

Washington Running Club ★ Newsletter

Volume 6, Number 6

© 1987 Washington Running Club

June 1987

New Location for June Meeting

The JUNE meeting of WRC will be held at Tris Kruger's house in Potomac on Friday, JUNE 12, at 7:30 p.m. Take Beltway to River Road exit. Head toward Potomac. The house is 3 miles from the Beltway on the left, at the corner of River and Accord (9641 Accord), about ¼-mile past the Potomac Nursery. Tris is going to try to have his pool open, so bring a bathing suit. There will be barbeque grills available if you want to bring hot dogs or hamburgers. Charcoal, mustard, ketchup, paper plates and utensils will be provided.

1,000+ RUNNERS ENTER HECHT'S 10-MILER; KIPSANG AND EBERLE TAKE TOP SPOTS

by Will Woodbine

Survival was the name of the game at the Hecht's 10-Miler, held Sunday, May 31, in Rock Creek Park. With the temperatures well into the 80s and humidity to match there were few p.r.s on the demanding course.

In what has become a routine, Joe Kipsang tucked in behind WRCers Bruce Coldsmith and Steve Spence, as he had behind Coldsmith and Jim Hage at the GW Parkway 15k and behind Hage alone at the 20k Bethesda Chase, for all but the final 100 yards of the race. Kipsang then unleashed his devastating finishing kick to take a 3-second win, with a time of 51:11, over a tired Spence.

After the race Spence revealed that he had run a 29:59 10K the previous day at Roanoke. He had hoped to cruise the Roanoke race and hold a little in reserve for the Hecht race. However, former club-mate Jeff Scuffins shot that idea all to hell by pushing Spence all the way through the rolling Roanoke course. All in all a good weekend for Spence, however, as his 2nd place prize money of \$500 added to the grand he won at Roanoke made for a profitable weekend.

Suzanne Girard-Eberle proved to be the class of the women's field despite a valiant try by Carolyn Forde of Columbia. Eberle ran behind Forde for the first half of the race before the world-class competitor, and number one ranked woman in the Washington area, took command and cruised home in 59:30 to garner first place and the \$1,000 prize awarded to both the men's and women's winners.

Once again Washington Running Club put on a

first-class race, and once again we could have used more volunteers. Race director John Walsh and his dedicated corps of workers put in many hours of hard work to make this race come off. The \$4,000 that the race raises enables our Club to be ranked among the best on the East Coast. If you didn't volunteer this time you can make up for it by volunteering early for the Georgetown 10K in the Fall.

Results: Men—1. Joe Kipsang, 51:11; 2. Steve Spence (WRC), 51:14; 3. Bruce Coldsmith (WRC), 51:28; 4. Patrick Key, 53:05; 5. Jasen Emmons, 53:21; 6. Richard Ferguson, 53:21; 7. Jim Eastman (WRC), 54:09; 10. Joe Sullivan (WRC), 55:48.

Women—1. Suzanne Girard-Eberle, 59:30; 2. Carolyn Forde, 60:52; 3. Mary Salamone, 60:57; 4. Mary-Ellen Williams (WRC), 64:55; 5. Marta Vogel, 66:00; 8. Pam Briscoe (WRC), 70:09; 10. Cindy Dalrymple, 71:28.

WRC TEAMS AND INDIVIDUALS CAPTURE SIX TITLES AT RRCA NAT'L 10K CHAMPIONSHIP

Special Correspondent Fern Barr

Faced with stiff competition from their own club-mates, who were competing for the Adidas team, WRC's Open Men's team won the Road Runners Club of America title at Fritzbe's 10k on May 17. The WRC women and masters men's teams also came away with top honors by dominating the championship. Club members also took the individual women's, men's masters and women's masters titles.

The women's team of Maria Pazarentzos, Laura Albers, Karin Hammond and Patricia Bullinger won by taking first, second, fourth and sixth places, respectively. The Open Men's team of Bruce Coldsmith, Kurt Kroemer, Joe Sullivan, and Al Naylor beat out the WRC/Addidas team of Jim Hage, Gerry Clapper and Mike Mansy, by one point to take the open team title. Masters runners Lucious Anderson, Ed Doheny, and Peter Nye were first, third, and fourth in their category beating out the GNATS by nine points for top masters team.

Jim Hage and Gerry Clapper from the Adidas team traded the lead with Miamian Keith Brantley

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.

(Athletics West) over the first half of the course on the sunny, 73° morning before Brantly pulled away from the WRC runners on the hills to win in a course record 29:38. Lucious Anderson left all the masters behind early to win his RRCA National Championship in 32:40.

