# Washington Running Club \_\_\_ Newsletter

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June 1989

#### NOTE-NEW MEETING PLACE

The JUNE Meeting of WRC will be held at 8:00 p.m. on Friday, June 9 at Tris Kruger's house at 9641 Accord Drive, in Potomac, Maryland. Take Beltway to River Road exit. Head toward Potomac on River Road. The house is approximately 3 miles from the Beltway on the left at the corner of River and Accord, about ¼-mile past the Potomac Nursery. Tris will have his swimming pool open, so bring your bathing suit. There will be barbeque grills available and the Club will supply hot dogs, etc. Contributions of beer, soft drinks, salad, desserts and cookies will be welcome.

#### U.S., WORLD MARKS SET AT NIKE WOMEN'S 8K; MARIA PAZARENTZOS IS TOP WRC PERFORMER

#### by George Banker and Gerry Ives

On May 14, 1989, Jeff Darman brought together the best women's field ever assembled in Washington, D.C., at the Nike Women's Race. The race, sponsored by Nike along with Lady Foot Locker, Self magazine, DuPont and Gatorade, started at embattled West Potomac Park and was designated the RRCA National 8K Women's Championship and part of the ARRA Championship Circuit. With \$20,000 in prize money, \$5,000 going to the winner, the race reached the top of the scale for female participation in the Washington area as 3,000 registered to run. With three women breaking the old U.S. 8K mark of 25:32 and Priscilla Welch of Wales running a women's masters world-best of 26:26 the event ranked as one of the top women's races in the country.

The race spokesperson, Joan Benoit Samuelson, wanted to be part of the event and ran, despite having sustained an injury at the Boston Marathon in April.

Mail results, and items of interest to the WRC Newsletter, to Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818.

Because of the injury, Samuelson was never a factor in the race. The field included Lynn Jennings (#1 ranked woman road racer in 1988 and the U.S. 10K record holder), Brenda Webb (U.S. 8K record holder), Pricilla Welch (women's world masters record holder for the marathon), and Quinhon Wang of the top runners in the Peoples Republic of China. Also included was Representative Claudine Schneider (R-RI), four-time winner of the 'Fastest Female Representative' title in the Nike Capital Challenge. Schneider's quote for the day was 'We need more women running in Washington,' which can be taken as a political or sporting statement.

Any doubts that this was an all-female race were dispelled when the lead motorcycle escort proved to be T. M. Lam, the first woman to qualify for the U.S. Park Police Motorcycle Force.

At the one-mile mark it was still anyone's race as fifteen women flashed by before the clock registered five minutes. WRC's Maria Pazarentzos was the first WRC woman to come into sight. Pazarentzos, who was WRC's top 10K performer last year, ran at a pace that would devastate the opposition in most local races. At this race she was thirty-plus places behind the leaders and accompanied by such luminaries as Marty Cooksey and Gail Kingma.

Jennings was in the lead at the second mile with a time of 9:55, followed by Judi St. Hilaire in 9:59. At the turnaround the race had developed into a three-woman duel between St. Hilaire, Jennings and Webb. At less than a mile to go, Jennings appeared to be in trouble as St. Hilaire and Webb pulled alongside her. Pushing all the way back to West Potomac Park, Jennings made her

### WRC Annual Banquet—The Social Event of the Year

The WRC Annual Banquet will be held on Saturday, June 24, at 7:00 p.m. at the Army-Navy Country Club. The cost of \$17 per person, payable in advance, includes dinner, dessert, and tip. There will be a cash bar and a D.J. This will be an adults only function, NO CHILDREN! The Army-Navy Club also has a dress code requiring men to wear a tie and women to wear a dress. Call Pat Bullinger at 524-8391 for further information, or just make your check out to WRC and send it to Pat at: 2100 Lee Hwy. #523, Arlington, VA 22201. To get to Army-Navy Country Club: From Maryland, take Capital Beltway exit 395 North. Go six miles to Glebe Road North exit. Go one mile on Glebe Road to South 18th Street and turn right. Club entrance is one mile. From D.C., Cross 14th St. Bridge and go south on 395 to Glebe Road exit. Go north on Glebe Road one mile to South 18th Street and turn right. Club entrance is one mile from Glebe Road.

