

Washington Running Club ★ Newsletter

Volume 6, Number 1

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January 1987

The JANUARY meeting of WRC will be held on Friday, JANUARY 9, 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 block 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.

Election of officers for 1987 will be held at this meeting. Be there to help prevent voting irregularities.

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.

HOT TIMES AT TAME 10K IN BALTIMORE TOWN; MYERS, WILLIAMS PLACE WELL IN MARATHON

a WRC Newsletter Staff Report

The name for Baltimore's Tame 10K, run in conjunction with the Maryland Marathon on December 7, refers only to the course. Competition at the top of both the men's and women's fields was anything but tame. This year's race attracted one of the most competitive fields of any race in Maryland, featuring seven men finishing in under 30 minutes and 5 women bettering the 36 minute mark. Credit for the growing stature of this event must go to race director Les Kinion who has used the renown, or infamy, of the concurrent "mean marathon" to build this race.

WRC reinforced its position as one of the strongest clubs on the east coast by placing six runners among the top 20 men, paced by John Doub's and Jeff Scuffins' 4th and 5th placings, and by the top-five finishes of Mary Alico and Maria Pazarentzos in the women's field.

J. P. Ndayisenga took the lead from the start, with Joseph Kipsang starting out slower than usual due to an achilles tendon problem that has curtailed his training in recent weeks. WRC's John Doub and Jeff Scuffins duked it out with Kipsang and Jim Hill in a pack that closed on Ndayisenga throughout the second half of the race, but never entirely made up the deficit. Kipsang, despite his physical miseries, continued to victimize WRC's runners, as he has throughout 1986. Both he and Oregon alum Hill outdueled local lads, Doub and Scuffins, in the finish sprint.

Despite the abundant talent in the women's draw,

one very classy lass roared to the head of the class. Suzanne Girard-Eberle (33:39) outraced runner-up Mary Alico by nearly 1½ minutes to capture top honors.

In the Maryland Marathon, Mary Ellen Williams cruised through the course in 3:04:03, good enough for 3rd place (and 1st master) in the women's division. Mary Ellen did not decide to run the marathon until the morning of the race and said that she was not mentally set for a hard run. She still has her sights set on an Olympic qualifying time, either at Shamrock or Pittsburgh.

Tame 10K Results

Men: 1. J. P. Ndayisenga, 29:28; 2. Joseph Kipsang, 29:33; 3. Jimmy Hill, 29:37; 4. John Doub (WRC), 29:40; 5. Jeff Scuffins (WRC), 29:42; 6. Sos Bitok, 29:52; 7. Dave McCormack, 29:59; 8. George Nicholas, 30:07; 9. John Eberle, 30:13; 10. Dennis Rice, 30:15; 11. Steve Spence (WRC), 30:21; 14. Gerry Clapper (WRC), 30:41; 15. Jim Hage (WRC), 30:44; 18. David White (WRC), 31:32; 49. Jim Dill (WRC), 33:56; 79. Maston Gray (WRC), 36:02; 153. Jeff Reed (WRC), 39:23.

Women: 1. Suzanne Girard Eberle, 33:39; 2. Mary Alico (WRC), 35:04; 3. Nancy Kubasek, 35:11; 4. Cindy James, 35:19; 5. Maria Pazarentzos (WRC), 35:36; 8. Cindy Dalrymple (Warren Street), 36:41 (1st Master).

Marathon

Men: 1. Steve Molmar, 2:27:34; 4. Jack Bickley, 2:38; 5. Jeff Myers (WRC), 2:41:07; 15. Dave Asaki, 2:50:20;

1987 MEMBERSHIP DUES

It's time for membership renewals. Current memberships expire on January 31st. Just send in your check with the form at the end of the Newsletter and you'll be in for another year of fun with WRC. If you're not interested in fun, just send in the check anyway, we need the money!

25. Al Buhl (NOVA) 2:53:16; 46. Tom Waites, 2:59:43; Mike Spinnler (WRC), 3:03:10.

Women: 1. Rose Malloy, 2:55:45; 2. Patricia Ryan, 3:00:46; 3. Mary Ellen Williams (WRC), 3:04:03.

RUNNING ON EMPTY WITH A FULL LOAD

Ira Pesserilo (Our Man in LA)

OK, sports fans, let's skip the preliminaries and move on directly to the bad taste and tomfoolery!

