

Washington Running Club ★ Newsletter

Volume 9, Number 3

© 1990 Washington Running Club

March 1990

MARCH MEETING IS ON A THURSDAY!

The MARCH meeting of WRC will be held at 8:00 p.m. on THURSDAY, March 8th at the Arlington Y, adjacent to the Courts Royal Tennis Club. The Arlington Y is located at the corner of 13th St. and Kirkwood Dr. in Arlington. From D.C. or Maryland, take Key Bridge to GW Parkway, go 200 feet to exit on left (Spout Run). Follow Spout Run across Lee Highway where it becomes Kirkwood Dr. The Arlington Y is on the right. The meeting will be held in the lounge area between the tennis courts.

CLELAND WINS G.W. BIRTHDAY MARATHON; WRC TEAMS WIN WOMEN'S, OPEN, & MASTERS'

by Will Woodbine

The DCRRC George Washington Marathon is in no danger of fading away. Two years ago, with the number of participants declining, George Banker agreed to organize a marathon relay in conjunction with the main race. The success of Banker's effort could be seen in Greenbelt at the 29th running of the race on Sunday, February 18th, as 54 teams vied for bragging rights in six categories: men's and women's open, men's and women's masters, co-ed, and masters co-ed. The three-person teams ran legs of 9, 8, and 9.2 miles. Additionally, more than 170 runners ran the full marathon.

In the full marathon, WRC's Jack Cleland ran four minutes slower than last year, but fast enough to be the overall winner in 2:41:48 and to lead the WRC Men's 'A' team to victory. Cleland was never seriously challenged on the course after he opened up a big lead during the first nine-mile loop.

In the women's race, Renee Butler took the top spot in 3:11:04. In second place, and first master, was WRC's Mary Ellen Williams. Williams was treating the race as a Boston tune-up and ran the first two loops of the course conservatively. Running more aggressively through the third loop, Williams moved up to second place and finished in 3:15:32.

WRC's relay teams performed magnificently, taking the Open, Masters, and Women's titles.

The WRC Open 'A' team, of Cleland, Tom McCarthy, and Jim Hage, fought off a strong challenge by the WRC Masters team of Ed Doheny, Bill Wooden, and Lucious Anderson, for the overall relay win.

POST-CHERRY BLOSSOM PARTY

There will be a post-Cherry Blossom Party at the President's House (no, not the White House, President Kolakowski's house; President Bush wouldn't allow you lot inside his front door) on Sunday, April 1st, at 1:00 p.m. The Prez lives in Arlington at 2100 Lee Highway, #523, Arlington, Va. The Club will provide beer and snacks, but extra food and beverage donations would be welcomed.

Hage threw a scare into McCarthy when he failed to appear at the seventeen mile hand-off point on the last leg of the relay. McCarthy showed just how tough a competitor he is, when he continued on without waiting for Hage. Hage arrived at the hand-off point five minutes late and took off in pursuit of McCarthy, finally catching him at the 21-mile mark. WRC's open 'B' team of James Scarborough, Kevin Kolakowski, and Mike Cotner took eighth place.

The WRC women's team of Kathy Merkel, Pat Walker, and Donna Elliot was head and shoulders above the competition. Merkel built up a minute lead over the 'Lady Chariots' during the first leg, Walker extended the lead to four minutes on the second leg, and Elliot put the icing on the cake by extending the lead to nine minutes at the finishing tape.

WRC's masters 'B' team took the slight lead in the masters competition with a fine 52:21 opening leg by J. J. Wind. The team slipped to third place after being passed during the second leg by WRC's 'A' team and the GNATS. WRC's Flying Fifties team of Dick Brannan, Gerry Ives, and Bill March, hobbled in to take fifth place in the Masters Division, despite having a combined age of 153 years.

Team Rincon, which included WRCers Bobby

MEMBERSHIP RENEWALS

If you haven't mailed back your 1990 membership renewals, now's the time to hit the mail box. Unless you renew, this will be the last Newsletter you'll see, and the membership dues will increase to \$20 for all renewals after March 31st. Operators are standing by.

