

# Washington Running Club ★ Newsletter

Volume 15, Number 1

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December/January 1996

## JANUARY MEETING—ELECTIONS

The JANUARY meeting will be held at Tris Kruger's home in Potomac on FRIDAY, JANUARY 12th, at 8:00 p.m. Tris lives at 9641 Accord Drive, in Potomac, Md. From Beltway take the River Road exit toward Potomac. Tris lives approximately two miles from the Beltway on the left hand side at the corner of River and Accord, about ¼-mile past the Potomac Garden Center. Call (301) 983-2283 if you get lost. Bring your favorite side dish to share, beer, soft drinks, or desserts. The Club will provide hot dogs and hamburgers. The Club elections will be held at this meeting, so try to attend. **Because of limited space, no children please.**

## HARRIS WINS NATION'S LARGEST 10-MILER; MOLLOY SETS WOMEN'S EVENT RECORD

*by George Banker*

Over 8,400 runners registered for the 11th Army Ten Miler, held on Sunday, October 15, 1995, and the sea of runners at the start in front of the Pentagon indicated that most of them were in attendance.

Last year's men's champ, Pete Weilenman, was not there to defend his title, but the 1994 women's champ, WRC's Bonnie Barnard-Lopez, lined up for the reprise.

The 20-man lead pack went through the first mile in 5:02, and included last year's runner up Gordon Sanders, Navy runner Ron Harris, and Alexandria's Jason Stewart. The lead runners picked it up and went through mile two in 4:50, decreasing the size of the lead pack to nine, with Stewart and Harris in the front.

The halfway mark went by in 24:25, with Harris, Sanders, and Stewart holding strong. All three runners held their positions until Sanders and Harris surged just before the nine mile mark and opened up a slight lead on Stewart with a 4:49 mile.

Harris, a 5,000 meters track specialist, had too much speed for Sanders over the final half-mile and he took the win in 48:59, the third fastest winning time in the history of the race. Sanders took 2nd place with a time of 49:07, a 28 second improvement over his effort last year, and Stewart nailed down 3rd with a 49:14 finish.

In the women's race, Barnard-Lopez took an early lead, with Susan Molloy (the 1994 Marine Corps

## 1996 DUES DUE

Your 1996 Membership dues are due. After conferring with Newt and Bill, WRC agreed to its part to get the economy moving by reducing dues to \$12 for single and \$15 for family memberships. Please submit promptly to avoid additional mailings.

Marathon winner, 2:39:34) in close pursuit. Molloy made her move after mile seven, and held on for the win in 56:20 as Barnard-Lopez took 2nd in a p.r. 56:44. Both runners beat the event record of 56:45, set in 1988 by WRC runner Marianne Dickerson. Heidi Gerken took 3rd place in 58:03, with Kelly McDonnell on her heels in 4th with a time of 58:14.

The men's masters title went to Chuck Moeser in 53:29, with Enrique Navarrete in 2nd with 53:45, and Jim Whitnah holding down 3rd place with a 54:16.

Patricia Donohue led the women masters home in 66:20, followed by Patty Shackleton in 68:09, and Karen Erb in 68:43.

In age group competition, Gerry Ives of WRC took the men's top 50+ spot in 60:50, and Ecris Williams did the same for the women in 76:52. Tom Ray nailed down the over 60 title for the men in 67:10, matched by Betty Dameron's 89:05 for the women. Richard Cosby turned in a commendable performance with his 70+ winning time of 73:47, and Henry Heymann outkicked Al Gutttag 2:20:43 to 2:25:36 to take the 75+ grouping. Hedy Marque was as usual unsurpassed at 78, turning in a 1:30:46 time.

**Men:** Ron Harris, 48:59; 2. Jason Sanders, 49:07; 3. Jason Stewart, 49:14; 4. John Hayes, 50:17; 5. Jorge Pardo, 50:19; 6. Samuel Bobbitt, 50:30; 7. Ronald Donacik, 50:34; 8. Tony Every, 51:05; 9. Kai Richter, 51:08; 10. Shannon Dameron, 51:10; 35. Chuck Moeser, 53:29; 53. Jim Whitnah, 54:16; 75. Michael McHale, 55:19; Larry Harris, 58:24; Herb Tolbert, 58:26; Ridge Kelley, 58:40; Phil Stewart, 58:42; John Sherlock, 59:46; Mike Cotner, 59:57; Gerry Ives, 60:50.

