

# Washington Running Club ★ Newsletter

Volume 7, Number 6

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June 1988

## June Meeting

The JUNE meeting of WRC will be held on Friday, JUNE 10, at 7:30 p.m., at Tris Kruger's house at 9641 Accord Drive, in Potomac, Maryland. Take Beltway to River Road exit. Head toward Potomac on River Road. The house is three miles from the Beltway on the left at the corner of River and Accord, about ¼-mile past the Potomac Nursery. Tris will have his swimming pool open, so bring your bathing suit. There will be barbeque grills available, and the Club will supply hot dogs, buns, charcoal, mustard, ketchup, paper plates, etc. Contributions of beer, soft drinks, salad, desserts and cookies will be welcomed.

## BACHTEL NARROWLY TOPS WRC'S BULLINGER IN EXCITING FINISH AT BONNIE BELLE 10K

by Will Woodbine

This year's Bonnie Belle 10K, held on Sunday, May 8th, looked like a 1-2 win for WRC as Pat Bullinger and Anne Marie Jutel went out in front of the field in the first mile. However, Gallaudet's Betsy Bachtel caught up with WRC's dynamic duo at the three-mile mark and the racing began.

Bachtel and Bullinger surged ahead leaving Jutel slightly in arrears. Bachtel opened up a lead just before the 14th Street Bridge, but Bullinger was relying on her track speed to close the gap when they crossed the bridge into West Potomac Park. And close the gap she did, but not by enough, finishing just six seconds behind Bachtel's 35:43 winning time. Jutel finished in solid command of third place with a 36:15 clocking.

The finishing positions of the top three were directly opposite their finishing positions in the Cherry Blossom 10 Miler, where Jutel finished 17 seconds ahead of Bullinger and 39 seconds ahead of Bachtel.

Further back, in 6th place, was WRC's Donna Elliot. Elliot was aiming to surpass the 37:26 p.r. she set at Clyde's of Columbia 10K, but she fell short by 3 seconds. After the race she commented that the West Potomac course is not her favorite and that she lost her concentration after the first mile. Elliot has made dramatic improvement this year since she started training under the guidance of Coach Dan Rincon, and it's only a matter of time before she slips under the 37-minute 10K barrier.

Even further back, but still ahead of 80% of the

field, was 8-months-pregnant Kathy Merkel. WRC's latest mom-to-be turned in a respectable 48:43—10-12 minutes slower than she usually runs a 10K, but you try running carrying a 20 pound weight in front of you. Merkel has already served notice on husband Jerry that after the baby is born she's going into some serious training—so he can look forward to some serious baby-sitting. We'll miss you Jerry!

WRC's team of Bullinger, Jutel, Elliot, and Merkel won the open team competition.

**Results:** 1. Betsy Bachtel, 35:43; 2. Pat Bullinger (WRC), 35:49; 3. Anne Marie Jutel (WRC), 36:15; 4. Leslie Minnix, 36:40; 5. Tracey Briggs, 37:08; 6. Donna Elliot (WRC), 37:29; 7. Kathy Stiles, 38:00; 8. Mary Gavigan, 38:10; 9. Robin Quinlan, 38:14; 10. Cynthia Raley, 38:39; Kathy Merkel (WRC), 48:43.

## FRATERNAL ORDER OF POLICE 10K CAPTURED BY KIPSANG AND BACHTEL

by Will Woodbine

Offer money prizes, and you will attract the talent. The Fraternal Order of Police used that formula, and snared a field with more talent than you could shake a night stick at. The Fraternal Order of Police 10K, held May 22 at Rockville, offered \$2,000 in prize money split among the top three men and top three women finishers. WRC members managed to bag \$500 of the loot.

Joe Kipsang changed his come-from-behind tactics and took an early lead over a three-man pack including WRC's Gerry Clapper. A second pack, including Club members David White, Kurt Kroemer and Tom Bowmaster, were 400 meters behind the leaders.

Despite a nasty collision with John Doub (*you could say they felon each other*) coming around a blind corner at the 3½-mile mark, Kipsang never looked in danger of giving up the lead. Kipsang finished in 29:53, 27 seconds up on Clapper.

Betsy Bachtel took the women's title with a 37:00 finishing time, well ahead of runner-up Leslie Minnix. WRC's standout woman masters runner, Mary

Articles, results, and items of interest to the WRC Newsletter, should be mailed to Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818.

Ellen Williams, finished in third place with a solid 38:25. Williams seems totally recovered from the broken foot that sidelined her early in the year.

