

# Washington Running Club ★ Newsletter

Volume 8, Number 2

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February 1989

## NOTE—NEW MEETING PLACE

The FEBRUARY meeting of WRC will be held on Friday, FEBRUARY 10, at 8:00 p.m., at Tris Kruger's house, 9641 Accord Dr., Potomac, Md. Take Beltway to River Road exit. Head toward Potomac on River Road. The house is approximately three miles from the Beltway on the left at the corner of River and Accord, about ¼-mile past the Potomac Nursery.

The speaker at the meeting will be Kate Kent who will show a brief slide show on the Capital Crescent Trail Coalition.

## DCRRC JFK 20K DRAWS LARGE FIELD; CLARKE & MCGOVERN TAKE HONORS

The DCRRC's JFK 20K is held at the time of the year when Washington's weather is, to say the least, rather fickle. And the Hains Point course is not known for its protection from the elements. This year the race, held at 1:00 p.m. on January 22nd, had fairly good weather. The only negative being the wind blowing from the southwest, which sapped the energy of the runners as they ran on the exposed river side toward the tip of Hains Point.

In the women's race WRC hit the big time nailing down the top three places and six of the top ten. Patty McGovern moved quickly to the front and had established a big lead by the 10K mark. McGovern cruised the final 10K, at a pace considerably below her normal race speed, to take the win in 1:16:45. Second and third places were taken by two more WRCers, Kathy Merkel and Donna Elliot, who finished together in a time of 1:17:55. Merkel and Elliot ran the entire race together in negative splits, hitting the 10K mark in 39:00+ and going through the last 10K in approximately 38:45. Ruth O'Hara (formerly Joyner, and formerly of WRC) was in solid command of 2nd place until Merkel and Elliot reeled her in as she faded to 4th place in 1:19:38. Anna Marie Jutel made it four WRCers in the top five as she finished in fifth place with a 1:22:48 performance. Berni Creed hit a p.r., by one second, when she registered 1:23:46, which was good enough for 7th place.

In the men's race WRC looked in good shape on the first loop with Rusty Moore and Darryl Stewart both in contention. However, neither was destined to be the winner, as Steve Clarke of Herndon and Jim O'Keefe of Baltimore took the top two spots in the identical time of 1:07:13. Moore took 3rd in 1:07:49, and Darryl Stewart nailed down fifth with 1:09:32. Jack Cleland made it

three WRCers in the top ten with his 9th place finish in 1:11:30, and Robert Rodriguez came in 12th at the back of a three man pack separated by only 6 seconds.

In the concurrent 5K fun run Bill Wooden tested his recovery from a broken foot by running a conservative 21:57. Ed Doheny just took it easy, finishing in a time of 20:21.

**Results: Men**—1. Steve Clarke, 1:07:13; 2. Jim O'Keefe, 1:07:13; 3. Rusty Moore (WRC), 1:07:49; 4. John McGrail, 1:07:59; 5. Darryl Stewart (WRC), 1:09:32; 6. Ben Beach, 1:09:33; 7. Guy Beaver, 1:10:19; 8. Thom Bailey, 1:11:08; 9. Jack Cleland (WRC), 1:11:30; 10. Jon Thoren, 1:12:14; 11. Mike Bordell, 1:12:17; 12. Robert Rodriguez (WRC), 1:12:20; 28. Bill Larsen (WRC), 1:16:41; Dave Gearin (WRC), 1:17:15; Gerry Ives (WRC), 1:19:06; J. J. Wind (WRC), 1:19:24; Bob Trost (WRC), 1:19:41; Thierry Jutel (WRC), 1:22:49; George Banker, 1:27:32; James Scarborough (WRC), 1:28:36; Ron Griswold (WRC), 1:28:55; Herb Chisholm, 1:30:00; Doug Robinson (WRC), 1:31:13.

