

# Washington Running Club Newsletter



Volume 10, Number 2

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February 1991

## FEBRUARY MEETING IN ARLINGTON

The WRC monthly meeting will be held at Kevin Kolakowski's apartment on FRIDAY, FEBRUARY 8th at 8:00 p.m. Prez. Kolakowski lives at 2100 Lee Highway, Apartment 523, in Arlington. The telephone code at the front door is 262, which is also the length of a marathon to all you folks who have a hard time remembering numbers.

*Because of the limited space, we ask that no children attend.*

## DCRRC 27TH ANNUAL JFK MEMORIAL 20K ATTRACTS 180+ RUNNERS TO HAINS POINT

*by George Banker*

A moment of silence was held in honor of the Allied troops in the Persian Gulf before the start of the JFK 20K at Hains Point on Sunday, January 20, 1991. The weather forecast was off the mark, as the predicted rain did not appear, with the race time weather being sunny skies and temperatures in the mid-50s. The 20K was held in conjunction with a 5K fun run—four loops for 20K and one loop for the 5K.

The 5K runners were mixed up with the 20K participants, but Dan Eddy peeled off to go through the finish line in 17:13 to take the win. Second place went to Doug Wham (17:41), with Harry Cross in third (18:15). The women were led by Beverly Pritts in 20:14, with Susan Aaronson in second place with 21:20 and Christine Fox in third with 21:30.

WRC's Mike Regan was out to repeat his 1990 win and quickly established his domination of the field. Regan crossed the finish line in 1:05:46, comfortably ahead of John Duffy (1:09:24). Ben Beach took third position and first master with a 1:10:11. WRC's Jack Cleland was cheered on to 4th place by his 8-months-pregnant wife, Mary, in a time of 1:10:19.

Cathy Ventura-Merkel made it an all WRC day by winning the women's race in 1:21:03. Clubmate Marianne Dickerson, taking a break from her pursuit of an MBA at Harvard, took second place in 1:22:01, with Pam Foley rounding off the top three with a 1:22:01. The first woman master was Marny Gilluly in 1:32:48 (9th overall).

**Results—Men:** 1. Mike Regan (WRC), 1:05:46; 2. John Duffy, 1:09:24; 3. Ben Beach, 1:10:11; 4. Jack Cleland (WRC), 1:10:19; 5. Doug Van Zoeren,

1:10:49; 6. Jon Thoren, 1:10:59; 7. Tom McCarthy (WRC), 1:11:02; 8. Bob Oberti, 1:11:11; 9. James Russelburg, 1:11:12; 10. J. J. Wind (WRC), 1:13:59; 11. Jim Porterfield, 1:14:09; 12. Bill Wooden (WRC), 1:14:11; 13. Cliff Balkam, 1:14:25; 14. Hal Katen (WRC), 1:14:33; 15. Ted Poulos, 1:15:06; 21. Andy Smyth (WRC), 1:16:39; 29. Gerry Ives (WRC), 1:19:46; 31. Rick Loughery, 1:19:55; 32. Bob Trost (WRC), 1:19:56; 33. Steve Forman, 1:20:02; Jeff Darman, 1:26:05; Dick Brannan (WRC), 1:27:58; George Banker, 1:30:14; Dixon Hemphill, 1:32:59; James Scarborough (WRC), 1:35:11; Bill March (WRC), 1:36:43; Herb Chisholm, 1:38:38; Joe Broderick, 1:46:34.

**Women:** 1. Cathy Merkel (WRC), 1:21:03; 2. Marianne Dickerson (WRC), 1:22:01; 3. Pam Foley, 1:27:06; 4. Win Graves, 1:27:18; 5. Mary Stark (WRC), 1:28:02; 6. Catherine Gallagher, 1:29:57; 7. Stephanie Stroh, 1:30:21; 8. Jennifer McGrail, 1:31:50; 9. Marny Gilluly, 1:32:48; 10. Tammy Watkins, 1:33:07; 12. Judy Flannery, 1:34:36; 13. Janice Stoodley, 1:35:16; 14. Lori Poulos, 1:35:17.

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

**Tom McCarthy** is leaving the Washington area and heading for the wilds of Maine. His bride-to-be, **Mary Stark**, will be joining him sometime later in the spring. The Stark/McCarthy team has been a winning combination for WRC at many road races, and I'm sure they'll be just as successful up in Maine. Everyone in WRC wishes them good luck in their new home.