**Women:** 1. Susan Molloy, 56:20; 2. Bonnie Barnard-

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

Lopez, 56:44; 3. Heidi Gerken, 58:03; 5. Kelly McDonnell, 58:14; 5. Christine Udonvich, 59:26; 6. Kim McLaughlin, 59:38; 7. Liz Scanlon, 59:47; 8. Jackie Chen, 60:07; 9. Jennifer McNeerney, 62:17; 10. Carol Lowe, 62:26; 13. Hilary Cairns, 62:40; 15. Monika Bachmann, 63:14

## PREZ' FARE THEE WELL; SMYTHE'S FINAL WORDS

It is with regret that I take up the keyboard one last time to write my final Washington Running Club President's column. After two years as Vice President under Tris Kruger, and two more years as President, I figured it was time we all had a change. Besides, rumours of a violent coup have been floating around recently so I am opting for a quiet exile in a distant, faraway land (i.e. Falls Church). When I get this pain out of my ass (no, not Tris), and my sciatic nerve is 100%, I'll come back out and struggle along on Sunday morning runs.

Thank you all for supporting the Club, and for all those who come out year after year for the Georgetown 10K. In particular, I would like to thank the following: Gerry Ives for faithfully putting this newsletter together every two months; Nancy Horan for being a great Vice (and introducing me to Abbe); John O'Donnell for not bouncing any checks; James Scarborough for making sense of our ramblings at meetings; and Tris Kruger for letting us make use of the 'Kruger Estate' for summer meetings and Sunday runs.

I hope 1996 brings everyone peace, happiness & joy. A.

## 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: Vacant

## HALLA, O'HARA GONE WITH THE WIND AT VIETNAM VETERAN'S MEMORIAL 10K

by Jim Hage

Neither snow, nor high winds, nor early morning misgivings kept more than 800 runners from their appointed rounds at the Friends of the Vietnam Veterans Memorial 10K on Sunday, November 12th, 1996, near the Lincoln Memorial. Ken Halla, cross country coach at Broad Run High School in Leesburg, proved the fastest under the inclement conditions, winning in 32:07. Ruth O'Hara, rebounding from a disappointing marathon performance three weeks ago, won the women's race in 36:53.

Halla seized control of the race after just 400 meters, then rode a tail wind to a substantial advantage by four miles. By the time the course turned back into the wind, Halla had established a comfortable margin over Eron Ferreira, who finished second in 32:46. "I'm satisfied with my performance," Halla said. "Given my level of fitness these days, and the nasty conditions out there, I ran okay." Halla was an All-American track runner at William and Mary ten years ago.

Ferreira, a native Brazilian who competes barefoot, had no complaint with either the blustery weather or the standing water on Haines Point. "My feet don't get cold," he insisted. "I just couldn't keep up." Dan Wallace, 30, from Arlington, ran a p.r. to finish third in 33:13.

O'Hara, 32, who recently returned to area after spending three years in Oregon, led wire-to-wire to claim the women's title. "I can manage these shorter races just fine, but the marathon keeps me humble," she said. O'Hara finished ninth in last month's Marine Corps Marathon in 2:58. Anita Freres, 30, finished second in 38:40. "Like everybody else today, I had a good 5K time—then we turned into the wind," Freres said. Robin Schretter, 22, from Reston, was third in 39:24.

Appropriately enough for a Veterans day race, the masters and age group categories featured impressive results. Rae Baymiller, a nationally ranked 52-year-old from New York City, eschewed her hometown marathon to compete here. Baymiller beat all the women masters runners, and finished 11th overall in a palindromic 41:14. Patricia Donohue, 41, was the first true masters runner in 42:21; Karen Erb, 44, from Kingstowne (Va.) followed in 43:00.

Jim Whitnah, 41, from Chevy Chase, won the men's masters division in 34:01, one place ahead of David Webster, 42, from Stevensville (Md.), who ran 34:07. Larry Harris, 41, from Wheaton, ran 36:10 for third place.

In the men's 50-and-over category, Gerry Ives, 56, ran 36:51 to best area antagonist and Vietnam combat platoon veteran Ed Doheny, 52, who finished second in 37:18. Patrick Griffith, 51, finished third in 38:19.

In the women's "almost 80" division, Hedy Marque, 79, from Alexandria, won easily in 56:31.

For the men 70-and-over, Ray Blue narrowly edged rival Dixon Hemphill.

