

Washington Running Club ★ Newsletter

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May 1989

NOTE—NEW MEETING PLACE

The MAY Meeting of WRC will be held at 8:00 p.m. on Friday, May 12 at the George Washington University Hospital Ambulatory Care Center at 22nd and I St., N.W., Washington, D.C. Sign in at the desk, take the elevator to the 1st floor, and follow the signs to the WRC meeting. The Center is one block from the Foggy Bottom Metro station. Food and liquid refreshments are welcome.

This month's speaker will be Bob Thurston, who will talk about TAC course certification.

FDR MEMORIAL PLAN REVIVED; DESIGN THREATENS FUTURE OF MAJOR RACES

Congressman Claude Pepper (D-Fla.), Chairman of the Subcommittee on the Interior of the House Appropriations Committee, has revived plans for building the Franklin Delano Roosevelt Memorial in West Potomac Park. The subcommittee is now considering the appropriation, and markup is scheduled for sometime between mid-May and late June. The current design would eliminate the courses used by the Cherry Blossom 10-Miler, Marine Corps Marathon, Nike Women's Race and the myriad other races utilizing the course that begins in West Potomac Park.

Alan Roth, chairman of the Greater Washington Running Council, is attempting to mobilize the running community in an effort to alter the current design of the memorial to accommodate road-racing. Roth emphasized that the GWRC is not against the memorial itself. The issue is that any design should take into consideration the road races that draw more than 100,000 competitors yearly to West Potomac Park.

It is important that as many people as possible contact their Senators and Representatives to make our side known. Also, objections to the current design can be communicated to the members of the Memorial Commission. They are: Senators Mark Hatfield (R-Ore.),

Alfonse D'Amato (R-N.Y.), Carl Levin (D-Mich.), and Daniel Inouye (D-Hawaii). Representatives, besides Claude Pepper, are: James Sheuer (D-N.Y.), Bill Green (R-N.Y.), and Hamilton Fish (R-N.Y.)

Every letter or phone call counts in this campaign, so please participate in the effort to publicize the running community's concerns.

PERFECT WEATHER FOR GW PARKWAY CLASSIC; GLIDEWELL WINS, WELZEL SETS WOMEN'S MARK

by Gerry Ives

Perfect weather greeted the participants in the George Washington Parkway Classic 15K on Sunday, April 23. The parkway course has to be one of the most scenic in the country—this year's race T-shirt has to be one of the biggest eyesores.

Still, it's hard to complain when a point-to-point race of this size is done so well. Well-appointed buses took the runners to the start with the minimum of fuss, and there was a drop-off for warm-up gear close to the start. Digital clocks were at every mile along the course, and there were plenty of water stops. At the finish there were refreshments, snacks, a band, and your warm-up gear—what more could you ask. Forget about the T-shirts, that's not why we went to the race.

The race for first place man and woman was settled early on. John Glidewell had a substantial lead by the 5K mark, and cruised in to win in 45:01, only seven seconds off Joseph Kipsang's c.r. set in 1986. That year was a particularly fast race, Glidewell's time this year would only have netted him third place.

The last time Jane Welzel ran at Mount Vernon was when she won the DCRRC 20-Miler last October. Welzel liked the scenery so much she decided to come back and take another look. Crossing the finish line in 52:01, she took first place and upset Natalie Updegrave's 1986 c.r. by 52 seconds.

Pattie McGovern's 54:31 was good enough for 2nd place, but she was pressed by fast-improving Donna Elliot who finished third in 54:58 for a new p.r. Mary Ellen Williams is running well this spring, and she

WRC Annual Banquet—The Social Event of the Year

The WRC Annual Banquet will be held on Saturday, June 24, at 7:00 p.m. at the Army-Navy Country Club. The cost of \$17 per person, payable in advance, includes dinner, dessert, and tip. There will be a cash bar and a D.J. Call Pat Bullinger at 524-8391 for further information, or just make your check out to WRC and send it to Pat at: 2100 Lee Hwy. #523, Arlington, VA 22201. Directions to the banquet will be in next month's newsletter.

reemphasized that fact by taking 7th place in 57:40. Also running a p.r. was Berni Creed who finished in 59:13.

