

Washington Running Club ★ Newsletter

Volume 9, Number

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June 1990

JUNE MEETING IN POTOMAC

The JUNE meeting of WRC will be held at 8:00 p.m. on FRIDAY, June 15th at Tris Kruger's house at 9641 Accord Drive, in Potomac, Md. Take Beltway to River Road exit. Head toward Potomac on River Road. The house is approximately 3 miles from the Beltway on the left at the corner of River and Accord, about ¼-mile past the Potomac Nursery. Tris will have his swimming pool open, so be prepared. If anyone is interested in a pre-meeting run, get to Tris's house at 6:30 ready to run.

ST. HILAIRE TOPS CLASSY FIELD AT SECOND NIKE WOMEN'S RACE

by Gerry Ives

Judi St. Hilaire, runner-up in this event last year, bested 3,000 entrants in the second annual Nike Women's Race on Sunday, May 13th, in West Potomac Park. Despite less than ideal conditions—wind and high humidity—St. Hilaire's time of 25:10 was just three seconds off Lynn Jennings American record set here last year.

This year's race saw a change in the course, with the loop around West Potomac Park eliminated in favor of a straight shot across the inlet bridge, left to the Washington Channel side of Hains Point, out to the tip of Hains Point and returning along the Potomac. The new course is faster and has less impact on traffic, however, it took some hard lobbying by race coordinator Jeff Darman and race director Henley Gibble to get the Park Service to go along with the change.

St. Hilaire took the lead in what she said was a frustratingly slow start. Fighting headwinds, she pulled the field through an opening 5:04 mile and hit the second mile in 5:13. Just before the three mile mark St. Hilaire was joined by Nike International teammate Jennings together with Sabrina Dornhoefer and Leann Warren.

St. Hilaire decided that she didn't like company and went back into the front as they rounded Hains Point, opening up a ten yard lead that no one could close for the rest of the race.

Of the WRCers, Donna Elliot led everyone home with a 29:30. The time was good enough for third local woman, behind Carrie Hill and Gretchen Triantos. Elliot was disappointed with her time, but

offered no excuses. She said she just couldn't get going, even though she felt great while warming up and had a good track workout the Wednesday before the race. The next WRCer across the line was Kathy Merkel in 30:02, followed by Mary Stark in 30:40. Stark is getting back into racing shape after her training was derailed when she moved into the Washington area. Pat Walker's 31:02 was remarkable considering it was done on a 30-miles-a-week training schedule. Berni Creed was less than satisfied with her time of 31:30. Creed ran a full minute faster at the Redskin 8K in April and was hoping to better that time in this race.

WRC's master runners Beverley Shooshan and Chris Stockdale both took 4th place in their age groups (40-44 and 45-49), running 30:45 and 31:45 respectively. Stockdale's time was yet another p.r. for her. Joanne Mallet took 3rd place in the 55-59 age group with a time of 36:13.

The Washington Running Club team (Elliot, Ventura-Merkel, Walker, Creed, Stockdale) took third place with 272 points, behind Moving Comfort (75 points) and Warren Street A.C. (165 points).

Results: 1. Judi St. Hilaire, 25:10; 2. Sabrina Dornhoefer, 25:26; 3. Leann Warren, 25:30; 4. Lynn Jennings, 25:34; 5. Janis Klecker, 25:53; 6. Monica Joyce, 26:01; 7. Lisa Weidenbach, 26:12; 8. Margaret Groos, 26:16; 9. Mary Knisely, 26:25; 10. Trina Leopold-Painter, 26:29; 11. Ann Hare, 26:36; 12. Carman Ayala-Tronsoca, 26:49; 13. Jody Duston, 26:51; 14. Marie Boyd, 26:55; 15. Priscilla Welch, 26:56; 16. Lisa Vaill, 26:58; 17. Anne Audain, 27:00; 18. Susan Scites, 27:04; 19. Jill Purolo, 27:14; 20. Charlotte Thomas, 27:15; 21. Jane Welzel, 27:24; 22. Marguerite Buist, 27:29; 23. Jeanne Lasill-Johnson, 27:55; 24. Judy Maccon, 28:14; 25. Louise Hohanna, 28:16; 30. Carrie Hill, 29:05 (1st local); Gretchen Triantos, 29:15; 36. Donna Elliot (WRC), 29:30 (3rd local); 44. Kathy Merkel (WRC), 30:02; Mary Stark (WRC), 30:40; Beverley Shooshan (WRC), 30:45; 58. Pat Walker (WRC), 31:02; 64. Berni Creed (WRC), 31:30; 70. Chris Stockdale (WRC), 31:40;

