

# Washington Running Club ★ Newsletter

Volume 9, Number 7

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July 1990

## WRC PICNIC IN POTOMAC

The WRC annual club picnic will be held beginning at 12 noon on Saturday, July 21st (rain date is Sunday, July 22nd). Members, family and friends are invited to enjoy volleyball, beer relays, a DJ and other tomfoolery. Tris will have his swimming pool open, so be prepared. We will have hamburgers, hotdogs, beer and soft drinks. Donations in the form of salads, pasta, dessert, chips, snacks, etc., are welcome and encouraged. The picnic will take the place of the July meeting. Tris's house is 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.

## GENERAL WINS POLICE MEMORIAL 8K; WRC FIELDS TOP OPEN CLUB TEAMS

*by Gerry Ives & George Banker*

Darrell General cruised to victory ahead of a field of 1,800 runners at the Police Memorial 8K on Sunday, June 24th. The 8:30 a.m. start was late enough to allow the heat to become a factor, causing several of WRC's finest to be dissatisfied with their times.

The event was held to support the National Law Enforcement Memorial Fund. The fund will erect a memorial to the police officers who have died in the line of duty and to the 600,000 men and women who continue to risk their lives daily. A last-minute problem caused a change in sponsors from Stroh's to Rolling Rock.

General took an early lead, with only Mike Regan in a position to challenge at the halfway mark. Further back the competition for the next three spots was fierce. Jack Cleland's untied shoe was the deciding factor when Bill Courtney challenged in the final 200 meters and edged him for 4th place—both registered a time of 25:12. Kirk Baird took 9th place with 25:38 with Tom McCarthy rounding out the top ten with a time of 25:47.

Marianne Downey of Charlottesville, Va., ran away with the women's race, leading from wire-to-wire and finishing in 28:40. Runner-up was WRC's Cathy

Ventura-Merkel in 30:23 followed closely by Robyn Doster in 30:34.

The women's masters were led home by Sharon Hamilton-Dolan's 31:56 finish, with WRC's Chris Stockdale taking 2nd in 32:29, and Barbara Ekstrom in 3rd with 33:40.

The men's masters grouping was dominated by fifty-year-old New Zealander Roger Robinson's 26:53 finish that left Faye Bradley, the Washington area's nationally-ranked standout in the 50+ class, gasping over a minute behind in 27:54. Second master was Peter Carnes in 27:12, followed by Ridge Kelley in 27:21. Hal Katen led the WRC masters home in 28:42.

WRC's Cleland, Baird, Tom McCarthy, and Phil Woodyard (5, 9, 10, 11) combined to take the top spot in the open men's team competition and the women's open team of Merkel, Stark, and Stockdale (2, 5, 13) made it an all-WRC day by taking the women's title. The corporate team title was taken by IBM with Dave Keaton, Ted Poulos and Stefan Schrichte taking 31st, 56th and 124th places.

**Men:** 1. Darrell General, 23:58; 2. Mike Regan, 24:38; 3. Louis Poore, 25:00; 4. Bill Courtney, 25:12; 5. Jack Cleland (WRC), 25:12; 9. Kirk Baird (WRC), 25:38; 10. Tom McCarthy (WRC), 25:47; 11. Phil Woodyard (WRC), 25:48; 14. Roger Howell (WRC), 25:53; 22. Roger Robinson, 26:53 (1st 50+); Faye Bradley, 27:54; Hal Katen (WRC), 28:42; Mark Doles (WRC), 29:15; Mike Cotner (WRC), 30:17; George Banker, 32:55; Dave Williams (WRC), 33:12; Dan Rincon (WRC), 33:13; James Scarborough (WRC), 34:28.

**Women:** 1. Marianne Downey, 28:40; 2. Cathy Merkel (WRC), 30:22; 3. Robyn Doster, 30:34; 5. Mary Stark (WRC), 30:58; Laura Gaydos, 31:28; Chris Stockdale (WRC), 32:29; Gina Eppolito, 35:21.

