

Washington Running Club Newsletter



Volume 8, Number 3

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March 1989

NOTE—NEW MEETING PLACE

The MARCH Pizza Party (and meeting) of WRC will be held on Friday, MARCH 10, 8:00 p.m., at Jack and Suzy Coffey's house, 6005 Shafer Dr., Alexandria, Va. From Maryland go across Wilson Bridge and take Telegraph Rd. south exit. Go 1¼-mile and turn left on Florence Lane. Take first left onto Shafer Dr. and go to 6005 Shafer on left. From DC take Rt. 1 across Beltway, at second light turn right on Huntington Ave. Go to Telegraph Rd. and turn left, and go one mile to Florence Lane and turn left. Take first left onto Shafer Dr.

The Club will provide the pizza, but you should bring your own liquid refreshments.

The Club's post-Cherry Blossom party will be held at Marianne Dickerson's house at 1052 N. Randolph St., Arlington, Va., starting at noon (April 2). The Club will provide beer, but we need food contributions. Please call Marianne (522-7489) or Pat Bullinger (524-8391) if you can bring something.

GEORGE WASHINGTON'S BIRTHDAY 10K WON BY WRC'S HAGE AND BRISCOE

by Ramona Fairfax

Where better to hold a George Washington's Birthday race than Alexandria, George's old stomping ground. Six hundred runners braved the 30° temperature on February 18th to pay tribute to our first President (U.S. not WRC) and to help raise some money for the T.C. Williams High School Band at the George Washington's Birthday 10K.

There were some problems with the multiple-turn course. All but the top seven finishers ran several blocks extra around the four-mile mark, adding almost two-tenths of a mile to the distance. After the first seven, the next ten runners dropped out of the race unable to find the correct route and the next runner made a new route that everyone else followed.

After leading a group of fifteen runners through the first mile, Jim Hage pulled away from the main group with David McMillan and defending champion John Wessels. The three remained in a tight pack until Hage turned on the after-burners going up a short hill after the six-mile point and outkicked them for the \$100 win.

In fifth place was WRC's Rusty Moore. Moore had a stellar year in 1988, and it looks as if he's going to continue to improve his performances in 1989. Moore's 31:51 is a two-second improvement over his all-time 10K mark set last year.

Pam Briscoe had an easier time finishing first among the women in 37:48, although Win Graves went through the first two miles looking as if she might give her a battle for the \$100 purse. Terry Sweitzer moved up from fourth position just after the two-mile mark, overtaking

Berni Creed and then Graves to secure second place in 38:17. Graves held on to third place with a 38:56.

Creed finished a depressing fourth, just out of the money. She figured that those extra cookies she ate this winter added enough pounds to cost her the \$50 third-place prize. To top it off, she won a prize she should try to do without—brunch for two at Ramparts. We understand they have delicious pastries.

Results—Men: 1. Jim Hage (WRC), 31:05; 2. John Wessels, 31:13; 3. David McMillan, 31:18; 4. Chris Chattin, 31:34; 5. Rusty Moore (WRC), 31:51 (pr); John Sherlock, 35:37 (1st master); Chan Robbins, 36:45 (1st 50+); Herb Chisholm (1st 60+); Bill Osborn, 45:43 (1st 65+).

Women: 1. Pam Briscoe (WRC), 37:48; 2. Terry Sweitzer, 38:17; 3. Win Graves, 38:56; 4. Berni Creed (WRC), 39:44; 5. Joyce Rankin, 39:47 (1st master); Elizabeth LaPlante, 42:05; Alicia Ruvollo, 44:37; Lilian Wolf, 56:35 (1st 50+).

WRC TAKES RELAY TEAM TITLES AT G.W. BIRTHDAY MARATHON

by George Banker and Gerry Ives

There was a change of pace for the 28th running of the DCRRRC G.W. Birthday Marathon in Greenbelt, Md., on Sunday, February 19, 1989. Several months ago DCRRRC decided to add the attraction of a relay team race in conjunction with the marathon. The course, three loops with several rolling hills, is a natural for this type of event. It was estimated that registration would command about 15-20 teams, and it was a pleasant surprise to get 39 teams to turn out for the event. In 1990 there will be three new divisions for master runners, which should attract an even larger turnout.

