

Washington Running Club ★ Newsletter

Volume 6, Number 12

© 1987 Washington Running Club

December 1987

December Meeting in Rosslyn

The DECEMBER meeting of WRC will be held on Friday, DECEMBER 11, 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 plum pudding. The Club will supply some beverages, but extra donations will be welcome.

Nomination of officers will be held at this meeting, with the elections to follow at the January meeting.

LATE-BREAKING NOTES ON RUNNING & RACING

Al Naylor and **Joe Sullivan** had a tough race at Philadelphia's Independence Marathon on Sunday, November 29th. Both had the ability to run a sub-2:20 on this traditionally fast course, but humidity, rain and gusty winds combined to push the qualifying mark out of reach. In fact, the race was remarkable in that no one qualified for the Olympic Trials—Tim Wunsch won with a 2:24:08, and the top female, Lori Lawson, logged a 2:54:12. Naylor moved into 3rd place at the 25-mile mark, finishing in 2:26:37, and Sullivan, in his marathon debut, took 5th place with a 2:28:31.

At the Kinney Regional Cross Country Championships WRC's **Greg Early** took 12th place with a 16:08, 30 seconds behind winner John Coyle who won in 15:38. Early finished as the top runner from the state of Maryland, soundly beating state champion Jeff Campbell who finished 49th. The WRC Junior team, consisting of **Doug Sutkins**, **Scott Cook**, **Chris Murray** and **Keith Lindahl**, ran well but did not have a fifth man and therefore did not place.

Peter Nye is serving as media consultant for the *Pepsi Tour of the Americas* bicycle race, scheduled for February 20-28, 1988. The nine stage, 780 mile race will begin with two days of racing in Venezuela, before traveling to Jacksonville, Fla. for a series of time trials, point-to-point, and circuit races, culminating with a race from West Palm Beach to Miami. Among the notable world class cyclists scheduled to ride with their respective teams are 1986 Tour de France winner Greg LeMond of the Dutch PDM

team, Andy Hampsten and Eric Heiden of 7-Eleven, Moreno Argentin of Bianchi, who won the 1986 World Road Professional Championship at Colorado Springs, and System U's Laurent Fignon, 1983 and 84 Tour de France champ.

Carolyn Ulrich, WRCer in graduate school at UMass, Amherst, reports that campus life is favoring her with some remarkable improvements. A recent five mile race in Belchertown, Ma. saw her turn in a personal best of 30:25. She followed that with a 46:40 clocking for 7.5 miles in Brockton, Ma., passing the ten kilometer mark in 37:40.

Over an eight day stretch around Thanksgiving, Carolyn then posted a winning 19:02 for a 3.3 mile UMass cross-country turkey trot, followed by a pair of five-milers in 30:25 and 30:30. Each of those last times was good for only 15th place. Competition is pretty tough in New England these days.

Carolyn is looking forward to a coming back to the Washington area during late December and January to test her fitness against the local competition.

Road Race Management is preparing the 1988 edition of the *Guide to Prize Money Races and Elite Athletes*. It contains a listing of over 200 1988 and early 1989 races offering prize money, addresses and phone numbers for over 500 'elite' athletes, the 1987 racing records of many top runners. Current price for the volume, available January 22, 1988 is \$23.00. After that date the price is \$27.00. To order send a check or money order to Road Race Management Guide, 507 2nd St., N.E., Washington, D.C. 20002.

MARINE CORPS MARATHON MARKED BY DISAPPOINTMENTS

You couldn't blame the weather, temperatures in the 50s with intermittent sun coming through the clouds, but when the smoke cleared many WRCers were disappointed in their performances at the 12th Annual Marine Corps Marathon November 8.

When the leaders cleared the starting area the only WRCers among the lead group were Robert Rodriguez, feeling fit and feisty, and Paul Jessey, who was feeling exactly the opposite. Not far behind trailed a group that included Ed Doheny, Jack Cle-

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.

land, Jerry Merkel, and John Walsh, along with GNAT Jack Bickley.

