

Washington Running Club Newsletter



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NOVEMBER MEETING IN ARLINGTON

The WRC monthly meeting will be held at Kevin Kolakowski's apartment on FRIDAY, NOVEMBER 8th at 8:00 p.m. Prez Kolakowski lives at 2100 Lee Highway, Apt. 523, in Arlington. The telephone code at the front door is 262, which is also the length of a marathon (without the decimal) for all you folks who have problems with numbers. From Key Bridge take Lee Highway approx. 1/2-mile to apartment building on left, you have to make a U-turn at the next block to get to the building. As an incentive to attend, there will be a \$50 door prize—limit one entry per family.

We ask that no children attend because of limited space.

GENERAL AND BURNS TAKE HONORS AT ARMY 10-MILER—AFTER A BATTLE

by George Banker

A picture-perfect day, with the early morning temperature in the mid-50's, set the stage for the 7th Annual Army 10-Miler on Sunday, October 14th, 1991. With the start and finish at the Pentagon, the race was dedicated to the armed service personnel involved in Desert Shield/Desert Storm. Last year this event was ranked as the largest 10-miler in the country by TACSTATS. This year's event drew 6,000 registrants, many of them using it as a tune-up for the Marine Corps Marathon.

The focus of the competition in the men's field was on two local runners, WRC's Jim Hage who won last year's race with a course record time of 49:30, and Darrell General who took the win in 1987 and 1988. In the women's field the defending champions, Olga Markova and Albina Galliamova from the Soviet Union, did not return, so first place was up for grabs.

The lead pack opened with a 4:50 mile with General holding a slight lead. The three men in the lead held onto that pace through five miles (24:13) and 10K (30:12). The third man decided that third place wasn't so bad and fell off the pace, as Hage surged coming off of Hains Point. General, however, wasn't about to let anyone get away from him as he natched the surge. For the next two miles there were several brisk exchanges of the lead. The race was decided in the final quarter-mile when General

opened up a lead to win the race in a new course record time of 48:49, with Hage on his heels in 48:59. There was a break in the activity for a minute until Charles Dent came in in 49:54 to take 3rd.

The women's race was a contest between local runner Shelley Burns, and Kelly Watkins of Salt Lake City. Burns proved to be the tougher of the two, but not by much, as she crossed the line for the win in 60:21 to Watkins 60:39. Third place was captured by Carey Hill in 61:42. The top WRC woman was Carol Rose who took 5th place in 61:59, and that was after playing soccer the day before.

In the masters division Roger Clark led the way for the men in 52:59 (21st overall), with Chuck Moser in 2nd in 53:19, and Mike Zeigle 3rd in 53:55. The women were dominated by Beverly Shooshan in 65:30, followed by Cathy Call in 66:02 and Nancy Smith in 66:59. A personal best was recorded by 74-year-old Hedy Marque of Alexandria with an 80:33, 269th female overall.

Kenny Carnes took 1st place, as usual, in the wheelchair division.

Andy Smythe set a pr by over a minute with a strong 54:39, after coming off of a good showing at the Georgetown 10K. It looks like a good fall season is in the cards for Admiral Smythe.

Men: 1. Darrell General, 48:49; 2. Jim Hage (WRC), 48:59; 3. Charles Dent, 49:54; 4. David Clark, 50:09; 5. Michael Wilson, 51:11; 19. Roger Howell (WRC), 52:48; 21. Roger Clark, 52:59 (1st master); Rudy Robinson, 52:59; Deane Burke (WRC), 53:57; Jack Cleland (WRC), 54:20; Jon Thoren (WRC), 54:30; Andy Smythe (WRC), 54:39; Perry Linn, 55:12; Ridge Kelley, 56:18; Ted Baca, 56:49; John Sherlock, 57:08; Phil Woodyard (WRC), 57:??; J. J. Wind (WRC), 57:19; Bill Wooden (WRC), 59:04; Dave Edquist (WRC), 59:56; Steve Foreman, 62:42; Dixon Hemphill, 74:33.

Women: 1. Shelley Burns, 60:21; 2. Kelly Watkins, 60:39; 3. Carey Hill, 61:42; 4. Mary McCullough, 61:44; 5. Carol Rose (WRC), 61:59; 6. Joan Fowler, 63:17; 7. Dianna Hall, 63:47; 8. Jeanne Grillo, 64:04; 9. Monica Grillo, 64:05; 10. Suzanne Dee Mislick, 64:14; Beverly Shooshan, 65:30; (1st master); Bernie Creed (WRC), 66:01; Betty Blank, 67:22; Janice Stoodley, 67:25 (1st 50+); Carol Lasseter, 68:24.

