

Washington Running Club ★ Newsletter

Volume 5, Number 10

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October 1986

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

U.S. TRADE DEFICIT INCREASED AT VA. 10-M. AS AUSSIE/N.Z./BRIT. COALITION CLEANS UP

by Bob Trost

Lynchburg, Va.—This year's 13th running of the Virginia 10-miler was a repeat of last year's event, as the good citizens from the land down-under showed their northern hemisphere running mates a thing or two about racing. Australia's Rob de Castella pulled away from Englishman Dave Murphy in the final 2-miles to win in 47:49. Murphy's 2nd place time was 47:59, with American Jon Sinclair and 34-year-old Englishman Nick Rose garnering the 3rd and 4th place spots with times of 48:40 and 48:54, respectively. Englishman Geoff Smith rounded out the top five with a 49:17.

New Zealand's Anne Audain dominated the women's race from the start and won convincingly in 55:02. American Teresa Orduff, of Abingdon, Va., was second with a 56:22, followed closely by 41-year-old Englishwoman Pricilla Welch who finished third in 56:49. America's Maureen Custy and WRC's Marianne Dickerson rounded out the top five with Custy in 4th in 57:34 and Dickerson 5th in 60:21. In addition to Marianne's performance, which netted her \$400 in prize money, several other WRC runners had races that merited their appearance on the award stand. Mary Alico was 7th woman overall with a time of 61:22, netting her \$200 in prize money, Bruce Coldsmith was 11th overall and first in 25-29 age group with a time of 51:30. Bob Thurston was 2nd among the masters contingent with a time of 57:01.

Other top performances from Washington-area runners were put in by John McGrail, who was 3rd in the 30-34 age group with a 54:23, by Becky Nolan

who was 4th woman master with a 71:02, by PVSTC's Larry I'Anson who was 1st in the 50-59 age group with a 62:13, and by Rock Creek's Jennifer Westfall, who was 13th in the 30-39 age group in 71:10. The WRC's men's 30 and over team was 3rd behind the winning Richmond Road Runners and a team from Charlottesville in second.

This has always been a first-rate event, but especially so since Marilyn Reynolds-Straub has taken over the race director chores. I've dealt with many race directors in the past, but I've yet to meet one as helpful and fair as Marilyn. Next year let's plan on fielding a team that can win.

Partial Results: Men—1. Robert de Castella (Mazda TC), 47:49; 2. David Murphy (Brooks), 47:59; 3. Jon Sinclair (Brooks), 48:40; 4. Nick Rose, 48:49; 5. Geoff Smith, 49:17; 11. Bruce Coldsmith (WRC), 51:30; John McGrail 54:23; Bob Thurston (WRC), 57:01; Mel Williams, 59:40; Larry I'Anson 62:13 (1st 50-59); Ron Griswold (WRC), 62:30; Bill Larsen (WRC), 63:27; Bob Trost (WRC), 63:32; Richard Brannan (WRC), 73:30.

Women—1. Anne Audain, 55:02; 2. Teresa Orduff (Abingdon, Va), 56:22; 3. Pricilla Welch, 56:49 (1st masters); 4. Maureen Custy, 57:34; 5. Marianne Dickerson (WRC), 60:21; 7. Mary Alico (WRC), 61:22. Lynda Durfee, 73:47; Delabian Rice-Thurston (WRC), 86:00; Becky Nolan (WRC), 71:02; Jennifer Westfall (RC²), 71:10.

WR CER'S PARTNER-UP FOR VICTORIES IN SEVERAL FOOTLOCKER CATEGORIES

by 'Red' Panama

Several ad hoc relationships, blood, and a marriage, made for division wins among club members at the Annual Footlocker Partners Race Sept 27 at West Potomac Park. The teams of Gerry Clapper-Jim Hage (age 36-55) and David White-Patrick Carr (Age 56-69) were Male-Male winners while Gretchen and Vassili Triantos won the 56-69 Female-Male group and Joanne Mallet-Louise Mallet won the Mother-Daughter title.