One of our most successful women runners, **Maria Pazarentzos**, finished up the year with some outstanding performances. On Nov. 3 she established a new course record at the Autumn Leaves 5M in Frederick, Md., with a 28:29 finish. On Nov. 24 she finished 32nd at the TAC X-C Championships (6,000 meters) in New York in 20:49 where she was 2nd woman on the Reebok team. She also traveled to Japan as an alternate for the U.S. Women's Ekiden team, competing in the International Chiba Ekiden on Dec. 9-17. She was not required to run because

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

everyone on the team stayed healthy, but had a great trip (the team placed 5th). And she started off 1991 on a positive note, placing 4th in the 3,000 meters at the USAir Invitational at Johnston City, Tenn., on January 26th, with a time of 9:29:20. **Cassie O'Neill**, another local, was 6th in the same race with a time of 9:33.

**Prez Kolakowski** sends his condolences to Buffalo supporter **John Walsh**, following the "annihilation of Buffalo by the Giants." The Prez is expecting Walsh to send him a package of what Buffalo is famous for (ice and snow?) to pay off his bet. Since the game, Kolakowski has only taken off his Giants warmup jacket when he takes a shower.

Look for **Bill Wooden** and **J. J. Wind** in the Masters Mile at the Mobil 1 Invitational on Sunday February 3. Both qualified in preliminary races at the Arlington Co-op Track Meet. Try to get out there and cheer them on, it will be a great meet.

## NINETY-ONE KICKS OFF WITH BIG APPLE JAUNT THROUGH PARK

*by James Scarborough*

For those who haven't tried it, a different way to spend New Year's Eve is a trip to New York City. This runner took the Amtrak up to the Big Apple the evening before to run the NYRRC Midnight Five Mile Run.

My first navigational problem was getting from Penn Station to 9 East 89th Street (NYRRC headquarters) on the subway. That being solved, I tagged along with a couple of Virginia Tech runners across Central Park to the starting line.

More than 4,500 crazies, many in assorted New Year's costumes (and some elite runners, dressed

less sanely in only shorts and singlets in the 27° chill), lined up across from Tavern-on-the-Green to await the stroke of midnight. We could see the skyscrapers of Manhattan, but not the ball dropping a Times Square. The course itself was out-and-back and well-lighted, traversing the west side of the park. The water stops carried champagne as well as water. The race was won by a (Georgetown) local, John Trautman, in 23:33. The winning woman was Lynn Jennings, TAC runner of the year (1990), in 26:13, runner-up was a former WRCEr, Mary Alico.

So great was the throng at the start that first miles proved very un-indicative of one's usual pace. I was clocked at 10:40 for the first mile, but ran about 6:40s the rest of the way for an overall 37:14 (certainly the slowest ever). After crossing the finish line, I saw a middle-aged gent who looked as if he'd gone through tough times lately, shaking some local athletes' hands. This turned out to be Fred Lebow, a living inspiration.

Oddly enough, there is no post-race beer bash. Runners are free to go off to their own parties, patrol the bars (like I did), or whatever. Actually, I had only three hours to kill after the race before my train left Penn Station. The most entertaining spectacle was in Penn Station, however, among the returning revelers (worth the price of admission). Try it sometime.

**Men:** 1. John Trautman, 23:33; 2. Martin Ryan, 23:36; 3. Tom Wood, 23:50; 4. Pete Sherry, 24:09; 5. Marvin Bayley, 24:16.

**Women:** 1. Lynn Jennings, 26:13 (c.r.); 2. Mary Alico, 27:42; 3. Gillian Beschloss, 27:48.

## DUFFY DOMINATES INDOOR TRACK MEET; MALLETT OVERWHELMS WOMEN MILERS

*by J. J. Wind*

John Duffy, 27, Washington DC, showed his versatility at the Arlington Co-op Indoor Track Meet at Thomas Jefferson Community Center, Sunday, Jan. 13, winning the one-mile in 4:41 after a five-way duel, finishing second in the two-mile in 10:33, and taking third in the half-mile in 2:13.

Bob Weiner, 43, Accokeek MD, outkicked four other top over 40 runners—J.J. Wind, Bill Wooden, Ridge Kelley, and Pat Sullivan—to win the masters mile in 4:56. All five become top candidates for the Master's Mile at the Mobil 1 Invitational Meet at George Mason University Feb. 3.

Louise Mallet, 27, Rockville, was overwhelming in the women's mile, winning in 5:08, 22 seconds ahead of Joan Jones.

