

# Washington Running Club Newsletter

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July 1992

## FOCUS ON FINANCIAL REIMBURSEMENT IS MAJOR ISSUE OF MAY MEETING

The June meeting was held at President Kruger's home. Kevin Kolakowski was congratulated on directing the Carderock 10K in which most people ran. Several items of interest were presented during the meeting and those are presented below:

The Club will pay a maximum of \$50 per year for individual reimbursement, up to three races annually to members in good standing. Reimbursement is not limited to entry fee, but in no case will the Club reimbursement be more than \$50. Races may be local or out of town. There is no set list of races. Reimbursement MUST be requested in advance, orally or in writing, to a Club Officer. This must be done in a "reasonable" time period in advance. Hardship cases will be considered on a case-by-case basis. The Treasurer is in charge of tracking and accounting for reimbursement.

All entrants must finish the race, however, you do not have to wear Club uniform (shorts or singlets) but it is encouraged. Reimbursees are required to have contributed to the Club (newsletter, office, social, or volunteering to help on a race, especially Georgetown 10K.

In addition, the Club will designate team races for which it will pay the team entry fee. Entrants must contact the team captain to get on a team (examples: Marine Corps Marathon, Bethesda Chase, Washington Birthday Marathon Relay). This action by the Club officers will take affect for the remainder of 1992.

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### 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

Recently, I had a lengthy discussion with a shoe salesperson. I had a little Achilles heel problem in both ankles, heel spurs, a little knee pain and my hips hurt. Also, I was developing shin splints and a beer belly, and hair on my back. I was tired of running, hated biking and swimming and getting my hair cut and was constantly fatigued. In short, I needed new shoes!

Not just any new shoes, though I needed a split tongued, gelled, slip-lasted Cool Max (to wisk moisture away) reflective, compression molded, shock absorbing, encaped (full length), inverted, asserted, outsoled, insoled and midsoled with soul, shoes. All the manufacturers have this shoe, but I wanted the white with sky enhanced by Magenta with yellow, pink and green highlighted over blue, black and purple base. They narrowed the selection remarkably and if I substituted the green for an outdated turquoise I could save some money.

Since my last pair of shoes, pruchased 3 months ago, fit fine, felt fine, but were dirty; were size 11, I would need a size 10 1/2. This seemed odd, but the salesperson explained convincingly that the coefficient of expansion times the logarithm of shrinkage plotted over time, integrated by a manufacturers index, indicated the 10 1/2 would be perfect. They were a little too snug in colloquial terms. The new salesperson said "no problem

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## "CLAIROL 25 FOR 25" BONUS... GONE! WORLD RECORD

By George Banker

You assemble an international field of female athletes and place a \$25,000 bonus on the line something is bound to happen. A slogan of Nike reads, "Oh you are so emotional", on Sunday, May 10, 1992 (Mother's Day) close to 3,000 registered for the 4th Nike women's Race 8K (4.97 miles) and they would be emotional as they attempted to complete the event in Washington, D.C.

The top billing went to Lynn Jennings of New Market, NH who won the event in the first year (25:07) and set an American and World Record last year (25:02). The \$25,000 eluded Jennings last year as Clairrol walked away smiling. Jennings is dominant on the cross country circuit as three consecutive Years she has taken first place in Women's World Cross Country Championship. The competition included Judi St. Hilaire of Fall River, MA who captured first place in this event in 1990 (25:10). The major threat was Scottish Liz McColgan who holds the record for 10,000 meters (30:39) and will represent Scotland in the Olympics. The first place in the New York City Marathon was captured with a 2:27:32, her first marathon. McColgan is a confident athlete and on November 25, 1990 she gave birth to her daughter and 11 days later she was back into training.

A few others in the field included Madina Biktagirova of CIS (Russia), the Los Angeles Marathon winner (2:26:23) and member of their Olympic team. There were twenty-five international and national athletes all who had their eyes on clipping the ribbon first. In the pack was local runner Rosalind Taylor of Lanham, MD who took first place in the Shamrock 8K (Virginia Beach, 3/21/92) With 26:23. The stage was set for an explosive event while providing a low key running event for the hundreds of other females and mothers. The event is one giant celebration for female runners and there was no problem for the media to keep up with the lead females as in other running events.

