

Washington Running Club ★ Newsletter

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SEPTEMBER MEETING

The SEPTEMBER meeting will be held at Tris Kruger's home in Potomac on FRIDAY, SEPTEMBER 8th, 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. The pool is open. 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

Shelley Burns is working on her come-back to racing. Shelley suffered a plevic stress fracture last year and was not able to run for eight months. She ran in a couple of 8K races this summer, but is still not able to put in any kind of hard track workout.

It was hot on July 15th! So hot, that the Rockville Rotary Twilighter 8K was turned into a fun run—the organizers knew that most runners have no brains and would probably kill themselves rather than slow down. **Kathy Merkel** peeled off and went home after jogging for a mile, but **Tris Kruger** ran the entire course with former WRCer **Laura DeWald**. Kruger wasn't sure what his time was, the race director had the clocks turned off, but he was sure it was well under 26 minutes. All Kruger wanted to do was finish ahead of **Jim Hage**, and apparently he did, as Hage said Kruger was out of sight (or maybe it was out of his mind) early in the race. Spectators included **Ed Doheny** and **Pat 'Rocco' Carr**. Carr, who was 'in from the Coast,' was sporting three earrings in one ear and one in the other; I'm sure there's some symbolism involved with that combination. **Jeff Reed** was also a spectator, and unofficial race commentator. Apparently the race director didn't like some of Reed's comments and threatened to have him arrested. Despite all the efforts of the race organizers, three people were taken to hospital suffering from heat-related ailments, and Reed was not arrested. Some grumbling was heard from race participants about race officials accepting \$25 late entry fees the evening of the race. Sounds like a great evening, I'm definitely going to attend next year, and I'll certainly try to have Reed arrested.

Let's hear it for Hagerstown's **Chris Fox**! Fox cracked the 28:00 minute barrier with a superb 27:53 clocking in the 10,000m at the McGill University Meet in Montreal July 14th. Fox provisionally earned a place on the U.S. World Championships squad with his second place 28:23 finish to Todd Williams' 28:02 at the National Championships. Unfortunately, his 28:23 time there was not good enough for him to qualify for the World's at Goteborg. It was beginning to look as if Fox wouldn't be able to make the 28:08 qualifier, but the cool Canadian air proved to be just what he needed. Fox had hoped to run at the London Grand Prix at Crystal Palace, but the promoters didn't feel he was fast enough. Judging by his Montreal performance, it's pretty obvious that Fox can run with anyone, and can probably beat many of the more highly-publicized U.S. runners.

From the 'aren't I glad I'm not faster' category comes this story. Former WRC president **Kevin Kolakowski** was taking a short, very early in the morning, run in the woods in 'rural' Virginia when he spotted what he thought was a very big squirrel. KK turned on the speed and was fast closing on the aforementioned animal when he noticed that it had a white stripe down its back. The 'dawn's early light' revealed an irate skunk, that KK 'proudly hailed' from a safe distance. If KK had been a little faster he would be even more of a social outcast.

CURRENT EVENTS UPDATE FROM THE PREZ

The next time you are driving to Tris Kruger's house for the Sunday morning run, keep an eye in your rear-view mirror for a 1990 Jeep. If the unfortunate occurrence of a rear end fender-bender collision happens, you may want to think twice about getting out of your car to exchange information for insurance purposes. If you do leave your car, take a Louisville Slugger or some such "Dirty Harry" approved weapon of choice. Yes folks, it appears Robin Ficker is more than just a harmless annoyance at local races. We have all seen him letting his dog loose and jumping in the pack at the Carderock 10K; elbowing his way to the front of the pack at the start,

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

sprinting for 50 yards, and finishing the remainder of the race at a slow jog. According to published newspaper reports earlier this month, Mr. Ficker rear-ended another Jeep in a minor fender-bender on River Road. The driver of the other vehicle, a woman who was six months pregnant, got out of her car to inspect the damage and get Ficker's phone number. The woman alleges that Ficker reached out of his car and pushed her in the face, breaking her prescription sunglasses in the process. Ficker then left the scene and was tracked down by police, but he denied striking the woman. There were witnesses to the incident, and with any luck they will confirm the woman's story and Mr. Ficker might actually get a spanking from the local authorities. The story in the *Washington Post* gave me an explanation for his irrational behavior . . . HE WENT TO WEST POINT! That explains everything. (*Editor's Note: The 'Prez' went to Annapolis*).

I have been a little out of touch lately with who's doing what running-wise, but Gerry Ives tells me he has a whole lot of stuff for this month's newsletter.