Bauer and Chris Stockdale, took the first place in the masters co-ed division. The team had ex-WRCer Bob Oberti running the third leg, and he didn't disappoint as he ran 53:24.

Louise Mallet, running for the MCRRC 'Bo Knows Relays' open co-ed team, ripped through the second leg in 51:36. The time was the fastest women's time clocked for that leg. WRC's co-ed team, of Andy Smyth, Lisa Hamm, and Roger Howell, took third place in an extremely strong co-ed division. Howell's time of 49:11 was the fastest turned in for the third leg.

Thanks for the results go to George Banker and more thanks go to race directors Bill Brogan and Larry Noel. Appreciation for the assistance rendered by the GEWA/NASA Center personnel, Laurel Mobile Communications Club, Entenmann's Bakery, Fleet Feet of Adams Morgan, and all of the volunteers.

Marathon

Men: 1. Jack Cleland (WRC), 2:41:48; 2. John Ausherman, 2:44:38; 3. Jon Thoren, 2:49:57; 4. Douglas Heagy, 2:51:46; 5. Jose Luis Flores, 2:53:16; 13. Bernie Gallagher, 2:59:04; Dick Hipp, 3:08:17; Al Marcy, 3:08:24; Larry Tabachnick (WRC), 3:21:40.

Women: 1. Renee Butler, 3:11:04; 2. Mary Ellen Williams (WRC), 3:15:32; 3. Hiroko Smith, 3:17:46; 4. Tita Egan, 3:28:10; 5. Barbara Fitz, 3:31:40; 6. Betty Blank (WRC), 3:31:51; Betty Sue O'Brien, 4:11:10.

Marathon Relay

Open Men: 1. WRC 'A' Team (Cleland [50:57], McCarthy, [44:19], Hage [54:02]), 2:29:18; 2. DC Harriers, 2:36:00; 3. Fleet Feet, 2:37:06; 8. WRC 'B' (Scarborough [63:06], Kolakowski [53:56], Cotner [58:12]), 2:55:14.

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 Editors: Lisa Hamm, Gerry Ives

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

Open Women: 1. WRC Women's Team (Merkel [58:28], Walker [53:11], Elliot 58:46), 2:50:25; 2. Lady Chariots, 2:59:13; 3. Fleet Feet #1, 3:22:27.

Open Co-ed: 1. MCRRC 'Bo Knows Relays', 2:40:04; 2. MCRRC Young Bucks, 2:42:36; 3. WRC Co-ed (Smyth [53:34], Hamm [60:04], Howell [49:31]), 2:43:09.

Masters Men: 1. WRC Masters 'A' (Doheny [52:54], Wooden [47:54], Anderson [50:57]), 2:29:45; 2. GNATS, 2:35:28; 3. WRC 'B' (Wind [52:21], Trost [49:46], Katen [57:17]), 2:39:24; 5. WRC Flying Fifties (Brannan [59:33], Ives [52:43], March [61:21]), 2:53:37.

Masters Women: 1. MCRRC Strawberry J.A.M., 3:25:50; 2. Washington RunHers, 3:34:08; 3. Dalamo Dynamos, 3:50:04.

Masters Co-ed: 1. Team Rincon (Bauer [54:11], Stockdale [55:32], Oberti [53:24]), 2:44:27; 2. MCRRC 'Masters of the Universe', 2:52:15.

1992 OLYMPIC MARATHON TRIALS QUALIFYING TIMES ANNOUNCED

For all you Olympic hopefuls, and those of us who like to dream, Al Naylor has supplied us with the TAC standards for the 1992 Marathon Trials.

For men—A time of 2:20 or better, set on a TAC-certified course between 11/11/90 and 3/31/92, or being the U.S. National Champion (the first American) at a TAC Men's National Road Race Championship, at distances from 10K through the marathon, between 11/11/90 and 3/31/92.

The men's trials will be held in Columbus, Ohio, in mid-April 1992. Races that are close to us and that are designated as TAC Men's National Road Race Championships are the 20K Championship on May 26 in Wheeling, W.Va. (Elby's Distance Classic) and the Half-Marathon Championship on August 18 in Parkersburg, W.Va.