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

DALUZ AND CLARKE KICK IT OUT IN OLD TOWN

by George Banker

There was nothing in the race director's manual on what to do when the night before an event a water main erupts and blocks your start and finish line. A fast moving course certifier (Bob Thurston) was able to modify the course to allow the DC Road Runners Old Town Alexandria 20 and 5-Mile Runs to proceed as planned on Sunday, September 29, 1991.

The 20-mile event has attracted a loyal following and is often used as a tune-up for the Marine Corps Marathon in November. The out and back course from Old Town runs parallel to the George Washington Parkway to Mount Vernon. The course offers shade and views of the Potomac River and Maryland shoreline, with gently rolling hills during the first and last six miles and several more demanding hills mid-race.

With last year's winner, and course record holder (1:49:14), Jim Hage racing in another part of town, the event was left open with three runners capable of taking first place. John McGrail was runner-up last year in 1:52:07, Jack Cleland was 3rd in 1:53:39, and Dominique DaLuz was 4th in 1:55:33, and they were all at the starting line today.

After the usual crowded start, the field began to string out, with Cleland, DaLuz, McGrail and Beach in the lead pack. By mile 11 DaLuz had opened up a short lead over Cleland, with McGrail hanging on to third place. Cleland made a move at the race end, but could not close the gap as DaLuz broke the tape for the win in 1:52:11 to Cleland's 1:52:30. McGrail took 3rd in 1:54:10.

The masters field was particularly strong, with Ben Beach seeking to avenge his loss last year to WRC's

Lucius Anderson. Beach was up to the task as he finished in 4th place in 1:55:45, to Anderson's 6th place 1:57:45 finish. Perry Linn took 3rd place in 1:59:51.

The women's race proved to be a battle between Senoria Clarke and WRC's Kathy Ventura-Merkel. Clarke proved to be the stronger this day as she took the win in 2:16:28 to Merkel's 2:17:06. Susan Cain was third with 2:19:58.

While the 20-miler was going on the 5-miler took place. The event was originally added to give the spectators a chance to get in a short morning run, but it's getting competitive out there.

The men's open record was lowered by Brian Gregory to 29:07, and the men's masters mark was broken by 2nd place finisher Ken Shipp to 29:30. Former masters record holder Bernie Green took 3rd place in 30:31.

WRC's Carol Rose shattered the women's record by over 4 minutes, running an impressive 31:15. Second place went to Stephanie Shipp with 33:44, and 3rd to Carol Kasunic in 35:00. First woman master was Joan DeCarli in 40:12.

In the 20-miler team divisions, the men's open was won by DC Harriers with a team of DaLuz, Beach and Steve Smith (8th, 1:59:17). The women's open was retained by Washington Running Club as the team of Ventura-Merkel, Mary Gaylord (2:20:06), and Betty Blank (2:26:20) outran the Montgomery County RRC team. The men's masters title went to the MCRRC team of Walters (2:20:08), Trus (2:30:09), and Morey (2:34:10). MCRRC also took the co-ed title with Ted Poulos (2:01:33), D. Keaton (2:02:19), and Lori Poulos (2:27:44).

The post-event high-lights was a feast that included pizzas from the Penalty Box and pasta from Tempo. Gift certificates were donated by Fleet Feet of Washington, D.C. and Fairfax Running Center. Liquid refreshments were provided by Gatorade. The awards included gift certificates from restaurants along the King Street section of Old Town.

Washington Running Club

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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

20-Miler

Men: 1. Dominique DaLuz, 1:52:11; 2. Jack Cleland (WRC), 1:52:30; 3. John McGrail, 1:54:10; 4. Ben Beach, 1:55:45; 5. Paul Hough, 1:57:39; 6. Lucius Anderson (WRC), 1:57:45; 7. Ken Ranney, 1:58:16; 8. Steve Smith, 1:59:17; 9. Andy Smythe (WRC), 1:59:28; 10. Jon Thoren (WRC), 1:59:37; 27. Kevin Kolakowski (WRC), 2:10:22; 30. Bernie Gallagher, 2:10:34; 32. Ed Doheny (WRC), 2:11:54; J.J. Wind (WRC), 2:15:41; Steve Forman, 2:15:41; Bob Trost (WRC), 2:18:47; George Masson, 2:20:07; George Banker, 2:28:24; James Scarborough (WRC), 2:31:30.

