

Washington Running Club Newsletter

Volume 12, Number 4



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April 1993

PRESIDENT'S MESSAGE

I don't have anything funny to report this month, except: Johnny O'Donnell is thinking about having a date; Deane Burke is "ashamed" of a Sub 2:50 Shamrock Marathon, 1/2 of which was run on bleeding feet; It's Spring - where forth; Andy's not ready for a "relationship" Ed.

So, I thought I would write about something serious for a change - No, really! Like Nutrition. I've spent a fair amount of time studying nutrition, and if any of you have seen me power through a bag of corn chips you know how much I've learned. But that's not going to stop one from advising you guys about how you should eat!

ets start with some common misconceptions - many of us have experienced these things, but perhaps didn't know why.

Long distance running (LDR) offers increased immunity - wrong. Actually LDR has the opposite effect - maybe that's why I often get a cold right around a marathon. Muscle damage occurs and causes significant changes in erythrocyte (blood cell) antioxidant components. The ER's should enhance reseptibility to peroxidation (breakdown of free radicals). This happens despite adequate levels of vitamine E. On the other hand, perhaps supplementation with vitamine E (alpha tocapheral) helps retard aging. In a recent study, 32 older subjects supplemented with vitamine E had increased with levels in plasma and white blood cells, altered hypersensitivity skin test. reduced piostogladin (PGE2) and serium lipid peroxide levels, (PGE)2 is a patent pain mediator. and important in local tissue responses. We've known for a long time that vitamin E and selenium work together with glutathiove to stop product-

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VICE PRESIDENT OPENS APRIL MEETING AT THE "LOVE PALACE"

"The Friday, April 9th meeting of WRC will be held at the V.P. Smythe's. A map can be found in last Months newsletter . Again, due to size , please... no children (except for Kevin) . Bring lots of beer to stock Andy's refrigerator for spring. Come out and wish those traveling to Boston, a Bon Voyage. Questions? Call (703) 876-4772. See You There!"

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MANY HAVE FUN AT SHAMROCK

by James Scarborough

I went down to Virginia Beach the weekend of March 19-21 to run the Shamrock Marathon. This was about my sixth entry into this race since 1991, with varying degrees of success, due partly to the vagaries of mid/late March weather in Tidewater.

Still, it was warmer than Washington the week before, what with the postponement of the St. Paddy's 10K. "I don't know why I'm running this race this time." I confessed to another participant. The sentiments were echoed. The (fourth different) course used for the marathon over the years has its shortcomings, as we soon found out. The scenic portion through Seashore State Park was removed (too narrow?) in favor of doing an out-and-back in Fort Story rather than just a loop. Also, we ran into a stiff, cold headwind on the boardwalk on the way out. The toughest three miles, however, seemed to be between 18 and 21 miles, when we ran back towards the beach from Shore Drive (a second time). Still, the support crews were great, right up until I staggered to the indoor finish. Having failed to run the date (<3:20). I settled for running my license plates (3:31 and 14 seconds). Other notable participants: Ed Sharp, Chan Robbins, Rick Bockman, Tom McCarthy (2:43:58 for second 30-34), Claudia Ciavarella (first over 40 in 3:02:59), and Betty Blank (second 40 and over in 3:19:26). Betty played kick the can with my pace from about the halfway point to mile 17, when she finally passed me. There was also an 8K (masters and open).

Participants in the 8K included Chris Stockdale (31:53 for first in the 45-49 age group), and Ric Banning (25:43 for second in the 40-44 age group). That night, we rocked to the Fat Ammon Band's collection of oldies and Chicago-style rock.

Other results:

Marathon - overall winner William Frawley, Williamsville, NY 2:21:06, (2) Chris Prior, Louisville, CO, 2:22:13, (3) Thomas Apfenheimer, Buffalo, NY, 2:22:27, (4) Michael Harision, Virginia Beach, 2:25:44, (25) Dean Burke, Cheverly, 2:28:29

Women: Pam Wilson, Charlotte, NC 2:55:38, (2) Roxi Erickson, Omaha, NE, 2:56:07, (3) Claudia Ciavarella, Arlington, VA, 3:02:59, (4) Mary Gaylord, Alexandria, VA 3:03:16.

