

Washington Running Club ★ Newsletter

Volume 7, Number 12

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December 1988

DECEMBER MEETING

The DECEMBER meeting of WRC will be held on Friday, DECEMBER 9, 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.

Nominations for the 1989 officers will be taken at this meeting. If you don't show up you may be nominated! The Club will be supplying some Christmas cheer for the meeting, but any food or beverage contributions will be welcomed.

JIM HAGE BESTS MARINE CORPS FIELD; WRC OPEN MEN, WOMEN TAKE TEAM TITLES

After finishing third in the '84 and '85 Marine Corps Marathon, WRC's Jim Hage came from behind and took the lead at the twenty-mile mark of this year's race, on Sunday, November 6th. Hage duked it out with Brad Ingram for the final six miles before opening a 50-meter lead on the approach to the Iwo Jima Memorial hill. Extending his lead by another 15 meters on the uphill, Hage became the best of 'a few good men,' with a time of 2:21:59, nineteen seconds ahead of Ingram.

In the women's race, Lori Lawson of Philadelphia won in 2:51:25. From shortly before the seventeen-mile mark until mile twenty-two it looked as if Pam Briscoe would make it an all-WRC day. Briscoe, the 1984 winner in 2:43:20, started to fade at the twenty-one mile mark when she became dehydrated and started to feel dizzy. Although finishing in a disappointing 2:59:52, Briscoe led the WRC women's team (Briscoe, Betty Blank, and Kath Otto) to victory.

The WRC open men's team, led by Hage, took the open title with a strong assist from fifth-place finisher Paul Jessey (2:25:07) and seventeenth-place finisher Tom Bowmaster (2:30:24). Due to a mix-up in the results the Marine Corps had MCRRC winning the open title, but they promised team coordinator J.J. Wind that they would straighten it out. Rusty Moore, who finished fifteenth in 2:29:41, was inadvertently left off the team. Moore has had an outstanding year, with a 2:28:55 p.r. at Boston and a seventh place finish at the Charleston Distance Classic.

Other WRCers who had notable races included Jack Cleland (2:33:58), Tom McCarthy (2:47:31 p.r.), Chris Stockdale (3:22:11 p.r.), and John Betts (3:29:45 p.r.).

There were 8,997 finishers out of an 11,000+ field in this year's race.

Men: 1. Jim Hage (WRC), 2:21:59; 2. Brad Ingram, 2:22:18; 3. John Stephens, 2:22:27; 4. David Bennett, 2:22:53; 5. Paul Jessey (WRC), 2:25:07; 6. Joseph Malloy, 2:23:21; 7. Lee Anderson, 2:26:35; 8. Patrick McHugh, 2:26:35; 9. David Ahner, 2:27:30; 10. Doug Cowie, 2:27:44; 15. Rusty Moore (WRC), 2:29:41; 16. John McGrail, 2:29:56; 17. Tom Bowmaster (WRC), 2:30:24; 28. Jack Cleland (WRC), 2:33:58; 60. Mel Williams, 2:40:38; 71. Adam Trzeciak, 2:41:43; 77. Bernie Gallagher, 2:42:29; 91. Bill Troy, 2:44:37; 105. Frank Faykes (WRC), 2:46:06; 108. Larry Frederick, 2:46:21; 112. Larry Camp, 2:46:36; 114. Mike Spinnler, 2:46:39; 127. Tom McCarthy (WRC), 2:47:31; 144. John Shimonsky (WRC), 2:48:57; Bill Stahr, 2:49:44; Louis Pribyl, 2:52:44; Larry l'Anson, 2:52:59; Frank Probst, 2:54:40; Larry Talley (WRC), 2:57:06; Dick Hipp, 2:58:04; Jack Bickley, 2:58:34; Dave Gearin, 2:58:55; Jeff Wice (WRC), 3:11:00; 2231. John Betts (WRC), 3:29:45.

Women: 1. Lori Lawson, 2:51:16; 2. Ann Wehner, 2:51:44; 3. Mary Lynn Pastizzo, 2:55:28; 4. Patricia Kupstas, 2:57:24; 5. Jeanne Grillo, 2:58:57; 6. Pam Briscoe (WRC), 2:59:52; 7. Wendy McIntyre, 3:00:56; 8. Patty Croasdale, 3:02:11; 9. Kathleen Morgan, 3:02:30; 10. Pat O'Brien, 3:02:54; 61. Chris Stockdale (WRC), 3:22:11; 97. Betty Blank (WRC), 3:26:55; 100. Becky Nolan, 3:27:18; Kath Otto (WRC), 3:30:50.

