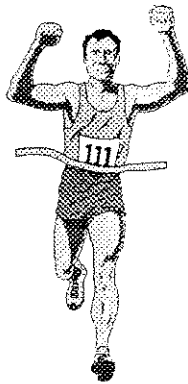

Washington Running Club



The APRIL meeting of WRC will be held after the Cherry Blossom 10-Miler on SUNDAY, 13 APRIL at Dean & DeLuca's at 33rd and M Street in Georgetown at 10:15 a.m. Come down and share your Cherry Blossom victories, or excuses, over a cup of coffee. There's parking under the Whitehurst Freeway, and sometimes you can even snag a spot on M Street.

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

Two more WRCers have departed the area in search of greener pastures. **Susan Kolp** has moved to Boulder, Colorado, and **Amy Durham** has moved to Louisiana. Both were regulars at the Sunday Morning Run from Georgetown. The good news is that they're both maintaining their WRC memberships.

Jim Hage and **Steve Nearman** were co-recipients of the Long Distance Journalism Award of the Potomac Valley Association of USAT&F. Without their knowledgeable and well-written coverage of road races in area newspapers you'd think the "running boom" had passed.

The Mobil Invitational Indoor Meet, held February 22, 1997, featured its first ever Women's Masters Mile. Out of the four qualifiers, two were WRC members: **Cathy Ventura-Merkel** (41) and **Chris Stockdale** (52). Cathy took

the win, and established the meet record, with a solid 5:32.20 performance. Chris took third place in 5:38.52, which has to be one of the year's top performances in her age group.

The field of elite runners is beginning to gel for the 25th Nortel Cherry Blossom 10-Mile Run, scheduled for 8 a.m. on Sunday, April 13th, at West Potomac Park. Last year's runner-up **Joseph Kariuki** has committed to run, but will face strong competition from fellow Kenyans **Thomas Osano**, **John Kagwe**, and **Peter Githuka** as well as from Moroccan **Abderrazak Haki**. The women are well represented by Americans **Cathy O'Brien**, **Julia Kirtland**, and local favorite **Sunny Clarke**. An international contingent consisting of Hungary's **Karolina Szabo**, the Netherlands **Anne van Schuppen**, and Russia's **Lyubov Belavina** should provide some interesting competition. **Bill Rodgers**, who won the race from 1978 until 1981, will join the 5,800 field and will be conducting a free clinic on Saturday, April 12th, at the Grand Hyatt in Washington. Welshman **Steve Jones**, returning for the fourth time in five years, is the favorite in the masters field.

George Banker has a regular Wednesday column for runners in the Journal newspaper in Virginia. Drop a line to the newspaper and let them know you're a runner and a reader of their publication--it's the only way for newspaper publishers realize that we're out there.

One of the signs of Spring has been the appearance of **Jack Coffey** at the Sunday Morning Run in late March. Coffey likes to get his longest run in (10-12 miles) just before he tackles the Boston Marathon. This year Coffey did not appear, which means: 1. He's been training by himself and is going to amaze his friends with a "blast from the past" performance at Beantown; or 2. He's finally decided to trade in his racing flats for a pair of fuzzy slippers.

A FEW WORDS FROM THE PREZ . . .

I had the pleasure of attending the Mobil One Indoor with WRC's Jon Gardner, my friend Bill O'Brien, his family and a few of his neighbors in February. First, let me report there is still some hope for the future of the sport in this country. Bill's next door neighbor was a somewhat reluctant party to this outing. Her husband wanted to go, and I guess she is the old fashioned type who enjoys her husband's company. (This is something I am quite unfamiliar with personally, but that is a story for another day.) She sat through a good three hours of this event, and to her surprise, never opened the novel she brought with her to ease her ennui.

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.

So pass the word. If your neighbor is going to the doctor's office, or taking a long train ride, tell her to take Chekov. If your neighbor is going to a track meet, tell her to just go and buy a program. By the way, there were a number of world class athletes who participated, but the high school kid who ran a 4:08 mile was my athlete of the meet.

I remarked to someone afterward that although I enjoyed the meet--it is the only opportunity of the year to see world class athletes in this area--I prefer outdoor meets. This got me to thinking more generally about my preferences among the various forms of our sport. First, there is no need to even advance an argument that whether you prefer indoor track, outdoor, cross-country, or road racing--it's all better than anything else in the world of sports. Everything else is just a game, like baseball, football and basketball; or an art form with a judging system artificially superimposed. Figure skating, gymnastics and diving fit this category. I have never been able to understand why people think figure skating is a sport but no one thinks ballet is. It's the same thing: one on skates, the other on foot.

