

# Washington Running Club Newsletter



Volume 10, Number 6

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June 1991

## JUNE MEETING IN POTOMAC

The WRC monthly meeting will be held at Tris Kruger's house on FRIDAY, JUNE 14th at 8:00 p.m. Vice-Prez Kruger lives at 9641 Accord Drive, in Potomac, Md. Take Beltway to River Rd. exit. Head toward Potomac on River Rd. The house is approximately 3 miles from the Beltway on the left at the corner of Accord and River, about ¼-mile past the Potomac Nursery & Garden Center. The Club will provide hot dogs and rolls, any other food or beverage contributions will be welcomed.

## JENNINGS SETS WORLD RECORD AT 3RD ANNUAL NIKE WOMEN'S 8K

*by George Banker*

You cannot assemble the world's best female athletes and not expect great things to happen. The 3rd Annual Nike Women's Race 8K was held on Sunday, May 12, 1991 (Mother's Day) in West Potomac Park in Washington, D.C., with the temperature in the 70's under cloudy skies. The event had a record field of close to 3,000 registrants.

With the field including such luminaries as Judi St. Hilaire, Lynn Jennings, Wanda Panfill, Wilma Van Onna, and Susan Sirma, there was potential for both Jennings' American record and Grete Waitz's world mark to fall. With the incentive of an extra \$25,000 if the winner ran 25:00 or better, there was no doubt that this was going to be an all-out race.

At the half-mile mark, course familiarity allowed Jennings and St. Hilaire to cut the corner and gain an edge while Sirma and Panfill went wide. Sirma and Panfill quickly made up the difference and it was Sirma leading the pack through the first mile in 4:55.

There was a surprise at mile two when the clock showed 10:09, a slow split of 5:14. Sirma surged and opened up a slight gap over Panfill, St. Hilaire, Jennings and Libbie Johnson.

At mile three Sirma had a 25-yard lead over the field and a time of 15:16, giving her a mile split of 5:07. It looked as if the slow second mile had a \$25,000 price tag on it. Panfill began to fade and was no longer a factor in the race for first place. Right when it looked as if the race was settled, something happened. Jennings started a steady surge and began to devour Sirma's lead.

Mile four saw Sirma and Jennings cross, shoulder-to-shoulder, in 20:19, a split of 5:03. Sirma was at a disadvantage against someone who is known for having a strong kick. As they came down the straightaway, alongside the Potomac, Jennings exploded into the lead and opened up an almost unbelievable 12-seconds lead over Sirma in the last few hundred meters. As announcer Phil Stewart counted off the seconds to the 25:00 mark, the crowd was going wild with excitement. Jennings hit the tape in 25:02 which didn't qualify for the \$25,000, but was good enough for an new American and World mark, which wasn't too shabby. Sirma took 2nd in 25:14, and St. Hilarie captured 3rd in 25:40.

WRCers Joanne and Louise Mallet took the mother/daughter team win, with Louise finishing 33rd in 28:58 and Joanne placing 273rd with a 36:32. The Mallets were runners-up in last year's mother-/daughter category.

Outstanding performances were turned in by Pat Walker (29:48) and Teren Block (29:49). Kathy Merkel ran 30:??, Donna Elliot crossed the line in 31:04, and Jill Hargis came up from Georgia to run a p.r. 31:11.

**Results:** 1. Lynn Jennings, 25:02 (cr, wr); 2. Susan Sirma, 25:14; 3. Judi St. Hilaire, 25:40; 4. Wilma Van Onna, 25:42; 5. Anne Marie Letko, 25:48; 6. Libbie Johnson, 25:53; 7. Trina Painter, 26:07; 8. Wanda Panfill, 26:14; 9. Elaine Van Blunk, 26:32; 10. Sandra Gliskey, 26:41; 11. Nancy Ditz, 26:44; 23. Anita Kelly, 27:40; 33. Louise Mallet (WRC), 28:58; Pat Walker, 29:48; Teren Block (WRC), 29:49; Kathy Merkel (WRC), 30:??; Donna Moore (WRC), 31:04; Jill Hargis (WRC), 31:11; Joanne Mallet (WRC), 36:32.

