

Washington Running Club ★ Newsletter

Volume 7, Number 2

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February 1988

February Meeting in Rosslyn

The FEBRUARY meeting of WRC will be held on Friday, FEBRUARY 12, 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.

Because the January meeting was cancelled, the election of officers for 1988 will be held at this meeting.

SNOWBALL #4, THE JFK MEMORIAL 20K, GETS LARGEST TURNOUT OF SERIES

by Remote Control

The JFK Memorial 20K Run attracted a large and enthusiastic crowd, thanks to a respite from January's bitter cold. Several hundred runners turned out in the thirty degree weather at Haines Point for the 10:00 a.m. start time on Sunday, January 17th.

The race began predictably, with WRC's Jim Eastman pushing the lead pack through a fast first mile. Eastman was in a hurry to finish the race as his wife was due to give birth at any moment. As it turned out Jim could have taken it a little easier as the latest Eastman, a 8lb. 9oz. boy, didn't arrive until Tuesday morning.

Brian Downall of Baltimore took the lead toward the end of the first loop and went through the 5K mark in 16:30 with Eastman and Phil Ponebshek close behind. Downall had opened up a 5-second lead when he went with Dan Eddy, the leader of the concurrent 5K race, who was sprinting to the finish of his race. Ponebshek and Eastman ran together through most of the second loop until Eastman made a move to close the gap between himself and Downall, which had now increased to twelve seconds. During the third loop Eastman moved to within 5 seconds of the Parnell but couldn't sustain the pace and eventually finished twelve seconds in arrears of Downall's 1:06:20.

Bill Wooden repeated his 1987 performance in this race, disposing of any pretenders early, and capturing top masters honors in 1:11:31. Steve Daniels,

another who seems to run well early in the year, finished a strong 8th in 1:12:43.

Rocco Carr (1:14:10), after starting the race in a conservative manner, quickly turned into 'RamboRoc' and put away some of WRC finest, including Jerry 'Mad Dog' Merkel, John 'Mattress-Back' Walsh, and Ed Doheny, who needs no sobriquet.

In the women's race, Sue Crowe took the lead early in the race. Crowe was unchallenged through most of the four loop course, but Nora Colas put in a strong 5K at the end of the race to finish within three seconds of the leader.

Crowe's time was 1:18:17, considerably slower than her course record time of 1:15:55 set in 1985. Master runner Cindy Dalrymple cruised the course in 1:21:15 to finish third, beating out WRC's Chris Stockdale to lead the women masters. Stockdale has had an outstanding Snowball Series and has already won her 40-44 age group with a perfect 60 points.

Among those finishing well in the concurrent 5k was WRCer Bernie Flynn-Creed, whose 20:14 was good for 2nd place among the women.

DCRRC president Roger Peet announced before the start of the race that the Reston 20 miler, scheduled for January 31, would probably be cancelled for lack of a race director.

JFK Memorial 20K Results

Men: 1. Brian Downall, 1:06:20; 2. Jim Eastman (WRC), 1:06:32; 3. Phil Ponebshek, 1:08:06; 4. John McGrail, 1:09:23; 5. Ben Beach, 1:09:25; 6. Bill Wooden (WRC), 1:11:31 (1st master); 7. Jack Cleland (WRC), 1:11:40; 8. Steve Daniels (WRC), 1:12:43; 9. T. Vorlaender, 1:12:50; 10. Henry Danver, 1:13:09; 17. 'Rocco' Carr (WRC), 1:14:10; 21. Frank Faykes (WRC), 1:14:55; 27. George Masson, 1:16:12; 30. Ed Doheny (WRC), 1:16:32; 31. Larry P'Anson, 1:16:39; 32. Robert Rodriguez (WRC), 1:16:55; 33. Keith Bombaugh (WRC), 1:16:58; 34. John Walsh (WRC), 1:17:00; 35. Ron Griswold (WRC), 1:17:02; 40. Gerry Ives (WRC), 1:19:21; 41. Dan Rincon (WRC), 1:19:39; 58. Kevin Kolakowski (WRC), 1:24:49; 62. Dick Brannan (WRC), 1:25:16; 63. Bobby Bauer (WRC), 1:25:23; 84. Larry Tabachnick, 1:28:28; 88. James Scarborough (WRC), 1:30:12; 99. J.J. Wind (WRC), 1:33:39.

