

STREAK

VOLUME V
NUMBER 6

DECEMBER 1983



ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.
P.O. Box 187
Annapolis, Maryland 21404

BULK RATE
U.S. POSTAGE
PAID
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ANNAPOLIS, MD.

Non-Profit Organization



Mo. Day Yr.

 Date Joined

Annapolis Striders

Mail To
 (Send no cash)

MEMBERSHIP
 Annapolis Striders, Inc.
 P.O. Box 187
 Annapolis, MD 21404

MEMBERSHIP APPLICATION & RENEWAL FORM

Last Name First Name Initial
 Birth Date Mo. Day Yr.
 Sex Male Female

Mailing Address Street (Include Apt. No.) City State

Zip Code Area Code Business Phone Area Code Home Phone
 Membership Renewal Yes No Address Change Yes No

Occupation Signature

**AS A VOLUNTEER, I'D LIKE TO WORK
 ON THE FOLLOWING COMMITTEE(S)**

Race/Runs News-letter Property/Awards Member-ship Publicity Clinics/Training

DUES:

Individual \$8
 Family \$12
 Fulltime Student \$4

Today's Date

INCLUDE FAMILY MEMBER INFORMATION HERE

First Name	Initial	Birth date		
		Mo.	Day	Yr.
<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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268-1165

AREA CODE 301

THIS IS THE 24-HOUR PHONE NUMBER
 OF THE ANNAPOLIS STRIDERS



- Shirts are also available at Strider runs and at the Athlete's Foot, 121 Main St., Annapolis, where we maintain an events and club bulletin board.
- Call for information on coming events and to leave messages 24 hours a day: (301) 268-1165.
- When requesting information by mail, include a long, self-addressed, stamped envelope.
- Please allow 2 weeks for processing this application. You will be sent a membership card good for discounts on running gear at selected area stores.
- The Annapolis Striders, Inc. is a non-profit, charitable organization. Your tax-deductible donation is welcome.

ORDER FORM FOR T-SHIRTS

S	M	L	XL	ONE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STYLE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$6.00 each

Add \$1.00 for mailing

ORDER FORM FOR TANK-TOPS

S	M	L	XL	ONE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STYLE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$8.50 each

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ORDER FORM FOR SWEATSHIRTS

S	M	L	XL	ONE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STYLE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$11.50 each

Add \$1.00 for mailing

NAME

PHONE

ADDRESS

AMOUNT ENCLOSED

ZIP

STREAK

ANNAPOLIS STRIDERS

volume V number 6

DECEMBER 1983

OFFICERS

<i>President</i>	<i>Don Waddington</i>	<i>Home</i> 956-2061	<i>Work</i> (202) 692-7287
<i>Vice-President</i>	<i>Ken Thorn</i>	263-9549	263-9549
<i>Secretary</i>	<i>Gerte Spadone</i>	841-6894	841-6894
<i>Treasurer</i>	<i>Jan Stone</i>	544-0087	647-7727

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	<i>Jan Stone</i>	544-0087	



The purpose of this running club is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. --from Article II, By-Laws of the Annapolis Striders

The STREAK, published bi-monthly, is the official newsletter of the Annapolis Striders, PO Box 187, Annapolis, Maryland 21404. 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 material from a copyrighted source.



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January

S DAwDIInGs

Marathon season is in full swing judging from watching the endless stream of runners at the Marine Corps Marathon, the 10K being overtaken by the marathon as the more popular race. The total membership of Annapolis Striders who ran the 10K Marathon is not known. Be sure that Annapolis Striders presented (my guess would be a range of sixty to seventy) congratulations to everyone who finished.

The marathon distance is still a challenge for that group who used to be "the Crazy's" is growing and that they are now considered a challenge. The list of Striders planning to run the JFK 50-Miler currently stands at twenty-five and is still growing. Perhaps a committee will be formed to support the support crew.

Wandel and company has put a very busy schedule for the first half of 1984. The committee has tried to do something for everyone. A non-running event (The Old Friends short races and long races, Fruxton Park Series), multi-sports (biathlon and triathlon), Saturday and Sunday events. Volunteers are needed for several events. If you would like to help and in directing a race, call at 672-3164.

They sound very early but it's planning is underway for the Annapolis 10-Mile Run. Mike van is looking for volunteers to fill the head positions. If you like to get involved, contact 672-8125. Keep in mind that the organization of volunteers. Volunteers it does not

Well, the long restful summer is over. I've run out of excuses for not running. So it's back to the daily workout and what better way to start than to tackle the JFK 50. Anything less would destroy my reputation. See you on the road.

Don Waddington

Don Waddington

EDITORS REMARKS

WELCOME NEW MEMBERS: While the computer is changing hands (or do computers change disks) we don't have a list of new members. Watch for their names in the February issue. In any event, our new members are heartily welcomed.

THE AGONY OF DE FEET: Runners know no greater agony than being grounded! I slipped into that strange other-world state of inertia recently, being struck down with an uncomplicated (I hope) case of plantar facitis. My podiatrist prescribed custom-made orthotics. I'm running again but have lost my base. And in the meantime I'm missing a lot of good races and may even not be able to qualify for 1983 Club Champ competition. Sigh.

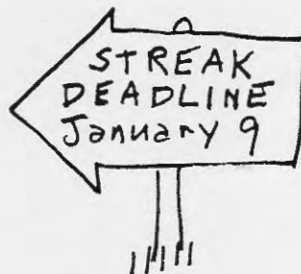
COLLATING GOAL-SETTING: One of my goals for 1984 will be compiling a standing committee for collating the Streak. Hopefully we can get some members involved who are not already on a dozen Strider committees.

We had a dearth of people putting together the October issue. Only Betty Impellizzerri, Pat O'Brien, Ken Thorn, and Alice Weathersbee were able to show up. My family; Marv, Will, and Curt (home on Fall break) helped finish the job.

DEADLINE AFTER BOARD MEETING: The Streak deadline customarily falls on the day after the monthly Board Meeting which is held on the second Monday of each month. Board meetings, incidentally, are open to any club member who cares to attend—call secretary, Gerte Spadone for time and place.

The deadline for the February Streak is January 9, 1984. To save time, copy may be mailed to me at my home address: 13 Sunset Drive, Severna Park, MD 21146.

Yvonne Aasen



MONEY NEWS



ANNAPOLIS STRIDERS, INC. CASH FLOW STATEMENT FOR MONTH OF SEPTEMBER 1983

Cash balance 9/30/83		
cash and checks	\$387.75	
checking account	1324.67	
savings account	3522.88	
total	<u>5235.30</u>	
Income for September	405.75	
Expenses for September	<u>770.52</u>	
excess expenses over income	<u>364.77</u>	
Balance 8/31/83	5600.07	
Balance 9/30/83	<u>5235.30</u>	
decrease in cash	<u>364.77</u>	
Income		
memberships	236.00	
Streak ads	50.00	
shirts	23.25	
racers		
Sev. Park 5-Miler	76.50	
Women's Dist. Festival	<u>20.00</u>	
total	405.75	
Expenses		
M.J. Soffee—tee-shirts	563.58	
C&P Telephone (Aug. & Sept)	27.54	
postage		
Bulk rate #526	50.00	
Gert Spadone	20.00	
Best Impressions—applications		
for Cold Turkey 20K	77.70	
Sev. Park 5-Miler—prizes	10.00	
Women's Dist. Festival—		
shirt mailing	<u>21.70</u>	
total	<u>770.52</u>	
Excess expenses over income	<u>\$364.77</u>	

CHANGE OF ADDRESS

The Streak is mailed by bulk mail and cannot be forwarded by the post office. If you are planning on a move, please notify our Membership Chairman, Mike Long, P.O. Box 187, Annapolis, MD 21404.

