

Washington Running Club Newsletter



Volume 6, Number 7

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July 1987

July Meeting in Potomac

The JULY meeting of WRC will be held at Tris Kruger's house in Potomac on Friday, JULY 10, at 7:30 p.m. Take Beltway to River Road exit. Head toward Potomac. The house is 3 miles from the Beltway on the left, at the corner of River and Accord (9641 Accord), about ¼-mile past the Potomac Nursery. Tris is going to try to have his pool open, so bring a bathing suit. There will be barbeque grills available if you want to bring hot dogs or hamburgers. Charcoal, mustard, ketchup, paper plates and utensils will be provided.

EMMONS DOMINANT AT STROH'S 8K: WRC'S EASTMAN BATTLES FOR 2ND

"There is nothing so rare . . ." as a mild late June morning in Washington and former Oregon runner Jasen Emmons took advantage of the unusually cool and dry conditions on June 28 to romp to victory in the annual Stroh's 8k road race in downtown D.C. After a fire drill type start that saw the field narrow to half from the full width of Pennsylvania Ave. in one block, Emmons led a group of six through a 4:54 first mile before taking sole possession of the lead with a 4:48 to the two-mile mark that left him with a 100 meter edge.

Among those in the following group was WRC's Jim Eastman who had won this race a year ago. There would be no repeat of that performance this day, however, as Emmons was more than up to the task of leading and pulled away from his pursuers steadily to finish over one minute ahead of Eastman.

RUNNERS WANTED FOR ANNAPOLIS 10-MILER

WRC will be sending teams, and paying entry fees for the teams, to the Annapolis 10-Miler. The race will be held at 8:00 a.m. on Sunday, August 30, 1987. Dan Rincon is coordinating teams and he has entry forms. All team entries must be submitted together, so contact Dan at h] 441-9265 or o] 454-4861 and he'll take care of it. We hope to send open men and women and masters men and women teams. Please contact Dan before July 15. Let's get out in force and show the other clubs what we can do.

Over the last half of the race Eastman's runner-up spot was threatened by Glenn McDonald of Fairfax, who ran just off the WRCer's right shoulder. The Air Force Captain was up to the younger runner's challenge and sprinted to a final two-second advantage (25:22).

Leading the second five of the race after a very strong performance in the race's second half was newly-minted master's runner Lucious Anderson (25:49) who has yet to flush out any serious challengers among the local over-40 crowd. Anderson started the year with a quick 2:31:20 marathon clocking at Shamrock in Virginia Beach last March and hasn't let up since.

Leslie Cooper of Washington (29:19) led the women's half of the draw from the start, but recent high school graduate Amy Colvin was coming on strong at the end, closing to within 12 seconds.

A WRC crew that included Kevin Kolakowski, Pat Bullinger, Jack and Suzy Coffey, Dan Rincon, Patty McGovern, Coleen Troy and several others showed up to help Colonial Running with post-registration, their stipends going to the WRC treasury.

Men: 1. Jasen Emmons, 24:15; 2. Jim Eastman (WRC), 25:22; 3. Glenn McDonald, 25:24; 4. Terrence McLaughlin, 25:32; 5. Steve Clarke, 25:45; 6. Lucious Anderson (WRC), 25:49; 7. Thomas Stewart, 26:02; 8. J. David Lashar, 26:08; 9. James Carbury, 26:09; 10. Christophe Duncan, 26:15.

Women: 1. Leslie Cooper, 29:19; 2. Amy Colvin, 29:27; 3. Aimee Harms, 30:30; 4. Laura Gaydos, 30:55; 5. Peggy McKelvey, 31:05; 6. Monica Grillo, 31:14; 7. Sue Lewis, 32:18; 8. Eva Abney, 32:44; 9. Eugenia McDonnell, 32:48; 10. Alison Wichman, 32:53.

WRCers BEGIN ANNUAL BUNION DERBY QUEST AT JASCOURT AND CARDEROCK ROAD RAMBLES

Once again Washington Running Club members came out in droves to begin their yearly ritual pursuit of DCRRC Bunion Derby age group titles at the Hugh Jascourt "Living Legend" Four Miler June 7 in East Potomac Park.

Top overall honors and course record awards of \$25 each went to WRC's Pat Bullinger (22:30) and

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.

