

Washington Running Club ★ Newsletter

Volume 12, Number 2

© 1993 Washington Running Club

February 1993

FEBRUARY MEETING IN ARLINGTON: ELECTION

The WRC monthly meeting in FEBRUARY will be held at Kevin and Pat Kolakowski's apartment on FRIDAY, FEBRUARY 12th at 8:00. Election 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.

WATSON & RANCHER GREET NEW YEAR WITH WINS AT HANGOVER CLASSIC

by *George Banker*

January 1, 1993 was the day to greet yet another New Year at the 18th Annual Ed Barron Hangover Classic 8K on the grounds of the Reflecting Pool near the Lincoln Memorial. The event is to honor the founding president of the Potomac Valley Seniors Track Club, Ed Barron, and the proceeds are donated to the American Cancer Society.

The weather cooperated by keeping things dry, but a slight wind was going to slow the runners between the first and second mile. That didn't seem to deter the 1,200 runners as they stretched across the grass field for the noon start.

The male defending champion, Dave McCormack, was attempting a repeat, but the female champion, Rosalind Taylor, was not present and had left the top woman's spot up for grabs.

At the first mile of the two loop course, it was Greg Watson in the lead, with McCormack, Jim Knight, WRC's Mike Regan, and Tom Jeffrey on his heels. At mile two Knight had dropped out of the lead pack, but the others were all still in contention. At the halfway mark, Regan dropped back leaving Jeffrey in the lead, with Watson and McCormack running smoothly behind and matching him stride for stride.

In the second loop the pace picked up and it became a two-man race between Watson and McCormack. McCormack tried to kick it in in the final 200 meters, but Watson had more left and took the win in 25:30 to McCormack's 25:34. Jeffrey took 3rd in 25:51.

First master was Chuck Moeser in 27:13, with

James Moreland in 2nd with a time of 28:09, and Thomas Bernard in 3rd in 28:43.

Ellen Rancher narrowly missed breaking 30 minutes, but took the win anyway with a 30:01, more than a minute ahead of 2nd place Joan Jones who finished in 31:05. Robin Schretter took 3rd in 31:19 (a consistent runner, last year she ran 31:18). Amy Durham of WRC took 5th in 32:02, with Win Rincon in 6th in 32:48.

The women masters were led home by event record holder Mary Ann Zuckerman in 35:40. Zuckerman set the record of 33:40 in 1987. Second master was Elizabeth Rodriguez in 36:08, with Charlotte Edwards in 3rd in 37:00.

The winning team in the centipede division was NOVA RC with a 33:17 contributed by Bockman, Foreman, Hallman, Russell, Tomkinson, Reed, O'Connell, Roberts and Goetzke. Second place went to Hash House Harriet and Harriers led by WRC's Chris Stockdale in a time of 44:02.

Happy New Year!

Men: 1. Greg Watson, 25:30; 2. Dave McCormack, 25:34; 3. Tom Jeffrey, 25:51; 4. Pascal Dobert, 26:12; 5. Tony Shields, 26:12; 6. Carter Brown, 26:16; 7. Mike Regan (WRC), 26:36; 8. Jamie Druckman, 26:39; 9. David Shafer, 26:40; 10. Tom McCarthy, 26:42.

Women: 1. Ellen Rancher, 30:01; 2. Joan Jones, 31:05; 3. Robin Schretter, 31:18; 4. Nancy Gugerty, 31:57; 5. Amy Durham (WRC), 32:02; 6. Win Rincon, 32:48; 9. Shelley Burns, 33:24; 10. Berni Flynn (WRC), 33:32.

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

It's official, another female has moved in with **Jerry Merkel: Molly Anne Merkel**, weighing in at 7 lb. 13½ oz., standing 21 inches tall. Both the mother, **Kathy**, and baby are doing fine. Congratulations from all of us!

Herb Chisholm is looking for a volunteer to serve as the TAC LDR Masters Representative. Anyone interested should contact Herb at (703) 354-3461.

