

# Washington Running Club Newsletter



Volume 6, Number 11

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November 1987

## November Meeting in Rosslyn

The NOVEMBER meeting of WRC will be held on Friday, NOVEMBER 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 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.

## NAYLOR WINS DCRRC 20-MILER; DOHENY TAKES TOP MASTERS HONORS

### *Special Report from George Banker*

The annual DCRRC National Capital 20 Miler was greeted by moderate winds and temperatures in the low 50s for the 8:00 a.m. start on Sunday, October 4. The wind would pose few problems to the runners as they made their way along the George Washington Parkway bike path from the Torpedo Factory in Old Town to Mount Vernon, but was a negative factor on the return.

This is a course with several demanding hills, some steep downgrades and many twists and turns that prevent a runner from establishing any rhythm. The trees did provide some protection from the sun, but not without a price, for as the winds picked up the trees gave a few free limbs away. Luckily no runner was injured by the falling branches.

On the Friday prior to the race there were one hundred runners pre-registered, but well over two hundred registered on race day. The majority of runners were using this race as part of their fall marathon training. If a runner can fair through this 20 miler then a marathon should not pose any problem. The race posted 252 male finishers and 61 female finishers.

WRC's Al Naylor captured the men's title in a time of 1:53:20. It was two weeks earlier that Al set a PR in the Philadelphia Distance Half Marathon with a time of 1:07:40.

Second place went to WRC newcomer Jack Cleland (*has he paid his dues yet, 'Rocco'—ed.*), who posted a 1:54:40. Fifth was WRC's Jerry Merkel, who had been content in 6th place until he noticed Ben Beach ahead of him with less than two miles to go. Rocog-

nizing that Beach was in his age group, Merkel, with clubmate Ed Doheny in tow, lit out after his prey. Jerry needs to win as many age group awards as possible in order to rival his wife Kathy's contribution to the family larder.

The WRC trio of Merkel, Doheny, and Bill Wooden seemed engaged in a new version of fartlek training during the first half of the contest. First Doheny paused to tie a shoe. Needless to say his mates didn't wait for him, this being competition, you see. Just as Ed caught up again Merkel turned right 90 degrees and headed into the woods. No sooner had Jerry finished his sprint back to his clubmates than, you guessed it, Bill Wooden answered nature's call. When all these gyrations were finished it was suggested that a little coordination might have saved them all a lot of effort.

The women's title, for second year in a row, belonged to Pat O'Brien of Severna Park, Maryland, in a time of 2:13:50. Her winning time broke the course record she set in 1986 by some 3 minutes.

In the master's categories, the men's title went to WRCer, Ed Doheny, in a time of 2:00:56. The women's master winner was Becky Nolan of Annandale, Va., in a time of 2:25:24.

The refreshments were supplied by The Penalty Box (Armand's Pizzeria) and lasted through all of the runners. The awards were donated by J. Lynn & Co. and the following Old Town restaurants: The Fish Market, Bullfeathers, The Wharf, King Street Deli, The 219 Restaurant, Chadwick's, Hard Times Cafe, and the Heidelberg. The local area is getting more involved in this annual event and their contributions were well received.

No race is complete without a word of thanks to the race director, Chuck Evans and the host of volunteers who made all of this happen. Thanks to all.—and the editor thanks DCRRC statistician George Banker for his report.

**Men:** 1. Al Naylor (WRC), 1:53:20; 2. Jack Cleland (WRC), 1:54:40; 3. Paul Fleming, 1:59:10; 4. Chris Ryan, 1:59:19; 5. Jerry Merkel (WRC), 2:00:39; 6. Ed Doheny (WRC), 2:00:56 (1st masters); 7. Ben Beach, 2:01:27; 8. Bill Lee, 2:02:39; 9. Bill Wooden (WRC), 2:04:30; 10. William Troy, 2:05:15; 21. Vassili Triantos

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.

