

Washington Running Club Newsletter



Volume 6, Number 4

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April 1987

The APRIL meeting of WRC will be held on Friday, APRIL 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 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.

GIRARD SISTERS DOMINATE EQUITABLE; WRC DISTAFFERS PLACE 3 IN TOP 11

from Hallucination News Service

As early as the first mile of the 11th annual Lady Equitable 10k Washingtonian Suzanne Girard-Eberle had drawn away from the lead group, an occurrence that should have surprised no one watching the race near Baltimore's Inner Harbor March 29. What did surprise some viewers was that Girard-Eberle's closest pursuer was her sister, Cindi Girard-King of Richmond Hills, New York.

The two sisters remained alone at the top throughout the race and were close enough so that only :01 separated them at the halfway mark. But Suzanne, a former Georgetown University all-American, thought her sister was having an easier time of it as the "chaser" and decided she couldn't let her sibling get any closer. Girard-Eberle surged to what would eventually become a :16 lead and won in 33:22.

Floridian Ena Guevera-Mora finished third, a full minute behind the winner. Eleanor Simonsick of Baltimore was fourth (34:27), followed by Mary Alico of Arlington (34:36).

Among the WRC contingent Maria Pazarentzos (35:30) used a strong finish to take 8th place from clubmate Karin Wagner-Hammond (35:40), while Pat Bullinger had a difficult race, but still managed to finish 11th and equal her personal record 36:14, set a week earlier at the Blake Heart Run.

Joanne Mallet came through with a 44:23 finish, fast enough to give her 107th place overall and victory in the 50-59 age group. Margaret Noel's clocking of 45:22 was good for 13th in the 40-49 age group.

Results: 1. Suzanne Girard-Eberle, 33:22; Cindi Girard-Klein, 33:38; 3. Ena Guevera-Mora, 34:22; 4.

Eleanor Simonsick, 34:27; 5. Mary Alico, 34:36; 6. Karen McQuilkin, 35:01; 7. Julie Bowers, 35:19; 8. Maria Pazarentzos (WRC), 35:30; 9. Karin Wagner-Hammond (WRC), 35:40; 10. Rose Malloy, 35:59; 11. Pat Bullinger (WRC), 36:14; 12. Sue Crowe, 36:19; 13. Marge Rosasco, 36:34; Laura Ann Fiedler, 36:41; 15. Stacey Nicholson, 37:01; 107. Joanne Mallet (WRC), 44:23 (1st 50-59); 133. Margaret Noel, 45:22 (13th 40-49).

COOL TEMPERATURES AND HOT TIMES AT JACKSONVILLE RIVER RUN 15K

By WRC Correspondent Bob Trost

Mexico's Arturo Barrios and Norway's Grete Waitz successfully defended their respective 1986 River Run titles in the 1987 edition of the race. In temperatures that began in the high 40's, but rose to as high as 68 during the race, Barrios defeated American Jon Sinclair of Fort Collins, Colorado, by 19 seconds. However, victory did not come easy. He was not in the lead and not even in the pack of 15 or so leaders through four miles of the race. He was no higher than 20th place, appeared to be struggling and looked somewhat frustrated.

At the beginning of the fifth mile, however, Barrios made his presence felt. By the end of the fifth mile he was a co-leader, and by the middle of the seventh mile, right before the difficult Hart Bridge ascent, he was virtually alone. He went on to win his second consecutive title by covering the course in 43:00, the second fastest time in race history. Sinclair was second in 43:19, and Kenyan Sam Ngatia was third in 43:26.

Barrios won \$5,000 for the first place finish. Sinclair won \$4,500—\$2,500 for the second place finish and \$2,000 for being the first American finisher.

Norway's Grete Waitz also earned \$5,000 by successfully defending the women's title, finishing in 49:05 to easily defeat England's Jill Clark, who finished second in 50:27. Clark earned \$2,500 for second place finish, and Nan Doak Davis picked up \$4,000 for the third place finish, including \$2,000 for first American female. Prize money went 15 deep (\$100)

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

in the men's division and 8 deep (\$300) in the women's field.

As in the open division, the men's master's division was dominated by foreigners. Antonio Villanueva of Mexico collected first place honors and a \$500 check by winning the Men's Master's in 46:18. Alan Rushmer of England was next at 46:39 and Ethiopian Atlow Belilgne was third in 48:54. Rushmer and Belilgne collected \$300 and \$200 respectively for their efforts.

The women's master's title was easily won by Gabrielle Anderson in 54:23, with second place honors going to American Bobbi Rothman in 56:06. Anderson collected \$500 for being first female master and Rothman earned \$200 as second female master.

