

Washington Running Club Newsletter



Volume 4, Number 8

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August 1985

The AUGUST meeting of WRC will be held on Friday, August 9, at 8:00 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. The AMS Building is located in Rosslyn. Take Key Bridge (you can see the AMS Building on the far left as you're crossing the bridge) to Rosslyn and go straight on N. Ft. Myer Drive. Turn left on 19th St. and go two blocks to the AMS Building. If you come by metro get off at the Rosslyn station, go out the main entrance, go through park and turn left on Lynn and right on 19th. Take the elevator to the 14th floor of the AMS Building and then take the spiral staircase to the penthouse. They have a "no alcoholic beverages" rule in the building, so be discrete if you bring anything. The building is within a half mile of Roosevelt Island and the same distance from the tow path, so if anyone wants to go for a "fun run" meet outside the building at 6:00 p.m.

COUNT BAKER SETS COURSE RECORD, LEADS WRC TEAM TO VICTORY IN LANGLEY 8-KILO

by Eduardo Bianchi
WRC Staff Reporter

WRC's Count Baker took advantage of a new 8K course at Langley, Va., July 10 where he won the D.C. Road Runners 8K Championship to set the new course record.

The Count took the lead over the hilly course at the mile from John McGrail. McGrail challenged the Count several times for the lead until the Count saw the finish. Then the Count, a former 800-meter runner from Frostburg State College, surged ahead to win by two seconds, in 27:10.

His victory made the WRC two in a row in the Bunion Derby series, as John M. Walsh had won the previous outing over the Fort Dupont course. The Langley race was No. 4 in the derby.

Backing up the Count were Roberto Rodriguez in fifth, Peter Nye in seventh, Bob Trost in 27th and Ron Griswald 34th for WRC to win the team competition for the second consecutive year. DCRRC Plaques were presented to each of the scorers.

Women's winner was Sally Straus of Moving Comfort, in 29:52. WRC's Joanne Mallett continued her medal haul by capturing her age group.

First men's master was Don Davis of RC², third overall in 27:29.

The race also saw the familiar red beard of Bill

Wooden. He recently moved back to the area after two years in Los Angeles.

For winning, Count Baker was presented the Caesar Award, good for one deluxe pizza at Rocco's Italian Restaurant which also kicked in a red Rocco's T-shirt.

The Count graciously accepted the pizza certificate which he passed on to his teammates who helped the club capture the team prize. He gave the T-shirt to Pat "Rocco" Carr, WRC's king of rock and roll. And being a classy guy, he wrote Rocco's restaurant a letter thanking them for their support.

Results: 1. Dennis "Count" Baker, WRC, 27:10; 2. John McGrail, 27:12; 3. Don Davis, RC², 27:29; 4. Steve Daniels, WRC, 27:39; 5. Roberto Rodriguez, WRC, 27:43; 6. Doug Slocum, D.C. Harriers, 28:01; Peter Nye, WRC, 28:05; 8. Ed Dohaney, Potomac Valley Seniors, 28:08; 9. James Stoda, 28:12; 10. Eamonn McEvelly, NOVA, 28:15; 27. Bob Trost, WRC, 29:35; 34. Ron Griswald, WRC, 29:55; 37. Bill Wooden, WRC, 30:25; 51. Gerry Ives, WRC/Woodbines, 31:14.

Women: 1. Sally Strauss, Moving Comfort Racing Team, 29:52; 2. Joan Stahle, RC², 33:00; 3. Louise Kardra, 33:09; 4. Jennifer Westfall, RC², 34:01; 8. Valerie Nye, WRC, 35:32; Joanne Mallett, WRC, 37:02; Bernadette Flynn, WRC, 38:45. □

KEVIN MCGARRY WINS ANNANDALE CAULDRON 10K BY TWO MINUTES

by Celeste Green
WRC Staff Reporter

Action in the Bunion Derby summer series heated up July 16 at the Annandale 10K with WRC's Kevin McGarry (Converse) winning by two minutes, in 32:02.

