

Washington Running Club Newsletter

Volume 11, Number 5

© Washington Running Club

June 1992

FOCUS ON FINANCIAL REIMBURSEMENT IS MAJOR ISSUE OF MAY MEETING

The major issue of the May meeting held at the home of President Kruger in the Winter Palace was club reimbursement for members. Discussion involved setting a maximum for reimbursements; some people don't ask for reimbursement as a matter of pride and those who get reimbursement should also be putting work back in the club (volunteering). Some people ALWAYS want their entry paid, regardless of the race, and they are not active in the club. The debate will go on!

Cathy Merkel won a CD player at Jay's run.

The softball game between WRC and NOVA will be changed to either Saturday, 13 June or Saturday, 20 June. Andy Smythe will coordinate.

The next meeting will be held Friday, 12 June at 8 P.M. at the White House. Take the Beltway to River Road, Exit toward Potomac on River Road. Tris lives at 9541 Accord Drive, in Potomac, MD. The house is approximately 3 miles from the Beltway on the left at the corner of Accord and River, about 1/4 mile past the Potomac Nursery and Garden Center. The Club will provide refreshments, however contributions will be welcomed.

The WRC weekly Sunday run June 14th will start and end at Tris's house at 7:30 a.m.

The normal Sunday runs starting in Georgetown will start at 7:30 a.m., until further notice, due to summer hours.

NEW CUT OFF DATES FOR THE WASHINGTON RUNNING CLUB NEWSLETTERS IS BEING SET FOR THE 25TH OF EACH MONTH. ARTICLES AND INFORMATION MUST BE RECEIVED BEFORE THE 25TH. THIS WILL INSURE THAT ALL CLUB MEMBERS RECEIVE THEIR NEWSLETTER EARLIER. Ed

MESSAGE FROM OUR PRESIDENT

Like the proud father bragging about his wonderfully talented and unique children, I'm both proud and in fact awed by our outstanding runners. This season has produced some incredible performances.

We all know running requires constant vigilance; there's no forgiveness in our sport and to excel takes extraordinary effort and perseverance. There are many in our Club who have run exceptionally well this season. Patty Scott has come back from injuries to win. Laura DeWald competed in the Olympic Marathon Trials and did well in Boston. Jim Hage did extremely well in the Olympic Trials. Andy Smythe ran close to a PR 10K @ 34 minutes recently, and Kevin Kolakowski ran a blistering 37 minute 10K recently. Carol Schultze has been running extremely well and was 2nd only to Patty in the St. Paddys 10K. Bernie Creed who steadfastly runs with us on Sundays is steadily dropping her times and is hitting one PR after another. John Thoren has been running well and Jerry Merkel is ready to burst on to the winners tape with the added incentive of a new age bracket.

(Con't P4)

BEHIND THESE PAGES:

Presidents message	page 1
Running & RCCA -Henley Gobble	page 2
Sallie May by George Banker	page 3
Dropping out at Boston	page 3
Jim Hage: Commitment to Excel...	page 4
Northern Telecom Cherry Blossom	page 6
Local Discounts/Group Runs	page 7
Up Coming Race Information	page 7
Membership Application	page 8

RUNNING AND THE RRCA MY AVOCATION AND VOCATION

by
Henley Gible

Little did I know or imagine, back in 1975 when I took my first tentative running steps, that those steps would change my life. The Washington Running Club elite were my idols and role models...Max White, Ray Morrison, Bruce Robinson, Peter and Valerie Nye.

A fall Sunday in Greenbelt Park at the DCRRC's 20, 10, and 1 3/4 milers was my inaugural race, when I had been running about three months. Just as through it were yesterday I remember meeting Val in the ladies' room. Val, sylph-like, stood in front of the mirror, her hair in one long braid down her back, I, like a dodo, asked her if she were running the Run-For-Your-life 1 3/4 miler. Rendered speechless and in enormous awe, I was incredulous when this dainty woman said she was running the ten! I will never forget it. I will also never forget the friendliness and acceptance of the other runners that day when Helena Corfield and I successfully completed our first race, twice around the lake.

