

Washington Running Club Newsletter



Volume 4, Number 2

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February 1985

The FEBRUARY meeting of WRC will be held Friday, February 8, at 8:00 p.m., in the Customs Building, 1307 Constitution Ave., N.W. The guard will have the room number.

BEACH DEFENDS DCRRRC 25K CHAMPIONSHIP; RODRIGUEZ LEADS WRC TO TEAM VICTORY

by Don Pedro
WRC Staff Reporter

Roberto Rodriguez of WRC played the pied piper at the hilly D.C. Road Runners 25K championship Jan. 6 by leading through the opening portion of the race. But in the end, after five laps of the up-and-down 5K course, it was Ben Beach of the D.C. Harriers who prevailed to win for the second year in a row, with 1:30:34—one second faster than his 1984 championship.

Roberto meanwhile led the WRC team to victory. He finished third in 1:34:17, followed by Pat Carr in sixth, 1:35:22, and Peter Nye eighth, 1:36:47. Team prizes were \$15 certificates at the Fairfax Runner Center for each of the three scorers.

On the penultimate lap Roberto was tightening up and paying the price for his early race effort. Jerry Merkel of the NOVA running club overtook him for second, in 1:33:00. Merkel, a former scholarship football player for Bowie State College, powered through the field in the second half of the race. Only Beach's lead of two and a half minutes kept the former Bowie State tight end at bay.

Winner of the women's race was Barbara Frech of the Northern Virginia Running Club (NOVA), in 1:51:19.

Beach went through the first mile with Nye in 5:15. They were about 10 seconds behind Roberto who was setting the pace for three American University runners who were in the 10K event held concurrently.

As Beach moved up, Nye fell back. "My legs had all the resilience of foam rubber," Nye said. "That's the way it is after a true holiday."

Carr said the number and gradient of the hills were psychologically demoralizing. "And that's not even taking the physical aspect into consideration. It was another Sunday in hell."

Partial Results: 1. Ben Beach, D.C. Harriers, 1:30:34; 2. Jerry Merkel, NOVA, 1:33:00; 3. Roberto Rodriguez, WRC, 1:34:17; 4. Lynn McCutcheon (first master), Ridge Runners, 1:34:20; 5. Wallace Williams, Virgin Islands Pace Runners, 1:35:32; 6. Pat Carr, WRC, 1:35:22; 8. Peter Nye, WRC, 1:36:47. 27. Jim Frech, NOVA, 1:50:54; 28. Bill Evans, NOVA, 1:50:56.

Women: 1. Barbara Frech, NOVA, 1:51:19; 2. Jennifer Westfall, Rock Creek Running Club, 1:53:49; 3. Val Nye, NOVA, 1:56:10. □

BICYCLE RACING, COMMUNISTS AND HOW 'VISIONS OF EIGHT' SAW THE LONGEST

by Peter Nye
WRC Staff Reporter

This February marks a personal triple 10-year anniversary. I returned to the U.S. after 18 months in England, retired from bicycle racing and began running.

In England I had built up a good collection of turtle neck sweaters as a graduate student at The London School of Economics. Founded by Fabian socialists at the turn of the century, the LSE has more of a reputation for nurturing leftists than cyclists.

My wife, son and I lived in the London borough of Croydon, a durable community that celebrated the millenium of its founding in 1961. Our landlord was an Indian who pronounced all the letters in the Wednesday and garbled my surname. He took delight in his frequent visits to check on our digs by asking, "What are the communists up to these days at the LSE?"

Midnight in Moscow

The first time he asked I replied that I was busy studying economics (which he pronounced econo-mix) which left little time for dabbling in politics. This elicited a suspicious stare until I showed him my 10-speed bicycle and explained that I raced for a local team, the Norwood Paragon. I even showed him my British Cycling Federation amateur license and jersey with the team colors: green, gold and black.

His suspicions of how I spent my time when I wasn't studying seemed to ease. A few months later, I traded my American Schwinn Paramount racing frame for an English, hand-made Goffrey Butler and our landlord went lighter on me when he referred to "the communists at the LSE." He wanted to continue to monitor their progress, but he no longer associated them with me, apparently because I was an athlete.

Or so I thought. The week after I gave our landlord a month's notice that we would be vacating the premises to return home, his secretary called.

