

Washington Running Club ★ Newsletter

Volume 14, Number 6

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October/November 1995

NOVEMBER MEETING

The NOVEMBER meeting will be held at Andrew Smythe's home on FRIDAY, NOVEMBER 10th, 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.

TRAUTMAN AND GERKEN WINNERS AT THE 16TH ANNUAL GEORGETOWN 10K

by George Banker

On Sunday, October 8, 1995 the streets of Georgetown were taken over by more than 2,500 runners. The occasion was the 16th Annual Georgetown 10K, which despite its demanding course has become the largest 10K in Washington, D.C. Part of the attraction is the post-race street party, at which food and refreshments are provided by such up-scale Georgetown establishments as J. Pauls and other M Street dining and drinking spots. This year's race was a benefit to support the Pediatric AIDS/HIV Care, a local volunteer organization devoted to services for families with HIV positive children.

A strong men's field was headed up by last year's winner John Trautmann, with standout locals Jim Hage, Darrell General, and Robert Lotwis. An unknown factor in the race was Abdel Haki from Morocco. Haki clocked a 28:12 at Pittsburgh's Great Race in September, and is a contender for a spot on Morocco's Olympic Marathon team.

In the absence of last year's women's champ, Cheri Goddard, the female field appeared to have no single standout.

A lead pack quickly emerged after the opening gun, consisting of Trautmann, Haki, General, Lotwis, and Hage. An opening mile of 4:28 was 12 seconds ahead of last year, but still the pack hung together. Along the flat portion of Canal Road the pack started to disband, with Hage being the first to fall back.

The second mile went by in 9:12 (4:44 split), well ahead of last year's 9:57 pace, as Haki took the lead with Trautmann on his heels and General a few paces back. At the hill that starts at Fletcher's Boat House and continues past the German Embassy, Haki and Trautmann opened up a gap, with Trautmann retaking the lead going through the third mile in 14:25 (5:16 split).

Trautmann hit another gear as they reached the four mile mark by Georgetown Hospital in 23:29 (4:50 split), but still couldn't shake Haki. Both runners went through mile five in 23:39 (split 4:23), but then Trautmann unleashed a quick acceleration that caught Haki by surprise and broke contact. Pushing through mile six in 28:29 (4:50 split), Trautmann broke the tape in a course record 29:29, with Haki nailing down second place in 29:47. General's 30:25 earned him third place, followed by Lotwis in 30:53, and Hage in fifth in 31:11.

Leading the way home in the women's race was Heidi Gerken, with an outstanding 34:49. Janice Martin ran a strong 35:26 for 2nd, well ahead of Liz Scanlon's 36:34 3rd. Leslie Minnix-Wolfe, in her last race before the Rhode Island Marathon on October 22, took fourth place in 36:43 with a strong finish, pulling away from Jen Stearns over the final two miles. Stearns took fifth in 37:10.

In men's masters competition, Chuck Moeser out-classed the field with a 32:54 finish, good for 12th place overall. In second place was Mike McHale with 34:19, followed by Tim Doescher in 35:16.

The leading woman master was Claudia Pipenburg (formerly Ciavarella) in 40:06, who narrowly beat out WRC's Cathy Ventura-Merkel who registered a 40:21. Patty Shackelton took third in 43:08.

A repeat winner in the 50-54 division was Ed Doheny in 36:50, and Gerry Ives repeated his win in the 55-59 division in 37:11. Larry Dickerson took the top 60-64 spot with his 41:55 performance.

Women's age group winners included: Janice Stoodley, top in the 50-54 with a 44:55 and Charlotte Edwards winner of the 60-64 grouping with 50:19.

Men: 1. John Trautman, 29:29; 2. Abdei Haki, 29:47; 3. Darrell General, 30:25; 4. Robert Lotwis, 30:53; 5. Jim Hage (WRC), 31:11; 6. Eron Terreirza, 31:19; 7. Roberto Martinez, 32:00; 8. Eric Desautels, 32:24; 9.

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

Matt Dean, 32:42; 10. Jeff Van Horn, 32:43; 11. Mark Hoon, 32:49; 12. Chuck Moeser, 32:54; 15. Kurt Kroemer, 33:20; 19. Dan Murphy, 34:00; 21. Ted Poulos, 34:24; John Sherlock, 35:54; Ed Doheny, 36:50; Jay Wind (WRC), 37:06; Gerry Ives (WRC), 37:11; Alan Roe, 38:44; Larry Dickerson, 41:55; Al Marcy, 44:21.

