

Washington Running Club ★ Newsletter

Volume 5, Number 9

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September 1986

The SEPTEMBER meeting of WRC will be held on Friday, SEPTEMBER 12, at 8:00 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. Take Key Bridge to Rosslyn and go straight on N. Ft. Myer Dr. Turn left on 19th St. Go two block to AMS Building. Go to 14th floor and take 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 once again have WRC uniforms for sale at the meeting.

McCORMACK OUTDUELS CLAPPER & HAGE TO CAPTURE ANNAPOLIS 10 MILE CROWN

by Staff Reporter 'Red' Panama

Naval Academy grad and Arnold, Md. resident Bill McCormack may have had home field advantage at "Maryland's premier 10 mile race," but that his chief competition, WRCers Gerry Clapper and Jim Hage, are also Free Staters. Even before arriving at Navy-Marine Stadium, home field of McCormack's alma mater, for the finish however, McCormack (50:26) had pulled away for what would become a :36 margin of victory.

Harry Goodman had towed the field through a 4:50 first mile with McCormack, Clapper and Hage seven seconds back. Just behind this group was fellow WRCer David White. By four miles (19:54) the eventual top trio had moved to the lead with Hage leading the way with Goodman now fourth, ahead of White. But White proved strong on the series of hills between four and seven miles and when the leaders came back toward the rest of the field following the turnaround he had moved ahead of Goodman. But just as McCormack was taking advantage of the downhills moving back toward the Severn River to assert command at the front, Goodman charged back into fourth and held that place through the finish (51:59). White (52:26) retained fifth place.

Women's race winner, WRC's Patty McGovern (57:08), had more competition with her male club mates than her female race rivals. Dan Rincon (several times a winner of this race), Pat 'Rocco' Carr, and Jerry 'Mad Dog' Merkle joined McGovern at the start and the quartet held together for seven miles before first Merkle succumbed to the pace. For several miles Carr and Rincon maintained contact, regaining contact on the downhills after Patty powered away going uphill. Finally, McGovern dropped Carr, her last rival, at nine miles and went on to finish over three minutes ahead of the second place Marge Rosasco (1:00:31). Debbie For-

rester of Virginia Beach was third in 1:02:22, while fourth and fifth went to WRC clubmates Pam Briscoe (1:03:28) and Kathy Ventura-Merkle (1:03:35).

Many runners avoid this race since the weather can usually be expected to produce condition more favorable to heat prostration than good competition. But those who traveled to Maryland's capital this August were treated to temperatures and wind conditions more typical of late September than late August. And few experiences can compare to drinking the free draft beer provided after the race inside an empty 50,000 seat stadium on Sunday morning. (You worship your way, I'll worship mine).

Partial Results: Men—1. Bill McCormack (Arnold Md.), 50:26; 2. Jerry Clapper (WRC), 51:00; 3. Jim Hage (WRC), 51:38; 4. Harry Goodman, 51:56; 5. David White (WRC), 52:26; Temple Washington (WRC), 56:48; Vassili Triantos (WRC), 56:57; Pat 'Rocco' Carr (WRC), 57:30; Dan Rincon (WRC), 57:56; Jerry 'Mad Dog' Merkle (WRC), 58:00; Hugh Wooden (WRC), 59:22; O.T. Williamson, 59:29; Bill Wooden (WRC), 59:42; Chuck Desenberg (WRC), 59:50; Bill Larsen (WRC), 61:04; Bob Trost (WRC), 61:19.

Women: 1. Patty McGovern (WRC), 57:08; 2. Marge Rosasco, 1:00:31; 3. Debbie Forrester, 1:02:22; 4. Pam Briscoe (WRC), 1:03:28; 5. Kathy Ventura-Merkle (WRC), 1:03:35; Betty Blank (WRC), 1:06:47.

