

# Washington Running Club ★ Newsletter

Volume 5, Number 4

© 1986 Washington Running Club

April 1986

The APRIL meeting of WRC will be held on Friday, APRIL 11, 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.*

## SCOTT CELLEY WINS DCCR 10K ON W.T. WOODSON TRACK MAR. 22

*by Will Woodbine*

NOVA's Scott Celley led from start to finish at the DCCR 10K on the W.T. Woodson track on March 22.

Steve Daniels and John McGrail stayed on Celley's heels for the first two miles, but could not haul him in. Larry Frederick caught up with the lead pack, overtook Daniels and then outkicked McGrail in the final quarter mile to post a 32:30 second-place time. Steve Daniels capped his p.r. Bethesda Chase 20K performance with a 10K p.r. of 32:41; that's a 31-second improvement for Steve.

Linda Sippelle, 51, who has recently returned to the area, posted a 43:32 time to take second place in the women's division. This has to be one of the fastest 10K times for a 50+ area woman. Linda was narrowly defeated by Lynda Durfee, who finished in 43:30.

**Partial Results:** 1. Scott Celley (NOVA), 32:16; 2. Larry Frederick, 32:30; 3. John McGrail, 32:35; 4. Steve Daniels (WRC), 32:41; Tom Weber (NOVA), 33:31; James Alexander, 33:47; Al Buhl, 34:04; Chuck Moran, 34:22; Jack Coffey (WRC), 34:23 (*Training Run*) Jeff Kramer (WRC), 34:49; Richard Tankow, 34:57 (1st master); Larry Washington, 35:43; Cliff Balkam (Harrisers), 35:59; Bob Trost (WRC), 36:38; Frank Probst, 37:57; Bill Osburn, 42:18 (1st 60+); Lynda Durfee (PVSTC), 43:30 (1st woman); Linda Sippelle, 43:32 (1st 50+).

## WHITE EASES TO WIN IN JELLEFF 5K TEST

*by Emmett Grogan*

WRC's David White had come the several blocks from his home in Georgetown to the Jelleff Boys Club hopeful of an early season test in preparation for a spring track campaign. What he got instead was an easy victory and dinner for two at La Nicoise restaurant as he outclassed the field and led wire to wire.

Though White's 15:29 finish hardly measures the talent of the young Bucknell U. graduate he pronounced himself satisfied with the strength he had built over the winter months that enabled him to maintain an even pace over the uphill second half of the contest.

Further back, Wayne Allen (WRC) gave evidence of good things to come with a fine early season performance. Allen turned in a 5th place time of 16:36 while WRC master John Potter finished 12th overall in 17:48.

**Partial Results:** 1. David White (WRC), 15:29; 5. Wayne Allen (WRC), 16:36; 12. John Potter (WRC), 17:48 (1st Master); Herb Chisholm (PVSTC), 18:49 (1st 50+).

## BOSTON SHAPES UP AS BEST RACE YET; TOP FIELD, NEW FINISH & TRADITION

*by Newsletter Editor J.M. Walsh*

None of us, even those who love the city and the race, can deny that the marathon contested on Patriots Day in eastern Massachusetts has fallen on hard times over the past several years. Since 1979 when a 2:40 finish wouldn't get you into the top 1000 the race had been passed by New York and Chicago, London and perhaps other marathons in terms of excitement, top competitors, and the care and feeding of the entire field.

But Boston has something that none of those other races could match. A ninety-year tradition, a course that is potentially very fast, but at once potentially cruel, and millions of spectators who add a unique holiday atmosphere to the event. For 1986 Boston has retained those positive qualities and, due largely to the efforts of a few caring people who have dragged the sponsoring Boston Athletic Association kicking and screaming into the 1980s, has added the necessary

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.

elements that return the April 21st chase from Hopkinton to Copley Square to world class status.

We will skip over the politics that brought this New England spring classic from the 1890s to the late 20th Century in one year's time (excellent accounts appear in the April issues of Runner's World and Ultrasport magazines) and limit our efforts to a description of what to expect at Boston this year in terms of course, accommodation, and competition.

The start for this year's race has been moved forward one hundred yards or so in Hopkinton, to accommodate a new finish, which means that the madcap downhill rush that characterizes the first mile of the race will be even more pronounced than usual.

A short loop in Ashland (5 miles) that took the course briefly off Route 135 has been eliminated and the notorious hills in Newton have been flattened. (Just making sure you were paying attention).

