

Washington Running Club Newsletter

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March 1993

PRESIDENT'S MESSAGE

The elections are over, we're approaching one quarter of the year gone and there are several issues of grave concern it seems to me. Let's take the elections 1st. What were people thinking electing the current slate, or more specifically, why am I still in office?! Fortunately we have able people in positions that matter, i.e., all but my office, which it's obvious, doesn't matter. I would still let Club Members use the pool, but perhaps this was not immediately clear, and some wanted to swim this season, as a possible explanation for my election. Also, of concern is the ardor with which club members are running. Previously, I promoted the "date" theory of running; i.e., those in a new & exciting relationship ran poorly, those who didn't know what a "relationship" was ran great. This largely explained Ed's running. But this old theory has fallen into disfavor, and a new explanation must be propounded to account for the sudden and startling new developments in our Club. We'll call it the "running recession" or "depression striding".

Look at Gerry Ives running. He is running the best of his life. The obvious explanation is that he's been demoted at work and has recently "lost" several editor jobs he was doing w/o recompense, hence he was not eating well and couldn't drive to work several times each week necessitating an 8 mile run on each end of the work day. Gerry's times dropped like leaves this Fall.

Look at former President Kevin Kolakowski. When he was single and having to scrape by on his earnings

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VICE PRESIDENT TO HOST MARCH MEETING

"The Friday, March 12th meeting of WRC will be held at the V.P. Smythe's new bachelor pad. A map can be found on the last page of this newsletter. Due to size constraints, please... no children. For all of those confused by the entry codes at the Kolakowski Castle, I don't have any of the crap. Hint: look for the running shoes on the railing outside my front door".

PRESIDENT AND VICE PRESIDENT REMAIN IN POSITION FOR SECOND YEAR IN WRC

The President of WRC presented awards to three people he thought had put forth extra effort for the Club. The first went to Jerry Merkel, for serving as treasurer for two years. Jerry remarked that it was the first time he received a plaque FROM a dentist. The second award
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painting ships, he ran great, hitting a P.R. in the Marathon after taking a course in California entitled "ship painting in the '90's - shades of gray". As soon as he could finally count on Pat's income, WHAM he's down to jogging 4 miles a day. Look at Kevin's times to improve. Speaking of Pat, her times have been steadily dropping as she becomes more frustrated at work - look for some terrific times from her.

As the recession becomes more and more global and various governments look increasingly to outside sources of income, Ed's running has improved concomitantly. V.P. Smythe, while tediously saving up date money for a new house in Vienna ran great, hitting one P.R. after another. Jerry Merke, worries about a wedding he's going to have to provide some day, has started running fast again. James Scarborough, safe in his government job is running like hell, as is John O'Donnell who just got promoted over several fat people in his office. Colonel John Betts, two government jobs, no recession woes, runs like shit. Chris Stockdale, new unpaid secretary of WRC, trying to scrape out a living writing and trying to sell travel and tourism is running like the wind, hitting P.R.'s. all over.

The dental business has been in the ditch so long that I have already run as fast as I'm going to and I'm in the process of blowing out the patellar medial facet due to a weakened vastus medialis oblique muscle, I blew out my Achilles tendon 6 months ago and lately I blew out my eyes - In short I can't run anymore do to overuse injuries.

Another related concern is the Sunday morning run. What used to be a colloquial gathering of Club members for a rather lengthy, low key run, has turned into a damn weekly, brutal race, just shy of a marathon. The carnage is left along the way to struggle back in various forms of disrepair. Lately people have actually been warming up. Prior to actually setting out on a 19-20 mile run at a 6:40 pace. Whatever happened to junk miles. How'bout conversation instead of elbows. I have a reliable source who reports that on this week's run people were actually climbing over each other to get to the finish line during a 19 mile trainine "exercise". This is a group that has killer instincts and run over the wounded.

Since we wrecked the Kolakowski's house at the last meeting we have been kicked out, and V.P. Andy has graciously agreed to have us at the "new place", as long as we behave - I'm already working arrangements for a new location in April. Be sure to join us for pretzels from 1989, pizza from '91, chips left over from pool construction in 1990, and plenty of beer to wash it all down. I'll have WRC Hooded Sweatshirts (\$12), Singlets (\$12) and Caps (\$4) for purchase. TRIS

Continued from page 1.

went to James Scarborough for serving as Secretary during 1992. The third went to Gerry Ives (in Absentia) for working on the newsletter for 10 years (1982 through 1992, and some substitution in 1992).

