

Washington Running Club ★ Newsletter

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April 1989

NOTE—NEW MEETING PLACE

The APRIL Meeting of WRC will be held at the Fairfax Running Center in Old Town Alexandria in the Strand off Union Street at 8:00 p.m. on Friday, April 14. The Club appreciates Fairfax Running Center's generosity in allowing us to use their store for our meeting. Let's get a good turnout for this one.

CHERRY BLOSSOM 10M GETS PR WEATHER; WEIDENBACH SETS U.S. WOMEN'S RECORD

by Gerry Ives

The 1989 Cherry Blossom 10-Miler finally got the weather it deserves—almost no wind, and temperatures in the low 50s. If you were going to run a p.r., Sunday, April 2nd, was the day to do it.

In the past two years there has been two seconds between first and second place, and this year was to be even closer. Brian Sheriff overtook Dionicio Ceron, literally at the tape, to take the title in a time of 46:43, less than one second ahead of his rival. Both men had broken from the 7-man lead pack at the nine-mile mark, but Steve Jones and Chris Fox remained within striking distance until the home stretch along the Potomac in West Potomac Park. Jones, the pre-race favorite, finished in 3rd place in 46:49, holding off local speedster Fox, also by a single second.

Jim Hage was the WRC standard-bearer finishing in 18th place with a time of 48:46. Former WRCer, Jeff Scuffins, took 20th in 48:54, and Gerry Clapper nailed down 25th place in 49:28. David White looked as if he was back in form, running a 50:36, after a disappointing race at the St. Paddy's Day 10K.

Rusty Moore just keeps on getting better. Moore's 52:12 finish was 1:08 better than last year and gives a boost to Moore's Boston Marathon p.r. prospects. Personal bests were registered by Tom McCarthy (55:29), and Kevin Kolakowski (60:21). Phil Woodyard had a p.w. of 58:54, but he explained that he was running with a friend, and his friend had a good race.

Even though Marianne Dickerson was on the sidelines, the WRC women's reputation was in good hands as Patty McGovern finished in 10th place with a time of 56:49. Although McGovern's time was a minute slower than her p.r., she was satisfied that her training was now going in the right direction. She intends to concentrate on speed work on the track during the next few months.

One of the broadest smiles at the finish was on Donna Elliot's face, as she obliterated her p.r. with a superb

59:06 performance. Elliot has more than paid her dues working with her coach, Dan Rincon, over the past 18 months. Her 1988 season was filled with p.r.s but she did not achieve the times she knew she was capable of. This year looks like Elliot's year.

Mary Ellen Williams has been one of WRC's most consistent runners for many years. Williams lived up to her billing by collaring the 1st woman master's spot with a 61:10 finishing time

The post-Cherry Blossom party was held at Marianne Dickerson's house and featured lots of beer and Patty McGovern's cheesecake. If you missed it this year, mark your calendar for next year! Everyone had a great time, even those who didn't run p.r.s. Thanks go to Marianne, who gave the Club use of her house, and to Pat Bullinger, who helped with the organization of the party.

Men: 1. Brian Sheriff, 46:43; 2. Dionicio Ceron, 46:44; 3. Steve Jones, 46:49; 4. Chris Fox, 46:50; 5. Bill Reifsnnyder, 46:55; 6. Steve Taylor, 47:01; 7. Martin McLoughlin, 47:05; 8. Sam Ngatia, 47:18; 9. Steve Kogo, 47:20; 10. Mark Plaatjes, 47:22; 14. John Glidewell, 48:30; 18. Jim Hage (WRC), 48:46; 20. Jeff Scuffins, 48:54; 25. Gerry Clapper (WRC), 49:28; 28. Dave Berardi, 49:53; 29. John Wessels, 49:55; 30. Calvin Biesecker, 50:31; 31. David White (WRC), 50:36; 37. Chris Nugent, 51:09; 40. Kurt Kroemer (WRC), 51:46; 46. Rusty Moore (WRC), 52:12; 47. Layne Party (WRC), 52:19; 48. Tom Bowmaster (WRC), 52:23; Robert Rodriguez (WRC), 55:38; Tom McCarthy (WRC), 55:29 (pr); Mel Williams, 56:08; Faye Bradley (GNATS), 57:36; Dave Johnson (WRC), 57:51 (2nd 45-49); Larry P'Anson, 58:23; Phil Woodyard (WRC), 58:54 (training run); Bob Thurston (WRC), 59:58; Kevin Kolakowski (WRC), 60:21 (pr); Bob Trost (WRC), 60:40; Gerry Ives (WRC), 61:59; James Scarborough (WRC), 67:12; Jeff Reed (WRC), 67:40; Jim Feaster (WRC), 73:30.

