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# Washington Running Club



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The FEBRUARY meeting will be held after the G.W. Birthday Marathon Relay on SUNDAY, 16 FEBRUARY at Greenbelt, Md. Show up to run on our teams, or just to cheer everyone on--or to attend the meeting if you don't have anything better to do.

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

**Jeff Darman** has been named Senior Marketing and Promotions Director for *Running Times*. Jeff will continue as President of Darman and Associates, a sports marketing and public relations firm in Arlington, VA.

**Bill Rodgers**, the four-time winner of the Nortel Cherry Blossom 10-Mile Run, will be back in Washington for the 25th anniversary of the nation's most prestigious 10 mile road race on Sunday, April 13, 1997. Event director **Phil Stewart** announced that 30,000 race applications have been mailed. If you've been missed you can request an entry by sending a self-addressed, stamped envelope to Nortel Cherry Blossom, PO Box 884, Middletown, MD 21769. Entries are limited to the first 5,800 applicants. Joining the title sponsor Nortel are supporting sponsors Gatorade, PowerBar, Fleet Feet Sports of Washington, DC, Falls Church, and Springfield, and Sports Focus magazine. Volunteers may call the hotline at 301-340-6699 for information on how to participate.

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.

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

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## A FEW WORDS FROM THE PREZ . . .

I had a good Christmas in Buffalo--where else would anyone want to be in late December? There were two minor disappointments over the holiday season: the Bills inexplicably went down to defeat in the first round of the playoffs, and I thought sure someone would get me that new Oprah Winfrey book on fitness. I saw dozens of them stacked up at a bookstore, and after witnessing her performance at Marine Corps a few years back, I figure she had much good counsel to offer. Remember, a king wants to be loved by his subjects. I am the king, you are my subjects. This year, I will buy Oprah's book myself, but try to remember next Christmas. In fact, if you really love me it's not too early to start thinking about it now.

My friend Bennett is in town from Portland, Oregon, and we went to see Prefontaine last night. I was somewhat disappointed because I expected more than I had any right to expect. I had been told there was authentic race footage and that the general public might not appreciate it because it was too directed at running, references to 400 meter splits and so forth. This, of course, piqued my interest. The actual race footage was cut down to second and the references to the fine points of competition were relatively rare.

Visually, the movie fails on several counts. First, like all movies about great runners, we have actors doing race scenes and they can't pull it off. You can't give an actor a few lessons on how to run like a 27:43 10,000 meter runner. In acted races, they always look like they are sprinting, or almost like they are playing tag. Second, the movie fails to capture what the life of a world class distance runner living in Eugene is all about. Time is spent on the trails, up in the hills, among the pine trees, in gentle rain. This has the potential to be visually beautiful on film, but here was none of it. Bennett pointed out that although most of the movies was set in Eugene, it never rained!

To fully understand Prefontaine, you have to understand a time and a place. I was fortunate to have lived in Portland for four years in the early 80s and we often took the two hour drive down to Eugene to see track meets. Eugene is unique among American cities in that track and field is considered a major sport, and its athletes are revered. On the University of Oregon campus, there stands Hayward Field, an old wooden

stadium utilized exclusively for track and field. The football stadium is way off campus. In the spring, the Ducks would have dual meets with Washington State or UCLA and the place would be packed. It would be front page news in the sports pages the next day. You could go out for pizza or beer and hear people talking about the meet.

The Ducks of that time featured Albert Salazar, Rudy Chapa, steeplechaser Ken Martin, and the Crouser brothers who threw weights. By the time Salazar was a red shirt senior, he had already won the New York city marathon once. The crowd would start up as soon as he stepped on the track. As the ace got underway, the rhythmic clapping, the pounding feet in those old wooden stands, would build as the race progressed. The victory was considered a mandatory recognition of the fans.

