

Washington Running Club ★ Newsletter

Volume 6, Number 9

© 1987 Washington Running Club

September 1987

September Meeting in Rosslyn

The SEPTEMBER meeting of WRC will be held on Friday, SEPTEMBER 11, 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.

HAGE, CLAPPER LEAD WRC ASSAULT ON ANNAPOLIS TEN MILER COURSE

by Staff Editor Emmett Grogan

They came in full force. Forty members of the Washington Running Club among the 2000 entrants in the August 30 edition of the annual Annapolis Ten Miler. Before the start club members mingled with other entrants near the Navy-Marine Corps Stadium starting line, but when the starting gun fired they quickly made their way toward the front and asserted their certain authority.

Led by Jim Hage and Gerry Clapper an assault force that included Bruce Coldsmith, Al Naylor and Mike Mansy would ravage the men's field, walk off with most of the hardware — while sharing what was left with WRC compatriots — and have more fun than anyone else to boot.

Not to be outdone, the WRC women's squad of Karin Wagner-Hammond, Pat Bullinger, Kathy Ventura-Merkel, Donna Elliot, and Betty Blank carried away top distaff honors, despite the injury-caused absence of defending champion Patty McGovern. Spectators at the post-race ceremony noted that the women's team, unlike the men's squad, also looked good while posing for with their awards — a matter of dubious relevance, but visual delight.

Passing through the first mile and heading toward the Annapolis City Dock the lead pack was huge, with 20-30 runners under 5:00. Among those in this group was road race rookie Greg Early, who normally competes at 800 and 1500 meters for Dan Rincon's Eleanor Roosevelt H.S. cindermen. Rincon had advised Greg to stay with a good pace runner, like clubmate Al Naylor through the first miles. However, the coach had failed to remind Naylor that

he was a good steady pacer. Nonetheless, Early made an impressive debut (53:40), finishing 21st, and might have done even better, but found it difficult to keep up his pace while tripping over his tongue the last two miles.

The leaders remained bunched entering the U.S. Naval Academy campus near two miles, but on leaving the Academy grounds several miles later Hage, Clapper and David McDonald had established an advantage.

Race officials had said before the start that changes in this year's course would eliminate the long steady climb to the Navy radio towers. They hadn't mentioned that the new sections would include several short, but vicious grades between between five and seven miles. Afterwards the field was in sharp disagreement over their preferences for the new layout.

Jim Hage apparently enjoyed the new sections, using them effectively to 'soften up' his challengers, before making a strong move to get free shortly after regaining level ground. He continued to work hard over the final three miles, hoping to establish a sub-50 minute standard for the revamped course. The the Lanham barrister was a bit disappointed with when officials marked his winning time at 50:01.

Distaff winner Eleanor Simonsick thought she was clear from any challengers throughout most of the race, not seeing any familiar faces nearby.

However, she was impressed by the strong performance of "the fourteen year-old boy" who ran just off her shoulder for most of the first eight miles. Simonsick's impression grew even stronger when she realized late in the contest that the young lad was actually Mary Salamone challenging her for top honors.

From eight miles onward Simonsick tried hard to shake Salamone's challenge, but it wasn't until entering the stadium several hundred meters from the finish line that she was assured of her win.

Results—Men: 1. Jim Hage (WRC-Adidas), 50:01; 2. Gerry Clapper (WRC-Adidas), 50:30; 3. Jason Emmons, 50:40; 4. Bruce Coldsmith (WRC-Reebok), 51:03; 5. David McDonald, 51:11; 6. Patrick Key,

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.

