

Washington Running Club Newsletter



Volume 3, Number 2

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February 1984

NEXT MEETING will be held on Friday, February 10, 1984, 8:00 p.m. at the Virginia Sports Medicine and Rehabilitation Center, 1715 N. George Mason Dr., Arlington, Va. (across the street from Arlington Hospital). By car, Key Bridge to Lee Highway (Rt. 29), Lee Highway approx. 3.5 miles and turn left onto North George Mason Dr. By public transportation, Metrorail Orange Line to Ballston, then Metrobus routes 10S or 10T to Arlington Hospital. Speakers are *Dr. Robert Nirschl*, nationally renowned orthopedist and author of numerous books on sports medicine, and *Dr. Donald Nolan*, team physician, Washington Redskins, who will give a lecture on Cardiovascular Fitness. Because Drs. Nirschl and Nolan have tight schedules, it is imperative that people arrive on time.

MARCH MEETING: FRIDAY, 9 MARCH 1984 at 1330 NEW HAMPSHIRE AVE., N.W., in the party room of Kathy Scott's apartment building. Called the Apolline, it's located at 1330 New Hampshire, at the intersection of New Hampshire, 20th and O streets, N.W. The meeting will begin at 7:30 p.m. with a guest speaker. A business meeting will follow.

COLEEN TROY, BETTY BLANK FINISH IN TOP 7 WOMEN AT SAVANNAH MARATHON

Bob Trost

It was windy and cold during the running of this year's Savannah, Georgia, Marathon and Half Marathon held Jan. 14. With the temperature in the high 30s to low 40s and the winds blowing at a steady 20 mph, few PRs were set. In fact, the only smiling face among the marathon finishers was WRC's Coleen Troy. Coleen was the 4th woman overall and first in the 20-29 age group with a very fine 2:55:24. She ran a negative split race—the first half in 1:28:00 and the second half in 1:27:24. Nice going, Coleen! Can 2:51:06 be far off?

Betty Blank was 7th woman overall and first in the 30-39 age group with a 3:06:52. Although she was disappointed with her time, it was actually an outstanding performance considering the conditions. Soon after she told friends she would run the Carolina Marathon on Feb. 11 in Columbia, S.C.

Most marathoners ran several minutes slower than expected. A case in point was Bill McBride. Bill, a Catholic priest from Madison, Wis., was hoping to qualify for the trials, but finished 9th overall in 2:32:54. I know how Bill felt. I thought I was in 2:45 shape—was hoping for an easy 2:49—but ran a 2:52:09. All runners agreed, however, that this was one of the best organized races they ever attended.

The marathon men's and women's winners were

Todd Eldridge (2:21:05) and Roxanne Polo (2:51:06). Polo was the only runner to qualify for the Olympic Trials, although the 2nd place woman, Patty Houseworth, was agonizingly close with a 2:51:23.

The half marathon men's and women's winners were Mark Stickey (1:03:52) and Kathy Schilly (1:15:03). Other times of interest in the half marathon were: David McDonald (1:06:24), Lee Fidler (1:08:53), Diane Zellner (1:37:35) and Henley Roughton (1:37:35).

DICK BEARDSLEY RUNS THE JFK 20K; JIM HAGE PLACES 2nd, AS WRC WINS TEAM TITLE

On Sunday morning, January 22, 1984, a couple of hundred area runners went down to Hain's Point for the JFK 20K, not realizing that they were going to be part of an event that would go down in the annals of running history in Washington.

The course for the JFK 20K is four loops around Hain's Point, starting at the "Awakening" sculpture, and going across Buckeye Drive. Its major distinction is that it's the only DCCR race that gives T-shirts, but only to finishers who've paid their DCCR dues before the race. The red and white I PAID MY DUES T-shirt given to paid up finishers, has come to symbolize this race. Yet, like all DCCR races, its hallmark is the low-key way it's put on; no high entry fees, no sponsors bank-rolling out-of-town runners to come in, and no glitz, just a local race for area runners. World class runners never came into town to run a DCCR race. Until that day.

