

Washington Running Club ★ Newsletter

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DECEMBER MEETING/PARTY IN ARLINGTON—NOMINATIONS

The WRC monthly meeting will be held at Kevin Kolakowski's apartment on FRIDAY, DECEMBER 13th at 8:00 p.m. Prez Kolakowski lives at 2100 Lee Highway, Apt. 523, in Arlington. The telephone code at the front door is 262, which is also the length of a marathon (without the decimal) for all you folks who have problems with numbers. From Key Bridge take Lee Highway approx. 1/2-mile to apartment building on left, you have to make a U-turn at the next block to get to the building. As an incentive to attend, there will be a \$75 door prize—limit one entry per family. Nominations for officers will be taken at the meeting. The meeting will be followed by the Club Christmas Party, so bring some cheer and join the fun.

NEWSLETTER EDITOR WANTED

A volunteer is needed to take over the job of *Newsletter* editor. Gerry Ives is retiring as editor after the January issue. Call Gerry at 301-320-3337 to volunteer.

RIVAS AND KATTWINKEL LEAD THE WAY AT 'THE PEOPLE'S RACE'

by George Banker

In 1976, Colonel Jim Fowler of the U.S. Marine Corps had a vision to spur interest in physical fitness and show what the USMC can do. That vision was the Marine Corps Marathon, also known as The People's Race. That first year attracted a field of 1,175 runners, this year on November 3rd the 16th Annual Marine Corps Marathon drew a record field of 14,771 runners. The Metro Transit System gave their cooperation by opening early to enable competitors and spectators to get to the race.

With neither of last year's winners competing the field was open. And it didn't take long for someone to take charge of the event. At mile 5 (the Pentagon), Carlos Rivas of the Mexican Navy shook all contenders and embarked on a solo voyage. Steadily increasing his lead Rivas went through the halfway point in 1:07:39. Slowing slightly around Hains Point, Rivas held his lead all the way to finish in 2:17:54, the fourth fastest time for the event.

Making it a 1-2 Mexican finish was Rene Guerrero, who took 2nd place in 2:21:12. First American was Craig Fram who took 3rd in 2:23:33, and perennial Marine Corps competitor Brad Ingram took 4th in 2:24:40.

The women's race was a lot more tactical than the men's. Julie Foster didn't establish herself as the

leader until the halfway point. But back in the pack Amy Kattwinkel had set herself the task of running a sub 2:45 Trials qualifier and, incidentally, winning the race. Kattwinkel latched onto Christine Snow-Reaser and the two of them concentrated on closing the lead Foster had opened up. The moment of truth came at mile 23, where Kattwinkel put away Snow-Reaser and Foster with a strong surge. The surge put Kattwinkel across the line in 1st place in a Trials-qualifying 2:44:27. Foster couldn't make the Trials cutoff, but took 2nd in 2:46:12, followed by Snow-Reaser in 3rd in 2:47:50. First female master was Annapolis standout Rose Malloy in 12th place in 2:55:13.

In the British Royal Marines vs. U.S. Marines the Brits won for the second consecutive year with an average time of 2:33:08 compared to the U.S. team's time of 2:40:28.

The women's open title was won by a team consisting of Marianne Dickerson (2:54:55), Cathy Merkel (2:57:23), and Mary Gaylord (3:02:35). The WRC masters team of Lucius Anderson, Bob Trost, Tris Kruger and John Betts took second place in their division.

The top finisher for WRC was Joe Sullivan who was 25th in 2:34:05. PRs were turned in by Kevin Kolakowski (2:55:54), and John Betts (3:25:59)

Men: 1. Carlos Rivas, 2:17:54; 2. Rene Guerrero, 2:21:12; 3. Craig Fram, 2:23:33; 4. Brad Ingram, 2:24:30; 5. Michael Harrison, 2:26:22; 20. John McGrail, 2:33:17; 25. Joe Sullivan (WRC), 2:34:05; 54. Lucius Anderson (WRC), 2:38:40; Roger Clark, 2:49:55; John Walsh, 2:50:49; Rusty Moore, 2:52:30; Kevin Kolakowski (WRC), 2:55:54; Robert Rodriguez (WRC), 2:54:43; Bob Trost (WRC), 3:06:??; Tris Kruger (WRC), 3:14:12; John Betts (WRC), 3:25:59.

Women: 1. Amy Kattwinkel, 2:44:27; 2. Julie Foster,

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

2:46:12; 3. Chrisatine Snow-Reaser, 2:47:50; 4. Judy Mercon, 2:50:12; 5. Martha Perkins, 2:50:24; 10. Maryellen Derocher, 2:54:03; 11. Marianne Dickerson, 2:54:55; 12. Rose Malloy, 2:55:13; 13. Leslie Minnix-Wolfe, 2:57:03; 14. Cathy Merkel (WRC), 2:57:23; 18. Mary Gaylord, 23:02:25; 31. Susan Cain, 3:09:15; 42. Senoria Clarke, 3:11:54; Betty Blank, 3:13:55; Judy Flannery, 3:33:51.

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

At the New York Marathon WRC was represented by **Kirk Baird**, who distinguished himself with a time of 2:27:17. WRC was also represented by **John O'Donnell**, who distinguished himself by stepping on the heel of some poor guy's shoe at the start of the race. O'Donnell last saw the guy desperately trying to go back to get his shoe, fighting against a tidal wave of 20,000 runners. O'Donnell finished in 3:14:00 and the shoeless guy is probably embedded in the asphalt on the bridge.

