

Washington Running Club ★ Newsletter

Volume 6, Number 8

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August 1987

August Meeting in Potomac

The AUGUST meeting of WRC will be held at Tris Kruger's house in Potomac on Friday, AUGUST 14, at 7:30 p.m. Take Beltway to River Road exit. Head toward Potomac. The house is 3 miles from the Beltway on the left, at the corner of River and Accord (9641 Accord), about ¼-mile past the Potomac Nursery. Tris is going to have his pool open, so bring a bathing suit. There will be barbeque grills available if you want to bring hot dogs or hamburgers. Charcoal, mustard, ketchup, paper plates and utensils will be provided.

BUNION DERBY REVISITS AMERICAN U. McGARRY, BULLINGER TOP MASOCHISTS

by Newsletter Editor John M. Walsh

It happens this time every year. The Bunion Derby series returns to the American University campus and everyone who shows up to run wonders whether they have masochistic tendencies. And they wonder whether those who show up to watch — like Ed Doheny — aren't a bit sadistic.

The reason for these sentiments is the AU course, a 5k loop with nary a flat spot on it.

The first third of the loop is a vicious downhill along Massachusetts Ave. Then comes a climb to Western Ave. and a rolling run against uncontrolled traffic on Dalecarlia Parkway. Tough you say; well the fun has just begun, because returning to the start/finish area means climbing a mile up Rockwood Parkway. And not a steady single grade, but at least four different grades. In case any runners were unaware of what awaited them, WRC Secretary Gerry Ives stood at the intersection of Dalecarlia and Rockwood with a large sign that read **HILL AHEAD**. Oh yes, and since this race is 10k you then have a second loop to look forward to. *Last year in these pages Will Woodbine commented on the deci-*

Lynchburg 10-Miler Race Coordinator

Bob Trost is the Club race coordinator for the Lynchburg 10-Miler in September. If you are running (the entries closed in June) contact Bob at h) 931-8809 or o) 676-8087 and let him know.

sion to change the women's race to 5k and we see no need to repeat those comments since you have probably saved that WRC Newsletter anyway.—ed.

Following this edition of the AU 10k expectations are on the rise for Kevin McGarry's fall season. McGarry put together a closing 5k of 16:45, following an opening 16:33, to put away Dan Murphy and post his third straight Bunion Derby win. Murphy had stayed with McGarry well into the second 5k loop, but lost considerable ground on the Dalecarlia and Rockwood hills, finishing in 34:07, well back of McGarry's winning 33:18.

The women's 5k was no contest as Pat Bullinger covered the loop in 19:00. She didn't stop there either, continuing around for a second time and posting 38:44 for 10k. Betty Blank and Suzy Coffey continued their battle for season honors in the women's 30-34 age group. This evening Ms. Blank taking the better of it with a 20:35 posting, good for 4th place overall. And good enough to clinch the women's 30-34 age group crown.

Behind the men's leaders, John Walsh clinched the 35-39 age group title with a 3rd place finish overall (34:29), while Robert Rodriguez appears unassailable in the 30-34 age group following his 34:58 4th place finish.

The aforementioned Ed Doheny could afford to sit on the sidelines watching main squeeze Julie Robey run after clinching the Bunion Derby masters title the previous week at the Reston 8k.

Making her fifth consecutive Derby appearance was new mother Bernie Creed (nee Flynn). Bernie looks like she is taking the examples of Ingrid Kristiansen and Evelyn Ashford to heart and is running better now than ever before. Following her first appearance of the series, Colleen Gaughan, this writer's wife, vows she is going to do whatever it takes to get faster. The hope here is that she chooses a more conventional means, like intervals.

Men: 1. Kevin McGarry (WRC), 33:13; 2. Dan Murphy, 34:07; 3. John Walsh (WRC), 34:29; 4. Robert Rodriguez (WRC), 34:58; 5. Ben Beach, 35:41; 8. Pete Nye (WRC), 36:48; Jay Wind (WRC), 37:46; Pat Carr (WRC), 38:01; Count Baker (WRC), 38:08; Dave Johnson (WRC), 38:08; Alex Krynitsky (RC²), 38:24;

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.

