

# Washington Running Club Newsletter

Volume 9, Number 2

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February 1990

## FEBRUARY MEETING

The FEBRUARY meeting of WRC will be held at 8:00 p.m. on Friday, February 9th at the George Washington University 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.

## RACE EXPENSES POLICY

WRC will reimburse members for a portion of their expenses for out-of-town races that are:

- On the WRC race list (to be published next month).
- Marathons.

You must wear your WRC singlet or t-shirt, unless the Executive Committee approves a waiver in advance.

The amount of reimbursement will be set by the Executive Committee, after consultation with the Treasurer as the financial status of the Club. Reimbursement requests should be sent to the WRC Treasurer, Bobbie Bleistift.

## GREATER WASHINGTON RUNNING COUNCIL MEETS TO DISCUSS PARK SERVICE PROBLEMS

*by Lisa Hamm*

The Greater Washington Running Council, a group consisting of representatives from local running organizations, met in January to discuss how to deal with the often "ornery" National Park Service

WRC member Alan Roth, chief organizer for the Running Council, led the meeting.

The Park Service for years has shown a bias against runners and hindered us as we have tried to put on road races in East and West Potomac Park. For example, the Park Service imposes stiff restrictions on when races can be held and what time they must be finished. On some occasions, most notably the Hangover Classic, it has broken its promise to make an exception for a special event. The Roosevelt Memorial, to be built in West Potomac Park, was originally planned without consulting runners.

Runners were forced to race in dangerous conditions at the Jingle Bell Run in December. Snow that had fallen two days before wasn't cleared from the roadway.

The consensus at the meeting was that since the Park Service hasn't listened to representatives of the running community, a mass letter writing campaign might be more effective in showing our clout as runners. In the near future Clubs will be trying to get their members to write to the Park Service.

Meanwhile, the Running Council will be concentrating on specific goals such as: getting the Park Service to be more flexible about start and finish times depending on the season; maybe allowing two races in the park, instead of one, on spring and fall weekends; allowing clubs such as DCRRRC to collect modest entry fees, and improving snow removal.

Kenny Carnes of the Achilles Track Club, an elite wheelchair racer, spoke about issues that bothered

handicapped runners, whom he calls physically challenged athletes.

Participants in the meeting included: WRC members Roth, Jeff Wice, Jeff Reed, Al Naylor, and Lisa Hamm, NOVA President Jeanne Grillo, Cherry Blossom Race Director Jeff Darman, RRCA President Henley Gible, and representatives of Achilles, the PG Running Club, Montgomery County RR, the American Running and Fitness Association, and reporters from the Washington Running Report, the Washington Times, and Capital Sports Focus.

## REGAN & REASER TAKE HONORS AT JFK MEMORIAL RUN XXVI

*by George Banker*

An unusual combination of mild temperatures and a gentle breeze greeted runners at the 26th Annual JFK Memorial 20K on Sunday, January 21st. The flat Hains Point (East Potomac Park) course usually has a stiff breeze blowing off of the Potomac River and consider-

## MEMBERSHIP RENEWALS

If you haven't mailed back your 1990 membership renewals, now's the time to hit the mail box. If you send back the renewal form promptly you'll save the Club the expense of sending a reminder. Please check your the label on the renewal form for accuracy of name, mailing address, telephone number, etc. Thank you for your support.

ably colder temperatures at this time of the year. One loop hosted the 5K Fun Run and four loops held the attention of the 20K runners.

This year the numbers for the 20K increased to 177 while the 5K climbed to 64 (last year's numbers were 142 and 51, respectively). The dual start made it difficult to set your pace according to the runners at your shoulder—you didn't know whether they were running 5K or 20K.

Race director Al Naylor announced at the start of the race that each runner could enjoy a brunch of baked goods, generously donated by Entenmann's Bakery, at the post-race celebration.

