

Washington Running Club Newsletter



Volume 6, Number 5

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May 1987

The MAY meeting of WRC will be held on Friday, MAY 8, at 8:00 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. Take Key Bridge to Rosslyn and go straight on N. Ft. Myer Dr. Turn left on 19th St. Go two block to AMS Building. Go to 14th floor and take spiral staircase to penthouse.

This will be a covered dish meeting, so bring your favorite salad, casserole, pie, or whatever. The Club will supply some beverages, but extra donations will be welcome.

HAGE CAUGHT AT GW PKWY. WIRE; KIPSANG BECOMING ACHILLES HEEL

by Staff Scrivener 'Red' Panama

WRCers Jim Hage and Bruce Coldsmith were surprised near the two mile mark of the GW Parkway 15k to find themselves joined at the front of the lead pack by Joseph Kipsang, the defending champion. Kipsang had not registered until the day before the race and had hidden himself well at the start. Then the crafty Kenyan let others set the early pace, only joining the lead group after the opening 4:49 mile. But once he arrived he made his presence felt quickly, surging forward short of the three mile post in a move that left everyone, save the two WRC teammates in arrears.

The trio of Kipsang, Hage, and Coldsmith remained together through a series of surges by each member until they entered Old Town, shortly beyond eight miles. At that point Kipsang and Hage moved away from Coldsmith, who was making his seasonal debut in the area after illness kept him from three weeks of training, and Hage seemed to take control of the quickened pace. In fact, what Jim was attempting to do was remove the sting of the vicious finishing kick of his Takoma Park resident rival. In early March that same kick had stolen the Bethesda Chase 20k from Hage in the final 300 meters.

As the two runners turned onto the finish line straight for the final 200 meters of a 4:44 finishing mile, Hage lowered his head for a final winning effort. But Kipsang seemed "to have an extra gear," Hage said later, "and went past me in a flash." The winner's final time (46:44) provided a margin of only one second over Hage, while Coldsmith held third in 47:14. As Hage said of Kipsang's performance afterwards: "The guy is world class."

Joining the "world class" winner and his WRC

teammates in the top ten was WRC's classy Ray Velez, who placed 6th in 50:15.

On the women's side of the ledger WRC's Marianne Dickerson (55:14) was bested by Mary Alico who used a 5:10 first mile to put herself among the leading men and twenty seconds ahead of any other women. Alico was unable to maintain anything close to her opening pace, but had put enough ground between herself and her pursuers that the race was, effectively, over. The defending distaff title holder, Natalie Updegrave of State College, Pa. was never a factor in the race, finishing third in 57:25.

WRC's Bob Thurston used the advantage of having certified the course measurement to cut each curve as close as possible enroute to a 54:05 masters win. Carol Lasseter (59:26) parlayed a 10th place overall finish among the women into a masters win of her own.

Men: 1. Joseph Kipsang, 46:44; 2. Jim Hage (WRC), 46:45; 3. Bruce Coldsmith (WRC), 47:14; 4. Darrell General, 47:26; 5. Paul Jessey, 48:32; 6. Ray Velez (WRC), 50:15; 7. Dan Murphy, 50:18; 10. Coty Pinckney, 50:23; 15. Kevin Ellis, 51:30; 18. John Walsh (WRC), 51:38; 24. Pat Carr (WRC), 53:37; Bob Thurston (WRC), 54:05 (1st 40-49).

Women: 1. Mary Alico, 53:04; 2. Marianne Dickerson

HECHT CO. RACE SLATED FOR MAY 31

The 10th annual Hecht Co. 10 Miller road race, presented by WRC needs your assistance. Don't wait for the volunteer coordinators to call you. Please telephone Jerry and Cathy Ventura-Merkle (525-5943) or race director John Walsh (462-8955) and let them know you can work registration and/or race day.

Registration volunteers are needed at the Hecht Co. downtown D.C. store Friday, May 29 from 4 to 8 p.m. and Saturday, May 30 for either of two shifts, 9 a.m. to 1 p.m., or 1 p.m. to 5 p.m.

Everyone is needed race day for a variety of packet pick-up, course marshal, and finish line duties. Even those WRC members who plan to race that day can be accommodated with race assignments.

The Hecht Co. race is the single largest source of club funds. Race expenses, social functions, and the monthly WRC Newsletter are not possible without these revenues and our success depends on you.