When the race was ready to begin it was 15°F, and the usual wind coming over the point felt icier than ever. When WRCan Jim Hage headed for the starting line he heard people say that it was so cold that they brought Dick Beardsley in from Minnesota. Jim thought that this was all a joke at first. But then he saw him. Tall and thin, with red hair and a red moustache, wearing a New Balance Track Club singlet over a white turtleneck, and a pair of long johns underneath a wild pair of blue shorts with crazy red letters strewn over them, looking like Hawaiian shorts, in a way. Jim realized that this was no joke; Dick Beardsley, who battled Alberto Salazaar to the fastest Boston in history, was actually here to run a DCCR race!

Jim now realized that he was part of an historic event, and decided to run alongside of Beardsley. While they were running together, Jim and Dick had a long conversation about things in general, and running in particular. In answer to the most obvious question, Dick told Jim that he was coming back from Achilles surgery (where a tendon from behind the patella was removed, and grafted onto the Achilles) and plans to

use the LA Invitational Marathon to qualify for the Olympic Trials. His coach, Bill Squires, decided that he should test the tendon over a 20K, on a flat course. Coach Squires looked around, saw this race, and flew in from Minnesota with Dick to see how well his Achilles tendon had healed. Dick asked Jim about other top area runners, namely Matt Wilson and Henry O'Connell, whom Dick Beardsley is said to resemble. They talked about Boston, about the Cherry Blossom, (part of which covers the JFK 20K course), about the LA Invitational, and about the Oakland Marathon that Jim Hage will run next month. But running wasn't the only subject of conversation; Dick Beardsley turned out to be a real tourist, asking how far the course was from the White House, and where the plane crashed a few years ago.

At the 10K split, Jim and Dick were still running together, and heard Coach Bill Squires, watch in hand, scream out 31:50 as their time. Then, Dick picked up his pace, and Jim couldn't keep up anymore, as Beardsley finished the race in 1:05:39, to Jim's 1:06:24 second-place. At the finish line, rather than hang around to pick up his medal, Dick waited for Jim, and they did one more loop together. Noticing the tiny icicles on Dick' moustache, Jim asked him if the weather at the race bothered him. Dick told him that D.C.'s wintry worst felt warm to him, considering that he had been doing his recent morning runs in Minnesota at -35°F !

Washington Running Club

P.O. Box 2605, Springfield, Va. 22152. Tel. 703-455-0575

CLUB OFFICERS FOR 1984

President: Alan Roth (649-4909)

Vice President: Pat Neary

Secretary: Keith Higgs

Treasurer: Jeff Reed

Newsletter Editor: Ira Pesserillo (521-9394)

COMMITTEES

Legal: Jack Coffey, Chairman; Jay Wind, Dave Asaki, Tom Lorenz, Sue Holms

Membership: Coleen Troy, Chairwoman (277-7112); Patty Deuster, Bruce Coldsmith

Newsletter: Ira Pesserillo, Chairman (521-9394); Gerry Ives, Pete Nye, Don Pedro

Finance: Dave Asaki, Norm Brand, Robert Rodriguez

Competition: Pat Neary, Chairman; Lloyd Shrager, Keith Higgs, Mark Baldino, Al Naylor, Bernadette Flynn

Race Management: Mark Baldino, Chairman; Pat Neary, Al Naylor, Jim Feaster, Bruce Coldsmith, Jack Coffey, Jay Wind, Keith Higgs

Social: Suzy Rainville, Chairwoman; Delabian Rice-Thurston, Kathy Scott, Jeff Reed, Ira Pesserillo, Keith Higgs, Bobbie Bliestift, Dan Rincon

Following their cool-down loop, WRC member and former DCCR President Phil Stewart presented Dick with an I PAID MY DUES T-shirt, as Bill Squires and Beardsley chatted with whomever remained. When Bill asked how he could get a cab to take them back to the nearby Holiday Inn where they were staying, and then to the airport to fly back to Minnesota, a host of people volunteered to give them a ride. Getting into one local's car, Dick Beardsley and Bill Squires then left to go home.