Women: 1. Heidi Gerken, 34:49; 2. Janice Martin, 35:26; 3. Liz Scanlon, 36:34; 4. Leslie Minnix-Wolfe, 36:43; 5. Jenn Sterns, 37:10; 6. Lori Taylor, 37:52; 7. Anita Freres, 38:31; 8. Berni Flynn, 39:54; 9. Lauren Pantos, 40:05; 10. Claudia Piepenburg, 40:06; 11. Kathy Merkel (WRC), 40:21; 12. Terry Sweitzer, 40:27; 17. Drew Woodrich, 41:25; Susan Jenkins, 47:57.

PICTURE PERFECT DAY FOR DCRRC's FIRST METRIC MARATHON

by James Scarborough

One distance which had not been done before on the DCRRC schedule was the Metric Marathon distance (26.2 kilometers, or about 16.3 miles). The first time was on Saturday, 30 December 1995, at 9 a.m. at the revitalized Glen Echo Park in Glen Echo, Maryland. The course was mix of bikepath, streets, and the C&O Canal towpath, out and back with a loop in the middle in the picturesque neighborhood of Brookmont, where everyone has a canoe. It had the sole disadvantage of having a monster uphill on the way back, but those familiar with the Bread Run could compare it to the infamous wooden steps. The weather was picture perfect, although starting out at about 47 degrees at 7:30 a.m., it warmed up to the mid 70s, clear and warm, with no wind.

The 45 runners who took on the course saw it as

another tuneup for fall marathons, six days after the DCRRC Twenty Miler. It is very nearly a training "breaking point" for some. That didn't dissuade the top three finishers from turning in very respectable race quality sub 1:50 times. And first across the tape was the ubiquitous Ted Poulos in 1:45:44. Ted hurried over from the DC Dash 5K, which started at 8 a.m., and in which he had finished fourth. Once again, an amazing double-header performance from Ted, combining a short race and a long race. Close on his heels was Bert Potwin of Alexandria in 1:46:00. Also under 1:50 was Joe Maestas, also of Alexandria, in 1:49:10. Dennis Harrison followed in 1:50:19, and Ian Torrence, fifth overall, was the first in the 17-32 age group, in 1:51:57. First master was Henry Danver in 1:53:48, and first in the 49-64 age group was Roger LaForge in 2:16:44, 29th overall. DCRRC President Bob Platt finished in 2:05:14, good for 21st place. Behind him was non-resident Andrew Gilman, who hails from New York City, in 2:05:30. Former schedule chair Joe Broderick finished 39th in 2:35:31.

On the women's side, Catherine Gallagher of Chevy Chase led the six finishers with 2:07:46. She was followed by new DCRRC member Jenny Marques of Bethesda in 2:11:05. Chris Stockdale, long familiar to Maryland races but someday perhaps familiar to Oregon, was the first master in 2:16:44. Last but not least in the field was Susan Schultz of Laurel in 3:04:32.

The course had the advantage of virtually no automobile traffic, although the great weather had the bikers, walkers, and runners out en masse. As to everybody else who was doing something that day, hope you enjoyed it, too.

Many thanks to the volunteers. Will Vehr and Dan Gardner for the registration, and Dan for getting ice! Sharon Good, John Brogan, and Doug Van Zoren for staying around so long to help clean up and do the finish line. Katherine Lumens for substituting at a water stop (much appreciated by the runners). And also to Ron Steele, Dr. Tris Kruger, Steve Copps, Dennis Pinkard, Roseann Beatrou, and Ted Cochran. Bob Platt brought extra refreshments. Thanks also to Steve Swertsy of the National Park Service for having the park available.

Results: 1. Ted Poulos, 1:45:44; 2. Bert Potwin, 1:46:00; 3. Joe Maestas, 1:49:10; 4. Dennis Harrison, 1:50:19; 5. Ian Torrence, 1:51:57; 6. Greg Zaruba, 1:52:25; 7. James McFalls, 1:52:39; 8. Michael Schmitz, 1:53:03; 9. Mark Neff, 1:53:09; 10. Karl Loedler, 1:53:28; 11. Henry Danver, 1:53:48; 12. Unregistered Runner, 1:55:00; 13. Gary Glueckert, 1:56:09; 14. Charles Brady, 1:56:33; 15. Jon Gang, 1:59:01; 16. Rick Repasky, 2:00:37; 17. Mike Lawson, 2:03:30; 18. Joseph Beatty, 2:04:33; 19. Rick Poppleton, 2:04:34; 20. Guy Neal, 2:04:39; 21. Robert Platt, 2:05:14.

