

# STREAK

VOLUME III  
NUMBER 4



## ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.  
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# "STREAK"

# ANNAPOLIS STRIDERS

volume III number 4

october 1981

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### TABLE OF CONTENTS

Mike's Memoirs  
Editor's Remarks  
Adidas Art  
Dear Alice  
Money NEWS  
Running Shorts  
Cookin' on the Run  
Training Tips  
The Best of the Streakers  
Whats Coming Up  
Race Results and Standings  
Advertisement

The STREAK, a bi-monthly publication, is the official communicative device of the Annapolis Striders, P.O. Box 187, Annapolis, Maryland 21404. Letters to the Editor, as well as other articles, are heartily solicited and may be sent to the above address. Permission is hereby granted to reprint any article appearing herein provided that the source is acknowledged. Permission cannot be extended for material from a copyrighted source.



# MIKE'S MEMOIRS

Dateline - September 13

\* Congratulations to Walt Eilers and his crew of hundreds for a job well done: the 6th Annapolis Run was once again a tremendous success. I stood at the top of the stands in the Navy-Marine Corps Stadium and watched the 1500 runners who showed up head off from the starting line. It sent chills down my spine. I'd witnessed a large part of the planning and done some work on the race myself so it was a thrill to see the culmination of all the efforts as a sea of color spread out below me.

As many of you know, I run a good number of races each year but like many Striders I always work the Annapolis Run. I ran it once 4 years ago but that wasn't half as much fun as helping put on the race.

Walt is stepping down from his race director's post after 2 years of selfless devotion to the race. John Gudas has already come forward to take up the challenging job. Planning is already starting for next year. Please become a worker too. We had a hard time getting enough help in 1981, let's not have a repeat of this in '82.

\* A motion was passed at a recent board meeting that proceeds from the Annapolis Run be donated to the Annapolis Police and Fire Fighters to start an exercise program. It has come to our attention that this type of program is sorely needed and will benefit not only these men and women but the Annapolis community as a whole.



If you want to be in on decisions of this variety, come to our board meetings: the second Monday of every month, 7:30 PM, the Arundel Center.

\* Many Striders will be travelling to the New York City Marathon, October 25th. Besides looking for lodging up there the club is looking for inexpensive transportation. If anyone is taking a van or knows of one which would be available, please call the HOTLINE. If you would like to join this group venture, get in touch also.

\* A recent meeting was held to organize a youth program in the Striders. In attendance was one Stroher "Stretch" Washington, who coaches the Arundel Antelopes for all children up to the age of 18. It has been agreed that the Antelopes

will become another associate group with the Striders, joining the jAAGHers, which was our first affiliate. We hope to eventually have a cross country program in the fall, indoor track in the winter, and track in the spring and summer. This will be developmental and competitive in whatever mix the youth desires.

For more information, contact me or Stretch. His phone 721-1609.

\* We need more people to head our smaller races and runs. These are easy jobs, they just take a little time, something which race/runs chairman Don Waddington has given too much of recently. Listen to the HOTLINE for the next meeting of his committee. He needs your help.

\* In case you haven't heard, the Maryland Marathon is no more. It is now the Baltimore Marathon, to be run through the streets of "Fun" City--no more Satyr Hill. The Striders traditionally man a water stop for the race and will again this year. Join us, it will be fun (November 29th.)

\* Take special note that our Cold Turkey 20K has been moved to December 12th. I've been watching the championship series heat up so correct your calendars so you can gobble up those hills.

\* Back to the Annapolis Run. Congratulations to all who put in the miles and turned in great performances from Ray Harrison, masters runner par excellence, to John Shaw, youngest finisher. And don't forget award winners Marge Cochran and Anne Barnett. I don't know if Mark Donahue or Jeanie Libutti claim to be Striders at this point but as 4th overall and 1st sub-masters woman finishers we'll claim them as our own!

