

Washington Running Club ★ Newsletter

Volume 9, Number 5

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May 1990

MAY MEETING ON THURSDAY!

The MAY meeting of WRC will be held at 7:30 p.m. on THURSDAY, May 17th at the Arlington Y, adjacent to the Courts Royal Tennis Club. The Arlington Y is located at the corner of 13th St. and Kirkwood Dr. in Arlington. From D.C. or Maryland, take Key Bridge to GW Parkway, go 200 feet to exit on left (Spout Run). Follow Spout Run across Lee Highway where it becomes Kirkwood Dr. The Arlington Y is on the right. The meeting will be held in the lounge area between the tennis courts.

BOSTON HOPEFULS TURN BLUE— FROM THE HEAT, NOT THE COLD

The Boston Marathon seems to be holding up under burden of being 'de-certified' by TAC as far as U.S. road-racing records go. This year's race, run on Monday, April 16th, proved to be one of the most exciting ever, with the lead pack of six African runners taking off at a seemingly suicidal pace given the warm weather.

Juma Ikangaa held the lead and set Boston records at 5 miles (23:05), 10 miles (46:53), ½-marathon (1:02:01), 15 miles (1:11:15), and 20 miles (1:36:53). After the eleven mile mark the lead pack started losing runners with Simon Naali the first to go. Kipkemboi Kimeli and Zeleke Metafarria were next to fall off the pace just before the fifteen mile mark.

Meanwhile, at the fifteen mile mark Gelindo Bordin started to move up from the seventh place position he had held since mile five. With Ikangaa suffering from cramping in his calf muscles at the beginning of the critical uphill at Newington, there was little doubt that Bordin would become the first Italian to wear the winner's wreath at Boston. When Bordin took the lead Ikangaa could not respond, saying afterwards "I was afraid I might not finish the race."

In the women's race Rosa Mota was first across the finish line for the third time in four years. Her time of 2:25:24 was nearly 3 minutes faster than second-place finisher Uta Pippig of West Germany (2:28:03) as she steadily increased her lead from the 5-mile mark.

The best performance of the race undoubtedly went to 42-year-old John Campbell of New Zealand.

Campbell set a masters world-best mark with his 4th place 2:11:04 finish, beating Jack Foster's old world-best time by 15 seconds.

One of the few bright spots for Washington area runners was Darrell General's 2:15:28 performance. General put himself into the spotlight by being the first American to finish. Ex-WRCer Steve Spence, who was picked as a potential winner by some insiders, ran a disappointing 2:16:40. Spence's wife gave birth on the morning of the race, so you can bet his thoughts weren't on running the marathon.

Andy Smyth was the first WRCer to finish as he passed a fading Jack Cleland at the twenty-fifth mile and finished in 2:39:51. Cleland went through ½-marathon in 1:14, but at 17-miles felt as if he had been hit by a "ton of bricks" and had to settle for a 2:40:37 time. Mark Doles was well satisfied with his 2:51:16. The time was slower than last year, but considering the conditions acceptable.

Marianne Dickerson led the WRC women to the finish line in 2:55:14 despite her low-intensity training schedule. Mary Ellen Williams' 3:11:04 was off of her usual pace, but you can bet she's saved something for other races this spring.

Club prez, Kevin Kolakowski, decided at the half-way mark that this was not a good day for Polish marathoners. Kolakowski slowed to a walk until former WRC fashion coach Dennis Baker and his lady friend, resplendent in matching pink outfits, caught up with him. Inspired by Baker's understated elegance, our prez jogged to the finish line in 3:38:04 keeping a discreet two steps behind the trendy Texas twosome.

When all was said and done, perhaps Tris Kruger handled the race better than anyone else. Even though he broke his leg in February, he said he felt great before, during and after the race. It should be pointed out that Tris watched the race in a seedy Boston bar while putting down some 'cool ones.'