It was that generosity of spirit, the encouragement, and the high from the running that propelled me to say yes a few months later when Ray Morrison asked me to be secretary of the DCRRC under his presidency. Later, in the fall of 1976, thirteen of us twelve women and one man) founded the Washington RunHers Unlimited Club. I remember Bruce Robinson quipping that he was going to start the RunHims and they were not going to choose such ugly colors as purple and green! In the fall of 1977 I was asked by then-RRCA President, Jeff Darman, to coordinate the State Department's Women's Torch Relay that was to run from New York to Texas commemorating the International Women's Year and ending at the IWY Conference on Women in Houston. At the end of those three months of volunteer work organizing runners over the 3,000-mile route, my reward was being invited to run with the torch runners that last week into Houston, and it was there that I met two women runners who changed my life further.

Jacaueline Hansen and Leal-Ann Reinhart were the first two American women to break 2:40 in the marathon, and they had paid their own way to the IWY conference to lobby for the inclusion of the women's marathon in the Olympics. JQ and Leal-Ann were my heroines, for I had read about them earlier in *Track and Field News*. Activist juices flowing after that

experience, I returned to ask Jeff what the RRCA could do, and he promptly appointed me head of the RRCA's Women's Distance Committee. Thrilled to be able to do something, I organized a women's panel at the Boston Marathon, co-wrote a booklet on women's running with Ellen Wessel, and started the RRCA's series of Women's Distance Festivals in 1980, to publicize the fact that women had no marathon event in the Olympics.

The RRCA elected me VP/East in 1982, and in 1986 I was elected president. One of the most remarkable aspects of that election was the fact that no one remarked that I was a woman. I was simply elected. It was wonderful.

Those four years, from 1986 to 1990, marked a period in my life of growth, and of enormous learning. In 1987 I opened the RRCA's very first national office in the 600 square feet we occupy today in Alexandria. The RRCA's budget quadrupled as we became more credible in the world of athletics, and Suzanne Girard-Eberle became the first paid employee of the RRCA. In 1990, when I stepped down from being president, I was appointed to be the first Executive Director of the RRCA, and I began to get paid to do the work I love.

The Road Runners Club of America is a benevolent organization. It does not pass rules, only guidelines. It does not tell its members what to do, rather advises. Its mission statement reads: "The Road Runners Club of America is the national association of not-for-profit running clubs dedicated to promoting long-distance running as a competitive sport and healthful exercise. RRCA's mission is to represent and promote the common interest of its member clubs and individual runners through education, leadership, and other service."

My love of our sport and my commitment to it can be traced back to that first DCRRC low-key race in Greenbelt Park so long ago, to the friendliness and encouragement of strangers who cared about me because I, too, was a runner. This is the torch that I carry forth in the job of which I am now blessed, as Executive Director of the RRCA. It has given me the opportunity to promote children's fitness through running, women runners' safety, a voice in our governing body, The Athletics Congress, to travel all over the world, and to promote the sport I care about so deeply.

I would welcome your visits to 629 S. Washington Street. Be sure to sign the guest book!

WRC members thank Henley for her continued contribution.

THE KENYAN STEP 1-2-3 FINISH, AT SALLIE MAE

The road surface had not fully recovered from the workout of the Kenyans at the Northern Telecom Cherry Blossom 10 Miler (4/5/92). The 9TH SALLIE MAE 10K (Sunday, April 12, 1992) used a segment of the flat and fast course of West Potomac in Washington, DC. The proceeds of the event benefit the American Red Cross (National Capital Chapter). The registrations swelled over the 3000 mark. A competitive field was assembled and they all wanted to lay claim on the \$20,000 in prize money. The men's Olympic marathon trials affected the American runners participation. The runners were all pulled tight against the start line and poised for action with toes behind the white line.

