
The Washington Running Club Update

The **FEBRUARY MEETING** of WRC will be held on **February, 19, 1998** at Armand's Pizzeria on Wisconsin Ave, N.W. WDC. Items to be discussed on the agenda include, upcoming races, the St. Patrick's Day 10K volunteer schedule, and other issues that might occur to the WRC braintrust.

MINUTES FROM THE LAST MEETING

The WRC December 1997 meeting was held at *Armands Pizzeria* on December 11, 1997. Present were **Jodie Buenning**, **Jack Pozo-Olano**, **Dave** and **Liz Keating**, **Sharon Servidio**, **John O'Donnell, Esq.**, **Dr. Tris Kruger**, **Gerry Ives**, (late of Her Majesty's Armed Forces), **Nancy Horan**, **Henry Grossman** and **James Scarborough**.

Pictures taken at **Mike Regan's** going away party last summer were passed. His party was held at the Capitol City Brewery, in downtown WDC. Mike has since moved to San Francisco with his lovely wife, **Abby Daniels**.

President John O'Donnell proposed the following slate of nominations for WRC officers. Dave Keating was nominated to replace Mr. O'Donnell as President; Jack Pozo-Olano was nominated to replace Ms. Horan as Vice-President and director of membership development; Mr. O'Donnell offered to take over as Secretary from James Scarborough; and Mr. Scarborough would continue as Treasurer. This group of officers was approved unanimously. Gerry Ives passed the Editor's Pen of the WRC Newsletter to Jodie Buenning.

Mr. O'Donnell then announced that although he has been know as "El Loco", Dave would be known as "The Great Helmsman." The president-elect declined, recalling that Mao was once called "The Great Helmsman." Dave decided he'd stick with his given name, El Presidente.

James Scarborough reported that WRC ended another year with a budget surplus. The group voted down the motion to contribute the excess funds to the "national debt." Mr. Scarborough also circulated a comprehensive report of the first eleven months of 1997 and a proposed budget for 1998.

LETTER FROM OUTGOING PREZ John O'Donnell

Looking Back on the Years

The torch has been passed....well, not entirely! I am still Secretary of the club and trying to learn shorthand so I can take dictation from **Dave Keating**, who keeps chasing me around the desk. I guess that what now qualifies for speed work!

After 2 years as president, I write for two reasons. First, and most importantly, to express my thanks to the many members who have been a great help. I could not list all the names, there are too many, and I may leave someone out. Second, I thought it would be a good time to briefly review the past two years.

We're in a little better shape. Under **Mike Regan's** direction, we bought new uniforms and entered some good men's team in some local races. Unfortunately, Mike is now enjoying the temperate weather in Northern California, but with new VP, **Jack Pozo-Olano**, our presence in local competitions will continue. We were less fortunate on

organizing women's team, but that will change with some new female members joining the club and with a new female team coordinator, **Jodie Buening**.

Financially, we are sound. Our primary sources of revenue are annual dues and work at the Georgetown 10K. We have arrangements to help-out at the St. Paddy's Day 10K this year. Membership is up and I am particularly encouraged by some new youngsters who have joined our fold.

The annual picnic, a popular event, was reinstated under the direction of **Dr. Kruger**, who was a most gracious host.

At our last meeting, we voted in new officers. All four offices are again filled, and the capable **Dave Keating** will be an enthusiastic President who will continue to improve the club. And, after many phone calls and a hefty bribe, Jodie Buening has taken over as the editor of the newsletter.

Again, my thanks to all of you.

**LETTER FROM EL PRESIDENTE,
Dave Keating**

"It is a real treat, being a long distance runner." Alan Sillitoe 1953, The Loneliness of the Long Distance Runner.

For ten years, the WRC newsletter has been the work of **Gerry Ives**. This issue is the first to be created by **Jodie Buening**. Godspeed to Gerry, and welcome to Jodie.

Those of us who have enjoyed this newsletter for the past ten years had little idea of the tireless effort that Gerry devoted to it. Year after year Gerry was solely responsible for soliciting articles, editing them, publishing the final product and ensuring that it was delivered to the far flung membership. On behalf of the club, I

would like to thank Gerry. Gerry accomplished this considerable task with modesty, diligence and grace.

Gerry's wife, Donna and his daughters Crystal and Samantha, should also be recognized. They have been forced to share Gerry with the newsletter. No doubt, they are gratified to finally reclaim his full attention.

