

Washington Running Club ★ Newsletter

Volume 13, Number 1

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January 1994

JANUARY MEETING IN POTOMAC

The WRC monthly meeting in FEBRUARY will be held at Prez Tris Kruger's house on FRIDAY, JANUARY 14th at 8:00. Election of officers for 1994 will be held at this meeting. Dr. Kruger lives at 9641 Accord Drive in Potomac, Md. Take the beltway to River Rd. exit. Head toward Potomac on River Rd. The house is approximately 3 miles from the Beltway, just before Potomac Village, on the left at the corner of Accord Drive and River Road.

PRESIDENT KRUGER'S FAREWELL ADDRESS

Dear Editor:

As I anticipate the cusp of the new year, I find myself in a somber mood, reflecting on the old year. As John O'Donnell correctly pointed out upon my declining any substantive office in 1994, "The Club can't afford another year with you as President."

The Washington Running Club has endured a "spectacularly unprecedented decline" since I took office two years ago. In the last year alone we have had three different Editors struggling to read what I write, and a photographer who refused to take any more pictures with me in them, due to the "disruptive impact" they cause (best to you George!)

One Editor got so disgusted with my fractured syntax that he tried to avoid his Newsletter responsibility by throwing himself out of a plane with a barely functioning parachute. This resulted in a broken leg, ankle, hips, foot, and numerous cuts and bruises. And then he REFUSED my request that he do the Newsletter from his hospital bed in Florida! The next volunteers spent so much time at home working on the Club affairs, that they found themselves "with child" and produced a female Club member with blue eyes and blond hair watched over by three protective brothers. This, of course, left no time for editing. The new/old editor has grudgingly agreed to take over again, but only after I signed an affidavit saying I won't write anymore.

When I took the responsibility of the Presidency, little did I realize how important my public image would be. Fashion mavens Jack Coffey and Al Naylor even asked me to please stop wearing my circa 1967 red plaid pants to Christmas parties.

Even the running has declined, with two fifty-year-old guys and a masters female being our best runners. After getting married, two former top performers (the Kolakowski's) have taken up new sports. One is called "motorcycle bucking" in which the driver tries to run down deer on trails in the mountains (this sport is legal in N.Y.), and the other sport I'm not sure we can talk about (it's not legal anywhere, and this is a family publication--okay, maybe a dysfunctional family).

Another member has quit being a runner and now calls himself a "triathlete," just because he competed in one triathlon in which the brakes on his Schwinn Western Flyer gave out on the downside of a small mountain. The malfunction gave him the undeserved reputation of being a fearless downhill bike racer and he now heads WRC's triathlon section.

We even have a Zen runner. This runner has recently increased his weekly mileage from seventy to nearly ninety by meditation. After failing to run the Boston Marathon for four consecutive years, he is convinced that if he concentrates enough he can project himself to mile eighteen of a twenty-two mile run, get credit for the whole twenty-two miles while putting forth almost no effort. He says this will get him to the starting line rested, and being "rested" is increasingly important.

That brings me to the concern expressed by many of you

about the early starting time for the "Sunday Morning Run" during the summer. Apparently, starting to drink beer on Sunday morning when the little hand is still on the nine, after a two hour workout, affects the sensibilities of some members--causing them to actually start off with Coke or water before consuming doughnuts and beer.

Which brings me to the subject of nutrition, or in the case of the Washington running community, the lack thereof. We in the WRC think a balanced meal is sesame seeds on a stale hamburger bun, washed down with a cheap can of beer; that is several cans of cheap beer. In fact, the main staple of our diet is the protein and carbohydrate found in the hops of the beer we consume, and we get our quotient of linoleic acid in the solidified corn oil of our favorite brand of nacho chips. If it weren't for the fact that we are runners, and that by and large we don't smoke, we'd all be dead of cholesterol poisoning by age 40.

Now that a successful coup has occurred and all that is left is the mere election of a new president, you of the Elite Running Community can now come back into the fold of organized running and compete on teams and stuff.

Thanks for a wonderful two years. I vow to watch you run--from my folding lawn chair and fat-tired bike--as my own running declines to mere dreams of glory.