move with 150 meters to go and passed Webb. After passing Webb, Jennings switched to yet another gear as she made her final sprint for the finish with 100 meters to go. St. Hilaire also passed Webb while trying to match the front-runner's move. At the tape Jennings was still extending her lead and had clearly run the opposition into the ground with her U.S.-best 25:07 finishing time.

Pazarentzos was WRC's top finisher in 34th place with a time of 27:33. The second WRCer to cross the line was Pam Briscoe in 42nd place with a time of 28:00. Briscoe said it was a p.r. by more than a minute and earned her the 'First Local Finisher' award. Denise Knickman took 53rd place in 29:11 followed by a resurgent Pat Bullinger in 29:14. Donna Elliot had what she considered a bad day, but still ran a respectable 29:25. Marianne Dickerson and Kathy Merkel finished the race together in 29:36 and 29:37 respectively. Dickerson is concentrating on lifting weights and a conditioning program, and does not expect to be back racing seriously until the Fall.

Mary Ellen Williams finished as 5th master in 29:56 against tough competition that included, besides Welch's world-best, the 27:12 time run by the 2nd place master, New Zealand's Heather Matthews.

For a while, Berni Creed looked as if she would run a sub-30 race, but she faded slightly to run a p.r. 30:11 that netted her 76th place. Further back, but still in the top 100, was former WRCer and pro bicycle racer Patty Peoples.

Seventy-one teams were entered in the team division, which was won by Athletics West (Jennings, St. Hilaire, Plummer, Dornhoefer, and Geiger) with 19 points. Nike-/Texas with 131 points took second place and Nike-/Portland took third with 145 points. At presstime we do not have placings for the WRC teams.

The top seventy women, from eight different coun-

# Washington Running Club

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

#### **CLUB OFFICERS**

President: Lisa Hamm (998-6753)

Vice President: Kevin Kolakowski (524-8391)

Secretary: Gerry Ives (320–3337)
Treasurer: Bobbie Bleistift (379–2767)
Newsletter Editor: Gerry Ives (320–3337)

COMMITTEES

Legal: Chairs: Jim Hage, Jack Coffey

Membership: Chairs: Suzy Coffey, Jerry Merkel

Newsletter: Chair: Gerry Ives

Competition: Chairs: Kevin Kolakowski, Phil Woodyard

Social: Chairs: Pat Bullinger, Dick Brannan

tries, broke 30 minutes for the 8K course. Race organizer Darman said the field would have been even deeper, but several top runners had to drop out at the last minute. Darman was quick to correct the Washington Post's assertion that "... in this race, transportation, appearance and prize money ran deep." Darman emphasized that he does not pay appearance money and is opposed to the practice. The Post ran a correction the day following the appearance of the story.

A special note of thanks should go to the Washington RunHers, who managed the race. Judging from the number of runners who promised to return next year this will continue to be a first-class event in 1990.

