

Washington Running Club Newsletter

Volume 11, Number 3

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March 1992



CLUB PARTICIPATION ALWAYS KEY TO CLUB DIRECTION

The March Club meeting was held at President Tris Kruger's home. The March meeting was complete with tour of the Winter Palace (Tris's new bath/hideaway/pool house.) Entry fees, club participation and future race information was reviewed. More information will be highlighted in this newsletter.

The next meeting will be held on Friday, April 10th at President Tris Kruger's. Tris lives at 9541 Accord Drive, in Potomac, MD. Take Beltway to River Road. 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 1/4-mile past the Potomac Nursery & Garden Center. The Club will provide hot dogs and rolls, any other food or beverage contribution will be welcomed.

The New Bedford Massachusetts Half Marathon by J. Danforth Quayle

The start of the March 15th annual New Bedford Half Marathon greeted the field of 1500+ eager runners with a bone numbing temperature of 28F and a stiff breeze from the nearby Massachusetts Bay. Despite the non-PR weather, the race promised to be a fast one, due to the world class competition assembled and the \$5,000 check awaiting both the first place man and woman. Conspicuous at the start of the race was the recent winner of the Women's Olympic Marathon Trials in Houston, Texas, Janis Klecker. Also toeing the starting line was another Olympic Trial qualifier and local favorite Laura DeWald, who has recently relocated back to the Washington, DC area. DeWald, who is presently training for the Boston Marathon, was planning to use the race as a tune-up for her second marathon of the year.

The 13.1 mile loop course places three tough hills within the first four miles of the race, but rewards the runner with a 7 mile downhill and/or flat stretch, and finishes with a long gradual uphill through the town center.

Ivan Huff, who is preparing for the Men's Olympic Marathon Trials in Columbus, Ohio, placed first in 1:04:07, followed by Frenchman Peter Levisse in 1:04:40. For the women, Janis Klecker proved why she has earned a spot on the US Olympic Squad in Barcelona by running a seemingly effortless 1:11:36, followed by Cathy Bowman in a distant second in 1:14:25. Laura DeWald, in an effort to catch her friend Jane Welzel (3rd place, 1:14:45) placed fourth in a time of 1:15:44, earning herself \$750 in the process.

Competing in her native hometown of New Bedford and in the first race in her new age category, Cindy Dalrymple (DCRRC) placed first for 50-59 year olds in an outstanding effort of 1:29:49. Also in the winner circle was former Washingtonian and one-time winner of the Boston Marathon, Jack Fultz. Jack, who now works fulltime for the Boston Athletic Association, earned \$500 as the first Masters finisher in an incredible time of 1:13:02.

Our own ever-reclusive WRC Vice President Andrew Smythe (just barely) squeaked into the top 50 finishers, with a 60 second PR of 1:15:17. When questioned after the race, the VEEP attributed his PR to his new training partner, but regretted that Jon Thoren was not available for him to draft behind in the wind.

ANNUAL DCRRC AWARDS BANQUET Sunday, April 12, 1992

Ms. Kathrine Switzer an ABS Sports Marathon Commentator and First woman to compete in the Boston Marathon will be the guest speaker for the annual DCRRC awards banquet. Presentation of awards for: Runner of the Year, Volunteer of the Year and Snowball Series Awards will take place. For reservation information: Call Bob Platt on 703-486-1466.

TAKING IT TO THE BANK YARA and CAIN CASH IN

On Sunday, March 1, 1992 in Bethesda, MD the weather was not going to play a factor, it was ideal race conditions. The young at heart stay away from this event because of the challenging hills, within your first three miles you have negotiated seven (7) hills. The thrill and chill was waiting around the turn about five and a quarter miles into the event. The Mormon Temple sits high up on the hill and the runners had the pleasure to crawl up the double hill. Your body felt drained of all its strength once the top was reached. The 10 K mark was on the downside but the last half of the event could not be compared to the first, it was more demanding as the frequency of the hills increased. Is there real enjoyment in running such a hilly course? To those who run Boston, this course was made to order.

