

Washington Running Club Newsletter



Volume 10, Number 4

© 1991 Washington Running Club

April 1991

APRIL MEETING IN ARLINGTON (WITH PIZZA)

The WRC monthly meeting will be held at Kevin Kolakowski's apartment on FRIDAY, APRIL 12th at 8:00 p.m. Prez Kolakowski lives at 2100 Lee Highway, Apt. 523, in Arlington. The telephone code at the front door is 262, which is also the length of a marathon (without the decimal) for all you folks who have problems with numbers. From Key Bridge take Lee Highway approx. 1/2-mile to apartment building on left, you have to make a U-turn at the next block to get to the building.

The Club will provide pizza, and other food and beverage donations would be welcomed. We ask that no children attend because of limited space.

YARA AND MERKEL TAKE WIN AT BETHESDA CHASE 20K

by George Banker

The Bank of Baltimore and the Montgomery County Government teamed up to sponsor the 14th Annual Bethesda Chase 20K on Sunday, March 3, 1991. Last year was strictly gloves-and-tights weather, this year the sun gave us a shorts-and-singlets race.

Area runners know that the course is demanding—especially between 5.5 miles and 7.5 miles, and from 9.5 miles to the finish. After 14 years you would think that the hills would have been worn down a little, but they seem to get steeper every year.

New Mexico's Robert Yara, in the area on active duty with the Air Force and running for the Baltimore Road Runners Club, took an early lead with a pack of five runners on his heels. Yara lost the lead for a few moments when he ran off course, but, making a quick recovery, he quickly regained the lead never to relinquish it again. Yara flattened out the hills capturing first place in 1:07:16, with Richard Ferguson 2nd in 1:08:47, and Andy Passmore in 3rd with 1:09:04.

The race for top master was close, as New Zealander Roger Clark outmaneuvered (that's outmaneuvered to the Kiwi's) Ben Beach to finish in 1:10:34 to Beach's 1:10:46. Third master was David Lowe in 1:14:27.

The female division was dominated by local favor-

ite, WRC's Kathy Merkel. She took the lead from the start and never relinquished it. Merkel wrapped up first in 1:23:25, and a minute behind was Susan David with 1:24:23. Dana Smith attempted to close on second, but settled for third in 1:24:31.

The women's masters division was led by Sharon Hamilton-Dolan, with 1:29:51. Second place went to Janice Stoodley in 1:30:57, with Hiroko Smith in third with 1:31:40.

The lone wheelchair participant, Mike Scrivens, rolled over the hills in 1:29:40.

Race walkers were led by Alan Price every step of the way as he finished in 1:56:22. In second was Bill Norton in 1:57:47, with Bob Elliott in third with 1:58:55. First female walker was Lois Dicker in 2:18:57, with T. Wilson in second, followed by Cecilia Miles in 2:26:41.

In a class by himself was 72-year-old Alvin Gutttag, who has completed all fourteen Bethesda Chase runnings. Last year announced it was his last 'Chase', but he has the "running bug" and returned for one more. The tradition continued as Gutttag clocked a 2:37:59.

Men: 1. Robert Yara, 1:07:16; 2. Richard Ferguson, 1:08:47; 3. Andy Passmore, 1:09:04; 4. Chris Samley, 1:09:04; 5. Scott Douglas, 1:10:13; 6. Roger Clark, 1:10:34 (1st master); 7. Dominique Da Luz, 1:10:41; 8. Jeff Sanboen, 1:10:44; 9. Ben Beach, 1:10:46 (2nd master); 10. Adam Treciak, 1:10:51; 18. David Lowe, 1:14:27 (3rd master); 19. Ridge Kelley, 1:14:27; 20. Ted Poulos, 1:14:41; 22. John Sherlock, 1:14:52; 25. Vassili Triantos, 1:15:27; 31. J. J. Wind (WRC), 1:16:44; 41. Kirk Davies, 1:18:40 (1st 50+); Dave Asaki, 1:19:07; Tom Skelly, 1:20:32; Bernie Gallagher, 1:23:32; Tris Kruger (WRC), 1:26:44; Richard Bockman, 1:26:48; George Banker, 1:27:59; George Cushmac (WRC), 1:30:00; Ed Blum (WRC), 1:34:49; Dixon Hemphill, 1:39:23 (1st 60+); Al Gutttag, 2:38:01 (1st 70+).

