

Washington Running Club Newsletter

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September 1992

WRC/NOVA PICNIC STILL AN ANNUAL EVENT

The annual WRC Picnic was held Saturday, August 8 at the White House in Potomac. Lots of WRC and NOVA people, spouses, kids, girlfriends, old and new, represented themselves. President Kruger's won the Alfred Tom Felde Award for 1992 for service to the club. The "L" team (Luke Merkel, captain) won the beer relay, beating the "B" team (Brett Merkel, captain). Andy Smythe and Jim Hage, they of the famous "I got it" strawberries and bruised ribs at the softball game, will be running the Parkersburg Half Marathon (men's TAC championship) on Saturday, August 15 in West Virginia.

Volunteers will be needed for the Georgetown 10K, Sunday October 4, in Georgetown.

The Dream Team won the gold medal in basketball at the Olympics. The U.S. lost to Spain in water polo and Andy Smythe is putting together teams for the 20-miler in Alexandria, Sunday, September 27. Lets hope WRCer's do better than the water polo team.

Several proposals will be put in front of the membership at the next meeting: Touch football game vs. NOVA- Saturday, October 31 (Halloween Party afterwards), volleyball game vs. NOVA- Saturday, February 20 (indoors), 1993 and a Five Mile Race sponsored by WRC - Saturday, May 15, 1993. If you have any proposals bring them to the meeting.

The next Club meeting September 11, at the White House in Potomac. SEE YOU THERE!

MEETING IS SCHEDULED
FOR SEPTEMBER 11TH AT
8 P.M. AT PRESIDENT KRUGER'S
HOME IN POTOMAC

MESSAGE FROM OUR PRESIDENT

Well, the Club picnic was a marginal success. The biggest plus factor was that it didn't rain, and Pat Walker showed up. Most of us were also glad Diane was there, But especially Ed Doheny, who received several hug from various women. But, who got a kiss - on the lips, from Diane? The food was great mostly because I didn't have a thing to do with it. One NOVA guy brought Sushi. Pretty unique - for WRC's taste for burgers and fat filled hot dogs (no kidding - we ran out of hot dogs & had burgers left). Andy, 1:14:46 Parkersburg half marathon, Smythe (Jim Hage ran 67 minutes), brought pounds of spiced shrimp which I ate all of. Pat Walker also brought shrimp pasta, which I ate all of, and there was a startling array of junk food, which I also ate all of. So I ate very well. Jerry Merkel brought a whole lot of beer, which Ed continually threw the containers of, into the pool.

The beer relay, though hard fought, came out a draw - the only time in the history of beer relays, mainly because several of the contestants on both teams not only chugged the beer at the turnaround, but took one for the road, back. The new
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EVERYBODY SHORTENS COURSE AT FLETCHER'S

BY
JAMES SCARBOROUGH

The race at Fletcher's Boat House, on the C&O Canal Towpath on Thursday, July 30, was supposed to be seven miles. However, one volunteer turned people around at the four-mile post and the actual distance ran was more like 5.8 miles. The equalizer was the fact that everyone did it! Despite that little problem, the field was large and fast and the weather clear and warm, despite periodic late July thunderstorms. About 140 people registered for the race. Once again, however, Mr./Ms. CARD MISSING took the most spots in the results process that proved to be extremely cramped. CM really does grab a lot of cards. Running a route that has been run in one form or another by all the local crew teams, the field turned around at the one-mile post, just past Key Bridge in Georgetown. Daniel Ireland, who led passing back from the start at four miles, blazed through first in 30:42; at that time no one expected finishers to come through, so his achievement was met with little fanfare. But by the time Rick Banning (who has been burning up the local races) took the silver in 31:32 and recently repatriated Tom McCarthy took the bronze in 31:33, the speed kings were coming in thick and fast. The rest of the men's top ten included John McGrail, 32:05, Phil Woodyard, 32:30 and Bob Rodriguez, 32:32. It also included two way-out-of-towners, Markus Gunther of

Frankfurt, Germany (do they have towpaths there)? in 32:48, and Tyler Small of Arcanum, Ohio in 33:13. WRC Vice-President Andy Smythe finished 11th in 33:17. WRC President Dr. Tris Kruger finished 22nd in 35:55. Roger Robinson, 53, was the first master in 33:22. Edmund Burke, the namesake of the DC school, finished 15th in 33:49.

Bernard Shaw, the namesake of the CNN broadcaster, finished 13th in 33:45. Jay Wind helped with announcing, registration, clock, and results, and finished third in the 40-49 age group behind John Sherlock, and Ted Baca.