George Masson, 38:28; Bob Trost (WRC), 38:37; Bernie Gallagher, 39:06; Kevin Kolakowski (WRC), 40:20; Tom Kurihara (PVSTC), 40:34; James Scarborough (WRC), 43:20; George Cushmac (WRC), 43:45; Tim Bevins (NOVA), 46:57; Jeff Darman, 47:00; Phil Stewart (WRC), 47:03; Dick Good, 49:30.

Women: 1. Pat Bullinger (WRC), 19:00 (38:44); 3. Jennifer Westfall (RC²), 20:32; 4. Betty Blank (WRC), 20:35; Suzy Coffey (WRC), 21:20; Julie Robey, 23:32; Bernie Flynn Creed (WRC), 23:46; Colleen Walsh (WRC), 25:27.

WRC WOMEN SWEEP ROCKVILLE ROTARY 8K; PAZARENTZOS AND HAGE TAKE TOP HONORS

by Will Woodbine

WRC women, led by Maria Pazarentzos, took five of the top seven spots at the Rockville Rotary Twilight Runfest 8K on Saturday, July 25.

In the men's open division, WRC's Jim Hage did not have an easy time as a resurgent Terry Baker pressed him all the way. Hage and Baker pulled away from the field at 2 miles and ran together until the fourth mile where Hage made his move. Hage thought he had it wrapped up, but when he looked over his shoulder Baker was still with him. Hage managed to hang on to finish in 24:48, for a two-second victory over Baker and the \$250 first prize.

In what has become routine, WRC's masters also took the top spots. Mary Ellen Williams (31:00) and Beverly Shooshan (31:44) took 1st and 2nd, respectively, in the women's masters division and the unstoppable Lucious Anderson took the men's masters title in 26:13.

The Rockville race was put on in place of Colonial

Foot-Injured Runners Needed For Podiatrist Road Race

Tickets to an August 8 American Podiatric Assn. seminar on athletic injuries at the Sheraton Washington Hotel are the reward for those helping out with APA Diamond Jubilee 5k earlier that day in Rock Creek Park. The race will be on Beach Dr. Anyone who can be of assistance should call Pat Neary at h] 455-0575 or o] 841-6490.

Running Co.'s Moonlighter 8K, which was switched to Alexandria this year. Not surprisingly, Pazarentzos and Hage also won at the Alexandria Moonlighter 8K on Saturday, July 11.

Men: 1. Jim Hage (WRC), 24:48; 2. Terry Baker, 24:50; 3. Thomas Stewart, 25:49; 4. Tim Gavin, 25:51; Michael Bordell, 25:56; 7. Lucious Anderson (WRC), 26:13.

Women: 1. Maria Pazarentzos (WRC), 29:14; 2. Pam Briscoe (WRC), 29:26; 3. Gretchen Triantos (WRC), 30:43; 4. Mary Ellen Williams (WRC), 31:00; 5. Sue Jorgensen, 31:19; 7. Beverly Shooshan (WRC), 31:44.

RESTON AFFORDS NO RESPITE FOR BUNION DERBY REGULARS

by Sp. Reporter Anna Lake

Many runners coming to the Reston 8k race in the DCRRRC Bunion Derby Series believe they will find a fairly normal race course. After racing through the backwoods in Fort Dupont Park, enjoying the traditional downpour and course screw-up at Langley, and rolling over the hot, humid, hills of Annandale the previous weeks the prospect of a shaded course with little elevation change seems very appealing.

The second time around there are no such delusions. By then you know about the constant little grade changes and the bikepath that never runs straight. You are also aware that running among the trees deprives you of any perspective or landmarks by which to judge where you are on the course. And, of course, those woods hold a week's worth of humidity. In short, you're aware of what a nasty little course this is. And making matters worse, have you ever tried going out for pizza and beers in Reston afterwards.

