

Washington Running Club Newsletter



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SEPTEMBER MEETING IN POTOMAC

The WRC monthly meeting will be held at Tris Kruger's house on FRIDAY, SEPTEMBER 14 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.

HAGE CONQUERS ANNAPOLIS 10-MILER; WRCers PERFORM WELL DESPITE CONDITIONS

After a week of ideal weather, Sunday, August 26th, dawned hot and humid—the usual conditions for the Annapolis 10-Miler. However, despite the conditions, this race usually draws a talented field. This year proved to be no exception, with the top three spots decided by a total margin of six seconds.

After a three-year absence from the Annapolis winner's circle, WRC's Jim Hage was looking for a repeat of his 1987 victory. Hage bided his time, letting Ronald Shaiko take the lead through the first seven miles. At the seven mile mark, where the hills make all but the toughest reconsider their avocation, Hage made his move and led the field for the final three miles to win in 51:21. Hage's time was slower than his 50:01 winning mark in 1987, but was an outstanding effort considering the conditions.

Mike Regan, who split the honors with Hage in many races this spring, stayed up with the lead pack for the first five miles before fading to sixth place. Regan finished with a time of 52:30, three seconds ahead of his time last year. Jack Cleland has been coming through with some outstanding performances this year and this race was no exception as he bested last year's time by more than a minute to finish in 10th place in 53:29. Running with Cleland for most of the way was Roger Howell. Howell had to fulfill his military team obligation for this race, which he did in fine form, taking 12th place in 53:45.

Tom McCarthy ran a solid 55:30, and you can count on some even better performances later this year—he's joined Rincon's Wednesday night workouts at Maryland U. Jerry Merkel ran the race at a leisurely pace, he's still recovering from his family vacation. Merkel said he was surprised at the number of familiar faces he passed in the latter stages of the race, despite his 61:50 finishing time. One of those faces was owned by Tom Washington, whose 61:58 performance does not reflect his capabilities or current fitness level. Washington went through the first few miles at a 5:35 pace but fell apart during the final stages of the race. Unfortunately, because of Washington's involvement in directing events for Colonial Running, Annapolis is one of the few races where he gets a chance to run.

The women's race was dominated by master runner Rose Malloy. Malloy's 60:40 winning time broke her own women masters mark. Stacey Nickolson took 2nd in 62:12, and WRC's Pam Briscoe returned to racing after a long layoff with a strong 63:47 third place effort. WRC women masters Beverley Shoo-shan and Mary Ellen Williams both won their age groups with times of 65:50 and 66:08 respectively (Malloy, as overall winner, was not eligible for an age group award).

Both Mary Stark and Bernie Creed were less than happy with their times, but with the Army 10-miler looming on the horizon they are both capable of putting away most of the competition that beat them at Annapolis.

According to the unofficial results WRC's open men's team (Hage, Regan, Cleland, McCarthy, and Phil Woodyard) finished in 3rd place, behind the DC Capital T.C. and the Baltimore Road Runners. This is always a tough race in the team category, partially because five runners score, rather than the more usual three.

A large group of WRCer gathered to swap 'war stories' and eat brunch after the race. Most vowed to be back next year—with faster times!

Men: 1. Jim Hage (WRC), 51:21; 2. Robert Yara, 51:25; 3. Ronald Shaiko, 51:27; 4. Farley Simon, 51:40; 5. Doug Mock, 52:14; 6. Mike Regan (WRC), 52:30; 7. Chris Ciamarra, 52:35; 8. Bill Courtney, 52:51; 9. Andy Passmore, 53:20; 10. Jack Cleland

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

(WRC), 53:29; 11. Phil Hinck, 53:40; 12. Roger Howell (WRC), 53:45; 13. John McGrail, 53:54; 14. Steve Clark, 54:08; 15. James Pryde, 54:12; 16. Scott Douglass, 54:13; 17. Jim O'Keefe, 54:23; 18. Anthony Grier, 54:26 (1st master); 19. James Clelland, 54:28; 20. Dave Webster, 54:35; Rusty Moore, 54:48; Tom McCarthy (WRC), 55:30; Greg Early (WRC), 56:08; Phil Woodyard (WRC), 56:13; Ben Beach, 57:17; Layne Party (WRC), 57:20; Joe Sullivan (WRC), 57:41; Rudy Robinson, 58:04; Andy Smythe (WRC), 58:16; John Sherlock, 58:37; Robert Rodriguez (WRC), 58:46; Faye Bradley, 59:13; J. J. Wind (WRC), 60:17; Jerry Merkel (WRC), 61:50; Tem Washington (WRC), 61:58; Dave Johnson (WRC), 62:00; Ray Morrison (WRC), 62:30; John Betts (WRC), 76:32.