ALEXANDRIA TURKEY TROT WON BY COLLEGIANS; WRC SCORES HEAVILY IN RANDOM PRIZE DIVISION

by Don Pedro

Bruce Coldsmith, defending champion of the 5-mile Thanksgiving Turkey Trot, in Alexandria, placed fourth in this year's edition which, he said, showed him the new future in running.

"The new future is the college runner who is racing well on the roads," he said. He referred to race winner Jeff Pajak, nineteen, of Annandale who runs for the Bavard Junior College in North Carolina. "Jeff ran 24:52 and ran the whole race alone," Coldsmith said. "In second place was Gary Miller, who runs for Old

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

Dominion College, in 25:25. The college guys are the future."

Coldsmith was in third place until the finish was in sight when he was passed by WRC's Lucious Anderson who finished in 25:41. Coldsmith said, "I suddenly had a case of the dry heaves. Lucious went right past me for third place, which had a \$50 cash prize. I figure those dry heaves cost me \$50." Coldsmith's time was 26:07.

Coldsmith was back in town for the holiday from the University of South Alabama, in Mobile, where he is a running coach.

In the women's race Marianne Dickerson chased Susanne Augustauskas, but was unable to catch her and had to settle for second. Augustauskas won in 28:46 to Dickerson's 29:05. Finishing in fifth place was cheerful Kathy Merkel in 30:29.

WRC's Al Naylor was the race's major domo and announced a revised start and finish line for the race held annually since 1975. WRC's Bill March won a dinner for two by capturing the men's 50-59 age group. His time was 29:12. For March, capturing his age group was icing on the cake after finishing ahead of his friendly rival Chan Robbins of the GNATS.

Bobbie Bleistift ran 36:51, a satisfying performance, complimented by an award for dinner for two received in the post-race random drawing. Valerie Nye was the recipient of a 15lb. turkey in the random drawing. Alexandria mayor Jim Moran, who ran in 38:30, gave the awards sponsored by the West Potomac Trade Association of Alexandria.

There was a protest, alleging pacing, filed by a runner against one of the age group winners. After an investigation the protest was upheld and the runner was disqualified.

Men: 1. Jeff Pajak, 24:52; 2. Gary Miller, 25:28; 3.

Lucious Anderson (WRC), 25:45; 4. Bruce Coldsmith (WRC), 26:07; 5. Paul Astonno, 26:26; 9. Doug Siocum, Harriers, 26:42; Pete Nye (WRC), 28:19; Robert Rodriguez (WRC), 28:40; J.J. Wind (WRC), 28:43; Mark Baldino (WRC), 29:16; Pat Neary, Jr., (WRC), 30:20; Jeff Reed (WRC), 31:57; Jim Scarborough (WRC), 32:33; George Cushmac (WRC), 34:44.

Women: 1. Susanne Augustauskas, 28:47; 2. Marianne Dickerson (WRC), 29:07; 3. Jeanne Grillo, 30:15; 4. Win Graves, 30:16; 5. Kathy Merkel (WRC), 30:29; 7. Barbara Frech, 30:40; 8. Monica Grillo, 30:43; Janice Stoodley, RC², 32:50 (1st masters woman); Chris Stockdale (WRC), 34:01; Val Nye (WRC), 37:28; Lisa Hamm (WRC), 40:43; Betty Blank (WRC), Classified.

WASHINGTON RUNNING CLUB NEWS BRIEFS

David White was the top Washington-area runner at the New York City Marathon on November 6th. White finished his first marathon in 75th place with a time of 2:30:47. After the race White expressed astonishment at the amount of pain involved in running a marathon. Two weeks after the race the former 1500 meter runner still hadn't returned to his daily running regimen.