Tris

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

I swore I'd never run another marathon, and I swore I'd never edit the Newsletter again. My New Year's resolution is to give up swearing--it doesn't do any good anyway. Thanks are owed to the Merkals, from everyone in WRC, for putting out the news for the past year--with four kids in the house, I don't know how they did it!

Inter-Club Activities Coordinator James Scarborough has organized a volleyball challenge match with NOVA. The site will be Gunston Community Center, 2700 South Lang Street (off S. Glebe Rd.), Arlington, and is tentatively set for Monday, 31 January, at 7:30 p.m. The match will be best two-of-three 15-point games, with tiebreakers. Minimum six people (at least two women), with rotation. The two-women rule helps us--Patty McGovern is our best player! If you don't have an Arlington County photo I.D. the Club will pay a guest fee of \$4.00 for you. Call James at 703-536-7764 for details.

The 1994 Cherry Blossom, scheduled for April 10, is going to be bigger and better than ever, with a quota of 5,800 starters. If you qualify for a seeded number (see standards below), check the appropriate box on the entry form, include verifiable credentials and your entry fee, and write "Seeded Runner Request" on your envelope.

MEN		WOMEN	
Open:	52:30	Open:	63:00
40-44:	56:00	40-44:	65:00
45-49:	59:00	45-49:	70:00
50-54:	61:00	50-54:	75:00
55-59:	65:00	55-59:	80:00
60-64:	68:00	60-64:	85:00
65-69:	75:00	65-69:	90:00
70-74:	85:00	70 + :	95:00
75 + :	90:00		

Entries must be received by March 22. If your credentials are approved you will receive a seeded number. Call Joanne Mallet, Seeded Runner Coordinator, at 301-460-8297 if you have any questions. Entry fee is \$14 this year, seeded or not. There will also be team competition this year, and James Scarborough will coordinate WRC's teams. George Cushmac, long-time WRCer, is out of action with a 'detached quadriceps muscle.' He'll be in a cast until 12/22 and then in therapy for 3-6 months under the care of Dr. Frank Palumbo of Arlington Hospital. Dr. Palumbo treats many of the Redskins, so we can expect George to bulk up to

Articles, results, and items of interest to the Newsletter, should be mailed to Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

about 240lbs. and start pushing his way to the front when he gets back into racing.

Road Race Management, Inc., will be publishing the eighth annual Guide to Prize Money Races and Elite Athletes on February 1, 1994. If you want to see if your name is included, or if you're looking to win some easy cash, send \$47 (\$52 after Jan. 14), plus \$2.95 postage and handling fee, to: Road Race Management Guide, 2101 Wilson Blvd., #437, Arlington, VA 22201. A check must accompany all orders.

For those of you interested in the correct times for the top female finishers at Marine Corps, here is the official list--provided by George Banker (who is usually right). 1. Molly Ebert, 2:48:41; 2. Mary Gaylord, 2:53:33; 3. Patricia Ford, 2:56:16; 4. Bonnie Barnard-Lopez, 2:57:26; 5. Renee Rombaut, 2:57:39; 6. Teren Block (WRC), 2:57:55; 7. Kathleen Seager, 2:59:47; 8. Fiona Branton, 3:00:21; 9. Debra Porter, 3:00:22; 10. Claudia Kasen, 3:01:21; 13. Susan Kinnecome, 3:01:48; 25. Susan David, 3:10:02; 73. Betty Blank, 3:20:15. Ignore the times listed in *Runner's World*, you can't believe anything you read in that rag anyway.

DCRRC BELLE HAVEN HALF MARATHON; WET AND WINDY SNOWBALL #1

The opening race of the DCRRC Snowball Series was held at 10:00 a.m., on Sunday, December 5th, at Belle Haven, Va. A field of 107 runners started the out-and-back course on a rainy morning. As the race progressed, the rain diminished and the wind picked up--just in time to give the entire field a very nasty, and steadily increasing headwind for the entire return leg.