(WRC), 2:07:43; 28. Bob Trost (WRC), 2:09:38; 38. J.J. Wind (WRC), 2:12:04; 41. Gust Svanson (WRC), 2:12:17; 49. Mike Silverman, 2:13:44; 59. James Godville (WRC), 2:16:00; 63. Ron Griswold (WRC), 2:16:50; 68. Kevin Kolakowski (WRC), 2:18:36; 76. Gordon Noel (WRC), 2:19:20; 83. David Johnson (WRC), 2:21:23; 87. Larry Tabachnick, 2:21:33; 106. George Banker, 2:25:52; 147. Dick Good, 2:35:05.

**Women:** 1. Pat O'Brien (Annapolis Striders), 2:13:50 (c.r.); 2. Louise Kandra, 2:14:54; 3. Susan Cain, 2:19:20; 4. Kathy Stiles, 2:19:33; 5. Donna Elliot (WRC), 2:19:52; 6. Laura Scofea, 2:23:56; 7. Becky Nolan, 2:25:41; 17. Chris Stockdale (WRC), 2:40:15.

### SINCLAIR AND AUDAIN POST WINS AT LYNCHBURG'S VIRGINIA 10-MILER

*by Va. Bureau Chief Bob Trost*

The weather was cooperative and there was first prize money of \$1250 at stake when a pack of four runners headed into Rosemont Park, just before the 5-mile mark at Lynchburg's annual Virginia 10 Miler. At the head of the pack was American Jon Sinclair, just coming off his win at Woodies Fair Oaks 10k, along with Britain's Steve Binns, and the ageless Nick Rose. In 4th place, just a few meters off the pace was another Briton, Dave Murphy, a Louisville, KY resident. When the leaders left the park at the 5½-mile mark Nick Rose threw in a surge that left Murphy in sucking wind, but Binns and Sinclair stuck to the former Olympian like glue. It was Sinclair who made the next significant move, surging up a steep hill at the 6½-mile mark. That move proved decisive as he opened up a 25 meter lead on Rose and went on to win in 47:19. Rose was second in

47:48 and Binns 3rd in 47:51.

Anne Audain, fully recovered from a sciatic nerve injury and recently back from 3 months of training in England, needed all her experience to hold off a game Teresa Orduff. Orduff, who resides in Abingdon, Va., and is a relative newcomer to the racing circuit proved that she will be a force at the U.S. Olympic Trials next year. Running a steady pace, Orduff gradually reeled in the New Zealander, but came in three pennies short in a p.r. performance of 54:59. Audain was the women's winner in 54:56. Third place went to 42-year-old Pricilla Welch in 56:04.

Other fine performances were put in by soon-to-be-40 Bill Rodgers, who finished 6th in 50:10, and by WRC members Robert Rodriguez (54:39), Darryl Stewart (55:30), Bill Wooden (58:54), and Chris Stockdale (75:09).

**Men:** 1. Jon Sinclair, 47:19; 2. Nick Rose, 47:48; 3. Steve Binns, 47:51; 4. Dave Murphy, 48:21; 5. Ed Eystone, 49:31; Richard Ferguson, 52:22; David McDonald, 53:44; Steve Ruckert, 54:37; Ben Dyer, 56:37 (1st Master); Larry l'Anson, 58:08 (1st 50-59); Dave Roeber, 59:19; Bill Larsen (WRC), 60:39; John McGrail, 60:45; Ron Griswold (WRC) 61:45; Bob Trost (WRC) 62:01; Tom Kurihara, 62:40; John Hosner, 63:16 (1st 60-69); Dick Brannon (WRC) 64:22; Al Marcy, 64:22; Roland Elliot, 65:40; Paul Lackey, 68:13.

**Women:** 1. Anne Audain, 54:56; 2. Teresa Ornduff, 54:59; 3. Priscilla Welch, 56:04; 4. Dianna Brewer, 56:07; 7. Beth Dillinger, 59:42; Louis Kandra, 63:54; Pat O'Brien, 66:01; Jennifer Westfall, 67:14.

### WRCer TRIES VA. BEACH TRIATHLON; WINS WITHOUT GETTING FEET WET

*Special to WRC by Dave Albinson*

When a Navy SEAL team couldn't get past the pounding breakers to mark the swim course, the September 20 Virginia Beach Neptune Festival Sandman Triathlon was cut back to a run/bike biathlon for safety reasons.

