

Washington Running Club Newsletter



Volume 10, Number 1

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January 1991

JANUARY MEETING IN ARLINGTON— ELECTIONS!!

The WRC monthly meeting will be held at Kevin Kolakowski's apartment on FRIDAY, JANUARY 21st at 8:00 p.m. Election of officers for 1991 will be held at this meeting. Food, booze, mistletoe, and other donations will be welcomed. Prez. Kolakowski lives at 2100 Lee Highway, Apartment 523, in Arlington. The telephone code at the front door is 262, which is also the length of a marathon to all you folks who have a hard time remembering numbers.

MENGES & MOORE DOMINATE 10-MILER; McGRAIL & McGRAIL TAKE 20-MILER

by George Banker

The 28th Annual D.C. Road Runners Braden Field 10 and 20 Milers were held on Saturday, December 29th, 1990, in Greenbelt, Md., and if your last name started with the letter "M" this was your lucky day. The first winter snow was making an exit, with the temperature nearing 50 degrees, a nice change from last year when it was a bitter 12 degrees with the wind chill pushing it down to 20° below zero.

The events ran concurrently over the same course, five miles out and five miles back. This meant the 20-mile runners had the pleasure of experiencing the hills and thrills twice, and got to see the 10-milers heading for the warmth of the clubhouse at the halfway mark. The course had a fair number of rolling hills, with a nice downhill at mile two, which was transformed into a killer uphill at mile eight and 18 on the return.

The leader of the 10-miler pack was Joel Menges, who commented afterwards: "it was a great race for eight miles, but that last hill took the punch out." In a close race, Menges had enough in reserve to capture first with 1:00:22, while Seth Brown took second in 1:00:22, and Ron Moore third with 1:00:34.

WRC's Donna Elliot-Moore had her 1989 title on the line, but she ran unchallenged for the entire race, winning in 1:03:40. In second place was Kathy Merkel, coming back after a lingering illness, in a time of 1:08:43. Kimberly Krause took third in 1:14:36.

The men's masters title was taken by WRCer Bobby Bauer, in 1:07:15. First female master was Edie Tress in 1:17:18.

The 20-miler served as a Snowball Series event, and each person was running for age-group points. The event brought out the local talent, and Ben Beach was there to defend his 1989 title. An assault was launched by John McGrail that resulting in McGrail winning in 1:59:09 with Beach in second (1st master) in 2:01:11. Third place went to Jim Porterfield with 2:06:15. In the top ten positions, six of the finishers were masters.

Jennifer McGrail, John's spouse, rounded off the day for the family by taking the women's title in 2:35:54. She was followed by masters runner Judy Flannery in 2:42:52. Hiroko Smith was third in 2:42:53.

10-Miler

Men: 1. Joel Menges, 1:00:19; 2. Seth Brown, 1:00:22; 3. Ron Moore, 1:00:34; 4. Will Vehrs, 1:00:42; 5. Bernard Shaw, 1:00:58; 6. Mitch Batt, 1:01:20; 7. William English, 1:01:28; 8. Tom Winkert, 1:04:04; 9. Barry Hardwick, 1:05:24; 10. Eric Rodkin, 1:05:34; 16. Bobby Bauer (WRC), 1:07:15 (1st master); Peter Monahan, 1:17:39.

Women: 1. Donna Elliot-Moore (WRC), 1:03:40; 2. Kathy Ventura-Merkel (WRC), 1:08:43; 3. Kimberly Kruse, 1:14:36; 4. Edie Tress, 1:17:18; 5. Anna Berdahl, 1:22:33.

20-Miler

Men: 1. John McGrail, 1:59:09; 2. Ben Beach, 2:01:11; 3. Jim Perterfield, 2:06:15; 4. Bill Wooden (WRC), 2:06:24; 5. Steve Smith, 2:07:24; 6. Cliff Balkam, 2:07:47; 7. Dave Keaton, 2:08:10; 8. Kenny Yeh, 2:08:18; 9. John Sherlock, 2:11:59; 10. J. J. Wind (WRC), 2:13:39; 11. Dave Johnson (WRC), 2:14:03; 12. Gerry Ives (WRC), 2:15:27; 15. Bernie Gallagher, 2:17:00; 16. John Haubert, 2:17:25; 22. George Mason, 2:23:16; 24. Al Marcy, 2:27:40; 28. Bill March (WRC), 2:33:02; Doug Robinson, 2:38:44; James Scarborough (WRC), 2:44:37;

Women: 1. Jennifer McGrail, 2:35:54; 2. Judy Flannery, 2:42:53; 3. Hiroko Smith, 2:42:53; 4. Laura Pitts, 3:00:28.

