

# Washington Running Club ★ Newsletter

Volume 6, Number 10

© 1987 Washington Running Club

October 1987

## October Meeting in Rosslyn

The OCTOBER meeting of WRC will be held on Friday, OCTOBER 9, 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 three blocks 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.

## GENERAL AND FRENCH-LEE DOMINANT AT FOOTLOCKER PARTNERS 8K RACE

by *Sp. Corpse 'Red' Panama*

When the first of the Footlocker Partners 8K field passed the mile mark in 4:40 on September 26 there were several unfamiliar, but no surprising faces among them. Less than half a minute later however, the sight of an unknown woman leading the field, and on such a hot pace was startling. Only later, as the runners proceeded around the compact, multi-turned, two-loop Lincoln Memorial course were spectators informed that the woman leading the field was Canadian runner Sue French-Lee, from Vancouver, British Columbia.

Some perspective on her performance: French-Lee beat WRC's national class track and road racer Suzanne Girard-Eberle by over a minute and a half. An outstanding performance on a layout that didn't lend itself to fast times.

Although this downtown course was terrific for the few spectators present, allowing them to see the race develop at as many as 3-4 points on each of the two loops, its shape and location made for difficult racing. This was reflected in the finish times, as only five men in a classy field eclipsed 25 minutes.

First among them from the start to the finish was Temple Hills, Md. resident Darrell General (24:08), who put together what we may look back on as a breakthrough performance. In a group that included Richard Lee, husband of the distaff winner, Jim O'Keefe, WRCers John Eberle and Mike Mansy, Kevin Black, and area newcomer Phil Woodyard, General was dominant.

Just past the first mile mark General moved to the head of the seven runners in the lead pack and then

proceeded to break the pack up very quickly. By the end of the first loop he had strung out the leaders in the line nearly 40 seconds long. Lee, his closest pursuer was, easily, 70 meters in arrears.

The order remained constant and the margins similar until nearing the finish, where Woodyard (25:05) overtook Black (25:10) for 6th place.

Among the wife-husband teams Sue French and Richard Lee took top honors with a combined time of 51:04, followed by Suzanne Girard and John Eberle (53:04) and Cheryl and Jim O'Keefe.

**Results: Men**—1. Darrell General, 24:08; 2. Richard Lee, 24:25; 3. Jim O'Keefe, 24:46; 4. John Eberle (WRC-Avia), 24:47; 5. Mike Mansy (WRC-Adidas), 24:50; 6. Phil Woodyard (Reebok), 25:05; 7. Kevin Black, 25:10; 8. Dan Quinn, 25:27; 9. Larry Frederick, 25:28; 10. Jeff Palmer, 25:29; Tom Weber (NOVA), 26:45

**Women**—1. Sue French-Lee, 26:39; 2. Suzanne Girard-Eberle (WRC), 28:17; 3. Anne-Marie Jutel, 28:35; 4. Susan Jorgenson, 29:19; 5. Doreann Lambellet, 29:21; 6. Cheryl O'Keefe, 29:26; 7. Carolyn Forde, 29:48; 8. Laretta Miller, 29:50; 9. Sarah Coster, 30:01; Heidi Roe, 30:11.

## CLAPPER COMPLETES CUISINE COURSE AS COMPETITION PLEADS 'NO MAS'

Washington in late September often provides the kind of ideal racing conditions enjoyed by those who contested the Cuisine Course 10K, September 27 at West Potomac Park. Usually when this kind of weather prevails however, tough competition is also the order of the day. But WRC's Gerry Clapper was left to run what essentially became a time trial on

### Marine Corps Marathon Information

WRC Members are expected to submit their own entries for the Marine Corps Marathon. The Club will reimburse members for their entry fee upon request. Telephone Pat Neary, (703) 455 8553 between 7-9 P.M., in order to be entered on a club team.

WRC members and their guests are invited to the Hyatt Arlington, 1325 Arlington Blvd., Rosslyn, after the race. Showers and refreshments will be available in Room 411 from 10 a.m. until we run out. The therapeutic services of a masseuse will be offered from noon until 2 p.m.

this day, finding the road behind him empty when he crossed the finish line 30:39 after the gun was fired.

It was over two minutes after Clapper finished that former WRCer Tim Gavin (32:54) crossed the line in 2nd place, ready for a post-race cool down run with the winner.

Closer racing took place for the 3rd-5th spots with Michael Banks (33:12), Chris Duncan (33:32), and Jim Carbary (33:36) dueling until the final mile.

