

Washington Running Club ★ Newsletter

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July 1994

NO JULY MEETING

There will be no WRC monthly meeting in JULY. The next meeting will be in AUGUST, held in conjunction with the Club Picnic at Tris Kruger's home on SUNDAY, AUGUST 7th, starting at noon. Tris lives at 9641 Accord Drive in Potomac, Md. From Beltway take the River Road exit to Potomac. The house is approximately 3 miles from the Beltway on the left at the corner of Accord and River, about a quarter mile past the Potomac Nursery & Garden Center. Bring your favorite dish to share, beer, soft drinks, or desserts. The Club will provide hot dogs and hamburgers. There will be volleyball, and other games and activities. Don't forget your swimsuits, and bring the kids.

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

First order of business is a correction to Chris Stockdale's time at the McLean Mile on May 30th. Ms Stockdale ran 5:25 to demolish the women's masters field, two seconds faster than reported in the June Newsletter. In the same race Bernie Flynn's son, Michael Creed, took second place in the children's 1/4 mile--and we know where he inherited those 1/4 miler genes. Bill Wooden also made a strong showing in the Masters Mile with a 5:04 time, taking 8th place overall and top 50+. Bill has been out of action with various injuries, but looks as if he's going to make his new age group even more competitive.

Only two WRCers participated in this year's Bay Bridge Swim--a 4.4 mile open water swim alongside the Bay Bridge--both of them women. Sunny Clarke finished in 2 hours and 4 minutes, slower than last year, but she was experimenting with swimming without a wetsuit (Sunny will be wearing a wetsuit in any future Bay swims). Carol Schultze, making the swim for the first time, completed the course in 2 hours and 40 minutes. There will be a Faux Bay Bridge Swim at the Club Picnic in August--726 laps of Tris Kruger's pool. Participants must bring their own lap counter.

John O'Donnell was very disappointed with his 3:40:09 finish at Grandma's. O'Donnell noted that if he had waited around the corner from the finish line for two minutes he would have run a p.w. that was exactly one hour off of his p.r. His only consolation was that he did better than Jim Hage, who dropped out.

GREETINGS FROM THE PREZ. . . .

The softball game will be at 2:00 p.m. at Yorktown High School (Katie Couric's alma mater) on Saturday, July 9th. The school is located in North Arlington, at Florida and 28th Street (above Lee

Highway--west of Glebe). The location is the same as the last two years. The party will be at Tris' afterwards.

Everyone has been asking me about Grandma's Marathon and all of us who ran appreciate your support. In a word--it sucked! It was 65F at the start, 75F at the finish, 95% humidity and very sunny. We all got killer tans. Over 20% of the people who started dropped out somewhere along Lake Superior.

Results are as follows:

Overall male, Don Johns, 2:18:19; Overall female, Linda Sommers, 2:33:42.

This race was the National Women's marathon Championship. Of the 86 invited runners, only 70 finished. Ouch! However, our newest member, Bonnie Barnard-Lopez of Bethesda finished 23rd in 2:47:18.

Congratulations on a fine effort Bonnie, and welcome to the Club. As for the joggers:

Andrew Smythe, 2:41:35; Steve Ward, 2:42:42; Dick Kuehl, 2:49:31; Paul Peterson, 2:57:03; Dave Keating, 3:20:52; Bobby Bauer, 3:31:01; John O'Donnell, 3:40:09.

Unfortunately, Jim "The Great One" Hage had to drop out at mile 16 due to a nagging hamstring injury. We all wish you a speedy recovery and much thanks from the Prez for helping me to the medical tent.

In case you were wondering, the Sunday Morning Runs are meeting at Tris Kruger's, at 8:00 a.m. for now. Thanks to his generosity, we can run in the shade, and have the pool to look forward to after the run.

This has been a short column, and quickly written to make Gerry's deadline. See you all soon--and relax, it's summer and it's too hot!

HAGE AND MERKEL VICTORIOUS AT RUN FOR SHELTER 5K by George Banker

The 5th Annual Freddie Mac Run for Shelter 5K attracted 2,800 runners on Sunday, May 22nd. This no-entry-fee race (thanks to the corporate sponsors) was run over a new course starting on Independence Avenue, and raised \$90,000 for Sunshine, Inc., The D.C. Family Preservation Program, and Wednesday's Child. All of these organizations assist abused, needy, and neglected children and their families.

Despite the large turnout, the event seemed to be low-key until Jim Hage turned up. Hage intended to run the World Bank 8K (which traditionally has a great prize list), but his sense of direction proved to be significantly inferior to his running ability, and he ended up at the wrong race.

The women's field had last year's winner, Kathy Merkel, trying to make it two in a row.

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

When the horn started and the runners took off, it was obvious that Hage was in a class by himself, looking as if he was out for a Sunday morning jog. In the women's race Denise Knickman had a narrow lead over Merkel.

Hage crossed the line for an easy win in 15:27, followed by Richard Concia in 16:28, with Matt Dean taking third in 16:36.

