

Washington Running Club Newsletter



Volume 5, Number 3

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March 1986

The MARCH meeting of WRC will be held on Friday, MARCH 14, 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 to Rosslyn and go straight on N. Ft. Myer Drive. Left on 19th St., two blocks to AMS Building. On Metro, Rosslyn station, out main entrance, through park, left on Lynn and right on 19th. Take the elevator to 14th floor of AMS Building, take the spiral staircase to penthouse.

This will be a covered dish meeting, so bring your favorite salad, casserole, pie, or whatever. The Club will supply some beverages, but extra donations will be welcome.

Pat Carr will have the new WRC uniforms for sale at the meeting, so bring your check book.

WRC MASTERS WIN AT BETHESDA CHASE; LAURA ALBERS TAKES WOMEN'S TITLE

by Will Woodbine

A cold, blustery day greeted the start of the ninth annual Bethesda Chase on Sunday, March 2. The 20K race is a racing-season-opener habit (I won't say favorite) with many of WRC's finest—after Sunday's race several members were thinking about dropping the habit and taking up fishing.

Laura DeWald Albers, who flew in from Michigan, was one of the few people not bothered by the cold. Laura, looking like a breath of spring wearing her Brooks flowered racing tights, led the women's race from start to finish. Mary Alico, a newcomer to the Washington area, stuck close to Laura for the first half of the race and finished in 2nd place almost 3 minutes ahead of the 3rd place woman.

Washington Running Club's open men's team is rarely beaten, but a strong squad from the University of Maryland Track Club pushed us into second place with some fine performances. WRC's master's team made sure that we weren't completely out of the money by winning the master's division, narrowly edging out the GNATS—the team members agreed it was lucky that the University of Maryland T.C. doesn't have a masters team.

Gerry Clapper led the WRC open squad home with a 4th place 65:55. He was followed by Steve Daniels in 6th place (66:49), who put everyone on notice that this is going to be a good season for him. Steve ran a p.r. for 10 miles during the race—are you crazy Steve, didn't you see those knuckle-dragging, lung-busting

hills out there. Jim Hage duplicated his 7th place finish of last year.

The WRC masters team, consisting of Jim Cain, John Potter, Gerry Ives, Gordon Noel, Pat Neary, and Joe Lugiano were the surprise team winners of the day. Anchored by a 71:54 from Jim Cain the rest of the team put on a great effort to win. A fine effort from Gordon Noel, who has been racing less than a year, certainly helped.

Club runners were cheered on by several members in various stages of recovery from injuries. Jack and Ken Moffett appeared at numerous points in the race, with Jack yelling at Gerry Ives that he was going to mail in his membership dues (*sure Jack, the check's in the mail—ed.*)

Kevin McGarry and Donna Elliot jogged the course for a training run. Donna was recovering from her winning effort on Saturday in the I Love to Run 5K at Hains Point.

Partial Results: Men—1. Brent Barhill, 62:27; 2. John Eberle, 64:17; 3. Chris Chappen, 65:06; 4. Gerry Clapper (WRC), 65:55; 5. Michael Cobb, 66:42; 6. Steve Daniels (WRC), 66:49; 7. Jim Hage (WRC), 67:05; 9. Scott Celley (NOVA), 67:58; John McGrail, 69:21; Craig Voise (WRC), 71:08; Ray Velez (WRC), 71:35; Frank Faykes (WRC), 71:42; Jim Cain (WRC), 72:54; Richard Stein (WRC), 75:03; John Potter (WRC), 75:40; George Uhl (WRC), 76:15; Bobbie Bauer (WRC), 77:50; J.J. Wind (WRC), 79:39; Gerry Ives (WRC), 79:50; Jim Hagen (WRC), 81:08; Gordon Noel (WRC), 81:12; Pat Neary (WRC), 81:45; Joe Lugiano (WRC), 82:20; Jim Scarborough (WRC), 88:50; Ron Ponchak (WRC), 96:56; Tom Rogde, DNR.

Women—1. Laura DeWald Albers (WRC), 76:27; 2. Mary Alico, 78:38; 3. Stephanie Schneider, 81:25; 5. Pam Briscoe (WRC), 83:09; 6. Becky Nolan (WRC), 85:22; Margaret Noel (WRC), 99:00; Candy Ponchak (WRC), 1:44:14.

