

# Washington Running Club Newsletter

## February 1980

NEXT MEETING: FRI, FEB. 22, 8:15, RAYBURN HOUSE OFFICE BUILDING, ROOM E-318

Such a good time was had by all last month that we graciously invited ourselves back. The Rayburn Building is at Independence & S. Capital Sts; entrance on S.Cap., garage entrance on C St. For better directions, see last month's newsletter or ask your Congressman! Meeting will start on time. See agenda below. Bring refreshments.

### MEETING AGENDA FOR FEB. 20

- 8:15 Business Meeting (one hour max.)
1. Reports from team coordinators
  2. Intra-Club League: presentation and brief discussion
  3. Funds: how and why
  4. Limited discussion (10-15 minutes) on individual participation and club goals. Bring your (succinct) thoughts.
- 9:15 Training Corner: Jim Hagan gets another chance! He will briefly recap his aborted presentation of last month, then lead a discussion on "Listening to Your Body."
- 9:30 Social Hour

See you at the meeting!

\* \* \* \* \*

THE INTRA-CLUB COMPETITION AND RUNNING IMPROVEMENT PROGRAM\* IS HERE!  
Announcing the strategy and your teams

#### THE PROBLEM

You've wanted to ask Bruce, Dan or Mary Ellen how he/she trains . . .  
You're a top runner but you need encouragement to improve . . .  
The club seems a blur of faces, you'd like to know a few members . . .  
You want to know how to do the most for your running given your limitations  
BUT  
You feel too slow to approach the stars  
You're not sure how others could help you.  
You feel too self-conscious to reach out.  
You're embarrassed to say 40 miles a week is all you have time for, but you want to run better anyway . . .

THE SOLUTION? SEE PAGE FOUR

\* Prize offered for a better name!

### JANUARY ELECTION MEETING

Thirty-six members attended the meeting at the Rayburn Building. In an unusual display of decorum and efficiency, under the well-wielded gavel of Bruce Robinson, the club:

- heard a coach's report from Ray
- heard and approved a report from the Intra-club League committee
- appointed race directors as follows: Montessori School 10K (late April), Jim Hagan and Jeff Peterson; Hecht Co. Ten Mile, Stan Fletcher and Al Naylor
- heard reports on the Upper Marlboro Run (May 10, we help with registration and finish line); and a possible Riggs Bank race, being negotiated by Bruce and Mike

--elected the following officers:

President: Ray Morrison  
Vice-President: Mark Baldino  
Secretary: Al Naylor  
Treasurer: Dan Rincon

-- approved the appointment of three team coordinators: Mike Bradley, men's open; Dick Spencer, masters; and Mary Ellen Williams, women.

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Thanks to Mitch Tropin for the cartoons, and to Delabian & Steve for the Intra-Club article. Race results, Pete Nye & Bob T. Typing, Bob T. & David.

OUR NEW OFFICERS

We wanted to profile all four new officers in this issue of the newsletter, but there's so much going on that we have space for only two. And since cartoonist Mitch Tropin hasn't yet caught Mark Baldino or Al Naylor sitting still long enough to be sketched, we'll feature Mark and Al next month. This time, Ray and Dan.

\* \* \* \* \*

Ray Morrison, President

At the last WRC meeting, Ray proved that two negatives can make a positive. His campaign speech of saying he would not not run to be president of WRC got him the job after a three-way run off with Mark Baldino and Bob Thurston. Actually, Ray's unflagging service to the club over nine years says more than any speech!

Ray began his running career modestly as a 208-pound math teacher at Eldensburg H.S. in Maryland. He helped the track team out when the track coach left. After considerable needling from the kids, Ray quit his smoking of two packs a day for smoking up the pavement when he ran.

He ran his first Boston Marathon in 1971 with a time of 3:08, and joined WRC's predecessor, the Washington Sports Club, that year.

Improvements came quickly for Ray. At the 1972 New York City Marathon, he ran a 2:40. The following year, he placed third in the Two Bridges 36-miler in 3:42, setting a personal best for the marathon along the way-- 2:38. Ray ran his fastest marathon (to date) at Yonkers in 1974, where his 2:25:10 helped the WRC win the National AAU Championship.

1975 brought Ray two of his greatest achievements. In May, he won the Georgetown, Ky., Marathon. Despite the 90° heat, Ray steamed past the competition to win by 14 minutes with a time of 2:28:42. And in October, he won the Two Bridges 36-miler in Alexandria in 3:46. Talk then in Washington-area running circles was how people got passed on training runs by Ray who casually zoomed past them.