Men: 1. Gelindo Bordin, 2:08:19; 2. Juma Ikangaa, 2:09:52; 3. Rolando Vera, 2:10:46; 4. John Campbell, 2:11:04 (1st master); 5. Rob de Castella, 2:11:28; 14. Darrell General, 2:15:28; 19. Steve Spence, 2:16:40; 31. Bill Rodgers (NOVA?), 2:20:46; Steven Kendall, 2:29:32; Tom Bernhard, 2:31:27; Bruce Robinson,

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

2:32:01; Tom Bowmaster, 2:32:49; Ben Beach, 2:36:08; John Ausherman, 2:38:58; Andy Smyth (WRC), 2:39:51; Jack Cleland (WRC), 2:40:37 (1st D.C. Male); Jon Thoren, 2:41:02; John Sherlock, 2:41:09; Fay Bradley, 2:41:24; Dominique Da Luz, 2:46:47; Mark Doles (WRC), 2:51:16; Herb Tolbert, 2:53:24; Kirk Davies, 2:58:20; Dick Hipp, 2:58:35; Dick Jamborsky, 3:00:49; Bill Hoss, 3:05:00; Keith Bombaugh (WRC), 3:16:52; Bernie Gallagher, 3:24:11; George Banker, 3:36:24; Kevin Kolakowski (WRC), 3:38:04; Roger Urbancsik (WRC), ??:??:??.

Women: 1. Rosa Mota, 2:25:23; 2. Uta Pippig, 2:28:03; 3. Maria Trujillo, 2:28:53; 4. Kamila Gradus, 2:28:56; 5. Kim Jones, 2:31:01; 11. Jane Welzel, 2:42:04; Marianne Dickerson (WRC), 2:55:14; Cheryl Conrad, 3:06:27; Mary Ellen Williams (WRC), 3:11:09; Nadine Taylor-Tolbert, 3:17:36; Joanna Alwyn, 3:18:33; Susan Cain, 3:20:31; Pam West, 3:28:13; Coleen Troy-Martin (WRC), ??:??:??.

CHERRY BLOSSOM CHASER WINNERS BURN UP WEST POTOMAC COURSE

by Gerry Ives

Steve and Rosalind Taylor (not related) blistered the 10K course at West Potomac Park in the 7th Annual Cherry Blossom Chaser on Sunday, April 9th. Steve Taylor cut his own event record by 14 seconds as he broke the tape in 28:58, and Rosalind Taylor shattered Grete Waitz's event record by 61 seconds as she took the women's title in 32:30. Both runners received \$1,500 for winning the event, plus each earned a \$1,000 bonus for setting new event records. The all-time record for the West Potomac Park 10K course was set back in September, 1985, when

George Malley of Eugene, Oregon ran 28:56 to win the Presidential 10K.

Rosalind Taylor graduated from the University of Maryland last year, where she was primarily a 1,500 meters runner, which accounted for her ability to take the lead from Janis Klecker in the final ¼-mile of the race with an awesome kick.

The best performance by a WRC woman was recorded by Maria Pazarentzos who finished 6th in 34:14. Pazarentzos looks to be in fine shape for this early in the season.

WRC's perennial top finisher Jim Hage hung with the lead pack until it rounded Hains Point. At the 4½-mile point a group of WRCers urged Hage on, but his response was to shake his head. Hage had gone through 10K at the Cherry Blossom 10-Miler in 30:12, so he was hoping a better time than the 30:27 finish he registered.

Bobby Bauer was elated with his 35:58 time. Bauer has been in a slump for the past three years and he's hoping this signals a return to 100% fitness.