Women: 1. Lisa Weidenbach, 52:34; 2. Cathy O'Brien, 52:44; 3. Kim Jones, 53:41; 4. Jill Clarke, 54:27; 5. Patty Murray, 54:47; 6. Gordon Block, 55:22; 7. Jane Welzel, 55:32; 8. Candace Meghan, 56:04; 9. Lorraine Horchella, 56:39; 10. Patty McGovern (WRC), 56:49; 13. Leslie Minnix, 58:55; 14. Donna Elliot, 59:06 (pr); 17. Pam Briscoe (WRC), 60:24; 18. Mary Ellen Williams

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

(WRC), 61:10 (1st master); 21. Win Graves, 61:40; 22. Ruth O'Hara, 61:42; 23. Laura Scofea, 61:45; 26. Susan Pantzer, 62:38; 30. Joyce Rankin, 63:04; 36. Molly Pyle, 63:53; 37. Berni Creed (WRC), 64:00; Betty Blank (WRC), 71:20; Chris Stockdale (WRC), ??:??; Judy Cottam (WRC), 98:00.

SHAMROCK MARATHON AND 8K RACE SUFFER FROM HEAT, SPLIT PROBLEMS

by Donna Elliot & John Betts

"In the 80s" was the unwelcomed forecast on the eve of the Shamrock Marathon and 8K Race held at Virginia Beach on March 18, 1989. And the prediction held true, with the high reaching 88° on race day.

During the 8K, the heat was on, but the splits were off. Despite the obviously wrong splits given and, rumor has it, maybe an inaccurately measured course (too long), our WRC members ran very well. In the women's race, Maria Pazarentzos finished 4th with a time of 27:53; Donna Elliot was 11th, finishing at 29:52; and Mary Ellen Williams was 4th master (13th overall) running 30:15. One other local runner seen was Ruth O'Hara (Joyner) who finished in 31:06. Top finisher for the WRC men was Gerry Clapper, who took 8th place in 24:30. Clapper was 48 seconds behind the winner, Hagerstown's Chris Fox.

The marathon began in 67° temperatures, but soon became an inferno for the 1,300 participants. Temperatures soared to the 80°s within two hours of the start of the race, causing approximately 500 (38%) of the runners to drop out. WRC's Kathy Merkel was brave enough to challenge the heat hoping to complete the distance in a respectable time. Her pace was swift, starting with 6:20s, but by the 15-mile mark, she realized that 11 more miles in such heat would be suicidal and decided to save her effort for another day. Kathy

Stiles of Berryville, Va., a MCRRC member, started at a much slower pace knowing she had to adjust her strategy due to the brutal weather. Her finishing time of 3:15 was enough to put her in the money (\$200) and in 3rd place.

The men's open marathon was won by Mark Sheehan, of Tampa, Fla., in 2:22:57, while the women's open event was captured by Elizabeth Andrews of Norfolk in 3:03:01—15 minutes slower than her winning time last year. Each winner received \$1,000 for their effort.

The Shamrock Marathon is run over a flat course, but the runners can encounter strong winds at various points in the race. There are 13 aid stations, which is probably sufficient for 50° temperatures, but which was not enough for this year's event. Those interested in running in next year's race should write to: Jerry Bocrie, Shamrock Marathon, 2308 Maple Street, Virginia Beach, VA 23451.

