

Washington Running Club ★ Newsletter

Volume 11, Number 12

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December 1992

NO MEETING IN DECEMBER

There will be no meeting in DECEMBER. The next meeting will be in JANUARY, and probably will be held in Virginia. The January meeting will feature nominations for the Club officers for 1993. Further details will be in the January Newsletter.

RAIN FAILS TO DAMPEN SPIRITS AT THE ALEXANDRIA TURKEY TROT

by James Scarborough

For the 17th time (less the one snow-out in 1989), DCRRC and the Potomac West Trade Association combined to engineer the famous five-mile Turkey Trot through the streets of Alexandria. Despite comfortable temperatures approaching 60, the weather did not look auspicious during the hectic hour and a half of registration leading up to the 10 a.m. start. A drizzle early in the morning turned into a steady rain by 9:30 a.m., and many of the registrants huddled inside Cora Kelly School to keep dry. The rain and gray skies may have kept the field down. Over 800 finished this year, but there were over 1,000 last year. By 10 a.m., however, when Councilwoman Del Pepper and Mayor Pat Ticer motioned for the start, behind police and radio support, the rain had begun to taper off again.

Brad Uhlfelder of Owings Mills, Md., led the pack almost throughout, being more than 100 yards ahead of Alexandrian Ric Banning entering the final mile. The DCRRC was prepared to award an extra \$25 for course records, but Brad missed by 38 seconds, finishing in 24:41, but still a full minute ahead of Banning's 25:44. Banning was followed by Ron Kulik in third place in 25:54, and fellow Alexandrians James Knight, James Harkless, and Perry Linn.

Linn was the first master in 26:15. Brent Dragisich, 19, of Weirton, West Virginia, repeated his 13-19 age group win of last year with an 11th place 27:31. Washington Running Club's Gerry Ives won the 50-59 age group, with 29:14 (25th overall). Jack McMahon was the top 60-69 with 33:48. And Charles Futrell won the (unofficial) 70 and over title. Charles is from Brevard, N.C., and does triathlons.

Among the women, Lori Taylor of Blacksburg, Va., likewise missed a course record by a half minute, but sprinted to hold off Gretchen Triantos of Rock-

ville, 29:13 to 29:18. Susanne Stech of Alexandria finished third in 29:45 and won the 20-29 age group. Jackie Conaugh (17), another Alexandrian, won the 13-19 age group in 31:15 (8th woman). Right behind her was Claudia Ciavarella (43), of Alexandria, the top master, in 31:32. Chris Stockdale (48) was second master in 32:32.

The race would not have been possible without the hard work of the Potomac West Trade Association (Yvonne Croft, Ron Halbert, and Jim Jacopic, among others), the Alexandria Police Dept., REACT radio team the Alexandria Fire Department, Cora Kelly School, and numerous club and other volunteers. These included: John Davenport (finish line); Sharon Good (results); Dick Rhoads (course markings); and race volunteers Al Naylor, Bill Brogan, Tris Kruger, Tim Hargrove, Linda Reid, Dee Hester, Joe and Susan Anderson, Cathy Donaghy, Gary Smith, Kevin Mayhugh, Ron Steele, George Getek, Pete Lafley, Steve Thompson, Dick and Martha Sargent, Don and Rosemaery Avery, Robert Johnston, Dan Gardner, John Neely, Jim Feaster, Rolland Elliott, Pat Finn, Larry Monaco, Pete McClellan, David Shenkenberg, and Tom Protz.

ALIVE, Inc., collected more than a truckload of canned food from the runners, which goes to a worthy cause.

Men: 1. Brad Uhlfelder, 24:41; 2. Ric Banning, 25:44; 3. Ronald Kulik, 25:54; 4. James Knight, 25:56; 5. James Harkless, 26:10; 6. Perry Linn, 25:15; 7. Marcus Mason, 26:46; 8. Jeff Sanborn, 27:00; 9. Heinz Weigand, 27:22; 10. Bill Ledder, 27:28; 11. Brent Dragisich, 27:31; 12. Tim Martin, 27:44; 13. Yousif Omar, 27:45; 14. David Keating, 27:47; 15. Richard Sarbo, 27:51; 23. J. J. Wind (WRC), 28:58; 25. Gerry Ives (WRC), 29:14.

