

# Washington Running Club Newsletter

Volume 8, Number 11/12

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November/December 1989

## COME TO THE WRC HOLIDAY PARTY!!

Everyone is invited to enjoy food, fun and frolic at the club's holiday party that will take the place of the December meeting. The party will be held Friday, Dec. 15, at 8 p.m. at the home of Dick Brannan, 105 Skyhill Road, Unit 2, Alexandria.

The club will provide drinks. Everyone is encouraged to bring your holiday specialty goody - be it spinach dip, cookies, fruit cake - you name it! The Northern Virginia Running Club, which hosted a party after September's joint softball game, has been invited to join us on this festive occasion.

(Because elections are to be held in January, a brief meeting will be held during the party to take nominations for club offices. Please arrive with nominations in mind, so we can carry out our business efficiently and resume partying!!)

If you have any questions or need help with directions, call Lisa Hamm at 998-6753 or Dick Brannan at 370-0335. See you there! Deck the halls and all that stuff!



### Directions:

#### From D.C.:

Take 395 south to Shirlington exit. Take Quaker Lane ramp. Go about one-and-one-quarter miles. Left on King Street. Pass T.C. Williams High School and Chinquapin Rec Center. Right on Janney's Lane. Left at bottom of hill, Skyhill Road. Go 2 blocks. Condo is on left side.

#### From Beltway:

Take Telegraph Road North exit. Right on Route 236, Duke Street. Go about one quarter of a mile. Right at first light, West Taylor Run Parkway. (E. Carydale Apts. high-rise is on corner.) Go about one-quarter mile. Left on Dartmouth. Left on Skyhill. Condo is on left side.

# **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

## **DEWALD PROVES SHE'S BACK WITH ARMY 10-MILE WIN**

(Results supplied by George Bunker)

Michael Regan of Washington, D.C., and WRC's own Laura DeWald took top honors in the 5th Annual Army Ten-Mile held Oct. 15 at the Pentagon.

Regan took the lead at the two-mile mark of the flat course, slicing through the fog as he led a small pack of runners. At seven miles, Regan increased his lead to 30 seconds and gradually turned on the juice, winning in 50:10, the third fastest time for the course. Jay Woods of Utah and Calvin Biesecker of Arlington took second and third respectively in 51:03 and 51:20.

In the woman's race, DeWald established an early lead and covered the course in 58:19, also the third fastest time ever. WRC's Cathy Ventura-Merkel of Arlington took second place honors in 1:00:42, while Kelly Watkins of Utah finished third in 1:01:36.

Robert Oberti of Waldorf was the first masters finisher, with a time of 54:57. Beverly Shooshan of Bethesda and WRC led all women over 40 (and all women but ten overall!) in 1:03:26.

The Northern Virginia Running Club won the open men and women team divisions. WRC will have to make sure we put a team together next year! Our women took four of the top 11 spots and could have been the winners this year.

## **MINUTES OF OCTOBER MEETING**

There was no November meeting of WRC, due to the club's busy schedule in the month of October.

At the October meeting, a telephone chain was formed to solicit volunteers for the Business Cooperative Race.

Lisa Hamm announced she would not be running for president or newsletter editor when elections are held in January, and urged members to think about taking on one of these posts.

The club had a good turnout for the Georgetown 10k. Thanks to all who helped.

Members agreed that the December meeting should be a holiday party.

Thanks to Susan Shields for supplying the meeting room. In the future, WRC members may want to car pool or take Metro because of the shortage of parking downtown.

**Results:** 1. Regan, D.C., 50:10; 2. Woods, Utah, 51:03; 3. Biesecker, Arlington, 51:20; 4. Gordon Hyde, Orem, Utah, 51:21; 5. John Carper, NYC, 51:37; John Betts (WRC), 1:11:36.

**Women:** 1. DeWald (WRC), 58:20; 2. Ventura-Merkel (WRC), 1:00:42; 3. Watkins, Utah, 1:01:36; 4. Bernadette Creed (WRC), 1:02:32; 5. Terry Sweitzer, Alexandria, 1:02:54; 11. Shooshan (WRC) 1:03:26.

## HAGE AND DEWALD EXCEL IN MARINE CORPS

By Lisa Hamm

As everyone must know by now, Jim Hage and Laura DeWald represented the club with grace and excellence on Nov. 5 when they won the men's and women's divisions of the Marine Corps Marathon. Hage, after giving coach Dan Rincon some nervous moments by sitting in second place longer than planned, finally passed Marine Farley Simon at 23 miles and took off to finish in 2:20:23.

DeWald started at a leisurely pace for about seven miles and then began working her way forward. She passed last year's winner, Lori Lawson, at about 20 miles and won the race in 2:45:23.