These two small changes in route provided the course planners with the margin they needed to move the finish line several blocks from the Prudential Center to the corporate home of the races new primary benefactor, John Hancock Co. Henceforth, rather than making several abrupt turns very close to the finish the race will come straight down Boylston St. to finish at Copley Square. This should permit those who have anything left at the end to sprint for a much larger crowd. Many more spectators will now have clear lines of sight along the last half mile or more of the route with the elimination of the esses.

Copley Square itself will contain several very large tents for baggage claim, refreshments, press conferences and reunions. You might still want to pack a towel in your race baggage, although we weren't able to learn if the showers that were a nice post-race feature of the old Prudential Center finish will be continued.

The competition at Boston will be fierce and 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.

organizers have also done everything they can to thin out the fields of other spring marathons. Hancock has contracted with many top runners to conduct clinics around the Boston area in the day's preceding the marathon. Among the provisions of those clinic contracts is one that prevents the runners from racing any other marathon within 45 days, before or after, of the Boston race.

So who can we expect to toe the line at Hopkinton on the 21st? Start with Steve Jones (holder of the 2nd and 3rd fastest times ever) and add local boys and former winners Bill Rodgers, Greg Meyers, and Geoff Smith. Has beens you say. Perhaps, so throw in Olympic silver medalist Chriss Spedding, Australian strongman Rob de Castella, reigning New York Champ Orlando Pizzolato and 1985 U.S. time leader Don Coppess.

Still not enough, eh. Okay, add 1984 U.S. Olympic Trials winner Pete Pfitzinger, 1981 Boston winner Toshihiko Seko and Djiboutians Ahmed Saleh (second at New York last year) and Robleh Djama. Carlos Lopez (world record holder at 2:07:11) and Alberto Salazar are also mentioned as possibilities, but Lopez recently took himself out and it's been a long time since any of us have seen Salazar pounding the roads.

No masters strength? Oh yeah, go to Beantown and get your doors blown off by Gunter Mielke, Barry Brown and Jeff Galloway. Any or all of whom are capable of a sub 2:20 race.

Chauvinistic Boston, though. Great men's field and they ignore the women. WRONG. 1985 women's champion Lisa Larsen-Weidenbach will defend her title against 1984 winner Lorraine Moeller, Julie Isphording, and world record holder Ingrid Kristiansen (2:21:06). Grete Waitz and Joan Benoit-Samuelsen are also possibilities though injuries are likely to keep both off the starting grid.

The women and men will compete for identical 1-15 place prize money of \$122,500 with \$30,000 going to the winner. A new world record in the process would

raise the winner's total to \$110,000!!! This should all add up to exciting racing.

Experience tells me (my p.r. and two most recent dnfs were all at Boston) that the pace on the flat to downhill first half will be very fast, but that no one is likely to get succeed with the kind of run away and hide tactics that Benoit-Samuels used at the L.A. Olympics, Jones used last year at Chicago, or Geoff Smith employed at Boston a year ago. Smith was successful because there was no one to give chase despite the fact that attacking the Newton Hills solo nearly brought him to his knees. And neither Benoit-Samuels or Jones, faced the anything geographicaly similar to Heartbreak Hills. Those hills can be attacked aggressively, that's where Rodgers put away the opposition several times, but they can only be attacked if you have some freshness when you get there.

What I expect is that a group (if everyone is on that day, as many as a dozen) will arrive at the Newton Firehouse together and the attacks will begin shortly after. By the time they Boston College is reached and the leaders begin the flat last five miles, that pack will have broken up and at the most three or four strong runners will battle over the final miles.

Pick someone from the list who has run a low 2:09 or better and your guess is as good as mine. But don't be surprised if the figures pounding down Commonwealth Ave. belong to Steve Jones, Rob de Castella and one of those local boys.

On the women's side the tactics are less important since the women run within the larger race, but would be awfully hard to bet against Kristiansen in this field. However, if Larsen-Weidenbach is ready to run a marathon like she has run shorter races the Norwegian will have her hands full.

For those going to Boston good luck, we'll be looking for the WRC colors. I for one will be glued to ESPN's start to finish coverage hoping for the kind of surprise that propelled Billy Rodgers to the title "King of the Roads" eleven years ago.

#### **MCGARRY AND FRECH DOMINATE AT THE HOWARD U. CHEERLEADERS 5K**

*by Will Woodbine*

Below freezing temperatures and a 20-25 mph wind greeted the 200 runners who showed up at Hains Point for the Howard University Cheerleaders Association's 5K, at 8:00 a.m. on March 22.

