

Washington Running Club Newsletter



Volume 10, Number 5

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May 1991

MAY MEETING IN POTOMAC

The WRC monthly meeting will be held at Tris Kruger's house on FRIDAY, MAY 10th at 8:00 p.m. Vice-Prez Kruger lives at 9641 Accord Drive, in Potomac, Md. Take Beltway to River Rd. exit. Head toward Potomac on River Rd. The house is approximately 3 miles from the Beltway on the left at the corner of Accord and River, about 1/4-mile past the Potomac Nursery & Garden Center. The Club will provide hot dogs and rolls, any other food or beverage contributions will be welcomed.

WARM WEATHER SLOWS EVERYONE BUT FRONT RUNNERS AT CHERRY BLOSSOM

by Gerry Ives & George Banker

The warm weather stole the chance of a world record at the 19th Annual Cherry Blossom 10-miler on Sunday, April 7th, but not by much. Carl Thackeray's 46:26 was just 13 seconds short of the world mark, and Jill Hunter's 51:57 was short by only 10 seconds. Hunter's time set a new course record, putting her in 25th place overall and more than two minutes ahead of the next woman. The male and female winners received \$3,250 each out of the \$21,500 total prize money.

Thackeray, Bill Reifsnyder, Steve Spence, and defending champion Chris Fox were in a pack that went through the opening mile in 4:27, well ahead of the 4:38 first mile when Greg Meyer set the World and American record of 46:13 in 1983. The fifth mile split was 22:57, which was ahead of Thom Hunt's 1986 split when he came within two seconds of Meyer's mark. At Hains Point Reifsnyder and Thackeray made a move and left Spence and Fox trailing by 10 yards. The gap was extended to 100 meters on the return from the point, but they began to fall off the record pace. With the record out of reach, but not the Cherry Blossom crown, Thackeray surged and left Reifsnyder just before Ohio Drive, going on to the win in 46:26 with Reifsnyder trailing six seconds back in 46:32. Spence ran a disappointing 47:11 to take third, followed by Steve Kogo in 47:19 and Fox in 47:40.

Hunter, the 1988 British Olympian in 3,000 meters, was untouchable in the women's race, with her only challengers being the elite men. With her opening mile timed at 4:52 it was obvious Hunter

was in a class by herself. Leslie Lehane finished in second in 54:08, with Kim Dryden rounding out the top three in 55:04.

Leading the way for the WRCers was Jim Hage in 17th place with 49:57, followed by Roger Howell in 22nd place with a 51:10. Howell led Richard Ventura, Kathy Merkel's brother, until the final stretch where Ventura edged him by two seconds.

The masters were led in by WRC's Lucius Anderson, who took the top spot in 53:32, despite spending a good part of the previous night in the emergency room after his 7-year-old son cut himself on a glass. He was followed by Roger Clark in 53:40.

The top WRC woman was Kathy Merkel in 63:13, followed by Mary Ellen Williams who took second in the 45-49 age group in 64:51. Berni Creed finished in 65:21, with Mary Stark in pursuit in 65:35.

In the women's masters division, Mary Ellen Williams was the first local woman, and 2nd in the 40-44 age group with a time of 64:50. Joanne Mallet led the locals in the 55-59 grouping, finishing 3rd with a time of 76:30.

