

Washington Running Club ★ Newsletter

Volume 5, Number 5

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May 1986

The MAY meeting of WRC will be held on Friday, MAY 9, 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. Left on 19th St., two blocks to AMS Building. On Metro, Rosslyn station, out main entrance, through park, left on Lynn and right on 19th. Take the elevator to 14th floor of AMS Building, take the spiral staircase to penthouse.

This will be a covered dish meeting, so bring your favorite salad, casserole, pie, or whatever. The Club will supply some beverages, but extra donations will be welcome.

Pat Carr will once again have the new WRC uniforms for sale at the meeting, so bring your check book.

WRC HAS SIX RUNNERS UNDER 50 MINUTES IN CHERRY BLOSSOM 10-MILER, APRIL 6th

It's become almost expected that the Washington Running Club dominates the top on any list of local finishers at Cherry Blossom, but that expectation shouldn't allow us to lose sight of just how terrific the club's members performances were at the 14th running of the annual event on April 6th.

In an outstanding national field that saw almost 40 runners crack the 50:00 mark, WRC placed four finishers in the top 25, six among the top 40, and thirty-five WRC men and two WRC women finished in under one hour. A total of six WRC women members finished in under 70:00, including a 13th place performance by Karin Wagner and Laura Dewald Albers' 15th place posting.

Club members posted many outstanding individual performances under ideal racing conditions. There were PRs all over the place: Wayne Allen with a 10-mile pr mark of 52:45; Gerry Clapper at 48:45 with a pr by 3 minutes and David White (49:23) improved in 1985 Cherry Blossom posting by almost 2 minutes; Steve Daniels a pr by three minutes and a 10K pr of 31:42 en route; Bobby Bauer pr by over two minutes; John Doub pr by 9 seconds; Bruce Coldsmith pr by 5 seconds; Craig Voise pr by 26 seconds; Richard Stein pr by over 2 minutes; Gordon Noel pr by almost 5 minutes; and Karin Wagner pr by 28 seconds.

Al Naylor ran the whole race with Rosa Mota, finishing slightly ahead of "Rapid Rosa." Al pretended that all of the cheers and yells from the spectators were for him, and also takes credit for Rosa running a

world best by trying to keep up with him.

But all was not well with the WRC contingent. Ever trendy Laura DeWald Albers, having read of athletes imbibing various substances up their noses, inhaled a cherry blossom up her left nostril early in the race. Laura did not experience a "high," in fact all she experienced was a fit of coughing and wheezing; the blossom didn't slow her down much though, she finished in a pretty rapid 57:57. Pat 'Rocko' Carr claimed he was 'interfered with' during the race. Apparently, near the one mile mark someone in a WRC singlet snuck up and pulled Rocko's pants down. Sources later indicated that the culprit was acting in Carr's best interests since it was quite apparent the 'Rocko's' early pace was much to quick for his own good.

Redskins General Manager Bobby Beathard was asked to pick the race winner before the start and he picked Thom Hunt. Proving that his eye for talent goes beyond football players.

Kevin McGarry went through the first three miles in the lead pack with clubmates John Doub and Bruce Coldsmith. Kevin dropped off of the pace later in the race and finished in, what was for him, a disappointing 49:14.

