

# Washington Running Club ★ Newsletter

Volume 10, Number 3

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March 1991

## MARCH MEETING IN ARLINGTON

The WRC monthly meeting will be held at Jerry Merkel's house on FRIDAY, MARCH 8th at 8:00 p.m. Jerry lives at 1704 N. Calvert St., in Arlington. From Key Bridge take Lee Highway to a left on Danville St. Go two blocks to N. Calvert.

*We ask that no children attend, the Merkel's have enough kids of their own.*

## WRC TEAMS DOMINANT AT DCRRC G.W. BIRTHDAY MARATHON RELAY

At presstime the complete team results and times for the DCRRC G.W. Birthday Marathon, held on Sunday, February 16, were not available. However, we do know that WRC teams won every category they entered.

The Men's Open Team of Jack Cleland, Alex Magoun, and Roger Howell finished the race in 2:23:06. Expectant father Cleland ran the race with some trepidation, as his wife had been expected to give birth on the previous Tuesday. The Men's Masters Team of Hal Katen, Ed Doheny, and Lucious Anderson won their division in 2:34:20. Ed Doheny had just returned from a skiing vacation with Pat 'Rocco' Carr, but Katen and Anderson gave him enough cushion to enable the team to win anyway. The Co-Ed Team of Jim Hage, Kathy Merkel, and Jerry Merkel took their win in 2:36:04. Hage gave the team a great first leg and Anderson, of WRC's masters team, didn't pass Jerry Merkel until the final mile of the race.

We will have the finishing times of the other WRC teams and individual performances in next month's newsletter.

Thanks should go to WRC team coordinator Jerry Merkel for a fantastic job of assembling the winning teams. Thanks also to DCRRC Marathon Relay Coordinator George Banker for handling what has to be a gigantic headache of a job.

## Marathon Results

**Men:** 1. John Ausherman, 2:33:34; 2. Steve Cottrell, 2:39:50; 3. Frank Perna, 2:41:46; 4. Mike Driscoll, 2:47:03; 5. Steve Smith, 2:47:51; 6. Vassili Triantos, 2:50:01; 7. James Moreland, 2:52:08; 8. Rusty Moore (WRC), 2:52:22; 9. Mike Pionkowski, 2:53:22; 10. John Tulbert, 2:53:55.

**Women:** 1. Margaret Hiroko-Smith, 3:30:07; 2. Renee Butler, 3:30:10; 3. Lyn Apple, 3:36:41; 4. Judy Flannery, 3:39:58; 5. Maryvonne Mauprivez, 3:43:23; 6. Gwen Kay, 3:43:59.

## Relay Results

**Open Men:** 1. WRC 'A' (Cleland, Magoun, Howell), 2:23:06.

**Masters Men:** 1. WRC Masters 'A' (Katen, Doheny, Anderson), 2:33:20.

**Coed:** 1. WRC Coed 'A' (Hage, Merkel, Merkel), 2:34:20.

**Open Women:** 1. You'll Love Our Buns, 3:09:48.

**Masters Women:** 1. Three For The Road, 3:23:58.

## ST. HILAIRE TO DEFEND TITLE AT NIKE 8K; '25 FOR 25' BONUS OFFERED

The invited athlete field is again expected to be one of the finest ever for the third running of the Nike Women's Race on Sunday, May 12 at 8 a.m., starting in West Potomac Park. This year the 8K race will be featuring the 'Clairol 25 for 25' bonus courtesy of Conditioning by Clairol—a \$25,000 bonus for the first woman to run 25 minutes or faster on race day.

The early field includes the U.S. 8K record-holder Lynn Jennings, defending race champion Judy St. Hilaire, Leann Warren, Elaine Van Blunk, Patty Murray and Tina Ljungberg. All will be competing for the \$5,000 first place prize out of a total purse of \$25,000. If the winner runs 25 minutes or faster she will have a \$30,000 pay day.

In addition to title sponsor Nike, other sponsors are Condition by Clairol, People's Drug, Gatorade, Cassidy's Women's Activewear and Women's Sports and Fitness Magazine. The race will be conducted by Washington RunHers, coordinated by Darman and Associates, and directed by Henley Gible.