Results: 1. Lynn Jennings, 25:07 (U.S. Best); 2. Judi St. Hilaire, 25:12; 3. Brenda Webb, 25:14; 4. Patty Sue Plummer, 25:27; 5. Sabrina Dornhoffer, 25:33; 6. Trina Leopold, 25:43; 7. Betty Geiger, 25:51; 8. Ruth Partridge, 25:57; 9. Christine Pfitzinger, 25:57; 10. Janis Klecker, 26:02; 15. Priscilla Welch, 26:26 (1st master); 21. Joan Benoit-Samuelson, 26:42; 28. Eleanor Simonsick, 27:12; 32. Marty Cooksey, 27:29; 34. Maria Pazarentzos (WRC), 27:33; 42. Pam Briscoe (WRC), 28:00 (pr); 50. Leslie Minnix, 28:25; Denise Knickman (WRC), 29:11; Pat Bullinger (WRC), 29:14; Donna Elliot (WRC), 29:25; Marianne Dickerson (WRC), 29:36; Kathy Merkel (WRC), 29:37; Annemarie Jutel (WRC), 29:44; Joyce Rankin, 29:48; Mary Ellen Williams (WRC), 29:56; Win Graves, 30:07; Louise Kandra, 30:07; Robin Quinlan, 30:09; Berni Creed (WRC), 30:11 (pr); Susan Cain, 30:14; Patty Peoples, 30:44; Beverly Shooshan (WRC), 31:30; Lisa Hamm (WRC), ??:??; Coleen Troy-Martin (WRC), 34:20; Chris Stockdale (WRC), 34:39; Bobbie Bleistift (WRC), ??:??; Sister Marion Irvine, 33:50

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

It looks like the demise of the DCRRC 24-Hour Relay is imminent. The Army, in its wisdom, has decided that granting permission to hold the 24-Hour Relay at Fort Meade would be "contrary to regulations forbidding competition with commercial enterprises offering the same services" and could be construed as a "selective benefit." There is a possibility that MCRRC might offer an alternative venue and jointly sponsor the race with DCRRC.

At the Constellation 10K in Baltimore, Lucious Anderson won the masters division in 33:20 and Maria Pazarentzos took second place in the women's division (no time available). Donna Elliot set a p.r. with a fine 36:53, good enough for 7th place, and Beverly Shooshan turned in a 39:00 time to win her age group.

Texas oil-man Dennis 'Tex' Baker (née 'Count' Baker) finished 15th in the 7,000-person Dallas Chili Run-Off 10K. Baker's 33:28 time is nowhere near a pr, and is indicative of the stress he's been under since going to Texas. Baker has been consolidating his real-estate, gas and oil holdings around Dallas, taking advantage of the low prices brought on by the depressed economy in those

parts. We're sure the Chili Run-Off did something for his gas holdings.

J. J. Wind called the Newsletter to claim victory in the WRC 'baby race.' His wife, Estelle Roth, gave birth to a 7lb. 13oz. girl, Rosalie Roth Wind, at 4:55 p.m. on Thursday, May 25th. Unfortunately J.J.'s victory claim was disallowed when news came that John Betts' wife gave birth to a bouncing 6lb. 2oz. boy, Jonathan Edward Betts, at 10:24 a.m. on the same day. We declared the Betts' winners by a margin of 6 hours and 31 minutes. Both mothers and babies are doing well.

Just when you thought it was safe to go back up north comes a report on the Buffalo Marathon. Clad in his favorite pair of tights, **John Walsh** slogged through the wet snow and slush to finish 6th out of a field of 700 in a time of 2:44. Walsh said it was a tight-clad p.r. The winning time was 2:34 in generally miserable conditions—don't you people up in Buffalo know it's Spring!

One of the D.C.-area's most promising runners, **Dar-rell General**, broke into the big-time with a 2:14:42 finish at the Pittsburgh Marathon. General reportedly collected \$17,000 for his effort.

Bob Trost and Betty Blank made their annual trip to the Lilac 10K in Rochester, N.Y., on May 21st and registered times of 37:23 and 41:52 respectively.

Late-breaking news from Boston indicates that Roger Urbancsik, one of WRC's west-coast contingent, came through with a 2:36:15, Mike Spinnler finished 376th in 2:48:25, and Tris Kruger ran 3:29:40. By the way, if you want to buy a Nissan, Cadillac or Pontiac, give your favorite car salesman Mike Spinnler a call and he'll make you a deal you can't refuse.

Jeff Wice, former Special Counsel to the Speaker and Director of the New York State Assembly Washington office, has joined the law firm of O'Connor & Hannan as a Partner Resident in the firm's Washington, D.C. office. Wice recently made his presence felt on the Hill by running the Capitol Hill Classic in 38:40.