The moment off silence, and they were off in a rush. It took a quarter of a mile for a front pack of five runners to form. It was evident they were out to break the speed limit as they hit the first turn in the event. If the first mile was to be an indication the 4:21 split was going to cause great things to happen. The pact of five lost James Farmer (Raleigh, NC) as the pace was risky and close contact was lost. Two miles into the event with 4:23 split (elapsed 8:44) it was a race for the Kenyans as Akonay (Tanzania) dropped from the pack. By the third mile, another casualty of speed, Osoro (Kenya) was cut and began to drift. The split from the mile was 4:30 (13:17 elapsed) and the 5K time was 13:45. The duo of Kirui and Sigei were under world record pace up to mile four (17:52 elapsed time) a split of 4:35.

To match the heat the Kirui and Sigei were generating mother nature was pushing up the temperature and humidity. The temperature was acting like a break as the fifth mile was timed at 4:49 (22:31 elapsed). At the down slope in the course across the Inlet Bridge the duo hit the last turn for the home stretch. It happened, Kirui hit maximum overdrive which Sigei could not match and Kiuri pulled to a solo lead. The tape was broken at 28:01, a new course record by 46 seconds (1991, John Gregorek 28:47) and an added bonus. Sigei stayed close on the heels to cross with 28:03. The third place was captured by Osoro with 28:25 with Akonay

proving to be the stronger finishing 28:37 to Farmers' 28:58.

The Women's event did not have the same level of intensity but the competition was present. Germany's Uta Pippig wanted one last race prior to the Boston Marathon (4/20/92) and led from the start but was being chased by US Olympic trials marathon winner Janis Klecker of Minnetonka, MN. Pippig maintained a constant pace and passed the 5K point in 15:47. Klecker was close at hand but could not find the right combination to take control. Pippig rolled in with a 32:14 win, a few seconds off the course record of 32:00 set by Jill Hinter of Newcastle, England. Klecker held on for a second place finish with 32:24, Kelly McNee (Cliffside Park, NJ) captured third with 33:26.

Kirui commented, "the plan was to have the Kenyans 1-2-3," "we are all fast and we are all good sprinters." It was evident that Kirui demonstrated to be the better.

The American men were shut out of the top three master's positions with a new course record being set by Pierre LeVisse of France finishing with 29:33 and a bonus. Kurt Hurst of Switzerland second with 30:27 and Domingo Tibaduiza of Columbia third with 30:38.

Priscilla Welch of Great Britain placed 8th finishing with 34:38 The time set a new master's record. The record set by Nancy Grayson of Columbia, SC (35:32) prior, finished second in 34:56. The third position went to Barbara Filutze of Erie, PA with 35:57.

Dropping out at Boston...What you won't learn in Runners World

By
John O'Donnell

Running literature is full of articles on how to qualify for, and how to finish, the Boston Marathon, but today's athlete get's precious little advice on how to drop out. As a service to my teammates, let me try to fill this void.

I feel I am now well qualified to address this subject, having just failed to finish my second Boston in eight attempts. I've been competing at the marathon distance at least twice a year since 1976 and until two years ago, I had never failed to (continue on page 5)

The always stupendous, superlative runners are doing well: Lucius Anderson was 9th at the Bethesda Chase Cindy Dalymple was 8th. Bobby Bauer ran very well. Since I beat Jay Wind on that particular day, he didn't have such a good day. Donna Moore is running well, even traveling to Puerto Rico for an invited run. And Cathy Merkel is running as well as she can with knee problems, and won the DCRRC outstanding female runner of '91 for the 3rd year in a row.

Ed Doheny sure has his hands full (speaking of problems). Ed has been suffering leg, hip, ankle, toe toenail problems as well as head and gum problems. Never-the-less he continues to run, at beit sideswiping lamp posts. Ed's also waiting to creep into a new age bracket and give those 35 year old's a run for their money.

Gerry Ives continues to dominate in his age bracket, and even though he takes 3 steps to my 1 he still runs like the wind. At the Cherry Blossom 10 miler he was 1st! Pat Walker is running well, But, regretfully has a distressed home life which is obviously holding her back. Good luck Pat.

Jack Cleland runs best when Mary is in there with the little Clelands cheering him on. Betty Blank runs best with coach Bob Trost running with her. I run best when no one can see me.

