

Washington Running Club ★ Newsletter

Volume 8, Number 7

© 1989 Washington Running Club

July 1989

NOTE—NEW MEETING PLACE

The JULY Meeting of WRC will be held at 8:00 p.m. on Friday, July 14 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.

Softball Game

On Saturday, July 29th, at 1:00 p.m. there will be a softball game between NOVA and WRC somewhere in North Arlington. NOVA arranged for the playing field, but their coordinator can't remember where the field is—sounds like someone has run too many marathons. Jeanne Grillo, NOVA's President, promised Lisa Hamm that she'll get the information to her before the end of the week. Call Lisa at 998-6753 for the location of the field. Bring your own picnic and dish to share; WRC will supply beer and soda. Jeanne Grillo said they have been practicing, so don't expect them to be a pushover—after all this isn't a footrace. (That should get NOVA all fired up!)

JIM HAGE WINS STROH'S 8K AS WRC MEN'S AND WOMEN'S TEAMS TRIUMPH

The lead pack in the Stroh's 8K on Sunday, June 25th, went so fast that they caught up and overtook the police motor cycle escort. Police and runners soon sorted themselves out and settled in for a very hot five miles.

Jim Hage made his move at the two mile point and, when no one matched him, took the lead for the next three miles, winning comfortably in 24:53. Tom McCarthy finished in a fine 25:59 to take fifth place, continuing his string of strong performances this year. The first master, and the area's top ranked 40+ runner was WRC's Lucious Anderson in sixth place overall with a 26:03 showing.

Ed Doheny ran a sedate 28:50 as he carefully avoided collapsing from heat stroke. Kevin Kolakowski got a momentary boost when he caught sight of Doheny ahead of him late in the race. But Doheny was easier to see than to catch, and Kolakowski finished thirty seconds back in 29:20.

Beth Jacobson took the women's title in a 28:58.

Jacobson has a 10K p.r. of 34:53, and will be a factor in area road racing this year.

Mary Ellen Williams took the first woman master spot in 30:17 and fellow master, Beverly Shooshan, showed she is on the comeback trail with a 31:36 finish.

WRC dominated the team competition, as the men's "A" team and the women's team won their respective divisions. WRC's men's "C" team beat the "B" team, thanks mainly to a 26:49 13th place finish by Phil Woodyard.

Results: 1. Jim Hage (WRC), 24:53; 2. Michael Regan, 25:21; 3. Eric Hruschka, 25:44; 4. Barry Conway, 25:50; 5. Tom McCarthy (WRC), 25:59; 6. Lucious Anderson (WRC), 26:03; 9. Jack Cieland (WRC), 26:18; 13. Phil Woodyard (WRC), 26:49; Ed Doheny (WRC), 28:50; Kevin Kolakowski (WRC), 29:20; Bill Wooden (WRC), 29:59; Jerry Merkel (WRC), 30:13; Bob Trost (WRC), 30:16; Bill March (WRC), 30:34; Mike Cotner (WRC), 30:51; Keith Bombaugh (WRC), 31:23; Dave Williams

WRC Annual Picnic—Be There or Be Square

The WRC Annual Picnic will be held at Tris Kruger's house on Saturday, August 12th at 12:00 noon. The rain day will be Sunday, August 13th. Tris will have his swimming pool open and there will be volleyball, beer relays, a d.j. and other tomfoolery. Everyone's welcome—bring your kids, your spouses, friends and anyone else you can think of. We will have hot dogs, hamburgers, beer and soft drinks. Donations in the form of salads, pasta, desserts, etc. will be welcomed. Tris' house is 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.

(WRC), 32:57 (pr); Ron Ponchak (WRC), 37:17; Jim Ventura, 37:18.

Women: 1. Beth Jacobson, 28:58; 2. Janice Guthrie, 29:55; 3. Mary Ellen Williams (WRC), 30:17 (1st master); 4. Hollie Moore, 30:56; 5. Lorraine Ross, 30:56; 8. Beverly Shooshan (WRC), 31:56; 9. Betsy Bachtel, 32:42; Betty Blank (WRC), 33:38.

WRC DOMINATES THE CARDEROCK 10K; SULLIVAN AND MERKEL TOP FIELD

by *George Banker*

The second event of the DCRRRC Bunion Derby series had shifted from paved surfaces to the towpath of the C&O Canal. On Tuesday, June 13, 1989, at Carderock Recreation Center in Maryland the stage was set for another exciting race. All of the runners continued to collect points based on their position of finish within various age groups.

