

Washington Running Club ★ Newsletter

Volume 13, Number 8

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August 1994

AUGUST MEETING/PICNIC

The next meeting will be held in conjunction with the Club Picnic at Tris Kruger's home on SUNDAY, AUGUST 7th, starting at noon. 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. Bring your favorite side dish to share, beer, soft drinks, or desserts. The Club will provide hot dogs and hamburgers. There will be volleyball, and other games and activities. Don't forget your swimsuits, and bring the kids.

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

A bare-bones report from the Rockville Rotary 8K on July 16th reveals that **Chris Fox** broke the course record by two seconds on a hot and humid night to take the win in 23:40. **Maria Pazarentzos** won the women's race in 28:01, ending a bit of a slump for her earlier in the season. Pazarentzos didn't have an easy race with **Christi Constantin** breathing down her neck the entire race, and finishing 16 seconds in arrears. **Bonnie Barnard-Lopez** took third place, after losing contact with the two leaders at the 3-mile mark. Barnard-Lopez blamed herself for going out too fast, which caused her to fade in the final two miles. **John Dix** ran a 28:34 for an age-group win, and **Bernie Gallagher** finished in 29:34.

Road Race Management will publish a new directory, *The Running Industry Resource Directory*, on September 15, 1994. The directory represents the first time that businesses and individuals serving the sport of long-distance running will be compiled into a single source. Categories included are: major shoe and apparel companies; suppliers to clubs and races (awards, t-shirts, banners, clocks, etc.); national and regional publications; running organizations; specialty retailers; companies, clubs and individuals who offer event consultation, event management, and finish line services; TV production companies; speakers; announcers, etc. Pre-publication price is \$82.00 plus \$2.95 postage and handling. Call 301-320-6865 for more information. Also Road Race Man-

agement will conduct its twelfth Race Director's Meeting and Trade Show Nov. 11-13, in Washington, D.C. For a detailed program and registration form send a SASE to Road Race Management Race Director's Meeting, 2300 9th St. South, #300B, Arlington, VA 22204.

I offer apologies for an abbreviated Newsletter. A combination of events resulted in having less time to put out the publication. There will be a more inclusive publication next month.

A QUIET REFLECTION FROM THE PREZ

Please note the extra large lettering on the bottom of the first page of the newsletter announcing the picnic. This is for the benefit of all who claim they never hear about any of the WRC social activities. Of course, the same people never read this newsletter that Gerry Ives spends beaucoup amounts of time putting together each and every month. No RSVPs, no excuses—just show up and bring a side dish (i.e. salad, pasta, etc.). Once again, Tris Kruger has graciously consented to allow us the use of his pool. The August meeting will be held at this time, NOT on the second Friday of the month as usual.

Hopefully, the two newest members of the club will be able to make the picnic. They are Bonnie Barnard-Lopez of Bethesda, MD and Shelley Burns of Arlington, VA. Welcome to the club!

I don't have any results from the Rockville Twilighter 8K, even though I supposedly ran it. With any luck Gerry will print the results (or take a hint and find them out after reading this). I was feeling a bit ill before, during, and after, and only stuck around long enough to grab a couple of beers. Doesn't alcohol kill germs? I did not feel too bad, because there were a bunch of us languishing in the middle of the pack. I even had the rarest of opportunities to run a race with Coach Jim Hage, but keep it quiet . . . I don't want to get him in trouble for pacing. Jim has been hurt with a severe hamstring pull since he

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

WRC PICNIC, SUNDAY, AUG. 7, AT NOON

DNF'd at Grandma's Marathon in June and has joined the ranks of the joggers. Bobby Bauer royally screwed up his knee, also at Grandma's, and at this writing was waiting to hear if he needed surgery. Shelley Burns is presently recovering from surgery on both feet. Gerry Ives is also a jogger due to painful back spasms. Perhaps I should just mention the healthy people—it might take less time.

If anyone is interested in participating on a WRC team at the Philadelphia Half Marathon, Sunday, 18 September 1994, please see me. This is the fastest half marathon you will ever run—guaranteed, with the exception of the Mount Everest Half (downhill) Marathon. The club will contribute \$50 towards your travel expenses.

We did not have enough interest in a team for the Annapolis (AKA Anuspolis) Ten Miler. Incidentally, the bridge construction I mentioned in the May newsletter will be finished in time for the 28 August race. I had the opportunity to chat with one of the Annapolis Striders after Rockville and he graced me with this tidbit of welcome news. There are now two more hills in an already hilly course, so you may as well stay out late and drink beer the night before because you are now guaranteed a "personal worst." And enjoy the day at my alma mater.

