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# Washington Running Club Newsletter

Volume 13, Number 7



August, 1993

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**Next Meeting:** The next WRC Club Meeting will be held at the Prez's house on Friday, September 10th beginning around 8:00. Call the Prez himself at 301/983-2283 if you need directions. The grills will be hot, so bring something to go along with the hot dogs and burgers. The pool will be open, too.

**WRC Picnic:** The annual WRC Picnic was held on Saturday, July 31st at the Prez's house. The highlights of the day included beautiful weather, exceptionally good food and the beer relay. You can tell we're getting old when the relay is won by a team made up of club offspring!

**4th Annual Nova/WRC Softball Tournament:** Despite temperatures nearing the 100 degree mark, the WRC was able to look respectable this year and came within two runs of NOVA. The July 10th game ended with NOVA edging out WRC with a final score of 12 - 10. Many thanks are extended to Monica Grillo and Steve Crum for hosting the after the game cookout this year!

**Note from the Editors:** In the last issue, the new editors failed to recognize who they were. They are ... Cahty Ventura-Merkel and Jerry Merkel. Every effort will be made to get issues out each month, but there may be times when we will need to go every other month. We also need to hear from you. Please call us at 703/525-5943 with any race results or good gossip you may have.

Our thanks are extended to everyone who has thus far submitted articles for the newsletter, including George Banker, Jim Hage, Norm Brand and John O'Donnell. Thanks to Jim Scarborough who lets us know about upcoming races.

*Editor's Note: Please pardon any typos in this issue. It seems as though the file containing this issue was mistakenly erased before a spell check was done. Sorry!*

Dear Editor:

Thank you for this opportunity to address such an august group as you runners are. I am especially awed by the old timers in the group who keep hammering away at the miles each week. Senior citizens such as Jerry Ives who defies comparison with his lengthy Sunday runs, and Ed Doheny who speeds away from us all at every race, earn special plaudits from us youngsters. I can now reveal in this column reasons for their actions. Ives is clandestinely preparing for a marathon this fall, followed by an "ultra" of 50 miles this winter and a "super ultra" of 100 miles the following week. This hard training is thought by Ives to make him grow taller and we have asked Donna to measure him weekly.

Ed is running hard and long because he is getting married "by the end of the year". Ed believes his hard training will make him more attractive to the babes. Ed is also swimming and bicycling to get in touch with swimmers and bikers of the other sex. As time closes out on Ed he plans on tennissing and wrestling more, hoping perhaps he will find a woman wrestler. We give our best wishes to Ed!

As for myself, I have been in close discussions with John O'Donnell who has suggested combining several features in my daily routine into the total logged mileage per week. Thus, for example, a twelve mile jog on Sunday followed by a 40 minute bike ride on Monday and a ten minute walk to the bank on Tuesday would be  $12 + 10 + 1$  mile of intervals = 23 miles. This would still not bring my total miles for the week up to Mr. O'Donnell's awesome totals, but I need to rest up for dates and John doesn't.

It is nice to see Patty Scott back up to speed and new member Nancy out on the trails. The Merckels had to add a new female member to the team, Molly, and she is racking up some miles, at least for the Merckels.

The hot tub is functional, the pool is cleared up and the winter palace is air conditioned and ready for the group. See you at the September meeting!

**Happy Trails ---Tris`**

### **Moonlighter Race Revived**

On a how, humid August night, the Moonlighter 8K was revived at a new location near Fair Oaks Mall. On Saturday, August 14th, a group of about 300 or so runners lined up at 7:30 p.m. to run the new, hilly course around the Fairfax County Government headquarters. To everyone's amazement, Darrell General ran an incredible 24:10, followed by WRC's own Jim Hage in 24:45. The women's field was dominated by Cathy Stanmeyer in an impressive 29:29 win,; a full two minutes ahead of any other woman. First place winners took home \$50 each and Samuel Adams was enjoyed by all!

### **Minutes of the July Meeting: July 9th**

The July WRC Meeting was held on July 9th at the Prez's house.

**Georgetown 10K:** Since Jerry Merkel is now the co-editor of the newsletter, he has asked that other club members take over the responsibility of managing the volunteers for the Georgetown 10K. President Kruger and Treasurer O'Donnell agreed to accept this new responsibility. Jerry explained what needed to be done and wished them luck. Expect a call from one of them asking you to volunteer sometime the weekend of the race!

**WRC/NOVA Softball Game:** The annual WRC/NOVA Softball Game was to be held on Saturday, July 10th and members were encouraged to show up.

**DCRRC Scottish Games:** James Scarborough announced that the DCRRC Scottish Games race was cancelled.

**Comment in Newsletter Regarding Langley 8K:** A comment made in the minutes of the July newsletter regarding donations to the International Olympic Committee seemed controversial to several people. Numerous people acknowledged the contributions made by George Banker in many ways, in addition to his willingness to serve as the Langley 8K Race Director. We formally apologize for any misunderstanding it caused as no malice was intended. As a club, we all appreciate the work done by George in his many and varied volunteer capacities. In his letter which set the record straight, he was entirely correct in stating that there are far too few race sponsors these days, so we are not doing ourselves any service by alienating those who have shown their generosity by donating t-shirts and other awards. Sorry, George!

