

Washington Running Club ★ Newsletter

Volume 7, Number 7

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July 1988

June Meeting

The JULY meeting of WRC will be held on Friday, JULY 8, 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.

MCGRAIL AND CREED TAKE TOP POSITIONS AT CARDEROCK 10K, BUNION DERBY #2

by Will Woodbine

The Carderock 10K is usually cursed with hot and humid weather—an occasional year featuring life-threatening thunderstorms and knee-deep mud is thrown in to break the monotony. This year, Race Director Bob Mallet ordered up some more clement conditions—low humidity, and bearable heat—for the June 8 race.

John McGrail, Robert Rodriguez and British rock star George Michaels moved up to the front during the first half-mile, but at the 2½K turnaround point McGrail had opened up a 50 meter lead over the others. McGrail pushed through the next 5K, steadily increasing his lead to 300 meters at the 7½K mark and cruised in to an easy win in 32:58. Rodriguez was unchallenged in second place with a time of 34:20, 33 seconds ahead of Michaels in third. Michaels looked suspiciously like Dennis Baker, but, whoever he was, he ran 34:53.

The women's contest was more hard-fought, with Berni Flynn Creed and Jennifer Westfall exchanging the lead several times. Creed fell at the 2½K turnaround and took the skin off of one of her knees. However, she showed herself to be a spirited competitor by ignoring her injury and going on to nail down the win in a new course record time of 40:50, just five seconds ahead of Westfall.

One runner, didn't catch his name, did a rather spastic imitation of Mikhail Baryshnikov after he spotted a foot-long snake coiled on the tow path. A picture of his leap and the anguished expression on

his face would have made the cover of *Life* magazine, but, unfortunately, no photographer was on the scene.

Credit for the smooth functioning of this race must go to the race directors, Bob and Joanne Mallet and their family. The Mallet's attention to detail—they even brought extra toilet paper for the rest rooms—made the race go off without a hitch. DCRRC has had to cancel some of their races due to lack of race directors. If you can help, either as a race director or a volunteer, please write to: DCRRC Volunteers, P.O. Box 1352, Arlington, VA 22210.

Men: 1. John McGrail, 32:58; 2. Robert Rodriguez (WRC), 34:20; 3. Count 'George Michaels' Baker (WRC), 34:53; 4. Ed Doheny (WRC), 34:56; 5. Bill Stahr, 35:09; 6. J.J. Wind (WRC), 35:15; Craig Anderson, 35:32; David Johnson, 35:35; George Masson, 36:30; Cliff Balkam, 36:32; Bob Trost (WRC), 36:57; Chuck Desenberg (WRC), 37:02; Ray Morrison (WRC), 37:06; Dick Spencer (WRC), 37:10; Gerry Ives (WRC), 38:41; Dick Brannan (WRC), 38:49; Chan Robbins, 38:51; George Cushmac (WRC), 40:10; James Scarborough (WRC), 41:14.

Women: 1. Berni Flynn Creed (WRC), 40:50 (c.r.); 2. Jennifer Westfall, 40:55; 3. Betty Blank (WRC), 41:44; 4. Kathy Hibbert, 42:04; 5. Trish Palmero, 42:20; 6. Chris Stockdale (WRC), 42:26.

NIKE CHERRY BLOSSOM COMMITTEE SCORES WASHINGTON RUNNING REPORT EDITORIAL

by Gerry Ives

The *Washington Running Report*, published by Colonial Running Company, printed a piece in their May/June issue that has stirred up a considerable amount of controversy.

The article, entitled "Cherry Blossom—Is It The Race It Could Be?", criticized the fact that the race did not give out T-shirts, food after the race, or prompt results, and said that the course was too crowded. It also found fault in the race's lottery entry system, saying that it encouraged cheating by people requesting multiple entries using names other than their own. In addition, the piece suggested a

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

change in course that would allow the field to be increased to 15,000, and avoid an into-the-prevailing-wind finish and the treacherous turnaround that the present out-and-back route necessitates. The article also said that expanding corporate sponsorship would allow the distribution of "more race paraphernalia than they [the runners] can carry."

