
Washington Running Club



The DECEMBER meeting of WRC will be held at Armand's Pizzeria on THURSDAY, 11 DECEMBER at 7:30 p.m., located at 4231 Wisconsin Avenue, near the intersection with Nebraska. The Club will pay the first \$100 of the check, and if the bill is any more it will be split up equally between all attendees. This will be the closest thing WRC gets to a holiday party, so this is your chance to get a pizza with a holly topping, very festive.

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

The Georgetown 10K was a great success, and we had a nice turnout of volunteers from WRC. We've already received a nice check from Rick and Kathy Freedman of Capital Running for providing volunteers. The new "easier" course wasn't, but the after-race food and festivities still make this one of the most enjoyable races in town.

The Marine Corps Marathon brought us some horrible weather, but WRC's **Donna Moore** showed us that there are "a few good women" out there, and it takes more than a little rain to keep them down. Donna led all the way to take the win by more than two minutes in 2:53:42 over **Selina Smart**, who clocked 2:55:45. Selina came on with a very strong final 10K, but couldn't catch Donna. Donna,

tired of the rain and cold, took off the following day for a vacation with her family at Lake Tahoe in California.

Tris Kruger, former Club president and frequent meeting and picnic host, has finally acquired the ultimate Potomac status symbol--a Cadillac. Now, admittedly this is not a new car (as a matter of fact it's a 1980 model which makes it a bloody old car), but it is a "Caddy." And the color is bright yellow, probably not the first choice of the Potomac Hunt crowd but a marked improvement over the "baby blue with large rust spots" sported by Tris's old car. With the Club membership shrinking the way it has over the last five years, Tris anticipates being able to accommodate the entire Club in his car before long--of course that assumes someone is going to sit in the trunk.

Patty Scott hit the roads at the Georgetown 10K just three months after the birth of baby Scott #2. Patty said that, with two little ones, running was no longer her top priority. But judging by her muscle tone she's still into her daily mega-situps routine.

Judy Scarabello ran a p.r. 3:39:30 at the Steamtown Marathon on October 12th. Judy travels all over the country in her job, and often finds herself training hundreds of miles from home. Congratulations on a great effort.

Jon Thoren and **Dave Keating** both took on the Philadelphia Marathon on November 23rd. Jon went through the 1/2 marathon in 1:25, picked it up and then hit the wall during the final two miles. The only thing that got Jon going again was when Dave came up on him near the finish. Jon ran a 3:01:37, with Dave right behind him running a controlled 3:02:10.

John Betts really got out of town to run a marathon. He went all the way to Athens, Greece. The course is point-to-point, with the first 10K downhill, followed by 27K uphill into Athens--no wonder the original first place finisher died. John reported that every kilometer of the course was marked, which didn't mean much to him because he's used to miles--and they gave out nice little bottles of water at the water stops. The entry fee was a bargain, only \$20, but you had to buy a T-shirt if you wanted one for another \$20. The finishers medals were, naturally, in Greek; which means that John is not quite sure what they say. According to John this is a fun race, but not one for p.r.'s, and if you suffer from respiratory ailments, stay away from Athens.

John O'Donnell's house guest, **Allen Bennett**, here for six weeks on assignment with the FDA, ran the Georgetown 10K in a credible 57:30. Credible, because this was his first 10K in 15 years and he used the same pair of Nikes he wore in his last race. He has little speed, but he has mastered the fine art of

excuse-making, telling anyone foolish enough to listen after the race what he would have done if it had been cooler, less hilly and less crowded at the start. He looked very stylish at the start in his antique blue Nikes and his WRC racing singlet. Nice work Bennett, we already have an entry in for the race in 2012--take good care of those shoes!

The PowerGel National Capital 20-Miler was won by **Michael Harrington**, who dusted our boy **Jim Hage** 1:51:09 to 1:51:57. To make matters worse, Harrington had run the Virginia 10-Miler the day before, finishing 8th in 53:34. The only consolation Jim has is that he still holds the course record of 1:48:23. **Steve Ward** continued his string of win in masters competition by taking third overall and top master's spot in 1:56:17. Second master was our own **Jon Thoren** in 1:07:10, with **Jay Wind** in third in 1:08:19. The women's race was won by **Sharon Servidio** who held off **Fiona Branton** 1:12:02 to 1:12:13. Top woman master was **Betty Blank** in 2:27:19. The concurrent 5-miler was won by **Matt Dean** in 26:58, followed by **Marty Horan** in 27:40. Third spot was captured by running scribe **Steve Nearman** in 29:21. The woman's race was won handily by WRC's **Cathy Ventura-Merkel** in 31:37, **Karen Garth** took second place in 35:06.

