

Washington Running Club Newsletter October 1981

NEXT MEETING: FRIDAY, OCT. 23, 2100 K St., 4th floor. Follow signs. Inquiries 653-5270.

OCTOBER MEETING:

Through the good graces of Ken Moffett, we will hold this month's meeting in one of the conference rooms of the Federal Mediation & Conciliation Service at 21st & K Streets. The meeting will start at 8 p.m.

We may bring our own refreshments—beer, food, whatever; so bring something you'd like and more to share.

Among other things, this meeting will give us a chance to do any last-minute organization for the Georgetown LOK. Also, all sizes of jerseys & T-shirts available.

See you at the meeting!

* * *

SEPTEMBER WRC MEETING

The secretary did not take good notes at this meeting and cannot find the ones he took. He is truly sorry and promises to try harder.

Announcements included:

1. lots of upcoming races
2. we can't use Racquet Club on Fridays any more because we just don't make it as big spenders
3. we need lots of help in the Georgetown LOK, also the turkey-day race.
4. club jerseys and T-shirts are here except for some sizes

Discussion topic: do you want to run for a shoe company? Mark Johnson (proud father of a baby boy) told us he works for Nike, and thinks they could sponsor WRC runners, etc. Then Will Albers told about the money Converse is putting into some of its running programs, and asked if anyone were interested. Among the hands that went up was Mark Johnson's.

Bob Thurston reported on the Two Bridges Race in Scotland. He forgot to announce the new club champion at drinking strong beer, Ed Foley, who could have been mistaken for a Scot at the bar after the race.

The rest of the evening was spent talking, drinking beer, trying on T-shirts, and other foolishness. David Thurston bellied up to the bar and ordered a coke. He was on his 4th free coke and his 3rd

LETTER FROM THE PRESIDENT

The club is responsible for the successful management of the Georgetown LOK on October 25. 2500 runners are expected. We have over 120 active members on our roster and we need you all, to help marshal the course, provide water, manage the finish chute, etc. Let's make this a race we can really be proud of!

The club benefits by earning \$2500 to use in our developmental program for all our members. Four hours of your time are what we need to ensure race success.

Here is a chance to help your club fulfill its promises and meet its goals; it's also an excellent way to meet fellow members. If you're not already signed up, call one of the contact people:

Mark Baldino	451-6530
Al Naylor	933-7427
Jack Coffey	765-1377

Sincerely,

Mark Baldino

* * * *

Sept. Meeting, cont.

bowl of fishes before his folks got wise.

Almost forgot this item: we're not spending our race budget money as fast as planned. Do we add more races? Meanwhile, suggestions and requests for use of trip money are in order.

- ret

* * *

REMINDER

At our August meeting we voted that members should not run in club-conducted races. Come help out instead; folks will be doing training runs before & after the races we do.

* * *

IN THIS ISSUE

Catching up with women, p.2; Cows and runners, p. 6; a powerful fungus, p.7; Ed Jerome, p. 8; membership application, p. 7; Results, throughout.

* * *

SEND WRC NEWS TO BOB THURSTON (ADDRESS ON OUTSIDE) OR TO CO-EDITORS NYE & NYE, 5780 DUNSTER CT.#172, ALEXANDRIA, VA 22311.

CATCHING UP WITH WOMEN

by

Val Nye

MARY ELLEN WILLIAMS, our proficient juggler of several sports and professional activities, is putting less effort into building mileage and more into building a house. (You mean there's more to life than running?) She has, however, managed time to win at Herndon with 64:27 for 10 miles where she was followed by JENNIFER ROOD in 67:12. Then, Mary Ellen chased Marge Rosasco in the Moving Comfort 10K to finish second in her age group with 38:04. Other club finishers were LOLITIA BACHE with 40:49 and BERNADETTE FLYNN in 41:23. But Mary Ellen didn't stop there either. She went on to lead the WRC women's team to victory at the Masters 15K, Oct. 3. Not bad for a home builder, eh? Other team members in that race -- Lolitia Bache, Barbara Jones, and Phyllis Gible -- exhibited strong team spirit on a blustery day at Hains Point. * * * Speaking of teams, we're set for the Marine Corps Marathon with the following entered and planning to qualify for Boston: Betty Blank, Phyllis Gible, Susan Aaronson, Kathi Guiney, Lolitia Bache, Jody Ball, Pam Briscoe, and yours truly.

