

Washington Running Club Newsletter

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PRESIDENT'S MESSAGE

The last time our Editor gave up his job he had to land with hurricane force from a plane 2 miles up and new shoes didn't keep his hips from collapsing. Dick spent the next 3 months in hospitals. Now, sorrowfully, he is too busy to continue this arduous task, we will miss his expertise!

Gerry and Kathy Merkel have graciously offered to take on the duties of Newsletter Editor. This untiring duo have done much for the Club and we welcome their new enthusiasm for the job!

Lets show our support by submitting articles to Gerry and Kathy - We have many talented writers in our group.

The next bit of news is shocking, and as Ed and I have discussed, he is hoping to change the situation. Kevin left Pat for a motorcycle. Word is that the call of the road was too great for the recently domesticated KK and for a wild weekend the former president learned how to ride the big tow wheeler while smoozing with women who had "Mom & Harley forever" written across their left breast (that's a mighty big breast). Ed graciously (some would say opportunistially) offers to give sanctuary to poor Pat who was to distraught at the time of publication to comment. Our prayers and endearment are extended to Pat.

While in Boston I learned more than how slow I am. Regarding overuse injuries, train up to 10% more per week or risk injury. Change running shoes frequently (consult Mike Regan about styles - he gives fantastic discounts!) run on asphalt rather than concrete which is 20% harder. A sudden "impulse up" in training will likely cause injury.

Just a few notes on nutrition: a low fat, low cholesterol diet can lower plasma cholesterol 10%. Herb Teas can be bad - Don't use one kind every day, or in large doses. Don't give to an infant or take while nursing or pregnant. Buy only preparation that list all ingredients, and don't buy ones which contain "comfrey". Calcitrait (Vit B3) results in a three times reduction in bone loss and vertebral fractures in osteoporotic women (0.25 micrograms 2x/day).

The pool is heated and all the painting is done on the "Winter Palace" come out and enjoy a summer evening.

WALTER AND SADDIC MOTOR DOWN G.W. PARKWAY

By George Banker

It was another banner year as two thousand runners lined up at Mount Vernon, VA for the 9th GEORGE WASHINGTON PARKWAY CLASSIC 15K on Sunday April 25, 1993. The distance is unique along with a unique and scenic course. The Parkway is closed once a year for the runners to take it over. In 1992 Smiths Industries (the presenting sponsor) wanted the spirit of the event to remain in the headlines. A General Douglas MacArthur Cup would be presented to the U.S. Military service branch with the best team performance (top 10 active duty finishers). The 1992 winner was the U.S. Air Force.

The course is mostly flat with a couple of inclines of no significance. The shade trees and view of the Potomac River can cause you to forget what you are there for. This event has a record of 44:56 set in 1986 by Joseph Kipsang and Jane Welzel in 1989 (52:01). The master's title belong to Perry Linn of Alexandria, VA with 51:20 (1991) and Rose Malloy of Annapolis, MD with 55:55 (1992). Each year all of the times have been challenged, why should this be any different. (Continue on page 2)

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At the closing hours before the event, a call was received from a Chief Petty Officer in the Portuguese Navy, who was docked at Norfolk, VA and the event held some interest. It's not known if they travelled this distance fourth event, It's worth it. The defending champions were not present from last year, Jim Hage (46:41) and Leslie Minnix-Wolfe (55:42). The dollars and titles were up for the taking. The participation for this young event has been steadily increasing with the female population making some gains.]

At the signal, the wave of runners headed slightly downhill. Two runners immediately took control. Jose Soldado and local Dominique Da Luz of Rockville, MD, who comes from Portugal. The duo hit the first mile in 4:54 with about a twenty-five yard lead over a pack of seven. The second pack was the explosive group of all had the potential to win and the former winner John Doub of Waynesboro, PA was not going to be left out of the action.

It took less than two miles for the order to shift, Da Luz had faded out of contention. Des Proctor of Richmond, VA took control, followed by "Mr. Second Place", Dave McCormack of Falls Church, VA with Soldado a few steps back and Doub. The elapsed time at mile two, 9:54 (split of 5:00). Trailing in seventh place was Brian Walter of Blacksburg, VA, who often competed against Proctor.

At mile three, (elapsed 15:03, split of 5:09) a group of six forged ahead as they crossed the four lanes to get to the inside and save steps. Proctor enjoyed close companions like, McCormack, Doub, Soldado, Walter and Tim Covington of Blacksburg, VA.

