

# Washington Running Club ★ Newsletter

Volume 5, Number 11

© 1986 Washington Running Club

November 1986

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

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

*Pat Carr will once again have WRC uniforms for sale at the meeting.*

## HEAT AND HUMIDITY TAKE TOLL ON MARINE CORPS MARATHON PARTICIPANTS

*by Will Woodbine*

Heat and humidity, and the Olympic Trials marks, took their toll on this year's field at the Marine Corps Marathon on Sunday, November 2, where some participants paid the price for the fast early pace late in the race. Through the fifteen mile mark the leaders had a good shot at breaking the 2:20 barrier, but the heat slowly sapped the snap from their sneakers (sorry about that!).

Warren Street's Rudy Robinson took the lead early in the race, but could not pull away from the lead pack. At 25 miles Robinson began to fade and, as he said after the race, "They didn't get any faster, I just got slower." Up in contention in the lead pack was WRC's Jim Eastman. Eastman settled into 20th place at the 2-mile mark and from then on began moving up through the field until he had overtaken Tom Bernard for 4th place at the 20-mile point. At about the 24½-mile marker Eastman started to sag and fell back to 9th place, losing 8th place to John McGrail by one second. Eastman promises a comeback at Boston in April.

Lucious Anderson turned in one of his patented fast and steady runs, and took 20th place, and 1st master position, in 2:29:13. Ed Doheny was WRC's second master runner and turned in a swift 2:36:12 after burning out Pat Carr, who wisely decided bag it.

Cathy Ventura-Merkel didn't make the 2:49:59 women's trials qualifying time, but served notice that she can do it by running an outstanding 2:55:12 to take 4th place. Patty Deuster was the only other WRC woman in the top ten. Deuster, who finished in

3:00:48, was slowed by stomach cramps in the final miles of the race and fell off her early pace dramatically.

The WRC suite in the Hyatt Arlington was again a rousing success, with the masseuse getting rave reviews from massagees.

**Men:** 1. Brad Ingram, 2:23:13; 2. John Stevens, 2:24:05; 3. Rudy Robinson (Warren Street), 2:24:31; 4. Robert Taylor, 2:24:44; 5. Larry Frederick, 2:24:56; 8. John McGrail, 2:25:25; 9. Jim Eastman (WRC), 2:25:26; 14. Tom Bernard, 2:26:36; 20. Lucious Anderson (WRC), 2:29:13; 29. Ben Beach, 2:32:00; 32. Fred Lampazzi, 2:32:45; 50. Ed Doheny (WRC), 2:36:12; 56. Rick Rockelli, 2:37:08; 68. Frank Faykes (WRC), 2:38:15; 93. Jerry Merkel (WRC), 2:41:17; Al Buhl, 2:46:20; Jack Bickley, 2:49:27; Larry Camp, 2:49:31; Ben Mathews, 2:50:32; George Masson, 2:50:42; John Ng, 2:52:24; Mike Silverman, 2:53:38; Frank Probst, 2:54:51; J.J. Wind (WRC), 2:55:05; Bill Wooden (WRC), 2:55:16; Bob Thurston (WRC), 2:58:18; Bob Trost (WRC), 2:59:42; Gerry Ives (WRC), 3:02:02; Bill Larsen (WRC), 3:10.

**Women:** 1. Kathy Champagne, 2:42:59; 2. Lucia Geraci, 2:48:58; 3. Sally Strauss, 2:52:08; 4. Cathy Ventura-Merkel (WRC), 2:55:12; 9. Patty Deuster (WRC), 3:00:48; 26. Barbara Frech (NOVA), 3:13:52; 32. Betty Blank (WRC), 3:15:52.

## SCOTT CELLEY DOMINATES NSO 10K WHILE MAINTAINING SOCIAL GRACE

*by Thom Hunter*

It just doesn't seem fair. Your intrepid reporter is racing in a haze, induced in my efforts to prove Mrs. Ronnie is right and those substances from South America do adversely effect performance. It's only because the rest of the eight-minute-mile crowd surrounds me that I'm even sure we are headed in the right direction at the National Symphony Orchestra 10K in West Potomac Park. Suddenly this hyperkinetic blur is headed toward us that I realize must be the leaders of this strange parade.

I spot the familiar face of Scott Celley in the lead with WRC's Kurt Kroemer hard on his heels and,

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

just as I'm about to shout an obscene greeting to the lads, Scott reaches across the wavering double yellow line to shake my hand. Shake my hand!! At five minutes a mile this bloke has time to be sociable!! It wasn't too many minutes ago my whole body was shaking now he has time to act like this is some damn receiving line.

Small wonder that Kurt was somewhat amazed when he came alongside Celley a short distance later and Scott greeted him with a, "Hi, how d'ya do? Lovely morning for racin, ain't it," before blasting away to win. It shouldn't be so easy.

