

Washington Running Club ★ Newsletter

Volume 7, Number 11

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November 1988

NOVEMBER MEETING

The NOVEMBER meeting of WRC will be held on Friday, NOVEMBER 11, at 8:00 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. Take Key Bridge to Rosslyn and go straight on N. Ft. Myer Dr. Turn left on 19th St. Go three blocks to AMS Building. Go to 14th floor and take spiral staircase to penthouse.

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

DICKERSON SETS NEW COURSE RECORD IN WINNING 4TH ANNUAL ARMY 10-MILER

by *Gerry Ives*

The Army 10-Miler gets bigger every year. This year, a field of 4,000+ lined up in front of the Pentagon on Sunday morning, October 17. An amazing turnout when you consider the doomsayers were pronouncing that the running boom was over a couple of years ago.

A 12-man pack, including the top three runners at the Georgetown 10K the previous week, quickly broke to the front. Defending champion Darrell General was tucked in at the back of the lead pack with WRC's Steve Daniels.

General moved up to the front of the pack at the 3-mile mark and broke away from the main group with David White and John Wessels. After trading the lead back and forth between the three of them for the next four miles, Wessels and General surged at the seven-mile mark and opened up a 25-meter lead over White. Over the next mile-and-a-half, White narrowed the gap to 10 meters between himself and the two leaders. However, White did not respond when General opened up a lead over Wessels in the final 800 meters, winning the race in 50:10. Wessels finished 6 seconds back in 50:16, with White a further 6 seconds in arrears finishing 3rd in 50:22.

There was little doubt after the first mile who was going to win the women's race. Marianne Dickerson, coming off a 51:35 win at the Great Allegany 15K, showed that she is in her best condition in several years. She led the women's field from wire-to-wire, with clubmate, and defending champion, Pam Briscoe the only other woman in contention. Dickerson won the race in a new course record time of 56:45. Second-place finisher Briscoe also looks as if she's in great shape for the Fall racing season. Briscoe's finishing time of 58:32 was 38 seconds faster than her race-winning time last year.

Outstanding performances were turned in by a number of WRC runners. Steve Daniels registered a 52:27 time, good enough for 11th place, and Ray Velez definitely established himself as the best master in the race with a time of 53:43. Bill March took first place in the 50-54 age group with a strong 59:40, and John Betts established another p.r. with a 71:02 showing. Berni Flynn-Creed broke her 10-mile p.r. by more than 3 minutes by running a solid 63:12 and took eighth place in the women's race.

It almost makes you want to join the Army—but only for one day a year!

Men: 1. Darrell General, 50:10; 2. John Wessels, 50:16; 3. David White (WRC), 50:22; 4. Calvin Biesecker, 50:52; 5. Joseph Malloy, 51:01; 11. Steve Daniels (WRC), 52:27; 14. John McGrail, 52:58; 15. Roger Howell (WRC), 53:12; 20. Phil Woodyard (WRC), 53:33; 21. Ray Velez (WRC), 53:43; Tom McCarthy (WRC), 56:17; Jack Bickley, 56:58; Keith Bombaugh (WRC), 58:27; Bill March (WRC), 59:40; J.J. Wind (WRC), 60:22; Larry Talley (WRC), 61:03; Frank Probst, 61:13; Dave Gearin (WRC), 61:18; Louis Pribyl, 61:37; Gerry Ives (WRC), 61:39; Eamonn McEvilly, 62:31; George Banker, 63:01; John Betts (WRC), 71:02.

Women: 1. Marianne Dickerson (WRC), 56:45; 2. Pam Briscoe (WRC), 58:32; 3. Wanda Howlett, 59:01; 4. Janet Healey, 60:22; 5. Betsy Bachtel, 60:23; 6. Laurretta Miller, 61:20; 7. Jeanne Grillo, 61:51; 8. Berni Flynn-Creed (WRC), 63:12; 9. Joyce Rankin, 63:55 (1st master); Beverly Shooshan (WRC), 64:12; Betty Blank (WRC), 65:40.

WRC RUNNERS MAKE THEIR MARK AT THE MARYLAND MARATHON FESTIVAL

by *Dan Rincon and Additional Sources*

The Maryland Marathon isn't what it used to be, they've taken some of the nastier hills out, but it still isn't an easy course. This year's race, held in conjunction with the Human Race 10K on Sunday, October 23rd, attracted a field of over 300 runners, including a number of Club members. The advantage of running the Maryland Marathon is that if you crash all is not lost, you can drop out and try again at Marine Corps two weeks later.

