

# Washington Running Club ★ Newsletter

Volume 13, Number 4

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April 1994

## APRIL MEETING IN FALLS CHURCH

The WRC monthly meeting in APRIL will be held at Prez Andrew Smythe's home on FRIDAY, APRIL 8th at 8:00. Andy lives at 7596 Lakeside Village Drive, #G, Falls Church, Va. From Beltway take Rt. 50 East (exit 8). Turn right at first light inside the Beltway (Jaguar Trail), and take the left turn immediately after the lake (Lakeside Village Dr.) Follow the road past approx. 8 buildings. #7596 is third to last building before the cul-de-sac. Call (703) 876-4772 if you get lost. **Because of limited space, no children please.** (See map at end of Newsletter).

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

For those of you who have neglected to send in your membership renewal, I'd like to point out some benefits that can easily be overlooked. Former WRC President Tristram Kruger took advantage of the opportunity to change his year of birth to 1971 (he's now only 23 years old) and he changed his first name to "Chuck", simpler and less formal than his former name. "Chuck" also wanted to know who the competition committee is that wants to know how fast he ran in 1993. Well Chuck, this is a three-person committee consisting of Lisa Hamm in Puerto Rico, Kirk Baird in New Jersey, and Ira Pesserillo in California. Obviously there are some slight logistical problems to overcome when they have meetings, but you can rest assured we are working on this.

It's official! Chris Stockdale is a "Grand Master". Chris was informed of this when she ran the Lady Avia 8K in Baltimore on March 27th, 17 days after turning 50. Chris was not happy with her 33:36 time, but she won \$60, and several other nice prizes for winning the "Grand Master" division. She also beat the top woman master, who took home a \$125 check for her slower effort??? Apparently the race committee hadn't considered the possibility of a 50-year-old winning the masters division. Chris was assured that a check would be in the mail for an additional \$65 to establish parity between old and young--relatively speaking. Chris also won her new age division at the Shamrock 8K--it looks like a good year is in the offing for her, and a tough year for her competition.

Mark your calendars on Sunday, April 10, 1994. The 33rd Annual DCRRC Awards Banquet will be held at the Holiday Inn--National Airport in Crystal City. The evening begins at 6:30 p.m. with a cash bar reception, followed by a dinner buffet at 7:30. The guest speaker will be Amby Burfoot, a Boston Marathon winner, and executive editor of Runner's World. Send a check made out to DCRRC for \$17.50 per person to DCRRC Awards Banquet, PO Box 1352, Arlington, VA 22210. Check must be sent by April 6th. For further information call Bob Platt at 703-486-1466.

The Glenn Brenner 5K is scheduled for Sunday, May 8th at 2:00 p.m. (Mother's Day). It will probably be hot, but it's also a great race and a great way to remember fellow-runner and irreverent WUSA-TV sportscaster Glenn Brenner. For more information call 202-895-5990.

Robin Ficker, who is known by many of us as the man who insists on running with his dog in local races, was thrown out of the Temple-Indiana basketball game at the USAir Arena. Ficker began harassing Indiana coach Bob Knight, who is not known to put up with that kind of thing. Knight asked that the security people to show Ficker the door, which they did.

## BANNING AND BARNARD-LOPEZ CONQUER THE CHASE HILLS by George Banker and Gerry Ives

Some races raise your level of excitement, others cause "pre-race syndrome"--a conviction that you're going to die or suffer permanent injury during the event. The latter is how you could describe the Bethesda Chase 20K, the 17th running of which was held on Sunday, March 6, 1994 in Bethesda, Maryland Greg Meyer, who broke the 10-mile world best in 1983, said that he saw God when he got to the top of the Mormon Temple hill--and I bet he was struggling too.

This event requires a high level of fitness, but the weather in January and February of this year put a crimp in almost everyone's training. Many of the runners were in a pre-marathon training mode--Boston, Pittsburgh, Grandma's--and this race should be the indicator of fitness levels.