First off, the Ed Jerome Memorial Half Marathon in Lanchaster saw Benny Cruz set a CR in 67 minutes for the men, with Sylvia Mosqueda (LA's latest female flash) winning it for the women in 76. Unfortunately yours truly had the flu that day, and the only running I could do was from my bedroom to the bathroom (it was a three-roll day).

In Hawaii, one time WRCer Bruce Robinson completed the Iron Man Triathlon in 10 hours 32 minutes with a 1:12 swim, a 6:06 100-mile bike ride, followed by a 3:14 marathon (the fastest marathon for a non-pro runner). Bruce, who now is chief honcho of Miles Ahead Sports in Mannasquan, N.J., finished 109 out of 1,200 overall at the Iron Man.

A few weeks later, Bruce ran the N.Y. Marathon with his buddy, Wilbur Aloysius Albers, finishing in 2:50:30, beating Will by 30 seconds. On the subject of the Albers family, I hear that Laura is healing up nicely after being hit by the car. Stop doing imitations of me, Laura!

In football news, Coach Dan Rincon has won the next race T-shirt I get; he picked the Redskins, and I picked the Raiders, in this year's match-up, and the

Deadskins got lucky. Dan plans to rent out my shirt to a family of six.

On the subject of MY Raiders: I went to a Greater Los Angeles Raiders meeting, and someone came up to me and said, "Do you know Will Albers?" It turned out to be Ruth Wysocki, who is also a fan of the Silver and Black. She was made an honorary member of the Sheldon Lonecke Foundation to Stamp Out Punk Rock, by yours truly. And another thing, Wilber, there is a three hour time difference between Michigan and California. No 7 a.m. phone calls to Ruth, please.

On the subject of my own running, I discovered what the problem was; my shoes and my orthotics weren't compatible (*it's also hard to run with your feet in your mouth, Ira.—ed*). Slowly, but surely, I'm coming back though. Last night I had a beautiful run, even though it was only a three-miler. I should be set for the Colliseum race next month.

On the subject of that race, I understand that the wife of a WRC member . . . (*censored in the cause of Club harmony—The Editorial Censorship Committee*).

On other matters, Will and Laura are going to be out on the west coast come March. An alumni team is forming for a race which will be somewhere down San Diego way. Once we finish, we're all going down to the beach, so Will can finally take his clothes off in public! We plan to do whirlpools in the Pacific.

So sports fans, here's wishing you the happiest of New Years, and once again, toodleoooooooooooo!

DICKERSON TRIUMPHS AT JINGLE BELL 10K; EASTMAN AND VELEZ 3RD & 5TH AMONG MEN

by Will Woodbine

The Jingle Bell 10K Run for Arthritis has emerged as one of the National Capital area's most popular races over the past three years, attracting some serious runners and many more serious entries in the best costume categories. This year's West Potomac Park run, Sunday December 6th, found approximately 2,600 runners, reindeer, elves, is that Santas Claus or Santa Clauses, and other unidentified running objects, lining up for the 8:00 a.m. start.

Against a strong women's field WRC's Marianne Dickerson was content to run through the four-mile mark in second place before taking the lead and cruising in to win in 35:40. Dickerson has posted some impressive wins this fall against strong competition. Kathy Merkel (4th) continued her outstanding fall racing season with a p.r.-matching 36:39 after being stalked all the way by Louise Mallet (5th) who finished in 36:54. Rounding out a successful day for the Mallet family was Louise's mother Joanne, whose 43:35 posting gave her a victory in her 50-59 age group. It's obvious that Joanne has passed some of her running genes on to her daughter.

In the men's field, John Taylor, of St. Mary's, W.Va., led from the gun and won going away in

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 (530-3246)

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)

29:58. Jim Eastman (32:12) and Ray Velez (32:18) took 3rd and 5th place.

This race marked the return of Bobby Bauer, who has been taking a few weeks off after a very successful year of racing. Patrick Neary came through the finishing stretch of the race like a half miler, overtaking at least 50 other runners in the final quarter mile. Patrick's father, Pat Neary, is still hobbling around with his foot injury, but came down to help out Colonial Running with the finish line.

