY PREREGISTRATION QUOTA REQUIREMENTS

*Sp. Report from Jacob J. Wind*

In a surprise move, Thomas Jefferson Community Center coordinator Laura LaZour threw a high hurdle in the way of indoor track meets at the Center this winter.

The scheduled January 10 meet, she announced at a meeting December 17 with a dozen local runners, could go on only if 60 runners preregistered by January 6. Regardless of actual participation level, the meet would be canceled, she said, unless 60 runners sent their entry forms and registration fees to TJ Center, 3501 S. Second St., Arlington, VA 22204, before the preregistration deadline.

The December 17 meeting, originally scheduled to assign volunteer responsibilities, briefly turned into a shouting match when the assembled runners realized they were being called on to sign up 60 participants in just two weeks. Aggravating the irritation was LaZour's announcement that registration forms weren't ready at the time of the meeting.

Runners interested in the meet, or those interested in preserving the meet must preregister before January 6. Fees are \$2.00 for Arlington residents and TJ Center members; \$4.00 for the general public. Copies of the meet registration form are included on the last pages of this *Newsletter*. Those wishing to register for the entire series of indoor meets at TJ may do so using one copy of the entry form. Subsequent meets are scheduled for January 10, February 21, and March 13. All meets start at 9:30 am, with race day registration at 9 am. At least 60 runners must be preregistered by the Wednesday four days before

the meet. Events will include 55-yd. and 220-yd. dashes, and 440-yd., half-mile, one and two mile runs.

WRC members Lisa Hamm, James Scarborough, and J.J. Wind attended the meeting.

*Registration Form is on Page 8*

## STEVE DANIELS, WRC'S INVISIBLE MAN, IS CLUB'S SLOWEST 10 MILER OF 1987

*by Steve Daniels, Seldom Seen Correspondent*

In the last several months every time I go to a race and see a fellow WRCer I am asked "Where have you been?" or "I haven't seen you in a while, what have you been up to?" It seems that most people (even this almost infallible newsletter) have simply not noticed me. Winning my age group in the Bunion Derby was not enough. Being a team captain at Annapolis and attending the wonderful brunch afterwards was not enough. Doing the Cherry Blossom qualifier series was not enough. I even won my college cross country alumni award this year. I guess none of this is very outrageous and I have been told before that to be noticed in this club you have to be outrageous. Maybe the following tale about my recent trip to Scotland will be enough to get me noticed.

While I was in Scotland I discovered that hill walking is one of the national sports along with the caber toss and other activities which require a very strong back and a weak mind. When people heard I was going to stop in Fort William on my tour they all said that I should walk Ben Nevis, the highest "hill" in Britain. Rising from sea level to 4,406 feet it is impressive. Well, with typical WRC style I decided to mangle local custom and run up the hill. I had heard that there is a race to the top and determined that if they can race it I can run it. The distance to the top is 5 miles and how bad can a 10-mile run be anyway? So I set out to conquer Ben Nevis. I was concerned when I had run a mile and a half and had not begun climbing, you see I then had over 1,000 feet climb per mile and from experience in the Rockies I knew that was tough. Finally I started on the path which, not surprisingly in Scotland, began in a sheep pasture. At first it was a gradual incline with

Submissions for the *WRC Newsletter*, as well as diatribes against the editor should be mailed to John Walsh, 2827 28th St. N.W., #12, Washington, DC 20008.

several rocks placed almost like steps and I was bounding up every one. At this point I passed my first group of hill walkers coming down who said "You must be nuts" and "better you than me." The path began to turn and steepen. I looked down and figured I had climbed 500 feet. My legs were beginning to feel tired, a bad sign. Since it was steeper and my legs were tired I wasn't bounding up the rocks as well anymore but my goal was to keep going. Ahead was a pass and a brief respite from the climb. I still didn't know exactly where the peak was so I was continually scanning. Between the view and trying to pick out where the path was going and watching my footing my eyes stayed very busy. At 1,500 feet I was just high enough to begin seeing over the hill beyond the valley below me. A loud noise in that valley brought my attention to a jet fighter swooping by BELOW me at incredible speed. At 2,000 feet I crossed the pass and it felt great to be on more level ground if only for a few steps. A bit further on I had just begun to wonder if the altitude might become a factor when I got into a nice rhythm and everything seemed better. As I climbed beyond the pass I glanced back and saw that it was a field with a lake. I was later to learn that it is called Lochan Meall. Shortly after the lake I came to a beautiful mountain draw where I decided to get some of the fresh cold mountain water. There is very little to compare to a mountain stream after a half hour of running except maybe the same stream after more than an hour. Then on up. Now I was passing people regularly and hearing "Ye must be daft." There were many astonished looks. Soon I began climbing above the vegetation. That is when the hill really began in earnest. The path was almost all gravel. There were