That's the way the fall campaign seems to be going for NOVA's Celley whose autumnal credits include a win at the Nike Capitol Challenge and a strong early showing at the Footlocker Partners Race. What's more he has done it while his Capitol Hill employer is engaged in a tough reelection fight. Not that Kroemer and company have anything to be ashamed of. The University of Maryland graduate student has had consistent performances throughout the season and the battle between he and Celley at NSO carried a half dozen other runners through 10K under 32 minutes. WRC's Joe Sullivan was 6th (31:24).

Cindy Dalrymple continued the return to glory she has enjoyed the last several months. Pulling away from challenger Louise Mallet of WRC before the halfway mark Cindy ran smoothly to a finish in 36:56. Louise held second in 37:32 and fellow WRCCer Donna Elliot was 6th (38:48).

Of course, all this information arrived some days distant from the event itself. Not long after seeing the leaders you understand I imagined that this

---

## 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 (530-3246)  
**Treasurer:** Pat Carr (587-7655)  
**Newsletter Editor:** John Walsh

### COMMITTEES

**Legal:** Jim Hage, Chairman (652-6886)  
**Membership:** Jeff Reed (836-7284)  
**Newsletter:** John Walsh (462-8955)  
**Finance:** Pat Carr (587-7655)  
**Competition:** Jeff Reed, Chairman (836-7284)  
**Race Management:** Al Naylor, Chairman (345-9342)  
**Social:** Suzy Coffey, Chairwoman (329-9271)

---

giant out at Hains Point was... But never mind you'd never believe me anyway.

**Partial Results: Men**—1. Scott Celley (NOVA), 31:00; 2. Kurt Kroemer (WRC), 31:12; 3. Darrell General, 31:17; 4. Dewayne McKinney, 31:22; 5. Craig Virgin, 31:22; 6. Joe Sullivan (WRC), 31:24; 7. John McGrail, 31:33; Mike Silverman, 35:06; Doug Bulcao (GNATS), 35:12; Tom Kurihara (PVSTC), 35:51; Bob Trost (WRC), 36:41; Gerry Ives (WRC), 36:55.

**Women**—1. Cindy Dalrymple (Warren Street), 36:56; 2. Louise Mallet (WRC), 37:32; 3. Debbie DAVIS, 37:47; 4. Deborah Keller-Hardwick, 38:06; 5. Laura Gaydos, 38:39; 6. Donna Elliot (WRC), 38:48; Jean Silverman, 40:58; Jennifer Westfall (RC<sup>2</sup>), 41:39; Colleen Gaughan (WRC), 51:20.

### WRCCers DO WELL AT G'TOWN 10K ON THE ROAD AND BEHIND SCENES

It has become almost expected for WRC to dominate both the racing and officiating of the Georgetown 10K each October. Once again this year, despite providing race organizers with over 70 volunteers, WRC managed to capture three of the top ten men's slots and two of the top five women's slots in one of the capital area's most competitive fields.

Meanwhile, behind the scenes volunteer coordinator and 'cracked' toy retailer Dennis Baker put together and supervised a group of workers as well organized and disciplined as the wooden soldiers Baker is usually seen commanding.

Colonial Running knocked out the times and places in record time, using their new computerized open-chute system. It is doubtful that any race management company in the country could get the results out any faster.

**Men:** 1. David McCormack, 29:54; 2. Bill McCormack, 29:54; 3. Jim Hage (WRC), 29:59; 4. Gerry Clapper (WRC), 30:33; 5. Jason Emmons, 31:07; 6. David White (WRC), 31:13; 7. David Phillips, 31:41; 8. Thomas Wuchte, 31:46; 9. Mark Bell, 31:47; 10. Robert Ratcliffe, 31:58.

**Women:** 1. Julie Bowers, 34:51; 2. Mary Alico (WRC), 35:43; 3. Carey Hill, 36:51; 4. Louise Mallet (WRC), 38:01; 5. Laura Gaydos, 38:45; 8. Carolyn Ulrich, 40:14.

### ARLINGTON'S YMCA TRICK OR TREAT 10K PROVES TO BE 'UNAMERICAN' ACTIVITY

by Will Woodbine

In a repeat of last year, WRC's international racer Craig Voise was called upon to defend America's honor at the YMCA Trick or Treat 10K in Arlington on October 26. And, in a repeat of last year, Voise blew it!

The YMCA race has been used as a Marine Corps Marathon tune-up race by the British Royal Navy Marathon Team for the past two years. This year

their monopoly on the top seven places was broken only by another foreigner, a Colombian in 3rd. J.J. Wind and Voise attempted to repel the Royal Navy broadside, but could only salvage the title of 'first American finisher' for 8th place Voise (35:51) and 'first finisher with an 8½-months-pregnant wife' for 11th place J.J. (36:50).

George Thigpen finished in 35:53 to take 9th place, and AUSA notable Keith Schneider took 10th spot with a 36:35 effort.