For women—A time of 2:45 or better, set on a TAC-certified course between the date of Grandma's Marathon in June, 1990 through 12/31/91. Women can also qualify by running a 10K in 32:45 or better on a TAC-certified course or by running a half-marathon in 1:14 or better on a TAC-certified course, within the same time frame.

The women's trials will be held in Long Beach, Calif., in early spring of 1992.

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

The latest WRC member, **Donald John Coffey**, joined the Club at 11:00 a.m. on Tuesday, February 20th. On his application form young Coffey was listed as weighing 9lbs and was 1 ft. 8½ inches tall. Mother, **Suzy Rainville Coffey**, is doing fine, despite 13 hours of labor; father, **Jack Coffey**, is

putting on weight and can't remember when he last did 13 hours of honest labor.

Everyone's favorite runner, **Laura DeWald**, became engaged to attorney **George Campbell**. George popped the question at sunset on a mountaintop in Acapulco. Okay folks, that's your ration of romance for this month's Newsletter. George's romantic standards are far too high for any of the blokes in WRC to strive for.

Thanks go to **Doug Robinson** for the extra contribution sent along with his membership renewal. The Club's finances have been a little tight since Hecht's withdrew their support for the Hecht's 10-Miler, so these extra contributions are appreciated. Any fund raising ideas would be welcomed by the Executive Committee, as long as they are in good taste—or at least legal!

The DCRRRC Awards Banquet will be held at the Stouffer's Concourse Hotel, 2399 Jeff Davis Hwy. (Crystal City), Arlington, Va., on Sunday, April 8th. Three Washington Running Club members (**Jack Cleland, Kathy Merkel, and Bill March**) will be among the six runners honored for their 1989 performances. There will be a cocktail reception (cash bar) between 6:00 and 6:30 p.m. and a buffet dinner from 6:30 until 8:30 p.m. The speaker will be **Kenny Carnes**, the nationally ranked Washington-based wheelchair athlete. The cost will be \$15 per person. Call George Banker at (301) 248-5619 for further details.

Bernie Creed is running under the sponsorship of Cassidys Womens Active Wear, of 4710 Bethesda Avenue, Bethesda. Cassidys also sponsors fellow WRCCer, and women masters standout, **Beverly Shooshan**.

One of our California contingent, **Jeanie Libutti**, is returning to D.C. this summer. Libutti's husband, a Marine, is expecting to be transferred to Quantico. She will be eligible to compete in the women's masters division in July, which will add even more competition to an increasingly tough category.

If you have an urge to run a 5K with **Vice President and Mrs. Dan Quayle**, circle Saturday, June 16th on your calendar. Even you left-wing pinko Democrats are invited—it's for a good cause. The race is part of the national breast cancer awareness campaign and money raised from the race will be donated to a DC-based mobile mammography van project, the Nina Hyde Center and the Susan G. Komen Foundation. A pre-race aerobic warm-up will be led by Lynda Carter, Loni Anderson, and Larry Hagman. As an added attraction a 1990 Cutlass Supreme Convertible will be offered as a random prize. For additional information on the race contact Claudia Peters of Cassidy & Associates at 347-0773.

CLELAND AND REASER TAKE HONORS AT DCRRRC FORT HUNT 12K AND 5K

by George Banker

It was near perfect racing conditions as the 1989-90 Snowball series of the DCRRRC was about to come to a close. The final two events, a women's 5K and an open 12K, were contested at Fort Hunt Park near Mount Vernon, Va., on Saturday, February 3, 1990.

The 5K was held inside the park on the loop course, which made for easy traffic control. Christine Reaser of Stafford, Va., took an early lead and held her position to win in 18:09. Second place was captured by Lynn Patterson of Fairfax with a time of 18:35, followed by Monica Grillo of Falls Church in 18:58. The first masters finisher was Mary Ann Zuckerman, fifth overall in 20:25, who narrowly missed beating her own masters course record. The first WRCCer home was Claudine Stone who broke the tape in a p.r. 20:52, narrowly beating Betty Blank who trailed in 21:05.

The 12K open race started forty-five minutes after the women's 5K—barely enough time for the women who ran the 5K to catch their breath and get ready for the open competition.