THURSTON AND TRIANTOS DUEL FOR 4TH AS NEW JERSEY RUNNER WINS G'BELT 15K

From Wired Service Report

The late August cooling trend that made the week earlier Annapolis 10 Mile a pleasure for the runners continued and provided good racing conditions for the traditional DCRRC Labor Day 15K at Greenbelt, Md. But Buck Logan, visiting the D.C. area from New Jersey found little competition and ran to an easy 48:40 victory. Solo from the first mile, Logan seemed quite at ease as he traversed the rolling Agricultural Research Center in consistent 5:12 miles.

The more exciting racing went on further back in the field where Richard Pankow successfully held off challenges from WRCers Bob Thurston and Vassili Triantos to capture third place (52:41). Along the 200 meter straight away leading to the finish it looked as if Triantos would sprint past Thurston for 4th place. The

Submissions for the WRC Newsletter, as well as diatribes against the editor should be mailed to John Walsh, 2827 28th St. N.W., #12, Washington, DC 20008.

veteran Thurston (52:43) however, refused to let his younger clubmate past and held on for a one second advantage.

Second overall, but more than 3½ minutes behind Logan was Fred Lampazzi (52:12).

Mary Salomon of Fairfax, Va. was even more dominant on the distaff side than Logan in the men's race in carving out a 7½ minute win. New WRC member Pat Bullinger was a distant second overall in 63:56 while capturing the 20-29 age group. Bobbie Bleistift (68:00) gave a quite credible performance in winning the 30-39 cohort, while Val Nye (68:40) won the masters title.

Partial Results: Men—1. Buck Logan, 48:40; 2. Fred Lampazzi, 52:12; 3. Richard Pankow, 52:41; 4. Bob Thurston (WRC), 52:43; 5. Vassili Triantos (WRC), 52:44; 13. Bill Wooden (WRC), 55:37; Bobby Bauer (WRC), 57:39.

Women: 1. Mary Salomon, 56:25; 2. Pat Bullinger (WRC), 1:03:56; Bobby Bleistift (WRC), 1:08:00; Val Nye (WRC), 1:08:40; Colleen Gaughan (WRC), 1:20:29.

1986 BUNION DERBY FINAL STANDINGS; WRC DOMINATES IN 30-39/40-49 MALE AGE GROUPS

In the 1986 Bunion Derby Series, WRC dominated the 30-39 male age group by taking 2nd through 7th spots and repeated the success in the 40-49 male standings with 1st through 4th, and 7th positions. Val Nye (40-49 women), Hugh Wooden (19 and under male), and Ed Doheny (40-49 men) were WRC's age group winners, and club members took second place in four age divisions.

The following are the official final standings of the 1986 Bunion Derby Series. The results were compiled by DCRRC Historian, George R. Banker. George puts a lot of effort into getting these results: deciphering handwriting on the sweat- and rain-soaked cards; tracking

down missing zip codes; filling in ages; and generally bringing order out of chaos. Washington Running Club would like to express its thanks to George and to the officials and volunteers of the DCRRC who made the 1986 Series such a success.

Men

19 and Under: 1. Hugh Wooden (WRC), 93; 2. Brian Bates, 90; 3. Charlie Sadoff, 86.

20-29: 1. Jack Cleland, 95; 2. Steve Daniels (WRC), 79; 3. Steven Cangemi, 72; 4. Mark Hepinstall, 71; 5. Eddie Guard, 51; 6. James Scarborough (WRC), 43; 7. William Parker, 39.

30-39: 1. John McGrail, 99; 2. Robert Rodriguez (WRC), 92; 3. Pete Nye (WRC), 84; 4. Pat Carr (WRC), 81; 5. J.J. Wind (WRC), 67; 6. John Walsh (WRC) and Theodos Tadesse, 64; 7. Jerry Merkel (WRC), 61; 8. Mike Silverman, 60; 9. Steve Rottier, 35.

40-49: 1. Ed Doheny (WRC), 98; 2. John Potter (WRC), 87; 3. Dave Johnson (WRC), 86; 4. Bob Trost (WRC), 81; 5. George Masson, 80; 6. O.T. Williamson, 77; 7. Bill Wooden (WRC), 76; 8. Bernie Gallagher, 75.

