
Washington Running Club



The June meeting will be held at Tris Kruger's house on Friday, June 14th, 1996, at 8:00 p.m. Tris lives at 9641 Accord Drive in Potomac, Md. Get off the Beltway at the River Road exit and head toward Potomac. About half a mile past the Potomac Garden Center make a left turn onto Accord Drive. Tris's house is first on the left. If you get to Potomac Village you've gone too far. The meeting will feature Michael DeRose, of CommonHealth Chiropractic of McLean. Michael will talk about the many benefits that runners and other athletes can obtain from chiropractic medicine. The Club will provide hot dogs, etc., but any food contributions are welcomed.

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

Former White Houser, and current WRCer, **Billy Webster** is leaving the center of power and moving to Pittsburgh. He promises to be back regularly. Actually, nobody cared that much until they found out he was taking Lindsey with him. Good luck, MR. Webster!

This just in from the Lawyers Have Heart (I always thought it was Lawyers Have "A" Heart). WRC took the team honors in a sweep, with **Jim Hage** winning the race for the men in

32:06, and **Anita Freres** winning the women's crown in 37:32. **Mike Regan** took runner-up honors in 32:32, and teammate **Jon Gardner** took 4th place in 33:36. **Jack Pozo-Olano** nailed down the team title by finishing in 36:48. Other notables (WRCers) in the race were: **Jay Wind**, 37:05; **Gerry Ives**, 37:53; **Dave Keating**, also 37:53 (close race!); **Mark Baldino**, 38:50; **Hugh Wooden**, 39:00; and **Carol Schultze** (who was forced to run by her co-workers, despite her protestations that she was not in shape), 43:32. The concurrent 5K men's winner was a non-WRCer (hey, what is this!) **Robert Lotwis**, but the women's title was taken by none other than WRC's **Bonnie Barnard-Lopez** in 17:19. Runner-up **Hilary Cairns** finished in 19:03. **Claudia Piepenburg** finished in 20:37.

The Run for Towpath 5K was held on April 20th, 1996, conducted by the DCRRC. The race attracted 684 runners, considerably more than the usual DCRRC event, and after a few encouraging words from DCRRC's **Bob Platt** and NBC's Wild Kingdom TV show host **Jim Fowler** the runners were off. The course started under the Whitehurst Freeway on K Street, continued on past the Potomac Boat Club and onto the new Capital Crescent Trail. At Fletcher's Boat House the course turned back onto the towpath and finished at the Flour Mill in Georgetown. **Anthony Belber's** 26:45 edged out **Ted Poulos' 26:51** for the win, and **Fiona Branton** continued her winning streak by taking the women's crown in 30:04 to **Monica Grillo's 31:40**. The post-race rally featured Alaska Senator **Frank Murkowski** (R), and Virginia Congressman **Jim Moran** (D) in bi-partisan support for rebuilding the flood-ravaged C&O Canal towpath.

Susan Kolp has volunteered to become WRC's women's team coordinator. Susan wants to hear from you if you want to run on WRC's women's teams (women only, no guys need apply). Her phone number is (301) 229-4830, and her e-mail address is Susan_Kolp@csgi.com. With **Mike Regan** coordinating the men's teams, we have a one-two punch to wrap up some of the team titles. Thanks to both Mike and Susan for their club spirit.

John O'Donnell's recruiting drive dragged back another "lost sheep" in the form of **Chris Stockdale**, who has been a nationally-ranked 50+ woman runner. Chris was also subjected to intimidation from one of her track training partners, WRC v.p. **Nancy Horan**--hey, whatever it takes to drag 'em back.

Congratulations to **Donna Moore** and husband **Mike** on the birth of their baby boy. Mother and son are doing fine, no word on Mike's state of mind, and Donna intends to get back on the roads soon.

The tunnel, which gives access to the C&O Canal and the towpath from the bottom of Foxhall Road where it joins Canal