ANNAPOLIS STRIDERS, INC. CASH FLOW STATEMENT FOR MONTH OF OCTOBER 1983	
Cash balance 10/31/83	
checking account	\$ 524.29
savings account	<u>3522.88</u>
	<u>4047.17</u>
Income for October	445.76
Expenses for October	<u>1633.89</u>
excess expenses over income	<u>1188.13</u>
Balance 9/30/83	5235.30
Balance 10/31/83	<u>4047.17</u>
Decrease in cash	<u>1188.13</u>

Income		
Tee-shirts	58.00	
Metric Marathon	64.00	
Streak ads	55.00	
Memberships	236.00	
Postage (from Annapolis		
10-Miler)	<u>32.76</u>	
total		445.76
Expenses		
Streak Vol. 5, #5	371.20	
C&P Telephone	101.35	
Women's Dist Festival—		
shirts	240.00	
Cold Turkey		
Alley Cat	150.00	
Annap. Rest. Supply	399.00	549.00
Membership Applications	72.00	
Cmp. ribbons	57.26	
Labels	39.63	168.89
Strider's Picnic		81.45
NSF check returned		7.00
Postage		
Gert Spadone	20.00	
Jan Stone	5.00	
Annual Permit Fee	40.00	
Bulk Rate #526	<u>50.00</u>	
	<u>1633.89</u>	
Excess expenses over income		<u>\$1188.13</u>



Kathy and Glen Berrie
6529 Oakridge Road
San Diego, CA 92120

Karen Chapin
c/o The Carol Morgan School
of Santo Domingo
Apartado No. 1169
Santo Domingo Republica
Dominicana

Ben Moore provided the new addresses of three Striders who have moved to different running climes.

DEAR STRIDERS

CF RUN FOR BREATH RACE DIRECTOR WRITES...

Dear Striders,

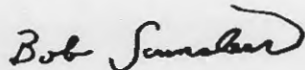
I have been involved in Cystic Fibrosis for over five years working with organizations but I have never received so much from one organization as the Annapolis Striders.

From my first meeting in November of last year with the Striders—to help from Jan Stone and Don Waddington—the cooperation was overwhelming. And it was a success. Over \$2,000 was raised which is equal to one month of prescription for a child with cystic fibrosis.

Cystic fibrosis is the number one genetic killer of American young people. It primarily attacks the lungs and digestive system by producing mucus and interferes with breathing. Every day, every five hours, a child is born with cystic fibrosis.

Your cooperation...your help in the 10K Run goes directly to research for a...cure.

As a parent, "thank you." And I hope we can grow each year with this 10K RUN FOR BREATH.



Bob Saunders
Vice President,



Cystic Fibrosis Foundation

THE BEGINNING JOGGER

GETTING STARTED
by Yvonne Aasen

Armed with inherent flexibility and vitality, young runners usually have no problem starting a running program. Caution, however, is advised for those who have been sedentary for many years. It takes real determination to begin a running program and stick to it. A physician's check-up is advised for middle-aged people as well as those with medical problems.

Start with brisk walking the first few weeks increasing one-half to one mile each week until you feel comfortable walking five or more miles. Wear good shoes. Set reasonable goals and keep a runner's log so you can see your progress. Take one or two days off a week to rest.

Here's a timetable recommended by the American Running & Fitness Association, Washington, D.C.

(1-6 weeks)

Warm up with walking and stretching movement

Jog 55 yards, walk 55 yards (four times)

Jog 110 yards, walk 110 yards (four times)

Jog 55 yards, walk 55 yards (four times)

Pace, 110 yards, in about 45 seconds

(6-12 weeks)

Increase jogging and reduce walking

Pace 110 yards in 30-37 seconds

(12-24 weeks)

Jog a nine minute mile

(30+ weeks)

The second workout each week, add variety—continuous jogging, or running and walking alternately at a slow varying pace for distances up to two miles.

RUNNER'S CO-OP
by Liz Kisenwether

Having trouble keeping your running up with the colder weather? Wishing you had someone to run with, who is not a "hard-core speedster"? Are you a beginning runner who wants to meet other runners in your area?

In response to these questions: creation of the RUNNER CO-OP! The CO-OP will not be a structured group, but simply a no-strings-attached list of names, phone numbers, and hometowns for all Annapolis Striders. The CO-OP is intended for men, women, or children who consider themselves new to running or want to meet a Strider in their neighborhood for runs.

All names received will be compiled and the RUNNER'S CO-OP published in a future Streak.

Please complete the form below and drop it in the mail. The RUNNER'S CO-OP list will help you and a local Strider join forces!

RUNNER'S CO-OP	
Name	_____
Phone	_____
Town	_____
Return to:	Liz Kisenwether 1574 Bandury Ct. Crofton, MD 21114

שלום

SHALOM

Shalom is
an appropriate
greeting
for
one Strider
to another
this Holiday Season.

Shalom is a
Hebrew word.
It means
both
hello and goodbye.
It means
completeness,
health,
wholeness,
peace.
It means
the abundant life.
The very best
of everything
for each of you.

SHALOM

Harry opens his book Breaking Through with this thought, "When we can accept ourselves as we are and not be concerned about those things we may lack, and when we can face each new challenge with faith, determination, and confidence, no obstacle is impossible to overcome." He spoke to that theme before the group of about 60 assembled in the Naval Academy lecture hall, stressing the importance of attitude, and he concluded his talk with the poem which ends his book, "Keep Trying."

With faith that's strong, your greatest goals,
You'll conquer bye and bye.
Though disappointment threatens now,
Don't be afraid to try.
It really doesn't matter
If you fail or drop the ball.
The only real losers quit
Or never try at all.
So give it everything you've got,
And keep that courage high,
And if you do, you'll win the prize
That money cannot buy.
You'll always walk with honor
As there is no greater pride
Than knowing, whether win or lose,
With all your heart, you tried.

