

# Washington Running Club ★ Newsletter

Volume 5, Number 7

© 1986 Washington Running Club

July 1986

## NEW LOCATION FOR JULY MEETING

The JULY meeting of WRC will be held on Friday, JULY 11, at 8:00 p.m., at Tristram Kruger's place, 9641 Accord Drive, Potomac, Md. It is located a quarter of a mile before the intersection of Falls and River Road in Potomac. From D.C. go out River Road, 2 stoplights after the Beltway, and just past the Potomac Garden Center, make a left turn on Accord Drive. The house is on the corner of River and Accord. If you get lost call 983-2283. There is a swimming pool, so bring your swimming gear.

Bring your favorite salad, casserole, pie, or whatever and there are two barbecues for those of you who like to eat seared animal flesh. The Club will supply some beverages, but extra donations will be welcome.

*Pat Carr will once again have the new WRC uniforms for sale at the meeting, so bring your check book.*

## 25TH HUGH JASCOURT FOUR-MILER MARKS LOCAL MILESTONE AS BUNION #1

*by Don Pedro, Staff Reporter*

A local area milestone was achieved in running June 5 when the Hugh Jascourt 4-mile event was held in East Potomac Park—for the 25th consecutive year. Jascourt, a long-time WRC member, was a founder of the D.C. Road Runners Club back in 1961, when John Kennedy was newly installed in the White House and when running was still punishment rendered by gym teachers who also doubled as drivers education instructors in high school.

Much of this was lost in the pre-race excitement, however, as about 250 runners blasted away in the heat around Hains Point. Darrell General easily outran everybody else to finish in 19:39, a time that has generally won the race through years past, but off the mark that Cliff Karthaus set in 1977 when he ran 19:17 under torrid conditions.

WRC finishers fared well in the results. Jack Cleland finished third, in 20:52, trailing PGRC's Adam Bean who was second in 20:34. Gust 'Iron Man' Svenson won the master's division by finishing a strong (what else?) sixth overall in 21:33. Gust, whose exercise diet consists of a minimum of 100 chinups daily and 100-mile weeks, won a \$50 certificate, as did race winner General.

In the women's division, Kara Mullen of Seekonk, Massachusetts, edged out Louise Mallet of the famed

Mallet family. Mullen was 25:10—two seconds ahead of Ms. Mallet. Valerie Nye won the women's master's division, in 28:11, with sixth overall like her male counterpart "Iron Man" Svenson.

The Mallet family won the unofficial family award. Bill Mallet finished ninth overall, with his mother, Joan, also ninth in the women's division.

After the race, Hugh Jascourt *lui-même* gave a brief explanation about how the founding of the DCRRRC came about by a group of hearty runners who sought to form a club to nurture running. The club wound up as an example for other city chapters to follow and established several precedents. It is not surprising that two area runners—Jeff Darman and Henley Gibble—have served terms as president of the national Road Runners Club of America. Mrs. Gibble is the incumbent president.

**Men:** 1. Darrell General, 19:39; 2. Adam Bean (PGRC), 20:34; 3. Jack Cleland (WRC), 20:52; 4. John McGrail, 21:00; 5. Roberto Rodriguez (WRC), 21:10; 6. Gus Svenson (WRC), 21:33; 7. Arthur George, 21:41; 8. Pat 'Rocko' Carr (WRC), 21:42; 9. Bill Mallet (WRC), 21:44; 10. Pete Nye (WRC), 21:45; 12. Marc Peoch (WRC), 22:10; Ed Doheny (unattached), 22:21; 17. J. J. Wind (WRC), 22:40; 19. John Potter (WRC), 22:58; 20. Bob Trost (WRC), 23:04; 25. Bill Wooden (WRC), 23:16; Gerry Ives (WRC), 24:01; Gordon Noel (WRC), 24:09.

**Women:** 1. Kara Mullen, 25:10; 2. Louise Mallet (WRC),

## CLUB PICNIC SET FOR AUGUST 2.

Again kindness has won out over good sense and the WRC picnic will once more be held at the home of the Higg's family in Ashburn. Anyone who can remember last year's bash didn't have as much fun as the rest of us so try again this year to have fun (otherwise we'll kick you out of the club and you'll have to run with someone boring like NOVA).

