

Washington Running Club Newsletter

Volume 4, Number 12

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December 1985

The DECEMBER meeting of WRC will be held on Friday, DECEMBER 6, 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.

Nominations for 1986 Club Officers will be taken at this meeting. Please try to attend.

WRC ANNUAL BANQUET/PARTY SCHEDULED FOR NEXT MONTH

The Washington Running Club's annual banquet and dance party par excellence is scheduled for Saturday January 25 at the University of Maryland Student Union.

Festivities will commence with cocktails at 7:00 p.m. with dinner, featuring a vegetarian lasagna entree at 8:00. Following dinner there will be dancing to the music from Dan Rincon's "Amazing Sound Machine." Cost is \$13.50 per person, a very reasonably priced cash bar is additional.

Make your reservations early by sending your check made out to WRC to Social Committee chairperson Bobbie Bleistift, 3706 N. Rosser St., Apt. 103, Alexandria, Va. 22311. Reservations, with non-refundable check, must be received by January 5. (*Be there or be square—edit.*)

WRC TEAM REGAINS TOP SPOT AT FT. HUNT DCRRC 10K CHAMPIONSHIP AND TEAM RACE,

by Va. Correspondent R. P. Trost

Every year the DCRRC holds its 10K individual and team championship one week after the Marine Corps Marathon. This year's race, Nov. 10, attracted about 200 runners, many of whom ran had completed the previous week's marathon.

The men's race was won by WRC's Ray Velez (*Ray has forgiven the Post for misspelling his name—ed.*) in a time of 32:44, with former WRC member Bob Oberti second in 33:24 and Roberto Rodriguez of WRC third in 33:34. The women's race was dominated by a new face in the D.C. area, Amy Simon of the D.C. Harriers, who won the women's title in a time of 36:14.

Sue Crowe was second in 39:00 and WRC's Betty Blank third in 40:20.

The men's team race was won by a WRC contingent that was just too deep for the rest of the competition. Last year the D.C. Harriers had edged out WRC for the team championship and this year the Harriers had three runners in the top twenty — Ben Beach (4th), Doug Slocum (6th) and master's runner O.T. Williamson (17th) — for a team score of 90. WRC placed five runners in the top ten and eight runners in the top twenty, totaling a team score of 33, good enough for the men's title. A University of Maryland team comprised of graduate students and professors was third with a score of 196.

The women's team title was won by a WRC/RC² coalition of Betty Blank, Val Nye and Jennifer Westfall.

WRC's Roberto Rodriguez celebrated his second race as a thirty year old with a 3rd place age group finish. No one was happier than Keith Higgs to learn that Roberto had recently turned 30. Keith figured he was only gunning for 2nd in the 20-29 age group when he saw Roberto toe the starting line. With Roberto in the 30-39 age group though, Keith's seventh place finish was good enough for the 20-29 age group victory since the first six runners were all over 30.

As in many DCRRC races, the 30-39 age group for the Ft. Hunt race proved to be the toughest age division. It would have been even tougher had John McGrail, who ran 2:28 at Marine Corps decided to run the Ft. Hunt race hard rather than 'jog' it in 41:30!

Men: 1. Ray Velez (WRC), 32:44 (1st 30-39); 2. Robert Oberti, 33:24; 3. Roberto Rodriguez (WRC), 33:34; 4. Ben Beach (Harriers), 34:01; 5. Jerry Merkel (NOVA), 34:10; 6. Doug Slocum (Harriers), 34:18; 7. Keith Higgs (WRC), 34:20 (1st 20-29); 8. Keith Burns, 34:32; 9. Steve Daniels (WRC), 34:43; 10. Peter Nye (WRC), 34:56; 12. Craig Voice (WRC), 35:16; 13. Pat Carr (WRC), 35:19; 17. O.T. Williamson (Harriers), 35:51 (1st Master); 18. Bob Trost (WRC), 35:54; Danvers Long, 36:24; Chan Robbins (GNATS), 36:34.