TRAYER SHORTENS UP TO WIN G.W. BIRTHDAY MARATHON

by Emmett Grogan

The last time Pennsylvanian Charlie Trayer was seen in these parts he was making short work of the field at the DCRRC 36 mile championship along the

Submissions for the *WRC Newsletter*, as well as diatribes against the editor should be mailed to John Walsh, 2829 28th St. N.W., #12, Washington, DC 20008.

George Washington Parkway bike path. This time around, Trayer moved down somewhat in distance but retained the GW connection with a decisive victory at the Washington's Birthday Marathon in Greenbelt, Md.

This classic event drew its usual crowd of 250 or so marathoners and not so marathoners who take advantage of the event's three loop layout for a 17-20 workout who were treated to good weather, a challenging course, and post-race beef stew and brew.

Trayer was willing to let D.C. resident Pablo Gomez, who joined Trayer and fellow Millersville U. alum Bill Bull near the five mile mark, set the early pace. But Trayer matched every one of Lopez's first half surges before picking up the pace himself just past halfway and winning by three minutes over John McGrail's strong second half performance. McGrail, who had officially won the 20 mile race held in conjunction with the DCRRC 36 miler despite finishing after Trayer had passed 20 miles enroute to his 36 mile win, must feel personally victimized by Trayer. McGrail's original plan had called for 20 miles at a six minute per mile pace, but along the way he decided to go the full distance and ran from far back over the second half to finish second in (2:33:34), but still "never caught sight" of Trayer.

The women's side of the Birthday Marathon finished much closer than the men's but the racing was never as close. Margaret Horioka of Williamsport, Md. was the winner in 3:14:12 just 40 seconds ahead of Lorraine Gersitz of New Jersey. However, that margin was the closest Gersitz had gotten, after trailing by three minutes at the 10-mile mark and she was still two minutes back after 15 miles.

Among those using the race for training purposes were WRC's Jack Cleland, visiting the area over a long weekend from Harvard Law School where he is a second-year student. Cleland who expects to spend the upcoming summer in Washington was using the race

Washington Running Club

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

CLUB OFFICERS

President: Jack Coffey (836-8400)
Vice President: Dan Rincon (345-9342)
Secretary: Gerry Ives (965-2532)
Treasurer: Pat Carr (370-1912)
Newsletter Editor: John Walsh

COMMITTEES

Legal: Jim Hage, Chairman (652-6886)
Membership: Jeff Reed (836-7284)
Newsletter: John Walsh (543-1588)
Finance: Pat Carr (370-1912)
Competition: Jeff Reed, Chairman (836-7284)
Race Management: Al Naylor, Chairman (345-9342)
Social: Suzy Coffey, Chairwoman (329-9271)

CLUB TEAM RACES

The Club needs runners for the races listed below:

D.C. Marathon, Sunday, April 13—Contact Gerry Ives at h] 965-2532 or o] 452-4242. Club will pay entry fee upon request.

Boston Marathon, Monday, April 21—Contact Bob Trost at h] 931-8809 or o] 676-8087. Expense money available.

Lynchburg 10-Miler, September—Contact Bob Trost at h] 931-8809 or o] 676-8087. You must enter individually, then contact Bob Trost before April 20 so he can declare the teams. Need men runners for Masters (40+) and men and women Sub-Masters (30-39). Expense money available.

TAC National Women's 10K Championship, Albany, N.Y., Saturday, May 17—Contact Jeff Reed at h] 836-7284 or o] 841-6080. Expense money available.

in preparation for defending his title at the Hyannis, Mass. Marathon on March 2nd. Cleland crossed the finish line in 2:52:02 very near the 2:50 workout he was hoping for.

Also spotted at the post-race festivities were WRCers Pat Carr and John Walsh. Neither of them was willing to comment on their performances since talking would have interfered with the serious beer drinking both were engaged in.

