

# Washington Running Club ★ Newsletter

Volume 13, Number 2

© 1994 Washington Running Club

February 1994

## FEBRUARY MEETING IN FALLS CHURCH

The WRC monthly meeting in FEBRUARY will be held at Prez Andrew Smythe's home on FRIDAY, FEBRUARY 11th at 8:00. Andy lives at 7596 Lakeside Village Drive, #G, Falls Church, Va. From Beltway take Rt. 50 East (exit 8). Turn right at first light inside the Beltway (Jaguar Trail), and take the left turn immediately after the lake (Lakeside Village Dr.) Follow the road past approx. 8 buildings. #7596 is third to last building before the cul-de-sac. Call (703) 876-4772 if you get lost. **Because of limited space, no children please. (See map p. 4).**

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

Former WRC Prez Lisa Hamm is leaving New York and moving to Puerto Rico. She will be AP's Caribbean correspondent. Part of Lisa's beat will be Haiti, so it's not going to be all beaches and rum. We're expecting AP to cover Puerto Rican races in more depth, especially those with WRCers competing in them.

The Kolakowski's hosted their traditional Super Bowl party, and watched John O'Donnell's Buffalo Bills traditional loss. Everyone, except John, had a wonderful time.

Here's something to look forward to. The Nineteenth Annual Marine Corps Marathon will begin at 9:00 a.m. on Sunday, October 23, 1994. The individual entry fee will be \$28.00. Once again Major Rick Nealis will be race coordinator. If you need further information (and I don't know why you would in February) call 703-640-2225 or Fax 703-640-2265.

Don't forget to send your Cherry Blossom 10-Miler entry form in before March 1 with your \$14 check attached. Entries will be accepted until March 22 with a \$20 entry fee--if the field limit has not been reached. If you want to be on a WRC team for the race turn your entry over to James Scarborough at the next meeting, or send it by mail to : James Scarborough, 5357 North 37th St., Arlington, VA 22207. The race sponsors hope to raise \$25,000 for Children's Hospital. If you can't run, how about volunteering to help out at the race. Volunteers get an NTCB long-sleeve t-shirt. Call Kari Keaton at 301-762-7656 to volunteer.

## A MESSAGE FROM THE (NEW) PREZ

It is Martin Luther King, Jr. Day and I am gazing out of my office window, watching the snow fall in beautiful, downtown Vienna. While trying to dream up a beginning to this column, I am amazed at how many dipshit drivers in

this area suddenly forget how to negotiate a four-way stop sign at the first sign of inclement weather. I'm babbling a bit because I am totally clueless how to begin this column. This is the first time I've done this, you see. It appears I have been promoted (demoted?) from Vice President to President of this-here running club for 1994. The transition of power evoked the symbolism provided by the U.S. Constitution, epitomized by Bill Clinton taking the reins of power from George Bush this time last year. Immediately following the WRC election, Tris turned to me and said "You've got it asshole." Democracy in action is a beautiful thing. Thanks Tris for your last two years of tireless efforts on behalf of the running club, not to mention letting us sponge off you and hosting numerous fun times at Schloss Kruger.

The other Club Officers for 1994 are: Ed (Broken Jaw) Doheny, which may mean I might finally wrangle an invite to his palatial digs on Klingle Road; Ever-Faithful Treasurer John O'Donnell--reelected and deservedly so--who also deserves congratulations for providing the "erection booth," lending some credibility to the election; and Secretary James Scarborough, whose meticulous note-taking and minutes promise to make sense out of our shenanigans.

In all seriousness, all of the officers want to do everything possible to improve this already great organization and make the Washington Running Club the best it can be. However, we cannot do it alone. If you have ideas, suggestions, gripes, complaints (yes, I know the weather sucks), just want to chat, or whatever, feel free to call any of us. The request lines are open.

