

# Washington Running Club ★ Newsletter

Volume 7, Number 4

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March 1988

## March Meeting in Rosslyn

The MARCH meeting of WRC will be held on Friday, MARCH 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 whatever. The Club will supply some beverages, but extra donations will be welcome.

## CLUB BANQUET SET FOR MARCH 12

The Annual WRC Banquet will be held Saturday night March 12 at the University of Maryland in College Park, social chairman Pat Bullinger has announced.

Plans are tentatively set for a buffet supper and open bar, followed by dancing to the sounds of WRC President Dan Rincon's Rock 'n Roll Revue. Per person cost is expected to be \$25.

All of those interested in attending should contact Dan (441-9265) or Pat (524-8391) by March 1.

## HAGE, JESSEY TOP TWO FINISHERS AT WASHINGTON BIRTHDAY MARATHON

by Sp. Reporter 'Red' Panama

C'mon, Jimmy, give us a break, will ya? I mean, you miss the start, treat the race as a training run, still run under two thirty and beat your closest pursuer by over five minutes. And we thought you'd been taking it easy this winter.

WRC's Jim Hage (2:28:17), gearing up for April's Olympic Trials Marathon, came out to the Agricultural Research Center in search of a comfortable workout/win at the 27th annual George Washington's Birthday Marathon February 13, but after missing the start while taking care of Mother Nature, Hage found himself chasing clubmate Paul Jessey.

Jessey had gotten out to a good start that had pushed him ahead of the field through the first ten miles. That was where Hage caught up and the pair ran together until the end of the second of three loops around the "pig farm." At that point, Hage tightened the screws a turn or two and, and left Jessey to contend with chasers John McGrail, Steve Cottrell, and a following pack of half a dozen runner that included WRC's Jack Cleland. Although Jessey (2:33:02) slowed a bit over the final ten miles, his plan to establish himself early panned out and 3rd place finisher McGrail (2:34:55) was never able to challenge him.

Annapolis resident Rose Malloy (2:53:29) destroyed NOVA runner Barbara Frech's hopes for a marathon win by destroying the race record — new start and finish portions of the course made both winner's times new course records — enroute to a victory margin of just under eight minutes. Frech, in

turn, finished more than eight minutes in front of the 3rd place woman, Lorraine Gersitz of Franklin Park, NJ.

**Partial Results—Men:** 1. Jim Hage (WRC), 2:28:17; 2. Paul Jessey (WRC), 2:33:02; 3. John McGrail, 2:34:55; 4. Paul Cottrell, 2:41:00; 5. Jack Cleland (WRC), 2:46:06; 6. Dennis Griffin, 2:46:28; 7. Bill Ruggero, 2:47:32; 8. Dennis Wanner, 2:28:31; 9. Marty Holleran, 2:50:37; 10. John Ausherman, 2:51:06; 11. Roger Anderson, 2:52:42 (1st 40+); 12. Bernie Gallagher, 2:53:41; 17. Bernie Davis, 2:57:35 (1st 50+); Hubert Morgan, 3:36:41 (1st 60+).

**Women:** 1. Rose Malloy, 2:53:27; 2. Barbara Frech (NOVA), 3:01:28; 3. Lorraine Gersitz, 3:09:58; 4. Lynn Ann Bridges, 3:40:21; 5. Sharon Modorski, 3:41:28.

## GIRARD-EBERLE, EASTMAN TOP COLD CAST; CAPTURE FEATURE RACES AT FORT HUNT PK.

Sp. to WRC Newsletter by George Banker

The final date of the DCRRC's Snowball Series included both a 5k run for women and an Open 8 miler. The ice and snow that led to cancellation of the latter race in 1987 were absent February 6, but temperature of 15 degrees and a chill southwesterly breeze brought out mittens and knit caps for almost everyone. It was, as Jack Coffey might have noted had he been there, a three pair of tights day.