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

McCORMACK AND O'HARA CLIP MISTLETOE; BAIRD, HOWELL & CLELAND FINISH WELL

by *George Banker*

The 3rd Annual Mistletoe 8K, on Sunday, December 9th, was held under ideal conditions—sunny skies and no wind—on the West Potomac Park course. With no computer available the event coordinator, Colonial Running, had to go back to basics with manual timing, which was accomplished with ease.

Among the favorites in the front line was a Soviet visitor, Gregory Vinjar, the 1975 Soviet marathon champion who now runs for pleasure.

The runners got off to a fast start with Dave McCormack and WRC's Kirk Baird passing the two-mile mark in 9:48. Leading the second pack of runners, 100 meters back, were WRCers Jack Cleland and Roger Howell.

McCormack shook off Baird's challenge as he split the tape in 24:14. Baird had to be content with his second place finish, and his second p.r. in as many weeks, as he crossed the line in a swift 24:42. Roger Howell took third in 25:14, with master's runner Steve Ruckert in fourth place with 25:18, followed by Jack Cleland in 25:25. Vinjar, the Soviet runner, finished in 27:40.

In the women's race, Ruth O'Hara continued her string of strong showings by winning in 28:50, followed by Shelley Burns in 29:28. Wendy Neely took third in 30:28.

The women's masters title was taken by WRC's Mary Ellen Williams in 30:42, followed by Clubmate Beverly Shooshan in 31:12. Mary Ann Zuckerman was third in 32:15.

Men: 1. Dave McCormack, 24:14; 2. Kirk Baird (WRC), 24:42; 3. Roger Howell (WRC), 25:14; 4.

Steve Rucker, 25:18; 5. Jack Cleland (WRC), 25:25; 6. Terry McLaughlin, 25:34; 7. Robert Ingram, 25:38; 8. James Knight, 25:55; 9. Ridge Kelley, 25:57; 10. Steve Dye, 26:27; 11. Jody Weatherwax, 26:40.

Women: 1. Ruth O'Hara, 28:50; 2. Shelley Burns, 29:28; 3. Wendy Neely, 30:28; 4. Stephanie McLaughlin, 30:33; 5. Mary Ellen Williams (WRC), 30:42; 6. Nadine Taylor-Tolb, 31:00; 7. Beverly Shooshan (WRC), 31:12; 8. Audi Menkes, 31:21; 9. JoAnn Burns, 31:27; 10. Robin Campbell, 31:37.

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

Dixon Hemphill's time of 77+ minutes in the Army 10-Miler looked a little weak compared to his usual performances in his 65-69 age division. And no wonder, Hemphill was living it up in Las Vegas the week before, where he won his age division in the Bud Light National Triathlon. After finishing the one-mile swim and a 25-mile bike ride through the mountains, Hemphill was in 3rd place. But a strong finish in the 10K run pushed him into first place with a finishing time of 3:13:19. There was no report on whether Dixon did some upper-body work on the slot machines before the race.

Former WRC member **Rick Platt** recommends two great February ½-marathons. The inaugural Pomoco Group/Hampton Coliseum Road Race (Feb. 10, Hampton, Va.—\$3,450 prize money), and the 12th annual Anheuser-Busch Colonial ½-Marathon (Feb 24, Williamsburg, Va.—\$2,000 prize money). Brochures can be obtained from Rick Platt at 113 Anthony Wayne Rd., Williamsburg, Va. 23185 or phone (804) 229-7375.

In honor of the Arlington Co-Op's 15th anniversary, **Jay Wind** wants to invite runners (and non-runners) to come to hear **Ralph Nader**, America's foremost 'consumer boomer,' speak at the Arlington/Fairfax Jewish Congregation at 7 p.m., February 3rd. Tickets are \$18 and may be obtained by calling 703-920-6855. Jay also let it be known that he started the New Year by winning the masters division of the Hangover Classic in a stellar time of 27:57.

