

Washington Running Club Newsletter



Volume 6, Number 3

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March 1987

The MARCH meeting of WRC will be held on Friday, MARCH 13, 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.

To commemorate the second Friday the 13th meeting of 1987, the door prize will be a case of Plantar Fasciitis (1986).

KIPSANG EDGES HAGE IN BETHESDA CHASE 20K; WRC WINS MEN, WOMEN & MASTERS TEAM TITLES

by Will Woodbine

In one of the most exciting finishes in the history of the Bethesda Chase, Kenyan Joseph Kipsang passed WRC's Jim Hage in the final 10 yards and took the top spot by less than one second.

This year's Bethesda Chase started at 10:15 a.m. on what began as a dismal and drizzling first day of March. Kipsang and Warren Street A.C.'s Rudy Robinson took the lead in the early stages of the race, with Hage and clubmates Gerry Clapper, Mike Mansy and Jim Eastman running in a pack that lagged up to 75 yards behind. Hage started to reel in the leaders and joined them up front just past the 10-mile marker. With Robinson fading, Hage had opened up a 5-yard lead on Kipsang by the time he came onto the BCC High School track. The lead proved to be not quite enough as Kipsang, with a superlative effort, broke the tape inches ahead of Hage with Robinson finishing 200 meters back to take third.

In the women's division Mary Alico took an early lead and never relinquished it, winning the division in a fine 1:12:21 over WRC's Patty McGovern who turned in a 1:12:59. McGovern showed that she's well on the road to recovery after an injury-plagued 1986 season. Alico's time was a substantial improvement over the 1:18:38 she turned in last year. Pam Briscoe also gave notice that she's back to racing form by finishing in third place with a time of 1:16:44.

The masters saw a number of fine performances in this increasingly competitive division. WRC's Lucious Anderson put in one of his patented winning

efforts to take top spot in 1:09:18. Bill Wooden ran an excellent 1:11:31, and Pete Nye made his master's debut, after a year-long layoff from racing, with a 1:12:23.

One of the most unfortunate runners at Bethesda was Gust Svanson. Svanson took a bad fall during the race that moved him out of contention. Don't count Svanson out for the year though; he'll be back.

WRC Teams Dominate

Washington Running Club dominated the team competition after a disappointing showing in 1986 when only the masters team won. The men's open team was won by WRC's 'A' team with Hage, Clapper (4th), Mansy (5th), Eastman (6th) and Joe Sullivan (11th) scoring. The women's open team was won by WRC with McGovern, Briscoe, Pat Bullinger (4th), Kath Otto, and Donna Elliot scoring. And the men's masters team winner was, you've guessed it, WRC, with Lucious Anderson (1st master), Bill Wooden, Pete Nye, Larry Talley, and Bob Thurston making sufficient points to beat the usually dominant GNATS. The sole team title WRC didn't win was taken by a tough women's masters team fielded by MCRRC—we're going to have to do something about that next year.

Men: 1. Joseph Kipsang, 1:03:57.8; 2. Jim Hage (WRC), 1:03:58.6; 3. Rudy Robinson (Warren Street), 1:04:39; 4. Gerry Clapper (WRC), 1:05:13; 5. Mike Mansy (WRC), 1:05:21; 6. Jim Eastman (WRC), 1:06:22; 7. Greg Graves, 1:06:49; 8. Paul Jesse, 1:07:36; 9. John McGrail, 1:07:45; 10. Dan Murphy, 1:08:36; 11. Joe Sullivan (WRC), 1:08:38; Lucious Anderson (WRC), 1:09:18 (1st Master); Rusty Moore (WRC), 1:10:07; Robert Rodriguez (WRC), 1:10:49; Bill Wooden (WRC), 1:11:31; Frank Faykes (WRC), 1:12:09; Pete Nye (WRC), 1:12:23; Larry Talley (WRC), 1:14:13; Bob Thurston (WRC), 1:14:35; Steve Daniels (WRC), 1:16:30; Bob Trost (WRC), 1:17:52; Gust Svanson (WRC), 1:18:04; J.J. Wind (WRC), 1:??:??; Bobby Bauer (WRC), 1:19:14; Tris Kruger (WRC), 1:24:00; Kevin Kolakowski (WRC), 1:26:00; James Scarborough (WRC), 1:31:08.