Women: 1. Rose Malloy, 60:40; 2. Stacey Nicolson, 62:12; 3. Pam Briscoe (WRC), 63:47; 4. Marge Rosasco, 63:54; 5. Buffy Gavigan, 64:04; 6. Win Graves, 64:15; 7. Janice Torpey, 64:35; 8. Kathleen Morgan, 64:45; 10. Sue Crowe, 65:07; Beverley Shooshan (WRC), 65:50; Mary Ellen Williams (WRC), 66:08; Mary Stark (WRC), 67:??; Bernie Creed (WRC), 68:07.

MCGRAIL AND WALKER CLOSE OUT BUNION DERBY SERIES WITH WINS

by George Banker

The eighth and last race of the D.C. Road Runners Bunion Derby Series ended, as the first started, with a successful event. The Belle Haven 8K was conducted on Wednesday, August 1, 1990 along a shaded bike path parallel to the Potomac River in Alexandria, Virginia. This evening event found the temperature and humidity bearable. To some this was a "cram race," a runner had to participate in four

events in order to qualify for consideration for an award, which probably accounted for the unusually large field of 130 runners (101 male and 29 female).

As the pack of runners made their way along the out-and-back bike-path course, John McGrail slowly moved up to the head of the group. Jeff Johnson of Washington, D.C. and WRC's Phil Woodyard challenged, but McGrail held them off with a gritty effort. McGrail finished in 26:23, with Woodyard a strong second in 26:41. Johnson settled for third with 27:09. The first master was another WRCer, J. J. Wind, in a time of 28:15 (8th overall).

In the women's event, one runner dominated from the start, Pat Walker of WRC. Walker crossed the finish line in 30:58 with Cindy Dalrymple taking second (1st master) in 31:40. Third position went to Andrea Lengi of Vienna, Va., in 32:31.

Several area restaurants added excitement to the awards ceremony by donating gift certificates. They were: Western Sizzling, Zeds, Ground Round, Denny's, Via Vento, Don Albertos Pizza, Mustache Café and Pizza Hut. A warm thanks on behalf of all the runners.

Men: 1. John McGrail, 26:23; 2. Phil Woodyard (WRC), 26:41; 3. Jeff Johnson, 27:09; 4. Bill Stahr, 27:20; 5. Jon Thoren, 27:24; 6. John Rusinko, 27:50; 7. Jack Coffey (WRC), 28:08; 8. J. J. Wind (WRC), 28:15; 9. Will Vehrs, 28:24; 10. Cliff Balkam, 28:38; 11. Ray Morrison (WRC), 28:41; 12. Bill Wooden (WRC), 28:52; 13. Russ Morgan (WRC), 28:58; 14. Jerry Merkel (WRC), 29:08; 15. Dave Johnson (WRC), 29:21; Hugh Wooden (WRC), 31:24; Al Marcy, 32:04; James Scarborough (WRC), 33:32; Larry Dickerson, 33:33; Peter Monahan, 33:50; Larry Tabachnick, 34:41; Dick Good, 38:22; Henry Heymann, 51:31; Al Gutttag, 51:55; Bud Averitt, 54:11.

Women: 1. Pat Walker (WRC), 30:58; 2. Cindy Dalrymple, 31:40; 3. Andrea Lengi, 32:31; 4. Amanda Dudley, 32:44; 5. Mary Ann Zuckerman, 33:08; 6. Chris Stockdale (WRC), 34:15; 7. Janice Stoodley, 34:36; 13. Charlotte Edwards, 37:11; 14. Julie Peet, 37:45.

Washington Running Club

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CLUB OFFICERS

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

Darryl Stewart has been discharged from hospital after his near-fatal auto accident. He reports that he can now walk without using a cane, and even took a six-mile bike ride the other day. At the moment has no feeling in his right leg, but he said that his doctors have told him that the feeling would soon return. He's spending his days in therapy, part of which is watching videos of road-races and track meets. Sometime during the next three weeks he is scheduled for more surgery, to reverse an intestinal bypass that had to be done after the accident. If you want to drop him a card his address is 4313 Wheeler Rd., S.E. #203, Washington, D.C. 20032.

