

Washington Running Club ★ Newsletter

Volume 15, Number 2

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March/April 1996

APRIL MEETING TO BE ON A THURSDAY

The APRIL meeting will be held at Armand's Pizzeria, at 4231 Wisconsin Avenue, on THURSDAY, APRIL 11th, at 8:00 p.m. Note the day, it's THURSDAY, not Friday. The Club will donate \$100 toward the pizza and beer, any additional amount will be the responsibility of the attendees. We're hoping that the in-town venue and discounted dining will attract members who don't normally attend. Mark your calendars and get out and socialize. Any questions call Gerry Ives at 202-452-4242 during daytime hours.

1996 DUES DUE

If you haven't sent in your 1996 membership dues, please submit. If you've lost the renewal form, use the application printed on the last page of this newsletter.

PERFECT WEATHER FOR CHERRY BLOSSOM 10M; KENYAN MEN WIN, NESBIT WOMEN'S CHAMP

The weather for the 24th Nortel Cherry Blossom 10-Miler was almost perfect, and the men's times reflected the conditions, with the top eight finishers going under 48 minutes.

Lazarus Nyakeraka, the 20-year-old Kenyan who showed his speed with a 22:26 win at the Shamrock 8K, moved ahead of his countryman Joseph Kariuki just past the eight mile mark and took the win in 46:37, with Kariuki taking 2nd in 46:49. Johannes Mabitle of South Africa was third in 47:05.

The hard-luck story was Benson Masya. After being on top of the road racing world in 1994, Masya contracted malaria in 1995 and was finishing out of the money. However, an impressive 1:01:40 ½-marathon in Lisbon in early March indicated he was back in form. But this wasn't going to be Masya's day, as he tripped early in the race and injured his hip. Despite the injury he still hung on for a 4th place finish in 47:18. Another pre-race favorite, Mark Plaatjes, dropped out early in the race after running with the leaders.

Joan Nesbit, taking a break from the track, dominated the women's race almost from the start. Coming off of a tough race at the world cross-country championships in South Africa, where she was top American in 21st place, Nesbit took the win in 53:25, well ahead of Belgium's Lieve Selgers 2nd place time of 54:09. Lizanne Bussieres of Canada took 3rd in 54:43. Kim Jones, finishing in 4th place with a 55:08 time, indicated that she was saving a little for Boston. As two-time runner-up at Boston, Jones would like nothing better than to beat her 2:26:40 pr

and make up for her disappointing dnf at the women's marathon trials.

Steve Jones of Wales set a new world masters mark with his 48:26 11th place finish. Jones was well ahead of runners-up James Pryde and Chuck Moeser, who finished in 53:03 and 53:23 respectively. Rick Ventura, Kathy Merkel's brother, finished as 4th master in 53:35. Kathy matched her brother by finishing 4th in the women's masters division with a time of 63:53.

Mike Regan finished as top WRCCer in the race with a 52:44. Jon Gardner set a p.r. with a 55:05, followed closely by Tom McCarthy in 55:29. Roberto Rodriguez ran 57:50, followed by Billy Webster in 58:06 and Jack Pozo-Olano in a pr 58:08. Gerry Ives surprised himself with a 59:28, which was also a pr. Ed Doheny edged out Jay Wind, 61:32 to 61:42. Mark Doles cruised in at 64:24, and John O'Donnell came in in 66:04 and immediately announced his retirement (he's the only guy who's retired more than Frank Sinatra). We happen to know that O'Donnell has already bought his ticket to go to Northern Ireland to run in the Belfast marathon in May, so maybe what he was announcing was his retirement world tour.

The race was a comeback for John Betts, who suffered a heart attack before the Army 10-Miler last year and underwent bypass surgery. His goal was to finish the race, and he did. Way to go John!

The WRC women were led home by Bonnie Barnard-Lopez, who finished first among local women with a 59:41. Teren Block broke the tape in 62:12, and she was followed in by Kathy Merkel in 63:53.

