

Washington Running Club Newsletter



Volume 13, Number 11

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November 1994

NOVEMBER MEETING

The NOVEMBER meeting will be held at Andrew Smythe's home on FRIDAY, NOVEMBER 11th, at 8:00 p.m. Andy lives at 7596 Lakeside Village Dr., #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. No. 7596 is the 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 on back page of newsletter). Bring your favorite side dish to share, beer, soft drinks, or desserts. The Club will provide hot dogs and hamburgers.

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

The Chicago Marathon was the scene of some fine performances by area runners this year, and the conditions were considerably better than Marine Corps. Bonnie Barnard-Lopez turned in a 2:44:27, which put her in 15th place in a very strong international field. Betty Blank's fine 3:09:39 netted her 2nd woman masters and \$500. Dave Berardi cranked out a 2:24:14, close to a qualifier, but not quite. Paul Peterson followed up his Georgetown 10K masters win with a superb 2:34:27 in the windy city, and training partner Dylan Fuller knocked out a 2:42:38 finish.

A petition and letter campaign led by Richard Rhoads and WRCer Jay Wind has led to the reinstallation of the only drinking fountain on the entire I-66 Martha Custis Bike Trail. The new drinking fountain is midway between Washington-Lee High School and Page Elementary.

WRC's men's masters team (Kyle Forman, 2:20:39, Bob Trost, 2:23:57, and John O'Donnell, 2:28:23) took the top spot in the DCRR Old Town 20-Miler. And of course Bonnie Barnard-Lopez took the top woman's spot in 2:08:18, with Amy Durham in 2nd in 2:15:41. Other WRC notables were: Jon Thoren, 8th in 2:05:40; Billy Webster, 12th in 2:09:13; James Scarborough, 2:32:07;

WRC'S BARNARD-LOPEZ TOPS WOMEN'S FIELD AT ARMY 10M
by George Banker

Sunday, October 16, 1994, marked the 10th running of the Army 10-Miler, the largest 10-mile race in the USA according to USATF Road Running Information Center. A field of just under 6,000 runners competed in this year's event.

The event has two primary attractions--it fits in nicely with the fall marathon training, and it offers the opportunity for 385 teams to compete against each other.

Arlington's Pete Weilenmann opened up with a first mile of 4:59, and had only Dominique DaLuz with him. Weilenmann soon dumped DaLuz and the rest of the field and took sole possession of first with second and third mile splits of 4:46 and 4:49 respectively, then continued to churn out sub-4:50s until a mix-up with the motor escort at the 6 1/2 mile mark caused him to slow to a 4:53.

Without any serious challengers Weilenmann cruised through the final three miles to break the tape in a new course record of 48:33. The prior record of 48:49 was set in 1991 by Darrell General. Gordon Sanders placed second in 49:35, with Samuel Bobbitt third in 50:45.

In the men's masters competition, Ric Banning broke the event record with his 10th place 51:49. Banning was 10th and first master last year also, but he improved his time by 38 seconds. Second master was Mike McHale in 54:17, followed by John Thorpe in 55:37. The first twenty masters were under 60 minutes.

The female division was dominated by WRC's Bonnie Barnard-Lopez, in a time of 56:59. The event record still stands though at 56:45 (Marianne Dickerson, another WRCer, in 1988). Barnard easily outdistanced last year's winner Callie (Calhoun) Malloy, who finished second in 58:24. Third place was taken by Leslie (Fedor) Willis, with a time of 58:31. Kim McLaughlin took fourth in 59:17.

Rose Malloy of Annapolis led the women's masters home in yet another event record time, with a 62:06 finish. The prior record (63:14, 1987), was held by WRC's Beverly Shooshan. Taking second was Pat Donohue in 66:42, followed by Betty Blank in 67:02.

Hedy Marque, 77, set yet another single age group record with her 88:56 finish, shattering the previous record by more than ten minutes. Marque owns the top three all-time marks in the women's 75-79 age group, with a best of 84:54.

