

Washington Running Club ★ Newsletter

Volume 13, Number 9

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September 1994

SEPTEMBER MEETING

The SEPTEMBER meeting will be held at Tris Kruger's home on FRIDAY, SEPTEMBER 9th, at 8:00 p.m. 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 side dish to share, beer, soft drinks, or desserts. The Club will provide hot dogs and hamburgers.

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

Former Club Prez and this year's Felde Award winner, **Tris Kruger**, fell off his roof on Tuesday, August 30th. As most of you know, Tris is building a large garage to house his antique car collection, and he is acting as his own general contractor. Conditions were almost perfect for the fall, with a slight breeze and low humidity, and Tris easily won his age group. With his usual creative genius Kruger chose to execute a unique dive—a single backward flip. The creativity and genius came from the fact that he used a hammer to knock away the 2 × 4 he was standing on, and after executing his backward flip landed face first on a pile of cinder blocks. In addition to a split lip, our favorite dentist suffered a broken left wrist, a sprained left ankle. The hospital staff also discovered that he had an old unhealed fracture of his right leg. Kruger claims that the injuries will not affect his running, and having seen him run recently I tend to agree.

Congratulations are in order for **Bonnie Barnard-Lopez** for her win at the Annapolis 10-Miler. Her winning time of 60:02, on a hot and humid day, gave her the win by 63 seconds over **Connie Buckwalter**. **Gerry Clapper** won the men's race in 52:22. Clapper is running high mileage with the goal of running an Oly Trials qualifying sub-2:20 either at Marine Corps or Twin Cities. **Andy Smythe** got a warm reception from onlookers at the race. One particularly friendly fellow insisted on shaking his hand. Despite the enthusiastic support Smythe ran a PW—proving you can't run with a sinus infection.

Jim Hage dumped the Annapolis 10-Miler in favor of the Chaptico 10K, where he won. Hage men-

tioned that the course was 'rural' and included jaunts across fields, dirt roads, and plenty of hills. Former Club member **Kurt Kroemer** was fifth in the race. Kroemer is preparing for two major events—his marriage on September 24th, and Marine Corps. We wish him well in both endeavors, but caution him that the marathon requires much less training.

If you're planning to run the DCRRRC 20-Miler call **James Scarborough** so he can put you on a WRC team. His number at home is (703) 536-7764 or work (202) 653-0318. We usually have the runners to win the team title in this race, unfortunately they don't remember to run on a WRC team. Also, if you have a "success story" (running only, Andy) call James up and he will put it on the tape on the Club answering machine. Any out-of-town race results, whether running for the Club or individually, are fair game to put on the message.

A HARD DAY'S NIGHT: RUNNING THE 24-HOUR RELAY

by James Scarborough

Certainly, only the hardcore do it. Certainly, only the young because they're still crazy enough to try anything once. Or, certainly only the old ultra-distance crazy types who frequent the track or the (wilderness) trail, and sneer at the same, commercial, conventional road races that the rest of the running community participates in. What I found, in my rather belated first entry into the unique event, was that the 24-hour relay field was a bit of each, but judging by the number of high school and college teams it draws, the younger runners certainly have the stamina and the chutzpa to endure it, and are still crazy enough to enjoy it. The relay this year was held at Howard High School in Columbia, off route 108 and on the course of the Metric Marathon. The initiated get there early (registration commenced at 10 a.m. for the noon race start) to pitch up tents, lawn chairs, campers, sleeping bags etc. I managed to get on a team formed by Annapolis Striders' Wayne Ramsay. Someone decided we needed a mascot, and for that purpose Wayne had brought a pair

