

Washington Running Club ★ Newsletter

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June 1994

JUNE MEETING IN POTOMAC

The WRC monthly meeting in JUNE will be held at Tris Kruger's home on FRIDAY, JUNE 10th at 8:00. Tris lives at 9641 Accord Drive in Potomac, Md. From Beltway take the River Road exit to Potomac. The house is approximately 3 miles from the Beltway on the left at the corner of Accord and River, about a quarter mile past the Potomac Nursery & Garden Center. For the gourmets in the Club, beer, hot dogs and hamburgers will be served. Any other food or beverage contributions would be appreciated.

BARNARD-LOPEZ, REGAN CONQUER HILLY JASCOURT 4-MILER by James Scarborough

Madison Community Center was resuscitated as the starting point of DC Road Runners' Club races on Thursday, May 26. The race at the same time served as the annual tribute to Hugh Jascourt. The four mile course, an out-and-back with a middle loop, hit a few of the steepest hills in Arlington. It used the rolling thoroughfare of North 26th Street, which connects Marymount University with Military Road, Chain Bridge, and the GW Parkway. The Arlington Parks Department no longer authorizes the use of the Donaldson Run trail for foot races. To make this four mile race special, Hugh Jascourt himself made an appearance.

Thunderstorms threatened all afternoon, but none materialized. It was just warm, overcast, and humid--an 80-80 evening--a fitting start to the Bunion Derby series.

Al Guttag, the senior competitor in the field as usual, started 20 minutes early. The main field, led by a contingent of young bucks and old masters vied for a piece of the age-time handicap awards. In the end there were few surprises, and a good day for the masters, most of whom commented that it was a slow course.

WRC's Mike Regan, who remembers the course from his Georgetown U. days, blazed through the hills in 21:53, more than a minute ahead of second place Dan Murphy in 23:08. They were followed by Alan Lovell, 24, who almost ran his age in 23:51.

Top master for the evening was Ed Doheny in 6th place overall with a time of 24:51.

The women's race was dominated by Bonnie Barnard-Lopez, who finished 9th overall with a time of 25:17, more than three and a half minutes ahead of 2nd place Mary Kirsch who ran 28:58.

Thanks go to the volunteers Rolland Elliott, Ed Demoney, Dan Tuttle, Pat and Kevin Kolakowski, Ted Baca, Lisa Joyce, Ken Swain, Gary Smith, Bill Lemke, and Ron Steele.

Men: 1. Mike Regan (WRC), 21:53; 2. Dan Murphy, 23:08; 3. Alan Lovell, 23:11; 4. Dylan Fuller, 23:58; 5. Ted Poulos, 24:27; 6. Ed Doheny (WRC), 24:51; 7. Jared Server, 25:08; 8. Ricky Austin, 25:14; 9. J. J. Wind (WRC), 25:21; 10. Todd Schafer, 26:12; 11. Gerry Ives (WRC), 26:20; Bob Trost (WRC), 28:17; Bob Platt, 29:27; Tom Kurihara, 31:18; Dixon Hemphill, 33:36.
Women: 1. Bonnie Barnard-Lopez, 25:17; 2. Mary Kirsch, 28:58; 3. Dana Austin, 30:49; 4. Lori Poulis, 31:44; 5. Jan Sechrist, 31:49.

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

For all of you Cherry Blossom age-group award winners, your prizes are on their way. Ed Doheny made discreet inquiries about the whereabouts of the loot and was told they were "in the mail" (nothing about respecting him in the morning though). Now that the Cherry Blossom race is no longer free, the awards will have to be re-examined and brought up to the standards of similar area races.

The McLean Mile saw an outstanding performance from WRC's fastest 50+ woman. Chris Stockdale blazed a 5:27 mile to win the master's division. Berni Creed was disappointed in her 5:43 showing, but she was lucky to make the start after making an urgent stop in the bushes.

Congratulations to Amy Durham and Lucy Ventura. Both were awarded master's degrees from Georgetown U. in May. This does not qualify them to compete in the master's divisions in races though.

GENERAL AND TRIANTOS TOP GLENN BRENNER 5K FIELD by George Banker

For the Washington area it started in February 1977 at Channel 9; Philadelphia's loss was our gain. There was more fun and humor on Glenn Brenner's WUSA sports on TV than on their top-rated comedy show. And who can forget the famous "Weenie of the Week"? The Glenn Brenner 5K has become a way of staying in touch and paying tribute to Glenn, and a way for the running community to say thanks to a fellow runner whose last run was our own Marine Corps Marathon. Proceeds from the event go to the Glenn Brenner Foundation, a non-profit organization that supports organizations and activities dedicated to providing for the best interests, health and welfare of young people throughout the Washington area.