\* Mayor Richard Hillman stormed the course of the Nike Marathon for a PR of 3:16:35. It's a long way to Eugene Oregon but I highly recommend this race: weather conditions are ideal and the course is flat and well marshalled....Unlike Gettysburg which deserves the lowest marks in terms of organization. Last year the course was highly inaccurate; this year runners got to water stops only to be asked what they wanted which was then poured for them or they sent out for it. Don Waddington suffered through this in 3:31.

\* Plans are being finalized for a series of seven Run For Your Life fun runs at Anne Arundel Community College to start October 11th. Strider, Bill Vogenitz is in charge. This is geared primarily for the beginner though all are welcome. Meet at the track of the A.A.C.C. for a 2 PM start on Sundays. Bill's phone: 974-7994. Distances 1 and 2 miles.

Keep the Pace,

*Mike*

And then she said,  
"But the babys been  
fussy all day..."



# EDITORS REMARKS

## KIDS DESERVE ATTENTION

Steve Hull, in his farewell letter, stated that he felt the Striders should do more for children up through age 12. Steve has a real point there. Children need physical exercise.

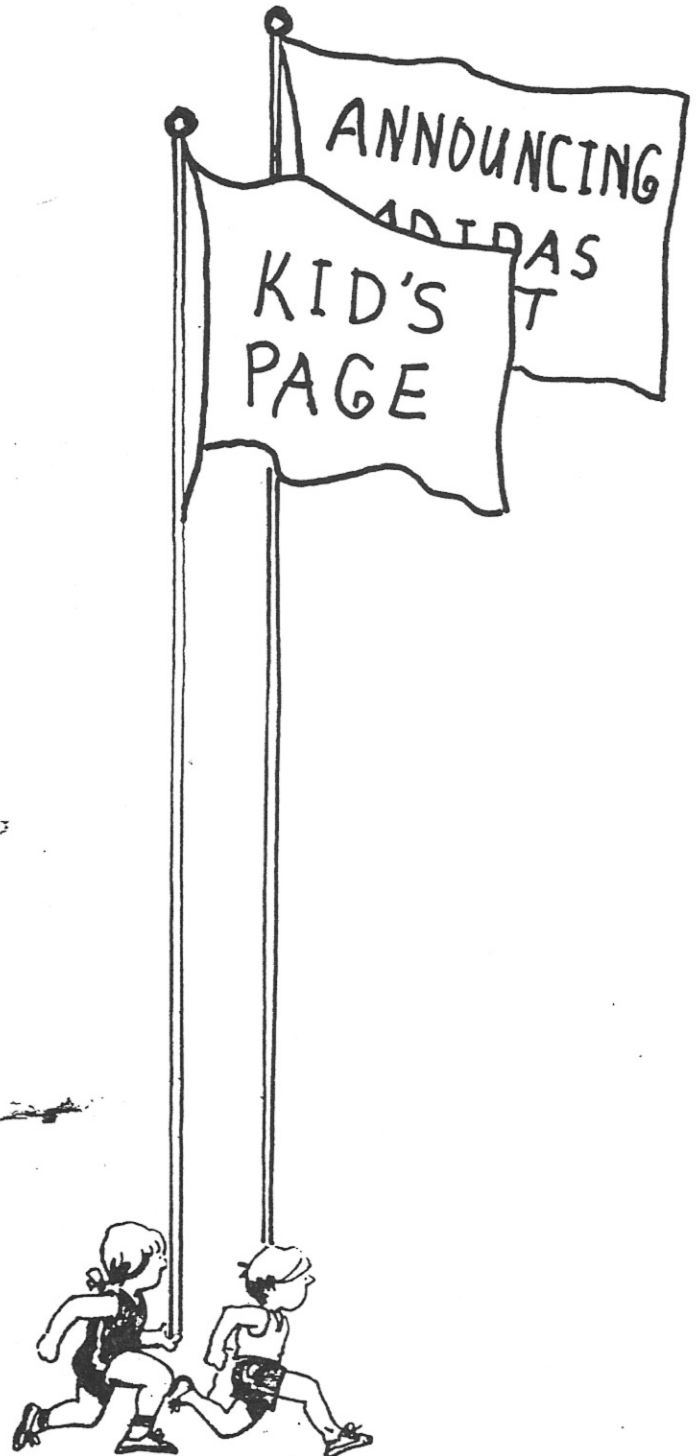
When our 5 children were little they ran every day. It wasn't anything formal but evolved from unstructured, spontaneous play which can add up to miles. One of my fondest memories is of one of our sons dashing across the clearing brandishing his wooden sword, his Batman cape streaming out behind him (you have to sprint to keep a cape afloat.)