The pack of runners hit at 10:15 am and a group of five runners wasted no time in getting to the front. The defending champion Robert Yara of Cockeysville, MD was holding back. The pace was sub 5:30 and the question was could they sustain that for the distance. The hills came and went and the pace was still strong with no dominate leader. On an open stretch Yara hit another gear and pulled up to the front. It was after the event that Yara indicated that he was running in his training shoes and at that point he wished he had on his racing flats. Yara took the lead at 8.5 miles and was chased up and down the remaining hills. Yara used the threat of the others for motivation and clipped the tape at 1:05:52 well under his winning time last year of 1:07:16. The second finisher was Byrne Decker of Washington, DC with 1:06:14. Brian Daugherty of Portsmouth, VA was third with 1:07:38.

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WASHINGTON RUNNING CLUB

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

RECORDED MESSAGE
of WRC INFORMATION---(703) 536-7764

CLUB OFFICERS:

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Membership...	Chairs; Suzy Coffey
Newsletter....	Chairs; Dick Brannan
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Social.....	Chairs; Pat Walker, Dick Brannan

MESSAGE FROM OUR PRESIDENT

Due of the lateness of my Presidents input, all should be aware of why the newsletter is late in arriving. It is certainly not because of the able handling of our Editor! Rather it is because of the recent talk, elsewhere in the media, of confidence. I have delayed this subject for long as my conscience would allow me.

Some time ago callers and running companions would confide in one deep secrets that until today I vowed I would keep secret. But now I feel I must "come clean" and let the world know what I know!

For instance, lets just say Andy Smythe was seen running VERY early one recent morning w/world class runner Laura DeWald. Recently when helping John "Bumps" O' Donnell move to "Byzantine in Georgetown", his new gorgeous, spacious, babe garden, condo; it was discovered that John wears Boxer Shorts w/little hearts on them. This was discovered because of a hole in his trousers, by the way. Kevin Kolakowski, immediate past president, started a conversation this way on a Sunday run "promise not to tell!" and went on to admit that on Saturday afternoon, the first 15 minutes he has been away from Pat Walker in 3 months, he consumed a BLT w/Mayo and a Coke Classic while eating a large bag of onions flavored patotoe chips. He wanted to know if it showed. Gerry Ives recently confessed that he would rather be at home sipping Mimosa's and reading the London Times, than toiling through an 18 mile Sunday extravaganza. In addition, he prefers Sex to Running. Ed Doheny confessed recently, while cutting a run short, that he prefers pretty much of anything to running, but that Sex was out of the question. He said that he even likes tennis. Ed probably has those little wrist bands w/matching head bands to keep the sweat off his racket. Past president Alan Roth recently confided that he hasn't run in 15 years, and that he does not have an apartment in Paris. Newly repatriated President Tom McCarthy said he left the area and got married so he could stop running, but now he regrets it. Ed Blum recently told me in confidence that he really gained thirty pounds not 15, and that he didn't really break his ankle in 2 pieces. The cast was a fake ; he did it so he wouldn't have to travel with Jeff "Reebok" Reed.

Finally, I have my own confession to make. I don't run at all during the week. I only run on Sunday's so I can look good to the high milage guys who are burned out by Sunday. (Continue on page 3)

4TH ANNUAL RUN FOR LIFE 10-KILOMETER

By
JAY J. WIND

Englishman Rob Seager, on holiday in the US, bid cheerio to Ken Ranney of Silver Spring at three miles and went on to win the Providence Recreation Center's 4th Annual Run for Life 10K in Fairfax, VA, Sunday, March 29th in a time of 33:50.

Ruth Riemenschneider swooped down from the hills of Winchester, VA to win the women's division on the hilly course and finish 19th overall, in 38:48. The race raised \$875 for Make-A-Wish Foundation and featured more than 50 random prizes donated by local merchants.