### The 5K

A fast pace was set by the lead pack—predominantly consisting of the 5K competitors, but also including 20K runners Michael Regan and Clayton Deel. Leading the pack was Matt Dean of Fort Washington, Md., who held fast and steady to take the win in 15:58. A few seconds later Daniel Holland of Pittsburgh, Pa. took second place in 16:08. The third finisher was Pat Henry of Burke, Va., with a 17:42. First master was Joe Regalbuto, also of Burke, with a 19:54 (10th overall).

In the women's race, last year's winner Christine Fox of Reston, Va., had returned to defend her title. However, Ellie Sloan of Burke, Va., pulled off an upset by clocking in first with 21:16. Fox held down second with 21:45, and Susan Adams, another Burke native, finished third and first master in 21:49. It should be noted that the fourth place finisher, Charlotte Edwards in 23:05, is the mother of overall winner Fox.

One thing is clear, there's some fast runners in Burke—must be the water out there.

The lone race walker was Steve Schindel of Alexandria, Va., with 42:08.

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## Washington Running Club

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

### CLUB OFFICERS

**President:** Kevin Kolakowski (524-8391)  
**Vice President:** Dave Williams (243-1631)  
**Secretary:** Gerry Ives (320-3337)  
**Treasurer:** Bobbie Bleistift (379-2767)  
**Newsletter Editor:** Lisa Hamm (998-6753)

### COMMITTEES

**Legal:** Chairs: Jim Hage, Jack Coffey  
**Membership:** Chairs: Suzy Coffey, Lisa Hamm  
**Newsletter:** Chair: Lisa Hamm, Gerry Ives  
**Competition:** Chairs: Jerry Merkel, Tom McCarthy  
**Social:** Chairs: Pat Walker, Dick Brannan

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### The 20K

This race was serious business for some, since it counted towards points for the DCRRC Snowball Series. There are two events remaining in the seven-race series, and this race was for positioning for the home stretch.

Some records for this course have been on the books since 1980, when Sue Crowe set a 1:15:55 for the women, and Sean O'Connor set the masters men's record of 1:07:23. The men's open record belongs to Tim Tays with a 1:04:06 (1983), and Cindy Dalrymple holds the women's masters record of 1:18:54 (1984). At the start of the race some were of the opinion that this was the year that the open course record would be beaten.

At the 5K mark, when the 5K runners broke away, Michael Regan of Washington, D.C., was out in front, with Clayton Deel of Laurel, Md., on his heels. Regan put the heat on and came close to the record with a fine 1:04:55. Deel finished in second place in 1:07:45, with third place going to Dan Murphy of Washington, D.C., in 1:08:46. First master was John Sherlock of McLean, Va., in 1:13:57 (13th overall).

In the women's race, Christine Snow-Reaser of Stafford, Va. set out in front early in the race and won in 1:19:03. Second place went to WRC's Donna Elliot, who started out the race at an easy pace and finished in 1:20:03. Jacqueline Gaulih took third place in 1:23:02, and the first woman master was Marny Gilluly of Washington, D.C. with 1:26:46 (7th overall).

Kenny Carnes, the sole wheelchair participant, lapped most of the field as he rolled in to a 53:20 finish.

**20K—Men:** 1. Michael Regan, 1:04:55; 2. Clayton Deel, 1:07:45; 3. Dan Murphy, 1:08:46; 4. John Myrka, 1:10:22; 5. Tom McCarthy (WRC), 1:10:30; 6. James Russelburg, 1:11:00; 7. Bill Courtney (WRC), 1:11:01; 8. Jim Larsen (WRC), 1:11:30; 9. Robert Rodriguez (WRC), 1:11:35; 10. Jon Thoren, 1:11:41; 11. Bill Stahr, 1:12:39; 15. J. J. Wind (WRC), 1:15:15; 19. John McGrail, 1:15:34; 21. Bill Wooden (WRC), 1:15:48; Ed Doheny (WRC), 1:19:27; Bob Trost (WRC), 1:19:43; Bobby Bauer (WRC), 1:19:50; Gerry Ives (WRC), 1:20:45; Kevin Kolakowski (WRC), 1:24:29; Ron Griswold (WRC), 1:25:42; George Banker, 1:29:19; Herb Chisholm, 1:29:53; James Scarborough (WRC), 1:30:48.