(WRC), 55:14; 3. Natalie Updegrove, 57:25; 4. Mary Catherine Fischer, 57:56. 10. Carol Lasseter 59:26 (1st 40-49):

SEKO USES HILLS TO WIN BOSTON RUN, WRC'S EASTMAN LEADS LOCAL GROUP

by Sp. Editor R.P. Trost

While 12 lead changes were recorded at checkpoints along the route, only one really counted. That change took place on the last of the four hills called "Heartbreak," at the 19½-mile mark. It was here that the Japanese marathon giant, 5-foot 7-inch, 130 pound Tokyo resident Toshihiko Seko, took command of the field with a 4:28 mile.

Heading over the crest of the (in)famous Newton, Mass. inclines Seko built up a 17-second lead and then finalized that lead with a blistering 4:40 22nd mile as he roared solo down Massachusetts Ave. through Brookline.

From that point there was no danger of additional challenges. Seko cruised into Back Bay and Copley Square where a 2:11:50 victory, and \$71,000 in prize money and merchandise awards awaited him.

A pair of runners who call the United Kingdom home, Steve Jones of Wales (2:12:37) and Geoff Smith (2:12:42) of England finished 2nd and 3rd, respectively.

Rosa Mota lead the women's field from start to finish and won easily in 2:25:20. She also collected \$71,000 in prizes.

Seko's win adds another jewel to this champion's awesome record. Since his 1979 loss to Bill Rodgers at Boston, Seko has posted 11 marathon victories in 12 attempts. The only marathon he has started, but

not won during the last eight years was the 1984 Olympic race in Los Angeles.

Times on Boston's point-to-point course were slowed by 96% humidity and a constant 15 mph headwind that negated any advantage resulting from the cool temperatures.

The problem with the wind, runners said, was not so much its strength, as its steadiness. "It was always there," Bill Rodgers described, "[i]t wouldn't stand you up, but it was persistent. You never felt you were running fast, you were slogging. You couldn't get a time."

WRC Performers Fare Well

Jim Eastman was WRC's best performer with a 2:24:23 finishing 32nd overall.

Larry Talley and Mark Doles both managed to "get times" for WRC, with Talley setting a new p.r. of 2:40 and Doles running well with a 2:46:20. Bill Wooden, who ran well at Virginia Beach in mid-March, decided to take it easy this time, finishing in 3:05:05. The only known WRC casualty was Californian Roger Urbancsik who found the wind and cold not to his liking and dropped out shortly after going through 20 miles in 1:57:00.

A fine performance was put in by the side of the Merkel family that has been less visible of late. Jerry Merkel ran a p.r. 2:35:02.

Partial Results: 1. Toshihiko Seko, 2:11:50; 2. Steve Jones, 2:12:37; 3. Geoff Smith, 2:12:42; Bill Rodgers, 2:18:18; Gary Fanelli, 2:21:36; 24. Dave Clark, 2:21:37 (1st Master); 31. Mike Cobb, 2:24:22; 32. Jim Eastman (WRC), 2:24:23; 41. Rudy Robinson, 2:25:31; 42. David McDonald, 2:26:04; 68. Jack Cleland, 2:29:30; 84. John McGrail, 2:31:39; 125. Jack Bickley, 2:34:02; 132. Ben Beach, 2:34:16; Larry Talley (WRC), 2:40; Mark Doles (WRC), 2:46:20; Bobby Bauer (WRC), 2:59:58; Bob Trost (WRC), 3:00:18; J.J. Wind (WRC), 3:02:33; Larry Tabachnick, 3:02:34; Doug Robinson (WRC), 3:12:30; Betty Blank (WRC), 3:15:34; Tris Kruger (WRC), 3:19:23; Barbara Blank, 3:30:00.

Washington Running Club

P.O. Box 32378, Calvert Station, Washington, DC 20007.

CLUB OFFICERS

President: Jack Coffey (836-8400)
Vice President: Dan Rincon (441-9265)
Secretary: Gerry Ives (320-3337)
Treasurer: Pat Carr (587-7655)
Newsletter Editor: John Walsh

COMMITTEES

Legal: Jim Hage, Chairman (652-6886)
Membership: Jeff Reed (836-7284)
Newsletter: John Walsh (462-8955)
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Competition: Dan Rincon, Chairman (345-9342)
Race Management: Al Naylor, Chairman (345-9342)
Social: Pat Bullinger, Chairwoman (820-2018)

SCRAMBLED STAFF SCRIBBLINGS SHORTENED BY SPRING FEVER

Patty McGovern won the Stamford (Connecticut) Marathon, the first prize money of \$10,000, and qualified for the 1988 Olympic Trials Marathon with a time of 2:39:36. Five WRC woman have now qualified for the 1988 Olympic Marathon Trial; **Karin Wagner-Hammond** (Grandma's), **Laura Albers** (Twin Cities), **Pam Briscoe** (Shamrock), and **Marianne Dickerson** (Houston-Tenneco).