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

WRC MEN 1-2-3 AT CRYSTAL CITY; SLOW RESULTS, SPARSE PRIZE LIST

Warmer than predicted temperatures slowed times somewhat at the Crystal City 10K on Sunday, May 20th. The course, which winds through the concrete canyons of Crystal City and along Shirley Highway, is not one of the most scenic in the area. Luckily, the race organizers make up for the utilitarian ambience by putting on a very nice post-race party. Great food and great music—now if only they could get a better prize list and the results done in a timely manner.

The ubiquitous Jim Hage (has anyone been to a race this year where Hage was absent) dropped all of the lead pack by the 4-mile mark, except for Jack Cleland and Roger Howell. Cleland and Howell made a valiant effort to keep up, but at the 5½-mile mark they had lost contact. Hage went on to win in 31:50, with Cleland finishing 2nd in 32:28, and Howell a close 3rd in 32:38.

Men: 1. Jim Hage (WRC), 31:50; 2. Jack Cleland (WRC), 32:28; 3. Roger Howell (WRC), 32:38; 4. Jeff Hines, 33:01; 5. Ken Kendall, 33:17; Andy Smythe (WRC), 35:16; Hal Katen (WRC), 35:50; Mike Cotner (WRC), 37:23; Gerry Ives (WRC), 38:16; Kevin Kolakowski (WRC), 38:24.

Women: 1. Ruth O'Hare, 38:46; 2. Laura Gaydos, 39:17; 3. Pat Walker (WRC), 39:59; Mary Cleland (WRC), 59:00.

REGAN TAKES UPTOWN RACE; WHERE WERE ALL THE WOMEN?

The road-racing battle between Mike Regan and Jim Hage continued on Saturday, May 12th, at the Uptown 8K. The result was the reverse of the finish

at the previous week's Capitol Hill Classic. The undulating (that's a nice way to say hilly) course, starts close to the Wisconsin and Western Avenue intersection, goes down Wisconsin to Massachusetts Avenue, out Massachusetts to Western, and finishes adjacent to the Woodward & Lothrop parking lot at Western and Wisconsin.

Regan bested WRC's Hage by fourteen seconds, finishing in 24:12 to Hage's 24:26. WRC's Kirk Baird was in third place with a 24:56 showing. Tom McCarthy pulled a p.r. out of the bag with a 10th place 25:43 time and sweetened the deal by edging Jack Cleland who finished 11th in 26:02.

Bill March, resplendent in new tartan shorts and singlet, looked as if he had the 50+ age group won until the GNATS Chan Robbins slid by him in the final stretch of the race. March finished in 29:29 to Robbins 29:15.

Tara Teevens won the women's race in 32:01 in a field that reflected the fact that the Nike Women's Race was scheduled for the next day. Initially, the results had a woman running 26:02, but it turned out that there was a mixup and the 'woman' was Jack Cleland. Jack's a fine looking fellow, but I can't see anyone mistaking him for a female—unless he was wearing the perfume he won at the St. Paddy's Day race.

Men: 1. Mike Regan, 24:12; 2. Jim Hage (WRC), 24:26; 3. Kirk Baird (WRC), 24:56; 4. Ken Fowler, 25:08; 5. Greg Watson, 25:09; 10. Tom McCarthy (WRC), 25:43 (pr); 11. Jack Cleland (WRC), 26:02; Phil Woodyard (WRC), 26:13; Hugh Wooden (WRC), 27:33; Ed Doheny (WRC), 28:15; Bill Wooden (WRC), 28:18; Chan Robbins, 29:15; Bill March (WRC), 29:29; Bernie Gallagher, 29:42; Gerry Ives (WRC), 29:54; Kevin Kolakowski (WRC), 29:58; Craig Voise, 31:13.