Motto For August: Stay cool and drink lots of carbohydrate fluids (i.e. beer).

WRC FINALLY VANQUISHES NOVA IN ANNUAL SOFTBALL GAME

by James Scarborough

Five years of frustration for the WRC'ers officially ended on Saturday, 9 July at Yorktown High School (my alma mater, and as Andy points out, also Katie

Couric's) in the annual softball game against NOVA. WRC, captained by Andy Smythe, won with the help of a few non-members (such as Kathy Rauth, Tom Eagan, and Alex ??) and a new prospective member, Kevin Kelley, who showed he could pick it in the infield!

The final score was 12-10 WRC, in seven innings. There were plenty of thrills and spills along the way. The winning pitcher was Tris Kruger in relief of Jeff Reed and Andy Smythe. Dr. K arrived late, but had his famous gloves and batting helmet to operate with. NOVA (the home team) had their usual collection of superstars, including Steve Crum, Rick Bockman, Betty Blank (winner of the lowest body fat award), Terry Sweitzer, Mary Gaylord, etc. Bobby Bauer (he of the funkiest hat in the world) was on the sidelines, as was Bill Kunkel, playing for WRC, after one at bat, and Nancy Horan (too bad we couldn't get her to play!) Bill had strained his back earlier in the week. It didn't look too good for the WRC'ers as NOVA put together a big first two innings to take a 6-1 lead. But Kelley hit a two-run homer in the third, and WRC put together six singles and a Jeff Reed triple in the fourth for an 8-7 lead. They also benefited from a line drive short-to-first double play in the fourth. After NOVA rallied for three runs in the sixth, the WRC'ers sealed the verdict in the top of the seventh with three runs, including a two-run homer by Eagan and a triple by Kelley, after a leadoff single by Reed. They held NOVA scoreless in the bottom of the seventh, despite a single by Betty Blank. A good time was had by all, although the Merckels (Jerry and his son) came for the practice, but not for the game itself! Yours truly scored a run and had two hits, but was also thrown out at the plate trying to score, and was at the tail end of the aforementioned double play).

Line Score:

WRC	1	0	2	5	1	0	3	—	12	22	2
NOVA	2	4	1	0	0	3	0	—	10	20	3

Afterwards, the winning pitcher hosted a party at his estate in Potomac, at which we got to see Betty dance, and young Jack Crum take a swim under the watchful eyes of his dad, mom, and aunt Jeanne, and uncle Jeff(?). NOVA vowed to get revenge on us in volleyball (or another sport before then). The only damp note was the rain, which came and went all evening, despite the game being played in bright sun in the afternoon. This made for very wet conditions around the deck and pool, which led to Dean Burke's fall. Fortunately, he didn't get seriously hurt.

The picnic is Sunday, 7 August. DCRRC's picnic, in Bethesda, is Saturday, 6 August. I would like to get together a team for the 24-hour relay (in Columbia, I believe) which starts at noon on Saturday, and runs until noon on Sunday. Anyone interested please give me a call at 202-653-0318 or 703-536-7764.

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

**ROAD RACE SCHEDULE
OF MAJOR (AND MINOR) EVENTS**

Aug. 6-7— 24 Hr. Relay; Columbia, Md. Noon.

Aug. 6—DCRRC Picnic and 5K, Bethesda.
Afternoon.

Aug. 18— Paul Thurston 4.5M, Burke Lake. TBA

Aug. 28—Annapolis 10M, Annapolis, Md. 7:50 a.m.

Sept. 4— Greenbelt Labor Day 15K, Greenbelt, Md.
6 p.m.

Sept. 10—DCRRC 1-Hour Track Run, Annandale,
Va. Evening.

Sept. 20—DCRRC 5M Predicted Time, Carderock,
Md. Evening.

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.

Tuesday & Thursday, Racquet & Jog, 3225 M St., 7:00 p.m. All levels. After run party at Third Edition Tiki Bar. **Contact:** Racquet & Jog (202) 333-8113.

Sunday Morning Run, Tris Kruger's house, 9641 Accord Drive, Potomac, MD, 8:00 a.m. Over hill and dale the kids hit the trail at a brisk pace while tossing verbal brickbats at one another, ending with a refreshing swim in Tris's pool. **Contact:** Gerry Ives at (202) 452-4242, or (301) 320-3337.

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