After the race J.J. took solace from the thought that they had all beaten the lady carrying a pink parasol and dressed as Mary Poppins—but not by much!

### UNITED WAY 10K RUNNERS ENDURE WARM WEATHER; MERKEL TAKES WOMEN'S CROWN

by Will Woodbine

Kathy Ventura-Merkel overtook and outsprinted a resurgent Cindy Dalrymple in the final mile of the race to win the women's title with a time of 37:26. Kathy looks as if she's in great shape for the fall racing season and it seems that Cindy Dalrymple is back in form after a long slump.

Kurt Kroemer narrowly missed giving WRC a sweep of both the men's and women's titles when he was edged out of first place by John Wessels. Kroemer stayed with Wessels throughout the race, but couldn't quite reel him in and finished eight seconds behind the winner in 31:29. Kroemer, who has a p.r. of 30:48 for the distance, posted a best time of 31:43 last year. With this performance, in warm and humid conditions, it seems likely that his p.r. will be lowered by the end of this year's racing season.

If this had been a predicted time race J.J. Wind would have won. Before the race someone asked what he was going to run and J.J. predicted 35:30, one second off of his finishing time of 35:31.

While John McGrail was running his tail off at the DCRRC 20-Miler to win a pizza dinner for two, his trusty running companion, Jennifer Westfall, was winning the big random-drawing prize at the United Way 10K. Jennifer won a trip for two to the Caribbean — just the thing to liven up the winter. It just goes to show that you don't have to run 20 miles for your running to pay off big!

**Partial Results:** Men—1. John Wessels, 31:21; 2. Kurt Kroemer (WRC), 31:29; 3. Jim O'Keefe, 31:54; 4. Jim Dill, 32:00; 5. Todd Coolidge, 32:26; Steve Rottier, 33:44; Jack Bickley (GNATS), 34:10; Pat Carr (WRC), 34:20; Mike Silverman, 35:19; J.J. Wind (WRC), 35:31; Ed Doheny (WRC), 35:38; Chuck Desenberg (WRC), 36:02; Bob Trost (WRC), 36:54.

Women—1. Kathy Ventura-Merkel (WRC), 37:26; 2. Cindy Dalrymple (WRC), 37:34; 4. Donna Elliot (WRC), 38:35; Pam Briscoe (WRC), 40:18; Lynda Durfee (PVSTC), 41:30; Jennifer Westfall (RC<sup>2</sup>), 42:56.

### JIM HAGE WINS DCRRC 20-MILE CLASSIC; MERKEL, FAYKES, PEOCH GET 4TH, 5TH & 6TH

from *Wired Service Reports*

When the field of 300 toed the starting line for the DCRRC's National Capital 20 Miler Oct. 5 several of his clubmates were surprised to see WRC's Jim Hage among the group. "I thought you'd be over at the United Way 10K looking to cash in," someone queried. "No," Jim responded, "I wanted to be here with the real people." Not that Hage spent much time with anyone. He broke away from pursuer John McGrail shortly after four miles and cruised solo to a 1:49:56 victory.

The calendar indicated that it was the first Sunday in October, but for those who came out to run the DCRRC's National Capital 20 Miler the weather conditions were reminiscent of late August.

Nearly everyone else paid the price of an overambitious start with slower returns to Old Town from Mount Vernon on the out-and-back course. Jerry Merkel may have been the only runner present who ran too cautiously. "Mad Dog" complained after his 4th place finish (1:58:35) that he had paced the first half of the race too slowly and might have run several minutes faster.

Frank Faykes and Marc Peoch both talked before the race began about using the event as a training run. Some training run, Frank cruised along to finish in 2:01. Marc had planned to run around 2:10. However, he got caught up in the competition and pushed through to win the 20-29 age group and take 6th place overall in a time of 2:02:25.

Gordon Noel's time of 2:47 indicates what vacationing in Africa can do to your racing times. Gordon and his wife, Margaret, took a trip down the Zambesi River this summer. Gordon managed to pick up a case of Giardiasis (no, my simple clubmates, that isn't a brand of Italian beer). Giardiasis is caused by hippos failing to get out of the river when they feel the call of nature (non-Ivy League wildlife), and causes the afflicted one to suffer severe intestinal distress. Margaret, on the other hand, came out of Africa feeling as fit as a fiddle (so much for the weaker sex garbage), she ran 5 miles *before* she ran the DCRRC 20-miler—way to go, Margaret.

Pat O'Brien came down from Annapolis with the Striders contingent and handily won the women's division with a clocking of 2:16:30. WRC's sole prize-winner in the women's division was Shannon McCarthy who took the top honors for the women's masters with a time of 2:39:51.