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

At the TAC/Mobil National Track and Field Championships in Norwalk, California, WRC's **Maria Parezantzos** took 9th place in the 10,000 meters with a time of 33:52.30. Her finish qualified her to run on

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

the North Team at the Olympic Sports Festival in Minneapolis, July 12-14. The top three finishers in the women's 10,000 meters were: 1. **Collette Murphy**, 32:20; 2. **Kathy O'Brien**, 32:25; and, 3. **Sylvia Mosqueda**, 32:40.

This late-breaking story from the Healthy Choices 5K and 10K on Sunday, May 20th, at Spencerville, Md. (actually, I forgot to put it in the last issue). **Michael Sterling** won the 5K with a time of 15:16, with **Steve Ruckert** in 2nd place and 1st master in 15:34. In the women's 5K **Kim Many** led the field in 19:07, and WRC's **Chris Stockdale** took 3rd place, and first master, in a pr time of 19:49. **Chris Samley** won the 10K in 32:32, with **Lucious Anderson** taking 4th place and 1st master in 33:02. In the women's 10K **Sue Cain's** 38:07 was more than two minutes ahead of the rest of the women's field.

According to the American Newspaper Publishers Association, the winner of '5K' race they put on in Las Vegas on June 17th was **Eric Davies** of Ontario, Canada, in a time of 12:03. I wouldn't get too excited about the time though, they said that 5K was equal to 2.2 miles. If we used the ANPA metric standard most WRCers would easily be able to break 30 minutes in a '10K'.

**Alan Roth** has been named a Vice President, Long Distance Running for the PVAC. Roth was a founder of The Greater Washington Running Council and heavily involved in the council's campaign to preserve West Potomac Park and Hains Point in their current multi-use condition. Roth also helped to found the Washington chapter of the Achilles Track Club for handicapped athletes.

In the Washington-area Softball World Series (Runners Hall of Fame Game), NOVA crushed WRC 16-6. Prez **Kevin Kolakowski** was in New York during week of the 4th of July and is rumored to be

trying to make a deal with an ex-manager of the New York Yankees (there are apparently a lot of them) in an effort to shore up the dispirited WRC sluggers. Both teams made their way to a cookout and picnic at the **Merkel** house after the game. WRCers tried to drown their sorrows while NOVA whooped it up. Wait until next year!

## WATSON NARROWLY BEATS MANSY AT MIKE'S AMERICAN GRILL 10K

by John E. Betts

The annual Mike's American Grill 10K was run under humid conditions in central Springfield on June 3, 1990.

In the men's open division, Greg Watson narrowly beat Mike Mansy for the gold medal honors. Watson was timed in 32:44, while Mansy ran a 32:51 on the slightly hilly course.

In the women's open division, former George Mason University star Cassie O'Neill, now running for Fleet Feet, had an easy time winning. O'Neill was clocked in 36:42, while second place Lynn Patterson was almost a full minute behind with a 37:39 effort.

The 10K was followed by the now-famous Mike's American Grill brunch for all race participants. And, in a post-race surprise, Fairfax County Supervisor Tom Davis, who also ran in the 10K, assisted Mike's Grill owner Jim Farley in the awards presentations.

**Men:** 1. Greg Watson, 32:44; 2. Mike Mansy, 32:51; 3. Ken Lindell, 32:57; 4. Karl Stith, 33:22; 5. Darryl Stewart, 33:44; 6. James Alexander, 34:30; 7. Matt Boyd, 34:45; 8. David Todd, 34:58; 9. David Smith, 35:24; 10. Jimmy Blain, 35:42.

**Women:** 1. Cassie O'Neill, 36:42; 2. Lynn Patterson, 37:39; 3. Tama Clare, 38:15; 4. Sue Haynie, 39:15; 5. Win Graves, 40:44.

