

# Washington Running Club Newsletter



Volume 3, Number 7

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July 1984

## AGGRESSIVE RACING PAYS OFF FOR PFITZINGER; THE RIGHT PACE PUTS ISPHORDING IN OLYMPICS

by John Walsh  
*Special Contributor*

The men's and women's Olympic marathon trials this spring were studies in contrasts, not just geographically but also in the way the races unfolded.

Of the five Washington Running Club members in the Olympic marathon trials, only the two women finished. Laura Dewald of the Brooks Racing Team ran a 2:44:36 for 62nd place, and Ellen Williams also of Brooks came in 144th place with 2:53:47.

WRC's Matt Wilson of the Tiger Racing Team enjoyed a moment in the media. He burst into the lead as the men's pack approached the midpoint. Uncannily, the television coverage then cut away to cover women's volleyball. When coverage of the marathon resumed, the race had gone through other developments and Matt was gone. In *The New York Times* the next day, however, Matt was visible in the lead of the photo used to illustrate their article.

Neither Matt nor Gordon Minty of Nike nor Terry Baker of the Kangaroos Racing Team were listed in the results.

Other area women who finished were Washington, D.C.'s Patricia McGovern (a new member of WRC) of the Saucony Racing Team, 43rd place in 2:42:18; and Kathy Heckman of the Brooks Racing Team and the Howard County Striders, in 74th place with 2:46:16.

### Benoit, Brown Fulfill Expectations

In the women's race, Joan Benoit and Julie Brown fulfilled expectations when they won spots on the team. Benoit overcame recent knee surgery and hamstring difficulty to run a controlled race in 2:31:04, followed by a sedate Brown who paced herself with 5:40 miles and finished 37 seconds behind.

Who would capture third place was a point of drama. For a while, 16-year old Cathy Schiro was in third until Lisa Larsen of the Saucony Racing Team took over and looked like she would get the spot.

Then came Julie Ispording of Converse. Before the race, which took place on her graduation day from Xavier College, she determined she would run a steady 5:45 pace. At ten miles she was in 23rd place.

She went on to overtake one runner after another until she passed Larsen with less than two miles to go. Ispording kept running strongly and widened her gap over Larsen to win the third spot on the women's marathon team with 2:32:26.

The women's race in Olympia, Washington, ended with a nice linear demographic pattern of representation: Benoit from Kennebunk, Maine, Ispording from

Cincinnati, Ohio and Brown from Eugene, Oregon. The women's field had 196 finishers, compared to 104 for the men.

### Pfitzinger Becomes New Household Name

On the other side of the continent in Buffalo, N.Y., the men's marathon produced a succession of surprises that kept television viewers to their screens.

Names of pre-race favorites were bandied about with assurance: Greg Meyer, Ron Tabb, Garry Bjorklund, Tony Sandoval and Alberto Salazar. All had proven records and fast times. Only three would make the team. Moreover, the race would be very tactical over the flat course on a day that turned out to have a light headwind and warmer weather than marathons usually like.

Through 12 miles, it was anybody's race. Runners were bunched up in a major pack.

As they approached the mid-point, Matt Wilson and Pete Pfitzinger in No. 19 surged ahead. Pfitzinger kept going to open a gap of about 20 seconds. Salazar and John Tuttle — a new national running star — led a chase that absorbed Matt and helped string out the leaders.

Of the pre-race favorites, only Salazar made the team.

Salazar was outclassed within sight of the finish in a stirring demonstration of guts and power by Pfitzinger. Salazar and Tuttle had overtaken Pfitzinger, known only to hardcore runners, with two miles to go. Pfitzinger had run an aggressive race that earned the respect of everyone.

Those who watched the marathon wanted Pfitzinger to hang on after leading for nearly all of the second half. For a brief interval after Tuttle and Salazar overtook Pfitzinger within a couple miles of the finish, it appeared that Dave Gordon of Eugene could overtake Pfitzinger. Gordon, another new running star, was running smoothly and threateningly well. But Pfitzinger competed with the heart of a lion.

Pfitzinger, a 1980 Cornell graduate and former IC4A 10,000 meter champ, trailed Salazar and Tuttle slightly in the final mile. Then Pfitzinger surprised everyone in a dynamic finish. He overhauled Tuttle and closed in on Salazar.