Dan Murphy outclassed the men's field with a strong 1:14:10 showing in difficult conditions, followed by Michael Lieder in 1:15:42, Jack Kammere (1:16:05) and Mike Hart (1:19:55). Only the top four men broke 1:20, which indicates the adverse conditions. Bernie Gallagher (53) led the masters field home in 1:25:03, followed by John McIntire and Gerry Ives in 1:25:30 and 1:25:42 respectively.

The women's field was left in the dust by Nadine Taylor-Tolbert's 1:29:40, more than four minutes ahead of runner-up Deidre McCarthy's 1:34:12. Jennifer McGrail took third in 1:35:14. Karen Erb took the women masters title with a 5th place time of 1:38:48, with Betty Blank taking second honors in 1:41:47. Berni Flynn was back in the racing picture with an 8th place time of 1:42:32.

Other WRCers braving the elements, and not running p.r.s., were Bobby Bauer (1:26:54), Bob Trost (1:31:35), and J. J. Wind (1:33:03)

MEN: 1. Dan Murphy, 1:14:10; 2. Michael Lieder, 1:15:42; 3. Jack Kammere, 1:16:05; 4. Mike Hart, 1:19:55; 5. Ted Poulos, 1:21:53; 6. John McGrail, 1:22:44; 7. Jim Desrosiers, 1:23:09; 8. Mark Drosky, 1:23:22; 9. Dolan Sullivan, 1:22:58; 10. Wayne Cottrell, 1:24:04; 13. Bernie Gallagher, 1:25:05; 16. Gerry Ives (WRC), 1:25:42; 19. Bobby Bauer (WRC), 1:26:54; 32. Bob Trost (WRC), 1:31:35; 33. Ron Griswold, 1:31:52; 34. J. J. Wind (WRC), 1:33:03; 40. Bob Platt, 1:35:38.

WOMEN: 1. Nadine Taylor-Tolbert; 2. Deidre McCarthy, 1:34:12; 3. Jenifer McGrail, 1:35:14; 4. Karen Garth,

1:36:51; 5. Karen Erb, 1:38:48; 6. Lori Poulos, 1:39:46; 7. Betty Blank, 1:41:47; 8. Berni Flynn (WRC), 1:42:32; 9. Maryvonne Mauprivez, 1:46:36; 10. Adrienne Haubert, 1:49:35.

TAYLOR REPEATS, DONAHUE AMBUSHES AT COLD & WINDY TURKEY TROT by James Scarborough & Gerry Ives

Lori Taylor repeated her 1992 win at the 18th Potomac West Trade Association Turkey Trot 5-Miler, on Thursday, November 25th at Cora Kelly School in Alexandria. Mark Donahue of Virginia Beach beat out the two local favorites, Jim Hage and Dave McCormack to take the men's title.

The day dawned cloudy and cold, making the indoor cafeteria a very welcome refuge for the 900+ registrants. A blustery headwind on the return leg of the race didn't make for many p.r.'s, but the course remains one of the fastest in the area.

Taylor didn't have an easy time making it two in a row. WRC's Donna Moore battled her all the way, the two of them trading the lead several times during the race. Taylor took a five second lead in the final 400 meters to win in 29:12, one second ahead of her time last year. Moore was a close second in 29:17, with Monica Grillo bagging third place in 30:46.

In the men's competition Hage battled it out with Donahue throughout the race, while McCormack lurked within striking distance waiting for either of them to falter. In the end Donahue broke the tape in 24:16, seven seconds ahead of Hage, with McCormack a close third in 24:27.

In the masters categories, John Dix, who has been tearing everybody up on the Sunday morning runs from Georgetown, took the top spot with a strong 27:55 showing. Dix is a neighbor of Prez Tris Kruger, but obviously is a much more talented runner (he may be a better dentist for all we know). Betty Blank (I can't believe she's a master) clocked a 33:41 to take the top masters woman spot.

The biggest winner of the day was ALIVE, Inc. the Alexandria civic group that collected all of the canned food donated as part of the entry fee. They filled up their trucks with canned goods that were sent to help those less fortunate have a nicer holiday season.