Jackie Concaugh finished eighth in the Metropolitan heat of the Trump Fifth Avenue Mile on September 27th. Jackie clocked 5:01.77. The winning time was 4:48.70.

At the Freddie Mac 5K, **Jackie Concaugh** took top female honors in 17:37, with fellow WRCer **Cathy Ventura-Merkel** handling the women's master's field in 18:48. **Nancy Horan** took 2nd place in the 30-34 grouping in 19:58. The WRC males managed to make their mark in the 45-49 age category, with **Jay Wind** registering a 2nd place 17:35 and **Jerry Merkel** holding down 3rd in 18:45.

At the Race Against Racism 5K on October 19th we noticed the name **Craig Masback**. Craig clocked 20:54, but we're sure he was signing up potential USAT&F members in the mid-pack. Way to go Craig! It's been a long time since we've had a USAT&F Executive Director who actually participated in road races. Now if we might make so bold as to suggest a little speed work on the track Craig . . . maybe you'll recapture your sub-4 minute mile form again.

The Georgetown Day School put on the Christmas in April 5K on November 2nd, with DCRRRC President and WRC member **Bob Platt** in charge of the finish line. This is a great little race over a challenging course with first class prizes. **Anthony Belber** took the win for the men in 16:14, and **Ruth O'Hara** took the female honors in 19:02. WRC finishers included **Gerry Ives**, top 50+ runner in 18:31, **Jay Wind** in 19:46, **Rowena Watson** in 21:49, and **James Scarborough** in 22:22.

The 25th Nortel Cherry Blossom 10-Miler is scheduled for Sunday, April 5th, 1998. **Phil Stewart** reports that they have mailed out nearly 30,000 race entries. **Bill Rodgers** is planning on running the race and taking a crack at breaking **Norm Green's** American 10-mile record for a 50-year old. Rodgers, who turns 50 on Dec. 23, ran 52:22 last year. Norm's record is 52:53, set in the 1983 Nortel Cherry Blossom. Stewart warned that race entries were closed by early February last year, and he expects a similar situation this year.

This will be the last issue of the WRC Newsletter I'll be editing. For better or worse, I've been putting it out since 1983, with a break supplied by the **Merkel's**, and another by **Dick Brannan** (Dick quit when his parachute failed and he broke his pelvis and legs--talk about a weak excuse). It's time for new blood, and it will give someone an opportunity for self-glorification and a platform to run for office--maybe Mayor of D.C. If you're interested give **John O'Donnell** a call--go for it **Marion!**

A FEW WORDS FROM THE PREZ . . .

Everyone who has run a marathon more than a time or two knows that failure--however one defines it--is more common than success. It's the failures that make those rare successes all the sweeter. My Marine Corps Marathon story was one such failure, born of too few miles and too many years.

I've been competing at the marathon distance every year since 1976. The word compete is carefully chosen here. After my first, I never considered it a victory to "just finish." I knew I'd never win, but I'm proud to admit I wanted to run fast and beat people. These past few years I've had a vague feeling it's coming to an end. It's been a long cycle of bad training resulting in bad racing and bad racing lessening my determination to train hard.

The big day came, I fastened on my chip and off I went to the Iwo Jima Memorial. Through a series of mishaps, I arrived at 8:25, and got stuck way back in the crowd. As I struggled to inch forward, two old ladies in the field urged the other entrants to "get out of the way. There's a fast guy back here." This proved to be the only compliment I received all day. I got to mile one in just under 14:00 and things did not improve much after that. For reasons that remain a mystery, I was running slower than on any given Sunday morning training run. I began to debate quitting. A friend had urged me to finish no matter what. On the other hand, what would it mean at this point, after a career of perhaps sixty marathons, to run my worst time ever? I tried to settle in and postpone making a decision for a few miles.

