

Washington Running Club ★ Newsletter

Volume 5, Number 1

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January 1986

The JANUARY meeting of WRC will be held on Friday, JANUARY 10, 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.

This will be a covered dish meeting, so we're looking forward to your leftover haggis, Christmas pudding, and any other delights you care to contribute. A microwave oven is available in the penthouse. The Club will spring for a case of beer, as usual, to get things started. *Club Officers for 1986 will be elected at this meeting. Please try to attend.*

Don't forget to send in your 1986 Membership Dues

WRC ANNUAL BANQUET/PARTY SCHEDULED FOR JANUARY 25

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.*)

WINTER WORKSHOP SERIES SLATED FOR WRC MEMBERS

A series of three workshops on massage, nutrition, and weight training are planned to keep WRC members busy during the winter months. The workshops were announced at the December meeting by outgoing WRC president Alan Roth.

The first workshop, presented by masseur Kevin Andreae will take place Jan. 12 from noon to 3 p.m. at the Potomac MyoTherapy Institute, Suite LL-1, 7826 Eastern Ave., N.W. Cost is \$5.00 per person and attendance is limited to WRC members. Andreae is one of the best known and most respected masseurs in the D.C. area, and is founder and director of the Potomac MyoTherapy Institute.

The second workshop, scheduled for Jan. 26 will be presented by Dr. Russell M. Jaffe, an award winning nutrition researcher and president of ACT Technologies Corporation of Vienna, Va. A number of WRC members who attended Dr. Jaffe's lecture on "Exercise Limits and Performance Peaking" in May, 1985 were greatly impressed by his deep knowledge and understanding of the biochemistry of the endurance athlete.

The topic for Dr. Jaffe's workshop, scheduled for the American Red Cross Auditorium, 2025 E St., N.W. from noon to 3 p.m., is "Biochemistry of the Endurance Athlete: Guidelines for Optimizing Performance." Cost is \$5.00 and this workshop is open to the general public.

The final workshop session, tentatively scheduled for Feb. 9, will feature a bulked up Dan Rincon discussing the principles and mechanics of weight training for runners. This workshop will be held at the University of Maryland's track team exercise room. Dan will demonstrate proper exercise routines and techniques using both Nautilus and free weights (dumbbells and barbells, you ectomorphs). This work is open to WRC members and their guests at a cost of \$5.00.

COURSE RECORDS FALL AS 1,100 RUN ALEXANDRIA TURKEY TROT 5-MILER

by Will Woodbine

Official race starter Al Naylor had to use his commanding presence, a bullhorn, and threats of bodily harm to force an unruly mob of runners behind the starting line at the Alexandria Turkey Trot, held as usual at 10:15 on Thanksgiving morning. This reporter noticed several WRC members ('Count' Baker, Mark Baldino, Tem Washington, Gerry Ives, and John Potter) attempting to get an early lead in the race by starting several feet in front of 'Naylor's line.'

Two New Course Records

Steve Pinard won the race in 23:13, breaking Bruce Coldsmith's course record by 45 seconds. Steve has been clocking some great times this year and it would have been interesting to see him go head-to-head with Bruce. Unfortunately, Bruce had a race commitment

for Saturday and ran the course in an easy (for him!) 28:45. WRC's top finisher, Ray Velez, ran 25:29; good enough for fifth place.

Susanne Augustauskas charged through the five-miler with a new course record of 28:38, after taking the lead at the one-mile mark. Sue won the Annandale Bunion Derby 10K last July 16 with the mercury in the 90s and demonstrated that she can run just as well when the temperature is in the 40s. Barbara Frech of NOVA showed the results of her hard work on the track this summer by posting a pr of 29:19. Barbara ran 40 yards behind Sue for most of the race, but lost ground in the last mile when Sue responded to the cheers of the spectators by putting on a strong finishing surge.

'Count' Baker, wearing a new cape designed by the famous French designer Merci Donnant, ran a pr of 25:50. The Count has been rather lax with his speed work over the past few weeks, but when he saw that there was a chance that his new cape would be stepped on by one of the unruly mob he had no choice but to open up a gap between 'himself' and the proletariat.