Darrell General (19:08). Bullinger was unchallenged among the distaff runners while a pack of six runners cruised through the first mile in 4:50 before disintegrating, and General raced on ahead of Larry Fredericks and "the Count" in pursuit.

The real action in the Bunion Derby is in the age group and grudge match categories and the Jascourt race provided plenty of stimulus in these categories as well.

Patrick 'Rocco' Carr earned his first win of the year over his erstwhile adversary and pub-crawling chum Ed 'Doughman' Doheny. 'Rocco' applied what appeared to be a sit-on-his-shoulder strategy until just past the three mile mark. But when 'Doughman' eased in behind fellow masters runner Faye Bradley (GNATS), 'Rocco' sped past both of them and pulled away to follow WRC mate Steve Daniels across the line.

With the division of age groups into five year increments this year more races have been created, but it remains to be seen whether the competition will remain as intense as past summers. "The Count," for one, is already convinced that no one in the 35-39 cohort will challenge him. "Who shall dare challenge my regal majesty," he declared while wrapping himself in a fuschia cape after a 19 point performance at the "Living Legend" race.

Several days later at the Carderock 10k, second stop on the Derby circuit, "the Count" added another twenty points with a 33:13 time good enough for third place overall. His age group win staked him to take an early season lead over commoner John Walsh, 4th in 33:28, who when apprised of "the Count's" earlier comment disparaging challengers responded bluntly, "regal majesty, my ass." His

Washington Running Club

P.O. Box 32378, Calvert Station, Washington, DC 20007.

CLUB OFFICERS

President: Jack Coffey (836-8400)
Vice President: Dan Rincon (441-9265)
Secretary: Gerry Ives (320-3337)
Treasurer: Pat Carr (587-7655)
Newsletter Editor: John Walsh (462-8955)

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Race Management: Al Naylor, Chairman (345-9342)
Social: Pat Bullinger, Chairwoman (820-2018)

WRC ANNOUNCES ANNUAL PICNIC JULY 18 DECADENCE AND PERVERSITY EXPECTED

The Washington Running Club's annual picnic, featuring the world renowned "Beer Relays" and aberrant behavior by several known deviants we keep around for just those purposes, is scheduled for July 18 at the home of club member Tris Kruger. Scant clothing is required and a willingness to engage in trios including animals is preferred.

Those attending the picnic should plan on bringing salads and desserts. The club will provide hot dogs, hamburgers, soft drinks and malt beverages (beer to you uncultured types).

Tris's home has a swimming pool, but all activities related to the performance of obscene acts will be restricted to the abundant shrubbery on the property.

As usual, J.J. Wind will run to the picnic (how does he get home from these things?), but anyone who wants to drive should see the meeting announcement at the beginning of the Newsletter for directions.

Royal Highness was available to answer Walsh, having sped away with a Princess in the royal coach immediately after the race.

The surprise performance of the young season was turned in by one time Bunion Derby champion Jack 'Counselor' Coffey. 'Counselor,' written off as washed up by more than one scribe, demonstrated he has traveled a long way down the comeback trail with a 33:59 posting. He told anyone who would listen afterwards he was "ready to make my case before the Derby is completed."

Results

(Jascourt)—**Men:** 1. Darrell General, 19:08; 2. Larry Fredericks, 20:27; 3. "the Count" (WRC), 20:38; 4. Jeff Huff, 21:05; 5. Doug Slocum, 21:20; 6. Steve Daniels (WRC), 21:30; 7. Patrick 'Rocco' Carr (WRC), 21:31; 8. Ed Doheny (WRC), 21:35; Bill Wooden (WRC), 22:29; J.J. Wind (WRC), 22:30; Chan Robbins (GNATS), 22:45; Bob Trost (WRC), 23:04; Tom Kurihara (PVSTC), 23:06; Ray Morrison (WRC), 23:25; Bobby Bauer (WRC), 23:30; Charlie Ross (GNATS), 23:38; Jack Coffey (WRC), 23:45 (*claims it was a training run*); Kevin Kolakowski (WRC), 23:46; Doug Robinson (WRC), 24:45.

Women: 1. Pat Bullinger (WRC), 22:40; 2. Laurel Huff, 24:46; 3. Suzy Coffey (WRC), 27:01; 4. Chris Stockdale, 27:13; 5. Mary Chicca, 27:23; 6. Patrice Frederick, 27:31; 7. Joanne Mallet (WRC), 27:40; 8. Julie Robey, 27:48; 9. Bobbie Bleistift (WRC), 27:48; 10. Shannon McCarthy, 28:16.

