

Washington Running Club Newsletter

Volume 11, Number 8



© Washington Running Club

August 1992

SOFTBALL GAME HIGHLIGHT MEETING FOR JULY

The July meeting was held at President Kruger's home. Andy Smythe reported on the NOVA Softball game. He has talked to Steve Crum of NOVA about contacting the Arlington Parks/Recreation people for a field. WRC will host the post-game party, site to be determined. Tentative date is Saturday, August 1.

Jerry Merkel gave a Treasurer's report. We currently have \$4,180 in the treasury. Jim Hage has been reimbursed \$100 (old news?), Kevin Kolakowski \$125 for Carderock, and Tris Kruger \$100 for meeting refreshments. There is currently virtually no revenue coming in.

A review was held of the Public Employees' Roundtable proposal submitted to the Club. PER is holding a marathon relay in the District Sunday May 2, 1993, and needs a club/company to provide either basic registration/course/finish line services, or full race management. They are looking for proposals this month, and will presumably contract with the lowest convincing bid. After reviewing the basic requirement, it was agreed that we do not have the infrastructure/equipment and organization to perform the full race management services. However, we will be willing to provide manpower. James Scarborough agreed to contact the PER and offer them our availability for subcontracting, at \$20 per volunteer, for course marshalling and registration/packet pickup. We will also enter a club team.

Jerry Merkel mentioned that we need a firm commitment of people for this year's Georgetown 10K. We will need 50
Continue on page 2

NOTE... WASHINGTON RUNNING CLUB SOFTBALL GAME. See page 3 for details.

MESSAGE FROM OUR PRESIDENT

Recently, I have been hanging around several area races and have noted some truly remarkable performances. These incredible human efforts have been all the more poignant to me, as I have trotted along to record them. In one ten day period Jim Scarborough and I watched Ed "20 year old body" Doheny run three races of 8K, 4 mile and 8K either winning his age group or placing 2nd, I'm not sure, it was all such a blur, culminating in a 28 minute effort in Rockville which earned him the inestimable value of my admiration and a puzzle with his place taped on the box. Ed also got a couple of long (13 mile) Sunday runs in during this time. Talk about burning the torch at both ends. Ed is Back!

Of course Ives did well at two of these races, or did Johnny "Bumps" O'donnell, Kevin "Double K" Kolakowski (sounds like a ranch in upstate New York); Pat Walker won her age group twice and was second overall by only seconds to Amy Durham in the 1st 8K at Langley. Andy "VP" Smythe ran a PR 26 minute race in Rockville and was so non-plussed one would have thought he went for a jog - this after a PR Marathon of 2:34 a month earlier. I'm still feeling sorry for myself (which Ed assures me is justified) 3 months after a jog through Boston.

Jerry Merkel came flying out of the woodwork to post a 28

BEHIND THESE PAGES:

Presidents message	page 1-2
3rd Annual WRC vs NOVA	
Softball Championship	page 3
Columbus Ghost by George Banker	page 3
Local Discounts/Group Runs	page 4
Up Coming Race Information	page 4
Membership Application	page 6

people (25 pre-race and 25 during the race) for registration, packet pickup and course services. The race will be Sunday, either October 4 or 11.

Andy Smythe reported on the Redskins 8K in March. Alan Roth is investigating the race management for Athletics Congress/PVAC violations. Andy has written Colonial Running Company urging them to blacklist (not to advertise) the race. Other concerned parties will be urged to do the same.

Team races. Jim Scarborough mentioned the upcoming 24-hour relay. No one was interested, as this is the same weekend as the NOVA softball game. Also, the Richmond Marathon (Sunday, October 18). However, this will require more details and freedom from conflicts. Andy Smythe agreed to coordinate teams for the 20-miler Sunday, September 27 in Alexandria.

Jerry Merkel mentioned that the low-key race concept was a possible source of revenue. The club would still need to buy insurance.

THE CLUB PICNIC IS SCHEDULED FOR SATURDAY, AUGUST 8. RAIN DATE IS SUNDAY, AUGUST 9. NOVA MEMBERS WILL BE INVITED TO THE PICNIC.

Former President and Maryland coach Dan Rincon has married Win Graves. This is a mixed marriage (NOVA-WRC).

The next WRC meeting will be held August 14th at President Tris Kruger's home. Tris lives at 9541 Accord Drive, in Potomac, MD. Take the Beltway to River Road. Exit, Head toward Potomac on River Road. 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 and Garden Center. The Club will provide refreshments, however contributions will be welcomed.

