

Washington Running Club ★ Newsletter

Volume 7, Number 8

© 1988 Washington Running Club

August 1988

Meeting/WRC Picnic

The AUGUST meeting of WRC will be held at noon on Saturday, AUGUST 22, in conjunction with the WRC picnic, 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.

BANKER DOES THE IMPOSSIBLE AT LANGLEY 8K; NEW MEN'S AND WOMEN'S COURSE RECORDS SET

Will Woodbine

They said it couldn't be done, but Race Director George Banker proved them all wrong! Not one of the 124 participants went off course at Bunion Derby #4, the Langley 8K, on Wednesday, June 29.

For more years than we care to remember the results of this race have been annotated with "the leaders went off course." Vowing that it wouldn't happen this year, Banker used a 25-pound bag of lime to make sure every twist and turn of this serpentine course was clearly indicated.

The clear markings, combined with great weather and a promise of a \$25 bonus for new course records, caused the men's open, the women's open, and the women's masters records to fall. John McGrail and Phil Ponebshek tied for first place, both breaking the open men's record, and WRC's Pat Bullinger ran away from the women's field and secured her place in DCRRC history by breaking the open women's mark. The women's masters record fell to the GNATS' Cindy Dalrymple, whose new mark of 31:06 (a 4:03 improvement on Chris Stockdale's old mark) is going to be hard to beat.

The race began with the familiar sight of J.J. Wind, followed closely by Robert Rodriguez, leading the field. A half-mile into the course John McGrail and Phil Ponebshek bulled their way to the front and fought it out, shoulder to shoulder, for the remaining 4½ miles of the hilly, twisting course. In the final 100 meters they

decided they'd both had enough and agreed to tie, finishing in an outstanding time of 26:15.

Pat Bullinger, still stiff from a tough workout prescribed by her coach two days before, ran a conservative 6:05 first mile before picking up the pace and demolishing the women's field. Bullinger's new women's course record of 29:28 is a 34 second improvement over the old mark held by Sally Strauss.

In team competition, with nine teams entered, WRC's men's 'A' team (Jack Cleland, Dennis Baker, Ed Doheny, J. J. Wind, Robert Rodriguez, and Steve Daniels) took first place with a score of thirty-three, topping a strong D.C. Harriers team's seventy-eight points. WRC's men's 'B' team (Bob Trost, Gerry Ives, Kevin Kolakowski, Bill March, George Cushmac, James Scarborough, and Pat Neary) took third place with 174 points, just one point ahead of the Rock Creek R.C. men's squad. The WRC women's team (Pat Bullinger, Chris Stockdale, and Julie Robey) took second place in the women's competition with 16 points, three points behind the winning RC² women's team.

Results—Men: 1. John McGrail, Phil Ponebshek (tie), 26:15 (c.r.); 3. Jack Cleland (WRC), 26:53; 4. Dave Whitman, 27:19; 5. Ben Beach, 27:25; 6. Robert Rodriguez (WRC), 27:33; 7. Dennis Baker (WRC), 27:36; 8. Ed Doheny (WRC), 27:46; 9. J. J. Wind (WRC), 27:50; 10. Bill Stahr, 28:08; 11. Steve Daniels (WRC), 28:06; 12. Scott Bartram, 28:09; 13. David Havill, 28:26; 14. Craig Anderson, 28:36; 15. John Sherlock, 28:41; 16. Rick Loughery, 28:46; 17. Brian Bates, 28:51; 18. Harry Cross, 28:54; 19. Bernie Gallagher, 28:58; 20. George Masson, 29:45; 22. Bob Trost (WRC), 29:48; 29. Gerry Ives (WRC), 30:37; 36. Kevin Kolakowski (WRC), 31:15; 37. Bill March (WRC), 31:14; Frank Probst, 31:56; John Noble, 32:38; George Cushmac (WRC), 32:43; Tom Kurihara, 32:46; James Scarborough (WRC), 33:08; Pat Neary (WRC), 34:41; Dixon Hemphill, 36:46; Roger Peet, 47:43.

