

# Washington Running Club ★ Newsletter

Volume 9, Number 11

© 1990 Washington Running Club

November 1990

## NOVEMBER MEETING IN POTOMAC

The WRC monthly meeting will be held at Tris Kruger's house on FRIDAY, NOVEMBER 9th at 8:00 p.m. The speaker will be sport medicine specialist MYRON BERNSTEIN. 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.

## GEORGETOWN 10K VOLUNTEERS TURN OUT TO HELP WRC\$\$\$\$

A hearty band of WRCers turned out on Saturday and Sunday, Oct. 6th and 7th, to help put on the Georgetown 10K. Colonial Running, the race management company responsible for putting on the race, donates money to WRC for every volunteer we can muster.

Those volunteering were: Pat Neary, Gerry Ives, Bobbie Bleistift, Roger Howell, Mike & Danielle Cotner, Craig Asher, Ed Doheny, Wayne Allen, Mike and Josh Haftel, Jack Cleland, Mary Cleland, Al Naylor, James Scarborough, Keith Higgs, Ed Blum, Chris Stockdale, Jeff Reed, Alan Roth, Daniela Zahner, Bill March, Russ Morgan, Donna Elliot-Moore, Dan Rincon, Jack Coffey, Tom Lohrentz, Bob Thurston, Greg and Leanne Paige, and John Meagher.

Three hearty cheers for all you volunteers. If you were working at the race and your name does not appear in the list above, call Gerry Ives at 202-452-4242 during the day.

In the race itself, WRCers were up close to the front, but not dominant. Mike Regan had the best showing in the Club with his 4th place 30:51 finish. Jack Cleland narrowly missed the top ten with his 12th place 32:30 clocking. Ed Doheny's 34:44 was the best masters time in the Club.

Maria Pazarentzos was in an unusual position for her—2nd place. Pazarentzos turned in a fast 36:05 time, but was topped by Cassie O'Neill's time of

34:39. Mary Stark was the only other WRC woman in the top ten, finishing in 10th place in 39:35.

In case you were wondering where the ubiquitous Jim Hage was, he was winning the Columbia Chase 10K in 31:00. His training partner, Dave Berardi, took 2nd in 31:31.

**Men:** 1. George Nicholas, 30:02; 2. John Glidewell, 30:11; 3. Brian Walter, 30:24; 4. Mike Regan (WRC), 30:51; 5. Brian Ferrari, 31:10; 6. Ronald Sheiko, 31:17; 7. Dave McCormick, 31:33; 8. Jeff Van Horn, 31:40; 9. Jorge Pardo, 31:50; 10. Jim Davis, 32:17; 12. Jack Cleland (WRC), 32:20; 14. John McGrail, 32:31; 25. Tom McCarthy (WRC), 33:36; 26. Andy Smythe (WRC), 34:04; Ed Doheny (WRC), 34:44; Faye Bradley, 35:04; Bill Stahr, 35:15; J. J. Wind (WRC), 35:17; Chan Robbins, 37:57; Tom Kurihara, 41:28; George Banker, 42:36.

**Women:** 1. Cassie O'Neill, 34:39; 2. Maria Pazarentzos (WRC), 36:05; 3. Heidi Gerken, 36:38; 4. Diana Hall, 38:26; 5. Amy Jones, 38:27; 6. Cindy Dalrymple, 38:36; 7. Laura Gaydos, 38:58; 8. Mary McCullough, 39:14; 9. Cheryl Conrad, 39:38; 10. Mary Stark (WRC), 39:35; Bernie Creed (WRC), 40:38.

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

WRC's **Greg Early**, running for Maryland University, took 2nd place at the ACC Championships held in Charlottesville, Va., on October 27th. Early ran 24:30, 29 seconds behind winner **Bob Henes** of North Carolina State. **Chris Ciamarra** of Maryland took 4th place in 24:39.

One of the country's top races for women, The Nike Women's Race, will be held on Sunday, May 12, 1991, at 8:00 a.m. For entry send SASE to: Nike Women's Race, Box 134, Mt. Vernon, VA 22121 (703-780-3037). The field is limited to 4,000 runners.

**Chris Fox** ran a 2:17 marathon at Chicago in October. However, the time will not qualify him for the Olympic Trials. To qualify you have to run a 2:20 or better on a TAC certified course between 11/11/90 and 2/31/92. It doesn't look as if Fox will have any problems with meeting this requirement.

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

Our esteemed Prez **Kevin Kolakowski**, and our equally esteemed Treasurer **Bobbie Bleistift**, made their first biathlon effort at the Chambersburg, Pa., Biathlon. Ms. Bleistift's effort was rewarded by a first place finish in her age group. The Prez's performance was considerably less stellar as he was passed by approximately 35 competitors in the biking part of the race. Next year Kolakowski should be confident enough to take the training wheels off of his bike—that should speed him up a little.

No story from the Philadelphia ½-Marathon, but a few times were obtained: **Mike Regan**, 1:06:50; **Jim Hage**, 1:07:27; **Roger Howell**, 1:08:50; **Lucious Anderson**, 1:12:13; **Tom McCarthy**, 1:12:15; **Ed Doheny**, 1:15:37; **Donna Elliot-Moore**, 1:21:00; **Chris Stockdale**, 1:29:??; **Mike Haftel**, 1:29:50.