Women: 1. Senoria Clarke, 2:16:28; 2. Kathy Ventura-Merkel (WRC), 2:17:06; 3. Susan Cain, 2:19:58; 4. Mary Gaylord, 2:20:06; 5. Monika Bachmann, 2:25:17; 6. Betty Blank, 2:26:20; 7. Jane Sisco, 2:27:02; 8. Lori Poulos, 2:27:44; 9. Alice Yan, 2:30:52; 10. Marilyn McGuire, 2:31:18.

5-Miler

Men: 1. Brian Gregory, 29:07; 2. Ken Shipp, 29:30; 3. Bernie Green, 30:31.

Women: 1. Carol Rose (WRC), 31:15; 2. Stephanie Shipp, 33:44; 3. Carol Kasunic, 35:00.

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

Jim Buell, who was a WRC standout in the late 70s and early 80s, had a scare during the recent fire in Oakland. Buell evacuated the house after soaking down the surrounding property with a garden hose. After he left, the fire got within 75 feet of his house, but there was no damage.

Road Race Management, Inc., will publish the 6th Annual *"Guide to Prize Money Races and Elite Athletes."* The Guide is a popular desk top reference for race directors seeking contact and biographical information about elite athletes; elite athletes seeking race date, prize money and level of competition information; agents representing athletes; sponsors seeking event information; and for members of the media covering the sport. Pre-publication orders are being accepted until January 17, 1992 at \$41.00, plus \$2.95 for postage and handling at: Road Race Management Guide, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201 (703) 276-0093. A check payable to Road Race Management must accompany orders, and Virginia residents should add 4.5% sales tax.

Jack and **Suzy Coffey** will soon be hearing the patter of a third set of little racing flats. Suzy is taking it easy riding her bike, Jack is just taking it easy. Jack says having all those babies is taking its toll on him.

GEORGETOWN HILLS OVERCOME BY SHERRY AND GUIDOTTI

by George Banker

Temperatures in the 60's and a few sprinkles of rain greeted the 4,350 runners in Washington's largest 10K—The Georgetown 10K—on Sunday, October 6th. This year Georgetown, the community not the race, celebrated its bicentennial.

Mother Nature threw a spanner in the works by blowing down a large tree just past the 4.5 mile mark. The course change may have resulted in a few extra yards on the course, so if you got a pr it was well earned.

The lead runner, Ken Halla, went through the first mile in 4:40, with a lead pack including Peter Sherry, Bob Henes and WRC's Jim Hage close behind in 4:36. Halla held the lead through the next mile with a 4:48 mile split. Sherry, the 2nd place finisher in this year's NCAA 5000 meters championship, made a move at Georgetown Hospital where he opened up a

lead of almost 100 meters. The Georgetown hill took their toll on Sherry as the pack began to reel him in. Hage, who had been in 6th place, moved into 2nd at the 5-mile mark and looked as if he had a shot at the crown. But it was not to be, as Sherry shifted into high gear up M Street to the finish in 30:12, followed by Henes in 30:27, and Hage on his heels in 30:31. Halla took 4th in 30:35 with three-time Georgetown winner Dave McCormack in 5th in 30:46.

The male masters were led home by Ken Stafford in 35:18, followed by John Sherlock in 35:31, and WRC's J. J. Wind in 35:44.

The female field was dominated by Sondra Guidotti from Seattle, Washington, who blitzed the first mile in 5:01. Jennifer Van Horn, a former U. of Md. runner set off in pursuit with WRC's Maria Pazarentzos in third place behind her. At the finish line it was Guidotti in 34:42, Van Horn in 35:44, and Pazarentzos in 36:18. Other WRCers in the top ten were Louise Kelley in 5th in 37:07, and Kathy Ventura-Merkel in 9th in 38:43.

The female masters crown was easily won by Beverly Shooshan in 40:49, followed by Nancy Smith in 41:32, with 50-year-old Janice Stoodley in 3rd with a time of 41:44.

Men: 1. Peter Sherry, 30:12; 2. Bob Henes, 30:27; 3. Jim Hage (WRC), 30:31; 4. Ken Halla, 30:35; 5. Dave McCormack, 30:46; 6. Doug Mock, 30:47; 7. Tom Caffrey, 31:15; 8. Stephen Clarke, 31:26; 9. Mark Lindrud, 31:58; 10. Alan Evans, 32:18; John McGrail, 33:52; Andy Smythe (WRC), 34:07; Dick Hipp, 37:42; Chan Robbins 38:58; Norm Miller, 40:08; Barrie Hardwick, 39:47.