The series is sponsored by *Runner's World* Magazine and the Nike/Road Runners Club of America Children's Running Development Program and is conducted by the Arlington Co-op, DC Road Runners Club, and Potomac Valley Seniors Track Club, in co-operation with Arlington County Department

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## Washington Running Club

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

### CLUB OFFICERS

**President:** Kevin Kolakowski (703-524-8391)

**Vice President:** Tris Kruger (301-983-2283)

**Secretary:** Gerry Ives (301-320-3337)

**Treasurer:** Jerry Merkel (703-525-5943)

**Newsletter Editor:** Gerry Ives

### COMMITTEES

**Legal:** Chairs: Jim Hage, Jack Coffey

**Membership:** Chair: Suzy Coffey

**Newsletter:** Chair: Gerry Ives

**Competition:** Chairs: Jerry Merkel, Tom McCarthy

**Social:** Chairs: Pat Walker, Dick Brannan

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of Parks, Recreation, and Community Resources. The 60-yard, 220-yard, and 440-yard events are especially geared toward kids 12 and under.

Register pre-race at the Arlington Co-op, 1035 South Edgewood, Arlington VA 22204 or race day at TJ between 8:30 and 9:30 am. Registration is \$5 for Arlington non-residents, \$2 for Arlington residents, free for kids 12 and under and Arlington Co-op members. For more information, call (703) 920-5193.

### Results (top 5)

**Two-Mile Race Walk—MEN:** 1. Bob Elliot, Alexandria VA., 16:29; 2. Jim Lemert, Washington DC 16:45; 3. Newlie Hewson, Washington DC 19:21; 4. Scott Bentley, Burke VA 19:55; 5. Ed Seeger, Falls Church VA 20:48; 6. Paul Robertson, Gaithersburg MD 21:00; 7. Mil Wood, Springfield VA, 25:49.

**Two-Mile Race Walk—WOMEN:** 1. Valerie Meyer, Arlington VA, 18:34; 2. Glenda Elliott, Alexandria VA, 19:38; 3. Alison Zabrenski, Bowie, MD, 20:19; 4. Cori Colling, Herndon VA, 21:56; 5. Connie Kulik, Arlington VA, 23:58.

**One-Mile—OPEN MEN:** 1. Jim Colling, Herndon VA, 4:59; 2. Joseph Fisher, Catholic University, 5:06; 3. Melvin Harris, Baltimore MD, 5:11; 4. Chris Knauf, Vienna VA, 5:12; 5. Darrel Wargo, Gaithersburg MD, 5:22.

**One-Mile—WOMEN:** 1. Louise Mallet, Rockville MD, 5:08; 2. Joan Jones, Vienna VA, 5:30; 3. Maggie Lasaga, Baltimore MD, 5:40; 4. Catherine Murphy, College Park MD, 5:41; 5. Angela Glouchoff, Catholic University (TIE), 5:50, Anne Michels, Catholic University (TIE), 5:50.

**One-Mile—ELITE MEN:** 1. John Duffy, Washington DC, 4:41; 2. Eric Welling, Laurel MD, 4:42; 3. Tony Shields, Mt. Rainier MD, 4:44; 4. Denny Bradecamp, Chantilly VA, 4:45; 5. Tom Winkert, Greenbelt MD, 4:49.

**One Mile—MASTERS MEN:** 1. Bob Weiner, Accokeek MD, 4:56; 2. J. J. Wind (WRC), Arlington VA, 4:58; 3. Bill Wooden (WRC), Silver Spring MD, 5:00; 4. Ridge Kelley, Poolesville MD, 5:01; 5. Patrick Sullivan, Oakton VA, 5:05.

**One-Mile—Under 12:** M1. 5:54 Chip Grawey (10), Herndon VA, 5:54; F1. Regina Powell (8), Bowie MD, 6:35.

**Half-Mile—MEN:** 1. Rodney Shields, Oxon Hill MD, 2:08; 2. Matt Burson, Silver Spring MD, 2:11; 3. John Duffy, Washington DC, 2:13; 4. Robert Ruddock, Vienna VA, 2:13; 5. Marcus Walker, Washington DC, 2:15;

**Two-Mile Run—MEN:** 1. Jason Lienau, Fresno CA, 9:27; 2. John Duffy, Washington DC, 10:33; 3. Melvin Harris, Randallstown MD, 10:33; 4. Chris Branigan, Centerville MD, 10:50; 5. Dan Eddy, Washington DC, 10:53.