No American had ever beaten Salazar in the mara-

The JULY meeting will be held July 13 at 8:00 p.m. in the Customs Building, 1307 Constitution Ave., N.W. at 8:00 p.m. The meeting will feature a "Shoe Fair."

**WRC PICNIC JULY 21—see p. 7 for details**

thon. Salazar's kick had won him the New York City in a keen race against Mexico's Rudolfo Gomez, and had kept a hard-charging Dick Beardsley at bay in the Boston Marathon.

#### **Pfzinger Maintains Pressure**

But every race is a fresh endeavor. Salazar weeks earlier had been enduring difficulties. First came an iron deficiency that was corrected, followed by a sore foot that required rest.

Pfzinger's qualifying time for the trials hardly made him look on paper as a threat. He qualified with a 2:12-plus by winning last year's San Francisco Marathon. During our past winter, he went south of the equator to train in New Zealand's summer at the behest of his coach, fellow New Balance employee Kevin Ryan. One thing Ryan impressed upon Pfzinger was never to look back.

With a kilometer remaining, Pfzinger kept the pressure on. Pfzinger continued his momentum when he passed Tuttle. With about 200 meters remaining, he caught Salazar and surged again. He won with 2:11:43 — one second ahead of Salazar, seven seconds ahead of Tuttle.

Gordon finished soon after, in 2:11:59, followed by Dean Matthews, 2:12:26. Winner of the 1980 trials marathon over the same course was Tony Sandoval, in sixth with 2:12:42.

Unlike the neat linear distribution of the women's marathon team, the men's came from two northern corners of the U.S. Pfzinger and Tuttle came from metropolitan Rochester, N.Y., and knew of one another in high school track days, although they never competed against one another. Salazar, as everyone knows, came from Eugene, Ore.

Both men's and women's races had their sentimental favorites, and both favorites were from Massachu-

setts. Bill Rodgers came through in a strong eighth place, in 2:13:30, just behind Greg Meyer. Patty Lyons Catalano finished 16th in the women's race, in 2:36:13, to show she can make a comeback. She expects to be in better shape for the autumn races.

#### **HUGH JASCOURT FOUR MILER INAUGURATES BUNION DERBY; GOES TO NOVA'S CELLEY**

by Peter Nye  
WRC Staff Reporter

Heat that melts rivulets of tar down steep roads was back. Soft shelled crabs from the Chesapeake were in season again. Neighborhoods smelled like barbecue sauce and charcoal cook outs.

It was time once again for the summer's bunion derby to start with the Hugh Jascourt Four Mile race June 10 around Hains Point.

WRC's Roberto Rodriguez took the lead pack of 11 out at 4:54 for the first mile to make sure there was no easing into the race. Others in the lead pack were WRC's Tem Washington, Darryl Stewart and NOVA's Scott Celley.

At the two-mile mark, the lead pack ruptured wide open. Assorted leaders began blowing out every way but vertical. Stewart began a surge that Celley went with. Stewart's effort ended with his making a neat pirouette to the left before stopping. Other leaders veered off the the right and left.

Celley, a lean six-footer who has been in Washington for a couple of years, ran for George Fox College, a small Quaker college in Oregon, and knew what to do when in the lead. He ran with a relaxed style and long strides that ate up the pavement and carried him the rest of the way to win in 20:08.

Chasing steadily behind was Kim Nutter, a Marine stationed at the barracks in Washington, who finished in 20:30. WRC's Roberto came in third in 20:36.

Celley's winning time is among the slowest winning times on the course, and was no threat to the course record that WRC's Cliff Karthaus set in 1977 with 19:18 on a comparably sultry day.

But a new women's course record was set when Jessica Space crossed the line in 23:28 to break the previous mark of 23:44 that WRC's Mary Ellen Williams set in 1980. Space, who completed her frosh year at the University of Richmond, ran her first mile at 5:20.

Space finished a comfortable margin ahead of NOVA's Barbara Frech who finished in 25:11.

The race represented a return to form for Roberto, who has twice won the men's 20-29 age group competition and is defending champion.

Jay Jacob Wind arrived at the race start shouldering a plastic bag stuffed with bagels for the post-race brunch. In the race he struggled to find the form that enabled him to be scourge of the roads last summer, but he finished outside the top ten.

