

Washington Running Club ★ Newsletter

Volume 8, Number 1

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January 1989

JANUARY MEETING—ELECTIONS—BE THERE!

The JANUARY meeting of WRC will be held on Friday, JANUARY 13, 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 three blocks to AMS Building. Go to 14th floor and take spiral staircase to penthouse.

Election of the Club officers for 1989 will be conducted at this meeting, so it is important to get a good turnout. The direction the Club will take in 1989 will be determined by what happens at this meeting. John Link will be giving an introductory Awareness Through Movement lesson at this meeting. The exercise technique promises "Faster Times, Fewer Injuries."

As usual this is a covered dish meeting, so bring your favorite dish or brew to share with your fellow WRCers.

DCRRC 25TH ANNUAL 10 & 20 MILE RUNS CLIMAX AREA'S CHRISTMAS FESTIVITIES

By George Banker & Will Woodbine

Runners who wanted to forget their Xmas bills or to lose the extra pounds picked up from their Xmas indulgences had an opportunity on Monday, December 26, to join others in the same situation. The D.C. Road Runners held their 25th Annual Braden Field 10 and 20 Mile Run in Greenbelt, Md., with the 20-miler serving as #3 in the Snowball Series. The weather was ideal in the low 40s with sunny skies, whereas last year it was windy with the temperature in the low 30s.

The 10-mile course is rated a III by the DCRRC and the 20-mile course is rated a IV, which means it is a survival run. Because the two events are run concurrently it is easy to wind up racing someone who isn't even running in your race. Runners hit the first hill a half mile into the race. At the 1.5 mile mark there is a long down-hill followed by a series of smaller hills. Because it is an out-and-back course the long down-hill becomes a long up-hill on the way back—those poor souls running the 20-miler ran the course twice.

In the 10-miler, Rob Raisbeck of Winston-Salem, set the pace as he negotiated the hills in a time of 54:27. Just over a minute behind, David Kallmes outdueled Dominique DaLuz to finish in 55:32, 24 seconds ahead of DaLuz. The first master was WRC's Bob Thurston with a time of 60:50.

Gordon Noel, showing that he has been putting in some distance work, moved up several places during the final two miles of the ten miler to finish in 12th place and second master. Both Dan Rincon and Pat Neary treated the 10-miler as a training run, registering 68:15 and 71:14 respectively.

The first female finisher was Win Graves of Arlington, Va., finishing in a time of 64:43. In second place

was Berni Creed of WRC, who registered a 67:43, followed by Susie Hemphill with a time of 76:27.

The 20-mile run attracted those who had larger bills to forget, or more pounds to lose. Ben Beach led the men on the double loop course, finishing in a commendable 1:58:15. In second place was WRCer Roger Howell with a 1:59:26 time and third was Tom Rogozinski of Pittsburgh, Pa., in a time of 2:01:20. The first master was Jim Porterfield of Bethesda in a time of 2:08:20 (7th overall).

Leading the female finishers home was WRC's Kathy Merkel. Husband Jerry was relegated to cheerleader and babysitter when the Merkel's childcare arrangements broke down. Merkel went out conservatively for the first half of the race, going through the ten mile mark in a little under 68 minutes. In the final five miles Merkel ran with a pack including Mike Silverman and Gerry Ives. Merkel came in for an easy win in 2:14:50, nearly 16 minutes ahead of the next woman, masters runner Mary Ann Zuckerman. Zuckerman, 40, set a new women's masters course record with her 2:30:49 finishing time, breaking Carol Herick's 1983 record of 2:44:08.

A note of thanks goes to Race Director Larry Noel and his numerous support personnel who provided a safe running event.

10-Miler

Men: 1. Rob Raisbeck, 54:27; 2. David Kallmes, 55:32; 3. Dominique DaLuz, 55:56; 4. Dale Bateman, 57:48; 5. Tony Maranto, 58:06; 6. Bill Stahr, 60:07; 7. George Bregman, 60:42; 8. Bob Thurston (WRC), 60:50 (1st

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

master); 9. Jim Walsh, 61:56; 10. Brett Reidy, 62:46; 12. Gordon Noel (WRC), 64:50; 21. Dan Rincon (WRC), 68:15; 25. George Banker (RC), 69:25; 32. Pat Neary (WRC), 71:14; 35. Chuck DesJardins, 62:57; 43. Dixon Hemphill, 75:43; 44. Bill Osburn, 76:12; Sal Corrallo, 1:42:35.