50-59: 1. Tom Kurihara (PVSTC), 100; 2. Al Marcy, 95; 3. Jerry Hagen, 88; 4. Larry Dickerson, 86; 5. James Hodges, 76.

60+: 1. Bill Osburn, 100; 2. Sy Glanzer, 96; 3. Frank Luff, 92; 4. George Robertson, 90; 5. Henry Heyman, 51; 6. Alvin Gutttag, 48.

Women

19 and Under: No qualifiers.

20-29: 1. Jean Silverman, 88; 2. Karen Stahle, 84; 3. Donna Blackman, 66.

30-39: 1. Kathy Hibbert (RC²), 99; 2. Betty Blank (WRC), 94; 3. Jennifer Westfall (RC²), 93; 4. Lynda Durfee (PVSTC), 85; 5. Elizabeth Sadoff, 84; 6. B.J. Baker, 77.

40-49: 1. Val Nye (WRC), 97; 2. Karen Lovelace, 88; 3. Marie Bauman-Robbins, 72.

50+: 1. Patricia Willis and Charlotte Edwards, 95; 2. Joanne Mallet (WRC), 79; 3. Martha Sargent (WRC), 54.

Washington Running Club

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CLUB OFFICERS

President: Jack Coffey (836-8400)
Vice President: Dan Rincon (345-9342)
Secretary: Gerry Ives (965-2532)
Treasurer: Pat Carr (587-7655)

Newsletter Editor: John Walsh

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Competition: Jeff Reed, Chairman (836-7284)
Race Management: Al Naylor, Chairman (345-9342)
Social: Suzy Coffey, Chairwoman (329-9271)

WHITE DROPS PACK; McGOVERN DOMINATES AS BUNION DERBY MAKES TRADITIONAL AU STOP

by Staff Scribe Emmett Grogan

David White arrived just before race time, after jogging to American University from his McLean Gardens apartment, and had just enough time to leave his backpack with a comely lass near the start before joining the leaders for the seventh race in the DCRRC's annual Bunion Derby series. WRC teammate Patty McGovern arrived more promptly and made shorter work of the women's field as both won in the midst of periodic downpours.

White (33:11) reversed his tactics from last year's AU 10k, which he won from the start, and chose to join a pack of six during the first of two hilly loops around the Northwest D.C. campus. (*White was seen later with clubmates at Maggie's Pizzeria enjoying several six packs—ed*). But during the mile-long climb up Rockwood Parkway to the halfway point White noticed the

group's pace waver and made a strong move which put him clearly in front by the 5k mark. Mike Cobb, John McGrail, and Jack Cleland were left to battle for second finishing in that order after Cobb (33:49) established command of the group in the short, steep Dalecarlia Parkway grades.

DC Harriers' Ben Beach who runs the AU circuit as well as anyone — he has made an art of running the course's second loop — did his usual good job and powered through to a 5th place time of 34:57. The next four spots were all taken by WRC runners. Steve Daniels once again beginning to round into condition after taking some time away from serious training looked very smooth and at ease in running to a 6th place time of 35:07. Stalwart Robert Rodriguez was next (35:15), followed by rivals and clubmates 'Rocco' Carr and 'Mad Dog' Merkel.

Carr and Merkel, who along with Gust Svanson form the Executive Committee of the Bulky Guys Track Club (BGTC), staged quite a duel throughout the race. Merkel led most of the second loop before Carr finally took control on the long hill up Rockwood Parkway. But no sooner had he taken the lead than did Carr realize his glasses had become befogged. After stopping to polish his spectacles the recent transplant to Montgomery Co. chased down Merkel, who was probably thinking of his next meal, and reasserted command.

John Walsh ran the race looking like a plaster version of the Tin Man in the Wizard of Oz; an over-the-elbow cast is not conducive to stylistic excellence. Walsh dropped out after the first 5K using the excuse that the rain was melting his cast. Millions of people in India have very high castes, and they don't make that excuse, John, even during the monsoons.