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

The annual drubbing of WRC's softball team by NOVA's semi-pro team is scheduled to take place on Saturday, June 29th between 1:30 and 3:00, at the field located off of Quincy St. between Washington Blvd. and Fairfax Dr. The game is played with a large white ball that you attempt to hit with a piece of

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

wood shaped like a bowling pin. The object is to hit the ball far enough into the meadow to allow you to run around a diamond shaped course of approximately 150 meters. The course is marked by little pads called bases. Each base has a sentry from the other team guarding it. The sentries try to gain possession of the ball and touch you with it before you can touch the pad they are guarding. It doesn't matter how long you take to run the course, as long as one of their sentries doesn't touch you with the big white ball. There is apparently no time limit. It sounds a lot more complicated than it is. We'll have **Alan Roth** on a P.A. system giving a brief description of the rules before the game. We're looking for club members who have at least seen this game played on TV. A post-game picnic will be hosted by NOVA at the home of **Steve Crum** and **Monica Grillo** located at 6046 N. 20th St., Arlington.

**John Betts** has his annual bet with **Betty Blank** that he can finish Marine Corps in under 3 hours and 20 minutes. Betts has hired coach **Pat Neary** to get him through the next five months of training.

Local speedster **Cassie O'Neill** married **Dr. John McWilliam** on April 11, and will be moving to Wisconsin in July. O'Neill has been a standout on the women's road racing scene since she moved to the area two years ago.

### CONSTELLATION CLASSIC 10K TIMES SLOWED BY UNSEASONABLE HEAT

by *Lech Walensa*

At the Baltimore Constellation Classic 10K on Sunday, May 26th, it was 79° at the 8:00 a.m. start and it didn't get any cooler as the race progressed. Steve Kartalia took the win in 30:28, with ex-WRCer John Doub in second in 30:58. The top finisher for

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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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WRC was Roger Howell with a 33:35.

In the women's race, it was Maria Pazarentzos wearing the winner's laurels with an outstanding (considering the conditions) 35:56. Ruth O'Hara, who has been turning in some strong performances since having foot surgery, took 2nd with an even 37:00 minutes. WRC's Louise Mallet finished in 5th place, and Pat Walker took 10th place in 38:27, slowed only by her determination to let Prez Kolakowski finish ahead of her.

**Partial Results—Men:** 1. Steve Kartalia, 30:28; 2. John Doub, 30:58; 4. Dave Berardi, 31:10; 6. Jerry Clapper, 31:42; 15. Roger Clark, 32:58 (1st master); 21. Roger Howell (WRC), 33:35; John Sherlock, 35:25; Tem Washington (WRC), 36:17; Bill Wooden (WRC), 36:45; Kevin Kolakowski (WRC), 38:15.

**Women:** 1. Maria Pazarentzos (WRC), 35:56; 2. Ruth O'Hara, 37:00; 5. Louise Mallet (WRC), 37:17; 10. Pat Walker (WRC), 38:27.

### CLYDE'S AMERICAN 10K WON BY WRC'S HAGE

by *John Betts*

Jim Hage of WRC won the men's open division of Clyde's American 10K in a time of 30:47, while Anita Kelly won the women's open division with a time of 36:08. The race was run under ideal conditions on April 28, 1991.

The "real story" in this race was the fourth place finish of Patricia Walker of WRC. Ms Walker resumed serious training after her "significant other," WRC President Kevin Kolakowski, equaled her 10K PR with his 35:35 effort at the Sallie Mae Cherry Blossom 10K on April 14, 1991. This leaves Ms. Walker and Mr. Kolakowski with identical PRs for the 10K.

Ms Walker, showing signs of her fiery competitive spirit, stated that the "Prez" is "making me run harder." "I'm not going to let him beat me," claimed Ms Walker in an exclusive interview with the correspondent.

President Kolakowski appeared to be very puzzled about the rivalry. "The truth," claimed K.K., "is that she resumed training in order to win enough prize money to buy me a new motorcycle."

**Men:** 1. Jim Hage (WRC), 30:47; 2. Ken Fowler, 31:00; 3. Gerry Clapper, 31:01; 4. James Clelland, 32:50; 5. Jeff Yates, 33:17.

