

Washington Running Club ★ Newsletter

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February 1986

The FEBRUARY meeting of WRC will be held on Friday, FEBRUARY 7, 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 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.

Last chance to pay your 1986 Membership Dues so you won't miss what we're going to say about you in next month's Newsletter

RAIL TO TRAIL CONVERSION TOPIC FOR BICYCLIST ASSOCIATION MEETING

A meeting to discuss alternative uses for the B&O Railroad's Georgetown Spur right of way is scheduled for Feb. 25 at 7:30 p.m. in the Chevy Chase Library, 8005 Conn. Ave., Bethesda, Md.

The Georgetown Spur runs from the PEPCO generating station, near the mouth of Rock Creek, to Bethesda, paralleling the C&O Canal before passing through Northwest Washington and close-in Montgomery County.

The railroad is abandoning the spur because alternatives have been adopted for bringing coal to the generating station. Developers and advocates of recreational use have begun sparring over the future of the right of way.

The Washington Area Bicyclists Association, sponsor of the Feb. 25 meeting, believes the 11 mile long spur should be converted to a trail suitable for cycling and foot travel. Developers are particularly interested in that part of the right of way that passes directly through downtown Bethesda.

The Feb. 25 meeting will feature a presentation on the conversion of the W&OD right of way in Northern Virginia, including a slide show, and plans for the conversion of the Georgetown Spur.

HANGOVER CLASSIC GREET'S THE NEW YEAR; BUT DON'T THANK THE U.S. PARK SERVICE

by Will Woodbine

It was a close call, but the Hangover Classic made it into another year. The race has been run from West Potomac Park and around Hains Point for the past eight years at noon on New Year's Day. This year the

Park Service decided that the race could only be accommodated on the traditional course if it started at 8:00 a.m. Come on guys! Eight o'clock, the morning after New Year's Eve! Maybe we should rename the agency the National Park Sadists.

Thanks to some fancy footwork by the PVSTC race organizers, a cooperative D.C. Police Department, and Bob Thurston's imaginative course, the 2,500 running revelers were not disappointed. The start time was delayed half an hour to 12:30 p.m. (30 more minutes in bed), and the distance was reduced from 10K to 8K, but what the heck, a good time was had by all.

The costumes ranged from the sleek new racing togs that Santa delivered, to the nun's and monk's outfits worn by a couple calling themselves the Bad Habit R.C. (give me a break!), a Hawaiian dancer in a grass skirt (obviously in training for the Honolulu Marathon), several gents in tuxedos, another classier bloke in tails, and a lady who looked as if she'd just got off of work on 14th Street.

WRC's racing centipede, consisting of Pat Neary, Bruce Coldsmith, Dan Rincon, Pattie McGovern, Keith Higgs, Al Naylor, Lloyd Shrager, Pam Briscoe, Craig Voise, George Uhl, and Jesse Garves, scuttled through the 8K in 32:40.

Mary Ellen Williams started off the year well, for herself and the Club, by finishing 1st place woman in 29:31. Mary Ellen led almost from the start and steadily increased her lead on the 2nd place woman finisher. Way to go Mary Ellen! WRC's Holly Vaughn also gave it a good shot, despite celebrating until the wee hours of the morning. Holly turned in a 31:33, good enough for 3rd place woman. Rounding out the WRC women official finishers in the top ten was Nancy Reed who finished in 5th place with a time of 32:23. Val Nye would also have made the top ten, but turned up a little too late to register and ran as a bandit.

In the open men's division, Darryl Stewart was the sole WRC runner cracking the top ten. Darryl crossed the finish line with a time of 25:41 after battling it out with Esayas Asefaw (25:38) and Tim O'Rourke (25:39) over the last mile.

John Potter, WRC's only Cornishman, logged a 28:47 and took second place in a hard fought master's contest that saw the top three runners finishing within 3 seconds of each other. John took home his Cham-

Submissions for the *WRC Newsletter*, as well as diatribes against the editor should be mailed to John Walsh, 2829 28th St. N.W., #12, Washington, DC 20008.

pagne prize and drank it with his traditional Cornish pasty lunch.