MEN: 1. Mark Donahue, 24:16; 2. Jim Hage (WRC), 24:23; 3. Dave McCormack, 24:27; 4. Jorge Pardo, 24:52; 5. Robert Lotwis, 25:12; 6. Nathan Powell, 25:32; 7. Dan Murphy, 25:36; 8. Matt Dean, 26:27; 9. Alan Lovell, 27:00; 10. Andy Ferguson, 27:10; 12. Steven Ward (WRC), 27:21; 17. John Dix (WRC), 27:55; 18. Robert Rodriguez (WRC), 28:08; 23. Ted Poulos, 28:44; 25. Tom Weber, 28:47; Gerry Ives (WRC), 29:19.

WOMEN: 1. Lori Taylor, 29:12; 2. Donna Moore (WRC), 29:17; 3. Monica Grillo, 30:46; 4. Jean Grillo, 31:16; 5. Jackie Concaugh, 31:27; 6. Ellen Pen'a, 31:39; 7. Tania Mihale, 31:50; 8. Barbara Harper, 31:59; 9. Audrey Menkes, 32:05; 10. Karen Garth, 33:13; 12. Betty Blank, 33:41; 13. Janice Stoodley, 33:53.

CLARKE AND CONSTANTIN TAKE DAMP JINGLE BELLS 10K by George Banker

The weather in Washington, D.C. during December is unpredictable. One year the temperature for the Jingle Bells 10K was 25 degrees with a windchill factor bringing it down to 8 degrees, another year there was concern about dehydration. This year, Sunday, December 5th was cloudy and rainy, with the temperatures in the high 40s and a light wind. A field of 4,300 plus (10K and 3K) made this one of the top events of the winter racing season in D.C.

As usual the Arthritis Foundation was the beneficiary of the event, with The General Electric Corporation presenting a check for \$3,000 to fund further research into this crippling disease.

There was no defending champion in the men's field, so the race was up for grabs. Nathan Powell and Steve Clarke went through the first mile in 5:10, which was fast enough to drop the rest of the field. Powell took the lead at the two mile mark, with Clarke trailing. At mile four Clarke made a move that took him past Powell. Powell planned to make his move back into the lead at the 5 1/2 mile mark, but a side stitch caused a change in plans, leaving Clarke to take the win in 32:49. Powell finished a close second in 32:52, with Danny Ireland clocking 33:02 for third place.

Defending women's champion, Leslie Fedon of Virginia Beach, was on hand to defend her title and the event record. However, Christi Constantin took the title and smashed the record by 30 seconds as she broke the tape in 35:10. Fedon took second place in 36:05, with WRC's Donna Moore capturing third place in 37:44. Jackie MacDonald captured fourth in 38:02, with WRC's Teren Block (coming off a 6th place 2:57:55 Marine Corps) taking fifth in 38:45.

Ridge Kelley took the top male masters spot in 35:55, with Tom Weber in second with 36:07, and Bob Oberti in third with 36:39. Standout Fay Bradley took the 50+ title in 37:53.

In women's masters competition, Joyce Adams held off Patty Shackleton to take the win in 39:38. Shackleton took second in 39:49, with 52-year-old Janice Stoodley in third place with a time of 43:04.

Showing that they had recovered from Marine Corps,

Washington Running Club

7817 Tomlinson Avenue, Cabin John, MD 20818.

CLUB OFFICERS

President: Tris Kruger (301-983-2283)
Vice President: Andrew Smythe (703-876-4772)
Secretary: James Scarborough (703-536-7764)
Treasurer: John O'Donnell (202-625-1401)
Newsletter Editor: Gerry Ives (301-320-3337)

COMMITTEES

Legal: Chairs: Jim Hage, Jack Coffey
Membership: Chair: Suzy Coffey
Newsletter: Chair: Gerry Ives
Competition: Chairs: Jerry Merkel, Tom McCarthy
Social: Chairs: Pat Walker, Dick Brannan

Steve Ward and Andy Smythe bagged 18th and 21st place with times of 34:47 and 35:05 respectively.