The bi-monthly meeting will be held at Tris Kruger's at 8:00pm, Friday, 8 September 1995. This will be your last opportunity to jump in his pool this summer. Come out and check out the HUGE addition to Herr Doktor Kruger's house—just be sure you tie a rope around your waist when you go in so you can find your way out. Burgers, chicken, soda, beer, will be in abundance—please bring a side dish and your appetite. Clue us all in on your latest exploits—see ya there!

Washington Running Club

7817 Tomlinson Avenue, Cabin John, MD 20818.

CLUB OFFICERS

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CASE OF WILLIAMS & SADDIC ET AL SETTLED; DECLARED WINNERS OF LAWYERS HAVE A HEART

by George Banker

Pro Bono Publico (For The Public Good) was an appropriate theme for the 5th Annual Lawyers Have a Heart 10K & 5K, held Sunday, June 4, 1995 at the Washington Harbor, Georgetown, in Washington, D.C. Last year the event, organized by the Washington legal community, raised \$175,000 for the American Heart Association.

On this day the only 'briefs' were running shorts, the 'judge' was the clock at the finish, and the 'sentence' was hard labor over the very demanding hilly course through the streets of Georgetown.

Approximately 1,500 runners started the race and by the 1-mile mark the lead pack had formed, consisting of Andre Williams (of the Reebok Enclave), WRC's Jim Hage, Eron Ferreira (looking for potholes because he was barefoot), and trailing in fourth place Edmund Burke. At the turnaround for the 5K, which had started 15 minutes earlier, the 10K runners had to run through stragglers from the shorter race.

Williams, primarily a track runner with a 14:00 5K in his credentials, picked up the pace along the shaded and flat Canal Road portion of the course, with only Hage in striking distance. At the 5K mark Williams shifted into yet another gear and opened up a gap through the hilly midsection of the race, leaving him in complete control. Hage was too far behind to take advantage of the final downhill mile of the race, as Williams broke the tape in 31:39 to Hage's 31:50. Burke improved his position to third, finishing in 32:05.

The women's race was led by another Reebok Enclave runner, Kim Saddic. It took Saddic two miles along Canal Road to put away the competition, and she took the win in 36:30, well ahead of Heide Gerken in second with a time of 37:22. Gerken has got the best of Saddic in the past, but today the heat and humidity was handled more easily by Saddic. Patti Shull took third place in 38:49.

In the male masters competition, Ed Ryan took top spot in 37:12 (19th overall), followed by Steve Ward in 37:30, and Ed Horn in 37:36.

Female masters were led home by Janet Pionkowski in 44:55, followed by 51-year-old Ellie Thayer in 45:52, and Renee Culbertson in 46:12.

Ailing Faye Bradley took the 50+ crown in 39:29. Bradley is coming off a foot injury, but still managed to complete his 21st consecutive Boston Marathon in April. Leading the 60+ males was Larry Dickerson in 43:27.

Men: 1. Andre Williams, 31:39; 2. Jim Hage (WRC), 31:50; 3. Edmund Burke, 32:05; 4. Daniel Ireland, 32:23; 5. Matt Creason, 33:02; 6. Eron Ferreira, 33:35; 7. Joseph Cresko, 34:01; 8. Craig Fishman, 35:23; 9. Dennis Dee, 35:30; 10. Jim Sanford, 35:52; 12. Tom McCarthy (WRC), 36:07; 15. Dave Keating (WRC),

36:44; 20. Steve Ward, 37:30; 51. Faye Bradley, 39:29; Bernie Gallagher, 44:09.

Women: 1. Kim Saddic, 36:30; 2. Heide Gerken, 37:22; 3. Patti Shull, 38:49; 4. Fiona Branton, 38:59; 5. Win Rincon, 41:00; 6. Anita Freres, 41:26; 7. Kristin Doyle, 41:33; 8. Cecelia Reed, 41:54; 9. Francis Joyce, 42:27; 10. Colleen Dulin, 42:32; 11. Jane Sisco, 43:22.

FERREIRA, COLTON HEAT UP THE ROADS AT THE (REVISED) MADISON CENTER 8K

by James Scarborough

The latest incarnation of the Madison Center summer race was held on Friday, July 28, with two relative newcomers taking the top honors. On a (yet again) revised 8K course, the top finishers were Eron Ferreira, 24, of Washington, DC, in 28:32, and 16-year-old Lauren Colton of McLean (eighth overall), in 35:07. The weather cooperated in producing a cooler (80s instead of 90s) evening, with no rain and a slight breeze, but the field was one of the lowest for the site, with only 34 finishers (28 men, 6 women). Summer DCRRC races have been run at Madison since 1986 (with a field peaking at 123 in 1991), and the center and beneficiary, Madison Associates, once again proved very gracious hosts. However, not since 1990 has the course featured the popular Donaldson Run Trail, as the Arlington Parks Department ruled against us using it in 1991. The triple out and back course allowed spectators a good view of the runners coming by at 1.6 miles. Steep uphill were balanced out by some steep downhill. The course also featured a scenic view of the Glebe Road overpass and the Washington Golf and Country Club. Some of the streets had recently been resurfaced, leaving fresh blacktop with painted white lines where stripes should be.