By the fourth mile, (elapsed 20:02, split 4:59) the order of the field shifted. Walter took control followed by Proctor and Soldado. The trio hit a gear which shook McCormack, Covington and Doub. Out front and in control over the next couple of miles, they clocked 25:04 at mile five, 29:47 at mile six. At mile seven in the area called Belle Haven, the trio clocked 35:03 and in prior years this was the decision point, but the group stayed together.

This was going to be a race to the finish.

Walter needed a last minute surge to overpower his competition, a shift into overdrive caused Proctor and Soldado to forget about first place. Walter pressed hard and made the final turn to the tape and crossed with 46:04. Proctor held off Soldado to capture second with 46:22 to 46:49. Covington held onto fourth place with 47:19 and fifth was captured by Doub with 47:25. McCormack was able to secure sixth place with

48:01.

The height of the masters was raised as the prior record was broken tw. In the top ten, was a couple of masters having their own contest. Bob Schlau of Charleston, SC was in control of the masters and destroyed the event record by clocking 48:35 in seventh place. The eight place was captured by second place masters Ric Banning of Alexandria, VA with 48:47. Pulling up third master was Chuck Molser of Herndon, VA with 51:01 (15th place).

In the earlier part of the event, Laura De Wald of Grand Rapids, Michigan was enjoying the lead. A change in the order took place as Kim Saddic of Arlington, VA took the lead. Saddic was a former distance runner at George Mason University in Virginia. Saddic maintained the overall control and captured first place with 53:15. De Wald held onto second place with 53:46. In third place was Leslie Fedon of Virginia Beach, VA with 55:28. The fourth position went to Heidi Gerken of Reston, VA with 56:09. Donna Moore of Kensington, MD captured fifth position with 56:24.

Marilyn Segall of Alexandria, VA captured first master position with 1:01:34 (13th female). The second master was Chris Stockdale of Takoma Park, MD with 1:02:42. The third master was Betty Blank of Falls Church, VA with 1:05:24.

In a unique position, Hedy Marque of Alexandria, VA dominated the 70+ category with an impressive 1:19:27. Marque is 75 years old and nationally ranked at many distances. Marque continues to put times out of reach of other runners.

In a show of commitment to health and fitness, Jack Todd, Vice President at Smiths Industries completed the event in 1:30:41. Through the support provided by Smiths Industries and others, the United Way of Alexandria is able to support some of its local programs.

The U.S. Army won the award for the largest number of participants over the military branches. The honor as first military finisher was captured for the second consecutive year by Ric Banning of the U.S. Navy in a time of 48:47. The first military female finisher was Jody Beville of the U.S. Army in a time of 1:01:36.

The 1992 General Douglas MacArthur Cup was captured by the U.S. Air Force. This year with as stronger determination led by Banning, the MacArthur Cup was captured by the U.S. Navy.

MISSING

SOFTBALL MIT- FROM THE NOVA/WRC SOFTBALL GAME

The glove has P. Scott inside of the strap. It's a Rawlings glove given to Patty McGovern-Scott by her husband. Anyone finding the glove or knowing of its whereabouts please contact Patty at 703 360-6984.

FROM THE NEWSLETTER EDITOR

Again, I thank everyone for their support, during my injury and for their contribution and assistance to the Washington Running Club's newsletter. Good running...

Editor,
Dick Brannan

UPCOMING RACES FOR JUNE AND JULY

- June 12 (Sat) Harden & Weaver 5K, 8am, Montgomery Village, MD
Gigi Davis, 703-684-0224
- June 13 (Sun) Agender Jog 5 Mile, PG/Montgomery RC challenge, Silver Spring, 8am, MCRRC 301-353-0200
- June 13 (Sun) and June 27 (Sun) All Comers Tract Meets, T. C. Williams HS, Alexandria, Potomac Valley Track Club, 703-451-5869
- June 13, Alexandria Waterfront Festival/Rec Cross 10K, 8am, \$15/\$18, Carol Schermer, 703-660-6019
- June 20, Columbia Birthday 2 miler, Howard County Striders, Miles Weigold, 410-730-1849
- June 23, Annandale 10K, Annadale High School, 7pm, DCRRC 703-241-0395
- June 25 (Fri) Cross Country Montgomery/DCRRC Challenge Race, 5K, 7pm, Bullis School, Potomac, MD MCRRC 301-353-0200, DCRRC 703-241-0395
- June 29 (Tues) Olympic Week 8K, Langley HS, 7:15pm, DCRRC 703-241-0395
- July 3 (Sat) Go Fourth 8K, 7:30am, Belle Haven, Alexandria, Potomac Valley Track Club, 703-243-1291
- July 4 (Sun) Firecracker 4 Miler, 8am, Dale City
- July 4 (Sun) Frederick, American Cancer Society 5K, 7pm, \$9/\$11, Tim O'Keefe, 301-371-9562

