

# Washington Running Club ★ Newsletter

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May 1994

## MAY MEETING IN POTOMAC

The WRC monthly meeting in MAY will be held at Tris Kruger's home on FRIDAY, MAY 13th at 8:00. Tris lives at 9641 Accord Drive in Potomac, Md. From Beltway take the River Road exit to Potomac. The house is approximately 3 miles from the Beltway on the left at the corner of Accord and River, about a quarter mile past the Potomac Nursery & Garden Center. For the gourmets in the Club, beer, hot dogs and hamburgers will be served. Any other food or beverage contributions would be appreciated.

## RECORD FALLS AT NORTHERN TELECOM 10-MILER by George Banker and Others

On Sunday, April 10, 1994 the Northern Telecom Cherry Blossom 10-Miler celebrated its 22nd year. This year saw major changes to the race: the lottery entry system was dropped; an entry fee was charged; the course was changed; and the field was expanded by 2,000 entrants. One of the big winners was Children's Hospital, which received a donation of \$33,600 from the race.

With winds gusting to 25 mph, conditions were less than ideal for the race. But William Sigei of Kenya continued his spectacular spring season by breaking the world 10-mile record with a time of 46:01. Sigei, coming off a successful defense of his World Cross Country title in Budapest two weeks earlier successfully defended his 1993 Cherry Blossom title.

Sigei's time bettered Greg Meyer's world record of 46:13, set at the 1983 Cherry Blossom. "I knew I could break the world best, and I know I can run under 46 minutes," said Sigei, who won the race in 46:29 last year.

The lead pack served notice that something was going to happen, going through the first mile in 4:32. Mile two was 4:41, as the pack went around the traffic circle across Memorial Bridge. The Kennedy Center at mile three went by in 4:23, as Sigei and running mates Thomas Osano and Josphat Machuka formed a lead group. Mile four saw a 4:36, and the five mile mark slipped by in 4:37 (22:49 elapsed time).

Headwinds in the sixth (4:44) and seventh (4:49) miles caused the trio to slow as winds gusted to 30 mph. At the eighth mile a 4:22 made the world-best a possibility. Blasting through the ninth mile in an elapsed time of 41:34, Sigei found another gear with 800 meters to go, and broke the tape in a world-best 46:01. Close behind, Osano clocked 46:05 and Machuka captured third in 46:07. All of the top three runners broke the eleven-year record

In the women's race Kenyans also figured

prominently, as Helen Chepngeno and Jane Omoro finished just inches apart. Chepngeno, fresh from her title run in the 1994 World Cross Country Championships, ran alone until the seventh mile, where she was joined by Omoro. Chepngeno clocked 54:04 with Omoro credited with a 54:05. Russia's Olga Markova, winner of the 1992 and 1993 Boston marathons, finished third in 54:55.

Top male finisher for WRC was Jim Hage in 19th place with a 50:34, followed by Mike Regan, 27th in 52:04. In age group competition, John Dix was second 45-49 in 59:00, Ed Doheny took third place in the 50+ men's grouping with his 59:57, followed by Gerry Ives in fourth place with 60:40.

Top female finisher for WRC was Amy Durham in 60:49 (21st), followed by Alice Roupar in 62:10 (26th). Chris Stockdale finished 2nd in the 50+ women's age group, but it took S. Rae Baymiller to beat her by setting a U.S. single-age 50 record and beating all the female masters runners in the 40-44 and 45-49 age groupings.

In a remarkable performance, Jim O'Neill, 56, of Holland, Ohio clocked 54:25 to break Norm Green's 55-59 age-group record by three seconds, while Green established a new age-61 standard of 59:38.

