

Washington Running Club Newsletter



Volume 13, Number 3

© 1994 Washington Running Club

March 1994

MARCH MEETING IN FALLS CHURCH

The WRC monthly meeting in FEBRUARY will be held at Prez Andrew Smythe's home on FRIDAY, MARCH 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. 5).

WRC RUNNERS ACE THE 28TH ANNUAL JFK MEMORIAL 20K

With temperatures in the low teens and the wind pushing the wind-chill into the sub-zeros, the 28th Annual JFK 20K attracted a small but tough field on Sunday, January 16th, on Hains Point. Fifty runners completed the race, and a few more dropped out during the four loops of the point.

The race director couldn't find the mark for the starting line, so he decided to start the race at the entrance to the parking lot on Hains Point, which made the race about 250 meters long. Nobody wanted to stand around and argue in the freezing cold, not even Bob Trost who is usually a stickler about such things, and there weren't going to be any p.r.s set anyway.

WRC's 'Iron' Mike Regan had to get to work at noon, so he took the lead from the start, won in 68:31 and went straight to work . . . what a guy! Tom McCarthy's work on the track at Georgetown put him in position to take 5th place in 74:30, and Gerry Ives rounded out the top ten for WRC in 10th place in 79:40. The extra 250 meters added about 40-60 seconds to the times.

In the women's race Berni Flynn proved to be the toughest female in the race, winning by over six minutes in 92:50.

There was very little standing around and socializing after the race, and race director Al Reed deserves a pat on the back for putting together a successful race in horrendous conditions. And the extra 250 meters just separated the runners from the wimps.

RESULTS: Men: 1. Mike Regan (WRC), 68:31; 2. Dan Murphy, 69:20; 3. Ed Boggess, 73:03; 4. Jack Kammerer, 73:28; 5. Tom McCarthy (WRC), 74:30; 6. John McGrail, 75:19; 7. Bob Hersh, 77:09; 8. Billy Webster, 77:42; 9. Kevin Gallagher, 79:22; 10. Gerry Ives (WRC), 79:40; 13. Jim Derham, 82:14; 19. Bob Trost (WRC), 85:37; 30. James Scarborough (WRC), 97:29.

Women: 1. Berni Flynn (WRC), 92:50; 2. Judy Flannery, 99:24; 3. Carolyn Gerlaud, 121:40.

MCCARTHY AND STOCKDALE 12K WIN WAS IN THE STARS by James Scarborough

The sixth annual Custis 12K at Washington-Lee High School almost didn't happen. A severe ice and snowstorm on February 10th forced postponement of the race from its originally scheduled date of Saturday, February 12th until Saturday, February 26th. And, because this was a race where the groupings were by Zodiac signs rather than normal age groups, the result was that the race was pushed from Aquarius into Pisces, and the Pisces runners did pretty well.

The temperatures were in the low thirties, with the windchill pushing it into the mid-teens, but most of the ice had melted on the Custis bikepath. The clock had to be placed on the ground because it was too windy for the tripod. The race was once again a benefit for the hospice of Northern Virginia, ably represented this year by Jill Aubrey (and her daughter). There was a much lower turnout than last year, although some runners showed up from the cancelled PVTC 10K race at East Potomac Park (flooding on the course). Especially welcome was finish line scorer extraordinaire Sharon Good, who had previously intended to work the PVTC race.

The pack was led throughout by a former course-record holder, WRCer and Scorpio Tom McCarthy. Tom's record was broken last year, but this was not the year for anyone to reclaim the mark. Tom finished in 42:41, more than half a minute faster than 2nd place Mike Hart, a Leo. Tom and Mike couldn't be reached at first during the awards ceremony--they went for a cool-down run (on a 30 degree day?). WRC's J. J. Wind took the top master's and Capricorn spots, 5th overall in 46:44 and Jerry Merkel took first Cancer and 10th overall in 47:33. Professor Bob Trost, running in singlet and shorts, was first Gemini in 49:26.

On the women's side the first place, first master, and first Pisces, was taken by WRC's Chris Stockdale in 54:05. Ann Conlin of NOVA, also a Pisces, was a close 2nd in 54:14.

Thanks go to volunteers Sharon Good, Jarming Pang (who led the field on a bicycle), Al Naylor, Lee Glassco, Dan Gardner, Dick and Martha Sargent, Ted Baca, Lew Robinson, Joanne Johnson, and James Eitel. Thanks also to the Washington-Lee High School, the Arlington Parks Department, and the Arlington Police.

