

Monday May 7th

Fellow Runners:

I pinched myself twice this morning and am almost convinced that I am not dreaming. Two Goddard teams in the top ten!! Awesome. I would like to thank one and all for their efforts. It was quite an experience.

The accomplishment of the "B" team is further highlighted by the fact that there were four women competitors and five Masters runners. Nice going team.

For the "A" team one word says it all: Buffalo! At the world championship we can only succeed. We have reached our goal, everything else is pure gravy! The course I am told is very flat, this should be a bonus for us as we will go into the race as slight underdogs. Till then train hard and savor our victory.

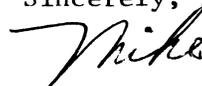
Those runners who desire to bring their spouses along should let me or Gincy know as soon as is possible. The Xerox people are going to try to accommodate all spouses, but we must let them know early. They will even pick up the tab for some meals for spouses. There are a lot of details so please call and I will fill you in.

I have attached some information pertinent to the trip for those attending. I have also listed the times and split times below for all competitors.

I would like to personally thank Howard Eiserike, Brian ~~Quinlan~~ ^{Quinlan}, and Bob Miara for sacrificing their Saturday so that Gincy and myself could concentrate on running; and not have to be concerned with race organization. Your support was greatly appreciated.

Please call me if you have any questions concerning the World Championships. Congratulations to all.

Sincerely,



Team A	
Hershiser	14:01 (5:21)
Conroy	14:11 (5:25)
Brennan	16:58 (6:28)
Beckford	16:34 (6:19)
Nolan	14:56 (5:42)
Flynn	15:08 (5:46)
Bukowski	15:23 (5:51)
Bogges	13:33 (5:10)
Minor	12:57 (4:56)
Strafella	14:52 (5:40)

Team B	
Unger	18:10 (6:56)
Fossum	16:35 (6:30)
Stezar	17:23 (6:28)
Brown	16:46 (6:24)
Hodge	18:15 (6:58)
Bigel	18:37 (7:06)
Henderson	16:55 (6:27)
Parkinson	17:55 (6:55)
Phillips	16:17 (6:13)
Weiss	15:37 (5:57)

May 9, 1984

Dear Blake Heart Runners:

More good news for Goddard's Running Club. The results are in from the Blake Heart Run, and they're quite impressive!!!

<u>OPEN MEN</u>		<u>MEN'S MASTERS</u>	
1st•Goddard, Team A	57	1st•Goddard	197
2nd•Booze Allen	110	2nd•NUS	514
3rd•C&P	136	3rd•Calculon	

<u>MEN 29 & Under - (No Goddard Team Entered)</u>		<u>WOMEN</u>	
1st•Vitro	205	1st•Goddard	378
2nd•Surburban	?	2nd•Peace Corps	1231
		3rd•Marriott	1353

MEN 30-39 (No Goddard Team Entered)

1st•Peace Corps	161
2nd•Marriott	211
3rd•Vitro	231

Congratulations to all the runners. Your participation certainly made it a big success (over 60 teams were entered in the race).

Don't forget to collect as many contributions as possible before you return them to me. I would like to have them at the Fitness Lab by Friday, May 18. We're still working to receive our gold plaque for \$1,500 or more collected. Running bags (\$100) and windsuits (\$200) are being given for the listed amounts and there's the team party prize yet to be drawn from teams collecting \$1,500 or more.

I realize it's not much fun collecting money, but it is for a good cause. At least donate if you absolutely cannot collect.

Sincerely,

Gincy
Gincy

*Clare - Call me Monday
about INTERVALS.*