An enormous squad of police officers and trainees from Northern Virginia Police Academy ran the race, helped as marshalls, and cheered loudly when their members won prizes, including J.J. O'Connor of Arlington, 7th man in 38:15, and Mary Smith of Fairfax, 5th woman in 43:58.

Men: Rob Seager, Loughborough, Leicestershire, England, 33:50; (2) Ken Ranney, Silver Spring, 34:12; (3) J.J. Wind, Arlington, 36:51; (4) Dennis Butler, Fairfax, 37:03; (5) Jimmy Minichello, DC, 37:32; (6) Larry Washington, College Park, 37:47; (7) Bob Woodruff, Alexandria, 38:22; (8) Tim Moriarty, Fairfax, 38:47; (9) Tim Moriarty, Fairfax, 38:47; (10) Frank Ross, Falls Church, 39:20; (11) Chris Gutierrez, Fairfax, 39:24.

Women: Ruth Riemenschneider, Winchester, 38:48; (2) Maureen O'Connell, Arlington, 40:19; (3) Janice Stoodley, Arlington, 43:19; (4) Tania McHale, Fairfax, 43:27; (5) Mary Smith, Northern VA Police Academy, 43:58.

Articles, results, and items of interest to thee WRC Newsletter, should be mailed to Dick Brannan, 7959 Hidden Bridge Drive, Springfield, VA

PRESIDENT-continued from page 2.

I go home and sleep the rest of Sunday, wake up, eat and sleep till Tuesday, and then rest up for the Big Run on Sunday. Its a vicious cycle. I try not to smoke too many Chesterfields, but by Friday the Merit's just aren't doing the job a "full flavored" smoke does.

The pool is up and running, the heater works and I'm looking forward to hosting the April Meeting at the "Winter Palace."

/s/ Prez Kruger

YARA and CAIN CASH IN Con't from page (2)

Yara has qualified for the Olympic Marathon Trials and has a 2:16:00 marathon time to his credit. Next month his talents will be tested against the best. The challenged which lies ahead as stated by Yara, "maintaining the focus and motivation during the training since there are other parts of my life besides running". This part is overcome by the support of his fellow running partners and it was evident that the correct focus was maintained today.

The first male master and 9th overall has Lucius Anderson of Silver Spring, MD with 1:10:31. Bennett Beach of Bethesda, MD was second (15th overall) with 1:12:10, last year Beach clocked a 1:10:46 (9th overall and second master). The third place was taken by Patrick Grady of Silver Spring, MD with 1:12:39.

Back on the course, the finishing touches was being applied by the females. Susan Cain of Bethesda, MD had Anne Myers of Rochester, NY close at her heels and it was going to be tight. Cain edged out a 1:19:14 to take first place, well under the 1:23:25 set last year by Cathy Ventura-Merkel. Myers settled for second place with 1:19:16. The third position was captured by Mary Gaylord of Alexandria with 1:22:59.

The female masters was lead by Cynthia Dalrymple of Arlington with 1:26:49 (8th overall). A couple of minutes back to take second was Judith Bugyi of State College, PA with 1:27:41 (10th overall). Bugyi a couple fo weeks earlier earned the first place female position in the 31st George Washington Birthday marathon with 3:14:33.

The third position was captured by Sharon Hamilton-Dolan of Gaithersburg, MD with 1:28:43 (12th overall and first in the 50-59 age group). Last year Hamilton-Dolan was 11th with 1:29:51.

The first place male racewalker was William Norton of Reading, PA with 1:59:24. The second place was taken by Alan Price of Washington, DC with 2:02:45 and third was Bob Elliott of Alexandria with 2:02:47.

The first female racewalker was Tracey Briggs of Alexandria with 1:48:04. The second place female was Valerie Meyer of Arlington with 2:13:10 and the third position went to Pauline Stiekels of Greenbelt with 2:15:41. Con't overleaf

YANA and CAIN...The first place wheelchair finisher was Benjamin Scrivens of Kensington, MD with 1:30:33.

This wvent was the right one to use Power Bars, especially after mile five. The continued support of the Bank of Baltimore and the other sponsors is greatly appreciated.

