
The Washington Running Club Update

March/April/May 1998

Club Announcements

The **JUNE MEETING** of WRC will be held at Pizzeria Uno (Cleveland Park) in Washington, DC on **JUNE 11, 1998 at 7:30 p.m.** Topics to be discussed include upcoming team races, the WRC Challenge Race and predictions on who to watch at Nationals.

Sunday group runs continue, even though the temperature is rising. All members are encouraged to join the group every **SUNDAY MORNING** for a long run followed by mindless banter over coffee. The group meets **every Sunday at 8:00 a.m. in front of the Staples on M street in Georgetown.**

Tuesday night group runs will start shortly. For more information, please contact **El Presidente Keating** at (202) 426-1196.

MINUTES FROM THE APRIL MEETING *by defacto Secretary Scarborough*

The Washington Running Club meeting was held on Thursday, April 23, 1998. Those in attendance were **WRC Pres. David Keating, Elizabeth Hosford, WRC VP Jack Pozo-Olano, Jodie Buening, Bob Platt, Tris Krueger and Treasurer James Scarborough.**

Everyone traded war stories from the Boston Marathon. And, it was noted that USA Today ran the top state-by-state finishers, which included WRC members: **Jim Hage** with his impressive 2:22:44 and **Jodie Buening** who PR'd with a 3:15:22.

After some discussion, it was decided that **Keating** would organize group runs on Tuesday nights for the spring and summers starting about 6:30 p.m.

Pozo-Olano proposed heading up a challenge race with other local clubs, in the same vein as the Columbia Challenge, but in Virginia. The group discussed possible races with the Burke Lake 4.5 miler being one option. More discussion on this topic at the next meeting.

Treasurer Scarborough circulated his detailed Report which indicated that the club was still in the black! He reported that the club had received the \$260 from the Capital Running Company for volunteering at St. Paddy's Day 10K. Scarborough also noted he intended to investigate the \$3.50 service charge from the Bank.

Pozo-Olano announced that WRC teams would be formed for the following races: Race Against Racism; Jay's Run; Crystal City, and the PA Avenue Mile. **Keating** invited everyone participating in Jay's run to a party at his house following the race.

It was reported that **Henry Grossmann** has offered to design a new WRC logo for club uniforms. He will provide the group with an update at the next meeting.

Keating pleaded with everyone to make suggestions on a new location for the next meeting. Upon hearing none, the meeting location was set for Armand's....again.

MINUTES FROM THE FEBRUARY MEETING *by Secretary O'Donnell*

The meeting was held at Armands Pizzeria on Wisconsin Ave., on February 19, 1998. The secretary, who is new to the job, neglected to take notes and forgot to write them down the next day. He has learned his lesson and next time will come prepared. From what he can recall some six weeks after the fact, the meeting was lead by **VP**

Jack Pozo-Olano, Treasurer James Scarborough, Jim Hage, Monica Robbers, and Henry Grossmann and perhaps a couple of others whose names do not spring to mind. President Keating was absent attending the funeral of his grandfather. Gerry Ives was absent because they don't let guys his age out of the nursing home after 8:00 p.m. There was discussion of upcoming races. The Treasurer gave his usual outstanding report – the club is still in the black! VP Pozo-Olano reminded everyone about assisting in the St. Paddy's Day 10K in March. Not only were pizza's consumed, but Secretary O'Donnell stunned everyone and saved the reputation of the club by ordering good quality beer instead of the standard, Budweiser. When VP Pozo-Olano attempted to get some business done by calling the pizza fight to order and asking, "Are there any matters to be discussed?" Everyone responded with, "NO!" (emphatically) and VP Pozo-Olano responded, "Since there is no business to be discussed I move to close this meeting."

LETTER FROM EL PRESIDENTE
from Dave Keating

The first order of business is to congratulate WRC's Jim Hage for his 2:22 marathon at Boston (3rd American). This, coming on the heels of Jim turning 40, is a terrific achievement. Perhaps most impressive is the fact that Jim averaged 120 miles a week this past winter.