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.

Women: 1. Sue Crowe, 1:18:17; 2. Nora Colas, 1:18:20; 3. Cindy Dalrymple, 1:21:15; 4. Pat Bullinger (WRC), 1:26:08; 5. Susan Humphries, 1:28:15; 8. Chris Stockdale (WRC), 1:32:04; 10. Susan Aaronson, 1:33:08; 11. Jennifer Westfall, 1:34:00; 14. Margaret Noel, 1:39:40; 16. Joanne Mallet (WRC), 1:39:51.

DCRRC 5K Results

Men: 1. Dan Eddy, 16:26; 2. Alan Weber, 17:15; 3. Chan Robbins, 18:01; 4. John Haubert, 18:06; 5. John Fraser, 18:40.

Women: 1. Mary Ann Zuckerman, 20:04; 2. Bernie Flynn Creed (WRC), 20:14; 3. Patricia Reber, 22:16; 4. Charlotte Edwards, 22:38; 5. Sara Calvert, 22:51; 10. Lynda Durfee, 24:50.

HANGOVER CLASSIC STILL GETTING BIG TURNOUT DESPITE COURSE PROBLEMS

by Will Woodbine

Washington, D.C.'s first race of the New Year, the Ed Barron Hangover Classic 8K, got underway at 12:00 noon, January 1st, alongside the Lincoln Memorial reflecting pool with well over 1,500 runners in attendance. The twisting, multi-loop course was made necessary when the National Park Service decided in 1985 that the West Potomac Park course could be used only if the race got underway at 8:00 a.m., instead of the traditional time of noon. The thought of getting up that early on New Year's Day struck the race organizers as being against everything the race stood for, so they moved the race to a different course. Unfortunately, the new course has the top finishers catching up with the back of the field in the last quarter mile. It would be nice if the

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)

Bethesda Chase Teams

WRC will have teams in the Bethesda Chase 20K on Sunday, March 6, at 10:15 a.m. If you want to run on a team call Gerry Ives at wj 452-4242 or hj 320-3337 (before 9:15 p.m. please, he goes to bed early). We will submit entries on Tuesday, February 16, so we must hear from you before that date. WRC will send in entry forms and pay entry fees. Last year WRC won the Open Men, Open Women and Masters Men team events.

Park Service would reconsider their '85 decision, but don't count on it.

WRC speedsters Darryl Stewart and Bob Stack upheld the Club's honor by finishing 7th and 8th in 26:04 and 26:26 respectively, but they were the only members in the top ten.

WRC's centipede had never been beaten in this race, and this year was not to be an exception. Jim Hage, Ray Velez, Jeff Reed, Dan Rincon, Jeff Wice, Mark Baldino, Pat Carr, Steve Daniels, Bruce Coldsmith, and Wendell Swan cruised to the win in 34:24; a leisurely pace that left plenty in reserve should any upstart centipedes challenge them. The "Gang of Ten" executed a picture-perfect pinwheel at the 4½-mile point. Bobby Bauer led a renegade centipede team to second place.

Results—Men: 1. John Wessels, 24:40; 2. John Helmick, 24:47; 3. Greg Coan, 25:16; 4. Eric McLeney, 25:21; 5. Phil Woodyard, 25:40; 6. Glenn MacDonald, 25:56; 7. Darryl Stewart (WRC), 26:04; 8. Robert Stack (WRC), 26:26; 9. Dave Whitnah, 26:58; 10. Danny Eddy, 27:01.

Women: 1. Andrea Volpe, 29:03; 2. Mary Dore, 30:06; 3. Barbara Frech, 31:11; 4. Susan Volpe, 31:20.

FROSTBITE 15K, AT WESTMINSTER, MD., ATTRACTS STRONG FIELD WITH CASH PRIZES

by Will Woodbine

Sunday, January 3, saw a strong field lined up for the 9:00 a.m. start of the Frostbite 15K at Westminster, Md. The fact that cash prizes went eight deep probably had something to do with the turnout, as the course over the rolling hills at Western Maryland College is not a gentle one.