Other WRC finishers included Robert Stark (3rd, 1:07:28), Robert Rodriguez (5th, 1:10:35), Dennis Jett (12th, 1:13:30), Robert Thurston (1:14:48, 17th), Robert Trost (1:17:09, 26th), Jay Wind (50th, 1:23:27), and Mike O'Hara (time unknown), getting WRC the team title. Women finishers included Bernadette Flynn (3rd woman, 1:24:40) and Betty Blank (10th woman, 1:34:01).

This was one nobody will ever forget.

FROM THE PRESIDENT . . .

As your new club president, I would like to express some of my thoughts about the direction of the club. The environment of competitive road racing is rapidly changing. More money is available from sponsors and many runners are torn between racing for a company and racing for their club. The companies can provide much more financially than can the club. Yet, the club can provide a social environment, people with whom to share training runs and technical information and a spirit of competition.

A number of our members now have, or are entering, contracts with sponsoring companies. If it is a question of "them" or "us," it's the side with the big bucks (not us) that will win. However, these need not be exclusive contracts and, so far, flexibility has been the major pattern. But we do not want to end up solely as a social club with our members competing outside the club. We want to continue to be the top racing club in the area.

Since we cannot compete head to head (and buck to buck) with the companies, what can we do? Together with the help of the other officers, the committees, and the membership in general, I intend to:

1. keep channels open to the sponsoring companies to maintain a cooperative and flexible relationship and competition policy;
2. improve the club's competitive spirit by better organizing our team efforts and focusing club attention on selected races;
3. increase participation in group training runs;
4. make the club a better resource for technical information;
5. continue to support members who are splitting their allegiance between the sponsors and WRC; and
6. provide a range of social activities that will make club association an exciting, friendly and enjoyable experience.

These strategies are already underway. The committees are already at work. Members absent at the election meeting will have a chance to join committees at the next meeting.

I should point out that this strategy is not meant to

direct club resources at only those members who can score points at a team race. A good team performance at a race should make all members feel good about being a part of WRC, but the non-competitive members should expect, and get, more from the club than that. The intention is to serve all the members of the club. We cannot be everything to everyone but we do offer a lot to our members and one need not be an elite runner to participate on teams, attend training runs and receive financial support for out-of-town races. We want serious runners to feel comfortable and supported at whatever their pace. This is already the case but it will need more communication to those outside the club who might be interested in joining.

We have the resources to make the club one of the best in the East, if not in the country. We are starting off the year with momentum. There is a lot happening now and the potential for achieving our goals is strong. I look forward to working with all of you to make 1984 a great year for the Washington Running Club.

WRC MEETING OF 13 JANUARY 1984

Ed Foley being absent, Ira Pesserilo volunteered to take the minutes for this meeting.

Before the voting began, Dan Rincon, in his last address to the club as President, stated that he enjoyed the year, that even though the club had been moving in new directions, "we had fun." He gave his thanks to Pat Neary for his help at the meetings, in setting things up, and for being team co-ordinator, and he thanked Mark Baldino for giving the club the Footlocker and Georgetown races, and he thanked his officers. Bob Thurston said thanks to the Newsletter editor (editor's note: You're Welcome, Bob). Finally, Jack Coffey expressed his thanks to Dan Rincon, for being our President.

Also, it was announced that the following committees are needed for the new year; banquet, financial, legal, social, race management, and membership. Alan Roth, our new President announced the program for our next meeting, on February 10th (see announcement). Because the doctors speaking are pressed for time, it was asked that we limit club business to 30 minutes before the speakers go on. Bruce Coldsmith, Mark Baldino, and Ira Pesserilo proposed that the speakers go on before we do club business. *New Uniforms.* The new uniforms are not as yet in; however, if you order uniforms, and have not paid for them before they arrive, they will no longer be reserved for you once they do arrive; hopefully, they'll be in by the next meeting. *Trophies.* The Marine Marathon trophies came in; it was not decided who will keep them for us. A meeting of the *Greater Washington Running Council* was then announced (see story elsewhere in this issue). *Financials:* Norm Brand announced that 45 club members ordered uniforms, but only 15 sets are paid for; also, he has PVAC forms available (in case you need a TAC number). This past month, the club received \$1,650 from Mark Baldino, for our work in the Footlocker and Georgetown races. At present, we have a balance of \$2,639.40 (but some of that money is for uniforms). This month our