**20K—Women:** 1. Christine Snow-Reaser, 1:19:03; 2. Donna Elliot (WRC), 1:20:02; 3. Jacqueline Gaulih, 1:23:02; 4. Terry Sweitzer, 1:23:55; 5. Monica Grillo, 1:24:12; 6. Bernie Creed (WRC), 1:25:03; 7. Marny Gilluly, 1:26:46; 8. Hiroko Smith, 1:27:18; 9. Mary McCullough, 1:30:32; 10. Beverly Pritts, 1:30:46; 12. Chris Stockdale (WRC), 1:33:18; Joanne Mallet (WRC), 1:38:52; Julie Peet 1:42:02; Elsie March (WRC), 1:55:45.

**5K—Men:** 1. Matt Dean, 15:58; 2. Daniel Holland, 16:08; 3. Pat Henry, 17:42; 4. Matt Sloan, 17:49; 5. Fred Pollitz, 17:48.

**5K—Women:** 1. Ellie Sloan, 21:16; 2. Christine Fox, 21:45; 3. Susan Adams, 21:49; 4. Charlotte Edwards, 23:05; 5. Tracey Adams, 23:52.

## MADISON CENTER 25K MISCATEGORIZED; WRC'S CLELAND AND CREED TAKE HONORS

by Will Woodbine

The Madison Associates 25K was held in Arlington at 1:00 p.m. on Saturday, January 6th, the first race of the '90s for DCRRC. This race, #4 of the winter Snowball Series, is categorized as a Difficulty III in the course ratings—"moderately hilly, hills a definite factor." I hereby make a motion—seconded by everyone who has run this course—to recategorize this race as a Difficulty IV. Folks, this is a definite knuckle-dragging gutbuster, designed to appeal to the strong of body and weak of mind.

WRC's Jack Cleland and new member Andy Smythe led the field through the first loop. Cleland carried a course map to avoid a repeat of last year's debacle where he led the first eleven runners off course. All this was unnecessary because race director Ed Demoney had done a superb job of marking the course and had stationed Norm Brand where the off-course mistake occurred last year—no one messes with Norm!

Midway through the first loop, as the course winds along the trail through the woods, Cleland and Smythe broke away from a pack of five runners and took command of the race. Cleland opened a slight lead during the second loop and, despite a strong challenge in the third loop, managed to hold on for the win in 1:33:33. Smythe was thirty-seven seconds back in 1:34:04.

Bill Wooden won the masters crown with a fifth place finish in 1:41:19. Wooden had a disappointing race at the Greenbelt 20-miler on December 24th, dropping out after sixteen miles on one of the coldest days of this winter (6°F at the start). This race proved that Wooden sustained no major frost damage at Greenbelt. Runner-up in the masters' division was another WRCer, Bob Trost. Trost cruised the first two loops of the course with Gerry Ives and Robert Rodriguez alongside. At the beginning of the third loop Trost and Rodriguez left Ives gasping in the dust as they moved up to finish in 7th and 8th place respectively.

In the women's race it looked as if it was all Patty McGovern. McGovern finished ten minutes ahead of Bernie Creed, but was just running the race as a workout and had not registered. Creed's winning time of 1:59:05 was more than ten minutes ahead of her nearest rival, the inimitable Betty Blank.

A word of thanks goes to all the race volunteers, with a special three cheers for race director Ed Demoney. The course was perfectly marked, with large arrows at every turn and 'reassurance' arrows on the long straightaways. Racers were served hot chocolate and cookies after the race.

**Men:** 1. Jack Cleland (WRC), 1:33:33; 2. Andy Smyth (WRC), 1:34:04; 3. Bill Stahr, 1:38:54; 4. Greg Smyth, 1:41:17; 5. Bill Wooden (WRC), 1:41:19; 6. Ted Poulos, 1:44:35; 7. Robert Rodriguez (WRC), 1:47:35; 8. Bob Trost (WRC), 1:47:37; 9. Stefan Schrichte, 1:48:45; 10. Tom Skelly, 1:48:52; 14. John McGrail, 1:51:18; 15.