51:44; 7. Paul Mallott, 51:50; 8. Richard Ferguson, 52:30; 9. Jim O'Keefe, 52:37; 10. Al Naylor (WRC-Adidas), 52:40; 12. Mike Mansy (WRC-Adidas), 53:00; 21. Greg Early (WRC-Eleanor Roosevelt), 53:43; Joe Sullivan (WRC), 54:20; Robert Rodriguez 55:28; John Walsh (WRC), 55:35; Herb Tolbert (GNATS), 55:58 (1st masters); Moses Mayfield, 56:03; Jerry Merkel (WRC), 56:30; Jack Bickley (GNATS), 56:33; Stan Fletcher (WRC), 56:50; Fay Bradley (GNATS), 57:20; Mark Baldino (WRC), 57:35; 'Rocco' Carr (WRC), 57:50; Tem Washington (WRC), 58:15; Bill Wooden (WRC) 58:56; George Uhl (WRC) 59:30; Dave Johnson (WRC), 59:50; Bill Larsen (WRC), 61:00; Chan Robbins (GNATS), 59:58; Ray Morrison (WRC), 60:52; Bob Trost (WRC), 61:39; Jack Coffey (WRC), 61:40; Kirk Davies (GNATS), 61:42; Dan 'Coach' Rincon (WRC), 62:15; Vassili Triantos (WRC), no time; Dave Albinson (WRC), no time; Bobby Bauer (WRC), no time; Pat Neary (WRC), 1:21:45.

Women: 1. Eleanor Simonsick, 57:40; 2. Mary Salamone, 57:43; 3. Liz Wilson, 58:20; 4. Karin Wagner-Hammond (WRC-Adidas), 1:00:08; 5. Sue Crowe, 1:00:41; 6. Rose Malloy, 1:00:45; 7. Patricia Bullinger (WRC-Adidas), 1:01:04; 8. Sue Borowski, 1:01:29; 9. Kathy Ventura-Merkel (WRC), 1:01:37; 10. Elizabeth Andrews, 1:01:37; Beverly Shooshan (WRC), 1:06:05 (1st masters); Donna Elliot (WRC), 1:06:15; Betty Blank (WRC) 1:06:22; Suzy Coffey (WRC), 1:14:20; Bobbie Bleistift (WRC), 1:16:00.

VERA, CUNHA WIN AT FALMOUTH; CONTINUE FOREIGN DOMINATION

by Pat Neary

With RRCA and TAC 10k road crowns to his credit already this year, and his Florida training

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 (462-8955)

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)

Teams Needed for Army 10-Miler

Dan Rincon is coordinating teams for the Oct. 11, 1987, Army 10-Miler. If you're interested in running this fast, flat course, contact Dan at o] 454-4861 or h] 441-9265.

background to compensate for the seasonably hot weather on Cape Cod, Keith Brantly (Kangaroos) looked like a good bet to become the first American man since Alberto Salazar (1982) to capture the Falmouth Road Race, August 16.

Veteran observers of this summer classic weren't worried about the Floridian's chances when Englishman Martin Roberts bolted to a five second lead at the mile mark and doubled that margin by two miles. (The Falmouth course doesn't favor front runners since a flat, treeless stretch of oceanfront between the third and fifth miles allows the pack a great chance to reel in any pretenders). The real contenders were thought to be among a large group that included Brantly and Pan American Games 10,000 meter silver medalist Rolando Vera of Ecuador.

That group caught Roberts, who would hang on gamely for 9th place, as they reached the beach at three miles. Roberts had passed the mile in 4:27 and reached two miles in 9:02.

Vera, whose Pan Am Games final had taken place just four days earlier, was joined at the front by the American, Brantly, and Ibrahim Hussein. This trio passed three miles in 13:48 and, running together along the oceanfront, covered the next mile in 4:50.

Having shaken the remnants of the lead pack as they turned away from the beach just short of five miles, Vera, the least well known of the trio, made the move he said later he had planned ahead of time and surged away from the his two companions.

Hussein shortly after pulled to the side of the road, while Brantly took up the chase. But Vera's one move had proved decisive and the former Gator was unable to catch the diminutive South American whose 32:29 finish gave him a eighteen second victory.

Vera may have been unknown to casual spectators, but his fellow competitors knew of his ability after his Pan Am Games performance and his recent training in Boulder, Colorado where he had finished 2nd to Arturo Barrios in the Bolder Boulder 10k. Vera is such a hero in his homeland, where he has been a national champion for several years, that he is now spending his in-season training in Colorado to avoid the inevitable distractions at home.