Ron Ferreira, the only sub-30 finisher, was followed by a very familiar face, Ted Poulos in 30:08. Craig Lauinger (31:18), Peter Feltman (32:09), and David Brundage (33:16) rounded out the top five. Jacob Wind (33:45) in sixth place was the first master. He was followed by Tracy Getz, Doug Wham, and Patrick Finn. DCRRC President Bob Platt was 14th in 37:01. Lauren Colton finished well ahead of the next female competitors, Mariana Elias, Tama Clare, and Katie Peppetto, all finishing in just over 40 minutes. Jennifer McGrail, was the only female master, finishing in 40:52. Husband John, a former Madison Center race winner, watched this time with their two sons. The legendary John Winkert Sr.'s two sons, Tom Winkert of Beltsville, and John Winkert of Chantilly, finished in 41:18 and 41:25 respectively.

The overall standings, of course, were secondary to the age-time handicap competition. Finishing first in that category was Frank Gignac, who at 62 ran a 41:11, for a +21. Tom Kurihara was second with a +19, followed by Bob Anderson +16, Rolland Elliott

+15, James Cavanaugh and Gene Clare had +14. Gene Fox +13, Jacob Wind +12, and former Madison 25K director Ed Demoney +11. The handicap favors masters runners. Jennifer McGrail scored a zero. Overall averages indicate that runners score about a +1 on this distance.

James Scarborough, and track coach Buz Male and his wife Susan ran the (1.75 mile) fun run.

The race raised \$37 for Madison Associates, the senior day care program run at Madison Center, one of many fine community activities at the center.

Many thanks to the following volunteers: Ed Demoney, Bob Anderson, Steve and Joanne Johnson, Bill Brogan, Gary Smith, Tim Hart, Steve Copps, George Cushmac, George Robertson, Dr. Tris Kruger, Nancy Horan, and Dick Rhoads. Thanks also to Madison Center Director Marcia Pisoni and Madison Associates President Nancy Kelleher for their help.

1. Eron Ferreira, 28:32; 2. Ted Poulos, 30:08; 3. Craig Lauinger, 31:18; 4. Peter Feltman, 32:09; 5. David Brundage, 33:16; 6. Jacob Wind (WRC), 33:45 (1st master); 7. Tracy Getz, 34:14; 8. Lauren Colton, 35:07 (1st woman); 9. Doug Wham, 35:13; 10. Patrick Finn, 35:36; 14. Robert Platt (WRC), 37:01; Mariana Elias, 40:20 (2nd woman); Tama Clare, 40:23 (3rd woman).

DCRRC ONE-MILE AND 5000M CHAMPIONSHIPS HELD AT T.C. WILLIAMS

by J. J. Wind & Gerry Ives

Mike Ryan of South Dakota and Eron Ferreira of Brazil waged a furious battle to the finish in the elite division at the DC Road Runners Club's annual one-mile championship Wednesday, August 1, at TC Williams High School in Alexandria, Virginia. After running in a four-man pack with Mark Hoon of Bethesda, 5th place finisher at the 1994 Marine Corps Marathon, and newly-minted masters runner Bruce Hamilton of Fairfax, Ryan and Ferreira broke away with one lap to go, sprinting as hard as they could. Ryan just kept a one-step advantage all the way through the lap, barely holding off the bare-footed Ferreira's intense charge at the tape 4:18 to 4:19. Needless to say, the spectators loved it. The performance of all the runners during the evening was even more impressive when the 95° +F heat and high humidity were factored in.

Donna Moore of Kensington made short work of the women's mile, leading from the start and finishing in 5:28. WRC's Berni Flynn steadily moved through the field from her early 6th place position and finished strongly to take second place in 5:37, followed by 18-year-old Katy Rees in 5:43. Joyce Adams took fourth place and top masters billing with a 5:44 clocking.

Paul Peterson pulled away early in the masters mile, taking the win unchallenged with a time of 4:44. Second place was more hotly contested, as Dan

Eddy, Bob Weiner, and WRC's Jay Wind battled it out, with Eddy holding onto second place with a 5:06 clocking. Wind was challenged in the final 200 meters with a strong move by fellow WRCEr Mike Cotner. Wind held off Cotner, with both runners registering 5:12 times.