The 5k course is three loops around the Ft. Hunt

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.

Park picnic grounds with little change in elevation. The race, to put it mildly, was dominated by WRCer Suzanne Girard-Eberle, who finished in a time of 16:30, setting a new course record in the process. Girard-Eberle led from the start, completing the first loop with a following trio of runners already :30 seconds in arrears. During the second loop the trio dissolved and the leader extended her advantage.

At the finish the smooth striding Girard-Eberle led runner-up Jenni Torpey (17:56) of Hyattsville by nearly a minute and a half. Her sister, Tracey Torpey, followed in 18:16 and the third member of the group that had chased the winner, Tammie DeVore (18:29), ended 4th.

Masters laurels were claimed by Mary Ann Zuckerman, 6th overall, whose 19:58 finish cracked the course record 20:23 she had set last year.

The Open 8 miler began as a wide open affair. A group of seven runners completed one loop of the course used for the women's 5k before heading toward the bikepath along the George Washington Parkway, where the real action began.

Jim Eastman (43:06) took over from early leader Coty Pinckney and began to extend a lead that would eventually grow to nearly two minutes. The two of them were chased by John McGrail. Somewhat further back, the toast of the winter masters circuit, Bill Wooden, waited until they hit the bikepath to begin pursuing the frontrunners.

Near the four mile mark Wooden (45:59) finally took over 4th place from J.J. Wind, another athlete whose winter training is paying early dividends. From that point on the top five was unchanged, although Wooden continued to close on 3rd place McGrail throughout the latter miles.

The women's contest in the 8 miler was captured by Leslie Howerton (54:57) of Fairfax. Howerton was able to establish a hard pace early and maintain her lead. The next two women had competed in the earlier 5k and that effort took its toll on their capacity to chase Howerton. Jennifer Westfall finished in 55:35 (after a 5th place 19:14 in the 5k). Third overall and top master was WRC's Chris Stockdale (1:01:00).

#### Women's 5K

1. Suzanne Girard-Eberle (WRC), 16:30 (c.r.); 2. Jenni Torpey, 17:56; 3. Tracey Torpey, 18:16; 4. Tammie DeVore, 18:29; 5. Jennifer Westfall, 19:14; 6. Mary Ann Zuckerman, 19:58 (masters c.r.); 7. Hideko Pirie, 21:10; 8. Chris Stockdale (WRC), 21:15.

#### Open 8 Miler

**Men:** 1. Jim Eastman (WRC), 43:06; 2. Coty Pinckney, 44:45; 3. John McGrail, 45:37; 4. Bill Wooden (WRC), 45:59 (1st master); 5. J.J. Wind (WRC), 46:37; 6. Marc Pech (WRC), 47:03; 7. John Walsh (WRC), 47:09; 8. Larry Camp, 47:30; 13. George Masson, 49:06; 14. Larry l'Anson, 49:24 (1st 50+); 15. Robert Rodriguez (WRC), 49:30; 16. Bob Trost (WRC), 49:30; 17. Ron Griswold (WRC), 50:09; 19. Gerry Ives (WRC), 50:59; 21. Tom Kurihara, 51:53; 27. Al Marcy, 53:13; 31. Bernie Gallagher, 55:40; 35. James Scarborough (WRC), 57:42; 42. Jeff Darman, 59:30.

**Women:** 1. Leslie Howerton, 54:57; 2. Jennifer Westfall, 55:35; 3. Chris Stockdale (WRC), 61:00; 4. Violet Wood, 63:20; 5. Tina Olson, 66:16.

#### BLANK AND TROST BOTH PLACE THIRD AT MELBOURNE, FLORIDA MARATHON

##### *Special Report from Bob Trost*

The day before the 17th Annual Space Coast Marathon along mid-Florida's Atlantic Coast the temperature rose to 84°F under sunny skies. Hardly ideal weather to run a marathon. Conditions on race day, February 21, were certainly different, but no better. Temperatures facing runners race morning were a brisk 53° F, in the midst of a driving rain storm and 20 mph northwest winds.