The names of those men are familiar to most club

Submissions for the *WRC Newsletter*, as well as diatribes against the editor should be mailed to John Walsh, 2827 28th St. N.W., #12, Washington, DC 20008.

members since all of them run active and successful racing schedule, but Gretchen Triantos (29:43) is someone whose performance makes her a force to be reckoned with in the future.

Top male finisher, John Gregorek (23:47), a Georgetown graduate and 1980 and 1984 U.S. Olympic team member, wasn't able to build a big enough lead over 2nd place John Eberle (24:14), also a former Hoya, to prevent Eberle and his bride of two weeks, Suzanne Girard-Eberle, another onetime Hoya, from winning the overall title. Girard-Eberle's start-to-finish lead and winning time of 27:23 put her 1:15 ahead of number two Christine Gregorek, another, you guessed it, Georgetown alumna.

In the men's race the early lead was shared by WRC's Clapper and Scott Celley (NOVA), whose 1986 performances have opened many eyes in the Washington area. But the front runners were caught between the second and third mile posts by Gregorek, initially, and before the finish by Eberle as well. Clapper (24:15) hung tough right to the end before succumbing while Matt Wilson (24:31) and Darrell General (24:36) also overtook Celley, who ended 6th in 24:58.

(Several days after the race WRC treasurer Patrick J. Carr called the *WRC Newsletter* offices in a snit over the *Washington Post's* misspelling of his name in printing the Partner's race results. Carr threatened the well being of any editors who persisted in referring to him as 'Rocko,' as had the *Post*, rather than 'Rocco.'—*ed.*)

Partial Results: Men—1. John Gregorek, 23:47; 2. John Eberle, 24:14; 3. Gerry Clapper (WRC), 24:15; 4. Matt Wilson, 24:31; 5. Darrell General, 24:36; 6. Scott

Washington Running Club

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CLUB OFFICERS

President: Jack Coffey (836-8400)
Vice President: Dan Rincon (345-9342)
Secretary: Gerry Ives (965-2532)
Treasurer: Pat Carr (587-7655)

Newsletter Editor: John Walsh

COMMITTEES

Legal: Jim Hage, Chairman (652-6886)
Membership: Jeff Reed (836-7284)
Newsletter: John Walsh (462-8955)
Finance: Pat Carr (587-7655)
Competition: Jeff Reed, Chairman (836-7284)
Race Management: Al Naylor, Chairman (345-9342)
Social: Suzy Coffey, Chairwoman (329-9271)

MARINE CORPS MARATHON

We will once again have a WRC hospitality suite at the Hyatt Arlington, complete with massage, refreshments, snacks, and a TV. The suite will be opened at approximately 10:30 a.m. and is open to all WRC members.

Celley (NOVA), 24:58; 7. James O'Keefe, 25:16; 8. David White (WRC), 25:17; 9. Troy Pepper, 25:23; 10. Tim Gavin, 25:29; 11. Larry Frederick, 25:38; 12. Jim Hage (WRC), 25:38; John Walsh (WRC), 27:15; Vassili Triantos (WRC), 27:27; Patrick J. Carr (WRC), 27:31; Ed Doheny (WRC), 27:45.

Women—1. Suzanne Girard-Eberle, 27:23; 2. Christine Gregorek, 28:43; Gretchen Triantos (WRC), 29:43; Betty Blank (WRC), 32:30; Colleen Gaughan (WRC), 42:00; Joanne Mallet-Louise Mallet (WRC), 65:29 (combined time).

McGOVERN TOP WRC INDIVIDUAL; MEN WIN TITLE AT PHILADELPHIA

by Staff Scribe Emmett Grogan

Racing performances that bode well for the fall campaign were turned in by several WRC members at the Sept. 14 Philadelphia Distance Run (13.1 miles). Among club members the best individual finish belonged to Patty McGovern (1:13:40), seventh best among the women's field. A mix-up, one of several, cost Patty her place on the rostrum at the post-race awards ceremony, but those among her clubmates who attempted to run with her during the race can attest to her fine effort. Also posting high finishes on the distaff side were Laura Albers (1:14:32), Marianne Dickerson (1:16:05), Karin Wagner (1:17), and Mary Alico (1:18:).