Women: 1. Win Graves (NOVA), 64:43; 2. Berni Creed (WRC), 67:43; 3. Susie Hemphill, 76:27; 4. Sharon Burkhart, 79:31; 5. Lyne Rosenbusch, 82:50

20-Miler

Men: 1. Ben Beach, 1:58:15; 2. Roger Howell (WRC), 1:59:26; 3. Tom Rogozinski, 2:01:20; 4. Pete Landergan, 2:03:34; 5. Marty Sachs, 2:04:23; 6. Tommy Rueckert, 2:04:23; 7. Jim Porterfield, 2:08:41 (1st master); 8. Ben Mathews, 2:08:41 (1st 50+); 9. Vassili Triantos (WRC), 2:09:25; 10. Tor Lokrheim, 2:11:15; 13. Gerry Ives (WRC), 2:14:36; 14. Mike Silverman, 2:14:49; 21. Al Marcy, 2:23:34; 22. Bill March (WRC), 2:25:40; 24. Tom Kurihara, 2:26:20; 33. Doug Robinson (WRC), 2:37:34.

Women: 1. Kathy Merkel (WRC), 2:14:50; 2. Mary Ann Zuckerman, 2:30:49 (1st master, c.r.); 3. Hiroko Smith, 2:37:56; 4. Julie Bond, 2:38:15; 5. Edie Tress, 2:38:22; 8. Judy Flannery, 2:49:27.

WRC 1989 IN-OUT LIST

by Valerie & Peter Nye

Every year sees changes, many of which seem to subtly slide past us, so we have compiled a list of what changes we will see in 1989:

Four-member Merkel Family	Five-member Merkel Family
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Washington Running Club

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

CLUB OFFICERS

President: Dan Rincon (441-9265)
Vice President: Bill Wooden (593-5528)
Secretary: Gerry Ives (320-3337)
Treasurer: Kevin Kolakowski (524-8391)
Newsletter Editor: Gerry Ives (320-3337)

COMMITTEES

Legal: Jim Hage, Chairman (652-6886)
Membership: Gerry Ives (320-3337)
Newsletter: Gerry Ives (320-3337)
Finance: Kevin Kolakowski (524-8391)
Competition: Dan Rincon, Chairman (441-9265)
Race Management: Al Naylor, Chairman (345-9342)
Social: Pat Bullinger, Chairwoman (524-8391)

Winning one-year Nautilus memberships

Killer track workouts
Marathons

Count Baker

Runner's high

Couch potatoes

Opening finishing-line businesses

Aviator sunglasses

Betty Blank's old boyfriend

President George Bush running

"Gone With The Wind"

Personal Bests

Tony Kornheiser's columns

D.C. Marathon

National Urban League

Hometown 15K

Sun tans

"I'm just using this race for training

Ben Johnson's steroids

Ira Pesserilo's "Running on Empty" column

Yogurt, sprouts, granola

WRC Team Porscha

Cross-training

The Olympics

Britches' chili

Moss Brown

Running shorts & singlet

Trial-and-error training

Stop watches

Winning dinners for two

Conceptual running

Triathlons

Cowboy Baker

Video Madness

Rug rats

Opening running stores

Wrap-around sunglasses

Betty Blank's new boyfriend

Alexandria Mayor Jim

Moran running

"Hearts of Lions"

Just finishing

Dave Barry's columns

Marine Corps Marathon

George Washington

Parkway 15K

Sun block

"Why doesn't this race have better age group prizes

Ben Johnson's saspirilla & fruit juice drink

Tom Carter's Thursday running column in

The Washington Times

Potato chips, donuts, beer

WRC all-terrain bike with fat tires

Oxymoron training

Jay Wind's Arlington

Co-op 10K

Clyde's clam chowder

Fairfax Running Center

Triathlon suits

Dan Rincon's coaching

Biological clocks

AN OPEN LETTER FROM BOB THURSTON, WASHINGTON'S COURSE-MEASUREMENT CZAR

Dear Editor:

1. The Run for Excellence was not 10.25K (as reported in the WRC Newsletter—November). It was actually about a quarter *mile* long, making it a 10.39K. For anyone who ran the race, you can figure your 10K time like this: first convert your time into seconds; then multiply the seconds by 0.9627; then re-convert to minutes and seconds.