"We're sorry to hear that you and your family are leaving us," she said in italics, the way all English talk.

I told her that we had been living there so long that we were growing attached to the place, but it was time to return home.

She said, "I suppose Moscow is very cold at this time of the year."

This sounded like a non-sequitor, but I rolled with it and agreed.

"I'll bet the snow is very high in Moscow at this time of the year," she continued.

I agreed again. We continued in this fashion until the realization struck me that she only knew me through the landlord who identified the LSE with communists. When he told her the news that my family and I were returning home, she interpreted home as Moscow.

If only I had shown her my racing bike and my team jersey, she could have associated returning home as somewhere else—possibly a cycling capital like Belgium, France or Italy.

Visions of Eight

After returning to these shores, I got into running through my brother, Paul. He ran five miles a day and invited me along.

Soon I began entering races. The first was the Cherry Blossom 10-Mile in April. It was 1975 and I was 57th in a time of 60:08. By 1980, my Cherry Blossom 10-mile time had improved more than 8½ minutes, to 51:25. But the fields were quicker and I still finished 57th.

In the 10 years I have been running, a lot has happened. Races have gone from being being dominated first by Frank Shorter and then Bill Rodgers to being wide open. New names and reputations are constantly emerging. Women's races are consistently free game except when Joan Benoit shows up.

What I prefer about running over cycling is that running takes much less time. About 80 minutes of training a day keeps me competitive for local events. A cyclist needs substantially more, plus time spent tinkering with equipment.

Norwood Paragon had good organization, although

it would be difficult for the Washington Running Club to duplicate some of the practices. We met regularly on Tuesday evenings in a pub in nearby Norwood. They had been that way for many years.

An attraction that running holds for me is that competition is usually broken into decades. Often competition is in five-year age spans so that I am competing against peers who also hold down a 9-to-5 job and juggle domestic commitments. This is rare in cycling.

In Their Cups

What I miss is that in the smaller English bike races, in the fish-and-chips league, the club that hosted the race would produce a huge pot of tea and an assortment of cups.

It amused me to stand around with these guys with bulging leg muscles and discuss the event like athletes do, our fingers curled around tea cups. There's something civil yet incongruous about an aggressive athlete who stops mid-sentence to gingerly take a sip of hot tea while regaling his mates with stories of being a road warrior.

Once in a while now I think back to when I would briefly share a back road with a runner while out on a training ride. Running never interested me then. I began racing bikes in 1960 in Massachusetts and always looked forward to the next event. Running was slow and, well, pedestrian.

Yet running made a rude intrusion when about 50 of us cyclists from south London flocked to the Croydon civic auditorium to watch a documentary, *Visions of Eight*, on the Munich Olympics of 1972.

The title referred to eight film directors—including the maker of epic movies, David Lean, a native of Croydon—who went with camera crews to the Summer Olympic Games to shoot an aspect of the Games that fascinated each director.

There was *The Strongest*, which focused on the weight lifters. The *Fastest* followed the 100-meter runners whose races were shown from different angles, slowed down to illustrate every minute movement of every part of their bodies. There was *The Quickest* which dealt with wrestlers; one had a drill where he hopped in a squat position, his hands clasped behind his head, up several flights of stadium steps. You could hear the audience groan in admiration and commiseration.

What lured us to the movie was *The Longest*. It was saved till last and we knew *The Longest* had to be the cycling road race—112 miles long. But *The Longest* was not about cycling at all. It was extensive coverage of the marathon.

Our section emitted a painful groan. We vociferously protested that the marathon wasn't a quarter of the cycling distance. All that prevented a spontaneous uprising was that Ron Hill was a pre-race favorite and the center of attention for much of the race. Since he was English, his compatriots quieted down to let the others watch.