The change came as a considerable relief to almost all of the 500 athletes gathered for the start. Few of those standing in the numbing rain and cold wind relished swimming in a sea swelling 4-6 feet with whitecaps. Still, you can't please everyone and several contestants withdrew in protest of the change. (They all had huge pectorals and webbed feet).

With elimination of the 2k swim, the 10k run and 35k bicycle segments proceeded smoothly. Despite wet road surfaces, the relatively flat course could be safely traversed thanks to good supervision. The few bike spills that did occur were minor and without injuries.

At a post race luncheon/party/awards ceremony, along with war stories and thoroughly enjoyed endorphins, I heard tell of a thrilling battle for top honors between Don Anderson and John Farrell that

## 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)

ended with Anderson securing a seven second victory in 1:32:32. Top honors among the women were won by Nancy Lewis (1:40:07) with Cathy Shearer (1:44:06) in second place. I wasn't pressed quite so hard as Anderson in capturing top honors. My 1:41:32 earning me a win over Vander Ford (1:42:47).

### **WRCers PROVIDE STAFFING AT G'TOWN AS McCORMACK AND STRAUSS TRIUMPH**

*from Wired Service Reports*

Virginian Dave McCormack was just one of a pack of five runners at the halfway mark of the Georgetown 10K who had a legitimate chance at winning on this tough, hilly course after passing three miles in 14:37. Top ranked area runner Joseph Kipsang had been dropped by the lead group shortly after they turned onto Reservoir Road and entered the hilly section of the course, but WRCers Gerry Clapper and Jim Hage, along with John Glidewell and Jason Emmons remained in the hunt.

On the women's side of the field Sally Strauss jumped to a big early lead and was chased from some distance by Carey Hill and WRC's Pat Bullinger. That big early lead held up however, as the new WRC member further established her credentials as one of the area's top distaff runners.

Over 50 WRC members sat this race out to provide registration, course marshall, and finish line services at this big club fund raiser. The turnout was down from recent years, as some members must think the club enjoys a substantial endowment.

### **TITILATING TOPICS TURNED TRITE AND TRIVIAL**

**Marianne Dickerson**, one of WRC's top women marathoners with a p.r. of 2:31, took on the Ironman Triathlon in Hawaii in October. Dickerson, who never does things halfway, had been putting in weekly workouts of 75 miles running, 220 miles cycling, and 16,000 yards swimming in preparation for the event—that's in addition to holding down a full-time engineering job. Her 11:10 finishing time in Hawaii put her in 314th place overall. Dickerson finished up with a 3:14 marathon, which beat the old course record. The old course record was also beaten by Erin Baker of New Zealand, who ran a 3:12 on her way to first place in the women's race.

WRCer **Darryl Stewart** won the October 4th, East of The River 10k on Minnesota Ave. in a time of 32:56. He was challenged early by a pair of Naval Academy midshipmen, but pulled away before the halfway mark to win. We also missed the fine 54:30 result Darryl posted at the Annapolis 10 Mile back in August.

Some additional notes on the Philadelphia Half-Marathon arrived from Al Naylor after we closed out last Month's *WRC Newsletter*. Al reports that Englishman Martin Brewer (1:02:07), a Louisville, Ky. resident, denied Mark Curp his third straight

Philly crown, posting a five second win. Twenty-one-year old Sylvia Mosqueda of Santa Monica, Ca. posted 1:10:47 to win the women's race by 2:57 over Belgian Ria Van Landeghem.

All you pinko liberals who don't support the red-baiting, witch-hunting style of the Washington Times missed a fine feature in the October 21 edition on WRCer and Eleanor Roosevelt H.S. senior **Greg Early**. Greg's three straight invitational wins, at Palotti, Hereford, and Georgetown Prep, were highlighted along with classy way he is handling the pressure of a situation where many people are just waiting for him to fail. This guy will always be a success with us.

**Jane Newell** of Reston, known to many of us from area road races, was rushed to emergency surgery after collapsing during the run stage of a triathlon at Bethany Beach, Del. Apparently, an existing stress fracture in her hip gave way and manifested itself as a full blown break which caused, rather than resulted from, her fall.