The Nike Cherry Blossom Committee took issue with the article and responded with a strongly-worded letter to the editor of *Washington Running Report*. Copies of the letter were distributed to various running organizations by the committee.

The letter said that the committee has a philosophy that guides the conduct of the race, and this philosophy has given the event a distinct personality. Adding that they do not want the Nike Cherry Blossom to be a "carbon copy of other large races . . ." They pointed out that if runners wanted particular amenities, such as food, they can choose a race that offers what they want. The committee's primary goal is "to produce the best technically managed race in the area." They noted that the running press has picked the race as, "one of the best in the country."

The committee said that increasing the field from 5,000 to 15,000 was not a concept that was shared by them, and quoted a 1987 survey of RRCA members that indicated a preference for "less congested fields." Adding that: "A mass race is a different concept. Perhaps a valid one, but if so, why not produce it yourself?"

They noted that the entire \$24 cost per runner is defrayed by the sponsor, allowing participation by families that "find spending \$30-\$40 for a two hour weekend 'outing' a bit pricey."

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)

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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 final analysis, according to the committee, was that if runners do not like the Cherry Blossom the way it is, the race would be in a decline. This year, the committee noted, "all the figures pointed in the other direction."

The final paragraph of the letter reads: "P.S. It would have been good editorial judgment for Colonial Running Company, publishers of the *Washington Running Report*, to have revealed their repeated, unsuccessful attempts to gain the finish line contract at the Nike Cherry Blossom."

Upon receipt of the Cherry Blossom Committee's letter, WRR publisher Mark Baldino requested a copy of the Cherry Blossom race budget. Jeff Darman sent the requested information to Baldino on June 22.

Myself, I'm getting ready to go out and run the DCRRC AU 10K. It costs a dollar to enter, and I use my own name. They don't give out T-shirts, but they do have refreshments after the race (usually water melons and Coolaide). Results are instantaneous—they hand you a card with your place on it as you finish, and you are trusted to fill in your own time. And the course is designed so you have an excellent chance of running a p.w., two loops with a bloody great big hill at the end of each loop. Mind you, I doubt if we'll attract a field of 5,000, so maybe we could waive the dollar entry fee, change the course so it's all downhill, hire a band, and . . . nah! Let's just leave it the way it is.

EVERYTHING YOU EVER WANTED TO KNOW ABOUT RUNNING, BUT WERE AFRAID TO ASK

Donna Elliot gave an indication of what professional coaching can do for you. At a recent MCRRC track meet, Elliot ran a 68-second 400 meters and followed that with a 5:17 time for the 1,600 meter run. Her coach, **Dan Rincon**, indicated that Elliot will show dramatic improvement on the roads this fall.

Congratulations are in order for **David White** who tied the knot with **Carol Medernach** on Saturday, June 4. The **John Walsh's** and **Pat Carr** were both on hand for the ceremonies, and they learned that David White's father is younger than **Ed Doheny**. It's amazing how White maintains his fitness level while training with superannuated athletes.

Mike's American Grill 10K was run under ideal conditions in Springfield, Va. on June 5th. **Dave McCormack**, in a time of 31:15, beat WRC's **Jim Eastman** by a mere two seconds. Further back in the field, **John Betts** set a new p.r. with a 45:28, and **Pat Neary, Jr.** got off of his bike long enough to run a creditable 45:50. **Pat Neary, Sr.**, who has been injured off and on for the past four years, didn't want to discuss his time.

Kathy and **Jerry Merkel** announced the latest addition to their brood. Weighing in at 7 lbs. 8 oz., **Matthew Adam Merkel** is now officially the youngest member of WRC.

Approximately 90% of all running injuries occur in runners who mix and match running gear. **George Michaels**, a spokesman for The American Association for Brand Name Coordination, said statistics proved that runners who wear shoes, socks, shorts and singlets produced by the same manufacturer never got injured. "If you want to mix Nike socks with Avia shoes, and Reebok shorts, go ahead—but you're toying with disaster," said Michaels.

Rock Creek R.C. members **John McGrail** and **Jennifer Westfall** are going to tie the knot in September. Even though they don't belong to WRC, we wish them all the best—hey, maybe they'll see the light and join!

