

Washington Running Club ★ Newsletter

Volume 5, Number 8

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August 1986

BACK TO ROSSLYN FOR AUGUST MEETING

The AUGUST meeting of WRC will be held on Friday, AUGUST 8, at 8:00 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. Take Key Bridge to Rosslyn and go straight on N. Ft. Myer Dr. Turn left on 19th St. Go two blocks to AMS Building. Go to 14th floor and take 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 WRC uniforms for sale at the meeting.

GEORGIAN WINS RESTON 8K; CLELAND LEADS LOCALS HOME WITH HIS PATHFINDER SHOES

by I. Beleef Ouimet

Normally a picture of sartorial elegance, Jack Cleland, wearing bilious yellow racing flats, wreaked fashion havoc while running the Reston 8K (Bunion Derby #6) on Wednesday, July 23. Cleland, a recent graduate of Harvard School of Divinity, explained that he had noted some his running companions were straying from the straight and narrow path and felt that by wearing his pathfinder shoes he might help them find the way.

Cleland's own efforts were good enough for second place, as race winner Robert Brooks, a Georgian visiting the Washington area, led from the start (25:48). Count Baker was credited with 3rd place in a tie with David White. The Count's effort was particularly noteworthy since he had returned from London, and the royal wedding only hours before the race. Baker and White shared a 26:16 finishing time.

Best performance honors may belong to Patrick 'Rocco' Carr whose 27:15 finish established a PR. 'Rocco' threw the fear of God into several of the top ten finishers when he passed them near the two mile mark. Although he faded somewhat after his brash move, Carr's aggressive race served notice that his recent move from Virginia to Maryland may be accompanied by a move toward the front of the pack.

In the women's race, Kathy Graves of South Lakes High School held the lead until the four-mile point where Pat Bullinger surged and quickly opened up a 20-second lead to win in 30:28. Both women are primarily track runners, but Arlington resident Bullinger expects to be running in more road races this season. RC's Kathy Hibbert took third place in 31:26

and takes a 6-point lead in the Bunion Derby's women's 30-39 age group from WRC's Betty Blank.

Val Nye consolidated her lead in the 40-49 age group, picking up 19 more points to give her a total of 98 points.

Men: 1. Robert Brooks, 25:48; 2. Jack Cleland, 26:10; 3. (tie) Count Baker (WRC) and David White (WRC), 26:16; 5. Larry Frederick, 26:34; 7. John McGrail, 26:42; 8. John Walsh (WRC), 26:49; 10. Jim Alexander (NOVA), 26:55; 11. Robert Rodriguez (WRC), 27:02; 12. Pete Nye (WRC), 27:09; 13. Pat Carr (WRC), 27:15; David Johnson (WRC), 28:48; Jerry Merkel (WRC), 27:50; 29. Steve Daniels (WRC), 28:53; 30. John Potter (WRC), 28:53; Hugh Wooden (WRC), 29:08; Dick Hipp (GNATS), 29:11; Bob Trost (WRC), 29:15; Bernie Gallagher (GNATS), 29:19; O. T. Williamson (Harriers), 29:35; Bill Wooden (WRC), 30:00; Gerry Ives (WRC), 30:59; James Scarborough (WRC), 32:??; George Cushmac (WRC), 32:39; Dick Sargent (WRC), 38:24.

Women: 1. Pat Bullinger, 30:28; 2. Kathy Graves, 30:48; 3. Kathy Hibbert (RC?) 31:26; 4. Laurel Huff, 33:12; 5. Jennifer Westfall (RC?), 33:18; Bobbie Bleistift (WRC), 34:??; Val Nye (WRC), 36:10; Martha Sargent (WRC), 49:54.

1986 BUNION DERBY SERIES

The 1986 Bunion Derby Series consists of eight races. Final standings will be based on the total points received in the best of five races. To qualify for an award you must complete a minimum of three races. The awards will be presented on September 21, 1986, at the Kengar Recreation Center in Kensington, Md.

