

Washington Running Club ★ Newsletter

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April 1990

MARCH MEETING IS ON A THURSDAY!

The APRIL meeting of WRC will be held at 7:30 p.m. on THURSDAY, April 12th at the Arlington Y, adjacent to the Courts Royal Tennis Club. The Arlington Y is located at the corner of 13th St. and Kirkwood Dr. in Arlington. From D.C. or Maryland, take Key Bridge to GW Parkway, go 200 feet to exit on left (Spout Run). Follow Spout Run across Lee Highway where it becomes Kirkwood Dr. The Arlington Y is on the right. The meeting will be held in the lounge area between the tennis courts.

WRC RUNNERS HAGE & SHOOSHAN TAKE BETHESDA CHASE HONORS

by Will Woodbine

The Bethesda Chase has a habit of grinding up runners before they can start the Spring season, but it still draws runners like moths to a flame. This year's race was held on Sunday, March 4, in blustery and cold conditions, and did not feature many WRCers. Perennial Bethesda Chase runner Pam Bricoe was sidelined by an injury, and many others were eyeing richer purses over less-demanding courses.

Jim Hage made up for our lack of numbers by showing he was the class of the race, taking the win in 1:05:43. Hage held back when Jim O'Keefe made his move at the 3-mile mark and opened up a 20-second lead. Hage dropped the rest of the lead pack as they went up the hill by the Mormon Temple and slowly chipped away at O'Keefe's lead. At the 9-mile mark Hage came up on O'Keefe's shoulder. O'Keefe smiled sadly and quipped, "Ah, Jim Hage! I can run, but I can't hide." Hage took the race in the final stretch, winning by six seconds.

On the distaff side, Beverly Shooshan saved the Club's reputation by taking second place, and first woman master, in 1:21:42. Shooshan was slowed by injuries last year, but looks well on her way to an excellent season. Taking first place was Tammy Slusser, from Monroeville, Pa., with a superb time of 1:13:07. The time was a record for the new course, but shy of the 1:12:21 old course record set by Mary Alico in 1987.

Men: 1. Jim Hage (WRC), 1:05:43; 2. Jim O'Keefe, 1:05:49; 3. Jeff Pomeroy, 1:07:18; 4. Chris Samley,

1:08:12; 5. Michael Griffith, 1:08:17; 6. Eric Wilkins, 1:08:36; 7. Dominique DaLuz, 1:09:00; 8. Dan Murphy, 1:09:19; 9. Robert Cessar, 1:09:40; 10. Scott Douglas, 1:09:50; Ben Beach, 1:10:55; John Sherlock, 1:13:37; James Scarborough (WRC), 1:29:30(?); George Cushmac (WRC), 1:29:59.

Women: 1. Tammy Slusser, 1:13:07; 2. Beverly Shooshan (WRC), 1:21:42; 3. Anita Freres, 1:24:24; 4. Monica Grillo, 1:25:05; 5. Pamela Foley, 1:25:37; 6. Louise Kandra, 1:26:04; 7. Angie Metz, 1:28:38; 8. Tammy Villano, 1:28:54; 9. Stephanie McLaughlin, 1:28:54; 10. Renee Culbertson, 1:29:01; Cindy Dalrymple, 1:32:14.

CHRIS FOX WINS CHERRY BLOSSOM; HAGE & ELLIOT LEAD WRC SQUAD

by Lisa Hamm

Chris Fox of Hagerstown used a final kick 200 yards from the finish to win the Cherry Blossom 10-Miler on April 1st.

Fox, 31, notched his first win in a major American road race by completing the course in 47:06.

Ashley Johnson of Bowling Green, Ky., finished one second behind Fox, and Dionicio Ceron of Tampa, Fla., took third in 47:10.

In the women's race, Lisa Weidenbach, 28, of Issaquah, Wash., repeated last year's victory, covering the course in 52:38.

A pack of about eight runners traded the lead back and forth on the windless, flat course until Ceron surged ahead at the eight-mile mark. Fox and Johnson went with him, then Johnson started sprinting with 500 yards to go.

