

# Washington Running Club ★ Newsletter

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June/July 1995

## JULY MEETING

The JULY meeting will be held at Tris Kruger's home in Potomac on FRIDAY, JULY 14th, at 8:00 p.m. Tris lives at 9641 Accord Drive, in Potomac, Md. From Beltway take the River Road exit toward Potomac. Tris lives approximately two miles from the Beltway on the left hand side at the corner of River and Accord, about ¼-mile past the Potomac Garden Center. Call (301) 983-2283 if you get lost. The pool is open. 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

NOVA has invited all WRC members to their annual picnic and beerfest on Sunday afternoon, August 27th. The event will be hosted by Bobby Srour and Jeanne Grillo at their house at 10301 Falls Road, Potomac, Md. From the Beltway, take River Road toward Potomac, and approximately 3¼-miles from the Beltway turn right on Falls to 10301. For more information, contact Andrew Smythe at (703) 876-4772.

For all of you runners who are using injury as an excuse for avoiding training, we have the answer. It is EMU OIL! I'm sure you all know that the emu is an ostrich-like bird indigenous to Australia (actually I'm not sure you know, but I wanted you to feel good about yourselves). The desert dwelling Aborigines have been using emu oil to relieve swelling and inflammation for over 40,000 years, and now it is available in the U.S. (maybe Newt was right, the FDA is too slow approving medicines—40,000 years?) Apparently, 90% of the NBA trainers use this product to relieve their players' muscular aches and pains. The emu oil-based products are available from Kensington Pharmacy in Kensington, Md. (301) 949-0600 and at Brookville Pharmacy in Chevy Chase, Md. (301) 652-0600. If you have any further questions, you can contact Rita Liptz, of American Outback, who represents the manufacturer of these products, at (301) 229-5061. If you combine this with Alan Roth's motor oil additive, both you and your car will last forever!

## HOW GOOD IS THE NEW 10,000m WORLD RECORD?

by Jeff Reed

The 5,000/10,000m world records caused me to pull out my trusty 'Computerized Training Programs' by Gardner and Purdy. This is a book of tables (sold through T&F News) that are used to plan scientifically guided, individualized interval training schedules.

It is also valuable for equating times from various distance on the track. Giving a point score for each time/distance allows comparison of 400m with 10,000m on a subjective basis. I wanted to see how the 5,000m and 10,000m times compared with the other records. The book will show a 'soft' record, versus a really outstanding record.

I'll begin by listing the current world records for men. I have not had time to do the women's records yet. The final column is the point score given for the time/distance by the book. The higher the score, the better the rating. Some of the distances (1,000m, 2,000m, 2,500m, and 30,000m are rarely run, so the times have less chance to get broken).

### TRACK & FIELD WORLD RECORDS (as of June 9, 1995)

100m	9.85 Leroy Burrell (USA)	Lausanne 6.7.94	1050
200m	19.72aPietro Mennea (ITA)	Mexico City 12.9.79	1080
	19.73 Michael Marsh (USA)	Barcelona 5.8.92	1080
400m	43.29 Harry Reynolds (USA)	Zurich 17.8.88	1120
800m	1:41.73 Sebastian Coe (GBR)	Florence 10.6.81	1060
1000m	2:12.18 Sebastian Coe (GBR)	Oslo 11.7.81	1060
1500m	3:28.86 Noured. Morceli (ALG)	Rieti 6.9.92	1070
mile	3:44.39 Noured. Morceli (ALG)	Rieti 5.9.93	1090
3000m	7:25.11 Noured. Morceli (ALG)	Monaco 2.8.94	1095
2 Miles	8:07.46 H. Gebreselassie (ETH)	Kerkraide 27.5.95	1070
5000m	12:55.30 Moses Kiptanui (KEN)	Rome 8.6.95	1090
10000m	26:43.53 Haile Gebreselassie (ETH)	Hengelo 5.6.95	1110
20000m	56:55.60 Arturo Barrios (MEX)	La Fleche 30.3.91	1080
25000m	1:13:55 Toshihiko Seko (JAP)	Christchurch 22.3.81	1035
30000m	1:29:18 Toshihiko Seko (JAP)	Christchurch 22.3.81	1040
marathon	2:06:50 Belayneh Dinsamo (ETH)	Rotterdam 17.4.88	1075