The awards are given out in varying depths based on past experience with the different age groups. **Men:** Under 19—3 awards; 20-29—8 awards; 30-39—10 awards; 40-49—8 awards; 50-59—5 awards; over 60—all qualifiers. **Women:** Under 19—2 awards; 20-29—4 awards; 30-39—6 awards; 40-49—3 awards; over 50—all qualifiers.

WAGNER QUALIFIES FOR MARATHON TRIALS WITH 2:41:18 EFFORT; BAUER RUNS 2:46 PR

Special to WRC Newsletter by Bobby Bauer

The first day of summer dawned cloudy, drizzly and a bit cool up near the shores of Lake Superior. The 20 m.p.h. winds from the day before had become mere zephyrs that would follow us along the Grandma's Marathon route.

The Pizza Hut 99 cent spaghetti dinner last night was a great find and it not and indigestion has

nothing to do with why we are awake at 5:30 a.m.

Karin Wagner and I have a marathon to run later this morning. It is time to try and find a little bit of food and some coffee. And as far north as we have traveled the sun is already brightening the sky.

The race doesn't start until 9:00 a.m., which seems like a long way off right now. But both of us want to be up early and get to the starting area early. Our support crew, Bob and Bob, are going to drive us there. This way we avoid the cold and uncomfortable bus ride and we will have a better chance to relax and rest before the start.

The 22 mile drive to the start line seemed to take forever, but we got here early and sat in the car for a while. Our decision to drive out early looks even better when we finally abandon the car in search of a bathroom. We just then got our first look at the traffic jam that is forming. There is only one road open, the other is closed for the race. We drove the race course yesterday except where the construction caused us to get lost. I hope there are plenty of marshals in town. Where are my gloves, it's a bit brisk out here.

The course is a beautiful road alongside the lake but the fog is so thick this morning, we are not going to be able to see much except the runners around us. The course has some nice rolling hills, and the start could lead you out very fast; too fast if you are not careful.

Getting close to race time, I talked to a fellow who got a late start from town and has jogged in the last 5 miles. Evidently the road is now a parking lot. Glad we got here early. Damn, there is the starting gun. I am only about 20 feet from the start line but I didn't hear any announcements about getting ready. Oh well, I still hit the first mile in the time I want, no problem. Karin had seeded herself up front, she

Washington Running Club

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CLUB OFFICERS

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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.

was going for a big race. I haven't seen her since we started warming up, but we will find one another near the beer tent later.

Fog along the course is so thick I can't see more than 100 yards in front of me. There is a fellow whose name I never got that has kept up a running commentary on the race for the first 10 miles. He seems to be falling back.

The crowds are fantastic. They line this road like the spectators near the Lincoln Memorial at the Marine Corps Marathon. There are folks with big stereos playing things like the themes from Rocky and Chariots of Fire. But how did all these people get here, where did they come from? I mean, we are in the middle of nowhere and there are tons of cheering supportive people out here. It is a good day for running, not for cheering.

That hill seemed rather long, good thing it was hidden in the fog. There is a lot of water. The water stops are spread out over a quarter of a mile with big signs about what each table has. There is no rush to get water. Plenty of time to get water, drink it and still get some "energy" drink from the next table. Water stops like this every 3 miles.

What is that? The sun, but only for an instant now. But that quick peak is enough to convince me it is going to burn off all of this fog before the race is over. Sure enough, at about the 20 mile mark, the sun is for real.

There are plenty of trees for a few miles so it isn't too bad. Mile 22 and 'Lemon Drop' Hill are right in front of me. It isn't really that bad, but the previous 3 miles have been on a gradual up slope. I had gotten over that quite well, but this long down grade doesn't seem to be helping me recover at all. Finally there is no shade left, just me, the sun and all the bricks to build a wall. I spend the last 3 miles telling myself not to stop, this is why I came here.

Got to stretch it out. One last fast water stop and there is a sign saying a quarter mile to go. Its done. Plenty of water in the chutes and lots of questioning medical people. No problem here, where is the beer tent?