Women: 1. Amy Simon, 36:19; 2. Sue Crowe, 39:00 (1st 30-39); 3. Betty Blank (WRC), 40:20; 4. Heidi Pirie, 41:02 (1st Master); 5. Lynda Durfee (PVSTC), 41:38; 6. Mary Camire, 42:02; 7. Jennifer Westfall (RC²), 42:14; 8. Val Nye (WRC), 43:30; 9. Donna Lacz, 44:58; 10. Margaret Noel (WRC), 46:05.

NOMINATIONS DUE IN DEC. FOR 1986 WRC OFFICERS

Nominations for new officers of WRC are due at the December meeting scheduled for Dec. 6. (*See box on Pg. 1 for location.*)

The direction and strength of the club depends on the membership's participation, and unless you do something dumb (like get volunteered to edit the newsletter — ed.) your main method of participation is selecting officers.

You may want to consider running yourself, know someone you think would serve well as an officer, or have someone in mind you really dislike who deserves such a dubious honor.

At any rate the December membership meeting is the time to put forward your nominees so that we all have a month to take our best shots at the candidates before the election.

WRCer PROVES NATIONAL REPUTATION ALONE WON'T WIN IN NATIONAL CAPITOL AREA

by Scribbler 'Red' Panama

Along with major sponsorship that included shoes for age group winners and second place finishers Team Kangaroos sent national class road racer Mike Mansy to Alexandria Nov. 17 for Shooter McGee's Autumn 10k. But if Mansy thought he was there for an easy win, WRC's Gerry Clapper and Bill McCormack had other ideas.

Taking the pace from the start Clapper and McCormack led the the field through a sprint-like first mile, passing the checkpoint under 4:40. That was fast enough to separate the top three from a second group that included Tim Gavin, Henry Phelan, and WRCer David White and to force the realization on Mansy that when visiting the Washington area runners with national reputations can't expect the locals to roll over and play dead.

Rather than rolling over these locals left the field for dead enroute to Clapper's :01 victory over McCor-

mack in a time of 29:58. Mansy held on through four miles before losing contact with the two Montgomery Co. runners and finished third (30:27). Tim Gavin (30:55) and David White, whose 31:06 is a PR, rounded out the top five. White, despite being bothered by a strained thigh throughout the fall season improved his best 10k clocking for the third time this year.

WRC runners took the top two places on the women's side. Consistent winner Patty McGovern (35:41) captured top honors while the up and coming Martha Orem ran to a second place finish of 36:51. Rounding out the top three was NOVA's Barbara Frech (37:41). Bobbie Bleistift (WRC) cruised to a PR 41:30, good enough for 14th, and 9 year old Erica Trehorn's 49:30 won the under 19 age group.

An international flavor was added to the race with victories by David and Barbara Byrnes in the men's and women's 35-39 age group, respectively. Visitors to the D.C. area from Australia, Barbara Byrnes (4th overall) posted a time of 39:22, while her husband David clocked 32:30 in finishing 11th.

WRCer John Walsh finished 17th (33:26), the first time in 1985 he has cracked the 34 minute barrier. Patrick 'Rocco' Carr was 27th (35:09) and Bob 'White Rat' Trost 30th (35:20). 'Rocco' reported that he was anything but disappointed with his time considering, "I spent last night at the WKYS Food for the Hungry [Charity] Ball, watching all those women trying to boogie in their strapless gowns." Speaking of boogie, WRC distaffer Betty Blank ran a fine 40:11, good enough for 5th place just behind fellow WRCer Becky Nolan (40:09).

Partial Results — Men: 1. Gerry Clapper (WRC), 29:58; 2. Bill McCormack, 29:59; 3. Mike Mansy (Team Kangaroos), 30:27; 4. Tim Gavin, 30:55; 5. David White (WRC), 31:06; 6. Henry Phelan, 31:16; 7. David Drysdale, 31:54; 8. Kurt Kroemer, 32:00; 9. Michael Cobb, 32:14; Nils Lindeblad, 32:20; 17. John M. Walsh (WRC), 33:26; 21. Eamonn McEvelly (NOVA), 34:19 [1st master]; 27. Patrick Carr (WRC), 35:09; 30. Robert P. Trost (WRC), 35:20; 34. Mark Grummer, 35:41; 49. Tom Kurihara, PVSTC, 36:47 [1st 50-59]; 55. James Medas, 37:28 [2nd master].