They invented games. One was an all season game called Buggerman. I never did learn the rules but it was always played at dusk or later with all the neighborhood children participating. It was punctuated by silence followed by intervals of thunderous stampedes around the house (we gave up on the grass.)

Then the older children grew up and went away to college. A family of boys moved away. And suddenly, it seemed, there was no one to play with. That was when organized sports gained importance. Two interested teachers started a track club at our elementary school. The kids ran a cross country mile every day before lunch. They participated in invitational mile runs. It was hard work but it was fun and rewarding. The motivation, somehow, came from within the children and not from pressure from parents.

Hopefully, the Striders program for children under 12 will be something the kids can feel is their own. Perhaps the Streak can help by devoting the Adidas Art page occasionally to the kids. They could submit artwork and articles. Its worth a try.

-Yvonne Aasen



# "Adidas" Art



This is a shadow study by Stuart Aasen inspired by the illustration for the "Farewell, Pheidippides" chapter of Jim Fixx's Second Book of Running.

# "Adidas" Art cont.

# DEAR ALICE

Boys and girls, we need your input.  
Ask your mom or dad for an envelope  
and stamp and send your entries to:

ADIDAS ART  
P.O. Box 187  
Annapolis, MD 21404

Here are things we need:

Poems  
Rules for your favorite running  
games  
Articles--how you felt running  
your first, or latest,  
road race  
Artwork

## example:

A young lad sat down in his home,  
To write a three stanza poem.  
Then went out for a run;  
Just for the fun;  
And said "Next I'll start on a tome!"

Do you believe  
in clubs for  
children?

Yes, if  
kindness  
fails.



