

Washington Running Club ★ Newsletter

Volume 10, Number 8

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August 1991

AUGUST MEETING/PICNIC IN POTOMAC

The WRC monthly meeting and annual picnic will be held at Tris Kruger's house on SATURDAY, AUGUST 10th. The picnic will start at noon, and a brief meeting will be squeezed in early enough to ensure that the Club officers are still coherent. 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, hamburgers, beer, etc., any other food or beverage contributions will be welcomed.

Rain Date Sunday, August 11th

MURPHY WINS LANGLEY 8K, BUNION DERBY #4, ELLIOT-MOORE LEADS WRC WOMEN'S SWEEP

by George Banker

Bunion Derby #4, the Langley High 8K, was held on Thursday, June 27, 1991. The event was hosted by the Rock Creek Running Club on behalf of the D.C. Road Runners Club. The weather was the usual for the event—hot and humid!

The course has no surprises, just a couple of gentle rolling hills, nothing to take your breath away (*obviously George never runs this race—Ed.*). The runners just had to follow the arrows marked on the road.

Dan Murphy took the win in 26:35, just 20 second off the course record set in 1988 by John McGrail and Phil Ponebshek. In second was Ben Harrison (no time available), followed by Tony Shields in 27:48.

The first male master was Ben Beach in 27:55, just 26 seconds off the course record set by Don Davis also in 1988, with John Sherlock in second place in 28:23.

The women's division was dominated by Donna Elliot-Moore with a strong 30:34. Second place was taken by Cathy Merkel in 32:42, with Pat Walker close behind in 32:48.

The first female master was Janice Stoodley in 33:58 (5th overall), with Evelyn Holst in 2nd with a 39:11.

Washington Running Club dominated the team

competition, winning the men's division with a team of Robert Rodriguez, Jack Coffey, Jerry Merkel, Ed Doheny, and Kevin Kolakowski, and taking 2nd place men's division with a team of masters consisting of George Cushmac, Gerry Ives, Bill March, Dick Brannan, and J. J. Wind. The winning women's team of Elliot-Moore, Ventura-Merkel, and Walker swept the top three positions in the women's race. Second place women's team went to the 'Nifty Fifty' team of Stoodley, Charlotte Edwards, and Karen Lovelace.

Men: 1. Dan Murphy, 26:35; 2. Ben Harrison, ??:??; 3. Tony Shields, 27:48; 4. Bernard Shaw, 27:52; 5. Jack Coffey (WRC), 27:58; 6. Jeff Johnson, 27:54; 7. Ben Beach, 27:55; 8. Ted Poulos, 28:03; 9. Robert Rodriguez (WRC), 28:14; 10. John Sherlock, 28:14; 11. Ed Doheny (WRC), 28:28; 12. John McGrail, 28:32; 13. Bill Stahr, 28:57; 14. Jerry Merkel (WRC), 29:33; 17. J. J. Wind (WRC), 29:54; 21. Kevin Kolakowski (WRC), 30:14; 28. Dick Brannan (WRC), 31:15; 32. Gerry Ives (WRC), 31:30; 36. Bill March (WRC), 31:55; George Cushmac (WRC), 34:23; James Scarborough (WRC), 34:48; Dixon Hemphill, 37:19.

Women: 1. Donna Elliot-Moore (WRC), 30:34; 2. Cathy Ventura-Merkel (WRC), 32:42; 3. Pat Walker, 32:48; 4. Denise Spenik, 32:56; 5. Janice Stoodley, 33:58; 6. Stephanie Shipp, 34:59; 7. Peggy Dickison, 35:33; 8. Mary Ann Zuckerman, 35:45; 9. Lori Poulos, 35:58; 10. Lynn Christensen, 36:30; 11. Susan Duncan, 37:02; 12. Susan Aaronson, 37:05; 19. Julie Peet, 41:25.

Run For Your Life: 1. Jeremy Osburn, 15:22; 2. Luke Merkel (WRC), 17:36; 3. Jerry Merkel (WRC), 17:38

MURPHY WINS MASS. AVENUE 10K; MERKEL TAKES WOMEN'S TITLE

It was no competition on Wednesday, June 19, at the Massachusetts Avenue 10K, as Dan Murphy continued to dominate the competition in the Bunion Derby Series. Murphy's 33:46 on a hot evening over one of the toughest courses of the series left the runner-up, WRC's Robert Rodriguez, a minute behind in 34:46.

In masters competition, John Sherlock took the

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

top spot in 35:35, with Ted Baca on his heels in 35:38, and WRC's Ed Doheny right there in 35:40.

In the women's 5K race WRC's Cathy Merkel crushed the competition with a strong 18:58, more than a minute ahead of Jennifer Brinkerhoff's 20:13.

The top woman master was Lydia Estes in 22:23 (5th overall), with 56-year-old Charlotte Edwards in second with 23:31.

Men (10K): 1. Dan Murphy, 33:46; 2. Robert Rodriguez (WRC), 34:46; 3. Anthony Farley, 34:50; 4. Ted Poulos, 35:02; 5. Jack Coffey (WRC), 35:29; 6. Jeff Johnson, 35:34; 7. John Sherlock, 35:35; 8. Ted Baca, 35:38; 9. John McGrail, 35:40; 20. Gerry Ives (WRC), 39:59; 23. Bobby Bauer (WRC), 40:48; 30. Tom Kurihara, 42:44; 33. George Cushmac (WRC), 42:44

Women (5K): 1. Cathy Merkel (WRC), 18:58; 2. Jennifer Brinkerhoff, 20:13; 3. Christine Fox, 22:07; 4. Jill Baker, 22:15; 5. Lydia Estes, 22:23; 6. Susan Aaronson, 22:57; 7. Charlotte Edwards, 23:31; 8. Mammie Albrecht, 9. Sandy Sonnenschein, 24:38; 10. Lucy Ventura (WRC), 25:36.