Road, has been closed by the Park Service. The tunnel is heavily used by runners, pedestrians, and bikers. The problem is a sewer leak (that has existed for about 10 years). Unfortunately, the sewer is the responsibility of the DC Public Works Department, which means that only heavy lobbying by tunnel users (and everyone else) will get any action, especially in this time of DC fiscal crisis. To get the access back we need people to call: DC Mayor's Office, Constituent Services, John Fanning (202) 939-8750; Councilman Jack Evans, (202) 724-8058; DC Public Works Director Larry King, (202) 654-6309; DC Sewer and Water BRAVEBOY, (202) 727-5695. Calls to the Park Service wouldn't hurt either: Secretary of Dept. of Interior Bruce Babbitt, (202) 208-3100; National Park Service, Central Dir. R. Stanton, (202) 619-8750; C&O Canal Superintendent Doug Faris, 301-739-4200; Rock Creek/Gover Archbald Park Director Bill Shields, (202) 282-7601. Actually, the Park Service has been very responsive. Two people returned my call within a couple of hours with an explanation of the reasons for the tunnel closing, and they both left direct telephone numbers so I could get back in touch with them. Georgetown U. track officials are also concerned about the closing, as their people use the tunnel for access when they are doing their off-track workouts. The only other access to the canal is in Georgetown, across M Street, or north on MacArthur Blvd. and across Canal Road to Fletcher's Boathouse (both of which risk hair-raising experiences with speeding motorists).

On Thursday, June 20th, beginning at 7:30 p.m. the Olympic Torch will be carried through the streets of Arlington, on its way to the 1996 Summer Olympic Games (which are to be held in Atlanta, Georgia in case you've been out of the loop). DCRRC will provide 30 course marshals for the Torch Relay, which will end at 10 p.m. If you can help call J. J. Wind at (703) 920-5193 by Friday, June 13th (leave message with name and phone numbers). All the marshals will get a free t-shirt (well, what were you expecting, a gold medal!)

A brand-new race, The American Classic 8K, was held at American University on Sunday, March 24th, 1996. Sponsored by the MBA students at the university, the event raised money in support of the Community Council for the Homeless at Friendship Place in upper northwest D.C. **Jim Hage** took the overall win in 25:38, with **Mark Hoon** a few steps back in 25:48, and **Chuck Moeser** taking third and top master spot in 26:04. **Laura Nelson** of Hagerstown won the women's race in 30:55, with **Cathy Ventura-Merkel** taking fourth overall and top master in 31:04, closely trailed by **Anita Freres** in fifth in 31:20. More than 500 runners turned out for this first-time event.

Maybe it's my imagination, but aren't the race prizes getting a little tacky lately. The Crystal City prize money went one deep!!!, and the Sallie Mae age-group prizes were generic medals, with no place, age division, or date indicated.

Articles, results, and items of interest to the Newsletter, should be mailed to Gerry Ives, 4616 Laverock Place, N.W., Washington, D.C. 20007. Telephone: 202-944-2379.

A FEW WORDS FROM THE PREZ . . .

The "Dead Legs Tour" has now become the "Dead Legs World Tour" as the New WRC singlets made their international debut, covering my magnificent torso, on May 6 at the Belfast Marathon.

The highlight of the marathon came about ten minutes before the gun was fired. Like everyone else, I have fidgeted as the race draws near while the director drones on about this, that, and the other runner who have a chance of winning the event. The invited runners, the winners, the great and near great. But this time, it was different. After he droned on about a number of guys who had PRs in the 2:16 to 2:20 range, he got the important stuff. "And coming to this event all the way from the United States, with a personal best of 2:50, wearing number 391 . . . JOHN O'DONNELL." Wild, unrelenting applause. I fended off a throng set on hoisting me to their shoulders.

My host for this phase of the tour was John Barbour, a two time American Olympic Trials qualifier who, with his wife, is spending two years at a non-denominational reconciliation center, Corrymeela, on the northern-most coast. Since it was he who submitted my entry, I told him in no uncertain terms that my PR was 2:44:11, not 2:50, and I expected to be properly recognized. For that matter, since few would notice the difference, I would prefer next time to be introduced with a PR of 2:07. Somehow it just sounds better.

I have little to say about the race itself. The weather was cool and the course pretty flat, thus depriving me of two of my favorite excuses. I will go to option three: jet lag.

Upon my arrival, John told me they were running a six person marathon relay simultaneously. Corrymeela was entering two teams, they were short one man, and he asked me to carry the rubber band for the first leg of the relay before continuing on. (Note to George Banker: The rubber bands on the wrist, bearing the team number, are much better than the sashes used at the GW Birthday Marathon.) Our team looked . . . well, a little spotty in certain positions.

I found my teammate at the first hand off point. I gave him the rubber band, and he ran with me stride for stride for the first four of his six mile leg. Then he told me he could no longer maintain the pace. As he dropped back, a question of running decorum came to mind. Is it impolite to ask for the

rubber band back? I never saw another of my team mates for the rest of the race. My lagging 3:21 effort was enough to beat my own relay team by some 20 minutes.