A group of twelve runners went through the first 2½ miles in a tightly-bunched pack, until Tony O'Reilly decided to make a break and took off with WRCer Steve Spence and Jeff Scuffins in pursuit. At the turnaround point Scuffins, running his first race since his 2:14:01 Marine Corps triumph, had dropped slightly behind O'Reilly and Spence who were running stride for stride. In the final miles Spence turned on the gas, opening up a 17-second lead on O'Reilly, and went on to win in a new course record time of 46:44. Scuffins took third place in 47:17. The

three leaders all broke John Doub's old course record.

Doub, who has recently changed jobs and gone to work for Mack Trucks, finished in a disappointing 8th place (although still in the money). His time of 49:50 would have taken first place in last year's race, which shows the quality of this year's field. Doub had won the race for the past three years.

Joe Sullivan, in his first race since his marathon debut at Philadelphia, nailed down 10th place in 50:45. Sullivan is still hoping to qualify for the Olympic Marathon Trials, but has not decided on his target race. Fourth-place finisher Ira Meyers, who dropped out of the Philadelphia Marathon, was using the race as a tuneup for the Houston-Tenneco Marathon on January 17th.

In the women's race Juliette Christie ran a superb race over the tough course to win in 56:01. WRC's Maria Pazarentzos took second place in 57:39, a time that was 2 minutes 41 seconds faster than last year's first woman finisher. Club member Carolyn Ulrich, who returned to the area from Massachusetts for the holidays, finished 10th in 62:25.

No times were available for the companion 5K race, but the winners were Dave McCormack and WRC member Suzanne Girard-Eberle.

Results—Men: 1. Steve Spence (WRC), 46:44; 2. Anthony O'Reilly, 47:02; 3. Jeff Scuffins, 47:17; 4. Ira Meyers, 48:02; 5. Gordon Christie, 48:06; 6. Harry Goodman, 48:36; 7. Chris Chattin, 48:48; 8. John Doub (WRC), 49:50; 9. Jim O'Keefe, 50:34; 10. Joe Sullivan (WRC), 50:45.

Women: 1. Juliette Christie, 56:01; 2. Maria Pazarentzos (WRC), 57:39; 3. Beth Jacobson, 58:20; 4. Cindy Dalrymple, 58:55; 5. Tammy Slussen, 59:19; 10. Carolyn Ulrich (WRC), 62:25.

MIDWINTER RANTINGS AND HOT STOVE PALAVER

On his membership renewal **Jim Hage** tried to claim the 32:30 8K time he ran on the WRC centipede at the Hangover Classic as a p.r. The claim had to be disallowed by the Club's Ethics & Morals Committee because of their suspicion that Jim's time had been aided by the more talented runners on the Centipede. Jim will have to be satisfied with his 2:16:33 marathon p.r. set at Grandma's Marathon last year, 16th best among American men in 1987.

The recent snow storm that dumped nine inches of snow on Washington, D.C. didn't stop **Senator William Proxmire** from going to work on the Hill. Asked by a reporter how he got to work, Proxmire retorted, "I ran to work—it's only five miles—I often do it." He added, "The side walks were a disgrace." Way to go, Senator!

Cherry Blossom's claim as the fastest 10 mile course in the world fell by the wayside October 11. Norway's **Ingrid Kistiansen** (50:31) and Belgian **Vincent Rousseau** (46:07) both set new standards

for the distance at Zaandam, Netherlands. Kristiansen took an astounding 2:22 off the record established at Cherry Blossom last year by Lisa Martin. Rousseau's mark improved upon Greg Meyer's 46:13, which took top honors at the 1983 Cherry Blossom race.

At George Mason University's scholastic indoor track meet on January 2 **Greg Early** won the boy's mile in commanding fashion with a time of 4:16.81. The time earned him an invitation to the prestigious Milrose Games High School Invitational Mile. In the 3,200 meters race **Vince Hancock** was third in a time of 9:36.69. Vince's father runs Sports World in Springfield, Va., and has supplied the Club with trophies for the past several years.

Early prepped for the Milrose schoolboy mile at the P.G. county meet January 30 at the Naval Academy's Halsey Fieldhouse, capturing the mile (4:25.9) and two mile (10:05). He also finished 2nd in the 800 meters (1:59) and ran a leg of the Eleanor Roosevelt runner-up 4x400 relay (:53).

Jim Dill wrote that he spent the past year in Denver, Colo., the runner's dream spot. Unfortunately, his work kept him from training as much as he wanted, so his times slipped a little. He did manage to run the Pikes Peak ½-Marathon in 2:54, which gave him a top 50 finish, but it took him a month to recover from the race. Jim expects to return to the Washington area this year.