I happened by, measuring another race (Copy General 25K), when I saw the course marshall turning people around. The turn-around is supposed to be 160 yards south of Tulane Dr.; it was more like 372 yards. I gathered that this poor lady (who after all was just doing what she was told) had received her portion of abuse for all this. She allowed as how it had to be the right place because it had been certified by this fellow named Thurston. "I've heard of him," I said, "but I'm not so sure about this spot." I left it at that; she had had enough correcting for one day.

2. (Forget this one—was going to be a harangue in the Maryland Marathon and 10K not being certified. But it seems they did send in an application for certification that was apparently lost in the mail. They will re-submit and we'll see. If anybody ran the "Tour Baltimore Marathon" or half-marathon, the jury is still out on that one, although the race director did say that the turn-around was done wrong on the half-marathon. Still waiting for more data on the marathon.)

3. Kudos to the Marines for being ready and willing to get things right! On checking the crossover ramp at mile 23 of the Marine Corps marathon, I noticed that one end was displaced about 8 feet from the proper point. I spoke to the major in charge; "No problem" was his reply. Within two minutes there were 50 marines there to move this 50-foot ramp to the right spot.

4. Help wanted!

a) From everyone—challenge those race directors to have their courses accurately measured and certified (for major races, anyway). If a course is certified, the RD can tell you a certification number AND he can give or show you the official course map. With the map, you can check the course yourself to see whether it's being run correctly. If the race is not certified, what method was used to measure it? Calibrated bike wheel is the best method; a measuring wheel can be used with reasonable accuracy; car odometers are the worst. Courses measured by car tend to be from 0.5K to 1(+)-K short. Bike odometers aren't a good solution (although they could be), because they don't read precisely enough and because they are usually not calibrated. b) Hey, we could use some help out there in measuring! It's different; for some people (no names here) it's addictive. Once you learn you can earn some money doing it. If you think you'd like to try a "measure," give me a call at 293-7009.

Thanks for listening.
Bob Thurston

WHAT'S HAPPENING AROUND WRC AND THE REST OF THE WORLD

Walter Sargent ran 2:20:01 at the San Diego Marathon on December 11, finishing 4th overall and first American. The race was won by **Carlos Rivas** of Mexico in 2:12:08. Sargent led the field through the first mile in 4:57 and continued in the lead until the 7-mile mark. Going through 10 miles in 50:00 he remained in the top three. At about the twenty-four mile point Sargent was troubled by a side stitch which caused him to stop three times and drop back to fifth place. In the final mile Sargent managed to move up to one place and claim the \$1,000 fourth place prize money. Look for Sargent at the Houston Marathon and the Cherry Blossom 10-Miler during 1989. Another WRCer, **Roger Urbancsik**, recognized Sargent's WRC singlet at the start of the race and went over to talk with him. Urbancsik, a former roommate of **Mark Baldino**, ran 2:39:03 in the same race and finished 29th overall. Like Sargent, Urbancsik also suffered from a stitch and had to stop three times.

Urbancsik is now working as a comptroller with Hughes in Los Angeles.

The opening of the new I-370 spur by Shady Grove Road in Montgomery County on December 4th was celebrated by a 5K point-to-point run. With the cash prizes going ten deep, there were some WRCers in the money. **Jim Eastman** took 4th place with a 15:14, followed by **Steve Daniels**, 8th in 15:30 and **Rusty Moore**, 10th in 15:36. **Patty McGovern** took 2nd place in the women's field with 17:19, followed by **Mary Ellen Williams** in 3rd with 18:05, and blast-from-the-past **Patty Peoples** in 8th place (without her bike) with a time of 19:13. The runners had to contend with cross-winds and cold weather.