Women: 1. Mary Alico, 1:12:21; 2. Patty McGovern

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.

(WRC), 1:12:59; 3. Pam Briscoe (WRC), 1:16:44; 4. Pat Bullinger (WRC), 1:17:17; Kath Otto (WRC), 1:22:56; Donna Elliot (WRC), 1:26:00; Becky Nolan, 1:27:27; Val Nye (WRC), ??:??; Joanne Mallet (WRC), 1:36:33; Nita Rizzo (WRC), 2:10:04.

EMMONS, ALICO WIN ROAD RUNNERS CHALLENGE 10-MILER OVER ROLLING COLUMBIA, MD. COURSE

WRC News Bureau

Terry Goodman led the field during the early stages of the Road Runners Club 10-Mile Challenge, held February 22 at Columbia, Md. Area newcomer Jasen Emmons waited until the midpoint of the race before cruising into the lead, which he never relinquished.

WRC's Gerry Clapper stayed back in third place, sharing the pace with *retired* ex-WRCer Dave Shafer, and used the rolling course as a spring tune-up race. Clapper is looking to improve his 48:45 finish in last year's Cherry Blossom.

In the women's race Mary Alico, demolished the competition with a 57:20 finish. Alico is showing great form for this early in the year.

Men: 1. Jasen Emmons, 51:02; 2. Terry Goodman, 52:45; 3. Gerry Clapper, 52:47; 4. Dave Shafer, 52:47; 9. Tom Stevens, 54:21; 11. Al Naylor (WRC), 54:29; 17. Rusty Moore (WRC), 55:17; 76. Dave Asaki, 60:48; 79. Bobby Bauer (WRC), 61:42; 124. Jeff Reed (WRC), 65:08; 224. Jim Scarborough (WRC), 72:24.

Women: 1. Mary Alico, 57:20.

Washington Running Club

P.O. Box 32378, Calvert Sta., Wash. DC 20007.

CLUB OFFICERS

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DCRRRC FORT HUNT WOMEN'S 5K AND OPEN 15K GO ROUND AND ROUND AND ROUND

by Bob Trost

On one of the few nice weekends the Washington area has enjoyed this winter, the DCRRRC held its annual 5K and 8-mile races at Fort Hunt Park, just off the GW Parkway near Mount Vernon, Va. Although the 5K race for women went off as scheduled at 10 a.m., the 8-mile open race at 10:45 had to be changed to a 15K because of icy conditions on the bike trail that leads into the park. Instead of holding the eight-miler on the treacherous trail, race director Ken Williams decided to lengthen the race to 15K and, like the women's 5K, hold the race within the more sure-footed confines of Fort Hunt Park.

Twenty-four-year-old Laura Huff won the women's race in convincing fashion with an excellent time of 18:20. Kitsie Higgins of Alexandria, Va., was second in 18:46, and WRC's Betty Blank was third in 19:05. The masters' division was won in a course record time of 20:23 by Mary Ann Zuckerman of Cheverly, Md.

The 15K open race, over a seven-and-a-half-loop course, turned out to be a social run for NOVA's Scott Celley and Jasen Emmons, as the two ran together the entire distance and intentionally tied at the finish in 47:34. Emmons, a newcomer to the D.C. area, felt that a good way to get acquainted with the running scene in the nation's capital was to run with Celley and have Scott brief him on all the ins and outs. One thing Emmons will soon find out is that while running at a near 5-minute pace, few residents will be able to keep up, much less carry on a friendly conversation. Two runners who couldn't keep up with Emmons were Jim Eastman of WRC and John McGrail, who finished third and fourth with times of 48:10 and 49:08, respectively. The men's master's division was won handily by Richard Pankow in 54:57.

Speaking of the master's division, former WRC member and soon to be master Bob Oberti proved he will be tough competition when he turns forty this July. Bob ran his usual steady pace in the 15K and finished 6th overall with a time of 50:16.

Although there were only a handful of women entrants in the 15K a couple of outstanding performances were put in. WRC's Kath Otto led from wire to wire to win the women's division in a very fine 57:48. Not content with her third place finish in the 5K, Betty Blank decided to enter the 15K as well, and finished second with a time of 1:04:51.