Martha Sargent was the only WRC woman at the race. She ran in 39:07. Her husband, Dick, ran in 29:47.

Results — MEN: 1. Scott Celley, NOVA, 20:08; 2. Kim Nutter, USMC, 20:30; 3. Roberto Rodriguez, WRC, 20:36; 4. Bobby Shillinger, Wake Forest U.,

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## **Washington Running Club**

P.O. Box 2605, Springfield, Va. 22152. Tel. 703-455-0575

#### **CLUB OFFICERS FOR 1984**

**President:** Alan Roth (649-4909)

**Vice President:** Pat Neary (455-0575)

**Secretary:** Keith Higgs (836-7284)

**Treasurer:** Jeff Reed (836-7284)

**Newsletter Editor:** Peter Nye (998-5467)

#### **COMMITTEES**

**Legal:** Jack Coffey, Chairman

**Membership:** Coleen Troy, Chairwoman (530-9536)

**Newsletter:** Peter Nye, Editor (998-5467)

**Finance:** Jeff Reed (836-7284)

**Competition:** Pat Neary, Chairman (455-0575)

**Race Management:** Mark Baldino, Chairman (451-6530)

**Social:** Suzy Rainville, Chairwoman (549-2143)

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20:45; 5. Peter Nye, WRC, 20:50; 6. Tem Washington, WRC, 21:03; 7. Jack Cleland, unat., 21:15; 8. Scott Bishop, unat., 21:15; 9. Phil Stewart, WRC, 21:18; 10. Paul Baltutis, Blue Ridge Runners, 21:37; 11. Jose Cateriano, unat., 21:39; 23. Mike O'Hara, unat., 22:08; 24. Darryl Stewart, WRC 22:32; 52. Jeff Reed, WRC, 25:02. **WOMEN:** 1. Jessica Space, Richmond U., 23:28; 2. Barbara Frech, NOVA, 25:11; 3. Cathy Ventura-Merkel, Arlington, 25:46; 4. Stephanie Shipp, RunHers, 26:54; 5. Susie Cooper, RunHers, 27:14.

### MARGE ROSASCO WINS BALTIMORE'S CONSTELLATION 10-K FOR 7TH TIME

by Don Pedro  
WRC Staff Reporter

With the men's Olympic marathon trials the day before and the women's Olympic marathon trials two weeks earlier, Baltimore race promoter Les Kinion found himself in a tough spot to shore up his Constellation 10-k race May 27.

Not to worry. Local runners shone like the sun. Mike Sheely surging ahead of WRC's Tim Gavin to win the event by two seconds in 29:53. Marge Rosasco won the women's division for the seventh time in the race's nine-year history. Her time was 35:28.

Sheely had run the hilly, out-and-back course off Gavin's shoulder until the last mile. Then Sheely attacked on the last uphill, a sharp one that is followed by a downhill that leads to the flat finish, and worked his lead to about 10 yards which he held to the finish. His strength is downhill running. He knew if he had Gavin by the last downhill he could win.

One minor surprise in the women's division was that Barbara Frech of NOVA (Northern Virginia Running Club) cracked the top ten with an eighth place in 38:55. WRC's Bernadette Flynn was 22nd among women in 41:10.

Sue Crowe was second woman, in 36:18, followed by Karin Wagner, 37:07.

Race favorite John Doub was hampered by a bout of the flu but succeeded in finishing fourth overall, in 31:07. Capturing third was Charles Cvrk of Adidas, in 30:30.

WRC's Al Naylor continues his comeback, finishing fifth in 31:08.

Greg Shank ran a pr in 32:44 for 23rd place. In the last portion of the final downhill, he rolled past Peter Nye who finished next in 32:45.

More than 3,000 were in the race.

Other finishers: 29. Temple Washington, 32:58; 32. Jeff Delauter, 33:02; 36. Mark Johnson, 33:13; 38. Mark Rosasco, 33:24; 40. Marc Sengerbusch, 33:27; 47. Mark Baldino, 33:44; 48. Robert "Nut" Hall, 33:49; Ken Moffett, 41:20.