many places I had to walk because there was no place to run. Decidedly you need strong ankles and a weak mind to be up here. The stone field went on seemingly forever, switching back and forth but always up. People no longer told me that I was crazy, but by the looks I got I'm sure that they REALLY believed that I was. Finally it began to flatten out. I could see what seemed to be the top. It was a mere 200 yards away, a distance that I ought to be able to jog in a minute. I looked at my watch and saw 1 hour and 28 minutes and figured under 1½ hours would be fine. I had forgotten how much the rocks were slowing me down so I ended up really hurrying to do it. The top was anticlimactic. The hill is actually quite flat on top. There were 50 yards of rocks in all directions so I never really got a full 360 degree view and because the hill is so rounded I couldn't see below me very well either. I stayed a few minutes to catch my breath and eat an apple that a kind soul offered. Then it was back down the way I came. It is tougher going down than up when it is that steep. My ankles took a real beating. I walked a good bit for safety's sake. As I neared the bottom I was philosophizing, and decided that on the way up you hate life enough to hurry and be reckless just to get it over with, but on the way down you are ecstatic about life and want to be as careful as possible to preserve it. Whatever the reason it took longer getting down than going up and it took more out of me. Back in town it was a small incline to the bed and breakfast guest house I stayed in. That hundred yards was the toughest of the day. With legs shot I hobbled up to my room to log the slowest 10 miles I ever hope to run at 3 hours and 35 minutes including stops for water and to take in the view at the top. And to think, the racers do it in 85 minutes—now that's CRAZY!!!

## Washington Running Club

P.O. Box 32378, Calvert Station, Washington, DC 20007.

### CLUB OFFICERS

**President:** Jack Coffey (836-8400)

**Vice President:** Dan Rincon (441-9265)

**Secretary:** Gerry Ives (320-3337)

**Treasurer:** Pat Carr (587-7655)

**Newsletter Editor:** John Walsh (462-8955)

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**Legal:** Jim Hage, Chairman (652-6886)

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### TAC BRINGS EKIDEN RELAY TO U.S. SHORES; RUNNERS NEEDED TO REPRESENT U.S., STATES

The Athletics Congress, November 30th, 1987, announced details of a major new event for male long distance runners. The Ekiden, a traditional Japanese road relay, will be run through the streets of New York City on April 9, 1988. This is the first time the IAAF international race has been conducted outside Japan.

The U.S. event will consist of nine international teams and 51 state teams (one from each state and one from D.C.). Teams will consist of five runners, each of whom will cover a relay segment of 5K, 8K, 10K, 12K or 15K for a total distance of 50K.

TACTrust participation funds will be awarded to the fastest teams and fastest individual runners on each leg in both the international and state divisions. Full airfare and lodgings will be provided for all athletes selected for national and state teams.

The event will be conducted by the NYRRC over a course that begins at the U.N. Building, circles Manhattan, crosses the East River into Queens, and

finishes at the finish line of the NYC Marathon by Tavern on the Green in Central Park. The event will be covered on national network TV.

The national team will be selected TAC's Long Distance Running Committee. WRC members with 10K times of 29:00 or better (or equivalent at the other relay distances) should contact the LDR Chairman Don Kardong, 1081 Paulsen Bldg., Spokane, WA 99201, (509) 838-8784, to register for consideration for the national team.

The state teams will consist of five men and five alternates (one alternate will make the trip to N.Y.). Team members will be selected by a coach/manager for each state in consultation with the local TAC Associations. WRC members with 10K times of 31:00 or better (or equivalent at the other relay distances) should contact Earl Williams, 224 W. Walnut Lane, Philadelphia, PA 19144 (215) 765-7767 or (215) 848-6033. Deadline for consideration of State Teams is January 20, 1988. Teams will be announced February 1.

Gerry Ives has copies of the registration form available for WRC members. He can be reached at w] (202) 452-4242 or h] (301) 320-3337.