This naturally begs a number of questions: How does Jim find the time to train? Why didn't his body break down under the pressure of high mileage? And how long will Monica tolerate this ridiculous training schedule? Jim, keep up the good work. We look forward to more of your stellar performances

Kudos are also extended to another WRC member who is refusing to heed the
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dictates of time - Gerry Ives, 58 who ran 60:03 at Cherry Blossom. Like Jim, Gerry's performance is born of getting up at 5:00 in the morning to do distance, track workouts on Wednesday night, long runs with on Sundays. It is important for us young'uns to recognize that such stunning performances can be turned in by our elders sans the intervention of viagra. Good job Gerry.

Of course these excellent performances by folks no longer in their twenties makes one ask - why don't more folks in their twenties run seriously? I have a couple of theories about this. And having majored in the humanities, I am under no obligation whatsoever to offer proof substantiating any of them. So, here go my theories..... **Why Generation X Has Become Immobile.**

Theory One: An absence of role models.

When I was growing up, my heroes were not John Unitas, Jim Brown or Jim Palmer. Rather, they were Jim Ryun, Bill Rogers and especially Steve Prefontaine. Guys on my high school team were genuinely distraught over Prefontaine's death in a car accident in 1975. Steve was a larger than life figure, tough, charismatic, defiant, the one who was going to win the gold in the 5,000 in 1976. Having said this, let me say that Steve was not a geographic genius. When a teammate back in Connecticut wrote him a letter in 1974, Steve replied, with kind words of encouragement. As a postscript, he added "I am glad to hear that I have fans in the Midwest."

Perhaps Gen X accords the same reverence to people who are great snowboarders/skateboarders or those who have adorned themselves with multiple nose rings. It is hard to say what engages their imagination. What is clear is that the mystique that initially drew me to running has diminished.

Theory Two: Running has been tamed.

In the 1980s's Running being absorbed into the general fitness boom. Running has become a means to an end- be healthy and slim. Don't get me wrong - I am all for fitness. Looking fit and healthy is what separates Elle McPherson from, say, Jack Germond. However, health per se holds little brief for a 17 year old who wants to make his mark on the world in sports. Good athletes want a chance to test themselves, to prove themselves, to gain recognition. If all she knows about running is that it is a variation on aerobics, she will turn elsewhere.

And really (PACE Runners World!) distance running is not all that good for you. I think all of us have incurred shin splints, exhaustion, anemia, twisted ankles, fatigue, sciatic nerves, ITB syndrome, (and assorted other ills that I can hardly pronounce, much less verify via spellchecker). We run despite, and a fatigue that never quite goes away. So to say that we run to be healthy is obviously untrue. We run in the hopes of running faster. And to achieve this, we ignore dictates of fitness.

So perhaps this should be the way we sell the sport to those born post 1970. "Train hard, go fast, inflict as much pain on yourself as a decent skateboarder, while acquiring the haggard looks of Keith Richards."

See you on the trails.

-Dave

A NOTE OF THANKS
from El Presidente Keating

The club would like to thank the following folks who participated in the St. Patrick's Day 10k volunteer pickup:

Liz Hosford	Jon Thorne
Jodie Buening	John
O'Donnell	
Jack Pozo-Olano	Jack Coffey
John Dix	Gerry Ives
James Scarborough	Tris
Kruger	
Ed Doheny	

It was a cold day, but all performed their duties with grace and good cheer. \$260 were raised, to defray future race expenses. Thanks to one and all.

JAY'S MEMORIAL 10K
May 3, 1998

Toughing the hills, **WRC's Jim Hage** easily won the Men's Masters division with a time of 32:38. The overall winner was **Weldon Johnson** in a time of 31:34. Other WRCer's include: **David Keating** (42:12) and **James Scarborough** (46:13).

For the women, **Alisa Harvey-Hill** took the race in a time of 34:46. Second place winner, **Kristy Johnston**, was not far behind with a time of 34:57. **WRC's Donna Moore** took 6th place in 37:42, and **WRC's Anita Freres** covered the course in 40:19, good for 11th place. **WRC's Monica Robbers**, despite having a rough day, toughed out the race with a time of 46:46.

