

Washington Running Club ★ Newsletter

Volume 4, Number 7

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July 1985

The JULY meeting of WRC will be held on Friday, July 12, at 8:00 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. The AMS Building is located in Rosslyn. Take Key Bridge (you can see the AMS Building on the far left as you're crossing the bridge) to Rosslyn and go straight on N. Ft. Myer Drive. Turn left on 19th St. and go two blocks to the AMS Building. If you come by metro get off at the Rosslyn station, go out the main entrance, go through park and turn left on Lynn and right on 19th. Take the elevator to the 14th floor of the AMS Building and then take the spiral staircase to the penthouse. If anyone wants to go for a "fun run" with J. J. Wind at 6:00 p.m. give him a call at 841-6974.

ARLINGTON MILE PRODUCES EXCITING MEN, WOMEN RACES

by James North
WRC Staff Reporter

*"The best laid schemes o'mice and men
Gang aft a-gley."
Nature's law,
That man was made to mourn."*

—Robert Burns, "Man Was Made to Mourn" [1786]

What started out as well-laid plans for the Arlington Mile June 8 along Wilson Blvd. wound up on a nearby bike trail. A threatened rain caused county officials to postpone a planned parade which would have blocked off the street where the Arlington Mile was scheduled to take place.

Race impressario Jay "Bird" Wind went into a huddle with his race committee of WRC teammates Jeff Reed and Pat Neary. They derouted, as the French say, the course to a bike trail and opted to split the field so that the men ran in one race and women in their own event.

Unfortunately, there was not sufficient time to measure the course, much to Jay Bird's dismay. He estimated the alternate course was a little more than a mile, although both courses featured drops of 96 feet over the mile.

"I offer my profound apologies," Jay Bird told reporters at a press conference. Wearing his trademark orange pullover cap, he said, "I was looking for the first sub-four-minute mile in Arlington."

Performances in separate men's and women's races were nonetheless exciting.

John Devlin of NOVA was in the middle of the lead pack of six as they negotiated two tight S-turns over

the last 300 meters. Then he looked up through the trees and saw the white finish banner spanning the bike path just 100 meters away.

Six Finishers in 2 Seconds

Devlin, 35, surged to win by a stride in 4:30.7. One second separated him from second and third places, with the next three finishers galloping across the finish in a similarly close race.

Second was Greg Camp, 38, of Springfield, with WRC's Doug Rohrer, 23, of Germantown, Md., in third.

In a post-race interview, Devlin said he owed his deft timing to the finish banner. "I was hanging on for the finish when I looked up and saw the banner. Then I thought that if I had anything left I might as well use it."

His prize was a dinner for two at Joe Theisman's restaurant.

Devlin, who ran for Temple University in his college days, has a personal best of 4:09 for the mile.

In the women's race, WRC's Martha Orem, 22, charged hard after stalwart Cindy Dalrymple but couldn't quite bridge the gap. Orem finished two seconds down on Dalrymple, who won 5:13.2.

Dalrymple, 42 and a veteran of the 1964 Olympic trials where she competed in the half mile, worked hard all race in order to sap Orem's sprint over the closing portions of the event.

Cindy took home a vase from Grey House Potters.

WRC's Gerry Ives (Woodbines) remarked afterward that his heart wasn't in the race when the course was changed and it was announced the distance was estimated and not the one that had been measured. Yet he rallied and ran 5:31.8.

Steve Nearman, the Washington Post reporter who has been writing running stories, ventured forth a 4:44.4. Other WRC results were: Tom Hardcastle, 5:13.2; Jeff Reed, 5:24; Ed Blum, 5:40; Val Nye, 5:42.7; and Jeffrey Wice, 5:58.1.

Age-group winners each won \$5 gift certificates from the Fairfax Running Center. Every finisher brought home bread. Ray Ottenberg, who ran 8:22 to pace his nine-year old, donated loaves of bread from Ottenberg's Bakery.

The Arlington Mile is coming of age. There were 161 who ran—a four-fold increase over last year's inaugural mile.