Men: 1. Lazarus Nyakeraka, 46:37; 2. Joseph Kariuki, 46:49; 3. Johannes Mabitle, 47:05; 4. Benson Masya, 47:18; 5. Abderazzak Hald, 47:27; 6. Jan Huruk, 47:45; 7. Eddy Hellebuyck, 47:46; 8. Andre

Articles, results, and items of interest to the *Newsletter*, should be mailed to Gerry Ives, 4616 Laverock Pl., Washington, DC 20007

Ramos, 47:46; 9. Jimmy Muindi, 48:10; 10. Joel Onwoniga, 48:17; 11. Steve Jones, 48:26; 30. Mike Regan (WRC), 52:44; 31. Tom Bowmaster, 52:56; Chuck Moeser, 53:23; Rick Ventura, 53:35; Dan Murphy 54:26; Jim Witnah, 54:35; Jon Gardner (WRC), 55:05; Tom McCarthy (WRC), 55:29; Roberto Rodriguez (WRC), 57:50; Billy Webster (WRC), 55:06; Jack Pozo-Olano (WRC), 58:08; Gerry Ives (WRC), 59:28; Ed Doheny, 61:32; Jay Wind (WRC), 61:42; Mark Doles (WRC), 64:24; John O'Donnell (WRC), 66:04; John Betts (WRC), 97:00.

Women: 1. Joan Nesbit, 53:25; 2. Lieve Siegers, 54:09; 3. Lizanne Bussieres, 54:43; 4. Kim Jones, 55:08; 5. Lori Hewig, 55:12; 6. Lorraine Hochella, 55:55; 7. Debby Kilpatrick, 56:38; 8. Betsy Kemper, 56:40; 9. Wendy Llewellyn, 56:49; 10. Lisa Harvey, 57:02; 15. Bonnie Barnard-Lopez (WRC), 59:41; Teren Block (WRC), 62:12; Kathy Merkel (WRC), 63:12; Anita Freres, 65:09; Liz Scanlon, 66:44.

NOTES FROM THE PREZ

Greetings from the Oval Office. The New Hampshire campaign was tough, but once I got to Super Tuesday, I knew I had it won. Oh, President of the *Washington Running Club*, you said Tris? Gee, my mistake. Try to be a little more clear next time. I've been wondering why the press has been ignoring me and paying so much attention to Dole, Clinton and the others. I only said yes because I figured the White House would be a small improvement over Bisonland. And the current occupant is one of the few guys I can still beat. On a more serious note, I am pleased and humbled to take office. Having served as Treasurer, plus the fact that no one else wanted the job, makes me well qualified. I am pleased to have Nancy Horan and the ever willing James Scarborough on my team.

Washington Running Club

4616 Laverock Place, Washington, NW, DC 20007.

CLUB OFFICERS

President: John O'Donnell (202-625-1401)
Vice President: Nancy Horan (703-527-5854)
Secretary: James Scarborough (703-536-7764)
Treasurer: James Scarborough (703-536-7764)
Newsletter Editor: Gerry Ives (202-940-2379)

COMMITTEES

Legal: Chairs: Jim Hage, Jack Coffey
Membership: Chair: Suzy Coffey
Newsletter: Chair: Gerry Ives
Competition: Chairs: Jerry Merkel, Tom McCarthy
Social: Chair: Vacant

There is little doubt that this club, with its long and illustrious history, has fallen off in any number of ways in the past few years. This seems part of a broader trend some have identified as the end of the running boom. As President, I will make it my goal to shake off the cobwebs and get some vitality back. My first step will be to take stock of where we are currently. I see two positives: we have a good balance in the treasury, and the memberships continue to roll in each year. On the negative side: membership has fallen off to some extent, and most of those who continue to send in their dues each year are part of the "silent majority." They send in renewals, but are not heard from all year. As President, my objective will be to increase membership and get the members, both new and old, more active and involved.

As a first step, I plan to call those who are members and those lost sheep who have left the fold over the last couple of years. I will seek your input on what you think the Club is all about and what you want it to be. Your suggestions and enthusiasm have been welcome and helpful. In reviewing the Club membership roster, I am particularly struck by the graying of WRC. Again, I suspect this is part of a broader trend. I go to races these days and everybody looks just like me, which is to say—OLD. Call me nostalgic, but I remember back to 20 or even 10 years ago, when races were brimming with the young, the swift and the zany. If anyone knows where Generation X is, please let me know and tell me how I can get them in the Club.

Another objective will be to restore the Club to its prominence in the local racing scene. To this end, I am pleased to announce that the legendary Georgetown speedster, Mike Regan, has agreed to become Men's Team Race Coordinator. His duties will include organizing WRC Men's Team entries in races. Given his outstanding racing record over the past ten years, and his knowledge of the local racing scene and the players, he is an ideal person for this job, and I am pleased he accepted. He has already brought in a few new members, including Jack Pozo-Olano and John Gardner, who teamed with him to win the Open division in the George Washington Birthday Marathon Relay. Hopefully, this will start a trend.