Fox and Johnson ran neck-and-neck until 200 yards from the finish, when Fox took the lead for good.

"I've been running well this year. I'm on a hot streak right now," said Fox, who edged Jon Sinclair of Fort Collins, Co., for the first time in two years a couple of weeks earlier in the Shamrock 8K in Virginia Beach. Exuberant about winning his first major race before a local crowd, he said he felt "tops, man!"

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

Weidenbach ran with Kim Jones of Spokane, Wash., for the first four miles and then stepped up her pace and took control.

New Zealand's Anne Audain, overtook Jones at seven miles to finish second with a time of 53:18. Jones was third in 53:31.

WRC's Jim Hage was the first local finisher, in 48:57. Leslie Minnix-Wolfe of Alexandria was the first local woman in 58:47.

Chris Stockdale set a PR by almost four minutes, while Tom McCarthy ran a best by over a minute and WRC prez Kevin Kolakowski knocked his p.r. down by 58 seconds.

Times on the finish line clock seemed to run about four seconds slower than people's watches.

Men: 1. Chris Fox, 47:06; 2. Ashley Johnson, 47:07; 3. Dionicio Ceron, 47:10; 4. Jon Sinclair, 47:20; 5. Ken Martin, 47:21; 6. Steve Taylor, 47:23; 7. Ivan Huff, 47:23; 8. Steve Jones, 47:32; 9. Bill Bedell, 48:12; 10. Bob Stoltz, 48:13; 15. Jim Hage (WRC), 48:57; Roger Howell (WRC), 51:30; Kirk Baird (WRC), 51:40; Rusty Moore (WRC), 52:49; Wayne Allen (WRC), 53:06; Tom McCarthy 54:00; Faye Bradley, 54:07; Phil Woodyard (WRC), 55:39; Andy Smythe (WRC), 55:45; J. J. Wind (WRC), 55:57; Bill Wooden (WRC), 57:33 (2nd 45-49); Jerry Merkel (WRC), 58:12; Ed Doheny (WRC), 58:14; Mark Doles (WRC), 58:20; Kevin Kolakowski (WRC), 59:35; Bobby Bauer (WRC), 60:20; Mike Cotner (WRC), 60:43 (pr); Bill March (WRC), 60:51; (6th 50-54); Gerry Ives (WRC), 61:28; James Scarborough (WRC), 66:20 (pr); George Cushmac (WRC), 70:36; Jim Feaster (WRC), 74:52.

Women: 1. Lisa Weidenbach, 52:38; 2. Anne Audain, 53:18; 3. Kim Jones, 53:31; 4. Diane Brewer, 54:24; 5. Jane Welzel, 54:42; 6. Laura Lameno, 55:17; 7. Mary Alico, 55:50; 8. Lorraine Hochella, 55:56; 9. Susan

Scites, 56:11; 10. Tammy Slusser, 56:14; 13. Leslie Minnix-Wolfe, 58:47; 16. Donna Elliot (WRC), 60:21; Marianne Dickerson (WRC), 60:40; Patty McGovern, 62:02; Mary Ellen Williams (WRC), 62:30; Bernie Creed (WRC), 63:49; Mary Stark (WRC), 65:13; Chris Stockdale (WRC), 66:20 (pr); Betty Blank (WRC), 68:20; Julie Robey, 73:10; Bobbie Bleistift (WRC), 76:20.

ELLIOT RUSHES FOR 300 BIG ONES IN WASHINGTON REDSKIN'S OPENER

by Will Woodbine

WRC's Donna Elliot won a \$300 savings bond as the first woman to break the tape at the Redskin's 8K Run at 9:30 a.m. on Sunday, March 25th.

Elliot's time of 28:51 put her across the finish line 58 seconds ahead of runner-up Janice Torpey. In 3rd place was another WRCEr, Bernie Creed, who moved up from 5th place in the final stages of the race to grab the \$150 savings bond 'show' prize with a 30:31 time. Sixth place went to new WRC member Mary Stark with a 30:53 finish, just ahead of master's standout Beverly Shooshan who took 7th in 31:07.