Results: 1. John O'Neil, 23:16; 2. Mark Patterson, 23:58; 3. Tim Springfield, 24:23; 4. Bill Stone, 24:26; 5. Tim Colas, 24:42; 6. Rick Ventura, 24:49; 7. Jeff Peterson, 25:17; 8. Esayas Asefaw, 25:38; 9. Tim O'Rourke, 25:39; 10. Darryl Stewart (WRC), 25:41; John McGrail, 25:57; Jerry Merkel (NOVA), 27:27; Peter Nye (WRC), 27:30; John Potter (WRC), 28:47 (2nd master); Mary Ellen Williams (WRC), 29:31 (1st woman); Gerry Ives (WRC), 30:04; Alex Krynitsky (RC), 31:00; Holly Vaughn (WRC), 31:33 (3rd woman); WRC Centipede, 32:40; Nancy Reed (WRC), 32:53 (5th woman); Val Nye (WRC), 33:00; Jennifer Westfall (RC), 33:22; Kathy Hibbert, 33:29; Jeff Reed (WRC), 34:20; Bobbie Bleistift (WRC), 36:00.

McGARRY TAKES THIRD AT SAVANNAH HALF MARATHON; CONTEMPLATES TURNING PRO

by WRC Special Correspondent Bob Trost

Moments after finishing third in this year's Savannah Half-Marathon, Kevin McGarry of WRC knew he had to make a decision concerning his future in running. Should he give up competitive running altogether and concentrate on his professional career, or should he give up his 60-hour-a-week job as manager of a sporting goods store and get serious about his training and racing? As of this writing Kevin is leaning towards the latter choice. We'll keep you posted about his final decision.

As usual, the Savannah half and full marathon were affected by strong winds. But other than some disappointing times and a few cases of hypothermia, the whole event went off without a hitch. I've run in this race the past three years and enjoyed myself more this year than past years. Savannah is a pretty town with a plethora of fine restaurants and the race is very

well organized. What more could a runner ask for?

The marathon finish in the men's division was a flip-flop of last year's winner and runner-up. Sean McCormack, a 24-year-old, ran a 2:29:03 to defeat the 1985 winner Kevin Moats, a 31-year-old who finished second this year in 2:31:17. Mark Dorion came in third with a time of 2:33:17.

The women's winner in the marathon was 35-year-old Nancy Grayson of Columbia, S.C. She won easily in a time of 3:03:11. Second place went to Sarah Norton with a time of 3:19:17.

In the half-marathon McGarry stayed with eventual winner Steve Taylor through five miles, but after that Taylor slowly pulled away to win in 1:04:53. Todd Giszack caught McGarry at the twelve mile mark and finished second with a time of 1:06:19. Both Taylor and Giszack run for the cross country team at Virginia Tech. McGarry, still tired from the 25K race at A.U. the week earlier, finished a disappointing third in 1:06:45.

The women's winner in the half-marathon made it a Virginia Tech sweep, as Cheryl Tuosto celebrated her 21st birthday with a 1:19:29 win. Tuosto is a junior at Virginia Tech and a mechanical engineering major. "Running," she says, "keeps me straight in engineering."

I finished well back in the pack of the half-marathon with a time of 1:17:22, 37 seconds slower than last year. Betty Blank of WRC fared better than me as she also ran the half-marathon and was 7th overall and first in her age group.

Partial results:

Marathon: 4. Wallie Jones, 2:35:14; 5. Shelly Cranford, 2:37:22; 8. Bobby Steptoe, 2:39:14 (1st master); 9. Don Rich 2:39:31 (2nd master).

Half Marathon: Men—4. Tom Harding, 1:07:45; 5. Ron Barsheim 1:08:05; 6. Chris Steward 1:08:45 (1st 39-year-old!); Lee Fidler, 1:12:02 (2nd 35-39); Richard Boggs, 1:16:34 (1st master).