Shamrock Marathon

Men: 1. Mark A. Sheehan, 2:22:57; 2. Robert Yara, 2:32:50; 3. Bill Hart, 2:38:03; 4. Matthew Greenwald, 2:38:37; 5. Chaz Hummel, 2:43:31; 6. Ed Boggess, 2:44:36; 11. Mel Williams, 2:47:38; Jose Carrasquillo, 3:06:10; Tor Lokrheim, 3:07:32; Kyle Thomas, 3:15:29; John Betts (WRC), 3:45:00(?).

Women: 1. Elizabeth Andrews, 3:03:01; 2. Lena Hollman, 3:05:58; 3. Kathy Stiles, 3:16:03; 4. Dee Donnelly, 3:17:35; 5. Jane McNaught, 3:17:54; 8. Hiroko Smith, 3:23:17; Janet Newburgh, 3:56:08; Nita Rizzo (WRC), 4:47:49 (2nd 50+).

Shamrock 8K

Men: 1. Chris Fox, 23:42; 2. Greg Beardsley, 23:50; 3. Steve Kogo, 23:52; 4. Wilson Waigwa, 23:54; 5. Darrell General, 24:01; 7. Bill Rodgers, 24:14; 8. Gerry Clapper (WRC), 24:30; Larry Frederick, 27:13; Bill March (WRC), 30:16.

Women: 1. Christine Pfitzinger, 26:20; 2. Janis Klecker, 27:07; 3. Kathy Hadler, 27:21; 4. Maria Pazarentzos (WRC), 27:58; 5. Inge Schuurmans, 28:01; 11. Donna Elliot (WRC), 29:52; Susan Cain, 32:41; Mary Ellen Williams (WRC), 30:15; Ruth O'Hara, 31:06.

Washington Running Club

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CLUB OFFICERS

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BETHESDA CHASE, RAIN AND COLD; WRC WOMEN SALVAGE CLUB'S HONOR

Sunday, March 5th was a nice day for an *early* morning run—a little brisk, but not bone-chilling cold. Unfortunately, the Bethesda Chase did not start in the early morning. The race didn't get underway until mid-morning, and by that time the weather had deteriorated and was featuring steady rain, making the 20K run miserable and the post-race gathering almost non-existent.

Patty McGovern took the lead in the women's race from the start. With her sights set on Boston in April she was coming into the race with a heavy mileage load and not yet at her racing peak. McGovern eased the pace considerably over the final two miles of the race and was

not happy with her 1:17:07 first place time—more than four minutes slower than her winning time last year. Pam Briscoe also was slower than last year, by two minutes. Briscoe was running in third place until the hill in front of Bethesda Naval Hospital where she reeled in Peggy Ball and took second place in 1:18:06, fifty-three seconds ahead of Ball. Briscoe almost always manages to reach down and pull something extra out during the final stages of the longer races.

One of the Club's most improved runners over the past year is Berni Creed. While everyone else was registering p.w.s Creed pulled off a p.r. 1:23:23, despite the conditions. Creed had run a 5K race on Saturday, which she claimed loosened her up for her 6th place effort on Sunday.

The Bethesda Chase has traditionally been a showcase for WRC's talent. However, this year the men did not perform as well as the women, with only Phil Woodyard and Tom McCarthy in the top twenty. Woodyard went out conservatively and picked up a few runners in the last two miles, finishing in 16th place with a 1:11:40. McCarthy has been improving steadily over the past two years and ran a solid 1:13:30, which indicates another good year for him. Rock Creek's John McGrail was nipped at the wire by Dominique DaLuz. DaLuz went by McGrail in the final stretch, beating him for 8th place 1:09:03.4 to 1:09:03.8—that's about as close as you can get. Just ahead was Adam Trzeciak, whose 1:08:40 finish was enough for 7th place. Trzeciak is another local runner whose performances have improved over the past year.

Results—Men: 1. Robert Schelm, 1:06:15; 2. Chris Chattin, 1:06:26; 3. John Flaherty, 1:07:15; 4. Eric Wilkins, 1:07:22; 5. Scott Douglas, 1:07:33; 6. Patrick McHugh, 1:08:30; 7. Adam Trzeciak, 1:08:40; 8. Dominique DaLuz, 1:09:03.4; 9. John McGrail, 1:09:03.8; 10. Chris Samley, 1:09:32; 11. Phil Woodyard (WRC), 1:11:40; 20. Tom McCarthy (WRC), 1:13:30.

