



The Streak

A Publication for the Members of the Annapolis Striders

Volume XXVIX Number 1 • March 2006



The Korean Road Runners Club.

They came from New York City the morning of the B&A Marathon, and left at the end of the race. Their motto is "Run and Have a Good Time!"

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2006 Club Calendar

Board Meetings, Upcoming Club Races and Club Sponsored Events

Board meetings are held the first Tuesday of each month at 7 p.m. in the AAMC Conference Room across from the cafeteria. Meetings are open to all club members.

October

- 1 Metric Marathon
- 3 Board Meeting

November

- 4 Down's Park 5 M
- 7 Board Meeting
- 19 Cold Turkey 10k

December

- 5 Board Meeting
- 10 28th Anniversary 15k Run

Annapolis Strider Training Calendar

Long Distance Training Runs
Saturdays 7 a.m. (6:30 a.m. June-Aug)
from the Truman Pkwy Park-and-Ride

Tue/Thurs, 6 a.m. Track Workout,
leaving from the City Dock

Wednesday Track Workouts at 6 p.m.
at Bates Track; June thru October

Mon-Fri 6:06 a.m. at the top of Main
Street; 5 1/2 miles on M/W/F and 4 1/2
miles on T/TH; Contact Gill Cochran
410-268-5515 or <http://sixosix.org>

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Letter From The Editor

Back to the Future

Hi, Fellow Striders!

We've MISSED YOU! So, with this issue we relive the early races and events of 2006. And, rather than trying to condense 8 months of news into one catch-up volume, we have decided to issue 4 quarterly volumes this year, starting with January through March, and including the Valentines 5k, the B&A Trail Marathon and 1/2 Marathon, and our Awards Banquet. We've even included some articles to close out the 2005 year with news and features that did not make it into the December 2005 STREAK.

Immediately following this issue will be our April through June volume, and then our July-September publication. We'll close out the year on a regular schedule with the October-December 2006 STREAK.

While we are covering the news from the close out of our 2005-2006 running year, we also include here the most up-to-date information concerning upcoming 2006 Strider races, and information about your membership renewals. Please be sure to check your expiration date as it appears above your name in the address block on the back cover of the STREAK. Renew online at www.Active.com or by printing an application from our website www.annapolisstriders.org. We also want you to start sending your "Striders-on-the-Road" articles once again (to brblbabe@aol.com).

The STREAK is the chronicle of our club's history and evolution, the joy and growth of our members, a salute to the wonderful volunteers who make our races happen. We are so happy to be back, celebrating all that is the Annapolis Striders.

Good luck with your fall running!

Be well, and best regards,

Susan Zevin, Editor

How to Contact the Editor

We welcome your comments and suggestions. Send them to susanzevin@comcast.net or *The Streak*, 233 Cape Saint John Rd., Annapolis, MD 21401. Please include your name, phone number and e-mail address.

DISTRIBUTION NOTICE:

Have you had a problem receiving the Streak? Please ensure your membership is up-to-date by checking with Membership Director, Melissa Currence, mdg624@hotmail.com or give her a call at 410-360-9019.

PRESIDENT'S MESSAGE



Club President – Dan Symancyk

Several years ago, while running on an outdoor track in early January, someone speeding from behind slowed down long enough to run beside me and ask what my goals were for the year. Immediately I started to think of professional goals but soon realized that the intent of the question was related to running. Since that time I have become more aware of my own running objectives and recognize that members of the Striders have a wide range of aspirations. I hope that as an organization we can play a part in helping you fulfill your 2006 goals.

At this time of year (I'm writing this in late December), you can't help but read or hear experts giving their advice on things we can do to improve our lives. As I reflect on some of the things these experts say, I am amazed that so many improvements can accrue from active membership in an organization like the Striders. Everyone extols the benefits of fitness and, of course, it is very easy to see the connection here with the Striders. Others mention the importance of association with others. This is certainly exemplified in the many informal running groups and friendships that spring up among members. Many others speak of the importance of serving others. As it is in all volunteer organization there are many opportunities to help others through our many activities. I hope that in 2006 you will be well served by many Strider ventures and be able to help out in any way that you can.

During the last two months of 2005 we were fortunate to have some great events planned by some wonderful volunteers and most actually conducted. The Down's Park 5 Miler enjoyed a great day in early November under the directorship of Don Higdon. Remember, in case you've missed it in earlier announcements, that this race will be the 5 mile race in the Championship Series in 2006. Later in November the Cold Turkey 10k, directed by Donna Cogle, also enjoyed great weather. Congratulations to all the graduates from the Intermediate Running class who completed their 10k final exam.

Anniversary Run directors, Peter Salmon-Cox and June Schneider, were not so lucky with the weather. Putting on a December race has its hazards and for the fourth time in 27 years, the race was cancelled. Putting on a race is a lot like planning a party. There is significant work ahead of time and then there is the day itself. Peter and June were disappointed that they had to call off the race, as were many others. However, we all recognize that a race director's number one priority is the safety of the runners.

With the cancellation of the last race in the Championship Series, series awards were based on your five best races in the seven-race series. Championship Series awards, as well as other end of year awards, were given out at the awards banquet following the annual meeting on February 25, 2006 at the Radisson in Annapolis. An awards committee (Bob Cawood, June Schneider, and Ron Bowman) did some excellent work in gathering nominations and presenting them to the Board. I hope that you were able to attend the annual meeting and be there to congratulate the 2005 award winners on their outstanding accomplishments.

One task that the Board has taken on this year has been a review of its policies. While the Striders use of an internal audit has served the organization well through out its 27 year existence, the Board voted in December to have an audit done by an external company. This project, which is taking place during 2006, is being done not out of any sense of wrongdoing but out of feeling that, with the help of the outside professional scrutiny we will receive, we can update relevant policies

and procedures. I want to thank Mike Lord, Dick Hillman, Ellen McGee, Arnie Henderson, and Regina Miente who so ably solicited and reviewed proposals from accounting firms that work with non-profits.

I hope that you achieve your goals for 2006. See you at the next event.

In the meantime let me take a moment of presidential and poetic license to share a few lines that occurred to me after a recent run at AACC:

Descending the hill
On my morning run,
I sense a difference
Looming for day just begun.

Rapid random thoughts
Race faster than my feet,
Which dodge roots and rocks
In a bolero beat.

At long descent's end,
Where trail does a right face,
The difference becomes clearer.
There is just more space.

Trail's canopy is now lifted
As bare branches arch high
Offering temporary illusions
That I really could fly.

Gone are the burrs and vines
Which crept across the path
Having succumbed with the tall weeds
To killer frost's wrath.

Until season's snow arrives,
Experience, if only for a time splinter,
The joy of running along
The wider paths of winter.

— Daniel F. Symancyk

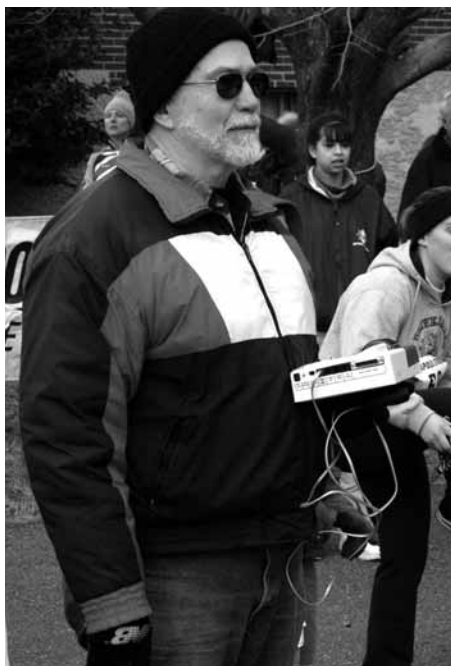
Valentine's 5k



And they're off!



Race Director Ellen McGee gives last minute instructions.



Trusted finish line guru Al Stott.



Penny Goldstein cannot believe she took on this job!



Tom Bradford models a runner's "haute couture".



Arnie Henderson and Denise Hyde are volunteer buddies.



Is this a race or a Conga line?



Rob Marino wins the race!

Miller and Morganti Take the B&A Half Rades Sets a New Record and Jeffs Takes the Marathon

By George Banker

It was an ideal morning for the Annapolis Striders 15th B&A Trail Marathon and 11th Half-Marathon. The first three miles of the USATF certified course was along residential streets and the balance was along an asphalted bike and running path along a Rails-To-Trails Park. At miles two and seven there were hills and the remainder was railroad grade. The two events started simultaneously at Severna Park High School in Severna Park, MD. The half-marathon finished along the running path (a short walk from the school) and the marathon finished in front of the school

The numbers increased over 2005, 750 finishers (531-Half-marathon, 219-Marathon) to this year 877 (631-Half-Marathon, 246-Marathon). The popularity of the race is the small size, good organization, outstanding police support and traffic control, post race refreshments, massages, and the dedicated Annapolis Club volunteers.

It took a couple of miles for the race to thin out and the half marathoners assumed the lead position. Wallace Miller of Annapolis, MD, was on track to collect his first win as he gapped the trailing runners by over a minute. Wallace finished in 1:32:32 and in second and first master was Christopher Hamley of Silver Spring, Md., in 1:15:10. John Rashap of Annapolis was third in 1:17:48.

The open record was set in 1998 (1:10:26) by four-time winner Kevin Geesaman of Waynesboro, PA. The master record was set in 1998 (1:11:59) by Robert Marino of Annapolis, he was runner-up. Marino is the only male to have won the open (1996, 1999-1:14:12) and the masters.

Christina Morganti of Severna Park collected her third win overall and set a new master's record in 1:26:32. She was

You win, no matter what time you finish!



Dick Green, East Chatham, New York.

first in 1999 (1:24:39) and 2000 (1:22:43). The open record was set in 2004 by Megan Holden of Shoreham, NY in 1:21:28.

Elizabeth Jones of Fairfax, VA, was second in 1:28:54. The third place went to Elizabeth Blom of Forest Hill, MD, in 1:30:32. Jill Hargis of Annapolis was fourth and second master in 1:30:35. The two-time defending master champion Pat Keating was fifth and third master in 1:31:41. In 2004 she ran 1:28:25 and in 2005 1:32:41.

Paul Rades of Wheaton, MD, last year showed no mercy on Matt Mace of Arnold, MD, as he put a gap of 20:59 to take first in 2:33:42 the second fastest winning time. Mace was a three-time master's winner one of which he won the race outright (2004-2:56:32).

Rades came back this year a little sharper as the competition slightly different but he was able to break Bryan Smith of Thibodaux, LA, by beating the master 2:29:45 to 2:41:27. Rades set a new open record and first runner to go under 2:30. The prior record was set by Michael Wardian of Arlington, VA, with a time of 2:32:23.

Alison Jeffs of Chester, NJ was the top female and first master with a time of 3:10:19.



Paul Rades, Wheaton, MD, winner of the marathon.

In second overall and second master was Jennifer Sullivan of Annapolis in 3:25:12. Sullivan was the overall winner in 1995, 1998 (3:19:48), 1999 (3:13:15), 2000 (3:12:00), and 2004 (3:23:12). The third place went to Marian Zabler of Bethesda, MD, in 3:27:34.

The open record was set in 2005 by Feng Sun of Columbia, MD, in 3:00:00. This was her first marathon and she lowered the time (3:02:08) set by Rose Malloy in the first year, 1992. Malloy still holds the master record of the 3:02:08 from 1992.

"This year, 2006, was my first time at B&A and I thoroughly enjoyed myself in the marathon. It is run mostly on a paved rails-to-trails course with room for all runners, especially in the first half with marathoners and half-marathoners running together. I had to be careful early not to get carried away with the pace of nearby half-marathoners. Dial in the self-control in the first half or you could burn out. The course has some hills and slight grades, enough to keep you alert, but nothing extreme. Water stops were well-spaced for the fairly cool day. Volunteers at each stop were supportive and skilled

at getting the drinks to the runners. Pick-up, start and finish were efficiently run. There were no real "crowds" on the course, which is a fine with me, so I gave a "4" for this category. If you want large crowds, B&A does not have them. I enjoy running marathons and talking to others while running. B&A is perfect for that and has a good course if you want to run a fast time. Overall, I rate this marathon highly as a well-organized runner's event. I plan to return," stated DW from Corning, NY, finishing in 3:59:28.

"I really enjoyed this event. It was on a beautiful suburban bike trail. The water and porta-potty stations were abundant and well-placed. I loved the "bunny" mile markers. I enjoyed 2 additional elements of the race. First: the Naval Academy marathon team was represented and it was great to see them in action. I also loved the "esprit de corps" of the Asian busload of marathoners from NYC. Great group of marathoners. Lastly, the non-competitive early start time was appreciated. I loved, too, the performance short-sleeve shirt," stated Vanessa Reiter of York, PA, finishing in 5:45:52.

In the early years of the race the path had its fair share of rabbits along the course and since then the mile markers are painted white in the shape of bunnies.

"This is a very enjoyable hassle-free

small race. The Striders have done a great job in organizing this. The trail is nice and flat, and the odd "dangerous" road crossing was well manned. An extra water-stop or two would not have been out of place, but on the cool day that it turned out to be, this wasn't sorely missed. No crowds but I don't mind that—if you need a crowd to egg you on, you are in the wrong sport. The trail does not provide spectacular scenery, but it was neat to note the little



Donna's water stop volunteers are lifesavers on the course.



GO! It was a beautiful day for a run.

B&A TRAIL HALF MARATHON RESULTS

Place	Name	Age	Time
1	Wallace Miller	21	1:13:28
2	Christopher Hamley	41	1:15:03
3	John Rashap	21	1:17:42
4	Scott Wood	20	1:18:20
5	Thomas Hattar	44	1:18:53
6	Brian Sweeney	31	1:19:15
7	Patrick Johnsen	21	1:19:21
8	Doug Marsh	21	1:19:27
9	Jordan Adler	20	1:19:36
10	Jason Beaudwin	18	1:19:45
11	Adam Hesch	19	1:19:56
12	Iain Banks	28	1:19:58
13	Tyler Lenn	20	1:20:26
14	Nathan Nudelman	30	1:21:05
15	Sean Bakey	19	1:21:13
16	Michael Moore	21	1:21:53
17	Eric Gilbert	36	1:22:21
18	Nathaniel McVey-Finney	37	1:23:16
19	Anthony Yeager	18	1:23:18
20	Robert Cawood	37	1:23:27
21	Josh Billings	33	1:23:29

22	James Fitch	41	1:23:37
23	Tyler Brannen	33	1:23:56
24	Patrick Kiley	30	1:24:24
25	Michael Gregory	36	1:24:25
26	Chris Frazar	28	1:24:32
27	Scott Coyle	46	1:25:47
28	James Anderson	46	1:26:08
29	David Adams	38	1:26:15
30	Chris Morganti	41	1:26:26
31	Joel Gladfelter	26	1:26:48
32	Rob Netherton	37	1:27:05
33	John Cowger	40	1:27:22
34	Kevin Schrodt	19	1:27:49
35	Marc Applegate	38	1:28:02
36	Brad Reed	22	1:28:17
37	Steve Russell	36	1:28:23
38	Greg Nelson	45	1:28:24
	Michael Higgins	51	1:28:48
39	Elizabeth Jones	28	1:28:50
40	Joseph Quinn	47	1:29:02
41	Michael Tompkins	48	1:29:08
42	Stephen Levickas	39	1:29:29

43	Paul Campbell	32	1:29:57
44	Elizabeth Blom	26	1:30:19
45	Jill Hargis	45	1:30:30
46	Dermont Killian	22	1:31:32
47	Patricia Keating	44	1:31:35
48	Sheryl Kline	43	1:31:38
49	James Sievert	32	1:32:02
50	Stephen Morris	39	1:32:26
51	Greg Clulow*	47	1:32:42
52	Marci Benda	35	1:32:44
53	Kenneth Toma	28	1:32:48
54	Margie Boyd	44	1:32:51
55	Matthew Newcomb	30	1:32:53
56	Lisa Fichman	44	1:34:11
57	Bill Schulz	49	1:34:11
58	Matt Heist	25	1:34:27
59	Lauren Capone	17	1:34:37
60	Chris Richey	35	1:34:39
61	Thomas Dekornfeld	52	1:35:10
62	Neal Maycock	37	1:35:19
63	Cheryl Gilman	37	1:35:27
64	Christopher Renoll	21	1:35:37

station markers along the way. Seeing the whole field of runners twice is very interesting. And the Korean group team spirit was inspiring. Shower in the school gym was icy cold, but if you believe in a cold-soak after running to hasten recovery, this was just as it should be! Eminently run-able and a good change from the mega races, stated S.S. from St. Louis, MO, finishing in 3:42:02.