Now, as a runner of 10 years, when the film avails itself in revival houses or television, I watch *Visions of Eight* to see the marathon and enjoy it. Even if it is

Washington Running Club

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CLUB OFFICERS FOR 1984

President: Alan Roth (649-4909)

Vice President: Pat Neary (455-0575)

Secretary: Gerry Ives (965-2532)

Treasurer: Jeff Reed (836-7284)

Newsletter Editor: Peter Nye

COMMITTEES

Legal: Jack Coffey, Chairman

Membership: Coleen Troy, Chairwoman (530-9536)

Newsletter: Peter Nye (998-5467)

Finance: Jeff Reed (836-7284)

Competition: Pat Neary, Chairman (455-0575)

Race Management: Mark Baidino, Chairman (451-6530)

Social: Bobbie Bleistift, Chairwoman (379-2767)

less than a quarter the distance of the cycling event. □

SAVANNAH HALF-MARATHON: LAURA ALBERS 3d, TROST 47th; BLANK'S RACE A SECRET

by Bob Trost
WRC *Roving Reporter*

Betty Blank and I flew to Savannah, Ga., on Jan. 11 to run in the Savannah Marathon/Half-Marathon the next day. Since we ran in the full marathon last year, we decided to try the half-marathon this year. The course loops around a U.S. Army airfield—one loop for the half-marathon and two loops for the whole 26.2 miles. If the weather cooperates, the flat course lends itself to fast times.

After picking up our numbers at the DeSoto Hilton, we were surprised to see former Arlington resident Laura DeWald-Albers of the Brooks Racing Team in the lobby. Instead of her usual cheery smile, Laura had storm clouds for eyebrows. She said, "I just had the worst experience of my life."

The airline had lost her luggage which contained her running and racing accoutrements. She was entered in the half-marathon, but had only her mufti.

The airline eventually located her luggage—in Atlanta. "We'll try to get it back to you by 7 o'clock tonight," she was told at the airport.

Next she decided to save money by sharing the cab ride to the hotel. An out-of-town businessman who had tipped a few too many was happy to oblige. Once they debarked, the cab driver announced they would each have to pay full fare.

Laura's sozzled companion objected and started to argue. The cab driver finally told him, "You had better shut up or I'm going to get close to your skin."

Stymied for a moment, the sozzled one called for time out and asked Laura what the driver meant. She whispered, "I think he means he's going to mess you up."

They rode the rest of the way in a silent truce. Sozzled told Laura he would take care of the cab and tossed a double sawbuck at the driver for the \$9 fare. "Keep the change," he insisted.

After this banal turn of events, Laura's only thought was how to go out on a training run without her running gear.

Betty and I came to her rescue. Betty gave her a long-sleeved shirt which would suffice in the mild 60-degree F. weather and a pair of Addidas running shoes. I gave her a pair of my Dolfin running shorts. After she changed and trundled off into the sunset I shouted, "Give us a call when you finish and we'll go out to dinner."

Later that evening, we drove a rented car to a tony section of town that resembles Georgetown. It is located on a cobblestone road that extends about two miles along the Savannah River. Lined on the street facing the river are chic shops and restaurants. After peeking into a few restaurants and scanning menus, we decided on The Shrimp Factory.

We all had excellent meals at a reasonable price. It was what William Least Heat Moon would call in his

book *Blue Highways* a four-calendar restaurant. In his perambulations he discovered an index of restaurants was company calendars hung on the wall. Calendars come from businesses that belong to the Rotary club which holds breakfast meetings in such restaurants; firms wouldn't waste a calendar if the food didn't please the palate of the Rotary club representative.

At dinner Laura said she would be running the Osaka, Japan, marathon Jan. 27 and would also run in the Gasparilla 15K in Tampa on Feb. 9. She said she was using the Savannah half-marathon as a tune-up for Osaka and had two goals: Break 1 hour 17 minutes and win.

She said she would be happy if she achieved one of these goals. She also said her intestinal problems were behind her (no pun intended). She is taking enzyme supplements and ran the October New York City Marathon without incident [10th in 2:42:12, see December issue—*ed*].

She went on to talk about life in Grand Rapids, Mich. She and spouse Will love their recently purchased four-bedroom home and are busy remodeling it. Housing is inexpensive and they are spoiled. Even with Laura's prize money from races and Will's job with Brooks, they could never afford a similar home in the D.C. area. By her estimate, a comparable home in Arlington would cost around four times what they paid.

Running conditions aren't bad in Grand Rapids. She said there are eight area indoor tracks, although she had not had to seek refuge in them.

Laura also indicated she may soon return to work fulltime as a civil engineer. Apparently there is more to her life than just running.

She said she appreciates receiving the WRC Newsletter and mentioned there were a lot of new members she was not acquainted with.

"Who is Dennis 'The Count' Baker? And does he really wear a cape when he runs?"