James Scarborough offered, when Kruger mentioned, that he would like to organize teams for the Bethesda Chase 20K, Sunday, March 7. Teams are a minimum of four and maximum of nine. There is no co-ed division. (Three open men - Scarborough, Kruger, and O'Donnell, went to form one team).

Hal Morris made a guest appearance. Hal is a registered nutritionist and running doctor. he will be speaking at the DC Road Runners' Club meeting Tuesday, March 9.

The following order of business was the elections of officers, following the January nominations. Treasurer Merkel was not running for re-election. Andy smythe withdrew his nomination for President, and Tris Kruger was re-elected by acclamation. Pat Kolakowski withdrew her nomination for Vice-President, and Andy Smythe was re-elected by acclamation. A balloting was held for Secretary. Chris Stockdale defeated James Scarborough, and was elected Secretary. A balloting was held for Treasurer, and John O'Donnell defeated James Scarborough and was elected Treasurer. Outgoing Secretary and Treasurer agreed to turn over necessary materials to their successors. Thereupon, the business portion of the meeting was adjourned.

BEST WISHES TO ALL THE WRC OFFICERS FOR THEIR SERVICE AND FUTURE SERVICE.

THE ROCK

Patrick "Rocky" Carr (not to be confused with Rocky Wind) is alive and out of control in California. Confirmation comes from Ed Doheny who attempted to go one on one with "The Rock" on the ski slopes of Lake Tahoe in late February. The Rock, who skis like he drives, came out on top in all categories. Doheny is happy to report that the only knock down of the week did not involve him. It seems The Rock took out a 12 year old kid on a wide open slope. When Doheny came to offer assistance to the fallen skiers he heard The Rock telling the kid that "It's a big mountain. Give me some room". Existing on six hours of sleep is not a problem for the human dynamo although rumor has it that he was a little testy one night when Doheny tried to salvage a half cooked meal that The Rock had abandoned during a power failure. (When the lights went out The Rock retired to his crib with his headset on and could not be awakened by Doheny. He would still be asleep except the batteries died as he was listening to his Dexter Poindexter (no relation to Dexter Manley) tape of the King of Babylon.) For those of you who may have missed Pat's birthday last month, you may want to send him an earring. We are not sure which ear, so just send one that is omidirectional. It's all part of the California look.

The winter Snowball series for the D.C. Road Runner's Club held event number six (6) at Fort Hunt Park in Alexandria, VA (January 30, 1993) off the George Washington Parkway. This was a dual event, 5K for the women followed by an open 12K which started inside the park.

A small group of females had gathered to battle each other and the wind, the course was two loops. In less than a mile, Senoria Clarke of Washington, DC opened about a twenty-five yard over second place runners Kim Saddic of Arlington, VA and Ellen Rancher of Rockville,

MD. A few paces back was Lynn Patterson of Fairfax, VA and Kim McLaughlin of Herndon, VA. The event was beginning to take shape and war going to be open. With one loop remaining things were getting tense.

On the back stretch, Saddic made a successful bid to take over first place. The stage was set and Saddic was able to hold off all competitors and captured a 17:14 win. Clarke was able to secure second position with 17:33. Patterson pulled up from behind and took third place with 17:36. The fourth position was captured by Rancher (time unknown) and fifth place went to McLaughlin with 18:13.

The masters title went to local favorite Chris Stockdale of Takoma Park, MD with 19:46 (8th place). The second master was Karen Erb of Alexandria, VA with 21:13 (12th place). Mary Ann Zuckerman of Laurel, MD was third with 21:42 (13th place).

The ladies were able to heat the road surface up for the next event. The 12K presented a rather difficult challenge after the first mile, the runners left the park for rolling hills along the Potomac River shoreline. The runners had five miles of wind to battle. The leaders established a demanding pace from the park to the turn around. Thomas McCarthy of Alexandria, VA was enjoying a comfortable lead but local Ric Banning of Alexandria just turned master was out to demonstrate some high performance running, he was in hot pursuit. The hills did prove to be a problem as the gap was closed. If you can't win out right then you tie, both McCarthy and Banning clocked a 40:51. The third position went to Frank John, IV of Upper Marlboro, MD with 41:18. The runners continued to press and roll with the hills. The fourth and fifth positions went to Brian Jones of Alexandria with 42:43 and Roger Cooke of Woodbridge, VA with 43:08.

