

Washington Running Club ★ Newsletter

Volume 11, Number 11

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November 1992

NOVEMBER MEETING AT KRUGER'S PLEASURE PALACE

The WRC monthly meeting will be held at Tris Kruger's house in Potomac on FRIDAY, NOVEMBER 13th at 8:00 p.m. Prez Kruger lives at 9641 Accord Drive, in Potomac. Take the River Road exit from the Beltway and head toward Potomac. Accord Drive is on the left just after the Potomac Garden Center and just before you get into Potomac Village. The house is on the corner of Accord Drive and River Road.

CHRIS STOCKDALE'S COMPLAINT QUICKLY RESOLVED BY CDF RACE ORGANIZERS

After finishing 2nd place woman and 1st master woman at the Cooperative Development Foundation 5K, Chris Stockdale expected to be among the prize winners. When awards were given to the top male and top female finisher and only to the top male finishers in 10-year age groups, Ms Stockdale fired off a letter of protest of "gender discrimination" to the Race Director, Diann Vaughan of CDF. Chris expected to be put off or stone-walled.

But that didn't happen! CDF quickly wrote a letter of apology, explaining that the race was organized by non-runners, sent out very generous prizes to *all* of the women age-group winners, and invited Chris to be on the organizing committee for next year's race.

Chris has accepted the invitation and will be involved in next year's race. She said that she was impressed by their obvious deep concern regarding her complaint, and their speedy resolution of the problem. This looks like a race that should be on everyone's calendar for 1993.

MEXICAN NAVY RUNNER WINS AT MARINE CORPS MARATHON

The wind made short work of dreams of a p.r. at the Marine Corps Marathon, held Sunday, October 26, 1992. The cheers, cadence counting, and high spirits of the first miles along the Virginia side of the Potomac vanished in the dragging, nagging, pace-destroying wind as the field came back from the Capitol and around Hains Point.

Rene Guerrero, who finished in 2nd place in 1991,

made his move on the 14th Street bridge and didn't look back, finishing in 2:24:09 (not fast, but better than anyone else). The top WRC finisher was Alex Magoun in 2:38:12.

The women's times were relatively better than the men's, as Judy Mercon of Clearwater, Fla., broke the tape in 2:47:58. WRC's Amy Durham was the top area woman, finishing in 2:54:19. Durham led WRC's women's team of Senoria Clarke (2:59:30), and Pat Walker (3:03:26), to victory. Outstanding performances from all of these women.

Other performances of note by WRCers were turned in by Tom McCarthy (2:47:56), Ed Doheny (2:48:59), Mark Doles (2:58:04), and Dennis Jett (3:00:57).

The biggest heartbreak of the day came after the race. John O'Donnell, who has been taking Andy Smythe's course "How to Pick Up Women", went into action when an attractive young woman admired his Marine Corps Marathon medal. John gently placed the medal around her neck and popped the question:

"So, where do you live?"

"Philadelphia," she replied.

"Oh!" said John. And he wandered away, without his medal, muttering something about geographical undesirability.

Men: 1. Rene Guerrero, 2:24:09; 2. Michael Whittlesey, 2:25:26; 3. Ricardo Galicia, 2:26:23; 4. Chris Robinson, 2:26:27; 5. Eric Shafer, 2:28:28; 6. Christopher Ciamarra, 2:30:46; 7. Alan Evans, 2:30:56; 8. Peter O'Brien, 2:31:38; 9. Carlos Rivas, 2:31:52; 10. Christopher Norman 2:32:13; 25. Ben Beach, 2:35:05; 36. Alex Magoun (WRC), 2:38:12; 56. Dominique DaLuz, 2:40:41; 91. Mel Williams, 2:24:24; 115. Tom McCarthy (WRC), 2:47:56; 132. Ed Doheny, 2:48:59; 183. Ridge Kelley, 2:52:44; Louis Pribyl, 2:56:05; 283. Mark Doles (WRC), 2:58:04; Tris Kruger (WRC), 3:03:10; Bob Trost (WRC), 3:03:??; Bobby Bauer (WRC), 3:11:00; J. J. Wind (WRC), 3:15:20; John Betts (WRC), 3:37:56.