A succession of leg injuries misdiagnosed by different physicians hampered Ray soon after, however. Late last year, Dr. Ledbetter performed exploratory surgery, removed some scar tissue, and cut loose the gastroc



tendon sheath to prevent pinching under the muscle of the lower back leg. Ray's been recovering steadily since.

Ray is a native of Dayton, Ohio. He grew up in the laid-back city of Charleston, S.C., and graduated from Wofford College in Spartanburg, S.C., in 1969. While working in Head Start in Washington, D.C., he met Joie Mitchell of Spencerville, Md., and they married in June, 1969. Ray was a school teacher for five years. He and his wife have a son, Ian, who will be six years old in September. Ray is 33.

Now involved in textbook publishing, Ray is based in Pittsburgh as a regional director for Worth Publishers.

Ray believes we must find means of funding club programs, and will be looking for good sources. He also wants to see our club offer development programs in running, for kids and adults.

-- Peter Nye & Bob Thurston

\* \* \* \*

Dan Rincon, Treasurer

Our speedy 27-year old treasurer has lived in more states than most of us have visited. A service brat who started competitive running in fifth grade while living in Oklahoma, Dan came to this area from Delaware, where he was state champion in both 2 miles and cross country in both his junior and senior years.

At the U. of Maryland Dan earned a B.A. in English while starring as a runner. Some of his college highlights: cross country, 3rd in conference as a junior, All American as a senior; track, 2nd in conference in indoor 2 mile, 6 mile champion as a senior. While Dan was a freshman, someone mispronounced his name, leading to his collegiate nickname of "Rhino."

In training, Dan follows an "Americanized Lydiard System," i.e., his year is not broken into strict seasons. His "buildup period is any month when he's not running any important races (e.g. February). He runs between 100 and 120 miles a week, running twice daily six days a week.

Dan's best times: mile- 4:10; 2 mi- 8:49; 3 mi- 13:53; 6 mi- 29:10 (track); 10 mi- 49:32; 20k- 1:03; 15 mi- 1:17:58; mar- 2:20:07. His marathon best was achieved his first time out, at the Md. Marathon in 1975. Since then he's been frustrated in attempts to better that time. Closest was a 2:22 at N.Y. City; see Race Results for latest, in Tucson.

\* \* \* \* \*

ANNOUNCEMENTS

Uniforms: Exist, and can be had through Ray & Joie. They will bring some to the meeting, or give them a call at 593-3834 to make your own arrangements or order a special size. Tank tops \$5.50, shorts approx. \$6.00.

BAA Marathon (April 21): Entries close March 1. You can run Edgewood or Bethel that day if you haven't qualified; see calendar, p.8. We'll try to have BAA applications at meeting.

Athletics Congress (AAU) membership: Norm Brand will have application forms at the meeting. \$4.00, plus \$1.25 if you want insurance.



Dan works as an accounting clerk at U. of Maryland (which suits him well for his job as treasurer!). He has thoughts of doing some coaching. When not running, Dan enjoys listening to music-- "all kinds, but especially classical most recently."

Dan hopes we can continue to work on the goal of club unity-- of growing not only to be a stronger club but a good group as well. His parting words: "Keep those dues coming in!" -R.T.

FYI: The new Georgetown all weather 400 meter track is finished! Quotes from the man-on-the-track:  
- "Very nice."  
- "The truth hurts."

Sunday Morning Group Runs: In D.C., 8 AM, 15-20 miles but specifics negotiable-- call Bob Harper 797-9608, or Joe Riener, 332-4067.

DUES: 1980 dues (\$10) may be paid at the meeting or sent to Dan Rincon, 3309 Clay St., Wheaton, MD 20902

News and Results: Call or write us with yours! 293-7009/ 2135 Newport Pl., N.W.

## INTRA-CLUB COMPETITION AND RUNNING IMPROVEMENT PROGRAM

(Continued from p.1)

### THE SOLUTION

- \* Get everyone in the club to feel responsible for helping other members improve their running
- \* Get club members acquainted with each other
- \* Have fun together
- \* Improve competition in D.C. area races \* \*

### HOW DO WE DO IT?

- \* Divide the club into teams of roughly equal ability
- \* Every team will represent a range of ability, from "Lightning" to "Slowpoke."
- \* Reward improvement by the whole team and by individuals
- \* Reward team solidarity as measured by activities done as a group
- \* Discuss team and individual progress during meetings and in the newsletter
- \* Encourage training and racing at a variety of distances
- \* Conduct small group training runs

### WHAT DO WE AND THE CLUB GAIN

- \* A personal commitment to club running as a way to run better
- \* Some new friends
- \* Faster times
- \* A new outlet for competitive urges
- \* More people to cheer for, by name and face, at races.