If you missed last year's affair have one this year. You may witness such rib tickling sights as Jack Coffey lying alongside the W&OD bike trail stuck in his toe clips. Or see Bob Trost in his cups (I believe they were 36D cups). Who knows, if we are really lucky Suzy 'Boom Boom' may encore her [in]famous Royal Mile Pub performance of several years ago (pictures available).

This show is not to be missed. . . Details of time, directions, appropriate dress, and inappropriate behavior appear on the last page of this issue. *Parental discretion is advised.—ed.*

25:17; 3. Betty Blank (WRC), 26:07; 4. Bobbie Bleistift (WRC), 27:24; 5. Carol Giel, 27:37; 6. Valerie Nye (WRC), 28:11; 7. Linda Sipprelle (RunHers), 28:28; 8. Jean Silverman, 28:51; 9. Joan Mallet (WRC), 28:58; 10. Liz Sadoff (RC<sup>2</sup>), 29:08; Ann Svanson (WRC), 36:20.

### NEWSLETTER EDITORIAL BOARD PROBES ALLEGATIONS OF MOB INFLUENCE ON STAFF

*A member of the Newsletter editorial board was confronted by a lady at the WRC monthly meeting who charged that the practice of giving certain WRC members nicknames was a sign that the newsletter staff had been infiltrated by the lower classes or, even worse, was indicative of Mafia influence. Intrigued by the theory, the board commissioned an impartial investigation by Pullover Prize-winning reporter Will Woodbine. Will's impeccable credentials include eight years of watching 60 Minutes every Sunday night and several published pieces in the Prince Georges Shopper. As in his recent investigation into corruption at the Martha's Vineyard Bird Sanctuary, Will vowed to leave no tern unstoned.*

These charges are serious indeed. They warrant a ruthless investigation into the background of all of the Newsletter staff and an in-depth check on the lives and lifestyles of all of the WRC Executive Committee.

Starting at the top with WRC President Jack 'The Counselor' Coffey. Your reporter found that Coffey's family came to the U.S. from Brazil in the early 1900s. A check with the Brazilian embassy could turn up no record of problems with the family. As an embassy spokesman said "there's an awful lot of Coffey's in Brazil, and there's bound to be some bad beans in every barrel."

Newsletter editor John 'Mattressback' Walsh claims his family comes from Austria. Walsh's grandfather is

## Washington Running Club

P.O. Box 2605, Springfield, Va. 22152. Tel. 703-455-0575

### CLUB OFFICERS

**President:** Jack Coffey (836-8400)  
**Vice President:** Dan Rincon (345-9342)  
**Secretary:** Gerry Ives (965-2532)  
**Treasurer:** Pat Carr (370-1912)  
**Newsletter Editor:** John Walsh

### COMMITTEES

**Legal:** Jim Hage, Chairman (652-6886)  
**Membership:** Jeff Reed (836-7284)  
**Newsletter:** John Walsh (462-9855)  
**Finance:** Pat Carr (370-1912)  
**Competition:** Jeff Reed, Chairman (836-7284)  
**Race Management:** Al Naylor, Chairman (345-9342)  
**Social:** Suzy Coffey, Chairwoman (329-9271)

Submissions for the *WRC Newsletter*, as well as diatribes against the editor should be mailed to John Walsh, 2829 28th St. N.W., #12, Washington, DC 20008.

said to have invented the Viennese Walsh, but as he was tone deaf he couldn't write any music to go with the dance. Then along came Johann Strauss, who not only appropriated the Viennese Walsh as his own, but changed the name to the Waltz. Obviously there's no Mafia influence here; as for being lower class, anyone who knows Walsh can tell you about that.

Delving back into the Newsletter annals we come across the shadowy figure of Pete 'The Scrivener' Nye. Nye was involved with the Newsletter for many years, then, suddenly, he quit his job, moved into an apartment near Dupont Circle, and took to the mattresses. Did Nye get wind that he was under suspicion? An interview with Nye in a back alley off of 20th street was less than revealing. "Buy my book '*Hearts of Lions*' when it comes out next year, and you may find out," said Nye.

One of the first places an experienced investigative reporter like myself looks is at the financial division of an organization. WRC's finances are controlled by Pat 'Rocco' Carr, who declined to be interviewed as he was moving into more luxurious accommodations in trendy Bethesda. Carr referred all questions to a curvaceous redheaded spokeswoman who spoke only Italian. She denied that Carr's sudden change in fortune had anything to do with his financial control of WRC. "He's only WRC treasurer because he likes figures," we translated her as saying.

