

Washington Running Club Newsletter



Volume 7, Number 5

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May 1988

May Meeting

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

As usual we hope you will bring your favorite dish (food!) or brew, and share with your clubmates.

GROOS WINS WOMEN'S MARATHON TRIALS; TOP EFFORTS BODE WELL FOR OLY GAMES

by *'Red' Panama & Emmett Grogan*

The casual observer may have thought the race for first at the women's Olympic Marathon Trials at Pittsburgh May 1 ended early, as Californian Sylvia Mosqueda left the field 70 yards behind after a 5:10 opening mile. By six miles her advantage over the pack had grown to 1:30. And when Mosqueda passed the 15k mark in 51:40 most of the spectators doubted that her 1:45 lead could be bridged. But Nancy Ditz and the rest of the women who formed the first pack behind Mosqueda were anything but casual as they cruised along at a pace that would lead to a 2:30:00 finish.

In fact, once before, at the 1986 Los Angeles Marathon Ditz had seen Mosqueda start out in just the same way and had caught the Cal State LA student near the 20 mile mark.

Not long past the 15k mark in Pittsburgh that seemingly insurmountable lead began to shrink and when the pack turned a corner just beyond the halfway mark, beginning a long straight gradual upgrade, they got their first glimpse of the leader since early on — now just one minute ahead.

From there it took the pack, which in addition to Ditz included Margaret Groos, Kim Jones, Lisa Weidenbach, and Cathy O'Brien — the latter three previously known as Rosenquist, Larsen, and Schiro — less than five miles to close the gap. Near the eighteen mile mark it was like sharks smelling blood in the water as Ditz and Groos, followed by O'Brien, Weidenbach, and finally Jones blew by the fading leader who quickly left the course to the new frontrunners.

Just as quickly as they all blew by Mosqueda the

new lead group broke apart. Ditz, with Groos at her shoulder began to extend a lead over O'Brien, who was closely followed by Weidenbach, with Jones falling back from the group.

The cream had risen to the top. All four of the women who now led the race had finished in the top ten at the 1984 Trials.

Race Decided On Downhill Stretch

At twenty-one miles Ditz and Groos still led, and while O'Brien certainly remained within striking distance some fifteen seconds in arrears, it was the 4th place Weidenbach, just behind the 20 year old Boston University undergrad, who looked like a sure thing for the third Olympic team spot.

At twenty-two miles the course turned directly toward the Point State Park finish line and began a two-mile stretch where the course lost 200 feet of elevation. When the road flattened out again, the downhill had taken its toll and all three spots on the squad going to Seoul this summer were determined.

It was University of Virginia alumna Groos and O'Brien, again, as in '84 the youngest competitor in the field, who had gotten the most advantage, and the veterans, Ditz and Weidenbach who had paid the steepest price.

With two miles left Groos had opened what would at the finish be a twenty-five second advantage, O'Brien had caught Ditz, and the gallant Weidenbach was relegated to a repeat of her 4th place finish in the '84 Trials. At the end Groos (2:29:50) had broken Lisa Martin's old course record, became only the fourth American woman under 2:30 (Joan Benoit-Samuels, Julie Brown, and Patti Catalano are the others), and led the fastest women's marathon field in history (131 finishers under 3:00).

Ditz outkicked O'Brien for meaningless runnerup honors (all three selected for the Olympic team were awarded \$25,000) and Weidenbach could take pride in joining the first three in posting a personal record time and a classy performance.

WRC Member Performances

Among the WRC members who made the starting line at the Trials Patty McGovern turned in the top

Submissions for the *WRC Newsletter*, as well as diatribes against the editor should be mailed to Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818.

performance (2:45:48), but she along with clubmate Marianne Dickerson (2:49:07) had higher expectations.

McGovern's race started off well enough, she passed six miles in 35:45, just 45 seconds behind the lead group. By ten miles however, the sun and rising temperatures, in addition to a cold that had come on in the days before the race, had begun to take the starch from her race. Trooper that she is, McGovern pushed ahead, and managed a credible 56th place finish.

For Dickerson it was just a tough day all around. Despite feeling lethargic from the start and suffering intestinal problems near the halfway mark, the 1983 World Championship silver medalist hung tough and after struggling for many miles finally got untracked in the last 10k moving up steadily to 76th place.