Knickman and Merkel were shoulder to shoulder in the final 100 meters, and decided to join hands for the tie. However, that was not to be, as a race official shouted a warning that they would be disqualified. Merkel used a last second lean to take the win for the second year in 18:32, to Knickman's 18:33.

Not to be outdone by his mom, Luke Merkel took the under-ten age group win with a 24:34 time.

WRC NEWSLETTER: AUGUST 1980 . . .
by Jeff Reed

Excavations in my parent's attic revealed an August 1980 WRC newsletter. The newsletter, then written by Bob Thurston, lists names that bring back many memories for old-timers like myself. As one of the longest surviving members, it is my duty to pass along some tidbits of club travels and travails. Yes, as long as I am breathing, stories of the Coed-Nude-Chicken-Fight Party will not die.

The newsletter leads off with the announcement of the next meeting site: Norm Brand's basement. To show how little the club has changed, there is a remark about being plenty of room in the fridge to keep the donated beer cold.

The leadoff story details a WRC road trip to the Utica Boilermaker 15K National Championship in Mark Baldino's old van the "Millennium Buzzard." WRC had won the AAU 30K team title at the Albany, NY Chopperthon, and wanted to pick up a Triple Crown by winning the team title at Utica, and then the later 20K team trophy. The Greater Boston Track Club was the main competition for the team championship.

Unfortunately, Greater Boston used Pete Pitzinger's win over WRC's Terry Baker to eke out a

team victory over WRC by one second in the cumulative times. WRC proved to be good losers as a dropped cigarette burned and melted the winners' medals before the awards ceremony.

Results: 1) Pete Pitzinger GBTC 45:23; 2) Terry Baker 45:39; 11) Will Albers 47:15; 13) Mike Greehan 47:40; 14) Al Naylor 47:51; 15) Tim Gavin (described as a WRC newcomer) 47:53; 20) Jim Berka; and Mark Baldino (with a hangover) 52:30. Of this group, none is still actively competing that I know of. Maybe there is something to the tortoise and hare thing.

Runners from WRC won three top awards at the DCRRC awards banquet: Bob Stack and Mary Walsh picked up the Outstanding Male and Female Runners, while Jay Wind received the Most Improved Male Runner. Jay had dropped his marathon time from 2:46 to 2:27:25 during the year.

Results from Peachtree that year, on a 96 degree day, were led by Dan Rincon (24th 30:24), Will Albers (25th 30:26), Mike Greehan (40th 30:55), Al Naylor (49th 31:19), Ray Morrison (32:58), J. Jacob Wind (33:33), Jim Hagan (33:47), Mark Baldino (34:24), Dennis Jett (36:20), Keith Higgs (37:50), and finally Jeff Reed (40:12). WRC women were led by Laura DeWald's 15th place (37:25), and Kathy Guiney (49:20). WRC did well during the race, but the post-race party was legendary. The party was dubbed by the local press "Moons Over Atlanta", and left quite an impression on the genteel people of that fair city. George Malloy, who finished the race in second place overall (29:14), had so much fun that he joined WRC during the party.

A fairly incomplete list of the top marathoners for the WRC of 1980 was also included. Of the listed runners, I think only one or two of these people are still running enough to do a marathon. 1. Bruce Robinson, 2:17:29 (Olympic Trials); 2. Will Albers, 2:17:50 (Olympic Trials); 3. Jim Berka, 2:19:26; 4. Jeff Peterson, 2:22:11; 5. Terry Baker, 2:22:59; 6. Pete Nye, 2:23:41; 7. Jack Coffey, 2:25:19; 8. J. J. Wind, 2:27:25; 9. Dan Rincon, 2:28:39; 10. Al Naylor, 2:31:14. And the top WRC women: 1. Marilyn Bevans, 2:55:26; 2. Anna Mae Diehl, 3:12:54; 3. Laura DeWald, 3:14:41; 4. Stephanie Flynn, 3:16:44; 5. Pam Russell, 3:23:05.

Washington Running Club

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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

REFLECTIONS ON THE BAY SWIM by Sunny Clarke

So, you're returning from the beach via the Chesapeake Bay Bridge, pounded from your Saturday run, secretly relieved you missed the Sunday's 17-miler from Tris's house, and annoyed that your spouse and kids take you for granted. Then midway across the Bridge, you start daydreaming: Spouse and children huddle around you on the beach at Sandy Point State Park, tearfully, fearfully promising to meet you on the other side of the Bay bridge, 4.4 miles away, as you coolly and professionally adjust your goggles and smear Vaseline along the edges of your wetsuit. . . .

Realizing this dream may be easier than you think. The National Oceanographic and Atmospheric Administration (NOAA) now sets the race start time on the day of the race, based on current tidal and weather tests, to avoid the powerful tides which washed swimmers out in earlier years. If you've completed such distance events as marathons and are relatively comfortable swimming for significant periods of time, you might seriously consider training for this 4.4 mile challenge, either for cross-training or off-season thrills and conditioning.