Suddenly, I had my only good luck of the day. I hit an orange cone near the end of Key Bridge. I was not hurt. I do this sort of thing fairly often. But as I lay sprawled on the pavement, I understood that this race, and twenty years of

marathon running, was over. I looked up, and there was Gerry Ives. He wrapped his arm around me and a few tears were shed. I cannot remember the words he spoke, but they were words uttered by a man who knows the vicissitudes of the sport. Ironically, we found ourselves at the corner of 34th and M Sts., the traditional start of the Sunday morning run. Gerry asked if I was going to go home, a mile away. I told him I felt like going running. I looked at the stream of fat guys going by and decided I did not want to run with them anymore.

With my number still on, I went down on the towpath and ran for an hour and a half in the cold rain. Some guy went by and asked if I ran the marathon. I told him I finished early. He offered congratulations. I thought of all the marathons I've run over the years, Buffalo to Niagara Falls, Erie, Montreal, New York, Boston, Seattle, Eugene, Portland, Vancouver, and many others. Marathons with 25,000 people and marathons with a few hundred. Standing at the starting line humbly looking at the pavement, out on the road, in the medical tent stuck with an IV. All those countless miles getting ready: intense sessions on the track, long, exhausting runs on the roads, lazy loops in parks. And above all, all those characters from Western New York, to Oregon to Georgia: good men, funny guys, big mouths, quirky oddballs, knuckleheads, a few women. Guys just yakking until they grew too exhausted to yak anymore. It's been almost too sweet. I went back shivering and got my clothes from the Marines. I took the subway home and drank beer all afternoon lost in my memories. My chip is at the bottom of the canal.

MINUTES OF WRC MEETING HELD FRIDAY, 10 OCTOBER 1997

The October 1997 WRC meeting was held at Dr. Tris Kruger's house on Friday, 10 October 1997. It was a real pleasure meeting Tris's father, also a dentist, and newly renewed member Kathleen Shearin, and her friend Jay Cummings.

1. Treasurer James Scarborough circulated a treasurer's report showing balance through September, as well as the original budget for 1997.
2. The big new item to report was the \$550 received from Capital Running Company for our help on the Georgetown 10K on the 4th and 5th of October. A very warm thank-you to Capital for paying us so promptly, and it will be a pleasure working with them again next year. Thanks to all who came out too.
3. President John O'Donnell announced that the December meeting will be held downtown, probably at a pizza place (*Armand's Pizzeria at 4231 Wisconsin--Ed*).
4. John also announced he is still looking for a newsletter editor replacement for Gerry Ives.
5. At the August meeting Dave Keating had proposed a WRC-MCRRRC challenge race with one of those on Montgomery's schedule. James Scarborough asked Irv Newman, President of MCRRRC, for race possibilities. Irv

e-mailed back and suggested the Bullis 5K and/or the Capital Crescent 5K (or 8K). (The Potomac 5K could be a possibility). John suggested leaving the choice open to MRRC to pick and we will be sure and send our top five runners to score against theirs.

6. The Army Ten Miler team (Sunday, 12 October) consisted of a magnificent six headed by Jack Pozzo-Olano (it was to be the magnificent seven, but Kurt Kroemer didn't run due to injury). Results as follows: Tom McCarthy 58:13, Donna Moore (2nd woman overall) 58:21, Jack Pozzo-Olano 59:50, Dave Keating 1:04:00, Jodi Buenning 1:08:30, and (yours truly) James Scarborough in 1:09:53. Cathy Ventura-Merkel wasn't on the team, but finished first overall in the masters' women category.

7. Volunteers were requested for the Potomac 5K on Saturday, 25 October.

8. In addition to that, DCRRC has a boatload of races coming up this fall. One of the big ones is the Alexandria Turkey Trot 5M held on Thanksgiving Day for the 22nd time. There will be a Bunion Derby Awards party on Tuesday, 14 October (Gerry Ives will win an award). There will be a schedule meeting for 1998 on Tuesday, 18 November.

9. Kathleen Shearin asked about the membership dues cycle. Dues are to be tendered in January every year for renewals. However, if you join after October, your dues will carry you through the next full year. If you haven't paid for 1998 yet, please think about doing so.

There being no further business, and Tris actually taking a dip in the pool, the meeting was adjourned.

James Scarborough, Secretary

MS CHALLENGE 5K AND HALF-MARATHON

by George Banker

On September 14, 1997, two thousand plus runners lined up for the 5th Annual MS Challenge 1/2 Marathon and 5K runs. The weather was warm and muggy, not ideal racing conditions. Many of the 1/2 Marathon participants were using the race as a tune-up for the Marine Corps Marathon in October.