In the women's race Portugal's Aurora Cunha laid off the pace early in the race before catching leaders Lisa Martin of Australia and Lorraine Moeller of New Zealand as they reached the beach. Cunha went right past the pair from Down Under and was soon joined at the front by Abingdon, Virginia resident

Teresa Ornduff, who moved as much as ten seconds in front after the 4th mile.

Like Hussein on the men's side Lisa Martin dropped out after being dropped by the leaders, but Moeller chased after the new leaders and was rewarded with a 3rd place finish for her effort. Cunha, using Falmouth as her final preparation for the World Championships in late August, where she is expected to contest the 10,000 meter race, finally moved past Ornduff after passing six miles enroute to a 36:59 finish.

Following Ornduff (37:07) and Moeller (37:40) was Durham, N.C.'s Joan Nesbitt (38:23). Nesbitt had gallantly paced WRCer John Walsh through much of the race, until Walsh finally emerged from a Saturday night induced fog in the last mile and finished in 38:15.

Among the masters, the men's division was won by Canadian Chris McGubbins in 34:34 (32nd overall), while Floridian Robbi Rothman paced the masters women in 42:43.

Prize money totaled \$71,000, with \$8,000 going to both winners. Cash was awarded to the first 20 Open Men, 15 Open Women, 5 Males Masters, and 1 Women Masters. To be in the money, you had to run 34:09, 39:30, 39:46, and 42:43, respectively.

Unique to this year's Falmouth race was an 85x45 foot American flag hung from above the finish line by a 40-ton crane. The flag was so large that it required 300 people to fold it. My wife, who watched the flag raising shortly before the race start, told me later that the helpers holding the flag were easily raised off the ground when wind whipped the pennant about.

Although not entered myself, I decided to go out and see the race on the course. From our hotel room, adjacent to the 10k marker, I ran out to the 2 mile point before the race began, and turned back toward the hotel just prior to the start.

I was near the four mile mark when the leaders blew past me. You get a marvelous perspective of just how fast the pack is going as they overtake you at speed. Despite the mid-eighties temperature and humidity, it seemed balmy compared to the humidity and high temperatures in Washington. A brisk tail wind added to the relative feeling of coolness.

At four miles, the pack was relatively tight knit with perhaps ten runners bunched together. I had run another half mile when the Teresa Ornduff, leading the women's field by nearly 10 seconds, caught me. Her running style reminded me of a cross between Laura Albers and Bobbi Bleistift; she was getting the job done.

Following the race itself and the award ceremony attended by a throng of competitors and spectators alike, the night's entertainment was watching the Falmouth constabulary deal with the leftovers. Through afternoon and evening the police carted people off to the local lock-up on pick-pocket, disorderly conduct, and alcohol charges. Falmouth had recently prohibited the carrying of open beer con-

tainers in public in response to complaints of rowdiness in earlier years. Local law enforcement was very effective this year, with several walking patrols near the evening hot spots.

The town was remarkably clean the day after the race.

A great place to visit near Falmouth is the island Martha's Vineyard. Its a terrific spot for cycling, where you might ride as many as 100 miles, traffic is sedate by mainland standards and there are several bike paths. Oak Cliffs, where the ferry lands, to Edgartown is 40 minutes along one of the bike paths, and if you arrive without velocipede there are bike rentals available.

Additional reporting was contributed by Cape Cod correspondent Woodie Hohl.

AMERICAN PODIATRIC ASSOCIATION DIAMOND JUBILEE 5K HELD IN ROCK CREEK PARK

by Will Woodbine

The APA Diamond Jubilee 5K, held in Rock Creek Park on Saturday, August 8, at 8 a.m., was remarkable for two factors—there were more WRCers working the race than running it, and the top three women were all masters.

The out-and-back course started at the Rock Creek Ranger Station followed Beach Drive, over the stone bridge to the turnaround at Broad Branch Road. The gradual climb back up Beach Drive was just enough, when combined with the early morning humidity, to take the snap out of your sneakers.

Runners who turned up hoping sneak a win without any major competition were surprised. Scott Celley, Rusty Moore and Darryl Stewart were all there to keep the field honest. Celley moved quickly into the lead with Steve Clarke right on his shoulder. Following closely behind was a pack that included both Moore and Stewart.

