

Washington Running Club ★ Newsletter

Volume 14, Number 2

© 1995 Washington Running Club

February/March 1995

MARCH MEETING

The MARCH meeting will be held at Andrew Smythe's home on FRIDAY, MARCH 10th, at 8:00 p.m. Andy lives at 7596 Lakeside Village Dr., #G, Falls Church, Va. From Beltway take Rt. 50 East (exit 8). Turn right at first light inside the Beltway (Jaguar Trail), and take the left turn immediately after the lake (Lakeside Village Dr.) Follow the road past approx. 8 buildings. No. 7596 is the third to last building before the cul-de-sac. Call (703) 876-4772 if you get lost. **Because of limited space, no children please.** (See map on back page of newsletter). Bring your favorite side dish to share, beer, soft drinks, or desserts. The Club will provide hot dogs and hamburgers.

WRC BAGS TWO HONORS AT MARATHON RELAY

by James Scarborough

WRC added another two notches to its impressive history of George Washington's Birthday Marathon Relay awards. The WRC men's open team (The Standard Bearers), consisting of Jim Hage, Andy Smythe, and Mike Regan, successfully defended WRC's title by completing the course in 2:29:30, about 17 minutes faster than the first solo finisher. Mike Regan broke the tape, cruising across wearing the trademark green sash and looking like St. Patrick's Day a month ahead of time. Hage had already finished and was doing reporting on the race.

The WRC Men's Masters team (the Killer Bees), the only one of the three WRC masters teams entered that actually competed, also won their division. This team led off with Mike Cotner, who liked the course so much he ran a second time around. He was followed by DCRRC Prize Chairman Bill Wooden, who handed off to scrambling WRC Treasurer John O'Donnell (John, the exchange point is not a great place to write checks!) who ensured that the masters finished in the money at 2:49:26. The WRC Co-Ed Open team, which was really two thirds of a men's open and one third of a women's open originally planned, finished fourth in that category.

This team consisted of (yours truly) James Scarborough leading off, followed by Jeff (Reebok) Reed, and Nancy (first time relayer) Horan. Nancy managed to finish up in 3:17:27, still a good combined time and ahead of many of the marathoners. Other relay winning teams were: in the Co-Ed Open "The Young, the Old, and the

Beautiful," consisting of (weekend at Bernie's) Gallagher, Gretchen Triantos, and Alan Lovell, in 2:43:30. The Open Women category was won by the NAC Runners team of Ann Barry, Carolyn Ortwein, and Nina Trocky.

Notable by their absence were a certain newsletter editor (who I understand was sick), Kyle Forman, John Dix, and others who backed out beforehand. Jay Wind started and attempted to run the whole thing (if other team members didn't show up), but still must be congratulated for doing 17 miles of it. With a little bit more coordination, and getting some good runners there, we could have perhaps won another category.

First-time marathon race director Pat Brown did an excellent job, assisted by many veterans including Bill Brogan, Larry Noel, Sharon Good and Jack McMahon. George Banker, along with Roger Peet and Al Naylor, put together a first-rate effort on the marathon relay.

PEARLS FROM THE PREZ

For all those members of the Washington Running Club who were wondering what happened to the February newsletter, well listen up! We (the club officers and members present) decided to initiate a few changes. As of the January meeting, we made the decision to switch to bi-monthly meetings and newsletters. Meetings and newsletters each and every month were becoming a bit of overkill. Gerry Ives, who has done a terrific job on our newsletter for the last fourteen years, with one or two minor interruptions, was beginning to feel like a hamster on the proverbial treadmill. Gerry needed a break, and I was getting a bit annoyed hosting meetings with only three members attending. So being the dynamic and forward thinking organization that WRC happens to be, we're going to try something different. Meetings will still be held on the second Friday beginning at 8:00 p.m., but EVERY OTHER month (i.e. January/March/July/September/November). Newsletters will be published for the same six months. Hopefully, the newsletter will be out with enough advance warning to remind everyone of the meetings. To conclude, the next

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

meeting will be at my place, 8:00 p.m. Friday, 10 March 1995 (see map for directions). As always, pizza, beer, soda, munchies, etc. will be provided courtesy of your club.