This brought to mind a thought I had a few years back upon seeing an item in the Boston Globe the weekend of the Boston marathon. During a long rain delay on Patriot Day at Fenway Park, the visiting team had a rather lively discussion over whether marathon runners were "real athletes." I told a friend you could take any major league baseball team, let them cover the course as a relay, roughly a mile per player, and they could not finish in the top 100.

On a serious note, whatever my competitive shortcomings, I could not help but think as I traversed the 26 miles in my underwear over the streets of Belfast, that people have died on those same streets in sectarian violence over the last 25 years. The city and its people have suffered greatly. Perhaps sport can play some small role in bringing people together.

Also on this trip, I had an opportunity to visit our old friend Karl Stith, who sends his regards to everyone--except Ed Doheny. He specifically told me to tell Ed he did not ask about him. Karl's friend German Silva, two time winner of the NYC marathon, and his family dropped by for a visit shortly before I left. Apparently he heard I was going to be around. He was a very friendly, funny guy.

For those of you who were concerned, under the WRC constitution, Nancy Horan was temporarily in power during my absence from the United States. The club was peaceful and orderly upon my return. I had been concerned about a military uprising led by Tris Kruger. Rumors are he has a large cache of arms and munitions stowed in the Winter Palace. He recently attempted to seize land in College Park. Nancy, I was pleased to find Bisonland unoccupied upon my return. Good work!

The full shipment of singlets came in right before the Crystal City 10K. Our team, consisting of Jim Hage, Mike Regan, John Gardner, Jack Pozo-Olano, Dick Keihl and Dave Keating looked as good as they ran. Mike deserves special recognition for the fine work he is doing as team race coordinator. The squad compete again at the Lawyers Have Heart 10K on June 9th. Results unavailable as I write (*we won . . . ed.*). We are particularly pleased to have new member Anita Freres competing for us.

It was good to have an opportunity to speak with so many of you after Memorial Day. Those I was unable to reach I hope to speak with in the near future. I was particularly pleased to have so many willing to help out in some way for the Canal Race. Hopefully we can capitalize on this enthusiasm in other ways. Hope to see you all at the June meeting at Tris Kruger's house. I will bring my vacation photos, but come anyway. See elsewhere in this issue for details. Stay cool!

President O'Donnell.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD APRIL 11, 1996

The April WRC meeting was held on Thursday, April 11 at Armand's Pizzeria, 4238 Wisconsin Avenue, N.W., near Tenleytown (American University). A large cast of members, both new and old, was in attendance.

1. John O'Donnell gave a kickoff speech for his administration, following up on the fine statements in the last newsletter. Unfortunately, he had not been able to deliver an inaugural address at the February meeting. He did introduce his new crown, and said he would answer to either the salutations "your royal highness," or "hey, knucklehead." Actually, he restated his commitment to expanding club membership, having fun events, and getting some good-looking club uniforms. (John found some medicine on the subway, a lithium derivative prescribed to a woman. Dr. Kruger offered that she was probably climbing the walls now without her medicine).

2. James Scarborough mentioned he had gotten a call from a local chiropractor who wanted to do a talk at a running club meeting, but wasn't particular about which club. John responded it was OK to talk to him about coming to a future meeting.

3. Nancy Horan gave an update on the PVA Run for the Towpath. This is the second such race being held this spring. The first is the DCRRC Run for the Towpath being held Saturday, April 20. The PVA race will be held Sunday, June 9, and will be an out-and-back 5K on Canal Road (the course is not certified yet). A consortium of area clubs has agreed to help, including WRC and Montgomery RRC. Nancy mentioned that volunteers will be needed on Saturday and Sunday for packet pick-up, course, and finish.

4. Nancy also gave a women's running update about the Mothers' Day 8K, directed by the Washington RunHers on Sunday, May 12. This year the winning woman will represent PVA at the Freihofer's Race (don't know date on this one yet). PVA will pay airfare and accommodations. They are targeting support for good (but not elite) women runners: e.g., 10K in 40:00 or better, 8K in 31:00 or better, or 5K under 19:15. For more details, call the American Running and Fitness Association (ARFA) or Nancy.

5. James Scarborough asked if we will continue our out-of-town marathon reimbursement policy (\$50) for Boston. John assured that we will.