YWCA RACE AGAINST RACISM 5K
May 2, 1998

Under new sponsorship of NIKE, this low-key 5K quickly became quite attractive as elite athletes, **Steve Holman**, **Mary Decker-**

Slaney and **Becki Wells** showed up to run the race. Runners and supporters were also graced by the presence of **Olympian Carl Lewis** who started the race and also participated in the awards ceremony.

Despite the rain, WRC's team represented the club with great honor and won the team competition bringing home NIKE watches for all! Team members were: **Henry Grossman** was 5th overall and 2nd in his age division ran the course in 16:09; **Kevin Burke** finished in 16:51, good for 14th place; **Gerry Ives** who won his age division with his 18:30; **Jack Pozo-Olano**, recovering from a tough Boston run, paced his fiancée, **Jodie Buening**, through the race and crossed the line in 19:46; **Buening**, having a tougher time than last year, finished in 20:04 – far off her time last year – but good for 2nd place in her age division; and **Nancy Horan** clocked an impressive 20:10, good for 12th place.

Because some team members were awarded prizes for their age divisions, the wealth of team was spread among other WRC members. Great job to everyone!

Oh, yeah, winning the race was **Steve Holman** in 14:40 and for the women, **Mary Decker-Slaney** in 16:21.

SALLIE MAE 10K
April 26, 1998

William Kiptum traveled to WDC from Concord, MA to win the race in 28:17, only 2 seconds in front of 2nd place finisher **Peter Githuka** (28:19). And, just 2 seconds behind Githuka was **Julius Radich** who took third with a time of 28:21.

Impressive? Sure, but how about this....just six days after an impressive run at the Boston Marathon (see results below), **WRC's Jim Hage** laced up his shoes and finished the course in 31:38, taking 3rd place in the Masters Division and 17th overall. Later, when a fellow WRCer accused of him

of being "crazy," **Hage** responded by explaining that his "body is used to getting pounded into the ground." Other impressive performances were seen by: **WRC's Dan Wallace** finishing in 32:48 for 23rd; **Henry Grossman** ran a 33:32, good for 39th place; in his first race in months, **Kevin Burke** completed the race in 35:09; **Gerry Ives** won his age division with a 37:30.

The women's race was just as close as the men's. Tallahassee's **Breeda Dennehy** won the race in 33:09 with **Teresa Wanjiku** (Royersford, PA) on her heels for 2nd place in 33:11. Third place went to **Margaret Kagiri** from Royersford, PA, who covered the course in 33:13. From Washington, **WRC's Donna Moore** ran tough and finished in a time of 36:38. Returning to the local racing circuit (and the U.S.) **WRC's Anita Freres** completed the race in 38:55.

PIKES PEEK 10K
April 26, 1998

As they say in the movies, "If you build it, they will come," only this time it was more along the lines of ... "If you offer the cash, they will run!" Well, that's exactly what happened – at least in the women's race. **Jennifer Rhines** (Haverford, PA) covered the course in 32:45, won the women's race and took home the cash -- she broke the Tischer Autopark Challenge, which awarded her \$20,000. Her closest competitor was **Marty Shue** (Annapolis, MD) who finished in 33:19, followed by **Kristy Johnston** (Shepherdstown, WV) in a time of 33:57. **WRC's Monica Robbers** held on for 7th place in a time of 37:42.

For the men, **Andre Williams** ran hard, but not hard enough for the "big cash". Setting a new course record and winning the race in a time of 29:40, **Williams** missed the \$20,000 challenge by about 1:10. Second place went to **Michael Dudley** (Morgantown, WV) in

30:39, and **Earl Stoner** (Hagerstown, MD) taking third in 30:52.

BOSTON MARATHON
April 20, 1998

Under nearly perfect conditions – cool, slight breeze and a light mist – many WRC's laced up their shoes to run with thousands of fellow marathons from across the country. (Editor's note: the editor presumes that nearly everyone read the results of the winners, this is just a short mention of WRCers who ran the race.)

WRC's Jim Hage ran an incredible race and, though his 7th place finish was a couple places shy of cash in the Master's Division, his efforts were well recognized by all Washington runners. **Hage** finished 26th overall – 3rd American – in a time of 2:22:44.

