

# Washington Running Club Newsletter

Volume 11, Number 2

@992 Washington Running Club

February 1992

## WRC HOTLINE...KEY FOR CURRENT CLUB NEWS!

The February meeting was held at former President Kevin Kalakowski's apartment in Arlington. Attendance was a little scarce due to a key skating event being held for the 92 Olympics. However, club issues were presented and decided upon during the meeting.

Among those was an answering machine to keep members current on up-coming club events. That number is currently 703-536-7764. If you want to hear about up-coming events or want to leave information of value to the club, dial the number.

By the time this Newsletter is published the Washington Birthday Marathon will be over however, those interested in the Bethesda Chase 20K call Jay J. Wind at 703-920-5193.

To again provide information regarding the club policy for team events, the following is provided: Members of races are to register and pay in advance, and the Club will reimburse them for actually running (not necessarily completing) the race. This applies to running individually for the Club (not just teams). The Club WILL NOT SPONSOR TEAMS for the NORTHERN TELECOM CHERRY BLOSSOM (April 5). There will be a party after (site to be determined).

The next meeting will be at President Iris Kruger's home. The address is 9541 Accord Drive Potomac, MD. The telephone number is 301-983-2283. For those members that don't know the directions, call Iris for specific directions from where you are coming from. Meeting is at 8 p.m.

### ARLINGTON CO-OP, DCRRRC INDOOR TRACK MEET AT THOMAS JEFFERSON COMMUNITY CENTER SUNDAY, JANUARY 26, 1992

#### THE TRACK MEET THAT REFUSED TO DIE BY JAY WIND

With three inches of snow by 9 p.m. and perhaps more on the way, the Arlington Co-op / DC Road Runners Club's indoor track meet at Arlington's Thomas Jefferson Community Center Sunday, January 26, could easily have been cancelled.

But Arlington County Sport Division Event Coordinator Arvan Golden and Meet Director Jay Jacob Wind refused to let the meet die. After all, 300 runners attended the first meet January 12, and 250 were expected for the 26th.

Golden and Wind initiated a two-hour round of phone calls on a snowy Saturday night and at long last arranged for (1) a County custodian to unlock TJ, no matter what; (2) a four-wheel drive vehicle to get Golden to the meet on time; and (3) a County truck to plow the parking lot and shovel the sidewalks by 7 a.m. so the doors could open at 8 a.m. By 10:00 p.m., the deal was done, answering machines were reprogrammed with the good news, and -- thanks goodness -- the snow stopped.

The results: a well-attended, Super-Bowl-suffused event with several meet records and more than 200 runners and walkers.

The featured event was the Masters' Mile where Ridge Kelly and Robert Weiner qualified for the "Local Legends" Masters Mile field in the Mobil 1 Grand Prix Invitational Meet at George Mason University, Sunday, February 9. Kelly won the Masters' Mile in 4:58 with Weiner a step behind in 4:59. On January 11 at George Mason, Steve Ruckert, Paul Zink, and John Devlin qualified with time of 4:40, 4:41, and 4:43; on January 12, Pat Sullivan and Caleb Rossiter qualified at TJ, running 4:54 and 4:55.

Washington and Lee University Coach John Tucker of Lexington, VA drove all night through blinding snow also to take a shot at the Mobil 1. Running in the Men's Elite Mile, he finished fourth in 4:38, a TJ meet master's record by five seconds and a time good enough to place him among the international field at Mobil 1. (The slippery TJ track is generally acknowledged to be 10 seconds per mile slower than George Mason's.)

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John Duffy won the Elite Mile in 4:27, the best time this year. Louise (Mallet) Kelly left no doubt that married life hasn't slowed her down, winning the Women's Mile in 5:09 and the half-mile in 2:25. In the Two-Mile, Eric Woronick zoomed through in 9:48, while Carol Schultz was the first woman in 11:58.

Besides one- and two-mile runs, the meet featured the two-mile race-walk, 60 yard dash, 220, 440, 880 yard. The meet was free for children through 8th grade, thanks to a grant from the Nike/RRCA Children's Running Development Program. Every finisher won a ribbon, courtesy of Potomac Valley Seniors Track Club and The Athletics Congress Junior Olympics. Winners in the one- and two-mile runs won gift certificates from Arlington Co-op, Northern Virginia's only co-op grocery store. Winners in the half-mile won gift certificates from Fairfax Running Center. Winners in the 60's won Runners World travel bags, sunglasses, gloves, and running logs.



