

Talk About a Fast Food Outlet . . .

By Doug Cress

ODDS ARE that nobody ever presented Carl Lewis with a box of cornflakes for winning a race, or Sebastian Coe with a pound of Swiss cheese. After all, it's not exactly traditional for world-class runners to compete for food — except in Arlington.

This Sunday at 10 a.m. more than a hundred sprinters and middle-distance runners will race for food coupons in the Thomas Jefferson Indoor Races at Arlington's Thomas Jefferson Community Center. It will be the center's sixth of seven bimonthly winter meets in which athletes challenge for chow instead of medals, a novel idea that officials feel has kept the races competitive but informal.

"We wanted to cut off that materialistic edge," says Thomas Sciabica, a meet coordinator. "When we held similar races last summer, everybody got too greedy. All they were concerned about was their gold medals. But the coupons help keep the whole thing low-key."

Event winners are awarded coupons worth \$2.50 from the Uncommon Market, a food coop in Arlington specializing in organic fruits and vegetables, fresh bread and imported cheeses.

The lack of traditional awards has not affected the quality of competition, however, as topnotch times have been posted in all six events — the 55-meter sprint, 220, 440, 880, one-mile and two-mile runs. Kablan Georzy, a member of the Ivory Coast's 1984 Olympic team, posted a time of 6.36 seconds in the 55, while Darrell General of Temple Hills, Md., one of the region's top marathoners, ran the two-mile event in 9:43. Runners have also come from as far away as Ohio and West Virginia to take part.

Still, Sciabica insists that the focus be on community involvement. Every event is open to anyone willing to pay the \$1 entry fee (\$2 for two or more events), and past heats have



BY WILLIAM COULTER.

included runners as young as seven and as old as seventy. A growing number of women and race walkers also compete regularly. (Depending on how many show up, the race-walkers either have their own heats in the distance races, or simply race the clock from the outer lanes in the running events.)

"Every week we get a range, from world-class runners flying around the track to little kids struggling to get across the finish line," Sciabica says. "We also encourage the runners to help out with timing when they're not actually competing. It relieves the tension."

The Thomas Jefferson Indoor Races are the only regularly scheduled indoor meet in the area, so many of the running clubs in the area have incorporated them into their training schedules.

"The meet is a terrific incentive to stay in shape," says Jay Wind, a member of the Washington Running Club who also serves as the meet's director. "By keeping the event low-key we encourage people to keep training at a time when most let up because of the weather."

The Potomac Valley Seniors, a club for runners over 30 whose members include 54-year-old Rudy Enders of Potomac, the national masters champion in the 440, uses the T.J. Races to prepare its runners for major meets such as the Millrose Games in New York and Penn Relays in Philadelphia.

"You can experiment and do things you wouldn't do in a major meet," says Sal Corrallo of Arlington, past president of the PVS. "In the winter, our long-distance people can't

get much sprint work done. But they can use the shorter races (at Thomas Jefferson) for their sprints.

"Those meets also give us the quality competition we need," Corrallo continues. "When you're in there running against youngsters, it tends to make you work harder."

One of the most attractive aspects of the T.J. Races is the facility itself. Its 220-meter track, which cost more than \$100,000 to lay last year, is praised by runners for its wide turns and springy surface.

Although Sciabica is pleased with the current race format, he's also interested in attracting major corporate sponsorship for the races next year in hopes of enticing "name" runners to compete.

But even if that comes to pass, he says, "we want to keep this a family meet. We want to preserve the fun and enjoyment."

THOMAS JEFFERSON INDOOR RACES — The races — 55-meter sprint, 220, 440, 880, mile and two-mile — are scheduled from 10 till noon this Sunday and again March 9. Registration is at 9:30. There is no age limit, but the races are designed for older teens and adults. For the past two meets, women's heats have been held in every event. But if enough women don't appear, then those who do show up run with the men and compete against the clock. The Thomas Jefferson Community Center is at 3501 Second Street, at the intersection with Glebe Road, in Arlington. For information, call 553-8522.

