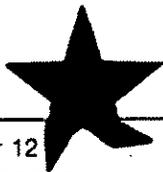


Washington Running Club Newsletter



Volume 13, Number 12

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December 1994

DECEMBER MEETING

The NOVEMBER meeting will be held at Andrew Smythe's home on FRIDAY, DECEMBER 9th, at 8:00 p.m. Andy lives at 7596 Lakeside Village Dr., #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. No. 7596 is the 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 on back page of newsletter). Bring your favorite side dish to share, beer, soft drinks, or desserts. The Club will provide hot dogs and hamburgers.

HOLIDAY GREETINGS FROM THE PREZ

My apologies to Jim Hage for leaving him off the Georgetown 10K volunteer list. Sorry, Coach.

With Hannukah upon us and Christmas fast approaching, I'd like to say . . . Party Time! By now, you all should have received an invitation to the annual Bob Trost/Betty Blank Holiday Extravaganza. As a reminder, do not wear jeans. Have you ever seen Betty angry? It's not a pretty sight. A coat and tie or a dress (depending upon your gender and/or proclivities) are strongly recommended. As are babysitters for those couples who are "offspring challenged." Some of you have been conspicuous by your absence, and even downright antisocial. Show up and let's all catch up. Besides, too many damned NOVA people seem to show up at these things to suit me. See you there.

The December meeting will be at my flat, at 8:00 pm Friday, 9 December. Nominations for the 1995 elections will be held at this time. More important, an abundance of pizza, beer, and soda will be provided courtesy of the Club checkbook. I have gotten pretty good at forging Johnny's signature. We will also be discussing the GW Birthday Marathon Relay, where WRC always kicks butt and takes names. Your presence (but not your children's) is highly encouraged.

I hate to cut this short, but lack of material forces me to do so. Besides, I have to run to Tyson's Corner (aka Mall Hell) to buy each and every member of this running club his or her Christmas gift. See you at The Droid's Love Palace 9 December.

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

Road Race Management, Inc., publisher of the newsletter for race officials, has named Bill Reef, director of the Boulder Boulder as its 1994 race director of the year. Reef received his award at the

annual Road Race Management Race Directors' Meeting and Trade Show held in D.C. on November 12th. The award was once described by Bill Rodgers as the Gold Medal of race directing. In presenting the award, Phil Stewart, editor of Road Race Management noted that the recipient had taken one of the nation's great running events and made it better. Stewart also applauded Reef's efforts to assist and counsel other race directors.

James Scarborough informs us that the two-member WRC team (person and dog) of himself and Willie von Pfeffer, with a combined age of nearly 48, finished the 2K Doggie Dash in 9:56. Also competing were Jeff Reed and Betty Blank. Chivalry makes me assume that Jeff was wearing the collar, how Betty got it on him is difficult to imagine--many women have tried before, or so he tells us. No word on Betty and Jeff's time.

Donna Moore got her qualifier for the Women's Olympic Marathon Trials with an outstanding performance in Seattle over the Thanksgiving Day Weekend. Donna broke the tape in a PR 2:49:26, and was the top woman finisher. Reportedly, the conditions for the last half of the race were not good, with rain and a headwind combining to make it tough going. One of the awards for winning the race was a free trip and entry to the 1995 Boston Marathon; not exactly a welcome thought after you've just run your buns off--kinda like giving a pie-eating contest winner a free apple pie.

Mike Cotner obviously has no social life. He followed up his sub-58 minute Army 10-Miler with a 35:35 Vietnam Vets 10K. He wouldn't be able to run those kind of times at his age if he had anything better to do.

If you want to qualify for the masters mile at the Mobil Invitational Track & Field Meet, at George Mason University on Saturday, February 25th, here's how: 1. The first four local masters qualify who finish the master mile at the Father Diamond Meet on Saturday, Jan. 7th at George Mason Field House; 2. The first three local master qualify who finish the masters mile at the DCRRC meet on Sunday, Jan. 22 at TJ Community Center; 3. The first three local masters qualify who finish the masters mile at the DCRRC meet on Sunday Jan. 29 at the TJ Center . . . for a total of ten local masters. Bill Rodgers and Frank Shorter are the featured masters runners this year, so give it your best shot. Contact Jay Wind at (703) 920-5193 if you have any questions.