RESULTS: Men: 1. Tom McCarthy (WRC), 42:41; 2. Michael Hart, 43:18; 3. Alan Lovell, 43:31; 4. Ted Poulos, 43:36; 5. Jacob Wind (WRC), 46:44; 6. Jeff Shirer, 46:55; 10. Jerry Merkel (WRC), 47:33; 11. Jim Derham, 47:35; 12. Bob Trost (WRC), 49:26; Dave Johnston (WRC), 59:33.

Women: 1. Chris Stockdale (WRC), 54:05; 2. Ann Conlin, 54:14; 3. Beverly Pritts, 54:40; 4. Jennifer McGrail, 55:34; 5. Tammy Huck, 57:28.

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

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

Norm Brand, one of the few grown-ups in WRC, was honored by the Potomac Valley Association of USA Track and Field (formerly TAC) for outstanding service as a track and field official. Norm was one of the pioneers in distance running in the Washington area, and was involved with WRC and DCRRC almost from the beginning of both organizations.

DCRRC will hold its annual meeting on Tuesday, March 8th at 7:30 at the Arlington Public Library, 1015 N. Quincy Street. Jim Hage of WRC will be the featured guest speaker. Following Jim's talk will be the annual elections for club officers.

Potomac Valley Track Club will hold a series of all-comers outdoor track meets at Alexandria's T.C. Williams High School. The meets begin at Sunday, April 17th and continue every other Sunday until Labor Day. Events include: 100m, 200m, 400m, 800m, 1-mile, and 3000m. For more information contact Sal Corrallo at (703) 241-1291.

WRC's teams cleaned up at the GW B'day Marathon Relay, with the open men (Smythe, Burke, and Keating) winning in 2:31:38, masters men 'A' team (Doheny, Ives, and Dix) finishing second overall and first masters team in 2:43:40, and the open women team (K. Merkel, D. Moore and T. Sweitzer) winning their division in 2:58:05. James Scarborough ran the entire relay, and the 1st and 3rd legs of the relay on his pickup team. He had intended to run just the first leg of the relay, after handing off to DCRRC Prez Bob Platt, but the third runner didn't appear at the exchange point (where were you Rick Bockman?), which left Bob in a bit of a quandry. After Bob stood around for a few minutes alone comes James. After a bit of discussion our noble WRCEr James did the honorable thing, and took the sash. They didn't win, but it was a great effort. Kudos go to George Banker, the relay race director, for an excellent race.

DCRRC held a very successful indoor track meet series at Thomas Jefferson Community Center in Arlington this winter. WRC's J. J. Wind has been one of the people responsible for bringing a variation to the winter running routine and has put in a lot of hours to make these meets accessible and fun for everyone. In the February 20th meet, Bill Wooden and J. J. Wind took 4th and 5th

respectively (5:21 and 5:32) in the masters mile. Nancy Horan took 6th place in the women's mile, and 3rd woman in the 2-mile. Win Rincon won the women's mile, 880, and 2-mile, and finished second in the 440 (Win, who's your coach?)

Marny Gilluly is trying to assist three Russian women marathon runners and their male coach locate prospective hosts in the Washington, D.C. area during the March-April 1994 timeframe. These four individuals from Belarus have raised the money to come here to race this spring, but they need places to stay. The coach's son, Victor Snasarev, is presently a high school exchange student living with a family in N.W. Washington this school year. If you can help, please contact Victor directly at (202) 291-8661.

AND NOW, A WORD FROM OUR PRESIDENT

It's almost Spring and THE LONGEST WINTER IN THE HISTORY OF MANKIND IS ALMOST OVER! Well, it certainly seems that way. Frankly, I don't care how cold it gets. I'm just glad the snow and ice is finally off the damn W&OD trail out here in wild and woolly Vienna. I am sure you all can't wait until Summer is here and you can listen to me whine about how crummy and hot the weather is in Washington, D.C.

Did you all read in the Washington Post a couple of weeks ago that our very own Norm Brand was honored by the Potomac Valley Association of USA Track and Field for outstanding service as a track and field official? I hope you will be in attendance at our March meeting (my place, see map) and fill us in on the details of your award, i.e. did you get cash?

