

Washington Running Club ★ Newsletter

Volume 9, Number 8

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August 1990

AUGUST MEETING IN POTOMAC

The WRC monthly meeting will be held at Tris Kruger's house on FRIDAY, AUGUST 10 at 8:00 p.m. There will be a GROUP RUN starting at 7:00 p.m. Tris will have his swimming pool open, so be prepared. Hotdogs will be cooked on the grill, and donations of beer and soft drinks, salads, pasta, dessert, chips, snacks, etc., are welcome and encouraged. Tris's house is at 9641 Accord Drive, in Potomac, Md. 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.

PRs AS SCARCE AS HENS TEETH AT BUNION #7, DONALDSON 8K RUN

One hundred and nine Bunion Derby participants headed into the dreaded Arlington hills at 7:00 p.m. on Thursday, July 26. High humidity and 80° temperatures compounded the formidability of the course, making it much more than the III Difficulty ranking it enjoys on the DCRRC schedule.

WRC's Robert Rodriguez led the field out from the Madison Community Center and up to the top of the first hill on Military Road, with Jack Cleland, Phil Woodyard, Tom McCarthy, and John McGrail in pursuit. Woodyard made a strong move at the top of the hill, with Cleland and McGrail following, as Rodriguez dropped back to 5th place. At the turnaround on the out-and-back course Cleland had taken a lead of 25 meters over McGrail, with Woodyard in third place followed by McCarthy. With the top five all maintaining their positions, Cleland crossed the finish line in 26:42, followed by McGrail in 27:02. Woodyard, McCarthy, and Rodriguez took 3rd, 4th, and 5th respectively.

The best effort of the day had to be 60-year-old George Vernosky's 31:09 finishing time. Vernosky, who lives in Bethesda, is nationally ranked in his age group and recently returned from the World Veteran's Games.

In the women's race, WRC's Mary Stark went through the first mile in 2nd place, as an unknown woman led the field at a fast pace. After the first mile the front runner 'crashed and burned' and Stark took over. Stark improved her overall position by several

places after the turnaround, holding off a hard-driving finish by Pat Walker, to take the win in 32:05 to Walker's 32:14. More than two minutes back was Cindy Dalrymple, the top woman master, in 3rd place in 34:24.

Men: 1. Jack Cleland (WRC), 26:42; 2. John McGrail, 27:02; 3. Phil Woodyard, 27:28; 4. Tom McCarthy (WRC), 27:43; 5. Robert Rodriguez (WRC), 27:59; Bob Oberti, 29:11; Jerry Merkel (WRC), 29:23; Jack Coffey (WRC), 29:32; J. J. Wind (WRC), 29:42; Bill Wooden (WRC), 29:58; Ray Morrison (WRC), 30:18; Bob Trost (WRC), 31:48; George Vernosky, 31:09; Gerry Ives (WRC), 32:06; Al Marcy, 33:05; Tex Platt, 31:26; Joe Broderick, 39:57; Bud Averitt, 58:33.

Women: 1. Mary Stark (WRC), 32:05; 2. Pat Walker (WRC), 32:14; 3. Cindy Dalrymple, 34:24; 4. Mary Anne Zuckerman, 35:39; 5. Sandy Weidman, 35:42.

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

Darryl Stewart, known for his go-for-broke tactics at local road races, came close to ending his running career and his life a few weeks ago. In late June, Stewart was driving to his job at Greater Southeast Hospital when he lost control of his automobile after hitting a wet patch and skidded off the road. His vehicle went through a metal fence and hit a tree, leaving Stewart pinned by a metal post that went through his body and into his car seat. Fortunately, no vital organs were damaged and the post missed his spine. Unfortunately, he fractured his pelvis and has had to undergo surgery to remove debris and damaged material from inside his abdomen. Last reports had him beginning to walk at the hospital as part of his physical therapy program. I know everyone in WRC wishes him a speedy recovery and a quick return to the roads, and knowing Stewart he'll be back.

Former WRC member **Dennis Jett**, the Chargé d'Affaires at the U.S. Embassy in Monrovia, Liberia, was in the news this month. The *Washington Times* reported that Liberian soldiers summarily executed a man they suspected of being a rebel at the front gate of Jett's house. We're hoping Jett is keeping his

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

running shoes double knotted, he may need them if things keep going downhill over there.