Men: 1. (tie) Scott Celley (NOVA), Jasen Emmons, 47:34; 3. Jim Eastman (WRC), 48:10; 4. John McGrail, 49:08; 5. Coty Pinkney, 49:27; 6. Bob Oberti, 50:16; 8. Craig Voise (WRC), 52:58; 9. Mike Silverman, 52:58; 10. Chuck Kuhn (PGR), 54:22; 11. Larry I'Anson, 54:44; 12. Richard Pankow, 54:57; 15. Steve Daniels (WRC), 56:23; 16. Al Naylor (WRC), 56:24; 17. Bobby Bauer (WRC), 56:28; 18. Bob Trost (WRC),

56:53; 21. Bill Wooden (WRC), 57:39; 24. Tom Kurihara (PVSTC), 58:36; 26. Gerry Ives (WRC), 59:05; 33. Herb Chisholm, 61:48; Larry Tabachnick, 65:36; Dick Good (WRC), 65:54; Sy Glanzer, 70:13.

Women: 1. Kath Otto (WRC), 57:48; 2. Betty Blank (WRC), 64:51; 3. Jean Silverman, 67:00; 4. Bobbie Bleistift (WRC), 69:03.

GW BIRTHDAY CLASSIC 10K TITLES TAKEN BY WRCers MIKE MANSY AND LAURA ALBERS

by Bob Trost

WRCers Mike Mansy and Laura Albers easily won their divisions at this year's annual George Washington Birthday Classic held in Old Town Alexandria. Mansy ran unchallenged and won with a time of 31:08. National-class marathoner Laura Albers won in a similar fashion, clocking a 35:18 for a convincing win. The men's master's title went to Ed Webb with a time of 34:14 and the women's master's spot went to the resurgent Cindy Dalrymple in 38:13.

Club runner Pam Briscoe showed fine early-season form in taking second place women's spot in 36:52. Briscoe was one of the walking wounded during 1986, but looks likely to regain her form during 1987.

Men: 1. Mike Mansy (WRC), 31:08; 2. Jim Eastman (WRC), 32:01; 3. Joe Jenkins, 32:18; 4. Jeff Huff, 32:26; 5. Chris Duncan, 32:47; Darryl Stewart (WRC), 33:00; Frank Faykes (WRC), 33:50; Don Costello, 35:00; Richard Pankow, 35:15; Kevin Kolakowski, 39:13 (p.r.).

Women: 1. Laura Albers (WRC), 35:18; 2. Pam Briscoe (WRC), 36:52; 3. Laurel Huff, 37:33; 4. Cindy Dalrymple (Warren St.), 38:13; 5. Beth Klutz, 38:18; Betty Blank (WRC), 40:26.

CANCUN, MEXICO, VACATION PULLS THE NEARY FAMILY OUT OF THE D.C. WINTER DOLDRUMS

by Pat Neary

So you want to escape the cold temperatures and short daylight hours of winter in D.C. My wife and I did, and used the third week in February to bask in the warm Mexican sun at Cancun, on the Yucatan Peninsula.

The city is about 15 years old with a population of 120,000. Geographically, Cancun abuts the Caribbean Sea and the Gulf of Mexico. The temperatures vary in a 5 degree range from 75 to 80. The sun rises at 6 a.m., even in February, and sets around 6:30 p.m. A cooling breeze off the Caribbean alleviates the need for air conditioning, and the area is very flat compared to the hilly western Mexican coast. Might we call this the ideal locale for a midwinter training camp.

The natives tell me February is a transitional month with four great days of sunshine followed by one rain day. In March and April it never rains. My friends in the office recommended taking along sev-

eral long sleeve shirts and some grade 15 sun screen, since the tropical sun was likely to burn my winter-white skin. Both pieces of advice were bad since I never used the shirts until I landed back in Washington where it was a frigid 20 degrees. The sun screen did the job but it did not give any color to my anemic body, so I gave up using it after 2 days. I did not get burned and came back with a nice tan. My D.C. tanning advisors theorized that since Cancun was nearer the Equator I would catch more direct and intense rays and thus would be fried to a crisp. These theories did not hold, and I laid out on the beach for a several hours with no problem. Another runner said he brought a reflective vest for running in the early morning or evening, this also proved unnecessary, since there weren't any cars on the roadway.