expenses were the following: \$272 for the Charleston Race, \$24 for local races, and \$145 for Newsletter and administrative expenses. Norm thanked the Newsletter editor for staying within budget (editor's note: you're welcome, Norm.) Also, an annual report will shortly appear in the Newsletter. *WAVA race:* Jack Coffey announced that on Sunday, March 25, the WAVA race is scheduled, and people are needed. Ira announced that since this race is the only club race that we are part owners, and not just paid employees, we should all turn out to make it a success, and also proposed that we have a volunteers party after the race; Jack agreed to a party. *Hecht 10-Miler:* It was announced that a Race Director is needed, and Bruce Coldsmith volunteered. At present, a commitment letter from the committee, concerning what the club will do, and what the compensation will be, from the Hecht people is needed. Also, at present, there is no sponsor. Furthermore, the date, and the course (should it be downgraded to a 15K?) has been suggested; Al Naylor; suggested that tradition be adhered to, in this race. *Elections* were then held (see accompanying box for new officers) and committees were formed; membership is still open in all committees.

New members Jim Youngblood and Paul Burlette were introduced. Patty Deuster then announced that volunteers are needed by NIH for a test. You must run over 50 miles per week to be a volunteer; volunteers may either be men or women, but women volunteers must either be amenorrheic or regularly taking birth control pills. A TAC report was then given by Norm Brand. The meeting then adjourned, and the newly-formed committees met.

*Submitted by Ira M. Pessarilo
Acting Secretary for Meeting of 13 Jan. 1984*

CLUB RACES FOR 1984— RECOMMENDATION OF RACE COMMITTEE

The committee has recommended that the club designate 4 major, and 4 minor, and 3 new club races this year. The major races and race directors are:

1. Boston, 16 April—\$1,200 budgeted, contact Pat Neary, 703-455-0575.
2. Falmouth, 19 August—\$1,200 budgeted, contact Mark Baldino, 703-451-6530.
3. Philadelphia Half Marathon, 16 September—\$300 budgeted, contact Pat Neary, 703-455-0575.
4. Philadelphia Marathon, 25 November—\$300 budgeted, contact Dave Asaki, 301-869-1019.

The minor races (defined in terms of participation) and race directors are:

1. Gasparilla 15K, 11 February—\$250 budgeted, contact Dave Asaki, 301-869-1019.
2. Asbury Park 10K, 11 August—\$750 budgeted, contact Al Naylor, 301-345-9342.
3. Marine Corps Marathon, 4 November—\$250 budgeted, contact Pat Neary 703-455-0575.
4. Charleston 15 Miler, 1 September—\$750 budgeted, contact Keith Higgs, 703-777-5964.

The new recommended races and the race coordinators are:

1. St. Patty's 10 miler (Oley, Pa) 18 March, \$350 budgeted, contact Al Naylor, 301-345-9342.

2. Wheeling 20K, 26 May, \$350 budgeted, contact Mark Baldino, 703-451-6530.

3. Middletown N.Y. 10K, 8 July, \$350 budgeted, contact Mark Baldino, 703-455-0575

Also, the committee recommended that a "Race of the Month" be designated (no money budgeted, but all club members are encouraged to attend)

4	March	Bethesda Chase 20K
1	April	Cherry Blossom
20	May	Hometown Run
24	June	Diet Pepsi 10K
14	July	Moonlight 10K, Rockville
26	August	Annapolis 10
30	September	Partner's Race, Hain's Point
7	October	Columbus Chase, Columbia
4	November	Marine Marathon
	December	- no race, Club banquet

RACE COMMITTEE ANNOUNCES RULES FOR FUNDS AND NEGOTIATION ON RACES

1. The 30 day rule—in order to receive club funds an individual must be a member of WRC for 30 days, or funding must receive special approval from a majority of the executive committee.