Men: 1. Pete Weilenmann, 48:33; 2. Gordon Sanders, 49:35; 3. Sam Bobbitt, 50:45; 4. John Hayes, 50:51; 5. Paul Butterfield, 51:05; 6. Rob Lee, 51:30; 7. Robert Magin, 51:44; 8. Ron Kulik, 51:44; 9. Juan Colunga, 51:45; 10. Ric Banning, 51:49; 99. Ted Poulos, 56:35; Rudy Robinson, 56:58; Billy Webster (WRC), 57:02; Ridge Kelley 57:27; Paul Zink, 57:53; Mike Cotner (WRC), 57:56; Phil Stewart (WRC), 58:21; Hugh Wooden (WRC), 60:07; Ken Shipp, 60:56; Bill Wooden (WRC), 60:59; John Haubert, 61:15; Vassili Triantos, 61:24; Bernie Gallagher, 62:13; Jay Wind (WRC) 62:18.

Women: 1. Bonnie Barnard-Lopez (WRC) 56:59; 2. Callie Calhoun, 58:24; 3. Leslie Willis, 58:31; 4. Kim McLaughlin, 59:17; 5. Lori Robertson, 59:25; 6. Paula Renzi, 59:48; 7. Leslie Minnix-Wolfe, 60:29; 8. Win Rincon, 60:36; 9. Teren Block (WRC), 60:56; 10.

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

Nathalie Hughes, 61:20; 11. Rose Malloy, 62:06; 19. Berni Flynn (WRC), 64:13; 20. Monika Bachmann, 64:26; 32. Angie Howell (WRC), 66:51; Betty Blank, 67:02; Carol Schultze, 67:36.

TRAUTMAN AND GODDARD ROLL THROUGH GEORGETOWN by George Banker

The Washington DC area's running season reaches its peak every year with the Georgetown Classic 10K. This year the fifteenth running of the event was held on Sunday, October 9th. Once again the race attracted the largest field of any 10K in the metropolitan Washington area. A large part of the attraction can be traced to the post-race festivities when most of M Street in Georgetown is closed to traffic and the runners and their families enjoy the food, drink, and music provided by the local merchants.

Well over 3,000 runners lined up for the 9:00 a.m. start. Pre-race favorite was John Trautman of Arlington, Va. Trautman, a member of the 1992 US Olympic 5,000 meters team, was returning to the roads after a year and a half layoff due to surgery. The main competition was expected to come from WRC's Jim Hage.

At the half-mile mark Hage took the lead, with Chris Chattin and Doug Mock on his heels, as Trautman dropped back to fourth position. About 20 feet back, the second pack was led by another WRcer, Mike Regan.

Hage and Trautman went through the first mile in 4:40, and began to open up a lead on Chattin and Mock. At the two mile mark Trautman had sole possession of the lead with a split of 5:17 (the first mile marker was off), with Hage trailing by about 25 meters. Turning off of Canal Road and onto Reservoir, the runners are confronted with two substantial hills which comprise the majority of the third mile. The first hill ends at MacArthur Blvd., and after a 50 meter flat spot in the road another hill continues past the German Embassy. This is the slowest part of the race for most mortal runners. Trautman registered a split of 4:47 on this, the third mile of the race, and opened up a large enough lead to ensure the win.

Trautman broke the tape at 30:44, with Hage second in 31:05. This year's humid conditions were reflected in Hage's runner-up time. Last year he ran 30:46 to take the penultimate spot. Thomas Jeffrey took third place in 31:30, with Regan a close fourth in 31:39. Chattin matched his fifth place finish of last year, although he was 14 seconds slower, with a time of 31:46.

Cheri Goddard, an 11 time all-American while at Villanova, had to battle all the way with WRC's Bonnie Barnard-Lopez. In the end Goddard prevailed with a time of 35:21 to Barnard-Lopez' 35:28. Barnard-Lopez was training for the Chicago Marathon, and looked as if she was marathon-ready. Donna Moore took third place in 36:45, and also looked to be in good shape for her planned marathon on the West Coast. Alice Roupar took fourth with a steady 37:00, with Kerrie Yenchak rounding out the top five in 37:59.