The behind-the-scenes star of this year's 20-miler was Bryan Watson of Armand's Chicago Pizzeria in Alexandria. Bryan and his staff at Armand's provided soft drinks, ice, pizza and all of the utensils after the race. In addition, Armand's donated some of the prizes awarded to the race winners. If you're looking for somewhere to eat in Alexandria, go to Armand's, you won't be disappointed.

**Partial Results: Men**—1. Jim Hage (WRC), 1:49:56; 2. John McGrail, 1:51:52; 3. Ben Beach, 1:54:36; 4. Jerry Merkel (WRC), 1:58:35; 5. Frank Faykes (WRC), 2:01:23; 6. Marc Peoch (WRC), 2:02:26 (1st 20-29); 7. Ted Martinez, 2:02:50; George Masson, 2:07:30 (1st Master); John Walsh (WRC), 2:10:11; Tom Hardcastle (WRC), 2:12:18; Gerry Ives (WRC), 2:13:48; James Godville (WRC), 2:15:21; Doug Robinson (WRC), 2:18:18; Larry Tabachnick, 2:29:52; Joe Broderick (WRC), 2:42:10; Gordon Noel (WRC), 2:47:00;  
**Women**—1. Pat O'Brien (Annapolis Striders), 2:16:30; 2. Marilyn Segall, 2:21:21; 3. Kathy Stiles, 2:26:23; 12. Shannon McCarthy (WRC), 2:29:53 (1st Woman Master); Margaret Noel (WRC), 3:04:34; Georgiana Havill, 3:05:27; Colleen Gaughan, (WRC) 3:16:25.

### ALBERS SURVIVES ELEMENTS & AUTO TO FINISH 6TH AT TWIN CITIES

*Special to WRC Newsletter by Bob Trost*

WRC's Laura Albers was running comfortably in 5th place and closing the gap to 4th at the 24-mile mark of this year's Twin Cities Marathon. Places are very important in this race, and not just because of the prize money involved. The first three women qualify to be on the U.S. World Championship team to compete in Rome next summer, and the first five women earn a right to compete in next year's World Cup Marathon, in Seoul, South Korea, site of the 1988 Olympics. Laura surely had a lock on the top five, and just maybe, if someone faltered, a top three finish was possible. Suddenly, without warning, Laura was flying through the air. She had been hit from behind by a 1978 Buick that inexplicitly got onto the marathon course. Down, but not out, Laura picked herself up, got first aid at a race station and headed for the finish line. Suffering from muscle damage in her calves and pain in her lower back, she was still able to finish 6th overall in a very respectable time of 2:38:05.

Several years ago at a women's race in Osaka, Japan, the Japanese papers had described Laura as a "woman of steel." Little do they know how accurate they were.

WRC's Phil Stewart turned in a fine performance, finishing 99th overall, and 14th in his age group, with a 2:42:41, and I got under the three-hour barrier, finishing 484th and 63rd master, with a time of 2:59:52.

In the men's elite race which began at 7:20 a.m. Bill Donakowski took command at the 19 mile mark with an unofficial 4:43 mile and went on to win in 2:10:40. Don Janicki of Tucson, Ariz., was 2nd in 2:11:57, and third place was garnered by Dave Gordon, of Eugene, Ore., in 2:12:07.

Kim Rosenquist, of Spokane, Wash., took command of the women's elite race, which began at 7:30 a.m., at the 8-mile mark and went on to win easily in 2:32:30. Nancy Ditz of Woodside, Calif., was second

in 2:34:49 and 3rd place went to Connie Prince of Sioux City, Iowa, in 2:35:25.

The Citizens Race, which began at 8:00 a.m., could really be termed a world championship masters race. In the men's race the top four overall and six of the top ten were over 40. In the women's field the top three women overall and six of the top ten were also over 40. Forty-year-old Kjell-Erik Stahl of Sweden won the citizens race as well as the 40 and over master's race in 2:18:30. Winning the masters race was worth \$7,500 to Stahl. Second master and 2nd overall in the race was Trevor Wright of New Zealand in 2:21:29. Third and 4th place finishers were, respectively, David Clark of England and Guenter Mielke of Germany, in 2:22:30 and 2:22:41. Other fine times were put in by a pair of American 46-year-olds, as Dan Conway of Wisconsin was 9th overall with 2:24:33 and Michael Heffernan was 10th overall in 2:24:57.

Gabrielle Andersen of Sun Valley, Idaho, was first overall woman with a 2:40:07. Doris Schlosser of West Germany, was second in 2:40:44, and Barbara Filutze of Erie, Pa., 3rd 2:42:47.

**Championship Men:** 4. Dan Grimes, 2:13:10; 5. Marty Froelick, 2:13:33; 6. Greg Myer, 2:14:48; 9. Bob Hodge, 2:15:54; 12. Phil Coppess, 2:17:03; 17. Craig Holm, 2:17:55; 18. Jon Sinclair, 2:18:48; 27. Benji Durden, 2:22:04; Mark Stickley, 2:22:15

**Championship Women:** 4. Kathie Twomey, 2:35:41; 5. Janice Eittle, 2:37:22; 7. Katy Schilly-Laetsch, 2:38:59; 16. Natalie Updegrave, 2:48:22.