Women: 1. Catherine Gallagher, 2:07:46; 2. Jenny Marques, 2:11:05; 3. Chris Stockdale, 2:16:44; 4. Lyd-

Washington Running Club

7817 Tomlinson Avenue, Cabin John, MD 20818.

CLUB OFFICERS

President: Andrew Smythe (703-876-4772)
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Secretary: James Scarborough (703-536-7764)
Treasurer: John O'Donnell (202-625-1401)
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Newsletter: Chair: Gerry Ives
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Social: Chair: Pat Kolakowski

ia Pellicia, 2:27:11; 5. Kathy Naff, 2:36:40; 6. Susan Schultz, 3:04:32.

HAGE AND BROOKOVER WIN NATIONAL CAPITAL 20 MILER

by George Banker

The DCRRRC 12th Annual National Capital 20-Miler was held on Sunday, September 24, 1995 at Jones Point in Old Town Alexandria. Despite less than ideal conditions, rain and a head wind at the start of the out-and-back course, 400 plus runners lined up for the start, many of them using the race as a gauge of fitness before the Marine Corps Marathon.

This race attracts many repeat runners because it is always a first-class event. Some of the credit for this can go to long-time supporter Brian Watson of the Penalty Box (Armand's Pizzeria), and many other business establishments in Old Town. PowerBar and Gatorade also made their products available; no event is complete without them. The race, for the third year, provided a financial donation to Jeanette Semon, a local triathlete who in 1989 became a paraplegic as a result of a diving accident. There was also a collection point for used clothing and shoes, set up by DCRRRC, for donation to the Washington Hospital Center. The clothes and shoes are disbursed to the needy as they leave the emergency room.

Dominique DaLuz set the early pace, with WRC's Jim Hage content to sit back for the first half of the race. Hage, using the race as a tune-up for the Rhode Island marathon, took control on the return and registered win number five for the event with a steady 1:50:57. DaLuz held on to the runner-up spot with a 1:51:56.

The leading woman, Tricia Brookover, set a demanding pace that no other woman in the field could match, as she took the win in 2:12:38. Runner-up Kelly Barton narrowly defeated Fiona Branton, 2:16:40 to 2:16:45.

Top male master was Larry Jones with 1:59:36, followed by Ben Beach in 2:02:46.

Top female master was Betty Blank, in 2:25:44, followed by WRC's Irene Moffet in 2:30:09.

Winning the 50+ age groupings were, for the men, Pablo Vera Gonzales in 2:14:30, and for the women, Tina Olson in 3:16:14.

In the 5-mile event, Dan Wallace took the win with a sub-28 effort. Unfortunately the timing device malfunctioned and the exact time was not captured. In second place was Huey Inman in 28:00. Leading the way for the females was Hilary Cairns (time unknown), with WRC's Cathy Merkel taking second, first woman master, and a new masters c.r. in 32:20.

20-Mile Results—Men: 1. Jim Hage (WRC), 1:50:57; 2. Dominique DaLuz, 1:51:56; 3. Bob Radzwich, 1:52:57; 4. David Pace, 1:53:12; 5. Mark Jones, 1:54:39; 9. Larry Jones, 1:59:36 (1st master); 11. Ben

Beach, 2:02:46; 17. Robert Rodriguez (WRC), 2:05:00; 22. Jay Wind (WRC), 2:07:16; 34. Vassili Triantos, 2:12:20; 53. Bob Trost (WRC), 2:18:58; 62. Jon Gang, 2:22:17; 87. Dick Hipp, 2:27:33; 98. Bob Platt (WRC), 2:30:52; James Scarborough (WRC), 2:33:02; Ron Griswold, 2:33:19.

Women: 1. Tricia Brookover, 2:12:36; 2. Kelly Barton, 2:16:40; 3. Fiona Branton, 2:16:45; 4. Vicki Lang, 2:23:21; 5. Berni Flynn (WRC), 2:25:03; 6. Elizabeth Mullane, 2:25:29; 7. Betty Blank, 2:25:44; 10. Irene Moffett, 2:30:09.

AND NOW, BY POPULAR DEMAND, A FEW WORDS FROM THE PREZ . . .

John Betts was recently released from the hospital after undergoing bypass surgery. He had suffered a heart attack at the beginning of the Army Ten Miler. On behalf of WRC we sent him a flowering plant. He was very grateful we remembered him and wanted to thank all the members.

The volunteer response to this year's Georgetown 10K packet pickup was underwhelming, to say the least. Consequently, fewer people had to work harder at WRC's ONLY request for volunteers each year. I would personally like to thank all of those who found the time to volunteer for their running club out of their busy schedules. The volunteers were: Ted Baca; Bonnie Barnard-Lopez; Jack Coffey; John Dix; Ed Doheny; Tony Gant; Jim Hage; Nancy Horan; Gerry Ives; Tris Kruger; Kathy Ventura-Merkel; Alan Roth; James Scarborough; Andrew Smythe; Jon Thoren; and Hugh Wooden.

