



Washington Running Club Newsletter

VOL. II, NO. 1

JANUARY 1983

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 XX NEXT MEETING: FRIDAY, 14 JAN., XX
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 XX AT 8 PM -- 21st & K Sts, NW -- XX
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 XX Federal Mediation Service Bldg. XX
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 XX Watch for sign at elevators for XX
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 XX Floor and Room Nos. - Inquiries XX
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 XX 653-5270 -- NEXT MONTH 11 FEB. XX
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NEW MEMBERS

WELCOME to the following new members:

DENNIS BAKER
 BERRY CRAWFORD
 MARY GORMLEY
 VICKY MURK
 TOM LOHRENTZ

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'83 ELECTIONS

The election of officers for 1983 will be held at the next meeting. You must be present to vote. The following individuals were nominated during the December meeting -- there were no write-in nominations received by the Secretary.

President: AI NAYLOR
 Dan RINCON

V. President: Jon LOTT
 AI ROTH

Secretary: Ed FOLEY
 Henry O'CONNELL
 Walter SARGENT

Treasurer: Norm BRAND
 Fred KRUGER

Come to the meeting and VOTE.

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 X CREDITS: Don Pedro, Larry Noel (the X
 X elder), Dennis Jett, John Mornini, X
 X Will Albers, Ken Moffet, Norm Brand, X
 X Bob Trost X
 X X
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'83 DUES/MEMBERSHIP RENEWAL

On the next to last page of this newsletter is a renewal form to be used by those desiring to renew their membership in the WRC for 1983.

You will note that as discussed and voted upon at the December meeting the dues were raised by \$5 per year in each category (individual/family).

Hopefully not too many members will be disenchanted with this decision. It was pointed out that over half of the previous dues were spent in reproduction and mailing costs for the newsletter alone.

Don't pay your dues to anyone other than the Membership Secretary. Last year there were many foul-ups because various people were accepting dues and the Secretary never got informed.

Future issues of the newsletter will contain the names of renewing members so that you can validate that you are on the rolls as a paid-up member in '83.

PLEASE RENEW EARLY!!!

H	H	AAAAA	PPPPP	PPPPP	Y	Y	NN	N	EEEE	W	W	Y	Y	EEEE	AAAAA	RRRRR					
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HHHHH	AAAAA	PPPPP	PPPPP	YYYYY	N	N	N	EEEE	W	W	W	YYYYY	EEEE	AAAAA	RRRRR						
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LETTER FROM WILL ALBERS

12/21/82

Dear WRC Teammates,

Just a word to let everyone know that I'm still alive and well here in "Hangover, PA." Doing alot of work and a little running, about 30 miles a week. I did come down and win the Chantilly Charger Trot 10K in the burning time of 33:54. (I hope it was long.) I will continue to avoid all tough competition in the future. Hopefully my leg troubles will have cleared up enough to begin some decent training in January. Mike Greehan is a bit worse off than I am as he is just getting over a mild case of pnuemonia.

As for the cartoon in the last issue where you asked for the caption, the guy running looks a bit like me, with dark hair and moustache. I thought you could get me the phone # of the girl he's running with. (703-528-1252 Ed.)

Laura has been burning up the roads of late despite recent disappointments at the marathon. She won 4 shorter races in a row in November and then ran a 10K PR by 48 seconds. She took 4th at the Avon 10K in Deerfield Beach, FL with a time of 34:09. An assault on her AR for 20 miles, the BROOKS-Runner Midnite Run, the Orange Bowl 10K, and a return to Osaka, Japan, are next on Laura's schedule. My thanks to all you club members who have trained with Laura and supported her to the heights she has achieved. I'm still pissed that she cut her hair.

I want to welcome the following Club members who are now sponsored by Brooks: Jeff Peterson, Tim Gavin and Mike Spinnler. These people should be very visible for us in the DC area.

I'll be moving to Grand Rapids, MI in the spring. Mike will be going also and we'll be running the Promotions Dept. from Wolverine headquarters. Hope to see some of you at the races soon. Have a Happy New Year.

As always,

Will

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Lazlo's Chinese Relativity Axiom: No matter how great your triumphs or how tragic your defeats—approximately one billion Chinese could care less.