Pat Neary adds:

I ran in the women's race. It was fun in that I ran with 42-year-old Jinny Beyer. She is author of "A Six Minute Mile," a great book on how she tackled running from no sports background and succeeded in running a six-minute mile. I am her self-appointed agent. You

can buy the book by sending \$10 to the Club address. With interest in the Club maybe I can cajole her into being a guest speaker.

Thanks to the many volunteers who helped to pull off the race. Especially:

Keith Higgs	Al Naylor	Barbara Miller
Peter Nye	Pat Neary	Jeff Reed
Bob Rodriguez	Estelle Roth	J.J. Wind

The Club took in about \$300. Every finisher took home a loaf of fresh rye bread from Ottenberg's Bakery, courtesy of marathoner Ray Ottenberg—who himself ran 8:22 to pace his 9-year-old son, Mel, in his first race. Prizes came from Joe Theismann's Restaurant, Grey House Potters, Fairfax Running Center, and MacDonald's.

10K AT CARDEROCK KICKS OFF BUNION DERBY; WRC TEAM COMPETITION WINNER

by **Eduardo Bianchi**
WRC Staff Reporter

The 1985 Bunion Derby summer series of races got underway June 2 with the 10K kicking off the series in Carderock, Md.

Racing up and down the C & O Canal 10 miles north of the heart of Georgetown, Valerie Nye was the top team finisher with a second place in the women's division while John M. Walsh finished fifth among men.

Walsh led the WRC's men's team to team victory which paid out drinking glasses to each of the five team scorers. He also picked up the maximum number of points to lead his age group, 30-39.

Memories of Carderocks past evoke the thunder and lightning storm that convinced Jack Coffey a few years ago to abandon his race and seek refuge under an overpass. This year's edition turned out to be a

more straight-forward run, although the course was lengthed from 6 miles to 10K.

Betty Blank swallowed a bug during the race to officially mark the beginning of the summer races.

Men's Results: 1. Rick Buyalos, Unat., 33:30; 2. Bo Parker, Bethesda, 33:42; 3. John McGrail, Arlington, 33:46; 4. Jeffrey Kramp, Unat., 33:55; 5. John M. Walsh, WRC, 34:07; 6. Jim Alexander, ex-WRC, 34:14; 7. Roberto Rodriguez, WRC, 34:17; 15. Pat "Rocko" Carr, WRC, 35:18; 24. Bob Trost, WRC, 36:36; 39. Gerry Ives WRC/Woodbines, 39:02; 47. Ron Griswald, WRC, 39:20.

Women: 1. Joan Stable, RC², 41:10; 2. Val Nye, WRC, 41:14; 3. Kathy Hibbert, RC², 41:31; 4. Betty Blank, WRC, 41:42; 5. Jennifer Westfall, 42:39; 9. Bernadette Flynn, WRC, 47:48. □

COUNT BAKER, BETTY BLANK TOP WRC FINISHERS AT HAINS POINT 4-MILER

by **Celeste Green**
WRC Staff Reporter

Time was when the DC Road Runners four-mile race in early June at Hains Point was called the Founders Race to commemorate the founding of the area umbrella club.

Then it became known as the Hugh Jascourt Memorial Race after the WRC member who was a founding member of the DCRRC. But because the word Memorial threw an unnecessary spin into Hugh's present life, the race became known simply as the four-miler at Hains Point.

Time was when the winners were consistently WRC members with times on the sunny side of 20 minutes. Cliff Carthaus still holds the record at 19:22, set in 1977. Over the next two years, WRC teammates Peter Nye and Bruce Robinson alternated winning, both with 19:38.

Those races were held on weekday evenings. Humidity and the air-quality index both would register in the red zone. Conditions couldn't have been worse when Carthaus set the course record.

Comes this year and the race was on Saturday morning, June 15. It was Bunion Derby Number 2.

WRC's women carried the day, with Betty Blank winning and teammate Valerie Nye in third.

Count Baker, dispensing with his cape for the summer, was the lead WRC male finisher, capturing sixth.