For the time being, Mike will also serve as Women's Team Race Coordinator. It is my hope that this will be temporary. I think the unique talents, interest and running needs of our women members would best be served by having a woman in this position, and the Club is seeking a woman who is knowledgeable about the local racing scene, and preferably a fast runner herself, to serve in this position. Anyone interested?

It is my hope that as we increase our presence as a club a local races, we will gain increased visibility in the running community that will benefit the Club in any number of ways. For this reason, Mike and I are in the process of acquiring new team singlets. This

will be discussed further at the next meeting. When they are in stock, it will be expected that anyone running on a team entered by WRC, such as our teams in the GW Birthday Marathon, will be seen wearing the WRC uniforms. The exception will be, for obvious reasons, those few who have private agreements with sponsors such as shoe companies. And this time, we will have women's racing singlets as well as men's.

Next, Tris Kruger and Andy Smythe have been more than hospitable in offering their homes for Club meetings. I will be unable to continue this practice because I have only three chairs. In an effort to get a few more of you out, the Club will, from time to time, hold meetings at local establishments. The first such conclave will be held at Armand's, a spot many of us have gathered at over the years. The Club will pay the first \$100 of the bill. If it goes above that, the bill will be split by those in attendance. Should be a fun time and I look forward to seeing many of you there!

Finally, be assured that the Club picnic will return in 1996. This has traditionally been one of the few events that drew a large turnout, and it will be back.

Good luck to those of you running Boston. Again, I look forward to serving as President. I am interested in any ideas and suggestions. Please don't hesitate to call.

John O'Donnell.

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

Jim Hage put on another great performance at the San Diego Half-Marathon on January 21 with a 1:07:23 time. **Darrell General** turned in a very respectable 1:08:50.

And talking about great performances, **Sunny Clarke** blasted through the Shamrock 8K in 27:05, taking 6th place in the international-class field. Sunny said she felt comfortable with her pace throughout the race, starting easy and picking it up over the final two miles. There were two Americans in front of Sunny, **Cindi Girard** and **Roz Taylor**, one Kenyan, and two Russians.

Berni Flynn spent the weekend of March 9 & 10 racing, and came away with two wins. On Saturday, she won the DCRRC 12K at Burke Lake in a time of 51:41, well ahead of Hungarian runner Edith Burces' 53:00 time. And, on Sunday she took the top women's spot at the very hilly River Rumble ½-Marathon at Seneca in 1:33:21, more than two minutes ahead of rival Monika Bachman.

The St. Paddy's Day 10K was held on, you've guessed it, March 17th. Last year's race had to be canceled when it appeared that the cost of putting on the race would exceed the revenues, but this year they seem to have found a way to balance the budget (maybe Congress and the DC government could get some pointers). **Edmund Burke**, an Irish national, took the win in 30:52 with **Brian Erb** in second in

31:26 and WRC's **Mike Regan** in 3rd in 31:43. WRC's **Teren Block** took the women's title in 38:02, holding off **Megan Holder** who finished 2nd in 38:10 and **Anita Freres** in 3rd with 38:32. WRC's **Cathy Ventura-Merkel** ran a strong 39:17, finishing 8th overall and top woman master. **Chuck Moeser** ran 33:10 to take the male master's title.

The 24th running of the Nortel Cherry Blossom 10-Mile will be held March 31st, at 8 a.m. in West Potomac Park. Entries were closed by February 7th, the earliest that the 5,800 slots were filled since the field was expanded in 1994. Last year, Ismael Kirui and Rose Cheruiyot bettered the men's and women's world bests of 45:38 and 51:39, respectively. Both athletes may return this year. Nortel is returning for the sixth year as title sponsor, and on race day will present a check for \$35,500 to Children's Hospital. The race will pay out a record \$25,000 in prize money this year. For up-to-the-minute information about the race and volunteering please call the race hotline at 301-340-6699.

Former WRC member **Dennis Jett** has been appointed ambassador to Peru, according to the *Washington Post*. Dennis was formerly assigned to several diplomatic posts in Africa. I don't know how the running is down in Peru, the Shining Path Marathon seems to stick in my mind, but I'm sure Dennis will cope.