**MEN:** 1. William Sigei, 46:01; 2. Thomas Osano, 46:05; 3. Josphat Machuka, 46:07; 4. Simon Chemoiyo, 46:58; 5. William Mutwol, 47:38; 6. Kahlid Kairouni, 47:38; 8. Jeff Jacobs, 48:02; 16. Jon Sinclair, 49:32; 17. Matt Carpenter, 49:59; 20. Mark Donohue, 50:19; 21. Jim Hage (WRC), 50:34; 28. Mike Regan (WRC), 52:04; 30. Ric Banning (1st master), 52:17; Tom McCarthy (WRC), 54:??; Andy Smythe (WRC), 55:33; Jim Alexander (WRC), 56:23; Jon Thoren (WRC), 57:35; Faye Bradley, 57:50; John Dix (WRC), 59:00; Steve Ward, 59:00; Ed Doheny (WRC), 59:57; John Sherlock, 60:01; Gerry Ives (WRC), 60:40; Kevin Kolakowski (WRC), 60:44; Mark Doles (WRC), 62:15; Bobby Bauer (WRC), 63:30; Bob Trost (WRC), 64:??; John O'Donnell (WRC), 69:55.

**WOMEN:** 1. Helen Chepngeno, 54:07; 2. Jane Omoro, 54:06; 3. Olga Markova, 54:55; 4. Debbi Kilpatrick, 54:59; 5. Elaine Van Blunk, 55:09; 6. Wilma Van Orna, 55:12; 8. Cindi Girard, 55:31; 13. Jane Welzel, 57:53; 15. Gordon Bakoulis, 58:28; 17. Bonnie Barnard-Lopez, 59:26; Kim Saddic, 60:26; Amy Durham (WRC), 60:49; Alice Roupar (WRC), 62:10; Win Rincon, 62:18; Donna Moore, 62:40; Leslie Minnix-Wolfe, 64:00; Laura DeWald, 66:35; Chris Stockdale (WRC), 68:03; Berni Flynn (WRC), ??:??, Betty Blank, 70:37.

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

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

The Pittsburgh Marathon attracted a strong women's field that included several area runners. The race was won by **Tammy Slusser** in 2:37:14, with **Gitte Karlshoj** in second in 2:38:39. Bethesda's **Bonnie Barnard-Lopez** took seventh place in 2:46:14, WRC's **Amy Durham** nailed down 14th with a 2:52:59, and **Mary Gaylord** finished in 2:54:??.

**Scott Douglas** wrote a letter to correct a couple of errors that appeared in the April Newsletter. First, he reports he is now associate editor, not associate publisher of Running Times (my God, those guys are ruthless, you run one bad race and they demote you!), and secondly it wasn't true that he "faded like a cheap blouse during the final 5K." He claims this occurred during the first 5K, and that he "died like a pig" in the final 5K.

The GW Parkway Classic saw some great performances from WRCers, including a p.r. 49:05 from **Tom McCarthy**, **Mark Doles** 55:39, and **Alice Rouser's** third place finish just SIX DAYS after running Boston. **Alice** finished 26th at Cherry Blossom the week before Boston--this is one tough woman!

**John O'Donnell** writes that he was reading the April Newsletter while drinking his third Molsons (that helps), when he read of his performance at Bethesda Chase. He was glad that he dusted **Bernie Gallagher**, but was disappointed that he finished just behind **John Sherlock** who he's been gunning for for years. The strangest thing is that he has no recollection of running the race . . . it must be the blackouts again. Okay, okay, so I made a little mistake and put down the wrong O'Donnell! And I admit I ran with **Johnny O'D.** that morning and knew darn well he wasn't going to run the Chase. However, I refuse to put down that you ran 2:07:25 at Boston and won a Mercedes. Any woman you would attract with worldly goods like a Mercedes wouldn't be worthy of you.

## SALLIE MAE 10K CONDITIONS ALMOST PERFECT

The Sallie Mae 10K traditionally has attracted a strong field, and the field assembled on Sunday, April

17th was no exception. Ideal weather conditions made for fast times for the elites, and p.r.s for the "no-hopers" in the back of the field.

**Kenya's Gilbert Ruto** and **John Kipngeno**, held off **Pat Porter** of the U.S., but not by much. **Ruto** and **Kipngeno** both recorded a time of 28:31, with **Porter** right on their heels in 28:33. **Enclave** runner **Pete Weilermann** was in fourth place (1st local) in 28:35.

In the women's race it was **Jane Omoro** breaking the tape in 32:27, with **Misti Demko** in second in 32:43. In third place (1st local) was **Gina Procaccio**, 32:50. **Bonnie Barnard-Lopez** ran a 35:36 to take the third place local prize money.

