

# Washington Running Club Newsletter



Volume 11, Number 1

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January 1992

## ELECTIONS CHART '92 DIRECTION FOR WRC

The January 1992 WRC meeting was held at President Kevin Kolakowski's home on Friday, 10 January 1992. A treasurer's report given by Jerry Merkel finds the club in good financial order. The next order of business was the 1992 elections. Although all the nominees were qualified, the elections provided us with the following: President - Tris Kruger; Vice President - Andy Smythe, Secretary - James Scarborough, Treasurer - Jerry Merkel (re-elected).

### CONGRATULATION'S TO THE NEW OFFICERS!

The WRC monthly meeting will be held at Kevin Kolakowski's house February 14th. Bring a date! The address is 2100 Lee Highway Apt. 523, in Arlington. The telephone code is 262. From Key Ridge take Lee Highway approx. 1/2 mi to apartment building on left, you have to make a U-turn at the next block to get to building.



## McCORMACK UP FRONT AND FIEDLER FROM BEHIND by George Banker

The night before the 4th ANNUAL MISTLETOE 8K (Sunday, 12/15/91) found trees being blown over as high winds dominated the area. The weather blew itself out at West Potomac Park in Washington, DC and left 30 degree temperature and sunny skies.

The front line matched the local area talent which included defending champion. Dave McCormack of Falls Church, VA (25:15) and winner of the Jingle Bell Run for Arthritis (12/08/91), John Duffy (31:11). The second place female finisher, Laura DeWald (former track star at the University of Virginia) of Springfield, VA in the Arthritis event.

In excess of 1500 runners pounded through West Potomac Park in the shadow of the Washington Monument and toward the Jefferson Memorial (mile 2). As the runners came into sight McCormack had the pole position at mile 2 with 9:37 on the clock (the first mile was 4:44). Duffy was less than 200 yards back in second place. McCormack was not about to relinquish the lead, at mile three the elapsed time was 14:27. It was evident that McCormack had the event out of reach as the finish clock displayed 24:55.

Duffy had to settle for second place with 25:43 and Jame Byrn of Camp Springs, MD captured third with 25:53. The fourth place finisher and first master was Steve Ruckert of Westminister, MD with 25:54. Last year Ruckert was the first master in fourth place with 25:18. Eric Woronick of Washington, DC was fifth with 25:58.

As DeWald passed the second mile, Laura Fiedler (ran for University of Maryland and George Mason University) of Falls Church, VA was tucked in one stride behind. It was reported that Fiedler layed back to have DeWald break the wind until mile four where the final move was made. The lead was taken by Fiedler to win with 29:58. Janet Healy of Fairfax Station, VA made a bid for second place and slipped by DeWald for a second place time of 30:08. The efforts of DeWald was good for third place and 30:23.

## WRC BIDS FARWELL TO JERRY IVES AS NEWSLETTER EDITOR

*After 5 years of bring to each member of WRC a monthly Newsletter. Jerry Ives bids the Newsletter goodbye... The Club can't thank you enough!*

The balance of the male masters included Faye Bradley of Washington, DC with 27:43 (19th overall and first in the age group 50-59). The third master ass Bob Oberti of Waldorf, MD with 27:46 (21st overall).

The lead female master ass Nancy Smith of Herndon, VA with 34:19 (121st overall). Oma Williams of Reston, VA took second with 34: 23 (127th overall). The third position was captured by Beverly Delean of Herndon, VA, with 35:32 (167th overall).

**RESULTS...MALE** 1st, Dave McCormack 24:55, 2nd John Duffy 25:43, 3rd James Byrn 25:53, 4th Steve Ruckert 25:54, 5th Erick Woronick 25:58, 6th Matt Boyd 26:11, 7th Scott Celley 26:11, 8th Dave Lopes 26:16, 9th Rusty Moore 26:16, 10th Michael Rogers 26:20...**FEMALE**-1st, Laura Fiedler 29:58, 2nd Janet Healey 30:08, 3rd Laura DeWald 30:23 (WRC), 4th Robin Grim 30:54, 5th Audrey Menkes 31:04, 6th Terry Sweitzer 31:53, 7th Berni Creed 32:00 (WRC), 8th Julie Edstrom 32:48, 9th Karen Garth 33:07, 10th Cathy Coffman 33:52...**MASTERS-MEN**...1st Steve Rucker 25:54, 2nd Faye Bradley 27:43, 3rd Bob Oberti 27:46, 4th Paul Zink 27:47, 5th John Sherlock 27:58, **MASTERS-FEMALE**...1st Nancy Smith 34:19, 2nd Oma Williams 34:23, 3rd Beverly Delean 35:32, 4th Brigitte Sutherland 35:40, 5th Kathleen Nixon 36:07.