Road Race Management announced the Eighth Annual Race Director's Meeting and Trade Exhibit, to be held in Washington, D.C., November 9-11. Over 250 race directors, race officials, corporate sponsors, advertising and p.r. executives, and others interested in road racing are expected to attend what has become a major fall gathering for the sport. For more details and a complete program and registration form, send a self-addressed, stamped envelope to: Road Race Management Race Director's Meeting, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201 (703-276-0056).

Road Race Management Newsletter also announced that it is seeking nominations for its fourth annual Road Race Director of the Year Award. "This award is designed to recognize and promote excellence in race directing," said editor and publisher **Phil Stewart**. Nominees are judged on their overall ability, reputation of race, entry fee/services provided ratio, sponsor relations, creativity, and organizational ability. Nomination forms may be obtained by sending an SASE to Jeff Darman, c/o Road Race Management, Race Director of the Year, 2101 Wilson Blvd., #437, Arlington, VA 22201. Nominations close September 18.

DAYS OF THUNDER, NIGHTS OF LIGHTNING MARK THE BASTILLE DAY FOUR-MILER

The DCRRC Bastille Day 4-Miler, Bunion Derby #5, was held at the National Arboretum on July 12th at 7:00 a.m. A storm that dumped an inch and a half of rain on the D.C. metropolitan area was in evidence before, after, and during the race. Despite the thunder, Tom Cruise did not show up (*the Newslet-*

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 Editor: Gerry Ives

COMMITTEES

Legal: Chairs: Jim Hage, Jack Coffey
Membership: Chairs: Suzy Coffey, Lisa Hamm
Newsletter: Chair: Gerry Ives
Competition: Chairs: Jerry Merkel, Tom McCarthy
Social: Chairs: Pat Walker, Dick Brannan

ter Editor takes no responsibility for the headline, which came from J. J. Wind).

After a fifteen-minute rain delay the 100+ field took off with the usual folks in the lead (Jack Cleland, John McGrail, et al.), together with the Yahn twins, Gregory and David. Cleland made an early move at the bottom of the first hill to put some distance between himself and the lead pack. His efforts were in vain, luckily for him as it turned out, as McGrail and the Yahn's stuck to his heels like a wad of chewing gum on a hot day. At the 3-mile mark Cleland started to go off course, but McGrail, ever the sportsman, gave him a warning shout. Several other not-so-sporting types said they would have let Cleland, Esq. go off into the wild blue yonder if they had been up there in the lead pack.

Cleland, one of WRC's leading trend-setters, ran the most of the race with his shoe untied. He also ran the Police Memorial 8K earlier in July with the same handicap. Cleland crossed the finish line in first place, shoe flapping in the breeze, in 21:08. Rumor has it that he is planning to run the Marine Corps Marathon with both shoes untied, and wearing his Ranger t-shirt. Go for it Jack!

Mary Stark was not an enthusiastic participant in the race, having serious reservations about running a race in a thunderstorm. However, her performance belied her reservations and she blew away the competition breaking the tape in 25:15, more than a minute ahead of second place finisher Maureen Schafer who finished in 26:23.

After the race there was one more obstacle to overcome, namely filling out your wet race card with a ball point pen. DCRRC statistician and historian, George Banker, deserves three cheers for deciphering the results.

Men: 1. Jack Cleland (WRC), 21:08; 2. David Yahn, 21:13; 3. John McGrail, 21:30; 4. Gregory Yahn, 21:38; 5. Phil Woodyard (WRC), 21:46; 6. Jeff Johnson, 21:57; 7. Chris Bayless, 22:00; 8. Craig Andersen, 22:27 (1st master); 9. Jordan Steiker, 22:38; 10. Ted Poulos, 22:56; 11. Ed Doheny (WRC), 22:57; 12. J. J. Wind (WRC), 23:10; 13. Jack Coffey (WRC), 23:20; 14. Jerry Merkel (WRC), 23:20; 15. Bill Wooden (WRC), 23:40; 16. Cliff Balkam, 23:54; 17. Dave Johnson (WRC), 23:56; 21. Ray Morrison (WRC), 24:06; 24. George Masson, 25:00; 25. Bob Trost (WRC), 25:02; 27. Gerry Ives (WRC), 25:19; 30. Jeff Reed (WRC), 25:42; 32. Al Marcy, 26:20; 36. Larry Dickerson, 27:18; George Cushmac (WRC), 28:40; Bill Osburn, 29:59; Roland Elliott, 32:27; Joe Broderick, 32:46; Ed Demoney, 33:01; Frank Luff, 34:35; Al Gutttag, 43:11.