Men: 1. Steve Taylor, 29:58; 2. John Wessels, 31:31; 3. Jim Eastman (WRC), 32:12; 4. Michael Bordell, 32:17; 5. Ray Velez (WRC), 32:18; John McGrail, 32:27; Jeff Delauter, 32:43; Darryl Stewart (WRC), 33:31; Craig Voise (WRC), 34:52; Doug Bulcao (GNATS), 35:05; Richard Stein (WRC), 36:38; Bobby Bauer (WRC), 37:17; Gerry Ives (WRC), 37:28; Tom Kurihara (PVSTC), 37:32; Rick Rockelli, 37:41; Herb Chisholm, 38:12; John Przybysz (WRC), 40:05; Patrick Neary (WRC), 52:03.

Women: 1. Marianne Dickerson (WRC), 35:40; 2. Lori McKee, 36:24; 3. Natalie Updegrove, 36:26; 4. Kathy Ventura-Merkel (WRC), 36:39; 5. Louise Mallet (WRC), 36:54; Mary Catherine Fischer, 37:44; Donna Elliot (WRC), 38:14; Betty Blank (WRC), 40:16; Pam Briscoe (WRC), 40:58; Patty Deuster (WRC), 43:04; Joanne Mallet, 43:35 (1st 50-59).

RUDY WINS RED NOSE RUN; HAMMOND CRACKS HOUR MARK

by 'Red' Panama

Starting time temperatures in the mid-twenties and a chilling northerly wind failed to cool the hot feet of either Rudy Robinson (54:54) or WRC's Karin (Wagner) Hammond (59:42) as both disposed of their rivals with cold efficiency at the first Rudolph's Red Nose 10 Miler, Saturday Dec. 13, at Rock Creek Park's Pierce Mill.

It was never more than a four-man race for the top spot as Robinson was accompanied only by WRC's Darryl Stewart, Bob Oberti, and Bob Briggs in the early going. The first four miles of this new course resemble a roller coaster with runners climbing Glover Rd. to the Park's highest point, near the Nature Center before plummeting down Ross Dr. to Rock Creek level. When the leaders reached this point Robinson had established a clear advantage, an edge that was threatened only by the Warren Street runner's momentary detour at an unmarshalled turn at Wise Rd. just past the halfway mark.

When the field turned onto Bingham Dr. and began the gradual downhill descent to the finish only Briggs (55:17) had Robinson still in his sights and he was unable to dent the lead despite running these last three miles in 15 minutes flat.

The tactics were different, but the results similar in the women's race. Karin Hammond overcame the lead of fellow WRCer Mary Alico on the long descent to the finish to win by a wide margin over Betsy

Bachtel (1:00:45) of Washington. Alico dropped from the race just short of the nine mile mark. Hammond's finish time, the result of an easy first half and strong finish, is quite remarkable on this tough course (she finished 11th overall) and reinforces her position as one of the top Washington area women.

The men's masters race was won by area newcomer Bob Press (58:42) who out-gunned stalwart Ed Webb (58:54) after they had powered their way through the field together through most of the race. WRCer Gerry "Fencepost" Ives (1:02:20) was 24th overall and 6th among the masters, while blasting through the final three miles in a fast 17:30.

A wide smile was evident on the face of race director John Potter, despite the fact he sported a reindeer costume throughout the morning. John and his wife, Amy, only six days before had become parents to a son, Sacha David Potter. The people from Somerset School, sponsors of this first time event, should be congratulated for a job well done, an excellent turnout (494 entrants), and a beautiful, tough but fair, new course in Rock Creek Park.

Men: 1. Rudy Robinson (Warren St.), 54:54; 2. Bob Briggs, 55:17; 3. Bob Oberti, 55:56; 4. — Johnson, 56:15; 5. Darryl Stewart (WRC), 56:47; 8. Bob Press, 58:42 (1st master); 9. Ed Webb, 58:54; Bill Ramsey, 1:01:55; John Walsh (WRC), 1:02:13; Gerry Ives (WRC), 1:02:19; Herb Chisholm (1st 60-69), 1:07:39

Women: 1. Karin (Wagner) Hammond (WRC), 59:42; 2. Betsy Bachtel, 1:00:45; 3. Nancy Reed, 1:06:33; 4. Patty Deuster (WRC), 1:06:41; 5. Marilyn Segall, 1:08:21; 6. Jeanne Grillo, 1:09:51; 7. Susan Lewis, 1:09:58

WRC RUNNERS MAKE STRONG SHOWING AT THE DCRRRC 10- AND 20-MILERS

by Will Woodbine

Washington Running Club members made a strong showing at the DCRRRC 10- and 20-Milers held at Greenbelt on Saturday, December 27, at 10 a.m.