Ladies and gentlemen . . . another miracle has occurred. The weather for the GW Birthday Marathon Relay was NOT freezing f_king windy and cold. It was gorgeous, sunny, and warm. I am also proud to report the following results of the relay:

WRC Women's Open Team--First Place
WRC Men's Open Team--First Place
WRC Men's Masters 'A' Team--First Place
(second place overall)
WRC Men's Masters 'B' Team--Second Place

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

Huge thanks to Iris Kruger for a superb job organizing all of the teams. Unfortunately, for the second year in a row the NASA Recreation Center (and all that draft beer) was not available to us (lazy and wimpy runners. Those stud thespians usurped us once again, no doubt due to the hardships and physical demands placed upon them while on the stage. Hey DCRRC, how about telling the powers-that-be at NASA that if we reserve the Rec Center first, they cannot boot us out at the last minute. You could always utilize a little bribery--that seems to work with NASA.

Besides, WE NEED THE BEER! Afterwards, Betty Blank & Alice Roupas hosted quite the party in N. Arlington. Rumor has it that near the end of the festivities, various people were seen dancing the house tossing off numerous articles of clothing. And I left early to attend church--big mistake.

For anyone interested in running a late Spring Marathon, Treasurer Johnnie O'Donnell, Deane Burke (aka the Running Adonis), and myself, and a couple of NOVA lowlifes not worth mentioning will be running Grandma's Marathon on June 18th. It's a point-to-point fast PR course (ask Jerry Merkel or Jim Hage). Deane and myself have \$50 riding on which of us crosses the finish line first. There is no doubt in my mind that I'll be on my third beer by the time he finishes. If you need more

incentive, the Women's National Marathon Championships will be held there (be still my heart!). And for you ladies--what can I say--THE RUNNING ADONIS. He's cute, sensitive and VERY available. Contact me if you want to join our expedition.

I am pleased to announce two new members to the Washington Running Club. Patrick Brown joins us from Houston, Texas. He was recruited by V.P. Ed Doheny and former Pres. Kevin Kolakowski (KK) (I thought you two only recruited women?), and describes himself as a drinker with a running problem. No problem there. Kyle Forman lives in Falls Church, is a former member of NOVA, and was recruited by yours truly. He played for WRC at the recent NOVA/WRC volleyball game, and you may remember him hosting the NOVA/WRC post-softball game picnic a few years back. Welcome to WRC from all of us!

I have recently received bags of mail concerning RUNNING, RANTING, RACING (aka R3)--Jim Hage's monthly running newsletter. Space will only permit me to print two of the testimonials:

"It's great with a peanut butter and banana sandwich. I'm gonna have Colonel Parker send that Hage fella a new Cadillac."

E. Presley
Memphis, TN

"Nancy says it's a great newsletter for runners of all types. She reads it to me every night before bedtime."

R. Reagan
Bel Air, CA

There you have it, folks. I could not have said it better myself. For only \$18,000,000 you can sign up for a lifetime subscription of R3. Or if you'd rather, \$6 for a trial six month subscription. Send your checks to:

Jim Hage
7327 Green Oak Terrace
Lanham, MD 20706

It will be the best six dollars you ever spent. Would I lie to you? I'm an Annapolis graduate and I got a 'D' on my Electrical Engineering exam like you're supposed to.

My purchase of a home at the "Cove" entitles me to utilization of the pool and party room on the lake. I plan on having a couple of joint WRC/NOVA parties this Spring and Summer. Get your partying clothes out of mothballs and watch this column for further details. In the meantime, only a few short weeks remain until Jack Coffey joins us in Georgetown on Sunday mornings. And please get your membership renewal dues in to Gerry Ives today.

See you on the trails!

MINUTES OF WRC MEETING HELD FRIDAY, JAN. 14, 1994

(These minutes were inadvertently left out of the February Newsletter, which is a good thing because the February meeting was cancelled, so there wouldn't be any minutes if we hadn't forgotten . . . well, just take my word for it!--Editor)

The Washington Running Club meeting for the month of January 1994 was held at outgoing (not lame duck) Dr. Tris Kruger's White House in Potomac, MD on Friday, January 14. A good turnout was enjoyed, including the Moores, Dean Burke, Bernie Flynn, Norm Brand (who produced early 1960s official DCRRC and Washington Sports Club records), Dave (new member) some guy named Darryl (who bets on horses)

and John Dix (new member) The pleasant aroma of indoor (white) paint wafted through Dr. K's living room. Being that the primary business was election of a new slate of officers for 1994, John O'Donnell brought an erection (election?) booth. This served as the official balloting place.

1. Awards. Before the election, President Kruger presented the following awards plaques to members: Kevin Kolakowski for his work as President from 1990-92, Kathy Ventura-Merkel for her work on the newsletter during 1993, John O'Donnell for his work as Treasurer, and Ed Doheny for (hmm, must have been something besides motivational speeches) er, outstanding WRC team runner.