Women: 1. Kathy Merkel (WRC), 1:23:25; 2. Susan David, 1:24:23; 3. Dana Smith, 1:24:31; 4. Pam Foley, 1:24:34; 5. Elizabeth Sheldon, 1:27:16; 6. Maureen O'Connell, 7. Monica Grillo, 1:27:41; 8. Laura Scofea, 1:28:11; 9. Nancy Staub, 1:28:32; 10. Lori Poulos, 1:29:39; 11. Sharon Hamilton-Dolan, 1:29:51 (1st

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

master); 13. Janice Stoodley, 1:30:57 (1st 50+); Jeanne Grillo, 1:34:09; Judy Flannery, 1:35:06; Anna Berdahl, 1:43:14.

HAGE AND O'NEILL TOP FIELD AT 6TH ANNUAL REDSKINS 8K

Jim Hage and Cassie O'Neill both justified their *Washington Running Report* top rankings on Sunday, March 24th at the 6th Annual Redskins 8K Run. With the temperatures above average and a slight wind, times were generally slower than last year.

Hage took command of the race as the field turned off Pennsylvania Avenue and swung over to Independence, never looking back. Hage's closing 5 minute mile easily held off a late race surge by runner-up Robert Brooks, formerly of Reston and now, thanks to the U.S. Army, a resident of Sierra Vista, Arizona. Hage finished in 24:37 to Brooks' 24:49 effort. Harvard alumni, John Duffy, matched his position in the previous week's Alumni race by taking third in 25:06.

There was no competition close in the women's race as O'Neill, after a slow 5:50 first mile (the mile marker may have been off), picked up the pace and took the win in 27:40. O'Neill had just returned from running in the Great Wall Ekiden race in China, but the jet lag didn't seem to slow her down. Second place finisher Shelly Burns registered a 30:27, with Win Graves rounding out the top three in 31:35. The top WRC woman was Mary Stark in 5th place with a 31:56, followed in 6th place by Berni Creed in 32:19.

Among the spectators was Darrell General who, along with Steve Taylor, will be representing the U.S. World Cup team at the London marathon on April 28th. Jim Hage was also asked to join the team,

but had to decline because of business commitments.

Men: 1. Jim Hage (WRC), 24:37; 2. Robert Brooks, 24:49; 3. John Duffy, 25:06; 4. Greg Watson, 25:20; 5. Greg Mislick, 25:24; 6. Steve Ruckert, 25:34; 7. Robert Ingram, 25:36; 8. Rusty Moore, 25:55; 9. Mark Anderson, 26:05; 10. Anthony Grier, 26:11; Ridge Kelley, 27:23; John Sherlock, 27:27; Ed Doheny (WRC), 28:55; Chan Robbins, 29:50; Gerry Ives (WRC), 29:59.

Women: 1. Cassie O'Neill, 27:40; 2. Shelly Burns, 30:27; 3. Win Graves, 31:35; 4. Elizabeth LaPlante, 31:45; 5. Mary Stark (WRC), 31:56; 6. Berni Creed (WRC), 32:19; 7. Marny Gilluly, 32:27; 8. Betty Blank, 32:49; 9. Chrissy Funderbunk, 33:08; 10. Judy Stille, 33:14; Lucy Ventura, 40:50.

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

Globe-trotting **Maria Pazarentzos** recently returned from Japan where she represented the U.S. at the Yokohama International Women's Ekiden. She ran the third leg (5K) in 16:31, 5th fastest split on that leg, and moved the U.S. team from 10th to 8th with her effort. Competing against 20 national teams, the U.S. ended up finishing 9th in 2:22:33, China won in 2:16:23. Pazarentzos is scheduled to run the 4,000 meter leg for the U.S. team at the Great Wall of China Ekiden in Beijing, China on March 17 with local runner **Cassie O'Neill** also on the team.

After receiving reports on how well **Lisa Hamm** was doing in New York we received bad news along with her renewal check. Apparently Ms. Hamm was inspired by the New York Marathon to step up her mileage to shoot for 'the big one.' Then the situation in Iraq launched her into 12-hour days, which cut down on the running a little. So, she decided she needed some rest, and went on a ski vacation to British Columbia. When skiers talk about 'downhill' they must be referring to what happened to Lisa's conditioning. Our former Prez took a rather nasty spill, ripped some knee ligaments and, for good measure, broke her leg! Now she's out of commission until at least Easter—if the leg heals okay and the arthroscopic surgery is successful. Next time you think you need some rest, drop what you're doing and go out for a 10-mile run, it's a lot safer than going skiing.