Kevin McGarry took the lead early in the race, and used his usual racing strategy: starting out briskly and running at an ever-increasing pace until he crosses the finish line ahead of everyone else. Craig Voise chased Darryl Stewart around the course, finishing in a p.r. 16:12, 12 seconds behind Darryl. Close behind was Rusty Moore who ran a 16:30. Rusty ran the MCRRC Piece of Cake 10K the next day in 35:08 as part of his racing-himself-into-shape routine.

NOVA's Barbara Frech easily won the women's race. After running the first mile against a strong headwind in 5:47 she cruised in to an 18:57 finish.

**Partial Results:** 1. Kevin McGarry (WRC), 14:49; 6.

Darryl Stewart (WRC), 16:00; 7. Craig Voise (WRC), 16:12 (p.r.); Rusty Moore (WRC), 16:30; George Uhl (WRC), 17:19; Harry Cross (RC), 17:30 (1st 40+); Herb Chisholm (PVSTC), 18:05 (1st 50+); Gerry Ives (WRC), 18:08 (2nd 40+); Jeff Reed (WRC), 18:50; Barbara Frech (NOVA), 18:57 (1st woman); Tim Bevins (NOVA), 20:13.

#### **SPRINGFEST 5K AND 10K HELD AT HILTON HEAD ISLAND, S.C., MARCH 8**

*Hilton Head Running Club Challenges WRC to a Home and Home Team Competition*

*by Bob Trost*

When Betty Blank and I were in Savannah, S.C. to run in the Savannah half-marathon, we met several runners associated with the Hilton Head Island Running Club. Among them, Vince Cartier, who invited us back to the Savannah area to run in the Springfest 10K on March 8. We gladly accepted since the invitation promised free race entries, free lodging and airport transportation (*Bob's motto is "Live Free or Die"—ed.*).

We stayed at Vince's luxurious beach front condo on Hilton Head Island and were treated royally. Vince, a 4:06 miler in high school in 1973, has fallen on hard times in recent years. He's just now getting back into shape and after a few beers was cocky enough to issue a challenge to the WRC members.

"The Hilton Head Island Running Club will invite a WRC team down to Hilton Head, provide lodging and entry fees and WRC will reciprocate with a D.C. area race. Both clubs will field teams in the two races to determine the club championship."

Vince even said he would fly to D.C. and talk to our club in order to iron out the particulars.

The idea strikes me as a good one. Hilton Head Island is a beautiful resort area off the coast near the Georgia-South Carolina border. It's about forty-five minutes from the Savannah airport and surrounded on one side by the Atlantic Ocean and other side by the intercoastal waterway. Commercial development of the island started in 1949 when Frederick C. Hack, Sr., with a handful of other pioneer businessmen, started the Hilton Head Co.

Originally mostly forest, before development Hilton Head Island was home to abundant wildlife, including wild turkey and deer. The only inhabitants, mostly blacks who had inhabited the island for several generation, lived in scattered communities and kept cattle which meandered along the beaches. While cattle no longer roam the beaches, deer are still a regular sight on early morning runs. Hilton Head development skyrocketed after 1956 when a causeway was finally built connecting the island with the mainland. The island has become one of the finest resort areas on the East Coast. Where Hack and his associates purchased 8,400 acres of southern Hilton Head Island in 1950 for \$450,000. Now most single family homes on the ocean cost over twice that initial investment.

The Hilton Head runners are class people and here

is hoping that we can accept their challenge. I for one will gladly suffer whatever hardships are entailed in another trip to Hilton Head.

The Springfest 5K and 10K races were class events. The Hilton Head Island running club invited John Tuttle to run in the race and, to their surprise, he accepted! Although John had run in the 10K last year and was the defending champion, this year's race was scheduled on the same day as the Jacksonville 15K River Run. Team Kangaroos wanted John to run in Jacksonville. John's wife likes Hilton Head Island (smart woman). John went to Hilton Head. Now, there's a man who has his priorities in order!

Despite a detour that added some 80-100 yards to his run, Tuttle won easily in 29:27. Second place went to Craig Barnes with a time of 32:25 and third place honors were captured by Jay Gottesman in 32:45.

Defending women's champion Kim Bird of Douglasville, Ga., cut about a minute and a half off her winning time of last year, taking the women's 10K with a course record time of 34:54, two minutes and thirty-six seconds ahead of second place finisher Benita Brooks (37:30) of Sullivan's Island, S.C. Third place honors went to Carol Davis with a time of 40:25.