It's official! The Washington Running Club men's 'A' team (**Jim Hage**, **Paul Jessey**, and **Tom Bowmaster**) won the men's open team championship at the Marine Corps Marathon. Initially, due to a mix-up in the results, Montgomery County RRC was named as the winner. However, thanks to the efforts of WRC Team Coordinator **J. J. Wind**, and the cooperation of the Marine Corps, everything was straightened out. WRC also won the women's open team division with a team consisting of **Pam Briscoe**, **Betty Blank**, and **Kath Otto**. WRC's masters team finished in 10th or 11th place—not our best showing, but we'll do better next year.

Former WRC member and a member of the 1968 U.S. Olympic Wrestling Team that competed in Mexico City, **Chip Hill**, has expanded his athletics to triathlons. At the Hawaii Ironman in October, he finished 455th out of 1,500 triathletes, in 11 hours, 3 minutes.

We missed a p.r. finish at the Alexandria Turkey Trot 5-Miler. **John Betts** chalked up another personal best with a 33:55 finish at the annual turkey day event.

One of WRC's multi-talented members, **Pattie McGovern**, revealed yet another accomplishment to the Tuesday Night Run participants. McGovern brought along her trumpet and performed some jazzed-up Christmas Carols (after the run, not during it). A member of her audience commented "She's not quite as good as Dizzy Gillespie, but then Gillespie can't break 2:40 for a marathon!"

At the DCRRC Greenbelt 20-Miler, **Donna Elliot** was sporting a sparkling diamond solitaire engagement ring. When questioned Ms Elliot confessed to her betrothal to **Lyman Jordan** of MCRRC. We wish them every happiness.

Peter Nye's publisher, W. W. Norton & Co., is currently working to sell two film story proposals in Hollywood from his book, "Hearts of Lions." The book was recently published in England.

The team WRC sent to the TAC Cross Country Championships gave it their best, but didn't come home with any hardware. The results were: 46. **Gerry Clapper**, 33:11; 77. **Ken Fowler**, 33:49; 112. **Jack Peach**, 34:32; 114. **Mike Monahan**, 34:34; 152. **Rob Hobermill**, 35:20; 155. **Roger Howell**, 35:22.

Rumor has it that **Bruce Coldsmith** is getting married, and that he will become the stepfather of three. This is definitely the end of an era folks!

Former WRC member **Jubie Alusio**, who left the area

to work and run in Boulder, subsequently went to law school and now is practicing the law in Lakeland, Florida. He was recently in town to run the Marine Corps Marathon, in 2:57.

James Scarborough will be race director of the Franklin Park 5-Miler, to be held on Saturday, January 28th, at the Williamsburg Intermediate School in North Arlington. Entry fee is \$1.00. Further information can be obtained by calling 536-7764 in the evening or on weekends.

There will be an indoor track meet on Sunday, Jan. 15 and 29, at 9:00 a.m. at the Thomas Jefferson Community Center in Arlington, Va. The events will include: 1-mile, 55-yd., 440-yd., 880-yd., and 2-mile runs; 2-mile walk; long jump; triple jump. The featured event is the Masters' Mile, 9:30 a.m., both meets. The track is 8 laps to the mile, with a new soft urethane surface—no metal spikes. Everyone welcome, from Olympic calibre to back-of-the-pack runners. Registration fee is \$2 for Arlington County residents, other adults \$5, high school students \$1, and children, Arlington Co-op members and spectators free. Directions: From DC or Beltway take Route 50 toward Arlington; turn south on Glebe Rd. (Rt. 120) for two blocks, then turn left on S. 2nd St. (Sunoco Station) for one block. T.J. Community Center is on left.

DCRRRC HALF-MARATHON AT BELLE HAVEN, SNOWBALL #1; MCGRAIL, ELLIOT TAKE LAURELS

by Don Pedro & George Banker

John McGrail didn't let a nasty fall on the northern Virginia bike trail during the D.C. Road Runners Half Marathon Dec. 3 or a 10-day layoff to recover from minor surgery deter him from continuing his dominance of local road racers. He won by 300 meters in 1:16:36, ahead of Dick Pankow of Alexandria.