I suppose at its deepest level, my preference for outdoor track and field is rooted in my preference for summer over winter. It just seems more natural to watch athletics sitting outside in a T-shirt. There are several arguments for the indoor variety. First, with the smaller oval, it is easier to follow the action. Second, the small indoor venues bring the fans closer to the action and the louder cheering adds to the excitement. Third, it is good to see the long sprinters lose the safety of lanes. There are those who believe the 400 is the most demanding of all races. I disagree, because it is run in lanes, and thus the competitors do not have the added burden of getting good position. It's interesting to see these strong athletes have to come to the inside lane for at least 200 meters and fight it out, elbow to elbow.

Everything else favors outdoor. Large athletes can't safely fling heavy objects indoors. It breaks windows and causes concussions. Outdoor, unlike indoors, has the hammer throw, the javelin and the discus. You can't set up water pits indoors, so the steeple only goes outdoors. Also, studies have shown that distance runners cannot count past 25. Some, Suzy Hamilton comes to mind, can't even count that high as she demonstrated several years ago when she showed a devastating one lap kick with two laps remaining at the Mobil meet. Consequently, you never have indoor races longer than 5,000 meters--and those are rare. Outdoors has the ever popular 10,000. Get some popcorn, a cold drink, sit back, relax, and see how the race shapes up. Also, with the curious exception of high school meets, where you might watch something called a 1,600 meter race, the outdoor meets have standard distances, making certain performance standards familiar to the experienced fan. In outdoors the action starts at 100 meters. For the elite men, 10.1 or under is meaningful. Don't ask me what a good time is for 50 meters, 60 meters, or 55 yards. You might see any one of them indoors. Similarly, the indoor tracks are all different and this can affect the performances.

George Mason's 200 meter synthetic oval is considerably different from Madison Square Garden's 11 laps to a mile, portable, banked wooden oval.

Road racing and cross country are different all together. The most obvious difference is that they are one event only, not a three ring circus like track and field. The best part about road racing is that everyone can play. Nobody gets cut from the team. On second thought, maybe the best part is that you get to stop traffic and make motorists angry. Then again, maybe the best part is that you get to go out in the middle of the road in your underwear. It's not that great for spectating. At the bigger races, like the New York City and Boston marathons, it's more of a street party than an observed athletic event. Unlike track, you usually only get to see the athletes once. Road racing is for the participants.

There is a special place in my heart for cross country. It's where running must have started. We have everything backwards in this country. We close golf courses one or two days a year and run cross country races on them. We ought to put some dirt in those little tin cups and let people run cross country races on them all year round. Maybe empty the tin cups a couple of times a year and let people play their silly game with the white ball. Not in November though, that is cross country season. What few fans there are in cross country get involved and follow the action. Stand 100 meters down from the start, watch them go by once, then cut across to the top of a hill while they come around. You can get so close you hear them panting as they go by. You can just about whisper encouragement in their ears. Cross country has more of a real team element to it than anything but relay running, another plus. You see coaches and athletes huddling around officials as they total up team scores. And to think people find the NBA exciting when they can see this--almost always for free.

Well, now that I have thoroughly discussed this issue, I will next address myself to the subject of the effects of the dissolution of the nuclear family on American culture. That and more in a forthcoming issue. Hope to see you at Dean and DeLuca after Cherry Blossom.

John O'Donnell, President

WRC WINS ONE OUT OF FIVE AT MARATHON RELAY

By James Scarborough

The Oscar nominations had been announced the preceding week, but there were trophies still up for grabs at the ninth Washington's Birthday Marathon Relay. WRC continued its tradition of fielding at least decent teams, entering three in total and taking home one of the five categories. The weather was more a reminder of "Shine" than of "Fargo," as the sun came out and temperatures climbed into the 40s, not bad for February.

George Banker, Roger Peet, and Al Naylor did their usual supreme effort in ensuring that sashes were properly handed

off and numbers pulled. George also brought a boom box. Cheering sections were self-supplied.

Several teams had trouble with team members failing to show up for the hand-off, but fortunately no such affliction bothered the WRC teams. Our teams had enough to worry about just trying to keep up with the NOVA masters dream team, "Your Cheatin' Harts," consisting of Steve Ward, Mike Hart, and Dean Burke.

WRC's first open team, actually called the "Second Stringers", was Jack Pozo-Olano, Jon Gardner, and Jim Hage. Hage, who finished second at the GW 10K the day before, led off for WRC, but the NOVA masters took the overall win in a new masters record time of 2:27:28, with our boys finishing an admirable second with a time of 2:29:47. WRC's second open team, "Shoes That Fit," consisting of Jay Wind, James Scarborough, and Bill English finished in 2:57:05, to take 6th place in the open division.