In the open mile, Malcolm Lester held off Jeff Shirer 4:55 to 4:59 to take the win. Cliff Tell's 5:06 was good enough for third.

Matthew Robinson of Alexandria, 9, won the children's mile in 6:44, and Julianna Wind of Arlington, 8, won the girls' division for the third year in a row, finishing in 12:59 despite cramps from eating chocolate frozen yogurt before the race. Mike Creed, 6, son of Berni Flynn took fourth place in 10:00.

In the 5000 meter race, Rob Magin, 24, of Lanham, Md., surprised local high school runner Sharif Karie, 17, of Burke, Va., winning in 15:21, ahead of Karie's 16:17. Alice Roupas took only 18:02 to win the women's division, ahead of Hilary Cairns' 18:45. Paul Peterson took top masters billing for the second time in the evening with a 16:36 sixth place finish, and Betty Blank, sporting her new short haircut, was top masters woman in 19:56.

DC Road Runners Club and *Runners World* magazine sponsored the meet, and J. J. Wind directed, assisted by James Scarborough, John Davis, Rolland Elliott, James Medas, and Don Hayes.

Elite Mile: 1. Mike Ryan, 4:18; 2. Eron Ferreira, 4:19; 3. Mark Hoon, 4:24; 4. Bruce Hamilton, 4:26; 5. Ted Poulos, 4:44; 6. Gordon Smith, 4:44; 7. Tom Carr, 4:45; 8. Matthew Beer, 4:52; 9. Dion O'Mara, 4:52; 10. Tom McCarthy (WRC), 4:53; 11. Steve Nearman, 4:54.

Women's Mile: 1. Donna Moore, 5:28; 2. Berni Flynn (WRC), 5:37; 3. Katy Rees, 5:43; 4. Joyce Adams, 5:44; 5. Heather Moore, 5:47; 6. Claudia Piepenburg, 5:47; 7. Terry Sweitzer, 6:01; 8. Trish Zemple, 6:18; 9. Christin Chandler, 6:45; 10. Keg Good, 6:51; 11. Susan Aaronson, 6:43; 12. Nancy Davis-Imhof, 6:43; 13. Yahsha Baker, 8:00.

Masters' Mile: 1. Paul Peterson, 4:44; 2. Dan Eddy, 5:06; 3. Bob Weiner, 5:09; 4. J. J. Wind (WRC), 5:12; 5. Mike Cotner (WRC), 5:12; 6. Gerry Ives (WRC), 5:14; 7. Gary Guenther, 5:16; 8. Bill Wooden (WRC), 5:18; 9. Bob Trost (WRC), 5:19; 10. John Haubert, 5:23; 11. Doug Wham, 5:26; 12. Pat Finn, 5:33; 13. Larry Dickerson, 5:53; 14. Butch Proctor, 5:59; 15. Rolland Elliott, 6:17; 16. Tom Kurihara, 6:18; 17. Ken Freund, 6:18; 18. Andy Buechele, 6:21; 19. Bill Osburn, 7:19.

Children's Mile: 1. Matthew Robinson (9), 6:44; 2. J. C. Chandler (12), 6:55; 3. Jonathan Rapavi (9), 7:03; 4. Mike Creed (6), 10:00; 5. Paul Wind (9), 11:47; 6. Julianna Wind (8), 12:59.

Open Mile: 1. Malcolm Lester, 4:55; 2. Jeff Shirer, 4:59; 3. Cliff Tell, 5:06; 4. Steve Sedlacko, 5:15; 5. Paul Rapavi, 5:21; 6. Doug Landau, 5:38; 7. Jim Moyer, 5:39; 8. Dan Bradley, 5:48; 9. Bob Platt (WRC), 6:00; 10. James Scarborough (WRC), 6:20.

5000M: 1. Rob Magin, 15:21; 2. Sharif Karie, 16:17; 3. Alan Lovell, 16:18; 4. Mark Hoon, 16:34; 5. Marty Horan, 16:35; 6. Paul Peterson, 16:36; 7. Ted Poulos, 17:06; 8. Evan Riley, 17:10; 9. Jack Tosi, 17:35; 10. Bruce Hamilton, 17:36; 11. Alice Roupas, 18:02; 15. Mike Cotner (WRC), 18:20; 16. Bill Wooden (WRC), 18:28; 21. Donna Moore, 19:04; 24. J. J. Wind (WRC), 19:26; 25. Bob Trost (WRC), 19:52; 26. Betty Blank, 19:56; 36. James Scarborough (WRC), 20:32; 42. Bob Platt (WRC), 21:48; 58. George Robertson, 28:26.