Celley never relinquished his lead, taking the top spot in 15:33 with Clarke nine seconds back. Moore made a strong move late in the race, to take fourth place in 15:54. Stewart, who has been doing more cycling than running lately, faded back to 10th spot on the return leg, but swore he'd be in shape for the Anacostia 10K next month.

The winner in the women's race, according to the posted results, was someone nobody had seen during the race. Further investigation proved that the winning 'woman' was a man running with a woman's number. So Mary Ann Zuckerman took her rightful winning spot with a time of 19:26, followed closely in second by WRC's Beverly Shooshan in 19:32. Third place was taken by another WRCer, Chris Stockdale, with a time of 21:25.

Partial Results: Men—1. Scott Celley (NOVA), 15:33; 2. Steve Clarke, 15:42; 3. Tom Stewart, 15:52; 4. Rusty Moore (WRC), 15:54; 5. Rockwell Moulton, 16:05; 10. Darryl Stewart (WRC), 16:48; 20. Dave Albinson (WRC), 18:09 (2nd Master).

Women—1. Mary Ann Zuckerman, 19:26; 2. Beverly Shooshan (WRC), 19:32; 3. Chris Stockdale (WRC), 21:25.

DONALDSON RUN RUN STEALS BEST WEATHER

by *Jim Scarborough*

The second annual running of DCRRC's Donaldson Run Run, held July 15, was blessed with the best racing weather seen in July (80 degrees and low humidity). A men's course record was established by Sean Kelley of Reston who toured the 8k course in 27:29, followed by WRC's Darryl Stewart. Third place was captured by Jorge Pardo, who equaled last year's winning time of 28:02. Don Davis, 6th overall, took top masters honors in 29:15, just ahead of WRCCer Bill Wooden (29:24).

The women's title was successfully defended by Charlene Burstram (31:47), although she was 30 seconds off her pace from last year. Arlington's own Jennifer Westfall followed in the runner-up slot.

Other notables included Steve Kunin, who finished 14th after seeing the rest of his family compete in the two mile Fun Run. Bernadette Flynn Creed continued her summer long improvement with a 39:12 clocking, good for 7th place among the women. An age-time handicap system used in the race made a winner of 63-year-old Ralph Driscoll (43:17).

The race raised \$60 for the host Madison Community Center's Senior Citizen Program. If the senior's can perform a similar weather miracle next year, they'll raise even more money.

Results: Men—1. Sean Kelley, 27:29; 2. Darryl Stewart (WRC), 27:54; 3. Jorge Pardo, 28:02; 4. Bill Stahr, 28:49; 5. Steve Sedlacko, 28:59; 6. Don Davis, 29:15; 7. Bill Wooden (WRC), 29:24; 8. Kyle Forman, 30:04; 9. John Carrion, 30:26; 10. David Havil, 30:41; Ron Griswold (WRC), 32:40; Jeff Darman, 35:29.

Women—1. Charlene Burstram, 31:47; 2. Jennifer Westfall, 34:02; 3. Kiran Beyer, 34:14; 4. Patricia Palermo, 36:25; 5. Ellen Wessel, 37:25; 6. Sharon Burkhart, 38:41; Bernadette Creed (WRC), 39:12.

INFORMATION THAT COULD CHANGE YOUR LIFE!

Georgetown A.C., a.k.a. Nike Georgetown, is no more, it was bought out by Foot Locker. No longer will you be able to get professional advice from the likes of **John Eberle** on which Nike-manufactured athletic shoe best suits your particular foibles. The new Foot Locker store will open in 90 days, which seems like a long time to do a simple remodeling job (maybe they're applying for a liquor license—Yeaaaah! Shoes and suds!).

Watch for the hour-long television special "Born in America," about American bicycle racing. **Pete Nye**, famous author, bike racer, runner, and bon vivant has now broken into "tubeland"—I wonder if he told them he doesn't even own a TV. Pete will be featured on the special giving his perspective as a

rider involved in the sport from the late 1950s, and as author of the upcoming book on bicycle racing, entitled "Hearts of Lions." The special will be shown on local television stations during the summer of '88, beginning in Rochester on May 23.