Women: 1. Judy Mercon 2:47:58; 2. Kelly Flanagan, 2:50:25; 3. Denise Metzgar, 2:53:33; 4. Claudia Kasen, 2:53:33; 5. Amy Durham (WRC), 2:54:19; 6. Rose Malloy, 2:56:42; 7. Sandra Reedy, 2:57:05; 8. Aileen

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

Hannigan, 2:57:10; 9. Ann Wehner, 2:58:23; 10. Susanne Stech, 2:58:58; 11. Debra Porter, 2:59:28; 12. Senoria Clarke (WRC), 2:59:30; 18. Pat Walker (WRC), 3:03:26; Betty Blank, 3:19:20.

WRC PRESIDENT'S NEWS, VIEWS, AND DISTORTIONS OF FACTS

(The views expressed herein are solely those of Prez. Kruger. Legal actions, threats of bodily harm, and letters of complaint should be sent to him and not the Newsletter staff).

Dear Editor:

Good evening. With the "physical" year about to end I would like to discuss several important topics with you. For instance, what is one supposed to do with the Mylar foil blanket they give you after running a marathon? Is it supposed to make you feel spiffy after climbing up to the top of the Iwo Jima Memorial after running 26 miles? Is it recyclable? Which side does one wear on the outside?

Now, the subject of pins will be discussed. Are they recyclable, or after they're all salty can they be reused for something other than holding a number on one's person? Of more import is: why do all race directors give away gaudy T-shirts of various sleeve lengths? Personally, I could use some nice white T-shirts to wear under my dress shirts. When I wear a grey shirt under a white shirt, people think I don't wash very frequently, or that I throw my shoes in with the wash—only Johnny O'Donnell does that as far as I know. Wouldn't it be nice if they gave you small, medium, and large (extra-large for Eddy) underpants once in a while.

I'm the race director for a local 5K, and next year I'm considering giving away sports bras. Boy, that

would get everyone out! Can you imagine V.P. Andy handing out those babies, and asking an elderly lady what size she wears?

And how about those Marine Corps marathon numbers? What does A005877W mean? And how am I supposed to know how long I'm going to take to run the race? If I knew that I wouldn't bother running the dumb race. I usually put down the absolute worst I expect to do—unfortunately, only once have I done better than my predicted time. And how about all those holes around the number. Next to two of the holes, in teeny type, it says "Do Not Pin." I can just imagine crossing the finish line in a P.R. time and being greeted with: "I'm sorry sir, no medal, no blanket, no official time for you—you pinned the wrong hole!"

And why do marines—in every case a woman—at each water stop of the 26.2 mile course, stand there with one hand outstretched with a lump of Vaseline on two out of five fingers. Am I missing something? What are you supposed to do with it if you got it off her hand and on—forget it!

Okay, that takes care of the biggies, now let's get to the small stuff (not you Diane). Ed Doheny, who ran his usual 2:45 + 3 minutes for the wind at the MCM made an excellent suggestion upon learning of Gerry Ives 59 minute p.r. at the Army 10-miler—anyone who gets a p.r. after 35 years of age ought to get a real big trophy and lots of prize money. Additional accolades go to Amy Durham, who wore out all of us except Ed with a 2:54 MCM, and Pat Walker who ran a strategic 1st marathon in 3:03. It just goes to show that youth and good looks can help you through a marathon. It was nice to see Kevin K., John O'D., and Gerry, out encouraging the WRCers—that really helps. Bob Trost ran back to back marathons with his protégé Betty Blank. Congratulations to both of you "Iron Persons." Bobby Bauer jogged through in a 3:11. At the Army 10-Miler a snafu had Lucius Anderson without a number, so he jogged through the race in 54:00, just seconds behind Andy Smythe who p.r.ed, of course. And Amy Durham was 3rd in her age group—YOUNG!

It looks as if WRC is going to have a lot of superb marathoners at Boston next year. We should be able to field quite a team. Our next big event will be December 6 when the entire club will travel to Culver City, California to watch Kevin Kolakowski run the "Western Hemisphere Marathon." KK picked this race to qualify for Bean Town during a training run. I don't know whether he's broken the news to Pat about the interruption of their honeymoon.

I've closed the pool, but the hot tub is still on. The Winter Palace has the pipes heat taped, so the beer can flow, so to speak, and I'm looking forward to a great November meeting.