Entries for the race can be obtained by sending a self-addressed stamped envelope to Nike Women's Race, Box 134, Mt. Vernon, VA 22121.

Washington Running Club will be entering a team. If you're interested contact Kathy Merkel at (703) 525-5943.

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

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

**Jack Cleland** became a father on Monday, February 25th when wife **Mary** gave birth to 8lb. 3oz. **Madeline** at 6:30 a.m. at Georgetown Hospital. Mr. Cleland was in attendance at the birth, but Mrs. Cleland did all the work. Mother and baby are both doing well; Jack is reportedly in a state of shock.

**Jay Wind** was the subject of an article appearing in the *Journal* newspaper (no, it wasn't an exposé). Columnist **Buzz McClain** featured Wind as one of the top masters milers in the area. Wind's picture, wearing a Washington Running Club t-shirt, was prominent at the beginning of the article.

The Portland Marathon informed **John O'Donnell** that he was the top finisher from the District of Columbia in the September, 1990 race. He was also the *only* finisher from D.C., which tempers the honor somewhat, but not enough that O'Donnell doesn't brag about it.

We received a membership renewal from **Frank Faykes**. Apparently Frank is the sole member of the U.S. Armed Services remaining in Germany—everyone else is in the Persian Gulf. As you might imagine this situation has impacted his running, and on his renewal application he reports no 'Best Times in 1990' and no PRs. We're all hoping that the Gulf situation will soon be over so someone can get back to Germany and relieve Frank.

For the past few years **Donna Elliot-Moore's** marathon p.r. has been out of sync with her times for other distances. Elliot-Moore changed all that in the Las Vegas Marathon on February 3 when she demolished her old p.r. by more than 15 minutes, cruising to a 9th place finish in 2:51:43. She finished in great shape and was reported to be enjoying a post-race

vacation in Las Vegas. Ex-WRCer **Brent Barnhill** used the same race to qualify for the Oly Trials. Barnhill clocked a 2:19:?? (don't have the exact time).

**Dan Rincon** was looking over the list of the top 50 all-time indoor performances in the East when he came across club member **Pat Walker's** name. Ms. Walker's 4:26.68 1500 meters and her 4:47.8 mile from 1983 are still on the list.

If you're interested in running the 1991 Crestar Charlottesville 10-Miler contact **Gerry Ives** at (301) 320-3337, he has entry forms. The race will be held on Saturday, April 13th at 8:00 a.m. Anyone who breaks an age group course record will receive a \$75.00 cash prize.

**Joe Lugiano** has proven that you can get p.r.s when you're over 40 (quite a bit over in Joe's case). Mind you, you might have to run a bit further than you normally do. Lugiano had a p.r. of 20:59 (that's hours, folks) in the Vermont 100-miler last July, and he's probably going back again this year. He finished 29th out of 165 starters. He also did a p.r. of 8:15 in the JFK 50-miler, two weeks after qualifying for Boston at Marine Corps with a 3:15 (that wasn't even close to Joe's marathon p.r.)

Word from the "Big Apple" is that **Lisa Hamm** is ecstatic with her new job on the World Desk at A.P. She's studying French and will soon be studying German, which she hopes will give her an edge if a foreign correspondent's job opens up in Europe in the next couple of years.

*The Burke Connection* newspaper drew their readers attention to the *Washington Running Report*, which was founded by WRC members **Mark Baldino** and **Tem Washington**. The publication now has a circulation of 25,000 and, according to Baldino is the bible of area runners. Between putting out the *Report*, working at his race management company (Colonial Running), and his real job at Baldino's Lock and Key Service the "Running Locksmith" has barely enough time to put in 35 miles a week on the roads. Now if someone would come up with a couple of million bucks to buy out Baldino he could get back into the competitive shape he was in 10 years ago.