Half Marathon: Women—2. Jolie Greenway, 1:24:27; 3. Bernie Madigan, 1:25:12; Beck Motley, 1:30:20 (1st master).

Washington Running Club

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

CLUB OFFICERS

President: Jack Coffey (836-8400)
Vice President: Dan Rincon (345-9342)
Secretary: Gerry Ives (965-2532)
Treasurer: Pat Carr (370-1912)

Newsletter Editor: John Walsh

COMMITTEES

Legal: Jack Coffey, Chairman
Membership: Vacant
Newsletter: John Walsh (543-1588)
Finance: Pat Carr (370-1912)
Competition: Pat Neary, Chairman (455-0575)
Race Management: Mark Baldino, Chairman (451-6530)
Social: Bobbie Bleistift, Chairwoman (379-2767)

CLUB OFFICER'S BEHAVIOR REPORTED AS 'OUTRAGEOUS'

by Special Scribe 'Red Panama'

The behavior of a recently elected WRC officer at a local nightspot has raised questions about the responsibilities of officers to present a positive public image.

Club treasurer Pat 'Rocco' Carr was reported to have engaged in "wild gyrations and alligator walking" by reliable sources while visiting a Rosslyn club following WRC's January meeting. Carr's actions were called "scandalous, provocative and outrageous" by observers. A female club member seen in the company of 'Rocco' has been heard to say, repeatedly, since the evening in question "he's so much fun."

Carr was elected club treasurer by acclamation earlier that evening, but such behavior on his part was known to many club members prior to his election. Interviews with other WRC members revealed that 'Rocco' has never turned down a beer in his life, and

has scandalized "more serious runners" with both his pre- and post-race antics in the past. (*Many of these performances are of such a nature they can not be recounted in a family publication — ed.*)

Each of the club's officers was present to witness this latest episode, however none of them were able to replicate 'Rocco's' performance. Newly elected President Jack 'Cream and Sugar' Coffey was, in fact, on the dance floor himself during the "outrageous performance," but his own dancing was described by observers as "tasteful." After all, one witness noted, "he (Coffey) was with his wife."

When asked to comment on the situation, Carr's fellow officers, observed individually that they will try to create as positive an image as 'Rocco' but they are each fearful of injuring themselves and those around them if they attempt such vigorous dancing.

McGARRY CONTINUES WINNING WAYS AT DCRRC 20 MILER IN GREENBELT

by P.G. Correspondent Steve Daniels

The course was difficult and the wind fierce, but neither bothered Kevin McGarry who added yet another win at the DCRRC 20 miler in Greenbelt, Md., Dec. 28.

McGarry who has dominated races for the last year was unchallenged en route to a 1:47:44 win, besting defending champion Ben Beach (1:56:21) by more than eight minutes. Third place went to Pete Landergan of Richmond (2:02:58).

Margaret Noel was the only distaff WRC member competing in the 20 miler. She finished 5th (2:53:07) behind Jeanne Grillo's 2:36:09 win.

A U.S. single age group record was probably set when Ed Benham, 78, crossed the finish line of this certified course in 2:47:00.

There was a simultaneously run 10 miler for those of us not quite ambitious enough to tackle 20 miles in the prevailing conditions.

John O'Neill of Charlottesville (52:21) was the victor over a field that included 20 year old Esayas Asefaw of Dover, Del. who finished second in 54:23. Somewhat further back, but still leading the WRC contingent were Craig Voise and myself. Using this post-Christmas race to run off some of our holiday ballast we wallowed over the line in 60:42 tied for 6th.

New WRC member Donna Elliot won the women's 10 miler in 66:15, ahead of Leslie Maerki's 69:53. Suzanne Hartley (WRC) netted 9th place with 1:31:09.

WRC MICHIGAN BRANCH REPORTS PROGRESS IN 1986 PREPARATIONS

Dear WRC,

Winter has set in here in the Great Midwest. We have had nearly 40" of snow so far this season and at one point had a stretch of 19 days in a row of snowfall!! Despite the conditions, Laura and I continue to slog out the miles.