Of course there is no beer tent, the finish area layout that was in the race packet was incorrect. So I wander around drinking everything I can get my hands on looking for Karin, Bob or Bob. I hadn't seen those two guys at all along the course. Turns out, they didn't get back to the finish area until after the leader had come in. Suddenly Karin sees me. She has run a 2:41:18, good for a third and of course qualified for the Trials. I got a 2:46:18 and my first Boston ticket.

About 7,400 people started and about 4,400 had finished within the 5-hour time limit. The last people were coming in after the awards ceremony at 7

hours and 40 minutes. They had stopped for fudge-sicles at the IGA. One lady had started training on Monday and the guy had trained by not drinking any beer the day before. Am I doing this all wrong?

I hope the plane connections going back are better than the ones coming out, but that's another interesting story. A nice young lady at the airport fixes me the thickest chocolate milkshake I have had in a long time. There is the boarding call, I hope it is calm going back to St. Paul, this little 48 seater prop airplane doesn't need any extra winds like the tornados that blew some of the tents over last night. So long Grandma's, you put on a great race and a great weekend. Thanks a lot.

HOT? HUMID?—IT MUST BE TIME FOR BUNION DERBY #5, THE ANNANDALE 10K

By Will Woodbine

There are only three certainties in life; death, taxes, and the certainty that you're not going to run a p.r. at the Annandale 10K. Despite the traditional 90° temperature and the matching humidity, over 100 death- and heat-defying lunatics descended on Annandale High School at 7:00 p.m. on Tuesday, July 8th, to run the fifth race of the Bunion Derby series. Throughout the metropolitan area anxious beneficiaries were checking insurance papers and death benefits, certain that their loved ones would perish from heat stroke in the sweltering sunbaked suburbia of Annandale.

Washington Running Club turned out in force and, with seven of the top ten men and five of the top ten women, clearly dominated the field. Kevin McGarry showed up with his WRC clubmate and training partner Steve Spence. McGarry repeated his win of last year with a time of 32:44, followed by Jim Eastman in 33:02 and Spence in 33:30. This was an unusually easy race for McGarry, in that he started at the same time as everyone else and didn't go off course—let's hear it for Kevin—Yeaa!

Bob Thurston took the top master's spot for WRC in a time of 35:24. Thurston beat out fellow master Ed Doheny (spell this guy's name right, he might join the club) by 21 seconds.

In the women's race RC's Kathy Hibbert won in 40:30 and continues to score well in the series, having registered two overall wins and two overall second places in the four races she has run. WRC's women took the next two spots with Donna Elliot in second followed by 30-39 age division leader Betty Blank. Joanne Mallet took top women's masters spot and continues her hold on the top position of the 50+ age group with a 48:05 effort, 35 seconds ahead of fellow master and club member Val Nye who further consolidated her lead in the 40-49 age group.

Hugh Wooden, one of WRC's younger runners, served notice that he will be a force to reckon with in the future. Fifteen-year-old Hugh turned in a 39:00 time, which was especially commendable considering the heat and the course. Hugh has started to beat his aging father, Bill Wooden, on a regular basis, but

the aged Wooden managed to pull a supreme effort out of the bag to garner a 38:40 intra-family win.

Steve Daniels noted (he didn't complain, just noted!) that his efforts in this year's Bunion Derbies were overlooked by the Newsletter reporters. To add insult to injury we even gave someone else his finishing time and place in one of the races, and that was after the Newsletter editor ran his cooldown run with Steve. Steve, if you want to get your name in this publication you're going to have to start being more outrageous; good behavior and fast times just don't cut it with us. We want scandal, sex, violence or general weirdness. You start doing your part, Steve, and we'll do ours.