Washington Running Club now has some classy

Submissions for the *WRC Newsletter*, as well as diatribes against the editor should be mailed to John Walsh, 2827 28th St. N.W., #12, Washington, DC 20008.

new stationery. The Club thanks **Taylor Printing Co.**, 5206 46th Ave., Hyattsville, Md., for donating the printing, and **Stanford Paper Co.**, 1901 Stanford Ct., Landover, Md., for donating the paper. If you can put any business their way it would be appreciated.

Mary Ellen Williams took 20th place at the New Jersey Waterfront Marathon on April 26 with a time of 3:02:28. The time was good enough for 3rd place among the masters and \$1,000 in prize money. Mary Ellen used the race as a tune-up for Grandma's.

A tip of the editor's cap and special thanks to WRC stalwart **Robert Patrick Trost** for his regular *WRC Newsletter* contributions. Bob filed stories for us this month from both the DCRRC 15k Championship and the Boston Marathon. It may surprise some of you, but even with our vast staff and limitless resources, the *WRC Newsletter* can't personally get to all the races. If you don't write up races because you are concerned about your epistolary prowess, don't forget, Bob is an academic economist and we make him sound pretty good. *Just kidding, Professor—ed.*

The April 26 Mt. SAC Relays in Southern California, from whence we last heard of the great one, **Ira Pesserilo**, produced the year's best times at 10,000 meters (Arturo Barrios; 27:56), 5,000 meters (Marcos Barreto; 13:28.9) and the 3,000 meter steeplechase (Patrick Sang; 8:28.85). Linn Nelson posted a 1987 best of 32:46 for 10,000 meters at the Mt. SAC meet, but the same day Igrid Christensen was running a road 10k of 31:51 in Oslo, Norway.

At Penn Relays, WRC's **David White** (Reebok) ran a 14:21 5,000 meters in the Olympic Development race. **Sidney Maree** won the race in 13:34, but David managed to best former U.S. 10,000 meter record holder **Alberto Salazar** who ran 14:26.

Gerry Clapper (WRC-Adidas) placed well in the open 10,000 meters with a 29:09. Two of Dan Rincon's Eleanor Roosevelt HS cindermen also performed well in Philadelphia. **Ricky Hall** won the schoolboy triple jump with a leap of 46 feet 1¼ inch. **Greg Early** placed 6th in the 1500 meter run, clocking 3:56.8, a p.r.

DCRRC announced the 1986 award winners at their annual banquet. Outstanding Volunteer honors went to **George Banker**. Performer Of The Year winners were **Tom Kurihara** and **Jennifer Westfall** and Most Improved Performer awards went to **Mike Silverman** and his wife **Jean Silverman**. All awards were restricted to DCRRC members and are based on performance in DCRRC sponsored events.

Anyone planning to run the Annapolis 10 Miler in August is advised that team entries must be sent in together. **Gerry Ives** is coordinating teams for WRC. If you wish to compete on a club team send your entry to Gerry at 7817 Tomlinson Ave., Cabin John, Md. 20818. Yes, folks, that's right, Ives has deserted his working class origins and moved in with the gentry. Word has it that this onetime union man is also penning his autobiography with a Mount

Blanc pen. The tentative title; *On Joining The Tories; Or How I Became A Bourgeois Boss.*

DOUB AND DICKERSON LEAD WRC CHERRY BLOSSOM CONTINGENT

by Newsletter Editor J.M. Walsh

As is usually the case in early April, the weather was chancy and WRC's Nike Cherry Blossom results were classy. The club's successful performance this year was led by the 8th place finish of John Doub (47:33) among the men and the cerebral performance of Marianne Dickerson, who overcame a winter of doubt that included a dnf at the Osaka Women's Marathon, to finish 16th with a 57:47. Both of these classy performers did themselves and their club proud.

Many other WRCers posted outstanding times, but several individuals merit special mention in this reporters view.

Tops on the list of breakthrough performances was Al Naylor's 52:14. For what must seem to Naylor like an eternity, injuries have kept this genuinely good guy out of racing. But that is not exactly true either, because even while hurt he has been present at many races, particularly those weekly DCRRC races that are the backbone of the Washington running community, working at big jobs and small. It's a very real pleasure to see Al back on good form.

Kevin Kolakowski, whose good humor and willing spirit have won him many new friends since joining WRC last year, posted a p.r. 61:42. Not very impressive you say. Coming into 1987 Kolakowski, who stands well over six feet tall and tips the scales at 185 lbs., had never seen the short side of forty minutes for 10K.

