
Washington Running Club Newsletter

Volume 8, Number 8

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August 1989

COME TO THE WRC PICNIC -- THE SOCIAL EVENT OF THE YEAR!!!!!!

Don't miss the club picnic on at Tris Kruger's house on Saturday, August 12 starting at 12 noon! The rain date will be Sunday, August 13. Tris will have his swimming pool open. Members, family and friends are invited to enjoy volleyball, beer relays, a deejay and other tomfoolery. We will have hamburgers, hotdogs, beer and soft drinks. Donation in the form of salads, pasta, dessert, chips, snacks, etc., are welcome and encouraged. The picnic will take the place of the August meeting.

Tris's home is at 9641 Accord Drive in Potomac, Maryland. Take the Beltway to the River Road exit toward Potomac. The house is about 3 miles, on the left at the corner of River and Accord, about a quarter-mile past the Potomac Nursery. Just past Persimmo Tree Road, turn left onto Accord, and you're there.

Gorgeous new club T-shirts and singlets will be available for purchase at the picnic. Show some club spirit and buy one of each so you can proudly proclaim "Washington Running Club" on your chest at races! The T-shirts are white with a bright red club logo on the front. The high-quality nylon singlets are scarlet and white, with open-weave mesh. The cost is just \$15 for a singlet, \$6 for a T-shirt, or \$20 for both.

WRC-NOVA SOFTBALL GAME

The Washington Running Club proved it should stick to the roads when the club took on the Northern Virginia Running Club in softball July 29. WRC, after falling behind by a score of 10-0 in the first inning, came back from its slow start to lose miserably, 25-6.

At least it wasn't a shutout.

The game was played on a softball field in the middle of the track at Yorktown High School in Arlington.

Bobby Bauer, who recently broke several ribs in a swimming pool accident (don't ask), couldn't play but managed the team and acted as first base coach.

Jeff Reed was the big scorer for WRC, crossing the plate twice.

Jerry "Mad Dog" Merkel hit WRC's lone home run, and Jay Wind and Dave Williams also scored.

Patty McGovern provided consistent high-quality fielding at short stop, and James Scarborough played a solid first base while also scoring a much needed run.

Jerry Merkel was kept busy in left field, where every fly ball but one

went, and the one fly that went to right field managed to bounce out of Lisa Hamm's glove. She did manage to grab a few grounders, though. New member Dave Williams did a fine job on second base.

Other members who displayed their softball prowess or lack thereof -- but had a good time, either way -- included Jack and Suzy Coffey (with daughter Erin in tow), Alan Naylor, Bobbie Bleistift, Jay Wind (and all the Winds, including the newest and youngest club member), Tris Kruger, Cathy Ventura-Merkel and more I've probably forgotten.

The highlight of the game was the view from the rear of the oldest two Merkel children, shorts and Fruit-of-the-looms around their ankles, when they chose to relieve themselves in the woods behind right field. (They didn't learn that from Dad, did they?)

After the game, both teams, which had feasted on watermelon and bananas during the game, went to the nearby home of Nova members Kyle and Mary Gregory to enjoy potato chips, cookies, beer, pizza and companionship. We also played a little horseshoes and a few members of both clubs got caught up in a torrid game of kiddie basketball.

Everyone seemed to have a good time, and the party didn't break up till 8

p.m. WRC challenged NOVA to a rematch -- this time a road race -- but they refused. (Chickens!)

Instead, we hope to have a flag football game on the Saturday after Labor Day, followed by a party, of course.

Watch the September club newsletter for details!

WRC MEMBERS TAKE MOST TOP SPOTS IN UNION DERBY #3 - DCRRRC MYSTERY 5.5 MILER

By George Banker

If you participated in the D.C. Road Runners Mystery 5.5 Miler, you would appreciate the name of this race.

On Wednesday, June 21, about 60 runners gathered at Fort DuPont Park in Washington, D.C., for the evening workout.

The race was uneventful for the first 1.5 miles. Then you had to leave the paved roads for a two-loop journey into the woods along a dirt hiking trail.

It's common for a few runners to get lost (although no one is still out there) and take wrong turns or leave the woods before their second loop has been completed. The best strategy was to lock in on the person in front of you and not lose contact.

