

Washington Running Club Newsletter



Volume 10, Number 9

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September 1991

SEPTEMBER MEETING IN POTOMAC

The WRC monthly meeting will be held at Tris Kruger's house on FRIDAY, SEPTEMBER 13th. 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 hamburgers, etc., any other food or beverage contributions will be welcomed.

NEW NAMES AT THE TOP IN ANNAPOLIS 10-MILER

The Annapolis 10-Miler was held on Sunday, August 25th. With an overcast sky, a breeze, and lower temperatures, the weather was not as abominable as it had been, but the humidity was still a factor.

In men's competition, Gerry Clapper, Doug Mock, Jim Hage and Scott Douglas went out to an early lead. At the five-mile mark Douglas fell off the pace, with Hage hanging on to the lead pack until the uphill at the 6th mile where he dropped back. After that it was a two-man race, as Mock hung on Clapper's shoulder until the final quarter-mile. Mock outkicked Clapper for the win in 50:29 to 50:32.

In women's competition, Stacey Nicholson, 29, led the entire race in a very strong performance. Mary Beth Allen closed the gap at end of the race, but could not make up enough ground as Nicholson took the win by 11 seconds in 59:51. Nicholson avenged her 2nd place finish to Rose Malloy in last year's race, improving her time by more than 2 minutes. Malloy ran 60:36, a time close to her winning time of last year, but only good enough for third place this year, however, Malloy still was the top master.

The top WRC finisher was Donna Moore in 5th place with a 61:18—slower than last year but still a respectable effort. Carol Rose was disappointed with her finishing time of 64:44. The following day the reason for her sub-par performance became obvious when she came down with a virus that side-lined her for a week. Joanne Mallet took the top spot in her 50+ age group with a fine 80:13 performance.

Andy Smythe, an Annapolis grad, gave Jack Cleland a crash course in Naval Academy etiquette at

the starting line, but to no avail. While Smythe was stopping every hundred yards in the Academy grounds to salute, 'Airborne' Cleland, pride of West Point, ran down anyone who got in his way, even elbowing out his fellow WRCEr Roger Howell in a spirited duel at the finish, 54:28 to 54:32. Smythe finished in a dignified 58:30, the only runner in dress whites and spit-shined racing flats.

Men: 1. Doug Mock, 50:29; 2. Gerry Clapper, 50:32; 3. Jim Hage (WRC), 51:40; 4. Scott Douglas, 52:31; 5. Stevors Rologas, 52:55; 6. Michael Sterling, 53:13; 7. Tom Bowmaster, 53:22; 8. Ken Fowler, 53:26; 9. John Ausherman, 53:42; 10. James Pryde, 53:49; 13. Roger Clark, 53:59 (1st master); 18. Jack Cleland (WRC), 54:28; 19. Roger Howell (WRC), 54:32; Joe Sullivan (WRC), 55:53; John McGrail, 56:01; Andy Smythe (WRC), 58:30.

Women: 1. Stacey Nicholson, 59:51; 2. Mary Beth Allen, 60:02; 3. Rose Malloy, 60:36; 4. Nancy Beiger, 61:03; 5. Donna Moore (WRC), 61:18; 6. Elizabeth Andrews, 61:49; 7. Leslie Minnix-Wolfe, 61:57; 8. Shelly Burns, 62:41; 9. Mary Ellen Derocher, 63:12; 10. Terry Sweitzer, 63:44; Carol Rose (WRC), 64:44; Beverly Shooshan, 66:00; Joanne Mallet (WRC), 80:13.

MADISON CENTER 8K FEATURES COUNTY-MANDATED COURSE CHANGE

The new Arlington County regulations concerning races on county trails mandated a course change at Bunion Derby #8, the Madison Center 8K, on Thursday, August 1st, at 7:00 p.m.

Despite the last-minute change, race officials had the course measured, marked, and monitored in time for 121 registered runners to enjoy the climax of the Bunion Derby Series (okay, stop snickering, that's a perfectly good word).

