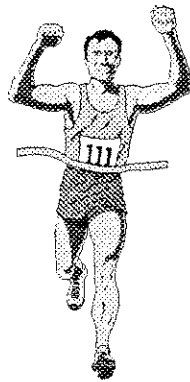

Washington Running Club



The JUNE meeting of WRC will be held at Tris Kruger's house on FRIDAY, 13 JUNE at 8:00 p.m. Tris lives at 9641 Accord Drive at its intersection with River Road. Take the River Road exit towards Potomac from the Beltway. Go approximately two and a half miles and turn left on Accord. The house is the first on the left. If you come to the intersection of River and Falls Road, you've gone a quarter of a mile too far. The Club will have hot dogs, etc., but additional food or beverage donations are encouraged.

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

Susan Kolp reports that all is well in Boulder, Colorado. She has found accommodations with a married couple from France. They are both marathoners, so she's in the thick of the running scene in Boulder.

Anita Freres is still on station in Israel. She is engaged to a guy named "Ron", last name unknown (to us, Anita knows what it is . . . I'm sure she does), and she ran a hilly 1/2 marathon in 1:30. She entered the race over the phone and they got her name down as Peres, apparently thought she was related to the late prime minister.

Gerry Ives is looking for someone to take over the Newsletter. He's been working on the Newsletter since 1984

and thinks it's time for someone to breathe some new life into the non-award-winning bimonthly publication. Give him a call at 202-452-4242 . . . it's your chance to break into the small-time.

Amy Durham, now living in Louisiana, is working as a certified personal trainer there. No word on whether she's running any races. Hope she doesn't take any of her trainees out on an "easy" run--she'll kill 'em.

In the "say it isn't so" category, we've heard that Nike is withdrawing its sponsorship from the Nike Capital Challenge 3-miler. I guess they had to get the money to pay **Tiger Woods** from somewhere. I wonder if there's any chance the People's Republic of China would like to contribute something towards putting on the race. We could rename the race the "Most Favored Nation Capital Challenge", or the "Campaign Financing Reform 3-Miler", the possibilities are only limited by our good taste.

A FEW WORDS FROM THE PREZ . . .

Back around March, I was sitting in a bagel shop one Sunday morning after pounding myself into the pavement for 16 miles. I chewed on an egg sandwich and drank some coffee, trying to kick some life back into myself. I wondered if I have a good race left in me or if it might be all over. It just seems to be getting harder and harder. I wondered if going to church would help.

As a result of having spent the past 15 years alone, I have become an inveterate eavesdropper. There was a woman in her early twenties nearby talking to a group of her young friends. The woman appeared to be in reasonably good shape. She told her friends that she was planning to run the upcoming GW Parkway Run. Her three or four friends were quite awed by her athleticism. They must have been roller bladers. The young woman told her friends she has two objectives when she races: to run the whole way, and not to finish last. She said she had once been passed in the latter stages of a race by a woman over seventy. It occurred to me it might have been Ives but he has a beard. Referring to her upcoming race, she laughed, "I am sooooo not ready."

The trouble with being an eavesdropper, of course, is that you have to resist the temptation to inject yourself in discussion. I found the urge to turn and ask her why she did not get ready. I wanted to ask her why it seems so few her age want to want to become good runners these days. It also crossed my mind that if thousands of people like her did not enter races, the race calendar would look like it did in the late '60s when I was in high school; which is to say, abbreviated. If getting nostalgic and expecting those younger to listen is a sure sign of middle age, I am squarely in the middle of it. I wanted to tell her how running was when I was her age. It was a time when Nike running shoe ads did not need to tell us, as

one I saw recently did, "It's OK to be fast." Most of the guys I knew wanted to be fast. Of course, I did not speak to the woman. I finished eating and left. I did not go to church. I went home and laid down to rest.