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 (705) 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

Presidents Message con't from page 1.

minute 8K and collect a puzzle with 2nd place taped on it. Later Jerry was exhausted riding herd on Matty, Bret and Luke whi they played donut water polo with Jeremy and Jeffrey. Samantha and Crystal were smart enough to not get involved and merely went whaling. Laura DeWald clocked in the final 8K in 29 minutes to win her age group. Bernie Creed did well in a couple of the races as did Phil Woodyear who was 2nd overall in the 1st 8K. Jay Wind ran well in two of these events held only 5 days apart. Bobby Bauer jogged through for the beer after the Rockville 8K. Fortunately, Lucius Anderson only showed up at the Rockville 8K and decimated the field winning 1st Masters, a ribbon and a Puzzle. Jim Hage won second place in 24 minutes and Carol Sholtz ran 8th.

I guess the point that needs to be made here is the incredible commitments to excellence these people have, and the monstrous will to overcome obstacles thrown in every runner's path, and the fire in the belly to do so well, so consistently. This kind of humongaus effort is indeed laudable, especially in light of the necessities of jobs, family and the need to provide a suitable living arrangement. I have the additional burden of maintaining the maverick in running condition which is a significant, time consuming, athletic (I have to push it sometimes), monetary (getting the front end aligned after hitting a curb is not cheap) and environmental headache. I could undoubtable run faster if I had a car like Dick Brannan's.

WRC has been superbly represented lately, we have won 1st/pla team honors, and were so deep in the Langley 8K we also won 2nd place team honors, and if we had entered a team for Bastille Day and certainly for the Rockville 8K we would have won. Congratulations to all those who have done so well!

Please bring family - most of you don't have friends, to the picnic on the 8th.

In awe,
 Tris.

NEW CUT OFF DATES FOR THE WASHINGTON RUNNING CLUB NEWSLETTER

ARE SET FOR THE 25TH OF EACH MONTH. ARTICLES AND INFORMATION MUST BE RECEIVED BEFORE THE 25TH OF EACH MONTH. THIS WILL INSURE THAT ALL CLUB MEMBERS RECEIVE THEIR NEWSLETTER EARLIER. Editor.

3RD ANNUAL WRC vs NOVA SOFTBALL CHAMPIONSHIP

WHERE: Yorktown H.S. in Arlington

WHEN: SATURDAY, AUGUST 1ST @ 1:00
P.M.

Directions as follows: Yorktown High School is located in North Arlington at Yorktown Blvd. & 28th Street. If you take Glebe Road north, cross over Lee hwy and make a left into Yorktown Blvd. where Dominion Drive, Glebe Road, & Yorktown Blvd. all intersect. Follow Yorktown Blvd. to the school. Park in the rear lot overlooking the tract - the field we have reserved is located inside the track. (hint #1: the game was held at this field two years ago). If you wish hitting and/or fielding practice, show up early.

The party following the game will be held at Prez Tris Kruger's house. See directions in club minutes on page 2.

As always your participation for both events is strongly encouraged & recommended. If you cannot play softball, come out and support your fellow runners anyway. Socialize with people you may not have seen for a while. Lastly, bring a bathing suit and don't forget to set your VCR to tape the Women's Olympic Marathon!!!

(I apologize for the short notification for this event - the field was not confirmed until July 21st due to the Arlington County bureaucracy).

Andy

THE COLUMBUS GHOST PUSHES GENERAL

The humidity was weighing heavy in the air and in excess of 1,000 runners gathered for the Corona Light Freedom 5 Miles (Sunday, June 28, 1992). The event started a couple of blocks from 1600 Pennsylvania Avenue (The White House) at Freedom Plaza. The course was basically flat with one upgrade near mile one. A local favorite, Darrell General of Mitchellville, MD who competed in the Olympic Marathon trial and placed 30th overall with 2:25:01 (April 11, in Columbus, Ohio), a goal has yet to be filled. Also, on the line was fast wheeling Kenny Carnes of Morningside, MD turning up for Peachtree. The greatest obstacles was heat and humidity.

The "Columbus Ghost" was pushing General from the start and

only one serious runner attempted to stall his speed. A former Rockville High School athlete, Douglas Sabel, was close in the early miles but faded as the pace was too demanding. General held fast like a runaway train to capture first place with 24:27. Sabel managed to hold onto a sizable lead for second place with 24:55. The third position went to Chuck Moeser of Herndon, VA with 25:46 and placed as the first master.

The pressure was on the second position, Lucius Anderson of Silver Spring, MD who managed to capture 26:43 to Bennett Beach's (Bethesda, MD) 27:22. Anderson was sixth overall while Beach was ninth.