Disappointing Decision

At the request of several women runners, DCRRC officials put to the vote the option of women running a 5K instead of the 10K. The majority of the women runners present opted for the 5K, overturning a widely-acclaimed decision by DCRRC last year to make the Bunion Derby Series non-sexist — equal distances for all. Patty McGovern was one of the women present who voted with her feet, running the full 10K in a 37:07 time and crossing the 5K mark more than 2 minutes ahead of the official winner of the "women's race." Gerry Ives noted the irony of the situation in light of the fact that women athletes are fighting to have the 10,000 meters recognized as an Olympic distance for their gender. Ives said that he was sure the vote did not reflect the wishes of most women DCRRC members, and it depressed him when all those women got to stop while he had to run that "bloody great long hill" again.

Partial Results—1. David White (WRC), 33:07; 2. Mike Cobb, 33:49; 3. John McGrail, 33:52; 4. Jack Cleland, 34:40; 5. Ben Beach (Harriers), 34:57; 6. Steve Daniels (WRC), 35:07; 7. Robert Rodriguez (WRC), 35:15; 8. Pat 'Rocco' Carr (WRC), 35:54; 9. Jerry Merkel (WRC), 35:59; Don Davis, 36:19 (1st master); Patty McGovern (WRC), 37:07; Hugh Wooden (WRC), 37:13; J.J. Wind (WRC), 37:30; Dave Johnson (WRC), 37:45; John Potter (WRC), 37:54; Bernie Gallagher, 38:22; O.T. Williamson, 38:28; Bill Wooden (WRC), 38:38; Bob Trost (WRC),

38:54; Gerry Ives (WRC), 40:56; George Cushmac (WRC), 42:34.

BLUEMONT PARK 10K FINAL STOP IN 1986 BUNION DERBY SERIES

by Will Woodbine

The Bluemont Park 10K, Bunion Derby #8, quickly developed into a four-man duel over the undulating and twisting bike path course when a group including Larry Hadley, John McGrail, and WRC's Robert Rodriguez broke away from the field at the 2K mark. Rodriguez took the lead at the 2½K point, but relinquished it when faced with 'Guts' Hill and dropped to 4th place. Rodriguez made another move shortly before the 5K mark and took command of 3rd place but could not gain on the two leaders. The Hadley-McGrail duel was not settled until the final 800 meters when Hadley held off McGrail's challenge to win by 13 seconds, with Rodriguez finishing in third place as WRC's top runner.

Pat 'Rocco' Carr made a gallant effort to hang on to 5th place, but succumbed to a less bulky guy and dropped back to 6th. Hugh Wooden rounded out WRC runners in the top 10 by finishing in 9th place (first in his under-19 age group), well ahead of his father, Bill, who could only drag himself into 16th spot (third in his 40-49 age group).

Bob Trost started out at an unusually brisk pace, dragging along an unsuspecting Gerry Ives for the first two miles and then leaving him gasping in the dust (*he did manage to stop gasping long enough at the end of the race to try to recruit the top two women finishers for WRC*). Trost was soon overhauled by Eamonn McEvilly, but ran shoulder-to-shoulder with O.T. Williamson, until O.T. picked up the pace in the last 3K. Trost was passed by the Santa Monica T.C. mystery woman in the final 100 meters of the race. Trost noted that as she wasn't an over-40 male he wasn't going to push himself to try to hold her off (*sure, Bob*).

Partial Results: Men—1. Larry Hadley, 33:40 (CR); 2. John McGrail, 33:53; 3. Robert Rodriguez (WRC), 34:54; 6. Pat Carr (WRC), 35:40; Ed Ramos, 35:57; 9. Hugh Wooden (WRC), 36:54; Eamonn McEvilly, 37:12; O.T. Williamson, 37:14; 16. J.J. Wind (WRC), 37:50; 17. Bill Wooden (WRC), 37:52; 20. Bob Trost (WRC), 38:12; 22. Bill Larsen (WRC), 38:38; Dave Johnson (WRC), 39:23; Tom Kurihara (PVSTC), 39:30; Gerry Ives (WRC), 39:54; George Cushmac (WRC), 41:57; James Scarborough (WRC), 42:30; Kevin Kolakowski (WRC), 42:46; George Banker (RC²), 45:26; Larry Tabachnick, 46:52.

