

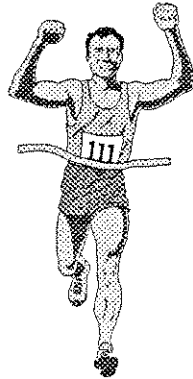
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# Washington Running Club

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The OCTOBER meeting of WRC will be held at Tris Kruger's house on FRIDAY, 10 OCTOBER at 8 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, hamburger and beer, but additional food or beverage donations are encouraged.

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

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WRC's biggest money maker is providing volunteers for the Georgetown 10K. Bring your friends and neighbors, they don't have to be WRC members, we get paid for every single (and married) body we provide. Volunteers are needed for Saturday (two shifts--11 am until 2:00 pm and 2 pm until 5 pm) to give out race numbers and t-shirts inside the Georgetown Mall located at 3222 M Street. This is your big chance to get to know new people and do some early Christmas shopping. Call John O'Donnell at (home) 202-625-1401 or (work) 202-208-3040 to give him your name. He can answer any question. That being said, he is not a doctor or social worker, so limit the questions to those connected with volunteering to help at the Georgetown 10K.

Carl Stith joined the Sunday morning run on September 14th. He was visiting from Amsterdam where he works for Nike, attends all kinds of sporting events in Europe, and GETS PAID FOR IT! Carl will be back in the U.S. around Christmas.

Abby Daniels the (much) better half of Mike Regan reports from San Francisco that Mike has started working at MetroSports, "a great running store located at Fillmore & Filbert." So next time you fly to "the Coast" drop by and spend some money in the store--Mike guarantees you'll be a trendsetter when you return to DC. Before Mike left there was a small going-away party at the Capital City Brewing Company downtown. Both Abby and Mike will be missed by us all. Abby did a considerable amount of behind-the-scenes work at the Cherry Blossom 10-Miler, and helped to make it the world-class event it is. And Mike's expertise in running shoes and his good humor will be hard to replace.

Gerry Ives is looking for someone to take over the Newsletter. He's been working on the Newsletter since 1983 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.

Jack Pozo-Olano and Jodie Buenning are WRC's team coordinators. Jack can be reached at (703) 560-0904 and Jodie at (703) 516-4517 if you want to be on a team.

Jim Hage snuck in a quick win at the September 20th MCRRRC Kensington 8K with a time of 26:21, beating running philosopher Scott "Speaks" Douglas who turned in 27:23 for second place. Donna Moore took advantage of her intimate knowledge of the Kensington venue by demolishing the women's field with her 29:36, nearly four minutes up on the second place finisher.

Eron Ferreira, who is too frugal to wear running shoes or pay race entry fees, took the win in the Harden & Weaver 5K on September 20th over a hilly course in Spring Valley with a time of 15:39. Runner-up was our own Kurt Kroemer, wearing shoes, socks, shorts, singlet and a cheap plastic watch. Kurt turned in a 16:12. In the women's race Berni Flynn took third place in 20:19, well behind the winner Heather Lucas who came all the way from Rockford, Illinois to run a 17:45.

As promised, the identity of the last person (besides Tris and the cats) to leave the WRC picnic is revealed. A roll of the drums please . . . and there, standing in the whirling smoke is James Scarborough. James claims he had heard something about not leaving until the last dog was hung, and he wanted to make sure it didn't suffer.

**Rick and Kathy Friedman** of Capital Running are looking for volunteers to help with an unusually heavy race schedule on November 1st. If you're at a loose end give them a call at 301-871-0005 and make yourself some extra money.

The Potomac Valley Track Club has organized the Young Flyers Track and Field Training Program under the direction of **Clifford Tell**. The program will provide structured training for young athletes in grades 1-8 with coaching from experienced track and field athletes starting on October 12th. A nominal \$10 registration fee, to cover refreshments, t-shirts, and awards will be charged. For further information call Clifford at 703-524-3269.

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### A FEW WORDS FROM THE PREZ . . .

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A Supreme Court justice was once asked why he read the sports pages of the newspaper each morning before he read anything else. He answered that he preferred to read about mankind's accomplishments. Like the justice, I open first to the sports section, but these days, I am more likely to find a lead story about spousal assault, drunk driving or drug abuse than one about any great achievement. Sometimes the stories of great achievement are there, but you have to look for them. On one recent Saturday, page one of the *Washington Post's* sports section had a story about a single churlish basketball fan who decided not to renew his season ticket. His main athletic accomplishment has been disrupting local road races. Page two that day made note of the fact that Daniel Komen and Paul Tergat had set world records at 5,000 and 10,000 meters respectively. Ho-hum.