Jim Eastman, who has been one of WRC's most consistent performers this fall, won the 10-miler with a time of 54:34 beating Wake Forest law student Bob Raisbeck by 29 seconds. WRC's Pat Bullinger took the distaff side of the 10-miler in 62:20 after pulling away from Leslie Maerki at the 4-mile point.

In the 20-miler, Laura DeWald Albers ran the two circuits of the course with a smile on her face. DeWald held the women's lead from the starting line and finished with an impressive 2:07:48 victory, almost 9 minutes ahead of 2nd place finisher Kare Holm.

The men's side of the 20-miler was the only barren spot for WRC runners. The winner was Craig Holm in 1:52:15, followed by Ben Beach in 1:57:55. Beach was probably holding back in anticipation of the A.U. 25K race coming up on January 4th.

10-Miler Results: Men—1. Jim Eastman (WRC), 54:34; 2. Bob Raisbeck, 55:03; 3. Joe Sullivan (WRC), 55:13; 4. Lance Denning, 55:41; 5. Richard Pankow, 58:41 (1st master); 6. Al Naylor (WRC), 59:06; 8. Will Albers (WRC), 59:42; 9. Steve Daniels (WRC), 61:06; 10. Larry Panson, 61:22; 15. Gerry Ives (WRC), 64:14.

Women—1. Pat Bullinger (WRC), 62:20; 2. Leslie Maerki, 63:22; 3. Mary Ann Zuckerman, 74:00; 4. Bobbie Bleistift (WRC), 75:32.

20-Miler Results: Men—1. Craig Holm, 1:52:15; 2. Ben Beach, 1:57:55; 3. Wayne Vaughn, 2:03:05; 6. Theodros Tadesse, 2:06:34; 7. Ben Matthews, 2:07:10; 10. George Masson, 2:11:28.

Women—1. Laura DeWald Albers (WRC), 2:07:48; 2. Kare Holm, 2:16:34; 3. Tammy Vilano, 2:41:57; 5. Margaret Noel (WRC), 2:45:36.

1ST TIME VA. ½ MARATHON UNCOMMONLY SUCCESSFUL

by James Scarborough

The Newsletter editor apologizes to the author and race director for our failure to run his article in last month's edition. Believe me, it's easier to transcribe this stuff than the tasteless trash submitted by the oversized LA chapter of this august athletic union.—ed.

First time race. Crazy weather, warm for November, 67 degrees at the start. A novel ladies first — "I'll never run another one of these," said Bobbie Bleistift — start. Bijurisdictional route, including Arlington and Falls Church.

One week after the Marine Corps Marathon one might not expect a large turnout, but such was the scene at the start of the Virginia Half Marathon as 308 run took off.

Women started at 8:20 a.m. and the men followed ten minutes later. But even the head start couldn't save the grand prize television set awarded to the absolute first across the finish line for the women. John Eberle (1:10:02) of Georgetown Athletic Club came home at the head of the field more than twelve minutes before WRC's Donna Elliot finished in 1:32:41.

Second place went to Paul Mallott of Newcastle Pa., the last to register for the race in 1:13:41. Paul, like most Pennsylvanians this time of year, just happened to be visiting friends in Reston and was looking for a tuneup in preparation for the Allegheny Marathon. Other notable out-of-town participants included 5th place finisher, forty-seven-year-old Lew Faxon of Hampton, Va. (1:16:43) and Englishman, Dr. Norm Myers. The only complaints centered around the heat and the fact that with four hilly miles still ahead on the Custis Trail, the back-of-the-pack crowd could see the speed demons coming from the opposite direction and nearing the finish.

After the race, the halfers hoofed back to the

Ballston Common for pastry and juice at the new Ecco Cafe, and an appropriately outdoor awards ceremony on a spring-like day.

Credits go to the Police Departments of both Arlington and Falls Church, the Arlington Amateur Radio Club, Arlington Red Cross, the Arlington Co. Parks Division for making the course possible, and WRCers Gerry Ives for working both registration and packet pick-up and Craig Voise for trying to cover three sentry locations at once.