Amy Durham is heading for Moscow on January

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

27th, where she will continue her postgraduate work in Russian Studies. She should be returning to the U.S. in June or July, just in time to start training for the 1993 Marine Corps Marathon.

Frank Faykes dropped us a line from Alabama, where he is attending the Air War College at Maxwell AFB after spending three years in Germany. He is slated to be assigned to Langley AFB in Virginia in June, and is looking forward to taking in some local races. Before he departs Alabama he is planning to run the Crescent City Classic, the Azalea Trail, the Fiesta 10K, the Gumtree 10K and the Cotton Row Run.

DESPITE COUNTY BAN ON MARKINGS, HALLA AND ROUPAR FIND THE FINISH

by George Banker

The D.C. Road Runners Club Snowball Series continued with Snowball #4, the Bluemont Park 25K, in Arlington, Virginia on Saturday, January 2, 1993. With the race coming just one week after Snowball #3, the Greenbelt 20-Miler, there were some beat-up runners on the course.

The temperature was to climb near 40° and the wind was light with sunny skies—almost perfect conditions. The race director, Ed Demoney gathered the runners up on a hill for the "Sermon on the Hill," and a quiet hush fell over the congregation when a course description was given. Forget the running shoes, it was time for a compass and a AAA map. Demoney was talking about double and quadruple loops, turning by large rocks, and such other esoteria. Oh, and by the way, there would be no markings on the course because the county wouldn't permit flour markings. The strategy was clear—keep

the runner in front within eyesight, and hope they knew where they were going.

There was also something else on the line besides Snowball honors. Ed Demoney had donated cash prizes of \$50 for any male breaking 93 minutes, \$150 for any female breaking 113 minutes, and \$100 for any master who broke 99 minutes, with the prize winner to be determined by lottery if more than one runner beat the time in any category.

The lead was quickly taken by Ken Halla, with Steve Clarke on his heels. Ben Beach, apparently recovered from his win at the 20-miler the previous week was running in 3rd place and was lead master. The lead female was Alice Roupar, who was running in the top 15 overall and did not seem to be slowing down on the hills. Mary Gaylord was in second place, but too far back to mount a serious challenge, and she was being chased Chris Stockdale, the lead female master.

Halla held on to the lead to take the win in 1:29:00, with Clarke a close second in 1:29:20. In third place and first master was Ben Beach, in 1:30:46, followed by Dominique DaLuz in 1:32:55 and Bill Stahr rounding out the top five in 1:32:58.

Second master, 37 seconds out of the lottery for the \$100 prize, was Gerry Ives of WRC in 1:39:37 (1st 50+), and third master was Denis Colombant in 1:43:08.

The women's story was written early in the race, and there were no surprise endings, as Roupar led from start to finish with an outstanding time of 1:39:41 (12th overall). Gaylord hung on to 2nd in 1:47:19, with Chris Stockdale in 3rd, and 1st master, in 1:50:40. Berni Flynn took 4th place in 2:01:02, with Karen Garth in 5th in 2:05:52.

Men: 1. Ken Halla, 1:29:00; 2. Steve Clarke, 1:29:20; 3. Ben Beach, 1:30:46; 4. Dominique DaLuz, 1:32:55; 5. Bill Stahr, 1:32:58; 6. Jamie Druckman, 1:34:05; 7. Seven Ward, 1:35:14; 8. Ted Poulos, 1:36:05; 9. Mitch Batt, 1:37:08; 10. Joel Menges, 1:37:08; 11. Gerry Ives (WRC), 1:39:37; 12. Robert Rodriguez (WRC), 1:40:02; 16. Bobby Bauer (WRC), 1:44:18; 17. Rick Bockman, 1:45:07; 23. Tris Kruger (WRC), 1:47:00; 24. Ron Griswold, 1:47:28; 28. John Haubert, 1:55:37 (off-course); George Banker, 1:57:55; Doug Robinson (WRC), 2:00:46; Phil Fenty, 2:07:25; James Scarborough, 2:13:38.