Men: 1. Steve Taylor, 28:58; 2. Brian Sheriff, 28:59; 3. Max Harn, 28:59; 4. Mark Plaatjes, 29:01; 5. John Tuttle, 29:06; 6. Gordon Sanders, 29:08; 7. Terry Croyle, 29:10; Ken Frenette, 29:20; 9. Richard Partridge, 29:23; 10. Peter Brett, 29:25; Gerry Clapper, 29:30; Mike Regan, 30:03; Ken Hamilton, 30:12 (1st Master); Jim Hage (WRC), 30:27; Lucious Anderson (WRC), 33:30; J. J. Wind (WRC), 34:55; Hal Katen (WRC), 35:33; Bobby Bauer (WRC), 35:58;

Women: 1. Rosalind Taylor, 32:30; 2. Janis Klecker, 32:33; 3. Ruth Partridge, 33:29; 4. Gina Procaccio, 33:41; 5. Michelle Bush-Cuke, 33:59; 6. Maria Pazarentzos (WRC), 34:14; 7. Charlotte Thomas, 34:21; 8. Kathy Hadler, 35:38; 9. Barbara Filutze, 35:39 (1st Master); 10. Nancy Oshier, 36:17; Kathy Merkel (WRC), 37:30; Mary Ellen Williams (WRC), 38:30; Berni Creed (WRC), 38:52; Mary Stark (WRC), ??:??:??.

Washington Running Club

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

CLUB OFFICERS

President: Kevin Kolakowski (524-8391)
Vice President: Dave Williams (243-1631)
Secretary: Gerry Ives (320-3337)
Treasurer: Bobbie Bleistift (379-2767)

Newsletter Editors: Lisa Hamm, Gerry Ives

COMMITTEES

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Newsletter: Chairs: Lisa Hamm, Gerry Ives
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WHAT'S HAPPENING AROUND WRC AND THE REST OF THE WORLD

Jim Hage took 2nd in the Fritzbe's 10K on Sunday, 22 April, in a time of 30:40, fourteen seconds behind **Gerry Clapper**. In the women's race **Donna Elliot**'s strategy was to open up an early lead on **Gretchen Triantos**. Triantos has a lot of speed and Elliot didn't want to be in arrears at the final uphill portion of the race. Elliot obviously knows her competition, as she narrowly won the race in 37:14, holding off Triantos by three seconds on the final hill. **Beverly Shooshan** took 5th place overall and first woman master with a strong 39:08 showing.

Chris Stockdale followed up her Cherry Blossom p.r. by taking on the Cambridge Biathlon. The event consists of a 3-mile run, and 20-mile bike ride, followed by another 3-mile run. Stockdale was very satisfied with her 6th place finish, and even more

satisfied with the 6:14 pace she ran in the first of the 3-mile runs. She credits her improvement to **Dan Rincon's** track workouts.

Several carloads of NOVA runners went down to the Charlottesville 10-Miler. **Andy Smyth** came away with a 58:07 time (8th in his age group), and **Betty Blank** turned in a 72:30 (enough for 4th in her age group). **Bill Rodgers** was the official race starter, and NOVA presented him with one of their racing singlets. At the next DCRRRC team race check out the NOVA people, and if one of them looks like Bill Rodgers . . .

Our monthly survey of the Sports section of the *Washington Post* reveals that there were seventeen articles concerning running, totaling just over seventy column inches. Thirty-eight percent of the material was quotes from former marathoner **Jeff Reed**. Reed, the founder of Reedbock International and a long-time member of WRC, is available for quotes, advice and general conversation at competitive rates. Call now for prices—all major credit cards accepted.

Unable to take the day off to watch the Boston Marathon on Monday, April 16, I was delighted to see that Home Team Sports would be rebroadcasting the race in the evening at 7:30 p.m. Imagine my surprise when I turned on the "tele" and found an show about soccer. A call to HTS revealed that they had "pre-empted" the show in favor of alternate programming—they said they had received "a lot of calls about it [the cancellation]". Let's hear a loud 'raspberry' for the programming director at HTS.