My observation was that many, many Annapolis Striders "With all your heart, you tried," at the recent Marine Corps Marathon. I played Rosie

Ruiz and monitored the race/checked on Harry/roated many folks on at the start, seven-mile mark, ten-and-one-half miles, fifteen-and-one-half, and a few at twenty-two-plus miles. I caught the top fifty or so at that point...then ran over to Hains Point to pick up Harry at the twenty-mile mark and run on in with him and his Marine escort, Major Tom Miller. I played like the "blocking back" or the interference—and the cheerleader—helping Harry through the masses starting to hit the wall, who were getting a bit tired and groggy. Harry loves it when I start singing "Carry me back to ole Virginny" as we cross the 14th street bridge. I try to sing, talk, give him a guided tour about the monuments and sights to see, and lift him up a bit. Harry

said we did just that. He was weary after taking a sidetrip to Cypress Gardens on Saturday, November 5, to compete in the National Blind Water Skiing Championship, and getting to the marathon starting line on November 6. We ran the last 10kilometers real strong, passing a number of folks, and came in at 3:17. Not Harry's fastest (that was 2:57 in the '75 Boston) but good—for fatigue, the wind and the cold. I hope you all met your goals, but if you did not, just dust yourself off and prepare intelligently for the next one (spaced prudently apart) and learn from this experience to run an even smarter race next time. Pacing, use of aid, wearing apparel, pre-race dieting and rest are things which are usually not well learned until you truly experience the real thing. Good luck, and be tough and disciplined. You can still run in winter!

TRAINING TIPS

—by John Butterfield

CORDELLOS INSPIRED MARATHONERS

It is too bad that more of you could not attend the talk given by Harry Cordellos on the first of November. The short film, the slides, Harry's comments, and the question and answer session made for a most inspiring presentation. I think Harry motivated a few folks to a better marathon performance on Sunday...or at least he made them feel better. Harry, blind since birth, is an amazing person who not only is a sub-three-hour marathoner, but also is an accomplished water-skier, cross country/downhill snow-skier, and a super swimmer. He completed the Ironman Triathlon in 1981 in about sixteen hours.

(Continued on next page)

WINTER HIATUS NOT NECESSARY

Wintertime is hibernation time for many runners and joggers as they retire to the relative comfort of indoor basketball courts and saunas. They will explain their seasonal hiatus from the sport by saying that it is impossible to run comfortably when the temperatures drop below freezing and the usual running routes become hellish obstacle courses, clogged with freezing slush and ice.

But winter need not interrupt one's running routine. Granted, it is harder to run through slush and ice than on dry land, but with modifications in running habits, winter running can be just as satisfying and exhilarating as it is at any other time. There are practical tips for runners who would like to continue running but are intimidated by winter's adverse conditions.

First, dress warmly. Don't overdo it, though. Sweatpants and a hooded sweat shirt over a pair of shorts and tee-shirt will keep the limbs and torso warm in 20-30-degree temperatures. You might feel chilled at first, but five minutes of running will warm things up. Gloves are a must, and some kind of headgear is highly recommended, not only to keep ears warm but to retain body heat. Much of the body's heat is lost through the head.

Cold air will not bother the lungs, but it often will affect the throat with an uncomfortable burning sensation if the neck is not covered adequately with a scarf or towel.

Once dressed and ready to run, take five or ten minutes to thoroughly stretch out, preferably indoors. The muscles, like car engines, hate the cold and will not perform correctly without adequate warmup. Muscle sprains and pulls occur more frequently in cold weather, so stretching is an important prelude to winter running. Stretch again after running.

Before running, take a moment to plot a route, however vague. If you know that the route you run in other seasons is fairly clear of snow and slush, you're all set. Chances are, though, that you'll have to modify. After a few runs over slightly varied routes, you will discover which sidewalks and streets are usually clear of heavy snow.

The back streets in residential neighborhoods generally are good places to run. Traffic is light, and even those streets that have not been completely cleared will have two ready-made paths worn in through the snow down to solid pavement by whatever traffic has passed that way.

Dressed, warmed up and with a general route in mind, you're ready to brave the elements. The first few times out will undoubtedly be frustrating. The annoying thing about winter running is that it is not completely effortless, as it can be when not faced with nature's obstacles. It requires concentration and constant surveillance of the ground ahead. It's hard to lose yourself in that meditative state many runners describe when you are constantly dodging slush puddles and keeping an eye out for ice.

The most distracting thing of all will be the loss of traction. Running across hard-packed snow is akin to running across hard-packed sand at the beach. The feet slip slightly with each step. The frustration of slippery footing and the sheer effort needed to keep up a pace are often the primary reasons runners sit it out for the winter.

As for the specific frustration of loss of traction, the best remedy is to run a slower, surer pace.



ADVERTISING

The Streak accepts advertising from interested companies or persons. The rates per issue are:

Business card	\$10
Quarter page	\$20
Half page	\$35
Full page	\$50

Yearly rates available

If you are interested in placing an ad, please call Yvonne Aasen at 647-0879. If you have an ad that is ready for press, mail to: Editor, P.O. Box 187, Annapolis, MD 21404

INDEX OF ADVERTISERS:

The Athlete's Foot
Best Impressions
Eric Peltosalo, Attorney at Law
Jacki Sorensen's Aerobic Dancing

PRE-Holiday SALE

Quit running around...
Run into
The Athlete's Foot Today!!

SALE



WINTER RUNNERS' SPECIALS!

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The Energizer by Reebok
Aerohix by Etonic



PLUS 20% OFF any AEROBIC WEAR clothing with any purchase of above listed shoes

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Reg. \$35.95
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the athlete's foot like



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Sunday: 12-5





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St. Martin's on Forest Dr.

Thurs. 7pm/ Fri. 9am/ Sun. 1pm

SEVERNA PARK:

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St. Martin's Sat. 9am

Call 544-1990 for more information!

ERIC PELTOSALO

ATTORNEY AT LAW

P.O. BOX 1747
166 WEST STREET
ANNAPOLIS, MD 21404

(301) 268-1121
(301) 269-1109
(301) 261-1105



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RUNNING FOR
BEST**

**BEST QUALITY
BEST SERVICE
BEST
IMPRESSIONS!**



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Washington 261-1156 Baltimore 269-0610 Annapolis 267-9339

MOORE'S MARINES IV



MOORE PROUD OF HIS MARINES

"Everyone did real well," reported Ben Moore three weeks after the Marine Corps Marathon held on November 6. "I'm very proud of the whole group."

Ben is proud of Pat O'Brien who qualified for Boston with a scintillating 3:13. She must have been close on the heels of Doug Pond who left a trail of dust as he finished in 2:56.

(continued on next page)

Ben is just as proud of all the beginners who all finished, doing very well in 4 to 4½ hours. And old-timers Buck Cadell and Earl Scott broke 4 hours for the first time. Mother/daughter team, Carol and Linda Simpson finished in slightly over 5 hours. It was their first marathon. Ben is sorry he can't supply a complete list of finishing times, but the group was too large to nail down—with well over 50 of 'his babies' participating in the press of wall-to-wall runners. There were 12,000 entries. "At least 10,000 of those ran," Ben stated. He could only get a complete listing if all the finishers called in their times to the Striders Hot Line.

Moore's Marines had an enthusiastic and busy support team. Mounted on bikes, they maintained a supply line of food, Coke, and encouragement. Ben gives them much credit for the success of the group.

All in all, it was a rewarding experience for Ben to see his Marines achieve after weeks and months of supervising weekend training runs. "Now he can reward himself by sleeping for a change," his wife Betty was heard to comment.

COOKIN' ON THE RUN



DRESS UP YOUR VEGETABLES

Vegetarian Jayne Deitsch of Severna Park was happy to share her recipes. She doesn't use salt or sugar in her food, however, omitting them or using a little honey. "Yam or sweet potato recipes are especially nice during holidays," Jayne said.

