

# Washington Running Club Newsletter



Volume 9, Number 12

© 1990 Washington Running Club

December 1990

## DECEMBER MEETING IN ARLINGTON

The WRC monthly meeting will be held at Kevin Kolakowski's apartment house on FRIDAY, DECEMBER 14th at 8:00 p.m. The meeting will consist of nominations of officers for 1991 and very little else. Following the meeting there will be Christmas festivities. Food, booze, mistletoe, and other donations will be welcomed. Prez. Kolakowski lives at 2100 Lee Highway, Apartment 523, in Arlington. The telephone code at the front door is 262, which is also the length of a marathon to all you folks who have a hard time remembering numbers.

## RECORD TURNOUT AT MARINE CORPS MARATHON; MARKOVA, OF USSR, BREAKS WOMEN'S C.R.

*by George Banker*

In his book "Personal Best," George Sheehan wrote, "Every marathon stirs my soul, and every marathon inspires my best, but none stirs the heroic more than the Marine Corps Marathon." The 15th annual Marine Corps Marathon was staged on Sunday, November 4th, 1990, with a record crowd of runners looking for a personal best.

For the first time in the event's 15-year history entries were closed early. USMC Captain Thorson, Assistant Coordinator of the event, reported having to reject the entries of several high-ranking government and military officials, along with many low-ranking civilians. The numbers have swelled from 1,175 entrants in 1975 to this year's 13,000 in the race that is affectionately known as "The People's Marathon" because of its lack of prize and appearance money for elite runners.

The elements were against the runners this year with temperatures of 75°+ and sunny skies. But the Marines were prepared, as always, with 14 water stations, a major medical facility at the start/finish area, and eight aid stations, 20 ambulances, and 80 volunteer ham radio operators along the course.

With WRC's Jim Hage scheduled to run the Columbus Marathon, Farley Simon, 1983 winner and last year's runner up, was the male favorite at the starting line. Olga Markova, a sergeant in the Soviet Army with a p.r. of 2:38, looked like the odds-on women's bet. Local competitor, Kenny Carnes, was the pick in wheelchair division, having rolled to

fame both nationally and internationally in more than 25 marathons.

At the start Matthew Waight of New Britain, Pa., opened with a 5:21 first mile and took sole possession of the lead. When the field looped back across the start at mile seven, Waight was still in the lead with Simon in close pursuit. At the half-way mark on Capitol Hill, Waight clocked 1:08:29, and was turning the event into a one-man race against the clock.

At the 21st mile, and more than a ½-mile behind Waight, Simon dropped out with a knee problem. With no more serious challengers, Waight cruised in to victory with a 2:21:32, leaving the field to battle it out for second place.

And battle it out they did, with Robert Rollins of the Royal Air Force moving up from 6th place at the 23rd mile to take 2nd place away from Barry Holder literally at the finish. Rollins finished in 2:26:41, with Holder right behind in 2:26:45.

In the women's race, Markova quickly established her lead over the rest of the field, and, like Waight, was never seriously challenged as she ran to victory in 2:37:00—a new course record and personal best. Markova was 40th overall. In second place was Suzanne Ray, of Anchorage, Alaska, who found the temperature very uncomfortable. Ray's time of 2:44:48 was well ahead of the first local woman finisher, Lynn Patterson of Fairfax, who finished 3rd in 2:51:03.

The men's master's division competition was tight—and fast—as WRC's Lucious Anderson edged out Bill Hart, of Virginia Beach, 2:32:28 to 2:32:46 (17th and 18th, respectively, overall). Alvin Rich of Dorchester, England, captured 3rd in 2:34:36.

The women's master's division was won by last year's winner, Rose Malloy of Annapolis. Malloy's 2:58:11 placed her 6th female and 343rd overall. In second place was Ann Davies of New York with a time of 3:03:53, followed by Sandra Jensen in third in 3:04:16.

Kenny Carnes took first in the wheelchair division with a new course record time of 1:40:22, followed by Ken Archer in 1:52:39. The female wheelchair contest was won by Diana McClure in 2:33:57, with Ann Davies second in 3:03:57.

