



Washington Running Club Newsletter

VOL. II, NO. 4

April 1983

THRILLA AT GASPRILLA by Dave Asaki

Rob deCastella (Australia) led 5,890 runners to a world record 15K time of 42:46 at the Gasprilla 15K, thus shattering the Kenyan (and defending champion) Mike Musyoki's old world record by 22 seconds. Musyoki finished third overall. Greg Meyer finished second for the second straight year and managed to established a new American record of 43:07.

Britain's Wendy Sly ended Norwegian Grete Waitz' three year dominance over the Gasprilla by outkicking her in the last mile to finish in 48:18. Waitz crossed the finish line at 48: 28.

As for the WRC runners, Jeff Peterson and Tim Gavin set the pace for PR's. Peterson placed 25th with a time of 44:18 and Gavin clocked a 44:50 for 27th overall. Robert Stack knocked off nearly 3 minutes from his previous best at 15K to finish in 47:20. George Klien followed at 48:20 which placed him fourth in the master's division. Baldino and Asaki completed the WRC PR list, with times of 49:49 and 52:07 respectively. Patty Deuster represented WRC in the field of nearly 1000 women, but unfortunately I'm not able to report her time or place (sorry Patty.)

The race was the highlight of an enjoyable weekend with temperatures in the mid 70's, but there were other " goings-on " as well. For instance, Gavin was the male model at the Brooks 1983 new clothing showing at the Hilton; Peterson (on his way back to Washington) benched Charlie Taylor of the Redskins; Stack got caught under a waterfall in the Congo River; Baldino spent \$10.00 on

NEXT MEETING: FRIDAY, 8 Apr.
AT 8 PM — 21 ST & K STS.,
N.W. — FEDERAL MEDIATION
SERVICES BUILDING. LOOK FOR
SIGNS FOR ROOM #'S AND FLOOR
LOCATION. PROSPECTIVE MEMBERS
WELCOME.

*To the Washington
Running Club - Best
Wishes for years of smooth
running - Bill Peterson '83*

EDITOR'S NOTE: After the
Cherry Blossom 10 miler
(see page 2) Billy gave WRC
his autograph.

a doll he gave to Sandra (young female he met after the race); and Asaki stopped John " the Tooz " Matuszak (L.A. Raiders) from pounding 5 drunks into the cement. Rumor has it that Asaki bit Matuszak's knee cap.

Other faces in the weekend from WRC included Laura DeWald, Will Albers, Martin Greenhan, and Betty Blank. Betty was unable to make the race, so she worked the airline flight back to Washington. The emergency air mask act was performed like none other before; Betty fogged the mask. Also, while serving Gavin a beer, Betty spilled some club soda (accidentally?) on an innocent passenger.

THE CHERRY BLOSSOM-Tim Tays

On March 27, a field of over 3,400 runners assembled in one of the toughest races ever seen in the area; 32 runners finished in under 50 minutes and over a hundred runners ran in under 54 minutes. Near perfect conditions brought out the best in another world class field as well as in many WRC front runners.

Greg Meyer could've run with anyone in the world that day, and ended up winning easily in 46:13, a mere 13 seconds off the American and World record of 46:00, despite falling down at the slick hairpin turn after 6 miles.

Following Meyer in second place was WRC's own Matt Wilson, outdueling 1982 winner Terry Baker in the final yards to produce a 47:31 time and easily the best WRC performance of the month.

Wilson bettered his old PR of 48:40 by 1:09. Baker, normally the areas number one male runner had to settle for 3rd this year in 47:33. Canadian Runner of the year Dave Edge got 4th in 47:36 and the familiar face of "Boston" Bill Rodgers rounded out the top 5 with a 47:40.

But Wilson wasn't the only WRC runner to do well. Jeff Peterson, coming off a 2:19 marathon last month, finished in the top 10 with a 48:27. Tim Tays managed a 48:56, good for 15th, after running nine miles with Tim Gavin, who still made the top 20 despite falling at the same hairpin turn Meyer had fallen at, finishing in 49:13. WRC showed its depth as Al Naylor and Tim Cook ran well under 50 minutes to get 24th and 26th respectively, with times of 49:30 and 49:37. Glen Best took 36th in 50:20, and Walter Sargent followed closely for 37th in 50:26. Bob Stack ran 51:05, good for 49th and Mark Baldino rounded out the WRC top ten with a 53rd place in 51:14.