Last year's winner Scott Douglas (now living in Connecticut and working as Associate Publisher of Running Times) was back to defend his title, with last year's runner-up Ric Banning determined to ensure that the winner was a local. Last year's women's champ, Laura Scofea, wasn't present, but runner-up Mary Gaylord was at the starting line, and in great shape.

The first 10K of this race is challenging, and the next 10K is where you find out what you're made of. Banning held back, letting the young guys set the pace until the closing miles. With Douglas fading like a cheap blouse in the final 5K (no, he wasn't paid to be a rabbit), Banning and Kevin Kropp fought a two-man duel over the final mile. Banning (41) is Kropp's senior by 15 years, but Banning's winter workouts on the Georgetown U. track gave him the edge on toughness. Banning took the win, and first master, in 1:07:03 (faster than last year). The books will have to be checked to see if another master has ever taken first place in this race. Kropp took second place in 1:07:36, and Brian Daughtery took third in

Articles, results, and items of interest to the Newsletter, should be mailed to Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

1:08:28. Second men's master was Spark Rogers in 1:12:48, followed by Herb Tolbert in 1:15:19.

WRC's best showing was by Tom McCarthy who finished 11th in 1:11:11. McCarthy was disappointed in his showing, as based on recent performances he should have finished several slots higher. WRC Prez Andy Smythe was the next Club finisher in 1:14:17 (20th place). Jon Thoren, getting back into racing shape, finished 22nd in 1:15:12, with masters standout John Dix not far behind in 1:15:58, good enough for fourth place master.

In the women's race Bonnie Barnard-Lopez continued her impressive winter streak by taking the win in a fine 1:17:04, an astonishing improvement over her seventh place 1:25:06 of last year. In the past three months Lopez has won the DCRRRC Half-Marathon, the DCRRRC Track 10K, the Greenbelt Marathon, and was third at the Hampton Half-Marathon in 1:19:32 . . . this woman is on a roll. Mary Gaylord also ran an impressive time finishing second in 1:17:39. Gaylord is aiming for the Pittsburgh Marathon in May and looks like a strong candidate to make the Women's Olympic Marathon Trials. Finishing third, and making a strong showing in the second half of the race was WRC's Amy Durham, turning in a 1:18:36. Donna Moore was fourth in 1:19:01.

First women master was a repeat from last year, Judith Bugyi, with a time of 1:33:15, followed by Kathleen Nixon in 1:34:04.

In a class by himself, 75-year-old Al Gutttag finished in 2:49:20.

In its debut the 5K event was won by Joseph Waldron in 18:05, with George Hall second in 19:07, and Denny Bradcamp third in 19:19.

In the women's 5K first place went to Heather Sanders in 22:32 (7th overall), followed by Nancy Wolcott in 22:57, and Randy Buzzell in 23:22. WRC's Nancy Horan took fourth in 24:19 (13th overall).

**MEN:** 1. Ric Banning 1:07:03; 2. Kevin Kropp, 1:07:36; 3. Brian Daughtery, 1:08:28; 4. Mark Hoon, 1:08:40; 5. John Duffy, 1:09:21; 6. Paul Peterson, 1:09:41; 7. Scott Douglas, 1:09:53; 8. Mike Hart, 1:10:08; 9. Eldon Mack, 1:10:15; 10. Brett Dattke, 1:10:22; 11.

Tom McCarthy (WRC), 1:11:11; 20. Andy Smythe (WRC), 1:14:17; 22. Jon Thoren (WRC), 1:15:12; 26. John Dix (WRC), 1:15:58; 27. John McGrail, 1:16:01; 28. Ben Beach, 1:16:04; 40. J. J. Wind (WRC), 1:19:35; 48. John Sherlock, 1:21:57; 51. Johnny O'Donnell (WRC), 1:22:15; 54. Bernie Gallagher, 1:22:34; Ron Griswold, 1:24:58.

