

Washington Running Club ★ Newsletter

Volume 14, Number 1

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January 1995

JANUARY MEETING

The JANUARY meeting will be held at Andrew Smythe's home on FRIDAY, JANUARY 13th, 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.

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

Kudo's are in order for **David Thurston**, son of WRCers and DCRRRC volunteers extraordinaire **Bob and Delabian Thurston**. David was one of three D.C. students making perfect scores on the verbal portion of their PSATs (Preliminary Scholastic Assessment Test). The PSATs are given to Sophomores and Juniors in high school, and give an indication of how a student will perform on his or her SAT. Obviously this guy is going to go into his SATs with a seeded number. Way to go David!

Billy Webster, who has been heard to complain about the Newsletter's lack of coverage of him, was in South Carolina for Christmas and London for New Year's Eve. He plans to run the Las Vegas Marathon in February. After the race he will be signing autographs for \$20 a pop at Ceasar's Palace. Take a lesson from Darryl Strawberry, Billy, and keep records!

John O'Donnell's sterling 3:13 effort at the Portland Marathon was duly recognized by the Race Director, who sent him a plaque for being the first place finisher from the District of Columbia. O'Donnell recaptured the honor he first won in 1992. When it was pointed out that he was the only finisher from the District, the Treasurer bristled, "So, what's your point!" O'Donnell's race memorabilia, including a rare 1976 Skylon Marathon bib number and a T-shirt from the Inaugural Cascade Runoff, will be on display at Bisonland through January, by appointment only.

In a related development, reliable sources have in-

MISSING PERSON

Little Andy Smythe hasn't been seen since Christmas. The Newsletter editor didn't receive his column this month, and hasn't heard from the little tyke. He was last seen wearing a light blue velour suit, with a lace collar, and black patent leather 'Buster Brown' shoes.

formed the Newsletter that O'Donnell went out on a date in December, the first in nearly two years. O'Donnell was introduced to his date by former Club Prez **Tris Kruger**, who takes all the credit for ending two years of monastic solitude for the Club Treasurer. Kruger noted: "He couldn't have done it without me. I want no reward, just Johnny's happiness and gratitude. Of course, if he came over and did some work on the new addition to my house I wouldn't object."

The Club is looking for runners for the Greenbelt GW Marathon Relay on February 19. WRC has been the club to beat at this race, so try to make an effort to sign up. The Club will pay your entry fee. Contact **James Scarborough** at the telephone numbers listed in the Club minutes in this Newsletter.

Deane Burke is leaving Richmond and will be returning to the Washington area in mid-January. Deane will be resuming his career at the IRS. Deane will be looking for a short-term lease for his immediate housing needs when he returns to the area. If you have any leads, contact **Andrew Smythe**.

MOESER & GERKEN WIN AT JINGLE BELL; SUNNY CLARKE ON COMEBACK TAKES 2ND by George Banker

The 11th Annual Jingle Bell Run for Arthritis 10K attracted more than 3,000 runners to the starting line at Freedom Plaza on Pennsylvania Avenue on Sunday, December 4, 1994.

Last year's winner, Eric Woronick, was coming off a track season at George Washington University and was on the line looking for another win. The winner of last

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

year's women's title, Christine Constantin, was not in the field.

A relatively slow opening mile of 5:12 saw five runners in the lead pack: Woronick, Eric Desautels, Chuck Moeser (last year's runner-up and top master), Nathan Powell, and Victor Vasquez. Moeser picked up the pace and took the lead through mile number two in 10:20, with Woronick and Vasquez in close contact. Through miles three (15:36) and four (20:53), the trio hung together as Woronick and Moeser took turns leading. Woronick was in the lead through mile five (26:04). As the leaders came down Pennsylvania Avenue to the finish line, with the Capitol in the background, it looked like a repeat win for Woronick. However, Moeser wasn't about to concede anything as he launched a final surge over the last few hundred meters to take the win in 32:15. Woronick took runner-up spot in 32:18, just one second ahead of Vasquez. Powell trailed in fourth with a time of 33:03, with Desautels in fifth in 33:20.