Annapolis

For
Sale

Striders

SHIRTS

AVAILABLE AT RACES

T-SHIRTS	\$ 6.00 each
TANK TOPS	8.50 each
SWEATSHIRTS	11.50 each



Also available by mail. See order form inside front cover. Add \$1.00 each shirt for postage. Call Property/Awards Chairman, Doug Pond 841-6853 for description of shirts.

SWEET POTATO-APPLE TREAT

- 6 medium sweet potatoes, cooked and peeled
- 2 peeled apples, cored and sliced
- ½ cup brown sugar
- ½ teaspoon salt
- 6 tablespoons melted butter or margarine

Slice potatoes. Put half in greased 2-quart casserole. Top with half of each: apples, brown sugar, salt, and butter; repeat layers.

Cover and bake in moderate oven (350°) for 60 minutes. Makes 8 servings.

FESTIVE SPICED SWEET POTATOES IN PEACHES

- 1½ cups mashed cooked sweet potatoes
- 2 teaspoons lemon juice
- 2 tablespoons light brown sugar
- ½ teaspoon ground cloves
- 1 (1 lb. 13oz.) can peach halves
- 1 tablespoon butter or margarine

Combine sweet potatoes, lemon juice, brown sugar, and cloves. Drain peach halves and arrange in buttered baking dish. Fill centers with sweet potatoes; dot tops with butter. Bake in hot oven (400°) for 20 minutes. Serve on platter (with ham or pork chops—if you're not vegetarian) or in a shallow serving dish. Makes 8 servings.

-Jayne Deitsch



SHIRT-OFF-YOUR-BACK FUN RUN

The Shirt-Off-Your-Back Fun Run will be held on Saturday, December 17, at 8:00 A.M. from the parking lot of the Salvation Army Community Center, 351 Hilltop Lane, in Annapolis. Directions from Parole: On Forrest Drive go past the yellow blinker light at the Fire Department. Turn left on Hilltop at the next stop light. The Center is about three-quarters of a mile further on the left.

Bring a donation of one race shirt, or a whole bag of used but wearable and clean old clothing. Its a good opportunity to get some housecleaning done and help others at the same time.

The fun run will be just that—FUN. Mike van Beuren will lead the group on a scenic tour of Annapolis dressed in its best holiday clothes.

VALENTINE TWOSOME RELAY

This is another fun Fun Run. Ask your spouse, a friend, or another Strider to run on Saturday, February 11, at 2:00 P.M. at Annapolis Senior High School on Riva Road.

Each person only runs about three miles and there are refreshments at the end of the road. In case of snow call the Hot Line or race director John Butterfield for postponment plans.

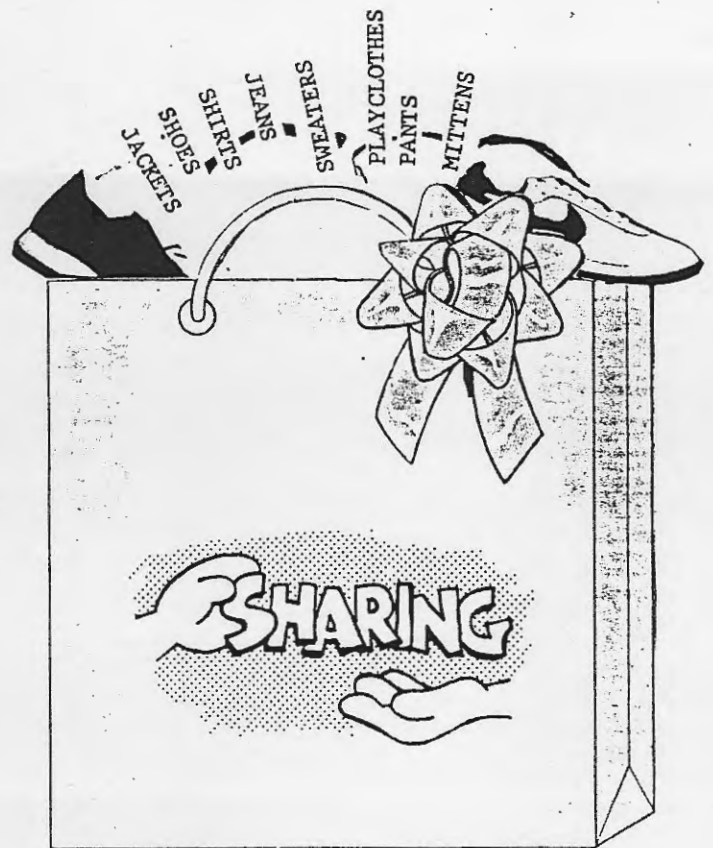
And think up a name for your team. Last year The Rolling Stones, The Odd Couple, The Even Couple, The No-Name Couple, and The Over-The-Hill Gang ran. The race directors were The Butterballs.

HOWARD COUNTY TEAM RACE

Bill Wandel is looking for a team to represent the Annapolis Striders at the MD/DC RRCA Team 10-Mile Championship to be held on Sunday, February 26, at 10:00 A.M. at Columbia, MD. We need a minimum of fifteen to qualify as a team, but the more the better—and the stronger. "Don't let ability deter you," Bill said to encourage entrants, "We need all age divisions. And we need women, too. Last year only one woman, Jan Stone, from our club ran."

This may be an opportunity for the emerging Striders Women's Team to boost our club standing. As Kathrine Switzer, mother of women's long distance running said, "We have discovered that if women are given an athletic opportunity, they will rise to the level of competition."

The team will meet at the Annapolis Mall to car pool. Call Bill Wandel to sign up for the team.



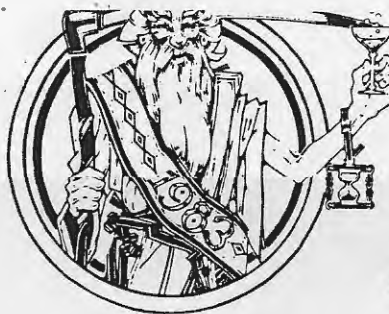
KEY SCHOOL 10k

October 23, 1983

DIVISION WINNERS

Name	MEN	Time
<u>Overall</u>		
Don Uphouse		32:19
Richard Larry		34:40
Donald Anderson		35:26
<u>20-29</u>		
Terry Eplee		36:34
James Kisenwether		36:41
Chris Buchheister		37:16
<u>30-34</u>		
Rick Smith		38:22
Jim Fontaine		39:22
Winnie Hittle		39:46
<u>35-39</u>		
Gary McGuffin		35:49
Louis Chesla		37:24
Louis Rochez		38:10
<u>40-49</u>		
Ian Rowe		36:03
Ray Harrison		36:06
Bill Wandel		39:39
<u>50-59</u>		
James Fratino		42:38
Robert Shillingberg		45:30
Joe Walsmith		45:56

(continued on page 19)