Results—Men: 1. John Glidewell, 45:01; 2. John Doub, 45:52; 3. David McMillan, 45:56; 4. Michael Regan, 47:58; 5. Roger Howell, 48:07; 6. Jeffrey Hines, 49:03; 7. Darryl Stewart, 49:36; 8. Barry Conway, 49:48; 9. James Larson, 50:04; 10. Darrell Zook, 50:09; Dick Brannan (WRC), 57:12; Gerry Ives (WRC), 58:34; Bobby Bauer (WRC), 59:30; Jeff Weiss (WRC), 63:00; Alan Roth (WRC), 66:20; Pat Neary (WRC), 66:59; John Betts (WRC), 67:00 (pr).

Women: 1. Jane Welzel, 52:01; 2. Patty McGovern (WRC), 54:31; 3. Donna Elliot (WRC), 54:58; 4. Debbie Kilpatrick, 55:32; 5. Nancy Oshier, 55:48; 6. Ruth O'Hara, 56:47; 7. Mary Ellen Williams, (WRC), 57:40; 8. Susan Cain, 58:31; 9. Cheryl Conrad, 58:39; 10. Laura Gaydos, 58:39; Berni Creed (WRC), 59:13; Chris Stockdale (WRC), 67:20.

WRC WOMEN TAKE 1-2-3-5 AT JAY'S RUN; GUT-WRENCHING COURSE, BUT GREAT PRIZES

By Donna Elliot

There are many reasons to run this race: great prizes; lots of food; and it's for Jay. But, if you're looking for a fast flat course with few turns, and an early start, you're at the wrong race. (Maybe the Cherry Blossom Chaser 10K at Hains Point, which was also held on Sunday, April 9th, would have been the ticket.)

With muscles still aching from the Cherry Blossom 10-Miler only seven days prior, Patty McGovern, Pam Briscoe, Berni Creed, and I stood at the starting line (along with 2,000 others), shivering and wondering when pre-race announcements would cease. Finally, at 10:10 the race began.

With an added bonus of a severe head wind for the

first three miles of this out and back course, one would ask "What am I doing here!" I kept Patty in sight as long as possible while Pam and I battled the hills and wind together for the first three miles. I would lead down the hills and she would lead up the hills, but after the 3-mile turnaround cone (ugh!), she surged up a long, demanding hill, creating a gap between us. Patty had inevitably disappeared, but Pam remained agonizingly close to me for the whole second half.

Coming to the finish, I clocked a 37:59, 10 seconds behind Pam's 37:49, and only 72 seconds behind Patty's 36:47 (which is the closest I've come to Patty yet for the 10K distance). Berni was hoping for a faster time, (as were Pam, Patty and I), but this course being one of the toughest in the area, she was content with coming in fifth.

At the awards ceremony, Patty was awarded a gold necklace and a weekend for two at the J.W. Marriott downtown, Pam won a VCR, Berni won a weekend excursion, and I won a color TV.

So, was the hard course worth it? Umm, yes.

Results—Women: 1. Patty McGovern (WRC), 36:47; 2. Pam Briscoe (WRC), 37:46; 3. Donna Elliot (WRC), 37:59; Berni Creed (WRC), 40:24.

Men: 1. Dan Murphy, 33:04; 2. Adam Trzeciak, 33:18; 3. Ben Beach, 33:56.

MARYLAND AND D.C. SEND WRC-COACHED TEAMS TO EKIDEN INTERN'L ROAD RACE

by Al Naylor

I had the honor of representing the state of Maryland as team coach for the second running of America's Ekiden Road Race Relay, held on April 9th, 1989. I had the same role last year for the inaugural running of this event where we finished 22nd in the state competition.

There are two separate races within each of the Ekidens run in this country—one for the eight international teams represented this year: Ireland, USA, Great Britain, Mexico, Japan, Kenya, USSR and Italy, and one for the states: all 50 plus the District of Columbia and the host city—New York.