Laura is healthy and has worked her way up to about 70 miles per week with the goal of successfully defending her N.J. Marathon title. As for myself I'm doing 60 miles per week including Sunday long runs

with Greg Meyer. My particular goal is the Boston Marathon where I expect, finally, to avenge my loss to Bruce Robinson at the '80 Trials Marathon.

We recently ran a New Year's Day race here in G.R. It was snowing (as usual) and the roads were slick, but both Laura and I ran faster than we had a year ago. I ran 5:15 pace for the race and I must be in decent shape because in 1985 I didn't race at that fast a pace until July 4!! Now if only I can keep from coming apart at the seams.

I'll be heading for California at the end of January and will no doubt run into that jolly barrister of the roads — Ira. If we can find a third we may enter some local races in the L.A. environs as a WRC team. At any event it should be a good trip and I'm looking forward to wearing shorts and running on snowless streets.

Both Laura and I will be back in the Washington area for Cherry Blossom and we look forward to seeing many of our old friends at that time. Wishing everyone at WRC a great 1986 and a host of PRs. . . .

Cheers,

Will & Laura Albers

P.S. '86 dues to follow.

DONNA ELLIOT LEADS WRC WOMEN TO TEAM VICTORY IN JFK 20K; MEN'S TEAM ALSO WINS

by Special Correspondent Bob Trost

John McGrail led this one from start to finish demonstrating once again that among the local yokels he is *numero uno* (national-class runners excepted).

This year's race, four loops of East Potomac Park, was run through rain and a fog so dense that at times one could only see a few feet ahead. None of Gerry Ives' fellow Woodbines from Great Britain were present so no runners had any inherent advantage. The weather, however, seemed to have little impact on John McGrail's and recent WRC member Donna Elliot's performances. McGrail won the men's title in 1:07:32 and Elliot the women's title in 1:23:22. Their victories entitle them to certain bragging rights for 1986. Not only are they both the 1986 DCRRC 20K champions they are also the first local champions crowned in the new year. Special congratulations to our new clubmate Donna Elliot!

Competition in the women's race was fierce. In an extremely close competition the WRC women's team just edged out a NOVA and the D.C. Harriers contingent. The final tally showed WRC in first with 17 points, followed closely by NOVA with 22 points in second and the D.C. Harriers in third with 28 points.

In addition to Elliot, WRC members putting in outstanding performances included Mary Ellen Williams, finishing 2nd in 1:23:57 and Betty Blank, 5th place, in a time of 1:27:37.

Among the men Steve Daniels finished 3rd in 1:10:15, Roberto Rodriguez was 4th in 1:10:35; Rusty Moore, 5th in 1:10:47; Vassili Triantos, 6th in 1:11:31 and Frank Faykes was 8th in 1:13:21.

Partial Results: Men—1. John McGrail, 1:07:32; 2. Ben Beach (Harriers), 1:09:01; 3. Steve Daniels (WRC), 1:10:15; 4. Roberto Rodriguez (WRC), 1:10:35; 5. Rusty

Moore (WRC), 1:10:47; 6. Vassili Triantos (WRC), 1:11:31; 7. Frank Faykes (WRC), 1:13:21; 19. Bob Trost (WRC), 1:16:05; 20. Chuck Desenberg (WRC), 1:16:09; 23. Keith Higgs (WRC), 1:17:00; Ron Griswold, 1:18:30; Martin Greenbaum (WRC), 1:31:03.

Women—1. Donna Elliot (WRC), 1:23:22; 2. Mary Ellen Williams (WRC), 1:23:57; 3. Barbara Frech (NOVA), 1:24:14; 4. Carolyn Ulrich, 1:27:20; 5. Betty Blank (WRC), 1:27:37; 8. Lynda Durfee (PVSTC), 1:28:54; 9. Jennifer Westfall, 1:30:24.