Steve Mahieu, who was a WRCEr in the early 70s, placed 13th overall at the Western States 100 miler in a time of 19:51:54. In his younger days, Mahieu, 43, came within a few 10ths of a second of breaking the four-minute mile mark. Sources tell us that he now resides in New Mexico.

One of WRC's "old timers" has rejoined the Club. **Fred Kruger**, who edited the Newsletter back in the early '80s, had to quit running due to knee problems. The problems seem to be resolved now, and Fred says rejoining the Club will give him the incentive to get back into running so he can shed the extra pounds he's acquired over the past six years.

WRCEr **Denise Knickman** is now attending graduate school at the University of Delaware, working towards her masters degree in Physical Therapy.

WRC has received a request for a 'used baby jogger.' If you have such a vehicle, call Mike at wj 333-6145 or hj 589-8842 and identify yourself as a WRC member.

Jack Cleland is expecting a baby, according to **Mary Cleland**. Mr. Cleland didn't make the final race of the Bunion Series; you have to take care of yourself during the first trimester. I'm sure everyone in the Club extends congratulations to the parents-to-be.

Yet another of WRC's 'eligibles' has tied the knot. **Donna Elliot** joined the married ranks on Saturday, August 18th, when she exchanged vows with **Mike Moore**. The couple departed for a non-running honeymoon in Mexico. Mrs. Elliot-Moore recently took third place at the Bronx ½-Marathon in New York, winning an all-expense paid trip to Puerto Rico to run in the P.R. ½-Marathon in November. The Bronx race started at 10:30 a.m. and it was hot! They were probably trying to weed out the people who couldn't run in the heat of Puerto Rico.

A blast from the past! Former WRC wildman (formerly a club member and formerly wild) **Bruce Coldsmith** has become a father. Bruce moved to Alabama, married and became the instant step-dad to three tax deductions. Apparently he decided that three was not enough. We look forward to seeing him up here to see how he's coping.

SUCCESSFUL BUNION DERBY SERIES ATTRACTS 863 RUNNERS IN EIGHT RACES

The eight-race 1990 DCRRRC Bunion Derby Series closed out with the Belle Haven 8K on August 1. This year's events attracted a total of 863 runners (679 men and 184 women).

The most popular event this year was the final race, the Belle Haven 8K, with 130 participants. Runners-up in the popularity category were the Hugh Jascourt 4-Miler and the Bluemont 10K, with 121 and 120 runners respectively.

The highest number of participants in the series by age group went to the 40-44 men, with 46 contestants. The 25-29 males were next with 45 partici-

pants, followed by the 45-49 men with 40. The most female participants were in the 25-29 age group, with a total of 23. Next highest was the 20-24 and 35-39 groupings, both with a total of 12.

Washington Running Club took thirteen out of the forty-seven awards, and won six out of eighteen categories. Ed Doheny, Bill Wooden, and Dave Johnson swept the 45-49 men's grouping, and Jack Cleland and Robert Rodriguez took 1st and 3rd respectively in the 30-34 category. One of our younger members, Phil Woodyard (I thought you'd like that Phil), won the 25-29 top spot, and the only slightly older Jack Cleland took the 30-34 honors. J. J. Wind had to battle Craig Anderson in the tough 40-44 grouping, but his 2nd place finish only emphasizes just how strong the age slot has become. Gerry Ives marked his first full year in the 50-54 group with a win, but is nervously awaiting Bernie Gallagher's debut in the same age group this month.

Mary Stark took 3rd place in the women's 25-29 despite only running four races. In the 35-39 age group Kathy Ventura-Merkel took the top honors in the early races. Chris Stockdale parleyed a string of p.r.s into a win in the 45-49 grouping. And Joanne Mallett was number one in the 55-59 division.

Age Group Winners

MEN:

- 20-24: 1. Peter Feltman.
 25-29: 1. Phil Woodyard (WRC); 2. Jeff Johnson; 3. Bill Stahr.
 30-34: 1. Jack Cleland (WRC); 2. John McGrail; 3. Robert Rodriguez (WRC).
 35-39: 1. Robert Platt; 2. John Zakotnik; 3. Jack Coffey (WRC).
 40-44: 1. Craig Anderson; 2. J. J. Wind (WRC); 3. Cliff Balkam.
 45-49: 1. Ed Doheny (WRC); 2. Bill Wooden (WRC); 3. Dave Johnson (WRC).
 50-54: 1. Gerry Ives (WRC); 2. Al Marcy; 3. Ron Steele.
 55-59: 1. Larry Dickerson; 2. Peter Monahan; 3. Frank Gignac.
 60-64: 1. George Robertson.
 65-69: 1. Bill Osburn; 2. Frank Luff; 3. Henry Heyman.
 70+: 1. Richard Lukes; 2. Al Gutttag; 3. Bud Averitt.