Washington Running Club

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

CLUB OFFICERS

President: Lisa Hamm (998-6753)

Vice President: Kevin Kolakowski (524-8391)

Secretary: Gerry Ives (320-3337)

Treasurer: Bobbie Bleistift (379-2767)

Newsletter Editor: Lisa Hamm (998-6753)

COMMITTEES

Legal: Chairs: Jim Hage, Jack Coffey

Membership: Chairs: Suzy Coffey, Jerry Merkel

Newsletter: Chair: Lisa Hamm

Competition: Chairs: Kevin Kolakowski, Phil Woodyard

Social: Chairs: Pat Bullinger, Dick Brannan

The trailblazer -- literally -- was Cameron Stracher of Washington, who finished the course in 30 minutes and 30 seconds. Second place went to WRC's Darryl Stewart in 30:36. Jack Cleland (WRC) came in third in a time of 31:42, while WRC's Ed Doheny was the first masters finisher, in 33:14.

The women were led by Marianne Dickerson of Arlington, another WRC member, with a 36:24 performance. Pat Bullinger, also of Arlington and WRC, captured second place in 36:36 and Julie Robey of Alexandria was third in 40:48. The first masters female and fourth woman overall was Janice Stoodley of Arlington with a 40:59 performance.

Results: 1. Cameron Stracher, 30:30; 2. Darryl Stewart (WRC), 30:36; 3. Jack Cleland (WRC), 31:42; 4. Phil Woodyard (WRC), 32:11; 5. Jay Wind (WRC), 32:27; 7. Ed Doheny (WRC), 33:14; 12. David Johnson (WRC), 35:37; 13. Bob Trost (WRC), 35:52; 23. James Scarborough (WRC), 39:33; 26. George Cushmac (WRC), 40:16.

Women: 1. Marianne Dickerson (WRC), 36:34; 2. Pat Bullinger (WRC), 36:36; 3. Julie Robey, 40:48; 4. Janice Stoodley, 40:59; 5. Sheila Igoe, 41:55.

LANGLEY HIGH SCHOOL 8K - UNION DERBY #4

By George Banker

Most runners don't like surprises at a race -- and the same holds true for race directors.

But the organizers of the Langley High School 8k arrived at the race site two hours before the 7:15 p.m. event was to begin July 29 to find a major road on the course was closed because of road construction.

Runners had found themselves off-course at this race before, so race officials weren't eager to lead them around a course marred by detour signs.

Fortunately, the course was quickly marked and the road was reopened in time for the race to start.

WRC's Jack Cleland -- one of the runners who strayed off course two years ago -- finished first in 26:35, followed by Dan Murphy of Chevy Chase in 26:53. Third place went to Bill Stahr of Germantown in 27:39. The first masters finisher was Paul Brown of Takoma Park in 28:08.

Among the women, Cathy Ventura-Merkel, took top honors in 30:50, winning her third out of four Bunion Derby's. Merkel was 24th overall.

The second woman was Melanie Theborge of Baltimore in 33:54, followed by Anita Freres of Arlington in 33:59.

The first master was Janice Stoodley of Arlington, in 34:57.

Results: 1. Jack Cleland (WRC), 26:35; 2. Dan Murphy, 26:53; 3. Bill Stahr, 27:39; 4. Scott Bartram, 27:59; 5. Hugh Wooden, (WRC) 28:06; 7. Jay Wind (WRC), 28:19; 20. Bob Trost (WRC), 30:21; 22. Bill March (WRC) 30:36; 28. Ron Griswold (WRC), 41:41; 40. James Scarborough (WRC) 33:23; 48. George Cushmac (WRC) 33:59.

Women: Cathy Ventura-Merkel (WRC), 30:50; 2. Melanie Theborge, 33:54; 3. Anita Freres, 33:59; 4. Janice Stoodley, 34:37; 35:17; 6. Betty Blank (WRC), 35:21; 11. Chris Stockdale (WRC), 37:26.

GERRY IVES RETIRES AS NEWSLETTER EDITOR

Gerry Ives has retired as WRC newsletter editor after six years. Gerry has done a great job, and we're deeply grateful. But after all that time, it was time for Gerry to hang up his PC and get to know his family.

Lisa Hamm and Dick Brannan will be trying to put together a semblance of a newsletter now -- with computer help from Mary Naylor. Gerry is a tough act to follow, so please help us by getting WRC member's times and, if possible, places at any races you attend. Articles would be appreciated even more!