I told her that she should drop in on a race in D.C. sometime to see for herself. After a couple of glasses of orange juice I confided The Count does complain that his cape, made of black merino wool and embroidered with red doodads across the shoulders, gets heavy when he runs in the rain and drags on the backs of his legs.

After dinner we made a brief motor tour around picturesque Savannah. It is Georgia's oldest city. Founded by James Oglethorpe in 1733, it served as a colonial seat of government.

Savannah also has a lot of history. During the Revolutionary War, the British seized it and held it for four years—until 1782. For the next three years it was the state capital.

An old seamen's inn is mentioned in Robert Louis Stevenson's *Treasure Island*. Juliette Gordon Law's mansion birthplace is maintained by the Girl Scouts of America as a memorial to their founder. Savannah's historic district is a designated national historic landmark.

The cold and wind on race day was more fitting for Chicago than Savannah, and was a marked change from the sun and warmth the day before. The 7 a.m.

radio weather report said it was 33 degrees F. with 20 mph winds. This meant that the last three miles of each lap would be straight into the teeth of the wind. Memories of the 1982 and 1984 Cherry Blossom 10-Milers flashed through my mind and pulled all my hair straight back.

As we drove to the race that morning, Laura said she got her luggage back and could run in her Brooks outfit. I was disappointed; I was hoping that my running shorts would finally win a major road race.

Laura finished third among women, in 1:16:13. She was satisfied that she achieved one of her pre-race goals. I chased her around the airfield and finished 47th overall in 1:16:45, a new PR.

Roxanne Polo, a 20-year-old Virginia Tech junior, won the women's half-marathon in 1:15:42. Candace Strobach was second in 1:15:57. Dave Green, 30, won the men's half-marathon in 1:04:33, with Benji Derden second in 1:05:26.

Marathon winner was Kevin Moats in 2:22:19, and Patty Houseworth won the women's division in 2:58:16. Other times of interest are Lee Fidler (age 35), with 1:08:47 for the half, and sturdy Mel Williams (47) third master in 2:39:39. □

WHAT'S UP AROUND WRC AND ELSEWHERE

by Don Pedro
WRC Staff Reporter

For the first time since running took off in the mid-1970s, elite runners as well as race directors are experiencing rejections from the shoe companies. At the same time, however, support—and sometimes far more than in the past—is coming from other, previously unexpected sources such as Beatrice Foods, Dole Products and Xerox Corp.

This change in beneficiaries makes it more difficult on the mid-level elite runner, such as fellows who run 29 to 30 minutes for 10K, or ladies who run 2:45 or so for the marathon. It helps to have won a major race recently to ease the transition.

Nike is tightening up. It suffered a net loss of \$2.2 million for the second quarter that ended Nov. 30, although their revenues had gone up 9 percent, *The Wall Street Journal* said Jan. 14. Nike attributed the dip in their otherwise ever-upward sales to administrative expenses and the cost of sales. Revenue from their apparel line rose 52 percent and foreign operations rose 42 percent, but their footwear money fell 9 percent.

Brooks Shoe Company's view of running also has undergone a metamorphosis. Brooks discontinued sponsoring the New York Road Runner's Club New Year's Midnight Run in Central Park, but will stay with the Gasparilla Classic in Florida.

Scrutinized up and down the sport now is what the sponsors will get for their promotion dollars. When running became a boom sport ten years ago with sales of shoes and warm-up equipment setting records quarter after quarter, year after year, shoe companies played upmanship with one another.

Nike at the 1976 Olympic marathon trials gave

shoes and related equipment to everyone who went. Four years later this was discontinued because sufficient numbers of the runners were on trade teams.

The better runners in recent years have seen—often experienced—promises of equipment left unfulfilled. That's part of the show-biz of sports.

A bell curve emerges for the last 10 years, with the palmy days ending around 1980-81 when there is a point of inflection followed by a downward symmetrical curve where shoes, warm-up suits and travel money was less forthcoming. In that bell curve, probably more than half of WRC has been on the receiving end from companies such as Adidas, Nike, Converse, Saucony, Brooks and Kangaroos. Of those who received perquisites, less than a quarter are still receiving homage.

For 1985, talented and sharp runners as well as race directors must expect to be scrutinized for what a company will get in return for being a sugar daddy. Media exposure and visibility are key.

