

Washington Running Club ★ Newsletter

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October 1994

OCTOBER MEETING

The OCTOBER meeting will be held at Tris Kruger's home on FRIDAY, OCTOBER 14th, 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.

TOP MASTERS ATHLETES COMPETE IN OREGON MEET
(but they let the others in too)
by Chris Stockdale

It certainly sounded impressive when I read in the most recent WRC newsletter that I had "been invited to" and had "qualified for" the USATF National Masters Championship Track Meet. However, I will tell the truth (so typical of the British) and explain that the only qualifying needed was to be old enough . . . and I certainly had no problem in that regard. As for the invitation; well, the entry form did say something to the effect of "Come and Run." Otherwise, I just invited myself. The slight misreporting is what happens when the monthly meeting is held in conjunction with the annual beerfest (aka the summer picnic). (Actually Chris has excellent qualifications. The 1993 USATF road ranking place her nationally as #5 for 15K, #9 for 10 Miles, #10 for Half Marathon, #13 for 8K/5M, and #44 for the 5K, in the women's 45-49 age group, and she turned 50 in 1994--Editor).

I've come back hooked not only on track and field competition, but also on the state of Oregon. The meet was held in the runners' mecca known as Eugene, with events taking place on the famous Hayward Field. Most of the competitors stayed in the dorms on the University of Oregon campus, literally within earshot of the announcer at the track.

Although I had a great time, my racing was not what I had hoped, having suffered from a pulled hamstring all summer. This, of course, meant I couldn't do much in the way of speed training, somewhat necessary to run the short distances I was aiming for.

I had not anticipated the world-class competition that shows up for these meets. When I saw in the program that amongst my competition in the 800 meters were Rae Baymiller, the latest 50+ phenomenon and the almost legendary Doris Brown Heritage, I knew I'd be lucky to medal. In the 400, my competition included a woman who had recently run 65 seconds, a time I knew I wasn't in shape to come near. However, I did come home with a silver medal in that event (only running 72:36) and a 4th place in the 800 (2:40:48). The 400

turned into a bizarre race; I was actually running in third place, coming down the home stretch with no hope of catching the two in front of me. Then suddenly within a few yards of the finish line, they both fell! First the leader went down, then number two. My brain, being somewhat fried at the time, said "Whoa, there's something on the track tripping us all up. . . . I'd better stop!" but luckily my legs took practically no notice of my brain and kept going. One woman was able to lurch to her feet and fall across the line in front of me to claim the gold. They didn't trip each other and nobody really knows why this double swan dive took place.

More than 1,400 masters athletes (and for this event, masters were considered to be 30+) from the U.S. and a number of foreign countries took part in four days of competition. I've been having a hard time this year accepting the fact that I turned 50 and feeling somewhat "over the hill." When I saw the large number of men and women well into their 60s, 70s, and 80s, as well as one sole 90+ man, competing hard, looking fantastic and having a wonderful time, I realized that 50 ain't so old after all! I've still a few good years to look forward to.

The other competitors were the friendliest bunch of people I could have wished for. Unlike road races where you show up, warm up, race, and go home after a banana or two, at these track meets the other athletes stay in the stadium all day, cheering their fellow competitors whether it be in the 70+ women's long jump, the 30+ men's 1500, or the many world class racewalkers completing an arduous 20K race.

Other D.C. area runners who competed in Eugene included Paul Zink, who placed 9th in the M45 800 in 2:11:32 and 9th in the 1500 in 4:31:39; Bob Weiner, 12th in the 1500 in 4:36:58 and 4th in the 3K steeplechase with 12:39:32; and Lynn Davis from D.C. (not a road racer) who placed 6th in the W35 400 in 65:96.

In addition to attending the meet, I spent a few days seeing as much of Oregon as possible, falling in love with this beautiful state. My house will go on the market at the beginning of next year, and I plan to bid the Washington area farewell about April as I head to the Pacific Northwest to join the slugs and others who thrive in the rain.

As they say, Oregonians don't tan, they rust.

PIES GALORE AT THE CARDEROCK PREDICTED TIME 5-MILER

DCRRRC Club President left a message with Race Director Gerry Ives wife telling him to buy 20 pies

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

for the DCRRRC Predicted Time 5-Miler, held Tuesday, September 20th. And he specified that Ives, an Englishman, wasn't to buy any of "those kidney pies."

With 20 pies and 30 entrants the competitor/prize ratio must have been the highest for any race in the country this year. The biggest problem was persuading the "lucky" winners to take home one of the five lemon meringue pies. Next year we'll put lemon meringue in the same banned category as kidneys.