With the mercury in the 90s, the race was hot in temperature only. Times and performances were the worst in any field. That's the way it is with those summertime blues: Those with the heart of a lion run with the legs of a flamingo.

McGarry's win was a leisurely romp for him over the rolling 5K course along suburban residential streets. It was also the third successive victory for the club.

He still had a residue in his legs of his effort two days earlier when he placed 12th at the Utica Boilermaker 15K in upstate New York.

The field at the Boilermaker was the best ever, McGarry said. Defending champion Geoff Smith, the Englishman who won the last two Boston Marathons, finished fourth to Gerry Kiernan who won in 44:42.

McGarry was in the lead group of 10 which commuted through two miles in 9:48. "And that was straight uphill," he said. Toward the end of the Boiler-

maker commute, however, the hills, heat and six workouts in 10 days wilted even his legs. He clanked in 12th.

If the upstate New York race was called the Utica Boilermaker, then the heat at the fifth Bunion Derby meant the race two days later could be called the Annandale Cauldron.

Leading from the start was Chris Harvey. McGarry trailed by a small margin and passed the one-mile mark in 5-minutes flat. By two miles McGarry was running alone as the front runner, going by the two-mile mark in 10:20.

While McGarry's pace slowed 20 seconds, everyone else's was slowing at a greater rate. Harvey, for example, went on to finish second in 34:06 compared to McGarry in 32:02.

The most exciting part was the race shaping up among master's runners Don Davis of RC², Eamonn McEvilly of NOVA and Ed Dohaney of PVS. They ran most of the first 5K loop together.

Finally, it was Davis who pulled ahead, ever so slightly, of Dohaney, so that they finished fifth and sixth, with McEvilly finishing in 10th, one spot ahead of Doug Bulcao, the masters runner from GNATS.

First WRC woman was Betty Blank, in fourth, 42:37.

Results: 1. Kevin McGarry, WRC/Converse, 32:02; 2. Chris Harvey, 34:06; 3. John McGrail, 34:36; 5. Steve Daniels, WRC, 34:40; Don Davis, RC², 34:48; 6. Ed Doheny, PVS, 37:25; 7. Peter Nye, WRC, 37:27; 8. Roberto Rodriguez, WRC, 35:31; 9. Michael Barney, 35:38; 10. Eamonn McEvilly, NOVA, 35:50; 11. Doug Bulcao, GNATS, 36:00; 17. Bob Trost, WRC, 37:10; 18. Jay Wind, WRC, 37:17; 32. Gerry Ives, WRC/Woodbines, 40:15; George Cushmac, WRC, 43:50; Jeff Darman, Nike, 42:38.

Women: 1. Susanne Augustauskas, 39:14; 2. Kathy Hibbert, RC², 41:00; 3. Joan Stahle, RC², 42:14; 4. Betty

Blank, WRC, 42:37; 5. Linda Durfee, PVS, 43:23; 6. Becky Nolan, WRC, 43:36; Valerie Nye, WRC, 46:04. □

COUNT BAKER WINS SECOND BUNION DERBY AT RESTON 8K

by Celeste Green
WRC Staff Reporter

Count Baker went into Bunion Derby No. 6, the Reston 8K July 24, figuring that the easy miles he had run for the previous 10 days or so would either make him suffer or would pay dividends.

It turned out to pay dividends and made others suffer as the Count won his second derby race in the series. His time was 26:23, not far off the course record.

David Lieb, a local runner home for the summer from the School School of Podiatry in Chicago, led the pack of runners through the first mile, with Count Baker trailing in sixth position. Also up with the lead runners were John McGrail and WRC's John M. Walsh.

Shortly after, the course left the road and wound around a paved, twisting bike trail in the dense Reston woods. From there the race resembled a form of the game crack the whip, with the entire field strung out.

With no mile markers or traditional standards, Count Baker waited till the lead runners passed a residential community that was the farthest end of the course. The Count, his skin tanned a mahogany, decided to see what he had and moved from fourth place to take over the lead. He held on and won.

By the time the runners emerged from the woods for the final half-mile which included a stretch on the South Lakes High School track, Lieb was running in third. In between was an unidentified runner from out of town who finished second.