The lead was quickly taken by two-time winner Darrell General, with Eron Ferreira running sans shoes by his side. General and Ferreira went through mile three in 14:56, with the next two runners, Steve Ward (leading master) and Dan Wallace over two minutes back in 16:26.

In the women's race Sharon Servidio was in the lead at the three mile mark at 17:57, with Donna Moore close on her heels. Cathy Ventura-Merkel was the leading woman master.

As the fourth mile marker came into view, General had assumed command and continued to increase his lead with every mile. General passed the 11 mile mark in 55:22, while Ward and Wallace trailed nearly seven minutes behind in the number two and three spots.

As General cruised to the win in an event record time of 1:05:46. Ward and Wallace battled it out down the final stretch. Wallace attempted to pass Ward in the final sprint, but Ward was having none of that and matched his move and raised him one second to take the number two spot and top masters honors in 1:12:30 to Wallace's 1:12:31. Fourth position was captured by Patrick Reed with 1:13:20, while Jeff Van Horn of Pacers took fifth in 1:13:26.

Holding down 10th place and second master was WRC's Jon Thoren in 1:17:42, with Jay Wind taking third master's honors in 1:20:26.

Meanwhile, in the women's race Moore had been successful in reeling in Servidio and enjoyed a comfortable lead coming off of Hains Point past the Jefferson Memorial. Moore broke the tape in 1:19:39, with Servidio holding down second place in 1:21:46. Third woman was Fiona Branton in 1:23:01, with Selena Smart taking the fourth spot in 1:24:33.

In women's masters competition, Ventura-Merkel was narrowly beaten by Mary Astrop, 1:26:42 to 1:26:48. Third woman master was Shelley Ralston in 1:30:37.

In the 5K, Tom Woods took the win in 15:57, comfortably ahead of second place Geoff Barnard in 16:42. Third place was taken by Thomas Crandall in 17:29.

The women's race was a closer contest, with Susan Thomas taking the win in 18:12 over Ruth O'Hara's 18:25. Third place went to Lauren Barrett in 20:40.

The winning male master was Gregory Price in 18:21 for the men, and Pamela Wusthof in 24:08 for the women.

Articles, results, and items of interest to the Newsletter, should be mailed to Gerry Ives, 4616 Laverock Place, NW, Washington, DC 20007-2544. Telephone: 202-944-2379.

PROBST & STEARNS VICTORIOUS AT VIETNAM VET RACE

by George Banker

A field of 1,400 braved the light drizzle, chilling temperatures, and a stiff headwind on the return leg, on Sunday, November 9th, 1997, for the 5th Annual Vietnam Veterans Memorial 10K. The rain had caused flooding on a segment of the road at Hains Point, which caused the Park Service to close that part of the course. A fast realignment of the course, coupled by some remeasuring courtesy of Al Naylor, allowed the race to proceed--albeit at a shortened 6.076515 mile distance.

The race got underway, with George Probst quickly taking the lead. Probst, a graduate student at Virginia Tech, where he is coached by Steve Taylor, grew up in the Washington area. With an opening mile of 4:26 it became

apparent that there was no catching Probst, and the race for the trailing lead pack was for the number 2 spot.

At the 3-mile turnaround, Eric Desautels and Jonathan Gates were one minute off of the lead and matching each other stride for stride running into the headwind. Probst, slowed by the headwind and lack of anyone pushing him, dropped off his 5-minute pace for the final two miles, breaking the tape in 30:17. Desautels made his move in the final mile and edged Gates 31:14 to 31:22. Dave Wall took 4th in 31:36, with Jeff Van Horn nailing 5th in 32:08.

For the first two miles Jennifer Stearns, Lori Taylor and Lynn Hart were running in a pack. Then Stearns downshifted to another gear and dropped the pace by 15 seconds a mile and dropped the other women as well. Stearns took the win in 35:22, well ahead of Hart's 36:30. Taylor faded over the final mile but took third in 36:55. In fourth place was Patsy Long with 37:33, and in fifth was Linda Wack, successfully defending her masters title in 37:38. Second woman master was WRC's Berni Flynn in 39:56.

The winning male master was David Webster in 32:54 (17th overall), with Paul Hoover (Tallahassee, Florida) taking runner up honors in 33:47.