Women: 1. Lori Taylor, 29:13; 2. Gretchen Triantos, 29:18; 3. Susanne Stech, 29:45; 4. Suzanne Scoggin, 30:25; 5. Janet Healy, 30:36; 6. Patricia Curtis, 30:47; 7. Joyce Adams, 31:10; 8. Jackie Conaugh, 31:15; 9. Claudia Ciavarella, 31:32; 10. Joyce Gearhart, 32:16; 11. Chris Stockdale (WRC), 32:32; 12. Jeanne Grillo, 32:42.

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

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

WRC's women's team, consisting of **Amy Durham**, **Senoria Clarke**, **Pat Walker**, and **Betty Blank**, won the Open Women's division at the Marine Corps Marathon. The master's team (**Ed Doheny**, **Tris Kruger**, **Bob Trost**, **J. J. Wind**, and **John Betts**) took third place in their division. Congratulations for a great effort, and thanks to John Betts for organizing the teams.

WRCers made a strong showing at the DCRR/NIH 10-Miler on Sunday, November 8, 1992. **Berni Flynn** and **Chris Stockdale** went 1-2 in the women's race with a 67:58 and 69:45 respectively. In the men's race, **Mike Regan** continued on his comeback with a strong 54:20 2nd place finish, just 8 seconds behind winner **Ric Banning**. Regan thought he had the race won at the 6-mile mark, but Banning went by him and held on for the win.

At the Baltimore Road Runners Club North Central Trail Marathon, held in Sparks, Md., on November 28, WRC was well represented by **Roger Howell** and **Kevin Kolakowski**. Howell's 2:42:49 netted him 3rd place, and Kolakowski ran a Boston-qualifying 2:51:17 in his 14th place finish. **George Banker** ran 3:29 and went home to make his reservations to go to Houston in February—he's determined to make his Boston qualifying time. Kolakowski took an entourage, consisting of **Ed Doheny**, **Tris Kruger**, and **Pat Walker**, to Sparks to give him moral(?) support. Kruger ran the final 12 miles of the marathon with Kolakowski and, according to witnesses set a 10-mile p.r.

The mother of WRC member **Lorenzo Thomas** passed away in November. Mrs. Thomas often accompanied her son to races and track meets. I'm

sure the thoughts of everyone in WRC are with the Thomas family in this time of sorrow.

Marathon man **Jim Hage** was an invited runner at the Taiwan Marathon in late October. Hage was disappointed with his 2:22:00 time (14th), but said he felt he still hadn't recovered from his Columbus Marathon p.r., and the heat was a factor. The field had 40 invited runners, representing 26 countries. Hage came out of the race in good shape, and is heading for Puerto Rico for a December 13th marathon.

Dick Brannan is at home recovering from his parachute accident. There is a possibility that he may have to have an operation on his back and a hip replacement, but Dick says he's making progress—he's down to one crutch now! He's planning to try to get down to the Hangover Classic on New Year's Day and go over the course just using a walking stick. Go for it Dick!

Jeanette Parke has been named Race Director of the Year by Road Race Management. Parke, who recently stepped down as the Gasparilla Distance Classic Director, received her award in front of about 200 sports officials at the annual Road Race Management Race Director's Meeting and Trade Show in Washington, D.C., on November 14th. **Phil Stewart** described her as follows: "She lived and breathed her event with an enthusiasm which spread far and wide through her Florida community, around the nation and the world, as her race enjoyed the status as one of the premier events in all of road racing.

Who is the oldest member of the Connecticut College cross country team? None other than WRCer **Bob Stack!** Bob returned to college this Fall, got on the cross-country team, and at thirty-five is about 15 years older than any of the other team members. With a 10K p.r. of 31:20 and a marathon p.r. of 2:24:36 he can more than hold his own with most of the youngsters.

Track & Field News had the U.S. marathon rankings in a recent issue. Ranked number ten was **Jim Hage**, and his club affiliation was Washington Running Club. Congratulations Jim, you deserve it!