Don Davis was the first master's runner. He finished sixth in 26:52.

Women's times and places were disorganized. WRC's Val Nye finished sixth woman. Joanne Mallet ran well, but her time was unrecorded.

Partial results: 1. Count Baker, WRC, 26:23; 2. Unk.; 3. David Lieb, 26:34; 4. Sean Kelly, 26:39; 5. John McGrail, 26:43; 6. Don Davis, RC², 26:52; 7. John M. Walsh, WRC, 26:59; 8. Steve Daniels, WRC, 27:15; 9. Peter Nye, WRC, 27:22; 11. Roberto Rodriguez, 27:40; 13. Jeff Kramer, 27:47; 16. Pat "Rocko" Carr, WRC, 28:07; 25. Bob Trost, WRC, 28:54; 49. Gerry Ives, WRC/Woodbines, 30:32; 66. Jeff Reed, WRC, 32:41; 67. Phil Stewart, WRC, 32:42; 79. George Cushmac, WRC, 33:35. □

WRC WOMEN ON THE RUN KEEP THE PACE

by Valerie Nye
WRC Staff Reporter

Chief strengths of the Washington Running Club are our several brilliant top runners bolstered by a lot of depth.

Many of our women runners have taken a breather from racing this summer. But a recent survey of what

Washington Running Club

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CLUB OFFICERS

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 (251-5848)
Newsletter: Peter Nye (998-5467)
Finance: Jeff Reed (836-7284)
Competition: Pat Neary, Chairman (455-0575)
Race Management: Mark Baldino, Chairman (451-6530)
Social: Bobbie Bleistift, Chairwoman (379-2767)

some are up to indicates that this autumn will see a strong showing by WRC women runners.

McGovern, Libutti: Regular Knockouts

One of WRC's newest members is the fastest woman runner in the U.S. Navy—Lieutenant Commander Jeanie Libutti. In June she won a silver medal in the 5K event in the Armed Services Track and Field Championship.

A stress fracture put Jeanie out for the middle of last year. When she resumed training she concentrated on distances of 5K to 5 miles. Last December she ran a 10K in 36:30. She is training to make the Navy's European cross country team for next April.

Jeanie's future plans, beside staying healthy, including running the Falmouth Road Race and Annapolis 10-Miler later this month.

Another speedster perhaps better known to club members is Patty McGovern. Since march she has been coached by Dan Rincon who has helped her achieve new personal bests this spring. They include 33:58 at the Lady Equitable 10K in Baltimore and 55:46 for 10 miles at the Cherry Blossom around West Potomac Park and Hains Point in D.C.

Patty, who also runs for the Saucony Racing Team, showed she has what it takes to race when she ran the women's Olympic marathon trials last year in 2:42.

Last month she returned to her home in Fairfield, Conn., where she won the Fairfield Half-Marathon in 1:17:00. She beat Agnes Ruane and earned herself a mention in Amby Burfoot's running column published Fridays in the Hartford Courant.

Patty's training regimen goes up to 80 miles a week. This summer Dan had her include some hill work in July and track work in August.

Join Becky Nolan at 4:30 a.m.

Another WRC starlet running well on 80 or so miles a week is Becky Nolan. She is certainly the first club member to hit the roads, as she arises at 4:30 a.m. on weekdays.

At the beginning of the summer she ran the George Washington Parkway Classic 15K in 59:34. That placed her second to WRC's Martha Orem. Becky said she felt good about that race, particularly because she had run the mean and hilly Arlington Hospital 10K the day before.

She says she does no speed work. But she does include a Sunday morning run of 13 to 18 miles regularly. She is planning to qualify for the Boston Marathon this year, most likely at the Marine Corps Marathon in November.

Her steady improvement in speed might lend credence to her laid-back approach to training. It works for her.

Bernie Flynn says that she let up in her training intensity which pushed her farther back in the field. This became vividly apparent at one of the summer's Bunion Derby events. So she's been going back to the track to sharpen her speed.