With the exception of Cleland, who held on in true Ranger fashion, despite a narrow training base, to finish in 2:34:40, everyone of these runners fell short of expectations. Jessey, who had been suffering from a virus all week, dropped out at the 10 mile point was first to go and Merkel and Bickley had both called it a day by the halfway point with Merkel jogging on to the 16 mile mark before waiting to finish the course with his sister-in-law, Patricia Ventura (3:24:30). Merkel's withdrawal can be attributed to burnout as much as anything, considering this was the seventh marathon he has finished in the last nine months. Even tough guys like Jerry can't go to the well more often than that.

Ed Doheny, who came into the race with legitimately high expectations following several months of good training, maintained a sub-6 minute pace through twenty miles and had a chance of finishing first among D.C. residents until running out of gas over the last ten kilometers.

It wasn't until the next evening when viewing the Channel 5 race coverage taped on his VCR, that Doheny understood the best laid plans frequently go astray. Ed's VCR tape ran out when Jeff Scuffins just reaching the 14th Street Bridge, still three miles from the finish.

For Walsh it was the proverbial "bad day at Black Rock." Convinced he was in shape to break the two and a half hour mark beforehand, he never gave himself a chance. After passing two mile in nearly twelve minutes, he found himself getting into a deeper and deeper hole, never finding a rhythm and

then struggling over the last ten miles to finish in 2:41:48.

Physical woes befell Robert Rodriguez, who was still feeling fit at fifteen miles, then he was forced to join the onlookers at the Lincoln Memorial by a lame leg and badly blistered foot.

Up front onetime WRCer Jeff Scuffins was making dog meat of everyone. After he and Chris Fox, who ran alongside Scuffins through 11 miles, dropped Darrell General along Rock Creek Parkway, Scuffins was unchallenged and undaunted. He continued to spin off miles just above or just below five minutes and was still increasing his margin over runner-up General at the finish. The winning time of 2:14:01 represents the 9th fastest qualifying time for the U.S. Olympic trials. Not bad for a marathon novice.

The Glidewell brothers split up their marathons, with James taking 4th here at Marine Corps with a 2:21:44 and brother John running a trials-qualifying time at the Columbus Marathon with a 2:18:21, good enough for 8th place in an strong field.

Sally Strauss, competing for Moving Comfort, took 4th place with a 2:48:58 and became the seventh WRC woman to qualify for the 1988 Olympic Trials. Sally comes from the same area of Connecticut that Patty McGovern hails from—must be something in the water up there that produces marathoners.

"Face Time" award was easily won by Frank Faykes (2:46:39) who seemed glued to distaff leader Mary Salamone's shadow from miles five through thirteen. Everytime television race cameras cut to Salamone, there was Frank, proudly wearing the club colors.

Mike Spinnler ran a relaxed 2:54, just enough to qualify for Boston. Mike has had a couple of operations since running a 2:28 Boston back in 1982, most recently achilles surgery in January, but hopes to be back in 2:30 form for 1988. Mike was the only WRC member wearing the old blue and white singlet—Gerry Ives wishes he still had his, but John Walsh lost it when he misplaced his luggage in New York a couple of years ago.

Despite a magnificent effort Kevin Kolakowski just missed breaking the sub-3-hour goal he had set himself. Kolakowski still set a p.r. with his finishing time of 3:01:41 and easily won WRC's "Bulky Guy of the Day" award.

Men: 1. Jeff Scuffins, 2:14:01 (c.r.); 2. Darrell General, 2:19:08; 3. Thomas Fries, 2:21:44; 4. James Glidewell, 2:21:44; 5. Gary Garagasz, 2:24:14; 6. Denis Cloutier, 2:24:42; 7. Chuck Moeser, 2:26:32; 8. Michael Zeigle, 2:27:04; 9. Douglas Cowie, 2:27:51; 10. Philip Sobiesk, 2:28:08; 31. Ben Beach, 2:32:07; 45. Jack Cleland (WRC), 2:34:40; 83. Ed Doheny (WRC), 2:39:48; 98. John Walsh (WRC), 2:41:48; 103. Rusty Moore (WRC), 2:42:35; 124. Larry Talley (WRC), 2:44:10; Frank Faykes (WRC), 2:46:39; Rick Rockelli, 2:47:33; J.J. Wind (WRC), 2:47:43; Bill Hoss, 2:47:45; George Masson, 2:49:40; Keith Bombaugh (WRC),