Applications for the race were mailed out to approximately 50 agents and running shoe company contacts in early February. National running publications carried the advertisement for the race in their February or March issues. All of the state coaches had to submit a list of five relay runners and traveling alternate, plus four non-traveling alternates by March 1. I received only one application by phone so I spent the months of February and March watching race results and talking to those people that had consistently placed high in races outside of the state. Several runners had pre-set race plans culminating in the New Jersey Waterfront Marathon to be held April 29 in Jersey City, and several others. Runners who had shoe company contracts with Nike and Avia were told not to compete in Ekiden because they would be required to wear a uniform with the sponsor's name, Asics, and this would compromise their marketing value. There was prize money of over

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\$214,000 to be awarded in New York, but there was also the Sallie Mae 10K in Washington on the same day that was offering \$6,700 in prize money that lured Darrell General from my team.

I had to replace three of my original team of Ken Fowler, Dave Berardi, Gerry Clapper, Chris Fox and Jeff Scuffins. Fowler suffered a stress fracture in late March, Fox was out because of the Nike contract conflict, and Jeff Scuffins suffered a slight groin muscle pull in early March plus he was being paid an appearance fee to compete in the N.J. Waterfront Marathon. The replacements were Jim Chenowith, Jerry Sweeney, and Jim Hage. Several substitutes were acquired and lost because of job obligations. The traveling alternate, Tom Bowmaster, had elected to stay in that position when substitutes were being recruited because of a slight calf muscle pull incurred in early March.

We all took the train up to New York City on 4/7 and 4/8. Opening ceremonies were held Friday evening at 7:00 p.m. at the Sheraton Center. Saturday was spent registering the rest of the teams and at 4:00 p.m. there was a technical meeting to declare team order. The race distance this year was 42.195 kilometers, equivalent to the marathon distance of 26 miles 365 yards. The five relay legs were originally to have been 5K, 11.195K, 8K, 8K, and 10K. Because of the race routing the distances were changed to 5K, 10.8K, 9.3K, 7.1K, and 10K.

Race day dawned cloudy, 42° and rainy. The race start this year was at 9:30 a.m. which meant that the racers had to leave the hotel for their relay exchange points by 7:00 a.m. The race started and finished at Tavern on the Green in Central Park. The first relay leg went from Tavern on the Green to the United Nations Building. The U.S. National Team's Steve Scott ran the fastest split of 13:35 followed by Great Britain's Tim Hutchings in 13:36. My lead-off runner, Jim Chenowith, ran the 43rd fastest time out of 52 runners with a 15:13. He felt his legs get stiff after passing through standing water puddles earlier in the race. My second leg runner, Dave Berardi, ran the 26th fastest time of 33:34 and brought us up to 34th position. My third leg runner, Gary Sweeney, ran the 26th fastest time, 28:53 and brought us up to 32nd position. My fourth runner, Jim Hage, ran the 13th fastest time of 21:28 and moved us up into 27th position. My anchor leg runner, Gerry Clapper, ran the 12th fastest time of 30:01 and finished us in 21st position with a total time of 2:09:07, one position better than last year's Maryland team. There was prize money for the top ten runners of each of the five legs. Although my lead-off runner felt he could have run a better race, none of them were hurt and they were satisfied with their efforts.

The District of Columbia team, coached by WRC's course measurement guru Bob Thurston, consisted of Richard Kell, David White, Darryl Stewart, Scott Celley, and Cameron Stracher. Lead-off runner Kell covered the first leg in 15:28, for 47th place. Second leg runner White finished the 10.8K distance in 34:43, and moved the team up to 46th place. Third leg runner

Stewart finished his leg with the team in 49th position with a time of 32:00. Fourth leg runner Celley covered the distance in 22:55 moving the team up to 48th place. Anchor leg runner, Stracher, moved the team up to 47th position by covering his distance in 32:08. Last year the D.C. team finished dead last, and well behind the rest of the teams in elapsed time. This year the team's overall time was a respectable 2:17:12.

Several former WRCers were ran in the Ekiden. Most notable was Steve Spence, who ran for the U.S. national team and held on to the lead given to him by Steve Scott. Spence covered the 10.8K second leg in 30:39, the second fastest time on that leg. Only Ireland's John Treacy had a faster time. Bruce Coldsmith ran the third leg for the Alabama state team. Coldsmith covered his distance in 30:28, helping the Alabama team edge out D.C. with a 2:16:41 overall time for 46th place. John Doub ran the second leg of a strong Pennsylvania team that included Sydney Maree and Brian Ferrari. Doub covered his 10.8K leg in 33:20.