Pam Briscoe went to Pittsburgh without high expectations, honored to be part of the Olympic team selection race. But she did more than just show up, she ran a nicely controlled 2:55:47, placing 117th. Two other WRC runners, Laura Albers and Karin Hammond encountered problems and failed to finish.

WRCers ENJOY MIXED FORTUNES ALONG HOPKINGTON-BOSTON ROUTE

A chancy thing this marathoning, as several WRCers learned when they ventured to the Bay State for the annual Patriot's Day 26.2 miler. Rusty Moore and Mark Doles returned with smiles and p.r. performances while Joe Sullivan and Al Naylor

might rather talk about something else next time you see them.

Starting back in the pack may have been the best thing to happen to Rusty Moore, causing him to take those first several downhill miles easier than he might have otherwise. After the slowish start Moore was able to get rolling soon enough that he caught top woman finisher Rosa Mota near the eight-mile post.

Rusty spent the next hour or more starring on ESPN while he and Mota ran alongside one another through twenty miles. Near the top of Heartbreak Hill Rusty was forced to stop for about two minutes by muscle spasms in his calf. But even this problem wasn't going to deter Moore, and after massaging out the soreness he hopped back into the fray. Despite the stop, Rusty's 2:28:55, best among WRC members, improved his previous best marathon by 11 minutes.

Mark Doles was willing to settle for a slightly less startling, but nevertheless impressive, improvement in his personal record. His ability to flatten the hills between 15 and twenty miles brought him to the finish at Copley Square in 2:42:30.

You Are What You Eat

At the Hopkington starting line WRC veteran Al Naylor looked to observers as though he had already run the marathon distance. But Al's problem wasn't exhaustion. Instead he was suffering from food poisoning after dining with Boston area friends the previous evening. Troupier that he is, Al wanted to take what would be a last shot at qualifying for the Olympic Trials. His efforts went for naught, as anyone who saw him that morning might have expected. Dehydration caught up with him near the halfway point and he was forced to the sidelines in Wellesley.

Naylor wasn't the only club member who arrived at Boston ready to go for broke. Joe Sullivan was also there to take a last crack at a Trials berth.

Joe made it to the starting line healthier than Naylor, but would suffer after 15 miles from the sub 2:20 pace he was forcing. Just before encountering the first of the Newton hills, in his own words, "everything came apart." But Sullivan would not hear of quitting, and walking and jogging the final 10 miles finished in 2:55:25.

Other WRC and Washington area results follow.

Men: 1. Ibrahim Hussein, 2:08:43; 2. Juma Ikangaa, 2:08:44; 3. John Treacy, 2:09:15; 4. Gelindo Bordin, 2:09:27; 5. Gianni Poli, 2:09:33; 13. Joe Kipsang, 2:15:05; 28. Bill Rodgers, 2:18:17; 89. John McGrail, 2:28:30; 90. Bruce Robinson, 2:28:33; 99. Rusty Moore (WRC), 2:28:55 (pr); Jim Alexander, 2:30:47; Ben Beach, 2:31:44; Bob Stack (WRC), 2:33:56; Herb Tolbert, 2:36:13; 232. Phil Stewart (WRC), 2:37:49; Bernie Gallagher, 2:42:25; 377. Mark Doles (WRC), 2:42:30 (pr); 580. Bill Larsen (WRC), 2:47:16; Fay Bradley, 2:48:25; Mike Silverman, 2:49:01; Tom Mc-

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)
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Newsletter Editor: John Walsh (462-8955)

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Carthy (WRC), 2:50:08; Keith Bombaugh (WRC), 2:53:24; Dick Jamborski, 2:54:56; Joe Sullivan (WRC), 2:55:25; Kirk Davis, 2:56:20; Charlie Ross, 3:01:56; Jay Wind (WRC), 3:08:25; Doug Robinson (WRC), 3:09:00.

Women: 1. Rosa Mota, 2:24:30; 2. Tuija Jousimaa, 2:29:26; 3. Odette LaPierre, 2:30:35; 4. Priscilla Welch, 2:30:53; 5. Lisanne Bussieres, 2:30:57; Patty Catalano, 2:57:35; Jean Grillo, 3:17:28; Jennifer Westfall, 3:24:21.