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

In the women's marathon race, Marianne Dickerson continued her winning ways with a fine 2:41:05 effort, a course record. This was Dickerson's third race, and third win, in three weeks. Dickerson started the race with a conservative 6:10 first mile before dropping down to a steady six-minute pace. Her splits, 60:30 for ten miles and 2:01 for twenty miles, indicate that she ran a very evenly-paced race. At twenty miles a combination of headwinds and the fact that Phil Woodyard told her she had a seven-minute lead caused her to slow down and coast in to the win, nearly nine minutes ahead of her closest competition.

Fourth place was taken by another WRCCer, Kathy Merkel. Merkel, in her first serious race since the birth of her son in June, registered a 2:54:19. The excellent time bodes well for her chances of making the Olympic Marathon Trials in 1992 (only 3½ years to go!).

In the men's marathon race Tom Stevens, of Middletown, took an early lead with Bill King of Scranton. WRC's Al Naylor, whose last marathon ended in disaster because of food poisoning, paced himself well behind the leaders for most of the race. At the twenty-mile mark King hit the wall, slowed down, and was reeled in by Naylor. Stevens ran strongly over the last few miles despite the headwinds, and took first place in 2:22:42 against Naylor's second-place finish of 2:29:13.

Mike Spinnler, who has a 2:28 marathon p.r., cruised home to thirteenth place with a 2:51:31, just three minutes and four places ahead of Jerry Merkel.

As usual the 10K held in conjunction with the marathon was loaded with talent, with nine men cracking the 30-minute barrier. Both the winner and the runner-up broke the old course record of 29:14. Irishman John Treacy led the field home in 28:29, just ten seconds ahead of the Norwegian runner Are Nakkim. In 5th

place, just one second behind Chris Fox, was WRC's Gerry Clapper with a superb 29:30. The time was within 22 seconds of Clapper's p.r. Taking 27th, 29th and 30th were a pack of WRC runners—Darryl Stewart (32:11), Layne Party (32:18), and Rusty Moore (32:19) respectively. Club President Dan Rincon reminded everyone that he still has some fire left by crossing the finish line in 37:05.

The women's race, Betty Geiger of Raleigh, N.C., finished first in 32:48, 51 seconds ahead of Suzanne Girard-Eberle's old course record of 33:39. Geiger set the U.S. 10K record of 31:07 at the Great Race in Pittsburgh in September. She was followed by Diane Brewer in 33:06. WRC's lone representative in the women's 10K was Donna Elliot. Despite feeling a little under the weather, Elliot finished a creditable 12th place in 37:58.

Marathon

Men: 1. Tom Stevens, 2:22:42; 2. Al Naylor (WRC), 2:29:13; 3. Bill King, 2:31:53; 4. Jim Chenwith, 2:33:53; 5. Jeff Smith, 2:34:25; 6. Bill Eden, 2:38:04; 13. Mike Spinnler (WRC), 2:51:31; 17. Jerry Merkel (WRC), 2:54:42; 34. Larry Talley (WRC), 3:00:56; 69. James Scarborough (WRC), 3:18:42.

Women: 1. Marianne Dickerson (WRC), 2:41:05; 2. Beth Howell, 2:49:42; 3. Lori Hochella, 2:51:41; 4. Kathy Merkel (WRC), 2:54:19; 5. Chris Gibbons, 3:01:17.

Human Race 10K

Men: 1. John Treacy, 28:29; 2. Are Nakkim 28:39; 3. John Gregorek, 29:15; 4. Chris Fox, 29:29; 5. Gerry Clapper (WRC), 29:30; 9. Pat Peterson, 30:00; 11. Dave O'Keefe, 30:18; 14. John Doub, 30:42; 16. John Wessels, 30:46; 23. Barry Brown, 31:33 (1st master); 27. Darryl Stewart (WRC), 32:11; 29. Layne Party (WRC), 32:18; 30. Rusty Moore (WRC), 32:19; 36. Roger Howell (WRC), 32:53; 46. Dave Asaki, 34:06; 70. Dan Rincon (WRC), 37:05.

Women: 1. Betty Geiger, 32:48; 2. Diane Brewer, 33:06; 3. Christine McMiken, 33:27; 4. Joan Nesbit, 33:42; 5. Cindy James, 34:33; 8. Chris Gregorek, 36:14; 10. Marge Rosasco, 37:21 (1st master); 12. Donna Elliot (WRC), 37:58; 21. Sue Powell, 42:47.