### BOB TROST WINS 3.2-MILE RACE IN MAUI; BETTY BLANK FINISHES FOURTH

by Bob Trost  
WRC Roving Reporter

While on vacation in Maui, Hawaii, Betty Blank and I had the good fortune to run in a 3.2-mile race on May

6 that the Western Lawyer's Trial Association put on. We were really happy when we accidentally found out about their low-key Thursday morning race because it gave us the opportunity to get in some much-needed speed work.

As usual, I was on the john about one minute before the start of the race. As I sauntered to the starting line, not even knowing in what direction the race started, the starter fired his pistol and I found myself in the lead.

I yelled to Betty, "Where do we go?" She shouted back instructions as we ran. Soon after, I picked up the pace and had a 30-second lead by the first mile. Eventually I went on to win the race in 18:01 (5:38 pace).

Betty was first woman, and fourth overall in 20:15 (6:20 pace).

### MONTAUCK TRIATHALON GETS TEAM OF BLANK/ LEHTMAN A WIN, PHOTO WITH DICK CAVETTE

by Betty Blank

I participated in this year's Montauk Triathlon held on the tip of Long Island. Montauk is a beautiful resort area where celebrities such as Dick Cavette and Jack Lemon have summer homes. I really enjoyed my three-day stay. Before the race started, my team partner Myron Lehtman and I met Dick Cavette and had our picture taken with him.

Although this was my seventh triathlon, it was my first team triathlon. My partner Myron is a trial attorney with the Justice Department. My time would be added to his time to yield a team total, with 10 minutes deducted for the luxury of having a woman on the team. Team times were then compared to determine the overall winner.

The event consisted of a mile swim, 21.5-mile bike ride, and 6.6-mile run. I was the 156th contestant out of the water with a time of 36:36. I did the biking portion in 1 hour and 8 minutes, and was in 141st place. After a quick change into running shoes, I started the 6.6-mile run in 135th place and completed it in 45:36 for 98th place overall. I was 10th woman. My total elapsed time was 2:35:18.

Myron did very well also. He swam the mile in 33 minutes and was in 102nd place when he got out of the water. His total time for the entire event was 2:29:50 — good for 59th overall.

We won the team title (*They also had the best tans—ed. note*).

In a biathlon in Annapolis, some adventurous WRC members decided to take on running and bike riding May 5. Bill Larsen, Roberto Rodriguez, Myron and I went to the scenic Maryland state capital to compete in the 10-kilometer run and the 20-mile bike race time trial.

I was in second place among women after the running portion, and caught the first-place woman after five miles. Once I passed her, I really thought I had a good chance of winning.

Unfortunately, at about the 12-mile mark, a woman went blowing by me like I was standing still. I pressed on with the hope that maybe she would fade. After

about 10 minutes had elapsed, I looked ahead and thought I saw a woman rider in front of me. So I went gunning after her. When I finally caught my prey a few minutes later, I realized it was my friend Myron.

We rode the rest of the race together, and I beat Myron to the finish with a total time of 1 hour and 50 minutes. I was second place overall, first in my age group, and I won a very nice plaque.

Bill Larsen also did very well, finishing ninth overall with a time of 1:42. He would have won an age-group award if he hadn't gone off course right near the end of the cycling portion.

Roberto was in second place at the end of the run. Because of his fast change, he was the first competitor to mount his bicycle and get rolling.

But the course was not well marked and Roberto went way off course early in the cycling portion. He eventually became frustrated when he realized the situation was hopeless and dropped out. This was Roberto's first — and maybe last — biathlon, at least in Annapolis.

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## CLUB RACE SCHEDULE

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July 4	DCRRC 15-K Tacoma Park, Md.	5:15 p.m.
	(Take a picnic and watch the fireworks after dark)	
July 14	Moonlighter 8-K Rockville, Md.	8:30 p.m.

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## BULLETIN BOARD

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**COURSE MEASUREMENT WORKSHOP:** Bob Thurston will lead a workshop on measuring and certifying running courses:

DATE: Sunday, July 1.

TIME: 6:30 a.m. until noon (+).

PLACE: Gaithersburg, Md.

COST: \$25.

The workshop will cover: calibrating a bike; measuring courses; paperwork needed for certification and for conducting race; calculations; mapmaking, etc.

You will need a bike and notebook or notepad. Contact Bob Thurston (293-7009) or John Sissala (340-8107) for further information.