(Note: The above comments were reprinted with permission from MarathonGuide.com).

Several years ago, Yi-joo Kwon of Palisade, NJ talked about a dream of wanting to start a Korean Running Club.

He did not let that dream fade and in 2004 he started the Korean Road Runners Club (<http://www.koreanroadrunners.com>) in the greater New York area. The B&A Trail had about 30 members running in the half and full marathon. The green singlets were stretched from one end of the course to the other.

The top club finisher was Chong-Hwan Son of Ridgefield, NJ in fifth place and second master with a 2:55:10. Yi-joo Kwon was able to take second in his age group (60-64) in 3:31:51. Daughter Elaine Kwon finished the half-marathon in 2:20:28.



Our student volunteers took care of the time machines.

B&A TRAIL HALF MARATHON RESULTS

65	Tim Coulson	40	1:35:51	102	Brian Chabot	41	1:40:21	139	Mike Pascale	45	1:44:11
66	Carole Rosasco	46	1:36:04	103	Merle Maffei	61	1:40:29	140	Paula Dwyer	38	1:44:12
67	John Fassel	32	1:36:07	104	Rose Malloy	57	1:40:31	141	Caitlin Kappel	22	1:44:13
68	Chalice Bonifant	28	1:36:09	105	Linell Smith	53	1:40:33	142	Jeremy Hicks	18	1:44:18
69	Laura Thomas	20	1:36:18	106	Albert Davison	28	1:40:39	143	Brooks Cotgreave	34	1:44:22
70	Eric Jacobi	46	1:36:22	107	Rick Carter	34	1:40:51	144	Paul Kappel	52	1:44:22
71	Jessica Sleight	29	1:36:23	108	Arya Akmal	38	1:41:01	145	John Dillon	44	1:44:25
72	Chris Parts	43	1:36:48	109	Valerie Schwindt	22	1:41:11	146	Kristin Stickles	24	1:44:28
73	David Jorgenson	41	1:36:50	110	John Michael Vargo	31	1:41:12	147	Matthew Lewis	28	1:44:33
74	Ryan Brady	29	1:37:00	111	John Sundius	42	1:41:21	149	Richard Cashman	40	1:44:35
75	Lindsey Duncan	20	1:37:16	112	Timothy O'Connor	21	1:41:23	148	Diane Nicole Kohara	26	1:44:35
76	Beverly Black	45	1:37:22	113	Keith Wunsch	50	1:41:25	150	Arnat Vale	35	1:44:37
77	Bob Strange	47	1:37:28	114	Ron Waranowski	46	1:41:30	151	Jane Teranto	46	1:44:38
78	Dan McDonnell	38	1:37:30	115	Brent Mager	26	1:41:31	152	Heidi Minken	46	1:44:38
80	Erica Morton	29	1:37:37	116	William Cladek	21	1:41:33	153	Sean Zeigler	29	1:44:43
79	Michael Suydam	52	1:37:37	117	Robin Goodwin	47	1:41:41	154	Stacey Lanham	22	1:44:45
81	Grant Hadden	36	1:37:45	118	Christian Zazzali	39	1:41:42	155	Greg Bean	57	1:44:46
82	Neal Kopasek	43	1:37:57	119	David Karlheim	47	1:41:51	156	Michael Kuhn	43	1:44:54
83	Kevin Arthur	47	1:38:09	120	Chris Riley	62	1:41:52	157	Jill Trimboli	20	1:44:56
84	Dorothy Beckett	48	1:38:10	121	Patricia Fenton	36	1:41:54	158	Richard Engelfried	36	1:45:05
85	Adam Borcz	26	1:38:22	122	Stephen Fuchs	45	1:41:57	159	Lanaya Martin	21	1:45:18
86	Kevin Lunney	29	1:38:34	123	Ronald Black	50	1:42:25	161	Keely Cheslack-Postava	29	1:45:20
87	Dana Smith	42	1:38:35	124	Anthony Manzanares	35	1:42:34	160	Rusty White	31	1:45:20
88	Rick Ramsay	47	1:38:38	125	Lauren Ruff	30	1:42:38	162	Larry Puglisi	51	1:45:21
89	Ed Silverman	51	1:38:39	126	Stacy Smith	26	1:42:46	163	Michael Brady	48	1:45:28
90	John Walls	49	1:38:46	127	Dana Dewey	39	1:42:54	164	Andrew Witte	36	1:45:34
91	Jessica Hamilton	22	1:38:53	128	Patrick Malloy	59	1:42:56	165	Laura Ciine	23	1:45:44
92	Suzanne Strasser	32	1:38:53	129	Connor Krone	19	1:43:05	166	Greg David	30	1:45:44
93	Carole Kammel	37	1:39:02	130	Colleen Ditmars	37	1:43:11	167	Julie Donovan	41	1:45:46
94	Scott Gilman	43	1:39:04	131	Neil Farbman	27	1:43:16	168	Thierry Reboullet	42	1:45:55
95	Tim Kirkner	44	1:39:17	132	Rebecca Ramsing	38	1:43:27	169	Rick Fry	46	1:45:56
96	Isalena Merritt	29	1:39:25	133	Nelson Oquendo	45	1:43:28	170	Viviana Adams	26	1:46:17
97	Phillip Lester	41	1:39:45	134	Kent Peters	50	1:43:35	171	Thomas Kearns	40	1:46:32
98	Thomas Engle	47	1:39:46	135	Donald Zero	41	1:43:51	172	Christopher Wilson	27	1:46:34
99	Claire Lears	23	1:40:00	136	Cindy Walls	48	1:43:53	173	Warren Beers	53	1:46:35
100	Amanda Loudin	40	1:40:07	137	John Kibby	48	1:44:01	174	Catie Skibo	22	1:46:36
101	Sandeep Mazumder	23	1:40:17	138	Scott Frazier	44	1:44:06	175	Ellen McGee	50	1:46:38

B&A TRAIL HALF MARATHON RESULTS

176	Nick Skibo	27	1:46:39	215	Helene Leclercq-Buchwald	31	1:50:20	254	Gerald Pfeifer	42	1:54:03
177	Amy Pickering	26	1:46:41	216	Kathryn Maycock	37	1:50:25	255	Erika Nutting	18	1:54:05
178	Paul Lee	47	1:46:45	217	George Matthews	45	1:50:35	256	Tony Guerra	33	1:54:09
179	Jessica LeTourneau	24	1:46:48	218	Conor Quinn	41	1:50:38	257	Douglas Ellmore, Sr.	42	1:54:13
180	Lori Callahan	26	1:46:48	219	Ashlee Davis	23	1:50:44	258	Amy Bunk	39	1:54:16
181	John Shields	33	1:46:53	220	Brian George	28	1:50:50	259	Margaret Loudin	27	1:54:24
182	Chandi Banerjee	50	1:47:03	222	Stephanie Bradshaw	31	1:50:58	260	Katie Keier	35	1:54:31
183	Jane Meyer	45	1:47:15	221	Nancy Murry	41	1:50:58	261	Pat Macnabb	52	1:54:32
184	George White	54	1:47:17	223	Anne Villanueva	34	1:51:04	262	Miranda Cole	24	1:54:33
185	Robert Villanueva	33	1:47:22	224	Wendy Allen	41	1:51:13	263	Katie Brennan	21	1:54:33
186	Mark Seefeldt	29	1:47:28	225	Charles Sears	37	1:51:23	264	Greg Hilton	40	1:54:33
187	Charles Schindler	52	1:47:34	226	Leanne Haslbeck	25	1:51:37	265	Allison Ross	25	1:54:34
188	William Lose	48	1:47:41	227	Richard Finstein	49	1:51:42	266	Heather Organtini	21	1:54:37
189	Lisa Lang	38	1:47:55	228	Todd Pearsall	37	1:51:45	267	Rob Steinberg	44	1:54:43
190	Sara Leiter	27	1:48:01	229	Linda Rose	54	1:51:47	268	Linda Kirchner	42	1:54:49
191	Kelly Callaway	30	1:48:07	230	Alan Kreisa	24	1:51:50	269	Natalie Vaslavsky	57	1:54:57
192	Patrick Dodson	28	1:48:09	231	Kimberly Hreha	22	1:51:54	272	Jill Hugusj	20	1:55:00
193	Jen Cortesi	28	1:48:11	232	Christopher Eberle	41	1:51:56	271	Tracy Stake	37	1:55:00
194	Roger Cortesi	30	1:48:11	233	Todd Olson	57	1:51:57	270	Michael Schaeffer	34	1:55:00
195	Karl Roy	34	1:48:22	234	Zack Moore	29	1:52:00	274	Susan Hays	50	1:55:04
196	Catherine Blejski	31	1:48:26	235	Mike Bright	55	1:52:14	273	Reed Carroll	39	1:55:04
197	Klaus Lemke	46	1:48:27	236	Tom Veirs	52	1:52:23	275	Stacey Kirchenheiter	39	1:55:04
198	Robert Moore II	65	1:48:40	237	Colleen Stover	20	1:52:42	276	Jim Wilson	40	1:55:05
199	Daniel Perlin	43	1:48:51	238	Rachel Ridgway	35	1:52:44	277	Joseph Berry	37	1:55:08
200	Julie Garrett	50	1:49:07	239	Cherie Hyssong	40	1:52:45	278	Jane Poole	58	1:55:11
202	Gary Fahle	42	1:49:08	240	Cristina Aiken	26	1:52:47	279	Meghan Musso	22	1:55:19
201	Michael Lombardo	38	1:49:08	242	Dennis Loney	32	1:52:50	281	Thomas Socie	43	1:55:19
203	Paul Schlise	39	1:49:14	241	Debbie Flynn	39	1:52:50	280	Holly Donohue	20	1:55:19
204	Marlene Burr	40	1:49:15	243	Chuck Lambdin	48	1:52:51	282	Andy Moser	40	1:55:24
205	Richard Williams	70	1:49:15	244	Tor Christensen	32	1:52:55	283	Mark Hecker	24	1:55:26
206	Joseph Kopanski	46	1:49:23	245	Tricia Cecil	23	1:52:59	284	Meghann Waranowski	17	1:55:28
207	Tara Kenny	27	1:49:30	246	Linda Johnson	44	1:53:00	285	Timothy Regan	41	1:55:35
208	Melissa Benish	33	1:49:37	247	Brent Boone	37	1:53:09	286	Hilary Eichelsdorfer	34	1:55:45
209	Carol Wesolowski	39	1:50:01	248	Lisa Gallicchio	29	1:53:16	287	Andy Halvorsen	31	1:55:53
210	Roger Cockroft	40	1:50:05	249	Nicole Schrader	26	1:53:23	288	Jeff Fairfax	29	1:55:56
211	Ira Hammerman	45	1:50:05	250	Ralph Massella	55	1:53:36	289	Lawrence Priebe	34	1:55:59
212	Kristen Heist	25	1:50:09	251	Colin Casler	26	1:53:42	290	Cathie Rosenfeld	54	1:56:01
213	Avani Dholakia	18	1:50:12	252	Shelley Yore	37	1:53:43	291	Thomas Bradford	62	1:56:04
214	Jerry Phelps	49	1:50:17	253	Dennis Boucher	43	1:53:51	292	Gallya Gannot	41	1:56:05



Our volunteers make the race a success year after year!



B&A TRAIL HALF MARATHON RESULTS

293	Joanne Goodwin	40	1:56:33
294	Karen Hunter	26	1:56:39
295	Tom Lavin	42	1:56:41
296	Laveta Stewart	28	1:56:42
297	Dan Symancyk	58	1:56:51
298	Janice Uthe	49	1:56:54
299	David MacKendrick	41	1:56:55
300	Dean Koepp	55	1:56:56
301	Dennis Crowder	46	1:56:59
302	Timothy Stevens	46	1:57:00
303	Anne Dilger	27	1:57:02
304	Jeffrey Hecox	22	1:57:03
305	Bill Gregory	47	1:57:07
306	Carrie Blain	33	1:57:13
307	Robert Finucane	13	1:57:27
308	William Shaughnessy	62	1:57:31
309	Michelle Hinman	24	1:57:34
310	Robert Lynne, Jr.	52	1:57:36
311	Karen Price	27	1:57:39
312	Alan Young	41	1:57:42
313	Kerri Reilly	36	1:57:44
314	Gary Wingate	46	1:57:51
315	Leslie Wendler	40	1:57:52
316	Geoffrey Ciniero	40	1:58:11
317	Tesha Casale	43	1:58:12
318	Jocelyn Lynch	24	1:58:15
319	Harry Mendez Jr.	23	1:58:15
320	Christopher Fox	32	1:58:22
321	Byoung Min	52	1:58:26
322	Andrew Vineberg	32	1:58:30
323	Paula Vasan	19	1:59:02
324	John Steinecke	46	1:59:04

325	Mark Stover	53	1:59:08
326	Joe Hlatky	36	1:59:14
327	Muffet Chatterton	61	1:59:15
328	Sarah Frazer	29	1:59:40
329	Marci Ross	43	1:59:45
330	Byung Lee	34	1:59:58
331	Steve Blazejewski	30	2:00:09
332	Nancy Burns	52	2:00:10
333	Barbara Harrison	41	2:00:11
334	Meghan Sheperd	25	2:00:14
335	Susan Jeitner	24	2:00:1
336	Jason Thomas	32	2:00:15
337	Debra Spatz	47	2:00:19
338	Susan Gleazer	57	2:00:35
339	Christopher Walsh	42	2:00:43
340	Ann Frush	38	2:00:45
341	Michael Harvey	46	2:00:49
342	Michael Feldsher	25	2:00:51
343	Juanita Harrington-Deaton	47	2:00:53
344	Stacy Gelhaus	28	2:00:57
345	Kathy Sirois	47	2:00:59
346	Julie Tippett	23	2:01:01
347	Jon Morris	48	2:01:02
348	Melvin Morris	40	2:01:04
349	Kavon Hakimzadeh	39	2:01:07
350	Lara Roeding	40	2:01:07
351	Kathy Ayuso	15	2:01:17
352	Joseph Evers	50	2:01:17
353	Troy Weaver	39	2:01:20
354	Andrew Skopp	39	2:01:20
355	Joe Borneman	38	2:01:22
356	Michelle Price	31	2:01:24

357	William Foley	53	2:01:28
358	Matt Largent	33	2:01:32
359	Jill Day	37	2:01:39
360	Ellen Dooley	31	2:01:42
361	Todd Loudin	41	2:01:43
362	Mary Burke	41	2:01:45
363	Bob Field	54	2:01:48
364	Jane Gilpin	40	2:01:56
365	Cynthia Williams	48	2:01:57
366	Hankartzell	58	2:01:59
367	Joni Consul	42	2:02:16
368	Yu Hwang	34	2:02:17
369	Weston Van Wambeke	31	2:02:26
370	Dan Vlasisvjevic	36	2:02:26
371	Toby Baker	30	2:02:28
372	Nicole Organtini	26	2:02:31
373	Kimberleigh Gehrke	26	2:02:38
374	James Garner	46	2:02:42
375	Steven Le	19	2:02:48
376	Pat Mcdonnell	61	2:02:53
377	Linda Padgett	51	2:02:57
378	Rikki Furman	48	2:02:59
379	Aaron Schaffer	29	2:03:07
380	Kim Couranz	35	2:03:08
381	Meredith Strutt	26	2:03:16
382	Alexis Wright	24	2:03:20
383	Neal Ziring	42	2:03:20
384	Douglas Toth	33	2:03:22
385	Andrea Keith	36	2:03:26
386	David Jones	47	2:03:26
387	Cindy Franchak	39	2:03:27
388	Martin Stranathan	49	2:03:28