Women: 1. Patty McGovern (WRC), 1:17:07; 2. Pam Briscoe (WRC), 1:18:06; 3. Peggy Ball, 1:18:59; 4. Tammy Slusser, 1:21:43; 5. Louise Kandra, 1:23:05; 6. Berni Creed (WRC), 1:23:23; 7. Patricia Zersas, 1:24:25; 8. Susan Pantzer, 1:24:36; 9. Beverley Shooshan (WRC), 1:25:20; 10. Susan Cain, 1:25:38.

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

Maryland's track squad had a successful visit to the Raleigh Relays. WRC member, **Denise Knickman**, took 5th place in the 10,000 meters in 36:20.64, behind **Beth Jacobsen's** 1st place 34:53.01. Another WRCCer, **Greg Early**, took 1st place in the 1500 meters by running a p.r. 3:53.11. Freshman **Chris Ciamarra** qualified for the IC4A Championship with an 8th place effort in the 10,000 meters, clocking 30:33.08. **Roslyn Taylor** qualified for the NCAA 3000 meters by running 9:18.76, with **Jennifer Van Horne** taking 4th in 9:44.06.

On May 13th and May 20th **Jacob Wind** is directing two fun runs in Arlington and requests volunteers. Vol-

unteers will be needed from 11:00 a.m. until 12:15 p.m. on May 13th, and on May 20th from noon until 1:30 p.m. Locations: May 13th at 1 p.m., Patrick Henry Elementary School, 7th & S. Walter Reed Dr., 1 mile fun run, 7th and Walter Reed Dr.; May 20th at 1 p.m., behind the Burger King, Columbia Pike and Monroe Street, 2-mile "I Like the Pike Hike". Call J.J. at 920-5193 to volunteer or for more information.

The Hershey Track and Field Program in Arlington seeks volunteers to conduct Youth Track and Field Clinics at the TJ Center on Saturday mornings, 9:00 until noon, April 1st through May 20th. The final meet will be at Washington Lee High School Sunday, May 21. Our helping out at the clinics is part of the deal for getting the TJ Center for indoor track meets during the winter, so try to get out and give a hand. Call **J.J. Wind** at 920-5193.

Come to the DCRRC Banquet and watch your friends get honored. **Donna Elliot** is nominated for "Most Improved Female," **John McGrail** is a repeat for "Outstanding Male," and **Berni Creed** is nominated for "Outstanding Female" runner. This year for the first time the DCRRC will present an "Outstanding Male and Female Master" award. This year **Marianne Zuckerman** is nominated for the Female Master and **Bernie Gallagher** is nominated for "Most Improved Male" and "Outstanding Master." **Roger Peet** is the "Outstanding Volunteer" nominee, and **Alvin Gutttag** will receive a plaque as DCRRC's "Sustainer" of the year. Long-time DCRRC member **Larry Noel**, who is retiring this year and moving to Emmittsburg, Pa., will be inducted as a Charter Member of the DCRRC "Hall of Fame." The banquet will be held on Saturday, April 23rd at Stouffer's in Crystal City, and the cost is \$13.50. Contact **Roger Peet** at 765-1837 or **George Banker** at 564-2392 for further information.

Norm Brand was given an award at the National Scholastic Meet in Annapolis for his service to high school track over the years. In a note to the Newsletter he asked if anyone could identify the fellows in the photo on page 26 of the April *Running Times*? (Steve Mahieu, ?, Sheldon Carlin, and Bob Thurston in the background.)

Capital Sports is looking for a part-time store manager. They have two stores, one on Capitol Hill and the other at Silver Hill Road and Pennsylvania Ave. If you're interested call **Tony Garafalo** at 546-1212 or 337-1227.