## 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:** Gerry Ives

### COMMITTEES

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

## WOODYARD, MERKEL AND DOMINO'S DELIVER THE GOODS AT LANGLEY

by Gerry Ives & George Banker

DCRRC Bunion Derby #4 was held at Langley High School on Thursday, June 20th at 7:15 p.m. Race Director George Banker and his Rock Creek Running Club assistants did a superb job of marking the course, starting the race, getting to Domino's Pizza of McLean to pick up the donated pizzas, and then getting back to the finish line in time feed the finishers. The pizza was hot, too!

This event has traditionally enjoyed blazing June weather, and this year was no exception, with temperatures in the 80s and high humidity. Runners had the opportunity to fuel up with EXCEED before and after the race to avoid the perils of dehydration. There were no reports of any collapsed runners, so we must assume that EXCEED works.

A local resident called the police to notify them of a suspicious character putting white powder on the roads. It turned out to be RC's Dan Laredo marking the course with flour. Laredo earned the gratitude of George Banker when he gave his own name to the cops instead of finking on the race director. Banker tells all of his assistants that the #1 rule is never give the name of the race director to anyone other than a potential prize donor.

At the start Robert Rodriguez burst into the lead, with Phil Woodyard and John McGrail staying close ready to launch a challenge. McGrail shares the course record of 26:15, set in 1988, which was probably the first year the lead runners didn't go off course. Master runner Ben Beach decided the pace was a little too slow, so he began to force the pace. Woodyard responded by taking the lead and holding off all challengers, taking the win in 28:22. Beach and McGrail both crossed the line in 28:33 with McGrail narrowly getting the 2nd place honors.

The winner in the women's race was no surprise, as local favorite Cathy Ventura-Merkel took another win in 32:06, giving her three wins out of the four races held so far in the series. Clubmate Chris Stockdale finished in second place, and first woman master, in 34:10, followed closely by Betty Blank in 34:12.

Thanks go to Mike Zirfus and Domino's Pizza of McLean for the post-race meal. And more thanks go to Rock Creek R.C. for managing the race and to Runner's World magazine for the random awards.

**Men:** 1. Phil Woodyard, (WRC), 28:22; 2. John McGrail, 28:33; 3. Ben Beach, 28:33; 4. Jeff Johnson, 28:39; 5. Craig Andersen, 28:42; 6. Robert Rodriguez (WRC), 28:47; 7. J. J. Wind (WRC), 28:53; 8. John Sherlock, 29:00; 9. Ted Poulos, 29:03; 10. Ed Doheny (WRC), 29:08; 11. Dan Murphy, 29:10; 12. Bill Wooden (WRC), 29:26; 16. Steve Forman, 31:00; 17. Gerry Ives (WRC), 31:02; 22. Kirk Davies, 31:31; 24. Bob Trost (WRC), 31:47; 30. Al Marcy, 32:51; 37. Larry Tabachnick, 34:00; O. T. Williamson, 35:45; Bill Osburn, 37:42; Dixon Hemphill, 39:00.

**Women:** 1. Cathy Ventura-Merkel (WRC), 32:06; 2. Chris Stockdale (WRC), 34:10; 3. Betty Blank, 34:12; 4. Mary Ann Zuckerman, 34:17; 5. Janice Stoodley, 35:35; 6. Lori Poulos, 35:52; 7. Virginia Poole, 36:30; 8. Susan Aaronson, 37:17; 9. Joanne Mallet (WRC), 37:52; 10. Lydia Estes, 38:34; 11. Charlotte Edwards, 38:38.

### WRC VOLUNTEERS PUT ON CARDEROCK 10K; NO SNAKES & GOOD WEATHER = HAPPY RUNNERS

A corps of WRCers, led by Bob Mallet and Prez Kevin Kolakowski, helped put on a very successful Carderock 10K on Tuesday, June 12th at 7:00 p.m. Volunteers included Bobbie Bleistift, Jeff Reed, Mike Cotner and son, Pat Walker, Gerry Ives, Mary Cleland, Kathy Woodyard, Louise Mallet, James Scar-

borough, Cathy Merkel, Bernie Creed, Chris Stockdale, and others.