2. Representation Rule—during negotiations with race officials for race travel funds for WRC members including but not limited to lodging, meals, gas, entry fees, etc, each WRC runner must agree to give permission for his or her name to be used in negotiations for said funds by the WRC race coordinator, and the WRC race coordinator is the only authorized agent to negotiate for the WRC team with race officials.

RUNNER OF THE MONTH: COLEEN TROY

This is the second time around for the "little Troyster." Coleen took over six minutes off her Marathon, PR, set only three months ago at the Marine Marathon, by finishing in 2:55:24, 4th woman, and first in her age group. Coleen's times have come down from the 3:12 she did at Boston last April, to her 3:01:52 at the Marine Marathon, to her new PR of 2:55:24, in less than 12 calendar months.

Coleen's goal is to lose five more minutes, so she can join her cosmic sister, "big Troyster" Patty Deuster. She plans to use the Cherry Blossom and Lady Equitable as steps in the route that she hopes will lead her to the trials at Olympia, this May. Altus, Citius, Fortius.

WRC GETS OFFICIAL ADDRESS AND TELEPHONE NUMBER

Vice President Pat Neary has donated his home recording device to give information about the club (news, activities, and so forth) 1 week prior to and up to a meeting. For information, call (703) 455-0575 (Pat's home phone number). Also, our new official address is, Washington Running Club, P.O. Box 2605, Springfield, VA 22152; We are looking into getting official letterhead stationery. imp

PATTY PEOPLES EDGES CLOSER TO OLYMPICS IN BICYCLING

12 women are spending this month at the USOC Colorado Springs training facility for bicycling work. Of these 12, 3 will be chosen to go to the Olympics. One of these twelve finalists is WRC's Patty Peoples. Power to the Peoples, Patty!

SPORTS AFOOT RUNNING STORE GIVES 10% DISCOUNT TO WRC

Located on Viers Mill Road, across from Wheaton Plaza, Sports Afoot is managed by Pete Fauret, who helped us get our new uniforms. Next time you need some gear, and would like a 10% discount, why not check it out? You won't be disappointed.

GREATER WASHINGTON RUNNING COUNCIL MEETS, DISCUSSES ROOSEVELT MEMORIAL

The Greater Washington Running Council, which represents all the running clubs in the area, met on Monday, January 16, to discuss the matter of the FDR Memorial, to be built on what is now West Potomac Park. It appears that the new monument will make it very difficult to run the 10K version of the course, and impossible to run the Cherry Blossom, if it goes through as planned. However, a letter is being sent to the park service, by Alan Roth, and the running council is considering the appropriate response.

Speaking on the subject were Bill Evans of DCCR, an architect, and Chuck De jardines, an ecologist. (Next month will feature an in-depth article on the FDR monument).

Tom Lohrenz

RACE RESULTS

Ed Barron Hangover Classic

Tem Washington	33:30 (24th)
Bob Thurston	33:52
Dick Spencer	35:14 (PR)
Jeff Reed	36:30 (PR)
J.J. Wind	37:34
Gerry Ives	39:02
Fred Kruger	44:50
Ira Pesserilo	62:05

NOTICE

Price Chopperthon 30K—Albany, N.Y., 18 March 1984 (RRCA 30K Championship). Funds available—Contact: Al Naylor (301-345-9342).

Just when you thought that nothing else could possibly go wrong, you find out that it's time for ...

RUNNING ON EMPTY

Hey sports fans, wanna hear what's new this month? No, I don't care whether or not you wanna hear it, you're gonna hear it anyway!