Women: 1. Pat Bullinger (WRC), 29:28; 2. Cindy Dalrymple (GNATS), 31:06; 3. Kathy Hibbert, 32:30; 4. Jennifer Westfall, 33:18; 5. Trish Palmero, 33:45; 6. Janice Stoodley, 34:05; 7. Chris Stockdale (WRC),

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

WRC Picnic—Saturday, Aug. 20 at Tris Kruger's

34:59; 8. Julie Robey, 35:29; 9. Elizabeth Sadoff, 35:51; 10. Christine Fox, 38:12; Julie Peet, 38:26; Lynda Durfee, 38:50; Elsie March, 47:49.

SOME FAST TIMES ON A HOT NIGHT AT BUNION #5, THE BLUEMONT PARK 10K

Bunions were the last thing on the minds of the participants in Bunion Derby #5, the Bluemont Park 10K, held on Wednesday, July 6th at 7:00 p.m. With the mercury at 98°, heat stroke was the evening theme; but if you've run enough of the Bunion Series this year your mind has probably been fried anyway.

On hand to cheer on the racers were Jerry and Kathy Merkel with the new baby and their other two boys. The boys had butterfly nets, but the only butterfly they caught was "Uncle" Dennis Baker—hey, an understandable mistake!

Robert Rodriguez played the role of the rabbit in the first mile, before easing up and running alongside Bob Trost for the balance of the race. When Rodriguez dropped back, John McGrail settled into the lead position, followed by Jack Cleland and Dave Whitman. At the first turnaround McGrail had put 20 meters of daylight between himself and the rest of the lead pack. Cleland and Baker passed Whitman before the second turnaround and held on for 2nd and 3rd spots (32:35 and 32:46 respectively) behind McGrail's 31:34 winning time.

Ed Doheny, buoyed by the knowledge that his athletic prowess had finally been recognized by admission to the WRR masters rankings, stormed through the field finishing 5th overall in 33:51. Doheny was the only runner to finish in the top ten without a single bead of sweat or a single hair out of place. Rumor has it that Doheny is a candidate for the cover of *Runner's World*.

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: Gerry Ives (320-3337)
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 race director warned everyone at the starting line to watch for cyclists. J.J. Wind did his best, but still managed to run a bike rider off the path and into the woods by being too polite. Wind finished in 7th place with a time of 34:06; the bike rider didn't finish.

WRC's women did the club proud by taking the top four places, with the fifth place going to potential new member Julie Robey. Pat Bullinger cruised to a 37:55 time, followed by Berni Creed who dropped back to second after leading the women's field for the first half of the race. Betty Blank registered another 20 points in her age group, as did Chris Stockdale.

Chris Stockdale, John McGrail and Ed Doheny are the only Bunion Derby participants to have scored perfect 100 points for the first five races, thus winning their respective age groups.

Despite the heat, unusually fast finishing times were recorded. Several killjoys suggested that the second 5K was a little short, but I'm taking it as my best 10K of the year. Anyone who runs a race in 98° weather deserves a break.

Men: 1. John McGrail, 31:43; 2. Jack Cleland (WRC), 32:35; 3. Dennis Baker (WRC), 32:46; 4. Dave Whitman, 33:06; 5. Ed Doheny (WRC), 33:51; 6. Bill Stahr, 34:00; 7. J.J. Wind (WRC), 34:06; 8. Brian Bates, 34:13; 9. David Havill, 34:30; 10. Craig Anderson, 34:52; 11. Bernie Gallagher, 34:57; 12. Dave Johnson (WRC), 35:36; 13. Steve Daniels (WRC), 35:37; 14. Larry Washington, 35:41; 17. Bob Trost (WRC), 35:56; 18. Robert Rodriguez (WRC), 35:56; 19. Ray Morrison (WRC), 36:36; Gerry Ives (WRC), 36:52; Bill March (WRC), 37:01; Tom Kurihara, 37:46; Kevin 'Easy Rider' Kolakowski (WRC), 37:54; James Scarborough (WRC), 39:09; Larry Tabachnick, 39:09; George Banker, 39:19; George Cushmac (WRC), 41:27; Pat Neary (WRC), 44:09; Roger Peet, 58:16.