Race leaders Dennis Coleman and Adam Bean, both of southern Maryland, won in a close race that that was the slowest in memory, with 20:06.

The men's master's race developed into a duel between NOVA's Eamonn McEvelly and Doug Bulcao of the GNATs. Running shoulder to shoulder for most of the flat commute around East Potomac Park which takes in Hains Point, the pair split over the final half mile. McEvelly opened a gap on his rival to win by six seconds, in 21:54.

With all the modest changes that have taken place, it is evident that the race has been around for some time.

That was reinforced by what happened to Valerie Nye. When began running 10 years ago, she used to

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 (455-0575)
Secretary: Gerry Ives (965-2532)
Treasurer: Jeff Reed (836-7284)

Newsletter Editor: Peter Nye

COMMITTEES

Legal: Jack Coffey, Chairman
Membership: Coleen Troy, Chairwoman (251-5848)
Newsletter: Peter Nye (998-5467)
Finance: Jeff Reed (836-7284)
Competition: Pat Neary, Chairman (455-0575)
Race Management: Mark Baldino, Chairman (451-6530)
Social: Bobbie Bleistift, Chairwoman (379-2767)

chase after Liz Sadoff of RC². In this year's four-miler, Valerie found she was dueling with a 15-year old boy who turned out to be Liz's son, Charley.

Results: 1. Dennis Coleman, Gaithersburg, 20:06; 2. Adam Bean, PGRC, 20:06; 3. Rick Duyalos, D.C., 20:16; 4. Keith Burns, College Park, 20:41; 5. Ted Hackett, Warrenton, 20:43; 6. Dennis "The Count" Baker, WRC, 20:46; 7. Craig Voise, WRC, 20:48; 11. Roberto Rodriguez, WRC, 21:14; 12. Pat "Rocko" Carr, WRC, 21:22; 16. John M. Walsh, WRC, 21:45; 20. Chuck Kuhn, 21:57; 24. Bob Trost, WRC, 22:17; 25. Peter Nye, WRC, 22:24; 37. Gerry Ives, WRC/Woodbines, 23:36.

women: 1. Betty Blank, WRC, 25:30; 2. Jennifer Westfall, RC², 26:01; 3. Valerie Nye, WRC, 26:07; 4. Lynda Durfee, Potomac Valley Seniors, 27:15; Bernadette Flynn, WRC, 27:23; Rita Fischer, WRC, 30:40. □

WALSH, BAKER, RODRIGUEZ SWEEP JUNIOR DERBY NO. 3; WOMEN'S TO RC²'s HIBBERT

by Don Pedro
WRC Staff Reporter

John M. Walsh led a WRC team sweep at the third Junion Derby race on the toughest course in the series June 26.

Pulling ahead of a lead pack six after the first mile, Walsh ran with Dennis "Count" Baker through the first loop of the twisting circuit through the wooded section in Fort Dupont Park in southeast Washington. On the second of the two laps through the woods, Walsh put daylight between him and the Count.

By the time they emerged from the woods and hit the last portion of the path leading to the finish nearly a mile away, Walsh had a comfortable lead which he retained to the end.

Kathy Hibbert of the Rock Creek Running Club found the winning form that had eluded her earlier and easily won the women's race. She outdistanced her sister, Joan Stahle, also of RC².

Val Nye was the first WRC woman, finishing third, with Betty Blank in fourth and Bernadette Flynn trailing.

Race director Val Lewton of the Beltway Striders patiently explained the labyrinthine course to the pack of runners before the start.

It was apparent that the field that showed up for the weekday evening race was substantially smaller than regular races. About 50 showed up. The Fort Dupont course has a reputation for being a killer course because of the circuitous route on highly uneven cross-country terrain.

What surprises most is the distance of the race. Most think it's between 10K and 8 miles. But Val Lewton measured it and contends it is 5.2 miles.