John Betts has asked that his wager with **Betty Blank** be made official by being published in a journal of record, namely the WRC *Newsletter*. Betts has wagered an expensive dinner that he can go under 3:20 in the Marine Corps Marathon in November. Betts has put **Pat Neary** on a retainer as his personal coach to make sure he will be eating at Ms. Blank's expense in November.

On Sunday, April 15, the *Washington Post* published a letter written by **Pattie McGovern** expressing her concern about the recent attacks on women using the bike path in Rosslyn. On one evening three women were attacked—one of them was stabbed to death while police were in the area investigating the two previous incidents. McGovern suggested better lighting, clearing the undergrowth close to the path, relocation of the noise barrier between the parkway and close-by residences, and stepped up police patrols as possible solutions.

In a related development, **Lisa Hamm** has volunteered to act as a coordinator for people looking for running partners. Call Lisa at 998-6753 and let her know what time you want to run, how far, and at what pace. She has an answering machine, so there won't be a problem connecting with her. Lisa stressed that this service is open to both men and women runners.

The Nike Women's Race looks as if it's going to be even better than last year, if the list of confirmed invited runners is any indication. The list includes

such luminaries as: **Anne Audain, Sabrina Dornhoefer, Margaret Groos, Lynn Jennings, Monica Joyce, Cassie O'Neil, PattiSue Plumer, Judi St. Hilaire, Lisa Weidenbach, and Priscilla Welch**. If you're not running, get down to West Potomac Park on May 13th and watch the racing.

WRC will be fielding a team at the Nike Women's Race, thanks to the efforts of **Donna Elliot**. Donna had to submit names for the team by May 2nd and had trouble finding runners. The team consists of: **Bernie Creed, Donna Elliot, Kathy Merkel, Maria Pazarentzos, Chris Stockdale, and Pat Walker**. We need five to score, so we only have one extra runner, however there's a lot of talent in the team.

Lisa Hamm is leaving the area and heading for the 'Big Apple' in the middle of June. She will be working on the World Desk at AP, which will give her the opportunity of moving around the world. She is hoping to get reassigned to Paris, or somewhere else overseas, in the next three years. Lisa's 2-bedroom apartment, located in Arlington on two bike trails and ideal for runners, will be available at the end of June for \$850 a month. The apartment is near Metro and an Express bus line. Contact Lisa if you're interested at 998-6753.

G.W. PARKWAY CLASSIC 15K WON BY TAYLOR AND HOHELLA

by Will Woodbine

A break in the 80°+ weather that had been afflicting the Washington area all week helped get out a record crowd for the George Washington Parkway Classic 15K on Sunday, April 29. Even though the temperatures had eased to the mid-70s, the humidity and a high pollen count caused some runners to turn in sub-par times.

Cherry Blossom Chaser 10K champion Steve Taylor made it two big wins in a row as he dropped the rest of the field at the five-mile mark and ran the final four miles alone to win in 45:34. Brian Ferrari took second in 46:32 with Mark Stickley third in 47:09.

Top open WRC finisher was Andy Smyth in 17th place with a time of 52:46, and top WRC masters competitor was Hal Katen in 54:55. As someone who is acutely allergic to pollen, Bobby Bauer didn't want to talk about his race. Bauer found his allergy made racing impossible, so he just ran along and enjoyed the scenery.

Lorraine Hochella, of Newport News, Va., led the women's race from start to finish with a 53:19 effort. Top WRC finisher, Donna Elliot, took third place in 56:43. Elliot's time was considerably slower than last year, but then last year she didn't go to a party the night before. As usual, Chris Stockdale set another p.r.—she also took sixth place overall, with a time of 61:57.

The WRC men swept the veteran's division (50

and over), with Bill March (56:19), Gerry Ives (57:25), and Dick Brannan (59:32) taking the top three places.