As exciting as all this was, I am told it paled by comparison with the love affair between the Hayward faithful and Pre. Pre owned the stadium. He never lost there and the fans loved him. He was the most charismatic runner of his time and perhaps of any other time as well. You don't get a good sense of this from the film. If anything, the affection, the legend, grew after his death. It was not uncommon, years after his death, to see flowers placed at the spot where he flipped his car in that fatal crash.

We are here given a one dimensional, somewhat sanitized version of Pre. We see an attempt to show the fiery competitor Pre and he was every bit of that. We don't see the Pre you heard takes about after his death: the party boy, the women chaser, the man of legendary training sessions. The movie has him sipping something that appears to be a soft drink the night he crashed. In fact, his blood alcohol level was over the legal limit.

But by all means go see it. See it because it has Mac Wilkens, a real man, and not Arnold or Jean Claude. See it because it is the only movie you will ever see where the names David Bedford, Gerry Lindgren, Gary Bjorklund, or Ian Stewart are ever mentioned. See it because for the briefest of moments, you get to see real footage of Lasse Viren... Just do not expect too much. I would have preferred to see Pre and Lindgren hooking up in the PAC 8 cross country championship in a classic race at Stanford. I would have preferred to see more of Viren and Pre on the track. But then, they don't make movies to appeal to me.

At the moment, Mike Regan is busy putting together our teams for the GW Birthday Marathon. Hope to see many of you at the meeting following.

*John O'Donnell, President*

## **THE JINGLE BELLS RING FOR DESAUTELS ON THE THIRD TIME**

*By George Banker*

The climate was ideal, the skies were sunny and the wind was low, there could not have been better conditions. In 1987 the event had to contend with a wind chill temperature of 8

degrees (on the old West Potomac Park course). In its 13th year, the Jingle Bell for Arthritis 10K was staged over the Freedom Plaza course in downtown Washington, DC, on Sunday, December 8, 1996. This year a 5K was added which shared part of the same course. The event continues to have a dual focus: physical fitness and raising funds for research to find a cure for arthritis.

The start was combined for both the 5K and 10K runners, making for a fast first mile after which the 5K runners broke away and ran a modified course. To make sure the 5K runners were off in the right direction, David Katz of Finish Line Promotion led the field on a bicycle.

It took only a half mile before two runners, Eric Desautels of Washington and Steven Hedgespeth of Baltimore, Md., broke free from the rest of the field. Last year Desautels was running third with the lead pack early on but fell out of contention by the second mile. This year it appeared that Desautels was approaching the race with a little more determination and had no intention of dropping back without a battle. Desautels and Hedgespeth went through the first mile in 5:15, but during the second mile 18-year-old Hedgespeth fell back and relinquished second place to Dan Wallace as they went past the 2-mile marker. Hedgespeth looked as if he was running a carbon copy of Desautels' race last year.

The condition of DC's roads was highlighted during the second mile, when the honorary pace vehicle, a go cart, lost its strobe light and the driver lost his hat driving over the bumpy surface. The driver had to make an unscheduled stop as a police officer retrieved his hat and Desautels took the outside lane and passed the go cart. The go cart driver gave it his all and was back in the chase, quickly taking his designated position in front of the field. DC, with local taxes close to the highest in the nation, is an exception to the rule that you get what you pay for.

Desautels clocked a 5:12 for the second mile, elapsed time of 10:27. Dan Wallace of Arlington, Va. had moved into second position but was not close enough to grab the lead. Hedgespeth was still holding on to third place, but the following pack was hungry and it would only be a matter of time before he was absorbed.

As the course went through L'Enfant Plaza the runners made a loop which gave Desautels a clear view of the competition, showing he had no runner close enough to be a threat. At the three mile mark the elapsed time was 15:53 (split 5:26) and the 5K (halfway) was 16:37. Desautels had to be mentally tough, fighting the urge to slow down now nobody was threatening him.

After a fourth mile time of 21:20 (split 5:27), Desautels picked up the pace as slower runners cheered him on as they were going in the opposite direction on Independence Avenue.