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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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### C.R.'s JUST OUT OF GRASP (GASP?) AT DCRRRC FRANKLIN PARK 5-MILER

*by James Scarborough*

The second annual DCRRRC Snowball Series Franklin Park 5-Miler was held at Williamsburg Middle School in Arlington on Saturday, February 2nd. The winners were after, but did not achieve, event records in order to win a special prize of a compact stereo system. This year the course was changed slightly to eliminate a loop near the end that frequently got bypassed. The change resulted in an Alexandria Moonlighter type turnaround in the first quarter-mile.

James Knight, 30, of South Arlington, led for most of the race, but was overtaken in the last mile and had to put on a dead sprint the last 50 yards to regain the lead from Jeff Martin, 33, of Greensboro, North Carolina. Knight took the win by less than a second, breaking the tape in 26:52, 44 seconds off Ken Wolters' course record of 26:08.

Janice Petzold, 28, of Fairfax was the winning woman in 31:41, just 19 seconds off Christine Snow-Reaser's course record set the previous year. Following Petzold in the women's division were Arlington's two most famous hyphenated runners: Cathy Ventura-Merkel in 2nd with a time of 33:38, and 3rd place finisher Jennifer Westfall-McGrail in 33:49.

In the masters divisions, Jacob Wind failed to break his own master's record, but still finished seventh overall in 29:09. Marie Baumann-Robbins, 45, was the first women's master in 40:33 (also not a record).

Among the rest of the field were WRCers Phil Woodyard, 3rd in 27:40, Bob Trost and Robert Rodriguez in 31:45, Gerry Ives in 31:50 and Lucy Ventura in 44:36.

Pat Finn, of Fairfax, won the 1-mile fun run in 5:55, after admittedly running too far. Rumor has it that the Wind progeny also completed the distance.

The race raised \$123 (\$1 per entrant) for the Hospice of Northern Virginia. The Hospice provides care for terminally ill patients (the race director's uncle died there).

**Men:** 1. James Knight, 26:52; 2. Jeff Martin, 26:53; 3. Phil Woodyard (WRC), 27:40; 4. Tom Clowes, 28:12; 5. Bill Stahr, 28:35; 6. Jon Thoren, 28:51; 7. Jacob Wind (WRC), 29:09; 8. Bruce Fulco, 29:15; 9. Peter Feltman, 29:30; 10. Ted Poulos, 29:46; 19. Robert "Tex" Platt, 30:59; 22. Chan Robbins, 31:19; 28. Robert Trost (WRC), 31:45; 29. Robert Rodriguez (WRC), 31:45; 30. Steve Forman, 31:46; 31. Gerry Ives (WRC), 31:50.

**Women:** 1. Janice Petzold, 31:41; 2. Cathy Ventura-Merkel (WRC), 33:38; 3. Jennifer Westfall-McGrail, 33:49; 4. Carol Schultze, 36:15; 5. Lori Poulos, 36:43; 6. Susan Miller, 38:16; 7. Nancy Kalafa, 38:19; 8. Marie Baumann-Robbins, 40:33; 9. Leslie-Ann Yarow, 40:49; 10. Elizabeth Neary, 41:06; 11. Keg Good, 41:57; 14. Lucy Ventura (WRC), 44:36; 17. Mary Ann Zuckerman, 45:58; 18. Lee Glasco, 47:07.

### CHRIS NEAL SHOWS GOOD DIRECTIONS AT ARLINGTON CO-OP TRACK MEET

An hour before the Arlington Co-op Indoor Track Meet at Thomas Jefferson Community Center on Sunday, February 10, Christopher Neal—new to the DC area—called the meet director, desperate for directions from Rockville.

Apparently, both his driving and his training were in the right direction, for he won the men's mile in

4:32, four seconds ahead of Brad Uhlfelder of Owings Mills.

Another Rockville resident, Louise Mallet, dominated the women's mile, winning in 5:06, almost a lap ahead of the competition.

In the masters mile, Patrick Sullivan of Oakton repeated his Co-op Meet win two weeks ago, this time with a 5:02, and J.J. Wind of Arlington repeated his second place in 5:06.

Melvin Fields of Glenarden, 46 years young, fresh from running on the Potomac Valley Seniors Track Club's men's masters' 4x440 relay team at the Vitalis Invitational in the Meadowlands Friday night, sprinted 24.6 in the 220-yard dash, at least two seconds faster than anyone else—even runners half his age.