The male masters were led by Barnard-Lopez' training partner Paul Peterson in a 33:12 finish. Peterson also is planning to run Chicago. Last year's masters champ Michael McHale was edged out by one second as he finished in 33:13. WRC's John Dix took third masters place in 35:42, followed by Ed Doheny in fourth place (and top finisher in the 50-54 age group). WRC's Gerry Ives took the top spot in the 55-59 grouping with a 37:34 finish.

Joyce Adams was first women's master in 41:40. However, Cathy Ventura-Merkel, six months away from her masters debut, served notice with her 39:34 finish that the competition was going to heat up in that division next year.

Men: 1. John Trautman, 30:44; 2. Jim Hage (WRC), 31:05; 3. Thomas Jeffrey, 31:30; 4. Mike Regan (WRC), 31:39; 5. Chris Chattin, 31:46; 6. Doug Mock, 31:46; 7. Matt Holthaus, 32:04; 8. Patrick Hannel, 32:32; 9. Gregory Yahn, 32:42; 10. Martin Rappe, 32:52; 11. Brian Dougherty, 32:54; 12. Antonio DeBarros, 33:03; 13. Kurt Kroemer, 33:09; 14. Paul Peterson, 33:12; 15. Dave Kannewurf, 33:19; 16. Kevin Shellenge, 33:24; 17. Eric Desautells, 33:32; 18. Willis Shen; 19. David Holliday, 33:50; 20. Michael McHale, 33:55; 26. Dylan Fuller; 31. Roger Howell (WRC), 35:38; 33. John Dix (WRC), 35:42; 35. Billy Webster (WRC), 35:53; 39. Ed Doheny, 36:24; 45. Hugh Wooden (WRC), 36:49; John Sherlock, 37:08; Gerry Ives (WRC), 37:34; John Ng, 38:09; J. J. Wind (WRC), 39:13.

Women: 1. Cheri Goddard, 35:21; 2. Bonnie Barnard-Lopez (WRC), 35:28; 3. Donna Moore, 36:45; 4. Alice Roupar, 37:00; 5. Kerrie Yenchak, 37:59; 6. Jen Stearns, 38:23; 7. Sandra Gale, 38:27; 8. Win Rincon, 38:35; 9. Lynn MacDougall, 39:25; 10. Cathy Ventura-Merkel (WRC), 39:34; 11. Anita Freres, 40:00; 12. Karen McGee, 40:24; 14. Tania McHale, 40:30; 15. Angie Howell (WRC), 40:50; 16. Terry Sweitzer, 40:54; 17. Suzanne Harter, 41:03; 18. Melanie Endert, 41:19; 19. Ann Conlin, 41:34; 20. Joyce Adams, 41:40.

Washington Running Club

7817 Tomlinson Avenue, Cabin John, MD 20818.

CLUB OFFICERS

President: Andrew Smythe (703-876-4772)
Vice President: Nancy Horan (703-527-5854)
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: Chair: Pat Kolakowski

CHICAGO IS 'MY KIND OF TOWN' by James Scarborough

The advertising was rather slick when I first saw it, and it seemed to say, "won't you please come to Chicago?" Needing a change of scene, and having possession of a gift airline ticket I said "why not!"

Race day dawned with perfect conditions, partly cloudy with temperatures in the 50s. About 9,400 lined up for the marathon, with another 2,600 running the 5K. The start and finish were in Grant park, a scenic and aesthetically pleasing venue.

The marathon route was well-managed and thoroughly lined with supportive, cheering throngs.

It took many dips, turns, and zig-zags through underpasses, double decker highways, and bridges. Like the New York City marathon, those webbed metal surfaces on the bridges had carpets stretched over them, making it easier on the feet. Live music was the frequent entertainment, anything from blues to heavy metal to rock (no country in Chicago).