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

The race directors, Larry Noel and Bill Brogran, said that the marathon normally attracts about 200 runners. The registration always lags up until race day because everyone is watching the weather, which can get tricky at this time of the year. This year the sunny skies, and the relay event, brought out well over the normal field as the temperature neared 40° by the 10:30 a.m. start.

The Marathon

The start saw John McGrail establish his position with authority as he led the way. There was never a threat to McGrail's dominance as he settled into his pace up and down the rolling hills. McGrail crossed the line in 2:30:25, after the sole wheelchair competitor, Kenny Carnes (2:22:14), but before the first relay team. With McGrail's wife, Jennifer, expecting their first child in July this might be his last marathon for a while. Second position went to Jim O'Keefe of Baltimore, well behind McGrail in 2:37:18. WRC's Jack Cleland was in third place with 2:37:56, a little over nine minutes ahead of his sixth-place finish last year. First master finisher was Ben Mathews of Columbia, Md., with a 2:56:22 (8th overall).

Ruth Riemenschneider of Winchester, Va., captured the women's crown, clocking in at 3:07:50. Second place went to Kathy Stiles of Berryville, Va., in a time of 3:08:54. Third was Leslie Maerke of Southampton, N.Y., in a time of 3:15:11. First woman master was Lyn Brooks of Baltimore, in a time of 3:35:15 (7th overall woman).

The Relay

For the relay, the course was divided into three legs—9 miles, 8 miles, and 9.2 miles. There were 15 men's, five women's, and 19 co-ed teams that finished.

The leading relay team member to get to the first exchange point was Jim Hage, who clocked 50:58 for WRC's 'Mad Dogs.' Hage had won the George Wash-

ington Birthday 10K in Alexandria the previous day, clocking a 31:05. Second across the line, in 52:11, was Jack Cleland, running for WRC's 'B' team, and also running the full marathon. In third place was yet another WRCEr, Bill Larsen, with a time of 53:02 for WRC's 'A' team. Larsen continued on for another loop. Being a sportsman, and being a little out-of-breath, Larsen ran slightly behind teammate Bob Trost so he couldn't be accused of pacing.

The first female at the exchange point was, you've guessed it, another WRCEr—Kathy Merkel of WRC's 'Women Warriors.' More than five minutes back was Valeri Guilfoil of Howard County Striders in 61:44, followed by Renee Culbertson on the 'Honey Bees' team in 67:05.

An eight-mile second leg took the runners up to the 17-mile point, the WRC 'Mad Dogs' still maintained their lead. The 'Mad Dog' himself, Jerry Merkel, crossed the line with 1:39:59 on the clock, a little more than three minutes ahead of Bob Trost (1:43:13) of the WRC 'A' team. The Fleet Feet 'G', with a 1:44:45, was closing fast on the second-place WRC team. Fading back to sixth place was WRC's 'B' team, as James Scarborough brought them to the exchange area in 1:49:40.

Meanwhile, WRC's Women Warriors were holding on to the lead in the women's race. Flu victim, Marianne Dickerson, had just enough energy left to pull her through the eight miles. Up until the day before the race it was uncertain if Dickerson would be able to make it, but she put on a gutsy performance and more than held her own. The second place women's team was still Howard County Striders, as Linda Lash hit the line in 2:03:21, followed by Anna Berdahl of the Honey Bees in 2:09:00.

The final leg was to prove who was the best of the 39 teams. Phil Woodyard brought home WRC's Mad Dogs in first place, with a time of 2:31:36, despite a strong challenge from the Fleet Feet G team. Fleet Feet had held their best runner, Rudy Robinson, until last. Robinson slipped past Robert Rodriguez at the 24-mile mark, despite a valiant performance by the WRCEr. However, despite making up 97 seconds, he couldn't catch Woodyard. Fleet Feet 'G' finished in second place in 2:34:45, with WRC's 'A' team close behind in 2:35:34. Jim Ventura of WRC's 'B' team was directed off-course by a misguided course marshal and did not finish.