### RULES OF THE ROAD

Teams are established so that 1) average time of teams is roughly equal; 2) women are on all teams; 3) team members live close enough for group runs, etc. All team members must run 3 of the 5 distances listed below at least once during the competitive season. The fastest time is counted toward the improvement award. Distances in ( )s may be substituted if necessary.

5K (2 mi, 3 mi, 6K); 10K (6 mi); 10 mi (15K); 20K (half mar); marathon.

One team member must be responsible for giving times to the scorers (Steve, 937-6835, or Delabian, 293-7009), and to the Newsletter (Mike Bradley, 381-4211; Peter Nye, 452-4416; or Bob Thurston, 293-7009).

### SCORING

1. Each of the five distances is scored separately.
2. Base for each person is the time Steve used to set up teams.
3. Time period: between now and Hecht's 10 Miler.
4. Team improvement measured by total average reduction in times.
5. Individual improvement measured on a logarithmic scale.
6. Running points:
  - a) Most improved team at each of the 5 distances gets 20 points; 2nd team-18; etc.
  - b) Most improved team overall: 20 pts; 18, 16 . . . in descending order.
  - c) Most improved individuals at each distance earn points for their team (e.g., most improved for entire club at 10K earns his team 20 points, etc)
  - d) Individuals with greatest time reduction at each distance (i.e., not by logarithmic scale): 20, 18, etc. Slow people's power!
7. Participation points ("Shaving the point spread")
  - a) 5 points if half your team shows up at the same race (and runs); 1 point for each person over half.
  - b) 1 point for each team member at the monthly meeting.
  - c) 1 point for every 5 races reported to the scorers (each separate competition wherever held counts, not the number of people who run it)
8. This first team competition ends at the picnic in June, following the Hecht 10 Miler. Any ties in points will be broken at the running of the Annual Beer Relay. Awards will be given at the picnic.

If you're not on a team (see next page), please call us and join in!

PROPOSED TEAMS FOR INTRA-CLUB COMPETITION AND RUNNING IMPROVEMENT PROGRAM

Beside each runner for whom we have times is listed his/her point score on the scale being used. Team averages are based only on the "scored" runners. If changes are needed, we'll make them quickly and publish revised lists next month.

COLUMBIA-BALTIMORE: 702	ROCKVL-GAITHERSBURG 573	KENS-SILVER SPR. "A", 615
Bruce Robinson 895	Dan Reeks 683	Dan Rincon 912
Steve Mahieu	Ed Sayre 661	Tom Dunham 542
Dave Cornwell 850	Bill Triantos 643	Bozena Syska 329
Mark Johnson 830	Jennifer Rood 577	Bob Minor
Kerry Baruth 649	Bob Williams 483	John Mornini
Les Kinion	Mary Ellen Williams 555	Lisa Checki 255
Warren Haynie	Dotty Rowe 456	Jim Isenberg 698
Gretchen Vogel	Hannah Rowe 374	William Gaston
Bill Krause	Mike Henneberry	Steve Ruckert 788
Mary Walsh 584	David Kayser 723	Mike Bradley 778
Ruth Ann Drengwitz 400		

KENS-SILVER SP "B": 590	GREENBELT-P.G. CO: 689	NORTHWEST DC: 566
Jim Buell 918	Al Naylor 853	Bob Thurston 700
Ray Morrison 793	Stan Fletcher 818	Delabian Rice T. 222
Bev Kane 201	Wayne Roe 775	Bob Harper 692
Ron Kalman 405	Leo Aulisio 745	John Davis 603
Mitch Tropin 355	Steve Cicarelli 725	Joe Riener 618
Ralph Landry	Kevin McTigue 700	Steve Donovan 582
Mike Greehan 851	Margo Whitside 275	John Winslow 547
John Weidman 610	Larry Noel 484	Pat Speer
Tina Middlebrook	Jubie Aulisio 823	Gael Summer
	Marty Greenbaum	Randy Truesdale