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

FIELD WINS TENLEYTOWN 10K; FEW NEGATIVE SPLITS REGISTERED

The Tenleytown 10K is not for the faint of heart, with the final miles of the race uphill you can expect to run well over your normal 10K time. Sunday, November 8, 1992, was a crisp, cool day—with many of the runners opting for tights to keep their legs warm. Just the day to stretch out the muscles tightened by the Marine Corps Marathon two weeks before.

New WRC member, Scott Field, is no stranger to this race but he admitted he went out too fast and paid the price. Hitting the 5-mile mark in 25:00 he slowed dramatically in the final 1.2 mile climb. Luckily, everyone else slowed too and he won in

32:54, just one second over his time last year. Lucius Anderson turned in a strong performance to finish 7th in 34:54.

The women's race was really a two-woman race, between two of the Washington area's top performers in 1992, WRC's Carol Schultze and the Annapolis Striders' Rose Malloy. Schultze led the women's field for the first 5 miles, but had to settle for 2nd when Malloy edged her out 37:45 to 38:14 with a strong surge at the long uphill. Malloy seemed totally recovered from her 6th place finish at the Marine Corps Marathon.

Men: 1. Scott Field (WRC), 32:54; 2. Jesse Smith, 33:00; 3. Dave Lopez, 33:22; 4. Joe Schwartz, 33:36; 5. Kevin Shilling, 34:14; 6. Dana Ziegler, 34:47; 7. Lucius Anderson (WRC), 34:54; 8. Bill Aldrich, 35:41; 9. David O'Connell, 35:42; 10. Gregory Brandt, 35:43.

Women: 1. Rose Malloy, 37:45; 2. Carol Schultze (WRC), 38:14; 3. Axa Perwich, 40:23; 4. Betsy Heidenberger, 41:01; 5. Catherine Gallagher, 42:10; 6. Ann Conlilin, 42:36; 7. Monana Hadad, 42:37; 8. Pam Foley, 43:01; 9. Maryalice Curtiss, 43:04; 10. Mary Jo Krolewski, 43:09.

THE PRESIDENT'S COLUMN

Dear Editor:

At this time of the year, after the Fall races that everybody keys in for; after all those miles put in gearing up for the one BIG race that you want to do really well in; putting the nagging injuries aside and "running through" them; anyone still ambulatory at this point after the the "Spring Season," then all those mile in the Summer, then the finale of the "Fall Season," gets my highest accolades.

Ed Doheny told me he's not sure what accolades are, but that since they were being given by me he couldn't care less. Gerry Ives, however, is aware of what accolades are because he received additional ones at the Alexandria Turkey Trot 5-Miler—winning his age group, getting a check for \$50, and setting a p.r. of 29:14. Our Treasurer, Jerry Merkel, paced one sister-in-law, Patty to a top-ten finish, and I got a big hug and a kiss from another sister-in-law, and the third sister, Kathy, is pacing herself through LaMaze (sp) training. Chris Stockdale ran a strong 32:32 to place 11th woman overall, and J. J. Wind sprinted for the finish to register a 28:58.

Past President Kevin Kolakowski, despite distractions from Doheny, and an occasional elbow from the current president, ran a p.r. 2:51:17 at the Sparks, Md., marathon—which qualifies him for 'Beantown' in the Spring. Actually, he was fearful of leaving wife-to-be Pat Walker alone in Boston with Ed, after what happened in Philadelphia in September.

Media recorder, and race director *extraordinaire*, George Banker also ran a good race in Sparks, as did Roger Howell who ran 2:42 or 2:32, I'm not sure, which makes me a lousy media recorder.

My thanks to Colonel John Betts, who engineered our 3rd place masters team finish at the Marine Corps Marathon. Ed Doheny, me and Bob Trost were the team, while the captain was the colonel. If Bob had not used the Columbus Marathon as a training run 2 weeks earlier, we might have done better. I ran as fast as my knees would go and I went on NO training runs prior to the race.

Jack Coffey ran with us once this Fall, and we hope to see Jack again in the Spring. Donna Moore, for the third straight year, came in second in the Puerto Rico ½-Marathon—Congratulations!