Laura DeWald Albers and Maria Pazarentzos ran together for about four miles before Pazarentzos surged and left Albers behind. Pazarentzos finished in 35:01, followed by Albers in 35:11 and Inge Schuurmans of Richmond in 35:13. The Albers clan made the race a family reunion, decked out in uniforms with pink flamingos.

New Club member Beverly Shooshan took the RRCA Women's Masters Championship with a 38:43 and promises to give WRC some depth in the women's masters division, a division where we have not fared well in the past, despite stalwart performances from Mary Ellen Williams and Joanne Mallet.

WRC members stuck around for hours, gorging on the great food, guzzling down beers and bloody Marys waiting for results. Unfortunately, a software bug put the Montgomery County Road Runners computer out of commission for a while, delaying official results.

WRC got outstanding cooperation from Race Director John Sissala and Invited Runners Coordinator Mike Silverman in rearranging our teams and getting free entries for some of our runners. MCRRC and Fritzbe's put on a great race, roll on next year!

Results: Men—1. Keith Brantly, 29:38; 2. Jim Hage (WRC), 30:00; 3. Gerry Clapper (WRC), 30:39; 4. Bruce Coldsmith (WRC), 31:01; 5. John Wessells, 31:03; 6. Paul Jessey, 31:03; 10. Kurt Kroemer (WRC), 31:23; 14. Joe Sullivan (WRC), 31:53; 17. Al Naylor

(WRC), 32:04; 24. Will Albers (WRC), 32:37; 25. Mike Mansy (WRC), 32:38; 26. Rusty Moore (WRC), 32:39; 27. Lucious Anderson (WRC), 32:41 (1st Master); 28. Steve Daniels (WRC), 32:45; 31. Count Baker (WRC), 32:49; 32. Wilson Rumble (WRC), 32:50; 41. Ray Velez (WRC), 33:10; 43. John Walsh (WRC), 33:20; 52. Frank Faykes (WRC), 33:51; 55. Fay Bradley (GNATS), 33:57; 56. Bobby Briggs, 33:58; 59. Wayne Allen (WRC), 34:01; 61. Ed Doheny (WRC), 34:06; 68. Pete Nye (WRC), 34:26; 75. Dave Asaki, 34:34; 82. 'Rocco' Carr (WRC), 34:46; 89. Mark Doles (WRC), 34:59; 90. Mike Silverman (MCRRC), 35:01; 95. Jack Coffey (WRC), 35:07; 104. Dave Gearin (WRC), 35:31; 129. Chan Robbins (Gnats), 36:10; 140. Bill Hoss, 36:29; 149. Gust Svanson (WRC), 36:42; 193. Ray Morrison (WRC), 37:34; Kevin Kolakowski (WRC), 38:19; Ed Benham, 45:38.

Women—1. Maria Pazarentzos (WRC), 35:02; 2. Laura Albers (WRC), 35:11; 3. Inge Schuurmans, 35:14; 4. Karin Wagner-Hammond (WRC), 36:06; 5. Pat Bullinger (WRC), 36:43; 6. Susan Jorgensen, 37:03; 7. Tracey Briggs, 37:31; 8. Gretchen Triantos (WRC), 37:38; 9. Laura Huff, 38:13; 10. Louise Mallett (WRC), 38:13; 14. Beverly Shooshan (WRC), 38:43; 15. Donna Elliot (WRC), 38:52; 24. Kath Otto (WRC), 40:49; 25. Jean Silverman, 41:15; 26. Becky Nolan, 41:22; Bobbie Bleistift (WRC), 44:11; Joanne Mallett (WRC), 44:35.

CLEMENT WEATHER FOR ITALIAN SPORTS CAR WIN IN LILAC 10K AT ROCHESTER, N.Y.

by Robert Trost

With the temperature in the mid-70s and the relative humidity only 45% at a 10:00 a.m. start, the conditions for this year's Manufacturers Hanover Lilac 10K, held May 17, were tolerable. This is quite a contrast to last year's race where a 75°F temperature combined with 78% relative humidity made it downright unpleasant.

Brian Ferrari, a 27-year-old graduate/assistant track coach at California University of Pennsylvania, proved to be the class of the men's field winning in 29:08. Running with a pack of about 10 runners through the halfway mark, Ferrari and Canada's Paul Williams broke away at 4 miles. Ferrari assumed command shortly after the 5-mile mark and cruised home to a 19-second victory and \$1,500 first place prize money.