Men: 1. Jon Sinclair, 46:48; 2. J.P. Ndayinsenga, 46:50; 3. Larry Greene, 46:53; 4. Sosthenes Bitok, 47:00; 5. Mark Curp, 47:03; 6. Joseph Kipsang, 47:21; 7. Martin Froelick, 47:29; 8. John Doub (WRC), 47:33; 9. Peter Brett, 47:38; 10. Brent Barnhill, 47:43; 16. Jim Hage (WRC), 48:37; 19. Gerry Clapper (WRC), 48:50; 23. Rudy Robinson (Warren Street A.C.), 49:44; 27. Scott Celley (NOVA), 50:36; 31. John Wessels, 50:48; 35. Mike Mansy (WRC), 50:52; 36. Barry Brown, 50:55 (1st Master); 41. Dan Murphy, 51:40; 47. Al Naylor (WRC), 52:14; 48. Lucious Anderson (WRC), 52:21; Ray Velez (WRC), 53:15; Rusty Moore (WRC), 53:24; Wayne Allen (WRC), 54:00; Joe Sullivan (WRC), 54:12; Steve Daniels (WRC), 54:29; Robert Rodriguez (WRC), 55:22; John Walsh (WRC), 55:26; Craig Voise (WRC), 55:40; Pete Nye (WRC), 55:45; Frank Faykes (WRC), 56:02; Ed Doheny (WRC), 56:30; Pat Carr (WRC), 56:32; Larry Talley (WRC), 56:43; J.J. Wind (WRC), 57:00; Gust Svanson (WRC), 57:11; Bill Wooden (WRC), 57:15; Bill Larsen (WRC), 58:00; Bob Thurston (WRC), 58:19; Bob Trost (WRC), 59:20; Richard Brannan (WRC), 61:26; Kevin Kolakowski (WRC), 61:42; Bobby Bauer (WRC), 63:18; Gordon Noel (WRC), 64:12; Jeff Reed (WRC), 64:15;

Women: 1. Lisa Martin, 52:23 (New World Best); 2. Ann Audain, 52:30; 3. Carla Buershens, 53:00; 4. Priscilla Welch, 53:51; 5. Kim Rosenquist, 54:41; 6. Gail Kingma, 55:16; 7. Katie Ishmael, 55:24; 8. Michele Bush, 55:32; 9. Leatrice Hayer, 55:35; 10. Jennifer Colgrove, 55:44; 11. Mary Alico, 56:22; 16. Marianne Dickerson (WRC), 57:47; 18. Maria Pazarentzos (WRC), 58:08; 20. Pat Bullinger (WRC), 58:54; 28. Patricia O'Brien, 62:23; 30. Mary Ellen Williams (WRC), 63:27; 31. Pam Briscoe (WRC), 63:27; 42. Donna Elliot (WRC), 64:51; Betty Blank (WRC), 66:00; Joanne Mallet (WRC), 72:45.

POST-CHERRY BLOSSOM WEEKEND HOLDS MANY PRIZES FOR WRCers

Assembled from Wired Services

If the Nike Cherry Blossom marks the end of spring training and the start of the regular season other local clubs had better be wary of WRC's starting lineup and strong bench. The same weekend that Robert Rodriguez won the DCRRC's 15k title, other WRCers were winning laurels at Rockville's FOP 10k and at the Cherry Blossom Chaser 10k in W. Potomac Park.

Out in Montgomery County club members John Doub (30:06), Jim Hage (30:09), Jerry Clapper (30:18) and Mike Mansy (31:26), all of whom run with Dan Rincon's Adidas group, were sweeping the top four spots and all the men's prize money at the annual police union race. Meanwhile, along the shores of the Potomac, Marianne Dickerson (35:25) was beating out clubmate Cathy Ventura-Merkle (37:37) for top honors at the popular Sallie Mae sponsored contest. Donna Elliott (39:27) and Kath Otto (40:15) also posted top ten finishes. That first place finish for Dickerson was worth round-trip travel and accommodations for two to Jamaica (*and that ain't the neighborhood in Queens we're talking about either—ed.*).

The WRC women weren't without accomplishment in Rockville either. U.S. National Cross-Country team member Suzanne Girard-Eberle won top honors with a 35:10 clocking, but hot on her heels was WRcer Maria Pazarentzos in 35:53. Just back in 4th spot was Patricia Bullinger (36:40), while Gretchen Triantos' 38:51 was good enough for 8th position.

