

# Washington Running Club ★ Newsletter

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## JANUARY MEETING IN ARLINGTON: NOMINATIONS

The WRC monthly meeting in JANUARY will be held at Kevin and Pat Kolakowski's apartment on FRIDAY, JANUARY 8th at 8:00. Nomination of officers for 1993 will be held at this meeting. The Kolakowski's live at 2100 Lee Highway, Apartment 523, in Arlington. The telephone code at the front door is 262, which is also the length of a marathon to all you folks who have a hard time remembering numbers.

## GREENBELT 20-MILER WON BY BEACH; WRC'S CLARKE TAKES WOMEN'S CROWN

*by George Banker*

The D.C. Road Runners Club hosted the 15th Annual Greenbelt 10-Miler (for those who ate too much during the holidays), and the 29th Annual 20-Miler (for those who ate and spent too much) on Saturday, December 26th, 1992 (Boxing Day for all you Brits!), at Braden Field in Greenbelt, Md.

The dual event is for the uninformed or compulsive runner (those in-the-know stay home, sleeping and snacking by the fire). The course is an out-and-back loop of ten miles, with a mile-long uphill at mile eight (and mile eighteen for the 20-miler), and several other rolling hills in between. Observers could witness a sharp deterioration in form after the 20-miler participants had completed the first loop—somewhat like the Bataan death march. This is why the course is rated IV—survival—on the DCRRRC rating system.

The temperature was between 30-35° with sunny skies, but there was a 3-mile stretch of the course where the runners were battling 25 mph headwinds—just to make sure everyone got their money's worth.

The two events started simultaneously, with training partners Jim Hage (last year's 10-mile winner) and Scott Douglas taking the lead. The two ran smoothly, side-by-side with no one in position to challenge them—almost like a training run. Douglas cruised in for the 10-mile win in 57:54, with Hage one second behind in 57:55. In third place was Steve Smith in 59:57, followed by the first master Bob Oberti in 1:01:31. The men's course record in this event, 50:46, was set back in 1974 by Tom Childers, and the women's mark of 59:50 was set in 1984 by

Judy Vivian. Neither of these marks were going to be threatened today.

The first woman in the 10-miler was Marny Gilluly (although she was behind 20-mile participant Senoria Clarke). Gilluly won the 10-miler and set a new women's masters record of 1:08:58 (old record was 1:09:30—Judy Bugyi—1991). In second place was another master, WRC's Chris Stockdale, in 1:09:40, followed by Denise Knickman in 1:09:55.

The 20-mile event required the determination and will-power to cross the 10-mile finish line, and then go out and run the course again. One person who never seems to lack that determination is Ben 'Greenbelt' Beach, three-time winner (1987, 1989, 1991) and the defending champion.

Beach had a commanding lead at the 10-mile mark, and was never challenged as he went in for the win, and first masters place, in 1:59:28. Chris Nugent took second in 2:04:05 in a close battle with masters runner Perry Linn, who took third in the same time. Third master, and sixth overall, was Jim Reamer in a time of 2:13:22. First 50+, and seventh overall, was WRC's Gerry Ives in 2:13:57, and the top 60-year-old was Roy Elder in 3:17:17.

In the women's 20-miler WRC's Senoria 'Sunny' Clarke was the dominant runner. Clarke passed the 10-mile mark in 65:15—she would have been first woman in the 10-miler—and ran a very strong second half, finishing with a 6:15 final mile. Her 2:13:58 time put her in 8th place overall, and more than 21 minutes ahead of second place finisher Susan Kinnecome (2:35:42). Debra Kocay took third place in 2:42:03. First woman master, for the second year in a row, was Anne McHenry in 2:44:04, with Valerie Ellsworth second in 2:35:35.

Some of the course records for the 20-miler seem to be set in stone. The men's record, set in 1978 by Coty Pickney, is 1:46:46, and the men's masters mark of 1:51:28, was set in 1982 by Bob Fisher. The women's record of 2:00:39 was set by Laura DeWald in 1982, and at the time was the U.S. women's record for the distance. The women's masters record of 2:30:49 is of more recent vintage, set in 1988 by Mary Ann Zuckerman.