Women: 1. Pat Bullinger (WRC), 37:55; 2. Berni Flynn Creed (WRC), 40:51; 3. Betty Blank (WRC), 41:27; 4. Chris Stockdale (WRC), 41:53; 5. Julie Robey, 42:33; 6. Jennifer Westfall, 42:51; 7. Christine Fox, 46:44; 8. Lynda Durfee, 47:16; 9. Julie Peet, 47:55; 10. Georgianna Havill, 48:01.

BASTILLE DAY CELEBRATED WITH 4 MILER HELD AT NATIONAL ARBORETUM; BUNION #6

by George Banker & Others

DCRRC headed for the timber and held Bunion Derby #6 at the National Arboretum on Bastille Day, July 14th. Ninety-seven "Frenchpersons-for-the-day" (this is a non-sexist publication) lined up for the start of DCRRC newest four-mile course. The course had been measured, marked and certified by course guru Bob Thurston. Thurston ran the race to make sure that, this week, nobody cut his course short.

The race started with a flat quarter-mile, followed by a gut-busting ¼-mile hill just to get your attention. The balance of the single four-mile loop consisted of gently rolling hills and some of the prettiest scenery in the Washington area.

Under normal conditions most of the runners would have registered excellent times, but with the thermometer registering above 90° and the humidity more suited for the Amazon basin this was not to be the case. The majority of the runners made the distance without incident, but a few had to walk in order to complete the distance.

You'll always find a few well-conditioned runners who have trained to beat the heat. It was evident that John McGrail, and WRCers Jack Cleland and Dennis Baker fell into that category. McGrail led the pack from shortly after the start, but there was enough pressure from Cleland and Baker to keep him honest. McGrail's winning time of 21:00 was exceptional considering the conditions. If next year's race features more clement conditions, it will be interesting to compare times.

Patty McGovern made short work of the women's division, despite her protestation that she was just out for 'fun.' For the first quarter mile it looked as if McGovern was going to have some competition, but the first hill stretched out the field. McGovern finished in 24:06, followed by clubmate Berni Flynn Creed in 26:58. Rock Creek's Jennifer Westfall hung onto 3rd place in 27:58, despite a strong challenge by Trish Palermo who finished two seconds in arrears in 28:00.

In the men's masters division Bernie Gallagher came through to win with a 22:57, good enough for 9th overall. Ed Doheny, who has dominated the Bunion Derby masters division this year, used the race as a training run finishing in 25:40. Doheny commented after the race that it was tougher running at a training pace than racing. The female masters top position was captured by Georgiana 'Mike' Havill in 30:45.

Because this was a new race, all division winners established course records.

Men: 1. John McGrail, 21:00 (cr); 2. Jack Cleland (WRC), 21:39; 3. Count Baker (WRC), 22:03; 4. J.J. Wind (WRC), 22:16; 5. Dave Whitman, 22:36; 6. Alexander Moore, 22:48; 7. Bill Stahr, 22:51; 8. Steve Daniels (WRC), 22:55; 9. Bernie Gallagher, 22:57 (cr); 10. Bob Thurston (WRC), 23:02; 11. Craig Anderson, 23:04; 12. David Havill, 23:10; 13. John Sherlock, 23:28; 14. Larry Washington, 23:54; 15. Bob Trost (WRC), 23:59; 16. George Masson, 24:07; 17. Theodoro Tadesse, 24:13; 19. Ray Morrison (WRC), 24:20; 20. Dave Gearin (WRC), 24:30; Bill March (WRC), 25:04; Gerry Ives (WRC), 25:16; Ed Doheny (WRC), 25:40; George Cushmac (WRC), 27:05; Chuck DesJardins, 28:01; Jeff Reed (WRC), 28:30; Larry Tabachnick, 29:36; Dick Good, 29:51; Jeff Darman, 30:58;