(Caderock)—**Men:** 1. Dan Quinn, 32:36; 2. Coty Pinckney, 32:49; 3. "the Count" (WRC), 33:13; 4. John Walsh (WRC), 33:28; 5. Dominique Dalez, 33:38; 6. Eddie Rowe, 33:56; 7. Jack Coffey (WRC), 33:59; 8.

Steve Daniels (WRC), 34:31; 9. Don Davis (GNATS), 34:35; 10. Ed Doheny (WRC), 34:46; Brian Bates, 36:11; Chan Robbins (GNATS), 36:14; 'Rocco' Carr (WRC), 36:20; George Masson, 36:22; Bob Trost (WRC), 36:35; Dave Johnson (WRC), 36:46; Jay Wind (WRC), 36:47; Ray Morrison (WRC), 36:51; Bobby Bauer (WRC), 37:41; Dick Hipp, 37:49; Bernie Gallagher, 38:50.

Women: 1. Marie Bauman, ??:??; 2. Suzy Coffey (WRC), 42:41.

QUINN WINS FORT DUPONT BUNION RUN AFTER INTRA-CLUB BATTLE IS AVOIDED

by Newsletter Editor John M. Walsh

Following a pre-race personality clash between two WRC members who will remain nameless, the season-long Bunion Derby points battle continued June 24 at Fort Dupont Park with the DCRRC's annual Mystery Distance Race.

Neither of the combatants was available for comment following the incident, but after vigorous interrogation former *WRC Newsletter* editor Don Pedro admitted he had witnessed the events. Don Pedro who said, "Gee, I don't understand it, they're both 'great guys'" told this correspondent — while his arm was twisted — that the two club members seemed to disagree about certain characteristics of one another's parents. He added, "I didn't even know they knew each others families."

Dan Quinn added another 20 points his total in the 25-29 age group with his second consecutive win and John Walsh (39 points) pulled within one point of "the Count" in the 35-39 group. "The Count," apparently, was unable to retrieve his cape from the dry cleaners and failed to appear.

Well along the comeback trail now, Jack Coffey garnered top point honors in the 30-34 group, moving himself among the leaders after three races.

As usual the masters division was hard-fought, with Pete Nye finishing 8th overall after passing Eamonn McEvilly well into the second half of the race. Nye turned in a time of 32:40, seven seconds ahead of McEvilly. Bill Wooden was another ten seconds in arrears in 10th place. Eight masters, five of them with WRC, finished in the top 20 overall.

For the first time in recent memory J.J. Wind failed to take the early lead at Fort Dupont. Unaware of the traditional deference shown to J.J., who likes to use his kick while he is still fresh, Dan Quinn went right to the lead that he never relinquished.

This race also marked the long awaited series debut of Betty Blank, fresh off a triathlon season highlighted by a 3rd place performance at the Oxford Md. competition. Following her 2nd place finish this evening she regaled her post-race dinner companions with anecdotes from multisport exploits and trenchant comments on the local running and social scenes.

It was an exciting evening all around.

Men: 1. Dan Quinn, 30:22; 2. John Walsh (WRC), 30:57; 3. Darryl Stewart, 31:08; 4. Jack Coffey (WRC), 31:47; 5. Robert Rodriguez (WRC), 32:08; 6. Steve Daniels (WRC), 32:27; 7. Jay Wind (WRC), 32:30; 8. Pete Nye (WRC), 32:40; 9. Eamonn McEvilly, 32:47; 10. Bill Wooden (WRC), 32:57; 12. Bob Trost (WRC), 33:36; 13. Theo Taddesse, 33:37; 14. George Masson, 33:47; 15. Richard Pankow, 33:48; 16. John McGrail, 34:39; Bobby Bauer (WRC), 34:47; Ray Morrison (WRC), 35:05; Frank Probst, 35:30; James Scarborough (WRC), 38:30; Steve Clapp, 38:37; Jeff Darman, 38:40; George Cushmac (WRC), 38:45; Jeff Reed (WRC), 39:33; Dick Good, 42:56.

