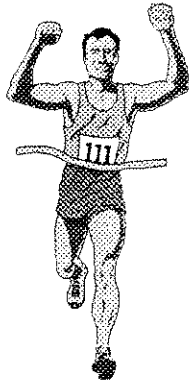

Washington Running Club



The AUGUST meeting of WRC will be held in combination with THE ANNUAL PICNIC at Tris Kruger's house on SUNDAY, 24 AUGUST starting at 1 p.m. and ending at 5:00 p.m. Tris lives at 9641 Accord Drive at its intersection with River Road. Take the River Road exit towards Potomac from the Beltway. Go approximately two and a half miles and turn left on Accord. The house is the first on the left. If you come to the intersection of River and Falls Road, you've gone a quarter of a mile too far. The Club will have hot dogs, hamburger and beer, but any additional food or beverage donations are encouraged.

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

Mike Regan is heading for San Francisco at the end of August where he and his wife **Abby** are going to start new careers in the earthquake center of the world. They will be housesitting in a San Francisco mansion for the first few weeks, then it's house hunting for more plebeian quarters.

Hilary Cairns took the win at the Run for the Roses 5K on Saturday, June 28th over a tough course at Wheaton Regional Park. Cairns edged out WRC's **Donna Moore**, 18:11 to 18:26, with **Patty Turney** in third place in 18:34.

Former White House staffer, husband of the beautiful and talented **Lindsey**, and WRC runner extraordinaire, **Billy Webster**, has ended his Pittsburgh business venture and is moving to Spartansburg, S.C. to take one of those jobs that **John O'Donnell** doesn't understand. Billy will undoubtedly take comfort in the fact that all of his new neighbors will talk like he does. We send him a wish for good luck and a big y'all.

Teren Block is now established safely in Rio de Janeiro. She will be able to tell us first hand whether those Brazilian "thong" bathing suits are as uncomfortable as they look. Please send photo.

Jim Hage has just returned from a vacation in Montana's Glacier National Park. Jim kept a sharp eye out for grizzly bears, and took comfort in the thought that even though he couldn't outrun a bear all he had to do was outrun whomever he was with, and he was fairly sure he could do that.

The former Nike Capital Challenge has a new sponsor, the Sporting Goods Manufacturers Association. **Jeff Darman** and **Phil Stewart** will still be the organizing geniuses behind the event.

Gerry Ives is looking for someone to take over the Newsletter. He's been working on the Newsletter since 1983 and thinks it's time for someone to breathe some new life into the non-award-winning bimonthly publication. Give him a call at 202-452-4242 . . . it's your chance to break into the small-time.

Road Race Management Newsletter will again honor the outstanding race director of the year. The 1997 award winner will be announced at the Road Race Management Race Directors' Meeting in November.

Just a reminder that the Club picnic is scheduled for Sunday, August 24th, and once again **Tris Kruger** is allowing us to use his house and pool in Potomac. The picnic is scheduled from 1:00 p.m. until 5:00 p.m. Please note the finishing time--we want everyone out of there (except Tris and Nancy) by 5:00 p.m. The last person to leave will be identified in the next newsletter as a rotter and a cad.

WRC POSSIBLE TEAM RACES--FALL 1997

In one of his last official acts before departing for the pleasant climes of San Francisco, WRC Team Coordinator **Mike Regan** identified the following as possible team races for the Fall 1997 racing season:

Sunday, Sept. 28

Harvest Moon Classic 10K, 8:00 am, Washington, DC (at least 3 runners)

National Capital 20-Miler, Alexandria, Va. (at least 3 runners).

Saturday, Oct. 4

Rachael's 5K Run for the Homeless, 8:00 am, East Potomac Park (at least 2 women).

Sunday, Oct. 12

Army 10-Miler, 8 am, Arlington, Va. (4-8 runners, Open, Masters, Mixed divisions)

Sunday, Nov. 2

Georgetown Day School 5K, 8:30 am, 4500 Block of MacArthur Blvd., Washington, DC.

If you're interested in any of these races contact John O'Donnell at 202-625-1401 and he'll put you in touch with the new WRC race team coordinator.

A FEW WORDS FROM THE PREZ . . .