Gordon Noel sent a nice note along with his membership renewal, saying that he regarded the WRC Newsletter as the most up-to-date and best written source of news about Washington running and runners. Thanks for the kudos, we usually catch it in the ear for leaving someone out of the race results or failing to report on races such as the Frostburg 6½K Run for the Preservation of Five-Toed Sloths.

Dennis 'Toys in the Attic' Baker is planning a world tour to rival that of humanoid Michael Jackson. A Takoma Park '60s remnant and computer whiz along with an itinerant real estate construction financial type are said to be vying for the part of the chimp.

Have American marathoners fallen on hard times? *Track & Field News* top ranked U.S. marathoner for 1987, Marty Froelick (2:10:59), managed to rank only 16th in the world, a far cry from the 1972-1982 when Frank Shorter, Bill Rodgers, Al Salazar, Jeff Wells and others could be found among the world's best. Only six U.S. runners appear among the top 50 worldwide. Want more proof. The only two Olympic men's events in which no American has a performance among the all-time ten best are the hammer throw and the marathon.

The aforementioned **Frank Shorter** made his masters debut at the Vulcan 10k in Birmingham, AL, November 11, clocking 30:54.

Still believe you can run faster by lengthening your stride? Analysis of the videotape from Ben Johnson's world record 100 meter dash at the World

Championship meet in Rome revealed that Johnson took 46.2 strides to cover the distance in 9.83 seconds. Runner-up Carl Lewis (9.93) took fewer, hence longer strides, only 44.7. A bit of simple division shows the real difference was turnover. Johnson took 4.7 strides per second, while Lewis averaged only 4.5.

DCRRC 25K CHAMPIONSHIP, SNOWBALL #3, CHANGES COURSE BUT NOT DIFFICULTY

by Will Woodbine

The DCRRC 25K Championship, #3 of the Snowball Series, changed its venue from the American U. course to an equally daunting 3-loop course in the Arlington hills behind the Madison Center on Old Glebe Road. Sunday, January 3rd, was cold and overcast with a forecast of snow, and the temperature did not rise above 30°F during the race.

Jim Eastman, running in his first race of the Snowball Series, ran the first two loops of the race with Phil Ponebshek. Eastman was consistently stronger on the uphill, but Ponebshek was running the downhill well and making up the deficit. At the end of the second loop Eastman eased into the lead and concentrated on the downhill portions of the race. He continued to extend his lead throughout the third loop and went on to win with a time of 1:29:13, a minute and twenty-five seconds ahead of runner-up Ponebshek.

The men's masters title was taken by WRC's Bill Wooden, who is having an outstanding winter campaign. Wooden went through the course in 1:37:47 to take fourth place overall, more than four minutes ahead of next master, and fifth place finisher overall, Bernie Gallagher. Sixth place was nailed by another WRC master, Ron Griswold, in 1:43:16.

In the women's race Barbara Frech of NOVA held an easy pace for the first loop before picking it up in the middle of the second loop and overtaking Tom Kurihara, Gerry Ives and a couple of other elderly gents. Frech finished as first place woman, and 14th overall, in a time of 1:51:17—the time does not do credit to the effort expended over this tough course. In second place was WRC's Betty Blank, newly returned from the warmth of Florida, in a time of 2:01:31, with Chris Stockdale once again heading up the women's masters field in third place at 2:04:30.

Race Directors Ed Demoney and James Scarborough are to be congratulated for coming up with the new course and putting on a first-class race under less-than-ideal conditions.

Results—Men: 1. Jim Eastman (WRC), 1:29:13; 2. Phil Ponebshek, 1:30:38; 3. Ben Beach, 1:34:36; 4. Bill Wooden (WRC), 1:37:47; 5. Bernie Gallagher, 1:41:51; 6. Ron Griswold (WRC), 1:43:16; 7. Theo Tadesse, 1:43:28; 8. Tom Skelly, 1:43:28; 9. Larry I'Anson, 1:43:58; 10. Nick Papajohn, 1:44:34; 11. George Mason, 1:44:39; 13. Denis Colombant, 1:50:18; 14. Gerry Ives (WRC), 1:51:26; 15. Tom Kurihara (PVSTC),

1:52:39; 17. Al Marcy, 1:54:52; 28. Larry Dickerson, 2:10:00; 29. Dick Good, 2:11:22; 35. Sal Corrallo, 2:31:18.