Women: 1. Patty McGovern (WRC), 35:41; 2. Martha Orem (WRC), 36:51; 3. Barbara Frech (NOVA), 37:41 (pr); 4. Barbara Byrnes, 39:22; 5. Becky Nolan (WRC), 40:06; 6. Betty Blank (WRC), 40:11; 7. Betsey Dill, 40:28; 8. Susan Humphries, 40:29; 9. Kathy Reynolds, 40:32; 10. Lynda Durfee, 40:33; 14. Bobbie Bleistift (WRC), 41:30; Erica Trehorn, 49:30 [1st under 19].

Washington Running Club

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

CLUB OFFICERS

President: Alan Roth (649-4909)

Vice President: Pat Neary (455-0575)

Secretary: Gerry Ives (965-2532)

Treasurer: Jeff Reed (836-7284)

Newsletter Editor: John Walsh (acting)

COMMITTEES

Legal: Jack Coffey, Chairman

Membership: Dennis Baker (966-9355)

Newsletter: John Walsh (543-1588)

Finance: Jeff Reed (836-7284)

Competition: Pat Neary, Chairman (455-0575)

Race Management: Mark Baldino, Chairman (451-6530)

Social: Bobbie Bleistift, Chairwoman (379-2767)

YOU CAN GO HOME AGAIN, BUT DON'T EXPECT A 21-GUN SALUTE

by Newsletter Editor J. M. Walsh

It's one of the two races that I have always wanted to win, in fact several years ago I promised myself to continue returning to Buffalo for these de facto club championships until victory was mine. Ah, impetuous youth.

The prospects of victory have dimmed over the ensuing autumns as other responsibilities take priority, the vagaries of age make the necessary training more

onerous and the idea of returning to Western New York and its unpredictable late fall weather becomes less appealing.

This Sunday morning was little different than others that stand out in memory. Rain fell steadily, if not heavily, and the temperatures were closer to those of January than June. Thankfully, the location of the start, downtown adjacent to the City Hall allowed several of us to take our warm-up undercover in a nearby parking ramp.

Under such conditions one wonders why the 400 miles that separate my current home from this locale don't serve as a greater barrier. But approaching the starting line the reasons were apparent why I've returned again and again to run the James A. Parker Memorial Race, despite the fact that three miles up Elmwood Ave. lay what would turn out to be my lowest finish ever in this contest. These were the people I had come up with in road racing, the ones who over the last eight years I have measured my progress and success against.

Ralph Zimmerman was there. One of the finest master marathoners in the country, who I had spent years catching up with and now can't seem to run away from. Jim Kenny and Billy McMullen, former Checkers A.C. teammates of mine, two guys who always understood that you raced hard between the gun and the finish, but afterward you forgot about who won and who didn't for the more important satisfaction of a good effort, and the pleasures of a cold brew. And Joe Jordan, several pounds heavier now than when we made our marathoner debuts together in 1977, but still out here on a rainy cold Sunday morning. The guiding spirit of Checkers, both the club and the neighborhood bar that bear the name, Joe has always made sure no one took themselves or what they were doing too seriously.

Memories flooded back of the mornings when all of us would drive out to Chestnut Ridge Park for long runs in the Boston Hills. Runs that were often fierce in their competitiveness, but that could also be friendly and fraternal when one of us wasn't up to a hard effort. After these runs we would often stop on our way back into the city at Thelma's Cafe for breakfast and beer. Our reward for rising so early and traveling so far for a workout.

Seven times previously I had joined this chase from Buffalo's City Hall to Cole's Restaurant (and convivial saloon) and five times my team had emerged with the title. Once with a makeshift team my efforts had even led the Checkers squad winning performance. This time it would, I knew, be different. Now the colors of the Washington Running Club graced my singlet, while around me there were only the ominous black of Greater Buffalo Track Club, the friendly orange of the Belle Watling's, or Checkers Celtic green. Yes, I was alone, but at least I was alone among friends.