Only 60 hardy runners toed the starting line, including a pair of WRC-crazies, Betty Blank and yours truly. Okay, so maybe only one of us is really crazy, but we both ended up with third place overall finishes.

My time was pretty good given my recent performance standards, 2:56:33. As winner Mannie Scalla, a 48-year-old Pennsylvanian ran 2:54:54, I can only wonder what might have been, but for my three pit stops. *Three pit stops!!! What have you been eating in Florida, Bob?—ed.*

Top woman finisher Suzy Savor of Waterbury, Connecticut, was attempting to run an Olympic Trial qualifying time of 2:49:59 in her marathon debut. But was slowed by the conditions and finished in a

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## Washington Running Club

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

#### CLUB OFFICERS

**President:** Dan Rincon (441-9265)  
**Vice President:** Bill Wooden (593-5528)  
**Secretary:** Gerry Ives (320-3337)  
**Treasurer:** Kevin Kolakowski (461-8331)  
**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)

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disappointing 2:56:10. Betty's third place finishing time was 3:18:11.

#### Newnan Lakes 15K

Gainesville, Fla., is the winter training site for many world class athletes, including Olympic hopefuls Gerald Donakowski and Norway's Grete Waitz. As a result, one never knows who will show up for one of the low-key races put on by the Florida Track Club.

Included in the 150 or so starters at this year's Newnan Lakes 15K were Gerald Donakowski, and Kenyan Olympic-hopeful Steve Cojo. Donakowski used the race as a hard training run and ran a steady 5-minute pace along with his sometimes training partner, Mike Blaney. On the other hand Cojo decided to test himself and ran slightly faster, winning the race in 45:34. Donakowski followed in 46:19, and Blaney was third in 46:20.

Men's master winner was Greg King who finished 5th overall in 51:45. The women's winner was Mary Ellen McGowen, ranked 10th in the U.S. at the distance by *Track and Field News*, who won easily in 53:47. Oh yes, in this one I was 20th overall in 57:52.

#### TOP-FLITE COMPETITION AT MOBIL MEET BUT PROBLEMS AT ARENA MAR EVENING

by *Newsletter Editor John Walsh*

Meet Director John Cook, sponsor Mobil Oil, and all those who worked the Mobil Invitational Grand Prix track meet at the George Mason University Fieldhouse deserve credit for the first-rate competition, but must exert better control of the facilities if their meet is to become an important fixture on the indoor scene.

At the risk of sounding like sour grapes, I must point out that track fans won't keep returning if they are forced to stand outside in the February chill until thirty minutes after the doors were scheduled to open while officials worked out an electrical problem.

To those who might respond that such a problem could happen anywhere — apparently an overloaded transformer caught fire — I would suggest that adequate preparation for the meet, broadcast live by ESPN, includes insuring that electrical systems are able to handle added load.

Once inside the building, spectators were apparently expected to forget the 'frosty' treatment and it was business as usual, with neither an explanation nor apology forthcoming from meet officials. Fans at Madison Square Garden or the Meadowlands Arena wouldn't tolerate such treatment.

The meet itself featured good performances from several WRCers in the masters mile and performances ranging from middling to outstanding from the out-of-town stars.

Bill Wooden (4:49.87) and Ray Velez (4:55.06)

placed 3rd and 4th, respectively, in the masters mile behind Al Swensen's strong 4:21.37 solo effort. Wooden lay back off the early pace, while Velez went after the leaders. The red-bearded Wooden, who has had much success on the roads this winter, caught his clubmate just short of the three quarter mark and pulled away.

In the women's events Romanian Maricica Puica showed up for the introductions in the mile, but disappeared after the first of eight laps, while countrywoman Doina Melinte cruised to a 4:39.49 win. Melinte's less than world class performance was understandable following her world indoor best 4:18 the previous evening at the Vitalis Olympic invitational.