Men: 1. Kevin McGarry (WRC), 32:44; 2. John Eastman, 33:02; 3. Steve Spence (WRC), 33:30; 4. Jack Cleland (WRC), 33:50; 5. Pete Nye (WRC), 34:44; 6. Jerry Merkel (NOVA), 35:19; 7. Bob Thurston (WRC), 35:24; 8. Ed Doheny, 35:45; 9. Steve Daniels (WRC), 36:45; 10. Bill Mallet (WRC), 37:00; 12. Bernie Gallagher, 37:21; John Potter (WRC), 37:34; Mike Silverman, 38:34; Bill Wooden (WRC), 38:40; Hugh Wooden (WRC), 39:00 (15 yrs. old); Tom Kurihara (PVSTC), 39:04; Bob Trost (WRC), 39:48; Gordon Noel (WRC), 39:53; Gerry Ives (WRC), 40:52; Jim Scarborough (WRC), 42:56; George Cushmac (WRC), 43:09; Kevin Kolakowski (WRC), 44:13; Dick Sargent (WRC), 50:42.

Women: 1. Kathy Hibbert (RC), 40:30; 2. Donna Elliot (WRC), 41:31; 3. Betty Blank (WRC), 42:18; 4. Patty Venture, 45:25; 5. Bobbie Bleistift (WRC), 46:00; 8. Joanne Mallet (WRC), 48:05; 10. Val Nye (WRC), 48:40.

BRIGGS, DALRYMPLE VICTORS AT ARLINGTON CO-OP 10K

by N. Va. Reporter J.J. Wind

Twenty-four year old Bobby Briggs of Arlington started fast and never slowed down to win the Fourth of July weekend Arlington Co-op 10k in Bluemont Park. His 32:01 winning time was just 8 seconds off David Lashar's course record.

Master's runner Cindy Dalrymple of Arlington won the women's side of the race in 42:40. Slowed by a week of final exams at George Mason University, where she has enrolled to study engineering and calculus, Cindy nonetheless finished a minute in front of Lynda Durfee, her closest competition.

The July 5th race raised \$485 for the Arlington Co-op, Northern Virginia's only cooperative grocery. The Co-op provided apples, oranges, bananas, cider, ice cream and yogurt for all 145 finishers. Official starter was Tom Condit, president of the National Co-op Bank a lender for consumer cooperatives.

Men: 1. Bobby Briggs, 32:00; 2. Ed Ramos, 34:04; 3. Larry Camp, 34:13; 6. Craig Voise (WRC), 35:40; Kevin Kolakowski (WRC), 41:52.

Women: 1. Cindy Dalrymple (Warren Street T.C.), 42:40; 2. Lynda Durfee (PVSTC), 43:13; 3. Jennie Boswell, 44:36.

MUDDLED MUSINGS OF A MARATHON MASOCHIST

Holly Vaughn and **John Walsh** have joined the injured list. Holly fell and broke her knee cap in mid-June, two hours after arriving for her vacation in Wildwood, N.J. It was especially disappointing to her as she had set a 10K p.r. of 36:43 in April and was looking forward to a great year. According to Holly the injury also caused a weird-looking suntan—one leg bronzed and shapely and one skinny and white. The latest report has her out of action until mid-September. In the meantime Holly is keeping her spirits up by swimming and riding a stationary bike. Walsh, who hasn't had a p.r. in several years, suffered a broken wrist in a solo bicycle accident. Anyone who has ever run much with this clod knew it was only a matter of time before he would fall off something. Prognosis is that he will wear a cast for as long as three months.

Walter Sargent, until recently on the injured reserve list, showed he's back in form by taking third place in the Diet Pepsi 10K in Colorado Springs in time of 31:29. Walter, who is in Colorado Springs working as a summer intern for a local law firm before going back to Harvard as a third-year law student, was narrowly outkicked for second place. In a phone interview he said that if he didn't run the Pikes Peak Marathon he would be back in the Washington area to run the Annapolis 10 Miler at the end of August.

Nuptials have been announced for **Bernie Flynn**. By the time you read this Bernie will have got herself hitched to British soccer coach **Roger Creed** on July 26th. Let's give them the old Club cheer and wish them all the best.

WRC members continue to perform well all across the eastern states. In Butler, Pa., outside Pittsburgh, June 29, **John Doub**, **Steve Spence**, and **Kevin McGarry** captured the top three spots, respectively. At the Utica (N.Y.) Boilermaker 15k **David White** ran into some tough competition. White's 48:50 was good for only 34th place in the very tough field.