The Juvenile Diabetes Two-Mile Fun Run got pretty serious on Saturday, June 25th. The race was held over a rolling course on the Northern Virginia Community College campus at Annandale. Georgetown track star **Mike Stahr** won in a time of 9:10, with **Darrell General** and **Dave McCormack** taking 2nd and 3rd in times of 9:24 and 9:30 respectively. WRC's **Donna Elliot** was the lead woman in 11:44, with fellow WRCer's **Betty Blank** and **Chris Stockdale** registering 13:00 and 13:05 respectively.

McGRAIL WINS TRUNCATED BUNION DERBY #3 AT FT. DUPONT IN RECORD TEMPERATURE

The temperature on Wednesday, June 22, 1988, reached a record 102°F. But did they call off the scheduled 7:15 p.m. Bunion Derby race? No way! After consultations involving Race Director Val Lewton and DCRRC President Roger Peet the race was shortened to approximately 3.6 miles by eliminating one of the loops in the woods. Several "Rambo" types protested, but the majority of the field of fifty-four men and ten women seemed relieved.

WRC's J.J. Wind, ignoring the torrid conditions as only J.J. can, led the pack through a quick first mile (no time available, because nobody knows where the first mile ends on this course) with John McGrail, Jack Cleland and Jeff Foster following closely along the narrow trail. When the group turned onto the road McGrail made a move and passed Wind (*no, that doesn't sound right—how about overtook Wind?*) with Foster close on his heels.

After the single loop through the woods the leaders emerged holding the same positions. However, Cleland, hoping to repeat his 1986 winning tactics, put on the afterburners and went after McGrail. Despite an heroic effort Cleland came up nine seconds short, taking second place in 18:50 to McGrail's winning time of 18:41. Afterwards, McGrail credited J.J. with taking the sting out of Cleland's kick with his fast opening mile.

Further back in the field, the usually placid Steve Daniels tried psychological tactics on usually volatile John Walsh. As Daniels overtook the former Newsletter editor he commented: "getting a little fat,

aren't you John." Unknown to Daniels, Walsh had recently had surgery to correct a deviated septum (that's a crooked nasal passage—nothing to do with any perversion) allowing him to increase his oxygen intake enough to carry the extra fat. Free-breathing Walsh soon regained the advantage, both psychological and competitive, by overtaking Daniels and remarking: "getting a little slow, aren't you Steve." This snappy patter had no effect at all on Robert Rodriguez, who blew by Walsh in the last 100 meters to take 5th place in 19:30.

Ed Doheny registered yet another win in the masters division, showing he is the man to beat if you want to get into the rankings. Doheny overtook WRR's 8th-ranked masters runner Richard Pankow and went on to win his division, and finish 7th overall, in a time of 19:35.

Chris Stockdale won the women's open and masters division in 24:47. Stockdale, along with McGrail and Doheny, now has a perfect 60 points going into the 4th race of the Bunion series.

Results: 1. John McGrail, 18:41; 2. Jack Cleland (WRC), 18:50; 3. Jeff Foster, 19:03; 4. J.J. Wind (WRC), 19:17; 5. Robert Rodriguez (WRC), 19:30; 6. John Walsh (WRC), 19:32; 7. Ed Doheny (WRC), 19:35; 8. Richard Pankow, 20:14; 9. Steve Daniels (WRC), 20:20; 10. Rick Loughery, 20:29; 12. Dave Johnson (WRC), 20:40; 14. Bob Trost (WRC), 20:55; 16. Frank Probst, 21:24; 17. Gerry Ives (WRC), 21:32; Tom Kurihara, 22:02; Alan Weiss, 22:22; George Cushmac (WRC), 23:00; Jim Hanscombe, 23:28; Chuck Desjardins, 23:25; Andy Buechele, 24:20; James Scarborough (WRC), 24:30; Chris Stockdale (WRC), 24:47 (1st woman); Pat Neary (WRC), 25:37; Liz Sadoff, 25:53; Julie Robey, 28:17; Christine Fox, 28:49.