In a January *Sports Style*, a weekly trade publication, Brooks's Running Promotion Manager and WRC member Will Albers is quoted as saying that the elite runners used to be given equipment and told to go run for the company. Now Brooks is expecting those runners to work public relations as well—showing up and talking to people at clinics, exhibits and shows.

But Albers mused in a conversation with the WRC Newsletter that as the shoe companies which nurtured the early years of the running boom withdraw, other companies are coming in. Dole Products invested \$1 million in running last year, and Beatrice Foods conglomerate put up more than that to make the Chicago Marathon the success that it was. Car companies are looking into putting on races and sponsoring runners as well.

As the wide-spread popularity of running begins its second decade, the new attitude with the shoe companies is that running is not the only show in town. Aerobics is the new rising sports star. Running competes for attention with court sports such as basketball, squash and tennis.

Locally, Moving Comfort and Moss Brown reportedly have been contending with what economists call a liquidity trap. Moving Comfort's two winter warehouse sales were in an effort to raise cash. Moss Brown's shoe inventory is marked by an absence of Nike, Tiger and other popular kicks, although their apparel line continues to be well stocked. . . .

The RunHers have stepped into the breach to host a 5K race Mar. 2 at West Potomac Park. The RunHers I-Love-to-Run 5K Women's Race fills the void created when Avon Products abruptly decided in December to drop its 1985 racing schedule and the staff that worked the races, including the 15K set Mar. 2 in Washington (See January newsletter—*ed*). RunHers will be giving Avon singlets to the first 1,000 registrants and Avon medals to the first 500 finishers.

Two WRC runners stung by Avon's quicksilver decision are Coleen Troy and Patty McGovern who had spent some of their money and some of WRC's to compete in the Avon 20K in Chicago Nov. 4. They were seeking to garner points toward the Avon marathon championship set for Mexico City this autumn.

Patty, of the Saucony Racing Team, earned 25 points with her third place in Chicago, while Coleen, of Adidas Middle Atlantic, collected 13 points for seventh place. Avon is trimming expenses while it reevaluates the image of the Avon woman. . . .

Two WRC runners ventured forth during marathon season to tackle some out-of-town adventures. Bruce Coldsmith of WRC/Saucony finished fourth at the Rocket City Marathon Dec. 15 in Huntsville, Ala. Temperature at the race start was in the low 70s. Although Bruce was led off course with a mile to go, he succeeded in running a 2:25:54.

Dave Hudson finished 12th in 2:44:22 at Jersey Shore Marathon Nov. 9. . . .

Dan Reeks, cross country coach for Montgomery College in Rockville and a veteran of many races, wrote WRC a letter Nov. 20 thanking us for financial support of WRC's Wendy Hagmann who finished tenth in a field of 130 at the National Junior College Athletic Association this autumn in Twin Falls, Idaho. Her place in the 5,000-meter race earned her Second Team NJCAA All-America honors.

Footing was slick, with an inch and a quarter of snow blanketing the Snake River Canyon Golf Course the night before the race. At 1.5 miles, Wendy was 26th when she began to move up. She passed 16 others and finished in 20:04. . . .

WRC's cultural gadabout First Nighter came back from a performance of PDQ Bach at the Kennedy Center Jan. 11 with news that the indomitable Jay Jacob Wind looked resplendent in a T-shirt with the pattern of a tuxedo, complete with ruffled shirt, bow tie and cummerbund. Jay's wife, Estelle, was conventionally attired for such an occasion in a dress.

Commented Jay to First Nighter as they walked up the steps to enter the KenCen's concert hall, "Did you bring something to eat?" □

RACE RESULTS

HANGOVER CLASSIC

MEN: 1. Tim Gavin, 30:57; 2. Jeff Peterson, 31:09; 3. Martin Clark, 31:20; 4. Scot Knoblich, 31:29; 5. Coty Pinkney, 31:31; Craig Voise (WRC), 35:24 (PR); Gerry Ives (WRC), 37:52;

WOMEN: 1. Alisa Harvey, 35:21; 2. Patty McGovern (WRC), 35:31; 3. Mary Ellen Williams (WRC), 37:08; 4. Sue Crowe, 38:39; 5. Barbara Frech (NOVA), 38:46

DCRR 5-MILER (26 JAN.)

MEN: 1. Dan Rincon (WRC), 28:32; 2. Craig Voise (WRC), 28:45; 3. Scott Bartram, 29:22; 8. Chuck Kuhn (WRC), 30:10.

