

Washington Running Club Newsletter



Volume 10, Number 10

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October 1991

OCTOBER MEETING IN POTOMAC

The WRC monthly meeting will be held at Tris Kruger's house on FRIDAY, OCTOBER 11th. Vice-Prez Kruger lives at 9641 Accord Drive, in Potomac, Md. Take Beltway to River Rd. exit. Head toward Potomac on River Rd. The house is approximately 3 miles from the Beltway on the left at the corner of Accord and River, about ¼-mile past the Potomac Nursery & Garden Center. The Club will provide hot dogs, and hamburgers, etc., any other food or beverage contributions will be welcomed. Tris will have his *heated* swimming pool open for our aquatic members.

GEORGETOWN 10K VOLUNTEERS

We need volunteers to help at the Georgetown 10K. Volunteers will be needed on Saturday, October 5th from noon until 5:00 p.m. to help with package pickup, and we need thirty volunteers to help with the race on Sunday, October 6th from 7:00 until noon. Call Jerry Merkel at (703) 525-5943 or Kevin Kolakowski at (703) 524-8391. This is WRC's biggest outside money source, please help.

WRC MEN'S OPEN TEAM PERFORMS WELL AT PHIL. HALF-MARATHON

The morning of Sunday, September 15th dawned warm and humid for the 8:30 start of the Philadelphia ½-Marathon. Definitely not ideal conditions. WRC traditionally sends a strong team to this event, and this year was no exception as a team spearheaded by Jim Hage toed the line.

Dionicio Ceron was back to defend his title and course record of last year. Ceron took the early lead but by the three mile mark was well behind his record-setting pace of last year. Rolando Vera was best able to withstand the conditions as he took the win in a comparatively slow 1:03:00. Noel Richardson was second in 1:03:24, followed by the first U.S. runner Bill Reifsnyder in 1:03:45. Ceron finished in 4th place in 1:04:08, more than three minutes slower than his time last year (1:00:46).

The top finisher for WRC was Jim Hage who finished in 9th place in a time of 1:06:07. Hage was in 8th place until the 12-mile mark when a momentary lapse enabled someone to slip by—that lapse cost Hage Esq. \$250 dollars in prize money. Kirk Baird ran a strong race, resplendent in black Ray-Ban sunglasses looking somewhat like a reincarnation of John Belushi, and finished in second place on the WRC team in 1:08:29. Third finisher for WRC was Roger Howell who ran his usual solid race in 1:10:56.

Jon Thoren was one of the few people to pr at the race as he crossed the finish line in 1:14:37. Lucius Anderson definitely didn't pr as he came seriously unglued and finished in 1:16:13, almost four min-

utes slower than last year. Ed Doheny and Andy Smythe ran together, as Doheny tried to elicit the secret of Smythe's dating success. After getting some really good advice Doheny sprinted to the finish line in 1:17:03, eager to try out his new technique. Smythe finished, as debonair as ever, in 1:17:30.

Club Prez Kevin Kolakowski finished in 1:21:08, somewhat slower than expected, but still pretty good for a big guy. John O'Donnell cruised in in 1:26:30, ahead of Jeff Reed whose time of 1:29:54 speaks for itself.

Dennis 'Count' Baker instructed his friend 'Morris the Gardener' of Tyler, Texas, to look up the WRC team when he got to Philadelphia. Morris did as he was told, and then blamed his horrible race on the WRCers plying him with liquor during the pre-race dinner. Obviously, this was a set-up by Baker, intent on keeping his title of 'Road Racing King of Texas'. Morris's performance was reminiscent of Baker's performance at the Moonlighter 8K in 1989 where he claimed that food poisoning caused him to drop out of the race.

As of press time there were no team results available. However, a preliminary check of the overall results placed WRC's open men's team in second place.