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## GROUP RUNS

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Day/Time	Location	Pace	Contact
Tues. 6:30 p.m.	Fairfax Running Ctr.	10M @ 6-9 min.	Jim Roberts 549-7688
Mon.-Fri. 3:00 p.m.	Mont. Community College, Rockville	3-15M @ 7-8 min.	Lloyd Shragar 424-7160
Sun. a.m. (varies)	Royal Mile Pub, Price Ave., Wheaton	Varies	Ray Morrison 946-4511
Tues. 5:00 p.m.	Byrd Stadium, U. of Md., College Park	Track	Dan Rincon 454-4811 Bernie Flynn 983-0619
Sun. 7:30 a.m.	Carderock, Md., Picnic Area	10-20M @ 6-8:30 min.	Pat Neary 455-0575
Sat. 7:30 a.m.	Lake Accotink, Springfield, Va.	10K @ 5:30-8:30 min.	Rusty Donahue 455-4190
Sat. 6:15 a.m.	Saratoga Shopping Ctr., Springfield, Va.	10-16M @ 6:30-7:00	Pat Neary 455-0575
Sun. 7:30 a.m.	Seneca Creek Park, Gaithersburg	10-30K @ 7-8 mins.	Lloyd Shragar 424-7160
Sun. 7:30 a.m.	Lake Needwood, Lake Frank, Rockville	10-30K @ 7-8 mins.	Lloyd Shragar 424-7160



## 1984 Asbury Park 10k Classic

### 1. REGISTRATION

All registration will be by mail only. There will be no day of race registration. Please be sure that the entire entry form is completely filled out and that check or money order is included. Please do not send cash. Entry fee for race only is \$7.00. Each entry blank must be accompanied by a self-addressed stamped business envelope (4 1/4 X 9 1/4). One envelope is needed for each application. Mail entry to Asbury Park 10k Classic, Box 2287, Ocean Township, N.J. 07712. Entries limited to 5,000.

**NOTE:** All overall winners (male and female) of road races of 5 miles or more held in N.J. between Aug. 14, 1983 and Aug. 5, 1984 are eligible for a free entry. Fill out entry blank and attach a sheet of paper listing name of race, date held, distance and winning time. Verification will be made by Running New Jersey magazine & Asbury Park 10k. Acceptance of a free entry lies solely with the Asbury Park 10k.

### 2. DEADLINE

The final deadline of all entries is August 6, 1984. (TO BE ELIGIBLE FOR MERCHANDISE DRAWING, ENTRIES MUST BE RECEIVED BY JULY 15, 1984.) All runners will receive their number and information sheet approximately 3 weeks before the race. If you have not received your number in the mail by August 13, 1984 call 201-531-4156 for help.

### 3. THE RACE

The Classic will start promptly at 9:00 a.m., rain or shine. The start and finish will be in front of Convention Hall, Ocean Avenue, Asbury Park.

There will be digital clocks at each mile mark. There will be 5 water stops along the course.

The course has been TAC certified. It is fast, flat and along the Jersey Shore coastline. Several national age group records have been set on the course.

### 4. REFRESHMENTS

In the park by the finish area the following will be available to all runners: soda, orange drink, granola bars, yogurt, oranges and bananas. Enjoy!

### 5. AWARDS

TAC Development Funds will be awarded as follows:

	Open Division	
	Men	Women
1st Place	\$2,500	\$2,500
2nd Place	1,000	750
3rd Place	600	500
4th Place	500	250
5th Place	400	125
6th Place	300	75
7th Place	200	50
8th Place	150	
9th Place	125	
10th Place	100	

	Master Division	
	Men	Women
1st Place	\$400	\$400
2nd Place	100	100
3rd Place	50	50

	N.J. Resident Division	
	Men	Women
1st Place	\$300	\$300
2nd Place	150	150
3rd Place	75	75

	TAC-Team Division	
	1st Place	\$400
2nd Place	200	
3rd Place	100	

- Shirts to all entrants
- Championship trophies to overall male and female winners
- Marty Liquori N.J. Championship Trophy to first N.J. Male and Female runner
- Special Trophies to 2-3-4-5 male and 2-3-4-5 female
- Awards to next 95 males, 45 females
- Trophies to top 5 male and 5 female finishers in the following categories:  
10 and under 15-19 30-39 50-59  
11-14 20-29 40-49 60-over
- Trophy to first male and first female wheelchair finisher
- Trophy to first male and first female race walk finisher
- Club Championship: Trophy to club champions plus replicas for each winning member. Teams must be TAC registered and all team entries must be in by Aug. 6. Teams are composed of a maximum of 10 members. Championship will be decided by low total time of first 7 members, 2 of whom must be women. Clubs may enter more than one team. Team entry fee is \$40.00 (plus individual entry fees). For complete team information contact Phil Benson, 201-531-4156.