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

California-based WRCCer **Roger Urbancsik** is still logging 75-80 miles a week and is on his way to his third consecutive 4000+ mile year. Urbancsik put his training to the test when he ran the Valley of the Flowers marathon on Father's Day. His finishing time of 2:35:45 was his second best ever, and placed him 4th overall and first in the 30-34 age group. This was Urbancsik's 9th sub-2:40 marathon.

J. J. Wind will be the meet director for the DCRRC One-Mile and 5K Track Championships, to be held on Wednesday, August 14 at T. C. Williams High School in Alexandria. The events will be: 6:00 p.m., Children's Mile—12 and under; 6:20 p.m.,

Women's Mile—all ages; 6:30 p.m. Men's Open Mile—over 5-minute; 6:40 p.m., Master's Mile—40 and over; 6:50 p.m., Men's Elite Mile—under 5-minute; 7:00 p.m., All-Comers 5K. Register between 5:15 and 6:30 p.m. There will be no entry fee. If you can't run, volunteer to help by calling J.J. at (301) 920-5193.

The U.S.-Soviet Running Cultural Exchange is looking for hosts, tour guides, and people who will help out with meals for a Soviet group who will be in D.C. from Monday, Nov. 4 until Friday, Nov. 8. If you can give lodging to a Soviet runner or help in any way contact **Bill Garcia** at (703) 242-0660.

GENERAL LIKES WEATHER AT POLICE 8K; MIJOVIC, ANOTHER BRIT, TAKES DISTAFF TITLE

by George Banker

The running of the Police Memorial 8K on Sunday, June 23rd, brought the reality of a national memorial to police officers who have lost their lives in the line of duty closer. The memorial will display the names of the fallen officers, going back to the 1700s, on a marble wall.

The weather was in the 70s with rain showers, a welcome relief from the high 90s of the previous week. And the conditions obviously agreed with defending champ Darrell General. General took the lead from the beginning and broke the tape for the win in 24:16. The only runner who could have challenged him, Farley Simon, was late for the start and had to make his way from the back of the field to take second in 25:13, with Curtis Grundler on his heels with a 25:15.

British runners have been making their marks in all of the big races in D.C. this year, and Catherine Mijovic made sure that this race was no exception. Mijovic set a blistering pace, running with the elite men, to capture first place (40th overall) in 28:17. Leslie Minnix-Wolfe, who is no slouch, took 2nd in 28:46, with Shelley Burns in 3rd with a 29:23 clocking.

Ridge Kelley led the male masters home in 27:27, followed by Ron Moore in 27:42, and Ted Baca in 28:04.

Beverly Shooshan took top female masters honor in 32:11, with Kathleen Nixon in 2nd place in 36:09, and Charlotte Edwards in 3rd in 37:01.

The Law Enforcement team title was captured by the Arlington County Police Department. The Corporate title was defended by IBM for its second consecutive win. There were a total of 1,061 finishers, 275 females and 786 males.

If you wish to contribute to the memorial fund, contact Craig Floyd, Chairman, National Law Enforcement Officers' Memorial Fund, 1360 Beverly Road, McLean, VA 22101.

Men: 1. Darrell General, 24:16; 2. Farley Simon, 25:13; 3. Curtis Grundler, 25:15; 4. Terry Weir, 25:27;

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

6. Scott Celley (WRC), 25:42; 7. Dominique DaLuz, 25:59; 8. Stephen Clarke, 26:09; 9. Key Patrick, 26:11; 10. Priyadarsha, Gupta, 26:17; Ridge Kelley, 27:27; Ron Moore, 27:42; Ted Baca, 28:04; Tim Doescher, 28:38; Tom Waites, 28:53.

Women: 1. Catherine Mijovic, 28:17; 2. Leslie Minix-Wolfe, 28:46; 3. Shelley Burns, 29:24; 4. Teren Block (WRC), 30:14; 5. Monica Schultz, 30:17; 6. Susan McNulty, 30:19; 7. Monica Grillo, 30:40; 8. Maureen O'Connell, 31:23; 9. Chrissy Funderburk, 32:00; 10. Robin Schretter, 32:09; Beverley Shoo-shan, 31:11; Kathleen Nixon, 36:09.

MEETING OF WASHINGTON RUNNING CLUB HELD ON FRIDAY, JULY 12TH, 1991

In the absence of President Kevin Kolakowski, the meeting was called to order by Treasurer Jerry Merkel.

Race Committee: Merkel announced that he had had no calls from people wishing to run Annapolis. The brunch is still on for WRCers who show up. Kolakowski is handling entries for Philadelphia ½-Marathon. The sign-up deadline is August 9th. J. J. Wind asked for volunteers to help with his DCRRC track championship on August 14th. Needs help in timing for mile and 5K.

Social Committee: Picnic will be held on August 10th at Tris Kruger's house. Rain date will be Sunday, August 11th.

Treasurer's Report: There is a total of \$4,958 in the Club treasury.

In the absence of any 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.

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., 7:30 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 (301) 739-7004.

**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