BARNARD-LOPEZ AND GENERAL TOP VIETNAM VETERAN'S FIELD by George Banker

On Sunday, November 13, 1994 on Independence Avenue not far from "The Wall", 2,100 runners lined up for the 2nd Annual Vietnam Veterans 10K (1992 was an

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

8K). To some it was just another race, but to others it was their way of remembering friends or family members who had their lives taken or drastically changed by the Vietnam War.

Defending men's champ Darrell General was the favorite to win in the absence of Jim Hage or any other strong challenger. The women's race was up for grabs, with several road-racing aficionados predicting a win for Heidi Gerken of Reston.

General led the field through the first mile with a 4:52 split, then picked up the pace and dropped the rest of the field with a 4:49 second mile. As General clocked a third mile split of 4:52 it became obvious to the chasing pack of Marcel Zapata, Mark Hoon, Dominique Daluz, Byrne Decker, and leading master Chuck Moeser, that they were racing for second place.

Within striking distance of the lead pack was the second master Paul Peterson. Paul, who seemed to be completely recovered from the Chicago Marathon, wasn't going to give up the masters race to Moeser without a battle.

General went through mile four in 19:26 (4:53 split) and mile five in 24:25 (split 4:59), crossing the line for the win in 30:28. The pace was slower than last year's 29:53 time, but Hage wasn't there to put on the heat.

There was a brief break at the finish line before the second place runner, Luna-Zapata came in, clocking 31:36. Decker held on to capture third with 31:46, as Daluz faded to fourth in 31:55. Hoon held on to number five spot with a 32:00 effort.

First master Moeser was sixth overall in a course-record time of 32:03, with Peterson close on his tail taking second, and eighth overall, in 32:14. David Webster took third master spot in 33:00.

Bonnie Barnard-Lopez wasn't about to be intimidated by anyone despite the pre-race predictions of the winner, and certainly didn't look like a woman who had run a 2:45 marathon just three weeks before. With the race not decided until the final finish-line sprint, Bonnie smashed club-mate Sunny Clarke's course record of 36:14 when she crossed the finish line in 35:04. Gerken took second in a close 35:06. Leslie

Minnix-Wolfe had less than two steps on triathlete Kim McLaughlin--the clock could not change fast enough as both registered 36:00--with the number three spot going to Leslie. Leslie is returning to running after having a baby last year, and obviously is in good shape. Donna Moore rounded out the top five with a 36:07 showing.

Berni Flynn, who has been hitting the track with Mark Centrowitz's group over the past few months, took 11th place with a time of 38:59. Flynn seems to have overcome a series of injuries and setbacks that have kept her from the top ranks over the past few years.

Rose Malloy, who had been injured earlier in the year, took top women's masters spot with a 37:35 effort. Her time was good enough for 8th place overall woman, and it smashed the masters event record of 40:16. It looks as if Ms Malloy has regained her form. Second woman master was Patricia Donohue in 40:33, with Susan Humphries in third with a time of 41:02.

Vietnam veteran Ed Doheny took top spot in the 50-54 age group with a solid 35:53, as his training partner Gerry Ives took first in the 55-59 category with a 36:26.

Men: 1. Darrell General, 30:28; 2. Marcel Luna Zapata, 31:36; 3. Bryne Decker, 31:46; 4. Dominique Daluz, 31:55; 5. Mark Hoon, 32:00; 6. Chuck Moeser, 32:03; 7. Mark Jones, 32:07; 8. Paul Peterson, 32:14; 9. Matt Dean, 32:41; 10. David Webster, 33:00; 11. Dylan Fuller, 33:08; 12. Doug Sabel, 33:26; 13. Dan Murphy (WRC), 33:34; 14. Neil McLaughlin, 33:43; 15. Marcus Mason, 33:50; 16. Nader Hadjebi, 33:55; 17. Ted Poulos, 33:56; 18. Bill Stahr, 34:00; 19. Ty Lanahan, 34:13; 20. Chandra Chaudhari, 34:16; 23. Paul Ryan, 34:45; 29. Mike Cotner (WRC), 35:35; 34. Ed Doheny (unattached), 35:53; 42. Gerry Ives (WRC), 36:26; 44. John Sherlock III, 36:28.

