

Washington Running Club ★ Newsletter

Volume 7, Number 10

© 1988 Washington Running Club

October 1988

OCTOBER MEETING

The OCTOBER meeting of WRC will be held on Friday, OCTOBER 14, 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 three blocks to AMS Building. Go to 14th floor and take spiral staircase to penthouse.

As usual we hope you will bring your favorite dish (food!) or brew, and share with your clubmates.

SPEED, ATTENDANCE RECORDS SET AT DCRRC 20-MILER; WELZEL, JESSEY TAKE HONORS

by *Don Pedro*

New course records were set at the DCRRC 20-Mile Championship, October 2, in Old Town Alexandria. Paul Jessey, of Alexandria, pulled ahead of WRC teammate Al Naylor with four miles remaining to win in 1:53:53.

"I was taking the lead running up the hills," Naylor said afterwards, "while Paul was taking the lead running downhill, then he pulled away from me at 16 miles."

When Jessey settled here, shortly after college graduation a few years ago, he showed promise and earned the nickname "The Animal" from his strenuous workouts. But a series of injuries hampered development of his running talents. Now it appears he is back on track.

The women's race was a runaway with Jean Welzel of Lee, New Hampshire, who loped easily to win in 2:02:32—eight minutes ahead of second place finisher WRC's Patty McGovern, in 2:10:39. Welzel, who runs for Team Reebok, has run marathons in the low 2:30s. She held her own in this race with the men, finishing 12th overall. McGovern used this race as a training run for an upcoming marathon.

Dennis 'Count' Baker led his small cluster of runners, including Ed Doheny, south down the bike trail reeling off 5:58-minute miles. At seven miles, he took off in pursuit of teammate Jack 'King Slickie' Cleland. The Count's excess speed sent his gossamer turquoise cape flowing majestically, but he was unable to close the gap. King Slickie finished 6th, in 1:58:59. The Count was caught by WRC top master Ed Doheny in the final run for the finish on the out-and-back undulating course. The Count and Doheny finished together, with the Count getting ninth place. Doheny, in 10th, won the men's masters division.

The warm weather, high humidity and race length took its toll on some WRC members. J.J. Wind led the leaders through the first mile in 5:50, but ultimately faded to 20th in 2:07:40. Jerry 'Mad Dog' Merkel shook his head after crossing the line in 23rd place, with 2:08:40. "I just couldn't run hard that last five miles," he said. Pat 'Rocco' Carr walked in the last mile, commenting "I should have stayed home."

The race drew more than 400 runners, a new high for the event.

Men: 1. Paul Jessey (WRC), 1:53:53; 2. Al Naylor (WRC), 1:54:13; 3. Dominique Daluz, 1:56:00; 4. Adam Trzeciak, 1:57:25; 5. Chris Ryan, 1:57:30; 6. Jack Cleland (WRC), 1:58:59; 7. John McGrail, 1:59:26; 8. Dave Asaki, 2:01:23; 9. 'Count' Baker, 2:01:54; 10. Ed Doheny (WRC), 2:01:54 (1st master); 17. Tom McCarthy (WRC), 2:06:59; 18. Pete Nye (WRC), 2:07:10; 20. 2:07:40; Gerry Ives (WRC), 2:10:40; Bill March (WRC), 2:13:48; Bill Larsen (WRC), 2:15:08; Gordon Noel (WRC), 2:20:20; John Betts (WRC), 2:38:44.

Women: 1. Jean Welzel, 2:02:32 (c.r.); 2. Patty McGovern (WRC), 2:10:39; 3. Pat O'Brien, 2:17:14; 4. Kathy Stiles, 2:20:05; 5. Betsy Bachtel, 2:20:43; 6. Betty Blank (WRC), 2:25:17; 7. Valerie Guilfoil, 2:29:40; 8. Sue Lewis, 2:31:09; 9. Jill Karosky, 2:37:25; 10. Maureen O'Connell, 2:32:08; 11. Chris Stockdale (WRC), 2:32:49.

PAM BRISCOE LEADS WRC WOMEN TO 1-2-3 FINISH AT UNITED WAY 10K

Pam Briscoe, a 2:43 marathoner, is not known for her speed in races under 10 miles. However, at the Pepco-United Way 10K, on September 2nd, Briscoe showed that she's been doing a little track work.