The WRC masters team of Jerry Merkel, Bob Trost, and Robert Rodriguez (three guys who have seen plenty of WRC races and have worn every style of singlet we've had), finished eighth overall, and fourth masters team--only 21 seconds out of third, and 1 minute and five seconds out of second.

George Banker's records chart on the wall at the start showed WRC holding the relay course records for open men, co-ed, and masters. Well, we still have two out of three. Just have to work on those women's titles and recapturing the masters slot.

DCRRC PREDICTED TIME 5-MILER

The DCRRC Predicted Time 5-Miler was held on Saturday, March 15, 1997 at Fletcher's Boat House, in Washington, DC. Considering that the St. Paddy's Day 10K was scheduled for the following day, a field of 52 runners was not a disappointment. The runners were obviously attracted by the chance of winning "fabulous prizes", genuine, 100% American-made Safeway pies (the race director wanted to acknowledge his British birthright by awarding steak and kidney pies but was overruled by DCRRC President Bob Platt).

The course followed the Capital Crescent Trail approximately one mile out toward Maryland (uphill), before returning with a fast downhill mile past Fletcher's, making a flat mile-and-a-half commute toward Georgetown, and then back to the finish at Fletcher's again.

This is a race that does not necessarily go to the swift. Despite taking an easy win based on overall time (27:23), WRC "top gun" Jim Hage missed his predicted time by 43 seconds, and finished "out of the pies." "Intermediate guns" Jim Ehrenhaft and Scott Douglas (28:00 and 28:26 respectively) also emerged pie-less, as Ehrenhaft missed his mark by 30 seconds and Douglas, who suspected that he might end up with a kidney pie and took appropriate precautions, was 16 minutes and 34 seconds off.

And the winner, with a mere one second discrepancy, was Ken Shipp of Great Falls. Joe Broderick of Greenbelt and James Howard from Oxon Hill tied for second place by predicting times within three seconds of their finishing marks.

Next year, race director Gerry Ives will be awarding the dreaded steak and kidney pie to the runner furthest off with his or her (this is a gender neutral race) predicted time--so watch out Douglas! Thanks go to our volunteers Ed Doheny, Tris Kruger, and James Scarborough; we couldn't have done it without them.

HOON AND BRANTON TAKE BETHESDA CHASE 20K

By George Banker

After twenty years, Bethesda's finest running event--the Bethesda Chase 20K held on Sunday, March 2, 1997--is still challenging runners and helping them determine how fit they are after the winter doldrums. However, there are rumors that the 21st running of the event may be in doubt.

The weather at this event can sometimes be as challenging as the course, and this year a new twist was added--flooding. Six inches of water and mud at the underpass at mile four, and mile eight and a half on the return, led to a detour across a main road that delayed some of the field.

This year's men's race was quickly dominated by Mark Hoon, who enjoyed a one minute lead over second place runner Lorenz Studer by the three mile mark. Studer faded as the race progressed, being passed by Dan Murphy and Matthew Adams.

Hoon crossed the finish line in 1:09:05, well off the 1:03:13 event record set back in 1983. Murphy ran a strong second half of the race to take second in 1:10:12, with Adams and Studer taking third and fourth respectively (1:10:54 and 1:11:21).

Fiona Branton led from start to finish in the women's race, taking the win in 1:19:44. Second place was a battle between Denise Knickman and WRC's Donna Moore. Knickman took the early lead, but Moore reeled her in and took second with a 17 second margin in 1:20:22.

Both the men's and women's races were highlighted by some outstanding masters performances. Paul Peterson ran close to the leaders throughout the race to capture top masters honors with a 7th place 1:12:19 clocking, and Ben Beach took second place with his 1:15:04. Third master, and top 50+ performance, was nailed down by an outstanding 1:15:41 performance from Herb Tolbert. Tolbert will be the man to beat in the 50+ age group this year.

Linda Wack continued her series of fine performance in the women's masters ranks with her 6th place 1:24:49 finish. Claudia Piepenburg took second place and top 45-49 in 1:30:04, with Susan Humphries close behind in 1:30:34.

Andrew Smythe returned to the racing circuit after a long layoff with a solid 14th place finish in 1:16:13. Jay Wind took second place in the 45+ age group with his 1:18:22.

