

Washington Running Club Newsletter



Volume 7, Number 9

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September 1988

SEPTEMBER MEETING

The SEPTEMBER meeting of WRC will be held at 7:30 on Friday, SEPTEMBER 9, at Tris Kruger's house at 9641 Accord Drive, in Potomac, Maryland. Take Beltway to River Road exit. Head toward Potomac on River Road. The house is three miles from the Beltway on the left at the corner of River and Accord, about ¼-mile past the Potomac Nursery. Tris will have his swimming pool open, so bring your bathing suit. There will be barbeque grills available, and the Club will supply hot dogs, buns, charcoal, mustard, ketchup, paper plates, etc. Contributions of beer, soft drinks, salad, desserts and cookies will be welcomed.

CLAPPER AND MCGOVERN TAKE ANNAPOLIS 10M LAURELS; WRC WOMEN SWEEP TOP THREE SPOTS

The weather was deceptively pleasant at the start of the Annapolis 10 Miler at 8:00 a.m., August 28. However, more than one WRCCer found that the rapidly increasing temperatures combined with the humidity to destroy any hopes of fast times.

Gerry Clapper, Dave Berardi and Jim Hage went quickly into the lead in the first mile. By the fifth mile it had turned into a two-man race, with Berardi hanging on Clapper's heels waiting for any sign of weakness. Berardi finally made a move at the 9½-mile mark, but Clapper held him off in an exciting finish that had both runners finishing in 51:25. Hage held onto the number three spot and finished unchallenged in 52:40.

The women's race was not as close, but had its drama. Patty McGovern was running in second place after the first mile, with the lead woman setting a scorching pace. By mile four the leading woman was in trouble and, after being passed by McGovern, collapsed and was taken away by ambulance. McGovern went on to win in 58:46, an excellent time considering the conditions. Marianne Dickerson secured the second place women's spot for WRC with a 60:41, well off her normal pace.

One of the few people wearing a smile after the race was Donna Elliot. With the majority of runners falling short of their goals for the race, Elliot was the exception. Elliot registered a p.r. 62:55 for 10 miles, good enough to give her third place woman overall. Entering the stadium with Elizabeth Andrews trailing her by 15 yards and losing fast, Elliot gave it everything she had for the final 300 meters and forced Andrews to settle for fourth place.

Another runner satisfied with his performance was

Steve Daniels. Daniels ran an inspired 55:23, a two hour and thirty-seven minute improvement over his 10-mile time in Scotland last year.

WRC's women's team easily took the women's team title, but the men's open team was beaten out of first place by a strong Howard County Striders team. WRC's men's masters team was blitzed by the always tough GNATS, but team members promised to be back next year.

Men: 1. Gerry Clapper (WRC), 51:25; 2. Dave Berardi, 51:25; 3. Jim Hage (WRC), 52:40; 4. Pat Key, 52:58; 5. Richard Ferguson, 52:58; 6. Paul Jessey (WRC), 53:11; 7. Jim Eastman (WRC), 53:21; 8. Jim O'Keefe, 53:32; 9. John McGrail, 53:36; 10. Ken Fowler, 53:53; 20. Tom Bowmaster (WRC), 55:06; John Ausherman, 55:10; Steve Daniels (WRC), 55:23; Tim Gavin, 56:10; Al Naylor (WRC), 56:31; Dave Asaki, 57:30; Phil Stewart (WRC), 57:32; Bob Oberti, 57:41; Stan Fletcher (WRC), 58:29; Ben Beach, 58:36; Lucious Anderson (WRC), 58:38; Mike Silverman, 58:46; Robert Rodriguez (WRC), 58:46; Fay Bradley, 59:31; Larry Camp, 60:32; Darryl Stewart (WRC), 61:22; John Sherlock, 61:26; Keith Bombaugh (WRC), 61:31; Dave Johnson (WRC), 61:43; Jerry Merkel (WRC), 61:51; Pat Carr (WRC), 61:55; Larry l'Anson, 62:44; Chuck Desenberg (WRC), 62:52; Bill Wooden (WRC), 63:08; Gerry Ives (WRC), 64:12; Bill March (WRC), 64:17; Dick Brannan (WRC), 64:46; Dan Rincon (WRC), 66:26; Jeff Reed (WRC), 75:07.