Others who have distinguished themselves in our sphere are Jim Scarborough who won the DCRRC volunteer of the year award for his many race directorships and Jeff Reed and George Banker who write loquaciously about our efforts. Norm Brand continues as our TAC representative as does Al Naylor handles LDR duties. I'm not sure what Alan Roth's duties are, but Achilles Track Club and WRC appreciates his advice. Mike Regan is selling us discounted shoes and is ready to come back after injuries.

That's OK Phil, I wouldn't run if I was married to Mrs. Woodyear either.

Our sport requires the most grueling regiment of any human endeavor. One must be mentally and physically superbly trained to excel and then to win, as these people have, requires the 120% effort that goes beyond the normal training regime. Recently, as the world record in the 8K was chattered by Liz McColgan (24:48) it was reported on page C2, one column, no picture, of the Washington Post. We must cheer ourselves and know that we are doing things that no one else can, and we're not paid for our agony and our injuries. Our payment is knowing we're doing the best we can while we attend to the other duties of our lives.

New Shoes will take at least 10 oz. of weight in salts off, John. Then Mrs. Betts can cheer on a Marine Corps Marathon winner.

Pool and Hot Tub at the Winter Palace are revved up for the next club wet meeting. Congratulations to all you runners!! PRESIDENT TRIS

PATOMAC VALLEY SENIOR TRACK CLUB ALL COMERS TRACK MEET, SUNDAY, MAY 24, 1992

Wearing sunglasses, shorts, and a plain green T-shirt, Olympic Hurdler Renaldo Nehemiah mingled anonymously among the crowd of more than 250 runners. Three college students he now coaches won their events.

Margaret Zalenska of Alexandria (formerly of Poland) qualified for the US Paralympic 800 meter Trials with 2:33. Ms Zalenska is legally blind.

JIM HAGE: COMMITMENT TO EXCELLENCE

By
A Special Correspondent
(A Club Member)

Jim Hage of the WRC finished sixth in the Olympic Marathon Trials on April 11th in Columbus, Ohio with an excellent time of 2:16:38. Hage ran a smart race under hot, humid conditions and passed 27 runners in the second 13.1 mile of the marathon.

Hage's race is remarkable not in his excellent time or place, but his desire to do well in the trials. Not having a lucrative shoe contract to support him, he nevertheless took a four month leave of absence from his law firm to train for the Olympic Trials. He ran over 120 miles per week and used weight training to supplement his running. For Hage, it was a total commitment to excellence... An effort to do his very best on one day in his life. And, in an age of well-paid, professional runners, its inspiring to see that kind of dedication in a true amateur.

In other news in the world of the WRC, it is reported that: Ron Ponchak is training seriously again and plans to run in the Annapolis 10 Miler; Ron's wife, Candy runs six miles every morning, but has no immediate plans to resume racing; former Wake Forest (class of '64) 400 IH star, Pat Nearly, is planning a "comeback" in his former event and is looking toward the '96 Olympic Games in Atlanta; former club president Kevin Kolakowski, set a PR with a 59:00 effort at the Cherry Blossom 10 Miler in April 12; the grand old man of the club Gerry Ives, who came to us via England and Cambridge University (where he reportedly raced against Olympic champion Harold Abrahams in 1924), is proving that age is not a barrier with a PR of 56:26 in the 15K G. W. Parkway Classic on April 26th, good enough for second place in his age group: Ives, who will be 53 in July and recently lost ten pounds, also ran the Uptown 8K in 29:38 (his best time on the course) and clocked his best 10 miler time in five years with a 61:01 effort in the Cherry Blossom; Jim Hage attributes most of his recent running success to the patience and understanding of his wife, Elaine (who recently began running); Hage won the 15K G.W. Parkway Classic with 46:31; Tris Kruger, President of the WRC, ran a PR at Cherry Blossom with a 63:00, followed by a 3:13:01 effort at Boston on April 20th; Kruger, however, is reportedly in jeopardy of being "thrown off" the WRC Marine Corps Marathon elite masters team for not "taking his training seriously" and being generally offensive to the members of the club; "long-time Kruger watcher's" doubt he will repent; Bob Trost is "coaching" former WRC member Betty Blank and "helped" her clock a 40:10, 10K on May 17th at the "Lawyers Have A Heart" (her best time in seven years); Cathy Merkel won the Tidal Basin 3K in 11:02 on May 20th and ran 32:45 on a hilly course in the Crystal City 10K on 17 May (fifth woman); Laura DeWald keeps getting faster.. She was the second US woman at the Boston Marathon in 2:39; Dan Rincon is "missing", claims his friends,, reportedly having succumbed to the charms of blond speed merchant Win Graves... Look for a June wedding.