SHOOSHAN, OTHER WRC WOMEN PROMINENT AT ALEXANDRIA WATERFRONT FESTIVAL 10K

by Special Correspondent Rosy Scenario

With the exception of Darryl Stewart, Washington Running Club men were absent from the top ten spots at the Alexandria Waterfront Festival 10K, held June 12 at Oronoco Bay Park. Stewart, with a time of 32:53, salvaged the honor the WRC men by taking fifth place. Patrick Key of Frederick took top honors in a time of 31:30, thirty-seven seconds ahead of second place finisher Henry Phelan.

The women's race was won by a WRCer, one of the area's top women masters runners, Beverly Shooshan. Shooshan trailed Laura Scofea and clubmate Berni Flynn Creed in the first mile. However, when Scofea took the lead Shooshan went with her. At the five-mile mark Scofea slowed and could not answer Shooshan's surge. Shooshan went on for the win with a time of 38:37, 13 seconds ahead of Scofea. Creed, who has been improving with every race this year, took third place with a 39:41.

Carolyn Ulrich, who is back in the area for the

summer, barely missed breaking the 40-minute mark. Her time of 40:06 nailed down fourth place. Rounding out WRC women in the top ten was Betty Blank. Blank took eighth place in 40:47.

There were some complaints about the availability of water after the race. Apparently, some runners had to stand in line for up to ten minutes to slake their thirst.

Men: 1. Patrick Key, 31:30; 2. Henry Phelan, 32:07; 3. Larry Frederick, 32:30; 4. Michael Bordell, 32:37; 5. Darryl Stewart (WRC), 32:53; 6. Paul Fleming, 33:11; 7. Guy Beaver, 33:38; 8. Dewayne McKinney, 33:42; 9. John Simmons, 33:48; 10. Bill Allen, 34:04; John Betts (WRC), 46:20.

Women: 1. Beverly Shooshan (WRC), 38:37; 2. Laura Scofea, 38:50; 3. Bernie Flynn Creed (WRC), 39:41; 4. Carolyn Ulrich (WRC), 40:06; 5. Tucker Maney, 40:15; 6. Nina Zegger, 40:25; 7. Jennifer Westfall, 40:41; 8. Betty Blank (WRC), 40:47; 9. Dolly Ginter, 40:56; 10. Jane Downing, 40:57.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD ON FRIDAY, JUNE 10, 1988

The meeting was called to order by Club President, Dan Rincon.

Treasurer's Report: Club Treasurer, Kevin Kolakowski, reported that the Club had approximately \$6,500 in the treasury. Because of the Hecht's 10 Miler cancellation we cannot expect any large infusion of funds. Kolakowski said that new ways are needed to raise funds for the Club.

Upcoming Races: Rincon reminded members that the Asbury Park 10K was a club race and anyone wanting to run should contact him at 441-9265. WRC will once again be sending a contingent to the Annapolis 10 Miler, which will be held on Sunday, August 28. Dan Rincon has entries and will mail them in for members who want to run this race. Contact him at the above number. The Philadelphia Half-Marathon entries are being coordinated by Kevin Kolakowski. If you are going to run contact Kolakowski at 524-8391.

Social Activities: The Club picnic will be held at Tris Kruger's house and pool on August 20th. The August meeting will be combined with the picnic—the meeting will be held *before* the beer relays.

Rincon thanked Tris Kruger for allowing the Club use of his pool, patio and charcoal grill. 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 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

Capital Sports, 235 Pennsylvania Ave., S.E., Washington, D.C. (546-1212). Discount of 10% for Club members. Kurt Rabin is the store manager.

Fairfax Running Center, Alexandria store in Old Towne on the Strand, off Union St. (Tel. 549-7688) and Jermantown Shopping Center at 11208 Lee Hwy. in Fairfax City (Tel. 691-8664). Discount of 10% on shoes and clothing.

College Park Bicycle, 4360 Knox Rd., College Park (864-2211). Discount of 5-15% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

Decorative Rugs & Carpets, 3230 Duke St., Alexandria (751-4110). Discount of 10% or more on floor coverings. Store is run by WRCers Ron and Candy Ponchak.