Partial Results: 1. Steve Pinard, 23:13 (new course record); 5. Ray Velez (WRC), 25:29; 8. Dennis 'Count' Baker (WRC), 25:50 (pr); Tem Washington (WRC), 27:50; Mark Baldino (WRC), 28:20; John Potter (WRC), 28:21; Dick Spencer (WRC), 28:32; Sue Augustauskas, 28:38 (1st woman, new course record); Keith Higgs (WRC), 28:45; Bruce Coldsmith (WRC), 28:45; Barbara Frech (NOVA), 29:19 (2nd woman); Gerry Ives (WRC), 29:22; Julie George, 30:50; George Cushmac (WRC), 31:12; Tim Bevins (NOVA), 32:45; Jeff Reed (WRC), 34:00; Pete/Val/Trevor Nye (WRC), 36:36; John Betts (WRC), 38:15; Candace Velez (WRC), 39:37; Pat/Patrick Neary (WRC), 42:50.

Washington Running Club

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CLUB OFFICERS

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Vice President: Pat Neary (455-0575)
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Treasurer: Jeff Reed (836-7284)

Newsletter Editor: John Walsh (acting)

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JEFF SMITH LEADS WRC TEAM TO VICTORY IN BALTO. MARATHON; SHAFER RETIRES

Special to WRC Newsletter by Bob Trost

When Roberto Rodriguez was trying to organize a team for the Baltimore Marathon he received replies of "maybe's" from Jeff Smith of Cumberland, Md. and Bill Larsen of Arlington, Va.; a definite "yes" from Mark Doles and a definite "no" from defending Baltimore Marathon champ Dave Shafer. Shafer, who was the winner of last year's edition of the race in 2:20:08, told Roberto that he was retiring from running. When asked if the retirement was permanent Shafer replied: "Yes, my competitive days are over for good. I've accomplished all I can from running and it's time to move on to something else." We all wish you well Dave.

With Shafer out and Larsen also pulling out a few days before the race, our team title hopes looked dim. In fact, the only two confirmed WRC runners were Mark Doles and Roberto, and it takes three to score. As I was wishing the runners good luck at the starting line I noticed the familiar club uniform on John Myers. "Are you running the whole race?" I asked. John said yes, so I rushed to the team desk and added his name to the list. We had at least three runners, and if Jeff Smith ran, we would have four. WRC was in the hunt for the team title!

This story has a happy ending. Thirty-year-old Jeff Smith finished 4th in 2:23:32 and led the WRC contingent of John Myers (2:42:42), Roberto Rodriguez (2:42:56) and Mark Doles (2:47:06), to the team title. Congratulations all!

As things turned out we might have done even better. Twenty-five year old Rusty Moore, also a WRC member, made his marathon debut this day and turned in an outstanding 2:40:00 rookie performance.

Overall individual race honors and the accompanying \$2,500 first place prize were won by Szmít Zdzislaw, a 28-year-old runner from Poland in a time of 2:17:47. Steve Benson of Boulder, Colo. was 2nd in 2:19:53 and 40-year-old Marczak Ryuszard, also from Poland, was third in 2:22:58. Tom Fleming, who was leading at the 21.3-mile mark, suffered from leg cramps and finished fifth in 2:23:33.

The woman's race was won by Nancy Kelly of Scarsdale, N.Y. in a time of 2:53:51. Kelly also collected a \$2,500 purse for her efforts. Second place went to Lena Hollman in 2:56:19 and third to Cindy Barber in 2:59:26. Defending champ Pat Milleson finished a disappointing fourth in 3:00:04.

Forty-seven-year-old Ron Hill, who won this race in 1974, improved on his time from last year and finished 11th with a respectable 2:29:35. Although this was Hill's 20th marathon of the year and 103rd lifetime, he has never won a penny of prize money. He was shooting for the \$100 prize money in the masters' division, but again he came up empty. Third place finisher Marczak Ryuszard, who turned 40 six days before the race, won the master's division. Forty-three-year-old Cindy Dalrymple of Arlington, Va., won the women's masters' title and the \$100 prize by finishing eighth among the women with a time of 3:11:53.

In the accompanying Tame 10K race, which is anything but tame, Irishman Brendan Downey beat out Greg Orman to win the \$500 first place prize with a time of 29:31. A member of the Irish Army racing team, Downey bettered the course record of 30:15 set last year by WRC's Jim Hage. Jeff Scuffins of WRC was third with a superb 29:46 effort.