There may be some confusion about the two Glidewell's (Dave and John) listed in recent road race results. The two are brothers, natives of Ohio, who have just returned to the racing wars. John is the more experienced of the pair, a 1980 and 1984 Olympic Marathon Trials qualifier. Dave has only now begun racing with any intensity, but as his second place finish at the Army 10 Miler demonstrates he also has no small measure of talent.

Did you know that 10,000 meters is called a myriameter? Maybe we can persuade **Les Kinion** to put on the Mild Myriameter instead of the Tame 10K in Baltimore next month.

### **GENERAL (DARRELL) COMMANDS, THEN WINS ARMY TEN MILER**

*by John M. Walsh*

The Army can usually be counted on to provide a competitive field for their annual road race, starting in front of the Pentagon and employing much the same route as the Cherry Blossom race, but don't suppose they had anything to do with the General who led the pack October 11.

The race among the women proved that a different strategy can pay dividends as well. WRC's Pam Briscoe trailed early leader Eugenia McDonnell by nearly 40 seconds at the two mile mark before beginning to cut the margin. Near six miles she had drawn abreast of the leader, then quickly stormed past enroute to a decisive 59:10 win.

General, who recently has shown signs that he is moving into the top ranks among Washington area road racers, commanded from the front lines, leading a squad of runners through the first half of the race before attrition began to take its toll. Beyond the halfway mark General was clearly in control; only Dave Glidewell of Arlington remained near the lead and he was obviously working very hard to

remain within striking distance should General falter.

However, as he demonstrated several weeks earlier at the Footlocker 8k, Darrell General now thunders ahead in the latter stages of road races. Over the last two miles here, he pulled strongly and steadily away from Glidewell to win in 49:44, breaking WRcer Kevin McGarry's course record (50:03).

WRcers dominated the bottom half of the top ten this day, capturing the 7th through 10th positions. Kurt Kroemer (52:00) and Mike Mansy (52:01) closed very hard to finish just behind Baltimore's Jim O'Keefe (51:59) with Jim Eastman (52:18) and Joe Sullivan (52:23) rounding out the top ten.

The top masters placing belonged to another WRcer, Beverly Shooshan, whose 1:03:15 was good enough to put her 8th overall among the women. Betty Blank, training through this race in preparation for the San Diego (Ca.) Marathon in December, ran 1:06:03.

**Women:** 1. Pam Briscoe (WRC), 59:10; 2. Eugenia McDonnell, 1:00:57; 3. Claudia Dobson, 1:01:08; 4. Betsy Bachtel, 1:01:50; 5. Kim Ritsche, 1:02:07; 6. Mary Parker, 1:02:16; 7. Louise Kandra, 1:02:16; 8. Beverly Shooshan (WRC), 1:03:15; 9. Elaine Todaro, 1:03:52; 10. Susan Pantzer, 1:04:22; Barbara Frech (NOVA), 1:05:15; Betty Blank (WRC), 1:06:03.

**Men:** 1. Darrell General, 49:44; 2. Dave Glidewell, 50:06; 3. Paul Zimmerman, 51:12; 4. Charles Potter, 51:48; 5. Jerr Sweeney, 51:54; 6. Jim O'Keefe, 51:59; 7. Kurt Kroemer (WRC), 52:00; 8. Michael Mansy (WRC), 52:01; 9. James Eastman (WRC), 52:18; 10. Joe Sullivan (WRC), 52:23; David White (WRC), 53:45; Tom Weber (NOVA), 56:20.

## LOCALS PREVAIL IN ARLINGTON AS MILE TRADITIONAL CONTINUES

by Sohn Tennale

The 4th Annual Arlington Parade Mile, commemorating the bicentennial of the United States Constitution, held October 10, was won by two Arlingtonians with Joseph Cresko, 25, taking top men's honors in 4:24, and twenty-two year old Carolyn Litynski (5:30) first among the women. Each won \$50 from the Co-operative Bank, not bad for 5280 feet.

Hot on the heels of Cresko was Bethesda's Alan Menkes (4:25), while Jennifer Westfall finished just behind the women's winner.

Although quarter mile splits were accurate, thanks to a local amateur radio group, a slight snafu at the finish line prevented compiling complete results. Furthermore, some wayward Boy Scouts inadvertently blacked part of the start (OOPS!!).