**Men:** 1. Joe Kipsang, 29:53; 2. Gerry Clapper (WRC), 30:20; 3. Dave Berardi, 30:24; 4. Dennis Cullinane, 30:32; 5. David White (WRC), 31:23; 6. John Wessels, 31:33; 7. John Doub, 31:45; 8. Chris Chatten, 31:46; 9. Kurt Kroemer (WRC), 31:48; 10. Tom Bowmaster (WRC), 32:28; 13. Tim Gavin, 33:42; 18. Henry Danvers, 35:18; 19. Dave Johnson (WRC), 35:58; Gordon Noel (WRC), 39:08.

**Women:** 1. Betsy Bachtel, 37:00; 2. Leslie Minnix, 37:29; 3. Mary Ellen Williams (WRC), 38:25; 4. Claudia Dobson, 38:51; 5. Janice Torpey, 38:55; 6. Cynthia Raley, 39:14; 7. Darcy Strouse, 39:51; 8. Mary Preisel, 40:29; 9. Janice Stoodley, 42:32; 10. Jane Downing, 42:43.

#### WOODYARD WINS HUGH JASCOURT 4 MILER, FIRST RACE OF 1988 BUNION DERBY SERIES

The 1988 DCRRC Bunion Derby Series opened with the Hugh Jascourt 4 Miler at Hains Point on Sunday, May 29, a week earlier than usual.

WRC member Phil Woodyard asserted himself in the first mile, passing the first mile marker in 4:50, eight seconds up on fellow Arlingtonian John McGrail. Woodyard kept up the pace through the second mile and increased his lead to 18 seconds. McGrail could not close the gap over the final two miles, and finished 19 seconds behind Woodyard's 19:53.

Chris Stockdale did what we have come to expect of her—she broke the course women's master record

and set a p.r. for herself with a 26:24, a 49-second improvement over her effort last year.

After plodding through the first mile in 6:06, Bob Trost felt that his ailing back was in good enough shape for a 90% effort. Trost picked up the pace and picked off runners until he crossed the finish line in 23:31, good enough for 19th place.

There was a massive random prize drawing after the race, with shoes, running gear, several certificates for dinner at Red Lobster—one of Washington's finest restaurants (hey, they support road racing!), and gift certificates from Avia.

**Men:** 1. Phil Woodyard (WRC), 19:53; 2. John McGrail, 20:12; 3. Bob Sheadler, 20:31; 4. Jack Cleland (WRC), 21:16; 5. Jon Thoren, 21:19; 6. Ed Doheny (WRC), 21:30 (1st Master); 7. Brian Bates, 21:31; 8. Robert Rodriguez (WRC), 21:40; 9. J.J. Wind (WRC), 22:10; 10. Tim O'Rourke, 22:18; Cliff Balkam, 22:46; George Masson, 23:05; Ray Morrison (WRC), 23:12; 19. Bob Trost (WRC), 23:31; 20. Gerry Ives (WRC), 23:35; Bill March (WRC), 23:50; Chan Robbins, 23:57; Tom Kurihara, 24:25.

**Women:** 1. Ruth Joyner, 25:12; 2. Jennifer Westfall, 25:55; 3. Chris Stockdale (WRC), 26:24 (1st Master, p.r./c.r.); 4. Trish Palermo, 26:31; 5. Patricia Baumann-Robbins, 26:32; 6. Elizabeth Sadoff, 26:58; 7. Julie Robey, 28:06; 8. Julie Peet, 30:09; 9. Henley Bibble, 30:46; 10. Lynda Durfee, 30:58.

#### CRYSTAL CITY 10K DRAWS 1,424 ENTRANTS; CULLINANE, DICKERSON TAKE TOP SPOTS

by Will Woodbine

The Crystal City 10K attracted a field of 1,424 runners on Sunday, May 15th, 1988. The race has become one of the major events in the area's Spring calendar, and features such attractions as live music, an excellent prize list, food and beverages for all runners, and a fast course.

Dennis Cullinane, freshly graduated from Maryland University, led from wire to wire and won in 30:35. WRC's Jim Hage commented after the race that his legs were still dead from the Olympic Marathon Trials, and he could only crank out 5-minute miles (*I should be so lucky!*). Hage managed to nail down second place despite his lethargic legs and finished in a respectable time of 31:14.