On to running. We were the first guest hosted at a brand-new condo in Cancun named the Salvia. In front of the condo was a runners path similar to the tow path on the C&O Canal, except paved. From my condo I could run to the city, which was a distance of 9K, or run in the opposite direction for 6K. I usually got out at 6:15 and ran toward the city. I would see several runners along the way, all Americans from the northeast areas such as central Maine, Syracuse, New York.

The path went past hotels such as the Hyatt (there were two), the Sheridan, Fiesta Americana, and the Camino Real. My favorite was the Krystal since they had the best buffet breakfast. I would see the workers coming from Cancun on the buses. Incidentally, a trip from the city to the hotel district to town was only 18 cents and taxis cost \$1.00. A local pay phone call is less than a penny. The running trail also went through the middle of an 18 hole golf course. I was impressed by the fact the runners were not bothered by the locals. The Mexicans were very hospitable and seemed genuinely glad to see you in Cancun.

The owner of the Salvia told me the police and town people have very strict drug laws. They openly claim not wanting to repeat the misfortunes of Acapulco and Puerto Villarta, both of which have drug and crime problems. I cannot judge since I have no first hand knowledge.

On returning from my morning run, my wife and I would go on the beach and walk another four miles on the fine sand. The natives call the sand air conditioned since it never gets hot. After a couple of days of this routine my feet were very smooth, just like they had been emery boarded.

We took one bus trip inland to the Mayan pyramids located at Chichen Itza, about 125 miles southwest of Cancun, and stayed for about 3 hours. I told my wife she could stay with the tour guide and I would meet her somewhere in the ruins. I wanted to run. Unlike the cool air on the coast at Cancun, it was your typical D.C. August day, sunny, hot (90 degrees) and fairly humid. I ran once around the ruins and then hit the main road to town. The area reminded me of parts of Texas—very flat and deso-

late. Several cars passed me on the road and the drivers were curious to see a rather anemic looking runner on the road with nothing on but running shorts and shoes. I kept on running. They waved. I had to stop three times from being out of shape or lack of conditioning. After my run, I returned to the ruins to climb the pyramids to get a better view of the structures. There were maybe 2000 people on the grounds sightseeing, but I was the only one dressed like a runner. I felt a little strange, but no one seemed to pay attention. After 30 minutes of sightseeing I met my wife and put on my shirt and regular shorts. Incidentally, the Mayans must be the shortest race in the world since my wife who is 5 feet 2 was taller than 95 percent of them.

Looking back at the vacation I would recommend Cancun if you are thinking of escaping the D.C. winter. My wife and I would have like to stayed another week or two.

NEWCOMER GONZALEZ, VET VAHLENSCHIECK TAKE TITLES IN FINAL ARRA RACE OF '86

from Wired Service Reports

(Sacramento, CA)—December 7th was the day of the rookie and the day of the veteran, as first-time marathoner Danny Gonzalez of Mountain View, CA and former world record holder Christa Vahlensieck of West Germany led nearly 2,000 runners to the finish line of the 4th annual California International Marathon, the final event of the 1986 ARRA Championship Circuit.

Although weather conditions seemed excellent for producing a fast time the \$10,000 first place prize money turned the men's race into a tactical affair as a pack of ten runners remained 200-300 yards behind the moderate early pace of Leonard Hill of Klamath Falls, OR. At ten miles the pack had caught Hall and Geoffrey Keoch of Kenya took the lead.

At twenty miles the pack had hardly dwindled and seven runners remained in the tight bunch at the front. Included in this group were Keoch and fellow Kenyan Sam Sitonik two past runners-up in this race, Alan Zachairsen of Denmark and Scotsman Fraser Clyne, South Americans Domingo Tibaduiza of Colombia and Moacir Marconi of Brazil along with the surprised and surprising 24-year old Gonzalez. "You have to go into to something like this convinced you can win," Gonzalez said after the race, "But I wasn't too convinced of it until the last few miles."

Within two miles the lead group was down to two, and shortly after twenty-two miles was passed Geoffrey Keoch slowed suddenly and the eventual winner was on his own. Gonzalez finished in a time of 2:13:20, hampered somewhat over the final miles by strong winds. Zachairsen recovered sufficiently from stomach cramps to regain second place 24 seconds in arrears. Keoch was third, another minute back.