McGovern, whose parents had traveled from their home in Connecticut to see Patty race, ran the first ten kilometers just off the pace set by winner Middie Hamrin (1:11:21), but Hamrin simply blew away any competition with a second half performance that left runner-up Nancy Ditz nearly 90 seconds behind. McGovern waged an interesting individual duel with Canada's Jacqueline Gareau through the mid-portion of the contest. The two runners were rarely more than one meter apart from the eighth through fifteenth kilometer marks, but the Canadian Olympian was able to pull away over the final 5K to finish 13 seconds ahead of her WRC rival.

When WRCer Colleen Gaughan crossed the finish line some time later the digital clock read 1:52:49. A chagrined Ms. Gaughan was at a loss to explain the discrepancy between the official time and the 1:42:40 recorded on her own stopwatch.

Later, under sharp questioning by the *WRC Newsletter* staff Colleen admitted that she hadn't started her watch until reaching the starting line several minutes after the gun was fired and that she had

stopped her watch when stopping for water along the course. "Oh yes," she added, "I may have forgotten to restart the watch right away once or twice." Ms. Gaughan blamed the incident on her husband who, she said, always insists that she stop the watch on her training runs whenever she stops for water. Local police impounded the watch as evidence and said that an investigation is continuing.

The men's race was marked by Mark Curp's (1:01:42) successful defense of his 1985 Philadelphia win. Although this year's time was slower than Curp's then world best 1:00:55 last year a windy first half, rather than an absence of competition was to blame.

A lead group of six, including Curp, former Cherry Blossom runners-up Roger Hackney and Mark Stickley, Bruce Bickford, ranked first in the world last year at 10,000 meters, New Jersey marathon winner Bill Donakowski, and Bill Reifsynder, remained together through the eight mile mark where the course crosses the Schuylkill River. Only Hackney was dropped as the group headed downriver, but as they reached the twelfth mile only Bickford remained with his New Balance Track Club teammate. Even Bickford was lost when Curp ran the next mile in 4:38, but Bickford was pleased with his first half-marathon effort in eight years and happy to be competing again after missing the European track season with an early summer injury.

Among WRCers the fastest performance was turned in by Brent Barnhill, ninth overall in 1:03:19. Barnhill was competing this day with his Reebok team so the top finisher for the winning WRC men's team was Jim Hage (1:04:38), followed by Gerry Clapper (1:06:00), Joe Sullivan (1:09:56), Dennis Baker (1:10:04), and Robert Rodriguez (1:10:30). Celebrating his 40th birthday in grand style and competing as a masters runner for the first time, Lucious Anderson came through with a 1:11:44. Also turning in a fine performance despite (or because of) being shunted to the Masters 'B' squad was Bob Thurston (1:12:50).

Vassili Triantos was smooth and steady in posting a 1:13:25 to lead the club's non-scoring runners. Patrick J. Carr stopped feuding with an unnamed member of royalty long enough to post a 1:14:05. Club members who spent the weekend in Philadelphia with him reported to the *WRC Newsletter* that 'Rocco' was a mite testy throughout his stay in the City of Brotherly Love, but most attributed the condition to several companions who were said to have forced a humongous quantity of a malt beverage upon their unwilling travel partner.

Men: 1. Mark Curp, NBTC, 1:01:42; 2. Bruce Bickford, NBTC, 1:01:57; 3. Bill Reifsynder, 1:02:08; 4. Bill Donakowski, 1:02:15; 5. Mark Stickley, 1:02:19; 6. Roger Hackney, 1:03:05; 7. Colin Peddie, 1:03:11; 8. Pete Pfitzinger, NBTC, 1:03:13; 9. Brent Barnhill, WRC-Reebok, 1:03:13; 10. Derrick May, 1:03:22; Jim Hage, WRC-Adidas, 1:04:47; Kevin McGarry, WRC,

