

# Washington Running Club ★ Newsletter

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April/May 1995

## MAY MEETING

The MAY meeting will be held at Tris Kruger's home in Potomac on FRIDAY, MAY 12th, at 8:00 p.m. Tris lives at 9641 Accord Drive, in Potomac, Md. From Beltway take the River Road exit toward Potomac. Tris lives approximately two miles from the Beltway on the left hand side at the corner of River and Accord, about ¼-mile past the Potomac Garden Center. Call (301) 983-2283 if you get lost. 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 D.C. budget crisis is having an impact on some of the smaller road races. With the District police charging \$7,000 for their services many of the road races are no longer financially viable. The World Bank 8K is the latest casualty, but the race director hopes he will be able to revive the race in the fall by lining up some new sponsors.

The DCRRRC held their annual awards banquet on April 22nd. Among the honorees were: **Bonnie Barnard-Lopez**, Moving Comfort Female Runner of the Year; **Gerry Ives**, Master Male Runner of the Year; and **Jim Hage**, Lifetime Achievement Award. The Snowball Series award winners also included a strong contingent of WRCers: **Bob Platt**, 1st 40-44; **Bob Trost**, 2nd 45-49; **Bill Wooden**, 2nd 50-54; **Gerry Ives**, 1st and **Bill March**, 2nd 55-59.

**Bonnie Barnard-Lopez** blasted through the Shamrock Marathon course in Virginia Beach, taking the win in a p.r. 2:40:42. Bonnie seems to thrive on racing, and has become a nationally ranked runner over the past two years. At presstime we have learned that Bonnie's mother is critically ill. Our thoughts are with her at this trying time.

At the Penn Relays, **Sunny Clarke** turned in a 16:33 in the Olympic Development 5,000 meters race. Sunny knocked off several local notables—**Kim Saddic**, **Roslyn Taylor** and **Maria Pazarentzos**. **Laura Mykytok** took the win in the race with a superb 15:17.

At the Parduce Marathon in the Czech Republic, **Jim Hage** cruised to an 8th place finish with a 2:22:49. Lucky Jim brought home 6,000 Czech crowns for his effort (we have no idea how much

that is). Jim ran the Parkway Classic 15K as a pre-marathon tuneup, taking 3rd place in 46:51.

This year's Boston didn't have the tail-wind that produced many pr times last year. However, some of our local runners still turned in great times. Among the notable locals were master's phenom **Paul Peterson** who nailed down a 2:33:32, **Ben Beach** turned in a 2:39:28, **Herb Tolbert** came through in 2:47:54, **Scott Larcher** in 2:5:02, **Amy Durham** in 2:55, **James Scarborough** in 3:25, **John O'Donnell** in 3:29, and **Phil Stewart** had such a disastrous race he threatened to sue if we printed his time. **Tris Kruger** also registered a great time—eating, drinking, and carousing. As usual he left before the race, and as usual felt great the next day—no stiffness, no complaints about his time—he might be on to something!

## BOTH MEN'S AND WOMEN'S WORLD BEST SET AT 1995 CHERRY BLOSSOM 10-MILER

Sunday, April 9, 1995 was the day the men's 10-mile mark was obliterated by Ismael Kurui of Kenya. And while Rose Cheruiyot didn't exactly obliterate the women's mark, she did beat it.

This year's Northern Telecom Cherry Blossom 10-Miler was blessed with moderate temperatures, low humidity, and no wind. However, great conditions don't mean much unless you have great runners. And Elite Runner Coordinator Abby Daniels had the horses—and then some.

Kurui broke away from the seven-man lead pack after passing the 2-mile mark in 8:59, 13 seconds ahead of record pace. Josphat Machuka was the only runner strong enough to go with Kirui's break-away, and he dropped off the pace suffering from blisters at the 4-mile mark. At six miles Kirui was 34 seconds ahead of record pace, and despite slowing slightly over the final four miles he crossed the finish line and smashing the world-best mark with a time of 45:38. In a post-race interview, Kirui indicated that he thought he could run 45:00 if he had someone with him. Any volunteers?

A four-man chase pack fought it out for 2nd-place

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

honors, with Machuka hanging on with a time of 46:04, followed by Simon Karori in 46:10.

In the women's race Rose Cheruiyot outclassed the field with a superb 51:40, setting a new course record and world mark. Cheruiyot beat Jill Hunter's previous world-best time of 51:41, set at the Trevira Twosome in 1991, and bested the Cherry Blossom women's mark of 51:57 that was also set in 1991. Debbi Kilpatrick edged Diane Bussa 55:05 to 55:10 for the runner-up honors.

Top local runners were Peter Sherry in 11th place with a p.r. 48:07, and WRC's Bonnie Barnard-Lopez in 10th place with a p.r. 57:35.

Top WRC male was Jim Hage in 50:37. Among other WRCers finishing were: Tom McCarthy in 59:10, Gerry Ives in 59:51, Bill Wooden in 60:16, Billy Webster with 60:20, Dave Keating in 61:30, Bob Trost in 61:35, and Bernie Flynn in 65:33.