WRC WOMEN'S SQUAD DOMINANT AT DCRRRC BELLE HAVEN ½ MARATHON

by Staff Reporter Matt Resbach

The official results indicated a victory for John McGrail, but the reality was a holiday season tie for McGrail and Ben Beach at the head of the Belle Haven ½ Marathon field, December 13. The two local race regulars, McGrail has been dominant on the Bunion Derby circuit for several years and Beach is thought by some to own the hilly AU course in Northwest Washinton, ran away from the field this windy and cold day. Top WRC finisher was 5th place Steve Daniels. Could Steve be preparing to duplicate his strong early 1986 performances, highlighted by his 6th place finish at the 20K Bethesda Chase?

Competition between the two WRCers at the front of the women's field was as fierce as the men's was relaxed, as Kathy Ventura-Merkle and Pat Bullinger battled the wind and one another for top honors.

Bullinger was first to make a move as she separated herself from her rival near the four mile mark and expanded her lead to as much as 20 seconds. But Ventura-Merkel's steadiness and experience paid dividends when she began to close the advantage beyond the 10 mile split (this was Bullinger's first ever race beyond that distance). By 12 miles the lead had evaporated and over the final mile Ventura-Merkle stretched her victory margin to 24 seconds.

Donna Elliot (4th), Betty Blank (6th), and Bobbie Bleistift (10th) gave the WRC distaff runners half of the top ten finishers.

Men: 1. John McGrail, 1:15:01; 2. Ben Beach, 1:15:02; 3. Michael Silverman, 1:17:55; 4. John Bergeron, 1:18:08; 5. Steve Daniels (WRC), 1:18:35; 6. Theodros Tadesse, 1:19:42; 7. Chuck Kuhn, 1:20:00; 8. Craig Anderson, 1:21:50; 9. George Masson, 1:21:51; 10. Denis Colombant, 1:22:57; 12. Robert Trost (WRC), 1:23:28.

Women: 1. Kathy Ventura-Merkel (WRC), 1:23:30; Pat Bullinger (WRC), 1:23:54; 3. Kathleen Latz, 1:28:50; 4. Donna Elliot (WRC), 1:29:37; 5. Jennifer Westfall (RC), 1:31:20; 6. Betty Blank (WRC), 1:35:10; 7. Dana Bredice, 1:37:51; 8. Judith Flannery, 1:38:53; 9. Susan Aaronson, 1:44:18; 10. Bobbie Bleistift (WRC), 1:46:00.

DCRRC CROWNS 10K TEAM CHAMPIONS WITHOUT WRC v. HARRIERS REMATCH

Special to WRC by R.P. Trost

What would happen if we held a rubber match between the last two winning teams and neither side could field a full team? The answer is easy: combine forces and take on all comers.

That's exactly what happened at this year's DCRRC 10K Team Championship at Fort Hunt Park, December 6. WRC was defending team champion and DC Harriers had won the team title two years ago. So this year's competition was to settle who was king of the hill. Unfortunately, neither side could field a team and at the last moment, WRC and the Harriers decided to combine forces and challenge a strong University of Maryland team comprised of several current and former WRC members.

The final result was close, but the WRC/Harriers combination pulled out the team victory with a score of 70, against a 91 score for the Terrapin alumni contingent. In the individual race, some outstanding performances were put in by WRC members. Al Naylor, recovering from injury and running for the University of Maryland team, decided to run a negative split race, with each *mile* a little faster than the previous. Al started out with a modest 6-minute mile and finished with a strong 5:23 sixth mile. Sixteenth overall in 35:43. WRC's Bill Wooden was hoping to break the old master's course record (35:53) held by O.T. Williamson. He did indeed break the old record with a fine 34:43. Unfortunately, 41-year-old Richard Pankow also broke the old course record with a fourth place finishing time of 34:21. So the new course record goes to Pankow, and Bill will have to wait until next year for a shot at his place in the record book.

Men—1. Dan Welsh (UM), 33:58; 2. Simon Steer, 34:03; 4. Richard Pankow 34:21 (1st Master) 6. Steve Daniels (UM/WRC), 34:40; 7. Bill Wooden (WRC), 34:43 8. Mike Silverman, 34:48; 9. John Wiedman (Harriers), 35:14; 16. Al Naylor (UM/WRC), 35:53; Chuck Kuhn (UM) 36:40; 24. Bob Trost (WRC), 37:10; Tom Skelly, 37:40.

Women—1. Jennifer Westfall (RC²), 41:04; 5. Lynda Durfee, 45:54.