The women's title went to WRC's Women Warriors, as Patty McGovern (who was also directed off-course) finished in 2:48:38. McGovern was the 6th person overall to finish, and looks in good shape for Boston. Second place went to the Howard County Striders as Lisa Lowe came in with a time of 3:14:58. In third place were the Honey Bees, anchored by Margaret Noel, turning in a 3:19:56 time.

Special thanks should go to the many volunteers who assisted along the course and behind the scenes. Also, thanks go to the personnel at the NASA Goddard Recreation Center.

Thanks also go to Avia Shoe Company, and its representative John Eberle. Avia gave its support and contrib-

Washington Running Club

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CLUB OFFICERS

President: Lisa Hamm (998-6753)
Vice President: Kevin Kolakowski (524-8391)
Secretary: Gerry Ives (320-3337)
Treasurer: Bobbie Bleistift (379-2767)

Newsletter Editor: Gerry Ives (320-3337)

COMMITTEES

Legal: Chairs: Jim Hage, Jack Coffey
Membership: Chairs: Suzy Coffey, Jerry Merkel
Newsletter: Chair: Gerry Ives
Competition: Chairs: Kevin Kolakowski, Phil Woodyard
Social: Chairs: Pat Bullinger, Dick Brannan

uted toward the awards to make this a first-class running event.

Marathon—Men: 1. John McGrail, 2:20:25; 2. Jim O'Keefe, 2:37:18; 3. Jack Cleland (WRC), 2:37:56; 4. Mark Donnelly, 2:50:32; 5. Bill Stahr, 2:51:49; 6. Dwayne Neal, 2:53:09; 7. Jon Thoren, 2:54:43; 8. Ben Mathews, 2:56:22 (1st master); 9. Dominique DaLuz, 2:56:22; 10. George Bregman, 2:58:47; Dick Hipp, 3:05:55; Andy Buechele, 3:18:15; Richard Bockman, 3:19:31; Larry Tabachnick (WRC), 3:21:10; Dick Good, 4:24:44.

Women: 1. Ruth Riemenschneider, 3:07:50; 2. Kathy Stiles, 3:08:54; 3. Leslie Maerke, 3:15:11; 4. Beth Kolb, 3:21:09; 5. Renee Butler, 3:24:11; 6. Karen Butler, 3:26:31; 7. Lyn Brooks, 3:35:15; 8. Judy Flannery, 3:49:53; 9. Carol Rivers, 3:53:50; 10. Susan Briers, 4:00:21.

Marathon Teams—Men: 1. WRC 'Mad Dogs' (Hage, Merkel, Woodyard), 2:31:36; 2. Fleet Feet 'G' (Earp, Wilson, Robinson), 2:34:45; 3. WRC 'A' (Larsen, Trost, Rodriguez), 2:35:34; 4. Goddard R.C., 2:37:20; 5. Roadskins, 2:46:10.

Women: 1. WRC 'Women Warriors' (Merkel, Dickerson, McGovern), 2:48:38; 2. Howard County Striders Women (Guilfoil, Lash, Lowe), 3:14:58; 3. 'Honey Bees' (Culbertson, Berdahl, Noel), 3:19:56; 4. S.K.W., 3:43:04; 5. Athletic Express Women, 3:44:19.

Co-ed: 1. 'Moving Discomfort' (Ciamarra, Cain, Silverman), 2:48:38; 2. '2 Tortoises & A Hare' (Miller, Poulos, Poulos); 3. Fleet Feet 'B' (Pyle, Griffith, Silkaitis), 2:58:34; 4. Fleet Feet 'D', 3:01:51; 5. Fleet Feet 'E', 3:05:01.