TWEAKING, RANTING AND RAVING FOR THE GOOD OF CLUB AND COUNTRY

It seems appropriate just after seeing the 1988 Men's Olympic Marathon trials to report on the first Olympic Trials runner I ever saw. **Gary Fanelli**, he of the Blues Brothers get-up, was leading the 1980 Trials in Buffalo as the runners approached the 15k mark where I was helping out at an aid station (actually by this point the runners were in Fort Erie, Ont., but who cares). Of course, no one knew who he was at that time, but since then Gary has made himself quite prominent. Anyway, if you can believe a classified ad in the April issue of *Track & Field News*, Fanelli is now in American Samoa where he requests Help! in developing track and field. He asks for donations of instructional books and films, shoes, field event implements, or money. Any donations should be sent to Gary Fanelli, P.O. Box 3650, Pago Pago, American Samoa 96799.

Coleen Troy-Martin sent us a note from New Jersey. Her nutrition counseling business is growing, and she's been asked to write a nutrition column for *Triathlon Today* magazine. Coleen and her husband, John, were planning to go to Pittsburgh to cheer on the WRC women's contingent at the Trials.

Justine Peet, wife of DCRRC President Roger Peet, died on Saturday, April 16, after a long illness. Justine was a stalwart in the running community, helping at countless races, in all kinds of weather. She will be missed.

The performance of the District of Columbia team at the Ekiden road relay in New York City April 9 was, to say the least, an embarrassment. Finishing last among all the teams entered, only Rudy Robinson's 48:11 15k pace merited inclusion in the race. To put things in a little perspective, 91 WRC men possess better 10k p.r. times than the thirty-eight minute plus split turned in for the the D.C. team at Ekiden. The question is, were we shunned by the people who put together the local team, or were they simply incompetent? Either way the answer to that query is troubling to us. And let's make sure responsibility for this fiasco falls squarely on those who deserve it, not the runners who simply took advantage of the offer of an expense paid trip to NYC, but the administrators who put the team together.

The May issue of *Runner's World* features an article on the impact motherhood has had on Joan Benoit, by WRCer **Marlene Cimon**. Marlene, a journalist with the *Los Angeles Times*, developed a

friendship with Benoit while working on freelance pieces for *The Runner*. Now they both have baby daughters—Marlene's daughter, Barra, is one year old—they tend to talk more about children than running.

Also in the May issue of *Runner's World* is a piece by yet another WRC member, **Annemarie Jutel**. Annemarie drew attention to the quartet of women marathoners from France all capable of running sub-2:30 times. This is remarkable considering the fact that fewer than five percent of race participants in that country are women. Annemarie is no slouch herself, having registered a 34:50 10K and a 58:00 10-miler last year.

If you want to spend a week training in the Swiss Alps (July 25th-Aug. 1) and would like to run the 3rd Annual Swiss Alpine Ultra Marathon (42 miles), or the less demanding Landwasserlauf (17.5 miles), contact Gerry Ives for a brochure. The \$1,000 cost includes roundtrip airfare, six nights in a three-star hotel, an eight-day Swiss rail pass, buffet breakfast daily and evening meals on four nights, coaching, training runs, race entry, or, if you're sick of running, just sightseeing in the Swiss Alps.

This issue is my last as editor of the *WRC Newsletter* and I would like to thank several individual for there help during my tenure. Many correspondents have generously contributed their prose, but none have done so as regularly as Bob Trost and Gerry Ives. Professor Trost also serves as a most knowledgeable source on local and national runners.

CLAPPER & BULLINGER LEAD FIELD AT FRITZBE'S 10K IN ROCKVILLE

This year's edition of the Fritzbe's 10k in Rockville boasted its usual post race feed and its usual stellar WRC performance.

Pat Bullinger didn't go out quite so fast as the week earlier at the Cherry Blossom Chaser, but she did establish a lead over the rest of the women's field very early and gradually pulled away to from runner-up Kathy Stiles to win in 36:07. WRC veteran Mary Ellen Williams (37:51) took show honors overall in the distaff contest as well as finishing well ahead of the women's masters field. Barbara Frech and Gretchen Triantos were fourth and fifth, respectively.