The Sri Chinmoy Marathon Team is sponsoring the Peace Run '89, a worldwide Olympic-style torch relay slated to come through D.C. on April 23rd. If you want to sign up to run call 363-4797 or 881-3980. Participation is free, and no competition or political cause is involved. In 1987, marathon stars Grete Waitz and Ingrid Kristiansen ran with the torch, and the event was covered on NBC's Today Show and was the subject of a PBS special.

According to **Suzu Coffey**, if you're looking for a great race at the end of May, look no further. The **Vermont City Marathon** is set for Memorial Day weekend, and will start at 8:00 a.m. on May 28th. With \$5,000 in total

prize money you could pay for your vacation. Send a SASE to: Vermont City Marathon, P.O. Box 152, Burlington, Vermont 05402-0152. Telephone: Days (802) 863-1648 or Eves. (802) 434-4131.

The **Fraternal Order of Police 4th Annual 8K Race** is scheduled for 8:00 a.m. on Sunday, May 21 at Rockville, Md. The race offers \$400 for 1st place male and female, with cash prizes going down to 3rd place and 1st and 2nd masters. Last year was an outstanding race, and this year promises to be as good or better. The course has been recertified to 8K because of commercial development on the old 10K course. For further pre-race information call (301)-972-2315.

DCRRC 10K CHAMPIONSHIP PARTICIPANTS SUFFER UNDER VAGARIES OF WEATHER

by Jay Wind

On the first hot day of the year, the DC Road Runners Club 10K Championship went off at 1:45 p.m. at Woodson High Track, March 18, in Fairfax. Never mind the winners—that data was all in the *Post*. The exciting thing about the race was the weather. For the first 25 minutes, we're burning up. It's so hot, we're splashing water on our heads every time we pass the water table.

Suddenly, at 25 minutes, the sky turns grey. The wind picks up. We fly down the back stretch of every 440, then turn into a wall of wind on the home stretch every lap. The leaders finish at 31:50 and 32 to 33 minutes.

Finally, at 35 minutes, the sky breaks open with a torrential downpour. Anyone left on the track gets soaked!

This writer ran 37:20 and paid dearly.

ST. PADDY'S DAY ATTRACTS STRONG FIELD; AUGUSTAUSKAS, MCMILLAN TAKE LAURELS

The St. Paddy's Day 10K Run on Sunday, March 12th, saw Rudy Robinson taking the early lead over a strong field. Robinson, who has had to decrease his mileage over the past six months due to a varicose vein problem and has been seriously considering retiring from competition, relinquished the lead to John Wessels near the three-mile mark. David McMillan and Calvin Biesecker closed in on Wessels at the four mile mark and Biesecker and Wessels kept exchanging the lead for the next two miles, taking turns in breaking the wind. McMillan cannily laid back, and conserved his energy for a final push at the six-mile point when he passed Wessels and crossed the line in 30:47, winning by a seven second margin. Biesecker was a close third in 30:59, with Robinson fourth in a solid 31:06.

Rusty Moore, in 7th place, led a three-man pack of WRCers across the finish, clocking a 32:00 time. David White copped 8th, and was less than delighted with his 32:28 time—vowing to “get serious” in the next few weeks. Bill Courtney rounded off WRCers finishing in the top ten with a 9th place finish in 32:53.

In the women's division, Susanne Augustauskas took

first place with a 35:42 clocking. Augustauskas has been running well for the past six months and won the Alexandria Turkey Trot last November in 28:47. WRC's Pattie McGovern took second place in 36:04. McGovern said she couldn't get her legs moving in the race, and was distracted by the incorrect 1-mile split, a complaint voiced by many other race participants. McGovern has decided to drop her Boston Marathon plans and concentrate on getting on the track to work on her leg-speed.

Rounding out the top four were two other WRCers—Louise Mallet in 3rd with 37:15, and Anne Marie Jutel in 4th with 38:11. Mallet is currently based in Atlanta, Ga., where she is finishing work on her master's degree in physical therapy. She expects to receive her degree on May 15th of this year, so both she and her mother, Joanne Mallet, will miss the May 14th Nike Women's Race this year.