WHAT'S HAPPENING AROUND WRC AND THE REST OF THE WORLD

WRC's **Jim Hage** has been selected to represent the U.S. at the World Cup Marathon Championship. The race will take place April 15 in Milan, Italy. Hage won the Marine Corps Marathon last November, and was 26th at the U.S. Olympic Marathon Trials last April.

Al Naylor has been appointed Maryland State Coach for the Ekiden relay, to be held Sunday, April 9th in New York City. **Bob Thurston** has been named the District of Columbia Coach. The relay legs are: 5K, 8K, 8K, 10K, and 11.115K, to come out to the marathon distance of 26 miles 385 yards. If anyone is swift of foot and would like an all-expense trip to N.Y.C. contact Naylor or Thurston.

Jeanie Libutti dropped us a line from California, where she is serving in the Navy. She reports that she will be leaving the Navy soon to go to school full time. A combination of knee surgery in 1986 and a two-hour daily commute to her job has cut into her training, but she's still hoping to get back to her former performance levels. The Libutti's will be returning to D.C. early next year.

At the Delaware Collegiate Open Meet on December 5th **Greg Early** won the 1500 meters in 3:55:58, which matches his p.r. outdoors. Fellow WRCer, and Mary-

land U. teammate, **Denise Knickman**, won the 5000 meters in 17:45 after twenty-five grueling laps of the 200 meter indoor track. It's enough to make your head spin!

The TAC has published their National Championships Calendar for 1989, and several of the events are within a reasonable distance of D.C. In the **Senior Men** championship category: the 8K is in Agawam, Mass., on May 21; the 10K in Raleigh, N.C., on Nov. 12; 20K in Wheeling, W.Va., on May 27, and the Marathon is in Jersey City, N.J., on April 30. The **Senior Women** championships include: 5K in Albany, N.Y., June 3; 10K in Asbury Park, N.J., on August 12; ½-Marathon, Fairfield, Conn., June 25. **Masters (men and women)** championships include: 8K in Washington, D.C., on Dec. 3; 10K in Pittsburgh, Pa., on September 24; 15K in St. Clairsville, Ohio, on June 17; 25K in East Meadow, N.Y., on Oct. 1; and ½-Marathon in Philadelphia, Pa., on Sept. 17. The WRC Competition Committee will have further information available for interested members.

Joe Sullivan reported his "Best Time in 1988" to be his California vacation. However, he also reported a 31:08 time for 10K and a 2:28 marathon. Most people would trade a California vacation for either of those two marks.

Help Wanted

The University of Maryland Track and Field Program is hosting an Invitational Track and Field Meet for high schools on Wednesday, April 5, 1989. **Dan Rincon** needs help in putting on this event and is seeking volunteers to help in this endeavor. He realizes that having a track meet on a weekday may seem impractical but the schedule would only allow this date. Perhaps those people in the Club with flexible schedules and/or extra leave could take a day off and help with this worthwhile event. Please contact Dan Rincon, during the day at 454-4816 or at 441-9265 in the evenings, if you want to be a part of this special event. Any amount of help would be appreciated.

SNOWBALL SERIES RESULTS; WRCers WIN SIX AGE GROUPS; WOODYARD, JUTEL SET NEW CRs

The DCRRRC 1988-89 Snowball Series consisted of eight races, ranging in distance from the Braden Field 20-Miler to the KenGar 5-Miler. No races were canceled in the series, so awards were based on each individual's best five out of the eight races, in five-year age increments.

This year 541 individuals, 424 men and 117 women, competed in the series. There were 770 registered runners in the eight races, with the biggest turnouts at the JFK 20K (174) and the Belle Haven ½-Marathon (133).

Washington Running Club members won age groups in the men's 30-34 (Robert Rodriguez), 35-39 (J. J. Wind), 40-44 (Bob Trost), 45-49 (Gerry Ives), and the women's 30-34 (Kathy Merkel), and 35-39 (Betty Blank). Donna Elliot took second place in the 25-29 age group despite running only three races.