In the women's race Heidi Gerken took the win with a time of 35:31. Second place was taken WRC's Sunny Clarke with a strong 35:56 time. It looks like Clarke is on her way to returning to her sub-35 form of 1993, and that should make for an interesting 1995 season. Kim McLaughlin took third in 36:38, with another WRCer, Teren Block, taking fourth in 37:50. Susan Kinnecombe rounded out the top five in 38:44.

Moeser's 32:15 established a new master's event record. Second master was Marc Rogers in 35:16, with the ever-competitive Faye Bradley's 35:33 taking third and first in the 55-59 age group.

Top female master was Deborah Gebhard in 42:16, followed by Joyce Adams in 42:41. Third place was taken by

Merrilee Seidman in 44:00, as Janice Stoodley nailed down fourth place and leading 50+ runner in 44:13.

KULIK AND BARNARD-LOPEZ TAKE HONORS AT NEW, AND TOUGHER, GREENBELT 20-MILER

The Greenbelt 20-Miler, and its concurrent 10-miler, had a change of venue for 1994 race held on Saturday, December 17. Greenbelt National Park provided a (very) challenging 5 mile out-and-back course--which resulted in the 20-miler being something like running the Langley 8K four times. The popular TGIF restaurant in Greenbelt generously allowed DCRRC to set up registration on their premises to overcome the ban on collecting entry fees on Park Service property.

Ron Kulik established himself as the unbeatable man on the first leg of the race, but the second-place battle between masters runners Paul Peterson and Ric Banning took a little longer to sort itself out, with Peterson prevailing in the end. Kulik's controlled 1:54:54, on what was for him basically a hard training run over a very difficult course, gives an indication that on the right course he may be close to an Olympic Marathon qualifier in 1995. Peterson's masters win in 1:59:34 reemphasizes his position in the top flight of masters competition in the Washington area. Banning's 2:01:20 will be one of his final races in the U.S. before he heads off to Italy--just one of the burdens of being a Navy man. Of the top five runners three were masters--perennial Greenbelt competitor Ben Beach was in fifth place in 2:04:54.

The women's race also had the winner establish herself on the first loop. Bonnie Barnard-Lopez kept up steady 6:30 miles throughout the entire 20 miles, and looked to be running well within herself as she crossed the finish line in 2:09:44. Second place woman, Jennifer Stearns, pulled away from Leslie Minnix-Wolfe and Teren Block in the second half of the race, finishing in 2:14:16, with Minnix-Wolfe and Block taking 4th and 5th respectively in 2:17:20 and 2:17:33.

More than one entrant in the 20-miler dropped down in distance to the 10-miler after they had finished the first leg and had a chance to check out the course and the competition--is that legal?

In the 10-miler, Matthew Boyd took the win with a 54:46 finish, just 15 seconds ahead of Dominique DaLuz in second place. Mark Miller rounded out the top three with a 56:41 finish.

WRC's Chris Stockdale easily won the women's race and took 50+ and masters honors in 80:00. Lisa Kringle's 84:20 was good enough for 2nd, and Susan Dawson edged out Sonya Buchanan 85:22 to 85:26 for 3rd.

Kevin Baur took the 10-miler male masters honors in 63:25, and Bill March (of WRC) took the top 50+ spot in 72:48.

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

MEN (20M): 1. Ron Kulik, 1:54:54; 2. Paul Peterson, 1:59:34 (1st master); 3. Ric Banning, 2:01:20; 4. James Griffith, 2:04:51; 5. Ben Beach, 2:04:54; 6. Eldon Mack, 2:07:50; 7. Todd Henry, 2:12:15; 8. Ron Mentus, 2:13:28; 9. George Eastham, 2:14:12; 10. Keith Burkhardt, 2:14:26; 11. Gerry Ives (WRC), 2:15:10; 12. Ty Lanahan, 2:17:34; 13. David Cartwright, 2:20:23; 14. Donald Moose, 2:23:01; 15. James Porterfield, 2:24:02; 16. Enrique Rodriguez, 2:25:41; 17. Christopher Sproule, 2:26:01; 18. Christopher Trimmer, 2:26:26; 19. Jonathan Gang, 2:27:31; 20. Steve Smith, 2:28:28; 21. Dick Hipp, 2:41:17; 22. Dave Robinson, 2:28:25; 23. Andy Buechele, 2:52:23; 24. Walt Washburn, 3:25:08.