One time WRCEr Tim Minor found his way into

this field and finished a very credible 16th (2:22:39).

In the women's half of the draw, local favorite Eileen Claugus followed San Francisco Marathon winner Marja Trujillo closely through ten miles before pulling out to a lead that reached 1½ minutes by the 14 mile mark. Her big surge proved costly however, as a knee problem caused her to slow her pace, while Vahlensieck passed Trujillo and closed in on the leader. At 19 miles Claugus dropped out and Claugus found herself in the lead to the finish, a position she has achieved in over 20 other marathons.

The West German's 2:39:31 put her 1½ minutes ahead of 2nd place finisher and leading masters runner Gabrielle Andersen. Marja Trujillo held third in 2:42:05.

Both Vahlensieck and Gonzalez banked 10 grand for their victories with prize money going down to the 8th male and 7th female finishers. Masters wins were worth \$250 to Andersen and men's masters winner Bruce Mortensen (2:27:56).

RUMORS AND IDLE GOSSIP FROM USUALLY UNRELIABLE SOURCES

The Annapolis Striders have announced their schedule of road races for 1987. The schedule includes the Governor's Bay Bridge 10K at 8:00 a.m. on Sunday, May 17 (Race Director—Mike van Beuren 301-268-1165), and the ever-popular 10-mile Annual Annapolis Run (Race Director—Dick Hillman). The Annapolis 10-miler will be held on Sunday, August 30, at 8:00 a.m., and *will* have team entries (WRC should try to turn out in force for this one). The course has been modified to go through the U.S. Naval Academy grounds, along the Severn River sea wall and the marching field, then off to the Severn River Bridge. Entry forms will be distributed to past entrants in early March. To request a form, send a stamped self-addressed envelope to: Annapolis Run, P.O. Box 187, Annapolis, MD 21404.

Roger Urbancsik cruised through the Mission Bay (California) Marathon in 2:36 in January, good enough for 8th place. Roger plans to try his luck at Boston this year where he'll looking for cold and nasty weather and no palm trees; he's had enough of that perfect California clime.

Phil Stewart and Jeff Darman, Nike Cherry Blossom 10-Miler Race Director and Race Coordinator respectively, have asked that all runners thinking of running the race as a bandits please forget it! Their resources are at the limit with the official entries and any extras could push them over the edge. And please don't try to run using someone else's number—that can create chaos for the age group and sex scoring system (*sex scoring system? That sounds vaguely obscene!*). Your cooperation will help maintain Stewart's and Darman's mental health.

While perusing the *Boston Running News* it was learned that Bunion Derby stalwart and sometime

Swell Guys Track Club member *that's a WRC adjunct—ed.* Jack Cleland managed to find time to finish 2nd at the Boston Peace Marathon in November (2:32:40). Jack, a third year Harvard Law student who has accepted a position with the D.C. firm Arnold & Porter, turns 30 this spring so he'll have a whole new age group to terrorize at this year's Bunion Derby.

Do you suppose there will be a larger than usual turnout for this year's TAC Convention? You better believe it. The convention will take place Dec. 8-13 in Honolulu, coinciding with the Honolulu Marathon.

The aforementioned Jeff Darman was recipient of a TAC President's Award, given to honor the "dedication and support" of TAC members at the 1986 TAC Convention, held in Tampa, Fla. last December.

The 5th Annual Great Ghost Chase 10K and 5K cross-country races will be held on Saturday, May 9, 1987, at Linton Hall School, Bristow, Va. (near Manassas). From D.C. take I-66 west, exit at Gainesville, go west on Rt. 29 to Rt. 619, go south for 4½ miles on 619 to Linton Hall on left. The course is all off-road and accurate. For information call Race Director Max DuCharme at (703) 368-3157.

Coleen Troy-Martin reports that, since her move to New Jersey, running has taken a back seat to her nutrition/fitness consulting business. She's teaching two courses at Temple University and promoting worksite wellness programs. We wouldn't be so crass as to say the first thing we would do to promote wellness in New Jersey would be to move back to D.C.; although we'd love to have her back in the area.

The Constellation 10K has added a bulky runners class to its prize list. Awards will be given to the first male weighing in excess of 200 lbs. and the first woman over 140 lbs.