The Colonial Half-Marathon was held on Sunday, February 24th, in Williamsburg, Va. WRC was represented at the race by **Jim Hage, Jeff Reed, Ed Blum, James Scarborough** and **Keith Higgs**, who was the designated cheer-leader. Hage took 5th place overall in a time of 1:07:50, with Reed finishing in 1:29:30, Blum turning in a 1:34:10, and Scarborough a 1:39:37. **Steve Taylor** won the race in 1:05:50 **Mark Baldino**—runner, locksmith, and publishing magnate—won his age group in the 5K fun run with an 18:15.

Washington Running Club

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

CLUB OFFICERS

President: Kevin Kolakowski (703-524-8391)

Vice President: Tris Kruger (301-983-2283)

Secretary: Gerry Ives (301-320-3337)

Treasurer: Jerry Merkel (703-525-5943)

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

On the sidelines at the recent Redskins 8K was **Darryl Stewart**. Stewart reports that he has recovered enough from the automobile accident that nearly took his life to get back to running every other day. He is targeting 1992 as his comeback year.

DC Road Runners Club has announced their awards for 1990-91, to be presented at the DCRRC Banquet at 6:30 p.m. on Saturday, April 27th, Holiday Inn National Airport. The DCRRC award for Outstanding Male Runner, for the second time, goes to WRC's **Jack Cleland**. The award for the Outstanding Woman Runner will be awarded to WRC's **Kathy Ventura-Merkel**. Named Outstanding Masters Runner was **Ben Beach**, with the Outstanding Female Masters Runner award going to **Cindy Dalrymple**. The Most Improved Runner selectee is secret, you'll have to attend the banquet to find out. DCRRC Outstanding Volunteers award goes to **Jack** and **Charlotte Edwards**.

Jay Wind is looking for volunteers to help coach the Arlington Youth Track Program on Saturday, April 6th and 13 20th at TJ, and April 27, May 4th, 11th, 18th and 19th at Washington and Lee High School. Volunteers should contact Jay at (703) 920-5193.

Kirk Baird moved to New York and reports that there are "a lot" of runners in the Big Apple. He has joined the N.Y. Road Runners Club, but still maintains his membership in WRC.

On April 29th, (Monday), the DCRRC will have a meeting of Race Directors and aspiring Race Directors at TJ Center in Arlington, at 7:30 p.m. Everyone is invited.

Steve Siders, a graduate student in the Department of Kinesiology at the University of Maryland, is writing his Master's thesis on the relationship of leg strength (relative to body weight) and running economy/efficiency in trained male distance runner with similar VO_{2max} values. He is looking for volunteer male runners, aged 18-34 with a training load of over 40 miles per week. Volunteers will be tested for leg strength, VO_{2max} , body fat, and running economy at the U. of Md. Exercise Physiology Lab. Call (301) 317-6725 if you're interested.

Mark Baldino's father passed away on March 17 after a long illness. I'm sure everyone in the Club joins me in sending condolences to the family.

RODGERS WINS ALAMO ALUMNI RUN WITH WRC'S HAGE A CLOSE SECOND

by George Banker

The Alamo Alumni Run, which started as a single event in 1989, has grown to a series of six 5-mile races in 1991. The first event of the series was held on Saturday, March 2, 1991 in West Potomac Park. Runners competed as individuals and on teams representing their alma mater. The school with the most entrants received a \$1,000 donation. In addition,

individual awards included Alamo rental cars for up to twenty-one days—no more running from place to place.

The rain stopped about an hour before the start of the race, and was replaced by an increase in the wind, but there were still a thousand runners ready to run with Bill Rodgers, Frank Shorter, and Vicki Huber.

Jim Hage and Frank Gerber took the lead for the first mile with Bill Rodgers in pursuit. At mile two Hage and Rodgers were out front and alone as they crossed the marker in 9:42. Nearly 100 yards back was the second pack that included Shorter.

In the women's division, local runner Cassie O'Neill crossed the two-mile mark in 10:45 with Anita Kelly and Huber in hot pursuit.

At the 3.5 mile mark Rodgers opened up a 50 yard lead and went in to finish in 24:33, with Hage in second in 24:47. Gerber was overtaken by John Duffy who finished in 25:16.