WRC's Mark Baldino (34:55), getting the most out of a his short season before Colonial Running's fall race schedule hits top gear, finished 9th, just ahead of clubmate and business partner Tem Washington (35:20). Washington might honestly plead extenuating circumstances since he had also run the Foot-locker race the previous day.

Marta Vogel took top women's honors, by virtue of her 38:03 winning time. She was more than a minute in front of runner-up Susan Barb. Third place went to Stephanie Shipp in 41:01. WRC's Betty Blank (41:45) was 6th.

#### **DONATION GIVEN TO WRC BY AMERICAN PODIATRIC MEDICAL ASSOCIATION**

WRC member Dr. Stephen Pribut forwarded a \$50 donation to the Washington Running Club from the American Podiatric Medical Association. The accompanying letter said:

"Enclosed is a donation to WRC from the American Podiatric Medical Association. It is for the help that I received with the Diamond Jubilee 5K. I greatly appreciated the support that the WRC members provided and the initiative of Pat Neary in taking complete charge of the on-course signs and water stops."

## **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)

#### **COMMITTEES**

**Legal:** Jim Hage, Chairman (652-6886)

**Membership:** Jeff Reed (836-7284)

**Newsletter:** John Walsh (462-8955)

**Finance:** Pat Carr (587-7655)

**Competition:** Dan Rincon, Chairman (345-9342)

**Race Management:** Al Naylor, Chairman (345-9342)

**Social:** Pat Bullinger, Chairwoman (820-2018)

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.

#### **SPENCE & HAGE CRACK TOP TEN AT PHILADELPHIA DISTANCE RUN**

*Special to WRC by Lisa Hamm*

Almost everyone enjoyed the perfect racing conditions that greeted runners of the September 20 Philadelphia Distance Run, but few enjoyed better racing performances than the several, past and present, Washington Running Club members who trekked to the City of Brotherly Love.

A pair of WRCers, Steve Spence (1:03:30) and Jim Hage (1:04:30), cracked the top ten of the highly competitive field, placing seventh and ninth, respectively. Before rushing back to the Washington area to "mow the lawn," newlywed Al Naylor bested his old PR by two seconds, posting a 1:07:40.

WRC Emeritus Bruce Robinson, preparing for Hawaii's Ironman Triathlon gave strong evidence he's "in shape," completed the race in 1:08:05. Robinson's performance indicated he isn't quite ready to join Rincon, Albers, and Coffey as a charter member of the Over the Hill T.C.

Transplanted WRCer Coleen Troy announced, and proved, that "Coleen is back," with a very encouraging performance. The Cherry Hill, New Jersey resident posted her best times this year at the 5 miles, 10K and 10 miles enroute to her 1:26:30 half marathon clocking. Colleen is recovering from an ileotibial band injury she was afraid might end her running career.

Dick Brannan was disappointed with his time of 1:29.

Racing conditions were to nearly everyone's liking — crisp, cloudy and cool, with temperatures in the 50s. The scenic course along the Schuylkill River, mostly protected the runners from a 15-mile-per-hour breeze.

#### **VENTURA-MERKLE TOPS LOCAL FINISHERS AT WOODIES' FAIR LAKES TEN KILOMETER**

*from Wired Service Reports*

In a final tune up before the Erie (Pa.) Marathon Kathy Ventura-Merkel (38:41) took home \$250 in prize money as the top Washington-area finisher, behind Darlene Beckford, Alisa Harvey and Lori Taylor, at the September 20 Woodies' Fair Lakes 10k.

Facing a hilly course and muggy weather most times were a minute or more slower than runner's expectations and many complaints were heard after the race.

First place finisher Jon Sinclair (29:10), apparently unsatisfied with his appearance fee and \$1000

cash award commented that courses like this turn the race into "a roll of the dice." Spectators, on the other hand, were treated to close racing and the sight of several world-class road racers actually busting their guts.

The battle for top honors never involved anyone other than Sinclair, runner-up J.P. Ndayisenga, and John Glidewell, whose blistering 4:32 opening mile, downhill, separated the three frontrunners from the rest of the field. Glidewell, a former Ohioan now living in Chantilly, Va., showed perhaps too much enthusiasm in his first Washington area performance after a several season hiatus, and was unable to answer a Ndayisenga surge between the second and third miles.

After dropping Glidewell, Sinclair rode Ndayisenga's pace, until past the six mile mark — never moving ahead, but never more than a stride off the Belgian's shoulder. If it was 'a roll of the dice' at the end, Sinclair must be using a loaded pair, because over the last 400 meters the same strong finish sprint he used at Cherry Blossom last spring again finished off his challenger. Top WRC finisher on the men's side was Mike Mansy (31:42) in 6th place.

