
Washington Running Club



The DECEMBER meeting will be held at Pizzeria Uno at 3501 Connecticut Avenue in D.C., on THURSDAY, 19 DECEMBER, starting at 7:00 pm. NOMINATIONS FOR OFFICERS will be taken at this meeting. The Club will pay for the first \$100 of the total check and the balance, if any, will be split among the attendees. Pizzeria Uno is located near the intersection of Connecticut and Porter on the right hand side coming from Downtown. If you get lost call 202-966-3225 (that's Uno's number).

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

Anita Freres is alive and well and sends her regards from Israel. She is running again, and has been doing some sightseeing.

The Philadelphia Marathon was the scene for a breakthrough by two of our members. **Jon Gardner** whipped through the course in 2:35, and **Jack Pozo-Olano** turned in a 2:49 time. The times were a p.r. for both runners.

The DCRRC Annual Bread Run, held at Glen Echo Amusement Park on Sunday, December 8th, featured an out-and-back course instead of the usual loop. The course change was made because of storm damage to the C&O Canal towpath at Brookmont. The race also featured co-race director **Bob Thurston** hobbling around using a walking stick. Bob

was suffering from a plantar fascia strain. **Delabian Thurston**, co-director, easily took up the slack to pull off another successful Bread Run.

The Washington Running Club was thanked for their contribution to the successful running of the Potomac 5K in a letter to the *Potomac Almanac* newspaper written by race director **Tris Kruger**. This year's race was a fundraiser for the restoration of the C&O Canal, and contributed over \$1,000 to that worthy objective.

Jim Hage picked up a pair of airline tickets on USAir to anywhere in the Continental U.S. when he cruised to an easy win at the Reach Out to a Child 5K on Sunday, September 8, at Hains Point. Jim's 15:26 effort was comfortably ahead of the second place **Matt Dean** who finished in 16:06. WRC's **Cathy Merkel** nailed down the top female master position with a third place overall 19:05 effort.

The race director of Grandma's Marathon notified the USAT&F Executive Director, **Ollan Cassell**, that **Patrick Jablonski**, a masters runner from Alexandria and a DCRRC member, was disqualified from the June 22 Grandma's Marathon. After apparently running a 2:27 marathon, which would have earned him second place in the masters field, a protest was filed by **Doug Kurtis**. A review of the videotapes and photographs of the race convinced race officials that Jablonski did not start the race with the other runners and apparently jumped into the race later. Jablonski was said to have admitted his guilt over the phone. Jablonski's 2:31 1st place masters finish at Pittsburgh, where he collected \$1,250, is now also being questioned.

Don't forget that membership renewals are due by January 31st. You can help save the Club from mailing a renewal notice, and keep us solvent for another year, by mailing your renewal to **Gerry Ives**. The membership is still \$12 for an individual and \$15 for a family.

Susan Kolp sent the following letter to the Newsletter: Dear WRC Friends, Thank you to each one of you who has provided me with support since the death of my brother Michael. I have greatly appreciated every gesture, small and large, and each friendship. To those of you who expressed your regrets, who attended the memorial celebration, who ran with me, who provided an ear, patience and a friendship, it is all very meaningful to me. You made the past few months a little more bearable. Thank you very much. Sincerely, Susan Kolp.

Articles, results, and items of interest to the Newsletter, should be mailed to Gerry Ives, 4616 Laverock Place, N.W., Washington, D.C. 20007-2544. Telephone: 202-944-2379.

A FEW WORDS FROM THE PREZ . . .

Those that can't do . . . watch. And in my present condition, I clearly can't do, so in the autumn of the year, and the autumn of my competitive career (some would say the autumn was around 1989 and I'm in the dead of winter) I have spent much time spectating. My first trip to the roads was on the last Sunday in September in Portland, Oregon. My friend Bennett woke me early and we went down the hill to watch at a hairpin turn about the three mile mark. The race started at 7:00 AM and it was still barely light out. I tried to enlist Bennett's support in getting a two person wave cheer going, but he would have none of it. My one-man wave was, to put it mildly, unlikely to catch on as a sports fad. Having run this race so many times in the past, it seemed strange to be enjoying breakfast when I would ordinarily be at the ten mile mark. I was later asked if I regretted being on the sidelines. I regretted not being fit. As I watched the first few hundred go by, and I remembered days when I was more competitive, I wanted to be part of it. When I saw others struggling this early on, I was glad to be on the sidelines.