Women: 1. Bonnie Barnard-Lopez (WRC), 35:04; 2. Heidi Gerken, 35:06; 3. Leslie Minnix-Wolfe (WRC), 36:00; 4. Kim McLaughlin, 36:00; 5. Donna Moore, 36:07; 6. Monica Allard, 37:10; 7. Ellen Pena, 37:15; 8. Rose Malloy, 37:35; 9. Patti Shull, 37:49; 10. Monika Bachmann, 38:13; 11. Berni Flynn (WRC), 38:59; 12. Fay Slattery, 39:36; 13. Kristin Doyle, 40:02; 14. Pat Donohue, 40:33; 15. Berhane Tadesse, 40:56; 16. Susan Humphries, 41:02; 17. Karen Erb, 41:21; 18. Susan Gallas, 41:25; 19. Holly O'Donnell, 41:31.

MINUTES OF THE NOVEMBER MEETING OF WRC

The WRC meeting for the month of November 1994 was held at President Andy Smythe's residence on the Lakeside in Annandale. Present were Smythe, Secretary James Scarborough, Chris Stockdale, Dean Burke, and new member and current DCRC President Robert Platt. The discussion was spirited, and like the just past election dissection, a lot of talk but little real action going on in the club at the moment.

1. Smythe reported that he is getting many phone calls long distance from prospective members. It remains to be seen whether any of them actually join the club. He believes it may be the result of the article Jim Hage wrote on area running clubs in the Washington Post several weeks ago.

2. Dean Burke invited members to his new haunts in Richmond. Perhaps we should have a meeting at his place some weekend when there's a race in Richmond. He pointed out that the congressional district, with Philip Morris and some other tobacco companies headquartered there, was now home to Republican Richard Bliley, who appeared smoking at a news conference. He will take over from virulent anti-smokers.

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 Kolakowski

3. It was asked where Vice-President Horan was. Treasurer O'Donnell was in Portland, Oregon again for the IAAAs.

4. Scarborough commented on the Chicago Marathon. He qualified for Boston, Betty Blank was second overall woman master, and Bonnie Barnard-Lopez placed highly and qualified, again, for the women's Olympic Marathon Trials.

5. Andy Smythe thereupon burned two pizza boxes, which were fueled by their own grease.

6. Scarborough mentioned that there would be a DCRRC schedule meeting to discuss the 1995 schedule on Tuesday, November 29th at Thomas Jefferson Center in Arlington.

7. NOVA has agreed to another interclub volleyball game in January. It was agreed, after discussion, to plan to hold it at TJ Center on Sunday, January 22, in the afternoon (after the Track Meet) instead of on Super Bowl Sunday the following week.

8. Scarborough mentioned that we did not seem to know where a copy of the by-laws and constitution of the Club are. He will attempt to track them down (Gerry Ives has copies--Newsletter Editor).

9. Nominations for the 1995 club officers will be made at the December meeting. Anyone who wants to run or put anyone else's name in nomination must attend. John O'Donnell will again bring his portable election booth to the January meeting for the elections. Dean Burke expressed his desire to vote absentee. That gives us a month over the holidays to stew over our choices.

10. Bob Platt and Andy Smythe made various diplomatic overtures between the clubs on a variety of topics, from recruitment to races to permits to why do people join to why they leave, etc.

That ended the official business for the meeting. The next meeting will be held on Friday, December 9 at 8 pm at President Smythe's.

After Ms Stockdale left (she had delivered a shipment of Powerbars for Kyle Foreman), we were joined by Steve Ward and his girlfriend Susan. There followed a spirited discussion (some would say unplanned, unrehearsed, free-for-all) on political and social issues, including abortion, trashing and defending Oliver North and Chuck Robb, with the voices from the left being balanced by Scarborough and Burke on the right, with Susan filling in for Cokie Roberts. Steve Ward gave loud rebuttals. Various other inside legal (Steve, Susan, Dean, and Bob Platt all being legal types) insider talk followed. (Smythe forgot to remember that Chuck Robb supported gays-in-the-military, which he opposes). A final word, in a moment.

(Insert commercial here).