WRC's Annemarie Jutel set a new women's mark of

38:50 at the Bread Run 10K. At the KenGar 5-Miler clubmate Phil Woodyard's 26:59 was good enough for a course record, as was the 28:58 turned in by the USMC's Lauretta Mae Miller. Mary Ann Zuckerman had a stellar series, setting new women's masters records at the Belle Haven ½-Marathon (1:32:12), the Bread Run 10K (42:01), the Braden Field 20-Miler (2:30:49), and the KenGar 5-Miler (34:52).

The top finishers in the series were as follows:

Men

- 20-24**—1. Joe Bradley (38); 2. Thom Bailey (36), Nick Papajohn (36); 4. Nathan Krawitz (32).
25-29—1. Ted Poulos (87); 2. Bill Stahr (38); 3. Darryl Stewart, WRC (38), Dominique DaLuz (38); 5. Paul Anderson (37).
30-34—1. Robert Rodriguez, WRC (89); 2. Rick Bockman (79); 3. John McGrail (76); 4. Tim Hargrove (67).
35-39—1. J. J. Wind, WRC (96); 2. Thomas Skelly (95); 3. Ben Beach, (60); 4. Pat Finn (53).
40-44—1. Bob Trost, WRC (90); 2. Ron Griswold, WRC (64); 3. Eric Roiter (50); 4. Gary Leeman (49).
45-49—1. Gerry Ives, WRC (97); 2. Fred Wykoff, (89); 3. George Masson (83); 4. Andy Buechele (72).
50-54—1. Tom Kurihara (92); 2. Al Marcy (91); 3. Roger Burkhart (79).
55-59—1. Larry Dickerson (100); 2. Dale Roth (40); 3. Ray Campbell (38).
60-64—1. Harry Freestone (40).
65-69—1. Frank Luff (96); 2. Bill Osburn (80); 3. Henry Heymann (36).
70+ —1. Alvin Guttag.

Women

- 20-24**—1. Lauretta Miller (40).
25-29—1. Lori Poulos (91); 2. Donna Elliot, WRC (58); 3. Terri Sweitzer (40).
30-34—1. Kathy Merkel, WRC (80); 2. Berni Creed, WRC (77).
35-39—1. Betty Blank, WRC (60); 2. Victoria Kass (54).
40-44—1. Mary Ann Zuckerman (100); 2. Dotty Esher (87).
45-49—1. Jean Flannery (40).
50+ —1. Lee Glassco (77); 2. Charlotte Edwards (60).

Thanks must go to all the volunteers, race directors, and sponsors who made this year's series possible. Special thanks must also go to DCRRC's Historian/Statistician, George Banker. If it wasn't for his dedication the results wouldn't be compiled. If you're injured, cutting back on your mileage, or just looking to meet people, consider volunteering to help at one of DCRRC's races. It's a good way to get basic race management experience, and to give back something to the local running community.

AREA NEWCOMER WINS FRANKLIN PARK FIVE; JERRY MERKEL, IN 4TH, LEADS WRC MEMBERS

by James Scarborough

The weather was the best feature of the fourth annual Franklin Park Five (Miler) held Saturday, January 28, in Arlington. Sunny skies, light winds and temperature about 50 made for near-ideal conditions. However, turnout was only 20 runners, as opposed to last year's 61. There was apparently plenty of competition in the Montgomery Country 7-Miler and the DCRRC 5-Miler held that afternoon. Nonetheless, those who braved the infamous Kensington Street and Franklin Avenue hills were not disappointed. The course records did not even approach being threatened. Ken Wolters, 19, from Alexandria, won in a respectable 26:42. Though nowhere near Bobby Brigg's legendary 24:50, it was still enough to impress return masochist Peter Feltman, who finished three and a half minutes later, and out-of-towner David Richert from St. Louis (formerly of McLean) who got his hill training for the week. Immediately after the race, Jerry Merkel, who cruised in fourth after fighting off some of the larger neighborhood dogs, and some fellow named Kolakoski from Brant Lake, New York, worked on recruiting young Wolters. Tom Skelly, former DCRRC treasurer, was another repeater, finishing fifth. It's unknown if Tom also ran the Kensington race later on. Beverly Pritts won the women's division with 40:00, but had her name butchered by both local papers (sorry about that, Beverly). Last place was taken by Bud Averitt in 57:44. Ordinarily, that wouldn't be impressive, but Bud is 68 and most definitely set the course standard for 60 and over.