#### **CHARLES TRAYER GOES INTERNATIONAL WINS SCOTLAND'S TWIN BRIDGES RACE**

*Reprinted from Ultrarunning*

*The following article, written by race winner Charles Trayer, past champion of both the George Washington's Birthday Marathon and the National Capital Distance Run, was sent to the Newsletter by WRCer Norm Brand. Norm recalled for us the several times WRC has sent teams to the Scottish classic. The story first appeared in the December 1987 issue of Ultrarunning.*

The Dunfermline Glen to Rosyth 36 mile, 365 yard race course is a large loop, starting in Dunfermline Glen, proceeding along the Firth of Forth, and then returning on the south side of the river. The route for this August 29 classic ultra is very challenging: it is flat to 21 miles, but then there are some rough hills to 24 miles; from there to the finish there are rolling hills. It is a great way to see this beautiful country. The small town and villages we run through have very old buildings, but they are very neat and orderly. The views between 26 miles and the finish are fantastic.

The race, as many WRCers know, is one of the best known and best organized ultras in Great Britain, if not the world. There are twelve aid stations, and one can even have one's own bottles of liquid at any of them. Split times are given every five miles, and the results booklet has all kinds of statistics on the current and past races.

This year the weather was good for running; upper forties and overcast. I went to the lead with Don Ritchie, Mike McHale, and Martin Ryan. We ran as a group with McHale and Ryan pushing the pace (5

miles in 27:43, 10 miles in 56:10. At about 15 miles I started to pick up the pace; only Don Ritchie stayed with me.

I had been running relaxed and not trying to push too hard. At 21 miles the route goes up a long hill having several levels. By 24 miles I had pulled away, and I was on my own to the finish.

This was the third time in six years that I have taken part in this race (third in '82, fourth in '86). It is definitely one of my favorite events. It is so well organized that I enjoy the race. Afterwards there is a very nice post-race meal, and there is a local pub where runners can replace any fluids lost during the race. A very enjoyable and exciting day from start to end.

I hope to return next year to defend my title. This was the 20th year for this race (which had never before been won by a runner from outside the British Isles) and next year they plan to have an even bigger celebration.

**Results:** 1. Charles Trayer, 3:36:27; 2. Billy Evans, 3:40:53; 3. Don Ritchie, 3:41:19; 4. Eamonn Dorling, 3:43:03; 5. Alan Evason, 3:44:42; 6. William Sparrow, 3:47:41; 7. Mike McHale, 3:51:55; 8. Tony Lenagan, 3:52:28; 9. Adrian Higgs, 3:52:43; 10. William Knox, 3:54:27; 55. Cathy Gunner (1st woman), 4:46:20. 97 total finishers.

#### **RUDOLPH RED NOSE RUN 10-MILER MARKS ITS 2ND YEAR WITH RECORD TURNOUT**

*by John Potter*

The Rudolph Second Annual Red Nose Run at Pierce Mill in Rock Creek Park on December 12 was again a cookie and hot cider kind of festive affair. Six hundred runners appeared for their annual date with Rudolph along the idyllic Rock Creek course, both in straight racing garb and in costume. The weather was a good 15 degrees warmer than in 1986, reducing the number of environmentally-induced red noses significantly. Did the holiday tenor of the race keep all those WRCers away? Probably not, as there is no shortage of merriment in this club. Perhaps the culprit remained Rudolph's hilly route, which is not generous with PRs even for the best boys and girls.

As for the race itself, the men's division was no contest, with Jim VanCleave taking an early lead and cruising to an easy win in 53:38. In the women's division, winner Betsy Bachtel improved on her second place finish of last year. Bachtel ran the tough course in 62:33, nearly two minutes ahead of runner-up Louise Kandra. Bachtel, who was a track runner at Gallaudet College, has joined the WRC Sunday morning run from Georgetown several times in the past year.

**Men:** 1. Jim VanCleave, 53:38; 2. Christopher Ryan, 56:07; 3. John Nickles, 56:28; 4. Ben Beach, 56:41; 5. Randy Thrasher, 57:20; 6. Tim Noonan, 58:18; 7. Jim Dill (WRC), 58:39; 8. David Todd, 58:47; 9. Lynn

McCutcheon, 58:53 (1st Master); 10. Jon Thoren, 59:28.

**Women:** 1. Betsy Bachtel, 62:33; 2. Louise Kandra, 64:28; 3. Barbara Frech (NOVA), 64:34; 4. Monica Grillo, 66:10; 5. Shirley Pinken, 67:02.

## RUNNING ON EMPTY . . .

### *Ira Pesserilo*

Well sports fans, it's been a while, hasn't it? Well, what kind of year has Ira had? Do you really want to know?