Men: 1. Carl Thackeray, 46:26; 2. Bill Reifsnyder, 46:32; 3. Steve Spence, 47:11; 4. Steve Kogo, 47:19; 5. Chris Fox, 47:40; 6. Don Janicki, 47:46; 7. Mark Plaaties, 48:05; 8. Brian Sheriff, 48:10; 9. Derek Froude, 48:12; 10. Jon Sinclair, 48:24; 11. Joe Lemay, 48:35; 12. Mark Curp, 48:45; 13. Brian Walter, 48:50; 14. Brian Ferrari, 48:53; 15. Darrell General, 49:25; 16. Mark Allen, 49:46; 17. Jim Hage (WRC), 49:57; 18. Dan Foran, 50:09; 19. Jack Peach, 50:47; 20. Brad Cooper, 51:07; 21. Richard Ventura, 51:08; 22. Roger Howell (WRC), 51:10; 23. Ken Fowler, 51:15; 25. Greg Watson, 52:50; 26. Dominique DaLuz, 53:11; 29. Lucius Anderson (WRC), 53:32 (1st 40-44); 30. Roger Clark, 53:40 (1st 45-49); Ben Beach, 55:04; Tom McCarthy (WRC), 55:05; Phil Woodyard (WRC), 55:15; Ardel Boes, 55:40 (1st 50-54); John Sherlock, 55:51; Faye Bradley, 56:50; Ridge Kelley, 56:59; Jacob Wind (WRC), 57:20; Hal Katen (WRC), 58:18; Bill Wooden (WRC), 58:44; Andy Smythe, 59:07; Ed Doherty (WRC), 60:12; Gerry Ives (WRC), 61:54; Bob Trost (WRC), 62:10; Tom Kurihara, 65:52; Barrie Hardwick, 66:07 (1st 60-64); Al Marcy, 66:31; Charlie Daniels, 66:34; James Scarborough (WRC), 69:32;

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

Dixon Hemphill, 70:47; Bobby Bauer (WRC), 79:40; Ed Benham, 82:25 (1st 80+, single age record).

Women: 1. Jill Hunter, 51:57; 2. Lesley Hehane, 54:08; 3. Kim Dryden, 55:04; 4. Gordon Bloch, 55:07; 5. Diane Bussa, 55:30; 6. Jean McGould, 55:40; 7. Jennifer Lynn Martin, 55:40; 8. Laura Lamena, 55:45; 9. Lynn MacDougall, 55:48; 10. Judy Chamberlain, 56:09; 11. Cindi Girard, 56:11; 12. Gillian Beschloss, 56:29; 13. Priscilla Welch, 56:33; 14. Marie Boyd, 56:36; 15. Peg Donovan, 56:46; 16. Tammy Slusser, 57:26; 17. Barbara Bubbins, 57:33; 18. Suzanne Scites, 57:40; 19. Marianne Downey, 57:50; 20. Lorraine Hochella, 58:05; Jane Welzel, 60:03; Leslie Minnix, 60:45; Kathy Merkel (WRC), 63:04; Shelley Burns, 64:24; Mary Ellen Williams (WRC), 64:50 (2nd 40-44); Laura Gaydos, 65:14; Berni Creed (WRC), 65:21; Mary Stark (WRC), 65:35; Betty Blank, 67:44; Janice Stoodley, 68:31; Joanne Mallet (WRC), 76:30 (3rd 55-59); Lucy Ventura (WRC), 85:30.

NEW COURSE AND EVENT RECORDS SET AT CHERRY BLOSSOM CHASER

New course and event records were set at the Cherry Blossom Chaser 10K on Sunday, April 14, 1991. John Gregorek covered the West Potomac Park course in 28:47, breaking the previous course record of 28:56 set by George Malley in September, 1985. And Jill Hunter, fresh off of her impressive Cherry Blossom victory, slashed 30 seconds off the women's event and course record (Rosalind Taylor, 32:30—1990) as she broke the tape in 32:00.

The men's race was a battle between Gregorek, Steve Kogo, Gerard Donakowski and James Norris. It came down to a sprint to the finish from the bridge into West Potomac Park, and track star Gregorek had

the more effective kick. Kogo finished 2nd in 28:49, with Donakowski in third in 28:54. Norris rounded out the sub-29 finishers with a 4th place 28:59 effort.

Hunter ran a race similar to her Cherry Blossom 10-Miler victory. She dominated the women's field absolutely from the opening gun. Runner-up Janis Klecker trailed by 50 seconds, matching her finishing position of last year. Michelle Bush-Cuke took 3rd in 33:33, 26 seconds faster than her 5th place finish last year, and Gina Procaccio took 4th for the second year in a row with 33:37.

