

Washington Running Club ★ Newsletter

Volume 5, Number 12

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December 1986

The DECEMBER meeting of WRC will be held on Friday, DECEMBER 5, 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.

Nominations for officers will be taken at this meeting. Be there, just in case your friends nominate you.

ALEXANDRIA'S 5-MILE TURKEY TROT PROVES TO BE PAYDAY FOR WRC WOMEN

by Celeste Green

One of the Autumn racing highlights for the last 12 years has been the 5-mile Turkey Trot in Alexandria, where about a 1,000 gathered for the traditional race to burn up calories before the annual American feast. At this year's calorie burner, WRC's Marianne Dickerson and Kathy Merkel brought home the bacon in the form of checks. Dickerson won the women's division in 28:42 for the \$150 prize, while Kathy Merkel finished in 30:02 for 3rd place which paid \$75.

Second place woman finisher, Gretchen Triantos, unattached, except to her WRC husband Vassili Triantos, captured a century note for her 29:40 finish.

WRC women carried the day to the winners podium as WRC's men were led in by Ray Velez, 26:28, in 9th place, behind winner Dave McCormack, 24:45.

Past winner and WRC member Bruce Coldsmith cruised with his loping style to a genteel 27:30. Among WRC's men, a three-way battle shaped up for first master which ended with Gust Svanson outlasting Bill Wooden and Bob Thurston after a steady effort that bordered on being a team drill.

Another interesting challenge behind them involved Thurston's spouse, Delabian, stalking their 8-year-old son, David, who was determined to beat his mom. "He had me beat," Delabian said, "but he went out too fast and I caught him at 4 miles." David took the defeat with good sportsmanship and said, "wait 'til next year, Mom."

Men: 1. Dave McCormack, 24:45; 2. Mike Mansy,

25:30; 3. Bobby Briggs, 25:36; 4. Larry Frederick, 25:49; 9. Ray Velez (WRC), 26:28; Gust Svanson (WRC), 27:29; Bruce Coldsmith (WRC), 27:30; Bill Wooden (WRC), 27:32; Bob Thurston (WRC), 27:35; Tem Washington (WRC), 27:40; Pete Nye (WRC), 28:25; Maston Gray (WRC), 28:04; J.J. Wind (WRC), 29:30; Gerry Ives (WRC), 30:09; Jeff Reed (WRC), 30:54; Patrick Neary (WRC), 39:15; David Thurston (WRC), 43:50.

Women: 1. Marianne Dickerson (WRC), 28:42; 2. Gretchen Triantos, 29:40; 3. Kathy Ventura-Merkel (WRC), 30:02; Betty Blank (WRC), 33:12; Val Nye (WRC), 36:30; Delabian Thurston, 41:04.

TACSTATS TAKING OVER RECORD KEEPING FROM NATIONAL RUNNING DATA CENTER ON JAN. 1

Effective January 1, 1987, Ken and Jennifer Young will be retiring from the National Running Data Center. Taking their place will be a network of State Record Keepers who will be reporting their statistics and records to the National Coordinator in Florida.

The State Record Keepers we will be most concerned with are: **D.C.**—George Banker, 1421 Potomac Hts. Dr., Ft. Washington, MD 20744; **Virginia**—Charlie George, 801 Yearling Ct., Virginia Beach, VA 23464; and **Maryland**—John Sissala, 120 Evans St., Rockville, MD 20850.

George Banker told the WRC Newsletter that he will be getting all of the pertinent data from the NRDC soon and he will put together a list of D.C. road racing records. It is expected that the other State Record Keepers will do the same for their states.

Banker also said that he is relying on race directors to continually keep him informed of possible records. He can only register the records he hears about. For the record to be valid it must be run on a TAC certified course and the race director must apply to the State Record Keeper using a

1987 MEMBERSHIP DUES

It's time for membership renewals. Current memberships expire on January 31st. Just send in your check with the form at the end of the Newsletter and you'll be in for another year of fun with WRC. If you're not interested in fun, just send in the check anyway, we need the money!

TACSTATS form. The forms are available from the above mentioned record keepers.

As soon as we get the lists of the D.C., Maryland, and Virginia state records we will be publishing them in the Newsletter.

DCRRC 30K CHAMPIONSHIP COURSE GIVES RUNNERS A TOUGH WORKOUT

by Will Woodbine

Every year the DCRRC 30K Championship is held on the O'Connell High School course in Arlington, Va., and every year the same people show up, complain about the hills, and swear they're never going to run it again.