The men's masters field was as competitive as the open field, but there was no break for local runners. The victor was **Gary Zeuner** of Australia in 30:59 (11th overall, followed by **Charlie McMullen** (12th overall) in 31:03, **Ric Banning** with a 31:04, **Bryan Strude** in 31:09, and **Bob Schlauf** taking 5th place (15th overall) in 31:15. This was not a low-key race.

The women's masters times weren't too shabby either, with **Rebecca Stockdale** clocking 36:46 for top spot, followed by **Catherine Lempesis** in 36:52, and **Nancy Grayson** in third with 37:12.

Among WRC men making strong showings were **Tom McCarthy** in 32:33 (pr), **Jon Thoren** with a 34:32, **John Dix** in 34:45, **Ed Doheny** in 35:32, **Gerry Ives** in 36:12, and **Mark Doles** in 36:16, and **Mike Cotner** in 36:40.

WRC women included **Kathy Merkel** in 38:36, **Maria Pazarentzos** in 41:00, and **Berni Flynn** in 41:42.

**MEN:** 1. Gilbert Ruto, 28:31; 2. John Kipngeno, 28:31; 3. Pat Porter, 28:33; 4. Pete Weilermann, 28:35; 5. Jeff Jacobs, 29:06; 6. Darrell General, 29:29; 7. Ken Fowler, 30:06; 8. Brad Uhlfelder, 30:26; 9. Max Harn, 30:49; 10. Doug Mock, 30:58; Ric Banning, 31:04; 17. Chris Nugent, 31:29; 22. Dominique Daluz, 31:54; 27. Tom McCarthy (WRC), 32:33; Jon Thoren (WRC), 34:32; John Dix (WRC), 34:45; Ed Doheny (WRC), 35:32 (1st 50+); Gerry Ives (WRC), 36:12; Mark Doles (WRC), 36:16; Mike Cotner (WRC), 36:40; John Haubert, 37:36. **WOMEN:** 1. Jane Omoro, 32:27; 2. Misti Demko, 32:43; 3. Gina Procaccio, 32:50; 4. Cindi Girard, 33:20; 5. Nicole Woodward, 33:25; 6. Lorraine Hochella, 33:51; 7. Deanna O'Neil, 33:58; 8. Laura Mykytok, 34:30; 9. Debbie Gormley, 35:17; 10. Tamara Karliukova, 35:19; 11. Bonnie Barnard-Lopez, 35:36; 13. Donna Moore, 35:49; Monika Bachman, 37:43; Kathy Merkel (WRC), 38:36; Maria Pazarentzos (WRC), 41:00; Berni Flynn (WRC), 41:42.

## Washington Running Club

7817 Tomlinson Avenue, Cabin John, MD 20818.

### CLUB OFFICERS

**President:** Andrew Smythe (703-876-4772)  
**Vice President:** Ed Doheny (202-244-8581)  
**Secretary:** James Scarborough (703-536-7764)  
**Treasurer:** John O'Donnell (202-625-1401)  
**Newsletter Editor:** Gerry Ives (301-320-3337)

### 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

### THE PREZ' COLUMN

By the time you read this column, the 1994 Northern Telecom Cherry Blossom Ten Miler will be old news. I will not attempt to rehash too much of the race, because most of us were there and those that were not can read all about it in The Washington Post (yeah, right--more about that later), Runner's World, or Running, Ranting, & Racing (Coach Hage's rag), Gerry Ives article, et al. But perhaps I can offer some unique and thoughtful insight not only as a participant, but as a volunteer and elite schmoozer.

First of all, my hat goes off to **Jeff (Planet Reebok) Reed**. Years ago, when he was just about the only writer for the Washington Running Report, **Jeff** expressed his **OPINION** that perhaps Cherry Blossom would be a better overall race if the lottery system were shitcanned and an entry fee implemented. Among other things, this would cut down on no-shows, provide refreshments after the race, and T-shirts to all

participants, etc. etc. This opinion was not well received by the powers that be in Cherry Blossom Land. Indeed, they made it clear that they thought he had ulterior motives. Well, lo and behold, Jeff's ideas have been implemented, and from this person's vantage point 1994 was the best Cherry Blossom I have observed.