Elbow's Aweigh

At the gun we surged away, as always too many slower runners at the front zigzagging in their effort to maintain the leaders pace. Several caught elbows and shoulders, or had feet stepped upon as we sorted ourselves out. From somewhere behind my right ear I

heard Jim Kenny's familiar Long Island rasp, "Yeah there's Walsh, always trying to turn it into a contact sport."

"You know," I responded, "I'd have loved indoor track."

"Or Roller Derby," Kenny countered.

As we settled into our individual races I looked ahead and saw most of what I had expected. It wasn't surprising who would be fit for this race, you can predict the runners that will find team races important. There were several surprises too be sure. Tom Donnelly, for one, but it was nice to see him in condition again after a couple of rough years.

There wasn't much time to reminisce, however, because in the pack with me ten yards back were Zimmerman and McMullen and it was immediately clear we were in for a race.

For a moment, as often happens, the idea of packing it in and jogging through seemed appealing, but quickly the desire to compete took over and an unspoken bond was created among us to push one another to the fastest race possible.

Going uphill toward the mile mark Joe Jordan stood along the curb ready to yell splits, but he took enough time to chortle, "Jackie boy!!," as I went by. The message for me in his greeting was to surge and suddenly neither Ralph or Bill were right at my shoulder. Still it was only a short time and they were right there again challenging me raise the level of discomfort again.

How often can one surge in a three mile race? Whatever the number we three exceeded it. Again and again one or another of us charged ahead, unaware and uncaring about what was happening outside our triumvirate. But whenever an advantage was gained by one of us it was quickly taken back by the other two. Along the way clubmates, former clubmates, even my sister were there to encourage our competition.

Even near the end when we decided it was time to kick and knew from experience in other sprints our order of finish we were competing with, not against one another.

For the record Bill Maloney, recently returned to Checkers A.C. from a Greater Buffalo Track Club exile, led the Green to their fourth consecutive team title. Ralph Zimmerman captured his fifth master's crown in five years of racing with the 40+ crowd, while Billy McMullen took Checkers' fifth and final scoring spot.

For myself, excuse me for taking just a little satisfaction in my former mates triumph. Their margin of victory was but :02, and I think it's not too prideful to credit our racing for improving Billy's finish that much.

Next year's race will be my ninth straight appearance at the Parker Memorial. But next year I hope to look around and see several friendly faces wearing the WRC colors as well.

BRITISH ROYAL NAVY INVADES ARLINGTON; WIND AND VOISE DEFEND NATIONAL HONOR

by Special Correspondent Jay Byrd

Just when Craig Voise and J.J. Wind thought it was safe to jump back into the water, they found themselves behind a convoy of Royal Navy runners.

Craig and J. 'Bird' showed up at the Arlington YMCA's Trick-or-Treat 10K, held the same morning as the NSO and Burn Center 10Ks, figuring on easy pickings in a small race. Who should show up but seven of Her Majesty's Royal Navy Marathon Team, all in town a week before their assault on the Marine Corps Marathon.

Craig was the only local runner to break up their monopoly at the front of the race—the Royal Navy-men ran 1-2-3-4-5-7-8, with times ranging from 32:30 to 34:50. Craig ran 6th in 34:10, pleased with his time over a difficult course, and in good humor about fate's little surprise.

J.J., who arrived dressed as Darth Vader with his dog, R2K9, ran 12th in 37:25. After the race, one of the Navy-men pointed to the free bagels J.J. and R2K9 were wolfing down, and asked, "What are those?"; J.J. assured him they weren't really carbohydrates, and besides, he could start his depletion diet tomorrow, anyway.

CRAIG VOISE WINS ANOTHER SRI CHINMOY TWO-MILER

by Will Woodbine

WRC's Craig Voise won the Sri Chinmoy 2-miler, Nov. 16, at the Lincoln Memorial Reflecting Pool. Craig's time, 9:58, was his best time since leaving high school 14 years ago.

Clubmate Darryl Stewart took the lead at the beginning of the race, pulling the three leading runners through the first mile at a 4:50 pace. Michael Banks, a miler running for the D.C. Track Club, took over the lead shortly after the mile and a quarter mark. After hanging onto the lead for half a mile Banks could not hold off Voise's surge with half a mile to go and finished in 10:04, three seconds ahead of Stewart.