6. Mike Regan presented a proposal for new club singlets. Idea was to go "back to basics" with a traditional club design (white background with red running star). His proposal quoted Venue Sports (of California)'s offer for 30 singlets at a cost of about \$17 apiece. Including silk screening and shipping, the

total cost is \$519.75. Advantage would be getting women's sizes. It was voted to accept the proposal. Order time will be about a month. Sale price to members will be \$15 a singlet, a net cost of \$2 apiece to the club. Order will be 20 men's and 10 women's singlets. Even though the current membership is less than 33% female, we will use these to get more female members. Mike circulated around a size distribution on the proposal which members present had the opportunity to modify.

7. Gerry Ives circulated a revised membership list, based on latest renewals. We extended a warm welcome to new members Dave Keating (and his wife), and Susan Kolb, and renewals from Norm Brand and Tom McCarthy. Gerry also mentioned that he will update the committee chair list for the newsletter, and the group runs list.

8. James Scarborough mentioned the need to try new ways to attract new members. He will try to come up with a flashy handout for races and packet pickups.

9. Dave Keating offered to create a homepage (on the www.) for Washington Running Club. Most other area clubs now have one (NOVA, DCRRRC, MCRRC), and many runners get their latest news and gossip from e-mail groups such as the Dead Runners' Society.

10. James Scarborough gave a Treasurer's Report. At the beginning of the day, there was \$3,555.89 in the checkbook. Biggest changes of the year were the \$300 donation to the C&O Canal Restoration Fund (for which we received a thank-you letter), and the \$600 adjustment to reconcile our accounting with Crestar Bank. Let's keep those new dues and renewals coming in, folks!

There being no further business, the meeting was adjourned. A splendid time was had by all, with the promise of more fun meetings ahead.

James Scarborough, Secretary-Treasurer

KIMANI AND NDEREBA SWEEP SALLIE MAE 10K

by George Banker

Twelve years ago, the Sallie Mae 10K was a small event that attracted mainly local runners. Now in its 13th year, the event attracts an international field and some the best local talent.

This year the race, held in West Potomac Park on Sunday, April 28th, 1996, offered prize money totalling \$30,000 and was part of the Professional Road Running Organization

circuit which culminates in the \$100,000 World Running Championship at the Lilac Bloomsday 12K in Spokane, Washington.

Defending champ Chris Fox had taken the race last year with a 28:34 effort. With Joseph Kimani coming off a 27:30 win at the Vancouver Sun Run the prior week, Fox had his work cut out for him. And Kimani wasn't the only competition, John Kariuki, James Bungei, Jimmy Mwangangi, and Otworu Herzon all of Kenya, and Pete Weilenmann and Travis Walter of the U.S. were all in the starting line-up--all with credentials in the low 28 minute range or better.

The first mile went by in 4:22, with Bungei, Hezron, Fox and Kariuki, followed by Weilenmann and Travis Walter. At the two mile mark the pace had slowed to 4:44, with Fox moving up from 4th to 3rd.

Picking up the pace in the 3rd mile, Bungei and Hezron were in the lead with an elapsed time of 13:37 (4:31 split). At mile 4 (4:36 split, 18:13 elapsed), Hezron had dropped back to 4th place as Kuniya moved up to share the lead with Bungei. First Weilenmann then Fox lost contact as the leaders Bungei, Kuniya, joined by Kimani, went through mile 5 in 22:41 with a sizzling 4:28 split.

With the finish line in sight, Kimani took the racing to another level as he broke the tape in 28:01, matching the event record set in 1992 by Dominic Kirui. The \$1,000 for a new event record was left on the table. Bungei held onto 2nd in 28:12, with Kuniya in 3rd in 28:21.

First local finisher, Pete Weilenmann, took 7th in a strong 28:54, followed closely by Fox in 8th in 29:15 and Walter in 9th in 29:17. Walter registered a time of 29:58 last year when he finished 11th.

Winning the women's race was Catherine Ndereba of Kenya with a 32:05, close to Jill Hunter's 32:00 event record set in 1991. Ndereba didn't have the race all her own way though, as Valentine Egorova of Russia finished just nine seconds back in 32:14. Former Boston Marathon and Marine Corps Marathon winner Olga Markova, also of Russia, took 3rd in 32:31. Kristy Johnston of Boulder, Colorado, who finished fifth at the U.S. Olympic Marathon Trials in February, took 4th in 32:41.

Tom Stevens of Middletown, Md. clocked 30:47 to take the men's masters championship, easily holding off defending champ Yury Mikhailov of Russia who turned in a 31:16. Third place went to John Serrao of Tobyhanna, Pa. in 32:33. Once again, Pierre Levisse's event record of 29:33 set in 1992 was safe.