Gerry Clapper led all the way, hoping to post a sub-30 minute clocking in his preparation for the Penn Relays 10,000 meter run. The half hour barrier just eluded him, as he ran the entire distance without opposition, finishing in 30:03.

WRCers Dice For Top Spots

Behind Clapper there was plenty of racing as WRCers Paul Jessey and Tom Bowmaster battled Greg Coan for the second spot. Jessey chased Coan throughout the first half of the race before catching him in the uphill fifth mile. Jessey had softened

Coan up, but not quite enough as Bowmaster (31:25) missed overhauling Coan for 3rd by two seconds.

Not surprisingly, Lucious Anderson was the top masters runner. *We're sorry if we seem to take you for granted Lucious, but they're just don't seem to be any old guys around town who can run with you.*

Men: 1. Gerry Clapper (WRC), 30:03; 2. Paul Jessey (WRC), 31:12; 3. Gregory Coan, 31:23; 4. Tom Bowmaster (WRC), 31:25; 5. Joseph Cresko, 31:45; 6. Chris Webber, 31:50; 7. Jeffrey Hines, 31:53; 8. Patrick Key, 31:59; 9. Jeff Pomeroy, 32:01; 10. Jerry Sweeney, 32:07; Darryl Stewart (WRC), no time; Lucious Anderson (WRC), n.t.; Ed Doheny (WRC), n.t.; George Uhl (WRC), 35:46; Dick Brannan (WRC), 36:48; Chuck Desenberg (WRC), 37:22; Dick Spencer (WRC), 38:08;

Women: 1. Pat Bullinger (WRC), 36:07; 2. Kathy Stiles, 37:23; 3. Mary Ellen Williams (WRC), 37:51; 4. Barbara Frech (NOVA), 38:03; 5. Gretchen Triantos (WRC), 38:14; 6. Beverly Shooshan (WRC), 38:38; 7. Laurel Huff, 38:46; 8. Laura Gaydos, 39:00; 9. Anne Vicinanza, 39:16; 10. Mary Teresa Priesel, 39:23.

DICKERSON WINS CHERRY BLOSSOM CHASER FOR SECOND STRAIGHT YEAR; SETS EVENT RECORD

The Cherry Blossom Chaser was held at 8:00 a.m. on April 10 at West Potomac Park. WRC's Marianne Dickerson won the women's division for the second straight year in an event-record time of 35:25.

Dickerson had two factors working against her going into the race: A head wind on the return leg of the race, and the 100+ miles (including two hard track workouts) she had run during the seven days leading up to the race. Dickerson is loading up on her mileage in preparation for the Women's Marathon Trials, and judging by her workouts she'll be in good shape.

Dickerson was chased through the race by training partner, and fellow WRCEr, Pat Bullinger. Bullinger went through the four-mile mark in 22:40 and held on to second place until shortly after the five-mile mark where she was overhauled by Moving Comfort's Sally Strauss. Bullinger finished third in 35:58, five seconds behind Strauss.

In the men's division the best WRC showing was turned in by David White—who is now running instead of his old boss, Bob Dole. White cruised through the race in 32:06 finishing 5th place overall.

Men: 1. Marc Hunter, 30:17; 2. John Wessels, 30:20; 3. Jorge Fernandez, 30:44; 4. Jeffrey Hines, 31:41; 5. David White (WRC), 32:06; Jeffrey Huff, 32:21; 7. John McGrail, 32:23; 8. Michael Moore, 32:30; 9. John Hellich, 32:57; 10. Bret Enders, 33:02.

Women: 1. Marianne Dickerson (WRC), 35:25; 2. Sally Strauss (Moving Comfort), 35:53; 3. Pat Bullinger (WRC), 35:58; 4. Betsy Bachtel, 36:15; 5. Tracey Briggs, 36:27; 6. Laurel Huff, 38:25; 7. Laura Gaydos, 38:31; 8. Barbara Frech (NOVA), 38:32; 9. Jeanne Grillo, 39:04; 10. Hideko Pirie, 39:54.