Partial Results: Men — 1. Charles Trayer, 2:30:51; 2. John McGrail, 2:33:34; 3. Thomas Egan, 2:40:12; 4. Jack Bickley, 2:42:24; 5. Stuart Madres, 2:43:28; 6. Bill Wheatley, 2:43:59; 7. Bryant Bourgoin, 2:48:18; 8. Spear Kronlage, 2:48:30; 9. Dick Haines, 2:48:45; 10. Tommy Rueckert, 2:50:57. **Women** — 1. Margaret Horioka, 3:14:12; 2. Lorraine Gersitz, 3:14:52; 3. Carole Williams, 3:21:42; 4. Carol Graybeal, 3:29:50; 5. Karen Scott, 3:32:58.

CAROLINA ON THE MIND; BLISTERS ON THE FEET

by R.P. Trost

For the past several years Carolina Marathon director Russ Pate has invited a few WRC runners down to Columbia, S.C. to run the annual 26.2 mile affair, held this year on February 8. As we had last year Betty Blank and I accepted Pate's gracious southern hospitality, and, as we have come to expect, our treatment was like that which Charles and Diana might receive.

Since Betty was the *numero uno* seed in the women's marathon we were met at the airport by assistant race director Rick Nobel and chauffeured to our gratis hotel accommodations at the downtown Marriott. Once safely ensconced, newspaper reporters and television crews began coming by to interview the regal Ms. Blank, and later that day we saw filmed evidence of how well she had handled the interviews on the 6 o'clock news. Fortunately for Betty there weren't any Hollywood talent scouts tuned in, otherwise her tele-

phone would now be ringing off the wall with offers of West Coast stardom.

Race Director Pate and his staff did everything necessary to make our stay a pleasant one and our race preparations hassle-free. Larry Mattox spent time with us answering all of Betty's questions about the course, the weather, the other women entered, and allaying any and all concerns of my curious companion. Larry seemed to have the patience of Job and I asked him whether he was always this laid back. He attributed his calm reassurance to his avocation and sometimes vocation — golf. It seems Mr. Mattox is a scratch player, who has qualified for the U.S. Amateur Championship and actually tried to make a go of it on the Pro Tour several years ago. He added that running has helped his linksmanship over the years, since quite often amateur tournaments require 36 hole play and running makes him a stronger player over the later holes.

Despite the fact I was running only the coincident 10k and not Saturday's marathon, the hoopla of accompanying the women's favorite had me so keyed up sleeping Friday night was difficult. Betty, of course, who had been interviewed and feted incessantly, slept like a log. Even through her race day alarm. Betty seems to operate in just two states of being — super hyped and narcoleptic. Ten minutes after awakening she had returned to the super hyper state and was asking me a constant stream of questions. Since I don't have Larry Mattox patience I went for coffee.

Conditions race day were near ideal. The temperature hovered in the mid-forties, the winds were nearly calm, and the sky overcast, but without an expectation of rain. Given the fast downhill course, I expected Betty to run well. Although she wasn't in her 3:02 PR shape, a 3:08-3:10 race was not beyond her recent training. If luck were with her, that time might be good enough to win.

Things rarely turn out the way they are expected however, and this was no exception. Betty ran in second place through most of the first twenty miles, but then was hobbled by what is in danger of becoming a chronic hamstring injury. She was forced to jog/walk the final 10k but still managed to finish in 5th place. The winner of the women's race was Anne Weston, a 30-year-old school teacher from Columbia, S.C., who gave birth to her first child in 1985. Ms. Weston lead from the start, passing the halfway point in 1:28:00 and holding on to finish in 3:05:58. Second place went to Sandra Bancheri of Duluth, Ga. (3:12:07).

The men's marathon was won by Dr. Tom Mather, a 28-year-old resident at the Medical College of South Carolina in Charleston. Despite being called from a last-minute trip to the lavatory by the starter's gun Mather sprinted to the lead within the first half-mile and never looked back as he won in 2:24:29. Crofton, Md. resident Joe Pesce captured runner-up honors in 2:37:27.

Accompanying Betty to South Carolina got me the number two seed in the men's 10k race, and I avoided embarrassing myself too badly by finishing 15th overall and 1st in my age group with a time of 36:50. The race was won by John Boros of Columbia in 33:27. The distaff 10k was won by nationally ranked 1500 meter

runner Kathy Kanes of Pasadena, California (35:43). Ms. Kanes is a graduate student in chemistry at Cal Tech, but still manages to run 40-50 a week between classes and study. Amby Burfoot, who was invited to speak at the marathon proceeding also managed to find time to win the 5k race in 16:35. Marsha Mansur won the women's 5k in 18:16.