**Men:** 1. Ken Halla, 32:07; 2. Eron Ferreira, 32:46; 3. Dan Wallace, 33:13; 4. Doug Sabel, 33:15; 5. Tim Dunlap, 33:20; 6. Todd Henry, 33:43; 7. Ian Frink, 33:49; 8. Ted Poulos, 33:52; 9. David Whitnah, 33:57; 10. Jim Whitnah, 34:01; 24. Rusty Briggs, 36:29; 28. John Sherlock, 36:47; 29. Mark Drosky, 36:50; 30. Gerry Ives, 36:51; 32. Jack Pozo-Olano, 37:10; 36. Ed Doheny, 37:18; 38. Hugh Wooden, 37:58; 39. Mike Cotner, 38:00.

**Women:** 1. Ruth O'Hara, 36:53; 2. Anita Freres, 38:40; 3. Robin Schretter, 39:24; 4. Drew Woodrich, 39:51; 5. Holly Hellmuth, 39:59; 6. Fay Slattery, 40:14; 7. Barbara Wigle, 40:23; 8. Kathi Canese, 40:30; 9. Susan Gallas, 40:42; 10. Ray Baymiller, 41:14; 11. Berni Flynn, 41:26;

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

The 24th Nortel Cherry Blossom 10-miler is scheduled for March 31, 1996, two weeks earlier than its traditional second Sunday in April time slot. With Easter falling on the first weekend in April, and activities surrounding the 100th running of the Boston Marathon commencing the second weekend, the organizing committee elected to go with the earlier date. Race Director **Phil Stewart** noted that a hard 10-miler two weeks before a marathon should fit into most training schedules. Entry forms have been available since November 24th, and runners are urged not to procrastinate in sending in their entry. Last year entries were closed on February 13th, and Stewart predicted an earlier closing this year. Prize money for the event has increased to \$26,000, the largest open prize purse in the Washington area. For further information on the race call the information hotline at 301-340-6699, or write to 1996 Nortel Cherry Blossom 10-Miler, PO Box 884, Middletown, MD 21769.

*Road Race Management*, the newsletter for race officials, has named **George Regan** the director of the Feihofer's Run for Women as its 1995 Race Director of the Year. The award, once described by **Bill Rodgers** as "the Gold Medal of race directing," is determined by a nine member committee consisting of race directors, media sponsors, and elite athletes. Regan's commitment to women's running has not gone without notice. Several years ago, Regan was named "Woman of the Year" by the USATF's Women's Long Distance Running Committee. Among the finalists for this year's race director's award was **Rick Nealis**, director of the Marine Corps Marathon.

The DCRRRC will be holding its popular indoor track meet series again in 1996, in conjunction with Potomac Valley TC, and with the cooperation of Arlington Dept. of Parks, Recreation, and Communi-

ty Resources. The meets are scheduled for January 14 and 28, and February 11, at the Thomas Jefferson Community Center in Arlington, Va. For more information, call DCRRRC at 703-241-0395. The top four Masters Mile finishers on January 14 and 28 (a total of eight) qualify for the Mobil Invitational Track & Field Meet at George Mason University on Saturday, February 24.

We received the following letter from **John Betts**: "To all Members of the WRC: My sincere thanks to all of you for your tremendous support after I had a heart attack and open-heart surgery. The plant and your many telephone calls have made it much easier to recover. In fact, I hope that I will be able to resume running in January. Sincerely yours, John E. Betts. P.S. At the request of the editor of the WRC Newsletter, **Gerry Ives**, I will try not to have another heart attack before the start of a major race!"

### RETURNING TO THE SCENE OF THE CRIME AT PHILADELPHIA

*by James Scarborough*

Not to be outdone for inspiration before attempting to run Boston in 1996, I decided to return to the scene of the crime of my PR marathon (a 3:09:02) in Philadelphia, eight years later. (The previous one was so long ago, believe it or not folks, that Al Naylor was trying to qualify for the 1988 Olympic Trials). Actually, they discontinued the race and brought it back last year, so of course there were a lot of records set this time. In any event, on the Sunday before Thanksgiving, which was also the last day of my "furlough week" (also know as the six-day war), which was also the first day of the Beatles Anthology on A Beatles C, nearly 3,000 runner toed the line by the Art Museum (remember the steps in Rocky) and headed out towards Eakins oval. After a mile and a quarter we came back to the start (whew! 9:20, fastest marathon I ever ran, said some), and were informed we'd pass go again at mile 14, before finishing there from the other direction. We then go on a nice tour of Center City, the historic area (lots of graveyards, churches, meeting halls, and taverns), on down to the Delaware River at Penn's Landing. Then it was back across the Schuylkill (sure kill) to the campuses of Penn and Drexel. Thereupon, we headed up 34th Street to the zoo and the horticultural gardens, underneath a couple of huge (Union) Civil War statues, and through Fairmount Park. Then it was back down along the Schuylkill on West River Drive, and passing by the start again. So far so good. By that time, I was on a record to near-record pace, passing the halfway point in about an hour and thirty-one minutes. Part of the time, I ran behind a guy with a "DEA Agent" shirt. he must have been essential. Of course, we didn't have to worry about anyone in the pack getting an unfair advantage without him being able to sniff it out.

