

Washington Sports Club, Inc.

RUNNER'S ASSOCIATION NEWSLETTER - WINTER
1973-1974

EDITOR: Mike Bradley

CONTRIBUTORS:

Yoga For Runners by Ron Sommers

ABC Equals CBA by Phil Stewart

Notes on Running by Bob Thurston (How he trains)

The Rough Road To Scotland by Ray Morrison

EDITOR'S COLUMN

It's 1974, a new year. Time for one to sit back, relax, contemplate, and ask himself how he can improve some of the things that went wrong last year. Everyone has his own personal ideals and how to amend them if the need arises but the anticipation of a happier, healthier, and more rewarding future stands more or less constant with most. 1973 was a good year for the Washington Sports Club runners. We were very successful in local competition and faired well in some of the larger meets. Here are some of them:

March 24th, Greenbelt, Md. - Club Invitational 10 Mile

1. North Carolina Track Club - 27

2. WSC - 30 (Sheldon Karlin, Jack Fultz, Ray Morrison, Bob Thurston, Bob Harper)

March 25th, American U. - PVA AU 25 Kilometer Championship

1st team WSC: Tom Ward, George Cushmac, Ed Jerome

April 1st, Haines Point - Cherry Blossom Invitational 10 Mile

WSC first 5-man team

July 4th, Takoma Park, Md. - PVA AU 15 Kilometer

WSC first 5-man team

September 2nd, Greenbelt 15 Kilometer

WSC first 5-man team

October 20th, International Two Bridges Race (36 Mile)

WSC first 3-man team (Thurston, Morrison, Stewart)

November 11th, PVA AU 30 Kilometer

1. Quantico Marines 2. WSC-A 3. WSC-B

November 17th, Georgetown U. - PVA AU Cross Country Championship

1. Georgetown AA 2. Washington Sports Club

November 24th, Baltimore, Md. - Maryland Marathon

1. Baltimore Olympic Club - 12

2. WSC - 15 (Stewart, Morrison, Harper)

December 9th, Springbrook, Md. - 10 Mile AAU Postal Championship (Track)

1. WSC-A 2. WSC-B

Congratulations to Phil Stewart for his remarkable improvement during 1973. Let's hope Phil continues on his winning ways and improves as much this year as he did last. Good running Phil, are you sure you're not related to the Stewarts of Britain?...I was visiting in-laws in the bustling up state New York town of Fredonia during the Thanksgiving vacation period and decided to run the 87th Buffalo YMCA Turkey Day Run (5 Mile Handicap). Out of 250 starters I finished in 2nd position. Local TV coverage totally ignored the 1st placer and concentrated on me. Two stations covered the race and both approached me for interviews which showed as a special news attraction on the Western New York network. I can't figure it out though. It must have been my extremely catching facade, the elegant way in which I eat up the miles or our new snappy uniform. Any help with my dilemma would be appreciated...If you are in to reading and look for things of special personal significance between the covers (book covers that is) you might want to look at Notes to Myself by Hugh Prather. One entry of many which I thought could relate to running follows:

(over)

I notice sometimes I think, "I ought to do so-and-so," in order to cover up my desire to do it. If I "have" to do it I don't have to admit I want to, or that I don't want to.