RUN OF THE CLUBS

Below is a partial list of the many running clubs in the area, some of which enter members in the Thomas Jefferson Indoor Races. In return for the membership fee, most clubs offer a regular newsletter, organized runs and training sessions, coaching and bulletins concerning upcoming races. Some also offer discounts on running equipment.

RESTON RUNNERS — \$7 for single membership, \$12 for family. Call 437-5199.

D.C. ROADRUNNERS — \$10 for single membership, \$15 for family. Call 474-7177.

POTOMAC VALLEY SENIORS — \$10 for single membership. Call 273-0859.

THOMAS JEFFERSON ROADRUNNERS CLUB — \$2 lifetime membership. Call 751-7755.

WASHINGTON RUNNING CLUB — \$15 for single membership, \$20 for family. Call 649-4909.

D.C. CAPITOLS TRACK CLUB — \$15 single membership. Call 232-4812.

Ski Report

By Jeffrey Yorke

MILDER TEMPERATURES and rain in some spots have considerably dampened the slopes at Washington area resorts. But the weatherman calls for temperatures to drop late Friday night. Some ski areas are already reporting early spring skiing conditions, so it's very important to call for a condition report before making the long trip.

Here's what ski resorts within a two- to six-hour drive of Washington are reporting:

BIG BOULDER, 225 miles.
LAKE HARMONY, PA. 717/722-0101.
A base of 40 to 46 inches on all 11 open slopes and trails topped by a wet, granular surface. All lifts working as needed. Reciprocal lift tickets with Jack Frost Mountain. Ski report 717/722-0104.

BLUE KNOB, 150 miles.
CLAYSBURG, PA. 814/239-5111.
All nine slopes and trails open with a base of 21 to 25 inches. Surface conditions are wet, granular; all lifts are available as needed.

BRYCE MOUNTAIN, 120 miles.
BASYE, VA. 703/856-2121.
Four slopes and two beginners' areas open with a base of 15 to 40 inches. Two chair lifts and two surface lifts in operation. Snow report 703/856-2151.

CAMELBACK, 230 miles.
TANNERSVILLE, PA. 717/629-1661.
A base of three to five feet with a wet, granular topping on all 27 open slopes and trails. All 11 lifts working as needed. Snow report 800/233-8100.

CANAAN VALLEY, 180 miles.
DAVIS, W.VA. 304/866-4121.
A dozen slopes and trails open with a base of 19 to 42 inches topped by wet, granular surface. Three lifts operating. All cross-country trails have melted.

ELK MOUNTAIN, 260 miles.
UNIONDALE, PA. 717/679-2611 or snow report, 1-800/233-4131.
A base of 16 to 48 inches on 14 open slopes and trails. The surface is wet, granular; five lifts operating.

ELK RIVER TOURING, 225 miles.
SLATYFORK, W.VA. 304/572-3771
A base of three to six inches on 15 kilometers of trails. Spring conditions were reported earlier in the week but colder temperatures are expected by Saturday.

HIDDEN VALLEY, 191 miles.
SOMERSET, PA. 814/443-6454 or 800/458-0174.
A base of eight to 36 inches on six to eight open slopes and trails serviced by two to four lifts and a rope tow. The surface is wet, granular.

THE HOMESTEAD, 200 miles.
HOT SPRINGS, VA. 703/839-5079.
A base of one foot to 35 inches on four open slopes and trails topped by a "corn snow" surface. All lifts operating as needed.

JACK FROST, 225 miles.
WHITE HAVEN, PA. 717/443-8425.
A base of 30 to 60 inches on 19 open slopes being serviced by seven lifts. The surface is wet, granular. Reciprocal lift ticket with Big Boulder, six miles away. Special programs for handicapped and blind skiers.

LAUREL MOUNTAIN, 190 miles.
BOSWELL, PA. 412/238-6688.
Mild conditions forced this resort to close Wednesday. It could reopen sometime next week.

MASSANUTTEN, 125 miles.
HARRISONBURG, VA. 703/289-9441 or 800/334-6086.
A base of one to five feet on six open slopes with a wet, granular surface. Three double chair lifts expected working for weekend skiers.