WRC's esteemed Prez, Kevin Kolakowski, shattered his 10K p.r. with a 35:35 finish, and even had something left at the end.

Men: 1. John Gregorek, 28:47 (cr); 2. Steve Kogo, 28:49; 3. Gerard Donakowski, 28:54; 4. James Norris, 28:59; 5. Jeff Jacobs, 29:09; 6. Bill Mangan, 29:23; 7. Brian Sheriff, 29:29; 8. Ken Frenette, 29:41; 9. Jon Sinclair, 30:11; 10. Danve Dunham, 30:21; Kevin Kolakowski (WRC), 35:35; Ed Doheny (WRC), 37:13;

Women: 1. Jill Hunter, 32:00 (cr); 2. Janis Klecker, 32:50; 3. Michelle Bush-Cuke, 33:33; 4. Gina Procaccio, 33:37; 5. Kathy Hadler, 33:50; 6. Dian Bussa, 34:04; 7. Maria Trujillo, 34:22; 8. Mary Boyd, 34:23; 9. Susan Scites, 34:32; 10. Tammy Slusser, 35:08.

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

Dan Rincon's U. of Maryland women's 4 × 800 relay team finished in 8th place with a time of 8:56.4 at the NCAA National Indoor Championships the weekend of March 29th. He also has two qualifiers for the National Championships, **Marchelle Payne** in the triple jump with a 42 ft. 1 1/4 in., and **Jennifer VanHorn** in the 10K with a 34:59.7. At the Colonial Relays **Greg Early** ran his leg in the 4 × 800 relay in 1:52 and the team finished in 7:41. In the 5,000 meters, WRC's **Maria Pazarentzos** won in 16:38, with **VanHorn** 2nd in 16:53.

The Nike Women's Race, scheduled for Sunday, May 12, has lined up another impressive field. Attempting to share some of the \$25,000 prize money, and get a chance of the \$25,000 bonus for the first woman to break 25:00 minutes will be: **Laurie Binder, Kim Dryden, Margaret Groos, Lorraine Hochella, Cindy James, Lynn Jennings, Anne Marie Letko, Wanda Panfil, Judi St. Hilaire** (current champion), **Elaine Van Blunk, Wilma Van Onna, and Leann Warren.**

Betty Sue O'Brien, long-time manager of Fairfax Running Center's Alexandria store, has taken a new job as a buyer for Irving's Sporting Goods. Fairfax Running Center decided to close their store in Fairfax and consolidate their operations in the Alexandria store.

Peter Nye's new book, *The Cyclist's Sourcebook*, is scheduled for publication by G. P. Putnam in

Washington Running Club

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CLUB OFFICERS

President: Kevin Kolakowski (703-524-8391)

Vice President: Tris Kruger (301-983-2283)

Secretary: Gerry Ives (301-320-3337)

Treasurer: Jerry Merkel (703-525-5943)

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

August. The publisher is touting the book as "The only guide you'll ever need to equipment, services, tours, and information."

The Ninth Annual G.W. Parkway Classic drew a record field, despite contending with Clyde's Columbia 10K and Jay's Run. However, there is concern that there may not be a 10th race, unless a sponsor comes in with some money to make up the shortfall. **Nancy Lavallo**, the race coordinator for the United Way, said that expenses are exceeding revenues and the agency may not be able to continue putting on the race. Lavallo, along with WRC's **Bruce Coldsmith**, was responsible for reviving the race in 1982 after a long hiatus. It would be a major setback for area running if the race was discontinued. Any sponsors out there???—Mobil, *Washington Post*?

At the Penn Relays, Maryland's **Jenny VanHorn** ran a p.r. in the Olympic Development/Collegian 10K to take 10th place overall and 4th collegian. Her 34:09.26 time gives makes her an automatic NCAA and TAC women's championship qualifier, and gives her a provisional qualification for the Olympic Trials. **Lynn Jennings** won the race in 32:16.25. In the men's Olympic Development 10K, **Steve Spence** won in 28:?? (time not available).