The teams always add an element of excitement since you don't know who your competition is on the course. The team runners focus on doing the best they can since it adds to the total effort. The Open Men's title was captured by Team Torpey (Anderson, Seeney, Altieri, Goorle) with a time of 4:45:38 (top 4 score). The second place team was Rock Creek with 5:20:20 (McGrail, Horn, Laredo, Pribyl). The Men's Masters was lead once again by the GNATS with 5:00:04 (Grady, Lowe, Tolbert, Myers). The second place team was Washington Running Club with 5:05:02 (Anderson, Moore, Cotner, Wind).

The Open Women's title was taken by NOVA with 5:48:11 (Gaylord, O'Connell, Grillo, Conlin). The second place was captured by MCRRC with 7:10:47 (Yan, Poulos, Rosenbusch, Sandow). The Women Masters was captured by the DC Harriers with 6:42:20 (Zuckerman, Flannery, Crockett, Petty).

INDIAN SUMMER

By
Ira M. Pesserilo

It was late in September; the trees all wore their autumn colors, but the blistering heat of summer, after being in remission since Labor Day, made a comeback. The heat and humidity made the usual fast, flat Hains Point course slow and brutal. The race was long over; the race officials had picked up the last of the discarded paper cups, and the runners had all gone home; except

Standing there in a red WRC uniform, sweat pouring off his graying, wrinkled, but still lean and trim body, he looked as the sun began to set. He knew what was to come.

A young boy ran toward him. "Daddy, why don't we come home? The race is over."

"I know son. But there's something I want to show you."

"Daddy, Mommy is going to be mad if we miss dinner. She knows you just set another Master's PR..."

"It's not that son; It's almost time."

"Time for what, Dad?"

"You'll see in a few minutes, son. It's Indian Summer. Tonight, they will appear."

"I read that story in school, about how the ghosts of dead Indians rise up on Indian Summer..."

It's not dead Indians we're going to see, son. It's something else.

"Dad, I don't understand."

Suddenly, as the sun set below the horizon, a fog enveloped Hain's Point.

For a second, they couldn't see anything. Then, the mist began to take the shape of humans, until who and what they were become clear.

"Dad, is that another race that's starting?" As the boy looked at what appeared to be runners assembling at the starting line.

"Yes, it is, Son. But it's a race that started over ten years ago."

"I don't understand, Dad."

"You see, son, this is Indian Summer; the ghosts of runners past have returned to Hain's Point to re-run a race they ran so long ago."

"You mean, those are... ghosts???"

"Don't be afraid, son. They aren't what you'd think of as ghosts, the spirits of the dead. Oh, these runners are very much alive. In fact, look over there, you'll see me."

The young boy looked at a young man with shaggy hair and long sideburns, wearing a blue WRC uniform. "That's you?"

"That was me son. Over there, is your mother."

"That's Mom?"

That's right. Oh, look, the race is starting. Over there, those two guys who look alike, in the lead pack...that's Bruce Robinson, and Will Albers. Over there is Tom Lohrentz. Over there is Bob Rodriguez...

Dianna's Dad?

Right. And there's Bob Trost, and Betty Blank...

"Why is she wearing that funny thing, instead of a WRC uniform, Dad?"

That was her style; we called her Betty Blank with the Blank Back. There's Jack Coffey, and his wife. Of course, they weren't married then. Here comes Ken Moffett, and there's Al Naylor, Bob Thurston, Jeff Reed, Jeff Peterson and Lisa Hamm. "Who's that, Dad?"

That's Lolitia Bache. And here's Dan Rincon, and...oh, no...It can't be.

"Dad, who's the pretty red head with the green shorts and shirt?"

We never did learn her name, son. We only knew her as the red head

with the rear end. And if I'm right; oh no, I am!

"Dad, how come that big guy with the bald head and mustache is running so close to her. Doesn't he want to pass her or nothin?"

"Son, you're a little young. He's running so close to her, "to stare at her behind."

And that isn't just any guy; that's the illustrious Ira!!!"