How about this for a minor miracle? The Washington Post actually printed the results of the 16 January 1994 Houston-Tenneco Marathon! In 12th place (sandwiched between a Kenyan & Moroccan) was our very own Jim Hage in a sensational time of 2:18:21--which calculates to 5:17 per mile pace. Congratulations Jim on a fine effort. All your efforts and training have once again paid off. I want to take this time to plug Jim's sensational newsletter Running, Ranting, & Racing (aka R3). Co-authored by Scott Douglas (Running Times), for a mere six dollars (six issues) you too can be in the know on the national running scene. It is worth the price just to read the hilarious nicknames conjured up for the various elite runners (i.e. Marty "Butthead" Liquori, Suzy "The Pert Girl" Hamilton, etc.). I promise R3 to be an absolute riot. At this time with his present subscribers, Jim is barely covering the cost of printing and postage. I highly encourage all WRC members to subscribe and support one of our own members who is trying to benefit the running community. Trust me.

The President's column was a tradition started by Tris Kruger, and I am going to continue with it as long as I don't piss off our Newsletter Editor, the irreplaceable and all-around "Stu-duffin" Gerry Ives. I know I don't

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

possess Tristram's rapier-like wit, sense of organizational abilities, dedication to running, hey . . . wait one minute--how did I get this job? Call me (home or work) if you have any tidbits, gossip, news, recognition, or whatever kind of mud you want to sling. Hey, do you think I know what's going on? I'm making this up as I go along. Incidentally, who WAS that female member of WRC who was recently seen at my house, sitting in front of a roaring fire and sipping imported wine?

Here's something to chew on the next time you are on a training run or at a local race. If every WRC member were to successfully recruit just one new member in 1994, we would double our club membership, not to mention dramatically revitalize and invigorate the club.

I am longingly awaiting the Sunday morning Jack Coffey reappears in Georgetown to run, hence signaling the beginning of Spring. Until next time, train hard and avoid injuries.

#### NOVA VERSUS WRC VOLLEYBALL CLASSIC--WE LOST, HONORABLY by James Scarborough

The Washington Running Club-Northern Virginia Running Club intersquad indoor volleyball match was held Monday, 31 January 1994 at Thomas Jefferson Community Center in Arlington. The WRC'ers deported themselves a lot better than the Buffalo Bills had the previous day with the pigskin. However, they still bowed to NOVA, three games to one in the best of five match. Scores were (unofficially) 17-19, 15-10, 13-15, NS 11-15. NOVA was led by the likes of Rick Bockman, Mary Gaylord, and Mary Schweitzer. Kyle Forman joined WRC, which also included Andy Smythe, yours truly, Jeff Reed, Tom and Patty Scott. We were augmented by a TJ regular volleyer named Gaiti. In addition, Jay Wind joined the squad, and we almost persuaded Nancy Moran to play. However, her stretching, kibitzing, and line calls proved an able substitute. Post-match happy hour was held at Joe's in Arlington.

#### DCRRC RACE SCHEDULE 1994--DRAFT (RACE DIR. IN PARENTHESES)

5 Feb. Belle Haven 25K (Haubert)

## Washington Running Club

7817 Tomlinson Avenue, Cabin John, MD 20818.

#### CLUB OFFICERS

**President:** Andrew Smythe (703-876-4772)  
**Vice President:** Ed Doheny (202-244-8581)  
**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

12 Feb. Washington-Lee/Custis 12K (Scarborough)  
 16 Feb. Tidal Basin 3K (Wind)  
 20 Feb. Washington's Birthday Mar. (Brogan) & Relay (Banker)  
 27 Feb. RRCA Challenge 10-Miler, Columbia, Md.  
 8 Mar. DCRRC Annual Meeting, Arlington Central Library  
 12 Mar. Burke Lake Park 12K (Hemphill)  
 16 Mar. Tidal Basin 3K (Wind)  
 26 Mar. Predicted Time 5-Miler (Platt)  
 2 April Run vs. Row 10K, Alexandria (Evans/Bailey)  
 16 April East Potomac Park 15K (Durfee?)  
 20 April Tidal Basin 3K (Wind)

