

# Washington Running Club ★ Newsletter

Volume 6, Number 2

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February 1987

The FEBRUARY meeting of WRC will be held on Friday, FEBRUARY 13, 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.

*Special incantations will be said to ward off evil spirits on our first Friday the 13th meeting of 1987.*

## **WRCers ESCAPE WINTER WEATHER; MEXICANS, WAITE ESCAPE PURSUERS**

*by S. Fla. Chief R.P. Trost*

Tired of fighting snow, ice and cold, WRCers Mary Alico, Robert Rodriguez and Bob Trost all headed south in search of better running weather. They found just what the doctor ordered in Miami where all three ran in the Orange Bowl 10k on January 31st. They were joined in warm South Florida by fellow WRCer Betty Blank who just happened to be in Miami on an Eastern Air Lines layover. *BB is an EAL flight attendant when not working on her tan—ed.*

While the natives were complaining about the 25 mph wind and cold — the high temperature on race day only reached 73° — the D.C. contingent was happy just to be running in shorts and singlets.

Times were slowed somewhat by the windy conditions but both Mary Alico (35:12), 8th overall and 3rd in the 20-29 age group, and Betty Blank, 3rd in the 30-39 age group, were able place well. Robert Rodriguez showed good mid-winter form to clock 34:03, fast enough to put him in the top 50, while Bob Trost placed among the top 15 masters with a 37:42.

### **Mexican's Teamwork Succeeds**

The men's open competition was dominated by a group of Mexican runners who ran as a group for much of the race in order to block some of the strong breeze's effects. Mauricio Gonzales emerged from the pack to take the top spot and \$6,000 1st prize money in 28:30, just ahead of countrymen Marios Barreto (28:31). Ed Eyestone was 3rd and the first American, finishing in 28:35. Altogether, the Mexican's took

five of the top eleven spots and cashed \$11,200 of the \$20,000 men's purse, further damaging the U.S. trade balance.

Not surprisingly, Norwegian Grete Waitz won the women's race with an excellent 32:10 clocking. A Dane, Dorthe Rasmussen was 2nd (32:45), while, as with the men, the best American placing was Nan Doak Davis' 3rd place showing.

The men's master winner was European 10k masters' Champion Alan Rushmore of Great Britain (31:17), ahead of Ethiopian Atlaw Belilgne (32:02). Gabriele Andersen 10th place overall finish, 35:54, won the women's master contest. Bobbi Rothman trailed Andersen with a time of 38:15.

**Men:** 1. Mauricio Gonzalez (Mexico), 28:30; 2. Marios Barreto (Mexico), 28:31; 3. Ed Eyestone (Reebok), 28:35; 4. J.P. Ndayisenga (Burundi), 28:40; 5. Hans Koelemann (Denmark), 28:54; 7. Don Janicki, 29:01; 10. Paul Rugut. 29:10; Robert Rodriguez (WRC), 34:03; Bob Trost (WRC), 37:42.

**Women:** 1. Grete Waitz (Adidas), 32:10; 2. Dorthe Rasmussen (Denmark), 32:45; 3. Nan Doak Davis, 33:17; 4. Middie Mamrin (Sweden), 33:27; 5. Margaret Gross-Thomas, 33:43; 6. Charlotte Teske (W.Germany), 33:52; 7. Lisa Welch, 33:43; 8. Mary Alico (WRC), 35:12; Cyndia Welte, 35:18; 10. Gabriel Andersen, 35:54.

## **FRANKLIN PARK FIVE MILER SEES REPEAT OF FAMILY SORT**

*by Ace Reporter J.B. Scarborough*

When the Second Annual Franklin Park 5 Miler was held January 10th at Williamsburg Intermediate School in Arlington no one expected that Bobby Briggs' unofficial course record of 25:20 was in jeopardy, and it wasn't. Then again no one expected that the Briggs' family would end up with both the men's and women's course records, but they did.

### **1987 MEMBERSHIP DUES**

It's time for membership renewals. Current memberships expired on January 31st. If you haven't renewed, this will be your last newsletter. I can hear you muttering "I don't care!" Well, just wait and see what we're going to write about you in next month's issue. To avoid further unpleasantness send in your check with the form at the end of this Newsletter.