**Women:** 1. Patty McGovern (WRC), 1:16:45; 2. Kathy Merkel (WRC), 1:17:55; 3. Donna Elliot (WRC), 1:17:55; 4. Ruth (Joyner) O'Hara, 1:19:38; 5. Anne-marie Jutel (WRC), 1:22:48; 6. Teren Block, 1:23:17; 7. Berni Creed (WRC), 1:23:46; 8. Joyce Rankin, 1:24:36; 9. Mary Ann Zuckerman, 1:26:52; 10. Betty Blank (WRC), 1:30:15; Betty Sue O'Brien, 2:04:53.

## IF YOU'RE INDEPENDENTLY WEALTHY, DON'T BOTHER TO READ THIS ITEM

It is not too often that most of us are offered money to run, but that is what the Club does. And you don't have to be an elite runner to qualify, your WRC membership is all it takes. Not many people take advantage of this benefit, but the Club will reimburse you the entry fee for many out-of-town races and also provide "a little travelin' money" for major events.

Any marathon qualifies automatically, along with several shorter races such as the Philadelphia Distance Run, Asbury Park 10K, and the Peachtree Road Race. These races are selected by the Competition Committee and the amount of travel money is decided by the Executive Board. The only requirement is that you let the world know that you are a WRC member by wearing

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

a WRC singlet, or T-shirt while you race. Then, all it takes is a little note to the treasurer and voilà! you'll receive a check. It would also nice if you sent your results to the Newsletter. After that you'll be able to prove to your non-running family and friends that your running habit (sickness) sometimes pays off.

### DCRRC MADISON ASSOCIATES 25K; AN EXERCISE IN NAVIGATIONAL SKILLS

by Will Woodbine

Although conditions were not ideal it looked as if the DCRRC Madison 25K, held January 7th, 1989, in Arlington, was going to be quite a race. With Jack Cleland, John McGrail, Bernie Gallagher and Pattie McGovern in the field there was every indication that the times would be good despite the weather. Unfortunately, that wasn't to be the case. At the 2½-mile mark, where the course leaves Glebe Road and cuts down alongside the Arlington Country Club, the majority of the top 15 runners missed the turn and continued straight along Glebe Road. This left the race wide open for the runners whose sense of direction was better than their foot-speed.

Jerry Merkel, whose vocal capacity is legendary, belatedly followed the off-course runners. However, of the eight off-course runners only Gerry Ives retraced his steps. That in itself is amazing, as Ives is normally hard-of-hearing (Merkel certainly can yell!).

Later in the race another group of runners started to go off course when they followed Bob Trost into the woods. They were redirected back onto the course by Prof. Trost, who felt what he had to do in the woods needed no audience.

Ted Poulos took the men's title in a time of 1:43:49,

followed by David Havill and WRC's Jerry Merkel in 1:49:00 and 1:50:30 respectively. Other WRCers in the top ten were Ron Griswold, 4th in 1:50:45, Gerry Ives, 7th in 1:54:46, and Bob Trost, 9th in 1:56:03.

In the women's race Kathy Merkel ran her usual steady race and finished more than a mile ahead of her competition in 1:50:49. After a quick start Berni Creed was overtaken by Laura Scofea and finished in third place with a time of 2:04:03. Mary Ann Zuckerman scored another 20 points in the 40-44 age group with her 4th place finish in 2:05:08, but had to fight Patricia Blanco all the way. Blanco clocked in at 2:05:30.

**Results—Men:** 1. Ted Poulos, 1:43:49; 2. David Havill, 1:49:00; 3. Jerry Merkel (WRC), 1:50:30; 4. Ron Griswold (WRC), 1:50:45; 5. Russ Morgan, 1:53:56; 6. Tom Skelly, 1:54:08; 7. Gerry Ives (WRC), 1:54:46; 8. Rick Bockman, 1:56:00; 9. Bob Trost, 1:56:03; 10. John Rusinko, 1:57:17; 11. Alan Weiss, 1:58:00; 13. Tom Kurihara, 1:59:14; 14. Al Marcy, 2:01:57; Dick Good, 3:08:58.

