

Washington Running Club Newsletter

Volume 8, Number 10

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ATTENTION CLUB MEMBERS: IMPORTANT FUND-RAISING RACES THIS MONTH!

WRC members are needed to work at two important races. Putting on races is our biggest way of making money -- but we need people!

New members may not realize this, but we all voted a few years ago to make it mandatory to work at least one club race a year. Why? Because we get so much out of the club -- race reimbursement, social opportunities, training partners, free beer and food at the annual picnic, friendship and fun! We decided we all should give something back to the club and back to running. It's the least we can do!

GEORGETOWN 10K

The Georgetown 10k is this weekend, Sunday, Oct. 8. Club volunteers are needed Saturday and Sunday.

Saturday: Volunteers are needed to help with registration and packet pickup between 11 a.m. and 5 p.m. in Georgetown Court on Prospect St., NW, just west of Wisconsin Ave. Please try to give at least 2 or 3 hours. It's fun!

Race Day: The race starts at 9:30 a.m., so club members should be at Georgetown Court by about 7:30 a.m. The club will help with registration before the race, and finish line and course marshaling during the race.

The race organizers, WRC members Mark Baldino and Tem Washington, are willing to pay the club \$15 per volunteer. This can be a major money maker if a lot of people show. Please give to your club by helping! Volunteers get a Georgetown 10k long-sleeved T-shirt and a free brunch.

OCTOBER MEETING—NEW LOCATION

The OCTOBER meeting of WRC will be held at 8:00 p.m. on Friday, October 13th at the George Washington University Ambulatory Care Center at 22nd and I St., N.W., Washington, D.C. Sign in at the desk, take the elevator to the 1st floor, and follow the signs to the WRC meeting. The Center is one block from the Foggy Bottom Metro station.

RACE FOR COOPERATIVE DEVELOPMENT

The Coop races, a 10k race and a 3k fun run, will be held Sat., Oct. 21 at Bluemont Park in Arlington. Again, the club will receive \$15 per volunteer, though not as many people are needed as for Georgetown.

Club members should arrive at the park about 8 a.m. and expect to help with the finish line or work as course marshals. Again, you get a shirt and brunch.

MESSAGE FROM THE PRESIDENT

The club lost a bit of money because about ten people who had signed up to run on teams in the Annapolis Ten-Mile didn't show up. The club had paid \$18 per runner for these people, in advance.

As a result, from now on, people who run on teams will be expected to pay their own registration, and then can seek reimbursement after the race. The club will not reimburse anyone who doesn't run a race.

Those who signed up to run Annapolis and then couldn't make it are strongly urged to work at least one race this month to earn back the money lost by the club. The same goes for other races.

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

FAIR LAKES 10K

(Results supplied by Jeff Reed)

Steve Taylor of Fincastle, Va., narrowly edged defending champion Jon Sinclair of Colorado to win the Fair Lakes 10k in 28:54 on Sept. 17. Sinclair finished two seconds later, in 28:56.

The first woman finisher was last year's winner Anne Hannam, formerly of New Zealand but now a Colorado resident, who ran the 6.2-mile race in 33:28. WRC member and Grand Rapids resident Laura DeWald, visiting this area for the weekend, showed she has returned to form with a strong third-place performance, running in 36:41.

MEN: 1. Taylor, 28:54; 2. Sinclair, 28:56; 3. John Halvorsen, 29:01; 4. J.P. Ndayisenga, 29:17; 5. Darrell General, 30:36; 6. John Glidewell, 31:15; 8. Rusty Moore (WRC) 32:14; 16. Phil Woodyard (WRC), 33:00; 21. Tom McCarthy (WRC), 33:43.

WOMEN: 1. Hannam, 33:28; 2. Leslie Minnix Wolfe, 36:19; 3. DeWald (WRC), 36:41; Bernadette Creed (WRC), 38:35; Louise Kandra (WRC), 39:55.

PHILADELPHIA DISTANCE RUN

By Dick Brannan

This year's Philadelphia Distance Run was met by hoards of runners tuning up for the fall marathon schedule.

The 8:30 a.m. start in front of the Holiday Inn at 18th and Market got off to the usual high-spirited start with the 9-minute-pace runners near the front line -- always a problem with Philadelphia. The humidity was at an all-time high, but it was clouded over and a 3-4 mph headwind both out the parkway and back helped some. The water stops were well stocked and most runners took full advantage.

