

HISTORY
OF THE
DISTRICT OF COLUMBIA
ROAD RUNNERS CLUB

by

A.R. (RAY) GORDON, JR.

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PREFACE

This history is the brainchild of Gar Williams. It was at his urging in the spring of 1969 that I undertook the effort in the first place, and it was only because of his genial needling that it has been completed this soon.

It is fortunate indeed that the history has been written at this time, rather than waiting until five or ten years from now. By waiting, some of the interesting facts concerning the Club in the early 1960's would surely have been lost beyond retrieve. The old saying, "The strongest memory is weaker than the palest ink," is certainly true here. Records are incomplete at best, particularly those concerned with the growth of the Club, it's officers, and it's changing policies and practices. Even some race results are incomplete, or are unavailable. For certain information on the early history of the Club, it has been necessary to rely on the memories of persons associated with the Club at that time. And this, as anyone knows who has later tried to reconstruct events from the recollections of people on the scene, can be a frustrating experience.

I am greatly indebted to Jim McDade, Hugh Jascourt, Ed O'Connell and Larry Noël who supplied records or information without which this history could not have been written. I also wish to acknowledge the assistance of Gar Williams, Hugh Jascourt, Norman Brand and Larry Noël who reviewed the manuscript and made valuable suggestions and corrections. Finally, I thank those runners who contributed their reminiscences -- the portion of the history which I find the most interesting.

A. R. (Ray) Gordon, Jr.
December, 1971

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INTRODUCTION

The present program of weekly long distance races in the D. C. metropolitan area sponsored by the District of Columbia Road Runners Club (DCRRC) started on a regular basis on June 21, 1961. That date is generally recognized as the natal day of the Club. On that date, a 5-mile open race and a 2-mile teenage (then referred to as Tenderfoot) race were held at Hains Point. Twenty runners completed the open race which was won by Bob Scharf, then representing the Baltimore Olympic Club and one of the most consistent and enduring performers in the DCRRC. The two-mile, with 15 competitors, was won by Bob Wilson of Princeton.

The father of distance running in Washington who conceived the program, promoted it indefatigably and almost singlehandedly in its early days, and who, through his enthusiasm, has inspired others to continue the program, was a young lawyer, Hugh D. Jascourt. Jascourt dedicated himself to the promotion of running with the zeal of a missionary. His great expenditure of time and personal effort to keep the program viable during its formative years is probably unknown to most of the runners in the DCRRC today. (At the 1970 banquet the club presented Hugh with a handsome plaque in appreciation of his contribution to the D.C. running program.) Jim McDade, who was later to become the second president of the club, has the following to say about Jascourt:

"He was the spark that ignited the flame that burns as the RRC in Washington today, and his influence was evident around the rest of the country as well.....I made the mistake of telling him that I would be willing to give him a hand with the program. He accepted, a hand, a foot, a car, a head, a wife, and on it went. But who could deny responding to such enthusiasm? There was one race that Jascourt's parents came to watch early in the program. I remember John Donihee saying to them after the race that if Hugh devoted as much energy to making money as he did to promoting races, he'd be a millionaire. I thought I saw a pained look on his father's face."

The BUNION DERBY, a series of 8 weekly races during the summer, got the program off to a good start in 1961, attracting capable runners like Steve Jackson and Mike Fleming of the Quantico Marines, John Gygax of the Empire Harriers and Jim Ferris of the Baltimore Olympic Club. At the conclusion of the series, John Gygax was the overall winner in the Open Division and Dave Hazzard of the Empire Harriers in the Tenderfoot Division. That first year, a total of 46 runners competed in the Open Division and 32 in the Tenderfoot Division.

During the next several years, the running program of the DCRRC assumed many of the characteristics it has today. Jascourt injected an element of variety

into the running program by scheduling races of almost every conceivable distance between 5 km and supermarathons, 2-man relay races where the legs varied in distance as well as the overall distance, a SNOWBALL series of 8 races for the winter months, club and DCAAU championships in both senior and junior divisions at 10, 15, 20, 25, and 30 km distances, and intercity races. To add interest to the program, the races were held at different sites throughout the metropolitan area, mostly at local universities, high schools, YMCA's, shopping centers, parks, military installations, county fairs, and at the homes of individuals, such as Al tom Felde and Don Heinicke. Parochial high schools were particularly good sites for races since these schools made dressing facilities available to the club at no charge. Over the years, Bishop O'Connell High School in Arlington, Good Counsel in Wheaton, and St. Johns and Archbishop Carroll in the District have been gracious hosts for many of the club's races. From the outset Jascourt realized the advantages to be obtained by rotating the club's races among sites in Virginia, Maryland, and the District of Columbia. As a result the club's membership took on and has retained a distinctly metropolitan flavor.

From the start, races were scheduled every week throughout the year, generally on weekends except in summer when the races were scheduled on weekday evenings to leave weekends free for other activities. A year-round schedule was usually printed so that runners could choose particular races as goals and gear their training accordingly. Championship races were spaced as evenly as possible throughout the year, so there was always something to shoot for. The races were also geared toward major training goals; for example, the SNOWBALL Series scheduled races of ever-increasing distance leading up to the Washington's Birthday Marathon. Also, races were scheduled so that the more arduous races were run during winter or mild weather rather than during the hot, humid months of summer. However, once scheduled, races were run regardless of weather, with the single exception of a two-hour run which was cancelled in the winter of 1965 when a heavy snowfall and the non-availability of snow removal equipment made use of the running track impossible.

Democratic principles have permeated the club's operations since the very beginning. Decisions as to what kinds of prizes, the length of the races, sites, entry fees and scheduling have always been made by the membership. Sometimes in the early days, meetings were impromptu, and voting was done at a race to arrive at a needed decision. For example, Jascourt relates,

"McDade laid out another course for the first Washington Sport Club race once we realized what Alfred tom Felde (the host) had laid out for us. Faced with the administrative headache of keeping track of runners going around and around a few city blocks for 10 miles and the boring nature of such a trek, I refused to use tom Felde's 'neighborhood' route, only to meet adamancy on the part of tom Felde. To break the impasse between two stubborn

forces, I suggested that we both be bound by an on-the-spot vote of the runners. It turned out that the runners, impressed by tom Felde's good intentions and the interest of the local citizenry, voted to use tom Felde's course."

In recent years, most policy-making of the club has been conducted at scheduled, quarterly business meetings where the entire membership is invited and urged to participate.

Important purposes of the club throughout the years have been to develop the young runner and to provide a vehicle for achieving physical fitness for persons of both sexes and of all ages. The club's involvement with youngsters, oldsters, and women caused great controversy and criticism during the early years by the AAU, coaches, and from those outside the D. C. area. Many high school runners have benefitted considerably from participating in the club's long distance program, going on to star at college level, and returning to run with the club, in a sort of reunion fashion, during the summer and holiday breaks in the school year. Merle Valotto of VPI, Ernie O'Boyle of Maryland, Mike Graves and Scott Eden of Duke, Mike Fertig of Penn State, and George Christopher and Ed Jerome of Notre Dame are examples.

Although Hugh Jascourt provided most of the ideas and was, indeed, the driving force behind the program during the early years, he did have help. At the awards ceremony at the conclusion of the first Bunion Derby in 1961, he expressed thanks for the help he had received from Steve Gould, John Lucas, Joe Reilly, and Dennis Reilly. In 1962 he expressed appreciation for the help of Norman Brand, Chick Sithens, Jim McDade, Kent Osborne, Rick Kennedy, Frank Gulino, Ed Dwyer, Mike Bradley, Dave McClintock, and Marshall Windsor. Dick Haines was also a special contributor to the club's program in the early days. He helped with a lot of the menial but important tasks such as securing dressing rooms, contacting police, finding sponsors, etc. His wife helped, too. Dick was a very capable runner and was the first from the Washington area to finish in the top 10 in the Boston Marathon. In fact, most of the helpers, like Jascourt himself, were active runners. Notable exceptions were simply running and track aficionados such as Gould, Brand, Gulino, and Don O'Boyle. Jascourt adds the following:

"Georgetown University and coach, Steve Benedek, were big helps, too. Steve would enroll each member of his team as an RRC member. This would help our treasury and give us a reasonable membership list which would help with sponsors. In addition, Georgetown would sponsor several races a year and enter full teams in 3 to 4 races a year, with sometimes more than 20 or 25 Hoyas running, each paying entry fees. In such races they would also supply timers and other officials. Although this might seem like a small part of a 52-week program, the funds were a tremendous asset and the association of Georgetown with our program helped

a great deal. Some of the Georgetown runners later ran in other of our races on their own initiative. . . . Quantico also signed up its entire team.

"Another booster was the Adas Israel Young Adults -- although unknowingly. It so happens that the club provides its president with a telephone answering service at no cost. I was practically penniless at the time and could not afford to rent such a service, so I maneuvered myself into the presidency. The answering machine was helpful in dealing with potential sponsors, would-be runners, and giving out race information when I was not home. It also provided a business-like image to our otherwise haphazard operation that existed on a hand-to-mouth existence from week to week. In fact, I would often spend 20 hours a week just to find a single sponsor. I would spend several hours haggling with Dan Kain, the trophy dealer, over a \$12.66 order (we dealt in rather specific amounts). Fortunately, Dan Kain seemed to enjoy this little game, and we were able to get some fantastic deals (after I tired him out)."

Unless one has been involved, he can hardly imagine the legion of chores and duties necessary to conduct the club's running program. The following are some of the more important: conceiving, printing, and mailing the schedule of races to the membership; arranging for the running sites, measuring courses, contacting police for permission to use certain parks and streets; accepting entries and explaining the course to runners; conduct of the race including timing, lap counting, and recording; purchase and awarding of trophies; and writing up of results for publication. Jim McDade provides the following vivid description of how these tasks were performed circa 1961-62:

"I cannot let go unmentioned the many hours of service rendered and inconveniences suffered by my wife, Peggy, in those early days. Jascourt had a mailing list of about 100 names, and each week we had to address, seal and stamp envelopes. On occasion where Jascourt couldn't bootleg the copying of entry blanks somewhere, we ended up typing those 100 things individually with about 10 carbons in the typewriter. It took a powerful typing finger to pound through all those carbons. Usually it went this way: about Wednesday night Jascourt would arrive at our apartment and proclaim, 'I don't have the entry blanks out yet for Saturday's race.' He would have a typewriter, paper and carbon. We would make several telephone calls for help, usually with the result that John Donihee would respond by bringing his typewriter and a towel to keep his fingers from getting too saturated with carbon.

"John and I used to render this chore less painful by sipping beer (mine) while typing away. The minor mistakes we used to make toward the end of the evening, we blamed on fatigue. Anyway, Jascourt, Doni-

hee and I would type away and Peggy would address, seal and stamp the envelopes. After we were finished either Jascourt or I would drive the entry blanks down to the main post office to mail them, assuring the advantage of one day in delivery time.

"Peggy used to help with measuring courses, too. She and the kids would be in the front of the car, she driving less than 10 m. p. h. while I sat on the tailgate holding a measuring wheel out the back. This technique was employed only for the most important races; normally our automobile's odometer was relied upon. We used to calibrate our odometer about once per month on the parkway between Washington and Baltimore. We worked this in with our monthly trips to visit our families in New Jersey.

"I could go on for hours writing about incidents in those days. As you know, that was before joggers and regular exercisers were an accepted part of the community, so we met with some interesting opposition in bureaucratic Washington. By perseverance, subterfuge and Jascourt's cajoling we were able to surmount most obstacles."

RACE SPONSORS

In the early days the club enjoyed good support from sponsors. Of course, this didn't just happen; it resulted from hard work on the part of Jascourt and some of the others already mentioned. At the first BUNION DERBY award ceremony, Jascourt listed 19 donors of awards to the DERBY'S trophy winners. Most of these sponsors were sporting goods stores. In 1962, the D.C. Podiatry Society sponsored all eight events of the Bunion Derby in the interest of foot health. Typical of the sponsors of individual races in the early days were:

Insurance Workers International Union
2-man 10-mile relay -- 1963

Catholic Youth Organization
6-mile run -- 1962

Langley Park Business Association
6-mile run -- 1961

Rockville Lions Club and Rockville Dept. of Recreation
4-mile handicap -- 1962

Health Food Center
10-mile run -- 1962

Matt Kane's "Bit of Ireland"
33-mile run -- 1963

In addition, the competitive running clubs themselves sponsored races for the DCRRC's benefit. These were:

- Empire Harriers
15-kilometer run -- 1961, '62, '63, '64
- National Capital All Stars
15-mile -- 1962 and 4-mile -- 1963
- American University Track Club
5-mile handicap -- 1964
- Washington AC (Central YMCA)
7-mile -- 1961
- Washington Sport Club
10-mile run -- 1963 to present.

The Takoma Park, Md. Independence Day Festival Committee, in particular Bill Rapley of that committee, has perhaps been the most consistent and loyal race sponsor in DCRRC annals. Each 4th of July from 1962 on they have sponsored the 15-km run, providing about 25-30 merchandise awards every year.

For nearly all of the years of the club's existence the Greenbelt Labor Day Festival Committee has sponsored the 15-km race on Labor Day weekend.

Sponsorship of races declined in about 1964, with the exception of certain races such as those sponsored by suburban JAYCEES and those just mentioned above. At present (1971) sponsorship is somewhat on the upswing. JAYCEES to whom the club is indebted for sponsorship include:

- Rockville Jaycees (30 km championship)
- Beltsville Jaycees (Washington's Birthday Marathon)
- Greenbelt Jaycees (20-mile Turkey Trot).

ATHLETIC CLUBS

The existence of several clubs for which runners competed added to the interest and color of distance running in D. C. during the early '60s. Competition was often keen among the clubs, particularly in races where team championships were at stake. Local clubs and some of their more capable runners were:

1. Empire Harriers (EH). John Gygax, Jim Lynch, Gar Williams, Lamont Smith, George Cushmac, Jim Haywood, John Donihee, Marshall Windsor, Ernie O'Boyle, Gary Heim, Dave Hazzard, Orrington Hall. The Empire Harriers was one of the first competitive clubs, and their runners dominated the first BUNION DERBY in 1961.
2. National Capitol All Stars (NCAS). Lou Castagnola, Kent Osborne, Hugh Jascourt, Jason Page, Jim McDade, Dave Knighton, Dick Haines, Jerry Jones, Buzz Lawlor, Tom Rabenhorst. This club was formed in 1962 and challenged the Empire Harriers for dominance of the BUNION DERBY that year. By 1963 the All Stars had in fact attained dominance over the Empire Harriers. At this stage, the NCAS would sometimes be split into two equal teams where not only would the outcome be uncertain as to which would win, but where the other clubs would have a chance to win, too. Usually the 4th and 5th man would make the difference.
3. American University Track Club (AUTC). This club supplanted and took over the membership of the NCAS. In the 1964 BUNION DERBY the AUTC was beaten out of the team championship by the Empire Harriers.
4. Sports International (SI). In 1966, AUTC, with the exception of a few hold-outs, joined SI en masse after receiving offers from both SI and Washington Sport Club and voting on the offers. As it so happened, the promises of financial assistance, etc. were hollow promises. After Jascourt threatened to bring action against SI, the AAU allowed SI to disband. SI later reconstituted itself and has done well under Brooks Johnson, although its present members only rarely participate in long distance running.
5. Washington Sport Club (WSC). Since the dissolving of the Empire Harriers in 1966 and of Sports International in 1967, most of the better runners in the DCRRC program have represented this club. In fact, during the past 3 or 4 years it has been the only club participating, and the DCRRC has suffered from lack of competition among clubs. The WSC has roots in the D. C. area dating back into the 1930's, but the members have always been primarily soccer-oriented.

In addition to the major local clubs listed above, several temporary groups have competed. Many of the participants in the Tenderfoot Division of the 1961 BUNION DERBY represented the D. C. Striders. The D. C. Capitol Runners were represented in the 1962 BUNION DERBY series, although their runners were not of

the caliber of either the Empire Harriers or National Capitol All Stars. In the 1963 series, the Northern Virginia Track Club was represented by several journeyman runners.