Marianne Dickerson easily won the women's honors with a time of 36:48, more than two minutes ahead of runner-up Laura Scofea. Dickerson was coming off a disappointing 2:49:07 Olympic Marathon Trials performance and ran the race "for fun." Despite her easy win, Dickerson said she was not feeling 100% fit. She commented that "it takes longer to get over a bad race [*the Olympic Marathon Trials*] than a good one."

A new area masters star appeared at the race. Forty-nine-year-old Roger Robinson took 12th place with a 33:26 time. Robinson is married to Kathy Switzer, who achieved fame and notoriety by being

## 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 (524-8391)  
**Newsletter Editor:** Gerry Ives (320-3337)

### COMMITTEES

**Legal:** Jim Hage, Chairman (652-6886)  
**Membership:** Jeff Reed (836-7284)  
**Newsletter:** Gerry Ives (320-3337)  
**Finance:** Kevin Kolakowski (524-8391)  
**Competition:** Dan Rincon, Chairman (441-9265)  
**Race Management:** Al Naylor, Chairman (345-9342)  
**Social:** Pat Bullinger, Chairwoman (524-8391)

the first woman to obtain an official number at Boston. Robinson will be spending six months of the year in this area and the other six months in New Zealand, so the area's 45-49 age group can relax at least for half the year.

**Men:** 1. Dennis Cullinane, 30:35; 2. Jim Hage (WRC), 31:14; 3. Mike Cronin, 31:31; 4. Jeff Hines, 31:56; 5. Chris Hazelwood, 32:10; 12. Roger Robinson, 33:26 (1st master); 13. Frank Faykes, 33:38; George Uhl (WRC), 35:52; J.J. Wind (WRC), 36:07; Larry Talley (WRC), 36:25; Ray Velez (WRC), 36:28; Dick Spencer (WRC), 37:58; Tom Kurihara, 38:07.

**Women:** 1. Marianne Dickerson (WRC), 36:48; 2. Laura Scofea, 38:49; 3. Caroline Ulrich (WRC), 40:21; 4. Paula Potts, 40:36; 5. Jennifer Westfall, 41:47; Chris Stockdale (WRC), 42:18; Kathy Switzer, 46:19; Shannon McCarthy, 46:39.

### DCRRC ANNUAL BANQUET HONORS LOCAL RUNNERS; JEFF GALLOWAY GUEST SPEAKER

by George Banker

The annual awards banquet for the D.C. Road Runner's Club was held on Sunday, April 24, 1988 at the Stouffers Concourse Hotel in Crystal City, Virginia. This was the time for the DCRRC to recognize members' performances, and also recognize those who provided valuable assistance to DCRRC during the year. The awards were presented to:

**Bill Wooden**—Nike Award for Outstanding Male Runner of 1987;

**Pat Bullinger**—Moving Comfort Award for Outstanding Female Runner of 1987;

**Ray Randolph**—Most Improved Male Runner;

**Chris Stockdale**—Most Improved Female Runner;

**Al Naylor**—Justine Peet Volunteer of the Year Award.

The guest speaker was Jeff Galloway who shared some of the trends he sees taking place in the sport of running. Galloway responded to questions from the audience and provided in-depth answers. DCRRC wishes to thank Jeff for taking the time out of his schedule to address the club.

### RUMORS, RAMBLINGS AND RAILLERY

For the past several years **Steve Daniels** has run up a mountain during his summer vacation (last year he ran up Ben Nevis in Scotland). Inspired by the Japanese hi-tech assault on Everest, with climbers sending live TV pictures as they went, Steve has come up with a low-tech, low-cost scheme to run up Mount Vernon this summer. Steve will have a Polaroid camera strapped to his head and carry a backpack filled with live homing pigeons. During his assault on Mount Vernon he will periodically take a Polaroid shot, strap the photo to the leg of one of his pigeons, and dispatch said pigeon to his sponsoring TV station—WDSGN, Dumfries Sporting and Gos-

pel Television Network. WDSGN will carry live bulletins on Steve's progress, with pictures, as they receive the pigeon-mail. Steve believes we can keep up with the Japanese by using good old U.S. ingenuity, rather than spending millions of bucks in complicated gadgetry. Way to go, Steve!

*Hearts of Lions: The History of American Bicycle Racing*, written by WRC member and former Newsletter editor, **Pete Nye**, has come out to rave reviews. *Washington Times* columnist Tom Carter describes the book as "... the first, and the definitive history of the sport in this country."