RECORD 3,800+ FIELD AT GEO'TOWN 10K; WESSELS, GIRARD-EBERLE TAKE TITLES

by Will Woodbine

It seemed as if everybody was at the Georgetown 10K, held on October 9th at 9:30 a.m. Although part of the attraction is the location and late start, a lot of credit must be given to the race sponsors and organizers. The race always provides one of the most attractive t-shirt designs, has a first-rate finish line with partial results posted within 30 minutes of the first runner crossing the line, and ends with a Georgetown block party that provides food, refreshments and an atmosphere that just can't be duplicated anywhere else.

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)

David White was the only WRCEr in the lead pack as triathlete John Wessels took charge of the race. A car blocked one of the intersections in the final mile and caused the usually mild-mannered White to shout unseemly words at the driver. White said "I felt the adrenaline drain from my body" after the incident. Wessels finished the course in 30:57, twenty-four seconds in front of area-newcomer Calvin Biesecker. White took third place in 31:30, and looks as if he's in good shape for the New York Marathon in November.

The women's race was won by the area's top-ranked woman, Suzanne Girard-Eberle. Girard-Eberle controlled the race after the first mile, although Patty McGovern was always in contention. McGovern finished 2nd in 35:42, sixteen seconds behind Girard-Eberle. In third place, with a 37:19 p.r. on this tough course, was WRC's Donna Elliot.

WRC provided volunteers for the race, and the Club treasury will receive a much needed injection of funds for each volunteer. Kevin Kolakowski and Jerry Merkel spent many hours on the phone to try to get a good turnout, but the 42-member turnout was disappointing, especially when you consider that this is the only race Club members were asked to work this year. If you are feeling guilty about not volunteering, make sure you don't miss out on the next volunteering opportunity.

The members who need feel no guilt were:

Ed Doheny	Julie Robey	Gerry Ives
Ron Griswold	Pat Neary	Larry Talley
Alan Roth	Nella Neary	Tom Rogde
Lynn Pacenta	Lorraine Sriley	Jack Coffey
Suzy Coffey	Patty Coffey	Marie Gaubert
E. Guigon	Karen Barber	Pat Dorsett
Dan Rincon	Nita Rizzo	Keith Bombaugh
Tris Kruger	Norm Miller	Bobbi Bleistift
Bob Trost	Dick Sargent	Martha Sargent
Doug Robinson	J.J. Wind	Lucious Anderson
Keigh Higgs	Paul O'Connell	Linda Silverstein
Pat Carr	Joe Lugiano	Norm Brand
Al Naylor		

Results: Men—1. John Wessels, 30:57; 2. Calvin Biesecker, 31:21; 3. David White (WRC), 31:30; 4. Michael Regan 31:42; 5. Chris Nugent.

Women—1. Suzanne Girard-Eberle, 35:26; 2. Patty McGovern (WRC), 35:42; 3. Donna Elliot (WRC), 37:19; 4. Leslie Minnix, 37:31; 5. Andrea Volpe, 37:36.

WRC NEWS BRIEFS

Defending Stamford Marathon champion **Patty McGovern** tried for a repeat win in the Connecticut race on Sunday, October 16. McGovern had **Mindy Ireland** in sight for the entire 26.2 hilly miles, but could not reel her in and had to settle for second place. Ireland, who has a 2:37 marathon p.r., finished in 2:43:20, a minute and forty-one seconds ahead of McGovern. McGovern took home \$3,000 for her efforts, which ain't bad pay for a Sunday morning's work.

The Great Allegany Run, held on October 8th in Cumberland, Maryland, touts itself as having 'one of the

fastest 15K courses in the country.' Making sure the sponsors didn't fall afoul of the Truth-in-Advertising laws, **Marianne Dickerson** zipped through the race in 51:35, winning the women's title by a three-minute margin. Fellow WRCEr **Jim Hage** turned in a 46:20 time, and reported that his legs were in terrible shape the next day. There is a 450 foot drop over the entire course, so if you're looking for a p.r. keep this one in mind for 1989.

WRC's **Walter Sargent** is running with the best of them once again. Sargent took 23rd place at the Chicago Marathon on October 30th with a time of 2:19:30. Now a resident of Colorado Springs, but still a staunch WRC member, Sargent placed second at the Annual Pikes Peak Run in August.