Donna Elliot captured the women's event by more than four minutes, leading Mary Ann Zuckerman to the finish in 1:27:58. Zuckerman, 42, is back in area road races after finishing third in the 40-44 age group in late October at the Ironman Triathlon in Hawaii. She won the women's masters division in the half-marathon, and lowered the course record by four minutes.

McGrail went out easily with a lead pack of five others that started in Belle Haven Park and went south down the paved bike trail adjacent to the Potomac River under a resplendent sunny sky. In the pack were Pankow, Mike Silverman of Kensington, John Thoren of Washington, Bill Stahr of Germantown, and WRC's Peter Nye. McGrail was content to take it easy through the first mile, in 5:42, following minor surgery 10 days earlier for removal of a cyst that brought on his layoff.

Three miles into the run, McGrail tripped over irregular asphalt and fell face first. "It's my fault," he called out as the others continued, knowing that he wasn't forgotten or gone.

By the turn-around not far from Mount Vernon, McGrail was back, running in the lead with Pankow while the rest trailed.

McGrail, 33, ran with Pankow, 44, for another two

miles, then applied pressure to the pace over a series of brief but telling hills.

"He pulled ahead of me on the hills near Fort Hunt," Pankow said afterward. "I could feel my legs going." Pankow went on to finish in 1:17:35 for second overall and first men's master, but not enough to claim the course record. Pankow held the masters course record in 1985 and 1986, but lost it to Bill Wooden's 1:16:31 finish last year.

Mike Silverman held on for fifth, in 1:17:49. Well known for going out with the leaders and fading, Silverman ran a steady race.

Another surprise was Gerry Ives who rolled in with an impressive 1:22:46. He was pleased with his performance, and let friends treat him to lunch afterward to share the pleasure.

Special thanks go to Dixon Hemphill of the Fairfax Running Center for the donation of awards and the gifts to each registered runner. Also thanks to Roger Peet and Damaris Lagueux for being race directors, and to the other volunteers.

Men: 1. John McGrail, 1:16:36; 2. Richard Pankow, 1:17:15; 3. John Thoren, 1:17:28; 4. Bill Stahr, 1:17:32; 5. Mike Silverman, 1:17:49; 6. Paul Anderson, 1:18:15; 7. John Nickles, 1:18:46; 8. Pete Nye (WRC), 1:19:18; 9. J. J. Wind (WRC), 1:20:18; 10. Theodros Tadesse, 1:20:46; 11. Bill Hoss, 1:20:58; 13. John Haubert, 1:22:37; 14. Gerry Ives (WRC), 1:22:46; 16. Louis Pribyl, 1:23:16; 18. Ron Griswold (WRC), 1:24:04; George Masson, 1:26:28; Tom Kurihara, 1:27:40; Roland Elliott, 1:27:51; Larry Tabachnick, 1:28:40; George Banker, 1:29:13; Dixon Hemphill, 1:50:00; Joe Rizzo (WRC), 1:52:02; Alvin Guttag, 2:33:50.

Women: 1. Donna Elliot (WRC), 1:27:58; 2. Mary Ann Zuckerman, 1:32:12; 3. Andrea Anderson, 1:37:29; 4. Jennifer McGrail, 1:37:43; 5. Susan Duncan, 1:39:41; 10. Ayne Furman, 1:48:30; Val Nye (WRC), 1:50:30.

SNOWBALL #2, GLEN ECHO BREAD RUN 10K, ATTRACTS QUALITY FIELD ON FRIGID DAY

by Will Woodbine

The Bread Run 10K, held on Sunday, December 11th, at Glen Echo Park, attracted a field of ninety-six participants this year. The runners were wearing their thermal gear on this chilly December morning, with the exception of WRC's Bob Trost who was clad only in a singlet and shorts.

Jim Eastman made his debut in Washington-area road racing three years ago at this race, and finished second to Kevin McGarry's 31:01 course-record performance. This year Eastman tried again.