We reported **Walter Sargent's** 2:19:28 marathon p.r. at Chicago in last month's newsletter. What we didn't report was that Sargent had run a 2:20:45 at Twin Cities just four weeks before, finishing 11th overall. Because Sweden's Eric Stahl was first master in 9th place, Sargent moved up to 10th in the Open Division and picked up \$1,000 in prize money. Dick and Martha Sargent, Sargent's parents, said that they spotted him at the Twin Cities starting line on ESPN's Running and Racing, resplendent in his WRC singlet.

Mary Ellen Williams finished second and **Berni Flynn Creed** finished fourth, in 29:47 and 30:10 respectively, at the VOB Auto/MADD 8K held at Georgetown Prep on Sunday, November 20th.

WRC's **Ray Velez**, one of the top masters division runners in the area, will be leaving Washington. Velez, who is an Army officer, has been transferred to Panama for a two-year tour of duty. Training in the heat and humidity of Panama should stand him in good stead for running during the Washington summers.

Steve Daniels took second place in the Cranberry Crawl 10K at Haines Point on November 19th. Daniels finished in 32:45, behind **Darrell General's** 30:38 winning time.

WRC's **Kathy Merkel** blew away the women's field at the Wheeze and Sneeze 10K in Rock Creek Park on Saturday, November 19th. The race was run over part of the old Hecht 10-Miler course. Merkel's winning time of 37:57 was 4½ minutes faster than the next woman.

WRC's women acquitted themselves well at the Bethesda-Chevy Chase YMCA Turkey Chase 10K on Thanksgiving Day. **Pam Briscoe** won the female honors in 36:52 followed by her neighbor, well-known tennis player **Betsy Heidenberger**, in 38:01. **Berni Flynn Creed** took third place with a p.r. 38:31, followed by **Beverly Shooshan** in fourth place with a 40:08 time. Shooshan

Washington Running Club

P.O. Box 32378, Calvert Station, Washington, DC 20007.

CLUB OFFICERS

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Newsletter Editor: Gerry Ives (320-3337)

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has been plagued with injuries for the latter part of this year and is not able to run at 100%.

Rosalind Taylor, of **Dan Rincon's** Maryland cross-country squad, picked up top local honors in the NCAA Cross Country National Championship at Granger, Iowa, November 21. Taylor made all-America by finishing 9th in 16:50. The women's race was won by Indiana's barefoot runner **Michelle Deckers** in 16:30. Wisconsin, coached by former WRCer **Martin Smith**, took the men's team title.

Greg Early, running his first NCAA 10K cross-country race in Greenville, S.C., finished 60th with a time of 31:38. Early is in his first year at the University of Maryland.

The Orange Bowl Marathon, held every February in Miami, Florida, has been scrapped due to budgetary constraints and declining interest. However, the Miami Runners Club will still be hosting the Orange Bowl Festival 10K. For more information call (305) 227-1500.

A member of WRC's California contingent, **Roger Urbancsik**, completed the recent Long Beach ½-Marathon in 1:13:25.

DCRRC CHAMPIONSHIP 30K PARTICIPANTS SLOG THRU WEATHER AND BRUTAL COURSE

by James Scarborough and Will Woodbine

The DCRRC 30K Championship, held on Sunday, November 20, at O'Connell High School in Arlington, is one of the toughest races in the Fall racing season. The three-loop course entices you to quit after the first loop, demands that you quit after the second loop, and leaves you with post-marathon prostration after completion of the race. The race is run in conjunction with a 10K run for those in full command of their faculties.

John McGrail took an early lead in the race with Dave Whitnah close on his heels. McGrail took comfort in having someone to run with, instead of having to bull it out all alone. McGrail's comfort turned to dismay when Whitnah turned out to be running the 'sane 10K' rather than the 'threatening 30'. Despite McGrail's distraught plea of 'you can't leave me now,' Whitnah turned into the 10K finishing chute and headed for the warmth of O'Connell High School secure in his 34:11 winning time.

McGrail slowed somewhat on the next two loops but still won comfortably in 1:49:19, more than five minutes ahead of runner-up Pete Landergan. Landergan came up from Richmond with John Loughran of Sandston, Va., just for the 'pleasure' of running the 30K.

In the women's race Chris Stockdale took first place, and first masters woman, by finishing in 2:29:59—nearly ten minutes ahead of Jill Karofsky of Arlington. Three other women entrants dropped out after two loops.