HAGE AND SADDIC CAPTURE GLENN BRENNER 5k By George Banker

In a show of support and appreciation about 4000 fitness enthusiasts helped to raise over \$100,000 for the Glenn Brenner Foundation. The event was the second Glenn Brenner 5K held at W*USA TV (the Gannett owned CBS affiliate located in Washington, DC). Brenner was a sportscaster there and provided the area with a different type of sportscasting laces with humor. Thousands of fans and friends didn't complain about the high humidity and 81 degree heat from this 2 p.m. race (Sunday, May 9, 1993).

The foundation seeks out ways to carry on Brenner's work and commitment to children by supporting organizations and activities dedicated to providing the best interests, health and welfare of young people throughout the Washington area.

The event was staged as a fun run because of the heat but runners being runners, an event is fun when there is competition. Last year's winner all General of Mitchellville, MD was matched against runner up Jim Hage of Lanham, MD. A week earlier the two had squared off in the Pittsburgh marathon with Hage placing fifth and General was fifteen seconds back to capture sixth.

There was one problem, General was declared unofficial because of late arrival and he wasn't registered. It was time to go. The runners were hot to roll. The flag dropped and the mass began to move away from the television station, all four lanes. The shortness of the event (3.1 miles) forces the runners to take out fast and not let up. A half mile into the event, Hage seized control and had a back pressure from Chris Nugent of Langley Park, MD and General. The course was going to prove demanding near American University along a stretch of Massachusetts Avenue which was downhill with an immediate uphill, and the following segments the course was rolling. I think you get the picture.

The first mile was clocked on the uphill at 4:40 with Hage out front and alone. General was pulling up in second at 4:45 followed by Ron Kulki of Reston, VA. In the first couple of miles, a roller blade distraction was in front of Hage near the pace vehicle until a police officer had the person removed.

At one and a half miles, Hage made a decisive move and began to shift into a runaway gear. The following pack could not counter the move. Hage was a runaway train and was fueling his own efforts. The spectators began to call out his name as he passed. At the second mile the elapsed time was 9:25 (split 4:45).

Hage was flowing up and over the hills as if they were not there. Almost as fast as it started, Hage made the final ninety degree turn to the finish line, alone. The clock registered a winning time of 15:08. General was ten seconds back, but disqualified and second place was captured by Ron Kulki of Reston, VA with 15:48. Nugent pulled around the corner to take third in 15:56. This was the beginning of a steady flow of runners.

The first master (age 40 and over) to break the turn in fifth place was Chuck Moeser of Herndon, VA in a time of 16:10. In a pure burst of energy around the turn, two masters took on a high power sprint as Ridge Kelley (age 43) of Poolesville, MD was two paces in front of Fay Bradley (age 55) of Washington, DC. The last twenty-five yards was a dash and the clock registered 17:18 for both, but Kelley was one step ahead, they secured 19th and 20th place overall.

The female force was under the control of Kim Saddic of Arlington, VA and a time of 17:27 was registered (25th overall). Saddic came off a win at the George Washington Parkway Classic 15K last month (53:15) in Alexandria, VA. In a show of determination, Lynn Patterson of Fairfax, VA captured second with 17:45 (30th overall). Gretchen Triantos of Rockville, MD was third with 17:51 (33rd overall). The leading female master was Dee Nelson of Gaithersburg, MD with 22:59 followed by Patricia McCarthy of Ellicott City, MD with 24:14. The Third place master was Elizabeth Sadoff of Washington, DC with 24:24.

The wheelchair force was won by Dana Jackson of Laurel, MD with 16:08. The second place male was Phillip Cephas of Washington with 22:40. The leading female was Brenda Levy of Rockville, MD in a time of 16:41. Levy had a minor problem near Ward Circle by American University, "I was thrown from my chair and I jumped back in" said Levy. The second place female was Colleen Nevitt of Wheaton, MD with 28:47.

Thousands began to pull in as the clock ticked away the seconds. Each had fulfilled their commitments to finish.