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of pink flamingos. Our team was thus known as the Flaming Flamingos. We drew running order (like a baseball lineup card) at random; I drew cleanup, er, fourth, which meant I'd have to run more miles. At noon the gun went off, and the first relay people were treated to the sight of the six people attempting the 100-mile run. Talk about starting slowly. Of the six, only three finished, and one didn't run the whole distance. Stanley Dobbins won the war of attrition in about 21½ hours. His wife, Marjorie Schlundt, had to sleep about three hours, and completed 92.5 miles at the end of the 24 hours. Alan Price racewalked it in 23 hours and 40 minutes. I ran my first mile at about 12:20 p.m. Piece of cake, particularly as the first few miles went by I got warmed up and ran faster, peaking at mile five in 6:19. Everybody else on our eight-man, two-women team cruised right along, throwing in an occasional slower mile for good measure. The first six hours were spent getting accustomed to the routine, getting a little too much sun without realizing it, taking about all manner of things, getting to know the faces (if not names) of more than 100 other people on the track or in various stages of other shenanigans, and in general taking care of logistics and finding some entertainment between miles. This was a routine which changed a little each time. Finish a mile and hand off to the next person, walk a hundred yards, grab a cup of water and a cup of Gatorade, pee, go check with the scorer for your split (and sometimes take over scoring duties), maybe make a wardrobe change, etc. There is plenty of time to plan to do some things between miles, but not long enough for others. (John Przybyz, WRC member, two spots ahead of me in the lineup, the official flamingo groomer, suggested we take turns going out to a movie). There's enough time to get impatient to go

again, but not enough to get thoroughly disengaged from it. Long enough to nod off, but not long enough to get any real sleep. Dan, our number eight man, twice had to be awakened from his hammock when Wayne, number seven, was midway through his fourth lap, and had to sprint across the infield and scale the fence. At 6 p.m. we were treated to a little bit of a change when the 50-milers started. It sounds easier than 100 miles, but they still were out there a long time when you consider that the first two finishers, Vassili Triantos and Marc Sullivan (Vassili won by less than a lap, about 45 seconds) took 6:34. Other finishers included Bob Harper, James Moreland (who racewalked it), and Paul Goldenberg, last at about eleven and a half hours. By early evening the adrenaline was still rushing and we could all pretend we were at a nighttime track meet. By midnight, my team had finished a cool ten miles each. A twelve-hour relay, I decided, would be simple compared to this. A couple of grim truths began to sink in, however. I would be dark a long time yet, and we would be continuing to run, at roughly the same cycle, through all of it. The ultra people, whom we were by now sick of looking at, started to look more and more strange. After midnight, most brains started to think about sleep, even if like me you couldn't manage to sleep but for a five-minute catnap. And, after such a pleasant day, the night started to get **real cool**. The conditions made for dew all over everything. The roughest interval is between 2-6 a.m. Many dealt with it by running in costume (the VHTRC team brought their tuxes, crazy hats, etc.), running barefoot, using fluorescent batons and one that said "go for it," walking, reading while running, etc. Race director Tim Beatty MC'd the craziness by wearing a different bizarre hat every hour. Przybyz accelerated the plan and had us each run carrying a flamingo for a baton on the 13th mile. Times were supposedly faster. I borrowed number nine woman Tony's stereo to play some tapes. At about mile fifteen I had a great song welcoming everybody, Tom Petty's "Don't Come Around Here No More." I played catch with some guys who'd brought a baseball, and took my tennis ball over to school and managed to aim a throw too high and lose it. The clock flat out stopped for one period, and had numerous problems with unreadable numbers. Finally, the sun started to rise. By 6 a.m., the realization that we had completed another quarter of the ordeal gave most of us a second wind, just when we were approaching the gates of delirium.

The night chill gave way to the too-bright sun again. Although eighteen hours were down, there were still a grueling six to go, and the cumulative mileage began to drag. The worst stretch for me was probably between about 8:30 and 10:30 a.m. The next-to-last mile (which ended up being mile 18) was my slowest at 6:52. Strangely, lack of sleep doesn't hit you when it is logical for it to, but much later, like mid-morning. (Bridgette, who handed off

Washington Running Club

7817 Tomlinson Avenue, Cabin John, MD 20818.

CLUB OFFICERS

President: Andrew Smythe (703-876-4772)
Vice President: Nancy Horan (703-527-5854)
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

to me, said she would probably wake up every hour Sunday thinking she had to run again). Maybe there is enough mess created over the course of the day (and night), but people began to clean up early, about 10:45 a.m. Things were getting close, but gradually I figured out I wouldn't need to run mile 20. I had still more than met my goal; all my miles were sub-seven. Bridette ran one lap of her 20th with the flamingo, got to the turn, and then the noon gun blew. Then we did the simple business with the surveyor's wheel. Finishing teams qualified for mugs and ribbons. The winning team was Dream Team III, which put in over 230 miles. Three others put in over 200 miles. Last but not least, for obvious handicap reasons, was the Young and the Stupid, a *four*-person team who still managed to cover over 130 miles. We all left wondering if there was still a world outside school and the track. All in all, it was a great experience to try one, to find out a lot about yourself, and to get some honest vicarious pleasure in others' accomplishments, suffering, and insanity.

