
Washington Running Club Newsletter

Volume 12, Number 6



July, 1993

Next Meeting: The next WRC meeting will be held at the Prez's house on Friday, July 9th beginning around 8:00. Call the Prez himself at 301/983-2283 if you need directions. The grills will be hot, so bring something to along with the hot dogs and burgers. The pool will be open, too.

The August club meeting will be held during the upcoming picnic, so there will be no regular meeting in August. Meetings will resume in September following Labor Day.

WRC Picnic: The annual WRC Picnic will be held on July 30th (raindate August 1st) at Prez Kruger's home in Potomac, starting at 1:00 p.m. All are welcome; bring swimsuits, kids, grandparents, etc. Beer and soda will be provided; please bring food to share. Please remember this is pot luck.

Note from the New Editors: As we take on the onerous task of doing the newsletter, we ask for your sympathy as we learn to use our new computer (bought out of our own budget, not WRCs). The first few issues will look pretty simple, but we hope the format will become increasingly sophisticated as we learn to do more things.

Our sincere thanks are extended to Gerry Ives who has tried to help us with some software and who continues to maintain the mailing list -- thanks for the labels. Thanks to Chris Stockdale for the minutes of the last meeting; to Jim Hage for the three articles he contributed; to Jim Scarborough who sent us a long list of upcoming races; to Pat and Kevin Kolakowski who will help us staple and mail this first issue.

Remember that the newsletter is what we as a group make it. So, please feel free to send us your stories, no matter how corny! Call us at 703/525-5943 with any ideas you have for stories... we'll even print your favorite gossip!

Since the racing season slows down in July and August, we'll be doing a combined July/August issue. The deadline for this issue will be August 15th, as we'll be going on vacation after that. We hope to hear from you!

Jim Hage's Running Report: Beginning July 4th, Jim Hage will be talking about running on the "Jim Hage's Running Report" with Charlie Warren on Newstalk 630, WMAL, between 9:00 and 10:00 a.m. on Sunday mornings. Tune in for the latest from WRC's own.

President's Message

The running community is confused. I put away winter and get out Easter baskets and wait for the Easter bunny (or some "Bunny"!). I start my training for the Boston Marathon a month away, and most importantly, the ancient remnant of the pineal gland begins secreting enzymes affecting the anterior pituitary gland, which in turn unleashes a flood of hormones affecting my mood. In lower forms of life, such as myself and some canine species, this results in something called "mating". For some of us, this instinctive behavior is out of our control. But the thing, or event, that starts this process is the vernal equinox. For us runners, this strange biological and behavioral sequence is instigated by Jack Coffey showing up for the Sunday run after a long brutal winter.

Admittedly, we did have a late spring and a 15" snowstorm on March 17th, but when Jack showed up to run on the Summer Solstice on June 20th, it threw us all off! I'm a whole season behind now, instead of just a few weeks as usual. My hormones say it's time to train, but my knees protest. What did Jack do to the Easter Bunny? What was Jack doing all Spring? Has Jack been secretly training and getting ready to pounce on us at the next race, knowing we'd be unprepared? More needs to be learned about Jack's scheme.

Well, at least I have a completely plausible reason for my current running doldrums. The only other thing on my mind is oversight of the club. As you are all largely aware, the club is run by an organized, diligent group of professionals who use sophisticated communications and other cerebral aids to gather, interpret and dispense directives that affect policy courses. Disruption of this committee often leads to severe consequences, such as the club being run by elected officials, who don't even have a concept of how things should be done, nor even an idea of what should be done.

This devastating event happened last week when Ives snuck out of town for a few days. Further compounding the problem, John O'Donnell left town at the same time leaving the club fiscally unresponsive for a week. The scary repercussions of the simultaneous leaves of absence were that nothing happened while they were gone. In fact, the officers left in town didn't know that the oversight committee was disrupted until after they had returned. In fact, the officers in town tried to leave town but didn't have a clue as to where to go.

Please come out to meet on July 9th and to the Softball Game on July 10th. Help keep our club the beacon of responsible, organized sports that it is.

Cordially, Tris

Minutes of WRC Meeting: June 11, 1993

The June WRC meeting was held on June 11th at the Prez's house. New member Nancy Horan was welcomed.

The WRC/NOVA Softball Game is scheduled for July 10th at noon at Yorktown High School (directions attached). All WRC members are encouraged to show up, if not play, at least to lend vocal support for the club. The rain date is August 1st.