BETHESDA CHASE 20K AND 5K ALMOST AN ALL-WRC VICTORY

by George Banker

The weather in March in the Washington DC area can be unpredictable. And the 19th Annual Bethesda Chase 20K, and the 5K which is only in its 3rd year, didn't get clement weather they were hoping for. Instead, they had wind gusts of 20-30 mph, and temperatures in the middle 30s. The event is the early warning that the racing season has begun, and, especially this year, a Boston tune-up for many.

The demanding course reaches its apex at mile six, right after climbing the half-mile long Mormon Temple hill, the steepest hill on the course. Although the hills are spaced far enough apart to allow for some recovery, the course is a demanding test of your training schedule, and if you've been skimping on the hill training you'll find out quickly.

With the weather conditions on race day, the course records set back in 1985 by Patty McGovern (1:12:25) and David Shafer (1:03:55) were not in danger. But the field got out to a quick start, with the lead pack going through the first mile in 5:24, and WRC's Bonnie Barnard-Lopez taking an early lead over the women's field with a first mile in the 5:40s. The early lead pack of WRC's Mike Regan, Dan Murphy, Matthew Adams, WRCer Jon Gardner, and masters standout Paul Peterson was broken up by mile three, as Regan surged to the front and ran unchallenged for the win in 1:08:49. Adams nailed

down 2nd place with 1:10:39, holding off Ian Frink who took 3rd in 1:10:44. Gardner took 5th place in 1:11:08.

Barnard-Lopez demolished the women's field with her 1:16:41, taking the win for the second year in a row. Holding on for 2nd place was Denise Knickman in 1:20:00, with Fiona Branton in close pursuit taking 3rd in 1:20:11.

Finishing as top male master, and 5th overall, was Paul Peterson in 1:10:56. Peterson also won for the second consecutive year. In second place was John Ausherman, with a time of 1:12:49, followed by Nova's Steve Ward in 1:13:52. In 4th master's place was Patrick Jablonski with a 1:15:27, followed closely by WRC's Roberto Rodriguez in 1:15:41 (17th overall).

First woman's master was Linda Wack in 1:26:44 (6th overall), followed by Georgeanne Welde in 1:31:04, and Susan Humphries in 1:31:16. The 4th master, and first in the 50-54 age group, was Sharon Dolan in 1:35:47.

Other notables in the field included WRC's Jack Pozo-Olano in 24th place with a pr 1:16:35, Phil Stewart in 26th place with 1:17:15, Dave Asaki in 1:18:58, WRC'ers J. J. Wind and Dave Keating in 1:19:53 and 1:21:27 respectively, and Bob Platt in 1:31:34.

The 5K in its third year, experienced a slight increase in the field, despite the bad weather. When the winning times begin to drop it's an indication that the word is getting around and the big guns are coming to town.

Irishman Edmund Burke took the win in 16:15, and established a new event record by almost two minutes. Taking second was John Schleisinger in 16:50, followed by Chuck Moeser, who also nailed down top master spot, in 17:11. Moeser broke the event masters record by over four minutes.

Leading the women's race, and unchallenged throughout, was WRC speedster Sunny Clarke in a new event record time of 18:59. Second place was taken by Christina Peters in 25:34, with Johanna Lawler in 3rd in 26:53.

A runner true to the sport, Al Gutttag (aged 77), clocked 45:33. Al won his age group.

A low key race with all the right stuff. Make your plans for 1997.

Men—20K: 1. Mike Regan (WRC), 1:08:49; 2. Matthew Adams, 1:10:39; 3. Ian Fink, 1:10:44; 4. Paul Peterson, 1:10:56; 5. Jon Gardner, 1:11:08; 6. Aaron Walter, 1:11:26; 7. Dan Murphy, 1:11:38; 8. Steve Smith, 1:12:34; 9. John Ausherman, 1:12:49; 10. William Dye, 1:13:28; 11. Dan Wallace, 1:13:37; 12. Matt Pallo, 1:13:41; 13. Lorenz Studer, 1:13:43; 14. Steve Ward, 1:13:52; 15. Richard Kuehl, 1:14:02; 16. Patrick Jablonski, 1:15:27; ; 17. Roberto Rodriguez (WRC), 1:15:41; 18. Dave Bollinger, 1:15:53; 19. C. Martin Goode, 1:16:02; 20. Mark Drosky, 1:16:07; 24. Jack Pozo-Olano (WRC), 1:16:35; 26. Phil Stewart, 1:17:15; 38. Jay Wind (WRC), 1:19:53; 43. Vassili

Triantos, 1:20:58; 47. Dave Keating (WRC), 1:21:27; Bob Platt (WRC), 1:31:54.