Well Jeff Huff lives out there and Kevin McGarry isn't going to let anything like a grinding course stop him, so the two of them ran together, after dropping a large pack just past the mile mark, until they returned to finish on the South Lakes H.S. track and McGarry (26:26) pulled out to a :04 victory.

Somewhat back from the leaders, Ed Doheny was stalking clubmate and masters rival Bill Wooden, the only runner with any chance of catching him in the series-long points race. Wooden knew Doheny was there and he was aware that winning a Bunion

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 (462-8955)

COMMITTEES

Legal: Jim Hage, Chairman (652-6886)

Membership: Jeff Reed (836-7284)

Newsletter: John Walsh (462-8955)

Finance: Pat Carr (587-7655)

Competition: Dan Rincon, Chairman (345-9342)

Race Management: Al Naylor, Chairman (345-9342)

Social: Pat Bullinger, Chairwoman (820-2018)

Derby crown is very important to the World Banker. Bill was also aware that Doheny had a cooler full of cold beers for post-race rehydrating, and having his own priorities in order, he let Doheny slide past to win in anticipation of enjoying several of those lagers.

The ladies ledger contained a slim list of entrants. Notable among those who made the scene were winner Laurel Huff, sister of the men's runner up, and Suzy Coffey, who took advantage of age group rival Betty Blank's absence to add twenty points to her season total

Results: Men— 1. Kevin McGarry (WRC), 26:26; 2. Jeff Huff, 26:30; Phil Ponebshek, 26:48; 4. Larry Frederick, 27:05; 5. Robert Rodriguez (WRC), 27:09; Jorge Pardo, 27:14; John Walsh (WRC), 27:36; 8. Jack Coffey (WRC), 28:00; 9. Ed Doheny (WRC), 28:15; 10. Jacob Wind (WRC), 28:17; Patrick 'Rocco' Carr (WRC), 29:37; Dave Johnson (WRC), 29:48; Bob Trost (WRC), 30:20;

Women— 1. Laura Huff, 31:45; 2. Suzy Coffey (WRC), 33:00; Bernie Flynn Creed (WRC), 37:30.

McGARRY RETURNS TO RACING; POSTS DERBY WIN AT ANNANDALE

by Staph Scribe 'Red' Panama

After a several months layoff caused by a torn calf muscle WRcer Kevin McGarry gingerly returned to the racing wars with a win the the season's fifth Bunion Derby contest July 15 at the Annandale 10k.

The double loop course and DCRRC President Roger Peet's pre-race suggestion that a single loop race might be in order because of the typically oppressive heat meant that no one knew who among the group that went to the front at the start were planning to race the full distance. A large pack moved out together, eight or more runners passing the one mile mark in 5:10. As things turned out it didn't much matter since McGarry soon after moved to control the pace, running with a high schooler who would drop out at 5k, while clubmate John Walsh trailed by 10 meters.

The second loop showed that McGarry's talent remains intact, despite the injury layoff. Kevin asserted himself on the downhill portions of the rolling course as he pulled away to a 17 second win over Walsh. Holding his own through the second half was WRC prez Jack Coffey, who finished third. Coffey's recent Bunion Derby performances have moved him up among the 30-34 age group leaders.

Poor Walsh just can't seem to get a break this season. In the second race of the series, at Fort Dupont he was relegated to the runner up spot by Dan Quinn's win in his final area race. Then, at Langley, Walsh was enjoying one of his few pace-setting roles ever when the lead vehicle, after promising to show the way around all turns on the unmarked course, disappeared, causing the first eleven runners in the field all to go off course. When

finally turned around, Walsh had dropped from first to eleventh. Now at Annandale he finds himself facing one of the area's top road racers, hard on the comeback trail.

Just behind Coffey came Robert Rodriguez and Ed Doheny (1st master) making it a sweep of the top five places for WRC.

Betty Blank (42:52) added even more to club honors by taking top honors among the women. Betty was never challenged, finishing never 90 seconds ahead of 2nd place Eve Abney. Chris Stockdale's 46:02, good for 3rd place, was followed by Joanne Mallet's 48:59 making it a very good evening overall for the WRC contingent.