The next person on our list, although not technically part of the governing body of WRC, was Dennis 'Count' Baker. Count Baker works for a top secret organization in Georgetown that studies the military use by the Soviet Union of dirigibles and other lighter-than-air vehicles. Baker was incensed when we referred to his 'nickname.' "That's not a nickname, you fool, it's a title!" he screamed at this unfortunate reporter. "My credentials are impeccable, my title has even been printed in the *Washington Post* race results, so it must be genuine," he said. "How dare anyone think that I am anything else but the most upper upper-class," he raged. Faced with this undisputable logic, all your reporter could do was kiss the

### ROCCO WANTS YOU!

Patrick J. Carr is recruiting members for a team to win the annual 24 hour relay this August at Fort Meade, Maryland. "Rocco's Rangers" promises to be the latest incarnation of a group that won the 1984 race, covering 264 miles, under the name "Slickie Boys." Although not required, lack of mental stability is highly recommended for anyone participating in this race. Especially on this team. If you qualify call 'Rocco' at 370-1912.

hem of the Count's cape and retire from his presence.

There were also questions about Dan 'Track Rat' Rincon. Suspicions about Rincon, club v.p., were raised because of allegations that he spent a great deal of his time in the company of young girls. These allegations turned out to be true, however it was difficult to figure out how Rincon could coach high school track without spending time with teenagers. It should be noted that Rincon is one of the few WRC executives who could be trusted in such a position.

Well, there you have it folks, all the dirty linen out in the open. The Club is run by an Austro-Brazilian junta fronting for the real power, a member of the Lithuanian nobility, Count Baker (a.k.a. Denistri Bakerojovich). There is no Mafia involvement, and I detected a distinctly upper-class feel to all the main players. I'm glad I had this opportunity of setting your fears to rest, and if anyone has any similar theories don't hesitate to call in yours truly, *Will Woodbine*.

### BUNION DERBY #2 HITS HIGH WATER MARK IN SPLASH PERFORMANCE AT CARDEROCK

*by Special Scribe 'Red' Panama*

WRC's Jack Cleland demonstrated that patience can be a racing virtue as he swam through the field to win the second DCRRC Bunion Derby race over teammate John Walsh at Carderock June 12. Cleland, who was caught in the pack at the start of the race on the narrow C&O Canal Towpath, worked his way toward the front runners but still found himself 15 seconds in arrears of the leaders at the halfway mark.

John McGrail of Arlington took command early in the second half, but finally was caught by Walsh near the four mile mark under soggy conditions that clearly favored the chasers rather than the chased. But Walsh failed to hold the lead when challenged by Cleland a mile later and the Harvard Law student eased away to an eight second victory in 32:45.

Early leader Darryl Stewart (WRC-Fleet Feet) forced to stop after two miles in the very heavy going came back to finish fourth (35:00) and WRC runners Robert Rodriguez and Jack Coffey finished 5th and 6th, respectively.

After 90+ degree temperatures and high humidity earlier in the day rain began falling on the course just before race time. Mixed with the sandy gavel and red clay surface of the towpath the rain quickly made footing treacherous. But the marginal conditions also made for some very interesting racing. At the front the lead changed four times during the second half of the race while further back positions changed frequently as some runners experienced difficulty with footing or suffered from a fast early pace.

In the women's race WRC's Mary Alico was first across the finish line, but as at the Uptown 8k where she had beaten Marianne Dickerson, Ms. Alico once again ran as a bandit. Official winner, and picking up 20 points in the Bunion Derby Series was NOVA's Kathy Ventura-Merkle (39:37). Second place went to Kathy Hibbert in 41:30, while Suzy Rainville-Coffey continued her recovery from last year's knee injury and marriage to WRC prez Jack with a third place

All WRC members wishing to compete on club teams at the Philadelphia Distance Run this September should send their entry forms to John Walsh, 2827 28th St. N.W., Washington, D.C. 20008. Walsh has additional entries if you need them.

WRC is paying for team entries, providing all club members with \$30.00 in expense money and has reserved a block of rooms at the Hershey Hotel in Philadelphia for race weekend. Anyone wishing to avail themselves of these rooms should call Walsh during business hours at 785-6873 (after July 14) or see Gerry Ives at the July club meeting.

time of 42:25. WRCer Betty Blank was fifth (43:14).