I am not a member of the D.C. Road Runners Club (but thinking of joining for the cheap races because I'm not planning on renewing in NOVA) but many of you are. The annual awards banquet is Saturday, 22 April 1995 and the following members of WRC are being honored:

Outstanding Female Runner — Bonnie Barnard-Lopez

Outstanding Masters Male — Gerry Ives

Lifetime Achievement — Jim (the Great One) Hage

If you would like more information on this gala event, see James Scarborough. You do not need to be a member of DCRRC to attend. They will take anyone's money, just like us. As an added incentive, Betty Blank will be your greeter/hostess. My question to DCRRC, why do they always schedule this event the evening before the GW Parkway 15K, one of the best but arguably the most sleep depriving race around?

Jim Hage ran a 2:21 marathon down at Disneyworld — not his best, he says, but he was satisfied because "his leg didn't fall off." How's that for positive thinking! Read his scathing publication *Running, Ranting, Racing* for more details, not to mention the pissing contest he finds himself engaged in with some USATF yutz. These USATF types need to spend more time running and less time taking themselves so seriously and posing in front of every mirror they happen to walk by. Bonnie Barnard-Lopez won the Anheuser-Busch Colonial Half Marathon in Williamsburg in a toasting 1:16:47. Alice Roupar was fifth in 1:24:08. I actually read this in the Washington Post. With all this Mobil Track meet stuff happening, the

Post seems to have a wild hair up its as about running — anyone think it will last?

The Colonial Running Company was recently purchased by two members of the Montgomery County Road Runners — Rick and Kathy Freedman. Having talked to Rick on the phone a couple of times, he sounds as if he has some major changes and improvements planned for the company. Unfortunately, we won't be seeing any of these at the St. Paddy's Day 10K this month because it's been cancelled. Something to do with the ongoing financial crisis B.S. in the District. Never fear, no matter what fiscal/criminal/narcotic/riot/plague/sacking by Vandals crisis the District of Columbia finds itself in, they will still remain the nation's most efficient parking enforcement city. What this has to do with running, I have no idea — I'm rambling.

A few people have asked me, "Android — where in the hell have you been lately?" although I'm told they have been outnumbered by those saying "thank God — maybe he's gone away." I have been taking some time for quiet, relective inner contemplation. With the myriad of museums, theatre, and cultural venues available in this bankrupt town, I have been enjoying the greatest of them all — hashing. I am setting the trail on Sunday, 5 March at 3:00 p.m. in Falls Church. Call me or (202) 232-HASH for more information. We do it every Sunday afternoon. It with great sadness to announce I will be unable to participate in the Bethesda/Chevy Chase 20K this year due to the hash, which leaves me greatly depressed. Last year I noticed I was just about the only member of WRC to race, although there were many WRC spectators. It takes me longer to wise up than most.

See you at the meeting — ON! ON!

Washington Running Club

7817 Tomlinson Avenue, Cabin John, MD 20818.

CLUB OFFICERS

President: Andrew Smythe (703-876-4772)
Vice President: Nancy Horan (703-527-5854)
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: Chair: Pat Kolakowski

CONTINUING TO WORK TOGETHER

by Bob Platt

From the perspective of both a WRC member as well as President of the DC Road Runners Club, I am pleased with the long history of cooperation between the two groups.

For the past 34 years, DCRRC has taken the lead in organizing road races in the area, and several of its leaders were instrumental in the founding of the national organization, RRCA. DCRRC's primary focus has been on its races, programs for beginning runners, and its annual banquet and awards programs. These activities in turn have caused DCRRC to get involved in regional safety and administrative issues such as the policies of the National Park Service and DC Police. To accomplish

this, DCRRC has relied upon WRC and other similar groups to "adopt" and staff some of our races (such as the Carderock 10K). Many DCRRC members are also members of at least one other running club. Indeed, this is the pattern of many large metropolitan areas, such as New York City which has both the NYRRC as well as dozens of more local running groups. Although DCRRC has worked well with WRC in the past, I would like to do more to improve our relationship in the future.