Yet another fast time was turned in on October 30th, this one by WRCEr **Jim Eastman**. Eastman took the lead at the Kansas City Marathon just after the ten-mile mark and led the field until the 25th mile, where Mexico's **Demetrius Cabanillas** took over the lead with Eastman settling into 2nd place. With a quarter-mile to go, Eastman's stomach started to cramp. He slowed to a walk and was passed by **Sam Rotich** of Kenya. But our man is no wimp and, ignoring the pain, he bulled his way back to within 23 seconds of the winner, finishing in third place with a time of 2:21:49. Cabanillas won in 2:21:26, with Rotich in second place in 2:21:38.

Bill Wooden is out of action for 10 to 12 weeks. Wooden tripped and broke his foot while conducting a training run for the Sidwell Friends cross-country team in Glover Archbold Park. WRC's vice-president is now hobbling around wearing a cast.

They advertised the Run for Excellence in Alexandria on October 8th as a 10K. Unfortunately someone didn't follow the markings of course certification guru **Bob Thurston**, so they ended up with a 10.25K. This is believed to have been the first, and last, 10.25K race in Alexandria. WRCErs running the race included the winner, **Lucious Anderson** (32:56), third-place finisher **J.J. Wind** (36:38), and **John Betts** (44:47).

The Great Race 10K, held in Pittsburgh on September 25th, usually has more than its share of fast times. WRC's **Ray Velez** didn't run a p.r., but he ran his fastest time since he became a master. Velez clocked in at 31:47 and was 5th master overall; not a bad time for an 'old man.'

For those of you making plans for February the following may be of interest. The 28th DCRRRC George Washington's Birthday Marathon will be held on February 19th at 10:30, starting from the NASA Recreation Center in Greenbelt, Md. This year the race director will be introducing a relay division in the race. The three-member relay teams will be required to run legs of 9 miles, 8 miles, and 9.2 miles. Awards will be given to the top male, female, and co-ed teams. You must register by February 8th for the race. Call George Banker at 248-5619 for more information.

Pat Neary, Jr., set another p.r. for three miles when he finished in 14th place at Burke Lake with a 16:55. By finishing in the top 15, Neary qualified for the State Regional Cross-Country Championship meet.

And **John Betts** did it again—yet another p.r. This one at the Halloween 10K, where he turned in a 41:31 time. Betts is in hard training for the Marine Corps Marathon.

WRC OLDSTERS TAKE DCRRRC 10K TEAM TITLE; MCGRAIL AND GRAVES TAKE INDIVIDUAL TITLES

A team of WRC masters took the DCRRRC 10K team championship title by two points in a duel with Team Banzai on Sunday, October 30th, at Fort Hunt. In the individual categories it was another story, as non-WRCers John McGrail and Win Graves took the titles.

Ray Morrison put together a team consisting of himself, Pete and Val Nye, Doug Landau, and Gerry Ives—all master runners except Landau—that won the highly-coveted title by a narrow margin. Pete Nye led the team home with a sixth place finish in 35:40. Landau, Morrison and Ives finished in 37:06, 37:21, and 37:31 respectively. Val Nye, the team's distaff member, finished in 47:45—just enough to give WRC the win.

In the men's individual category, McGrail and Bob McCluskie led the field through a relatively slow 5:17 first mile. McGrail pulled away and took the lead until the 5K mark where Dave Whitnah closed the gap. Whitnah had narrowly edged McGrail for third place at the Four Mile Run Race the previous week, so this was shaping up as a bit of a grudge match. McGrail opened a lead with a half mile to go and took the victory by a narrow margin—33:00 to 33:03.

In the women's race Win Graves went through the first mile in 5:50, well ahead of the other women in the field. Despite slowing down dramatically, Graves won easily in 39:45, more than two minutes ahead of runner-up Jennifer Westfall-McGrail's 41:59.

Race Director Bill March put on a first class race—and you can't beat the \$1.00 entry fee.

Results: Men—1. John McGrail, 33:00; 2. Dave Whitnah, 33:03; 3. Ben Beach, 34:39; 4. Bob McCluskie, 34:39; 5. Sandy Brown, 34:49 (1st master); 6. Pete Nye (WRC), 35:40; Tom Hardcastle, 37:04; Doug Landau, 37:06; Tom Kurihara, 37:11; Ray Morrison, 37:21; Gerry Ives (WRC), 37:31.