Gerry Ives (WRC), 1:52:52; Dick Brannan (WRC), 2:09:56 (training run).

**Women:** 1. Bernie Creed (WRC), 1:59:05; 2. Betty Blank (WRC), 2:10:11; 3. Mary Gaylord, 2:10:28; 4. Jeanne Grillo, 2:10:30; 5. Barbara Breitenbach, 2:32:40; 6. Betty Sue O'Brien, 2:48:05.

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

**Bill March** made his annual trip to Bermuda in January. This is the third year in a row that March has run the Bermuda 10K and the Bermuda Marathon on the following day. This year he clocked 39:13 for the 10K and 3:19:21 for the marathon. While in Bermuda he uses a unique training diet—a six-pack of Heineken a day. March calls this his "greenie" diet—named for the color of the bottle and label of his favorite brew.

If you haven't seen **Frank Faykes** around for a while, it's because he is now stationed in Frankfurt, West Germany. He went out to Germany after **Wayne Allen** returned to the Pentagon—apparently the military likes to keep a WRCer over there at all times. Faykes reports that the running is great and that he is gearing his training for the Paris Marathon on May 6. Let us know how you do, Frank.

**Walter Sargent** had a great string of marathons at the beginning of 1989—at least three in the low 2:20s—including a 2:20:01 effort at San Diego. He now reports that he is paying for his efforts and hobbling around waiting for various body parts to heal.

## DCRRC SELECTS OUTSTANDING RUNNERS OF 1989; THREE WRC MEMBERS CHOSEN

by Gerry Ives

The DCRRC Executive Committee has selected the outstanding runners for 1989. Of the five runners selected, three were members of WRC—yeah!

The *Outstanding Male Runner* for 1989—a drumroll while I open the envelope—is Jack Cleland. Among Jack's latest successes was a win at the Madison Associates 25K, a 2:31 Marine Corps Marathon (a member of WRC's winning team), a fifth place finish at Annapolis, and a win at the Langley 8K last summer.

The *Outstanding Female Runner* for 1989—a trumpet fanfare please—is Kathy Ventura-Merkel. Kathy successfully balances her running, her job, three lively sons, and a husband who likes to get a run in now and again. Her tenacity and competitiveness while racing are balanced by her easy-going and friendly attitude after the finish of the race.

The *Outstanding Male Masters Runner* for 1989—the sound of Heineken bottles clinking together gives this one away—is Bill March. Bill is ranked #4 Washington area runner in the 50-59 age group by *Washington Running Report*.

The *Outstanding Female Masters Runner* for 1989—

the sound of loud applause, even if she doesn't belong to WRC—is Charlotte Edwards. Charlotte has proven herself to be a strong performer in the increasingly-competitive female masters division over the past year.

The *Most Improved Runner* for 1989—cheers erupt from the folks from Silver Spring—is Ted Poulos. Ted can be counted on to run in the majority of the DCRRC races every year. One of his latest efforts was a 6th place finish at the Madison Associates 25K in January.

The awards will be presented at the DCRRC Banquet. Details of where, when and the cost of attending the banquet will be announced shortly. Try and make an appearance to cheer your Clubmates.