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 (441-9265)

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

Social: Pat Bullinger, Chairwoman (820-2018)

2:49:50; Dick Hipp, 2:50:23; Bill Larsen (WRC), 2:51:00; Louis Pribyl (RC), 2:52:43; Mike Spinnler (WRC), 2:54:10; Frank Probst, 2:54:27; Mike Silverman, 2:55:10; Bill Wooden (WRC), 2:56:39; Tom Kurihara (PVSTC), 2:57:34; Kevin Kolakowski (WRC), 3:01:41; Bob Trost (WRC), 3:04:59; Joe Lugiano (WRC), 3:07:47; Eric Hargis (WRC), 3:21:18.

Women: 1. Mary Robertson, 2:44:36; 2. Mary Salamone (NOVA), 2:46:21; 3. Elizabeth Andrews, 2:47:51; 4. Sally Strauss (WRC), 2:48:58; 5. Kristen Jacoby, 2:50:36; 6. Rose Malloy, 2:52:12; 7. Alice Dowling, 2:52:29; 8. Ann Wehner, 2:52:31; 9. Christine Gibbons, 2:53:17; 10. Tracey Briggs, 2:53:52; 25. Jeanne Grillo, 3:05:36; 30. Donna Elliot (WRC), 3:07:23 (p.r.); Maureen O'Connell, 3:07:24; 33. Beverly Shooshan, 3:07:40; 42. Pirie Hideko, 3:11:34; 60. Molly Pyle, 3:17:00; 68. Susan Cain, 3:18:15; 82. Becky Nolan, 3:20:51; 95. Patricia Ventura, 3:24:26; Chris Stockdale (WRC), 3:33:47.

ALEXANDRIA TURKEY RUN 'DOWN' DAY FOR WRCers

by 'Red' Panama

Things were looking 'down' for many WRCers who ventured to Alexandria Thanksgiving morning for DCRRC's annual five miler at Cora Kelley School.

Bruce Coldsmith and Jim Hage, 1st and 2nd respectively, ran 'down' Dave McCormack to take top honors. They were followed by Mike Mansy, who came back from way 'down' to finish strongly.

On the women's side of the finish line accounting, WRC's Pat Bullinger took 'down' \$150 for her winning effort. Somewhat further back, Betty Blank was feeling low 'down' from a recent bout with the flu and finished poorly.

Robert Rodriguez made a strong move 'down' Mt. Vernon Ave. to put 'down' a bid from the Prince of Georgetown. Behind that battle, John Walsh fell 'down' making a turn, and then was 'downed' by Peter Nye in a finish line sprint.

Masters runner Bill Wooden's inability to gun 'down' Nye over the last mile didn't matter as both finished well 'down' on the recently turned 40, Bob Oberti.

And J.J. Wind, who finished 'down' in 25th place, promised one and all that he was going home to 'down' more turkey than anyone else.

WRC 'SWEEPS' TOP SPOTS ON POST-MARATHON WEEKEND

Sp. Report from E. Grogan

If anything proves that the Washington area is a hotbed for running it was the crowd of 3,500 runners who showed up for the Pigs 'r Precious and Shooter McGees ten kilometer road races one week after 12,000 ran the Marine Corps Marathon. And if anything proves the dominance of the Washington Running Club on the local road circuit it was the "sweep-

ing" of top man's and women's places in both of the contests (Even if they were also all Mid-Atlantic Adidas team members).

At the (all-too) familiar West Potomac Park venue Patty McGovern (35:28), in only her second race since returning from a foot fracture, and Jim Hage (30:35) led 2000 runners while WRCers Kurt Kroemer (30:40) and Marianne Dickerson (35:44) captured runner-up honors.

Just one hour after the start of this American Diabetes Association fund raiser on the opposite bank of the Potomac River, 1500 more runners toed the starting line for the 5th Annual Shooter McGees 10k in Alexandria. Amongst the suburbanites on Duke St., Mike Mansy (31:14) and Pat Bullinger (36:59) disposed of all threats early and sped away to decisive wins.

