

# Washington Running Club Newsletter



Volume 10, Number 7

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July 1991

## JULY MEETING IN POTOMAC

The WRC monthly meeting will be held at Tris Kruger's house on FRIDAY, JULY 12th 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 ¼-mile past the Potomac Nursery & Garden Center. The Club will provide hot dogs and rolls, any other food or beverage contributions will be welcomed.

## CLUB PICNIC—MARK YOUR CALENDARS

The WRC Club Picnic will be held at Tris Kruger's house on SATURDAY, AUGUST 10th from noon until whenever. 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 ¼-mile past the Potomac Nursery & Garden Center. There will be hot dogs, hamburgers, beer, etc., any other food or beverage contributions will be welcomed. The usual volleyball contest will be held, and bring your swim suit just in case Tris' pool is open.

## CARDEROCK 10K WON BY MURPHY; MERKEL RETAINS WOMEN'S TITLE

The Carderock 10K, Bunion Derby #2, was held on Tuesday, June 11, 1991, and the weather was the usual—hot! (88°). The humidity was high enough to make everyone miserable, except for the fish! Despite all of this, one hundred and ten stalwart snake jumpers toed the line for the 7:00 p.m. start.

Dan Murphy quickly took the lead, and never looked in danger of relinquishing it. Murphy hit the halfway mark in 15:50, but slowed somewhat in the second half to finish in 33:16. Murphy's time was a little slower than his 'world-record' 27:15 in last year's race, but then he didn't turn around a half-mile early this year.

The race for 2nd place was a ding-dong battle between two WRc'ers, Jack Coffey and Robert Rodriguez, with Coffey getting the edge at the end of the race by seven seconds with a time of 34:42.

If the battle for 2nd and 3rd was tough, the competition for 4th through 7th was World War II. Ted Poulos took 4th in 35:11, with Jon Thoren three seconds back in 5th in 35:14, followed by Jerry Merkel and Ted Baca with identical times of 35:15. Baca also took the top master honors over a strong masters field, with John Sherlock in the 2nd masters spot with his 9th place overall finish in 35:35. Ed Doheny ran a strong 36:04 to take 11th place and second in his 45-49 age group.

The top 50+ spot was taken by Bernie Gallagher in 38:17. Gallagher has had problems with injuries over the past six months—hopefully, this signals he is well on the way to recovery. Dick Good took 1st in the 60+, with a fine 46:33, although 69-year-old Walt Washburn was hot on his heels with a strong 47:17

finish. Henry Heyman's 71:15 was good enough for him to nail down the 1st 70+ spot.

In the women's race, last year's winner, Cathy Ventura-Merkel, successfully defended her title with a 39:38 time, but this time she didn't have to share her win. Last year Merkel tied with Tama Clare in 38:37. In 2nd place was Janice Stoodley, one of the area's top 50+ runners. Stoodley's 42:15 finish also made her the top woman master in the race. The top 40+ spot went to Mary Ann Zuckerman, who finished 5th overall in 45:21.

The two-mile fun run saw two outstanding performances at both ends of the age spectrum. Nationally-ranked 61-year-old George Vernosky ripped along the tow-path to finish in 11:59, and 7-year-old Luke Merkel turned in a fine 20:02 performance.

The post-race gathering featured watermelon, oranges, and sodas, courtesy of Washington Running Club. WRC provided race direction, course marshals, and handled the scoring and awards ceremony. Thanks to all of you who turned out to give a hand.

**Men:** 1. Dan Murphy, 33:16; 2. Jack Coffey (WRC), 34:42; 3. Robert Rodriguez (WRC), 34:49; 4. Ted Poulos, 35:11; 5. Jon Thoren, 35:14; 6. Jerry Merkel (WRC), 35:15; 7. Ted Baca, 35:15 (1st 40+); 8. John McGrail, 35:22; 9. John Sherlock, 35:35; 10. Peter Kirk, 35:42; 11. Ed Doheny (WRC), 36:04; 17. Bill

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

Wooden (WRC), 36:58; 18. J.J. Wind (WRC), 37:18; Dick Brannan (WRC), 39:00; James Scarborough (WRC), 43:14; Jim Bracken, 43:21; George Cushmac (WRC), 44:35.

**Women:** 1. Cathy Ventura-Merkel (WRC), 39:38; 2. Janice Stoodley, 42:15 (1st master); 3. Peggy Dickison, 43:48; 4. Keg Good, 45:11; 5. Mary Ann Zuckerman, 45:21; 6. Anne McHenry, 45:46; 7. Jean Cavanagh, 47:05; 8. Lydia Estes, 47:02; 9. Pat Hale, 47:45; 10. Lenore Gelb, 48:07.