WRC TEAM TAKES THIRD AT BETHESDA CHASE

by James Scarborough

The Washington Running Club Men's Open's Open team captured third place in the team competition of the 17th annual running of the Bethesda Chase 20K. Sunday, March 7, in Bethesda. The four (scheduled to be five) former/current club officers were the only WRC team entered. The race was significantly warmer than most previous years, so it seemed like the first race of spring, rather than the last race of winter.

Those sunning themselves in the bleachers outside the Baron's Track (a very spongy welcome in the last lap) must have thought more about the upcoming baseball season than snowball series wins. The parking situation is, however, getting worse. About 500 people total finished the race and the 20K racewalk, which took its usual spin up through the "flagship of Navy medicine" at Bethesda Hospital, went through Rock Creek Park, took the brutal hill at the Mormon Temple, and the flat-to-rolling: middle in Kensington. The overall winners were Scott Douglas and Laura Scofea. The WRC men's team finished as follows: 20th overall - VP Andy Smythe in 1:16:50. 61st - President Tris Kruger in 1:22:56, 96th - Treasurer John O'Donnell in 1:27:17, and 150th - former Secretary James Scarborough in 1:33:27. Total time 5:40:30, and total places 333 (average 83.25).



Male bonding at the Bethesda Chase

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ion of free radicals (peroxidases). First and secondly, to quickly destroy the free radicals once formed. This process both stops and removes these tissue damaging chemicals from the cell.

The point I'm trying to make here is that it is certainly not prudent to be deficient in the vitamins and minerals mentioned. I have seen sophisticated research that has shown that mega supplementations does not effect performance. Either by taking or not taking massive doses of Vits. and minerals. But I think long term, prudent supplementation may reduce some of the effects of aging. Besides, because we are constantly taxing our bodies, we need more of almost every vitamin and mineral - Especially the water soluble ones we can't store, like the B's, Vitamin C (increased levels afford linear increased levels of interferon, an antiviral entity) & selenium. Iron may improve endurance excersise capabilities and is lost in LDR.

Another mediator of the immune response is fish oil or gamma linolenic acid (GLA) and eicosapentaenoic acid (EPA). These oils can cause changes in the structure and function of polymorphonuclear neutrophils (PMN) that improve the immune response and produce an inhibitory effect on oxidative processes associated with tissue damage. These same omega 3 and omega 6 fats are high in HDL cholesterol which acts as a scavenger molecule to pick up LDL cholesterol and triglycerides (TG) & very low density lipoproteins (VLDL's) and take them back to the liver for further processing. So eat those kipper herrings, tuna fish and salmon!

While were on the subject, don't forget that we only need (require) a very little amount of linoleic acid to operate. This is the only essential fatty acid we have to have. You can get it in polyunsaturated fats and other fatty sources. Now, lipoprotein lipase which stores our fats in lipocytes (fat cells) can be saturated. So if we eat too much fat, especially of the wrong kind (saturated fats) we can overwhelm the system. The HDL (High Density Lipoproteins) produced in the liver can't carry all the LDL's VLDL's and TG, and the lipoprotein lipase (an

enzyme or the cell surface) can't absorb all the fats, so they float around in the blood and adhere to something ven/ big and receptive, Like fibroblasts. All blast cells are primitive cells that have yet to mature. These fibroblasts line the walls of arterioles and arteries and with their waxy load of fats can build up a cholesterol plaque (ah, we finally get to mention plaque) which over a long period of time can narrow and eventually occlude the blood vessels. This dastardly scenario can even happen to us! So keep your fats below 10% - 15% of your diet and limit the saturated fats. Eat lots of protein and carbohydrates (CHO). Don't forget that high fructose corn syrup (a sweetener) is metabolized both as a (CHO) and as a lipid, and may contribute to atherogenesis (cholesterol plaques in the arteries).