In this race the first can be last, but it didn't quite work out that way. Actually the first (finisher) Ted Poulos was third in his prediction with a 28:17 (+5 seconds). Prediction winner was Rick Davey who finished in 34:56 (+1 second, and 8th overall), with Paul Thompson second place predictor in 37:28 (-2 seconds, 13th overall).

The first woman over the line, Kathy Hibbard, was a lousy predictor, but she didn't care. She predicted 38 minutes and ran 33:46, confessing that she would have been upset if she had 4 minutes off the other way. Kathy hasn't been on the racing scene for the past few years, but many of us remember her as being one of the area's top women runners in the early 80s.

COBB 10K IS PEACHY, BUT MESSY

by James Scarborough

On Labor Day, September 5, I took a break from hard work and ran the Cobb 10K in Atlanta. I was on an extended holiday weekend trip to see my father's side of the family in Georgia. The Cobb (County) 10K "Classic" was the first (inaugural) edition of the race, and they bandied about the figure of 25,000 runners. It did not get nearly that many, but the race promoters spared no expense to attract top international runners (22 countries were represented) for the \$75,000 total purse. The official count of finishers was only 3,540. Although it was fun, there were many logistical problems which I trust they'll work out before they do the second one.

The race is point to point. Runners had to find their way in the pre-dawn light (for a 7:30 a.m.

start) to Cumberland Mall on Cobb Parkway. They started keeping traffic from entering the mall area at 6:30 a.m. The race ran up Cobb Parkway (net elevation gain about 1,100 feet) to Whitewater (I love that name) and American Adventures theme parks.

Unfortunately, they closed the Whitewater entrance to traffic at 6:30 a.m. also, so it was virtually impossible for friends or family to get to the park and wait for a runner to finish. Buses ran from the theme park back to the start. The post-race celebration was heavily promoted, including free entry to Whitewater, where you can make a splash on any number of water rides and sports. However, they didn't open up the park until 9:30 a.m.!! I didn't get a chance to make a dramatic plunge and get wet until one and a quarter hours after I'd finished the bloody race. Immediately thereafter, I had to get on a bus going back. In other words, their timing stank. The park was used, however, for post-race drug testing.

The course itself was like a slightly different ride--a rollercoaster. The uphill were gradual and dramatic. What went up also came down, however. We got to see the northwest part of the metropolitan area (with lots of car dealerships and fast food places) on a beautiful, sunny day. Overhead, a helicopter heckled runners with the message --"GOPAC YER BAGS, NEWT" referring to Congressman Newt Gingrich. Obviously, you can't please everyone. Jim Ryun gave the benediction, and former Atlanta Braves pitcher Phil Niekro was the official starter. I finished in 44:30, and being one of the first 1,000 (#390) received a medal. The winning time was about 28:55.

Suggestions for next year: prizes to include 1996 Olympics tickets, shuttle buses from the finish to the start before the race, and earlier opening to Whitewater. Also, get more detailed information about the logistics available by phone or by mail ahead of time, rather than having to find them out the day of the race. Hopefully, the Braves will be playing next year on Labor Day.

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

Chris Stockdale ran the USATF National Women's Masters 5K Championship in Syracuse, N.Y., on October 2, and won the Gold Medal in the 50-54 age group with a 19:56. Chris wasn't too happy with the time, but she beat Nancy Frisillo, who was ranked third nationally by Runners World in this age group in 1993, by 7 seconds. Overall Masters winner was the incredible Barbara Filutze, 48, who ran 17:54 to place 10th in the Open division. Open winner was Anne Hare of New Zealand, who finished in course record 15:36, well below the previous record held by Lynn Jennings. A fortnight before, Chris ran the Human Race 5K in Salisbury, Md. She placed third overall and took home \$50 for her effort. Chris noted that the finishing mile in this race has more 90 degree turns than a maze.

At the Nike Capital Challenge on Wednesday, September 21st, WRCers were much in evidence. Jim Hage took 3rd place with a 14:26 effort, and Billy Webster broke his old Sub-Cabinet record and established himself as the fastest man in the White House with a strong 16:15 showing. Tom McCarthy was there despite a summer of injuries--no time available for Tom, and former race winner Carol Schultze finished a strong 2nd in the low 17's. Gerry Ives tried to back up Hage on the BNA team with a 16:59 showing. BNA finished as the third print media team--

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: Chair: Pat Walker

behind the two ringers, Runners World and our favorite running magazine Running Times (Scott Douglas paid me to write that).

The DCRRC 20-Miler had a slight change of venue this year, starting and finishing at Jones Point Park instead of the Torpedo factory. WRCer Bonnie Barnard-Lopez won the women's race, and Dominique DaLuz took the men's title. At presstime we don't have team results, but both WRC teams did well. The Co-ed team consisted of Amy Durham (2nd woman overall in 2:15:41), Donna Moore (third woman overall in 2:19:17), and James Scarborough (2:32:19). The Men's Masters team was Kyle Forman (2:20:41), Bob Trost (2:24:14), and John O'Donnell (2:28:00 approx.)