Women: 1. Patty McGovern (WRC), 24:06 (cr); 2. Berni Flynn Creed (WRC), 26:58; 3. Jennifer Westfall, 27:58; 4. Trish Palermo, 28:00; 5. Christy Peters, 29:11; 7. Georgiana Havill, 30:45 (cr); 8. Lynda Durfee, 30:56; 10. Lisa Hamm (WRC), 32:59; 14. Karen Lovelace, 36:26.

NEWS NOTES FROM ALL OVER THE PLACE

Washington Running Club was well represented at the Adirondack 10 Miler, held at Lake George, N.Y., on July 2. WRC's **Pat Bullinger** won the women's race, for the second consecutive year, in a time of 61:48. **Kevin Kolakowski** also was there, finishing in a time of 63:15, and for the second consecutive year did not win anything.

Roger Peet announced free entry is available at the DCRRRC 20 Miler, to be held at 8:00 a.m. on Sunday, October 2, starting at the Torpedo Factory in Alexandria. To qualify, males must have completed 20 miles in less than 2 hours and females must document a sub-2:20 completion time.

So you can start to make Thanksgiving arrangements, this year's Alexandria Turkey Trot 5 Miler will start at 10:00. The women of the Potomac West Trade Association, sponsors of the race, made the change to accommodate church services in the area.

Former WRC member **Mary Alico** finished the Peachtree 10K in seventh place (third U.S. woman) with a time of 33:31. Alico moved from the D.C. area to Eugene, Oregon, last year. **Teresa Ornduff**, of Abingdon, Va., finished in fourth place with a time of 33:06 and was the first U.S. woman finisher.

Few runners in Washington know that Hains Point was named for **Anthony Hains**, the inventor of panty hose. Amazingly, the end of Hains Point is not pointed, it is blunt. In fact, the area was originally called Anthony's Blunt, but the name was changed by the House Un-American Activities Committee. HUAC had heard rumors that **Sir Anthony Blunt**, the curator of the Queen's Pictures, was involved with the Burgess-McLean-Philby Soviet spy ring. To avoid any hint of scandal HUAC ordered the name of the Washington landmark to be changed to Hains Point.

Kevin McGarry underwent knee surgery in July to try to clear up an injury that has sidelined him for the past six months. McGarry said that he feels he came through the surgery well, and is looking forward to getting back in racing form.

A DCRRRC volunteer called in race results to the *Washington Post* sports desk recently and was told by the person manning the phone that they were only interested in the times of the winning male and female. They were willing to list the names and home towns of the next five finishers, but no times. Personally, I'd much rather have my home town listed than my time.

WRC member **Ann Marie Jutel** won the MCRRC Women's Distance Festival 5K on July 16 at Kensington, Md. Jutel finished in 18:42, 55 seconds ahead of second place finisher **Mary Preisel** of Olney.

The Arlington Co-op has received permission to hold the **Four-Miler on Four Mile Run** on Saturday, October 22, at 9:30. The race director, J.J. Wind, told the WRC Newsletter that they would be offering "Prime" prizes in addition to the usual overall and age group prizes. The prime prizes, which are common in bicycle racing, would be awarded to the runners in the lead at the first, second

and third mile. More information and entry forms are available from J.J. Wind or the Arlington Co-op.

TRADITIONAL CONDITIONS FOR BUNION #8, THE A.U. 10K—HOT, HUMID, AND HILLY

by *Rollie Hills*

The traditional A.U. 10K, that everybody complains about but runs anyway, was held on Wednesday, August 3rd, with the usual hot and humid weather in attendance.