"Who was Ira?"

"Son, in a club full of characters, Ira took the cake for being the biggest character of all. He was notorious for staring at girl's bottoms in races. He used to say, 'some people run to get a good time; I run to have a good time.'"

"How come he's wearing a blue uniform?"

Back in those days, son, all WRC uniforms were blue, Oh God, Ira's still staring at that girl's rear end. And the race is over!!!

The runners in their WRC blue uniforms began milling around the course, drinking beer. Suddenly, from the crowd, came a loud voice, proclaiming, "that's going in the Newsletter; under Running on Empty."

"Dad, what was that all about?"

Son, that was Ira! And what he was talking about, was his gossip column in the newsletter. You see, before that nice Mr. Ives ran the WRC Newsletter, Ira was the editor. Every month, he did a column called Running on Empty, which, as he put it, was a gossip column dedicated to bad taste, tomfoolery, and disgraceful

behavior. And lord knows, back in the old days, we had plenty of that kind of stuff. Oh, no; this isn't possible.

"Dad, where did that house and swimming pool come from. This doesn't look like Hain's Point anymore."

It isn't; it's Keith Higgs's family's home, in Sterling.

"And what's that strange music?"

"It's called punk rock. It was very big about a dozen or so years ago."

"Are these people having a picnic?"

"Not just a picnic, son; the picnic! It happened in the summer of '82."

"dad, it looks like the picnic is getting dark."

"That's what I was afraid of, son. Oh, no, here it comes!!!"

"Dad, those people are taking their clothes off, and jumping into the swimming pool. Are they drunk?"

"Yes, but that's decide the point."

"Dad, the ladies too are getting naked."

"I know, son; I was there."

"Dad, is that Mom with her clothes off?"

"DON'T LOOK, SON!"

Suddenly, the images turned back to fog. No longer could any forms he identified. The only

thing left was a strange sound of Tooodle lu.lu.lu.u...

"Well Son, I guess it's time we went home."

'Dad, I still don't understand. Those people aren't dead..."

"No, they are all very much alive. Bruce Robinson now has a running store in Manasquan, N.J., called Miles Ahead Sports; Will Albers lives in Taiwan, where he and his wife Emily just had a little girl, McKenzie Ann, and Ira Pesserilo lives in California, But not for long, I hear."

"What ever happened to Running on Empty?"

"Ira closed it down a few years ago; he couldn't think of anything new to write."

"Is he ever coming back to Washington?"

"He might be back next year when the L.A. Raiders play the Redskins at R.F.K. He has some kind of connection with the Raider's organization, and he might come out for the game. These days, he does a lot of criminal defense work, and he's made an application to the New York Bar. He hopes to move to upstate New York next year. If he does move back east, he'll be a more frequent visitor to the WRC. But for now..."

"Dad, I still don't understand all this."

"Son, before your mother and I got married, and had you, and all the other club members had children, that was us; we were young. Now, we have children of our own, and families, and

...ything is different. But that is the way we were."

"Do you miss the good old days, Dad?"

"Sometimes. But hey, old buddy, I didn't have you around then, so they couldn't have been all that good. Oh, I miss old comrades and friends, and don't you dare repeat this, but I'm even looking forward to seeing Ira again."

"Sure you'll recognize him. Dad? Won't he look different?"

"Trust me, son. Ira will never change. But, Hey, That's all in the past. The future is waiting for you and me, together, buddy. You remember the past, but you live for today. Remember that. Now, Let's go home, before your Mother kills us both. And not a word to anyone about what we saw, Okay? They just won't understand."

NIKE WOMEN'S RACE

BY
Jeff Darman

CLAIROL "25 FOR 25" BONUS OFFERED FOR
THE WOMEN'S RACE.

The invited athlete field is again expected to be one of the finest ever for the fourth running of the Nike Women's Race. The race will feature the "Clairol 25 for 25" bonus -- a \$25,000 bonus for the first woman to run 25 minutes or faster on race day. The Mother's Day race, which is a 8 kilometers long (4.97 miles), is scheduled to start Sunday May 10 at 8:00 a.m. in Washington, DC's West Potomac Park.