The marathon was a family affair for Jim. His mother Carmen persuaded the Marines to let her into the finish line chutes so she could give him a bear hug after he became the race's first repeat winner. Then, when Jim was done giving media interviews, the pair went back to the finish line to watch for Jim's brother, Bob, who was running his first marathon.

Bob crossed the line in about 3:30. On the women's side, while Laura was covering the course on foot, five of her friends were riding around the course on bicycles carrying walkie-talkies, keeping her informed of her position among the women.

Laura's race crew included her boyfriend George Campbell (a WRC member), former Redskins linebacker Mel Kaufman, WRCer Lisa Hamm, and neighbors Jimmy and Tara DeSantis.

The WRC team of Hage, Cleland and J.J. Wind won the men's team division, posting an average time of 2:35:05. In second was the Tidewater Striders, and Phidippides Colorado came in third.

**Results:** 1. Hage (WRC) 2:20:23; 2. Farley Simon, San Francisco, 2:22:37; 3. Paul Okerberg, Georgia, 2:25:16; 4. Sean Fitzwilliam, Ala., 2:26:50; 5. David Bennett, Gr. Brit., 2:27:13; 13. Jack Cleland (WRC), 2:31:31; 63. Tom McCarthy (WRC), 2:39:30; 85. Lucious Anderson (WRC) 2:41:49; Ed Doheny (WRC), 2:43:30; 143. Wind (WRC), 2:47:21; Kevin Kolakowski (WRC), about 2:56:30; John Betts (WRC) 3:29:22 (PR).

**Women:** 1. DeWald (WRC), 2:45:23; 2. Lori Lawson, Phila., 2:48:26; 3. Christine Snow Reaser, Stafford, Va., 2:50:16; 4. Lori Adams, Bethlehem, Pa., 2:52:07; 5. Megan Burns, Charlottesville, 2:52:33; Betty Blank, 3:33.

## INDOOR TRACK MEETS AT THE T.J. COMMUNITY CENTER

Four indoor track meets will be held this winter at the Thomas Jefferson Community Center, 3501 S. Second Street in Arlington.

The dates are January 14 and 28, and February 11 and 25, starting at 9 a.m. Entry fees are \$2 for Arlington residents and \$4 for non-residents.

Events include a 2-mile walk, 1-mile run, 60-yard dash, 4x440-yard relay, 4x220 yard relay, 880-yard run, and 2-mile run. Runners will be grouped in heats according to ability.

T.J.'s indoor track is a 220-yard soft urethane surface. No metal spikes are allowed.

WRC members are encouraged to participate or volunteer to help put on the meet.

If you have any questions, contact Jay Wind at 920-5193.

## SCARBOROUGH MAKES NYC MARATHON DEBUT

By James Scarborough

Everything has to be done once, or so they say. This Nov. 5, two marathons were held attracting a total of 37,000 people. Although I know most locals chose to run Marine Corps, I decided to enter the New York City Marathon, which meant taking the time in May, June and July to follow the byzantine and selective application process with the New York Road Runners Club, and then hope to be among the lucky one-third or fourth of the applicants that get in.

Through family connections (my father, an able pit crew veteran and race volunteer), I stayed at a motel on Governor's Island, one of the east coast's primary Coast Guard stations. I rode over to the start with three Coast Guard guardsmen and another civilian, after crossing over to Manhattan on a ferry.

When I arrived at Fort Wadsworth, whom whould I spy making pre-race announcements than WRC's own Alan Roth, who speaks quite passable French. The hardest part was crossing through massive lines to exit the Blue Start. The trees were bombarded with discarded sweats and the air equally bombarded with the sounds of French and Spanish, a language I suddenly wished I'd continued past high school.

Crossing the double-decker Verrazano Bridge was a unique experience, as the concrete shakes with the feet pounding on it. Runners on the lower level no doubt were nervously remembering the San Francisco earthquake.

The first 7 or so miles after that were not too impressive, although I learned how hard it is to pass people in such a crowd. About halfway, one crosses into Queens (maybe the "Welcome to Queens" signs should say "Aren't you happy to leave Brooklyn?").

Then it's over the Queensboro Bridge into Manhattan before embarking onto the longest, straightest stretch of the race, along First Avenue. You then cross another bridge into the cup-of-coffee-length section of the Bronx. The last bridge takes you back to Manhattan, in Harlem.

At 22.5, sooner than I expected, I entered Central Park. And despite my slow start, I was able to break 8-minute miles, finishing in 3:23:18 (deja vu, since it was the same time I ran my first marathon in Cleveland).

I was then reunited with my Psyching Team; even if you didn't run well, you feel good about it!

## G.W. BIRTHDAY MARATHON RELAY

WRC members in the mood to try something different may want to run in the George Washington's Birthday Marathon Relay.

The relay is held at the same time as the marathon at 10:30 a.m. Feb. 18 on a three-loop course at the NASA Recreation Center in Greenbelt.

Teams consist of three runners who run legs of 9, 8 and 9.2 miles. The types of teams include open and masters men, women and coed.