Finally, the real champions in this race were the volunteers, led by Larry Noel, who gave up their

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

warm firesides just so a few runners could have fun. The partnership that Larry Noel has forged with the town of Greenbelt has been the framework for the success this event has enjoyed year after year.

### 10-Miler

**Men:** 1. Scott Douglas, 57:53; 2. Jim Hage (WRC), 57:54; 3. Steve Smith, 59:57; 4. Bob Oberti, 61:31; 5. Steven Bettis, 61:40; 12. Bobby Bauer (WRC), 67:13; 15. Tris Kruger (WRC), 69:29; 32. Bill March (WRC), 75:31; 37. Tom Kurihara, 79:03.

**Women:** 1. Marny Gilluly, 68:58; 2. Chris Stockdale (WRC), 69:40; 3. Denise Knickman, 69:55; 4. Edie Tress 71:47; 5. Judy Flannery, 77:16.

### 20-Miler

**Men:** 1. Ben Beach, 1:59:28; 2. Chris Nugent, 2:04:05; 3. Perry Linn, 2:04:05; 4. Christopher Fleming, 2:04:17; 5. Nigel Charman, 2:12:28; 6. Jim Reamer, 2:13:22; 7. Gerry Ives (WRC), 2:13:57; 8. Enrique Rodriguez, 2:20:04; 9. Scott Larcher, 2:20:32; 10. Bernie Gallagher, 2:23:25; 22. Rick Bockman, 2:39:37; 27. George Banker, 2:45:18; 36. Ed Demoney, 3:15:42.

**Women:** 1. Senoria Clarke (WRC), 2:13:58; 2. Susan Kinnecome, 2:35:42; 3. Debra Kocay, 2:42:03; 4. Anne McHenry, 2:44:04; 5. Valerie Ellsworth, 2:45:35.

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

**Jim Hage** ran the Puerto Rico Marathon on Sunday, December 13th. With the conditions not conducive to fast times—90° temperature and 80%+ humidity—Hage went out at a conservative (for

him!) 5:40 pace. His tactics paid off as he moved from 9th place at the half up to 3rd at mile 24. However, he faded back to 4th in the final mile—a \$1,000 fade—and ended up with a 2:29 (\$4,000), four minutes behind the winner.

The DCRRC 20K, held at Williamsburg Intermediate School in Arlington on November 21st, was won by WRC's **Mike Regan**. Regan toured the tough 2-loop course in 1:10:51, nearly five minutes ahead of runner-up **Dan Murphy**. Club Secretary **James Scarborough** made up the other half of the WRC contingent, finishing in 1:36:49. There were no women entrants in the race.

WRC membership renewals were mailed the week of December 14, along with a current membership list. If you have already paid your 1993 dues you should only receive the membership list. Please try to send the renewal back early, saving the Club the expense of mailing a reminder.

**Dick Brannan** made an appearance at the **Bob Trost/Betty Blank** annual Christmas party. Reports said he was fully mobile with the help of a walking stick, but unable to keep up with Ms Blank on the dance floor. On New Year's Day he fulfilled his promise to make an appearance at the Ed Barron Hangover Classic. Brannan made one loop of the course and promises to be back next year.

**Eric and Jill Hargis** left their familiar Atlanta, Georgia haunts and took on the Rocket City Marathon in Huntsville, Alabama. Eric came home with a 3:15:13 p.r., and wife **Jill** finished 11th woman overall in 3:04:00—which gave her \$250 in prize money. They reported that the the course was flat with lots of turns, and there were head winds in the second half.

WRCer **J. J. Wind**, along with fellow runners and Democratic Party volunteers **Bob Weiner** and **Bob Platt**, have formed a partnership to market 'Socks the Cat' merchandise—T-shirts, hats, sweatshirts, and jackets—featuring artwork depicting 'The First Cat'. A catalog of the merchandise can be obtained by writing to: Presidential Socks Partnership, 611 S. Ivy Street, Arlington, VA 22204. Ten percent of any Presidential Socks Partnership profits will be donated to Children's Defense Fund, The Humane Society of the U.S., and similar charities.