Due to the busy Holiday schedules (actually *my* schedule is wide open, but other people have told me *they* have plans) we will NOT have a December meeting. Both Jay Wind and James Scarborough have graciously offered to host the meeting, but there being a paucity of business and the fact that no one in this club has any redeeming social graces, we might as well blow off December and meet January 8th, probably somewhere in Virginia, maybe at the home of our venerable, and by that time married, former president Kolakowski and 1st lady, Pat Walker Kolakowski—if they're still married by then, it being only a month-old marriage. At this meeting nominations for officers will be taken. There have been several suggestions that the president resign and let other more capable people take over, in fact there was at least one attempted coup to depose me, but I couldn't get anyone interested. Therefore, anyone who complains and/or is missing from the January meeting is likely to be nominated for officer duty. Elections will be held in February.

Dick Brannan is recuperating at home now. Our special thanks to Gerry Ives for continuing to edit the Newsletter. This is a time-consuming job that requires hours of sifting through bullshit like this president's letter, and then editing it enough to make it readable and non-libelous. I'm sure Gerry will welcome the return of the able hands (forget the legs) of Dick.

See you in January,

Tris

CONFIDENTIAL REPORT FROM OUR MAN INSIDE CHINA

by Alan Roth

(Alan Roth recently visited China and has allowed us to reproduce his top secret findings. These pages are printed on edible rice paper, and we'd appreciate it if you'd eat them after you've finished reading—we'd don't want this information to get into the wrong hands).

Newsletter readers may remember last Fall's report on the investigation responding to the claim of our Club President, Dr. Tristram C. Kruger, that he was being interfered with in races. The claim appeared reasonable when you consider the incredible

inate talent Tris has, clearly he should have been dominating all of the local races—and he definitely wasn't.

At this year's Club picnic, Tris and I discussed possible motives behind this. Simple jealousy of Tris' incomparable genetic resources would not account for the viciousness and persistence of the perpetrators. It was the men's Olympic Marathon that finally made everything clear. With the exception of one German runner, the Asians totally (and unexpectedly) dominated the race. What happened to the favored Africans? They were nowhere to be seen. Other Europeans and the Americans? Also rans! How could this happen? Yes, an Asian conspiracy!

You can imagine what would have happened had Tris been given the opportunity to qualify for, and run in, the U.S. Olympic Marathon Trials. The Barcelona results certainly would have been different. We all knew of Tris' potential, and so did they!!

I quickly packed my bags and took off over the Pacific heading for the Orient. It was only in Beijing that the investigation started to pay off. A political officer at the U.S. embassy (John Maher) who just happens to be a Beijing Hash House Harrier, informed me that there was a hash scheduled for Monday, August 24th, at 6:30 p.m. at the Sino-Japanese youth Exchange Center. This center, with its large Olympic-standard sports training facility, is located along the northern outskirts of the city. Joining the hash gave me excellent cover.

About 35 runners congregated inside the Center's front gate. There were quite a few Asians, and many languages were being spoken. Although I could understand little, at one point I heard "marathon" mentioned, and then "Kruger," then I saw smiles and heads nodding in approval.

The hash took us out of the gates and in a and around some nearby villages. I was unable to learn anything on the run, being frequently interrupted by hash bugle calls and runners yelling "on, on" and "checking."

After the run, we all went for beer and dinner at a nearby Mongolian yurt. The yurt was very small and we had to squeeze in. We feasted with a Mongolian hot pot and many cases of Chinese beer. It was a very raucous group and quite comfortably squeezed together, despite the hot pot on a hot night in a hot yurt. Perhaps the best analogy would be a WRC meeting in Tris' hot tub.

After enjoying myself for quite a while, I remembered why I was there. John Maher was not very far from me—neither was anyone else, given the size of the yurt—and I leaned over to him and asked loudly enough to be heard over the din, "Does the name Tris Kruger mean anything to you?" Immediately everyone stopped talking (or singing or otherwise carousing), and total silence prevailed. All eyes turned towards me with stone cold looks. From being one of the crew (I had been initiated by a

special beer drinking ceremony), I was suddenly a pariah.