Other notable efforts were displayed by: **Keith Moore** who ran a PR at 2:48:46; **Sharon Servido** completed the course in 3:06:14; **WRC's Jodie Buening** ran a PR of 3:15:22; **DCRRC's Bob Platt**, running his third (or fourth) marathon in recent months covered the course in 3:19:59; and **WRC's James Scarborough** finished the course in 3:39:38. Congratulations to all who endured the grueling hills – well done.

**GEORGE WASHINGTON PARKWAY
CLASSIC, 15K**
April 19, 1998

While many folks were focusing on Boston, a few good men (and women) turned up to run hard – including **WRC's Gerry Ives**, who won his age division in a time of 56:51. **DCRRC's Mark Drosky** was hot on his heels, finishing right behind **Ives** in 56:59. Two-time Marine Corp Marathon winner, **Darrell General** won the race in 45:54, with **George Probst** taking 2nd in 46:17.

Martha Merz handily won the women's race in 56:25. Apparently **Ives** looking for

some media play had run with **Merz** through most of the race, but her youth enabled her to out-kick **Ives** at the finish line. Better luck next time **Gerry**! **Pattie Shull** took 2nd with a time of 57:00. (Editor's Note: these race results were very hard to read, so, if any names were left out, please notify the editor.)

NORTEL CHERRY BLOSSOM 10 MILER
April 5, 1998

On a new course with South Dakota like winds, over 6,000 runners laced up their shoes to participate in the 26th Annual Nortel Cherry Blossom 10 miler. There were predictions that the course was fast, but who predicted that it was world record fast? South Africa's **Colleen DeReuck** proved that the new course was indeed fast and then went on to set a new women's 10 mile world record of 51:16. **Marian Sutton** (Great Britain) crossed the line nearly 2 minutes behind **DeReuck** for 2nd place in a time of 53:31 with 3rd place finisher, and first American, **Nnenna Lynch** (North Carolina) close behind at 53:55. American **Kristin Beany** (Boston, MA) came out on top after a neck-n-neck finish with **Kenyan Margaret Kagiri** – both racers beamed in at 54:00

Locally, **WRC's Donna Moore** who covered the course in 59:46. Also running the race was **WRC's Liz Hosford**, who shaved several minutes off her time to PR, in a time of 1:25:02.

For the men, the finish was close as **Kenyan Simon Rono** outkicked his team mate **Joseph Kariuki** to win the race in 45:51. **Kariuki** crossed the line 7 seconds later in 45:58. **Keith Brantly** was the first American to cross the line in of 48:02, fast enough to take 9th place.

Locally, **Edmund Burke** held his own, despite the stiff competition, with an impressive 49:18 finish – 13th overall. WRC members **Dan Wallace** and **Henry Grossmann** both toed the line prepared for

the stiff competition (and wind), then each walked away with a PR. **Wallace** took 39th place with a fine time of 53:26 while **Grossmann** finished the course in 55:00, good for 59th place. Other notable WRC performances were seen by: **Roberto Rodriguez** (57:49); **Jay Wind** (58:39); **Tom McCarthy** (59:12); **Jack Pozo-Olano** (59:38); **Gerry Ives** (60:03); **Dave Keating** (62:08); **Robert Trost** (66:33); **Robert Platt** (67:24); **James Scarborough** (72:26).

Fine finishes by Friends of WRC include: **Steve Ward** (56:37); **Antonio Eppolito** (57:00); **Dante Ciolfi** (57:13); **Mark Drosky** (59:58); **Matt Lucas** (60:57).

ARTS AWARENESS 5K, March 29, 1998

WRC Jim Hage continued his Spring assault on the roads at the Arts Awareness 5K... a race that he has never lost since its inception. The stakes were high as the prizes at this spring race are usually very nice "objets d' arts". Stiff competition was presented by the ubiquitous **Ted Poulos** and another Masters ace, **David Webster**. **Poulos** - coming off a 10K PR the day before - ran an impressive 16:25; while **Webster** was 20 seconds back. **Hage**, though, blasted through the Hains Point course in 15:45 for the easy win. Taking 8th place was **WRC's Jay Wind** in a time of 17:40. For the women, **WRC's Monica Robbers** easily took first place in a time of 18:42. **DCRRC's Beth McCann** finished second with a time of 19:55.