Results: Men—1. Kevin McGarry (WRC), 34:10; 2. John Walsh (WRC), 34:27; 3. Jack Coffey (WRC) 35:40; 4. Robert Rodriguez (WRC), 35:53; 5. Ed Doheny (WRC), 36:01; 8. Steve Daniels (WRC), 36:36; 9. Pat Carr (WRC), 36:57; 10. Jay Wind (WRC), 37:29; Bill Wooden (WRC), 37:37; John McGrail, 37:48; Dave Johnson (WRC), 38:46; Bob Trost (WRC), 39:26; Kevin Kolakowski (WRC), 40:50; Bobby Bauer (WRC), 41:58; James Scarborough (WRC), 43:52; George Cushmac (WRC), 44:39; Bob Mallet (WRC), 56:16.

Women—1. Betty Blank (WRC), 42:52; 2. Eve Abney, 44:18; 3. Chris Stockdale (WRC), 46:02; 4. Joanne Mallet (WRC), 48:59; 5. Sharon Burkhart, 49:28; 6. Bernie Flynn Creed (WRC), 51:08.

FEAR OF FLYING AND RUNNING RUMORS, GOSSIP, INNUENDO AND SLANDER DEPT.

The first rule of flying has become: "Don't check essential luggage." WRC's Greg Early was unaware of this rule when he flew out to the TAC Junior Olympic National Championships, held in Provo, Utah, in late July. Greg checked all of his running gear, including his racing shoes, and when his luggage "turned up missing" he had to run in equipment borrowed minutes before the start of his heat. Greg's 4:17.6 time for 1,500 meters was seventeen seconds slower than his time in the regionals. Newsletter editor John "Wrong-Way" Walsh is still looking for the luggage he checked while on his way to Buffalo last year, but that's another story . . .

Bill Larsen showed up at the WRC picnic with multiple scars and wounds. Bill reported that he took a nasty spill, trying to take a curve too fast, on the penultimate day of a bicycle tour through Italy. A support vehicle took Bill to a hospital where he was patched up. Personally, we think that anyone who takes the training wheels off their velocipede is asking for trouble.

Despite rumors to the contrary, Lucious Anderson hasn't defected to another local club in response to "big money" offers. He intends to continue to run with WRC. In a telephone conversation with WRC Newsletter staffers, Anderson said, "my first loyalty is to the Washington Running Club." Anderson will

be heading up WRC's masters team at the Annapolis 10 Miler on Sunday, August 30th. Fellow masters runner **Ed Doheny** wondered whether Lucious might not point those "big money boys" in his direction.

Late results from Grandma's Marathon show **Jerry Merkel** with a p.r. 2:34:40 and **Kathy Merkel** with a 2:57:50. Kathy is still on the trail of that elusive 2:50 qualifying time and intends to give it another shot in the Fall.

This being a family publication we can't tell you very much about what went on at the club picnic July 18, at **Tris Kruger's** house. The get down, get funky, good time performance of **Jim Scarborough** had to be seen to be believed anyway. Kruger and **Gerry Clapper** led their squad to victory in the annual beer relays, but it seems Clapper wins every year. Does anyone combine the talents of distance running and elbow bending quite like this Columbia, Md. resident?

With the end of the annual Bunion Derby romp one race away as we go to press and the fall racing campaign just ahead we will soon return to covering the really good runners. But before we do, a tip of the editorial cap to those WRCers who were crazy enough to run as many of those silly races as it took to clinch age group titles before the final race.

Steve Daniels (25-29) clinched earlier than anyone, assuring himself of a title after just five races. **Ed Doheny** (40-44) clinched his crown after six of eight races and **Chris Stockdale** won women's 40-44 honors.

Joanne Mallet (over 50) scored a perfect 100 points, and **Betty Blank** bested **Suzy Coffey** for the women's 30-34 crown. Wonder why the *WRC Newsletter* has slipped in quality. Could be because editor **John Walsh** was out winning the 35-39 age group.