PRIZES GALORE AT JAY'S RUN 10K; WRCErs CLEAN UP IN DIFFERENT WAYS

by Newsletter Editor J.M. Walsh

Jay's Run 10K, held April 10 in Potomac, Maryland, featured an unusually rich prize list. The race was organized by the family and friends of Jay Slotkin to help fund research into neuro-muscular disease. Jay was an avid runner until he was diagnosed as having amyotrophic lateral sclerosis (Lou Gehrig's disease) four years ago.

The out-and-back course is marked by some rolling hills, but the runners felt the most discomfort immediately after the turnaround point where they turned into the wind and went uphill all at the same time.

The Washington Running Club's band of mercenaries was out in force to claim their share of the prize list despite the rough course, but had they known what booty they would claim beforehand Phil Woodyard might have stayed in bed. Listen Phil, someone's got to win the booby prize.

Prizewinners 'Clean Up'

Pam Briscoe won top women's honors and then claimed the gold necklace award that went with her victory. Her counterpart in the men's contest Charlottesville's Richard Ferguson (31:54) was happy to walk off with a 35mm Nikon camera after fighting off challenges from WRCErs Jim Eastman (32:11) and the aforementioned Mr. Woodyard (32:41) who began feeling better about a disappointing race after seeing Eastman carry away the VCR awarded for 2nd place. His disappointment returned when he cleaned up at the awards ceremony shortly after Eastman. Actually, it was Phil's automobile that cleaned up. Third place overall was rewarded with a "deluxe" car wash.

Top women's masters kudos, not surprising, went to WRC's Mary Ellen Williams. Very impressive was the face that Ms. Williams 38:57 was 2nd among all the women on hand.

Men: 1. Richard Ferguson, 31:54; 2. Jim Eastman (WRC), 32:11; 3. Phil Woodyard (WRC), 32:41; 4. Darryl Stewart (WRC), 33:15; 5. Daniel Murphy, 33:20; Jacob Wind (WRC), 36:10; Tris Krueger (WRC), 40:40.

Women: 1. Pam Briscoe (WRC), 36:46; 2. Mary Ellen Williams (WRC), 38:57; 3. Jodie Bolt, 39:29.

WRC RACING NOTES

Congratulations are in order for **Steve Spence**, **Jim Hage**, and **Bruce Coldsmith** for their performances at the U.S. Olympic Marathon Trials April 24 in New Jersey. In particular, for any of you who missed the race broadcast on ABC, Spence's performance looked for a long time as though it might gain him a spot on the team. Climbing three miles of hills near the race's midpoint and for several more

miles beyond, he was prominent within the lead group and looked most comfortable among all the leaders. The latter miles took their toll on Steve (*a feeling many of us can identify with—ed.*) and he faded a bit to finish 9th in 2:17:49.

Hage (2:22:29) was 26th in mighty fine company. Just ahead was Dave Gordon (2:22:23), 4th place finisher at the 1984 Trials, and next behind Jim ran 1980 Trials winner Tony Sandoval M.D. (2:22:37). So if you needed a doctor or lawyer that was the place to be. Coaching duties at the University of South Alabama have claimed much of Bruce Coldsmith's training time in recent months, but Bruce still managed a credible 2:37:35, good enough for 70th.

Both **Suzanne Girard-Eberle** (33:35) and **Maria Pazarentzos** (33:51) posted Olympic Trials qualifying times at the Penn Relays. Girard-Eberle's 10,000 meter qualifying completes her plans for selecting her best possible event at the July 15-23 Track and Field trials at Indianapolis. Earlier she had qualified for both the 1,500 and 3,000 meter runs.

After misadventures at the Milrose Games and the National Scholastic Indoor Meet good things are finally happening for **Greg Early** in the middle distance events. He took top honors in the High School 1500 meter run at Penn Relays with a 3:56.12, then came back later in the meet to run a leadoff 1:55 for Eleanor Roosevelt H.S. in the 4x800. We have also learned that Early will take his formidable athletic talents to the University of Maryland where he will matriculate in September. The move to College Park will continue his coaching relationship with WRC prez **Dan Rincon**, who, we reported last month, will take over Cross Country coach and assistant track mentor duties for the Terrapins.

WRC runners acquitted themselves quite well the first weekend in May. Both **Gerry Clapper** and **David White** posted wins over the weekend and **Patricia Bullinger** posted an impressive p.r. Clappers 30:03 win came against the usual tough field at the Clyde's 10k in Columbia. Cheryl O'Keefe (35:18) of Baltimore took top honors in the distaff field, but she was pressed hard by Bullinger's 35:35 second place run.

