

Washington Running Club Newsletter



Volume 9, Number 10

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October 1990

OCTOBER MEETING IN POTOMAC

The WRC monthly meeting will be held at Tris Kruger's house on FRIDAY, OCTOBER 12 at 8:00 p.m. There will be a GROUP RUN starting at 7:00 p.m. There will be a cookout, with hot dogs supplied by the Club, but 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.

MEN'S MASTERS WORLD-BEST MARK SMASHED AT PHILADELPHIA ½-MAR.

The course record and the masters world best half-marathon mark were both broken at the Philadelphia Half-Marathon on Sunday, September 16th. Dionicio Ceron took the lead at the four-mile mark and went on to win in 1:00:46, only 12 seconds off the world mark of 1:00:34 set earlier in the day at the Great North Road Run in Newcastle, England, by Steve Moneghetti.

There was no near miss when it came to the winning masters time. New Zealand's John Campbell obliterated the old world best mark by three minutes as he finished 4th overall in a time of 1:02:28.

Ex-WRCer Steve Spence took 2nd place in 1:02:09, and looks to be in good shape for the Fall racing season. Spence had a disappointing Boston Marathon earlier in the year, but has come back strongly despite the rigors of being a new parent.

Mike Regan led a strong WRC squad home with a 1:06:50, followed by Jim Hage in 1:07:27 and Roger Howell in 1:08:50. Hage was hoping for a sub 1:04, but it was not his day. Lucious Anderson's 1:12:13 was the best of the WRC masters as usual.

PRs were set by Tom McCarthy (1:12:15), Ed Doheny (1:15:37), and, need we add, Chris Stockdale (1:29:05). Stockdale placed second in the women's 45-49 age group.

Donna Elliot-Moore was the top WRC woman with a 1:21:31 time. Elliot-Moore is directing her training

GEORGETOWN 10K

We need volunteers for the Georgetown 10K on October 6th and 7th. Volunteers are needed for registration on Saturday the 6th starting at 11:00 a.m. at Neem's Market on the corner of Wisconsin and P Street. On Sunday volunteers should report at 7:00 a.m. This is a very important source of revenue for the Club, so please try to help.

toward a Fall marathon and her time indicates everything is on track.

Men: 1. Dionicio Ceron, 1:00:46; 2. Steve Spence, 1:02:09; 3. Brian Sheriff, 1:02:27; 4. John Campbell, 1:02:28 (1st master); 5. Mark Curp, 1:02:38; 6. Rex Wilson, 1:02:50; 7. Ron Johnson, 1:03:00; 8. Michael Musyoki, 1:03:12; 9. William Musyoki, 1:03:19; 10. Bill Reifsnnyder, 1:04:13; Mike Regan (WRC), 1:06:50; Jim Hage (WRC), 1:07:27; Roger Howell (WRC), 1:08:50; Lucious Anderson (WRC), 1:12:13; Tom McCarthy (WRC), 1:12:15; Ed Doheny (WRC), 1:15:37; Kevin Kolakowski (WRC), 1:24:25; Bobby Bauer (WRC), 1:26:??; Mike Haftel (WRC), 1:29:50.

Women: 1. Cathy O'Brien, 1:09:39; 2. Margaret Grees, 1:11:52; 3. Diane Bussa, 1:12:16; 4. Anne Audain, 1:12:37; 5. Sylvia Bornet, 1:12:43; 6. Kim Jones, 1:13:06; 7. Priscilla Welch, 1:13:22 (1st master); 8. Mary Knisely, 1:13:57; 9. Lynn De Ninno, 1:14:36; 10. Inge Schurmans, 1:14:59; Donna Elliot-Moore (WRC), 1:21:31; Chris Stockdale (WRC), 1:29:05; Mary Stark (WRC), 1:32:00.

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

Roger Urbancsik, one of WRC's West Coast contingent, ran the Valley of the Flowers Marathon as a training run earlier this year. The race is held in Lompoc, California, 200 miles north of Los Angeles, and follows a route along the Pacific coast. Urbancsik's 2:37:28 finishing time was enough for 2nd place—the winning time was 2:34:47—imagine what

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

would have happened if he was racing. Out of the 300 runners starting the race only 206 finished.

Melisa Neary was married on July 7th, with an enthusiastic WRC contingent attending the wedding. Aged parent, **Pat Neary**, outboogied everyone at the reception, despite having put in a long training run that morning. No reports on how Mr. Neary was feeling the next day.

Patty McGovern ran the Nike Capital Challenge wearing a very large diamond engagement ring given to her by her fiancé **Tom Scott**. Luckily the sun wasn't shining, so no one was blinded on the starting line. Patty said that if all the arrangements can be made in time they will be married in Washington on May 26th. Congratulations to both of you from WRC.