**Men:** 1. Jack Cleland, WRC, 33:45; 2. John M. Walsh, WRC, 33:54; 3. John McGrail, 34:00; 4. Darryl Stewart, WRC, 35:00; 5. Robert Rodriguez, WRC, 35:13; 6. Jack Coffey, WRC, 35:13; 9. Ed Doheny, 36:20 (1st master); 13. Charlie Ross, DC Harriers, 37:25; 14. Chuck Dusen-berg, WRC, 37:27; 15. J.J. Wind, WRC, 37:29; 16. Robert Trost, WRC, 37:34; 17. Bill Wooden, WRC, 37:40; O.T. Williamson, 37:46; Gordon Noel, WRC, 40:20; Gerry Ives, WRC, 40:35.

**Women:** 1. Kathy Ventura-Merkle, NOVA, 39:37; 2. Kathy Hibbert, 41:30; 3. Suzy Rainville-Coffey, WRC, 42:25; 5. Betty Blank, WRC, 43:14.

### CLELAND POSTS SECOND STRAIGHT BUNION DERBY WIN AT FT. DUPONT

*by Special Reporter 'Red' Panama*

Jack Cleland altered his tactic but came up the same result he had achieved two weeks earlier at Carderock in winning the third race of this year's Bunion Derby series, sponsored by DCRRC. Unlike the earlier C&O Canal towpath contest at Ft. Dupont Park in Southeast Washington Cleland went with the leaders from the start and never let anyone else control the pace.

A small pack of Cleland, fellow WRC runners Darryl Stewart and John Walsh, and John McGrail exchanged the lead frequently through the first of two loops of the wooded and hilly course before first Stewart, closely followed by Cleland surged to the front. Stewart failed to take control, however, and near the halfway mark of the Mystery Distance race (approximately 5.5 miles) Cleland gained a lead he would not relinquish. John McGrail moved to second as Stewart slumped badly, falling back to fourth place. But McGrail and Walsh had their own problems with the hills and turns their second time over the two loop course and despite falling 15-20 sec. behind the lead Stewart rallied strongly over the last mile to finish just :09 in arrears of Cleland's winning 30:20.

Kathy Hibbert's early series dominance continued as she posted her second consecutive win (36:32) in the women's half of the field. WRC's Betty Blank, always a tough Bunion Derby competitor, finished second in 38:54. Teammate Valerie Nye was 5th in 42:37.

**Men:** 1. Jack Cleland, WRC, 30:20; 2. Darryl Stewart, WRC, 30:29; 3. John McGrail, 30:36; 4. John Walsh, WRC, 30:52; 5. Jeff Foster, 31:00; 6. Peter Nye, WRC, 31:30; 7. Patrick 'Rocco' Carr, WRC, 31:55; 8. Ed Doheny, 32:03 (1st master), 9. Robert Rodriguez, WRC, 32:18; John Potter, WRC, 33:33; Robert Trost, 34:10; Ed O'Connell, WRC, 39:30.

**Women:** 2. Kathy Hibbert, 36:32; 2. Betty Blank, WRC, 38:54; 3. Jennifer Westfall, RC, 39:05; 4. Janice Stoodler, 41:20; 5. Valerie Nye, WRC, 42:37.

## RUNNING NOTES

Wayne Allen continued his winning streak with a first place finish at the River Fest 5K. Allen cruised in to a 16:03 win 41 seconds ahead of the 2nd place finisher. Clubmate Bob Cosby took the 3rd place slot, posting a 17:08, with another WRCer Alonzo Thomas taking 5th in 17:28 on one of this year's hottest days. In the grovelling apologies division the Newsletter staff apologizes for overstating Allen's 32:39 finish (and p.r.) in the Capitol Hill 10K by 10 seconds. Allen was also surprised to find out he was in the Navy, all this time he's been wearing an Air Force uniform to work.

Langley High School All-American Erin Keogh demonstrated her dominance of distaff junior distance running with her victory in the 3000 meters at the TAC National held June 28 & 29 at Towson State College outside Baltimore. Her winning time of 9:30 placed Ms. Keogh 17 seconds ahead of her Northern Virginia rival Wendy Neely who finished second.

Masters standout Gus Svanson had his efforts rewarded with a first in age group finish at the Stroh's 8K. Also scoring well for WRC, though not wearing club colors, was Donna Eliot, who finished third overall in 31:04.