The five mile split was 5:16 with an elapsed time of 26:36 as the final stage was set with Desautels making the final turn

onto Pennsylvania Avenue with the Capitol building in the background. Desautels sailed in with a 33:11 to be crowned the 1996 winner. After two years of falling short, victory was sweet. The record for the event was set in 1986 by Steve Taylor at 29:38 over the old course. There has been no other runner under 30:00.

The second position was captured by Wallace in a time of 34:09. In third place was David Kent of Alexandria, Va., with 34:15. Marty Horan of Gaithersburg, Md. was fourth with 34:24. Hedgespeth managed to salvage a fifth place finish, 35:24.

Leading the way for the females was Fiona Branton of Arlington, Va. in a time of 38:04. Last year Branton was third with 37:40. The event record was set in 1993 at 35:11 by Christine Constantin. Capturing second place was Bridget Bowers of Washington with 38:33. Bowers moved from tenth place finish last year (40:14). The third position was captured by WRC's Teren Block of Vienna, Va., with 38:53. Block was in the number two position last year (37:39). Jack Concaugh of Alexandria, Va., captured fourth place with (39:23). Rounding out the top five was Lisa Bandiera of Arlington, Va., with 40:53.

The leading male master was another WRCer, Jon Thoren of Washington, with 36:30 (7th place). The event record was set in 1994 by Chuck Moeser with 32:15, when Moeser was the overall winner. The second position went to Douglas Moyer of Silver Spring, Md. with 37:58. Jay Wind of Arlington, VA took third with 38:17, giving WRC two out of three of the top spots in Masters competition.

The winning female master was Sandra Adams of Winchester, Va., with 44:08 (13th place). The event record was set in 1987 by Mary Preisel at 39:00. The second master was Nancy Crippen of Stafford, Va., with 48:21 (49th place). Christine Wright of Fairfax, Va., was third with 48:26 (51st place, and first in the 50-54 age group).

Leading the way in the 55-59 age was Klaus Hirtes of Arlington, Va., with a time of 42:10. Tami Graf of Lusgy, Md., was first in the age group 60-64 with 50:31.

The 5K boasted a finish size of 552 runners. All of the time stand as event records. Eddie Monnier of Reston, Va. clocked a win of 17:18. The second place went to James Meeker of Washington with 17:56. The third finisher and first master was Gregory Price of Takoma Park, Md., with 18:19. Vikram Mathrani of Potomac, Md. was fourth with 20:21, and 14 year old Jess Blouch of Fairfax, Va. captured fifth with 20:40.

Colleen Dulin was the leading female with 21:02. Sue Pferchy of Gaithersburg, Md. was second and the first master with 21:21. The third place was captured by Sharon Seeley of Arlington, Va. with 21:51 (the second master). Laurelea Gilpin of Arlington, Va. was fourth with 22:48 and Susan Myers of Alexandria, Va. was fifth with 22:53.

The second male master was Gregory Conway of Arlington, Va. with 23:23., Jim Noone of Fairfax, Va. was third with 23:48 and first in the age group 50-54. Carol Millspaw of Germantown, Md. was the third place female master with 24:34 (10th place finish).

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### **MINUTES OF WRC MEETING HELD DECEMBER 19, 1996**

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The meeting was held at the Pizzeria Uno at Cleveland Park, in Washington, DC, on Thursday, December 19. Present were President John O'Donnell, Vice-President Nancy Horan, Treasurer/Secretary James Scarborough, Tris Kruger, Susan Kolp, Bob Platt, Jon Thoren and his wife, Jim Hage, and Kurt Kroemer. Hage was sporting a goatee. A moderate snowfall and frigid temperatures led to the ambiance of a Christmastime meeting.