Women: 1. ??? (Santa Monica T.C.), 38:10 (CR); 2. Lorraine Ross, 39:50; 4. Betty Blank (WRC), 41:37; Cindy Dalrymple (Warren St. A.C.), 42:00 (CR MW); Jennifer Westfall (RC²), 43:03; Joan Sarles-Lee (NOVA), 44:03.

MINUTES OF THE MONTHLY MEETING OF WASHINGTON RUNNING CLUB, AUGUST 8th

The meeting was called to order by President Jack Coffey. Coffey gave details about the Philadelphia ½-

Marathon, to be held on Sept. 14, and gave out entry forms.

The Club needs 100 volunteers for the Georgetown 10K on Sunday October 19. Dennis Baker is the coordinator for this race and volunteers should get in touch with him at 525-7544.

The Club is committed to providing 50 volunteers for the Virginia Half-Marathon, to be held in Arlington on November 9th. We also need a coordinator for this race. Call Jack Coffey at 329-9271 if you can help as a volunteer or as race volunteers coordinator.

The Club will once again have a hospitality suite at the Hyatt Arlington after the Marine Corps Marathon. There will be refreshments, food and we will once again have a masseuse giving free massages. The suite will be open at 10:00 a.m.

Bob Thurston came in at the end of the meeting and showed photographs of his trip to Indonesia, where he measured a 10K and marathon course and gave seminars on course measurement and course certification.

Gerry Ives, Secretary

PERIODIZATION TRAINING WORKS FOR RINCON'S RUNNERS; U.S., NOT REDS, WERE ORIGINATORS

Newsletter Special by Dan Rincon

This is the first of a several-part series on training.

Dan is a long time WRC member and the current vice-president. He has been involved in running and track & field since 1965 and has enjoyed success at many levels and in many roles. An NCAA cross-country All-American in 1974 while at the University of Maryland and 1975 ACC Six Mile Run champion, Dan also qualified for the 1976 Olympic Marathon Trials, won the 1977 Cherry Blossom 10-Miler and the 1978 RRCA 20k Championship. In 1980 he was ranked 35th nationally at 10k, 5th at 20k, and 8th at 10 miles by Track & Field News.

As a coach for the past several years, Dan's teams at Eleanor Roosevelt High School in Greenbelt have won County and Regional Championships in both cross-country and track & field. In 1985 his team won the Maryland indoor championships.

Dan also coaches Patty McGovern and Karin Wagner, arguably WRC's two best distaff runners, and deserves credit for the recent PRs of two other club members he coaches, Bobby Bauer and George Uhl.

Anyone wishing to avail themselves of Dan's coaching expertise should telephone him at (301) 345-9342. — ed.

Preface

In this series of articles to the WRC Newsletter I hope to give members a chance to look at training and conditioning from a new angle.

Actually the system of training I will be discussing has been around for quite some time. It just has been refined and changed through the years.

The method I will focus upon is a system of training known as "Periodization". It is the breakdown of the training program into distinct periods. If one gives it some thought this training actually was probably developed by this country and not East Germany, where

the majority of the literature on this system is located. But if we look back far enough into our past we should see that America's sporting year revolved around the seasons, fall, winter, spring and summer.

In the fall we may have participated in football, in the winter we found ourselves on the basketball court, in the spring on the baseball diamonds or track fields. In the summer we usually found ourselves at the beach resting and basking in the sun. This was really the beginnings, I believe, of the system of periodization.

The modern form of periodization does owe a lot of its popularity to the success it has given the Eastern European and Scandinavian track and field athletes in International Competitions. Most of the research and experience with this form of training comes from that part of the world. However like all good things, it is hard to keep something new and interesting, which produces results, quiet for long.