B&A TRAIL HALF MARATHON RESULTS

389	Jack Klein	60	2:03:32	444	Allen Veasey	66	2:09:31	480	Mark Jolly	29	2:14:17
390	Gretchen Mroczkowski	40	2:03:44	445	Patrice Wunsch	47	2:09:33	481	Finbar James	40	2:14:24
391	Jack Oates	62	2:03:52	446	Joe Boyle	60	2:09:39	482	Lauren Small	45	2:14:27
392	Eddie Larrimore	56	2:03:57	447	Jason Smith	43	2:09:43	483	Andrew Walsh	39	2:14:27
393	Ashley Knight	29	2:03:58	448	Kathleen Dacheille	39	2:09:45	484	Mike Long	51	2:14:29
394	Gary Thill	46	2:04:05	449	Rebecca Wright	31	2:10:03	485	Krista Maslyn	46	2:14:59
395	gordon Linn	41	2:04:11	450	Astrid Spellman-Frey	40	2:10:22	486	Ed Salt	59	2:15:00
396	Beth Sanders	20	2:04:12	451	Theresa Ryan	24	2:10:30	487	Wendy Moskowitz	49	2:15:08
397	Bill Owen	51	2:04:13	452	Chang Lee	39	2:10:39	488	Anne Roberts	31	2:15:16
398	Elisa Velarde	38	2:04:26	453	Silvia Bouchard	42	2:10:4	489	Maria Cohn	18	2:15:23
399	Tyler Cymet	43	2:04:29	454	Davida Freeman	35	2:10:44	490	Tracy Colden	44	2:15:32
400	Brian Wojcik	30	2:04:45	455	Jim Clancy	52	2:10:47	491	Doris McClure	57	2:15:49
401	Nettie Legters	40	2:04:46	456	Jennifer Derengowski	31	2:11:01	492	David Ruben	39	2:15:53
402	Patrick Ferguson	35	2:04:53	457	Christopher Kunz	47	2:11:16	493	Laura Hamons	38	2:16:09
403	Todd Mowery	35	2:04:55	458	Jennifer Dorsch	42	2:11:30	494	Robert Wolhar	57	2:16:11
404	Jessica Bernstein	46	2:05:16	459	Dario Baratto	40	2:11:41	495	Gregory Hall	45	2:16:40
405	Derek Van Buren	29	2:05:27	460	Taeyeon Song	36	2:11:41	496	Margot Herman	28	2:16:48
406	Micki Hultquist	35	2:05:32	461	Andrea Miller	37	2:11:42	497	Evelyn Cook	52	2:17:12
407	Tina Mowery	35	2:05:42	462	Steven Lose	46	2:11:47	498	Karl Kraus	46	2:17:13
408	Pamela Gilmour	52	2:05:44	463	Sheilah Dols	43	2:11:47	499	Robert Bussink	31	2:17:35
409	Jerry Keener	45	2:06:11	464	Barbara Vlaisavljevic	48	2:11:49	500	Betsy Collins	50	2:17:51
410	Robert Warrilow	46	2:06:12	465	John Vogel	58	2:11:58	501	Lorea Tilghman	42	2:17:52
411	Elizabeth Foley	30	2:06:15	466	Anicca Jansesn	53	2:12:01	502	Suzanne Celentano	42	2:17:56
412	Terence Albrecht	48	2:06:16	467	Rebecca Holtz	35	2:12:03	503	Edward Strong	26	2:17:59
413	Erik Haldeman	29	2:06:18	468	Dominic Miranda	56	2:12:34	504	Katie Phillips	40	2:18:04
414	Alyson McFarland	31	2:06:36	469	Terry Milanette	27	2:12:35	505	Sigrun Ortmann	36	2:18:05
415	Bryan Pelley	32	2:06:36	470	Jeffrey Milanette	56	2:12:35	506	Eva Tucholski	46	2:18:05
416	Maureen Wendell	40	2:06:39	471	Marcy Rhue	30	2:12:43	507	Carole Grunberg	51	2:18:15
417	Ross Manning	57	2:06:57	472	Suzanne Manuel	35	2:12:55	508	Holladay Bank	52	2:18:15
418	Suzanne Medairy	32	2:07:01	473	Tamara Sanders	31	2:13:03	509	Steven Van Rees	59	2:18:22
419	Jeff Frank	45	2:07:01	474	Susan Donnally	31	2:13:06	510	April Lemanski	19	2:18:39
420	Douglas Thomas	36	2:07:03	475	Jill Tucillo	34	2:13:07	511	Mary Ellen Mason	51	2:18:45
421	John Casey	38	2:07:09	476	Christy Middleton	23	2:13:43	512	Evan Thomas	64	2:18:47
422	Paul LaVardera	26	2:07:16	477	Jeanette Bruce	40	2:13:51	513	Karen Kleis	50	2:19:08
423	Stephen McGovern	50	2:07:30	478	Shirley Christman	59	2:13:54	514	Y Collins	35	2:19:09
424	Maureen Hanna	37	2:07:37	479	Yook Pae	64	2:14:00	515	Soon Kim	52	2:19:16
425	Kenton Pattie	66	2:07:39								
426	Lynne Millholland	46	2:07:40								
427	Tim Montag	25	2:07:42								
428	Deborah Mcgee	47	2:07:44								
429	Bonnie Johnson	23	2:08:02								
430	Ryan Brown	22	2:08:03								
431	Glenn Scimonelli	55	2:08:13								
432	Katherine Elliott	40	2:08:16								
433	Teresa Damico	46	2:08:17								
434	Stacey Pietras	38	2:08:21								
435	Kristie Charron	34	2:08:31								
436	Jill Camm	39	2:08:32								
437	Laura Laski	27	2:08:35								
438	Jim Etchison	53	2:08:35								
439	Beth Alexander	35	2:08:58								
440	Sue Ellen Morakinyo	40	2:09:01								
441	Peter Sheehan	50	2:09:14								
442	Jeanne Deboy	41	2:09:15								
443	Melanie Tucker	41	2:09:27								



Severna Park is beautiful any time of the year.

B&A TRAIL HALF MARATHON RESULTS

516	Elaine Kwon	27	2:19:57
517	Ed Stern	50	2:20:02
518	Meredith Westington	30	2:20:24
519	Kimberly Woodruff	44	2:20:36
520	Kyung-Jin Lee	31	2:20:36
521	Toby McGinn	58	2:20:41
522	Nancy Berger	61	2:21:29
523	Roderick Insley	41	2:21:58
524	Susan Perdue	44	2:22:05
525	Holly Myers	27	2:22:19
526	Vivian Vargas	40	2:22:30
527	Brian Dewitt	43	2:22:30
528	Susan Zevin	56	2:22:33
529	Joanne Dixon	41	2:22:42
530	Marcus Brown	44	2:22:51
531	Colleen Klemens	33	2:22:52
532	Suzanne Richardson	40	2:22:53
533	Brian Scott	37	2:22:54
534	Melissa Scott	30	2:22:57
535	Rhonda Spence	53	2:23:11
536	Jennifer Golbeck	29	2:23:20
537	Debra Strong	23	2:24:15
538	Jung Lee	48	2:24:15
539	Andrew Popham	41	2:24:21
540	Melinda Popham	44	2:24:34
541	Linda Scoggins	54	2:24:41
542	Missy Digjulian	51	2:24:42
543	Beth Owen	38	2:24:53
544	Monica Bazan	35	2:24:56
545	Michael Guarnieri	65	2:24:59
546	Pamela Fenderson	48	2:25:04
547	Keely Conley	26	2:25:22
548	Hyun Cho	36	2:25:30
549	Jennifer Barnabee	37	2:25:35
550	Patrick Donahue	54	2:25:49
551	Anjali Bhattacharjee	26	2:25:52
552	Craig Glassner	55	2:26:20
553	Julalee Sullivan	51	2:26:20
554	Crystal Kearney	33	2:26:49
555	James Campbell	57	2:26:52
556	Regina Campbell	55	2:27:12
557	Bill Law	78	2:27:27
558	Warren Strobel	43	2:27:38
559	Lisa Strobel	39	2:27:38
560	Joe Layton	57	2:27:48
561	William Rohrs	52	2:27:57
562	Dakota Dalton	47	2:28:07
563	Sharleve Deskins	41	2:28:19
564	Jannette Martin	55	2:28:39
565	Tim Wheatley	47	2:28:45
566	Lisa Sopher	42	2:28:53
567	Emily Mielcarek	26	2:29:02
568	Richard Crossman	33	2:29:02
569	Kenneth Blue	44	2:29:05
570	Russell Miller	37	2:29:21

571	Irene Myers-Thompson	38	2:30:18
572	John Brusnighan	67	2:30:19
573	Karen Brusnighan	59	2:31:01
574	Terri Counts	39	2:31:24
575	Alice Hough	57	2:31:25
576	Maura Gallagher	44	2:31:34
577	Michael Callanan	48	2:31:35
578	Dandy Lee	64	2:31:41
579	Alan Wycherley	63	2:32:04
580	Michael Foehrkolb	18	2:32:04
581	Chris Foehrkolb	47	2:32:04
582	Laura Grayson	28	2:32:23
583	Jennifer Callaway	28	2:32:23
584	David Mcneely	41	2:35:06
585	Wayne Burridge	67	2:35:12
586	Marje Perry	49	2:35:15
587	Robert Duckworth	38	2:35:23
588	Lydia Duckworth	45	2:35:24
589	Margi Wayne	31	2:35:45
590	Michelle Price	39	2:36:05
591	Robin Pennington	41	2:36:06
592	Megan Carroll	42	2:36:07
593	Nancy Toby	48	2:36:23
594	Kevin Callaghan	36	2:37:46
595	Martin Gould	53	2:40:34
596	Hector Garcia, Jr.	48	2:41:05
597	Shaun Gallagher	32	2:41:43
598	Diana Rufe	38	2:42:00
599	Reggie* Haseltine	56	2:43:29
600	Maura Wright	39	2:43:47
601	Barbara Gusack	52	2:43:47
602	Catherine Waldrep	43	2:43:54
603	Rebecca Schulte	39	2:44:53
604	Laura Bellotte	36	2:45:13
605	Nancy Mckeown	42	2:45:33
606	Rama Srinivasan	55	2:46:17
607	Sara Bennington	31	2:46:34
608	Jennifer Letterman	33	2:46:35
609	Chang Yoon	36	2:46:48
610	Jin Lee	26	2:46:52
611	Alan Levenstein	43	2:47:07
612	Mariah Irvin	14	2:48:08
613	Cary Irvin	43	2:48:10
614	Tamara Nestuk	44	2:49:45
615	Jack Silliman	10	2:49:46
616	Elizabeth Thompson	48	2:50:51
617	William Tham	46	2:50:54
618	Lorraine Krawczyk	59	2:51:34
619	Edward Lipski	61	2:51:35
620	Ray McKeldin	70	2:52:21
621	Michael Shay	46	2:59:03
622	Alana McAuliffe	38	3:00:47
623	Scott Harman	55	3:01:03
624	Skye Largent	32	3:02:47
625	Sherifah Munis	30	3:07:57

626	Heidi Butcher	30	3:09:46
627	Laura Hatch	40	3:18:25
628	Carrie Conley	37	3:30:13
629	Ed Burnham	86	3:40:18
630	William Colden	70	3:45:17
631	Susan Bale	41	3:52:39



B&A TRAIL MARATHON RESULTS

1	Paul Rades	33	2:29:44
2	Bryan Smith	43	2:41:26
3	Erik Bates	20	2:50:03
4	Jeffrey Meyer	26	2:53:25
5	Chong-Hwan Son	40	2:55:07
6	Jon Line	31	2:55:50
7	Patrick Gahan	19	2:56:31
8	Craig Sheckler	37	3:03:46
9	Paul Judge	30	3:04:21
10	Brian Kim	44	3:05:01
11	Robert Oravec	41	3:06:47
12	James Russell III	37	3:07:48
13	Jim Smiley	31	3:08:46
14	Darren Worts	35	3:10:15
15	Alison Jeffs	40	3:10:16
16	Jim Kassebaum	40	3:10:40
17	Robert Tisch	34	3:13:17
18	Peter Griffes	48	3:14:14
19	Ralph Cripe	64	3:14:33
20	Zvonko Kutle	48	3:16:04
21	Peter Daniels	20	3:16:28
22	Do You	49	3:17:16
23	Stefan Roethlein	40	3:17:38
24	Bob Burns	53	3:17:40
25	Mark Rosasco	46	3:18:07
26	Steve Lachance	24	3:18:45
27	Stanley Hup	51	3:19:01
28	Jesse Leitner	36	3:19:37
29	Xuanxue Shen	49	3:21:32
30	Hugh Harris	36	3:21:36
31	Keith Straw	51	3:23:39
32	Jennifer Sullivan	41	3:25:08
33	Kirk Gordon	50	3:25:23
34	Ronnie Wong	59	3:25:59
35	Scott Silliman	45	3:26:16
36	Joe Zern	52	3:26:50

37	Marian Zobler	42	3:27:09
38	Rob Wells	45	3:27:23
39	Shirley Pratt	44	3:27:59
40	John Morris	43	3:29:16
41	Wing-Kwong Keung	54	3:29:32
42	Tim Popp	43	3:30:07
43	Matthew Tedeschi	28	3:30:52
44	Alex Funderburk	15	3:30:54
45	Yi-joo Kwon	60	3:31:50
46	Stephen Werner	47	3:32:06
47	Daryl Hultquist	36	3:32:44
48	Jim Narimatsu	46	3:33:27
49	Caro Shull	32	3:34:04
50	Buddd Bettler	62	3:34:15
51	Prasad Gerard	47	3:34:16
52	Haword Shim	50	3:34:53
53	Howard Chun	25	3:35:50
54	Karen Koffler	46	3:37:33
55	Michael Lord	52	3:37:39
56	Jeffrey Carlson	39	3:37:59
57	Michael Maurer	42	3:38:18
58	Jim Roberts	36	3:40:07
59	Randall Thompson	48	3:41:26
60	Cynthia Socie	40	3:41:29
61	Satish Singh	45	3:41:49
62	Mary Lang	52	3:44:27
63	Bob Huber	47	3:44:31
64	Terry Sullivan	48	3:44:34
65	James Llinas	40	3:44:42
66	Ellen Mannion	44	3:45:01
67	Derek Ammons	45	3:45:25
68	Steve Chyzyk	37	3:45:35
69	Jeff Brillhart	42	3:46:27
70	Yoonam Kim	40	3:46:30
71	Matthew Miller	21	3:47:12
72	Chris Dettmar	52	3:47:34

73	Mel Sirois	27	3:47:48
74	Michael Heffernan Jr.	37	3:47:53
75	Tim Chesko	40	3:49:23
76	Andrea Levine	41	3:49:29
77	Michael Olszczak	47	3:49:32
78	Carl Schneider	42	3:49:36
79	Frank Kim	46	3:49:53
80	Andrew Weiss	39	3:49:54
81	Michael Creadon	38	3:49:58
82	George Hughes	41	3:50:25
83	Saranac Harris	34	3:51:11
84	Lisa McCaffrey	21	3:51:12
85	Dale Jordan	53	3:51:35
86	Mark Parts	44	3:52:20
87	Joe Church	54	3:52:31
88	Anna Bradford	42	3:52:33
89	Patricia Hicks	30	3:52:57
90	David Barry	62	3:53:07
91	Dan Buccino	44	3:53:12
92	Robert Cook	51	3:53:17
93	Nicholas Panebianco	42	3:54:31
94	Frank Gafford	37	3:54:31
95	sunbum kim	48	3:54:45
96	Meredith Lecourt	43	3:56:04
97	Katie Ka	27	3:56:10
98	Benito Vazquez	66	3:56:15
99	William Menda	54	3:56:17
100	Nicholas Karim	30	3:56:27
101	Mary Klaff	40	3:56:28
102	Byung Lee	47	3:56:45
103	Gerald Zeigler	35	3:56:49
104	Martin Smolley	36	3:57:06
105	Erin Wyble	25	3:57:21
106	Brian Flowers	48	3:57:47
107	Richard Ryan	37	3:57:48
108	Dave Weiss	57	3:57:55



Peter, Craig and David in conference at the finish—brrrr!



Photographing the photographer photographing the finishers.



Only 0.2 miles to go!