It looks like another all-WRC wedding. **Lisa Hamm** and **Deane Burke** will be tying the knot, probably in September of 1992. Ms Hamm will be leaving the 'Big Apple' and returning to D.C. sometime in the New Year. Congratulations and best wishes from all of your fellow WRCers.

Steve Bosley, race director of the Bolder Boulder, received the 'Race Director of the Year Award' from *Road Race Management*, the monthly newsletter for road race officials. **Phil Stewart**, WRC member and editor and publisher of *Road Race Management*, said that Bosley is a true innovator whose techniques frequently set the pace for the entire race directing community. Bosley was the initiator of the wave start, which is now widely copied throughout the

world. The Bolder Boulder race attracted more than 31,000 entrants last year.

James Scarborough sent a note to the newsletter saying that he ran the Waterman's Museum 10-Miler in Yorktown, Va., on November 17 in a time of 1:12:30. He commented that you can read the plaques along the course describing the events leading to the British surrender in 1781. If it hadn't been for a slight miscalculation by the British commander, I might have been Governor of Virginia instead of the editor of the WRC Newsletter.

On Thanksgiving morning at the Atlanta Marathon **Eric Hargis** ran 3:20:35. Not to be outdone, his wife **Jill Hargis**, ran 3:13:00, a 30 minute p.r. for her second marathon. She ran a 6:20 mile from 25-26, obviously sandbagging poor old Eric after running with him for the first half of the race.

Pat Walker is sporting a diamond engagement ring, and **Ed Doheny** is spreading rumors that he is the lucky guy—don't believe it! Doheny isn't that lucky, and Ms Walker isn't that stupid. The truth is that **Kevin Kolakowski** will be changing his name to Kevin Walker and getting a job.

Teams are forming for the 4th Annual GW Birthday Marathon Relay to be run on Sunday, February 16, 1992, at 10:30 a.m. in Greenbelt. Three person teams will run legs of 9, 8, and 9.2 miles. Last year WRC won the Open Men, Coed, and Masters Men categories. Call **Jerry Merkel** at (703) 525-5943 if you're interested in running on a team.

NEW COURSE RECORD SET AT 16TH ANNUAL TURKEY TROT

by James Scarborough

The 16th annual running of the Potomac West Trade Association Turkey Trot on Thanksgiving morning was blessed with better fortune than the last two years of the event (two years ago it was snowed out, and in 1990 ten runners went off course). One thousand and twenty-five runners zapped through the five mile distance on a cloudy morning with temperatures approaching 50°; the day got warmer and clearer after the race. The field was augmented this year for the first time by wheelchair racer Larry Binger, The Rolling Sportsman, who covered the course in an estimated time of 40:23, starting six minutes earlier than the runners.

The top five men all broke the previous course record of 24:52 owned by Jeff Pajak. Pajak, finishing fifth in 24:50, was the only local in the top five. Mark Luevano, 36, of Santa Monica, California, wearing snazzy western-style running apparel, broke the tape in 23:54. He was followed by 20-29 age group winner Jorge Pardo of Blacksburg in 24:08, Doug Mock of Salisbury in 24:13, and 30-39 age group winner Brad Uhlfelder of Owings Mills, MD, in 24:42. Mames Garcia, sixth in 25:26, was the first Alexandrian.

Arlington veteran Robert Rodriguez was the first

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

WRCer, finishing in 13th place in 27:21, followed by Jon Thoren in 16th in 27:44, and WRC treasurer Jerry Merkel in 17th in 27:54. Heinz Weigand, in 26:48, was the first master.

In the women's competition, Megan Dotter, 19, of Burke, didn't break Ruth O'Hara's women's record of 28:42, but did turn in an excellent 29:17 to set the pace and begin what promises to be a great running career. Shelley Burns, 31, finished second and again won the 30-39 age group. Deborah Wee, 29, in 31:22, won the 20-29 age group, 9th overall. Bernie Creed was the first WRC woman in 32:04. Janice Stoodley, 50, was the first master in 32:43.

For the first time, trophies went to the oldest man and woman, racewalker Mel Wood, 78, and Jean Rowe, 62.

Men: 1. Mark Luevano, 23:54 (cr); 2. Jorge Pardo, 24:08; 3. Doug Mock, 24:13; 4. Brad Uhlfelder, 24:42; 5. Jeff Pajak, 24:50; 10. Heinz Weigand, 26:48 (1st 40+); 13. Robert Rodriguez (WRC), 27:21; 14. Ted Poulos, 27:24; 16. Jon Thoren (WRC), 27:44; 17. Jerry Merkel (WRC), 27:54.

Women: 1. Megan Dotter, 29:17; 2. Shelly Burns, 29:38; 3. Gretchen Triantos, 30:15; 4. Jeanne Grillo, 30:45; 5. Sherry Keim, 30:49; 13. Bernie Creed (WRC), 32:04.

BARGAINS FOR WRC MEMBERS AT LOCAL RETAIL GOODS STORES

Pacers, 1301 King Street, Old Town Alexandria (703) 836-1463. Discount of 10% for Club members.

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, Pacers, 1301 King St., Old Town Alexandria, 6:30 p.m. 10% discount at store. **Contact:** Bobbie Conlan at (703) 836-1463.

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.

**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 1991

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 _____

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Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Gerry Ives at 320-3337