Men: 1. Thomas Hunt, 46:15; 2. Roger Hackney, 46:41; 3. Jim Cooper, 47:00; 10. Steve Spence (WRC), 47:37; 14. John Doub (WRC), 47:58; 18. Bruce Coldsmith (WRC), 48:25; 22. Gerry Clapper (WRC), 48:45; 23. Pete Pfitzinger, 48:48; 32. Kevin McGarry (WRC), 49:14; 34. David White (WRC), 49:23; 35. Matt Wilson, 49:28; 36. Jeff Peterson, 49:40; 42. Jim O'Keefe, 50:34; 45. Jim Hage (WRC), 50:42; 48. Scott Ceeley (NOVA), 50:49; Steve Daniels (WRC), 51:27; Joe Sullivan (WRC), 52:20; Will Albers (WRC), 52:35; Wayne Allen (WRC), 52:40; Darryl Stewart (WRC), 52:51; Al Naylor (WRC), 52:52; Bob Stack (WRC), 52:53; Roberto Rodriguez (WRC), 53:59; John Walsh (WRC), 54:14; Jack Coffey (WRC), 54:17; Craig Voise (WRC), 54:34; Pete Nye (WRC), 54:50; Gust Svanson (WRC), 54:55; Rusty Moore (WRC), 54:58; Jeff Kramer (WRC), 55:20; Mark Doles (WRC), 56:15; Bill Larsen (WRC), 56:18; Jim Cain (WRC), 56:20; Pat Carr (WRC), 56:28; Bob Thurston (WRC), 57:12; Ed Doheny (unattached), 57:19; Doug Bulcao (GNATS), 57:25; Richard Stein (WRC), 57:41; Chuck Desenberg (WRC), 57:52; George Uhl (WRC), 57:55; Bobby Bauer (WRC), 58:00; John Potter (WRC), 58:11; Bob Trost (WRC), 58:45; J.J. Wind (WRC), 59:45; Jim

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.

Hagen (WRC), 61:00; Gordon Noel (WRC), 61:23; Jeff Wice (WRC), 61:25; Alex Krynsky (RC), 61:27; Greg Mueller (WRC), 62:45; Joe Lugiano (WRC), 63:11; Jim Wilson (WRC), 64:13; Tom Francis (WRC), 64:56; Jim Scarborough (WRC), 67:32; Dixon Hemphill (Fairfax Running Ctr.), 67:50; Ed O'Connell (WRC), 68:30; Tim Bevins (NOVA), 68:40; Ron Ponchak (WRC), 70:38; Mike Walsh, 84:53.

Women: 1. Rosa Mota, 53:09 (World Best); 2. Lorraine Moeller, 53:48; 3. Joan Nesbit, 54:41; 13. Karin Wagner (WRC), 57:39; 15. Laura DeWald Albers (WRC), 57:57; 19. Marianne Dickerson, 59:06; 20. Mary Alico, 59:15; 27. Cathy Ventura-Merkel (NOVA), 62:52; 32. Barbara Frech (NOVA), 64:02; 33. Donna Elliot (WRC), 64:23; 37. Patty Deuster (WRC), 64:55; 38. Pam Briscoe (WRC), 65:15; 55. Betty Blank (WRC), 66:08; Val Nye (WRC), 71:10; Margaret Noel (WRC), 75:36; Marlene Cimonis (WRC), 83:53 (injured); Colleen Gaughan Walsh (WRC), 84:25; Delabian Thurston (WRC), 92:10.

THE NINETIETH BOSTON MARATHON: "BIG BUCKS HELP THE LITTLE GUY"

Special to WRC Newsletter by Bob Trost

I'll admit it. I was a little skeptical about going back to Boston on Patriot's Day this year. Was the commercialization of this year's event going to ruin it for the little guy? Sure, the ten-year, ten million dollar contract the John Hancock Mutual Life Insurance Co. signed with the BAA would help the one percent of the runners who win prize money. But what about the other 99% of the runners who earn no prize money and yet make the event possible in the first place. Rest assured fellas, we got more than our money's worth.

As always, the expo was excellent and free to all runners. But following the expo, things only got better. The pre-race pasta feed, also free to the runners, was

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: Jim Hage, Chairman (652-6886)
Membership: Jeff Reed (836-7284)
Newsletter: John Walsh (462-9855)
Finance: Pat Carr (370-1912)
Competition: Jeff Reed, Chairman (836-7284)
Race Management: Al Naylor, Chairman (345-9342)
Social: Suzy Coffey, Chairwoman (329-9271)

REMINDER

If you get expense money from the Club for an out-of-town race you must wear either a Club singlet or a Club patch. Both are available from Pat Carr.

the best ever. There were a dozen or so separate buffet tables set up to handle the expected turnout. Each table had hot pasta, meatless lasagna, three kinds of cold pasta salad, a salad bar and free drinks. There was absolutely no waiting in long lines to get your food.