Men: 1. Steve Taylor, 45:34; 2. Brian Ferrari, 46:32; 3. Mark Stickley, 47:09; 4. Calvin Biesecker, 49:09; 5. Jeff Scuffins, 49:30; 6. Darryl Stewart 50:41; 7. Robert Goodman, 51:04; 8. Darrell Zook, 51:14; 9. John Houtek, 51:19; 10. Mike Brown, 51:28; Thom Sud-deth, 51:28 (1st master); Andy Smyth (WRC), 52:46; Hal Katen (WRC), 54:55; Bill March (WRC), 56:19; Gerry Ives (WRC), 57:25; Bobby Bauer (WRC), 58:00; Dick Brannan (WRC), 59:32.

Women: 1. Lorraine Hochella, 53:19; 2. Beth Jacobson, 55:39; 3. Donna Elliot (WRC), 56:43; 4. Laura Gaydos, 59:56; 5. Chris Stockdale (WRC), 61:57; 6. Sara Jane Brazda, 62:11; 7. Marilyn Segall, 62:24; 8. Elizabeth LaPlante, 62:40; 9. Elizabeth Engh, 63:24; 10. Julie Campbell, 63:38.

OPENING OF BIATHLON SEASON ATTRACTS COMPETITORS FROM WRC

The 1990 biathlon season has started well for Chris Stockdale. On March 4, she opted for a 3-mile run, 20-mile bike, 3-mile run biathlon in Cambridge, Md., instead of the Bethesda Chase. Although battling a freezing 30 mile an hour wind, she clocked a 1:55:41 to place 10th woman overall and first in her age group (divided by 5 year increments).

Next event was the Bonsai Biathlon at the National Arboretum on March 28th. Luckily the snows of the day before didn't linger, and conditions were reasonably good—no wind and moderate temperatures. This time the event consisted of a 5K run, 15K bike and 5K run, entailing 5 loops of the very hilly Arboretum terrain. This time she placed 6th overall (1st in age group) in 1:43:39, only three minutes behind nationally ranked masters triathlete Mary Anne Zuckerman. With this race, Chris qualified for the 1990 Tri-Fed/USA Bi-Sport National Championship on September 30th. Jim Hage ran away from his competition in the first run with a 16:19, but lost out on the bike portion (placing 11th after that portion), though he ended up 9th overall. Bobbie Bleistift and Betty Blank were among the Bonsai volunteers . . . Bobbie caught the fever and is now looking to wet her feet in a biathlon.

On April 8 it was back to Cambridge, Md., for the second in what is a series of 4 biathlons on the same course. Although almost as windy as the first one, temperatures were somewhat more moderate, and this race saw a 9:16 improvement in Chris' time, to place her 6th overall woman in 1:46:25, again just over 3 minutes behind Mary Anne. Her first 3-mile run blew her mind when she clocked 18:43! Now if Coach Rincon could just teach her how to ride her bicycle fast.

WORLD BANK 8K MARKS 'EARTH DAY'; KNAPP AND MARTIN OVERALL WINNERS

by Gerry Ives

Earth Day '90 celebrants took to the streets by the World Bank on Sunday, April 22nd, for the World Bank/WETA 8K run. The double loop course starts with a fast initial mile down Pennsylvania Avenue to 17th Street, before some sharp turns and uphill give the racers something to think about.

For the first four miles of the race WRC's Kirk Baird led the 700+ field, followed by Jeff Martin, Terry McCloughlin and Darryl Stewart. Just after the fourth mile Jeff Martin bulled his way past Baird with a 4:47 closing mile and crossed the finish line in 24:42. Baird took 2nd in 25:02 with McCloughlin a close third in 25:12. Jack Cleland did the run in 26:30, just fast enough to get the kinks out of his legs after running Boston the previous Monday.

The women's race saw Bernie Creed take the early lead as she blitzed the first mile in 5:41. Ruth Joyner passed Creed at the 2K point and looked as if she had the race locked up. However, this was not to be, as Mary Knapp of New York took control during the second loop to nail down 1st place in 30:05.