B&A TRAIL MARATHON RESULTS

109	Peter Yu	62	3:58:00
110	Sara Miller	20	3:58:48
111	Hamilton Tyler	42	4:00:09
112	Ling Dao	28	4:00:11
113	Lou D'Alessandris	35	4:01:56
114	Soon-Boong Lee	48	4:02:27
115	George Banker	56	4:02:51
116	Vicki Cunningham	44	4:02:52
117	Mike Zehnacker	51	4:03:02
118	Jennifer Williams	43	4:03:02
119	Myung-Sub Chung	52	4:03:21
120	Ben Quesenberry	26	4:03:28
121	Blake Thomas	50	4:03:50
122	Chris Szalkowski	47	4:04:21
123	Jung Chun	57	4:04:42
124	Jeff Wilson	43	4:05:27
125	Tom Crouch	55	4:05:33
126	Mike Fleishell	39	4:06:01
127	Doc Gallagher	44	4:06:12
128	Bev Gallagher	42	4:06:13
129	Laura Keen	41	4:06:24
130	Mark Swanson	44	4:07:28
131	Jason Chang	25	4:08:04
132	Robert Cates (Jim Fisher)	48	4:08:12
133	Thomas Chaves	42	4:09:03
134	Andrew Pollock	35	4:09:23
135	Robert Lennon, Jr	33	4:10:20
136	Brian Lipinski	33	4:10:25
137	Robert Kraftowitz	54	4:10:28
138	Mike Davis	59	4:10:42
139	Sylvie Laquerre	42	4:12:09
140	Chong Soe	60	4:12:47
141	Madelyn Finucane	17	4:13:21
142	Thomas Finucane	56	4:14:03
143	William Peake Jr	54	4:14:15
144	Richard Bidgood	51	4:14:40
145	Keith Corner	52	4:15:12
146	Larry Key	58	4:15:32
147	David Oddis	37	4:15:44
148	David Schaumann	58	4:15:54
149	Carrie Suiter	21	4:16:22
150	Philip Caroom	52	4:17:05
151	Abby Maxwell	21	4:17:15
152	Ray Lim	57	4:18:10
153	John Eyster	46	4:18:14
154	Chuck Ferryall	47	4:18:57
155	John Mcgough	53	4:19:34
156	Jon Powell	48	4:19:35
157	Stuart Trager	43	4:19:36
158	John Curley	57	4:19:54
159	Soon Son	47	4:20:07
160	Eric Hussar	43	4:20:09
161	Charles Walker	39	4:20:20
162	John Heaphy	50	4:20:45
163	Ashley Kushkowsky	28	4:20:46

164	Robin McKenzie	56	4:21:02
165	Mark Lin	40	4:21:34
166	Karen Shephard	40	4:21:56
167	Marlyssa Karcz	25	4:22:06
168	Finn Ahlberg	41	4:22:19
169	Arnie Fritzius	50	4:22:25
170	David Hunt	39	4:22:41
171	Jun Lee	39	4:23:32
172	Debra Robinson	49	4:25:21
173	John Zaniker	40	4:25:56
174	Stanley Proudlock	50	4:26:15
175	Scott Shipman	41	4:26:21
176	Rich Raskin	58	4:26:43
177	Charles Robinson	52	4:26:51
178	Maureen Rohrs	50	4:27:25
179	Elliott Schoen	41	4:27:34
180	Laura Beck	37	4:28:18
181	Ethel Cook	41	4:30:06
182	Domenick Grasso	25	4:30:26
183	Kathleen Barker	42	4:30:27
184	Karin Marr	48	4:36:23
185	Mark Bloomfield	56	4:36:26
186	Geoffrey Smith	55	4:36:46
187	Janine Weiger	39	4:38:46
188	Young Chang	46	4:40:02
189	Charlie Muskin	56	4:40:16
190	Kwang Kim	41	4:40:53
191	David Gagne	26	4:41:42
192	Maggi Woronkovicz-Simm	30	4:41:46
193	Joy Day	43	4:41:53
194	In Sook Choe	47	4:44:46
195	Steven Kahn	63	4:45:16
196	Michele Burkholder	42	4:45:55
197	Sarah German	47	4:45:55
198	John Godinet	49	4:47:06
199	William Myers	56	4:49:19
200	David Koscinch	38	4:49:24
201	Lynn Jaffe	50	4:49:39
202	James Howard	44	4:52:02
203	Cris Pond	61	4:52:51
204	Jennifer Frahm	26	4:53:27
205	Kevin Kennedy	40	4:54:40

206	James Rohr	45	4:56:20
207	Sam Hamner	58	4:58:50
208	Robert Smith	71	5:01:14
209	Sun Park	49	5:01:26
210	Mary Ouimette	36	5:03:36
211	William Schwartz	67	5:04:02
212	Ron Bowman	56	5:06:44
213	Harold Barnthson	57	5:06:54
214	Stacy Ramos	36	5:06:57
215	So Choi	53	5:07:45
216	Stuart Brandt	41	5:10:35
217	Stanley Duobinis	55	5:11:32
218	Robert Gundel	45	5:12:37
219	Joseph Delgardio	67	5:13:14
220	Margaret Schlundt	53	5:16:23
221	William Guey-Lee	58	5:21:48
222	Scott Merrell	40	5:22:07
223	Anton Stocker	34	5:22:26
224	Debbie Shelton	43	5:22:44
225	Deanna Swaney	43	5:22:44
226	Darren Tran	28	5:24:45
227	Julia Richardson	24	5:26:27
228	Arie Hawkins	25	5:26:27
229	Hyuntaek Lee	67	5:26:43
230	Suzan Decker	45	5:27:06
231	Jennifer Zimmerman	34	5:27:07
232	Alan Zwart	35	5:28:18
233	Dick Green	71	5:30:59
234	Stephanie Anderson	18	5:32:13
235	Donald Taylor	75	5:37:02
236	Clarence Wilson Jr.	48	5:40:04
237	Roger Hauge	74	5:42:10
238	Vanessa Reiter	43	5:45:52
239	Lisa Yuen	24	5:49:37
240	Erica Baylor	28	5:52:53
241	Jim Wahl	58	5:54:21
242	Jean Evansmore	65	5:56:27
243	April Key	30	6:00:06
244	Melanie Key	28	6:00:06
245	Nam Lee	65	6:06:15
246	Jim Shelton	51	6:12:00

Happy to be home at the marathon finish line!



2006 Awards Banquet

The Awards Banquet was held Saturday, February 25, 2006 at the Radisson (Riva Road). The annual meeting was held at 5:00 pm during which our new 2006 club officers were elected. The dinner and dancing were arranged by our own Domestic Diva, Ms. Jennifer Sullivan, who did an outstanding job in coordinating the event. Our thanks go to all who assisted Jennifer, and to all who attended for making the evening fun and upbeat. And, as always, the food and service provided by the folks at the Radisson were great! (Editor's note: Photo captions for Champ Series winners list the awardees in the order of their awards finish and not necessarily in the order in which the runners appear in the photo.)

Most Improved Male

There was a tie for this award.

This runner finished first in his age group in the championship series with excellent age-graded times. In addition he ran a 3:10 at Boston. All of these triumphs follow a year in which he was battling cancer and unable to run.

—Tom Johnson

This iron man finished first in his age group in the championship series. He ran a 3:10 at Boston and 2:57 at Delaware showing improvement over a 3:58 in 2004 Boston and a 4:14 in 2004 Richmond. This individual finished his first 50 miler finishing in 7:29 placing 36th overall and second strider.

—Josh Dorsey



Masters – Male

This runner finished first in his age group with four first place finishes and some impressive age-graded times. He also was 1st Grand Master, Run on the Green 5k, Ft Myers, FL.

—Mike Cunningham



Masters – Female

This Iron Lady finished first in her age group with 6 first place finishes and some very impressive age-graded times. She finished fourth in her age group in 3:21 at the B&A Marathon and completed her first ultra by finishing 99th overall and 3rd in her age group with a 5:21 at the HAT 50k.

—Jill Hargis

Most Improved Female

This runner made significant improvement in times and distances in 2005. She moved up to third overall in a very competitive age group despite sacrificing some times for needed marathon training. It paid off as she completed the Marine Corps Marathon in 3:53 and qualified for Boston.

—Jane Meyer



2005 Race Directors

Grandmasters – Male

This runner finished first in his age group with 6 first place finishes and his usual very impressive age-graded times.

This runner, who was also highly ranked locally in the Washington Running Report, finished second in his age group in the 2005 A10.

—**John Kirkpatrick**

Grandmasters – Female

This runner finished first in her age group, consistently placing either first or second with outstanding age-graded times. She was 109th in her age group at Boston, 2nd in her age group at the Baltimore Half Marathon, and first in her age group at the Capon Valley 50k.

—**Meredith Bonta**



Junior Strider of the Year

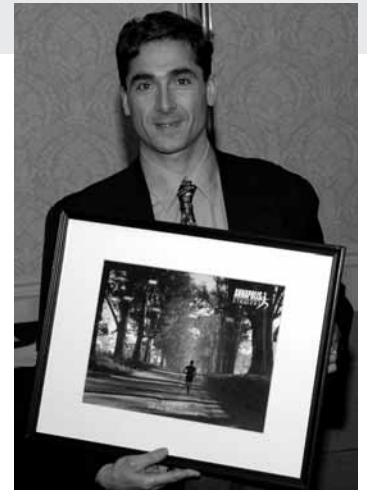
His first time iron man placed first in his age group in the championship series. He has been a frequent award winner in the 14 and under category of the Summer Scholastic Championship Series. In 2005 he placed in the open category of the summer series.

—**Brenton Edwards**

Runner of the Year – Male

This iron man finished 1st in a very competitive age group. He was 4th overall in the John Wall, 4th overall at Dog Days, and 3rd overall at the Metric. He was 49th overall in the A-10 with a 1:02 (1:06 in 2004) and 101st overall in the Marine Corps Marathon.

—**Tom Hattar**



Runner of the Year – Female

This was a breakout year for this runner who moved into first or second place all year in her age group, placing 1st at WDF (21:12), 2nd at John Wall (6:01), and 2nd at Dog Days. This runner completed 3 marathons in 2005: Boston (4:08), Steamtown (3:11, 2nd in her age group, and fastest female marathon time in 2005) and North Central Trail (3:22, 1st female).

—**Holly Marcum**

ULTRA Runner of the Year – Male

This runner logged a personal best of over 2100 miles in 2005 after being hampered by an injury in 2004. His second place age group finish in the B&A Marathon was a warm up to an impressive list of ultras. He completed the Mountain Masochist 50 Mile Run, the Ground Hog 50k, the Bull Run 50 Mile Run, the HAT 50k, and the JFK 50, finishing in 89th place with a personal best time of 8:26 and helping the Strider team to third out of 20 teams. In 2005 this runner completed his first 100 at Old Dominion Memorial in 26 hours and 11 minutes.

—**Hamilton Tyler**



ULTRA Runner of the Year – Female

After being set back by a broken femur in the previous year, this runner warmed back up to the ultra level by completing three marathons—the Bank of America, B&A Trail, and Baltimore and then roared back to finish the HAT 50k and the JFK 50 where she was 202nd overall, 7th in her age group and first female Strider in a time of 9:19.

—**Maureen Rohrs**



Volunteer of the Year

This volunteer has taken on many major tasks during his time as a strider. These include volunteering in some way for every club race, serving as a board member, filling a major A-10 Race Committee position (Water Stops Coordinator), and helping to coach in the New Years Beginning Runners Program and Moore's Marines.

This runner who is an iron man, frequent marathoner, and 50-miler is synonymous with another major activity that he leads. He has actively sought input from runners across the spectrum, researched vendors, and brought more and different items to the strider Merchandise Table which is now available at a greater number of events than ever before. The appealing displays and his genial personality have helped make the Strider Merchandise Table a popular stop either before or after a race.

—John Curley

Strider of the Year

This iron man's resume includes a most impressive array of athletic achievements and voluntary service to the club. In 2005 he completed three ultra's—his 16th JFK, his 10th HAT 50k, and the Gunpowder Falls 50k. In addition he completed seven marathons—Washington's Birthday 2/20/05 (4:57), B&A Trail 3/6/06 (4:47), Ocean City 4/16/05 (4:43), Country Music 4/30/05 (5:11), Steamtown 10/9/05 (4:12), Baltimore 10/15/05 (5:02), and Marine Corp 10/30/05. In addition he also found time to complete two triathlons.

This strider has been a source for support for many beginning and continuing runners looking to commit to the lifestyle of marathon training and learning to enter the new world of the triathlon. He has been the coach of a winter beginning running program, marathon training which had its largest class yet of 167 in 2005 and director of the Annapolis 10 mile race, including the 2005 race which was for the first time the National 10 mile Championship. He is also the webmaster, contributing editor of the Streak, author of "Strider Stuff," and a participant in the community at large by scoring and volunteering at non-Strider races. His commitment to helping others, the community, and to the Striders is tireless.

—Ron Bowman



Ginger Andrews and Lisa Murphy are Ironmen!



Craig Harrison and Lisa Fontaine get ready for the A-10!



Joe Clorey and June Schneider share a joke!



Reggie Haseltine and Dan Symancyk have the best job—handing out awards!

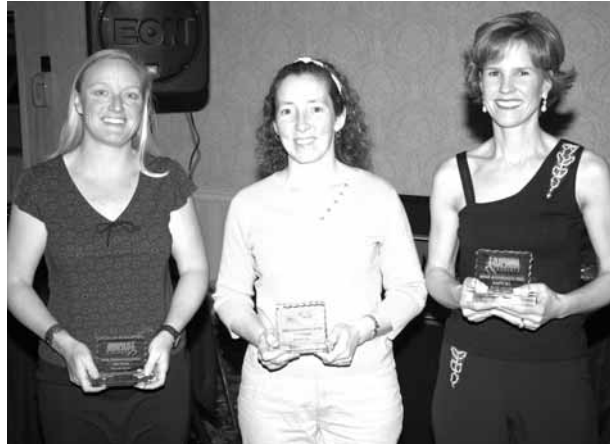


Jennifer Sullivan was our beautiful hostess.

Championship Series Winners



Women 20-24 1st place,
Kristen Heist



Women 30-34 1st, 2nd, 3rd place,
Andrea Williams, Terri Daubert, and Kim Couranz



Women 50-54 2nd, 3rd place,
Maria Shields, and Patricia Snodgrass



Women 35-39 1st, 2nd, 3rd, 4th place, Mary Lynn Hansen,
Cheryl Gillman, Leann Shuck-Gibbs, and Elisa Velarde



Women 40-44 1st, 2nd, 3rd, 4th place, Jill Hargis, Laurel Bell,
Jane Meyer, and Gaye Bugenhagen



Women 45-49 1st, 2nd, 3rd, 4th, 5th place, Helen Laird, Ellen McGee,
Pamela Anderson, Melissa Currence, and Mary Ellen Mason



Women 55-59 3rd place,
Andrea Shuck



Women 70-74 1st place,
Yvonne Aasen



Men 20-24 1st, 2nd, 3rd place,
Josh Dorsey, David Walser, and Matt Heist



Men 25-29 1st place,
Nathan Nudelman



Men 30-34 1st, 2nd, 3rd place,
Christopher Daubert, Christopher
Mairs, and Michael Ricciardi



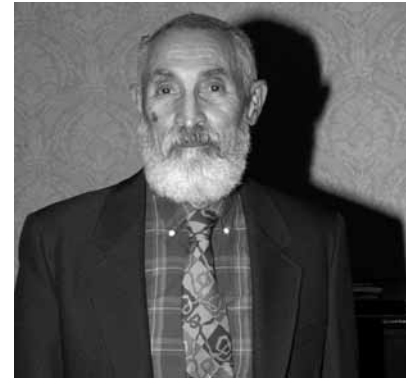
Men 35-39 1st, 2nd, 3rd, 4th, 5th place, Thomas Johnson, Robert
Cawood, Christopher Sinclair, Tim Lowe, and James Hoffmann



Men 40-44 1st, 2nd, 3rd, 4th, 5th place, Thomas Hattar,
Matt Mace, James Fitch, Leonard Hamilton, and Scott Gilman



Men 45-49 1st, 2nd, 3rd, 4th, 5th place, Wilhelm Anderson, Gary Buchan,
Greg Clulow, Robert Biddle, and Ross Heisman



Men 70-74 1st place, Milt Taylor



Men 55-59 2nd, 3rd, 4th, 5th place, Eric Gyaki, Dan Masterson,
John Gallagher, and Charlie Muskin



Men 65-69 1st, 2nd, 3rd, place, Don Singer, Peter
Salmon-Cox, and Neal Hinkle

10k Running Class 2005

By Donna Cogle

The class of 2005 marked the 4th year for the 10k running class. This year's class ages range from 19 to 81 years. It consisted of 4 teachers, an award winning swimmer, a published author and master of education, homemakers, and professionals alike. The class started out with 32 signed applicants and finished with 30 graduates at the end of 10 weeks losing only 2 this year, one to family illness and one due to work schedule.