Results—Men: 1. David McMillan, 30:47; 2. John Wessels, 30:54; 3. Calvin Biesecker, 30:59; 4. Rudy Robinson, 31:06; 5. Cameron Stracher, 31:54; 6. Karl Stith, 31:56; 7. Rusty Moore (WRC), 32:00; 8. David White (WRC), 32:28; 9. Bill Courtney (WRC), 32:53; 10. Terrence McLaughlin, 33:18; 13. Darryl Stewart, 33:30; Ben Beach, 33:56; Tom Skelly, 36:32; Bob Trost (WRC), 37:13; Eamon McEvilly, 37:35; Chan Robbins, 37:53; Jeff Reed (WRC), 41:40; John Betts (WRC), 43:58;

Women: 1. Susanne Augustauskas, 35:42; 2. Patty McGovern (WRC), 36:08; 3. Louise Mallet (WRC), 37:15; 4. Anne Marie Jutel (WRC), 38:11; 5. Terry Sweitzer, 38:40; 6. Jane Downing, 39:06; 7. Cinox Ganthier, 40:47; 8. Win Graves, 41:06; 9. Anita Freres, 41:35; 10. Elizabeth LaPlante, 41:50.

TIRED OF RUNNING HARD INTERVALS? MOVE TO MAUI AND JOIN THE VIRR

by Steve Daniels

(Steve Daniels is at it again, running where no WRCer has gone before. West Potomac Park isn't good enough for Daniels. Last year it was Pele Island in Michigan; the year before, Ben Nevis in Scotland; and this year it's the Hawaiian Islands. And not for the Honolulu Marathon or Ironman—nothing so mundane for WRC's "Travelin' Man." Daniels ran a little-known gem called The Criminal Justice 10K, put on by the Valley Island Road Runners. It sounds like the kind of race where all registrants get a signed picture of J. Edgar Hoover instead of a T-shirt.—Editor)

The trip to Hawaii may be worth it, but not for the running. Maui is a beautiful place for running, with lush green mountains sloping down to a perfect beach. But Maui is a terrible place to train. There is little motivation to run hard in paradise. The locals won't admit this but it is clear enough to me after attending a race there.

The Valley Island Road Runners are very much like the DCRRC in that a typical race attracts about 60 runners who mostly know each other. The friendly competition is there but the racing edge is not, and probably

shouldn't be considering the easy-going atmosphere prevalent on Maui. It just wouldn't make sense to kill yourself on intervals when there are so many more enjoyable ways to use your energy (did I mention the snorkeling and surf?).

So it was at the Criminal Justice 5 and 10K race on January 22. The course was great, uphill for 3.1 miles and back down. The people were great, everyone out for fun and exercise. The weather was (you guessed it) great, 72° with low humidity. They let me run away with the 10K in an easy 34 minutes. The biggest difference between this race and a DCRRC race was the awards ceremony. They had a trophy for the best male and female bodies (*Steve didn't win this category—ed.*). It made me realize that Hawaii is really just off the coast of California (even if it is 3,000 miles).

So while it may not be as challenging as Ben Nevis, or as insufferable as Pelee Island, or as educational as the path to Mount Vernon, Maui goes down as an adventure in running. The rest of the trip was wonderful.

CAPITAL CRESCENT TRAIL COALITION URGES LETTER-WRITING CAMPAIGN

The Coalition for the Capital Crescent Trail sent a press release to WRC reminding us that the month of April is a crucial period for the Trail. The House Interior Subcommittee, Appropriations Committee will be making their recommendations to Congress in regard to allocations of the Land and Water Conservation Fund. The House is expected to act by the end of May and the Senate acts after that. This gives us about a month to push for the inclusion of the Capital Crescent Trail in these recommendations.

Member groups can help by writing letters to Congress and the National Park Service. The key Congressional recipients, roughly in order of importance at this time, are:

The Honorable Sidney Yates, Chair, Interior Subcommittee, Appropriations Committee, U.S. House of Representatives, Washington, D.C. 20515.

Maryland Representatives

The Honorable Constance Morella, U.S. House of Representatives, Washington, D.C. 20515.