Mansy used a very strong move just past the mile mark, passed in 4:54, to dispose of Reebok's Phil Woodyard (31:45) and several other pretenders. By the 5k mark Mansy had opened up a twelve second advantage, which he added to throughout the second half.

'Patricia B.' was content to lag along, third at the mile in 5:57, waiting for the women ahead of her to come back. Shortly, they did. Dragging several men along with her, Bullinger opened up a lead well over one minute by four miles (23:58), then picked up the pace.

As at Shooter McGee's WRC runners got out to early leads among the 2,000 runners at the West Potomac Park race. But in this case there was another WRCer in pursuit of each of the frontrunners. Kurt Kroemer knew he wasn't going to best club-mate and training partner Jim Hage, but figured to use his peak conditioning to hang on as long as possible. He did better than hang on, getting well under 31 minutes and posting a p.r. 30:40 for his efforts.

Many WRCers were using this post-marathon weekend for social racing and recovery. Bob Trost and Frank Faykes were among those running easy enough to take in the West Alexandria scenery before partaking in the elaborate parking lot brunch offered by the Shooter McGee's crowd. 'Count' Baker and 'Rocco' Carr were seen together for the first time in months, though neither was anxious for publicity of the performance they put on this day.

EASTMAN CLIMBS TO TOP; WINS O'CONNELL 30K RUN

by Mr. 37th Street

The infamous O'Connell loop was again the scene November 22 of the 1987 DCRRC 30k Championship and WRC's Jim Eastman showed the mettle to take the medal (we really didn't write that). Several years ago a 10k alternative, requiring only one traverse of the loop was added to this race in hopes of attracting additional runners. But the shorter race now out-

draws the Championship, adding many Northern Virginians of less than masochistic tendencies who enjoy a jaunt past Calico Corners and the water tower.

Eastman's 30k time, an impressive 1:46:12, considering his description of the course as terrible, placed him five minutes ahead of clubmate Robert Rodriguez (1:51:27). Arlingtonian John McGrail, coming back slowly after eight months on the injured list, was third in 1:54:29. Both Rodriguez and McGrail are veterans of this race, yet come back year after year. *It's a bloody sickness I tell you—ed.*

This cast of character reads like a who's who of hardcore . . . Jennifer Westfall (2:13:22) and Cindy Dalrymple (2:26:31) led (were) the women's field, finishing, 16th and 22nd overall. Vassili Triantos, Jacob Wind and Bob Trost (both two weeks after Marine Corps), Ron Griswold, Doug Robinson and Tom Kurihara were among the other rabid dogs who showed up for this one.

In the just slightly less demented class Steve Daniels led the 10k companion race, coming home in 35:45. He was followed in short order by Arlington's John Ryan (36:07). Bobby Bauer, clad in tights that were reminiscent of an hallucination I had in 1967, placed 12th (43:00) "far out" of the running.

Results: 30K—1. Jim Eastman (WRC), 1:46:12; 2. Robert Rodriguez (WRC), 1:51:27; 3. John McGrail, 1:54:29; 4. Vassili Triantos (WRC), 1:58:20; 5. Bernie Gallagher 1:58:26; 6. J.J. Wind (WRC), 2:00:46; 7. Ben Mathews 2:02:06; 8. Ron Griswold (WRC) 2:03:35; 9. Robert Trost (WRC), 2:07:50; 10. Thomas Skelly, 2:07:56; Jennifer Westfall, 2:13:22; Doug Robinson 2:24:09; Cindy Dalrymple, 2:26:31; Tom Kurihara, 2:27:35.

10k—1. Steve Daniels (WRC), 35:45; 2. Paul Ryan, 36:07; 3. John Sherlock, 36:48; 4. Larry Washington, 39:07; 5. "Tex" Platt, 39:46; 12. Bobby Bauer (WRC), 43:00; 24. Julie Quirk (1st woman), 49:16.

Indoor Track Meets Schedule

Both the University of Maryland, College Park, and Arlington County's Thomas Jefferson Community Center will host all-comer indoor track meets this winter.

The U of Md. carnivals are set for December 6 and February 7 and both meet schedules include one and two mile runs. Also included are several shorter events and both the long jump and shot put. Entry fee is \$1.00 per competitor. First event at 11:30 a.m.