Women: 1. Tara Teevens, 32:01; 2. Susie David, 32:16; 3. Kristen Rismandel, 34:39; 4. Lynn Davey, 34:39; 5. Gertrude Jackson, 35:00.

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

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Newsletter: Chairs: Lisa Hamm, Gerry Ives
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WHAT'S HAPPENING AROUND WRC AND THE REST OF THE WORLD

Baltimore's Constellation 10K saw **Maria Pazarentzos** take first place in the women's race with a 34:10 clocking. **Donna Elliot** ran 36:50 for 6th place woman. Pazarentzos will be running in the TAC 10,000 meters track championship on the West Coast next month, after qualifying with a 34:17 time at the George Mason trials.

Northern Telecom has become the 1991 Cherry Blossom 10-mile race title sponsor. The event will be known as the Northern Telecom Cherry Blossom Race. **Jeff Darman**, the event president, said that with the new sponsor's help the no entry fee policy will be maintained and there will be increased prize money. Nike will continue as a contributing sponsor. The entrant ceiling will be raised for the 1991

Cherry Blossom to 5,500 people. This is an effort to accommodate more runners in an event that every year has to turn down entry requests.

The Pennsylvania Avenue Development Corporation has expressed interest in putting on an athletic event on Pennsylvania Avenue. Back in 1986, WRC had proposed that PADC sponsor a mile race, along the lines of the Fifth Avenue Mile. WRC will be pursuing the proposal with PADC.

The Greater Washington Running Council will be meeting with the Park Service to hear the Park Service's proposals for new road race courses in the area. There has been a continuing problem with access to the West Potomac Park and Hains Point road race courses.

Donna Elliot made the commute to Lancaster, Pa., to run the Red Rose 5-Miler. Elliot's 29:58, over a very demanding 5-mile course, was good enough for 4th place. The 1990 Bethesda Chase champ, **Tammy Slusser**, finished 3rd in 29:41.

Rick Holborow, a blind runner in the Achilles Track Club, has been hospitalized in New York. Many of you will remember how Rick played volleyball at our picnic last year. According to **Alan Roth**, Holborow is suffering from anorexia and is very withdrawn and depressed. If you can find time to drop him a card and let him know there are people thinking of him, I'm sure it will be appreciated. His address is: New York Hospital Cornell Medical Center, Westchester Division—Unit 8 South, 21 Bloomington Rd., White Plains, N.Y. 10605.

Laura DeWald has moved back to the Washington area from Michigan. Her best 10K time last year was 35:40, which is enough to make an impact in most area races. After her 2:45:23 win at Marine Corps last year, Laura told a *Washington Post* reporter that she was now running for fun. I wonder what would happen if she got serious again.

In the Keys to the City 10K on Saturday, June 2, **Jim Hage** easily bested rival **Mike Regan**, 30:52 to 31:40. Clubmates **Jack Cleland** and **Kirk Baird** took 4th and 5th places with 32:25 and 32:35 respectively. The women's race was won by **Teren Block** in 39:23, with WRC's Mary Stark in 2nd place with a 40:17 clocking. **Chris Stockdale** was 4th, and 1st woman master, in a p.r. 41:47.

Jim Dill is back on the racing circuit again. Work, family, and injuries have kept him out of the running scene for the past few years, but a relaxed 54:20 at the Parkway Classic 15K inspired him. During 1985, the last year that Dill was active on the roads, he won the DCRRC National Capital 20-Miler in 1:49:45 and placed fifth at Marine Corps in 2:23.

Just a reminder to all you softball players. The Second Annual NOVA/WRC Softball Challenge will be held on Saturday, June 23rd, between 2 p.m. and 6 p.m. at Yorktown High School in Arlington. NOVA whipped us last year, so this year the pressure is on. Let's try and get a good turnout, even if you only come to cheer WRC on to victory!

A BREEZY HUGH JASCOURT 4-MILER OPENS THE BUNION DERBY SERIES

A field of 134 runners made it to Hains Point for the Hugh Jascourt 4-Miler, the opener of the DCRRC Bunion Derby series, on Sunday, June 3.