WOMEN:

- 20-24: 1. Julie Peet.
 25-29: 1. Lori Poulos; 2. Christine Fox; 3. Mary Stark (WRC).
 35-39: 1. Kathy Ventura-Merkel (WRC); 2. Elsa Thompson.
 40-44: 1. Mary Ann Zuckerman; 2. Elizabeth Sadoff; 3. Dotty Esher.
 45-49: 1. Chris Stockdale (WRC); 2. Janice Stoodley; 3. Rosemary Avery.
 50-54: 1. Barbara Breitenbach; 2. Karen Lovelace; 3. Nancy Davis-Imhof.
 55-59: 1. Joanne Mallett (WRC); 2. Charlotte Edwards; 3. Lee Glassco.

WELL-WRITTEN LETTER TO EDITOR PROTESTS NON-POSITIVE HEADLINES

Dear Editor:

Please do not take it personally, but as race director of the Donaldson Run Run I find it unfortunate that the August issue contains the headline it does on the race [*PRs as Scarce as Hens Teeth at Bunion #7, Donaldson 8K Run—Ed.*]. I realize that you didn't have the article I wrote in time for publication, and both articles are good ones. I appreciate the phone call for additional results. However, I take umbrage (or umbrella) at the implications of the headline. This fails to mention that, even though it IS a slow course, the headline with this year's race was not scarce PERSONAL records, but new COURSE records (overall men and master's women). What a different spin on things!

Anyway, thanks for running the race, and putting an article in it, although short of races run in a blizzard or driving rainstorm, headlines should be more positive. Thanks.

I will miss the August meeting.

Sincerely,

James Scarborough

Editor's Reply:

Upon receiving your letter our entire editorial staff met to discuss how best to handle this matter. Our first inclination was to blame John Walsh, but he still gets down to D.C. occasionally and there was a danger that he might sue (he's in law school and needs the money) or inflict bodily harm on us. Then we realized that there really wasn't a problem—nobody but the editorial staff and yourself reads the Newsletter. So rest easy, only the 109 race participants knows that a gut-wrenching, knuckle-dragging course is sitting out there waiting for next year's new crop of innocents. In all seriousness though, nobody can afford to upset a race director—there are far too few people willing to put up with the hassle of putting on a race, and the pay is terrible. Please accept our apologies for any annoyance caused, and our appreciation for volunteering as race director. Personally, I had a wonderful time out there.

MARYLAND STATE GAMES HELD AT FROSTBURG STATE UNIVERSITY

The Maryland State Games were held at Frostburg State University on July 21st, 1990. Bill Wooden attended as a one-man WRC team. Next year, if enough people express interest, we could get a team of WRCers at the games. Bill Wooden is a very capable bloke, but as the sole WRC representative he can't be expected to win every event.

5000 Meters

At 9:30 a.m. the temperature was already above 80° and the humidity was extremely high. The

bright sun had just come out. The 5000 meter road race (about 80 runners) had been run at 8:00 a.m. under clouds but with high humidity. A large number of runners was anticipated for the track 5000 meter race. However, the registration was mixed up as the officials thought several of the road racers were entered in the track meet. An hour and twenty minutes had been allotted for heats. The 5000 meter race was run as one heat—combined men's and women's races. There were four women and about 20 men. Dennis Coleman (14-18) won the race in 16:35. Donnie Mickey (19-34) was second in 16:51.9, Chris Bayless (19-34) was third in 17:08.5, Bill Wooden (45-49) was fourth in 17:29.4, and Fred Surgent (45-49) was fifth in 17:55.9. Joe Tiso (40-44) finished in 18:26. Michael Rourke was third in the 45-49 category in 20:43.

800 Meters

Heat 4 of the 800 meter race was won by Bill Wooden of WRC with a time of 2:22.3. He took the lead from Bill Stakem three-quarters of the way through the first lap and continued to pull away. He ran an evenly paced race (the splits were each 71 seconds with a final winning margin of 9 seconds.

