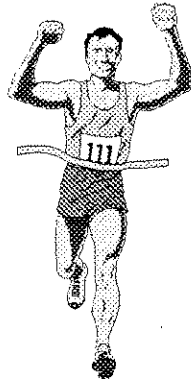

Washington Running Club



The October meeting will be held at Tris Kruger's house on Friday, October 11th, 1996, starting at 8:00 pm. Tris lives at 9641 Accord Drive in Potomac, Md. Get off the Beltway at the River Road exit and head toward Potomac. About half a mile past the Potomac Garden Center make a left turn onto Accord Drive. Tris's house is first on the left. If you get to Potomac Village you've gone too far. The pool will not be open, but the Club will provide hot dogs, hamburgers, and beer etc. Any other food contributions (desserts, salads, etc.) are welcomed.

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

Results of the Nike Capital Challenge 3-miler were not available in the *Washington Post*. Apparently, **Jim Hage** is to blame. Hage deserted his regular employer, The Bureau of National Affairs, and ran as a ringer on the Posties team. Even with this less-than-ethical situation, the Posties were still unable to qualify for a team award (Hage did his bit by placing 2nd in 14:45, and 1st journalist) and no results or story appeared in our favorite newspaper the following day. I don't think **Christine Brennan** ran--she covered the Olympics for them and is the expert on footracing for the Post sports section. **Ronnie Harris** won the race in 14:34, **Kirk Baird** took 6th in 15:22, followed by **Jon Gardner** in 7th with 15:27, **Dave Keating** cruised

in with 17:05, with **Gerry Ives** well behind in 17:25, followed by **Bob Trost** in 18:08. The women's race was won by **Marty Shue** in 16:47, and **Chris Stockdale** ran her birth year with a 19:44 effort that nailed down the title of "First Woman Journalist".

If there was any doubt that **Sunny Clarke** could run with the best of them, she proved herself at the New Haven, Connecticut, 20K on September 2. Sunny blasted through the course in 1:09:51 (that's back-to-back sub-35 10Ks), beating an international field that included Canadian Olympian **Danuta Bartozek** and **Lorraine Hoehella**. To prove that wasn't a fluke, Sunny wiped out the women's field at Cow Harbor, Long Island, with a 33:54. Anyone who knows the course can tell you it makes the Georgetown 10K look easy.

Tris Kruger has been burgled. The burgler took Kruger's silverware--no, not the plastic stuff he puts out for us, the real silver with fancy handles and everything. We've ruled out the guys who were showing up for the Sunday run at his place, all of them eat with their hands. It just goes to show you that **Nancy Horan's** watchcats are not doing their job.

Put the 26th of October on your calendar, the day of The Potomac 5K. **Tris Kruger**, the Potomac 5K race director, promises another fun-filled race through the Potomac Village ghetto. Rumor has it that **Jack Coffey** will show up, making it his long run in preparation for the Marine Corps Marathon the following day. The race starts at 9:00 a.m. and is co-sponsored by DCRRC and the Potomac Village business community. All proceeds are earmarked for the C&O Canal restoration fund.

It's official. **Mike Regan** is now married to the beautiful and talented **Abbie Daniels**, I guess that makes him beautiful and talented by marriage--he certainly wouldn't get there by himself. The deed was done in Carmel, California, August 10th. A post-nuptial party was held at Armand's Pizzeria on Wisconsin Avenue for those of us unable, or too cheap, to fly across the country for the genuine "nups." Congratulations from your fellow Club members!

Don't forget the Georgetown 10K on Sunday October 6th. WRC members will once again be handling packet pickup on Saturday, October 5th and race day morning. Please make an effort to come out and help. This is the Club's biggest money raising effort, and the treasury needs the cash--it's also a lot of fun. Contact **John O'Donnell** at (202) 625-1401 for details.

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.

Dave Keating and his wife **Liz Hosford** are now the proud owners of real estate located in Silver Spring. Dave promises to host a Sunday run in the near future, no word on what Liz thinks about that idea.

You are correct if you thought you saw "very" long-time WRCer **Norm Brand** officiating at the Atlanta Olympics. Norm was one of the select few who made it to the big time in Georgia, and was seen on "The Tele" by several members.

Jim Hage went up to the City of Brotherly Love and did a 1:06:51 tour of the Philadelphia Half-Marathon course. Our boy was 5th American, 24th overall. The Kenyans had their usual lock on the top places.