**WOMEN:** 1. Bonnie Barnard-Lopez, 1:17:04; 2. Mary Gaylord, 1:17:39; 3. Amy Durham (WRC), 1:18:36; 4. Donna Moore, 1:19:01; 5. Susan David, 1:22:27; 6. Win Rincon, 1:23:31; 7. Monica Grillo, 1:26:44; 8. Kathi Canese, 1:27:03; 9. Deirdre McCarthy, 1:27:29; 10. Anita Freres, 1:27:51; 12. Jean Grillo, 1:29:38; 16. Berni Flynn (WRC), 1:31:58; 18. Kathy Hibbert, 1:32:42;

. . . AND NOW MORE OF THE USUAL \*\*\*\* FROM THE PREZ

It's taken me a few years, but I have finally figured out why I have always had such bad luck with the opposite sex. My entire philosophy has been wrong from the start. Here I've been, trying to improve myself as a runner, busting my ass doing interval workouts, tempo and long runs, and worst of all--depriving myself of God's greatest gift . . . BEER, all in the name of faster running. I concluded if I could transform myself into a studmuffin runner (just like Gerry Ives), women would be pulling up outside my front door in busloads. Let me clue you in folks--forget it!

Let's carefully examine the Tristram Kruger method of attracting women, and compare it with mine. Forget running on the track. Instead, substitute copious amounts of beer consumption, running while dressed like a homeless person, generally being a cad towards everyone you meet regardless of religion, ethnic background or political affiliation, and the secret ingredient . . . have major surgery performed on both your knees. If you faithfully do all of the above, you are guaranteed to have gorgeous women flocking to your house tending to your every whim and need. Some will drop off cookies, others will bring all the ingredients for a sumptuous feast--and stay to cook and serve it to you (French maid outfit optional). Still others will . . . Well I'd better not go into any more detail. This is a family publication.

For those of you who may not have heard, Tris had major surgery on both his knees on March 7th to correct longtime problems (hey, do you think he runs like he does by choice?). We wish him a speedy recovery and return back to the world of running.

Speaking of running, while I was struggling up the umpteenth hill during the Bethesda Chase 20K (aka the Race from Hell), it occurred to me that there were more members of WRC spectating than running. While talking to Gerry Ives on the phone a few days later, he confessed he always comes out to WATCH the race, but has not competed in it for six years. Someone tell me, when will I get smart?

Two more WRC runners have decided to join our June expedition to Duluth, Minnesota: Jim Hage and Mike Regan. Jim wanted to run with me and help me set a PR for the countless and invaluable running tips I've given him over the years, but I said no dice. I convinced him it would be better to run his own race, and he reluctantly agreed. Of course "Fast-Twitch Muscle Mike" still wants to beat my marathon PR, set on this course two years ago. This may be the year, because Mike is running well.

As expected, "Puxatawney Jack" Coffey emerged from his burrow on the first day of Spring for the Sunday morning run. During the run, Jack was heard to

## Washington Running Club

7817 Tomlinson Avenue, Cabin John, MD 20818.

### CLUB OFFICERS

**President:** Andrew Smythe (703-876-4772)  
**Vice President:** Ed Doheny (202-244-8581)  
**Secretary:** James Scarborough (703-536-7764)  
**Treasurer:** John O'Donnell (202-625-1401)  
**Newsletter Editor:** Gerry Ives (301-320-3337)

### COMMITTEES

**Legal:** Chairs: Jim Hage, Jack Coffey  
**Membership:** Chair: Suzy Coffey  
**Newsletter:** Chair: Gerry Ives  
**Competition:** Chairs: Jerry Merkel, Tom McCarthy  
**Social:** Chairs: Pat Walker, Dick Brannan

comment on the rather slow pace of the group, set by Amy "Take No Prisoners" Durham, as they worked their way up MacArthur Boulevard. Since Jack did not see his shadow, I am proud to announce that Spring has officially arrived.

When Tris was writing this column, he occasionally put his Masters in Nutrition into practice and imparted many pearls of wisdom in this area of expertise. Few of you are aware that I am also rather knowledgeable in this area as well. So here goes--a large double-pepperoni pizza, and a couple of pitchers of beer. Any questions?

I hope to see many of you at the Cherry Blossom Expo and race. The Running Adonis and myself will be working packet pickup for the women. It's a tough job, but someone has to do it. The course map in my confirmation letter makes the "new and improved" Cherry Blossom Ten-Mile course (thanks to the FDR Memorial) look like the last ten miles of the Marine Corps Marathon. We all know it will be painful, but what the hey--it's the price we must pay for all this fame and glory.