—Jason E. Lazlo

LETTER FROM DENNIS JETT

Dear WRC:

Well sports fans there is good news and bad news. The good news is that this is probably the last annual report on the Sea of Galilee Marathon - the world's only marathon run below sea level. Since I will be returning to Washington to take a job at the State Department sometime between February and August (probably sooner rather than later) I don't know who will be around to report on the race next year.

The bad news is due to a sloppy training schedule I ran a 2:36 for 18th place. I still have the Tel Aviv Marathon to close out on at the end of February if I'm still here so I have one more shot. Actually my time was not bad at all (for me) but you have to realize that in a running community as small as Israel with courses that are wierd distances and rarely accurate how you do becomes intensely personal. So even though 2:36:01 is my second best time when I faded in the last 5 kilometers and Avi got away from me and Chaim and Eli passed me it became an unsatisfying experience.

Conditions were close to perfect however. The only time the weather has been better in my last two and a half years here was when I set an American record for the fastest 25 kilometers (1:24:55) ever run by an American at more than a thousand feet below sea level (glory is where you find it folks).

Well it is almost Christmas Eve so I'm going home. The Christmas holidays in the Holy Land for the most part have all the significance of Ground Hog's Day in Des Moines. Anyhow I wish you all well and look forward to running with you sometime in the New Year.

All the best,

Dennis

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Torch's Laws: (1) The more important the meeting, the more likely you are to make an embarrassing noise sliding into a restaurant booth. (2) Thin envelopes seldom contain good news. (3) Most people get well by themselves; in fact, most people get well by morning. (4) People who call you Doc do not pay bills.

—Evan M. Torch, MD

update . . . life in marathon america
by john mornini

there were only 14,000 runners in yesterday's new york city marathon. i had been told 16,000 would toe the line. this is the way it read in the phila inquirer:

"in the end, in the screaming, human tunnel that was manhattan's central park it was will, not speed, that mattered..."

and so it was. will. not speed. the sprinters were on the sidelines, part of the throng of millions that cheered us on in marathon america. they yelled and screamed and let their music machines touch the sky. the cloudless sky. the sky that took the sounds of millions of marathon americans to the depths of space for all the extra-terrestrials to hear.

marathon running in america. leave it to new york to take the ancient rite and turn it in to a media event. leave it to new yorkers to celebrate life and liberty in such enormity. leave it to marathon runners, so long the lonely, to drink it up and bask in the one-time glory of marathon america new york big apple style.

the crowd of runners never thinned. i was always the torpedo sluicing through a human sea, being propelled by something mystical. moving in a straight cruise line towards the target labeled finish line. eager to explode in silent drunken frenzy when the journey was finally over. shattered in peaceful, empty, mystical bliss. implosion.

the tidal wave tumbled through five boroughs; brooklyn, queens, manhattan, the bronx and a place loosely referred to as xanadau. there were sights that would have brought tears of empathy had it not been for the marathon in america in which we were all caught up. there were sights that i wanted to photograph, like the hasidic jews dressed so austerely and standing quietly watching the runners troop through their neighborhood. it reminded me of living in amish america, the somber control and passive demeanor. i recorded the sight in my mind's photo gallery. and there were sights that made me howl with laughter and pleasure and release; like finding a friend just as i crossed in to queens. the odds were remarkably against bumping in to Mark, but there he was waiting for me.

(Continued)

we ran it on in together. two runners in america marathoning down fifth avenue to the sights and sounds of a million new yorkers and lesser american gurus of mania.

Christine was waiting at the end. with my jeans and turtleneck. and a sweater. and a camera to catch me in the throes of american marathoning implosion. she was surprised that i could walk about as normally as the next guy and without dry heaves. there were, after all, a considerable number of dry heaves in america marathoning runners. in fact, you NAME the type of runner, and they were on hand yesterday to lend support to the theory that it takes all kinds. all kinds of marathoners in america. the melting pot. twenty-six miles, three hundred and eighty-five yards of ancient ritual. to sing the body electric.
october 26th, 1982

jm

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TOP MARATHON PERFORMANCES: 1982

The National Running Data Center (NRDC) has released the top 100 male and top 50 female marathon performances by U.S. athletes for 1982 (through Nov. 1 1982).