1983 is drawing to a

close... IT WAS A GREAT YEAR



WASHINGTONS BIRTHDAY



RUNNING SCHEDULE

MOORE'S MARINES

Thanks, Wagner
Denise



ANNAPOLIS TEN-MILE RUN
August 28, 1983

TOP TWENTY-FIVE MEN

1. Gary Siriano 49:28
2. Matt Wilson 49:44
3. Frank Sharkey 51:07
4. Tim Tays 51:25
5. James Clelland 51:29
6. Charley Cvrk 51:38
7. Harry Goodman 51:45
8. Jim Hage 51:54
9. Glen Best 52:23
10. Walter Sargent 52:26
11. Willie McCool 52:46
12. Steven Giorgis 52:54
13. Harry Barksdale 53:09
14. Emaon Walls 53:20
15. Anthony Grier 53:27
16. Jim O'Keefe 53:36
17. Stan Fletcher 53:55
18. Don Uphouse 54:09
19. Dave Menosky 54:52
20. Bob Berg 54:57
21. Wayne Deegan 54:58
22. Tem Washington 55:01
23. Jack Coffey 55:21
24. Donald Caulkins 55:22
25. Mark Baldino 55:29

TOP TEN WOMEN

1. Sue Crowe 60:34:19
2. Karin Wagner 61:00:56
3. Dianna Miller 62:53
4. Patricia Milleson 63:15
5. Pamela Brisco 63:35
6. Amy Aldred 65:24
7. Jennifer Bair 65:34
8. Julie Caprio 65:59
9. Laura Hinkley 66:11
10. Liz Cunningham 66:28

DIVISION WINNERS

- WOMEN
- 13 and under
Robin Sue Qwlah 77:38
- 14-19
Christine Black 76:28
Suzanne Wenk 77:33
Mary Gavigan 78:29
- 40-49
Carol Hefner 71:15
Judith Shaw 75:08
Sonya Whitley 76:02

- 50-59
Fran Adams 73:37
Annette Dagg 87:08
Anne Nauman 90:46

- 60 and over
Margaret Cochran 93:33

Divisions 20-29 and 30-39 are included in the top ten

DIVISION WINNERS

- MEN
- 13 and under
Jeff Campbell 1:00:46
- 14-19
Danny Mason
William Schwartz
Dan Lesage
- 40-49
Ray Harrison 58:21
William Conroy 59:31
Carl Kuhn
- 50-59
Ivan Dooley 63:26
Herb Chisholm 64:34
Jerry Hagen 65:25
- 60-69
Oscar Fox 1:08:00
Fletcher Hanks 1:09:07
Jack Pennington 1:12:31
- 70 and over
Ed Benham 1:11:35
William Moore 1:14:50
William Roberts 1:35:59

Divisions 20-29 and 30-39 are included in the top twenty-five



THIRD A. FATHERS DAY



MY FAVORITE RACE



STREAK WOMENS DISTANCE FESTIVAL

HAPPY NEW YEAR!

1984

CLUB CHAMPIONSHIP SERIES 1983 DATES

- 5K February
- 10 Mile March
- 10K J
- 1 Mile
- 5 Mi
- 2
- 2
- 15

FAMILY PICNIC
OLD BAG
See you on the road.

Don Waddington
Don Waddington

TRUXTON PARK SUMMER SER.
ANNAPOLIS BIATHALON
10k run 20 mile



TREASURER'S REPORT

The Best of the STREAKers

MASTERS RUNNERS JUST GETTING STARTED

This year has been the tenth anniversary of running for Strider Margaret Cochran. Her husband John (Curly) has been running for seventeen years. "We'll never stop," Margaret said even though they have missed some of the best races of the fall season. They're both retired and just returned from an extensive trip. "We haven't had time to train but have been trying to 'hold' with three-and-a-half to four miles a day right now," Margaret explained.



-Photo credits TrackMaster magazine
November 1980



John Cochran, who was fourth in the 60-64 category in 1:28:37, appears oblivious to the danger he's in from the unique piece of sculpture, "The Awakening," implanted at the tip of Hains Point. Above right, Sal Corrallo of the Potomac Valley Seniors gives Margaret Cochran her first place award for the 55-59 category. She ran a 1:46:28.

Margaret's advice for training is easy/hard days (4-miles/6-miles) with a long run (8 to 10 miles) each week, running a minimum of thirty miles a week. And take one day off each week.

"I've run fairly injury free," Margaret said, "I back off before anything gets serious." About her husband Margaret stated: "Curly is very competitive—he runs to win. He had an illness two years ago and is starting to run seriously again."

Margaret has more than thirty race shirts that she hasn't even worn yet. "Its nice to get something else," she said (she applauded Ken Thorn's Cold Turkey towels). The most useful and enjoyable awards Margaret and Curly earned are track bags from the first Cherry Pit 10-Miler. They use them almost every week, enjoying the Cherry Pit logo imprinted on the side.

Both Margaret and Curly would like to see more masters from our running club belong to the Potomac Valley Senior Track Club. They concentrate on a masters program—forty and over. And bring National Championship Master's Races to the D.C. area. They also publish a newsletter. The address is:

Potomac Valley Association
P.O. Box 1065
College park, MD 20740

MY FAVORITE RACE

TRIATHLON ODYSSEY

by Deirdre Wagner

The Nice, France, World Championship Triathlon held on September 10, 1983, was definitely a high point in my athletic career. I saw quite a bit of Europe and competed with many of the top triathletes in the world. The realization that I ranked with the best (placing 10th) was a high I'll never forget.

When I got to the race office in Nice and saw who was registered for the championships, my heart dropped into my stomach. Many of the top names included Californians Dave Scott, Scott Tinley, Julie Leach, and Kathleen McCartney. Lyn Brooks from Baltimore (last year's winner) was there. I was constantly trying not to put these people on a high pedestal. I kept telling myself, "You deserve to be here, don't psyche yourself out!" That was Wednesday.

Thursday night we all met at La Madonette, a restaurant in the foothills of Nice. Representatives of the town of Nice, including the mayor, came to wine and dine with the athletes. The low-ceiling, muraled restaurant was jammed with triathlon competitors, the TV crews of NBC, French and Monte Carlo TV stations, Runner's World and Sports Illustrated writers. The waiters were on roller skates performing skits and antics while delivering the delicious multi-course pasta meal to 220 apprehensive triathletes. The atmosphere was incredibly energetic.

Friday evening was the bike check-in. It was getting close. I bought a pizza because I couldn't find a vegetarian restaurant and went back to my hotel room. I was all alone but I needed the time for mental preparation. I had a Walkman that proved to be a very integral and valuable part of my trip. I played two pep-talk tapes, one made by my boyfriend, Curt Callahan; the other by my dear friend, Mary Kent Norton. It felt so good to hear the reassuring, familiar voices from back home. The third tape I played constantly and right before the race was Flashdance. My theme song was "Oh, What a Feeling!"...take your passion and make it happen!



The apprehension Saturday morning, facing the Mediterranean with all the other athletes was immense. A multitude of thoughts, feelings and fears whipped through my mind, preparing myself for the long day ahead.