A year ago, to help prepare for a ski trip to Colorado, I was out doing a three mile run, in my old neighborhood. It was a rare night for Ontario, California; cool, clear, and crisp. Throughout the run, this stray dog decided to be my running companion, and ran alongside me. I had just lost a bad case (one that never should have gone to trial) that September, and I had another trial coming up in January I desperately wanted to win. Also, I thought back at my old friends at WRC, and thought how much I missed everybody. Then, I wondered what the new year 1987 would bring.

The ski trip went great for the first few days; then, I felt sick. At first, I thought it was the flu, so I went to see a doctor. He told me I had a serious, life-threatening altitude sickness, and I had to be returned to sea-level immediately. With the trip cut short, I had to return to my old office in Redlands, still feeling sick to prepare for trial.

After a week-long trial, I won the case. For two months I was walking on sunshine for two reasons; I felt redeemed, and Will Albers was coming to California for a visit.

I hooked up with Wilber just before the L.A. Marathon. Nobody had to tell Will that my running slackened off; he could see it. But, after a great weekend, I bought a new pair of Brooks Chariot KW's, and prepared to return to running.

That day, I got some very bad news. It turned out that the insurance company I worked for needed a scapegoat for the earlier disaster that befell me in the courtroom in September, and since the moron who decided to let that case go to trial was more important to the company than me, I would be the scapegoat. In other words, I was out of a job.

After an arduous job search, and with my grace period at the insurance company about to expire, some guy offered me a job, and I took it, without checking up on him. It turned out he had a reputation for being a world class jerk, and a month later, I left him moments before my sanity was about to leave me.

Thus, once again, I began the search for employment. A month later, I latched on to the job I now have. Now I do Plaintiff work, and it's going to be a new experience.

After I had the job a month, some good news came my way. First, during the football strike, the L.A.

Raiders Boosters played a flag football game for charity, with John "the TooZ" Matuzak as our coach, and my picture made the front page of the L.A. Herald Examiner. Amazingly, that day, fellow WRCer Ken Moffett had his picture on the front page of the sports section of the L.A. Times. What a day for WRC.

Then, a few weeks later, Will and Laura came to visit, and we spent the better part of the day at LAX airport, reminiscing. I told Will, before he came, that he took all my good luck with him when he left California, and to please bring it back with him.

After about a month of trying to shake the road rust off my legs, and seeing some progress, I took a nasty spill in the middle of a run, and badly sprained my right ankle. Then, that night, answering nature's call, I wrapped my left foot around the bathroom door, and today, for the first time in three weeks, I can actually walk. Needless to say, it put a halt to my running.

So, sports fans, this year, I ran a whopping total of 50 miles. I have excuses aplenty, but, well, you know what they say about excuses.

In the good news department, former WRCan Bruce Robinson (the other member of the unholy trinity, along with Wilbur and myself), proprietor of Miles Ahead Sports, took 60th at the Ironman Triathlon in Hawaii, and broke ten hours. He knocked 40 minutes off his time last year, and finished 6th among non-professionals, and ran the 5th fastest marathon in 3:02 (that's after a 2½ mile ocean swim and a 100 mile bike ride).

Bruce also reports that fellow New Jerseyan Bruce Springsteen and the E Street Band are back together, and are warming up for a big concert tour, by playing unannounced at a certain bar in Jersey. If you need shoes, call Bruce at (201) 223-0444, read your credit card number to him, and he'll send the shoes out via UPS. For no additional charge, he'll give you the latest word on the Boss!

Also in the good news department, nothing has made me happier than learning that Bernadette Flynn Creed and Barbara Miller are now mommies. Congratulations to both of you. Enjoy your babies while you can, Bernadette and Barbara; in only a few short years they will be teenagers.

So sports fans, so much for the past year. By the time you read this column, 1987 will be in the history books, and its just as well. New Year's resolution number one is, become once again a runner. In a week or so, when my two injured feet recover sufficiently so that I can go back on the roads, I'll be giving it the old college try. It won't make it easier, but it will be nice to know my teammates are on my side. Tell me: does anyone have some advice for Ira? Does anyone know a trick or two that makes getting into shape go a little faster, just a bit smoother, and maybe one iota less painful? If so write to your friendly *Newsletter* editor, and I'll read your advice, or even just your encouragement in the *Newsletter*.

Don't think I'll be back in the D.C. area for a while, so let me hear from you through the *Newsletter*.