Last year Lynn Jennings set a world record at the race but missed the \$25,000 bonus by 2 seconds. She is expected to return eager to shave off the required time needed to pocket the Clairol bonus. But if the past is any indication, that task will not be made simple as race organizers traditionally are able to attract a world class field of runners to Washington.

But the race not only showcases some of the world's finest women runners, it also attracts runners of all abilities and ages from all over the U.S. to run in the nation's capital. Runners will vie for age group and open team awards as well as mother/daughter team prizes. And all finishers under 13 receive a commemorative ribbon. In addition Nike singlets go to all contestants.

The Nike Women's Race is part of the \$1,000,000 ARRA Championship Circuit, and will award

double points towards the circuit championship. \$25,000 in prize money will be awarded with \$5,000 going to the winner. If the winner runs 25 minutes or faster she will have a \$30,000 pay day.

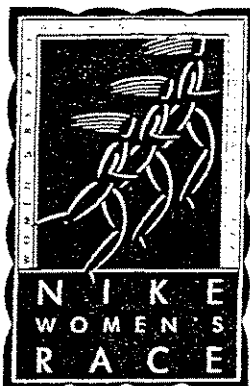
In addition to title sponsor Nike, other sponsors are Clairol, People's Drug, Gatorade, Cassidy's Women's Activewear and Women's Sports and Fitness Magazine. The race will be conducted by the all women's distance running club, Washington RunHers, coordinated by Darman and Associates, and directed by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

Entries for the race can be obtained by sending a self addressed stamped envelope to Nike Women's Race, Box 20090, Alexandria, VA 22320. A volunteer form is provided in this newsletter. Volunteer form must be returned by April 30th.

OF NOTE...All material for the WRC Newsletter must be received before the 1st Day of the Month. All articles for inclusion received after that date will appear in the following months issue. Ed.

CLUB NEWS...

The Club reimbursement policy requires that anyone can be reimbursed if: They request it in advance, wear a WRC uniform. Proof may be required. Club volunteers have been a problem, at least with the Georgetown 10K race. It was indicated that Club payment for that race has still not been received. Lets get going Colonial Running Company. Club sponsored races were talked to as a source of revenue. Donna Moore and friend Carol were to run the Shamrock 8K in Virginia Beach. The Club voted to provide Laura DeWald, Jim Hage and Walter Sargent \$100.00 each to help with expenses in the Women's and Men's Olympic Trials. Allen Roth discussed he revision to East and West Potomac Park race courses as a result of the FDR Memorial and peace garden. Lastly...The marine Corps Marathon has been changed to october 25. Roth said this was great for him, as the date no longer conflicts with the New York Marathon. Both Marathons were at the same time, however New York changed there date as to not conflict with the World Series or Jewish Holidays.



VOLUNTEERS NEEDED

Join us for this fourth annual women's 8K race as a volunteer. *We need you!*

NIKE WOMEN'S RACE
Box 20090
Alexandria, VA 22320

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Best time to call _____

Do you speak a foreign language? ☐ Yes ☐ No If so, please designate. _____

Were you a Nike Women's Race volunteer last year? ☐ Yes ☐ No

If so, what did you work on? _____

Would you like the same job as last year? ☐ Yes ☐ No

Circle your t-shirt size: S M L XL

I am volunteering through my club/organization (list name) _____

Are you running in this year's race ☐ Yes ☐ No

Which of the following areas best fits your schedule?

(*Areas which could be conveniently worked by race participants are designated by an asterisk.)

Saturday, May 9, 1992

- ☐ *Morning course preparation
- ☐ *Morning packet pick-up at race headquarters in the Pentagon City Ritz Carlton
- ☐ *Afternoon packet pick-up (same location as above)

Sunday, May 10, 1992

- ☐ Start
- ☐ Course Monitor
- ☐ Water Station
- ☐ Finish Line
- ☐ *Clean-up / dismantling
- ☐ Wherever needed
- ☐ Other _____

Volunteers should be 13 years old or older.