Robert Rodriguez, in the words of one of the top ten finishers, started like a "bat out of hell," zipping through a sub-5 minute first mile. Dan Murphy, former Catholic U. standout runner, kept in close contact and overhauled Rodriguez before Westmoreland Circle.

J.J. Wind moved past Rodriguez, and an ailing Dennis Baker, into second place just before Rockwood Parkway only to be overhauled by Dave Whitnah at the start of the Rockwood Parkway hill. The top four runners maintained their positions throughout the race. Baker, despite his healthy and bronzed appearance, was suffering from the after-effects of flu and dropped out of the race at the end of the first loop. Wind's third place finish earned him the top position in the 35-39 age group of the Bunion Derby series.

WRC's Berni Creed ran an uncharacteristic come-from-behind race. Creed ran the first loop in fifth place before overhauling four of the women in front of her and coming very close to overhauling first place Louise Kandra in the last 400 meters. Creed finished in 43:29, ten seconds behind Kandra, but good enough for second place and a first place finish in her age group in the Bunion Derby series. The Club's other women among the leaders at AU was master's standout Chris Stockdale. Stockdale, after unleashing a strong finishing kick over the final quarter mile, took her customary first place position in the women's masters finisher by nailing down fifth place woman overall.

Results: Men—1. Dan Murphy, 35:03; 2. Dave Whitnah, 35:44; 3. J.J. Wind (WRC), 36:08; 4. Robert Rodriguez (WRC), 36:30; 5. Bill Stahr, 36:38; 6. Bernie Gallagher, 36:45; 7. Scott Bartram, 36:53; 8. Sandy Brown, 37:44; 9. Jerry Merkel (WRC), 37:55; 10. David Havill, 38:00; John Sherlock, 38:22; Rick Loughery, 38:43; Pat 'Rocco' Carr (WRC), 38:55; Bob Trost (WRC), 39:36; Dave Johnson (WRC), 40:16; Cliff Balkam, 40:18; George Masson, 40:21; Frank Probst, 40:33; Tom Kurihara, 41:05; Gerry Ives (WRC), 41:18; Al Marcy, 41:49; John Noble, 42:35; George Cushmac (WRC), 47:27.

Women—1. Louise Kandra, 43:19; 2. Berni Flynn Creed (WRC), 43:29; 3. Janice Stoodley, 43:34; 4. Kathy Hibbert, 43:34; 5. Chris Stockdale (WRC), 44:00; 6. Anita Fries, 44:30; 7. Suzanne Hubbert, 48:15; 8. Liz Sadoff, 50:11.

BERNI CREED TAKES WOMEN'S TITLE AT BUNION DERBY #7, THE FT. BELVOIR 9K

Many DCRRC members don't know their way around Virginia hinterlands, but enough found their way to Fort Belvoir on July 27th to make the race very competitive. The unusual distance, nine kilometers, made a p.r. possible for most participants—if only because they'd never run the distance before.

John McGrail went quickly to the front of the pack and was joined by Jeff van Horn. After the first mile McGrail felt that van Horn could have pulled away from him whenever he felt like it. In the final mile van Horn opened up a gap and went on for the win in 29:48, 15 seconds ahead of McGrail. After the race, van Horn said he was recovering from an injury, and didn't want to push any harder than necessary.

The women's race was equally hard-fought, with Berni Creed going in front early in the race only to be overtaken by Trish Palermo. Palermo started to falter later in the race, giving Creed an opening that she took full advantage of. Creed pushed through to the finish line in 37:46, almost 2 minutes ahead of runner-up Chris Stockdale who passed Palermo in the final mile.

Results: Men—1. Jeff van Horn, 29:48; 2. John McGrail, 30:03; 3. Curtis Grundler, 30:41; 4. Dave Marks, 31:32; 5. Steve Daniels (WRC), 31:32; 6. Dave Whitnah, 31:40; 7. J.J. Wind (WRC), 31:50; 8. James Alexander, 32:02; 9. Bill Gilhooly, 32:10; 10. Terry Weir, 32:11; 11. Bill Stahr, 32:16; Richard Pankow, 33:04; 19. Ray Morrison (WRC), 33:48; 20. Dave Johnson (WRC), 34:10; Tom Kurihara, 35:37; Gerry Ives (WRC), 35:44; Roland Elliott, 35:50; James Scarborough (WRC), 38:26; Pat Neary (WRC), 40:57.