The Honorable Beverly Byron, U.S. House of Representatives, Washington, D.C. 20515.

House Appropriations Committee, Subcommittee on Interior

Democrats

John P. Murtha
Norman C. Dicks
Les AuCoin
Tom Bevill
Chester G. Atkins

Republicans

Ralph Regula
Joseph M. McDade
Bill Lowery

U.S. House of Representatives, Washington, D.C. 20515.

Senators

Barbara Mikulski
Senate Office Building, Washington, D.C. 20515.

National Park Service

William Penn Mott, Jr., Director, National Park Service, U.S. Dept. of Interior, 18th & C St., N.W., Washington, DC 20013-7127

Mr. Robert Stanton, Regional Director, National Park Service—National Capital Region, 1100 Ohio Dr., S.W., Washington, DC 20242

The Honorable Manuel Lujan, Secretary of the Interior, 18th & C St., N.W. Washington, DC 20240

CALIFORNIA RUNNING—THE FIRST EPISODE

by Ira Pesserilo

After a layoff of over four years, coming back to serious running is never easy. Often time, going back to the old places you used to train helps re-light the old fire; in my case, my favorite training areas, Ft. Meyer, and TJCC, are over three thousand miles away.

Also, California running has some peculiarities all its own. First and most obvious, the weather is usually hot dry, and smoggy. Secondly, the roads are unbelievably crowned. Overly crowned roads can work hell on your ankles; take it from my ankles!

Another thing when you're coming back is the frustration from being unable to do what you used to be able to do. When you're huffing and puffing with less than a mile behind you, you can't help but think of the days when anything under 8 miles was a short run. Also, when months pass and no appreciable progress is shown, the terrible doubts that you'll never be a distance runner again blossom in your psyche.

About 8½ months ago, I joined a gym. The benefits of gym workouts after a long layoff can't really be overstated. First, and perhaps most importantly, you get back into the rhythm of working out. When after work has come to mean happy hour at the Dew Drop Inn, or vegging out on the couch while watching *Playboy* channel on T.V., working out is a habit you have to get back into before anything at all can be accomplished. Secondly, an overall fitness program, right from the start, can avoid serious problems later on. Finally, the aerobic machines they're coming out with these days are nothing short of phenomenal. I started with the lifecycle, and moved up to the stairwalker, the last word in aerobic machines. After I trimmed bloated body down from an all-time high of 335lbs to one tick under 300, I was ready to get back on the roads.

After some progress, I damn near wrote myself off when I tried to move up from one to two miles in one quantum leap, last month, running around the park near my apartment.

About a week later, when my right ankle stopped screaming at me, I decided that I'd better find a new place to train. Making a wrong turn back from the gym, I found the best damn place in Southern California to train. It's a level asphalt path that runs along this long stringbean of a park bordering the Santa Monica bluffs overlooking the beach, and the Pacific Ocean. It's uncrowned, no cars to worry about, and plenty of runners to keep you company. Also, it's about the coolest place in

Southern California, outside of the mountains, and the air is undisputably the cleanest in the place that invented the word smog. Finally, it leads directly onto the median strip on San Vicente Boulevard, the most popular place in Southern California to run. (In the Southwest, grass grows thicker and scrubbier, and generally makes for a better running surface than grassy areas in more fluvial climate zones, like Washington.)

Training-wise, I decided to try another tack. I started out running a mile, then every run thereafter, I'd add one tenth of a mile. I planned to run every day, and use the stairwalker and lift weights on non-running days.

A few weeks ago, I went to the L.A. Marathon runners expo, and Bill Rodgers and Pete Pfitzinger both concurred with the soundness of my plan. Also, both Pfitzinger and Rodgers were familiar with the stairwalker, and recommended it highly (and to think the only reason I ever got on that thing in the first place was because some gal who models bikinis works out at my gym, and sweet-talked me into trying it), both ran on my new training area, and approved of it. Also, both said that it would be close whether or not I could be ready for a 10K by Memorial Day, but that I ought to work towards it (more on that later).