## AROUND MY PLACE

*by Martin Greenbaum, Southern Md. Correspondent*

As the song goes, "Where have you gone, Joe Dimaggio," I haven't gone too far. Almost 1½ years ago my wife and I moved to Lusby, Md., 50 miles southeast of Washington, D.C., in a subdivision called Chesapeake Ranch Estates. I live on El Segunda Lane. It means "the secondary road." Other street names conjure up memories of the Old West with names like Rodeo Road, Chisholm Trail, Golden West Way, Cattle Drive Lane, Durango Court, Santa Cruz Drive, etc. My wife's mother lives on Stagecoach Trail. You get the picture. We live 6 miles from Solomons Island. Our house is one mile from Chesapeake Bay as the eagle flies, but two miles by a hilly and circuitous road. I try to run along the Bay (on the sand) as much as possible. It's very peaceful. No cars to contend with, only dogs. I've had several dogs run with me, one of which stayed with me for five miles. This time of year I see many ducks, geese and swans. In the spring, summer and autumn, osprey and blue heron are visible. And, if I decided to run in the water with a net, I could catch some crabs. I usually time my runs as close to low tide as possible in order to run on as much dry land as possible. With the heavy precipitation this year, I found myself schlossing through water many times as low tide splashed up against the base of cliffs that towered as high as 100 feet overhead. I have also had many obstacles to jump over, climb over or go around. Erosion has caused the cliffs to give way, with the result being trees, dirt and stone falling down to the beach below. I have often stopped to observe an area of the cliffs where tons of earth once was, uncovering the Neolithic past, or at least before hair was invented. I've fallen several times and skinned my knee, then washed it off at one of the miniature waterfalls. One of my longer runs took me to Calvert Cliffs Park. There are many miles of foot trails in the park for hiking or jogging. All of it seems to be shaded. These trails are marked, but in the beginning, I got lost. The park is located just off Route 4, about 35 miles from the Beltway. Another one of my long runs takes me past Drum Point, over bulkheads built to slow the pounding surf and eventual erosion. All of this running is done on private property. I have yet to incur the wrath of the owners. Part of my view along this route includes the water, and c

across the water, St. Mary's County, the Mother County of Maryland. I always look upon PAX, which is short for Patuxent Naval Air Station, and watch the planes take off and land. Just offshore is the remains of the Cedar Point Lighthouse. So, as I near the southern end of my run, the tiny island of Solomons comes into view. It is still a small fishing village, mostly left unspoiled by a Big Mac or Whopper. The nearest fast food restaurant is a Roy Rogers, a couple of miles north of the island. I haven't even eaten there yet. As I come to end of the part of the run, I can almost reach out and touch the Island. I've thought about swimming across. I'll wait till the Creek freezes over. It did, once, about 10 or 12 years ago. It may happen this year.

There have been a few races run on the Island. One was a six mile race run on May 13, 1989. The winning time was 31.4 minutes (how does that compute!) On that particular day I was in Ridge, Md. (St. Mary's) running a 5K race. There was also a concurrent 10K race. While the race on Solomons Island drew 178 runners, I was finishing 1st in my age group (40 and over), and 1st overall. There were only two other runners, and they chose the longer 10K. My official time was 21:57. I was promised a trophy or plaque, but have seen neither. Before I recommend this race, let me talk to the sponsor first. His excuse was that the trophies he ordered never came, and he would mail me mine. As I was running this race, I recalled a race I had run on this road (route 5) over 20 years ago. In both 1967 and 1968 I ran a 20-mile race from nearby Ridge to the fairgrounds in Leonardtown, passing the picturesque cent of higher learning, St. Mary's College, a 4-year college since 1970. This race took place in September during the County Fair. Out of 12 finishers, I was 7th with a time of 2:24:45 and received a huge trophy. The following year I finished 6th out of 23 starters with a time of 2:30:???. Nine runners dropped out due to very hot conditions. Again, I received a very large trophy. Shortly afterwards, I was drafted into the Armed Forces (but that's another story).

I never mentioned why my wife and I moved here. It isn't the fishing or crabbing (we don't) or the swimming (I couldn't care less), or the running (I could probably run anywhere). It was to escape the congestion of the Washington area, and to live a slower paced life. I quit my job of 20 years with the Prince Georges County Health Dept. I'm essentially semi-retired, and self-employed. I sell novelties at fairs, festivals, etc. You may have recognized me at the Rockville Run Fest on July 22, 1989, selling from a grocery store shopping cart. You may have remembered the green light-up necklaces or loud-blowing horns. These are only two of the many items I sell at such festivals as Falls Church, on Memorial Day (I also ran the 3K), Market Day on Capitol Hill in May, the St. Patricks' Day Parade in March (there is a 10K to precede the parade, right?) and too many other events to mention. Most of the events are on the week-ends when I work, so I don't get a chance to run in a race. My slow months are coming up, January and February, so I may take in a race or two.