Women—20K: 1. Bonnie Barnard-Lopez; 2. Denise Knickman, 1:20:00; 3. Fiona Branton, 1:20:11; 4. Hope Hall, 1:22:52; 5. Anita Freres, 1:24:04; 6. Linda Wack, 1:26:44; 7. Drew Woodrich, 1:27:33; 8. Kelly Barton, 1:27:42; 9. Nadine Taylor-Tolbert, 1:27:59; 10. Lorain Ross, 1:28:12; 27. Jeanne Grillo, 1:37:40; 35. Judy Flannery, 1:41:35.

Men—5K: 1. Edmund Burke, 16:15; 2. Jon Schleisinger, 16:50; 3. Chuck Moeser, 17:11; 4. Jeff Miner, 17:44; 5. Elimio Gomez, 17:47; 6. David Kent, 17:49; 7. Ted Poulos, 17:56; 8. David Webster, 18:19; 9. Eric Nawrocki, 18:43; 10. Michael McGraw, 19:33.

Women—5K: 1. Sunny Clarke (WRC), 18:59; 2. Christina Peters, 25:34; 3. Johanna Lawler, 26:53; 4. Janice Ward, 26:57; 5. Liz Hosford, 27:09.

U.S. OLYMPIC MARATHON TRIALS PROVIDE DRAMA AND EXCITEMENT

by Gerry Ives

Both the men's and women's marathon trials provided exciting television viewing, except for the 'up close and personal' cutouts from the race to inane bull about the 'chosen' runners (the 'chosen' were not necessarily the people who had a chance of winning, or even making the team). It was a disappointment not to see a same-day broadcast of the women's trials. But for most non-running viewers, even with a week's delay of the telecast, the winner was still a big surprise because it wasn't exactly deemed to be a front-page story by most newspapers.

Women's Trials

Saturday, February 10, 1996 saw "has-been" Jenny Spangler take the win at the Women's Olympic Marathon trials. Spangler, wearing number 61 indicating her pre-race seeding, took the lead early in the race, and by the seventh mile was forcing the pace on the hills, and thinning the early 40-woman lead pack down to Linda Somers, Ann Marie Lauck, Kristy Johnston, Lynn Nelson, Christine McNamara and Gwyn Coogan.

By the halfway mark Nelson and McNamara had fallen off the pace. Lauck and Somers broke away in pursuit of Spangler, but Lauck started to falter at mile 18. No one was close enough to take advantage of Lauck's temporary distress, and she managed to pull herself together. Somers closed on Spangler in the final mile, but fell short of the win by 12 seconds. Spangler's 2:29:54 was a 4-minute pr, and Somers had a pr by 3:31. Anne Marie Lauck (2:31:18) took third place, showing improved form allegedly from Alberto Salazar's coaching.

Spangler set her previous pr of 2:33:52, at the age of 19, at the 1983 Grandma's Marathon. However, a series of injuries sidetracked her career. Spangler quit competitive running from 1988 until 1992,

when she was motivated to give it another shot after watching the 1992 women's marathon trials.

Despite another series of injuries, Spangler stuck it out, and found a new coach (Willie Rios a 1968 Olympian for Puerto Rico with a 3:41 1,500 meter best). Spangler made a temporary move from Chicago to Santa Monica in December (that seems to be the an easy decision to make) to train with the Santa Monica Track Club and coach Joe Douglas, a friend and former training partner of Rios. Carl Lewis helped pick up the expenses for Spangler's and Rios' trip and accommodations.

WRC's Bonnie Barnard-Lopez registered a 2:49:38 time for 69th place. Bonnie ran a 2:40 qualifier, but this just wasn't her day. Two former WRCers also ran in the trials: Mary Alico taking 45th in 2:45:30, and Jill Hargis taking 118th in 3:00:34. Another participant, a Sunday run groupie while attending a summer session at Georgetown University, was Shauna Whitmer of Portland, Oregon, holding down 52nd place in 2:46:29.

Men's Trials

On Sunday, February 17, 1996, Bob Kempainen, wearing his guts on his sleeve, won \$100,000 when he knocked off the best marathoners in the U.S. with a 2:12:45 performance.