The DCRRC program has of course attracted great numbers of out-of-town clubs whose members have made their presence felt in the area. These include the Baltimore Olympic Club (BOC), Delaware Track and Field Club (DTFC), Cumberland Valley (Md.) Track Club (CVTC), New York Athletic Club (NYAC), Peninsula (Va.) Track Club (PTC), Millrose AA, Boston AA, South Jersey Track Club (SJTC), and the New York Pioneer Club (NYPC). (It is noteworthy that a number of the better runners from the BOC were actually residents of the DCAAU territory -- including Bob Scharf, Mike Fleming, and Joe Rouse.) The Quantico Marines have supplied highly formidable competition for the local runners throughout the years by such nationally known runners as Billy Mills, Tom Bache, Keith Forman, Steve Jackson, Steve Paranya, Bill Clark, Mike Fleming, Mike Manley, Alex Breckinridge, Vic Kelley, Gary Bertsch, and Mike Mittelstaedt. Hugh Jascourt has this to say:

"The biggest out-of-town presence during the initial years came from my hometown of Philadelphia. It was their continued presence which often gave us enough runners to constitute a respectable number of entrants, sufficient entry fees, and an adequate image of 'class' in the eyes of a sponsor who might be impressed by Olympian Browning Ross and others coming here to run. Although our races had some attraction for the Philly crowd, the major reason they came down was to assist me and the RRC to get a program going."

RRC OFFICERS, CHANGING POLICIES, AND GROWTH

From 1961 through 1964, Hugh Jascourt served as the club's chief executive officer. McDade writes:

".....(Jascourt was) the self proclaimed president of the DCRRC..... There were elections but the result was a foregone conclusion; Jascourt was obviously the best man for the job. Jascourt adopted me as his vice president. I forget whether he made it official with the use of a ballot, but in fact the two of us set out upon what is today the DCRRC."

Around 1962, an official DCRRC constitution was drawn up and published in the Long Distance Log. Among other provisions, it said "the management shall be vested in a council consisting of a president, vice president, secretary, and treasurer." It is understood from discussion with some of the early members of the club

that even before 1962, indeed even before the running program began in 1961, elections of officers were held. Apparently, this detail was attended to more formally than Jim McDade recalls. RRC officers who held positions subordinate to Jascourt prior to 1965 were:

- 1961: Vice president -- Jim McDade (?), Secretary -- John Abramson, Treasurer -- Henry Schaffer.
- 1962: Vice president -- Jim McDade, Secretary -- John Donihee, Treasurer -- Norman Brand.
- 1963: Vice president -- Jim McDade, Secretary -- Kent Osborne, Treasurer -- Norman Brand.
- 1964: Vice president -- Don O'Boyle, Secretary -- Jim McDade, Treasurer -- Kent Osborne.

In January 1965, Jim McDade and Kent Osborne were elected copresidents at the club's annual banquet at the Flagship Restaurant.¹ Osborne was never active during his term of office and participated in only a few races after 1965. Other officers elected for 1965 were: Lamont Smith -- vice president, Bob Scharf -- treasurer, Ed O'Connell -- secretary, and Mitch Sikora -- chairman for teenage activities.

1. The club has held a banquet each year since 1962. This was the only time during the year that some of the members saw each other in street clothes! People who were particularly helpful to the club, e. g. in permitting use of their facilities for the conduct of races, were often invited to these dinners. In the early years, election of officers was held at the annual banquet. Known locations and speakers at these banquets were as follows:

- 1962 -- Ledo's, College Park, Md. Senator Proxmire was scheduled to speak, but he couldn't make it.
- 1963 -- Arlington YMCA. No speaker; special awards to Steve Benedek as Coach of the Year and to Norm Brand for selfless service. An incident entirely unrelated to the award: Norm Brand prepared the entire dinner in the YMCA kitchen; members and wives cleaned up afterwards.
- 1964 -- River House Dining Hall, Arlington, Va. Speaker: Gar Williams.
- 1965 -- Flagship Restaurant, D. C. Speakers: Steve Benedek and Jim Kehoe, track coaches at Georgetown and Maryland Universities, respectively.
- 1966 -- Flagship Restaurant, D. C. Speaker: Marie Mulder.
- 1967 -- House of Henley, District Heights, Md. Speaker: Ed O'Connell.
- 1968 -- Fire station, Greenbelt, Md. Speaker: Bill Miller. An alarm sounded during the dinner, and the guests, having dinner in the same room where the fire trucks were parked, were treated to an on-the-scene view of the Greenbelt Fire Dept. in action!
- 1969 -- Domino Restaurant, Beltsville, Md. Speaker: Eamon O'Reilly.
- 1970 -- Royal Arms Rest., Hyattsville, Md. Speaker: Ian Kerr.
- 1971 -- Village House Rest., Falls Church, Va. Speakers: Walter Boehm, George Major, and Ray Gordon.

McDade states the following as some of the changes effected during his tenure:

1. Initiated the practice of mailing out composite entry blanks for the regular program rather than using a separate form for each race. (This has since been discontinued in favor of post entries in all but the more important races where single race entry forms are still used.)
2. Changed the site of the Washington's Birthday Marathon from Virginia to Beltsville, Md. (McDade and Lou Castagnola laid out the original course at Beltsville, used from 1965 - 1971, and obtained the present sponsor. The problem with the Virginia course was the necessity to clear with the Park Police -- a highly traumatic experience.)
3. Initiated the practice of getting races started on time.¹ (See McDade's reminiscences on this subject.)

In January 1966, Ed O'Connell and Bob Scharf were formally elected co-presidents. O'Connell, a highly articulate, affable lawyer with the State Department, shouldered most of the duties of the chief executive for the club until he departed the D. C. area in September 1967. Other officers during this period were: Lamont Smith -- first vice president, Larry Noël, Jr. -- second vice president, Jay Miller -- chairman for RFYL, Ray Gordon -- treasurer, John Finlayson -- secretary and Dave Knighton -- delegate to AAU.

O'Connell states that during his term of office, he conducted two aggressive and successful campaigns to gather membership dues. He started the practice of inviting as guests to the annual dinners people who were particularly helpful to the RRC in conducting its running program. (Norm Brand says this was started earlier.) O'Connell maintained a good public image for the club and got good publicity in the sports sections of Washington newspapers. Ed conducted the first Master's Mile ever held in the East, at Springbrook High School in 1967.

When O'Connell left Washington to take over the post of assistant dean of the Fletcher School of Law and Diplomacy at Tufts University, Larry Noël, Jr. and Ray Gordon agreed to serve as co-presidents for the remainder of O'Connell's term. In March 1968, Noël, a civilian employed as an analyst by the Air Force, and Gordon, an oceanographer with the Navy's Oceanographic Office, were duly elected to the post.

During Noël's and Gordon's tenure, the club began the practice of conducting the RFYL on a "participation" rather than a "competition" basis. Awards were given on the basis of frequency of participation in a given series of 8 runs rather than to the winners and runners-up of the individual races. (During the first three or four years

1. Gar Williams comments, "This practice may have been initiated then, but it sure didn't last very long."

the Life Runs were held, trophies were awarded to the first three finishers in each race. Although the runs were ostensibly for physical fitness, the awards had the effect of making the runs competitive -- at least for some of the runners.) After struggling for a year to handle most of the work of the club themselves, Noël and Gordon initiated the practice of appointing race directors to conduct individual races, preferably a member of the club who lived in the vicinity where the race was to be run. This practice of spreading responsibility among the club members has continued to the present, and is generally considered to be one of the big improvements in the club's operations. It was during the Noël-Gordon period that the club started conducting races at the planned, outlying communities of Reston, Va. and Columbia, Md., and it was Larry Noël who conceived the idea of a DCRRC-sponsored race for local Catholic High Schools. The purpose was to repay schools such as St. Johns, Carroll, O'Connell, and Good Counsel for making their tracks and dressing facilities available to the club at no cost. The practice of the DCRRC supporting a Catholic High School Cross-Country Championship began in 1967, and continues with the club conducting the race, lately at Georgetown Prep, and supplying the trophies.

In March 1969, Gar Williams was elected president of the club. He has subsequently been reelected twice, and is currently (1971) the club's principal officer. Williams, a Ph.D. geologist employed by the U.S. Geological Survey and a premier runner, has also distinguished himself as an administrator. From the start, Gar realized that running the club was too big a job for one man or even several men. Throughout his term of office, most of the work of administering the club has been done by committee, and on the whole it has worked out very well.

Gar's other officers are: Steve Jackson -- vice president, Bruce Burnside -- secretary, and Bob Scharf -- treasurer. Three committees are responsible for scheduling (under Lou Castagnola originally and later John Manning), awards (originally under Dick Schumm, later Ed Barron), and publicity (Dave Bronson). Norm Brand is handicapper, and Ray Gordon serves as historian, reporting and archiving race results and sending race results to the Long Distance Log and Racing Report. Race directors are selected for each race as before. Prior to Williams' tenure, business meetings of the club (other than the annual dinner meeting) were on a rather haphazard, informal basis. During Gar's administration, business meetings have been scheduled regularly, and all members are urged to contribute to the club's policies and operations.

Many new racing sites, usually in parks or other lightly traveled areas, have been added in the past three years. Some of these are Prince Georges Community College, Duval High School, Montgomery Village (Gaithersburg), National Naval Medical Center, Crossland High School, Bluemont Park (Arlington), Allen's Pond (Bowie), The Ellipse, USMC Base Quantico, Walter Johnson High School, McLean High School, and Ft. Hunt Park (Alexandria). Some of the old sites have had to be

abandoned due to increased traffic. A notable example is the Washington's Birthday Marathon -- which will be transferred to the National Agricultural Research Center for the February 1972 race.

During Gar's administration the club has sponsored three clinics on distance running and physical fitness. These have been very well attended and have featured some nationally known figures. In May 1970, local speakers -- Coach Kerry Ward, Dr. Henry Uhrig, and premier distance runner Steve Stageberg -- were featured. In 1970 at the University of Maryland, Fred Wilt and George Young, both members of several Olympic teams, gave highly informative and inspirational talks to an enthusiastic audience. Dr. Kenneth Cooper, well-known author of AEROBICS, spoke and answered questions before a large audience at Montgomery Blair High School on a rainy evening in August 1971. (Clinics had also been held before Williams' tenure. Jascourt writes, "In the early 1960's....Dr. Buskirk discussed the effect of temperature on the body and Dr. Mitchell the effect of running on the heart. Bob Scharf and Dick Haines discussed their training methods -- both on the same night, and since they had training methods about diametrically opposite, the runners could make some judgments as to what training was really all about.")

Other changes during Gar's tenure have been the incorporation of the DCRRC; better conducting of meets, due mostly to use of a race director's checklist for every race; sponsorship of a second high school cross-country meet, open to all high schoolers in the greater metropolitan D.C. area; and perhaps most important, a concerted effort to give the DCRRC more publicity and a high-class public image. Included in the latter category are such changes as a printed race schedule with a standard informative heading, in place of the mimeographed "purple" sheets of earlier schedules; a hand-out pamphlet written by Gabe Mirkin to motivate and instruct beginning joggers; DCRRC running clothes, including sweatpants, shorts, T-shirts, and sweatshirts, with the RRC triangular emblem and the club name prominently displayed; DCRRC car-window stickers; a welcoming letter from the president to all new members; advertising the major competitive races in various running magazines; and advertising selected major RFYL events in the big D.C. newspapers.

Reliable and complete statistics showing the incremental growth of the DCRRC are not available. After its beginning in June of 1961 the club grew to 31 registered members by the following January. Jascourt included in the results of a race held in May 1962 the following statement: "The DCRRC has hit the 50 membership mark." By July 30, 1962 the club was up to 60 members. From this point until 1968 no information is available. A list of members, published by the National RRC ca 1968, shows 290 persons on the DCRRC rolls. In December 1971, membership had risen to 420.

A review of the Long Distance Log shows that the number of runners taking

part in an open race, whether in the summer or winter, was usually about 10 to 20 during the first five years of the club's existence (1961-1965). In the late 1960's participation began to increase, and by 1971 a typical race had from 30 to 60 runners. The growth rate of the club is also reflected in the number of entrants in selected individual races as indicated by the following table:

NUMBER OF ENTRANTS

<u>YEAR</u>	<u>BUNION DERBY NO. 3 (5-Mile Handicap)</u>	<u>SNOWBALL NO. 3 (25 Km)</u>
1962	21	11
1963	16	14
1964	16	15
1965	11	20
1966	15	22
1967	21	20
1968	17	14
1969	24	11
1970	28	12
1971	36*	29

*1971 BUNION DERBY No. 4; No. 3 was July 4th 15 km and was atypical.

Perhaps a better indication of the club's growth, particularly in the past two years, are the facts cited in subsequent sections of this history on the SNOWBALL Series (Washington's Birthday Marathon) and the Run For Your Life Program.

THE BUNION DERBY

The BUNION DERBY is a summertime series of eight weekly races, usually conducted on weekday early evenings to leave the weekends free and to avoid the heat. The DERBY resurrected distance running in the D. C. area in June of 1961 and has been conducted in each of the subsequent summers from June to August. Individual races in the Open Division the first year were as follows: Event No. 1 -- 5-mile, event no. 2 -- 7-mile, event no. 3 -- 5-mile handicap, event no. 4 -- 9.4-mile (15 km), event no. 5 -- 2-man 10-mile relay (alternate 440's), event no. 6 -- 7-mile handicap, event no. 7 -- 8.5 mile and event no. 8 -- 10-mile. These distances were maintained with only little variation for the eight events throughout the years. In 1962, event no. 1 was changed to 4 miles, event no. 3 was changed to 5 miles (and then to 6 miles in 1963), and event no. 7 was changed to 8 miles. Otherwise the distances remained unchanged through 1970. However, in 1971 some major changes were made, and that year the DERBY consisted of: 4-mile, 7-mile, 15 km, 6-mile, 10-mile (track), 10 km, 6-mile, and 10-mile (road).

Sites for the BUNION DERBY have also been changed throughout the years. Event no. 1, alone, has remained at Hains Point for the entire 11 years. In 1971, the club's scheduling committee changed the sites of three events from where they had been held for a number of years -- principally in the interest of greater safety for the runners.

Some noteworthy individual performances in the Open Division of the BUNION DERBY are:

1966 Event no. 1, Hains Point 4-mile -- Bob Scharf, 18:51

1968 Event no. 2, Good Counsel H.S. 7-mile -- Lou Castagnola 34:30

1970 Event no. 6, U. of Maryland 7-mile -- Mike Graves 34:38

1967 Event no. 8, American U. 10-mile (demanding hills -- very difficult course)
-- Bob Scharf 55:23.

In addition to the Open Division, special races for runners 19 years old and under have been conducted each of the 11 years of the club's history. Originally these were referred to as the Tenderfoot Division, later as the Teen Division. These races have ranged between two and five miles in distance. A handicap race is usually run early in the series so that not-so-good runners who acquire a lot of points in such a race will be encouraged to hang in the rest of the series hoping to capitalize on their good fortune. A second handicap race is run late in the series to hold out hope to the same type runner that he might luck out and be able to place among the award winners for the series.

The purpose of the Teen Division races is to develop new runners and to provide competition for high school and college runners during the summer vacation. This division has produced some of the keenest competition and closest finishes in the club's history. Particularly in the early years, the DERBY was very hotly contested and coveted by the teenagers. The DERBY has contributed to the development of many college stars, some of whom are: Buzz Lawlor (Navy), Tom Thrall (Penn State), Eric Hickerson (Iowa Wesleyan), Pete Egan (Old Dominion), Ernie O'Boyle (Maryland), Charlie Messenger (Villanova), Merle Valotto (VPI), Dave Patrick (Villanova), Ed Hart (Kent State), Mike Graves (Duke), Larry Noel III (Mount Saint Marys), George Davis (William and Mary), Terry Donnelly (William and Mary), Jim Rudy (Rollins), Tom Dillon (Navy), Charlie Borwn (PGCC), and George Christopher (Notre Dame).