Women: 1. Barbara Frech (NOVA), 1:51:17; 2. Betty Blank (WRC), 2:01:31; 3. Chris Stockdale (WRC), 2:04:30; 4. Patti Burke, 2:07:42; 5. Rosemary Jellish, 2:19:55.

DCRRC 24th ANNUAL 10 & 20 MILER HELPS WARD OFF POST-XMAS BLUES

Special Report by George Banker

Santa was barely out of town before local runners were in search of a race to get rid of the post-Christmas blues and remove some of the extra poundage put on by too much plum pudding. And what to their wondering eyes did appear, but the DCRRC 24th Annual Ten and Twenty Miler, held at Braden Field, Greenbelt, Md., on Saturday, December 26th.

The two races are held concurrently, over a course with moderately rolling hills on the grounds of the Department of Agriculture. The 10 miler is out and back and the 20 miler is the same course twice. The weather and the holiday control the turnout for these two events (in 1983 the air temperature at the start was 3°F). This year, with a temperature of 50°F and a light rainfall, the 10 miler signed up 55 runners and the twenty miler attracted 36 runners.

During the 10-mile race it was discovered that the course marshall at the turnaround point was improperly positioned. Ever-resourceful Larry Noel did some fast figuring and altered the 10 miler to a 15K. The 20-mile course was corrected before the runners made their second journey out.

The 15K contest was won by Robert Raisbeck, of Laurel, Md., in a time of 51:13, who improved on his 2nd place finish of last year. Although Raisbeck finished with a comfortable lead, he could not afford to relax because WRC's Al Naylor was trying to close the gap. Naylor finished in second place with a time of 52:43. In the women's race Leslie Maerkl, who was also the runner-up last year, took the lead at the four-mile mark and finished in 59:02, more than seven minutes ahead of second place Janine Lazar.

The price for running these two events concurrently is that you never know whether the runner ahead of you is competing in the 10 or 20 miler. Often you settle in behind the runners you normally keep up with, only to find them dropping out at the 10-mile mark leaving you to struggle through the next 10 miles alone, suffering from oxygen depletion and wishing you had signed up for the shorter race instead.

In the 20 miler Ben Beach thought he had the race under control until he learned of another runner in front of him. Beach was pressing a hard pace for the entire race, finishing in 1:58:32, but John Helmick of Washington, D.C., clocked in with an amazing

1:46:07. Helmick quickly admitted that he had made an error on the course, cutting it short, which put Beach in first place. WRC's Bill Wooden took second place (and first master) with an outstanding 2:02:06, comfortably beating Ted Martinez, who took third place in 2:05:35.

WRC's Donna Elliot crushed the women's field in the 20 miler, winning in a time of 2:35:37, well ahead of second place Anna Berdahl who finished in 2:47:32.

A resurgent Larry Noel, seemingly recovered from a tropical ailment picked up on a trip to Africa last year, clocked a 2:19:29 to take 12th place, trailing 11th place Bobby Bauer by only 10 seconds.

Results: Men (15K)—1. Robert Raisbeck, 51:13; 2. Al Naylor (WRC), 52:43; 3. Dale Bateman, 54:33; 4. Rob Stull, 55:39; 5. Tony Maranto, 56:09; 6. Bill Stahr, 57:24; 13. Rolland Elliott, 63:43; Pat Neary, 71:19.

Women (15K)—1. Leslie Maerkl, 59:02; 2. Janine Lazar, 66:19; 3. Mary Ann Zuckerman, 67:41; 4. Hiroko Smith, 68:38; 5. Chris Stockdale (WRC), 69:38; 6. Sharon Burkhart, 74:11.

Men (20 Miler)—1. Ben Beach, 1:58:32; 2. Bill Wooden (WRC), 2:02:06; 3. Ted Martinez, 2:05:35; 4. Ken Sedberry, 2:06:53; 5. Tor Lorrheim, 2:08:22; 6. Ben Mathews, 2:08:39; 11. Bobby Bauer (WRC), 2:19:19; 12. Gordon Noel (WRC), 2:19:29; 15. Larry Tabachnick, 2:26:30; 21. George Banker (RC²), 2:33:27; 25. Dick Good, 2:44:19.