The course was well marked and included a sign warning of a 'snake crossing'. The sign refers to an incident back in 1988 when a foot-long snake on the towpath caused several runners to leap into the air to a height that could have got them a contract with the Bolshoi Ballet.

The field of 109 runners was led for the first mile by a three-man pack that included Jack Cleland and John McGrail. Cleland and McGrail trailed by 100 meters at the half-way point until the leader (name unknown) turned around at the mark for the one-mile fun run instead of the clearly marked and manned turnaround point ½-mile further along the towpath. Finish line officials knew something was amiss when he crossed the finish line in 27 minutes. Cleland was the first finisher to run the complete course in 33:27, shadowed all the way by the resurgent John McGrail in 33:39.

In the women's race Tama Clare led until the final half-mile where she was caught by WRC's Cathy Ventura-Merkel. Clare and Merkel agreed to a tie and crossed the finish line together in 38:37. Chris Stockdale was first woman master in—need we say it—another pr and course record time of 41:13.

Big-time race impresario Jeff Darman was one of the runners in the mid-pack. Darman denied reports that he intended to take over the race, limit the field to 4,500, and import snakes from Africa, Europe, and South America.

**Men:** 1. Jack Cleland (WRC), 33:27; 2. John McGrail, 33:39; 3. Jeff Johnson, 34:24; 4. Phil Woodyard (WRC), 34:34; 5. Bill Stahr, 34:42; 6. Craig Anderson, 35:03 (1st master); 7. Robert Rodriguez (WRC), 35:36; 8. J. J. Wind (WRC), 35:48; 9. Ted Poulos, 36:08; 10. Will Vehrs, 36:16; 11. George Myers, 36:22; 14. Cliff Balkam, 36:35; 15. Dave Johnson (WRC), 36:41; 16. Bernie Gallagher, 36:58; 18. George Mason, 37:43; Gerry Ives (WRC), 38:45; Al Marcy, 39:58; James Scarborough (WRC), 41:03; O. T. Williamson, 41:05; Larry Dickerson, 41:37; Andy Buechele, 42:47; Jeff Darman, 44:47; Bill Osborn, 47:00; Frank Luff, 53:49; Ed Demoney, 54:48; Al Gutttag, 71:30.

**Women:** 1. Tama Clare, 38:37, Cathy Ventura-Merkel (WRC), 38:37 (tie); 3. Chris Stockdale (WRC), 41:13 (1st master, pr); 4. Bernie Creed (WRC), 42:13; 5. Lori Poulos, 42:52; 6. Christine Fox, 44:20; 7. Pia Fischer, 44:34; Joanne Mallet (WRC), 45:51; Charlotte Edwards, 47:14; Julie Peet, 49:28.

### MASS. AVE. 10K (FORMERLY A.U. 10K) STILL BRUTAL, DESPITE NAME CHANGE

A field of eighty-four participants in Bunion Derby #3, The Massachusetts Avenue 10K (formerly the AU 10K), toed the starting line at 7:00 p.m. on Wednesday, June 20th. The overcast skies and a light sprinkling of rain eased the heat, but not the humidity.

This two-loop course is one of the toughest of the DCRRC circuit and has caused more than one runner to give up running for something less painful.

Jack Cleland, Tom McCarthy, Dan Murphy, and Ben Beach (who has run this course more times than he cares to remember) led the charge down Massachusetts Avenue through Spring Valley. Cleland opened up a healthy lead on the first loop with a strong surge as the pack headed down Dalecarlia Parkway, leaving McCarthy, Murphy and Beach to battle it out for the runner-up spot. Cleland increased his lead throughout the second loop registering a winning time of 32:44.