RAIN SHORTENS 24-HOUR RELAY; 1995 COULD MARK END OF SERIES

by James Scarborough

My second endeavor, the first being 1994, into the madness known as the 24-hour relay in Columbia, was prompted by the fact that the Howard County Striders has announced it was the last edition they were putting on. As a consequence, some other club needs to take up the race. Declining popularity probably had something to do with the decision.

In any event, for those who have not had the pleasure to participate, the relay brings you close camaraderie with a team of nine other people with a common goal: simply keep running steady miles at intervals of slightly more than an hour for one whole day. It is more mentally than physically taxing; the biggest physical problem is the change in sleep patterns (or lack thereof) because you have to get up and run at 2am.

Saturday, August 5 started out hot and sweltering. Combatants started arriving at the Howard High School track at about 9am to set up. It was a high SPF day, so I lathered down with oil. What happens in the couple of hours before noon is that the teams who are short of their rosters pick up remaining comers to fill out their complement. Thus, you meet a lot of new people, but it helps to have some connections before coming. John Wheatland of Annapolis told me he was putting together a team that I could join. The roster filled out with, in order: James DiSciullo, Wayne Conway, Bob Mehlman, me, Rick Rosen, Jack Drake, James Koo, Wheatland, Dick Good, and James O'Brien. We were called the Silver Foxes +2, because with the exception of O'Brien and myself, all were masters. With three others with my same first name, we had to remember last names as well. There are several ways to make out your lineup: by age, alphabetically, by speed, at random, or using other strategic considerations like having dogs to take home first. We used a combination of the age, speed, and other considerations. The lead-off man is sometimes the fastest, but more importantly is the one who gets to run the most miles (the last man the fewest).

The tents set up around the track resembled a mini-Woodstock, and we found that, due to the weather, there was more similarity than we wanted. I

started my first mile at 12:17pm and we settled into a rhythm, although not quite as fast as some of the high school and college teams, mostly co-ed, who boasted a lot of young talent at running miles, and a lot of stamina. And we had the all-too-familiar faces of the people attempting to run the 100 miles within 24 hours. Through the early miles, the biggest challenge was simply getting accustomed to the heat. However, all the teams were fresh and having a good time. Old acquaintances (like last year's teammates) got renewed. I got to meet Wayne's wife and son, (who had competed in prior years), and miniature schnauzer, Lady, who seemed puzzled that we could keep going so long. Other team names included The Beatles (presumably including a John, a Paul, a George, and a Ringo), and #@%*&#!, otherwise known as Expletive Deleted, an eight-person team. And one of the best teams assembled, Reston Runners.

Then at 4pm, the skies opened up for the first time, in what appeared to be at the time a passing thunderstorm. In the middle of that time, an ambulance came and picked up a runner experiencing dehydration. He later returned OK. After an hour, things cleared up again. We thought we had seen the last of the rain (NOT!) At 6pm, a bunch of fresh horses took the track, the 50 milers. These folks were fun to run with during the (peak) evening hours, although they plowed on past midnight. Last year's champion Vassili Triantos (sub 6 hours) dropped out about midway. The race was eventually won by Courtney Campbell in 6:53 among the men (who appeared to catch a second wind at about 35 miles), and Janice Anderson among the women, third overall, in a time of 7:32, a new meet record by two minutes. Janice, from Atlanta, very smoothly cranked out the eight- to nine-minute miles necessary for such a finish. Janice said she is going to the Olympics, IF she gets tickets. The 50 milers continued finishing or dropping out throughout the night.

Besides the socializing, one discovers other pursuits during the relay. I found a Detroit Tigers-New York Yankees game on the radio (from Detroit), plus the fact that a Baltimore station carries Rush Limbaugh replays from 1am to 5am, played solitaire, etc. Many of the teams substituted other objects for the ubiquitous baton sticks, such as footballs and frisbees (not to mention the costumes: masks and dresses, and the somersault handoffs). At about mile 15, I decided to keep our team on its toes by substituting a tennis ball. This lasted about one cycle. The most interesting competitor, if she could be called that, probably didn't care (or even know) much about the rules. This was a white female poodle named Gem, who did several miles along with her mistress, having a grand time being off the leash during the process. Along about 3:15am, Dick Good ran his last mile (his 14th in this event, but among countless miles lifetime), and informed us he was dropping out. We carried on without our veteran. In terms of the weather, it was fortuitous,

although he didn't know it at the time. After drizzling a little off and on all night, the grass was wetter than the normal dew. However, about 5am the rain began again, this time to stay!