Good friends Kellie Cathey of Phoenix, Ariz., and Katie Schilly-Laetsch of Atlanta, Ga., quickly took command of the women's race. They ran together for the first 4 miles until Cathey was able to break away to an 11-second victory and the \$1,500 first place prize money.

Barry Brown proved he is back in shape for the spring racing season as he bested a game Allan Rushmer for the master's title, taking 13th place overall with a strong 30:40. Rushmer, of Great Britain, finished 18th overall as second master in 30:54.

Washington Running Club

P.O. Box 32378, Calvert Station, Washington, DC 20007.

CLUB OFFICERS

President: Jack Coffey (836-8400)
Vice President: Dan Rincon (441-9265)
Secretary: Gerry Ives (320-3337)
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)

Brown and Rushmer collected \$500 and \$300 respectively in masters prize money for their efforts. Cindy Dalrymple had no trouble collecting the \$300 first place check in the women's masters division, as her 40:14 was more than 4 minutes ahead of the next women's masters competitor.

Results: Men—2. Paul Williams, 29:27; 3. Andy Wilton, 29:28; 4. Peter Naher, 29:28; 5. Bernie Prabucki, 29:36; 6. Terry Croyle, 29:53; Pete Pftizinger, 30:04; 10. Frank Passo, 30:15; 11. Craig Holm, 30:20; 14. Charles McMullen, 30:41; 19. Dan Predmore, 31:06; Bobby Muir, 36:23; Bob Trost, 36:32.

Women—2. Katie Schilly-Laetsch, 33:58; 3. Jeanne Pare, 35:33; 4. Helen Weglarz, 35:58; 6. Sue Crowe, 37:13; 7. Nancy Mieszczak, 37:22; 8. Kare Cossaboon-Holm, 38:14.

THE WRC NEWS BUREAU SAYS . . .

A WRC member was inducted into the Road Runners Club of America Hall of Fame May 16, during the RRCA National Convention in Rockville. **Hugh Jascourt** was cited for having founded and named the RRCA "Run For Your Life" program. He reported to the *WRC Newsletter* that his role in the founding of WRC played no role, negative or positive, in his selection. Hugh may also be the only living person to have a memorial race named for him. The Hugh Jascourt Four Miler regularly kicks off the DCRRRC Bunion Derby Series.

Also at the RRCA National Convention, **Marlene Cmons**, was named the RRCA Journalist of the Year. Marlene, a long-time WRC member, is a reporter for the *Los Angeles Times*. She achieved a loyal following at the *Runner* magazine for her superbly written pieces, and we hope that the newly-combined *Runner's World/Runner* will be featuring her writing.

Steve Spence, one of WRC's standout runners, has moved back to Pennsylvania. He is planning to go back to school in the fall, but will still be hitting the racing circuit. Steve had an outstanding Lilac Bloomsday Race, where he took 12th place in a top quality field, finishing just ahead of fellow Pennsylvanian and WRCer **John Doub**, who took 16th spot. On April 25th, at the TAC National 8K Championship, Spence took 4th place in 23:26, narrowly beating Doub who finished 5th in 23:28. At the Cherry Hill 10-Miler the positions were reversed when Doub took 4th in 49:11 against Spence's 5th in 49:44.

Suzie Rainville-Coffey checked out at 23% body fat in a recent test. We would appreciate everyone keeping this information to themselves. *Jack Sprat could eat no. . . —ed.*

The May issue of the *Boston Running News*, which contains Boston Marathon coverage, also prominently features a story and pictures from the Stamford (Conn.) Marathon, won by WRC's **Patty McGovern**. Among the glossies is a great photo of McG. Alas, she is wearing her Adidas, not WRC, singlet.

WRC cinderman **David White** continues his spring efforts at the metric mile. David posted at seasonal best 3:47 at the Blue Cross-Blue Shield meet in Charlottesville May 9, then followed up with 3:50 at the May 23 PVTAC CHampionships.

Count Baker, the Prince of Georgetown, reports that conditions appear good for his 1987 assault on the Bunion Derby 30-39 age group crown. News has reached the Count's Arlington castle that his chief rivals are having difficulties mounting serious campaigns to challenge his quest. "Counselor" Coffey, holder of several Bunion Derby course records, is still recovering from making partner, and "Capt'n Jack" Cleland is reportedly questing a different mount while preparing at the bar, er for the bar exam in Boston.

PITTSBURGH MARATHON IS FAST, WET AND LUCRATIVE; FOREIGNERS WIN TOP SPOTS

by Celeste Green, WRC Staff Reporter

The third annual Pittsburgh Marathon, offering a quarter-million dollars up in cash prizes, drew a hardy international field May 3 that saw the top runners reel off fast finishes at the end of tactical races.