I thanked Pete for both his advice, and his input into the New Balance 576, my current running shoe (I had them sent out from Miles Ahead Sports, in Manasquan, N.J., by the proprietor, Bruce Robinson!) As for Bill Rodgers, I rewarded him by making him Director in the Sheldon P. Konecke Foundation to Stamp Out Punk Rock! He memorialized his appointment with an autographed picture he sent to his boss at Brooks, Will Albers; take that Wilber! I wish I could have seen his face when he saw that picture. I wonder if he suspects that I was behind it?

And, sports fans, I am pleased to report some definite progress. My weight is now down to 290, and I'm now running over two miles each run. According to Coach Dan Rincon, when I get up to three miles, I'll alternate threes and ones, and then go back to the training program he devised five years ago that got me through my first marathon.

Now, you might ask, why is it so important that I run a 10K on Memorial Day? Well, on Memorial Day weekend, in West L.A., the Brentwood 10K is run, one of the town's premier running events. WRCan Roger Urbancsik, who now lives in Marina Del Rey, uses that as a recovery run from Boston, and WRCan Jeanie Libutti (another protege of Coach Rincon) lives in Irvine, and says she'll be ready. So guess what, sports fans, a WRC team of Urbancsik, Libutti, and Pesserilo are going to run the Brentwood 10K. "WRC West" fields its first team on Memorial Day.

I usually train at night, when it's coolest (it usually dips below 60° at night in Santa Monica). Running along a beautiful path, with a commanding view of Malibu, at night, framed by the harbor lights below and the stars above, the old feeling I used to get from running has come back, and the old fire is burning in me once again. I will be, *once again*, a runner! In fact, if I do well with training, and am able to do the LA

Marathon next year, Bruce Robinson will come join me. Then we'll get Will Albers out here, and then, after the race, we'll all go into the Pacific Ocean, take our clothes off (*take your clothes off before you go into the ocean, Ira—Ed.*), and make whirlpools (something Will has been dying to do for seven years).

But, first things first. For another two months, I need diligent training, a closely monitored diet with NO BEER whatsoever, and a little luck to get through my comeback 10K. Another thing I could use is a redhead with a great rear end who runs about two ticks faster than I do (what the hell does Ira think this is, Running on Empty?) So sports fans, 'til then, toodleoooooo. (Where have I heard that before).

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD ON MARCH 10, 1989

The meeting was held in conjunction with a pizza party at Jack and Suzy Coffey's house. The meeting was called to order by WRC President, Lisa Hamm.

Hamm reiterated her call for more people to attend the monthly meetings and asked everyone to come up with ideas to attract participation. James Scarborough came up with the possibility of having a permanent meeting place at G.W. University (*this has since been ruled out, as there would be a monthly charge of over \$100*).

We need a coordinator for the Boston Marathon. Competition committee co-chair Kevin Kolakowski said he would try to get in touch with Bob Trost. Trost has handled this job in the past.

It was suggested that a letter be written to Moving Comfort to ask them if they would consider releasing Patty McGovern to run for WRC when there was no conflict with Moving Comfort's schedule. Someone noted that running for two organizations may be in violation of TAC rules. Lisa Hamm will investigate and take necessary steps after talking to McGovern.

The Club is going to get prices on a vinyl banner for races. Initial estimates put the cost at \$80. Alan Roth will investigate.

James Scarborough brought a price list for new uniforms. Kolakowski will give Scarborough an estimate of the yearly usage of uniforms so Scarborough can place an order. It was decided to limit the purchase to t-shirts and singlets only.

Treasurer Bobby Bleistift reported that we have \$6,124 in the treasury.

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 Bobbie Bleistift, 2923F S. Woodstock St., Arlington, VA 22206. Indicate sizes (S,M,L,XL) and whether men's or women's model. *At the moment we are out of men's Medium and Large sizes, but we will be placing a new order shortly.*

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.

Sunday Morning Fun Run, Fleet Feet Sports Shop, 1840 Columbia Rd., N.W., 9:00 a.m. Group runs 5-8 miles through city and Rock Creek Park, all paces. **Contact:** Phil or Jan Fenty at 387-3888.

Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4816 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