**Pat Bullinger** posted her third straight sub thirty-six minute ten kilometer time en route to a second place finish at the Cleveland (Ohio) 10K behind international star Anne Audain (33:14). Ms Bullinger's 35:50 earned her "only" a crystal bowl in this previously deep prize list race. The Revco drug store chain, formerly sponsors for both the 10K and the coinciding marathon, has fallen on hard times in the last year and was forced to reduce its subsidy.

The *Washington Times* will be publishing the *Washington Running Report* rankings of top area runners on the first Thursday of every month. This, combined with **Tom Carter's** columns on running, puts the *Washington Times* well ahead of the competition when it comes to coverage of the local running scene. Maybe the *Post* sports section management will expand their coverage of foot-racing in response—maybe they could hire **Donna Niewiaroski** as a full-time reporter.

At the Healthy Choices 5K, **Bobby Bauer** came over the finish line in 18:07. **Donna Elliot** easily took first place in the women's division and turned in another pr with a time of 18:15 over the rolling course. The closest woman to Elliot finished in 20:20.

At the IAC Championships at Georgetown Prep, **Hugh Wooden** took third place in the 1500 meter run with a time of 4:08.9, nine-tenths of a second behind the winner. The *Washington Post* incorrectly gave the distance as 1600 meters, but Wooden, with a sigh, admitted to the shorter distance. Wooden will be attending Miami University (Ohio) this Fall and hopes to be running cross-country there.

The Sunday morning run from Georgetown has a reputation for being fast-paced, but this is ridiculous! Apparently, **Marianne Dickerson** was pushing the pace so hard that she blew out her front tooth (it was a temporary cap). Luckily for her **Jerry Merkel** was able to locate the missing molar in the weeds by the side of the road—despite distractions from the **Carr-Baker-Doheny** trio—and the group was able to continue on its "normal" Sunday run.

**Greg Early** set a new meet record for the 1600 meters at the 27th Prince George's County Track & Field Championships May 14. Early's mark of 4:13.00 surpassed the old record of 4:13.01 set in 1971. The Eleanor Roosevelt H.S./WRC standout also won the 800 meter run in 1:54.03.

**Jeff Reed**, writing in the May-June issue of

*Washington Running Report*, stirred up some controversy over his contention that the Nike Cherry Blossom 10 Miler was not all it could be. He suggested a new course that starts and finishes on Constitution Avenue and uses part of the present course by going down the river side of Hains Point (with the prevailing wind) and returns along the Washington Channel back to the Mall. This course would allow use of the stands for the Cherry Blossom Parade along Constitution Avenue to give spectators a comfortable view of the race. The negative side to this course would be the increased costs incurred by the need to close off several major roads during the race, but maybe it would be worth it. Reed also criticized the lottery method currently used for entries, saying that the "system encourages cheating by rewarding those who request entries in other names." Of course, local runners can always get an entry by running or volunteering at the DCRRC Cherry Blossom Series or by helping at the Cherry Blossom 10-Miler registration.

#### ARLINGTON HOSPITAL 10K ATTRACTS LARGE FIELD; RODRIGUEZ TAKES 2ND

The Arlington Hospital 10K May 14, is run over a challenging course—there aren't many flat courses in Arlington. Despite the tough terrain, the event continues to attract a large field.

WRC's Robert Rodriguez took the lead during the first mile but was forced to relinquish it to Steve Giorgis on the uphill, just before the five-mile marker. Giorgis pushed himself all the way to the finish to win in 32:40, a minute ahead of Rodriguez.

Tom McCarthy, fully recovered from his 2:50 run at Boston, set a new p.r. of 35:35. McCarthy's track workouts at Washington & Lee H.S. seem to be doing what they're supposed to and he's looking at breaking the 35-minute barrier next.

**Men:** 1. Steve Giorgis, 32:40; 2. Robert Rodriguez (WRC), 33:40; 3. Paul Ryan, 34:09; 4. Steven Bigotto, 34:16; 5. Andrew Smythe, 34:28; 6. J.J. Wind (WRC), 34:38; 7. Scott Bartram, 34:44; 11. Tom McCarthy (WRC), 35:35 (p.r.); Bob Shapiro, 35:48; Ricardo Blanco, 36:19; James Scarborough (WRC), 41:47.

**Women:** 1. Laura Gaydos, 37:58; 2. Barbara Frech, 38:40; 3. Mary Edgette, 41:31.

#### EASTMAN, WESTFALL WIN AT CO-OP CLASSIC EIGHT MILER

*by James Scarborough*

The Co-Op Classic Eight Miler, held Saturday, May 21, was the latest in a series put on by the Arlington Co-Op. The race was held on an eight-mile, double out-and-back course in Bluemont Park.