*****PLEASE LET ME KNOW YOUR PLACE AMONG WOMEN AND TIME AS SOON AS POSSIBLE AFTER YOU FINISH SO I CAN REPORT WITH THE RESULTS TO THE OFFICIALS!*****

KAREN SULLIVAN is on the mend and doing "swimmingly" i.e. she's off crutches and swimming two miles a day (gulp!) She'll be there rooting for us on Nov. 1. * * * KIM HOM, is also recovering from injury. She's a big apple transplant who joined the club about a year ago along with her friend SUSAN AARONSON. Kim's been running for about six years and prefers middle distance races.

* * * Just running is not enough for BETTY BLANK. My informers have it that she was 7th woman finisher in the North Carolina Triathlon last month. She still has had so much energy left over that she won't hold still for questions, so we'll have to wait a bit for the exhausting details. * * * BARBARA JONES is sharpening up to her former speedy-legs self. She ran 70:12 last month in the Rehobeth Bottle and Cork 10-miler and was third in her age group. Barbara's best ten mile time is 66 minutes which she ran after a 24-hour-relay a few years ago. It was all that concentrated speedwork in the relay. Every mile she ran was under six minutes. * * * JODY BALL now has 1:41 as her first half-marathon time which was over an Annapolis course laid out by a demented pretzel manufacturer. * * * LAURA DEWALD, veteran distance darling, whipped off the Philadelphia half-marathon last month in 1:15. Her secret? "just training through?" Oh, yes, she was first woman in the National Symphony 10K, Oct. 4, too. * * *

Now I don't always want to see the same names here. And, sometimes things happen. Like a virus got to me before I could get some news from "others of ya". So don't be shy, let me know when you do a pr or want to get a team together for a particular race.

P.S.

I'm really hard to get at home. Call me at my work number -- there I have time to return your call cause they won't let me run all day: 452-4974.

-vn

FOUR WRC RUNNERS COMPETE
IN NIKE CAPITAL CHALLENGE

To settle the hot debate about whether the executive or legislative branches of the federal government or the media that covers them is the fittest, Nike put on a race Sept. 10 at Haines Point. Nike was careful about their selection of a course this time, since President Carter came close to collapse on the hilly 10-kilometer course near Camp David, Md., the last time they sponsored a similar race earlier. Haines Point was the site, and the distance was three miles.

Some 200 Capitol Hill people turned out to run. The Washington Post had five teams representing them. Agencies such as the Security & Exchange Commission, the F.B.I., and of course the Dept. of Energy had teams to represent the executive branch. The legislative branch had teams that included Senator Lugar from Indiana, Senator Tsongas (Tsongas Tsolarstars) of Mass., and Rep. Byron of Maryland.

When it was over, the 19 Senators and Members of Congress there showed they were more comfortable at running for office than places in the event.

Alex Pincus from the Hill edged out WRC's Peter Nye for the top spot, 15:03 to 15:06. Valerie Nye captured top honors with the women, in 19:12. Since they both write for the Bureau of Nat'l Affairs, they won the first journalist awards. (Alex is Finn's brother)

Ken Moffett, the puckish man for all disputes at the Federal Mediation and Conciliation Service, blitzed through in 18:02. Tim Bevans who had recently returned from a vacation in the hills of Vermont zipped through in 18:30.

Just to settle any question you may have, the first team was from the media --the Baltimore Evening Sun. They were led by Mike Hill (3rd, in 15:21), Clark Judge (5th, in 15:56), and Ed Hewitt (16th, 16:59). Agriculture Sec'y John Block was the first Cabinet Member, 18:09.

PN

COLDSMITH, DOUBLING, WINS ALEXANDRIA
10-KILOMETER; VAL NYE WINS WOMEN'S

Bruce Coldsmith said after the race that his legs were a little tired, but he breezed through the Alexandria Gazette's 10-kilometer race Sept. 20 in 30:29 to win and set a new course record on the grid of streets in Old Towne. The day before, he ran 30:30 in the Cow Harbor, L.I., 10-kilometer race.

Meanwhile, Val Nye continued her string of personal records with a 40:46 to win the women's division and her second such win in two consecutive races. Husband Pedro crossed the line fourth overall, but was upped to third when a bandit runner was given a diagonal stroke.

