

# Washington Running Club ★ Newsletter

Volume 15, Number 1A

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Special Bulletin February 1996

## SPECIAL MEETING

The cancellation of the January meeting caused a postponement in the club elections. To allow an orderly transfer of power, we will be holding a Special Meeting after the awards ceremony at the GW Marathon Relay on Sunday, February 18, 1996. The race will be held in Greenbelt, Md., at 10:30 a.m. From Beltway take exit 23, Kenilworth Ave. North. Turn right at first light onto Crescent. After 2 miles turn right just after Library into Library/Youth Center parking. We will be voting for new Club officers, and on whether to contribute Club money to the C&O Canal restoration effort.

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

The C&O Canal and the towpath were wrecked during the 'Flood of 96'. Latest estimates are that \$20 million will be needed for the restoration project. Given the current budgetary crisis, and the frugality of the current congress, the business sector and individuals like ourselves are going to have to take up the slack. At the next club meeting, which will be held after the awards ceremony at the GW Marathon Relay, we will be voting on whether to send a donation from our treasury to the C&O Canal restoration effort. If you want to send an individual donation to the effort, send it to: The C&O Canal Restoration Fund, National Park Foundation, 1101 17th St., NW, Washington, D.C. 20036. The phone number is (202) 785-4500.

**Jay Jacob Wind** has been appointed chairman of the Arlington County Parks and Recreation Commission by the Arlington County Board. Jay's priority is to enhance safety in Arlington's parks, especially on bicycling and running trails. He wants to hear your concerns about incidents—tack attacks, ambushes, dark and dangerous corners—as well as more mundane risks such as ice and low branches. You can contact Jay by e-mail at [JWJ@NCCIBM1.BITNET](mailto:JWJ@NCCIBM1.BITNET) or [JWJ@EPAIBM.RTPNC.EPA.GOV](mailto:JWJ@EPAIBM.RTPNC.EPA.GOV).

During the recent blizzard, **Jay Wind** kept his mileage on schedule by doing his running at the Ballston Common Shopping Mall. Jay reports that running in the garage is free from snow, ice, and wind—except for Jay.

The JFK Memorial 20K race, scheduled for Febru-

## 1996 DUES DUE

If you haven't sent in your 1996 membership dues, please submit. If you've lost the renewal form, use the application printed on the last page of this newsletter.

ary 21st, was postponed by the DCRRC due to lack of a permit. The National Park Service said that they were unable to grant a permit because of the Federal furlough, the remaining unplowed snow, and ongoing snow removal operations. A reconnaissance of the Hains Point site revealed no unplowed snow or ongoing snow removal operations on February 20th, however on the 21st the entire race course was under water due to flooding of the Potomac River. It just goes to show you the NPC does get it right sometimes, even if it is for the wrong reasons. Can you imagine trying to fill out the finish cards with water up to your waist? And I bet the times wouldn't have been very good either. DCRRC will attempt to reschedule the race sometime in the spring.

## POULOS, VENTURA-MERKEL, STEELERS PREVAIL ON WASHINGTON-LEE TRACK

*by James Scarborough*

For the fifth consecutive year during the winter, and the eighth time at that location, a DCRRC 12K was held at Washington-Lee High School in Arlington, Va. This year was different, however, due to the 'Blizzard of 1996' an eleventh hour change necessitated by conditions on the Custis Bike Trail. As the Arlington Parks Department had ruled the trail still too icy to use the day before the race, the 12K was held on the Washington-Lee High School track. As in past years, the race benefited the Hospice of Northern Virginia, and its care for the terminally ill. That part was still much appreciated by the Hospice, and those who turned out. The weather, although well above freezing, didn't cooperate on race morning either, and the forty-odd runners were treated to steady rain, a blustery wind, and a wet track. (As I recounted, however, those who ran the last 24, really

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

22 hour really can attest to running for longer periods in much heavier rain).

On the brighter side, about half of the volunteers who had been planning to help didn't need to come. And the customary signs and cones didn't have to be put out. The field gathered at the far end of the track (12K is 29.8 laps of the ¼-mile track), listened to some very inspirational words from Hospice representative Julie Cook, and started slogging around. Ted Poulos, the man of a thousand races, got a brisk workout in, clipping through the last couple of laps quickly to finish in 43:04. Hot on his heels, but not recorded on the finish tape, was David Kent of Alexandria, in 43:30. It was a little while before Alan Lovell and Dan Wallace come in, a little over 46 minutes each, and Jacob Wind, previous owner of the masters' record when the race was on the Custis Trail, came in fifth in 46:48. He was followed by two other masters familiar to long-time club members, Gerry Ives in 47:09, and Bob Trost in 48:09. Steve Johnson of Alexandria was eighth in 48:11.

Cathy Ventura-Merkel was going to run the two mile race when she found out the race was going to be on the track, but saw the women's competition melting away and decided to go for the whole enchilada, as husband Jerry and children watched. Cathy finished in 48:53, good enough for tenth overall, a new masters' women's record (having turned 40 last May 11). There was only one other woman finisher, Susan McDowell of Arlington, 20th in 52:48.