Great competition was seen in the women's 60 meter and 400 meter races, along with an American Record tying 7:18 winning time in the sixty. Gwen Torrence extended her indoor unbeaten skein to thirty seven with a .01 second win over Evelyn Ashford and took a violent tumble at the finish for her effort. In the 400, indoor ace Diane Dixon overtook Olympic triple gold medalist Valerie Brisco in the final strides to capture a 52.30 win.

Northern Virginia's first nineteen feet pole vault highlighted the field events. Soviet national champion Rodion Gataulin — yes, he beat world record holder Valerie Bubka — left Earl Bell behind at 18' 8¼", clearing 19'0½" on his first try. He then made three unsuccessful attempts at a world indoor best height of 6 meters (19'7½"), before departing to a large ovation.

#### Mobil Mile, Bile Set-Up?

The Mobil Mile was supposed to highlight the track events, but it only spotlighted 1500 meter world champion, Abdi Bile, a student at host George Mason University. A paced, two minute flat, opening 800 meters set things up perfectly for Bile's big kick, made even easier by the fact most everyone else in the race had run the previous evening in New Jersey.

If that wasn't enough, Marcus O'Sullivan, who should have been riding high after running a 3:50 mile to win at the Vitalis meet, was scratched from the mile without explanation and entered in the 800 meters, where William Wuyke won in a mediocre 1:50.2. One of the more interesting questions arising from the meet is what incentives O'Sullivan was given to switch from the mile. Prior to the Mobil meet O'Sullivan led the Grand Prix rankings in the mile, worth substantial cash at season's end, and points earned from a top three finish would have closed the gap between GP leader Ben Johnson and himself.

At any rate, Bile did just what the promoters and fans wanted. He won with a sub-four minute time (3:59.14).

The best competition in the men's races was in the 60 meter hurdles, 400 meter and 3000 meter runs. Two-time world champion and defending Olympic gold medalist Greg Foster was only third out of the

blocks, behind Tonie Campbell and Renaldo Nehemiah, in the hurdles, but had taken a clear lead by the third barrier, and won going away in 7.48 seconds. At the finish, Foster turned back toward his rivals with a "see y'all later, chumps" kind of gesture. There are some rather intense rivalries among the American barrier runners and Foster couldn't have appreciated the rousing reception fans gave to Maryland alum Nehemiah during the introductions.

Antonio McKay, who has spoken bitterly of late about being passed over when the TAC handed out twenty-eight \$1500 monthly stipends to American world class athletes, let his legs do the talking in an exciting 400 meter contest. McKay ran down former University of Arkansas All-American Roddie Haley, who had taken the lead at 200 meters, in the final straightaway after more than a lap pushing, shoving, elbowing and sprinting. McKay's winning time was a meet record 46.36, with Haley .2 behind.

Five men, including Georgetown U. underclassman John Trautman were competitive in the 3000 meter run entering the bell lap, where Gerry O'Reilly, a Villanova alum, and Gawain Guy began a lap long battle for the win. Only in the last strides did O'Reilly prevail, holding off an evercharging Guy to win in 7:59.23.

It is clear after this sold-out meet that the Washington, DC area will support a class indoor meet, such as Coach Cook and Mobil put together. The level of competition at George Mason was on a par with the best of the indoor season. But it is also clear that some improvements are needed if this meet is to become a fixture on the winter circuit. Most importantly, meet organizers need to control the floor better. Too many people inside the track meant that the spectators view across the track was often blocked, especially for the start of the sprint and hurdle races and the high jump competition. The are minor critiques, but then, 'sweating the details' makes for a superior product.