Karen McQuilken, 26, of Indianapolis, won the women's division in 34:39, 10 seconds shy of the course record set by Suzanne Girard of D.C. last year. McQuilken also collected \$500 for her efforts. WRC's Karin Wagner was second, with a time of 34:55, followed by clubmate Maria Pazarentzos in 35:17.

All in all this was one of the best organized races I have ever attended. Everything from race packet pickup to awards ceremony went smoothly. My hat is off to Les Kinion and his entire crew for a job well done!

Partial Results (Marathon): Men—1. Szmit Zdzislaw, 2:17:47; 2. Steve Benson, 2:19:53; 3. Marczak Ryuszard, 2:22:58; 4. Jeff Smith (WRC), 2:23:32; 5. Tom Fleming, 2:23:33; 8. Harry Goodman, 2:27:31; 11. Ron Hill, 2:29:35; 17. John Ausherman, 2:32:52; 19. Charles Trayer, 2:34:09; 25. Larry Frederick, 2:39:25; 26. Rusty Moore (WRC), 2:40:00; 32. John Myers (WRC), 2:42:42; 33. Roberto Rodriguez (WRC), 2:42:56; 42. Mark Doles (WRC), 2:47:06; 50. Dick Hipp (GNATS), 2:53:24; 70. Tom Hardcastle (WRC), 2:58:57; 76. O.T. Williamson (D.C. Harriers), 3:00:55; 99. Scott Bishop (PVSTC), 3:06:56; 445. Larry Tabachnick, 4:07:17; 507; Keith Padgett (RC²), 4:25:43.

Partial Results (Tame 10K) Men—1. Brendan Downey, 29:31; 2. Greg Orman, 29:31; 3. Jeff Scuffins (WRC), 29:46; 6. John Rogers, 30:21; 7. Craig Holm, 30:26; 8. John Doub (WRC), 30:36; 13. Jim Hage (WRC), 31:40; 15. Steve Giorgis (Adidas), 31:59; 19. George Keim (former WRC), 32:18 (1st master); 29. Tony Grier, 33:22; 32. Scott Paris (Slickee Boys), 33:28; 46. Eammon McEvelly (NOVA), 34:18 (4th master); 60. Bill Morris (NOVA), 35:19; 62. Ben Hysen, 35:22 (3rd 50-59); 64. Bob Trost (WRC), 35:24; 68. Henry Danver (GNATS), 35:31; 69. Chuck Desenberg (WRC), 35:32; 100. John Kennedy (NOVA), 37:31; 114. Steve Rosasco, 38:21; Dixon Hemphill, 40:20 (1st 60-69).

Women: 1. Karen McQuilken, 34:39; 2. Karin Wagner (WRC), 34:55; 3. Maria Pazarentzos (WRC), 35:17; 4. Marla Daniel, 35:18; 6. Jeanie Libutti (WRC), 36:10; 8. Marge Rosasco, 36:39; 9. Marianne Dickerson, 36:50; 12. Martha Orem (WRC), 37:05; 13. Kare Holm, 37:24; 14. Barbara Frech (NOVA), 37:26; 15. Mary Ellen Williams (WRC), 37:44; Kathy Merkel (NOVA), 39:13; Joan Sarles-Lee (NOVA), 42:35.

McGARRY RUNS THROUGH ENTIRE FIELD IN DCRRRC HALF MARATHON AT BELLE HAVEN

by Will Woodbine

We know Kevin McGarry is fast, but this is ridiculous! Kevin showed up 5 minutes and 40 seconds late at the Belle Haven half-marathon on December 14. Undaunted, Kevin took off in hot pursuit of the entire field.