Jay Wind is training hard with good results... 1st master on the Capitol Hill Classic on May 3rd with a fine 35:35 10K, an excellent 35:20 effort on the hilly Crystal City; 1st overall in the Tidal Basin 3K in 10:04, and first master in the DCRRC Franklin Park 5 Miler on the 24th (30:20 on a very hilly course on a humid night); and finally, An "old time" WRC member reported to have said, after hearing that TRIS KRUGER was the Club President "who in the _ _ _ _ is Tris Kruger?"

complete the distance. During this time, I have often engaged arguments with other runners over the question of whether it's nobler to finish--no matter how badly.

I finally scored my first DNF--Did Not Finish for those of you so desperate to finish that you don't even recognize the jargon--in the Boston Marathon two years ago. How does a runner know when it's the right day for a DNF? There are no hard and fast rules for making this decision; it's highly personal and idiosyncratic. There are, however, a few telltale signs. Let's say your goal is to break 3:00 and at the 5 mile mark you still haven't clocked a single mile under 7:00. You realize you are locked in a mortal dual for 5,317th place with a 250 pound man who is running in a kilt and playing bagpipes. The hamstrings are getting sore. The sun is getting hotter. You realize the last time you even saw a hill was last Patriots Day, about 10 miles up the road from where you are at the moment. You get out to the halfway point as Wellesley, you are running a gauntlet of screaming coeds half your age. One of them tells you, you look good and you stop and ask for her phone number. You begin to wonder if you will recover in time for the Captiol Hill 10K in two weeks. You remember what the 24th mile feels like.

Suddenly, it comes to you! It isn't a decision as much as it is a revelation; sort of like a near death experience. Instead of seeing a shining light at the end of a tunnel, you might see a really happening lawn party. In a moment, the hard pavement is left behind. It's over, and you are nowhere near the finish line.

Stories are legion of the great crowds at Boston, and how they carry the runners to the finish. A little known fact is that Boston fans love drop outs every bit as much. Just drop in on any road side party with a number on your singlet, and you are offered whatever they have; soda, whatever is on the grill, and above all else--beer. In Boston, the discriminating DNF'er drops out before the 20 mile mark. In the wealthier suburbs, they drink imported beer. Once you get closer in, its college kids drinking anything under \$1.50 a six pack. This year, I had a Kirin at the 14 mile mark, and a Heineken at 15.

Once refreshed, resist any momentary urge you may have to rejoin the race. When its over, its over. The fat lady has sung. At some point, you must turn your attention to the matter of getting to the finish line. After all, that's where your clothes are. Boston presents certain logistical problems in this aspect. The finish line is 26 miles 385 yards from the start, and the road is closed to traffic.

There are several options. The worst one is the most obvious one; rely on the race staff to get you back. In 1985, when I was in school, I arranged to meet the guys I traveled with at 5 PM for the long ride back to Ithaca, NY. The race was a disaster. It was over by 10 miles, but I saw no alternative to slugging it in to the Prudential Center. The race starts at noon, I got in about 3:23, and after a quick trip to the medical tent, I kept the 5 PM appointment. However, one of my fellow travellers, who was shooting for a sub 2:30, blistered up and dropped out at 13 miles. He waited for the lag wagon, and got to the finish line at 5:15. It was a very long night.

Some favor the subway, a method reported favored by Rosie Ruiz, but she is hardly a fitting role model. An honorable DNF'er never crosses the finish line, much less lays claim to victory. Subway DNF'ing presents several other disadvantages. First you have to get pretty far down the road to get on the Green Line. Also, if you thought ahead and put a subway token in your pocket, you never should have been on the starting line in the first place.