Results: 1. John Walsh, WRC, 30:45; 2. Count Baker, WRC, 30:56; 3. Roberto Rodriguez, WRC, 31:15; 4. Anibal Gonzalez, Mount St. Mary's, 31:22; 5. Steve Daniels, 31:45; 6. Ed Donehy, (first master), 31:51; 7. Peter Nye, WRC, 32:13; 8. Jeff Kramer, 32:31; 9. Pat "Rocko" Carr, WRC, 32:35; 10. Doug Bulcao, GNATS, 32:41; 25. Gerry Ives, WRC/Woodbines, 35:29.

Women: 1. Kathy Hibbert, RC², 37:30; 2. Joan Stahle, RC², 37:50; 3. Val Nye, WRC, 39:10; 4. Betty Blank, WRC, 39:44; 5. Bernadette Flynn, WRC, 42:10. □

HECHT CO. TEN MILER IS LONELY RACE FOR McGARRY

by John M. Walsh
WRC Staff Reporter

Kevin McGarry (WRC/Converse) continued his strong spring road race performances with a runaway victory in the Hecht Co. 10 Miler, held on a hilly Rock Creek Park course June 2.

WRC's Patty McGovern (Saucony) also continued her recent dominance of local women's races with a 58:02 triumph. McGovern was the only woman to break the hour mark.

McGarry Ran Solo

Hot, humid weather conditions prevailed for the popular event, and WRC members did their usual sterling job of making sure that events went efficiently.

McGarry, challenged early by Darrell General, sped through the first two miles in 9:48. That pace shook McGarry free from General and the rest. From that point, McGarry ran alone, escorted by the pace bicyclist and motorcycle policeman. Even solo, the Annandale resident continued for most of the race at a sub-5 pace.

By five miles, in 24:54, McGarry had climbed two of the three major hills that characterize the race course and led him to comment, "Running this course is a trip through hell."

From the half way mark through eight miles (39:46) he pushed himself to the sub-5:00 miles that would ensure what McGarry called "an honest time."

Scott Eden Returns

But at the last water stop when he swallowed more air than water, slowing him considerably on the final formidable hill. Despite the difficulty, McGarry's 50:29 placed him more than three minutes ahead of runner-up David Taylor, in 53:33.

Third went to Scott Eden, winner of the Marine Corps Marathon in 1978. Eden, now a physician in Annapolis, finished in 54:08. Early challenger Darrell General of Temple Hills held on to finish fifth, 55:11.

In the women's event, winner McGovern was followed by Vera Keenevan, 61:50, WRC teammate Marta Vogel, 62:21, and NOVA's Barbara Frech, 64:18. Cindy Dalrymple of Arlington finished top master woman and was fifth overall.

Partial Results: 1. Kevin McGarry, WRC, 50:30; 8. Gust Svanson, WRC, (first master), 56:33; 18. Dave Asaki, 57:44; 26. Patty McGovern, WRC, (first woman), 58:02; 35. Jim Millette, WRC, 59:19; 63. Ray Morrison, 61:39; 64. Vera Keenevan (second woman) 61:50; 73. Marta Vogel (third woman), 62:21; 75. Gordon Noel, 74:14; 480. Pat McKenna, 77:20

The club had an excellent turnout of volunteers. Thanks to Ron Ponchak for the great eat-all-you-can at the registration party Memorial Day when we stuffed race packets. Included in the packet-stuffing crew of 20 were race winners and WRC members McGarry and McGovern. Listed below are the people helped make the race a success:

Dennis Baker	Mark Baldino	Chauncey Berdan
Bobbi Bleistift	Ed Blum	John Betts
Pam Briscoe	Jack Coffey	Bob Cosby
Jim Dare	Bob Dewey	Jim Feaster
Ed Foley	Jim Hagen	Keith Higgs
Jim Johnson	Chuck Kuhn	Joe Lugiano
Bob Mallett	Kathy Miller	Pat McKenna
Craig Voise	Anne Svanson	Ellen Walsh
Melissa Agnor	Ed Silversmith	Jack Moffett
Al Naylor	Nella Neary	Pat Neary Jr.
Melissa Neary	Ron Ponchak	Candy Thomas
Jeff Reed	Dan Rincon	Bob Rodriguez
Alan Roth	Tony Teixeira	Coleen Troy
J.J. Wind	Kevin McGarry	Patty McGovern
Joanne Mallett	Bob Trost	Pat Carr
Tem Washington	Bob Johnson	Ken Gaddy
Margaret Noel	Jim Wilson	

The Executive Committee would like to especially thank Ron and Candy for all the work done on the race. It was class all the way. A race like this takes a lot. We had about 1,300 register, and a little over 1,000 finishers.