## WASHINGTON RUNNING CLUB

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

RECORDED MESSAGE  
of WRC INFORMATION—(703) 536-7764

### 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

## MESSAGE FROM OUR PRESIDENT

So far this year the Running Club has gotten off to a shabby start. First, after the recent slate of Officers become known, there was a frantic effort to nominate a new slate. But no one was willing to lead the coup, and alas the current officers became elected. Ed "no Run" Doheny has since been appointed 2nd Vice President, so someone could preside if no one shows up at a meeting.

The immediate past President, after assembling a sterling team competition at the G. W. Birthday Marathon - Relay on Presidents day in Greenbelt, MD; promptly left town to avoid the "Bruhaha" created at the race. It seems only five people showed up for two 3 member master teams, and Bobby Hauer and Gerry Ives were left with out a team, or "Hacker" Kruger joined the 1st team to go by him in his rush to get to the finish line. This prompted Bobby to trip Jay Wind who was trying to finish for the "B" team, and then run over his legs with his MG Convertible. Indeed Jay was seen last week at the Bethesda Chase with both knees bandaged, as he limped to the finish line. Bauer offered to give Jay his masters trophy at that race, as Jay had offered Bauer following the G.W. race.

Pat Walker has fled the area for 2 weeks in Colorado with Kevin Kolakowski's brother; Ed Doheny isn't running, But is dating; Jeff "Reebok" Reed is running, but isn't dating; Merkel is fast, but Cathy is going to church; John Betts upped his mileage to 16 miles a week in preparation for the Marine Corps Marathon, 4 miles of that is from "Speed Moving", a technique learned from "Hacker" Kruger. Kruger is "Hot" but, alas not dating after both Diane and Lucy dumped him. Ed Blum was seen driving his yellow jeep trying to knock Kruger off the course at the Bethesda Chase; and John Thoren is putting together 18 - 3 hour runs at a 6:15 pace in preparation for Boston. Kolakowski is waiting until ski season is over to decide whether to train or not. Andy Smythe, VP, has gone out with, dumped, been dumped, talked; played and made love to 13 women in the last 3 weeks, and is back to running after a vengeful attack on his Achilles Tendon by a dog hired by several former cohorts.

Otherwise, all is normal at WRC Headquarters, and the HOT Tub will be fired up for the March Meeting...THE WINTER PALACE IS FINISHED!

Cordially,

President "Hacker" Kruger

## MOBIL 1 INVITATIONAL GRAND PRIX By Jay J. WIND

Seven National-class masters pitted their abilities against eight DC-area masters Sunday, February 9th at George Mason University. The eight DC-area masters had to qualify at one of three designated local races. Ken Popejoy led the field with a finish time of 4:17:99, ahead of US record-holder Larry Almberg. But, local runner Steve Ruckert was right in there, finishing 4th in 4:21:84.

Meet Record: Larry Almberg 4:16:00 (1991)

Finish Places/Time/Age:

1) Ken Popejoy, Wheaton, IL, 4:17:99, 41, 2) Charles McMullen, Rochester, NY, 4:18:00, 40, 3) Larry Almberg, Ellensburg, WA, 4:20:26, 43, 4) Steve Ruckert, Hagerstown, MD, 4:21:84, 42, 5) Ken Sparks, Chagrin Falls, OH, 4:23:81, 47, 6) Bryon Byce, Gainesville, FL, 4:27:04, 43, 7) Garry Fanelli, Honolulu, HI, 4:29:92, 40, 8) Ron Bell, Great Britain, 4:31:26, 45, 9) John Tucker, Lexington, VA, 4:34:30, 40, 10) Paul Zink, Reston, VA, 4:40:85, 44, 11) Fay Bradley, Fairfax, VA, 4:44:14, 54, 12) Pat Sullivan, Oakton, VA, 4:50:90, 42, 13) Robert Weiner, Accokeek, MD, 4:52:89, 44, 14) Caleb Rossiter, Washington, DC, 4:54:04, 40, 15) Ridge Kelley, Poolesville, MD, 4:57:96, 42

Note: All 15 invited runners finished with time which will rank them in the top 50 masters milers in the US for the 1991-92 indoor season. This may well be a record for the most masters milers ever finishing one race under 5:00.

## HARRISON LEAVES FIELD LOOKING FOR MOORE AT CUSTIS 12K By James Scarborough

In the midst of a mild winter, it seemed unlikely that any of the white stuff would be in the air on the morning of Saturday, February 8th. But that was exactly the case as the temperature hovered at 36 degrees but a driving snow made the ground wet around Washington-Lee High School, site of the Custis 12K.