I especially thank our itinerant editor, Gerry Ives, who has taken on Dick Brannan's newsletter duties while he's recovering from his parachute accident. Dick says he expects to be able to turn over in bed in

Washington Running Club

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CLUB OFFICERS

President: Tris Kruger (301-983-2283)

Vice President: Andy Smythe (703-281-0091)

Secretary: James Scarborough (703-536-7764)

Treasurer: Jerry Merkel (703-525-5943)

Newsletter Editor: Dick Brannan (703-455-8648)

COMMITTEES

Legal: Chairs: Jim Hage, Jack Coffey

Membership: Chair: Suzy Coffey

Newsletter: Chair: Dick Brannan

Competition: Chairs: Jerry Merkel, Tom McCarthy

Social: Chairs: Pat Walker, Dick Brannan

a week or two, and can go home any time he wants. He says he'll be back running within two years. Best wishes Dick!

Tris Kruger

ARMY 10-MILER DRAWS LARGEST FIELD IN ITS HISTORY

The Army 10-Miler has drawn a larger field every year since its inception, and this year was no different. Sunday, October 11, 1992, was a little breezy, but nothing like the wind at the Cherry Blossom 10-Miler earlier in the year. Despite the favorable conditions, with Darrell General and Jim Hage missing, the times of the men's field were not up to last year's standards. However, the women made up the deficit, as the top four women beat the winning time of last year.

New Yorker, David Clark, was in a pack with Scott Douglas and Robert Lee until the eight-mile mark. Clark apparently didn't want anyone to outkick him so he moved the pace up to another level over the last two miles and easily took the win in 50:49. Douglas and Lee fought it out for 2nd, with Douglas edging out Lee 51:39 to 51:46.

In the women's race, Laurel Park took an early lead and crossed the finish line to win in 58:24. Shelley Burns gave another fine performance as she took 2nd in 58:56 in a come-from-behind effort. Nationally-ranked runner, Mary Alico, who has been suffering from mononucleosis, took 3rd place in 59:40.

For WRC, the top performance of the day was by Amy Durham who took 6th place in the women's race in 61:30. Mike Cotner led the WRC masters team with a strong 57:36, followed by Gerry Ives in 59:33, Tris Kruger in 61:13, and John Betts in 74:04. Kevin Kolakowski ran 59:03, and George Cushmac broke the tape in 73:50.

Men: 1. David Clark, 50:49; 2. Scott Douglas, 51:39; 3. Robert Lee, 51:46; 4. Rick Banning, 52:07; 5. Thad Jones, 52:09; 6. Steven O'Connell, 52:10; 7. Greg Cauller, 52:11; 8. Edward Sparkowski, 52:13; 9. Curt Rogers, 52:15; 10. Christopher Thompson, 52:24; Mike Cotner (WRC), 57:30; Kevin Kolakowski (WRC), 59:03; Gerry Ives (WRC), 59:33; J. J. Wind (WRC), 60:30; Tris Kruger (WRC), 61:13; George Cushmac (WRC), 73:50; John Betts (WRC), 74:04.

Women: 1. Laurel Park, 58:24; 2. Shelley Burns, 58:56; 3. Mary Alico, 59:40; 4. Kelly Wild, 60:09; 5. Christina Starvelis, 60:40; 6. Amy Durham (WRC), 61:30; 7. Leslie Minnix-Wolfe, 61:57; 8. Susanna Stech, 62:23; 9. Nathalie Hughes, 62:25; 10. Christina Rawson, 62:49.

FOX, GERMAN WIN AT GEORGETOWN 10K; RENAMED RACE STILL DRAWS TOP FIELD

The renamed Georgetown Classic 10K drew a strong field October 4, 1992, to the streets of Georgetown. There was considerable controversy regarding ownership of the race, which resulted in Colonial Running having to scramble for a new sponsor and rename the event. In the end, everything came out well, with Colonial Running putting on the usual top-class event.

Washington Running Club provided volunteers for the race, and this year the Club had a great turnout. Many thanks to all of you who worked the race, this is where we get the money needed to keep the Club going and provide expense money for out-of-town races. If you didn't get out there and help (or didn't have a good excuse), maybe you'd better think twice about asking for expense money.

Hagerstown speedster, Chris Fox, took the lead from the start and held off everyone to take the win in 30:12. Brian Ferrari challenged, but could not reel in fellow Hagerstownian Fox, and crossed the finish line in 30:29, with Seamus McElligott in 3rd place in 30:59.