## HAGE SETS C.R. AT ARMY 10 MILER; SOVIETS TIE FOR WOMEN'S TITLE

*by George Banker*

Last year the Army Ten Miler was ranked as the largest 10-mile race by TACSTATS. This year's event, held on Sunday, October 14, attracted 5,000+ runners, proving that prize money isn't the only criteria that brings out the crowds.

The race was held over a new course that added a degree of difficulty, especially over the final three miles which featured numerous turns and a couple of small hills. The course changes, combined with a warm and humid day, made the winning times even more remarkable.

Because of the lack of prize money the non-local national elite runners were not present, but we have some local elite runners who did not want to pass up this opportunity to show their stuff to the home

crowd. On the front line was Darrell General, old course record holder and first American finisher at Boston this year, Jim Hage, and last year's winner Mike Regan.

Ken Halla took the lead until the three-mile mark where he was joined by Hage and General. For the next three miles the trio journeyed together at a brisk 4:55 per mile pace. At the ramp up to the 14th Street Bridge Hage made his move and disconnected from General and Halla. General responded with a surge of his own, but only managed to put some air between himself and Halla as Hage maintained his lead. Jim Hage broke the tape with a winning time of 49:30 a new Army 10 Miler event record (old event record was 49:43). General followed closely with 49:54 with Hall staying within eyesight and finishing in third place in 50:22.

The fourth place finisher was Farley Simon in 50:56. Simon finished second to Hage in last year's Marine Corps Marathon. Taking sixth place in 51:28 was Mike Regan. Regan got to the race late and had almost no time to warm up.

The men's masters division was dominated by Roger Clark who finished 20th overall in a time of 54:04. Bob Oberti was 2nd in 56:12 and 3rd place went to Ridge Kelley in 56:33.

The women's race had an international flavor to it. Gregory Vinjar, the coach of the Leningrad marathon team, brought two of his runners to compete in the U.S.—Olga Markova, who has a p.r. of 2:38, and Albina Galiamova. Galiamova was scheduled to participate in the Richmond Marathon on October 21, 1990 (she finished in 2:42:50 and won the women's title).

Markova and Galiamova had no competition as they quickly went into the lead early in the race. The Soviet pair crossed the finish line in 58:14 holding hands. Because the course was modified this year the women's winners also set a course record, despite running slower than Marianne Dickerson's 56:45 in 1988.

Finishing in 3rd place was Clarice Marana of Fort Jackson, S.C., in a time of 1:00:16. The first local finisher, and 4th overall, was Ruth O'Hara with a time of 1:02:32.

Top female master was Joyce Rankin with a clocking of 1:06:46. In second place was WRC's Chris Stockdale in 1:08:03, with Pam West close behind in 3rd place with a time of 1:08:43.

A tragedy marred the day when Army Captain Ronald Gilliard collapsed within 150 yards of the finish line. Gilliard was in the top 200 finishers and running at close to a 6-minute pace when he was stricken. Almost immediately another runner, physician Raymond Phillips, was on hand administering CPR. A helicopter flew Gilliard out to the Washington Hospital Center where he was pronounced dead at 10:27.

The running community extends its sympathy to the Gilliard family.

---



---

## 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

---



---

**Men:** 1. Jim Hage (WRC), 49:30; 2. Darrell General, 49:54; 3. Ken Halla, 50:22; 4. Farley Simon, 50:56; 5. Sean Fitzwilliam, 51:22; 6. Mike Regan (WRC), 51:28; 7. Bill Courtney, 51:54; 8. Michael Trunkes, 52:22; 9. Louis Poore, 52:26; 10. Robert Brooks, 52:32; Andy Smyth (WRC), 55:54; Jack Bickley, 56:42 (5th 40-44); Bill Wooden (WRC), 58:41 (2nd 45-49); Steve Forman, 62:26 (1st 50-54); Al Marcy, 66:19 (1st 55-59); John Betts (WRC), 71:58; Dixon Hemphill, 77:45.

**Women:** 1. Olga Markova and Albina Galiamova, 58:14; 3. Clarice Marana, 60:16; 4. Ruth O'Hara, 62:32; 5. Marybeth Allen, 63:20; 6. Shelley Burns, 63:35; 7. Kelly Watkins, 64:11; 8. Mary McCullough, 64:16; 9. Sander Williams, 64:17; 10. Mary Gaylord, 64:17; Bernie Creed (WRC), 68:??; Betty Blank, 71:24.

### HAGE AND MALLOY SET RECORDS IN WINNING DCRRRC 20 MILER

*by George Banker*

One of the top running events sponsored by the DCRRRC, The National Capital 20 Miler, was contested on Sunday, September 30, 1990, in historic Old Town Alexandria. With the support of The Penalty Box (Brian Watson) the Fairfax Running Center (Betty Sue O'Brien) and a long list of Alexandria establishments the race has progressed from a local low-key race to a premier event.