Last year this event was renamed the "Snake Jump" when a runner had to hurdle a large snake making its way across the towpath. An investigation as to whether the snake gave "unfair assistance" (in the form of an adrenalin boost) to the runner under either TAC and RRCA rules was inconclusive.

In a cloud of dust the runners made their way along the side of the canal, under the watchful eyes of perennial Carderock race directors Joanne and Bob Mallet. Joe Sullivan's only competition came from fellow WRCEr Phil Woodyard, but Sullivan easily took the win in 33:59 to Woodyard's 34:59 second place. In third place, and first master, was Paul "Sandy" Brown of Takoma Park with a time of 35:15.

In the women's event Kathy Merkel kept her victory streak alive in the series by winning in a new course record of 38:20 (old c.r. 41:38, Jo White, 1987). The dust had not settled before clubmate Pat Bullinger

captured second with 38:28. Third position went to yet another WRCEr, Patty McGovern, in 39:05. First woman master was Janice Stoodley with a 43:10 time. Stoodley was one minute off the course record of 42:10 set by Marie Robbins in 1987.

The event attracted a field of 102 runners. The next event, the Fort Dupont Mystery Distance, will shift to a "combo course," part paved and part dirt trail. Stay tuned . . . will Merkel capture number three?

Results—Men: 1. Joe Sullivan (WRC), 33:59; 2. Phil Woodyard (WRC), 34:59; 3. Paul "Sandy" Brown, 35:15 (1st master); 4. Craig Anderson, 35:18; 5. John Sherlock, 35:25; 6. J. J. Wind (WRC), 35:32; 7. David Havill, 35:34; 8. Ed Doheny (WRC), 35:45; 9. Kirk Warner, 35:44; 10. Ted Poulos, 35:59; 11. Hugh Wooden (WRC), 36:18; 13. Dave Johnson (WRC), 36:31; 14. George Masson, 37:00; 15. Robert Rodriguez (WRC), 37:13; 18. Bernie Gallagher, 37:19; 19. Bob Trost (WRC), 37:21; 20. Bill Wooden (WRC), 37:37; 24. Ray Morrison (WRC), 39:08; James Scarborough (WRC), 42:00; George Cushmac (WRC), 42:21; Chan Robbins, 47:40.

Women: 1. Kathy Merkel (WRC), 38:20 (cr); 2. Pat Bullinger (WRC), 38:28; 3. Patty McGovern (WRC), 39:05; 4. Janice Stoodley, 43:10 (1st master); 5. Alice Curtiss, 43:20; 6. Betty Blank (WRC), 44:01; 7. Susan Aaronson, 44:51; 8. Suzanne Hubbard, 45:00; 9. Christine Fox, 45:13; 10. Elizabeth Sadoff, 46:34; Julie Peet, 48:44; Shannon McCarthy, 49:32.

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

Some Hagerstown running notes . . . **Maria Pazarentzos** was 4th in May's Constellation 10K with a 35:33. She broke the course record in the (hilly) 10th Annual Antietam "Run Through History" 10K with a 37:06 in 87° heat. The old c.r. was Ruth Riemenschneider's 37:59. Pazarentzos was also 10th at the Penn Relays 10,000 m. in April (34:40.71). . . . Former WRCEr and 1982 Cherry Bossom Champ, **Terry Baker**, is rumored to be making a comeback at 33 years of age. Recent reports include a 15:15 5K over a challenging course. . . . Another former WRCEr, **Greg Shank**, who coached Baker during his heyday and currently directs Pazarentzos as well as **Chris Fox** and **Jeff Scuffins**, has just turned 40 and may challenge the local masters scene if he can control the injuries that have plagued him in recent years.

For the third year in a row **Pat Bullinger** was first woman in the Adirondack Distance Run 10-Miler, in Lake George, N.Y. Bullinger registered a 61:33 over the hilly course. Her occasional training partner, **Kevin Kolakowski**, placed 59th overall with a 62:15.

The latest addition to the 1989 WRC baby crop comes to us courtesy of Al and **Mary Naylor**. **Amy Rebecca Naylor** was born on Tuesday, June 6th, and weighed in at 8lb. 12oz. Mother and daughter are doing fine—we're not too sure on how dad is holding up.

The Club's coaching guru, **Dan Rincon**, invites every-

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

one to participate in the evening training runs from the University of Maryland. Details are in the Group Run schedule at the back of this Newsletter.