Points are awarded on the basis of position of finish in each race of the BUNION DERBY (20 points for first place down to 1 point for 20th place) and are totalled at the end of the series to determine an overall winner. Winners in the Open and Teen Divisions have been as follows:

<u>OPEN</u>			<u>TEEN</u>	
<u>Year</u>	<u>Name</u>	<u>Points</u>	<u>Name</u>	<u>Points</u>
1961	John Gygax, EH	179*	Dave Hazzard, EH	190½*
1962	Frank Pflaging, BOC	130	Buzz Lawlor, NCAC	141
1963	Marshall Windsor, EH	129	Ernie O'Boyle, EH	125
1964	Jason Page, AUTC	113	**"A" Ken Dahms, EH	141
			**"B" Mike Scurto, DCCR	117
1965	Bob Scharf, BOC	122	Charlie Sikora, una.	136
1966	Jeff Collins, EH	117	Frank Newbold, una.	140
1967	Bob Scharf, WSC	132	Ed Hart, una.	108
1968	Bill Schrader, una.	115	Jim Rudy, una.	148
1969	Gar Williams, WSC	87	Tom Dillon, una.	123
1970	Ed Ayres, una.	109	Greg Gerlach, una.	96
1971	George Christopher, una.	124	Greg Gerlach, una.	148

* Based on 25 points, vice 20 in 1961 and thereafter

** Jascourt explains: "During 1964, the Teen Division was divided into classes "A" and "B", which were not completely distinguished by age limits. There were too many excellent times being run in the Teen races to attract other runners into the program. So, the races were divided into two sections. Thus, Mike Scurto, who was then entering the 10th grade, might not have run in the DERBY. Instead, he thought he had a chance to win the "B" races and did."

In 1965, '66 and '67 competition was also held in the RFYL Division as part of the BUNION DERBY. Winners in that Division were:

1965 -- Ray Gordon	144
1966 -- Ray Gordon	136
1967 -- Martin Greenbaum	81

At the conclusion of the first BUNION DERBY in 1961, an awards ceremony was held at the Washington STAR Building Presentation Room. Movies of the USA-Russia Meet and the Penn Relays were shown, prizes were awarded to those runners placing in the DERBY competition, and special awards were presented to persons who helped conduct the DERBY. In subsequent years, final standings in the DERBY have been announced and prizes awarded at the club's annual picnic, a family affair, usually held in late August in Rock Creek Park.

SNOWBALL SERIES

Like the BUNION DERBY, this 8-race series has been conducted every year during the club's history since 1962. The purpose of the series is to maintain interest in distance running during the coldest months of the year and get the runner in shape to participate in the George Washington's Birthday Marathon (which is always event no. 8 in the SNOWBALL Series) and for the Boston Marathon which comes along two months later. Also, like the BUNION DERBY, awards are given to the 10 runners who accumulate the greatest number of points -- 20 points being awarded to the winner of individual races down to one point for a 20th place finish.

The first DCRRC SNOWBALL Series was conducted between January 7 and February 22, 1962. The eight events were 10-mile, 9-mile handicap, 4-mile, half-marathon (13 miles 192½ yds.), 20-mile, 15-mile, 2-man 20-mile relay (alternate miles), and the marathon (which is the DCAAU Senior Championship). During the series, shorter races (3 km, 3 miles, etc.) were also scheduled for those runners who did not want to run the longer distances, but the shorter races did not count in the series.

Over the years the locations of the races have been changed, some several times. Also, in 1963 the distances were changed to make them more meaningful preparation for the marathon, and at that time the series took on much the character it has today. In 1971 the series consisted of a half marathon, 12-mile handicap, 25 km, 2-hour track run, 2-man 20-mile relay, a second half marathon (to determine improvement), 20 miles, and the marathon. Certain of these races have been distinguished for one reason or another and will now be described.

Starting in 1963 and every year since, the 12-mile handicap has been hosted by Don Heinicke of Ellicott City, Md. This race is usually the first scheduled in the new year and has been run in some very foul weather. But the Heinicke's hospitality has always been compensatingly warm. During the race, the runners have been able to look forward to a ham and baked beans dinner, graciously provided by the hosts. Don Heinicke is somewhat of a legend himself. In years past, he has been a nationally prominent distance runner. He was the U.S. National Marathon Champion in 1940. Just prior to the formation of the DCRRC, Heinicke had been reduced to race walking for lack of scheduled running events. He resumed distance running within a year or so after the DCRRC program got underway and news of it reached him. Don competed in the Boston Marathon in 1963 -- the first time in many years -- and finished in a highly creditable 3:00:05, at the age of 48. Several weeks earlier he had done even better -- 2:59:47 -- in the DCRRC Washington's Birthday Marathon.

The two-hour run has been held in the middle of the SNOWBALL Series since 1963 and, as a single event, has contributed to more American records than any other single event scheduled by the DCRRC. In the 1963 race, Dick Haines, NCAS, established an American record of 21 miles 238 yds. and an enroute record of 1:45:28.4 in the 30 km; however, the 30 km record was not recognized because of the slightly short (about 4 inches) track at Yorktown High School where the race was run. (Hugh Jascourt states, "At the first there had been a misunderstanding as to the reason for the non-qualification of Haines' record for the 30 km. As it turned out, the [lack of a] curb was not the reason. A remeasurement of the track showed it to be slightly short. This was taken into account in the submission of the distance run for two hours but, obviously, could not be taken into account for the 30 km. The 20-mile time was missed and therefore not submitted. . . . Ironically, Haines killed off the opposition that might have made his record better. Haines decided to shake Ralph Buschmann by running the 10th mile at sub-5-minute pace. He did, and Ralph dropped out shortly thereafter, leaving Haines to run practically solo the rest of the way.) In 1966 Bob Scharf, BOC, eclipsed Haines' 2-hour distance, completing 21 miles 1,511 yds. And enroute Bob established a new national record for 20 miles, completing the distance in 1:50:08.4 to eclipse by over 8 minutes a mark that had been on the books since 1909 when James Clark did 1:58:27.3 on a track at Celtic Park, N. Y. In this same race, Lou Castagnola, AUTC, who finished in second place, also broke Haines' old 2-hour record.¹ Scharf's records for 20 miles and two hours were approved at the AAU convention in December 1966. The next year, with Scharf out due to an injury and with no close competition but with unseasonably

1. The DCRRC's financial situation, somewhat less than enviable throughout it's history, was reflected in the fact that the third place finisher in 1966, Tom Osler, received a trophy adorned with bowling ornaments. Bob Scharf had wangled a package deal consisting of parts of trophies at a cut-rate price. The bowling trophy was all that could be assembled from the available pieces, on this occasion.

mild weather for January, Lou Castagnola established new marks on the all-weather track at O'Connell H.S. as follows:

two hours: 21 miles 1, 738 yds.
20 miles: 1:48:13

The following year (1968) and on the same track Castagnola not only broke his records of the previous year but also added the American record for 25 km. In this race, Lou demonstrated great mental toughness running without significant competition, other than the clock.

	<u>Former American Record</u>	<u>New American Record</u>
25 km	1:22:14.2 -- Ron Daws 1966	1:21:36.4 -- Castagnola
20 miles	1:48:13 -- Castagnola 1967	1:46:50.6 -- Castagnola
2 hours	21 mi 1738 y -- Castagnola 1967	22 mi 628 y -- Castagnola

Vital to any record acceptance is proper official timing, measurement of the course, documentation of facts concerning the race, and submission of required forms. As a result of many hours of paper work by Larry Noël, co-president of the club, and from work done at the time of the race by Steve Gould, the AAU recognized Castagnola's record over a year later.

Starting in 1969 the 2-hour event in the SNOWBALL Series was designated the Steve Gould Memorial 2-hour Run, in memory of a man whose untimely death due to cancer the previous year deprived the club, and the entire sport of track and field, of a gentle and good friend.

The marathon (SNOWBALL no. 8), the most classic event in long distance running, was first sponsored by the DCRRC on Washington's birthday, February 22, 1962. The course for this race was out Route 5 from Hillcrest Heights, Md. to Route 301 in the vicinity of T. B. and back. On a bitterly cold night, Orrington Hall and Steve Gould attempted to measure the course, with Orrington stationed in the trunk of Steve's car holding the measuring wheel. However, the 7 mph speed necessary for towing the wheel was so incompatible with the 70 mph traffic on the highways that the task was rendered impossible, and the odometer had to be used (see Orrington's reminiscences).

For the 1963 marathon, Jascourt had a great idea in laying out a course between Mt. Vernon and the Washington Monument, traversing scenic George Washington Memorial Parkway and around the Tidal Basin by the Jefferson Memorial in sight of the National Capitol and the White House. What could be a more natural course for the Washington's Birthday Marathon? Unfortunately, the course was used only in 1963 and 1964, mostly because of difficulties in dealing with the U.S. Park Police. If there is a villain in this history, it would surely have to be the

latter group. McDade writes,

"During my tenure, we ran the 5th Annual Marathon over a course in Beltsville, Md., laid out by Castagnola and myself, and it has been held there ever since. The reason that I deemed it advisable to move it from the Mt. Vernon-to-Washington course was that each year the logistics of running that course became more impossible. Every year we had to deal with the U.S. Park Police, which is one of the most aggravating experiences anyone could have. I had been through it a few times, and when I was president I didn't really have time to do it nor the heart to ask anyone else to do it."

The 4th marathon (1965) also deviated from the classic course established by Jascourt. That year the course started at Fort Belvoir and followed the George Washington Memorial Parkway past Mt. Vernon to Alexandria, where the runners turned and retraced their steps. This deviation was taken to minimize trouble with the Park Police.

The 5th annual marathon (1966), the first held on the Beltsville course, was sponsored by the Beltsville Jaycees, and produced what was certainly one of the closest finishes in the history of marathon racing. Bob Scharf, BOC, who won in 2:25:01, beat out Ron Wallingford of Hamilton, Ontario by a mere one second. Ed O'Connell said the closest previous finish was in the SALISBURY Marathon in 1947 or '48 when old John Kelly beat Lou White by a margin of just two seconds. The Beltsville course, which features some very rugged hills, has been used for all subsequent Washington's Birthday Marathons through 1971. In 1967 the course was carefully measured by Larry Noël, Jr. and Orrington Hall, and was certified by the National RRC. (Highway construction forced course changes in 1969 and 1971. Each time it was remeasured and certified. In 1972, a new course, entirely within the National Agricultural Research Center, Beltsville, Md., will be used. This course with no steep hills consists of three loops of about 8.75 miles each. It was measured by Larry Noël, Jr. and Dr. Dick Lukes with Larry Noël III riding the bike.) The record for the old Beltsville course is held by Lou Castagnola, set in 1967, at 2:22:45.2. Again it was Ron Wallingford who pushed Lou to the record. Castagnola's time, incidentally, is the best ever registered in the D.C. area.

Jim McDonagh, 45-year old veteran of the Millrose AA (New York City), finished third in the 1969 marathon in 2:31:58. Again the following year he finished third in 2:33:05. Anna Mae Cooke, the first woman to finish a Washington marathon, registered a 3:43:01 for 91st place in 1971.

Increased popularity of the Washington's Birthday Marathon and distance running in general is indicated by the following statistics: 1962 Washington's Birthday Marathon -- 17 starters, 10 finishers; 1966 -- 31 starters, 17 finishers; 1969 -- 58

starters, 37 finishers; 1970 -- 93 starters, 53 finishers; 1971 -- 185 starters, 123 finishers.

Winners -- DCRRC Washington's Birthday Marathon

1962	Dick Haines	NCAS	2:32:44
1963*	Lou Castagnola	NCAS	2:35:18
1964	Dick Haines	NCAS	2:32:40
1965	Bob Scharf	BOC	2:33:45
1966	Bob Scharf	BOC	2:25:01
1967	Lou Castagnola	WSC	2:22:45**
1968	Lou Castagnola	WSC	2:33:11
1969	Tom Ratliffe	Millrose AA	2:27:48
1970	John Loeschhorn	No. Car. TC	2:27:28
1971	Jack Fultz	USCG	2:29:58

* This was also the National AAU Junior Marathon Championship. NCAS team of Castagnola, Kent Osborne and Jerry Jones won National Junior title.

** Fastest marathon run in D. C. area.

Winners in the SNOWBALL Series have been as follows:

1962	Dick Haines, NCAS	132 points
1963	Jerry Jones, NCAS	129
1964	John Gygax, EH	127
1965	Paul Shimon, EH	137*
1966	Bob Scharf, BOC	116
1967	Lou Castagnola, WSC	117
1968	Steve Jackson, WSC	109
1969	Geoff Barnes, WSC	106
1970	Grif Balthis, DTFC	90
1971	John Winslow, WSC	73
	Tom Ogden, USAF Tie	

* Record

CHAMPIONSHIP RACES

Championship races constitute a major part of the DCRRC's annual running program. These races fall into two major categories:

1. Local (DCAAU) and national AAU championships: 10 km cross-country, 15-, 20-, 25-, and 30 km, marathon, and one-hour track run.
2. Local (DCRRC) and national RRC championships: 10-mile track run and 2-man 10-mile relay (alt. 440's).

The 15-, 20-, 25-, and 30 km races have usually been held twice annually, for the DCAAU Senior and Junior Championship, respectively. It should be noted that most all of the above races have also been scheduled a number of times as non-championship events.

National Senior AAU Championships which the DCRRC has hosted have been the one-hour run in 1964, 1965 (Eastern Division), and 1968 (Eastern Division); the 15 km in 1962; and the 30 km in 1964 and from 1966 through 1971. Junior National AAU Championships held in the D. C. area have been the one-hour run in 1963 and the 30 km in 1962.

The 10-mile track run has been held as part of the National RRC Championship (postal basis) every year since 1961 and the 2-man 10-mile relay (also postal basis) in 1962, '63, '64, '65, '69, and '70.

Several outstanding performances deserve mention from the history of the local and national championships which the DCRRC has sponsored:

1. 1969 -- 10 km "Cross-Country" (DCAAU Senior Championship), Eamon O'Reilly, una, 29:43. Race was run over streets in Alexandria starting at St. Stephen's H.S.
2. 1968 -- One-hour run (Eastern Division of the National AAU Senior Championship), Lou Castagnola, WSC, 11 mi 1257 yds. Lou finished second nationally, 65 yards behind Bob Deines, So. California Striders.
3. 1967 -- 15 km DCAAU Junior Championship, Bob Scharf, WSC, 45:15. Best time ever recorded on the tough Greenbelt course.
4. 1967 -- 30 km National AAU Senior Championship, Frank Pflaging, BOC, 1:36:19.6. Record for Rockville course that has been used for several National AAU Senior Championship races.

The appendix gives the complete record of the championship races held in the D. C. area since 1961, with the exception of the Washington's Birthday Marathon (DCAAU Senior Champ.) which is reported under the SNOWBALL Series.

INTERESTING RACES

The BUNION DERBY, SNOWBALL Series, and the club and DCAAU Championships make up the backbone of the DCRRC's annual Open racing program. The remainder of the calendar is filled in with individual races, some of which have been repeated over the years, some of which have been held one time or several times only. A number of these races are considered of sufficient interest to warrant mention here in the following pages. However, in the interest of brevity many races will have to go unmentioned despite the fact that they perhaps linger fondly in the memories of the participants.

Supermarathons

1. National RRC 44-mile Run held in Alexandria, Va., on September 8, 1963. This was the longest race ever sponsored by the DCRRC. The winner of this race was to get a free trip to Great Britain and represent the USA in the London to Brighton 52-mile Run. Ted Corbitt of the N.Y. Pioneer Club won in 5:36:34 with Gary Muhrcke, Millrose AA, four minutes back in second, and Kurt Steiner third. Aldo Scandurra and Al Williams of New York did not finish. Corbitt declined the trip due to poor condition.

2. Matt Kane's "Bit of Ireland" 33-mile Handicap Run, held at Bethesda-Chevy Chase H.S. on March 17, 1963. Erich Segal¹, Harvard AA, who started at "Go", won in 4:12:57. Ted Corbitt, NYPC, with a 30-minute handicap, finished second, in an actual time of 3:57:43. Jerry Jones, NCAS, was the only other finisher. The following entrants did not finish: Don Heinicke, Nat Cirulnick, Aldo Scandurra, Sid Smith, and Dave Knighton.

Devil-Take-The-Hindmost

This race has been run once annually since 1962 to provide some variety in the running schedule. Usually, it has been run on the U. of Maryland track. Records are meaningless in this race since the distance covered depends on the number of starters and the number of voluntary dropouts.

Perhaps the most exciting of these races occurred in 1967. Jim Kehoe, track

1. Well-known author of "Love Story." "Erich has since mentioned in several interviews with the press that winning this race was his biggest sports thrill. He has run other D.C. races and attracted quite a bit of pre-race attention....not for his literary skills, but for madly dashing back and forth doing windsprints warming up for the marathon." -- Jascourt

coach at the U. of Maryland, threw his entire squad of distance runners into the race, five of whom were capable of sub 9:20 two-miles. The dramatic moment came at the end of 5 3/4 miles when only Steve Jackson and 7 Maryland runners were surviving. Coming off the final turn, all 8 runners were spread across the track as though in a 100-yard dash, and indeed running at near 100-yard speed. Jackson just could not maneuver out of last place at this point, and the field was left to Maryland. Dave Starnes, premier two-miler, went on to win the race, covering 7 3/4 miles in 41:59.6.