Women: 1. Patty McGovern (WRC), 58:56; 2. Marianne Dickerson (WRC), 60:41; 3. Donna Elliot (WRC), 62:55; 4. Elizabeth Andrews, 62:57; 5. Leslie Minnix, 63:14; 6. Jeanne Matta, 64:28; 12. Pam Briscoe (WRC), 66:01; 13. Barbara Frech, 66:23; 16. Kathy Merkel (WRC), 67:22; Berni Flynn Creed (WRC), 69:03; Janice Stoodley, 70:22; Jennifer Westfall, 71:16; Denise Knickman (WRC), 75:46.

1988 BUNION DERBY SERIES AWARD WINNERS ANNOUNCED; 750 PARTICIPANTS IN SERIES

The DCRRC has announced the award winners of the 1988 Bunion Derby Series. The award winners can pick up their trophies at the DCRRC 20 Miler, October 2, in Old Town Alexandria.

Articles, results, and items of interest to the *WRC Newsletter*, should be mailed to Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818.

The Bunion Derby Series consists of eight races. This year the most popular race was the Langley 8K, which attracted 124 participants, followed by the Carderock 10K, which snared 111 runners. The least popular, 62 runners, was the Fort DuPont Mystery Distance (in defense of that race, the temperature reached 103° that day).

In seven of the races the 45-49 men's age grouping had the highest number of participants, and in the remaining race the 40-44 men's group had the edge. The 25-29 age group had the largest number of women participants in the series.

Washington Running Club had 14 award winners, including four first place age group awards. WRC first place award winners were: Berni Flynn Creed, 30-34; Chris Stockdale, 40-44; J.J. Wind, 35-39; and Ed Doheny, 45-49.

1988 Bunion Derby Award Winners

Women 19 & Under: No Qualifiers.

Women 20-24: 1. Trish Palermo; 2. Julie Peet; 3. Beth Dougherty.

Women 25-29: 1. Julie Robey; 2. Christine Fox.

Women 30-34: 1. Berni Creed (WRC); 2. Jennifer Westfall.

Women 35-39: 1. Elizabeth Sadoff; 2. Lynda Durfee.

Women 40-44: 1. Chris Stockdale (WRC); 2. Georgiana (Mike) Havill; 3. Rosemary Avery.

Women 45-49: 1. Karen Lovelace.

Women 50+: 1. Charlotte Edwards; 2. Lee Glassco.

Men 19 & Under: 1. Brian Bates; 2. David Havill; 3. George Probst.

Men 20-24: 1. Mike Bartholomew.

Men 25-29: 1. Dave Whitman; 2. Bill Stahr; 3. Ted Poulos; 4. Steve Daniels (WRC); 5. James Bracken.

Washington Running Club

P.O. Box 32378, Calvert Station, Washington, DC 20007.

CLUB OFFICERS

President: Dan Rincon (441-9265)

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Treasurer: Kevin Kolakowski (524-8391)

Newsletter Editor: Gerry Ives (320-3337)

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Race Management: Al Naylor, Chairman (345-9342)

Social: Pat Bullinger, Chairwoman (524-8391)

Men 30-34: 1. John McGrail; 2. Jack Cleland (WRC); 3. Robert Rodriguez (WRC); 4. Rick Bockman; 5. James Scarborough (WRC).

Men 35-39: 1. J.J. Wind (WRC); 2. Count Baker; 3. Terry Bursey; 4. Theodros Tadesse.

Men 40-44: 1. Craig Anderson; 2. John Sherlock; 3. Bob Trost (WRC); 4. Ray Morrison (WRC); 5. Peter Kopac.

Men 45-49: 1. Ed Doheny (WRC); 2. Bernie Gallagher; 3. Dave Johnson (WRC); 4. George Masson; 5. Frank Probst; 6. Gerry Ives (WRC).

Men 50-54: 1. Tom Kurihara; 2. Rolland Elliott; 3. Al Marcy; 4. Larry Monaco; 5. Bill March (WRC).

Men 55-59: 1. Larry Dickerson; 2. Frank Gignac; 3. Dick Good; 4. Ray Randolph.

Men 60+: 1. Sy Glanzer; 2. Bill Osborn; 3. Alvin Guttag; 4. Walt Washburn; 5. George Robertson; 6. Frank Luff.

As usual we have to thank George Banker, the DCRRC Historian and Statistician, for keeping track of race results for the series.

