

Washington Running Club Newsletter

Volume 11, Number 10

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October 1992

OCTOBER MEETING AT KRUGER'S PLEASURE PALACE

The WRC monthly meeting will be held at Tris Kruger's house in Potomac on FRIDAY, OCTOBER 9th at 8:00 p.m. Prez Kruger lives at 9641 Accord Drive, in Potomac. Take the River Road exit from the Beltway and head toward Potomac. Accord Drive is on the left just after the Potomac Garden Center and just before you get into Potomac Village. The house is on the corner of Accord Drive and River Road.

1:58:36; Andy Smythe (WRC), 2:03:12; Ted Poulos, 2:06:45; Ed Doheny (WRC), 2:06:47; Bernie Gallagher, 2:10:19 (1st 50+); Tris Kruger (WRC), 2:14:12; Phil Stewart (WRC), 2:16:52; Bob Trost (WRC), 2:18:38; J. J. Wind (WRC), 2:35:00; James Scarborough (WRC), 2:39:43; John Betts (WRC), 2:42:30.

Women: 1. Rose Malloy, 2:10:43; 2. Amy Durham (WRC), 2:14:54; 3. Susan Caine, 2:21:13; 4. Pat Walker (WRC), 2:25:35; 5. Nina Trocky, 2:28:40.

DCRRC ALEXANDRIA 20-MILER HAS NEW C.R.—THANKS TO OUR JIM

A little humidity didn't bother Jim Hage when he lined up for the DCRRC 20-Miler in Old Town Alexandria at 8:00 a.m. on Sunday, Sept. 27th. Hage quickly took the lead, and by the 12-mile mark was 1 minute and 3 seconds ahead of the field. Not content with that he pushed himself all the way back to Old Town and nailed down a new course record of 1:48:23 (old record 1:49:14), finishing nearly 5 minutes ahead of the runner up Rick Banning.

A strong masters field saw the top three masters breaking 1:58:00, with 41-year-old Michael McHale leading them in in 1:56:51. Bernie Gallagher, apparently fully recovered from his 1:17:50 finish at the Phila. ½-Marathon, topped the 50-year-olds with a 2:10:19 finish.

The women's field was dominated from the start by Annapolis master's standout Rose Malloy. Malloy's 2:10:43 was comfortably ahead of the second place finisher, WRC's Amy Durham, who broke the tape in 2:14:54. Pat Walker's 4th place finish in 2:25:35 rounded out WRC's contribution to the top five women. Last year's winner, WRC's Sonny Clarke, had a bad day and decided to bag the whole thing and save her racing for another day.

In the 5-mile race David Todd took the top spot with a 27:56 showing, and WRC's Chris Stockdale took the women's and masters crowns in 34:29.

As of press time for the Newsletter, the team awards for the 20-miler had not been worked out.

Partial Results—Men: 1. Jim Hage (WRC), 1:48:23 (c.r.); 2. Rick Banning, 1:53:14; 3. Peter Yacobucci, 1:55:19; 4. Dominique DaLuz, 1:56:20; 5. Michael McHale, 1:56:51 (1st master); Perry Lynn, 1:57:23; Ben Beach, 1:57:31; 9. Tom McCarthy (WRC),

PHILADELPHIA ½-MARATHON ATTRACTS STAR-STUDED FIELD FOR 15TH TIME

by George Banker

The race organizers managed to lure 66 runners who have completed all fourteen of the previous of the Philadelphia Distance Runs to compete number fifteen on Sunday, September 20, 1992. "America's Premier Half-Marathon" attracts an international field, and two world best times have been registered in the event—masters men by John Campbell in 1990 with a 1:02:28, and the wheelchair men's mark of 46:18 by John Knaub. What was going to happen in 1992? Prerace conditions were 60° with 62% humidity, and the wind at 9 mph under sunny skies.

The women's field included last year's winner Kim Jones, together with Elaine Van Blunk, and Scolastica Ndigirigi a 16-year-old newcomer from Kenya. The men's field included 1988 winner Steve Jones, and Noel Richardson who finished in 2nd place last year. Two unknown factors were South African runners Eric Mhlongo and James Moli, both of whom had to overcome the effects of the grueling 20-hour flight they took to get to the race.

The 7,000 plus field set out from 17th and Market streets, with South Africa's Mhlongo in the lead with a 4:38 first mile. At the 2-mile mark the pack also included Richardson, Jones and Sean Wade of New Zealand, with the clock showing 9:28 (4:50 split). The 3rd mile was another 4:50, with Jones and Mhlongo in front but with eight or nine others within striking distance. For the next 6 miles no one

Articles, results, and items of interest to the Newsletter, should be mailed to Dick Brannan, 7959 Hidden Bridge Dr. Fairfax, VA 22153

would make a break from the pack until Richardson made his move, with no response from the others, at mile 9 and went in for the win in 1:03:13. The pack began the battle for 2nd place with 400 meters to go, with Morocco's Khalid Kairouani narrowly taking it in 1:03:27, with Simon Peter of Tanzania in 3rd in 1:03:29.

