

WASHINGTON RUNNING CLUB NEWSLETTER
September, 1979

"A pat. on the back is only a few vertebrae removed from a kick in the pants, but is miles ahead in results."

Summer race results: In hot and humid weather the following occurred over the last several weeks:

Upper Marlboro Country Run was won by Terry Baker and Mary Walsh of WRC. Each was the recipient of a color television.

PVAAU 10K was won by Will Albers in 31:38. Was he hung over in this one as in the 15K? Robert Rodriguez was third in 32:13; Allen Hinchcliff was fourth in 32:28 and Ayatollah placed seventh in 33:28.

In the Falmouth 7.1 race Terry Baker was 25th in 33:45; Mike Greehan was 33rd in 34:15; Dan Rincon placed 58th and Jeff Peterson was 62nd in 35:02.

In the Herndon 10 Miler Jeff Peterson and Bruce Robinson tied for first place in 52:30 and Will Albers was third in 55:03.

WRC was represented at the Fredonia Farm Festival 10K by Mike Bradley who came in tenth in a field of about 500. He was leading at the mile in 4:48 and completed the three mile course in 15:22.

On the international scene, WRC was represented at the Festival des Mollusques in Bouchtouche, New Brunswick by Ray Morrison who placed first in 35:32. Runner Ray also won the Kinsman Club Five Mile race in Inverness, Nova Scotia in 27:33. Who was that masked man?

Cross Country Schedule

September 15th	William & Mary, Peninsula Track Club 10:00 am - B Team; 11:00 am Varsity Race
September 29th	Maryland Invitational Mason Dixon Invitational Indiana Invitational Lehigh Invitational Furman Invitational Penn State Invitational
November 24th	National AAU, Raleigh, North Carolina

WRC Coach says you must check with Runner Ray to participate in cross country. Ray can be reached at 593-3834.

Congratulations to Bruce on the Wednesday Night Training Runs. The running was great and the kegs of beer afterwards were sensational. If you are interested in participating, call Bruce at 774-4135.

Lost and Found: LOST - One women's team: where are you and what are you doing? If found, call in. LOST - \$372 for Podiatry Race in May; \$50 in gift certificates. LOST - Running Club Shirts: All competitors in the Washington Running Club must wear team shirts while competing for the Club.

FLAST!! There is a challenge from one "Running House" in Virginia to any other "Running House" in Maryland or D.C. to show their superiority in physical endurance, good looks, sexy bodies and drinking capacity. Contact: 273 5808.

The next meeting of the Washington Running Club will take place on Friday evening, September 7th at 8:00 p.m. at Albers, Hagen and Peterson's, 10612 Dpringman Drive, Fairfax. DIRECTIONS: Beltway (Route 495) to Route 66. Route 66 to Route 123 toward Fairfax. Stay on 123 for about three miles to Main Street (Route 236). Make a right on Route 236. Go about a half a mile to the High's which will be on your right. Just past the High's will be Railroad Street. Make a right onto Railroad Street. Railroad Street bears to the left. Follow Railroad Street, go up the hill to Keith Street and make a right. Stay on Keith Street to Springman Drive and make a right. 10612 is the second house on the left. See you there. Bring some munchies and refreshments. In case you get lost the number is 273 5808

NOTE: A complete Cross Country Schedule will be available at the meeting.