I would like to invite all WRC members to become more active in DCRRC. We have started a number of new programs and services, including a college scholarship for graduating high school track or cross country runners. DCRRC is trying to work more closely with the local schools, and has distributed running curriculum guides to all Fairfax and Arlington elementary schools. We have co-sponsored the "Team in Training" program with the Leukemia Society for runners training for the Bermuda Marathon. We have also worked to improve the quality of our races and newsletter.

Please consider attending two of DCRRC's upcoming events. On Tuesday, March 21, at 7:30 p.m. we will hold our Annual Meeting with USA Today reporter Dick Patrick speaking on "A Journalist's Perspective of the Running Scene." Admission is free, and it will be held at the Arlington Central Library on Quincy Street. A brief election meeting will follow, and I trust that those of you who are also DCRRC members will stay to support the WRC members seeking reelection.

On Saturday, April 22, Steve Holman, who represented the U.S. in the 1500 meters in the 1992 Olympics, will speak at the DCRRC annual banquet. If for no other reason, you should attend to cheer Bonnie Barnard-Lopez, Gerry Ives, and Jim Hage when they receive their well-deserved awards.

If you have any questions about DCRRC, please feel free to call me at 703-486-1466.

RODGERS, SHORTER STAR IN SPRINT MASTERS MILE

by Bob Weiner and Jay Jacob Wind

Bill Rogers, four-time winner of the Boston and New York Marathons, and Frank Shorter, 1972 Olympic Marathon Champion, were the stars of the Sprint Masters Mile at the Mobil Invitational Track and Field Meet at George Mason University, Saturday, February 25, 1995, but Chuck Moeser of Herndon, Virginia was the come-from-behind winner in 4:35.53.

Rogers of Sherburne, Massachusetts, was fourth in 4:43.22. Shorter, of Boulder, Colorado, finished 14th in

4:59.67. They ran against the DC metro area's best masters, who fought for the right to compete at Mobil through a rigorous three-meet qualifying series.

The Mobile Invitational, America's top-ranked indoor meet, featured hundreds of national and international stars, but none as widely-beloved and admired as Rodgers and Shorter. Win or lose, Rodgers and Shorter wowed the sold-out gathering of 6,000 athletes and spectators, still heroes after all these years. Other than Jackie Joyner-Kersey and Michael Johnson, the national media attention focused on the Masters Mile, with the New York Times, Washington Post, and USA Today all doing features.

As the Mile's organizers, we were delighted by its success. Both the crowd reaction and the media coverage confirmed the importance of the event. Few knew, however, that this year, the local masters event nearly disappeared.

A LITTLE HISTORY. In 1988, Meet Director and GMU Head Track Coach John Cook asked us to help build local interest in the Mobil Invitational. He asked us to put together a local field in the Masters Mile to compete against the international stars.

We worked with Amby Burfoot, associate editor of Runners World Magazine, and with top officials at Mobil to create an event with seven international stars and seven locals. Over the years, Runners World brought in such top masters as Larry Almborg, Byron Dyce, Wilson Waigwa, and most notably, a rematch of 1968 Olympians Kip Keino and Jim Ryun. Meanwhile locally, we used the DC Road Runners Club's indoor meet at Arlington's TJ Center and the Father Diamond Meet as local development grounds for national caliber runners. Steve Ruckert's 4:21 got him invited to other world class meets, and Fay Bradley set a world 50-plus record of 4:40. In 1994, seven locals ran with the world's best against Eamonn Coghlan in his assault on the over-40 four minute mile — he ran 4:03 at GMU, then 3:58 two weeks later.