Women: 1. Sondra Guidotti, 34:52; 2. Jenny Van Horn, 35:44; 3. Maria Pazarentzos (WRC), 36:18; 4. Heide Gerken, 36:26; 5. Louise Kelley, 37:07; 6. Karen Osada, 37:20; 7. Amy Jones, 37:59; 8. Laura Fiedler, 38:09; 9. Kathy Merkel (WRC), 38:43; 10. Colleen Corey, 39:17; Beverly Shooshan, 40:49; Berni Creed (WRC), 41:06; Janice Stoodley, 41:44; Betty Blank, 42:00.

RICHMOND OFFERS MARATHON, RELAY, ½-MARATHON AND 5-MILER

by James Scarborough

Richmond has, it appears, been unsuccessful in getting the really big names, or even the very successful local names, to run its marathon. The noon start in late October, on a course with little shade, meant that, despite the cooling trend, we were running during the warmest part of the day, and it was evident. (The advantage with the late start is that you don't have to spend the night before in Richmond). Nonetheless, it is an attractive course.

To draw a larger field, they offer not only the marathon, but a marathon relay, a ½-marathon, and a 5-miler. The courses wind around in concentric knots and overlap each other. Thus, one passes three

sets of signs for a good part of the race: orange for marathon, yellow for half, and light green for the 5-miler. Potentially confusing. The redeeming feature is the marathon course itself, which has quite a few downhills and level places, to make up for the few uphill.

Richmond proves somewhat non-descript for "the most important city in Virginia," but the course does hit a few of the historic landmarks and a bit of the natural beauty. The history is really evident in the second five (and last five) miles of the course on Monument Avenue, with statues of Stonewall Jackson, Robert E. Lee, and Jeb Stuart. Some of the streets have a distinct college feel about them. A few sharp turns meant that sometimes you couldn't see the runner in front of you, and it seemed more like the Langley 8K (very suburban) than a city marathon.

The spectators and their parties can't compare with Pittsburgh, but they, and the aid stations, were enthusiastic. The most beautiful parts of the course, however, were the James River Bridge at mile 10, and James River Park at miles 17 through 19. The monster hill in the 20th mile is called Lee's Revenge, but it can't compare with the legendary Satyr Hill, or even some around here. (It's not as flat as Shamrock, but a heck of a lot more interesting!)

What got me was the almost complete lack of split times. Although every mile was dutifully marked, we got splits only at 1, 3, 5, 10, and halfway. No more splits until mile 25 (and that was a good 2-3 minutes behind, making me mistakenly think I was running faster).

I cruised in at 3:21:32, not awful, but hard to gauge with this course. The start and finish is at 6th and Broad Streets, the downtown "marketplace," which is pretty average by urban standards, except for the archway across the street.

Try this race sometime. It's only two hours from D.C.

Men: 1. Thad Jones, 2:30:15; 2. Jeryl Turner, 2:32:20; 3. Michael Harrison, 2:33:19; David Tomkinson, 3:05:19; Rick Bockman, 3:08:56; Al Marcy, 3:13:17; James Scarborough (WRC), 3:21:32.

Women: 1. Cecil Astrop, 3:04:47.

A MOTIVATIONAL TECHNIQUE THAT WORKS: THE 'AC' SYSTEM

by Bob Mallet

Give up your mantra, your pre-visualization exercises, your cross training, your interval workouts, your abstinence, your wheat germ yogurt delight devoid of sensory pleasure, even your seven layer cold fusion energy generating puce colored sneakers. To win big, what you need is Aunt Catherine.

Let me elucidate by relating a recent example of her technique.

At the biannual Senior Olympics held in Syracuse,

New York, WRC's Joanne Mallet represented the State of Maryland in the 1500 meters and in the 5K and 10K road races. Although she had the pole position in her first event, the 1500, Joanne missed the wake-up call. By the end of the first straightaway she retained sole possession of sixth place. By the second quarter she realized she was in an Olympic final and started her kick. Joanne worked her way up to second, finishing scant seconds behind the winner.

