
Washington Running Club



AUGUST MEETING & PICNIC

The AUGUST meeting and annual Club picnic will be held at Tris Kruger's home in Potomac on SUNDAY, AUGUST 11th, from 11:00 a.m. until 4 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. Bring your favorite side dish or dessert to share. The Club will provide hot dogs, hamburgers, beer, etc. Bring your bathing suits, the pool is open. **Please note the hours of the picnic. Tris has been generous enough to allow us use of his pool, so please don't abuse his hospitality.**

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

PRs were the rule at the Fredericksburg, Va., Mile on Saturday, July 27. **Jon Gardner** turned in a 4:27 pr, and **Jack Pozo-Olano** continued his string of pr's with a 4:45. Former Club prez, **Kevin Kolakowski** hit the finish in 5:01, not as fast as his 4:47 New York state time earlier in the year, but from all accounts that was run on a downhill course, that was probably short, and was timed with a suspect watch by someone who owed KK money. These WRC ex-presidents get no respect! KK was second 40+.

Congratulations to **Berni Flynn** on the superb job she's done coaching the girls track teams at McLean and Lee high schools in Virginia. At McLean with Berni coaching the girls, and **Bill Wiley** coaching the boys, the track program has boomed over the past two years. In 1994 McLean sent just one athlete to the Regional tournament. This past season, under Flynn and Wiley, 15 athletes advanced to the Regional level.

Michael Kolp, brother of WRC's women's race team coordinator **Susan Kolp**, was killed when struck by lightning in late June. Michael was working as a group leader of a wilderness expedition for young people when the accident occurred. WRC extends its condolences to Susan and her family. Members are encouraged to make a donation to the Burgundy Center for Wildlife Studies, c/o Nadine Hathaway, 2700 Burgundy Rd., Alexandria, Va. 22303. Note in the memo space "Michael Kolp Memorial Fund."

The Run for Research 5K didn't have a WRC team, but **Jack Pozo-Olano** put together a DCRRC team that won the team competition. **Jon Gardner**, **Gerry Ives**, and Jack all walked away with awards and coffee mugs.

In the upcoming months, WRC is planning to enter teams in some or all of the races listed below. The Club may be paying race entry fees for those athletes entered on WRC teams. Participants will be required to wear WRC singlets, and of course, be members in good standing, or sitting, in the Club. Interested males should contact **Mike Regan**, females **Susan Kolp**. Mike and Susan will have sole authority to decide who is put on Club teams. The races are: Sept. 8, Fairlakes 8K, Fairfax, Va.; Sept. 22, Philadelphia Half-Marathon, Philadelphia, Pa.; Sept. 22, DCRRC 16-Mile Relay, Carderock Recreation Area, Md. (10, 4, and 2 mile legs); Sept. 29, National Capital 20-Miler, Alexandria, Va.; Oct. 13, Army Ten Mile, Washington, DC; Oct. 26, Marine Corps Marathon; Nov. 3, Georgetown Day School 5K, MacArthur Blvd., Washington, DC; Nov. 10, Vietnam Veterans 10K, Washington, DC.

Articles, results, and items of interest to the *Newsletter*, should be mailed to Gerry Ives, 4616 Laverock Place, N.W., Washington, D.C. 20007-2544. Telephone: 202-944-2379.

A FEW WORDS FROM THE PREZ . . .

As I write, we are still two days away from the first day of track and field in the Olympic Games. Like everything else, watching track and field for ten days requires preparation, so I am training by staying up late and watching swimming and gymnastics. I have my beer, No-Doze, and Murine at the ready. Every criticism you have heard about the Olympic Games are valid: they are too big, too commercial and too political. For bureaucratic reasons, some of the best athletes in the world sometimes never make it. This year, Wilson Kipketer will be chilling out at his home in Denmark, stuck in a netherworld between Kenyan and Danish citizenship, waiting until after the Games to break Sebastian Coe's fifteen year old record in the 800. The Games are wedded to the concept of the nation-state. Kipketer, a citizen of the world if nothing else, is not invited. Evidently they could not figure out what anthem to play for him, or what uniform to clothe him in.

And yet, for all its faults, the Games are the best we have. And when all is said and done, the most remarkable thing about the Games is that they can't seem to ruin them, try as they might. In the end the athletes prevail. The only thing certain is that the unpredictable will happen. Every possibility of human nature that can be demonstrated through sport will be. Someone will dive for the finish line, come up short, and lay on the track in tears. Some sure winner will come up short, like Sergey Bubka did when he no-heighted in the pole vault. Someone from a poor forgotten place, maybe Maria Mutola from Mozambique, will stand on the highest spot on the podium and lift the hearts of her countrymen. Someone will show poor sportsmanship, like Boutiyeb did in 1992 when he interfered with Richard Chelimo. Someone will do something great, something no one thought possible, like Bob Beamon did in 1968 when he jumped almost two feet further than anyone ever had before. There will be dramatic moments. In 1992, Derrick Redmond's father escaped security, climbed on to the track, and helped his son cross the finish line after he pulled a hamstring. Romas Ubartas of Lithuania won the discus, and made the press corps wait for over an hour because he refused to speak Russian to the interpreter they provided. And there will be no 14-year-old medalists toting teddy bears. No analyst will observe that a certain team was unlucky to draw the morning session, where the judges tend to be less generous. Anyone who cares to pay attention will be reminded why ours is the simplest, purest and most beautiful of all sports. And when it is all over, we can remember it and go back to pretending football, baseball and basketball matter. At least we will be spared commercials with Emmitt Smith inveighing for football in the Games.