Motto for April: It's not how fast you are, it's who you know.

#### 6TH ANNUAL GW B'DAY MARATHON RELAY--ANOTHER WRC WIN by George Banker

The 6th Annual GW Birthday Marathon Relay was held in conjunction with the 33rd GW Birthday Marathon on Sunday, February 20th, 1994 in Greenbelt, Md. The event escaped the cold spell as temperatures rose to the mid 60s, making the attire of the day singlets and shorts. The relay runners were identified by sashes that were passed on to the next team member at the exchange point. The sashes also prevented full marathon runners keying off of a relay competitor.

At the first exchange point at the nine mile mark the runners were poised in anticipation. Andy Smythe, of Washington Running Club, the defending and open winners of four out of the past five years, passed off the sash in 52:46 to Deane Burke for the next eight miles. WRC was attempting to sweep both the open and masters divisions as Ed Doheny led the masters division teams, in fourth place overall, with a 53:57 and passed the sash to Gerry Ives. The Club's insurance policy in the masters division was WRC Masters #2 in fifth place overall led by Jerry Merkel in 55:39 and passing off to Johnny O'Donnell. WRC was not satisfied with just the men's division, as their women's team, led by Donna Moore, was in 7th place overall in a time of 56:44 as she handed off to Kathy Merkel. The WRC women have also won four out of the past five years.

The next leg was only 8 miles of rolling hills, and at the 17-mile mark the runners were waiting to take over for the final 9.2 miles. And, as was expected the lead runner was WRC's Deane Burke with the elapsed time reading 1:37:16. Gerry Ives moved the WRC Master #1 team up to second place overall, and maintained the lead masters slot with an elapsed time of 1:44:47. Kathy Merkel moved the WRC women's team further ahead of the MCRRC competition as she hit the 17-mile mark in 1:50:13 (5th team overall), and Johnny O'Donnell held onto the WRC Masters #2 team's second place (6th overall).

At the finish line, WRC retained the Open Men's title with Dave Keating crossing in 2:31:38. He was followed in second place by John Dix of WRC's Master's #1 team in 2:43:40. The second place men's masters team also went to WRC as Bobby Bauer finished in 2:53:41.

Terry Sweitzer ran the final leg for the WRC women, and proved more than capable as she crossed the line in 2:58:05, well ahead of the second place team. Washington Running Club seems to win everything they enter. The question is, how long can they keep this up?

#### MINUTES OF WRC MEETING HELD FRIDAY, MARCH 11, 1994

The March Washington Running Club meeting was held on Friday, March 11, 1994 at 8 pm at President Andrew Smythe's house in Falls Church. Andy's "evil twin" Kyle Forman was there, along with Carol, Norm Brand, Jeff Reed, Ted Baca, Nancy Moran, and Deane Burke, eventually joined by Tris Kruger and John O'Donnell. Mystery Science Theatre 3000 was on (wittiest TV besides Seinfeld).

1. Norm Brand displayed his plaque (no, he hadn't been to the dentist); see earlier article on his award. He also requested \$45 reimbursement for association dues paid on behalf of WRC.

2. The motto for April will be: "It's not how fast you are, it's who you know!"

3. James Scarborough passed around entry forms for upcoming races. The DCRRRC had their annual meeting Tuesday night, at which Jim Hage was guest speaker (his newsletter is highly recommended by Andy). The current slate of officers was re-elected (included yours truly), new at-large members were added in Marcio Duffles and Paul Thompson, and Scott Larcher is now the newsletter editor. Scott has proposed for DCRRRC, and Scarborough suggested WRC could also have, a "Night Out" at Camden Yards to see an Orioles' game. This would involve Treasurer's approval and members would need their own transportation. This could be on a Friday night, possibly to coincide with a meeting. Also, the RRCA Convention will be held at the Ritz Carlton in Arlington on April 7-10. There will be a fun run on April 7 for conventioners, and the DCRRRC banquet on April 10, the night after the Cherry Blossom. The Maryland Grand Prix Series has been announced. The listing in the DCRRRC schedule for May 26 is WRONG--the 4-miler will be at the Madison Community Center in Arlington.