Everyone seems to agree that the sport of track and field is sick in the United States, but if the big Donovan Bailey-Michael Johnson match race at 150 meters is supposed to be the medicine I'll take the illness, thank you very much. This need to define who the absolute fastest is reminds me in some ways of the national mania for a college football tournament. The public demands an answer. It is not good enough to have a Rose Bowl, an Orange Bowl and a Fiesta Bowl champion. We need to know who is THE BEST. And where the question is posed in this manner, there will be money to make it happen. Similarly, the public is not content to know that Michael Johnson is a gold medalist and world record holder in the 200 and Bailey holds the same at the 100. We need to know who is THE BEST. Thus, we have the match race in Toronto at a distance that means nothing to anyone. And we have the trash talking, the portable track, the "undercard" and ultimately, a DNF and accusations. Nothing is settled and we are left with yet another black eye for the sport. At least there was no positive drug test and nobody bit anyone else's ear.

What's next? Maybe we could match triple jump world record holder Jonathan Edwards and Carl Lewis in the double jump. How about 400 meter hurdler against high hurdler Allen Johnson in a 200 meter race, height of hurdles to be determined by negotiations. The weight events hold great possibilities. Javelinist Jan Zelezny against shot-discus man John Godina--just imagine what the implement might look like.

It continues to mystify me why 85,000 fans will sit on the edge of their seats, and billions around the world will watch on television, to see Olympic track and field, but competition held every summer at a similar level is greeted with a yawn, at least in this country. Why have a match race when a track has eight lanes? If Michael Johnson wants to race Donovan Bailey, he can find him at the starting line of the 100 three times a week all summer around Europe--with Ato Boldon, Frankie

Fredericks, Maurice Green and a few others as well. The same is true if Donovan Bailey wants to test his ability over 200. And if Bailey is faster over 100 and Johnson over 200 it's fine with me. In seeking to save the sport, let's keep what is best of it and not resort to gimmickry that will kill the patient.

And for those of you who have not heard me shouting it from the Bisonland rooftop, I am now the world's happiest uncle. Finally, one of my nine nieces and nephews has uttered the word I have so longed to hear: "I AM ON THE TRACK TEAM." My oldest brother's daughter, Maeve, who lives in Caracas, is a 12-year-old high jumper, and, better yet, A JAVELIN THROWER! She is an O'Donnell, surely she has the genes for it. At last report, she cannot throw it too far, but Rome wasn't built in a day, and after all, she is only 12. Thank God she lives in a country where little girls can fling the spear. May I live long enough to hear her primal scream at the release point. Maevey, you are an animal.

We send out a big WRC congratulations to Craig Masback, the new CEO of USA Track & Field. Dave Keating, Jim Hage, Gerry Ives and I had the opportunity to have lunch with Masback a couple of years ago, and we found him to be a bright, funny, interesting guy. He is perfect for the job and we wish him well. As I write, the World Championships are a couple of days away. The competition should be great and there will actually be coverage on TV. Hope to see you all at Dr. Kruger's Potomac estate on Sunday, August 24th for the picnic.

PUGSLEY AND CONCAUGH WIN RACE FOR THE CURE 5K

by George Banker

In 1990 Gretchen Poston, former White House Social Secretary during the Carter Administration, joined forces with Marilyn Quayle and *Washington Post* fashion editor Nina Hyde to organize The Race for the Cure. Their vision was to have a race in Washington, D.C. that would attract thousands of runners and walkers, raise awareness of the need for more research to find a cure for breast cancer, and to raise a significant amount of money toward that goal.

The first event, in 1990, attracted 7,500 runners and raised \$500,000, and was won by WRC's Mike Regan in 14:58. Cassie O'Neill, the former George Mason indoor track star, took the women's race in 16:52. Last year's race attracted 31,000 participants and raised \$1.2 million.

This year's race, held on June 7th, was an even greater success, with 36,700 runners. And there will be 38 other cities throughout the nation sponsoring a total of 77 races, and raising millions of dollars for research.