**Women:** 1. Kathy Merkel (WRC), 1:50:49; 2. Laura Scofea, 1:57:14; 3. Berni Creed (WRC), 2:04:03; 4. Mary Ann Zuckerman, 2:05:08; 5. Patricia Blanco, 2:05:30; 6. Lori Poulos, 2:18:30; 7. Jill Karofsky, 2:20:20.

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## PRESIDENT'S COLUMN

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I have grand visions as I take the reins as new president of the Washington Running Club. It seems to me that the club has become passive in the past couple of years, and it's time to start moving again!

I remember a day when we considered it a small turnout if only 25 people showed up for a meeting. I want to bring this club back to that level of participation. But I need help from everyone. I can't revive this club alone.

I have two goals for WRC—doing a better job of getting to know each other so we give support and friendship, and encouraging each member's best competitive performance.

I plan to make WRC a more fun group to belong to, so you'll want to run out and get all your friends to join! I want other local runners to see our strong presence at races. I want to see 50 people attend meetings because they're the highlight of their month! But I need you to tell me how to make it happen—and I need your help!

First on the agenda was new committee chairmen. We'll have two people chairing each committee, instead of just one, and I'd like everyone to sign up for at least one committee.

Activities already in the works include putting on one or two races this year; staging informal races against other clubs; developing a list of club races each month; and holding more social events, such as parties, post-race brunches and group runs; stepping up efforts to recruit new members; featuring guest speakers at meetings; and

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## Washington Running Club

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

### CLUB OFFICERS

**President:** Lisa Hamm (998-6753)

**Vice President:** Kevin Kolakowski (524-8391)

**Secretary:** Gerry Ives (320-3337)

**Treasurer:** Bobbie Bleistiff (379-2767)

**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)

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more! Your suggestions are heartily encouraged!

Norm Brand, who's been in this club almost since time began, has agreed to take on the newly-created position of historian to establish a record of our club's history. Anyone who knows Norm knows he has lots of stories to tell dating back as far as 30 years! Norm will be assembling club records and occasionally sharing some of the history in his head in future issues of the newsletter.

Unfortunately, we've lost our meeting place at AMS in Rosslyn because of a change in company policy, so my most pressing task as new president is to find a new venue for our meetings. Any ideas?

Please, everyone, take five minutes to fill out the

following survey. Fill as many pages as you want with suggestions and gripes! Bring your completed survey to the February meeting. If somehow you can't make it, please spend a quarter and send it on in to the newsletter. Thanks.

Happy running!

*Lisa Hamm*

**WHAT'S HAPPENING AROUND WRC AND THE REST OF THE WORLD**

**Jerry Merkel** is organizing teams (open, women, co-ed) for the GW Birthday Marathon Relay. Three person teams will run legs of 9 miles, 8 miles, and 9.2 miles. Call Jerry at 525-5943 if you want to participate.

**MEMBERS' SURVEY**

1. What do you want from your running club? \_\_\_\_\_  
\_\_\_\_\_

2. What can you contribute to the club? \_\_\_\_\_  
\_\_\_\_\_

3. Would you be willing to host a meeting, party or post-race brunch in your home? (yes) \_\_\_\_\_ (no) \_\_\_\_\_

4. What committee(s) are you willing to work on? (Circle one)

Membership and Recruitment/Newsletter/Competition/Social

5. What is your training pace?

\_\_\_\_\_ miles at \_\_\_\_\_ minutes per mile.

6. Can you suggest any guest speakers for meetings?

\_\_\_\_\_  
\_\_\_\_\_

7. Can you suggest a new meeting place? Where? \_\_\_\_\_  
\_\_\_\_\_

8. What would it take to get you to attend more meetings? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your name \_\_\_\_\_

Phone number \_\_\_\_\_

**WRC ALUMNI**—we want you!! Attention all you people who have moved away from the Washington area but kept your ties with the Washington Running Club. We want to know what you're up to. How's your running and racing going? How's your personal life? Keep us informed by sending your news to the Newsletter.