Predicted Time Five Miler, March 22, 1998

by Gerry Ives

In an effort to prove that the race does not always go to the swift there is the Predicted Time Five Miler at Fletcher's Boat House, on Sunday, March 22, 1998. No matter how fast or slow, all you needed was a sense of pace—

without wearing a watch. Thirty-four runners made their bets.

The 10:00 a.m. start allowed contestants to consume a leisurely breakfast; or, in the case of **Ted Poulos**, they could run an earlier race. And it also gave the race director and his assistants enough time to get their Sunday run over with.

The race started with the two fastest predictors, **Ted Poulos** and **Paul Ryan** taking the lead. At the finish it was **Poulos** taking the win with 28:25, **Ryan** as runner-up in 29:41, **Glenn Gable** in third place with 31:35, and **WRC's J. J. Wind** nailing down fourth in 31:47.

However, in this race it ain't over until the bearded guy (race director **Gerry Ives**) checks the predictions. Roll of the drums! And the top predictor: 75-79 age group standout **Walt Washburn** who hit his time right on the nose, 43:30. When you've been running as long as Walt has you get to be precise about these kinds of things. **Poulos** was three seconds over his prediction (he ought to be, he gets enough practice), and **Eugene Fox** and **Ric Francke** both beat their predictions by eight seconds.

The worst predictor of the day was **Jody Matey**, who ran 9 minutes and 45 seconds FASTER than her prediction. Slow down Jody!

As is traditional in this race the most accurate prognosticators received pies, courtesy of the race director. **Poulos**, the top male overall, and **Barbara Noe**, the top female overall, received watches courtesy of **James Scarborough's** bag of donated prizes.

As usual the race could not have been put on without our volunteers (100% WRCers): **Tris Kruger**, **John Dix**, **John O'Donnell**, and **James Scarborough** all performed admirably in this capacity. **Ed Doheny** was the official race spectator and cheerleader.

26th ANNUAL SHAMROCK 15K & 8K
March 21, 1998

In the 15K, **WRC's Jim Hage** battled it out against **Amit Ne'eman**, but came up a few seconds short and had to settle for third for the Master's Division with his 47:49 (**Ne'eman** crossed the line in 47:46). The men's race was won by **Gabino Apolario** (Mexico) in a time of 43:23. Winning the woman's races was **Kenyan Lomah Kiplagat** in 49:24.

Running the 8K was **WRC's Monica Robbers** who outkicked **Amanda Gillam** of Butler, VA to win the 25-29 age division. **Robbers** finished in a time of 30:43, which was good for 107th overall.

McCORMICK & SCHMICK'S ST. PADDY'S DAY 10K, March 15, 1998

In the year's first big race fighting the wind and cold temperatures, **Edmund Burke**, dodged cars for two blocks while the DC Police attempted to clear the race course, tacked on a couple of extra blocks, and still reached the finish line first in 30:50. **Tom Jeffery** was not far behind with his 31:18. Notable performances by **WRC** members were delivered by: **Dan Wallace** who seized 10th place in 33:21; **Henry Grossmann** who clocked 33:50 for 15th place; **Roberto Rodriguez** (36:20); **Jay Wind** (36:58); and, **Robert Trost** (39:12). The men's master's race was won by **Robert Marino** in 33:05.

In the women's race, **Sharon Servidio** covered the course in 37:32, finishing 2nd to **Jennifer Stearn** who won the women's race with a time of 36:49. Winning the women's master's race, and 4th overall, was **Linda Wack** in 38:36.

Notable performances by Friends of **WRC** were seen by: **Steve Ward** covered the course in 34:19...good for third place finish among the masters; and **Dante Ciolfi**, coming off his in-door track series, who crossed the line in 35:54.