OK, you better come up with something funny in May; looking forward to seeing y'all at Andy's house in April.

WRC March meeting rekindle old issues for the new officers to decide on for future WRC'ers.

A small turnout arrived at the "Olde Englyshe Pub Style" of the VP's bachelor pad for the March meeting. Weather could have played a hand in the attendance. But despite winter storm warnings the hearty did make the meeting.

As reported in the minutes by Chris Stockdale for the March meeting the subject of reimbursements for Club races was the HOT! item during the March meeting. Further discussion to follow in future meetings. James Scarborough was appointed as Interclub Liaison for Competition. VP Smythe suggested bowling nights - well Andy tried. Women's singlets...what brand, logo and design. Do you have a suggestion? Chris Stockdale is the co-chair of the Master's LDR for PVA of USA T&F, with Herb Tolbert. Any suggestions on Women's Masters running in Washington? Purge the mail list...that's a great idea. Or, stop paying your dues. That will do it. Lastly, if you know of anyone desiring to advertise in the Newsletter have them contact me. After this Newsletter the 25th deadline is in effect to provide timely distribution to the WRC membership. So, take heed! If you miss the date, look for your submission in the following Newsletter. Ed.

MASTER'S OF THE UNIVERSE-BANNING AND CIAVARELLA

In each Race Director's life, some obstacle is placed in the path of a perfect event. Bill Bronan and Larry Noel had their opportunity to have the staging area for runners outside, in February. The circus is not the only industry which uses tents. The 32nd Annual George Washington's Birthday Marathon and the 5th Marathon Relay NASA Recreation Center, Sunday, February 14, 1993, held the activities in "BROGAN'S BIG TOP", a tent that could not be missed. It pays to finish director's school and hang on to your contacts.

The event carries the runners around a three loop scenic farmland setting at the U.S. Department of Agriculture facilities in Beltsville, MD. The D.C. Road Runners has given the event a top rating of four (4), this refers to the difficulty as in simulated Boston Marathon conditions, hills. The unique blend of relay participants served to energize the marathon participants to encourage all of them on their journey to complete.



James Scarborough 11th OPEN WRC 3:16:36

THE MASTER'S OF THE MARATHON

The degree of participation in the marathon is weather dependent and race day is when decisions are made. This year with the wind and the high 30's, most stayed home as a small field of about one-hundred and fifty huddled at the staging line. The relay runners were identified by their color coded sash.

The order of the day was speed, quality, and tactics on the course. At 10:30 a.m., the marathon and relay participants were off and running. The first mile was a gauge to warm up and to see the signs of civilization. After mile two, it was time to get prepared to shift gears, pull a few hills and battle a little wind. It is said that marathon running builds character and it is not for the less talented runner.

The control of the marathon was at the feet of Dominique DaLuz of Rockville, MD and at the first relay check (9 miles) and runner was close at hand, David Webster (eventually dropped at mile 17). DaLuz sailed through with an easy stride pulling Webster. Minutes had passed before the next group of runners appeared. In the next wave was newly crowned master's runner Ric Banning of Alexandria, VA. Banning had competed in the Williamsburg Half Marathon a week prior and registered a 1:09 and raced a 10K (Saturday 2/13), the prospects didn't sound good for staying up. It's known that anything can happen in a marathon. The local female favorite was Claudla Ciavarella of Arlington, VA. Ciavarella was hidden in with the men as the fashion conscious had headband, sunglasses and matching outfit cruised the courses. There was no attention being drawn, was winning on the mind?

The checkpoint showed DaLuz with a comfortable lead as a steep hill was hit off mile 17. The cap which rested on his head was sideways and hands clinched, it was



#1941 Donna Moore WRC to #1943 Alice Roupar 59:23
2nd OPEN WOMEN

apparent that someone was in deep thought. A few minutes back was Banning, a totally different runner, relaxed steady stride with blue headband and gave the appearance of a Sunday morning jog. The clock registered 1:45 for 17 miles.