This year's race, the fourth time at that site, was different on the schedule and in the course than in years past, primarily due to County trail regulations decided on by the Arlington Parks Department.

Still, about 100 runners signed up for the race, with the snow not letting up until the race started. The race course is about 90% on the Custis/I-66 trail and runs into the Four Mile Run and W&OD Trails. It detoured briefly onto Abingdon Street and ran up to the Hospice of Northern Virginia. The Hospice, a care facility for terminally ill patients, received \$1.00 per person as race beneficiary. The field was lead through the course by Arlington Bicycle Club's Jarming Pang, who had wet glasses from the snow. No, actually, it was lead by Benjamin Harrison, no relation to the former President, an out-of-towner from Bloomington, Indiana (since he was first, he wasn't even sandwiched in between two Clevelands!). Ben charged into the Washington-Lee parking lot finishing in 41:35; on a good day he perhaps could have threatened Tom McCarthy's course record of 40 minutes. A distant second was Dave Lopez of Reston in 43:03, and Robert Rodriguez in 43:37. The stellar performance of the day was turned in by Ron Moore of Burke, 5th overall. Ron, a spry 40, was the first master in 43:52, breaking Jacob Wind's course record set the previous year (in 92 degrees in May). Ron won an alarm clock for this effort. Ted Poulos of McLean was sixth in 44:31. Jacob himself finished 14th in 46:39, in addition to bringing the clock and helping before the race. Former DCRRC Treasurer Tom Skelly finished 22nd in 48:12, while current Washington Running Club treasurer Jerry Merkel finished 11th in 45:24. A certain club newsletter editor finished 27th in 50:22. In the women's field, Behn Miller, 27, of Springfield lead the way with 50:58. Second women, and first master, was Cindy Dairymple, 49, in 52:51. Cindy still owns the women's masters' course record. The women's bronze belonged to Laila Rezal, just 16 years old from Falls Church. Look out for Laila in the future! Betty Blank of Falls Church was fourth in 55:09. Lots of other familiar faces ran, most of whom would have shown up in ANY abysmal weather to churn up the famous hills in middle Arlington. Some of them even saw the leaders finish as they passed by the school in the middle of the course. Afterwards, the prizes and refreshments were held in the school cafeteria, fortuitously open.

The race director would like to thank the following vounteers who ably assisted with the race. Don Avery, George Getek, Charles Kern, Mary Cusic, Lynn Cooper, Pete McClellan,

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Peter Lafley, Pam McCulloch, Joanne Johnson, Lee Glassco, Dick and Martha Sargeant, Myron Lehtman, Gary Herbst, Richard Bockman, Ted Baca, and Kevin Kolaskowski (Washington Running Club). Also, instrumental were Linda Rives of the Hospice, the school, the Parks Department, and the Police Department.

## BIG DAY FOR WRC TEAMS AT GWB MARATHON RELAY

By George Banker

The 4th Annual Marathon Relay, held in conjunction with the George Washington's Birthday Marathon on February 16 starting at the NASA Recreation Center, was, as usual, dominated by Washington Running Club (WRC) teams. The men's open team won for the 4th straight year and the women's for the third time in the four years of this Ekiden style event.

The relay runners were all poised on the line with various color sashes denoting the teams' division. Competitors would pass their sashes at exchange points between the 9, 8 and 9.2 mile legs. The serious runners were up front and the fun runners were scattered. At the signal, everyone was out fast and furious.

As the lead vehicle came by at the first exchange, the report was: "A pack of four sash men were leading." The first exchange point was filled with excitement as each second leg runner peered at the crest of the hill to see who was going to appear first. It looked like the pit area of a car race. In the lead was WRC's Roger Howell. He passed off to Alex Magoun in 51:23. Only three seconds behind, Rusty Moore of the Open Class Athletes passed off to David Asaki, and the chase was on. Patty Scott of the WRC women's team passed off in 56:39 to Pat Walker. It was a long wait for the second women's team, Washington Runners. It was clear that WRC had winning on the mind.

The runners were coming through fast and furious while trying to get the sash off and onto their other runners. It was difficult when it was tied around the neck. Some runners had to look for their teammates to pass off. Others stopped to have teams pictures taken.