Briscoe went through the first mile with clubmate Donna Elliot at a 5:25 pace, considerably faster than the 5:50 pace she had anticipated. In the second mile, Elliot eased up slightly and Briscoe steadily increased her lead over the women's field to win in 36:38, her best 10K time this year but slower than her 1985 NSO p.r. time of 35:57. Elliot finished 2nd in 37:55, and Berni Flynn Creed made it a sweep for the WRC women by finishing 3rd in 39:32.

In the men's race, new member Roger Howell led the

Articles, results, and items of interest to the *WRC Newsletter*, should be mailed to Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818.

field until the third mile where Donnie Tickle took over. Howell stayed in contact around Hains Point, but Tickle gradually opened up a 40-second lead and went on to win in 32:05 over Howell's second-place effort of 32:45. Greg Watson battled WRC's Jim Ehrenhaft for third place with Watson winning the battle by one second. Ehrenhaft ran 33:25 to finish 4th.

Men: 1. Donnie Tickle, 32:05; 2. Roger Howell (WRC), 32:45; 3. Gregory Watson, 33:24; 4. Jim Ehrenhaft (WRC), 33:25; 5. David Cramer, 33:30; 6. Mick Stewart 33:38; 7. Ed Ramos, 33:44; 8. Doug Billings, 33:55; 9. Mark Heeser, 34:24; 10. Bill Randoll, 34:31.

Women: 1. Pam Briscoe (WRC), 36:38; 2. Donna Elliot (WRC), 37:55; 3. Berni Flynn Creed (WRC), 39:32; 4. Megan White, 40:07; 5. Anita Frees, 41:59.

WHITE AND MCGOVERN LEAD THE WAY AT THE NIKE CAPITAL CHALLENGE

The Nike Capital Challenge is in a category of its own. The event has been held under the direction of Jeff Darman for the seven years of its existence, and is always first class in every way. The three-mile race allows teams from the Media, the Executive, the Senate, and the House of Representatives to work out their frustrations with each other around Hains Point. All of the entry fees are donated to the Special Olympics, together with an additional hefty corporate contribution from Nike. This year 125 teams showed up on Hains Point at 8:15 a.m. on Thursday, September 15, to see who would be "King of the Hill."

The race started on the channel side of Hains Point with two participants in the second rank falling flat on their faces at the gun. This didn't affect the front rank as, with elbows flying, WRC's David White led John

Wessels and David Lashar through a 4:43 first mile. Lashar faded slightly just before the end of Hains Point and fell back by 15 meters. Mindful of the headwind on the return leg both White and Wessels slowed as they passed "The Awakening." The pace quickened, however, when Lashar suddenly appeared on their heels and the two leaders realized that they had to "get serious."

White, who has been training for the N.Y. Marathon, was not sure of his leg speed over three miles, but was fairly certain that he could best Wessels if he was close in the final 400 meters. At the 400-meters-to-go mark White was shoulder-to-shoulder with his opponent, and, giving it all he had, he opened up a 7-second lead to win in 14:21.

Patty McGovern, the women's course record holder, admitted she went out too fast. Her 5:14 opening mile dispatched her opposition in short order, but made for a tough time coming around the point and into the headwind. Slowing to a 5:30 pace McGovern finished in a respectable 16:16.

McGovern's closest competitor in the race was WRC clubmate Donna Elliot. Elliot blasted her way to a p.r. by 59 seconds, and took second place in 17:12. Since Elliot started training under the tutelage of Dan Rincon late last spring, almost every race has been a p.r. Last year her goal was to break 18 minutes in this race—she did that, and then some.

The best team overall was the Labor Department's Labor's Lightening Legs. Division team winners were: House—Byron's Bollweevils (with Patty McGovern); Senate—Hoosier's Senator; Executive—Labor's Lightening Legs; Electronic Media—ABC News Briefs; and Print Media—BNA's Fleet Streeters.

Men: 1. David White (WRC), 14:21; 2. John Wessels, 14:28; 3. David Lashar, 15:01; 4. Robert Cessar, 15:11; 5. Richard Keil, 15:15 (1st media); Tom McCarthy (WRC), 15:51; Gerry Ives (WRC), 17:23; John Betts (WRC), 19:40.