Mark your calendar! On Sunday, March 12th, there will be another All-Comers Track Meet at the TJ Center in Arlington. It will cost \$2.00 to pre-register, or \$3.00 race day. The meet, sponsored by the Arlington Food Co-op and Mobil Oil Co., will feature: 9:00 a.m.—2-mile walk; 9:30 a.m.—2-mile (limited entry); 9:50 a.m.—4 × 440 relay; 10:20 a.m.—60-yard; 10:50 a.m.—880-yard; 11:00 a.m.—440-yard; 11:20 a.m.—masters mile; 11:30 a.m.—open mile. Call Jay Wind at 920-5193 if you need further information

Oops! We made a couple of mistakes in the **Walter Sargent**/San Diego Marathon story in the January Newsletter. **Roger Urbancsik** was never **Mark Baldino's** roommate in college, that was **Dee Cary**. Urbancsik is nearly five years younger than Baldino, although Baldino still maintains a youthful appearance through careful attention to his diet and a strict regimen of yoga and ginseng tea. Urbancsik's position at Hughes Aircraft is not 'The Comptroller,' he is the Manager of Program Planning and Controls. There is a considerable difference in salary between the two positions, and he doesn't want any down-and-out WRCers calling him for a hand-out. However, we did get everybody's times right in the story, and that's the main thing.

The WRC membership renewals have been coming in fast and furious. Thanks go to **Doug Robinson** for the extra contribution he sent to the Club with his dues. **Ken Moffett** must have misunderstood what was meant by "Best Times in 1988" on the membership renewal form. He put down "a three-week trip to South America in April."

More information on the Nike Women's Race scheduled for Sunday, May 14, 1989, in Washington, D.C. The race serves as the RRCA National 8K Women's Championship. Prize money will be awarded as follows: 1. \$5,000; 2. \$4,000; 3. \$3,500; 4. \$2,000; 5. \$1,500; 6. \$1,000; 7. \$750; 8. \$500; 9. \$400; 10. \$350; 11. \$250; 12. \$250; 13. \$200; 14. \$150; 15. \$150. Runners interested in consideration for travel or lodging funds must have broken 27:20 for 8K or 34:00 for 10K on a certified course within the last 12 months. If you meet these qualifications contact: **Jeff Darman**, 1201 S. Eads St., #2; Arlington, VA 22202 (703) 979-4366.

**Wayne Allen** dropped WRC a line from England, where he is serving in the USAF. He reports he finished 7th in the USAF-Europe X-Country Championship in 1988. Only the top two went on the All-Air Force Meet, so he's looking to improve his finish this year.

## **DCRRC KENSINGTON 5-MILER, SNOWBALL #6, WON BY WRC'S WOODYARD WITH RODRIGUEZ 2ND**

*by Will Woodbine*

With temperatures close to 50° and a light breeze conditions were ideal for Snowball #6, the Kensington 5-Miler. The race was held at 1:30 p.m. starting from the Ken-Gar Recreation Center, just off of Beach Drive.

Race Director Al Naylor started the race on the field adjacent to the recreation center, and within the first mile Woodyard and Rodriguez moved to the front. Woodyard extended his lead in the third mile and went on for a solid 26:46 win. Rodriguez faded over the final mile, but held off a strong challenge from Dominique DaLuz and Bob Momannes to take 2nd in 27:13.

Lauretta Miller stormed through the course in a fine 28:58 with Jacob Wind in pursuit for the entire five miles. Second place was taken by masters runner Mary Ann Zuckerman in 32:58, followed by WRC's Betty Blank in 33:17.