As you all know we managed to take the team title for the Int'l Two Bridges 36 Mile Run. You are also aware that the first place team award was a trip to Scotland for the original Two Bridges race in Rosyth. Well, a problem has arisen in the form of insufficient funds of the sponsoring party. Mr. Power of Power Athletics and Mr. Bob Crane seem to be in a quandry regarding who or where the promised support is coming from. But don't worry friends, if the WSC can't negotiate a settlement we believe the local AAU will enter the fracas en masse...Congrats to Ray Morrison. He just returned from the Jersey Shore Marathon last Sunday, Jan. 20th, where he placed a respectable 5th in a PR 2:33:27. Ray is not only lowering his times with each performance, he is becoming more consistent...Getting back to our trip to Scotland this year, Ron Sommers is in correspondence with Mark Winzenreid who is presently living in London and is forming a company World Athletic Tours. We are hoping we can charter a flight through him or through the Atlantic Fellowship Foundation (AFF). The AFF requires you become a member at \$5.00/person or \$7.50/family and that you book 6 months in advance of departure...Start thinking about who would best qualify for the 1974 Alfred TomFelde Award. This trophy is presented annually to the WSC runner who shows the most interest and concern for the club and who represents us in a way that denotes devotion to our cause. All aspects should be considered when making a recommendation; The best runner is not necessarily the automatic recipient. Analyze your candidates time spent, effort and general attitude toward the Club. Last years award went to Ed Jerome. West of the Mississippi there are not many people involved in running who haven't heard or don't know who Ed is and that he competes for the Washington Sports Club. We owe our gratitude to him for being such an ideal member. Now all we have to do is get him to the meetings!... We all have trophies which mean a great deal to us. We also have those awards which are less meaningful and that in essence are just dust collectors. Why not gather ye trophies and donate them to be used in the upcoming WSC sponsored road race in the Spring. Make someone a little happier who has not been as fortunate...Those of you who went down to N.C. State on Oct. 6th to run North Carolina TC or who participated in our match with them earlier on Mar. 24th know what a good time we have when we compete. They have invited us down again this year on Feb. 9th to run them in a 20 Kilo road race with the usual festivities afterwards at Jeff Galloway's farm. Well, unfortunately it seems as if we won't be able to make it down. With the gas crisis we would have to leave shortly after the race to make it back. It's a 6 hour drive to Raleigh which would also mean 12 hours driving in one day. I hope the fuel shortage doesn't force us to end our friendly rivalry. They are a great bunch of fellows to which anyone who has met them can attest...Sometime this Spring we are having a field day-outing involving the entire Club. There will be "GEMUTLICHKEIT" and fun for all. We intend to have many kinds of liquid refreshment, food and various athletic activities. Track events for soccer players and soccer for runners are tentatively planned. Weather permitting, it will be sometime around Easter. I'll send you details at a later date. If you have any suggestions for games or activities let me know, the sooner the better...Don't forget, our membership meetings are the 1st Friday in every month held at 7:30 PM at Darnall Hall (main cafeteria, VIP room) on the Georgetown U. campus. Beer and food are usually served afterwards. Please try to attend. Support is a reciprocating affair...Good running.

YOGA FOR RUNNERS by Ron Sommers

Next time you're laid-up with an injury, try doing some yoga. Not only is it relaxing, but according to a recent Runner's World booklet, it can be helpful to runners.

Sitting out the last few weeks with a bum thigh, I was pleased to receive this booklet, "Exercises for Runners", for Christmas. Now I'll have some physical activity to keep me busy and sane, I thought to myself on first seeing the book. Surprisingly, most of it was devoted to yoga.

YOGA FOR RUNNERS (con't.)

The authors claim that yoga helps prevent and heal muscle pulls and strains by keeping your muscles loose, limber, and well stretched. The booklet also says that yoga gives the runner a kind of "weightless" feeling, that improves performance.

Since we are always on the lookout for anything that will improve our running and cut down on our injuries, spending a few minutes a day on a yoga program might be worth a try. I'll let you know if I experience any positive results.

ABC EQUALS CBA by Phil Stewart

Since I was very small, I was taught a basic ordinal fact, the letters of the alphabet went A, B, C... Tempered over the years by receiving \$1.00 for each A, 50¢ for each B, and being spanked for each C, the fact that A was best followed by the others became painfully clear. This remained a reflex until I joined the W.S.C.

After several good performances, hoping to capitalize on an upcoming team race to garner a spot on the A team, it was a blow to me when two minutes before the race, the label B team was suddenly nagging my calves. I wondered over the first few miles what I had done or not done to be designated only a "B".

Rebelling against my second class status, I drove the last loop hard and ended up with a finish that I felt would put an end to this foolishness.