Once again, ALL members of this running club are not only requested, but expected to turn out for this event. It should not come as a surprise to WRC members when the first weekend in October rolls around that your participation is expected for the Georgetown packet pickup. This event should have been at the top of your priority list, not the bottom.

The next bi-monthly meeting will be held at my house on Friday, 10 November 1995. See the map in this issue of the newsletter for directions. NOMINATIONS FOR CLUB OFFICES WILL BE HELD. After two years as Vice President and two years as President, I will not be seeking reelection. Pizza, beer, soda, etc. will be provided—any food/beverage donations will be gladly accepted. For all those planning to attend, the meeting will begin promptly at 8:00 PM because I am booting everyone out at 9:30 PM. Please leave your kids at home with a babysitter.

Andrew Smythe

MOCK AND BARNARD-LOPEZ WIN ANNAPOLIS—RRCA STATE CHAMPIONSHIP

by George Banker

The Annapolis Ten Miler, which bills itself as "Maryland's Premier Ten Mile Road Race," has been

around for twenty years. The course is not easy, the weather is often hot and humid, but when August rolls around there is always a large contingent of runners who just can't stay away. This year saw 3,260 finishers, a decrease over last year's 3,542 but still a very respectable number.

The days leading up to the event were unseasonably cool, but the experienced runners knew that this was just a tease. Race morning, Sunday, August 27, 1995, saw temperatures in the high 70s in the early morning, climbing to the 80s as the morning progressed with the humidity in 'hot' pursuit.

This is the second year that the runners have had to contend with the new bridge that puts the field through an 80 foot climb at mile two. The bridge replaces the "runner friendly" old flat bridge that was deemed "nautically unfriendly" and had to be replaced. This is not a "pr" course.

The lead pack took shape in the first mile and included defending champion Gerry Clapper, Robert Lotwis, and Doug Mock. It was unlikely that the 48:42 event record, set on the old easier course by Gary Siriano in 1982, was in any danger of falling. Clapper made a valiant effort, but could not match Mock's power on the hills. Mock took the win in 52:24, followed by Lotwis in 52:39, and Clapper in third in 53:40.

The women's race proved to be another victory for defending champ Bonnie Barnard-Lopez. Barnard-Lopez took the win in 59:30, 32 seconds faster than last year. In close pursuit was Heidi Gerken in 59:51, with Barbara Kannewurf taking third in 60:44. Liz Scanlon took fourth in 61:55, and Leslie Minnix-Wolfe improved her time of last year by 20 seconds and repeated as fifth place finisher in 62:49.

In the male masters division, in an encore performance, James Pryde took the top spot in 54:33 in 6th place overall. Last year Pryde set a new event masters mark of 53:48 when he finished fourth overall. Second place master was Harry Goodman in 57:27, with Paul Peterson in third in 57:56.

Defending women's masters champion Rose Malloy dropped out early in the event due to an injury, and left the way clear for Margaret Starnes to take the win in 67:44, well off of Malloy's event masters mark of 60:36 set in 1991. Randon Fritsch took second in 68:43, followed by Patricia Donohue in 69:02.

The event was the RRCA's State Championship. Mock and Barnard-Lopez are open division Maryland champions, and Pryde and Starnes are the Maryland masters champs.

Men: 1. Doug Mock, 52:24; 2. Robert Lotwis, 52:39; 3. Gerry Clapper, 53:40; 4. Michael Harrison, 53:54; 5. Raymond Ochs, 54:03; 6. James Pryde, 54:33 (1st Master); 7. Jerry Jurrick, 54:35; 8. James Garrett, 54:42; 9. Steve Egolf, 55:05; 10. Brian Daugherty, 55:17; 18. Dominique DaLuz, 56:23; 25. Paul Peterson, 57:56; 26. Ted Poulos, 58:10; 29. Ben Beach, 58:37; 36. Herb Tolbert, 59:39; 49. Roger Howell (WRC); 61:13; Dave Asaki, 62:03; Phil Stewart, 62:42;

John Sherlock, 63:42; John Haubert, 65:01; Dick Hipp, 66:58; Bill Wooden (WRC), 68:28; Jon Gang, 68:37; Steve Forman, 69:28;

Women: 1. Bonnie Barnard-Lopez (WRC), 59:30; 2. Heidi Gerken, 59:51; 3. Barbara Kannewurf, 60:44; 4. Liz Scanlon, 60:55; 5. Leslie Minnix-Wolfe, 62:49; 6. Stacey Nicolson, 64:20; 7. Maureen Hall, 64:44; 8. Denise Knickman, 64:51; 9. Patti Shull, 64:54; 10. Maggi Abrashoff, 64:58; 11. Jennie Stearns, 66:12; 18. Jeanne Grillo, 67:58; 32. Berni Flynn (WRC), 70:26; 42. Terry Sweitzer, 72:19; 43. Irene Moffett, 72:20; 45. Kathy Hibbert, 72:32.