New WRC member **Dave Williams** ran the Uptown 8K in 33:05, setting a p.r. He followed that by setting another p.r. of 41:39 at the Crystal City 10K. The D.C. air must agree with Williams, who recently moved to the area from Kansas.

At the Cleveland Marathon Kathy Merkel came in 8th with a 2:56. A team of Russians showed up and that, combined with the 75° temperatures, kept Ms. Merkel out of the money.

Dan Rincon announced that the University of Maryland will be hosting the ACCC X-Country Meet on Saturday, October 28th. There will be a preview meet on September 23rd. Anyone who can volunteer to help at either of these meets should contact Rincon at 454-4816 (work) or 441-9265 (home). Volunteers are needed to work from 9:00 a.m. until 12:30 p.m.

The Stroh's 10K will have teams. If you're interested in running on a WRC team, contact Kevin Kolakowski at 524-8391. Also the Maryland Marathon will have relay teams. The distances are 10.7 miles, 6.2 miles, 6.2 miles, and 3.1 miles. Kolakowski is also the contact for the relay.

#### WRC TAKES HONORS AT CRYSTAL CITY 10K AS HAGE, DICKERSON AND CLUB TEAM WIN

The WRC team took top honors at the Crystal City 10K on Sunday, May 21st, and Jim Hage and Marianne Dickerson won the men's and women's titles in 32:50 and 38:00 respectively. Dickerson has won the Crystal City race for three years in a row and Hage moved up from his second place finish of last year.

Hage had run a race the day before, so he ran behind the leaders for the first half of the race, letting fellow WRCer Jack Cleland set the pace. Cleland faded to fifth place in the latter stages of the race, as the heat became a factor, finishing in 33:18 and Hage extended himself just enough to win.

Ms. Dickerson not only won the first place prize of a weekend for two in New York, but also lucked out in the random prize category by winning dinner for four at the Hyatt!

Expectant father Jacob Wind took 36:33 minutes out of his schedule to run the race. Wind is trying to get in as many races as he can before the baby arrives. Larry Talley took himself off the injured list for this race and turned in a 39:40, considerably off of his best time but an indication that he's on the mend.

Results: 1. Jim Hage (WRC), 32:50; 5. Jack Cleland (WRC), 33:18; J. J. Wind (WRC), 36:33; Mark Doles (WRC), 33:46; Kevin Kolakowski (WRC), 37:46; Marianne Dickerson (WRC), 38:00 (1st woman); Mike Cotner (WRC), 39:21; Larry Talley, 39:40; Dave Williams (WRC), 41:19; John Betts (WRC), 44:42.

#### HUMID CONDITIONS FOR PATRIOT CUP 10K; CLARK AND MILLER TAKE TOP POSITIONS

#### by Virginia McDuff

High humidity and temperatures of 60°s greeted the competitors at the Patriot Cup 10K on Sunday, April 30th. The race, a benefit for the Association of Retarded Citizens, was held over a deceptively tough 2-loop course starting at George Mason University.

Steve Clark, of McLean, went out conservatively until the 1½-mile point where he turned on the juice and opened up a lead on the pack that no one could close. Finishing with a time of 32:20 he was never challenged and coasted in for the win followed by Steve Oliver of Springfield.

Phil Woodyard and Jack Coffey ran the first loop together at a leisurely pace. After the race Coffey told a reporter that he encouraged Woodyard to go on ahead, as he thought the "the experience of running closer to the front would be good for him." Woodyard finished in 35:51 and Coffey took 33rd place and 14th in his age group with his 37:16 effort.

In the women's race Lauretta Miller's only competition came from Leslie Minnix. Miller, who is currently serving in the U.S. Marine Corps, broke the tape in 36:00 to Minnix's 36:34. Miller is quitting the U.S.M.C. and will be attending George Mason College next year.