WHAT'S UP AROUND WRC AND THE REST OF THE RUNNING WORLD

Steve Spence looks as if he's going to make this another banner year. Spence took second place at the Falmouth Road Race, completing the 7.1-mile race in 32:27, just five seconds behind Mark Corp. Last year saw Spence become the first American in seven years to win the River Run. He followed that by turning in a sterling performance at the Men's Marathon Trials, where he appeared to be the strongest runner in the lead pack through the 18-mile mark.

Washington Running Report will be losing the services of Jeff Reed. Reed wrote columns and put together the widely-read Runner Rankings for the publication. Reed found that he didn't have enough time to work, in effect, two full-time jobs; his regular day job at Computer Data Systems and the WRR job.

Former WRC Newsletter editor John Walsh will be temporarily back in the area next year. Walsh is heading a project to dig up the statue "The Awakening" on Hains Point. The only parts of the statue currently visible are the head, hands and a knee. Walsh's plan to use dynamite for the excavation was vetoed by Jeff Darman who feared losing a crucial part of his Cherry Blossom course. When the statue is totally uncovered Walsh intends to raise it to an upright position by using ropes and pulleys.

At the Asbury Park 10K, Donna Elliot ran 37:58 to finish 22nd in the women's field. Mary Ellen Williams turned in a time of 38:20, finishing 6th women's master. Rusty Moore ran 32:40, a little slower than the sub-32 he was aiming for, but a good effort considering the conditions. New member Timothy Leshan registered a time of 36:50, considerably slower than his sub-33 minute time last year. Because of the late starting time, 9:00

a.m., times were slowed by the heat and humidity that had many runners walking before the end of the race.

We reported last month that **Bob Thurston** was taking karate in order to increase his flexibility and thus avoid injury. We now have to report that Thurston is now on the injured list, so tear up those contracts for lifetime memberships at your local martial arts school.

The Fair Lakes 10K race is scheduled for Sunday, September 18th. The open prize money for men and women is \$2,000, \$1,000 and \$500 for the top three places. There is a special category for metro area runners with prize money of \$250, \$100, and \$50 for the top three places. Last year the open men's category was won by John Sinclair in 29:10, and the open women's category was won by Darlene Beckford in 35:31. Metro winners were: Dave McCormack in 30:55 and **Kathy Merkel** in 38:41. Gerry Ives has entry forms. Let's see if local runners, preferably WRC members, can take the big bucks this year!

MASOCHISTS GATHER FOR ANNUAL 24 HOUR RITUAL AT FT. MEADE

by Chris Stockdale

Twenty teams took part in the DC Road Runners' 18th Annual 24-Hour Relay, August 6-7, at Ft. Meade, Md. It had been earlier noted by this correspondent that WRC was not fielding a team; she thus had to defect to the Montgomery County Road Runners, who entered two teams; an all-male and a coed (she ran the coed).

The weather was just what we've been enjoying all summer; blazing sun, high humidity and 95°+ temperatures all day Saturday; interrupted by gale force winds, lashing rain, lightning and thunder for the tea-time hour (not enough to stop the race, however), and then a night of 100% humidity and warm temperatures. Dawn brought little improvement, except daylight, and we finished in more sun and heat.

Overall winning team was Kyll 5, which recorded 263 miles with its 10-man team, followed by MCRRC Marauders (all men) with 237 miles, 104 yards. George Green, running for the Sea Service Psychos, a military team, was the winner of the men's open with an average split of 5:04.8 for 19 miles. Women's winner was Jeanne Grillo, running for NOVA, with a 6:08.1 average over 23 miles. I surprised myself with an average of 6:24.8 for 20 miles. I was also 6th in the 40-49 age group, which included men. Betty Blank, also running for NOVA, placed in the top 10 with an average 6:28.7 for 24 miles.

Results: Teams—1. Khyll 5, 263 miles; 2. MCRRC Marauders, 237 miles, 104 yds.; 3. Mozart K7, 231 miles, 1,100 yds.; 4. Reston Runners, 225 miles, 1,586 yds.; 5. NOVA, 225 miles, 880 yds. (1st coed team); 6. The Fog, 217 miles, 1,491 yds.; 7. Green Team, 214 miles, 543 yds.; 8. VEDA Smurf Club, 206 miles, 852 yds.; 9. The Rocket Squad, 201 miles, 451 yds. (2nd coed team); 10. Fleet of Feet, 200 miles, 615 yards.

Best Mile Averages—Open Men: 1. George Green, 5:04.8; 2. Tom Brown, 5:06.2; 3. Steve Smith, 5:06.4; 4. Donnie Mickey, 5:10.3; 5. Stuart Richman, 5:14.8.