Let's face it folks, the race T-shirt is the reason 95% of all runners/joggers get up on zero-dark-thirty on a Sunday morning and put on those smelly shoes and drive to Hains Point. As a volunteer working packet pickup (for the women, naturally) everyone I talked with was much happier with the new entry system. In previous years, there was a lot of griping and gnashing of teeth when folks found out they had to shell out bucks if they wanted a T-shirt. yes, we all know it was a free race--they complained anyway. My partner in crime at packet pickup (they had us in pairs) was none other than Johnnie O'Donnell. What a smoothie! Since he did not have a race medal available to give away to strange women from Philadelphia (see USMC Marathon, 1992) he did the next best thing--he autographed the bib numbers of numerous attractive women. Johnnie, can I have first crack at your rejects?

William Sigei of Kenya set a new world record on the windiest race day I have ever experienced on Hains Point. His time of 46:01 (besting Greg Meyer's 1993 46:13 [it was 1983, but who's counting--Editor]) translates to a 4:36 pace?!?! The top five male finishers and top two women were all from Kenya. As the elite athlete coordinator, Ms Abby Daniels (roommate of "Fast Twitch Muscle Mike Regan") was responsible for bringing in an incredible array of some of the world's finest runners. She also became homeless for a few days so William Mutwol (5th in 46:59) could crash in her luxurious Connecticut Avenue apartment. Rumor has it for all her efforts, Abby is going to be made an honorary citizen of Kenya. Huge thanks to all of those who cheered us on, braving the downpour and having to park ten miles away. George Banker, Cherry Blossom Historian and all-around good guy, sent me the team race results and the WRC Men's Open Team was second. Team members consisted of (in order of finishing): Coach Jim "I Want to Live in America" Hage, "Fast Twitch Muscle Mike" Regan, Andrew "Call me Droid" Smythe, Jim Alexander (a new recruit) and Treasurer John "I Hate Baltimore" O'Donnell. George informs me that plaques with race photographs are forthcoming. Thanks George--can't wait until the Langley H.S. 8K. NOT.

Speaking of the Running Adonis (he pays me to say that), Deane Burke, who has been sidelined recently with a sciatic problem is healthy again, and anxiously awaiting Grandma's Marathon so he can kick (kiss?) my skinny butt the length of Lake Superior. Just before the downpour hit at Cherry Blossom, Deane told me he noticed an almost total eclipse of the sun around 66 minutes into the race. I told him it was probably a dark cloud covering up the sun and his imagination was getting the best of him.

The May meeting will be held at the palatial digs of former Prez Tristram Coffin (T.C.) Kruger. Tris is presently putting on an addition to his house so the pool, unfortunately will not be open. However, the burgers & dops will be roasting, the beer will be cold and plentiful, and all members are HIGHLY ENCOURAGED to attend. Bring a side dish. We do not care if you have not run a step in six months--come out and socialize anyway!! We miss you!! Speaking of Tris, he tells me the addition to his house is a garage. Yeah, right--have you seen his two cars? This guy does not need a garage, he needs a tow truck to haul

his "vehicles" to the nearest wrecking yard. Let me fill you in on some confidential information. Apparently, Tris heard a rumor that William Donald Schaefer (a.k.a. Chuckles the Clown), is on the verge of passing legalized casino gambling in Maryland. Tris never really wanted to be a dentist--his lifelong ambition has always to have been a riverboat gambler. They're such snappy dressers! Tris is really building a casino in anticipation of Guvner Schaeffer's legislation and to get a jump on the competition.

Speaking of Maryland, I had the opportunity to spend a recent weekend in that state's capital and I have some good news and bad news. First the bad--remember that nice, flat bridge over the Severn River we used to run across twice during The Ten Miler From Hell (a.k.a. The Annapolis Ten Miler)? Well it's being replaced. Not by another nice, flat bridge but by a monster that zooms up ten stories into the air. No kidding, to climb this sucker will be like climbing up to the top of the Loch Ness roller coaster at Busch Gardens. From the looks of things, it probably will not be finished by the end of August. But if the course is not rerouted, be prepared to add at least a full minute to your race time come 1995 (big hint Annapolis Striders). Now the good news--the Rams Head Tavern on West Street is greatly expanded and serving just about every beer under the sun. Hey, you can't think about running all the time!