Racing through a cold rain for the \$25,000 winner's purse, Mexico's Rodolfo Gomez sprinted ahead of Kenyans Joseph Kipsang and Sam Ngatia at 24 miles. Gomez kept a slim margin all the way to finish to win in 2:13:07. Within 50 seconds, five more finishers crossed the line, with Kipsang leading Ngatia for second (\$20,000) and third (\$15,000).

Silvia Ruegger, the Canadian who finished second in the 1984 Olympic marathon, controlled a lead group of four women runners. Cyndie Welte of Lorain, Ohio, was running the marathon of her life. Sabrina Stern of Tempe, Arizona, and Marty Cooksey of Chesterfield, Missouri, were also running in a tight formation. Altogether, the top four finishers would divide \$70,000. At 18 miles, Ruegger pulled ahead and went on to solo to the finish in 2:31:53. Welte persisted to finish in 2:34:09, followed by Stern in 2:36:08. Cooksey was eclipsed near the finish by Jennifer Colgrove of Conneaut Lake, Pennsylvania.

Pittsburgh's marathon was one of superlatives: 3,100 runners from 42 states and 18 countries included five national champions and 17 Olympians.

A half-inch of rain fell during the race. Yet that did not deter crowds from turning out to line the roads. Bands set up under bridge overpasses and put on concerts. Other musicians and a multitude of spectators ignored the rain to stand along the roads and cheer on the runners. Pittsburgh, recently described as America's Most Livable City, is fast-becoming one of the country's most supportive cities for marathons and next year will host the women's Olympic Marathon trials.

WRC's masters Valerie and Peter Nye ran. Valerie finished in 3:32:55 for 62nd woman and eighth mas-

ter (\$100). Peter was 2:37:14 for 51st place and fifth master (\$300).

Former WRC member Gordon Minty, now aged 39 and a faculty member at Indiana State U. in Terre Haute, was 28th in 2:25:32 and Cindy Dalrymple ran 3:08:50. It was her third marathon in four weeks.

CRYSTAL CITY 10K SHOWCASES WRC TALENT KROEMER & DICKERSON TAKE TOP HONORS

by Newsletter Stapher Emmett Grogan

WRC swept the top three men's and top two women's spots at the Crystal City 10k the first Saturday in May.

Kurt Kroemer and Jim Eastman made short work of clubmate Dennis Baker, 3rd in 33:13, with a 4:45 opening mile, before Kroemer pulled away from Eastman and cruised to a 31:20 win in the men's half of the race.

Eastman, who is coming off a 2:24 marathon at Boston, hung tough with his WRC rival until the fourth mile where the Crystal City course heads up the Arlington Ridge. At that point he lost contact with Kroemer and the three WRC frontrunners paraded to the finish.

Baker, talking with Jerry "Mad Dog" Merkel before the race was optimistic about his chances this day. "It looks like everyone stayed away from the Count's coronation," Merkel told Baker. "Yes," Baker replied, "this may be the day the Prince of Georgetown is crowned King of Crystal City." Alas, it wasn't to be. Just then two elves, named Kroemer and Eastman, appeared on the scene to put the hex on the "Count's" chances.

Cathy Ventura-Merkel had the same problem with women's race winner Marianne Dickerson that Baker suffered. Dickerson answered any question about *who* would win very early. She established control in the first mile, then made a strong move climbing the ridge to make any late race surge on Ventura-Merkel's part fruitless. Third place went to Californian Kathy Thomas, who was visiting the D.C. area on business, but took enough time for herself to post show finishes both at Crystal City and at Capitol Hill the following day.

Men: 1. Kurt Kroemer (WRC), 31:26; 2. Jim Eastman (WRC), 32:05; 3. Dennis Baker (WRC), 33:13; 4. Kurt Stautz, 33:34; 5. Tim Martin, 33:46; Frank Faykes (WRC), 34:30; Mark Doles (WRC), 34:52.

Women: 1. Marianne Dickerson (WRC), 36:19; Cathy Ventura-Merkel (WRC), 37:32; 3. Kathy Thomas, 38:40; 4. Elaine Toderro, 38:46; 5. Donna Elliot (WRC), 39:29.