**Citizens Race: Men**—17. Patrick Murphy, 2:28:10; Derck Frechetter, 2:30:21; Ralph Zimmerman, 2:32:04; Piet Van Alphen (56), 2:35:06 (Age W.R.); Fritz Mueller, 2:36:33; William Fuller, 2:36:40; Herbert Talbert (GNATS), 2:38:59; Mike Van Buren (Annapolis Striders), 2:47:03; Eric Peltosalo (Annapolis Striders), 2:47:04; Jim O'Neal (61), 2:53:57; Bernie Gallagher, 3:00:02; Clive Davies (71), 3:15:46.

**Women**—6. Angella Hearn (40), 2:46:01; 7. Joyce Smith (48), 2:48:04; 8. Gail La Dage Scott (40), 2:49:05; Joan Uilyot, 3:02:15; Sandra Jean Kiddy (49), 3:02:49; Margaret Miller (60), 3:20:53; Toshiko D'Eila (56), 3:21:39.

### DICKERSON BLITZES ARMY 10-MILER; KROEMER, EASTMAN 6TH & 7TH MALES

*by Will Woodbine*

On October 12, 1986, at 8:00 a.m., before the start of this year's Army 10-Miler, WRC runners held both the men's and women's course records. At the conclusion Kevin McGarry's 1985 mark of 50:05 was still intact, but Marianne Dickerson had upped the ante by cutting a minute and twelve seconds off her course record with an impressive 57:33 finish.

The men's division was captured by Steve O'Connell of Dover N.H. (50:15). Dickerson had no competition in the race. After a 5:25 first mile she settled into a 5:45 pace and at the finish line looked as if she

could continue for another ten miles at the same pace.

The men's race was more of a blood-bath as an eight-man pack, including WRC's Kurt Kroemer and Jim Eastman, pulled away from the rest of the field before the 1-mile mark. Kroemer moved up to 5th place at the 4-mile mark but was pushed back to 6th as 5th place finisher Steven Stebbins came past at the nine mile mark. In an intra-club battle, Eastman stayed within striking distance of Kroemer throughout the race, but he could not close the gap to less than 15 yards. Kroemer finished as WRC's top male runner in 6th place with a time of 51:37, 12 seconds ahead of Eastman.

After the race Eastman noted that the Army had flown in the top five runners from out of town. Eastman, who is in the Air Force, is working on a response to the rival branch of the armed forces next year — any of you sub 50 minute 10-mile runners want to join the Air Force?

Personal bests were recorded by WRCers Dennis Baker (52:59), Gerry Ives (60:05) and second place woman finisher Kathy Merkel (60:06). Kathy Merkel would probably have knocked off a couple of seconds more if she hadn't ended up having to cross the median strip at the end of the race to get to the women's finishing chute.

WRC masters runners Maston Gray and Larry Talley showed that the Club has some depth of talent in the over-40 age group by running 57:27 and 57:53 respectively.

**Partial Results: Men**—1. Steve O'Connell, 50:15; 2. Thomas Wuchte, 50:40; 3. Joseph Malloy, 50:41; 4. Charles Ellis, 51:04; 5. Steven Stebbins, 51:34; 6. Kurt Kroemer (WRC), 51:37; 7. James Eastman (WRC), 51:49; 10. Scott Celley (NOVA), 52:31; 12. Dennis Baker (WRC), 52:59; Ray Velez (WRC), 53:57; Tim O'Rourke, 54:04; Jack Bickley (GNATS), 54:27; Robert Rodriguez (WRC), 54:45; Maston Gray (WRC), 57:27; Larry Talley (WRC), 57:53; Craig Voise (WRC), 58:28; Tom Kurihara (PVSTC), 58:49; Frank Probst, 59:52; Gerry Ives (WRC), 60:05; Larry I'Anson (PVSTC), 60:08.

**Women**—1. Marianne Dickerson (WRC), 57:33; 2. Kathy Ventura-Merkel (WRC), 60:06; 3. Claudia Dodson, 61:11; 4. Elaine Todaro, 61:44; 5. Mary Fischer, 64:49; 6. Laura Huff, 65:03.

#### **ARLINGTON MILE DRAWS 110 RUNNERS; BROWN AND LAMBELET TAKE TOP SPOTS**

*from Reliable Sources*

The Arlington Mile went off without a hitch on Saturday, October 11. Under the guidance of race director J.J. Wind it is to be expected that this race will only get bigger and, if possible, better.