The temperature was in the ideal range (low 50s) for runners and spectators. The front line was tight and tense and tips of shoes on the mark. The signal given and the crowd sent the runners on their journey. Within seconds McColgan established the poll position at one point flanked by Nike International teammates Jennings and St. Hilaire and Annette Peters of Eugene, OR. It took about a half mile before the group began to form a break from the main body of runners. At the first mile, 4:52 McColgan led as Jennings, St. Hilaire and Peters followed in almost a single file at one point. McColgan had an expression which sent a signal that this event had a McColgan ring to it. McColgan was testing speed, strength and patience of the followers and at mile two (4:55) Jennings was a couple of strides back while the close contact of St. Hilaire and Peters faded. It appeared that Jennings was going to draft for a while and enjoy the ride. This was not a free ride, by the halfway mark at the tip of Hains Point it was time to pay as Jennings began to drift. By the third mile another installment payment was due as the clock registered 4:59 (elapsed 14:46) and Jennings was falling behind to about 25-30 yards. This was getting to be an expensive ride and the confidence was reflected in the face of McColgan, up to this point there had been no display of a pull-away strategy or surge, it was pure, down to earth fast racing, go out fast and press hard and see what shakes.

Near mile four Jennings had looked over her shoulder for the first time to gauge the closeness of St. Hilaire or another runner. Surprise! St. Hilaire was close enough to tap Jennings on the shoulders, they had a problem. McColgan. At mile four McColgan was making history with a 5:06 split (elapsed 19:52, last year 20:19 was clocked by Jennings). The lead had been stretched to about 100 yards. It was clear that McColgan was giving no free ride and the last mile was to be a glory mile into the record book. The facial expression did not change and the arms were swinging high and the stride still strong and fast. As McColgan appeared down the last stretch, the announcer (Phil Stewart) could not contain the excitement and led the crowd as the seconds began to tick away as Clairrol felt as check being pulled from their pocket. McColgan pressed the last .97 mile in a 4:56 and slowed two steps from the finish line and stepped over. The next few seconds McColgan had hands on her knees and head lowered and was not saying a word. One could only imagine the thoughts. The crowd was wild with excitement as the clock showed 24:48 a new world's Record and \$5,000 for first place and title \$25,000 bonus.

McColgan became the first mother to win this four year old event. McColgan expressed great appreciation to the supporters along the course for the words of encouragement. This event represented McColgan's first appearance in the Washington area, most impressive.

The eyes quickly shifted up the road as Jennings and St. Hilaire were in a battle for second place. The victory went to Jennings with 25:08 and St. Hilaire with 25:09. Jennings retains the American record of 25:02 which was last year. Peters managed to hold onto fourth place and finished with a strong 25:21. The fifth position went to Venonique Collard of Belgium with 25:32.

McColgan had stated after, "I knew that after mile 1, I had the race and the record in hand". The performance validated the comment. Jennings had commented, "Liz is the best in world at keeping up a five-minute pace per mile. It was a terrific experience". There may be an opportunity to catch "McColgan-Jennings II" in Barcelona as Jennings will try to qualify for 10,000 meters. At the 25th World Cross Country Championship Jennings out ran McColgan and now the score stands tied, stay tuned.

Once again the eyes focused to the home stretch as the first local finisher spotted in the top ranks. Rosalind Taylor of Lanham, MD was seen earlier holding a strong pace in the follow-on pack behind the leaders. Taylor clipped ninth position overall which sent a signal, the Washington area has a number of world class athletes. The second closer area runner was Stacey Nicholson of Baltimore, MD with 28:09 (35th) followed by Leslie Minnix-Wolfe of Reston, VA with 28:32 (40th). A couple of weeks ago Minnix-Wolfe captured 5th place in the George Washington Parkway Classic 15K (4/26/92).

The masters were led by Joan Ottaway of Sausalito, CA with 29:42 (49th place). Last year 29:17 was captured. The second position was captured by Linda Mills of Salisbury, MD with 31:30 (79th place). Beverly Pritts of Alexandria, VA captured third master with 33:15 (120th place).