ROBERT RODRIGUEZ CAPTURES DCRRC 15K CROWN AT BELLE HAVEN

by Va. Reporter Robert Trost

This year's DCRRC 15k Championship, April 11, was held on such a beautiful spring morning at Alexandria's Belle Haven Marina that even WRC's perennial front-runner Robert Rodriguez to go out slow and take in the scenery. About the two mile mark, however, Rodriguez decided to "test the waters" with a surge that left everyone except Coty Pinckney behind. Pickney stayed within 20 meters of

the leader through the halfway point, but from that point Rodriguez pulled away to win in 52:41.

Kevin Ellis came on strongly over the second half of the out-and-back course to overtake Pinckney and finish second (53:01). Pinckney faded badly, but held on to the third place.

This race also marked the return of former WRcer Charlie Cvrk to racing. Cvrk has been sidelined by a series of injuries, and the Belle Haven contest was his first race in 14 months. Although well off the kind of fitness that made him a sub-30 minute 10k performer, Cvrk managed to garner a 4th place finish with his 54:47 run.

The WRC men's team took top honors with a 40 point total. Myron Lehtman's Team Banzai was 2nd (119), and Potomac Valley Seniors T.C. was 3rd (134).

RunHers won the women's championship.

Men: 1. Robert Rodriguez (WRC), 52:41; 2. Kevin Ellis, 53:01; Coty Pinckney, 54:24; 4. Charles Cvrk, 54:47; 11. Mark Doles (WRC), 56:07; 12. Ron Griswold (WRC), 57:01; 13. Theo Tadesse, 57:03; 16. Robert Trost (WRC), 57:52 (2nd 40-49); 17. George Masson, Jr., 58:20 (3rd 40-49); 18. Mark Grummer, 59:03; Jack Coffey (Tail Spin TC), 59:35; Myron Lehtman, 64:39.

Women: 1. Jennifer Westfall; 2. Suzy Coffey (WRC).

CLUB NOTES

Club Uniforms

Singlets	\$ 11.00
Shorts	11.00
Club T-shirts	6.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, c/o Pat Carr, 2240 Washington Ave. #101A, Silver Spring, MD 20910. Indicate sizes (S,M,L,XL) and whether men's or women's model.

BARGAINS FOR WRC MEMBERS AT LOCAL RETAIL GOODS STORES

Georgetown Athletic Club, on M Street near Wisconsin in the heart of Georgetown (333-1505). Discount of 10% on shoes and clothing.

Fairfax Running Center, Alexandria store in Old Towne on the Strand, off Union St. (Tel. 549-7688) and Jermantown Shopping Center at 11208 Lee Hwy. in Fairfax City (Tel. 691-8664). Discount of 10% on shoes and clothing.

College Park Bicycle, 4360 Knox Rd., College Park (864-2211). Discount of 5-15% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

Decorative Rugs & Carpets, 3230 Duke St., Alexandria (751-4110). Discount of 10% or more on floor coverings. Store is run by WRCers Ron and Candy Ponchak.

Racquet and Jog, International Square at 19th & K. Discount of 10% with cash or check only. No discount for shoes on sale.

Fleet Feet, 1840 Columbia Rd., N.W. Discount of

10% percent on clothing and shoes.

J. Lynn & Co., Endurance Sports, 19th & I St., N.W. (223-0310). Discount of 10% on clothing and shoes.

Bikes Plus, 308 Compton Ave., Laurel, Md. 20707 (776-9494). Triathlon and running gear. Discount of 15% on all non-sale items. Ask for George Whetzel. □

GROUP RUNS

Tuesday Night Run, Fairfax Running Center, Alexandria, 6:30 p.m. Group run from 6-10 miles along the bike path next to the Parkway. 6:00-9:00 pace. **Contact:** Betty Sue O'Brien at 549-7688.

Tuesday Night Run, Eleanor Roosevelt H.S., Greenbelt, Md., 6:30 p.m. Group runs 11 miles at approx. 6:30 per mile. **Contact:** Steve Daniels at 474-4428.

Sunday Morning Run, Georgetown, 8:00 a.m. Twelve to twenty miles at 6:00-7:00 pace. Group meets at the corner of 34th & M, on the canal side. Do not confuse this group with the bums sleeping under the trees. No contact, just show up.

Training/Coaching Advice—by arrangement: Dan Rincon wj 454-4861 or evenings hj 441-9265.

**WASHINGTON RUNNING CLUB
1987 MEMBERSHIP APPLICATION**

\$15 Individual Membership

\$20 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 1986

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, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Jeff Reed at 836-7284