SOUTH DC-ARLINGTON: 585	ALEX. & SOUTH: 673	FAIRFAX-FALLS CHURCH, 630
Bob Rodriguez 834	Phil Stewart 705	Jeff Peterson 865
Alan Weiss 567	Mike Benshoff	Mark Baldino 824
John Saunders 547	Ron Martin	Mike Wilhelm 810
Karen Sullivan 357	Jeryl Turner	Joy Hubbard 429
Stephanie Flynn	George Cushmac 617	Larry Hubbard 349
Jim Berka 857	Tem Washington 775	Cathy Guiney 346
Terri Ryan 112	Max White 838	Phil Yunger
Marty Smith 819	Peter Nye 854	Jack Coffey 853
Jay Romasco	Valerie Nye	Laura Dewald 565
	Phyllis Gibble 250	

	FAIRFAX-RESTON: 650	
Alan Hinchcliffe 796	Kristen Paolucci 337	Jim Hagan 726
Dick Spencer 557	Miles Schneider	George Barker 712
Chip Hill 542	Will Albers 880	Jack Daly

RACE RESULTS

MIAMI, FLA., JAN. 26: The indomitable Bob Harper captured 8th place at the RRCA National 100 K Championship (62.5M) in Miami. Cramps in the 80-degree weather began striking him as soon as seven miles into the race, and eventually reduced his strides to a hobble. In the last two miles, Bob dropped from 4th to 8th, and it took him 53 minutes to make the two miles. His finishing time was 9:31:58 for the 100 K, setting a WRC record for the distance.

From his pains over the last several miles, Bob learned something about dealing with cramps. He suggests relieving cramps attributed to the heat by rubbing them with ice. He further found that taking aspirin during the event helped.

Frank Bozanich won the race in 7:01, followed by Fred Savitz in 7:16. Third was former 50-mile champ Jim Pearson, in 7:51.

Former WRC member Larry Garner, now living in Gainesville, Fla., came in 19th, in 11:37.

BERMUDA, JAN. 27: Another WRC runner who traveled for a race in milder weather was Bruce Robinson who captured 5th place in the Bermuda Marathon, in 2:20:44.

Bruce found the mild 60° weather, which normally would be attractive in the depth of winter, was offset by the course being the hilliest he's ever seen. The final mile and a half were uphill. But he said the course was scenic, though rolling, and it rained intermittently all during the race for slick footing.

Winner was Andy Holden of England, in 2:15. Also of note, Greta Waitz ran a short 32 minutes (32:05, or so) in the 10K race the day before the marathon, and beat Don Kardong and others, including Ron Tabb (8th at NYC Marathon).

TAMPA, FLA., DEC. 15: Mary Walsh won the Schlitz Light Final 10 K in 36:04, against a tough field that included Gillian File and Mary Shea. Her success in that race could prove to mark her breakthrough for recognition as a sharp competitor.

TUCSON MARATHON, JAN 27

Dan Rincon held to a steady 5:20 pace through 19 miles, then started to pick it up. But at 21 miles he doubled up with a stitch, and fell from 2nd to 5th place to finish in 2:28:39. Winner was Steve Floda (Colo. T.C.) in 2:15:54

CAROLINA MARATHON

Columbia, S.C., Feb. 2

This race was nearly a show case for the WRC. Will Albers led the WRC four-some, finishing fifth over the rolling course in 2:21:37. Following him were Jeff Peterson, sixth, in 2:22:11 (a pit stop at about 21 miles set him over the 2:21:54 qualifying mark); and Peter Nye, seventh, in 2:23:41. Mark Johnson was 13th in 2:32:53. Mark wisely chose to run wearing panty-hose, which may sound silly, but the 9 a.m. race start was 22° and runners had to contend with winds of 10 to 15 knots.

New WRC addition Valerie Nye won the women's division in 3:24. Valeri has been running now for five years and has a personal best of 3:14 for the marathon. Last year she was awarded the DCRR "Most Improved Woman Runner" award. Welcome!

HONORABLE MENTIONS!

Congratulations to these members who appeared in the 1979 Road Racing Lists, from the National Running Data Center (in January T & F News):

- \* Bruce Robinson, 5th at 30k 1:34:16
- \* Jim Buell, 8th at 10 mi. 49:05
- \* Peter Nye, 10th at 30k 1:36:45
- \* Mary Walsh, 6th at 10 mi 57:56
- \* Marge Rosasco (recently left)
  - 3rd at 20k 1:15:50
  - 10th at 30k 1:59:22
- \* Jack Fultz (former member)
  - 3rd at half marathon 1:05:27

HOMETOWN BOY MAKES GOOD

Former WRC stalwart Shelly Karlin qualified for the trials by the skin of his teeth and the help of the crowd at Jersey Shore, Dec. 2 (see Run.Times).