EVEN MORE REALLY DEEP THOUGHTS FROM THE PREZ

Now that all the rumor and innuendo have been confirmed, I can finally sleep at night. I, for one, am sincerely glad that they have found happiness in each others arms. Naturally, I'm talking about Lisa Marie (Presley) Jackson and that macho studmuffin of a husband, Michael. May I speak on behalf of the club offering them all the happiness in the world and a long life together? yeah, right. I give it six months . . . tops. It doesn't get any more weird than that.

Let us leave Lotus Land for now and talk about really important stuff, like the great WRC picnic. Could the weather have been any nicer? It was a wonderful turnout, and everyone had a good time. As usual, Tris Kruger went out for one of his massive Sunday morning bike rides to Leesburg. This time, unfortunately, he found himself with a flat tire and had to hitchhike back to Potomac. You may well ask yourself, who in the hell would give a ride to someone as disreputable looking as Tris? Why obviously, one of America's finest—a U.S. Marine. ("Last week I couldn't spell 'Marine,' now I is one"). Upon arrival at the picnic, Tris' newly found benefactor promptly made a beeline for the beer and was not seen to move from his spot for the next six hours. Due to his boundless generosity to the Washington Running Club, Tris was awarded the Alfred Tom Felde Award for 1994. Special thanks to Norm Brand who filled us in on the history of the club's highest (and only) award.

It was also announced that Chris "Shiggy Queen" Stockdale has been invited to participate in the 1994 National Masters Championships at historic Hayward Field in Eugene, Oregon. The only catch was she had to pay her own way, so the club generously

voted her \$100 towards her travel expenses. Chris, we all expect a full report of your activities in Eugene. Well, most of your activities. For me, the highlight of the picnic was checking the numerous and massive scars on Bobby Bauer's knee. It reminded me of the railroad tracks at the Chicago stockyards. Thanks to everyone who showed up, contributed, and made the picnic a success.

It is my sad duty to report that Deane "The Running Adonis" Burke will be relocating to the Capital of the Virginia Commonwealth at the end of September. Deane requested that I announce to the women runners of the D.C. Metro Area that he is looking for someone to share some mutually satisfying time with for the last few weeks he is here. Please contact him at his home or office. He will be joining the private law firm of Mays & Valentine, who represent Phillip Morris. All stockholders are advised to bail out now!

All members are reminded and HIGHLY ENCOURAGED to volunteer for this year's Georgetown 10K Classic packet pickup either the day before race day or the morning of the race. The 1994 edition of one of the local area's best running events will be held at 9:30 a.m. on Sunday, October 9th. This is the club's one and only moneymaking event of the year. Since it happens the same time every year, and I am providing a full month of advance warning, every member of the club should participate. There is plenty of time to plan your schedule and no valid excuse to miss volunteering for your club. If you wish to be eligible for the \$50 travel reimbursement in 1995 you MUST work packet pickup either that Saturday or Sunday. Besides, it's tons o' fun! I always get a kick out of Tris trying to talk women into taking off their shirts to try on the race shirt. As usual, packet pickup will be at Georgetown Park Mall, I also claim a seat next to John "Babe Magnet" O'Donnell. This guy is a pro—I saw him weave his magic at the Cherry Blossom packet pickup.