The mother-daughter teams swelled to 111 compared to a high of 94. The first place team (499 points) was Neubert/Lutz of Saxonburg, PA Patricia Neubert was 161st with 34:23 and Margretta Lutz was 338th with 37:10. In addition, Lottie Neubert, age 9, registered a 41:38. Lutz captured the first place in the 60-64 age group for the third consecutive year. The second place team was Mallet/Kelley of Rockville, MD with 565 points (Louise Kelley was 42nd with 28:50

while mother Joanne Mallet registered 39:25. 523rd).

The open team division was dominated by Nike International (39 points), Lynn Jennings (2 - 25:08), Judi St. Hilaire (3 - 25:09) and Kim Jones (34 - 28:04). The second place team was Nike Texas (46 points), Trina Painter (7 - 25:35), Wilma Van Onna (10 - 26:12) and Cindy James (29 - 27:30).

In a display of consistency the age group 70-74. Hedy Marque (age 74) of Alexandria, VA has captured first place in all four years and set a single age group record, 1989 - 39:25. 1990 - 40:31, 1991 - 38:57 and 1992 - 38:46 (482nd).

All eyes will be on Clairol for 1993, McColgan set the stage with a comment, "I could have ran 24:32". Is this the "McColgan Bluff"?

## Dalrymple's still on the run

By Mike Tynn

The Honolulu Advertiser June 3, 1992

Where have you gone, Cindy Dalrymple?

Hawaii's top runner during the 1970's (and probably the state's best distance runner ever) is alive and well and living in Alexandria, VA.

Living recently turned 50 and entered a new age class, Dalrymple is running with renewed vigor. "I had some back problems and took tow years off from racing, but I ran a 39-minute 10-K two weeks ago," Dalrymple said in a telephone interview last Saturday. "The endurance is still there, but I've got to work on the speed. Realistically, I know I'll never run 34 (minutes) again, but I think I can get down to 37, maybe even in the 36's."

A native of New England, Dalrymple gained recognition as a national-class half-miler during the early 60's. She was given a track scholarship to the University of Hawaii in 1963, but frustrated in an attempt to make the 1964 Olympic team, Dalrymple gave up running that year.

However, after the running boom took hold, Dalrymple started a second running career in 1974. In Hawaii road racing competition, no woman was even remotely close to her. Many of her times, turned in during her late 30's would be state records today except for the fact that they preceded the course-measuring standards now required.

Dalrymple left Hawaii in 1979 but returned in 1981, at age 39, to win the Hawaii Women's 10-K in 34:46.8. No other winner of that annual event has come within a minute of Dalrymple's time.

Dalrymple plans to move to Greenfield, MA., in August to teach and coach at a private girl's school.

## YOUNG, OLD, OUT-OF-TOWNERS HAVE HOT TIME IN FRANKLIN PARK

by James Scarborough

It may have been the holiday weekend (although holiday weekend races are traditional) or the first day of summer type temperatures, but the first warm-weather running, of the Franklin Park Five Miler saw only an average turnout. However, a good time was had by all 64 finishers (plus a couple of non-finishers and two unofficial runners) in the Saturday evenings race on May 23 at Williamsburg Middle School in Arlington. David Dubin, 24, from Falls Church won the gold in 28:22, just barely holding off Seth Goldman, 26, and John McGrail, 36, both of Arlington, and Al Scott, 33, of Washington. all finishing in under 29 minutes, Ted Poulos, 30, of McLean, finished in 29:49 and won the first random prize. Jacob Wind, 42, of Arlington. owner of the masters' course record, won the 40-52 age group in 30:27, Bob Platt, 40, was second (9th overall) in 31:51. (Jay, Ted, Bob, and John was all familiar with the famous hills). Among the women, Maria DiBiase Eisemann, 29, of Laurel, MD. led the Pack (16th overall) in 33:17, not a course record but still a good pace. She was followed by locals (Mrs. Ted) Lori Poulos in 35:50 and Ellen Hill. 38:44, both of McLean. Suzy Lorentz, 42, came all the way from Winston-Salem, NC, to Washington for the weekend called up looking for a race she could get to from her hotel, and came up with a first in 40-52, 40:10, fourth woman overall (43rd) finish for her troubles. Suzy wasn't the only out-of-towner running, Navy man Brad Olson came from Guam and finished 27th in 36:46. Chuck Leonowicz from Clifton Park, NY finished 34th in 36:56, Michael Benson of Liverpool, NY, finished 37th in 37:59, and Tom Sullivan of Orangeburg, SC, finished 46th in 40:49. The field also included race consultant Jeff Darman in 35:48, John Winkert. in 39:15, former schedule chair Joe Broderick in 43:31, and former information line person Kay Marshall in 55:06. Last but not least were Al Guttag in 56:48, and Bud Averitt in 1:04:03.