## 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 (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

## VICTORY BELLS JINGLE FOR WORONICK AND FEDON

*by George Banker*

The Ninth Annual Jingle Bells Run for Arthritis was held on Sunday, December 6, 1992. This year the combined number of registrants for the 10K and 3K reached 3,702. This race continues to attract both serious runners and those who are more interested in the costume contest. The temperature was in the low 40s, with light winds and a sunny sky—a great day for a race.

The activities started with the costume judging—there are some peculiar people out there, and a lot of them are runners. And the winner was: 'The Twelve Days of Christmas.' Then Nissan Motors Corporation presented a check for \$2,000 to the representatives of The Arthritis Foundation.

This year there was a course change, necessitated by the construction of the FDR Memorial in the middle of the old West Potomac Park course. Just what Washington needs: another monument! Even more galling is the fact that FDR specifically requested that no monument be erected to him. However, our elected officials couldn't pass up the chance to spend a few more million dollars of the taxpayers' money—hey, the deficit is so large no one will notice! The new course starts at 14th and Pennsylvania, and it has a couple of slight inclines (hills), and a few more turns than the old one.

In the men's race last year's leaders were not on hand to defend their titles, but in the women's race Louise Kelly was on the starting line.

Opening with a 4:55 mile, Ronald Kulik led the field of 2,700 runners. Jim Knight and Dave McCormack took over the lead in the second mile with a 4:57 split, followed by Eric Woronick three seconds back. After the three mile point, half way up the hill near the U.S. Capitol, Woronick and McCormack shifted gears. Knight and Kulik found themselves hanging on by a soon-to-be-cut thin thread.

McCormack took the lead at the five-mile mark, in an effort to see what Woronick had left. Woronick showed he had plenty, as he quickly regained the lead and went on to win in 31:46, with McCormack in second in 32:01.

In the women's race Leslie Fedon of Virginia Beach led the entire way, winning in a personal best time of 35:43. Last year's winner, Louise Kelly, bettered her time of last year, but had to settle for second place in 36:27. Maryland graduate, Jenny Van Horn, took third in 37:02, and WRC's Carole Schultz clocked 38:30 for fourth place.

The men's masters crown was taken by Chuck Moeser in 33:43, with 53-year-old Roger Robinson taking second place (and first 50+) in 34:50. Third master was Ridge Kelley in 35:19. Faye Bradley took second 50+ in 36:49.

The female masters were led home by WRC's Chris Stockdale in 40:27, almost a minute ahead of second place Elaine Unterman (41:18), with Beverly Pritts in third in 42:22. Stockdale has fully recovered from surgery on her leg early in 1992, and seems to get tougher with every race. Charlotte Edwards captured first in the 50+ age group with a strong 45:52.

**Men:** 1. Eric Woronick, 31:46; 2. Dave McCormack, 32:01; 3. Ronald Kulik, 32:27; 4. Jim Knight, 32:32; 5. Dave Lopez, 32:48; 6. Chuck Moeser, 33:43 (1st 40+); 14. Roger Robinson, 34:50 (1st 50+); 19. Ridge Kelley, 35:19; 24. Bob Oberti, 35:42; 28. Dennis Jett 36:20; 34. Faye Bradley, 36:49.

**Women:** 1. Leslie Fedon, 35:40; 2. Louise Kelly

(WRC), 36:27; 3. Jen Van Horn, 37:02; 4. Carole Schultze (WRC), 38:30; 5. Natalie Updegrove, 38:35; 11. Chris Stockdale (WRC), 40:27 (1st 40+); 13. Berni Flynn (WRC), 40:46.

## THOMPSON AND CLARKE IN DOUGH AT SNOWBALL #2—BREAD RUN 10K

*by George Banker & Gerry Ives*

The second event in the DCRRRC Snowball Series, the Bread Run 10K, was held on Sunday, December 13, 1992, at Glen Echo Park in Glen Echo, Maryland. A field of nearly 100 runners competed for the chance to win some real 'dough'—the prizes are loaves of home-made bread. The weather was favorable, with temperatures in the high 30s and a moderate breeze coming from the northwest.