Jack Cleland was the first finisher from D.C., and

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

the first WRCer to cross the line, finishing in a strong 2:32:22 in 15th place. Also making a strong showing was Andy Smythe who finished in 2:36:44, proving the extra miles he's put in make a difference. Ed Doheny, looking for reassurance after a disastrous Boston, ran a conservative 2:45:03 and looked as if he had plenty left when he crossed the finish line. Further back, John Betts was looking for a Boston qualifying time of 3:20. He had to settle for a 3:28:07, still a p.r., but his Boston qualifier fell victim to the warm weather.

WRC's top woman was first-time marathoner Teren Block. Block cracked the three-hour barrier with a fine 2:59:31. She feels she can do better, but did not know what to expect in her first marathon.

WRC won the masters team competition with a team consisting of Doheny, J. J. Wind, Bob Trost, and Betts.

**Men:** 1. Matthew Waight, 2:21:32; 2. Robert Rollins, 2:26:41; 3. Barry Holder, 2:26:45; 4. Brian Crane, 2:26:59; 5. Sean McCormack, 2:28:23; 6. Michael Zeigle, 2:29:17; 7. William Nixon, 2:29:31; 8. Ken Rolek, 2:29:56; 9. James Tuson, 2:30:20; 10. Michael Barrett, 2:30:51; 15. Jack Cleland (WRC), 2:32:22; 17. Lucious Anderson (WRC), 2:32:28; Ben Beach, 2:35:27; Dominique DaLuz, 2:35:48; Andy Smythe (WRC), 2:36:44; John McGrail, 2:41:04; Ed Doheny (WRC), 2:45:03; J. J. Wind (WRC), 2:50:52; Bob Trost (WRC), 3:15:56; John Betts (WRC), 3:28:07.

**Women:** 1. Olga Markova, 2:37:00 (cr); 2. Suzanne Ray, 2:44:48; 3. Lynn Patterson, 2:51:03; 4. Sarah Fulcher, 2:55:41; 5. Betsy Kneale, 2:56:28; 6. Rose Malloy, 2:58:11; 7. Nancy Egerton, 2:59:08; 8. Nancy Geiger, 2:59:12; 9. Teren Block (WRC), 2:59:31; 10. Jackie Chen, 2:59:37; Janice Torpey, 3:08:32; Pam Foley, 3:15:01; Susan Crowe, 3:15:21; Pam West, 3:17:46; Betty Blank, 3:19:20.

---

## 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 Bleistiff (379-2767)

**Newsletter Editor:** Gerry Ives

### COMMITTEES

**Legal:** Chairs: Jim Hage, Jack Coffey  
**Membership:** Chair: Suzy Coffey  
**Newsletter:** Chair: Gerry Ives  
**Competition:** Chairs: Jerry Merkel, Tom McCarthy  
**Social:** Chairs: Pat Walker, Dick Brannan

---

## COLUMBUS MARATHON SEES TWO WRCers QUALIFY FOR OLYMPIC MARATHON TRIALS

by James Scarborough

The roving reporter went west this time, back to Ohio for the Columbus Marathon, this year's site of the Men's National Marathon Championships. (Ohio was the site of my first marathon, 1978 in Cleveland). Columbus, run on Veterans' Day, has grown in size and promotion quotient during its previous decade of existence (this the 11th running on 11-11-90), to take its place among the prestigious group of American marathons. In April 1992, the course will be used for the Men's Olympic Trials.

The course is relatively flat, fast, and conducive to, if not record times, then certainly uplifting ones. The city itself has the disadvantage (compared to Pittsburgh, Cleveland, New York and Philadelphia) of being "land-locked" . . . well, not really, but its two rivers are the non-descript Scioto and Olentangy. Columbus is famous for being home to two things: it's the state capital and the site of Ohio State University. On Sunday morning, thousands of Buckeyes (sky-high from a victory over Iowa the day before) lined the route and volunteered as the 5,080 runners toed the line. It was a fairly straight line throughout. The highest point in elevation came at mile seven. Miles 10-12 pass through OSU, a very attractive campus. Then you wind your way back past the start at mile 14. Along the way, you pass through such towns as Bexley and German Village. The last three miles come down Broad Street downtown to the State Capitol, about two blocks from the start. This final sprint was ruined only by a cold and persistent headwind.