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

WRCers were prize money winners at the DCRRC 15K Championship, held at Greenbelt on Sunday, September 3. **Jim Hage** took the top spot in 48:58, but not without a battle with **Jorge Pardo**, who was up from the Virginia outback (Blackburg, Va.) and gave our Jim a scare with his 49:17 finish. In the women's race WRC's **Berni Flynn** took 2nd place in 61:02, behind **Bea Marie Altieri's** 57:37 winning time. **J. J. Wind** took the top 45+ spot in 59:48, and **Bill Wooden** ran away from the 50+ field with his 60:31 time. **James Scarborough** cracked the top 50 with his 66:54 time, out of a field of 134 in the men's race.

At the Nike Capital Challenge race on Wednesday, September 20th, it was **Jim Hage** in the winners circle with a 14:47 finish. Hage beat out fellow WRCer **Kirk Baird**, who finished in second place in 15:04. **Tom McCarthy** took 12th place in 15:58, running for the NLRB team. Top finisher in the 'Sub-Cabinet' (Male) division was Assistant to the President **Billy Webster** in 16:30. **Gerry Ives** registered a 17:04 performance, with **Bob Trost** on his heels in 17:38. **Peter Nye** lost his annual luncheon bet with Ives by turning in an 18:05 time.

Former WRC member **David White**, who was best known as a 1500/5000m runner, has moved up in distance. White ran the St. George Marathon in Utah in a PR time of 2:28:54. He candidly admitted that his pace was aided by the fact that it is a downhill, point-to-point race. That being said, he still finished 31st out of a field of 3,900 runners—and that's not too shabby! White now lives in Utah, is a 'house-husband' taking care of the baby while his wife works for a software company, and runs while keeping his eyes open for rattlesnakes.

At the Rhode Island Marathon on Sunday, Oct. 22 (the same day as Marine Corps), former Georgetown **John Gregoreck** took the win in 2:16:??, narrowly beating Kenyan **Simon Peter**. **Jim Hage** took 4th place, and \$1,000, in 2:18:30 with a steady pace throughout. **Leslie Minnix-Wolfe** qualified for the women's Oly. Marathon Trials with a 2:47+ p.r. finish.

Joe Sullivan, the Howard Hughes of road-racing,

came out of hiding to take 4th place at the Rockville Runfest 10K, with a time of 34:04. Joe is obviously engaged in fine-tuning his body for December 6th, when he turns 40.

At the Georgetown Day School 5K those 'in the know' (the Newsletter editor) picked former WRCEr **Kurt Kroemer** as an easy winner, which goes to show that those 'in the know' don't. Kurt got done in on the great big hill coming up from Fletcher's Boat House by **Anthony Belber**. Belber turned in 16:06 to Kroemer's 16:17, over a very challenging course. The depth of the 350+ field can be gauged by **Gerry Ives'** 4th place finish in 18:08. For the women, Enclave runner **Lisa Dressel** took 3rd place overall, and easily took the top female title in 17:31. Runner-up **Fay Slattery** finished in 20:01.

In case you were wondering why the start of the Army 10-miler was delayed, you can blame it all on **John Betts**. John suffered a near-fatal heart attack before the start of the race, and was saved by some fast medical response by race participants and medical personnel. He underwent bypass surgery at Fairfax Hospital the following Tuesday. The only good thing to come out of this incident is the possibility that Betts will be sponsored in future races by Huntemann's Ambulance Service. Seriously, we all wish him a speedy recovery.

TRUCKING WITH THE TREASURER, OR THE BISONLAND BLUES

by Woodward and Bernstein

Beyond the Beltway, they assume the corridors of power in the nation's capital are taken up with talk of the next election and the budget battle. But everywhere we go, the question we hear asked is, "What's up with the Treasurer?" We caught up with the elusive keeper of the keys recently at his Bisonland estate, where he gave us a report of his recent activities.

