

WASHINGTON RUNNING CLUB NEWSLETTER
May 27, 1979

Greetings! From the Force, bringing you the continuing mis-adventures of the Washington Running Club.

Just a reminder, the Annual Washington Running Club Picnic and Beer Relay will be held at the Mitchell's following the Hecht's 10 Miler (certified for a change). Directions:

Beltway exit 23N (Colesville Rd.) North towards Columbia approximately 6 miles to Route 198. (Burtonsville Shopping Center) turn left on 198, go approximately 1.2 miles (you'll see road construction). Turn left on Peach Orchard Rd. (there is no sign, look for specially prepared signs for the WRC Picnic) about 4/10 miles on Peach Orchard to 15340 Peach Orchard, turn right in driveway marked WRC (what's that?) signs and/or Mitchell's white sign. Proceed up driveway and park.

Let's make this year's picnic the best in WRC history. Be sure to bring your filled picnic basket; beer, soft drinks and grills will be provided by the Club. Jeff Peterson has come of Age.

Now for more race results we take you to our press headquarters in Georgetown and report from the Allouytolla. THE SPARTAN ROAD RACE: An excellent race for the Club. Mike Greehan finished first in 24:35 in this hilly 4.9 mile race in McLean, beating Jack Fultz, 1976 BAA Champion by 13 seconds. 3rd was Jeff Peterson in 25:05. 5th was Bruce Robinson in 25:16. 6th was Will Albers in 25:33. Mark Baldino was 8th in 25:54. George Barker was 13th in 26:57. Ray Morrison was 22nd in 27:42. Greg Fallath finished 126th in 36:45. Terri Ryan, our newest member, in 50:20. Steph Flynn another new member was 2nd women finisher; however we do not have her time. WRC, of course was first team finished. DOVER 8 MILE FOR AMERICAN CANCER SOCIETY: Dan Rincon won in 41:02 and Al Naylor was 2nd in 41:13.

Bruce Robinson easily won the ARMY H.O. 10 mile in 50:34.

Mary Walsh was 2nd in the 5K at the AIAW meet in Oneonta, N.Y. Her time as 17:23. She finished 2nd also to Joan Benoit in the 10K her time was 34:20.

Mary Ellen Williams was 3rd overall in the BONNIE BELL Race. In about 39 minutes she was first in her age group. Jennifer Rood was 15th.

Will Albers was 23rd in a field of 2,000 in the REVCO Marathon. His time was 2:33. He said, "It was just a workout." He is prepping for the fall.

May 20th, New Jersey.

The Midland Run boasting the strongest field of American distance runners turned out to be a great day for the WRC, placing 4 runners in the top 20. John Flora won the race in 59:39 with Rick Rojas second. The Club was well represented by Jim Buell in 7th beating Mike Roache, Garry Bjorkland and Mike Slack. Come-backing Dan Rincon finished 15th with Bruce Robinson hot on his heels in 16th. In one of his strongest performances to date, Mark Baldino was 18th in 1:06:34. We are sure to hear more of Mark in future races. Marge Rosasco placed 6th in a strong Women's race, winning her age division. Marty Cooksey won the women's race.

FLASH! Late news just in off the WRC wires....

Sunday, May 27, 1979 - College Park. PVAU Championships.

2nd Jeff Peterson in 30:23. Ray Morrison was 6th in 32:00

Jennifer White was 1st in 3K in 9:43:6. Mark Albers as entered in the Keepchase, however results have not arrived over the wires as we go to print.

Sunday, May 27th. Baltimore - The Annual Constellation - Fort McHenry 10K
Terry Baker 1st. Jim Buell 2nd, complete results not available at press time.

We should have complete details of these and other races at the next meeting (party) to be held Saturday June 9th, in the sacred temple of Auyatolla (Tubby) Hagan. Directions to this religious sanctuary are: call 703-691-0781 (map is totally unreadable!) A Club fun run and swim will precede the meeting. Fun run will be seven miles commencing at 7:15 pm followed immediately by a communal dip in the "Temple's" pool. A \$2.00 donation to the "Churches" coffers will be required of members wishing to benefit from the healing properties of this most sacred of religious pools. Meeting will begin at 9pm/or 2100 hrs. which ever comes first. Benediction will be led by the Auyatolla (TUBBY) Hagan.