Berni Flynn and Chris Stockdale competed in the Potomac Valley Games track meet at T. C. Williams on September 4th. In the 800 Berni clocked a 2:32 and Chris a 2:38. Chris also ran the 1500 with three other women, finishing first by nearly a minute. Both of Chris' times broke the 50+ women's meet records.

FIELD GETS BEACHED AND KANED AT 16 MILER by James Scarborough

The first ever edition of the Towpath Tornado Sixteen Mile PR Distance Run was held starting at Fletcher's Boat House in Washington, D.C., Saturday, October 1st, on an out-and-back course on the C&O Canal towpath. The race started close to Fletcher's at the three milepost, and continued past the Carderock Recreation Area to the eleven milepost before heading back to D.C.

This race is an excellent fall marathon training run or a chance to set a p.r. mark (how many 16-milers have you ever run?), and the course scenery is among the finest in the metropolitan area.

Many of the runners had run the DCRRC 20-miler the previous Sunday, including the overall race winner Ben Beach. Ben was first master at the 20-miler, and he took the overall title in the 16-miler after cruising shirtless through the course in 1:34:56, more than 5 minutes ahead of his closest challenger. Robin Kane and John McGrail finished 2nd and 3rd in 1:40:07 and 1:40:39 respectively.

Top woman overall was Michelle Kane in 2:02:33, closely followed by Gaynor McCown in 2:08:03, with Sheila Clark taking 3rd in 2:14:47.

The only shortcoming of the day was the fun run. It was supposed to be a 4-miler, but given the "robust" times the course was a little short. It turns out that the Capital Crescent Trail has no 10.5 mile sign, so one should not start a race at the 8.5 mile mark. The course was approximately 3.75 miles. Winner of the fun run was Stephen Monaco in 18:51, followed by Vince McDormald in 22:30. The only female finisher was Barbara Erlander in 30:32.

Many thanks to the volunteers: Quin Barber, Adelino Sanchez, Ted Baca, Dick and Martha Sargent, Gerry Ives, Ken Swain, John Haubert, Gary Smith, Tom O'Shaunessy, and Dan Gardner.

AUTUMN THOUGHTS FROM THE PREZ

Autumn has arrived! Did Summer whiz by or what? With the Fall comes the sound of . . . people guzzling beer after the Georgetown Classic 10K. Yes, fellow WRC runners, it is time once again for the one and only money-making event for our running club. All members are not only highly encouraged, but expected

to volunteer for this race. If you want to run the race, you work packet pickup the day before. Pretty simple, eh what? The Washington Running Club is stuck with a very rigorous task--we sit on our collective butts and hand out T-shirts and race numbers. Rocket science it is not, but it does mean \$15 for the club treasury for each volunteer. You have a choice of three shifts to choose from:

Saturday, 8 October--11:00 am to 2:00 pm.

Saturday, 8 October--2:00 pm to 5:00 pm.

Sunday, 9 October--7:30 am to 9:30 pm.

Saturday packet pickup meets in Georgetown Park Mall, Wisconsin & M Street on the upper level of the mall, by Victoria's Secret. For Sunday's shift, meet at the starting line on M Street. As a reminder, you will not be eligible for the \$50 per year travel expenses in 1995 unless you volunteer. You may work more than one shift, which will count double. I will also be calling each club member as a gentle "reminder" of their obligation. Any questions, call me.

I did not necessarily want to put the following in print, but dozens of people have been asking me "Hey Android, why have you quit running? What's the matter?" I would have thought the answer to be intuitively obvious, but I assumed incorrectly. After years of running upwards of 100 miles per week, I am tired and burnt out. I am not injured, just fed up with putting my tush through the wringer and running a lousy marathon. I think I deserve at least one season of being a jogger and spectator. I know too many people who are way too obsessed with running and I saw myself starting to do the same thing. I know there is life outside of running, and I am determined to find a piece of it before I jump back into the rat race. Besides, it wasn't fun for me anymore. When I attempted to explain all of this to those who asked, most people understood where I was coming from. Some did not. Not my problem. Forty miles a week is plenty for right now.

By the time you see this in print, Deane "The Running Adonis" Burke will have departed the area for Richmond. Thanks to all those who attended his farewell party and made it a success and surprise. He was genuinely touched and wanted to personally thank everyone, and also have me repeat his thanks.