In the separate 5-mile race for alternates, Tom Bowmaster finished 28th in 25:21—less than a second behind Benji Durden. Jack Cleland took 39th place in 26:18, and Bob Thurston finished 48th in a time of 28:11.

International Teams

1. Ireland (O'Sullivan, Treacy Curtis O'Mara, Doherty), 1:58:20; 2. U.S. (Steve Scott, Steve Spence, Ed Eyes-tone, Keith Brantly, Pat Porter), 1:58:44; 3. Britain, 1:59:04; 4. Mexico, 2:01:02; 5. Japan, 2:02:10; 6. Kenya, 2:03:33; 7. Soviet Union, 2:03:49; 8. Italy, 2:04:51.

State Teams

1. California, 2:03:43; 2. Arizona, 2:03:47; 3. Colorado, 2:04:33; 4. Massachusetts, 2:05:20; 5. Minnesota, 2:06:06; 6. New York City, 2:06:35; 7. Michigan, 2:06:47; 8. Illinois, 2:06:49; 9. New York, 2:06:51; 10. Pennsylvania, 2:07:08; 11. Washington, 2:07:15; 12. Utah, 2:07:17; 13. Indiana, 2:07:24; 14. Rhode Island, 2:07:33; 15. Ohio, 2:07:40; 16. Oregon, 2:07:57; 17. Florida, 2:08:26; 18. N. Dakota, 2:08:38; 19. Montana, 2:08:42; 20. Tennessee, 2:08:48; 21. Maryland, 2:09:07; 22. N. Carolina, 2:09:10; 23. Wisconsin, 2:09:16; 24. Idaho, 2:09:17; 25. Missouri, 2:09:45; 26. N. Hampshire, 2:09:52; 27. Vermont, 2:09:55; 28. N. Mexico, 2:10:07; 29. Georgia, 2:10:08; 30. Kentucky, 2:10:13; 31. Kansas, 2:10:15; 32. Connecticut, 2:10:22; 33. Maine, 2:10:31; 34. Virginia, 2:10:37; 35. S. Carolina, 2:10:34; 36. Nevada, 2:10:48; 37. Louisiana, 2:10:54; 38. Nebraska, 2:10:55; 39. Oklahoma, 2:12:17; 41. Hawaii, 2:12:30; 42. Arkansas, 2:13:27; 43. New Jersey, 2:13:51; 44. Alaska, 2:15:29; 45. Mississippi, 2:15:50; 46. Alabama, 2:16:41; 47. District of Columbia, 2:17:12; 48. Texas, 2:17:32; 49. S. Dakota, 2:17:44; 50. West Virginia, 2:19:06; 51. Delaware, 2:20:14; 52. Wyoming, 2:21:06.

WAITZ AND TAYLOR SHARE TOP HONORS AT SALLIE MAE CHERRY BLOSSOM CHASER

by George Banker

On Sunday, April 9, 1989, the Student Loan Marketing Association (Sallie Mae) sponsored the 6th Annual Cherry Blossom Chaser 10K at West Potomac Park in Washington, D.C. The weekend rain ceased and the bright skies gave a warm welcome to Norway's Grete Waitz.

For the first time prize money, totaling \$6,700, was being offered to the top five male and female finishers and to the first male and female master finisher. Because of this the field included international-class runners from The Netherlands (Hans Koeleman), Tanzania (Lomnyaki Loibobu), Kenya (Sam Sitonik), and England (Jill Clarke). The top local favorite was Chris Fox of Hagerstown, Md.

A tightly-grouped pack consisting of Steve Taylor (Fincastle, Va.), Hans Koeleman, Terry Croyle (Morgantown, W.Va.), John Glidewell (Woodbridge, Va.), and Chris Fox went past the two-mile point in 9:25. Waitz was further back, but well ahead of the other women in the field, with a two-mile time of 10:22. For the next couple of miles the wind was at the back of the runners, but at the turnaround at the tip of Hains Point the runners felt the wind in their faces for the first time. As the runners neared the five-mile mark, Fox was in control but Taylor was on his heels. Waitz was still leading the women's race, but was looking somewhat less than comfortable as she fought the wind.