The race for second place wasn't settled until the final few hundred meters of the race as McCarthy showed he had more heart than the rest by edging out Murphy for 2nd place 34:25 to 34:30. They were closely followed by the first master, Ben Beach, in 34:32 and Robert Rodriguez in 34:52.

In the women's race, Selena Smart led the field from wire to wire, finishing in a time of 39:10. This was Smart's first 10K road race, which puts her in the category of 'women to watch'—especially when you consider she ran the race in a pair of heavy training shoes. WRCer Cathy Merkel and Mary Stark ran the race as a workout, going through the first mile in a 7:00-minute plus time before getting serious about catching the leader. Merkel finished in 2nd place in 40:04, with Stark taking the show position in 40:30. Fifth place was taken by Jennifer McGrail in 42:00, as husband John played the role of babysitter and cheerleader on the sidelines. First woman master, and sixth overall, was Chris Stockdale in 42:52. For the first time this year Stockdale did not run a p.r.

**Men:** 1. Jack Cleland (WRC), 32:44; 2. Tom McCarthy (WRC), 34:25; 3. Dan Murphy, 34:30; 4. Ben Beach, 34:32 (1st master); 5. Robert Rodriguez (WRC), 34:52; 6. Jeff Johnson, 35:18; 8. J. J. Wind (WRC), 35:43; 9. Ed Doheny (WRC), 35:50; 13. Bill Wooden (WRC), 36:40; 19. George Masson, 38:56; 20. Gerry Ives (WRC), 38:59; 22. Dave Johnson (WRC), 39:25; John O'Donnell (WRC), 39:37; Kevin 'Prez' Kolakowski (WRC), 40:56; James Scarborough (WRC), 42:02.

**Women:** 1. Selena Smart, 39:10; 2. Kathy Ventura-Merkel (WRC), 40:04; 3. Mary Stark (WRC), 40:30; 4. Jennifer McGrail, 42:00; 5. Chris Stockdale (WRC), 42:52.

### SUMMER TWILIGHT TRACK MEET HELD AT MAGRUDER HIGH SCHOOL BY MCRRC

MCRRC held their annual Summer Twilight track meet at Magruder High School at 7:30 p.m. on Friday, June 8th. Conditions at the beginning of the meet were hot and humid with threatening rain clouds, but as the evening went on it became less humid with a cooling breeze. This year saw an excellent turnout and the races were much more

competitive than last year, especially the women.

In the women's mile, Louise Mallet used her track experience to her advantage and won the event in 5:12.1. Mallet stayed on Donna Elliot's shoulder for three laps before pulling away with a blistering final lap. Elliot turned the first lap in 75 seconds, a pace she said after the race was too quick for her, and slowed to an 87-second final lap after Mallet took the lead. Berni Creed battled for 3rd place with Monica Bachman for the first two laps. In the third lap Creed fell back, feeling the effects of running two earlier events.

In the women's 400, Creed ran a strong 66.1, followed by WRC masters runner Chris Stockdale in an outstanding 70.4. Although Creed was hoping to run a 65-second race, she was happy with running her best time since she left college.

In the women's 800 the same WRC combo of Creed and Stockdale took the honors. Creed registered a 2:33 (splits of 76/77) and Stockdale crossed the line in 2:38.

The men's 1600 provided the closest race of the day when Steve Smith edged Steve Ruckert at the finish 4:34.1 to 4:34.3. Dan Quinn took the show spot in 4:37.9.

#### Men

*100m.*—1. Lorenzo Thomas, 12.2; 2. Wayne McLaughlin 13.5; 3. Ted Poulos, 13.9.

*400m.*—1. Workman, 50.3; 2. Womack, 52.5; Thomas, 53.6.

*800m.*—1. Rob Beach, 2:08; 2. Chris Flood, 2:11; 3. Don Gillid, 2:12.

*1600m.*—1. Steve Smith, 4:34.1; 2. Steve Ruckert, 4:34.3; 3. Dan Quinn, 4:37.9

*3200m.*—1. Dan Quinn, 9:52; 2. John Stepak, 10:23; 3. Darrel Wargo, 10:31.