Return this form by April 30, 1992 to:

Nike Women's Race Volunteers

603 G Street SE, Washington DC 20003, Phone: (202) 546-5719

THANK YOU FOR VOLUNTEERING!

Another volunteer to suggest? Put his/her name, address, and phone numbers on the back of this form.

PRESENTED BY:
CLAIROL

IN ASSOCIATION WITH:



**WOMEN'S
SPORTS & FITNESS**

Cassidy's
WOMEN'S ACTIVITIES



Leaving the future to you.



LOCAL RUNNING STORE'S OFFERING DISCOUNTS

CAPITAL SPORTS, 235 Pennsylvania Aven., S.E. Washington, D.C. (546-1212). Discount of 10% for Club members.

COLLEGE PARK BICYCLE, 4360 Knox Rd., College Park (864-2211). Discount of 5-5% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

DECORATIVE RUGS & CARPET, 3230 Duke St., Alexandria (751-4110). Discount of 10% or more on floor coverings. Store is run by WRCer's 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.

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 Dixon Hemphill at (703) 549-7688.

Wednesday Night Intervals, Georgetown U. Truck, 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 8-8.5 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.

UP COMING RACE INFORMATION

5 April-(Sunday - 8 a.m.) Northern Telecom Cherry blossom 10 Mile Race, West Potomac Park, Washington, DC, Entries Closed Volunteers needed Call Dick Butler at (301) 948-1544 by March 15th.

11 April-(Saturday - 9:30 a.m.) Belle Haven 15K. Belle Haven Park, about 1 mile S of Old Town Alexandria on GW Parkway to entrance on left.

12 April-(Sunday - 7:30 p.m.) ANNUAL DCRRC AWARDS BANQUET, Holiday Inn--National Airport, 15th and Jefferson Davis Highway, Guest Speaker Kathrine Switzer, for information call Bob Platt, (703) 486-1466.

10 May (Sunday - 8: a.m.) Nike Women's Race. Washington, DC (See additional information in this newsletter).

19 May-(Tuesday - 7:00 p.m.) Lake Accotink 10K. Springfield, Beltway exit 4, S on I-95 about 0.7 mi to Springfield exit, W on Old Keene Mill Rd (Rt 614), stay in R Lane to 1st Light at Backlick Rd (Rt 617), R 0.8 mi on Highland St, L 0.8 mi to park entrance on R, R about 1 mi to lot.

23 May (Saturday - 6:00 p.m.) Franklin Park 5 Miler. Williamsburg Middle School, Arlington. From DC take Chain Bridge onto Glebe Road, right on Williamsburg Blvd., right on Harrison Street to School on Left. From Beltway, take I-66 east to Washington Blvd/Lee Highway exit, left on Lee Highway, Left on Sycamore Street to Williamsburg Blvd, left on Harrison Street, etc.

31 May (Sunday - 8:15 a.m.) Hugh Jascort Anniversary 4 Mile Run - Bunion Derby #1

*Additional race information will be provided in each WRC newsletter.

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

☐

\$20 Individual Membership

☐

\$25 Family Membership

Name _____

Date of Birth _____

Address _____

Phone h) _____ w) _____ Is this a Renewal (yes) _____ (no) _____

It would be helpful if you could fill out the information below to enable us to put together teams

BEST TIMES IN 1991

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PR's

10K _____ 10 Miles _____ Marathon _____ Other _____

Family Member's

Name _____ Date of Birth _____

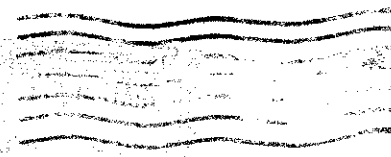
Name _____ Date of Birth _____

Name _____ Date of Birth _____

Make checks payable to WASHINGTON RUNNING CLUB and send to:

Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Dick Brannan at (703) 455-8646



Gerald R. Ives
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