In the women's race, Georgetown graduate Mary German ran a strong 35:44 for the win, holding off Shelley Burns who took 2nd in 36:10. Janet Healy finished in 3rd place in 36:29.

The top WRC runner was Andy Smythe, who cracked the 33-minute barrier with a fine 32:58. Close behind with his bionic feet was Mike Regan in 33:10. Regan underwent major foot surgery 18 months ago, and now is talking about regaining his top ten ranking in the *Washington Running Report*.

Men: 1. Chris Fox, 30:12; 2. Brian Ferrari, 30:29; 3. Seamus McElligott, 30:59; 4. Gerry Clapper, 31:12; 5. Greg Coan, 31:12; 6. Mark Manley, 32:11; 7. Kim Knight, 31:31; 8. Ronnie Harris, 32:47; 9. James Byrd, 32:51; 10. Andy Smythe (WRC), 32:58 (pr); Mike Regan (WRC), 33:10.

Women: 1. Mary German, 35:44; 2. Shelley Burns, 36:10; 3. Janet Healy, 36:29; 4. Jenny VanHorn, 36:43; 5. Heidi Gerken, 36:54; 6. Lynn Patterson, 37:01; 7. Susan McNulty, 38:16; 8. Laura Fiedler, 38:52; 9. Anita Freres, 39:21; 10. Ruth Borgeson, 39:27.

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

Donna Moore was offered a free airline ticket to California to run the Humboldt Redwoods Half-Marathon. Because she didn't want to run hard, she left her racing flats at home and ran in training shoes. Those Brooks trainers must be good, as she turned in a time of 1:20:38 and finished 6th woman. She said she got caught up in the race and ran a lot harder than she intended. If she takes her racing shoes next year—watch out!

Dick Brannan has been transferred to Bethesda Naval Hospital while recovering from injuries received in a parachuting accident last month. His foot is fractured in several places, he has a broken pelvis, his hip is fractured, and he has cuts and bruises. He said it only hurts when he laughs! Dick is hoping to get out of Bethesda in 2 weeks, but that depends on the evaluation of his doctors.

Road Race Management, Inc. will publish the 7th annual *Guide to Prize Money Races and Elite Athletes* on February 1, 1993. The *Guide* has become a "must have" for race directors seeking information about elite athletes, elite athletes seeking information about races, agents representing athletes, sponsors seeking event information, and for members of the media covering the sport. Pre-publication orders are being accepted until January 15, at \$42.00 plus 2.95 per copy for postage and handling. Send a check, payable to Road Race Management, to: Road Race Management Guide, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201 (703) 276-0093.

At the Great Allegany Run 15K, held in Cumberland, Maryland, on October 3, WRC women took the top three places. **Maria Pazarentzos** ripped through the course in 52:29, after running shoulder to shoulder through the first four miles with club-mate **Donna Moore**. In taking 2nd place Moore set a p.r. of 53:03. **Carol Schultze** abandoned her normal front-running strategy and was content to take 3rd place in 54:13 without ever challenging the leaders. This race is a TAC certified point-to-point race, but the 500-foot gradual elevation drop translates into a super-fast, p.r.-possible course. Of course, it also draws a very competitive field, so don't get your hopes up about winning anything—you've still got to beat all the usual people.

The time-tested team of **Betty Blank** and **Bob Trost** was together again at a breezy Columbus Marathon. While **Jim Hage** was setting a p.r. of 2:15:51, taking 3rd place and winning \$6,000, Betty was dragging Bob along to a 3:08:41 finish. Ms. Blank finished in a strong 3:09:30, 24th woman, after going through the half in 1:34:30. The race was won by **Brad Hudson** in 2:13:52, with **Joan Benoit** the first woman in 2:32:??.

J. J. Wind took the top masters spot, and 2nd overall, in the 5K Race for Cooperative Development with a time of 17:20, and followed that up with a 36:20 at the tough Tyson's Corner 10K.