Following the race there was a first class awards ceremony followed by a cocktail party. The cocktail party offered free beer, soft drinks and hors d'oeuvres, and it was open to the public! Later that evening was the traditional disco party that was free to all runners, and each of them was allowed to bring a guest. The disco party included live music and all the food, beer, wine coolers and dancing your tired bodies could stand. Rumour has it that several WRC runners partied until 2 a.m.! Need I say more. Big time marathon-ing has arrived at Boston. Let the good times roll!

The race itself went off beautifully (*we wondered when you were going to get to the race—ed.*) As expected, both de Castella and Kristiansen led from start to finish. Rob de Castella of Australia went through 5-miles in 24:11, ten miles in 48:42, the half-way point in 1:03:38, and went on to win with a course record 2:07:51. That final time gave "Deke" a 1:04:12 second half, including the Newton Hills, which he ran beautifully..

Norway's Ingrid Kristiansen attacked a bit more viciously early on and paid for her aggressiveness later. She clocked 26:00 through 5 miles, ten miles in 52:52, the half-way mark in 1:09:44 and went on to win in 2:24:55.

For his efforts de Castella earned \$60,000 and a new Mercedes Benz. The cash breakdown was: \$30,000 for his victory, \$25,000 for a course record and a \$5,000 in incentive money for a sub-2:10 time. However, this is only part of the story. The one-year personal-services contract he has with John Hancock Mutual Life Insurance Co. was reported to be worth as much as \$75,000, and it reportedly would be doubled if he won. With shoe-company bonuses thrown in, his win might have added up to more than \$250,000.

Kristiansen was a bit disappointed she didn't break the 2:20 barrier. But her brutal early pace and some late race stomach troubles prevented her coming close to that barrier.

"I had some problems with my stomach," she said. "I was running well until the halfway mark, but then I got into this one stretch where I had big problems. My stomach was hurting, and I couldn't push myself. I couldn't make myself go."

The men's masters field was dominated by the British, with 1979 Marine Corps Marathon winner Mike Hurd coming out on top with a new master's course record of 2:19:04. The retired Royal Air Force corporal's performance was good enough for the 16th

overall. He collected \$2,500 for winning the master's title. Six of the top ten masters were from England, two were from the U.S. (4th and 9th), and one each from Ireland (2nd) and Canada (8th).

Probably the best performance of the day came in the women's masters field. Evy Palm, a 44-year-old cook from Lidköping, Sweden, finished fourth overall in the women's field in 2:32:47, good for a \$12,000 paycheck. In the process, she also shattered the master's course record of 2:48:33 set in 1977 by Micki Gorman.

The WRC "A" team performed well, with Kurt Kroemer (91st in 2:31:45), Will Albers (129th in 2:34:41) and Jeff Kramer (396th in 2:44:49) leading the way. Bob Stack, who was mistakenly left off the "A" team, also performed well with a 2:41:27, good enough for 304th place among the men.

Gordon Noel, who was one of WRC's winning master's team at the Bethesda Chase, hit the wall at mile 24. Gordon was taken to the local hospital, suffering from dehydration and hypothermia, where he was treated and released.

Will Albers proclaimed himself the winner of the Will Albers/Bruce Robinson grudge match, when Bruce wimped out and did not run in the race.