The leading woman master was Tatiana Pozdnyakova of Russia who clocked a 33:47 (6th overall). Rebecca Stockdale-Woolly took 2nd in 36:22, followed by WRC's Cathy Ventura-Merkel in 3rd place, with a time of 38:26.

In men's age group competition, Ed Doheny took top 50-54 with a time of 37:37, WRC's Gerry Ives took top 55-59 in 36:30, John Dugdale took top 60-69 in 38:55, and Ray Blue took top in the 70-79 grouping in 46:19.

Women's age group winners were: Randon Fritsch of Baltimore in 41:54 for the 50-59; and Charlotte Edwards leading the 60-69 contingent in 46:54.

Notable performances were turned in by several WRCers. Bonnie Barnard-Lopez's 34:39 was good enough for 11th overall and \$500 for top local woman, beating out Lorraine Hocchella's 34:59. Anita Freres took 18th overall with a 36:56 clocking. Cathy Merkel was top local master woman, also a \$500 winner. Kurt Kroemer's 33:13 put him in 30th place and made him top WRC finisher (no money though, sorry Kurt!) Tom McCarthy is getting back into his game, turning in a 33:55. John Gardner nailed down 61st with his 34:29 as his training partner Jack Pozo-Olano registered 36:18. Jack's brother Juan, who is a body builder rather than a runner, pushed his well-developed torso through 10K in 45:11. New member Liz Lilly turned in a 47:34 time, which put her 12th in the 40-49 age grouping. Jon Thoren took 11th in the 40-49 age group with his 36:47. And Brooke Allen turned in a 38:19 effort.

JAMES SCARBOROUGH'S 26.2 THINGS HE'LL REMEMBER ABOUT THE 100TH BOSTON

Well, here goes. My list of "26.2 Things I Will Remember About the 100th Boston Marathon."

1. Hurrying to the packet pickup on Sunday, 14 April, where the longest lines were at the information tables. Basically, we were told, "you can't get there from here."
2. Getting the "championship" in a sealed envelope, much like a secret decoder ring.
3. Hearing everybody's championship actually go off, at the start, halfway point, and finish line of the race, sounding like an electronic duck-hunting call, repeated thousands of times.
4. The great desk clerk at the Radisson Milford, who told me "the back roads" to go to get to Hopkinton. I arrived in plenty of time to avoid bottleneck on race morning.
5. Seeing Johnny Kelley (Senior) at the front of the high school building.
6. The cop standing on the huge dirt pile at the Athlete's Village, which seemed like a huge Runner's Woodstock.
7. The guy on the stage who simply couldn't tell his right from his left in directing qualified and open runners which way

to exit and when. All he needed to do was refer to the blue or red balloon arches, not the water towers.

8. Realizing that the baggage buses only held 500 numbers worth of bags. I realized this in spades again at the finish.
9. The guy with the T-shirt that read "Scent of a Woman."
10. The sky writing planes over the start. This proved what a clear day it was.
11. Finally crossing the starting line after about nine minutes. We ran a little, then had to stand still again.
12. Once again seeing the "Gump Wins in 1:57:23" sign. It's good for a few laughs.
13. Calculating that I'd lost about one minute and 40 seconds taking a pit-stop.
14. Noticing that it was no longer quite elbow to elbow by the time the road finally widened to four lanes.
15. Thinking how nice it would have been to go for a swim when we passed by the lake. That proves how warm a day it was.
16. Getting a pretty good sunburn on the backs of my legs.
17. The guy with the North Church steeple on his his head.
18. The crew with the sunflowers on their heads.
19. The lady with the West Valley Track singlet on. She was ahead of me most of the way.
20. All the people with dedications on their shirts. It seems like everyone knew someone who had died, and were dedicating the race to them.
21. The number of runners who carried cameras, and who stopped to take pictures.
22. Seeing the "women odd," etc., at the water stations. I gathered these tables were for the elite athletes, but I did not see the country flags out of the top like they were the previous year.
23. See Kathi Canese from behind. She beat me by about 12-15 minutes.
24. Asking the guy next to me, after we had crossed mile 21, if that was the last hill in Heartbreak Hill. He answered that it was. The news later showed a picture of a guy doing handstands after getting past the hill. Most of us just tried to regain our stride.
25. Seeing the Citgo sign, although not getting to it for a while. I recalled that there were more people running the race than at the Red Sox game. We collectively did a lot better than the home team that day, who lost, 8-0.
26. Knowing that that last bloody turn onto Boylston Street was coming up. I had thought I had to do a Bob Kempainen

about two miles before that point, but just felt nauseous. Didn't actually throw up until well after entering . . .