For openers, we've got a really photogenic bunch in this club, it seems. At the official picture of the start of the Marine Marathon, we had an unidentified person who popped up, wearing a WRC singlet, a red watch cap, and glasses. Who is it? c'mon, you can tell me. Also, in the picture, we had Suzy Rainville there, cheering the troops on. Suzy also showed that she can take, as well as give pictures, when she presented me with the official club portrait of your newsletter editor; you've never going to let me forget that, are you Suzy? We still haven't decided what we're going to call the picture, but we've definitely ruled out "Sleeping Beauty" ... Sue Holmes and Jon Lott are getting hitched; it's official. After the ceremony, we're all going to tie old running shoes on the back of the car ... I hear from our Michigan contingent that Laura's training got spiced up recently, when she added cross-country skiing to her winter regimen; she's soon going to enter her first cross-country ski race. Hope you do well, Laura; it might cheer Will up, who is extremely depressed that his beloved Washington Redskins lost the Superbowl; Buck up Wilbur, the Redskins promise to win it next year, just for you ... Apparently, I gave some good advice last month. Gary Siriano reports that his Achilles tendon has healed up just fine from the injury he got last month in Israel, and his training is back on schedule. See Gary, I told you that the Chicken Soup would work. Gary also wants me to tell you that he misses Washington, and everybody there, and he'll be back for the Cherry Blossom; I'll be looking for you, when the front and back of the pack cross paths, Gary ... Talk about the high cost of campaigning! Pat Neary's election as WRC Vice President is going to cost him over seven grand; it seems that Nella (Mrs. WRC Vice President) was none too pleased to hear that her husband was elected, and Pat ended up agreeing to re-model the basement, costing him a hell of a lot more than the mink coat we thought she'd ask for; by the way, Pat is accepting contributions ... Quotable quotes at the last WRC election; "nobody ever loses elections, except for George McGovern" Jay Wind; Dave Asaki, on being named to the finance committee replied, "before you go to sleep, ask yourself, 'do you know where your dollar is?'" Yours truly, on being named to the social committee, made the following attempt at one-upmanship; "Before you go into the pool, ask yourself, 'do you know where your bathing suit is?'" ... It appears that this has been one hard month for running, with the nasty cold and ice such as it is. Yours truly, along with a host of other WRCans, became a running Morlock this past month, running almost exclusively at TJ's indoor track. You might ask, what does one do to amuse ones self during a seven mile run, at seven laps to the mile (which comes to almost 50 laps?) Well,

for openers, one can look at all the foxy ladies who pass you again, and again, and again; might not be varied terrain, but you can't get better scenery. And now that I've gotten all the women in the club mad at me again, what do I have to say for myself? Just this; toodleooooooooooooo.

HELP WANTED: TRAINING PARTNERS

Laura DeWald is going to be in town for virtually the entire month of April. This will be a critical moment in her training for the Olympic Trials, at Olympia. She needs training partners, men, who can run 20 miles in under two hours, and are willing to sacrifice their training goals to assist Laura. Partners will receive Brooks equipment in return. Contact Ira Pesserilo at (703) 521-9394 at home or (202) 254-3830 during the day, if you can help another WRCan get to the games.

WRC EXECUTIVE COMMITTEE MEETING

The first Executive Committee Meeting of 1984 was held January 18. The meeting was opened by new President Alan Roth, welcoming new officers and committee heads. Also attending were Pat Neary, Jeff Reed, Keith Higgs, Suzy Rainville and Mark Baldino

Discussion started with the new club uniforms, which are expected to arrive any day. After silk screening, the uniforms will be distributed. Payment is needed now to cover cost. To find out what you owe and other information, contact Pat Neary at 455-0575 after 6 p.m.

The subject of future meetings was covered. Future meeting places are still undetermined and places to hold future meetings are being sought from club members.

The Committee proposed some items to be covered at the February meeting. They include uniforms, races, committee reports, recruitment, future meetings and the Banquet.

Upcoming club races and other club activities were discussed. The Competition Committee was asked to submit a schedule of races the club should attend. This will be available at the next meeting. To keep informed of activities and races call the new WRC hotline (455-0575). Also, WRC has a new mailing address (P.O. Box 2605, Springfield, VA 22152).

Discussion of our upcoming race, WAVA on March 25 (we work this one), centered on the need for member support.

A report on the race will be received at the February meeting. For more information contact Jack Coffey. Jack has a list of club members who signed up to serve on this race committee.

Alan Roth proposed that a list of officers, committee chairpersons, and race coordinators with phone numbers be printed in each issue of the newsletter.

Discussion of financial matters focused on setting up a budget for the year. The Financial Committee

was asked to come up with a cash flow projection.

Alan Roth reported that the Greater Washington Running Council, which the WRC initiated, had met and did not find a solution to the proposed FDR Memorial problem. Future reports will be forthcoming.