The Constellation Classic 10K will be held in Baltimore on May 26th. If you're interested in running on a team, contact **Kevin Kolakowski** at (703) 524-8391.

DAN RINCON WINS DC AAU CROSS COUNTRY CHAMPIONSHIP

by Norm Brand

(Norm apologizes for the delay in getting this story into the Newsletter—Ed.)

Dan Rincon, U. of Maryland freshman, established himself in this race as one of the better young distance runners in the area. His time of 31:32.6 over Georgetown's hilly and crooked 10K course is outstanding. Dan and teammate Ken Umbarger led for almost the whole race, and only the veteran Wayne Vaughn was able to get by Ken in the late stages. Rincon is twice champion in the Delaware State Cross Country meet, and also won the State 2-mile title his senior year at Dover AFB HS in Dover, Delaware.

In the team race, Georgetown AA outpointed the Washington Sports Club 23 to 34 to win the medals and patches.

Results: 1. Dan Rincon, 31:32.6; 2. Wayne Vaughn, 31:51; 3. Ken Umbarger, 31:59; 4. Dan Reeks, 32:19; 5. Gar Williams, 32:55; 6. Jim Freel, 32:59; 7. Bill Kronemyer, 33:03; 8. Justin Gubbins, 33:17; 9. Bob Scharf, 33:19; 10. Larry Gnapp, 33:20; 11. Steve Riley, 33:40; 12. James Blessing, 33:44; 13. Paul Short, 33:51; 14. Glynn Wood, 33:57; 15. T. R. Childers, 34:31.

HUSSEIN, PANFIL WIN BOSTON; ANDERSON TOP FINISHER FOR WRC

The weather cooperated at the 95th Boston Marathon on Monday, April 16, 1991, but the men's times didn't show it. The race turned into a tactical exercise, with the winner in doubt up to the last minutes.

For a while it looked as if a long-shot, Andy Ronan of Ireland, was going to take the \$55,000 top prize. However, Ibrahim Hussein took the lead at the 22-mile mark and went on to win in 2:11:06. Ronan was pushed back into third place when Abebe Mekonnen went by him with a mile to go. Mekonnen, who finished in 2:11:22, had plenty left at the finish and blamed himself for not going with the pack earlier in the race.

"I waited too late. I saw the others too far away, and I couldn't catch them," said Mekonnen after the race.

The women's race was a different story, as Wanda Panfil of Poland ran the second fastest time at Boston, and a p.r., to finish in 2:24:18. Panfil now has won the triple crown of marathoning: London, New York, and Boston.

The early lead in the women's race was taken by world record-holder Ingrid Kristiansen, who led the field through five miles in 26:21. Joan Benoit Samuelson delighted the crowd when she bulled her way into the lead just before the 10-mile mark, but Panfil was waiting in second place. Panfil made her move before the 15-mile mark as Benoit and Kristiansen, trying to conserve something for the hills, slowed the pace. Panfil went through the hills without faltering and by the time she hit the city it was obvious she had the race won. Panfil's final push cracked Rosa Mota's 1988 winning time of 2:24:30 and left only Samuelson's all-time best of 2:22:43 intact as she crossed the finish line in 2:24:18.

Samuelson held onto 2nd place until the final ¼-mile, when she was passed by Kim Jones and Uta Pippig. But her 2:26:54 time showed that she is still a world-class marathoner, and it definitely isn't time to hang up her shoes.

The top finisher for WRC was Lucius Anderson in 2:34:28, just one week after taking the top masters spot at the Cherry Blossom 10-miler. Close on his heels was 'our man in Connecticut' Bob Stack in 2:36:51.

Mike Cotner has been on a p.r. hunt for the past year and he knocked down another one when he finished in 2:52:37. Johnny O'Donnell's 3:06:20 was well off his 2:44:00 best time, but he did manage to make it through the chute before it started to rain.