Trying to regain running strength after losing a battle with some rocks on the Appalachian Trail, most of what I saw was from the back of the field. Since I didn't stay for the awards ceremony, I couldn't even say who won. I did see two lead runners trading stride for stride near the 9-mile mark. That was while I was still near the 7-mile mark on the opposite side of the river. Who knows; who cares? We all have to run our own races.

When you run a more leisurely pace, you tend to look at things you wouldn't normally notice during hard races. I began to look for WRC members, and I only saw one -- Lucious Anderson, who finished in 1:12. Lucious also hadn't seen any other club members. I know you were supposed to be out there -- Kevin sent in the applications.

In any event, I finished in 1:35, an all-time personal worst. Not good by my standards, but good enough to make the finish line in time for TCBY, an orange drink and my annual T-shirt before they ran out.

Hope I see more WRC singlets at Lynchburg.

(Ed - Dave Williams (1:19:38), Kevin Kolakowski, Ed Doheny (about 1:16), and Mike Cotner (about 1:13) also ran, Dave says. Exact times were not provided to the newsletter.)

CLUB NOTES

Jim Hage spoke to the White House Running Club (the WHAC Trackers) at the White House Athletic Center on September 11th, according to the WHAC Newsletter. No word on whether Hage is considering "running" against any of the incumbents in 1992. His slogan could be "A Leaner, Faster Nation."

Ex-WRCer **Jim Harvey** arranged for **Patty McGovern** and **Jim Hage** to have their expenses paid to run the Birmingham Marathon in England. Hage and McGovern were guests of the Birmingham Centenary VAX Marathon Committee. In the race Hage ran his usual 2:22 (his last four races have been 2:22) and McGovern clocked in with a 2:57, good enough for 12th and 15th respectively. Hage said that they had top-notch treatment from everyone over there and, to put the icing on the cake, they both won prize money.

Transplanted WRCer **David White** reports that the Tucson, Arizona area presents hazards undreamed of in D.C. Apparently his training has suffered because of the presence of rattlesnakes on the running trails. Those of us who know Mr. White suspect that this is just another phoney excuse to avoid doing some hard training.

Look for **Scott Celley** to be back on the roads in the fall racing season. Celley was laid up with a kidney infection, and followed that by getting in an automobile accident. At least these were legitimate excuses, a lot better than White's "Rattlesnake Phobia!"

After winning the women's crown at the Nike Capital Challenge, **Donna Elliot** went back to accompany her boss, IRS Commissioner **Fred Goldberg**, to the finish line. In an amazing coincidence (okay, maybe it was a fix!), Goldberg was assigned race number 1040 for the 3-mile race.

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.

WOODBIDGE NATIVES GLIDEWELL & PACHECO DOMINATE CHILLY POTOMAC MILLS 10K

by *Bill March*

Exceptional running weather greeted the participants in the Potomac Mills 10K, held in Woodbridge, Va., at 8:00 a.m. on Sunday, September 24th. With the temperature at 46° F, the only negative was the 10-15 mph breeze. The course is rolling with one major hill and is TAC certified.

John Glidewell of Woodbridge led from the first mile and was never challenged, winning in 30:37. Second place went to Terrence McLaughlin in 32:07.

The women's race was won by Darnitya Pacheco of Woodbridge in a close finish with Terry Sweitzer. Sweitzer made a strong move late in the race to close with Pacheco, but Pacheco held on for a three-second win over her rival in 38:28.

Strong competition in the men's masters division resulted in a 35:15 win for Allen Gamber in the 40-49 age group, with Kenneth Dent runner-up in 35:53. Bill March won the 50-59 grouping in 37:58, and the indomitable Herb Chisholm took the 60-69 age group in 42:24.

The race was well organized, no problems with following the course, and the finish line was smooth. The only complaints were that the splits were not accurate. I look forward to running this one again next year.

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. □

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.

Kirk Baird who moved here from Birmingham, Alabama, brings with him a 31:25 p.r. for 10K. He ran his 53:19 p.r. for 10 miles last year.