Mattapany Runs

The Youth Commission of St. Mary's County, Md. sponsored these races annually in connection with the County Fair. The races were: (1) 4-man 20-mile relay (5 miles each) and (2) a 20-mile run. The races started at Mattapany on the Patuxent River and followed the first road built by the colonists in Maryland to the State House in Leonardtown. The 20-mile run was held five times (1964-1968), and Lou Castagnola, SI, recorded the best time in 1966 -- 1:49:41.6. The relay was run only in 1964 and '65.

Greenbelt Turkey Trot

The Greenbelt, Md. JAYCEES have sponsored this popular race at Thanksgiving time since 1964. Winners of the race sound like an honor roll of DCRRC running: Lou Castagnola won in '64, '65*, and '66. In 1967 Bob Scharf beat out Lou and set the course record of 1:47:39.5. Steve Jackson won in '68, Gar Williams in '69, and Merle Valotto in '70. Max White of Princeton, N.J., won in 1971 over a new course.

Tetrathon

This is the event for the trackman with stamina! Consisting of an 880, 440, mile and 2-mile on the track, the Tetrathon has been held in 1970 and 1971. It favors the college runner and, indeed, Marty Brotemarkle of the U. of Maryland track team holds the record of 17:29 for the best cumulative time (1971).

Relays

In addition to the 2-man 20-mile relay (alternate miles) and the 2-man 10-mile

*Around 1965 the 20-mile Turkey Trot suffered another of Bob Scharf's "trophy-assembling" fiascos. After arriving at the race site Bob assembled the trophies and left them neatly lined up on display on the grass. Some minutes later an interested onlooker, wanting to inspect a trophy, picked one up; to his great embarrassment, however, the trophy upon being touched fell apart into various bits and pieces!

relay (alternate 440's), parts of the SNOWBALL Series and BUNION DERBY, respectively, the club has conducted a variety of other relays:

1. Four-man 32-mile relay (8 miles each leg), 1962-64. In the 1964 running, Lou Castagnola ran as no. 1 man on the AUTC team and then, to fill out a team, as no. 2 man on a mixed team with six minutes rest in between! Lou was truly an iron man. A 4-man 8-mile relay for teenagers was held in conjunction with the open relay.

2. Two-man 10-mile relay (alternate 880's), 1961-64 and 1969-71. The record for this event was set in 1962 at American U. by Jim Tucker and Ed Duchini -- 47:07.7. Best individual average: Duchini (2:20.4).

3. Long-distance medley (10, 2½, 5, 12 miles), 1962-64. The 1962 running was held at Prince Georges Plaza, and is memorable in that two runners each ran legs on two different teams. Hugh Jascourt, after running the 2½-mile leg on the winning NCAS "A" team, got an 11-minute rest and then completed the 5-mile leg for the NCAS "B" team. John Jarrett ran the 2½-mile leg on the NCAS "B" team, then the 12-mile leg for the Suitland Terrors! 1963 and '64 runnings were held in Annapolis, Md. and were sponsored by the Annapolis Recreation Department. In 1964 a New York City team won, anchored by the great runner, Oscar Moore, of the N. Y. Pioneer Club. The latter's 57:45 for 12 miles was perhaps more indicative of the short courses in those days than of Moore's ability, which was considerable!

In 1969 and 1971, long-distance medley relays for four men were run at Bowie, Md. In 1969 the legs were 9, 3, 6, and 12 miles; in 1971 they were 2½, 5, 7½ and 10 miles.

4. Two-man 20-mile relay (alternate miles), 1962-71. This relay is run as one of the events of the SNOWBALL Series. Because of bad weather, some years it has been shortened to a 10-mile relay. The record for the event is 1:40:57.6, set by Fred Lane and Fred Protopappas of Georgetown U. in 1968 on the Georgetown track. Best time by non-collegians was set in 1970 at Archbishop Carroll H.S. by

1. "This was the race that drew Lou Castagnola out of the retirement he claimed he was in. He dropped by the race to see it, he said, 'out of curiosity.' He disclaimed any real interest in competing seriously again, but he took a copy of our schedule. He was running in our races shortly after that and soon became one of the best in the area. Perhaps he might not have stayed very long to even watch the event had it not been for an unusual occurrence. Part of each of the longer runs included several laps around the parking lot. Jim McDade felt that a car had purposely tried to come too close to him, and he banged his fist on the car. The driver and Jim took turns retaliating. As I was nervously trying to gain the assistance of the police, Jim solved the problem. He yanked open the door of the car, pulled off the shoe of the driver, and hurled it off into the distance. Then he resumed puffing along while the irate motorist went after his shoe." -- Jascourt.

Bill Boyd and Bob Woerner, DTFC -- 1:41:19.

5. Two-man 10-mile relay (alternate miles). This relay has been run a number of times during the spring and summer at Catholic U., American U., and Bethesda-Chevy Chase tracks. Legs were only "approximate miles" at Catholic U., which does not have a 440-yard track.

6. Washington to Baltimore 4-man 40-mile relay (1962-64). In 1962 and '64, this race was run from the National Capitol in Washington, D.C. to the City Hall, Baltimore, Md. In 1963, it was run in the reverse direction. It was intended that each man run a leg of approximately 10 miles. In the 1964 running, however, there was a gross mismeasurement; the second runner was assigned only 6.9 miles whereas the fourth leg consisted of 13 miles. The course record was established in 1962 by the BOC team of Buzz Sawyer, Al Huff, Baxter Berryhill, and Frank Pflaging, who negotiated the 40 miles in 3:29:13. Jim McDade, anchor man on the NCAS team which finished second that year, was detained for two minutes by a passing train!

Intercity Races

An interesting feature of the DCRRC program in its early years was the intercity races. In the 1962 New York versus District of Columbia 10-miler, New York barely nipped D.C. by a score of 27 to 28. Nine runners from New York, most representing the Millrose AA, showed for the race. The race was again scheduled in 1963, but the New Yorkers failed to show up. In each of the years 1961 through 1964, D.C. competed against Philadelphia and Baltimore in a 10-mile race. In 1961 the races were held on the horse racing track (880 yds) at Upper Marlboro, in connection with the Prince Georges County Fair. Most of the runners ran barefoot because the sandy surface made for poor traction. Browning Ross led Philadelphia to a win that year. Moses Mayfield of Philadelphia won the event in 1962, but the team title went to the D.C. runners. In 1963 the race was moved to Alexandria, and Philadelphia again won by capturing the first five places. The final race in the series saw Frank Pflaging win at Towson, Md., but again Philadelphia took the team championship. In 1969 a D.C. versus Baltimore versus Philadelphia 10-miler was scheduled at Edgewood Arsenal, but Baltimore and Philadelphia did not field full teams. These intercity races take a considerable amount of preliminary planning and coordination to succeed.

Metropolitan Open Cross-Country and Podiatry Society 10-Mile

Hugh Jascourt adds these to the list of "interesting" races with the following comments:

"The Metropolitan Open is noteworthy not only because it has pitted Georgetown against Maryland and Quantico and the best of the area runners in one race, but

also because of its genesis. Even after I finally became the DCAAU Chairman of Long Distance Running because no one wanted to do the work, the Track and Field Chairman personally awarded the U. of Maryland the DCAAU Cross-Country championship event. I found out about this after everything had already been arranged and at a time when I had already talked the Penn Mar Shopping Center into sponsoring our X-country championship. I tried to explain the situation to Jim Kehoe and added that a 4-mile race on a weekday afternoon was incompatible with a DCAAU Championship. I explained that even though I hated to do so, I would give up the Penn Mar sponsorship if he would move his race to the weekend and to 10 km. Kehoe was boxed in because of his calendar and he sympathized with the situation. Faced with an insurmountable obstacle and with the impossibility of satisfying the AAU big shot, who had never consulted me about the race, we came up with the idea of the Metropolitan Open -- a race which would be sponsored by Maryland and which could sound glamorous and yet not purport to be the DCAAU X-country Championship. Thanks to Kehoe, the idea was sold to the AAU, and from 1961 through 1964 the race was one of the highlights of the year. We ran into difficulties when the NCAA-AAU controversy put the squeeze on Maryland sponsorship and/or participation.

"Another goodie was the first race that put us on the map. The D.C. Podiatry Society sponsored a 10-mile run which we conducted in conjunction with the National AAU convention held in D.C. in December 1961. The Society gave us some travel expenses, Ed Moran (the famed miler who was working for Hot Shoppe) fixed us up with Hot Shoppe food, Georgetown fixed us up with facilities and buses, Bob Paul (the AAU Director for PR) cajoled some big-time AAU National officials to start the race, and somehow after great difficulty we arranged for a course starting near the Lincoln Memorial and ending near the site of the convention (Willard Hotel). We had 63 finishers (not counting several unofficial ones that included some females who were afraid to have their names recorded in the results), led by Pete McArdle, Gordon McKenzie, John Kopil, and Alex Breckinridge, in that order. John Gygas was the first local runner in 52:42 for 7th. In any event, we put on a big-time race which attracted a national and top caliber field, and then we put on our awards ceremony at the AAU convention itself. The DCAAU program became known and became the example of what an RRC could accomplish in 6 months time and through the self-help of the runners in an area written off as a wasteland for distance running. At that time, by the way, the 37 runners breaking 60 minutes was somewhat of a feat for mass performance."

RUN-FOR-YOUR-LIFE PROGRAM

The RFYL Program of the DCRRC was undertaken to encourage people of all ages and abilities to participate in running for the health benefits derived therefrom. Competition, which is paramount in the other races sponsored by the club, is only of secondary importance in the RFYL Program. The first RFYL run conducted by the DCRRC was in connection with BUNION DERBY event no. 1 at Hains Point on June 17, 1964. There were ten runners in that 2-miler, won by Larry Lucas of the D.C Capitol Runners in 11:55. Jay Miller is the only man still running with the club today who participated in that race.

As to the genesis of the RFYL races, Jascourt relates:

"I think it was Jim McDade who found a YMCA magazine with an article entitled Run For Your Life, which told about a man over 60 years old who had suffered two heart attacks and was now running 10 miles around the YMCA track in Cleveland after a long gradual buildup. We printed the article in RRC Footnotes, the national publication of the RRC edited by Dick Haines. But this did not lead to the RFYL Program. It merely became the basis for the name. We had been constantly ballyhooing the physical fitness aspect of running. In addition, the club's program was geared to attracting everybody to run and to motivate them to continue. Although there were special prizes, there were no special races. At a farewell party for Norm Brand before he left for Afghanistan, Orrington Hall and Ray Riesgo complained that I talked a good game about fitness races but that the guy who ran just for his health no longer had a special place. The DCRRC had become too good. There were just too many good runners, and the health runners were discouraged by being relegated to the tail end of the open races. They wanted their own special races. I protested that I had been aiming for just that but that we didn't have enough officials to even do our regular races correctly. My wife retorted that I was always complaining that the AAU always was postponing what should be done, waiting for the ideal conditions which were never there, and that the races could bring with them the officials, just as our initial program blossomed by doing just that. She added that the volume of runners we should be able to attract would help our finances and that many of the RFYL runners would be older with more money, more contacts, more organizational know-how and greater ability to assist the club than the younger runners who were struggling to find time to be good competitive athletes. We began the first official RFYL with the first race of the 1964 BUNION DERBY."

Jascourt's flyer announcing the start of the RFYL runs pointed out the cardiovascular benefits of running and gave the following reasons why the club was spon-

soring the RFYL:

1. For the individual who wishes to run for physical fitness.
2. For the man who wishes to compete but does not have the time nor skill to do so.
3. For the man who simply may wish to have someone to run with at least once a week.
4. For the man who may need some incentive to get himself out of the house to run a few times a week.

Other characteristics of the program when it first started were reported in the Long Distance Log in the story of the June 17, 1964 Hains Point race: "If a man wins 5 of these [RFYL] races he is no longer eligible for this class -- because he is too good. Team competition is based on the number of men who finish for a team regardless of place. Anyone who covers over 50 miles in competition during the year will receive a prize." Over the years these aspects of the RFYL Program have been abandoned, for various reasons.

Initially, Jascourt had hoped each Federal Agency would field a team in the RFYL's, e.g. NIH, Labor, Interior, etc. Unfortunately, this extent of participation never materialized. Many of the early RFYL's were poorly attended, sometimes with as few as 4 to 10 entries. But there were exceptions. On November 15, 1964, in connection with the DCAAU Senior Cross Country Championship at St. John's College H.S., 101 persons participated in a 1½-mile RFYL. The big turnout was in response to good coverage in the Washington newspapers in advance of the race. In that race trophies were awarded to all those who finished in better than 11 minutes -- some 60 out of the 101. The week following this big run, Jascourt began a ten event "Life-Time Series" which attracted still more people to the RFYL Program. This series consisted of races from 1½ to 3 miles. Trophies were awarded to the first three finishers in each race, and if an individual completed at least six of the ten races and in each bettered a prescribed time, he also earned a trophy.

Over the years, the RFYL runs have been scheduled weekly, mostly at the 2-mile distance. The RFYL Division has provided a means for conditioning and introducing people to running. Many of these people have gone on to compete in the Open events and, as predicted by Mrs. Jascourt, have provided the club with some of its more dedicated workers -- people like Ed O'Connell, Bill O'Reilly, George Major, Dave Bronson, Jack Ferratt, John Manning, Dick Schumm, Ted Burkett, John Finlayson, Chester Salkind, Rod Steele, George Phillips, Paul Thurston, Ed Barron -- to name but a few. (About Ed O'Connell, Jascourt contributes: "Ed returned to D.C. from Panama and the Congo. He had had malaria in addition to diabetes and did not know whether he could run again. Because of his love for the sport he could not stay away. So he happened upon a BUNION DERBY race at -- of all places -- O'Connell H.S. The RFYL races intrigued him and we talked him

into trying them as a means of getting back running again. Even if he had hopes of returning to competitive racing, I don't think he really believed them. But by the end of the summer, he was dominating the RFYL, and we talked him into graduating into the open races. I sincerely believe that if the RFYL had not been available, Ed would never have resumed running. By the way, Ed was not the only one who had to overcome physical handicaps [other than lack of talent like Jascourt]; George Major, as you know, had been a TB victim."

The RFYL has also played a significant role in maintaining the financial solvency of the club. Particularly in recent years, with the large numbers of persons participating in the RFYL Division, the program has much more than paid its own way.

Starting in 1967, awards in the RFYL Program were made on the basis of participation (i.e. the number of runs completed) rather than position of finish. This, plus the widespread publicity for jogging and running as a means to physical fitness, began to produce bigger fields in the RFYL runs. The increased participation has continued to the present. On September 5, 1971, 143 runners competed in a 1 3/4 miler in connection with the Greenbelt, Md. 15 km. By far the largest RFYL field, however, was in connection with the National AAU 30 km Championship held at Peary H.S. in March 1968. A mammoth field of 337 persons participated in a non-competitive 2-mile RFYL on that occasion. At present, trophies are presented to those runners who complete at least 4 races out of an 8-race RFYL series regardless of position of finish. The more races completed the better the trophy earned.

Discussion of the DCRRC RFYL Program would be incomplete without reference to the sister program conducted in Baltimore. As mentioned earlier, the program in Baltimore was initiated and enthusiastically promoted by Dr. Gabe Mirkin. Gabe's enthusiasm for running is boundless, and his gracious assistance to all runners who bring their medical problems to him is unparalleled in this mercenary age. For example, even when Gabe was in Baltimore he arranged for EKG's for persons in D.C. about to embark on a running program. When Gabe moved to Washington to set up medical practice, the program in Baltimore was taken over by Walter and Ruth Korpman. The Baltimore program specialized in RFYL, Masters, children's and women's runs; open races played a secondary role. The Baltimore program attracted mobs of runners of all ages and abilities. Their runners frequently came to Washington to run in the DCRRC events, and the D.C. runners often participated in the more important Baltimore runs such as the cross-country races in Catonsville. In late 1969 Walter Korpman, who was a very capable veteran runner himself, was stricken with cancer, and the intercity participation has declined since that time. (Walter died in July 1971 after a lingering and painful illness.) However, a running program, sponsored by the Baltimore RRC under Les Kinion,

continues in our sister city.