Ultra-runner Joe Lugiano ran 3:13:40, in what for him was a short run—anything under 50 miles is a Sunday jaunt. And Tris Kruger, our esteemed Vice Prez, made a gallant effort to qualify for the Olympic Trials, but failed once again as he finished in 3:15:32.

Men: 1. Ibrahim Hussein, 2:11:06; 2. Abebe Mekon-

nen, 2:11:22; 3. Andy Ronan, 2:11:27; 4. Alejandro Cruz, 2:12:11; 5. Carlos Grisales, 2:12:33; 6. Douglas Wakiihuri, 2:13:30; 7. Tesfaye Tafa, 2:14:07; 8. Atsushi Sakauchi, 2:14:18; 9. Leme Chengere, 2:14:28; 10. Andrzej Witzak, 2:14:49; 12. Paul Zimmerman, 2:15:32 (1st U.S.); 15. Ed Eyestone, 2:15:58; 18. Geoff Smith, 2:18:00; 21. Kenneth Judson, 2:18:11; 23. Mark Amway, 2:18:26; 26. Charles Crabb, 2:19:51; 130. Ben Beach, 2:34:19 (10th 40+); 134. Lucius Anderson (WRC), 2:34:28; 180. Bob Stack (WRC), 2:36:51; Adam Trzeciak, 2:38:06; John Sherlock, 2:38:39; Fay Bradley, 2:40:24 (3rd 50+); Herb Tolbert, 2:48:27; Kirk Davies, 2:52:36; Mike Cotner (WRC), 2:52:37; Rusty Moore, 2:53:34; John O'Donnell (WRC), 3:06:20; Richard Jamborsky, 3:08:50; Joe Lugiano (WRC), 3:13:40; Tris Kruger (WRC), 3:15:32; George Banker, 3:35:00.

Women: 1. Wanda Panfil, 2:24:18 (39th overall); 2. Kim Jones, 2:26:40 (53rd overall); 3. Uta Pippig, 2:26:52 (54th overall); 4. Joan Samuelson, 2:26:54; 5. Kamilla Gradus, 2:26:55; 5. Ingrid Kristiansen, 2:29:51; 7. Conceiao, Ferreira, 2:30:18; 8. Malgorzat Birback, 2:32:13; 9. Odette Papierre, 2:32:55; 10. Manuela Machado, 2:33:08; 11. Regina Bonney, 2:35:35; 12. Christine McNamara, 2:36:21; 15. Gillian Horovitz, 2:40:46; 30. Christine Snow-Reaser, 2:54:02; 32. Rose Malloy, 2:54:13 (6th master, 2nd U.S. master); 34. Stacey Nicholson, 2:55:58;

MINUTES OF MONTHLY MEETING OF WRC, HELD ON APRIL 12TH, 1991

The meeting was called to order by President Kevin Kolakowski. New member Joe Fogarty was introduced to the attendees.

James Scarborough asked for volunteers to help with the DCRRRC/Co-Op run to be held in Arlington on May 25. Volunteers should call him at (703) 536-7764. Scarborough also announced the new DCRRRC information number—(703) 241-0395.

There is a possibility that WRC will hold a picnic following the Nike Women's Race—no details available yet.

Team Races: The Crystal City 10K (May 19th) and

the Race for the Cure 5K (June 15th) will have teams, call Kevin Kolakowski at (703) 524-8391 if you're interested.

Due to the arrival of the pizza, 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.

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 Pat Walker, 2100 Lee Highway, Arlington, VA 22201. 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 (703) 549-7688.

Wednesday Night Intervals, Georgetown U. track, 4:30 p.m. until 6:30 p.m. Informal track workout. **Contact:** Gerry Ives at (202) 452-4242.

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 (703) 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. **Contact:** Gerry Ives at (202) 452-4242.

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 (202) 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.

Training/Coaching Advice—by arrangement: Dan Rincon w] (301) 314-7457 or evenings h] (301) 441-9265.

**WASHINGTON RUNNING CLUB
MEMBERSHIP APPLICATION**

\$20 Individual Membership

\$25 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 1990

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