

# Washington Running Club Newsletter

Volume 9, Number 1

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January 1990

## JANUARY MEETING—NEW LOCATION

The JANUARY meeting of WRC will be held at 8:00 p.m. on Friday, January 12th at the George Washington University Ambulatory Care Center at 22nd and I St., N.W., Washington, D.C. Sign in at the desk, take the elevator to the 1st floor, and follow the signs to the WRC meeting. The Center is one block from the Foggy Bottom Metro station.

*Election of officers for 1990 will be held at this meeting. Please try and attend.*

## GOOD TURNOUT FOR WRC HOLIDAY PARTY

WRC held a holiday party at Dick Brannan's instead of a December meeting. In true holiday spirit, it snowed like mad during the party, keeping some would-be partiers away but still attracting the hard-core frolickers.

The Northern Virginia Running Club was invited and everyone seemed to have a good time. Food and drink were abundant, including holiday mainstays such as egg nog and hot apple cider, Pat Walker's mouth-watering apple crisp, Patty McGovern's cherry cheesecake, and tons more.

Nominations for club officers were taken by paper, to be announced in the newsletter.

Happy holidays and happy new year to all!

## ELECTIONS

January's meeting is the most important meeting of the year, because that's when we decide who will lead WRC for the next 12 months. Nominations for club officers were taken at the December party.

The nominees - who have accepted-are:

President - Kevin Kolakowski.

Vice President - Dave Williams and Tom McCarthy.

Treasurer - Bobbie Bleistift and James Scarborough.

Secretary - Gerry Ives and James Scarborough.

Nominations are still open, so if you want to run for an office or know someone else who is interested, come to the meeting and make your voice heard!

That's also the time to let the new president know if you're interested in a committee chairmanship. Chairs of the legal, membership, newsletter, competition, recruitment and social committees are appointed by the president early in the year.

## MEMBERSHIP RENEWALS

The 1990 membership renewals are being mailed out at this very moment. If you send back the renewal form promptly you'll save the Club the expense of sending a reminder next month. Please check your label on the renewal form for accuracy of name, mailing address, telephone number, etc. If you're not sure of your name, check your driver's license.

**MESSAGE FROM THE PRESIDENT:**

**T H A N K S  
F O R E V E R Y T H I N G !!**

This has been an interesting year acting as president of the Washington Running Club. We got a lot done, but there's a lot left to do.

**SOCIAL:** I'd have to say our biggest strides were made in the social arena, thanks primarily to the efforts of Pat Walker and Dick Brannan. Pat and Dick put on a wonderful picnic in the summer. They staged a fun, successful Christmas party. They worked hard on a summer banquet that unfortunately, didn't generate the interest we had hoped. Still, the work to plan the banquet improved the picnic, because we ended up using that great deejay to provide music and to round out our volleyball teams. Thanks to Dan Rincon and Al Naylor for providing the equipment for the games.

Tris Kruger made our picnic and summer meetings fun by offering the use of his home and swimming pool.

The softball game with the Northern Virginia Running Club was so much fun we invited them to our holiday party.

We thought of a post-Marine Corps Marathon party too late to get a room in a Rosslyn hotel. Planning for that will have to start in the summer next year.

**RACES:** The club helped put on two races for profit this year - the Georgetown 10k and the Business Cooperative 10k. The strong turnout at Georgetown shows WRC may be ready to put on a race solo this year, as we have in years past. Unfortunately, we ran into some mix-ups at the Coop race and provided fewer volunteers than we'd promised, consequently making less money than we had planned. We'll have to discuss how we can alleviate similar problems in future races. Many thanks to James Scarborough and Jay Wind for their work putting together that race.

**COMPETITION:** Vice president and competition committee chairman Kevin Kolakowski brought the club back to competitive prominence with his work putting together teams for the races. WRC climaxed with great performances at the Annapolis Ten-Mile and the Marine Corps Marathon. Thanks also to Jerry Merkel for his hard work on the competition committee.

**NEWSLETTER:** Gerry Ives bowed out of his job as newsletter editor in the middle of 1989 after years of providing the club with the voice that binds it together. I took over because I have newsletter experience and no one else volunteered. It's very time-consuming and took away from my duties as president. For that I apologize. I'll be glad not to be doing both this year, and Gerry has expressed an interest in resuming some newsletter work on a limited basis.

**UNIFORMS:** James Scarborough put in more than his share of leg work this year. He secured club uniforms from The Finals. The bold red and white uniforms are striking, but more club members need to buy them so we can show them off in road races this spring! However, we're a little light on women's sizes and may have to order a few more.

**TREASURY:** Treasurer Bobbie Bleistift made the club a good chunk of money in 1989 by putting our funds in an interest-bearing checking account. Bobbie efficiently and reliably handled the books, promptly repaying people when they submitted bills and keeping the checkbook balanced. Thanks, Bobbie, for proving we could count on you to handle one of the most crucial jobs in the club.