The conversation I heard in the bagel shop came back to mind a few weeks later as I stood at the 40 Km. mark at the Boston Marathon, looking up the road for my old friend John Barber. I did not have to wait long to see him. Along he came in 39th place on 43-year-old legs, just ahead of Mark Hoon and Uta Pippig. I had talked to him the night before about his training. He said he had pieced together a few 100 mile weeks and thought he was capable of getting under 2:30. Not the kind of training he was doing a few years ago, but not bad either. When a local reporter called him the next day he discovered he was the 9th place American, I think he was as depressed as I was. We looked in the Boston Globe. One of the Americans who beat him was 45 years old. A couple others were foreign born. We wondered where the future of American distance running is.

Part of the American future, knowing it could not score against foreign competition at Boston, was waiting for Pittsburgh, where there was American-only money and a chance to qualify for the World Championships. But even here the winner was 2:13:51 and it was not a close finish. Fifty deep in the world last year went to about 2:12. But much of the future of American marathon running, I am afraid, is in the bagel shop on Sunday morning instead of out running. They are aspiring not to finish last. They are rollerblading. They are staying dry when it rains. They are throwing frisbees and playing softball. They are reading articles by former Olympians who advise them to slow down and walk if they get tired.

Running, as we all know, is a lot of fun. It is exhilarating. It keeps you fit. But the simple fact is that running well is . . . HARD. An outstanding runner once told me that in his competitive days, he woke up more tired than when he went to sleep. Whether it is worth doing or not is a difficult question to answer. It seems like it is, but it would be hard to put together a cogent argument to the woman at the bagel shop. The value of running well is particularly difficult when you are not very good at it. Because performance can be objectified by time and distance, you can not engage in self-delusion. With a best time of 2:44, I can not fool myself into believing I am better than Jim Hage. But I suspect the experience of trying hard to perform well is much the same.

I remember an instance some ten years ago when John Barbour was discussing some aspect of his training. The details are now long forgotten. There are not many people who have run a 2:19 marathon, and he started trying to give a verbal explanation as he might to a non-runner. Finally, he stopped and said "Well . . . you know what I mean." He was right. I did know what he meant. When I look back over the years I trained and raced the hardest, it seems like it was worth it for that moment alone. He had paid me the ultimate compliment as a competitor. Although I always finished well

behind him, I had training and raced in a way that gave us a shared understanding. The woman at the bagel shop will never know what he meant.

POULOS ADDS ANOTHER NOTCH TO HIS BELT

by James Scarborough

Race connoisseur Ted Poulos added another notch to his impressive total of races (hitting 1,500 lifetime total), by winning the Custis/Hospice 12K on Wednesday, May 14. The race was held once again to benefit the Hospice of Northern Virginia. This year's edition was slightly different than the 1992-1996 versions of the race. It was moved to a spring weeknight, instead of the winter Saturday morning it had been in the past. This avoided risk of a snow-out, but the bikepath proves popular this time of year with bikers, etc. The start was moved to Oak Grove Park, across the street from Washington-Lee High School, rather than at Washington-Lee High School, to minimize expenses. With lead bicyclist Steve Yusko of the Arlington Bicycle Club leading the way, Poulos cruised in just 20 seconds ahead of the next closest finisher, James Sanford, the first Arlingtonian, besting him 44:20 to 44:40. Jacob Wind was the first master, once again winning the title he has set the record for in the past, this time covering the course in 46:37. Right behind Jacob was Megan Holden, new member of DCRRC, who stayed with the lead pack through the first two miles, ran slightly off course near the end but still managed to finish first among women and fifth overall in 47:15. James Upton boasted coming from the farthest away to run the race. He hails from Boaz, Alabama, was in town for a training course, and finished ninth in 48:43, not bad for a 52-year-old. Jennifer McGrail was the first masters' woman, finishing 14th in 56:55. (Neither of the Merckels ran the race) Pat Finn, the previous week's race director, finished 17th in 57:17. Ted Cochrane, who ably assisted at registration, was 18th in 58:36. Don McCarten was the oldest finisher at 67, in 1:05:51. No course records were set, despite near perfect temperatures in the low 60s, with the threat of rain abating in time for a little sunshine to peek through during the race.

After the race, Dr. Ben Perl entertained the runners by conducting a clinic on foot shape, shoes, and running injuries (the old pronation/supination stuff). The race raised \$54, including donations, for the Hospice.

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.