This year about 60 runners were at the starting line at 1:00 p.m. on Sunday, November 16. The 30K race is run simultaneously with the 10K race, with the lucky 10K runners getting to stop after the first loop. Early in the race Ben Beach of the D.C. Harriers was the only runner in the lead pack of four runners who was running the whole 30K. WRC's Richard Stein came on strongly in the 10K field and finished in 36:56 to take 4th place, with Gerry Ives trailing in 6th place, after a fast start, to finish in 38:52.

In the 30K race, Jerry Merkel looked fully recovered from his Marine Corps effort, but could not close the gap between himself and Beach, with Beach finishing in 1:50:06 to Merkel's 1:53:53. All of the top ten finishers with the exception of Bob Trost and George Masson were spread out on the course. Masters runners Trost and Masson duked it out with Masson besting Trost to take 5th place 2:02:56 to 2:03:00.

Washington Running Club

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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

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Membership: Jeff Reed (836-7284)
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Finance: Pat Carr (587-7655)
Competition: Jeff Reed, Chairman (836-7284)
Race Management: Al Naylor, Chairman (345-9342)
Social: Suzy Coffey, Chairwoman (329-9271)

J.J. Wind, recuperating from his wife giving birth, grabbed 8th place in 2:08:25, and new member Chris Cottam took 10th spot in 2:10:00. Gerry Ives jumped back into the race after finishing the 10K and proved to himself that if you start out too fast in a race you pay for it later. Ives dragged himself into 12th place with a 2:14:42.

Donna Elliott took home the 1st place spot for women with a 2:18:24, more than 20 minutes ahead of her closest competition.

I urge you all to come out to this race next year, and share in the pain!

Results 30K: Men—1. Ben Beach (Harriers), 1:50:06; 2. Jerry Merkel (WRC), 1:53:53; 3. Patrick Deutscher, 1:57:22; 4. John Monzano, 2:02:04; 5. George Masson, 2:02:56; 6. Bob Trost (WRC), 2:03:00; 7. Bernie Gallagher, 2:05:31; 8. J.J. Wind (WRC), 2:08:25; 9. Roland Elliott, 2:09:06; 10. Chris Cottam, 2:10:00; 12. Gerry Ives, 2:14:42.

Women 30K: 1. Donna Elliott (WRC), 2:18:24; 2. Kitsi Higgins, 2:39:00; 3. Venus Thompson, 2:45:51.

Men 10K: 1. Norbert Pauli, 36:15; 2. John Weidman, 36:42; 3. Larry I'Anson (PVSTC), 36:43; 4. Richard Stein (WRC), 36:56; 5. Andrew Kennedy, 37:13; 6. Gerry Ives (WRC), 38:52.

Women 10K: 1. Jennifer Westfall (RC²), 40:44.

ROUND AND ABOUT AND HERE AND THERE AND HITHER AND YON

WRCers **Kath Otto** and **Bill Wooden** ran what they thought were unusually slow times (40:37 and 38:17 respectively) at the Athletic Express 10K in Gaithersburg, Md. Remeasuring the course after the race, officials found it to be 6.4 miles. Kath was first woman and Bill took first master's spot.

Julie Black ran her first race at the Arlington Mile in October and finished in a credible 8:04. Our apologies for missing the result in our story last month.

Betty Blank set a course record at the Copy General 25K, Oct. 18, finishing in 1:50:59. Way to go, Betty!

The movie *On the Edge* has been released to the video stores. There are two versions, an 'R' and a 'PG'. **Alan Roth** said the 'PG' is better, but if you're a risqué-taker you might like the 'R' version.

The DCRRC 10K Team Championship will be held at Fort Hunt, at 9:30 a.m., Dec. 6. WRC, as the defending champion, has been challenged by DC Harriers. They beat us two years ago and we narrowly edged them last year. Come out to Fort Hunt and run on the WRC team, no preregistration requirement.

Several WRCers who had less than satisfying fall marathon performances are going to give it another shot at the Maryland Marathon Dec. 7. **Jerry Merkel** (2:40 at Marine Corps) and **Marianne Dickerson** (DNF at New York) plan to give the "mean marathon" their best — with \$6600 in prize money

on the line who can blame them. The "tame 10K" held concurrently offers a like sum of cash rewards.

Bob Thurston is traveling to Seoul, South Korea early in 1987 as a TAC representative in a team charged with measuring the 1988 Olympic Marathon course. Bob was spied on a recent Sunday morning near the Lincoln Memorial measuring a half marathon course for the D.C. Recreation Department. Look for this course to replace next spring's D.C. Marathon which has suffered from lagging registration in the judgment of the powers that be.