### 6. AWARD CEREMONY

11:00 a.m. at the bandshell above Howard Johnson's at finish line. (If it rains, award ceremony in Convention Hall.)

### 7. PASTA DINNER

A pasta dinner will be held in Convention Hall on Friday night from 5:00-7:30 p.m. The price is \$1.00 with race entry fee. At the door the fee will be \$3.00. Your guests are welcome. The dinner will include pasta, rolls, dessert and one drink (soda or beer). Additional soda and beer will be available for purchase.

### 8. RUNNER'S SEMINAR

Friday night at 8:00 p.m., Convention Hall, a seminar will be held. Leading runners and running authorities will head a panel discussion. Free to all.

### 9. GALA DANCE

Saturday night's gala dance celebrating the Classic weekend will be held in Convention Hall. The dance will feature an entertainer, followed by a live dance band. The dance will start at 7:30 and run till midnight. Soda, beer and wine will be sold. The fee with your application is \$3.00. At the door it will be \$5.00. All results, computerized and printed out, will be posted at the dance. A good time by all is guaranteed.

### 10. RUNNER'S EXPO

A complete runner's exposition will be on display at Convention Hall on Friday and Saturday. This will be a consumer show, so come prepared to buy. Show hours are Friday 4:00-8:00 p.m. and Saturday 7:00 a.m.-3:00 p.m. All T-shirts must be picked up at Expo during these hours.

### 11. HOTELS

Walking distance to start:  
Tides, 408 Seventh Ave., Asbury Park, 201-776-7655  
Sunrise Manor, 7 Seaview Manor, Ocean Grove, 201-774-6222  
Blue Dolphin, 111 Seventh Ave., Asbury Park, 201-775-7900  
Deal Lake Motel, 1707 Kingsley St. at Eighth Ave., Asbury Park, 201-775-7070  
Empress Motel, 101 Asbury Ave., Asbury Park, 201-776-0100  
Essex Manor Guest House, 311 Sixth Ave., Asbury Park, 201-776-6486  
Seaside Hotel, 4 Ocean Ave., Ocean Grove, 201-774-5000  
Shore Area YMCA, 600 Main St., Asbury Park, 201-775-1600  
Sand's Hotel, 224 Cookman Ave., Asbury Park, 201-774-9595

### OTHERS:

Hilton Inn, Exit 105 Garden State Parkway, Tinton Falls, 201-544-9300  
Kenilworth Hotel, 1505 Ocean Ave., Spring Lake, 201-449-5327  
Monmouth College Dorms, W. Long Branch, 201-531-4156  
Howard Johnson's, Asbury Park Circle, Neptune, 201-776-9000

1984 Asbury Park 10k Classic Committee	
Race Director	Phil Benson
Assistant Race Director	Glen McCarthy
Awards	Bark Rhoads
Checks	John Kula
Course Security	Glen McCarthy
Dance	Dennis Mehler
Expo	Dennis Howlett
Finish Line	Paul Wynn
First Aid	Dr. Vincent Strumolo
Housing	Bruce Perlmutter
Pasta Dinner	Tom Ori
Photo	Hank and Barbara Stok
Refreshments	Bob Rosa
Seminar	George Lynch
Start	Al Julian and Keith Miller
T-shirt Distribution	Arnold and Phyllis Fox
Water Stops	Jim Kinarey

**MINUTES OF THE JUNE MEETING OF THE WASHINGTON RUNNING CLUB**

President Alan Roth called the June 8th meeting of the Washington Running Club to order.