About a fourth as many people (16) competed in the one-mile fun run, mostly kids with their parents. The tape was broken by Russell Evans, 8 years old, in 6:53. The first woman was Nina Goodman, 35, in 9:59. Everybody in the fun run had an Arlington address.

Thanks to the following volunteers for their help; Ed Demoney, Gary Guenther, Jacob Wind, Don and Rosemary Avery, Tom Protz, Al Holzinger, Bill Brogan, Tim Hargrove, Ted Bace, and John Eisemann. Thanks to Williamsburg for providing the restrooms, tables, and chairs.

just pop the wrong shoe in the mail and we'll send you the correct 11 1/2 size". When I protested he said the 1st guy used the wrong integration, and that if in fact the size 11 were perfect, it was obvious I need a size 11 1/2 - "trust me". After a 9 mile little kick around - on carpet of course, my feet swam in there boats. "That's so odd" she said, "well just pop' em in the mail and well send you the 11". But I didn't like the split tongue or the hydroflow system, so I ordered the vary expensive EVA molded, propulsion plated, diagonal rollbarred, breathable, trainer. This shoe fits great, but I can't figure out how to lace it. After several attempts 9this was good, because it delayed my run that day. I had less time to run, and my knees felt better 'cause I only ran 1/2 mile). I ended up with one side 4 holes higher up than the other and 7 inches of lace to tie to 1 1/2 inches. This creates a "slip lasted knot", which amazingly holds the shoe on.

I am waiting for the problems to go away, which Ed reminds me is unrealistic given the enormity of the problems before the purchase - 'there are some things shoes can't do Tris. But I'm confident I have the right carbon heel plugs for me.

I look forward to the July meeting, the August picnic and the upcoming softball game.

Tris.

Other issues under consideration during the meeting were: To take over additional races to increase the revenue to the Club treasury. However, it was tabled, with the possibility of getting a corporate sponsor raised.

Vice President Andy Smythe passed around a singlet catalogue, form Hind, and distributed samples. he is working on ordering Club uniforms. Andy also proposed getting a team together for the utica Boilermaker 15K in New York (date to be determined).

James Scarborough announced he is directing DCRRC race at Fletchers Boat house on the C&O Canal Thursday, 30 July at 7 p.m. (two mile at 6:30 p.m. the Distance is seven miles. Volunteers are welcome

And finally, Marie Frances Travel is seeking people to run in the Kilimanjaro Marathon. Anyone interested?

The next meeting will be held Friday, 10 July 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 in 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.

## NOTICE

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

## MESSAGE FROM THE VEEP

### *Third Annual WRC VS NOVA Softball Match*

*The date for the traditional softball game has not yet been set. Due to the heavy rains the Washington, DC Metro area experienced back in May, most softball fields are booked by various leagues until early August. As soon as the field has been reserved, you will be notified of the time, date, and all details concerning the game. As always, it promises to be one of the social highlights of the summer.*

### **COME AND SUPPORT YOUR RUNNING CLUB!!!**

*If you cannot play softball (and who can) come to the game anyway! Cheer on your fellow club members on the softball field, renew old acquaintances, or make new ones.*

*The turnout for the last two years has been less than spectacular, which is probably why we have lost two years in a row. However, NOVA brings enough people to field four teams.*