The men's master winner was Joe Carter with a time of 34:07. Sally Herstine was the women's master winner in 47:45.

Robert Devlin, a University of South Carolina runner from Charleston, S.C., who was spending his spring break on Hilton Head, won the 5K with a course record 14:54. Thirty-eight year old Bob Schlauf of Sullivan's Island finished second in 15:09 to break the national record for age 38.

Allison Reeves, also of Douglasville and a member of the "Running in Georgia" magazine team, set a new course record of 18:02 in the women's 5K and dethroned teammate and defending champion Jolie Greenway, who finished second, forty-six seconds behind Reeves.

The men's master winner in the 5K was Buzz Elvington in 17:30. The women's master division in the 5K was won by Karen Briggs with a time of 22:09.

I had your typical "another day at the office" type performance, finishing 15th overall and third in my age group in the 10K with a time of 35:41. Betty Blank was 5th overall and second in her age group, also in the 10K.

Both Betty and I agreed that the race was well organized and with a flat course, the potential for fast times exists. Maybe next year!

#### DCRRC 1985-86 SNOWBALL SERIES AGE GROUP AWARD WINNERS ANNOUNCED

The District of Columbia Road Runners Club announced the winners of the age group awards for the 1985-86 Snowball Series. George R. Banker of RC<sup>2</sup>, the DCRRC Historian, deserves a round of applause (and maybe a WRC club cheer) for keeping track of all of the scoring and getting the results out. Let's hear it for good old George!!

The maximum number of points that can be scored is 60. Only two runners scored a perfect score, Bill Osburn and WRC's Kevin McGarry.

#### WOMEN

- 19 and under: 1. Christy Peters, 39 points.  
 20 to 29: 1. Donna Elliot (WRC), 58 points; 2. Louise Karda, 57; 3. Lisa Kolb, 37.  
 30 to 39: 1. Jennifer Westfall (RC<sup>2</sup>), 59 points; 2. Mary Camire, 55; 3. Lynda Durfee (PVSTC), 50; 4. Betty Blank (WRC), 37; 5. K. Higgins, 37.  
 40 to 49: 1. Karen Lovelace, 57 points; 2. Judy Flannery, 39.  
 50+: 1. Anita DeFranco, 39 points.

#### MEN

- 19 and under: 1. David Ruppe, 39 points.  
 20 to 29: 1. Mike Silverman, 55 points; 2. David Kennedy (NOVA), 44; 3. Keith Higgs (WRC), 36; 4. John Koch, 32; 5. Jose Carrasquillo, 32; 6. Tovey Bachman, 28.  
 30 to 39: 1. Kevin McGarry (WRC), 60 points; 2. John McGrail, 58; 3. Ben Beach, 55; 4. Robert Rodriguez (WRC), 53; 5. Scott Bartram, 50; 6. Sandy Brown, 43; 7. Bob Trost (WRC), 36; 8. Vassili Triantos (WRC), 33.  
 40 to 49: 1. Fred Gederich, 59 points; 2. Bernie Gallagher, 52; 3. Gordon Noel (WRC), 42; 4. Andy Buechele, 38; 5. Bob Thurston (WRC), 38; 6. Frank Probst, 35; 7. Gary Hickman, 31; 8. Denis Colombant, 31.  
 50 to 59: 1. Al Marcy, 57 points; 2. Dick Good, 52; 3. Nicholas Brown, 45; 4. Herb Chisholm, 39.  
 60+: 1. Bill Osburn, 60 points; 2. Frank Luff, 57; 3. Alvin Guttag, 52; 4. Bud Averitt, 34.

#### WRC RUNNING NOTES

WRC members did quite well in the recently published ranking of area runners compiled by *Washington Running Report*. Is dominant to strong a term to use for a club whose members captured four of the top five rankings on both the women's and men's polls. Based on area races over the previous twelve months Patty McGovern and Kevin McGarry top the list. Maria Pazarentos, Karin Wagner and Jeanie Libutti rank second, fourth and fifth, respectively among the women. John Doub, Bruce Coldsmith and Terry Baker rank second, third and fifth, respectively among the men.

But don't think we only have strength at the top. Four other women and five more men also made the top twenty. Pam Briscoe (15th), Coleen Troy (16th), Mary Ellen Williams (17th), and Donna Elliot (19th) posted top twenty women's rankings while Gerry Clapper (6th), Jim Hage (8th), Dave Shafer (13th), Brent Barnhill (11th), and David White (18th) rank among the best performing male road racers.