WRC had a field day, as Jack Cleland led the runners home with five club members in the top ten. Cleland took the win in 27:41, with Phil Woodyard on his heels in 28:15. Third place was taken by non-WRCer Bernard Shaw, followed by Robert Rodriguez in 28:48. Top master, and 6th place finisher in 29:24, was Ed Doheny, who nipped Ted Baca's attempt to

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

win the 45+ series by 7 seconds. Jerry Merkel, finishing in 9th place with 29:38, rounded out the top WRC finishers.

Merkel's legendary lungs were a factor in Doheny's triumph. Doheny would have gone off-course at the 3½-mile mark had not a bellow from Merkel set him straight. Doheny is now obligated to baby-sit for the Merckels on the Saturday night of their choosing. Not that Doheny has anything else to do on Saturday nights these days.

Further back in the field, Dick Brannan nailed down the 50+ championship, finishing in 32:52 and soundly beating runner-up 50+ Gerry Ives by nearly two minutes.

In the women's race, Cathy Stanmeyer ripped through the demanding course in 30:20, nearly three minutes ahead of second place finisher Tama Clare (33:14). Stanmeyer's pace through the first two miles left Doheny and Merkel gasping but they managed to reel her in by the three-mile mark.

Men: 1. Jack Cleland (WRC), 27:41; 2. Phil Woodyard (WRC), 28:15; 3. Bernard Shaw, 28:34; 4. Robert Rodriguez (WRC), 28:48; 5. John McGrail, 29:15; 6. Ed Doheny (WRC), 29:24; 7. Ted Baca, 29:31; 8. Juan Carlos Salina, 29:35; 9. Jerry Merkel (WRC), 29:38; 10. Larry Miller, 30:18; 16. Robert 'Tex' Platt, 31:54; Richard Brannan (WRC), 32:52; J. J. Wind (WRC), 33:09; Gerry Ives (WRC), 34:43; Peter Monahan, 35:22; Al Marcy, 36:19; Bob Weiner, 38:58.

Women: 1. Cathy Stanmeyer, 30:20; 2. Tama Clare, 33:14; 3. Janice Stoodley, 35:54; 4. Maureen McNulty, 36:16; 5. Margie Stanmeyer, 36:47; 6. Mary Ann Zuckerman, 37:15; 7. Andrea Sullivan, 37:20; 8. Maureen Mellette, 39:10; 9. Lydia Estes, 39:19; 10. Susie Bleiman, 39:38; Charlotte Edwards, 41:13.

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

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

WRC's 'Mountain Man' **Walter Sargent** did it again! On August 24th he took 2nd place, for the third time, in the grueling Pike's Peak Ascent race (13.6 miles). **Scott Elliott** won the race in 2:11:58 to Sargent's 2:17:02, with **Gavin Sloane** in third in 2:17:54. Elliott lives and trains on the mountain for about 3 weeks prior to the race each year. This year, Sargent decided to run the race as part of his training for the Columbus Marathon—definitely not a wimpy training schedule.

Dan Rincon needs help for Maryland State Colleges Championship meet. Volunteers are needed to serve as finish line course marshals and in various other capacities. There is a nice running trail available for a group run if anyone is interested. The meet will be held on October 12th at 10:00 a.m. Volunteers should show up at 9:00. Contact Dan at (301) 314-7457 for further information.

WRCers who could use \$1 million dollars should be heading for Jakarta, Indonesia, for the Million Dollar Mile race on October 3. **Bob Hasan**, an Indonesian industrialist and President of the Indonesian Athletic Federation, has announced that he will pay the million to any athlete who breaks the world mile record of 3:46:32 set by Great Britain's **Steve Cram** in 1985. Already committed to the race are **Said Aouita**, **Peter Rono**, **Cram**, **Simon Doyule**, and **Jens-Peter Harold**. The race will be broadcast by NBC Sports on October 5th. **J. J. Wind** is looking for a free ride to the race, corporate jet preferred. Contact him at his home number any time, day or night.