#### Women

*200m.*—1. Chris Stockdale (WRC), (no time available).

*400m.*—1. Berni Creed (WRC), 66.1; 2. Chris Stockdale (WRC), 70.4; 3. Stefanie McLaughlin, 72.2.

*800m.*—1. Berni Creed (WRC), 2:33; 2. Chris Stockdale (WRC), 2:38; 3. Stefanie McLaughlin, 2:50.

*1600m.*—1. Louise Mallet (WRC), 5:12.1; 2. Donna Elliot (WRC), 5:22.8; 3. Nonica Bachman, 5:36.5; 4. Berni Creed (WRC), 5:44.

*3200m.*—1. Cindy Dalrymple (GNATS), 12:22; 2. Carole Rivera, 13:44.

### MEETING HELD JUNE 8, 1990, AT NATIONAL PARK SERVICE

#### *From Notes Taken by Alan Roth*

Meeting was with John Parsons (Associate Regional Director for Land Use) and David Sherman (Land Use Office) of NPS.

Representing the Greater Washington Running Council were Alan Roth (PVAC), Bob Thurston

(TAC), and Jeff Darman (Northern Telecom Cherry Blossom, Nike Capital Challenge, Nike Women's Race).

The meeting, which lasted 2 hours and 15 minutes, was mainly to discuss with the NPS people the pros and cons about new race courses that they have identified. However, other subjects were also covered.

**1. The Roosevelt Memorial:** John Parsons assured us that our interests were being considered but that the current focus of the designers was to try to meet the demands of the Fine Arts Commission. This is a Commission appointed by the President and has distinguished Americans in the field of art as members. The members are quite independent minded and they rejected the earlier design of the Memorial as being too big, or at least that was the general impression that was conveyed to the public. However, John Parsons said that they appeared to be very negative about having any type of structure at the edge of the Tidal Basin. The Memorial designer, Larry Halperin, was trying to redesign the Memorial to make it less conspicuous. He is due to submit a new design June 21st.

Even if the Memorial is approved by the Commission, it still has to be approved by the National Capital Planning Commission. Once all approvals are in, it will still be quite a while until construction begins as considerable lead time is needed for delivery of the granite walls. John Parsons estimates that construction will begin no earlier than the Spring of 1992. [Note: The Fine Arts Commission approved the redesign on June 21st. The National Capital Planning Commission is likely to approve it. We now have to aggressively participate in the detailed planning to have our needs accommodated.]

**2. NPS Permit Office:** We brought up the problems we have been having with the NPS Permit Office. John suggested that GWRC meet with Robert Stanton (NPS Regional Director) about it. To the extent that the Tourmobile company is blocking our attempts to put on races, John suggested we meet with Phyllis Tate at Tourmobile.

**3. Peace Garden:** When this new plan is implemented at the site of The Awakening statue at Hains Point, there will be some changes in the road and the small loop around the Point is likely to be eliminated. An alternative for us is to have another turnaround built up the road from the point. This project may still be a long way off as \$12 million has to be raised privately.

**4. New Race Courses:** John had his staff identify 9 potential new courses on NPS territory for the DC area. However, the 9 have not been formally approved by NPS. Our meeting was to give us a chance to comment on the courses as part of the approval process. John said that some of the courses are controversial within NPS for a variety of reasons, but that the criticism some people in NPS have about the courses may not be important enough to block their approval.

**Option One:** This course starts near the Inlet Bridge and goes out around Erickson statue near Lincoln Memorial then onto Independence Ave. and follows the regular East-West Potomac Park 10K course. The main disadvantage we explained is that the start and finish lines are more than ½-mile apart.

**Option One A:** Same course as Option One except the start and finish are both in East Potomac Park near NPS headquarters where there is parking. The problem remains that the start and finish are still too far apart.