Tracey Briggs, a reporter for *USA Today* and Bobby's wife, took the women's title, finishing 11th overall, and in the process established a new course standard of 33:30. Men's winner David Bacci ran impressively to finish in 27:03, but had to leave soon after collecting his prize to repair a couple of droids. Ray (The Boss) Springsteen, who finished fifth, was a member of the South Lakes H.S. Seahawks Cross Country team and not a member of the E Street Band. Among the notables in the crowd of 35 runners at the start were Jeff Hunt of Canberra, Australia, who finished 10th. Hunt is looking for local races that serve Fosters' afterward. *C'mon mate, he'd be satisfied with any bloomin' lager wouldn't he be?—ed.*

Also competing was Robert Weiner of Massachusetts, a friend of WRCer J.J. Wind, who obliged the race director serving as the lead vehicle. Jay ran the entire course in front of the lead runner with a orange directional flag waving from the aft of his tights.

Although the first Franklin Park 5 Miler in 1986 was conducted without entry fees participants this time around contributed \$1.00 to an unannounced charity. *The entire Scarborough family wishes to thank them. Just kidding, Jim.—ed.* The funds were turned over to the Feline Health Research Center in tribute to the race director's late cat.

**Results:** 1. David Bacci, 27:03; 2. Michael Bordell, 27:26; 3. Time Kane, 28:03; 4. Chris Cortez, 30:08; 5. Ray Springsteen, 30:58; 6. Jack Mamorstein, 31:16; 7. Norbert Pauli, 32:06; 8. Doug Essary, 32:07; 9. Christopher Chapel, 33:12; 10. Jeff Hunt, 33:15; 11. Tracey Briggs, 33:30 (1st woman); 12. Robert Weiner, 34:28; 13. James Scarborough, 36:58; 14. Winfried Schmidt, 40:20; 15. George Libby, 40:29.

## 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 (530-3246)  
**Treasurer:** Pat Carr (587-7655)

**Newsletter Editor:** John Walsh

### COMMITTEES

**Legal:** Jim Hage, Chairman (652-6886)  
**Membership:** Jeff Reed (836-7284)  
**Newsletter:** John Walsh (462-8955)  
**Finance:** Pat Carr (587-7655)  
**Competition:** Jeff Reed, Chairman (836-7284)  
**Race Management:** Al Naylor, Chairman (345-9342)  
**Social:** Suzy Coffey, Chairwoman (329-9271)

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.

### JETT SETTER REPORTS ON MALAWIAN RACING

#### *Special to WRC by Dennis Jett*

Many of you (actually, it was only one or two) expressed fascination (alright, so it was really only mild interest) with my occasional reports on the running scene in Israel when I was there. Now that I am in East Africa I thought a report on racing in this part of the world might add something (a few ounces perhaps) to the next edition of the *WRC Newsletter* since we are all familiar with the great distance runners who have emerged from here.

I should begin by putting things into a socio-economic perspective. Haiti is the poorest country in the Western Hemisphere. The per capita income here in Malawi is one-third that of Haiti. The underdevelopment reflects itself everywhere, including sports.

The start of this 10 mile race was set for 7 a.m. at the sports club for civil servants in the Malawian capitol city, Lilongwe. By about 10 minutes past the scheduled start, 40 runners had signed in for the competition. The field consisted of 34 Malawians — all men in their late teens and twenties. All were also between 5'6" — 5'10" with body types ranging from ectomorphic to emaciated. About ten were wearing shoes and half of those shoes looked as though they fit.

The other six of us, five Americans, including two women, and a single Dutchman, were older and appeared much better fed than the Malawian runners. In a country where everyone walks everywhere and no one can afford to overeat, I think you could grab anybody off the street and he could run a respectable 10 miler. In any event we pinned on our cloth, two digit numbers, which we would return after the race, and walked around with the usual pre-race jitters.

#### Multilingual Pre-Race Instructions

Finally, around 7:15 club officials lined us up and gave instructions on the course in the local language, Chichewa, and also in English (Malawi is a member of the British Commonwealth). The course was one large loop with several turns over some long rolling hills. There are a few marshalls and several arrows painted on the street to mark the way, but if you don't know the all the turns beforehand you had better run with someone who does. No mile markers, no splits, no traffic control, and, though it was never announced, no water stops on the course. Anticipating something like this, I had along my bicycle water bottle.

After instructions, the gun goes off and we dash

out the sports club gate and onto the street. I saw the bottoms of 68 African feet flailing the pavement ahead of me as I tried to keep up with the back of the pack. Behind me the five other non-Malawians are receding into the distance. After ½ mile, just like in the States, several of the younger runners slow up and I move up a bit through attrition. We run for about a mile on a dirt road and then onto the pavement. After another mile on this road, which is the two lane highway that runs west to Zambia, we turn north and run through an area where there are houses close to the road. The adults give us curious stares, wondering perhaps where everyone is going in such a hurry in their underwear. Though the kids are more vocal, no one remarks about my WRC singlet. Instead, as I go by many of them yell "azungu," a polite term applied to non-Africans. In a country that is 99.9 percent black, we are such a novelty that small children are moved to spontaneously shout greetings.