Women: 1. Patty McGovern (WRC), 16:16; 2. Donna Elliot (WRC), 17:12 (p.r.); 3. Laura Scofea, 17:25; 4. Nalini Rogers, 17:33; 5. Molly Pyle, 18:20; Lisa Hamm (WRC), 21:16.

Washington Running Club

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

CLUB OFFICERS

President: Dan Rincon (441-9265)

Vice President: Bill Wooden (593-5528)

Secretary: Gerry Ives (320-3337)

Treasurer: Kevin Kolakowski (524-8391)

Newsletter Editor: Gerry Ives (320-3337)

COMMITTEES

Legal: Jim Hage, Chairman (652-6886)

Membership: Gerry Ives (320-3337)

Newsletter: Gerry Ives (320-3337)

Finance: Kevin Kolakowski (524-8391)

Competition: Dan Rincon, Chairman (441-9265)

Race Management: Al Naylor, Chairman (345-9342)

Social: Pat Bullinger, Chairwoman (524-8391)

STEVE JONES AND LESLIE-WELCH LEHANE TAKE HONORS AT PHILI DISTANCE RUN

by Bob Trost and Others

Steve Jones almost made the trip to Seoul with the United Kingdom's marathon team. However, several weeks ago he withdrew saying he was not "properly conditioned."

Despite not being "properly conditioned," Jones, 33, won the 11th Annual Philadelphia Distance Run on Sunday, September 18th, in a time of 62:17. The 13.1-mile race served as a final tune-up for the New York Marathon, which will be run on November 6th.

The first woman to cross the line was Leslie Welch-Lehane of Boston, who ran 70:40 in her ½-marathon debut. Jones and Welch-Lehane both took home \$1,000 for their efforts.

Partial Results: Men—1. Steve Jones, 62:17; 2. Dionicio Ceron, 62:30; 3. Brian Scheriff, 62:44; 4. Joseph Nzau, 62:46; 5. Bill Reifsnnyder, 62:59; 13. Jim Hage (WRC), 66:44; David White (WRC), 68:07; Barry Brown, 68:15 (1st master); Lucious Anderson (WRC), 72:08 (3rd master); Phil Woodyard (WRC), 72:12; Ed Doheny (WRC), 76:20; Ron Griswold (WRC), 80:00; Ray Morrison (WRC), 83:02; George Banker, 83:07; Dick Brannan (WRC), 84:00; Bob Trost (WRC), 84:52; Allen Braley (WRC), 1:43:00; Tom Bowmaster (WRC), 69:30.

Women—1. Leslie Welch-Lehane, 70:47; 2. Kim Rosenquist-Jones, 71:34; 3. Maria Trujillo, 73:05; 4. Cyndie Welte, 73:31; 5. Cindie Girard, 73:55; Laurie Binder, 76:30 (1st master); Betty Blank (WRC), 89:41.

COURSE RECORD STILL STANDS AT DCRRC KETTERING FOUNDERS DAY 10K

There was an offer of \$50.00 for any runner breaking the 29:30 course record at the Kettering 10K on Saturday, September 24th, but no one ran fast enough to claim the loot. However, John Sherlock did break the masters record of 35:19 that was set in 1982, and picked up \$25 for his effort. Sherlock ran the course in 35:13, placing 5th overall.

Dave Whitnah and Dale Bateman took the lead in the first mile with Steve Knudsen hanging on their heels. The first mile usually spreads out the field fairly quickly, as it has a half-mile-long hill in it, but Whitnah didn't shake Bateman until late in the race, when he opened up a lead during the fifth mile and extended that lead on the downhill in the final mile. Whitnah's finishing time was 33:11.

Achilles Track Club wheelchair competitor Kenny Carnes had a hard time at the beginning of the race, but he more than made up for his slow start once he got to the flat part of the course. Carnes whipped through the course in 30:42.

This race rarely attracts a competitive women's field, as the women's open record of 41:26 and the women's masters record of 50:02 indicates. However, the men's records are a lot tougher, and the open record of 29:30 and the new masters record of 35:13 will be hard to match. Maybe next year some of WRC's women runners will come out and establish course records that are more appropriate for the course.