Women: 1. Alice Roupar, 1:39:41; 2. Mary Gaylord, 1:47:19; 3. Chris Stockdale (WRC), 1:50:40; 4. Berni Flynn (WRC), 2:01:02; 5. Karen Garth, 2:05:40; 6. Hiroko Smith, 2:05:52; 7. Sharon Sterbis, 2:12:36; 8. Christina Newhouse, 2:15:15; 9. Lori Poulos, 2:17:01; 10. Karen Ashworth, 3:15:44.

Washington Running Club

P.O. Box 32378, Calvert Station, Washington, DC 20007.

CLUB OFFICERS

President: Tris Kruger (301-983-2283)
Vice President: Andrew Smythe (703-876-4772)
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

REGAN AND ROUPAR TAKE HONORS AT DCRRRC 28th JFK MEMORIAL 20K

by George Banker

The city of Washington was gearing up for the beginning of the inaugural activities on Sunday,

January 17, 1993, with thousands expected to be in the area of the Lincoln Memorial, the Washington Monument, and the Jefferson Memorial to welcome President-Elect Clinton and his family to the nation's capital. However, 180+ DCRRRC stalwarts had something else on their minds when they made their way past the monuments: the 28th JFK Memorial 20K and 5K footraces on Hains Point.

This flat course can play havoc with runners, depending on the strength and direction of the wind. But this day the weather cooperated with temperatures in the mid 30s, and a slight wind under sunny skies.

The course is one loop of Hains Point for the 5K and four loops for the 20K, with the races going off concurrently. It was easy to spot the front runners, but the challenge was to determine: which event? Chris Comus peeled off from the front pack as he won the 5K in 16:02, with master runner Bill Lee on his heels in 2nd place in 16:07. Journalist Steve Nearman rounded out the top three in the 5K with 17:27.

The female 5K runners were led home by Monika Bachman in 19:33, with WRC's Berni Flynn in 2nd in 20:35. The 3rd place finisher, and first master, was Charlotte Edwards with a time of 23:00.

The 20K continued, with WRC's Mike Regan leading the field through the first 10K in 33:16, and Dominique DaLuz trailing in 2nd place in 34:11. Ben Beach was the leading master as he passed 10K in 35:34.

At the 15K mark, with the wind beginning to pick up, Regan continued to maintain a comfortable lead with a time of 50:26, with DaLuz holding on to 2nd in 51:33, followed by Dave Webster in 52:16 (Webster dropped out before completing the final loop). Beach continued his masters lead with a split of 53:39.

Regan's final 5K of 17:34 was enough to hold off any challenger as he went in for the win with a time of 1:08:00. Second place was being fought over with considerably more intensity, as Phil Ponebshek went past DaLuz, finishing in 1:09:04 to DaLuz's 1:09:15. Beach easily kept a handle on the masters lead with a time of 1:11:36, and fifth overall. The second master was Jim Reamer in 1:17:01 (11th overall), with 3rd going to Ken Shipp in 1:17:26 (12th overall).

Alice Roupar of Arlington, Va. won her second consecutive Snowball series race (she won the Blue-mont Park 25K two weeks before) with a fine 1:17:29, but WRC's Senoria 'Sunny' Clarke was on her heels all the way. Clarke took 2nd place in 1:17:36, with another WRCer, Amy Durham, in 3rd in 1:20:10.

WRC's Chris Stockdale demolished the women's masters competition with a 1:27:29 finish. The second woman master, Carolyn Gernand, finished in 1:45:59.

If you want to know how long you can keep running respectable times, take heart from Lee

Glassco (61), who clocked a 2:03:49, and Al Guttag (74), who came in at 2:27:36.