Normally, dawn brings temporary psychological relief from the mental fatigue brought on by plowing through the night and catnapping while watching your mile time rise and/or plateau. This time, it brought a little bit of light and the illusion that the skies might be clearing up. This was over quickly. The rain by 6:30am was heavy again. It got heavier, it reminded me of the scene in 'Forrest Gump' (a good soundtrack to listen to during the relay) in which it begins to rain in Vietnam, and doesn't stop for . . . I half expected to hear talk of shrimp from my fellow runners. Needless to say, I soon ran out of dry clothes. Runners flocked to the locker rooms, and to their cars, and huddled under the canopy of the concession stand, hoping to dry out a little. It certainly wasn't dry under the tents, unless they were *real* watertight. The ponchos started coming out. Gear, or cover, got really strange. (Eventually, I ran without a shirt rather than have a wet cold shirt stick to me anymore). Some even ran, or walked, laps carrying umbrellas. The biggest logistical problem however, was the fact that lap counters/split recorders (of which we all did a little) simply couldn't keep anything dry anymore. even plastic covers couldn't completely solve the problem of blurred and/or missing numbers. One of the teams lost a whole sheet (50-miles worth).

As the morning wore on, there was a general feeling of abandonment. Conditions just couldn't get much worse. The time of day and point in the event which usually lead to heat stroke, infections, and hypothermia. The track was a series of large puddles, and indeed the inside two lanes in some places seemed to carry about an inch of water. Bubbles began to form, creating a very uneven topography. And still the rain did not let up. At 8am, after the most grueling hour and a half I can remember, it just didn't seem possible we had another four hours to go. We didn't. A few minutes before 9am, race director Tim Beaty made the announcement: there being no break in the weather, the relay would be cut short at 10am, for a 22-hour event (thus making everything a 22-hour world record, just like the current 144-game baseball season). What few ultra runners were left could continue for the remaining two hours.

I found myself in familiar territory. Now we could see the light at the end of the tunnel, estimating how many miles it would take to finish. I knew that because James #4 (O'Brien), James #1 (DiSciullo), Wayne, and Bob were all pretty fast, I was guaranteed to start a 20th mile. The question was were they fast enough to let me finish it? In 1994 I had been "on deck" when the last mile was being run. By virtue of the horrible weather conditions, I happened into getting the honors myself this time. I took the handoff with five minutes left. Wayne stood at

the exchange point and called for me to stop exactly at three quarters, or maybe at a half, to minimize the distance I'd have to return. Pacewise, I was shooting for three quarters in five minutes. I burst through the third with about 10 seconds left and got down just to the turn in the track when I heard that wonderful four-letter word: "STOP". An extra 210 feet. As a team we had run about 188 miles (projecting out to over 200 in 24 hours). I had averaged a 6:32 pace for 19¾ miles.

We had the awards ceremony at 11am in the men's locker room. It was not anticlimactic. Tim Beaty said some very poignant thank yous to a lot of tireless volunteers, and a lot of very tired and wet runners. Some of the younger competitors (as well as older ones) racked up some impressive totals. We finished second in the RRCA Open category after Reston Runners (which featured Paul Zink and Steve Forman, two top masters). Some of us also finished "in the money" in the masters awards. At 11:55am, Alan Price finished the 100-mile racewalk.

Once again, but sadly maybe for the last time, this war of attrition was a "hard day's night" (and not just for The Beatles' team). The T-shirts, which have the sun handing off to the moon, probably should be the other way around.

I gave Gem my tennis ball.

MINUTES OF WRC MEETING HELD JULY 14, 1995

The WRC meeting for the month of July was held at Dr. Tris Kruger's estate in Potomac. Tris is busily expanding his deck and house addition. He had some great music on Arrow 94. Present were Tris Kruger, Nancy Horan, Andy Smythe, Bob Platt, James Scarborough, and John Dix. Scarborough and Platt had just come from the DCRRC Bastille Day Four Miler. It was Gerry Ives' birthday (56 years young), and someone had a cake for him at the Bastille Day race. However, Gerry's wife and daughters were having a birthday party for him and he didn't attend the race. Bob wondered how an English guy can be born on a French holiday(?)

1. Nancy showed John Dix some towel exercises. Nancy and Andy reported on recent Hash events and nicknames.

2. Bob Platt reported on the recent USAT&F meeting and elections. Alan Roth was elected President of the local chapter, and Bob Platt Treasurer. There followed a discussion of ways in which the organization could better use its funds. John Dix suggested that all local running clubs need to have published financial reports. Another topic was the need to have a unified running community voice with local jurisdictions about courses and permits, etc. Also, with as many miles of trails as the Washington area has, it could still use more given the number of runners. John Dix suggested wood chip trails as preferable to asphalt for trails. (We will ask Tris how many wood chips he will have generated after he gets through with all of his construction). Bob Platt mentioned that he is networking with the Washington Area Bicyclists' Association (WABA) and can discuss mutual bike/runner issues. Bob also reported that he has additional information on the USAT&F insurance for WRC discussed at the May meeting.

