

Washington Running Club Newsletter



Volume 11, Number 4

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April-May 1992

CLUB PARTICIPATION ALWAYS KEY TO CLUB DIRECTION

The April club meeting was held at President Tris Kruger's home. The April meeting at the White House with the pool, hot tub, and grill open. Current issues concerning the Club were discussed, as the running and racing season gets ready for a full summer of great times and get-togethers. More information will be highlighted in this newsletter.

The next meeting will be held on Friday, May 8th at President Tris Kruger's (White House). Tris lives at 9541 Accord Drive, in Potomac, MD. Take Beltway to River Road. 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 1/4-mile past the Potomac Nursery & Garden Center. The Club will provide hot dogs and rolls, any other food or beverage contribution will be welcomed.

SHE'S BACK By A. Club Member

Washington Running Club's Laura DeWald competing in the Woman's Olympic Trials Marathon finished 35th on January 26th in a time of 2:45:10. A very qualified runner with hopes of finishing faster pushed from the very beginning in an "all out effort" to make the Olympic team.

Laura's journey to Houston began in June this year after recovering from several serious injuries. She won the Virginia Bar (i.e. Lawyers) 5K Run in the Sun. Interestingly, the Virginia Bar did not print the winning times as it usually does. Perhaps it was because Laura DeWald was the first finisher among both men and women in the race.

After some serious training, Laura ran and won a women's 5K race in Alexandria in 17:37. She was then off to Canada for all marathon. Running in a cold rain and strong headwind Laura finished fourth in Toronto on October 6th with a time of 2:44:35. This effort qualified her for the Women's Olympic Trials Marathon. Cont on page 2.

MESSAGE FROM OUR PRESIDENT

Your President is weary. First I have to constantly field calls from John Betts who is ossiduously planning teams for this year's Marine Corps Marathon, and wants to make sure I'm available to anchor the masters team. And then I have to hang-out til all hours of the night with the teeney-boppers of the club, just prior to the Boston Marathon - who wants to party. What a party animal John O'Donnell is! Lastly, after my effort in Beantown, I have to grant my adoring public the requisite interviews. I had to leave town, temporarily, for respite, nearly. I return to the dirty duties at hand, commensurate with the office I hold.

Speaking of offices, it would be nice if the treasure would show up and give a report once an awhile. I'm a little scared, because Jerry Merkel just bought a new, fancy, car and has been rumored to be traveling extensively.

Andy, VP, Smythe IS traveling extensively, mostly just trying to keep up with Laura, Olympic Trials, DeWald, and would like to be paid for each mile run under 6 minutes in a race.

I could give a complete update on the feeble attempt to redeem myself in Boston, but suffice it to say the ignominy of the event was humbling. If one didn't have to run into the city to retrieve ones sweats, I'm sure I would have stopped, or it was the guys on either side of me helping me through the chutes were anxious to get me to the aid tent until I finally grunted in response to their plaint, "say something".

The pool is heated, the Hot Tub is stoked and Pat Walker is bringing the pretzels and dorrito chips left over from the November meeting in Arlington...Come and update us on your training and racing travels! Wearly yours,

By December, Laura had left her engineering position in Grand Rapids, Michigan and returned to Virginia permanently. She also clocked some very impressive times back in Old Virginia. On December 1st she won the Women's open division (19th overall) in the Metric Marathon (26.2K, 16.3 miles) in Columbia, MD., with a time of 1:41:53. This was followed by a 37:02 (second women) in the Jingle Bell 10K on December 7th and a 30:23 (third women) in the Misteltoe 8K on December 15th. On December 28th, she returned to the site of her former American record and ran a 2:09:34 (first woman) 20 mile in Greenbelt, MD.

Laura finished her Olympic Trials training by winning the women's open division (second overall) of the JFK Memorial 5K in 17:50 at Hains Point in January.

The Olympic Trials did not bring Laura a coveted berth on the Olympic Team, however, she ran an exceptional race considering her courageous fast start and loss of training time in early 1991 due to injuries. Moreover, Laura is still young at 34 and she may still have another opportunity to make the team for the 1996 Olympic games in Atlanta.

As a final note...Laura ran and won the Fritzbe's 10K (women's division) in Rockville on March 29th with an excellent 35:16 effort.

All of us, including the author, are happy to have Laura back with us again and look forward to seeing her on the race course in the future.

THE BIG STAMPEDE LED BY McCORMACK AND SCOTT

By George Banker

Winter was going to try one last attempt as the sun was covered by clouds and a few flakes fell, it was short lived, however, the winds did stay around to gadger those gathered for the Fifth Annual St. Paddy's Day 10K held on Sunday, Mrch 15, 1992. The event sent the runners off from the Pavilion at the Old Post Office in Washington, DC. The runners wanted a fast race to get back to the post-race refreshments provided by the Food Court vendors.