I passed the halfway mark in 1:33:15, and soon found myself in the heart of the Hispanic district with probably the most enthusiastic spectators on the whole course. After leaving this district it wasn't long before we hit Chinatown, with another alphabet punctuating the street signs.

At the nineteenth mile we came upon (the new) Comiskey Park, truly a rival ballpark to Camden Yards. Along about mile 20, on LaSalle, who should I run into but Betty Blank. Ubiquitous Betty naturally passed me and finished (38th woman, 2nd master) in 3:09:39.

The final few miles were punishing, although we had a few more interesting landmarks to go. First, Soldier Field, home of "da Bears", and quite an interesting piece of architecture. Soldier Field is followed close upon by the natural history museum planetarium, and aquarium, all within a few blocks of each other on the lakefront. When we reached Roosevelt Road, there were still two miles to go, but we could see the turn to the finish. It was a good thing to be cruising by this point, in terms of time, because most of these last two miles are out and back along Lake Shore Drive, with the spectators forming a gauntlet on both sides and the middle. It was a relief taking that turn on Roosevelt for the final stretch. When I reached the tape, my time was more reminiscent of "Old Days," a 3:14:07. When I then asked someone what the qualifying times were for Boston, it was a case of "I've Been Searching So Long." There were photographers to take shots right after you'd finished, which are better in a way than random action shots somewhere during the race. It was an exciting and uplifting finish.

Luis Antonio Dos Santos of Brazil finished first in 2:11:16. Second was Ed Eyestone in 2:11:51. First woman was Kristy Johnston of Oregon in 2:31:34. Lisa Weidenbach was fifth in 2:36:35. Joan Samuelson was sixth in 2:37:09.

NOBEL PRIZE-WORTHY THOUGHTS FROM THE PREZ

With the exception of the Marine Corps (Corpse) Marathon, this has been a great season to be a spectator. The weather has been just incredible--good enough to get me to become a runner again. I am proud to say the Washington Running Club had four finishers in the top ten at the Georgetown Classic 10K. Bonnie Barnard-Lopez (2nd, by 8 seconds) and veteran trooper Cathy Ventura-Merkel (10th). Perhaps it's the hyphen in the name that makes you fast? For the men, Jim Hage (2nd) and Mike Regan (4th). Incidentally, when is the housewarming party Mikey? Congratulations to these four, and everyone else who competed.

I also want to personally thank everyone who volunteered for registration/packet-pickup and for showing their support for the club. For posterity (not to mention the \$15 a head we receive, Mr. Baldino), these generous people are: Ted Baca (twice); Sunny Clarke (twice); Jack Coffey; Abby Daniels; John Dix; Amy Durham; John Everline (twice); Kyle Forman; Rush Fritz; Dave Gearin; Nancy Horan (twice); Angie Howell; Roger Howell; Gerry Ives; Tris Kruger; Bonnie Barnard-Lopez; Cathy Ventura-

Merkel; James Scarborough; Andrew Smythe; Chris Stockdale; Jon Thoren; Lucy Ventura; Jay Wind. If perchance you volunteered but your name is not listed, I apologize in advance and CALL ME so the treasury will receive proper credit from Colonial Running.

Is Bonnie burning up the local roadracing scene lately? Besides Georgetown mentioned above, she also won the Army Ten Miler in a blistering 57:59, 1-1/2 minutes in front of second place. As of the newsletter deadline, we are awaiting news of how she did at the Chicago Marathon. But if it was anything like at Grandma's in June, there is no doubt she will clean up.

Tris wanted me to be sure everyone knows the November Meeting is at my house, 8:00 pm, Friday, 11 November (Veterans Day). Due to the size constraint, I cannot accommodate any children (except for Kevin K.) See the map for directions. As usual, the club will provide pizza, soft drinks and beer, so come hungry. See you at 34th and M on Sunday morning.