The 12K course starts and finishes inside the park, with the balance of the race on the Mount Vernon bike path. For the women, the pace was a little different, but the same faces were up in front as Reaser was joined by Patterson and Terry Sweitzer. Battling it out all the way, Sweitzer faded slightly to finish in third place with a time of 51:19. Reaser and Patterson came in with identical times of 51:05, with Reaser being given the nod for first place—and the double header—by a nose.

The overall winner of the 12K was WRC's Jack Cleland. In the first mile Cleland shared the lead with Dan Holland, a native of Pittsburgh who is spending a semester studying in D.C. WRC's Tom McCarthy kept in contact in third place waiting to make his move. These positions held until the turnaround point, when McCarthy turned up the motor enough to reel in Holland, but by this time Cleland was out of reach. Cleland took first place in 40:13, with McCarthy finishing second with 41:10, and Holland hanging on to third in 41:17. The first male master was another WRC member, noted miler J. J. Wind, with a time of 43:03.

Women: (5K): 1. Christine Reaser, 18:09; 2. Lynn Patterson, 18:35; 3. Monica Grillo, 18:58; 4. Terry Sweitzer, 19:40; 5. Mary Ann Zuckerman, 20:25; 6. Bebe Porter, 20:26; 7. Valerie Ellsworth, 20:42; 8. Claudine Stone (WRC), 20:52; 9. Betty Blank (WRC), 21:05; 10. Trish Palermo, 21:20; 13. Jennifer McGrail, 22:48.

Men (12K): 1. Jack Cleland (WRC), 40:13; 2. Tom McCarthy (WRC), 41:10; 3. Dan Holland, 41:17; 4. Bill Stahr, 41:30; 5. Robert Rodriguez (WRC), 42:12; 6. Jon Thoren, 42:32; 7. J. J. Wind (WRC), 43:03; 8. John McGrail, 43:54; 9. Richard Kastenschmidt,

44:08; 10. Tom Skelly 44:54; 14. George Masson, 45:23; 25. Bob Trost, 46:54.

Women (12K): 1. Christine Reaser, 51:05; 2. Lynn Patterson, 51:05; 3. Terry Sweitzer, 51:19; 4. Susan Adams, 55:28; 5. Marion Elliott, 57:12; 7. Betty Blank (WRC), 58:53; 10. Lynda Durfee, 62:45.

WRC MEMBERS WIN SEVEN AGE GROUPS IN 1989-1990 SNOWBALL SERIES

by Will Woodbine

WRC members won seven of the age group categories in the 1989-90 Snowball Series. The series was marked by the usual extremes of temperature, ranging from the 6°F at the Greenbelt 20-miler to the balmy 60°F registered at the JFK 20K. Not surprisingly, the JFK 20K attracted the series high with 177 runners while the Greenbelt 20-miler took the series low with only 28 hardy souls participating.

The WRC men won all age group categories from age 30 through 54 and the women won the 30-34 and 45-49 groupings. A total of 432 runners participated in the series, 335 men and 97 women, down from last year's record total of 541. Some of the decline can be attributed to the unusually low temperatures during December.

The best four finishes for each individual in the seven-race series were counted toward the final standings. The participants could score a maximum of 80 points if they were first in their age group for all four races. The award winners were (total points scored are in parentheses):

Males

- 19 & Under—No qualifiers.
 20-24—1. Albert Martinez (39), Peter Feltman (39); 2. Richard Kastenschmidt (38).
 25-29—1. Bill Stahr (80); 2. Ted Poulos (74); 3. Wayne Cottrell (61).
 30-34—1. Tom McCarthy (WRC) (76); 2. Doug Van Zoeren (73); 3. Robert Rodriguez (WRC) (71) 4. Jon Thoren (66).
 35-39—1. J. J. Wind (WRC) (80); 2. Tom Skelly (77).
 40-44—1. Bob Trost (WRC) (76).
 45-49—1. Bill Wooden (WRC) (80); 2. George Masson (74); 3. Andy Buechele (72).
 50-54—1. Gerry Ives (WRC) (80); 2. Ed Sharp (76); 3. Al Marcy (75).
 55-59—1. Larry Dickerson (79).
 60-64—1. Dick Good (79).
 65-69—1. Bill Osburn (79); 2. Frank Luff (77); 3. Bud Averitt (73).
 70 & Over—Alvin Gutttag (80).