Adam Trzeciak and Eastman broke to the front during the first mile and it was a two-man race for the first 5½ miles. Trzeciak opened up a 50-meter lead after the gut-wrenching climb up the eighty-one railroad tie steps from the towpath to MacArthur Blvd. Eastman gave it his best shot but could not close, finishing second, by seven seconds, to Trzeciak's 32:40 p.r. performance.

After the race, Eastman was in considerable discom-

fort. Apparently he had collided with another runner during a training run the previous week and had suffered a severely bruised rib. He said, however, that it hadn't affected his racing performance. "It only hurts after I've finished a race," he commented.

The women's race was dominated by two WRC women. Annemarie Jutel and Donna Elliot. Both women were taking it easy during the race, but they comfortably took the two top spots.

Jutel went out at a sub-six minute pace for the first two miles, and, easing slightly during the third mile, went through the 5K mark in 18:40. Elliot did not realize that the person in front of her was another woman, or she may have forgotten her coach's admonition to run at an easy race pace. By the same token Jutel, with a 34:50 10K p.r., is no slouch and is capable of giving any Washington-area woman runner a tough race. As it was Jutel crossed the line in 38:50, with Elliot trailing by 15 seconds.

Paul (Sandy) Brown led the male masters field home with a strong 35:13 performance after Bernie Gallagher, his only potential competition, dropped out during the first mile. For the women masters, Mary Ann Zuckerman made it two Snowball Series masters division wins in a row, coming in third overall with a time of 42:01.

The post-race get-together featured hot chocolate and home-made bread with honey (the kind that bees make). As usual, thanks go to Bob and Delabian Thurston for organizing the race, and to the numerous volunteers.

Results: Men—1. Adam Trzeciak, 32:40; 2. Jim Eastman (WRC), 32:47; 3. Dave Lashar, 33:20; 4. Dennis Coleman, 33:53; 5. John McGrail, 34:00; 6. Dominique DeLuz, 34:15; 7. Paul (Sandy) Brown, 35:13 (1st master); 8. Scott Bartram, 35:28; 9. Robert Rodriguez (WRC), 35:41; 10. Bill Stahr, 35:45; 12. J.J. Wind (WRC), 36:34; George Masson, 37:30; Gerry Ives (WRC), 38:04; Bob Trost (WRC), 38:24; Tom Kurihara, 39:52; Al Marcy, 41:05; Lyman Jordan, 42:23; Bill Osborne, 46:14 (1st 60+); Jerry Cooper, 46:50.

Women—1. Annemarie Jutel (WRC), 38:50; 2. Donna Elliot (WRC), 39:05; 3. Mary Ann Zuckerman, 42:01 (1st master); 4. Janice Stoodley, 43:08; 5. Susan Aaronson Wham, 44:44.

FAIRFAX CITY 5K? DISTANCE QUESTIONED; POSSIBLE COURSE CERTIFICATION TARGET

by Berni Creed

About seventy-five runners turned out for a low-key race at Van Dyck Park sponsored by the City of Fairfax Parks and Recreation Department on November 12.

Lauretta Miller, who ran 61:20 at the Army 10-Miler, was the first female finisher in 19:50. She looked real strong as she passed me up a short, steep hill early in the race and would have run a much faster time but for a wrong turn on a poorly marked section of the course.

Quite a few finishers questioned the accuracy of the course, which seemed closer to 3.3 miles than 3.1. However, the race director said the course had been

measured three or four times and was found to be 3.1 miles.

Results—Men: 1. Jama Aden, 16:24; 2. Bill Courtney, 16:40; 3. David Bacci, 16:54; 4. James Alexander, 17:26; 5. Chris Persons, 17:34; J.J. Wind (WRC), 19:48; Herb Chisholm, 22:03.

Women: 1. Lauretta Miller, 19:50; 2. Carey Hill, 19:57; 3. Berni Flynn Creed (WRC), 20:43; 4. Sara Calvert, 21:15.

TERRAPIN TROT 10K A SWEEP FOR WRC; JIM HAGE AND BERNI CREED TAKE HONORS

By Berni Creed

Two hundred and eleven runners showed up to run the Ninth Annual Terrapin Trot 10K, October 23, on a cool, but sunny morning. Organized by the Alpha Xi Delta Sorority at the University of Maryland, it was a benefit for the American Lung Association. The race was held on the campus of the university and finished on the track at Byrd Stadium. The course was originally designed by Dan Rincon back in 1980.