At the Capitol Hill Classic 10k White and club-mate **Darryl Stewart** chased down early leader and fellow WRCCer **Robert Rodriguez** together before everyone's favorite "Young Republican" pulled away to a 31:31 win. Stewart (32:45) held on the second place while Rodriguez finished 5th in 33:52.

The Newsletter received no dispatches on the GW Parkway Classic 15K. All we know is that **Pam Briscoe** took the top women's spot in 55:13, with **Mary Ellen Williams** and **Beverly Shooshan** in fourth and fifth (57:55 and 58:42 respectively). On the men's side **Paul Jessey** took fifth in 47:10 and **Dick Brannan**, on the comeback trail, ran 57:27. If you ran it and don't see your time here—*why didn't you write something and send it to the Newsletter?*

DCRRC 15K CHAMPIONSHIP AT BELLE HAVEN

George Banker

This year's DCRRC 15K Championship, Saturday, April 9, at Belle Haven Park, had an incentive of \$25 prizes for new course records in the men's and women's divisions, both open and masters. This was in addition to the gift certificates for pizza from Godfather's Pizza and Pizza Hut that the winners received.

Apart from a slight headwind on the return leg, the weather conditions were perfect for an assault on the records on the twisting and rolling out-and-back course along the Mount Vernon bike path from Belle Haven to Ft. Hunt.

The women's open record was the first to go, as Mary Salamone of Centreville set a new mark of 56:37 replacing the record held by Kathy Hibbert (1984, 58:27). Salamone is an Olympic Trials qualifier two ways: she recorded a 1:15:25 in the Philadelphia Half Marathon, and finished second at the Marine Corps Marathon in 2:46:21 after leading for the first 24 miles.

The women's master's record was next to fall, to the flying feet of WRC's Chris Stockdale, who clocked a 1:06:28. The record was previously held by RRCA President Henley Gibble (1984, 1:06:59). Stockdale has been accumulating a number of course records in events sponsored by DCRRC.

In the men's divisions the wind seemed to play a factor, keeping the records intact for another year. First place finisher Phil Ponebshek registered a time of 51:20, well off Coty Pickney's 1986 course record of 49:01.

The men's masters record had a close call when one of WRC's Bill Wooden turned in a 54:05—only four seconds off the mark set by Eamonn McEvilly in 1984. Second and third place masters were also WRCCers—Ron Griswold (58:14) and Larry Talley (59:17). WRC's Bill March took second place in the 50-59 age group with a 1:02:15, behind Tom Kurihara's 1:00:19.

Men: 1. Phil Ponebshek, 51:20; 2. James Alexander, 51:42; 3. Coty Pickney, 52:53; 4. Anthony Rahatt, 53:01; 5. Lee Ellwein, 53:40; 6. Randy Thrasher, 53:45; 7. John Walsh (WRC), 53:49; 8. Gregg Miller, 53:59; 9. Bill Wooden (WRC), 54:05; 10. Thomas Bailey, 54:11; 19. Ron Griswold (WRC), 58:14; 22. Larry Talley (WRC), 59:17; 24. Ray Morrison (WRC), 59:38; 29. Larry Tabachnick, 60:50; 30. Dennis Taylor (WRC), 61:37; 32. Bill March (WRC), 62:15; 60. Joe Rizzo (WRC), 71:29; 83. James Canty, 1:50:18.

Women: 1. Mary Salamone, 56:37 (course record); 2. Jennifer Westfall, 61:27; 3. Laura Scofea, 61:40; 4. Jennifer Crafts, 65:21; 5. Jill Foster, 65:54; 6. Chris Stockdale (WRC), 66:28 (c.r.); 8. Susan Aaronson 70:21; 13. Candy Velez (WRC), 77:09; Shelly Schwab, 89:57.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD ON FRIDAY, 8 APRIL, 1988

The meeting was called to order by President Dan Rincon. Rincon congratulated John Walsh on his acceptance at the University of Buffalo Law School. Walsh has served as the Newsletter Editor and as Race Director for the WRC (formerly Hecht's) 10 Miler. Both of these positions are now open. Gerry Ives said he will continue to work on the Newsletter, but would need some active correspondents if the publication is to continue to maintain its current standards. The Race Director's job must be filled as soon as possible. Rincon asked that anyone willing to take on this job contact him 454-4861 or during the evening at 441-9265. He noted that this year the race would be more of a "low-key" race, due to the lack of a sponsor.