And speaking of things I would prefer to see and not see, I am but one voice crying in the wind, but how about a little more competition and a little less of the "up close and personals"? The thinking at NBC seems to be that no race

over 1,500 warrants coverage in its entirety, not even the steeplechase, which takes all of eight minutes. And for once, please, keep Bobby Kersee, a man who practices spousal abuse under the guise of coaching on network television, away from the microphone and off the screen. There is a double standard at work here. The male coaches of female athletes, such as Kersee and Bela Karolyi, are seen as important figures, critical to the success of the athletes. With male athletes, the coach is not the story. Tom Tellez has coached Carl Lewis for 16 years, and I have never seen a microphone pinned to Tellez.

Enjoy the Games. Hope to see you all at Dr. Kruger's house on August 11 so we can relive the experience.

John O'Donnell, President

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD JUNE 14, 1996

The June meeting was held on Friday, 14 June (Flag Day) at 8 pm at the Kruger estate in Potomac. This was the first meeting since the new addition and porch were finished (one could also build a diving board off of the porch). Nancy Horan and Susan Kolp went out to get refreshments, and Susie and Nicole (Nancy's cats) kept us entertained (mit eine kleine Katzemusik--meow, meow), while Tris Kruger and Andy Smythe came back from a "former Presidents" run. Andy took a dive in the pool. Meanwhile guest speaker Dr. Michael DeRose and his wife Molly arrived. Also in attendance were Mike Regan, recent renewal Chris Stockdale, Ted Baca, Alan Roth, new member Brooke Allen, Bob Platt, John and Sunny Clarke, and Donna and Mike Moore with their month-old son Kevin.

1. In the absence of Club President John O'Donnell, VP Nancy called the meeting to order. First announcement was that the picnic has been scheduled for Sunday, 11 August at the Kruger estate.
2. Nancy extended thanks to all WRC volunteers for helping with the Towpath Rescue Run 5K on Sunday, 9 June. NOVA and MCRRC also turned out large volunteer contingents. The race drew between 300 and 400, but probably could have had more with advertising. The National Park Service was appreciative.
3. Mike Regan brought a box of the new red and white singlets. Several members either bought or picked up singlets.
4. Susan Kolp announced that she is chairing women's teams, and urged people to make a special effort to recruit more women members.
5. James Scarborough mentioned several races coming up. The DCRRC will host a Women's Distance Festival race on Sunday, 18 August at Bon Air Park in Arlington (entry forms are out). The Twenty Miler (29 September) in Alexandria will

again have team competition. There will be a three-person 16-mile relay on the towpath at Carderock, James Scarborough directing on 22 September. Entry forms also available.

6. James Scarborough circulated a Treasurer's Report, showing both revenues and expenditures through May, and projected finances through the end of the year. Major expenses for the rest of the year may include the picnic and other social events, whereas we will be generating revenue from the Georgetown 10K and Potomac 5K. At the time of the meeting, the bank balance was \$3,014.02. In May, we paid a \$25 fee to the DC Government for corporate registration (this is biannual). In April, we purchased singlets for \$519.75, and are starting to recoup this in singlet sales. We paid \$175 for team competition in the Crystal City 10K and Lawyers Have Heart 10K.

7. The Olympic Torch relay is passing through Arlington on the night of Thursday, 20 June. Bob Platt said that Jacob Wind had recruited enough volunteers for the course, but that spectators were always welcome. This is a rare opportunity to see the Olympic Torch.

8. Alan Roth said that Rich Kenah (the local blind athlete) won his heat in a recent race. He also said that Achilles Track Club is being reorganized, with workouts twice a week on Tuesdays and Thursday. Anyone who knows any disabled athletes wishing to participate in the workouts should contact Alan.