In excess of 2,000 runners wanted to test their speed against the elements, the course was mostly flat and runners had a chance to do some sightseeing of the monuments. It did not take long for the front runners to form, by the first mile a group of nine runners had formed with Ronald Kulic of Reston, Virginia in control. The pack was so tight that one could barely see daylight through them. There was a rocket in the pack, Dave McCormack of Falls Church matching the others stride for stride. The secondary pack was twenty-five yards back with six runners and ready to capitalize on any mistakes from the leaders. A few minutes back was the first female, Patty Scott of Alexandria, with one challenger at the heels (the person was later disqualified because another runner had given her the number, a no-no). With five miles to go and more road to cover things were going to change.

The runners had the thrill of listening to a group (10) of New York grade school children cheering as they came up on the one-mile mark by the Museum of American History. In the final miles McCormack made a decisive move which separated the front pack to a lone runner. From the finish line all eyes were focused a half-block to the corner to see who was going to turn first. It wasn't long before McCormack came sailing around the turn alone, the arms went up as the foot crossed the finish line with 31:37 on the clock. Jorge Pardo of Blacksburg, Virginia managed to stay with the earlier runners and picked up second place with 31:45. Smoking in third from the pack was Jeff Van Horn of Dumfries, Virginia with 31:48.

Patty Scott did manage to maintain a slight lead to finish first with 37:29. In close second was Carol Schultz of Bethesda, Maryland with 37:45. Close on the heels for third was Mary Ellen DeRocher of Arlington with 37:47. There was not much of a forced race for the women.

The dominant male master was Chuck Moeser of Herndon, Virginia who maintained a presence in that second front pack. Moeser ran to capture the title with 33:45 (13th overall). Bill Lee of Clarksburg, Virginia came in second with 34:10 (18th overall). The third position went to Ridge Kelly of Upper Marlboro, Maryland with 35:37.

The female master's title was captured by Marny Gulluly of Washington with 40:31 (11th female) and Beverly Shooshan of Bethesda, Maryland was second with 40:31 (12th). Janet Gerber was third with 42:53 (24th).

There were seven (7) wheel chair participants with the favorite being Ken Archer who rolled away with 28:59 for first place. The first female was Brenda Smith of Gaithersburg with 35:50.

Articles, results, and items of interest to the WRC Newsletter, should be mailed to Dick Brannan, 7959 Hidden Bridge Drive, Springfield, VA 22153

WASHINGTON RUNNING CLUB

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Social.....	Chairs; Pat Walker, Dick Brannan

HAGE and DeWALD UP FRONT AT FRITZBE'S

By George Banker

It was a large party hosted by the City of Rockville, Maryland and the Great American Restaurants for the 10th Annual Fritzbe's 10K Runfest (Sunday, March 29, 1992). This event commanded the attention of 4,100 participants (in excess of 2,500 for the 10K). The event continues to grow each year, not because of the course, rolling hills until the kicker at mile five. This year the runners had to overcome the strong winds (the temperature was in the low 40s) throughout the event. It would have been better if the course was designed to go with the "wind flow." There was one thing between the runners and the feast at the end, the course. It was not a good day to be a waiter.

The women's field included Olympic Marathon trials qualifier Laura DeWald of Arlington. DeWald matched her talents against the best females and managed to finish with a 2:45:10 (35th out of 64 finishers). The men's field had another trials qualifier, Jim Hage, a lawyer from Lanham, MD, and twice consecutive winner of the Marine Corps Marathon. Hage will square off in Columbus, Ohio on April 11, 1992.

It was evident from the start that Hage was out for a hard workout but the Competition wasn't going to be taken lightly. There was no contest as Hage completed the course in 30:16, the hills nor wind was a major factor. Hage did not attempt to set a new course record (1987 Keith Brantly 29:38), the potential was there. With first place settled early the rest of the pack was jockeying for positions.

John Duffy of Washington managed to clinch the number two spot, almost a minute behind Hage with 31:18. Third place went to Steve Clarke of Leesburg, VA with 31:47.

DeWald was unchallenged for the event and dominated the field by finishing 41st overall with 35:52. Two minutes back was Laura Fieldler of Falls Church with 37:50. The third position was captured by Audrey Menkes of Rockville with 38:56.