The foundation donated \$50,000 to the Anthony Bowen YMCA in Northeast Washington. The funds are slated for the newly named Glenn Brenner Fitness and Recreational Center in this YMCA.

STAHR STARS AT FRANKLIN PARK, BUT SIDOR SLIDES IN NEW MEMBER SIDE DOOR

By James Scarborough

The 1993 edition of the Franklin Park Five Miler, held at Williamsburg Middle School (grades 6, 7 and 8) in Arlington, was billed as the annual "New Members' Race," a device to get new members introduced to the rest of us on a social basis and welcome them to the club. Also, it was supposed to encourage new membership sign-ups. Near perfect weather, very few clouds with a temperatures in the low 70's, with plenty of daylight left greeted the field that had assembled by 6 pm. Actually, only 49 registered for the five miler, but 11 of those were "new members", having joined since July 1, 1992. Of the rest, some were non-members, and some

in 31:14, and Doug Wham! in 31:27. Mike Spaulding, of Burke, ninth overall, was the youngest five miler finisher in 31:35. Nick Papajohn, 10th overall, ran another lap on the course afterwards. President Bob Platt was 13th in 32:24. Chris Cortez, 11th in 32:12, traveled the farthest to run, listing his home port of call as Kailua, Hawaii.

Claudia Ciavarella, the Army Ten Miler race director, blazed through the course in her purple tights to set a new women's master's course record in 32:42, good for 15th overall. She was also the first woman overall, and also the first woman new member (a triple threat). Erin Shaffer, also a new member, was second in 35:24. Suzanne Harter, third woman, was the first in the open category in 35:41. Sharon Sterbis (formerly Burkhardt), fourth woman overall, also a new member, finished in 39:41. Others in the pack included Alan Goulding from Cranston, Rhode Island, in 35:06, local running guru Jeff Darman in 36:09, former Yorktown alumni Mike Jolkovski in 41:26, and

WARNING

April 25, 1993-INDECENT EXPOSURE. Sunday, 10:25 AM on the C&O Canal in the area of Sandy Landing Road (near Potomac, MD). A woman was walking or jogging on the path. A NUDE man approached her from out of the nearby bushes. **DESCRIPTION:** White male, 30's, 6' tall, 175 lbs., long brown hair, beard. **CONTACT:** Lt. Harold Weber, U.S. Park Police (301) 492-6293.

Note from the U.S. Park Police: This fellow has been around for a couple of years and the police would very much like to apprehend him. If you have been approached by this man or know of someone who has, please call the U.S. Park Police, ASAP.

long-time veterans. The race started at the back end of the school ball fields, where a new housing development will be going in soon, disrupting some of the best woods in the county. After going up the famous "California Street Hill" (the old name for Kensington Street), the runners made the double loop in Franklin Park. This year, unlike in previous years, they turned left instead of right. Finish was back in the school parking lot. Although the course was more familiar to Virginians, a Marylander and veteran of MCRRC races, Bill Stahr of Gaithersburg, broke the tape in 28:53 (far from a course record). Blonde Bill, running shirtless, was still in a half a minute ahead of local (McLean) Ted Poulos in 29:27. Ted had run a race already that day. The first new member was Arlingtonian Gary Sidor, 24, in 30:16. Russell Kehoe, also of Arlington, took fourth in 30:47, barely outkicking Jacob Wind in fifth at 30:49. Jay was seeking to better his male masters record of 28:55, but he still was the first over 40 for the fourth year in a row. Second and third masters were Bob Weiner, 46, from Accokeek (Maryland again)

Walt Washburn of Vienna, who's just entered the 70 and over age group, in 42:27. Last but not least were Al Gutttag and Henry Heymann, in 56:27, who apparently ran at least an extra half mile. Many thanks (besides the weather) go to the volunteers. Lee Glassco and Jackie Cohan for registration, Al Naylor, Rolland Elliott, and Dan Millin for the finish line, and Roger and Nancy Burkhardt, Rita Evans, Gary Guenther, Gene Fox, William Lebo, Sam Meerkreebs, Kevin Mayhugh, Ted Baca, and Dennis Pinkard.

The one mile fun fun attracted 14 participants, half of whom were children under 10. Second overall was nine year old Edward Greenberg of Chevy Chase in 8:13. First woman was Nadia Ficara, 36, in 12:57.

I can't explain why attendance was down from last year, other than that it was too perfect a weather. (Last year it was on the Saturday before Memorial Day; this year the weekend before). Perhaps everyone bugged out early to go to the heavyweight fights at RFK, or perhaps they went to Fort Collins, Colorado, to Dan's Bake Sale.