**Two-Mile Run—WOMEN:** 1. Catherine Murphy, College Park MD, 11:45; 2. Maggie Lasaga, Baltimore

MD, 12:04; 3. Rebecca Hoglund, Herndon VA, 13:00; 4. Daniyel Bias, Washington DC, 14:35; 5. Charmaine Schmidt, Washington DC, 14:40.

## GENERAL, GRAVES WIN AT TJ CENTER IN ARLINGTON CO-OP TRACK MEET

by J. J. Wind

Darrell General of Mitchellville MD, first American finisher in the 1990 Boston Marathon, showed just how good he was by winning both the one-mile and the two-mile on Sunday, January 27, at the Arlington Co-op Indoor Track Meet at Thomas Jefferson Community Center.

In the mile, General fought past Clint Kiser in the last lap to win in 4:31, with Kiser one second behind. In the two-mile, two hours later, he overwhelmed a talented field, winning in 9:46.

Winifred (Win) Graves of Arlington also ran a tactical race, letting Audrey Kirsop lead for six laps before sweeping past to win in 5:32. In the two-mile Catherine Murphy of College Park led all the way and finished in 11:29.

Sunday's meet featured qualifying races for Potomac Valley Seniors 4x440 relay teams in the Millrose Games in New York's Madison Square Garden, Friday, February 1, and the Vitalis Invitational in New Jersey's Meadowlands, Friday, February 8.

Abdul Elmehdaoui of Gaithersburg ran the quarter-mile in 59.3 seconds to qualify for the Millrose team, followed by Larry Slaski of Herndon (59.6), Don Boyer of Middletown (59.9), and Jim Demma of Silver Spring (61.4).

Melvin Fields of Glen Arden ran a sizzling 56.2 seconds to lead the 40-49 team for Meadowlands. Paul Zink of Reston (59.4), Elmehdaoui, and Slaski round out the team. Demma, Larry Colbert of Lanham, Ralph Romaine of Bethesda, and Ken Baker of Bergen County, New Jersey, will represent Washington-area 50-and-over runners there.

In the masters mile, Patrick Sullivan of Oakton risked it all with a 33-second first lap, but held on to win in 4:55. J.J. Wind of Arlington was second in 4:57, with Eric Gyaki of Edgewater third in 5:06. Sullivan and Gyaki thus become first and second alternates for the Masters Mile at the Mobil 1 Invitational at George Mason University, Sunday, February 3.

Representing local masters in that mile will be Wind and Zink, plus Fay Bradley of Washington, Ridge Kelley of Poolesville, Steve Ruckert of Westminster, Bob Weiner of Accokeek, and Bill Wooden of Silver Spring. They will run against the top seven over 40-runners in the world — Rod Dixon of New Zealand, Byron Dyce of Jamaica, Dave Stewart of Canada, Wilson Waigwa of Kenya, and Americans Larry Almberg, Dan Frye, and Ken Popejoy.

Racewalker Dave McGovern of Charlottesville walked two miles in 12:55, a meet record, to qualify

for The Athletics Congress Indoor Nationals, to be held late February, also in Madison Square Garden.

The remaining meets in the four-race series will be held Sundays, February 10 and 24, from 6:00 to 9:30 pm, at the Thomas Jefferson Community Center, one block south of Route 50 and Glebe Road in Arlington.

**One Mile MASTERS MEN:** 1. Patrick Sullivan, Oakton VA, 4:55; 2. J. J. Wind, Arlington VA, 4:57; 3. Eric Gyaki, Edgewater MD, 5:06; 4. Bob McGarvey, Arlington VA, 5:11; 5. John Ng, Silver Spring MD, 5:12.

**One-Mile ELITE MEN:** 1. Darrell General, Mitchellville MD, 4:31; 2. Clint Kiser, Lake Ridge VA, 4:32; 3. Jim Clelland, Baltimore MD, 4:34.

**One-Mile WOMEN:** 1. Win Graves, Arlington VA, 5:32; 2. Audrey Kirsop, Washington DC, 5:36; 3. Beth Watt, Annapolis MD, 5:50; 4. Clara Poffenberger, Fairfax VA, 6:26; 5. Janice Avara, Washington DC, 6:39.

**One-Mile OPEN MEN:** 1. Bill Herman, Washington DC, 5:00; 2. Melvin Harris, Pikesville, MD, 5:04; 3. Todd Schafer, Washington DC, 5:05; 4. Cyrus Roher, Alexandria VA, 5:07.