Special praise should also be reserved for **John O'Donnell**, our outgoing president. For the past two years, John has instituted numerous changes that have revitalized the club. During an era where the running boom has further subsided, WRC has retained a strong and committed membership. This can largely be attributed to John's leadership. Under John's guidance, WRC has fielded a number of strong teams in local races, filled the club coffers with earnings from participation in the Georgetown 10K and the St. Paddy's Day 10K, and strengthened the club's membership.

In addition, John has managed to stay in **Tris Kruger's** good graces to such an extent that Kris has generously shared his house and pool in Potomac for both summer Sunday morning runs, and the Club Picnic. This has afforded the membership an opportunity to visit Tris, and witness pooh-bahs in their native environs. Thanks, O'D!

I hope to continue in John's footsteps by further strengthening the club. I hope that we will continue to attract more young men and women runners; welcome back those club members who have fallen temporarily out of the fold; and, continue to have fun racing and training together as a club. For those of you who have fallen out of contact, remember, for the next six months we will meet at **8:00 a.m. on Sundays** in front of

the *Staples* on M st in Georgetown. A good workout, good conversation, and the excellent java are the rewards that await those who attend. We welcome all prodigal sons and daughters back to the fold!

JINGLE BELL RUN FOR ARTHRITIS 8K,
Nov. 23, 1997

After winning the 1997 Marine Corps Marthon, **Darrell General** and **WRC's Donna Moore**, returned to the road racing scene as the official starters for this race. McLean resident, and winner of the Prolific Runner Award, **Ted Poulos** added another victory to his annual total at the Jingle Bell Run for Arthritis 8K in Greenbelt. Ted covered the two-loop course in 28:12, more than one minute ahead of second place finisher **Karim Harried**. Winning the women's races was **Yvonne Joyce** of Vail, CO, in a time of 32:52, with second place going to **Wendy Ponvert** who finished in 34:38.

BREAD RUN 10K, Dec. 7, 1998

On a challenging course, **WRC's Roberto Rodriguez** finished in a time of 36:49, which was good for 3rd place. Dan Murphy won the race in a time of 34:16. Fine efforts were seen by **WRC's Jay Wind** who finished with a time of 38:16, good for 5th place, and **Gerry Ives** who secured 8th place in a time of 39:39.

BELLE HAVEN HALF MARATHON,
Dec. 13, 1997

WRC's Roberto Rodriguez ran 1:19:20 which was good for 3rd place, while his fellow club members, **Jay Wind** (1:23:12) and **Gerry Ives** (1:23:20) battled it out for 8th and 9th place, respectively. Other notable performances by WRC members included: **Bob Platt** who covered the course in 1:33:29; and **James Scarborough** finished in a time of 1:41:41.

RUDOLPH'S RED NOSE RUN 10K,
Dec. 14, 1997

WRC's Newest Member, Henry Grossman held on to 2nd place crossing the line in 34:40 just mere seconds behind winner Dan Wallace who won the race in 34:31. Takiing 8th place was **WRC's Jay Wind** in a time of 37:46. Ruth Riemenschnider won the women's race in 43:48.

JINGLE BELL RUN FOR ARTHRITIS 10K,
Dec. 14, 1997

WRC's Donna Moore returned to road racing at the Jingle Bell Run for Arthritis 10K in Washington, DC. Donna clocked an impressive 38:18 considering that she had won the 1997 Marine Corps Marathon only seven weeks beforehand. **Sheri Spencer**, of Washington, was second in 38:23. In the men's race **George Probst** held off **Edmund Burke** for the victory in a quick-paced 31:27. Burke took second in 31:41.

3rd ANNUAL RED RIBBON RUN 5K,
Dec. 31, 1997

Fighting the wintery conditions in Alexandria, George Probst sailed down Eisenhower Avenue in Alexandria, VA breaking the course record with a finishing time of 15:00. **WRC's Jim Hage** took 2nd place in a time of 15:36. In a sprint to the finish, **WRC's Henry Grossman** out-kicked Dan Wallace for 7th place with a 16:28. Wallace crossed the line in 16:30. **WRC's Jay Wind** also braved the conditions finishing in 17:57. The woman's race was won by Ingele Gahne in a time of 18:14.