The race was won by Jim Hage in 31:40, who started some 40 seconds after the rest of the field. Twelve hundred meters into the race I heard someone coming from behind saying "Excuse me, excuse me!" as he weaved his way in and out among the runners. "That was Jim Hage!" a runner was heard to exclaim.

First and second place male and female finishers received Tiger Asics MFT running suits and shoes, respectively. However, prizes were reduced after that to blue ribbons for the age group winners.

Numerous random prizes such as visors, bags, and dinner certificates, were thrown out to a small mob surrounding the announcer's table after he apparently got bored with calling individual numbers.

Results: 1. Jim Hage (WRC), 31:40; 2. Dave Berardi, 31:43; 3. Steve Daniels (WRC), 32:52; 4. A. Bean, 33:18; 5. D. Galbraith, 33:52; 16. Paul O'Connell (WRC), 36:55; 25. Ray Morrison, 38:29; 30. Berni Flynn Creed (WRC), 39:00 (1st woman, p.r.); Nancy Gugerty, 39:51 (2nd woman).

HONOLULU MARATHON WON BY POLI & WELTE; 2ND PLACE MALE ALLEGEDLY S. AFRICAN

by John Betts

Italian Gianni Poli won the men's division of the 16th Annual Honolulu Marathon on December 11, 1988 with a time of 2:12:47. Cyndie Welte of Ohio captured the women's title in a time of 2:41:52.

The victory was especially sweet for Poli because he was on his honeymoon. Welte also had an interesting story. She was only coming to Hawaii to watch her friend Bill Reifsnnyder run, but decided to enter the race at the last minute. Her decision made her \$10,000 richer.

The race started at 5:30 under floodlights in order to minimize the effects of the Hawaiian heat. The pre-race

atmosphere was festive and the race organizers provided enjoyable non-stop music. Whitney Houston's hit record, "One Moment In Time," was the last song played before the race.

Instructions for the Honolulu were provided in both English and Japanese. This was necessitated by the fact 49.8% of the race entries were from mainland Japan, while only 44% of the entrants were American. Other nations represented included: Australia; The Bahamas; Canada; Czechoslovakia; Denmark; Finland; Italy; Sweden; Switzerland; Tanzania; and West Germany. The 1988 Honolulu Marathon may be the first American race in which foreigners outnumbered Americans. There were 10,183 Entrants and 8,808 Finishers (87%).

The race began in Waikiki and followed a very scenic course around Diamond Head, with the Pacific Ocean visible for most of the event. There were 17 aid stations, each having cold sponges, water and diluted coca cola. Each finisher received a shell lei, large finisher's medalion and the highly coveted finisher's shirt. The shirt, which is only given to those who complete the course, is traditionally worn by runners for several days after the marathon.

There was some controversy in this year's event because of allegations that the second place finisher, Bradt Nava, was from South Africa. Nava denied he was from South Africa and claimed that he was from Paraguay. South African athletes are prohibited from participating in TAC-Sponsored events. At press time, the controversy had not yet been resolved.

Although the six runners were under 2:20, the times of the rest of the men's field dropped off sharply. There were seven runners under 2:30 and 126 under 3:00. By comparison there were 16 runners under 2:30 at Marine Corps, and over 400 under 3:00. Of course the Marine Corps runners didn't have to start at 5:30 a.m. and go clambering around Diamond Head.

