
Washington Running Club Newsletter

Volume 14, Number 9



October, 1993

Next Meeting: The next WRC Club Meeting will be held at the Prez's Winter Palace on Friday, November 12th 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 heated pool and hot tub will be open!

Thanks!!!

Many thanks are extended to the members who came out to help with the packet pick-up for the Georgetown 10K. Included in that turnout were: Ted Baca, Chris Stockdale, Ed Doheny, Gerry Ives, Jack Coffey, James Scarborough, Scott Field, Robert Mallett, John O'Donnell, Joanne Mallet, Lorenzo Thomas, George Banker, Frank Pfeiffer, Barry and Audrey Greenhill, Andye Smythe, Amy Durham and Jerry Merkel. Thanks also goes to Mark Baldino for continuing to involve WRC in this annual event!

Early Results of Marine Corps Marathon: The as yet unofficial results of the Marine Corps Marathon, as told by the members themselves: Andy Smythe - 2:38; Gerry Ives -- 2:50 (way to go, old man - 2nd in the 50 - 54 year olds); John O'Donnell - 3:07; Teren Block, 2:56; Jack Coffey - 3:02; Bob Trost - 3:11 (?); Jerry Merkel - DNF.

Volunteers Needed:

**DCRRC Turkey Trot Five Miler,
Thursday, November 25th, 10:00 a.m.
Call James Scarborough, 703/536-7764**

Dear Editors:

Well it's that time of year again when a runner's heart flutters with the expectation of marathoning. No longer is the 26.2 mile race solely one of endurance. Today's athletes start strong, run hard and try to hang on to the end -- pushing through the wall. Most of our group who are running this year's Fall marathons are superbly trained and have been putting in incredible miles week after week. Best of luck to Ives, Merkel, Smythe, O'Donnell and Coffey. Jim Hage won the Army Ten Miler two weeks ago and will compete in Spain, while Regan is running something. Trost usually runs Marine Corps as does Scarborough. Banker usually runs with his camera and then can't figure out why he can't get his time down enough for Bean Town's qualifying time (the secret, George, is to get older and only slightly slower). There are some unknowns; Thoren, Roger Howell, Carol Schultze, Sunny Clarke and Robert Rodriguez. Some who should be running a marathon for all the training they do -- Patty Scott, Tom Scott, Ed Doheny, Amy Durham, George Cushmac and the rest of us who are lazy, ugly and crippled.

For those of you sick of hearing me moan about my knees, the preliminary diagnosis is in: stellar anterior superior ligament tendonitis. For this, Dr. Van Wayne mixes up some good old xylocaine with epinephrine and cortisone and blasts it into the area of the knees that hurt with a big ole syringe. Then he tells me not to run for at least 2 days. In fact, he begs for two days of rest -- no bike, no running, tells me to get a girlfriend and pump iron. See, that's how these guys work! They make you lazy, I'm already ugly and I'll still be crippled when the drugs wear off.

This gets us back to time, i.e., time is what these guys buy until we can't move. Then when they know we're serious about this stuff, they go in and carve out the bad stuff, stitch together what's left, give you more time and tell you you're healed. If one was smart, one would experiment with the vagaries of foreign beer, fine cigars and four star dining and take up strolling on the waterfront. It would be equally effective and cost the same and one would be back running in ten months. I'll let you know how the dumb way works.

Good luck marathoners!

Yours Truly --

Tris, WRC President

Urbina and Clarke Jet Through Georgetown
by George Banker

The temperature was in the low 50's, cloudy skies and a few sprinkles -- just ideal for the runners. Close to 4,000 runners jammed M Street in Georgetown for the 14th Annual Georgetown Classic 10K. This event provided good ties, good food and good hills. The novice runner is pulling along a two mile stretch of road where the elevation is about 75' and by the fourth mile it increases to 205', all kinds of things begin to happen.

Net benefits were being directed to benefit scholarship programs of the Korean American Alliance, Concerned Black Men and the Coalition of 100 Black Women. The scholarship will benefit those students pursuing studies in multiculturalism and other programs designed to promote understanding among all Americans.

The front line was tight as toes edged to the start. There was a moment of silence and they were off. The event contained several potential winners all known in the Washington area and their credentials spoke for themselves. The caution was the unknown and Georgetown University was up the road and had the event packed.

WRC member Jim Hage took the lead and left the others in tow. A couple of weeks earlier, Hage won the D.C. Road Runner's 20 Miler in Old Town, Alexandria in 1:50:22. He was primed for the hills.

Hage was in control at the start of the hills off Reservoir Road. At mile four, the control was slowly removed by Ian Urbana, age 21, of Washington, D.C. Urbana is currently a student at Georgetown and was a former star at St. Albans. Urbana matched against the skillful Hage. Hage started to reach some unknown gears which placed him in the lead. The pace established proved to be too much as Hage could not fully respond. Urbana hit the tape at 30:28 and Hage followed in 30:46. Trying to reel Hage in was another former local high school standout from Gonzaga, Greg Coan, 29, from Kensington, MD who captured third in 30:51.