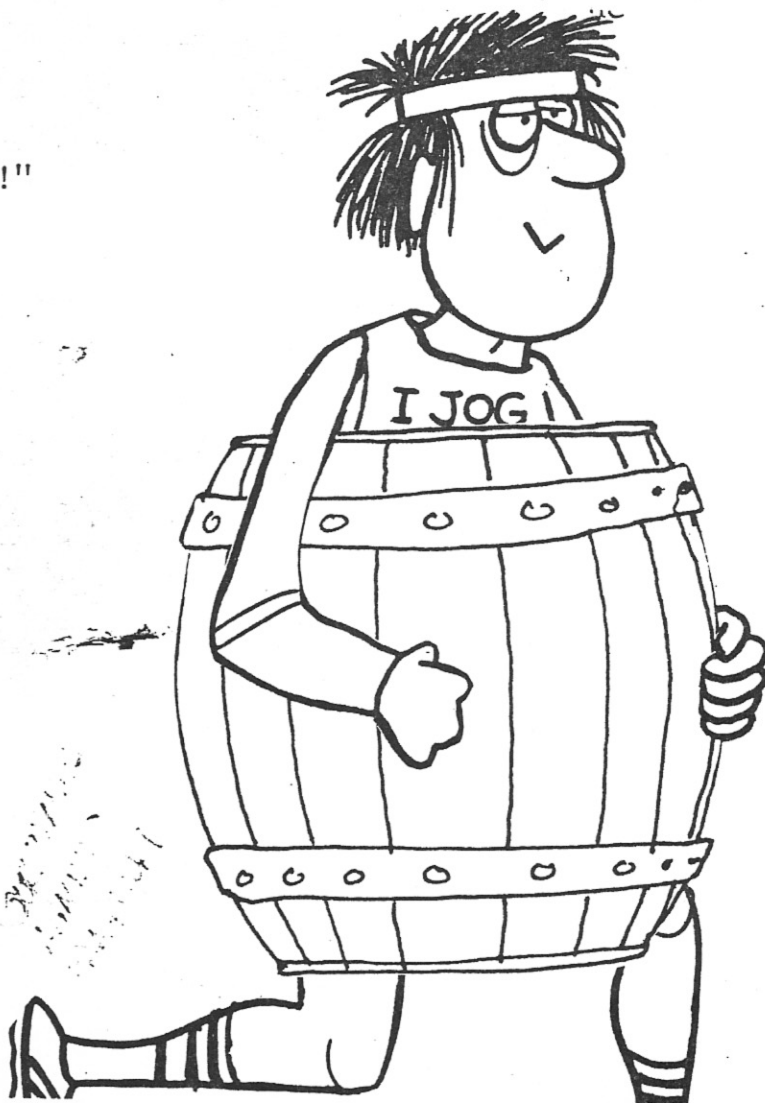
EDITOR ADDS STREAK TO VOCABULARY

Dear Readers,

When I got into running I discovered I had to learn an entire new vocabulary. There were words I had never known before and new meanings for old words. Words, for example, like splits, intervals, fartlek, and streak.

Let's take a closer look at streak. It's a time period of weeks, months, or years in which a runner runs every single day! If you have ever streaked, let me know. The results could be revealing.

*Yvonne Aasen*  
647-0879



# RUNNING SHORTS

OR COULD IT?

Have you ever had a fear of taking a wrong turn on a race course and getting lost? It can happen. Phil Jackman wrote of just such an incident last spring in his column "Running with Jackman," which appears Friday evenings in Baltimore's The Evening Sun.

It happened at a 10k road race in Chicago sponsored by Orange Crush. They had one of the hottest racers in the country, Craig Virgin, on hand to draw the crowds.

At the last minute the starting line was changed to the middle of a field. Watch out for the ditch and take that hairpin turn at the corner!

The starting gun sounded and the field took off. They weren't gone ten minutes when runners were strewn all over the countryside. With Virgin in the lead he and his followers headed south and covered about five miles. The others headed in the opposite direction and raced about eight miles. No water. No splits. No finish line!

The race director offered to refund entry fees--or stick around for a fun run with Virgin.

It makes our well planned, well marked Annapolis 10 Mile Run sound like Nirvana. It couldn't happen to us.

-YA



# COOKIN' ON THE RUN



## BELTWAY STRIDER'S EGGS

- $\frac{1}{2}$  cup scallions, chopped
- 2 large tomatoes, chopped & drained in a sieve to remove excess juice
- $\frac{1}{2}$  cup green pepper, chopped
- 2 t. salt
- $\frac{1}{4}$  t. pepper
- 2 cups cheddar cheese, grated ( $\frac{1}{2}$  lb.)
- 12 eggs, beaten (add more eggs if thicker consistency is desired)

In a large bowl combine all ingredients and mix thoroughly. Reserve a small amount of the grated cheese to sprinkle on top. Pour mixture into a greased (I used Pam.) 13x9x2 inch baking dish and bake at 350 deg. for 30 min. or until set (when knife inserted comes out cleanly). Serves 8 (Serves more if you have several side dishes)

(Recipe from Cooking On The Run by Heather Sturt Haaga & Joyce F. Hartley and printed with their permission)

This is a fast, simple, and delicious dish. I served it to eight hungry runners and non-runners after the Annapolis 10 miler and they loved it! Try it with fresh fruit, muffins, or Barclay's Banana Bread (Streak, vol. III, no. 1, Feb., 1981).



Dear Alice,

I want to add a personal thank you to The Jogger and the National Jogging Association for permitting us to use their artwork. It certainly added sparkle to our pages.