Kensington's Greg Loan whipped through a 4:50 opening mile, even though a strong wind was in his face. But Jack Cleland isn't someone easily intimidated by a fast early pace and he gradually amortized Loan to take the win in 20:34. Loan finished seven seconds in arrears in 20:41. John McGrail took third in 21:22.

In the women's race Kathy Merkel and Bernie Creed went through the first mile with just a few seconds separating them. Merkel pulled away during the second mile to take an easy win in 24:04. Creed's 25:22 took second place in 25:22.

PR specialist Chris Stockdale did it again as she broke her own women's masters course record, and took third place, with a time of 25:57. This is the third time she's set a course record at the Jascourt 4-Miler, originally nailing the mark in 1987 and breaking her own record again in 1988. Stockdale also took 4th place in the Keys to the City 10K on Saturday, with a time of 41:47.

The first male master was WRC's Ed Doheny, with a time of 22:07, with non-master clubmate Jack Coffey close behind in 22:13. J. J. Wind and Bill Wooden took second and third masters in a close battle with times of 22:27 and 22:30 respectively.

Bob Trost was racing for the first time this year after being laid up with a knee injury. Trost posted a time of 24:52.

Men: 1. Jack Cleland (WRC), 20:34; 2. Greg Loan, 20:41; 3. John McGrail, 21:22; 4. Clint Kiser, 21:28; 5. Robert Rodriguez (WRC), 21:44; Ed Doheny (WRC), 22:07 (1st Master); Jack Coffey (WRC), 22:13 (2nd lawyer); J. J. Wind (WRC), 22:27; Bill Wooden (WRC), 22:30; Tem Washington (WRC), 22:41; Gerry Ives (WRC), 23:51; George Masson, 24:01; Kevin Kolakowski (WRC), 24:11; Bob Trost (WRC), 24:52; James Scarborough (WRC), 26:32.

Women: 1. Kathy Merkel (WRC), 24:04; 2. Bernie Creed (WRC), 25:22; 3. Chris Stockdale (WRC), 25:57.

NEW COURSE RECORD TIMES ARE SET AS MCCARTHY & STARK WIN CUSTIS 12K

by James Scarborough

It was a dark and cloudy evening. It was certainly not well suited for picnics, nor the Indianapolis 500. But Tom McCarthy made the Memorial Day weekend memorable by repeating last year's win at the Custis 12K at Washington-Lee High School in Arlington. He set a new course record with a blistering 40:00, sprinting in with energy to spare. Tom said he owed his improved finish to having run it last year,

therefore he "knew the course and didn't get lost."

Second place went to John McGrail, in 41:53, but not without the intervention of Dame Fortune, or maybe just an out-of-towner's confusion. Eric Allen, 24, of Richmond, had second place locked up until he made a wrong turn onto Quincy Street, but a half mile from the finish. McGrail then passed him. Eric was the only non-Arlingtonian in the top eight men. He'll be up this way most of the summer, so maybe as he gets more familiar with local bike trails he'll win a few. Also in the top ten were Robert Rodriguez, Jacob Wind, former DCRRC Treasurer Tom Skelly, and Robert "Tex" Platt. (Jacob made an unusual gift to the race director, eight years worth of WRC Newsletters, going back to the days of Jim Ulvestad, Jim Berka, and Karen Sullivan).

The first woman, Mary Stark, also set a course record, in 48:32. Tom and Mary had to return to pick up their thermoses (first prize) afterwards. First woman master was Cindy Dalrymple, in 50:61. Cindy first became interested in the course last year when she saw the race director measuring it. Another Arlington teacher, Nancy Davis-Imhof, was the first woman 50 and over, in 1:07:15. Last, but not least, was Bud Averitt, 70, who always runs in an unbuttoned street shirt. Absent from the race was Brant Lake's finest, Kevin Kolakowski (well, holiday weekends are different, I guess).

Many thanks to the Sargents, the Woods, and the other volunteers, particularly the lead bicyclist, Del Shorzmann, of the Arlington Bicycle Club.

Men: 1. Tom McCarthy (WRC), 40:00; 2. John McGrail, 41:53; 3. Eric Allen, 42:21; 4. Robert Rodriguez (WRC), 42:25; 5. Steve Fariszawski, 44:11; 6. J. J. Wind (WRC), 45:39.