**Women:** 1. Anita Kelly, 36:08; 2. Shelly Burns, 37:18; 3. Maurine Hall, 38:23; 4. Pat Walker (WRC), 38:40; 5. Mary McCullough, 39:20.

### DOUB WINS G.W. PARKWAY CLASSIC; WILSON TOPS THE WOMEN'S FIELD

The G.W. Parkway Classic 15K once again attracted a top-class field for the 7th annual running of the

event on Sunday, May 5th, at 8:00 a.m. The 70°+ temperature at the start was warmer than ideal, but were still better than the heat wave that developed toward starting the following week.

Former WRCer John Doub made the journey from Pennsylvania and after a battle with John Ratcliffe and Mark Stickley took top billing in the race with a 45:49 time, seven seconds ahead of Ratcliffe. Stickley dropped off the pace to finish 3rd in 46:09.

In the women's race, Grace Wilson of Atlanta, Ga., took top honors in 54:04, with Nicola Ratcliffe matching her husband's place in 2nd in 55:42. Teren Block, finishing in 6th place in 59:34, was the top woman for WRC.

In the masters division, WRC's Lucius Anderson was pipped at the post for 1st 40+ by area newcomer, and a member of the 40+ ranks for only one week, Perry Linn. Linn ran an outstanding 51:20 to Anderson's 51:25. WRC took the top two places in the 50+ division with Gerry Ives turning in a 58:11 and Dick Brannan finishing in 58:40.

After the race, sources at the United Way—the race organizers—said that due to increased costs from the Park Service for use of the Parkway and related expenses, combined with the loss of a major sponsor, there may not be a race next year. The race has become one of the top events in the D.C.-area road racing calendar, so the hope is that another sponsor will step in and come to the rescue.

**Men:** 1. John Doub, 45:49; 2. John Ratcliffe, 45:56; 3. Mark Stickley, 46:09; 4. Dave McCormack, 47:01; 5. Michael Brown, 49:45; 6. Stephen Clarke, 50:31; 7. Eddie Lawson, 50:44; 8. Jim Wadsworth, 51:00; 9. Clint Kiser, 51:03; 10. Perry Linn, 51:20 (1st master); 11. Lucius Anderson (WRC), 51:25 (2nd master); 15. Mike Mansy, 51:16; 18. Jon Thoren, 52:49; 20. Bill Stahr, 53:14; 24. Fay Bradley, 53:32 (1st 50+); Andy Smythe (WRC), 54:39; John Ng, 56:05; Tom Hardcastle, 57:47; Gerry Ives (WRC), 58:11; Dick Brannan (WRC), 58:40; Steve Foreman, 59:04.

**Women:** 1. Grace Wilson, 54:04; 2. Nicola Ratcliffe, 55:42; 3. Leslie Minnix-Wolfe, 56:34; 4. Patti Shull, 57:47; 5. Lori Taylor, 58:51; 6. Teren Block (WRC), 59:34; 7. Pam Foley, 61:07; 8. Jackie Gavlin, 61:53; 9. Susan Crowe, 62:05; 10. Jenny Caple, 62:09; 14. Win Graves, 62:56; 16. Janice Stoodley, 64:07 (1st 50+); Judy Flannery, 66:43.

## SUMMER GETS EARLY START WITH THE CUSTIS 12K RACE

*by James Scarborough*

The Memorial Day weekend, almost moribund on the local racing schedule, has seen another race added with the Washington-Lee/Custis 12K in Arlington, Virginia. The temperature at the 6 p.m. start was a near-record 90°. This year's race was put on with assistance from the Arlington Co-Op, which is trying to raise money for its impending relocation.