The countdown and the gun went off. The whirl of the NBC helicopter was overhead. We plunged madly into the calm, surprisingly warm aqua water. The course was a strange, difficult to follow, double-triangular course. There were not enough marking buoys, so myself and others stroked off course and lost time. The swim was pleasurable except for some exceptionally cold currents in the water. I could see clearly to the rocky bottom and watched fish and jellyfish float among the rocks. I stayed away from the jellyfish. They looked a lot more nasty than Maryland sea nettles. The two mile swim seemed to go fast and I ran up the stone beach to the locker rooms underneath the Promenade des Anglais, where our bikes were waiting. I took the time to change out of my swimsuit into my Amber Cycle Sports/ASSOS skin suit (two of my sponsors). This gave me time to regain my land legs a little. The first ten miles of the 75-mile mountain bike course was slow. My legs didn't have any snap and I was carefully monitoring my knees for signs of the sharp tendonitis pain I had encountered for six weeks up to two days before the race. An athlete from Baltimore, Maryland, named Phil came alongside and gave me a firm pep talk on how I deserved to compete with the best and that my other successful races weren't just flukes. Phil was a blessing. My inner strength resurfaced and within a half-hour I blew by him on the bike after he had gotten a long lead on me speeding down a five-mile descent.

The bike course was incredibly beautiful. Two-to-six mile climbs were punctuated with sharp hairpin curves on the long descent. Mountains surrounded us with scenic rivers far below in deep, rocky gorges. Avalanche warning signs were everywhere.

Riding down the long four-mile Promenade des Anglais is a real welcome—to have flat land and the enthusiastic crowds lining the avenue. It was strange to be cheered in a foreign language, "Allez! Allez!" I crossed the bike finish line tired but estatic that my tendonitis didn't flair up. I changed into my running clothes with "World Airways" printed on my shirt (they flew me to Frankfurt). Then I started back on the Promenade des Anglais for the hot, long 20-mile run.

There was very little water on the bike and run course. The water or the E.R.G.-type drink, or both, were contaminated. Many athletes, including myself, experienced one or a combination of dehydration, stomach cramps, vomiting, diarrhea, and related symptoms.

(continued on next page)



I felt fairly well at the start of the run since I had stayed even and constant on the bike—trying to save my knees and strength for the run. I was starting to feel the strain when I finally reached one of the rare aid stations and asked where the turnaround was...Happily, that was it. I was told I was in 12th place. I thought, "The race isn't over until the end. Just keep your steady pace and slowly start to pick it up the last six miles." This is exactly what I did. I overtook a strong-looking Frenchwoman coming up the last incline before we again returned to the Promenade des Anglais. I blew by her at a fast pace so it would shock her so much she wouldn't follow. Luckily, I guessed correct but kept the pace because the 11th place woman had to be within striking distance. I was starting to get dehydrated. There were no more aid stations but I kept pushing. About 1.5 miles after the French athlete encounter, I saw the German woman who had whizzed by me on her bike at the 60-mile

mark. I observed her sinewy runner's legs and wondered what I should do. If I slowed down I would lose my form and cadence, so I picked up my pace even more and steamed past her and didn't look back. A Frenchman, who had accompanied me on the bike route, was alongside telling me in kilometers how much further I had to go (the course was poorly marked). My wavering consciousness was helped by trying to convert kilometers into miles. The heat and dehydration inside me was mounting. Throngs of excited French people were cheering. I thought the finish line was in four different places before I finally reached it. I wanted to walk and rest but I just couldn't let the spectators, myself, or my friends back home down. I felt that everyone who had helped and supported my triathlon goals were with me. I finally reached the finish line—and collapsed. Able men picked me up and carried me to the aid station, where I had plenty of company. It was a rough race. Besides the tremendous physical strain, there were plenty of bloody bike accidents on that incredibly dangerous mountain terrain. Everyone that finished the Nice World Championship Triathlon felt that they had won.

Saturday night my severe stomach cramps were eased by my elation about my finish. To place among the best and win money too! When I called Curt in the United States he was thrilled. We had talked earlier in the week and I expressed my fears about the competition and the course. It was nice to have Nice over.

Sunday was the "prize giving" at the Palace of Nice that looked like a museum. We were served mimosas and hors d'oeuvres in the garden along with all our post-race gossip and "war stories."

The journey to Europe and the Nice World Championship Triathlon was an adventure I'll never forget. My warmest of thank yous to all the many Striders who encouraged and supported me through all my many ups and downs. I really couldn't have done it without my friends. You are wonderful! I think 1984 will be a great year!





WHATS COMING UP

1984 ANNAPOLIS STRIDER EVENTS CALENDAR THRU JULY

(All official Striders events are underlined)



<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
December 17 Saturday (1983)	8:00 A.M.	<u>Shirt-Off-Your-Back Fun Run (5 miles) Donate used clothing and running gear</u>	Salvation Army Parking Lot Hilltop Lane, Annapolis (adjacent to Truxtun Park)	Mike van Beuren 263-8125
December 31 Saturday (1983)	11:00 A.M.	<u>Anniversary Run 15K (9.3 miles) #8 and last Club Champ Series</u>	United States Naval Academy	Striders Hot Line 301/268-1165
Every Saturday	7:00 A.M.	<u>Informal Training Runs</u>	Annapolis Mall & Route 450	Hot Line 268-1165
Every Sunday	7:30 A.M.	<u>Informal Training Runs</u>	Navy/Marine Corps Stadium	Hot Line 268-1165
February 11 Saturday	2:00 P.M.	<u>Valentine Twosome Relay (couples)</u>	Annapolis Senior High Riva Road, Annapolis	John Butterfield 267-7688
February 26 Sunday	10:00 A.M.	<u>MD/D.C. RRCA TEAM 10-Mile Championship</u>	HCS/Howard County C.C. Columbia, MD	All runners invited to run on team; Car pool from Mall Bill Wandel 672-3164
March 3 Saturday	2:00 P.M.	<u>CLUB CHAMPIONSHIP #1 5K</u>		
March 10 Saturday		<u>Membership Meeting 10K Handicap Run and Pot Luck Supper</u>	Germantown Elementary Cedar Park Road Annapolis	Hot Line 268-1165
March 11 Sunday	9:00 A.M.	<u>Jean Conroy Memorial 10K</u>	Crofton Country Club	Bill Conroy 301/721-9327
April 1 Sunday		<u>CHERRY PIT 10-MILE Club Champ #2</u>	South River High Edgewater, MD	
April 14 Saturday		<u>2-MILE TRACK RACE Club Champ #3</u>	Broadneck High	Bill Vogenitz 974-1998
May 5 Saturday		<u>SHENANDOAH HIKE</u>	Appalachian Trail	Nancy Waddington 956-2061
May 12 Saturday		<u>BIATHLON 10K Run, 20-Mile Bike</u>	South River High Edgewater, MD	
May 19 Saturday		<u>TRIATHLON</u>		
June 13 Wednesday	6:00 P.M.	<u>TRUXTUN PARK SERIES 1-Mile/4-Mile</u>	Truxtun Park Spa Cove, Annapolis	
June 16 Saturday		<u>Annapolis Fine Arts Foundation Run For The Arts 10K</u>	Maryland Hall, Annapolis Constitution Hall & Greenfield St.	Rick Rohrbach 268-9074
June 17 Sunday		<u>10K Club Champ #4</u>	Loch Haven Recreation Area	

(continued on next page)

