

Washington Running Club Newsletter

Volume 8, Number 9

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September 1989

SEPTEMBER MEETING

The SEPTEMBER meeting of WRC will be held at 8:00 p.m. on Friday, September 8th 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 approximately 3 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.

WRC TEAMS TAKE ANNAPOLIS TEN-MILE

By Jeff Reed

There are many comparisons between the Annapolis 10-Mile and the Falmouth Road Race. Both are traditionally hot, summertime road races with beautiful waterfront vistas along their courses. Both races are tests of who among us can overcome the summer's heat. Both have fast runners among thousands of others who are there to enjoy the event. Falmouth's course is seven miles and 38 feet long, and I wish Annapolis were the same.

This year's race showed WRC's return to local team domination with the club picking up both the Open Men's and Women's Team titles.

The WRC women crushed all competition by placing 1st, 4th, 5th and 6th. The men took the open title by a single point over the Military District of Washington team. Dan Rincon, a last-minute substitute, enabled the team to overcome the loss of the no-shows.

Donna Elliot ran over two minutes faster than last year to win the packed women's division in 60:34. Donna had dedicated the race to her mother, who suffered a stroke the week before.

Donna's inspired performance topped an excellent women's field comprised of many WRC runners in the front group. The second and third women were Rose Malloy of Crownsville and Brenda Walton of Memphis, followed by Cathy Ventura-Merkel in an excellent 61:33, Denise Knickman in 63:09 and Patty McGovern in 63:12. Mary Ellen Williams was 10th overall and her familiar first among master's women, in 64:11.

Dave Berardi of Catonsville pulled away from Jim Hage and the rest of the front pack at the seven-mile mark to survive for the win in 50:34. He was followed nearly a minute later by Stephen Kartalia of Westminster in 51:28 and Michael Regan of D.C. in 52:33. Hage was the top WRC finisher with 4th, in 52:50.

Results: 1. Berardi, 50:34; 2. Kartalia, 51:28; 3. Regan, 52:33; 4. Hage (WRC), 52:50; 5. James Clelland, 53:04; 6. Dan Lawson, 53:10; 7. Jack Peach, 53:40; 8. Roger Howell (WRC), 53:44. Other WRC performances: 13. Rusty Moore, 54:16; 17. Jack Clelland, 54:45; 24. Phil Woodyard, 55:51; Ray Morrison, 61:01; 126. Tom McCarthy, 61:57; Dan Rincon, 64:06; 215. Gerry Ives, 64:20; Bobby Bauer, 66:40; 308. Dave Williams, 68:49; 321. Dick Brannan, 69:20; Jerry Merkel, 61:50; Bob Trost, 62:35; James Scarborough, 71:20; Jeff Reed, 70:37; Tom Rodge, 75:21; Pat Neary and John Betts, 77:34.

Women: 1. Elliot (WRC), 60:32; 2. Malloy, 60:33; 3. Walton, 61:11; 4. Ventura-Merkel (WRC), 61:33; 5. Knickman (WRC), 63:09; 6. McGovern (WRC), 63:12; 7. Elizabeth Andrews, 63:20; 8. Monica Reilly, 63:29; 9. Kathleen Morgan, 63:47; 10. Williams (WRC), 64:11; Bernie Creed (WRC), 65:39; Betty Blank "walked and talked," no time provided.

RECORD-BREAKING DAY ON DONALDSON RUN

By James Scarborough

The fourth annual Donaldson Run, held on what would ordinarily have been an off-day on the DCRRRC schedule, Aug. 8, produced records both in the total number of participants and the number of female competitors. It helped that the weather was far superior to the previous year's race -- and even the previous weekend.

A contingent from James Madison University ruled the roost in the 8k, held at the Madison Community Center in Arlington. Overall winner Claud Gibson, in 28:56, and women's winner Cathy Stanmeyer, in a course record 30:35, both hailed from JMU and are both all of 20 years old. Several other JMU types finished in the top half.

The most interesting family story was the McCarthy's. Son Mike Jr. finished 6th in 29:52, sister Kristin finished 12th among women in 45:12, but dad Mike Sr. brought up the rear in 59:10 after getting lost and managing to stray out to Lorcom Lane.

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

Bud Averitt, 69, was the oldest finisher, while the smallest of the Ficker clan, seven-year-old Flynn, was youngest. Jay Wind and Stephen Johnson started five minutes late.

Chris Stockdale, the 4th woman in 37:02, with a +8; and Dick Good, 35th overall in 38:18, with a +21; were the age-handicap winners.

Results: 1. Gibson, 28:56; 2. Robert Rodriguez (WRC), 29:04; 3. Ted Poulos, 29:23; 4. Tom Clark, 29:35; 5. Jeff Johnson, 29:35; 7. Weiner, 30:15; 31. Jay Wind, 36:59 (started late).

Women: 1. Stenmeyer, 30:35; 2. Marny Gilluly, 35:31; 3. Susan Duncan, 36:17; 4. Stockdale (WRC), 37:02; 5. Jennifer Smith, 37:39.