A special thanks is due to J. "Bird" Wind for all the expert computer help. He was up until 1 a.m. preparing labels for the race numbers. Joe Lugiano spent about 10 hours key punching the numbers into the computer.

Another special thanks to the Neary family for opening the 1,300 envelopes, sorting the forms and the checks, and staffing the Coke-Cola stand at the finish. The Mallett's were super at the finish-line watering hole.

The rest of the committee enjoyed a tour of the course after the race. It was a nice day to run together, followed by an impromptu discussion at a pub after the race. The race generated \$3,300 into the treasury.

WHAT'S UP AND AROUND WRC AND THE REST OF THE WHIRLED

by Don Pedro
WRC Staff Reporter

Laura DeWald Albers, on a globe-trotting marathon spree that has taken her across the Pacific Ocean for the second time in recent months, finished second at the Wang Australian Marathon in Sydney June 9. Laura ran 2:40:40 to winner Ngairé Drake of New Zealand who won in 2:38:47.

One who went with high expectations was Bruce Coldsmith who discovered that, like many others, he went out too fast. Bruce said that of the 18 invited runners, four finished. He was one of the four, and he ran 2:36, good for about 25th place. There were about 3,300 in the event.

By too fast, Bruce explained that he was 32-flat at 10K.

Another WRC speedster, Terry Baker of Team Kangaroos, beat Kevin McGarry of WRC/Converse, with both going under 45 minutes for 15K June 8 at the Great Allegany Run.

Baker was a paragon of pace. He waited until 10K before punching the pace harder to pull away from

McGarry, and WRC's John Doub (Nike) who finished fourth. Terry won in 44:44. That was 14 seconds up on McGarry. Doub was 46:34.

There were 320 in the field which ran from Mount Savage to downtown Cumberland Mall. Baker, who won there in 1983, was the first two-time winner of the race.

Another WRC member there was Keith Delauter, winner of the 13-and-under age group, in 61:25. Jeff Delauter won the 20-29 age group in 47:25. Jeff Smith finished in 48:23.

Winner of the women's was Marge Rosasco, in 52:56.

At the Old Dominion 100 Mile in Front Royal, Va., June 9, WRC's Ed Foley finished second in 17:50:07. Winner was Steve Warshawer of Marietta, Ga., in 17:11:43. Yes, that's 17 hours that they ran. . . .

Former WRC runner and now fulltime racing cyclist Patty Peoples is competing in the for the second time in the Tour de France Feminin.

Last year's race for women inaugurated the women's competition in the race which dates back to 1903. She finished 16th. Only two U.S. men have ridden the race ever.

This year Peoples returns stronger and better prepared. She is riding in the elite of two U.S. women's teams.

The women's race will go about 720 miles in 21 days, while the men's race will go about 2,500 miles in the same period. Both races conclude July 21 along the Champs Elysees in Paris.

WRC scrivener Peter Nye wrote an article on Peoples for the June 30 issue of The Washington Post.

Frank Stevens, who is manager of the East Potomac Park Golf Course, has extended an offer to WRC members to use the shower facilities in the club house. The showers are open from sunrise to sunset, seven days a week. □

GRANDMA'S MARATHON IN MINNESOTA HAS IT ALL, MARY ELLEN CONTENTS

by Mary Ellen Williams
Special to WRC Newsletter

If ever there was a marathon that has it all, Grandma's is it. From the moment I stepped off the plan in Duluth, I was treated like a VIP.

The enthusiastic welcome wasn't reserved for invited runners alone. The whole town sees this race as a real boon to their tourist trade. It is estimated that 50,000 people flock to the race and spend \$3.4 million to \$4 million in just a few days.