## THE LATEST AND THE GREATEST AROUND WRC

Again, we would like to congratulate Lisa Hamm and Roger howell on their recent engagements (not to each other). All of us would like to welcome Laura DeWald back to the area. Norm Brand ask everyone at the meeting to sign a card to Laura wishing her the greatest succes at the women's Olympic Marathon Trials to be held Sunday, 26 January in Houston (the Houston Tenneco). My question is why isn't it on TV?

Those who desire to participate in indoor track, contact Jay Wind regarding DCRRC Indoor Track Meets at Thomas Jefferson. If you don't want to run, J. Wind needs volunteers. The dates are scheduled for January 12, 26, February 2, and 23rd. Jay's number is (703) 920-5193.

For those that just want to watch great track records being made. The Mobil Track and Field Meet at George Mason University will be held on February 9th.

**BETHESDA CHASE**...We all remember those hills and the unpredictable weather. Well Jay will be putting together WRC teams for this 20K, scheduled for Sunday, March 1st.

A Final decision on the Arlington County Trail Policy is expected soon. It is uncertain whether the Donaldson trail will be available at all, or if Bluemont Park may be used except during the winter. James Scarborough is directing a DCRRC 12K race at Washington-Lee High School Saturday, February 8th and would like volunteers. You can call 703-536-7764 or 703-241-0395.

Kevin Kolakowski and Jerry Merkel reminded members they have directed the DCRRC Carderrock 10K race in the summer, and would like to do so again, but this need to be better publicized (hint: volunteer to help on this one).

Additionally, Kevin has volunteered to put teams together for the Washington Birthday Marathon and Relay. Anyone interested contact Kevin.

Last but not least...Dick Brannan took over the WRC Newsletter starting with January. Materials/Articles, or anything of interest to other club members is welcomed. If you have complaints, lets hear from you! My phone number is 703-455-8648, (w) 703-490-1708 and my FAX is (703)-490-1716.

The February meeting will be held Friday, February 14th at 8 p.m.



## WASHINGTON RUNNING CLUB

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

### CLUB OFFICERS:

**President**..... Tris Kruger (301) 983-2283  
**Vice President**..... Andy Smythe (703) 281-0091  
**Secretary**..... James Scarborough (703) 536-7764  
**Treasurer**..... Jerry Merkel (703) 525-5943  
**Newsletter Editor**: Dick Brannan (703) 455-8648

### COMMITTEES:

**Legal**..... Chairs; Jim Hage, Jack Coffey  
**Membership**... Chairs; Suzy Coffey  
**Newsletter**.... Chairs; Dick Brannan  
**Competition**.... Chairs; Jerry Merkel, Tom McCarthy, Kevin Kolakowski  
**Social**..... Chairs; Pat Walker, Dick Brannan

## McCormack and Taylor Start the New Year as Winners By George Banker

A tradition is an act or event which occurs at a predetermined time. The last 17 year the Washington, D.C. area celebrates an event named in honor of the founder of the Potomac Valley Senior Track Club, Ed Basrron ( the proceeds are donated to the American Cancer Society, Barron died several years ago from cancer).

The Ed Barron Hangover Classic 8K was conducted at noon on New Year's Day with about 1,000 plus runners, some were not in the best of form, slightly dizzy and headaches. There were some runners who had not been home since last year. One high point was the costumes, Santa took a risk and returned after leaving a fair number of bills at Christmas. One male runner negotiated the course in a dress, nother in high heels. A centipede group was connected by a rope. The event had a goal of providing fun.

The tradition carried a New Year's resolution which centered around fitness and friends shared theirs with each other. When others know your resolution it increases your chances of staying to it.

The tradition was carried out in fine fashion, the course (two loops) at the base of the Lincoln Memorial and Reflecting Pool offered a race track with numerous turns and no hills. There were a few runners who cut their New Year's Eve celebration short to prepare for the event by resting up.

The mass of runners started off wide in an open grassy field and then had to merge quickly left into a small access road which accommodated four abreast. The start was an event by itself, it was safe. The runners established a quick pace. The first loop saw three runners at close quarters and one was Dave McCormack of Falls Church, VA (two weeks earlier McCormack clocked 24:55 in the Mistletoe 8K) had a New Year's resolution in the making.

A few minutes into the second loop, McCormack achieved his wish, a first place finish as the heels dug into the grassy field down to the finish. The clock registered a 25:10 (the men's record was set in 1988 by John Wessels with 24:40). In close second was John Strickland of Baker, Oregon with 25:16 and Jim Wadsworth of Alexandria, VA was third.