## 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.

**DON'T FORGET TO  
SEND IN YOUR  
1994  
DUES**

### 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

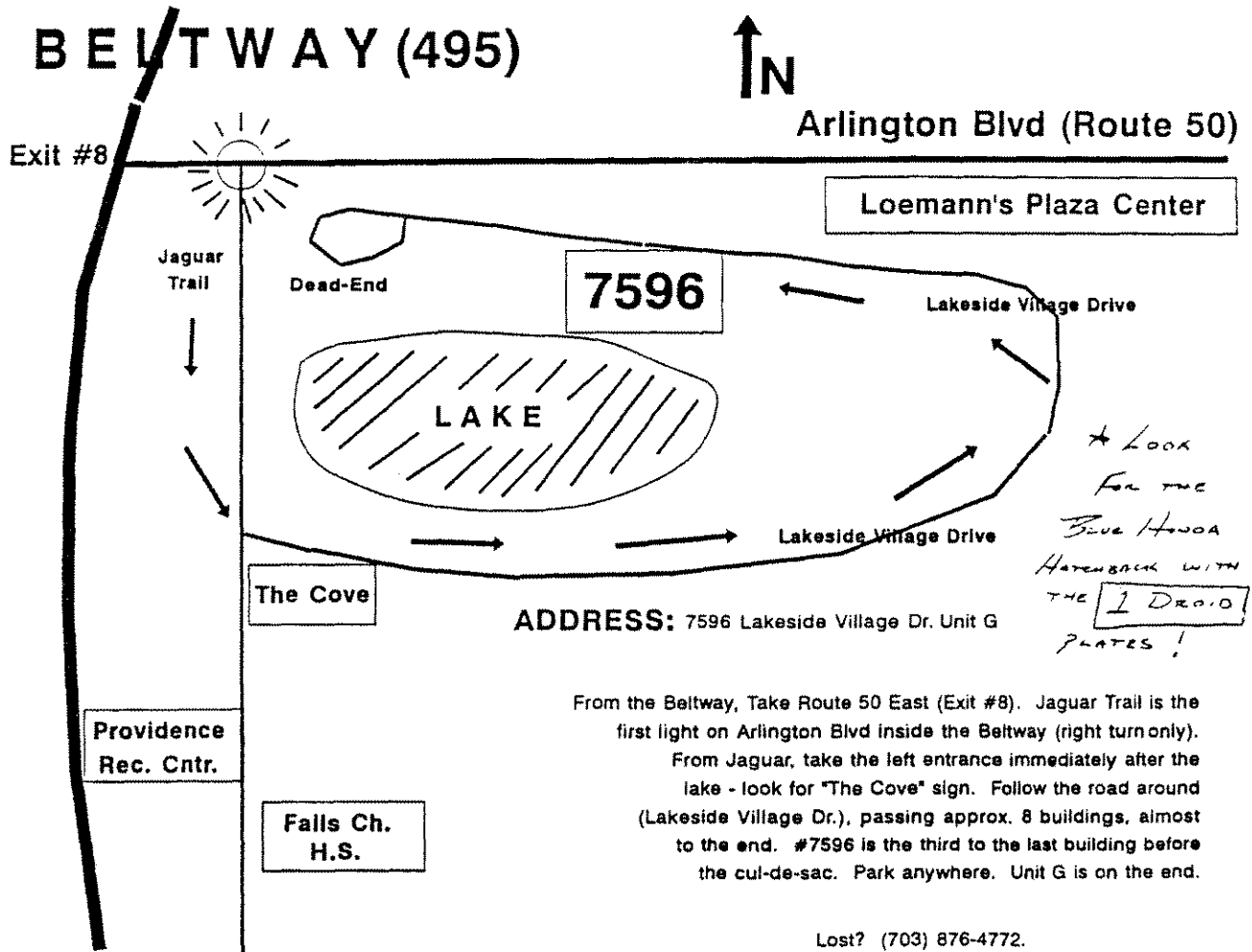
Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

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***



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.