J.J. Wind invites other WRC members to join him for his annual run to the club picnic. Jay and any other eccentric's plan to meet at the Thomas Jefferson Community Center in Arlington, Saturday, August 2 at 9 a.m. The plan is to run at an easy pace with several water stops along a route following the W&OD bike trail to Ashburn. Jay reports that he has run to the picnic twice already and asks anyone crazy enough to join him to telephone him (920-5193).

## MINUTES OF MONTHLY MEETING OF WRC, HELD FRIDAY, JUNE 13, 1986

Club President, Jack Coffey, called the meeting to order. Coffey announced that the Club picnic would be held at Keith Higg's parents house on August 2. Jay Wind announced that he would be running to the picnic from Arlington (roughly a 26-mile run) starting at 9:00 a.m. and asked if anyone wanted to join him. Coffey wryly commented that Jay would probably be running alone.

**Race Management:** The Hecht's race put \$3,773 into the Club's bank account. All present gave Ron Ponchak a round of applause for all the work he has done as race director. Ron will not be able to serve as race director next year and the Club is looking for a

member to assume this post. Contact Jack Coffey if you are interested.

**Race Committee:** The race committee has added The Great Race 10K in Pittsburgh to the schedule. The Club will give members running the race \$30 for expenses (you must wear a Club singlet or patch). The committee also needs suggestions for another race to add to the schedule (call Jack Coffey or Jeff Reed). The Asbury Park 10K, August 9, and the Philadelphia ½-Marathon are both Club races, contact Jeff Reed for details. Philadelphia ½-marathon is also the TAC Masters Championship. John Walsh is coordinating teams for Philadelphia. Dan Rincon announced he will be organizing interval training at Byrd Stadium at the U. of Md., Monday through Thursday at 6:30 p.m. starting this week. Members are all invited to participate. The Pennsylvania Avenue Mile is still on for October 4th. Alan Roth needs volunteers to help. Roth also announced that the Washington Running Council has written a letter to the White House concerning the continuing problems with the Park Service concerning the use of the Hains Point course.

**Other Business:** Tristram Kruger volunteered the use of his place in Potomac for the next meeting. The offer comes complete with use of a SWIMMING POOL and two barbeques. The address is 9641 Accord Drive Potomac, Md. From D.C. go out River Road and turn left on Accord Drive two traffic lights past the Potomac Garden Center. Tristram's place is on the corner. Bring your bathing suits.

Gerry Ives, Secretary.

## CLUB NOTES

### Club Uniforms

Singlets	\$ 11.00
Shorts	11.00
Club T-shirts	6.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, c/o Pat Carr, 4532 Taney Ave., #202, Alexandria, VA 22304. Indicate sizes (S,M,L,XL) and whether men's or women's model.

## BARGAINS FOR WRC MEMBERS AT LOCAL RETAIL GOODS STORES

Georgetown Athletic Club, on M Street near Wisconsin in the heart of Georgetown (333-1505). Discount of 10% on shoes and clothing.

Fairfax Running Center, Alexandria store in Old Towne on the Strand, off Union St. (Tel. 549-7688) and Jermantown Shopping Center at 11208 Lee Hwy. in Fairfax City (Tel. 691-8664). Discount of 10% on shoes and clothing.

College Park Bicycle, 4360 Knox Rd., College Park

(864-2211). Discount of 5-15% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

**Decorative Rugs & Carpets**, 3230 Duke St., Alexandria (751-4110). Discount of 10% or more on floor coverings. Store is run by WRCers Ron and Candy Ponchak.

**Racquet and Jog**, International Square at 19th & K.

Discount of 10% with cash or check only. No discount for shoes on sale.

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

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

**Bikes Plus**, 308 Compton Ave., Laurel, Md. 20707 (776-9494). Triathlon and running gear. Discount of 15% on all non-sale items. Ask for George Whetzel.

**WASHINGTON RUNNING CLUB  
1986 MEMBERSHIP APPLICATION**

\$15 Individual Membership

\$20 Family Membership

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone h] \_\_\_\_\_ w] \_\_\_\_\_ Is This a Renewal Membership? (yes) \_\_\_\_\_ (no) \_\_\_\_\_

It would be helpful if you could fill out the information below to enable us to put together teams.