In the area of consistency, the fourth finisher was Steve Ruckert of Westminster, MD with 25:57 which set a new master's record (Bill Wooden set the prior record in 1987, 27:54). Ruckert ran in the Mistletoe 8K and was the first master (25:53) and was in fourth place. In the same event in 1990, Ruckert was fourth (25:18).

The first female master was Mary Ann Zuckerman of Laurel, MD with 34:20. The second position was captured by Charlotte Edwards of McLean, VA with 36:06. Maryvonne Nauprivez of Bethesda, MD was third with 36 :55.

The party of runners began a steady flow across the finish line. Those who needed to get sober were. For some the TV camera caught their actions to witness their participation. The event achieved its two goals of providing some financial support to the American Cancer Society and secondly, providing a fun event to the participants.

Best wishes for 1992 . Keep those resolutions!

A female runner shared a resolution with McCormack, Rosalind Taylor of Lanham, MD held off the celebration. Taylor was close up with the male lead runners and was not showing any signs of slowing. Taylor managed to destroy the course record of 28:07 (1987, Alisa Harvey) with a 26:29 which earned a tenth place finish overall. Taylor had no competition and Mary Dore of Tucson, Arizona was second with 30:19 while Liz Scanlon of Alexandria, VA was third with 30:33.

**Joanne Mallet of MCRRC has agreed to take over the Women's LDR Chair from Carole Rivera who moved to Atlanta last August**

## ARLINGTON CO-OP / DCRR INDOOR TRACK MEET JANUARY 12, 1992 By Jay Wind

The cavernous gym at Arlington's Thomas Jefferson Community Center was crowded wall to wall with 300 runners at the Arlington CO-OP / DC Road Runners Club's indoor track meet Sunday, January 12th.

For the McPherson brothers, fast miles run in the family. Brother Thomas, 19, ran first in the mile in 4:33, while brother Michael, 18, ran third in 4:43. John Strickland came from Oregon to split the McPhersons with a 4:35, while Jim Colling, 15, took fourth. (An unidentified runner finished two seconds ahead of Thomas, but turned in no card.)

Natalie Updegrave, who won the Marine Corps Marathon in 1987, wore the Gold and Stanley colors to victory in the women's mile, finishing in 5:53.

Besides the mile, the meet featured the two mile run and two mile race-walk, half mile (880-yard), 440, 220, and 60-yard dash. The meet was free for children up through 8th grade, thanks to a grant from the Nike/RRCA Children's Running Development Program. Every finisher - from 3 to 73 - won a ribbon, courtesy of the Potomac Valley Seniors Track Club. Winners in the elite mile and two mile won gift certificates from Arlington Co-op, Northern Virginia's only co-op grocery store. Winners in the half-mile won gift certificates from the Fairfax Running Center. Winners in the open mile won guaranteed entries to DC Road Runner's Cherry Blossom 10-miler. Winners in the children's 60 yard dash won Runners World calendars.

### MEN'S ELETE MILE

1. Thomas McPherson, Rockville, 4:33, (2) John Strickland, Baker Oregon, 4:35, (3) Michael mcPherson, Rockville, 4:43, (4) Jim Colling, Herndon, 4:44, (5) Steve O'Hearn, Arlington, 4:44, (6) Steve Clarke, Leesburg, 4:46, (7) Curtis Davis, Gaithersburg, 4:50, (8) Wayne Cottrell, Washington, 4:59, (9) Chris Brankman, Centerville, 4:59, (10) Jeff Kramer, Fairfax, 5:02, (11) Paul Baltitus, Ft. Meade, 5:06 (12) Mark Disney, Fairfax 5:10

## OLYMPIC MARATHON TRIALS QUALIFIERS DOMINATE, GENERAL AND DE WALD By George Banker

The cold weather arrived in time for the DC road Runners 28th Annual JFK Memorial 20K which was held on Sunday, January 19th. The Hains Point course in Washington, DC is surrounded by water on two sides and 15 degree temperature made it a challenge. The four loop course, all flat and for one mile out of each loop the wind greeted each runner head on, this did not stop the 138 finishers. In conjunction with this event, a 5K for those wanting a brisk workout.

The 20K had Olympic Maraghon Trials qualifier Darrell General of Mitchellville, MD. There was no other runner jumping to take on General who was out to do some maintenance running. The runners used the first loop to warm up and then settled into a steady pace over the last three loops. You had a good view of your competition at all times. General pulled a runaway as 1:07:57 was registered. The second position was captured by Paul Hough of Springfield, VA with 1:10:09. Dave Lopez of Reston, VA was third with 1:10:41. The first master was Ben Beach of Bethesda, MD with 1:12:12 (5th finisher overall).