3. Andy reminded everyone that the joint WRC-NOVA picnic will be at Bobby and Jean Serour's house on Sunday, 27 August at 3 pm. This is the afternoon of the Annapolis Ten Miler.

4. Other upcoming events. James Scarborough is directing a race on Friday, 28 July at Madison Center in Arlington. DCRRC will present their version of the Women's Distance Festival on Sunday, 20 August. And DCRRC is looking for a team (10 insane people) for the 5/6 August 24-hour relay in Columbia. Bob Platt mentioned the Civil War Relay (Alexandria to Richmond) being held on Saturday, 28 October. Teams of 10 people run a total of 118 miles.

5. Nancy related seeing Arlo Guthrie in concert on the anniversary of Woody Guthrie's death. He does sound like his father, which must be a lot to live up to. Dittos for Julian Lennon.

There being no more new business, old business, unofficial business, or even juicy gossip, everyone cooled off. High temperature was in the upper 90s.
James Scarborough, Secretary

WASHINGTON AREA RACE CALENDAR

27 August (Sunday) Annapolis Ten Miler, 7:50am, Annapolis, MD, 410-268-1165

3 September (Sunday) Greenbelt 15K, 6:15pm, Greenbelt, MD, DCRRC 703-241-0395

9 September (Saturday) Along the C&O Canal 50 Mile Relay, 9am, MCRRC 301-871-1537

13 September (Thursday) One Hour Track Run, Fairfax High School, 7pm, DCRRC 703-241-0395

16 September (Saturday) Frederick County Women's Distance Festival, Frederick, MD 301-371-7675

17 September (Sunday) Fair Lakes 10K, 8:30am, 202-872-8325 or 301-496-0572

24 September (Sunday) MS Half Marathon, 7:30am, Washington, DC, MS Society, 202-296-5363

24 September (Sunday) Philadelphia Half Marathon, Philadelphia, PA, 215-293-0786

24 September (Sunday) National Capital Twenty Miler, 8am, Alexandria, VA, DCRRC 703-241-0395

24 September (Sunday) County Crossing Challenge 7 Mile, 8:30am, Patuxent River State Park, MD, MCRRC 301-353-0200

30 September (Saturday) Towpath Metric Marathon, Glen Echo Park, MD, 9am, DCRRC 703-241-0395, James Scarborough 703-536-7764

Potomac Valley Track Club All-Comers Track Meets, TC Williams High School Track, Alexandria, VA, Sundays, 8:30am: 9 July, 23 July, 6 August, and 20 August