WRCers and Sunday run participants who were in the hunt were: Henry Grossman (32:26); Dante Ciolfi (35:18); Jay Wind (36:00); Gerry Ives (36:15); Chan Robbins (40:16); and Club v.p. Nancy Horan (40:48).

GENERAL & MOORE MAKE SPLASH AT MARINE MARATHON

The 22nd Marine Corps Marathon, on Sunday 22 October 1997, was marked by temperatures in the 40s and a light rain that got heavier as the race progressed. Not ideal racing conditions. For the first time, the race used individual ChampionChip timing chips to capture the times of the 14,389 starters.

The favorites going into the race were 1995 winner (2:16:34) Darrell General and for the women WRC's Donna Moore.

General quickly went into the lead, accompanied by Eron Ferreira. Passing through mile 5 in 30:49, Ferreira and General had a comfortable lead in decidedly uncomfortable conditions, but Ferreira began to fade fast and dropped out.

It now became a psychological challenge for General, with no one to push him for the remaining twenty miles. Wind, rain and cold made the lack of competition even harder, but General went through the half in 1:08:29, mile 20 in 1:44:47, and broke the tape in 2:18:21. The winning time was the eighth fastest, and General joins Jim Hage and Brad Ingram as the only multiple Marine Corps Marathon winners.

The first twenty miles of the race were easy sailing for Donna Moore as she crossed the mark out on Hains Point in 2:08:20. Moore has been at the top of her game this year, taking wins at the MS Half Marathon (1:19:39), and the Arr 10-Miler (58:21). Moore has a personal best in the marathon

of 2:49:30, but conditions were not cooperating to give her a chance to better that mark. Breaking the tape for the win in 2:53:42, Moore looked as if she had given it everything she had.

After the race Moore admitted that the final mile was one of the toughest she'd ever run. "Tougher than having my baby," she was quoted as saying after the race.

Closing fast on Moore during the final six miles were Selina Smart of D.C., and Claire Norsworthy of the Royal Navy. Smart and Norsworthy paced each other for the first twenty-five miles and raced the final mile, with Smart besting Norsworthy 2:55:34 to 2:55:45. Fourth place was nailed down by another local runner, Fiona Branton, in 2:58:27.

In male masters competition, it was an international race with local runner Steve Ward duking it out with the Royal Navy's Ginger Gough. Gough came by Ward at mile 23, but by mile 24 Ward had worn Gough down with a relentless pace, no surges, no finishing kick, as he took the top spot in 2:34:32 (13th overall) to Gough's 2:35:07 (17th overall).

The top-ranked 55-59 runner in the extended Maryland, DC, Virginia area, Mel Williams, won his age group in 2:55:03. In 1976 Williams finished in 2:51:41! So much for slowing down as you get older.

WRCers who braved the weather included: Kurt Kroemer, 2:47:17; Hilary Cairns, 3:13:19; Jay Wind, 3:13:16; Bob Platt, 3:22:14; Bob Trost, 3:20:46.

ARMY TAKES MEN'S AND WOMEN'S TITLES AT 10-MILER

by George Banker

The 13th Annual Army 10-Miler was held on Sunday, October 12, 1997. The largest 10-miler in the country boasted just over 11,000 registered runners, and an official 9,404 finishers--well ahead of 1,379 finishers at the 1985 inaugural event.

The favorites among the men were Dan Browne, a 14:00 5K runner, last year's champ Michael Bernstein, and local favorite Chris Fox. In the women's field, defending champion Lt. Chris Udovich made the long trip from her duty station in Honduras, looking to join the ranks of consecutive event winners. Her main competition was going to come from Donna Moore, who had returned to racing with a string of victories after taking time off to have a baby a few months ago.

The lead pack, headed up by Bernstein went through the first mile in 4:45. A series of surges were all covered by the leaders as they hit the two-mile marker in 9:33. Sammy Ngatia hung on to Bernstein with Fox a few steps behind as the pace dropped to 4:42 for a split of 14:15 for three miles. After slowing to a 4:59 pace through the fourth mile Bernstein threw in a surge that Ngatia couldn't cover. Bernstein had opened a ten yard lead, but Browne wasn't going to let him get away and quickly closed the gap. For the next four miles Browne and Bernstein traded and matched surges, passing the eight mile mark in 38:17, well under the event record pace of 38:35.