With four miles to go Bob Trost figured he had 10th

place (and a mention in the *Washington Post*) in the bag:

*when all of a sudden what did he hear,
but Kevin McGarry coming up from the rear.
Past Kramer and Roeber and Balkam and Buhl
all wondered what this guy was using for fuel.
Bartram, Lampazzi, Rodriguez and Beach
all quickly became within Kevin's reach.
Soon all that remained between him and his
bounty
was doughty McGrail of Arlington County.
A rousing last mile did poor old John in
McGarry had registered another win.*

(apologies to all legitimate poets—Will)

Results: Men—1. Kevin McGarry (WRC), 1:13:32 (1:07:52 elapsed time); 2. John McGrail, 1:13:36; 3. Ben Beach (Harriers), 1:13:45; 4. Roberto Rodriguez (WRC), 1:15:03; 5. Fred Lampazzi, 1:17:14; 6. Scott Bartram, 1:17:30; 7. Al Buhl, 1:18:46; 8. Cliff Balkam, 1:19:03; 9. Jeff Kramer (WRC), 1:19:46; 10. Dave Roeber, 1:19:58; 11. Bob Trost (WRC), 1:20:41; Pat Carr (WRC), 1:21:30; Mark Grunner, 83:30.

Women—1. Louise Kandra, 1:31:51; 2. Jennifer Westfall (RC²), 1:32:03; 3. Beck Bosley, 1:37:32; 4. Joan Sarles-Lee (NOVA), 1:38:38; 5. Lynda Durfee (PVSTC), 1:38:58.

COLD AND WINDY CHRISTMAS CAPER ATTRACTS HARDBITTEN (FROSTBITTEN?) RUNNING GROUP

by Will Woodbine

If you wanted to stay warm, Hains Point was the last place to be on Saturday morning, December 14.

Apparently over 100 local runners weren't concerned with the frigid conditions since at least that number showed up to participate in the Christmas Caper 5K and 10K. However, there were several defections from the 10K to the 5K that could be attributed to the weather.

NOVA's Barbara Frech gave a gutsy performance to win the women's 10K title with a 37:32. This was only 14 seconds off of her performance in the Jingle Bells 10K the previous week—a race that was run under almost ideal conditions. Ruth Joyner, formerly of WRC and now running for NOVA, gave the northern Virginia club the victory in the women's division of the 5K race.

WRC's Wayne Allen and Darryl Stewart turned up to run the 5K and 10K, respectively. They came directly from running the Sri Chinmoy 2-miler where they hoped to give fellow club member Craig Voise a challenge. However, their plans went astray when they lingered a little too long in the warmth of the car and missed the start. Both crossed the starting line 1 minute and 15 seconds after the gun went off, Darryl finished in 11:41 (10:26) and Wayne in 11:54 (10:39), and, as usual, Craig Voise won the race. Both re-deemed themselves at Hains Point, with Darryl taking 2nd place (1st WRC finisher) in the 10K and Wayne finishing 4th in the 5K, three seconds behind 3rd place finisher 'Count' Baker.

Results: 5K—(Men) 1. Kevin Sullivan, 16:09; 2. Bob

Oberti, 16:18; 3. Dennis Baker (WRC), 16:26; 4. Wayne Allen (WRC), 16:29. (Women) 1. Ruth Joyner (NOVA), 19:05; 2. Suzanne Puryear, 19:41; Kathie Friedley (WRC), 21:24.

10K—(Men) 1. Rob Longstaff, 33:02; 2. Darryl Stewart (WRC), 33:29; Jack Bickley (GNATS), 34:53 (1st master); Gerry Ives (WRC), 37:25; Pat Neary (WRC), 39:55; John Betts (WRC), 51:15. (Women) 1. Barbara Frech (NOVA), 37:32; 2. Margaret Auerbeck, 38:30.

DENNIS JETT WINS 30K MASTERS' DIVISION IN CORAL SPRINGS, FLA.; RACE DRAWS BLANKS

Special to WRC Newsletter by Bob Trost

When Betty Blank and I left D.C. on Friday, Nov. 22, it was 39°F and rainy. On race day the 24th in Coral Springs, Fla., it was 79°F with 99% relative humidity. Not bad conditions if you want to lounge by the pool sipping strawberry daiquiris all day; miserable conditions if you plan on running a 30K race at 7:30 a.m. While WRC members Betty Blank, Dennis Jett and I had the former option in mind for the afternoon, we first had to survive the latter. Dennis, who is with the State Department and has been temporarily assigned to Florida since June, was up to the task. He ran a conservative race and won the masters' title outright and was 10th overall with a fine 1:55:33. I went through 15K in 60:32 and held on to finish in a steady 2:00:52, good enough for 31st overall. Betty was second in her age group and 10th woman overall with a 2:18:50. Betty's twin sister Barbara was 20th woman in 2:28:48.