The results read WSC A - 1st and WSC B - 2nd. Our B team had "lost" by seven points. As I dejectedly ambled over to my sweat clothes I heard an "A team" member say, "I guess we'll have to pick them more evenly next time." After giving a quizzical glance it suddenly all made sense. Next week B could easily be greater than A. For the W.S.C. runners A is the same as a B, "and on any given Sunday," either could prevail. I was a B this week, possibly because I was wearing socks, or something else as significant. The practice of designation serves only to provide some interest among ourselves.

The skies lightened, and with the onus of mediocrity associated with the letter B forever dispelled, I jogged my warm down and to my surprise an A runner even talked to me!

NOTES ON RUNNING by Bob Thurston

I've enjoyed running ever since I can remember but I never became compulsive about it until I was out of college, old enough to know better. I'd done a lot of bike riding, which may not be nobler than running but at least you get somewhere. I started running partly on the advice of a former teacher of mine (some of his other advice was to smoke after you run, because you can inhale so much better).

When I started running I was teaching at a school/farm in West Virginia, aptly named "Wild Goose." There were 7 kids, 8 dogs, two dozen cats, a pet 300-pound pig, and about 100 other pets including three rude geese and a peacock with pneumonia. You'd run too.

Anyway, I kept running for several years, mainly for satisfaction and escape. Then I discovered races and my suppressed competitiveness rose to the surface. Soon I was saying "training" instead of "running," and worse yet, planning it.

So: in my "training" I try to balance hard and easy days, and since I don't really know what works, I throw in a bit of everything. A typical week might be: Sunday a.m. -- long run, 20+ miles at 6:30 or 7:00 pace; weekday mornings -- easy 3-5 miles; Monday p.m. -- easy 5 miles; Tuesday p.m. -- 30 x 440, with 110 jog between (90 sec. or so during early training, working toward 70 sec. after a few months); Wednesday p.m. -- 14-17 miles at 6:30-7:00 pace; Thursday p.m. -- hard 8-10 miles at 6:00 pace or better; Friday p.m. -- easy 5; Saturday -- two workouts totalling about 15 miles, including some hard intervals (not on track).

My biggest problems in running have been: jock rash, knee trouble, nausea during long races, and respiratory infections. Jock rash plagued me for years until I discovered vaseline. Knee trouble and nausea seem to be helped by foot supports and some pre-race fasting, respectively. But please, can someone tell me how to avoid colds, sore throats, etc?

NOTES ON RUNNING (con't.)

Like most runners I have time goals for the distances I've been running, and I'd also like to try racing shorter and longer distances (e.g., mile and 50 miles). But a general kind of goal is to make my running competitive, fun and practical at the same time. I feel that I've ignored the practical aspect more than the others. Now I'm starting to run to work and on errands. But we need better ways to carry things -- a runner's backpack? -- running clothes with suitable pockets? -- a push- or pull-cart? Something to ponder: will we be ready when the energy crisis really hits?

THE ROUGH ROAD TO SCOTLAND by Ray Morrison

To cover a 36 mile course on foot seems like quite a task. To run at a sustained speed of around 6 minutes a mile is even more monumental. But to run against top East Coast competition and to win the team title and the offered trip to Edinburgh, Scotland was beyond the scope of many who saw the Washington Sports Club leave the Washington Monument for a scenic 36 mile tour to Mount Vernon and back on October 20th. The course followed the bike path that had recently been completed to Mount Vernon -- not flat but not real hilly. It was definitely a challenging race as you looked around at the 43 starters.

Millrose AA was definitely the favored team with Bethel Bananas featuring some fine runners. At the start the confident look of those who would streak off into the lead filled the air. Martins Ande, a Nigerian Olympic runner, surely would run away from the field. The race began as everyone took off into a cool breeze with the old mercury hovering around 48°. As the field stretched out over the first bridge past the Lincoln Memorial, it was evident that Martins Ande was going to set a quick pace followed closely by Clayton Bristol and Norbert Sander. At 1½ miles Bob Thurston and Ray Morrison just happened to be running together. As it happened we just happened to run together for the next 24 miles. Continually Bob and I ran together, talking, even running the wrong way as we beat the course marker to an unmarked portion of the course. On and on listening for those split times. As we ran we heard the splits, 6:03 pace for 10 miles, 6 minute pace for 15 miles and slightly faster at halfway. Faster and faster we ran as we made the turn around Mount Vernon. What would George have thought?