DCRRC 1986-87 SNOWBALL SERIES RESULTS; WOODEN TAKES TOP 40-49 AGE GROUP SPOT

WRC News Bureau

Inclement weather caused the cancellation of the Reston 20-miler and the Kensington 10K, and changed the Fort Hunt 8-miler to a 15K, in this year's aptly-named Snowball series. Another modification occurred when a lack of volunteers made it necessary to change the A.U. 20K to a 15K (*thank goodness!*) Because of the decrease in the number of races, participants were scored on a best three-out-of-five basis. Many runners who didn't run in the early races in the series finished out of the money when two out of the last four races were cancelled.

Bill Wooden provided WRC's only age group win, with a near-perfect 59 points out of a possible 60, in the 40-49 age division. The 40-49 men's age group had the most participants and was the scene of WRC strongest showing, with Bob Trost, Gerry Ives and Bob Thurston also finishing in the prize group. This is due either to the rapidly aging membership of the

Club or to the fact that these old guys don't have anything better to do with their weekends.

Pat Bullinger and Donna Elliot tied for second place in their age group and Betty Blank took sole possession of second place in her age group, despite only running two races each (they obviously have something better to do with their weekends). Jim Eastman ended up in fifth place in his grouping after winning both of the races he entered.

There will be an awards ceremony on Saturday, March 7, at the Washington Sailing Marina (off of the GW Parkway), following the 5-Mile Predicted Time Race which starts at 10:30. If you can't be there to accept your plaque please call John Weidman (589-2063) to make alternate arrangements. It's costly to mail the plaques, and your attendance would be appreciated.

Once again we extend our thanks to the DCRRC score keeper, George Banker, who year after year does such an outstanding job of sorting out the race cards and the rankings. Another round of thanks must go to the volunteers (seems to always be the same people) who help to make these races happen. The DCRRC needs your help to put on these low-cost and high-fun races. If you don't help out every now and again, there ain't going to be any more of these races. So try to get out and help in at least one DCRRC race in 1987.

WOMEN

19 and under: No qualifiers.

20 to 29: 1. Jean Silverman—54; 2. Tie—Pat Bullinger (WRC), and Donna Elliot (WRC)—38. *Total runners over series—28.*

30 to 39: 1. Jennifer Westfall (RC?)—57; 2. Betty Blank (WRC)—37. *Total runners over series—19.*

40 to 49: 1. Judy Flannery—60; 2. Rosemary Jellish—52. *Total runners over series—20.*

50 and over: No qualifiers.

MEN

19 and under: No qualifiers.

20 to 29: 1. John Bergeron—57; 2. Steve Daniels (WRC)—35; 3. Tie—Mike Niles and Chuck Kuhn—31. *Total runners over series—28.*

30 to 39: 1. John McGrail—59; 2. Mike Silverman—54; 3. John Weidman—48; 4. Theodoros Tadesse—45; 5. Tie—Craig Andersen, and Jim Eastman (WRC)—40; 6. Ben Beach—37; 7. Craig Voise (WRC)—33. *Total runners over series—100.*

40 to 49: 1. Bill Wooden (WRC)—59; 2. Denis Colombant—56; 3. Bob Trost (WRC)—52; 4. Gerry Ives (WRC)—49; 5. Richard Pankow—40; 6. Tie—George Masson and Bob Thurston (WRC)—37; 7. Frank Sanford—31. *Total runners over series—126.*

50 to 59: 1. Larry I'Anson (PVSTC)—60; 2. Tom Kurihara (PVSTC)—58; 3. Al Marcy—55; 4. Rolland Elliott—54. *Total runners over series—48.*

60 and over: 1. Bill Osburn—59; 2. Frank Luff—54; 3. Alvin Gutttag—51; 4. Henry Heymann—48; 5.

Herb Chisholm—40; 6. Sy Glanzer—37. Total runners over series—22.