Next year's Honolulu Marathon will be run on December 10, 1989. Applications can be obtained by writing to:

Honolulu Marathon Association
3435 Waiālae Avenue, Rm. 208
Honolulu, Hawaii 96816

Men: 1. Gianni Poli, Italy, 2:12:47; 2. Bradt Nava, Paraguay, 2:15:12; 3. Gidamis Shahanga, Tanzania, 2:16:47; 4. Agapias Masang, Tanzania, 2:17:23; 5. Bill Reifsnnyder, Pennsylvania, 2:17:53; 6. Zach Barie, Texas, 2:18:15; 7. Kjell-Erik Stahl, Sweden, 2:25:49; 8. Tetsuji Iware, Japan, 2:30:59; 9. Kazatera Kawamoto, Japan, 2:32:03; 10. Duncan McDonald, Hawaii, 2:32:19; 24. Bob Wolfe, Texas, 2:38:56 (First Master); 42. Gerry Lindgren, Hawaii, 2:43:13; 52. Frank Shorter, Colorado, 2:45:24; 807. John Betts, WRC, 3:34:34 (932 Overall).

Women: 1. Cyndie Welte, Ohio, 2:41:52; 2. Priscilla Welch, Colorado, 2:43:20; 3. Rita Deniston, Hawaii, 2:47:42; 4. Jeannie Urness, Hawaii, 2:48:27; 5. Gillian Horovitz, New York, 2:49:37; 6. Minoru Muramoto, Japan, 2:58:05; 7. Diane Ridgeway, Honolulu, 3:00:23; 48. Toshiko Ogawa, Japan, 3:29:25; 1322. (Overall) Suzie Martin, Hawaii, 3:45:11

'AWARENESS THROUGH MOVEMENT' EXERCISES; FASTER TIMES, FEWER INJURIES—PART II

by John Link

Here's a short Awareness Through Movement lesson to relieve or prevent strain in your back. Be sure to do the movement gently and effortlessly.

Lie on your back with your legs extended and your arms along your sides. Take a few minutes to scan your body. How is your weight distributed? What is the quality of your breathing? Where does your spine meet the floor? Where does it leave the floor? Notice especially what you feel in the small of your back.

Bend your knees so that your feet are flat on the floor. Slowly tilt your pelvis toward your head, and then lift your spine off the floor as slowly as you can, one vertebra at a time, focusing your attention on the point where your spine is leaving the floor. Continue to lift until your weight is on your shoulders, and then lower your spine just as slowly as you raised it. Repeat the raising and lowering a few times, stopping when you become bored.

Stretch your legs out and scan your body just as you did before doing the movements. What differences do you notice? Slowly roll to your side, stand up, and notice whatever you can.

I look forward to seeing you at the January meeting when I'll present an introductory Awareness Through Movement lesson.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD DECEMBER 9TH, 1988

The meeting was called to order by President Dan Rincon.

The first order of business was nominations for Club officers for 1989.

Nominated for President: Lisa Hamm (nominated by Kevin Kolakowski, second by Jeff Reed).

Nominated for Vice-President: Kevin Kolakowski (nominated by Lisa Hamm, second by Dick Brannan).

Nominated for Treasurer: James Scarborough (nominated by Jeff Reed, second by Kevin Kolakowski).

Nominated for Secretary: Gerry Ives (nominated by Dan Rincon, second by Dick Brannan).

Elections will be held at the January meeting. Additional write-in nominations can be sent to the Club Secretary, or can be made from the floor at the January meeting.

Social Committee: Pat Bullinger will come up with recommendations concerning WRC's annual banquet. There is a possibility of holding the function at the Army-Navy Club. Lisa Hamm asked if there was any interest in a Club ski trip. She will have details at the January meeting.

Competition Committee: Dan Rincon suggested that the Club support an elite team. He said that would make it more likely for new elite runners to join WRC, and would also give the Club more exposure.

Old Business: Tris Kruger thanked the Club for the

volunteers and technical assistance at his Potomac 5K race. He also mentioned that his Marine Corps Marathon time had been omitted from the Newsletter. The newsletter editor promised to try to do a better job, but it would help if Tris placed in the top 10.

New Business: J.J. Wind announced the dates of the T.J. Indoor Track Meet, and distributed flyers and entry forms. He also reported that the National Association of Cooperatives is interested in sponsoring a race, possibly the old Hecht's 10-Miler. J.J. and Gerry Ives will meet with the Association's development director.

There being no further 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 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., Washington, 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., 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 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., 8:00 a.m. Over hill and dale the kids hit the trail at 6:00-7:00 pace while tossing verbal brickbats at one another.

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

**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 1988

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