a=altitude over 1000m

According to the tables, the 400m and 10,000m times are superior to the other current records. Below is a chart indicating the times necessary to equate the scores of Reynolds and Gebreselassie. Watch the records fall this summer and see how the times compare to this chart

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

	Current	Reynolds	Gebreselassie
100m	9.85	9.56	9.60
200m	19.72a	19.40	19.40
400m	43.29	43.29	43.29
800m	1:41.73	1:38.60	1:39.10
1000m	2:12.18	2:08.00	2:08.70
1500m	3:28.86	3:23.50	3:24.50
mile	3:44.39	3:40.50	3:41.60
3000m	7:25.11	7:19.80	7:22.10
2 miles	8:07.46	7:54.80	7:57.30
5000m	12:55.30	12:41.60	12:45.70
10000m	26:43.53	26:33.40	26:43.53
20000m	56:55.60	55:35.00	55:54.00
25000m	1:13:55.80	1:10:30.00	1:10:53.00
30000m	1:29:18.80	1:25:37.00	1:26:05.00
Marathon	2:06:50.00	2:03:30.00	2:04:12.00

### MINUTES OF WRC MEETING HELD MAY 12, 1995

The WRC meeting for the month of May was held Friday, 12 May at Dr. Kruger's rapidly expanding estate in Potomac, MD. Senoria Clarke and John ( ) made the acquaintance of Nancy Horan's two new Balinese cats (they are sisters). Congratulations to Nancy also on her new townhouse. Also present at the meeting were Andy Smythe, Gerry Ives, James Scarborough, Jeff Reed, John O'Donnell, Norm Brand and Alan Roth. Not present was Dr. Kruger himself.

1. The President announced that, after negotiations with NOVA President Mike Hart, there was no mutual interest in having a softball game this year. Andy stated that we never have turned out enough players, and that he was tired of having to beg people to play. Discussion on the issue was far from unanimous, but there was no clamoring to have softball. What was proposed instead was a joint picnic, sponsored by NOVA, with a variety of games

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## 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

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including volleyball and relays, and something to appeal to children (so members could bring them). (Date for picnic to be published elsewhere in this newsletter). James Scarborough will talk to NOVA about a miniature golf tournament (or 'mini-tournament') with NOVA.

2. Alan Roth and Norm Brand presented an overview of the upcoming USAT&F elections and structure. Alan Roth has been nominated for President and Norm Brand for Vice-President. Dr. Alan Morris has also been nominated for President. They are also looking for a new administrator (which pays \$100 a week). The person must be computer literate and service oriented. Opportunities also exist for chairman of men's LDR and Treasurer. They also discussed the need for races to be both sanctioned and course certified.

3. Alan Roth also reported that USAT&F offers a comprehensive medical and injury insurance program covering training runs for all club members who are also USAT&F members (at \$14 per year). The coverage costs the club \$15 per year, provided it has paid the \$45 club USAT&F membership. It was moved the club buy the coverage. Workouts must have a coach designated to be covered. John O'Donnell, like Tree Rollins, offered to be player-coach.

4. The Sunday morning training run will be at Tris Kruger's starting at 7:30 a.m. the first Sunday in June.

5. Nancy reported that the hot tub died, as it was leaking badly.

6. There was much discussion about Jim Hage's topics and viewpoints in his *Running, Ranting, and Racing* newsletter.

7. Drug testing. The man who beat Jim Hage in the Colonial Half Marathon tested positive for ephedrine.

8. Speaking of substance abuse, Andy talked about the Hash House runs. Sometimes they go through the National Zoo. Lions like to escape and eat hashers.