The female runner was dominated by Mary Ellen De Rocher of Arlington, VA with 1:23:13. De Rocher lost all potential competitors, Monika Bachman of Gaithersburg was second with 1:26:30. The third position was captured by Stephanie Stroh of Sterling with 1:31:53. The first female master was Cynthia Dalrymple of Arlington with 1:38:00 (9th place female).

The 5K event was dominated by Rusty Moore of Middletown, MD with 17:14. The second place finisher was Doug Wham of Arlington with 18:00. Jim Madas of Alexandria captured third with 18:12. The first master was Paul Quinn of Springfield with 18:42 (4th place overall).

Out for a leisurely run was another Olympic Marathon Trials qualifier, Laura De Wald of Springfield, VA. De Wald has been gaining round over past months in the Washington area. De Wald took first place with 17:50, this was second place overall. The second female was Carr Schultze of Bethesda with 18:40. Diane Lorz of Fairfax was third with 18:46. The first master was Charlotte Edwards of Mclean with 21:54 (7th female).

A warm round of thanks to the race director (Tim Hargrove) and the numerous volunteers who watched the runners as they made their loops under those cold conditions.

**AL NAYLOR TO LEAVE AS  
HEAD OF MEN'S LONG  
DISTANCE RUNNING  
CHAIRMAN OF THE  
POTOMAC VALLEY  
ASSOCIATION OF TAC**

Al Naylor a good friend of most runners in the Washington area will be leaving the position of Chairman of the Men's Long Distance Running for TAC. Al is looking for a replacement. Anyone with a desire to help in this position is ask to contact TAC. The only requirement is the ability to sign one's name to the race sanction forms in the appropriate location. Anything else is extra.

**CAPITAL SPORTS**, 235 Pennsylvania Aven., S.E. Washington, D.C. (546-1212). Discount of 5% for Club members.

**COLLEGE PARK BICYCLE**, 4360 Knox Rd., College Park (864-2211). Discount of 5-5% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

**DECORATIVE RUGS & CARPET**, 3230 Duke St., Alexandria (751-4110). Discount of 10% or more on floor coverings. Store is run by WRCer's 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.

## 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 Dixon Hemphill at (703) 549-7688.

Wednesday Night Intervals, Georgetown U. Truck, 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 8-8.5 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 (301) 739-7004.

## ARLINGTON CO-OP / DC ROAD RUNNERS CLUB INDOOR TRACK MEET THOMAS JEFFERSON COMMUNITY CENTER, ARLINGTON, VIRGINIA SUNDAY, FEBRUARY 2, 1992

By Jay Wind

**DUFFY DOMINATES EVERYTHING...**At the Arlington Co-op / DC Road Runners Club's indoor track meet January 26, John Duffy won the mile in 4:27, but lost his warm-ups - a white polypropylene turtleneck and black tights. Race officials found the warm-ups after the meet February 2...? "OK" he said, Will he run February 2...? "Maybe," he answered, "But I don't know for sure."

See how he ran! After retrieving his gear February 2, Duffy pulled ahead of a talented field to win the mile in 4:27 again. An hour later, he outkicked Clint Kiser and Jim Collin by less than one second to win the half-mile. An another hour later, Duffy jumped into the two-mile, and turned the trick again, winning in 9:40. A Triple!

More than 250 kids and adults from 3 years old up participated. The crowd specially cheered Eva

Belle Mimm, 81, in the two-mile race walk. Clive Brooks provided the fireworks in the 440, blasting away in 52.1 seconds.

The meet included 60-yard dash, 220, 440, 880, one and two mile runs and two mile racwalks. The meet was free for children through 8th grade. Winners received gifts certificates and Winners of the 60 won DC Road Runners medals.

Thanks to volunteers Mil Wood, John Martin, Cliff DeWitt, Caleb Rossiter, Sean Knight, Nance Morris, James Scarborough, Arvan Golden, Felix Rogers, Dewayne Pergerson, and John Martin.

The next meet will be Sunday, February 23, 8:00 a.m. to 12 noon, at TJ Community Center, 3501 South Second Street in Arlington. Entrants can call (703) 241-0395 or (703) 920-5193 for more information.

# WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 Family Membership

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone h) \_\_\_\_\_ w) \_\_\_\_\_ Is this a Renewal (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 PR's

10K \_\_\_\_\_ 10 Miles \_\_\_\_\_ Marathon \_\_\_\_\_ Other \_\_\_\_\_

## Family Member's

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Make checks payable to WASHINGTON RUNNING CLUB and send to:

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

If you need more information contact Dick Brannan at (703) 455-8646



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