SCOTT CELLEY REPEATS AT HILL CLASSIC; DICKERSON BEATEN BY GABRIELLE ANDERSEN

by Ace Reporter 'Red' Panama

Despite the number of races around the area that seek to outdo one another with prizes, none has been able to offer a winner the unique flavor of the top prizes at the Capitol Hill Classic. For a week, Senate aide Scott Celley (31:01) and Swiss Olympic marathoner Gabrielle Andersen (35:32), can count on having an ice cream flavor of their choice named for them at Bob's Famous Ice Cream, the result of their victories in the May 3 road race.

Andersen, who earned lifelong notoriety as the crippled, cramped, and exhausted marathoner who ABC television commentator Marty Liquori thought should be removed from the LA Olympic race, moved out quickly to establish an advantage over WRC's Marianne Dickerson, who was running her second race of the weekend. Dickerson (36:15) closed the margin over the final miles, but was too far arrears to get within striking distance of the winner.

Among the men, Scott Celley overcame a botched start, a near collision with an automobile early in the race, and the absence of any challengers in over the final 5k to run within 12 seconds of his own course record with a 31:01 victory.

At the starting line, officials held the runners several minutes beyond the scheduled 8:30 a.m. start without apparent reason or explanation, then inadvertently gave the starting signal before the race timers were set. The result was a slow start as the leaders left the line unsure whether they would be called back, or times correctly recorded. Problems occurred at the finish as well, where results were posted awarding the top finishers the times of the next runner behind them.

Celley, who moved to the front right from the start was forced to deftly sidestep an auto that turned into his path early in the race. But the easy mannered Oregon native brushed off any problems as "part of road racing on city streets." He was more troubled that he had no one with whom to share the pace after Rudy Robinson dropped back at the half-way point. "Conditions were right to lower the [course] record" he said, "but once I was alone all my neighbors on East Capitol St. wanted me to stop and say hello."

No WRC men managed to make the top four, but fifth through seventh place were swept by a trio of club members. Wilson Rumble led the group, followed by Robert Rodriguez and John Walsh.

Men: 1. Scott Celley (NOVA), 31:01; 2. Rudy Robinson (Warren St. A.C.), 32:38; 3. Darrell General, 32:46; 4. Jeffrey Foster, 32:58; 5. Wilson Rumble (WRC), 33:07; 6. Robert Rodriguez (WRC), 33:07; 7. John Walsh (WRC), 33:45; 8. Ben Beach (D.C. Harriers), 33:58; 9. Cich, 34:12; 10. Dave Deanna, 34:39.

Women: 1. Gabriella Andersen, 35:32; 2. Marianne Dickerson (WRC), 36:15; 3. Kathy Thomas, 38:56; 4. Susan Barbe, 39:30; 5. Joyce Rankin, 39:32; 6. Anita

Freres, 39:41; 7. Susan Pantzer, 39:43; 8. Maureen O'Connell, 40:15; 9. Molly Pyle, 40:26; 10. Flavia Colonna, 42:46.

**WRCer WINS 3RD ANNUAL FIGURE 8 RACE
BY DEFAULT WHEN LEADER DISAPPEARS**

Sp. Report from Jaime Blemishton

When entrants lined up for the start of the 3rd Annual Figure Eight Eight Miler at Arlington's Washington-Lee High School on May 3, weather conditions were ideal for a fast time, and when the race director found himself without any last minute details to tend to he decided to join the race himself.

What race director Jim Scarborough didn't expect was that he would find himself winning his own race. Last year's winner and course record holder Steve Kunin (50:47) was in the field, but he was there only to pace his wife, Deborah, still Jim wasn't very concerned with the embarrassment of winning the contest, even when he found himself in 2nd place at the two mile mark.

The trouble really started for Jim at the halfway mark when the leader dropped out — he didn't hang around to explain why. This placed Scarborough in the unique position of leading his own race!! But did Jim hesitate. Hell, no. In fact, after looking back to locate his closest pursuer, he actually picked up the pace and won by nearly three minutes and was the only competitor to finish in under an hour.

The Kunin family didn't go home without honors. Deborah, led by the defending champion, topped the women's field with a 74:13 performance.

Men: 1. James Scarborough (WRC) 57:26; 2. Ed Burchell, 60:23; 3. Mike Kuprijanow, 60:40; 4. Stephen Martin, 60:59; 5. Lam Truong, 63:50; 6. R. Kurgan, 64:58; 7. Read Johnston, 67:35; 8. Steven Kunin, 74:15; 9. Ken Schefflin, 74:28.

Women: 1. Deborah Kunin, 74:13; 2. Nancy Pennington, 76:53.

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. 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] 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, 7817 Tomlinson Ave., Cabin John, MD 20818

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