## BUNION DERBY STARTS WITH HUGH JASCOURT 4-MILER

*by George Banker*

The season opener for the summer Bunion Derby series, the Hugh Jascourt 4-Miler, was held on Sunday, June 2, 1991 at Hains Point. Race Director, Roger Peet, decided to give a new twist to the awards and did away with age groupings in favor of the runners' zodiac signs. The top male and female runner in each sign got an awards. Rain during the night, and a slight breeze off of the Potomac, gave the runners a slight respite from the heat wave.

WRC's Jack Cleland took the lead at the start, cheered on by his wife and 4-month-old Madeline. Right on Cleland's shoulder was Jon Thoren as they passed through the first mile in 5:00 flat. In pursuit 100 yards back was Ted Poulos and master's runner John Sherlock.

Cleland was in no mood to give up his lead to anyone, not with the family watching, winning in a time of 21:10 with Thoren in 2nd in 21:31. Poulos took third in 21:48, with Sherlock taking 4th and first master spot in 21:56. Second master was the resur-

gent Ed Doheny in 22:05, with Ted Baca on his heels in 22:08.

In the women's competition, Shelley Burns wasted no time in getting up to top operating speed with a sub-5:40 opening mile. Burns positioned herself up with the top men, and worked along with them to take an easy win in 23:08 (14th overall). Last year's winner, Cathy Ventura-Merkel, captured second with 24:44, with another WRCer, Berni Creed, in third with 25:20. Female masters were led by Evelyn Holst in 29:33, with Charlotte Edwards taking second masters spot (and top 50+) in 29:58.

The race received support in the form of prizes from Fleet Feet, Racquet and Jog, Capital Sports, and Red Lobster.

**Men:** 1. Jack Cleland (WRC), 21:10; 2. Jon Thoren, 21:31; 3. Ted Poulos, 21:48; 4. John Sherlock, 21:56 (1st 40+); 5. Ed Doheny (WRC), 22:05; 6. Ted Baca, 22:08; 7. Jeff Johnson, 22:21; 8. John McGrail, 22:29; 9. J. J. Wind (WRC), 22:35; 10. Jerry Merkel (WRC), 22:40; 15. Gerry Ives (WRC), 23:30 (1st 50+); 16. Dick Brannan, 23:37; Bobby Bauer (WRC), 24:42; Tom Kurihara, 25:14; Bernie Gallagher, 25:29; George Cushmac (WRC), 26:26.

**Women:** 1. Shelley Burns, 23:08; 2. Cathy Merkel (WRC), 24:44; 3. Berni Creed (WRC), 25:20; 4. Stephanie Shipp, 27:04; 5. Carol Schultze, 27:06; 6. Suzy Coffey (WRC), 27:39; 7. Christina Derham, 27:59; 8. Karen Wiggins, 28:12; 9. A. Barry, 29:25; 10. Evelyn Holst, 29:33 (1st 40+); 11. Charlotte Edwards, 29:58 (1st 50+); 16. Julie Peet, 32:48.

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

**Donna Moore** visited Fairfield, Conn., the week-end of June 22-23, to attend a party. The morning after the party Mrs. Moore was still in good enough shape to take 3rd place at the Fairfield ½-Marathon in 1:21:40. The winner was **Suzy Favor** (not the track star) who covered the distance in 1:18:??.

We're looking for people to run on teams at Philadelphia. Travel money is available, call **Kevin Kolakowski** 703-524-8391.

Club members who are running the Annapolis 10-Miler, should plan to get together for brunch after the race. WRC will make a donation to cover part of the brunch check. More details will be given out at the July Club meeting.

WRC's softball team was narrowly defeated by NOVA, 15-29. The crucial play came when the NOVA team showed up, dashing WRC's hopes for a default. Post-game partying caused sub-par performances the following day on the Sunday morning run for several WRC participants.

**Jeff Darman** announced that 'Operation Desert Sloth' is underway, in preparation for the 11th Annual Nike Capital Challenge—the mother of all road races. The three-mile race is scheduled for Thurs-

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# Washington Running Club

P.O. Box 32378, Calvert Station, Washington, DC 20007.

## 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

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day, September 12 at 8:00 a.m. in East Potomac Park. Entries are restricted to teams from the Senate, House, Executive Branch, Judicial and media. To obtain entry forms or further information call: (703) 276-0056.

### WRC RUNNERS STAR AT RACE FOR THE CURE 5K

The Race for the Cure 5K is Washington's biggest race in terms of participants. This year's event, held on Saturday, June 15, attracted a field of 13,000. It was so big that even the *Washington Post's* Sports section, normally a running news wasteland, had a story and two pictures.