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

Eric Hargis has moved to Atlanta and fiancée Jill Salvest will be moving down south to join him at the end of the summer. The couple plans to marry in October. Good luck, Eric and Jill!!

Newly divorced Laura DeWald was in town recently and put in an appearance at the Twilghter 8k race in Rockville, where she finished fifth in just over 30 minutes.

Jim Hage, after finally finishing first in the Marine Corps Marathon last fall, has taken to telling other people how to train for the race. Hage's article on a training program for the marathon appears in this month's "Capital Sports Focus" magazine. The word is that Hage has taken up cycling and started doing some biathlons.

Marianne Dickerson is leaving the area -- at least for a couple of years. Marianne will be heading north to Harvard Business School.

Lucious Anderson showed that he is ready for a fast fall, with his 26:40 performance at the Rockville Rotary Run. Lucious is looking for a fast marathon at New York this year.

The fast times at Moonlighter brought up the point that WRC needs to be constantly recruiting new, fast runners in order to stay on top of the area club racing teams. Get the address of any possible recruit to the club and we will have them sent a newsletter and application, along with a soon-to-be-written recruiting letter. Contact Lisa Hamm or Jeff Reed (243-8263).

MASTERS NATIONAL CHAMPIONSHIP

The Mistletoe 8k on Dec. 3 will also serve as the TAC National Masters Championship and the TAC Masters Team Championship. TAC membership is required to win prizes.

The race will start in West Potomac Park at 8:30 a.m.

MINUTES FROM JULY 14 MEETING

The July meeting was held at Tris Kruger's house in Potomac. In keeping with tradition, it was too cold to swim.

Secretary Gerry Ives was out celebrating his birthday. James Scarborough took minutes.

Competition Committee: Jerry Merkel is in charge of teams for the Annapolis 10-mile. Kevin Kolakowski is coordinating teams for the Philadelphia Distance Run.

Social Committee: The banquet was cancelled for lack of interest. Thanks to Pat Bullinger for their effort for planning it. Pat talked about looking into substitute activities. The club's annual picnic is August 12 at Tris Kruger's.

A newsletter editor is needed to replace Gerry Ives. Lisa Hamm, Dick Brannan and Mary Naylor volunteered to coordinate on it.

Lisa Hamm has the WRC banner but needs help displaying it at races this fall.

The Race for Coop Development 10k and 3k at Bluemont Park in Arlington is Oct. 21. Al Naylor will do the finish line and WRC will be paid \$15 for each volunteer. Please mark that date on your calendar.

New WRC singlets and T-shirts are in. Singlets are \$15 with T-shirts going for \$6. You can get both for \$20.

Runners appear to have won in the fight over the FDR Memorial. A Congressional committee markup requires that the needs of runners be taken into account in erecting the memorial.

Dan Rincon has two University of Maryland cross country meets coming up, Sept. 23 and Oct. 28. Tris Kruger's Potomac 5k is Oct. 28. Both need volunteers.

Treasurer: Bobbie Bleistift was absent.

Lisa thanked Tris for the use of his home and pool and adjourned the meeting so she could dive into a hot dog.

CLUB NOTES

Club Uniforms

| | |
|----------------------|----------|
| Singlets | \$ 15.00 |
| Shorts | 11.00 |
| Club T-shirts | 6.00 |
| 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.

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.

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.

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.

Hamilton Pontiac Cadillac Nissan, Inc., 261 Frederick St., Hagerstown, MD 21740 (1-800-527-4603). WRCer Mike Spinnler will be glad to make you a deal on a new, used, or leased car. Call between 8:30 a.m. and 8:30 p.m. Monday through Friday.

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.

Sunday Morning Run, Williamsport H.S. (take 70W to 81 South, use Williamsport exit, approx. 70 minutes from D.C.), 9:00 a.m. Groups range from 15-40 runners for runs of 13-20 miles, mostly on C&O Canal and surrounding countryside. Runners abilities range from beginners to Olympic Trials competitors. **Contact:** Mike Spinnler at h] (301) 739-7004 or w] (301) 733-7222.

Monday thru Thursday, University of Maryland, 6:30 p.m. Training run, all paces, all distances, everyone welcome. Contact Dan Rincon at w] 454-4816 or h] 441-9265 for further details.

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