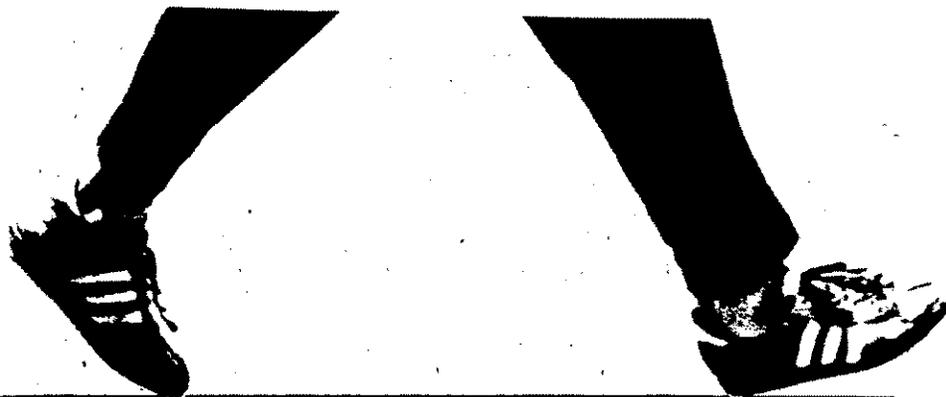
Scott Celley is no stranger to road racing in this area. Celley is returning to area racing after being sidelined by injuries and a temporary assignment out of Washington, D.C. His p.r. of 29:42 for 10K and 50:36 for 10 miles make him a formidable opponent—we're glad he's on our side.

GET RACE RESULTS TO THE NEWSLETTER!

You may notice this newsletter doesn't contain results from many races. That's because hardly anyone called the newsletter editor with results! I can't publish results I don't have. And I just don't have time to call everyone to ask how they did.

Please, when you run a race, look for WRC members and get their places and times! It would also help if you'd get the places and times of the top five men and women in the race.

This is your newsletter.
Contribute!



Between a Stroll and a Killing Pace

Judy Mann [Metro, Sept. 20] was excited about James Rippe's work concerning walking as a safe aerobic exercise, as reported in the Health section on Sept. 19. She was happy that she won't need to "kill herself exercising" to stay fit and that a stroll around the block will offer her the cardiovascular and muscular-skeletal benefit that ensure fitness. I don't think she read the article carefully enough.

Rippe states that walking can burn more calories than running—if a person is running at a 12-minute-per-mile pace. Mann might note that that pace is slightly more brisk than a stroll around the block, and many sedentary adults may not be able to achieve it.

For optimal benefit from aerobic exercise, researchers have determined that a total weekly caloric expenditure of 2,000 calories is desirable; 5½ hours

of brisk walking burns 2,000 calories, while three hours of running achieves the same result. Walking is a wonderful aerobic activity, but it takes more time than other aerobic exercises and hence more motivation.

Rippe points out that the most important element in exercise success is making it a part of one's life. And an activity that does not take too much time out of a busy life is most likely to promote such adherence.

Running has been a part of my life for close to 20 years. It doesn't "kill" me; rather, it gives me a great sense of fulfillment, because it allows me to function at my optimal level, injury-free and with pleasure. I am fit, not compulsive. Compulsion is not the sole propriety of distance runners, and walking is not a panacea.

—Annemarie Jutel

NIKE CAPITAL CHALLENGE

WRC's Donna Elliott, running for the Internal Revenue Service, won the 3-mile Nike Capital Challenge on September 14 in 16:53. WRC's Patty McGovern, the defending champion, was second.

Patty's boss, Conn. Rep. Chris Shays, ran an impressive time (for a non-runner) of just over 21 minutes.

On the men's side, new WRC member Scott Celley finished first overall in 14:45.

Other WRC members who ran in the annual three-mile race pitting teams of government types against media teams included Gerry Ives, Suzy Coffey, Lisa Hamm and Bob Trost. (Sorry, times aren't available.)

WOMEN RUNNERS BEWARE!

The Road Runners Club of America says several incidents assaults have happened over the past three months to local runners and walkers.

The most serious were two brutal attacks in late July --- one on the W&OD bike path in Vienna, and the other an attack and rape on the C&O canal near Fletcher's Boathouse in the district. The alleged rapist has been arrested.

The other incidents reported by Park Police were indecent exposures.

But with fall arriving and the days getting shorter -- be extra careful out there!