The Potomac Valley is returning to the major leagues of the indoor track circuit this winter after a several year absence. The George Mason University Field House is the site of the Feb. 15 Miller Lite Invitational. It just occurs to me that the meet might be even more exciting if it were held at the Patriots Center. But, alas there no longer seems to be an indoor board track available in our area.

PREPARATION IS KEY TO WINTER RUNNING SUCCESS

by Dr. Mal Practise

As autumn slips into winter each of us has wondered how we will make it through another season of cold weather running. The howling winds, bitter temperatures, and icy footing are enough to tempt anyone to find some other fitness activity until the grass reappears and thermometers rise to milder levels.

But when we allow the running shoes to slip to the rear of the closet, we must then confront the reality of returning to running condition each spring. Even if we spend the winter skiing, playing basketball, in aerobics class, or pumping iron, either our lungs or legs are likely to require reconditioning when the snows begin to melt.

There are several steps either the serious racer or fitness runner can take to make their wintertime running more pleasurable (and we're not talking about the condo in Boca Raton you've been dreaming about). The key to enjoying your winter running is planning ahead. By planning one's winter running ahead of time the prospect of very late- or very early-year training can be something you look forward to, rather than something you dread.

Planning Ahead

Any time of the year, but especially so in the winter, your running will be more effective if your training is pointed toward a goal. What makes planning particularly important in the winter is that it can provide a means of lowering, rather than raising your expectations and a method for focusing on longer term goals.

Remember, it is almost impossible, and certainly foolhardy, to maintain the same kind of training routine all year round. During the fall you are likely to be in the best shape of the year (since you've been

running regularly for 6-8 months) and if you think you can continue to improve your fitness during the winter you are asking for disappointment. Instead give yourself a well deserved respite from serious training after your last fall race. Slow down your pace and begin to cut your total running by $\frac{1}{4}$ to $\frac{1}{2}$. You can do this whether you track your running by total time or distance.

You will find when you cut back that you feel fresher and are able to enjoy the running you continue to do. You may even notice the scenery you have been missing as you raced passed several weeks earlier. And a period of easy running will also make you more enthusiastic about running when milder weather does return.

Now that you are feeling so good about running you should sit down and think about what it is you would like to accomplish next year. Like setting a new personal best at Cherry Blossom or being fit enough to attempt a race of a distance you have never run before. With some ambitious goal for the coming year those winter miles will seem like much less drudgery. With a goal in mind your winter running will have a purpose.

Now isn't the time to begin getting ready for that race however. It won't do you any good at all to reach peak condition in February if the race you are pointing to is run in April.

You are likely to see the first snow flakes around this time and that will remind you to lower your expectations because the only thing you want to do during the coming months is maintain your fitness. This is the time to establish a new habit that will improve your running for years to come. Planning ahead.

Take out a calendar, one that shows both the current and the new year. Count back two months from next year's goal race and you have arrived at the date where you will need to start building toward your training peak. Unless your goal is a marathon, in which case you will need three months. In either case all that time in between is yours to enjoy your running.

Taking Account of the Weather

Once your expectations match the realities of winter running you only need to remember two other things to run through the winter. First and easiest is to plan your running around the weather.

Face it, you aren't going to be able to run every day. Some days the weather just won't permit it, so plan on having several days off each week. If you've been running six days each week, schedule yourself for four days running in winter and use the other days for an alternative exercise like basketball, skiing, aerobics, or weightlifting. That way if you have a week of particularly clear weather and manage five or six days of running you will be further along than you planned and not constantly catching up. If you have been running thirty miles each week, plan to run fifteen miles in the winter. You won't lose

much fitness and you will feel great when the weather permits you to get in twenty or twenty-five miles during a mild week.

Choose your winter running routes with the weather in mind. If you generally run out and back courses in colder weather, go out into the wind and come back home with the wind at your back. It is easier to deal with the added cold of the wind chill while your body still retains the warmth of indoors and before you have become damp with perspiration. In extreme weather don't shy away from running away from the wind and taking public transportation back to your starting point. Or if it's convenient hop on Metro in an upwind direction and after traveling as far as you plan to run get off and run home. In your pre-winter planning think of some particular places you might want to run on those several sunny and calm days that every winter has. These are good days to head out into the country and enjoy the bright skies and snowy scenery.

Dressing for Winter

You can forget the old wives tale about your lungs freezing with the cold air. One of the reasons you have a neck is to warm outside air to body temperature well before it gets anywhere near your lungs, but you will need to take extra efforts in winter to keep the rest of your self comfortable.