Late-entry Jim Eastman registered a winning time of 41:40, a minute and twenty-two seconds ahead of Arlington's John McGrail. After the race Eastman described the course as "faster than it

feels." McGrail's fiancé, Jennifer Westfall, won the women's division with a time of 54:26.

Race Director James Scarborough thanked the Arlington Amateur Radio Club for handling communications along the course, and thanked the many sponsors who contributed prizes.

**Men:** 1. Jim Eastman (WRC), 41:40; 2. John McGrail, 43:02; 3. Ben Beach, 44:53; 4. Richard Pankow (1st Master), 46:13; 5. Kevin Ambrose, 47:37; 16. O.T. Williamson, 55:45.

**Women:** 1. Jennifer Westfall, 54:26; 2. Caroline Smith, 55:03; 3. Maureen O'Connell, 55:44; 4. Angie Metz, 56:43; 5. Kiroko Smith, 57:33.

#### MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD ON FRIDAY, 13 MAY, 1988

The meeting was called to order by Club President Dan Rincon. Rincon announced that there would be no Hecht's 10 Miler this year. He said the Club would be actively looking for another sponsor for next year's race.

Rincon congratulated the Club members who participated in the Olympic Marathon Trials. He also congratulated Jack and Suzy Coffey, and Gerry and Donna Ives. Both couples became parents of healthy baby girls during May (one per couple).

Rincon noted that the WRC team of Pat Bullinger, Anne Marie Jutel, and Donna Elliot took the team title at the Bonnie Belle 10K.

The next three meetings of WRC will be held in Potomac, courtesy of Tris Kruger. Tris has volunteered use of his swimming pool, patio and charcoal grill during the summer. For directions, see page one of the Newsletter.

Jeff Reed announced that the *Washington Times* will be carrying the *Washington Running Report* rankings on the first Thursday of every month, beginning in June.

Rincon will be conducting training runs at the University of Maryland, at 6:30 p.m., Monday through Thursday, beginning on June 6.

There being no further business the meeting was adjourned.

*Gerry Ives, Secretary*

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#### CLUB NOTES

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##### 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 Kevin Kolakowski, PO Box 15429, Arlington, VA

22215. 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., Alex-

andria (751-4110). Discount of 10% or more on floor coverings. Store is run by WRCers Ron and Candy Ponchak.

**Racquet and Jog**, International Square at 19th & K. Discount of 10% with cash or check only. No discount for shoes on sale.

**Fleet Feet**, 1840 Columbia Rd., N.W. Discount of 10% percent on clothing and shoes.

**J. Lynn & Co., Endurance Sports**, 19th & I St., N.W. (223-0310). Discount of 10% on clothing and shoes.

**Bikes Plus**, 308 Compton Ave., Laurel, Md. 20707 (776-9494). Triathlon and running gear. Discount of 15% on all non-sale items. Ask for George Whetzel. □

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## GROUP RUNS

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**Tuesday Night Run**, Fairfax Running Center, Alexandria, 6:30 p.m. Group 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; BRRRC—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.

### JUNE

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
4	SA	10K	For the Arts	Annapolis, MD	301/267-7922

JUNE

4	SA	5M	Fairfax X-C	Burke Lake, VA	703/691-3294
4	SA	10K	Keys to the City 10K	Western Plaza, DC	202/244-2295
5	SU	5K	Bel Air Town Run	Bel Air, MD	RASAC
5	SU	10K	Springfield Rotary	Springfield, VA	703/658-8800
5	SU	10K	Run Thru History	Sharpsburg, MD	301/733-5859
5	SU	10K	Herndon Festival 10K	Herndon, VA	703/435-6868
5	SU	5M	The Five Smiler	Baltimore, MD	BRRRC
5	SU	5K	Mt. Vernon Hosp. Run	Alexandria, VA	703/664-7109
8	WE	10K	Bunions Derby #2	Carderock, MD	DCRRC
9	TH	5K	Baker Park 5K	Frederick, MD	FSC
11	SA	10/5K	Corporate Relays	Gallaudet Coll.	301/248-5619
11	SA	5K	Hagersfest	Hagerstown, MD	Wisprt Ath. Boost.
11	SA	10K	Fairfax Hospital 10K	George Mason U.	703/321-4385
12	SU	10K	Waterfront Festival	Alexandria, VA	703/780-3037
12	SU	5K	Go For Gold Track Run	Blair HS	MCRRC
12	SU	10K	Suburban Hospital	Bethesda, MD	301/530-3092
15	WE	6/3K	Bureaucratic Runaround	Jeff. Memorial	FIJC
18	SA	5K	Electric City Run	Goucher College	BRRRC
18	SA	20M	Distance Medley Relay	Greenbelt, MD	DCRRC
19	SU	10K	Father's Day Run	Annapolis, MD	AS
19	SU	10M	Gunpowder Neck 10M	Edgewood, MD	RASAC
19	SU	10K	Lombardi 10K	Georgetown U.	703/356-1178
21	TU	5M	RRC Challenge	Silver Spring, MD	MCRRC/PGRC
22	WE	5.5M	Bunions Derby #3	Ft. Dupont Pk., DC	DCRRC
25	SA	10M	Two Person Relay	Arnold, MD	AS
25	SA	5K	Midnight Run	Westminster, MD	301/857-4877
25	SA	10K	Moonshine Classic	Western Port, MD	301/223-9339
26	SU	10K	Around the Lake	Greenbelt, MD	PGRC
26	SU	8K	Stroh's Run for Liberty	Washington, DC	703/644-4322
28	TU	10M	Two Person Relay	Park Sch., Balt.	BRRRC
29	WE	8K	Bunions Derby #4	Langley, VA	DCRRC