Men: 1. Rob de Castella (Mazda TC), 2:07:51; 2. Art Boileau, 2:11:15; 3. Orlando Pizzolato (Champion), 2:11:43; 4. Bill Rodgers (Mazda TC), 2:13:36; 53. Larry Frederick, 2:28:03; 60. John McGrail, 2:28:48; 93. Kurt Kroemer (WRC), 2:31:45; 114. Herb Tolber (GNATS), 2:33:47; 129. Will Albers (WRC), 2:34:45; 139. Fred Lampazzi, 2:35:52; 202. Ben Beach (DC Harriers), 2:38:18; 223. John Dempsey (GNATS), 2:38:52; 304. Bob Stack (WRC), 2:41:27; 395. Charlie Davies (GNATS), 2:44:47; 396. Jeff Kramer (WRC), 2:44:49; 493. Dick Hipp (GNATS), 2:47:00; 589. Alex Krynitsky (RC²), 2:48:46; 597. Dennis Jett, 2:48:50; 753. Dick Jamborsky (GNATS), 2:52:02; 931. Mark Doles (WRC), 2:55:24; 1007. Fay Bradley (GNATS), 2:56:55; 1100. Bob Trost (WRC), 2:58:18; 1724. Joe Lugiano (WRC), 3:09:41; 2066. Doug Robinson (WRC), 3:16:35; 2677. Norm Miller (WRC), 3:30:58.

Women: 1. Ingrid Kristiansen, 2:24:55; 2. Carla Beurskens, 2:27:55; 3. Lizanne Bussieres, 2:32:16; 21. Beth Dillinger, 2:51:26; 49. Alison Wichman, 3:02:45.

Also: John (the Younger) Kelley (55 years old, 33rd Boston) 3:01:04; Mayor Raymond Flynn 3:52:45 (pr); John (the Elder) Kelley (78 years old, 55th Boston) 4:27.

RUDY ROBINSON TAKES D.C. MARATHON TITLE, COURSE RECORD; WRC WINS OPEN TEAM AWARD

by Will Woodbine

Rudy Robinson crossed the D.C. Marathon finish line with a smile after cruising through the tough course in a new course record time of 2:25:02. Runners-up Jim Alexander and John Harper let Robinson get away from them early in the race, thinking that he would pay for his 55 minute 10-mile time later in the race. However, Robinson never faltered and, except for a 200 yard off-course detour late in the race, never

looked in any danger of relinquishing his first place spot.

Washington Running Club fielded a four-man team of Vassili Triantos, John Potter, Jim Scarborough, and perennial D.C. Marathon runner J.J. Wind. The team did themselves proud, winning the open team title, with Triantos taking fourth place overall and second place in the 30-39 age group and Potter taking 20th overall and second in the 40-49 age group. Jim Scarborough ran a solid 3:14:30 and Jay Wind claimed that he was the first unofficial "race walker" in 3:20:16. Jay ran because Gerry Ives, in his capacity as WRC's D.C. Marathon coordinator, talked him into it; at the 16-mile point Jay changed his mind and tried to persuade Ives to give up his bicycle and take Jay's race number. Ives, being no fool, rode away as fast as his little legs could propel his trusty ladies bicycle.

Nolan Wins Women's Masters Title

Becky Nolan, one of WRC's standout women's masters runners, took third place overall and easily won the women's masters title in 3:12:31. With Becky Nolan, Mary Ellen Williams and Val Nye all joining the women's master's ranks this year, WRC should clean up in this age division. Look for a lot more victories from our women masters this year.

Tom Hardcastle came within 28 seconds of his marathon p.r. in taking 27th place by running a 2:55:50. Tom bent over and gave thanks to "Ralph" shortly after he finished and heartily agreed that marathons are a lot of fun. Bobby Bauer took in the race as a training run, finishing in 2:58:49.

The related 5K fun run saw area runner Pablo Gomez and WRC's Wayne Allen disappointed when they were inadvertently directed off-course. The disappointment was intensified by the fact that they were leading the race at the time. Both runners dropped out of the race when they realized they were too far off-course to get back into contention. Eventual winner was area newcomer Greg Rohde, who will be a factor to reckon with in local races this year. Finishing strongly in fifth place was WRC's Lorenzo Thomas.

Marathon Results: Men—1. Rudy Robinson, 2:25:02 (CR); 2. Jim Alexander, 2:27:49; 3. John Harper, 2:29:14; 4. Vassili Triantos (WRC), 2:40:36; Al Buhl (NOVA), 2:44:23; 20. John Potter (WRC), 2:52:22; Tom Weber (NOVA), 2:53:53; 27. Tom Hardcastle (WRC), 2:55:50; Bobby Bauer (WRC), 2:58:49; Jim Scarborough (WRC), 3:14:30; J.J. Wind (WRC), 3:20:16.