Women: 1. Jennifer Westfall (RC²), 38:10; 2. Betty Blank (WRC), 38:45; 3. Chris Stockdale, 41:50; 4. Joanne Mallet (WRC), 44:51.

WHOM'S DOING WHAT TO WHO, AND ALL ABOUT GRAMMAR'S MARATHON

Jim Hage ripped through the final 10K of Grandma's Marathon in 32:00 and took 2nd place with a 2:16:33. Although Hage was more than four minutes behind the leader at the 20-mile mark he was closing fast when he ran out of race, finishing twenty-seven seconds behind winner Dan Schlesinger. **Bruce Coldsmith** finished in 2:20:00.93, which was rounded off to 2:20:01. Coldsmith intends to appeal to the Olympic Trials Committee to see if they will accept his time as qualifying.

Ex-WRCer **Patty Peoples**, who has moved from running to competitive cycling, took 8th place in the Washington Trust Classic at Spokane, Washington. Peoples rides for the Winning-Peugeot team.

WRC's standout high school runner **Greg Early** easily won the Maryland Games Boys' 3,000 and 5,000 meter races. Early ran 9:08 for the 3,000 and 16:20 for the 5,000. Greg has also been selected by *Scholastic Coach* magazine and Gatorade for the Circle of Champions Award. He was named the High School Boys Track Athlete of the Year from Maryland. Only one athlete is selected from each state, so this is quite an achievement.

Don't look for **Patty McGovern** at the local races for a couple of months. Five steps into a training run McGovern heard something snap in her foot and felt a sharp pain. Ignoring the discomfort she ran four miles of her workout until the pain was a little too much, even for her. An X-ray revealed a fractured bone that necessitated a leg-cast. To literally add insult to injury, McGovern has just lost her job. Always one to look on the bright side, Patty's comment was, "well, at least it can't get any worse!"

The *Washington Post* published pictures of several **Pat Carr** cronies who live on the vacant land adjacent to 34th & M St. N.W. in connection with the dedication of that land as Francis Scott Key Park. Carr praised the Park Service for its action in creating the Park, noting it was much classier for his Sunday morning running pals to meet at Key Park rather than "where the bums live."

Now, we're going to be mature and play this news item straight! The Woodbridge-based running magazine *Running Times* has been taken over by Flynt Enterprises, the publishers of *Hustler* magazine. The magazine's editor, **Ed Ayres**, and the main office will be moving to the West Coast, but there will still be a local bureau in Woodbridge. *You didn't think we could do it, did you. And we don't want any off-color comments from our California contingent—got that Ira!*

Alan Roth is looking for someone to run with **Rick Holborow**, one of Achilles T.C.'s blind athletes. Rick trains at a 6:30-7:00 minute pace for 5-6 miles and would prefer to run in the evening, but is willing to change his schedule. He's training for the Canadian-American Disabled Games and hopes to go to the International Disabled Games in Korea following the Olympics. If you can help out, call Rick at h] 244-6857 or w] 275-8614.

FREE TICKETS FOR AUGUST MEDICAL SEMINAR TRADED FOR WORK AT DIAMOND JUBILEE 5K

Dr. Steve Pribut is offering tickets to American Podiatric Medical Association Seminar on August 8 (Saturday) at the Sheraton Washington for work at his Diamond Jubilee 5K held on the same day in Rock Creek Park. If you have foot problems, this might be good place to check the problem.

Park at the Carter Barron Amphitheater (16th Street and Kennedy NW). You need to be at the Park Ranger Station at 7:30 AM. We need 10 people for a Water Station. Colonial Running is doing the finish line so we need people other than them. Contact Pat Neary for details 703 841-6490.

BULLINGER, EASTMAN SYNCOPATE COMPETITION AT BLUES ALLEY RUN

by Newsletter Scribe Emmett Grogan

WRCers Jim Eastman and Pat Bullinger both cut short the hopes of any pretenders when they stepped to the starting line for the June 13 running of the Blues Alley 10k at West Potomac Park.

Bullinger had the race's other women conceding victory even at the starting line where several of her competitors were seen gesturing toward the demurely clad front runner and shaking their heads in acknowledgment that they were competing for runner-up honors. When the starting flag dropped they had no reason to change their assessments as a 5:35 first mile opened a wide gap on any pursuers. Her final margin of 2:15 over clubmate Donna Elliot was a fair measure of her dominance. Elliot's 2nd place time of 38:39 was a seasonal best for her, and an indication that perhaps she is ready to up from her recent 23rd place ranking among local women road racers.