The next stretch of our course takes us over some low hills. We turn again, heading now past the American Embassy and toward the old part of the city. When we reach there we have a ¾ mile run uphill, before the road flattens in the last ½ mile to finish back at the sports club. At the end I've managed to catch several runners along the way and finish 17th, 6 minutes behind the winner.

No awards or certificates this day, just an uplifting speech or two about the need for training every day. The vacant looks this elicits from the small group of listeners gives you the impression that these guys run about once a week whether they need the conditioning or not.

Runners here all seem to run with a club associated with either a company, the university, the army, the police, or the youth wing of the country's only political party. The team competition is therefore intense.

Although Lilongwe, the scene of this race is the Malawian capital, the largest city and the university are located in the southern part of the country. Here there is more formal sports organization.

#### Again Jett Tops Masters

On November 8 I ran one of the important races on the calendar. It was a 26.2 kilometer dash on a high plateau that looks like something in Colorado. The race course was comprised mostly of logging roads. The foresting is done by hand and the felled timber is moved by oxen. So even though they were cutting at the time it was a remarkably peaceful atmosphere.

We started at an inn at 5000 feet. The first 6 kilometers were uphill, gaining 1600 feet in elevation before we peaked out. Except for some tough footing on the unimproved roads, the rest of the route was easy, either level or downhill, returning to finish where we had begun.

This race field was one of the largest in Malawi with 104 runners. I finished 43rd in 1:50, retaining

It is with sadness that we report the death of Washington Running Club member Jennifer Johnson of Manassas. Jennifer, the daughter of club member Jim Johnson, passed away December 15th. Funeral services were held in West Lafayette, Ind. A memorial mass is scheduled for Saturday February 7th at All Saints Catholic Church in Manassas.

my distinction as the fastest masters runner in the field (there aren't many) and fastest foreigner (again a pretty small field). The winner had covered the course in 1:28. The second place finisher, like most Malawian runners, ran barefoot.

#### Best Seller Planned

After four and a half months here, I am prepared to write the definitive training and diet book, tentatively titled *You Too Can Run Like an East African*. The regime consists of the following easy to adhere to principles:

1. Use no motorized transport — sell your car and do any commuting, shopping, etc. by walking (jog if you wish) or biking (preferably on an old, heavy, single gear bike).
2. After six months of walking or biking everywhere throw away all your shoes. Think of how much money you'll save not buying Nikes. It may be hard on your feet initially, so feel free to put some Shoe Goo on your heels and soles. It is best to avoid applying it between your toes, however.
3. Carry all parcels, groceries, briefcases, etc. on your head. It will do wonders for your balance.
4. Spend only \$1 a day on food. It doesn't matter what you eat either. If you want to keep it to \$.50 a day during the week and splurge on a \$3.50 dinner on Saturday that's alright too.

If you follow this regimen, you need do no other training unless you want to run a marathon. In that case, you will still need your twenty mile training run, but only once a week.

With this method comes my guarantee, that not only can you subdue any weight problem, but you will be a sub 40 minute 10k runner in a year or two. If I can only find enough filler to expand these simple tenets to a 150 page manuscript, I'll have my best seller.

Let me wind up with an appeal for assistance. Since they have so little here, most anything would make a positive contribution to the encouragement of our sport. If club members want to make good use of all those running gear items that are rarely used, but too good to toss aside, you can box them up and send it to me here. I'll see that the equipment gets distributed here to some potential running stars. Thanks and keep up your mileage until we can run again.

## MURPHY WINS ABBREVIATED AU WINTER SERIES 15K RACE

by *Staff Writer Matt Resbach*

Last summer when given a choice, the women in the Bunion Derby Series race held on the hilly American University loop in Northwest Washington opted for racing a single loop of the 5k course instead of the scheduled 10k. This past month the runners weren't even given a choice as race officials shortened the scheduled 25k Snowball Series race to 15 kilometers. Although some grumbling was heard beforehand from those who sought to use the race as a longer run post-race comments turned toward the thankful.

It was neither weather, nor the daunting hill that shortened Dan Murphy's winning run (52:08), but the absence of a race director that forced DCRRC president Roger Peet to take charge of the race at the last minute. Peet's yeoman efforts point up the need for all of the running community to play a part in putting on the smaller local races. Without the efforts of DCRRC we wouldn't have the year-round racing we currently enjoy.