1:05:12; Gerry Clapper, WRC-Adidas, 1:06:32; Larry Hadley, NOVA, 1:08:41; Joe Sullivan, WRC, 1:09:56; Dennis 'Count' Baker, WRC, 1:10:04; Bruce Robinson, 1:10:15; Robert Rodriguez, WRC, 1:10:36; Lucious Anderson, WRC, 1:11:44; Bob Thurston, WRC, 1:12:50; Vassili Triantos, WRC, 1:13:25; John Walsh, WRC, 1:13:31; Patrick J. Carr, WRC, 1:14:18; Ed Doheny, WRC, 1:15:45; Bill Wooden, WRC, 1:17:38; Bob Trost, WRC, 1:19:11; Richard Brannan, WRC, 1:22:14; Keith Higgs, WRC, 1:23; Jeff Reed, 1:24; Alan Braley, WRC, (time unknown); Kevin Kolakowski, WRC, 1:33:25.

Women: 1. Middie Hamrin, Sweden, 1:11:21; 2. Nancy Ditz, 1:12:46; 3. Katy Schilly Laetsch, Brooks, 1:12:54; 4. Jan Eittle, 1:13:07; 5. Jacqueline Gareau, Canada, 1:13:27; 6. Cindy Welte, Adidas, 1:13:33; 7. Patty McGovern, WRC-Adidas, 1:13:40; 8. Renie Shields, 1:14:00; 9. Laura Albers, WRC-Brooks, 1:14:32; 10. Michelle Bush, 1:14:45; Marianne Dickerson, WRC, 1:16:05; Karin Wagner, WRC-Adidas, 1:17; Mary Alico, WRC, 1:18; Colleen Gaughan, WRC, 1:52:49.

ACHILLES TC OFF TO A GOOD START; ASKS FOR AID FROM VOLUNTEERS

For many handicapped individuals the Achilles Track Club has reintroduced them to physical activity and competition. The recently-formed Washington chapter of Achilles is off to a good start, approximately 25 handicapped athletes have already joined.

Arrangements have been made for Achilles club members to train at the Aspen Hill Racquet and Fitness Center. Aspen Hill Racquet and Fitness Center has first-class facilities and top-rated equipment. Volunteers are needed to provide transportation to the Center in the evening and/or to help club members use the equipment. The training sessions are normally through by 9:00 p.m. and volunteers are welcome to stay and use the equipment at the Center.

Achilles is also looking for sighted runners to run with blind runners in the Marine Corps Marathon. They are looking for runners able to maintain a 7-12 minute pace. The plan is to use relays of sighted runners, so you don't have to run the whole marathon in order to help.

If you are able to help in any capacity please call Alan Roth at 649-4909.

WRC's FRANK FAYKES OUTCLASSES FIELD AT 1986 KETTERING FOUNDERS DAY 10K

by Will Woodbine

The Kettering 10K is usually the first of the DCRRC's cool weather 10Ks. This year race day fell on Saturday, September 27, and it was warm and muggy—not a day for course records.

WRC's Frank Faykes went through the first mile

(all uphill) in 5:18 to open up an immediate lead over Mike Silverman. Faykes cruised in to an easy win in 33:48, maintaining the tradition of a WRC winner at Kettering (Steve Daniels won last year, but was probably being outrageous somewhere else this year). Silverman was challenged throughout the race by master's runner George Masson, but Silverman opened up a 28 second lead by the end of the race to finish in 35:30 to Masson's 35:48.

WRC's Kevin Kolakowski ran a 40:53 p.r., bettering his 1985 mark by 1:20. Given the conditions at Kettering, Kolakowski will better this mark easily before the end of this year.

Results: Men—1. Frank Faykes (WRC), 33:48; 2. Mike Silverman, 35:30; 3. George Masson, 35:48; 4. Tom Kurihara (PVSTC), 36:34; 5. Randy Thrasher, 36:59; 6. Gerry Ives (WRC), 37:18; 7. John Manzano, 37:18; 8. John Kirkpatrick, 38:16; 9. Frank Probs, 38:21; Kevin Kolakowski (WRC), 40:53.

Women—1. Mary Earley, 50:19; 2. Jenne Ross, 50:21; 3. Carmala Garziona, 54:46.