Winner of the men's race was former University of Florida track standout Mark Sheehan. The 23-year-old U. of South Florida track coach, who recently dropped out of a marathon at Lima, Peru, broke Larry Green's year-old course record with an excellent time of 1:38:03. The closest competitor to Sheehan was Julio Valdez in 1:48:06. Jim Hill (D.C. and U. Oregon's Jim Hill?) was third in 1:48:11.

Three time Coral Spring's champion and 1984 Olympic trials qualifier Jane Millspaugh was the first woman. The 37-year-old toured the flat course in 2:06:20. Second place went to Sherry Morin in 2:09:22 and third to 17-year-old Danielle Heath in 2:13:13. Bonnie Feaster won the women's master's title in 2:26:53.

IRA PESSERILO WRITES FROM CALIFORNIA; WRC'S 'PERRY MASON' WINS SECOND JURY TRIAL

Words cannot express my gratitude for all you guys did for me a couple of months ago.

Forgive me for not getting back to everyone sooner, but I was preoccupied with a jury trial (my second trial, and my first superior court trial; by the way, I won 12-0)

Let me especially thank Pat and Nella Neary for all the trouble they went through to put on that party on Saturday night, and to Gerry Ives who, along with Pat, formed the "search party" for me at the 5-mile mark of the NSO 10K.

Also, let me congratulate Barbara Miller, for get-

ting her righteous revenge on me for beating her at the '84 Eddie Barron's; *Mazel Tov*, Barbara! Also, let me say once more, I love Bernie Flynn's new hairdo! I also love Tom Lohrentz new car.

I am pleased to report to all in general (and my coach, Dan Rincon) that I am running regularly again, and hope, in a few months to have a more human size and shape, so that the next time I'm back, Barbara Miller, you'll get a panoramic view of my rear-end at a race! And now that we're on the subject of rear-ends, next month WILL ALBERS is coming to California to pay a visit! I'll write it all up in graphic detail in a new, special editions, of "Running on Empty" so you can all hear about it (especially Laura; I'll try to keep Will from misbehaving, but who's going to keep me from misbehaving?) Oh, finally let me thank my wife, Lisa Hamm, for not chasing me for alimony!

Once again, thanks to all, and to all ... toodleooooooooo!

Ira

ROCHESTER, NEW YORK: CITY OF CHAMPIONS

by Jeff Wice

While third-place New York Marathon finisher Pat Peterson wandered away from the finish line to look for friends and family not realizing that he was supposed to stick around for accolades and congratulations, the rest of us hustled ourselves away with our bags of food, blankets, and medals hung around our necks. Armed with my new marathon PR of 3:21:32, I had recently-acquired blisters repaired, found my wife, and walked back to our hotel — twenty blocks away.

Despite the modesty of my performance, I found myself the very next day, honored at a press conference in Rochester, New York with Orlando Pizzolato, the now two-time winner of the New York event.

I had left New York City early that Monday morning following the marathon to meet business colleagues in the upstate area. My meetings were completed earlier than anticipated and I was left to spend two hours awaiting my return flight home to Washington. After comparing marathon notes with a friend over the telephone, I was approached by a public relations representative from the Champion Sportswear Company who had overheard my conversation. He told me the Pizzolato was about to land at the airport and invited me come over and await his arrival with other company representatives and local officials.

Champion, I remembered, is headquartered in Rochester and is also Pizzolato's primary commercial sponsor. (We all remember the 1984 New York victory in the heat and humidity with the Champion logo scripted across his singlet.)

While awaiting the commercial flight that was bringing the New York winner — he apparently was flying on Empire Air which routes virtually all flights through Syracuse regardless of where you are traveling — I chatted about marathoning with the assembled group. Included were Monroe County Executive

Lou Morin, leaders of the local Italian community, and Champion executives. With some success I took it upon myself to allay their prejudice that all marathon runners are crazy. Displaying my marathon paraphernalia for them, however, failed to convince anyone that my thermal plastic blanket, bib number, and medal were worth the marathon effort. Showing of my memorabilia also served to insure that they believed I was a legitimate marathoner. After all, how many lawyers walking around the Rochester airport on a Monday afternoon had run 26.2 miles the previous day.