Coming over the bridge into West Potomac Park, the lead was taken by Taylor with Fox in pursuit. All the way down the final stretch Fox pressed from behind, but Taylor managed to hold off the last assault and crossed with a 29:12 (event record) as Fox clocked in with a 29:14. Last week, in the Nike Cherry Blossom 10-Miler, the order was reversed with Fox finishing in 46:50 and Taylor 47:01. Third place went to Koeleman with a 29:25 followed by John Glidewell in fourth with a 29:43. In fifth place was Terry Croyle in a time of 30:05.

The women's field was dominated by Waitz as she came in with a 33:21, shattering the event record of 35:25 set last year by WRC's Marianne Dickerson. In a post-race interview, Waitz indicated that she had been recovering from an injury since winning her ninth New York City marathon. However, the headwind coming back from Hains Point was the primary factor in her inability to capture a better time in her first official running event in Washington, D.C. Second place went to Kathy Hadler of Ann Arbor, Michigan. Hadler had a p.r. of 34:07 going into this event, but lowered her mark to 33:50. Third position went to Inge Schuurmans of Richmond, Va., in a time of 34:14, followed by Michele Bush-Cuke from Brooklyn, N.Y. in a time of 34:24. The fifth finisher was Jill Clarke of England with a 34:33 (Clarke took 4th at Cherry Blossom with a 53:41). WRC's top woman was Kathy Merkel who took eighth place in 36:53. Pat Bullinger, who eased up on her training through the winter, finished in 38:36.

The master's division was captured by Larry Freder-

ick with a 33:15 and WRC's Mary Ellen Williams with a 38:00.

Results—Men: 1. Steve Taylor, 29:12; 2. Chris Fox, 29:14; 3. Hans Koeleman, 29:25; 4. John Glidewell, 29:43; 5. Terry Croyle, 30:03; 6. David McMillan, 30:09; 7. Darrell General, 30:11; 8. Kevin Ruch, 30:14; 9. John Trautman, 30:17; 10. Calvin Biesecker, 30:47; Larry Frederick, 33:13 (1st master); John Sherlock, 34:38; Fay Bradley, 34:53.

Women: 1. Grete Waitz, 33:21; 2. Kathy Bryant-Hadler, 33:50; 3. Inge Schuurmans, 34:14; 4. Michele Bush-Cuke, 34:24; 5. Jill Clarke, 34:33; 6. Holly Hering, 35:51; 7. Carey Hill, 36:12; 8. Kathy Merkel (WRC), 36:53; 9. Amy Jones, 37:17; 10. Ruth O'Hara, 37:33; Mary Ellen Williams (WRC), 38:00 (1st master); Pat Bullinger (WRC), 38:36.

BOSTON TIMES SLOWED BY HEAT; VENTURA-MERKEL TOP AREA WOMAN

This year's Boston Marathon, held on Monday, April 17, looked as if it might shape up to be a good one for the WRC's men's open team. WRC sent a solid team of Rusty Moore, Jack Cleland, Mark Doles, Roger Urbancsik, and Mark Spinnler.

We were hoping that Moore would break 2:25, which would put the team in a good position. Unfortunately this was not to be, as Moore was struck down by food poisoning and finished the race in the high 2:50s, ending up with an I.V. tube stuck in him in the emergency aid tent.

Cleland ran his usual steady race, finishing in 2:36:14, 110th overall and the third-best time for a D.C.-area finisher. Doles crossed the line in 2:46:48, 321st overall and eighth-best of the D.C. contingent. No word on what Spinnler or Urbancsik did.

Kathy Merkel finished 27th woman, and top D.C. woman, with a time of 2:56:18. The time was not close to a p.r. for Merkel, but was a great effort considering the heat.

Results—Men: 1. Abebe Mekonnen, 2:09:06; 2. Juma Ikangaa, 2:09:56; 3. John Treacy, 2:10:23; 4. Ibrahim Hussein, 2:12:41; 5. John Campbell, 2:14:19; 23. Bernie Allen, 2:23:28; 38. Richard Ferguson, 2:27:19; 58. Ben Beach, 2:31:06; 63. John McGrail, 2:31:53; Jack Cleland (WRC), 2:36:14; John Sherlock, 2:38:23; Dominique Da Luz, 2:41:35; Bill Courtney, 2:43:27; Jon Thoren, 2:46:48; Mark Doles (WRC), 2:46:48; Joaquin Restrepo, 2:46:50; Patrick Wagner, 2:46:59.