Men: 1. Mike Regan (WRC), 1:08:00; 2. Phil Ponebshek, 1:09:04; 3. Dominique DaLuz, 1:09:15; 4. Brian Schilling, 1:09:59; 5. Ben Beach, 1:11:36 (1st master); 6. Paul Peterson, 1:13:51; 7. Ted Poulos, 1:15:11; 8. Tom McCarthy (WRC), 1:15:44; 9. Robert Rodriguez (WRC), 1:15:53; 10. Mike Hart, 1:16:06; 13. John Sherlock, 1:18:13; 16. Bernie Gallagher, 1:19:23 (1st 50+); 18. Denis Colombant, 1:20:02; 19. Bob Trost (WRC), 1:20:12; 20. Ed Doheny (WRC), 1:20:14; 27. Tris Kruger (WRC), 1:21:12; 30. John McGrail, 1:22:35; 31. Jon Thoren (WRC), 1:22:39; Ron Griswold, 1:26:29; Doug Robinson (WRC), 1:28:12; George Banker, 1:32:25; Herb Chisholm, 1:33:30; Dixon Hemphill, 1:34:11; James Scarborough (WRC), 1:36:44.

Women: 1. Alice Roupar, 1:17:29; 2. Senoria Clarke (WRC), 1:17:36; 3. Amy Durham (WRC), 1:20:10; 4. Pat (Walker) Kolakowski (WRC), 1:23:58; 5. Terry Sweitzer, 1:24:42; 9. Chris Stockdale (WRC), 1:27:29 (1st master); 10. Jeanne Grillo, 1:27:50; 11. Maureen O'Connell, 1:27:50; 12. Monica Grillo, 1:27:50; 16. Julie Peet, 1:46:00.

MINUTES OF WRC MEETING HELD JANUARY 8, 1993

The meeting was held at Kevin and Pat Kolakowski's apartment in Arlington. Present were lots of folks, including all four current officers, plus Jeff Reed, Gerry Ives, Norm Brand, etc.

1. President Kruger reported on the uniform possibilities he had investigated with Ardvark Art. He presented several alternative designs for the new WRC logo, including the words WASHINGTON RUNNING CLUB, the monuments, and the geographic diamond which is D.C. There was not much enthusiasm for the diamond in the final design, so we will probably keep the monuments but not the diamond. Overall colors will be red, white, and blue (white 100% cotton shirt). Shorts will cost about \$7.50 per shirt and will be sold for \$10 apiece. He also proposed painters' caps at \$6.74 apiece. A gross of both shirts and caps would cost a total of \$1,805. It was doubted that we could sell a gross; we had 98 active members on the latest list (45 have paid their renewals). Since singlets have been popular before, and since there would probably be little demand for hats, it was proposed to split up a gross (or something less) between the shirts, and singlets. Finally, we decided to order (approximately) 60 shirts, 60 singlets, and 24 hats (orders in dozens).

2. President Kruger also reported he has an Asics shoes offer at substantial savings.

3. Vice-President Smythe cited the membership quotes (from Gerry Ives) as meaning we had a poor renewal rate. He proposed putting a reminder in the next newsletter (like a red dot) that informed delin-

quent members they should renew their dues, or else that would be their last newsletter. Proposal was duly noted.

4. Secretary Scarborough re-introduced the proposal to put on a WRC race (directed by him, with member staff) at Carderock in May. This would NOT interfere with the DCRRRC race put on there in June. After some discussion about the lack of need for more revenue, and the objection that this might not be a good time of year to have the race (in May) John O'Donnell proposed that we table the motion until other revenue/race volunteer possibilities have been explored (such as Colonial Running Company races, etc.)

5. President Kruger will pay George Banker (DCRRRC) \$25 for his picture that George took (NOT to print it in the newsletter).

6. Kevin Kolakowski will put together teams for the Washington's Birthday Relay. There will be at least one masters' team (Ives, Kruger, Anderson), two open teams, and a mixed team.

7. Nominations were held for offices for 1993. For President, Tris Kruger (renomination) and Andy Smythe. Jerry Merkel declined. For Vice-President, Andy Smythe (renomination), and Pat Kolakowski. For Treasurer, Jerry Merkel declined, John O'Donnell, and James Scarborough. For Secretary, James Scarborough (renomination), and Christine Stockdale. Elections (all are contested) will be held next meeting.

8. Next meeting will be held on Lincoln's Birthday, Friday 12 February, either at Andy Smythe's (new) house, or at Kevin and Pat's.

There being no further business, 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.

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