If you're in the area, come on down to visit. Oh, I

forgot to mention. This is the largest subdivision in Calvert County. It has only two entrances, both with a guard gate. In order to gain entry by vehicle, one has to obtain a temporary pass at the gate which is left at the request of a resident. You could be my guest, or I could keep you from getting in. You could buy a parcel of land (usually 1/4-acre), and then you could get in any time. At the present time, there is a building boom going on. Lot prices and house prices have gone way up since we moved here. But, there is still plenty of woods and wildlife. Check it out for yourself. 'Till next time, I remain, Chester Peake.

**MINUTES OF MEETING OF WRC HELD JANUARY 12, 1990**

In the absence of President Lisa Hamm the meeting was called to order by Vice President Kevin Kolakowski. **Election:** The first order of business was the election of officers for 1990.

**President:** Kevin Kolakowski was the only nominee. There being no other nominations, Kevin Kolakowski was elected President.

**Vice-President:** Dave Williams, James Scarborough, and Donna Elliot were nominated. Dave Williams received a majority of the votes and was elected Vice-President.

**Treasurer:** Bobbie Bleistift, and James Scarborough were nominated. Bobbie Bleistift received a majority of the votes and was elected Treasurer.

**Secretary:** Gerry Ives, James Scarborough, and Tom McCarthy were nominated. Gerry Ives received a majority of the votes and was elected Secretary.

**Treasurer's Report:** Treasurer Bobbie Bleistift reported a balance of \$3,852.77 as of January 11th. A check for the Club volunteers at the Georgetown 10K is still outstanding.

**Competition Committee:** Jerry Merkel is heading up the Competition Committee and is currently putting together teams for the Greenbelt Marathon Relay in February.

**Executive Committee:** The Club's Executive Committee, comprised of the elected officers of the Club, will be meeting to consider various items concerning the operation of WRC. There is a possibility that the day of the monthly meeting will be changed from Friday. Your suggestions would be helpful. The Committee will also be discussing fund raising possibilities, Club races, and race sponsorship.

**New Business:** Alan Roth reported that the Park Service is still giving race organizers a hard time about conducting races in West Potomac Park and Hains Point. The Park Service reneged on an agreement to allow the Hangover Classic to be conducted in West Potomac Park and continues to threaten action against race orga-

nizers who take money for late registration in the park. There will be a meeting of the Greater Washington Running Council at the Jelleff Boys Club in Georgetown on Jan. 24th to discuss these issues and other matters.

A vote of thanks was given to Dick Brannan for the use of his apartment and the help he provided for the Club banquet. Together with Pat Walker, Dick made this event a great success.

There being no further business the meeting was adjourned.

*Gerry Ives, Secretary.*

**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.

**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.

**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.

**Hamilton Pontiac Cadillac Nissan, Inc.**, 261 Frederick St., Hagerstown, MD 21740 (1-800-527-4603). WRCer Mike Spinnler will be glad to make you a deal on a new, used, or leased car. Call between 8:30 a.m. and 8:30 p.m. Monday through Friday.

**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.

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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 a brisk 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.

**Sunday Morning Run**, Williamsport H.S. (take 70W to 81 South, use Williamsport exit, approx. 70 minutes from D.C.), 9:00 a.m. Groups range from 15-40 runners for runs of 13-20 miles, mostly on C&O Canal and surrounding countryside. Runners abilities range from beginners to Olympic Trials competitors. **Contact:** Mike Spinnler at h] (301) 739-7004 or w] (301) 733-7222.

**Monday thru Thursday**, University of Maryland, 6:30 p.m. Training run, all paces, all distances, everyone welcome. **Contact** Dan Rincon at w] 454-4816 or h] 441-9265 for further details.

*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 1989**

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***