This year's race was run in two parts, men's and women's, with separate starting times. In the men's race the lead pack went through the quarter-mile

like the charge of the Light Brigade, with the top ten runners under 60 seconds. Favorite Herman 'Butch' Brown narrowly missed becoming Arlington County's first ever sub-4-minute miler, nonetheless cracking the old course record with a 4:06.8. Todd Colas and Scott Celley were also under the old 4:15 standard with times of 4:08 and 4:13. First WRC finisher was Lorenzo Thomas who ran a swift 4:35 to take 11th place. David Keenen of the Achilles Track Club was the first wheel chair and Estelle Roth was the first and only 8½ month pregnant, baby-stroller pusher. J.J. proclaimed it a national record, "no one else has done it before."

Continuing with the younger side, 8-year-old Allison Betts, daughter of WRC member John Betts, running with her soccer teammate Lauren Gaudreault ran the mile in 8:13. Patrick Neary, 13-year-old son of the former WRC Vice President Pat Neary ran 5:46. Dirk Wagner, a 16-year-old West German exchange student living with the Neary's for the 86-87 school year ran 6:16 in his first race ever. Dirk, new to the road racing scene, and never run before in a race like the Mile, found it an excellent opportunity to get a feel of the running culture in America. Club members J.J. Wind (4:48) and Craig Voise (4:39) turned in swift times for the fast course.

In the women's race Doriane Lambelet, a graduate student at Georgetown, took the lead by the quarter-mile mark, but was closely followed by Janice Farr. At the half-mile point Lambelet turned on the gas and slowly drew away from the rest of the field to register the win in an admirable course record time of 4:51, ten seconds ahead of Farr.

Special thanks should go to Pat Neary and his family. Every member of the Neary family pitched in to help Jay put on a very successful race. Thanks, also, to all of the other WRC members who showed up to help or run and to Tom Protz and his people from the Arlington Amateur Radio Society. We really couldn't pull off the race without the help of Tom's group.

The race generated net profit of \$120 to split between WRC and the Arlington Food Co-op. T-shirts are still available if you wish to purchase them for \$5 at the Arlington Co-op 1035 S. Edgewood, Arlington.

**Men:** 1. Herman Brown, 4:06; 2. Todd Colas, 4:08; 3. Scott Celley (NOVA), 4:13; 4. Chris Duncan, 4:18; 5. Ben Turpin, 4:19, 11. Lorenzo Thomas (WRC), 4:35; 16. Craig Voise (WRC), 4:39; 21. J.J. Wind (WRC), 4:47; Jeff Reed (WRC), 5:04; John Winkert, 5:20; Pat Neary (WRC), 5:46; Kirk Wagner (WRC), 6:15.

**Women:** 1. Doriane Lambelet (Santa Monica T.C.), 4:51; 2. Janice Farr, 5:01; 3. Jackie McDonald, 5:18; 4. Angela Parrish, 5:30; 5. Donna Porcella, 5:38.

## FORMER WRCers TAKE TOP TWO SPOTS AT ALEXANDRIA COLUMBUS DAY RACE

by Emmett Grogan

One time WRC runners, Mike Mansy, now with Kangaroo, and Fred Lampazzi, staged a close duel over the first 5 miles of the Alexandria Country Day School 10K before Mansy surged away over the last mile to win in 32:24.

Steady rain and wet footing didn't make things easy for the field of 250, including a large number of novice runners, to make their way down the Mt. Vernon bike trail from Old Town to the turnaround south of Belle Haven. Running on the narrow twisting trail in these conditions once again raised a question for this reporter about the responsibility of race directors to provide safe racing conditions. The repeated use of area bike trails may just be another way of avoiding an adequate number of course marshalls.

WRC's John Walsh looked like a candidate for Will Alber's Tailspin Track Club as he wallowed to a 34:10 finish. How long is he going to blame that broken wrist for his dismal performances. From this corner "Mattressback" appears to be beefing up for a winter hibernation.

Masters runner Ed Webb proved that his 1st place finish in the over 40 age group at the Hilton Head triathlon the previous week hadn't taken too much starch out of him as he powered his way to a 34:52 masters win.

**Partial Results:** 1. Mike Mansy (Kangaroos), 32:24; 2. Fred Lampazzi, 32:43; 3. Bill Delano, 34:02; 4. B. Turpin, 34:05; 5. John Walsh (WRC), 34:10; Ed Webb, 34:52 (1st masters); Eamonn McEvelly (NOVA), 35:36; M. Segall, 40:23 (1st woman); G. Switzer, 41:33 (2nd woman).

## DCRRC CADEROCK PREDICTED TIME 5-MILER PROVIDES HOT TIME DOWN BY THE CANAL

By Will Woodbine

Unseasonably warm weather slowed the times, but not the fun, at the Caderock Predicted Time 5-miler on October 2 at 5:45 p.m. This was probably the final chance for the *descamisados* (shirtless ones for you non-Peronists) to run in their summer attire.