Since every year I stress how important it is to set goals, I judge this year as the most successful year yet. After all, 32 runners set a goal to run for 10 weeks and all but two finished with flying colors. The first week of the class, each participant is asked to fill out a goal sheet on what they expect out of the class and what kind of personal record they are trying to achieve. This year's class each runner achieved his/her goal—from Allison Fox shaving 3 minutes and 10 seconds off her best 10k time, to Wendy Owen improving by 3 min and 13 seconds, to Mary Morgan going from 1:23:00 to 47:05 in a 10k, to David Traher winning 2nd place in his age group and telling his mother "I'm going to put this Turkey in the middle of all my Naked Man trophies." (He's our award winning swimmer.) David's mother's goal was to start a 10k and finish it, and finish it she did in less than 1 hour and 5 minutes. And, there were 25 other runners who had the same type of success in taking this class.

For our runners, we had 6 coaches, 13 mentors and 7 guest speakers, all of whom were at the beck and call of class members. This year, we even saw a mentor from last year step up to the challenge of stretch coach for the class. (If only I had known that Jenny Hasbrouck was a certified Aerobic instructor last year.) Jenny was a favorite of class members!

For those of you who don't have a clue what the class entails, here is a brief review: 135.6 miles of running in 10 weeks, 3 mandatory races along the way, with the graduation race being a very hilly Cold Turkey 10k, endless Fartleks, hill training, easy speeds, tempo runs and just a little track work and a handbook to help explain it all. Training was held one

night a week as a mandatory run and then another night as an optional one; and Saturday runs were held at 8:00 am somewhere in A.A. County. Needless to say, getting up early on a Saturday seemed to be the hardest part of the class according to the exit polls. It was even harder than running a Fartlek against the fastest runner in the class, but everyone

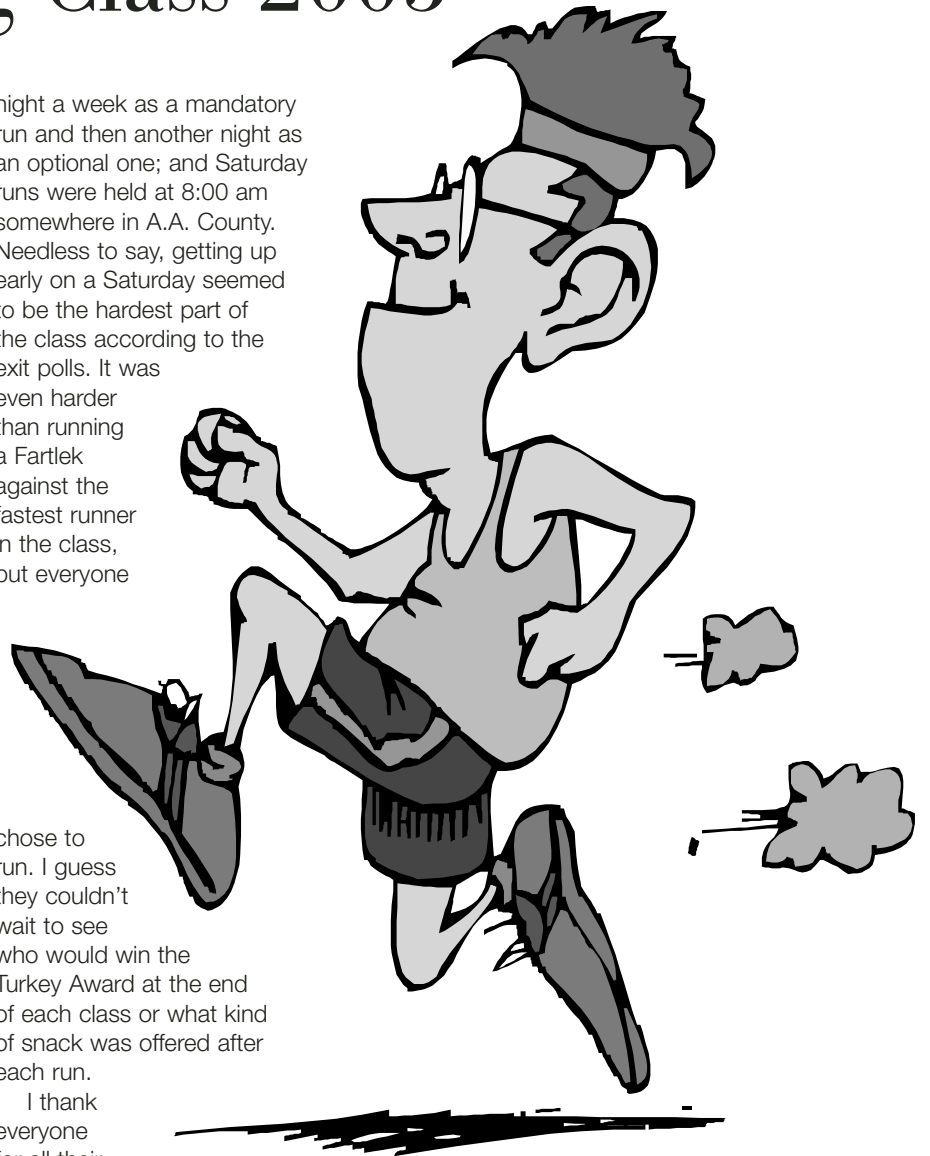
chose to run. I guess they couldn't wait to see who would win the Turkey Award at the end of each class or what kind of snack was offered after each run.

I thank everyone for all their hard work and support throughout this year's class.

The coaches: Penny Goldstein, Kathy Hanson, Alan Wycherley, Joe Ross, and Jenny Hasbrouck. The mentors: Matt Peterson, Christine Border, Lauren Colvin, Rita Grinddle, Sue Dupont, Kathleen Nowlin, Roxanne Hatcher, Joe Hatcher, Arlene Rayburn, Susan Alhambra, Lisa Murphy, Jill Hargis, and Eva Tucholski. Our sponsors: Fleet Feet of Baltimore, Big Vanilla, Sage House and the Annapolis Striders organization. Without you, we wouldn't have shirts, a place to meet or supplies. Also, thank you to the fabulous Cold Turkey 10k sponsors who helped the graduation 10k race: Big Vanilla, Fleet Feet, Sheehy Nissan, Gotta

Run, Pearls Etc, Create Accents and Arbutus Autobody. And, a big THANK YOU to our Race Day Volunteers. Without all of your generosity and willingness to step in and support us, our race class and our event could not have been so successful.

Until next year, when there are more goals to set and turkeys to win, my advice is to run for fun and finish unhurt. Those are my rules!



Joe's Girls

By Donna Cogle with input from Joe's Girls

A motto from Runner Girl.com is "I know I run like a girl, try to keep up." This should also be the motto of "Joe's Girls". The Annapolis Strider's have the distinction of being a running club fielding one of the largest groups of women participating annually in the MD/DC/VA regions Women's Distance Festivals. Fast, slow or somewhere in between . . . women of all shapes, sizes and fitness levels are welcome.

About four years ago, a few Annapolis Striders decided to participate in the Women's Distance Festival Grand Prix Series. When it came time for the banquet, only three won awards, but the fire was lit. The next year, five women won, and then it grew to 12 with the creation of "Joe's Girls." With the first years under our belts, Joe Ross and I set a challenge and a goal. He said "Donna, I would like to see at least 50 girls on the team this year." Approximately 40 women joined, and 26 women won awards. This doesn't include the first, second and third place prizes won along the way.

This year (2005) marked the 25th year of the Women's Distance Festival Series. It was created in 1980 to focus attention on the absence of distance running events for women at the Olympic Games. Then in 1990, it became a series to promote Women's running in the tri-state area. There are 11 races in the series. In order to win a participation award, a woman must participate in four races. This year's award was a gym bag embroidered with the woman's distance festival logo. This year's awards banquet was held at Brookside Gardens and had over 100 women attending.

Even though the WDF series was originally created to focus attention on the running events for women in the tri-state area, for many of "Joe's Girls", it has evolved into something much much more. Jenny Hasbrouck, describes the team's support: "When you become a Joe's Girl, you experience camaraderie and encouragement like you have never experienced before. Women travel together to the local races and share words of encouragement and laughter. There is always someone running near you to check on your progress and let you



know that you CAN do it. There is always someone from the team offering a smile and a "you go girl" to another team member who needs a lift." Melissa Currence agrees, "I just loved being a part of Joe's Girls. It made running fun again for me. After a few years of training alone for marathons, it was great to learn how to run a 5k and have fun. I looked forward to each race and even regretted missing a few." Lisa Murphy also agrees. "When I was asked to be a "Joe's Girl," I really did not know what I was getting myself into. My good friend Joe could not have been more of a team leader—arranging transportation for everyone, present at almost every race, taking photos of everyone, recording attendance, awards, and results—and generally encouraging each of us to succeed in our own way." Joe's Girls, for many, is an experience I will never forget."

Joe's Girls was not just a team to run with, it became a running family. Susan Alhambra and her daughter joined the group and felt it was an experience where the team looked forward to seeing each other at each of the races. "We traveled to the other counties, met a lot of new people, but we had our little group at each race and that was nice. When one of us won in their division, we all shared the victory and were happy for each other." It was a tale of friendship and family for Kathy Sirois, another member of "Joe's Girls" as well. We had all these

women at different levels, but we cheered each other on like each person was going to win the race. The team even flowed over to the Virginia Beach 1/2 marathon where "Joe's Girls" shirts could be seen running down the course."

"Joe's Girls" memories were made across the state. Melissa Currence's biggest memory was of The Baltimore Women's Classic. Sabra Kurth will always have the new experience of running with her teammates, and receiving a rose at the end of the Run for the Roses in Montgomery County. Arlene Rayburn has many memories of meeting so many different people at each race. Joe Ross will always remember the many different people who came up to him and asked the infamous question: "Just how many Joe's Girls are there?"

Joe's Girls hopes to continue to grow and promote Woman's running in the state of Maryland for many years to come. Not everyone has the time, stamina, physical make up to be a world class athlete, but Joe's Girls are all super women who are champions in my book.

Down's Park 5 Miler—Growing UP

By Don Higdon

A fitting end to the old Hogneck Scamper occurred on Saturday, November 5. It was the last time the race was run at the distance of 5.05 miles. Next year the course will be "officially" measured to 5.00 miles in order to meet the standards of the Striders Championship Series. No longer will the race be just an obscure north county outing—as a new Championship Series race the Downs Park 5 Miler will take its long deserved rightful place beside such notables as the Boston Marathon. But for those who fear that rising to such austere racing company will negatively affect the

old familial spirit of the race, let me remind you that the 100 yard parking lot Tot Trot has been recently rated in the top 16 on the east coast by *Runners Life* magazine—we know where the future lies.

A record turn out for the race found conditions this year that can only be described as an 11. The fall colors were about as good as it gets for our recent drought conditions, and the Sun shining across the Chesapeake Bay spread a soft hue over the park that made the race director wax poetic.

Moving into the Championship Series will necessarily bring some changes

(mainly in an expanded race field) but the race director continues to guarantee good weather, and the seasoned team of volunteers promise that if you can find Downs Park you won't get lost while you're there. Speaking of which, special thanks to our volunteer team that is the backbone of every successful race: Mike Busch and the Downs Park Ranger staff, Kathy Higdon, Melissa Currence, Kathy Hennes, Marie Friedland, Mary Lang, Susan Noble, Will Myers, Charlie Muskin, John Barber, Ron Bowman, Tom Bradford, and Al Stott.

DOWN'S PARK 5 MILER RACE RESULTS

Place	Last Name	First Name	Time	Age	M/F	Awards
1	Moody	Chris	29:02	17	M	1st Overall - Men
2	Gelety	Matt	29:25	16	M	2nd Overall - Men
3	Kiley	Patrick	29:37	30	M	1st 30 - 34 Men
4	Hess	Ronald	29:43	44	M	1st 40 - 44 Men
5	Daubert	Chris	30:17	35	M	1st 35 - 39 Men
6	Anderson	James	30:24	45	M	1st 45 - 49 Men
7	Tyler	Hamilton	30:33	41	M	2nd 40 - 44 Men
8	Sponar	Matt	30:37	16	M	1st 15 - 19 Men
9	Rosasco	Mark	31:05	46	M	2nd 45 - 49 Men
10	Keating	Bob	31:16	45	M	
11	Sinclair	Chris	31:25	38	M	2nd 35 - 39 Men
12	Albright	Keith	31:42	37	M	1st 50 - 54 Men
13	Clulow	Kevin	31:58	46	M	
14	Behrmann	Greg	32:03	40	M	
15	Walsler	David	32:04	24	M	1st 20 - 24 Men
16	Crawford	Dave	32:25	55	M	1st 55 - 59 Men
17	Wood	Noah	32:31	22	M	2nd 20 - 24 Men
18	Denz	Paul	32:33	51	M	1st 50 - 54 Men
19	Thorp	Alvah	32:52	15	M	2nd 15 - 19 Men
20	Boyd	Marjorie	33:15	44	F	1st Overall - Women
21	Gray	Matthew	33:38	22	M	
22	Kunz	Karl	33:41	59	M	2nd 55 - 59 Men
23	Marcum	Holly	33:45	39	F	2nd Overall - Women
24	Bergeson	Michael	33:48	52	M	2nd 50 - 54 Men
25	Mairs	Chris	33:51	33	M	2nd 30 - 34 Men
26	Moreland	James	34:15	53	M	
27	Harriman	Vince	34:36	37	M	
28	Carlson	Jeff	34:40	39	M	
29	Treuth	Court	34:43	46	M	
30	Rosasco	Carole	34:50	46	F	1st 45 - 49 Women
31	Brady	Ryan	34:58	28	M	1st 25 - 29 Men
32	Pitsenbarger	Trent	35:14	44	M	

33	Polk	Ryan	35:27	29	M	2nd 25 - 29 Men
34	Ball	Roger	35:48	39	M	
35	Devlin	Tom	36:18	16	M	
36	Kamel	Perry	36:18	40	M	
37	Daily	Jeff	36:19	19	M	
38	Riley	Chris	36:25	61	M	1st 60 - 64 Men
39	Bell	Laurel	36:26	43	F	1st 40 - 44 Women
40	Slattery	Brian	36:29	21	M	
41	Puglisi	Larry	36:38	51	M	
42	Gyaki	Eric	37:06	57	M	
43	Burke	Michael	37:08	46	M	
44	Herring	Jacob	37:14	17	M	
45	Shields	Maria	37:16	54	F	1st 50 - 54 Women
46	Evans	Warren	37:17	32	M	
47	Mack	Alex	37:23	14	M	1st Under 14 Men
48	Vogt	Karen	37:26	46	F	2nd 45 - 49 Women
49	Traher	David	37:34	19	M	
50	Towler	Guy	37:35	36	M	
51	Lee	Megan	37:36	16	F	1st 15 - 19 Women
52	Smith	Patrick	37:38	14	M	2nd Under 14 Men
53	Szibler	Stephen	37:46	50	M	
54	Henderson	Clint	37:59	49	M	
55	Lang	Mary	38:02	51	F	2nd 50 - 54 Women
56	Skowran	Kieth	38:16	44	M	
57	Rau	Becky	38:18	29	F	1st 25 - 29 Women
58	Hicks	Patricia	38:32	30	F	1st 30 - 34 Women
59	Moser	Varunee	38:34	39	F	1st 35 - 39 Women
60	Mabrook	Ashraf	39:10	33	M	
61	Peterson	Matt	39:13	37	M	
62	Ames	Steve	39:30	54	M	
63	Fleig	Elaine	39:40	14	F	1st Under 14 Women
64	Tyler, Jr	Hamilton	39:43	10	M	
65	Goldsmith	Tom	39:45	44	M	