Females

- 19 & Under—No qualifiers.
 20-24—1. Christine Reaser (80).
 25-29—1. Terry Sweitzer (79); 2. Jeanne Grillo (52).

30-34—1. Bernie Creed (WRC) (40) & Deb Porter (40); 2. Keg Good (38).

35-39—1. Beverly Pritts (77); 2. Betty Blank (57).

40-44—1. Mary Ann Zuckerman (60); 2. Hiroko Smith (39); 3. Betty Sue O'Brien (38).

45-49—1. Chris Stockdale (WRC) (59).

50 & Over—1. Barbara Brietenbach (77); 2. Charlotte Edwards (40); 3. Lee Glasco (36).

A round of applause is due the race directors and all of the volunteers who made the Snowball Series possible. Three cheers should go to DCRRRC Historian, George Banker. George keeps track of the scoring and the results for the seven-race series—not an easy task.

The awards will be distributed at the Nike Cherry Blossom 10-Miler package pick-up on Saturday, March 31, 1990, at the Crystal Gateway Marriott, 1700 Jeff Davis Highway, Arlington. If you are unable to attend *please* have someone pick up your award.

DEPUTY DUNCAN DOMINATES IN ELITE MILE AT ARLINGTON CO-OP INDOOR TRACK MEET

by J. J. Wind

Crooks on foot will never outrun Alexandria Sheriff's Deputy Chris Duncan. He showed why at the Arlington Co-op's Indoor Track Meet at Thomas Jefferson Community Center, Sunday Feb. 11, as he outkicked Clint Kiser and Mark Baugh by two seconds to win the Elite Mile in 4:30:1.

Michelle Connell of Glen Burnie, Md., and Stephanie Carpenter of Fairfax, Va., were double award winners. Connell won the women's mile in 5:27 and finished second at the two-mile in 11:51, while Carpenter showed her versatility by finishing third in both the half-mile in 2:48 and the two-mile in 13:41.

Ruth O'Hara of Alexandria and Dante Richardson of Riverdale, Md., repeated the winning ways they showed at the January 28 meet, in the same events. O'Hara ran away in the two-mile, winning in 11:53; she won on Jan. 28 in 11:31. Richardson won the half-mile in 2:05; he won on Jan. 28 in 2:02.

In the January 28 meet, WRCer Louise Mallet took the one-mile event in 5:18, leading the second-place woman by 28 seconds.

One-Mile

Elite Men: 1. Chris Duncan, 4:31.7; 2. Clint Kiser, 4:33; 3. Mark Baugh, 4:33.

Women: 1. Michelle Connell, 5:27; 2. Teri Duthie, 5:46; 3. Deb Porter, 5:49.

Masters Men: 1. Craig Anderson, 4:50; 2. J. J. Wind (WRC), 4:51; 3. Edward Harte, 4:58.

Open: 1. Michael Potter, 5:09; 2. Danny Triplett, 5:11; 3. John Plummer, 5:16.

Half-Mile

Men: 1. Dante Richardson, 2:05; 2. Craig Chasse,

2:07; 3. Kevin Jones, 2:10.

Women: 1. Teri Duthie, 2:37; 2. Desiree Ficker, 2:45; 3. Stephanie Carpenter, 2:48.

Two-Mile

Men: 1. Andrew Flood, 9:34.0; 2. Alex Magoun, 9:34.1; 2. Jonathan Reed, 9:56.

Women: 1. Ruth O'Hara, 11:33; 2. Michelle Connell, 11:51; 3. Stephanie Carpenter, 13:41.

CAPITAL CRESCENT TRAIL COALITION ASKS FOR HELP IN SPRING CLEANUP

by Lisa Hamm

The Capital Crescent Trail Coalition, which WRC joined last year, has asked our club to participate in two events this spring: Earth Day and the National Celebration of the Outdoors.