Membership in the NJA has been a great help to me personally the last three years in my beginning running efforts. They provided me with incentive through their book, Guidelines For Successful Jogging, and their newsletter. It was through the newsletter that I learned of the value of a running club and joined the Annapolis Striders.

The NJA changed their name in July. They are now called the American Running and Fitness Association (AR & FA). The image change was sparked by the umbrage runners felt over being called joggers and to reassure joggers that they are runners--both are interested in fitness.

Thanks again AR & FA (if you're reading this.)

*Yvonne Asen*



# MONEY NEWS

## CASH FLOW STATEMENT

August, 1981

Income	\$1,136.10
Expenses	87.01
Excess of income over expenses	1,049.09
Balance, beginning of month	13,668.88
Balance, end of month	14,717.97

### Monetary Assets:

Money Market Account	\$ 12,300.00
Savings Acct.	1,073.33
Checking Acct.	350.09
Cash	994.55
	<u>\$ 14,717.97</u>

### Accounts Due:

Best Impressions	\$ 252.35
Annapolis Run	12,200.04
Athlete's Foot	448.73
Whitmore Print.	158.00
	<u>\$ 13,059.12</u>



"Mom, do you think winning that race went to Dad's head?"

## TRAINING TIPS

### TRAINING FOR SHORT DISTANCE RACES

by Trudy Trumpy

It appears that in our efforts to further the training of long distance runners, we have neglected those Striders members interested in pursuing the 10km race. Everyone who runs doesn't need or desire to do a marathon. However, we all need to reach a comfortable level of running which challenges us.

Since we have several short distance races approaching this fall, I asked Ben Moore, famous for his training runs on weekends, to offer a schedule for training for a 10km race or fun run (see accompanying calendar). You will find that each day alternates between hard and easy runs. He has suggested an 8½ or 9 minute pace for hard, which might be faster than race pace. An easy run is a 9 or 9½ minute pace; running comfortably--on the weekend a slow long distance--conversational speed.

Other suggestions: Do not skip the long easy run. Have one full day's rest from running--you can substitute a swim or bike ride. Strive for at least 3 runs per week and Saturday. The week before the race, wind down: And enjoy our Indian Summer...

Thank you Ben!

Type of run ----- Mileage →			Hard ----- 2	Easy ----- 1	Hard ----- 2	3 Slow ----- 3
4	5	6	7	8	9	10
----- Rest	Hard ----- 2	Easy ----- 3	Hard ----- 2	Easy ----- 3	Hard ----- 1	Slow ----- 4
11	12	13	14	15	16	17
----- Rest	Hard ----- 2	Easy ----- 3	Hard ----- 2	Easy ----- 4	Hard ----- 2	Slow ----- 5
18	19	20	21	22	23	24
----- Rest	Hard ----- 3	Easy ----- 2	Hard ----- 4	Easy ----- 3	Hard ----- 4	slow ----- 6
25 Pre-race week →	26	27	28	29	30	31
----- Rest	Hard ----- 3	Easy ----- 3	Hard ----- 2	Easy ----- 2	Easy ----- 2	Swim or ride bike ----- Rest



Pair of New Balance 420's - Lady's shoes.  
Size 8B Used 5 times, burnt out toes.  
\$20. Call San Chastain at Best Impressions  
262-2612

## ATHELETE'S FOOT

10% DISCOUNT now available on clothing and accessories in addition to the 10% discount on shoes at the ATHELETE'S FOOT for all Striders.

# The Best of the STREAKers

Several months ago The Streak interviewed a well known bearded runner. We asked for a suggestion of a female to talk to for our next interview. He suggested Gert Spadone.

Other runners also mentioned Gert as a likely candidate for a story in The Streak. If you know this young and beautiful grandmother, I'm sure you agree with our choice.