WASHINGTON RUNNING CLUB NOTES FROM HITHER & YON

Hugh Wooden, WRC's fastest teenager, and his partner, **Bobby Lesko**, finished 2nd in the 13th Annual Woodward Relays, the first big invitational meet of the cross-country season in Montgomery County. The race had more than 90 two-person teams. Hugh won the 19-and-under age group at the Annapolis 10-Miler with a 59:22 in August.

Yes, sport fans, those were WRC members **Will** and **Laura Albers** on the cover on the October issue of *Runner* magazine, apparently for a feature entitled Looking Good. When the *WRC Newsletter* called the magazine to ask about the cover we were told that Will was included in order to prevent widespread theft of the issue.

Dallas is the place and February 14 the date for the the United States trials for the World Cross Country Championships. Several places on both the men's and women's U.S. teams are awarded based on national championship performances. This year's nationals are set for Golden Gate Park in San Francisco November 29. The world race takes place March 22 in Warsaw.

Pam Briscoe and **Richard Stein** were going to use the Severn River 15K as a training run. However, when Pam realized she was in 2nd place at the halfway point she turned up the throttle and caught the leading woman, who had stopped to take a drink of water at the seven-mile mark. Pam cruised on to a 59:30 victory, just behind Richard's 59:20.

A group of WRC volunteers, headed up by President **Jack Coffey** and **Al Naylor**, worked the G.W. Hospital 10K race on the grounds of the National Geographic facilities in Gaithersburg, Md. **Pat Carr** won the race to drink the first beer (7:00 a.m.) and apologized for hitting another volunteer with a ham-

mer while setting up the finish chute.

Greg Early, a junior on WRC vice-president **Dan Rincon's** Eleanor Roosevelt High School harrier squad won the seeded boys race at the Palotti Invitational Meet. Several WRC members were heard trying to take credit for Greg's victory, arguing that Early's long Sunday morning runs with Dan and these clubmates during the summer months were essential to his success.

Boston Marathon qualifying standards for under-40 men and women have been relaxed. Beginning with next April's race the men's standard is 3:00 and the women's standard is 3:30.

Around this time last year we mentioned that no Americans appeared among the top ten marathoners in the world for the year. Well, the same can be said for 1986. Top U.S. runners so far have been Paul Cummings (2:11:31) at Houston and Bill Donakowski (2:11:40) at New Jersey. They rank 14th and 17th, respectively, on *Track & Field News's* world list. Things are even worse on the distaff side of the ledger where the top American woman is Francie Larrieu, whose 2:33:36 doesn't rank in the top twenty worldwide.

ANACOSTIA 10K KICKS-OFF DC AUTUMN RACE CAMPAIGN

by Staff Writer *Althea Later*

Last year they blamed the heat and humidity — ninety and ninety — for the slow times at the Anacostia River 10K. This year, with cool temperatures and sunny skies, that excuse wasn't available so many sought solace in blaming heavy training schedules, or strange vapors rising from the river. Whatever the reason this year's DCRRC event in Anacostia Park provided good competition over a pancake-flat out and back riverside route, if not stellar clockings.

The early stages were a familiar sight to area race observers as WRC's Robert (don't call me Bobby) Rodriguez towed the field through a 5:02 first mile. Before they reached mile two however, clubmate Darryl Stewart had taken the lead, with Rodriguez and Jerry Forster in pursuit followed by masters runner Richard Pankow, and WRCers 'Rocco' Carr and Ed Doheny. Doheny then passed Carr for 4th place near the halfway mark.

That order held through four miles (21:30) with the margin from 1st to 5th just over one minute. Shortly past that mark Stewart was forced to drop out of the race suffering from chest pain and Forster took over the lead with Rodriguez still in the chase. Meanwhile, Carr had been joined at four miles by a handicapped person — arm wildly waving in an over-the-elbow cast — who appeared either encouraging or berating the WRC Treasurer as they ran. In either case his efforts were of little avail as Carr was unable to gain any ground on his "older" teammate, Doheny.