9. Kudos were offered to Sunny Clarke for her performances at Penn Relays and Sallie Mae.

10. Mahmu Walde has been held in prison for the last three years in Ethiopia, without any charges being brought against him. Those interested in protesting this human rights violation should write the embassy (address in D.C. telephone book).

11. Sunny Clarke reported that Bonnie Barnard-Lopez' mother died of breast cancer a few weeks ago. She suggested that members contribute to the American Cancer Society.

12. The Race for the Cure 5K will be held June 17. If the previous two years are any indication there may be so many people, that the first finishers will finish before the last walkers leave the starting area. There will be many celebrities there, including VP Al Gore and his secret service contingent. (Dan the man Quayle also used to have his secret service contingent).

13. Long-time DCRRRC member Tom Kurihara recently lost a son to suicide.

14. Mobil, which has been experiencing layoffs recently, may let its contract expire with the indoor track meets after next year.

15. DCRRRC will be hosting an "Independence Day Mile," directed by Marcio Duffles, on 2 July (they couldn't get the fourth) on Capitol Hill. There will be several heats. There will also be a Women's Distance Festival 5K on 20 August in Arlington, directed by Susan Anderson.

16. Howard County Striders is hosting the 24-hour relay for the last time this year, the first weekend in August.

There being no further business, the meeting was adjourned. I have noticed that Alfred TomFelde had the same initials as the AFT. I wonder if the Nichols brothers wanted to blow him up too.

*James Scarborough, Secretary*

### KATHY MERKEL TOP MASTER AND 3RD OVERALL AT MOTHER'S DAY 8K

*by George Banker*

The Mother's Day 8K has attracted an international field in the past, when some serious prize money has been put up by the sponsors. This year neither the sponsors nor the prize money was there, but the local running community sent out a clear message: the money may be nice, but running started without prize money. This race, held Sunday, May 14 at West Potomac Park, attracted 400 women, ranging in age from 11 to 77-years-old.

Elizabeth Farnan took the lead almost immediately, and quickly opened up a 25 yard gap. Farnan's pace was a little optimistic, and by the ¾-mile mark

WRC's Kathy Merkel took over. Merkel, who had joined the masters ranks just three days earlier, led the field through the first mile in 6:07. Slowing to a 6:23 pace in the second mile, 20-year-old Erin Banks pulled alongside Merkel and went stride-for-stride through the third mile at a 6:18 pace. Banks picked up the pace to 6:14 to take a clear lead, with Merkel hanging on to second place through mile four. Amy Pavlock began a strong move in the final mile, passing Merkel on the Inlet Bridge, and pressing Banks for the lead all the way to the finish line. Banks responded to the pressure with a 5:53 final mile, edging Pavlock by one second—30:58 to 30:59. Merkel took third and top master with a strong 31:12 finish.

Taking top billing in the 50+ grouping was Hideo Pirie in 34:50. Joanne Mallet led the 60+ grouping in 39:22, and the 70+ women were no match for Hedy Marque (age 77) with her 42:50.

The team winners (mother/daughter) were Janice Pavlock (35:50) and daughter Amy (30:59). In second place was Elizabeth Sadoff (38:40) and daughter Sally (36:13). The grandmother/mother/daughter honors went to Betty Dameron (42:09), Bambi Payne (38:50) and Melanie Payne (41:51).

Congratulations to Washington RunHers and the many volunteers who made this race possible. See you in '96!

**Results:** 1. Erin Banks, 30:58; 2. Amy Pavlock, 30:59; 3. Kathy Merkel (WRC), 31:12; 4. Drew Woodrich, 32:11; 5. Elizabeth Farnan, 32:37; 6. Sue Humphries, 32:47; 7. Betty Blank, 33:12; 8. Chris Newsham, 33:32; 9. Catherine Gallagher, 33:45; 10. Shelley Burns (WRC), 33:53.

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## GROUP RUNS

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**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 \_\_\_\_\_

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***