The race traditionally starts at 2 p.m., a late start for this time of the year, with the potential for a lot of heat and humidity. This year, on Sunday

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

May 9th, the weather was kind, only 59 degrees at the start. Jim Hage, last year's winner, and Darrell General, the 1992 winner were both on hand for a "Brenner Showdown" on Wisconsin Avenue in front of Broadcast House.

General opened with a 4:26 mile, which was countered by Hage's 4:27. After the turn on Massachusetts Avenue, General opened up a lead on the uphill. Hage hung in within striking distance waiting for a mistake, but General was infallible, crossing the finish line in 14:52 to Hage's 15:18. In third was Antonio DeBarros in 15:42, running 1:10 faster than last year.

The top master was Chuck Moeser in 15:55, fifth overall. Second master was 56-year-old Faye Bradley in 17:24. Bradley was recently ranked #2 nationally in the 55+ age category.

The top woman was Gretchen Triantos in 18:11, who quickly recovered from a shaky start when she failed to hear the gun or start command. Win Rincon, benefitting from a close relationship with her coach, took second in 18:48, followed by Barbara Wigle in 19:51, and Anita Freres on her heels in 19:54.

Top female master was Hartzell Stringer in 20:53, followed by Alison Wichman in 21:51.

Berni Flynn is getting back into the top ten at races after battling a chronic foot injury, and she nailed 10th place and a mention in the Washington Post with her 20:57 finish. Kevin Kolakowski only gets mentioned in the WRC Newsletter, but he ran a respectable (for a big guy) 17:40 time.

Men: 1. Darrell General, 14:52; 2. Jim Hage (WRC), 15:18; 3. Antonio DeBarros, 15:42; 4. Brian Daugherty, 15:51; 5. Chuck Moeser, 15:55; 6. Jesse Smith, 15:58; 7. Neil McLaughlin, 16:07; 8. Terry Baker, 16:09; 9. Paul Loebach, 16:30; 10. Victor Vasquez, 16:34; 13. Rusty Briggs, 16:52; 16. Bill Stahr, 17:11; 20. Faye Bradley, 17:24; 22. Ted Poulos, 17:33; Kevin Kolakowski, 17:40.

Women: 1. Gretchen Triantos, 18:11; 2. Win Rincon, 18:48; 3. Barbara Wigle, 19:51; 4. Anita Freres, 19:54; 5. Susie Kinnecome, 20:04; 6. Catherine Kozub, 20:32; 7. Denise Hannagan, 20:36; 8. Leslie Anchor, 20:48; 9. Harzell Stringer, 20:53; 10. Berni Flynn.

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

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Newsletter: Chair: Gerry Ives
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Social: Chairs: Pat Walker, Dick Brannan

REGAN/CONSTANTIN ARE 'HARD TO BEAT' AT GIRL SCOUT 10K

A clear and sunny morning on Saturday, May 14, 1994 was the setting for the start of the 2nd "We Run the World 10K" sponsored by the Girl Scout Council of the Nation's Capital.

It took five blocks before Mike Regan and Dan Murphy pulled away from the rest of the field, but Regan wasn't in the mood for company in this race. After a few more blocks Regan decided to go solo all the way to the finishing line, taking top place in 32:14, with Murphy in 32:53 narrowly holding off a charging Mike Sterling in 32:56.

Ed Doheny, 51, was the leading master from the start, crossing the finish line in 35:59 in ninth place overall, top master, and first CPA.

In the women's race Christi Constantin zipped through the course in 34:49 (5:36 pace), with Kim Saddic well behind in 37:11 taking 2nd place. Win Rincon took 3rd in 37:31 after she overcame 4th place Jackie Macdonald's fast start.

Top female master was Ellie Thayer in 44:44, followed by Mary Pyne in 46:21.

Men: 1. Mike Regan (WRC), 32:14; 2. Dan Murphy, 32:53; 3. Michael Sterling, 32:56; 4. Andrew Kestler, 34:17; 5. Geoff Barnard, 34:47; 6. Jon Thoren (WRC), 35:09; 7. Marcus Mason, 35:20; 8. Ed Doheny (WRC) 35:59; 9. Jim Gleason, 36:48; 10. Roy Schiff, 36:52; Chan Robins 38:38; Bob Mallet (WRC), 53:28.