Amy Durham of Washington beat out Pat Walker for the women's title, 36:53 to 37:04. Andrea Lengi of Vienna was third in 37:50. First master's woman was again Charlotte Edwards, 57, in 43:48. The tenth woman overall was K. Switzer, (yes, THE Katherine Switzer), of Vienna, in 44:21. Larry Dickerson was the only qualifier for the random awards based on age matching place, finishing 61st on his 61st birthday.

David Powell of Washington won the two-mile in 15:35. Judy Mize was the first woman in 18:36. Paul Robertson racewalked through both events.

Many thanks to all the volunteer's, but particularly those who chipped in to the water stop to form a gauntlet.

WASHINGTON RUNNING CLUB

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 Membership... Chairs; Suzy Coffey
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 Competition:... Chairs; Jerry Merkel, Tom McCarthy, Kevin Kolakowski
 Social..... Chairs; Pat Walker, Dick Brannan

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.

traditional sharks races were graded harshly, but a new event was added this Olympic year - synchronized drawing. Three inebriated, uncoordinated, non-swimmers, danced with most of their breathing apparatus sucking in water on the bottom of the pool, and their other body parts flailing the air in extremes. The idea was to come bouncing out of the water with a toothy grin, while exhaling water - well I guess you had to be there.

No, the real low point of the picnic was when the Alfred Tom Felde perpetual trophy for the most active long distance runner of the year was in judiciously presented. Actually only Norm Brand has enough memory to actually know who Alfred was, to know if its an honor to receive this thing or not. In 20 years only two people have "won" it twice. Bruce Robinson in 1976-77, and most lately Gerry Ives in 1988-89. But the reason Ives won it twice was not because he did the newsletter for 10 years, but because Donna hid the four foot monstrosity in the attic, and Gerry discovered it only during a move. The last winner "double K" Cevin Colacowksi, on the other hand, had an entire room set aside for the trophy. Pat was forced to pay carpenters to put steps leading up to a specially designed pedestal that had various pictures of Cevin standing with luminaries while holding the trophy. Naturally, there was strong sentiment to let "Double K" have the trophy again, but not due to his continued club leadership. I think of several people deserving of such an honor. Namely the guy who has to read & type the drivel that I send him each month to edit and run in the newsletter, making Dick very deserving and our secretary who has to record the drivel that is said at each meeting. In addition James man's our phone line and makes the miserable job the president is doing, look good in the running community. This makes James very deserving. I'm hoping the current recipient doesn't diminish the value of the honor!

To those that noticed the slightest chemical imbalance in the pool, it was a little acidic and not only dissolved coins dropped in the water in 2-3 minutes, but also dissolved the water heater. But it should be back on line by the 11th, along with the Hot Tub, and the left over burgers and pretzels. Then come out for the conversation then!

Humbly,

Tris.

BANNING AND DURHAM BEAT THE LANGLEY HEAT

By
George Banker

The runners did not shy away from the Gatorade in the 90 degree heat and high humidity. The annual DC Road Runners Club Annual **Langley High 8K** in McLean, VA (July 9, 1992) attracted two hundred participants. The runners all remember one thing about this event, the course is hilly and goes through the surrounding neighborhood a few years ago the leaders took a wrong turn and you know the rest. The Rock Creek Running Club directs the event and after fifty pounds of lime to mark the course, no one was going to get lost. The runners were competing for points in the Bunion Derby series.

The front line was tight with local talent and after a brief moment of silence the signal was given and they were off. Within minutes the group disappeared from sight to negotiate the awaiting hills. One of the main attractions for this event has been the support of Domino's Pizza (McLean, VA., Eric Johansen). While the runners were beating the road so was Domino's beating the dough, true to form in less than thirty minutes they arrived.

As quickly as the event started it was coming to a close, a lone runner was seen coming from behind the school, Rick Banning of Alexandria. Banning has set a blistering pace to capture a 27:31 while Phil Woodyard of Alexandria was able to hold down second place with 28:00. Third place was captured by course record holder John McGrail of Arlington, (Co-holder, 26:15, 1988) with 28:18.

The master's were led by John Sherlock III of McLean with 28:58 and fifth overall. Jay Wind of Arlington trailed in second place with 30:32 (14th overall). Edward Doheny of Washington managed to hold down third place with 30:57 (15th overall).

The females were lead by Amy Durham of Washington, DC with 32:32. Rolling close on the heels was Pat Walker to capture second with 32:38. Berni Creed of Burke, VA held onto third place with 33:45.

Janice Stoodley of Falls Church set the pace for the female masters with a time of 36:13 (4th female). The second position was captured by Charlotte Edwards of McLean with 37:57. Chris Stockdale of Takoma Park, MD was third with 40:16.

Each year this event grows and this year was no different. Thanks to the sponsors for their awards (Runners World, New Balance, Racquet & Jog and Fleet Feet (Washington, DC., and special thanks to Domino's.