BETHESDA CHASE 20K,
March 1, 1998

On this perfect "Boston preparation" course, **WRC's Donna Moore** finished 2nd overall in the women's race completing the 12.4 mile course in 1:19:43. Only **Bea-Marie Altieri** crossed the finish line ahead of **Moore**, as she completed the hilly and challenging course in 1:17:29. The men's race was won by **Merrill Hausenfluck** in 1:06:57

GEORGE WASHINGTON BIRTHDAY 10K CLASSIC, Feb. 14, 1998

Fighting a wintry wind and traces of snow, **Edmund Burke** easily sailed through the finish line in 31:01 for the win. **WRC** members **Henry Grossmann** took 10th place in a time of 33:37; **Jay Wind** crossed the line in 35:52; and, **Jack Pozo-Olano** finished with a time of 36:25. For the women, **Patti Shull** won the race in a time of 37:36. **WRC's Jodie Buenning** crossed the line in unofficial time of 39:58 (a PR for her) and **Bernadette Flynn** covered the course in 45:27.

UPCOMING RACES

Suggestions on which fall races where **WRC** should submit teams in are being accepted. Please submit suggestions to **Jodie Buenning** at (703) 516-4517, or **Jack Pozo-Olano** at (703) 903-9673. And remember, team entries are covered by the Club – even more incentive to pull that jersey out of your drawer!!

SEEN & HEARD ON THE TRAILS....

"Newly Minted Master's" runner (and **WRC** member) **Jim Hage** has taken to the roads beyond the beltway. At the Gasparilla

Distance Classic 15 K in Tampa, Florida, on February 14 (better known as "love day"). But there was not much love in the air for **Hage** who found himself in a dead sprint to the finish, fighting for 2nd place. **Hage** crossed the line in 47:49...only a mere 3 seconds behind of 2nd place finisher, **Amit Ne'eman** and only 6 second behind master's winner **Jon Sinclair** (47:43). Guess he should have taken his "valentine" with him for good luck...perhaps next year.

Jonh O'Donnell has attempted to end the "coffee schism" by suggesting the Starbucks on M Street in Georgetown for post-Sunday morning run hang-out. An official poll will be taken – to participate, give O'D a call and give him your vote.

Congratulations go out to **Anita Freres** who recently married **Ron Bardach** in April. (**Secretary O'Donnell** reported that the bride looked beautiful, but lack the vocabulary to describe the event.) **Freres** is looking forward to returning to racing soon and she reported that **O'Donnell** spoke to two single women at the reception. Go O'D!!

And, more congratulates to **Tom McCarthy** on his recent engagement. On the heels of this engagement, **Tom** was seeing driving the new Z3 BMW convertible....apparently he is celebrating his good fortune with relish.

Congratulations also go out to **Jack Pozo-Olano** and **Jodie Buenning** on their recent engagement. We all know **Jack** as our Vice-President and champion team coordinator, but who knew he could be so romantic as to ask **Jodie** to marry him on Valentine's Day? Well, now we know and with **Jodie** as the editor of this newsletter the union promises much happiness for both of them – not to mention a powerful caucus in club politics. We look all forward to their wedding, as well as the opportunity to use big long names such as, "Jodie Buenning-Pozo-Olano."

Warm welcome to WRC's newest members, **Monica Robbers** and **Dan Wallace**.... will we ever see **Dan** in his WRC

jersey? And, how long will **Mr. Dante Colfi** resist joining WRC? Stay tuned.

EDITOR'S NOTE

Over the last couple of weeks, I've received thousands of calls (OK, maybe just a few) from members who wondered if they had been taking off the mailing list for the newsletter. To my chagrin, I had to explain that I was too wrapped up in my new engagement, training for Boston and relatively new job to get the last edition of the newsletter in the mail. My sincere apologies to everyone who sat waiting, at their mailboxes – I hope that you did not catch a cold in the rain! Note that this will not be a routine occurrence....or at least we hope it will not be.

To complain or to submit any written materials for publication in the newsletter to: WRC Editor, c/o Jodie Buenning, 1023 15th Street, NW, Suite 200, Washington, D.C., 20005, or call the Editor at (703) 516-4517, or e-mail the editor at: jbuenni@slcfund.org

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CLUB OFFICERS

President: Dave Keating
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Secretary: John O'Donnell
Treasurer: James Scarborough

COMMITTEES

Legal: Jim Hage, Jeff Coffey
Membership: John O'Donnell
Teams: Jack Pozo-Olano & Jodie Buenning

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$12 Individual Membership

\$15 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 Previous 12 Months

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, 4616 Laverock Place, Washington, DC 20007

If you need more information contact Gerry Ives at (202) 944-2379