Meanwhile, attention moved to the second exchange point a couple miles up the road at mile 17. It was a repeat with all of the pacing back and forth and yet another hill to watch. Magoun of WRC, who ran the eight miles in 45:16, had opened a three minute lead and had Jim Hag for the anchor leg. Last year Hage showed up late, had to chase his runner down, and still managed to win. This year, he was early and I think he had an escort. It was up to Richard Ferguson of Open Class Athletes to make up the three minutes.

In the Coed race, MCRRC Winged Express had a 11/2 minute lead on the Howard County Striders, but the Striders had Jerry Clapper trying to chase down David Holloway. The women's race looked to be over as Pat Walder gave Donna Elliot-Moore nearly a 20 minute lead.

The action shifted as Hage passed the exchange point after competing the loop and it was down (or more accurately up) the home stretch with a couple miles to go and no one on his heels. This was going to be another WRC story as Hage's 51:13 9.2 mile leg earned a 51/2 minute victory, total time 2:27:52. In the final meters, Holloway still maintained his lead in the Coed division (third team overall) but Clapper's kick was fully engaged. However, he was unable to pull off the upset as Holloway held on by six seconds. The WRC women coasted to a win in 2:50:12, good for 8th overall.

The WRC Master's team (Ted Baca, J.J. Wind, and Tris Kruger) managed to win in 2:47:43 (6th overall). There were two WRC master's teams, but one member was not at the exchange and they were in the lead so a replacement was taken from the other team. The B team came through and found no anchor. The Female Master's title went to the Washington Runners, Barbara Fitz, Betty Totter, and Roberta Carlisle, with a time of 3:35:29.

In the pack were a couple of "small" teams, the Bowie Juniors. The boys (11 year olds Dan Cahill, Tony Buglise, and Webster Powell) placed 27th overall in 3:23:46. The girls (Julie Bailey, Dorrie Cronk, and Regina Powell, nine to 12 years old) finished in an impressive 3:52:03, good for third in the "women's" division.

A total of 44 teams completed the race. A note of special thanks to Runner's World Magazine, Gatorade, Power Bars, the Laurel Mobile Communications group, the NASA Recreation Center personnel, and the many fabulous volunteers. See you in 1993 for the 32nd and 5th!

## LOCAL RUNNING STORE'S OFFERING DISCOUNTS

- CAPITAL SPORTS, 235 Pennsylvania Aven., S.E. Washington, D.C. (546-1212). Discount of 10% 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 Spinnier at h) (301) 739-7004.

## UP COMING RACE INFORMATION

- 14 March-(Saturday - 9 a.m.) St. Patrick's Cup 8K, Landover, MD 1300 Mercantile Lane, #200 Landover, MD 20785 (301) 925-7050.
- 15 March-(Sunday - 9:30) St. Paddy's Day 10K, Washington, DC Colonial Running Company, 703-569-2076.
- 21 March-(Saturday - 9 a.m.) Shamrock Marathon and 8K, Virginia Beach, VA (804) 481-5090.
- 21 March-(Saturday - 8 a.m.) Run vs. Row 10K, Alexandria, VA DCRRC (703) 241-0395 or (703) 836-1463
- 29 March-(Sunday - 8 a.m.) Fritzbe's 10K, Rockville, MD MCRRC (301) 353-0200
- 5 April-(Sunday - 8 a.m.) Northern Telecom Cherry blossom 10 Mile Race, West Potomac Park, Washington, DC, Entries Closed Volunteers needed Call Dick Butler at (301) 948-1544 by March 15th.
- 11 April-(Saturday - 9:30 a.m.) Belle Haven 15K. Belle Haven Park, about 1 mile S of Old Town Alexandria on GW Parkway to entrance on left.
- 12 April-(Sunday - 7:30 p.m.) ANNUAL DCRRC AWARDS BANQUET, Holiday Inn--National Airport, 15th and Jefferson Davis Highway, Guest Speaker Kathrine Switzer, for information call Bob Platt, (703) 486-1466.

For Team Race Information - contact Jay J. Wind (703) 920-5193

Additional race information will be provided in each WRC newsletter .

# 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 \_\_\_\_\_

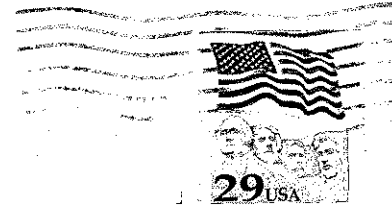
Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

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



Gerald R. Ives  
7817 Tomlinson Ave.  
Cabin John, MD 20818