Women—1. Win Graves, 39:45; 2. Jennifer Westfall-McGrail, 41:59; 3. Kim Monko, 45:14; 4. Toni Getze, 45:31; 5. Beverly Pritts, 45:32; Val Nye, 47:45.

EASTMAN, DALRYMPLE TAKE TOP HONORS AT FIRST ARLINGTON CO-OP FOUR-MILE RUN

by James Scarborough & Jay Wind

One hundred and eighty-nine hungry runners thronged Saturday morning, October 22nd, to the Arlington Food Co-op's Four Mile Run in Bluemont Park along the Four Mile Run creek (natch!)—the first event of the Annual Arlington Parade. In previous years, the not-for-profit organization staged a mile run, which seemed to only appeal to milers at their off time.

A torrential rain the day before and wet leaves on the trail could not deter the race day sign-up, which num-

bered about 119 runners (in addition to 70 pre-registered).

This four-miler was the Washington area's first-ever race with "primes" (pronounced "preems," you Anglo-phones)—awarded to the leaders at each of the three mile splits along the loop course.

County Board Chair John Milliken—leader of the "Arlington Outdoors" program—blew the official starter's whistle. Newcomer Andy Miller and Washington Running Club members Phil Woodyard and Jim Eastman, taking advantage of a tailwind and slight downhill grade, hit the one-mile mark together at 4:50, with Woodyard barely in the lead. The three hit 9:36 at the two-mile turnaround, with Woodyard still a nose ahead.

It looked like a three-man race, but 50 yards into the back stretch, Miller took a nasty spill on wet leaves. A moment later, Eastman surged ahead of Woodyard and into the lead. He hit three miles in 14:53 and ended up ahead by 40 seconds, breaking the red ribbon at the finish line in 20:13. Woodyard finished second in 20:53. Dave Whitnah was third in 21:02 and had enough left to win the Human Race 10K the next day. Just-married John McGrail ran a close fourth in 21:06, and Miller, despite blood all over his knee, held on for fifth in 21:37.

Cindy Dalrymple led the women's race from whistle to tape, taking first place in 26:21. Sara Calvert nipped just-married Jennifer Westfall-McGrail in the last 200 yards to finish second in 26:35 to Westfall's 26:37. Calvert also doubled the next day to take second at the Human Race 10K. WRC's Betty Blank was fourth in 27:31.

The Four-Mile Run bikepath wore its grandest fall finery for the race—red sumacs, golden maples, and ochre oaks. "It was like running through a Sierra Club calendar," said Calvert as she accepted her award.

The Arlington Food Co-op, 1035 S. Edgewood in Arlington, catered a fine post-race breakfast, featuring bagels, bananas, apples, cider, and chips; in addition, the Co-op provided plenty of gift certificates as prizes, as did the Bethesda and Mt. Ranier Food Co-ops, the Fairfax Running Center, Papillon Cycles, and Domino's Pizza. First American Bank and Arlington Hardware also provided merchandise prizes. Thanks also to all the Co-op volunteers, plus WRC's Al Naylor for timing the race and Tom Protz and the Arlington Amateur Radio Society for making the primes possible.

After the awards ceremony, Race Director Jim Scarborough and Race Producer J.J. Wind and family jumped into Bob Weiner's Chrysler Convertible—bedecked with red ribbons recycled from the finish line—and joined the parade. A splendid time was had by all!

Results: Men—1. Jim Eastman (WRC), 20:13; 2. Phil Woodyard (WRC), 20:53; 3. David Whitnah, 21:02; 4. John McGrail, 21:06; 5. Andrew Miller, 21:37; 6. David Lope, 22:07; 7. Tim Noonan, 22:12; 8. Patrick Sullivan, 22:17; 9. Jon Thoren, 22:25; 10. Will Wooden (WRC), 23:05 (1st master).

Women—1. Cindy Dalrymple, 26:21; 2. Sara Calvert, 26:35; 3. Jennifer Westfall-McGrail, 26:37; 4. Betty Blank (WRC), 27:31; 5. Kandy Holzinger, 27:45.

**18TH ANNUAL G'TOWN PREP X-COUNTRY MEET
WITNESSES FAST TIMES ON A GREAT COURSE**

by Pat Neary

Georgetown Prep, located in Rockville, is as picturesque as any school in the area. Red brick buildings and neatly trimmed shrubbery are complemented by an excellent cross-country course. The 18th Annual Georgetown Prep. Cross Country Meet held on Saturday, October 15, was run over the two-loop 5,000 meter course. The weather was excellent—sunny, with temperatures in the 60s—and so was the competition. A total of ninety-two high school teams came from Virginia, Maryland, the District, and Pennsylvania to compete in the 10 races.