The 5th Annual Road Race Management Race Director Meeting and Trade Exhibit will be held at the Washington Marriott Hotel in Washington, D.C. on November 13-15, 1987. The conference is designed for race directors and race officials as well as corporate executives and other individuals interested in long distance running. The \$193 registration fee (\$167 for Road Race Management subscribers) includes registration, keynote luncheon, reception, and trade exhibit. Space is limited to the first 190 registrants and traditionally is a sell-out. Call **Jeff Darman** at (202) 544-0970 for further information.

Ex-WRC member, and national class masters runner, **Bernie Allen** was the subject of **Tom Carter's** Running column that appears every Thursday in the *Washington Times*. Allen was a WRC stalwart in the mid-70s, running a 2:16 Boston Marathon under the Club's colors. He used to run intervals with **Phil Stewart** and **Bruce Robinson**; they ran in the inside lane, and Allen ran in lane number 8 and kept up with them. When Allen moved to Colorado he absconded with the WRC silkscreen logo—**Ray Morrison** got it back two years later. Carter reported in his column that Allen, now a Boston resident, had been working on getting **Henry Rono** back in shape for the past seven months. Apparently Rono has now decided that he wants to be master of his own destiny and wants nothing more to do with Allen, so the former world-class runner has moved from Boston to New York. We all hope Rono will regain his former competitive level, but don't bet your lunch money on it.

Another ex-WRCer **Jim Ulvestad** finished the Long Beach Marathon in 11th place with a time of 2:31:09, according to the *Running Times*. Ulvestad, who is a professional astronomer, moved to Pasadena in 1984 to be closer to the stars.

Kevin McGarry has taken a full-time job—it's the end of an era folks! McGarry is now working for a corporate travel agency on K Street.

If you are free September 26 you might want to check out the Palotti Invitational Cross-Country meet in Laurel. It's a chance to see **Dan Rincon's** Eleanor Roosevelt High School harriers, including WRCer **Greg Early**, display their form in the first big meet of the season.

Readers of the Alexandria Packet saw a picture of WRC prez **Jack Coffey** adorning its pages recently. Jack and several of his law firm partners were seen posing with several big fish on the Eastern Shore. No, not clients, these were tuna they had caught on a fishing expedition. No, not the kind of fishing expedition judges are always complaining about. Boy, you are some of the dumbest readers.

Don't blame DCRRC Statistician **George Banker** for not having the final standings of the Bunion

Derby Series completed. The results of the Reston 8K have still not been received by the DCRRRC and Banker cannot compute final standings until he gets them. We hope to include all results in the October Newsletter.

BLUEMONT PARK 10K ENDS BUNION DERBY BUT MOST SERIES TITLES ALREADY DECIDED

For the first time since early in the season at the Carderock 10k Bunion Derby runners were graced with unseasonably mild weather and times at the front of the pack reflected both the cooler temperatures and Kevin McGarry's improved fitness as the course record was bettered by nearly two minutes.

Chased by 2nd place finisher Jeff MacDonald through 5k McGarry "put down the hammer" in the second half for his fourth consecutive series win. Passing two WRC observers near the 8k mark the winner said of his pursuer: "he's pushing me to the wall." The wall crumbled shortly thereafter and the WRCer sped away to victory.

McGarry has dominated the series since debuting at the Annandale 10k. But since he ran only four races in the eight race series — best five counting — he found himself one race short and unable, despite his four wins, to overtake Robert Rodriguez the 30-34 age group points leader. Rodriguez, confident of having wrapped up the title put clubmate Bob Trost through his paces this evening. Trost responded with one of his best recent efforts and posted a 37:30 finish.

WRCer Betty Blank (41:36) capped a successful Bunion Derby campaign with a runaway win at Bluemont, finishing nearly five minutes ahead of runner up Ellen Wessel. In 4th spot overall among the women was 50-59 age group champion Joanne Mallet who had clinched her Bunion Derby title several weeks earlier with a perfect 100 point total.