Following the races on Saturday we stayed busy with a post-race luncheon with awards ceremony afterwards. Then it was off to pick out the \$35 worth of merchandise that Betty's 5th place entitled her and later a dinner for the invited runners.

Sunday morning meant a trip to the Marriott's exercise room where the indefatigable Ms. Blank spent 90 minutes on an exercise bicycle. After a bit of weight work I spent most of my time in the swimming pool and jacuzzi.

I hope all this talk of awards, banquets, television interviews, and generally first class treatment has you all a bit envious. I'd love to see several more WRC members join us for next year's festivities. Start making your plans now.

HECHT RACE VOLUNTEERS RECRUITED FOR LARGEST CLUB FUND RAISER

Race Director Ron Ponchak has announced that plans are well underway for the 9th annual Hecht's 10 miler, scheduled for 8:00 a.m. on Sunday June 1, 1986 at Rock Creek Park Tennis Stadium. The 1985 men's and women's champions, Kevin McGarry and Patty McGovern, are expected to return and defend their titles.

The Hecht race is WRC's single largest fund raiser, expected this year to contribute \$4,000 to club coffers. These funds then go to support both the social and competition activities of the club.

For 1986 the Hecht Co. has attracted Gant Sportswear as a co-sponsor. Gant will be providing the shirts that are distributed to all entrants as well as participating in pre-race publicity. Prizes for this year include all-expense-paid trips to Europe via World Airways for the first male and female finishers. Age group categories and prizes are also being enhanced for this year's race.

To conduct a first-class event we need about 100 WRC members to serve in various volunteer roles such as mailing entries, stuffing race packets, registration and race packet pick-up, and race-day course marshalls and support personnel.

Candy Ponchak is coordinating volunteers and she and others will be contacting all club members for some kind of help. If you would like to assist Candy in telephoning club members or to volunteer for some specific activity call Ms. Ponchak evenings at 642-1679 or during the business day at 751-4110.

In addition to Ron and Candy Ponchak other club members already involved include Jack Coffey as race day master of ceremonies (*that alone ought to be good for a couple of laughs —ed.*), Dan Rincon and Al Naylor are handling course marshalls, Jay Wind, Pat Neary and Joe Lugiano are coordinating entries and results, and the ubiquitous Jeff Reed will be manning the water stations.

WHAT'S HAPPENING AROUND WRC*From Miscellaneous Sources*

It was reported to the WRC Newsletter that Phil Stewart was having a baby. Luckily, sex education was one of the classes that your editor did not sleep through. By elementary deduction we concluded that it was not Phil, but his wife, who was having the baby. The last time we saw Phil he was as svelte as ever. Congratulations to the Stewarts!

Kevin McGarry ran the Orange Bowl 10K on February 2nd. He finished in 30:32, good enough for 26th place in an extremely strong field. Kevin has cut down on his working hours so he can concentrate more on running. He is hoping that his new schedule will show some results by Cherry Blossom. Kevin is now running for Kangeroos, a move that will give him more national-level exposure.

Two WRC members made strong showings in the indoor track meet at Annapolis, held February 7-8. In the 3-mile Ahmed Ishmail ran away from the field with a 14:09. Jeanie Libutti finished 2nd in the 3,000 meters in 10:21. Jeanie also ran in a Navy track meet the previous weekend where she ran 17:36 for 5,000 meters. This month Jeanie is scheduled to go to England where she will run in a cross-country meet and then head for Algeria where she will be on the Navy team competing in the Armed Forces X-Country Championships.

Pat 'Rocko' Carr finished in 5th place in the DCCR Bonsai Biathlon on March 2. Pat rocked through the 5-mile run and 15-mile bike ride in 1:14:25. He finished the 5-mile run in second place, got onto his bike and, oh joy, was in the lead for the first two miles. Visions of the Olympics and Wheaties commercials were invading his thoughts, when a 15-year-old lad overtook him. Fading like a winter suntan (well, that's better than a cheap blouse), Rocko finished and had to be restrained from committing hara kiri using his bicycle pump.