Dennis Coleman of Gaithersburg, second at previous meets in the mile and two mile, picked up a win with his 10:12 in the two mile.

The Arlington Co-op four-meet indoor 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 cooperation with Arlington County Department of Parks, Recreation, and Community Resources. The 60-yard, 220-yard, and 440-yard events are especially geared toward kids 12 and under.

**ONE-MILE—MEN:** 1. Christopher Neal, Rockville, 4:32; 2. Brad Uhlfelder, Owings Mills, 4:35; 3. Jason Dunn, Sterling, 4:46; 4. Kevin George, Woodbridge, 4:50; 5. Rodney Shields, Oxon Hill, 4:50.

**ONE-MILE—WOMEN:** 1. Louise Mallet, Rockville, 5:06; 2. Beth Watt, Annapolis, 5:32; 3. Stephanie McLaughlin, Gaithersburg, 5:36; 4. Keg Good, Woodbridge, 6:32; 5. Mary Ann Zuckerman, Laurel, 6:39.

**ONE MILE MASTERS—MEN:** 1. Patrick Sullivan, Oakton, 5:02; 2. J. J. Wind, Arlington VA, 5:06; 3. Doug Stewart, Fairfax, 5:11; 4. Paul Quinn, Springfield, 5:19; 5. George Guiley, Vienna, 5:28.

**ONE-MILE OPEN:** 1. Ted Poulos, McLean, 5:04; 2. Mike Tabibi, Arlington, 5:05; 3. Keith Delauter, Hagerstown, 5:10; 4. Philip Mattson, Burke, 5:19; 5. Tamon Honda, Arlington, 5:14.

**TWO-MILE—MEN:** 1. Dennis Coleman, Gaithersburg MD, 10:12; 2. Jimmy Blain, Burke, 10:18; 3. Keith Delauter, Hagerstown, 10:47; 4. K. Epstein, Washington, 11:05; 5. Ted Poulos, McLean, 11:17.

**TWO-MILE—WOMEN:** 1. Audrey Kirsop, Washington, 13:15; 2. Keg Good, Woodbridge, 16:51.

**880-YARD—MEN:** 1. Rodney Shields, Oxon Hill, 2:07; 2. Tony Shields, Mt. Rainier, 2:07; 3. Pat Mattson, Burke, 2:09; 4. Nick Boggs, Washington, 2:12; 5. Mike Tabibi, Arlington, 2:20.

**880-YARD—WOMEN:** 1. Carla Criste, Annandale, 2:24.

**440-YARD—MEN:** 1. Learie Pope, Washington, 56.3; 2. Michael O'Donohue, Bishop Ireton, 57.0; 3.

Courthney Cumberlatch, Silver Spring, 57.8; 4. Tony Chavez, Herndon, 57.9.

**220-YARD—MEN:** 1. Melvin Fields, Glenarden, 24.5; 2. Tony Chavez, Herndon, 26.5; 3. Courthney Cumberlatch, Silver Spring, 27.3; 4. Learie Pope, Washington, 27.1; 5. Tamon Honda, Arlington, 28.3.

**TWO-MILE RACE WALK—MEN:** 1. Alan Price, Washington, 18:54; 2. Victor Litwinski, Arlington, 18:59; 3. Jack Ozment, Philomont VA, 19:50; 4. Paul Terry, N.Springfield VA, 20:18; 5. Steven Terry, Annandale, 20:56.

**TWO-MILE RACE WALK—WOMEN:** 1. Recita Miller, Washington, 19:56; 2. Keg Good, Woodbridge, 20:32.

### **FIRE DRILL FAILS TO STOP ARLINGTON CO-OP TRACK MEET**

Halfway through the Arlington Co-op's Indoor Track Meet at Thomas Jefferson Community Center on Sunday, February 24, all hell broke loose.

As the second heat of 440-yard runners were taking their marks, the fire alarm went off. With no way to determine whether the alarm was real or false, 200 runners gathered their gear and rushed for the exits. "Things were just starting to heat up," quipped race volunteer Robert "Tex" Platt.