ANNAPOLIS STRIDERS

1984 CALENDAR CONTINUED

<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
June 20 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u>	Truxtun Park	
July 1 Sunday	7:30 A.M.	<u>Annapolis 10-Mile Training Run</u>	Annapolis Mall Route 450	
July 6 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u>	Truxtun Park	
July 11 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u>	Truxtun Park	
July 14 Saturday	6:30 P.M.	<u>1-Mile Track Race Club Champ #5</u>	Annapolis High School Riva Road, Annapolis	
July 15 Sunday	7:30 A.M.	<u>Annapolis 10-Mile Training Run</u>	Annapolis Mall & Route 50	
July 18 Wednesday	6:00 P.M.	<u>TRUXTUN PARK SERIES</u>	Truxtun Park	
July 21 Saturday	8:00 A.M.	<u>WOMEN'S DISTANCE FESTIVAL</u> <u>5K (Women only)</u>	United States Naval Academy	
July 22 Sunday		<u>10-MILE RELAY</u> <u>2 runners to a team</u>		Bill Vogenitz 974-1998
July 25 Wednesday	6:00 P.M.	<u>TRUXTUN PARK SERIES</u>	Truxtun Park	
July 29 Sunday	7:30 A.M.	<u>Annapolis 10-Mile Training Run</u>		
August 12 Sunday		<u>8-Kilometer Race</u> <u>Club Champ Series #6</u>		
August 26 Sunday	7:30 A.M.	<u>9th ANNAPOLIS 10-MILE RUN</u>	Navy/Marine Corps Stadium	Mike van Beuren 263-8125

Many entry forms are available at the Annapolis Strider Bulletin Board, The Athlete's Foot, 121 Main St., Annapolis. For Annapolis Strider race entry forms, send your long, self-addressed, stamped envelope to: Annapolis Striders, P.O. Box 187, Annapolis, MD 21404.

The 1983 ANNAPOLIS STRIDER CLUB CHAMPIONSHIP SERIES includes eight races. Anyone can run in these races, but to be scored in the series you must be a Strider. Your best five finishes count towards an age group award. Completion of four races makes you eligible for an award.

Some Club Champ races do not have an entry form...come to the race early and sign up. There will be a small entry fee.

For more information call Bill Vogenitz at 974-1998.

CLUB CHAMPIONSHIP SERIES 1983 DATES

5K	February 26 ✓
10 Mile	March 27 ✓
10K	June 19 ✓
1 Mile	July 16 ✓
5 Mile	September 11 ✓
26.2K	October 9 ✓
20K	November 27 ✓
15K	December 31 ✓

RACE RESULTS AND STANDINGS

CLUB CHAMPIONSHIP SERIES

MEN (19 AND UNDER)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
DAN FRATINO	35	1	1	35	2		35		105	4
DAVID WANDEL	1	3	3	35	1		1		41	3
BRANIN THORN	2	35	35	2	35		35		105	39
SCOTT BAILEY	3	2	35	35	35		35		105	40
JOE DONNELLY	35	35	4	6	35		35		105	45

MEN (20-29)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
MARK YERKES	35	2	1	1	2		35		72	4
STEVE ROGERS	2	4	4	35	35		35		105	10

MEN (30-34)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
MIKE VAN BEUREN	1	1	1	1	1		1		3	3
ERIC FELTOSALO	2	35	2	35	2		2		72	6
WILL SCOTT	7	5	9	3	5		8		24	13
JONAS LEGUM	8	8	13	5	7		35		56	20
MICHAEL SMITH	35	35	11	4	6		35		105	21
TOM DONLIN	9	35	12	6	35		35		105	27
ROBERT MYERS	5	35	3	35	35		35		105	43
KEITH HARVEY	35	35	7	2	35		6		105	15
BOB LEO	3	35	35	35	4		35		105	42
BOB TRESMOTT	35	35	4	35	3		35		105	42
Winnif HITTLE	35	35	6	35	35		3		105	44

MEN (35-39)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
BILL CONROY	1	35	35	1	1		1		71	3
JOE DEAK	2	1	1	35	35		35		105	4
NORMAN ALTON	6	3	3	3	2		35		44	8
BILL WANDELL	4	2	6	7	3		9		22	9
MIKE CHAMBERLAIN	8	4	5	5	4		35		48	13
DON KENNEDY	7	35	4	4	35		3		77	11
BOB HALPIN	35	8	7	9	5		5		52	17
BILL VOGENITZ	15	10	9	6	7		10		35	22
NEIL DONNELLY	11	35	13	10	8		6		59	24
JOHN DEGRIEK	9	9	12	35	35		35		105	31
MIKE SCHLEGEL	13	13	35	11	35		35		105	37
JOE SMALDONE	3	35	35	2	35		35		105	40
DICK MANASSERI	35	5	35	8	35		35		105	48

MEN (40-44)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
JOE DUFFY	3	2	3	1	4		4		11	6
DOUG POND	5	4	1	5	2		1		14	4
LARRY STONE	35	1	35	3	3		6		76	7
AL KUBELUIS	1	5	6	2	7		5		18	8
DOUGLAS JOYCE	2	3	4	4	35		35		74	9
ORV PRATT	35	6	5	35	5		35		105	16
PETE MEKKELSON	4	35	7	6	10		7		52	17
ERIC FREDLAND	6	35	8	35	8		35		105	22
EARL SCOTT	8	8	12	8	13		11		36	24
JIM STOREY	7	35	11	7	11		35		81	25
ALAN WYCHERLEY	9	10	13	9	12		35		60	28
JOE CLORETY	35	35	2	35	6		2		105	10
DON POTTER	35	9	35	35	6		35		105	59

MEN (45-49)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL	
SEAN SWEENEY	1	1	2	35	35		35		99	105	4
JOHN BUTTERFIELD	35	35	1	1	2		35		105	4	
ARNIE HENDERSON	2	3	3	4	6		2		13	7	
BERT RICE	3	2	35	2	4		35		74	7	
BOB PHILLIPS	35	35	4	3	3		1		74	7	
MIKE MCAUSLAND	5	4	8	6	8		35		57	15	
JIM FRATINO	35	5	7	5	5		35		77	16	
ALLEN STALLINGS	7	5	10	8	7		3		25	15	
KEN THORN	4	35	9	7	35		35		105	20	
JIM SANDISON	10	8	15	10	11		5		36	23	
LARRY RICHMAN	9	35	11	35	9		35		105	29	
TYLER SHORES	35	35	13	9	10		35		105	32	
BUCK CADELL	35	7	12	35	35		4		105	23	
NEIL KINSINGER	11	35	14	35	35		35		105	60	

MEN (50-59)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
DALE VOGEL	1	1	2	3	2		1		7	3
BEN MOORE	35	35	3	1	3		4		74	7
ROBERT HUNTON	2	2	4	4	35		35		74	8
JOSEPH RYAN	35	3	5	6	7		3		48	11
LEE MEADOWS	3	35	8	5	35		35		105	16
DICK GUCKER	4	35	7	7	6		35		77	17
DON WADDINGTON	35	35	1	2	35		35		105	38
JDE WALSMITH	35	35	9	35	4		2		105	15