MINUTES OF WRC MEETING HELD APRIL 13, 1997

The April 1997 meeting of the Washington Running Club was held at 10:30 (am), Sunday, 13 April, at Dean & DeLuca's Cafe on M Street in Georgetown, immediately following the Cherry Blossom Ten Miler. (Among WRCers, Donna Moore, Gerry Ives, Kathy Merkel, John O'Donnell, Ed Doheny ran, as well as others. James Scarborough and Nancy Horan ran unofficially). Present were Donna and Mike Moore (and son Kevin in his stroller), John O'Donnell, Nancy Horan, James Scarborough, and Tris Kruger.

1. Everyone was congratulated on strong (or not so strong) performances in the Cherry Blossom.

2. The Lawyers Have Heart 10K will be held Sunday, 1 June in Georgetown. Mike Regan will coordinate men's teams, and Nancy Horan (Susan Kolp having moved) will coordinate women's teams.

3. James Scarborough brought up the proposal that we look into staging our own low-key club race, especially since we did not get the revenue anticipated from helping with another race, the St. Paddy's Day 10K. He suggested staging in early 1998. Tris Kruger mentioned that the Potomac 5K was now "our race." However, it was in 1996 also a DC Road Runners' Club race. WRC did not make any money off of it. James agreed to talk to Gerry about staging a race, possible on the C&O Canal Towpath or Capital Crescent Trail.

4. James Scarborough circulated a Treasurers' Report. We have about broken even since the beginning of the year. No income has been realized from uniform sales. We paid for advertising in the Mobil Track Meet program, and for three teams for the Washington's Birthday Marathon Relay. A service charge was incurred for a bounced check from Anne Walsh.

5. There will be a Potomac Valley Association meeting on Thursday, 1 May at the Holiday Inn in College Park, MD. Nancy Horan said there she had no desire to attend, but that someone needed to from the club, as long as we are paying membership dues. She offered that PVA needs a stronger Long Distance Running (LDR) program; currently Scott Larcher and Claudia Pipenburg are LDR chairpersons. John O'Donnell nominated James Scarborough to attend the next meeting, and to inform him of anything requiring a vote.

6. Donna Moore brought up the question of dues renewal. She asked that, since she paid a family membership last June, if it was not appropriate to pay for a whole year again in June 1997 (not January 1997), or pay for six months in June 1997, and then be due to pay for a full year in January 1998. John O'Donnell related that there is no *official* policy on dues. However, the unofficial policy is as follows: (1) there is no provision for pro-rating dues; members should pay for a full year (\$12 or \$15) regardless of when during the year they are paying, (2) the official "dues renewal" due month is January every year, (3) there is no provision for sending out renewal notices for other months, regardless of when during the year new members actually join, and (4) Gerry Ives, as membership

chairman, may at his discretion apply dues received late during the year (October or later -- he could determine that cutoff date) to cover the entire following calendar year. James and Nancy also pointed out that members always receive a grace period of a few months on renewing, and it was up to Gerry to maintain the membership list as far as who gets the newsletter or any other club benefits (presumably, those who enter a race on a WRC team, or request reimbursement for a race, should be paid-up club members). All this means that members should pay for a full year *sometime* during the year if they want to stay current, but we would appreciate getting renewals in January.

7. Nancy mentioned that there were rumors about the Bethesda Chase 20K being discontinued, but apparently the race organizers will run it again in 1998. The number of entrants is less than they would have liked.

8. The Cherry Blossom Expo had a tribute to Judy Flannery, whose untimely demise at the hands of a reckless driver shocked the running and triathlon communities. Their "History of the Cherry Blossom" also had a picture of Gerry Ives!

9. John O'Donnell mentioned that he had gotten no requests from the school in NW Washington to help on their cross-country events, but our offer still stands.

10. James Scarborough mentioned that the DCRRU Banquet was that night, and that Bill Rodgers was scheduled to speak.

There being no further business, the meeting was adjourned. Next meeting will probably on Friday, 13 June (Friday the 13th again!) at Tris Kruger's estate in Potomac. The pool will be open by then.

