

Washington Running Club Newsletter

Volume 14, Number 10



November - December, 1993

Next Meeting: The next WRC Club Meeting will be held at the Vice Prez's home on Friday, December 10th beginning around 8:00. This is an important club meeting as nominations for club officers is the main agenda item. If you don't attend, you may be nominated!

Andy lives at 7596 Lakeside Village Drive, #G, Falls Church, VA. Call the VP himself at 703/876-4722 if you have any suggestions and cannot attend. A map to his abode is attached.

Editors to Say Good Bye

As much as we have enjoyed getting to know and appreciate how much work goes into producing this club newsletter, we have other demands on our time which take priority -- like four kids and full-time jobs. However, before we turn this back to the very able, fast-twitch fingers of Gerry Ives, we wanted to share with you a Wish List for the Washington Running Club for 1994:

10. For WRC to get re-energized and gets many new, and fast, members.
9. That we find ways to spend some of the money in the treasury.
8. That we put together some decent teams for races.
7. That we get club members to run on WRC teams instead of other teams.
6. That some members show some initiative in putting together some teams for races.
5. That the WRC women run as well as the Chinese women.
4. That the WRC men run as well as the Chinese women.
3. For all members to be ranked the way they think they should be in the Washington Running Report.
2. For many more volunteers for the Georgetown race.
1. And a healthy, injury-free year for all!!!

Happy Trails -- your editors, Cathy and Jerry Merkel

Schedule of Upcoming Races:

- December 5** Belle Haven Half Marathon, DCRRC/MCRRC Challenge Race, Alexandria, VA, 10 a.m., 703/241-0395
- Almost Heaven Marathon, Charleston, WVA, 10 a.m., Pat Board, 304/744-6502
- December 11** River Rumble 20K, Riley's Lock, Potomac MD, 9 a.m., MCRRC, 301/353-0200
- December 12** Bread Run 10K, Glen Echo Park, 9:30 a.m., DCRRC, 703/241-0395
- December 15** Tidal Basin 3K, 12 noon, DCRRC, 703/241-0395
- December 18** Christmas Caper 10K/5K, Washington, DC, Potomac Valley Seniors, 703/243-1291
- Greenbelt 10 Miler/20 Miler, Greenbelt, MD, 10 a.m., DCRRC, 703/241-0395
- December 26** Jingle Bell Jog 8K, Rockville, MD, 9 a.m., MCRRC, 301/353-0200

Time to Renew Your Membership!

Reminder: As we do every January, it is time to write your check for your 1994 WRC Membership. Please send your checks to Gerry Ives so we can get the WRC treasury off to a good start. The form and address are on the back page.

Dec 02, 93 7:49 P.02
TEL No.

BELTWAY (495)



Arlington Blvd (Route 50)

Exit #8

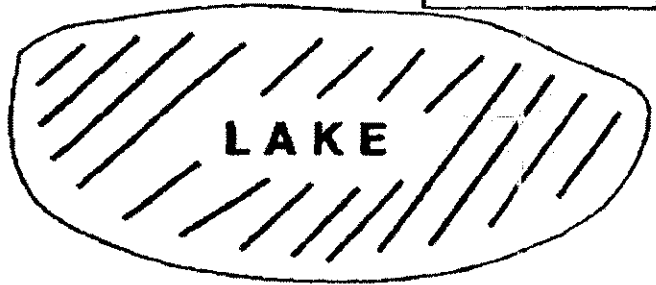
Loemann's Plaza Center

Jaguar Trail

Dead-End

7596

Lakeside Village Drive



LAKE

Lakeside Village Drive

The Cove

ADDRESS: 7596 Lakeside Village Dr. Unit G

Providence Rec. Cntr.

Falls Ch. H.S.

From the Beltway, Take Route 50 East (Exit #8). Jaguar Trail is the first light on Arlington Blvd inside the Beltway (right turn only). From Jaguar, take the left entrance immediately after the lake - look for "The Cove" sign. Follow the road around (Lakeside Village Dr.), passing approx. 8 buildings, almost to the end. #7596 is the third to the last building before the cul-de-sac. Park anywhere. Unit G is on the end.

Lost? (703) 876-4772.

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 Previous 12 Months

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



Gerry Ives
7817 Tomlinson Ave.
Cabin John, MD 20818