The eighty participants were vying for the chance to win one of an assortment of pies, given to those who could finish closest to their pre-race predictions — speed counts for nought in this race. Watches and Jean Dixon were barred.

The closest prediction was made by Valerie Saffer, who hit her 55:00 minute prediction right on the nose. The small WRC contingent took home some of the prizes, with Gerry Ives overshooting his 30:00 prediction by running 30:13, new member and first woman finisher Kath Otto turning in a 31:17, Bill Wooden missing his prediction by 31 seconds and running a 31:18 and Kevin Kolakowski scoring an-

other p.r. with 32:57 finish. James Scarborough was disgruntled with his 34:32 time—look on the bright side Jim, winter and the cold weather are coming on!

**Partial Results:** 1. Art McArthur, 27:27; 3. Matt Parker, 29:43; 5. Larry I'Anson (PVSTC), 30:04; 6. Gerry Ives (WRC), 30:13; 7. Kirk Davies, 30:17; Kath Otto (WRC), 31:17 (1st woman); Bill Wooden (WRC), 31:18; O. T. Williamson, 31:28; Kevin Kolakowski (WRC), 32:57; James Scarborough (WRC), 34:32.

## BACK-OF-THE-PACK ALBERS WRITES FROM MICH.; CLAIMS TO HAVE RUN PHILLY ½-MARATHON

*Long-time WRC member Will Albers has written another of his keeping-in-touch-with-the-Club letters from Rockport, Mich., where Will toils as Brooks Shoe Company Promotion Manager and enjoys marital bliss with Laura Albers. For those of you who don't know Will, Mark Twain summed up his character best when he said: "[He is] not what you call refined. [He is] not quite what you would call unrefined. [He is] the kind of person that keeps a parrot." Will also has the distinction of being the only person in the world who can keep Ira Pesserilo in line—Editorial Review Board.*

Dear Club:

Browsing through the latest newsletter I came upon the results of the Philly ½-Marathon. Now some older members of the Club used to be pretty good runners in their day. I guess that now that our times are so slow it's too embarrassing to put the results in the newsletter. Can't say that I blame you. But for anyone who's interested (no one, I'm sure) Dan Rincon and I ran together for 10 miles. I'm not sure of Dan's time, but I ran 1:17:09, the only redeeming feature of which was ½ splits of 38:35 and 38:34. Impeccable timing (pacing). Dan and I, mere shadows of our former selves are thinking of forming an off-shoot club: The Tailspin Track Club. Membership requirements: 1. 20 lbs. over best racing weight; 2. current race performances are timed with a sundial and calendar; 3. need a slide rule to figure out the differences between your latest 10K and your P.R. Any interested members out there?

## Now a Word From Our Sponsors

Business at Brooks is good and I hope everyone is wearing the new Nexus training shoe. If you're in the market for a racing flat check out our new Conquest, it's the lightest you can get. A dynamite shoe.

## Now We Return for the Conclusion of the Letter

Laura's in great shape and we're hoping for a good race at Twin Cities (*see Bob Trost's story elsewhere in this issue—ed.*) She ran a p.r. at Philly, her first in years. The workouts she's been doing make me tired just watching them. We had fun doing the Runner cover. They really asked me if I wanted to do it and I understand Kelly Le Broch wanted to be on it with me but I guess they wanted a runner. I couldn't



think of anyone, so they suggested Laura, haha! Just teasing. Actually, I'm proof that you don't have to be a good runner to get on a cover. You just have to be married to one (and a looker at that).

That makes two covers for us. We were on *Running Times* before we got married, *The Runner* after we got married, and I suppose that means *Runners World* will use us when Laura's expecting or if we get divorced!

Unfortunately, NYC Marathon is the same day as Marine Corps so I won't get to see a lot of our WRC friends. However, we'll be back for the holidays—maybe we'll show up at the Hangover Run.

Cheers  
Will Albers

### WRC RUNNING NOTES AND OTHER STUFF THAT WE DIDN'T KNOW WHERE TO PUT

**Craig Voise** was at it again in Iceland in August. Craig ran the Reykjavik Marathon; or rather he ran the first 10 miles in 58 minutes and jogged the rest of the race finishing in 3:38. He spent the last part of the race trying to catch an Icelandic pony to ride to the finish line. The ponies thought he had something else in mind and wouldn't let him anywhere near. The temperature was a brisk 40° F and raining—somewhat chilly for a Washingtonian in August. This year's race saw a turnout of 90 runners and was won by a Frenchman (Craig didn't catch the name) in 2:20.

**Rusty Moore** ran the best half-marathon of his life at Philadelphia, and we didn't report his time. A thousand apologies Rusty! Rusty finished in a sterling 70:54, and on the way set a p.r. for 5K, 5 miles, 10K and every other distance in between that you can think of.

Another great half-marathon time was turned in by **Ed Blum** at the Jersey Shore ½-Marathon. Ed went through the 10K in 31:50 and finished in 71:42.