Other notable performances included Larry Dickerson's 56:10, the first 60 and over finisher, he barely beat out Tom Kurihara in 56:13. And Bill Osburn, 72, finished 34th in 1:01:28. In all, there were 37 finishers.

The other fun wrinkle to the prize structure this year was the team competition. With the Super Bowl

just a day away, participants squared off on either side of the line of scrimmage. Eleven people chose to be on the Pittsburgh Steelers team, enough to field a full offensive or defensive units. But only five chose the Dallas Cowboys. Kind of tells you something about their popularity in these parts. Oh well, it's good this race wasn't run in Texas. Only the top five Steelers could count in the top score. Although numbers two, three, and eight signed up for the Cowboys, the Steelers boasted number one (Poulos), and numbers four through seven. The final score (lowest number winning) was Pittsburgh 23, Dallas 57. So the Steelers each won NFL pencils. (As of this writing I don't know yet who won, but wouldn't be surprised to see the score closer to actually 57-23).

Dr. Ben Davis presented a seminar on chiropractic medicine and running injuries afterwards, with individual consultations.

Thanks much to all who helped "make do" during more of this uncooperative winter weather and wetness. This includes volunteers Ted Cochrane, Bob Anderson, Dick and Martha Sargent, Lee Glassco, Ted Baca, Mill Lembke, and Gary Smith. Thanks also to those who offered to help but weren't needed. And also thanks to the Hospice for once again being such a worthwhile cause.

**Results:** 1. Ted Poulos, 43:04; 2. David Kent, 43:30; 3. Alan Lovell, 46:01; 4. Dan Wallace, 46:03; 5. Jacob Wind (WRC), 46:48; 6. Gerry Ives (WRC), 47:09; 7. Bob Trost (WRC), 48:09; 8. Steve Johnson, 48:11; 9. Dennis Colombant, 48:23; 10. Cathy Ventura-Merkel (WRC), 48:53 (1st woman, masters record); 11. John Haubert, 49:46; 12. Pat Jablonski, 51:05; 13. Tekli Semere, 51:13; 14. Tom Skelly, 51:41; 15. Victor Culp, 51:57; 16. ?????, 52:19; 17. Patrick Finn, 52:20; 18. Gary Chidester, 52:27; 19. Andy Buechele, 52:42; 20. Susan McDowell, 52:48 (2nd woman); 21. Bob Platt (WRC), 53:38; 22. Peter Zapple, 53:42; 23. Robert Anderson, 54:55; 24. Gerry Chaconas, 55:10; 25. Patrick Brown, 55:15; 26. Larry Dickerson, 56:10; 27. Tom Kurihara, 56:13; 28. Rick Mann, 56:56; 29. Ted Cochrane, 57:21; 30. Roger LaForge, 58:50; 31. Mark Young, 59:19; 32. John Winkert, 1:00:09; 33. James Hall, 60:12; 34. Bill Osburn, 61:28; 35. Bill Hummell, 62:00; 36. James Turner, 63:22; 37. Ray Campbell, 68:04.

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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: Vacant

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### WASHINGTON AREA RACE CALENDAR

- 11 February (Sunday) Winter Indoor Track Meets, Arlington, VA, 8am, DCRRC, 703-241-0395  
 11 February (Sunday) Hampton Coliseum Half Marathon, Hampton, VA 1pm, 1-800-800-2202  
 17 February (Saturday) George Washington Birthday Classic 10K, Alexandria, VA, 9am, 703-838-4200  
 17 February (Saturday) Men's Olympic Marathon Trials and Charlotte Observer Marathon, Charlotte, NC, 9am, 704-358-5425  
 18 February (Saturday) George Washington Birthday Marathon and Marathon Relay, Greenbelt, MD, 10:30am, DCRRC, 703-241-0395  
 25 February (Sunday) JFK 20K & 5K, East Potomac Park, 10:00am, DCRRC 703-241-0395  
 25 February (Sunday) Colonial Half Marathon, Williamsburg, VA, 1pm, 804-221-3362  
 25 February (Sunday) RRCA Ten Mile Challenge, Columbia, MD, DCRRC 410-964-1998  
 3 March (Sunday) Bethesda Chase 20K, Bethesda, MD, 10am, 301-217-6790  
 3 March (Sunday) Reston 10-Miler, Reston, VA, 8am, 703-620-6356  
 3 March (Sunday) B&A Trail Marathon, Severna Park, MD, 7:30am, 410-987-0674  
 9 March (Saturday) Burke Lake Park 12K, Burke, VA, 10am, DCRRC 703-241-0395  
 16 March (Saturday) Shamrock Marathon and 8K, Virginia Beach, VA, 9am, 804-481-5090  
 16 March (Saturday) Predicted Time Five Miler, Alexandria, VA, 10am, DCRRC 703-241-0395  
 17 March (Sunday) St. Paddy's Day 10K, Washington, DC, 9:30am, 301-871-0005

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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**

\$12 Individual Membership

\$15 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***