26.2. The finish chute. But I had plenty of time to calm down, however. We had to walk the full mile or so back to pick up our bags and turn in our chips! I remembered what a long walk this was the day before when returning from the packet pickup. Now we'd just all ran 26 miles! And I noticed the mylar blankets had the names and times of all Boston winners imprinted on them. Nice touch.

And, of course, how darn good it was to SIT DOWN in Boston Common after all that. But then it was time to start looking for a bus back to Hopkinton. And how crowded the airport was on Tuesday morning. It was virtually a sea of blue and gold jackets (I didn't buy one) and those shiny finisher medals with the unicorn on them.

By the way, I ran 3:35:36, which adjusted for the estimated nine minutes it took to reach the start, put me only about 2.5 minutes behind last year's pace. Not a day to look for speed unless your name was Uta or Moses. *James Scarborough*

WASHINGTON AREA RACE CALENDAR--JULY/AUG./SEPT.

4 July (Thurs.) Heritage 6K, Dundalk, Md., 7:30 am, 410-377-8882

4 July (Thurs.) July 4th Race, Ft. Meade, Md., 1-800-622-4012

4 July (Thurs.) American Cancer Society 5K, Frederick, Md., 7:00 pm, 301-662-2357

6 July (Sat.) Kingsville Firecracker 5K, Kingsville, Md., 8:00 am, 410-377-8882

12 July (Fri.) DCRRC Bastille Day Four Miler, Fletcher's Boat House, Wash., DC 7:00 pm, 703-241-0395

12 July (Fri.) Go for the Gold Track (1m, 5K), Rockville, Md., 7:00 pm, MCRRC 301-353-0200

14 July (Sun.) Race for Space 5K, Wash., DC, 8:00 am, 202-543-1900

20 July (Sat.) Women's Distance Festival 5K, Annapolis, Md., Annapolis Striders, 410-268-1165

21 July (Sun.) Run for Research 5K, Wash., DC, (9:00 am, 703-751-2758

21 July (Sun.) Women's Distance Festival 5K, Westminster, Md., 7:30 am, 410-857-5427

25 July (Thurs.) Belle Haven 8K, Alexandria, Va., 7:15 pm, DCRRC 703-241-0395

3 August (Sat.) Damascus Bridge un-Race, any distance up to 6 miles, Damascus, Md., MCRRC 301-353-0200

6 August (Tues.) Track Championship (1m, 5K), TC Williams HS, Alexandria, Va., 6:00 pm, DCRRC 703-241-0395

9 August (Fri.) Go for the Glory Track Meet, Richard Montgomery HS, Rockville, Md., 7:00 pm, MCRRC 301-353-0200

10 August (Sat.) DCRRC Picnic 5K, Bethesda, Md., 4:00 pm, DCRRC 703-241-0395

18 August (Sun.) Leesburg 10K, Leesburg, Va., 8:00 am, 301-968-7988

18 August (Sun.) Women's Distance Festival 5K, Bluemont Junction, Arlington, Va., 7:00 pm, DCRRC 703-241-0395

22 August (Thurs.) Paul Thurston Family 4.5M, Burke Lake, Va., 6:30 pm DCRRC 703-241-0395

25 August (Sun.) Annapolis Ten Miler, Annapolis, Md., 7:45 am, Annapolis Striders, 410-268-1165

31 Aug (Sat.) Masters Track and Field Championship, 301-652-5051

1 Sept. (Sun.) Larry Noel Labor Day Greenbelt 15K, Greenbelt, Md., 6:00 pm, DCRRC 703-241-0395

8 September (Sun.) Fairlakes 8K, Fairfax, Va., 8:30 am, 202-872-8325

8 September (Sun.) Ken-Gar Ten Miler, Kensington, Md., 9:00 am, DCRRC 703-241-0395

Washington Running Club

4616 Laverock Place, NW, Washington, DC 20007

CLUB OFFICERS:

President: John O'Donnell, 202-625-1401

Vice President: Nancy Horan, 301-983-2283

Secretary-Treasurer: James Scarborough, 703-536-7764

Newsletter Editor: Gerry Ives, 202-944-2379

COMMITTEES:

Legal: Chairs--Jim Hage, Jack Coffey

Membership: John O'Donnell

Teams: Susan Kolp, Mike Regan

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, 4616 Laverock Place, Washington, DC 20007

If you need more information contact Gerry Ives at (202) 944-2379