In a few months I hope to have some progress to report, along with a little tomfoolery. Until then, sports fans, Toodleoooooooooooooooooooo.

### SUN SHINES, RUNNERS CELEBRATE AT DCRRC HALF-MARATHON AUTUMNAL SWANSONG

by *Special Correspondent Don Pedro*

With a seasonably-cold winter predicted to soon chill the area, a sunny sky and mild temperatures were most appreciated by the approximately 93 participants at the D.C. Road Runners Club half-marathon championship Dec. 12 in northern Virginia. Nearly everybody took advantage of the mild weather to make the 13.1-mile commute in T-shirt and shorts from Belle Haven Park south down the bike trail adjacent to the Potomac River to near Mount Vernon and back.

A friendly atmosphere prevailed at the front of the pack as the leaders rolled along a leisurely 5:50 pace for the first mile. After a couple of miles, Jay Wind of WRC was leading with John McGrail of Arlington and Phil Ponebshek of Reston. They stayed together until the turnaround when Ponebshek, 28, took advantage of a slight following breeze to speed up and put distance between himself and McGrail, 32. Wind fell behind and by the finish was overtaken by Bill Wooden, who finished third to capture the master's division.

In the women's division, Nora Collas of Largo finished more than 5 minutes up on Jennifer Westfall of Arlington. WRC's Betty Blank, who was recovering from infected sinuses, finished third in 1:33:45. Betty was sporting 2 brace of diamond earrings and was easily the most-lavishly turned out runner. Chris Stockdale of WRC finished fourth in 1:36:29, to capture the women's master's division. Valerie Nye finished in 1:51.

DCRRC offered \$25 to runners setting new course records in this race, and ended up having to shell out \$75. WRC's Bill Wooden broke Richard Pankow's Masters Men record (81:07) with a superb 76:31; WRC's Chris Stockdale shattered Linda Henson's Masters Women record (1:51:18) with a fine 1:36:29; and Nora Collas (not a WRC member, but we gave her a membership application) broke Louise Kandra's Open Women record (91:51) with a strong 85:51 run. The only record left standing was Kevin McGarry's Open Men time of 67:52.

**Men:** 1. Phil Ponebshek, 1:14:17; 2. John McGrail, 1:15:25; 3. Bill Wooden (WRC), 1:16:31; 4. Jay Wind (WRC), 1:17:52; 5. Pete Nye (WRC), 1:18:00; 6. Jerry Merkel (WRC), 1:18:08; 7. Larry Talley (WRC), 1:18:13; 8. Craig Anderson, 1:18:20; 9. Shah Mehrabi, 1:19:56; 10. Bernie Gallagher, 1:20:32; Bobby Bauer (WRC), 1:22:44; Bob Trost (WRC), 1:24:10; Gerry Ives (WRC), 1:26:06.

**Women:** 1. Nora Collas, 1:25:51; 2. Jennifer Westfall,

1:31:43; 3. Betty Blank (WRC), 1:33:45; 4. Chris Stockdale (WRC), 1:36:29; 5. Judy Flannery, 1:38:38; Val Nye (WRC), 1:51:00.

### BREAD RUN 10K KICKS OFF DCRRC SNOWBALL SERIES

by *Will Woodbine*

Winds gusting up to 20 m.p.h. greeted the field of more than 100 runners at the Bread Run 10K, the first race of the 1987-88 Snowball Series, held December 6th at Glen Echo, Maryland. As usual, Bob and Delabian Thurston had the race organized down to the last detail—with Bob as race director the course is going to be well marked and anything but short.

The race starts with a short climb from Glen Echo Park up to MacArthur Blvd., then 2½ miles going east along MacArthur Blvd. to a right turn into the community of Brookmont. A steep climb down the Potomac Palisades, and a jaunt across the foot-bridge over the G.W. Parkway and the C&O Canal brings you to the towpath and into the wind. After battling the headwind for 3 miles it's over a wooden bridge across the canal and up the dreaded 81 railroad-tie steps that take you on a 200-foot climb back to MacArthur Blvd. A real hard-core, lung-bursting knuckle-dragger of a hill, to quote WRC correspondent Don Pedro, that had the runners leaving blood trails from their knuckles scraping the ground.