Results: Heat 4—1. Bill Wooden (WRC), 2:22.3 (45-49); 2. Bill Stakem, 2:31.7 (45-49); 3. Bob Imming, 2:34.3 (50-54); 4. Tom Dempsey, 2:48.7 (50-54); 5. Richard Hutchinson, 2:53.5 (50-54); 6. Don Fost, 3:11.0 (55-59); 7. Charles Boyle, 3:19.4 (65+).

Heat 3—1. Tim O'Keefe, 2:18.2 (35-39); 2. Anthony Williams, 2:19.6 (35-39); 3. Larry Green, 2:28.4 (40-44); 4. Bob Waloon, 2:31.8 (35-39); 5. Rick Never, 2:36.4 (35-39).

1500 Meters

The men's 1500-meter race had three heats—Boys' Scholastic (14-18), Men's Open (19-34), and Men's Masters (35 and up). Based on the earlier 800-meter races, the Men's Masters Heat was shaping up to be a three-person race. Tim O'Keefe had nipped Anthony Williams at the wire in Heat 3 of the 800-meter race, while Bill Wooden had a slower time but hadn't been challenged in his heat. Tim O'Keefe who started in lane 1, took the early led, but Wooden was right on his shoulder. They pulled away from the rest of the field covering the first lap in 73 seconds. At the 800 meter mark, which they reached in 2:34, Wooden accelerated into the lead. He went through 1200 meters at 3:50 and continued to pull away finishing with a time of 4:46.9. The winning margin was almost 7 seconds.

Results: 1. Bill Wooden (WRC), 4:46.9 (45-49); 2. Tim O'Keefe, 4:53.5 (35-39); 3. Anthony Williams, 4:58.0 (35-39); 4. Larry Green, 5:00.1 (40-44); 5. Tim Briscoe, 5:09.6 (35-39); 6. Bob Imming, 5:10.5 (50-54); 7. Rick Never, 5:16.9 (35-39); 8. Bill Stakem, 5:21.6 (45-49); 9. Joe Tiso, 5:30.6 (40-44); 10. Tom Dempsey, 5:31.6 (50-54); 11. Don Fost, 6:29.8 (55-59); 12. Frank Luff, 6:36.3 (65+).

UNIVERSITY OF MARYLAND SCHEDULE FOR MEN'S AND WOMEN'S X—COUNTRY

The 1990 schedule for the University of Maryland men's and women's cross-country teams was submitted to the Newsletter by Coach Dan Rincon. With the average age of the WRC membership climbing fast, it would be nice if we could attract some more college runners into our ranks. One of the ways we can do that is by getting out to the Maryland meets and cheering on Rincon's squads.

Schedule

Sept. 21	Fri.	Towson Invitational Hunt Valley, MD	4:00 p.m. *
Sept. 29	Sat.	George Mason Invitational Fairfax, VA	10:00 a.m.
Oct. 6	Sat.	Lehigh Invitational Bethlehem, PA	10:00 a.m. *
Oct. 13	Sat.	Maryland Open College Park, MD	10:00 a.m. *
Oct. 27	Sat.	ACC Championships Charlottesville, VA	10:00 a.m. *
Nov. 10	Sat.	District III Championships Greenville, SC	10:00 a.m. *
Nov. 19	Sat.	NCAA Championships Knoxville, TN	10:00 a.m. *

Rincon also said that he is looking for volunteers to help put on his October 13th home meet. Give him a call at h) 441-9265 or w) 454-4816 if you can help.

MANDELA WASN'T THERE, BUT MISS SOUTH AFRICA WAS

by Chris Stockdale

South African runners are crazy. Their idea of fun is to run races such as the Comrades Marathon, 90K (56.25 miles) on an incredibly hilly course. In 1990, 11,581 runners started this one and an amazing 10,271 finished. The annual SA race schedule is filled with standard marathons and ultras, along with innumerable half marathons, and an occasional 10K or 16K (10 miles).

On that list, and described as one of the most scenic and toughest races in the country, the Knysna (pronounced 'Nize-na') Forest Marathon offers both a full and a half marathon. Located on the Indian Ocean roughly 300 miles east of Cape Town, Knysna is a resort town built around a spectacular lagoon, with a backdrop of steep hills covered with thick forests and pine plantations, and in the distance a towering range of mountains. This year the races were held on July 14, which in that part of the world is actually midwinter.