**COME OUT AND PLAY - A GOOD TIME IS GUARANTEED FOR ALL.**

*Look in the next newsletter for game information.*

*Andy*

## REACH OUT TO A CHILD...RUN FOR SHELTER 5K

By

George Banker

Come out and reach out to a child! The theme which ran with the participants in the 3rd Annual FREDDIE MAC RUN FOR SHELTER 5K (Sunday, June 7, 1992 at Hains Point in Washington, DC). This FREE event was one in a series of four events all of which are dedicated to raising the awareness of the issue of abused, abandoned and neglected children. The mission of Freddie Mac tries into the theme of this event, to provide safe, decent and affordable homes for all Americans. The various corporate sponsors make this event possible while making contribution to the program (Families Together in the Washington Area in excess of \$50,000 was raised).

The event has REACHED OUT, last year 230 participants finished while this year 1,766 crossed the finish line, truly a step in the right direction. The Chairman and CEO of Freddie Mac, Leland Brendsel, wanted to set an example as he pulled up on the starting line with race number "#1". The largest challenge for the runners was coping with the high humidity and mid 70 temperature, the sun was hidden behind clouds. The course was ideal, a loop with no hills.

The runners were sent out as Mayor Sharon Pratt-Kelly (Washington) sounded the horn. The runners pushed off and within minutes the crowd began to separate with the leaders forming. There were several local runners capable of taking first. It was getting to the wire with Christophe Lucey of Alexandria, VA, David Holloway of Silver Spring, MD and Roger Howell of Ellicott City, MD were all at each other's heels around the course. The factors were strategy, stamina and speed and this was all demonstrated by Lucey as the finish tape fell in 15:56. Close at hand was second place finisher Holloway with 15:59 and third was captured by howell with 16:01. Still pushing hard was Phil Woodyard of Washington who finished fourth with 16:05 followed by John McGrail of Arlington, VA with 16:24.

There was a battle for top master's position and in this round local Ted Baca of Arlington, VA put John Sherlock of McLean, VA away with a 17:02 (11th overall) to 17:19 (15th overall). They will have another rematch. The third position was captured by Gerry Ives of Cabin John, MD with 17:33 (24th overall).

s event had an estimated 2,500 registered but when the

final numbers were known there were 1,766 who crossed the finish line. There were 910 females and 856 males, normally you find the reverse. A sign that things are changing at the races too!

There was not a clear female favorite to win until Cathy Ventura-Merkel of Arlington, VA was seen. One of two things was going to happen, Ventura-Merkel would win or a pace would be pushed for second. As it turned out the winning spot was captured with 18:49 (56th overall) with present danger of that being lost. The second position was captured by Amy Durham of Washington with 19:07. The third finisher and first master was Cindy Dalrymple of Arlington, VA with 19:26. Two Washingtonians captured the fourth and fifth positions, Ruth Borgeson (19:45) and Cathering Gallagher (19:51).

The second master was Elizabeth Rodriguez of Falls Church, VA with 21:03 (11th female). Charlotte Edwards of McLean, VA was the third with 21:58 (17th female).

The solo wheelchir participant was Robert Jones of Silver Spring, MD who managed to roll to a 17:25 finish.

## THE DERBY

The local member of the DCRRC had a surprise when they attempted to enter the race site, the road was closed. It was known that the summer bunion Derby was to start with the Hugh Jascourt run at the same location. It turned out that Freddie Mac was faster than DCRRC and they held the permit. It was through the generosity of Freddie Mac and Finish Line Promotions that the members were permitted to join the ranks of the Run for Shelter. It was a class event and the members enjoyed it and even asked about next year. The Club make a donation to the Run for Shelter program.

The DCRRC members were not low key as they captured key positions, fifth and sixth overall with Phil Woodyard (16:04). The top three females, Cathy Ventura-Merkel (15:56), Amy Durham (19:07) and Cindy Dalrymple (19:26, first master). The first male master was Ted Baca (17:02) and other age group positions were captured.

This was a win-win event for supports, sponsors and runners, a partnership in running!