Even at the shorter distance several performances indicated the some area runners working hard to get ready for the bigger races ahead in 1987.

Murphy, a Catholic University student and relative unknown on the local road scene, had command throughout the race, but Arlington's John McGrail stayed close and proved he is maintaining a high level of fitness this winter. Two real standouts, however were WRC's Vassili Triantos and Bill Wooden. Triantos (54:45) finished 3rd overall while Wooden, who seems to have turned his whole racing program up a notch recently took top masters' honors and place 5th overall in 55:38 just behind the always tough Robert Rodriguez.

Donna Elliot, the top distaff finisher in 1:03:23, is another runner who doesn't appear to be treating her winter program lightly.

**Results:** 1. Dan Murphy, Catholic U., 52:08; John McGrail, 52:45; 3. Vassili Triantos, WRC, 54:45; 4. Robert Rodriguez, WRC, 55:31; 5. Bill Wooden, WRC, 55:38 (1st 40-49); 6. John Walsh, WRC, 55:51; 7. Mike Silverman, 55:59; 8. John Weidman, 56:17; 9. 'Jethro' Carr, WRC, 56:37; 10. Theodros Tadesse, 58:00; 11. Larry I'Anson, 58:26 (1st 50-59); Bob Thurston, WRC, 1:00:46; Gerry Ives, WRC, 1:01:56; Donna Elliot, WRC, 1:03:23 (1st woman).

## MISERY LOVES COMPANY AT JFK 20K: 73 FINISHERS; COFFEY, DOHENY QUIT

by *Staff Scribe 'Red' Panama*

After DCRRC officials had shortened the AU 25k race the week before, even with the clear skies and relatively mild temperatures that prevailed, perhaps some runners trekked out to Hains Point January 18 anticipating an abridged version of the JFK Memo-

rial 20k. Wrong folks. In a cold, wet, wind four loops around Hains Point were necessary to get your ticket punched at this 23rd annual event, the #4 Snowball Series race.

WRCers Ed Doheny and club president Jack Coffey exhibited tendencies toward the sedentary — and the brains to seek out the warmth of their automobiles — as both were seen cruising the course during the second half of the race.

As with the previous race in the DCRRC winter series the winner here was determined early. Steve Stebbins posting a time of 1:08:12 to win by more than two minutes over WRCer Jim Eastman (1:10:15). One place further back was another WRC member, Rusty Moore (1:11:02) followed by Ben Beach (DC Harriers) and John Bergeron.

The WRC Women out performed the men this day, capturing the top three spots. Patty McGovern led the way (1:17:19) and was followed by teammates Donna Elliot and Pat Bullinger. Ms. McGovern's performance indicates that she has sufficiently recovered from the leg miseries that plagued her last fall to resume her usual role among the region's top runners.

### Wooden Hearing Footsteps?

Among the other notable performances this day were Bill Wooden's win in the masters race. Bill continues to demonstrate excellent winter conditioning. Could it be that he hears the footsteps of his son Hugh catching up with him?

**Men:** 1. Steve Stebbins, 1:08:12; 2. Jim Eastman (WRC), 1:10:15; 3. Rusty Moore (WRC), 1:11:02; 4. Ben Beach (Harriers), 1:13:48; 5. John Bergeron, 1:14:14; 6. Bill Wooden (WRC), 1:14:23 (1st 40-49); 7. Craig Voise (WRC), 1:14:33; 8. Mike Silverman (RC<sup>2</sup>), 1:14:38; 9. Dave Asaki, 1:14:58; 10. Larry I'Anson, 1:15:08; 13. Bob Thurston (WRC), 1:16:14; 18. John Walsh (WRC), 1:17:49; 23. Gerry Ives (WRC), 1:20:21; 25. Ray Morrison (WRC), 1:21:02; Doug Robinson (WRC), 1:24:41; Bobby Bauer (WRC), 1:24:59; Kevin Kolakowski (WRC), 1:25:52; Herb Chisholm, 1:26:32; Tom Kurihara (PVSTC), 1:27:04; George Banker (RC<sup>2</sup>) 1:28:40.

**Women:** 1. Patty McGovern (WRC), 1:17:19; 2. Donna Elliot (WRC), 1:23:11; 3. Pat Bullinger (WRC), 1:25:52; 4. Jean Silverman, 1:35:18; 5. Judy Flannery, 1:35:53; 6. Anna Berdahl, 1:47:32.