Eastman (32:03) encountered just a bit more resistance in the men's draw as a revived Coty Pinckney

chased the Air Force officer through the first five kilometers. Pinckney, severely troubled by leg miseries for the last year, couldn't hold the pace after running the Carderock 10k three days earlier — where he also finished second — and fell back quickly after the midway point, finishing in 32:40.

A bit further back Kevin Kolakowski of WRC was en route to posting a season, and lifetime best for the 10k distance. Following up on his 38:19 p.r. at the Fritzbe's race last month, Kevin trimmed nearly another full minute from his best mark, finishing in 37:27. Good progress for a guy who had never been under forty minutes until 1987.

Results

Men: 1. Jim Eastman (WRC), 32:03; 2. Coty Pinckney, 32:40; 3. Michael George, 32:51; 4. Patrick Dewine, 33:49; 5. Jeff Regelman, 33:55; Kevin Kolakowski (WRC), 37:27; Dave Albinson (WRC), 38:05.
Women: 1. Pat Bullinger (WRC), 36:25; 2. Donna Elliot (WRC), 38:39; 3. Rachel Kramer, 41:00; 4. Debra Schweitzer, 41:48; 5. Carolyn Ulrich, 42:10.

BUNION DERBY STANDINGS AFTER FIRST THREE RACES

by Will Woodbine

With the Hugh Jascourt 4-Miler, the Carderock 10K, and the Fort Dupont Mystery Distance completed, the picture is still not clear as to who is going to win the coveted age-group awards in the Bunion Derby and go on to fame, fortune, and physical breakdown.

At the moment WRC has the lead in six divisions: the Men's 30-34 (Coffey), 35-39 (Wind), and 40-44 (Trost), and Women's 25-29 (Bullinger), 30-34 (Rainville-Coffey), and 50+ (Mallet). The Club's greatest depth seems to be in the 40-44 group where the first five runners belong to WRC, followed by the top three in the 30-34, and three of the top four in the 30-39 division.

This is the first year that DCRRC has tried a 5-year age groupings. Also, the awards have been extended for the men's 40-44 and 45-49 age groups to include the top five runners in the series, rather than the top four as was previously announced.

The standings are brought to you courtesy of DCRRC's Statistical Standout, George Banker. George would appreciate it if you would try to write a little more clearly on your race cards—some of the cards have had to be sent to the Defense Intelligence Agency for decoding.

MEN

20-24: 1. Darryl General—40; 2. Jeff Huff—19; Mark Eris—19; 4. Chris Heintz—18; Rod Schrebel—18.
25-29: 1. Steve Daniels (WRC)—57; 2. Ted Poulos—51; 3. D. Lemoine—42; 4. Dan Quinn—40; 5. Parrish Hawkins—19; Dominique Daluz—19; 7. Marcio Duffles—18; 8. Stuart Richman—17; Bill Stahr—17; 10. Larry Fox—16; James Scarborough (WRC)—16; 12.

Ronald Stewart—15; 13. Alejandro Salcedo—15; 14. Jeff Reed (WRC)—14; Kevin Jones—14.

30-34: 1. Jack Coffey (WRC)—39; 2. Pat Carr (WRC)—37; 3. Robert Rodriguez (WRC)—33; 4. Mark Pulguese—26; 5. Pat Finn—25; 6. Doug Slocum—20; Coty Pinckney—20; 8. John McGrail—18; 9. Doug Wham—17; Jim Reilly—17; 11. Ralph Crozier—16; Thomas Skelly—16; 13. Kevin Kolakowski (WRC)—15; 14. Phil Boyle—13.

35-39: 1. Jay Wind (WRC)—50; 2. Theo Tadesse—49; 3. Count Baker (WRC)—39; John Walsh (WRC)—39; 5. Rick Loughery—36; 6. Larry Frederick—35; 7. Louis Pribyl—26; 8. Reeves Westbrook—20; 9. Richard Massaro—18; 10. Craig Anderson—16; John Carrion—16; George Shepard—16; 13. John Herrington—15; James Duffy—15; 15. Cliff Balkam—13.