Missed at the finish was perhaps the area's most talented runner,

Laura DeWald, who was forced to drop out due to fatigue. Eleanor Simonsick, winning again this year, set a new women's course record of 53:46. Mary Ellen Williams, at long last, achieved her goal of breaking 60 minutes. PRs were set by Betty Blank in 64:46 and Bob Trost, 55:39.

It was quite a race.

EDITOR'S NOTE- If something looks fishy about this article to you, because you ran the Cherry Blossom and your time didn't get mentioned, believe me, it was not on "Porpoise." We just couldn't get all the results in time for this issue. But, next month, we're going to put in a list of all WRC runners, and their times. So call or write me, give me your time, and your place if you know it, and next month, you'll see your name in the newsletter, and can send it home to show your mother.

BALTIMORE MARATHON

The long-awaited Baltimore Marathon is finally taking place on Sunday, April 11. Anyone interested in running for the club, contact Jay Wind, at 920-5193.

DCRR BANQUET

At this year's DCRR Banquet, Bob and Delabian Thurston received the volunteer of the year award, which should have come as no surprise to anyone. Robert Rodriguez won the male runner of the year award, which didn't come as a surprise to anyone, mainly because as Susie Cooper was reading the introduction, before announcing his name, Robert yelped out, "that's me!"

imp

WAY DOWN YONDER IN NEW ORLEANS
by Mike Spinnler

Three WRC members made a Southern trek to New Orleans for the 18th annual N.O.T.C. Mardi Gras Marathon.

The Mardi Gras course has gained a reputation as being one of the fastest in the world. Normally temperatures are in the low 50's, and an assisting tailwind helps the runners across the arrow-straight Lake Pontchartrain Causeway bridge.

On race morning the conditions facing the runners were less than ideal to say the least. The temperature ranged from 67-70°, and the tailwind had turned into a strong crosswind that occasionally was at the runners faces.

Many runners' high hopes were spoiled before starters gun was even fired, but the race went on. Pre-race favorite Rob Kinnunen, a 2:17:24 Canadian looking towards the Canadian Pan Am Games Trials, led the race until 23 miles. On a 2:20-2:21 pace, the Canadian collapsed to the cement from dehydration and heat exhaustion. Courageously, he got back to his feet, and struggled to the finish in 2:31 for 7th place.

Taking advantage of Kinnunen's misfortune was Rodney Pearson, a Mississippi resident who recently moved south from Massachusetts. Pearson hung on to win in 2:23:40.

Tim Washington, after four years of frustration with injury after injury, made a big breakthrough as he ran a sparkling 2:27:45, for 3rd place. Considering the general consensus that the conditions slowed times by from 3 1/2 to 4 minutes, Tim could be a pleasant surprise for WRC at the Boston Marathon.

Your author (Mike Spinnler) wasn't very pleased by running 55 seconds slower than his PR, but was very happy to finish 6th (2:29:13). Hopefully, those cool temperatures and following winds will be back at Mardi Gras next year.

Fred Kruger was right in the thick of the master's race as he ran a PR (2:54) and placed in the top 60 overall. Had we entered as a team we would have placed very well, but unknowing of each others presences until the start, it was too late... Next Year!

RIVER RUN 15K - Jacksonville, Fla.
March 12, 1983 - 45°, 20mph winds
by Bob Trost

Nick Rose, the 31 year old British Olympian who lives in Louisville, Ky. and West Germany's Charlotte Teske, the 1982 Boston Marathon champion, won this years River Run 15 K. For Teske the task was a relatively easy one as she led from start to finish, holding off Baltimore's Eleanor Simonsick, 50:16.7 to 50:47.2. For Rose, the win did not come so easily. He pushed the pace for 6 miles, but when the leaders began to mount the Hart Bridge at the 10K mark, Rose wasn't first. Instead of Rose, Mark Nenow, a 25 year old University of Kentuck graduate, pushed the pace of the Hart Bridge. The two ran together until the final 150 yards when Nenow started to follow a television truck off the course. At that point Rose went by Nenow to earn a one-half second victory, 43:41.4 to 43:41.9.

Rose's victory qualified him for the \$3,500 first prize. Nenow's second place winnings were \$2,000. Teske's first place in the women's division earned her \$2,500, with Eleanor Simonsick getting \$1,000 for second, and Norway's Ingrid Kristiansen (50:50.5) receiving \$800 for third.