Attesting to the calibre and national standing of individuals in our Club, no fewer than five WRC members were included on these listings. They were as follows:

MEN

33rd	Matt WILSON (24)	2:16:11a	6/19
36th	Henry O'CONNELL (29)	2:16:32	9/26
37th	Terry BAKER (25)	2:16:33a	4/19
93rd	Martin GREEN (25)	2:20:20a	4/19

WOMEN

26th	Laura DeWALD (25)	2:43:57	10/24
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(Not included in the list was Laura's 2:34:58 Osaka Marathon performance of last February. Evidently the results from that race were never received by the NRDC. This time would have placed Laura 7th on the list for '82.)

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Slous's Contention: if you do a job too well, you'll get stuck with it.

—Roy Slous

LETTER FROM KEN MOFFETT

Dear WRC:

This missile is not intended to be my farewell address but as some of you know, I will be leaving the city for a short time (I hope). I have accepted a position in New York and will be commuting between Washington and New York on weekends for at least three to four months. What happens after that only time will tell.

I want to thank all the members of the Washington Running Club for all the help that you have given me over the past several years because if it hadn't been for much of the advice, encouragement, comradery and good will on behalf of all of you, I think there probably would have been no improvement at all in my running. With my upcoming travel schedule and visiting the various baseball training camps throughout the entire month of March, it will either be good news or bad news at the end of that time depending on how tired, injured, etc., I am come Cherry Blossom time.

I have made tentative arrangements for the Club to continue to use the building and I look forward to seeing all of you in the not-too-distant future at various races on weekends.

Warmest regards,

Ken

P.S. My heel spur surgery (six weeks ago) evidently was a success as I am back on the trails doing between four and six each day with a minimum amount of pain.

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WRC WRC

W R C YOUR R C

RACE

W R C RESULTS R C

COULD

W R C HAVE R C

BEEN

W R C IN THIS SPOT. R C

WRC WRC

THREE NATIONAL RECORDS SET AT 20 MILER

GREENBELT, MD (Dec. 26)-- LAURA DeWALD, 25, nationally-ranked distance runner set the women's U.S. record for 20 miles running 2:00:39 in unseasonably warm weather (65°) over a certified course. DeWald placed 3rd overall in a field of 45 finishers, breaking her own record set here last year (2:02:20).

Bob Fischer, 42, Newark, N.J. set a single age U.S. record with a 1:51:38 in winning this event. Fischer is a nationally-ranked masters runner with a recent 48:41 for 15KM in the National Masters Championships in Washington DC on October 3rd where he placed second.

Eddie Benham, 75, Ocean City, MD placed 33rd in 2:42:30 setting a U.S. 75-79 age record. Benham, a long-time jockey, recently won two world championships in the 75-79 age group for the 10KM and marathon in Tokyo, Japan. Last year Benham ran 2:48:47 which was the 70-74 record.

In the 10 mile run on the same course Tim Tays, 23, of Alexandria, VA won in 51:13 over WRC's BOB OBERTI, 35, of Waldorf, MD in 54:20

Larry Noel (the elder)

Complete WRC results follow:

20 Miler

3	Laura DeWALD	2:00:39
4	Jeff PETERSON	2:00:40
13	Fred KRUGER	2:14:42
18	Dick GOOD	2:23:55
27	Martin GREENBAUM	2:33:25
28	Betty BLANK (2nd W)	2:34:24

10 Miler

2	Bob OBERTI	54:20
8	Vassili TRIANTOS	59:27
30	Paul MOOTZ	67:43
57	Kelly KRUGER	85:55

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DICK GOOD finished 2nd in the over-50 age group at the JFK 50-Miler in a PR time of 8:10.

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Rudd's Discovery: You know that any senator or congressman could go home and make \$300,000 to \$400,000, but they don't. Why? Because they can stay in Washington and make it there.

—Hughes Rudd

12/4/82 HILTON HEAD IS. 10KM
at Hilton Head, SC

With temperature and humidity in the high 70's, the weather conditions for this year's 10K race were far from ideal. Despite the weather conditions, the leaders went through the first mile in 4:32 and two miles in 9:10. Between miles 2 and 4 the lead pack dwindled to four runners; Robbie Perkins, John Rogerson, Ed Sheehan and Kelly Jensen. The five mile split was 23:30. At that point Sheehan and Rogerson had opened up about a 30 yd. lead on Perkins. But at 5 1/2 miles Perkins surged to overtake the leaders and went on to win in 28:30. Rogerson was one second back with Sheehan and Jensen finishing 3rd and 4th, respectively.