Perhaps one of the most interesting stories, if not the most heated competition, came in the wheelchair category. Wheelchair winner Rich Wagner, who passed Tom Sellers at the sixth mile, finished in 1:53:50. He was powered just as much by anger as anything else. The wheelchair contestants did not receive prize money. Wagner seized upon an editorial protest from *The Columbus Dispatch* written on that fact, taped a copy to his back, and added the caption, "What do you say to this, Mr. Collins?" referring to race director Mark Collins. Charlotte Hepner won the women's wheelchair in 3:20:01.

In the men's race, Steve Spence (previous best 2:16:40 in Boston), who had counted on not needing to walk any of the way during the 26.2 miles, broke the tape by passing Mark Curp in the last mile, 2:12:16 to 2:12:37. Don Janicki was third in 2:13:07. Chris Rupe was the top Ohioan in 2:21:40. Top Washington area finishers were WRC's Jim Hage, 14th in 2:17:20, and John Glidewell, 15th in 2:17:26. Walter Sargent, a WRCer now living in Colorado Springs, was 20th in 2:18:56. Spence took home a total of \$45,000 for winning.

Women did not have a bad payday either. Lisa Kindelan of Beaverton, Oregon, won \$13,000 for a

winning 2:35:44, leading from mile eight on. Jennifer Martin took second and \$10,000 with 2:37:16. Ursula Noctor of Ireland took third with 2:39:26 and received \$7,500.

**Men:** 1. Steve Spence, 2:12:16; 2. Mark Curp, 2:12:38; 3. Don Janicki, 2:13:07; 4. Steve Taylor, 2:13:57; 5. Bill Reifsnnyder, 2:14:48; 6. Budd Coates, 2:14:58; 7. Robert Pierce, 2:15:20; 8. Gary Gargas, 2:15:25; 9. Craig Young, 2:15:59; 10. Ronald Johnson, 2:16:23; 14. Jim Hage (WRC), 2:17:20; 15. John Glidewell, 2:17:26; 20. Walter Sargent (WRC), 2:18:55; 24. Darrell General, 2:19:25; 35. Steve Bishop, 2:22:14; 44. Bill Courtney, 2:24:34.

**Women:** 1. Lisa Kindelan, 2:35:45; 2. Jennifer Martin, 2:37:16; 3. Ursula Noctor, 2:39:36; 4. Kirsi Rauta, 2:39:58; 5. Laura Konantz, 2:40:27.

### UNEXPECTED TWIST AT TURKEY TROT LEADS TO INCREDIBLY FAST TIMES

*by James Scarborough*

After last year's cancellation due to an unseasonable snowfall, the Potomac West Trade Association Five Mile Turkey Trot returned on November 22 with a large and enthusiastic turnout. Everybody in DCRRC and WRC, it seems, runs in this race. The temperature warmed to the mid-60s during the day, with bright sun and no wind. This led to a healthy turnout of 1,100 (?) runners on the flat, fast course through the streets of Alexandria.

Unfortunately, some confusion ensued with the Alexandria Council race vehicle and the lead pack of runners at the dog-leg turn at Mount Vernon Avenue and Walnut Street. The first ten men across the finish line, starting with Dave McCormack of Falls Church in 21:47, ran incredibly fast times for five miles. It was later established that they had been led off course by the Alexandria Council race vehicle and had actually run approximately 4.5 miles.

After this contingent finished, the lead vehicles came through followed by runners who had run the full five miles, starting with Tim Martin of Alexandria in 27:07, barely edging out Bert Potwin, also of Alexandria, and Jon Thoren of Washington.

After some heated debate, awards were finally presented to the short-course runners, but Martin will receive a cash prize from DCRRC.

The top women experienced no such problem, as the field had "righted itself" by then. Ruth O'Hara cruised in to win in 28:42, breaking Susan Augustauskus' course record by five seconds. She was followed by Mary McCullough of Falls Church in 29:32, and close thereafter by Shelley Burns of Arlington in 29:35. WRC's Donna Elliot-Moore was in fourth place in 29:58.