In 4th place, and first woman master, was Chris Stockdale. Stockdale's 32:23 was a 2-minute p.r.—every race this year has been a p.r. for the WRCer and Hash House Harriette. Cliff Balkam was the 1st male master finisher in 28:12 with WRC's Bobby Bauer shadowing him through the race to take 2nd in 28:48.

Men: 1. Jeff Martin, 24:42; 2. Kirk Baird (WRC), 25:02; 3. Terry McCloughlin, 25:12; Dominique Da Luz, 26:01; Jack Cleland (WRC), 26:30; Darryl Stewart, 26:40; Cliff Balkam, 28:12; Bobbie Bauer (WRC), 28:48; Gerry Ives (WRC), 29:58.

Women: 1. Mary Knapp, 30:05; 2. Ruth Joyner O'Hara, 30:40; 3. Bernie Creed (WRC), 31:12; 4. Chris Stockdale (WRC), 32:23 (1st master, p.r.); 5. Julie Robey, 33:00.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD APRIL 12, 1990

The meeting was called to order by Club President Kevin Kolakowski. Kolakowski thanked everyone involved in planning and putting on the very successful post-Cherry Blossom party.

Competition Committee: Attendees were reminded that Donna Elliot is coordinating team entries for the Nike Women's Race. There will also be teams at the Crystal City 10K on May 20th. Contact Tom McCarthy or Jerry Merkel for information or to sign up. Jeff Reed announced that the Moonlighter Race would be held on August 11th this year.

Race Committee: Volunteers are needed to help put on the DCRRC Carderock 10K on Tuesday, June 12th, at 7:00 p.m. WRC has agreed to put on this race

as part of the DCRRRC Bunion Derby series. Contact Kolakowski or Gerry Ives to volunteer.

The Capital Crescent Trail was discussed in detail. It was noted that the proposed light-rail project along the trail between Silver Spring and Bethesda could restrict runners and bikers access on one side. The Capital Crescent Trail Association is looking for *active* members and volunteers.

Patty McGovern said she would be writing letters to the appropriate authorities to suggest ways to improve safety for women runners. Her action was prompted by the recent attacks on women in Arlington.

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

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.

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.

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.

Hamilton Pontiac Cadillac Nissan, Inc., 261 Frederick St., Hagerstown, MD 21740 (1-800-527-4603). WRCer Mike Spinnler will be glad to make you a deal on a new, used, or leased car. Call between 8:30 a.m. and 8:30 p.m. Monday through Friday.

Club Uniforms

Singlets	\$ 15.00
Shorts	11.00
Club T-shirts	6.00
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.

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.

Wednesday Night Intervals, Washington & Lee High School, Arlington, 5:00 p.m. until 7:00 p.m. Informal interval workouts, run with Clubmates or do your own workout. **Contact:** Gerry Ives at 452-4242 during day.

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 a brisk 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.

Sunday Morning Run, Williamsport H.S. (take 70W to 81 South, use Williamsport exit, approx. 70 minutes from D.C.), 9:00 a.m. Groups range from 15-40 runners for runs of 13-20 miles, mostly on C&O Canal and surrounding countryside. Runners abilities range from beginners to Olympic Trials competitors. **Contact:** Mike Spinnler at h] (301) 739-7004 or w] (301) 733-7222.

Monday thru Thursday, University of Maryland, 6:30 p.m. Training run, all paces, all distances, everyone welcome. Contact Dan Rincon at w] 454-4816 or h] 441-9265 for further details.

Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4816 or evenings h] 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 1989

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PRs

10K _____ 10 Miles _____ Marathon _____ Other _____

FAMILY MEMBERS

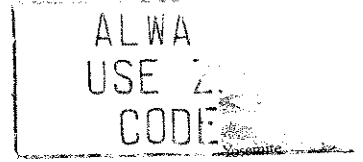
Name _____ Date of Birth _____

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



Gerald R. Ives
7817 Tomlinson Ave.
Cabin John, MD 20818