A pack of six runners went through the first mile in 5:10. At the two-mile point Dominique Daluz and Phil Ponebshek broke away, leaving a pack of four runners battling for the number three spot that was eventually taken by Tony Mahon. Ben Beach used run-from-behind tactics and came from well back in the field to clinch fourth place. Jay Wind was the top WRC finisher on this tougher-than-average course in 35:50, good enough for 9th place. Close behind in 10th place with a time of 35:53 was Larry I'Anson. Fifty-one-year-old I'Anson, a Navy captain, is one of the reasons that the 50+ division of the DCRRC races is so tough.

In the women's race, Hilory French broke the four-year-old course record with a finishing time of 42:30. Number two spot was taken by WRC's inimitable Betty Blank in 43:35.

As is traditional at this race, age group winners had their choice of home-made bread as prizes and all participants enjoyed a post-race repast of home-made baked goods. All this for a \$1.00 entry fee!

**Men:** 1. Dominique Daluz, 33:32; 2. Phil Ponebshek, 33:35; 3. Tony Mahon, 34:45; 4. Ben Beach, 35:06; 5. Daniel Welsh, 35:12; 6. Sandy Brown, 35:33; 7. Bill Stahr, 35:37; 8. Scott Bartram, 35:45; 9. Jay Wind (WRC), 35:50; 10. Larry I'Anson, 35:53; 11. Mike Silverman, 36:15; 13. Robert Rodriguez (WRC), 36:21; 21. Bob Trost (WRC), 38:47; 25. Louis Pribyl (RC<sup>3</sup>), 39:53; 27. Tom Kurihara (PVSTC), 39:59; 29. Gerry Ives (WRC), 40:02; 31. Roland Elliott, 40:25; 37. Al

Marcy, 41:35; 38. Steve Clapp, 41:45; Larry Tabachnick, 43:12; Bill Osburn, 45:44; Roger Peet, 53:45.

**Women:** 1. Hilory French, 42:30 (C.R.); 2. Betty Blank (WRC), 43:35; 3. Susan Aaronson, 45:17; 4. Renee Culbertson, 46:03; 5. Jane Massey, 46:32.

#### NEWS FROM ALL OVER THE PLACE

**Greg Early** has been selected for the 1987 All Met Cross Country Team. Greg's picture, along with the other selectees, appeared in the *Washington Post's* Maryland, District and Virginia Weekly sections.

WRCer **Wayne Allen** reports from his new posting in Germany that all is going well for him. Wayne was among the early membership renewers which means the *WRC Newsletter* is going international in 1988. His new address is PSC Box 474, APO, NY 09057-5361.

**Hugh D. Jascourt** has renewed his membership in WRC. Just because Hugh has a race named after him (the Hugh Jascourt Four Miler) many runners think he is dead; in fact he is alive and well and living in Greenbelt. Hugh, a long-time WRC member, was a founder of the D.C. Road Runners Club back in 1961. He has a 10K p.r. of 31:45, although, he noted on his membership renewal last year, "that was run centuries ago."

**Paul Burlett**, former WRC member and well-known masters triathlete, will be starting a bicycle ride around the inside perimeter of the continental United States in April. The ride, called Cyclodrome USA, is designed to support AIDS education and to encourage participation in the fight against the spread of this serious disease. Starting and ending in Washington, D.C., Cyclodrome USA is a peoples ride and local cyclists from all around the country are welcome to join in for all or part of the 12,000 mile jaunt. For further information call or write to: Cyclodrome USA, 11421 Lockwood Dr., #119, Silver Spring, MD 20904 (301) 593-3149.

**Jeanie Libutti**, now a member of WRC's California contingent, writes that she is still not running as well as she was before her knee surgery. She has a 2½-hour round trip commute to work and that isn't leaving her much time or energy for training. She's looking forward to coming back to D.C. to work and train; she added that Dan Rincon's coaching program seemed to work best for her.

Another California-based WRC runner, **Roger Urbancsik**, reports that he finished the 1987 San Diego Marathon in 2:36:08, only 35 seconds off of his p.r.

The 1988 Nike Cherry Blossom 10-Miler will be held on Sunday, March 27 at 8:00 a.m., starting in West Potomac Park. A lottery will be used to select entrants. To enter the lottery send a self-addressed stamped #10 envelope (that's the LONG business size) with birthdate and social security number noted on the lower left-hand corner to: Nike Cherry Blossom, PO Box 4594, Silver Spring, MD 20904. Envelopes will be accepted only between Dec. 15,

1987 and Jan. 15, 1988 (those received after Jan. 15 will be rejected). Only one request allowed per runner (runners submitting multiple requests will be disqualified). National-class runners in all age divisions may seek invited runner status by sending credentials to the above address, and marking the outside and inside envelopes "Seeded Runner Request." This year the men's open qualifying time is 52:30, the women's is 61:00 (qualifying times in age-groups are proportionately higher). For a recorded message concerning the Cherry Blossom, call (301) 445-4177.