Later in 1994, however, Runners World announced it was ending its sponsorship of the masters mile. We called Runners World and asked whether their DNF ("do not fund") included the unique world-local race at Mobil. They said yes. They told us the glamor was gone after Coghlan eclipsed 4:00 — and not at one of their races, as they had hoped. Of course, we were distressed. Had they forgotten that their voluminous subscription base was mostly non-elite runners, many over 40?

COOK AND SPRINT TO THE RESCUE. After an emergency meeting in October with Coach Cook to save the Masters Mile, we raised \$500 of seed money. Coach

Cook agreed to match that \$500 and to continue the race with whatever national field we could arrange, plus the best local best field. Then we discovered another problem: the National Masters Indoor Championship, which would draw the best national field, was scheduled in Reno, Nevada, the same day as Mobil.

So we proposed to Coach Cook to invite Bill Rodgers. While Rodgers had not run a mile since college, we knew the crowd would love seeing him run indoors. Coach Cook hailed the idea and said we could recruit anyone else we wanted. Almost in unison, Coach Cook, Bob, and Jay said, Well, then, let's invite Frank Shorter too!. Over the weekend, we called Rodgers. Bob knew him from the RRCA National 10-Mile Championship he directed for Sugarloaf Mountain Athletic Club in Massachusetts, during which Rodgers invited the Sugarloaf Club to his house. Rodgers said he'd do it, and then suggested himself we ask Shorter!

Fully armed now, we reached Shorter in Boulder, told him we all wanted him in the race. Without hesitation, he said he would be delighted to come.

Rodger's and Shorter's hotel, travel expenses, air fare, and appearance fees made our \$1,000 budget look pretty weak. In thinking of sponsors, we called fellow runner Steve Bell, who worked for Sprint, and saw him later that day during a regular Tuesday night interval workout. Bell liked the idea of Sprint as the major sponsor and suggested we call (and he did too) top officials at Sprint. Coincidentally, Bob went to a reception that very night, hosted by the Sprint official Bell thought would be receptive. Bob explained to him all that the Mobil offers — the best meet in the country, national exposure, local business development opportunities, public relations, finish line seats, awards presentation, and receptions with the best athletes in the world, including Olympic and world champions and Rodgers and Shorter. Enthusiastically, Sprint Government Systems Divisions agreed to be the prime sponsor of the Masters Mile.

Midway through the process, Coach Cook asked us also to organize the High School Boys and Girls Miles, and Sprint was delighted to support those, as well.

Sprint provided \$5,000, but the expenses of our three events totalled \$10,000. To raise the rest, the dedicated members of Capitol Hill Runners made dozens of phone calls and sent out hundreds of fundraising letters. The Washington area running and business communities truly came together in support of the event. Forty organizations and individuals, from running clubs to trade organizations to older Americans' groups who understand the message of masters running for lifetime fitness donated \$25 to \$500 each.

We're still about \$1000 short, however. For anyone so inclined, your tax-deductible check will help cover expenses for both this year and next year. Please send donations to Capitol Hill Runners, 1104 Sanford Lane, Accokeek MD 20607.

SPRINT MASTERS MILE — OFFICIAL RESULTS

Mobil Invitational Track and Field Meet George Mason University Fieldhouse February 25, 1995

1. Chuck Moeser, 43, Herndon VA 4:35.53
2. Paul Zink, 47, Reston VA 4:38.11
3. Paul Peterson, 40, Bethesda MD 4:38.92
4. Bill Rodgers, 47, Sherburne MA 4:43.22
5. Tom Weber, 41, Lorton VA 4:45.58
6. Mike McHale, 44, Fairfax Station VA 4:47.03
7. Paul Ryan, 44, Arlington VA 4:48.06
8. Pat Sullivan, 45, Oakton VA 4:49.71
9. Steve Ruckert, 45, Woodbine MD 4:50.87
10. Larry Washington, 43, College Park MD 4:52.17
11. Ken Paul, 45, Falls Church VA 4:52.47
12. Bob Weiner, 47, Accokeek MD 4:55.15
13. James Moreland, 42, Rockville MD 4:56.69
14. Frank Shorter, 47, Boulder CO 4:59.67