In the masters Gust Svanson is ranked third in the 40-49 age group and long-time member Joanne Mallet is ranked 2nd in the 50+ women.

Charlie Cvrk and Jeanie Libutti have returned from a tour of Europe with the Combined Armed Services Cross Country Team. Charlie, who has been injured and unable to run, made the tour as the team coach. The team ran as an "unofficial invited team" in the Essex Cross Country Championship, at Havering, Es-

sex, in England, garnering "unofficial" 1st place for both the men's and women's teams. The race was held on a tough course that was highlighted by lots of frozen mud and numerous ravines. A race official assured Jeanie that the weather was abnormal for England; usually the mud isn't frozen.

The highlight of the tour was the International Armed Forces Cross-Country Championships held in Algeria. The U.S. women's combined armed services team won the bronze medal in the face of very strong competition. Local runner, Carrie Hill, was the first U.S. woman, finishing 4th overall. Jeanie finished 11th and was the third U.S. women on the five-women team. In the men's event, the U.S. team, running against world-class competition including a strong contingent from Djibouti, did not place.

Bobby Bauer is the latest convert to the Dan Rincon coaching method. After a few months of coaching by Dan, Bobby clipped fifty-six seconds from his 10K p.r. by running the Auburn Tiger Challenge at Hains Point in 35:28. Bobby tucked in behind clubmate Pete Nye after the first mile of the race and let Pete set the pace. Bobby now has his mind set for breaking the 35-minute barrier.

A look at the recent *Track & Field News* high school indoor list shows McLean's Erin Keogh, the Kinney National harrier champion, has posted the best time in the country this year in the two-mile run (10:22.5). But Erin isn't the only local girl on that list. Chantilly's Amy Colvin ranks 6th (10:44.6) and Wendy Neely of Burke, Va. is just behind in 7th place with a 10:45.28. Ms. Colvin also is 6th on the mile list with a 4:55.8.

## WEIRD WHIRLED SPRINGTIME RAVINGS AND WANDERINGS

by Newsletter Editor J.M. Walsh

Our New York sources reported just before press time (alright, a day before press time I read the *New York Times*) that WRC member David White recorded a 10k p.r. of 30:58 at the Perrier 10k in Central Park. White's time, good for 7th place behind winner Pat Peterson's 29:20, is a 14 second improvement over his previous best, set at last year's Capitol Hill Classic. White's spring campaign will include 5000 meter efforts at the Hoya Classic, Penn Relays, and Cavalier Classic track meets.

With the coming of milder weather the use of the local tracks is picking up as more and more road racers turn to interval work to get ready for the spring season. Almost any weeknight a sizable group can be found on the well lighted Georgetown U. tartan oval. Among the more noted regulars is WRC secretary Gerry Ives who is usually recruiting promising newcomers for the club between the mile repeats he has been running recently in search of a sub one hour Cherry Blossom.

These workouts aren't usually organized — each runner normally arrives having an idea of what they want to accomplish — but any club members who have hesitated going to the track for lack of peer support and camaraderie should consider heading to

G'town between 6-7 p.m. WRCers usually congregate near the southwest corner of the track and most of them are eager to share what little knowledge they possess.

Plans for the Pennsylvania Ave. Mile are on hold after it was learned that a conflict exists for the preferred late April date. Seems the Law Enforcement 10k Challenge was also scheduled that day and when it came to assigning police course marshalls guess who won. Nonetheless, we have been promised a day in early fall and those planning the race are hopeful of attracting a first rate field at that time.

While we are on the subject of club races. Please, don't forget we need everyone's help for the Hecht Co. race. Ron Ponchak and his staff put in a great deal of time and effort on the race, which is the single largest source of funds for the club. But they can't do it alone. Details on the race appeared in last month's *Newsletter*. If you have somehow misplaced your copy call any of the club officers for information on how to volunteer.

Qualifying standards for the 1988 Olympic marathon trials will be 2:20 for men and just under 2:50 for women. TAC expects to award the trials this summer. Among the cities entering bids are Boston, Los Angeles, Pittsburgh, and New Jersey. Yes, I know New Jersey isn't a city, but then there are those who don't think its much of a state either. Ha!Ha!Ha! Little humor, there.

This year's national cross-country championships are scheduled for Golden Gate Park in San Francisco, November 29th. If WRC wants to send a team out for the race I would be happy to go along as coach, cook, bottle washer, or social director. How about it, Competition Committee. Or perhaps the Social Committee would send me.