David White has been active indoors, and has done some running this winter as well. Returning to alma mater Bucknell U. David made his first track appearance since 1983 and posted a 9:15 two mile.

On Sunday, April 20th, at 8 a.m. in West Potomac Park the Student Loan Marketing Association (SALLIE MAE) sponsors the Cherry Blossom Chaser 10K to benefit the American Red Cross. Each entrant will receive a singlet. The top 3 male and females and age group winners will receive trophies and a Casio Watch. As some of you know Red Cross supports area running events by providing emergency vehicles and first aid stations — free of charge. Also, we have used the Red Cross Auditorium in the past for club meetings and special events. This year's event will also feature post-race breakfast fare coordinated by Movable Feast Contemporary Catering. Entry fee is \$10 of which \$6 is deductible as a charitable contribution. Winners of the team competition will be selected on the basis of participation. Trophies and first aid kits will be awarded to the winning teams. On the entry blank enter Team Category as Running Club and Team Name as Washington Running Club. For more information

contact Pat Neary at 455-0575 from 6-8 in the evening weekdays.

On Sunday, May 4th, at 8:30 a.m. the 7th Annual Capitol Hill Classic will be held at 5th and C Streets N.E., Washington, D.C. Application address is Classic, 627 Maryland Ave., N.E., Washington, D.C. 20002. This year there will be a category for self-formed groups. The rules are that the group must enter together and pay an additional fee of \$15. Awards are based on fastest time and largest size group. The course is fast and scenic, circling the Capitol Hill district and RFK Stadium. Last year, with over 1,200 entered, WRC won the men's division and NOVA won the women's division. WRC's David White won the men's race last year in 31:12 while NOVA's Barbara Frech won the women's race in 38:06. Six of the first 10 male finishers were WRCers, while our women had 3 in the top 11. The race also debuted the Colonial Racing Company's new computer program with near real-time race results of the finish. If you want to enter send entry form and the entry fee to Pat Neary, 8321 Lindside Way, Springfield, Virginia 22153. For more information see next month's newsletter or contact Pat Neary from 6-8 p.m. weekdays at 455-0575.

**RUNNING ON EMPTY
(SPECIAL EDITION)***by Ira Pesserilo, West Coast Bureau*

It may have been the LA Sports Arena on Friday, January 17, but it seemed like I was back in Washington. Two of Washington's most notorious characters got together for the Sunkist Open, the kick-off for the indoor track season. Namely Will Albers and myself.

Wilbur and I saw 4 world records fall, and the unbeaten streak of Eamonn Coughlan come to an end. When Billy Olson set a pole vault world best, Will and I were so close to it, that were we any closer, we'd have been called for interference! (In fact, I had recorded the meet on my VCR at home, and in watching later saw Will and myself, for a brief second, on the tube).

Afterward, we met up with Tom and Ruth Wysocki. Will introduced me as the guy who called "room service" in Las Vegas... (*Text deleted. This is a family publication —ed.*) I found out later that Tom and Ruth live so close to me that we are practically neighbors.

For those of you who are new to WRC, let me back-track and give you a brief biography of William David Albers, a.k.a. Wilbur. During the golden era of distance running eight or nine years ago, Will Albers was one of the D.C. area's premier performers. Back in those rare olden days Will could usually be seen at any one of a dozen area races, usually finishing first, and afterward staying at every party until the last beer was drunk.

When Metro Striders (Alber's first club) and WRC merged, Will became teammate to his principal competitor, best buddy, and the other great party heart of Washington Road Racing, Bruce Robinson. Life for Will was one constant round of very successful races, very wild parties, and very good times. Will is also

awarded the dubious credit for introducing the Washington running community to punk rock (much to the chagrin of the area's leading Podiatrist).

Yet Wild Wilbur's days were numbered. In 1978, a young Arlington lass, name of Laura DeWald, took a job for the county as a Civil Engineer. A former member of the "Lady Cavaliers" track squad she also took to road racing, and took to it very well. Soon it became a rather common sight to see the young DeWald on the awards stand as the women's winner, along with Will, the usual men's victor. On a whim, Laura entered the Marine Corps Marathon and led the women's field until the 24th mile when her legs gave out due to her lack of adequate training.