2. Elections. The following nominees declined to run: President Kruger (not running for re-election for President) declined his nomination for Vice-President. Ed Doheny (nominated for both President and Vice-President) declined his nomination for President. Chris Stockdale (incumbent) declined her nomination for Secretary. This left the following contests: President--Andy Smythe and Amy Durham; Vice-President--James Scarborough and Ed Doheny; Treasurer--John O'Donnell (unopposed); Secretary--James Scarborough (unopposed). Dave (last name?) counted the ballots. The winners were: President, Andy Smythe; Vice-President, Ed Doheny; Treasurer, John O'Donnell; and Secretary, James Scarborough.

3. Volleyball. The new Secretary reminded everyone of the details of the volleyball game scheduled against NOVA on Monday, January 31st. The game is now to be held at Thomas Jefferson Community Center, 3501 South 2nd Street, off of South Glebe Road in Arlington. Starting time is 7:30 p.m. (1930 to Navy types) but get there early. Please try to either have a valid Arlington TJ Center ID card, or go as someone's guest who has a card. Guest fees are \$3 for Arlington resident, and \$6 for non-residents. Club has agreed to pay these fees. Two women per side, six people on court at a time, and best two of three 15-point matches.

4. Upcoming Races. The Winter Indoor Track Meets are continuing at Thomas Jefferson January 23, January 30, and February 20. The Mobil Indoor Track Meet will be held February 6. The Cystic Fibrosis Stair Climb will be held Wednesday, February 2 (Ground Hog Day, no doubt to the strains of "I Got You, Babe") at USA Today Building in Rosslyn, 6:30 p.m.

5. DCRRC Events (non-races). The Annual Meeting is Tuesday, March 8 at Arlington Central Library. Guest speaker is WRC's own Jim Hage. The Annual Banquet is Sunday, April 10. Guest speaker is Amby Burfoot.

6. Team Races. Donna Moore plans to run the half marathon in Hampton, Va. on Sunday, February 13. She would like a carpool and/or WRC team to compete. Tris Kruger agreed to coordinate teams for the Washington Birthday Marathon Relay on Sunday, February 20. The Bethesda Chase 20K is Sunday March 6. We will also probably have a team or two in it. James Scarborough agreed to coordinate teams for the Cherry Blossom Sunday April 10. Dean Burke will be in charge of "new member recruitment" during the coming year.

7. Kudos. Dr. Kruger made a motion to thank Jacob Wind for not bringing his kids. He also thanked John O'Donnell for bringing the erection booth.

8. Dues. Andy Smythe reminded everyone there (and everyone not there who hadn't paid) that dues for 1994 are DUE!

There being no further business except Bobbitt jokes, the meeting was adjourned. The next meeting will probably be held Friday, February 11 at Ed Doheny's house.

James Scarborough, Secretary.

RACE SCHEDULE 1994 (RACE DIR. IN PARENTHESES)

12 Mar. Burke Lake Park 12K (Hemphill)
 13 Mar. (Sun.) Piece of Cake Triple (5K/10K/15K),
 9:30 a.m. Seneca State Park, Gaithersburg, Md.
 301-353-0200
 16 Mar. Tidal Basin 3K (Wind)
 26 Mar. Predicted Time 5-Miler (Platt)
 27 Mar. (Sun.) Edwards Folly 11 miler, 9 a.m. Edwards
 Ferry, C&O Canal. 301-353-0200

2 April Run vs. Row 10K, Alexandria (Evans/Bailey)
 16 April East Potomac Park 15K (Durfee?)

18 April Boston Marathon.
 20 April Tidal Basin 3K (Wind)
 24 April GW Parkway Classic 15K, 8 a.m. Alexandria, Va.
 \$16/\$20, Alex. United Way, 300 N. Washington
 St., #100, Alexandria, Va. 22314. 703-548-1548.
 1 May (Sun.) Pittsburgh Marathon, 9:00 a.m.
 Pittsburgh, Pa. Contact: Leonard Duncan, 1001
 Law & Finance Bldg., 4th Ave., Pittsburgh, Pa.
 15219. 412-765-3773.
 1 May Earth Day/May Day 10K, 9 a.m. Anacostia River
 Park, Wash., D.C. DCRRRC 703-241-0395. (Chuck
 Evans, 202-966-5629.

**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

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) 387-3886.