WRC RESULTS - Men

32 Tim Tays 47:01
58 Mark Baldino 49:21
112 Bob Trost 56:16 (PR)

Woman: Betty Blank ran
40th in 63:06

CALLING ALL TRIATHLETES!
IMPORTANT ANNOUNCEMENT
TO BE MADE AT THE NEXT
MEETING

TIM GAVIN WINS DCRR SANDY SPRING
Half-Marathon

WRC's Tim Gavin smoked out Dave Hershiser on a long hill with two miles to go, winning in 1:16:55, eight seconds ahead of Hershiser, who finished in second place. "I just moved to Damascus," said Tim, who ran the race in full sweats, on a sunny, windy 55° day (he's heat training for Boston). "There's nothing but hills out there." Apparently the hill training paid off; let's hope that the heat training also pays off, and Tim gets his 2:19 at Boston.

Other WRC finishers included Bernie Gallagher (12th, 1:23:28), Ron Griswold (13th, 1:23:47), "Hopalong" Wind, (16th, 1:24:56), Jack Moffett (23rd, 1:30:06), and Dick Good (44th, 1:45:25)

In the two-mile RFYL, Lloyd Shrager took 5th in 11:49.
imp

ERRORS AND OMISSIONS

Darryll Stewart did the By George in 35:05, and George Gushmack finished the Hang-over Classic 88th in 36:24.

If anyone else gets left out, call me, and I'll put it in the next newsletter.

And by the way, you can reach me by writing the following on an envelope, and sticking a stamp on it;

Ira M. Pesserilo
1850 Columbia Pike #127
Arlington, VA 22204

Or, if writing isn't your style, call (day) 254-3830, or (night) 521-9394, and ask for Ira.

Or, if you prefer to make it more personal, you can usually find me out at Ft. Myer or Thomas Jefferson Community center, Running.

WASHINGTON RUNNERS....
FOR WOMEN ON THE RUN

Runners is holding a spring series of developmental runs, exclusively for members of the female persuasion. There's no special registration required, show up with fifty cents, and you're in the race. Any woman that runs at least 5 races is eligible to win a series award (if you run more than 5 races, your best 5 will count toward the awards.

The following races will comprise this year's series:

Saturday, March 19

5 miles, Lincoln Memorial
2 1/2 mile fun run
(10:15 am, fun run
10:30 am, race)

Saturday, April 23

5 miles, Ft. Washington Md
2 mile fun run
(10:05 am, fun run
10:00 am, race)

Saturday, May 21

4 miles, Lake Accotink, Springfield
2 mile fun run
(8:00 am, fun run
8:20 am, race)

Thursday, June 23

5 miles Garderock area, c&o canal
2 mile fun run
(7:05 pm, fun run
7:00 pm, race)

Saturday, July 23

5K, Bluemont Park, Arlington
(8:30 am)

Thursday, August 18

5 miles, Fletcher's Boat House
2 mile fun run
(7:05 pm, fun run
7:00 pm, race)

Saturday, September 10

5 miles, Mt. Vernon Park
2 mile fun run
(8:05 am run run
8:00 am race)

Any questions, call Sharon Chalmers,
(h) 894-3223 or (o) 546-1555; remember,
its for ladies only. But the guys can
come and watch, and cheer the women on.
imp

SUNSHINE CLASSIC 10K
Gainesville, Fla.
3/19/83
Sixty Degrees, Clear
by Bob Trost

On a good day for racing, Great Britain's Mark Scrutton and Athletics West's Brenda Webb won this year's edition of the Sunshine Classic 10K. For Webb the race was nothing more than a hard workout, as she wore training shoes and easily won in a time of 36:34. The men's race was different. For the first four miles, Scrutton ran behind Louie Ostolozaga, a former All-American and Manhattan College graduate who has been training in Gainesville the past couple of months. The three mile split was 14:03 with Ostolozaga 20 yards in front. At four miles, Scrutton made a move past Ostolozaga. His strategy was to grab the lead and hold it if he could. If Ostolozaga went with the surge, Scrutton was going to wait for the final quarter mile, and then try to win the race with a kick.

As it turned out, the kick was never needed, and Scrutton won with a course record 28:58, to Ostolozaga's 29:31. Englishman Mick Bannister was third in 29:50.