Bernie has the perfect summer job—pool manager—but admits she has not been swimming much and has not even been forced into training for a

triathlon. Her regular job is teaching at a posh private school.

Briscoe Returns

One of the dominant area women runners last year was Pam Briscoe. She capped off the season by winning the women's division at the Marine Corps Marathon in 2:43. But not much has been heard from her this year.

Rest assured, as Pam is back running after letting several nagging injuries heal. Her planned next appearance is at the Annapolis 10-Miler Aug. 25.

In the meantime, Pam has picked up a sponsorship with J. Lynn & Co., the triathlete shop at 19th and I Sts., N.W.

Her approach to racing might be best described as definitive low-key. When asked if she would return to defend her win at the 1985 Marine Corps Marathon, she hesitated before replying, "Somehow, the day of the Marine marathon always comes up again and then I have to run it."

If you haven't see Patty Deuster at the races for some time it's because she has been busy, busy, busy with medical research at Uniformed Services University of the Health Sciences.

Patty is studying exercise physiology. Her general subject is mineral metabolism, and her specific subject is magnesium and zinc status of athletes.

No wonder she is running just to relax these days. But, like Pam, Patty allowed as how the Marine Corps Marathon might lure her back to serious training this autumn.

WRC stalwart Mary Ellen Williams says she is fully recovered from her effort at Grandma's Marathon. She (Mary Ellen, not Grandma) is back to running 80 miles a week.

MEW said she's getting ready for the Falmouth Road Race and then the Philly Half-Marathon. She said she's experimenting with her training and is more interested in getting faster in short distances. Come next May, MEW segues into the master's division and she wants to see what she can do. □

(First in an occasional series.)

FOURTH OF JULY RACES AT HAINS POINT PRODUCE WINNERS AND NEW WRC MEMBERS

by James North
WRC Staff Reporter

With the traditional July 4 race at Tacoma Park cancelled for the first time in memory, more than 200 runners sought an alternate venue at the Potomac Valley Seniors 4th of July 10K race at Hains Point.

Kevin McGarry (Converse) told his WRC teammates that he was "going to take it easy." This was like the ace pilot Chuck Yeager saying he was "just a little ole stick and rudder man" on his way to breaking the sound barrier.

McGarry zoomed over the course, banked around several cars that intruded in his path, and landed first in 30:58. What he didn't tell his teammates was that it's easy to run like that in summer heat, Washington's humidity and full exposure in the open spaces if

you've got the right stuff. Saying all that would, of course, break the honor code of those with the right stuff.

Second-place finisher Gerry Clapper was not without some of the right stuff himself. He flew with the race leaders to finish in 31:13. Immediately afterward, the famed WRC flying recruiters signed up Gerry for the club.

Jeanie Libutti, another new WRC member who signed at the Hains Point race, handily won the women's division of the 5K in 17:27. A Lieutenant Commander in the U.S. Navy, she adds even more depth to the already powerful WRC women's squad. Jeanie was a sub-37 minute p.r. for the 10K, circa December.

Partial Results:

5K

Men: Bob Cosby, WRC, 16:48; Gerry Ives, WRC/Woodbines, 18:01; Jeff Reed, WRC, 19:01.

Women: 1. Jeanie Libutti, WRC, 17:27; 3. Kathy Hibbert, RC², 18:06; Kathy Scott, WRC, 24:12.

10K

Men: 1. Kevin McGarry, WRC/Converse, 30:58; 2. Gerry Clapper, WRC, 31:13; 3. Jeff Riegelman, 33:12.

Women: 1. Susan Duncan, 37:40; 3. Carolyn Ulrich, 41:20 □

ROCKVILLE MOONLIGHTER 8K ATTRACTS 2,000 INSOMNIACS

by Bob Trost
WRC Roving Reporter

On the muggy evening of July 13, nearly 2,000 runners took part in this year's edition of the Moonlighter 8K. Terry Baker of WRC/Kangaroos Racing Team outkicked George Mason University (via Somalia) runner Ahmed Ismail in the final 200 meters to win. Baker's time was 23:59, with Ismail two seconds back. New WRC member Gerry Clapper was close behind in 24:08.