Contact the competition committee chairman if you're interested in becoming part of the team. There is no race day registration, and the deadline is Feb. 12.

## WRC MEMBERS RUN CROSS COUNTRY

Several WRC members trekked out to Leesburg on Nov. 11 to run the Springwood 5k cross country race and partake in the generous brunch that followed. The triple-loop course is run on the scenic grounds of the Springwood Psychiatric Center.

Times were slow because of the hilly course, tough winds and numerous turns.

Nevertheless, Chris Stockdale won first place in the women's master's division, Lisa Hamm was the 3rd open woman, and David Albinson took first in the men's master's division. Bobby Bauer and Jeff Reed also ran, but neither would reveal their times.

Had these WRCers had the foresight to register as a team, they would have taken second.

The Northern Virginia Running Club did a fine job putting on the second annual race, which they announced would become an annual event.

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Bernie Creed also ran a cross country race recently, the George Mason University Cross Country Invitational held Sept. 23. The temperature was 75 degrees and skies were overcast for the the three-mile women's race run on roads, grass and damp trails.

Bernie, WRC's lone competitor in the event, finished 28th in 18:36. The top 20 finishers received merchandise awards courtesy of Moving Comfort.

Bernie says the race will be held again next year on the last Saturday in September, and says it would be a good team event for women in the club.

Results: Lauretta Miller, George Mason, 16:47; 2. Kim Saddic, GMU, 17:09; 3. Lianne McVey, UVA, 17:23; 4. Lacey Clews, VCU, 17:34; 5. Liz Fitzpatrick, Navy, 17:37; 28. Creed (WRC), 18:36.

## ELECTIONS

New officers will be elected during January's meeting of WRC. Nominations will be taken at the December meeting/party, and will be reopened just before the election.

Think about running for president, vice president, secretary or treasurer. Please show up to cast your ballot!

Committee chairmanships - legal, membership, newsletter, competition and social - are appointed by the president.

## ASSORTED RACE RESULTS

Cathy Ventura-Merkel had a good reason for not running Marine Corps-she had won the Maryland Marathon in Baltimore a couple of weeks earlier. Cathy ran the race in 3:02 and took home \$1000, not bad pay for three hours work.

"It was awful wind, awful," Cathy, who ran 15 minutes faster last year, said later. "Worse than Hains Point on a bad day!"

Lisa Hamm ran a 48-flat 10k in Denver the day after arriving on a Colorado vacation in October. She was on track for a PR when altitude-induced oxygen debt kicked in at about the five-and-a-half mile mark.

Lisa set a PR of 46:59 in the Shooter McGee's Autumn 10k on Nov. 12, the day after the Springwood 5k.

## THANK YOU!

Thanks to everybody who sent stories or supplied results to the newsletter for this issue - especially George Bunker, Bernie Creed, James Scarborough, J.J. Wind, John Betts, Chris Stockdale and Gerry Ives.

## GEORGETOWN 10K

Almost 40 WRC members showed up Oct. 8 to help Colonial Running Company put on the Georgetown 10k, one of Washington's premier road races. The race is one of the club's biggest fundraisers.

The strong turnout, which garnered the club \$15 a volunteer and more for people in pivotal jobs, is believed to be the best in club history. Thank you everybody for participating!

Although most club members worked registration, the finish line or some other task, Donna Elliott did her part by finishing first among women, in 36:37.

John Glidewell of Woodbridge was the first man to cover the hilly course on the crisp fall day, posting a time of 29:46. He was followed by Darrell General of Temple Hills in 30:10 and John Doub of Waynsboro, Pa., in 30:14.

J.J. Wind was ecstatic to hear he won his age group.

Unfortunately, the large number of runners that ran the race - almost 4,000 - meant Colonial ran out of T-shirts. The company has ordered more for volunteers and runners who didn't get theirs.

**Results:** Doub, 29:46; 2. General, 30:10; 3. Doub, 30:14.

**Women:** Elliott (WRC), 36:37; 2. Leslie Minnix-Wolfe, Alex., 36:46; 3. Amy Jones, D.C., 37:25.

**Wheelchair:** Kenny Carnes, Morningside, 27:02.

## RACE FOR COOPERATIVE DEVELOPMENT

About ten club members helped put on the Race for Cooperative Development in Bluemont Park Oct. 21.

No information has been sent to the club newsletter, but the editor heard something about a problem with the course turnaround.

Thanks to everyone who showed up to support the club that day!

## 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, 2923 F 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 Germantown 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. □

## HOLIDAY UNIFORM SALE!!!

WRC singlets and T-shirts are on sale for the holiday season! You can buy a singlet for \$10 and a T-shirt for \$6, or both together for \$15.

Singlets and shirts will be available for purchase at the December meeting, or call Lisa Hamm at 998-6753.

## 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**