DCRRC HOSTS CHILLY  
DECEMBER DOUBLEHEADER

By George Banker

Two days before Christmas, in 12-degree weather and a breeze that pushed the wind chill factor to minus 20, a group of masochists showed up in Greenbelt to subject themselves to the 26th annual Braden Field 10 and 20 Miler.

While normal people were doing Christmas shopping, these hardcore runners were braving punishing elements, apparently trying to do penance for everything naughty they did in 1989.

The two events shared the same hills and chills, which the 20-mile runners got to experience twice over two loops.

Masters runners from Bethesda won both races. In the 10-miler, Jim Porterfield earned an easy first place finish in 1:01:27. Wayne Cottrell of the district took second in 1:02:10, while Dale Bateman of Laurel was third in 1:04:09. Bobby Bauer was the first WRC finisher, in 1:08:40.

WRC's Donna Elliott dominated the women's field in the 10-miler, covering the course in 1:06:20. Chris Stockdale of WRC took second in 1:14:59, breaking the women's masters record by almost seven minutes. Dee Nelsen of Gaithersburg was third in 1:19:28.

Bennett Beach of Bethesda, who was leading the field at ten miles, mustered the determination to do the loop again and won the 20-miler in 1:58:53. Pete Landergan of Richmond breathed down Beach's neck for much of the race and finished second in 2:00:32. The third-place man was Bill Stahr of Germantown in 2:05:34. The first WRC finisher was sixth-place Gerry Ives, in 2:22:52.

On the women's side, Hiroko Smith, a master from Annandale, returned after a third place finish in 1988 to win the race in 1989 in 2:34:32. The second position was taken by Pamela Foley of Gaithersburg in 2:44:08, while third place went to Carole Rivera of Rockville in 2:44:09.

RESULTS:

10-Miler: 1. Porterfield, 1:01:27; 2. Cottrell, 1:02:10; 3. Bateman, 1:04:09; 4. William English, New Carrollton, 1:04:51; 5. James Drake, Greenbelt, 1:05:00; 7. Bobby Bauer (WRC), 1:08:40; 8. George Banker, 1:10:27; 16. James Scarborough (WRC), 1:14:46; 18. Larry Tabachnick (WRC), 1:14:59.

WOMEN: 1. Elliott (WRC), 1:06:20; 2. Stockdale (WRC), 1:14:59; 3. Nelson, 1:19:28; 4. Margaret Noel, Potomac, 1:28:44; 5. Anna Berdahl, Silver Spring, 1:28:45.

20-Miler: 1. Beach, 1:58:53; 2. Landergan, 2:00:32; 3. Stahr, 2:05:34; 4. Doug Van Zoeren, Takoma Park, 2:08:30; 5. John Loughran, Richmond, 2:09:36; 6. Gerry Ives (WRC), 2:22:52; 18. Bill March (WRC), 2:40:24.

WOMEN: 1. Smith, 2:34:32; 2. Foley, 2:44:08; 3. Rivera, 2:44:09; 4. Betty Blank (WRC), 2:55:25.

G.W. BIRTHDAY MARATHON RELAY

The deadline is February 12 to sign up for the George Washington's Birthday Marathon Relay.

The relay is held at the same time as the marathon at 10:30 a.m. on Feb. 18, on a three-loop course at the NASA Recreation Center in Greenbelt.

Teams consist of three runners who run legs of 9, 8 and 9.2 miles. Those distances may not qualify anyone for anything, but think of it this way -- no matter what, you'll set a PR because you'll never have raced that distance before. Besides, it's fun, and it gives you something to train for in the wintertime!

The types of teams include open and masters men, women and coed.

Contact the competition committee chairman if you're interested in becoming part of the team. There is no race day registration.

## 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***

Many thanks to everyone who helped keep the newsletter going - Gerry Ives, who did a lot of work for someone who had supposedly "retired"; Jeff Reed, who provided computer support; George Banker, who consistently sent in stories; and other contributors, including James Scarborough, Bernie Creed and Jay Wind.

Thanks to Susan Shields for providing us with a meeting place during the winter months, the G.W. Ambulatory Care Center.

If there's anyone I forgot to thank - and I'm sure there is - thank you for all your contributions to the club during 1989!

I think we're a little better than when the year started, and I'm sure the new president will take us even farther!

Yours in running,

Lisa Hamm

#### WINTER TRACK MEETS AT T.J. COMMUNITY CENTER

Four indoor track meets will be held this winter at the Thomas Jefferson Community Center at 3501 S. Second Street in Arlington.

The dates are January 14 and 28, and February 11 and 25, starting at 9 a.m. Entry fees are \$2 for Arlington residents and \$4 for non-residents.

Events include a 2-mile walk, 1-mile run, 60-yard dash, 4x440-yard relay, 4x220 yard relay, 880-yard run, and 2-mile run. Runners will be grouped in heats according to ability.

T.J.'s indoor track is a 220-yard soft urethane surface. No metal spikes are allowed.