Ridge Kelly of Poolesville, Maryland led the way for the masters with 35:03 (27th overall). Close at hand for second was James Carbarry of Columbia, MD with 35:48 (38th overall). The Ron Moore of Burke, VA with 35:49 (39th overall). Mary Ellen Williams of North Potomac, MD led the way for the female masters with 39:49 (6th female overall). A couple of minutes back was Tammy Villano of Silver Spring, MD with 41:40 (14th female). In third position was Elaine Unterman of Gaithersburg, MD with 43:25 (24th female).

In a class by himself was Ed Benham of Glen Burnie, MD at age 84 managed to register a 48:57. There were no challenges for Benham as he blew by most of the younger field. What can you say?

The wheelchair division was dominated again by both Ken Archer and Brenda Smith (first male and first female).

With all of the post-race business out of the way the crowd was enjoying the feast. Every runner left with a feeling that they made out considering what they paid and the return they received. Keep your eye on 1993.

WYATT and CONCH SCORE FOR THE RUNNERS

By George Banker

Who says you can't mix water sports with land sports? In its second year the RUN-vs-ROW 10K was held on Saturday, March 21, 1992 in Old Town Alexandria (Virginia). This unique event was sponsored by The Alexandria Crew Boosters.

On the Potomac River crew teams were to race in relay form in six shells (eight rowers and a coxswain). T.C. Williams School (Alexandria) was matched against the runners on a parallel 10,000 meter course on land. The challenge technology, a device which can convert pace per mile on land to strokes per minute on water, an event ahead of its time.

Last year thunderstorms rolled in and cancelled the finish of the rowers (who were in the lead) the temperature was in the low 50s. This year the temperature was in the lower 40s with a light wind and snow flurries shortly after the start of the event.

The event reached closer to the 1,000 runner mark. The runners stepped out shortly after 8 a.m. and by the three mile mark a couple of leaders had emerged. Peter Yacobucki of Arlington, Virginia and Gary Wyatt of Arlington were two strides behind. Two hundred yards back was David Whitnah and close at hand was T.C. Williams High School Student Mekonnen Berhanu from Ethiopia who now lives in Alexandria.

Not in the far distance was the first female, Jamie Couch of Alexandria who was unchallenged, the next closest female was about two minutes back, Kelly Mercer of Alexandria, a track athlete at T.C. Williams.

The course took the runners past the finish area twice so it was easy to focus on the front runners. At the first turn around point found the order of runners unchanged as they passed by the 5K mark. The final stage saw a shift in the lead as the stronger runner took control, number two runner, Wyatt pulled ahead of Yacobucki and hit a gear that could not be matched. Wyatt came sailing down the homestretch with a 33:28 and close on his heels was Yacobucki with 33:46. Unknown to Wyatt, a graduate from T.C. Williams High School (1974). Holding third place throughout was David Whitnah with 34:15. Richard O'Donnell of Alexandria managed to ease by Berhanu to take fourth with 34:31. Berhanu had to settle for fifth place with 34:59 only a second slower than last year's fifth place finish.

The women's order stayed much the same throughout the event with Couch the dominate female with 39:43. As in the men's race, Couch missed the course record (Cathy Ventura-Merkel) of 39:19. The second finisher was Kelly Mercer with 41:04.

The course record for the master runners did fall at the feet of a couple runners. Chris Cortez of Alexandria finished eighth overall with 35:23 to replace the record of 38:22 (Kirk Davies 1991). Beth Schmid lead for the females with 45:35 (15th place) to replace the 48:18 set by Joyce Albro. It would be safe to say that all times will be on the line in 1993.

The rowers had a difficult time on the Potomac River, minutes before the actual start the rowers were recalled. The high winds resulted in too much water being taken on by rowers. Once again, the answer to the question is open, is the runner faster than the rower?

A warm thanks to the many sponsors and supporters who made the event a success.

HOT TIME IN CHARLOTTESVILLE

By James Scarborough

On Saturday, April 11, I went down for about the fourth or fifth time to compete in the Charlottesville Ten Miler. This race is held at 8 am which means setting out about 5 am from DC to get there. It's held in April to coincide with Mr. Jefferson's birthday (April 13). This particular Saturday UVA had a spring football scrimmage and a lacrosse game also going on. (This is the school Ralph Sampson went to, and also the place they filmed the movie "True Colours"). The race starts at University Hall, and bobs and weaves through the "grounds", the local pep band, Main Street in Charlottesville, and environs down to town hall, and back. You see Scott Stadium, the dorms, and the frat houses on Rugby Road, in addition to running through the shopping centers and lots of residential hills. (I cut my teeth on daily workouts here at ages 18 and 19, in addition to rowing on the crew team). One of the additions on this day, the warmest that I can remember for the race, was the big orange "V" on the pavement of several of the streets. A sampling of the on-course music, besides the famous pep band: Genesis "Just a Job to Do", REM's "It's the End of the World.", Loverboy's "When It's Over," and the abysmal Chariots of Fire and Rocky themes. (My student days there were filled with Chicago, Peter Frampton, the Eagles, Fleetwood Mac, and an assortment of other 70's icons, ranging from celestial to abysmal). Failing a bit off the pace ion the second half, I finished in 70:32, which was better than Cherry Blossom. Several NOVA runners also finished, including Mr. and Mrs. Steve Crum, Mrs. Crum's sister, Rick Bockman, and Kyle Forman. George Cushmac frequently runs the race also, but I did not see him this time. Overall, the CTM is an extremely well-managed race, but the post-race in "The Cage" is quite crowded. However, a highly recommended race.