The last 12 miles of the course, along the East River Drive and Main Street, are essentially out and back. Still relatively fresh, I passed Boathouse Row (actually, about five times during my high school and college crew days, I was on the water at that point). Ultimately, I found my mettle being sorely tested when we approached the turnaround in Manayunk. (Manayunk is now the trendy close-in place to be in Philadelphia, sort of like Hoboken now is to New York City, formerly blue collar, but now the in place to be). The course had been laid out so that on hitting the turnaround point on Gay Street, you had exactly six miles to go. And they were a real painful six. (Later on the news I learned that there was on fatality, a heart attack victim in Manayunk). It was mostly a matter of watching my splits, once a monotonous 7:02 or so for several miles, balloon, while the leg muscles started hurting more and more. First wave of nausea hit at about 22 miles. The finish line of the regatta course was even more welcome this time than it had been on the river. At long last, I saw the gentle rise (at that point nothing was gentle) to the Art Museum. When I saw the clock, I knew I needed to pick up the pace a little, but I had still crashed just enough from my blistering early pace to have a small margin. The time read 3:14:30, which made me grateful for two things: (1) no pee breaks during the race, and (2) no huge crowd like at the Army Ten Miler (which adds about two minutes to your time). Relatively good weather and a pretty flat course also helped.

One of the human interest stories of the marathon covered on the news was John Purcell, who pushed his severely handicapped brother Paul around in a cart the whole race. Upon watching that, I found out who the sign was for during the race that said "Go John and Paul"—I asked "what about George and Ringo?" (speaking of the Beatles anthology again). It was a good day for competitors all around; many qualified for Boston. Both the women's and men's winners set course records. Both the first and second women finishers were running their first marathon; what's more, they are identical twins—Jeanne Peterson in 2:39:44, and Karen Peterson in 2:45:40, both 26, both from Massepequa, New York. Mark Andrews of Chapel Hill, N.C., won the men's in 2:20:15. Mark Hoon of Bethesda was third in 2:25:21. Defending champion Chuck Crabb was seventh in 2:32:20. I talked to another first-timer, Kathleen Rogers, of Washington, D.C., who finished 21st in 3:09:51. Expect to see her in Boston, too. Of Philadelphia interest, the winners' trophies this year were dedicated to Kimberly Ernest, a runner killed in Philadelphia on November 2.

#### **UNSOLICITED AND UNCENSORED MUSINGS OF FORMER WRC PREZ TRIS KRUGER**

Dear Editor,

Though invigorated by the seasonal celebrations, I

feel encumbered by several recent events that I have been privy to. These things will be discussed here as a lesson for those of us seeking to better our lives.

First, let me make several congratulations: Sunny Clarke is looking extremely good and is preparing for the Olympic Trials, we applaud her efforts and her looks; Donna and Mike Moore are expecting a small live-in addition to their house, we applaud their efforts; Chris Stockdale has not found a buyer for her house, therefore she's here, not there, and we're happy for that; Andrew Smythe has completed a two-year reign as president, and there are several people still in pretty good shape.

James Scarborough has won the coveted Alfred tom Felde award for contributing the most to the club, and in the nominations that were closed last month has been nominated for the positions of Secretary and Treasurer. Sorrowfully, we also nominated Johnny 'OD' for president, who has a busy agenda planned. Alan Roth recently won the presidency of the Potomac Valley Association of USAT&F and is steering that organization toward a more active role in our sport. Bob Platt continues as president of the DC Road Runners and has offered many new features in that organization. Bonnie Barnard-Lopez qualified for the women's Olympic Marathon Trials with a 2:40 marathon. Jim Hage qualified for the men's Olympic Marathon Trials with a 2:18 marathon, but, more importantly, chronicled for the *Washington Post* the devastating win by Gerry Ives over Ed Doheny in the Vietnam Veterans Memorial 10K.