**Results—Men:** 1. Phil Woodyard (WRC), 26:46; 2. Robert Rodriguez (WRC), 27:13; 3. Dominique DaLuz, 27:14; 4. Bob Momannes, 27:15; 5. Ben Beach, 27:32; 6. Scott Bartrum, 27:45; 7. Tim O'Rourke, 27:58; 8. Jeff Ball, 28:17; 9. J.J. Wind (WRC), 29:06; 10. Chan Robbins, 29:17; Bob Trost (WRC), 29:52; Gerry Ives (WRC), 30:55.

**Women:** 1. Lauretta Miller, 28:58; 2. Mary Ann Zuckerman, 32:58; 3. Betty Blank, 33:17; 4. Lori Poulos, 36:14; 5. Charlotte Edwards, 38:16.

## **FINISHING IS GOAL OF FIRST-TIMER AT FIRST ULTRA—THE JFK 50-MILER**

*by Joe Lugiano*

The day dawned bleak and dreary, just the type of day you would welcome for a short 10K run. But, that was not what was in store for us this day. The JFK 50-Miler is an assortment of mountain climbs, rocky Appalachian Trail, C&O Canal towpath and rolling country roads.

For a \$5.00 entry fee, you get a number and water along the course. If you are lucky enough to have friends, or a loving wife, willing to drive from place to place over poorly marked routes; who are willing to stand in the cold and the rain for hours waiting for you to come by; who will pleasantly provide for your every need, then this race could be fun. Thankfully, I have a great, supportive wife who indulges my occasional acts of peculiar behavior.

JFK starts at the break of day, 7 a.m. This means either a very early drive from home to the Boonesboro High School, or a stay at one of the hotels in nearby Hagerstown. I chose the latter. My buddy, Chuck Petersen, and I drove up the night before with intentions of getting a good night's rest and an early start. On the way up, Chuck hit a deer with his van. Fortunately he was still able to drive it, so we ended up getting to the motel about 10 p.m. After getting organized for the next morning, we finally dozed off to sleep about midnight or after.

Finally, the alarm went off and then it was get dressed, repack his van, check out of the hotel (wake up the desk clerk first), and head for the high school. With a little early morning rain, that set us up for the rest of the day. Arriving at the school, it was evident that a lot of people were already there and ready to go. There was the usual line for the two working toilets, people milling around in the lobby of the school and the usual friendships being restored.

The starting line was an interesting set up. Race Director Buzz Sawyer was standing on a truck bed and it seemed that all 300+ people were spread out across the field on or just behind it. When the gun went off, the party moved out of the field and up the mountain, three miles up.

Once onto the trail, a variety of footing was experienced. The fleet of foot didn't seem to have any problem finding a place to plant their feet among the rocks. Thankfully for me, there were only 12 miles of trails. I really think that you have to train on that mess to get good at trail running. By the time we were out of the mountains, we were 45 minutes behind the leaders, oh well!

By the time we came out of the mountains, it had begun raining. This eventually turned the C&O Canal into a bit of mucky trail. It also didn't make it much fun for our wives either, but they were at every spot that they could get to, about every four miles, cheering us on.

Chuck and I had intended to enter this race to finish. So we started early with a conservative pace of run a while (a mile or so) and walk for two minutes. This strategy worked great as we both finished in excellent shape. Another factor was the two water bottles, one with EXCEED Carbo-load, and one with water. Along with cookies, bananas, and vanilla pudding, we had enough fuel to push on strongly throughout the whole race. We continued to pass other runners as we left the mountains in 85th place, reached the end of the towpath (41 miles) in 55th place and finished in 48th place.

As a first time ultra, JFK was exciting. There are enough other runners to have someone to run with, the trail is scenic enough to get lost in your own thoughts, and the degree of difficulty is not that high that you get totally depleted. All in all, a fun, well-organized race. And if you are serious, you can really get a good time. For a complete report, give me a call.