The life of a professional athlete is different from the average life in many respects. Most of us plug away without any mention in the newspaper. We never appear on television. The public makes no note of us. We do not live in the spotlight. We do not reach our greatest accomplishments before our thirtieth birthday. The public will have no collective memory of us. We do not feel the need to be guarded.

This brings me to two professional athletes who will now be mentioned together in the same sentence for the first time ever: Allen Johnson and Ken Griffey Jr. "Junior" as all America knows, is one of the greatest contemporary baseball players. Maybe he will be an all-time great, but I am no expert on this subject. Johnson is a great hurdler. To be sure, Johnson's fame in the United States will never approach that of Griffey, but each has gained some fame at a young age as a result of their athletic accomplishments. (I'm going a little out on a limb here by equating anything happening on a baseball field as an "athletic accomplishment," but bear with me.)

I have never met Allen Johnson, but I did have a brief, unmemorable, conversation with Griffey once. It was ten years ago, the summer after Griffey finished high school. It took

place outside a minor league ball park in Bellingham, Washington. Griffey was there learning his craft with the Bellingham Mariners. I was there visiting my brother, his wife and son. Dan was six years old at the time. He was already a big fan and Griffey was a star in the making. Dan went to many games and got to know all the players quite well. They would give him cracked bats and chat with him. He must have asked Griffey for his autograph dozens of times. My brother once showed me a photo of Dan and Griffey wrestling in the dirt along the first base line, both laughing.

A few years went by and Griffey became a big star. Dan was in the Bay area visiting my sister, and they went to a game in Oakland. Dan got there early to watch batting practice. He went down to the railing with the other kids, near where Griffey was hanging around the batting cage. He called repeatedly to the big star, "Hey Griffey, I'm Dan O'Donnell, remember? I knew you in Bellingham!" Griffey ignored him for a while, and when Dan persisted, he finally turned and said, "I've never been to Bellingham."

I've admired Allen Johnson as an athlete for several years now. He is an extraordinarily powerful athlete. His stature grew when he carried the baton for 400 meters this summer at the World Championships. He seemed like an articulate man when interviewed. But until recently, I had no sense of what kind of man he is. Then, on September 2, I saw a small item buried in the back of the sports section. Allen Johnson wanted to do something to help Lake Braddock High School, his alma mater. He talked to his old coach and they saw the need for a new track. Johnson kicked in \$5,000 himself, hit up his corporate sponsors, and got directly involved in fundraising. The track will be dedicated in October.

Celebrity is an unnatural phenomenon, particularly for the young. I suspect it is a very rare famous athlete in his twenties who considers how he will be remembered later. They live in the present. Twenty years later they live with the consequences of how they spent their youth. I can't judge Griffey too harshly; I have never seen his name in the headline of a story about violence or substance abuse. They say he brings a joy to the game and he is highly thought of. I am told my anecdote is atypical of him. But I am sure that in the years to come, even if he ends up with a million home runs, whenever Ken Griffey's name is mentioned, I will remember that when he could have said "Hi Dan, how you doin'?" he chose to tell him to get lost.

As for Allen Johnson, he may yet do something that will forever tarnish his reputation. But I suspect that when his athletic career is long over, people will not only remember him as great hurdler, but as a guy who did not forget where he came from. People will think of him as a guy who saw a problem and did what it took to solve it. People will remember that he did something for kids. When the name Allen Johnson comes up, people will say, "He is a stand up guy." Whether he is aware of that now or not, it will mean much to him in another twenty years.

## MINUTES OF WRC MEETING HELD SUNDAY, AUG. 24

The Washington Running Club's August meeting was held at Dr. Tris Kruger's house in Potomac on Sunday afternoon, August 24, in conjunction with the annual picnic. Lots of members and guests and FOTs (Friends of Tris) were in attendance: The Moores, the Keatings, Norm Brand, Bob Platt, Bob Trost, John Dix, Sunny Clarke, Ted Baca, the Ives, Ed Doheny, etc., etc. The weather was absolutely fantastic for August (kind of why we moved it to later in the month), the cats were well-behaved, the water in the pool nice and warm, the new addition looking good, and everyone in generally good spirits.

1. John O'Donnell called the meeting to order and announced that we have agreed to again work the packet pickup/pre-race for the Georgetown 10K on Sunday, October 5 (and Saturday, October 4--everyone should plan on working at least one of those two days) for Capitol Running Company. John will coordinate volunteer calling. We have also an agreement to provide similar services for the St. Patrick's Day 10K in March (not actually on March 17? but close enough). More about that as the details firm up.