At the eight and a half mile point, Browne surged once again, and for the first time Bernstein couldn't respond. A 25-yard lead was extended to 50. Now Browne was racing for the record.

With a 4:47 final mile, Browne broke the tape in a new event record 47:44, with Bernstein holding down second place in 48:01. Fox, who had faded to fifth place, forced his way back into the hunt and nailed down third place by edging Ngatia 49:35 to 49:39. Fox was giving away 16 years to the winner.

In the women's race Udovich set a fast early pace with only Moore daring to stay with her. By the fifth mile Moore had backed off, content to run to set a p.r. rather than taking the chance of blowing up. Udovich cruised in with a time of 56:58, as Moore nailed down second place and a p.r. with a 58:21 finish. Third place went to Jen Stearns in 60:04.

In women's master's competition, Cathy Ventura-Merkel handily beat rival Linda Wack 63:33 to 64:32. Wack was the defending master's champ.

Other notable WRCers included Jackie Concaugh, running her first ten miler, who finished 12th overall and 2nd in the 20-24 age group in 62:36; Jay Wind winner of the 45-49 age group in 58:44; and Gerry Ives winner of the 55-59 grouping in 60:20.

GEORGETOWN HILLS TAMED BY O'BRIEN AND JOHNSTON

by George Banker

It was hard to believe that anyone would buy the idea: "we're going to change the course and take out some of the hills." Of course what wasn't said was that they replaced the hills with steeper ones. This never was a race for wimpy runners, and if you loved the old course you're going to go into ecstasy over the new one.

October 5, 1997 saw over 3,600 runners on M Street in Georgetown participating in what has become a combination block party and first class race. It's the only block party that is catered by Georgetown's J. Paul's Restaurant and it attracts runners of every ability, from the elite to the penguins.

Lining up at the start was the 1992 winner Chris Fox, and last year's top woman Jen Stearns. A potential ringer in the form of Kristy Johnston, a 2:29 marathoner and 4th place Sallie Mae finisher (32:41) provided the competition.

The start was funneled past the construction at the end of the Whitehurst Freeway with a pack of 12 runners led by Eron Ferreira with Fox on his heels. Passing through the first mile in 4:44 there was a five-man pack in the lead. Shortly before the two-mile mark Ferreira grabbed his hamstring and pulled up, leaving Fox in the lead at the two mile mark (9:37) with a 3-man chase pack.

Now, the course ceased being "runner friendly" with some serious hills coming due. Fox, extending his lead to 75 yards, hit the 5K mark in 15:37, with the three man chase pack starting to string out. Going through mile 4, which included

the infamous Garfield Street hill, in 20:11 Fox was showing some signs of wear and tear. Hitting the fifth mile in 25:18, there was trouble lurking over Fox's shoulder as Eric O'Brien began to pick up the pace and close the gap. Proving himself the better downhill racer, O'Brien passed Fox at the bottom of 37th Street and turned onto Reservoir Road heading for the final downhill on 34th Street.

O'Brien turned onto M Street and broke the tape to the sound of a cheering crowd in 31:00. Meanwhile Fox was busily trying to hold off Tim Schuler, and he was successful, holding onto 2nd place with 31:38 with Schuler taking 3rd in 31:41.

First master honors were captured by WRC's Roberto Rodriguez in 35:31 (27th overall), followed by 50-year-old Paul Zink in 2nd with 36:54. Third master was Jay Wind in 36:54, 1st in the 45-49 age grouping.

In the women's race it was an open and shut case as Kristy Johnston dominated in 35:34. Second place was captured by Kristin Pierce in 36:28, with Ruth O'Hara taking 3rd in 37:12.

Twenty-year-old Desiree Ficker took 4th in 38:44, and Monica Robbers taking 5th in 39:22.

Top woman master was Linda Wack in 39:26, with Cathy Ventura-Merkel taking number two spot in 39:55.

WRC's top gun was Jim Hage, 7th in 32:23. Jack Pozo-Olano clocked 37:40, Gerry Ives took top 55+ spot in 38:52, and Mark Baldino, former race director, registered 39:37. Patty Scott was 12th woman in 40:59. John Sherlock took 41:38, Jodie Buenning turned in a 42:17, and James Scarborough came in with 45:31.

Washington Running Club

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