Women—1. Stephanie Schneider, 2:57:55 (CR); 2. Lorraine Gersitz, 3:09:15; 3. Becky Nolan (WRC), 3:12:31 (1st master).

DC ROAD RUNNERS SCHEDULE 1986 BUNION DERBY SERIES

The schedule for the DCRRC's most popular race series has been obtained by the WRC newsletter from high level sources. This year's Bunion Derby kicks off with the traditional Hugh Jascourt Race (4 miles) at Hains Point on June 8. However, the series has been extended to eight races and will now end with a 10k race at Bluemont Park August 8.

The traditional closing race, a two loop 10k around the American University campus has, unfortunately, not been cancelled. Instead it becomes the seventh race in the series and this year women will suffer equally with men since the women's race, formerly 5k, is now extended to the same distance as the men's race.

With the addition of one race the series age group championships will now be based on each competitors best five of eight, rather than five of seven, races. Other highlights of the series include the DCRRC 8k Championship (individual and team) at Langley, July 2 and the Fort Dupont Mystery Distance Race on June 26.

In a related development WRC member Dennis "Count" Baker has announced his intention to defend his age 30-39 title in the Bunion Derby Series.

The complete series schedule follows:

Date	Location/Distance	Time
June 8	Hains Pt.(Hugh Jascourt Race)/4mi.	8:00 a.m.
June 12	Carderock/10k	7:00 p.m.
June 26	Ft. Dupont Pk./Mystery Distance	7:00 p.m.
July 2	Langley/8k (DCRRC Championship)	7:00 p.m.
July 8	Annandale/10k	7:00 p.m.
July 23	Reston/8k	7:15 p.m.
July 29	American U./10k	7:00 p.m.
August 8	Bluemont Pk./10k	7:00 p.m.

ON AND OFF THE ROADS; IN AND OUT OF DITCHES

On track: **Brent Barnhill** ran a superb 8:49 steeplechase at the Colonial Relays on April 4. He followed that performance at Georgetown University's Hoya Invitational with a solo 8:54 despite twisting his ankle during his pre-race warmup. In the 5000 meter race at the G'town meet WRCer **David White** posted a 14:44. White and Barnhill finally met one another at Penn Relays where White improved his 5000 meter pr to 14:25, but was nevertheless bested by his WRC/Reebok clubmate Barnhill's 14:06.

Bruce Coldsmith showed the WRC flag at the Atlantic Coast Relays on March 30 by running the 10,000 meters in 29:22. Bruce's time was good enough to place him 11th among U.S. runners for that distance in 1986. It was quite a treat to see Bruce's name followed by our club name in the May issue of Track & Field News.

WRC's **Steve Spence** finished third behind Jon Sinclair's 22:44 in the TAC 8K men's national championship in Portland, Ore. **Kevin McGarry** and **John Doub** both went out to compete, but no details on their performances at presstime.

High school girls competition is heating up in the area. At the Maryland Invitational **Erin Keogh** ran the two mile race in 10:21. Ms. Keogh later won the Penn Relays 3000 meters in 9:24, best this year among American high schoolers. Meanwhile, down at the Florida Relays, another area standout, **Wendy Neely**, ran a 10:22 two mile.

It was a WRC sweep at the Interservices 2.8 mile race held April 20. **Charlie Cvrk**, **Wayne Allen** and **Gus Svanson** took the top three spots for the men, and an

ailing **Jeanie Libutti** ignored her doctor's advice and took the top women's spot. Jeanie has been nursing a knee injury since returning from representing the U.S. in the world military cross country championships in Algeria in March.

Missing from the local road scene since last autumn **Dennis "Count" Baker** swooped into the DCRRC 15k championship race at Belle Haven April 12 without his usual retinue of breathless beauties. Despite being somewhat short on fitness "Count" Baker joined a WRC team that included **Patrick "Rocco" Carr**, **Robert Rodriguez**, and a rather subdued **Jack Coffey** in a winning team effort.