The second master was Paul Quinn of Springfield, VA with 46:01 (11th place) and John Haubert of Alexandria was third with 46:49 (15th place).

A dual was taking place with the men as 74 year old Alvin Gultag of Gaithersburg, MD clocked a 1:25:29 to out kick 72 year old Bud Averitt of Oxon Hill, MD, 1:32:19.

The lead female was Mary Anne Burke of McLean who dominated the event with a 50:15 win. The competition for Burke had all participated in the 5K. Karen Garth of Alexandria was holding second place out to the turn around. On the return trip the order began to shift as Saddic, Patterson and Stockdale began to shift positions. It was apparent that the 5K did not deplete any of them. Shortly after, Burke crossed Saddic and clocked a 51:11 along with Lynn Patterson for second and third. The fourth position was captured by Chris Stockdale with 53:06 (first master). Garth managed to maintain a fifth place finish with 53:25

The second master was Callie Edmundson of Dale City, VA with 55:12 (6th female). Karen Erb of Alexandria was third master with 57:13 (7th place).

As the race came to a close, the temperature began to rise. The last snowball event is one week away, the final match for points.

DCRRC FORT HUNT PARK
SATURDAY, JANUARY 30, 1993
ALEXANDRIA, VA

WOMEN' S 5K (Snowball #6) 10: 00 AM

PLACE/NAME

Kim Saddic	22	17:14	Arlington, VA
Senoria Clarke	28	17:33	Washington, DC
Lynn Patterson	29	17:36	Fairfax, VA
Ellen Rancher	28		Rockville, MD
Kim McLaughlin	27	18:13	Herndon, VA
Mary Gaylord	28	18:43	Alexandria, VA
Suzanne Scoggin	29	18:54	Reston, VA
Chris Stockdale	48	19:46	Takoma Park, MD
Janet Felty	34	20:08	Arlington, VA
Karen Garth	34	20:25	Alexandria, VA
Jennifer McGrail	37	20:58	Arlington, VA
Karen Erb	41	21:13	Alexandria, VA
Mary Ann Zuckerm	46	21:42	Laurel, MD
Carol Cobble	34		Arlington, VA
Lori Poulos	30	22:19	McLean, VA
Nancy Karabaic	33	23:37	Kensington, MD
Andrea Palmermo	28	23:55	Alexandria, VA

Toni Getze	40	Zb : Z6	Alexandria, VA
Janet Nunziata	37	27:20	Sterling, V
Lee Glassco	61	28:34	McLean, VA
Mary Clark	35	28:39	Alexandria
Kate Damm	22	29:26	Arlington,
Jane Kane	44	29:59	Reston, VA
Kathleen Weber	42	36:00	

12K (Snowball #6) 10:45 AM

NAME AGE TIME HOMETOWN

Thomas McCarthy	33	40:51	Alexandria, VA
Ric Banning	40	40:51	Alexandria, VA
Frank John IV	23	41:18	Upper Marlboro, MD
Brian Jones	31	42:43	Alexandria, VA
Roger Cooke	30	43:08	Woodbridge, VA
Mike Hart	37	43:26	Arlington, VA
Ted Poulos	31	44:38	McLean, VA
Nick Papajohn	28	44:44	Alexandria, VA
John McGrail	37	45:19	Arlington, VA
Nark Drosky	32	45:43	Alexandria, VA
Paul Quinn	44	46:01	Springfield, VA
Rick Bockman	35	46:14	Springfield, VA
Vincent McDonald	33	46:121	Arlington, VA
Jon Thoren	37	46:28	Washington, DC
John Haubert	50	46:49	Alexandria, VA
Joe O'Gorman	44	46:53	Reston, VA
Richard Ryan	41	47:09	Burke, VA
Bob Trost	46	47:11	Falls Church, VA

FEMALES 12K 10:45 AM

NAME AGE TIME HOMETOWN

Mary Anne Burke	29	50:15	McLean, VA
Kim Saddic	22	51:11	Arlington, VA
Lynn Patterson	29	51:11	Fairfax, VA
Chris Stockdale	48	53:06	Takoma Park, MD
Raren Garth	34	53:25	Alexandria, VA
Callie Edmundson	44	55:12	Dale City, VA
Karen Erb	41	57:13	Alexandria, VA
Sharon Sterbis	26	57:55	Rockville, MD
Allison Henss	29	58:02	North Springfield, VA
Marianne Moore	25	59:10	Woodbridge, VA
Carolyn Greeley	28	1:01:12	Arlington, VA
Lori Poulos	30	1:02:24	McLean, VA
Carolyn Germand	44	1:03:47	Arlington, VA
Lisa Culver	37	1:06:29	Clifton, VA
Natalie McDonal	30	1:06:57	Arlington, VA
Ariel Steele	23	1:08:23	Washington, DC
Dee Hester	49	1:09:00	McLean, VA
Shelly Schwab	51	1:15:58	Alexandria, VA
Kimberly Fain	24	1:16:32	Springfield, 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.