Paul Zimmerman tried to steal the race with an opening 4:49 mile, but this wasn't an ordinary marathon, too much depth in the men's field for those tactics. Zimmerman was reeled in at 15, and reeled out at 20. Other notables in the dnf column included: Mark Plaatjes (inflamed pubic bone); Arturo Barrios (torn calf muscle); and ex-WRCer Steve Spence (leg cramps).

Kempainen took the lead at 19 with Mark Coogan and Keith Brantly on his heels. Kempainen tried to drop Coogan and Brantly with a 4:42 23rd mile, knowing that he couldn't match finishing sprints with either of them. Slowing to a 5:13 pace in mile 24, Kempainen looked as if he might concede the lead to Brantly. Then Kempainen displayed his guts, or at least the contents thereof, to the world. Throwing up with an incredible display of force, a performance that brought the cheering audience to its feet during a post-race video viewing by race participants, Kempainen pulled away from Coogan and Brantly to take the win.

Our own Jim Hage turned in a 2:22:16 performance for 37th place, which was a disappointment for him. Of course, most people would brag about a 2:22 marathon for the rest of their lives. Hage said that the race organizers gave them first class treatment, and I'm sure he picked up some material for his newsletter.

Women: 1. Jenny Spangler, 2:29:54; 2. Linda Somers, 2:30:06; 3. Anne Marie Lauck, 2:31:18; Gwynn Coogan, 2:33:51; 5. Kristy Johnston, 2:34:21; 6. Debbi Kilpatrick-Morris, 2:34:52; 7. Jeanne Peterson, 2:35:19; 8. Elaine Van Blunk, 2:35:31; 9. Lynn

Nelson, 2:35:34; 10. Lisa Knoblich, 2:36:05; 13. Joan Samuelson, 2:36:54; 15. Lorraine Hochella, 2:38:21; 45. Mary Alico, 2:45:30; 52. Shauna Whitmer, 2:46:29; 55. Stacey Nicholson, 2:46:58; 69. Bonnie Barnard-Lopez (WRC), 2:49:38; 80. Leslie Fedon-Willis, 2:51:38; 99. Claudia Kasen, 2:56:09; 118. Jill Hargis, 3:00:34.

Men: 1. Bob Kempainen, 2:12:45; 2. Mark Coogan, 2:13:05; 3. Keith Brantly, 2:13:22; 4. Steve Plasencia; 5. Marco Ochoa, 2:14:22; 6. Keith Dowling, 2:14:30; 7. Dan Held, 2:14:53; 8. Jon Warren, 2:15:59; 9. Jeff Jacobs, 2:16:13; 10. David Morris, 2:16:20; 11. Terrence Hahon, 2:16:28; 12. Darrell General, 2:16:30; 13. Ashley Johnson, 2:16:39; 14. Craig Woshner, 2:16:41; 15. Ed Eyestone, 2:16:51; 16. Budd Coates, 2:17:26; 37. Jim Hage (WRC), 2:22:16; 42. Earl Stoner, 2:22:45; 61. Mike Dudley, 2:27:32; 69. Bob Stolz, 2:30:02; 70. Michael Harrison, 2:30:38.

LETTERS TO THE CLUB AND THE NEWSLETTER EDITOR

11 January 1996

Dear WRC Newsletter:

I was running tonight over by O'Connell High School, through the mixture of snow, ice, and slush, with understandably narrow streets. I have been grateful if, for nothing else, that during this snow-bound era there has been relatively little traffic to contend with, and what there is moves slowly. Then up behind me comes this guy in a Volvo, or similar compact foreign-type car. Not only does he honk, which I take as the universal symbol to move over, which I do, but says "excuse me". Then, however, he ruins it, not with an uneducated or crude epithet, but with the following put-down: "you know, I'm a runner too, but this isn't too smart". Well, excuse me. That I responded, by now out of his earshot was: "well, neither is trying to run people off the road". Not that he did, but his verbal antics showed a distinctly holier-than-thou attitude. There are other ways I could have responded, such as: (a) well, fine, then you understand perfectly what I'm doing, and I understand perfectly that I had to move over, so I did, so what's your problem? or, (b) since you don't seem to think I should be out running, maybe I don't think you should be out driving—what's not fit conditions for one may not be fit conditions for the other, or (c) (to paraphrase the "if you don't like the way I drive, stay off the sidewalk" bumper sticker) if you don't like the way I run, stay out of the middle of the road. Anyway, this probably reflects some of the snow stories you all have running by now. It would be pretty if it wasn't such a pain in the butt. But why do some people try to make you out to be a fanatic just because you're doing the best you can under the conditions?—
James Scarborough

(Did you get a good look at the guy . . . big, tall guy

with blond hair and a beard. I happen to know Jerry Merkel drives a Volvo . . . nah! he wouldn't have said anything, he'd just run you down and keep on going.—Editor)

Dear WRC Newsletter:

We are in the middle of helping William Covington attain his goal in running in Atlanta [the Paralympic Games marathon]. We know the running community of Washington wants one of its own to represent our City and our running community.