Women: 1. Christi Constantin, 34:49; 2. Kim Saddic, 37:11; 3. Win Rincon, 37:31; 4. Jackie Macdonald, 37:41; 5. Monica Grilo, 38:48; 6. Deirdre McCarthy, 39:29; 7. Anita Freres, 39:56; 8. Jeanne Grillo, 40:05; 9. Sophie Senn, 40:15; 10. Erin Banks, 40:28; Joanne Mallet (WRC), 51:14 (1st 60+).

RUNNERS MOTHER'S DAY 8K CAPTURED BY PAZARENTZOS by George Banker

For five years this race had sponsors with deep pockets, allowing them to offer big prize money and bring in top-ranked international runners. This year, with no major sponsors, it looked as if the Women's Race 8K was doomed. However, the all female club Runners took on the challenge, and the locally-based runners, who are the people who really matter, came out to show their support.

On May 8th, 1994, 500 women toed the starting line on Independence Avenue by the Lincoln Memorial for the "Mother" of all races--the Mother's Day 8K. With the temperature near 60 degrees and no wind the conditions were ideal.

The horn sounded, and within a half-mile Maria Pazarentzos had the lead with Joanne Nowak and Claudia Kasen on her heels. Passing through the mile in 5:35, Pazarentzos called everyone's bluff and turned the race into a solo event. The turnaround of the out-and-back course gave her the opportunity to see she had a comfortable lead, and she cruised in for the win in 28:49. With both Kasen and Nowack fading after their fast start, the battle for 2nd place was between Colleen Forshee and Shelley Burns. Burns, who has been recovering from injuries suffered in a biking accident, was unable to best Forshee's 29:34, and had to settle for 3rd in 29:43.

Top master was Linda Banning in 10th place overall in 32:40. Followed by Karen Erb in 33:08, and Pat Donohue in 33:22.

In a league of her own was Hedy Marque, 76. Marque crossed the line in 41:32, finishing 146th out of 420 finishers. Nationally-ranked Marque holds

numerous single age and age group records, and this may be another one for the books.

Sailing in with a 43:50 was the Executive Director of the Road Runner's Club of America, Henley Gibble.

Results: 1. Maria Pazarentzos, 28:48; 2. Colleen Forshee, 29:33; 3. Shelley Burns, 29:42; 4. Claudia Kasen, 30:03; 5. Robyn Humphrey, 31:01; 16. Betty Blank, 33:26.

AND EVEN MORE OF THE USUAL ~~SHIT~~* FROM THE PREZ

For those who have not heard . . . Patty and Tom Scott are expecting a little bambino in December. The heartiest of congratulations to you both! Tom is searching for a suitable name, preferably with a strong Scottish flavor. May I suggest Glennfidich-- arguably the best single-malt Scotch around. No? Well, keep looking.

For those of you who missed the May meeting, well too bad. We had a great turnout and tons of fun. Nancy and myself grilled marinated chicken on the barbecue for everyone, and the beer was plentiful, courtesy of the deep pockets of this running club. The pool was too cold for swimming, except for a WRC President who was pushed in by a former WRC President. Sunny Clarke showed off her recent injury and a very attractive cast, and Amy Durham related the perils of running a marathon in Pittsburgh, Pa. I was caught surreptitiously sipping from a NON-alcoholic beverage (7-UP I believe) and was verbally castigated by all members present. I promise not to make that mistake again--it's hell having a reputation. Thank you again Iris for your generous hospitality.

Speaking of Herr Doktor Kruger (Is it safe, Marathon Man?), he has WRC shorts, singlets, hats and sweatshirts for sale. These shirts were personally designed by Iris himself and are way cool looking. I personally wore my singlet at The Cherry Blossom 10-Miler and GW Parkway Classic 15K and ran great! The sweatshirt is great to wear around other running clubs because their lame stuff cannot compare with our cool duds.

Okay, here is my funny story of the month. In the middle of March, I went to an interview/audition for the Jeopardy! gameshow. While waiting for them to open the doors, I ducked into the men's room (as all good hydrating marathon-runners-in-training do frequently). Who did I bump into while washing hands-- Jeff Darman, of the Cherry Blossom Race Committee and Road Race Management. After telling each other we had to stop meeting this way, we made our way back to our hopeful encounter with Alex Trebek. While standing in line, Jeff leans over and asks me, "do you know Robin Ficker is here?" Yessiree, Mr. "I Sprint the First 400 Meters of the Glen Brenner 5K to Get on TV" AKA Mr. "I Let My Dog Loose on the Towpath During the Carderock 10K" AKA Mr. "There Aint No Palimony in Maryland" AKA Mr. "I Scream at the Opposing Players Bench at Bullets Games for Laughs," . . . well, this could go on forever. Of the 80 or so people who showed up to audition, only a dozen were asked to hang around for further consideration. Jeff and myself were not among those asked to remain. As we were walking out, he turned to me and remarked, "It's no big deal not getting on Jeopardy, but I would have been seriously pissed-off if Ficker had passed the audition." The biggest idiot in the running community? I agree with you wholeheartedly.