The women were still all chasing O'Neill, but to no avail. O'Neill led from wire to wire, finishing in 27:17, with Huber in second in 27:52 and Kelly in third in 28:54.

The men's masters title went to Rodgers, with Steve Ruckert taking second in 25:57, and Frank Shorter in third in 26:43. Faye Bradley took the senior masters crown (50+) with a 27:45.

The top woman master was Mary Ann Zuckerman in 34:28, followed by Marie Baumann-Robbins in 36:58, and Catherine Lopez in 37:21.

The top open men's team title went to Bucknell (F. Gerber, T. Neu, J. Floyd, C. Cole and D. Grady), as did the open female title (M. Allan, J. Perry, and E. Ludwigson).

Men: 1. Bill Rodgers, 24:33; 2. Jim Hage (WRC), 24:47; 3. John Duffy, 25:16; 4. Frank Gerber, 25:39; 5. Michael Wilson, 25:45; 6. Mark Anderson, 25:52; 7. Steve Ruckert, 25:57; 8. Gregg Coan, 26:00; 9. Kenneth Lindell, 26:02; 10. Ted Neu, 26:16; 13. Phil Woodyard (WRC), 26:46; 17. Jim Alexander, 27:23; 22. Faye Bradley, 27:45; 30. Ted Poulos, 28:22; Chan Robbins, 30:27; Mark Baldino, 30:29; Steve Forman, 31:29; Herb Chisholm, 34:16; Andy Buechele, 34:24; James Scarborough (WRC), 35:08; Tom Rogde (WRC), 35:11.

Women: 1. Cassie O'Neill, 27:17; 2. Vicki Huber, 27:52; 3. Anita Kelly, 28:54; 4. Lynn Patterson, 29:03; 5. Mary Beth Allan, 29:18; 6. Judy Perry, 29:50; 7. Mary Robertson, 30:01; 8. Elizabeth Ludwigson, 30:06; 9. Susan Wallace, 30:49; 10. Gena Korreu; 13. Laura Gaydos, 32:15; 21. Berni Creed (WRC), 33:26; 25. Mary Ann Zuckerman, 34:28.

PATIENCE PAYS FOR McCORMACK AT ST. PADDY'S DAY 10K

This year's St. Paddy's Day 10K actually fell on St. Patrick's Day, and the weather was a little less hot and humid than last year. This is the fourth anniver-

sary of a race that is fast becoming a Washington institution.

Dave McCormack finished third last year, and he was ready to take over the winner's laurels in this year's race.

Jeff Pajak took the early lead, with McCormack hanging within striking distance until just past the four mile mark; a little after the upgrade near Capitol Hill. McCormack took over the lead and blasted through to the finish in 31:20, with Pajak close behind in 31:33. John Duffy took third place in what was to become a three-week third-place streak. Duffy ran third at the Alumni Run the following week, and third at the Redskin's Run the week after that.

The women's division winner, in 39:01, was Jackie MacDonald. MacDonald had never even come close to breaking 40 minutes before, and was quoted as saying this was a p.r. by 5 minutes. In second place was Carol Schultze in 39:32, followed by Laura Gados in 39:50. WRC's top finishers were Mary Stark 5th in 40:06, and Berni Creed 6th in 40:13.

Men: 1. Dave McCormack, 31:20; 2. Jeff Pajak, 31:33; 3. John Duffy, 31:48; 4. Greg Watson, 32:07; 5. Daniel Murphy, 32:29; 6. Jim Wadsworth, 32:40; 7. Jim Knight, 32:52; 8. Alan Cantlay, 33:10; 9. Ed Raymos, 33:15; 10. Terry McLaughlin, 33:34.

Women: 1. Jackie MacDonald, 39:01; 2. Carol Schultze, 39:32; 3. Laura Gados, 39:50; 4. Elizabeth LaPlante, 39:55; 5. Mary Stark (WRC), 40:06; 6. Berni Creed (WRC), 40:13; 7. Pamela Fel, 40:15; 8. Ann Conlin, 40:22; 9. Laura Fiedler, 40:35; 10. Maureen O'Connell, 40:41.

INDIVIDUAL AND TEAM RESULTS FROM G.W. BIRTHDAY MARATHON AND RELAY

George Banker, the DCRRC Historian and the Marathon Relay organizer, compiled the results of the Third Annual Relay.

This year there were 13 men's open teams, three men's masters teams, six women's open teams, two women's masters teams, and 24 coed teams.