Results: Men—1. Dave Whitnah, 33:11; 2. Dale Bateman, 33:47; 3. Steve Knudsen, 33:59; 4. Tom Clowes, 34:38; 5. John Sherlock, 35:13 (1st master); 6. John Kirkpatrick, 35:46; 7. Larry Washington, 36:23; 8. Paul Konopelski, 36:24; 9. Frank Probst, 36:40; 10. Len Curtis, 37:01; Kevin Jones, 37:20; Gerry Ives, 37:29; Louis Pribyl, 37:42.

Women—1. Alice Curtiss, 44:12; 2. Jill Haithwaite, 45:08; 3. Sharon Wilson, 47:36; 4. Linda Shanklin, 49:25; 5. Sharon Neff, 53:42.

WHITNAH WINS CADEROCK FIVE MILER; 2ND DCRRC RACE WIN IN FIVE DAYS

A smaller crowd than usual, approximately 50 runners, turned up at the DCRRC Caderock Predicted Time 5-Miler at 5:45 p.m. on Wednesday, September 28. Race director John Noble got the race underway exactly on time—at least he said it was on time, everybody else had taken their watches off!

Dave Whitnah took the lead from the start, leaving the rest of the field trailing, and registered a win in a time of 27:10. This was Whitnah's second DCRRC race win in five days, as he had taken the top spot at the Kettering 10K the previous Saturday. Whitnah's closest competitor was Ben Beach who cruised through the course in 28:26.

Fruit pies were presented to runners whose predicted times were closest to their actual performance.

Partial Results: 1. Dave Whitnah, 27:10; 2. Ben Beach, 28:26; 3. Matt Proctor, 29:06; 4. Ted Poulos, 29:21; 5. John Sherlock, 29:24; 6. Cliff Balkam, 29:29; 7. Gerry Ives (WRC), 30:31; 8. Louis Pribyl, 31:09; 9. Hans Morning, 32:00; James Scarborough (WRC), 33:50; Frank Probst, 35:25; Chris Stockdale (WRC), 35:46.

CITIBANK/MDA 5-MILER PRODUCES FAST TIMES IN ROCHESTER, N.Y.

by Bob Trost

When cool temperatures are combined with prize money, fast times usually result. So no one was surprised when the first five men at this year's Citibank 5-Miler raced well under a five-minute pace. Tom Tuori, of Rochester, N.Y., collected the first place prize of \$500 with a blistering 23:48. Jerry Lawson was close behind in 23:56, good for a \$200 second place finish. Grant Whitney, of Ithaca, N.Y., earned \$100 for his third place finish in 24:09.

Josepha Berzoni easily won the women's title and \$500 with a 28:48 clocking. Anne Forbes was second in 30:20 (\$200) and Beth DeCiantis third (\$100) in 30:27.

The men's and women's masters titles were won by Dave Tresohlavy in 26:25 and Kathy Brown in 30:20. Both masters winners collected \$200 for their efforts.

Results—Men: 1. Tom Tuori, 23:48; 2. Jerry Lawson, 23:56; 3. Grant Whitney, 24:09; Dave Tresohlavy, 26:25 (1st master); Derck Frechette, 27:06 (2nd master, \$100); Dave Winn, 27:17 (3rd master, \$50); 30. Bob Trost (WRC), 29:33.

Women: 1. Josefa Berzoni, 28:48; 2. Anne Forbes, 30:20; 3. Beth DeCiantis, 30:27; Kathy Brown, 30:35 (1st master); Nancy Oshier, 30:41 (2nd master, \$100); Joanie Zirkelbach, 31:50 (3rd master, \$50); Ellen Coyne, 31:13.

WHAT'S GOING ON AROUND WRC AND OTHER MISCELLANEOUS RAMBLINGS

Patty McGovern took top women's honors at the BWI Airport 10K on Sunday, September 18th. Her winning

time of 35:52 earned her a silver watch, a bouquet of flowers and a trip to Barbados (for one). The race was a benefit for the Down's Syndrome Foundation.

Nike will soon be announcing a new race for women with some serious prize money. Jeff Darman reported that he had a multi-year commitment from Nike for an all-women 8K to be run on Mother's Day, which will be on May 14th in 1989. With \$20,000 in prize money, Darman expects to attract a field of national- and international-class women runners. Darman said that the race will probably start in East Potomac Park, and will be a flat, fast course.