Women: 1. Ingrid Kristinasen, 2:24:33; 2. Marguerite Buist, 2:29:04; 3. Kim Jones, 2:29:34; 4. Eriko Asai, 2:33:04; 5. Lisa Weidenbach, 2:33:18; 7. Priscilla Welch, 2:34:60; 9. Joan Benoit Samuelson, 2:37:52; 27. Kathy Merkel (WRC), 2:56:18; 33. Laura Scofea, 2:59:05.

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

At the IAAF World Marathon Cup, held in Milan, Italy on April 15, WRC's Jim Hage led the U.S. team

home with a 2:22:25. The second U.S. runner across the line was **Bob Hansley** in 2:26:17, followed by **James Klein** in 2:28:57. The U.S. finished in 22nd place with an accumulated time of 7:17:39.

Kevin Kolakowski has been setting his sights at a sub-three hour marathon for several years. The N.J. Waterfront Marathon proved to be the place to do it, as he ran 2:57:21 on Sunday, April 30th. Kolakowski was coming off his 28:50 8K p.r. at the Delmar Dash 8K, where he achieved another lifelong ambition of beating the first master and the first woman in a race. At the Waterfront 10K, run concurrently with the N.J. Waterfront Marathon, **Tom Bowmaster** took 15th place in 31:49 and **Pat Bullinger** took 18th in the women's race in 37:33. The men's race was a near duplicate of the Cherry Blossom Chaser, with **Steve Taylor** once again edging out **Chris Fox** for first place. Taylor ran 29:14 to Fox's 29:17.

The **10th Annual Antietam Battlefield 10K** is scheduled for Sunday, June 4, at 8:30 a.m., starting at the Antietam Battlefield, Sharpsburg, Md. There will be a \$300 cash prize for the first man and first woman, with a \$100 bonus for a new course record man/woman, and there will be various age-group prizes. Send a SASE to: Bo Myers, TSS, Inc., 1123 Oak Hill Ave., Hagerstown, MD 21740 (tel. (301) 797-9529). The entry fee is \$10.00.

The **Hugh Jascourt 4-Miler** will be run on Sunday, June 4, 1989, in East Potomac Park in Washington, D.C. The start time is 8:15 a.m. with race day registration only. It is recommended that you arrive early, as parking is limited and the Park Police will write tickets for illegally parked cars. There will be a \$25 cash prize for the first male and female master to break the course records (Male—20:19, Glen Wood, 1977; Female—26:24, Chris Stockdale, 1988). Also, there will be three-person women's teams. Awards will be presented to the top two women's teams in the Open and Masters division. Scoring will be based on the order of finish.

The Crystal City 10K is coming up on Sunday, May 21. If you want to run on a WRC team, contact **Kevin Kolakowski** at 524-8391. We'd like to get a good Club turnout for this race, so let's hear from you.

WOMEN'S MASTERS MARK SET AT BELLE HAVEN; NEAR MISS IN MEN'S MASTERS COURSE RECORD

by George Banker

The D.C. Road Runners Club conducted the Belle Haven 15K in Alexandria, Va., on April 8, 1989. The event was run on the bike path along the banks of the Potomac River on an out-and-back course towards Mount Vernon.

Top finisher this year was 19-year-old Ken Walters of Alexandria. Walters ran away from the rest of the field, finishing in 50:14, but did not break the course record of 49:01 set in 1986 by Coty Pinckney. Second place went to WRC's Robert Rodriguez in a time of 52:52. Stand-out masters runner, Richard Pankow, took third place with a time of 54:07, only seven seconds off the course record of 54:01 set by Eamonn McEvilly in 1984.

The first female finisher was Mary Ann Zuckerman, in a time of 1:04:28. Zuckerman was also the first female master and set a new masters course record. The old record of 1:06:28 was set by WRC's Chris Stockdale last year. Second place went to Robin Roughton in 1:07:09, and third place was captured by Betty Blank with a time of 1:08:20.