Women: 1. Mary Stark (WRC), 25:15; 2. Maureen Schafer, 26:23; 3. Mary Ann Zuckerman, 27:53; 4. Claire Sylvia, 28:30; 5. Christine Fox, 29:44; 6. Julie Peet, 30:44; 7. Elizabeth Sadoff, 31:44; 8. Charlotte Edwards, 31:20; 9. Janet Collieran, 32:00; 10. Kris Trihy, 32:25; 12. Kathy Woodyard (WRC), 33:25; 17. Karen Lovelace, 37:25.

BUNION DERBY #6, BLUEMONT 10K, WON BY CLELAND AND DALRYMPLE

Despite only a five day rest from Bunion Derby #5, a good crowd turned out on a muggy evening for Bunion Derby #6, the Bluemont Park 10K, at 7:00 p.m. on Tuesday, July 17th.

Shrugging off the home course advantage enjoyed by John McGrail and Tom McCarthy, Jack Cleland took another win (his fifth in the series) with a time of 32:21. McGrail stayed close for the entire race, finishing 23 seconds back in 32:44, with McCarthy in third place with 33:29.

Unranked Craig Anderson took the masters title in 34:26, with WRC's Ed Doheny taking runner-up spot in 34:56. The two battled it out until the 4½-mile turnaround, where Anderson turned on the gas and opened up a quick lead. Doheny has been taking it easy at his races this year, but looks as if he's ready to get serious when the Fall season starts.

In the women's race, Arlingtonian Cindy Dalrymple, a former U.S. women's masters 10K record holder, ran an excellent time of 38:28. Mary Stark, whose hard training over the past few months is beginning to pay off, took second in 38:51, with an ailing Kathy Merkel narrowly taking third in 39:45 over Pat Walker in 39:47.

Men: 1. Jack Cleland (WRC), 32:21; 2. John McGrail, 32:44; 3. Tom McCarthy (WRC), 33:29; 4. Craig Anderson, 34:26 (1st master); 5. Ted Poulos, 34:35; 6. Robert Rodriguez (WRC), 34:44; 7. Ed Doheny (WRC), 34:56 (2nd master); 8. Bill Stahr, 35:09; 9. John Rusinko, 35:11; 10. Ted Baca, 35:18;

Women: 1. Cindy Dalrymple, 38:28; 2. Mary Stark (WRC), 38:51; 3. Kathy Ventura-Merkel (WRC), 39:45; 4. Pat Walker (WRC), 39:47; 5. Mary Anne Zuckerman, 41:50.

WRC'S PICNIC GETS ENTHUSIASTIC TURNOUT; SPIRITS UNDAMPENED BY THE WEATHER

An enthusiastic group of WRCers with their families and friends turned out for the annual WRC picnic at Tris Kruger's house in Potomac on July 21st.

The pool was dominated by kids under the watchful eyes of their parents. Someone commented that it wasn't so long ago that there weren't any parents in WRC, only wild and crazy single kids.

The Arthur Tom Felde Award, WRC's equivalent of the Nobel Prize, was presented to Jerry Merkel for his work for the Club in putting teams together and willingness to get involved.

Prez Kolakowski was in charge of the grill, turning out hot dogs, hamburgers and cheeseburgers to order. Side dishes of Mexican beans, pasta, fruit salad, chips, potato salad, cheese cake, brownies, etc., rounded off the feast. And we might add that the beer flowed like the beer always flows at these things.

Thanks go to Tris Kruger for having everyone over to his house, and for all the hard work he put into getting everything ready for the party. If you want to partially pay him back, volunteer to help at his race in Potomac in the Fall.

JULY MONTHLY MEETING OF WRC HELD IN CONJUNCTION WITH PICNIC

Club President, Kevin Kolakowski, called the meeting to partial order during a break in the festivities at the WRC Picnic. Prez Kolakowski decreed that the meeting be kept brief.

Kolakowski reported that an initial meeting was held with the Pennsylvania Avenue Development Corporation concerning the Pennsylvania Avenue Mile. The Club will present a proposal to PADC during August.

New Business: Alan Roth spoke briefly on the activities of the Washington Running Council and PVAC concerning their meetings with the National Park Service. Roth's remarks took 6 minutes and 34 seconds (a p.r.)

There being no further interest in continuing the meeting, a motion to adjourn was accepted unanimously.

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 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.

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.

Club Uniforms

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

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 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 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