WASHINGTON RUNNING CLUB FINANCIAL INFORMATION

WASHINGTON RUNNING CLUB EXPENSES 1986

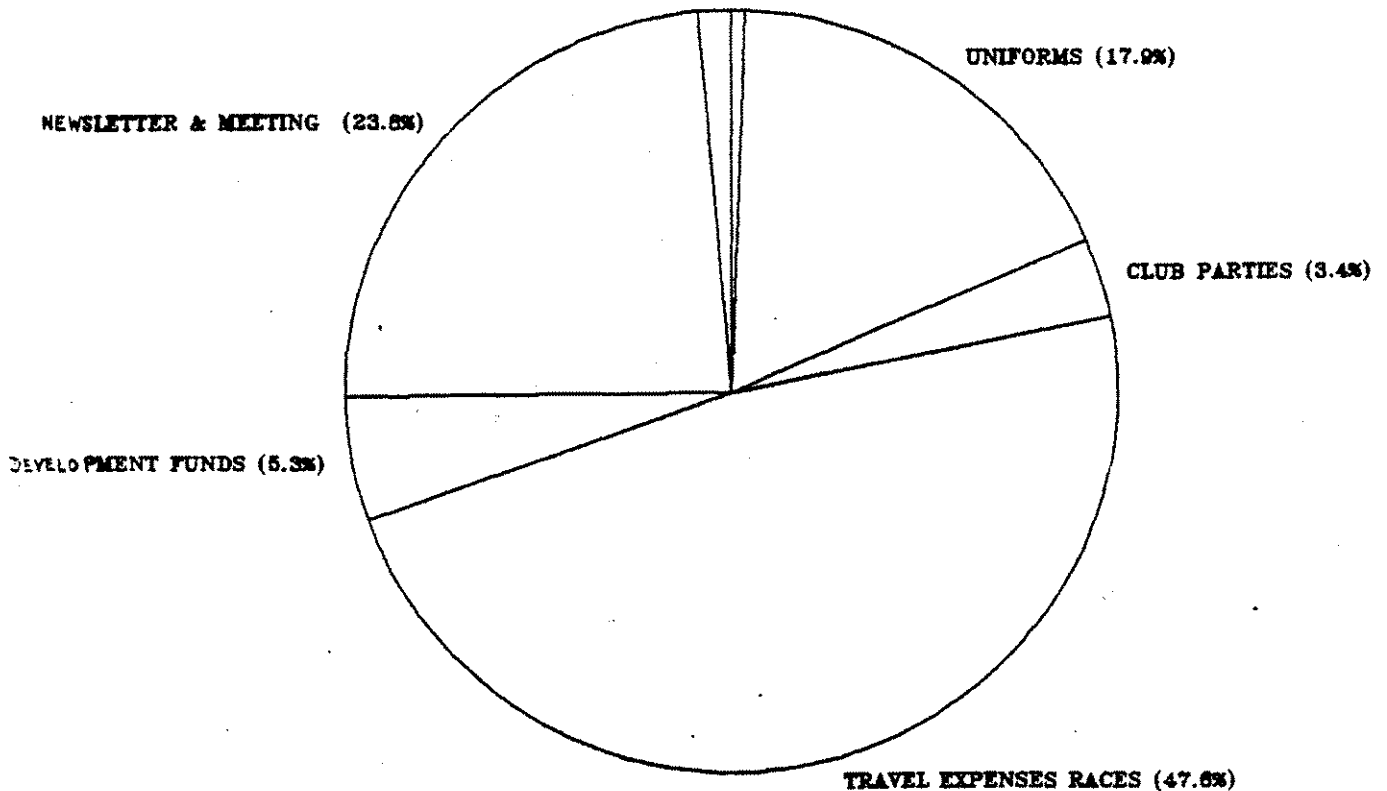
Corporate Taxes	50.00
Uniforms	1,474.20
Club Parties	277.83
Travel Expenses—Races	3,916.37
Development Funds	440.00
Newsletter and Meetings	1,954.65
Cherry Blossom Booth	115.00
Total	4,194.20
Beginning Cash	4,196.65
Ending Cash	6,825.03

Race Expenses—1986

Virginia 10-Miler	250.00
Marine Corps Marathon	317.23
The Great Race	275.00
Hecht's	50.91
Asbury Park	360.00
Penn. Avenue Mile	670.00
Philadelphia ½-Marathon	1,210.00
Oley, Pa. 10-Miler	90.00
Boston Marathon	540.00
Miscellaneous	153.23
Total	3,916.37

WASHINGTON RUNNING CLUB

EXPENSES 1986
CHERRY BLOSSOM BOOTH (1.4%) CORPORATE TAXES (0.6%)



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:
Gerry Ives, 10317 St. Albans Dr., Bethesda, MD 20814

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