As promised, the Annapolis Ten Miler was made even uglier and hillier than the past editions of the race, to where it now looks like a course James Scarborough might design. We did not have the unique pleasure of running through the U.S. Anal Academy, which was a deep letdown for yours truly . . . NOT. New WRC member Bonnie Barnard-Lopez continued her winning ways by blowing away the women's field in an astonishing 1:00:02. Gerry Clapper won again for the men (52:22). Other WRC participants included Bernie Flynn, Kyle Forman, Jeff Reed, Shelley Burns, and yours truly. Mike Regan, Bobby Bauer, Deane Burke, and Abby Daniels cheered us on. I apologize for not providing full results or if I missed anybody's name. I spent most of the awards ceremony explaining the Marquis of Queensbury Rules to some psychopath in my alma mater's football stadium parking lot.

Due to a recent sinus infection, Android has become a jogger. So count your blessings, you may not be seeing me around quite as often on the running

trails. Besides, I need a serious break after the last couple of years of running. Happy Hour anybody?

Motto for September: "Wherever you go, that's where you'll be."

MINUTES OF AUGUST MEETING OF WASHINGTON RUNNING CLUB

The picnic was held Sunday, August 7 at Dr. Tris Kruger's estate in Potomac. Tris is building a new structure on the estate, namely a garage. Construction prevented holding the annual beer relay. In attendance were the three Wind children, the four Merkel children, assorted parents, Norm Brand and his wife, Alan Roth, Chris Stockdale, John O'Donnell, Amy Durham, Deane Burke, and a host of others. It did not rain; in fact, the sky was brilliant blue and the pool was suitably cold.

The August meeting was convened at the picnic. President Smythe confirmed that, since old business is old business, we should not revisit it.

1. Upcoming Team Events. There *will* be team entries for the DCRRC Twenty Miler in Alexandria on September 25. Person interested should contact James Scarborough at 703-536-7764. The Philadelphia Half Marathon is Sunday, September 18 in Philadelphia. Persons interested should contact Andy Smythe.

2. Presentation of the Alfred tom Felde award. Norm Brand, our institutional memory, related the background of Mr. Felde, a tailor with Lord and Taylor, who in his seventies during the 1960s, urged the merging of the runners into the old Washington Sports Club (at that time primarily a bunch of soccer players). He owned a yacht for social occasions. The posthumous award is a recognition of those who have exhibited outstanding service to the club. The 1994 award went to our host, Dr. Tris Kruger, the second time Tris has won it. (Pat Kolakowski was only too happy to move it out of her house). Tris was surprised and expressed gratitude. The answer to the trivia question about the 1983 winner, whose name is missing from the trophy, is supposedly Ray Morrison.

4. Out of Town Reimbursements. Chris Stockdale will be attending the National Masters' Track Championships in Eugene, Oregon. She requested \$100 to attend the meet. This request was approved by a voice vote. Kudos were awarded to Chris for qualifying.

5. Vice-Presidency. Insofar as Ed Doheny has not renewed his membership in WRC, and has not been attending meetings, it was agreed to declare the office of Vice-President vacant. In a special election, Nancy Horan was voted Vice-President.

6. Other Comments. Deane Burke questioned the fiscal profligacy of the club for buying 2 pounds of shrimp as part of the picnic expenses.

There was other general discussion about the people no one sees anymore, and how the club was dying on the vine, and what could we do to revitalize it? Same old discussion, but it had a note of resignation about it.

There being no further business which the club could effectively resolve at this juncture, the meeting was adjourned. The next meeting will again be held at the Kruger estate, this time on Friday, 9 September at 8 p.m. The pool will be heated through October, according to Dr. Kruger. Hopefully, the garage will be finished by then.

ROAD RACE SCHEDULE OF MAJOR (AND MINOR) EVENTS

Sept. 4—Greenbelt Labor Day 15K, Greenbelt, Md. 6 p.m.

Sept. 10—DCRRC 1-Hour Track Run, Annandale, Va. Evening.

Sept. 20—DCRRC 5M Predicted Time, Carderock, Md. Evening.

Sept. 21—Nike Capital Challenge, East Potomac Park, 8:00 a.m.

Sept. 25—DCRRC 5 & 20 Miler, Jones Point Park, Alexandria, 8:00 a.m.

Sept. 25—United Way 10K, West Potomac Park, 8:00 a.m.

Oct. 9—Georgetown Classic 10K, M Street in Georgetown, 9:30 a.m.

Oct. 16—Army 10-Miler, Pentagon, 8:00 a.m.

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.

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.

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:
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