TRADITIONAL DOWNPOUR AND OFF-COURSE RUNNERS AT BUNION DERBY'S LANGLEY 8K

by *Will Woodbine*

Bunion Derby #4, the Langley 8K, was held on Wednesday, July 1st. The lead runners have gone off-course for the past two years and a gully-washing thunderstorm that obliterated the course markings, combined with a mix-up by the lead vehicle, made it a hat-trick.

WRC's John Walsh had a 30-second lead over Darryl Stewart and was looking forward to a win and 20 points when the lead vehicle accelerated out of sight. Without the benefit of lead vehicle, course markings, or marshalls, Walsh kept on going straight followed by a string of runners including Jack Coffey and Robert Rodriguez. After several minutes, and an uneasy feeling that he wasn't on the Yellow Brick Road, Walsh was overtaken by the lead vehicle and informed that he, and ten other runners, were off-course.

Upon rejoining the course Walsh had slipped from

1st to 20th, and his obligation to the Club swear box had increased by several hundred dollars. Not one to quit Walsh moved up to finish in tenth place.

Sympathetic clubmates suggested that Walsh: a) run further back in the pack, where he normally runs; b) invest in a guide dog; c) take a course in orienteering; or d) write a book called "Exploring the Lesser-Known Lanes of McLean."

During this fiasco the WRC women, headed up by Ms Pat Bullinger, never strayed from the true path and took the first five women's spots. It just goes to show what you can do when your mind doesn't wander.

Results: Men—1. Ben Beach, 28:11; 2. Ed Doheny (WRC), 28:23; 3. Rick Loghery, 28:32; 4. Steve Daniels (WRC), 28:36; 5. Darryl Stewart, 28:37; 6. Bill Stahr, 28:46; 7. Robert Rodriguez (WRC), 28:52; 8. Bill Wooden (WRC), 28:53; 9. Jay Wind (WRC), 28:56; 10. John Walsh (WRC), 28:59; Bob Trost (WRC), 30:47.

Women—1. Pat Bullinger (WRC), 30:00; 2. Donna Elliot (WRC), 31:40; 3. Betty Blank (WRC), 33:35; 4. Suzy Coffey (WRC), 34:27; 5. Chris Stockdale (WRC), 35:09; 8. Joanne Mallet (WRC), 37:06; Bernie Flynn Creed (WRC), 38:58.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD FRIDAY, JULY 10th, 1987

Pat Carr, WRC Treasurer, presided over the meeting in the absence of President Jack Coffey.

Race Management: Carr reported that the Club realized \$3,750 from the Hecht's 10-Miler.

New Business: The Marine Corps has requested assistance in manning aid stations for the first 10 miles of the Marine Corps Marathon. They also need volunteers to act as course marshalls, and housing for out-of-town runners. If you can help, contact Jack Coffey at 329-9271. Dan Rincon will be making reservations for brunch in Annapolis after the Annapolis 10-Miler. Everyone who's interested should contact Dan at o] 454-4861 or h] 441-9265.

Carr thanked Tris Kruger for the use of his pool and patio for holding the meeting. *Gerry Ives, Secretary.*

NEW MEMBERS

John Eberle and **Suzanne Girard-Eberle** have joined WRC. John is ranked 9th in the Washington Running Report Open Men Runner Rankings and Suzanne is ranked 1st Open Woman. Suzanne recently won the Club-organized Hecht's 10-Miler.

Carolyn Ulrich has rejoined the Club after a two-year absence. Great to have you back, Carolyn!

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 6:00-7:30 pace. Group meets at Francis Scott Key Park, 34th & M, on the canal side. Do not confuse this group with the bums sleeping under the trees. No contact, just show up.

Monday through Thursday Runs, Byrd Stadium (University of Md.), 6:30 p.m. Various distances, various paces. **Contact:** Dan Rincon at 454-4861 during day.

Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4861 or evenings h] 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 Gerry Ives at 320-3337