With one loop remaining, something was going to happen in the last miles. Ciavarella was in a solo flight and in control with no clear competition.

By the second loop she was in the top twenty. The action shifted back to the finish line as the spectators watched the clock tick off the seconds and minutes. The clock rolled passed 2:45 was an indication that something happened, a minute later at the end of the lot, the first marathon runner appeared, the first words, what happened, it was not Daluz but Banning. It was the same stride seen at mile 17 with one difference, the headband was hanging around the neck. Banning hit the line with 2:46:46 to take the double title. This may have been a first in this event for a master to capture overall honors. Banning found gears that were not used in his prior events. At 2:50:01 DaLuz was hitting the parking lot with a look of a runner pushing it hard. A fine effort under the conditions. Christopher Fleming of Waldorf, MD captured third with 2:51:45 given more roadway the second spot may have been captured. Christopher McDermott of Villanova, PA was fourth with 2:53:06. The fifth position went to Tim Sponseller of Chambersburg, PA with 2:53:11 and the second master's title. The third master and sixth overall was James Moreland of Rockville, MD with 2:54:07. The top ten positions found four masters as tenth place went to Warren Ohlrich (53) of Columbia, MD with 3:03:54.



1st Exchange at 9 Mile #1949 Jerry Merkel: WRC to Ed Doheny

Around the turn in 19th position overall was the first female runner, more other than Ciavarella (43). The steady stride and the clock registered 3:13:17 for a low event master's time, the previous best was last year by Judith Bugyi (3:14:33) of State College, PA. The

conclusion was reached, both winners were masters, both had headbands. except guys after mile 17 it goes around the neck (take note). Pulling up in second position was Lorna Metzger of Pleasant Valley, NY with 3:19:58. Susan Kinne came of Bethesda, MD was third with 3:22:14. The second master was Denise Sikora of Succasunna, NJ with 4:44:22 and third was Claire Parkinson of Greenbelt, MD with 4:58:00.

Let's hear a little noise for Charles Stalzer of Alexandria, VA, at age 65 captured 4:19:10. At 4:30:46 was Roy Elder, Age 63 of Baltimore, MD and Dick Good (63) of Accident, MD with 4:51:37. All the way from Rochester, NY was 72 year old Don McNelly who captured a 5:28:56. McNelly had completed 18 of 23 attempts for this event, a sure record.



#1939 Chris Stockdale WRC COED Andrew Smythe at 17 miles - 1:51:46

THE EKIDEN RELAY

The relay is viewed as a time to pull runners together from out of town and across the area to enjoy in some fun and competition. The exchange zones were the pit stops and cars along the side of the road. The next relay runner had their eyes down the road looking for Bobby and Susie and the color sash. You would be amazed as the versatility a sash has even to holding up your running shorts. There were forty-two (42) teams ready to hit the hills.

The Ekiden runners broke free of the marathoners in a matter of seconds. The Washington Running Club (WRC) had three titles to defend, open men, open woman's, and master's men. The task was not going to be easy. The first leg was 9 miles and the exchange point had the next leg runner in waiting. The noise level increased as two runners appeared and approached the line. Steve Smith (PEPCO) captured 50:59

and passed control to Earl Keicher for the next 8 mile leg. Roger Howell (Begal Group) was second with 51:00 and control passed to Gerry Clapper. The third did not appear until 55:07, John Kirkpatrick (Bowie Road Runners) who passed off to Jim Kaufman.

The fourth runner was Barbara Addis, (Boardwalk Ramblers), the first coed team with a time of 55:41. Ed Espenshade took over the second leg, the team was from Sicklersville, NJ. The WRC masters team was in fifth position with Jerry Merkel capturing a 56:38 and Ed Doehy picked up the second leg. The open women's team from NOVA was in 11th place over as Monica Grillo (58:29) passed to Kathi Canese. A minute behind was Donna Moore of the women's WRC team with 59:23 and Alice Roupar set out to make up some time. The women's masters team was 28th overall as Patricia Blanco captured a 1:10:07 before passing to Magdalena Garzon. The runners continued to file through the exchange zone to exchange car keys, coats and the sash. There were a lot of smiling faces, therefore, they were having fun.