In the women's race it was seasoned professional Wilma Van Onna of the Netherlands against novice Ndigirigi. Ndigirigi was passed by Van Onna at the 4.5 mile mark then by Van Blunk and Kathlene Bowman. In the end Ndigirigi had to settle for 4th place in 1:12:14, but at 16 she has many more years of racing ahead of her. Van Onna took the win in 1:10:59, followed by Van Blunk in 1:11:29, and Bowman in 1:12:10. The women's masters title was taken by Priscilla Welch in 1:18:05.

Laura DeWald was the top woman from WRC with an outstanding 6th place 1:14:10 finish (1st 35-39). And Pat Walker, operating on a tender ankle, took 43rd with 1:25:32.

Among the men, Andy Smythe took 93rd in 1:12:36, Ed Doheny was 6th in the 45-49 age group in 1:17:47, and Bernie Gallagher topped the 50+ field in 1:17:50.

Men: 1. Noel Richardson, 1:03:13; 2. Khalid Kairouani, 1:03:27; 3. Simon Peter, 1:03:28; 4. Risto Ulamla, 1:03:29; 5. Joseph Nzau, 1:03:30 (1st master); 6. Pierre Levisse, 1:03:31; 7. Jose Molina, 1:03:32; 8. Steve Jones, 1:03:35; 9. Sean Wade, 1:03:50; 10. Eric Mhlongo, 1:04:20; 68. Kevin Shilling, 1:11:26; 89. Andy Smythe (WRC), 1:12:36; Ridge Kelley, 1:15:01; Bernard Shaw, 1:16:27; Ted Poulos, 1:17:20; Ed Doheny (WRC), 1:17:47; Bernie Gallagher, 1:17:50; Tris Kruger (WRC), 1:23:00.

Women: 1. Wilma Van Onna, 1:10:59; 2. Elaine Van Blink, 1:11:29; 3. Kathlene Bowman, 1:12:10; 4. Sco-

lastica Ndigirigi, 1:12:14; 5. Kim Jones, 1:13:16; 6. Laura DeWald (WRC), 1:14:00; 13. Priscilla Welch, 1:18:05 (1st master); Pat Walker (WRC), 1:25:32; Marny Gilluly, 1:26:03; Maureen O'Connell, 1:26:10; Jeanne Grillo, 1:28:40; Laura Scofea, 1:29:53; Nita Rizzo, 2:15:35.

A MAJOR POLICY STATEMENT FROM YOUR BELOVED PRESIDENT

Dear Editor,

I had the pleasure the other day of successfully corrupting one of our better runners. Whenever I teach a new vice to a person it is cause for celebration. Formerly, I delighted in teaching girl friends the fine art of cigar smoking, but I have given up trying to teach fine arts to any of the WRC group. And I can't teach this group anything they didn't know about booze. So, recently on a trip to Philadelphia I was pleasantly surprised to teach a few vices to "old dog" Ed Doheny.

The morning of the race, instead of warming up with a morning run and stretching, I encouraged Ed to warm up by staying in bed longer and drinking coffee. Ed tried it, but worried later that his 6th place finish would be subject to a drug test for caffeine. After the race, the "old Ed" would have gone for a 3-mile cooldown run. But with my encouragement the "new Ed" jogged for 1 mile before hitting the popsicles and Pepsis offered at the finish line. The moral of this story is that it is never too late to become slothful, decadent and weak; learn a new vice a day, I always say.

Our recently unattached VP, Andy Smythe, hits a new pr every time he goes out for a run, as evidenced by his Philadelphia 1:12; and Jim Hage made winning look easy as he cruised to a 1:48 DCRRC 20-miler course record. Family man John Betts is gearing up for another Marine Corps Marathon and he raised his training to a new level as he trudged through to Mt. Vernon and back to Old Town. John is on a diet, and was seen asking if the pizza offered at the finish line was made with low-fat mozzarella cheese.

Pat Walker has been seen out of the house after 8:00 p.m., which causes us great concern, and Amy Durham was home by 8:00 p.m., another cause for concern.

Our Newsletter Editor has had a very serious accident while in Florida, where he is hospitalized—we wish him God's speed and a full recovery. Gerry Ives, just back on the 'red-eye' from San Francisco has graciously picked up where he left off and is putting out this report.

The Potomac 5K, with a subsequent brunch at a greasy spoon, is scheduled for October 31st, but the racing enthusiasts will be at the G'town 10K, the Army 10-Miler and Marine Corps Marathon before then. Johnny O'Donnell of Bisonland, recently tore through the Oregon Marathon in a blistering, knee-

Washington Running Club

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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: Chair: Suzy Coffey

Newsletter: Chair: Dick Brannan

Competition: Chairs: Jerry Merkel, Tom McCarthy

Social: Chairs: Pat Walker, Dick Brannan

bending 3:03 effort, and, while on a roll plans to run in all the events listed above, taking on all-comers. John was reported to have started near the back of the Portland race and literally ripped the shoes off most of the serious runners using his patented step-on-their-heels technique—I have reports that John was the 4th place finisher. He reportedly had an offer from Nike that gives him a free pair of shoes for every 10 pairs he rips off in a TAC-certified race.