All of you master runners who have been eating **Craig Anderson's** dust for the past year are due for some relief. Anderson has moved to Seattle to take a job as an engineering consultant. You can bet he'll be beating up on the Seattle area masters as soon as he gets settled.

Volunteers are needed for the 15th Annual DCRRC Turkey Trot on Thanksgiving Day, Thursday, Nov. 22, in Alexandria. If you can help as either a course sentry, or at the finish line, please call **James Scarborough** at 536-7764.

At the NIH/DCRRC Health Angels 10-miler, WRC's women took 1-2 as **Pam Briscoe** (66:32) led **Bernie Creed** (67:24) over the rolling course. **Joanne Mallet** was 8th place woman in 80:22. **Jack Cleland** took 3rd in the men's race with 53:34, and **Robert Rodriguez** took 5th in 56:54.

At the Fair Lakes 10K **Teren Block** led the WRC women with a 37:20 clocking, **Mary Stark** ran 39:28, and **Bernie Creed** ran 40:46.

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: Chair: Suzy Coffey
Newsletter: Chair: Gerry Ives
Competition: Chairs: Jerry Merkel, Tom McCarthy
Social: Chairs: Pat Walker, Dick Brannan

SCOTT CELLEY DOES IT AGAIN AT THE NIKE CAPITAL CHALLENGE

Close to 600 runners participated in the 10th annual Nike Capital Challenge on Thursday, September 13 in East Potomac Park. Runners included a Supreme Court Justice, members of Congress, the nation's Drug Czar, TV Correspondents, and a motley crew of WRC members running for their "Vocational Teams." This year's field included a team from *Runner's World*, apparently a publication that covers Washington. Next year we'll see if we can get a WRC Newsletter team in the event, I know our Washington coverage is better than *Runner's World*.

WRC's Scott Celley took the early lead over the field taking first place in 14:48, with runner up Mark Will-Weber of *Runner's World* taking second in 15:11. Up there with the lead pack all the way was Tom McCarthy who finished in 4th place in 15:39. Peter Nye ran a 16:22, not quite up to his old standards, but enough to put people on notice that he's back into the running scene. John O'Donnell (17:30), Gerry Ives (17:41) and Bob Trost (17:47) rounded it out for the WRC men, with Trost running his usual negative splits and closing fast on Ives in the final stretch.

Patty McGovern led the women's field at the start, but was overhauled by Megan Othersen of *Runner's World* just before the two mile mark. Othersen took the win in 17:13 to McGovern's second-place finishing time of 17:28. Suzy Coffey ran a respectable 19:31, and WRC Treasurer Bobbie Bleistift took time off from closing down failing S&Ls to run a 20:40.

Men: 1. Scott Celley (WRC), 14:48; 2. Mark Will-Weber, 15:11; 3. Robert Cessar, 15:22; 4. Tom McCarthy (WRC), 15:39; Pete Nye, 16:22; John O'Donnell (WRC), 17:30; Gerry Ives (WRC), 17:41; Bob Trost (WRC), 17:47.

Women: 1. Megan Othersen, 17:13; 2. Patty McGovern (WRC), 17:28; 3. Jane Millsbaugh, 17:59; Suzy Coffey (WRC), 19:31(?); Bobbie Bleistift (WRC), 20:40.

O'NEILL OVERWHELMS FIELD AT WOMEN'S DISTANCE FESTIVAL 5K

by George Banker

The annual Women's 5K Distance Festival was held under ideal race conditions, low humidity and a cool breeze off of the Potomac River, at Fort Hunt Park on Saturday, September 8th, 1990. The loop course starts in Fort Hunt Park then exits the park and goes out the bike path along the Potomac before returning to the finish inside the park. Washington RunHers sponsored the event with the support of the local running community who donated the awards.

A men's 5K was launched prior to the premier event. The twenty-five men field warmed the road-

way with Jim Larsen of Springfield, Va., leading the pack to victory in a time of 15:42. Second place was captured by Craig Langer in 16:07, with Jon Thoren in third with 16:29.

In the women's race, it took less than a mile for the leaders to position themselves. Cassie O'Neill, formerly of New York now living in Burke, Va., wasted no time in taking a 100-yard lead over the second runner. Comfortably in second place was Loretta Miller, a former Marine but currently a student at George Mason University.

It was no surprise to see O'Neill entering back into the park, in the lead and alone. The clock registered 16:22 as she crossed the finish line. O'Neill commented later that she was not paying attention to any mile splits and just wanted to remain comfortable and, of course, win. It was only three years ago that O'Neill added running to her program of swimming.