John Shimonsky, one of WRC's newest members, finished fifth, in a 32:19, and a new p.r. He had also run a 5-kilometer race the day before.

The course was a practical one in Old Towne, and race organizers might look at it for possible ideas. At no point were the runners more than a half mile from the start/finish line as they turned corners and charged down new streets. For the spectators, this meant the pack was streaming past every five minutes or so, and parents, friends, spouses could walk a short block to see the pack pass by four times before the finish.

George Cushmac was 16th, in 36:24.

RINCON 3RD, NYE 5TH AT NATURAL LITE
HALF MARATHON PRETZEL IN ANNAPOLIS

Dan Rincon's race ended in the eighth mile of the Natural Lite Half Marathon Sept. 27 in Annapolis when he had to stop to walk off a side stitch. But he still finished 3rd, in a short 1:09. At about the same point, Peter Nye went off course when he followed the Naval Academy's markers. Both runners lost time, but neither had a shabby showing. Pedro was fifth in 1:10:30.

Lucious Anderson was entangled in traffic before the start and barely made it in time to the race. Still he was 15th, 1:14:09. Bob Kelly was 13th, 1:13:17. Tim Bevans was 1:33, and Val Nye was 1:31, both p.r.s.

TRIATHLON REPORTS

FREEDOM TRAIL 8 MILE
BOSTON, MASS., OCT 4

I. Third Annual Pepsi Triathlon,
Wilmington, N.C.

At 8 a.m., September 20th, 200 triathletes from 12 states anxiously assembled for the start of the one mile swim across Cape Fear Bay. The water was calm and a comfortable 74° with air temperatures a chilly 60°. The swim was the first phase of the triathlon and was followed in quick succession by a 42-mile bike race and finally a 10-mile foot race. Twenty-five teams competed in this year's event.

My weakest phase proved to be the one mile swim, as I finished in 85th place. At the end of the cycling phase I moved up to 22nd place. The 10-mile run was especially painful, as my legs were cramped from hard riding.

I managed to pass a few more people and ended up in 9th place. Steve Ruckert, former WRC member now living in Westminster, finished in third place. Steve had won this event last year. Betty Blank was the 7th female finisher, 82nd overall. She also had trouble with the swimming phase, but improved her position in the cycling and running phases.

The team award was won by the Nautilus team (Steve Ruckert 3rd, Art Driscoll 5th, Larry Noel 9th, Greg Ruckert 20th, and Hy Levasseur 46th). Four of the five team members were runners and one a cyclist, which goes to show that runners make better triathletes than cyclists and swimmers.

— Larry Noel

* * *

II. What's this fascination with Triathlon?
asks Kathi Guiney

Warren Gonzales (Atlanta contingent of WRC) joined a growing list of club members who have branched out— or should I say swam, biked and ran out to Triathlon distance.

Warren completed a triathlon in Georgia after a few minor (?) inconveniences like 53° swimming temperature, a pulled calf muscle and a chain that kept falling off the bike. After the initial shock and fatigue of the experience Warren has decided it wasn't so bad and would try again— sometime (not soon). — K.G.

Brisk, bright and breezy— a splendid fall day in New England. The course followed the Historic Freedom trail past Bunker Hill, the Old North Church and Paul Revere's house. For anyone who was running slow enough for sightseeing, very interesting and educational. However as the times will prove very few people had the luxury of noticing their surroundings.

Rod Dixon, first male finisher 36:40
Anne Audain, first female 41:37
(Read that one again, folks. It's correct!)

WRC finishers were Terry Baker, 9th in 37:50, and Mark Baldino, 60th in 42:40.

This was an ARRA pro race; money was given to the top 12 men and top 7 women. The athletes had the choice of accepting the money outright or putting it into a T.A.C. trust fund.

Only one man in the top 12 opted to run amateur and one woman (age-group runner) in top 7 took the same route.

— Kathi Guiney

* * *

VIRGINIA TEN MILE, 9/26

Warning: this is not a complete report, just a few names and times from the Lynchburg paper (list sent by Jim Ulvestad):

- MEN: 5. Terry Baker 48:12
- 15. Matt Wilson 49:57
- 20. Bruce Coldsmith 51:24
- 40. Jim Ulvestad 53:28
- 53. Mark Baldino 54:16
- 96. Jacob Wind 55:48
- Dick Spencer 60:44
- Bob Williams ca. 62 min?