At the midpoint we got a look at our teammates. Could they catch the 10 guys or so in front of them? Could Bob Harper and Phil Stewart (who's he?) do it? Just keep running! Faster the pace... The 22 mile mark brought on a new dimension as I began cramping -- first the right thigh, then the left thigh. As we passed the 25 mile mark, Bob pulled a little ahead of me. The marathon times were Bob 2:38:07; Ray 2:38:20. From this point Bob took over an unbelievable pace as he finished in 54:15 at a pace of 5:30/mile. Meanwhile, I was moving up on the fourth place man Clayton Bristol but everytime I stretched out I would get a cramp either in my right or left thigh. What a surprise to get in sight of the finish line and hearing everyone yelling for me to sprint. Sprint? As I looked over my left shoulder I saw a guy running hard coming from the wrong direction. This was Norbert Sander from Millrose who had run off course about .8 mile and now was finishing Sprint indeed for fourth place in 3:42:28.

I was really surprised to hear Bob Thurston had made up a 7 minute deficit in the last 10 miles to catch Martins Ande for 1st place in an unbelievable 3:32:22. First and 4th for WSC with Millrose grabbing 5th, 7th and 8th as Gary Muhrcke and Pat Bastick came in together in 3:48:06. The top five men broke Max White's record of 3:44:48. Where was Harper or Stewart? Millrose had three men in, we only had two. Six minutes after the two Millrose runners we see Phil Stewart steaming up to the finish line to finish 9th with Harper only a minute behind. WSC 1st, 4th, 9th and 10th. As the scores were figured, did we win? What were they going to do about Sander? Questions, Questions!

Yes, we won! But what have we won? Did we win an all expense trip to the International Twin Bridges Race in Edinburgh, Scotland as the brochures proclaimed? Did we win plane fare to Scotland? Who is paying for the trip? Now that it is three months after the race we cannot answer any of these questions. Call Bob Crane and he says call Jerry Power. Call Jerry Power and he says call Bob Crane. Now we have to have some commitment which the Washington Sports Club did not get in writing directly after the race. Bob Thurston and I are now working on getting this straightened out so that things will go smoothly for our trip to Scotland in August.

BRADLEY, Charles F. (Mike)
1809 Mt. Pisgah La., #33
Silver Spring, Md. 20903

Tele: 434-7211

BRAHS, Stuart J. (Stu)
803 Brice Road
Rockville, Md. 20852

Tele: 762-1946

BRAND, Norman (Norm)
1330 New Hampshire Ave., N.W.
Washington D.C. 20036

Tele: 223-2419

BENSON, Mike
22 South Fillmore St.
Arlington, Va. 22204

Tele: 521-3650

BEACH, Bennett (Ben)
547 4th St., S.E.
Washington D.C. 20003

Tele: 543-0917

BRONSON, David W. (Dave)
2530 Drexel St.
Vienna, Va. 22180

Tele: 560-4249

CHILDERS, Thomas R. (Tom)
13103 Rock Ridge La.
Woodbridge, Va. 22191

Tele: 494-5987

CROW, David (Dave)
9508 Burning Tree Rd.
Bethesda, Md. 20034

Tele: 365-1985

CUSHMAC, George
712 Grandview Ave.
Alexandria, Va. 22305

Tele: 548-1176

COLLINS, Jeffrey (Jeff)
8512 Tuckerman La.
Potomac, Md. 20854

Tele: 299-7870

EGAN, Brendan
7831 Audubon Ave.
Alexandria, Va. 22306

Tele: 360-5429

FULTZ, John (Jack)
6300 Climbhill Road
Alexandria, Va. 22306

Tele: 971-8760

GARNER, Paul
12744 Milstown Dr.
Bowie, Md.