Rincon led a round of applause for the Marathon Trials qualifiers in attendance—Patty McGovern and Marianne Dickerson—and the other seven WRC qualifiers.

Jerry Merkel reported that there would be no teams for Fritzbe's or the Parkway Classic, but hoped that the Club would turn out in strength for these races.

Club president Dan Rincon was congratulated on his appointment as University of Maryland Cross Country Coach. Rincon reported that he will take over his new duties in July.

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.

MAY

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
7	SA	10K	Crystal City/Army	Crystal City, VA	703/527-3010
MAY			Washington Running Club		

7	SA	12.2M	Navy Relief Relay	Quantico, VA	703/640-2404
7	SA	10K	Castle Canter	Ft. Belvoir, VA	703/664-3571
7	SA	8K	Uptown Race	Washington, DC	202/244-0808
7	SA	10K	Sandy Spring 10K	Sandy Spring, MD	301/774-7456
7	SA	10K	Marlboro Country Run	Upper Marlboro, MD	301/627-1491
7	SA	10K	SADD 10K	Burke Lake Pk., VA	703/978-5905
7	SA	10K	Run Against Cancer	Bowie, MD	301/464-0516
7	SA	10K	Children's Hospital	Potomac, MD	301/299-5751
7	SA	5M	Johnny Boy Simms	Annapolis, MD	301/263-6534
7	SA	8K	Calvert Classic	College Pk., MD	PGRC
8	SU	8K	8K Stampede	Baltimore, MD	301/882-5455
8	SU	10K	Bonne Belle (Women)	W. Potomac Pk.	RunHers
11	WE	10K	DCRRC 10K	Bluemont Pk., VA	DCRRC
14	SA	15/10/5K	Metric Triple	Germantown, MD	MCRRC
14	SA	5K	Potomac Fest	Oxon Hill, MD	301/894-2300
14	SA	5K	Mt. Vernon Hospital	Alexandria, VA	703/664-7102
14	SA	10K	Rock Creek Pk. 10K	Rock Creek Pk., DC	202-585-4620
14	SA	10K	4-Leaf Clover Run	Frederick, MD	FSC
14	SA	10K	Race to Health	Arlington, VA	703/558-6595
14	SA	??	YWCA Tower	E. Potomac Park	202/638-2100
14	SA	10/5M	Loudon Mem. Hospital	Leesburg, VA	703/771-2805
15	SU	10/5K	Healthy Choices	Spencerville, MD	301/460-7771
15	SU	10K	Run for Scouting	Dumfries, VA	703/680-2160
15	SU	5K	Police Week 5K	Falls Church, VA	703/241-5053
15	SU	15K	DC Hometown Run	Washington, DC	202/265-8200
21	SA	10K	Calvert Heart Run	Solomons, MD	277-5116
21	SA	10K	Blake Heart Run	W. Potomac Park	202/337-6400
21	SA	10K	Kiwanis Club Run	Olney, MD	301/774-2596
22	SU	10K	Gov.'s Bay Bridge Run	Annapolis, MD	AS
22	SU	10K	FOP Rockville	Rockville, MD	301/977-0857
22	SU	8K	Redskins Run	RFK Stadium	202/737-2927
25	WE	8K	DCRRC 8K	Lake Accotink Pk.	DCRRC
28	SA	10M	Tea Party Classic	Chestertown, MD	
28	SA	9M	Needwood Knee Knocker	Derwood, MD	MCRRC
29	SU	10K	Constellation Classic	Baltimore, MD	BRRC
29	SU	10/5K	Great Lemming Run	St. Mary's City, MD	301/862-1764
29	SU	5M	Masters 5M	Frederick, MD	FSC
29	SU	4M	Hugh Jascourt (Bun. #1)	Haines Point	DCRRC
30	MO	10K	Reston Chmpshp.	Reston, VA	RR