1. There was some discussion about the Olympics, former greats such as Jim Ryun and Renaldo Nehemiah, etc.

2. Al Morris is reportedly organizing a team to run the Jamaica Marathon.

3. Nominations were opened for officers for 1997. John O'Donnell proposed renominating all the current officers, and then opening up for any alternate candidates. John was unanimously renominated for President. Nancy debated her willingness to be renominated for Vice-President. However, when Ed Doheny was nominated (in absentia) for Vice-President, Nancy agreed to be renominated. Debate ensued about the role of the Vice-President. Since there are (hopefully) no state funerals to attend and no Senate tie votes to cast, the VP is limited primarily to presiding over the club meetings and activities in the President's absence. James Scarborough was renominated for Secretary and Treasurer, but mentioned he would be happy if someone else took over the Secretary job. The nominations thus read: O'Donnell for President, Horan and Doheny for Vice-President, Scarborough for Treasurer, and Scarborough for Secretary, and that nominations for Secretary would remain open until the next meeting.

4. Nancy produced the membership renewal form for WRC for the Potomac Valley Association of the USAT&F. Renewal fee is \$45. It was debated whether or not the club wished to renew. Bob Platt mentioned the numerous problems he has encountered with the PVA, primarily in lack of financial support to Long Distance Running. Those present voted 4-2 to submit the renewal application. However, those present also voted 7-1 to submit a resolution to PVA to urge them to more adequately support Long Distance Running. James Scarborough will submit the application and fee. Robert Platt will write the resolution.

5. James Scarborough produced a letter received requesting membership information from a man who is currently in a correctional facility (e.g., "incarcerated"). This

prompted a discussion about who should not be eligible to join the club. Although currently this gentleman is not free to travel to races or attend meetings, he certainly could run within the confines of where he is and also receive newsletters. Reservations were raised about him having access to member phone numbers. It was agreed his potential membership would be tabled until a future meeting.

6. Tris gave a report on the Potomac 5K. Although the race went well and was again popular with the runners, he received several complaints from residents along the route.

7. The Treasurer submitted a financial report through November. An end-of-year update will follow (fiscal year and calendar year are the same). The big revenue item was the \$455 we received for help with the Georgetown 10K. It was pointed out that selling the rest of the singlets would bring in more revenue. It was also pointed out that membership renewals are due as of 1 January 1997, whereupon several submitted their renewal payments.

8. James apologized for not updating the group runs list.

9. The entry forms are out for the Washington's Birthday Marathon Relay. Bob Platt mentioned permitting issues with the Greenbelt agricultural folks regarding "rest stops". Mike Regan will coordinate men's teams and Susan Kolp women's teams.

There being no further business that needed to be discussed, and everyone making holiday plans, the meeting was adjourned. Tris Kruger mentioned that the Cable Guy was coming. Hopefully, Jim Carrey can install ALL the channels. The Redskins proved to be a bigger disappointment than the Orioles and NOBODY reported plans to attend the Dallas game.

*James Scarborough, Secretary-Treasurer*

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### CALENDAR OF WASHINGTON AREA RACES--1997

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15 February (Saturday) George Washington's Birthday 10K, 9am, Alexandria, Va, 703-838-4200 or DCRRC 703-241-0395

16 February (Sunday) Washington's Birthday Marathon and Three-Person Relay, 10:30 am, Greenbelt, MD, Marathon: DCRRC 703-241-0395, Relay: George Banker 301-839-7957

22 February (Saturday) Mobil Invitational Track and Field Meet, George Mason University

23 February (Sunday) Colonial Half Marathon, Williamsburg, VA., 1 pm, \$17/\$21, Bonita Fleisher 757-221-3362 or Rick Platt 757-229-7375