James Scarborough, Secretary-Treasurer

RUSSIANS SECURE OWNERSHIP OF PARKWAY CLASSIC 15K

by George Banker

Is the true measure of the success of a race the total number of runners, or the quality of the field? The quality was there with three sub-2:20 male marathoners, and two sub-2:40 females, and a field of over 2,000 runners made a substantial quantity. By any measure, the 13th running of the George Washington Parkway Classic 15K on Sunday, April 20th, 1997 was an unqualified success.

Two-time winner, and event record-holder (44:31), Leonid Shvetsov of Russia, was unable to return for the defense of his title, but Lorraine Hochella, the women's defending champion from Norfolk, Va. was there to try to make it two in a row.

The runners were addressed at the start by Congressman Jim Moran (a great supporter of this event and a participant), and Chief of Naval Operations, Admiral Jay Johnson who also ran the race.

The leaders went through the first mile in 4:46 led by Eron Ferreira of Brazil, followed closely by WRC's Jim Hage, Sergei

Shalomayev of Russia, Jonathan Corso, and Darrell General hanging on to the back of the pack. Mile two went by in 4:53 with the lead changing to Hage and Shalomayev followed by General. Ferreira fell back to fifth place.

Shalomayev moved to take sole possession of first place by mile three, which went by in 14:37 (4:58 split) with Hage still holding on to second against a fast-closing General. By mile five, General had passed Hage and was still in the hunt for the win, but Shalomayev surged with a 4:53 sixth mile split than no one in the field could answer as the final three mile went by with no change in the positions of the leaders.

Shalomayev took the win in 46:31, with General in second in 46:47, followed by Hage in 47:48. Michael Fitch of Richmond took fourth in 48:18, and Corso held onto fifth in 48:31.

The leading male master was Tom Stevens of Middletown, Md. in sixth place with a 48:44. Chuck Moeser was second in seventh place with 49:27, and the 1995 masters winner, Michael Bressi of Elizabethtown, Pa., was third with 50P:22 in ninth place overall. Jon Thoren was fourth master in 54:02.

Not willing to let her country down, Lyubov Belavina made it an all-Russian victory as she took the women's crown in 52:43, the second fastest women's time in the event's history (Jane Welzel ran 52:01 in 1989). Defending champ Hochella was unable to repeat last year's victory, but managed to take second place in a time of 53:27, with Heidi Gerken taking third in 55:47. Fourth place was captured by Patti Shull in 57:12, and WRC's Teren Block took fifth in 58:05.

First place woman master, and sixth place overall, was taken by Cathy Ventura-Merkel in 59:40, followed by Susan Humphries in 62:45, and Patricia Donohue in 64:20.

Chief of Naval Operations, Jay Johnson, was first admiral in 73:36.

Fay Bradley smoked the course in 54:18, and easily took the 55+ age group from Gerry Ives who clocked 57:07.

NYARIKI SETS NEW EVENT RECORD AND ONDEYO WINS #2

by George Banker

After fourteen years, what was once a local race is now an international event--giving local runners a chance to show how they match up in a 10K with the best in the world. The Sallie Mae 10K, held on Sunday, April 27, 1997, is now one of the most competitive races on the east coast and is part of the Professional Road Running Organization Championship series.

With near perfect conditions, light winds, moderate temperatures, and just a little humidity, the stage was set for a fast race.

Chris Fox, 1995 winner and the great local hope, was quickly swallowed up by the pack as they went through the first mile in 4:34 with Herzon Otwor of Kenya, Khalid Khannouchi of Morocco, and Tom Nyariki in the lead. The pack picked up the pace in the second mile with an elapsed time of 9:00 minutes (4:26 split).

As they moved out onto Hains Point, Nyariki took sole possession of the lead with Lazarus Nyakeraka on his heels. However, a quick surge gave Nyariki a 25 meter lead as he pulled through mile three in 13:27 (4:27 split).

Opening up a 50 meter lead as he rounded the point, Nyariki now had his sights set on the \$1,000 bonus he could earn by breaking the event record of 28:01 (1992 Dominic Kirui/1996 Joseph Kimani). And as he went through mile four in 17:53 (4:26), opening up a 75 meter lead, there weren't any bets against him.