Those among you who are crank spinners in your spare time should know that May 1st is Bike to Work Day. (In the rest of the world it's May Day, but that's a story for another publication. They have warned me about getting political with this journal. I could end up like Ira). Groups of cyclists will travel along pre-determined routes and meet for a celebration at 8:15 a.m. on Western Plaza, Pennsylvania Ave. between 13th and 14th Streets, N.W. For more information routes, starting times, etc. call 544-5349.

*Mea culpa*, no story to accompany the results from Tiger Trot 10k or Kutztown St. Paddy's race, but the folks who make this scandal sheet possible by paying my regular salary had me out of town. It sure would have been fun to edit the copy of one of you who did run the races. We can't promise to make you read like Kenny Moore, but I usually get the spelling and punctuation correct.

## MINUTES OF WASHINGTON RUNNING CLUB MONTHLY MEETING HELD MARCH 14, 1986

The monthly meeting of the Washington Running Club was held on Friday, March 14, 1986. Club President Jack Coffey called the meeting to order.

**Race Management:** Coffey gave the Club an update on the status of the Hecht Company race. The Club will receive \$4,000, but will be required to deduct 75 cents

for every runner below 1,500. Gant Shirts will be the co-sponsor of the event. Coffey asked for volunteers to man the WRC booth at the Cherry Blossom Exposition and Registration. Al Naylor and Jack Coffey are still negotiating with G.W. Hospital about a September race. The Pennsylvania Avenue Mile race has been postponed until October 4 because the original race date conflicted with the Fraternal Order of Police 10K. Jim Scarborough needs 50 Club members to volunteer to help with his Virginia half-marathon on Sept. 21. Jim can be reached at 536-7764.

**Competition Committee:** Jeff Reed gave a list of upcoming races, including the Capitol Hill Classic. The Robin Blackburn Memorial Triathlon will be held Saturday, April 26 at 8:00 a.m. This will be a good race for novice triathletes (800 yard swim, 5K run, and 20K bike ride). Call Larry Noel at 622-4191 (7 a.m.-2:30 p.m.) or 474-9362 (after 7 p.m.) for further information.

**Additional Business:** Alan Roth reported on a meeting held with Park Service Officials about the use of Hains Point and East and West Potomac Park. He reported that a Park Service coordinator "threw a tantrum" in front of her boss at that meeting and didn't try to hide her dislike of runners. Roth also reported that there seems to be no regulation against non-commercial organizations taking money in a park.

There being no further business the meeting was adjourned. *Gerry Ives, Secretary.*

---

## RACE RESULTS

---

### AUBURN TIGER CHALLENGE 10K—MARCH 15

**Partial Results:** 1. Kurt Kroemer (WRC), 31:30; 3. Ray Velez (WRC), 32:09; Pete Nye (WRC), 35:25; Richard Stein (WRC), 35:45; Bobbie Bauer (WRC), 35:28 (p.r.); Val Nye, (WRC), 42:50

### KUTZTOWN ST. PADDY'S 10-MILER—MARCH 16

**Partial Results: Men—**1. Jon Sinclair, 48:32; 3. Bruce Coldsmith (WRC), 50:21; Jim Cain (WRC), 56:46; Pat Neary (WRC), 64:57; Jeff Reed (WRC), 68:03;  
**Women:** 1. Karin Wagner (WRC), 58:09; 2. Carol Myers, 59:14

---

## NEW MEMBERS

---

**Brent Barnhill**, 3318 St. James Place, Falls Church (573-2173). Brent has a 10K p.r. of 29:28, and a 5K p.r. of 14:11 (not too shabby). He showed that he has the stamina for longer distances by winning the Bethesda Chase 20K by a two-minute margin in 62:27. We

inadvertently misspelled Brent's name in the last Newsletter, please accept our apologies.

**Steven Spence**, 3026 Hickory Grove Court, Fairfax (352-4574). Steven has a 10K p.r. of 28:22 and joins the select group of five other WRC members who have run sub 29-minute 10K times.

**Marc Peoch**, 2511 S. Grant St., Arlington (684-8166). Marc came here from France a few weeks ago. He has a 5K p.r. of 15:52 and a 10K p.r. of 34:00. Any of our members who speak French should give him a call.

---

## 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, c/o Pat Carr, 4532 Taney Ave., #202, Alexandria, VA 22304. Indicate sizes (S,M,L,XL) and whether men's or women's model.

### 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.

**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
Sun. May 4	Washington-Lee HS (5:30 pm)	"Figure 8 Fun Run"	J. Scarborough 536-7764
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***