Duluth is a very beautiful lakeside city, about 350 miles north of Minneapolis, on Lake Superior. The temperature and air quality are exceptional by our standards.

This year the race on June 15 had a gentle tail wind. More than 2,000 volunteers staff the race course. The course is point-to-point, mostly flat and straight. It goes past landmarks known as Knife River, Tom's Logging Camp, Lemon Drop Hill and Leif Erikson Park.

There is a gradual upgrade from 18 to 22 miles,

with one steep hill at 22.2. The finish, due to some road construction this year, zig-zags, but that should be eliminated by next year.

So with all these wonderful qualities, why didn't I run a pr? I felt strong and well trained. But at 18-22 miles I ran out of gas. I sputtered in at 2:53:26 and parked in the medical tent.

My temperature dropped to 91 degrees Fahrenheit, yet within an hour I was ready to join the huge party going on at the finish.

I don't have race results. Don Norman finished in 2:11. I was seventh woman. Chuck Desenberg stopped at 22 miles with intestinal problems.

Grandma's Marathon has awards that go down to the first 18 men and 12 women, augmented by more age divisions. There is an award for the first three-member team, and a special award for the first grandmother.

The next race will be the 10th annual. It is scheduled for June 21, 1986. For race information, send a stamped, self-addressed envelope to: Grandma's Marathon, P.O. Box 6234, Duluth, MN 55806. Entry forms will be available next Jan. 21. □

WILL ALBERS WRITES EARTHY LETTER TO EXPLAIN TEAM BROOKS' POLL

In the last newsletter was mention in the "What's Up" section that Laura Albers of WRC/Brooks was voted by members of the Brooks racing team as finishing after Rod Dixon in a popularity poll. Laura's spouse, Will, responds in a May 31 letter:

Dear WRC:

Just to clear things up re Peter Nye's column of May. The men voted for best-looking woman runner and the women voted for the men. So our men members of Team Brooks are okay—they voted for Laura. They didn't vote for Rod Dixon. There's no truth to the rumor that I stuffed the ballot box. I voted for Christy Brinkley (Just kidding).

I have a few nicknames for Jacob, but I'm sure they aren't printable. How about:

▶ Gimpy—he always seems to be limping; must be the mileage he runs.

▶ Jaws—his voracious eating habits.

▶ Sprouts—his peculiar eating habits.

Laura finally won a marathon as you all know. I viewed a video tape of the race and a biker looking suspiciously like Bruce Robinson wiped out and almost took Ron Tabb with him. Anyone know more about this? (*You can start by giving us a time and place—ed.*)

We've found an AK-chiropractor to rival Mark Smith, and we're real pleased with the results. I'm feeling better than I have in years. Not running faster (yet) but feeling better.

I've been getting in consistent training up to 60 mpw. Finally gaining some fitness. Hope to be the top local yokel soon.

Laura and I leave for Australia tomorrow. She'll be running a marathon in Sydney on June 9 (*She finished second, in 2:40:40—ed.*) I know it's only five weeks

after the Waterfront Marathon in New Jersey, but I'm making her do it. I'm running, too, even though my goals are fairly recreational in nature. I just want to finish and if I beat Laura I'll (*expletive deleted*). . . .

We hope to visit Canberra and Brisbane while we are there. I'll write a follow-up when we return.

I notice that July 27 is the club picnic. That's also Laura's B-day. Fitting to honor a WRC party legend like Laura "Let's Strip" Albers. If "the Sheik" shows up, maybe we'll be there as well. Just keep Laura away from the pool.

That's all for now. Hope to see some of you at Grandma's or Peachtree. I'm sure Bruce Coldsmith and I will tip a few Fosters "down under."

Cheers,

Will. □

CHUCK KUHN SUCCESSFULLY DEFENDS TITLE AT WASHINGTON'S 1985 DIABETES DERBY

by James North
WRC Staff Reporter

WRC's Chuck Kuhn successfully defended his two-time Diabetic title at the Diabetes Derby in West Potomac Park in D.C. on 22 June. Chuck said it gets more difficult each year, with the competition pressing him more each year.