O'Donnell tells us he sought to shake off his prolonged mid-life crisis, brought on by the lingering effects of a nasty parasite and too many years alone, by undertaking an ambitious domestic tour. His first task was to come up with a theme. "Voodoo Lounge' and 'Steel Wheels' were already taken," he said, "so I settled on 'Dead Legs.'" First stop, of course, was his home town, Buffalo, N.Y., for the biennial World Veterans Games in July. Johnny coughed up the big entry fee and toed the line for the 10,000 against a very fit international field. Unfortunately, he gave away the fact that he had not been on the track a good long while when he toed the line facing the wrong direction. The gun fired, and a very nasty accident ensued 200 meters into the race. Once he reset his compass, he ran a 40:19. He estimates the number of times the winner, a sprightly Venezuelan, lapped him at six. Despite his lackluster performance, O'Donnell was buoyed by a

personal cheering section consisting of his father, mother, niece, and high school coach, "Bullet Bob" Ivory. Asked to comment Ivory observed that O'Donnell runs much as he did in 1968: "Good runner, he just doesn't get to the finish line very quickly." O'Donnell returned to Bisonland with a new interest: Master pole vaulting.

Next stop on the Dead Legs Tour was Aspen for the nuptials of fellow WRCEr Dave Keating and Liz Hosford. hhe liked the mountains but tired of being mistaken for other notable Aspen regulars, particularly Don Johnson. "The autograph hounds are a real nuisance," he said. He sought the advice of Carl Stith, a former Coloradan, on altitude training, before he left, but decided on his own approach after several days of tinkering: he ran while holding his breath. "Less gasping that way," he reasoned. He reports that Keats stood in there and did the deed without flinching. Upon his return, a number of women asked what the bride was wearing. "Looked sort of like a dress to me," the ever observant treasurer reported, "kind of white." The bridesmaids? "Yeah, dresses too." O'Donnell paid the groom an undisclosed sum to burn the video of his dancing to "YMCA." A great time was had by all.

Then it was back to Washington for another month of high mileage training in preparation for the two Fall events on his racing schedule: the Philadelphia Distance Run and the Portland Marathon. He took an early train up to Philly to see his beloved alma mater, Cornell, trounce Penn in soccer. He made an ill-fated attempt to talk to a female Ivy Leaguer 20 years his junior—OK, maybe it was 22. What went wrong? "I couldn't figure out how to use the phrases 'totally awesome' and 'that's cool' often enough," he said. He roomed with former WRCEr Ed Doheny who, having once attended Penn, gave him lesson on youth-speak. He clocked 1:28, a time he blamed on the heavy rain, Doheny's snoring, and an inadequate dosage of Imodium.

The it was off to the Pacific for 11 days, highlighted by an appearance at the Portland Marathon. The Dead Legs entourage was at the line for the 7:00 AM start, no small feat since the sun was not yet up. O'Donnell got out well, but faltered late and came in 3:13. But our treasurer is the kind of guy who looks for silver linings. On the plus side, he retired his plaque as first place finisher from the District of Columbia. He plans to get a PO Box in Maine next time around so he can go after a new title. Also, he performed an astounding over-the-traffic-cone tumble in the 18th mile, earning a winning 9.8 from a panel of international judges. "And if they gave form points for running, I would have won the marathon too," he said later. He returned home to oversee construction on his new pole vault facility.

This reporter asked O'Donnell how, on his modest government salary, he was able to carry out the lavish Dead Legs Tour. "Hey," the normally affable treasurer bristled, "there was a meeting of running club treasurers at each stop and I can prove it.

Besides, the Club still has a balance, at least until my Christmas vacation."

The O-Man sat out Marine Corps but was spotted in street clothes with a lovely leftist attorney at the 9-mile mark. His pal Doheny was reportedly quite jealous when he heard the news, but Doheny spent a good part of the morning with Dr. Kruger, who is also quite lovely. Will he see her again? Enquiring minds want to know. O'Donnell quickly put the rumors to rest. "I've only been alone for 14 years now. I don't want to rush into anything like casual dating. Also, I don't expect the heavens to be in that alignment again until well into the next millennium." Meanwhile, he has been consulting with Sergy Bubka, and reports his PR is up to 12' 4".

MINUTES OF THE BI-MONTHLY MEETING OF WRC HELD FRIDAY, SEPT. 8TH, 1995

The Washington Running Club meeting for the month of September was held Friday, September 8 at the Kruger estate in Potomac. Present were Dr. Kruger, President Andrew Smythe, Vice-President Nancy Horan, Secretary James Scarborough, Treasurer John O'Donnell, Gerry Ives, Tom McCarthy, and prospective new member Tricia.