The CCCT is focusing attention on the proposed trail in northwest Washington and Montgomery County with a clean-up on Saturday, April 21, and a hike and rally on Sunday, May 5.

The 20th anniversary of Earth Day is Sunday, April 22. The CCCT will be—in its words—"brushing up" the proposed trail that follows the Georgetown Branch from K Street to Silver Spring the day before.

The group is asking each member organization "to be stewards of the trail by designating a section they will be responsible for clearing."

MID-PACIFIC ROAD RUNNERS RUN IN THE SUN ALL YEAR

by James Scarborough

I last lived in Hawaii in my pre-running days, from 1966-1970 (that was before a lot of other things too). Knowing I'd be out there for a week in February, I managed to find the phone number of Running Room, a Honolulu running store. They told me of a 20K race being held Sunday, 4 February, at Barbers' Point Naval Station (for those *malihinis* unfamiliar with Oahu, it's on the southwest corner of the island).

This little publicized race was put on by the Mid-Pacific Road Runners' Club for an entry fee of \$3 (non-members). It started at 0700, which meant driving to the start at White Plains Beach in the pitch dark; to avoid the heat, a lot of races in the island start earlier! Summer running wear (halters and topless) is the norm all year round in Hawaii.

The two-loop course was flat and (should have been) fast. Along the route, we could see on one side a large forest, and on the other side the mountains (the mauka side). A mongoose ran across the road at one point. We also saw the typical phenomenon of running on a Navy installation: magazine area cautions (not the kind you subscribe to), golf courses, airfields, barracks, gigantic murals with Sea-

bees and officers' wives' clubs logos on them, and warehouses.

The finish line chute was strewn with cones cut off(?) to about two inches. I hit the tape at 1:34:22, not even up to JFK time, but the second loop was pretty hot. The open—or *alii* in local parlance—divisions were won by Gary Fanelli in 1:06:24, and Jeanie Urness in 1:20:12. Masaru Morikawa set a 70 and over record with a 1:38:14.

After the race, I picked up a MPRRC singlet and said *mabalo* to the volunteers. Their next race was to be the Perimeter Run, a 130-mile relay team race around Oahu.

Later that day I went to catch the Pro Bowl. Bo didn't play, nor was he in the race.

FUN FOR ALL AT INAUGURAL DCRRR FRANKLIN PARK 5-MILER

by James 'Scab' Scarborough

The inaugural (for DC Road Runners) running of the Franklin Park Five Miler saw a downright glorious turnout of nearly 120 pavement pounders on a very mild winter morning, the day before Super Sunday. The hilly, double-loop-plus-out-and-back course started and finished at Williamsburg Intermediate School (of which I am an alumnus) and in between hobbled through the hodgepodge and historic neighborhood of Franklin Park in McLean.

The five miler was won by Ken Wolters, 20, of Alexandria, in 26:08. He was followed by an out-of-towner, Greg Mislick (coming all the way from Falmouth, Va.) in 26:37. WRC's own Tom McCarthy, now in the 30-39 age group, was third in 27:46 (Tom finally met his match after taking the gold in several recent Arlington races). Robert Rodriguez was sixth in 28:46, followed nine seconds later by the first master, Jacob Wind (only two weeks after his 40th and only one day before his second indoor track meet). The second master was another WRCer and DCRRR awards chairman Bill Wooden in 29:57, who got the unenviable task of helping sort the finish cards. Third master, 18th overall, was Chan Robbins, 52, in 30:41. he was followed by former DCRRR Treasurer Tom Skelly in 30:49.

The top three women may not all be household names, but posted excellent times for the course: Christine Snow-Reaser of Stafford, Va., in 31:22, Lynn Patterson in 31:41, and Terry Sweitzer in 33:09. The top three master's women featured famous triathletes and running journalists Mary Ann Zuckerman (34:35), Carol Lassiter (35:17), and Takoma Park's own Chris Stockdale (36:39)

The top finisher from Brant Lake, N.Y. was Kevin Kolakowski, who broke the seven-minute barrier (but not the sound barrier) in 34:27. The one-mile featured Bill Osburn's (38:01) grandsons, Jeremy and Chris, taking first and second.