WRC's **Rusty Moore** finished 7th, against top-flight competition in a field of 1,800 runners, at the Charleston Distance Classic on August 27th. Moore whipped through the tough fifteen-mile course in 1:22:25, and netted \$500 in prize money for his effort. As a prize money winner, Moore was randomly selected to take a post-race drug test. He reported to the WRC Newsletter staff that it is very tough coming up with a "specimen" for testing, especially when you're dehydrated after running fifteen miles. The race was won by Don Norman in 1:15:58.

WRC speedster **Paul Jessey** won the Race Against Time 5K at the Reflecting Pool on September 11th in a time of 15:37. For his effort, Jessey was presented with a handsome pewter dish by Secretary of Education William Bennett. Similar races were held around the world as part of a campaign to end world hunger.

The WRC Newsletter finally received the 92nd Boston Racers' Record Book and Official Results—okay, so we're a little late! Out of the eighty teams finishing, WRC's Men's 'A' Team (**Rusty Moore, Mark Doles, Joe Sullivan**) finished 22nd. The 'B' team (**Bill Larsen, J.J. Wind, Doug Robinson**) finished 62nd. Miles Ahead TC, organized by ex-WRCer **Bruce Robinson**, nailed down 15th place with help from Robinson's 2:28:33 finishing time. Rock Creek RC was the 36th place team, anchored by **John McGrail's** 2:28:30 (hey, John! you didn't happen to see Bruce Robinson out there did you?). The Gnats Masters team of Tolbert, Gallagher, and Bradley took 23rd place, only 13 seconds behind WRC's 'A' team and way ahead of the Gnats Open team which finished in 47th place. Individually, WRC had the top finishers from D.C. (**Phil Stewart**) and Maryland (**Rusty Moore**), and the 4th place finisher from Virginia (**Mark Doles**). I hope this late-breaking news has got everybody all fired up to qualify for Boston next year.

In the rush to get the Annapolis story in our last issue we omitted the times of at least two WRCers. **Alan Braley** ran the course in an even 80 minutes, and **John Betts** clocked another p.r. with 76:02. Betts embarked on a weight reduction program early in the year, and the more weight he loses the more pr's he sets. According to our calculations if Betts can get down to around 115 pounds he will be able to run a 28-minute 10K.

Following in his father's footsteps, **Pat Neary, Jr.**, made the Lee High School cross country team. In his first meet with the team he covered the 3-mile course in 18:22, finishing 4th on his team. The race was won in a time of 15:12 by someone **Pat Neary, Sr.**, said looked

like a young **Mark Baldino**. Baldino said that it's been so long since he's been young that he's forgotten what he looked like.

Marianne Dickerson ran 36:10 and collected \$250 as the top local female finisher at The Fair Lakes 10K on Sunday, September 18. **Tom McCarthy** turned in a pr time of 34:52, showing that he hasn't been sitting around all summer.

There was no competition at the Coakley Williams 10K on Saturday, September 24th, for **Steve Daniels**. Daniels cruised through the course in a leisurely 34:16, and still was a minute and thirty seconds ahead of the rest of the field.

Annemarie Jutel blew away the field of more than 300 women at the Charlottesville Ladies 4-Miler. Jutel, who has had to cut back her training to 30 miles a week because of her work schedule, took first place in a time of 23:11.

The Washington area's top-ranked woman runner, **Suzanne Girard-Eberle**, took first place at the Foot Locker Partners 8K on Saturday, September 24th, in a time of 28:06. Other WRCers finishing well at the race included: **Rusty Moore**, 8th overall in a time of 25:44, and **Thierry and Annemarie Jutel**, who finished as 3rd husband-and-wife team, in a time of 29:05 and 29:22 respectively. **Darrell General** won the race in 23:53.

WRC's standout in the 50-54 age group is **Bill March**. March took third place in his age group at the Virginia 10-Miler, on Saturday, September 24th, with a 62:03 over the hilly course. He followed that the next day with a solid 37:16 finish at the Prince William County 10K. Don't look back, Bill March is gaining on you!

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 Kevin Kolakowski, PO Box 15429, Arlington, VA 22215. Indicate sizes (S,M,L,XL) and whether men's or women's model.