POTOMAC VALLEY SENIORS TRACK CLUB

ALL COMERS TRACK
SUNDAY, AUGUST 9, 1992
T.C. WILLIAMS HIGH SCHOOL

By Jay J. Wind

Was Olympic Fever in the air at the Potomac Valley Seniors Track Club All Comers Track Meet at T.C. Williams High School in Alexandria, Virginia, Sunday, August 9. Lloyd Jeremiah jumped over the 110 meter hurdles in 14.9 seconds, then doubled an hour later, long-jumping 19'1". Yvionne Catino high-jumped 4'6" and long-jumped 13'2"; and Kate D'Angelis threw the discus 53'6" and the shot put 20' 1/2". Could they have been dreaming of Carl Lewis and Jackie Joyner-Kersey?

Just one All-Comers Meet remains this summer: Sunday August 23, at T. C. Williams High School. By the time of this Newsletter the meet will be over but, results will be published in later Newsletters. All the meets were free for runners, walkers, throwers, and jumpers of all ages, including children, open runners, elite runners, and seniors.

The Potomac Valley Seniors Track Club also directs the Potomac Valley Athletics Congress championship meet to be held September 6th also at T.C. Williams High School.

Potomac Valley Seniors Track Club wishes to thank the many volunteers: Scott Bentley, Sharon Good, George Guiley, John Martin, Valerie Meyer, Bruce Rule, Jay Jacob Wind, Mil Wood, and Bobby Briggs.

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TWO 1992 NORTHERN TELECOM CHERRY BLOSSOM ELITE RUNNERS EARN OLYMPIC MEDALS

Two runners in the 1992 Northern Telecom Cherry Blossom 10 mile have captured Olympic medals in Barcelona. Northern Telecom Cherry Blossom winner **Richard Chelimo** won a silver medal in the controversial 10,000-meters at the Olympic Games with a time of 27:47:22; while New Zealand's **Lorraine Moller**, who placed 6th in the Northern Telecom Cherry Blossom's women's division in 56:14, weathered the demanding three-mile hill at the end of the women's marathon to earn a surprise bronze medal with a time of 2:33:59.

Chelimo, who at age 19 ran the fastest 10,000-meter time in the world in 1991, blazed the first five miles of the Northern Telecom Cherry Blossom course on April 5, 1992 at well-under world record pace for 10 miles before being slowed by 25-30 mph headwinds. he won the race over teammate William Koech in 47:06. Koech placed seventh in the 10,000-meter at Barcelona.

Chelimo finished behind Moroccan Khalid Skah in Spain, but initially was awarded the gold medal after protest stripped Skah of the Olympic title. Skah was accused of working with Moroccan teammate hammou Boutayeb to box in Chelimo near the end of the race. Skah appealed the decision which was reversed.

For 37-year-old Moller, winner of the 1984 Boston Marathon and fifth in the 1984 Olympic Marathon, the third place was the penultimate moment of a long comeback trail that included her stop at this year's Northern Telecom Cherry Blossom.

Chelimo and Moller join Portugal's **Rosa Mota** ('88 gold medalist, '84 bronze medalist in the marathon, 1st in the '84 Northern Telecom Cherry Blossom in 54:16 and 1st in the '86 Northern Telecom Cherry Blossom in 53:09) and **Lisa Martin Ondieki**, ('88 silver medalist in the marathon, and 1st in the '87 Northern Telecom Cherry Blossom in 52:23) as Olympic medalists who have competed in the 20-year-old Northern Telecom Cherry Blossom.

Northern Telecom, the title sponsor, is a leading global telecommunications research and manufacturing firm. The company employs 57,000 people throughout the world and has corporate offices in McLean, VA.

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, Georgetwon 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 Spinner at (703) 739-7004.

UP COMING RACE INFORMATION

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 Nolfi, (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. (703) 241-0395.

11 October (Sun) Army Ten Miler, The Pentagon. (703) 614-1551

11 October (Sun) Columbus Chase 10K, Columbia, MD, (301) 992-5800

18 October (Sun) Athletic Express 10K, (301) 258-0661

18 October (Sun) Richmond Marathon, Noon, Richmond, Richmond Newspapers Marathon, P.O. Box 85333, Richmond, VA 23293-0001

25 October (Sun) Marine Corps Marathon, Arlington, VA P.O. Box 188, Quantico, VA 22134, (703) 640-2225

31 October (Sat) Cemetery 8K, Druid Hill Park, Baltimore (410) 882-6103

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 _____

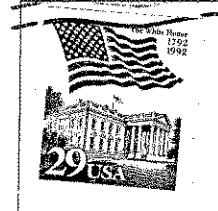
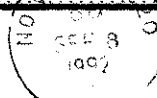
Name _____ Date of Birth _____

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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