I first became aware of this system of training during my college running career in the 1970s. It was due in large part to the success of athletes like Lasse Viren, Frank Shorter and others in the Olympic Games. I investigated their training methods quite thoroughly and found a similarity in their training programs. The major tenet of their training programs was that they did specific things at specific times during the year. They also did certain types of training to elicit certain training responses, in turn leading to successful results on the field of competition. And therein lies the reason competitors are always searching for the holy grail, racing success.

This discussion on periodization is not to say that this is "the" method. It is only offered as an alternative or supplement to what the reader may already be doing. As I mention in my article, the runner must believe in and have confidence in what he/she is doing in order for any training method to be successful.

I'm sure most runners will not argue the need for a training schedule if the runner hopes for racing success. A well thought out and executed training program will go a long way to improve the runner's racing and enjoyment of the sport. One mistake I see a lot of runners make is the idea that they can train and race at a high level year round. Some runners even race twice in the same weekend. All this shows me is, either the runner doesn't fully understand the value and reason for a systematic training schedule or the runner is a confirmed masochist. I believe the runner must have a schedule that they believe in and can work with in terms of fitting it to their individual lifestyles. Lifestyle being work habits, nutritional habits, sleep habits, social and cultural habits. All of these play a part and have an effect on the training program. The athlete and/or the coach must take these into consideration when making the training program. One the best ways that I have found to help runners improve has been to "periodize" their training.

This periodization of training is really a training program for a year or several years divided into periods or time frames. For the sake of simplicity I will limit my discussion to a yearly program. Periodization consists of breaking the year into three main periods of training. The preparatory, the competitive, and the

transition period. Even within these three main periods there is a further division of training patterns which usually are tailored to the individual athlete's strengths and weaknesses. These subdivisions, however, are best worked out between the coach and athlete. I will limit my discussion to broad and general training principles involved with a program devised along the lines of the periodization theory of training and conditioning.

The preparatory period is the time where we lay the solid foundation for all that will follow in the year. The major goal of this period is to gradually lift the athlete's "exercise threshold" or a more common name "aerobic capacity". I use the term exercise threshold because the training of runners in the modern era encompasses the training of the "whole" athlete not just the heart and lungs (cardio-respiratory system), which many training programs in the past tended to stress. During this phase of training I attempt to condition the athlete for the training to come. The major part of the training is still the familiar cardio-respiratory training common to most good training programs, the long steady training runs building a large aerobic base. However, I have found the athlete needs to condition the rest of his/her body during this phase. One of the best ways I have found is the inclusion of "circuit" training.

Circuit training aids in the development of strength, mobility, agility and flexibility. Circuit training is really a series of calisthenics arranged in a "circuit" or series of stations. At each station the athlete is required to do a particular exercise in a specified amount of time. The circuit may range from as few as two stations to any number that coach and athlete deem necessary. I find that for most distance runners a circuit made up of 8-10 stations will provide an adequate workout for the entire body.

Doing circuit training 1-2 times per week provides not only excellent exercise but a nice break in the routine of steady mileage. I have found it makes for a fun and interesting training day away from the pressure of having to run a specified distance. A lot of runners get caught up in their mileage totals to the detriment of other important aspects of training. If anyone doubts they receive an adequate workout from circuit training, I welcome them to try my circuit training sessions.

This period of training is also a good time for making some strength gains through weight training. Often, once the distance runner is into the competitive season it will be difficult to fit in any kind of regular weight training program, because of the importance of the specificity of the training in that period of the training schedule. But more on that later. For now we will continue to focus on the conditioning or base building period.

As I said earlier, one must continue to improve the exercise threshold of the athlete. The musculature becomes conditioned with the circuit training and weight training. The cardio-respiratory system is developed during this period with a gradually increasing workload of distance and intensity of the runs. This mileage build-up must be gradual. The reader must realize that it is very hard to make up a schedule for just anyone to

follow because each person must be treated as an individual. So I caution the reader about trying to follow any particular build-up.