**Half-Mile MEN:** 1. Rodney Shields, Oxon Hill MD, 2:05; 2. Clint Kiser, Lake Ridge VA, 2:06; 3. Mark Preston, Bladensburg MD, 2:06; 4. Jim Clelland, Baltimore MD, 2:08; 5. Tom Winkert, Greenbelt MD, 2:11.

**Half-Mile WOMEN:** 1. Desiree Ficker, Potomac MD, 2:31; 2. Berni Creed, Fairfax VA, 2:33; 3. Tonya Courtney, Washington DC, 2:53; 4. Stephanie Carpenter, Fairfax VA, 2:54.

**Two-Mile Run: MEN:** 1. Darrell General, Mitchellville MD, 9:46; 2. Dennis Coleman, Gaithersburg MD, 10:14; 3. Greg Langer, Alexandria VA, 10:16; 4. Ned Poffenberger, Fairfax VA, 10:32.

**Two-Mile Run: WOMEN:** 1. Catherine Murphy, College Park MD, 11:29.5; 2. Desiree Ficker, Potomac MD, 13:29.

**Two-Mile Race Walk MEN:** 1. Dave McGovern, Charlottesville VA, 12:55; 2. Curt Clausen, Raleigh NC, 14:11; 3. Jim Lemert, Washington DC, 17:10; 4. Michael Steadman, Hyattsville MD, 18:46; 5. Ralph Driscoll, Alexandria VA, 20:30; 6. Paul Terry, N.Springfield VA, 20:35; 7. Steven Terry, Annandale VA, 22:47; 8. Mil Wood, Springfield VA, 25:37.

**Two-Mile Race Walk WOMEN:** 1. Valerie Meyer, Arlington VA, 18:47; 2. Glenda Elliott, Alexandria VA, 19:44; 3. Keg Good, Woodbridge VA, 19:51; 4. Jennifer Wilson, Arlington VA, 21:29; 5. Connie Mercier, Manassas VA, 26:02.

#### 1991-92 NATIONAL CHAMPIONSHIP EVENTS AWARDED AT TAC DECEMBER CONVENTION

by Norm Brand

The 1991-92 TAC Championship events were awarded at the TAC convention in December. There

may be changes or additions as the year unfolds, especially for the women's races; I will try to keep you informed.

#### LDR National Championships

1991

| Distance | Date     | MEN      |                 | WOMEN    |                |
|----------|----------|----------|-----------------|----------|----------------|
|          |          | Date     | Location        | Date     | Location       |
| 5K       | 5 Oct.   | 5 Oct.   | Nashville, TN   | 5 Oct.   | Nashville, TN  |
| 8K       | 28 Apr.  | 28 Oct.  | Portland, OR    | 28 Oct.  | Alhambra, CA   |
| 10K      | 27 May   | 27 May   | Boulder, CO     | 27 May   | Boulder, CO    |
| 20K      | 25 May   |          | Wheeling, WV    |          |                |
| ½-Mar.   | 17 Aug.  |          | Parkersburg, WV |          |                |
| Mar.     | 10 Nov.  | 5 May    | Columbus, OH    | 5 May    | Long Beach, CA |
| 24 Hour  | 27 Sept. | 27 Sept. | Portland, OR    | 27 Sept. | Portland, OR   |
| 100K     | 26 Oct.  | 26 Oct.  | Duluth, MN      | 26 Oct.  | Duluth, MN     |
| X-C      | 30 Nov.  |          | Boston, MA      |          |                |

1992

|        |         |        |                               |        |               |
|--------|---------|--------|-------------------------------|--------|---------------|
| 5K     | Spring  | Spring | Salt Lake City, UT            | ? Oct. | Nashville, TN |
| 8K     | 26 Apr. | ? Oct. | Portland, OR                  | ? Oct. | Alhambra, CA  |
| 10K    | 4 Jan.  |        | Charlotte, NC                 |        |               |
| 15K    | 19 July |        | Seattle, WA                   |        |               |
| 20K    | 23 May  |        | Wheeling, WV                  |        |               |
| ½-Mar. | 15 Aug. |        | Parkersburg, WV               |        |               |
| Mar.   | 15 Aug. |        | Columbus, OH<br>(Oly. Trials) |        |               |
| X-C    | 28 Nov. |        | Kenosha, WI                   |        |               |

#### DR. TRIS KRUGER CARRIES ON, AT LENGTH, ABOUT WASHINGTON R.C.

*Following is a letter received from our new VP, Dr. Tristram C. Kruger, D.D.S., M.S., L.N., greatly condensed, because of space and taste limitations. Dr. Kruger wrote this with his tongue placed firmly in his cheek, doubtless afraid that someone would get into his mouth and afflict him with a root canal—as he does to anyone who disagrees with him.*