The TJCC schedule includes four meets. January 10 and 31, February 21, and March 13. Each of these meets includes races of one mile, 220 yd., 880 yd., 60 yd., 440 yd., and two miles. Meet registration is \$4.00 for the general public and \$2.00 for Arlington County residents and TJ members. Starting time is 9:30 a.m.

Jacob Wind reports that "it took an act of the Arlington County Board to open the TJ Center to

indoor track meets again this winter." A meeting for those willing to serve as meet volunteers is scheduled for the Community Center on December 10, 6:30 p.m.

NEW MEMBERS

Annemarie and Thierry Jutel are a husband and wife team with impressive credentials. Annemarie has a 10K p.r. of 34:50 and Thierry has run the myriameter in 31:40. Thierry is currently doing graduate work at the University of Maryland.

Master's runner **Jon Munson** has joined WRC. Jon is a Lieutenant Colonel in the Air Force, has a 38 minute 10K p.r., and likes to run at noon during the summer (he says D.C. humidity is nothing when compared to Panama).

Mike Cotner started running two years ago and already has a marathon p.r. of 2:53. Mike heard about WRC through the Tuesday night run group in Alexandria.

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
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

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.

Wednesday Night Intervals, TJ Community Center, Arlington, 6:45 p.m. Through February. **Contact:** J.J. Wind at 920-5193/841-6974.

Saturday Morning Run, TJ Community Center, Arlington, 8:00 a.m. Fun Run on an interesting five mile course, includes interesting company.

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

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

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
----	----	----	-----------------------	--------------

JANUARY 1988

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
1	FR	8K	Ed Barron Mem. Hngver.	Reflecting Pool	PVSTC
1	FR	10K	Red Eye	Reston, VA	RR
3	SU	15/5K	Frostbite	Westminster, MD	WRRC
3	SU	25/15K	Snowball #3	American U.	DCRRC
9	SA	5M	Franklin Park 5M.	Arlington, VA	703/536-7764
10	SU	7M	Frozen Bun Run	Wheaton, MD	MCRRC
17	SU	20K	JFK Mem./Snowball #4	E. Potomac Park	DCRRC
20	WE	6/3K	Bureaucratic Runaround	Jeff. Memorial	FIJC
23	SA	5M	Ken-Gar Challenge	Kensington, MD	DCRRC/PGRC
24	SU	4M	Frosty Four	Rockville, MD	MCRRC
24	SU	8K	Chilly Dog 8K	Baltimore, MD	301/882-5455

31	SU	20/5M	Snowball #5	Reston, VA	DCRRC
31	SU	??	Anniversary Run	Greenbelt, MD	PGRC/MCRRC

Races of Interest Outside PVAC Area (January)

12	SA	26.2M	Charlotte Observer Mar	Charlotte, NC	704/379-6896
----	----	-------	------------------------	---------------	--------------

FEBRUARY

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
6	SA	5K	Running Times (Women)	Ft. Hunt Park, VA	DCRRC
6	SA	12K	Snowball #6	Ft. Hunt Park, VA	DCRRC
7	SU	8M	Ground Hog Hobble	White Oak, MD	MCRRC
7	SU	5M	Women's Low Key Run	Reflecting Pool	RunHers
13	SA	10K	GW Birthday Classic	Alexandria, VA	703/549-0205
14	SU	26.2M	GW Birthday Marathon	Greenbelt, MD	DCRRC
14	SU	10K	Holly Hills C.C	Ijamsville, MD	FSC
14	SU	5K	Valentine Twosome	Annapolis, MD	AS
17	WE	6/3K	Bureaucratic Runaround	Jefferson Memorial	FJJC
20	SA	10/5K	"By George" Races	Haines Point	PVSTC
21	SU	10M	Regional RRC Challenge	Columbia, MD	HCS
27	SA	5K	Washington B'day Run	Annapolis, MD	AS

Races of Interest Outside PVAC Area (February)

21	SU	13.1M	Colonial Half Marathon	Williamsburg, VA	804/253-4320
----	----	-------	------------------------	------------------	--------------