In the women's race Ruth Joyner, a former WRC member from Burke, Va., outran the rest of the field. Joyner finished in 11:35, almost a minute ahead of her closest competition, Suzanne Hunt (12:32).

Men: 1. Craig Voise (WRC), 9:58; 2. Michael Banks, 10:04; 3. Darryl Stewart (WRC), 10:07; 4. Guy Bertsch, 10:10; 5. Paul Zink, 10:18

Women: 1. Ruth Joyner, 11:35; 2. Suzanne Hunt, 12:32; 3. Laurel Huff, 12:48.

MARINE CORPS MARATHON TEAM RESULTS SHOW WRC OPEN MEN ON TOP AGAIN

by Will Woodbine

WRC's 'A' Team took the top honors in the Marine Corps Marathon Civilian Running Club Division, and NOVA gave area clubs a 1-2 sweep of the division by finishing in second place.

'A' Team finishers were Jim Hage (3rd—2:23:30),

Fred Lampazzi (26th—2:31:01), Will Albers (32nd—2:31:32), Pat 'Rocko' Carr (108th—2:41:08).

'B' Team finishers were Bob Trost (2:49:36), Bobby Bauer (2:59), Tristram Kruger (3:30).

The only Women's Team finisher was Pam Briscoe (3:00:37).

Masters Team finishers were Dick Spencer (2:42:21), Joe Lugiano (2:51:32), Gerry Ives (2:54:16), Norm Miller (3:08:00), and Dan Fife (3:33:00). The Masters Team was the only WRC team where all team members finished.

TAC Masters Marathon Championship

The Marine Corps Marathon was also the TAC Masters National Marathon Championship. WRC's masters team took third place, being beaten out of second place by the Tidewater Striders by two minutes and nine seconds.

Team Results—Civilian Running Clubs, Open: 1. WRC 'A'; 2. NOVA; 3. Triple Cities R.C.; 4. GRTC; 9. WRC 'B'

Masters' Division: 1. Team Ohio; 2. Tidewater Striders; 3. Islandwide Masters; 4. WRC Masters.

Women's Division: 1. GRTC; 2. Cheeky Streakers; 3. RunHers.

WHIRLED-WIDE WRC WEIRDNESS RUNDOWN

by the Editorial Staff

According to an article in *The Wall Street Journal*, dwarf tossing is the latest sporting fad to surface in the United Kingdom. But we are assured there is no truth to the rumor that NOVA intends to hire a coach to conduct a series of dwarf-tossing clinics for club members. An informed source at NOVA, who wished to remain unidentified, said that the clinic stories were just gossip, "The sort of thing you would find in gossipy columns like *The Washington Ear* or trash-talking tabloids." Not being that kind of publication, we're glad to put that gossip to rest.

WRC's Laura Cantrell reports that we missed her Lynchburg 10 miler time, reported in our October issue. Laura placed 11th in the women's 35-39 age group with a time of 67:42. However, Laura is only 21 years old making her ineligible for that age group. Ha! Ha! Just kidding, Laura. Good race. Ms. Cantrell also recently finished 5th overall at the Mulberry Island Half-Marathon in 1:33:21.

Betty Blank caused a big scene at the November WRC meeting complaining that Friday night meetings were interfering with her opportunity to go out and boogie at the end of the work week. Come to think of it maybe that's why meeting turnout is usually restricted to same old boring non-boogieing group. The rest of you are out there having fun on Friday nights. If you would prefer another evening for meetings, or if there is anything else we might do to get you to attend please drop a card to the club at P.O. Box 2605, Springfield, Va. 22152.

It shouldn't be surprising that after the fall marathon schedule a new name tops the yearly U.S. leader list. Given the quality of the fields at both Chicago and

New York someone was bound to better Don Norman's 2:11:08 run at Grandma's Marathon in Duluth this spring, right. Wrong. It happened in Minnesota. At Twin Cities on Oct. 6 in 35 degree temperatures 31 year old Phil Coppess of Clinton, Iowa posted a 2:10:05. Coppess' time was the best by an American since 1983 and seventh on the all-time U.S. list.