WRC WIERD WHIRLED WINTER WANDERINGS

Last month we mentioned that Langley High School junior and McLean resident Erin Keogh had claimed the national scholastic cross-country championship. In our haste we failed to say that her title was captured at the annual Kinney Championships held in San Diego, Calif. on December 14. Ms. Keogh's time for the 5000 meter was 16:43.8, 24 seconds in front of runner up Suzy Favor of Wisconsin.

Annandale's Aimee Harms and Wendy Neely of Lake Braddock also garnered All-American honors at the Kinney Championship, finishing fourth and 11th, respectively.

With his victory at Raleigh, N.C. in November Pat Porter (Athletics West) tied the great Frank Shorter's mark for consecutive national cross-country championships at four. But both Shorter (1970-73) and Porter still trail Don Lash's seven straight national titles won between 1934-40.

WRC's entrepreneur-in-residence, Mark Baldino, has come up with yet another angle to make running more appealing to the great unwashed in TV-land. Mark thinks Full Contact Running would make it big. Runners would run on teams and would block other runners by vicious or sneaky means (just like Mark's favorite WETA program, Roller Derby), providing all the blood and gore that is necessary to make a TV program a hit. All Mark needs are some volunteers who can provide their own helmets and knee, elbow and chest protectors. There is a good chance that Ira 'the Barge' Pesserilo will come back from the West Coast to anchor the team. Club members can call Mark or the Psychiatric Institute to volunteer.

Gerry Ives thought that it was the Club's lucky day when he got a membership request with Carlos Lopes name on the envelope. He was a bit surprised that Carlos had a Harrisonburg, Va., address. Ives' hopes were dashed when he opened the envelope and found that it was only that old 'slowpoke' (28:45 10K p.r.) Bruce Coldsmith sending in his membership renewal.

Lest any male runners think they suffer alone through cold weather runs, an article appeared in a recent issue of the *New England Journal of Medicine* that might interest many of us. The article authored by Dr. Melvin J. Hershovitz is titled "An Unforeseen Hazard of Jogging: Penile Frostbite."

Add another sub-four minute miler to the local roster. Georgetown U. student Mike Stahr won the event at the Greater Boston Track Club's indoor meet in a time of 3:58.79. Stahr, a transfer student from Arizona State won't be eligible to compete for G.U.

until next fall, and is currently wearing the colors of the New York Pioneers Track Club. Some of you T&F aficionados may remember the New York area high school races of several years ago that featured Stahr and fellow Hoya middle distance standout Miles Irish. Irish recently ran a 1:49 800 meters to qualify for the IC4A indoor championships.

Local parents are admonished to lock up their young daughters this summer. Reliable sources inform the *WRC Newsletter* that the well known lecher Jack Cleland is returning to Washington this summer from Cambridge, Mass. where he is attempting to gain respectability by attending the Harvard Law School. Those of us who know will never be fooled by Cleland's ivy disguise.

WRC stalwart and former *Newsletter* editor Pete Nye is busy with the rewrite of his history of American bicycle racing for the publisher W.W. Norton. As anyone who has ever run with Señor Nye knows, the man is a glutton for punishment. That may explain the relish with which he described receiving his corrected first draft from his editor at Norton. The man was actually looking forward to rewriting (without a word processor).

MINUTES OF THE WASHINGTON RUNNING CLUB MONTHLY MEETING OF 10 JANUARY, 1986

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

Finance: Treasurer Jeff Reed reported a balance of \$5,241.59 in the Club treasury. Reed cautioned the membership to remember that we will not be putting on as many races in 1986 as we have in the past, so our income potential will be less.

Membership: In the absence of the membership chairman Gerry Ives reported that the club had received a total of 125 paid renewals. Renewals coming in earlier than last year.

Social: Chairwoman Bobbie Bleistift announced that there were 24 paid banquet reservations. The Club needs 40 reservations to cover the minimum. Bleistift asked for volunteers to phone members to get more reservations. Dan Rincon said he would try to negotiate a lower minimum than 40 reservations if we came up short.