This year he won by a 30-second victory margin. For his efforts he received a large silver Revere bowl and a pair of running shoes. Chuck finished in 35:32, 18th overall.

Thomas Stewart, a student at the University of the District of Columbia, won the open division in 30:51, with Henry Phelan, Adidas Mid-Atlantic, following in 31:00.

Mary Doerr, a D.C. resident going to the University of Arizona and a member of the UA track team, won the women's division in 38:06.

The race was well organized. There were three water stops in the race. At the finish were plenty of yogurt, bananas and refreshments.

Craig Voise went through the first mile in 5 minutes, but had to pull up at the halfway point with a pulled calf muscle. WRC stalwarts Pat "Rocko" Carr and Bob Trost ran the race as a workout.

Partial Results:

1. Thomas Stewart, 30:51; 2. Henry Phelan, 31:00; 6. Al Hinchliffe, WRC, 33:20; 18. Chuck Kuhn, WRC, 35:32; Tom Kurihara, 36:50; John Potter, WRC, 37:10; Pat Neary, WRC, 37:52; Gerry Ives, WRC, 38:25; Betty Blank, WRC, 40:16; Alan Braley, WRC, 41:50.

MINUTES OF THE MEETING OF WASHINGTON RUNNING CLUB HELD 14 JUNE, 1985

Due to circumstances completely beyond our control, we were ousted from our prearranged meeting place in the Justice Department. If this keeps up we'll have to use the "Flying Dutchman" instead of the "Running Star" as our logo. Club President Alan Roth moved the meeting to the bandstand outside of the Pavilion. Luckily, no one was using the bandstand except a couple practicing CPR on each other.

Financial Committee: Treasurer Jeff Reed reported that approximately \$300 was spent in May. The balance in the Club Treasury is now \$6,672.

Competition Committee: Pat Neary named the race coordinators for the following Club races: *Asbury Park 10K*, Aug. 17—Al Naylor (345-9342); *Falmouth*, Aug. 25—Jeff Reed (836-7284); *Philadelphia ½-Marathon*, Sept. 15—Pat Neary (455-0575).

Membership Committee: The membership committee reported that paid membership has reached 185.

Dr. Stephen M. Pribut, a Fellow of the American College of Foot Orthopedists and a specialist in podiatric surgery and sports medicine, gave a presentation to the meeting. He examined several of members and explained how the Electrodynogram Analysis works. The Electrodynogram analyzes foot strike problems by using pressure sensitive electrodes that are attached to the foot. The analysis is printed out on a computer printout and can detect problems to a degree never possible before. Dr. Pribut has offices at Suite 614, 1712 Eye St., N.W., Washington, D.C. 20006 (Tel. 298-6830)

Gerry Ives, Secretary

CLUB RACE SCHEDULE

Middleburg, Va., 10K, July 4, 6:45 p.m. (687-6375).

Moonlighter 8K, July 13, 8:30 p.m., Rockville, Md. (556-7782).

T-shirt 10K, July 27, 8:00 a.m., Fort Hunt Park.

Asbury Park 10K, Aug. 17—Al Naylor (345-9342), guarantee \$25 per runner.

Falmouth, Aug. 25—Jeff Reed (home: 836-7284, office 841-6080), guarantee \$60 per runner. We have 20 entries for this race. Besides the race coordinator, the entries will be given out according to ability to place well, either men or women.

Philadelphia ½-Marathon, Sept. 15—Pat Neary (455-0575) guarantee \$30 per runner. Send check (\$9) and application to Pat Neary at 8321 Lindsie Way, Springfield, Va. 22153. Hotel reservations—the Bellevue Stratford has a special rate call their toll free number: 800-228-3000. Deadline for entries is August 21.

RACE RESULTS

United Business Machines 10K, June 16, Alexandria

Partial Results:

Men: 1. Kevin McGarry, WRC, 30:25; 2. Bill Reifsnnyder, 31:00; 3. Chris Harvey, 32:40; 4. Frank Faykes, WRC, 32:49; 6. Gust Svanson, WRC, 33:56; 7. Jim Dare, WRC, 34:07.