RACE RESULTS

T.J. Track Runs, Arlington, Va., Jan. 13

Two Mile: 1 Bob Rodriguez, 9:52.3  
7. Dan Reeks 10:23  
16. Mary Walsh 10:47

\* \* \*

Frederick 10-Miler, Jan. 19

In the preliminary two-mile, Luke Rowe won in 10:55 after loping along a cross country and paved course with teammates Jack Coffey and Peter Nye. Rowe spotted the finish first and sprinted to win, with Coffey edging Nye.

Nye got revenge in the 10-miler. The course offered a couple sections of cross country lasting about 3/4 of a mile at the beginning and end of the race, with sharp hills all through the middle. Nye won in 53:02, followed by Coffey, second in 54:08, and Rowe, eighth in 58:10

\* \* \*

Reston 5 & 20, Jan. 20

Five mile: Chip Hill ran 31:28 for 14th.

Twenty mile: Bob Thurston had no grand ambition for this race; he just wanted to beat Ben Beach, his nemesis in the 30's age group. The two ran together (aided by Rabbit Rodriguez for 2 loops) for 3 1/2 of 4 loops, where Thurston claims to have been jumped by a 400 pound bear on one of those woodsy paths. Results:

- (1. Ben Beach 1:52:28)
  - 2. Bob Thurston 1:55:09
  - 12. Steve Ciccarelli, 2:04:31
- Robt. Rodriguez, 10 mi., ca. 55 min.  
Phil Stewart, 15 mi. in 1:30

\* \* \*

Springbrook H.S., Feb. 2

Kids' 880: Ian Morrison, 5:26

Two Mile: Ray Morrison, 11:25

Ten Mile: A blustery day, temperature and wind speed both in the 20's. BOC's Bob Stack took an early lead; Jack Coffey held back for a mile and then took off after him. Eventually Stack dropped off the pace as Jack held strong. Results:

- 1. Jack Coffey 54:09
- (2. Bob Stack 54:39)
- 3. Bob Thurston 54:51

PVAUU 30K CHAMPIONSHIP

Robert Rodriguez picked up 15 seconds in the first mile, and went on to win easily in 1:49. He was hampered more by ice and snow on the bike trail than by competition.

\* \* \*

Fort Hunt 8 Mile, Feb. 9

When every finisher started talking about his PR, the directors realized that something was wrong. It was that the turn-around sentry got the wrong spot, shortening the course. This enabled everyone to debate just how short it was. Results:

- (1. Jake Albright 39:49)
- 2. Bob Thurston 40:19
- 12. Bob Harper 42:27
- 13. Vassili Triantos 42:29
- 14. Phil Stewart 43:12

P.S. That's Phil's last race before turning 30 on Feb. 10. HBTY!

Oops! missed: Geo. Cushmac, 27th in 44:50

WHEEL 5 Mile, Fairfax, Va., Dec. 1

We missed this one last time. Jenny White, recently departed for Charlottesville T.C., placed fifth overall of 500 starters, finishing in 27:16. Mary Walsh placed second for women in 29:17, followed by Mary Ellen Williams in 31:12. Robert Rodriguez took third in the men's race with a time of 26:46.

\* \* \*

RACES IN MARCH

- 60K in New York, March 8: call Bob Harper if you'd like to go.
- National 30K, Albany, N.Y., March 23: Contact Bruce Robinson.
- Caesar Rodney Half Marathon, Wilmington, Del., March 30: call Bob Thurston.
- Please keep in touch with your team captain (Mike, Mary Ellen, Dick), especially concerning races you'd like to run. They need your help!

OLYMPIC RELAY

We were thrilled to see Mary Ellen Williams starring in the Olympic Torch Relay! We hope to have Mary Ellen's first-hand account in the next newsletter.