In the women's race, Maria Dazmrentsof outsprinted Karin Wagner (WRC/Adidas) to win in 28:11, with Wagner one second back.

The men's lead pack went through the first mile in 4:42, the second mile in 9:42. But with both the temperature and humidity in the high 70's, five-minute miles were harder to grind out latter in the race. Only eight runners (four WRC members) were able to better a five-minute pace for the entire race.

By beating Ismail, Baker demonstrated that he's back in racing form. He even bettered his 24:05 second place performance of last year when he lost by five seconds to fellow WRCer John Doub.

Ishmail, although unknown to many D.C. area runners, is a formidable opponent. He holds the Somalian national record in the marathon (2:18:16), set in last year's New York City steambath by finishing 9th overall. He is also an Olympian, finishing 47th overall in the 1984 Olympic marathon with a time of 2:23:27.

At the 15-mile mark in the Olympic marathon, he was the unknown African runner who gave Pete Pfitzinger some advice on how to get rid of a side stitch. The advice worked and Pfitzinger went on to finish 11th overall and first American with a 2:13:53. Al-

though Ismail faded in the Olympic marathon, his 2:18:16 NYC marathon and 24:01 Moonlighter predict a bright running career for the George Mason junior.

The weather seemed to exact a toll on several WRC members. Lucious Anderson, who ran 25:35 last year, could only manage a 26:41 this year. A similar result held for Mary Ellen Williams, Stan Fletcher, Dan Rincon (Adidas) and Greg Shank, each of whom ran about one minute faster in last year's race.

Among the WRC runners who improved on last year's time were Dave Shafer (Adidas) who ran 24:56 compared to 25:10 last year; Jim Hage (Adidas), 24:35 versus 24:43; Greg Holder, 25:05 versus 25:55, and Rick Shank, 28:24 versus 28:56.

It will be interesting to see how next year's times compare.

Partial Results—Men: 1. Terry Baker, WRC/Roos, 23:59; 2. Ahmed Ismail, GMU, 24:01; 3. Jerry Clapper, WRC, 24:08; 4. Chris Herdt, 24:25; 5. Jim Hage, WRC/Adidas, 24:35; 6. Tom Stewart, UDC, 24:41; 7. Dave McCormack, 24:46; 8. Dave Shafer, WRC/Adidas, 24:56; 9. Seb Junger, Saucony, 25:01; 10. Henry Phelan, Adidas, 25:04; 11. Greg Holder, WRC, 25:08; 13. David White, WRC, 25:28; Tim Gavin, WRC, 25:59; John Pedati, GU, 25:58; Stan Fletcher, WRC, 26:10; Bob Stack, WRC, 26:58; Frank Faykes, WRC, 26:15; Lucious Anderson, WRC, 26:41; Mike Spinnler, WRC, 27:03; Dan Rincon, WRC/Adidas, 27:31; Jim Alexander, NOVA, 27:32; Darryl Stewart, WRC, 27:37; Greg Shank, WRC, 27:38; Craig Voise, WRC, 28:00; Bob Cosby, WRC, 28:10; Bruce Coldsmith, WRC/Saucony, 28:10; Rick Shank, 28:24; Dave Roeber, GNATS, 28:54; Will Wooden, WRC, 30:01; Lloyd Shrager, WRC, 30:17.

Women: 1. Maria Dazmrentsof; 2. Karin Wagner, WRC, 28:12; 3. Diane Miller, 29:44; 4. Kathy Graves, 30:31; 5. Mary Ellen Williams, WRC, 30:51; 6. Susan Duncan, 31:34; Louise Mallet, WRC, 31:52; Carolyn Ulrich, 33:58; Bobbie Bleistift, WRC, 34:05.

VAL NYE, JOANNE MALLET WIN THEIR AGE GROUPS IN JULY 4TH 8-K RACE

by Don Pedro
WRC Staff Reporter

A quiet, low-key all women's 8K race July 4 in Westminster, Md., drew a crowd of nearly 80 who trundled over the rolling hills of Carroll County.