WRC GOSSIP

Jack and Suzy Coffey, after a successful foray into parenthood that produced Erin Coffey, one of the cutest babies around, are expecting again. The baby's due in February.

Marc Peoch has gotten his degree from George Mason University, married over the summer and is getting ready to move back to France in September. Bonne chance, Marc! Au revoir!

Laura DeWald is training for the Marine Corps Marathon. It will be her 26th time doing 26 miles, and she says it may be her last. Laura will be spending a lot of time in our area this fall visiting beau George Campbell, and studying for an engineering exam.

WRC members will be relieved to know that Rusty Moore is drug-free. Rusty was tested (he was so dehydrated, it took an hour and a half) after finishing 7th in the Charleston Distance Run in Sept. of 1988. The results of the tests were just published in the TAC newsletter, almost a year later. "It came as a relief to know I was clean," says Rusty.

A GOOD TIME IS HAD BY ALL AT WRC PICNIC

The weather dawned cloudy and foreboding on Aug. 12, the date of the club's annual picnic, spurring many members to look out the window and wonder if the event would be postponed to the next day. But since Sunday's weather forecast called for thunderstorms, club president Lisa Hamm and ever-gracious host Tris Kruger decided to go ahead and hold the picnic anyway.

The day turned out to be beautiful, cloudy but pleasant with only a couple of sprinkles, and those who attended the picnic at Tris Kruger's house all seemed to have a wonderful time.

Gastronomical delights were legion. Bobby Bauer brought delicious beer-bread baked that morning with some of his home brew, and Lisa's guacamole was gone in less than an hour. Patty McGovern's famous cheesecake and croissants also quickly disappeared, and Suzy Coffey added a healthy touch with a taco salad.

NEW MEMBERS

Washington Running Club would like to take this opportunity to welcome our new members. Whether you're in the Club for competition, fun, or a tax writeoff, we're glad to have you with us.

Elizabeth Ann Heaney, of Greenbelt, Md. (474-1079), joins the Club with a p.r. of 5:30 for the mile. And will be a senior at Roosevelt H.S. this year.

Kendra Hickman, of Largo, Md. (249-9071), was one of Dan Rincon's standout performers at Roosevelt H.S., garnering the State Championship in the outdoor mile. She has a p.r. of 5:09 for the mile and will be attending U.Va. this fall.

David Aaron Krieger, Greenbelt, Md. (345-8436). A member of the Roosevelt H.S. cross-country team.

Russ Morgan, of Washington, D.C. (543-1382), has a 36:29 10K p.r. and a 2:56:29 marathon mark.

Sam Reddick, of Indian Head, Md. (301/753-6187), has a 44:01 10K p.r.

Sara Tylor, of Rockville, Md. (294-8827), has a marathon p.r. of 4:15.

Volleyball wars were waged in Tris's side yard, where those who can't play cheated, and even the deejay got into the action, displaying a wicked serve. Later in the day, some of WRC's more mature members took a break from filling their faces to see who could most successfully leap onto Tris' giant inflated shark in the pool and paddle from one end to the other without toppling over. No one succeeded. Kevin Kolakowski, the biggest kid in the club, led the charge, followed by Jeff Reed, Jim Scarborough, and other outlaws, including Bobby Bleistift. (I've got the pictures to prove it. ED.)

Lisa Hamm's team came from behind (Lisa doesn't know how to chug a beer and then crashed into Tris Kruger, effectively slowing the leading team) to win the beer relay, WRC's most important athletic event.

Laura DeWald made a surprise appearance with George Campbell, who joined the club at the picnic after running a fine leg in the beer relay. (Priorities!)

Gerry Ives, for the second consecutive year, received the Alfred Tom Felde Award for service to the club. Gerry has spent countless hours over the past few years doing the newsletter, and continues to help and to maintain the mailing list. Gerry, thanks for everything.

And thanks also to Tris for his generosity in allowing the club to use his beautiful home for its picnic and summer meetings.

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.

**WRC'S TOP MARATHONERS:
BOUND FOR BRITAIN**

Patty McGovern and Jim Hage will be traveling to England to compete as invited runners in the Birmingham Centenary Vax Marathon on Sept. 24th. Both have been training hard and were disappointed with their times at Annapolis.

"If I run like I did yesterday," Patty said the next day, "it's going to be a LONG 26 miles!"

**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. □

**OPEN LETTER FROM
THE NEWSLETTER EDITOR**

I NEED YOUR HELP!

Because I work the overnight shift, I can't attend road races to get results and write stories. I need you to do it for me!

It's simple - you just carry around a piece of paper after the race, ask every member you see what their time was and how they did, get the top ten men and women off the results list, and write it all down. Any little tidbits you pick up would also be appreciated.

Then, if you have ten minutes, jot down a story and mail the whole thing to Lisa Hamm. If you don't have time, just send the results.

I'll take any other stories you want to throw together, and any gossip you hear about members. Anything! This isn't Runner's World. You don't have to be a literary talent. The editor will make you look good.

Mail your offerings to me at 800 So. Arlington Mill Dr., #102, Arlington, VA 22204. Call if you have any questions!

The WRC newsletter NEEDS YOU!

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