WRC RESULTS

Man
18 Bob Trost 34:27
(2nd, 35-39)

Woman
11 Betty Blank 40:24
(1st 30-34)

┌ PAY YOUR DUES..... ┐
└ OR NEXT MONTH, ┘
└ NO WRC NEWS FOR YOUSE! ┘

WRC STRIKES BACK AT THE WASHINGTON POST

A month ago, the Washington Post published an editorial, entitled "Jogging in Jerusalem" where the Post accused former President Jimmy Carter of conduct unbecoming a statesman, because he went running while on a diplomatic mission. Alan Roth wrote the following reply to the Post:

"Jogging in Jerusalem" is clearly stepping out on the wrong foot. The Post accuses those American diplomats who are running enthusiasts of embarrassing the United States because of their "eccentric" behavior overseas. The pursuit of good health is something we should be proud to exhibit abroad.

I am a frequent consultant to Agency for International Development and have run in many countries throughout Africa and Asia. I have never experienced a harsh word or nasty look (nor have I been pursued as a possible thief or fleeing adulterer). In recent years, I have seen more and more local runners out on the roads. I find popular road races in many of the countries I visit.

As for the "French snickering at our unusual custom," please note that the Paris Marathon last year had close to 10,000 runners. Instead of us "taking a breather while the rest of the world catches up with us," I suggest Post editorial writers get off their chairs and learn what the rest of the world already understands: running makes sense!

ALAN ROTH

Wheaton

Editor's Note: In the past, I have said some very nasty things about Jimmy Carter, but never about his running.

MARY ELLEN WILLIAMS
Female Runner of the
Month

Three sensational races this month makes Mary Ellen the hands-down choice for Female Runner of the Month for March.

Mary Ellen started the month off with a bang, by setting a PR at 20K with a 77:10 at the Bethesda Chase. Last weekend, she took 7th at the Lady Equitable with a time of 37:08, and the week following, knocked two minutes off her ten mile PR by finishing the Cherry Blossom in 59:30.

The mother of two teen-age boys, Mary Ellen is a part-time receptionist at Williams Associates, her husband's real estate appraisal firm, and lately, has been a full-time ranch hand, since she and her husband have just purchased six lovely, secluded acres, complete with a sheep, a pig, and a soon to be completed stream-fed pond, perfect for fishing or swimming. The land is surrounded by lots of great trails, and she has "no close or uptight neighbors."

Since I found out about the Williams estate, I decided to make a special award to this month's female runner of the month; the right to play hostess to this summer's WRC picnic.

BOB TROST
Male Runner of the Month

Bob Trost had to travel all the way to Florida to win this month's top honors, but the trip proved well worth it.

Bob set a PR in the 15 K in Jacksonville with a 56:16, and took second in his age group in Gainesville (see last month's newsletter) in 34:27. After doing WRC proud in the Sunshine State, Bob came home and smashed his 10 mile PR by finishing the Cherry Blossom in 55:39.

Bob is an ex-Marine, and a Professor of Economics at George

RUNNING ON EMPTY

Hello again, sports fans. It looks like Bruce "Bigfoot" Coldsmith with the stress fracture in his foot, will soon be back on the roads; the cast comes off this week. Remember Bruce, no picking on your sister...Will Albers now lives in Grand Rapids, Michigan, 4166 Sawkaw Drive NE, #202, zip 49351; WRC's one man Michigan auxilliary has pledged to uphold the club's fine standard of beer-drinking... On Sunday, after the Cherry Blossom, the club was treated (?) to the acting debut of the "young Gable in goretex", as we saw the video tape the Japanese made, that featured Will and Laura. Laura herself described it the best; gaggy! And while we're on the subject of Gaggy, our old nemesis from Nike Allegheny, Gary Siriano showed up at Laura's party after the race, and just as he came in, some traitor to his gender, seeing a gold band on Gary's left hand, obnoxiously screamed out, "Hey Gary, when did you get married?", thus putting a substantial crimp in poor Gary's carousing, who wanted to keep it a secret. What kind of lousy bum would be so evil, as to yell a thing like that? I'll give you one hint; he was the same rude slob that ruined Gary's debut race in the area in '81, the Arlington's Toughest 10K, by mis-directing him at the 5 mile mark (well, nobody's perfect, not even me) All for now sports fans, toodleoo!

Washington University. His sports-manship, friendliness, and willingness to share with others have made Bob one of the more popular club members, deservedly so, as he exemplifies all the best virtues associated with running. Congratulations on a great month, Bob.

HAIL AND FAREWELL, BRUCE ROBINSON

Bruce Robinson, the "old sage" of WRC has just left the Washington area, to return to New Jersey.

Bruce's running career began in West Essex High School in New Jersey where, as a senior, he was fourth in the state at the half mile. In his sophomore year, he tasted world class competition for the first time, in a meet against Essex Catholic High School, where Bruce ran the mile against Marty Liquori.