MASTER'S RUNNING

Races for men over 40 (Masters) were first scheduled by the DCRRC in 1967. Masters' races had been conducted in Baltimore by Dr. Gabe Mirkin and Walter Korpman for several years prior to that date, and several of the senior members of the DCRRC usually showed up there to participate in those races. The Baltimore group sponsored the National Senior Men's RRC Cross-Country Championship in Catonsville, Md. in 1966, '67, and '68. DCRRC members performed well in these races in which runners from North Carolina to Canada and as far west as Ohio competed. Ted Burkett, 47, won the National Championship in 1967.

The first Masters' Mile ever run in the East was conducted as a "match race" on July 24, 1967 at Springbrook H.S. in connection with a DCRRC program. Ed O'Connell, 40 years old and then president of the club, challenged Ray Gordon, 49, to a one-mile race and beat him in 4:58. Harvey Geller, 47, and Dave Knighton, under 40, also participated in the race. Results were:

- | | |
|------------------|------|
| 1. Ed O'Connell | 4:58 |
| 2. Ray Gordon | 5:01 |
| 3. Harvey Geller | 5:23 |
| 4. Dave Knighton | 5:31 |

In 1967 and '68, the DCRRC scheduled Masters' races only sporadically and mostly at the one-mile distance. For the most part the D.C. senior runner still had to go to Baltimore to run against his age peers. Baltimore, at that time, was scheduling Masters' races mostly at two-miles with competitors segregated in decadal age categories, i.e. 40-49, 50-59, etc. The first DCRRC race with competition in age categories was a one-mile run at Archbishop Carroll H.S. on December 22, 1968.

Starting in 1970, the club began scheduling Masters' races at 1, 2, and 3-mile distances on a fairly regular basis -- at least one event every two or three months. Masters' sections, run concurrently with the Open section, have also been scheduled in some of the longer races in recent years. For example, in the Washington's Birthday Marathon of 1970, Jim McDonagh, Millrose AA, won the Masters' section in the splendid time of 2:33:05, finishing in third place overall. In 1971, Ben Makasian, Millrose AA, won the Masters' section in 2:58:38. Reid Elder was the first local Masters' finisher in 3:07:24. At the club's annual banquet in April, 1971, Elder was presented a special award for being the most improved runner in the

DCRRC during the past year.

At the time of this writing races for Masters are scheduled by the club on an average of once a month. Fields of 25 are not uncommon in these races.

Runners over 40 years old have made up a significant portion of the club's membership for the past five or six years. As a group, these men have contributed more than their share in the work connected with conducting the races and business of the club. Mostly, they participate in the Run-For-Your-Life races when no Masters' events are scheduled. A sprinkling of Masters, however, will usually be found in the open races as well. And what they lack in speed, they make up for in toughness. Men like Ted Burkett, Paul Thurston, Reid Elder, George Phillips, Rolland McDermott, and George Major are considered formidable opponents by runners many years their juniors.

Several of the club's Masters have traveled far and wide to participate in track meets and special running events. Walter Boehm, who ran with the club in 1970 and 1971, specialized in the mile and 2-mile, and he was certainly one of the outstanding Masters in the entire country. Walt won numerous Masters' Miles in the low 4:30's at the Boston Garden, Penn Relays, Philadelphia Inquirer Games, etc. His best 2-mile was a sparkling 9:47 in April 1971, shortly before he became incapacitated with tendonitis. Walt turned 40 in 1970. He is now in Korea with the State Dept.

In the 50-59 age group, Ray Gordon won National titles at the U.S. Masters' Track and Field Meet, San Diego, Calif. as follows: 1968 -- 880 and mile; 1969 -- 440, 880, and mile; 1970 -- 880 and mile. Ray holds the World Record for men over 50 in the 880 at 2:09.5 (1968) and is co-holder of the World Record for the 440 at :56.5 (1971). His 4:52 mile is the second best ever recorded by a man over 50.

WOMEN'S RUNNING

Women's races, usually at one-mile distance, have been conducted by the DCRRC since 1967. During the past several years, the club has scheduled a race for women about once every two or three months on the average.

Perhaps the best female runner ever to compete with the DCRRC was Marie Mulder, a transplanted Californian, who went to Crossland H.S. for several years. Marie had represented the USA and did very well against the Russians in 1965, running some strong 880's.

Other women who have performed well in the DCRRC ladies' races are Anna Mae Cooke and Cathy Kuyk. Anna Mae is the only local woman to finish a marathon race. In 1971 she finished 91st in 3:43:01 in the Washington's Birthday Marathon.

CHILDREN'S RUNNING

The DCRRC provides running opportunities for boys and girls (up through 15 years of age) principally in the RFYL and, for the past several years, in occasional one-mile Age Group races. Less frequently, children have participated in the club's open races. Individuals such as Frank Gulino, Charlie Purves, Larry Noel, Ed Bowie, and Gabe Mirkin have been outstanding in coaching and encouraging children to take part in the club's runs. In 1971, Gabe was a leader in establishing the first National Age Group One Mile competition, the Eastern Division of which was held in Washington, D. C., the Western in Bakersfield, Calif.

Many of the boys and girls who run with the DCRRC have distinguished themselves in national competition, and a number of them hold World and/or National records for their ages at various distances. Excerpts from the results of the Age Group National Cross Country (1½ miles) held in November 1971 in Van Cortland Park, N. Y. are indicative of our younger runners' abilities and accomplishments:

<u>Age Group</u>	<u>Name</u>	<u>Position</u>	<u>Time</u>
<u>Boys</u>			
6-7 years	Robert Ryerson	1st	10:37
8-9 years	Gene Mirkin (9)	1st	9:57
	Chris Sherwin (8)	2nd	10:04
	Mike McKinney (8)	5th	10:11
	Joe Interlandi (9)	8th	10:33
10-11 years	Billy McClay (11)	1st	8:57
	Tom Noel (11)	9th	9:44
12-13 years	Tom Stringfellow	1st	8:44
<u>Girls</u>			
6-7 years	Jan Mirkin	2nd	11:31
8-9 years	Kim Campbell	1st	10:25
	Robin Powell	2nd	10:25
12-13 years	Robin Campbell	3rd	9:13
14-15 years	Bobi Munsey	5th	9:40

Age Records, a publication of Track and Field News, lists the following record holders from the D. C. area:

Gene Mirkin -- Six world records for ages 8 or 9 (880, 1320, mile, 2 miles, 3 miles, and 5 km).

John Noel -- Three world records and two U.S. records at age 12 (3 miles, 6 miles, 5 km, 10 km, and 1-hour run).

Mike McKinney -- Four world records at ages 7 or 8 years (880, 1320, mile, and 3 miles).

Chris Sherwin -- Two world records at 8 years (5 km and 10 km).

Tom Noel -- One world record and two U.S. records at 11 years (10 km, 6 miles, and 1-hour run).

Robert Ryerson -- World record for age 6 (mile).

Billy McClay -- World record for age 11 (1320).

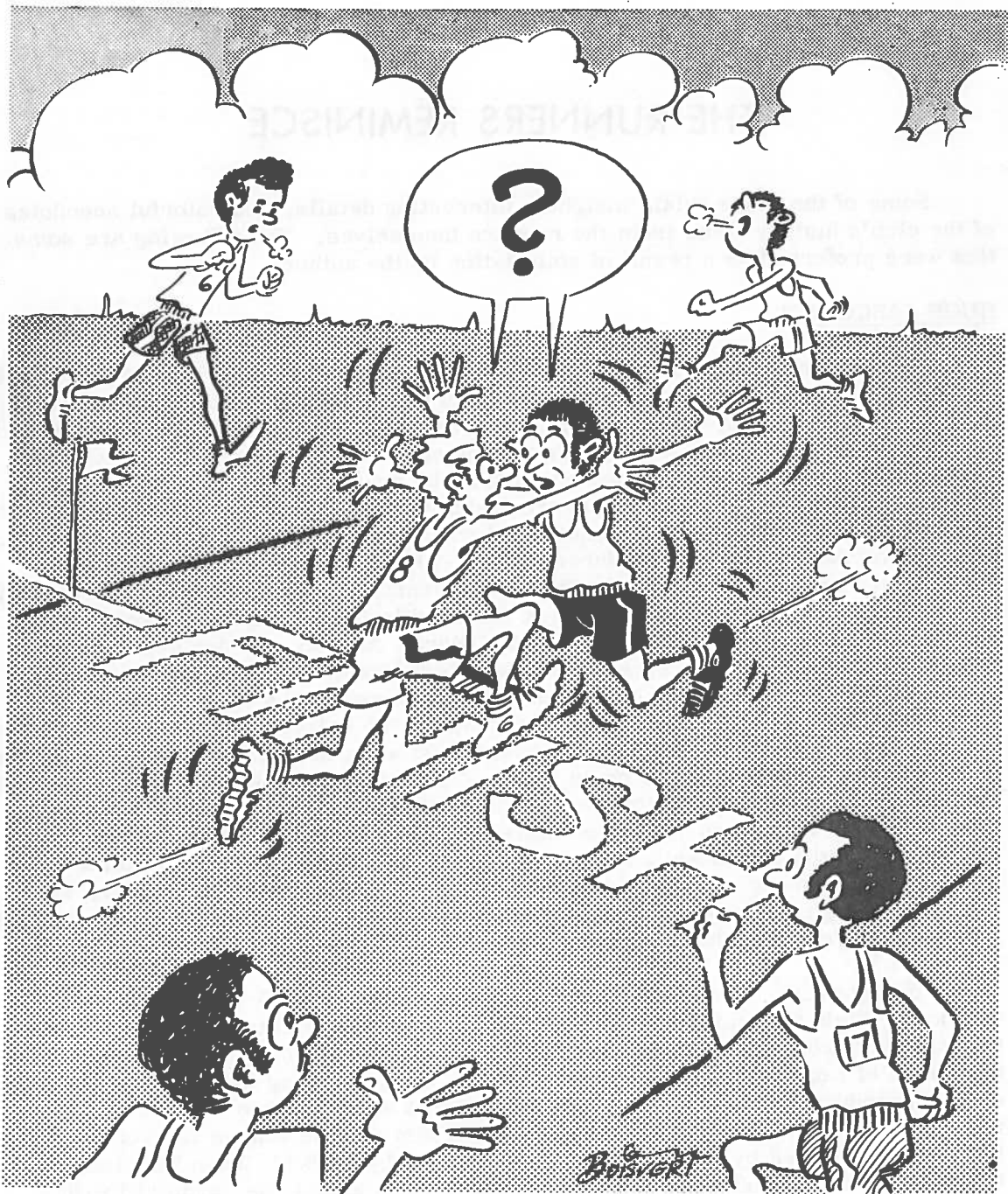
THE RUNNERS REMINISCE

Some of the more subtle insights, interesting details, and colorful anecdotes of the club's history come from the runners themselves. The following are some that were proffered as a result of solicitation by the author:

HUGH JASCOURT

"You might be interested in how the RRC started. I got the Washington STAR to give us use of their room, borrowed some Penn Relays and other films from Penn, got a little newspaper publicity, and held a meeting. A few people showed up, but not enough. So we did the same thing again. Still not enough. And especially, little in the way of coaches or others who could perform administrative tasks despite the mailing list of Warren Leddick, a steeplechaser who was Director of Recreation for the City of Greenbelt and who conducted the only race in the D. C. area during the span of the last three years -- the Greenbelt 9-Mile Labor Day race, first run in 1957. I knew Leddick from running in the Greenbelt race from its inception. (Browning Ross and Leddick were old buddies, and Ross talked several carloads of runners into coming down each year.) Anyway, we decided to blunder ahead with just a bunch of runners doing the work despite the administrative headaches that we foresaw. (The headaches were soon evident as exemplified by 1961 BUNION DERBY no. 2 in Rock Creek Park where the helpers directing the runners onto the right paths got their signals crossed and when the Open runners approached they were sent on the Teenage route and the Teenagers were sent on the Open route. Since the runners were to follow certain colored signs for their particular races, the directional indicators soon were disregarded, with the consequence that runner A would go up the street while a large group came down it. Both would think they were going the wrong way and would reverse themselves. As some runners were roaming through the woods, others found the open field for the finish -- but from all four sides! We called this disaster a 'Bob and Ray' race.)

"In any event, we decided to convince the AAU to put a 6-mile in its AAU Track and Field Championship and use that as a springboard to advertise our planned summer program. The second part of the plan was to have me become the AAU Chairman of Long Distance Running to replace the do-nothing incumbent. We succeeded in inducing him to resign, only to find that someone else was the replacement. I immediately called him and promised him that we wanted to 'work' with him. He responded by saying, 'What do you mean by work?' When I explained all that had to be done and what we were willing to do to assist, he countered with a tale of how he had no intentions of getting himself involved in any effort. There-



after, he promptly resigned. This did not solve our problems, however; I could not become Chairman of Long Distance Running if I was not a member of a member organization. I tried to explain how the RRC could not afford to pay dues, etc. until our first race where we would obtain dues and entry fees and that we needed to use our then-existing funds to purchase prizes for the first two or three races -- unless the AAU wanted to loan us funds. They didn't want to make such a loan. So Leddick, who represented the City of Greenbelt as a member organization, substituted me for him. Ironically, I was not a resident of Greenbelt although I did become a Greenbelter four years later and still reside in Greenbelt. After considerable debate at the AAU meeting, I was named Chairman and was then in a position to promote the program which almost never came off due to all this fighting. Our scheme worked. A few months later, the RRC became an AAU member with me as its representative, and Leddick again became Greenbelt's representative.

".....Bob Scharf was among those representing the USA at the International Cross-Country Championship in Morocco in 1966. It was on this trip that I learned what had been one of Bob's chief motivations. You see, Bob is a very frugal person, and as Treasurer of the DCRRC he looked for every way possible to nurture our meager funds. He thereupon happened upon the master scheme of winning the first-place trophy in each race and later putting that same trophy up again as first prize and again reclaiming it to again post as a prize. He was very frustrated when one large good-looking one that he had redeemed around four times was forever lost as a result of losing a race to Tom Bache. I might add that Bache and Eamon O'Reilly were also on that X-country team -- a team which was the first U.S. team ever to compete in that meet which was then in its 53rd year and a team which posted the best showing a U.S. team has ever had in that race since. An athlete just back from his Peace Corps post in Morocco was really responsible for the invitation to the U.S. and for getting me involved in getting a team there. His name was Walt Boehm (who was unknown to most D.C. runners at the time). After that trip Bob went on to England where he won the Wigmore Harriers 15-mile in outstanding time.

".....Let me add now, many of the RRC programs throughout the country were started by DCRRC members. Leppi in New Mexico, Ferris in Hawaii, Leddick in Austin and a few more I can't recall. In addition, some who competed here either on trips or while temporarily stationed here with a Government school or something started their own RRCs with the inspiration of the DC program. For example, the Rocky Mountain RRC was the result of Joe Arrazola's efforts and Terry Turner was the father of the New Orleans RRC -- both directly attributable to the DCRRC. To me this is one of the things about which we can be most proud. The DCRRC has been an example for others and has played a major role in promoting distance running in this country. Indeed, the DCRRC has been the pioneer of much of what is now generally accepted as the standard way of doing things."

JIM McDADE

".....One case in particular convinces me of the value of the RFYL Program. At one of the races during the first year of the DCRRC, a 10 km at one of the shopping centers, we met George Major who was an interested spectator. He was a typical overweight American man who used to run in Philadelphia but considered himself over the hill and willing to quietly live out the rest of his life in the sedentary fashion to which he'd become accustomed. Like most track fans, I think he was obtaining a certain vicarious pleasure from watching other younger men run and probably reminding him of his bygone youth.

"Anyway, Jascourt and I met him and started talking to him. He is a very likeable guy as you know. We were trying to talk him into taking up running again. At first he looked at us as if he thought we were crazy, but when he later perceived our enthusiasm I think he then began to think it was possible. At this time the RFYL program had not yet started, and when it did start, George Major was still among the interested spectators. But I happened to notice that he began to lose weight. I remember hoping that he was not getting sick, but somewhere in the back of my mind was lurking the suspicion that George may have really taken up running again; he didn't really look sick. When I confronted him with the question, he reluctantly admitted to running in the morning, but only for health, not for competition. When asked wouldn't he like to know how he compared with the rest of the field, he replied that he wasn't ready yet; a real competitor after all.