JFK 20K and 5K, Jan. 18, 1998

The JFK 20K and 5K were held on Hains Point. With the weather a little warmer than last year, WRC members had a little easier time, despite being unable to escape from a bitter wind. Notable performances by WRC members included: **Jay Wind** who took 3rd place with a time of 1:19:00 ; **Gerry Ives**, secured 6th place in 1:20:12; **James Scarborough** finished in 1:31:59. Winning the women's race and placing 4th overall was Megan Raterman in 1:19:06.

UPCOMING RACES

Team coordinators, Jack Pozo-Olano and Jodie Buening are working on organizing WRC teams for the following races: Boston Marathon; Bethesda Chase 20K; Crystal City 10K; Sallie Mae 10K and, Capitol Hill 10K. If you are interested, or planning on, running any of these races, please contact Jodie at (703) 516-4517, or Jack at (703) 528-5555.

The Nortel Cherry Blossom 10-Miler is closed, so, if you haven't sent your application in, save the stamp for the next race.

SEEN & HEARD ON THE TRAILS....

Sometimes, months can go by without the chance to catch-up your pals. This column will be a regular edition to stay on top of the latest news in the WRC community. (For contact the Editor's for submissions.)

From CA, **Mike Regan** is keeping busy with a newly opened New Balance retail store. **Abby** is keeping things in-line and funded at the San Francisco AIDS Ride headquarters.

Reports from Glover Park, have included several sightings of **Jim Hage**. When will he join the Staples crew for a long-run? Perhaps it help if the runs were later in the day.

Speaking of Mr. Hage, he's rounded the corner to the 40's – **HAPPY BIRTHDAY, MASTER JIM!!**

Another notable date that passed by on December 21st was **Jack Pozo-Olano's** birthday who has now moved into the 30-39 year-old age division. Many thanks to all who helped him celebrate this historic day.

We all welcomed **Teren Block** back from the sunny streets (and beaches) of Rio De Janeiro over the holidays. She reported that they really believe in free spirited running which includes starting road races sometimes and hour late. This approach would mean that even **Jim Hage** could arrive with enough time to stretch and warm up before the race started!

Sunny Clarke ducked out of some of the winter and headed south to warmer temperatures. She returned with a 37:14 finish at the Bermuda 10K which was good for 3rd place. Congrats, but the burning question we all want to ask -- is there a sub-2:50 planned anytime before 2000?

The Sunday morning runs have grown to be quite exciting and large – one Sunday there were a total of 17 runners (in the Great Mid-West, we'd call that a herd)! In fact, just a couple of weeks ago, 1997 World Championship bronze medalist, **Rich Kenah** joined the Sunday morning crew for a long-run. We all enjoyed Rich's company – too bad **Tris Kruger** forgot his camera that day.

A frequent face among the runners on Sundays has been **Steve Meyers** a national class 1500 meter runner who is training with the Reebok Enclave.

Congrats go out to **Kevin Burke** who asked his long-time girlfriend to marry him. Good luck to Kevin as he ventures out of bachelorhood!

Jackie Concaugh finished in 104th overall at the 1997 USATF National Cross Country

Championship on December 7th, in Portland, Oregon in 31:00.

Great-runner-turned-biker, **Jon Gardner** has been spotted frequently on the trails. Now, instead of the polite, orange-headed gator Jon we all knew, he now speeds past ringing that crazy little bike-bell.

A warm welcome to our one new member – **HENRY GROSSMAN**. Can **Dean Burke**, **Dante Ciolfi**, **Dan Wallace**, **Monica Robbers** and **Steve Ward** be far behind? Stay tuned.

EDITOR'S NOTE

With a new editor, you may see some changes to our friendly newsletter. Your suggestions and comments on how to improve this fabulous, hard-hitting news coverage are welcome. For any new items or comments, please send a note to: WRC Editor, 1023 15th Street, NW, Suite 200, Washington, D.C., 20005, or call the Editor at (703) 516-4517.

Washington Running Club

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CLUB OFFICERS

President: Dave Keating
Vice President: Jack Pozo-Olano
Secretary: John O'Donnell
Treasurer: James Scarborough
Newsletter Editor: Jodie Buenning

COMMITTEES

Legal: Chairs – Jim Hage, Jack Coffey
Membership: John O'Donnell
Teams: Jack Pozo-Olano, Jodie Buenning

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:
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