Results—Male: 1. Ken Walters, 50:04; 2. Robert Rodriguez (WRC), 52:52; 3. Richard Pankow, 54:07; 4. Scott Bartram, 54:22; 5. Marc Pech (WRC), 54:44; 6. Matt Rea, 54:52; 7. Thomas Skelly, 56:01; 8. Nick Papjohn, 57:13; 9. Cecil Bone, 57:28; 10. John Haubert, 57:41; 11. Bob Trost (WRC), 58:33; 12. Tom Hardcastle, 58:45; 13. Bill March (WRC), 58:49; 19. Tom Kurihara, 63:02; 24. James Scarborough (WRC), 67:03; Joe Rizzo (WRC), 74:21

Women: 1. Mary Ann Zuckerman, 64:28; 2. Robin Roughton, 67:09; 3. Betty Blank, 68:20; 4. April Stein, 72:56; 5. Dotty Esher, 91:00.

I LOVE TO RUN 5K WON BY HILL; WRC'S JUTEL TAKES 2ND PLACE

by Virginia McDuff

The I Love to Run 5K was put on by Washington RunHers at Hains Point on Saturday, March 4, a cold and blustery day. As one of the few women-only races in D.C., this race has attracted a loyal following over the years.

Annmarie Jutel, Carey Hill, and Berni Creed formed the lead pack for the first three-quarters of a mile. Creed dropped back, which is hardly surprising since she had driven sixteen hours from Florida during the previous two days with her young son. Jutel held her position until the 3K mark, where Hill's superior conditioning began to show—Jutel's nursing job at NIH, combined with the stresses of motherhood, does not allow for intensive training that had placed her well up in the rankings of French runners several years ago. Hill crossed the finish line for the win in 17:49, with Jutel in 2nd place in 18:08.

In the meantime Creed had dropped back to 7th place, but managed to pick up her pace enough to reel in an ailing Dorianne Lambelet. Creed finished in 6th place with a p.r. 19:05.

Jutel is moving back to Charlottesville, Va., with her husband and son, sometime in May. She promised to keep the Club informed of the racing opportunities in Charlottesville, and hoped some of our runners would be able to make the drive down there to show the Club colors.

Results: 1. Carey Hill, 17:49; 2. Annmarie Jutel (WRC), 18:08; 3. Amy Jones, 18:17; 4. Ruth O'Hara, 18:45; 5. Joyce Rankin, 18:49; 6. Berni Creed (WRC), 19:05 (pr); 7. Dorianne Lambelet, 19:13; 8. Julie Billingsley, 19:49; 9. Heather Schwaber, 19:50; 10. Mary Ann Zuckerman, 20:11.

RESTON 10-MILER GETS NEW C.R.; MINNIX, SHORTER TAKE TITLES

by *Virginia McDuff*

Leslie Minnix set a new course record and personal best in winning the women's division of the Reston 10-Miler on Sunday, March 12. Minnix toured the hilly course in 61:25, putting speedster Carey Hill 31 seconds in arrears in second place.

Berni Creed was the top WRC woman with a 4th place finish of 64:44. Creed ran with Joyce Rankin for the first three miles before picking up the pace to go after Ruth O'Hara. Creed was not able to pull in O'Hara who nailed down 3rd place in 64:07.

In the men's race, Frank Shorter took the title in 54:41, despite a strong challenge from Arlington's John McGrail who finished in 54:54. At the awards ceremony Shorter said the combination of jet lag and a hilly course made him pay dearly for his win. WRC's top male finisher was Tom McCarthy, who crossed the line in 57:04, an excellent time for this challenging course.

Results—Men: 1. Frank Shorter, 54:41; 2. John McGrail, 54:54; 3. Dan Smith, 55:30; 4. Clayton Deel, 55:38; 5. James Alexander, 55:42; 6. David Lopez, 55:56; 7. Rob Monroe, 56:01; 8. Tom McCarthy (WRC), 57:04; 9. Tom Bailey, 57:12; 10. Alan Hinchcliffe, 57:26.

Women: 1. Leslie Minnix, 61:25 (cr, pr); 2. Carey Hill, 61:56; 3. Ruth O'Hara, 64:07; 4. Berni Creed (WRC), 64:44; 5. Joyce Rankin, 65:50; 6. Megan Troxell, 67:00; 7. Nancy Smith, 69:42; 8. Debrah Fugas, 69:43.