Men: 1. Rolando Vera, 1:03:00; 2. Noel Richardson, 1:03:24; 3. Bill Reifsnyder, 1:03:45; 4. Dionicio Ceron, 1:04:08; 5. Michael Musyoki, 1:04:41; 6. William Musyoki, 1:04:48; 7. Steve Jones, 1:05:39; 8. Randy Haas, 1:05:44; 9. Jim Hage (WRC), 1:06:07; 10. Brian Sheriff, 1:06:20; 23. Kirk Baird (WRC), 1:08:29;

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

43. Roger Howell (WRC), 1:10:56; 122. Jon Thoren (WRC), 1:14:37; Lucius Anderson (WRC), 1:16:13 (3rd 45-49); Faye Bradley, 1:16:39; Ed Doheny (WRC), 1:17:03; John Sherlock, 1:17:29; Andy Smythe (WRC), 1:17:30; Kevin Kolakowski (WRC), 1:21:08; Bernie Gallagher, 1:23:00; John O'Donnell (WRC), 1:26:30; Dick Brannan (WRC), 1:29:20; Jeff Reed (WRC), 1:29:54; George Banker, 1:33:56.

Women: 1. Kim Jones, 1:12:50; 2. Helen Moros, 1:13:06; 3. Diane Bussa, 1:13:08; 20. Leslie Minnix-Wolfe, 1:20:27; 33. Shelley Burns, 1:21:07; Terry Sweitzer, 1:24:54; Jeanne Grillo, 1:25:40.

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

Colleen Troy-Martin dropped us a line from Collingswood, N.J., to report that she has a new training partner, **Katy Jane**, born 12/19/90. Katy Jane is already the veteran of three races in the baby jogger and is hoping to accompany her mom to Marine Corps in November—Mom will be running and Katy Jane will be on the sidelines cheering her on.

Another WRC bachelor bites the dust with the announcement that **Dan Rincon** is getting hitched to **Win Graves**. No firm date on the wedding yet, but it will probably be sometime in 1992.

WRCers did well at the Nike Capital Challenge, the annual race that pits teams from the media and the various branches of government against each other. **Scott Celley**, as usual, took the men's crown (14:40), but he had some competition from **Dean Burke**, who took second place in 14:56, with **James Wadsworth** in 3rd in 15:14. The women's race was a tough battle between two WRCers, IRS teammates

Carol Rose and **Donna Moore**, with Rose getting the win in 17:11. **Elizabeth LaPlante** took 3rd place honors in 17:53. The best team name award went to the "No Net Loss of Sweatgland" team representing the White House.

James Scarborough made very careful calculations to figure out his time for the 5K predicted time race in Rehobeth Beach on September 2. However, his calculations came to nought when the course turned out to be long. Scarborough finished in 22:40, missing his prediction by 40 seconds. Next time he's going to measure the course himself.

The Million Dollar Mile, scheduled for October 3 in Jakarta, Indonesia, has added several more world class athletes to an already stellar field. Joining the field will be **Peter Elliot**, **Jose Luis Gonzalez**, **Terrence Herrington**, and **Wilfred Kirochi**. Now the field for the event includes the 1500m medalists at the 1988 Olympic Games (Rono, Elliot, and Herold) as well as the mile world record holder (Cram) and the 1500m world record holder (Aouita). Indonesian industrialist Bob Hasan, the meet organizer, is offering a one million dollar bonus to any runner setting a new world record. The current record of 3:46:32 was set by Cram in 1985.

Volunteers are needed for the DCRRRC Turkey Trot 5-Miler, to be held on Thursday, November 28th, at 10:00 a.m. in Alexandria. Those interested in helping should call **James Scarborough** at (703) 536-7764, or on the DCRRRC information line at (703) 241-0395.

WILLIAMS, TAYLOR WIN FAIRLAKES; GREAT PERFORMANCES FROM WRC WOMEN

by Letch Walkowski

Rumor had it that there wouldn't be many out-of-town runners coming in for the Fairlakes 10K (\$\$\$) on Sunday, September 22. Apparently Todd Williams of Knoxville, Tenn. didn't get the word, and Rosalind Taylor of Lanham, Md. didn't care who came.

As the lead pack went through the first mile in 4:45, Bud Coates of Emmaus, Pa. decided the pace was too slow and opened up a 15 second lead by taking the next mile in 4:30. However, Williams, primarily a track racer, reeled him in over the next mile and a half and took the lead just before the 4-mile mark. Williams, running very strongly at the finish, broke the tape for the win in 29:21. With just over a half-mile to go Darrell General turned on the afterburners and moved from fifth to second place, overtaking Coates in the final 50 meters. General finished in 29:57 to Coates' 30:00.

Rosalind Taylor showed why she is the top-ranked woman in the area as she took the top spot in 34:48. Taylor's only serious challenger was WRC's Maria Pazarentzos who took second in 35:31. In third place was an unfamiliar name with a familiar face—newly-married Louise Kelley (formerly Mallet) with a 36:12 time.