The men's masters division was the usual dog-fight, with Bernie Gallagher and John Sherlock battling for third place overall. Gallagher opened up a substantial lead over Sherlock during the second loop and held on for the win in 1:58:29, despite fading in the final loop. Sherlock finished 4th in 1:59:15, and yet another master, John Loughran, took fifth place.

WRC's Bill March took first place in the 50+ age group with a 2:05:22. March came on strong after the first loop, first overtaking Gerry Ives and then taking advantage of J.J. Wind's pit stop to move into eighth place overall.

Win Graves won the 10K women's division in 42:51, well ahead of Sunny Kim who was second in 54:24.

About six minutes before McGrail completed the second loop Al Gutttag finished the 10K in 66:01. While that might not sound impressive, it definitely is a record on the course for 70 and over age group.

30K Championship

Men: 1. John McGrail, 1:49:19; 2. Peter Landergan, 1:54:35; 3. Bernie Gallagher, 1:58:29; 4. John Sherlock, 1:59:15; 5. John Loughran, 2:02:05; 6. Zapp Fuddy, 2:03:36; 7. Tom Skelly, 2:04:57; 8. Bill March (WRC), 2:05:22; 9. Gerry Ives (WRC), 2:06:24; 10. J.J. Wind (WRC), 2:09:26; 11. Andy Buechele, 2:17:17.

Women: 1. Chris Stockdale (WRC), 2:29:59; 2. Jill Karofsky, 2:39:34.

10K

Men: 1. Dave Whitnah, 34:11; 2. Steve Knudsen, 35:32; 3. Alvan Prouli, 37:54; 4. John Manzano, 39:09; 5. Glen Curtis, 41:51.

Women: 1. Win Graves, 42:51; 2. Sunny Kim, 54:24; 3. Shirley Moore, 55:55; 4. Lee Glasco, 57:58; 5. Elsie March (WRC), 61:01.

ROBINSON BOYS, LAKE BRADDOCK GIRLS WIN VIRGINIA NORTHERN REGION X-COUNTRY TITLES

by Pat Neary

On November 3, 1988, at the Northern Region Cross Country Championships held in Burke Lake Park (2.9 miles and rolling terrain), the Robinson boys and Lake Braddock girls copped the team honors for the season in Northern Virginia. Marshall's (Falls Church) Junior, Mayura Bogollagama won the boys race in 15:09, a 35-second improvement over his performance in his district competition. Megan McCarthy, a Robinson's (Fairfax) freshman, won the girls competition by 19 seconds in 17:15, a 13-second improvement over her district qualifying race.

Competition was hot. All the boys finished in under 18 minutes, while the girls were all through within 22 minutes. The Northern Region consists of four districts: Great Falls, Gunston, Northern, and Potomac. The region encompasses all 23 high schools of Fairfax County, Alexandria (T.C. Williams), Arlington, and Falls Church. To get there you have to finish in the top fifteen runners in your district competition, or be on one of the top three teams in your district. In the end, only 99 runners in each region gets to the starting line for the championships. It is quite an honor.

Lee High School (Springfield) freshman, and WRC member, Pat Neary Jr. finished with a 16:59 effort and 62nd overall. His goal is to be District Champion by the time he is a senior. This year's District Champion ran 15:30 in this meet.

The first fifteen runners and the first four teams qualify for the Virginia State Meet on November 12.

Results: Boys—1. Mayura Bogollagama, Marshall, 15:09; 2. Brad Schmieder, Robinson, 15:14; 3. Tony Anconetani, Robinson, 15:24; 4. Evan Weisel, West Springfield, 15:29; 5. Chris Schreiner, Edison, 15:30; 6. James Volpe, Lake Braddock, 15:36; 7. Bill Pemberton, West Springfield, 15:41; 8. Willis Shen, T.C. Williams, 15:48; 9. Bill Atkins, Madison, 15:48; 10. Scott Basinger, Robinson, 15:49.

Girls—1. Meghan McCarthy, Robinson, 17:15; 2. Andrea Lengi, Madison, 17:34; 3. Alexa Lange, Herndon, 17:46; 4. Judy Stott, Langley, 17:53; 5. Jackie Concaugh, Annandale, 17:57; 6. Tara Bowman, Lake Braddock, 18:02; 7. Rebecca Hogle, Oakton, 18:03; 8. Melissa Stuart, W.T. Woodson, 18:05; 9. Kathy Watson, Chantilly, 18:08; 10. Hollie Moore, Chantilly, 18:09.