I looked for an escape route. There was none. Maher signaled me to be calm. Silently the others started to leave. I could hear them whispering outside as they moved away from the yurt. Maher led me outside, pulled a flashlight from his pocket, and signaled into the darkness. A car appeared, we quickly got in and John gave the driver instructions.

As we drove off, John said, "We can talk freely now. You should have told me earlier what your mission was. What you did was foolish and dangerous, and put our investigation in jeopardy."

Maher continued: "Kruger, whose code name is 'Big Strider,' was one of a group of Americans, Europeans, and Africans who were eliminated as Olympic threats by an Asian conspiracy. Our agents in Tokyo and Seoul have identified a number of the field agents, but have yet to track down the kingpins." Maher said that the agents were intensively trained Hashers, who had been coerced and blackmailed into doing this dirty work.

"It comes as no surprise that Dr. Kruger was a victim, given his incredible talent," said Maher.

Maher dropped me off at my hotel, and strongly advised me to leave the investigation to professionals. However, I am determined to hand-carry this report to Seoul and mail it from there—it would never get past the Chinese political censors. I know I am taking great personal risks, but only by exposing this plot can we make sure that Kruger will get what's coming to him in the 1996 Olympics.

We WRC members must dedicate ourselves to combat the evildoers and protect our Club President, and make sure we expose to the world what his talent really is.

MONTHLY WRC MEETING HELD FRIDAY, NOVEMBER 13, 1992

The November WRC meeting was held at Tris Kruger's house in Potomac on Friday the 13th (Freddy Kruger/Jason day) at 8 p.m. Present were President Kruger, Acting Newsletter Editor Ives, V.P. Smythe, Secretary Scarborough, Kevin Kolakowski, Pat Walker (soon to be Kolakowski), Diane, corporate memory Norm Brand, and Alan Roth.

1. Norm Brand had TAC cards for 1993 membership. Cost is \$10 for an individual.
2. President Kruger reported that the Potomac 5K on Halloween Saturday netted a profit of \$417.
3. Treasurer Merkel has submitted an invoice to Colonial Running for payment for the volunteers we provided for the Georgetown 10K. He estimates we will get \$640. (*The money has now been received—Ed.*)
4. The proposal to stage a WRC race next year has resurfaced. Apparently, there was a discussion between George Banker, Roger Peet, Gerry Ives, and Kevin Kolakowski at the DCRRC race on 1 Novem-

ber at Riverside Park about staging the proposed race at Carderock. DCRRC board is reviewing whether to give us permission. However, the point of contention was whether we could "take over" the Carderock 10K that WRC has been providing staff for the past few years. DCRRC has reservations about giving up a race, and not all in WRC were in agreement with the proposal if that were the implication. Resolved that we should wait for DCRRC's decision, and any WRC race put on next year should not subtract said race from the DCRRC schedule. End result is we may be involved in two races next year at that location (with perhaps different race directors). Since I proposed it to DCRRC and WRC, I will undoubtedly direct.

5. Kudos were extended to Gerry Ives for his efforts as Acting Newsletter Editor in Dick Brannan's absence. Dick should be on NNMC Bethesda's disposition rolls (and off of their Occupied Bed Days and Inpatient counts) pretty soon.

6. Scarborough circulated around a PC software proposal from a salesman for "set your own pace." There was no interest.

7. Scarborough also circulated flyers for the Turkey Trot Five Miler to be held Thursday, 26 November in Alexandria.

8. Alan Roth explained how Alan Steinfeld relieved him of his microphone duties at the New York City Marathon, and screwed up the start of the race by handing the mike to Phil Grunwald (who was lacking in competence). Apparently, former WRC President and roving New York reporter Lisa Hamm got a responsible job at the finish line. Alan showed us a videotape of New York, including the International Breakfast Run, the pre-race announcing at the Fort, his twin brother Peter Roth, and the

famous stampede on the bridge which was marred by the aforementioned start fiasco. The Veep also had some war stories about doing his warm-up squats on the bridge.

There being no further new business worth discussing, the meeting was adjourned. *James Scarborough, Secretary.*

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 Spinnler at hj (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