Other WRCers shone in the age group categories. Chris Stockdale, ninth woman overall, was the first woman master in 32:08, and J. J. Wind was first male master in 28:07.

As usual, the Alexandria Chamber of Commerce and Potomac West Trade Association, and their member merchants, did a terrific job of registration, prize selection, and refreshments. Mayor Jim Moran ran the race, his last one as mayor. Next year he'll be 8th District Representative Jim Moran. Alexandrians Involved Ecumenically (ALIVE) collected over a thousand cans of food to help people who need food even more than the finishers needed the post-race refreshments (both were ample).

**Men (Ran Short Course):** 1. Dave McCormack, 21:47; 2. Jeff Pajak, 22:10; 3. Kirk Baird (WRC), 22:49; 4. Doug Mock, 22:57; 5. Scott Celley (WRC), 23:03.

**Men (Ran Five Miles):** 1. Tim Martin, 27:07; 2. Bert Potwin, 27:07; 3. Jon Thoren, 27:08; 4. David Prestell, 27:25; 5. William Ledder, 27:39.

**Women:** 1. Ruth O'Hara, 28:42 (CR); 2. Mary McCullough, 29:32; 3. Shelley Burns, 29:35; 4. Donna Elliot-Moore (WRC), 29:58; 5. Monica Grillo, 30:59; 6. Susan Haynie, 31:09; 7. Ellen Roberts, 31:13; 8. Susan McCain, 31:43; 9. Chris Stockdale (WRC), 32:08; 10. Jeanne Grillo, 32:14.

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

WRC's p.r. champ, **Chris Stockdale**, ran a 3:12:56 at the First Tennessee Memphis Marathon in Memphis on December 2. Stockdale was 4th woman overall, finishing 30 seconds behind the 3rd place woman, and 2nd master. She reportedly received \$600 in prize money, and earned every penny of it. She reported that there were 500 runners in the race, and that the town was practically deserted because of an earthquake scare. She also reported that it will take an earthquake before she runs another marathon.

At the Modesto Carrion Half Marathon, in Puerto Rico, **Donna Elliot-Moore** took second place in 1:26:31 and picked up \$600 for her effort. The women's winner was **Sandra Natal** in a time of 1:24:43. Even though the race started late in the afternoon, the temperature was still in the 80s. However, the fantastic scenery helped make up for the discomfort of the heat. Elliot-Moore won the all-expenses-paid trip to the race at the Bronx ½-Marathon back in July and was impressed by the hospitality showed towards her and the other runners in Puerto Rico. She reports that the invited men stayed in a dormitory, but the invited women were lodged in the homes of the race officials.

**Tom McCarthy** took on the Greensboro Marathon on November 18th. At the 23rd mile mark, running in 2nd place at a 2:36:00 pace, McCarthy was directed off course. A volunteer tracked him down and directed him back on course, but his 2nd place lead had evaporated and he finished in 3rd with a time of 2:40:33. Second place finisher, **Jay Curwen**,

showed what a sportsman he is by presented the 2nd place trophy to McCarthy. The race was won by **Jeff Martin**, a two-time Olympic alternate on the Canadian Olympic marathon team, in a time of 2:30:15.

The *Tyler Courier-Times-Telegraph* of Tyler, Texas, reports that **Dennis 'Count' Baker** won the 17th annual Rose Run on Saturday, November 10th, 1990. The run consists of 1 mile, 5K, and 10K races. Baker ran a cumulative time of 56:10 (4:50, 16:14, and 35:06) for the three consecutive events (no word on the time between the events). Baker, who is presently pursuing his teaching certificate at the University of Texas at Tyler, won \$125 for his effort.

The Cystic Fibrosis Foundation announced that it is sponsoring a stair climb at the USA Today Building in Rosslyn, Va., on Thursday, February 21st at 6:30 p.m. If you're tired of the same old 10Ks, perhaps it's time to go vertical. After the climb there will be a Survivors Party, where food and drink and the opportunity to mingle with other crazy people will end a perfect evening. For more information call (301) 657-8444.