The method of choice is hitchhiking, and the right spot is Route 9, about 100 meters past the 15 mile mark. You've chatted it up with the locals, enjoyed the hospitality, and watched the stragglers go by. Thank your host, and jog down the side street on the right. It is less than 400 meters over to Route 9, and that shoots right into Boston. Thank the cop at the corner for helping out, jog carefully across the highway, and bingo--you are as good as back. As long as you have a race number on your chest, you are picked up immediately. Both times I have done this, I've been picked up within the first 5 cars. In 1990, I had the pleasure of meeting Randy Thomas and his wife this way. Not long ago, Randy was one of the best marathon runners in the United States. "don't worry about it, Hohn," he told me, "I went all the way to Japan once and dropped out." This year, I met a carload of race volunteers. Both times, I was taken right to the finish area.

Finding your clothes in the finish area can be a little awkward. All these sick looking, rubber legged people milling around, and by this time, you do not feel half bad. Get in and out as quickly as possible. When those volunteers congratulate you for a great race, look them straight in the eye and say "Thanks very much." It isn't worth explaining.

Finally, get back to the hotel, get out the calendar, and figure out how long it is to the Marine Corps Marathon. Put it behind you. Resume full training immediately. If you have the right attitude, DNF'ing can enhance your training. (Continue on the next page).

It induces guilt, guilt leads to masochism, and masochism results in high mileage--see my forthcoming self help book Making Your Guilt Work for You. Get started the next day. In fact, get started the same afternoon. The best thing about our sport is that there is always one more race, always a chance to come back. Hope springs eternal.

DARLING TO LEAD AT NORTHERN TELECOM CHERRY BLOSSOM

By
George Banker

Twenty years of rich running history, an event that excites the local and world class runners. Is it the course or the mystery behind the lottery? There were 5,500 selected and in excess of 2,000 rejected. The NORTHERN TELECOM CHERRY BLOSSOM TEN MILER was contested on Sunday, April 5, 1992 in Washington, DC. The race site of West/East Potomac Parks roads has been the recipient of many pounding feet. With a slight modification of the words the core values of Northern Telecom can be overlaid to fit this year's Ten Mile event as the following terms of excellence, teamwork, customers, commitment, innovation and people, can be applied. The overall position of Northern Telecom and this event can be summed into three of the corporation's words "DARLING TO LEAD".

The race has a special piece of history, a world best and course record for ten (10) miles of 46:13 set in 1983 by Greg Meyer. The Olympic Marathon Trials for the men kept the American men away. The road was open to a couple of athletes from Kenya who wanted their names in the history books as the owners of the world's best time. The defending '91 champions of Carl Thackey and Jill Hunter were not in attendance.

The temperature was in the 40's with strong winds gusting (20 mph)!! Mother Nature was going to play a factor in affecting any records. It took about one quarter of a mile for Richard Chelimo of Kenya and William Koech of Kenya to spearhead the assault. It was evident that by mile one (split at 4:21) the record was on the line. The second mile split was 4:29 and still no wind, the couple continued to press hard. The third mile was 4:36 at which time Boay Akonay of Tanzania dropped further behind.

The fifth mile time was 22:46, a split of 4:42, up to this point Chelimo and Koech were under the pace of Greg Meyer (23:06.5). Mother Nature stepped in the next mile and blew their chance across the road along the Washington Channel as the pace fell to 5:02 (mile 6 time 27:48), Meyer had 24:42. With precious minutes lost in the wind Chelimo and Koech

dug deep to recover and mile seven had a split of 4:41. The two runners looked calm as they matched each other's stride not missing a step, they waved to the oncoming runners. The difficult stretch came between mile seven and nine as the winds increased where the splits at eight was 4:54 (37:23) and nine was 5:01 (42:24).

With less than a mile remaining at the Inlet Bridge it was going to be a sprint but Chelimo at age 19 had a 27:11 10K to his credit while Koech had 27:50. Chelimo and Koech stretched all out and the quickness belonged to Chelimo as the clock turned to 47:06 (4:42 split) for first place. Koech took second place with 47:15. Akonay managed to capture third with 48:19. The first American and fourth finisher was Georgetown graduate Peter Sherry of Washington with 48:28. Sherry has qualified for the Olympic trials in the 5,000 meters.