"Well, he was ready about the time I left the Washington area, and as you know he has been doing very well. [For example, in 1970 George Major won the 50-59 Division of the AMOCO Marathon, Canton, Ohio, in the good time of 3 hours 11 minutes. That same year, he did a 1:27:22 half marathon. In 1971, he registered a 37:05 6-mile and 3:13:07 at the Boston Marathon. In 1968 he took 2nd place in the 30 km DCAAU Jr. Championship in 1:57:39.] He has been a real inspiration to me and I feel that I am a part of his rejuvenation, having helped convince him to start running again.

".....It was about that time that Larry Noël came on the scene. Larry's contributions to the DCRRC are unmeasureable and indispensable.¹ He filled a very big gap which was left by Norm Brand who was out of the country as an economic adviser in Afghanistan.

"...During the early days, the DC runners could usually count on starting $\frac{1}{2}$ to one hour late and would not bother arriving on time just to stand around all that

1. Larry was presented a special award by the club in 1971 in recognition of his great contribution.

time. The runner who used to play it the closest was John Donihee. I remember two of these times particularly. At one event, we were finally lined up, waiting for the gun to go off, when Donihee arrived, and asked us to wait until he dressed for the race. We waited, naturally. After several minutes he sent word out to the official that he wouldn't be showing up at the starting line after all. He had forgotten his pants.

"On a similar occasion at the University of Maryland, he finally came out to the starting line in his stocking feet. He was carrying two left shoes in his hand."

LARRY NOËL, JR.

"I first came out to the RRC races after seeing the November 1964 20-mile Turkey Trot in my home town of Greenbelt, when I was 44. My son Larry III, then 12, started training and ran in the short races regularly. I acted as an official, generally a timer. After taking such kidding about why I, a high school and college runner, wasn't running I entered the 2-mile races fairly regularly. It took a long time to get down to a 16-minute 2-mile and 7:30 one-mile, and even longer to get used to coming in pretty near the last except in races with more than 50 entries. There is no question that running 10 miles a week has been helpful to my health and general outlook on life.

"As a result of Jascourt's urging, I started a jogging program around Greenbelt Lake which has introduced 50-100 people to jogging and produced about 4 or 5 marathoners. Milt and Martin Greenbaum, Ken Behannon (Lanham), Mike Talbot and Alexander Barnes ran in the 2-mile jogging program and went on to marathoning. Others continue with a jogging program around the 1 $\frac{1}{4}$ -mile lake. In addition, three races in the Greenbelt area -- 15 km, 20-mile, and 5-mile handicap -- have had extensive local participation and support. The 2-mile fields at the Greenbelt races are among the largest in the Washington area.

"...If you will look in the record books under distance running you will see that some of the U.S. records for odd distances like 4, 7, 8, and 9 km or 7, 8, and 9 miles are held by DCRRC runners. This was due to the forethought of Hugh Jascourt who realized that these races are seldom run or at least no one times a runner at those odd distances while going on to a more standard distance. Our runners often weren't that good; it was just that those 20-30 year old records were so bad. Yet having these record-holders in the club lent a certain air of superiority and gave us much needed publicity.

"...Possibly my best contribution to the RRC was the effort to obtain certification that the course met National RRC standards, at least for our major races -- the marathon in Beltsville, the National 30 km in Rockville and Silver Spring, the

15 km and 20-mile in Greenbelt. The Reston, Va. and Columbia, Md. courses were carefully measured but never certified. To get certification we had to work closely with the RRC Standards Committee, particularly Ted Corbitt, the famous super-marathoner. I would estimate that we received certification of the Rockville 30 km course four times, the marathon three times, and the 15 km and 20-mile in Greenbelt once each. For a while I thought it was a game with the 30 km. Three times after I had the course measured, either Gabe Mirkin (twice) or Lou Castagnola would change it for various reasons. This drove Corbitt mad because he would list this as a certified course (of which there were very few in the country) and then we would change it. It took all my diplomacy to keep my various children happy while I cajoled them into riding the calibrated bike (equipped with a counter) to go over these long courses. Orrington Hall, Bruce Burnside, Norm Brand and others helped in the measurements."

JEFF COLLINS

".....I competed only sporadically that first year (1964) but I do remember three races in particular. One was the half-marathon at Four Corners (Colesville Road and University Boulevard) which was won by George Foulds of Pittsburgh in 1:06. This time was significant since he ran with a cast on his wrist. The other two races were the Inter-city (Washington, Baltimore, Philadelphia, New York) 10-miler in which I got to see some of the best distance runners in the East, and the 15 km in Greenbelt on Labor Day. Moses Mayfield won this race by over 100 yards after walking to the starting line eating potato chips and drinking a milk shake.

"After this race I returned to college in Pennsylvania and didn't run again until the summer of 1965. During the winter and spring of that year Bob Scharf emerged to become one of the best distance runners ever to come out of the Washington area. In the summer of 1964 he won every race he entered and proved to be an exceptionally diligent trainer. Due to the proximity of our residences I was able to take a number of workouts with this 'running machine', and it was a memorable experience. He believed in doing interval work at least three times a week with at least one 20+ miler a week (30-35 miler during cooler weather). His track workouts consisted of numerous repetitions with a short recovery period. He and Lou Castagnola used to do a workout which consisted of 40 quarter miles in 67-72 seconds with a 110 yard jog between each one.

"His diligence paid off in 1966 when he finished 8th at Boston and, within a week, won both the Washington's Birthday Marathon and the Cherry Tree Marathon. He was also chosen as a member of the team which represented the USA in the International X-Country race in Morocco. He was the first Washingtonian to run under 30:00 for 6 miles with a 29:22 in Baltimore in the late spring. During this time Bob

was running for the Baltimore Olympic Club, and it wasn't until later that we were able to persuade him to run for the Washington Sport Club.

"In the summer of 1966 Lou Castagnola started making more frequent appearances and stamped himself as a force to be reckoned with. It was also around this time that Ed O'Connell began taking over the reins of the club from Jim McDade. He remained in charge of the program until he left in 1967 to become an administrator at Fletcher School of Law and Diplomacy in Massachusetts.

"The fall of 1966 belonged to Lou Castagnola. Although he was not as proficient as Scharf over the shorter distances, he cut a wide swath through the winter schedule of long distance races and set many course records which still stand today. In the Boston Marathon in 1967 he finished fourth in 2:17:48, at that time one of the fastest times ever run by an American.

"His performance so inspired Washington area distance runners that they all went into serious training and didn't stop until they had demolished the rest of the country in the National One Hour Run in August. One of the brightest lights during this period was Lamont Smith, former IC4A Frosh Champion from Penn State, who had a fantastic summer and ran under 52 minutes for 10 miles in the above-mentioned race. This was Washington's finest moment as all 5 runners ran under 56:00. They were, in order of finish, Lou Castagnola who was second overall, Lamont Smith who was fourth followed by Bob Scharf, Gar Williams and Steve Jackson."

DAVE KNIGHTON¹

".....My association with the DCRRC started back in January 1962. The first race that I attended was an 11-mile race at American Univ. In those days the courses had a tendency to be short and we had the gullibility to believe we were running the full distance as fast as the stopwatch said we were. At the time of my first race I had been doing physical fitness type training in the fields for about 6 months and had no idea what I could do in a race. I was elated at my 'fast' time, and ever since this high point in my first race I have tended to be disappointed as I began to run faster with 'slower' times as the distances of the races became more accurate.

1. About Dave Knighton, Gar Williams comments, "I remember one rather long race, ca January 1964, which was run in a full-scale blizzard at American U. Immediately after the finish the runners went into the dressing room to shower, still half-frozen and plastered from head to toe with blotches of snow and ice, and looking in general like a group of 'abominable snowmen.' Amidst a few mumblings and mutterings from the runners about the why of it all, Dave Knighton brushed some ice from his face and said, 'Say, did you see all those crazy motorists out trying to drive in this weather?'"

"Several weeks prior to this race I had gone down to the field in back of the Greenbelt Youth Center to witness a footrace. I believe I must have read about it in the local newspaper. There must have been 8 or 10 people warming up in various sweat clothes and long underwear and various combinations of the two. A more rag-tag group I have never seen in my life. I asked one of the runners about running races and he pointed out Hugh Jascourt as the person to see. Jascourt had a sweat suit on that was completely spattered with mud with a large rip up one of the legs, and when I went over to talk to him he smelled like a bear. I would like to point out that this was before Hugh had a wife to look after him -- he gives a much better appearance now. This is all by way of saying that Hugh Jascourt was solely responsible for the emergence of distance running in Washington and kept it going by sheer nervous energy for a number of years. I would be remiss if I didn't mention that standing in the middle of this field of runners was Norm Brand complete with red cap, which he sported for years, blowing on his whistle and brandishing his starter's gun menacingly. Only Norm knows why he spent all those Sunday afternoons for years standing out in the cold and the elements, officiating this spectacle called long distance running.

"The running program as it was instituted in the Washington area consisted of long races every Sunday afternoon. There was no special program for the teenagers, women and children, or joggers. Because there used to be the same runners every week it became almost a social occasion for us single people. I remember going out to dinner many times with Jascourt and Donihee after the races as well as downing a few brews with John Gygax and Orrington Hall. The 'big guns' of this tightly knit group were Dick Haines and Gygax who used to fight for the lead every week. Once or twice a year Bob Scharf used to show up with his lunch box of health foods and nutrients. In those days Bob used to train all year for a particular race and was very austere in his approach to running.

"One race above all others stands out in my mind. This was the Washington's Birthday Marathon of 1963 which started at Mt. Vernon and finished at the Washington Monument by way of Ft. Belvoir. It was snowing pretty good before the start and the early going was rather slippery, but long before we got to the District everything had turned to slush. Every passing car spattered the runners with cold slush from the thigh on down, and when a VW or sports car came by it was slush up to the face. I remember getting behind Don Heinicke for protection whenever I heard one of those VW's coming. Don had some choice words for some of those drivers that day. This was the day that Jascourt was giving out times and aid at the 20-mile checkpoint; the Park Police told him he couldn't park his car on the parkway and Hugh told the officer that he couldn't leave right then, and his car was towed away. As I recall it, Hugh refused to pay the fine and tow charge and ended up in court. [Jascourt adds, "I returned to my car only to find the policeman calling the tow truck. I tried to enter my car and he told me it was too late. I pleaded with him to



do what he wanted with my car, but that we had to get the next guide posted. He didn't care. As I feared, John Gygax, who had a penchant for getting lost, did so and lost whatever chance he had to place second. In fact, he finished fourth. Needless to say, I was razzed for a long time about the incident."

"Hugh Jascourt was always plagued by one injury after another, and his troubles finally reached a point whereby the best he could manage was a couple of miles jogging. It was at this point that he expanded the program with the 'Run For Your Life' runs to include the joggers, women and children, the sick, and the maimed.

"The running program in Washington has always been blessed with the right leaders at the right time. Jim McDade took over where Hugh left off. Besides being a great competitor he was a skilled organizer and administrator. He presently lives in upstate New York where he has established an RRC chapter and a running club -- the 'Utica Pacesetters'."

ORRINGTON HALL

"Event: 7-mile (BUNION DERBY no. 2), Rock Creek Park, 1961

Many of the early races were held over courses in the park which utilized a number of unmarked cinder trails. Boy Scouts and others were used as spotters to keep the runners from making wrong turns and getting lost. Well, so much for intentions. Since the races usually started late, it was frequently dark before they ended, and sometimes the spotters simply left and went home, got lost, or found some other reason for not being at their posts when the runners arrived. The resultant chaos in this particular race was outta sight!!

There were two races on the program: a 2½ miler for the teenagers and the 7-mile open race. The teenagers, I think, were started some 5-10 minutes before the 7 milers. For the first 3 miles or so everything seemed kool. Then some of us started meeting cats coming back. Since this was not supposed to be an out-and-back course, this was most disconcerting. Like, who's on first base? Some of us found ourselves quite alone and wondered whether we would ever find the race again. Then -- AHAAH!! -- another runner in the distance! You step up your pace and catch him only to discover that he is running the teenage race (slightly different course) and is quite as lost as you are.

Now it's a matter of getting home; to hell with the race. When you finally reach the finish-line, runners from both races are coming out of the woods from all points of the compass and converging upon the bewildered officials.

It was later determined that better than two-thirds of the field wandered off

course and lost themselves. These included one of the two brothers who actually laid out the course and Hugh Jascourt, the race organizer! I don't know whether a successful head count was ever taken of the finishers.

Now, they say that on some summer nights when the moon is full, shadowy figures with numbers affixed to their chests may be seen still running along the trails near Beach Drive and

"Event: 10 km, Penn-Mar Shopping Center, Fall 1961

Team trophies were being offered and a five-man team was required as in all events of this distance. While we were suiting up, we, the Empire Harriers, noted that we had but four men. As usual, John Donihee and Pat Spear were cutting it a bit close. As we lined up at the start, we searched the field in vain for our two missing men. Without them, we could compete only as individuals, not as a team.

The race started with two laps around the shopping center. On the second of these laps, I spotted our missing stalwarts -- in the crowd of spectators."

"Event: 20-mile, from Silver Spring Boys' Club, 1962

I know that a heat problem in January sounds preposterous, but it was a bit warm for 20 miles. (Rationalize, Hall, rationalize.) At any rate I was about at 18 miles when the prospect of impending widowhood impelled my wife to offer me a drink of water. Not having the energy to swallow, I declined. She then asked me if she should give the guy behind me a drink. Old, cold, calculating me looked behind me at Ed Aleshire, a high school runner, and decided that the 300+ yards separating us and his obvious fatigue utterly precluded his catching me. Whereupon I magnanimously told my wife to give him the water, and promptly forgot about him.

Never, never underestimate the recuperate powers of youth! With a little less than 600 yards to go Ed, who had sneaked up on his unsuspecting victim, went by me like I was parked. I tardily responded with a kick of my own, but since he had already acquired momentum, we crossed the line with about 15-20 yards separating us.

Now, the marriage counselor assures me that I was at fault, but I dunno."

"Event: The first DCRRRC Marathon, 1962

This monster was to start from the Amatucci Rambler place at Branch Ave. & Colesbrooke Drive, go out Route 5 to the turn-around point on Route 301 and back. Steve Gould and I must have picked the losing straws out of a hat or something, because it fell to us to measure the course.

In those days, we were using a hand-pushed measuring wheel which could not

measure accurately at a speed exceeding 8 mph. As Steve and I could not get together until about 9:30 the night before the race, nobody but nobody was about to walk the damn wheel 13.1 miles from Amatucci down to the turn-around point. It was decided that if Steve could drive under 8 mph for the distance, I would sit in the car and hold the measuring wheel.

HAW!

Well, we tried it with me sitting in the trunk, and we tried it with me leaning out the passenger window. The wind was blowing, it was colder than a witch's tit, Steve could not manage to drive under 15-20 mph, the road shoulder was bumpy, and since the other traffic was passing at speeds of 65-70 mph, we were in constant fear of being wiped out.

FRIG IT!!

After much deliberation (damn near 30 seconds), we decided that his car odometer was much more accurate than we had originally thought, and so we completed the measurement of the course in relative comfort."

"Event: Washington to Baltimore Relay (4 x 10 miles), 1962

The Empire Harriers' team, composed of John Abramson, John Donihee, Orrington Hall, and John Gyax, were preparing to return to D.C. after the race. All of us were suffering from dehydration, and since these were pre-Gatorade days, we, in Gyax's car, were consequently fortifying ourselves with Budweiser. (I still think it does a better job.)

Going down a narrow Baltimore street, we were somewhat disturbed to see a car coming toward us apparently in our lane. Now, the combination of 10 hard miles, fourth place, and our Gatorade substitute (not necessarily in that order of importance) can sometimes shorten tempers a bit, and with beer cans still in hand, we proceeded to gently chide the hatless occupant of the other car.

'Gawdammit, get in your own lane!!!'