Women: 1. Carey Hill, 37:01; 2. Joan Sarles-Lee, NOVA, 43:06; 10. Jodie Bevins, NOVA, 44:50.

Old Dominion 100-Mile

Partial Results:

1. Steve Warshawer, 17:11:43; 2. Ed Foley, WRC, 17:50:07; 3. David Horton, 18:31:58.

Cerebral Palsy 10K, Forestville, Md.

Partial Results:

Men: 1. Matt Wilson, 31:50; 2. Tim Gavin, 32:12; 3. Henry Phelan, 32:34; 5. Lucious Anderson, 33:29; 8. Darryl Stewart, WRC, 35:08; 9. Dan Rincon, WRC, 35:31; 10. Dave Asaki, 35:55.

Women: 1. Coleen Troy, WRC, 37:44; 2. Kathryn Bassett 41:07.

Lombardi 10K, June 23

Partial Results:

Men: 1. John Doub, WRC, 30:22; 2. Stephen Pinard, 30:31; 3. Dave McCormack, 30:52; 4. Sebastian Junger, 30:56; 5. Mike Woolsey, 32:05; 6. Douglas Thomson, 32:29; 7. Michael Regan, 32:44; 8. Lucious Anderson, WRC, 33:17; 9. Frank Faykes, WRC, 33:32; 10. Michael Cobb, 33:45.

Women: 1. Julie Bowers, 35:08; 2. Cindy Dalrymple, 38:30.

Club Uniforms

Singlets	\$ 8.00
Shorts	8.00
Hooded Shirts	17.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, P.O. Box 2605, Springfield, Va. 22152. Indicate sizes (S,M,L,XL) for items. Uniforms are on the small size.

BARGAINS FOR WRC MEMBERS

AT LOCAL SPORTING GOODS STORES

Nike Georgetown, on M Street near Wisconsin in the heart of Georgetown (333-1505). Discount of 15% on shoes and clothing.

Fairfax Running Center, Alexandria store in Old Towne on the Strand, off Union St. (Tel. 549-7688) and Jermantown Shopping Center at 11208 Lee Hwy. in Fairfax City (Tel. 691-8664). Discount of 10% on shoes and clothing.

College Park Bicycle, 4360 Knox Rd., College Park (864-2211). Discount of 5-15% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

Sports Afoot, Viers Mill Rd., Wheaton (949-8824). Discount of 10% on shoes and clothing.

Racquet and Jog, International Square at 19th & K. Discount of 10% with cash or check only. No discount for shoes on sale.

Fleet Feet, 1840 Columbia Rd., N.W. Discount of 10% percent on clothing and shoes.

J. Lynn & Co., Endurance Sports, 19th & I St., N.W. (223-0310). Discount of 10% on clothing and shoes. □

THE WRC PICNIC!!

SAT. JULY 27

Run 1130 AM (+5 miles)
Picnic 12 noon—

At Keith Higgs' parents house, site of the 1982 and 1983 WRC Picnics. The phone number at the Higgs' is 777-5964, Area Code 703.

TO THE WRC PARTY!

Route 7 West from Exit 10 off the Beltway at Tysons Corner.

Go out 16.1 miles on Rt. 7 and turn right into Potomac Farms. Go about 200 yards and the house will be on your right.

WHAT TO BRING WITH YOU!!!!

The Club will be supplying the Kegs and colas, hot dogs and hamburgers, and chicken. Bring whatever you wish to eat and share with everyone else. these include salads, desserts, casseroles, and whatever else is good.

The Club will supply the charcoal but we are looking for people to bring their grills.

ACTIVITES INCLUDE ALL OF THESE: Volleyball, Softball, Frisbee, swimming/Whirlpool, the highlight of the running year in Washington, THE WRC Beer CABIN Relay.

JOHN

For more information call either Bobbi Bliestift h)379-2767, w)724-5819 OR call Jeff Reed h)836-7284, w)841-6080. Call the (703) 777-5964 number only on the 27th.