WOMEN (20M): 1. Bonnie Barnard-Lopez (WRC), 2:09:44; 2. Jennifer Stearns, 2:14:16; 3. Leslie Minnix-Wolfe, 2:17:20; 4. Teren Block (WRC), 2:17:33; 5. Susan Kinnecombe, 2:27:31; 6. Ann Conlin, 2:34:06; 7. Colleen Dulin, 2:41:17; 8. Sheila Clark, 2:50:07; 9. Carole Rivera, 2:50:59 (1st master); 10. Mary Ann Slater, 2:51:21.

MEN (10M): 1. Matthew Boyd, 54:46; 2. Dominique DaLuz, 55:01; 3. Mark Miller, 56:41; 4. Terry McLaughlin, 57:13; 5. Alan Lovell, 61:01; 6. Dan Wallace, 61:02; 7. Christopher Cobleigh, 61:08; 8. Kevin Baur, 63:25; 9. Lou Kennedy, 64:58; 10. Robert Peterson, 65:53; 11. Bill March (WRC), 72:48; 12. James Scarborough (WRC), 79:12.

WOMEN (10M): 1. Chris Stockdale (WRC), 80:00 (1st master, 1st 50+); 2. Lisa Kringle, 84:20; 3. Susan Dawson, 85:22; 4. Sonya Buchanan, 85:26; 5. Tracey Bosanac, 88:42.

WRC MINUTES FOR DECEMBER 1994

The WRC meeting for the month of December 1994 was held on Friday, December 9 at 9 pm at President Andrew Smythe's palatial abode by the lake in Annandale. Initially, no one was there. However, eventually the following showed up: Andy Smythe, Nancy Horan, John O'Donnell, James Scarborough, Dr. Tris Kruger, Dr. Ben Perle and Amanda, Jeff Reed, and Chris Stockdale. Dean Burke was available for consultation by long distance hookup to Richmond. Various members left messages on his machine and wrote him a letter.

1. President Smythe expressed disappointment that there were not more people at the meetings. He had been at his office Christmas party that day, and Ms Stockdale had been at the RRCA Christmas open house.

2. Location of the volleyball game. NOVA has agreed to Sunday, January 22 as a date for the volleyball game. Cost of using Thomas Jefferson for out-of-county people is \$7 for the day, unless they wish to pay \$210 for the year.

To avoid these fees, Andy has asked Kyle Forman to look into a Falls Church or Fairfax location for the game (details expected to appear in January newsletter).

3. Washington's Birthday Marathon Relay. James Scarborough pointed out that forms for the relay are out, once again courtesy of George Banker. There are mixed, open men, open women, and masters' men/women team categories. WRC should be able to field at least three teams. Several expressed interest. Anyone interested should contact James Scarborough at 703-536-7764 (home) or 202-6530-0318 (work).

4. DCRRRC Schedule, 1995. James Scarborough had copies of the 1995 schedule, which will be published soon.

5. Treasurer's Report. John O'Donnell reported that we have about \$3,700 available at present. End of year expenses on frivolity, and receipts for 1995 dues renewals, have not occurred yet. A full list of income and expense will be available by the next meeting.

6. Nominations. The following were nominated for 1995 offices at the meeting. Anyone else who wants to jump in or get written in should attend the next meeting where elections will be held. For President, Andy Smythe and Jeff Reed. For Vice-President Nancy Horan and Sunny Clarke. For Treasurer, John O'Donnell (unopposed). For Secretary, James Scarborough (unopposed). Dr. Kruger will continue to be Surgeon General.

7. Club Clothing. Nancy Horan announced that we still have plenty of club hats, singlets, and sweatshirts for sale at GREAT prices, all imprinted with the club name and logo. Tris Kruger is keeper of the club wardrobe.

There being no further business, the meeting was adjourned. The next meeting will be held on Friday the 13th (of January). Elections will be held.