Team Races: Andy Smythe will be coordinating teams for the Annapolis 10 Miler on August 29th. Please contact Andy if you are interested in running as part of the WRC team. In doing so, you will be reimbursed for your entry fee.

Other team races include the Women's 8k race on September 12th and the Philadelphia Distance Run on September 19th. Kevin Kolakowski will be coordinating teams for Philly.

Georgetown 10K Volunteers Needed: The Georgetown 10K is scheduled for October 10th. Sixty (60) volunteers will be needed to help with registration on Saturday, October 9th, and about 20 people are needed for Sunday morning. Call Jerry Merkel to volunteer for a two hour slot. For volunteering, you will receive a free t-shirt and, more importantly, you need to work this race to be eligible for the \$50 reimbursement for race expenses during the coming year.

Miscellaneous: Jeff Reed announced that the Moonlighter 8K will be resurrected on an unspecified date...stay tuned.

Jim Scarborough made a number of announcements related to DC Road Runner races and news. Call him for additional information or see list of upcoming races in this issue. Ed Doheny voiced objections to DCRR making donations to the International Olympic Committee and suggested that if they want to contribute to the IOC, then why not make contributions to the NFL, NBA and Major League Baseball.

Many Thanks: Sincere thanks were extended to Kevin and Pat Kolakowski, Jerry Merkel, Norm Brand and Bobbie Bleistiff for the work they did in conducting the Carderock 10K on one of the hottest days of the year. The Carderock race is WRC's only sponsored race.

Race for the Cure: Vice President Al Gore tripped and fell five strides into the 5K Race for the Cure. A phalanx of secret service agents formed what looked like a rugby scrum against the tidal wave of 13,000 runners and held them off until the VP could regain his feet. The Vice Presidential entourage, including Tipper Gore, completed the race without further incident. Steve Kartalia defeated two-time champ Jim Hage and Lynne Patterson bested Cathy Stanmeyer over the 5K-plus course.

Training Suggestion from Jim Hage: You already know about long runs, track workouts and tempo runs, but if you're ready to add another element to your training regime in an effort to further improve performances, try incorporating striders -- six to eight 100 to 200 meter up tempo pick ups -- at the end of your workout. two to four times a week. Striders are not an end to themselves, but a means to improve leg turnover and encourage the development of the few fast twitch muscle fibers most distance runners possess, according to Charles Torpey, LaSalle University track coach. Effort should be at 10K race pace or better.

Race Results: To be a feature in future newsletter....stay tuned!

New Member Profiles: Also to be a new feature in the next issue.

Upcoming Races:

July 8 (Weds.) Belle Haven 8K, Belle Haven Recreation Area, 7:15 p.m., DCRRC 703/241-0395.

July 9 (Fri.) Women's Distance Festival 5K, 12:00 midnight, Columbia Mall, Feet First, 410/992-5800.

July 14 (Weds.) Bastille Day 4 Miler, Location to be determined, DCRRC 703/241-03995.

July 17, (Sat.) Rockville Rotary Twilight Runfest, 9:00 p.m., Rockville, MD, Rockville Dept. of Recreation and Parks, 301/309-3334. Entries due July 9th.

July 25 (Sun.) Scottish Games 4 Miler "Highlander Run", 8:00 a.m., T.C. Williams High School, Alexandria, VA, DCRRC, 301/656-5400.

August 4 (Wed) DCRRC Track Championships, 6:00 p.m., T.C. Williams High School, Alexandria, VA, DCRRC, 703/241-0395.

August 7 (Sat.) Damascus Upcountry Bridge 5K, 8:00 a.m., MCRRC, 301/353-0200.

August 7 (Sat.) Belle Haven 8K, 7:30 a.m., PVTC, 703/243-1291.

August 7 - 8 (Sat - Sun.) 24 Hour Relay, 50 Mile Ultra, 100 Mile Ultra, Columbia, MD. Howard County Striders, 410/596-6453.

August 8 (Sun.) Potomac Valley Track Meet, 8:30 a.m., T.C. Williams High School, 703/451-5869.