Gert Spadone began running three years ago. "My husband (Dan) was running at the time. So I just started running, too," says Gert. She completed her first marathon last November as one of Moore's Marines in the 1980 Marine Corps Marathon. Shortly after that she fractured her knee cap.

The first time this reporter met Gert she came to help collate the newsletter. She came uninvited, with a cane and she hobbled around the table for two hours.

Gert says the best races she has entered are "any that I won." She was first in her age group in a 10K in Tampa, Florida. She was 2nd in her age group in the 1980 Annapolis 10-mile. She was first in her age group in the 1st B & A race.

Her favorite male runner is Ben Moore. However, Ben now has competition for this honor. Currently Gert has been running with a twelve year old boy who happens to have asthma. They are running five miles two times a week in training for the Key School Run on October 25.

They began their training in July. First they worked up to one mile, then two, etc. When they had run five miles for the first time, Gert asked Bruce how he felt. He said it could never top the way he felt when he ran his first mile.

The Striders are fortunate to have Gert Spadone as a member. Watch for Gert and her friend, Bruce, in the Key School Run.

# WHATS COMING UP

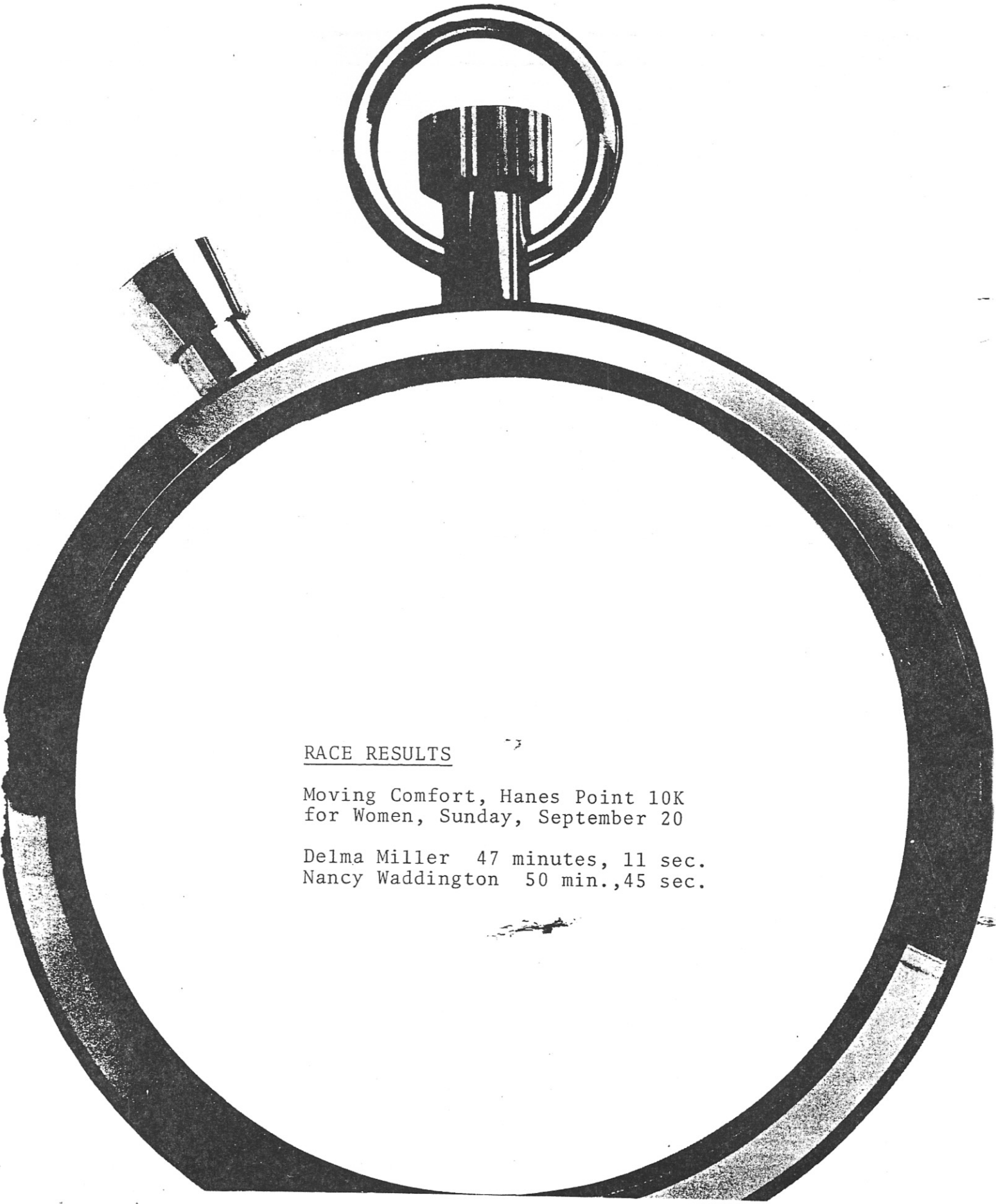
<u>DATE/TIME</u>	<u>EVENT</u>	<u>PLACE</u>
10/10-9 AM	Fun Run-1 mi. on track, 2 mi., 8 mi.	AACC Track Parking Lot
10/11-7 AM	JFK Training Run-50 K	D.C.-Steps of Capitol
10/24-7 AM	USNA Homecoming 1 mi. Fun Run, 4 mi. race	USNA Field House
10/25-9 AM	Key School Run 10K	Hillsmere-Key School
11/1-9 AM	Marine Corps Marathon (Training for this Marathon every Saturday & Sunday--7AM--Annap. Mall & 450)	D.C.
11/8-10 AM	Sandy Point Fun Run 2/5 mi.	Sandy Pt. State Park
11/15-10 AM	Predicted Time 4/1 mi. Fun Run	USNA Golf Course
12/12-10 AM	Cold Turkey 20K-#6 in Championship Series	South River High
12/27-11 AM	Anniversary Run 15K-#7 in Championship Series	USNA