Bruce Coldsmith, co-race director of this year's Hecht's Ten-Miler, thanked everyone who helped with the race. Bruce noted that things went *great* with the race. The few things that went wrong included: no holes punched in the tear-off finishing tags on the race numbers, a wrong turn by WRC's Jim Hage, and a short supply of water cups. Bruce felt that these problems could be easily remedied next year. Bruce then thanked his fellow race director, Al Naylor, for his efforts.

The Competition Committee report noted the great effort at the Hometown run. The results showed some fine individual performances and an outstanding team effort, with the WRC women's team taking 1st, the WRC master men's team coming in 2nd, and the WRC men's teams taking 1st and 3rd. The report also noted the great response to the club race schedule and the group run information published in the newsletter.

The Treasurer's report indicated a balance of \$1,876 as of June 8. Major expenditures within the previous month were for members competing at the Olympic Marathon Trials (\$50 to Dave Shafer, and \$150 to Mary Ellen Williams). Monies outstanding are for WRC's efforts at WAVA and Hecht's.

The Social Committee report highlighted the Annual Club Picnic to be held Saturday, July 21.

The Legal Committee report stated that a draft of the club by-laws is expected at the July meeting. *Keith Higgs, Secretary.*

**MONAGHAN LEADS BALTO TEAM IN MOSS BROWN DIABETES DERBY 10-K**

The Moss Brown Diabetes Derby 10-kilometer race at West Potomac Park June 23 saw a strong team effort from Team Race Pace, based out of Baltimore and backed by Tiger Asics. Mike Monaghan of TRP won the race in 30:53. TRP put five in the top nine.

Partial Results: 1. Mike Monaghan, Team Race Pace, 30:53; 2. Thomas Stewart, U of D.C., 30:56; 3. Jim Clelland, TRP, 31:16; 4. Jim O'Keefe, TRP, 31:23; 5. James Cooper, Wheaton, 31:24; 6. Jim Ulvestad, WRC, 31:52; 7. John Pedati, Georgetown U., 31:54; 8. Don Uphouse, TRP, 32:03; 9. Jack Kavanaugh, TRP, 32:06; 10. Fred Herlitz, Irvington, N.Y.; 12. Lucious Anderson, WRC, 32:32; 13. Chris Miller, unat., 32:33; 14. Henry Barksdale Jr. Moss Brown Racer, 32:40; 16. Bob Cosby, WRC, 32:56; 17. William Gunter, Unat., 32:58; 18. Don Davis, Rock Creek Running Club, 32:59; 19. Peter Nye, WRC, 33:07; Faye Bradley, GNATS, 33:35; Phil Stewart, WRC, 33:40; Joe Lugiano, WRC, 36:16; Gerry Ives, WRC, 38:35; Ken Moffett, WRC, 40:30; Jim Feister, WRC, 41:30.

Women: 1. Rebecca Brady, Middleburg, 37:44; 2. Patty Deuster, WRC, 38:57; 3. Becky Nolan, WRC, 39:51; 4. Moo Thorpe, Arlington, 40:06; 5. Nelda Casper, unat., 40:36; 6. Bernadette Flynn, WRC, 41:03.

**WRC PICNIC—THE HIGHLIGHT OF WASHINGTON'S SUMMER SOCIAL SEASON**

Saturday, July 21, the WRC Picnic, an event you won't want to miss. The picnic is being held at Chari McLean's parents' house on the Bay, so if anyone has a small sailboat bring it.

Starting at 11:00 a.m. with a 5-mile fun run (finishing at the POOL), the schedule has the food and drink part of the picnic getting underway at noon—bring a salad, casserole or dessert, everything else is provided (drink a beer for Ira). There will be horseshoes, softball, a beer relay, a diving contest, crabbing (bring your own chicken necks and string), and a bonfire at dusk (don't forget the marshmallows and bug spray).

If you plan to drink a lot, there is plenty of room to pitch tents for an overnight stay.

Anyone interested in carpooling or if you need a ride call the WRC number and leave your name, telephone number and location.

**DIRECTIONS:** take Route 95 to the exit for Upper Marlboro and Route 4 East. Take Route 4 East to Route 258 (Bristol, Deale and Beaches), which becomes Route 256. Take a Left at the IGA Shopping Center. Take your first right and you are there!

The telephone number at the picnic is 301-867-2986 if you get lost driving down.