Richmond's Andre Williams, new to the Virginia high school cross-country and track scene, copped the seeded division in 15:56. Williams won the UVA invitational two weeks earlier. Herndon's Alexa Lange, the Virginia 2-mile champion, won the seeded girl's division in 18:47.

The seeded boys and girls results are listed below. One coach commented that some of the top runners did not do as well in this meet compared to meets held in early September, and others did not compete at all due to stress injuries. Does that comment sound familiar to anyone? After running well all through the summer it is really heartbreaking to come down with an injury in October. Perhaps some of the coaches try to push the runners too hard and too soon, without taking the time to build a solid base.

WRCer Patrick Neary, Jr., a freshmen running for Lee High School in Springfield, Virginia, continued his improvement by finishing second on his team in 18:42, good enough for 63rd in the race. Neary went through the first mile in 5:25, and would have been in the top five in the freshmen's race. Jimmy Adamowski a Lee High School sophomore was first on the team with an 18:16 effort and 41st overall.

Boys

1. Andre Williams, (Armstrong, Richmond) 15:56; 2. Terry Weir (Woodbridge) 16:08; 3. Mark Godfrey (Woodbridge) 16:09; 4. Bill Gilhooly (Woodbridge) 16:11; 5. David Presnell (Garfield, Woodbridge) 16:25; 6. Ian Urbina (St. Albans, Washington) 16:25; 7. Joe Brasil (Garfield, Woodbridge) 16:27; 8. Brooks Martin (Calvert Hill, Towson) 16:32; 9. Brad Schmieder (Robinson, Fairfax) 16:33; 10. Tom Eagleson (Whitman, Bethesda) 16:37.

Team—1. Woodbridge, 139; 2. Calvert Hill, 140; 3. Lake Braddock, 152; 4. Blacksburg, 161; 5. Garfield, 192; 6. Whitman, 210; 7. West Springfield, 222; 8. Herndon, 234.

Girls

1. Alexa Lange (Herndon) 18:47; 2. Judy Stott (Langley, McLean) 19:00; 3. Kim Many (Kennedy, Silver Spring) 19:14; 4. Mollie Moore (Chantilly) 19:18; 5. Andrea Lange (Madison, Vienna) 19:20; 6. Megan Grundler (Woodbridge) 19:27; 7. Kathy Watson (Chan-

tilly) 19:34; 8. Melissa Stewart (W.T. Woodson, Fairfax) 19:37; 9. Celeste Kisiwlewski (Herndon) 19:38; 10. Brooke Pietrzak (Lake Braddock, Burke) 19:40.

Team—1. Woodbridge, 71; 2. Herndon, 86; 3. Lake Braddock, 126; 4. Blacksburg, 161; 5. Eleanor Roosevelt, 177; 6. Madison, 189; 7. W.T. Woodson, 201; 8. Chantilly, 209; 9. Annandale, 228; 10. West Springfield, 249.

**MINUTES OF OCTOBER MEETING
OF WASHINGTON RUNNING CLUB**

In the absence of the Club President, Vice-President Bill Wooden called the meeting to order.

Wooden thanked all Club members who helped at the Georgetown 10K and noted that their efforts resulted in a much needed increase in the Club's bank balance.

Race Committee: It was reported that Les Kinion contacted Dan Rincon about WRC sending individual runners and teams to the Maryland Marathon in 1989. Rincon suggested to Kinion that they offer prize money for teams to boost interest.

Other Business: Tris Kruger asked for volunteers to help with the Potomac 5K on Saturday, October 29th. Volunteers should be at the Falls and River Road intersection at 8:30.

There being no other 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. □

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., 8:00 a.m. Over hill and dale the kids hit the trail at 6:00-7:00 pace while tossing verbal brickbats at one another.

Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4861 or evenings h] 441-9265.

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.

NOVEMBER

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
6	SU	26.2M	Marine Corps Marathon	Arlington, VA	703/690-3431
13	SU	5K	Admiral Harvey's 5K	Westminster, MD	301/848-0904
20	SU	30K	DCRRC 30K Chmpshp.—CB#8	O'Connell HS, Ari. VA	DCRRC
24	TH	5M	Alexandria Turkey Trot	Cora Kelly HS, Alex.	DCRRC

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 1988

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