The start and finish area in Glen Echo Park holds about 100 years of history. The land was first dedicated in 1891 as a National Chautauqua Assembly, a center where people could participate and attend lectures in the sciences, arts, languages, and literature. Later (1900-1962), an amusement park was operated on the site, complete with a hand-carved Dentzel carousel. In 1968 the park was closed, but through the efforts of the community it reopened in 1971 and is partially restored and operating as a cultural arts park. The carousel is operational and is a great destination for a summer outing with children.

The Bread Run participants have come to 'enjoy' a tough workout on a challenging course, which includes an easy run down the bikepath alongside MacArthur Boulevard, a descent down a steep dirt path on the Potomac Palisades, a return leg on the towpath next to the C&O canal, and a gut-wrenching ascent up 70+ railroad tie steps back to the MacArthur bike path.

The runners started as WRC's Mike Regan took the lead with a 4:58 first mile. Regan, who was looking for a fast workout, eased up and let Georgetown U. senior Chris Thompson, and Adam Trzeciak battle it out for first place—it takes more than a loaf of bread to get Regan to put a strain on his bionic feet. Thompson took the win in 32:50, with Trzeciak close on his heels in 32:57.

Third place was taken by 40-year-old Bill Lee, who set a new masters course record of 33:37 (the previous record of 34:34 was set by Ben Beach). Regan took 4th in 33:39, with Dominique DaLuz in 5th in 34:10.

Ben Beach took 6th place, and second masters spot, in 34:15, which was under his old course record. The third master, 12th overall, was Paul Quinn in 36:22.

The women's race was never in doubt, as WRC's Senoria Clarke blistered the first mile in 5:48 and left the competition behind. Her winning time of 38:07 also set a new course record. Second place was

captured by Monica Grillo in 39:30, with Kathleen Bechard in third in 39:41.

The first woman master was another WRCEr, Chris Stockdale, who also set a new women's masters record of 41:02 (prior record was 41:45 by Janice Stoodley in 1990). Finishing second master was Pamela West with a 46:45 finishing time.

Two of the oldest DCRRC members, Henry Heymann (72), and Al Gutttag (74), finished in 70:30 and 78:04 respectively.

The perennial Bread Run Race Directors, Bob and Delabian Thurston, with their hardy corps of volunteers, put on a first class race. As usual, the après race brunch of hot chocolate, home-made bread, and honey was served while Bob Thurston gave out the prizes to the age-group winners.