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

4	SA	10K	L'Eggs Mini Marathon	New York, NY	212/860-2280
11	SA	26.2M	God's Country Marathon	Coudersport, PA	814/435-2394
11/12	SA/SU	100M	Old Dominion XC Endur.	Front Royal, VA	703/549-3230
12	SU	5M	Rumsey Steamer	Shepherdstown, WV	304/876-6907

**JULY**

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
4	MO	5M	Choptank River Run	Cambridge, MD	301/228-8048
4	MO	4M	Firecracker Run	Dale City, VA	PWRC
4	MO	10K	Greenbriar Gallop	Fairfax, VA	703/378-5544
4	MO	10K	Firecracker Run	Arbutus, MD	301/242-0808
4	MO	10K	Independence Day Run	Solomons Island, MD	301/257-2331
4	MO	10K	Manassas Park Run	Manassas Park, VA	703/361-0124
4	MO	10K	Independence Day Run	Ft. Richie, MD	ZIP 21719
4	MO	5K	Frederick's Fourth 5K	Frederick, MD	FSC
4	MO	8K	Go Fourth Race	Ft. Hunt Park, VA	PVSTC
4	MO	10K	Arlington Co-op Run	Bluemont Park, VA	703/920-5193
6	WE	10K	Bunions Derby #5	Annandale, VA	DCRRC
9	SA	8K	Moonlighter Run	Alexandria, VA	703/644-4322
10	SU	5K	Homestead Run	Union Mills, MD	301/857-5427

11	MO	5M	Westminster Rec. Run	Westminster, MD	301/848-6962
13	WE	8K	Donaldson Run	Arlington, VA	DCRRC
14	TH	4M	Pleasant Valley Run	Westminster, MD	WRRC
16	SA	5K	Women's Dist. Fest. (midnight)	Columbia, MD	301/381-6385
16	SA	5K	Women's Dist. Festival	Reston, VA	RR
16	SA	5K	Women's and Open Run	Greenbelt, MD	PGRC
16	SA	5K	Women's Distance Fest.	Bluemont Park, VA	RunHers/DCRRC
16	SA	5K	Women's and Open Run	Annapolis, MD	AS
16	SA	5K/5M	Ken-Gar Women's & Open	Kensington, MD	MCRRC
16	SA	5K	Women's and Open	Union Mills, MD	301/848-3216
16	SA	5M	Comsat Challenge	Towson, MD	BRRRC
17	SU	5K	Women's Dist. Festival	Goucher College	BRRRC
17	SU	5K	Women's Dist. Festival	Westminster, MD	WRRC/FSC
20	WE	8K	Bunion Derby #6	Reston, VA	DCRRC
20	WE	6K/3K	Bureaucratic Runaround	Jeff. Memorial	FIJC
21	TH	3M	FSK X-Country	Uniontown, MD	WRRC
23	SA	10K	Clean T-Shirt Run	Ft. Hunt Park, VA	PVSTC
23	SA	8K	Twilight Funfest	Rockville, MD	MCRRC
26	TU	10K	Bunion Derby #7	American U.	DCRRC
28	TH	10K	Piney Run 10K	Eldersburg, MD	WRRC

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

23	SA	1M	TAC Natl. Masters Chmp	Hibbing, MD
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