The important thing for the reader to understand is the pattern of the build-up. You will note a gradually increasing mileage total and a consistent use of circuit and weight training. The reader should also note the inclusion of lighter or rest days within the pattern. Rest is probably the single most important aspect of any training program. Without rest the body cannot make the adjustment to the ever increasing training loads. The "preparatory period" should be just that, "preparation" for the coming racing season (competitive period). There are numerous little adjustments and fine tuning that a coach may make for each athlete during this period but by and large the majority of athletes will be concentrating on improving their endurance, strength, mobility, agility and flexibility. The best way I know of doing this is to reduce or eliminate racing and increase, gradually over a period (approximately 6-18 weeks), the training mileage and intensity. Once we have laid the foundation of endurance and strength the runner will be ready to move on to the next period of training.

CIRCUIT TRAINING

Exercise _____ Body Area Effected

1. Sit ups _____ Abdominals
2. Back extensions Lower Back
3. Step ups _____ Legs, hips, ankles, Cardiovascular
4. Dips _____ Arms, Shoulders, Chest
5. Stride Jumps _____ Legs, hips, ankles, cardio-vascular
6. Chin-ups _____ Arms, shoulders, upper back
7. Squat thrusts legs, hips, back, abdominals, cardiovascular
8. push ups _____ arms, shoulders, chest, back
9. in and outs _____ abdominals, hips

NEW MEMBERS

Patricia Bullinger, of Arlington, has a 36:40 10K p.r. She recently won the Bunion Derby Reston 5-Miler.

Marianne Dickerson, best known for her 3rd place finish in the World Marathon Championship in Helsinki in 1983, Dickerson is ranked #4 Women in the Washington area by Washington Running Report.

Ed Doheny, ranked #4 master in the Washington area by Washington Running Report, Doheny most recently won the 40-49 age group in the Bunion Derby Series. Doheny has a reputation for not joining anything, not even the Book of the Month Club, and his recruitment was effected only after an intense psychological campaign.

Larry Talley joins the Masters category in September, and with a 35:29 10K p.r. is a welcome addition to the Club.

CLUB NOTES

Club member **Marlene Cimons**, who in real-life is a reporter for the *Los Angeles Times*, wrote an in-depth profile of Rosa Mota that appears in the September issue of *The Runner*. Marlene is currently working on another piece about women marathoners that will appear in a future issue of *The Runner*.

Jeff Wice was the loser in an argument with a car earlier this summer while he was out on a run. The argument resulted in Jeff having his nose rebuilt and kept a Singer sewing machine busy for half-an-hour stitching his head back together. We're glad to report that Jeff is back on the roads again, running three miles a day, and keeping a nervous lookout for cars.

Jeff Reed, the new race director of WRC's Pennsylvania Avenue Mile, reports that **Colonial Running Company** is going to test out its new open chute system at the race. The system may be used in the Marine Corps Marathon this November.

Club Uniforms

Singlets	\$ 11.00
Shorts	11.00
Club T-shirts	6.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, c/o Pat Carr, 2240 Washington Ave. #101A, Silver Spring, MD 20910.

Indicate sizes (S,M,L,XL) and whether men's or women's model.

BARGAINS FOR WRC MEMBERS AT LOCAL RETAIL 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.

Decorative Rugs & Carpets, 3230 Duke St., Alexandria (751-4110). Discount of 10% or more on floor coverings. Store is run by WRCers Ron and Candy Ponchak.

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

Tuesday Night Run, Fairfax Running Center, Alexandria, 6:30 p.m. Group run from 6-10 miles along the bike path next to the Parkway. Six to nine minute pace. **Contact:** Betty Sue O'Brien at 549-7688.

Tuesday Night Run, Eleanor Roosevelt H.S., Greenbelt, Md., 6:30 p.m. Group runs 11 miles at approx. 6:30 per mile. **Contact:** Steve Daniels at 474-4428.

Tuesday Evening Track Workout, Georgetown U. Track, 6:30 p.m. Very informal track workout, run with group or set your own workout. No contact, just show up.

Sunday Morning Run, Georgetown, 8:00 a.m. Ten to eighteen miles at 6:00-7:00 pace. Group meets at the corner of 34th & M, on the canal side. Do not confuse this group with the bums sleeping under the trees. No contact, just show up.

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