"My pace or yours?"

—YA

# RACE RESULTS AND STANDINGS



RACE RESULTS

Moving Comfort, Hanes Point 10K  
for Women, Sunday, September 20

Delma Miller 47 minutes, 11 sec.  
Nancy Waddington 50 min., 45 sec.

YE OLDE SEVERNA PARK TO ANNAPOLIS ROAD RACE

Ah, to look back just once to the way things were and relive it! Seven participants of the original race did just that on September 7th in a sentimental Severna Park to Annapolis Nostalgia Run. They all placed very well in their categories. Here are the race results:

1st Helicopter Politician to cross the finish line....  
John Astle  
1st Runner With Blond Hair Over 40...Phyllis Beardmore  
1st Race Director.....Randy Fox  
1st Youngest Runner.....Debbie Fox  
1st Runner With Curly Hair.....Donna Jay  
1st Blond Under 40.....Bonnie Phillips  
1st Veterinarian.....Barton Rohrbach

Race results for invited guests were equally exceptional:

1st Runner With Glasses.....Jayne Astle  
1st Italian.....Jim Magliano  
1st USNA Graduate.....Rick Rohrbach  
1st Marine Biologist.....Ben Florence  
1st Track Coach.....Doug Jovan

Refreshments were served to all finishers compliments of Dockside Restaurant in Annapolis.



This is our first advertisement, I think. It is actually a quarter page ad, but we are playing it up so that everyone will notice. If you are interested in advertising in the Streak, contact Alice Weathersbee, Editor, at 224-4723 (day) or 268-1012 (evening).



**Does your life style sprint ahead  
of your energy?**

Do you have:

- ★ secretary slump
- ★ housewife blues
- ★ parents short fuse
- ★ joggers aches & pains
- ★ executive 4:00 headache

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**Treat yourself to a  
Therapeutic Massage**

---

**Linda Ann Ford  
Annapolis 301-757-0682  
Massage Therapist**