23 February (Sunday) Columbia RRCA Challenge Ten Miler, 8am, Columbia, MD, 410-964-1998

2 March (Sunday) Reston Ten Miler and 10K, 8 am, \$16/\$18, Reston, VA, Randy Skovrinski, 703-444-9215

2 March (Sunday) Bethesda Chase 20K and 5K, 10 am, Bethesda, MD, 301-217-6790

8 March (Saturday) Burke Lake 12K, 10 am, Burke Lake Park, Burke, VA, DCRRC 703-241-0395

9 March (Sunday) B&A Trail Marathon, 7:30 am, Severna park, MD, Tom Bradford, 410-987-0674

15 March (Saturday) Shamrock Sportsfest Marathon and 8K, 9 am, Virginia Beach, VA, 757-481-5090

15 March (Saturday) Predicted Time Five Miler, 10 am, Fletcher's Boat House, Washington, DC, DCRRC 703-241-0395

16 March (Sunday) St. Paddy's Day 10K 9:30 am, Washington, DC, Capital Running Co., 301-871-0005

22 March (Saturday) Piece of Cake 10K, 9 am, Seneca Creek State Park, Gaithersburg, MD, MCRRC, 301-353-0200

23 March (Sunday) Arts Awareness 5K, 8 am, East Potomac Park, Washington, DC 202-857-6513

29 March (Saturday) Run vs. Row 10K, 8 am, Alexandria, VA, DCRRC 703-241-0395

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## 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

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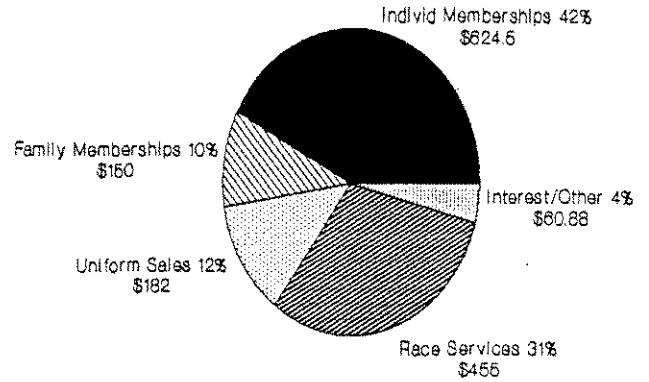
WASHINGTON RUNNING CLUB  
 INCOME STATEMENT  
 for period  
 1 January 1998 thru 30 November 1998

<b>INCOME</b>	
Individual Memberships	\$824.50
Family Memberships	\$150.00
Donations	\$0.00
Uniform Sales	\$182.00
Race Services (Georgetown 10K)	\$455.00
Other	\$6.33
Interest	\$64.55
<b>TOTAL INCOME</b>	<b>\$1,472.38</b>
<b>EXPENSES</b>	
Newsletter Mailing	\$122.40
Newsletter Printing	\$258.78
Other Printing/Postal	\$0.00
Meetings	\$183.63
Social	\$0.00
Team Competition	\$526.00
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
<b>TOTAL EXPENSES</b>	<b>\$2,051.56</b>
<b>NET INCOME</b>	<b>(\$579.18)</b>

CHECKBOOK SUMMARY  
 for period  
 1 January 1998 thru 30 November 1998

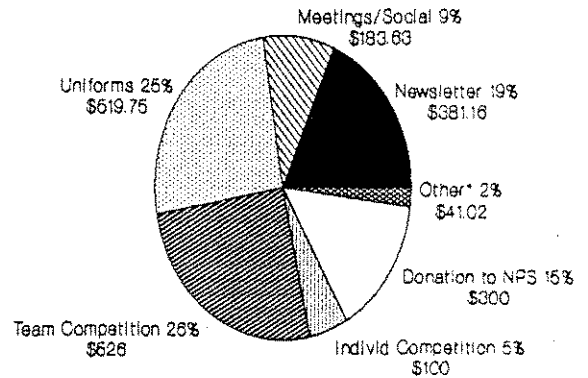
Beginning Balance 1 January 1998	\$3,280.00
Add Deposits and Interest	\$1,472.38
Less Checks Written	\$2,051.56
Add One-Time Adjustment	\$601.00
Ending Balance 30 November 1998	\$3,301.82
James Scarborough, Treasurer December 19, 1998	

WASHINGTON RUNNING CLUB  
 REVENUES - where the \$ comes from



through November 1998

WASHINGTON RUNNING CLUB  
 EXPENSES - where the \$ went



\*dues/insurance/trophies

through November 1998

# 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***