Many thanks to those who helped with the Trinity College and Va. for Foot Lover's races.. * helped with both races

*Dick Spencer	Steve Donovan	Hannah Rowe
*Larry Hubbard	*Norm Brand	Dottie Rowe
Terri Ryan	*Joie Morrison	*Ray Morrison
Bob Thurston	*Al Naylor	Tina Middlebrook
*Mike Bradley	Jim Hagan	Myles Schneider
	Robert Rodriguez	Mrs. Spencer and child

Coach Ray Morrison is asking for any input into the 1979 Fall Cross Country Schedule, most races are set however we can use any information on any upcoming meets. Any one not entered in the Hecht's 10 miler who wants to run or help for a free T-Shirt call Ray Morrison. 593-3834.

People with race results please call the Auyatolla at his temple, Phone (703) 691-0781.

The Auyatolla sends his blessings,
May the Force be with you,

Late News! In the National AAU 20 kilometer at Haines Point on May 28, Dick Spencer finished 36th overall and 22nd in the 40-45 age group in 82:39. Larry Hubbard finished 72nd overall and 11th in the 45-49 age group in 1:42:40. Congratulations on these fine performances.

Directions to June 9th Meeting

Take beltway (495) to I-66. Stay on I-66 to the Vienna Exit-Nutley Rd. Left on Nutley. Right on Lee Highway. THE FORCE
3/4mile on left, Circle Towers.
9335 Lee Highway, Apt. 314 - Tower#1.

June

2 Hecht's 10 Mile and Annual WRX Picnic - 9am
L'eggs Mini-Marathon (10K) N.Y. - 11am
3 Gold Coast 10K, Ocean City, Md. - 9:30am
Diet Pepsi 10K, Petersburg, Va. - 8:30 am
"Long run anyone?"
*10 PVAAU 15K Championship, Hains Point, - 9am
RRCA Postal Meet of Miles, Walter Johnson HS
16 Norfolk Harbor Festival 10K - 11am
17 Columbia Birthday Classic (12mi.) - 8am
*23 Schlitz Light 10K, West Potomac Park - 8am
24 "Sprite Sprint" 5K, Baltimore, Md. - 9am
*24 Alpine Cup 15K, Davis, Va., - 2pm

July

4 Clydes American 10K, Columbia, Md. - 9am
Peachtree Classic, Atlanta, Ga. - 8am
Takoma Park 15K - 5pm
Greenbriar Gallop 10K
20-22 East Coast Invitational Track and Field,
Towson State College

August

4-5 24 Hour Relay and 50 mile, Ft. Meade, Md.
*12 PVAAU 10K Championship, Hains Point
26 Annapolis 10 mile Run - 7:30am
*27 Fredonia Farm Festival 10K, Fredonia, N.Y.- 6pm
(fun event, we should travel)

September

(?) *National AAU 10K Championship, Purchase, N.Y.
2 Charleston Distance Run (15mi.)
16 *National AAU 50K Championship, Battleboro, Vt.
22 Virginia 10 Miler, Lynchburg, Va. - 10am - NO TEAM

October

7 *PVAAU 25K Championship, Hains Point
13 *Skylon Marathon (same course as upcoming Olympic Trials)

November

4 *Marine Marathon
Columbia Metric Marathon (16.1mi.)
17 JFK 50 Mile, Boonesboro, Md.
24 *National AAU Mens Cross-Country Championships
Raleigh, N.C. (Women's and Junior also)
Ocean City Sun Run, 10mile (Big Party Aprés)

December

2 *Maryland Marathon
Jersey Shore Marathon

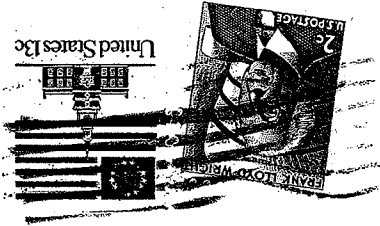
January

1 Ed Barron Hangover Classic

*TEAM CHAMPIONSHIPS

The Cross-Country Schedule should be out by late July

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