Later someone told Laura that Will Albers, the fellow she had met so often on the awards stand, was also an outstanding coach. She went to a WRC meeting, which particular one is lost to the ages, asked him for some coaching, and the rest, as they say, is history. In April 1984, Laura DeWald became Mrs. Will Albers. The couple left Washington for Grand Rapids, Michigan, where Will has taken charge of running promotions for the Brooks Shoe Company, working with another WRcer, Mike Greehan.

Will left D.C. with only two regrets: One, that he never won the Marine Corps Marathon, and the other that he never made it to the legendary WRC picnic of '82. (Do they still talk about that picnic?).

Today Will still stands out. Although Father Time has taken away some of that once magnificent leg speed, Will goes on finishing first, but in different ways.

After that first golden era, the "big bucks boys" discovered that there was money to be made in the running game. Slowly, gradually, but all too perceptively, the measure of a race became not how well it went for the athletes, but how much money the promoters realized. Various and sundry one-time used car salesman began to shed their loud sportcoats, snuff out their cigars, and become race promoters. Yet, even though they now wore Gore-Tex and swilled ERG, they remained a bunch of used car dealers. They would promise you this, and promise you that, but when payday arrived, they gave you lame excuses — if they gave you anything at all.

Yet, Will Albers stands in marked contrast to the used car dealers who came out from the woodwork along with the cockroaches. Will neither gives, nor takes, his word lightly. He never promises what he can't deliver, and never fails to deliver what he promises. I've learned first-hand how esteemed Will is in the running business by standing nearby as he hooks up with, present and potential. Everyone's attitude always is, "If you're a friend of Will's you must be alright; consider yourself part of the family!" Indeed, I now have a standing invitation to visit Tom and Ruth Wysocki, and have been named "Designated Straggler" at the Lasse Viren 20k next year just because I know Will.

I, on the other hand, am a disgrace. Two days after the Sunkest meet, I disgraced WRC, I disgraced Will, I disgraced my coach, Dan Rincon, and I disgraced myself. At the Coliseum 10k, I found that memory

don't make it, and neither does a big belly and a skinny base. I had a DNF at three.

However, I have resolved to redeem myself; next year I will erase erase the disgrace and run a PR in the same race — in Brooks Shoes! (Do you hear that Mike Greehan!!!). I've already started on the come-back road and I am prepared to challenge my long-time opponent Barbara Miller. (You'll love LA Barbara; there are plenty of stores and lots of synagogues.)

Oh, one more thing. I got a little present from Will recently. An autographed picture, inscribed, "To Ira, Best Wishes, Zola Budd." When I went to find a frame for the picture something turned up in my closet that had been presumed lost when I moved out here to California. It's an autographed picture I received in 1968, inscribed, "To Ira, Best wishes, Jesse Owens." Zola Budd and Jesse Owens, standing side-by-side on my wall. Why can't real people get along that well.

Apologies for the profundity. I don't know what's happened to my usual bad taste and Tomfoolery (*perhaps the laid-back California regime is having an effect — ed.*). Oh well, sports fans, I'll try and make up for it next time. Until then, toodleoooooooooooo.

Ira

MINUTES OF THE WASHINGTON RUNNING CLUB MEETING HELD FEBRUARY 7, 1986

The meeting was called to order by WRC President Jack Coffey. Coffey named the chairmen of several committees: Pat Carr, Budget & Finance; Suzie Coffey, Social; Jeff Reed, Competition; Jim Hage, Legal; Alan Roth, Special Projects; Al Naylor, Race Management.

Budget & Finance: Club Treasurer, Pat Carr, presented the 1986 budget to the membership (*reproduced at the end of the minutes*). The budget has to be voted on by a quorum of the membership. There was a quorum at the meeting and the budget was adopted by a unanimous vote of the quorum.

Uniforms: The uniforms will be purchased from Bill Rodgers. They will be red, the same color for both men and women. The price will be approximately \$22 per set (\$11 for singlet and \$11 for shorts). We expect to have them available by early March.

Washington Running Council: At the meeting of Jan. 30 the Council discussed the problem of scheduling races at Hains Point with starting times later than 8:00 a.m. A proposal was made at the Council meeting to sponsor the Washington premiere of "On the Edge," with the proceeds going towards setting up a local Achilles Track Club for handicapped athletes. The Club is looking for a member willing to act as liaison between the Council and WRC.