The most important thing to remember about winter running is proper dress. And the one thing to remember about dressing for winter running is that the human body itself is a marvelous furnace. While you can't completely ignore the cold what you need more than anything else is protection from the wind.

Sure it would be nice to confront those January mornings clad in Gore-Tex from head to toe, but many of us are running on tight budgets or refuse to pay the \$150 to \$250 the Versa Tech, Gamex, or Gore-Tex running suits cost. True, no single layer of clothing can match the waterproofing and wicking (carrying perspiration away from the body) qualities of these space age fabrics, but they can be approximated without bundling up in parka and scarves.

The key to dressing for winter running is layering. What you are trying to do is keep the cold air out *and* trap the warm air that your body's furnace has created close to your skin. Start with a close fitting, lightweight covering next to your skin. Thermal underwear works adequately, but a better solution are longjohns and longsleeve T-shirt or turtleneck made of polypropylene (also called Lifa). This is a man made fiber that is unparalleled in its wicking characteristics. It works better at keeping you dry, and that is the key to staying warm, than either cotton or wool.

Next to this layer you can wear standard running garb, the same you would wear in warmer weather. Your cotton T-shirt or turtleneck and running shorts will absorb some of the perspiration wicked away from your skin and also serve as one of several wind barriers. On especially cold days you may want

to add an extra shirt and briefs for additional protection from the chill. Next to these layers a looser fitting sweatshirt might be appropriate since your torso is likely to chill faster than your legs and the extra shirt will work as an added trapping layer for the warm air near your skin.

On the outside it is best to wear something that seals the layers you have already created. Most natural fabrics, like cotton or wool, are too porous to accomplish this and your down parka is likely to create a sauna effect. The best choice is to wear something that will keep the wind from penetrating. A simple nylon windbreaker and nylon wind pants will usually do the trick. They are light enough so you won't be weighted down, yet nylon is very good at holding air — the warm in and the cold out. This nylon suit is also light enough to serve well as your only extra covering for cooler spring and autumn runs. So the \$50 or so that you will probably pay for a nylon windsuit returns its value almost year round.

Keeping the Extremities Cozy

It would be foolish to go to all this effort at staying warm and dry and then to neglect your head, since as much as 90 percent of body heat escapes from above the shoulders. The best head covering is a wool knit cap. The cap can be pulled down to cover the ears when needed and wool does the best job of keeping you warm when it is wet. Don't pull the cap tight against your skull — a small space above your head will allow trapped air to warm and circulate.

For your hands mittens are warmer than gloves since your fingers can help keep one another warm. And wool is preferable to leather since your hands will generate a considerable amount of heat as you run and wool allows excess heat to escape. If you are among those who find a single pair of mittens isn't enough when starting out on cold days add a pair of cotton gardening gloves underneath. They will add a good deal of warmth and either they or your mittens can be easily removed as you run and become warmer.

Your regular footwear will usually suffice throughout the winter, although you may want to consider some kind of studded, or waffle soled shoe for icy conditions. And if you usually wear low cut socks set them aside for crew length hose in winter. For very cold, or very wet running wear plastic sandwich bags between socks and shoes, never underneath your socks. You can secure them at the ankle with rubber bands (not so tight as to cut circulation) and they will keep your toes dry and quite warm.

Plan ahead, lower your expectations, layer your clothing, mind the weather in choosing your routes and your wintertime running will no longer need to be drudgery. If you keep these ideas in mind those winter months can be the foundation for your best running yet.

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. □

GROUP RUNS

Tuesday Night Run, Fairfax Running Center, Alexandria, 6:30 p.m. Group run from 6-10 miles along the bike path next to the Parkway. Six to nine minute pace. **Contact:** Betty Sue O'Brien at 549-7688.

Tuesday Night Run, Eleanor Roosevelt H.S., Greenbelt, Md., 6:30 p.m. Group runs 11 miles at approx. 6:30 per mile. **Contact:** Steve Daniels at 474-4428.

Tuesday Evening Track Workout, Georgetown U. Track, 6:30 p.m. Very informal track workout, run with group or set your own workout. No contact, just show up.

Sunday Morning Run, Georgetown, 8:00 a.m. Ten to eighteen miles at 6:00-7:00 pace. Group meets at the corner of 34th & M, on the canal side. Do not confuse this group with the bums sleeping under the trees. No contact, just show up.

Training/Coaching Advice—by arrangement: Dan Rincon wj 454-4861 or evenings hj 345-9342.

**WASHINGTON RUNNING CLUB
1987 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 1986

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, 10317 St. Albans Dr., Bethesda, MD 220814

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