In the men's race Jim Hage took the top honors in 14:49, but John Duffy made him work for it. Duffy finished second in 14:56, with WRCer Scott Celley taking 3rd in 15:22. Phil Woodyard rounded out the WRCers in the top ten by taking 8th in 15:57.

In the women's division, Louise Mallet ripped through the final mile and dropped the competition to take the win in 17:25, with Tama Clare trailing her by 15 seconds finishing in 17:40, and Shelley Burns in the show position in 17:44. WRC's Teren Block took 4th in 18:15, new member Carol Rose was 7th in 18:36, and Pat Walker hung on to 8th in 18:42.

In masters competition, Roger Clark proved that he was a lot better runner than Vice President Dan Quayle. Clark took 4th overall with a strong 15:29; Quayle finished in 25:36, which isn't bad for a golfer. Although, I bet Clark could play a good game of golf if he put his mind to it.

**Men:** 1. Jim Hage (WRC), 14:49; 2. John Duffy, 14:56; 3. Scott Celley (WRC), 15:22; 4. Roger Clark, 15:29 (1st master); 5. Jason Sparkowski, 15:36; 6. Ron Sharke, 15:38; 7. Butch Brown, 15:39; 8. Phil Woodyard (WRC), 15:57; 9. Jim Alexander, 16:03; 10. Ian Urbina, 16:04.

**Women:** 1. Louise Mallet (WRC), 17:25; 2. Tama Clare, 17:40; 3. Shelley Burns, 17:44; 4. Teren Block (WRC), 18:15; 5. Gretchen Triantos, 18:20; 6. Ruth O'Hara, 18:29; 7. Carol Rose (WRC), 18:36; 8. Pat Walker (WRC), 18:42; 9. Maureen O'Connell, 18:51; 10. Sue Jackson, 18:56.

### HAGE WINS SECOND RACE OF WEEKEND; BLOCK TAKES THIRD IN HER DOUBLE

Two WRCers with iron constitutions ran their second race of the weekend at the Lombardi 10K on Sunday, June 16. Ironpersons Jim Hage and Teren Block turned in great performances, with Hage taking the men's title in 31:59, and Block nailing down 3rd place in the women's race in 39:10.

With the humidity at the top of the register and temperatures in the high 80s, no one was about to challenge Hage. The one runner with a shot was

Dave McCormack, and he dropped out at the two-mile mark. The only other WRCer in the top ten was Andy Smythe, who took 8th place in 35:23.

Leslie Minnix-Wolfe ran a strong 37:50 to take the women's title, with WRC's Donna Moore in 2nd place in 38:39.

The post-race breakfast put on by the Lombardi 10K organizers was first-rate. Now, if only they could do something about the weather.

**Men:** 1. Jim Hage (WRC), 31:59; 2. Dominique Da Luz, 33:24; 3. Jim Wadsworth, 33:41; 4. Chuck Moeser, 34:07; 5. Ferron Powell, 34:23; 6. Ben Beach, 34:57; 7. Reginald Allen, 35:11; 8. Andy Smythe (WRC), 35:23; 9. Timothy Scott, 35:26; 10. James Hickey, 35:26.

**Women:** 1. Leslie Minnix-Wolfe, 37:50; 2. Donna Moore (WRC), 38:39; 3. Teren Block (WRC), 39:10; 4. Char Burstron, 39:24; 5. Elizabeth LaPlante, 41:32; 6. Ann Conlin, 42:15; 7. Elizabeth Sheldon, 42:17; 8. Maureen O'Connell, 42:34; 9. Sherri Lyons, 43:33; 10. Maureen McNulty, 44:15; Lucy Ventura, 50:??

### MINUTES OF THE MEETING OF WRC HELD ON JUNE 14, 1991

The meeting was called to order by Club President Kevin Kolakowski. Kolakowski thanked all of the Club members who helped out at the Carderock 10K.

**Financial Report:** Treasurer Jerry Merkel reports a balance of \$5,318 in the Club treasury.

**Social Committee:** The picnic will be held on Saturday, August 10th from Noon until whenever, at Tris Kruger's house. WRC will buy the keg of beer for the NOVA vs. WRC annual softball game on June 29th.

**Competition Committee:** Kolakowski will be organizing teams for the Philadelphia ½-Marathon in September—travel money will be available for this race. Merkel will organize teams for Annapolis if enough people are interested; let him know by July 11th. The Club will make a contribution toward a post-race brunch.

Jeff Reed reported that the Moonlighter race could not obtain a permit and has been cancelled.

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). 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.

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## GROUP RUNS

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**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 Spinner 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***