This year's beneficiary was the Hospice of Northern Virginia. The assistance of Johanna Turner of the Hospice in promoting the race is appreciated.

Results: 1. Ken Wolters, 26:42; 2. Peter Feltman, 29:22; 3. David Richert, 29:37; 4. Jerry Merkel, 29:50; 5. Tom Skelly, 30:11; 6. R. Magruder, 31:17; 7. Doug Landau, 31:47; 8. Kevin Kolakowski (WRC), 32:22; 9. Thomas Jones, 33:32; 10. James Scarborough (WRC), 36:04; 13. Beverly Pritts, 40:00 (1st female); 14. Toni Getze, 40:04 (1st female/1st master overall); 18. Bud Averitt, 57:54.

ASSOCIATION OF ROAD RACING ATHLETES 1989 CHAMPIONSHIP CIRCUIT PURSE ANNOUNCED

Don Kardong, president of the Association of Road Racing Athletes, announced a year-end bonus purse for top competitors in the ARRA Championship Circuit. The ARRA Championship Circuit will award a total of \$12,000 to the top four male and top four female athletes, based on points earned by members of the ARRA during the year.

Three additional races—the Red Lobster 10K in Orlando, Fla., the Nike Women's Race in Washington, D.C., and the Old Reliable Run in Raleigh, N.C.—have joined the ARRA Circuit this year. Along with those, the 1989 ARRA Circuit includes most of the other major road events held in the U.S.—the Houston-Tenneco Marathon, Gasparilla Distance Classic, Jackson-

ville River Run, New Bedford/Bank of Boston Half Marathon, Nike Cherry Blossom, Boston Milk Run, Lilac Bloomsday Run, Bolder Boulder, Steamboat Classic, Cascade Run Off, Peachtree Road Race, Asbury Park 10K Classic, Falmouth Road Race, Twin Cities Marathon, Tulsa Run, and the California International Marathon.

Most ARRA events will use the basic point structure through 25 places, but marathons will be worth more than other events, and some races will be awarding double points. Only runners who have paid the ARRA Circuit membership fee of \$50 will be eligible to receive points.

Last year, over 175,000 athletes participated in the 1988 Circuit. For further information contact Don Kardong at (509) 838-8784.

Remaining Races in 1989 ARRA Circuit

- Jacksonville River Run 15K**, Mar. 4. Contact—Doug Alred, (904) 739-1917.
- Red Lobster 10K**, Mar. 11. Contact—Jon Hughes, (800) 252-7510.
- New Bedford/Bank of Boston ½-Marathon**, Mar. 19. Contact—Paul Foster, (617) 999-2699.
- Nike Cherry Blossom 10-Miler**, April 2. Contact—Phil Stewart, (703) 979-4820.
- MDA Boston Milk Run 10K**, April 9. Contact—Russ Pugh, (617) 396-3001.
- Lilac Bloomsday Run 12K**, May 7. Contact—Sylvia Quinn, (509) 838-1579.
- Nike Women's Race 8K**, May 14. Contact—Henley Gibble, (703) 780-3037.
- Bolder Boulder 10K**, May 29. Contact—Doug Hammell, (303) 444-7223.
- Steamboat Classic 4-Miler**, June 17. Contact—Steve Shostrom, (309) 676-6378.
- Cascade Run Off 15K**, June 18. Contact—Alisan Peters, (503) 226-0717.
- Peachtree Road Race 10K**, July 4. Contact—Julia Emmons, (404) 231-9065.
- Asbury Park 10K Classic**, Aug. 12. Contact—Phil Benson, (201) 922-9479.
- Falmouth Road Race**, 7.1 Miles, Aug. 20. Contact—John Carroll, (508) 540-7000.
- Twin Cities Marathon**, Oct. 8. Contact—Gary Iverson, (612) 339-1913.
- Tulsa Run 15K**, Oct. 28. Contact—Doug Thurston, (918) 588-2850.
- The Old Reliable Run 10K**, Nov. 12. Contact—Butch Robertson, (919) 829-4843.
- California International Marathon**, Dec. 3. Contact—Norman Klein, (916) 447-2786.