Dean Burke, whose dues check is surely lost in the mail, is returning to the marathon wars this fall with a Marine Corps effort on October 27th. Good luck to Dean, and any other member running. We'll be cheering you on--we won't be running, we're much too smart for that.

At the Fifth Avenue Mile on Saturday, September 28th, **Susan Kolp** won the open women's division with a fantastic 5:16 effort. For her pains she won a silver plate and set a new mile pr. Clubmate and designated driver for the trip to New York, **Chris Stockdale**, won the 50+ title in 5:40, and placed 4th overall in the Masters women field. Chris was shortchanged by our Newsletter in the Fredericksburg Mile, when we neglected to mention her division winning 5:44 effort. Sorry Chris!

A FEW WORDS FROM THE PREZ . . .

First, let me give independent verification and put all rumors to rest. Billy Webster is a married man. The bride wore a white gown (this exhausts my descriptive abilities on this subject) and looked beautiful. One despondent Ed Doheny was seen outside the church crying. The ceremony was inspiring; the reception was a blast. The President--me, not the one Webster used to work for--was honored to attend. I had the good fortune to spend several hours with George Hirsch, the publisher of *Runners World* magazine, and his wife Shay. George asked me to send his regards to Jim Hage, who has written so glowingly of RW in his periodical *Running, Ranting, Racing*. I'd like to, but Jim no longer returns my phone calls since he became cover boy of the *Washington Post's* weekend section. I read Jim's piece and was so inspired, I put on my shorts and "Brooks" and turned to page 55 to see where the fishing was good.

It was a real treat to have a few hours to chat with Hirsch. Like Jim, I may have a few differences with him about the focus of his magazine, but I keep in mind that if they were to

target a magazine to someone with my interests, the subscription level would probably never reach 1,000. I first met Hirsch almost exactly four years ago. It was the afternoon of the Portland Marathon, and after my friends Bill, Eric and I got cleaned up, rested and refueled, we decided to go downtown and waste the afternoon sitting outside one of Portland's many brewpubs. It was a splendid fall afternoon, and having nothing else to do, and seeing that we were way past the age of setting PRs running, we set about seeking PRs in beer consumption. I think it was Eric who recognized Hirsch at the table to our right, having dessert with one of his writers. Hirsch had just returned from Barcelona where he had worked on the NBC cable package. We had a long, leisurely discussion over such important matters as whether Khalid Skah was responsible for interfering with Richard Chelimo in the 10,000. Say what you will about his magazine, the man knows track and field and road racing. Perhaps it's my good fortune to run into him following every Olympics.

Speaking of which, let me lend my voice to the chorus of those criticizing NBC for their coverage, or more accurately, their lack of coverage. I will try to limit my criticism to but a few points. I understand NBC is in it to make a profit, but if a network takes it upon itself to bid for an event like the Olympics they have some responsibility to actually cover what is taking place. They do not have the responsibility to tell us of the personal travails of athletes or dress it all up in music videos to make it more palatable. To take but one example, the men's 10,000 was a historic race. I know this because I read about it a month later in the *Track and Field News*, not because I saw it on TV. You see, it was not on TV. I can only guess it might have cut into an Enberg Moment. Secondly, what they did show they chopped up so much you could tell the results. Unless it was the third and final jump, you knew in advance whether a high jumper cleared a height. They only showed jumpers clearing. No time to cover the event as it actually took place.

A couple of my favorite athletes performed admirably without winning medals. Bob Kennedy, who is finally gaining recognition as one of the greatest American distance runners of all time, took sixth in the 5,000. It's Kennedy's misfortune to be at his zenith in a golden age of 5,000 meter runners. Two years ago, he moved to 9th on the world all-time list with a 13:01. He is now down to 12:58, but there are ten men this year alone who have gone under 13:00. Mark Broghan's fifth in the steeple was also an admirable effort. As for the other American distance runners, with the possible exception of Ann Marie Lauck, there was little to cheer about. Keith Brantly said later he cannot believe he is only the 28th best marathon runner in the world. Had nations not been limited to three athletes per event, he may not have been in the top 50.