Women—1. Berni Flynn Creed (WRC), 37:46; 2. Chris Stockdale (WRC), 38:41; 3. Trish Palermo, 39:25; 4. Christine Fox, 41:36; 5. Patricia Reber, 41:44; 6. Fritz Howard, 43:45.

GO FOURTH 8K RUN AT FORT HUNT WON BY WRC'S FRANK FAYKES

The Go Fourth 8K Run, held on July 4th at Fort Hunt, Va., was sponsored by the Potomac Valley Walkers, a division of the Potomac Valley Seniors T.C. Race Director Mill Wood also had a race walk and a "hobby walk" occurring concurrently.

The field got off to a quick start, with two teenagers leading the way for the first two hundred yards. WRC's Frank Faykes cut their joy short by quickly overtaking them and opening up a lead on the rest of the field with an sizzling opening mile of 4:47. Faykes easily held the lead for the balance of the race, but felt he could have registered a faster time if someone had challenged him.

Karate 'Kid'

Bob Thurston put area masters on notice that he is still to be reckoned with on the roads. Thurston turned in a fine 28:08, seventh overall and 19 seconds behind first place master Richard Pankow. After the race Thurston revealed that his new training program includes a twice-

weekly karate class. If you're in Thurston's age group (40-44), keep well away from him during races or he'll knock your block off.

WRC's Bill March turned in a respectable 30:11, but finished third in his 50+ age group. The 50+ age group is getting to be one of the tougher divisions.

Men: 1. Frank Faykes (WRC), 26:52; 2. Tom Bruce, 27:15; 3. Larry Elliot, 27:20; 4. David Kline, 27:39; 5. Richard Pankow, 27:49; 6. Larry Camp, 27:58; 7. Bob Thurston (WRC), 28:08; 8. John Lauher, 29:08; 9. Joseph Ferguson, 29:22; 10. Larry Pribyl, 29:29; Barry Hardwick, 29:50; Chan Robbins, 30:04; Bill March (WRC), 30:11.

Women: 1. Sue Crowe, 29:22; 2. Malonnie Kinneson, 34:17; 3. Pamela West, 36:19; 4. Shelley Hoogstraten, 37:33; 5. Sylvia Stone, 37:50; 7. Rosemary Jellish, 40:19.

DONALDSON RUN RUN 8K WEATHERS STORM; MCGRAIL AND STOCKDALE WIN DIVISIONS

by James Scarborough

The third annual Donaldson Run Run, held at Madison Community Center in Arlington on July 20th, was not nearly as fortunate with the weather as it had been the previous year. The sky looked as if a tsunami was about to cascade over from Great Falls toward the race site, which is close to Chain Bridge.

The skies opened up just before 6 p.m. and it rained heavily for 15-20 minutes. Nonetheless, the few diehards who showed up early were soon joined by the DCRRC regulars, including some top flight local runners. John McGrail and Jennifer Westfall were in attendance, but only McGrail ran . . . and won.

The course boasts one of the steeper uphill in the area going up the Donaldson Run Trail in the middle part of the race, so McGrail's winning time of 28:00 was excellent for the course. Adding to the toughness of the course were the after-effects of the storm, such as fallen branches along the trail.

Women's masters winner Chris Stockdale was the ONLY official woman finisher, and therefore won all the female categories she was eligible for. Stockdale, 11th overall, won the age-handicap award (age minus time). The men's age-handicap award went to Klaus Hirtes, 48, who ran 35:21 for a +13 score.