Hold it, who's this Butch Robertson, 34th in 52:44? That wouldn't be a certain WRC member, part owner of a running store, making a comeback after surgery— or would it? We'll let you know.

- WOMEN: 13. M.E. Williams 64:05
- 30. Kathy Guiney 69:26

-rt

* * *

DCRRC TETRATHON 15 AUGUST

Now we know the secret of Ed Foley's successful run in Scotland; he was doing speed work (readers may recall that he had to practice going slowly for the 100 mile). At the tetrathon, Ed's times for

(cont, p.5 col.2)

DANNON TWO BRIDGES 36 MILE, 10/11

For the first time since 1975, the route really did cross two major bridges (11th St., and Memorial). WRC runners crossed them, and the rest of the course, in fine style, snapping up the team title by an hour.

Jim Ulvestad ran a terrific 3:40:23 to place third in his first ultramarathon. Rusty Donahue was 5th in 3:46:54; Mike Spinnler, a WRC member living in Hagerstown, was 7th in 3:50:20. Ed Foley keeps it up with 3:53:08, a mere 7 seconds slower than his time in Scotland; while Lucious Anderson's 3:55:43 represents a PR by 11 min. Ed was 8th, Lucious 11th. And who should finish in 11th place, time 4:02:35, but Ray Morrison, 1975 winner of this event. Sporting a red face, blue nose, cramped legs and a broad smile, Ray explained afterwards that he entered and ran on a whim. He said he was glad he did-- and he looked it.

Wouldn't you know it? With such a good WRC showing, wouldn't this be the year those screwy Dannon 36 officials offered trips to the top open, master and woman finisher instead of to the top team? This gambit did produce exciting contests in the men's race. As for the women, don't say you weren't warned! 8-minute miles would have paid your fare to Scotland.

Charlie Trayer, a cabinetmaker from Reading, PA, lit out with a 5:08 first mile and then established his credibility by going through 10 in 56', 20 in 1:53 and so on. But Steve Molnar, as much as 5 min. back at one point, came on strong at the end; Trayer held him off but the winning margin was only 34 seconds! Both Trayer, in 3:30:52, and Molnar were under Bob Thurston's ancient course record of 3:32:22.

In the masters' race, Charlie Ross seemed to have a good shot at victory right up through the marathon, but he was foiled by the hard-charging Mel Williams of Virginia Beach, who ran his last 6 miles at 6' pace to win in 3:54:46. That's 7 minutes under Ted Corbitt's meet record which had stood since 1972.

First woman was Karen Smith-Rohrberg, of Falmouth, in 4:49:17.

- ret

THE 36 MILE COMMITTEE THANKS:

- Timing captain Steve Donovan, timers Walt Chalmers and Bob Kelly;
- Aid station captain Bob Harper;
- Finish capt. Norm Brand, recorder Chris Steele, compiler Lolitia Bache, errandboy Tom Bache;
- Mike Bradley, babysitting capt. first half; Ian Morrison & Rebecca Bradley, Babysitters, Inc.; Christy Bache, second half babysitting captain (promoted to 4-star general);
- super-helpful jack-of-all-trades Al Naylor;
- Mark & Kathi, Pete & Valerie, Susan Aaronson and others who offered to help;
- everyone we forgot.

- Bob and Delabian

* * *

POT-POURRI OF RUNNING NEWS

Kevin Eagleton was third in the Nat. 50 mile run in Chicago (early October), with a great time of 5:39. He went on to take second in the 100K. He remembers that his 36 mile split was 3:59.

At the TAC Masters 20K on Sept. 8, George Cushmac was 5th overall and 2nd master, in 1:17:53.

A late report from the Antietam race this summer (date?): Terry Baker won the (10K) race in 30:30; Tom Bache was 11th in 35:14; Mary Ellen was in there somewhere. Runners were dropping like flies on a hot day, and an ambulance carried off at least one man. (This is probably an exaggerated interpretation of my sketchy and ancient notes.)

Bob Kelly is running well, with a 1:13:17 for 13th in the Natural Lite Half Marathon, and an eighth place 32:34 at the NSO 10K.

continued from page 4:

(tetrathon, cont.)

the 440, 880, mile and 2-mile were 65, 2:27, 5:11, and 11:01. Compared to 8-10 minute miles, that's flying. Meanwhile, Pat Speer (73) plugged away, in 2:16, 8:08, 20:02 and 41:30.