WRC members are encouraged to participate or volunteer to help put on the meet.

If you have any questions, contact Jay Wind at 920-5193.

#### TRZECIAK AND SWEITZER COLLECT DOUGH AT THE BREAD RUN

By George Banker

The dough was not for the bank, but for the table - and you could not make change, but you could make slices.

The event was the D.C. Road Runners annual 10k Bread Run, where the awards were homemade loaves of bread.

Runners were slowed as they slipped and slid over snow and ice on December 10 in Glen Echo, but Adam Trzeciak of Alexandria managed to set a chilly pace that made this event out of reach for other runners, finishing in 34:13.

The second closest runner was Doug Van Zoeren of Takoma Park, with a time of 36:30. The third-place finisher was Paul "Sandy" Brown of Takoma Park, who slid in for third with 36:55 and was the first master. Robert Rodriguez was the first WRC finisher, coming in fifth in 37:34.

On the woman's side, Terry Sweitzer of Alexandria led the field in a time of 44:07. Janice Stoodley of Arlington was second woman and first female master, posting a time of 45 flat. WRC's Beverly Shooshan took third in 45:05.

**RESULTS:** 1. Trzeciak, Bethesda, 34:13; 2. Van Zoeren, Takoma Park, 36:30; 3. Brown, Takoma Park; 4. Albert Martinez, Arlington, 37:21; 5. Rodriguez (WRC), 37:34; 7. Bill Wooden (WRC), 37:51; 9. J.J. Wind (WRC), 38:41; 13. Bob Thurston (WRC), 40:15; 18. Bob Trost (WRC), 41:50; 21. Gerry Ives (WRC), 42:01; 30. Jeff Reed (WRC), 47:00.

**WOMEN:** 1. Sweitzer, Alexandria, 44:07; 2. Stoodley, Arlington, 45:00; 3. Shooshan (WRC), 45:05; 4. Karen Endacott, Alexandria, 46:00; 5. C. Veney, Takoma Park, 47:40.

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

We have received word from Texas regarding **Dennis 'Count' Baker's** performance at the Dallas White Rock Marathon, on December 3. Do the words 'crash and burn' mean anything to you? Our hero, Count Baker, went through the first ten miles in a respectable 59:30, hit twenty in 1:59:20 and then proceeded to run the final 10K in sixty-three minutes. The Count didn't think his time of 3:02 warranted a trip through finishing chute. It looks as if Baker is missing his Sunday morning runs from Georgetown.

The Marine Corps Marathon turned out to be an unlucky one for **Lucious Anderson**. Anderson, who normally finishes in the low 2:30s, couldn't crack 2:40. Anderson inadvertently put his eyeglasses in the bag he checked at the starting area. Disaster struck at the Lincoln Memorial, when Anderson's myopic view of the ramp caused him to misjudge his footing and fall. The WRC masters' division standout struggled through to the finish in the low 2:40s. Slightly behind, **Ed Doheny** delighted the crowd at the finish by taking a swan dive on the hill by the Iwo Jima Memorial. Doheny leapt to his feet, ears ringing to the cheers of the spectators, stumbled again amidst more cheers and went on to the finish line. It is expected Doheny will give a similar performance next year—once you hear the roar of the crowd it's hard to go back to being just another runner.

Former Newsletter Editor **John Walsh** was a finalist in the University of Buffalo Law School's Moot Court competition. A non-lawyer WRCer commented that he was surprised that Walsh would win anything that had "mute" in the title.

WRC's **Scott Celley** has been named press secretary to the Republican Senator from Arizona, John McCain. Celley has the advantage of being able to outrun the entire Washington press corps if he doesn't want to answer a question.

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## 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:** Lisa Hamm (998-6753)

### COMMITTEES

**Legal:** Chairs: Jim Hage, Jack Coffey  
**Membership:** Chairs: Suzy Coffey, Jerry Merkel  
**Newsletter:** Chair: Lisa Hamm  
**Competition:** Chairs: Kevin Kolakowski, Phil Woodyard  
**Social:** Chairs: Pat Bullinger, Dick Brannan

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Stop the presses! We've just received word from Tyler, Texas that **Dennis Baker** has been named "East Texas Runner of the Year." The local newspaper reported that the Count was "dominant" at the 5K and 10K distances on the "East Texas circuit." Way to go Dennis!

**Bill Voight** tied the knot on December 29. His new spouse, **Judy Miller** is also a runner. Mrs. Voight gets to be a WRC member by default because her new husband has a family membership. A different method of recruiting new members! Maybe some of you other single WRCers would consider helping the Club the same way Bill has.

While we were all suffering under sub-freezing temperatures in one of the coldest Decembers on record, **Patty McGovern** was basking in the sun in the Bahamas. Accompanying her on the trip was WRC groupie **Julie Robey**. The trip was a prize Ms. McGovern won in a race earlier in the year. This kind of thing gives us all an incentive to train a little harder during the winter months.

### 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). WRCer 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. □