- 1 October (Sunday) Tyson's Corner 10K (and 5K), 9am, Tyson's Corner, VA, 703-281-4298
 1 October (Sunday) Back to School 8K, Somerset MD, 8am, 301-657-3010
 1 October (Sunday) Harvest Moon Classic 10K, 8am, Washington DC (George Washington University), 202-994-5135
 7 October (Saturday) Women in Federal Law Enforcement 5K, 8am, East Potomac Park, Washington DC, 301-713-1084
 7 October (Saturday) Eagle Run, Manassas VA, 9am, 703-369-4806
 7 October (Saturday) Run Against Drugs 10K, Van Dyck Park, Fairfax, VA, 9am, 703-273-7733
 7 October (Saturday) Olney's Only 5K Benefit Run, 9am, Olney, MD, 301-774-8236
 7 October (Saturday) RASAC Women's Distance Festival 5K, P.O. Box 844, Bel Air, MD 21014
 7 October (Saturday) Corridor Classic 8K, Hyattsville, MD, 301-985-5022
 8 October (Sunday) Georgetown Classic 10K, 9:30am, Washington, DC, Colonial Running Co., 301-871-0005
 8 October (Sunday) 14th Annual Columbus Chase 10K, Columbia MD
 8 October (Sunday) Metric Marathon, 8am, Southern High School, Annapolis, MD, Annapolis Striders 410-268-1165
 9 October (Monday) Eat and Run 5K, 10am, Washington, DC, Leukemia Society of America, 703-960-1100
 14 October (Saturday) America Against Crime 5K, 8:30am, Freedom Plaza, Washington, DC, 202-466-6272
 14 October (Saturday) Loudon Women's Shelter 5K, Leesburg, VA, DCRRC 703-241-0395
 14 October (Saturday) Van Metre 5 Miler, Burke Lake Park, Burke, VA, 703-425-2600
 15 October (Sunday) Army Ten Miler, 8am, Arlington, VA 703-614-1551
 18 October (Wednesday) Tidal Basin 3K, noon, Jacob Wind, 703-920-5193
 21 October (Saturday) YMCA Silver Spring 4 Mile, 8am, Silver Spring, MD, 301-585-2120
 21 October (Saturday) Ashburn Volunteer Fire and Rescue Department 10K, 8am, Ashburn, VA 703-729-0066
 22 October (Sunday) Marine Corps Marathon, 9am, Arlington, VA, 703-640-2225
 22 October (Sunday) Richmond Newspapers Marathon, 12 noon, Richmond, VA, (also half marathon and 5K), O Dewayne Davis, 804-649-6325
 28 October (Saturday) Halloween Young Run, 9am, Rockville, MD, MCRRC, 301-353-0200
 28 October (Saturday) Seaside 10 Miler, 9:30am, Ocean City, MD, 410-882-5455
 28 October (Saturday) Potomac 5K, 9am, Potomac, MD, Tris Kruger 301-983-2283
 28 October (Saturday) Predicted Time Five Miler, 9am, Carderock, MD, DCRRC 703-241-0395
 28 October (Saturday) Civil War Relay, Alexandria VA to Richmond VA, (118 miles), 11 person teams, 7am, DCRRC 703-241-0395
 29 October (Sunday) Rockville Runfest 10K, 8am, Rockville, MD, MCRRC, 301-353-0200
 29 October (Sunday) Halloween Ghost Chase 10K, Herndon, VA, Reston Runners, 703-444-9215
 4 November (Saturday) Prince George's Rotary Run, College Park, MD, 9am, 301-935-4928
 4 November (Saturday) Reston Club Challenge Race, 5 miler, Reston, VA, 9am, DCRRC 703-241-0395
 5 November (Sunday) Howard County Striders Run through the Grapevine 8K Cross Country, Linganore Wine Cellars, 10am, Mount Airy, MD, 410-992-5800
 11 November (Saturday) Run for a Miracle 5K, 8:30am, Germantown, MD, 301-258-7757
 12 November (Sunday) Friends of the Vietnam Veterans Memorial 10K, 8am, Washington, DC, 703-525-1107
 12 November (Sunday) Fort Hunt Park 10K, 9am, Mount Vernon, VA, DCRRC 703-241-0395
 12 November (Sunday) New York City Marathon, New York City Road Runners Club, 212-860-4455
 15 November (Wednesday) Tidal Basin 3K, noon, Washington, DC, Jacob Wind 703-920-5193
 19 November (Sunday) White Flint 8K, 8:30am, Bethesda, MD, 301-231-7467
 19 November (Sunday) Williamsburg School 20K, 9am, Arlington, VA, DCRRC 703-241-0395
 19 November (Sunday) Philadelphia Marathon, Philadelphia, PA,
 23 November (Thursday) Virginia Run Turkey Trot 5K, Centreville, VA, 703-818-0052
 23 November (Thursday) Turkey Chase 10K, Bethesda, MD, 301-530-3725
 23 November (Thursday) Ashburn Farm 10K Run for Youth, 8am, Sterling, VA, 703-729-5100
 23 November (Thursday) Turkey Trot 5K, 9am, Fredericksburg, VA, 703-371-0588
 23 November (Thursday) Potomac West Business Association Turkey Trot Five Miler, 10am, Alexandria, VA, DCRRC 703-241-0395
 25 November (Saturday) Turkey Burnoff, Seneca Creek State Park, Gaithersburg, MD, 10am, MCRRC 301-353-0200
 2 December (Saturday) Jingle Bell Run 5K, Towson, MD, 410-377-8882
 3 December (Sunday) Jingle Bell Run for Arthritis 10K, Washington, DC
 3 December (Sunday) Belle Haven Half Marathon, Belle Haven Recreation Area, 10am, Alexandria, VA, DCRRC 703-241-0395
 10 December (Sunday) Rudolph's Red Nose 10K, 9am, Fairfax, VA, 703-691-3040
 10 December (Sunday) Bread Run 10K, 9:30am, Glen Echo Park, Glen Echo, MD, DCRRC 703-241-0395
 16 December (Saturday) Greenbelt 10 and 20 milers, 10am, Greenbelt, MD, DCRRC 703-241-0395
 20 December (Wednesday) Tidal Basin 3K, noon, Washington, DC, Jacob Wind 703-920-5193

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.