2. Mike Regan is leaving the area on August 31 for San Francisco with his wife Abby Daniels. WRC will thus lose its men's team coordinator, soon after losing women's team coordinator Susan Kolp. John O'Donnell announced that, tentatively, Jack Pozo-Olano and Jodie Buening have offered to fill those respective slots. Those wishing to be on an Army 10-Miler team in particular should talk to Jack. The Twenty Miler in Alexandria also has team competition. The race is September 20, but team entries close September 15.

3. James Scarborough mentioned the proposal he had developed based on Gerry Ives' suggestion, for a 15K to be held on the Capital Crescent Trail, and put on by the Club. John mentioned that since we seem to be developing other sources of revenue, and since this appeared to be a break-even proposition, that it was not worth the volunteer effort to put on. Others agreed, so the proposal will be tabled for 1998. Discussions will continue about DCRC-WRC joint efforts if that involves a Capital Crescent Trail race.

4. Nancy Horan asked how many member WRC currently has. Gerry Ives responded 66 paying members (don't know how many family members this includes). Gerry will make available updated membership lists for anyone who wants them.

5. John announced that Gerry is still looking for a replacement to edit the Newsletter. He *will* be stepping down after the December issue, and John said he had a candidate in mind as a replacement if no one else volunteered.

6. The Potomac 5K will be held on Saturday, 25 October (the day before the Marine Corps Marathon). Tris will again be looking for Club volunteers and DCRC will be contributing its finish line assistance, etc.

7. The Alfred tomFelde award, by agreement of the club officers, was announced to go to Mike Regan on behalf of his

efforts in team coordination, uniforms, and running store expertise. Mike (and his times in races) will be missed! John, not having the trophy ready, and Mike unable to attend the picnic, will make the presentation in a private ceremony.

8. The next PVA meeting will be held on Thursday, September 11. James Scarborough *might* attend.

9. James Scarborough circulated a Treasurer's Report. Most revenue still comes from individual memberships, although we did get a couple of uniform sales in the past two months. We donated \$50 to the C&O Canal Fund. The overall balance, although improved was slightly decreased since the beginning of the year. Ed Doheny asked Gerry Ives about the printing expense. No audits are forthcoming (on any other item, as well). James admitted that there are some overpayments for memberships and uniforms which should be recorded as donations (to wit John Dix wrote a check for \$25 for a \$12 membership).

10. DCRC has the following events coming up in September (blink and you'll miss 'em)--The Rocks Five Miler, The Sickle Cell Six Miler, The Al Lewis Ten Miler, The Air Force 5K, The EOD Half Marathon, The Tort Reform 5K, and The National Capital Twenty Miler. It will be a busy month.

11. Dave Keating (who is working on a WRC web page) proposed that WRC run a challenge race against Montgomery County Road Runners. James Scarborough agreed to talk to MCRRC officials about their schedules and get back to Dave with what would be a good MCRRC race to take them on at.

There being no further business, and everyone wanting to enjoy the sun, the pool, and the beer, the meeting was adjourned.

*James Scarborough, Secretary*

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.

## ANNAPOLIS 10-MILER GOES TO HAUSENFLUCK AND HOLDEN

*by George Banker*

Maryland's premier ten mile race, the Annapolis 10-Miler, took place on Sunday, August 24th. This year marked the 22nd running of the event and saw the highest number of female finishers (1,055)

This year was also the debut of the ChampionChip, which registered when the runners crossed the start and when they finished. If you weren't wearing a chip on your shoe, you didn't get a time.

Merrill Hausenfluck, making a debut in the event, took an early lead with Eron Ferreira (running barefoot with no chip) in pursuit. Ferreira stepped on a rock in the fourth mile, cutting his heel and forcing him to withdraw. Hausenfluck

went on to win in 52:13, with WRC's Kurt Kroemer taking second in 54:21. Robert Marino was third in 54:54.

In the women's race Megan Holden took the lead at mile two and never looked back, breaking the tape in 1:01:42. Runner-up Callie Molloy (formerly Calhoun, and the winner of the 1994 Marine Corps Marathon in 2:49:46) registered 1:02:13, just ahead of Hilary Cairns' 1:02:29.

The winning male master was the resurgent Roberto Rodriguez with a splendid 58:30. Fellow WRCer Jon Thoren took the 4th masters spot in 59:30.

In women's masters competition, Margaret Starnes took top billing in 1:07:02, with Susan Humphries right on her heels in 1:07:05, and Berni Flynn nailing third in 1:08:01.

On a sad note, this year the Annapolis 10-Miler had its first fatality, Joseph Sokol of the Howard County Striders. Joe, an experienced runner and director of pharmacy at Columbia Medical Plan, went down at the 7-1/2 mile mark with cardiac arrest. Medical personnel were on the scene immediately, but their efforts were unsuccessful. A moment of silence was observed at the awards ceremony.

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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 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*