40-44: 1. Bob Trost (WRC)—51; 2. Ray Morrison (WRC)—44; 3. Bobby Bauer (WRC)—42; 4. Ed Doheny (WRC)—39; 5. Bill Wooden (WRC)—37; Eamonn McEvilly—37; 7. George Masson—33; 8. Andy Buechele—26; George Myers—26; 10. Alan Weiss—25; 11. Harry Cross—22; 12. Rick Davey—21; 13. Pete Nye (WRC)—20; Don Davis—20; 15. Richard Pan-kow—15; Dave Johnson—15.

45-49: 1. James Hanscomb—52; 2. Chan Robbins—40; 3. Bill March—38; 4. Joe Broderick—37; 5. Chuck Moran—25; 6. Elliot Wilner—21; 7. Charlie Ross—19; Dick Hipp—19; 9. Steve Clapp—18; Bernie Gallagher—18; 11. George Cushmac (WRC)—17; John Noble—17.

50-54: 1. Al Marcy—57; 2. Rolland Elliott—56; 3. Gerry Smith—48; 4. Tom Kurihara—40; 5. Joe Rogers—30.

55-59: 1. Ray Randolph—40; 2. Dick Good—20; 3. Dan Swicord—19; 4. Ira Hamburg—18.

60+: 1. Bill Osborne—39; 2. George Robertson—38; 3. Sy Glanzer—37; 4. Al Gutttag—33; Frank Luff—33.

WOMEN

20-24: 1. Julie Peet—39; 2. Pat Palermo—20; 3. Laurel Huff—20; 4. Mary Liano—19; Mary Culkin—19.

25-29: 1. Pat Bullinger (WRC)—20; 2. Peggy Dickin-son—20; 3. Mary Chicca—19; Anne Burkhardt—19; 5. Patrice Frederick—18.

30-34: 1. Suzy Coffey (WRC)—38; 2. Jo White—20; Jennifer Westfall—20; 4. Bobbie Bleistift—19; Kitzie Higgins—19.

35-39: 1. Lynda Durfee—39; 2. Doreen Myers—37; 3. Betty Blank—20; 4. Elizabeth Sadoff—19; 5. Kathy Gute—18.

40-44: Chris Stockdale—55; 2. Rosemary Avery—54; 3. Georgiana Havill—20; Marie Baumann-Roberts—20; 5. Shannon McCarthy—19.

45-49: 1. Karen Lovelace—59; 2. Carol Moran—39; 3. Else March—18.

50+: 1. Joanne Mallet (WRC)—40; 2. Lee Glassco—37; 3. Charlotte Edwards—19; 4. Linda Sipprelle—18.

NO NEWSLETTER REPORTER AT GEORGETOWN U. LOMBARDI 10K

by Will Woodbine

WRC had no reporter at the Georgetown U. Lombardi 10K. We could have cheated by ripping off Donna Niewiaroski's story from the *Post*, but we're not those kind of guys.

Probably, John Doub quickly took the lead from Dave McCormack and Jasen Emmons. And, after glancing over his shoulder to see if Joe Kipsang had snuck into the race, cruised in to a comfortable 32-seconds win, we think.

In the women's division Tracey Briggs, Bobby Briggs better half (we're sure about that), held off standout masters runner, Cindy Dalrymple, for the win. Not far back, as far as we can tell, was one of WRC's standout masters women, Beverly Shooshan. Shooshan has been causing a stir in the masters ranks over the past few month with some impressive times—that's another thing we're sure about.

Well, that's about it; sorry we're so vague, but we weren't there you know!

Men: 1. John Doub (WRC), 30:53; 2. Dave McCormack, 31:25; 3. Jasen Emmons, 31:29; 4. John Wes-sels, 31:43; 8. Jim Eastman (WRC), 32:26.

Women: 1. Tracey Briggs, 38:08; 2. Cindy Dalrymple, 39:31; 3. Yvonne Joyce, 40:10; 4. Beverly Shooshan (WRC), 40:39; 5. Molly Pyle, 41:28.

CLUB NOTES

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. 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.

Monday through Thursday Runs, Byrd Stadium (University of Md.), 6:30 p.m. Various distances, various paces. **Contact:** Dan Rincon at 454-4861 during day.

Training/Coaching Advice—by arrangement: Dan Rincon w/ 454-4861 or evenings h/ 441-9265.

**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, 7817 Tomlinson Ave., Cabin John, MD 20818

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