**Men:** 1. Chris Thompson (21) 32:50; 2. Adam Trzeciak (35) 32:57; 3. Bill Lee (40) 33:37 (1st 40+, c.r.); 4. Michael Regan (WRC), (28) 33:39; 5. Dominique DaLuz (32) 34:10; 6. Ben Beach (43) 34:15; 7. Jason Sparkowski (32) 34:30; 8. Joel Menges (34) 34:33; 9. Peter Yacobucci (23) 34:57; 10. Albert Reed (35) 35:13; 11. Ted Poulos (31) 36:02; 12. Paul Quinn (44) 33:22; 13. Jay Silvio (23) 36:37; 14. Robert Rodriguez (WRC), (37) 37:02; 15. Gerry Ives (53) (WRC), 37:53; 16. J.J. Wind (42) (WRC), 38:24; 17. Mark Drosky (32) 38:31; 18. John Haubert (50) 38:33; 19. Denis Colombant (50) 38:46; 20. Vincent McDonald (33) 39:09; 21. Bill Nicholas (34) 39:10; 22. Scott Larcher (34) 39:21; 23. R. Platt (41) 39:24; 24. Bob McCluskie (36) 39:28; 25. Jacob Wyatt (23) 39:38; 26. Peter Kopac (45) 39:39; 27. Jon Gang (42) 39:41; 28. Robert Harper (43) 40:19; 29. Stephen Raher (16) 40:47; 30. Bill Wooden (48) (WRC), 40:49; 31. Bobby Srour (35) 41:00; 32. Tim Good (33) 41:11; 33. Johnny Tuff (34) 41:17; 34. Jim Derham (50) 41:45; 35. Dan Tuttle (48) 41:54; 36. Scott Bishop (45) 42:16; 37. Larry Dickerson (61) 42:19; 38. Richard Soland (52) 42:28; 39. Ron Griswold (45) 42:45; 40. Steve Thompson (51) 42:58; 41. Richard McDonald (30) 43:12; 42. Kevin Adams (36) 43:29; 43. Ted Cochrane (43) 44:02; 44. Harold Mitchell (22) 44:10; 45. Jack McMahon (62) 44:22; 46. Joel Lane (29) 44:28; 47. Marcos El Grande (32) 44:39; 48. Ethan Erol (16) 44:48; 49. Andy Buechele (50) 45:00; 50. Richard Rhoads (53) 45:09; 51. George Cushmac (54) (WRC), 45:16; 52. Michael Anderson (38) 47:27; 53. Joe Silvio (49) 48:08; 54. Reggie Haseltine (42) 48:19; 55. Alfred Romer (36) 48:31; 56. Wayne McCaughey (53) 48:40; 57. David Walker (49) 49:37; 58. Joseph Fortuna (54) 49:45; 59. Kevin Rushton (34) 49:46; 60. Gene Clare (53) 49:48; 61. James Powell (67) 50:38; 62. Michael Sanders (53) 51:58; 63. Roger Burkhart (55) 52:05; 64. Timothy Hodges (29) 52:10; 65. Denzil Pritchard (71) 52:24; 66. William Liggett (57) 52:36; 67. Joe Rogers (55) 52:58; 68. Tom Sinclair (36) 53:05; 69. Joe Broderick (54) 54:19; 70. George Robertson (67) 54:45; 71. Bill Osburn (69) 56:59; 72. Ray Campbell

(60) 59:00; 73. Henry Heymann (72) 1:10:30; 74. Alvin Gutttag (74) 1:18:04.

**Women:** 1. Senoria Clarke (28) (WRC), 38:07 (c.r.); 2. Monica Grillo (28) 39:30; 3. Kathleen Bechard (23) 39:41; 4. Terry Sweitzer (32) 40:38; 5. Monika Bachmann (27) 40:47; 6. Kathi Canese (34) 40:52; 7. Chris Stockdale (48) (WRC), 41:02 (1st 40+, c.r.); 8. Karen Garth (33) 42:32; 9. Jeanne Grillo (31) 43:01; 10. Susan Aaronson (38) 45:21; 11. Jennifer McGrail (37) 45:43; 12. Pamela West (43) 46:45; 13. Sharon Sterbis (26) 48:22; 14. Luan Sinclair (39) 49:11; 15. Arlette Perruchas (46) 50:27; 16. Meredith Bonta (46) 52:25; 17. Ariel Steele (23) 52:44; 18. Tracey Bolotnick (24) 53:56; 19. Kersti Colombant (51) 1:04:46; 20. Maria Estrada (30) 1:04:49; 21. Kathleen Weber (41) 1:19:06.

### ENTRY PROCEDURES SET FOR 1993 NORTHERN TELECOM CHERRY BLOSSOM

Phil Stewart, Event Director of the 21st Northern Telecom Cherry Blossom 10-Mile run, announced the lottery and entry procedure for the April 4, 1993 race.

"Although we will be moving to a new course in the same general vicinity for 1993, we will still need to hold a lottery, . . . as the narrow roadway around Hains Point forces us to restrict the field. The good news is that we will increase the number of runners accepted to an all-time high of 5,800."

This year's race will use the same streamlined entry procedure that was introduced last year. Also, all runners rejected in last year's lottery, all runners who were selected for last year's race, all DCRRC members, and an additional 20,000 names from area RRCA clubs and event participants will be mailed "Lottery and Race Entry Forms" which will serve as both lottery "tickets" and as the official entry form for runners accepted in the lottery.

Forms also may be requested by calling 301-371-5583 or by sending a SASE to: Northern Telecom Cherry Blossom, PO Box 884, Middletown, MD 21769.