The cover of the latest issue of the Washington Running Report shows a remarkable photograph. It looks like the organizational meeting of the Bulky Guys Track Club. Pictured near the finish of the Capitol Hill Classic 10k are WRCers **Gust Svanson**, **'Rocco' Carr**, and **Jerry Merkel**. The next time anyone talks about ectomorphic runners show them this shot of two former college football players and an ex rugby rucker. Merkel and the mother of his two sons, **Kathy Ventura-Merkel**, have recently joined WRC. Kathy is a very talented runner, she has a 37:40 10k best, and Jerry, well he's kind of fun to drink beer with.

It appears the torch is being passed between generation of the WRC's Wooden family. Fifteen-year-old **Hugh Wooden** (29:06) bested his father, Bill, at the 8k Reston stop in the Bunion Derby series and displayed the talent that would indicate even better races lay ahead for him.

While researching material for his book on American bicycle racing **Peter Nye** came across the results from the Fairmont Park 5 Mile Race held in

Philadelphia, September 12, 1908. As reported in the New York Times, Englishman Alfred Shrubbs won the track contest in 27:55. But apparently Shrubbs was having a bad day since the story reports that Shrubbs at the time held the world record for 5 miles at 24:33.

From Hecht's 10 Miler computer whizzes **J.J. Wind** and **Pat Neary**: The mean (average) finish time for the race was 79:50. Ten percent of the finishers completed the race in less than 63 minutes, 25 percent finished in 71:00 and 50 percent finished under 79:06. They also report that the greatest disparity between predicted and actual finish time occurred at 90 minutes where prediction ranged from 75 to 120 minutes. However, Wind and Neary also produced a nifty little chart that shows some poor bloke who had predicted a 60 minute finish way up at the 1:39 mark. That sounds very much like a **'Count' Baker** marathon prediction.

Well known local runner **John Winkert**, 56, died Tuesday July 22 as the result of an automobile accident in South Carolina. Most of you will remember John for the zany costumes he sported while racing. In his last several local appearances he had been dressed as the Statue of Liberty. A top notch college track runner John had returned to running in the last few years for health reasons. He apparently took to wearing costumes when his health problems prompted several race directors to bar his participation. His humor and good cheer will be missed on the running scene.

LEAD RUNNERS GO ASTRAY IN BUNION #4 BUT WRC CAPTURES DCRRC 8K TEAM TITLE

By Will Woodbine

The Bunion Derby Series attracts the real hard-core types in the local running community. This fact was reinforced on Tuesday, July 2, when the runners voted overwhelmingly in favor of continuing with the race despite the less than clement weather (that's another way of saying that it was thundering, lightning, and raining so hard that a portion of the ceiling fell down at Langley High School). After standing with his fellow Bunion Derby junkies watching the torrential rain for more than 45 minutes, a WRC participant commented: "Well, we've gathered together all the animals, maybe we should start building an ark."

A side effect of the rain was that all of the course markings were obliterated. This had little effect on the no-hoppers, but gave some of those middle of the pack runners the unusual experience of being passed by Kevin McGarry and John McGrail at the 3 and 4 miles into the race after the lead pack went off course between the first and second miles of the race.

New course records were set in the open division and the women's masters division, both by WRC members. Kevin McGarry took two seconds off of Dennis Baker's 1985 course record, finishing in 27:08, and Val Nye cruised through the course in 36:37, breaking Joanne Mallet's 1985 women's master mark by 25 seconds. McGarry's time is remarkable when

you consider that following his detour McGarry passed 2 miles in 12:29. He ran the final three miles in 14:39.

The 40-49 men's division was as hard-fought as usual. Bob Trost took 10th in his age group and ruefully noted that if he'd taken 24 seconds off his time he'd have moved up to 4th. Of course, if masters winner Ed Doheny had taken 67 seconds off his time he'd have won the race.

In the team results, the WRC 'A' team swept home first with 29 points, 64 points ahead of the 2nd place WRC 'B' team. The Harriers, anchored by Ben Beach's 2nd place effort, finished in third place with 119 and the NOVA men trailed in fourth place with 172 points, despite Jerry Merkel's 5th place overall placing. The Harriers women took first place in both individual and team efforts as Amy Simons anchored the team to take first place with 13 points. RC² followed in second place with 17 points, nipping the WRC women who came in third with a total of 19 points.