Carnes proved to be in a class by himself as first place was captured with 18:54. The second finisher was Larry Hughes of Columbia, MD with 27:57. Eddie Belton of Upper Marlboro, MD was third with 33:57.

The female division started with Liz Scanlon of Alexandria, VA a senior at University of Oklahoma running close with Barbara Wigle of Reston, VA a transplant from New York. The contact was lost and Scanlon was out of sight and started to put some distance between the two. Scanlon finished first with 29:42 (28th position overall). The third position was captured by Ann Conlin of Arlington, VA with 32:14 (83rd overall).

The first female master was Marny Gilluly of Washington, DC with 33:14 and seventh female overall. Janet Gerber of Potomac, MD captured second position with 35:15. Third position went to Kathleen Nixon of Chevy Chase, MD., with 35:29.

DCRRC ONE-MILE and FIVE- KILOMETER CHAMPIONSHIPS

Wednesday, August 12, 1992

T.C. WILLIAMS HIGH SCHOOL
ALEXANDRIA, VIRGINIA

There will be no charge for this event and is provided by the Alexandria City School board.

Events: 6:00 p.m. Kids Mile Run - Walk - Crawl
6:20 p.m. Women's Mile - All ages
6:30 p.m. Master's Mile - 40 & Over
6:40 p.m. Open Mile - All ages
6:50 p.m. Elite Mile - Sub 4:50

7:10 p.m. Five kilometer - All ages

Additional information: Call (703) 241-0395

Volunteers needed Call Jay Wind (703) 920-5193

LOCAL RUNNING STORES OFFERING DISCOUNTS

CAPTIAL SPORTS, 235 Pennsylvania Avenue., S.E. Washington, DC (546-1212). Discount of 10% for Club Members

COLLEGE PARK BICYCLE, 4360 Knox Rd., College Park (301) 864-2211). Discount of 5-10% 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 covering. 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 Road., N.W., Discount of 10% on clothing and shoes.

BIKES PLUS, 308 Compton Ave., Laurel, MD., (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. Discount of 10% on running and biking clothing and biking accessories. Bring newsletter for 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. Contact Dixon Hemphill at (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 Keen Mill Rd., Springfield, VA. Group runs to 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 a.m. Fun Run on an interesting five mile course, includes interesting company.

Sunday Morning Run, 34th and M St., N.W. 8 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. 11840 Columbia Rd. N.W. 9 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 DC) 9 a.m. Groups range from 15-40 runners for runs of 13-20 miles mostly on C&O Canal and surrounding countryside. All runners invited. Contact Mike Spinnier at (301) 739-7004.

UP COMING RACE INFORMATION

30 August-17th Annapolis Run, 10 Miler Start and Finish at the Navy Marine Memorial Stadium, Annapolis, MD Start at 7:50 a.m., Entry by pre-approved confirmation.

5 September Chaptico, MD, Chaptico Classic 10K, \$20, 8 a.m. Michael Whitson (301)884-0312 or (301) 475-2886.

5 September Washington, DC., Rock's Five Miler, 8 a.m., Mike Harris, (703) 799-2495 or (202) 310-3399.

6 September Greenbelt, MD., Greenbelt Labor Day 15K, DCRRC, 6 p.m. (703) 241-0395; also 2 mile RFYL. \$3.00 entry fee.

6 September Brookeville, MD., Brighton To Brookeville 7 Miler, \$2.00, MCRRC, Dick Butler, (301) 353-0200, 2 mile at 8:05 a.m.

6 September TBD., Potomac Valley Seniors Potomac Valley Games., 5K at 9 a.m., Sal Corrallo, (703) 243-1291 or (202) 219-1913

12 September Alexandria, VA., One Hour Track Run at TC Williams High School, 8 a.m., DCRRC, (703) 241-0395; also 2 mile RFYL.

13 September Washington, DC., SOHN Benefit Race, Lincoln Memorial, 5K at 7 a.m.

13 September Bethesda, MD., Wilson Lane Safety 10K, \$13.00 8 a.m. George Nolfl, (301) 656-5249 or (301) 229-9290

15 September Carderock, MD., Five Miler Prediction Race on Towpath, 5:45, DCRRC, (703) 241-0395.

20 September Fairfax, VA., Fair Lakes 10K, 8 a.m. \$12.00 Colonial Running Company (703) 569-6950

26 September MCRRC Cross Country Grand Prix #3 - 8 a.m. \$2.00 Ridge Kelley, MCRRC (301) 353-0200, Lake Needwood, Derwood, MD.