Women: 1. Mary Stark (WRC), 48:32; 2. Cindy Dalrymple (GNATS), 50:21; 3. Susan Duncan, 56:37; 4. Kimberly Tylicki, 57:30; 5. Melanie Moorhead, 58:00.

DCRRC BLUEMONT PARK 10K SHOWCASES CLELAND AND STARK

Jack Cleland won the DCRRC Bluemont Park 10 on Wednesday, May 16th, with a time of 33:07, as only Tom McCarthy stayed close enough to challenge. McCarthy finished in 2nd place with a time of 33:27. On the distaff side, Mary Stark's 40:10 overwhelmed the women's field to make it an all-WRC evening.

Andy Smythe went elbow to elbow with Robert Rodriguez and Bill Wooden as he took 8th place in 35:36. Rodriguez took 9th in 35:528 with Wooden rounding out the top ten in 35:55.

Men: 1. Jack Cleland (WRC), 33:07; 2. Tom McCarthy (WRC), 33:27; 3. John McGrail, 34:26; 4. Dave Keaton, 34:46; 5. Dave Lopez, 34:59; 6. Craig Anderson, 35:01; 7. Thierry Jutel, 35:26; 8. Andy Smythe (WRC), 35:36; 9. Robert Rodriguez (WRC), 35:52; 10. Bill Wooden (WRC), 35:55.

Women: 1. Mary Stark (WRC), 40:10; 2. Betty Blank, 42:30; 3. Desiree Ficker, 46:08

HAGE BEATS INCUMBENT TO WIN CAPITOL HILL CLASSIC 10K

by Will Woodbine

Jim Hage successfully battled it out with defending Capitol Hill Classic champion Mike Regan on Sunday, May 6th, as a field of 2,000 runners vied for the title of 'King of the Hill.'

Regan took an early lead, as he blitzed the first mile in 4:25. Hage closed with Regan and ran with him until the 5K mark. Hage put in a strong surge as he passed the halfway mark and never relinquished the lead, winning in 30:44 to Regan's 30:48.

It was good to see Scott Celley back on the roads and getting into contention as he took 4th place in 32:20. WRC's top masters competitor, Lucious Anderson, took 6th place with a 32:41 effort, but that was only good enough for second place in the increasingly tough masters competition. Roger Clark, an Englishman who recently moved to the area, nailed down the top 40+ spot with a 32:30 5th place finish. Clark and Anderson have gone head-to-head in three races this year, with Clark coming out the victor, by decreasing margins, in all three. If Anderson starts getting some track work in, you can expect to see this situation reversed.

Robyn Doster took an early lead in the women's race and went on to register the win in 38:38.

Men: 1. Jim Hage (WRC), 30:44; 2. Mike Regan, 30:48; 3. Terrance McMcLaughlin, 31:29; 4. Scott Celley (WRC), 32:20; 5. Roger Clark, 32:30; 6. Lucious Anderson (WRC), 32:41 (1st master); 7. Darryl Stewart, 33:00; 8. Gregory Rohde, 33:11; 9. Matthew Dean, 33:19; 10. Charles Thompson, 33:22; 13. Andy Smyth (WRC), 34:01; J. J. Wind (WRC), 35:??; Bobby Bauer (WRC), 36:36; Russ Morgan (WRC), 39:30; Jeff Wice (WRC), 39:04.

Women: 1. Robyn Doster, 38:38; 2. Monica Grillo, 39:15; 3. Anita Freres, 39:39; 4. Terry Sweitzer, 39:55; 5. Ari Brose, 41:50; 6. Renee Butler, 41:57; 7. Julia Cook, 42:01; 8. Catherine Wright, 42:33; 9. Jean Kayser, 42:42; 10. Kate Gregory, 42:43.