CHANGES TO PVAC LDR COMMITTEE; NEW MAILING ADDRESS FOR LOCAL TAC

by *Al Naylor*

On Sunday, April 23, I attended a meeting of the Potomac Valley Athletics Congress, Long Distance Running Committee to establish new chairpersons for Men's LDR, Women's LDR and master's LDR. For 1989 they will be: Men's LDR—Allen Naylor, 2513 Cherokee St., Adelphi, Md. 20783; Women's LDR—Ann Wass, 5903 60th Ave., Riverdale, Md. 20737; and Masters' LDR—Herb Chisholm, 1001 Rynex Dr., Alexandria, Va. 22312.

New PVAC president, Mort Diamond, said that the old mailing address for PVAC, in College Park, Md., has been replaced. Mail should now be sent to Bert Harrington, 4007 Bateman Ave., Baltimore, Md. 21216, who will act as Executive Secretary for PVAC. He can be reached by telephone on (301) 664-9184 (h) and (301) 730-6400 (w). Bert will also handle TAC sanctions for races and clubs, instead of Dixon Hemphill. The Maryland State Games office, with Governor Donald Schaefer's approval, has offered PVAC space at Springfield Hospital in Sykesville, Md. PVAC would be sharing the space with other athletic associations, and is eligible for the shared resources of a copier, word proces-

sor, telephone, secretary/typist, etc. However, for now, PVAC will operate out of Bert Harrington's address.

MINUTES OF WASHINGTON RUNNING CLUB MEETING OF APRIL 14, 1985 (ER, 1989)

In the absence of Gerry Ives, Club Secretary, James Scarborough compiled the minutes.

The meeting was not held at Ford's Theatre (for you history buffs) nor at nearby thespian hangout Taltavull's Saloon, but at the Alexandria store of Fairfax Running Center in Old Town, on Friday, April 14. Guest appearances were made by Roger Peet, DC Road Runners Club President, and DCRRC Vice President Al Naylor. Al will be representing both our club and DCRRC on the Long Distance Running Committee of the PVAC (TAC).

The Nike Women's Race, May 14, will have teams. Distaff runners should call Kevin Kolakowski. There will also be drug testing at the finish line.

President Lisa Hamm accepted the club uniform, T-shirt and singlet, proposal from James Scarborough. About ten dozen total will be ordered soon. Singlets will be white on red, shirts red on white. Please send in your orders. Price is \$15 for singlets, \$6 for shirts, or \$20 for both. The new club banner was also unfurled at the meeting.

The next major topic was the club banquet. Social co-chair Dick Brannan has been working on getting the Army-Navy Country Club. Possible dates are May 26, June 10, or June 17. We are still looking for a DJ, etc. In the meantime, everyone was urged to attend the DCRRC Banquet Sunday, April 23, at Stouffer's in Crystal City.

Upcoming races include the Fraternal Order of Police Race May 21, Elby's Big Boy 20K (Wheeling, W.Va.) on May 27, and the PVAC Track Championships at Howard University. Alan Roth announced a major wheelchair race ending May 1 at the Washington Monument.

Treasurer Bobbie Bleistift reported a balance of \$6,200. The Cherry Blossom Party at Marianne Dickerson's cost \$77, and \$180 has been received in the past month in membership fees.

Nothing further has been heard on the date or course for the Fall race the Club will direct. Possible sponsors include Safeway, the National Co-Operative Association, and the magazine Capital Sports Focus (advertising and publicity).

Bob Thurston will be guest speaker at the next meeting, Friday, May 12. A site is yet to be announced.

There being no further business, the members present thanked Betty Sue O'Brien for the use of the store. Members Jeff Reed and Jim Hage displayed some R-rated photos of a club picnic held in 1980, including some of Laura DeWald. Speaking of Laura, she also made a cameo appearance at the meeting. *James Scarborough, Acting Secretary*

CLUB NOTES

Club Uniforms

Singlets	\$ 15.00
Shorts	11.00
Club T-shirts	6.00
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. □

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.

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] 454-4816 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