1. Tom McCarthy mentioned how he had been up to Long Island, NY for a wedding and got to see some of the US Open Tennis. Seats were about \$65 apiece. Not bad though to see Steffi Graf and Pete Sampras. Tris Kruger mentioned that he had sold a Redskins ticket once for \$25, that a scalper turned around and sold for \$40.

2. The addition to the Kruger estate (including the Garage Mahal) is almost finished on the outside. Lots of work still to be done inside. Tris commented on the increase in lumber prices since 1990. (Discussion about being safer in Potomac not hiring house painters but doing it yourself).

3. Gerry Ives got Nancy Horan to get out her list of dumb men jokes (obviously written by a woman in answer to the dumb blonde jokes).

4. Additionally, some actual discussion about running events and training. Tricia mentioned the great job they do at the Parkersburg Half Marathon.

5. Georgetown 10K. Rick Freedman of Colonial Running contacted Andy Smythe. We have been requested to once again help with packet pickup on Saturday, Oct. 7 and Sunday, Oct. 8. This is one of the club's primary revenue producing volunteer events. Andy, Nancy, John, and James agreed to call a few members each to volunteer. We will need a total of about 16 people. Gerry promised to run off a new membership list and send out to people (about 55 total names on list).

6. Upcoming Races. James Scarborough mentioned the usually busy DCRRRC schedule, which includes a Sickie Cell 5K/10K, a One Hour Track Run, the National Capital Twenty Miler, and a metric marathon he is directing. Unfortunately, there are

several other races scheduled the same day as the Twenty Miler, September 24. The MS Half Marathon is scheduled downtown, the Philadelphia Half Marathon is being held in Philadelphia, and a group in Potomac is putting on the Doug Wilson Thumbs Up 5K. There's also the Civil War Relay (118 miles) on Saturday, October 28. That is also the same day as the Potomac 5K (once again directed by Dr. Kruger, call 301-983-2283 for race information or to volunteer), and the Predicted Time Five Miler.

7. Awards. James Scarborough mentioned that the Alfred TomFelde Award has not been given this year. Andy and Nancy will come up with some nominees, and an award given in the near future. Among names suggested were Norm Brand and Sunny Clarke.

8. Recruiting. James Scarborough mentioned that many people call up club officers and want to know more about the club. Even after about 5-10 minutes on the phone with some of these folks, who may be good runners and fun people, we still don't see them at meetings, runs or races, and they don't join. The only information available to mail them specifically about WRC is the membership application with the Newsletter and a list of runs with points of contact. He suggested an information sheet explaining what WRC is about and why they should join. Andy agreed to write something.

9. John O'Donnell gave a Treasurer's Report. Since we have checks, we must still be in the black. Actually, we have about \$3,800 in the bank. John is once again running the Portland (Oregon) Marathon. No word yet on whether the winner has to replace Bob Packwood in the Senate.

10. Regional Running Business. Nobody knew when the next USAT&F meeting was scheduled. Alan Roth will be contacted.

11. Kudos to Gerry Ives on the September/October newsletter. Kudos also to him on his profile in the DCRRRC Review alongside a profile of Chuck Moeser.

12. Cal Ripken just broke the streak of 2,130 consecutive professional baseball games played. Does anyone know Ted Poulos' consecutive races run streak?

There being no further business, and the night being perfect weather with a full moon (and OJ's legal pad and the dumb men jokes being too funny), the meeting was adjourned. Next meeting will likely be at Andy Smythe's, for all veterans, and everybody else, on November 10. For hard-core professional race managers, that's right around the time of the Road Race Management Convention here in Washington.

James Scarborough, Secretary

JAMES SCARBOROUGH PRESENTS HIS VIEWS ON ROCKVILLE TWILIGHTER CANCELLATION

(Mr. Scarborough sent the WRC Newsletter a copy of the letter he submitted to the Running Journal.)

Mary Lou Day
Running Journal
PO Box 157, Greeneville, TN 37744

Dear Ms Day:

I could not help reading your coverage, in the September issue, of the July Rockville Twiligher 8K and the decision to degrade it to a "fun run." Rest assured that not everyone who was extremely displeased with the race management of that race for doing so was an elite runner. I am "middle of the pack" in terms of not winning any first place prizes, although at times during my career I have been no slouch either. I was quite dismayed at the decision and told the Rotary Club, and Montgomery County Road Runners so in no uncertain terms in a two-page letter.