Local runner Vera Thornhill Kennevan — who three weeks earlier won the national Junior College Athletic Association marathon title in Dowagiac, Mich., in 3 hours flat — led from the start. She went through the first mile in a long five-minutes and finished in 30:39.

Representing WRC were Valerie Nye and Joanne Mallet who won their age groups. Valerie was fourth overall and won the 30-39 group in 33:18. Joanne was 36:16. She placed tenth overall and won the 50 and over group.

The race was a loop course that started and concluded on the grass of the Carroll County Farm Museum, built in 1852, which was properly decorated with red, white and blue bunting.

"Don't tell anyone about this race," Joanne said of the second annual event. "We don't want too many people to know how nice it is." □

BOSTON MARATHON GOVERNORS SHOW THAT AN OLD DOG CAN STILL LEARN NEW TRICKS

by Peter Nye
WRC Staff Reporter

Possibly the biggest news development in running is the Boston Athletic Association Board of Governors voting July 15 to award prize money at the next Boston Marathon.

Boston, a city that is a bastion of traditional (read *very* conservative) values, has been the Mecca every April since 1897 for long-distance runners. For most of this century, the Boston Marathon was the major road race of the year.

More than once it has been the race in which the U.S. Olympic marathon team was selected. It has also been the event that determined who went to the Pan American Games marathon.

When the sport of running boomed in the mid-1970s, the Boston Marathon became so popular that qualifying time requirements had to be imposed, then subsequently tightened up, to curb the size of the field.

This served to enhance the cachet of running the BAA Marathon because casual runners couldn't meet the entrance standards.

Came the late 1970s and marathons were spawned in city after city. Mayors and city officials worked with local athletic organizations and merchants to use race as a vehicle to enhance their city's visibility.

Big fields of runners translated to big bucks for motel and restaurant merchants. To entice more and more better runners who in turn worked as a catalyst to draw more hobby runners, prize money was offered.

The 1980s have been years in which ever-increasing numbers of races, particularly marathons, have been paying boxcar bucks, with purses of \$100,000 and up. Augmenting prize money in bigger events such as the autumn Chicago Marathon are appearance fees and bonuses for U.S. and world records.

All the while, the Boston Marathon folks were refusing to change with the trend. Each year this decade the quality of the field decreased noticeably.

The venerable Boston Marathon was losing to the competition. Moreover, the Boston Marathon was on its way to being a has-been among its considerably younger peers.

Lisa Larsen-Weidenbach, upon winning the women's race this year, remarked that she wanted to win Boston before it became just a fun run—meaning before it became an insignificant race and not a victory that a competitive runner could put on the resume.

All these factors galvanized the BAA governors to meet and vote on the matter of lucre as prizes for the next marathon.

Just what sum will be in the swag bag next April has yet to be determined. It depends on what sponsors step forward and how much they're willing to gin up.

That the board governors of the oldest marathon in the country, have voted to shift gears and offer long green to remain competitive with the younger marathons shows you can teach an old dog new tricks. □

WHAT'S UP AROUND WRC AND THE REST OF THE WHIRLED

by Don Pedro
WRC Staff Reporter

Coleen Troy, one of the club's leading women runners, is leaving the area to take a job in New Jersey. Coleen has been a real plus to the club. Our loss is New Jersey's gain.

Watch out in the future for Coleen. She has been improving steadily under the tutelage of coach Dan Rincon. Besides, as Woody Allen pointed out, in New Jersey, anything can happen. . . .

Jack Cleland, last seen in the spring running the Boston Marathon with his usual attire of tattered T-shirt and salty shorts, has purchased a suit (1 each) for his summer clerk position in the New York City law firm of Baker & McKenzie.

Last August Jack won two of the Bunion Derby events. Importantly, at the 24-relay at Fort Meade, he helped lead the Slickie Boys, comprised mostly of WRC runners, to victory. Soon after he left to matriculate at Harvard Law School, along with other WRC member Walter Sargent.