Completed forms must be received by **January 19, 1993** in order to be eligible for the lottery. **Every runner submitting a form will receive a confirmation of entry or a rejection by February 18, 1993.**

Lottery exemptions for seeded runners are being made as in the past. The seeded runners qualifying times are:

Men	Women
Open: 52:30	Open: 63:00
40-44: 56:00	40-44: 69:00
45-49: 60:15	45-49: 75:00
50-54: 63:30	50-54: 80:00
55-59: 68:00	55-59: 85:00
60-64: 72:00	60+: All
65-69: 74:00	All
70+: All	All

The Northern Telecom Cherry Blossom attracts top runners from around the world, and this year offers a record \$22,500 in prize money—the largest prize purse of any area race. The race is free to runners—a unique feature at a time when many area races charge entry fees up to \$20.

Northern Telecom, the title sponsor, is a leading global telecommunications research and manufacturing firm. The company employs some 55,000 people throughout the world and has corporate offices in McLean, Virginia. Supporting sponsors include Gatorade and Fleet Feet of Washington, D.C., and McLean and Springfield in Virginia.

For recorded race instructions call 301-371-5583.

### YEAR-END MESSAGE FROM PRESIDENT; REFLECTIONS, AND KUDOS FOR MEMBERS

Well, we've made it through an entire year with a figure-head president and not had a galloping loss of members. This would be surprising, except that most people don't know who's president of WRC, and even more don't care who's not running things. If this sounds confusing, that's because this person is a little confused, and a lot confounded.

The current past-president (an enviable position), KK, took 20 minutes to explain how to push three buttons on my new stopwatch, and I still don't really understand how two of them work—I'm pretty clear on the light button.

Continuing the confusion, while we're galloping along, Gerry Ives is burning up area courses on his way to an undefeated (#1 in the first four races) Snowball Series. In the ones I've witnessed Gerry was in the top ten overall (Greenbelt 20-miler and the hilly Bluemont Park 25K) and just plain fast in the others. And speaking of FAST, Chris Stockdale is doing incredibly well in area races and is taking the top masters place almost every time out, and several first places overall. Bobby Bauer is jogging well—well ahead of most people that is—and gearing up for Bean Town.

It was nice to see Dick Brannan and Betty Sue "Crutching" through one loop of the Hangover Classic on January 1st—Dick looked great from the waist up.

I heartily thank those who have helped keep WRC a viable institution, either by running well as they represent us, or performing other duties of the club officers: Gerry Ives, Dick Brannan, James Scarborough, Jerry Merkel, Andy Smythe, Kevin Kolakowski, Pat Kolakowski (I could hardly wait to write that name), Ed Doheny, Lucius Anderson, Bob Trost, John Betts, George Banker, Chris Stockdale, Donna Moore, Lucy Ventura, Amy Durham, Bernie Flynn, Sunny Clarke, Norm Brand, Bobby Bauer, Jack & Suzy Coffey, Al Naylor, Jeff Reed(bock), Bob Thurston, Jay Wind, Tem Washington, Mike Regan, Jim Hage, Johnny O'Donnell, Alan Roth, Mark Baldino, Ted Baca, Deane Burke, Diane Ward, to name a few,

have contributed greatly to our Club. It's people such as these, and others who I'm sure to have not mentioned, who make associating with this Club an honor and a great source of pleasure—thank you all for a great year!

Tris Kruger

### WALTER SARGENT, LONG-TIME WRC MEMBER, WRITES ABOUT 'RETIREMENT'—MAYBE

*Walter Sargent, a 2:18:00 marathoner and a 29:00 10K runner, wrote a note along with his membership renewal.*

Gerry:

I'm doing very little running these days. ("very little running" used to mean 2-digit mileage weeks; nowadays, it tends to mean 2-or-3-runs-at-any-distance-or-speed weeks.) I generally tell people that I have no plans to return to competitive running—which is true—and I even use the word "retired" sometimes, though it seems to suggest a level of past competence and continuity in the sport that my own injury-riddled career of slogging over roads and trails probably doesn't measure up to. I perceive that my interlocutors in these discussions about my athletic senescence are a bit skeptical; perhaps they're misled by my still-sunken cheeks and one-dimensional frame, or by my history of showing up at races after having stayed away from them altogether for a year or two.