WRC was well represented with Craig Voise running a fine time of 53:06 and Bob Trost finishing strong in 55:46.

Men: 1. Arturo Barrios (Reebok), 43:00; 2. Jon Sinclair (Brooks), 43:19; 3. Sam Ngatia, 43:26; 4. Guillermo Serrano, 43:28; 5. Mike O'Reilly, 43:28; 6. Francisco Pacheco, 43:32; 7. Dave Murphy, 43:34; 8. Carlo Reitz, 43:36; 9. Jesus Herrera, 43:40; 10. Gabriel Kamau, 43:47; 12. Ivan Huff, 43:48; 14. Marty Froelick, 44:25; 15. Craig Holm, 44:28; 16. Sos Bitok, 44:28; 17. Jean-Pierre Ndaysenga, 44:39; 19. Larry Greene, 44:54; 20. Mark Scrutton, 45:01; 21. Derrick May, 45:03; 22. Herb Wills, 45:07; 25. Marty Ludwikowski, 45:14; John Rogerson, 45:46; Joe Kipsang, 45:51; Gary Fanelli, 46:27 (1st 35-39); Doug Kurtis, 47:21; Derek Frechetttte, 51:06 (6th 40+).

Women: 1. Grete Waitz (Adidas), 49:05; Jill Clark, 50:27; 3. Nan Doak-Davis (no time); 4. Gail Kingma, 51:15; 5. Charly Haversat 51:17; 6. Katy Laetch,

51:33; 7. Maryellen McGowan, 51:39; 8. Cyndie Welte, 52:02; 10. Kim Rosenquist, 52:15; 12. Carol McLatchie, 53:42 (1st 35-39); 15. Nancy Mieszcak, 54:35; 18. Pat Sher, 56:53.

VA. BEACH MARATHON PRODUCES WRC OLYMPIC TRIALS QUALIFER

by Will Woodbine

The Atlantic shore community of Virginia Beach, Va., hosted its annual marathon and 8K road races on March 21, attracting two unusually talented fields. The lure of prize money in the shorter race and visions of running an Olympic Trials qualifying time early in the year made the marathon look good to many runners. The bad news—only one U.S. male and two U.S. women qualified. The good news—one of the qualifiers was Washington Running Club's Pam Briscoe.

A fresh breeze marred the otherwise ideal 45°F day. Fortunately, the course was changed this year, so the unprotected run along the boardwalk came between the fifth and seventh mile instead of last year's seventeen and nineteen.

Jeff Martin took the lead almost immediately, with Bethesda Chase winner Joseph Kipsang in his usual "on-the-leader's-shoulder" position. Unhappily for Kipsang, when Martin surged at mile twenty-two the Kenyan could not respond. Martin went on to win in 2:16:04 with Kipsang trailing by more than three minutes in 2:19:21.

Kipsang indicated after the race that he hopes to run the 10,000 meters for Kenya in both the African and Olympic Games, and is planning to concentrate on speedwork during the coming months.

WRC's master's standout Lucio Anderson made a connection with Tailspin T.C. member Bruce Robinson during the race. The back-in-form Robinson ran a 2:27:10, his best since 1985, while Anderson ran a competent 2:31:20 (2nd master).

Pam Briscoe posted an outstanding 2:45:19 to take first place and qualify for the Olympic trials. Briscoe ran with a group of four other women, all sub-2:50 hopefuls, for the first stages of the race, and then drew ahead to win comfortably over the other women's trials qualifier Nancy Turner.

Kathy Ventura-Merkel looked certain of breaking the 2:50 barrier when she went through 20 miles in 2:11. However, Merkel had to slow down in miles 20 to 23 because of cramping and, although she finished strongly enough to move from 5th to 4th place, the three-mile slowdown put the sub-2:50 out of reach.

Merkel was very positive after the race, commenting that her p.r. performance gave her the confidence that she could break the 2:50 mark. She is planning to give it another shot at Grandma's Marathon. Way to go Kathy!

Some incredible times were posted in the concurrent 8K. WRC's John Doub and Kevin McGarry ran 23:33 and 23:40 respectively, and finished 10th and

Washington Running Club

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CLUB OFFICERS

President: Jack Coffey (836-8400)
Vice President: Dan Rincon (441-9265)
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: Dan Rincon, Chairman (345-9342)
Race Management: Al Naylor, Chairman (345-9342)
Social: Pat Bullinger, Chairwoman (820-2018)

12th, which indicates the depth of the field. Winner Paul Rugut hit the tape in 22:37, followed by J.P. Ndayisenga in 22:43, Ashley Johnson in 22:47, and Chris Fox in 22:50. It was a fast field and a fast course.