WOMEN: 1. Jennifer Westfall, 34:29; 2. Jean Silverman, 38:03; 3. Denise Knickman, 38:52.

MCRRC 6.6-MILER (27 JAN.)

MEN: 1. Dave Buzzell, 40:06; 2. Dave Michael, 40:43.
WOMEN: 1. Carole Irvera, 50:53; 2. Suzanne O'Hara, 52:10; 4. Joanne Mallet (WRC), 52:56.

WRC FINANCIAL STATEMENT FOR 1984 SHOWS \$13,496.73 IN EXPENDITURES

WRC spent a total of \$13,496.73 in the 1984 fiscal year. The total amount of money taken in during fiscal 1984 was \$12,829.95. There was an overall deficit of \$667.78 for the year. Much of the deficit is money tied up in uniforms and long-sleeved T-shirts. Newsletter and other communication costs totaled \$1,461.25. Social Committee expenses were \$665.25, including the costs of meeting room charges. There was a total of \$6,431.19 spent on competition including \$4,112.19 on budgeted races, \$385 on special race expenditures, and \$262 on race entry fee reimbursement. \$4,939 was spent on various administrative costs, including the uniforms and T-shirts at \$4,443.51.

Jeff Reed, Treasurer

MINUTES OF WASHINGTON RUNNING CLUB MEETING OF JANUARY 11, 1985

President Alan Roth called meeting to order.

Finance Committee: Treasurer Jeff Reed gave summary of year's expenditures (*see elsewhere in this issue*).

Race Committee: Chairman Pat Neary gave out sheet detailing proposed club races for 1985. He asked that the selections be printed in the Newsletter for comments and suggestions from membership.

Social Committee: Chairwoman Suzy Rainville gave details of the club banquet. Bobbie Bleistift will head this committee for 1985.

Membership Committee: Chairwoman Coleen Troy reported that 49 members had paid their dues for 1985. She also detailed her recruiting efforts and asked for members to take the newly-printed membership applications with them and give them to people they race against.

Legal Committee: Chairman Jack Coffey presented a draft of the Club Bylaws. He emphasized that the Bylaws should not be too specific in order to give latitude for future operation of the Club. He asked that the draft of the Bylaws be printed in the Newsletter for comment and suggestions from the membership. Bylaws are a necessary part of gaining nonprofit status for the Club.

Race Management Committee: Chairman Mark Baldino said the Club had permits for the Hains Point Course in March, but had no race sponsor. There is a possibility that WRC will put on a "No-Frills Ides of March" race and charge \$2-3 entry fee.

The following members were elected officers of the Club for 1985: Alan Roth, President; Pat Neary, Vice-President; Jeff Reed, Treasurer; Gerry Ives, Secretary.

Gerry Ives, Secretary

CLUB RACES FOR 1985— RECOMMENDATIONS OF RACE COMMITTEE

Your racing committee is Pat Neary as Chairman and members Alan Roth, Dan Rincon, Bruce Coldsmith, Jeff Reed, Jim Hagen, Keith Higgs, Tem Washington, Bobbi Bleistift, Tom Foos, Allen Naylor, and Joe Lugiano. The committee is recommending the following races for support:

1. Bethesda Chase 20K, 3 March—Budget \$240, entry fee if requested.
2. St. Patty's 10 Miler (Oley, Pa.), 17 March—Budget \$700, guarantee \$35 per runner.
3. Boston Marathon, 15 April—Budget \$1,200, guarantee \$60 per runner.
4. Apple Blossom 10K (Winchester, Va.), 28 April—Budget \$160, entry fee if requested and food or drink club provided.
5. Bonne Bell 10K (D.C.), 12 May—Budget \$80, entry fee if requested.
6. Hometown Run 15K (D.C.), 19 May—Budget \$160, entry fee if requested.
7. Constellation 10K (Baltimore, Md.), 25 May—Budget \$100, entry fee if requested.
8. Middleburg 10K (Middleburg, Va.), 4 July—Budget \$50, entry fee and club provide snacks and/or drinks.
9. Peachtree 10K (Atlanta, Ga.), 4 July—Budget \$400, guarantee \$50 per runner.
10. Asbury Park 10K, 17 August—Budget \$750, guarantee \$25 per runner.
11. Falmouth (7.1 Miles), 25 August—Budget \$800, guarantee \$60 per runner.
12. Philadelphia Half Marathon, 15 September—Budget \$600, guarantee \$30 per runner.
13. Moving Comfort 10K, 22 September—Budget \$50, entry fee if requested.
14. Marine Corps Marathon, 3 November—Budget \$400, food, drinks, entry fee if requested.