### PEARLS FROM THE PREZ

Could the rumours possibly be true? Is our favourite alien FINALLY applying for U.S. citizenship? Jim Hage's newsletter broke the news that Gerry Ives our favourite English studmuffin, and Jim's workmate at BNA, has applied for citizenship of these here United States. Gerry says he is following the footsteps of other aliens (e.g. Mark Platjes, Olga Appel, etc.) in an effort to make the big bucks. After reading Jim's column in *Running Times* about this very subject, I can imagine there being a bit of disharmony in the BNA cafeteria at lunchtime. Being a non-U.S. citizen must be profitable, though. Gerry and his wife have put their Cabin John, Md. (not the low-rent district) house on the market and have signed a contract to buy a house overlooking the Potomac in Georgetown, well within jogging dis-

tance for the Sunday morning run. Once he gets his citizenship he'll be eligible for the welfare rolls.

Bonnie Barnard-Lopez ran a terrific race at the Northern Telecom Cherry Blossom, finishing in 10th place with a time of 57:35. She was the first local woman by a wide margin. After a long layoff due to injuries, Sunny Clarke has made a comeback in a big way. She competed in the Penn Relays in the City of Brotherly Love in the 5,000 metres in a strong 16:33, good enough for 17th place. At the Sallie Mae 10K on a crummy rainy morning, she was hot on the heels of the Kenyan contingent taking fourth place overall, in a smoking 34:02, winning big bucks in the process. Welcome back Sunny, you have been sorely missed by us professional spectators, Incidentally, John was seen near the finish of Sunny's race reaching critical mass. It's a good thing there were paramedics nearby.

The bimonthly meeting will take place on Friday, 12 May 1995 at 8:00 p.m. at the more-palatial-than-it-used-to-be home of Tristram C. Kruger. The pool will be open if the weather decides to cooperate. Our very own Alan Roth has been nominated to replace Mort Diamond, who is stepping down in his capacity as a USATF official, and Alan has nominated Norm Brand to take his place. Everybody seems to be moving up the ladder. Anyway, I have to go to an official weenie meeting and vote on this stuff for USATF as your representative, so I'd like to get some input. More to the point, the beer will be cold and the burgers will be roasting, so come on out, be sociable, and fill us in on your latest injury.

On! On!

### WORONICK AND LOPEZ TAKE WIN AT 18TH BETHESDA CHASE 20K

by George Banker

The Bethesda Chase 20K attracts three kinds of runners: the serious minded; the unsuspecting; and the masochist. On Sunday, March 5, 1995, a field of 400+ runners lined up in 45° weather with light wind, ready to do battle with "the mother of all hills," otherwise known as the Mormon Temple Hill.

The lead pack worked together until they crested the Mormon Temple Hill, where Eric Woronick broke free. Woronick did nothing but increase the space between himself and the chase pack for the balance of the race until he hit the BCC High School track and finished the final 200 meters with no other runner in sight, breaking the tape in 1:06:27. Mark Hoon took runner-up honors in 1:08:04, followed by Chris Koehler in 1:08:21.

Masters honors were captured by Paul Peterson in 1:09:30, which was also enough to take fifth place overall. Peterson was followed by Ben Beach in 1:12:50, and Herb Tolbert in 1:15:44.

The women's race was captured by Peterson's training partner, Bonnie Barnard-Lopez. Barnard-Lo-

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## 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

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pez hit the finish in 1:15:26, which was more than six minutes ahead of runner-up Susan David, who registered a 1:21:32. Barnard-Lopez was 18th overall in the race. Hope Hall took 3rd in 1:23:15, followed by Win Rincon in 1:24:03, and Terry Switzer in 1:25:33.

Women's masters honors went to 53-year-old Sharon Dolan in 1:31:23, followed by Susan Humphries in 1:31:32, and Georgeanne Welde in 1:32:25.

In the 5K race Ted Poulos took the win in 18:07, followed by Andy Hines in 18:38, and Jason Bowles in 20:04. The leading female was Maureen Becker in 21:25, followed by Heather Sanders in 21:54, and Katherine Kuzner in 22:20.

**Men:** 1. Eric Woronick, 1:06:27; 2. Mark Hoon, 1:08:06; 3. Chris Koehler, 1:08:21; 4. Matt Adams,

1:09:11; 5. Paul Peterson, 1:09:30; 6. Dan Murphy, 1:09:46; 7. Dominique DaLuz, 1:11:34; 8. Mike Hart, 1:12:21; 9. Eldon Mack, 1:12:34; 10. Ben Beach, 1:12:50; 16. Dave Asaki, 1:14:35; 24. Phil Stewart, 1:17:09; 25. Mike Cotner (WRC), 1:17:17; 26. Jon Thoren (WRC), 1:17:28; Chan Robbins, 1:23:44 (1st 50+); Jay Wind (WRC), 1:27:19; Tom Scott (WRC), 1:32:58; James Scarborough (WRC), 1:35:19; George Banker, 1:44:19.

**Women:** 1. Bonnie Barnard-Lopez (WRC), 1:15:26; 2. Susan David, 1:21:32; 3. Hope Hall, 1:23:15; 4. Win Rincon, 1:24:03; 5. Terry Switzer, 1:25:33; 6. Judy Kessler, 1:26:16; 7. Nadine Taylor-Tolbert, 1:27:20; 8. Allyson Nathan, 1:27:49; 9. Pam Balcke, 1:29:23; 10. Nancy Delaney, 1:29:54; 12. Jane Sisco, 1:30:02; Kathy Hibbert, 1:37:00.

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## GROUP RUNS

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**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:  
Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

***If you need more information contact Gerry Ives at (301) 320-3337***