On a sad note, this race was one of the last road races run by Judy Flannery, 57. Flannery, who was killed by a motorist while training on her bike at the end of March, took 10th place masters spot and the top 55-59 position, with a time of 1:45:58.

In the 5K race, Anthony Belber took the honors with a time of 16:53, followed by masters runner Jim Witnah in a time of 17:11. In the women's race Monica Robbers took the win in 19:25, with Colette Powers in second in 22:12, and WRC vice-president Nancy Horan close behind in 22:32.

ST. PADDY'S DAY 10K GOES TO BURKE AND STEARNS

By George Banker

Sunday, March 16th, 1997 was cool and breezy, typical Washington weather for the 9th St. Paddy's Day 10K. Both defending champions, Edmund Burke and WRC's Teren Block were on hand to try to defend their crowns.

Darrell General, 1995 Marine Corps winner, was in the early lead pack with Burke. General is coming off an injury and was using the race to determine his fitness level. Burke had company through the first few miles, but as the race progressed he established an increasing lead, crossing the finish line in 31:05 for an easy win over Michael Fitch (31:51) and Matthew Smith (32:06). General faded to 7th place with a 32:36.

In the women's race WRC's Jackie Concaugh tried to steal the race with a fast 5:32 opening mile, but Jenn (Van Horn) Stearns wasn't about to let anyone do that. Stearns reeled in Concaugh at the halfway mark and took the win in 36:17. Concaugh finished with a strong 36:40, unchallenged in second place. Concaugh demonstrated that she has the speed to win more than a few races this year. Fiona Branton nailed down third place with a p.r., 37:04, with Leslie Minnix-Wolfe holding onto fourth in 37:24. Teren Block, thinking of her move to Rio de Janeiro this summer, took 7th in 38:15.

In master's competition, Chuck Moeser took the win in 32:41, as Steve Ward turned in yet another great performance to take second in 33:36. WRC's Robert Rodriguez nailed down third master's spot with a strong 35:27.

The women's masters field was led home by Linda Wack in 39:06. Wack turned in some notable performances this past winter in indoor track, and is obviously in fine road-racing shape as well. Second place master woman was Susan Humphries in 41:12, with Jane Sisco taking third in 41:46.

In the 50+ age grouping, 58-year-old John Elliott took the win in 37:49, followed by Ed Doheny clocking 38:39, just 2 seconds ahead of WRC's Bob Trost. Janice Stoodley was the women's 50+ standout with a 44:13 performance that put her more than 4 minutes ahead of her nearest competition.

Other notable performances were Kurt Kroemer's 16th place 33:25 performance. Jon Thoren's time of 36:07 that took 5th place master, and Jay Wind's 2nd place in the 45-49 grouping with a 37:30 clocking.

MINUTES OF WRC MEETING HELD FEBRUARY 16, 1997

The meeting was held at the Greenbelt Youth Center at about 1:50 pm, immediately following the completion of the Washington's Birthday Marathon and Marathon Relay. Present were President John O'Donnell, Secretary-Treasurer James Scarborough, Jack Pozo-Olano, John Gardner, Jim Hage, Jacob Wind, and Bob Platt. Other WRC members had left and there were some former WRC members in the assembled crowd.

1. First order of business was the election of officers. Neither the Vice-President nor candidate Ed Doheny (nominated in absentia at the December meeting) were present. James Scarborough asked if there were any other candidates interested in being Secretary; there were none. John O'Donnell moved that the incumbents be re-elected by acclamation. This was approved on a unanimous voice vote.

2. John O'Donnell reported he has discussed our offer to staff the St. Paddy's 10K on Saturday, March 15, and/or Sunday, March 16 (race day) with Capitol Running Company. Capitol did not give a definite commitment, but said that it was more likely we would be needed on Saturday. John said he would find out definitely within a week, so as to be able to call people to volunteer.

3. John O'Donnell reminded everyone that we still had a stock of singlets available for sale (new members should be interested), still \$15.

4. James Scarborough presented a handout comprising his Treasurer's report. Included were the final financial statement for 1996 (through December), with pie charts, the first month of 1997 (through January, income but no expenses), and a proposed budget for 1997. This budget assumes selling the remaining stock of singlets (not buying any more), working both the St. Paddy's 10K and the Georgetown 10K, getting a combined 100 memberships (25% family, 75% individual), and making a \$100 donation to the National Park Service for C&O Canal restoration (in 1996 we donated \$300). John moved that a decision on that be tabled until James verified with the Park Service that there was still a need for funds. James agreed to do so. Robert Platt mentioned that DCRRC was again putting on the Run for the Towpath 8K on April 19, to help fund cleanup.