In the men's race Mike Regan registered another win in the local spring racing circuit with a 24:27 finish, 30 seconds ahead of Greg Watson. Regan took the lead at the three-quarter-mile mark and never looked to be in danger of relinquishing it. Greg Watson ran alone in second place after the first mile-and-a-half with a pack consisting of WRC's Kirk Baird, Terry McLaughlin, and Patrick McHugh in pursuit. At the third mile Baird made his move and took over sole possession of third place. Steadily reeling Watson in over the final two miles, Baird ran out of road and finished 8 seconds out of second place in a time of 25:05.

There was some confusion concerning the prize money in this race. The general impression was that the prizes would be cash rather than savings bonds. A savings bond has to be held for six months before it can be sold, and then it brings only 50% of face value.

Thanks for the results go to Jeff Reed.

Men: 1. Mike Regan, 24:27; 2. Greg Watson, 24:57; 3. Kirk Baird (WRC), 25:05; 4. Terry McLaughlin, 25:18; 5. Patrick McHugh, 25:37; 6. Eric Hruschka, 25:25; 7. Rusty Moore (WRC), 25:47; 8. Darryl Stewart, 26:10; 9. Tom McCarthy (WRC), 26:16; 10. Mike Hart, 26:20; Faye Bradley, 26:53; Ed Doheny (WRC), 28:27; Bobby Bauer (WRC), 28:37; James Scarborough (WRC), 34:26.

Women: 1. Donna Elliot (WRC), 28:51; 2. Janice Torpey, 29:49; 3. Bernie Creed (WRC), 30:31; 4. Robin Doster, 30:38; 5. Anita Freres, 30:44; 6. Mary Stark (WRC), 30:53; 7. Beverly Shooshan (WRC), 31:09; 8. Deborah Fugas, 31:58; 10. Donna Hinkley, 32:20.

Washington Running Club

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

CLUB OFFICERS

President: Kevin Kolakowski (524-8391)

Vice President: Dave Williams (243-1631)

Secretary: Gerry Ives (320-3337)

Treasurer: Bobbie Bleistift (379-2767)

Newsletter Editors: Lisa Hamm, Gerry Ives

COMMITTEES

Legal: Chairs: Jim Hage, Jack Coffey

Membership: Chairs: Suzy Coffey, Lisa Hamm

Newsletter: Chairs: Lisa Hamm, Gerry Ives

Competition: Chairs: Jerry Merkel, Tom McCarthy

Social: Chairs: Pat Walker, Dick Brannan

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

The Club received greetings and a membership renewal check from "The Great One," **Ira Pessero**. Ira reports that he is back into running and even won a prize at the Marina Breakers 5K—it was a random prize, but what the hey! Ira re-introduced himself to **Julie Isphording** at the LA Marathon Expo. Shortly after the race Isphording called **Laura DeWald** and reported to her that she had met a friend of hers who was very loud. Laura immediately answered, "Oh, that must be Ira." Ira is still puzzled as to how anyone could think of him as loud.

Patty McGovern denies that she was the unregistered mystery woman who led the field at the Alexandria Washington's Birthday 10K. McGovern is currently in a resting mode and does not intend to race seriously in the near future, although she still pushes the pace at the Sunday morning Georgetown runs.

Jay Wind reports that there was a lap miscount at the DCRRC 10K Track Championship on Saturday, March 25th. The race was run in the middle of a snow storm, with gusty winds. In those conditions it was not surprising that the lap counter missed a lap. Wind's actual time was 35:26—not the 33:59 time that appeared in the newspaper—a good effort considering the conditions and enough to put him in 2nd place. In 5th place was **Bill Wooden** with an unadjusted time of 34:30.

The race results for the Montgomery County Road Runners Club Piece of Cake 10K, run in Rockville on Sunday, March 26th, looked a little strange in the *Washington Post*. The name of the race was omitted and the times were unbelievably slow—**Bill Wooden** ran a 41:06. After checking with MCRRC officials it appears that the field was directed off-course by a course marshal and the actual distance run was a little more than 11K. One runner, who normally runs at a 6-minute mile pace reported his first mile as being over 10 minutes. Wooden is relieved, he thought that old age was finally catching up with him. The race marked the 12th anniversary of the founding of MCRRC.