The course boasts some of the best hills the local trail system has to offer, on the Custis Bike Trail alongside I-66 and Metro's Orange Line. A special prize was allocated for a course record: a stereo-radio-tape deck. The men's course record belonged to Tom McCarthy (40:00) and the women's to Mary Stark (48:32). Both held up. The men's master's record fell to Jay Wind, 4th in 45:17, bettering his own record, and taking the tape, as it were. Jay (who worked registration) was also the first Co-Op member across the line. The top three (of 57 total finishers, 65 registered) were shirtless Paul Hough of Springfield in 41:42, Michael Roe from Spokane, Washington, in 42:31, and McLean's Ted Poulos in 44:21. Arlington's own John McGrail, no stranger to the course, took fifth in 46:28. Bricklayer James L. Rone of Arlington was seventh in 47:34. Bob "Tex" Platt, DCRRC member-at-large, finished eighth in 48:59 (Bob also was affected by the heat). The Merkels, Cathy and Jerry, placed well, Cathy taking the women's competition with 49:40, and Jerry finishing 10th overall in 49:20. Second and third women were Behn Miller in 54:24 and Susan Aaronson in 57:00 (both from Arlington). Top woman master was Barbara Arnold in 1:00:59. Afterwards, everyone dug into the Co-Op's supply of apple juice, bagels, apples, and watermelon.

**Men:** 1. Paul Hough, 41:42; 2. Michael Roe, 42:31; 3. Ted Poulos, 44:21; 4. J. J. Wind (WRC), 45:17; 5. John McGrail, 46:28; 6. Colin Buck, 47:00; 7. James Rone, 47:34; 8. Bob 'Tex' Platt, 48:59; 9. Joe Paniccia, 49:04; 10. Jerry Merkel (WRC), 49:20; Richard Bockman, 52:21; Dick Good, 57:37.

**Women:** 1. Cathy Merkel (WRC), 49:40; 2. Behn Miller, 54:24; 3. Susan Aaronson, 57:00; 4. Victoria Hunt, 59:20; 5. Barbara Arnold, 60:59; 6. Molly Kennedy, 63:10; 7. Dotty Esher, 71:14.

**2-Mile RFYL:** 1. James Scarborough (WRC), 13:34; 2. Molly McKnight, 18:20; 3. Kimberly Linane, 19:36; 4. Erin Crowe, 21:19; 5. Robyn Hammill, 21:40; 6. Zachary Crowe, 23:40; 7. Patricia Crowe, 23:40; 8. Kathy Miller (WRC), 25:40.

## RETURNING TO THE START AT THE CLEVELAND MARATHON

*by James Scarborough*

On Sunday, May 19, I returned to the place it all started, Cleveland, Ohio. I ran my first marathon there in May 1978, and decided to give it another try 13 years later. I had the pleasure of living in Cleveland (Lakewood) in 1977-78, which included a brief stint at Cleveland State University. The University was again the start of the marathon and 10K, sponsored by Revco Drugs. (Revco sponsored a health exhibition the day before, giving away huge cardboard replicas of chewing gum, among other worthless things). The city itself, the "mistake by the lake," hadn't changed that much in all this time. It's

still home to the Naval Regional Finance Center, the Coast Guard's 9th District Headquarters, and the Cleveland Indians, who haven't won a pennant since color TV. The course, however, had been changed to get around construction on the west side. Thus, instead of heading straight west from East 19th and Euclid, we followed the same winding course as the 10K for part of the way. We could see them coming the other way at about mile 4. (I saw the Merckels, Jerry and Kathy, early on in the race, they probably ran the 10K). After the first few urban miles, the middle part of the mostly out-and-back course covered the west side suburbs, going over the really steep Cuyahoga River Bridge, through Ohio City, and through Lakewood and progressively nicer homes and lawns. The spectators and aid stations weren't exactly a mob, but there were enough of them. One sign said "hurry up, Jim's right behind you." Too bad I wasn't Jim. Then we crossed the Rocky River Bridge, which spans one of the biggest gorges imaginable. Despite all the work done on the bridge, it's still torn up enough to make running over it an adventure. In Rocky River, we could see the leaders coming the other way. The turnaround was in Westlake, in the 16th mile (it would have been the halfway point with the old course). Westlake has some real nice marinas. The weather was warmer and sunnier than anyone predicted, getting up into the mid-60s. By the time we crossed the Cuyahoga again, it was strictly Pain City. I crossed the finish line in 3:23:40, not too far off the pace I'd been assigned to, but a good half a minute slower than I'd run that first time, 13 years ago. (Placewise, I was about the same, 348th vs. 333rd the first time). The race was won by Paul Kipko in 2:14:26, just one second off the course record. The women's winner was Altina Nova in 2:35:33. The 10K winners were Keith Brantley and Anne Audain, with 10K masters' winners being Bill Rodgers and Priscilla Welch. The marathon has had its share of interesting stories on the women's side. There was a disqualification last year, and a runner who registered for and thought she was running the 10K, only to find out she was in the marathon. She eventually finished in four and a half hours.