Race Management: Ron Ponchak is negotiating the Club's fee with Hecht's for putting on the Hecht's 10-Miler. The race will be held on June 1. Members were reminded to leave the date open on their calendar so they can help out at the race. This race is a major source of revenue for the Club. Al Naylor and Jack Coffey are investigating the possibility of a race sponsored by G.W. Hospital. Jim Scarborough needs 50 volunteers from the Club for his Arlington ½-Mara-

thon. Jim will pay the Club \$10 for each volunteer for the September race. Pennsylvania Avenue Mile race coordinator Paul Etter is looking for volunteers to help him. You can reach Paul at 546-7070 (home) or 628-1990 (work).

Gerry Ives, Secretary

**WASHINGTON RUNNING CLUB
BUDGET FYE 12-31-1986**

SOURCES OF CASH:

Membership _____	2,700.00
T-Shirt Sales _____	800.00
Uniforms _____	2,000.00
Races: _____	
Hecht's _____	4,000.00
Georgetown _____	1,000.00
Arlington Mile _____	300.00
Arlington 1/2-Marathon _____	500.00
Sub-total _____	5,800.00

TOTAL SOURCES OF CASH: _____ 11,300.00

USES OF CASH:

RACES:	
Oley 10-Miler _____	700.00
Boston Marathon _____	1,200.00
Women's TAC Champ. _____	600.00
Allegheny 15K _____	375.00
Lake George 10-Miler _____	300.00
Philly 1/2-Marathon _____	900.00
Asbury Park 10K _____	300.00
Virginia 10-Miler _____	300.00
Misc. Entry Fees _____	50.00
Sub-total _____	4,725.00
SOCIAL EVENTS:	
Club Banquet _____	
& Summer Picnic _____	460.00
Misc. Social Projects _____	150.00
Marine Corps Marathon _____	
Suite _____	450.00
Sub-total _____	1,060.00
DEVELOPMENT PROJECTS _____	500.00
OFFICE EXPENSES & OTHER ITEMS:	
Newsletter _____	1,980.00
Monthly Meetings _____	320.00
Fees & License _____	75.00
Cherry Blossom Booth _____	140.00
Clinics _____	200.00
Uniforms & T-Shirts _____	2,200.00
Sub-total _____	4,915.00

TOTAL USES OF CASH _____ 11,200.00

UNBUDGETED EXCESS CASH _____ 100.00

NEW MEMBERS

Wilson Rumble, 19531 White Saddle Drive, Germantown (972-6018). Wilson set his 10K p.r. of 31:38 last year. Also in 1985, he won the Anacostia 10K by beating local speedsters Darryl Stewart and John McGrail over a completely unshaded riverside course on one of Washington's patented hot and humid September mornings.

CLUB NOTES

Club Uniforms

Singlets _____	\$ 11.00
Shorts _____	11.00
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.

**BARGAINS FOR WRC MEMBERS
AT LOCAL SPORTING GOODS STORES**

Georgetown Athletic Club, on M Street near Wisconsin in the heart of Georgetown (333-1505). Discount of 10% 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.

Bikes Plus, 308 Compton Ave., Laurel, Md. 20707 (776-9494). Triathlon and running gear. Discount of 15% on all non-sale items. Ask for George Whetzel. □

GROUP RUNS

Day/Time	Location	Pace	Contact
Tues. 6:30 pm	Fairfax Running Ctr.	6-10M @ 6-9 min.	Paul Jessey 549-7688
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.

**WASHINGTON RUNNING CLUB
1986 MEMBERSHIP APPLICATION**

\$15 Individual Membership

\$20 Family Membership

Name _____ Date of Birth _____

Address _____

Phone h] _____ w] _____ Is This a Renewal Membership? (yes) _____ (no) _____

It would be helpful if you could fill out the information below to enable us to put together teams.

Best Times in 1985

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PRs

10K _____ 10 Miles _____ Marathon _____ Other _____

FAMILY MEMBERS

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Make check payable to WASHINGTON RUNNING CLUB and send to:
Gerry Ives, 4435 MacArthur Blvd., N.W., Washington, DC 20007.

If you need more information contact Jeff Reed at 836-7284