* * *

COW HARBOR: TWO VIEWS

First, Kathi Guiney:

Race for the Gold: Great Cow Harbor Long Island, Sept. 19, 1981

It's called Great Cow Harbor because the harbor is shaped like a giant cow! The course was rolling and very scenic, with views of the waterfront and 1930's styled summer homes. The Northport townspeople were very supportive and lined the streets for the entire 10 km.

The team race at this event was close; Washington Running Club edged out Winchester, Boston TC and New York AC to win by 0.6 seconds! Our winning 5 man team was:

Terry Baker	29:13	(2nd)
Matt Wilson	29:53	
Dan Rincon	29:54	
Bruce Coldsmith	30:31	
Mark Baldino	32:18	

Other club members who ran a great race:

John Mornini	32:32	
Jon Lott	32:46	
Keith Higgs	32:55	
Ed Sayre	35:15	
Kathi Guiney	40:50	(15th)

Gold bars were given to every member of the first place team.

The Northport runners club gave a party for the invited teams. Everyone felt right at home and made a lot of new friends.

— Kathi Guiney

* * *

John Mornini's version:

Ed Sayre felt that the club would want to know that Dan Rincon left his cooler sitting on the living room floor, to start the trip on an ominous note. You see, ice chest season is over at Peoples Drug, McIntyre Hardware, Highs, and a couple of other stores we hit on the way out of town. We finally settled on a plastic dishpan; it worked just fine.

I lost count of the single occupant cars on the road somewhere around 7,000. Then I fell asleep with the windshield wipers slapping time with the tune on the radio. We met Mark, Kathi, Bruce, Keith, Jon and Matt at the Denny's right near the Delaware Bridge. While waiting for a table, some character sat down next to me and said, confidential-like, "Ya know, some very important scientists are

studying the food in this place."

"Oh yeah?"

"Yeah," he replied in true I-swear-to-God fashion. "Something about the sauce they put on omelettes."

"That's interesting."

"They feel like the stuff may just be the answer to the Medfly problem in California. Ain't that a bitch?"

"You bet." I smiled. Then he asked me for some spare change.

The rest of the trip north was a Black Hole called the New Jersey Turnpike. It was also a stiff neck, and another Black Hole called Brooklyn. The next thing I remember was walking across a parking lot to the HoJo's wondering what town we were in. Wondering where Cow Harbor was. Wondering where I had parked my head. I asked some guy what the name of this town was. "Connack," he replied, with a decidedly local slur.

"How do you spell that?" I asked, having not quite heard what he said the first time 'round.

"Whatdya work for 60 Minutes or sumpin', Mac? Look it up on the map."

Cow Harbor is in Northport, L.I. A well protected port, its name is derived from a geographic shape resembling a female whale— called a "cow" for the benefit of you non-mariner types. Northport, it seems, was an old whaling town.

Just past the two-mile mark I looked over my shoulder at a wide-angle view of the harbor. No cow. No whale of any gender. And no ancient mariners studying the coastline for that matter. So on I ran; setting aside geography, history, zoology . . . and squinting to find Baldino's skinny form up ahead. . .

WRC won the team title. By 0.6 seconds. Sunshine showed up for the awards ceremony; no ancient mariners could make the scene. A couple of cows stopped by to help us drink up the beer, though. We drank quite a bit of it while admiring awards made of pure gold and silver. We had our team photo taken on the steps of this marvelous gazebo with Cow Harbor right behind us . . .

Well. I left out a lot. Thank God, right? I enjoyed myself, and it's nice being associated with a winner in the same town that houses the Redskins. Speaking of winners, make sure you ask Rincon and Sayre about the Stone Balloon, and a dancer named Sherry.

— John Mornini

HEINZ WIEGAND ON COMEBACK TRAIL

If you've been around awhile, you'll remember Heinz Wiegand as a good area (Frederick) runner who made a dramatic cross-the-country run, continuing to run well at all distances. Then he dropped out of the scene for awhile. Here is his story.

"MY TOUGHEST MARATHON"

In the summer of '76 I was running fine, having run 24:00 for 5 miles and finishing 47th at Boston. But in August I began to notice gross (blackish) hematuria after all my runs; by October I was too weak to even jog. Naturally, I mad the rounds of MD's, tests, and finally hospitals. All tests were negative and the usual diagnosis was "head case" or "burned out."