As my father lives in Knysna and I was thoroughly overdue to pay a daughterly visit, it seemed appropriate to time my journey to include the half marathon. Although I was still suffering somewhat from

jetlag from a 48-hour journey, I had a great time. We were bused up to the starting point in the hills long before dawn, and deposited in a wide spot in the road (actually, a disused quarry with muddy puddles to catch the unwary in the dark). It was freezing cold, and the race organizers had built enormous bonfires for butt-warming. Hot tea and coffee was available for a small price. However, as soon as the sun came up, the temperature shot up.

Almost 1,700 ran the ½, and about 500 the full marathon. The first mile or so of my race was on a hilly paved road, before we entered the forest and ran for most of the way on a dirt road somewhat reminiscent of the C&O towpath surface at Carderock. The weather was incredible . . . humidity way down, bright sunlight, temps probably in high 50s, and no wind. We ran through the forest, and once in a while a break in the trees would display unbelievable views, either of the lagoon and ocean, or mountains and rivers. We were pretty high up in the hills for most of the race. The course at this point was rolling and fairly easy running. Water stops were a little strange . . . water was actually sealed in plastic bags that you had to grab and then open. Took me a little practice before I could open one and drink. (Very strange sensation, too, when you trod on a partially empty plastic bag.) The South Africans are great fans of Coke, and this was the alternative offered to water. I didn't try it, so I don't know if it was defizzed. No energy drinks at all, even in the full marathon.

The killer part of the run was a steep downhill for about ¾-mile where you literally had to apply your brakes. Needless to say, my quads complained bitterly, and I paid dearly the following days. Once down to sea level, we had a couple of miles through the town to the finish in a sports field by the lagoon. I was wearing my WRC singlet [do I get reimbursed for travel expenses?], and was welcomed as I crossed the line with various comments and greetings to Mr. Bush.

The computerized finish line was a little primitive, and when the preliminary results were posted, my name wasn't there! Luckily I'd stopped my watch about when I crossed the line, so they took my word for my time of 92:02. This was good for 2nd place in my age group (over there called Veterans). At the awards ceremony (prizes handed out by superstar ultramarathoner Bruce Fordyce with Miss South Africa looking on—actually, she ran the half marathon, so my usually low opinion of "beauty queens" was raised somewhat). I was interviewed by the announcer, so the WRC singlet got even more exposure.

The marathon was won by Mark Page in about 2:29. he had placed fourth in the Comrades marathon at the end of May and was still feeling a little tired. Top woman's time was about 2:48, and she beat the second place woman by about 30 minutes. When I drove the course a few days later, I realized

why the winning times were relatively slow. My legs hurt just looking at the hills!

And, oh yes, it was another PR for me!

O'NEILL, DALRYMPLE, SMITH SPARKLE IN DC ROAD RUNNERS CHAMPIONSHIP RACES

by J. J. Wind

Cassie O'Neill's phenomenal 4:43.8 mile and Cindy Dalrymple's near-world-record 5:34.4 mile headed a list of impressive performances at the D.C. Road Runners Club's annual one-mile and five-kilometer championship races Wednesday night on the T.C. Williams High School Track in Alexandria.

David Smith of Burke won the open one-mile race in 4:26.1, five seconds ahead of Dennis Coleman of Gaithersburg and Greg Langer of Alexandria, who both ran 4:30.7. O'Neill of Burke, her long blonde ponytail flapping behind her, joined the men's race and finished sixth overall.

In the women's mile, Dalrymple, 48, of Arlington, continued her assault on U.S. and world women's records, finishing first overall in 5:34.4. She missed breaking her own existing world single-age record of 5:30 by just four seconds.

In the masters' mile, Craig Anderson of Vienna grabbed the lead early and finished first in 4:50.2. Bob Weiner of Accokeek outkicked Jay Wind of Arlington in the last 100 yards to finish second in 4:56.1. Wind was third in 4:58.7.

In the five-kilometer championship, Michael Regan of Washington averaged 4:50 per mile to win by a half-lap in 15:03. Smith, running his second race of the night, was second in 15:40, ahead of Bob Oberti of Waldorf, the first master's runner in 16:19, and Jim Douglass of Jericho, Vermont, fourth in 16:24. Ruth O'Hara of Alexandria paced the women in 18:13.

Great volunteers, a sumptuous post-race picnic, cool late-summer weather, and appreciative spectators made this event pleasant for everyone.