They say most swimmers prepare for 4-6 months. (I've done it on three weeks; I suspect the necessary preparation depends more on swimming efficiency and confidence than on any objective measure of fitness.) To qualify you must have completed either (1) a prior Bay swim in less than 3:15; (2) an open-water swim of at least one mile at a 45-minute mile pace; (3) or a continuous 3-mile pool swim in less than 2:15. Carol Schultze, fellow WRC member, swam the Bay for the first time this year after spending a winter cross-training two nights a week with the D.C. Masters Swim Club, a relatively accessible training group with many triathletes as well.

This year's winner finished in 1:32, in a medium tidal current. Thus, the event takes less time than a marathon, but, due to the upper-body effort and open-water conditions, will more comprehensively exhaust you than a run lasting the equivalent amount of time. Your heart does not have to fight gravity to keep the blood circulating; but you must be ready occasionally to forgo a breath in favor of swallowing a wave (or portion thereof). While wetsuits are not required, they are allowed and encouraged. (This year you could rent one on the day of the race at the beach.)

So, as you drive over the bridge, just chuckle, knowing you can always forgo a run for a swim and train for the Bay swim. And maybe, like me, while pulling past pylon after pylon and wet green wave after wet green wave, in pursuit of the person in the fluorescent cap just ahead (or was that really only a buoy? It's hard to tell in that split-second your head's above the crest!), you'll find refreshment and renewal.

MINUTES OF THE JUNE MEETING OF WRC

The WRC meeting for the month of June was held at 8:30 pm on Friday, June 10 at Dr. Tris Kruger's estate in Potomac. Present were Kruger, Ives, O'Donnell, Scarborough, Stockdale, Reed, Horan, Brand, Creed, Clarke, and others. In the absence of President Andrew Smythe (attending grandmother's funeral), Treasurer O'Donnell chaired the meeting.

1. The softball game against NOVA will be held Saturday, July 9 at 1 or 2 pm. Site to be negotiated via Steve Crum of NOVA. We must get 15 people. Anyone interested in playing should call or notify Andy Smythe. Post-game party will be at Tris Kruger's.

2. Tris made a motion to welcome his guest (and dental patient) Lynn McQueen. Lynn took a bow.

3. Chris Stockdale suggested changing the

language in our listing in the Washington Post Weekend section, which now reads "Washington Running Club seeks new members." Scarborough pointed out that it contains his designated point of contact post office box and phone number. Chris will offer him a change in the language.

4. Tris Kruger will pick a date for the picnic, probably in August. Details will be in the next (July) newsletter.

5. Chris Stockdale mentioned the advertising and exemplary service of the Powerbar company, in replacing two flavors on her order, and also sending cash to cover free samples and shipping and postage costs. Powerbar can be reached at: 1-800-444-5154.

6. Norm Brand mentioned a high altitude (6,200 to 8,000 feet) distance running camp being held out west this summer. Cost for one week is \$170. Camp will be held about late July/early August in Colorado. Contact Joe Arrezola at 719-846-2003.

7. The latest issue of Runners' World is an "all women's" issue, highlighting Race for the Cure, Women's Distance Festivals, Swedish races, etc. One Women's Distance Festival picture from last year contains Bernie Creed (Sunny Clarke wondered why it didn't include her).

8. James Scarborough is working on the (draft) 1995 DC Road Runners' Club race schedule. A meeting will be held Monday, August 1 to review and develop the schedule.

9. The Star Trek 5K is coming up Sunday, June 26 at the Southwest Waterfront. You can boldly go where no runner has gone before. (Sunny Clarke brought up an interesting question: was it "where no man has gone before" from the TV show, or "where no one has gone before"? or was Star Trek sexist?) [It was originally man, but was changed in "Star Trek: The Next Generation" to one.--Newsletter Editor, married to a "Trekkie".]

10. Andy Smythe will be coordinating teams for the Annapolis Ten Miler, Sunday, August 28.

11. John O'Donnell motioned that Gerry Ives, Chris Stockdale, and John Dix receive kudos (accolades) for their recent masters' performances in local races. Motion was seconded and approved.

12. We should also be considering teams for the Civil War Relay (11 persons, 118 miles) to be held in Virginia in September.

There being no further business the meeting was adjourned. O'Donnell promised a Treasurer's Report at the end of the year. Members enjoyed the hot tub and the second game of the NBA playoffs. Jeff Reed informed us of the differences between Bardo, Amdo, and Peyote Cafe.

James Scarborough, 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.

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.

Tuesday & Thursday, Racquet & Jog, 3225 M St., 7:00 p.m. All levels. After run party at Third Edition Tiki Bar. **Contact:** Racquet & Jog (202) 333-8113.

Sunday Morning Run, Tris Kruger's house, 9641 Accord Drive, Potomac, MD, 8:00 a.m. Over hill and dale the kids hit the trail at a brisk pace while tossing verbal brickbats at one another, ending with a refreshing swim in Tris's pool. **Contact:** Gerry Ives at (202) 452-4242, or (301) 320-3337.

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