A seminar sponsored by MCRRC, in cooperation with the PVAC and PVRCA, and featuring **Dr. Jerry Lynch** will be held on Friday, Sept. 13th, 7:00 p.m., at the University of Maryland Adult Education and Conference Center, University Blvd. and Adelphi Rd. Dr. Lynch, a nationally-recognized sport psychologist will speak on "Thinking Like a Champion." No admission charge. For further information contact Pam Foley at (301) 340-2565. WRC, along with other area running clubs, has made a donation to make this program possible.

The National Capital 20 Miler will be held on Sunday, Sept. 29th. If you want to get in the race, register early, entries are limited. DCRRRC is asking for you to donate old running shoes that are in good repair, and all those t-shirts you have in the closet, to the Washington Hospital Center. There will be a drop-off point at the package pickup at the race start on Sunday. If you can't make the race, send your donated items to: Washington Hospital Center, 110 Irving St., Dept. 390, Washington, D.C. 20010.

We welcome **Jon Thoren** to WRC membership. Thoren has been a standout in DCRRRC races for the past few years, and regularly trains on weekday mornings in Rock Creek Park with several disreputable WRC members.

John Walsh, former WRC running great, has defied all predictions and graduated from the University of Buffalo Law School. Walsh has taken the New York State bar exam and will be practicing law in Buffalo. WRCers with criminal tendencies are urged to go to New York State to commit their crimes. Counselor Walsh will see you are well represented—for a small fee of course.

WRC NEWSLETTER UPDATE: FROM THE POLISH BORDER

by Jeff Reed(ski)

The WRC uniform is a well known and feared singlet throughout northern Europe. Seeing the colors of WRC, the European runners cower from the memories of the WRC runners who have graced their shores in the past. They knew when WRC had been there.

Ed Blum and I traveled through northern Europe during late May. In accord with WRC tradition we experienced the wine, women and song of each country we visited. Our 11-day journey sent us through East/West Germany, Poland, Denmark, and Sweden. Throughout the trip we did our best to further the European's image of all Americans, and WRC members in particular.

Planning to run in some big European race, we picked the Wonderful Copenhagen Marathon. Ed and I had met the race director at a bus crash before the New York City Marathon, and he had invited us to his race.

I only entered the marathon to get the shirt, but Ed was going to run the entire race. The lack of training during the trip, or for that matter, before the trip, were not going to bother Ed. Following a combination of Tris Kruger's theories on running, and one of mine, Ed looked toward a marathon PR.

Tris Kruger's dictum that you can never run well if you are involved with a woman, had been a guiding light in Ed Blum's life. Tris showed Ed that by divorcing his wife, he could run better. It was truly a wise decision.

"If you're not in shape, you may as well be well rested." This is my theory on training and tapering. If a race looms and you are not ready, starting training will only make you tired. Instead, sit back, rest, have a beer, relax, and get yourself mentally prepared for the race. Ed's unique adaption of this philosophy was to not sit back, not sleep, drink a lot, and not even think of the race until the day before.

In Berlin, we did not run. It came up in conversation that we might do it, but we did not run.

On to Poland. The thick sulfuric haze clouded any thoughts of trying to run in Poland. The landscape of mile-long concrete apartment buildings and factories spewing noxious fumes didn't inspire us to do some miles.

Denmark. It was now about time to think about

running. We were in the same city as the marathon. We were running low on the adrenaline levels which were powering us through non-stop 21-hour days. The race was in three days and it had been over a week since running. Our legs were trashed and a three mile jog was painful.

There was a week of sausage, beer, vodka, and Polish air in our systems, clogging our running abilities. Ed was thinking that if this is how three miles felt, the marathon might be tough. It was time to remind him of the Kruger/Reed system.

Forget not being in shape, forget not running for a week, forget the fact that your legs are trashed. Remember that you are no longer held back by a woman, and remember that there is a race to run. Now is the time to get mentally prepared.

