

SPEEDING AT PAUL VI RUNFEST ...ALL RECORDS ARE SMASHED

By G.R. Banker

" I had no idea of where I was, you get the same butterflies before a race. It does not matter how low key a race is. It feels good that I haven't lost that much and I have something left. Just fighting through the last mile, we forget what that last mile feels like", said Carole Zajac-Tynan of Sterling.

Zyjac-Tynan was part of the record smashing runners who left no records in tact at the **2nd Paul VI Runfest held Sunday, September 23, 2001** at Paul VI High School in Fairfax, Va. Tynan-Zajac took the first mile out with last year's runner-up Cathy (Stanmeyer) Pugsley of Annandale, Va., the two were elbow-to-elbow. Zajac-Tynan had placed fifth at the 2000 Sallie Mae 10K (Washington, DC) in 35:17 and third at the Avon Baltimore 10K in 35:55 in September 2000. Last year, Pugsley ran 17:59. The two went through the first mile in 5:23. Seconds back in third was Phillippa Wellborn of Potomac, Md., who placed fourth last year (18:47).

The course was two loops with a quarter mile hill which was ran twice. The course started at the school and a portion was onto Lee Highway and through the surrounding neighborhoods and back to the school. The weather was border line ideal with low humidity with a slight breeze under sunny skies.

A pack of seven men were pushing the pace from the school with Michael Wardian of Team Pacers in the lead. Off the shoulder was Ben Kapsoiya, Kefah Keraro and Eliud Barngetuny of Kenyan, now living in Chapel Hill, NC. A couple of seconds back was Darrell General of Team Metro Run Walk, the runner-up (15:07), LTJG Michael Ryan (USN) and John Tuttle of Douglasville, Ga., the leading master.

The top runners were going after \$1,900 in prize money, male and female shared equally, with a \$100 bonus to the male and female winners if they set new records.

The leaders went through the first mile in a slow 4:40. Into the second mile, Lee Highway near McLean Avenue, the leaders closed in a 4:46 split and the pack began to fall apart.

Keraro, Barngetuny and Kapsoiya began to dictate the pace. Briefly, General made a move to over take Kapsoiya which he was not able to sustain, Kapsoiya surged back in front.

Tuttle was trying to maintain a hold on the master lead over Jim Hage of Lanham, Md., and Dave Berardi of Columbia, Md..

The women masters were Win Persina of Washington and Betty Blank of Falls Church, Va.. The defending master's winner, Sarah Buckheit (21:11, the record) of Reston Va., was trailing in third.

At the last hill, Barngetuny began to break away from his team mates and took the lead and was on record pace. As Barngetuny entered the parking lot the seconds ticked away as the \$100

bonus along with first place prize of \$300 for a record time of 14:42. The old record was 14:54 set by Ray Pugsley, spouse of Cathy Pugsley).

The next two were under the old record, Kapsoiya in 14:47 (\$200) followed by Keraro in 14:50 (\$100).

"I didn't go out to push the pace. I felt strong and I wanted to wait, at the last hill I pushed it and no one went with me. If you have fast people in a race you will have fast times. We drove five hours to get here and we were tired", said Barngetuny.

"I was worried about my team mates, we train together. I was concerned about the other competition from some of the other runners, they were pushing the pace. If someone would have went 4:20 I would have been right there", added Barngetuny.

"I love to have good runners and to have competition. I was surprised that General went by me, I thought this was suppose to be a small race. I'm a miler, 3:53. At the home stretch I said I could do this", said Kapsoiya.

"It was kind of fast from what I was expecting. We tried to have fun with the guys. After the first mile we closed at 4:46 for the second mile, the fourth guy (General) pulled out, he looked strong and he was looking behind and I knew he was getting tired", added Kapsoiya.

General was fourth in 14:55 and Ryan was fifth in 15:26.

"After two miles they broke away, they have more fast twitch gears. I'm trying to peak for the New York City Marathon. I felt strong but I didn't have the speed, I was flowing", said General.

"I haven't been running for two months and I'm working my way back into shape. I learned that I'm not in shape, it'll be easy to come back since I have been there before", said Ryan.

In 1999, as a senior at the U.S. Naval Academy, Ryan established a new mile record of 4:01.

Tuttle finished in record setting time for first master in 15:31 (\$200) followed by Jim Hage in second with 15:50 (\$100) and Berardi was third in 15:56 (\$50).

"It was a tough course and I have not been doing and speed work and I was in oxygen debt going up the last hill. This was perfect with Jim Hage and Dave Berardi right there. I knew they wanted to beat me. Right after the first mile I felt like I wanted to back off, I was in pain. I need to get back to doing intervals", said Tuttle.

"It was a tough course and I have not been doing any speed work and I was in oxygen debt going up the last hill. My first mile was 4:48 and second was 5:00 (elapsed time was 9:48)", added Tuttle.

“We knew it was going to be quick, I wanted to hang with tem, I knew it was good. My first mile was 4:48 and I fell off at the first hill. I was trying to hang with the leaders”, said Banks.

“I love it, I just wish that I could have ran quicker, I was being competitive. I’m getting closer to Jim Hage in time. The course is not fast and it’s rolling, I like it> It’s an honest course,a quarter mile long hill which you hit twice, you roll down and back up, you just keep working”, said Berardi.

At halfway, Zajac-Tynan began to gain some distance over Pugsley, she could not close the gap. Zajac-Tynan collected first place money along with the bonus for breaking the 17:36 set by Alisa Harvey last year. Wellborn finished in third with 18:47.

“I went out a little quicker and I was expecting that. My first mile was 5:23. We just moved to Sterling from Albuquerque. I just wanted to feel some hurt somewhere. It does not matter how low key a race is. It feels good that you haven’t lost to much and I have something left. Just fighting through the last mile, you forget what that last mile feels like”, added Zajac-Tynan.

"It's not as hilly as it seems to be. You come into hill after coming downhill. At midway I was not upset that Carole broke away from me", said Pugsley.

“ A well run race, my first mile was 5:51, second was 6:07 and the course was a challenge. I am happy with the time. I did not have a good race strtaegy. I was just trying to run a good race and get a reasonable time. I hated that hill”, said Wellborn.

The next record to fall, master women, Win Persina finished in sixth place with 20:07 and Blank was second in 20:38.

“I felt comfortable the whole way. I wasn’t sure how much to push it. My first mile was 6:19, then I pressed it. When I come to have fun I run more relaxed. I was pleased”, said Persina.

“A 5K is a rhythm thing from the the time the gun goes off. It’s bookends, the first, the last and the middle mile. You have to put it down and not loose contact. I wanted 16:00. I’m looking at next week, the Quantico Half-Marathon”, said fourth master, Dennis Coleman of Gaithersburg, Md., in 17:08.

“My first mile was 5:16. I had to do it to seperate from some of the runners, you have to do that. You have to put it out there, you got to go. I was 10:53 at mile two, you put yourself on that island. I felt a little sluggish from the speed work, I didn’t have any bounce. When you feel that flat that’s when you have to go”, added Coleman.

“The middle mile is where you seperate the men from the boys. If you run with it you are putting yourself out there. Pain is when you are out of shape. It was a good race, well marked

"The race all came from the heart, the committee has it down well. We started planning in January, my hat is off to them. We want to establish this as a fall classic event. I want to keep it a

quality race, it reflects on the school and the people who run it. We'll be here next year and BETTER!", said race director, Ed Zigo.