The original director for the Arlington Mile, WRcer J.J. Wind, was among the contestants this day (*perhaps that explains the snafus—ed.*), along with clubmates Alan Roth, Jeff Reed, and Lorenzo Thomas.

The top six men all finished under five minutes and the top four women bested the seven minute mark. Volunteers, refreshments and prizes were provided, as in past years, by the Arlington Co-op, principally thanks to Sarah Turner and Lincoln Cory. Other prize sponsors included Signet and First American Banks, Continental Federal, Papillon Bike Shop, Arlington Stationery, Arlington Hardware, Domino's Piza, Tippy's Taco, and McDonald's.

## MINUTES OF MONTHLY MEETING OF WASHINGTON RUNNING CLUB 10/9/87

President Jack Coffey called the meeting to order.

Coffey reminded members that the Georgetown 10K was coming up October 18 and emphasized that the race was an important source of revenue for the Club. Race Director, Mark Baldino, passed around a sign-up sheet and assigned key jobs to members.

Tris Kruger asked for volunteers from the Club to help with the Potomac 5K 'Fun Run' on October 24.

Alan Roth asked for volunteers to run with blind runners from the Achilles T.C. in the Marine Corps Marathon and on training runs. Achilles has a new venue for their Wednesday night workouts—the Pentagon Parking lot (North). Achilles is also looking for drivers to take disabled athletes to the Aspen Hill Fitness Center on Tuesday nights; volunteers get to use the equipment free. If you can help out, call Alan Roth at 649-4909.

Al Naylor has slides of the winners at the Annapolis 10 Miler. If you want to order copies, call Al at 345-9342.

There being no further business, the meeting was adjourned.

Gerry Ives, Secretary.

## NEW MEMBERS

Sally Strauss, winner of the female honors at the Georgetown 10K in 36:07, has become our newest member. Strauss has a marathon p.r. of 2:42, and a 10K mark of 34:53. She is hoping to qualify for the Olympic Marathon Trials before the end of this year.

## 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.

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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 6:00-7:30 pace. Group meets at Francis Scott Key Park, 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] 441-9265.*

## WASHINGTON RUNNING CLUB 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 1987

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***

The following is the PVAC Long Distance Race Schedule for November/December 1987. The schedule was supplied to Washington Running Club by Herb Chisholm, Chairman LDR, PVAC

### NOVEMBER

| Date | Day | Dist. | Race Name              | Location             | Sponsor/Contact |
|------|-----|-------|------------------------|----------------------|-----------------|
| 7    | SA  | 5M    | Autumn Leaves 5M       | Emmitsburg, MD       | 301/447-5274    |
| 7    | SA  | 10K   | Coakley & Williams 10K | Greenbelt, MD        | 301/345-9730    |
| 8    | SU  | 26.2M | Marine Corps Mar.      | Arlington, VA        | 703/690-3431    |
| 8    | SU  | 10K   | Coca Cola Classic      | Gaithersburg, MD     | 301/926-1184    |
| 14   | SA  | 10K   | Music Miler            | Fairfax, VA          | 703/978-0723    |
| 14   | SA  | 6M    | X-Country Challenge    | Clarksburg, MD       | MCRRC           |
| 14   | SA  | 10K   | Run for Your Health    | Manassas, VA         | 703/369-8405    |
| 14   | SA  | 5K    | Capt. Harvey's 5K      | Westminster, MD      | 301/848-8772    |
| 14   | SA  | 5K    | Women's Low Key 5K     | Bon Air Pk., Arlngtn | RUNHERS         |