Somehow, through a mysterious clerical error, I ended up seeded third in the marathon. I only entered to get the t-shirt, and now I was one of the favorites. It looked to be between two Pakistanis, a guy from Poland, and me. Before I had a chance to correct the mistake, the running groupies swarmed. I was the fast American they had all read about.

Not wanting to hurt their feeling, I accepted their tokens of affection and did much to enhance the image of all Americans. One Danish bar announced that the American Marathon Team had come to his bar to enjoy the jello shooters and beer. Ed and I were then obliged to accept any drink offer. Of course, only to further Europe's cultural understanding of Americans.

The marathon was over predictably early for me. I did my planned 11 mile run and went over to catch the finish. Some Polish guy won in 2:23. While waiting for Ed I went to have a nice smorgesborg meal, took a shower, and changed clothes. At the 3:30 point, Ed had to be getting close. More of the 5,000 runners streamed around the last corner to the finish.

Just prior to the magical four hour mark Ed sprinted into view. Looking as fresh as when he started, Ed burst from the pack and into the chutes. He was loudly screaming, in Danish, "PR! PR! PR!". He sprinted to a PR of 3:38—a testament to the Kruger/Reed training system.

On a serious note, while we managed to get out of all the aforementioned countries without being arrested, it would be advisable for anyone going to Club Niki in Sopot, Poland or to Freud's Bar in Copenhagen, to deny knowing either Ed, myself, or anyone named James Scarborough. THIS IS FOR YOUR OWN GOOD!

BAKER-THURMOND NUPTIALS TOP THE MARYLAND SOCIAL CALENDAR

by Roody Maxa

July 15th 1991 was the date of the marriage of Margaret Thurmond of Warsaw, Poland, and Dennis Baker of Cumberland, Maryland. The vows of matri-

mony were exchanged in the beautiful courthouse of Snow Hill, Maryland. The best man was Colin Thurmond, son of the bride. The bride was beautiful in an elegant tea-length flower print gown from Priscilla of Boston. The groom was somewhat less elegant in baggy pants and an open collar shirt from the Pee Wee Herman collection at K-Mart.

In attendance were Mr. Baker's parents, who reside in Cumberland, and summer in Ocean City, Maryland, and his charming sister, brother-in-law and their two children. Also in attendance (and wearing the only neck-tie in town) was Patrick 'Rocky' Carr of San Rafael, California, and Chicago. (Mr. Carr's late arrival delayed the start of the ceremony for 20 minutes).

After the brief ceremony Mr. Baker's parents hosted a delightful luncheon reception at the Snow Hill Inn. The Baker's were very gracious hosts, and a good time was had by everyone, except Dennis, who was concerned about missing the prime tanning hours on the Ocean City beach.

The reception was followed by a picture session in the garden of the Snow Hill Inn, and the happy couple were back on the beach by 3 p.m. That evening a lavish dinner for the newlyweds and Mr. Carr was hosted by the official photographer. Following dinner Mr. Carr and the official photographer were invited to the Honeymoon 'Sweet', but declined the offer. (Mr. Carr had to get in his quota of 500 sit-ups, and the photographer thought that action in the honeymoon suite would be minimal).

After a brief honeymoon trip, during which the couple was introduced to Washington society, the couple returned, via Tuscaloosa, Alabama, to take up residence in Tyler, Texas.

WRC PICNIC ANOTHER SMASH HIT; KOLAKOWSKI GETS WHAT HE DESERVES

The WRC picnic, held on August 10th, was another smash hit. And this year there was NO RAIN! The scene was one of domestic bliss, as WRC mothers and fathers shepherded their little ones around the pool—a lot different than the debauched goings-on that were once a feature of this event. Ira would have thrown up if he had been there. The only person who never changes is Betty Blank—keep it up Betty.

Things gradually got more out-of-hand as the day went on, and there were several throbbing headaches on the following day.