Tele: 262-9031

GREENBAUM, Martin B. (Marty)
2628 Kirkwood Pl., #302
West Hyattsville, Md. 20782

Tele: 559-6871

GREENBAUM, Milton
23A Ridge Rd.
Greenbelt, Md. 20770

Tele: 474-4292

HARPER, Robert (Bob)
10403A 46th Ave., #207
Beltsville, Md. 20705

Tele: 937-1209

JASCOURT, Hugh D.
7 Maplewood Ct.
Greenbelt, Md. 20770

Tele: 345-8343

JEROME, Edwin A. (Ed)
5037 Americana Dr.
Annandale, Va. 22003

Tele: 941-1430, 256-6853

JONES, Wilbur C.
4705 Bradley Blvd., #105
Chevy Chase, Md. 20015

Tele: 656-7440

KARLIN, Sheldon R. (Shelly)
8201 Tahona Dr. #302
Langley Park, Md. 20903

Tele: 434-2560

KLEIN, Christopher
4015 Beechwood Rd.
Hyattsville, Md. 20782

Tele: 277-3845

LEUTHOLD, Charles (Chuck)
124 So. Fox Rd.
Sterling, Va. 22170

Tele: 430-3413

MORRISON, Raymond L. (Ray)
10704 Lorain Ave.
Silver Spring, Md. 20903

Tele: 593-4417

NOEL, J. Lawrence (Larry)
105 Northway
Greenbelt, Md. 20770

Tele: 474-9362

PAGE, Jason A.
149 Westway Rd., #T-3
Greenbelt, Md. 20770

Tele: 474-8848

PAGE, Lester T.
5108 Huron St.
College Park, Md. 20740

Tele: 345-3918

ROBINSON, Bruce
7800 Bells Mill Rd.
Bethesda, Md. 20034

Tele: 365-0168

SCHARF, Robert (Bob)
7406 Summit Ave.
Chevy Chase, Md. 20015

Tele: 652-2622, 0507

SHERLOCK, Kevin
7104 Brookville Rd.
Chevy Chase, Md. 20015

Tele: 652-5446, 881-3388

SOMMERS, Ron
5512 Kenwood Ave.
Baltimore, Md. 21206

Tele: 668-6297

SPEER, James P (Pat)
1841 Columbia Rd., N.W. #810-A
Washington D.C. 20009

Tele: 265-6430

STEWART, Phil
4941 46th St., N.W.
Washington D.C. 20016

Tele: 362-5479

DE LANO, Bill
9808 Laurel St.
Fairfax, Va. 22030

Tele: 323- 9273

THOMAS, William S. (Bill)
1304 Longfellow St., N.W.
Washington D.C. 20011

Tele: 726-0054

THURSTON, Robert (Bob)
1738 19th St., N.W.
Washington D.C. 20009

Tele: 232-2549

TOM FELDE, Alfred A. (Mr. Tom)
3807 40th Ave.
Cottage City, Md. 20722

Tele: AP 7-5782

WARD, Tom
8022 West Point Dr.
Springfield, Va. 22513

Tele: 455-9219

WILLIAMS, Garnett (Gar)
8605 Acorn Circle
Vienna, Va. 22180

Tele: 560-6481

WINSLOW, John F.
1255 New Hampshire Ave., N.W.
Washington D.C. 20036

Tele: 296-2998

ANDE, Martins
900 Continental Loop
Albuquerque, New Mexico 87108

Tele: (505) 268-2689

GRAHAM, John S. Jr.
6001 35th Ave.
Hyattsville, Md. 20782

Tele: 559-3348, 7507

OFFICERS OF THE WASHINGTON SPORTS CLUB, INC.

President - Fred Maeir 649-4479 Vice President - Egon Pevorotti 882-1888
Secretary - Clara Noback 587-5266 Treasurer - Winifred Noback 587-5266
Entertainment Chairman - Mike Bradley
General Manager, Runners - Ray Morrison
General Manager, Yachting - Alfred tom Felde
General Manager, Soccer - Karl Temistokle 656-8598
Chairman, Law & Constitution Committee - Norm Brand
...including 11 trustees who serve on the Executive Board.