There was a slight change to the course of this year's DCRRC 20-Miler. Jones Point was the start and finish instead of The Torpedo Factory. I suppose the citizens of Old Town were upset by the sight of half-naked people running through the streets of their fair city. Despite the change, it appeared all participants had a grand old time thanks to the tireless efforts of George Banker. Conditions were not ideal. Deane and myself went for a 50 minute jog, finishing in time to watch the leaders complete the course. We were soaking wet--much too humid, although the race had a record turnout. Big surprise here, Bonnie Barnard-Lopez and Amy Durham finished 1st and 2nd, respectively. I officially dub you both "Studsuffins." Other participants included Kevin "Thanks for the Beer" Kolakowski, Billy Webster, James "Not Enough Hills" Scarborough, Kyle "Evil Twin" Forman, Bob Trost, and John "Why in the Hell Did I Wear New Shoes in This Race?" O'Donnell. The last three comprised our masters team. I think that's everyone, my apologies if I missed anyone.

Everyone have a good October and see you at the meeting and the Georgetown 10K.

MINUTES FOR THE SEPTEMBER 1994 MEETING OF WRC

1. Andy Smythe noted Tris' fine progress on his addition. Andy will not be running the Philadelphia Half Marathon.
2. James Scarborough reminded everyone of team entries for the Twenty Miler September 25. John O'Donnell will be running, as well as Amy Durham, and Bob Trost. Andy Smythe will ask Jim Hage and Mike Regan if they want to run.
3. Scarborough is directing a race on Saturday, 1 October at Fletchers' Boat House on the C&O Canal. Distance is 16 miles. All are welcome to volunteer. (MCRRC has the point-to-point 40 mile towpath relay the following day).
4. Smythe, assisted by Kruger, will coordinate calling people to volunteer for Georgetwon (9 October). O'Donnell said he would be out of town. Details still to be worked out with Colonial Running Company.
5. Christine (McVie) Stockdale gave her report on running in Eugene, Oregon. She liked it so much she's planning to move there. When the locals saw her Washington Running Club singlet, they thought it was Washington State (it was Pat Kolakowski's responsibility to get the women better singlets). Chris has color photos of the masters' track meet. She won the silver medal in the 400 meters when two competitors leading her tripped on their spikes on the track and fell down! Eugene has running trails everywhere; "Pre's trail" consists of about four miles of wood chips.
6. Ms Stockdale also noted that President Smythe enters a new age group (35-39, also known as the Over the Hill Gang, but labelled by her as finally old enough to drink) on Saturday, 10 September. Andy announced plans to get drunk.
7. The Potomac 5K will be held Saturday, 29 October. Dr. Kruger will again be directing. Nice trophies are awarded.
8. The Sunday morning run will return to Georgetown on Sunday, 11 September (8:00 a.m.)
9. Colonial Running Company is being offered for sale for \$30,000. Word is there is a prospective buyer. Staff changes have been numerous (according to Reed

and Stockdale) at the Washington Running Report. Yours truly is rumored to be on the cover of the September/October issue (the "60th anniversary" issue).

10 Stockdale announced she had the 1993 USAT&F road rankings book. Bernie Flynn inquired about the definition of paraplegics (and how could they bowl?), and how she could get a subscription to USAT&F News.

11. Our special quest was Kevin Kolakowski's oldest son, Chris(topher) Kolakowski. Everyone had negative stories about Kevin to report in his absence. Tris related the time he got Kevin (reluctantly) to pick him up in his truck (Tris was on a bike?) out in Leesburg.

12. Jeff Darman's company will be sponsoring the annual Race Director's/Road Race Management Workshop in Washington, 11-13 November.

13. Metroplex Media Rehab Associates will be hosting a running seminar in October. Information to follow.

14. Scarborough discussed intramural competition with NOVA. He will ask Rick Bockman and company about the winter volleyball game. Consensus was that we might want to try it (indoors) on a Sunday afternoon vice a weeknight, probably following a race when everyone is already "warmed up." Suggestions were SuperBowl Sunday, after the JFK 20K, or after one of the TJ Indoor Track Meets (same venue if possible).

Scarborough suggested he will also ask if NOVA wants to play soccer during the fall or spring.

15 Per USAT&F rules fanatic Al Morris, it is illegal to hand out water during a road race--this is undue "assistance." Alan Roth clarified the rule--you can hand it out with a flat palm. Does anyone police this? Does anyone care who's thirsty?

16. John O'Donnell promised a Treasurer's report (year summary and budget for 1995?) by the end of the year.

17. I did redeem something from Annapolis, by finding the Packet Pickup/Registration sign on the street near the hotel!

There being no further business of any kind, the meeting was adjourned. The next meeting will be held at Dr. Kruger's on Friday, 14 October.--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.

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:
Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Gerry Ives at 320-3337