26 September Virginia 10 Miler, Lynchburg, VA - \$12.00, 9 a.m. Marilyn Reynolds-Straub, (804) 525-5420, entry deadline 1 September.

27 September Reston, VA Fritzbe's 10K Run - \$11.00, 8 a.m. Reston Runners (703) 242-3668.

27 September Alexandria, VA - National Capital 5 Mile and 20 Mile, 8 a.m. at the Torpedo Factory. DCRRC (703) 241-0395. Special entry fee. Long-sleeve shirts, refreshments, prizes. For an entry form, please send SASE to P.O. Box 545, McLean, VA 22101.

3 October Great Allegany 15K Run, Cumberland, MD, Bill Workman, (301) 729-3088.

4 October Georgetown 10K, Washington, DC 9:30 a.m. (703) 671-3428.

10 October Copy General 25K, DCRRC, Alexandria, VA 10 a.m.

DCRRC National Capital 5 & 20 Milers

Sunday, September 27, 1992 -- LIMITED ENTRIES

Out & Back from Torpedo Factory in Old Town Alexandria

20 MILE RACE -- 8:00 a.m. Before 9/21: DCRRC Members \$11; Non-Members \$14
9/21 - 9/26: \$17 to ALL; RACE DAY: \$20 to ALL
Free entry for Males under 2 hrs & Females under 2:20 in last year

5 MILE RACE --- 8:30 a.m. Before 9/21: DCRRC Members \$5; Non-Members \$7
9/21 - 9/26: \$10 to ALL; RACE DAY: \$12 to ALL

T-shirts guaranteed to all pre-registered runners: 5 Miler -- short-sleeved; 20 Miler -- long-sleeved. NO GUARANTEE ON SIZE SELECTION ON RACE DAY.

Pick-up numbers 6:30 a.m. to 7:45 a.m. (to 8:15 a.m. for 5 Miler)

Race day registration 6:30 a.m. to 7:30 a.m. (to 8:00 a.m. for 5 Miler) LIMITED ENTRIES

Awards: 5 Miler -- 1st Male and 1st Female, Open and Master

20 Miler -- Medals to age group winners (19 & under, 20-29, 30-39, etc.); Gift certificates (not converted to cash) to first three male and female overall, and first male and female master; awards to 1st Place Teams in each category

Teams: 3-person Teams; each must register as individuals; \$2 fee per team;

Open Men & Women, Master Men & Women, Coed (Minimum 1 Female)

Refreshments: ARMAND'S (PENALTY BOX) *** Pizza and Soda

---Bring your old running shirts and shoes for needy patients at Washington Hospital Center

20 MILER TEAM REGISTRATION -- \$2 PER TEAM -- PLEASE PRINT

Division:

MEN (OPEN) _____ WOMEN (OPEN) _____ MEN (MASTER) _____ WOMEN (MASTER) _____ COED _____

TEAM NAME _____ TEAM REPRESENTATIVE _____

MAILING ADDRESS _____
(Street) _____ (City/State/Zip) _____

RUNNERS	AGES	TIME	PLACE	RUNNER NO.
_____	_____	_____	_____	_____
_____	_____	DO	_____	_____
_____	_____	NOT	_____	_____
_____	_____	MARK	_____	_____
_____	_____	HERE	_____	_____
TOTAL				_____

INDIVIDUAL ENTRY FORM --- PLEASE PRINT --- CHECK: 5 MILE ___ 20 MILE ___

LAST NAME _____ FIRST NAME _____ MI _____ SEX _____

STREET _____ CITY/STATE/ZIP _____

PHONE (____) _____ BIRTHDATE ____/____/____ AGE ON 9/27 ____ SHIRT (CIRCLE) S M L XL

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the DC Road Runners Club, City of Alexandria and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE OF PARTICIPANT (PARENT OR GUARDIAN IF PARTICIPANT UNDER 18) _____

DATE _____

REMIT WITH CHECK PAYABLE TO DCRRC TO: DCRRC, 6831 STONEYBROOK LANE, ALEXANDRIA VA 22306

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 Family Membership

Name _____

Date of Birth _____

Address _____

Phone hl _____ 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 _____

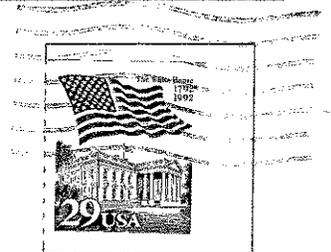
Name _____ Date of Birth _____

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