The women's 8K field had considerably less depth, especially after Grete Waitz dropped out before the race on the advice of her physician. Mary Alico made short work of the competition with a fine 27:05, soundly beating Inge Schuurmans who took second spot in 28:48. WRC's Mary Ellen Williams, who can always be relied on to give it a good shot, took sixth place in 29:35.

Marathon

Men: 1. Jeff Martin, 2:16:04; 2. Joseph Kipsang, 2:19:21; 3. Gordon Christie, 2:21:17; 4. Mark Amway, 2:21:27; 6. Bruce Robinson, 2:27:10; 11. Lucious Anderson (WRC), 2:31:20; Larry Talley (WRC), 2:42:57; Bill Wooden (WRC), 2:43:36.

Women: 1. Pam Briscoe (WRC), 2:45:19; 2. Nancy Turner, 2:46:13; 3. Elizabeth Anderson, 2:52:20; 4. Kathy Ventura-Merkel (WRC), 2:53:07; Beth Dillinger, 2:55:48.

8K

Men: 1. Paul Rugut, 22:37; 2. J.P. Ndayisenga, 22:43; 3. Ashley Johnson, 22:47; 4. Chris Fox, 22:50; 10. John Doub (WRC), 23:33; 12. Kevin McGarry (WRC), 23:40; Darrell General, 24:22.

Women: 1. Mary Alico, 27:05; 2. Inge Schuurmans, 28:48; 3. Juliette Christie, 29:02; 6. Mary Ellen Williams (WRC), 29:35.

BLAKE HEART RUN 10K WON BY HAGE IN 30:51

by Will Woodbine

The Blake Heart Run 10K, held Saturday, March 21, at West Potomac Park, is the signal that Spring is sprung to area runners—even if Jack Frost is still biting the hell out of your fingertips! A blustery northwesterly wind pummeling the runners on the final 2½ miles returning from Hains Point slowed the times somewhat, but there were still some credible performances.

Jim Hage took an early lead, with Phil Barnes and Kurt Kroemer trying to keep in contact. Hage had increased his lead coming back from the point to a comfortable 75 yards when he crested the bridge leading to West Potomac Park. By the time Hage could see the clock he realized he would have to switch into high gear to beat the 31-minute mark. As usual Hage was equal to the challenge and crossed the finish line in 30:51.

The women's division had more excitement, with two WRC women, Marianne Dickerson and Pat Bullinger, battling it out for the entire 10,000 meters. Bullinger, who is becoming comfortable with the road distances, ran a controlled race and avoided the

temptation of going out too fast, being content to run on Dickerson's shoulder until the final 400 meters when she unleashed her track runner's speed and won in a p.r. time of 36:14 to Dickerson's 36:29. No other women were in sight!

Pete Nye had his first win in the masters' division, cruising to the finish in 35:11. Nye's recently-completed book on the history of bike racing in the U.S., *Hearts of Lions*, is scheduled for publication in March of 1988, and he will be available to autograph copies for anyone who can show proof of purchase at a non-discount bookseller. Nye's time was slowed somewhat by the 28-foot-long banner he carried promoting his book.

Men: 1. Jim Hage (WRC), 30:51; 2. Phil Barnes, 31:15; 3. Kurt Kroemer (WRC), 31:21; 4. Scott Celley (NOVA), 31:58; 5. David White (WRC), 32:02; Rusty Moore (WRC), 32:49; Wilson Rumble (WRC), 32:43; Dennis Baker (WRC), 33:07; Frank Faykes (WRC), 33:31; Wayne Allen (WRC), 33:33; Bob Oberti, 33:42; Pat Carr (WRC), 34:56; Pete Nye (WRC), 35:11 (1st Master); Mike Silverman, 35:24; Jay Wind (WRC), 35:49; Larry Fanson (PVSTC), 36:01; Chuck Kuhn (PGRR), 36:03; Gust Svanson (WRC), 36:07; Ron Griswold (WRC), 36:51.

Women: 1. Pat Bullinger (WRC), 36:14 (p.r.); 2. Marianne Dickerson (WRC), 36:29; Jean Silverman, 41:29; Joanne Mallet (WRC), 45:47.

BEAT UP LAW STUDENT KOs AGING NEWSLETTER EDITOR

by John M. Walsh

I don't get up to Boston and the New England road racing scene very often, but a weekend when most of the region's better runners could be expected to run the TAC National Championship ½ Marathon down at New Bedford seemed like a good time to make my 1987 racing debut.