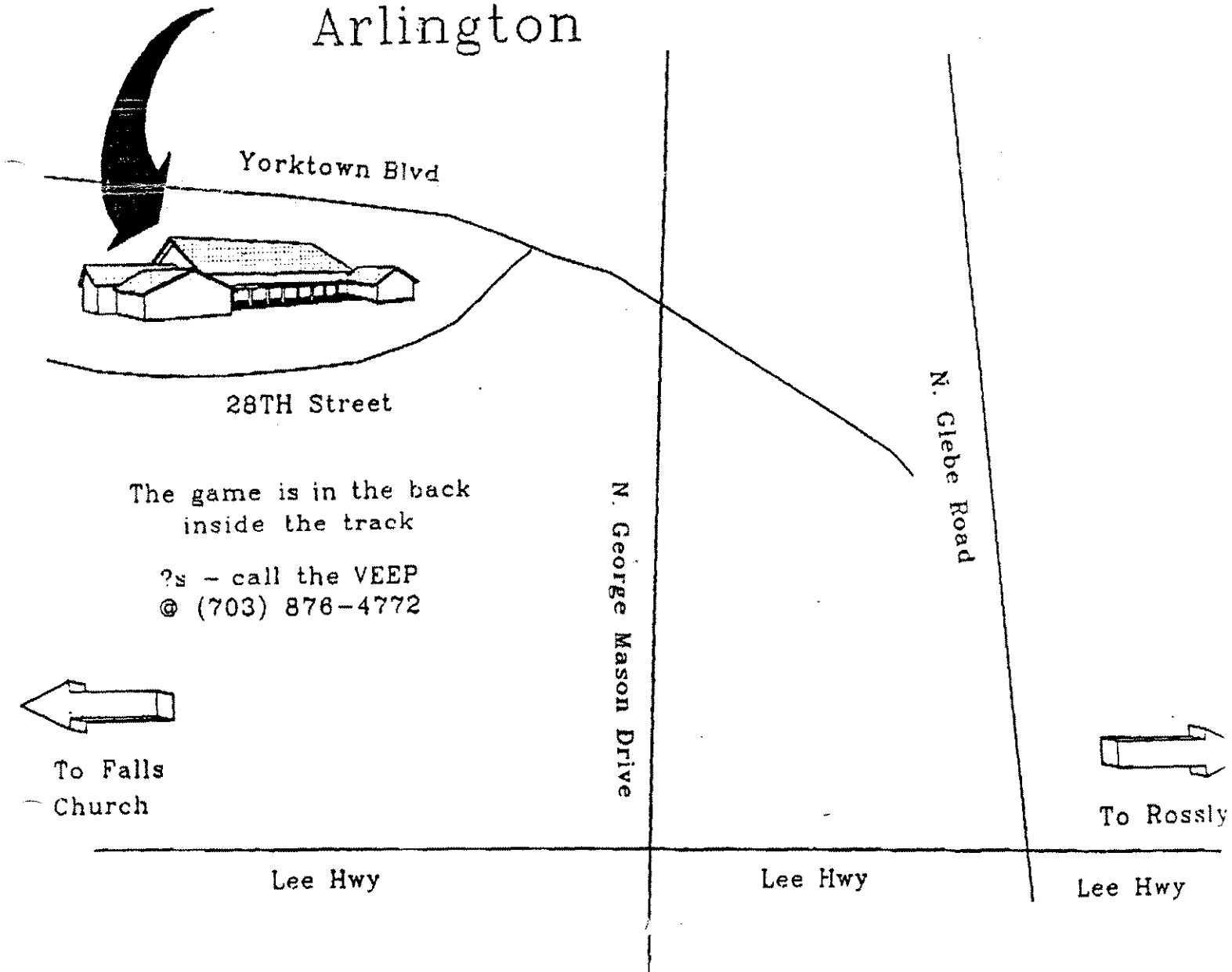
4TH Annual NOVA vs WRC Softball Tournament

DATE: Saturday 10 July 1993

TIME: Noon - Be Prompt!

Be early so we can assign positions
and get some practice hitting.

PLACE: Yorktown H.S. (same as last year)
Arlington



WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$30 Individual Membership

\$25 Family Membership

Name _____

Date of Birth _____

Address _____

Phone h) _____ w) _____ Is this a Renewal (yes) _____ (no) _____

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

BEST TIMES IN 1992

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PR's

10K _____ 10 Miles _____ Marathon _____ Other _____

Family Member's

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Make checks payable to WASHINGTON RUNNING CLUB and send to:

7817 Tomlinson Ave., Cabin John, MD 20818

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