WASHINGTON RUNNING CLUB CLAIMS FASTEST 'BEAN COUNTERS' TITLE

On Saturday, May 5th, Hains Point was the venue for The CPA 5K, the race to determine the fastest 'bean counter' in the Washington metropolitan area. We are proud to report that Kirk Baird of WRC was the first CPA across the finish line, crossing in 2nd place with a consolidated net operating time of 15:01 (that's accounting talk). The runner-up, in 6th place overall, was Ed Doheny in 17:22. Doheny also took the masters and the 'most mispronounced

name' title (they kept calling him Edward Donnelly—Edward!!). Gerry Ives, a financial mental midget and definitely not a bean counter, rounded out the WRC men's finishers with an 18:01 time.

In the women's race Ruth O'Hare looks as if she has mastered her new orthotics, and there was no repetition of the problems that caused her to drop out of the G.W. Parkway Classic. O'Hare took the lead shortly after the start and looked strong throughout the race, going on to win in 17:59. Janice Torpey's time of 18:30 was good enough for 2nd place, and WRC's Bernie Creed took 3rd place with a strong 18:42 effort.

THE PITTSBURGH MARATHON: THE BEST KEPT SECRET IN MARATHONS

by James Scarborough

I've run marathons in plenty of cities before, with varying degrees of success. Included in my list are: Cleveland, Ohio; Arlington, Roanoke, and Virginia Beach, Va.; Baltimore and Frederick, Md.; Jersey City, N.J.; New York City; and Philadelphia, Pa. This spring I decided to try the marathon that had been the site of the 1988 Women's Olympic Marathon Trials—Pittsburgh, Pa., on Sunday, May 6. The trip to the steel city is a change of pace from I-95—western Maryland followed by the Pennsylvania turnpike (falling rocks and truck stops).

New York this race is not. But it attracted 4,500 entrants this year, an all-time high. The logistics for the race were extremely well-managed, with the exception of one problem at the finish line that I'll mention later.

I got into town on a rainy Saturday afternoon in time to pick up my packet at the expo at PPG Plaza, which was relatively easy to find. Rain canceled my plans to attend the Pittsburgh-Atlanta game (double-header rained out). My hotel, the Ramada Downtown, was two blocks away from the bus pickup point, the Civic Center.

On race morning, the buses took us six miles north to the Pittsburgh Zoo, on the side of a hill to the north along the Allegheny River. Although we had about an hour to kill, we still got herded into half-hour groups along the road plenty of time in advance.

Pittsburgh is not a difficult course. The first four miles, along Butler Street and Penn Avenue, are mostly downhill. Miles five through eight lie across the Allegheny (you cross four bridges) and pass by Three Rivers Stadium (blink and you'll miss it!) Mile nine crosses through "the point," the area where the Allegheny and Monongahela rivers unite to form the Ohio River. Miles ten and eleven are in South Side, across the Monongahela (home of Station Square, with the Pittsburgh Sports Garden). The middle part of the race, back on the other side, through Oakland, is uphill. This continues through Homewood,

East Liberty, and Highland Park. For the last few miles, you're back going downhill to the point, along Liberty Avenue, which parallels the first few miles. The last two miles are totally downhill or flat, with very tall buildings lining the way. The finish line is in Point State Park, which has a fountain at the very tip of the point.

I cruised in at 3:15:30, after mixed splits. The finish chute, although an easy access for the runners, crossed under an arch and couldn't be recrossed when you attempted to get back out of the finish area. I ended up having to cross a four-lane highway to get back to the hotel.

I'll remember a couple of other things about this race. Pittsburghers are great sports fans, and the number of local sports paraphernalia worn and displayed was great. The enthusiasm of the spectators (many drinking beer) was unsurpassed. There was live music about every other mile, most of it jazz and other new sounds. The ethnic diversity of the city is surpassed only by New York. The diversity of the real estate and natural sites is phenomenal (Washington doesn't seem like real America by comparison). And there were these hula dancers at miles four and twenty-four.

It rained only twice on Sunday, at the start and about the halfway point. That's also where I ran into the one DC area runner I recognized: Larry Tabachnick, who finished just behind me. You may have already read that two men (Walter Niles and Richard Hough) died during the race. You may have also read the winners: Dick Hooper of Ireland in 2:15:49, and Conceicao Ferreira of Portugal in 2:30:34. She won over \$11,000 more for her efforts!

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.

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 Intervals, Washington & Lee 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