Amy "The Big Easy" Durham and Coach "The Big Ugly" Kolakowski went to the Pittsburgh Marathon on May 1st. Accompany Ms Durham was her all-knowing, all-seeing psychic counselor and link to the underworld Madame Patricia, who predicted a fast time for Amy's second marathon. Since this column went to print before she actually ran, she will have to fill us in on her performance at the May meeting. Incredible as it may seem, Amy will actually be attending a WRC meeting! There's a first for everything, folks.

May I extend a hearty congratulations to Mike Regan. He bested my PR at The Boston Marathon by a mere three seconds with a 2:34:49. He was also the first local to cross the finish line. It's about time. Jack "Puxatawney Phil" Coffey also ran a superb 2:49:34. Burp a Terp! Alice Roupar ran a 3:09:00 and six days later finished third at the GW Parkway 15K (see accompanying article).

Did anyone else catch the letter on the editorial page on the Saturday 23 April Washington Post concerning the lackluster coverage of the Cherry Blossom Ten Miler? A great letter. I have no idea who Melissa Merson is . . . but, hey--thanks for writing what we were all thinking! The \$64,000 question is will The Washington Post heed the well-founded criticism of their readers? Do they serve ice-cold Budweiser in Hell?

More latebreaking news: Coach/Running Times contributor Jim Hage recently traveled to Santiago, Chile, all expenses paid, to cover a marathon. Rumor has it Jim would run if the prize money were too good to pass up (and the field weak). Jim--Friday, 13 May, BE THERE to fill us in on the General Pinochet Memorial Marathon.

Motto For May: Better running can be achieved through chemical enhancement.

#### LETTER FROM FORMER PREZ KRUGER

Since being unceremoniously dumped from office, I have been so demoralized that I have quit running--in fact I've retired. Oh, yes, I had a little surgery a while back to give me a valid excuse, for those that care; but the truth is I got tired, very tired, very

fed up with being tired, of running. I once feared being sedentary--now, I love it! You wouldn't believe how much more time one has! Why, the hours just seem to multiply. Days are no longer defined by how far one has run, but how many hours one can sleep. Running at noon has been relaced by a huge lunch starting at 11:30 a.m., followed by a nap. I love nap time. I hated runing. Plus, I fit my clothes better. I look good, I am filled out, so to speak. I've started to wear men's underwear, not perhaps as big as Johnny (who, in describing his needs for running shorts at the Boston Expo, said "get the ones with extra room in them, if you know what I mean"), but which have "control top" elastic in the band. This helps hold in my burgeoning belly. Women like men with a little belly on them I've heard, and I figure if a little is good, a lot is better. I've also stopped doing my exercises (situps in particular) because they hurt my knees a little.

I can't stand pain any more. You know how painful running is? Of course not! You guys are still pounding--look at Ives, Doheny, Smythe, Durham--all doing pri's or nearly--look at how much pain they must be in. Johnny says he isn't in pain, but it's painful to watch him run into a fire hydrant at full speed and then dust himself off while holding the most profusely bleeding body part.

I think I might walk my bike to the corner filling station today to pump air into the tires--I've got to get ready for the Summer--and don't work so hard folks, sedentary is great!

Tris

#### MINUTES OF THE APRIL WRC MONTHLY MEETING

The Washington Running Club meeting for the month of April was held Friday, April 8th at 8 a.m. at President Andy Smythe's in Falls Church. Present were President Smythe, Secretary James Scarborough, and Berni Flynn.