Miller was pleased to capture second with 17:24. The words of her coach stayed with her as the strategy was to run smooth as if on a training run. Miller did not attempt to overtake O'Neill on the course and sensed O'Neill a stronger runner.

In ninth position overall, and first master, was Chris Stockdale in 19:05. Second master was Carol Lassiter in 20:02, followed by Debby Gebhardt (19th overall) in 21:18.

Leading the younger runners home was WRC member Melanie Gedrich (age 8) in 29:55. Following Melanie was Rachel Shipp (age 7) in 30:11 with her sister Sara (age 10) close on her heels in 30:38. Both beat their mother Stephanie, who finished in 31:17.

Henley Gible, executive director of RRCA finished with a time of 22:55.

Results: 1. Cassie O'Neill, 16:22; 2. Loretta Miller, 17:24; 3. Kim Saddic, 17:29; 4. Lynn Patterson, 17:32; 5. Patricia Derfas, 18:38; 6. Ruth O'Hara, 18:39; 7. Jana Beckman, 18:53; 8. Susan Volpe, 19:03; 9. Chris Stockdale (WRC), 19:05; 10. Marilyn Segall, 19:14; Julie Peet, 22:10; Kathleen Mallet (WRC), 26:46; Melanie Gedrich (WRC), 29:55; Gayle Gedrich (WRC), 29:55.

KOGO WINS TAC CHAMPIONSHIP AT PARKERSBURG, W.VA. HOMECOMING

by James Scarborough

The Parkersburg Half Marathon on Saturday, 18 August, served as the Men's National Championship Half Marathon. It was also the scene of the Parkersburg Homecoming Festival, 17-19 August. Why anyone would call Parkersburg home, and why they should all go back there in mid-August, was a mystery to this runner, but nonetheless the festival sports a fine ensemble of fun and sporting events. For those (excluding Jeff Reed) who haven't been there, this West Virginia town lies on the Ohio River,

just a few miles from such buckeye towns as Marietta and Bel Pre. It is accessible either via Route 50, or by going through Maryland via Route 48. It was a homecoming in a sense, as I had a friend to visit there whom I hadn't seen in about three and a half years.

The race itself started downtown, near the Bureau of Public Debt and the Wood County Courthouse. Like the Wheeling Championship (Elby's) 20K, the locals put a lot of effort into the race, and thus it was exceptionally well-staffed and spectated. True to the location, the course had several hills, the most severe in the second and twelfth miles. At the start of the twelfth mile, a clown was dispensing water. Otherwise, it was easy to maintain seven minute miles (or whatever pace you want). The course crossed the Little Kanawha River twice, sort of a "semi-Pittsburgh Marathon", without the downhills. When I crossed the finish line (in 1:34:26), an official reminded me that the actual finish was "on the other side of the bridge," which meant crossing under a five-foot wide span, rather than having to cross another bridge! The shuttle bus back to the hotel first had to serve as the trail vehicle (that was a SLOW three mile ride).

And then there was the sign that said, "Welcome MARATHON Runners." And also the lumber yard, Bauers', with three stones inscribed "\$200!", but nowhere was it described what was being sold for \$200. Apart from these gaffes dotting the landscape, it was a beautiful race, albeit on a sultry (but cooler than Annapolis) morning.

Men: 1. Steve Kogo, 1:02:25; 2. Mark Curp, 1:03:37; 3. Mark Plaatjes, 1:04:05; 4. Delmir Dos Santos, 1:04:36; 5. Bill Reifdsnyder, 1:04:49; 6. Joe Leuchtmann, 1:05:00; 7. Jon Sinclair, 1:05:45; 8. Brian Sheriff, 1:05:56; 9. Ronald Lanzoni, 1:05:59; 10. John Glidewell, 1:06:05; 11. Keith Hanson, 1:06:10; 12. Mark Stickley, 1:06:18; Ken Hamilton 1:09:10 (1st master); Anthony Grier, 1:12:27; James Scarborough (WRC), 1:34:26.

Women: 1. Patty Murray, 1:12:56; 2. Marie Boyd, 1:14:53; 3. Diane Brewer, 1:14:59; 4. Ria van Landeghem, 1:15:09; 5. Sylvia Borner, 1:15:24; 6. Jane Weizel, 1:16:06; 7. Tammy Slusser, 1:16:10; 8. Cheryl Boessow, 1:18:42; 9. Mary Heidelk, 1:19:14; 10. Cheryl Sly, 1:19:21; Nancy Oshier, 1:19:24 (1st master).

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.

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.

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