The latest news from Tyler, Texas, has **Dennis Baker** winning the St. Gregory 5K. Baker's time of 16:44 was more than a minute ahead of the second place finisher. At the Louisiana Marathon, 'Count' Baker failed to qualify for any award with his 2:53 finish. Not one to accept such an oversight the 'Count' nominated himself for the 'Best-Dressed Runner' award.

Help is needed for the Arlington County Youth Track Program. The program attracts kids from all over the metropolitan area on Saturday mornings between 9-12 a.m. at the T.J. Center in Arlington. Potential volunteers should contact **Jay Wind** at 920-5193. Jay guarantees you'll get to run lots of quarter-miles.

There has been a time change for the popular

Arlington One-Mile Fun Run on Saturday, May 12. The new start time is 1 p.m., and there will be ribbons for everyone and one-year age group prizes for kids.

WRC WOMEN 1-2 AT ST. PADDY'S 10K; CLELAND SMELLS LIKE AN IRISH ROSE

by Will Woodbine

The St. Paddy's Day 10K attracted a field of more than 2,700 runners on Sunday, March 12. The course, which starts at the Old Post Office and heads towards the Capitol before turning down to Maine Avenue, was mainly flat and the weather was mild.

WRCers Bill Courtney and Kirk Baird were in the lead pack of eight runners through the first mile. The pack broke up after the second mile, with Mike Regan steadily increasing the gap between himself and the rest of the field and going on to win in 30:39. Courtney sat back in sixth place waiting to make a move. At the four mile mark, Greg Watson of Arlington moved from eighth place to second place with Dave McCormick and Courtney in pursuit. McCormick faded slightly in the final mile, but managed to outkick Courtney in the final 400 meters taking third by six seconds in 31:46. Baird took 8th place in 32:24.

The women's race was not as close, as Donna Elliot demonstrated the wisdom of her low-key winter season by showing up fresh and ready to race. Elliot took an early lead over Louise Mallet and Christine Snow-Reaser and ran a smooth and controlled race, going on to win in 36:48. Mallet and Snow-Reaser fought a tough battle for second place, with Mallet taking the honors by four seconds in 38:42. New WRC member Mary Stark finished in 8th place with a 40:11 clocking.

WRC's 'Ironman', Jack Cleland, won the 30-39 age group prize of perfume and bath powder by finishing 12th in 33:03. Cleland assured the *Newsletter* that he would use his prize sparingly and only on very special occasions. We assume that the female 30-39 age group winner took home a prize of shaving cream and after-shave lotion. Phil Woodyard finished 16th in 33:25 and was happy to find out he didn't win any prize; though he's a newly-wed he already knows better than to go home reeking of perfume.

Male: 1. Mike Regan, 30:39; 2. Greg Watson, 31:42; 3. Dave McCormick, 31:46; 4. Bill Courtney (WRC), 31:52; 5. Ken Walters, 32:05; 6. Terrence McLaughlin, 32:09; 7. Steve Jence, 32:20; 8. Kirk Baird (WRC), 32:24; 9. Mike Griffith, 32:34; 10. Roger Clark, 32:51; 12. Jack Cleland (WRC), 33:03; 16. Phil Woodyard (WRC), 33:25.

Female: 1. Donna Elliot (WRC), 36:48; 2. Louise Mallet (WRC), 38:42; 3. Christine Snow-Reaser, 38:46; 4. Mary Beth Allan, 38:56; 5. Susan Haynie,

39:02; 6. Teren Block, 39:32; 7. Anita Freres, 39:39; 8. Mary Stark (WRC), 40:11.

AROUND MY PLACE . . .