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

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

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

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

**WASHINGTON RUNNING CLUB
MEMBERSHIP APPLICATION**

\$15 Individual Membership

\$20 Family Membership

Name _____ Date of Birth _____

Address _____

Phone h] _____ w] _____ Is This a Renewal Membership? (yes) _____ (no) _____

It would be helpful if you could fill out the information below to enable us to put together teams.

Best Times in 1987

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PRs

10K _____ 10 Miles _____ Marathon _____ Other _____

FAMILY MEMBERS

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Make check payable to WASHINGTON RUNNING CLUB and send to:
Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Gerry Ives at 320-3337

The following is the PVAC Long Distance Race Schedule for the upcoming months. The schedule was supplied to Washington Running Club by Herb Chishoim, 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; WRRC—Westminster Road Runners (301) 876-7127.

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	Bunion Derby #5	Bluemont Park, VA	DCRRC
9	SA	8K	Moonlighter Run	Alexandria, VA	703/644-2959
10	SU	5K	Homestead Run	Union Mills, MD	301/857-5427
11	MO	5M	Westminster Rec. Run	Westminster, MD	301/848-6962
14	WE	4M	Bunion Derby #6	Natl. Arboretum, DC	DCRRC
14	TH	4M	Pleasant Valley Run	Westminster, MD	WRRC
15	FR	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	Madison Comm. Ctr. 8K	Arlington, 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
27	WE	10K	Bunion Derby #7	Ft. Belvoir, VA	DCRRC

Races of Interest Outside PVAC Area (July)

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

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
3	WE	10K	Bunion Derby #8	American U., DC	DCRRC
6	SA	5/10K	Fruit Run	Carderock, MD	PVSTC

6-7		Ultra	24-Hour Relay	Ft. Meade, MD	DCRRC
7	SU	10K	Afram Expo 88	Baltimore, MD	301/396-4320
13	SA	1.5/5K	DCRRC Track Chmp.	Walt. Johnson HS	DCRRC
14	SU	8K	Capitol Office Pk.	Greenbelt, MD	301/441-3434
14	SU	Ultra	PGRC 6-Hour Run	Greenbelt, MD	PGRC
17	WE	3/6K	Bureaucratic Runaround	Jeff Memorial	FIJC
20	SA	5K	Chili Pepper Run	Cumberland, MD	301/777-1423
20	SA	5M	Gary Brown Mem. Run	Hagerstown, MD	HRFFC
20	SA	10K	Falls Summer Run	Great Falls, MD	MCRRC
24	WE	4.5M	Paul Thurston Mem. Run	Burke Lake, VA	DCRRC
28	SU	10M	Annapolis 10 Miler	Annapolis, MD	AS

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.

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.

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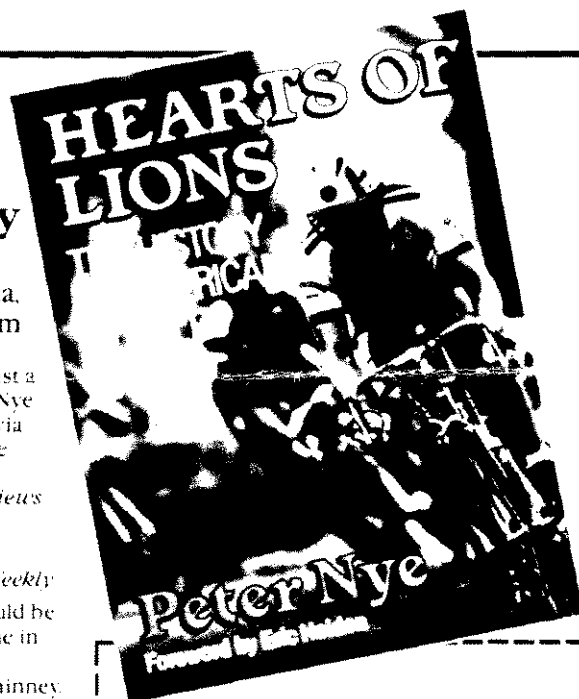
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