This year the cool temperature of 56 degrees was welcomed by all, as the thousands of participants waited for the arrival of Honorary Co-Chairs Al and Tipper Gore. This is the fifth year they have acted in this capacity. When the sea of runners wei

finally unleashed, it took about 35 minutes for the last runner/walker to cross the starting line.

The lead pack, consisting of Ray Pugsley, WRC's Jim Hage, and barefoot Brazilian runner Eron Ferreira took it out quickly. But the race soon came down to a match between Pugsley and Hage, with Pugsley taking the win in 14:31 to Hage's 14:39. Ferreira trailed, out of the action in third with a time of 15:14, barely holding off Keff Metkowitz in fourth in 15:16. Terry Weir took fifth in 15:22.

The leading woman was Jackie Concaugh, who has registered some impressive times this year. Concaugh's 16:59 easily held off Megan Holden's second place 17:10 and Sharon Servidio's 17:28. Concaugh's time is even more impressive considering that she was suffering from stomach flu.

Top male master was Bob Briggs of Springfield in 16:09, followed by Kevin Ellis in 16:54, and Richard Adams in 16:56.

Top female master was Linda Wack in 18:18, followed by Mary Jo Donovan in 19:19 and Jayne Fitzgerald in 19:30.

In men's age group competition: Patrick Griffith took the 50-59 honors in 17:38; Larry Dickerson captured the 60-69 in 20:17; and Dixon Hemphill took the 70 and over in 22:32.

Women's age group winners were: Heidi Pirie taking the 50-59 in 20:04; Doralie Segal winning the 60-69 in 24:20; and Hannah Horowitz blitzing the 70+ grouping in 25:50.

WRCers of note in the race included Kurt Kroemer taking 8th place in 15:32, and Jay Wind finishing 5th in the 40+ age group in 17:28.

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

DCRRC TRACK CHAMPIONSHIPS-MILE AND 5K

by J. J. Wind

Bruce Hamilton, 42, of Fairfax, VA had to catch an early plane, so he competed in the Elite Mile, not the Masters Mile, at DC Road Runners Club's annual One-Mile Championship --and ran away with the whole thing in 4:38.

Fifth in the Elite Mile in 5:01, a tick away from 5:00, was former Langley High School standout Cathy Stanmeyer.

Three other men broke 5:00 in the Elite Mile: Eldon Mack, the omnipresent Ted Poulos, and Bruce Underwood, all significantly younger than Hamilton.

Paul Ryan broke 5:00 in the Masters Mile, winning convincingly in 4:59. Ryan was also last year's Masters Champion in 4:47.

Keeping with family tradition in more ways than one, Michael Ryan, 21, of Arlington VA won the Five-Kilometer in 15:31. The older Ryan is a Captain in the U.S. Navy, while

the younger Ryan studies at the U.S. Naval Academy in Annapolis.

DCRRC secretary Hilary Cairns, 26, of Washington, DC captured the women's division of the 5K in 18:43.

Meet Director J.J. Wind thanked the volunteers: Bruce Underwood at registration, Roland Elliott at the clock, Gene Warner with cards and pencils, Jeff Reed behind the starter's whistle, and Sanjay Gupta behind the computer. He also thanked another Ryan--Weatherman Bob Ryan, for predicting and delivering an absolutely perfect evening for running. Wind also noted that after seeing how fast Hamilton ran, he probably COULD catch a plane.

Winners in the various age groups received DCRRC gold, silver, and bronze medals, watches from Racquet and Jog, and merchandise prizes from Runners World Magazine.

Elite Mile: 1. Bruce Hamilton, 4:38; 2. Eldon Mack, 4:49; 3. Ted Poulos, 4:49; 4. Bruce Underwood, 4:57; 5. Cathy Stanmeyer, 5:01; 6. Steve Nearman, 5:05; 7. Tom Winkert, 5:09; 8. Yonco Mermersky, 5:27; 9. Steve Nearman, 5:54.

Masters' Mile: 1. Paul Ryan, 4:59; 2. Dan Eddy, 5:02; 3. J.J. Wind, 5:06; 4. Walter Hill, 5:10; 5. Bob Oberti, 5:20; 6. Bob Weiner, 5:33; 7. Pat Finn, 5:44; 8. Grant Pettrie, 5:58; 9. Larry Dickerson, 5:59; 10. Klaus Hirtes, 6:06.