WOMEN'S MILE: 1. Cindy Dalrymple, 48, Arlington, 5:34.4; 2. Eudora Wu, 16, McLean, 5:55.1; 3. Heather Haines, 17, Great Falls, 5:55.3; 4. Terry Halpin, 15, 5:55.9; 5. Mary Ann Zuckerman, 43, Laurel, 5:57.7; 6. Dotty Escher, 44, Laurel, 7:38.4.

MASTER'S MILE: 1. Craig Anderson, 42, Vienna, 4:50.2; 2. Bob Weiner, 43, Accokeek, 4:56.1; 3. Jay Wind (WRC), 40, Arlington, 4:58.7; 4. Brian Stecher, 44, Alexandria, 5:12.5; 5. Paul Quinn, 42, Springfield, 5:13.9; 6. Kevin Sherlock, 45, Alexandria, 5:24.4; 7. Larry Monaco, 52, DC, 5:27.0; 8. Larry Dickerson, 59, Burke, 5:54.7; 9. Klaus Hirtes, 50, Arlington, 5:56.5; 10. Andy Buechele, 47, DC, 6:05.6; 11. James Hodges, 55, Temple Hills, 6:21.0; 12. Bill Osburn, 66, Bethesda, 6:55.8; 13. Wm. E. Tribble, 52, Vienna, 7:03.8; 14. Bud Averitt, 70, Oxon Hill, 7:54.2; 15. Richard Lukes, 71, Kensington, 8:18.0; 16. Sal Corrallo, 59, Arlington, 9:09.9 (walker); 17. Alvin Gutttag, 71, Bethesda, 9:37.0; 18. Steve Schindel, 48,

Alexandria, 12:12.2 (walker).

OPEN MILE: (Some Runners Did Not Receive Data Cards) 1. David Smith, 20, Burke, 4:26.1; 2. Dennis Coleman, 32, Gaithersburg, 4:30.7; 3. Greg Langer, 27, Alexandria, 4:31.1; F1. Cassie O'Neill, 23, Burke, 4:43.8; 4. Steve Bell, 32, Arlington, 4:45; 5. Ted Poulos, 28, Silver Spring, 4:47; 6. Alan Thatcher, 27, Arlington, 4:53; 7. Hal Halpin, 16, McLean, 5:04; 8. Doug Wham, 37, Arlington, 5:05; 9. Marcio Duffles, 29, DC, 5:06; 10. Robert "Tex" Platt, 39, Arlington, 5:18.5; 11. Alex Gibby, 16, McLean, 5:18.9; 12. John Farrell, 18, Great Falls, 5:20.8; 13. Pat Finn, 37, Fairfax, 5:25.4; 14. Douglas Landau, 30, Alexandria, 5:33.0; 15. P. Warren, 31, McLean, 5:45; 16. Jim Schmitz, 34, 6:08.0; 17. E. Kaitz, 36, DC, 6:09.3; 18. Jim O'Hara, 31, Alexandria, 6:10.0; 19. David Forsyth, 18, Great Falls, 5:54; 20. Leon Roberts, 10, Gaithersburg, 9:53.

5K—Women: 1. Ruth O'Hara, 27, Alexandria, 18:13; 2. Cindy Dalrymple, 48, Arlington, 18:53; 3. Mary Ann Zuckerman, 43, Laurel, 20:19.

5K—Masters: 1. Bob Oberti, 43, Waldorf, 16:19; 2. Craig Anderson, 42, Vienna, 16:42; 3. Jay Wind, 40, Arlington, 17:04.

5K—Fast Heat: 1. Michael Regan, 26, Washington, 15:03; 2. David Smith, 20, Burke, 15:40; 3. Jim Douglass, 27, Jericho, Vermont, 16:24; M1. (Oberti); 5. Jon Thoren, 35, DC, 16:28; M2. (Anderson); 7. Ted Poulos, 28, Silver Spring, 16:52; 8. Roy Harkins, 32, Annandale, 16:55; M3. (Wind); 10. Tom Kelley, 34, DC, 17:24; 11. Marcio Duffles, 29, DC, 17:52; 12. Robert "Tex" Platt, 39, Arlington, 18:08; 13. John Haubert, 47, Alexandria, 18:13; 14. Paul Quinn, 42, Springfield, 18:13; 15. Doug Wham, 37, Arlington, 18:16; 16. Gary Guenther, 38, Arlington, 18:18; 17. John Ritchie, 41, Arlington, 18:36; F2. (Dalrymple); 18. Mark Canoyer, 46, Alexandria, 19:20; 19. Patrick Boest, 25, Alexandria, 19:31; 20. Doug Landau, 30, Alexandria, 19:35; 21. Pat Finn, 37, Fairfax, 19:42; 22. Bob Weiner, 43, Accokeek, 20:09; 23. Richard Rhoads, 51, Arlington, 21:05.