### **KRUGER'S VERSION OF BOSTON; WHAT REALLY HAPPENED UP THERE**

*by Tris Kruger*

*(The views and news contained herein are entirely those of the author, and in no way reflect those of the Newsletter Editor or any other rational person.)*

Since returning victoriously from Boston, a keen interest has developed about my winning performance in the Nation's premiere racing event. Although my *official* is recorded as 3:15:36, I have taken the liberty of taking off an hour and four minutes or so, due to a very slow start. It was so slow

at the start that, after I received written communication that the race had indeed started, (I was too far back to visually or auditorially ascertain the start) I started a very good cigar, had a beer and sandwich and checked out of the Hopkinton Hilton before walking up to the starting line, where I posed for a "photo session" with the paparazzi. It was cool, 45°-50°, and damp with light winds and an otherwise ideal running day. It didn't start raining 'til I crossed the finish line, or at least I didn't perceive any rain 'til then. Of course I was also numb to most sensory perception by then. The only notable events were: I didn't ever take my gloves off and toss them, because Jeff Reed had warned me that I would no longer be color coordinated with my white t-shirt with two holes in the back, my green hat, and purple bathing suit; and that I passed by Doheny Point still ambulatory. The BAA has designated this place at 22½ miles from Hopkinton as a "certified disem-barkment zone of the BAA" much like they so designate the "official watering station of the BAA," so one doesn't compare official, sanctioned areas with haphazard, unofficial and disreputable areas and substances. That's why I never drink beer or eat corned beef sandwiches while running the marathon.

Yesterday, I ran the Jay Slotkin Potomac 10K, less than two weeks following my victorious Boston run. Naturally, the audacity and pugnacity of my running at a winning pace, so close on the heels of another major effort, also generated keen interest and I stopped to give an interview to local press agents who gathered to hear my story. Although I came in behind all of the WRC women racers, and most of the men, I was able to cheer them on as they passed me at the turnaround point at 3.1 miles. I have taken the liberty of removing seven minutes or so from my time of 42:24, the length of time of the interview. I instructed racer James Scarborough to go easy because he was training for the Cleveland Marathon in two weeks, and Kathy Merkel had to change out of church clothes into running toggs after the start of the race, which hampered her recent winning streak.

This corrected time for Jay's Run brings my pr for the 10K to slightly better than either Kevin Kolakowski's or Pat Walker's who, because they don't have the added distractions that I have to endure, have pr's in the 35:25 range. Recently, after a urinalysis of leading finishers, it was discovered that Kevin had consumed 42 Pepsis prior to the 10K which generated his PR, calling into question the legitimacy of his effort. It was not disclosed how the analysis was done.

I look forward to hosting the next few meetings.

### **MINUTES OF THE MONTHLY MEETING OF WRC, HELD ON FRIDAY, MAY 10, 1991**

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

Keith Higgs to the meeting attendees and expressed appreciation to Mr. Higgs for coming to the meeting after such a long absence.

The Race Organization Committee announced that they were delaying implementation of the pre-Marine Corps race for at least one year. There is a possibility of DCRRC getting involved with the race as a co-sponsor with WRC. Alan Roth also noted that the *Ad Hoc* Marine Corps Committee might be willing to give advice.

Club Treasurer Jerry Merkel reported a balance of \$5,218 in the Club coffers.

The Social Committee reports that a softball game is being organized between NOVA and WRC (see time and venue in "What's Happening" article).

The meeting closed with a farewell to Jeff Reed and Ed Blum, who were departing for Europe on the following Wednesday. It was made clear that the Club Treasury was not available for bail money.

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). 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.

## 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 (703) 549-7688.

**Wednesday Night Intervals**, Georgetown U. track, 4:30 p.m. until 6:30 p.m. Informal track workout. **Contact:** Gerry Ives at (202) 452-4242.

**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 (703) 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. **Contact:** Gerry Ives at (202) 452-4242.

**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 (202) 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.

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