5. The relay being finished, Jack Pozo-Olano reported that his team, the WRC Second Stringers, finished second overall, losing out only to the NOVA Men's' Masters team, but capturing the men's open. A total of three WRC teams ran. Jack mentioned Sallie Mae and Cherry Blossom as possible future team races. He would check with Mike Regan on putting together teams, if there was enough interest.

6. Robert Platt announced that DRRC was entering teams in the RRCA Challenge Ten Miler the next weekend (Sunday, February 23) in Columbia.

7. Jacob Wind proposed that the club purchase advertising for \$50 in the program of the Mobil One Track Meet, Saturday, February 22. Jacob is in charge of soliciting

advertising to pay for the program, plus funding certain guests. After a brief discussion of the merits of advertising, the timeliness, and the need for exposure, it was agreed to purchase the advertising for \$50, the vote being four in favor and one abstention. John and Jacob prepared an ad promoting our Sunday runs.

8. James asked if we could get back on an odd-month schedule for meetings, and hold the next one in late March. John replied that it would probably be difficult to get lead time for the next newsletter by then, and proposed Friday, April 11 for the next meeting (since changed to Sunday, April 13).

There being no further business, except waiting for the official relay results, the meeting was adjourned.

James Scarborough, Secretary-Treasurer

CALENDAR OF WASHINGTON AREA RACES--1997

12 April (Sat.) 9am, GDTRFB '97 5K Run/Walk, Fort Washington, MD, contact Elizabeth Maguigad, 202-364-2512.

17 April (Thurs.) 7pm, Main Street Mile, Westminster, MD, 410-857-5427.

19 April (Sat.) 8:30am, Run for the Towpath 8K, Washington, DC, Washington Harbour, \$18, DCRRC, 703-241-0395.

19 April (Sat.) 8am, Bright Beginnings 5K, Washington, DC, 703-820-2280.

20 April (Sun.) 8am, GW Parkway Classic 15K, Mount Vernon, VA, \$25/30, Alexandria United Way, 300 N. Washington St., Alexandria, VA.

26 April (Sat.) 8:30am, Alexandria Bar Assn. FAB 5K, Alexandria, VA, \$12, Lisa Frey, Alexandria Bar Foundation, 703-548-1106.

27 April (Sun.) 8am, Pike's Peek, Rockville, MD, John Sissala, 301-340-8107.

27 April (Sun.) 8am, Sallie Mae 10K, Washington, DC, 202-728-6456.

27 April (Sun.) 9:30am, Belle Haven 15K, Alexandria, VA, DCRRC, 703-241-0395.

3 May (Sat.) 8:30am, Run Through History Quarter Marathon, Fort McNair, Washington, DC, Paul Thompson 202-863-0602.

4 May (Sun.) 8:30am, Capitol Hill Classic 10K, Washington, DC, 202-546-5858.

4 May (Sunday) 9am, Jay's Run 10K, Cabin John Mall, Potomac, MD, \$15, Capital Running Co., 301-871-0005.

8 May (Thurs.) 7pm, DCRRC New Members' 8K, Lake Accotink, Springfield, VA, DCRRC 703-241-0395.

10 May (Sat.) 9am, Woodacres Jogfest 8K, Bethesda, MD, 301-320-6502.

11 May (Sun.) 8am, RunHers Mothers' Day 8K for Women, 301-871-0005.

14 May (Wed.) 7pm, Custis/Hospice 12K, 15th & Quincy Sts., Arlington, VA, DCRRC 703-241-0395

16 May (Fri.) 7pm, Bullis Cross Country 5K, Bullis School, Potomac, MD MCRRC 301-353-0200

18 May (Sun.) 8am, Run to the Rescue, Crystal City 10K, Crystal City, Arlington, VA, Arlington Red Cross, 703-527-3010.

18 May (Sun.) Chesapeake Wild Life Foundation 5K, East Potomac Park, Washington, DC, 301-871-0005

21 May (Wed.) 12noon, Tidal Basin 3K, free, Jefferson Memorial, Washington, DC, Jacob Wind, 703-920-5193.

24 May (Sat.) 8:15am, Hugh Jascourt Four Miler, Fort McNair, Washington, DC, DCRRC 703-241-0395.

25 May (Sun.) 8am, Run for Rights 5K, Hains Point, Washington, DC, 202-775-5161.

26 May (Mon.) 8am, Ekiden Relay (5 person teams, 27K), Lake Needwood, Derwood, MD, MCRRC, 301-353-0200.

Washington Running Club

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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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\$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.

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