The first six runners cut the course short by slightly more than a tenth of a mile (or about 40 seconds timewise), when the lead vehicle made a wrong turn near the finish of the race. All other runners ran the full 6.21 miles.

The women's race was never in doubt as Linda McLennan took the lead early and won easily in a steady 35:01. Other times of interest:

3	Ed Sheehan	28:35*
4	Kelly Jensen	28:46*
5	Mike Wacholz	nta *
13	Barry Brown	30:28
15	Henry O'CONNELL	30:30
17	Al NAYLOR	30:55
32	Bob STACK	32:55
33	Dave HUDSON	33:07
53	Bob TROST	35:44
58	Ed SAYRE	36:06
--	Keith HIGGS	41:40 PW
--	Betty BLANK	45:37 PW

*Short course

-- Bob Trost

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JAY WIND ran a 2:39:18 in finishing in 13th place at the Atlanta (Ga.) Marathon on 26 Nov. 82.

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MATT WILSON (23:40), MIKE MANSY (nta), and BRUCE COLDSMITH (24:26) finished 2nd thru 4th respectively, at the DCRRC Alexandria "Turkey Trot" 5-Miler on Thanksgiving Day.

LOU PATTERSON ran 31:37 in finishing 4th at the Footlocker/Nike 10KM held at Tysons Corner Center on Thanksgiving.

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JEFF PETERSON and TIM GAVIN finished in a tie for first at the George Mason/Converse 5-Miler on 27 Nov. in a time of 24:38. JOE LUGIANO ran 29:07, good for 39th place.

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TIM GAVIN won the DCRRC's Powdered Donut 5-Miler held at Greenbelt Park, MD on 28 Nov. in a time of 25:47.

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12/5/82 DCRRC SNOWBALL #1
at Lake Braddock HS
(10 Miles on track)

1st	Lucious ANDERSON	54:55
2nd	Robert RODRIGUEZ	55:42
6th	Ron GRISWOLD	59:04
11th	Bernie GALLAGHER	61:13
17th	Fred KRUGER	64:23
47th	Kelly KRUGER	84:11

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12/11/82 SNOWBALL #2 (14 Miles)
at Belle Haven Park

7	Bob TROST	1:23:07
14	Ron GRISWOLD	1:25:11
24	Ray MORRISON	1:30:03
25	Fred KRUGER	1:30:21
29	Chip HILL	1:31:53
44	Dick GOOD	1:43:20

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11/21/82 HOWARD COUNTY TIMES
METRIC MARATHON
Columbia, MD

1	Jeff SMITH	1:22:44
2	Terry BAKER	1:22:57
8	Jon LOTT	1:27:35
10	Mike SABINO	1:28:48
13	Peter NYE	1:31:07
21	Dan RINCON	1:35:59
36	Laura DeWALD	1:38:15
40	Bernie GALLAGHER	1:39:06
52	John MAJOR	1:41:37
81	Chip HILL	1:46:58
105	Chauncey BERDAN	1:52:17
135	Val NYE	1:55:05

SMITH COOKS BAKER AT HOWARD COUNTY,
MD., METRIC MARATHON; WINS \$500 BOND

COLUMBIA, MD. (Nov. 21)--At the 16-mile marker in the Howard County Times Metric Marathon in Columbia, Jeff Smith put on a final surge that Terry Baker couldn't match. Over the remaining 300 yards to the finish Baker coasted to a comfortable 2nd-place to win the \$200 U.S. Savings Bond as he watched Smith dissipate in a dense fog and win the \$500 bond.

Smith's win in 1:22:44 to Baker's 1:22:57 transformed November into "Jeff Smith month" since he won the Marine Corps Marathon two weeks earlier. It also showed that not even Baker, who beat Bill Rodgers to win the 1982 Perrier Cherry Blossom and finished in the top ten at the Boston Marathon, has a monopoly in local races.

In the women's division, WRC's Laura DeWald captured the top prize, a \$200 bond. She breezed through in 1:38:15. As everyone knows, DeWald is the only person who can breeze through an event. She runs wearing a smile and cheerfully waves at spectators. This event was no different, except that she wore a pair of shorts that were slightly to the left of avante garde. They were vermilion and had a pattern of large white flowers with spiky pedals like something Paul Gaughin designed while doing impressionist paintings in Tahiti.