The DCRRR was also pleased to welcome (and

contribute \$1 per entrant) to the Hospice of Northern Virginia, ably represented by volunteer Janet Hiller. A splendid time was had by all.

Men: 1. Ken Wolters, 26:08; 2. Greg Mislick, 26:37; 3. Tom McCarthy (WRC), 27:46; 4. Bill Stahr, 28:05; 5. Doug Van Zoeren, 28:24; 6. Robert Rodriguez (WRC), 28:46; 7. Jacob Wind (WRC), 28:55; 14. Bill Wooden (WRC), 29:57; 18. Chan Robbins, 30:41; 25. Bob Trost (WRC), 32:05; Kevin Kolakowski (WRC), 34:27; Al Guttag, 84:00

Women: 1. Christine Snow-Reaser, 31:22; 2. Lynn Patterson, 31:41; 3. Terry Sweitzer, 33:09; 4. Anita Feres, 33:45; 5. Mary Ann Zuckerman, 34:35; 6. Carol Lassiter, 35:17; 7. Chris Stockdale (WRC), 36:39; 10. Charlotte Edwards, 40:29.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD FEBRUARY 9TH, 1990

The meeting was called to order by Club President Kevin Kolakowski. Kolakowski congratulated J. J. Wind on his performance in the Masters Mile at the Mobil track meet, and made a motion to give J.J. a new singlet before he appears on national television again.

Competition Committee: Chairman Jerry Merkel reported on teams for the Greenbelt Marathon and asked Club members to keep him informed of potential team races. The Club's reimbursement policy, as printed in the February Newsletter, was reaffirmed. The Club will have a team at Boston this year.

Membership Committee: Gerry Ives reported that 108 members had renewed their membership in WRC for 1990. It was suggested that a membership recruitment form be printed up. The form should have some information about the Club and an application, and could be placed on car windshields at races.

Treasurer's Report: Bobbie Bleistift reported that there was \$4,539.86 in the Club treasury. This is \$1,000 less than the same period of last year. The Club has not been paid for the volunteers it provided for Georgetown. Ives will follow up with Mark Baldino of Colonial Running (*this has since been paid, a check was received on Feb. 16th*).

Social Committee: There will be a party after Cherry Blossom this year. The time and place is to be decided (*see box on page 1*).

New Business: Kolakowski announced that there would be informal interval workouts at Yorktown High School in Arlington on Wednesday nights between 5:00 p.m. and 7:00 p.m. It was agreed that the Club would try holding monthly meetings on Thursday night at 7:30 p.m., probably at the Arlington Y on Kirkwood Road.

Kolakowski noted that three Club members were being honored at the DCRRRC banquet on April 8th and urged everyone to attend. Lisa Hamm gave a

brief report on the Washington Running Council meeting concerning continued problems in dealing with the National Parks Service. She said that a letter writing campaign, to urge easing of some of the restrictions against races and runners, would be initiated. J. J. Wind gave a report on the series of track meets he put on this winter.

Someone inquired whether WRC TAC membership was paid up. Gerry Ives said he would check with Norm Brand (*Norm has taken care of this*). It was suggested that next year Club dues be raised to \$20 for individuals and \$25 for families. It was also suggested that a singlet or t-shirt marked with the Club's insignia be given to new members. Kolakowski said the Executive Committee would make a decision on both the dues increase and the singlet/t-shirt giveaway.

Lisa Hamm gave a report on a meeting she attended concerning women runners safety issues. The consensus was to try to run with a partner and, if that is not possible, be aware of your surroundings at all times. Several women at the meeting reported having been threatened or attacked while running.

Bobbie Bleistift suggested that we accept ads for the Newsletter. Several people thought that a Classified Ad section in the Newsletter would be a good idea. The Executive Committee will investigate further.

There being no more 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 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.

Club Uniforms

Singlets	\$ 15.00
Shorts	11.00

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.

Wednesday Night Intervais, Yorktown High School, Arlington, 5:00 p.m. until 7:00 p.m. Informal interval workouts, run with Clubmates or do your own workout. **Contact:** Gerry Ives at 452-4242 during day.

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