Next on my list was our hometown Marine Corps Marathon. I positioned myself just past the 9 mile mark, about a mile from Bisonland, looking for Deane Burke, Jon Thoren, and a woman I had met recently. It was a rather warm morning, and I had water bottles at the ready, Gatorade for Thoren. A good crowd was on hand, and I played a key role in the outcome of the race. The leader, even at the nine mile mark, appeared to have an insurmountable lead but was clearly headed for trouble until I gallantly jumped off the curb, bottle in hand, and replenished him. Burke went by in fine form. So did Thoren, whose mysterious DNF, for those who have been accusing me, had nothing to do with the drink I gave him. I Never did spot the women.

The final marathon on my fall circuit was New York, where I spent the weekend with an old college chum and his gracious wife. We took the train in from Westchester Sunday morning and positioned ourselves roadside at the 17 mile mark. Steve wondered why there were so few fans out and we checked the paper and discovered we had the starting time of the race wrong. I suggested we go into an open bar across the street to watch television, but they are Starbucks. Starbucks has coffee, latte, mocha, double tall this, decaf that, but they have no television. When the big boys finally came by, it was one impressive sight: the major in the lead car, press vehicle, more cops than you can count, and finally--the greatest athletes in the world. They looked magnificent: strong, fit, graceful, full of competitive fire, and yet oddly vulnerable.

I came with my water bottles but it took me a while to divest myself of them. It was a cool day, and because the cops were everywhere, it was impossible to get out on the road. I leaned out over the barriers and eventually had some takers. We zipped cross town on foot to about the 25 mile mark, where Lauren and Steve were introduced to one of the more glamorous aspects of the sport. A guy in the top 50 left his

breakfast in Central Park. Once lightened he was back on the road and bound for the finish line. Meanwhile the women's race had heated up. The top three were within about 30 seconds of each other and the order changed in the last mile. We had an enjoyable lunch at New York City prices and caught the train back to New York.

As enjoyable as these races were to watch, the highlight of the Fall season was a trip to the Georgetown Prep Invitational in October. I attended with Bill O'Brian and his wife. Bill and I ran together in high school in Buffalo, and much to Bill's delight, his son Adam has taken up the sport as a freshman for Yorktown. You attend an event like this and realize this is where the sport begins. Bill and I were filled with memories of our schoolboy days at events just like this one. Some things never change; on fall Saturdays, kids still come out to race in the mud. Some things do change; now there are girls as well as boys. And some things are completely incomprehensible; the Yorktown varsity girls team was decimated by an outbreak of vanity. Five of the top seven were at the beauty parlor getting worked on for the homecoming dance. Young Adam shows promise. May he grow to be half the man his father is.

But before we start a new calendar, I have to get off the sidelines one more time. I'll be in Buffalo on Thanksgiving, and Thanksgiving in Buffalo means two things, neither of which is football. In Buffalo it's turkey and racing (three things if you count beer drinking.) It's Turkey Trot time, and ready or not, I'm in. 1997 will mark the thirty years since I first ran this race, the oldest continuously run race in America. I ran this race for the first time when I was Adam's age, back before there were Nikes, Gortex, and walkmans. My sister Kate will be making her turkey trot debut days after her 46th birthday. Whatever I may have lost over the years, I intend to be family champion.

Hope to see you all at Pizzeria Uno's on the 19th.

John O'Donnell, President

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD OCTOBER 1996

The meeting was held in the Winter Palace at Dr. Tris Kruger's house in Potomac, MD. Present were Kruger, VP Nancy Horan, President John O'Donnell, Secretary/Treasurer James Scarborough, Gerry Ives, Norm Brand, Robert Platt, and a new member Kathy Shearin.

1. Nancy Horan announced that the MCRRC Runfest 5K and 10K will be held in Rockville (near Montgomery College, similar course to the Twilighter 8K) on Sunday, 20 October at 0830.

2. Tris Kruger reminded everyone to help with the Potomac 5K on Saturday, 26 October. The race starts at 0900, and he would like everyone there by 0800. He asked James Scarborough to measure the course on a bicycle. Bob Thurston could then certify in the future.

3. Kathy Shearin expressed some interest in women's teams for races. John O'Donnell said that he would talk to Susan Kolp about upcoming races which would take women's team competition. Nancy suggested the Georgetown Day School 5K on Sunday, 3 November.

4. James Scarborough circulated a list of the group runs we have had appearing in the newsletter. The list needs to be updated. John appointed Gerry and James to check the list and change runs and points of contact.

5. John thanked everyone who helped with the Georgetown 10K on October 5 and 6. We will be receiving approximately \$430 from Capitol Running Company for our efforts.

6. At the August meeting Alan Roth mentioned that a free-of-charge website which is available through USAT&F. John has asked Dave Keating to call Alan about getting the website set up.