Finally, no one said anything about Robin Ficker. Apparently, Bob Weiner will be looking for a new job after the election, as he currently works for a Democratic entity on the House staff.

Unofficial business: Betty Blank and Bob Trost's Christmas Party will be held on Saturday, December 17 in Falls Church.
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 minute 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, 33rd and M Street in Georgetown, 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, 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

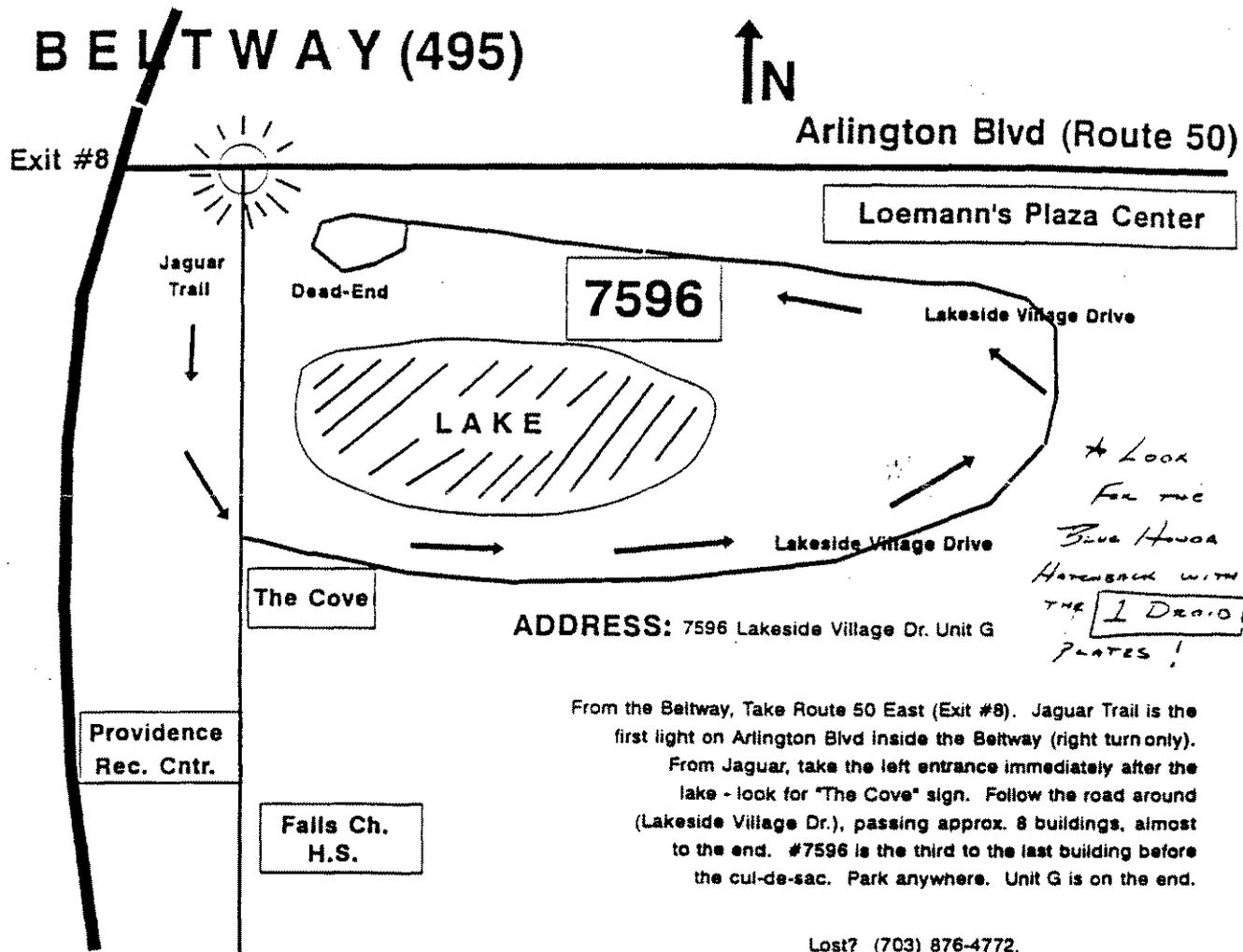
Name _____ Date of Birth _____

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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 (301) 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.