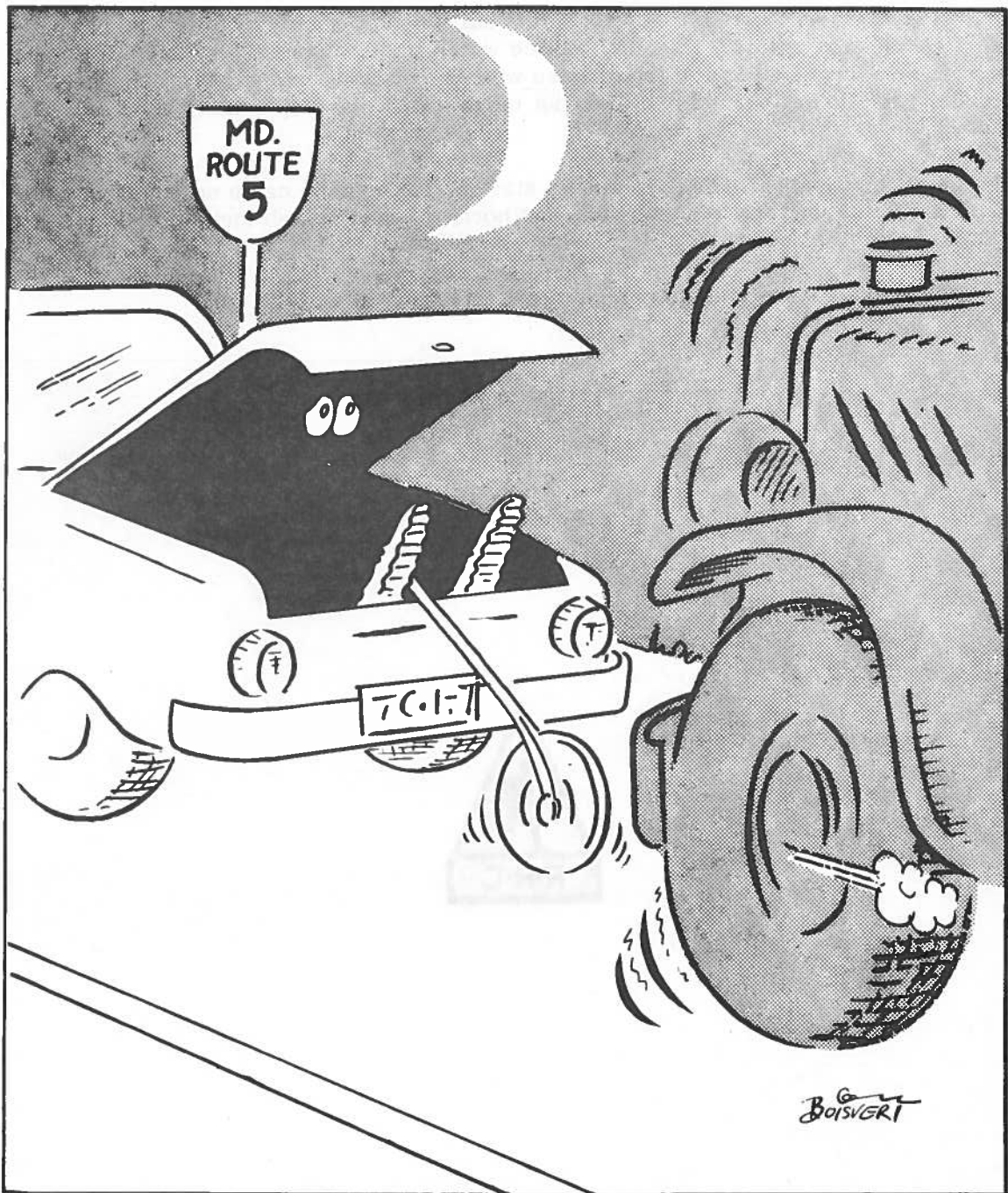
'Where'd you get your permit, 7-11?'

'Who taught you to drive?'

The other party, at this, stopped his car, got out, and strode over to discuss the matter with us. He informed us that we were going the wrong way on a one-way street and illegally drinking in public. Since he was dressed in the full regalia of the Baltimore City Police, he was mighty convincing."

"Event: Marathon, course from Mt. Vernon to Fort Belvoir, turn and run to D.C., finishing at the Washington Monument, 1963

While we were dressing at the field house at Belvoir, it had been snowing. By the time we lined up at the starting line at Mt. Vernon, the ambient temperature had risen slightly, and the snow was replaced by puddles of slush.



Now, cold weather in itself doesn't usually bother runners too much, but being splashed repeatedly by slush and ice water is quite something else. It seems that at least three-fourths of the drivers who passed us were sadistic jackasses who delighted in deliberately seeking out those puddles and splashing us as they passed.

You can imagine my relief when a state police cruiser came up behind me and admonished the drivers by means of a bullhorn, 'Do not splash these runners as you pass them! Repeat, do not splash these runners!!'

Then, he passed and damn near drowned me."



APPENDIX --

RESULTS OF CHAMPIONSHIP RACES, 1961-1971

10-KILOMETERS DCAAU SENIOR CROSS COUNTRY CHAMPIONSHIP

Although serving as the cross-country championship, most years this race has been run over roads. In 1971, for the first time in many years it was run over a true cross-country course at Georgetown University.

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- 1961 - Won by John Gyfax, EH, 33:32.2. High Point High School (Joe Rimar, Jason Page, Ed Mason, Bill Aleshire, Eliezar Oyola) won team championship. Held at Forestville, Maryland.
- 1962 - Won by Alex Breckinridge, QM, 31:46.6. Quantico* (Breckinridge, Dave Emery, Spike Paranya, John Crum, Jim Mangan) won team championship. Held at St. Johns High School.
- 1963 - Won by Billy Mills, QM, 31:00.4. Quantico Marines (Mills, Guy Harper, Larry Rawson, Charlie Buchta, Bob Holland) won team championship. Held at St. Johns High School.
- 1964 - Won by Rich Delgado, QM, 31:33. Quantico (Delgado, David, Siggins, Black, Paranya) swept the first five places and won the team championship. Held at St. Johns High School.
- 1965 - Won by Bob Scharf, BOC, 30:00.2 (Scharf smashed record of 31:00.4 set by Olympic Champ Billy Mills in 1963 on this course.) First D. C. runner - Tom Bache, AUTC, 30:52.6 (2nd overall). AUTC (Bache, Lou Castagnola, Jim McDade, Dave Knighton, Larry Noel) won team championship. Held at St. Johns High School.
- 1966 - Won by Jim Johnson, Peninsula TC, 31:08. First D. C. runner Lou Castagnola, WSC, 31:37 (2nd overall). Washington Sport Club (Castagnola, Collins, Heim, Mirkin, O'Connell) won team title. Held at St. Johns High School.
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*"By mutual agreement of the Virginia and D. C. AAU Districts, the Quantico Marines were eligible for DCAAU distance running championships....the Quantico runners (were) members of the DCRRRC." -Jascourt.

1967 - Not held.

1968 - Won by Gar Williams, WSC, 31:12. Washington Sport Club (Williams, John Winslow, George Cushmac, Martin Greenbaum, Milton Greenbaum) won team championship. Held at St. Stephen's High School.

1969 - Won by Eamon O'Reilly, una, 29:43. Washington Sport Club (Gar Williams, Bill Mullen, Brendan Egan, John Winslow, George Cushmac) won team championship. Held at St. Stephen's High School.

1970 - Won by Sam Gray, Georgetown AA, 30:39. Team championship won by Ft. Belvoir. Held at St. Stephen's High School.

1971 - Won by Dan Rincon, University of Maryland, 31:32. Team championship won by Georgetown AA (Gubbins, Riley, Blessing, Martinelli, and Skuthan). Held at Georgetown University.

1.5-KILOMETERS DCAAU SENIOR CHAMPIONSHIP

Held in conjunction with the Takoma Park, Maryland 4th of July Festival. Local merchants have traditionally provided merchandise and trophies for the first 25 or so finishers.

1962 - Won by Wally Guenther, Cleveland Striders, 50:30.4. First D.C. runner - Dick Haines, NCAS, 51:16 (2nd overall). NCAS team champion.

1963 - Won by Earl Eblen, Seattle Olympic Club, 48:47.6. First D.C. runner - Dick Haines, NCAS 50:41 (7th overall). NCAS "B" team champion.

1964 - Won by Paul Perry, AUTC, 48:16. AUTC team champion.

1965 - Won by Gar Williams, EH, 48:50. Empire Harriers team champion.

1966 - Won by Gar Williams, EH, 48:12. Empire Harriers team champion.

1967 - Won by Herb Lorenz, Penn AC, 46:47. First local finisher Lou Castagnola, WSC, 46:53 (2nd overall). WSC team champion.

1968 - Won by Lou Castagnola, WSC, 46:20. WSC team champion.

1969 - Won by Frank Pflaging, BOC, 48:01. First D. C. runner - Mike Graves, B-CCFC, 48:17 (2nd overall). Team champion - B-CCFC (Graves, Morris, Hickerson, Howard, Kronemeyer).

1970 - Won by Bob Scharf, WSC, 47:13.

1971 - Won by Bob Thurston, WSC, 51:52. A slightly different course, a bit long (9.5 miles), was introduced in 1971 due to construction of buildings at the start/finish of the old course.

15-KILOMETERS DCAAU JUNIOR CHAMPIONSHIP

This race is usually held in September as a part of the Greenbelt (Md.) Labor Day Festival.

1962 - Won by Pete McArdle, NYAC, 42:04.8*. Team championship won by NYAC. First D. C. runner - Lou Castagnola, NCAS, 44:41 (13th overall). Race also constituted the National AAU 15-Kilo Championship.

1963 - Won by Moses Mayfield, Delaware Valley AA, 49:14.6. First D.C. runner - Ernie O'Boyle, EH, 53:39.6. Junior champion - Ron Taylor, EH, 55:48. Race was held at Andrews AFB.

1964 - Won by Moses Mayfield, Ridley Twp. Striders, 50:05 (course 0.3 mile long). First D. C. runner - Lou Castagnola, AUTC, 51:13 (2nd overall). Junior champion - Dave Knighton, AUTC, 56:21.

1965 - Won by Bob Scharf, BOC, 48:51. First D. C. runner - Ken Voss, EH, 52:01 (2nd overall). Junior champion - Bob Windsor, EH, 52:55.

1966 - Won by Lou Castagnola, SIC, 48:01.6. Junior champion - Steve Jackson, una, 50:55.

1967 - Won by Bob Scharf, WSC, 46:15. Junior champion - Frank Newbold, una, 52:51.6.

1968 - Won by Lou Castagnola, WSC, 47:38.4.**

*"The 1962 race was run on a short course as the lead car did not go the correct way and lopped off at least 880 yards and a big uphill climb" - Jascourt.

**Not a championship according to Norm Brand.

- 1969 - Won by Gar Williams, WSC, 51:46. Junior champion - Larry Noel, III, 54:48 (3rd overall).
- 1970 - Won by Bob Scharf, WSC, 46:07 (course record).
- 1971 - Won by Gary Bertsch, Quantico, 49:57 (new course in 1971).

20-KILOMETERS DCAAU SENIOR CHAMPIONSHIP

Usually held in December at Hains Point. Since 1963, this race has been known as the JOHN F. KENNEDY Memorial Run.

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- 1962 - Won by Jim O'Connell, SABC, 1:08:20. D. C. champion - Kent Osborne, NCAS, 1:08:38. NCAS (Osborne, Jarrett, McDade, Knighton, Lawlor) won team title. Held at Hillcrest Heights, Maryland.
 - 1963 - Won by Gar Williams, una, 1:07:37. EH (Gygax, Gladstone, Voss, Heywood, Rummell) won team championship. Held at Madison High School.
 - 1964 - Won by Bob Scharf, BOC, 1:03:37. D. C. champion - Charlie Sikora, AUTC, 1:10:59. Held at Ft. Meyer in heavy rain.
 - 1965 - Won by Bob Scharf, BOC, 1:05:50. D. C. champion - Lou Castagnola, AUTC, 1:06:32. AUTC (Castagnola, Sikora, Baily, Knighton, Jascourt) won team title.
 - 1966 - Won by Steve Jackson, PTC, 1:10:06. WSC (Heywood, O'Connell, Donihee, Knighton, Mart Greenbaum) won team championship.
 - 1967 - Won by Bob Scharf, WSC, 1:02:48.6. WSC (Scharf, O'Connell, Donihee, Mart Greenbaum, Milt Greenbaum) won team championship. Held in Cottage City, Maryland.
 - 1968 - Won by Gar Williams, WSC, 1:05:28.6. Race also constituted DCAAU Junior Championship won by - Bill Shrader, University of Maryland, 1:12:14. WSC (Williams, Winslow, Egan, Knighton, Barnes) won team championship.
 - 1969 - Won by Ian Kerr, Scotland, 1:10:10. Ian was studying medicine in Baltimore and added some welcome variety to D. C. running by participating in many of our races.

1970 - Won by Tom Dillon, una, 1:09:02.

1971 - Not held.

20-KILOMETERS DCAAU JUNIOR CHAMPIONSHIP

Usually held in May, initially on Memorial Day. At Madison High School, Vienna, Virginia since 1969.

1962 - Won by John Gygax, EH, 1:10:17.6. Held in Greenbelt, Maryland (non-championship).

1963 - Won by Ralph Buschmann, Spartan AC, 1:05:36.8. Junior champion - Ernie O'Boyle, EH, 1:15:16.6. Team title won by EH (O'Boyle, Swift, Kleindorfer, King, Riesgo). Held at O'Connell High School.

1964 - Won by Alex Breckinridge, Quantico, 1:11:21. Junior champion - Jim McDermott, Georgetown, 1:16:39. Held at O'Connell High School.

1965 - Won by Bob Scharf, BOC, 1:12:50. Junior champion - Chet Ferguson, DCCR, 1:17:42. Held at O'Connell High School.

1966 - Won by Lou Castagnola, AUTC, 58:14 (short course?). Junior champion - Dave Knighton, AUTC, 1:11:53. Held at Northwestern High School.

1967 - Won by Lou Castagnola, WSC, 1:02:13. Junior champion - Mike Fertig, una, 1:07:55.

1968 - Held along with 20-Kilometer Senior Championship (q.v.)

1969 - Won by Brian Harrington, DTFC, 1:16:05.6. Junior champion - Dave Wilson, una, 1:32:37.

1970 - Won by Bob Thurston, WSC, 1:18:34. Thurston also junior champion.

1971 - Won by Arnie Kelley, CVAC, 1:10:01. Junior champion - Mike Kuh, una, 1:17:41.

25-KILOMETERS DCAAU SENIOR CHAMPIONSHIP

This race is usually held in May and at American University since 1963 with the exception of 1965.

- 1962*- Won by Frank Pflaging, BOC, 1:35:55. First D. C. runner and champion - Jim McDade, NCAS, 1:43:19.8. Team champion - NCAS (McDade, Kent Osborne, Jerry Jones, Al Hancock, and Fred Dosik). Held at Silver Spring YMCA.
- 1963 - Won by Alex Breckinridge, Quantico, 1:25:14. No full team finished.
- 1964 - Won by Bill Cory, AUTC, 1:41:04.8. No full team finished.
- 1965 - Won by Gar Williams, EH, 1:25:06.6. Team champion - Empire Harriers (Williams, Ed O'Connell, John Donihee, Orrington Hall, Hugh Clark). Held at University of Maryland.
- 1966 - Won by Bob Scharf, BOC, 1:21:45. First D. C. runner and champion - Lou Castagnola, AUTC, 1:24:29. No full team completed race.
- 1967 - Won by Steve Jackson, una, 1:25:30. Team champion - WSC (Jeff Collins, Jim Heywood, Ed O'Connell, Les Page, Orrington Hall).
- 1968 - Won by Steve Jackson, WSC, 1:27:38.4. WSC (Jackson, John Wilson, Jim Glasner, George Cushmac, and Martin Greenbaum) won team championship.
- 1969 - Two 25-KM were held in 1969. (January) Won by Grif Balthis, DTFC, 1:28:36.4. Senior champion - John Winslow, WSC, 1:32:05 (2nd overall). (May) Won by Steve Jackson, WSC, 1:31:17.
- 1970 - Won by Grif Balthis, DTFC, 1:28:09. First D. C. runner and champion - John Winslow, WSC, 1:32:32.
- 1971 - Won by Bob Thurston, WSC, 1:25:15.

*In notes on this race, Jascourt mentions: "At the half way mark, Pflaging remarked, 'This is a long course'. The course was measured by wheel; too many athletes are used to short courses."

25-KILOMETERS DCAAU JUNIOR CHAMPIONSHIP

This race has always been held at American University in January.