## LOCAL RUNNING STORES OFFERING DISCOUNTS

CAPTIAL SPORTS, 235 Pennsylvania Avenue., S.E. Washington, DC (546-1212). Discount of 10% for Club Members

COLLEGE PARK BICYCLE, 4360 Knox Rd., College Park (301 864-2211). 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 (formerly 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, Georgetwon 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 Keen Mill Rd., Springfield, VA. Group runs to 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 Mike Spinnier at (301) 739-7004.

## UP COMING RACE INFORMATION

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

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) 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!).

30 August-17th Annapolis Run, 10 Miler Start and Finish at the Navy Marine Memorial Stadium, Annapolis, MD Start at 7:50 a.m., Entry by pre-approved confirmation.

5 September Chaptico, MD, Chaptico Classic 10K, \$20, 8 a.m. Michael Whitson (301)884-0312 or (301) 475-2886.

5 September Washington, DC., Rock's Five Miler, 8 a.m., Mike Harris, (703) 799-2495 or (202) 310-3399.

6 September Greenbelt, MD., Greenbelt Labor Day 15K, DCRRC, 6 p.m. (703) 241-0395; also 2 mile RFYL. \$3.00 entry fee.

6 September Brookeville, MD., Brighton To Brookeville 7 Miler, \$2.00, MCRRC, Dick Butler, (301) 353-0200, 2 mile at 8:05 a.m.

6 September TBD., Potomac Valley Seniors Potomac Valley Games., 5K at 9 a.m., Sal Corrallo, (703) 243-1291 or (202) 219-1913

12 September Alexandria, VA., One Hour Track Run at TC Williams High School, 8 a.m., DCRRC, (703) 241-0395; also 2 mile RFYL.

13 September Washington, DC., SOHN Benefit Race, Lincoln Memorial, 5K at 7 a.m.

13 September Bethesda, MD., Wilson Lane Safety 10K, \$13.00 8 a.m., George Nolfi, (301) 656-5249 or (301) 229-9290

15 September Carderock, MD., Five Miler Prediction Race on Towpath, 5:45, DCRRC, (703) 241-0395.

19 September Fairfax, VA., Fair Lakes 10K, 8 a.m. \$12.00 Colonial Running Company (703) 569-6950

## YOU NEED A MASSAGE!

- Do you want to recover more quickly between your monster workouts at the track or the streets?
- Do you want to be loose and relaxed before that big race?
- Do you want to get rid of some nagging muscle stiffness that's been preventing you from achieving those PR's?
- Are you overcompensating other body parts because of a past injury that has left you weakened in certain areas?
- Are you stressed?
- Do you need a serious dose of endorphin rush?
- Would you enjoy a relaxing hour of pure indulgence (whether you think you deserve it or not!)?
- Would you like to give an incredible gift of health to a friend or relative?

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**If you answered "yes" to any of the above, you need a massage!**

I am certified and licensed to practice massage and my office is located in Annandale, Virginia, on little River Turnpike, just inside the beltway. I specialize in sports massage for athletes and know runners' and cyclists' problems intimately.

I am the 1992 Team Massage Therapist for the Ultimate Athlete cycling team that will be racing RAAM (Race Across America) this summer.

Give me a call to schedule an appointment or to ask questions about how massage can benefit you. My rates are very competitive -- \$40.00 per hour-- and if there is enough WRC interest, I would be happy to arrange a club discount rate.

PEGGY CHANDLER  
MESSAGE THERAPY PRACTITIONER  
703 242-3546

### POTOMAC VALLEY SENIORS TRACK CLUB

Results of several Potomac Valley Seniors Track Club All Comers meets will be published in the August edition of your Washington Running Club monthly newsletter. Space does not provide for complete coverage at this time.  
STAY TUNED! Ed.

# 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 \_\_\_\_\_

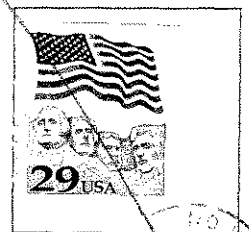
Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Make checks payable to WASHINGTON RUNNING CLUB and send to:

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

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