Women: 1. Jeanne Grillo, 6:08.1; 2. Mary Preisel, 6:15.4; 3. Monica Grillo, 6:19.4; 4. Chris Stockdale (WRC), 6:24.8; 5. Mary Gaylord, 6:26.8.

40-49: 1. Ronald Lewis, 5:43.7; 2. Fred Wycoff, 6:01.4; 3. Ron Bowles, 6:04.0; 4. Bill Vislay, 6:09.4; 5. Mary Preisel, 6:15.4.

50+: 1. Rolland Elliot, 5:53.2; 2. Morton Oaks, 5:58.3; 3. 6:05.5.

WALTER SARGENT TAKES 2ND IN 13.4 MILE PIKES PEAK ASCENT

Adapted from Notes by Martha Sargent

On Saturday, August 20th, 1,500 runners lined up at Monitor Springs (elevation 6,336 ft.) for the start of the Annual Pikes Peak Ascent. The race course climbs 7,774 feet to finish at the 14,110-foot-high Pikes Peak. The temperature at the top this year was 36° F, considerably colder than it's been in Washington, D.C., for the past few weeks.

This year, as in the preceding two years, the sole representative of WRC at the race was Walter Sargent. Sargent, an attorney with the Colorado Springs law firm of Holme, Roberts and Owen, was resplendent in his WRC singlet. The transplanted WRCCer traded the lead back and forth with Scott Elliot for the first ten miles. Elliot had lived on the mountain for the two weeks immediately before the race to do altitude training, and it paid off in the end as he drew away from Sargent in the final three miles to win the event in 2:11:12. Sargent finished in second place, exactly two minutes in arrears, with a time of 2:13:12.

In 1986 Sargent finished second in a time of 2:21:52, and finished 11th in '87 after "crashing," so he was pleased with his time this year.

Results: 1. Scott Elliot, 2:11:12; 2. Walter Sargent (WRC), 2:13:12; 3. Mark Tobin, 2:15:42.

DANIELS' ADVENTURES ON PELEE ISLAND; OR "LEFT IN THE DUST AGAIN"

by Steve Daniels

[Editor's Note: Steve Daniels is one of the last of a dying breed of gentlemen-explorer runners. Daniels has run up the highest mountain in Scotland and run up to the highest lake in Oregon. His plan to run up to the top of Mount Vernon with live Polaroid camera coverage came to nought when his sponsor backed out.]

The documentary of my run to Mt. Vernon was scrapped at the last minute due to sponsor difficulties. Nonetheless, the budget for that endeavor was not wasted as I used it to spend a week at Pelee Island in Lake Erie.

Pelee Island is not a haven for runners. Its 50 or so miles of dirt roads were uninviting to say the least. But I had to justify the expenses so I decided to run every road on the island.

In order to do that I had to log a 100-mile week which was quite a jump from my usual 50 miles. The mileage

wasn't the worst of it either. The local pastime is to "dust" pedestrians and cyclists by passing them at high speeds, usually in large, old, and very dirty automobiles. The dry dirt roads provide an infinite supply of dust making the pastime too easy. Since I can boast a 10-mile time of 3:35 (Ben Nevis, Scotland, 1987) I know about being dusted on runs, but this was ridiculous! I can tell you that 12 miles into a run on a hot summer day the last thing a runner needs is a mouth full of dust.

Perhaps for this reason runners on Pelee are few and far between. I felt as if I were the first runner that many of these people had ever seen. Most just shook their heads in disbelief, but a group of children summed up running on Pelee when I passed by chanting "Stupid Man." The expense money didn't cover a camera so I don't have pictures, but you can get the images from the early chapters of "The Grapes of Wrath." As for running all of the roads on an island, I'm not going to Greenland! However, given time and some considerable expense money, I might consider Hawaii.

WASHINGTON RUNNING CLUB PICNIC A HIT, DESPITE WEATHER-RELATED POSTPONEMENT

After sixteen days in a row of ninety degree days wouldn't you know that Saturday, August 20, the day of the WRC picnic, would be cold and rainy. Frantic phone calls by Dan Rincon, Kevin Kolakowski, and Gerry Ives resulted in prevailing upon Tris Kruger to allow use of his pool on Sunday rather than the scheduled Saturday date. More phone calls were made to get the word out to as many members as possible.