Women (20 Miler)—1. Donna Elliot (WRC), 2:35:37; 2. Anna Berdahl, 2:47:32; 3. Carole Rivera, 2:51:09; 4. Margaret Noel (MCRRC), 2:54:13.

NEW MEMBERS

Tom Bowmaster, the latest WRC recruit, is a resident of Columbia, Maryland, and a training partner of Gerry Clapper. Tom has a very respectable 10K p.r. of 31:27.

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. □

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.

Sunday Morning Run, 34th and M St., N.W., 8:00 a.m. The boys (and girls) are back for 12 miles or more under trying conditions. Don't show up if you aren't ready to be viciously insulted while running 6:00-7:00 pace.

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 the upcoming months. The schedule was supplied to Washington Running Club by Herb Chisholm, Chairman LDR, PVAC.

FEBRUARY

| Date | Day | Dist. | Race Name | Location | Sponsor/Contact |
|------|-----|-------|-----------------------|-------------------|-----------------|
| 6 | SA | 5K | Running Times (Women) | Ft. Hunt Park, VA | DCRRC 548-4229 |
| 6 | SA | 12K | Snowball #6 | Ft. Hunt Park, VA | DCRRC |
| 7 | SU | 4/6M | Winter Flower Runs | Rockville, MD | MCRRC |
| 7 | SU | | Treat Shop Relay | Westminster, MD | WRRC |
| 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 |

| | | | | | |
|----|----|-------|------------------------|--------------------|--------------|
| 14 | SU | | Valentine Couples | Greenbelt, MD | 301/474-6878 |
| 17 | WE | 6/3K | Bureaucratic Runaround | Jefferson Memorial | FIJC |
| 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 |
| 27 | SA | 5M | Prediction Race | Alexandria, VA | DCRRC |

Races of Interest Outside PVAC Area (February)

| | | | | | |
|----|----|-------|------------------------|------------------|--------------|
| 13 | SA | | IAAF World X-Cntry Tr. | Dallas, TX | 214/741-3602 |
| 28 | SU | 13.1M | Colonial Half Marathon | Williamsburg, VA | 804/253-4320 |

MARCH

| Date | Day | Dist. | Race Name | Location | Sponsor/Contact |
|------|-----|-------|------------------------|---------------------|-----------------|
| 5 | SA | 5K | Women's I Love to Run | Haines Point | RunHers |
| 6 | SU | 4M | Shiloh Run | Hampstead, MD | WRRC |
| 6 | SU | 10M | Reston 10-Miler | Reston, VA | 703/860-8311 |
| 6 | SU | 20K | Bethesda Chase | Bethesda, MD | 301/593-9670 |
| 13 | SU | 1M | Mark's Mile | Bethesda, MD | MCRRC |
| 13 | SU | 10K | Jean Conroy Memorial | Crofton, MD | AS |
| 13 | SU | 13.1M | Championship ½-Mar. | Sandy Spring, MD | DCRRC |
| 13 | SU | 8K | Springburst | Greenbelt, MD | PGRC |
| 16 | WE | 6/3K | Bureaucratic Runaround | Jeff. Memorial | FIJC |
| 19 | SA | 5K | Jellef's Shamrock Run | Georgetown, DC | PVSTC |
| 19 | SA | 10K | Championship Track Run | Woodson HS, Fairfax | DCRRC |
| 19 | SA | 10K | Auburn Tiger Trot | W. Potomac Park | 703/768-0036 |
| 19 | SA | 10/5K | Irish Spring | Westminster, MD | WRRC |
| 20 | SU | 10K | Piece of Cake | Gaithersburg, MD | MCRRC |
| 20 | SU | 10K | Lady Equitable | Baltimore, MD | BRRC |
| 27 | SU | 10M | Cherry Blossom Classic | W. Potomac Park | DCRRC |
| 27 | SU | 10M | Cherry Pit | Edgewater, MD | AS |