#### NCAA NATIONAL X-COUNTRY CHAMPIONSHIPS HELD IN CHARLOTTESVILLE, VIRGINIA

##### Special Report by Al Naylor

I attended the NCAA National Cross Country Championships held on Monday November 23 in Charlottesville, Va., The course was at Foxfield Farm, a horse steeplechase complex capable of accommodating 30,000 people. Blue, sunny skies, light winds and temperatures in the low 50s insured fast times over a completely dry and gently rolling terrain. Several former collegiate harriers who are currently, or were formerly, WRC members were in attendance including: Bruce Coldsmith, Tem Washington, Jeff Scuffins, Mike Spinnler, Rick Platt, Mark Baldino and family, Mike Mansy and Mark Albers.

The men's race was a tactical one as a pack of approximately 20 waited for last year's runner-up and this year's pre-race favorite, Joe Falcon of Arkansas, to make his move, which he did at about 4½ miles into the 10K race. After surging to a 50-yard lead and stringing out the pack, he continued to drive toward the finish extending his lead. Arkansas, with two runners in the top 15, won the team title followed by Dartmouth, Wisconsin, Va. Tech, and N.C. State. There were 180 finishers with the first 15 becoming All America.

The women's race was also a tactical affair with no real pre-race favorite. The lead pack did include the defending champ, Suzier Tuffey of N.C. State but it was Kim Betz of Indiana who made a well-timed surge with approximately a half-mile to go in the 5K race to hold off Jackie Goodman of Oklahoma State and Suzie Tuffey. Oregon, with three runners in the top 15, won the team title followed by N.C. State, Yale, Texas, Wisconsin, Alabama, and the University of California-Irvine. There were 134 finishers with the first 15 becoming All America.

**Men:** 1. Joe Falcon (Ark.), 29:16; 2. John Scherer (Mich.), 29:21; 3. Harry Green (Tex.), 29:22; 4. Eric Carter (Penn State), 29:22; 5. Scott Fry (Wisc.), 29:24; 6. Dan Garrett (Notre Dame), 29:25; 7. Chris Zinn (Ark.), 29:29; 8. Barnoga Korir (Ia. State), 29:31; 9. Steve Taylor (Va. Tech.), 29:32; 10. Chris Schille (Brown), 29:33; 11. Robert Kempanian (Dartmouth), 29:36; 12. Navarree (Wash. State), 29:37; 13. Pat

Piper (N.C. State), 29:41; 14. Joe Rocha (Boston Coll.), 29:45. **Teams:** 1. Arkansas, 89; 2. Dartmouth, 120; 3. Wisconsin, 121; 4. Va. Tech, 187; 5. N.C. State, 238.

**Women:** 1. Kim Betz (Ind.), 16:11; 2. Jackie Goodman (Okla. St.), 16:15; 3. Suzie Tuffey (N.C. St.), 16:17; 4. Christine Ljunberg (UTEP), 16:17; 5. Annette Hand (Ore.), 16:18; 6. Janet Smith (N.C. St.), 16:19; 7. Renee Harbough (N.C. St.), 16:20; 8. Rita Deloye (UTEP), 16:21; 9. Trina Leopold (Tex.), 16:22; 10. Kris O'Hara (UC, Berkley), 16:23; 11. Penny Graves (Ore.), 16:27; 12. Kelly Grotele (Yale), 16:31; 13. Mallory Sye (Ark.), 16:36; 14. Liz Wilson (Ore.), 16:39. **Teams:** 1. Oregon, 98; 2. N.C. State, 101; 3. Texas, 143; 4. Wisconsin, 155; 5. Alabama, 164.

**MINUTES OF DECEMBER MEETING OF WASHINGTON RUNNING CLUB**

The meeting was called to order by President Jack Coffey. Coffey asked all members present to introduce themselves for the benefit of new members and visitors.

It was announced that 1988 membership renewals would be sent out during the week of December 6th. Members were urged to send in their renewals early so the Club could avoid the expense of a second

mailing. Dan Rincon announced that Greg Early had been selected for All-Met Cross Country. Al Naylor reported on the NCAA Cross-Country Championships and the Philadelphia Marathon. Ed Blum announced plans for a Cross-Country Ski Team—contact him at 365-4119 for details. J.J. Wind announced details of the Indoor Track Meet Series to be held at the T.J.C.C. in Arlington; times and dates were printed in the December Newsletter.