Results: Men—1. Kevin McGarry (WRC), 31:52 (c.r.); 2. Jeff MacDonald, 32:39; 3. *Unofficial Runner*, 33:30; 4. Larry Frederick, 34:25; 5. Mark Courtney, 34:33; 6. Dennis Doheny (WRC), 34:44 (*Ed Doheny's son?*); 7. Jeff Breen, 35:01; 8. Don Davis, 35:42; 9. Brian Bates, 35:48; 10. Tom Bailey, 35:57; David Havill, 36:07; 15. J.J. Wind (WRC), 36:31; 16. Bill Wooden (WRC), 36:46; Richard Pankow, 37:03; George Masson, 37:20; Bob Trost (WRC), 37:30; Robert Rodriguez (WRC), 37:31; Dave Johnson (WRC), 37:39; Tom Kurihara (PVSTC), 38:54; Kevin Kola-kowski (WRC), 39:16; Frank Probst, 39:55; Ron Griswold (WRC), 40:25; Jim Scarborough (WRC), 42:20; Larry Tabachnick, 42:19; Steve Clapp, 43:19; Jeff Darman, 45:19; Dick Good, 45:19.

Women—1. Betty Blank (WRC), 41:36; 2. Ellen Wessel, 46:29; 3. Sharon Burkhart, 46:41; 4. Joanne Mallet (WRC), 46:49; 5. Carol Schmitt, 46:51.

MINUTES OF THE WASHINGTON RUNNING CLUB MEETING HELD FRIDAY, 14 AUGUST, 1987

In the absence of the Club President, Vice President Dan Rincon called the meeting to order.

Rincon reported that the Club was sending 47 runners to the Annapolis 10-Miler on August 30th. We will have five men's teams, two women's teams and one masters men's team.

Rincon asked that everyone interested in running the Philadelphia ½-Marathon contact him as soon as possible. The Club has traditionally done well at this race and expense money is available.

Rincon asked if there was any interest in sending a Club team to the TAC X-country championships on November 28. Those interested should contact Dan at 454-4861.

An announcement was made that the race director of the Arlington Mile, James Scarborough, is looking for fast milers for this race. The race is to be held on October 10, and there will be cash prizes.

Rincon thanked Tris Kruger for the use of his patio and pool for the Club meeting. There being no further business the meeting was adjourned. *Gerry Ives, Secretary.*

RACE RESULTS

Capital Office Park 8K

Men: 1. Jim Hage (WRC), 25:44; 2. Paul Jessey (WRC), 25:53; 3. John Strickland, 25:56; 4. Rusty Moore (WRC), 26:46; 5. Jeff Regelman, 27:28.

Women: 1. Mary Ann Zuckerman, 33:50; 2. Carolyn Ulrich (WRC), 34:07; 3. Nancy Parkenson.

MCRRC Country Road 8K

Men: 1. Richard Ferguson, 26:15; 2. Mark Jorgensen, 26:45; 3. Thierry Ross, 27:08; 4. Adam Trzeciak, 27:19; 7. Dave Asaki, 28:40; 8. Vassili Triantos (WRC), 28:47.

Women: 1. Pam Briscoe (WRC), 29:32; 2. Gretchen Triantos (WRC), 30:49; 3. Kathy Creedon, 33:51.

NEW MEMBERS

New member **Paul Jessey** has impressive racing credentials, with a 31:02 10K and a 2:24:15 marathon p.r. Jessey ran a 31:03 over the demanding course at the Fritzbe 10K this year.

Denise Knickman is our newest recruit from Largo, Md. Knickman started the year with a 41:46 10K p.r., but she beat that time by more than 3 minutes with a fine 38:35 run in May.

Darryl Stewart has rejoined the Washington Running Club. Stewart has some outstanding races to his credit and posted a sub-32 minute 10K last year.

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

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 6:00-7:30 pace. Group meets at Francis Scott Key Park, 34th & M, on the canal side. Do not confuse this group with the bums sleeping under the trees. No contact, just show up.

Monday through Thursday Runs, Byrd Stadium (University of Md.), 6:30 p.m. Various distances, various paces. **Contact:** Dan Rincon at 454-4861 during day.

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 Gerry Ives at 320-3337