Maybe those people are right to be skeptical. After all, I did recently decide to renew my subscriptions to *Running Times* and *Runner's World*, albeit after much soul-searching. Besides, as T. S. Eliot noted, life is very long.

Two or three months ago, I turned on my television set and saw a woman I used to see at D.C. Roadrunner races about twelve years ago. I remembered her as the only person I ever saw who wore a perpetual smile while clicking off miles at 5:30 pace. But there she was again, up on the television screen—Laura DeWald, leading the pack at the 1992 Philadelphia Distance Run. I think I went for a run that day.

Best wishes to everyone.

—Walter Sargent

### BANNING AND SCOFEA TOPS AT DCRRRC ½-MARATHON—SNOWBALL #1

*by George Banker & Gerry Ives*

The opener for the DCRRRC Snowball Series on Saturday, December 5th, was held in true 'snowball weather'—temperatures in the low 30s and winds gusting to 30 mph (producing a windchill factor in the teens). One participant said it was a "runner's wind"—no matter which way you went it was in your face!

The Belle Haven ½-Marathon, the first of seven Snowball Series races, was run on an out-and-back course along the bike path paralleling the George Washington Memorial Parkway and the Potomac. With the conditions being what they were, it was surprising to see ninety-seven runners toeing the line for the 10:00 a.m. start.

With mercifully short pre-race instructions the field set off along the rolling and twisting course. Ric Banning took the lead almost from the beginning, with Dominique DaLuz on his heels waiting for his chance to capitalize on any errors or weaknesses. At the turnaround, Banning had opened up a one minute lead. However, not content to cruise in, Banning extended his lead to almost 2 minutes and crossed the finish line in 1:14:11, with DaLuz in 2nd with 1:16:00. Third place was taken by Frank John in 1:16:24. With Banning poised to enter the masters ranks it looks as if the 40+ age group will be even more competitive in the coming months. Tom McCarthy was the top WRC finisher, taking 4th place in 1:17:02.

The first master and 10th overall was Paul Quinn in 1:22:00, followed by John McIntire (1:22:06), and WRCer Gerry Ives (1:23:47).

Other WRC members who had nothing better to do that day were: J. J. Wind (1:28:48); Doug Robinson (1:37:29); James Scarborough (1:43:36); and Quin Barber (1:48:09).

The laurels in the women's race were won by Laura Scofea in 1:33:49. Scofea picked up the pace after the turnaround and opened up a substantial lead over 2nd place Karen Garth (1:37:14), and third place and first master Linda Banning (1:38:45). Second place master was Ellie Thayer in 1:49:37.

**Men:** 1. Ric Banning, 1:14:11; 2. Dominique DaLuz, 1:16:00; 3. Frank John IV, 1:16:24; 4. Tom McCarthy (WRC), 1:17:02; 5. Jason Sparkowski, 1:17:05; 6. Dan Murphy, 1:17:15; 7. Chris Fleming, 1:17:47; 8. Mike Hart, 1:19:42; 9. Paul Peterson, 1:21:04; 10. Paul

Quinn, 1:22:00; 14. Gerry Ives (WRC), 1:23:47; 18. Ted Poulos, 1:25:26; 23. Robert Platt, 1:27:19; 27. J. J. Wind (WRC), 1:28:48; Doug Robinson (WRC), 1:37:29; George Banker, 1:37:50; Phil Fenty, 1:43:27; James Scarborough (WRC), 1:43:36; Tom Kurihara, 1:45:40; Quin Barber (WRC), 1:48:09.

**Women:** 1. Laura Scofea, 1:33:49; 2. Karen Garth, 1:37:14; 3. Linda Banning, 1:38:45; 4. Betty Blank, 1:43:44; 5. Lori Poulos, 1:46:07; 6. Ellie Thayer, 1:49:07; 7. Sharon Stebis, 1:52:28; 8. Jenny Hummon, 1:54:45; 9. Karen O'Neill, 1:56:15; 10. Ellen O'Callaghan, 1:57:16.

### 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.

**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***