HONOLULU MARATHON SUSPICIONS CONFIRMED; TAC IDENTIFIES SECOND-PLACE FINISHER

by *Gerry Ives*

In his story on the Honolulu Marathon in the January Newsletter, John Betts quoted allegations that second-place finisher, Bradt Nava, was South African. 'Nava'

entered the race claiming to be a Paraguayan farmer with an African father. An investigation by TAC administrator Alvin Chriss identified 'Nava' as South African David Tsebe. As a South African, Tsebe is barred from IAAF/TAC competition, and is technically ineligible to receive the \$5,000 second-place prize.

The irony of the situation is that the IAAF ban was put in place to help Black South Africans gain the basic freedoms that we all take for granted. As a Black South African, Tsebe doesn't have a vote, cannot live where he chooses, and is not regarded as a full citizen by the South African authorities. In my opinion, it would be hard to find someone less responsible for the repressive South African government policies. Penalizing Tsebe is like throwing the victim of a robbery into jail because he was at the scene of the crime.

MINUTES OF THE WASHINGTON RUNNING CLUB MONTHLY MEETING HELD FEBRUARY 10, 1989

A presentation and slide show given by the Capital Crescent Trail Coalition preceded the meeting. The Coalition is working to transform the old Georgetown Spur railroad line in Montgomery County into a recreational trail for use by runners, hikers, and bicyclists. The Coalition requested donations from our Club, or individual members, and access to our Newsletter. Send donations or requests for more information to: Coalition for the Capital Crescent Trail, P.O. Box 30703, Bethesda, MD 20814

Lisa Hamm called the regular monthly meeting to order. She announced that Bobbie Bleistift, the new Treasurer, had moved the Club's money to an interest-bearing checking account. She also announced the new Committee Chairs: Legal—Jim Hage, Jack Coffey; Membership/Recruitment—Suzy Coffey, Jerry Merkel; Newsletter—Gerry Ives; Competition—Kevin Kolakowski, Phil Woodyard; Social—Pat Bullinger, Dick Brannan. The Finance Committee has been eliminated, as the Treasurer does this work anyway. The Race Management Committee has also been eliminated, and will now be more of an ad hoc group chaired by the Race Director. Norm Brand will be the Club's Historian and will put together a record book and submit historical items to the Newsletter.

Gerry Ives gave an update on the Co-Op Association and Safeway potential race sponsorship. Both organizations are on hold at the moment, with the Co-Op a definite "maybe" for sponsoring a race in September/October. Ives also announced that there had been 133 membership renewals—76 members have not yet renewed.

There was discussion of the need for meeting places for the Club. The feeling was that the best place would be the back room of a restaurant/bar, but this type of facility is hard to find. Members who can help should call Lisa Hamm.

James Scarborough is tracking down a reasonably-priced source for Club singlets. Dick Brannan will check out some of his sources as well.

Marianne Dickerson will be hosting the post-Cherry

Blossom party. The Club will provide beer, but food is needed. Contact Marianne or Pat Bullinger if you can help.

The Club banquet will be held at the Army-Navy Country Club, probably at the end of April or beginning of May.

Lisa Hamm thanked Tris Kruger of hosting the Club meeting.