Our other new husband, Mike Regan, is busy following the exploits of his beloved 49ers. It's still early in the season and I have not had a chance to analyze the league. For those of you who like to wager, remember the key to understanding the NFL is to look for the team with the best combination of

sprinters, hurdlers, and shot putters. They always win. The only exception is Buffalo: the Bills win no matter what. At least they will this year.

Let me extend my gratitude in advance to the many who are lending a hand at the Georgetown 10K coming up the first weekend in October. The club gets paid \$15 a head, so this is a good source of income for us. Looking forward to seeing all of you there.

John O'Donnell, President

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD AUGUST 11, 1996

The August meeting was held on Sunday, 11 August at 1pm at the Kruger estate in Potomac, in conjunction with the annual picnic. Present were such people as Norm Brand, Dick Brannan, Alan Roth, Chris Stockdale, the Ives, the Merckels, Bobby Bauer, Mark Doles, Susan Kolp, the usual cast of officers, and many others. Jim Hage brought copies of his publication, "Running, Ranting, and Racing".

1. Nancy Horan called the meeting to order. First order of business was the awarding of the Alfred TomFelde award for 1996 (technically, the 12 months ending June 30). It went to none other than President John O'Donnell. James Scarborough gracefully surrendered it, making no apologies for not having shined it in the meantime. John left it for Tris to add his name to the nameplate. Gerry Ives, seeing his name on the trophy, observed that it was the 25th year it had been awarded (although there was no recipient listed in 1983). The first recipient, Ed Jerome in 1972, is believed to have been killed in an accident in California a couple of years ago.

2. James Scarborough read from a letter circulated by George Banker soliciting clubs' input for criteria to award "Outstanding Athlete" awards for USAT&F. He also circulated a proposed response with a list of criteria. Alan Roth clarified that there are two awards in existence: (1) athletic performance, and (2) outstanding service. James agreed to make appropriate modifications in the criteria list and return to George.

4. Alan Roth also mentioned that USAT&F is opening up websites (probably www.usatfnews.com, or something), which will be free to member clubs. John O'Donnell, believing this was an excellent idea (never pass up an opportunity for free communications or publicity), moved to assign Dave Keating (our website expert), to get a website for WRC.

5. It was observed that Mike Reagan, our men's team coordinator and singlet trader *extraordinaire*, was not present. He had a very good reason, being on his honeymoon. The wedding was Saturday, August 10. Abby's sister Molly organized a 5K for them and the wedding party before the big event.

6. Jerry Merkel reminded everyone the Georgetown 10K is scheduled Sunday, October 6. We will once again be working packet pickup both Saturday and Sunday. The club will get \$15 per volunteer, so let's have a good turnout. James Scarborough and Jerry agreed to assist in calling people to help. Gerry Ives agreed to get the newsletter out at least a week early to remind people, since Georgetown will be before our October meeting.

7. Other important races coming up: the Women's Distance Festival 5K in Arlington on Sunday, August 18, the three-person 16 mile relay on the C&O Canal on Sunday, September 22 (a team opportunity), and the National Capital Twenty Miler on Sunday, September 29 (another team opportunity). Discussion also ensued about Philadelphia Half Marathon trips.

There being no further business, the meeting was adjourned. The four Merkel kids created most of the pool splashing. Footballs were flying (could it have to do with the new prominence of a famous Buffalo Bills quarterback? Or was it just the cooler weather, and the fact the Redskins had already started exhibition season?) Norm Brand, among others, entertained us with his Olympics stories. Bernie Flynn and Amy Durham discussed running camps. Dick Brannan talked about Atlanta and his skydiving misadventures. And Tris came up with some OLD results books from the Marine Corps Marathon and Boston. Some real fast times run, and some fast times had, during the 80s.

James Scarborough, Secretary-Treasurer

ON STORM-DAMAGED COURSE, KNAPSACKS, PICK-UPS WIN RELAY: BEACH, CAIRNS WIN 16 MILER

By James Scarborough

Following the lead of two popular Montgomery County Road Runners' club races, the Ekiden Kensington Relay, and the C&O Canal 50-Mile Relay (which wasn't held this year), a new wrinkle was added to the early fall schedule. A three-person 16 mile relay was held at Carderock, MD, in addition to a 16 mile individual run. Unfortunately for the relay, the 16 miler proved more popular. It provided a tune-up for the 20 miler the following weekend; the relay provided, well, a lot of fun. The race survived the damage caused by Hurricane Fran (fortunately, no one competing in the race was named Fran) two weeks before. However, the course, but not the distance, had to be compressed. Instead of using the towpath from milepost 6 to milepost 13, the entire event had to be run between mileposts 9 and 12. This made for a more repetitive race, but also ensured that the participants had water, a split time, and/or a volunteer to turn them around, every mile. The day did not start out auspiciously, as heavy rains moved through the area between 3 am and 7 am. However, the rain had tapered off to only a few drops by the time the race

began from milepost 11 at 9 am. And by 10:30, the sun reluctantly made an appearance.