I would deeply appreciate any help you and your members could put forth. . . . Maybe you could put . . . information in your newsletter.

William not only needs financial help, but people to run with him.

Thanks for your help.—*Phil Fenty*

(Phil Fenty, of Fleet Feet Sports at 1840 Columbia Road, is a long-time participant, supporter, and patron of running in our area. Phil is helping William Covington, DC resident and America's top blind marathoner, raise money to attend the Paralympic Games in Atlanta, August 12-16, and to help defray the expenses William has incurred in running the LA Marathon to qualify for the Games. William ran 3:26 at Marine Corps last October. If you can make a contribution, send the check (made payable to D.C. Harriers) to: William Covington, #308, 2630 Adams Mill Rd., Washington, DC 20009. And don't forget, if you can't help financially, you can call William at 202-483-5683 to volunteer to run as his guide during training. All paces are welcome.—Editor)

Dear WRC:

The RRCA recently announced the creation of its "Roads Scholar" program to assist and develop American male and female long distance road runners and I have offered to aid in the initial fundraising effort. The program, headed up by Don Kardong, is aimed at runners who, while struggling financially, show great promise to develop into accomplished national and world class athletes. The target group is post collegiate racers.

As now planned, qualifying American athletes will be awarded cash stipends to help meet their basic financial needs. Priority will be given to those who have shown a willingness to compete on the roads against the best athletes in the world.

Our timetable has distribution of application materials beginning in early 1996 so the first grants can be made in mid 1996. But in order to do this we need your help in fund-raising.

Our initial goal is \$30,000 for the 1996 program. We have raised \$12,000 toward our \$30,000 goal but much more is needed.

We are seeking contributions from races, individuals, corporations, and clubs like yours. A donation of \$100, \$250, \$500 or \$1,000 would be most welcome and help make a large dent in our goal. Of

course any amount is welcome and we hope you can contribute.

Time is short so I hope you will consider this soon. We hope to have the bulk of the money in hand by year end. Checks should be made payable to RRCA and sent c/o Jeff Darman, 2300 Ninth Street South, #300B, Arlington, VA 22204.

Don, the RRCA and I thank you for your past and future support.—*Jeff Darman*

WRC OLYMPIC MARATHON TRIALS PARTICIPANTS THANK CLUB

(We received the following letters from Olympic Trials Qualifiers Bonnie Barnard-Lopez, and Jim Hage).

Dear Gerry,

Many thanks to you and all the Washington Running Club members for sending me \$50 for expenses during the Trials. The check was once again, a reminder of the kind and generous support I have received from the club since you encouraged me to join two years ago.

I'll never forget the kind and thoughtful donation the Club made to Iona Senior Services in honor of my mother last may.

Please extend to others my sincere appreciation. Many thanks to you Gerry for your kind phone calls and support over the past two years.

Sincerely, *Bonnie Lopez*

P.S. Just hope that next time my performance at an out of town race will be worthy of all the support the club has given me.

Dear WRC,

Thank you for the check to help with my expenses at the Olympic Trials. I'm particularly touched that the club saw fit to issue the check—dated after the race—despite my sorry performance in Charlotte.

Of course, while the money is nice, especially given that I earned not a penny there, the encouragement and support the club has given to me over the past 13 years is something I'll always value.

Thanks again. I'll see you on the roads.

Sincerely, *Jim Hage*.

ALL WRC TEAMS FINISH IN THE MONEY AT GREENBELT

by James Scarborough

Despite a substantial snowfall on Friday, February 16, the conditions were favorable for a comfortable day in Greenbelt, running through the streets alongside the snow-covered fields of the Agricultural Center. The race start was moved to Northway Road in Greenbelt, just across the street from Braden Field, with the staging area at the Greenbelt Recreation Center. Marathon participants found themselves

with the usual slow and hilly course, hampered only slightly by a headwind on the "back nine" (9K that is). Relay participants found themselves with changed distances to run—approximately 9.4, 7.3, and 9.5 miles, respectively. All exchanges were made at the old Log Cabin. George Banker and Company (Roger Peet, Al Naylor, etc.) set up shop at this historic venue, accompanied by the sounds of Pink Floyd.