1. Yours truly (James Scarborough) attended the RRCA Convention this weekend and brought back a summary of what he saw. Also lots of goodies. The convention is mostly a lot of familiar faces telling us what roles they serve in the national organization, as well as the many local ones. They also say they're "here to help us." The RRCA is organized into member clubs, who send members, officers (like myself) or delegates (Bob Platt as President is DCRRC delegate). Only the delegates get to vote, on a weighted average basis according to their membership. For each state, there is elected a state representative (e.g., Virginia's is Dave Harrison and Maryland's is Evan Thomas). On the board there sit four regional chairs, three women and one man. The one constitutional amendment which created a stir during the business meeting was the proposal to have only the local member clubs vote for their area chair. This amendment was defeated, keeping in place the power of the nominating committee. At a workshop I attended, Alan Steinfeld of New York RRC, a fellow who covered the Boston Marathon on TV, and a representative from Upjohn talked about sponsorship and marketing. The TV stories were interesting; Steinfeld showed why he has the reputation he does and talked about ABC getting tired of doing New York because it has "run its course." Boston prompted an interesting discussion about tradition, and the Upjohn representative talked about their (now expired) promotion of Rogaine at races. FDA regulations prohibit advertising what it's for, but bald runners use it religiously. The rest of the weekend promises to be more fun, with open houses,

insurance seminars, children's running, course measurement, etc. The fact that George Campbell is chair of the legal committee for RRCA prompted interesting comments from Andy. USA T&F representatives were there too, to foster more communications between the organizations. Another topic was D&O (Directors and Officers) insurance; this is an added insurance protection for directors and officers which can protect them from liability for official decisions made while acting for the club. I suggest we get this, if we don't have it already. The RRCA plan cost only \$60-70.

2. We should check Jim Hage's newsletter for a critique of the absurd TV diagramming of a runner in the same "CBS Chalkboard" style employed with football.

3. Any will be staffing the Cherry Blossom packet pickup. We should encourage all WRC members to go to the Downtown Locker Room (Washington) booth at the expo; it is run by Mike Regan. In other running store news, Paul Zink is trying to sell Fleet Feet of Springfield.

4. There will be a 24-hour relay in McLean May 14-15, run by the American Cancer Society. There will be a mile race in McLean on May 30. In September, a group from Oregon will be staging the Civil War Relay, from Alexandria to Richmond (about 118 miles). Eleven person teams are welcome. James Scarborough will direct a DCRRC race, four mile, in Arlington at Madison Community Center on May 26 (volunteers welcome).

5. The low attendance at meeting was noted. We need to do something about that. We also need a team coordinator for all events, and publicize who that person is.

6. [President's joke]. Duly noted that we were then visited by the Olympic Byelorussian and Ukrainian women. Andy brought out the twister and Readi-whip.

There being no further business worth noting, the meeting was adjourned. The next meeting (Friday the 13th, of May) will be a J---, er, Tris' house in Potomac. Of note also to us big Nirvana fans such as Andy, was Kurt Cobain's suicide.

James Scarborough, Secretary

#### RACE SCHEDULE 1994

- 14/15 May American Cancer Society 24 hr. relay. 3 pm Saturday start 703-938-5550
- 14 May Wood Acres School Jogfest 8K, 9 am, Bethesda 301-229-3168
- 15 May Crystal City 10K, Arlington, Va., 8 am. American Red Cross, PO Box 3697, Arlington, Va. 22203
- 18 May (Wed) Tidal Basin 3K, noon, J. J. Wind 703-920-5193 or DCRRC 703-241-0395
- 21 May Uptown Races 8K, Friendship Heights, DC 301-227-3931
- 22 May (Sun) Atoms 10K, 8 am, Annandale H.S. 703-560-4620
- 30 May (Mon) McLean Mile, 8 am, McLean, Va. 703-790-FEET
- 3 June (Fri) Go for the Gold Track Meet, 7:15 pm Wooten H.S., Rockville, Md. (MCRRC) 301-353-0200
- 5 June Lawyers Have a Heart 10K, 9 am, Washington Harbor, DC 202-686-6888

### GROUP RUNS

**Tuesday Night Run**, The Running Store, 211 The Strand, 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:** Dixon Hemphill (703) 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, Va. Group runs 8-8½ 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, 8:00 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. **Contact:** Gerry Ives at (202) 452-4242.

**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 (202) 387-3888.

### 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**