Coming in second to claim the women's \$100 bond was Marge Rosasco, in 1:39:49.

Smith was just two weeks away from his marathon win when the starter's pistol fired to send the field of some 500 runners along the course of 26.2 kilometers (16.275 miles). Mist from the Patuxent River and boggy environs reduced visibility to a hundred yards, sometimes less.

Runners in the lead pack padded through the first mile in 5 minutes flat, but slowed gradually over the undulating roads. After a couple of miles, Baker looked over at Smith running alongside him and did a double take. "What size shoes you wearing, Jeff?" Smith continued ambling along and said, "Twelves."

Ned Poffenberger looked amazed. He said, "Your foot is longer than my stride."

Nobody commented on Jonathan Lott's socks, however. One was your standard white athletic sock, while the companion was a lovely lavender.

Over the next several miles the lead pack executed a metaphor of Reagan's trickle-down until only Smith and Baker remained. They surged and counter-surged on one another going through 10 miles in 51:50.

(Continued)

The course includes a descent into Ellicott City which comes before the six-mile point and goes on for a little more than a mile. Once down into the valley where the mill town is located, runners make a right turn and fight gravity for about a mile and a half. Locals describe commuting to Ellicott City "like dropping into a paper sack."

Everybody but Mike Sabino was put on the backs of their heels running up and out of Ellicott City. Sabino bounded right up the ascent as though he were on flat ground.

Afficionados riding in a station wagon were treated to the competition at the front between Smith and Baker. Shoes were getting water-logged in the mist, but when Smith got close enough to sniff the finish he put on one last surge to win.

--Don Pedro

(In addition to Smith, Baker & DeWald, other WRC runners winning savings bonds were Mike Sabino and Val & Peter Nye. Results of all WRC participants in this race are included in the Race Results section. Ed.)

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ED BARRON HANGOVER CLASSIC

WRC runners started off the new year in winning style by sweeping 4 of the top 10 places in this years successful Classic.

Jeff PETERSON won in a record time of 30:02 while Tim GAVIN (30:07) took 3rd, Jeff SCUFFINS (30:31) finished 5th, and Bob STACK (31:34) came in 9th.

Mary Ellen WILLIAMS ran 38 flat to take 3rd among the women.

At last count between 30 and 40 WRC runners ran the race, with many more in attendance cheering them on. If complete results can be obtained from PVS, the names, places, and times of all WRC participants will be included in the next newsletter.

Rumor has it that Norm BRAND was foiled in his attempt to win a bottle of champagne for the second year in a row (pay your \$1, get a number, and pray for a random draw), as his number was not one of the many lucky ones drawn.

At the conclusion of the race WRC members who stayed around were treated to an impromptu fairwell party for Ken MOFFETT. Bagels, onion rolls, homebaked bread, cream cheese, cakes and drinks were enjoyed by all. Thanks go to Ira Pesarilo and his assistants for their organizational efforts.

KEIM SETS NATIONAL MASTER'S RECORD

PHILA, PA (Dec. 4)--WRC's George KEIM celebrated his entry into the Master's ranks 2 days earlier by racing to a 25:30 5-Mile victory in the NIKE/PENN MUTUAL TAC National Masters Road Race Championships.

Keim took top honors overall, beating out some 30 Open runners, as well as, top masters competitors, including the "Silver Fox" (Herb Lorenz) himself. His winning time may well have been faster (3-mile split, 14:58) were it not for a slight hamstring pull which Keim suffered at the 3 1/2 mile mark, requiring him to ease off the pace slightly.

The following weekend George journeyed to Huntsville, AL for the Joe Steele Rocket City Marathon. He was well on his way to another master's victory (and on 2:26 pace) when his hamstring gave out for good just past 25 miles. The pain was so severe that he literally fell to the ground and since there was no immediate medical aid in sight he "hobbled" the last 1.1 mile in "just over 12 minutes" for a 2:32:42 time. He ended up finishing 3rd master and 51st overall.

George said he took it easy in the early going, deliberately under-striding so as not to stretch the hamstring. After a 1:14 half split he hit 20 "in around 1:51-1:52, and felt fine" so he started "stretching it out." This proved to be his downfall (no pun intended) as the hamstring tore 5 miles latter.