**Johnny O'Donnell** reports that he made it to the starting line at the recent Portland Marathon despite being threatened with arrest by one of Portland's finest three minutes before the firing of the starter's gun. Stricken by an attack of pre-race jitters, the ever discreet O'Donnell saw fit to relieve himself between two parked cars on a side street. Unburdened and apologetic, he went on to clock a 3:01:00 finishing time, his best effort since 1987. He vows a return to sub 3-hour form in 1991, and says in future he will wait in line like everyone else. He sheepishly told friends afterwards: "I didn't see the cop up the street, and besides, it looked like it was about to rain."

Just a reminder that TAC rules prohibit pacing. There have been several complaints at local races over the past few years about people finishing in the money (or prize list) after having been paced, one runner was even disqualified. No matter what your opinion is of the rule, it is still on the books. If a complaint is made to the race director, it puts everyone in an awkward position. Perhaps the best rule to follow is if you're being paced, don't win anything!

## INSTRUCTIONS ON HOW TO ENTER

### NORTHERN TELECOM CHERRY BLOSSOM

*(The following was received from Phil Stewart, Cherry Blossom Race Director. Phil said, in a cover letter, DO NOT EDIT IT, and he wrote it in a loud voice. Not wanting to be barred from the Cherry Blossom for life, and being a lousy editor anyway, I didn't touch one golden word. Any additions, omissions or changes are purely the result of poor typing skills. It's a little longer than our usual race announcements, so we've omitted the articles on 'How Anyone Can Run a 10K in Under 30 Minutes' and*

*'How I Sold my Collection of T-Shirts for \$800,000.'—Ed.)*

### How to Enter the 1991 Northern Telecom Cherry Blossom

**What:** The 1991 Northern Telecom Cherry Blossom 10 Mile

**When:** April 7, 1991

**Where:** West Potomac Park in Washington, D.C.

**How Much?** Free! No entry fee, thanks to Northern Telecom

**How Do I Enter?** Due to course limitations, the field is restricted to 5500 runners. Entries are selected by lottery. Special exemptions are made for several groups listed below. All others should follow the "General Lottery Procedures."

*General Lottery Procedures:* To enter the lottery send a *long*, self-addressed stamped envelope with your birthdate and social security number noted in the lower left-hand corner of the self-addressed envelope to: Northern Telecom Cherry Blossom, Box 884, Middletown, MD 21769. Envelopes postmarked between **December 1 and December 31, 1990** are accepted (those postmarked before December 1 or after December 31 are rejected). *One request per runner. Runners submitting duplicate or multiple requests are disqualified.*

5500 envelopes are selected at random. These individuals receive entry forms by early February. The entry forms are non-transferable. Others receive notes of non-acceptance.

*Seeded Runners and Exemptions for 60-and-over women and 70-and-over men:* The race committee has allocated some additional places for seeded runners. Qualifying standards are as follows:

Men	Women
Open: 52:30	open: 63:00
40-44: 56:00	40-44: 69:00
45-49: 60:15	45-49: 75:00
50-54: 63:30	50-54: 80:00
55-59: 68:00	55-59: 85:00
60-64: 72:00	60+: All—see "Senior Exemption below"
65-69: 74:00	
70+: All—see "Senior Exemption below"	

Runners meeting these time standards should send credentials (which are checked) to the above address, postmarked **December and December 31**. Clearly indicate on the outside of the envelope and inside that the applications is a "**Seeded Runner Request**." Women, 60-and-over and men 70-and-over receive automatic entry. Indicate that the application is for a "**Seniors Exemption**" on the outside envelope and mail it to the above address, postmarked December 1 and December 31, 1990. Runners in these categories must not submit a duplicate entry into the lottery or you will be disqualified.

*Special Physically-Challenged Allocation:* A special allocation of entries for Physically-Challenged runners (including wheelchairs) has been estab-

lished. Physically-challenged runners should indicate that the application is a "**Physically-Challenged Request**" on the outside envelope and mail to the address above, postmarked between December 1 and December 31, 1990. Do not submit a separate form for the lottery.