DOWN'S PARK 5 MILER RACE RESULTS

66	Jen	Diez	39:51	32	F	2nd 30 - 34 Women
67	Daubert	Terri	39:57	34	F	
68	Blankenstein	Lotti	40:11	15	F	2nd 15 - 19 Women
69	Reilly	Kerri	40:51	36	F	2nd 35 - 39 Women
70	Pontzer	Laura	40:58	35	F	
71	Hoskinson	Jessie	41:06	15	F	
72	Hudson	Alyson	41:18	15	F	
73	McGee	Ellen	41:22	49	F	
74	Nagle	Tim	41:34	49	M	
75	Skopp	Andrew	41:43	39	M	
76	Schuh	Steve	41:52	45	M	
77	Mazzola	Tammy	42:08	45	F	
78	Friedland	Bruce	42:15	50	M	
79	Kunz	Chris	42:23	47	M	
80	Kamel	Lindsay	42:25	36	F	
81	Twist	Rita	42:27	52	F	
82	Rash	Katie	42:32	27	F	
83	Jacobs	Gus	42:38	68	M	1st 65 - 69 Men
84	Smith	Tim	42:40	54	M	
85	Treuth	Laura	42:41	47	F	
86	Schuh	Parice	42:46	36	F	
87	Rhea	Michelle	42:52	16	F	
88	DeGreck	John	42:57	60	M	2nd 60 - 64 Men
89	Smith	Heather	43:08	16	F	
90	Camm	Jill	43:47	39	F	
91	Berge	Melinda	43:52	60	F	1st 60 - 64 Women
92	Caroom	Eliot	43:59	23	M	
93	Caroom	Phil	44:00	52	M	
94	Spivey	Dave	44:11	23	M	
95	Veasey	Allen	44:12	65	M	2nd 65 - 69 Men
96	Bender	Norrie	44:18	43	F	
97	Camp	Steve	44:29	46	M	
98	Hennes	Kathy	44:23	53	F	
99	Blum	Pam	44:29	41	F	
100	Edwards	Robert	44:30	58	M	
101	Couranz	Kim	44:34	35	F	
102	Sizemore	Greg	44:39	45	M	
103	D'Wynter	Lydia	44:47	36	F	
104	Colvin	Lauren	44:48	30	F	
105	Meyer	John	44:49	58	M	
106	Beltran	Keith	44:50	42	M	
107	Murphy	Lisa	44:52	44	F	
108	Larsen	Deanna	45:03	36	F	
109	Flanigan	Pierce	45:05	28	M	
110	Owen	Wendy	45:22	43	F	
111	Berned	Karen	45:53	29	F	
112	Frank	Michael	46:81	60	M	
113	Lourve	Sasha	46:21	27	M	
114	Dare	Brian	46:29	33	M	
115	Nelson	Nathan	46:36	30	M	
116	Brandley	Dawn	46:38	34	F	
117	Haseltine	Reggie	46:53	55	M	
118	Jones	Mindy	46:57	23	F	
119	Woods	Bill	47:00	54	M	
120	Klemens	Colleen	47:03	32	F	
121	Morgan	Ted	47:14	37	M	
122	Graves	Joy	47:28	28	F	
123	DiMarino	Joe	47:35	54	M	
124	Robinson	Michael	47:51	34	M	
125	Henderson	Arnie	48:12	69	M	
126	Phillips	Katie1	48:29	39	F	
127	Shuck	Andrea	48:50	57	F	1st 55 - 59 Women
128	Salmon-Cox	Peter	49:39	66	M	
129	Ward	Allan	49:48	34	M	
130	Chapman	Susan	50:04	38	F	
131	Wycherly	Alan	50:09	63	M	
132	Braun	Janet	50:33	42	F	
133	Irwin	Katie	51:36	52	F	
134	Wood	Sam	51:44	15	M	
135	LeClare	Jim	51:48	43	M	
136	Willey	Joanne	51:52	47	F	
137	Alhambra	Susan	51:53	47	F	
138	Nowlin	Kathleen	52:04	51	F	
139	Bordersmith	Christine	52:07	32	F	
140	Daubert	Gus	52:43	5	M	
141	Kintzel	Chris	53:06	33	M	
142	Webb	Sandy	53:15	32	F	
143	Aasen	Yvonne	54:05	74	F	
144	Traher	Lynne	54:07	52	F	
145	Boyle	Charles	54:45	82	M	1st 70+ Men
146	Stallard	Barbara	55:17	41	F	
147	Siegel	Amy	55:37	38	F	
148	Leonard	Margaret	55:38	48	F	
149	Douglas	William	55:58	71	M	2nd 70+ Men
150	McFadden	Pat	56:06	54	F	
151	Hanson	Kathleen	56:19	51	F	
152	Grilligan	Ryan	56:22	43	M	
153	DiPaola	Tina	57:00	14	F	2nd Under 14 Women
154	Semler	Lisa	57:08	35	F	
155	Fichter	Karen	57:09	27	F	
156	Yannone	Maria	57:12	15	F	
157	Card	Jennifer	57:19	24	F	
158	Caroom	Ilene	57:58	52	F	
159	Steinlo	Nanetter	58:23	48	F	
160	Hinkle	Neil	58:27	68	M	
161	Kulkarne	Shaila	58:51	28	F	
162	Ganas	Vickie	59:06	40	F	
163	Robinson	Marie	59:11	29	F	
164	Cogle	Donna	59:12	51	F	
165	Johnson	Angela	1:01:38	32	F	
166	Campbell	Ray	1:04:16	73	M	

Nutrition Myths

Myth: Foods eaten after 6 p.m. go directly to the body's fat storage.

Truth: Our bodies prefer to function at a constant, steady state. Metabolism rate remains relatively constant throughout the day. Eating more calories than you burn is ultimately why weight gain occurs.

Myth: Carbohydrates make you fat.

Truth: Carbohydrates are not the cause of the nation's obesity crisis. Excess calorie consumption causes weight gain. The secret is simple: eat less and move more!

Myth: Skipping breakfast is a good way to lose weight.

Truth: Studies show that those who eat breakfast are more successful at weight loss/maintenance efforts. Skipping meals often leads to overeating at another time in the day. Weight loss is best achieved by adopting a balanced nutrition and fitness plan.

Myth: Foods that have a high glycemic index should be avoided.

Truth: The glycemic index measures the effect that a single food has on blood sugar levels. Eating a combination of foods (usually at a meal) effects blood sugar levels differently than eating one single food in isolation. Many foods that are high on the index include fruits and vegetables. These foods are excellent disease fighters, are low in calorie and should NOT be eliminated from the diet.

Myth: Vitamins and minerals will give you extra energy

Truth: Vitamins and minerals do not provide direct energy. The foods we eat provide energy to the body. Vitamins and minerals are found in these foods and are necessary to facilitate energy usage. It is important to note that if your diet is lacking, taking a multivitamin will NOT give you extra energy.

Myth: The ideal mix of nutrients is 40% carbs, 30% protein and 30% fat.

Truth: A healthy diet should more closely resemble 55-60% of energy from carbohydrates, 12-15% protein and 25-30% fat. A diet such as the 40-30-30 plan may be too low in carbohydrates and calories. Following such a diet may result in poor performance and low energy levels.

ASK AMY!

Do you have a question for the Dietitian?

Email Amy Mautino at: fuelforfitness@yahoo.com or call 410-570-4898 for more information.

Dr. Seuss's Injury

Submitted by Charlie Muskin who received it from Will Myers who received it from Don Higdon.

I did not run at all today.
My hamstring pull won't go away.
I did not work out in the park.
I did not work out in the dark.
I did not run around the track.
I was at home here in the sack.
I did not run out in a storm.
I stayed here where it's nice and warm.

I did not run at all today.
My hamstring pull is here to stay.
I did not run along the street.
I miss the sound of sneakered feet.
I did not run upon the shore.
My running shoes stayed by the door.
I have not run since last November.
And if I did, I don't remember.

I did not run at all today.
My hamstring aches and says, "No way."
I did not work out by the lake.
This injury I just can't shake.
I did not run at any pace.
I did not train for any race.
I did not work out in the hills.
I laid in bed, I had no thrills.

I did not run at all today.
My life is gloomy, sad and gray.
I have not worked out since last fall.
I might have, but I don't recall.
There was that time with Frankie Shorter.
We ran a lap, just one small quarter.
So I might have run a little bit.
But most the time I sit and sit.

STRIDER HAPPENINGS

Race Directors Needed for 2007 and Beyond

The Annapolis Striders are very fortunate to have a dedicated group of volunteers who allow us to put on a number of races during the year that are considered to be of high quality. We are particularly fortunate to have race directors in place who have been directing these races for a number of years. We now have a few race directors who are looking to turn over their responsibilities to someone new and that could be you. Directing the smaller club races is not difficult and not overly time-consuming and most of the races have regular volunteers who can be called upon each year. We used to have 10 races in the Championship Series and it was cut back to 8 because of the problem of finding directors. It would be a shame to have to cut back even further or have to cancel a race because of not having a director. If you have any interest at all and would like to talk in more detail about just what is involved and which races might be available, please contact Tom Bradford at 410-987-0674 or email tabslab@aol.com, Brad Chapman at 410-320-9416 or email bchapman3@comcast.net, or let anyone on the Board know.

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Membership Memo:

Welcome New Members!

The Annapolis Striders have welcomed over 500 new members this year. Many of you have joined to take advantage of our Beginning Running programs, 10k or marathon training. Others have joined to participate in our Champ or Scholastic Series of races. Whatever the reason—welcome to the Club!

The Annapolis Striders membership is a resource for all your questions and concerns. If you want to know more about your training, diet, or physical fitness—just ask. Email your questions to astriders@hotmail.com.

If you have questions about your membership or the club schedules or policies, email astriders@hotmail.com.

If you need to change any of your contact information, email us at astriders@hotmail.com.

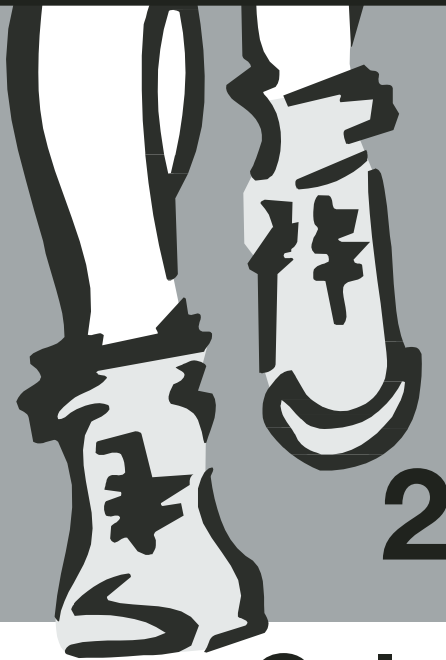
Be sure to keep your email address current to continue receiving Strider Stuff. Keep your mailing address current to receive your copy of the Streak and any other important news mailed to your home.

Most importantly—keep your membership current. You can check your expiration date as it is printed above your name in the address block on the back cover of your Streak. Renew online at www.Active.com or by printing an application from the Strider website www.annapolisstriders.org.

Current membership is required to participate in Annapolis Strider programs and race series.

Thank you for joining the Annapolis Striders. See you at the races!

Melissa Currence,
Membership Director



2006 Club Calendar

FEBRUARY 11 – SATURDAY

Valentine's 5K (1st leg of Championship Series – 24th Year)
Ellen McGee ellenmcgee@hotmail.com
& Joe Ross jensenjissan@aol.com
10:00 a.m. Kinder Farm Park

MARCH 5 – SUNDAY

B&A Trail Marathon & Half Marathon (15th & 11th Year)
Brad Chapman (bhchapman3@comcast.net)
7:30 a.m. Severna Park High School

APRIL 2 – SUNDAY

Cherry Pit 10 Mile Race
(2nd leg of Championship Series – 27th Year)
George Swatzbaugh gks3@msn.com
Ron Bowman lynron1@comcast.net
8:00 a.m. South River High School

MAY 7 – SUNDAY

21st Governor's Bay Bridge 10K Run
Melissa Currence mdg624@hotmail.com
8:00 a.m. Sandy Point State Park

JUNE 18 – SUNDAY

Dawson's Father's Day 10K
(3rd leg of Championship Series – 26th Year)
Dan Symancyk 410-544-1516 dfsym@att.net
8:00 a.m. Severna Park High School

JULY 8 – SATURDAY

Women's Distance Festival 5K/Run After the Women 5K
(27th & 22nd Year)
Melissa Currence mdg624@hotmail.com
& Ginger Andrews tkd4ufitness@aol.com
7:45 a.m. West Annapolis Elementary School

JULY 15 – SATURDAY

John Wall Memorial 1 Mile Track Run
(4th leg of Championship Series – 25th Year)
Will Myers 987-4883 wtmwants@aol.com
8:00 a.m. Broadneck High School

AUGUST 6 – SUNDAY

Dog Days 8K Cross Country Run
(5th leg of Championship Series – 23rd Year)
Race Director Needed for 2007
8:00 a.m. Anne Arundel Community College

AUGUST 27 – SUNDAY

31st Annapolis Ten Mile Run
Lisa Fontaine 410-268-2036 lisafontaine@comcast.net
& Craig Harrison 410-268-2079 craigharrison@comcast.net
7:50 a.m. Navy/Marine Corps Stadium

OCTOBER 1 – SUNDAY

Metric Marathon
(6th leg of Championship Series – 26th Year)
John Gallagher jgallagher@aoc.gov
8:00 a.m. Southern High School

NOVEMBER 4 – SATURDAY

Down's Park 5 Miler
(7th leg of Championship Series – 18th Year)
Don Higdon 410-266-0561 donhigdon@comcast.net
& Mike Busch 410-222-7300
8:30 a.m. Down's Park, Pasadena

NOVEMBER 19 – SUNDAY

Cold Turkey 10K (8th Year)
Donna Cogle rundonna1@aol.com
8:00 a.m. South River High School

DECEMBER 10 – SUNDAY

28th Anniversary Run 15K (28TH YEAR)
(8th leg of Championship Series)
Susan F. Zevin susanzevin@comcast.net
410-573-9424
10:00 a.m. Quiet Waters Park, Annapolis

Has Your Membership Expired?

Renew online at <http://annapolisstriders.org>
or fill out the renewal form on the back page
of this newsletter and mail, with your
payment, to:

**Annapolis Striders
Membership Director
8179 Forest Glen Drive
Pasadena, MD 21122**

*If you get a renewal reminder from Dolt Sports,
please disregard and contact Melissa Currence at
mdg624@hotmail.com.*

Where the Races Are

October 2006 - November 2006

Drag out the cold weather running gear, reflective vests and other accouterments of winter running. Okay, there may be a paucity of races but usually the ones put on are unique and interesting in their own, quirky ways. Don't let the winter conditions sideline you; think about a Spring marathon (maybe Boston) and try out one of these races to brighten the shorter winter days. Here's a repeat of some of the better websites (the links site on the Striders' website provides numerous good sites):

<http://www.marathonguide.com/>;

<http://www.runnersworld.com/channel/1,5032,s6-75-0-0-0,00.html>; <http://www.pmw.com/running>;

<http://www.racepacket.com/index.html>;

<http://www.races2run.com> (this is an excellent site for you beachgoers);

<http://www.runwashington.com/calendar/smu.html>;

http://www.marylandrunning.com/events/run_calendar.phtml.

The runwashington site is chock full of events near and far and the last site is a very current compendium of the events, better than what is reported here. In the interest of full disclosure, I remind you that—with limited exception—the compiler of this list of races does not include any race that occurs on the same day as one of the Strider sponsored races. Don't forget that when you're heading to distant venues, check out the local websites for their races—and remember to share your results with other Striders via Lisa Murphy. Again, here are some good websites for up-to-date race information: Good luck and have fun.