MEN: 1. Steve Clarke, 32:49; 2. Nathan Powell, 32:52; 3. Danny Ireland, 3:02; 4. Jesse Smith, 33:19; 5. Victor Vasquez, 33:31; 6. Steve Smith, 33:31; 7. Matt Dean, 33:33; 8. Peter Kirk, 33:42; 9. Bill Aldrich, 33:50; 10. Jason Sparkowski (WRC), 33:55; 18. Steve Ward (WRC), 34:47; 21. Andy Smythe (WRC), 35:05; 30. Ridge Kelley, 35:55 (1st 40+); Ray Morrison (WRC), 37:20; John Ng, 37:22; Fay Bradley, 37:53 (1st 50+).

WOMEN: 1. Christi Constantin, 35:10; 2. Leslie Fedon, 36:05; 3. Donna Moore (WRC), 37:44; 4. Jackie MacDonald, 38:02; 5. Teren Block (WRC), 38:45; 6. Fiona Branton, 38:48; 7. Linda Wack, 39:17; 8. Joyce Adams, 39:38 (1st 40+); 9. Sandra Gale, 39:44; 10. Patty Shackleton, 39:49; Win Rincon, 40:18; Jeanne Grillo, 41:10.

MINUTES OF THE DECEMBER MEETING OF WASHINGTON RUNNING CLUB

The monthly meeting of the Washington Running Club was held Friday, 10 December at Vice-President Andrew Smythe's Navel Observatory at 7596 G Lakeside Village Drive, Falls Church. Present were Smythe, Treasurer John O'Donnell, Gerry Ives, Michelle (??), Nancy Horan, Berni Flynn, J. J. Wind, James Scarborough, Dean Burke, President Tris Kruger, and new member Ben Driscoll. In the absence of Secretary Chris Stockdale, James Scarborough took the minutes.

1. John O'Donnell opened the meeting by reading "Twas the Night Before Christmas: by Clement Moore (not a great runner, but a decent Victorian-era poet).
2. The first order of business was the nomination of officers for the upcoming year (1994). Elections will be held at the January 1994 meeting.
 - a. President. Dr. Kruger declined to be nominated for re-election. Nominees were Amy Durham, Ed Doheny, and incumbent VP Andrew Smythe.
 - b. Vice-President. Incumbent Smythe was not renominated. Nominees were Ed Doheny, Dr. Kruger, and James Scarborough.
 - c. Treasurer. Incumbent John O'Donnell was renominated.

There being no other nominee, he is running unopposed.

d. Secretary. Incumbent Chris Stockdale was renominated. James Scarborough (former Secretary) was also nominated.

Regardless of the outcome of the elections, the role of Interclub Liaison would continue to be filled by James Scarborough. Ed Doheny would be "Second Vice-President" (that assumes he is not President or Vice-President).

3. Dr. Kruger made a motion to thank the Vice-President for the use of his dwelling, and congratulate him on the "ambience" of same.

4. Gerry Ives is taking over the Newsletter beginning with the January 1994 issue. The club has approved to buy him the necessary software (and will NOT bootleg any). The Merksels were given kudos for their efforts on the Newsletter.

5. Ed Doheny made (in absentia) a recommendation, with two alternatives. He believes that since the balance in the Club Treasury is so high, the club should either: a) come up with a budget to spend ("invest"), or b) reduce dues by \$5 per person (lower their contribution). There not being a lot of supply-siders in attendance, and given the probability that lowering dues will not dramatically increase membership, there was not much support for the b) alternative. We will, however, vote on it, and the Treasurer will present a budget the next meeting.

6. NOVA Running Club has agreed to play WRC in a volleyball game. They desire this to be on a Monday night (as this does not conflict with their group runs or meetings). James Scarborough had discussed with Rick Bockman of NOVA about Monday, 31 January (the day after the Super Bowl) at Tuckahoe Elementary School, which has an open gym. (Details as to time and directions to follow for the next newsletter). We need at least six people per club to compete. We will also probably go drinking somewhere afterwards.

7. Andrew Smythe moved that the next meeting be held at Ed Doheny's. Ed not being present, he was volunteered.

There being no further business, the meeting was adjourned. This allowed members to watch Beavis and Butt-head--James Scarborough, Acting Secretary.

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