My bride, Colleen, and I were visiting Boston to celebrate the birth of her niece, Emily Warren, whose parents live in the Boston exurbs. It was also a chance to check up on my friend and DCRRC Bunion Derby Series nemesis Jack Cleland, who currently attends Harvard Law School.

Jack had been telling me for three days that he was still beat up from running the Hyannis Marathon two weeks earlier (4th place—2:40). The prospect of avenging my many recent losses to him convinced me the time has come to measure by post-winter fitness.

The Irish of South Boston cooperated by holding their annual St. Patrick's Parade 10K on March 15th and Cleland and I agreed to race for bragging rights, with Jack maintaining he would kick my butt despite his bum "hams". He, apparently, was still asserting some bragging rights won in an earlier confrontation between us.

The race proved to be one of the strangest I've ever run. We were to meet the parade route, preceding it

by 30 minutes, near the four mile mark, but our earlier miles of the loop course closely paralleled the line of march. The result was that sizable crowds lined most of the "Southie" streets we traversed. Spectators have always been a welcome sight to me, as were most of Boston's sons of Erin this day, but a small number of the most rude and obnoxious children and adolescents made the race something akin to running the gauntlet.

Between kids wanting to play chicken with those of us just behind the leaders as we rounded the many turns, to those throwing exploding "party poppers" at our feet, and to the groups of teens walking 4-6 abreast with their backs to the runners in mid-street just completing the race was an adventure. It also served to sharpen my elbows for any close quarters racing later in the season.

Talk among the starting line handicappers as we awaited the gun was that the race for the lead would be between Cleland, who is very well known and apparently well liked among the local runners (some things you can't figure), and a Boston newcomer, Paul Hammond. I knew there was trouble for me if this were the case, but Jack had assured me he was not in prime race condition and speculated that fellow Harvard law student Cameron Stracher would contend for winning honors.

It looked like Jack's prognosticating was on target when Hammond and Stracher moved right to the front, but early on my summertime foe made a move to join the leaders. Thinking that was probably the last I'd see of Jack until after finishing my plan was to implement the Bob Trost steady pacing strategy and run as good a race as my own steady-state training permitted.

Near the two mile mark however, my eyes caught the glare of a shiny object ahead and I quickly realized it was the back of my rival's balding head. Cautiously moving up, my hope was that he was fading and I might easily establish some distance between us. The reality, however, was that this West Point graduate ahead of me was nothing if not tough, my chances of sneaking by were nil and that we were likely to lock horns for a good long while.

For 2½ miles we battled. Jack's more recent speed work and better technique kept him in front on the downhills, but on the flats and uphill I was able to move back in front rather easily. Or was he just letting me get there to break the strong headwind. It was exhilarating, racing hard into the wind on this cool, sunny New England day and anticipating the push that would come when we turned away from the breeze.

Coming up on five miles my thoughts turned to making a move soon and trying to break away before Jack had the chance to use his superior kick on me at the finish. Then, quite suddenly, there was a third runner with us, moving fast, and before I was ready to react, if there was any reaction possible, this new competitor and my original adversary had opened a five meter gap.

A hill lay close ahead and my chances appeared good if I could rejoin their little pack on its grade. But now my legs and spirit began to fail me and for the first time in the race the hills didn't look like an advantage. The light stride and high knee lift that had made the earlier climbs seem so easy couldn't be mustered and I knew this wasn't the afternoon Cleland would be caught.

The final mile was anticlimactic. Despite the mere five seconds that separated Jack's 9th place (33:35) and my 10th place finishes, the race had ended for me a mile earlier.

Cleland had also proven himself an adept handicapper. Paul Hammond and Cam Stracher did finish on top. Hammond built a :19 cushion enroute to a 31:22 winning time.

There were thrills before the ultimate spill, and the real test of whether I learned anything about my own racing and competing won't be run until later in the season. But despite my final disappointment, when the chance to lace on the racing flats comes I'll relish the opportunity to try again, because the challenge of competing with a friend who remains a friend afterwards makes it worth facing the prospect of losing.

STUDENT ASKS FOR ASSISTANCE IN BIOLOGY PROJECT SURVEY

A Silver Spring high school student has asked for the cooperation of WRC members in an anonymous survey of women runners and menstrual dysfunction. Along with WRC members runners from the Montgomery County Road Runners, RunHers, DC Road Runners and Baltimore Road Runners are asked to participate.

The one page survey with 25 questions, conducted by Daniel Mall, has been developed to study differences between women with normal menstrual cycles and runners with menstrual dysfunction. The study is for a high school biology project and will be entered in a school science fair.