Second to McGrail was WRC'er Dennis Baker in 28:42. Without John Walsh to pace him, Baker now has a clear path to the finish. Third was Marvin Conerly of Randallstown, Md., a newcomer to DCRRC (and WRC) races, in 29:34. With a combined age of 60 were the Pat Neary's, junior and senior, finishing 17th and 18th respectively. Pat Neary, Jr., was the youngest 8K finisher. The oldest, and last, was Bud Averitt, an interesting character who writes articles on nutrition. The race netted \$27 to support the Madison Associates' Senior Citizen's Program at the Center.

Results (8K): 1. John McGrail, 28:00; 2. Dennis 'Count' Baker, 28:42; 3. Marvin Conerly, 29:34; 4. Marcio, Duffles, 31:12; 5. Thomas Skelly, 31:25; 6. Gary Guenther, 32:03; 7. Doug Landau, 32:14; 8. Kevin Over-

strom, 32:19; 9. Ron Griswold (WRC), 33:02; 10. Klaus Hirtes, 35:21; 11. Chris Stockdale (WRC), 35:46 (1st woman); 17. Pat Neary, Jr., (WRC), 39:41; 18. Pat Neary, Sr., (WRC), 39:43;

Results (2-Mile RFYL): 1. James Scarborough (WRC), 13:36; 2. Larry Monas, 13:38; 3. Karina Villamil, 16:08.

12th ANNUAL GREENBRIAR GALLOP 10K— THE OLDEST RACE IN FAIRFAX COUNTY?

by Pat Neary

The 12th annual edition of the Greenbriar Gallop 10K proved to be well-run and enjoyable for the weekend runner. The weather cooperated, with temperatures in the low 70s and humidity equally low. The course is located in the 1,800-home Greenbriar Housing Subdivision in Western Fairfax County near the Fair Oaks Regional Mall. There were few difficult grades, but several turns made the course interesting. The race had all the amenities one expects in a well-managed race: three water stops, timers each mile, and plenty of volunteers on the course. Everyone received a miniature flag to run with on the course—a nice touch for Independence Day! Greenbriar uses the proceeds of the race to help pay for the \$20,000 they spend on fireworks.

They had complete race results posted within 45 minutes. Some of the times included Paul McManus (1st Male) 32:59, Jenny Koehler (1st Female) 37:45, Dick Jamborsky (12th) 37:29, Tom Kurihara (19th) 38:40, and John Betts (12th in age group) 45:32. John missed a P.R. by 3 seconds, but worse, he really would have liked one of the engraved medals a 39-minute 10K would have earned him. Maybe next year.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD ON FRIDAY, 15 JULY, 1988

The meeting was called to order by President Dan Rincon.

Competition Information: Rincon announced a last call for members interested in running the Annapolis 10 Miler. There will probably be an after-the-race brunch group. Runners will be going up to Asbury Park on August 13. Kevin Kolakowski is coordinating entries for the Philadelphia ½-Marathon. The Club will pay entry fees and some expense money. Call Kolakowski at 524-8391 if you need an entry or more information. Rincon reaffirmed the Club policy on expense money: 1. Expenses are paid for races chosen by the executive committee in January; 2. Claims must be submitted in writing to Rincon; 3. The amount of expenses paid will vary according to the health of the Club treasury; 4. Expenses for races other than those chosen by the executive committee must be approved by a majority of the executive committee on a case-by-case basis.

Miscellaneous: Gerry Ives announced a new group run on Thursdays. The run starts from Fleet Feet in Springfield. Exact times and contacts will be listed in the group run section of the Newsletter.

Rincon thanked Tris Kruger for the use of his swim-

ming pool and patio for the meeting. 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., Wash-

ington, 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. □

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.

Thursday Night Run, Fleet Feet, 8418 Old Keene Mill Rd., Springfield, Va. Group runs 8-8½ miles around Lake Accotink. All paces. 15% discount at store to participants. **Contact:** Paul Zink at 451-1675.

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., 7:30 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