BARGAINS FOR WRC MEMBERS AT LOCAL RETAIL GOODS STORES

Capital Sports, 235 Pennsylvania Ave., S.E., Washington, D.C. (546-1212). Discount of 10% for Club members. Kurt Rabin is the store manager.

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 runs 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.

Thursday Night Run, Fleet Feet, 8418 Old Keene Mill Rd., Springfield, Va. Group runs 8-8½ miles around Lake Accotink. All paces. 15% discount at store to participants. **Contact:** Paul Zink at 451-1675.

Saturday Morning Run, TJ Community Center, Arlington, 8:00 a.m. Fun Run on an interesting five mile course, includes interesting company.

Sunday Morning Run, 34th and M St., N.W., 8:00 a.m. Over hill and dale the kids hit the trail at 6:00-7:00 pace while tossing verbal brickbats at one another.

Training/Coaching Advice—by arrangement: Dan Rincon wj 454-4861 or evenings hj 441-9265.

WASHINGTON RUNNING CLUB 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 1987

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

The following is the PVAC Long Distance Race Schedule for the upcoming months. The schedule was supplied to Washington Running Club by Herb Chisholm, Chairman LDR, PVAC.

If you need further information contact the Running Club or sponsoring organizations. AS—Annapolis Striders (301) 268-1165; BRRC—Baltimore Road Runners (301) 882-0438; CS—Cecil Striders (301) 398-0438; DCRRC—DC Road Runners (703) 548-4229; FIJC—Federal Interagency Jogging Council (202) 586-9369; FSC—Frederick Steeple Chasers (301) 662-4500; HRFCC—Hagerstown Run for Fun Club (301) 797-3798; HCS—Howard County Striders (301) 964-1998; MCRRC—Montgomery County Road Runners (301) 949-9227; PGRC—Prince Georges Running Club (301) 527-8609; PVSTC—Potomac Valley Seniors Track Club (703) 370-5646; PWRC—Prince William Running Club (703) 752-1316; QCS—Queen City Striders (301) 722-6035; RASAC—Renaissance Allsports AC (301) 836-1784; RR—Reston Runners (703) 476-0007; RunHers—Washington RunHers Unlimited (703) 425-6163; WRC—Washington Running Club (202) 452-4242; WRRRC—Westminster Road Runners (301) 876-7127.

OCTOBER

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
8	SA	10K	Anne Arundel CC 10K	Arnold, MD	301/260-4515
8	SA	8K	Mt. Vernon Classic	Mt. Vernon HS, VA	703/780-3567
8	SA	1M	Market St. Mile	Frederick, MD	FSC
8	5K	5K	Laurel/Blitsvle Hosp.	Laurel, MD	301/497-7917
8	SA	10K	RRC Royal Mile Chlng	Royal Mile, Wheaton	DCRRC/MCRRC
8	SA	10K	Terry Fox Cancer Run	4 Sesns, Geotown. DC	202/944-2073
9	SU	10K	Columbus Chase	Columbia, MD	HCS
9	SU	10K	Georgetown 10K	Georgetown, DC	703/644-4322
10	MO	10K	Run for Excellence	Alexandria, VA	703/836-9186
15	SA	25K	Copy General 25K—CB#5	Belle Haven Pk, VA	DCRRC
16	SU	10M	Army 10-Miler	Pentagon, VA	202/697-1050
22	SA	5M	Powdered Snow Run—CB#6	Greenbelt Pk., MD	DCRRC
23	SU	10K	Terrapin Trot 10K	College Pk., MD	301/454-4897
29	SA	5K	Potomac 5K	Potomac, MD	301/299-2170
30	SU	10K	DCRRC 10K Chmpshp—CB#7	Ft. Hunt Pk., MD	DCRRC
30	SU	10K	Tenleytown 10K	Wilson HS, DC	202/363-0396

NOVEMBER

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
6	SU	26.2M	Marine Corps Marathon	Arlington, VA	703/690-3431
13	SU	5K	Admiral Harvey's 5K	Westminster, MD	301/848-0904
20	SU	30K	DCRRC 30K Chmpshp.—CB#8	O'Connell HS, Arl. VA	DCRRC
24	TH	5M	Alexandria Turkey Trot	Cora Kelly HS, Alex.	DCRRC