Best wishes to Cathy Merkel on her new running companion—I understand she runs a mean 10K.

I've been cleaning leaves out of the stupid pool for a month now, and heating the water to 90° for one last gasp for the October 9th meeting at the winter palace. After that we'll have to meet at Lucy Ventura's new town-house which has 6¾ baths, an Olympic indoor pool, and sauna.

WHAT'S HAPPENING AROUND WRC AND THE REST OF THE WORLD

WRC Newsletter Editor **Dick Brannan** jumped out of a plane in Florida last week on a routine parachute jump—if there is such a thing. According to **Betty Sue O'Brien**, Brannan suffered serious leg and hip injuries when his parachute malfunctioned. Brannan reportedly said it wasn't the fall that hurt, it was the sudden stop when he hit the ground. We're all wishing a speedy recovery for Brannan, and hope he'll be back to edit the Newsletter soon—please!

Kathy Merkel established a new p.r. by becoming pregnant—it's a GIRL! Ms Merkel was tired of being the minority in the Merkel household with three boys and Jerry (okay, four boys). Only two more girls to go Kathy, and it'll be a fair fight.

WRC member and well-known Georgetown resident, **Johnny O'Donnell**, hit the west coast racing circuit by showing up at the Portland Marathon. O'Donnell, who was threatened with arrest in this race last year for relieving himself between two cars, ran a respectably sedate 3:03:00 and got out of town without being indicted.

Donna Moore seems to be trying to make up for the racing she missed while she was injured early in the year. In the Alexandria Women's Distance Festival 5K she clocked a 17:25, a 36:17 at a Virginia Beach 10K, a 16:53 at the Nike Capital Challenge 3-Miler, a 28:38 5-miler in York, Pa., and a 36:21 Fairlakes 10K.

CELLEY AND SCHULTZE TAKE HONORS AT 12TH NIKE CAPITAL CHALLENGE

Calling a time out from monitoring the serious issues debate between Vice President Dan Quayle and Murphy Brown, official Washington gathered in East Potomac Park on Thursday morning, September 17th, for the twelfth running of the Nike Capital Challenge 3-miler.

Over 600 runners and 140 teams took part. The race determines "who is the fittest of them all"—the Legislative Branch, the Executive Branch, the Judicial Branch, or the media that covers them. All entry fees plus an additional \$2,500 are donated to the D.C. Special Olympics by the event's sponsor Nike. Nike also pays all race expenses.

Joining in the fun was the official "whistle blower" and starter Pattisue Plumer, who jumped in at the back of the pack after getting the field underway. Among the entrants were over 40 members of Congress, and twelve Federal judges—not the usual crowd you see on the starting line.

Overall winner for the 8th (or maybe 9th) time was Scott Celley in 14:43, followed by Greg Kaplan in 15:00. Top woman was WRC's (and the IRS's) Carol Schultze in an outstanding 16:37, with fellow WRC/IRSer Donna Moore 2nd in 16:53 (30th overall). Top Senator for the 10th time was Montana's Max Baucus (20:18), followed by Congressional Medal of Honor winner and former presidential candidate Senator Bob Kerrey. Kerrey ran a 22:09, not bad for a man who had his right leg amputated after being wounded in combat in Viet Nam.

Other WRCers in the field were Gerry Ives (17:05), Pete Nye (17:10), and Suzy Coffey (20:44).

And who was the fittest of them all?—"Full of Crop," the aptly named USDA team.

BARGAINS FOR WRC MEMBERS AT LOCAL RETAIL GOODS STORES

Capital Sports, 235 Pennsylvania Ave., S.E., Washington, D.C. (546-1212). Discount of 10% for Club members.

The Running Store (formerly Fairfax Running Center), 211 The Strand in Old Towne, off Union St. (Tel. 549-7688). Discount of 10% on running and biking clothing and accessories. Bring Newsletter for discount.

College Park Bicycle, 4360 Knox Rd., College Park (864-2211). Discount of 5-15% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

Decorative Rugs & Carpets, 3230 Duke St., Alexandria (751-4110). Discount of 10% or more on floor coverings. Store is run by WRCers 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, The Running Store, 211 The Strand, 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 (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 8-8½ 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 h] (301) 739-7004.

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 Family Membership

Name _____ Date of Birth _____

Address _____

Phone h] _____ w] _____ Is This a Renewal Membership? (yes) _____ (no) _____

It would be helpful if you could fill out the information below to enable us to put together teams.

Best Times in Previous 12 Months

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PRs

10K _____ 10 Miles _____ Marathon _____ Other _____

FAMILY MEMBERS

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Make check payable to WASHINGTON RUNNING CLUB and send to:
Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Gerry Ives at 320-3337