INSIDE NOTES. Meet officials wanted to start the Mile 15 minutes early, but Rodgers and Shorter were nowhere in sight — they were off the track warming up. We noted that they were the stars of the race, and it cost us thousands of dollars to bring them here ... Finally, Official Starter Tom McMillan, Co-chair of the President's Council on Physical Fitness and Sports, agreed simply not to fire the gun until they arrived ... We also laughed about delaying the mile again to find a shirt for one of the runners. He had expected to run topless at the country's top indoor track meet, in front of hundreds of national media. He finally agreed, and Larry Washington gave him his extra singlet ... Paul Ryan ran the race of this life for the first half, leading the crowd by four seconds through the fourth lap. "I never ran in front of 6,000 people before," laughed Ryan after the race ... Using last year's U.S. age-group rankings, all seven 40-44-year-old participants would be in the top 25 nationally, and all seven 45-49-year-olds would be in the top 12 nationally.

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

Bob Platt reported from the Las Vegas Marathon that he had a terrible race—3:53. However, others from the D.C. area fared better. **Ron Kulik** clocked a 2:29, for the best of the area's runners. **Chuck Moeser** and **Paul Peterson** finished within 21 seconds of each other, both in 2:33 (sorry, don't have the seconds). I understand that there were some area women finishing well in the race, but I don't have any details (I'm sure I'll hear from someone).

Bonnie Barnard-Lopez cleaned up at the Pomoco Half-Marathon on February 12th, taking the win and \$600 in the women's race by clocking a strong 1:16:27 and finishing just 36 seconds ahead of **Leslie Fedon** who turned in a 1:17:03. **Jim Hage** turned in a 1:08:17 enough to take sixth place and \$100. **Paul Peterson** was second master in 1:11:44, and he took home \$75.

At the Anheuser-Busch Half Marathon on February 26th, **Bonnie Barnard-Lopez** did it again, winning the women's race and \$500 in 1:16:47. Once again **Leslie Fedon** took second place, but this time she was well back in 1:19:09—unlike Bonnie she was showing the effects of running two half marathons within two weeks. **Alice Roupar** finished in sixth place with a 1:24:08. **Paul Peterson** took the masters win in 1:12:10, a new age-group course record.

In the slightly old news department, we are happy to report the details of **Patty** and **Tom Scott's** new addition (that's a baby, they are not remodeling their house). **Thomas Henderson Scott IV** was born on December 9th, weighing in at 7lb. 6oz., and 19-1/2 inches long. Patty says she's enjoying being a new mom, although he keeps her up at night.

ARNO GETS WEATHER ASSIST AT CUSTIS 12K; AARONSON IS FIRST IN CLASS ALSO

by James Scarborough

The 1995 running of the Custis 12K, at Washington-Lee High School, to benefit the Hospice of Northern Virginia, was won by two rather unexpected entrants. One was local from Arlington, and just recently a masters' runner, but she had never won it before. The male winner was a newcomer to the race from Manassas. Both were up-front in the alphabet, either in first name or last name. The steep price for using the school facilities was offset by 68 entrants in the 12K, and five in the fun run. Therefore, the club raised \$73 for the Hospice, which was

ably represented by Sabrina Palmer and Eleanor Copeland and a host of brochures. The leaders in the race were unencumbered by the presence of such past winners as Tom McCarthy, Mike Regan, Cindy Dalrymple, Sunny Clarke, and Chris Stockdale. No records were set, but there were still plenty of times in the low 40s (with the average temperature a little higher than that, with no wind or clouds to speak of, the conditions were quite pleasant). There was also a distinct Navy influence, what with Andy Smythe and Alan Lovell competing, and Ed O'Grady, now at the Naval Academy, in the fun run. (The race director also works for the Navy). The competition for runners that day consisted of a Potomac Valley Track Club race, and the Mobil Indoor Track Meet (although many just went to watch that one).