- 1963 - Won by Ralph Buschmann, Spartan AC, 1:23:16. First D. C. runner and junior champion - Jerry Jones, NCAS, 1:34:50. Team champion - Falcon Harriers (Purdy, Ohlmacher, Cook, Alexander, Moffet).
- 1964 - Won by John Gygax, EH, 1:30:30. Junior champion - Bill Cory, NCAS, 1:39:57.
- 1965 - Won by Bob Scharf, BOC, 1:26:58. First D. C. runner and junior champion - Vic Clark, una, 1:37:30. Team champion - AUTC (Dick Haines, Joe Stevens, Charles Sikora, Dave Knighton, Craig Twentyman).
- 1966 - Won by Bob Scharf, BOC, 1:21:45. First D. C. runner and junior champion - Lamont Smith, EH, 1:22:52. Team champion - Northwood H. S. (Thomas, Woolard, Schulman, Dunigan, Johnson).
- 1967 - Won by Lou Castagnola, WSC, 1:20:39.2*. Junior champion - Larry Baily, SI, 1:34:50.6. Team champion - U. S. Military Academy Prep (Ft. Belvoir) (Garner, Cummings, Montrone, Wright, Harrison).
- 1968 - Won by Moses Mayfield, Philadelphia, 1:21:51.4. First D. C. runner - Steve Jackson, WSC, 1:22:22. Junior champion - Mike Burke, University of Maryland, 1:33:18.
- 1969 - No junior championship race held.
- 1970 - Won by Rick Bayko, North Medford TC, 1:25:17. First D. C. runner and junior champion - Charles Shrader, University of Maryland, 1:26:54.
- 1971 - Won by Glynn Wood, una, 1:30:03. Junior champion - George Christopher, una, 1:30:45.
-

*Best ever for this frequently run course.

30-KILOMETERS DCAAU SENIOR CHAMPIONSHIP

This race is held in March. It has been sponsored by the Rockville JAYCEES since 1967 starting from Peary High School on a course certified by the RRC. In 1964 and 1966 through 1971 the race was for the National AAU Championship.

- 1962 - Won by Dick Haines, NCAS, 1:47:28.4. Race was held at O'Connell High School and also constituted the National AAU 30-KM Junior Championship. The NCAS team of Haines, Kent Osborne, and Jim McDade finished second to the New York A.C.
- 1963 - Won by Ralph Buschmann, Spartan AC, 1:41:32.8. First D. C. runner - Jim McDade, NCAS, 1:55:50.8 (2nd overall). Held at O'Connell High School.
- 1964 - Won by Hal Higdon, University of Chicago TC, 1:41:47.4. First D. C. runner - Gar Williams, EH, 1:45:04 (4th overall). Empire Harriers team of Williams, John Gygas, and Lamont Smith finished 4th behind NYPC, NYAC, and Millrose AA. Held at Silver Spring YMCA.
- 1965 - Won by Bob Scharf, BOC, 1:50:45. First D. C. runner - Jeff Collins, EH, 1:51:42 (2nd overall). Race held at Beltsville, Maryland.
- 1966 - Won by Ed Winrow, NYAC, 1:40:19.6. First D. C. runner - Lou Castagnola, AUTC, 1:40:52. Empire Harriers team of Gar Williams, Ed O'Connell, and Lamont Smith second behind NYAC. Race held at Silver Spring YMCA.
- 1967 - Won by Tom Osler, SJTC, 1:40:40.8. First D. C. runner - Lou Castagnola, WSC, 1:43:05.6 (2nd overall). Washington Sport Club team of Castagnola, Jim Heywood, and Gabe Mirkin third behind Millrose and NYAC. Held at Peary High School.
- 1968 - Won by Art Coolidge, Boston AA, 1:39:25.4. First D. C. runner - Lou Castagnola, WSC, 1:43:11 (3rd overall). WSC team of Castagnola, Bob Scharf, and John Winslow third behind NYAC and Penn AC.
- 1969 - Won by Frank Pflaging, BOC, 1:36:19.6 (course record). First D. C. runner - John Winslow, WSC, 1:52:04 (10th overall). WSC team of Winslow, Brendan Egan, and Bill Mullen won team championship.

- 1970 - Won by Eamon O'Reilly, Athens AC, 1:27:34 (short course).
 First D. C. runner - Gar Williams, WSC, 1:32:39 (6th overall).
 WSC team of Williams, Bob Thurston, and Chet Bieganski second
 behind North Carolina TC.
- 1971 - Won by Mike Kimball, Summit AC, 1:36:26.6. First D. C. runner -
 Jack Fultz, USCG, 1:40:39. Washington Sport Club team of Bob
 Thurston, Gar Williams, and Ed Ayres fifth behind Summit AC,
 NCTC, BAA, and Millrose AA. (Some of leading runners strayed
 off course and had to retrace steps, or record would have been
 broken.)

30-KILOMETERS DCAAU JUNIOR CHAMPIONSHIP

This race is usually held in October. Race has been held at
 O'Connell High School since 1966. Use of the course has been plagued
 by failure to run the requisite number of laps around the school which
 leads to uncertainty in comparing times in different years. A new
 course was laid out and used in the 1971 race.

- 1963 - Won by Lou Castagnola, NCAS, 1:57:56. First Junior - John
 Donihee, EH, 2:26:44. Held at O'Connell High School.
- 1964 - Won by Lou Castagnola, NCAS, 1:49:20. First Junior - Jim
 Chenoweth, AUTC, 2:06:43. Held at Bethesda YMCA.
- 1965 - Won by Bob Scharf, BOC, 1:50:45. First Junior - Bob Maxwell,
 EH, 2:06:43. This race was held in March conjointly with the
 Eastern Regional 30-KM Championship. Held in Beltsville,
 Maryland.
- 1966 - Won by Lou Castagnola, SI, 1:33:55. First Junior - Jim Heywood,
 WSC, 1:39:54.
- 1967 - Won by Lou Castagnola, WSC, 1:33:59.2. First Junior -
 Rev. Hubert Morgan, una, 1:59:25.
- 1968 - Won by Bill Clark, Quantico, 1:34:19.6. First Junior - Martin
 Greenbaum, WSC, 1:56:14.
- 1969 - Won by Bob Thurston, WSC, 1:42:50.
- 1970 - Won by Bob Scharf, WSC, 1:32:45. First Junior - Greg Elwood,
 una, 1:46:01.

1971 - Won by Bob Scharf, WSC, 1:49:42.

ONE-HOUR RUN

All races listed were for the DCAAU Senior Championship unless otherwise noted. The 1962 race was sponsored by the Ironworkers Union and the 1963 race (National AAU Junior Championship) by the Teamsters Union.

1961 - Won by John Gygax, EH, 9 miles 1324 yards.

1962 - Won by George Woulds, Penn Hill Striders, 11 miles 64 yards.
First D. C. runner - Dick Haines, NCAS, 10 miles 1701 yards (2nd overall). Winning team - NCAS (Haines, Kent Osborne, Jerry Jones, Dave Knighton, Rick Kennedy). Held at University of Maryland.

1963 - Two one-hour runs were held in 1963.

(a) DCAAU Junior Championship held at University of Maryland. Won by Lou Castagnola, NCAS, 10 miles 1416 yards. Junior champion - Jason Page, NCAS, 9 miles 1117 yards. Team champion - Northern Virginia TC (Malley, Elkins, Via, Hawthorne, Barnett).

(b) National AAU Junior and DCAAU Senior Championship again held at University of Maryland. Won by Alex Breckinridge, Quantico, 11 miles 694 yards. NCAS team of Frank Barnes, Jim McDade, Dave Knighton, Ralph O'Connor, and Bill Cory won the National Junior Championship.

1964 - Three one-hour runs were held in 1964.

(a) DCAAU Junior Championship held at Gallaudet College. Won by Lou Castagnola, una, 10 miles 274 yards. First Junior - Paul Shimon, EH, 9 miles 967 yards. Winning junior team Chesapeake TC (Lawton, Rice, Dickinson, Chumley, and Miehling).

(b) Held at Madison H. S., Vienna, Virginia. Won by John Gygax, EH, 10 miles 1151 yards. Winning team - Empire Harriers (Gygax, Lamont Smith, George Cushmac, Dave Gladstone, and Orrington Hall).

- (c) National AAU Senior Championship held at Marshall H. S., Falls Church, Virginia.* Won by Frank Pflaging, BOC, 11 miles 878 yards. First D. C. runner - Gar Williams, EH, 11 miles 867 yards (2nd overall). Winning team - AUTC (Castagnola, Dick Haines, Bill Cory, Jim McDade, Jim Brown). Five local runners bettered 11 miles, viz. Williams, Castagnola, Scharf, Haines, and Jackson. Only six yards separated Castagnola, Scharf, and Haines at the end of 60 minutes.
- 1965 - Eastern Division of National AAU Senior Championship held at Falls Church H. S. Won by Tom Osler, SJTC, 11 miles 533 yards. First D. C. runner - Tom Bache, AUTC/Quantico, 11 miles 257 yards (2nd overall). Winning team - South Jersey TC. AUTC team of Bache, Castagnola, Merle Valotto, Jason Page, and Jim McDade finished second in Division.
- 1966 - Held at Yorktown H. S. Won by Lou Castagnola, SIC, 11 miles 471 yards. D. C. Team Championship won by Empire Harriers (Lamont Smith, Jeff Collins, Ed O'Connell, Gabe Mirkin, and John Donihee).
- 1967 - Held at O'Connell H. S. Won by Lou Castagnola, WSC, 11 miles 971 yards. (Steve Jackson and Lamont Smith also over 11 miles.) WSC (Castagnola, Lamont Smith, George Cushmac, Ed O'Connell, and Gabe Mirkin) won team title.
- 1968 - Two one-hour runs were held in 1968.
- (a) Race held at O'Connell H. S. Won by Joe Rouse, BOC, 10 miles 1043 yards. First D. C. runner - Steve Jackson, WSC, 10 miles. D. C. team title won by Washington Sport Club (Jackson, John Winslow, Hubert Morgan, John Donihee, and George Major).
- (b) Eastern Division of the National Senior AAU Championship held at Northwood H. S. Won by Lou Castagnola, WSC, 11 miles 1257 yards.** Castagnola finished 2nd nationally 65 yards behind Bob Deines, Southern California Striders. Gar Williams and Bob Scharf also traversed over 11 miles for 6th and 11th places nationally. The WSC team of Castagnola, Williams, Scharf, Steve Jackson, and Copley Vickers finished 2nd nationally behind the Santa Barbara AC of California.

*This was the race of the big rhubarb. In the locker room, New York AC runners, led by Adolf Gruber, complained, bitterly, discourteously, and vociferously about the officiating. Afterwards, many out-of-town runners wrote to Jascourt complimenting him on the conduct of the race.

**Best ever by a Washington runner.

- 1969 - Held at Georgetown University. Won by Bill Osburn, una, 10 miles 792 yards.
- 1970 - Held at Walter Johnson H. S. Won by Mike Graves, B-CCTC, 11 miles 1202 yards.
- 1971 - Held at Walter Johnson H. S. Won by Gar Williams, WSC, 11 miles 1624 yards.

10-MILE (TRACK)

A DCRRC 10-Mile track race championship has been held annually in July. The race is part of the National RRC Postal Championship, but records of how well the D. C. runners have done at national level are not complete.

- 1961 - Won by Bob Scharf, BOC, 55:52.2 Scharf also won National Postal Championship. Winning D. C. team - Empire Harriers (Gygax, Hazzard, Taylor, McClintock, Abramson).
- 1962 - Won by Ralph Buschmann, Spartan AC, 55:24.5. John Gygax, EH, was 2nd in 56:52.3. (Buschmann 3rd nationally, Gygax 5th behind Pete McArdle, NYAC, who won in 51:14.1). Local and national team champion - NCAS (Castagnola, Osborne, Page, McDade, Knighton).
- 1963 - Won by Ralph Buschmann, Spartan AC, 53:10.9. Buschmann also won the national title. Lou Castagnola, NCAS, 56:04, finished 2nd locally and 4th nationally. (Buschmann at the time was an Army Private at Fort Detrick, Maryland and often ran in the DCRRC races.) NCAS team (Castagnola, Dahms, Barnes, McDade, and Knighton) finished 2nd nationally to Delaware Valley AA.
- 1964 - Won by Bill Greenplate, DTFC, in 55:06; Lamont Smith, EH, was 2nd 2 seconds back. Smith finished 6th nationally. (Bruce Mortensen, Twin Cities TC, won nationally in 52:30.) The Empire Harriers team (Smith, Gygax, Ken Dahms, Cushmac, and Orrington Hall) finished 2nd nationally.
- 1965 - Won by Tom Bache, AUTC/Quantico, 52:20. Bache finished 3rd nationally (Ron Daws, TCTC, won nationally in 51:27). The AUTC team (Bache, Castagnola, Merle Valotto, Jason Page, Dave Knighton) finished 2nd nationally.
- 1966 - Records unavailable.

- 1967 - Lou Castagnola, WSC, won in 52:57. Bob Scharf and Gar Williams were right on his heels at the finish in 52:58 and 52:58.4 for one of the most exciting finishes ever at this distance.
- 1968 - Won by Steve Jackson, WSC, 54:41.6. Held at O'Connell High School.
- 1969 - Gar Williams, WSC, won in 54:25 at Montgomery Junior College.
- 1970 - Won by Mike Graves, B-CCTC, 52:46. Held at Rockville High School.
- 1971 - Won by Bob Thurston, WSC, 53:33 at Rockville High School.

NOTE: The DCRRRC record for 10-miles on track was set in 1968 at O'Connell High School by Lou Castagnola, WSC, who toured 40 laps in 51:06.2.

2-MAN 10-MILE RELAY (ALTERNATE 440'S)

This event has produced some of the most exciting races in the Club's repertoire. The fact that the race itself is a form of interval training made competitive has made it a popular one with the runners. Many of the competitors in this event have been runners of national, and even world, stature. Each year in September since 1962, the race has been conducted as a Club championship. In addition, in 1962, 63, 64, 65, 69 and 70 the race constituted part of the National RRC Postal Championship. Winning duos and other facts on the race during its history follow:

1962 - Won by Lou Castagnola and Kent Osborne, NCAS, 45:58. Team finished 3rd nationally; national winner was Delaware Valley T.C. in 45:38.5. Held at University of Maryland.

1963*- Won by Guy Harper and Billy Mills, Quantico, 44:49. Mills won a gold medal in the 10-KM the following year at the Olympic

*Hugh Jascourt was National President of the RRC that year. In a letter in which Arne Richards of Chicago forwarded results from the Midwest RRC to Jascourt was penned the following note: "I believe Gar Williams is living at 4648 South 28th Road, Apt. 4, Arlington, Va. Sign him up! He is not only a fine runner, but also one of the best promoters of road running we have had around here. Our loss is your gain." Gar began competing with the Club that year, has been one of the great ones locally as well as nationally, and is President of the Club at this time (1971).

Games in Tokyo. Harper and Mills finished 2nd nationally, only 3 seconds off the time of the New York AC winners. Held at Georgetown University. In 1963, the Georgetown U. team of Ed Duchini and John Reilly set a D. C. all-time record of 43:08.6 for the event, in a non-championship race.

- 1964 - Won by Eamon O'Reilly and Joe Lynch, Georgetown AA, 44:33.9. This was good for 1st place nationally and constituted a new American club record. Held at Falls Church High School.
- 1965 - Won by Keith Forman and Tom Bache, Quantico, 45:20. This team finished 3rd nationally behind Philadelphia AC and New York AC. Held at University of Maryland.
- 1966 - Won by Joe Rouse, BOC, and George Cushmac, 47:45. Held at Howard University.
- 1967 - Won by Lou Castagnola and Steve Jackson, WSC, 46:25. Held at Howard University.
- 1968 - Won by Charlie Koester and Charlie Messenger, BOC, 45:42. Held at the University of Maryland.
- 1969 - Won by Steve Jackson, WSC, and Ian Kerr, Scotland, 47:31.8. Held at Bowie High School.
- 1970 - Won by Juris Luzins and George Davis, ex-William and Mary, 44:15.8*. Held at Crossland High School.
- 1971 - Won by Wayne Vaughn and Jim Shank, CVAC, 46:55. Held at Crossland High School.

Although the 1969 and 70 races were part of the National RRC Postal Championships, final results, nationally, are not available.

*Fastest time ever locally by non-collegians. - - - - -