Oct 7, 8:00am, Great Allegany Run 15K & 5K, Cumberland, MD

Entry Fee \$15 by 10/02/06 - \$20 after

Contact: David Treber, 301-687-0644 dtreber@frostburg.edu

Website: www.qcstriders.org

Oct 14, Baltimore Marathon, Baltimore, MD

Contact: 800-487-0670

Website: www.thebaltimoremarathon.com

Oct 14, 8am, Oktoberfest Run, Hollidaysburg, PA

Distances: 1/2 marathon, 10k, 2 mile fun run/walk

Contact: LeeAnn Aurandt, 814-695-446,

Laurandt@hollidaysburgareaymca.org

Fax: 814-695-5748

Oct 28, Seaside 10 Miler, Ocean City, MD

Website: www.ococean.com

Nov 4, 9am, Jug Bay 10K, Upper Marlboro, MD (Patuxent River Park)

Contact: 301-627-7755

Website: www.pgparcs.com

(conflicts with Down's Park 5M)

Nov 12, Outer Banks Marathon/Half-Marathon, Kitty Hawk, NC

Website: obxmarathon.com

Nov 18, Sat, 7:00am, 44th Annual JFK 50 Mile Boonsboro, MD

Contact: Cumberland Valley Athletic Club, 1012 Valleybrook Drive, Hagerstown, MD 21742-3464, (301) 739-7004

Website: www.jfk50mile.org

Dec 3, Sun, 8:15am, Metric Marathon & 5K, Columbia, MD

Contact: John Worley, 410-730-0749

Website: www.striders.net

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2005 Championship Series Final Standings

Women Under 14	5K	10M	5M	1M	8K	10K	26.2K	Total	Winners
Megan Brennan	35	35	1	35	35	35	35	141	
Hannah Bonarrigo	1	35	35	35	35	35	35	141	
Women 14-19	5K	10M	5M	1M	8K	10K	26.2K	Total	
Stephanie Kurth	1	35	35	1	1	35	35	73	
Tina Tallon	35	35	1	35	2	35	35	108	
Kimmy Rohrs	35	35	2	35	35	35	35	142	
Women 20-24	5K	10M	5M	1M	8K	10K	26.2K	Total	
Kristen Heist	1	1	1	2	1	1	2	5	1st Place
Meghan Sheperd	2	35	2	1	2	2	1	8	2nd Place
Maryline Lefebvre	3	35	35	35	35	35	35	143	
Jody Grande	4	35	35	35	35	35	35	144	
Women 25-29	5K	10M	5M	1M	8K	10K	26.2K	Total	
Patricia Hicks	1	1	3	1	1	1	1	5	1st Place
Lauren Colvin	5	35	35	3	2	2	3	15	2nd Place
Corrine Shuck	3	3	35	2	35	35	35	78	
Nicole Pearce	35	2	2	35	35	35	35	109	
Claire Saxton	35	35	1	35	35	35	35	141	
Amy Mautino	35	35	35	35	35	35	2	142	
Shannon Teates	2	35	35	35	35	35	35	142	
Danielle Meyer	35	35	4	35	35	35	35	144	
Danielle Devito	35	4	35	35	35	35	35	144	
Tara Lord	4	35	35	35	35	35	35	144	
Women 30-34	5K	10M	5M	1M	8K	10K	26.2K	Total	
Andrea Williams	1	1	1	1	1	1	35	5	1st Place
Terri Daubert	5	2	3	35	2	2	1	10	2nd Place
Ann Heiser Buzzelli	11	5	2	5	4	3	35	19	3rd Place
Kim Couranz	4	3	5	4	3	35	35	19	3rd Place
Jennifer Schoenberg	2	35	35	2	35	35	35	109	
Michele Ogden	3	35	35	3	35	35	35	111	
Sarah Bell	35	35	4	35	5	35	35	114	
Colleen Klemens	35	4	6	35	35	35	35	115	
Christine Border	7	35	7	35	35	35	35	119	
Carol Chong	35	6	35	35	35	35	35	146	
Colleen Mitchell	6	35	35	35	35	35	35	146	
Elaine Aleshire	35	7	35	35	35	35	35	147	
Susan Hetrick	8	35	35	35	35	35	35	148	
Stephanie Pasternak-Bowers	9	35	35	35	35	35	35	149	
Marie-Christine Jolin	10	35	35	35	35	35	35	150	
Women 35-39	5K	10M	5M	1M	8K	10K	26.2K	Total	
Mary Lynn Hansen	1	35	1	2	35	3	2	9	1st Place
Cheryl Gilman	2	2	35	3	2	1	35	10	2nd Place
Leann Shuck-Gibbs	4	3	2	4	3	35	3	15	3rd Place
Elisa Velarde	9	7	4	5	7	2	4	22	4th Place
Ann Brennan	10	12	9	35	8	4	6	37	
Monica Lynch	8	11	6	9	6	9	8	37	
Lydia D'Wynter	12	35	7	8	9	5	35	41	
Suzanne Kopp	11	10	8	7	10	7	9	41	
Holly Marcum	3	4	35	1	1	35	35	44	
Kerri Reilly	35	35	35	6	4	8	5	58	
Michelle Martenis	6	5	3	35	35	35	35	84	
Lara Roeding	7	35	5	35	35	35	7	89	
Diane Lundy	14	35	10	35	11	35	35	105	
Chris Anne Spehar	15	35	35	35	12	10	35	107	
Jennifer Sullivan	35	1	35	35	35	35	1	107	
Sigrun Ortman	16	35	35	35	35	6	35	127	
Claudia Cunningham	35	35	35	35	5	35	35	145	
Kelly Walton	5	35	35	35	35	35	35	145	
Paula Loucas	35	6	35	35	35	35	35	146	
Tracy Devore	35	8	35	35	35	35	35	148	
Alice Chong	35	9	35	35	35	35	35	149	
Claudia Hays	35	35	11	35	35	35	35	151	
Karen Leutner	35	35	35	35	35	11	35	151	
Diane Casey	13	35	35	35	35	35	35	153	
Cheri Priestino	17	35	35	35	35	35	35	157	
Susan Noble	18	35	35	35	35	35	35	158	
Lisa Bonarrigo	19	35	35	35	35	35	35	159	
Women 40-44	5K	10M	5M	1M	8K	10K	26.2K	Total	
Jill Hargis	1	1	1	2	1	1	1	5	1st Place
Laurel Bell	35	2	5	3	3	3	35	16	2nd Place

Jane Meyer	4	4	6	4	4	6	35	22	3rd Place
Gaye Bugenhagen	3	6	7	5	5	5	6	24	4th Place
Lisa Murphy	7	9	11	7	10	8	9	40	
Ginger Andrews	12	11	12	8	8	7	7	41	
Sheryl Klaine	2	35	2	1	35	2	35	42	
Kathy Zurr	6	8	10	9	9	35	35	42	
Erin Hollamon	5	35	35	35	35	4	5	84	
Norie Bender	10	35	35	6	11	35	35	97	
Jennifer Lundeen	35	3	35	35	35	35	2	110	
Marjorie Boyd	35	35	3	35	2	35	35	110	
Katherine Carney	35	35	4	35	35	35	3	112	
Laura Keen	35	5	35	35	35	35	4	114	
Lori Marino	8	35	35	35	7	35	35	120	
Meredith Lecourt	35	7	9	35	35	35	35	121	
Sherie Cave	9	10	35	35	35	35	35	124	
Melanie Tucker	35	35	14	35	35	35	8	127	
Lisa Fontaine	11	35	13	35	35	35	35	129	
Virginia Hasbrouck	13	35	35	35	12	35	35	130	
Sue duPont	35	35	35	35	6	35	35	146	
Daffney Swint	35	35	8	35	35	35	35	148	
Women 45-49	5K	10M	5M	1M	8K	10K	26.2K	Total	
Helen Laird	3	1	1	1	1	3	35	7	1st Place
Ellen McGee	4	2	35	2	35	2	1	11	2nd Place
Pamela Anderson	6	7	35	4	5	5	5	25	3rd Place
Melissa Currence	8	8	6	7	4	4	4	25	3rd Place
Mary Ellen Mason	7	9	5	5	2	35	6	25	3rd Place
Jeanne Larrison	11	35	7	6	6	35	35	65	
Brenda Norman	35	5	4	3	35	35	35	82	
Eva Tucholski	9	35	35	35	3	6	35	88	
Susan Alhambra	12	35	8	35	7	35	35	97	
Alison Suckling	1	35	35	35	35	1	35	107	
Karen Koffler	2	35	35	35	35	35	2	109	
Kathy Sirois	35	4	2	35	35	35	35	111	
Debra Spatz	35	6	3	35	35	35	35	114	
Christina Caravoulas	10	35	9	35	35	35	35	124	
Maureen Rohrs	35	35	35	35	35	35	3	143	
Judith Weber	35	3	35	35	35	35	35	143	
Laura Treuth	5	35	35	35	35	35	35	145	
Tammy Mazzola	35	35	35	35	35	35	7	147	
Karen Kleis	35	10	35	35	35	35	35	150	
Julie Caverly	13	35	35	35	35	35	35	153	
Monica Cooke	14	35	35	35	35	35	35	154	
Women 50-54	5K	10M	5M	1M	8K	10K	26.2K	Total	
Mary Lang	1	1	1	1	1	1	35	5	1st Place
Maria Shields	2	2	2	2	2	2	35	10	2nd Place
Patricia Snodgrass	3	35	3	3	3	3	1	13	3rd Place
Arlene Rayburn	5	6	4	35	5	6	35	26	
Rhonda Spence	35	4	6	4	6	7	35	27	
Kathleen Hanson	8	8	8	5	7	9	4	32	
Kathleen Nowlin	6	35	9	35	4	35	3	57	
Donna Cogle	4	5	35	35	35	5	35	84	
Robin Dawson	35	7	35	35	35	35	2	114	
Diane Zoller	35	35	5	35	35	8	35	118	
Linda Ashburn	35	35	7	35	8	35	35	120	
Linda Scoggins	35	3	35	35	35	35	35	143	
Rita Twist	35	35	35	35	35	4	35	144	
Colleen Wilson	7	35	35	35	35	35	35	147	
Mary Curley	9	35	35	35	35	35	35	149	
Ilene Caroom	35	35	10	35	35	35	35	150	
Debbie Siedband	10	35	35	35	35	35	35	150	
Women 55-59	5K	10M	5M	1M	8K	10K	26.2K	Total	
Meredith Bonta	2	1	35	1	2	1	2	7	1st Place
Rae Jean Goodman	3	3	3	35	3	3	1	13	2nd Place
Andrea Shuck	5	35	5	2	5	4	35	21	3rd Place
Jackie Kellner	4	5	4	35	4	35	35	52	
Susan Zevin	6	6	35	35	6	5	35	58	
Rose Malloy	1	35	1	35	1	35	35	73	
BJ King	35	2	2	35	35	2	35	76	
Linda O'Boyle	8	35	6	35	35	35	35	119	
Jeanne Russell	35	4	35	35	35	35	35	144	
Sharon Serio	35	7	35	35	35	35	35	147	

Judith Bulliner	7	35	35	35	35	35	35	147	
Susan Gallagher	9	35	35	35	35	35	35	149	
Noreen Lynch	10	35	35	35	35	35	35	150	
Women 60-64	5K	10M	5M	1M	8K	10K	26.2K	Total	
Melinda Berge	1	35	1	35	35	1	35	73	
Darlene Conklin	2	35	35	35	35	35	35	142	
Women 70-74	5K	10M	5M	1M	8K	10K	26.2K	Total	
Yvonne Aasen	1	35	1	1	1	1	35	5	1st Place
Women 75-79	5K	10M	5M	1M	8K	10K	26.2K	Total	
Martha Trimmer	35	35	35	35	1	35	35	141	
Men Under 14	5K	10M	5M	1M	8K	10K	26.2K	Total	
Brenton Edwards	4	1	1	4	2	3	1	8	1st Place
Luke Gilman	1	35	35	1	35	1	35	73	
Evan Kurth	2	35	35	2	1	35	35	75	
Hamilton Tyler Jr.	3	35	35	3	35	2	35	78	
Jake Duabert	5	35	2	35	3	35	35	80	
Gus Daubert	6	35	4	35	4	35	35	84	
Matthew Hays	35	35	3	35	35	35	35	143	
Kyle Schoenberg	35	35	35	5	35	35	35	145	
Men 14-19	5K	10M	5M	1M	8K	10K	26.2K	Total	
Matt Gelety	35	35	1	1	35	1	35	73	
Steven Gelety	35	35	3	2	35	2	35	77	
Trevor Keen	1	35	35	35	35	35	35	141	
Christopher Norman	35	1	35	35	35	35	35	141	
Matt Litts	35	35	35	35	1	35	35	141	
Patrick Thayer	35	35	2	35	35	35	35	142	
Eddie Kirk	2	35	35	35	35	35	35	142	
Men 20-24	5K	10M	5M	1M	8K	10K	26.2K	Total	
Josh Dorsey	1	1	1	2	2	1	1	5	1st Place
David Walser	2	2	2	3	3	2	2	10	2nd Place
Matt Heist	3	3	3	4	4	3	35	16	3rd Place
Jeremy Corey	4	35	4	5	5	35	35	53	
Scott Koehler	35	35	35	1	1	35	35	107	
Justin Edwards	35	35	5	35	35	35	35	145	
Men 25-29	5K	10M	5M	1M	8K	10K	26.2K	Total	
Nathan Nudelman	1	2	1	1	1	1	3	5	1st Place
Scott Singler	2	3	3	2	3	3	35	13	2nd Place
Patrick Saxton	4	1	2	35	2	35	35	44	
Ryan Polk	35	4	4	3	35	2	35	48	
Patrick Dodson	35	5	35	35	4	35	1	80	
Robert Saunders	35	35	35	35	35	35	2	142	
Colin Rose	3	35	35	35	35	35	35	143	
Don Kitchen	6	35	35	35	35	35	35	146	
Men 30-34	5K	10M	5M	1M	8K	10K	26.2K	Total	
Christopher Daubert	1	1	1	35	1	1	1	5	1st Place
Christopher Mairs	2	35	3	1	2	35	2	10	2nd Place
Michael Ricciardi	6	4	4	2	3	4	4	17	3rd Place
John Klessinger	35	2	2	35	35	35	35	109	
Jim Calvert	3	35	35	35	35	2	35	110	
Karl Roy	35	3	35	35	35	35	3	111	
George Swatzbaugh III	35	5	35	35	35	3	35	113	
David Gonzalez	4	35	35	35	35	35	35	144	
Vince Fortunato	5	35	35	35	35	35	35	145	
Kevin Hetrick	7	35	35	35	35	35	35	147	
Men 35-39	5K	10M	5M	1M	8K	10K	26.2K	Total	
Thomas Johnson	2	35	1	1	1	1	35	6	1st Place
Robert Cawood	1	1	2	3	2	2	2	8	2nd Place
Christopher Sinclair	4	2	35	35	3	5	3	17	3rd Place
Tim Lowe	5	4	3	35	5	6	5	22	4th Place
James Hoffmann	7	7	4	4	4	12	6	25	5th Place
Stephen Morris	6	6	5	6	35	7	35	30	
Jeffrey Carlson	10	9	8	5	6	9	4	32	
Jose Romero	8	8	7	7	7	11	8	37	
Christian Zazzali	35	35	13	9	10	13	9	54	
Michael Coleman	35	12	14	10	12	16	35	64	
Edward Siegel	9	5	35	35	8	8	35	65	
Hugh Harris	3	35	35	35	35	4	1	78	
Roger Kizer Ball	35	35	6	35	9	10	35	95	
Greg Hilton	35	35	12	8	11	35	35	101	
Andy Moser	35	10	10	35	35	15	35	105	
Thor Young	35	3	35	2	35	35	35	110	