Forster made a fine effort to win, as an off course detour by the leader put Rodriguez temporarily in the lead near the finish, but Forster was able to regain the advantage and then hold on for a 33:49 win. Rodriguez was 2nd, seven seconds in arrears. Meanwhile, Doheny was closing on 3rd place runner Pankow (34:39) until they entered the soft turf field that marked the final 300 meters. The deep footing took the sting from Doheny's kick and he was only able to close within 5 seconds of the masters winner. Carr, his Special Olympics orphan alongside, retained 5th place with a 35:23 finish.

A thin women's field (6 finishers) was headed by Ellen Gross (42:02).

Men: 1. Jerry Forster, 33:49; 2. Robert Rodriguez (WRC), 33:56; 3. Richard Pankow, 34:39; 4. Ed Doheny (WRC), 34:44; 5. 'Rocco' Carr (WRC), 35:23; 9. Tom Kurihara (1st 50-59), 39:55; 23. Jerry Hagen, 41:16; 35. Jim Scarborough (WRC), 44:32; 36. Dick Good (WRC), 45:02.

MINUTES OF WASHINGTON RUNNING CLUB MONTHLY MEETING HELD 12 SEPTEMBER 1986

The meeting was called to order by WRC President Jack Coffey.

Coffey announced that the Executive Committee had agreed to the request that the Club would consider picking up partial expenses for those members running the Twin Cities Marathon who had a fair shot at qualifying for the World Marathon Championships. Coffey asked for volunteers to help with the G.W.U. Hospital 8K being held on Saturday, 20 Sept., at Gaithersburg, Md.

Arlington Mile (Oct. 11): J.J. Wind asked for people to help with publicity, registration, finish line, and ¼-mile splits. Jay's home number is 920-5193.

Pennsylvania Avenue Mile (Oct. 4): Race Director Jeff Reed announced that the ad in Washington Running Report took most of the money that had been raised for the race so far. Twenty volunteers are needed to help with the race. Call Jeff at work at 841-6080 if you can help.

Achilles T.C.: Alan Roth reports that the local Achilles club has 15-20 members and they have been given use of the facilities of Aspen Hill Racquet and Fitness Center. Volunteers are needed to run with handicapped runners in the Marine Corps Marathon. Call Alan at 649-4909 if you can help. In an unrelated matter Alan Roth reported that negotiations are continuing on the use of Hains Point/West Potomac Park for road racing. The National Park Service said that they *may* consider a start time later than 8:00 a.m. in mid-winter.

Georgetown 10K: Dennis Baker needs 100 volunteers for the Georgetown 10K, our second largest source of race revenue. Please call Dennis and volunteer at 525-7544.

Other Business: Al Naylor reported that Ira Pes-

serillo is running in the Ed Jerome Memorial 10K out in California. Ira has volunteered to try to buy T-shirts for all Club members who remember Ed and his faithful hound, Shelly (2:23 marathon p.r.). If you want a T-shirt call Al Naylor at 345-9342. Pat Neary reminded members that we will once again have a hospitality suite at the Hyatt Arlington, complete with masseuse. The suite will be opened at approximately 10:30 a.m.

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

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, 2240 Washington Ave. #101A, Silver Spring, MD 20910. 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

Tuesday Night Run, Fairfax Running Center, Alexandria, 6:30 p.m. Group run from 6-10 miles along the bike path next to the Parkway. Six to nine minute pace. **Contact:** Betty Sue O'Brien at 549-7688.

Tuesday Night Run, Eleanor Roosevelt H.S., Greenbelt, Md., 6:30 p.m. Group runs 11 miles at approx. 6:30 per mile. **Contact:** Steve Daniels at 474-4428.

Tuesday Evening Track Workout, Georgetown U. Track, 6:30 p.m. Very informal track workout, run with group or set your own workout. No contact, just show up.

Sunday Morning Run, Georgetown, 8:00 a.m. Ten to eighteen miles at 6:00-7:00 pace. Group meets at the corner of 34th & M, on the canal side. Do not confuse this group with the bums sleeping under the trees. No contact, just show up.

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