WRC's Rock Creek connoisseurs will be fascinated with a brand-spanking-new 10-mile course to be inaugurated in the Rudolph Red Nose Run at 9:00 a.m., Saturday, Dec. 13. Somerset School, founded by WRC member **John Potter**, is sponsoring the event. The road course is the most extensive one yet through Rock Creek, covering pavement unscathed by the Hecht's 10-miler. For preregistration information call 726-0740. There will be race day registration at Pierce Mill at 7:30-8:30.

Once again there will be a series of indoor track meets at Thomas Jefferson Community Center, 3501 S. 2nd St., Arlington, VA 22204 (553-TJCC). The Center is located two blocks south of the intersection of Glebe Rd. and Route 50, then turn left one block. The TJ Center has a 220 yd. urethane track—no spikes allowed. Meets will be held on Dec. 14, Jan. 4 and 18, and Feb. 1. Registration will cost \$1 for one event and \$2 for two or more and is on race day only between 9:00 and 9:50 a.m. The first events will take place between 10:00 a.m. and 11:30 a.m. Events will

be 1-mile, 2-mile, and 3-mile (Jan. 18 only), 220 yd., 440 yd., 880 yd., 55 yd. and 4 × 440 yd. relay, and are for runners, walkers and racers of all ages and paces. Prizes include a few gift certificates and lots of ribbons. The Jan. 18 meet is the 9th Annual DCRRC-TJRRRC Joint Meet.

Just so you don't run faster than necessary in your next marathon, the qualifying times for the 1988 Olympic Marathon Trials are 2:49:59 for women and 2:20 for men. The women's trials will be held in Pittsburgh on April 18, 1988, one hour *before* the start of the Pittsburgh Marathon, and the men's trials will be held at the New Jersey Waterfront Marathon in early May.

On the injury front: **Bob Cosby** has developed a stress fracture on the ball of his right foot but he's trying to keep in shape by swimming and cycling (not at the same time); **Al Naylor** is still having problems with his ankle injury in his left leg, but is up to a 15-minute run now; **Holly Vaughn** is back on the roads and seems to be recovered from her broken knee cap; **Pat Neary** has had a recurrence of his plantar fasciitis and is not running at all; and last, but far from least, **Patty McGovern** is suffering from a groin muscle pull that forced her to cancel her Twin Cities Marathon plans.

**J.J. Wind** and **Estelle Roth** announce the latest addition to their family, and the youngest WRC member. **Julianna Roth Wind** was born at 1:32 a.m. on October 27, weighing in at 8lbs. 5oz. and 21½ inches long. Congratulations from everyone in WRC!

**Mary Ellen Williams** placed 21st at America's Marathon in Chicago, October 26 with a time of 2:54:34. No U.S. males finished among the top ten at Chicago, the first American runner was 11th place Bill Rodgers (2:15:31).

While visiting his parents at the royal palace in Western Maryland '**Count**' **Baker** decided to look at the new capes in a local emporium. Asked by a commoner clerk whether he was in town for the weekend 10k road race '**Count**' proclaimed surprise that he hadn't been invited. But he determined to overlook the slight and run anyway as a prep for the upcoming New York Marathon. A good choice too, since Baker took more than one minute off his previous p.r. en route to a 2nd place finish (30:39).

### MINUTES OF THE MEETING OF WASHINGTON RUNNING CLUB HELD ON OCTOBER 10, 1986

WRC President, Jack Coffey, called the meeting to order.

**Georgetown 10K**—Most members have been called to enlist their help in putting on the Georgetown 10K. Race posters, by WRC member Tem Washington, are for sale at \$25 each. Posters were greeted with oooo's and aaaah's by members.

**Pennsylvania Avenue Mile**—Jeff Reed reported that the Pa. Ave. Mile was cancelled when the sponsor withdrew and failed to come up with the \$1,000 they had promised. It was decided to cut the Club's

losses and cancel the race. The Club stands to lose \$750 (the price of an ad in the Washington Running Report), but is investigating ways to reduce or eliminate that loss.

**Northern Va. ½-Marathon**—The race, scheduled for November 9, has encountered difficulties finding a course. N.Va. Parks Authority has denied permission to use the Washington-Old Dominion Trail as part of the course.

**Other Business**—John Walsh modeled a sweat-shirt that you can buy through the Club. Prices are not firm yet, but should be in the \$15-20 range and will be imprinted with the Club name (that's the *Washington Running Club* for those of you whose minds are wandering). This is a top quality shirt that would retail for over \$30. Orders and money up-front will be taken at the next meeting by John Walsh. We will be sending a team to the NYC Marathon and the Marine Corps Marathon.

There being no other business the meeting was adjourned.

*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, 2240 Washington Ave. #101A, Silver Spring, MD 20910. 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. □