Mile five was passed with another metronomic 4:26 mile, in a time of 22:19, and Nyariki didn't disappoint in the final 1.2 miles. Blasting across the finish line in 27:43 he smashed the event record and registered the fastest 10K in the U.S. this year.

In a battle for second place, Otwor as overtaken by Khannouchi in the final mile as they finished in 28:07 and 28:08. Nyaakeraka managed to hold on to fourth with 28:22. Local hero Chris Fox was first American in 11th place in a time of 29:33.

The women's 1993 winner, Gladys Ondeyo of Kenya was working on win number two, but didn't pull it off without a strong challenge from Colorado's Nicole Nagel. Ondeyo took the win in 33:09 with Nagel in second in 33:38. Taking third was Wendy Nelson-Barrett of Lebanon, Pa. with 33:57.

The men's masters champ was Welshman Steve Jones in 30:47, good enough for 17th overall. Second place was taken by last year's winner Tom Stevens of Middletown, Md., with a time of 31:02, and Gary Romesser of Indianapolis was third in 31:35.

The leading female master was Kim Halliday of Deerfield Beach, Fla., in a time of 37:44, followed by Linda Wack in 37:39 (first local woman master), and WRC's Cathy Ventura-Merkel in 38:32.

Newly minted 50+ runner Herb Tolbert took his age group in 35:40, and Fay Bradley ran an outstanding 35:42 to take the win in the 55+ age group over Gerry Ives' 37:04.

Deane Burke took 5th masters spot with a strong 32:29, and Steve Ward had another outstanding race taking 7th masters position in 33:08. Tom McCarthy took 3rd place in the 35-39 age group with his 33:52.

Top local woman finisher was Sharon Servidio in 35:54, with Jackie Concaugh just six seconds back taking second in 36:00 flat. Fiona Branton ran a solid 36:48, and Teren Block registered a 37:29.

CALENDAR OF WASHINGTON AREA RACES--1997

7 June (Sat.) Race for the Cure 5K, 8:15 am, Washington, 703-848-8884.

7 June (Sat.) Capital Crescent 5K, 8am, Bethesda, MD, 301-353-0020.

7 June (Sat.) Crofton Kiwani's 10K, 8am, \$12/15, Tom Fallon, 301-261-0954.

8 June (Sun.) Race for Unity 5-Miler, 8:30am, Burke Lake Park, Burke, Va.

8 June (Sun.) Laurel 5K, 8am, Francesco Smith, 301-776-6471.

8 June (Sun.) Lakewood Elementary 5K, Rockville, 8am, 301-279-8465.

12 June (Thurs.) NOVA Cookie Run 5K X-Country, Roundtree Park, Annandale, 7pm, 202-333-4120.

14 June (Sat.) Pennsylvania Avenue Mile, 8am, Washington, DCRRC, 703-241-0395.

15 June (Sun.) Fathers' Day 10K, Rockville, 8:30am, 301-770-8329.

24 June (Tues.) Langley 8K, Langley HS, McLean, DCRRC, 703-241-0395.

28 June (Sat.) Loudon Street Mile, 8:30am, \$12, 540-662-1562.

28 June (Sat.) Run for the Roses 5K, Women's Distance Festival, Wheaton, 8am, MCRRC, 301-353-0200.

28 June (Sat.) Loaves and Fishes 10K, 8am, Rock Creek Park, \$20, 202-232-0900.

29 June (Sun.) 8am, Potomac Mills Race to Be Fit 10K, Woodbridge, Va., Mickey Brown, 703-643-1855.

13 July (Sun.) Bastille Day 4-Miler, Fletcher's Boat House, Washington, DC, 8am, DCRRC 703-241-0395.

24 July (Thurs.) Belle Haven 8K, 7:15pm, Alexandria, Va., DCRRC 703-241-0395

26 July (Sat.) Virginia First Downtown Mile, Fredericksburg, Va., 6:10pm 540-371-0588.

27 July (Sun.) Run for Research 5K, 9am, Washington, DC, 703-751-2758.

30 July (Wed.) Madison Center 8K, 7pm, Arlington, Va., DCRRC, 703-241-0395.

Washington Running Club

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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

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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