Alan Roth, in his capacity as the local Achilles Track Club booster, is looking for people to help three blind runners with their training. The three are: **William Covington**, lives in Adams-Morgan, can travel by public transportation and can meet you during the day, trains 6-8 miles a day at 8:00 per mile or better; **Carlos Williams**, lives in Triangle, Va., attends George Mason, can run a mile in 5:20 and 10K in 40:45, available during week at George Mason; **Jim Thoun**, lives 2 miles south of Route 1 in Alexandria and works in Suitland, Md., runs 2-3 a day at 8:00-8:30 pace, wants to move up to running a 10K. If you can help out, give Alan a call at 301-649-4909.

Washington Running Club

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

CLUB OFFICERS

President: Kevin Kolakowski (524-8391)
Vice President: Dave Williams (243-1631)
Secretary: Gerry Ives (320-3337)
Treasurer: Bobbie Bleistift (379-2767)

Newsletter Editor: Gerry Ives

COMMITTEES

Legal: Chairs: Jim Hage, Jack Coffey
Membership: Chair: Suzy Coffey
Newsletter: Chair: Gerry Ives
Competition: Chairs: Jerry Merkel, Tom McCarthy
Social: Chairs: Pat Walker, Dick Brannan

BAIRD AND McCULLOUGH VICTORIOUS AT JINGLE BELL RUN FOR ARTHRITIS

by *George Banker*

Everyone's ears were ringing at the 8th Annual Jingle Bell Run for Arthritis 10K, held on Sunday December 2, 1990 at West Potomac Park. If you can imagine 2,000 pairs of shoes each equipped with a pair of small bells pounding the pavement for 6.2 miles, you can get the picture.

Conditions this year were ideal—better than last year's snowy conditions—with the temperatures in the 40s and no wind.

From the start the front pack consisted of WRC's Kirk Baird, Jim O'Keefe and Jim Wadsworth. Kirk Baird put the race away by opening up a lead shortly after the Hains Point turnaround, and finished in a p.r. time of 30:52 (breaking 31 minutes for the first time). O'Keefe was second in 31:20, with Wadsworth a close third in 31:26. Jack Cleland was fifth in 32:20.

In the men's masters Ridge Kelley dominated by taking 18th overall with a 34:31, followed by Ricardo Blanco in 35:14 (25th) and WRC's J. J. Wind in 36:05.

The women's race saw Mary McCullough clock 36:16, the fastest time since Marianne Dickerson's 35:54 in 1986, with Louise Mallet a close second in 36:27 and Mary Beth Allan in third in 37:30.

Janice Stoodley won the women's masters in 40:36, followed by Beverly Pritts in 41:31 and Hideo Pirie in 41:56.

Every event has its low points, that's the nature of the business. At the awards ceremony the not-so-tall runners appeared to be wearing dresses—apparently only extra-large t-shirts were available for the event. Oh well, I guess they can grow into them!

Men: 1. Kirk Baird (WRC), 30:52; 2. Jim O'Keefe, 31:20; 3. James Wadsworth, 31:26; 4. Ken Linden, 32:10; 5. Jack Cleland (WRC), 32:20; 6. Terry J. McLaughlin, 32:24; 7. David Holloway, 33:06; 8. Bruce Barnes, 33:08; 9. James Knight, 33:15; 10. Doug Billings, 33:24; 24. Ted Poulos, 35:08; J. J. Wind (WRC), 36:05; Mike Cotner (WRC), 36:07; Tom Winkert, 36:33.

Women: 1. Mary McCullough, 36:16; 2. Louise Mallet (WRC), 36:27; 3. Mary Beth Allan, 37:30; 4. Catherine Murphy, 38:27; 5. Pam Foley, 38:34; 6. Janet Healy, 38:40; 7. Robin Schretter, 39:14; 8. Melissa Knight, 39:20; 9. Susan Haynie, 39:41; 10. Joan Jones, 40:15; 14. Janice Stoodley, 40:36; Joanne Mallet (WRC), 44:59 (1st 50+).