Dear Editor:

At the conclusion of 1990 there are several notes I would like to publicize. My first concern is the elitist nature of WRC. A NOVA member said at a recent gathering of both elites and hacks that his club has a "some good women, but WRC has both good men and good women" (*don't tell the Marine Corps, I hear they're looking for them—ed.*) I have noted this trend when I join the Sunday morning run in Georgetown. Donna Elliot, even though she is now a married lady, is still out there pushing the pace. The other morning Donna was on the second loop of Hains Point, part her planned 28-mile run, when she was joined by Clubmate Roger Howell, who had just placed third in a blistering 8K. These are not ordinary mortals, folks! Ed Doheny used to be my idol, until I learned of his profession. Those guys in the CPA business only work 2 days a year, April 14 when we send them all the stuff, and August 14 when they actually do the paperwork. . . . Ed is a great runner for two reasons: NO job and NO girlfriend.

In fact quick look at the really good runners of WRC will bare (*bare??—ed*) this fact out, you can't have a job and a social life and be a good runner. Look at the Club Prez, Kevin Kolakowski; no one really knows if he has a job at all. When asked about it he tries to change the subject and talk about his weight. All of Kevin's demands, in the way of cars and furniture, are taken care of by Pat Walker. Pat works so hard to support Kevin that this former championship runner has been reduced to riding a bike and is a pale shadow of her former running self. Hal Katen, another Sunday morning regular and a great runner—NO girlfriend. Jay Wind, a great runner with no home life—the only time he sees his kids is at the Club meetings. Bob Trost, another great runner with no girl friend and a job teaching economics to people like Doheny. Jeff Reed, who always dressed like a great runner, has shown a marked improvement in his running ability since losing his girlfriend. Chris Stockdale is constantly traveling around the world, not working, naturally she's a great runner. Bobby Bauer could be a great runner, however, he spends most of his spare time on hair care and automotive repairs.

The list goes on. But one can see an obvious trend here. NOVA members have jobs, and lead active social lives. WRC members are generally unemployed, lead unfulfilled lives, and are socially inept. I propose that a minimal requirement to gain membership in WRC should be a job and some social skills.

Another concern . . . is the way the directions to Club meetings are only given to supporters of the current leadership. At the December meeting I was reduced to begging for directions from an Ethiopian cab driver. . . . When I arrived at the meeting, somewhat late as I had to drive to Crystal City to find a legal place to park, I was greeted with a shout of "Nominations are closed!" When I suggested a name, I was ruled "out of order" which my then-girlfriend acceded to. If nothing else, a change in leadership would possibly bring better food to the meetings, instead of the current practice of using hotdogs left over from the previous meeting, and stale, saltless taco chips that are bought in 4-gallon containers at the beginning of the year and served at each meeting through October. . . .

I hope some changes can occur to give us hackers more control of the Club. Maybe we wouldn't make headlines, but we'll have a good time and eat better.

*Disgruntled in Potomac.*

#### MINUTES OF THE MEETING OF WRC HELD ON FRIDAY, JAN. 18, 1991

WRC President Kevin Kolakowski called the meeting to order. The first order of business was the election of new Club officers for 1991. The following members were elected to office:

**President**—Kevin Kolakowski; **Vice-President**—

Tris Kruger; **Treasurer**—Jerry Merkel; **Secretary**—Gerry Ives.

A vote of thanks was given to the 1991 Treasurer, Bobbie Bleistift, who decided not to seek re-election.

**New Business:** WRC will have teams for the G.W. Birthday Marathon, call Jerry Merkel if you're interested (703) 525-5943. Renewal of the Club's membership in PVAC (TAC) was approved. Norm Brand will take care of this. J. J. Wind and Bill Wooden will be taking part in the masters mile at the Mobil 1 Track Meet. J. J. will be wearing his new WRC singlet, donated to him by the Club after he wore a rather tattered Club singlet on television last year. Jerry Merkel suggested that the Club sponsor a low-key race on the Saturday before Marine Corps. Merkel agreed to chair a committee to look into this and asked for volunteers to serve on the committee—call him if you can help. J. J. Wind announced that the DCRRC will be holding a group run on Monday night at 6:30 starting from the AMS building in Rosslyn.

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.

#### 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.

*Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4816 or evenings h] 441-9265.*

### WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$20 Individual Membership

\$25 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 1990

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***