The entire field was led for the first mile by Major Pauline Knapp, who with Terry Lockard running 10 miles, captured the relay overall and the co-ed division with a combined time of 1:47:36. Coming in far ahead of the pack in the 16 miler, however, was Ben Beach of Bethesda, 47, in 1:40:19, a full six minutes ahead of David Black of Winchester. Ben won a free entry to the 20-miler, and also can say he set an overall course record as a master. Finishing third was Matthew Seybold, 23, in 1:46:35, who came all the way from Reisterstown, MD. Former DCRC President and Cherry Blossom guru Phil Stewart was fourth in 1:47:36. Tekli Semere, 37, was fifth in 1:48:23. Tekli had the distinction of being the first to pre-register. Hilary Cairns, the Club Secretary and winner of the Women's Distance Festival race in August, was "First Lady" again, 10th overall, in 2:02:13. Her husband Malcolm Lester was seventh in 1:54:17. Cairns won her division even more decisively than Beach won his. The next women were Colleen Cochran in 2:13:10, and Collette Powers in 2:15:35. Jane Collins, 55, finishing in 2:49:48, was the only women's masters runner. Walt Washburn, 73, was the oldest finisher in 2:18:01. Former DCRRRC schedule chair Joe Broderick finished in 2:26:33.

Meanwhile, Knapp and Lockard had bested the only male open team to enter the relay by a minute and a half. The team of James Scarborough, Jacob Wind, and Ted Cochran, who ran as the Pick-ups, finished in 1:49:09. The second open co-ed team, three young runners from Germantown (Todd Compton, Annette Hunt, and Tarralt Green), just missed two hours, and just finished ahead of the third place team, 2:00:14 to 2:00:20. The bronze went to the team of Jenny Guitar, Robert Key and David Wolf. Lastly, Jeff and Patty Lee did a two-person relay, finishing in 2:09:54.

Besides the free entries, prizes included trophies, glassware, T-shirts (from the Washington's Birthday Marathon), and gift certificates.

A good time was had by all. Next year, barring hurricanes, blizzards, and floods, we should have more miles of towpath to run on. A special thanks to volunteers Ted Cochran, Ted Baca, Dan Gardner, Joanne Johnson, Quin Barber, Gerry Ives, Roseanne Neatrou, and Stephen Copps.

20 October (Sun.) Temple Rodef Shalom Mitzvah Day 8K, 2100 Westmoreland St., Falls Church, VA, 8:30 am, 703-448-9353

27 October (Sun.) Wild Goose Chase 10K, Talbot County YMCA, 202 Peachblossom Rd., Easton, MD 9:30 am, 410-822-0566

9 November (Sat.) Park Ridge Elementary School 5K, 2000 Parkway Blvd., Stafford, VA, 8:30 am, 540-720-3433

24 November (Sun.) Jingle Bell Run for Arthritis, Greenbelt, MD 5K & 10K, (no time given) 202-537-6800

8 December (Sun.) Jingle Bell Run for Arthritis, Washington, DC 5K & 10K, (no time given) 202-537-6800

15 December (Sun.) Jingle Bell Run for Arthritis, Reston, VA 5K & 10K (no time given) 202-537-6800

Washington Running Club

4616 Laverock Place, NW, Washington, DC 20007-2544

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 AREA RACE CALENDAR--OCT./NOV.

6 October (Sun.) Run for the Cities 5K, Freedom Plaza, Washington DC, 7:30 am, DCRRC 703-241-0395

13 October (Sun.) Army 10-Miler, Pentagon, VA, 8 am, 703-614-1551

19 October (Sat.) Race for the Pennant 5K, Tysons Corner, McLean, VA, 10:00 am, DCRRC 703-241-0395

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