|    |    |       |                        |                     |                   |
|----|----|-------|------------------------|---------------------|-------------------|
| 14 | SA | 10K   | Music Miler 10K        | Fairfax, VA         | 703/978-0723      |
| 14 | SA | 10K   | Wakefield Pk Turk Trot | Annandale, VA       | 703/321-7082      |
| 15 | SU | 10K   | Alexandria Autumn 10K  | Alexandria, VA      | 703/752-4904      |
| 15 | SU | 10K   | Pigs Are Precious 10K  | W. Potomac Pk       | PVSTC/Diab. Assn. |
| 18 | WE | 6/3K  | Bureaucratic Runaround | Jeff. Memorial      | FIJC              |
| 21 | SA | 10K   | Herndon Turkey Trot    | Herndon, VA         | 703/435-6870      |
| 21 | SA | 5/10K | Cranberry Crawl        | Haines Point        | PVSTC             |
| 22 | SU | 30K   | DCRRC Championship     | Arlington, VA       | DCRRC             |
| 22 | SU | 10K   | Turkey Trot            | Lake Ridge, VA      | 643-2090          |
| 22 | SU | 26.2K | Metric Marathon        | Columbia, MD        | HCS               |
| 26 | TH | 10K   | Turkey Chase           | Bethesda, MD, YMCA  | 301/530-3725      |
| 26 | TH | 5M    | Turkey Trot            | Alexandria, VA      | DCRRC             |
| 28 | SA | 5M    | Full Tummy Run         | Pleasant Valley, MD | WRRC              |
| 28 | SA | 5/10M | Turkey Burnoff         | Germantown, MD      | MCRRC             |
| 29 | SU | 20K   | Cold Turkey            | Edgewater, MD       | AS                |

**Races of Interest Outside PVAC Area (November)**

|    |    |       |                          |                      |              |
|----|----|-------|--------------------------|----------------------|--------------|
| 14 | SA | 13.1  | TAC Nat. Mstrs. 1/2-Mar. | Oklahoma City, OK    |              |
| 15 | SU | 26.2M | Atl. Cty. Marathon       | Atlantic City, NJ    | 609/822-0623 |
| 22 | SU | 26.2  | Phila. Indep. Marathon   | Philadelphia, PA     |              |
| 22 | SU | 26.2  | Star City Marathon       | Roanoke, VA          | 703/982-8644 |
| 22 | SU | 15K   | X-C TAC Mstrs. Chmp.     | E. Meadow, NY        |              |
| 22 | SU | 8K    | RRC Nat. Chmp.           | Shelbyville, IN      |              |
| 28 | SA | 5K    | X-C TAC Mstrs. Chmp.     | Van Cortland Pk, NYC | 212/369-1271 |

**DECEMBER**

| Date | Day | Dist.  | Race Name              | Location           | Sponsor/Contact |
|------|-----|--------|------------------------|--------------------|-----------------|
| 6    | SU  | 10K    | Bread Run Snowball #1  | Glen Echo, MD      | DCRRC           |
| 6    | SU  | 26.2M  | MD Marathon (& 10K)    | Baltimore, MD      | 301/882-5455    |
| 6    | SU  | 10M/5M | Gambrill State Park    | Frederick, MD      | FSC             |
| 6    | SU  | 10K    | Jingle Bell            | W. Potomac Park    | 703/276-7555    |
| 6    | SU  | 4M     | Frozen Finger Run      | Westminster, MD    | WRRC            |
| 12   | SA  | 13.1M  | Snowball #2            | Alexandria, VA     | DCRRC           |
| 12   | SA  | 10M    | Rudolph Red Nose Run   | Washington, DC     | 202/726-0740    |
| 13   | SU  | 20K    | River Ramble           | Seneca Park, MD    | MCRRC           |
| 16   | WE  | 6K/3K  | Bureaucratic Runaround | Jefferson Memorial | FIJC            |
| 19   | SA  | 10K/5K | Christmas Caper        | Haines Point       | PVSTC           |
| 20   | SU  | 5K     | Jingle Bell Run        | Frederick, MD      | FSC             |
| 20   | SU  | 10K    | Dancer Dash            | Westminster, MD    | WRRC            |
| 26   | SA  | 15K    | Anniversary Run        | Annapolis, MD      | AS              |
| 26   | SA  | 20/10M | Greenbelt Races        | Greenbelt, MD      | DCRRC           |
| 27   | SU  | 12K    | Jingle Bell Jog        | Kensington, MD     | MCRRC           |

**Races of Interest Outside PVAC Area (December)**

|    |    |    |                       |              |  |
|----|----|----|-----------------------|--------------|--|
| 12 | SA | 8K | TAC Nat. Mstrs. Chmp. | Honolulu, HI |  |
|----|----|----|-----------------------|--------------|--|