**Nomination of Officers:** *President*—**Dan Rincon**, nominated by Gerry Ives, seconded by Pat Carr; *Vice-President*—**Patty McGovern**, nominated by Suzie Coffey, seconded by Pat Carr, **Bill Wooden**, nominated by J.J. Wind, seconded by Larry Talley; *Treasurer*—**Kevin Kolakowski**, nominated by Jack Coffey, seconded by Gerry Ives; *Secretary*—**Gerry Ives**, nominated by Pat Carr, seconded by Jack Coffey, **Lisa Hamm**, nominated by Ed Blum, seconded by Jeff Reed. Election of officers will be held at the January meeting on January 8, 1988.

**Social Committee:** Pat Bullinger, Chairwoman of the Social Committee, announced that the Club banquet is tentatively set for February. It will probably be held at the University of Maryland. Details will be announced in the Club Newsletter.

There being no further business the meeting was adjourned.  
*Gerry Ives, Secretary.*

The following is the PVAC Long Distance Race Schedule for the upcoming months. The schedule was supplied to Washington Running Club by Herb Chisholm, Chairman LDR, PVAC.

**JANUARY 1988**

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
1	FR	8K	Ed Barron Mem. Hngver.	Reflecting Pool	PVSTC
1	FR	10K	Red Eye	Reston, VA	RR
3	SU	15/5K	Frostbite	Westminster, MD	WRRC
3	SU	25/15K	Snowball #3 (note change)	Madison Center, VA	DCRRC 548-4229
9	SA	5M	Franklin Park 5M.	Arlington, VA	703/536-7764
10	SU	7M	Frozen Bun Run	Wheaton, MD	MCRRC
17	SU	20K	JFK Mem./Snowball #4	E. Potomac Park	DCRRC 548-4229
20	WE	6/3K	Bureaucratic Runaround	Jeff. Memorial	FIJC
23	SA	5M	Ken-Ger Challenge	Kensington, MD	DCRRC/PGRC
24	SU	4M	Frosty Four	Rockville, MD	MCRRC
24	SU	8K	Chilly Dog 8K	Baltimore, MD	301/882-5455
31	SU	20/5M	Snowball #5	Reston, VA	DCRRC 548-4229
31	SU	??	Anniversary Run	Greenbelt, MD	PGRC/MCRRC

**Races of Interest Outside PVAC Area (January)**

12	SA	26.2M	Charlotte Observer Mar	Charlotte, NC	704/379-6896
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**FEBRUARY**

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
6	SA	5K	Running Times (Women)	Ft. Hunt Park, VA	DCRRC 548-4229
6	SA	12K	Snowball #6	Ft. Hunt Park, VA	DCRRC
7	SU	8M	Ground Hog Hobble	White Oak, MD	MCRRC
7	SU	5M	Women's Low Key Run	Reflecting Pool	RunHers

# ARLINGTON COMMUNITY INDOOR TRACK MEETS

## Please Read Carefully Before Signing Waiver

In consideration of the acceptance by sponsors of my entry in the Arlington Community Indoor Track Meets, I, for myself, my heirs, executors, and administrators, hereby release and forever discharge Arlington County, their agents, employees, representatives, volunteers, successors and assignees, from all liabilities, actions, claims, demands, damages, costs and expenses, which I may now or in the future have against them or any of them arising out of, or in any way connected with, my participation in, the Arlington Community Indoor Track Meets, enroute to or from the event, and including but not limited to all injuries that may be suffered by me. I understand that this Waiver includes, but is not limited to, any claims that are based on any alleged negligence or other action or inaction of any of the above parties. I attest to and verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely participate in the Arlington Community Indoor Track Meets in any and all portion of the Arlington Community Indoor Track Meets and that no physician or other qualified individual has advised me against participating in any portion of the Arlington Community Indoor Track Meets.

\_\_\_\_\_  
Entrant's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian if under 18

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REGISTRATION AND WAIVER (ABOVE) must accompany check payable to Treasurer, Arlington County.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ OFFICE PHONE: \_\_\_\_\_

EVENT(S) YOU WISH TO ENTER: You may register for one or all meets on this form.

100 yd.  220 yd.  440 yd.  1 mile  2 mile      Dates: \_\_\_\_\_

*In order to process this form you must sign the waiver above.*