Berni Creed was the first WRC woman to finish. Creed was hoping for a 3rd-place finish, but Kathie

Watson dashed her hopes by passing her at the 1½-mile mark. After battling it out with Susan Volpe, a former Lake Braddock H.S. standout, Creed had to settle for 5th place in 39:58. Suzie Coffey took a break from the 'joys of motherhood' and turned in a 43:40. Coffey said she hasn't been putting in the miles, so she was satisfied with her time.

Results-Men: 1. Steve Clark, 32:20; 2. Steve Oliver, 32:53; 3. David Cramer, 33:12; 4. Chris Duncan, 33:21; 5. Gary Nelson, 3:23; Phil Woodyard (WRC), 35:51; Jack Coffey (WRC), 37:16; Dixon Hemphill, 42:37.

Women: 1. Lauretta Miller, 36:00; 2. Leslie Minnix, 36:34; 3. Kathie Watson, 39:11; 4. Susan Volpe, 39:36; 5. Berni Creed (WRC), 39:58; 6. Laura Gaydos, 40:18; Suzy Coffey (WRC), 43:40.

#### MCCARTHY TAKES HONORS AT 12K; **INAUGURAL RUNNING OF DCRRC EVENT**

#### by James Scarborough

Tom McCarthy looks more the veteran than his 29 years would suggest. Joining WRC in 1988, McCarthy has been burning up the roads recently. He posted a win at the inaugural running of the DC Road Runners' 12kilometer race at Washington-Lee High School in Arlington on Wednesday, May 17. (He followed that on Saturday with a win at the Arlington Hospital 10K, leading 430 finishers in a p.r. time of 33:18). At the 12K, McCarthy led almost from wire-to-wire, having broken away from the pack well before the admittedly confusing first turn at Harrison Street. McCarthy's 41:56 sets the course record, but is still behind John McGrail's 40:50 DCRRC 12K record at the Fort Hunt 12K early in the year. Tom lives on nearby Quincy Street, and was thus no stranger to the course. The course followed the Custis Bike Trail down to Bon Air Park following a brief foray into the residential streets surrounding Washington-Lee High School. The double out-and-back route crossed over and under I-66 several times. The weather proved to be ideal, as the sun broke through in the early afternoon, following six straight days with rain.

Jay Wind finished third in 46:30 (following that with third at the arlington Hospital race). Wind circulated a petition before the race concerning the FDR Memorial. Following him in fifth was WRC Veep Kevin Kolakowski, so Brant Lake, N.Y., was once again represented in a local race. Another transplant, and new WRCer, was Dave Williams (formerly of Kansas City and lately of Falls Church) who finished 14th. Alice Curtiss won the women's division, which made up in quality what it lacked in quantity, by nipping Pat Bullinger by 14 seconds. Cindy Dalrymple was the fourth woman, with something of an advantage because she had seen the race director measuring the course a few weeks previously. Other DCRRC stalwarts also ran, such as Ron Griswold, Pat Finn, Larry Tabachnick, Walt Washburn, Gene Fox, and last but not least Al Guttag.

Results: 1. Tom McCarthy (WRC), 41:56; 2. Theodros Tadesse, 44:27; 3. J.J. Wind (WRC), 46:30; 4. Frank Probst, 46:50; 5. Kevin Kolakowski (WRC), 47:04; 6. Ron Griswold (WRC), 47:25; 7. Robert Weiner, 48:00; 8. Tom Kelley, 48:13; 9. Pat Finn, 48:50; 10. George Cushmac (WRC), 49:39; 14. Dave Williams (WRC), 51:23; 18. Alice Curtiss, 52:12 (1st woman); 19. Pat Bullinger (WRC), 52:26 (2nd woman); 20. Larry Tabachnick (WRC), 52:27; Win Graves, 54:15 (3rd woman); Joe Rizzo (WRC), 1:00:21; Cindy Dalrymple, 1:00:21; Alvin Guttag, 1:23:47.