**Results:** (no first names given in results) 1. Gibson, 6:31:06; 2. Horton, 6:32:22; 3. Heagy, 6:48:08; 4. Hess, 6:50:18; 5. Mike Spinnler (WRC), 6:51:59; 6. Vassili Triantos (WRC), 7:00:51; Showalter, 7:57:16 (1st female); Jordan (Pres. Gaulladet U.), 8:05:30; Joe Luciano (WRC), 8:52:45; Chuck Petersen, 8:53:12;

## RUNNING ON EMPTY; THE FINAL EPISODE

by Ira Pesserilo

Well sports fans, all things must pass, and with this column, *Running on Empty* will cease to be.

Some newer members of WRC might ask, what was

*Running on Empty*, and who was Ira: Well, Ira was a back-of-the-packer, who joined WRC back in '81 when rowdiness, drunkenness, bad taste and tomfoolery were the order of the day at WRC. Ira joined WRC to be drunk, rowdy, and hopefully, to fulfill his one dream as a runner: to run a marathon. He accomplished all of his objectives, the latter having been made possible by expert coaching received from the then WRC President, Coach Dan Rincon—he got drunk and rowdy on his own. Yet, he had another accomplishment while with WRC, that he is equally proud; for fifteen months, Ira was the Editor of the WRC Newsletter. For the first issue that I edited, I had a bunch of items that had to go in, and I wondered how I could put them into a single, coherent format. One day, sitting down at the typewriter, as if by itself, *Running on Empty* came out, complete with the "sports fans" opening, and its now trademark tootleoooo ending. In each of the fifteen issues I edited, from February '83 to May '84, *Running on Empty* set the standard for obnoxiousness, bad taste and tomfoolery.

So, sports fans, 'tis only fitting that this, the final episode of *Running on Empty* be devoted to the rowdies and rowdiness that made WRC famous, long, long ago, in a galaxy far away. Let me salute Jeff Buell, one of the earliest rowdies of WRC, who left for Chicago before I got there. To Jeff Peterson, who was one of a kind before he got respectable (I'll never let you forget that Halloween costume of yours, Jeff!) Bruce Coldsmith (who's now coaching track way down south in the land of cotton) and Mark Baldino, a famous rowdy before he got into capitalism.

Also let me pay homage to rowdyette Lisa Hamm, my "wife" (*Lisa said all this wife stuff exists only in Ira's mind—Editor*). Finally, list of rowdies would be complete, without a detailed mention of the two greatest rowdies in WRC history, Will Albers, and Bruce Robinson. Will and Bruce were the dynamic duo of road racing in the D.C. area ten years ago, who competed like gentlemen during the race, and acted like anything but gentlemen after the race, partying until the last beer was drunk, and introducing the D.C. running community to punk rock. Will spent his off-the-road hours as a student at George Mason University (for ten years, no less!) and Bruce spent his as manager of a local running store, and full-time chaplain to the running community. Will now lives in Grand Rapids, MI, with his bride of four years Laura, and is a top executive for Brooks. Bruce is a top triathlete, and owner of Miles Ahead Sports, in Mannasquan, N.J.

Finally, let me, for the last and final time, salute the greatest moment in the history of WRC, that picnic during the summer of '82. Some of you may have heard stories of how, when the sun set on a steaming hot day, and Phil "Beer Man" Stewart tapped the third keg of beer, a bunch of us took our clothes off, and jumped into the pool, and began making skinnydip whirlpools. Well, sports fans, it's true! I should know, 'cause I was there. Let me give a special salute to the three nameless rowdyettes who made it a memorable co-ed strip.

But alas, the rowdies of the early part of the decade

are now respectable, and pushing middle age. Indeed, of the three rowdyettes who shed their inhibitions that night, all are now respectable married ladies, and two are mommies (who will probably never let their kids go to a WRC picnic once they pass puberty.) But, those days are gone, so let's give two cheers and turn the page and move on.