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 Spinnier at (301) 739-7004.

UP COMING RACE INFORMATION

6 March (Saturday) - Alexandria, Washington Sailing Marina Predicted Time Five Miler, 10am, DCRRC, 703-241-0395

6 March (Saturday) - Edgewood, MD, Last Train to Boston Marathon, Aberdeen Army Base, 11am,

7 March (Sunday) - Severna Park, MD, B&R Trail Marathon Severna Park HS, 7:30am, Annapolis Stride

7 March (Sunday) - Greenbelt, MD, Springburst 8K, Greenbelt Park, 9am, \$12, \$15 race day, PGRC, 301-459-1027

7 March (Sunday) - Bethesda, MD, Bethesda Chase 20K Bethesda-Chevy Chase HS, 10:15am, \$12, \$15, \$20 race day, 301-217-3980

13 March (Saturday) - Takoma Park, MD, 2 Miler, 9am, 202-363-4797

13 March (Saturday) - Arlington, VA, 9am, Potomac Overlook Regional Park. \$2. \$3, Potomac Valley Track Club, 703-524-1320

14 March (Sunday) - Gaithersburg, MD, 5K/10K/15K, Seneca Creek State Park, MCRRC 301-35310200

14 March (Sunday) - Washington, DC, St. Paddy's Day 10K, 9:30am, Colonial Running Co., 3409 Haines Way, #102, Falls Church, VA 22041

20 March (Saturday) - Virginia Beach, VA, Shamrock Marathon and 8K, 9am, Tidewater Striders, 804-481-5090

21 March (Sunday) - Wilmington, DE, 1pm. Cesar Rodney Half Marathon. Marathon Sports. 302-654-2354

27 March (Saturday) - Alexandria, VA, 8am, Run vs. Row 10K, Alexandria Crew Boosters. (703) 836-7111

27 March (Saturday) - Harford Co., MD., 9am, Hinte-Anderson Trail Run Mid-Atlantic 50K Run, Phil Anderson.

27 March (Saturday) - Alexandria, VA, 9am, Sandberg Panterlon 5K, \$10, \$12, 2003 Cool Spring Dr, Alexandria. VA 22308

28 March (Sunday) - Rockville, MD, 8am, Fritzbe's 10K, \$12, \$15, \$20 raceday, 703-379-6500 or 301-560-6100.

APRIL

3 April (Saturday) - Charlottesville, VA, 8am, Charlottesville Ten Miler, \$10, \$12, \$15, Ragged Mtn Running Shop, 804-2293-6115