DCRRC 1993 Indoor Track Meets will be held on Sundays, Jan. 10, 24, 31, and Feb. 21 at 8:30 a.m. to 12 noon, at Thos. Jefferson Center, 3501 S. 2nd St., Arlington, Va. The events are: 2-Mile Walk; 60-Yard Run; 1-Mile Run; 440-Yard Run & 4x440 Relay; 880-Yard Run, 220-Yard Run & 4x220 Relay; and 2-Mile Run. The Masters' Miles on Jan 10 and 24 are trials for the Mobil 1 Masters' Mile at George Mason on Feb. 7. The four Washington area masters (40 and over) with the fastest times qualify for the meet. The masters' individual 440, Jan. 31, is the trial for the PVSTC 4x440 team at Millrose Games Feb. 5. Call

DCRRC Hotline (703-241-0395) for general information or to confirm if bad weather.

The DCRRC 10K Championship, held November 1, was moved from the relatively flat course at Fort Hunt Park to the Riverside Park course, which is hilly, with lots of turns, and slippery from the deadly combination of leaves and drizzle. WRC's **Mike Regan**, who was hoping to run a sub 33:00 led from start to finish in 34:15—a commendable effort under the circumstances. The resurgent **Chris Stockdale** overwhelmed the women's field to take the overall and masters women's crown in 42:02. **Gerry Ives** took the men's 50+ title in 38:29, and **Jay Wind** cruised the course in 39:45.

The news from the New York Marathon is that **Kirk Baird** was WRC's top finisher in 2:28:30, with ex-WRCer **Tom Bowmaster** close behind in 2:28:46. **Andy Smythe** turned in a 2:41:55 time, and **Marny Gillully** finished in 3:10:05. The most disappointed D.C.-area competitor had to be **Darrell General**. General couldn't make the 2:12 elite cut-off time (his p.r. is 2:14), so he was relegated to the semi-elite grouping. This would have been okay, but his semi-elite bus didn't get him to the start in time to warm-up, and after a disastrous ½-marathon he dropped out. General was probably in shape to have been the top U.S. finisher.

We've heard that former Club Prez **Kevin Kolakowski** is suffering from a strained back. Apparently he hurt himself while swinging from the chandelier in his bedroom. Kolakowski's personal trainer and honeymoon advisor, **Ed Doheny**, is confident that the former Prez will be back in training in time for a strong showing at the 10-day December event in the Virgin Islands.

MINUTES OF WRC MONTHLY MEETING HELD FRIDAY, 9 OCTOBER, 1992

The October WRC meeting was held at President Tris Kruger's house on Friday, 9 October, amid report of lightning, green meteors, and UFO's landing in Maryland. Present were Kevin Kolakowski, Pat Walker, Mike and Donna Moore, and Chris Stockdale. Late coming from Beijing was Alan Roth.

1. The Potomac 5K race will be held Saturday, 31 October (Halloween morning) at 0900. Tris Kruger had flyers, and needs registration volunteers starting at 0800. Kevin Kolakowski will bring cones. He will also need a couple of course (course) people.

2. There is no post-race party planned for after the Marine Corps but teams are forming. Kruger said it was okay for people to crash/die at the White House.

3. We will get \$25 per volunteer from working the Georgetown Classic 10K on Sunday, 4 October. No count yet on the number of volunteers who will accrue to that total.

4. James Scarborough will be directing the Turkey Trot Five Miler for DCRRC and Potomac West Trade Association on Thursday, 26 November at 1000.

Course and finish line people are still needed. Entry fee is \$4 plus two cans of food. Call (703) 536-7764 to volunteer.

5. The Winter Indoor Track Meets will be held Sundays, 10-24-31 (Super Bowl Sunday) January and 21 February 1993. Jacob Wind has entry forms. Call (703) 920-5193 for more information.

28 November (Saturday) Turkey Burnoff 10-Miler, Gaithersburg, MD, MCRRC, Phil Quinn, (301) 353-0200

28 November (Saturday) Northern Central Trail Marathon, Baltimore, MD, 0930, Dave Cooley, BRRC (410) 494-8649.

29 November (Sunday) Mistletoe 8K, 0830, Washington, DC, \$12/\$14, Colonial Running, (703) 569-6950 or (703) 569-2076.

James Scarborough

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.

The Running Store (formerly Fairfax Running Center), 211 The Strand in Old Towne, off Union St. (Tel. 549-7688). Discount of 10% on running and biking clothing and accessories. Bring Newsletter for discount.

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.

GROUP RUNS

Tuesday Night Run, The Running Store, 211 The Strand, 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:** Dixon Hemphill (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 Conian 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 Spinnier at h] (301) 739-7004.

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 Family Membership

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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

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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