Children's Mile: 1. Kenny Evans, 6:05; 2. Russell Evans, 6:08; 3. Tom Scanlon, 6:31; 4. Brian Schmitt, 7:01; 5. Oliver E. Freeman, 7:02; 6. Ahren Freune, 7:06; 7. Brian Rooney, 7:14; 8. Colleen Donohee, 7:48; 9. Grant Pettrie, 8:05.

Open Mile: 1. Matthew Smith, 5:09; 2. Alex Nitkiewicz, 5:10; 3. Gene Warner, 5:11; 4. Craig Ryan, 5:21; 5. Jack Coffey, 5:32; 6. David S. Kemp, 5:42; 7. Steve Schmitt, 5:44; 8. Peter Verasin, 5:52; 9. John Hans Melcher, 5:53; 10. James Scarborough, 6:01.

Five-Kilometer: 1. Michael Ryan, 15:31; 2. Jeff McCarthy, 16:09; 3. Jon Leggett, 16:41; 4. Ted Poulos, 16:51; 5. Malcolm Lester, 17:06; 6. Jon Thoren, 17:35; 10. J.J. Wind, 18:19; 12. Hilary Cairns, 18:43; 17. Betty Blank, 19:38; 18. James Scarborough, 19:48.

CALENDAR OF WASHINGTON AREA RACES--AUG./SEPT. 1997

21 Aug. (Thurs.) Burke Lake 4.5 Mile, 6:30 pm, two-0erson family team competition, DCRRC 703-241-0395.

23 Aug. (Sat.) Arlington Country Fair Mile, 8 am, Thomas Jefferson Middle School, Arlington, DCRRC 703-241-0395.

23 Aug. (Sat.) Broad Run 5K for Education, 8 am, Tom Andrews, 703-444-5585.

30-31 Aug. (Sat./Sun.) Potomac Valley Games, T.C. Williams HS, Alexandria, VA, PVTC 703-671-2520.

31 Aug. (Sun.) Larry Noel Greenbelt Labor Day 15K, 6 pm, Greenbelt, DCRRC 703-241-0395

1 Sept. (Mon.) Kentlands 5K, 8 am, Gaithersburg,
301-948-4290.

6 Sept. (Sat.) Dawson's 5 Miler, 8 am, Severna Park,
Annapolis Striders, 410-268-1165.

7 Sept. (Sun.) Fair Lakes 8K, 8:30 am, Susan Tadoyon
202-872-8325.

13 Sept. (Sat.) Women's Half Marathon Trail Run, 8:30 am,
Fountainhead Regional Park, Keanne Christie, 202-863-1799.

13 Sept. (Sat.) Kettering Sickle Cell 6 Miler, 8:30 am,
DCRRC, 703-241-0395.

14 Sept. (Sun.) Al Lewis HHH Ten Miler, 8 am, DCRRC
703-241-0395

14 Sept. (Sun.) MS Half Marathon, 7:30 am, Washington, DC,
202-296-5363.

14 Sept. (Sun.) WDF 5K, 8 am, Washington RunHers,
703-968-9832.

14 Sept. (Sun.) Terry Fox Four Mile, 10 am, 202-944-2074.

20 Sept. (Sat.) Harden & Weaver 5K, 8:30 am, 202-895-2700.

20 Sept. (Sat.) Kensington 5K, 8:30 am, 301-933-4540.

21 Sept. (Sun.) Northern Va. Half Marathon, 8 am,
703-779-7866.

27 Sept. (Sat.) DC Dash Accountants Run 5K, 8 am,
202-789-1844.

28 Sept. (Sun.) National Capital 20-Miler, 7:30 am,
Alexandria, Va. DCRRC 703-241-0395, George Banker
301-839-7957.

28 Sept. (Sun.) Run For Shelter 5K, 8 am, 703-777-6552.

28 Sept. (Sun.) Back to School Classic 8K, Chevy Chase, Md.,
8 am, \$15/\$20, Dania Fitzgerald, 202-326-3577.

Washington Running Club

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

CLUB OFFICERS:

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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
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