**Best Times in 1985**

10K \_\_\_\_\_ 10 Miles \_\_\_\_\_ Marathon \_\_\_\_\_ Other \_\_\_\_\_

**Lifetime PRs**

10K \_\_\_\_\_ 10 Miles \_\_\_\_\_ Marathon \_\_\_\_\_ Other \_\_\_\_\_

**FAMILY MEMBERS**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

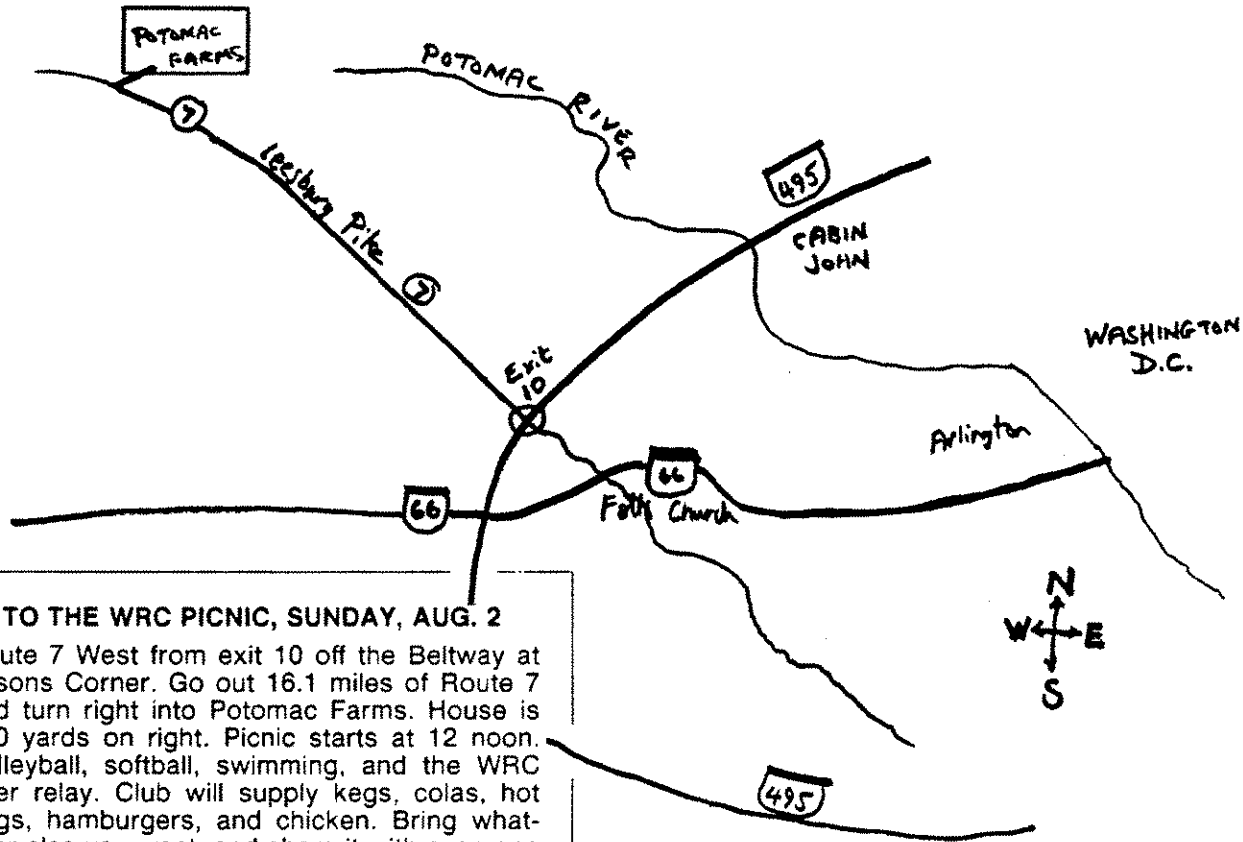
Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Make check payable to WASHINGTON RUNNING CLUB and send to:  
Gerry Ives, 4435 MacArthur Blvd., N.W., Washington, DC 20007

***If you need more information contact Jeff Reed at 836-7284***

# WRC PICNIC, AUG. 2



## TO THE WRC PICNIC, SUNDAY, AUG. 2

Route 7 West from exit 10 off the Beltway at Tysons Corner. Go out 16.1 miles of Route 7 and turn right into Potomac Farms. House is 200 yards on right. Picnic starts at 12 noon. Volleyball, softball, swimming, and the WRC beer relay. Club will supply kegs, colas, hot dogs, hamburgers, and chicken. Bring whatever else you want, and share it with everyone else. We will supply the charcoal, but we need people to bring their grills. If you get lost call (703) 777-5964 on the day of the picnic only.