That evening she visited Aunt Catherine (AC). Naturally, AC asked Joanne how she had performed and Joanne showed her the silver medal. AC's reaction was swift and sure. With the deliberateness of a slowly setting sun she said, "Only second? What happened? Haven't you been training? Did you get a good night's sleep? Are you sick? Syracuse's water affect you? Were you dressed properly? . . ."

AC's dissatisfaction was layered into succeeding, thickening levels of—GUILT!—the most time-honored motivator of them all. You could tell AC was a pro—her final comment on the matter was, "Oh well, maybe you will do better tomorrow." The words were drawn out, modulated with just the right levels of pseudo resignation to the past, and hope, exhortation and expectation for the future.

The evening meal, accompanied by race-avoiding chatter, was punctuated by strategically placed AC sighs.

It worked.

In the 5K, Joanne was first woman overall, and handily won the 55-59 age group. A day and a half later she repeated her feat (with her feet) in the 10K, winning by well over a minute.

She couldn't wait to visit AC. Immediately after the 10K Joanne, still adorned in her perspiration, running gear and proudly wearing two gold medals, went to Aunt Catherine's. Joanne recounted her races, emphasizing her record setting performance in the 5K. (She neglected to mention that this was the first time the distance was run as a road race.)

AC's reaction to the visual, odoriferous and oral evidence of Joanne's performances was predictable. "That's better, dear," she said. That was it. That's all she said. Note this three word sentence implies expected future improvement. How's that for motivation?

We have concluded that AC motivation skills should be made available to the running community via an "Aunt Catherine's Motivational Training Course." A book and set of tapes are in the planning stage and individual consultation is available now. For rates and open dates, please write care of this publication to BOGA (Bearers of Guilt Anonymous). All athletes completing AC's course will receive a T-shirt proclaiming on the front, "I trained under Aunt Catherine" and on the back, "She expects better of me."

Aunt Catherine has not decided on the book title and is soliciting ideas. Please send your recommendations to BOGA, c/o WRC Newsletter.

NEW SPORTING GOODS STORE OPENS IN OLD TOWN ALEXANDRIA

With many area retailers closing down stores and cutting back in general, Bobbie Conlan and Steve Fryxell have taken a contrarian view of business opportunities in the area. Bobbie and Steve have just opened Pacers in Old Town Alexandria, with the slogan NABS (*not a boring store*).

Pacers will carry a full line of swimming, biking, running and athletic gear. They have Saucony, Brooks, Asic, New Balance and Avia shoes, with Nike scheduled to be available shortly. For those of you interested in making a fashion statement (this is for you J. J.), Pacers will soon have Pearl Izumi and Ironman clothing available. Swimmers will find Tyr, Hind and Speedo swimming gear.

According to Bill March, WRC member and captain of the AARP Racing Team, Pacers is the classiest running store in the area (he may be prejudiced, he's also a store employee). Check out the store for your Christmas shopping, it's located at 1301 King Street in Old Town. You might want to combine some shopping with a Thursday night run starting at 6:30 p.m. WRC members get 10% off.

MINUTES OF WASHINGTON RUNNING CLUB MEETING HELD ON OCTOBER 11, 1991

The meeting was called to order by Club President Kevin Kolakowski. The Club policy for race expense reimbursement was discussed. To qualify for reimbursement you must wear a Club singlet or patch, or run on a WRC team. Request must be submitted to the Treasurer in writing. Payments will be made as long as the Club's financial situation permits.

There will be a post-Marine Corps party at Jack and Suzy Coffey's house, starting at 2:00 p.m.

The results of the Philadelphia 1/2-Marathon show WRC as the winning open team, however they sent us the 2nd place trophy in error.

James Scarborough asks for volunteers to help him with the Alexandria Turkey Trot race on Thanksgiving Day. There have been two meetings with representatives of the running community and Arlington County concerning their new policy of not allowing park trails to be used for foot races.

Gerry Ives asked for a volunteer to take over the Newsletter for next year. Contact him if you're interested.

In an attempt to increase meeting attendance, there will be a \$50 door prize given out at the November meeting, one entry per family.

There being no further business, the meeting was adjourned. *Gerry Ives, Secretary*

BARGAINS FOR WRC MEMBERS AT LOCAL RETAIL GOODS STORES

Pacers, 1301 King Street, Old Town Alexandria (703) 836-1463. Discount of 10% for Club members.

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, Pacers, 1301 King St., Old Town Alexandria, 6:30 p.m. 10% discount at store. **Contact:** Bobbie Conlan at (703) 836-1463.

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 Spinner at h] (301) 739-7004.