Martin Greenbaum, Southern Md. Correspondent

I'd like to draw your attention to a race in nearby St. Mary's County in Southern Maryland. It's the Fourth Annual Mattapan Trail Half Marathon, to be held on April 7. The point-to-point race starts at 9:00 a.m. at the St. Mary's City Statehouse and follows a level (read fast) route out to Cedar Point on the Chesapeake Bay. Bus service will be provided from the Cedar Point Golf Course Clubhouse to the race starting point, with the last bus departing at 8:30 a.m. Pre-registration fee (postmarked by April 3) is \$8. Registration on race day (between 7 and 8 a.m.) is \$10. For information call (301) 863-3508.

Well, December down here in Calvert County (the fastest growing county in Maryland) was just as bad as in D.C., maybe worse. We had more snow due to the storms coming up from the south. If the storm is coming from the west, which it usually does, then it dumps two feet of snow on D.C. and we wind up getting only a few inches. Also, the winters are milder here. That wasn't the case in December. The wind blowing off the frozen Bay nearly froze me in my tracks. I even suffered a temporary injury which I've never incurred before. It happened the day after the second snowstorm. In the morning, after the snow had stopped falling, I shoveled the 8-12 inches of snow off my large driveway. In the afternoon, I loaded heavy things into my van and then took off for a 10 mile run through the heavy snow and cold wind. My wife and I then went to see the Lighted Boat Parade around Solomons Island. Just before dinner, I felt a sharp pain in my abdomen. I thought I had eaten something that didn't agree with me. The pain, however, got worse. The application of heat didn't help ease the pain. Several hours later, my wife drove to the hospital emergency room. After several tests and x-rays, the diagnosis was what I had feared all along—a severe stomach muscle pull or strain. The nurse gave me a shot of Demerol in my rear and I was in La La Land. The pain subsided, went away and never came back. I think I'd better do more sit-ups, and try not to do too much in one day—especially if it's cold outside.

Until next time, I remain, Mr. Chester Peake.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD MARCH 8TH, 1990

The meeting was called to order by Club President, Kevin Kolakowski.

Competition Committee: Jerry Merkel was congratulated on the outstanding job he did in putting together the Greenbelt Marathon teams. Kevin Kolakowski is the contact man for Boston Marathon

teams. If you want to be on a team contact him at 524-8391 (if you have your race number it would be helpful). Tom McCarthy is the contact for teams for the Crystal City 10K. Contact him at 525-8054. Nike Women's Race teams will be coordinated by Donna Elliot. Contact her at 248-0145.

Membership Committee: Gerry Ives reported having received 100 renewals, totaling 130 members.

Treasurer's Report: In the absence of the Treasurer Kolakowski estimated the Club had approximately \$5,000 in the treasury. The balance has improved because of the receipt of the Georgetown 10K volunteer money.

Social Committee: Attendees were reminded of the post-Cherry Blossom party at the Prez's house. The DCRRC banquet is coming up on Sunday, April 8th, and members were reminded that several WRC people were being honored.

New Business: Lisa Hamm and Tom McCarthy will be working to put together a membership brochure to attract new members. We are hoping to have something ready for the Cherry Blossom race. In response to the proposal that we put ads in the Newsletter, Gerry Ives asked that we get someone to volunteer to be advertising sales manager. Volunteers should contact him or Kolakowski.

Kolakowski announced that WRC has volunteered to put on the Carderock 10K for DCRRC. Club members Joanne and Bob Mallet have been putting on this race for several years and they would like a breather, although they will be willing to help out in an advisory capacity.

J. J. Wind announced the Arlington Co-op One Mile Fun Run and Walk on Saturday, May 12 at 10:15 a.m. Contact the Co-op at 920-6855 for more details.

On a lighter note, Norm Brand reported that TAC had discussed whether an exchange that took place five miles outside the designated relay exchange point at the Greenbelt Marathon Relay was legal. It was determined that as no protests were filed it was fine.

There being no further business, the meeting was adjourned.

Gerry Ives, Secretary.

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 Spinner 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.

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.

**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 1989

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

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.

Wednesday Night Intervals, Washington & Lee High School, Arlington, 5:00 p.m. until 7:00 p.m. Informal interval workouts, run with Clubmates or do your own workout. **Contact:** Gerry Ives at 452-4242 during day.

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 a brisk 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 Spinner 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.