Team Boys—1. Robinson (2-3-9-15-25) 54; 2. West Springfield (4-7-13-20-26) 70; 3. Lake Braddock (6-10-17-21-28) 82; 4. Herndon (18-22-23-27-42) 132.

Team Girls—1. Lake Braddock (5-8-9-10-14) 46; 2. Robinson (1-11-19-24-32) 87; 3. Herndon (3-16-18-29-35) 101; 4. West Potomac (7-15-26-33-38) 119.

SIXTH ANNUAL ROAD RACE MANAGEMENT RACE DIRECTORS MEETING; NOV. 11-13

by George Banker

The Sixth Annual Road Race Management Race Directors Meeting and Trade Exhibit was held November 11-13, 1988, at the Washington Marriott in Washington, D.C. In my third year of attendance Jeff Darman and Phil Stewart demonstrated, through the faculty assembled and the topics covered, that the sport of running remains dynamic.

The faculty included: John B. Holt, General Secretary of the IAAF; Kim Jones, 1986 TAC National Marathon Champion; Don Kardong, President ARRA and Chairman of the TAC Men's LDR Committee; Laura Rittenhouse V.P. for Public Relations, Kinney Shoes, and about thirteen others who shared in varied sessions and discussed topics relevant to running.

Among topics covered were:

Awards Ceremonies: Some awards ceremonies are boring and don't fulfill their mission. The ceremony should be a fitting climax to a running event. Sponsors should be instructed to keep their remarks short. There should be a lively moderator to keep the ceremony going. To avoid the unclaimed award problem it was suggested that you utilize a local running store where they can be claimed.

Race Anatomy: Four races were reviewed (Falmouth, Cascade Run Off, Cape Challenge ½-Marathon, and Citrus Bowl ½-Marathon), and their successful, and not so successful, moments were examined. The 'bandit' problem was brought up and it was noted that one of the above events uses football players to monitor the finish line. Care must be taken with this approach, however, because a 'bandit' could file assault charges if improperly handled.

Package Pickup: Some races are utilizing running stores to provide race package pickup. This idea seems to be of benefit to everyone. It provides the running store with increased traffic and gives the runner a flexible package pickup time.

Emergencies: The larger the event, the more likely there will be medical emergencies. The runner's safety should always be the primary concern and there should be trained staff to handle medical emergencies. It was stressed that volunteers should not offer assistance that exceeded their level of experience. Environmental conditions such as extreme heat, extreme cold, lightning, etc., should also be taken into consideration, with cancellation of the event if there is a danger to the runner.

Creative Marketing: This session addressed how to attract more runners or sponsors. Sponsors are usually looking for favorable publicity and the trend in the 1990s will be towards sponsoring cause-related events, such as those events that benefit a charity.

The above is only a brief recap of a few of the topics that were discussed. Every race director who is looking at improving their event should consider the 1989 session, it is a worthwhile weekend.

If you need further information, write to Phil Stewart, Road Race Management, 1201 S. Eads St., Suite 2, Arlington, VA 22202. The phone number is (703) 979-4820.

FASTER TIMES, FEWER INJURIES WITH 'AWARENESS THROUGH MOVEMENT' EXERCISES

by John Link

John Link will make a presentation at the January monthly meeting demonstrating his 'Awareness Through Movement' system of exercises.

Would you like to use your body more intelligently so that you could run faster, and with fewer injuries? Would you be willing to improve your running by doing exercises that were easy, interesting, and pleasurable? If so, then the Feldenkrais Method has something to offer you.

Feldenkrais group exercises are called Awareness Through Movement lessons. They're called lessons in order to emphasize the learning that takes place. Awareness Through Movement lessons are done wearing comfortable, unrestrictive clothing, usually while lying on the floor. Each lesson is a sequence of movements designed to assist you to discover how to move more effectively. The movements are done gently and effortlessly, so that you can be most sensitive to notice small differences.

For more information about the Feldenkrais method, you can call me at (703) 560-0275. I'll be at the January meeting to present an introductory Awareness Through Movement lesson. I look forward to meeting you and sharing with you this valuable method.

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.

**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