After high school, Bruce gave up running, and turned into a sedentary cigarette smoker. Then, in 1972, he saw Frank Shorter win the Olympic gold at the marathon, and just like another famous runner with the initials BR, Bruce crushed out the cigarettes, got out of the chair, and resumed his running career. A year later, on Washington's Birthday, Bruce made his formal debut as a marathoner, at Beltsville. Bruce doesn't recall what happened that day with any degree of clarity; he only remembers that he disintegrated at 18 miles, but somehow managed to finish the race, in 3:26. After three years of training, Bruce experienced a breakthrough; at the Jersey Shore marathon, in '76, Bruce won the race, with a time of 2:22:41, thus qualifying him for the Olympic trials that year in Eugene, Oregon. At Eugene, Bruce had his worst day ever, dropping out at 22 miles, the only time he ever started a marathon that he didn't finish.

After the disaster at the '76 trials, Bruce soared to new heights, turning in consistent 2:18's at Boston and New York in 1978 and 1979, finishing 20th at New York in 1979. In 1980, at Skylon, Bruce finished 28th with a PR of 2:17:29.

But shortly after his greatest triumph, tragedy struck. Bruce began experiencing intense back pain, which became unbearable after Falmouth. Forced to quit running entirely, seeing conser-

vative treatments all fail, Bruce was forced to undergo back surgery, and the slow and painful recovery that followed. Yet, slowly but surely Bruce returned to the roads. In 1982, his base restored and his excess pounds shed, Bruce showed Washington that he was still a factor to be reckoned with by running the '82 Cherry Blossom in 55 minutes. About a week later, he went up to Boston to watch the marathon, and then decided to help WRC teammate Phil Stewart, by pacing him through the course. Up to the 23 mile mark, Bruce ran alongside Kiki Swiegert, who finished fourth among women; then, Bruce slipped into high gear, running the last three miles at a 5:30 clip, thus finishing in 2:36, making him the unofficial winner of the bandit division.

This year, Bruce finished fourth at the Dannon 36 miler, thus helping WRC win the team title. Bruce will be heading to Scotland, to run the Twin Bridges 36 miler, later this year.

Besides running 36 marathons while in Washington, Bruce helped found, and for a while managed, Racquet and Jog running and tennis stores, where he also served as unofficial chaplain for the Washington running community. In Jersey, he'll be working at his cousin's ice-cream store, until he decides what to do next, maybe open another running store. (you can reach Bruce at 93 Union Avenue, Manasqua, N.J., telephone (201) 223-6304).

Hopefully, Bruce will come back and visit us from time to time, like he did last weekend, when he ran the Cherry Blossom with his old buddy Will Albers. Maybe we'll see Bruce again sometime this summer. After all, the picnic won't be the same without Bruce.

Oh by the way Bruce, let me know when you open your running store in Jersey...I'm all out of analgesic balm.

imp

ARTICLES OF INCORPORATION OF THE WASHINGTON RUNNING CLUB

TO: The Recorder of Deeds, D.C., Washington, D.C.

We, the undersigned natural persons of the age of 21 years or more acting as incorporators of a corporation, adopt the following Articles of Incorporation for such corporation, pursuant to the District of Columbia NON-PROFIT CORPORATION ACT (D.C. CODE, 1981 Edition, Title 29, Chapter 5):

FIRST: The name of the corporation is Washington Running Club, Inc.

SECOND: The period of duration is perpetual.

THIRD: The corporation is organized to foster national and international amateur sports competition as specified in section 501(c)(3) of the Internal Revenue Code. Specifically, the corporation shall encourage the development of Washington-area runners; promote travel to national and international competitions; and organize Washington-area competitions. In pursuit of these objectives, the corporation shall manage affairs and enter into contracts as necessary.

FOURTH: The corporation shall have members.

FIFTH: The corporation shall have one class of members. Members shall qualify by paying dues as specified in the by-laws. Each member shall have the right to cast one vote for officers and directors of the corporation and other matters that arise at membership meetings, pursuant to the by-laws.

SIXTH: The manner of election or appointment of directors shall be set forth in the by-laws.

SEVENTH: The internal affairs of the corporation shall be regulated as specified in the by-laws by membership meetings held monthly, directors' meetings, and committees. Decisions at these meetings shall be by majority vote, unless otherwise specified in the by-laws.

No part of the net earnings of the corporation shall inure to the benefit of, or be distributed to, its members, officers, directors, or other private persons, except that the corporation may pay reasonable compensation for services rendered in furtherance of the purposes above.