#### LATE WINTER MUSINGS AND RAUNCHY TALES

The weekend of February 6-7 was a good one for the Girard family. While WRC's **Suzanne Girard-Eberle** (16:30) was winning the DCRRC Running Times 5k at Ft. Hunt Park her sister **Cindi Girard-Klein's** 33:50 was taking top honors at the NYRRC Sheraton Centre Bagel Run 10k. Both marks set new race records.

**Patty McGovern's** win at the Stamford (Conn.) Marathon last spring gave her the twenty-third best time for the distance among American women in 1987. Bothered by a broken foot suffered while running with her brother in autumn — she completed the run anyway — McGovern took to the Woodrow Wilson HS swimming pool to maintain her fitness. Now she's back on track and readying herself for the Oly Trials.

In addition to Patty McG, WRCers **Marianne**

**Dickerson, Karin Wagner-Hammond, Pam Briscoe, Sally Straus, and Laura DeWald Albers,** have qualified to run the May 1 trials race in Pittsburgh.

WRC's fastest 10K time so far in 1988 was turned in by **Steve Spence** at the Red Lobster 10K in Orlando. Spence zipped through the 6.2 miles in 28:40, 10th place overall and 2nd American finisher, ahead of several highly-rated U.S. Olympic Marathon Trials qualifiers, which should give him a lot of confidence going into the trials. His 1:03:30 half-marathon at Philadelphia last September ranked 7th among American men for 1987.

**Mary Ellen Williams** is back on the roads after suffering a fractured foot while on a skiing vacation in Jackson Hole, Wyoming. No, she didn't crash while skiing down the side of a mountain; she got run over in a parking lot.

If you haven't seen **Bob Cosby** at the races for a while, it's because he's been hobbled by an injured foot for the past year. Bob is managing to put in approximately 5 miles a week, and he's looking forward to doing more this year.

#### RESULTS OF THE 1987-88 SNOWBALL SERIES; WRCers PLACE NINE IN AGE GROUP AWARDS

The 1987-88 Snowball Series had its usual share of unpredictable weather, ranging from a shorts and T-shirt ½-Marathon in December to a three-pairs-of-tights 25K in January. But there is always one constant—when the results come in there are always some WRCers leading the way.

This year WRCers took the top spots in four of the age divisions. Jim Eastman took the 30-34 group, Bill Wooden aced the 40-44 group, Betty Blank tied for 1st with Jennifer Westfall in the 30-34 women's age grouping and Chris Stockdale easily was tops in the 40-44 women's group.

The total number of runners in the series was 91 females and 383 men. The highest concentration of runners was in the 40-44 and 45-49 age groups for women and the 35-39, 40-44 and 45-49 groups for men. The lack of a race director caused the cancellation of the Reston 20 Miler, but the other events were put on with the usual first-class efficiency we all have come to expect from DCRRC events.

Almost all of the DCRRC races rely on volunteers for race directors and officials. If you are injured or choose not to run, please volunteer to give the DCRRC a hand in putting on these low-cost events. A word of thanks also to the DCRRC Historian and Statistician, George Banker, who took the time to read all of those sweat and rain-soaked cards so we could get the results.

#### Men

20-24—1. Nick Papajohn.

25-29—1. Errol Yudelman; 2. Phil Ponebshek; 3. Jim Greenwood.

30-34—1. Jim Eastman (WRC); 2. John McGrail; 3. Robert Rodriguez (WRC); 4. Rick Bockman.

- 35-39—1. Ben Beach; 2. Jay Wind (WRC); 3. Theodoros Tadesse; 4. Tom Skelly.  
 40-44—1. Bill Wooden (WRC); 2. Craig Anderson; 3. Ron Griswold (WRC) and Bob Trost (WRC) tied; 4. Ken Schefflen.  
 45-49—1. Dennis Colombant; 2. George Masson; 3. Gerry Ives (WRC); 4. Bernie Gallagher.  
 50-54—1. Larry I'Anson; 2. Tom Kurihara; 3. Al Marcy; 4. Roger Burkhart.  
 55-59—1. Larry Dickerson; 2. Ray Randolph; 3. Dick Good.  
 60+—1. Bill Osburn; 2. Alvin Gutttag.