Congratulations to Jack Coffey who, after running the Marine Corps Marathon in an *incredible* 3:19, managed to fit into his red plaid holiday trousers, purchased in 1975. The date of the purchase was verified by U. of Md. coach Dan Rincon and Al Naylor, who accompanied him on that shopping trip.

Bill Wooden, Amy Durham, John Thoren and Cathy Merkel are all, regrettably for the rest of us, back running and winning—I thought we had put Wooden away for good, but now not only is he back on the road, but he brings his 6-foot 10-inch kid along with him to beat us also.

But really, the purpose of this letter is to divulge the recent depravities some members of our society have exhibited; namely former president Kevin Kolakowski and Edward Doheny. After being forced out of the Navy after 20 years, Kevin and his lovely yet misguided wife Pat, moved to North Richmond. Kevin thought that by moving yet further south from New York his neighbors would find his jokes funny. This has not happened, instead they have a huge new porticoed and cantilevered home on five acres, with a beaver in the back yard damming the stream running adjacent to their home. Apparently, there is enough room in this cavernous palace to avail themselves of a dog—get this—an imported, Polish, air freighted dog! Finally Kevin has someone he can relate to, you know, back to his roots (with apologies to Mr. and Mrs. Kolakowski of New York and

Florida, who until now were unaware of their son's adventure). Reportedly, Kevin is beginning to look like the dog, with a cute furry face and short white hair. I just hope he doesn't slobber too much.

Kevin was encouraged in this endeavor by his CPA, Doheny, whose idea of providing for old age is to buy himself a luxury automobile. Ed's car is so luxurious that it even has luxury in its name. Ed said he purchased his limo to celebrate acing his Certified Financial Planner exam—now that's certified alright.

But get this—Gerry Ives, who at 56 seems to get faster with age—plunks down more thousands than I can dream of on a non-refundable deposit on a house overlooking the Potomac River, and can't understand why his present house—listed in the "upper brackets" won't sell. I guess he figures everybody owns their own publishing firm and should tool over in their luxury cars to check out his current house a block from the Potomac.

Our club economist, Dr. Robert Trost, says to himself, "gee, I'd like a better kitchen exhaust fan," and assigns the lovely and talented Betty Blank, who is his roommate, the job of spending as much money as is conceivable—that's right more money than even Ed's car—on a kitchen remodeling job, that carried over into the living room. Bob says that there's no money left for furniture, but with Betty around, who needs it?! The technical term used in economics to describe spending like this is "Holy Jesus," which has relevance for this time of year. During Lent, one would have to use another term.

These examples are not meant to ridicule the perpetrators, but to serve as object lessons for those of us wishing to use them as warnings.

May you have a happy New Year and run, or whatever, well. *Tris*

#### MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD 10 NOVEMBER 1995

The meeting was held on Friday, 10 November at 8:45 pm at President Andrew Smythe's house in Falls Church, Va. Present were Smythe, Robert Platt, James Scarborough, Tris Kruger, John O'Donnell, Nancy Horan, and Abby Daniels.

1. Robert Platt discussed recent happenings with the USAT&F and its programs. There will be meetings on Thursday, 16 November and Monday, 20 November.

2. Upcoming DCRRRC races include the Turkey Trot Five Miler on Thanksgiving Day (20th annual) and the First Night Alexandria race on New Year's Eve. That first time race has seen its starting time pushed back to 1 pm (long before evening parties begin), due to permit problems in running the race after dark.

3. Pat Brown and George Banker had both attended the Race Directors workshop in Washington last weekend. A report will be in the November/De-

ember issue of the DCRRRC Review.

4. Gerry Ives and Tris Kruger have negotiated with Bob Platt about making the Potomac 5K a DC Road Runners' Club race. The race would be scheduled for Saturday, 26 October next year. A portion of the proceeds would go to DCRRRC and the remainder to the sponsoring civic association which Tris has worked with for the past nine years. Since WRC members will be among the volunteers anyway, a financial arrangement for a portion to go to WRC is also possible. The course will need to be certified for DCRRRC, at a cost of about \$250.

5. John O'Donnell reported that we have a balance of about \$3,800 in the bank. The account has pretty much remained steady. In light of the declining expenses (due mostly to the reduced frequency of meetings and newsletters), he made a motion to reduce membership dues from \$20 annually to \$10. This was then amended, after discussion, to \$12 for an individual and \$15 for a family (down from \$25). This amendment passed.