Sunday's weather started out cloudy, but by the 1:00 p.m. start of the picnic the sky had cleared and the sun was shining. More than forty WRCers turned out for an enthusiastic game of volley ball, and a dip in the pool (somebody get that dip out of the pool!).

The Club provided hot dogs, hamburgers and beer. Club members provided salads, cookies, home-brew beer (courtesy of Bobby Bauer), and homemade cheesecake (courtesy of Patty McGovern). Nobody went home hungry.

The Arthur Tom Felde Award was presented to Gerry Ives, who was caught completely by surprise. Ives had been told that the award was being presented to another Club member and, being a trusting fellow, had believed his fellow executive committee members.

For the second year in a row, Tris Kruger's house and pool proved to be a great setting for the picnic. A vote of thanks goes to Tris for extending his hospitality, and for the hard work he personally put into the getting everything ready. Another vote of thanks goes to Pat Bullinger who, in her capacity of Chairwoman of the Social Committee, procured the hamburgers, hotdogs and other picnic accoutrements.

RACE ANNOUNCEMENTS

Sunday, September 18, 8:30 a.m.—Fair Lakes 10K, Fairfax, Va. Entry fee \$10 before Sept. 9th, \$12 after. Prize money: 1st male/female—\$2,000; 2nd—\$1,000; 3rd—\$500. Top metro area finishers: 1st male/female—250; 2nd—\$100; 3rd—\$50. Call Gerry Ives during day for entry forms at 452-4242.

Saturday, October 8, 8:30 a.m.—Bladensburg Founders Day 5K. Race starts at Country Club Towers, 6011 Emerson St., Bladensburg, Md. Prize Money: 1st male/female—\$100; 2nd—\$50; 3rd—\$25. Call 927-7048 for more information.

Sunday, October 23, 8:00 a.m.—Athletic Express Run for Fitness 10K. Race starts at Athletic Express Racquetball and Fitness Club, 700 Russell Ave., Gaithersburg, Md. Entry fee, \$12 until Oct. 14, \$15 thereafter. Long sleeved T-shirts and post race breakfast for all runners. Plaques to age group winners. Plaques and prizes to overall male and female open and masters winners. Send SASE to: Dave Ruff, Athletic Express Racquetball and Fitness Club, 700 Russell Ave., Gaithersburg, Md. 20877.

Sunday, January 8, 1989, 9:00 a.m. (15K), 9:05 a.m. (5K)—11th Annual Bud Light Frostbite Races, put on by Westminster RRC. Entry fee for all 5K and 15K runners is \$3 before Jan. 1, 1989 and \$5 afterwards; Bud Light 100% nylon running shorts can be purchased for \$7. Entry forms will be distributed after October 1st to running stores, organizations, and last year's participants. Cash prizes will be awarded, courtesy of Bee's Distributing Co., Finksburg, MD. For more information call Fleet Feet Athletic Store, 301-876-8299 or 857-4878.

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 Kevin Kolakowski, PO Box 15429, Arlington, VA 22215. Indicate sizes (S,M,L,XL) and whether men's or women's model.

**BARGAINS FOR WRC MEMBERS
AT LOCAL RETAIL GOODS STORES**

Capital Sports, 235 Pennsylvania Ave., S.E., Wash-
ington, D.C. (546-1212). Discount of 10% for
Club members. Kurt Rabin is the store manager.

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., Alexan-

dria (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. Dis-
count of 15% on all non-sale items. Ask for
George Whetzel.

**WASHINGTON RUNNING CLUB
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 1987

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, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Gerry Ives at 320-3337

GROUP RUNS

Tuesday Night Run, Fairfax Running Center, Alexandria, 6:30 p.m. Group runs from 6-10 miles along the bike path next to the Parkway. 6:00-9:00 pace. **Contact:** Betty Sue O'Brien at 549-7688.

Thursday Night Run, Fleet Feet, 8418 Old Keene Mill Rd., Springfield, Va. Group runs 8-8½ miles around Lake Accotink. All paces. 15% discount at store to participants. **Contact:** Paul Zink at 451-1675.

Saturday Morning Run, TJ Community Center, Arlington, 8:00 a.m. Fun Run on an interesting five mile course, includes interesting company.

Sunday Morning Run, 34th and M St., N.W., 7:30 a.m. Over hill and dale the kids hit the trail at 6:00-7:00 pace while tossing brickbats at one another.

Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4861 or evenings h] 441-9265.