WRC was once again handily represented at the Crystal City 10K. As usual, the men's open team won, represented by (in finishing order) Jim "Running

Whore" Hage, Mike "Sipping Pina Coladas in Tahiti" Regan, Jim Alexander (a recruit), Andrew "Brewmeister" Smythe, and David Bacci (another recruit). The day before, Coach Hage had run the Old Kent River Bank 25K (finishing 11th, I think) in my favorite city Grand (Bland) Rapids, Michigan. Once again, Bud Light was a major sponsor which meant LOTS of beer after the race, but more importantly . . . the Bud Light Girl! (I think it was "Miss Ice Bud", but I can understand why you were distracted--Editor). Deane, "The Running Adonis" Burke (have I mentioned before that he pays me to say that at least once in every column?) was seen schmoozing with Miss Bud Light after the race. Betty Blank's S.O. has a picture of The Running Adonis and her looking quite cozy together. Inquiring minds want to know, did you get a phone number? And did she ask you to keep her warm since she was only wearing that skimpy dress? Since you did not run the race due to your injury and not get all sweaty and nasty like us studmuffins who raced, you had the opportunity to look VERY PRETTY for her. Thanks to Pat K. and Amy D. for coming out and cheering us on.

The annual WRC vs. NOVA softball game has been tentatively set for July 9th, probably at Yorktown High School in North Arlington. Details will be forthcoming. If you are interested in playing, YOU MUST CALL ME (703-876-4772) and I will fill you in on the details as they become finalized. If we do not get a dozen firm commitments to play, I will inform the NOVA Prez that we are forfeiting and whoever shows up for WRC will be evenly distributed amongst NOVA and it will become a NOVA intrasquad game. Which is no big deal, really because the most important part is the party afterwards. I can reserve The Cove party room (in Falls Church) for the post-game festivities unless some kind person has a better location he/she would like to volunteer.

As a reminder to all WRC members, if you have a hankering to run a race outside the D.C. Metro area, the club will pay up to \$50 in travel expenses if: 1. your dues are paid for 1994; and 2. you volunteered for the Georgetown Classic 10K last October. Call me or John O'Donnell for details.

Our newsletter editor Gerry Ives, Studmuffin Extraordinaire (at least that's what it says on his business cards) is clamoring for this column. Keep me apprised of any and all gossip for next month's column. Run fast and injury free.

Motto for June: Manhattan may be a great place to vist and run a marathon, but it's a shitty place to live.

WASHINGTON RUNNING CLUB MINUTES FOR THE MONTH OF MAY

The Washington Running Club meeting for the month of May was held on Friday the 13th at Jason, er, Tris Kruger's estate in Potomac. (Trivia question: how many living former WRC Presidents are there?) Present were a lot of people for a change, as the weather was hospitable and even slightly cool. The grill was a good place to stand.

1. Special guest of the evening was Dr. Aaron Ben Pearl, a podiatrist who practices in Vienna. He had pamphlets and busines cards to distribute. Ben brought with him several props, e.g., parts of shoes. He recommends stretching before and after running. Waxing analytical, he compared the foot to a "pedestal" of support for the rest of the body, and said that its importance cannot be overstated. The average runner's foot sustains a force equal to more than three times his body weight with every stride. He discussed the types of arches (high, normal, and flat). Generally people with high arches have more

foot problems. There are three types of shoe lasts (the sole and whole lower part of the shoe): straight, semi-curved, and curved. People with high arches should wear curved lasts. (There are also three types of lasts classified by material: board, slip, and combination lasts). He also discussed pronation (generally people who pronate know who they are), and anti-pronation devices. Orthotics are devices which slow down, but do not stop pronation. He doesn't generally recommend them. He then discussed common injuries: heel spurs (plantar fasciitis which flares out into the metatarsal bones), tendinitis (caused by too short a heel), and acute sprains (for which he recommends rest, elevation, compression, and ice, or RECI if you're an opera fan). As a diagnostic tool he uses Jenny McConnell (?) and the biomechanical video analysis (also known as gait analysis), which can detect hyperpronation, strains, etc. He also uses flexibility analysis. Sometimes he prescribes towel exercises and rollers. Opening the patio for questions, he was asked about recurring sciatica, a pain which is focused on the sciatic nerve and is related to ridiculopoly (?). I asked him about lower back pain, which got more involved.