President Kevin Kolakowski was the person honored with the Arthur Tom Felde Award. This award is presented to the person we would most like to see have a bloody great big silver jug sitting in their living room for the entire year. The person is expected to polish the award weekly and must honor the tradition of running the Cherry Blossom 10-Miler with the jug held over his or her head. I am sure we

can count on Prez Kolakowski to continue the tradition.

Once again WRC is obligated to Dr. Tris Kruger for the use of his house, pool, grill, lawn, and other facilities. Tris keeps volunteering to have us back every year, this is one laid-back guy! Still, what do you expect from someone who runs Boston on a 30-mile-a-week training regimen.

WASHINGTON RUNNING CLUB MEETING HELD ON SATURDAY, AUGUST 11TH

President Kevin Kolakowski called the meeting, which was held in conjunction with the WRC Picnic, to order. Kolakowski was ruled out of order, and the meeting was taken over by the Club Secretary who presented Kolakowski with the Arthur Tom Felde Award—WRC's equivalent of a MacArthur Foundation Award, but without any money. Kolakowski was so overcome by emotion that the meeting had to be adjourned so he could have another beer. *Gerry Ives, Secretary.*

PROPOSED POLICY FOR THE USE OF PARK TRAILS FOR FOOT RACES

*Prepared by J. J. Wind, DC Road Runners Club
August 12, 1991*

I propose the following policy for use of Arlington County park trails for foot races:

1. Any organization wishing to use park trails for foot races must file an application at least three months in advance of the proposed date and obtain a permit from the Arlington County Parks Division ("the County"). The County shall provide forms and procedures for these applications.

2. Numbers of foot races on park trails per year shall be limited as follows:

—No more than 3 at Bluemont Park (W&OD Trail)

—No more than 1 each at:

—Washington-Lee High School (Custis Trail)

—Madison Community Center (Gulf Branch Trail)

—Fort Marcy Nature Center (Donaldson Run Trail)

—Allie Freed Field (Barcroft Park)

3. Foot races on park trails shall be no longer than 10 kilometers (6.21 miles—the distance slow runners complete in one hour). Race-related activities on any trail must be begin and end within one hour. Registration and post-race activities must be held away from the trail, e.g., in park shelters available by permit.

4. Foot races shall be limited to 200 entrants. All entrants must sign a waiver releasing the County and the race sponsors and organizers from any liability in the event of injury or damage en route to or from, during, or as a result of participation in the race.

6. Organizations applying for permits must have an officer who resides in Arlington, evidenced by voter registration, who must sign the application and serve as the point of contact. Permits shall be issued to organizations only.

The following Arlington-based organizations have shown their ability to conduct foot races safely on park trails:

- Arlington Hospital
- DC Road Runners Club (DCRRC)
- Pentagon Officers Athletic Club
- Potomac Valley Seniors Track Club
- The Arlington Co-operative Organization
- TJ Road Runners Club
- United States Marine Corps Detachment Quantico

Within three days of County approval of a foot race, applicant must apply for either RRCA or TAC sanction for its event. In the insurance application that accompanies the sanction form, applicant must protect the County from liability by adding the County as a named insured. Applicant must obtain this sanction and provide a copy to the County no later than two weeks before a foot race. Any foot race without either RRCA or TAC sanction shall be cancelled. (RRCA and TAC have developed specific standards for safe conduct of foot races. They provide sanctions only for events meeting those standards. Sanction fee includes an insurance premium, and third parties can be covered automatically upon request.)

7. To obtain approval for a foot race, applicant must agree to the following:

—Post notices prominently at race venue, e.g., Bluemont Park shelter, announcing date and time at least two weeks in advance of event;

—Notify Arlington Hospital Emergency Room at least three days before event to establish plan that they will be called in event of any heat-related or other injury;

—Post high-visibility notices at least every mile along course cautioning bicyclists at least two hours before event;

—Station course marshals at junctions to caution bicyclists and to direct runners;

—Provide water at least every two miles, e.g. at least three water stations in a 6.2-mile race;

—Remove all notices and markings within two hours after completion of event;

—Clean up all trail areas used within two hours after completion of event.

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 Spinnler at h] (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