No word yet on Sargent, but Jack succeeded as a straight-A student. He has said he will join Slickie Boys II for a return to the 24-hour relay. Meanwhile, Jack varies his raiment by wearing a different-colored shirt and assorted ties with his suit.

But least we give the wrong impression of Jack's sartorial outlook, bear in mind that he graduated from West Point and served his obligated term in the U.S. Army. He just doesn't cotton to uniforms—military, civilian or recreation. . . .

Nike Capitol Challenge—the popular race that commutes around Hains Point and pits the legislative branch of government against the executive branch and the media that covers them—will be ladies morning out.

That is, Race Director Jeff Darman has declared an Equal Rights Amendment that requires that each five-member team must have at least one woman.

This year's three-mile edition is the fifth annual. It is set for 8:15 a.m. Sept. 12. Last year there were 18 U.S. Representatives, eight Senators, Presidential appointees and others indigenous to the locale. . . .

You may want to mark your calendar for the third annual Road Race Management Conference Nov. 15-17 in Washington, D.C., where race directors and trade-show folk will meet at the Washington Marriott Hotel.

This is an important conference on many different levels. Many name runners will be there to line up their next season's itinerary, trade exhibitors will show what goods they are going to be selling for the next season, and many fine speakers are lined up.

Scheduled speakers include Ken Young, founder and statistician of the National Running Data Center, David Hannah who directs the Houston-Tenneco Marathon, and Keith Peters, Nike Road Racing Coordinator.

If you believe you are a hotshot who needs key contacts, or just want to go where the eagles gather, then you should go. Details, a complete program and

registration form are available by sending a self-addressed, stamped envelope to: Road Race Management, Race Director's Meeting, c/o Jeff Darman & Associates, 507 Second St., N.E., Washington, D.C. 20002. Tel. (202) 544-0970. . . .

In the news recently is WRC's Darryl Stewart, subject of a feature in July 3 issue of The Payday Post, published by the Greater Southeast Community Hospital.

Darryl, who has improved steadily in the last few years, is shooting to make the next Olympic trials. He is self-coached, trains 50-95 miles a week, and pedals his bicycle two hours on alternate days.

His professional goal is to apply some of what he has learned about the human body as an athlete and become a nurse. . . .

Those wanting to know more about running in hot weather learned from reading Marta Vogel's article July 10 in the Washington Post. In the Health Section, Marta wrote about signs of trouble and what to look for. . . .

Former WRC member Patty Peoples finished 35th overall in the three-week long Tour de France for women which concluded July 21 in Paris. She finished in the second half of the field.

Her team was third in the team competition against six-member teams from several countries, including Belgium, Holland, Italy, China, England, Canada and two each from France and the U.S.

Upon returning home after racing around France nearly every day for three weeks, she said she had turned into an eating machine. Now that the race is over she's experiencing culture shock in returning to normal eating patterns. □

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD ON JULY 12, 1985

The meeting was called to order by WRC President Alan Roth.

Finance Committee: Treasurer Jeff Reed reported a balance of \$6,920.53 in the club treasury. Race expenses have been less than budgeted in the past months.

Social Committee: Chairwoman Bobbie Bleistift gave a report on the arrangements made for the Club picnic on July 27.

Membership Committee: Paid membership has now reached 197. Coleen Troy will be leaving the area in the next few weeks and the Chair of the Membership Committee will be vacant. Alan Roth asked for a volunteer to fill this position. Call Alan Roth or Pat Neary if you are interested.

Competition Committee: Jeff Reed reported that due to the favorable balance in the treasury there is a possibility of adding another race to the schedule. Suggestions should be directed to Pat Neary.

Other Business: Alan Roth reported that he had been contacted by the National Council for the Handicapped which will sponsor a 10K race on the Mall sometime in September. The Council wants our membership list. Jeff Reed said that we also have a list of 1,500 area runners who registered for the Hecht's

race. The meeting authorized the secretary to negotiate with the council for the lists.