4. Deane Burke noted that the April edition of the WRC newsletter should be an "April Fool's" edition, with parody articles. He also lodged a protest against two items from the March newsletter. First, he wished to correct the mention in the minutes that he (Deane) would be "in charge" of new member recruiting during 1994. (I hereby correct this error). He proposed instead that everyone recruit one new member during 1994, and hopefully someone faster than themselves so the club doesn't turn into a bunch of turtles. Second, he made a motion to recall the Presidential election on grounds of insanity. Andy Smythe's President's column challenged Deane to a \$50.00 bet over the Grandma's Marathon, saying that he would be "on his third beer by the time Deane finished". (Andy replied that he could chug three beers at three minutes apiece, and ten minutes faster would allow time!) Deane claimed this represented prima facie evidence of delusions of grandeur.

5. No determination yet on a site for a post-race Cherry Blossom Party. Andy and Deane will be at the pre-race packet pickup (women's section). Andy mentioned that he will put in for a Cherry Blossom team to be comprised of Smythe, Hage, Regan, and Alexander. The quota of 5,800 has already been reached.

6. Dr. Kruger brought in his cane and related

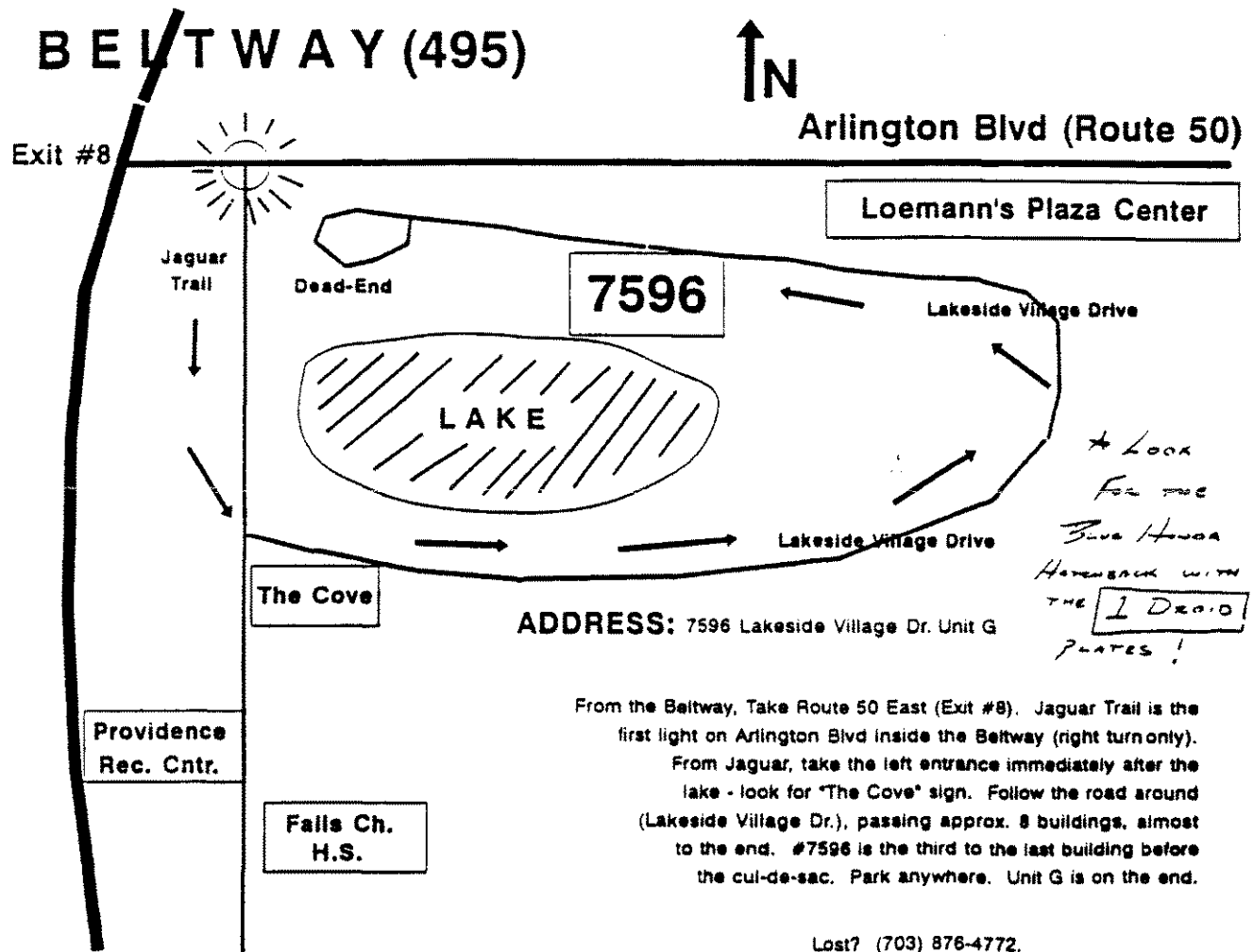
his story of his double arthroscopic surgery. John O'Donnell related the story of the (senile) Catholic priest and the twelve stations of the cross. Altar boys are now called acolytes.