MONTAGE, 210 miles.
SCRANTON, PA. 717/969-7669 or 800/VIP-SNOW.
All nine slopes and trails operating with a base of 22 to 50 inches topped by a granular surface. Four lifts operating. Equipped for slalom and downhill racing. No cross-country.

SEVEN SPRINGS, 190 miles.
CHAMPION, PA. 814/352-7777.
A base of one foot to 34 inches on snowmaking areas and zero to six inches on

natural areas. All 27 slopes and trails are open with 11 chair lifts and three rope tows.

SHAWNEE MOUNTAIN, 210 miles.
SHAWNEE ON DELAWARE, PA. 717/421-7213.
A base of 30 to 60 inches on all 20 open slopes and trails topped by a granular surface. All seven double chair lifts operating. Snow report 800/233-4218.

SILVER CREEK, 245 miles.
SLATYFORK, W.VA. 304/572-4000 or 800/624-2119.
All 10 slopes and trails open with a base of 31 to 53 inches topped by a wet, granular surface. All three lifts working. NASTAR racing daily at 1 p.m.

SKI LIBERTY, 65 miles.
FAIRFIELD, PA. 717/642-8282.
A wet, granular surface tops base of one foot to 82 inches on all 14 open slopes and trails. All five lifts working as needed. Lodging referral service (717/642-8288). Special program for handicapped. Snow report 800/233-1134.

SKI ROUNDTOP, 121 miles.
LEWISBERRY, PA. 717/432-9631.
A base of 27 to 54 inches on 11 open slopes and trails topped by a wet, granular surface. Eight lifts working as needed. Snow report 800/233-1134.

SNOWSHOE, 245 miles.
SLATYFORK, W.VA. 304/572-1000 or 304/572-5252.
A base of 30 to 80 inches. All but three of the 29 slopes and trails open and serviced by six triple chair lifts. Light snow and lower temperatures expected for Saturday. Ski report 304/572-info.

WINTERGREEN, 168 miles.
WINTERGREEN, VA. 800/325-2200.
A base of 30 to 72 inches topped by machine-worked powder. Eight slopes and five lifts in operating.

WELCOME SOUNDS — Each year the first hint of spring in Virginia comes on the last Saturday in February with the Casanova Hunt's point-to-point horse racing program. The 1986 season begins this Saturday with nine races starting at 12:30 in the rolling hills of the Mt. Sterling Farm outside Warrenton.

In all, 133 entries will compete in four timber, three hurdle and two flat races. General admission is \$5 per person; parking is free. Wear boots for the mud, dress warmly and pack a picnic.

To get there: From the Beltway, take I-66 west to U.S. 29 south at Gainesville. Follow 29 south for 12 miles and then left on Route 605 E. The course is three miles on right. For information, call 703/347-3611.

Here's the 1986 schedule for the point-to-point circuit in Virginia and Maryland: **SATURDAY** — Casanova Hunt, Warrenton, Va.; **MARCH 1** — Rappahannock Hunt, Sperryville, Va.; **MARCH 8** — Blue Ridge Hunt, Berryville, Va.; **MARCH 15** — Warrenton Hunt, Warrenton, Va.; **MARCH 22** — Piedmont Fox Hounds, Upperville, Va.; **MARCH 29** — Middleburg Hunt, Middleburg, Va.; Howard County Hunt, Glenelg, Md.; **APRIL 5** — Old Dominion Hunt, Ben Venue, Va.; Elkridge-Harford, Monkton, Md.; **APRIL 6** — Marlborough Hunt, Davidsonville, Md.; **APRIL 12** — My Lady's Manor, Monkton, Md.; **APRIL 13** — Oatlands, Leesburg, Va.; Foxcatcher Point to Point, Fair Hill, Md.; **APRIL 19** — Fairfax Hunt, Leesburg, Va.; Maryland Grand National, Butler, Md.; **APRIL 26** — Maryland Hunt Cup, Glyndon, Md.; **APRIL 27** — Potomac Hunt, Potomac, Md.; **MAY 5** — Virginia Gold Cup, The Plains, Va.; **MAY 26 & JUNE 7** — Fair Hill Races, Fair Hill, Md.