**DCRRC Picnic:** The DCRRC Picnic is scheduled for August 14th and will include a 5K race.

**Ballston Sports Fest:** James Scarborough announced there would be a Sports Fest at Ballston Commons from August 13 - 15. They are accepting application for teams for Basketball, Tennis and Softball. Contact Jim if you are interested in being part of one of those teams.

**Columbia Birthday Marathon:** The Howard County Striders will be hosting a Columbia Birthday Marathon and 3-Person Marathon Relay on Sunday, September 19th at 7:00 a.m. If anyone is interested, please contact Jim Scarborough for additional information.

## Regan and Clarke Dominate Olympic Day Run

By George Banker

To join us in celebrating the International Olympic Day which had its seventh anniversary on June 23, 1993, Olympic Day runs were scheduled throughout the world and operated with the cooperation of the International Amateur Athletic Federation (IAAF) and the U.S. Olympic Committee (USOC).

To assist in this celebration, the D.C. Road Runners Club designated their Langley High 8K as the Olympic Day Run which was held on Tuesday evening, June 29, 1993. To the local runners, the event has held true to the three Hs (heat, humidity and hills). The event was conducted by the Rock Creek Running Club, including a number of random awards.

The best strategy to use in heat and humidity is to sit back and wait for the event to end. The off and on light rain did not do anything to help the event. The design of the course is very demanding and without a compass you will get lost.

At 7:15 p.m. the runners left the high school. It takes about a mile for the event to thin out near the point of the first hill, the end of the fun. The front pack by mile two had only three runners.

There are a couple of sections where the runners cross and you see who is in the lead and find out how far back you are. On a roll to a win was Michael Regan of Washington, with 26:47. The record for this event is held by John McGrail and Phil Ponebshek at 26:15 set in 1988. Pulling close behind Mike was Dan Murphy of Bethesda, MD with 27:20. In third place and first master was Bill Lee of Clarksburg, VA with 28:02. The record belongs to Doug Davis at 27:29 set in 1985. Andy Smythe of Falls Church (and WRC) was fourth in 28:23 and Pual Peterson of Bethesda was fifth in 28:31.

Ben Beach of Bethesda was the second master (sixth overall) in 28:32 followed by Ed Doheny of Washington (and WRC) in 29:24.

In the women's division, Senoria Clark won in 30:59. The record was set at 29:28 by Pat (Bullinger at the time) Kolakowski in 1988. Anita Freres was second in 32:47 followed by Paula Lair of Woodbridge in 33:07 and Monika Bachman of Comus, MD in 34:16. Janice Stoodley was the first masters woman in 35:55 followed by Francis Cearve of McLean in 39:28.

The contributors list was long. Thanks are extended to a few including Gatorade, Runner's World magazine, Racquet and Jog and Fleet Feet of Washington and Burke.

**Race Results:**

**Women's Distance Festival at Columbia Mall: July 9th**

1. Kim Saddic , 17:10
2. Cathy Stanmeyer, 17:25
3. Senoria Clarke, 17:29
4. Bea Marie Frisch, 17:33
5. Karen Tossey, 17:43
6. Donna Moore, 18:23

**Upcoming Races:**

**August 18 (Weds.) Paul Thurston Memorial Family 4.5 Mile Run, 6:30 p.m., Burke Lake Park, VA, DCRRC, 703/241-0395.**

**September 5 (Sun.) 35th Annual Greenbelt Festival Larry Noel 15K, 6:00 p.m., Braden Field, Greenbelt, MD, DCRRC, 703/241-0395.**

**September 11 (Sat.) Prediction 2 Miler, Ballston Sportsfest, Arlington, VA.**

**September 11 (Sat.) One Hour Track Run, 8:30 a.m., T.C. Williams High School, DCRRC, 703/241-0395.**

**September 12 (Sun.) Central Fidelity Women's 8K Race, 9:00 a.m., Alexandria, VA, RunHers, 703/370-3442.**

**September 14 (Sat.) 5 Mile Prediction Race, 5:45 p.m., Carderock Recreation Area, DCRRC, 703/241-0395.**

**September 18, Kettering Founder's Day 10K, 8:30 a.m., Kettering, MD, DCRRC, 703/241-0395.**

**September 19 (Sun.) Howard County Striders Columbia Birthday Marathon and 3 Person Marathon Relay, Columbia, MD, 7:30 a.m., 410/964-1998.**

**September 26 (Sun.) DCRRC National Capitl 5 and 20 Milers, 8:00 - 20 Miler, 8:30 - 5 Miler, Alexandria, VA, DCRRC, 703/241-0395.**

**October 24 (Sun.) Columbus Marathon, Marathon and Corporate Relay, 9:00 a.m., contact Doug Thurston, 614/433-0395.**

**October 24 (Sun.) Marine Corps Marathon, 9:00 a.m., Washington, D.C., 703/640-2225.**

# 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:

7817 Tomalinson Ave., Cabin John, MD 20814

## WASHINGTON RUNNING CLUB

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Cabin John, MD 20818