Cruising through the course in a comfortable time with a comfortable lead, Arno Sist of Manassas won, and picked up a camera, in 41:11. He was followed by Eldon Mack of NOVA, from Falls Church, in 42:03. Alan Lovell, team coordinator for the Columbia Ten Mile Challenge the next day, was third in 42:59.

Mike Hart, NOVA President, was the first Arlingtonian in 43:11. Ted Poulos, the man of a thousand races each year, was ninth in 45:35, followed by WRC President Andy Smythe in 46:04. The first master was none other than DCRRC Awards Chairman Bill Wooden of Silver Spring in 46:38. Jacob Wind, who had captured masters' honors at the race three times before, was 26th in 51:20. Although a good number of the field were from Arlington, some came a good bit farther. Greg Diven, 31st in 53:58, hails from Bountiful, Utah. Wonder if he can arrange us a trip to Bountiful for a race. Larry Dickerson of Burke was the first over 60 in 54:46. Some couples like to run races together. Michelle Kane was the second woman in 57:05. Robin Kane was seventh man in 44:14. Susan Aaronson, 40, handed a dissertation to Dan Gardner before the race. She finished it ahead of four other women (a low turnout) in 55:32. DCRRC President Bob Platt finished in 55:06, and last week's Washington's Birthday Marathon race director Pat Brown finished 43rd in 55:47.

(The unique, statistically-determined age groups produced the following age group winners, after the two overall winners. Male: 31 and under - Eldon Mack, 42:03, 32 through 40 - Mike Hart, 43:11, 41 through 44 - John McIntire, 47:33, 45 through 50 - Bob Trost, 47:41, and 51 and over - Bill Wooden, 46:36; who beat his son Hugh in 49:41. All of the women except for Susan Aaronson fell into the 31 and under category, which was headed up by Michelle Kane in 57:05).

After the race, Drs. Ron Kulik and Neil McLaughlin of Reston Chiropractic Center put on a clinic on biomechanics and gait analysis. About 10 runners got to lie on a table and find out how sore their quads and hamstrings were (or how little they could bend them), and run a few laps down the cafeteria aisle to see how corrupted their form was. A great free opportunity to learn more about your running (if you wanted to know it).

Many thanks to the volunteers. The Georges, Robertson and Cushmac. Ted Cochrane for registration. Bill Lembke for helping with the cones. Jar-Ming Pang for once again being lead bicyclist. Dick and Martha Sargent on the finish line. Ken Swain for the two miler. On the course, Dan Gardner, Ted Baca, Gene Fox, Gary Smith, Glenn Davis, Rush Fritz, and Joanne Johnson.

FLASH - NO SURPRISE - NOVA SWEEPS WRC IN VOLLEYBALL

by James Scarborough

For those with no sports-viewing plans on a Sunday afternoon when the football playoffs had a hiatus before the Super Bowl, the heavily favored NOVA 49ers took on the WRC Chargers in volleyball (second annual challenge) at the Thomas Jefferson Community Center. The match followed the Winter Indoor Track Meet, the second in a series, held that morning at TJ by the DC Road Runners. The only problem is that they clear the gym between the track meet and general recreation, so participants had to pay to get in (\$4 or \$7) if they didn't have a membership card. And TJ even on a Sunday afternoon in the winter is a very busy place. The sight of bodies running, dribbling, volleying, or pumping iron was punctuated by the drone of the electrical system overhead.

NOVA naturally turned out more players, although of course some people are members of both clubs, and some were holdovers from the track meet. Players included Jeff Reed, Jacob Wind, Bernie Flynn, James Scarborough, Rick Bockman, Mike Hart, Mary Gaylord, Terry Sweitzer, George Brown, Carol Gaminski, Dan Wallace, Tom McCarthy, and Eldon Mack. Play began about 1:30pm and included many a spike, volley, and set, and Jeff Reed's famous skyhook serve. NOVA prevailed in three games, 15-4,

15-4, and 15-3. Even swapping a few players the third game didn't help. After it became obvious that the WRC side would get no closer we continued to play two more games, swapping more players, and then a neighboring volleyball group challenged the remaining players to another game, which was lost by the combined team by 15-5.