2. It was noted that Andy was wearing presidential striped socks and drinking 7-UP. Andy mentioned that the Crystal City 10K race Sunday 15 May will have a least a WRC Open Mens' Team.

3. Gerry Ives was voted kudos for the job he is doing with the newsletter. Keep up the good work!

4. Entry forms are out for the Annapolis Ten Miler. The Navy is welcoming back everybody whose navel doesn't show (seriously, you must wear a singlet for this race, no bare chests--Editor), and the bridge construction is not expected to be completed by late August. Therefore, runners can expect an elevation like the St. Louis Arch crossing the Severn River. Add at least three minutes to your time. Andy discussed the Annapolis pubs.

5. Amy Durham ran the marathon in Pittsburgh. Gerry Ives requested \$100 for her for the trip. This being over the \$50 threshold, it was put to a vote, and approved. Chris Stockdale is running Freihofers'. Andy Smythe is running Grandma's Marathon.

6. James Scarborough will be directing the Hugh Jascount Four Mile Run at Madison Community Center in Arlington, Thursday, May 26, at 7 p.m. Everyone is welcome to run and/or volunteer. The Maryland Grand Prix race series has been announced. It includes the Constellation Classic 10K in May, the Bel Air Town Run in June, the Twilighter in Rockville in July, the Annapolis Ten Miler in August, the Greenbelt 15K in September, the Allegheny Run in October, and the Metric Marathon in Columbia in November. Teams are needed for the Civil War Relay September 17; 11-person

squads cover 118 miles, from Alexandria to Richmond.

7. Andy had a Robin Ficker story. It seems he, Robin Ficker, and Jeff Darman were trying out for Jeopardy. Only 14 of 80 contestants would make it. After Andy failed to make it, he left saying, "darn, I didn't make it." Then, he saw Robin Ficker walking out, saying "darn, I didn't make it." Then, he saw Jeff Darman walking out saying "darn, I didn't make it." But when Jeff Darman saw Robin Ficker, he said, "boy am I relieved; if I hadn't made it and Ficker had, I'd really be pissed!"

8. John O'Donnell was reading a book on the Boston Marathon. He had the last pair of shoes he broke three hours in. They were quite old. He also discussed aging and irrational bodily fears of declining health. This produced a men's health debate that got Nancy blushing.

There being no further business, or much of anything else, the meeting was adjourned. Next month, it will be held again at Tris'--this time after the dental group meeting. Some of them are runners.

James Scarborough, Secretary

RACE SCHEDULE 1994

- 3 June (Fri) Go for the Gold Track Meet, 7:15 pm
Wooten H.S., Rockville, Md. (MCRRC)
301-353-0200
- 4 June Achilles Classic 5K, Aspen Hill Club, Silver
Spring, Md. \$12/\$15, 301-598-5200
- 4 June Racquet 5K, Rock Creek Park, 8 am
703-276-4274
- 5 June Lawyers Have a Heart 10K, 9 am, Washington
Harbor, DC 202-686-6888
- 5 June Herndon Festival 10K, 7:30 am, Herndon, Va.
703-435-6866
- 5 June Bel Air Town Run, 5K, Bel Air, Md. Phil
Anderson, 410-879-7679
- 11 June Food Bank 10K, Catholic University, 9 am
202-526-5344
- 12 June The 5 Smiler and No Decay 2K, Baltimore, Md.
410-882-5455
- 12 June Red Cross 10K, 8 am, Alexandria, Va. (not at
Waterfront Festival), 703-931-5563
- 15 June (Wed.) Tidal Basin 3K, noon, Jacob Wind,
703-241-0395
- 16 June (Thurs.) Frederick HS 5K Track Run,
Frederick, Md. Jay Shannon 301-473-4549
- 17 June (Fri.) Wakefield Park 10K, 7 pm, DCRRRC
703-241-0395
- 18 June FONZ 5K, 7:30 am, National Zoo, 202-673-4954
- 24 June Bullis School 5K, 7 pm, DCRRRC 703-241-0395
or MCRRC 301-353-0200

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, 1840 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