We have budgeted nearly \$5,700 for race money in 1985. This sum represents an increase of 25% over actual expenditures in 1984. Members will be reimbursed for race entry fees only upon request where indicated in the above schedule. Runners interested in racing these events please send a note to the club address indicating the desire. A member of the racing committee will contact you and place you on a team. In order to collect on out of area races such as Peachtree, Falmouth, and St. Patty's a minimum of five racers must attend. All members who draw expense money must wear a WRC patch or uniform to be eligible for support.

PROPOSED BYLAWS OF THE WASHINGTON RUNNING CLUB; MEMBERS' COMMENTS ASKED

1.0 ORGANIZATION

- 1.1 *Name.* These Bylaws govern the operations of the Washington Running Club, Inc. (the "Club").
- 1.2 *Purpose.* The Club is organized for the purposes set forth in the articles of Incorporation.
- 1.3 *Fiscal Year.* The Club's fiscal year shall extend from December 1 through November 30.

2.0 MEMBERS

2.1 *Membership.* Membership is open to any person who endorses and supports the purposes of the Club and who pays such annual dues as may be set by the Board of Directors and approved by the membership pursuant to these Bylaws.

2.2 *Member Rights.* Each member has the right to attend and speak at membership meetings and com-

mittee meetings, to vote at membership meetings, to review the books and records of the Club at any reasonable time, and to receive newsletters and other materials published by the Club, and such other rights as may from time to time be designated by the Board of Directors.

2.3 *Membership Term.* Membership shall commence on the day the Club Treasurer, or other officer designated for the purpose, receives dues and a completed application form from a prospective member. Membership shall end on December 31 following the date when membership commenced. A member may voluntarily terminate membership by serving written notice by the Treasurer or other officer designated. Dues are non-refundable. No member may exercise the rights of membership whose membership is not current.

2.4 *Member Responsibility.* Each member shall maintain a current address with the club secretary.

2.5 *Conduct of Members.* All members shall conduct themselves ethically in representing the club. Any member may be expelled for unethical conduct.

2.6 *Expulsion for Unethical Conduct.* Any member may be expelled for unethical conduct following 10 days written notice to the member and a hearing before a quorum of the Board of Directors. No member shall be expelled without the vote to expel of at least ¾ of the members of the Board of Directors.

3.0 CLUB MEETINGS

3.1 *Notice and Schedule.* The Club's membership shall meet once each month. At each meeting, the President shall announce the time and place of the following month's meeting. In addition, notice of the time and place shall be included in the Club's monthly newsletter.

3.2 *Conduct of Meetings, Quorum.* Membership meetings shall be chaired by the President, or Vice-President in the President's absence, or the Secretary in the absence of the President or Vice-President. In the event of a parliamentary conflict, the presiding officer may appoint a parliamentarian who shall advise the presiding officer. No action may be taken by the membership in the absence of a quorum. Quorum at membership meetings shall be 20 members or 20% of the membership, whichever is lesser.

3.3 *Decisions Reserved by the Membership.* The following decisions may be made only by majority vote at a membership meeting: changes in dues, election of officers, joining or terminating membership in other organizations, and approval of the Club's annual budget. Removal of officers, ratification and material amendment of the bylaws, and dissolution may be made only by vote at a membership meeting as hereinafter provided in these bylaws.

4.0 OFFICERS AND DIRECTORS

4.1 Except as otherwise set forth in part 3.3 of these Bylaws, the leadership of this Club shall be vested in an elected Board of Directors consisting of a President, Vice President, Secretary and Treasurer.

4.2 *Duties of Officers*

- (1) President—to preside over membership, Board

of Directors, and Executive Committee meetings, to call any special meetings, and to appoint club committees and individuals to fill those committees. To work with the Board of Directors, the Executive Committee, and individual committees in carrying out Club policies.

(2) Vice President—to act as President in absence of the President and to carry out any duties assigned to him by the President.