7. John reported on an article from The Washington Post on a recent incident at Springarn High School in the District. The school could not effectively run a cross-country race because it could not get security personnel to help. John wrote a letter to the Athletic Director stating that the club would offer a few volunteers for a cross-country race to prevent this sort of thing from happening in the future.

Thereupon the meeting adjourned, so that everyone could go out into the crisp fall evening, with leaves falling, marshmallows roasting, and frost forming, and the Orioles at home and on the tube.

Next meeting in December (our last before Christmas) will include nominations for officers for 1997, and will probably take place at a Pizza joint in Washington, D.C.

James Scarborough, Secretary-Treasurer

LOTWIS AND KELLEY LEAD THE VIETNAM VETERANS MEMORIAL 10K

By George Banker

The 4th Annual Vietnam Veterans Memorial 10K was held on Sunday, November 10, 1996 under sunny skies. The wind was as flat as the course in West and East Potomac Park in Washington, D.C.

A pack of six runners took the lead, but the pack had been quickly cut down to two contenders, Robert Lotwis and Dave McCormick, as they opened with a 4:48 mile. The next mile went by with a split of 5:02 (9:50 elapsed) as McCormick kept tucked in behind Lotwis. The pace seemingly slowed to 5:15 by mile three (15:05 elapsed), but the mile marker seems to have been a little off, and McCormick showed signs of wearing down. At the tip of Hains Point, Lotwis made a move that McCormick couldn't match, and opened a small lead that steadily increased as Lotwis went through mile four in 4:46

(elapsed 19:51)--this mile may have been a little short. Lotwis cruised the fifth mile in 5:04, then switched gears for a 4:50 sixth mile and crossed the finish line in 31:04. McCormick finished 29 seconds in arrears in 31:33.

McCormick's time was just ten seconds off of Darrell General's event record of 29:53, set in 1993. General is the only person who has cracked 30:00 in this event.

Louise Mallet Kelley took the win in the women's race with a strong 35:35 finish, holding off challenger Caryn Landau's time of 35:41. Third place was taken by Martha Orem Merz in 36:26.

WRC's Teren Block, held off fast charging Jen Stearns and Patti Shull for fifth place, with Teren clocking 37:31, Jen 37:32, and Patti 37:33--you can't get much closer than that.

Steve Ward had a breakthrough race with a pr 33:23, taking second place in a tough 40-44 age group. And Gerry Ives lucked out in the 55-59 grouping by edging Fay Bradley, 37:01 to 37:19, after Fay showed up late for the start.

WRC's Cathy Ventura-Merkel was handed a rare defeat by Linda Wack in the women's masters grouping, with Linda edging Cathy 37:51 to 38:25.

The Newsletter Editor expresses his regrets that he didn't do a very good job in covering the Marine Corps Marathon. However, that being said, he did note that **John Betts** successfully completed said marathon, time not important, as his first marathon since his heart attack and by-pass surgery just over a year ago. Way to go John!

Washington Running Club

4616 Laverock Place, NW, Washington, DC 20007-2544

CLUB OFFICERS:

President: John O'Donnell, 202-625-1401

Vice President: Nancy Horan, 301-983-2283

Secretary-Treasurer: James Scarborough, 703-536-7764

Newsletter Editor: Gerry Ives, 202-944-2379

COMMITTEES:

Legal: Chairs--Jim Hage, Jack Coffey

Membership: John O'Donnell

Teams: Susan Kolp, Mike Regan

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

**WASHINGTON RUNNING CLUB
INCOME STATEMENT
for period
1 January 1996 thru 30 September 1996**

INCOME	
Individual Memberships	\$552.50
Family Memberships	\$120.00
Donations	\$0.00
Uniform Sales	\$162.00
Other	\$8.33
Interest	\$45.23
TOTAL INCOME	\$908.06
EXPENSES	
Newsletter Mailing	\$100.00
Newsletter Printing	\$232.32
Other Printing/Postal	\$0.00
Meetings	\$149.39
Social	\$0.00
Team Competition	\$528.00
Individual Competition	\$100.00
USAT&F Dues/Insurance	\$0.00
Registration Fees - DC	\$25.00
Awards/Trophies	\$16.02
Equipment Expense	\$0.00
Clothing/Uniforms (Purchase)	\$519.75
Donations	\$300.00
Other	\$0.00
TOTAL EXPENSES	\$1,966.46
NET INCOME	(\$1,062.42)

**CHECKBOOK SUMMARY
for period
1 January 1996 thru 30 September 1996**

Beginning Balance 1 January 1996	\$3,280.00
Add Deposits and Interest	\$908.06
Less Checks Written	\$1,968.48
Add One-Time Adjustment	\$601.00
Ending Balance 31 May 1996	\$2,518.56
James Scarborough, Treasurer October 11, 1996	