On legal issues concerning the club, bylaws are being worked on by club members Jack Coffey and Jacob Wind.

The Secretary was asked to look into getting WRC letterhead stationery.

The next Executive Committee meeting was scheduled for February 29.

RRCA NATIONAL CHAMPIONSHIP 10-MILER

Race Director Bob Weiner invites any member of WRC to run the RRCA National Championship 10-Mile, Sunday, Feb. 26, in Amherst, Mass., FREE!

He'll pay for auto transportation, lodging, and meals for our team; plus he'll throw in a \$100 cash prize for the first team.

Top WRC runners are especially welcome, but every WRC runner is invited. If you want to go, call J. J. Wind at (703) 841-6974 (w) or 920-5193 (h).

ANNUAL MEMBERSHIP DUES

Don't forget that your WRC membership dues for 1984 are should be paid no later than 1 March 1984. Either pay at the February meeting or send a check (\$15 individuals, \$20 family), made out to WRC, to: Coleen Troy, 4503 Guilford Rd., College Park, MD 20740.

WE'VE SAVED THE BEST FOR LAST

You're invited to a banquet and roast (No, not roast beef—roast WRC members). Bring your best snide

remarks and funny stories about your fellow WRC members to the next meeting to pass on to the Roastmasters.

DATE: Sunday, March 4, 1984

- TIME: 6 p.m.

PLACE: GD Graffiti's, 1321 Rockville Pike, Rockville. (about 10 minutes north of the beltway on the left hand side of the pike, past White Flint Mall. Restaurant has a parking lot.)

SUGGESTED DRESS: Leave your running shoes at home for a change.

MENU: Steaks, seafood, Italian specialties, and for the veggie lovers, a great salad bar. Entree prices range between \$7.95 and \$15.95. We will have a menu at the February meeting, so that we can give the restaurant an idea ahead of time what to expect in the way of orders.

RESERVATIONS: Each club member planning to attend must return the reservation form below with a \$5.00 deposit to be credited towards your bill (cash or check made out to WRC). Bring your money to the February meeting or mail form and deposit to Treasurer Jeff Reed, 106 W. Maple Ave., Sterling, VA 22170. If you are planning to bring a nonmember guest, please indicate so and include a deposit for your guest.

ANY QUESTIONS? Call Suzy Rainville at 566-8686 (W); Kathy Scott, 452-4304 (W) or Delabian Thurston, 293-7009.

WRC BANQUET RESERVATION

NAME

TELEPHONE

WILL YOU BRING A NONMEMBER GUEST

DEPOSIT \$5 PER PERSON
(amount enclosed)

WRC MEMBER QUESTIONNAIRE

Name _____ No. of years in WRC _____

1. Check those club activities in which you have participated and/or intend to participate:

- a. team competition _____
- b. volunteer at club races _____
- c. monthly meetings _____
- d. annual picnic _____
- e. post-Marine Corps Marathon party _____
- f. out-of-town races _____
- g. applied kinesiology workshop _____
- h. race management _____
- i. committees _____
- j. banquet _____
- k. training runs _____

2. For the following club functions, identify the priority of each for your personal need and interest: (number the items from 1 to 6)

- a. team competition _____
- b. coaching resource _____
- c. source of people to train with _____
- d. social activities _____
- e. source of information (lecturers, discussions) _____
- f. financial resource for out-of-town races _____

3. Will you be available to help out at the WAVA 10K March 25th?

Yes _____ No _____

4. Will you be available to help out at the Hecht's 10 Miler?

Yes _____ No _____

5. Please list those out-of-town races that you want to attend and/or should be club races:

6. Will you need financial support to attend any of these races?

Yes ___ No ___ If yes, which races?

7. If you have not yet ordered a new club uniform, do you intend to?

Yes ___ No ___

8. Are you interested in helping recruit new members? Yes ___

No ___ If yes, do you need membership brochures sent to you? (number ___)

9. How satisfied are you with the club? very ___, somewhat ___, not at all ___. Please comment _____

10. What suggestions do you have to improve the club's activities and services?