The "Count" was joined in his capeless crusade along the GW Parkway route by former sidekick and fellow bon vivant Carr and Ed Doheny. Doheny, one of the area's better masters runners competes without club affiliation and has been subjected to WRC Secretary Gerry "Fencepost" Ives incessant recruiting for several months. But after seeing him subjected to "Rocco and Count" it's no longer any wonder why he has refused Ives' entreaties.

President Coffey, our fearless leader, was a fearful sight according to observers who witnessed his shabby performance at Belle Haven. But anyone who had witnessed his tawdry behavior the previous evening while celebrating his birthday could quite easily understand our leaders lackluster running.

If you want to run in the N.Y. Marathon on November 2 you can request an entry by writing to: Marathon Entries, P.O. Box 1388, GPO, New York, N.Y. 10116. *Your request must be postmarked no earlier than 12:01 a.m., May 19.* Entry requests must be accompanied by a self-addressed and stamped number 10 (business size) envelope and a \$3.00 check made out to NYC Marathon.

The New York Road Runners Club will mail out entry forms in the order that the club receives requests. It is advised that you return your entry form by express mail on the day you receive it. You must have a TAC number to enter the race.

If you haven't already made reservations to attend the benefit showing of *On the Edge* on May 6, get moving! The tax deductible cost is \$25 per person and will benefit the Achilles Track Club. The club helps disabled people to participate in road racing. Send your check, payable to The Achilles Track Club, to Achilles T.C. % AR&FA, 2001 S Street, N.W., Suite 540, Washington, D.C. 20009. This is a classy event and requires those of the male gender to wear a coat and tie. If you do not own a tie you can rent one through the newsletter for \$1 for the night.

MINUTES OF THE MONTHLY MEETING OF WASHINGTON RUNNING CLUB, HELD APRIL 11

President Jack Coffey called the meeting to order. Coffey reported that the arrangements for the Hecht's race were progressing well. There will be promotion spots on WJLA starting April 15 announcing the race. For every runner over 2,000 the Club will garner an extra 75¢. Because there is no longer automatic insurance for TAC-affiliated clubs WRC has taken out

event insurance for the Hecht's race with TAC for a cost of \$200.

Race Committee: Pat Neary asked for volunteers with PCs to punch in entrants for the Hecht race. Jeff Reed announced that the club has obtained two rooms for the Freihofer's 10K which is the women's TAC 10K championship. The Pennsylvania Avenue Mile, with Paul Etter and David White acting as coordinators, is moving along. Oliver Carr and Cadillac Fairview are potential sponsors. We are hoping for a \$20,000 budget for this race.

Other Business: Alan Roth asked members to support the fundraiser showing of *On the Edge* that will be held on May 6. Tickets are \$25 each and can be obtained through the American Running and Fitness Assn., 2001 S Street, N.W., Suite 540, Washington, D.C. 20009. The fundraiser will benefit the Achilles Track Club, an organization that helps handicapped persons participate in athletic events.

There being no other business the meeting was adjourned
Gerry Ives, Secretary.

RACE RESULTS

Boys Club 10K, April 5

1. Kurt Kroemer (WRC), 31:20; 2. Charlie Cvrk (WRC), 33:10; Jeff Reed (WRC), 38:32.

Patriots Cup 10K, April 19

Men: 1. Kevin McGarry (WRC), 31:33; 2. Todd Colas, 32:33; 3. John Devlin, 32:37; 4. Roberto Rodriguez (WRC), 33:14; 6. Marc Pech (WRC), 34:14.

Women: 1. Laura Gatos, 39:41; 2. Hddie Pirie, 40:15; 3. Leslie Minnix, 41:11; 4. Joan Sarles-Lee (NOVA), 41:37.