**DCRRC Award Winners and Volunteers:** If you have been promised an entry form by participation in the DCRRC's Cherry Blossom Series, by the DCRRC as a race director, etc., or as a Cherry Blossom volunteer last year, **do not enter the lottery.** You will be sent an entry form automatically. If you enter the lottery you will be disqualified.

**The 3k Fun Run:** A 3-kilometer fun run, which is open to all, is held in conjunction with the 10 mile. Commemorative awards go to the first 500 in the 3k. No pre-registration.

**Volunteering:** If you can't run this year, why not drop us a note to the address above and volunteer?

## KIWIS SHARE WORLD-BEATER SECRETS AT NEW ZEALAND EMBASSY EVENT

*by George Banker*

Running aficionados were lured to the New Zealand Embassy on the evening of October 30th by the Honorable Tim Francis, the New Zealand Ambassador. The bait, the sharing of the secret from down under: How do they produce so many world-class runners? The event also served as a send-off for three of the world's best athletes in their respective age groups: John Campbell (41), Roger Robinson (51), and Derek Turnbull (63) as they departed for the 21st annual New York City Marathon. Ambassador Francis explained that to discover the secret of their success you had to see New Zealand first-hand, and advised attendees to contact their travel agents and make reservations. It's summertime down there, so you can also enjoy a change of season.

The moderator of the event was Kathy Switzer, women's champion in the 1974 New York Marathon and spouse of Roger Robinson. Switzer noted that the only common denominator between the three was their New Zealand nationality. Their lifestyles, professions, and training regimens were very different.

John Campbell set the masters record at Boston this year with an astonishing 2:11:04, and set age group records for several other distances during the race. A former commercial fisherman and convenience store owner, he now devotes his time to running, logging up to 130 miles a week.

Roger Robinson is an author and English professor at Victoria University in Wellington. Last year Robinson was unbeaten in his age group in over 30 elite events from 10K to the marathon. Robinson ran 2:28:02 at New York last year, finishing 63rd out of 25,000 runners—not bad for a 50-year-old.

Derek Turnbull, a sheep farmer by profession and

a runner by choice, owns fifteen world age group records, in distances ranging from 800 meters (2:14:53 at age 62) to the marathon (2:38:46 at age 60). "Running is a state of mind," said Turnbull, "and if boredom sets in, it's over." His training is less orthodox than either Campbell's or Robinson's. Turnbull said, "I run when I can, where I can, and for as long as I can. The runs are for no set distance or time."

There was no word after the event on how many people planned to visit New Zealand. Now if they could *guarantee* a p.r., maybe we could charter a plane . . . .

## CO-OP 10K IDEAL MARINE CORPS WARMUP; WADSWORTH, FISHER TAKE TOP PLACES

*by Special Correspondent John Betts*

The second annual Co-Op 10K was run under ideal weather conditions at Hains Point on October 21, 1990. The men's open division was won by Jim Wadsworth of Arlington in 31:43, while the women's winner was Sally Fisher of Washington, D.C., with a time of 39:38.

The most notable performance of the race was probably recorded by J. J. Wind of WRC. Beginning the race about 60 seconds after it was officially started, and running without a warmup, Wind still clocked a creditable 37:13. His effort was good enough for second place in the men's masters' division and 10th place in the overall race standings.

The Co-Op 10K is a relatively small, but well-managed race. It consists of two loops around Hains Point and provides an excellent opportunity for a "short race" before the Marine Corps Marathon.

**Men:** 1. Jim Wadsworth, 31:43; 2. Patrick Key, 31:54; 3. Rusty Moore, 33:01; 4. Ricardo Blanco, 34:14; 5. Karl Marx (?), 34:39; 6. Ted Poulos, 35:21; 7. Tom Clark, 35:31; 8. Mario Yach, 36:02; 9. Jim Ford, 37:07; 10. J. J. Wind (WRC), 37:13; John Betts (WRC), 42:44; James Scarborough (WRC), 43:00; Alan Roth (WRC), 45:05; Herb Chisholm, 47:10.

**Women:** 1. Sally Fisher, 39:38; 2. Berhane Tadesse, 40:25; 3. Ruth O'Hara, 43:43; 4. Tammie Watkins, 44:20; 5. Maura Schwartz, 45:53.

## 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.

**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.

*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***