The female leader from the start was Albina Galliamova of St. Petersburg, Russia. Galliamova was no stranger to the Washington area, in 1990 Galliamova, along with fellow runner Olga Markova tied to take first place in a time of 58:14 in the Army Ten Miler which shared some of the same course. A week later Galliamova ran the Richmond Newspaper Marathon and finished with 2:42:50 for first female and third overall among the men and women. Galliamova dominated the entire event to capture first place with 53:44 (the slowest time since 1985).

The second position was captured by Diane Bussa of Boulder, CO, who pulled away after three miles into the event with a finish time of 54:55. The third position was captured by Cindy James of Homewood, IL, with 55:32. Jane Welzel of Fort Collins, CO took fourth position with 55:40 while Joan Nesbitt of Chapel Hill, NC held down fifth place with 55:45.

Now, at age 44, Carl Hatfield of Clarksburg, WV reflects upon his consecutive wins of 1975 (51:47) and 1976 (49:09). In 1975 the wind was much stronger. Over the years with the increase in family and personal responsibilities the weekly 120 miles of 1976 has diminished to an average of 40 miles per week. Commenting on then and now, Hatfield stated, "the earlier years the competition was not as strong nor were there many foreign athletes and certainly the prize money was not there". There was one point of debate over the impact of shoe technology over the years and how much the times of the runners has improved. Hatfield was not convinced that shoes have played a major factor, one can't argue some look fast. Hatfield does not count himself out and the thunder was there as a 58:27 (10th overall) was turned in.

On the local scene, Peter Sherry of Washington, DC was the first male finisher with an impressive fourth place time of 48:28. Springfield resident, Laura DeWald represented the females with a thirteenth place finish of 58:50. DeWald was one of the Olympic trials marathon qualifiers.

The men's masters were led by Chris Weber of Sayville, NY with 52:19 and second went to Thom Suddeth of Richmond with 53:48. Chuck Moeser of Herndon captured third with 53:58.

The women's masters were led by Rose Malloy of Annapolis, MD with 1:01:53 (20th overall). Joyce Rankin of Vienna, VA with 1:04:08 and third position was rounded out by Cindy Dalrymple of Arlington, VA with 1:05:13 (30th place and first in the 50-54 age group).

Finally, in the word of a winner, "I'm a little late, but I'm here", those were the words of Ruth Rothfarb of Miami Beach, Florida who clocked 3:26:59 at age 90.

LOCAL RUNNING STORES OFFERING DISCOUNTS

CAPITAL SPORTS, 235 Pennsylvania Ave., S.E. Washington, DC (546-1212). Discount of 10% for Club members.

COLLEGE PARK BICYCLE, 4360 Knox Rd., College Park (864-2211). Discount of 5-10% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

DECORATIVE RUGS & CARPET, 3230 Duke St., Alexandria (751-4110). Discount of 10% or more on floor covering. Store is run by WRCer's 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 Road., N.W., Discount of 10% on clothing and shoes.

BIKES PLUS, 308 Compton Ave., Laurel, MD., (776-9494). Triathlon and running gear. Discount of 15% on all non-sale items. Ask for George Whetzel.

The Running Store (formally Fairfax Running Center) 211 The Strand, Old Town Alexandria. Discount of 10% on running and biking clothing and biking accessories. Bring newsletter for discount.

GROUP RUNS

Tuesday Night Run. The Running Center. Alexandria 6:30 p.m. Group runs from 6-10 miles along the bike path next to the Parkway. Contact Dixon Hemphill 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, Pacers, 1301 King St., Old Town Alexandria, 6:30 p.m. 10% discount at store. Contact Bobbie Conlan at (703) 836-1463.

Thursday Night Run, Fleet Feet, 8418 Old Keene Mill Rd., Springfield., Group runs too 8.5 miles around Lake Accotink. All paces. 15% discount at store to participants. Contact: Paul Zink at (703) 451-1675.

