

**NR\_key\_name:** 53FBD71B5D18E92A852562F200586FBB  
**SendTo:** CN=Joseph Freeman/O=ARRB @ ARRB  
**CopyTo:**  
**DisplayBlindCopyTo:**  
**BlindCopyTo:** CN=R ecord/O=ARRB  
**From:** CN=Laura Denk/O=ARRB  
**DisplayFromDomain:**  
**DisplayDate:** 03/19/1996  
**DisplayDate\_Time:** 11:09:33 AM  
**ComposedDate:** 03/19/1996  
**ComposedDate\_Time:** 11:05:58 AM  
**Subject:** Re: Run long, run slow...

I am tentatively in. As always, there are a lot of great races this spring -- I am already running the GW Parkway 15K and the Alexandria Run v. Row 10K, but I am not sure which weekends they are -- I think the GW Parkway is either April 21 or 28. If it is the 21st, I will also run Rockville. To: Tom Samoluk/ARRB, Dennis Quinn/ARRB, Manuel Legaspi/ARRB, Laura Denk/ARRBcc: David Marwell/ARRB From: Joseph Freeman/ARRB  
Date: 03/19/96 09:58:17 AM Subject: Run long, run slow... Last night in my mailbox I found the potential answer to the ARRB Team's dreams... a downhill 10K!! "Pike's Peek" 10K in Rockville -- April 28, 1996. This could be our only shot at respectable times this year....it drops 190 ft. from point-to-point start-to-finish!! Dare we rise (or in this case drift comfortably downward) to the challenge?

**Body:**  
**recstat:** Record  
**DeliveryPriority:** N  
**DeliveryReport:** B  
**ReturnReceipt:**  
**Categories:**