WRC finished in the money with all five teams and all three categories we were entered in.

First Open Men—The Dream Team—Mike Regan, Jack Pozo-Olano, and Jon Gardner in (a blazing) 2:31:09.

First Masters Men—The Bobs and Bytes—Jacob Wind (the bytes), Robert Trost, and Robert Rodriguez, in 2:49:38.

Second Master Men—The Northwesters (everybody lives in NW DC, or in the case of Gerry Ives will after February 28th)—Gerry Ives, Ed Doheny, and John O'Donnell, in 2:56:54.

Second Co-Ed—originally called the Pep Boys, this team became a co-ed when Kathy Ventura-Merkel joined it—Jerry Merkel, Kathy Ventura-Merkel, and Jon Thoren, in 2:51:37.

Third Co-Ed—The Best of the Rest—Bonnie Barnard-Lopez, Berni Flynn, and James Scarborough, in 3:03:28.

The first Co-ed team featured Ted Poulos running the first two loops and finished in 2:45:35.

The marathon was won by Tim Dunlap of Lancaster, PA in 2:43:25; he was followed by the first master, Mike Cleveland of Centerville in 2:44:50. First woman was Leann Myhre of Washington DC in 3:25:54.

MINUTES OF WRC SPECIAL MEETING HELD FEBRUARY 18, 1996

The meeting was held following the finish of the Marathon Relay on Sunday, February 18 at about 2pm. Present were John O'Donnell, Nancy Horan, James Scarborough, Gerry Ives, Tris Kruger, Jon Thoren, Mike Regan, Bob Platt, Jack Pozo-Olano, and Jon Gardner.

1. First order of business was the Election of Officers. Floor was opened for additional nominations, specifically for Secretary. There were no additional nominations. It was moved to approve the nominees by acclamation. New President will be John O'Donnell, continuing as Vice-President Nancy Horan, continuing as Secretary James Scarborough, and new Treasurer James Scarborough.

2. Thanks were extended to Andy Smythe for his two years service as President.

3. Mike Regan was named coordinator for team races. We are looking for a woman to become a coordinator for women's teams, which would leave Mike responsible for men's teams, with co-ed teams by a joint resolution.

4. John O'Donnell moved that we purchase new uniforms. Mike Regan had some ideas about sources, such as Race Ready. Nancy Horan mentioned that our current team singlets weren't exactly designed for women.

5. It was moved that the Club donate \$300 to the C&O Canal Towpath restoration fund, to repair the recent flooding damage.

6. Jacob Wind, with Bob Platt's concurrence, has been negotiating a fundraiser race for the Towpath, to be put on by DCRRC. Distance will be 5K and date will be Saturday, April 20th. Course will probably be at Georgetown Waterfront, although approval for a course has not yet been obtained. DCRRC is looking for volunteers from all area clubs who are interested. Potential volunteers should contact Jacob Wind.

7. Tris Kruger and Bob Platt agreed to negotiate a financial arrangement between WRC and DCRRC for working on the Potomac 5K in October, a DCRRC schedule race this year. The course has never been certified, and Bob Thurston will be contacted to certify the course.

8. Kudos were also extended to our recent Olympic Trials Marathon participants, even though they finished out of the money. Jim Hage finished 22nd in Charlotte on February 17, and Bonnie Barnard-Lopez finished 69th in Columbia on February 10. It was approved to pay them each \$50 to help cover expenses. Way to go, Jim and Bonnie!

9. George Banker has proposed a regional race championship series in the greater metro area, with several clubs (MCRRC, DCRRC, Potomac Valley, Reston Runners, etc.) hosting a race on their "home turf" as part of their schedule. Don't know what will come of this, but it comes on the eve of the annual Ten Mile Club Team Challenge in Columbia, which Howard County Striders (the home club) seems to win every year.

10. Anybody who would like to carpool to Boston, or carpool to and from the race once they get there, please contact James Scarborough at 703-536-7764. The closest hotels are about 30 miles outside the city.

There being no further business, meeting was adjourned. The next meeting will be Friday, April 12, at a location TBD. *James Scarborough, Secretary*

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$12 Individual Membership

\$15 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, 4616 Laverock Place, Washington, DC 20007

If you need more information contact Gerry Ives at (202) 944-2379