On a positive note, his recovery is coming along well and he is now able to do some easy mileage without pain. Hopefully he'll be ready to go for Boston.

ELECTION RHETORIC

(In the last newsletter the offer was made to all candidates for office to have an "election pitch" put in this issue. Only one was received.)

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During the time I have been a member of the WRC I have come to question the apparent lack of controls and accounting for club monies and assets (i.e. singlets). With total dollar amounts of \$8,000 or more (my estimate) passing through the treasury each year I feel we definitely need written guidelines which clarify when money can be expended, by whom, for what purposes, and what supporting receipts shall be maintained for documentation.

If elected I pledge to have an "open set of books," work with the Executive Board in establishing the aforementioned guidelines, provide members with a treasurer's report at each meeting (in as much detail as desired safeguard club assets (unsold singlets), and finally, to put in whatever time is required in squaring away the books (if we have any) and keeping them in proper order.

There was no intention on my part, in any of the foregoing remarks, to call into question the honesty or integrity of any current or former officers of the Club who may have had responsibility or control over club assets.

I would appreciate your vote.

Fred Kruger, Candidate for Treasurer

WASHINGTON RUNNING CLUB MEMBERSHIP RENEWAL

To all members, please detach, fill in all blanks and send with dues to:
WRC Membership Secretary -- c/o Coleen Troy -- 4503 Guilford Road --
College Park, MD 20740 (Make checks payable to "WRC")

NAME _____ M _____ F _____
 last first initial

ADDRESS _____
 street

 city state zip code

TELEPHONES _____ BIRTHDATE _____
 home work

DUES are \$15 for individual, \$20 for family TAC # _____
(living in same household.) if you have

AM'T ENCLOSED: \$ _____ WILL YOU COMPETE FOR WRC? _____
 yes no

For additional family members please include name, sex and birthdate on reverse.

OFFICERS AND COMMITTEE CHAIRMEN

President

Mark Baldino
8536 Barrington Court
Springfield, VA 22152
H 451-6530 W 451-4353

Vice President

Al Naylor
12906 Broadmore Road
Silver Spring, MD 20904
H 384-7803 W 454-3909

Secretary

Jack Coffey
6722 W. Wakefield Dr. A-2
Alexandria, VA 22307
H 765-1377 W 836-8400

Treasurer

Norm Brand
5224 Manning Pl, NW
Washington, DC 20016
H 244-2218 W 632-8742

Membership Secretary

Coleen Troy
4503 Guilford Road
College Park, MD 20740
H 277-7112 W 454-5223

Newsletter Editor

Fred Kruger
8900 Huxley Court
Springfield, VA 22153
H 644-1131 W 379-4500

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FROM THE EDITOR

I would like to take this opportunity to thank all members who contributed stories, letters, postcards, race results, etc. to the newsletter in 1982. I soon learned that this isn't such a "cushy" job after all, and without your inputs it would be next to impossible.

I hope that everyone included in their New Years resolutions the vow to contribute an article (or two), or some race results to the newsletter in '83. You don't necessarily have to be original. Any short articles, stories, or anecdotes (running, diet, fitness, etc. related) you may come across and find interesting or humorous are welcomed.

To borrow from the phrase "you are what you eat," YOUR newsletter is what YOU make it.

1983 TAC SENIOR LDR CHAMPIONSHIPS

5 KM	9 Jul	Denver, CO
10 KM	16 Apr	Louisville, KY
25 KM	2 Oct	Central Park, NY
30 KM	30 Oct	Phoenix, AZ
50 KM	27 Feb	East Meadow, LI, NY
Marathon	24 July	San Francisco, CA
50 MI	6 Nov	Central Park, NY
100 MI	17 Jun	Shea Stadium, NY
10 KM XC	26 Nov	Penn Stat Univ.
12 KM XC	20 Feb	Southern Ill. Univ
(Int'l)		

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Jim Nasium's Law: In a large locker room, with hundreds of lockers, the few people using the facility at any one time will all have lockers next to each other so that everybody is cramped.

—Gary Neustadter

CHANGE OF ADDRESS ??? If you've moved or are planning to do so, please keep the Newsletter informed so that you won't miss any issues. THANKS !!!

WRC NEWSLETTER
c/o Fred Kruger
8900 Huxley Court
Springfield, VA 22153



Al Naylor
12906 Broadmore Road
Silver Spring, MD 20904