Deadline for returning the surveys to Mr. Mall is April 20. The survey material may be obtained by calling Gerry Ives at 452-4242 during business hours. Surveys will also be available at the WRC booth at Cherry Blossom registration and at the monthly club meeting on Friday, April 10.

ALL THE STUFF THAT DIDN'T FIT IN REAL STORIES OR ANYWHERE ELSE

Dan Rincon took a WRC-sponsored group of high school runners to New Haven, Connecticut, in March for the Pathmark meet, which serves as the de facto national indoor championship. Greg Early, known to many WRCers for his work on both the Hecht Co. and Georgetown races, placed fourth in his section of the mile running a personal best of 4:20. Greg was one of the few, if not the only, high school juniors in the race. Congrats to Greg, and a tip of the cap to

Dan Rincon, whose coaching success is beginning to match the success he enjoyed as a runner himself.

WRC's latest mom is **Bernie Flynn Creed**. Bernie and her husband Roger became the proud parents of a 7lb. 3oz. baby boy on Friday, March 13—that's a good excuse for missing the monthly meeting I guess. Bernie's doing great and intends to start running again soon. Congratulations from all of us!

As usual around the ides of March, the Kutztown (Pa.) 10 Miler, earlier run in the neighboring hamlet of Oley, produced some good times and sporadic reportage. We were able to learn the WRCers **Jeff Scuffins** and **Kevin McGarry** posted first-rate times in the St. Patrick's holiday race, but our man assigned to the race has yet to surface. Scuffins posted a time in the range of 47 minutes and McGarry checked in with a 49:48. Meanwhile, our scribe, erstwhile Son of Erin Emmett Grogan, was last seen staggering away from the race site and muttering something about rejoining the Diggers.

The **Virginia 10-Miler** is scheduled for Saturday, September 26th, however, the entry deadline is April 30th. Every year the race attracts a world-class field to Lynchburg, Va., to take on the tough 10-mile course. The race has an outstanding race director in Marilyn Reynolds-Straub, and it has been consistently listed by running magazines as one of the top 10-milers in the U.S. If you want an entry form call Gerry Ives at 452-4242 during the day. Other information on the race can be obtained by calling the race director at (804) 384-6816/1675.

If you're planning to run the **Boston Marathon** give Bob Trost a call at h] 931-8809 or w] 676-8087. Bob is coordinating teams for the Beantown Bash, and don't forget there is race expense money available.

MEETING OF WASHINGTON RUNNING CLUB HELD ON FRIDAY, MARCH 13, 1987

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

Budget: The first order of business was the Club's 1987 budget. A proposed budget was presented to members and passed by a unanimous vote.

Competition: The list of races and expense money allocated to each race was presented by the Executive Committee.

Social: Pat Bullinger was appointed Chairwoman of the Social Committee. Her first assignment was to coordinate the post-Cherry Blossom party with Dennis Baker.

Other Business: Alan Roth reported that negotiations with the Park Service resulted in agreement to maintain the status quo as far as collection of race entry money at parks. Herb Chisholm is forming a Long Distance Running Committee in conjunction with the DCRRC. The Club will have a booth at the Cherry Blossom Exposition to sign up Hecht 10-Miler entrants and new members.

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

ESTIMATED REVENUES AND EXPENSES FOR WASHINGTON RUNNING CLUB DURING 1987

Following are the details of Club finances for 1987:

Estimated Expenses—1987

Corporate Taxes	50.00
Club Parties	800.00
Travel Expenses—Races	4,460.00
Development Funds	600.00
Newsletter and Meetings	2,200.00
Cherry Blossom Booth	115.00
Total	8,225.00

Estimated Revenue—1987

Dues	2,400.00
Races:	
Hecht's	4,000.00
Gtwn. 10K	1,000.00
Misc.	200.00
Total Race Income	5,200
Uniforms & T-Shirts	1,000
Total Income	8,600.00
Net Cash Position	375.00

Estimated Race Expenses—1987

Virginia 10-Miler	300.00
Marine Corps Marathon	400.00
Annapolis 10-Miler	200.00
Hecht's	100.00
Asbury Park	360.00
G.W. Parkway Classic 15K	200.00
Philadelphia ½-Marathon	1,500.00
Fritzbe's 10K Rockville	200.00
Boston Marathon	600.00
Bethesda Chase	200.00
Clydes 10K Columbia	200.00
Columbus Chase Columbia	200.00
Total	4,460.00

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., Alex-

andria (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. 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 wj 454-4861 or evenings hj 441-9265.

**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