This is the last chance to sign up for the Annapolis 10-Miler. Call **Jerry Merkel** at 525-5943 if you want to run the race. If you're interested in running the Philadelphia ½-Marathon give **Kevin Kolakowski** a call at 524-8391.

This will be my last issue as editor of the WRC Newsletter. I started working on the Newsletter in 1983 with **Ira Pesserilo**, and I think it's about time to take a break. I'd like to thank my faithful correspondents: **Berni Creed, Bob Trost, George Banker, James Scarborough, Pete Nye** and many others who called up with tidbits of information and race results. I will still be responsible for keeping the membership list, and I hope to be able to supply the new Newsletter editor with a race story every once in a while.

ELBY'S BIG BOY 20K AT WHEELING, W.VA. IS SITE OF TAC MEN'S 20K CHAMPIONSHIP

Roving Reporter James Scarborough

Wheeling, West Virginia is the home of Marsh-Wheeling Stogies, a greyhound race track, Wheeling College, and the Valley Voyager, a tourboat along the Ohio River. It's also the home of the Elby's Big Boy 20K, this year's TAC Men's 20K Championship. You may remember Bob's Big Boy (frequently plugged by Jeff Reed); however, Elby's is no truck-stop fast food place in Wheeling, but rather THE downtown family restaurant. The start and finish of the race, held on Saturday, May 27th, was at the Wheeling Civic Center, 14th and Water Streets, near the Ohio River. The first three miles are flat. Thereafter one quickly learns why West Virginia is famous for its mountains, with the first of three monstrous hills, the others being "Chicken Neck" Hill on National Road, and "Wheeling Hill." After that last disaster, the last mile is almost entirely downhill.

About 1500 runners competed, with about 50,000 spectators (which is apparently more than half the population of Wheeling). The majority were either from West Virginia, or close neighbors Pennsylvania and Ohio. This runner finished a subpar 1:31:45. One contestant was Joe Wozniak, who wore his name on his shirt, and was surrounded by runners and spectators in other T-shirts: "Joe's Nephew," "Joe's Cousin," "Joe's Brother," "Joe's Sister-in-Law," etc. Some fellow named Cruz won. Also competing were people named Glidewell, Gompers, and Bill Rodgers (again, I don't have results). The hospitality of Wheeling for this race must be experienced to be appreciated. It was broadcast locally on WWVA. This contestant also got to shake hands with Elby (the Big Boy) after the race.

MINUTES OF THE WASHINGTON RUNNING CLUB MEETING HELD ON FRIDAY, JUNE 9, 1989

In the absence of the Club President, Club Vice-President Kevin Kolakowski called the meeting to order. Kolakowski thanked Tris Kruger for the use of his house

and swimming pool to hold the meeting.

Social: Pat Bullinger announced that the Club's banquet was canceled. There were not enough people signed up to meet the minimum number required. The softball game with NOVA is still on. NOVA will be arranging for a playing field. The Club picnic will be held at Tris Kruger's house on Saturday, August 12th at 12:00 noon. The rain date will be the next day. The Club will supply hot dogs, hamburgers, beer and soft drinks. Bring a dish to share—salad, pasta, dessert, etc.

Other Business: Alan Roth gave the latest details on the FDR Memorial. James Scarborough had the new Club T-shirts on hand, and hopes to have the singlets before the next meeting. Gerry Ives announced that he was resigning as Newsletter Editor. He asked volunteers to take over to call Lisa Hamm.

There being no further business the meeting was adjourned.

Gerry Ives, Secretary

CLUB NOTES

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

Make check payable to the Washington Running Club 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.

Hamilton Pontiac Cadillac Nissan, Inc., 261 Frederick St., Hagerstown, MD 21740 (1-800-527-4603). WR Cer

Mike Spinnler will be glad to make you a deal on a new, used, or leased car. Call between 8:30 a.m. and 8:30 p.m. Monday through Friday. ☐

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.

Sunday Morning Run, Williamsport H.S. (take 70W to 81 South, use Williamsport exit, approx. 70 minutes from D.C.), 9:00 a.m. Groups range from 15-40 runners for runs of 13-20 miles, mostly on C&O Canal and surrounding countryside. Runners abilities range from beginners to Olympic Trials competitors. **Contact:** Mike Spinnler at h] (301) 739-7004 or w] (301) 733-7222.

Monday thru Thursday, University of Maryland, 6:30 p.m. Training run, all paces, all distances, everyone welcome. Contact Dan Rincon at w] 454-4816 or h] 441-9265 for further details.

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

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 1988

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