I began to notice after high carbohydrate meals my pulse would almost double and my blood pressure went up. Also I felt woozy and "hyper". I experimented with eating meat for the first time in 10 years, and my pulse would stabilize and my hematuria would disappear.

In 1978 I ended up in an "ecology" hospital in Dallas, where a special blood test indicated I was extremely sensitive to chemicals in our society and to most food-- especially non-organic items. So I played this allergy game for two years, even moved up near Camp David to avoid chemical onslaughts. But the harder I followed this regimen the worse I got, and I still noticed that I felt a lot better eating flesh food.

Just as I was about to give up and call it quits the Lord came through. I received a research article written by an internist who had observed this allergy syndrome but said it was due to a fungus -- one we're born with but because of antibiotics it becomes pathogenic in the system without treatment. No blood test can detect when it is pathogenic. This fungus, Monilla, causes "yeast" infections in women or is known as trench mouth. It thrives on carbohydrates.

I discovered that my wife had a yeast infection at the time I fell apart. She had infected me, and apparently this was the cause of a swelling in my groin that no M.D. could figure out.

Anyway, I started taking an antifungal drug and eating 90% meat. My body re-awakened after a 3 1/2 year hibernation. Within 3 months I started gaining weight, going from 125 to 160, even though I was eating less than before. Dead skin peeled off and I had smooth skin for the first time since birth. I even developed broader shoulders and more hair on my chest!

By the fall of 1980 I was well enough to start running again-- I felt like a POW who had been released. Four months ago I went back to a normal diet-- amen!

So maybe I'll be blessed with good running times again as Job was blessed by God after his traumatic experiences. Remember Nehemiah 8:10, "The joy of the Lord shall be your strength."

- Heinz

* * *

WRC MEMBERSHIP APPLICATION

Dues from now through the calendar year are \$5.00, payable to Washington Running Club. Send with this form to: Norm Brand, WRC treasurer, 5224 Manning Place, N.W., Washington, DC 20016.

NAME _____ M _____ F _____

ADDRESS _____

TAC# _____

TELEPHONES _____ BIRTHDATE _____

RUNNING & BIOGRAPHICAL DATA (running background, best times, goals, occupation, how you can help the club, etc. Attach other sheets if you like).

ED JEROME

Why has it been so hard to write anything about Ed Jerome, our former teammate who was killed while riding his bike in August? Some of us had promised and/or tried to do it, but nobody came through. We probably felt we had to write a eulogy, but we didn't have any eulogy, just fragments of memory.

We all remember Ed's gluttonous appetite for races and especially marathons. We laughed about his back-to-back marathons and used him as a symbol, or standard, for overdoing it.

We also remember Ed's untiring dog, Shelly, who alternately exasperated and amused other runners in races. Bruce Robinson recalls that a special meeting of DCRRC was once held to discuss the problem of "dogs" (read: Shelly) running in races.

Mike Bradley remembers a cross country meet at Georgetown between WRC, Georgetown, and the Quantico Marines. Everything was under control, with Shelly on a leash in control of Pat Bradley. But when the gun sounded, Shelly broke loose and was into the pack, causing a couple of Georgetown runners to trip. Coach Joe Lang was furious and insisted that the dog be banned from all future meets.

Jack Mahurin recalls how Ed used to lay out all his shirts and shorts on the night before a race, to choose his gear for the next day. He always chose the same outfit.

I remember running with Jack Mahurin many times when the subject would get around to Ed Jerome. "Now there's a fellow who could run a real good race if only he'd stop racing long enough to train!" Jack would say, and I agreed.

Looking back I think Jack and I missed the point-- which was, for Ed, racing. Not just running, or training to be faster, just racing. His occasional requests for training tips notwithstanding, Ed had almost zero need to get faster, and a powerful need to be in the race.

So race he did: head and shoulders hunkered down, his strong arms (Ed also lifted weights) thrashing and tugging at the air, and a grimace on his face, he raced. No one ever had any doubt that he was running as hard as he could. And thriving on every minute of it.

--ret

* * * * *

HELP YOUR NEEDY LOCAL EDITOR!

Send news, views and shoes to:
Bob Thurston
2135 Newport Place, NW
Washington, DC 20037

(size 10-- envelope or shoes)

WRC NEWSLETTER
2135 Newport Place, N.W.
Washington, DC 20037