## REGIONAL REPORT REVIEWING RAMPANT RUNNING RUMORS

WRC booked its first qualifier for the 1988 Olympic Marathon trials at the Houston Tenneco Marathon January 18th. **Steve Spence**, in his marathon debut, posted a 2:18:32, good for 22nd place.

**Pete Nye** hopes to finish his book on bike racing in the U.S. sometime this month. He's promised his wife, Val, that he'll take her on a skiing vacation to the little village of Viande de Chevaux in the Belgian

Alps as soon as the royalties start coming in. We hope Pete knows that skis don't have pedals.

If you are a RRCA member and live in Maryland you can get a special license plate for your car. The plates will have a three-letter prefix of "RUN" and a four-digit suffix. The bottom of the plate will be inscribed with the legend "Road Runners of America." Detailed information can be obtained from: Bob Gehret, 4303 Royal Ave., Hampstead, MD 21074. The cost will be \$4 to the MVA and \$1 for administrative costs.

At a recent command performance breakfast **Count Baker** announced that by decree his royal commission was advanced and that henceforth he should be referred to as His Royal Highness, **Prince of Georgetown**.

**Jeff Darman** of Road Race Management here in Washington recently announced the upcoming publication of a *Guide to Prize Money Races and Elite Athletes*. Actual publication is slated for February 16. The guide includes a calendar and contact list for 1987 and early 1988 prize money races, alphabetical listing of torunners with contact addresses and telephone numbers, a recap of top finishers in 50 important 1986 races and the racing records of over 50 top ranked men and women. Also included are contacts for key organizations such as RRCA, TAC, USOC, and the Association of Road Race Athletes (ARRA). Price of the guide is \$25.00. Contact Road Race Management Guide, 507 2nd St., NE, Washington, DC 20002. (202) 547-8313.

Three WRC masters made the *Runner* magazine national rankings, listed in the February issue. **Mary Ellen Williams** is ranked among the top women masters, while **Lucious Anderson** and **Bob Thurston** placed among the top masters men in the country. February 15th the aforementioned Pete Nye joins the ranks of the 40+ crowd. *Happy birthday, don Pedro—ed.*

**Gerry Ives** (WRC/Woodbine Racing Team) is handling club members entries for the Bethesda Chase, March 1st. If you want to run with a WRC team (men, women, masters men, masters women) or have the club pay your entry fee send your entry form to Gerry at 10317 St. Albans Dr., Bethesda, Md. 20814.

**Bob Scharff** has put together a series of training classes and runs aimed at getting runners ready for the Cherry Blossom 10-Miler and the Bonnie Belle 10K. The series is aimed at race novices and costs \$35 for the Cherry Blossom and \$25 for Bonnie Belle. The series begins at the American Red Cross, 2025 E St., N.W., on Saturday, March 7, at 10 a.m. For more information call Bob at 657-2122.

#### MINUTES OF THE WASHINGTON RUNNING CLUB MEETING HELD FRIDAY, JANUARY 9, 1987

In the absence of the President, the Vice-President and the Treasurer, the meeting was called to order by the Secretary, Gerry Ives.

**Competition Committee:** Jeff Reed asked members to submit recommendations for out-of-town races for the Club race schedule. The Club allocates expense money for all members who compete in these races.

**New Business:** Norm Brand announced that the deadline for Cherry Blossom entries was close. The qualifying times for automatic entry this year are: *Open Men*—52:30; *Open Women*—61:00. Gerry Ives announced that the Club would be fielding Men's, Women's, Masters' teams for the Bethesda Chase, March 1. Anyone interested in running on the teams should contact Ives during the day at 452-4242. Norm Brand made a motion, seconded by Bill Wooden, that the Club renew its membership in the Potomac Valley Athletic Association. The motion was passed unanimously.

**Election of Officers:** *President*—Jack Coffey was reelected unopposed; *Vice-President*—Dan Rincon was reelected unopposed; *Treasurer*—Pat Carr was reelected unopposed; *Secretary*—There were two nominees for Secretary, Gerry Ives and John Walsh. Gerry Ives was reelected by a show of hands after a rousing speech in which he noted that Walsh had promised not to serve if elected Secretary and had threatened Ives with bodily harm if he won the election.

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### CLUB NOTES

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#### 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. □

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## GROUP RUNS

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**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. 6:00-9:00 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.

**Sunday Morning Run**, Georgetown, 8:00 a.m. Twelve to twenty 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  
1987 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 1986**

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, 10317 St. Albans Dr., Bethesda, MD 20814

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