Men: 1. Kevin McGarry (WRC), 27:08 (c.r.); 2. Ben Beach (Harriers), 27:44; 3. Robert Rodriguez (WRC), 27:49; 4. Rick Ulhrig, 27:52; 5. Jerry Merkel (NOVA), 28:01; 6. Pete Nye (WRC), 28:02; 7. Pat 'Rocco' Carr (WRC), 28:12; 8. Ed Doheny, 28:14; 9. Don Davis (RC²), 28:17; 9. Scott Bartram (Harriers), 28:22; 11. Bob Thurston (WRC), 28:29; 12. Tem Washington (WRC), 28:40; 13. John McGrail, 28:51 14. J.J. Wind (WRC), 29:03; 19. John Potter (WRC), 29:15; 22. Dave Johnson (WRC), 29:20; 23. Bernie Gallagher, 29:21; 24. O. T. Williamson, 29:30; 26. Kirk Davies (GNATS), 29:36; 27. Bob Trost (WRC), 29:38; 37. Bill Larsen (WRC), 30:33; 40. Gordon Noel (WRC), 30:53; 49. Gerry Ives (WRC), 31:45; 57. George Cushmac (WRC), 33:12; 67. Kevin Kolakowski (WRC), 34:13; 87. Dick Sargent (WRC), 38:36; 101. Bob Mallet (WRC), 42:39

Women: 1. Amy Simons (Harriers), 30:05; 2. Kathy Hibbert (RC²) 31:48; 3. Louise Kandra, 32:05; 4. Donna Elliot (WRC), 32:59; 5. Betty Blank (WRC), 33:10; 6. Joan Sarles-Lee (NOVA), 34:20; 8. Bobbie Bleistift (WRC), 35:24; 10. Val Nye (WRC), 36:27 (c.r. masters women); 13. Joanne Mallet (WRC), 37:35.

MISSIVES TO THE SCRIBES

To the Editor:

Your recent article suggesting that there may be ties between the "family" and the Washington Running Club could be very detrimental to the health of your Mr. Woodbine should he dig too deeply.

We have found the services of The Counselor to be very useful in extricating some of our less than successful members from embarrassing situations. He is a good guy to keep around — he knows when to keep his mouth shut.

I knew a Walsh once. He ran — rum and numbers. Walshie could talk his way out of any bust, except his last one. He is scheduled for parole in another year. He mentioned a small-time newspaper man who was looking for a big break. I hope he didn't talk too much. It would be a terrible mistake.

'Rocco' is a good kid. He seems to be moving up very quickly, if you know what I mean. He had better not be holding out on us. With all the new construction his employers are engaged in, it wouldn't be very hard for 'Rocco' to end up as part of a foundation.

Who is this guy you call The Count. He isn't one of those funny kind of guys who run around in tights, on his toes all the time. In our family, I, "The Don," am the only one with a title.

Depending on his needs we may be of service to this fellow "Track Rat." Cousin Angelo maintains quite a stable of young fillies who can go the distance, if you catch my drift.

Hopefully, you will now better understand why it would be unhealthy to discover the arrangements we have worked out with certain prominent people in your organization. As long as 'Rocco' keeps making your insurance payments we will continue to offer protection. If he should fall behind the boys may have to deliver a more personal message.

I am looking forward to your picnic this year. Me and the boys are hoping to see Laura "take it all off" and Suzy 'Boom Boom' perform. Of course we expect your beer to be purchased from our distributor.

Until then, remember, muzzle Woodbine.

'The Don'— Guido Carboletti

CLUB NOTES

Club Uniforms

Singlets	\$ 11.00
Shorts	11.00
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 RETAIL 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.

Decorative Rugs & Carpets, 3230 Duke St., Alexandria (751-4110). Discount of 10% or more on floor

coverings. Store is run by WRCers Ron and Candy Ponchak.

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