The action shifted up the road to the 17 mile mark, The second exchange. The runners had to climb a brief hill first. By the second exchange, the order had shifted as the second leg runners really kicked it in for better positions. Clapper, of the Begal Group, crossed 17 at 1:35:25 (a 44:25 split for 8 miles) the control was given to Chris Nugent to finish the day off over the last 9.2 mile leg. The PEPCO team had shifted to second position as Keicher clocked a 1:40:53 (8 mile split was 49:54) and John Ng was to take it home. Doheny of WRC masters moved from 5th to 3rd position overall with an 8 mile split time of 49:18, total team time 1:45:56. The final leg was given to Tris Kruger, a true runner, driven by fashion as one leg of his tights had multi-color polka dots and the other black and red checks. It was evident that no one checked him before he left home. Ed Purpura (NOMADS) shifted from 7th to 4th position overall with a total time of 1:46:14 (split time was 44:01). The final leg. The final leg was given to Vincent Battista. The Boardwalk Ramblers held the coed lead, but fell to 5th place overall, total time 1:48:27 (Espenshade split was 52:46). Jim Kelly was given the last leg.

The WRC women's team shifted from 12th to 7th place overall and 51:01 split by Alice Roupa did help as the total team was 1:50:24. The last leg was given to Patricia Kolakowski. The NOVA team moved from 11th to 9th overall into second place in the open women division, total

team time 1:51:46. Kathy Canese did a 53:17 split (8 miles). The last leg was given to Terry Sweitzer. The women's master's team saw Garzon register an elapsed time of 2:15:30. Elizabeth Rodriguez was given the final leg.

The second place men's masters was The Morgunds, rather Hubert Morgan (age 70) from Mountain top, PA stated, "I could not let my boys down for this event", son Richard had the first 9 miles 11:08:21). The elder registered a 1:01:20 for the second leg, 8 miles and son Timothy had the anchor.

Once again, a shift in the action to the finish, where it all came together. Nugent, of the Begal Group, held the lead established by Clapper and kicked a split time of 51:52 (9.2 mile) to capture overall team title for the open men. The elapsed time was 2:27:17. Still on the road was PEPCO shooting for second place, Ng's split of 58:51 ensured their position with an elapsed time of 2:39:44. The third finisher was Vince Battista (NOMADS) with an elapsed time of 2:41:08, third place open men.

Jim Kelly (Boardwalk Ramblers) took fourth overall and fifth place in the coed division with an elapsed time of 2:42:44 (split time was 54:24). Kruger of WRC took first place in the master's division (a safe defense of their title) with an elapsed time of 2:47:53 (the split was 1:01:57). Their position was 7th. In 17th position was Timothy Morgan (THE MORGUNDS) who clocked a split of 1:00:50 (9.2 miles) to capture second place in the masters with an elapsed time of 3:10:31.

The women of WRC retained their title with an elapsed time of 2:51:03 as Kolakowski had a split of 1:00:39. A few seconds back was Sweitzer (NOVA) trying to close in and the elapsed time was 2:51:24 (a split of 59:38) which placed them in second position. The third open women's team was LBJ Behn Miller was the anchor and the elapsed time was 3:03:30. The women's masters was taken by Inter-American Development Bank (IDB) #2, with Rodriguez pulling anchor with an elapsed time of 3:25:38.

There were some who started but didn't finish, and we all know, the marathon shows no mercy. To make an event successful requires numerous volunteers and supporters. Giving a cup of water to a runner can go a long way, or a few words of encouragement. The D.C. Road Runners extend thanks to the personnel of the NASA Recreation Center, Prince Georges County Police Department, Laurel Mobil Communication and Screen Designs. The sore runners did appreciate Peggy Chandler (Therapeutic Massage Practitioner).