9. Next came the main event of the evening, the presentation by Dr. Michael DeRose. He brought along a sample spine, illustrating discs and vertebrae (there are 24 of them) (oh, the backbone's connected to the tail bone, the leg bone, etc.). With slides and flip charts, Dr. DeRose walked us through an introduction to chiropractic medicine, what it's used for, and how it can benefit the active person who gets muscle and back pain. He discussed his optimum state of health, and the five stages of disease. Chiropractic medicine, he said, was getting the body to heal itself, and does NOT use drugs or surgery. It treats causes rather than symptoms. Generally, by the time you have symptoms, you have had a condition for some time. The spinal column is vital to the central nervous system, and Dr. DeRose showed how it is important to other bodily functions. Chiropractors use adjustments to correct misalignments and imbalances in the spine, or what are called vertebral subluxations. There are 30 different techniques for adjustments. He demonstrated a new device called an activator, (which looks like a mini-cattle prod, or stun gun to the uninitiated), which can apply 30 pounds of pressure to exactly the right spot. (Misalignments are measured in millimeters, not inches. He also stressed that they can be in the extremities as well as in the spinal column). Other practical tips for runners included the calcaneus (heel bone), how to prevent posterior tibialis, leg length inequalities, isolation tests, reflexes and stored memory patterns, and

insurance coverage. Dr. DeRose's Commonwealth Chiropractic is conveniently located in McLean. (The presentation was interrupted by a thunderstorm, but we were able to continue inside in the new addition).

10. Andy Smythe discussed breweries and making your own beer. Susie (or Nicole) bit the back of Andy's leg.

There being no further business, the meeting was adjourned. *James Scarborough, Secretary-Treasurer*

WASHINGTON AREA RACE CALENDAR--AUG./SEPT.

- 3 August (Sat.) Damascus Bridge un-Race, any distance up to 6 miles, Damascus, Md., MCRRC 301-353-0200
- 6 August (Tues.) Track Championship (1m, 5K), TC Williams HS, Alexandria, Va., 6:00 pm, DCRRC 703-241-0395
- 9 August (Fri.) Go for the Glory Track Meet, Richard Montgomery HS, Rockville, Md., 7:00 pm, MCRRC 301-353-0200
- 10 August (Sat.) DCRRC Picnic 5K, Bethesda, Md., 4:00 pm, DCRRC 703-241-0395
- 18 August (Sun.) Leesburg 10K, Leesburg, Va., 8:00 am, 301-968-7988
- 18 August (Sun.) Women's Distance Festival 5K, Bluemont Junction, Arlington, Va., 7:00 pm, DCRRC 703-241-0395
- 22 August (Thurs.) Paul Thurston Family 4.5M, Burke Lake, Va., 6:30 pm DCRRC 703-241-0395
- 25 August (Sun.) Annapolis Ten Miler, Annapolis, Md., 7:45 am, Annapolis Striders, 410-268-1165
- 31 Aug (Sat.) Masters Track and Field Championship, 301-652-5051
- 1 Sept. (Sun.) Larry Noel Labor Day Greenbelt 15K, Greenbelt, Md., 6:00 pm, DCRRC 703-241-0395
- 8 September (Sun.) Fairlakes 8K, Fairfax, Va., 8:30 am, 202-872-8325
- 8 September (Sun.) Ken-Gar Ten Miler, Kensington, Md., 9:00 am, DCRRC 703-241-0395
- 15 September (Sun.) Clean Air Challenge 5K, Montgomery Mall, Bethesda, Md., 8:00 am, 1-800-642-1184

Washington Running Club

4616 Laverock Place, NW, Washington, DC 20007

CLUB OFFICERS:

President: John O'Donnell, 202-625-1401

Vice President: Nancy Horan, 301-983-2283

Secretary-Treasurer: James Scarborough, 703-536-7764

Newsletter Editor: Gerry Ives, 202-944-2379

COMMITTEES:

Legal: Chairs--Jim Hage, Jack Coffey

Membership: John O'Donnell

Teams: Susan Kolp, Mike Regan

**WASHINGTON RUNNING CLUB
INCOME STATEMENT
for period
1 January 1996 thru 31 May 1996**

INCOME	
Individual Memberships	\$456.50
Family Memberships	\$105.00
Donations	\$0.00
Uniform Sales	\$77.00
Other	\$6.33
Interest	\$27.40
TOTAL INCOME	\$672.23
EXPENSES	
Newsletter Mailing	\$61.60
Newsletter Printing	\$136.07
Other Printing/Postal	\$0.00
Meetings	\$100.00
Social	\$0.00
Team Competition	\$350.00
Individual Competition	\$100.00
USAT&F Dues/Insurance	\$0.00
Registration Fees - DC	\$25.00
Awards/Trophies	\$0.00
Equipment Expense	\$0.00
Clothing/Uniforms (Purchase)	\$519.75
Donations	\$300.00
Other	\$0.00
TOTAL EXPENSES	\$1,592.42
NET INCOME	(\$920.19)

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**CHECKBOOK SUMMARY
for period
1 January 1996 thru 31 May 1996**

Beginning Balance 1 January 1996	\$3,280.00
Add Deposits and Interest	\$672.23
Less Checks Written	\$1,592.42
Add One-Time Adjustment	\$601.00
Ending Balance 31 May 1996	\$2,960.81
James Scarborough, Treasurer June 14, 1996	

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James Scarborough, Treasurer
June 14, 1996

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, 4616 Laverock Place, Washington, DC 20007

If you need more information contact Gerry Ives at (202) 944-2379