Jay Wind asked the meeting to pass a motion that would allow Club members to donate their race winnings to the Club and draw on these winnings to cover expenses. Norm Brand said that there would be no problem with TAC in this type of arrangement. A motion was made by J. "Bird" Wind and seconded by Lloyd Shrager that "Members may direct that their race prize money be paid to WRC and may withdraw this money to defray expenses as they are incurred." The motion passed by a unanimous vote with the proviso that Alan Roth contact the Club's legal counsel to clarify tax consequences.

Alan Roth noted that there were only 19 members at the meeting and asked for suggestions on how to get a larger turnout. It was felt that a consistency of the meeting place would help generate a larger turnout. J. Wind said he thought he could arrange for the meeting to be held at the AMF building again next month. It was also suggested that the Club buy a case of beverages for the next meeting to supplement the refreshments brought by members.

The Club received a letter of thanks from the Community for Creative Non-Violence for the contribution of food and money raised from the WRC Run for the Homeless.

Gerry Ives, Secretary

RACE RESULTS

MCRRC 10K, Great Falls, 6 July

Men: 1. Steve Daniels, WRC, 34:27; 2. John Blendell, 35:55; 3. Steve Smith, 36:28

Women: 1. Cheryl Collins 43:37; 2. Suzanne O'Hara, 44:10; 3. Carole Rivera, 45:52; 5. Margaret Noel, WRC, 47:42; 6. Joanne Mallett, WRC, 47:43.

CLUB RACE SCHEDULE

Asbury Park 10K, Aug. 17—Al Naylor (345-9342), guarantee \$25 per runner.

Falmouth, Aug. 25—Jeff Reed (home: 836-7284, office 841-6080), guarantee \$60 per runner. We have 20 entries for this race. Besides the race coordinator, the entries will be given out according to ability to place well, either men or women.

Philadelphia ½-Marathon, Sept. 15—Pat Neary (455-0575) guarantee \$30 per runner. Send check (\$9) and application to Pat Neary at 8321 Lindsie Way, Springfield, Va. 22153. Hotel reservations—the Bellevue Stratford has a special rate call their toll free number: 800-228-3000. Deadline for entries is August 21.

Lynchburg 10-Miler, Sept. 28—Bob Trost (home: 931-8809, office: 676-6150). Masters (40-49) and Sub-

Masters (30-39) Team Divisions. You must be entered as an individual before you can get on the team. Bob Trost has applications and will be putting together teams. Deadline for team entries is August 20.

Club Uniforms

Singlets	\$ 8.00
Shorts	8.00
Hooded Shirts	17.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, P.O. Box 2605, Springfield, Va. 22152. Indicate sizes (S,M,L,XL) for items. Uniforms are on the small size.

FREE ALL-COMERS TRACK MEET AT T.J. CENTER IN ARLINGTON

There will be a free all-comers track meet at the T.J. Center in Arlington at 7:00 p.m. every Wednesday from now until August 14.

The meet will feature quarter-mile, half-mile, 1-mile, and 2-mile races.

The T.J. Center is located at 3501 S. 2nd Street, one

block east of Glebe Road and one block south of route 50.

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.

Fleet Feet, 1840 Columbia Rd., N.W. Discount of 10% percent on clothing and shoes.

J. Lynn & Co., Endurance Sports, 19th & I St., N.W. (223-0310). Discount of 10% on clothing and shoes. □

GROUP RUNS

Day/Time	Location	Pace	Contact
Tues. 6:30 pm	Fairfax Running Ctr.	10M @ 6-9 min.	Jim Roberts 549-7688
Mon-Wed-Fri 6:30 pm	Mont. Community College, Rockville	3-15M @ 7-8 min.	Lloyd Shrager 424-7160
Sun am (varies)	Royal Mile Pub, Price Ave., Wheaton	Varies	Ray Morrison 946-4511
Sun 7:30 am	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 am	Saratoga Shopping Ctr., Springfield, Va.	10-16M @ 6:30-7:00	Pat Neary 455-0575
Sat 8:00 am	TJ Community Ctr., Arlington	5M @ 6-10 min.	J.J. Wind 920-5193

Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4861 or evenings h] 345-9342.