Old Business: Pennsylvania Avenue Mile is still alive. The Pennsylvania Avenue Development Corp. has a lot of interest and may be able to provide sponsors. The race would be run on the last Friday in April, the day after the Heart Run 10K. Paul Etter, Jeff Weiss and Lisa Hamm have volunteered to help get the race together.

New Business: President Alan Roth reported that there would be a meeting of the Greater Washington Running Council at the Jelleff's Boys Club just off of Wisconsin Avenue in Georgetown on January 30. The meeting will discuss the problems with the Park Service and the Hangover Classic 10K. The Park Service cancelled the race permit for the eight-year-old race on short notice forcing the Hangover Classic Race Director to move the race and shorten it. There is a possibility that the Park Service did not follow proper

procedures last year when it granted the Tourmobile operators exclusive use of West Potomac Park and Hains Point. The Tourmobile contract mandated that foot races in that area be started no later than 8:00 a.m. so that the roads can be clear by 9:30 a.m. for their buses. Members are urged to attend this meeting to show our interest in modifying the restrictions. A motion was made to renew the Club's membership in TAC. The motion passed unanimously. A schedule of races worked out by the race committee was read to the meeting. The new Club officers will come up with dollar amounts for expenses for each race. The list of races and the dollars allocated will be published in the Newsletter. Members are reminded that this is a flexible schedule and races may be added or subtracted from the list as the Club finances change. Roth asked for and received a vote of thanks for the Club officers whose terms have expired. Norm Brand led the meeting in a "Club Cheer" for all the 1985 officers.

Alan Roth opened the floor for nominations:

President: Jack Coffey was nominated at the December meeting. In the absence of any other nominations Coffey was named Club President for 1986.

Vice-President: Dan Rincon was nominated at the December meeting. In the absence of any other nominations Rincon was named Club Vice-President for 1986.

Treasurer: Pat Carr was nominated at the December meeting. In the absence of any other nominations Carr was named Treasurer for 1986.

Secretary: Gerry Ives was nominated at the December meeting. In the absence of any other nominations Ives was named Club Secretary for 1986.

The new Club President, Jack Coffey, took over the meeting. Coffey announced that the Club uniforms that had been selected were not available and that the Executive Committee would come up with an alternative. Coffey scheduled an Executive Committee meeting to define the Club goals. A motion was made, and passed unanimously, to adjourn. Meeting attendees departed either to their various abodes or to the Pawnshop, a popular establishment in Rosslyn.

Gerry Ives, Secretary.

NEW MEMBERS

Donna Elliot, 4431 Elan Place, Annandale, Va. (941-1460). Donna adds even more depth to WRC's formidable women's squad. Donna has a 10K p.r. of 38:02 and has consistently placed well in local races.

Kurt Kroemer, 7016 Palamar Turn, Seabrook, Md. (731-4042). Kurt has a 10K p.r. of 30:48. His best time of 1985 was a 31:43.

RACE RESULTS

DCRRC 25K—American University—Jan. 5

Men: 1. Kevin McGarry (WRC), 1:28:37; 2. John McGrail, 1:29:55; 3. Ben Beach, 1:30:04; 4. Vassili Triantos (WRC), 1:33:36; 5. Scott Bartram, 1:37:33.

Women: 1. Jennifer Westfall (RC²), 1:50:16; 2. Cindy Dalrymple (Warren Street), 1:58:14; 3. Mary Camirre, 1:59:32; 4. Judy Flannery, 2:02:36; 5. Carole Rivera, 2:03:46.

MCRRC CIVIC CENTER 10K—Rockville-Jan. 26

Men: 1. Rusty Moore (WRC), 35:43; 2. John Blendell, 36:28; 3. David Michael, 37:06; 4. Mike Silverman, 37:26; 5. Steven Hyde, 37:29.

Women: 1. Cathy Creeson, 44:41; 2. Cheryl Collins, 45:07; 3. Sharon Hamilton, 45:33; 4. Katy Reid, 46:15; 5. Margaret Noel (WRC), 47:51.

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. □

**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.