No substantial part of the corporation's activities shall be devoted to propaganda or otherwise attempting to influence legislation; nor shall the corporation participate in any political campaign. The corporation shall not carry on any activities not permitted to be carried on by a corporation exempt from taxation under section 501(c)(3) of the Internal Revenue Code.

Upon dissolution or final liquidation of the corporation, after paying or making provision for the payment of all the corporation's liabilities, the Board of Directors shall turn over all remaining assets to the District of Columbia Road Runners Club, Inc. If the latter organization no longer exists or does not qualify as an exempt organization under section 501(c)(3) at the time of dissolution, the Board shall determine and turn over all assets to one or more organizations organized and operated exclusively for charitable, educational, or other purposes that do qualify at that time as exempt organization(s) under section 501(c)(3) of the Internal Revenue Code.

EIGHTH: The name and address of the initial registered agent is Norman Brand, 5224 Manning Place NW, Washington, D.C.

NINTH: The initial Board of Directors, who shall serve until their successors are elected, is as follows:

TENTH: The names and addresses of each incorporator are as follows:

Signatures:

Date: _____

I, _____, a Notary Public, hereby certify that on the _____ day of _____, 1983, the above-named persons who signed the foregoing document as incorporators came before me and averred that the statements contained therein are true.

(SEAL) _____, NOTARY PUBLIC

Execute form in original duplicate. Send both copies and \$12 check to D.C. Treasurer, Office of Recorder of Deeds, D.C., Corporation Division, 515 D Street NW, Washington, D.C., 20001.

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Secretaries Notes

Club President Dan Rincon brought the meeting to order and made several announcements. With no bylaws or constitution known exist, it has been recommended by the Executive Board that the club manual be accepted in the interim as the rules of order for the club. A legal committee has been formed to investigate writing a club constitution and bylaws as well as the important tax exempt - non profit status issue. The motion to accept the club manual as the rules of order for the club prior to the drafting of a constitution by the legal committee was passed by the club members in attendance. Jack Coffey was appointed parliamentarian. The Executive Board has also made the recommendation that a telephone answering machine be purchased and installed by the club for the purpose of providing race and training information to be made available to club members as well as the general public. The motion and an appropriation not to exceed \$200. was approved by club members.

The Club President also announced the formation of a Finance Committee for the purpose of drafting guidelines for the Club Treasurer to follow to insure that a clear financial audit trail is provided concerning all club transactions. The Club President also announced the formation of an Activities Committee and appointed members to serve. This committee will be working to provide additional social and competitive opportunities for club members to participate in. Under the subject of local entry fee reimbursement, it was announced that it will be possible, for members desiring it, to obtain reimbursement for two local races with a maximum payout of money not to exceed \$12. An announcement was also made to the membership that Ira Pesserilo has volunteered and

been accepted as the new WRC Newsletter Editor.

Under Old Business, the only subject brought up for discussion was the plans for the Hetch's Race. A complete history of the race and its relationship to WRC was given by Ray Morison. Three proposals were presented, in writing, to the membership in attendance for their consideration and vote concerning the desired amount of involvement of WRC in the conduct of the race. Basically it boiled down to less work - less money or more work - more

money. The membership voted to accept the proposal involving the most work and in exchange receive a guaranteed fee of \$2,000 plus provide additional fixed fee services and receive the associated fees. This will require many volunteers from the planning stage to the mailing of final results.

Under New Business, the WRC Race Schedule was discussed. A written schedule from the Executive Board was distributed to the members in attendance with various dollar amounts proposed for races. A motion was made and passed to accept the proposals for The New Jersey 10 Miler and Boston Marathon. The rest of the race schedule for the year was tabled until next meeting. Pat Neary was appointed Race Coordinator for Boston and Al Naylor was appointed for New Jersey. The approved budget was \$70/runner - \$2000 max at Boston and \$40/runner - \$200 max at New Jersey. Delabian Thurston made an announcement concerning clinics in association with The DC Marathon. Members are urged to attend and give support to the scheduled speakers.

submitted by;
Club Secretary, Ed Foley

BITS AND PIECES

Dennis Jett and Mike Bradley are back in town. John Moroni ran a 33:47 10K, went to a flower show, and misses M.A.S.H. and Doonesberry terribly. Jubie Aulisio hates law school.

Condolences to Dan Rincon
on the loss of his Grandmother.



✓ Al Naylor
12906 Broadmore Road
Silver Spring, MD 20904