4 April (Sunday) - Washington, DC, 8am, Northern Telecom Cherry Blossom Ten Miler, entries closed, 301-371-5583

4 April (Sunday) - Edgewater, MD, 2pm, Cherry Pit Ten Miler Annapolis Striders, 410-268-1165

10 April (Saturday) - Washington, DC, 8:30am, Easter Classic 10K. \$2/\$3, Potomac Valley Track Club, 703-243-1291

10 April (Saturday) - Alexandria, VA, 9:30am, Belle Haven 15K DCRRC, 703-241-0395

17 April (Saturday) - Williamsburg, VA, Brachen Fire 5K, Arthritis Foundation, 804-229-7375

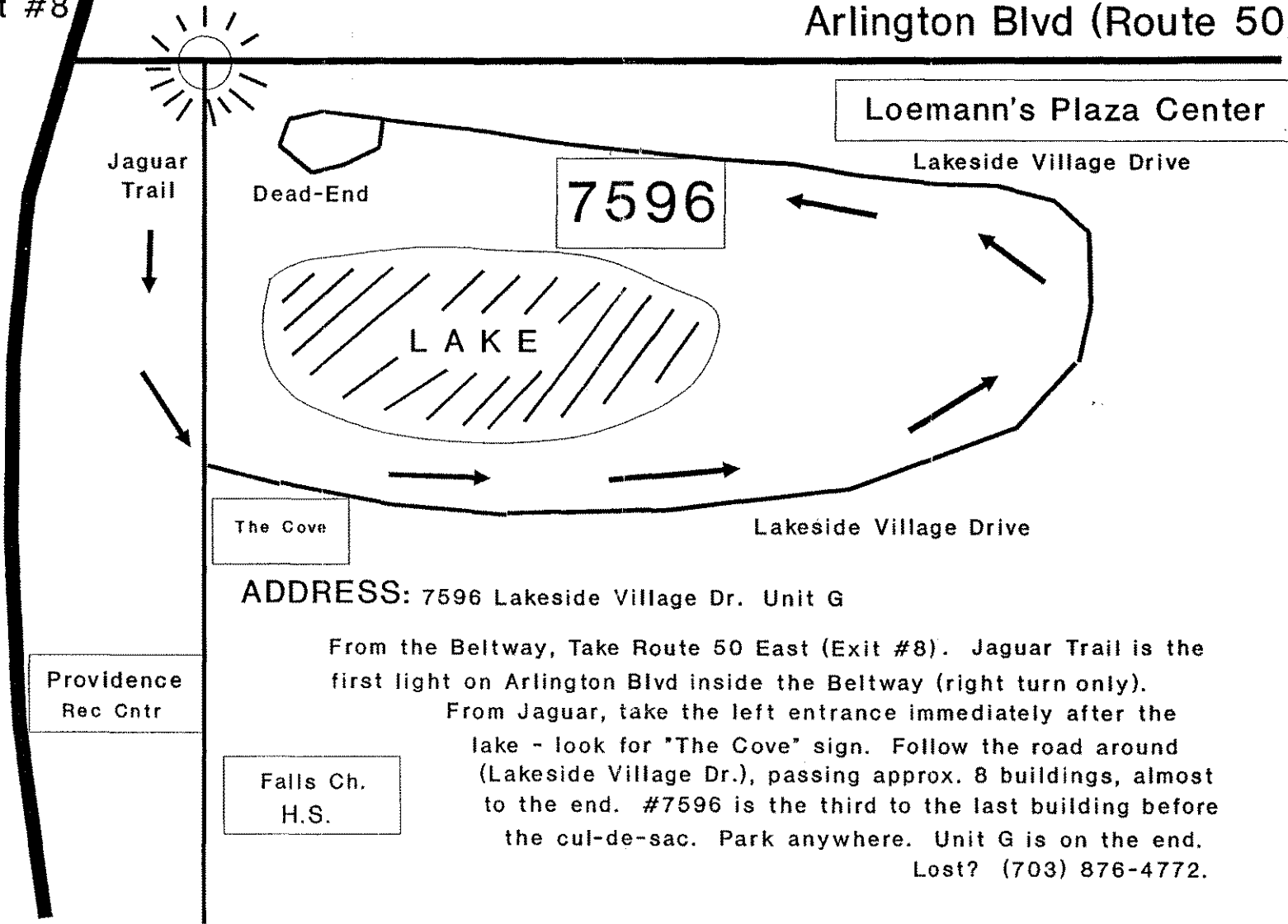
18 April (Sunday), - Washington, DC, Sallie Mae 10K, 202-728-6456

**BELTWAY
(495)**

Exit #8



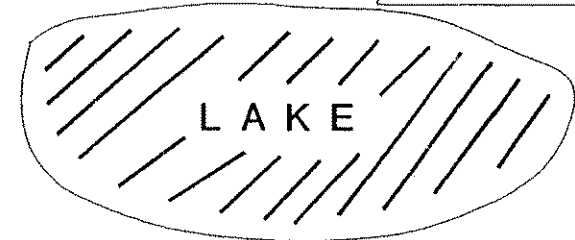
Arlington Blvd (Route 50)



Loemann's Plaza Center

Lakeside Village Drive

7596



LAKE

The Cove

Lakeside Village Drive

**Providence
Rec Cntr**

**Falls Ch.
H.S.**

ADDRESS: 7596 Lakeside Village Dr. Unit G

From the Beltway, Take Route 50 East (Exit #8). Jaguar Trail is the first light on Arlington Blvd inside the Beltway (right turn only).

From Jaguar, take the left entrance immediately after the lake - look for "The Cove" sign. Follow the road around (Lakeside Village Dr.), passing approx. 8 buildings, almost to the end. #7596 is the third to the last building before the cul-de-sac. Park anywhere. Unit G is on the end.

Lost? (703) 876-4772.