A new course record of 2:23:06, was set by the WRC 'A' team (Jack Cleland, Alex Magoun, and Roger Howell) in the open division. A course record was also set by the WRC coed team (Jim Hage, Kathy Merkel, Jerry Merkel) as they finished in 2:36:04. And the MCRRC women's masters team of (Berdahl, Crscio, and Newburgh) set a record with their time of 3:23:58.

Overall, WRC captured three team titles (open men, coed, and master's men), winning every division where we entered a team. Unfortunately, we couldn't get a women's team together—wait until next year.

Open Men: 1. WRC 'A' (Jack Cleland, 49:44; Alex Magoun, 1:34:40; Roger Howell, 2:23:06); 2. MCRRC Lickers (Allan Brecher, 51:21; Bill Lee, 1:36:42; Bill Stahr, 2:29:53); 3. NOVA (Rick Bockman, 59:19;

Dave Tompkinson, 1:46:47; Bernard Shaw, 2:42:17).

Master Men: 1. WRC Masters 'A' (Hal Katen, 53:37; Ed Doheny, 1:43:11; Lucius Anderson, 2:34:20); 2. MCRRC Blue and White (Rick Sutkus, 54:22; Steve Solbeck, 1:43:13; Ridge Kelley, 2:36:55); 3. MCRRC Last Minutes (Richie Weiss, 1:10:17; Art Morey, 2:07:50; Tom Willging, 3:12:20)

Open Women: 1. You'll Love Our Buns (Pam Garrettson, 1:06:14; Carolyn Bouma, 2:04:12; Annette Boman, 3:10:03); 2. MCRRC Noticeably Nimble (Sharon Hamilton-Dolan), 1:04:18; Debbie Waddell, 2:06:59; Nancy Staub, 3:10:44); 3. Washington RunHers (Caistina Zarate, 1:11:26; Carol Mitten, 2:19:23; Nina Trocky, 3:43:24).

Master Women: 1. MCRRC Three For The Road (Anna Berdahl, 1:09:37; Ruth Crscio, 2:10:56; Janet Newburgh, 3:23:58); 2. Washington RunHers (Carol Schermer, 1:10:44; Barbara Long, 2:19:22; Linda Hansen, 3:36:01).

Coed: 1. WRC Coed 'A' (Jim Hage, 48:06; Kathy Merkel, 1:39:50; Jerry Merkel, 2:36:04); 2. Foley's Frolicing (Andy Carr, 55:33; Pam Foley, 1:47:04; Adam Trzeciak, 2:38:42); 3. MCRRC Dances With Roadrunners (Ted Poulos, 51:51; Susan Cain, 1:45:41; Dave Keaton, 2:43:39) 6. WRC Coed 'C' (Tris Kruger, 1:04:19, Mary Stark, 1:57:45; Gerry Ives, 2:58:30); 8. WRC Coed 'B' (Kevin Kolakowski, 57:17; Angie Petrauskas, 1:54:46; James Scarborough, 3:03:15).

MINUTES OF THE WRC MEETING HELD ON FRIDAY, MARCH 8, 1991

In the absence of the Club President, Vice President Tris Kruger conducted the meeting.

Team Races: Kathy Merkel is organizing teams for the Nike Women's Race. She is hoping to be able to put together two teams. Interested women can contact her at (703) 525-5943.

Social: Members were reminded that the DCRRC's Annual Banquet will be held on Saturday, April 27 at the Holiday Inn, National Airport. Tickets can be obtained by sending a \$15 check, payable to DCRRC, to: Awards Banquet, PO Box 6406, Arlington, VA 22206.

Financial: Jerry Merkel reported a balance of \$5,080 in the Club account.

New Business: The Club has agreed to put on the Clarendon 8K in September, and will need volunteers. The Club will also provide a race director (Prez Kolakowski), and volunteers for the DCRRC Carderock 10K on June 11th. Members running in Boston should request partial reimbursement of expenses from Jerry Merkel (703) 525-5943. We need a volunteer to represent WRC at the PVAC meeting at Wheaton Library on May 16.

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.

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 Pat Walker, 2100 Lee Highway, Arlington, VA 22201. 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, Georgetown U. track, 4:30 p.m. until 6:30 p.m. Informal track workout. **Contact:** Gerry Ives at (202) 452-4242.

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] (301) 314-7457 or evenings h] 441-9265.

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 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 1990

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