The fourth position went to Dominique DaLuz of Rockville, MD in a personal best of 31:31. DaLuz had been training hard for the Marine Corps Marathon and had actually led the Old Town, Alexandria 20 Miler until a slip at the turn around permitted Hage to take control. DaLuz continued in that race and finished third in 1:52:48.

Fifth place went to Chris Chattin of Columbia, MD in 31:32.

The assault of the females was led by Senoria Clarke, a government lawyer in Washington. The pace at the start was demanding, hitting the first mile in 5:08. The closest competitor was KariAnne Bertrand, a second year medical student at Georgetown and two-time all American. Bertrand had eye contact on Clarke, but the leg speed was just not there.

Clarke dominated the race and finished in 34:34 in 30th place overall. Bertrand kept Clarke in sight and finished in 35:01 for second (35th overall). Third went to Geni McDonnell of Washington in 36:02 and fourth to Alice Rouper of Arlington in 37:27 (Alice was just coming off a series of leg injuries).

The masters forces were lead by Michael McHale of Fairfax Station, VA with 33:13 (14th overall). Second master was Bruce Carpenter of Arlington, VA with 33:44 and third went to John Benkert, age 52, of Pasadena, MD in 34:28. WRC's own Jerry Merkel was fifth master in 35:24.

The women masters were led by Karen Knuepfer of York, PA with 39:37; second went to Karen Erb of Alexandria, VA with 40:50, and third went to Betty Blank, former WRC member, in 41:57.

J. Paul's restaurant had the honors of feeding all of the runner. After that grueling 6.2 mile trek, it was all needed. Their continued support keeps the event rolling.

This event turned out to be a moment of truth for hundreds of runners. If you are unfaithful to your logbook and fudge the miles, an event like the Georgetown Classic 10K will cause your body to tell the truth. So, until next year, keep one foot in front of the other.

Schedule of Upcoming Races:

November 6 The USA 5K, East Potomac Park, 9:30 a.m.

November 7 NIH 10 Miler, Kensington, MD, 9 a.m., DCRRC, 703/241-0395

November 7, 14 and 21 Howard County Striders Fall Run Series, various sites, Columbia, p.m., Nov. 7 - Pat Brooks, 301/461-1197; Nov. 14 - Roger Calvert, 301/461-2045, Nov. 21, Phil and Vicki Lang - 301/964-8358

November 13 Cross Country #4, 4K, Rockville, MD, MCRRC, 301/353-0200

November 14 Vietnam Veterans 10K, Washington, DC, 9 a.m., 703/525-1107

Tenleytown 10K, Washington, D.C., 9 a.m., 202/882-2662

Waterman's Museum 10 Miler, Yorktown, VA, 1 p.m., Rick Platt, 804/2297375

November 17 Tidal Basin 3 K, 12 noon, DCRRC, 703/241-0395

- November 20** Cranberry Crawl 5K/10K, Potomac Valley Track Club, 703/243-1291
- Herndon Turkey Trot 5K, Herndon, VA, 4 p.m., Bill King, 703/435-6866
- Williamsburg School 20K and 20K Relay, Arlington, VA, 9 a.m.,
DCRRC, 703/241-0395
- November 25** Potomac West Trade Association Turkey Trot Five Miler, Alexandria,
VA, 10 a.m., \$4 plus two cans of food, DCRRC, 703/241-0395 or James
Scarborough, 703/536-7764
- November 27** Northern Central Trails Marathon, Sparks, MD, 9:30 a.m., David Cooley,
410/494-8649
- Turkey Burnoff 10 Miler/5 Miler, Seneca Creek State Park, 10 a.m.,
MCRRC, 301/353-0200
- November 28** Cold Turkey 20K, Edgewater, MD, 10 a.m., Annapolis, MD, Annapolis
Striders, 410/268-1165
- December 5** Belle Haven Half Marathon, DCRRC/MCRRC Challenge Race,
Alexandria, VA, 10 a.m., 703/241-0395
- Almost Heaven Marathon, Charleston, WVA, 10 a.m., Pat Board,
304/744-6502
- December 11** River Rumble 20K, Riley's Lock, Potomac MD, 9 a.m., MCRRC,
301/353-0200
- December 12** Bread Run 10K, Glen Echo Park, 9:30 a.m., DCRRC, 703/241-0395
- December 15** Tidal Basin 3K, 12 noon, DCRRC, 703/241-0395
- December 18** Christmas Caper 10K/5K, Washington, DC, Potomac Valley Seniors,
703/243-1291
- Greenbelt 10 Miler/20 Miler, Greenbelt, MD, 10 a.m., DCRRC,
703/241-0395
- December 26** Jingle Bell Jog 8K, Rockville, MD, 9 a.m., MCRRC, 301/353-0200

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 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

WASHINGTON RUNNING CLUB

7817 Tomlinson Avenue
Cabin John, MD 20818



Gerry Ives
7817 Tomlinson Ave.
Cabin John, MD 20818