(3) Secretary—to record minutes at meetings, to keep file of such meetings and, when requested by the President, to accept assignments involving correspondence, the keeping of records and carrying out any duties assigned to him by the President.

(4) Treasurer—to administer financial transactions, to keep records of such transactions and to have authority to sign and disburse necessary appropriations as directed by the President. To carry out any duties assigned to him by the President. To report to each membership meeting on the financial position of the Club.

4.3 Eligibility of Directors and Officers. All officers (or candidates for office) must be members in good standing. Officers may be elected to succeed themselves.

4.4 Term of Office.

(1) The term of office shall be one year, beginning at the close of the elections meeting.

(2) If an officer leaves before the expiration of his term, the membership shall elect a replacement at the next meeting following notice of such an agenda item in the Club newsletter. The remaining Board members may appoint an acting officer to fulfill the departing officer's duties in the interim.

(3) Offices filled pursuant to §4.4(2) shall also expire at the next elections meeting.

4.6 Board of Directors, Quorum. The Board shall meet at least once between each membership meeting to review the affairs of the Club and to prepare an agenda for the next membership meeting. The Board may also take steps to execute decisions of the Club, including spending money within the budget approved by the membership. Decisions shall be approved by a simple majority of a quorum of the Board members present. A quorum shall be three of the four Board members. In the event of a tie vote, the President shall cast an additional deciding vote.

4.7 Committees. The board may establish such committees as it deems necessary, except that Board-established committees shall cease to exist at the January membership meeting.

4.8 Executive Committee. There shall exist an Executive Committee comprised of all officers, and the chairmen of any committees established pursuant to 4.6. The Executive Committee shall meet at such times as determined by the Board of Directors, to discuss the operations of the Club.

4.9 Financial Transactions. Any officer may require that any financial transaction be discussed and approved by the Board of Directors before action is taken. Such approval shall be by a simple majority vote of a quorum of the Board of Directors. In the event of a tie, the President shall cast an additional deciding vote.

4.10 Removal of Officers. The membership may remove any officer from office, for cause, following a hearing and a three-quarters majority vote of a quorum present and voting at a membership meeting.

5.0 MERITORIOUS SERVICE AWARD

The Executive Committee shall, by simple plurality, vote annually to award the Alfred Tom Felde Trophy to a deserving member for meritorious service.

6.0 MATERIAL BYLAW AMENDMENTS

6.1 All members shall be notified in writing at least seven days prior to voting that Material Bylaw Amendments will be discussed and voted on.

6.2 A Material Bylaw Amendment shall be accomplished only by a three-fourths majority vote of a quorum present at a membership meeting.

7.0 DISSOLUTION, AMENDMENT, RATIFICATION

7.1 Dissolution. All members shall be notified in writing at least 7 days prior to voting that dissolution will be discussed and voted on. The Club may terminate its affairs in the manner described by law, after a three-quarters majority vote of the members present and voting at a membership meeting at which a quorum is present. In the event of dissolution, the Club shall donate its assets in accordance with the Club's Articles of Incorporation.

7.2 Ratification. These Bylaws shall be considered ratified and become binding on all members after approval by a three-quarters majority vote at a membership meeting at which a quorum is present, provided that a copy of the proposed Bylaws has been provided to all members at their current address at least 7 days before the meeting.

8.0 CONSTRUCTION

These Bylaws are to be construed liberally in keeping with the purposes of the Club. Wherever required herein, references to the masculine gender shall include the feminine, references to the singular shall include the plural, and vice-versa.

BARGAINS FOR WRC MEMBERS AT LOCAL SPORTING GOODS STORES

Nike Georgetown, on M Street near Wisconsin in the heart of Georgetown (333-1505). Discount of 15% on shoes and clothing.

Fairfax Running Center, Alexandria store in Old Towne on the Strand, off Union St. (Tel. 549-7688) and Jermantown Shopping Center at 11208 Lee Hwy. in Fairfax City (Tel. 691-8664). Discount of 10% on shoes and clothing.

College Park Bicycle, 4360 Knox Rd., College Park (864-2211). Discount of 5-15% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

Sports Afoot, Viers Mill Rd., Wheaton (949-8824). Discount of 10% on shoes and clothing.

Racquet and Jog, International Square at 19th & K. Discount of 10% with cash or check only. No discount for shoes on sale. □