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

Sunday Morning Run, 34th and M St., N.W. 8 a.m. Over hill and dale the kids hit the trail at a brisk pace while tossing verbal brickbats at one another. Contact Gerry Ives at (202)452-4242.

Sunday Morning Fun Run, Fleet Feet Sports Shop, 11840 Columbia Rd. N.W. 9 a.m. Group runs 5-8 miles through city and Rock Creek Park, all paces. Contact Phil or Jan Fenty at (202) 387-3888.

Sunday Morning Run, Williamsport H.S. (Take 70W to 81 South use Williamsport exit, approx. 70 minutes from DC) 9 a.m. Groups range from 15-40 runners for runs of 13-20 miles mostly on C&O Canal and surrounding countryside. All runners invited. Contact Mile Spinnier at (301) 739-7004.

UP COMING RACE INFORMATION

1992 All comers Track Meets at T.C. Williams High School SUNDAYS 9 a.m. June 14, 28th, July 12th, 26th and August 9th and 23rd.

11 June (Thur) Carderock 10K. Carderock MD. Beltway exit 41, GW Pkwy (MD side) toward Carderock, 0.8 mi to first exit across bridge, follow signs to Carderock recreation area. Refreshments after the race. 6:30 p.m. - 2 mile Run for your life on canal towpath. 7:00 p.m. 10K on canal towpath (Difficulty 1) Bunion Derby #2.

17 June (Wed) Massachusetts Avenue 5 & 10K. Intersection of Mass. and Neb. Aves., NW Washington. Meet on sidewalk in front of A.U. on Nebraska Ave/ 6:30 p.m. 2 mile run for your life. 7:00 p.m. 5K (women), (10K) men; 1 or 2 loops on sidewalks and roads (Difficulty 4) Bunion Derby #3. Refreshments

26 June (Fri) DCRRC/MCRRC Challenge Race. Bullis School, Rockville, MD., School is on Democracy Blvd. at Falls Road. Take Democracy Blvd. west off I-270 to school on right, approx. 3 miles. 7:00 p.m. 5K Cross Country, finish on track, Bunion Derby #4 7:05 p.m. 1K Fun Run.

4 July Go Forth 8K, 8 a.m. Belle Haven Park, Alexandria, VA Potomac Valley Seniors (703) 243-1291.

4 July American Cancer Society 5K, 7 p.m. Frederick, MD Call (301) 371-9562

4 July Firecracker 4 Mile, 8 a.m. Dale City, VA Call (703) 221-4209

9 July Langley 8K 7:15 p.m. Langley HS, McLean, VA DCRRC, (703) 241-0395

10 July Women's Distance Festival 5K (Midnight) Columbia, MD, Howard County Striders, (410) 461-1772.

14 July Bastille Day 4 Miler, 7 p.m. Washington, DC., DCRRC Call (703) 241-0395.

18 July Rockville Rotary Twilight Runfest 8K, 8:45 p.m., Rockville, MD, DCRRC (301) 353-0200.

23 July Belle Haven 8K, 7 p.m. Belle Haven Park, Alexandria, VA DCRRC (703) 241-0395.

30 July Madison Center 8K, 7 p.m. Arlington, VA, DCRRC (703) 241-0395 or James Scarborough (703) 536-7764 (Note: at press time, this race may be MOVED to the C&O Canal Towpath as a seven miler starting at Fletcher's Boat House; Call First!).

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 Family Membership

Name _____

Date of Birth _____

Address _____

Phone h) _____ w) _____

Is this a Renewal

(yes) _____ (no) _____

It would be helpful if you could fill out the information below to enable us to put together teams

BEST TIMES IN 1991

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PR's

10K _____ 10 Miles _____ Marathon _____ Other _____

Family Member's

Name _____ Date of Birth _____

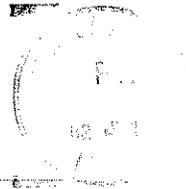
Name _____ Date of Birth _____

Name _____ Date of Birth _____

Make checks payable to WASHINGTON RUNNING CLUB and send to:

Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Dick Brannan at (703) 455-8646



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