Also, special thanks to Gatorade, Power Bar and the headlines Comedy Club and the Northern Telecon Cherry Blossom Ten Miler.

ou did not attend, spread the word to your firends that you can find something exciting in the hills at Greenbelt, the marathon or relay.

GROUP RUNS

Tuesday Night Run. The running Center. Alexandria 6:30 p.m. Group runs from 6-10 miles along the bike path next to the Parkway.

Wednesday Night Intervals, Georgetwon 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 Keen Mill Rd., Springfield, VA. Group runs to 8.5 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 a.m. Fun Run on an interesting five mile course, includes interesting company.

Sunday Morning Run, 34th and M St., N.W. 8 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. 11840 Columbia Rd. N.W. 9 a.m. Group runs 5-8 miles ough city and Rock Creek Park, all paces. Contact Phil or Jan Fenty at (202) 387-3888.

Cherry Blossom 10 Miler nets great times for WRCEr's

Preliminary results of the Cherry Blossom 10 Miler were provided for this newsletter and may not be totally correct, but their pretty close! Andy Smythe ran 55 minutes, Mike Regan (25th) 51 minutes, Dean Burke 52 minutes, Jim Hage (16th) 48?, Tom McCarthy 55 minutes, Jerry Merkel 58 minutes, Eddy 58 minutes, Woodyard ran 55? minutes, Gerry Ives 60 flat, Pat 61 (top 25), Odonnell 64 flat, Kruger ran it, Thoren 60 minutes, Bob Trost 61minutes, Chris Stockdale 65, Jim Scarborough ran it. WRC did **Fantastic!**

By the way, it is understood that Jerry Ives would have made it under 60 minutes, had it not been for John O'Donnell accidently stepping on Gerry's shoelace prior to the start of the race, and then kicking him in the head when he bent down to tie it. When the start horn sounded the start, Gerry was trampled by 6 thousand or so runners as John shouted that he was sorry. **RIGHT!**

UP COMING RACE INFORMATION

APRIL

10 April (Saturday) - Washington, DC, 8:30am, Easter Classic 10K. \$2/\$3, Potomac Valley Track Club, 703-243-1291

10 April (Saturday) - Alexandria, VA, 9:30am, Belle Haven 15K DCRRC, 703-241-0395

17 April (Saturday) - Williamsburg, VA, Brachen Fire 5K, Arthritis Foundation, 804-229-7375

18 April (Sunday), - Washington, DC, Sallie Mae 10K, 202-728-6456

26 April (Saturday) - Annual DCRRC Awards Banquet. Holiday Inn - National Airport, 15th a& Jefferson Davis Highway. ((Free parking) one block north of the Crystal City Metro Station).

22 May (Saturday) - Franklin Park 5 Miler. Williamsburg Middle School, Arlington, VA. From Beltway, take I-66 east to Washington Blvd/ Lee Highway exit, left on Lee Hwy, Left on Sycamore Street to Williamsburg Blvd, Left on Harrison Street. (6:00pm) 5 Miler on roads Overall and age group awards. (6:10pm) 1 mile Run-for- your-life.

25 May (Tuesday) Lake Accotink 8K. Springfield, VA. Beltway exit 4, South on I-95 about 0.7 miles to Springfield exit, W on Old Keene Mill Road (Rt 614), stay in Right lane to 1st light at Backlick Road (Rt 617), Right 0.8 miles on Highland Street, Left 0.8 miles to park entrance on Right, Right about 1 Mile to parking lot.

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 Family Membership

Name _____

Date of Birth _____

Address _____

Phone h| _____ w| _____ Is this a Renewal (yes) _____ (no) _____

It would be helpful if you could fill out the information below to enable us to put together teams.

BEST TIMES IN 1991

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PR's

10K _____ 10 Miles _____ Marathon _____ Other _____

Family Member's

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Make checks payable to WASHINGTON RUNNING CLUB and send to:

Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Dick Brannan at (703) 455-8646



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