Other topics included criticism of the NOVA reaction to the volley ball game, other future challenges (checkers, croquet, horseshoes, and crossword puzzles), John Kruk's testicle surgery, Hillary jokes, and Andy's broken muffler.  
James Scarborough, Secretary.

RACE SCHEDULE 1994

- 2 April Run vs. Row 10K, Alexandria
- 16 April Earth Day Meridian 10K, 8 am, Washington, DC 202-387-9128
- 16 April East Potomac Park 15K
- 17 April Sallie Mae Cherry Blossom Chaser 10K, West Potomac Park, \$15, 202-728-6456
- 18 April Boston Marathon.
- 20 April Tidal Basin 3K
- 23 April Tortoise & Hare 8K, 8 am, Reston, Va, 703-476-5300
- 24 April Sun Run 5K, 8 am, Washington, DC, USN Memorial, 202-452-6841

- 24 April Jay's Run 10K, 9 am, Potomac, Md. 301-983-0400
- 24 April GW Pkway Classic 15K, 8 a.m. Alexandria, Va. \$16/\$20, Alex. United Way, 300 N. Washington St., #100, Alex., Va. 22314. 703-548-1548.
- 28 April (Thurs.) Loch NIST Monster X-Country 8K, Natl. Institute of Standards & Tech., Gaithersburg, Md. MCRRC 301-353-0200
- 30 April Rockville 8K, 301-570-1555
- 1 May Capitol Hill Classic 10K, 8:30 am, Washington, DC 202-546-5858
- 1 May (Sun.) Pittsburgh Marathon, 9:00 a.m. Pittsburgh, Pa. Contact: Leonard Duncan, 1001 Law & Finance Bldg., 4th Ave., Pittsburgh, Pa. 15219. 412-765-3773.
- 1 May Earth Day/May Day 10K, 9 a.m. Anacostia River Park, Wash., D.C. DCRRC 703-241-0395
- 14 May Wood Acres School Jogfest 8K, 9 am, Bethesda 301-229-3168
- 15 May Crystal City 10K, Arlington, Va., 8 am. American Red Cross, PO Box 3697, Arlington, Va. 22203
- 21 May Uptown Races 8K, Friendship Heights, DC 301-227-3931
- 5 June Lawyers Have a Heart 10K, 9 am, Washington Harbor, DC 202-686-6888



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Lost? (703) 876-4772.

### 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 Conlan 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, 1540 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.

### WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 Family Membership

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

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

10K \_\_\_\_\_ 10 Miles \_\_\_\_\_ Marathon \_\_\_\_\_ Other \_\_\_\_\_

#### Lifetime PRs

10K \_\_\_\_\_ 10 Miles \_\_\_\_\_ Marathon \_\_\_\_\_ Other \_\_\_\_\_

#### 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***