The women's race for top honors featured an interesting duel between a pair of nationally ranked 1500 meter runners. Experience won the day on the distaff side, as Darlene Beckford (NBTC) of Cambridge, Mass., controlled the pace throughout, and had plenty left at the finish to hold off any challenge from University of Tennessee senior Alisa Harvey.

**Results:** 1. Jon Sinclair, 29:10; J.P. Ndayisenga, 29:14; John Glidewell, 29:32; 4. Dave McCormack, 30:55; 5. Jama Aden, 31:23; 6. Mike Mansy (WRC-Adidas), 31:42; 7. Joseph Cresko, 31:57; 8. Jeff Huff, 32:35; 9. Kevin black, 32:55; 10. Jesus Padilla, 34:00.

**Women:** 1. Darlene Beckford, 35:31; Alisa Harvey, 35:33; Lori Taylor, 36:41; 4. Kathy Ventura-Merkel (WRC), 38:41; 5. Laurel Huff, 38:54; 6. Susan Pantzer, 39:50; 7. Becky Nolan, 41:19; 8. Audrey Wendolowski, 43:27; 9. Kay Gardner, 44:13; 10. Anne Sumser, 44:32.

### 1987 BUNION DERBY RESULTS; WRCers TAKE MANY TOP SPOTS

*by Will Woodbine*

George Banker, DCRRC Historian and Statistician, has come up with the final tally of award winners in the 1987 Bunion Derby. Don't blame George for the later-than-usual results; late receipt of results from one of the races caused the delay.

This year saw 385 individuals competing in the series, with the greatest number of competitors in the male 40-45 age group. Toughest competition in the female division was in the 30-34 grouping. Both of those age groups were won by WRC members.

Of the sixty-seven award winners overall, twenty-one were WRCers. Club members took the top places in eight of the seventeen age divisions.

The WRC division winners were: Steve Daniels in

the 25-29 group—an improvement on his 2nd place finish to Jack Cleland last year; Jack Coffey and Robert Rodriguez in the 30-34 group—Rodriguez was expecting a baby, otherwise he would have whipped WRC prez Coffey; John 'Wrong Way' Walsh in the 35-39 grouping—due to his penchant for going off-course, Walsh ran more miles than any other Derby contestant; Ed Doheny in the 40-44 top spot—there could have been a father-son winning combination but Ed's son, Dennis, only showed up for one race; Bernie Flynn Creed in the women's 25-29 group—she is also the top-ranked new mom; Betty Blank in the 30-34 women's top spot—it wouldn't be the Bunion Derby without Ms. Blank; Chris Stockdale in the women's 40-44 front position—not bad for her first Bunion series; and finally the perennial winner, Joanne Mallet, again captured the top position in the women's 50-and-over division.

Awards will be given out on Sunday, October 4th, immediately after the DCRRC 20 Miler, behind the Torpedo Factory in Old Town, Alexandria, Va. If you are unable to attend, please arrange for someone to pick up your award.

#### Men

**19 and Under:** 1. David Havill; 2. Brian Bates.

**20-24:** 1. Christopher Heintz; 2. Darryl Stewart (WRC); 3. Eric Schulze.

**25-29:** 1. Steve Daniels (WRC); 2. Bill Stahr; 3. Ted Poulos; 4. James Scarborough (WRC); 5. Didice Lemoine.

**30-34:** 1. Jack Coffey (WRC) and Robert Rodriguez (WRC); 2. Pat Carr (WRC); 3. Kevin McGarry (WRC); 4. Kevin Kolakowski (WRC); 5. Pat Finn.

**35-39:** 1. John Walsh; 2. J.J. Wind (WRC); 3. Rick Loughery; 4. Larry Frederick; 5. Craig Anderson.

**40-44:** 1. Ed Doheny (WRC); 2. Bill Wooden (WRC); 3. George Masson; 4. David Johnson (WRC); 5. Bob Trost (WRC).

**45-49:** 1. James Hanscomb; 2. George Cushmac (WRC); 3. Bill March (WRC); 4. Joe Broderick; 5. Chuck Moran; 6. Roger Burkhart.