WRC RANDOMLY ASSEMBLED RAUNCHY RUNNING NOTES

WRC member **Vince Hancock** placed 6th in the Va. State High School Cross Country Championships. Sixteen-year-old Vince was the top underclassman and is living proof that not all of WRC members are superannuated.

After the success of Rudolph's Red Nose 10-Miler in Rock Creek Park (*see accompanying story*), perhaps more sponsors should consider moving races away from the overused West Potomac Park course. With a little imagination a variety of routes are

usable along Beach Drive and the surrounding roads. Since a long section of Beach Drive is already closed to vehicular traffic on weekends traffic interference is largely abated and the course need not necessarily utilize the big Glover Rd./Ross Dr. hill.

Don't worry too much about that fast young woman who won at Rudolph's Red Nose Run. **Karin Hammond** isn't a new star on the local scene it's the moniker of reigning star Karin Wagner who was recently nuptialed.

Kudos to Langley H.S. senior **Erin Keogh** who defended her national high school cross country championship at San Diego's Balboa Park Dec. 13. Keogh's time over the 5000 meter course was 16:55. **Wendy Neely** of Lake Braddock also captured All-American honors with her 3rd place finish.

Marianne Dickerson has accepted an invitation to run in the World Women's Invitational Marathon at Osaka, Japan on Jan. 25. She couldn't care less about missing the Super Bowl. Now if the marathon was scheduled for New Year's Day when her beloved Michigan Wolverines meet Arizona in the Rose Bowl

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First ever World Indoor Track & Field Championship are scheduled March 6-8 at the Hoosier Dome in Indianapolis.

Tickets are available through TicketCenter outlets for the Miller Lite Invitational track meet at George Mason University, February 15. Adult admission is only \$4.00, and remember the Field House seats 2,000.

Ira Pesserilo has renewed his WRC membership. Ira was sent to the Gulag (no, not New Jersey, California) a couple of years ago and apparently it is agreeing with him. He reports his best times in 1986 as 29:02 for 10K, 50:10 for 10 miles and a 2:02:01 for the marathon (over an unofficial course). During his stay in D.C. Ira preferred to run quietly at the back of the field. If you believe any of this, you obviously don't know Ira!

Berni Flynn Creed has slowed down over the past few months due to the fact that she's running for two. There is some debate as to whether the baby will be a runner or soccer player. Berni's husband is soccer coach **Roger Creed**, and Berni is no mean soccer player herself. The baby should be starting training, either for the FA Cup Final or the Marine Corps Marathon, sometime in April.

Pat 'Rocco' Carr has purchased a pickup truck. **Count Baker** let it be known in a recent audience that there is no truth to the rumor that 'Rocco' should henceforth be referred to as 'Jethro,' and he has no idea how the rumor got started in the first place.

Thanks go to **Ron Ponchak** and **Doug Robinson** for their extra donations to the Club when they sent in their 1987 dues. Ron sent in an extra \$150, which he had earned for putting on a race for an out-of-town group, and Doug sent in an extra \$35 to "help ease his conscience" for not working any races.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD FRIDAY, DECEMBER 5, 1986

The meeting was called to order by President Jack Coffey.

Hecht's Race: Coffey announced that John Walsh had agreed to act as race director for the Hecht's Company 10-Miler. This race is the Club's most important source of funds, and, as this is the 10th anniversary of the race, we can expect it to be an all-out effort on Hecht's and our part.

Nomination for Club Officers for 1987: The floor was opened for nominations for Club officers for 1987. Voting will be held at the January meeting of WRC. Additional nominations may be made at that time.

The nominations were: **President**—Jack Coffey (by J. Walsh, 2nd by Pat Carr); **Vice-President**—Dan Rincon (by Pat Carr, 2nd by Suzie Coffey); **Secretary**—John Walsh (by J. Reed, 2nd by G. Uhl), Gerry Ives (by J.J. Wind, 2nd by D. Rincon); **Treasurer**—Pat Carr (by G. Ives, 2nd by Suzy Coffey).

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

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. □

CLUB NOTES

Club Uniforms

Singlets	\$ 11.00
Shorts	11.00
Club T-shirts	6.50
Postage and Handling	3.00

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. 6:00-9:00 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.

Sunday Morning Run, Georgetown, 8:00 a.m. Twelve to twenty 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
1987 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 1986

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:
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If you need more information contact Jeff Reed at 836-7284