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

COMPETITION COMMITTEE

The Competition Committee will be highlighting several races each month for Club members to target. Try to run these races, and wear your Club singlet.

For March the following races are highlighted:

The **St. Paddy's Run 10K** starts at the Old Post Office in downtown D.C. at 9:30 a.m. on March 12th.

The **Auburn Tiger Trot 10K** starts in West Potomac Park at 8:00 a.m. on March 18th. For information call 768-0036.

The **Lady Equitable 10K** (women only) starts at the Inner Harbor at Baltimore, Md., on March 19th. For information call 882-0438.

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 Bobbie Bleistift, 2923F S. Woodstock St., Arlington, VA 22206. Indicate sizes (S,M,L,XL) and whether men's or women's model. *At the moment we are out of men's Medium and Large sizes, but we will be placing a new order shortly.*

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.

Sunday Morning Fun Run, Fleet Feet Sports Shop, 1840 Columbia Rd., N.W., 9:00 a.m. Group runs 5-8 miles through city and Rock Creek Park, all paces. **Contact:** Phil or Jan Fenty at 387-3888.

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 1988

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) 398-2333; DCRRC—DC Road Runners (703) 548-4229; FIJC—Federal Interagency Jogging Council (202) 586-9369; FSC—Frederick Steeple Chasers (301) 662-4500; HRFFC—Hagerstown Run for Fun Club (301) 797-3798; HCS—Howard County Striders (301) 964-1998; MCRRC—Montgomery County Road Runners (301) 353-0200; NCTC—National Capitol Track Club (703) 527-7811; 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.

MARCH

| Date | Day | Dist. | Race Name | Location | Sponsor/Contact |
|------|-----|-------|-------------------------|-----------------------|-----------------|
| 4 | SA | 5K | Women's I Love to Run | Hains Point, DC | RunHers |
| 4 | SA | 5M | Predicted Time Race | Alexandria, VA | DCRRC |
| 4 | SA | 26.2M | Last Train to Boston | Edgewood, MD | RASAC |
| 4 | SA | 26.2M | St. Marys Marathon | Lexington Pk., MD | ??? |
| 5 | SU | 4M | Shiloh Run | Hampstead, MD | WRRRC |
| 5 | SU | 20K | Bethesda Chase | Bethesda, MD | 593-9670 |
| 5 | SU | 26.2M | LA Marathon | Los Angeles, CA 90067 | PO Box 67750 |
| 12 | SU | 10M | Reston 10-Miler | Reston, VA | 703/860-8311 |
| 12 | SU | 1M | Mark's Mile | Bethesda, MD | ?? |
| 12 | SU | 10K | Mike Conroy Memorial | Crofton, MD | AS |
| 12 | SU | 10K | Piece of Cake | Gaithersburg, MD | MCRRC |
| 12 | SU | ½-Mar | ½-Mar. Chmp. DCRRC | Sandy Spring, MD | DCRRC |
| 12 | SU | 10M | St. Pattys Run | Allentown, PA | 215/926-4303 |
| 15 | WE | 3/6K | Bureaucratic Runaround | Jeff. Memorial | FIJC |
| 18 | SA | 26.2M | Shamrock Marathon | Va. Beach, VA | 804/481-5090 |
| 18 | SA | 10K | Auburn Tiger Trot | W. Potomac Pk., DC | 768-0036 |
| 18 | SA | 10/5K | Irish Spring | Westminster, MD | 301/876-8332 |
| 19 | SU | 8K | Springburst | Greenbelt, MD | PGRC |
| 19 | SU | 10K | Lady Equitable (women) | Baltimore, MD | 301/882-0438 |
| 19 | SU | 10K | St. Paddys Run | Washington, DC | 703/644-2959 |
| 19 | SU | | Bonsai Biathlon 5/25/5K | Nat. Arboretum, DC | DCRRC |
| 25 | SA | 8K | Easter Classic | Greenbelt, MD | PVSTC |
| 26 | SU | 5K | April Fools Run | Bel Air, MD | RASAC |