Another fun opportunity to socialize and compete during the winter season. Some of us might feel better if we were already in a league during the winter and would be in practice. In addition to the softball, we may try soccer or miniature golf in the future.

MINUTES FOR WRC MEETING, JANUARY 1995

The WRC meeting for the month of January 1995 was held at 8pm at President Andy Smythe's house in FALLS CHURCH (not Annandale, as I have mistakenly referred to it on the tape) on Friday the 13th (part ten, as we call it) of January. Present were lots of members and guests, including Smythe, VP Nancy Horan, Secretary James Scarborough, Treasurer John O'Donnell, Tris Kruger, Jeff Reed, Robert Platt, Dean Burke, Kyle Forman, Mike Cotner and Stacey, and others.

1. Volleyball game against NOVA will be held at Thomas Jefferson Community Center on Sunday afternoon, 22 January, at about 1pm. We need a minimum of SIX people to turn out. The President voiced reservations about being able to field a team for such events. Non-Arlington residents will have to pay a \$7 admission charge. The Club will reimburse. Kyle, who played for NOVA last year, claimed WRC cheated on the score.

2. There will be teams for the Washington's Birthday Marathon Relay on Sunday, 19 February in Greenbelt. It looked like, during the course of the meeting, that we have accumulated at least one men's open team (Smythe, Reed, Scarborough) and two men's masters teams (Cotner, Forman, Dix, Ives, Wind, O'Donnell). If three women can be found, we will also field an open women's team. If not, a mixed or co-ed team.

3. John O'Donnell gave a Treasurer's report. In summary, we still have ample funds as we head into the busy and productive year of 1995, at least enough to see us through the first 100 days. Current balance is \$3,782, even though over the last calendar year expenses exceeded income by about \$800. The major income items were dues, clothing sales, and the Georgetown Race, totalling \$1,618, and the major expense items were the picnic, refreshments, the newsletter, race entries, and computer equipment totalling \$2,417. The computer equipment could be considered a one-time cost. We expect our balance to increase considerably when all the 1995 dues renewals have rolled in. Obviously, in the next year we can make the balance do even better by increasing revenues (getting more members and selling stuff and services). John unveiled his pyramid scheme (copy also attached) for doing that.

4. Dean Burke has recently returned from Richmond. He and Andy regaled us with stories about Christopher's, the local gay bar.

5. Drs. Barbara Nicklas and Alice Ryan of the Division of Gerontology, Department of Medicine, VA Medical Center in Baltimore, are conducting a research study on competitive women runners and other athletes. Interested women should call either of the good doctors at 1-410-605-7179.

6. There will also be teams for the Northern Telecom Cherry Blossom Ten Miler, Sunday, 9 April. George Banker is doing registration.

7. And now, of course, the main order of business for the evening: Elections. John O'Donnell was unable to bring his Election Booth. The paper ballots were circulated and then counted by the independent firm of Price Waterhouse (actually a couple of the guests who

came). All of our incumbent officers were re-elected. Andy Smythe defeated Jeff Reed for President, and Nancy Horan defeated Sunny Clarke for Vice-President. Scarborough and O'Donnell were re-elected unopposed. Brief acceptance speeches followed.

8. The other important issue, raised by Tris Kruger and seconded by Andy Smythe, was to give consideration to reducing the number of meetings and newsletters. Tris and Andy pointed out that there are some months during the year when we don't get anybody at the meetings, it's still work for the host, and we'd probably get more people if meetings were bi-monthly, or at least combined with other events on some months. They also felt that putting together the newsletter every month was a LOT of work for the editor.

There being no further official business, the meeting was adjourned. The Vice-President had three glasses of wine.