**Option Two:** Start is at Arlington Cemetery Hemicycle, then over Memorial Bridge and two loops around Tidal Basin before returning over Memorial Bridge. We explained that the double loop around the Tidal Basin is a problem for traffic control and race management. Also, the cobblestones at Arlington Cemetery cause bad footing for runners.

**Option Three:** Start and finish on Virginia side of Memorial Bridge, course is to Hains Point and back. NPS thought an advantage was access to Metro but we explained that Metro does not operate early Sunday mornings. The course is not bad but traffic control and closure of bridge to traffic reduces ease of access to the course.

**Option Four:** Start and finish in West Potomac Park with course out and back on Rock Creek Parkway. NPS said the Park Police don't like it because of difficulty of traffic control and closure of some access roads. We commented that this would be a good alternate for some races with large fields.

**Option Five:** Same as Option Four but with the start and finish at Arlington Cemetery Hemicycle. We explained that the problem of cobblestones plus more traffic control than Option Four makes Option Four better.

**Option Six:** Same as Option Two except the start and finish are at Pentagon North Parking Lot. We explained that the double loop of the Tidal Basin is a problem.

**Option Seven:** Start and finish in East Potomac Park near NPS headquarters, out and back on Interstate 395 Express Lanes. NPS thinks Virginia police may say no due to the danger of rubber necking along 395 by normal traffic. The HOV lanes are not being used so there are no competing interests. We commented that this self-contained course is an attractive option for us.

**Option Eight:** Start and finish near future Metro parking lot in Anacostia Park, course is several loops around park. The park is being redesigned and will not be ready for 5 years. The Metro parking lot also will not be ready so this is a course for the future. While many runners may be reluctant to run in Anacostia, the park is in a safe area and we can launch a campaign to attract runners there when it is time. The course appears to be attractive and is self-contained so that traffic control is unnecessary.

We thanked John and David for giving us this opportunity to comment on course planning while there was still time to incorporate our comments in

the final decisions. They said that they appreciated our comments and that the discussion was helpful to them on thinking out the pros and cons of the various courses.

#### MINUTES OF WASHINGTON RUNNING CLUB MONTHLY MEETING HELD JUNE 15, 1990

In the absence of the Club President and Vice President, the meeting was called to order by Secretary Gerry Ives.

**Social Committee:** The annual NOVA/WRC Softball Challenge is scheduled for June 23rd. The date of the Club picnic is Saturday, July 21st (the rain day is Sunday, July 22nd), starting at noon. Social Committee chairman (person) Pat Bullinger said that there would be a DJ, Volley Ball, Swimming, Beer Relays, and everything else you would expect at a world-class picnic.

**Competition Committee:** The Stroh's race on Sunday June 24th will have teams. The Club will try to put some teams together the day before the race. There was discussion as to whether WRC should enter teams at the Annapolis 10-Miler. Because of the expense involved (\$115 each team), and the logistics involved in having to submit entries for each team together, the Club had been reluctant to send teams. Jerry Merkel volunteered to handle entries if the Executive Committee decided to approve team entries. The Army 10-Miler will have WRC teams, contact Jerry Merkel. Kathy Merkel will be writing a proposal to a women's running apparel manufacturer asking them to sponsor a WRC women's team.

**Race Organization:** James Scarborough asked for volunteers to help with the Donaldson Run Run 8K in Arlington, Va., on Thursday, July 26th at 7:00 p.m. The race is Bunion Derby #7. Contact James at 536-7764.

**New Business:** The Pennsylvania Avenue Corporation contacted a Club Member (Alan Roth) concerning a race on Pennsylvania Avenue. The last time WRC attempted to put on this race the sponsor dropped out a week before the event leaving the Club and some Club members holding the bag. The consensus was that we should only get involved with the race if there was a substantial deposit up-front. Jeff Reed said that the "Run for the Cure," with 9,000 entries, would be the biggest race ever held in

the District of Columbia (Marine Corps starts in Virginia).

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.

## 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 Spinner 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***