Editor note: Maybe if Jim wasn't star gazing around old Charlottesville and listening to music he would have ran faster?

CONSUMER REPORT PROVIDES LATEST SHOE SURVEY

Consumer Reports recently published in their May 1992 issue a complete brand-name rating of several brands and styles of running shoes. Rather than just choosing several brands and doing a random testing based upon a pre-set test they selected 30 men and 26 women (all runners) to buy 4 brands of shoes that they wanted to run in and test. They could either buy shoes from their favorite running store or through mail order.

Runners testing the shoes varied from 6 minute pace to a 10 minute pace and ages were from 17 through 59. The best rated shoe was the Jazz 3000 for both men and women. However, the shoe (according to your foot type) may vary.

The HOT ISSUE IN THIS ARTICLE is that the Jazz is the most desired shoe in the not so great areas of the District of Columbia. If you wear this shoe in DC you have to run fast! For more information see the May Consumers Report article. Ed.

IT'S A GIRL!

Congratulations are in order to the Naylor's. Born to the Naylor's, on Sunday morning the 12th, their second daughter "Emily Catherine" 8 lbs, 15 oz. Both mother and daughter are doing fine, although Emily decided to spend a couple of days extra getting some "Rays" an recovering from Jaundice. Again, Congratulations to the proud parents!

TYLER'S BAKER HOPES TO MASTER THE AZALEA RUN

By Paul Stone (staff writer)

Edited by your Editor

Dennis Baker formerly from Washington, DC four years ago was the 4th Master's runner at the Azalea Run in Tyler, Texas with a time of 34:39.

Training between 55-60 miles per week in preparation for the Azalea Run, Baker is quoted as saying "I'd rather be in a big-time race with a crowd than win a small-town festival race".

Running with an elite crowd of 24 runners ahead of him, Baker notes the level of competition was largely responsible for his best 10K time of the year.

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.

THE RUNNING STORE (formally Fairfax Running Center) 211 The Strand, Old Town Alexandria. Discounts of 10% on running and biking clothing and biking accessories.

Bring this newsletter for your discount.

GROUP RUNS

Tuesday Night Run. The 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. 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 8-8.5 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.

UP COMING RACE INFORMATION

19 May (Tuesday - 7:00 p.m.) Lake Accotink 10K. Springfield, Beltway exit 4, S on I-95 about 0.7 mi to Springfield exit, W on Old Keene Mill Rd (Rt 614), stay in R Lane to 1st Light at Backlick Rd (Rt 617), R 0.8 mi on Highland St, L 0.8 mi to park entrance on R, R about 1 mi to lot.

23 May (Saturday - 6:00 p.m.) Franklin Park 5 Miler. Williamsburg Middle School, Arlington. From DC take Chain Bridge onto Glebe Road, right on Williamsburg Blvd., right on Harrison Street to School on Left. From Beltway, take I-66 east to Washington Blvd/Lee Highway exit, left on Lee Highway, Left on Sycamore Street to Williamsburg Blvd, left on Harrison Street, etc.

5 June (Friday-7:15 p.m.) Go for the Gold Track Meet, MCRRC (301) 353-0200, Rockville

6 June (Saturday-8:00 a.m.) Key to the City 10K, Washington, DC (202) 289-4988.

7 June (Sunday-8:15 a.m.) Hugh Jascourt Four Miler, Hain's Point, DCRRC (703) 241-0395 (Moved from 31 May).

7 June (Sunday-8:00 a.m.) Loudon County 10K, Leesburg

June (Sunday-8:00a.m.) Toil, Tears, and Sweet 10 Miler, Rock Creek Park, John Potter (703) 255-2030 or (703) 536-9645

11 June (Thursday-7:00 p.m.) Carderock 10K, DCRRC (703) 241-0395.

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 Family Membership

Name _____

Date of Birth _____

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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