MINUTES OF WRC MEETING FOR MONTH OF OCTOBER, 1994

The October meeting of the Washington Running Club was held at the Kruger estate in Potomac (addition still humming right along despite derelict contractor carpenters), on Friday, 14 October at 8 pm. Present were Dr. Kruger, President Andy Smythe, Vice-President Nancy Horan, Secretary James Scarborough, Treasurer John O'Donnell, Sunny Clarke, John Everline, John Dix, Norm Brand, Gerry Ives, and Alan Roth. Everyone seemed to be tired, and there was no baseball on to get excited about.

1. President Smythe reported that we had 27 volunteers from the Georgetown 10K at \$15 per person. This means the club will earn \$425; not bad for a weekend's work!

2. Dr. Kruger had entry forms for the Potomac 5K, Saturday, 29 October, at 9am (registration 8am). Organizational entity has changed its name this year to Potomac Chamber of Commerce. Everyone was encouraged to volunteer. He will also need a clock.

3. Treasurer O'Donnell reported on his out-of-town junket to the west. He ran a 3:13 in the Portland Marathon, while Alberto Salazar scratched. John had sent Tris a photo of a train. It seems he stayed with a friend who had a two-year-old son who had a "real thing" for trains.

4. Secretary Scarborough asked Norm Brand if he would like to write a "History of WRC" for the newsletter. He declined.

5. Alan Roth had a lot of history (and psychoanalysis) to relate. He talked about the history of the Georgetown 10K, which he said used to belong to WRC when Mark Baldino was President of the club. When he left the Presidency, he took the race with him. He also related the history of the Pennsylvania Avenue Mile, and how WRC was let down by the Pennsylvania Avenue Development Corporation and Mrs. Ed Rollins. He also related the history of the New York City Marathon and Alan Steinfeld, the late Fred Lebow (Andy bragged that he had met Fred Lebow), Alan's brother, and the strange attitudes of New York Road Runners' Club types. He also talked about the history of the Marine Corps Marathon; the Marine Corps Headquarters stole the race from the Marine Corps Reserve.

6. Sunny Clarke had a VERY LARGE piece of chocolate cake.

7. Scarborough extended congratulations to Gerry Ives and Ed Doheny for winning DCRRC Bunion Derby Awards the previous week. He also reported that the mens' masters' team of O'Donnell, Forman, and Trost won their division at the Twenty Mile on 25 September. Smyth took the awards for Forman and Trost. O'Donnell picked up his.

8. Scarborough reported that he had asked Rick Bockman, and several other NOVAs at the DCRRC awards ceremony, to agree to a volleyball game next January. They agreed and would like to have it at Thomas Jefferson; date to be worked out. He also proposed an interclub soccer match next spring. O'Donnell remarked that we should have a small field, so as not to run too much!

9. Scarborough also mentioned a new publication called The Race Packet, which contains nothing but entry forms. Norm Brand noted that they are probably not locally-based, as there was a bulk mailing permit from Atlanta on the publication.

10. The issue of RRCA membership came up. Smyth said that he would have to resuscitate the paperwork to investigate it. Roth said that the club had made a conscious decision not to join years ago, and

questioned whether it would be worth the \$100 fee (and per member assessment). He stated that the RRCA has been involved in more competition themselves, rather than solely fostering member club competition. RRCA membership is useful for insurance coverage. Scarborough related from the RRCA Convention he attended in April that there are plenty of bureaucratic landmines to be crossed; not only is there a national organization, there are also regional and state organizations in the RRCA framework, sometimes with competing agendas and interests.

11. Tris circulated a strange letter he received from a Nora Blum (no relation to Ed Blum), whose husband is (according to her) a sex maniac. Hope Nora has fun at the Potomac 5K.

12. Roth reported more psychoanalysis and the story of how he met members of the Yardbirds, the Moody Blues, and the Rolling Stones.

There being no further business, the meeting was adjourned. The next meeting will be held on Friday, 11 November at 8 pm (that's Veterans Day for you Navy types) at the President's house in Annandale. Anyone else who wants to host a meeting is welcome to.

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 minute 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, 33rd and M Street in Georgetown, 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, 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:
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If you need more information contact Gerry Ives at (301) 320-3337