I must point out certain things, published or not and agreed to by the reader or not. I would let the matter rest if I did not see any articles covering the might-have-been race. The elite runners did have cause to complain. They were the ones who lost out on some prizes. In addition, I think it bears repeating that the race directors knew that the conditions would cause them to make that call (which I still disagree the weather was extreme enough to justify) well in advance of the race. I think they were aware

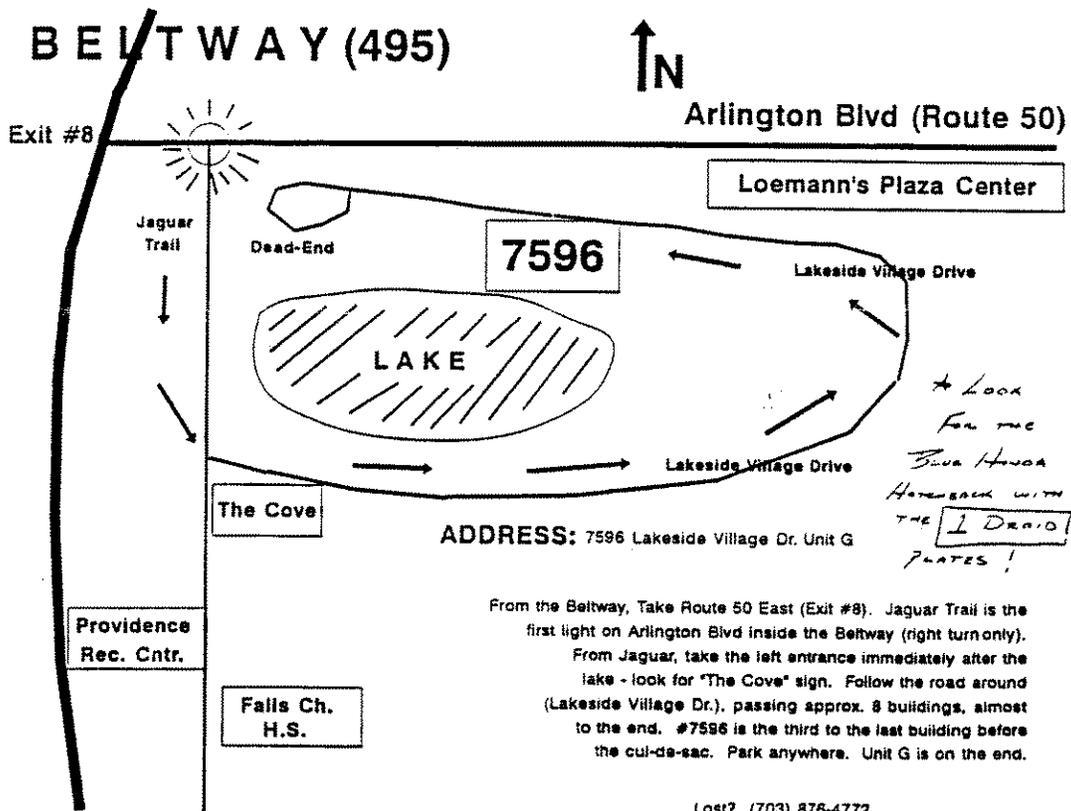
of it that morning. Therefore, over a thousand people who registered on-site should have been informed of that early in the registration process, rather than at 8:30pm, when they lined up for the 8:45pm start. They continued to take full payment, however. Lastly, as someone who wasn't going to win in their age group (and stood to benefit only from more random awards), I could care less that no results were published, if that was the decision. But at least give me a time, for pity's sake! That would, following the rather perverse logic of the race directors, allow me to slow down if I knew how fast I was going. I think it's the least we all deserved for our money. That's really what the bulk of us really pay for anyway. It isn't a T-shirt. Random prizes are nice, but we usually don't win them. Incidentally, the post-race party was not as good as it had been in recent years either.

I am not writing this to complain. I am merely attempting to set the record straight. I am afraid the media perception (that is, in the running press) is jumping to defend the management of the Twiligher and make it sound as if most runners were in agreement with them and should be grateful. That is not the case.

Thank you for taking the time to read a dissenting opinion.

Sincerely,
James Scarborough

cc: Kathy Friedman, Washington Running Report; Gerry Ives, WRC Newsletter.



From the Beltway, Take Route 50 East (Exit #8). Jaguar Trail is the first light on Arlington Blvd inside the Beltway (right turn only). From Jaguar, take the left entrance immediately after the lake - look for "The Cove" sign. Follow the road around (Lakeside Village Dr.), passing approx. 8 buildings, almost to the end. #7596 is the third to the last building before the cul-de-sac. Park anywhere. Unit G is on the end.

Lost? (703) 876-4772.

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Name _____ Date of Birth _____

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