Washington Running Club

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

CLUB OFFICERS

President: Kevin Kolakowski (703-524-8391)

Vice President: Tris Kruger (301-983-2283)

Secretary: Gerry Ives (301-320-3337)

Treasurer: Jerry Merkel (703-525-5943)

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

Donna Moore made her decision to run at the last minute, and it turned out to be the right decision as she took 5th place, after running an even-paced race, in 37:18. In 7th place was Pat Walker with a solid 37:43, despite her lack of speed work, followed by yet another WRCCer, Teren Block in 38:34. WRCC's women took five of the top ten places at the race, a truly remarkable showing in a race of this stature.

The finish line announcer was Jeff Reed, recently returned from his successful European bar tour. Covering the race for the *Hagerstown Gazette* was WRCCer Mike Spinnler, who has been Pazarantos' long time coach and advisor.

Men: 1. Todd Williams, 29:21; 2. Darrell General, 29:57; 3. Bud Coates, 30:00; 4. Mark Stickley, 30:04; 5. Doug Mock, 30:05; 6. Dave McCormack, 30:39; 7. Brian Ferrari, 31:03; 8. Michael Wilson, 31:40; 9. Patrick Key, 31:43; 10. Thomas Caffrey, 32:08; Andy Smythe, 34:56; Jay Wind (WRCC), 36:02.

Women: 1. Rosalind Taylor, 34:48; 2. Maria Pazarantos (WRCC), 35:31; 3. Louise Kelley (WRCC), 36:12; 4. Laretta Miller, 37:02; 5. Donna Moore (WRCC), 37:18; 6. Jenny Van Horn, 37:33; 7. Pat Walker (WRCC), 37:43; 8. Teren Block (WRCC), 38:34; 9. Janice Torpey, 39:14; 10. Patricia Ritter, 39:27; Beverly Shooshan, 39:43; Berni Creed (WRCC), 40:45.

LUGIANO REPRESENTS WRCC AT VERMONT 100 MILER

by Joe Lugiano

The Vermont 100 Miler was another exciting race as Eric Clifton won it for the 3rd time and set yet another course record. He covered the distance in 14:25:29, followed by Colin Corkery in 15:17:35 and the 1st master Ralph Swenson in 16:16:29.

Christine Gibbons, finishing 9th overall in a time of 18:12:03, led an outstanding women's field. She was followed by the fast closing second place woman, Edith Bogenhuber, who finished in 18:25:14, 12th overall. The 3rd woman to finish was Linda Mattingly-Vitale in 25th place, who ran 19:52:25.

And, of course, in another pr performance, 46 minutes faster than last year, but only moving up one spot from 29th to 28th, was WRCC member Joe Lugiano, with a time of 20:13:23. I was as far back as 50th after 65 miles and as high as 26th at 95 miles (at least two people sneaked by in the dark). Maybe next year I will break that 20 hour barrier.

There were 179 starters in this year's race but only 127 finishers. Familiarity with the course definitely helps you over the long run because it allows you to test different strategies for dealing with many hills. Going out too fast in the first 50 to 60 miles and running the downhills strongly will leave you walking and weak in the last 20 to 30 miles.

My strategy was to walk the uphill (most of them aren't runnable) and run the downhills carefully. I also found that with the 33 aid stations, which are a

junk food junkies rapture, it is possible to spend too much time dawdling over the chocolate chip cookies, M&M's, Powerbars, Exceed, Coke, pretzels, and on and on. I was running with my buddy Chuck Petersen from Raleigh and managed to leave him in a state of frustration at not being able to eat it all at each aid station. I found that running as far as possible before it got dark was very important as you tend to lose perspective of hills and terrain when you only see what is in the light from your flashlight.

The weather was very pleasant, reaching the upper 70s during the day. The ground pretty well dried up from the soaking rain of the previous afternoon. This was the 3rd year that it rained on the Friday preceding the race and provided temperatures of 70-80° the rest of the weekend. Again, we were lucky as the previous week the temperatures had been in the 90s. One of these years. . . . Oh well! Training in the D.C. area gives one plenty of opportunities for getting enough HEAT training. Think about all those people who flew in from California who weren't ready for the heat and humidity (of course, some of them did finish ahead of me).