**50-54:** 1. Tom Kurihara; 2. Al Marcy; 3. Roland Elliott; 4. Gary Smith; 5. Joe Rogers.

**55-59:** 1. Larry Dickerson; 2. Ray Randolph; 3. Dick Good.

**60 and Over:** 1. Bill Osburn; 2. George Robertson; 3. Sy Glanzer; 4. Alvin Gutttag; 4. Richard Lukes; 5. Henry Heyman; 6. Frank Luff; 7. Bud Averitt.

#### Women

**19 and Under:** No qualifiers.

**20-24:** 1. Sharon Burkhart; 2. Julie Peet; 3. Christine Edwards.

**25-29:** 1. Bernie Flynn Creed (WRC); 2. Pat Bullinger (WRC); 3. Patti Frederick.

**30-34:** 1. Betty Blank (WRC); 2. Suzy Rainville Coffey (WRC); 3. Julie Ferguson.

**35-39:** 1. Lynda Durfee.

**40-44:** 1. Chris Stockdale (WRC); 2. Georgiana Havill; 3. Rosemary Avery.

45-49: 1. Karen Lovelace; 2. Carol Moran; 3. Else March.

50 and Over: 1. Joanne Mallet (WRC); 2. Charlotte Edwards; 3. Lee Glassco.

### NIKE CAPITAL CHALLENGE CROWNS NEW CHAMPIONS

by Sp. Reporter Ty Delbaisoune

The 7th annual Nike Capital Challenge enjoyed its largest field of entries, 113 teams, and one of its closest finishes as Capitol Hill staffers John Wessels and Scott Celley separated themselves from the competition, but not from one another until near the tape of the three mile contest.

On a mild, breezy September 15th morning Wessels and Celley left Associated Press reporter Dick Kiel and WRCer John Walsh far behind with a 4:37 opening mile and passed the two mile mark in 9:20. They were still stride for stride when rounding the final turn 300 meters from the finish. Wessels proved the stronger sprinter this day however, and pulled away easily to win in 14:06, seven seconds in front.

Far back in third place (15:17) Kiel ended Walsh's three-year reign as top journalist in the Capital Challenge.

Patty McGovern came out, but not to defend her women's title. Just returned to running after recovering from a fractured foot, McGovern was present only to enjoy a light jog.

McGovern's course record (16:04) was never threatened however, as Hill staffer Heidi Gerken, posted a decisive win over Justice Dept. lawyer Sally Strauss. Taking show honors in 18:14 was WRCer Donna Elliot, after a 5:47 opening mile. Lisa Hamm was 2nd woman journalist with a time of 20:50, a p.r. by a minute and a half.

### READ THIS COLUMN—OR GOD WILL TAKE THE NEWSLETTER EDITOR HOME

As we went to press the *WRC Newsletter* learned that **Kathy Ventura-Merkel** followed her 4th place finish at the Fair Lakes 10k, good for \$250 as the top local finisher, with a win at Erie, Pa., Eriesistible Marathon. Kathy took over the lead near the twenty mile mark, and her winning time of 2:51:40 put her five minutes ahead of her closest pursuers. The victory enriched the Merkel TAC trust fund to the tune of \$2000.

We missed **Keith Bombaugh's** time at Annapolis (59:11) and at the MCRRC Country Road 8K (10th place, 29:11). Sorry about that Keith!

When was the last time you were disappointed with a new PR. **Kevin Kolakowski** returned from a vacation at his parents' summer home in New York State's Adirondack Mountains after running a 1:29 half-marathon at a Lake Placid event, bettering his previous best by four minutes, and all he could do

was complain about not running faster. Wait until you go two years without a p.r. like the editor, KK.

WRC heart throb **Bill Larsen** is headed for the altar. The lucky lady is **Sally Garman** (we don't know if she runs). Bill wanted to get married at the Iwo Jima Memorial on November 8th, before the start of the Marine Corps Marathon, but cooler heads prevailed. The ceremony will be held in Scottsdale, Ariz., at the end of November and after Bill has recovered from the race.

**Barbara Miller** and **Robert Rodriguez** are the proud parents of **Dianna Marguerite**, a 6lb. 2oz. baby girl born on September 9. WRC extends heartfelt congratulations!

**Wayne S. Allen** will soon be doing his running in England. He's being reassigned to Alconbury, England in mid-November—don't forget to take your GoreTex rain gear! Wayne promises to continue his WRC membership, he can use the newsletters to dry out his shoes.