Races of Interest Outside PVAC Area (March)

| | | | | | |
|----|----|--------|------------------------|--------------------|---------------------|
| 5 | SA | 10K | RRCA Nat. Championship | Greenville, SC | Greenville TC |
| 13 | SU | 15K | TAC Nat. Mstrs. Chmp. | Tucson, AZ | PO 40728, Zip 85717 |
| 13 | SU | 10M/5K | St. Pattys Run | Allentown, PA | 215/926-4303 |
| 19 | SA | 26.2M | Shamrock Marathon & 5M | Virginia Beach, VA | 804/481-5090 |
| 27 | SU | 13.1M | Caesar Rodney ½-Mar. | Wilmington, DE | 302/658-7508 |
| 27 | SU | 5K | TAC Nat. Mstrs. Chmp. | Deland, FL | PO 1824, Zip 32721 |

APRIL

| Date | Day | Dist. | Race Name | Location | Sponsor/Contact |
|------|-----|-------|------------------------|---------------------|-----------------|
| 27 | SA | 5M | Building Browne | Alexandria, VA | 703/960-3000 |
| 2 | SA | 13.1M | Marathon Tuneup | Great Falls, MD | MCRRC |
| 2 | SA | 8K | Easter Classic | Greenbelt, MD | PVSTC |
| 9 | SA | 15K | DCRRC Championship | Belle Haven Pk., VA | DCRRC 548-4229 |
| 9 | SA | 10K | Bruin Band Aid Run | Burke Lake Pk., VA | 703/455-2791 |
| 9 | SA | 5K | Track Run | West. Md. Coll., MD | WRRC |
| 9 | SA | 10K | NVCC Run | Wakefield Pk., VA | 301/323-2147 |
| 10 | SU | 10K | Centennial 10K | Glen Burnie, MD | 301/882-5455 |
| 10 | SU | 10K | Cherry Blossom Chaser | W. Potomac Park | 301-728-6455 |
| 10 | SU | 10K | Potomac Run | Potomac, MD | 703-644-2959 |
| 16 | SA | 10K | Rites of Spring | Triangle, VA | 703/752-1316 |
| 16 | SA | 10K | Run For Youth | W. Potomac Park | 202/727-4527 |
| 17 | SU | 10K | Fritzbe's 10K | Rockville, MD | MCRRC |
| 20 | WE | 6/3K | Bureaucratic Runaround | Jeff. Memorial | FIJC |

| | | | | | |
|-----|----|-----|-------------------------|------------------|--------------|
| 23 | SA | 8K | MADD Fest | Laurel, MD | 301/498-0074 |
| 23 | SA | 10K | Prevention of Blindness | E. Potomac Pk. | 202/234-1010 |
| 23? | SA | 10K | Raider Run | Falls Church, VA | 703/256-6574 |
| 23? | SA | 10K | YWCA Run | Annapolis MD | 301-647-1500 |
| 24 | SU | 8M | Hydes Rd.—Wt/Age Class | Baltimore, MD | BRRC |
| 24 | SU | 10K | Frat. Order of Police | Washington, DC | 202/347-2508 |
| 24 | SU | 15K | GW Parkway Classic | Mt. Vernon, VA | 703/780-3037 |
| 27 | WE | 1M | Main Street Mile | Westminster, MD | WRRC |
| 30 | SA | 15K | RRC Challenge | Rock Creek Park | DCRRC/MCRRC |
| 30? | SA | 5M | Run for Children | Alexandria, VA | 703/838-0786 |
| 30 | SA | 2M | Track Run | Annapolis, MD | AS |
| 30 | SA | 5K | Bel Air Town Run | Bel Air, MD | 301/879-6410 |

Races of Interest Outside PVAC Area (April)

| | | | | | |
|----|----|-------|--------------------------|---------------------|--------------|
| 9? | SA | 50M | Massanutten Mt. Massacre | Detrick, VA | 703/533-7546 |
| 3 | SU | 50M | TAC Nat. Mstrs. Chmp. | Columbus, OH | |
| 10 | SU | 13.1M | Amish Country ½-Mar. | Lancaster, PA | 717/397-3744 |
| 16 | SA | 10M | Charlottesville 10M | Charlottesville, VA | 804/293-3367 |
| 16 | SA | 10K | Fodderstock 10K | Flint Hill, VA | 703/987-8758 |
| 18 | MO | 26.2M | Boston Marathon | Hopkinton, MA | 617/435-6905 |
| 24 | SU | 8K | TAC Men's Nat. Chmp. | Portland, OR | 503/220-2575 |
| 24 | SU | 26.2M | TAC Men's Nat. Chmp. | Jersey City, NJ | 201-432-5530 |