Now in the last dying gasp of *Running on Empty* let me thank some of the people who made my time in Washington something I'll remember happily. First and foremost, my coach, Dan Rincon, who coached faster runners, but never a more grateful runner, than I, to Jay Wind, my running buddy from T.J., and to my good friend, Barbara Miller, who got me started in writing about running back when she was editor of the DCRRC newsletter.

Finally, let me salute my successors at the Editor's desk of the WRC newsletter, Peter Nye, John Walsh, and Gerry Ives. Pete, as soon as I am in shape to run the "Ed Jerome Memorial 10 Miler" in Palmdale, I'll run it and get you a shirt, that's a promise. John, good luck in Law School. Gerry, I can never thank you enough for working with me to transform the format of the WRC newsletter into its current form. Also, Gerry, thanks for preserving the one thing I produced in Washington that made me proud of myself. I'll always think that a little bit of me is in every WRC newsletter.

As far as my own running is concerned, I am pleased to report some progress. Five months ago, I joined a gym, began working on the lifecycle, and with the Cybex weights. A few months later, I tried running again, and I'm pleased to announce that I'm working out three times a week at the gym and running three times a week. While I'm only doing a mile a run, I don't have to take rest-stops in the middle anymore. Also, I shook about 30 pounds, and hopefully, by the end of the month I'll be below 300. By next year at this time, I hope to have shed some major tonnage, and hope to be racing again.

And when I do, I promise, a couple of times a year at least, to submit to the newsletter, *California Running*, which will list the best races and best training courses here in the land of the lotus eaters. Also, if any teammates have to spend some time on the West Coast, let me know, and maybe we'll bet a WRC team together. I still have my old WRC uniform; all I have to do is shrink back into it. Teammates, I can be reached at (213) 559-1044; there's an answering machine on it 24 hours a day.

But now 'tis time to draw the final curtain on *Running on Empty*. So sports fans, hail and farewell, *au revoir*, and Toodleoooooo.

#### MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD ON JANUARY 13, 1989

In the absence of Club President Dan Rincon, Treasurer Kevin Kolakowski called the meeting to order.

The first order of business was the election of new officers. **President:** Lisa Hamm was the sole nominee and was elected unanimously. **Vice-President:** Kevin Kolakowski was the sole nominee and was elected unani-

mously. **Secretary:** Gerry Ives was the sole nominee and was elected unanimously. **Treasurer:** Nominees were James Scarborough and Bobbi Bleistift. Bobbi Bleistift received the majority of votes cast as was elected Treasurer.

The newly-elected President Lisa Hamm took over the chair of the meeting. Hamm gave the meeting an outline of her program for the club. She requested input from all members and emphasized her commitment to middle-of-the-pack runners, more social events, team competition, recruiting, and making the Club more exciting.

**Social:** Dick Brannan gave the meeting more details on the planned Club banquet at the Army-Navy Country Club to be held in late March or early April. He will provide a copy of the menu for inclusion in the Newsletter.

There being no further business, the meeting was adjourned. *Gerry Ives, Secretary.*

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### CLUB NOTES

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Club Uniforms	
Singlets	\$ 11.00
Shorts	11.00
Club T-shirts	6.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, c/o Bobbie Bleistift, 2923F S. Woodstock St., Arlington, VA 22206. 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. ☐

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## GROUP RUNS

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**Tuesday Night Run**, Fairfax Running Center, Alexandria, 6:30 p.m. Group runs from 6-10 miles along the bike path next to the Parkway. 6:00-9:00 pace. **Contact:** Betty Sue O'Brien at 549-7688.

**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.

**Sunday Morning Fun Run**, Fleet Feet Sports Shop, 1840 Columbia Rd., N.W., 9:00 a.m. Group runs 5-8 miles through city and Rock Creek Park, all paces. **Contact:** Phil or Jan Fenty at 387-3888.

*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***