OPEN 5K—Other Heat: 1. Byron Franco, 21, Gaithersburg, 16:54; 2. ???; 3. Jere Galan, 30, Laurel, 17:45; F1. (O'Hara); 5. Brian Stecher, 44, Alexandria, 18:50; 6. Jim Schmitz, 34, 18:50; 7. Jeff Reed (WRC), 30, Arlington, 18:51; 8. Rick O'Conner, 37, 19:00; 9. Kevin Sherlock, 45, Alexandria, 19:12; 10. Mark Melanson, 24, Bethesda, 19:30; 11. W. Lembke, 30, 19:45; 12. Andy Buechele, 47, DC, 20:04; 13. Klaus Hirtes, 50, Arlington, 20:05; 14. James Scarborough (WRC), 32, McLean, 20:10; 15. Larry Dickerson, 59, Burke, 20:15; 16. Ted Cochrane, 41, Vienna, 20:18; F3. (Zuckerman); 17. Fiona Rotberg, F21, DC, 20:21; 18. Marny Gilluly, F40, DC, 21:28; 19. Frank Gignac, 57, DC, 20:53; 20. John Winkert, Upper Marlboro, 21:45; 21. Bob Briggs, 33, Alexandria, 21:50 (walker); 22. Kimberly Tylaki, F26, Arlington, 21:55; 23. Walter Bradtman, 44, Springfield, 22:07; 24. Richard Baker, 42, Alexandria, 22:29; 25. Nancy Davis-Imhof, F50, Arlington, 23:20; 26. George Hope, 12, Freder-

icksburg, 22:30; 27. Art Osgood, 43, Arlington, 24:00; 28. George Hope, 9, Fredericksburg, 24:02; 29. Wm. E. Tribble, 52, Vienna, 24:56; 30. Bob Davis, 43, Arlington, 25:30; 31. Bill Osburn, 66, Bethesda, 25:42; 32. John Oubre, 43, Ft. Washington, 26:08; 33. Melinda Ross, F29, Arlington, 26:26; 34. ?????; 35. Dotty Escher, F44, Laurel, 26:44; 36. Scott Battle, 35, Alexandria, 27:04; 37. Kathy Cleal, F46, Springfield, 27:43; 38. Stephanie Walsh, F30, Falls Church, 27:50; 39. Richard Lukes, 71, Kensington, 28:01; 40. Maureen Franz, F25, Vienna, 28:41; 41. Bud Averitt, 70, Oxon Hill, 28:12; 42. Sal Corrallo, 59, Arlington, 29:20 (walker); 43. Joan Schindel, F48, Alexandria, 30:30; 44. Jim Oldham, 35, Riverdale, 31:04; 45. Michelle E. Robbins, F32, Arlington, 31:04; 46. Robyn Hamill, F32, Falls Church, 31:07; 47. Kathy Franz, F27, Annandale, 31:12; 48. Alvin Guttag, 71, Bethesda, 31:45; 49. James Hodges, 55, Temple Hills, 37:03 (walker).

MONTHLY MEETING OF WASHINGTON R.C. HELD ON FRIDAY, AUGUST 10TH, 1990

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

New Business: Kolakowski reported on the meeting of the Washington Running Council that he attended and gave details of new race courses proposed by the National Park Service. The course changes would affect the Cherry Blossom 10-Miler, Marine Corps Marathon, and the other races that use the Hains Point course. A new problem with regard to the Hains Point course was noted. Apparently the Army 10-Miler was required to pay the Hains Point Golf Course operator a fee to compensate him for lost revenue while Hains Point is closed during the race. Indications are that other races will also be required to pay similar compensation in the future.

Volunteers Needed: Volunteers are needed to help Dan Rincon at the University of Maryland's cross country meet on October 13. Volunteers are also needed to help with Tris Kruger's Potomac 5K on October 27. As usual WRC will be looking for a big turnout of volunteers for the Georgetown 10K on Sunday, October 7th.

Teams: John Betts will coordinate a masters team for the Marine Corps Marathon. There will be teams for the Army 10-Miler and the DCRRRC 20-Miler. Contact Gerry Ives if you're interested.

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 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.

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