Just when we had solved the altitude problem, demonstrating that low altitude is better than mountain training (See Oct. Newsletter), we run into this latitude trouble. Next thing you know everyone will be moving to Hibbing to train. Those who like to be at the start of trends should take note. No, Jim Dare, the Navy doesn't have a submarine base there.

This issue marks the closing out of volume 4 of the WRC Newsletter. Before your next issue arrives please make sure to renew your membership and make plans to attend the club banquet on January 25.

Someone else will have to cover the Hangover Classic New Year's Day at Hains Point. Scribes Emmett Grogan and 'Red' Panama see no reason to attend since neither of them expects to be hungover that early and your humble editor will be honeymooning in the sunny Caribbean. Happy Holidays!!!!

MINUTES OF WASHINGTON RUNNING CLUB MONTHLY MEETING, HELD NOVEMBER 15th

The meeting was called to order by WRC president Alan Roth. Roth called on the various committees to make their reports.

Finance Committee: Treasurer Jeff Reed reported a balance of \$3,753.09 in the treasury after spending \$350 on the hospitality suite and associated expenses for the Marine Corps Marathon.

Membership Committee: Membership Chairman Dennis Baker reported that a new membership form has been designed that includes space for race times of prospective members. This will allow our competition committee to better evaluate new members for inclusion on teams.

Newsletter Committee: Newsletter Editor John Walsh asked members to contribute material to the Newsletter. Call John at 785-6873 if you can help.

Race Committee: The Race Committee will be selecting races for 1986. The races will be voted on at the January meeting and published in the February Newsletter. If you have a race you think the Club should include call Pat Neary at 455-0575 or come to the January meeting.

Executive Committee: Alan Roth reported that Brooks has discontinued the red uniforms we have been using. Sometime next week Brooks will be giving the club samples of the colors and styles available.

Other Business: The Pennsylvania Avenue Mile is not on for this year. The Club will pursue this race next year. The Club will be putting on a series of workshops during the winter. Suggested topics are: Weight Training (Dan Rincon); Food Sensitivity and Diet (Dr. Jaffe); Massage Techniques (Certified Masseuse). The workshops will cost \$5.00 and will be approximately 3 hours each. A concerned member asked that the meeting day be changed to a night other than Friday. Member comments are invited.

Gerry Ives—Secretary

NEW MEMBERS

Jill McDonough, 228 S. Carolina Ave., S.E. Jill has a 10K p.r. of 48:52.

John Shimonsky, 5625 Regency Park, #13, Suitland, Md. 735-4485. John recently returned from duty in Germany where he ran a 30:29 10K on the track in Berlin.

Tom Blumer, 2259 Wheelwright Ct., Reston, Va. 703-476-6717. Tom has a 10K p.r. of 29:29 and a 2:19 marathon.

John Broderick, 7330 Morrison Dr., Greenbelt, Md. 441-9247. John ran a 58:55 in the 1985 Cherry Blossom 10-miler, not bad for a sixteen-year-old!

CLUB NOTES

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

Georgetown Athletic Club, on M Street near Wisconsin in the heart of Georgetown (333-1505). Discount of 10% 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. □

Bikes Plus, 308 Compton Ave., Laurel, Md. 20707 (776-9494). Triathlon and running gear. Discount of 15% on all non-sale items. Ask for George Whetzel.

GROUP RUNS

Day/Time	Location	Pace	Contact
Tues. 6:30 pm	Fairfax Running Ctr.	10M @ 6-9 min.	Paul Jessey 549-7688
Sun am (varies)	Royal Mile Pub, Price Ave., Wheaton	Varies	Ray Morrison 946-4511
Sun 7:30 am	Carderock, Md., Picnic Area	10-20M @ 6-8:30 min.	Pat Neary 455-0575
Sat 7:30 a.m.	Lake Accotink, Springfield, Va.	10K @ 5:30-8:30 min.	Rusty Donahue 455-4190
Sat 6:15 am	Saratoga Shopping Ctr., Springfield, Va.	10-16M @ 6:30-7:00	Pat Neary 455-0575
Sat 8:00 am	TJ Community Ctr., Arlington	5M @ 6-10 min.	J.J. Wind 920-5193

Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4861 or evenings h] 345-9342.