Finally the moment came when Pizzolato arrived in the terminal. Television cameras, reporters, local officials, and travellers all jockeyed for a glimpse of the day's hero. In the middle of all the commotion, the Champion people quickly decided that I would be feted along with Pizzolato. I was placed next to Orlando and was dutifully introduced as one of New York State's own marathoners. I had, after all, finished in the top fifth of the field. Of course, I told the assembled media, I was right behind Orlando the entire marathon distance. Even if my observation of his progress was limited to watching the MacDonald's and Fuji Film blimps overhead as they followed the leaders. Fortunately, I was discreet enough not to mention the Fuji airship since Rochester is also the headquarters of Eastman Kodak.

Pizzolato was presented with a medal from Monroe County and a bottle of New York State wine. To my delight (and to keep the cameras busy), I was also presented with a bottle of wine and awarded a round of polite applause. Orlando then politely answered every reporter's question about how he'll do in every marathon from now until well into the 21st century. As if any of us even know how we'll do in our next race.

Finally the press conference-cum-reception was over and Pizzolato was whisked off by several local Italian-speaking businessmen. I boarded my flight back home satisfied with having basked in the reflected glory of a marathon victor.

Not bad for a day's run.

ONLY THE RACES CHANGE AS MCGARRY WINS AGAIN

by Newsletter Editor J. M. Walsh

It might as well have been springtime at West Potomac Park Dec. 7 when the Jingle Bells 10K race took off because just as occurred early in the year (throughout the year in fact) Converse-WRC runner Kevin McGarry was again at the front of the pack. Although McGarry had company through the first four miles this day in the person of Tim Colas the end result was the same as we have come to expect. McGarry was just too tough for the competition and with a very classy 4:47 final mile pulled away to a 30:49 first place finish. Colas was none too shabby himself, finishing in 31:02 while John Wessel was third in 31:55.

The women's race was won by Washington area newcomer Marianne Dickerson who used a strong

opening mile to distance herself from the competition and then held on to best fast-closing WRCer Martha Orem with a 36:02 victory. Ms. Orem's strong 36:18 might have been even faster but for the the indoor 1500 (4:47) she had run the previous evening at George Mason University. Placing third among the women was WRCer Jeanie Libutti (36:39).

WRC master runner Gerry Ives showed up this morning with a complete entourage to assist in his attempt at yet another 1985 PR. Along with a pacesetter Ives had with him 'Count' Baker's personal dresser whose inexperience in dealing with commoners was apparent. The dresser, accustomed to dealing with the Count's capes, was so confused by the running tights Ives wanted to wear this chilly morning, that just minutes before the start he was still trying to get his feet through the stirrups properly.

Whether it was the confusion caused by the dresser's incompetence or the heavy racing schedule that had produced new PRs at virtually every distance this year Ives came up seven seconds short of his best time ever, finishing in 36:25.

Another notable performance was that of NOVA's running Merkle family. Husband Jerry put in a 33:32, good enough for 3rd place in the 30-39 age group and a pair of Capitals hockey tickets. Not bad, but not as remarkable as his better half Kathy Ventura-Merkle's 39:22. Kathy is back racing less than six months after the birth of their second son.

Keith Higgs (WRC) capped his fall campaign with a 54 minute plus finish. More than twenty minutes off his PR. Higgs claimed to have been detoured along the race route. (What was her name, Keith?).

Partial Results: Men—1. Kevin McGarry (WRC-Converse), 30:49; 2. Tim Colas, 31:02; 3. John Wessel, 31:55; Bob Oberti, 32:02 (1st 30-39); Dave Taylor, 32:06; Dan Cullen, 32:09 (1st 20-29); Jim O'Keefe, 32:29; Tim O'Rourke, 32:50; Jerry Merkle (NOVA), 33:32; John Potter (WRC), 35:25; Gerry 'Inkspot' Ives (WRC-Woodbines), 36:25; Tom Kurihara (PVSTC), 37:01.

Women—1. Marianne Dickerson, 36:02; 2. Martha Orem (WRC), 36:18; 3. Jeanie Libutti (WRC), 36:39; 4. Barbara Frech (NOVA), 37:11; Kathy Ventura-Merkle (NOVA), 39:22; Donna Elliott, 39:25.