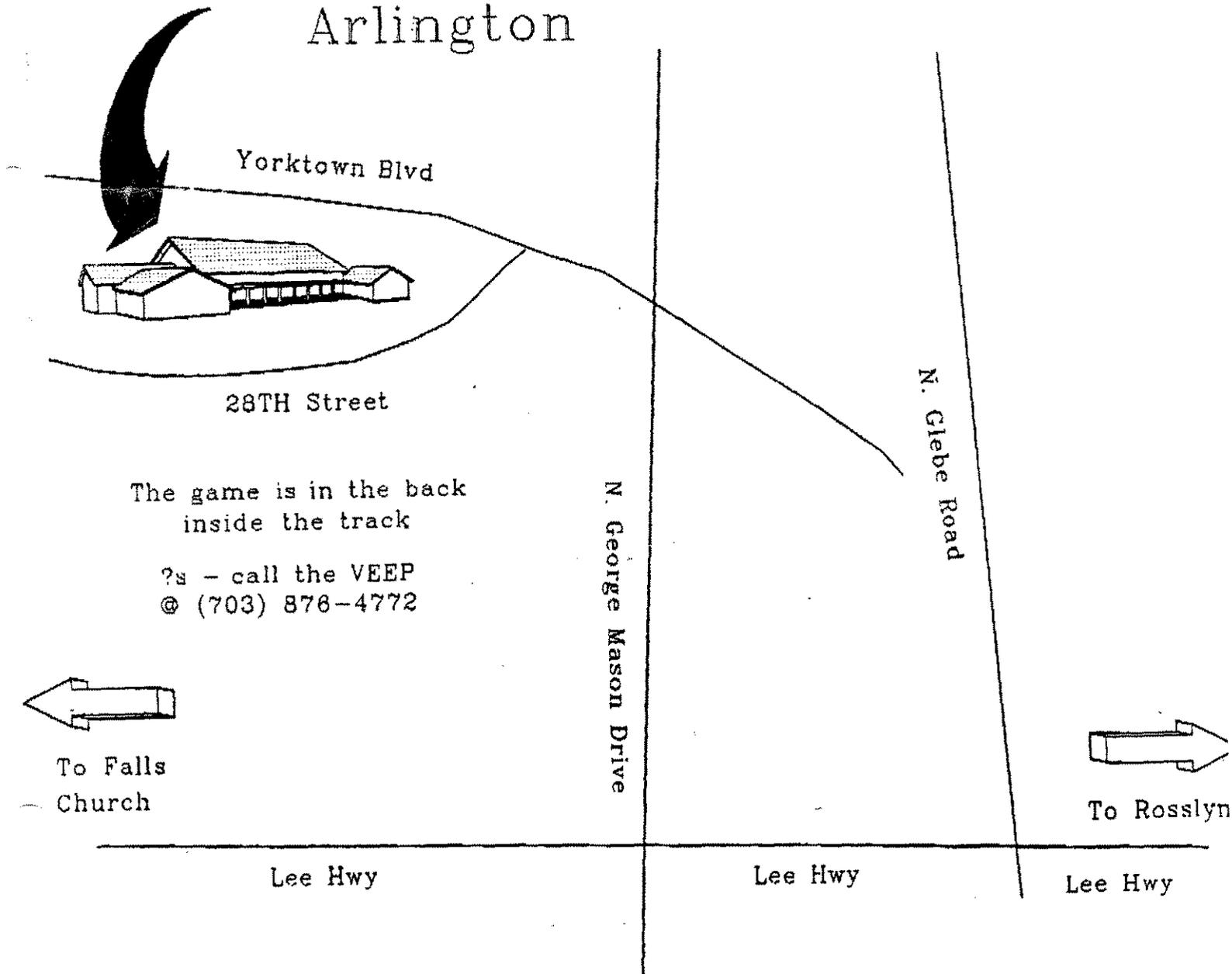
4TH Annual NOVA vs WRC Softball Tournament

DATE: Saturday 10 July 1993

TIME: Noon - Be Prompt!

Be early so we can assign positions
and get some practice hitting.

PLACE: Yorktown H.S. (same as last year)
Arlington



WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$30 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 1992

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) 455-8648

WASHINGTON RUNNING CLUB

7817 Tomlinson Avenue
Cabin John, MD 20818

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Gerry Ives
7817 Tomlinson Ave.
Cabin John, MD 20818