James Scarborough, Secretary.

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 (301) 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 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.

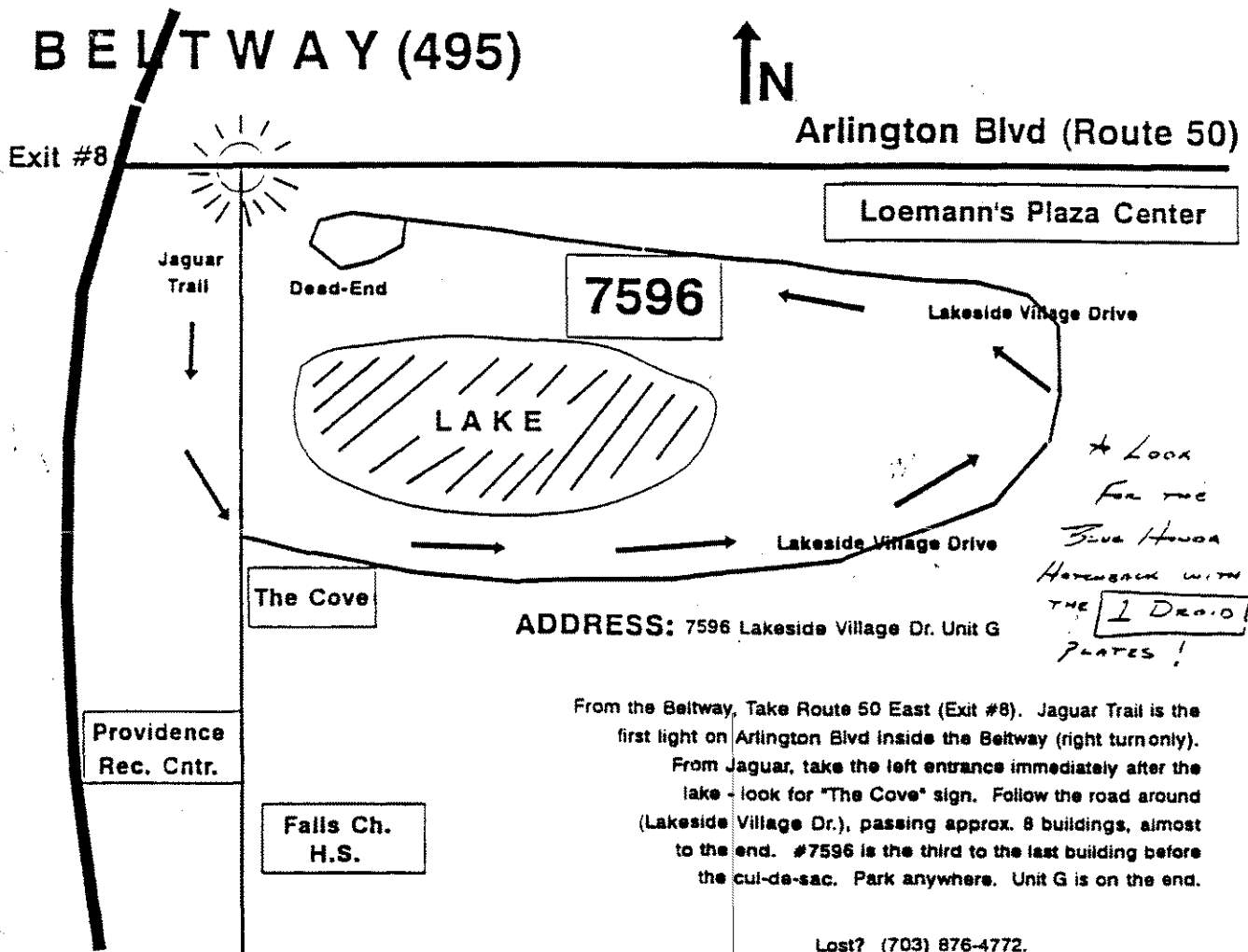
Thursday Night Run, Pacers, 1301 King St., Old Town Alexandria, 6:30 p.m. 10% discount at store. **Contact:** Bobbie Conlan at (703) 836-1463.

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.



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.