6. The Alfred TomFelde trophy for service to the club was presented to . . . James Scarborough (hey, I don't really deserve this, but it is the first time, and I have been a club member for 10 fun and crazy years). Nancy will get the engraving updated to reflect this addition.

7. Kudos were motioned for Andy Smythe for his service as President, and Gerry Ives for his work on the newsletter.

8. Bob Platt introduced a resolution to present to the USAT&F on behalf of WRC. After some lively and spirited discussion, two items (out of five) were passed. The remaining resolution reads:

*Whereas*, the Washington Running Club has been a long-standing member of the Potomac Valley Association of United States Track and Field as well as its predecessor, the Athletics Congress, and *Whereas*, the goal of running organizations is to provide services to its members at reasonable prices, *Resolved*, that the Washington Running Club requests the Potomac Valley Association take the following steps:

1. Provide for full disclosure of its financial records to any interested member and publish a Treasurer's Report in each issue of its Newsletter, and,
2. Establish a regular schedule for holding the annual election of the Long Distance Committee during a designated month.

9. Nominations for officers for 1996 (a leap year, an Olympic year, and a Presidential Election year). Andrew Smythe had already announced his intention not to run for re-election. The following were nominated for the four offices. For President, John O'Donnell. For Vice-President, Nancy Horan (the incumbent). For Treasurer, James Scarborough. For Secretary, James Scarborough (the incumbent). Scarborough wished to decline his nomination for Secretary, but as no other nominations were accepted for that office, agreed to continue until someone else expressed a desire to run. If no one does before the

January meeting, he will run for re-election as Secretary.

There being no further business, the meeting was adjourned. *James Scarborough, Secretary*

### WASHINGTON AREA RACE CALENDAR

- 14 and 28 January (Sunday) Winter Indoor Track Meets, Arlington, VA, 8am, DCRRRC, 703-241-0395  
 21 January (Sunday) JFK 20K, Washington, DC, 10am, DCRRRC, 703-241-0395  
 27 January (Saturday) Super Saturday Custis 12K, Arlington, VA, 10:30am, DCRRRC, 703-241-0395  
 3 February (Saturday) Belle Haven 25K, Alexandria, VA, 9:00am, DCRRRC, 703-241-0395  
 11 February (Sunday) Winter Indoor Track Meets, Arlington, VA, 8am, DCRRRC, 703-241-0395  
 11 February (Sunday) Hampton Coliseum Half Marathon, Hampton, VA 1pm, 1-800-800-2202  
 17 February (Saturday) George Washington Birthday Classic 10K, Alexandria, VA, 9am, 703-838-4200  
 17 February (Saturday) Men's Olympic Marathon Trials and Charlotte Observer Marathon, Charlotte, NC, 9am, 704-358-5425  
 18 February (Saturday) George Washington Birthday Marathon and Marathon Relay, Greenbelt, MD, 10:30am, DCRRRC, 703-241-0395  
 25 February (Sunday) Colonial Half Marathon, Williamsburg, VA, 1pm, 804-221-3362  
 25 February (Sunday) RRCA Ten Mile Challenge, Columbia, MD, DCRRRC 410-964-1998  
 3 March (Sunday) Bethesda Chase 20K, Bethesda, MD, 10am, 301-217-6790  
 3 March (Sunday) Reston 10-Miler, Reston, VA, 8am, 703-620-6356  
 3 March (Sunday) B&A Trail Marathon, Severna Park, MD, 7:30am, 410-987-0674  
 9 March (Saturday) Burke Lake Park 12K, Burke, VA, 10am, DCRRRC 703-241-0395  
 16 March (Saturday) Shamrock Marathon and 8K, Virginia Beach, VA, 9am, 804-481-5090  
 16 March (Saturday) Predicted Time Five Miler, Alexandria, VA, 10am, DCRRRC 703-241-0395  
 17 March (Sunday) St. Paddy's Day 10K, Washington, DC, 9:30am, 301-871-0005

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### GROUP RUNS

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**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 minute 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.

**Tuesday & Thursday**, Racquet & Jog, 3225 M St., 7:00 p.m. All levels. After run party at Third Edition Tiki Bar. **Contact:** Racquet & Jog (202) 333-8113.

**Sunday Morning Run**, 33rd and M Street in Georgetown, 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, or (301) 320-3337.

**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

\$12 Individual Membership

\$15 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 (301) 320-3337***