MCGARRY WINS GLEN ECHO BREAD RUN IN A "CAKE" WALK; ELLIOT WINS WOMEN'S TITLE

Special to WRC Newsletter by Bob Trost

This past summer Kevin McGarry of WRC showed up at a DCRRC Bunion Derby race and demonstrated that his training pace is faster than most of us race. At the Annandale 10K on July 16, Kevin bested the field by two minutes with a 32:02 "workout," despite having run a 15K race in Utica, N.Y., two days earlier. He repeated his summer performance at the DCRRC Bread Run 10K on Sunday, December 9, when he topped the field by over a minute with a 31:01, despite having won the Jingle Bells 10K on the previous day in 30:49. Second place went to Jim Eastman with a time of 32:05 and third place to John McGrail in 32:45. WRC's Roberto Rodriguez, still sore from the Baltimore Marathon run six days earlier, was fourth in

33:34. Donna Elliot replicated the time she had run in the previous day's Jingle Bell race and won the women's division of the Bread Run in 39:25. WRC's Betty Blank was second in 40:58.

The weather for the race was ideal as Washington enjoyed an Indian Summer day with temperatures in the high 50s and sunny blue skies. I enjoyed this race more than any of the other DCRRC events I've run this year. Not only did the weather cooperate, but as usual Delabian and Bob Thurston put on a fine show as race directors. The course was accurately marked (in kilometers of course) and a post race brunch of bread, cheese, honey, cake, coffee, hot chocolate and apple cider was supplied by Delabian, Bob and the DCRRC. Also, almost everyone who stayed around for the awards ceremony "won" a loaf of home-made bread as a prize. All for the whopping price of \$.50 for DCRRC members! If anyone knows of a better deal in the running community, take it. This is one race that is hard to beat for the price. Put it on your "must" calendar for next year.

Results: Men—1. Kevin McGarry (WRC), 31:01; 2. Jim Eastman, 32:05; 3. John McGrail, 32:45; 4. Roberto Rodriguez (WRC), 33:34; 5. Bruce Robinson (former WRC), 34:36; 7. Keith Higgs (WRC), 34:48; 9. Pat Carr (WRC), 34:56; 13. Bob Trost (WRC), 35:45; 15. John Broderick (WRC), 36:08; Vassili Triantos (WRC), 37+ (fell during race); Chan Robbins (GNATS), 37:36.

Women—1. Donna Elliot, 39:25; 2. Betty Blank (WRC), 40:58; 5. Jennifer Westfall (RC²), 41:29; Bernie Flynn (WRC), 49:51.

WHIRLED-WIDE WRC WANDERINGS

Race volunteers clearly help the club. WRC treasurer Jeff Reed reported at the December meeting that we had received a check for \$1200 as a result of our efforts at the Georgetown 10K. When you take account (no pun intended) of the fact our treasury amounts to only around \$4100 you can see that a large measure of our resources come from the members efforts. And that reminds us that membership renewals have been mailed to all 1985 members. Get yours back as soon as possible. It would be awful to miss any issues of the newsletter. Wouldn't it?

Plans for a WRC coordinated Pennsylvania Avenue Mile are moving along. The first weekend in May is the tentative date and a letter has gone out to businesses along America's Main street seeking sponsorship funds. Apparently the idea of the race, which would run from the foot of Capitol Hill to Western Plaza, has captured the fancy of the Pennsylvania Avenue Development Corporation. If any members believe than can be of assistance in securing sponsorship or in planning aspects call WRC prez Alan Roth.

Club member Jim Scarborough is putting together the Franklin Park Five Miler in Arlington on January 11. He needs all the help he can get. But if you don't want to work go run. Volunteers can call Jim at home in the evenings. (536-7764).

Among club officers only Secretary Gerry 'Inkspot' Ives agreed to renomination at the Dec. meeting. Alan Roth, Pat Neary, and Jeff 'Rosebush' Reed are all

stepping down at the end of their current terms. Alan will continue to work on the winter workshops and the Pa. Ave. Mile and Pat hopes to remain chairman of the Competition Committee. Jeff promises to remain a thorn in everyone's side.

Nominees for 1986 office are listed in the club meeting minutes elsewhere in the newsletter. Additional rascals may be nominated at the Jan. meeting when the elections will also be held.