After a 10-minute wait for the fire engines and another 10-minute check-out, TJ Center custodians found the faulty alarm and turned it off. About 50 runners left during the delay, but the remaining 150 regrouped to pick up where they left off.

Farley Simon, 36, clocked 4:29, the best mile time of the day, outlegging Darrell General by one second. Laura Fetzer, only 14, won the women's mile in 5:58. J.J. Wind, 41, won the master's mile in 5:09. Wind was surprised to also win the two-mile overall in 11:03, after early pacesetters Don Boyer and Larry Slaski dropped out. Catherine Murphy, 31, won the women's two-mile for the third time this winter, in 11:49.

This was the last of the four-meet series sponsored by Arlington Co-op, D.C. Road Runners Club, Potomac Valley Seniors Track Club, Nike-RRCA Children's Running Development Program, and Runner's World Magazine, in cooperation with Arlington Department of Parks, Recreation, and Community Resources. The meets featured the mile and two-mile, 880-yard, 440-yard, 220-yard, and 60-yard runs, plus the two-mile race-walk.

**MEN'S ELITE ONE-MILE:** 1. Farley Simon, Springfield, 4:29; 2. Darrell General, Mitchellville, 4:30; 3. Chris Galione, Annandale, 4:40; 4. Tom Winkert, Greenbelt, 4:41; 5. David Moore, Alexandria, 4:42.

**WOMEN'S ONE-MILE:** 1. Laura Fetzer, Springfield, 5:58; 2. Keg Good, Woodbridge, 6:01; 3. Nzinga Tull, Washington, 6:48.

**OPEN MILE:** 1. Ted Poulos, McLean, 5:09.

**MASTER'S ONE-MILE:** 1. J.J. Wind, Arlington, 5:09; 2. Larry Slaski, Herndon, 5:12; 3. Paul Quinn, Springfield, 5:14; 4. Ed Heffernan, Springfield, 5:20; 5. George Guiley, Vienna, 5:24.

**MEN'S TWO-MILE:** 1. J.J. Wind, Arlington, 11:03; 2. Mark Dieter, Arlington, 11:10; 3. Paul Quinn, Springfield, 11:32.

**WOMEN'S TWO-MILE:** 1. Catherine Murphy, College Park, 11:49.

**MEN'S 880:** 1. Mike Bruno, McLean, 2:12.

**WOMEN'S 880:** 1. Mary Conway, Woodbridge, 2:32.

**MEN'S TWO-MILE RACE WALK:** 1. Jack Ozment, Philomont VA, 19:09; 2. Victor Litwinski, Arlington, 19:45; 3. Steven Terry, Annandale, 21:53; 4. Wayne Dexter, Falls Church, 24:20; 5. Mil Wood, Springfield, 25:58.

**WOMEN'S TWO-MILE RACE WALK:** 1. Cydnee Randall, Washington, 21:30; 2. Kim Caldwell, Washington, 21:42; 3. Rita Lokke, Arlington, 25:24.

### **MINUTES OF THE FEBRUARY MEETING OF WRC, HELD FEBRUARY 8TH 1991**

The meeting was called to order by Club President Kevin Kolakowski.

A committee consisting of Jack Coffey, James Scarborough, Jerry Merkel, and Ed Doheny has been formed to look into the possibility of organizing a pre-Marine Corps Marathon race.

Teams will be entered in the Cherry Blossom Chaser 10K with Jerry Merkel as team coordinator. Norm Brand has TAC cards available for purchase. It was agreed that WRC should organize the DCRRC Carderock 10K again this year. We will contact DCRRC to let them know. Congratulations were given to J. J. Wind and Bill Wooden for their performances in the Mobil Masters Mile.

The Treasurer's Report gave a balance of \$4,528.

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 Pat Walker, 2100 Lee Highway, Arlington, VA 22201. 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 Spinnier at h] (301) 739-7004 or w] (301) 733-7222.

*Training/Coaching Advice—by arrangement: Dan Rincon w] (301) 314-7457 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***