The D.C. chapter of the American Institute of Certified Public Accountants took top honors in the professional society's national 10k road race September 20 in New York City's Central Park thanks to the efforts of WRCers **Pat Carr** and **Ed Doheny**. Rewarded with the trip to the national race based on an earlier local contest, Pat and Ed managed to find their way to the Tavern on the Green starting line despite two days of drunken debauchery — Doheny later remarked at the fortuitousness of having the start in front of a tavern. "Anywhere else," he said, "and we've have had trouble finding it, but that 'Rocco' has a remarkable olfactory sense for saloons." Carr (34:47) and Doheny (34:52), placed 3rd and 4th respectively, while D.C. teammate **Chris Hackett** (35:30) finished seventh.

When **Lisa Hamm** returned to her car after the September WRC meeting she found one of the windows smashed. Lisa had parked in the garage opposite the AMS building. It seems even Rosslyn has a crime problem, so don't leave any valuables in your car when you come to the meetings.

**Dan Rincon** was misquoted in the *Washington Post* (they won't even talk to us, never mind quote us!). The Maryland Weekly on September 24 reported Dan as saying that Eleanor Roosevelt High School senior and WRC member **Greg Early** had the talent to be the best in the nation. What Dan said is that Greg has the talent to be *one of the best high school competitors* in the nation.

Following Greg's course record setting win at the Palotti Invitational cross country race the same *Post* scribe questioned whether "intensive training" over the summer "could have... burned out [Early] for this cross country season." Note that the husband of the *Post* reporter in question coaches running sports at Kennedy High School in the Maryland suburbs. Nothing is quite so easy as second guessing the coach and athlete, even when they produce the kind of success Dan and his athletes at Eleanor Roosevelt H.S. have enjoyed.

## TROST CHOOSES CITYBANK 5-MILER OVER ROCHESTER, N.Y., MARATHON

by *Special Correspondent Bob Trost*

For the past 5 years I have traveled north over Labor Day Weekend to compete in the Rochester Marathon. This year I decided to shun the marathon and run a challenging 5-mile race instead.

Defending champs Craig and Kare Holm returned to this year's Citybank 5-Miler, along with several hundred other enthusiastic runners. Conditions were tolerable for the 10 a.m. start, but the clear sunny sky and rolling terrain soon dampened all hopes of setting prs.

Craig Holm easily won the men's race in 24:19, but high school stalwart Deresa Walters held off Kare Holm to capture the women's crown in 28:43. Kare was second in 29:00, followed closely by Canada's Majorie Stewart in 29:03.

**Partial Results:** 1. Craig Holm, 24:19; 2. Mike Budsey, 24:54; 3. Charlie McMullen, 25:01; 4. Dave Coyne, 26:02; 5. Ray Stenner, 26:27; 9. Jim Ferris, 27:29 (1st master); 10. Dave Winn, 27:30 (2nd master); Bob Trost (WRC), 29:25; Bob Muir, 30:20.

**Women:** 1. Deresa Walters, 28:43; Kare Kosaboon-Holm, 29:00; 3. Majorie Stewart, 29:03; 4. Kathy Brown, 29:42; 5. Ellen Coyne, 31:27; 10. Mary Shaver, 32:44 (1st master).

## WASHINGTON RUNNING CLUB MONTHLY MEETING, 11 SEPTEMBER, 1987

In the absence of the Club President, vice-president Dan Rincon called the meeting to order.

Rincon offered congratulations to all WRC competitors at Annapolis, especially to WRC's winning Open Men's and Open Women's teams. WRC will not have teams at Philadelphia as Rincon received only three applications from members to run on a team. Rincon reported that team members (open men, open women and masters) are needed for the Army 10-Miler, Oct. 11, call Dan Rincon at h] 441-9265 or w] 454-4861. Rincon is also looking for runners for the TAC National Cross-Country Championship at New York City's Van Cortlandt Park on November 28. Interested runners should contact Dan at the above number.

James Scarborough asked for volunteers to help at the Arlington Mile on Saturday, October 10. The women's race starts at 10:45 a.m. and the men's at 11:00 a.m. Refreshments will be available for volunteers after the race.

Rincon reported that the Club would be issuing a new membership flyer in the hopes of attracting young competitive runners.

Members were reminded that the Georgetown 10K is coming up. Volunteers will be needed for registration, finish line, splits and cleanup. The Club is paid for every volunteer we supply, so expect a call soon.

There being no further business the meeting was adjourned.

*Gerry Ives, Secretary.*

## NEW MEMBERS

**Jim Harvey**, a transplanted Englishman via New York State, has joined WRC. With Harvey's 29:37 10K p.r., WRC now has twelve sub-30 minute 10K runners.

## 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

**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. □

**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 Gerry Ives at 320-3337***