Many runners use the 20-miler to gauge their conditioning for the Marine Corps Marathon. The out-and-back course goes from Old Town to Mount Vernon paralleling the Potomac River. The rolling hills between mile six and 15 are mitigated somewhat by the scenery and the shade trees along the bike path, but it is still a demanding course.

Lining up in the front row at the start were WRC's Jim Hage, two-time winner and course record holder (1:49:56), and men's master's record holder Ben Beach (1:54:52). On the distaff side, Rose Malloy, master's record holder and 1989 winner was looking to make it two years in a row. Both Hage and Malloy were fresh off of their wins at the Annapolis 10 Miler in August.

Hage ran in 2nd place for the first mile before easing into the lead with John McGrail, Jack Cleland, and Dominique DaLuz in pursuit. By the 11th mile Hage had a 45 second lead over McGrail and was running well within his capabilities. Further back, the masters competition was turning into a duel between Beach and WRC's Lucious Anderson. Last year Anderson was delayed by traffic, missed the start, and had to work his way through the field before capturing 6th place. This year Anderson had no handicap and had drawn away from Beach by the turnaround.

Hage turned on the pressure over the final nine miles, gradually opening up the gap between first

and second place, until he crossed the finish line in a new course record time of 1:49:14. Hage next race will be the Columbus Marathon, and he looks as if he's in shape. McGrail set a personal best as he took second place in 1:52:07, with WRC's Cleland right behind in 3rd in 1:53:39.

Meanwhile, Anderson had opened up a solid lead over Beach in the men's masters competition. Anderson crossed the line 6th overall in a time of 1:56:18, with Beach following in 7th place in 1:57:17.

The women's race was no contest, as Malloy nailed down 1st place early in the race and finished in 2:08:00, more than 13 minutes ahead of 2nd place finisher Pam Foley who finished in 2:21:49. Malloy's time broke her own masters course record. In 3rd place was Joanne Abbruzzessi in 2:23:49, followed by Betty Blank in 4th place with a time of 2:25:45.

In the team competition WRC took the men's open with a team of Hage, Cleland, and Tom McCarthy (1:55:55), and the men's masters with Anderson, Ed Doheny (1:59:35), and J. J. Wind (2:04:57). The co-ed division was won by an IBM team of Ted Poulos (2:05:08); George Banker (2:24:13) and Sharon Hamilton-Dolan (2:29:51).

**Men:** 1. Jim Hage (WRC), 1:49:14; 2. John McGrail, 1:52:07; 3. Jack Cleland (WRC), 1:53:39; 4. Dominique DaLuz, 1:55:33; 5. Tom McCarthy (WRC), 1:55:55; 6. Lucious Anderson (WRC), 1:56:18; 7. Ben Beach, 1:57:17; 8. Jim Larson, 1:57:54; 9. Andy Smythe (WRC), 1:58:26; 10. Mark Baugh, 1:58:55; 11. Ed Doheny (WRC), 1:59:35; 12. Jon Thoren, 1:59:37; 13. Vassili Triantos, 2:01:52; 14. Calvin Biesecker, 2:02:10; 15. Pete Nye, 2:02:27; 16. Bill Stahr, 2:03:24; 17. Ricardo Blanco, 2:03:44; 18. Mark Howard, 2:04:47; 19. J. J. Wind (WRC), 2:04:57; 20. Ted Poulos, 2:05:08; 26. Dave Johnson (WRC), 2:10:18; 27. Bernie Gallagher, 2:10:39; 31. Steve Forman, 2:12:28; 36. Gerry Ives (WRC), 2:15:00; Al Marcy, 2:21:14; George Masson, 2:21:23; Jeff Reed (WRC), 2:25:30; Ron Griswold, 2:27:45; Charles Desenberg (WRC), 2:28:45; James Scarborough (WRC), 2:33:20; John Betts (WRC), 2:35:32; Joe Lugiano (WRC), 2:38:22.

**Women:** 1. Rose Malloy, 2:08:00; 2. Pam Foley, 2:21:49; 3. Joanne Abbruzzessi, 2:23:49; 4. Betty Blank, 2:25:45; 5. Valerie Ellsworth, 2:26:19; 6. Cindy Dalrymple, 2:26:44; 7. Marilyn Segall, 2:26:50; 8. Mary Gaylord, 2:28:00; 9. Sharon Hamilton-Dolan, 2:29:51; 10. Anne Colevas, 2:30:54; Jennifer McGrail, 2:40:05.

### MINUTES OF MONTHLY MEETING OF WRC HELD ON FRIDAY, OCTOBER 12, 1990

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

Kolakowski asked for volunteers to meet at the corner of Falls and River Road at 8:00 a.m. on Saturday, October 27, to help Tris Kruger put on the Potomac 5K.

Sports Medicine Specialist Myron Bernstein will be a speaker at the WRC meeting to be held November 9th. There is a possibility that a speaker from the Citizens Against Crime organization will speak to a future Club meeting on self defense, however they ask that the Club guarantee that 20 people minimum attend.

James Scarborough is seeking volunteers for the Alexandria Turkey Trot on Thanksgiving Day. The race will be held at the Cora Kelly School in Alexandria.

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 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***