Joe Borneman	35	11	9	35	35	35	35	125	
Bobby Adams	35	35	11	35	35	14	35	130	
Mark Faccioli	35	35	35	35	35	3	35	143	
Mark Levett	35	35	35	35	35	35	7	147	
Blaise Brennan	35	35	35	35	35	35	10	150	
Michael Breen	11	35	35	35	35	35	35	151	
Abe Galvan	35	13	35	35	35	35	35	153	
Men 40-44	5K	10M	5M	1M	8K	10K	26.2K	Total	
Thomas Hattar	3	5	2	2	1	1	1	7	1st Place
Matt Mace	2	2	3	3	2	2	3	11	2nd Place
James Fitch	7	35	4	4	3	3	2	16	3rd Place
Leonard Hamilton	9	4	6	7	4	35	6	27	4th Place
Scott Gilman	8	6	7	6	7	4	11	30	5th Place
James Favret	10	8	8	9	6	5	5	32	
Hamilton Tyler Sr.	5	35	5	5	35	14	4	33	
Jon Schoenberg	1	1	1	1	35	35	35	39	
Richard Snyder	13	9	35	8	5	6	35	41	
Derek Ammons	14	10	12	12	11	8	9	50	
Trent Pitsenbarger	11	11	11	10	9	35	13	52	
James Falvey	17	35	15	11	10	10	35	63	
Ron Hooker	35	13	10	35	8	7	35	73	
Scott Thayer	16	17	20	35	35	11	12	76	
Marvin Solberg	35	35	16	13	13	35	14	91	
Kevin Lynch	35	19	17	35	12	35	15	98	
James LeClare	12	35	13	35	35	35	8	103	
John Ward	4	3	35	35	35	35	35	112	
Tim Carney	35	35	14	35	35	35	10	129	
Steven Hays	35	18	9	35	35	35	35	132	
Vassie Hollamon	15	35	35	35	35	13	35	133	
Brad Fish	35	35	18	35	35	12	35	135	
Michael Mulhern	6	35	35	35	35	35	35	146	
Peter Martineau	35	35	35	35	35	35	7	147	
Tim Mealey	35	7	35	35	35	35	35	147	
David Forsyth	35	35	35	35	35	9	35	149	
Michael Shevenell	35	12	35	35	35	35	35	152	
Jon Valentine	35	35	35	14	35	35	35	154	
Scott Frazier	35	14	35	35	35	35	35	154	
George Matthews	35	15	35	35	35	35	35	155	
Nelson Oquendo	35	16	35	35	35	35	35	156	
Alan Murray	18	35	35	35	35	35	35	158	
Kevin Powell	19	35	35	35	35	35	35	159	
Edward Miller	35	35	19	35	35	35	35	159	
Gregory Hill	35	35	21	35	35	35	35	161	
Men 45-49	5K	10M	5M	1M	8K	10K	26.2K	Total	
Wilhelm Anderson	1	35	35	2	1	1	2	7	1st Place
Gary Buchan	3	2	1	35	2	2	1	8	2nd Place
Paul Serra	2	1	35	1	3	3	35	10	3rd Place
Greg Clulow	8	4	2	3	5	5	5	19	4th Place
Robert Biddle	35	3	7	5	4	4	3	19	4th Place
Ross Heisman	35	5	3	7	6	35	6	27	5th Place
Dave Walser	5	15	6	4	11	6	7	28	
Eric Karandy	7	9	11	35	7	8	35	42	
Bob Zeminsky	12	11	10	10	12	9	35	52	
Tim Wheatley	16	13	13	11	9	11	35	57	
Clint Henderson	9	12	9	35	35	7	35	72	
Russell Roeding	4	35	4	6	35	35	35	84	
Matthew "Court" Treuth	6	7	35	8	35	35	35	91	
William Tham	35	10	35	9	35	35	8	97	
Douglas Silate	11	35	35	35	8	10	35	99	
James Lundeen	35	8	35	35	35	35	4	117	
John Danneberger	10	35	12	35	35	35	35	127	
Robert Kurth	13	35	35	35	10	35	35	128	
Bill Spizziri	35	14	35	35	14	35	35	133	
John Hendrick	17	35	35	35	35	12	35	134	
Barry Boyd	35	35	16	35	13	35	35	134	
Robert Warrilow	15	16	35	35	35	35	35	136	
Jeff Barnett	35	35	5	35	35	35	35	145	
Rich Burton	35	6	35	35	35	35	35	146	
Joe Quinn	35	35	8	35	35	35	35	148	
Hank Lobe	35	35	14	35	35	35	35	154	
Robert O'Shea	14	35	35	35	35	35	35	154	
Mike Kennedy	35	35	15	35	35	35	35	155	
Kevin Swint	35	35	17	35	35	35	35	157	
Steven Morgan	35	17	35	35	35	35	35	157	

Men 50-54	5K	10M	5M	1M	8K	10K	26.2K	Total	
P Michael Cunningham	35	1	1	1	2	2	1	6	1st Place
Michael Bergeson	1	9	4	2	3	5	3	13	2nd Place
Mike Lord	2	2	3	3	35	3	35	13	2nd Place
Douglas Burke	3	4	6	6	6	35	4	23	3rd Place
Larry Puglisi	4	7	8	7	5	6	15	29	4th Place
Donald Price	5	10	9	35	9	35	5	38	5th Place
Tom Dekornfeld	35	3	2	35	1	4	35	45	
Dan Kallemyn	35	12	11	9	8	9	35	49	
Ronald Bowman	6	14	12	8	13	14	15	53	
Jim Etchison	10	21	16	10	12	11	10	53	
Jon Sherbun	35	6	7	5	35	8	35	61	
Michael Anderson	35	8	35	35	10	7	6	66	
Bob Field	9	17	13	35	14	13	35	66	
Bill Woods	16	20	14	12	17	15	14	71	
Reggie Haseltine	14	19	35	11	18	18	12	73	
Keith Corner	35	35	15	35	11	12	7	80	
Patrick Bowhau	18	18	23	13	21	19	13	81	
Mike Higgins	35	35	5	4	35	35	2	81	
Steven Litts	7	35	35	35	7	35	9	93	
James Miller	35	11	35	35	16	35	8	105	
David Webster	35	35	35	35	4	1	35	110	
Mark Stover	8	35	35	35	35	10	35	123	
David Brault	35	5	35	35	35	35	15	125	
William Rohrs	35	35	20	35	35	35	11	136	
Craig Harrison	13	35	18	35	35	35	35	136	
Joe Ross	35	35	19	35	15	35	35	139	
David Bonney	17	35	17	35	35	35	35	139	
Donald Snodgrass	35	35	35	35	20	17	35	142	
Joe Dimarino	35	35	22	35	35	16	35	143	
Bill Peake	35	35	10	35	35	35	35	150	
Edward Cave	11	35	35	35	35	35	35	151	
James Kaufman	12	35	35	35	35	35	35	152	
William Jewell	35	13	35	35	35	35	35	153	
Philip Caroom	35	15	35	35	35	35	35	155	
Marc Siedband	15	35	35	35	35	35	35	155	
Michael Donnelly	35	16	35	35	35	35	35	156	
Thomas Frankhouser	35	35	35	35	19	35	35	159	
Robert Meyerson	35	35	21	35	35	35	35	161	
Men 55-59	5K	10M	5M	1M	8K	10K	26.2K	Total	
Eric Peltosalo	2	1	2	3	2	1	35	8	1st Place
Eric Gyaki	3	35	4	1	3	3	35	14	2nd Place
Dan Masterson	4	35	3	2	7	35	1	17	3rd Place
John Gallagher	7	3	7	5	4	2	9	21	4th Place
Charlie Muskin	8	5	9	4	8	5	4	26	5th Place
John Curley	10	6	8	6	10	6	6	32	
Robert Edwards	13	8	11	8	9	7	7	39	
Dan Symancyk	16	4	19	35	15	4	2	41	
William Myers	9	12	12	11	14	8	5	45	
Joe Layton	11	35	14	9	35	10	8	52	
Ronald Jarashow	14	9	15	10	11	11	35	55	
Peter Boice	6	35	6	7	6	35	35	60	
Dennis Meyer	15	10	17	35	13	12	35	67	
Ronnie Wong	1	35	1	35	1	35	35	73	
Todd Olson	5	35	5	35	5	35	35	85	
Jon Meyer	35	35	13	35	12	9	35	104	
Eric Fromm	35	2	35	35	35	35	3	110	
Richard Aulbach	12	35	10	35	35	35	35	127	
Christopher Riley	35	35	18	35	35	13	35	136	
John Mowrey	35	7	35	35	35	35	35	147	
Edward Shores	35	11	35	35	35	35	35	151	
David Peterson	35	35	16	35	35	35	35	156	
Men 60-64	5K	10M	5M	1M	8K	10K	26.2K	Total	
John Kirkpatrick	1	1	1	35	1	1	1	5	1st Place
Joseph Clorety	2	3	8	1	2	3	4	11	2nd Place
Christopher Lee	3	35	2	35	3	2	3	13	3rd Place
Tom Bradford	4	4	5	3	4	4	5	19	4th Place
Allen Veasey	6	6	6	4	5	35	6	27	
Alan Wycherley	8	8	9	35	6	6	7	35	
Fred Shanklin	11	9	10	5	7	7	8	36	
Chris Riley	35	2	3	35	35	35	2	77	
Robert "Brev" Moore	5	35	4	2	35	35	35	81	
Clark Rehberg II	35	35	7	35	35	5	35	117	

Don Higdon	9	5	35	35	35	35	35	119	
Evan Thomas	7	7	35	35	35	35	35	119	
Joseph O'Boyle	35	35	13	35	8	35	35	126	
Ed Ryznar	10	35	11	35	35	35	35	126	
Rick Cullen	35	35	12	35	35	35	35	152	
Men 65-69	5K	10M	5M	1M	8K	10K	26.2K	Total	
Don Singer	1	1	35	1	1	1	1	5	1st Place
Peter Salmon Cox	2	2	1	3	3	35	2	10	2nd Place
Neal Hinkle	3	4	5	4	4	3	35	18	3rd Place
Thomas Goodridge	35	35	2	2	5	35	35	79	
Clair Morris	4	35	3	5	35	35	35	82	
Bill Derr	35	35	35	35	2	2	35	109	
Kenton Pattie	35	35	35	35	35	35	3	143	
William Rogers	35	3	35	35	35	35	35	143	
Bruce Rogers	35	35	4	35	35	35	35	144	
Men 70-74	5K	10M	5M	1M	8K	10K	26.2K	Total	
Milt Taylor	35	1	1	1	1	1	1	5	1st Place
Brad Chapman	1	2	2	2	2	2	2	9	2nd Place
William Douglas	2	35	35	35	35	35	35	142	

last updated 12/17/05

PLEASE NOTE:

Awards for 2005 will be based on your best standings in 5 of the 7 total races held.

No. awards based on age group qualifiers (5 or more races): 3 for up to 6, 4 for 7 or 8, 5 for 9 or more.

Club members with dues paid will be automatically included after completing any of the 7 Series races.

If you are excluded from a race, check your membership status to ensure it has not lapsed.

Prepaid entry in the Series is advised for your convenience, but not required to participate.

Age Groups are based on age as of January 1, 2005 and remain the same for the whole series.

Runners in bold are potential Ironmen, having done all Series races to date.

Duplicate awards are given for ties and don't remove later places from the award sequence.

The 10M race for the Series is the Cherry Pit, not the Annapolis 10 Mile Run.

Worker's Run participants are placed last in their age groups for a race.

Once included in the standings you get a 35 for any missed Series race.

The latest results are posted on our Web site: annapolisstriders.org

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The purpose of the organization is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running.

Article 11, By-Laws of the Annapolis Striders

The Streak, published bi-monthly, is the official newsletter of the Annapolis Striders, Inc., P.O. Box 187, Annapolis, Maryland 21404-0187. Letters to the Editor, as well as other articles, are welcome. Permission is hereby granted to reprint any article appearing herein provided the source is acknowledged. Permission cannot be extended for copyrighted materials.

**Deadline for the January 2007
issue is December 1, 2006.
Please e-mail your articles, tidbits,
race results and general newsletter
materials to Susan Zevin, Editor
susanzevin@comcast.net
410-573-9424**

Discounts for Members Only...

THE ATHLETE'S FOOT

Annapolis Mall next to JC Penney
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Sports Massage, Inc., Millersville, Maryland
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Therapist; 20% off first massage; 30 minute,
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Gotta Run offers individual foot gait analysis
to ensure proper fit and function of shoes for
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15% discount for Annapolis Striders
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NUTRITION MADE EASY

Amy Mautino R.D., L.D.N.
410-570-4898 / fuelforfitness@yahoo.com
20% off initial consultation
Specializing in sports nutrition and
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Production Schedule

The Streak is published quarterly beginning with the month of January and concluding with an October issue. Deadlines for copy are as follows: For the January issue, Dec. 1; for the April issue, March 1; for the July issue, June 1; for the October issue, September 1.

Advertisement Space Availability

Advertisement (ad) space can be purchased on an annual or per issue basis. Ads purchased on an annual basis will receive a 15% discount, if requested. Ads purchased require payment prior to the first of the month prior to the next publication. To ensure your ad is displayed, payment must be received by the Editor prior to the copy deadline.

Rates: To reserve ad space or send your payment contact the Editor at susanzevin@comcast.net or mail your payment to the Editor, The Streak, 233 Cape Saint John Road, Annapolis, MD 21401

ANNAPOLIS STRIDERS

RACE SCHEDULE & APPLICATION FORM

INSTRUCTIONS: Fill out the entry information. Note the Strider Race you are registering for by checking the appropriate box. If you are registering for more than one race, photocopy this application and fill out one for each race. You must submit a separate application form and fee for each race. Send checks only, no cash by mail. All applications are available online at our website www.annapolisstriders.org.

28TH ANNIVERSARY 15K RUN Eighth and Final Leg of Championship Series

(Information about this race can be found at:
www.annapolisstriders.org/races/theanniversaryrace.html)

Race Director: Susan F. Zevin, 410-573-9424
susanzevin@comcast.net

Race Date & Time: December 10, 2006, 10:00 a.m.

Race Location: Quiet Waters Park, Annapolis, MD

Race Fees: Free to Annapolis Striders if pre-registered by
December 2, 2006.

\$4.00 for Non-Striders if pre-registered by December 3, 2005.

\$5.00 for all race day entries. All runners welcome.

Make check payable to Annapolis Striders, Inc.

NO CASH BY MAIL.

Send check with form to: June Schneider, Anniversary Run,
773 Brushwood Court, Millersville, MD 21108

DO NOT MAIL AFTER DECEMBER 2, 2006.

METRIC MARATHON Sixth Leg of 2006 Championship Series

(Information about this race can be found at:
www.annapolisstriders.org/races/metricrace.html)

Race Directors: John Gallagher: jgallagh@aoc.gov

Race Date & Time: October 1, 2006, 8:00 am

Race Location: Southern High School, Harwood, MD

Race Fees: \$3.00 Striders; \$4.00 Non-Striders;
\$5.00 All Race Day Registrations

DOWN'S PARK 5M TRAIL RUN Seventh Leg of Championship Series

(Information about this race can be found at:
www.annapolisstriders.org/races/downsparkrace.html)

Race Director: Don Higdon, 410-266-0561

Race Date & Time: Saturday, November 4, 2006

Race Location: Down's Park, Pasadena, MD

Race Fees: \$3.00 Striders; \$4.00 Non-Striders;
\$5.00 All Race Day Registrations

Make check payable to Annapolis Striders, Inc.

NO CASH BY MAIL.

COLD TURKEY 10K

(Information about this race can be found at:
www.annapolisstriders.org/races/coldturkeyrace.html)

Race Director: rundonna1@aol.com

Race Date & Time: November 19, 2006, 8:30 am

Race Location: South River High School, Edgewater, MD

Race Fees: \$3.00 Striders; \$4.00 Non-Striders;
\$5.00 All Race Day Registrations

28th Anniversary 15k Run Metric Marathon Down's Park 5m Cold Turkey 10k

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ CITY/STATE _____ ZIP _____

AGE _____ BIRTHDATE [/ /] GENDER M F ANNAPOLIS STRIDER YES NO

You **MUST** write in your Birthdate!

WAIVER AND RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I shouldn't participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather and road and traffic conditions, these risks being known and appreciated by me. Having read this Waiver Release and considering the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

MANDATORY



RENEWAL REMINDER

**Attention Annapolis Striders! Is your membership about to expire?
Current membership is required to participate in our club programs and series.
Check your expiration date as it appears above your name in the address
block on the back cover of the Streak. Renew online at www.Active.com or
by printing an application from our website www.annapolisstriders.org.**

PLEASE PRINT LEGIBLY or your renewal will be returned.

Mail with check payable to: Annapolis Striders
8179 Forest Glen Dr.
Pasadena, MD 21122

Circle one: Renewal Information change

Type of Membership requested: circle one

Junior (under 18) - \$6

Individual: 1 year - \$15

2nd member- same address - \$10/year

2 years - \$28

5 years - \$70

Family (3 or more): 1 year - \$30

2 years - \$55

5 years - \$140

Amount enclosed: \$_____

Name: _____ Gender: M or F

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail _____

Birthdate: _____

Additional Family Membership Information:

Name: _____ Name: _____ Name: _____

Birthdate: _____ Birthdate: _____ Birthdate: _____

Gender: M or F Gender: M or F Gender: M or F



Annapolis Striders, Inc
Post Office Box 187
Annapolis, Maryland 21401-0187

ADDRESS SERVICE REQUESTED