#### Women

- 20-24—1. Nora Collas; Jane Massey.  
 30-34—1. Betty Blank (WRC) and Jennifer Westfall (tied); 2. Susan Aaronson; 3. Renee Culbertson.  
 35-39—1. Victoria Kaas.  
 40-44—1. Chris Stockdale (WRC); 2. Rosemary Jellish.  
 45-49—1. Judith Flannery; 2. Shelly Schwab.

Award winners can pick up their awards at the DCRRRC table during the Cherry Blossom registration on Saturday, March 26. If you cannot pick up your award call George Banker at 564-2392 (h) or 248-5619 (w) to make alternate arrangements.

#### MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD FEBRUARY 12, 1988

The meeting was called to order by 'Lame Duck' President Jack Coffey. The first order of business was voting for new Club officers. Dan Rincon was elected President, Bill Wooden elected Vice-President, Kevin Kolakowski elected Treasurer, and Gerry Ives elected Secretary.

The meeting was taken over by new President Rincon. Rincon announced that the Club Banquet would be held on March 12 at the University of Maryland. There will be a cash bar and we must guarantee that we will have 50 people. The University wants a final count of attendees by March 1st.

The Hecht's 10-Miler will be held on May 8th, Mother's Day. The change should give us cooler weather. The T.J. Track Meets have been taken over by J. Wind. Wind asked for volunteers to help him and suggested that the Club consider sponsoring the meets next season.

There being no further business the meeting was adjourned.  
*Gerry Ives, Secretary.*

#### 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 runs 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.

**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. Over hill and dale the kids hit the trail at 6:00-7:00 pace while tossing brickbats at one another.

*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.

If you need further information contact the Running Club or sponsoring organizations. AS—Annapolis Striders (301) 268-1165; BRRC—Baltimore Road Runners (301) 882-0438; CS—Cecil Striders (301) 398-0438; DCRRC—DC Road Runners (703) 548-4229; FIJC—Federal Interagency Jogging Council (202) 586-9369; FSC—Frederick Steeple Chasers (301) 662-4500; HRFFC—Hagerstown Run for Fun Club (301) 797-3798; HCS—Howard County Striders (301) 964-1998; MCRRC—Montgomery County Road Runners (301) 949-9227; PGRC—Prince Georges Running Club (301) 527-8609; PVSTC—Potomac Valley Seniors Track Club (703) 370-5646; PWRC—Prince William Running Club (703) 752-1316; QCS—Queen City Striders (301) 722-6035; RASAC—Renaissance Allsports AC (301) 836-1784; RR—Reston Runners (703) 476-0007; RunHers—Washington RunHers Unlimited (703) 425-6163; WRC—Washington Running Club (202) 452-4242; WRRRC—Westminster Road Runners (301) 876-7127.

### MARCH

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
5	SA	5K	Women's I Love to Run	Haines Point	RunHers

MARCH

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5	SA	26.2M	Last Train to Boston	Edgewood, MD	RASAC
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	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	6.1M	10th Ann. Bojarski Kielbasa	Forest Hill, MD	RASAC
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
2?	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	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	PWRC
16	SA	10K	Run For Youth	W. Potomac Park	202/727-4527
17	SU	10K	Fritzbe's 10K	Rockville, MD	MCRRC
17	SU	10K	Frat. Order of Police	Washington, DC	202/347-2508
20	WE	6/3K	Bureaucratic Runaround	Jeff. Memorial	FIJC
23	SA	10K	Bruin Band Aid Run	Burke Lake Pk., VA	703/455-2791
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	15K	GW Parkway Classic	Mt. Vernon, VA	703/780-3037
27	WE	1M	Main Street Mile	Westminster, MD	WRRC
30	SA	12K	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