Local runners I am aware of who finished included Tom Green from Columbia, Maryland, who finished 23rd overall with a time of 19:33:22, and Keith Brophy from Dale City, who finished 67th overall with a time of 22:29:03. Keith and Tom both had some bad stretches or they would have been in or very close to the top 10.

Drinking lots of Exceed (fluid replacement) definitely helped the lactic dissipate from the legs quickly. Most of the soreness (you know, walking downstairs funny) was gone after two days, ALTHOUGH, when I went to run five days later there was significant disagreement from my quads as to whether we should be out there or not. But, after a few easy days of running, we were able to begin training a little more seriously again. Now we'll be getting ready for Marine Corps and the JFK 50 Miler, and maybe call it a year after that.

FIELD REPORT FROM THE FRENCH RIVIERA

by Alan Roth

This short report is to provide WRCC members a brief rundown on the status of a special investigation. As you have read in earlier newsletters, Tris Kruger, an officer of our hallowed organization, has reported that he has been subject to interference in a number of recent races and that this interference has cost him for each race not only the first place finish in the men's open division, but also the humiliation of finishing in the middle of the pack.

As the First Vice President of the Potomac Valley Association of The Athletics Congress (the governing body of our sport) and Executive Director of the Greater Washington Running Council, I take the matter of such interference as a serious offense and

have personally launched a major investigation! The perpetrators must be apprehended. Dr. Kruger's running talent is widely respected. His world class capability should not be impeded by such miscreants.

Dr. Kruger has not been able to shed much light on who is behind the malicious scheme. Apparently a clandestine source is using contract services to bring in different runners for each race. Each runner will execute an interference maneuver and then drop out of sight. This diabolical scheme has provided us with very few clues. Fortunately, I've watched enough television to clearly see that this case reeks of FOREIGN INTRIGUE! And where is the summer capital of foreign intrigue? Yes, the French Riviera!

For the sake of justice, for the good of the sport, and for the honor of WRC, I have taken upon myself the financial burden of traveling to the French Riviera this summer to continue the investigation. This arduous task has taken me across many beaches where my runs have been impeded by large numbers of topless women bathers. As for the many beaches where any bathing suit is frowned upon, I found I was well prepared, having experienced a similar environment at a WRC picnic quite a few years ago.

While some might think I have been given a run around, I do believe I am hot on the tail—I mean *trail*—of these miscreants. I expect to return to Washington with enough leads to close in on this clandestine organization during the Fall racing season.

I would like to assure Dr. Kruger that by marathon time late Fall, the perpetrators will have been apprehended and we will be seeing a succession of first place finishes!

MINUTES OF MEETING OF WRC HELD ON SEPTEMBER 13, 1991

The meeting was called to order by President Kevin Kolakowski.

James Scarborough reported that there was to be a meeting between the Arlington County Board and local runners, at the Jackson School at 7:00, September 23rd, to discuss Arlington's new policy of barring race directors from using park trails and bike paths in Arlington. Scarborough also asked for volunteers to help at the Turkey Trot 5-Miler on November 28th (snow date November 30th). Ed Doheny suggested that \$50 expense money for major out-of-town races be granted to Club members who apply. Kolakowski noted that volunteers will be needed for the George-

town 10K on October 5th and 6th. Registration will be held in the Georgetown Park complex on M Street. Volunteers are need for Tris Kruger's race, the Potomac 8K at 8:15 a.m. on Saturday, October 26th in Potomac. Call Tris for details at (301) 983-2283.

A suggestion was made that the Club rent a suite for use by members after the Marine Corps Marathon. It was agreed that the executive committee would make a decision on this matter. Anyone wishing to run on teams in Marine Corps should contact Kolakowski or Merkel (see list of officers for telephone numbers).

Financial Report: Treasurer Jerry Merkel reported a balance of \$4,369 in the Club account.

There being no further business a motion was made to adjourn. *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). 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.

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 Pat Walker, 210Q Lee Highway, Arlington, VA 22201. 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 (703) 549-7688.

Wednesday Night Intervals, Georgetown U. track, 4:30 p.m. until 6:30 p.m. Informal track workout. **Contact:** Gerry Ives at (202) 452-4242.

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 (703) 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. **Contact:** Gerry Ives at (202) 452-4242.

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 (202) 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.

**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