Fritzbe's Rockville 10K, April 20

Men: 1. Gerry Clapper (WRC), 30:00; 2. Henry Phelan, 30:51; 3. Jeff Peterson, 30:58; 4. Pablo Gomez, 31:06; 6. John Eberle (Nike), 31:21; 7. Jim Hage (WRC), 31:26; John Potter (WRC), 35:55; Bobby Bauer (WRC), ??:??; Alan Roth (WRC), 41:24.

Women: 1. Karin Wagner (WRC), 34:31; 2. Mary Alico, 36:07; 3. Mary Bolt, 36:34; 6. Barbara Frech (NOVA), 38:33.

Cherry Blossom Chaser 10K, April 20

Men: 1. Scott Celley (NOVA), 31:03; 2. Jim O'Keefe, 31:12; 3. Todd Coolidge, 31:28; Tom Rogde (WRC), 39:22.

Women: 1. Carey Hill, 36:02; 2. Holly Vaughn (WRC), 36:43 (pr); 3. Dristine Cost, 37:26; 4. Cathy Ventura-Merkle (NOVA), 37:46; Val Nye (WRC), 42:15 (1st master).

Interservice 2.8 Miler, April 20

Men: 1. Charlie Cvrk (WRC), 13:35; 2. Wayne Allen (WRC), 13:38; 3. Gust Svanson (WRC), 14:05.

Women: 1. Jeanie Libutti (WRC), 16:11.

Elizabeth Grady 10, Boston, April 20

Men: 1. Mike Dodge, 29:48; 2. Phil Coppess, 29:52; Mike Greehan (WRC), 34:14.

Women: 1. Katy Wiley, 34:27; 3. Laura DeWald Albers (WRC), 35:32.

Blake Heart Run 10K, April 26

1. Dan Murphy, 32:08; 2. Ed Boggess, 32:36; 3. John Dryden, 32:52; 4. Darryl Stewart (WRC), 33:14; Pete Nye (WRC), 35:10; Louise Mallet (WRC), 40:11; Tim Bevins (NOVA), 42:22; Val Nye (WRC), 43:00; Bobbie Bliestift (WRC), 43:00.

DCRRC Pierce Mill 12K, April 27

Men: 1. Scott Bartram, 42:55; 2. Ed Doheny (unattached), 43:19; 3. Dennis 'Count' Baker (WRC), 43:20

Women: 1. Linda Brennan, 53:17; 2. Cheryl Collums, 54:17; 3. Carol Rivera, 56:33.

Super Run II, April 27

Men: 1. Darrell General, 32:05; 2. Steve Daniels (WRC), 33:17; 3. Walter Conrad, 33:43.

Women: 1. Carey Hill, 37:47; 2. Marta Vogel, 39:52; 3. Louise Kandra, 41:02.

\$100 Classic 10K, April 27

Men: 1. Tim Gavin, 32:02; 2. Mike Mansy, 32:04; 3. Craig Sri Voise (WRC), 34:44.

Women: 1. Becky Nolan (WRC), 41:12.

NEW MEMBERS

Fred Gedrich, 3735 Yorktown Village Pass, Annandale (698-8397). Fred will be an asset to our masters team. He has a 10K p.r. of 35:51 and a marathon p.r. of 2:53:36.

CLUB NOTES

We are looking for someplace to hold the annual WRC picnic this summer. Anyone wishing to volunteer or suggest a location, especially one with swimming available, should contact Social Committee chairwoman Suzy Coffee.

Don't forget to make yourself available for the Hecht Co. 10 miler, This is the club's signal largest source of funds and everyone's help is needed. Details on the race and appeared in the March issue of the *Newsletter*. If you have somehow misplaced your copy call any of the club officers for information on how to volunteer.

	Club Uniforms
Singlets	\$ 11.00
Shorts	11.00

Hooded Shirts	17.50
Club T-shirts	6.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, c/o Pat Carr, 4532 Taney Ave., #202, Alexandria, VA 22304. Indicate sizes (S,M,L,XL) and whether men's or women's model.

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.

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.	6-10M @ 6-9 min.	Betty Sue O'Brien 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 need more information contact Jeff Reed at 836-7284