

WASHINGTON RUNNING CLUB NEWSLETTER  
December, 1978

Elections will be held at the next meeting which will be held on Friday evening, January 5, 1979 at Ray Morrison's house at 8:00 p.m. Please try to make it to this meeting. Call 593-3834 for directions to 120 Eastmoor Drive, Silver Spring, Maryland 20901.

Once again the time has come for all present members and all new members to reach into their pockets and pull out the annual club dues. Taking an inflationary stand, we are accepting all donations of \$5.00 and above from those who wish to remain as WRC members for 1979. If you forgot to fork over your dues for 1978, then lay at least \$10.00 on us. Please complete the attached registration blank so we have a complete and current record of you.

The Cross Country team just completed a full competitive season by placing 19th out of 37 teams in the National AAU Cross Country Meet in Seattle, Washington on November 25th over 10,000 meters. We had a seven man team competing on a very muddy, wet course. Jim Buell led the team by placing 45th overall and 36th in the team race. Mike Greehan ran a fine race for 65th overall and 52nd in the team event. Complete results are as follows for our team:

	<u>Overall</u>	<u>Team</u>	<u>Time</u>
1). Jim Buell	45th	36th	31:10
2). Mike Greehan	65th	52nd	31:28.6
3). Dan Rincon		108th	32:08
4). Steve Mahieu		110th	32:09
5). Ray Morrison		215th	33:45
6). Mark Baldino		242nd	34:22
7). Jeff Peterson	DNF		

The team gained valuable experience from the season and the final event. There will be a different system to choose the team for the Nationals next year. There will be a full season with at least four big meets and at least two qualifying meets for the selection of team participants. The coach has begun work on next year's schedule so keep your mud shoes ready.

Jenny White hit the big time by placing 5th in the Women's National AAU Cross Country Race in Memphis, Tennessee on November 25th. Jenny ran 16:40.2 for 5,000 meters and was only 13 seconds behind the winner, Julie Brown. Jenny qualified for the USA Cross Country team which will compete in Ireland in March, 1979.

There were some fine performances turned in by Bruce Robinson, 2:24.27 (38th), Peter Nye, 2:28.03 (63rd), and Martin Smith, 2:28.24 (66th) in the New York City Marathon. Dick Spencer ran his first marathon and turned in a fine 3:08. Tom Fallath and Greg Fallath toured the five boroughs with deliberate speed and enjoyed their return to the native lands. WRC finished as the fourth place team. Wayne Roe ran 2:31.31 for 90th. I know there were other WRC runners but I do not have complete results.

Other Races: Jim Buell blitzed the field in the Times Metric Marathon in Columbia on November 5th. Jim ran 83:38 for 26 kilometers and out distanced second place by over 5 minutes. Dan Rincon won the Sun Run 10 mile in Ocean City, Maryland in 49:32. The Marine Marathon proved an interesting test to our team entries as the team coordinator mailed out a letter to "all" entrants asking you to send in your team designation on a form with too few blanks for people to list Washington Running Club. Some people never got the letter and those who did could not figure out what was the correct abbreviation of those three words. The coach made an attempt to designate teams on October 15th by a separate sheet and Norm Brand tried to check at the pre-registration but to no avail. We actually won the team title at the Marine Marathon but they gave it to Charlottesville TC. They refuse to correct the error so a formal protest will be filed. Some of our runners: Max White (7th) 2:25.55; Jack Coffey (10th) 2:27.54; Anna Mae Diehl (9th woman) 3:19.14; Kerry Baruth 2:58; Jim Isenberg was in the 2:41.17; Tom Washington 2:32.50; David Kayser 2:39.27; Ray Romasco 2:50.04; John Weidman 2:52.21.

WASHINGTON RUNNING CLUB  
1979

The Washington Running Club welcomes new members to the program of long distance running. WRC is a competitive team for runners of all ages and abilities. WRC encourages social interaction among its members as well as a close team spirit in all competition. There are monthly meetings held in the Washington Metropolitan area at various member's houses.

WRC offers programs in men's and women's long distance running, cross country competition, indoor track and outdoor track. Many of our athletes have done well on a national level. Jenny White recently qualified for the Senior Women's USA Cross Country team. WRC offers a means to exchange training techniques as well as the opportunity to train with runners of various ability.

WRC has a coach and a women's running coordinator as well as the normal slate of officers to help coordinate all WRC efforts. If you are joining us, we welcome and encourage your involvement in the Club. If you have additional questions or need more information, call Ray Morrison at 301-593-3834.

WASHINGTON RUNNING CLUB MEMBERSHIP FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

BIRTH DATE: \_\_/\_\_/\_\_ AGE: \_\_\_\_

PHONE (HOME) \_\_\_\_\_

(WORK) \_\_\_\_\_

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TEMPORARY ADDRESS (SCHOOL, ETC) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_

PLEASE ENCLOSE \$5.00 for yearly dues. Make check payable to Washington Running Club and forward it along with this form to:

Bruce Robinson  
10007 Brookmoor Drive  
Silver Spring, MD 20901

FAVORITE EVENTS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

BEST TIMES: 60 Yds \_\_\_\_\_, 100m \_\_\_\_\_, 110HH \_\_\_\_\_, 400m \_\_\_\_\_, 440 Yds \_\_\_\_\_,  
I.H. \_\_\_\_\_, 800m \_\_\_\_\_, 880m \_\_\_\_\_, 1500m \_\_\_\_\_, Mile \_\_\_\_\_,  
3000m stch \_\_\_\_\_, 2mi \_\_\_\_\_, 3mi \_\_\_\_\_, 6mi \_\_\_\_\_, 10,000 \_\_\_\_\_,  
15k \_\_\_\_\_, 10mi \_\_\_\_\_, 20k \_\_\_\_\_, 20mi \_\_\_\_\_, Marathon \_\_\_\_\_,  
H.J. \_\_\_\_\_, P.V. \_\_\_\_\_, L.J. \_\_\_\_\_, S.P. \_\_\_\_\_, Discus \_\_\_\_\_,  
Javelin \_\_\_\_\_