#### MINUTES OF THE WASHINGTON RUNNING CLUB MONTHLY MEETING, HELD MAY 12TH, 1989

Because Club President Lisa Hamm was going to be late for the meeting, Vice President Kevin Kolakowski called the meeting to order.

Competition Committee: Kolakowski reported that there would possibly be a women's team for the Constellation 10K in Baltimore. The Philadelphia 1/2-Marathon, to be held the second week in September, has traditionally been a big WRC race and Kolakowski asked anyone who wants to run it to contact him. Members should also be thinking about the Annapolis 10-Miler, once again Kolakowski will be coordinating teams.

Lisa Hamm arrived and took over the meeting. She announced that the new Club banner had been displayed at the Nike Women's Race, the Uptown Race and the Crystal City 10K.

Social Committee: Pat Bullinger announced plans for the Club banquet. She emphasized that she needed to get member's reservations as soon as possible. The Club picnic will be held, once again, at Tris Kruger's house, possibly in August. NOVA has challenged WRC to a softball game-apparently they didn't think they could win a footrace challenge—we are looking at a July date. Hamm will work out details of the challenge.

Other business: Alan Roth spoke about the campaign to modify the FDR Memorial in West Potomac Park. He mentioned that Runner's World was interested in doing an article. Members are urged to write to their Representatives and Senators. James Scarborough announced that the Club singlets and t-shirts have been ordered. Several members mentioned that their times were missing from race results in the Newsletter. The Newsletter editor asked them to call or write to him whenever they had any times to report.

There being no further business the meeting was adjourned. Gerry Ives, Secretary.

#### **CLUB NOTES**

#### Club Uniforms \$ 15.00 11.00 Club T-shirts 6.00 Postage and Handling 3.00

Make check payable to the Washington Running Club

Singlets

Shorts

and send to: Washington Running Club, c/o Bobbie Bleistift, 2923F S. Woodstock St., Arlington, VA 22206. Indicate sizes (S,M,L,XL) and whether men's or women's model.

## BARGAINS FOR WRC MEMBERS AT LOCAL RETAIL GOODS STORES

Capital Sports, 235 Pennsylvania Ave., S.E., Washington, D.C. (546-1212). Discount of 10% for Club members.

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.

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 runs 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.
- Thursday Night Run, Fleet Feet, 8418 Old Keene Mill Rd., Springfield, Va. Group runs 8–8½ miles around Lake Accotink. All paces. 15% discount at store to participants. Contact: Paul Zink at 451-1675.
- Saturday Morning Run, TJ Community Center, Arlington, 8:00 a.m. Fun Run on an interesting five mile course, includes interesting company.
- Sunday Morning Run, 34th and M St., N.W., 8:00 a.m. Over hill and dale the kids hit the trail at 6:00-7:00 pace while tossing verbal brickbats at one another.
- Sunday Morning Fun Run, Fleet Feet Sports Shop, 1840 Columbia Rd., N.W., 9:00 a.m. Group runs 5-8 miles through city and Rock Creek Park, all paces. Contact: Phil or Jan Fenty at 387-3888.

Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4816 or evenings h] 441-9265.

## WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

|                | ☐ \$15 Individual Membership            | \$20 Family Membership                         |
|----------------|---|--|
| Vame           | *************************************** | Date of Birth                                  |
|                |   |  |
|                |   | Is This a Renewal Membership? (yes) (no)       |
| t would be hel | pful if you could fill out the informa  | tion below to enable us to put together teams. |
|                | Best                                    | Times in 1988                                  |
| 10K            | 10 Miles                                | Marathon Other                                 |
|                | Li                                      | fetime PRs                                     |
| 10K            | 10 Miles                                | Marathon Other                                 |
|                | FAMI                                    | LY MEMBERS                                     |
| Name           | *************************************** | Date of Birth                                  |
| Vame           |   | Date of Birth                                  |
| N              |   | Date of Birth                                  |