Reliable sources tell us that Dave Shafer has retired from competition. We will all miss this truly fine athlete, winner of the 1984 Maryland Marathon and the reigning Bethesda Chase champion, but on the other hand most of us can now count on moving up one slot in any races we run.

The Washington area is home to a national cross-country champion. McLean's Erin Keogh travelled to San Diego early in December for the Kinney national high school championships.

Former WRC member Marty Smith, who had some pretty good races in D.C. in the 1970s, is now cross-country coach at the University of Wisconsin at Madison. Marty coached the Wisconsin men's team to an NCAA Championship this year. In 1982 Marty coached the U.Va. women's team to an NCAA Championship. His latest coaching success makes him the only coach to have coached both men and women cross-country teams to NCAA championships. Congratulations Marty!

MINUTES OF THE WASHINGTON RUNNING CLUB MONTHLY MEETING, HELD DECEMBER 6

The meeting was called to order by WRC President Alan Roth. Roth called on the various committee chairmen for their reports:

Finance: Treasurer Jeff Reed reported a balance of \$4,894.02 in the Club treasury. The balance includes \$1,200 earned by the Club from the Georgetown 10K.

Newsletter: Newsletter Editor John Walsh reported that more members are sending in stories, and expressed hope that this trend would continue.

Competition: Committee chairman Pat Neary notified the meeting that the committee would be drawing up a 1986 race schedule at a meeting at his house during the first week in January. There were 12 races on the schedule in 1985. Pat asked members interested on serving on the committee to contact him. Montgomery County Road Runners is trying to get together a 24-hour relay team from local clubs to break the world record for Open Women and Masters Men. Contact Pat if you're interested. No decision has been made on new Club uniforms.

Social: Chairwoman Bobbie Bleistift reported that all arrangements had been made for the Club banquet and that details had appeared in the December Newsletter.

Membership: Chairman Dennis Baker reported that 25% of members had sent in their 1986 dues. He urged members to fill out the information on race times. This will help our Competition Committee select the best possible teams.

President's Report: President Alan Roth said that the Pennsylvania Avenue Mile is still on. The Pennsyl-

vania Avenue Development Corporation needs a letter outlining our plans for the race. Roth will coordinate this. A series of three seminars for Club members has been set up for January and February. They will cover: Diet; Massage Techniques; and Weight Training. (See article in this month's Newsletter).

New Business: Dan Rincon requested funds for his high school X-country team to attend the TAC National Cross Country Championship. Rincon said one team member had already joined WRC and that all team members ran wearing the WRC patch and all runners are from the Washington area. Team members have helped at Club races during the past year. A motion was made that no money should be paid to the X-country team. This motion was defeated 12-6. Another motion was made to grant them \$150. This motion was passed 14-7. A motion was made that the Club establish a developmental fund for high school runners. This motion was tabled for executive committee decision.

Nominations for 1986 Officers: President Alan Roth, Vice-President Pat Neary, and Treasurer Jeff Reed announced their decisions not to seek office in 1986. Nominated were: for President, Jack Coffee (nom. Rincon, sec. Walsh), no other nominations; for Vice-President, Dan Rincon (nom. Walsh, sec. Coffee), no other nominations; for Secretary, Gerry Ives (nom. Walsh, sec. Reed), no other nominations; for Treasurer, Pat Carr (nom. Reed, sec. Rainville-Coffee), no other nominations. Members were reminded that nominations can be made from the floor before voting at the next Club meeting.

Gerry Ives—Secretary

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.



**WASHINGTON RUNNING CLUB
1986 MEMBERSHIP APPLICATION**

\$15 Individual Membership

\$20 Family Membership

Name _____ Date of Birth _____

Address _____

Phone h] _____ w] _____ Is This a Renewal Membership? (yes) _____ (no) _____

It would be helpful if you could fill out the information below to enable us to put together teams.

Best Times in 1985

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PRs

10K _____ 10 Miles _____ Marathon _____ Other _____

FAMILY MEMBERS

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Make check payable to WASHINGTON RUNNING CLUB and send to:

Gerry Ives, 4435 MacArthur Blvd., N.W., Washington, DC 20007.

If you require further information call Dennis Baker: h] 966-9355.