

Washington Running Club Newsletter



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JANUARY MEETING IN ARLINGTON— ELECTIONS

The WRC monthly meeting will be held at Kevin Kolakowski's apartment on FRIDAY, JANUARY 10th at 8:00 p.m. Prez Kolakowski lives at 2100 Lee Highway, Apt. 523, in Arlington. The telephone code at the front door is 262, which is also the length of a marathon (without the decimal) for all you folks who have problems with numbers. From Key Bridge take Lee Highway approx. 1/2-mile to apartment building on left, you have to make a U-turn at the next block to get to the building. The election of officers for 1992 will be held at this meeting, so attend or you may be elected.

SNOWBALL #2, THE BREAD RUN 10K, DRAWS FIELD OF 90+ RUNNERS

The ever-popular Bread Run 10K drew a field of more than 90 runners to the refurbished parking lot at Glen Echo Park in Maryland on Sunday, December 15, 1991. Race directors Bob and Delabian Thurston have worked this race since shortly after civilization began (well, it seems that long).

For the uninitiated, the Thurstons have laid out the course so there is a 72-step climb from the canal up to MacArthur Boulevard in the final mile of the race. It's always been a surprise that Jeff Reed hasn't thought of taking pictures of his friends trying to run up the final couple of steps.

Dominique DaLuz took the win in the men's race in 33:15, with Dan Murphy 30 seconds back in 33:45. Ron Moore was the top master in 35:29, finishing fifth overall.

In the women's race Jennifer McGrail took an easy win in 43:45, with 16-year-old Rachel Peyser in second place in 45:20.

Prizes of fresh-baked bread were given to every conceivable age group winner, and the participants enjoyed a post-race repast of hot chocolate, homemade bread and other delights.

Men: 1. Dominique DaLuz, 33:15; 2. Dan Murphy, 33:45; 3. Dave Williams, 34:01; 4. Robert Rodriguez (WRC), 34:50; 5. Ron Moore, 35:29; 6. Doug Van Zoeren, 35:54; 7. Joel Menges, 36:00; 8. Jacob Wind (WRC), 36:23; 9. Wayne Cottrell, 36:31; 10. Ted Baca, 36:38; 11. Bill Wooden (WRC), 37:00; Ron Griswold, 40:03; Gerry Ives (WRC), 40:25; Bob

Weiner, 40:51; Bob Trost (WRC), 41:57; Al Marcy, 42:20; George Cushmac (WRC), 44:11; Tom Kurihara, 44:26.

Women: 1. Jennifer McGrail, 43:45; 2. Rachel Peyser, 45:20; 3. Betty Blank, 47:05; 4. Luann Sinclair, 47:47; 5. Barbara Arnold, 49:09.

SHORTS AND T-SHIRT WEATHER FOR COPY GENERAL 18K, SNOWBALL #1

The first race of the DCRRRC Snowball Series, the Copy General 18K, was run in spring-like weather on Sunday, December 8th, 1991. The rolling out-and-back course, along the bike trail heading toward Mount Vernon, is tough enough to break out the perspiration, but cannot be classified as a knuckle-dragger.

Dave McCormack quickly took the lead in the men's race and never came close to losing it as he finished in 1:01:58. Second place was more of a battle as Tim Kelley, Drew Rogers, and Phil Woodyard battled it out, finishing in 1:04:00, 1:04:36, and 1:04:44 respectively.

In the women's race Pat Walker buried the opposition by more than 6 minutes, despite the fact that she hates to run anything longer than 10K. Walker finished in 1:14:10, with Betty Blank in second place with a 1:20:50 time.

In the age group competition J. J. Wind came out on top of the masters, finishing in 5th place overall in 1:06:00. Top 50+ competitor was Bernie Gallagher in 1:13:08. The top woman master was Barbara Arnold in 1:29:56, and the top 50+ woman was Nancy Davis-Imhoff in 1:39:36.

Men: 1. Dave McCormack 1:01:58; 2. Tim Kelley, 1:04:00; 3. Drew Rogers, 1:04:36; 4. Phil Woodyard (WRC), 1:04:44; 5. Jacob Wind (WRC), 1:06:00; 6. Jon Thoren (WRC), 1:06:27; 7. Ted Poulos, 1:07:13; 8. Doug Van Zoeren, 1:07:53; 9. Bill Wooden, 1:07:57; 10. Paul Quinn, 1:08:29; 11. Ed Doheny (WRC), 1:10:41; 12. Bob Trost (WRC), 1:11:31; Gerry Ives (WRC), 1:15:28; Kevin Kolakowski (WRC), 1:16:32; James Scarborough (WRC), 1:23:03.

Articles, results, and items of interest to the *Newsletter*, should be mailed to Dick Brannan, 7959 Hidden Bridge Dr. Fairfax, VA 22153

Women: 1. Pat Walker (WRC), 1:14:10; 2. Betty Blank, 1:20:50; 3. Christine Derham, 1:27:38; 4. Barbara Arnold, 1:29:56; 5. Sharon Sterbis, 1:31:16; 6. Nancy Davis-Imhof, 1:39:36; 7. Rosemary Jellish, 1:40:46.

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

Jeff Darman informs us that the Nike Women's Race 8K will be held on Sunday, May 10, 1992 (Mother's Day) at 8:00 a.m., starting in West Potomac Park, Washington, D.C. For an entry send SASE to: Nike Women's Race, Box 20090, Alexandria, VA 22320 (703) 780-3037. The entry deadline is May 8th or 4,000 entrants.

The 1992 Thomas Jefferson Indoor Track Meets will be held on Sundays between 8:30 a.m. and 12:00 noon on Jan. 12, Jan. 26, Feb. 2 and Feb. 23. The Meet Director will be WRC's **J. J. Wind**. Events will be: 2-Mile Walk; 60-Yard Run; 1-Mile Run; 440-Yard Run; 880-Yard Run; 220-Yard Run; and 2-Mile Run. Most events will have heats by age and gender. The track is a 220-yard oval, spikes are not allowed, and there will be a charge of \$2.00 per meet for Arlington residents, and \$5.00 per meet for non-residents. For further information call DCRRC at (703) 241-0395.

John Walsh has passed the New York State Bar Examination, according to his long-suffering wife Colleen. Obviously, all the time Walsh spent in bars was not wasted.

Dick Brannan has volunteered to take over the Newsletter. Dick is a desk-top publishing whiz, so we can expect to see some exciting new looks for this publication. Anyone who has worked on the

Newsletter can tell you that it is a time-consuming job, so I'd like to propose three cheers for Dick for taking on this task. Dick's home telephone number is (703) 823-2333.

BARGAINS FOR WRC MEMBERS AT LOCAL RETAIL GOODS STORES

Pacers, 1301 King Street, Old Town Alexandria (703) 836-1463. Discount of 10% for Club members.

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, 2100 Lee Highway, Arlington, VA 22201. Indicate sizes (S,M,L,XL) and whether men's or women's model.

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

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**, Pacers, 1301 King St., Old Town Alexandria, 6:30 p.m. 10% discount at store. **Contact:** Bobbie Conlan at (703) 836-1463.
- 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 (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 Previous 12 Months

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