1980 RACES TO CONSIDER

JANUARY

- ✓ 1 Ed Barron Hangover Classic
- 5 Charlotte Observer Marathon
- 13 Mission Bay Marathon
- 26&27 Bermuda Marathon & 10K
- 26 100K Championship, Miami
- 7 Internat'l X-Country Trials

FEBRUARY

- 2 Carolina Marathon, Columbia, S.C.
- 9 Gasparilla Dist. Classic, 15k (Fla)
- 10 Mardi Gras Marathon
- 17 G.W.Birthday Mar., Beltsville

MARCH

- 1 "Last Train" Mar., Edgewood, Md.
- 1 Bethel (N.C.) Marathon
- ✓ 2 Bethesda Chase, 20k
- 8 60K, Central Park
- ✓ 15 Shamrock Mar., Va. Beach
- 15 Jacksonville River Run, 15K, Fla.
- 15 St. Patrick's Day 8 mi, Holyoke, MA
- ✓ 23 National 30K, Albany, NY
- 23 Wendy's Hot & Juicy, MD
- ✓ 30 Cherry Blossom, 10 mi
- 30 Hackney's 10K, Raleigh NC
- 30 Women's 10K Chmps, Albany, NY
- 30 Caesar Rodney Half-Mar, Wilmington

APRIL

- 1 Nike-U.S. Club Chmps, San Diego (10K)
- 12 Dogwood Relays, Knoxville, Tenn.
- ✓ 13 Colonial Relays & Half-Marathon
- 20 Penn Relays & Marathon
- ✓ 21 BAA Marathon (apply by Mar. 1)
- 26 Trevara Twosome, NYC

MAY

- 11 Maryland Invitational
- 7 REVCO Mar. & 10K, Cleveland, O.
- 7 Lake Waramaug 100K, Connecticut
- 3 Flying Circus 10 mi, Bealton, Va.
- ✓ 4 Midland 20K, Far Hills, N.J.
- 4 Lilac Bloomsday 7.8 mi, Spokane, WA
- 10 Women's 30K Chmps., Pasadena, CA
- 18 Bay to Breakers, 7.6 mi (S.F., Cal.)
- ✓ 24 Olympic Mar. Trials, Buffalo, N.Y.
- 24 Tom Black Track Classic, Knoxville
- ✓ 24 Elbe's Dist. Classic, Wheeling (20K)
- 25 D.C. Bonne Belle (women)

JUNE

- 1 L'Eggs Mini Marathon (women, 10K)
- 10 Hecht 10 Miler
- 13-15 Sr. AAU T&F, Mt. Sac, CA
- 24 Cascade Run Cff, Portland, Ore.

JUNE, cont.

- 23 Sr. 20K Chmps., Concord, NH
- 14 Old Dominion 100 Miler
- 28 Western States 100 Miler
- 24? Grandma's Marathon, Duluth, Minn.

JULY

- ✓ 4 Peachtree 10K, Atlanta
- 4 Takoma Park 15K
- 57 Chicago Distance Classic, 20K
- 13 RRCA Marathon Chmps, S.F., CA
- 13 15K Chmps, Utica, NY
- 12 Grandfather Mt. Mar., Boone, N.C.

AUGUST

- 3 50 Mile Chmps., Chicago
- 11 Paavo Nurmi Marathon, Wisconsin
- ✓ 17 Falmouth 10K, Mass.
- 23 America's Finest City Mar., San Diego
- 23? Two Bridges 36 Mile, Scotland
- 31 Charleston 15 Mi., W.Va.

SEPTEMBER

- 7 Nike-OTC Marathon, Eugene, Ore.
- 7 Heartathon Half-Mar., Cleveland
- 14 50K Chmps., Brattleboro, VT
- 16 Hood's Freedom Trail, 8 mi, Boston
- 21 Phila. Dist. Classic, Half Mar.
- ✓ 27 Va. 10 Mile (apply before 4/30)
- 27/28? London to Brighton, England
- 27/28? Springbank Races, London, Ontario

OCTOBER

- 4 Diet Pepsi 10K Finals, Purchase, NY
- 5 Bonne Belle Nationals, NYC
- 12 Two Bridges 36 Mile, D.C.
- 12 River Corridor Classic, Dayton, O.
- 18 Skylon Marathon
- 26 New York City Marathon
- 26 Ocean State Mar., Providence, RI

NOVEMBER

- 7 50 Mile, NYC
- 7 JFK 50 Mile, Boonsboro, Md.
- 2 Marine Marathon
- 8 25K Peace Race, Youngstown, O.
- 27 Alexandria Turkey Trot, 5 Miles
- 27 Manchester, Conn., 4.8 Mile
- 29 Super AAU X-Country, Ft. Collins, CO

DECEMBER

- 2 Maryland Marathon
- 2 Jersey Shore Marathon
- 27 Dallas-White Rock Marathon
- 13 Joe Steele Mar., Huntsville, AL
- 14 Honolulu Marathon