DALUZ AND SWEITZER WIN DOUGH; BEACH AND STOODLEY BREAK RECORDS

by *George Banker*

This was a race where a lot of dough was on the line—dough as in bread, not the kind you take to the bank. The event was the DC Road Runners Bread

Run 10K, held on Sunday, December 9th, 1990, at Glen Echo Park in Glen Echo, Md. Winners received a loaf of home-made bread which had been donated by the runners. What other event can you enter for a loaf of bread?

The initial part of the race is along MacArthur Boulevard toward Brookmont, where it twists down to the towpath beside the C&O canal. The course then turns back toward Glen Echo, and a nice surprise: seventy-two railroad tie steps at the 5½-mile mark rising from the canal level back up to MacArthur Boulevard; that'll take that stupid grin off of your face.

Dominique Daluz led the 137 finishers over the finish line, narrowly beating Dave Griffith of Des Moines, 32:59 to 33:13. Third place was taken by New Zealand tourist Max O'Kane in 34:05.

The long-standing men's masters record (34:40, Eamon McEvilly—1983) fell to masters standout Ben Beach, who clocked 34:34 and captured 5th place overall. Second master was WRC's Bill Wooden with an 8th place finish of 35:36, with another WRCer, Jay Wind, taking the 3rd spot in 37:07.

In the 50+ division, the GNATS Bernie Gallagher and WRC's Gerry Ives duked it out, with Gallagher getting the edge in 37:42 to Ives' 37:50. Al Marcy took 3rd spot in 41:16.

The women's division was dominated by NOVA's Terry Sweitzer in 40:36, with Jennifer McGrail of RC² taking second in 41:10, closely followed by NOVA's Betty Blank in 41:24.

In 4th place and first master was Janice Stoodley, in a course record time of 41:45 (old record 42:01, Mary Ann Zuckerman—1988). Stoodley now has recaptured the record for this course that she held from 1983 to 1987. Kathy Wismar was second woman's master with a 52:10 and Maria Carluzzo was 3rd with 52:14.

Men: 1. Dominique Daluz, 32:59; 2. David Griffith, 33:13; 3. Max O'Kane, 34:05; 4. Doug Van Zoeren, 34:30; 5. Ben Beach, 34:34 (masters c.r.); 6. Bernard Shaw, 35:23; 7. Greg Langer, 35:32; 8. Bill Wooden (WRC), 35:36; 9. Bill Stahr, 35:47; 10. Will Vehrs, 35:47; 11. Ron Moore, 35:48; 12. Robert Rodriguez (WRC), 36:03; 17. J. J. Wind (WRC), 37:07; 19. Doug Wham, 37:28; 20. Tom Skelly, 37:37; 21. Bernie Gallagher, 37:42; 22. Robert 'Tex' Platt, 37:48; 23. Gerry Ives (WRC), 37:50; 26. Ted Poulos, 38:12; John Haubert, 38:59; Bob Trost (WRC), 39:33; Rick Bockman, 39:46; Al Marcy, 41:16; Peter Monahan, 42:12; Tom Kurihara, 42:24; James Scarborough (WRC), 43:28.

Women: 1. Terry Sweitzer, 40:36; 2. Jennifer McGrail, 41:10; 3. Betty Blank, 41:24; 4. Janice Stoodley, 41:45 (masters c.r.); 5. Jeanne Grillo, 41:10; 6. Sharon Separ, 42:34; 7. Fiona Rotberg, 42:51; 8. Susan Aaronson, 43:24; 9. Kathleen Katzeff, 44:21; 10. Gena Clare, 46:20; 12. Lori Poulos, 47:24; 17. Ayne Furman, 52:12.

MINUTES OF MONTHLY MEETING OF WRC HELD ON DECEMBER 14TH, 1990

The meeting was called to order by President Kevin Kolakowski. Kolakowski asked that the meeting be limited to the nomination of officers for 1991, with the vote and additional nominations from the floor to be held at the January meeting on January 21th.

Nominated for President: Kevin Kolakowski.

Nominated for Vice-President: Chris Stockdale, Tris Kruger.

Nominated for Treasurer: Jerry Merkel, James Scarborough.

Nominated for Secretary: Gerry Ives.

The meeting was then adjourned so the Club Christmas Party could continue. *Gerry Ives, Secretary.*

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.

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.

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 a brisk 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.

Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4816 or evenings h] 441-9265.

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 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 1990

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