MEN (60 AND OVER)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
JOHN WALL	3	1	2	2	1		35		40	4
GUY RICCI	2	35	1	35	35		35		105	38
ARNOU GALIANO	35	35	35	1	35		1		105	37

WOMEN (19 AND UNDER)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
LISA FRATINO	35	1	2	35	35		35		105	38

WOMEN (20-29)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
NANCY SPEAR	1	1	35	35	35		35		105	37

WOMEN (30-39)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
PAT O'BRIEN	35	35	1	1	1		1		71	3
JAN STONE	1	1	35	2	2		2		39	4
JOY DONLIN	3	4	8	3	6		35		49	10
GINGER ABEN	4	3	5	35	3		4		44	10
LOUISE ZEITLIN	5	35	4	4	5		3		45	11
ANNE CHAMBERLAIN	6	5	6	5	4		35		47	14
R.J. GOODMAN	8	35	10	6	7		35		80	21
PATRICIA MAJOR	2	2	35	35	35		35		105	39
JUDY VOGENITZ	10	6	35	35	35		35		105	51

WOMEN (40-49)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
DELMA MILLER	35	1	1	1	1		35		71	3
MARTHA KINSINGER	1	2	2	3	35		35		73	5
CAROL HUDDY	2	3	35	2	35		35		105	7
NANCY WADDINGTON	35	35	3	35	35		1		105	39

WOMEN (50 AND OVER)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
SAN CHASTAIN	1	1	1	35	35		35		105	3
BETTY MOORE	35	35	2	1	1		1		72	3
YVONNE AASEN	2	2	3	35	2		35		73	6
SHEILA WALSMITH	35	35	4	35	3		2		105	9

METRIC MARATHON

October 9, 1983

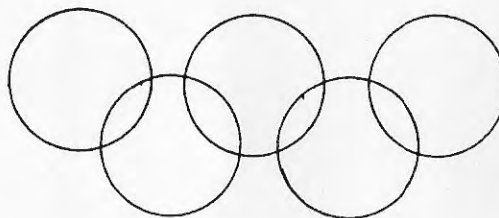
Name	Age	Time
1. Mike van Beuren	31	1:37:43
2. Eric Peltosalo	34	1:37:48
3. Elvis A. Makell	27	1:38:55
4. Jesse Garves	33	1:39:37
5. Tim Moriarty	34	1:40:11
6. Eplee, Terry	29	1:45:52
7. Bill Conroy	40	1:47:31
8. Doug Pond	44	1:48:33
9. Joe Clorety	40	1:50:32
10. Milton Taylor	50	1:51:59
11. Mike Maguir	44	1:52:17
12. Winnie Hittle	31	1:52:47
13. Richard Profozich	36	1:52:53
14. Bob Phillips	47	1:53:19
15. Jim Katcef	45	1:54:42
16. Thomas Bradford	40	1:55:31
17. Chuck Gentry	34	1:55:31
18. Pat O'Brien *	35	1:55:59
19. Joe Duffy	41	1:56:08
20. Richard Rombro	34	1:57:42
21. Al Kubelius	41	1:57:54
22. Bandit		1:57:58
23. Steve Goldberg	36	1:57:59
24. Larry Stone	41	1:59:10
25. Pete Mekkelson	44	1:59:26
26. Walt Stroud	39	1:59:30
27. Earle Myers	34	1:59:43
28. Arnie Henderson	47	2:01:34
29. John Guala	36	2:02:59
30. Jean Silverman *	26	2:04:11
31. Michael J. Silverman	27	2:04:11
32. Jan Stone *	31	2:05:18
33. Dick Shea	33	2:05:45
34. David Wandel	15	2:06:58
35. Glen Smith	30	2:07:04
36. Bob Halpin	40	2:07:31
37. Steve Cutliffe	33	2:07:31
38. Keith Harvey	35	2:07:51
39. Dale Vogel	53	2:08:03
40. Aaron Fortier	15	2:08:37

41. Dick Hillman	40	2:09:54
42. Neil Donnelly	39	2:14:04
43. Eldon Hawley	42	2:14:22
44. John Astle	40	2:15:39
45. Walt Eilers	39	2:15:39
46. Bob Bridges	38	2:15:39
47. Mike Adams	34	2:16:10
48. Sherry Kendall *	47	2:18:14
49. Debbie Dudas *	25	2:18:46
50. Joe Walsmith	53	2:18:46
51. Dale A. Reeves	23	2:22:30
52. Arnold Galiano	62	2:29:10
53. Earl Scott	43	2:29:22
54. J.C. Ryan	58	2:29:49
55. Bill Vogenitz	35	2:30:03
56. Louise Zeitlin *	39	2:35:06
57. Buck Cadell	49	2:35:06
58. Ginger R. Aben *	37	2:36:28
59. Betty Moore *	55	2:37:47
60. Ben Moore	58	2:37:48
61. Tom Cann	51	2:50:26
62. John W. Winkert	53	2:50:26
63. Sheila Walsmith *	52	3:05:49
64. Nancy Waddington *	45	3:05:50
65. Jim Sandison	46	3:16:09

* denotes women runners

WORKER'S RUN

1. Don Kennedy	1:56:17
2. Bill Wandel	2:16:48
3. Will Scott	2:16:48
4. Al Stallings	2:26:44



Overall

1. Mike van Beuren	1:37:43
2. Eric Peltosalo	1:37:48
3. Elvis Makell	1:38:55

15-29

1. Elvis Makell	1:38:55
2. Terry Eplee	1:45:52
3. Mike Silverman	2:04:11

30-39

1. Mike van Beuren	1:37:43
2. Eric Peltosalo	1:37:48
3. Jesse Garves	1:39:37

40-49

1. Bill Conroy	1:47:31
2. Doug Pond	1:48:33
3. Joe Clorety	1:50:32

50 and over

1. Milton Taylor	1:51:59
2. Dale Vogel	2:08:03
3. Joe Walsmith	2:18:46

WOMEN

Overall

1. Pat O'Brien	1:55:59
2. Jean Silverman	2:04:11
3. Jan Stone	2:05:18

15-19

1. Jean Silverman	2:04:11
2. Debbie Dudas	2:18:46

30-39

1. Pat O'Brien	1:55:59
2. Jan Stone	2:05:18
3. Louise Zeitlin	2:35:06

40-49

1. Sherry Kendall	2:18:14
2. Nancy Waddington	3:05:50

50 and over

1. Betty Moore	2:37:47
2. Sheila Walsmith	3:05:49



ANNAPOLIS STRIDERS



WOMENS RACING TEAM

STRIDERS WOMEN'S UPDATE
by Liz Kisenwether

Women's Team Logo



The Annapolis Strider Women's get-together last October 22 was a success, with seven enthusiastic women attending the meeting. To be honest, half the time was spent getting to know each other and spinning tales of running adventures. Pat Major told us of the joys and hardships of coaching high school cross country, and trying to squeeze her own running in, too. Pam Andersen showed her gumption by coming with her two-day old cast...her bone-chipped right ankle will keep her off the roads until later in November. Deirdre Wagner gave us the international story from Nice, France, and the triathlon in which she competed—finishing 10th in the women's division. (All right, Deirdre!) Pat O'Brian, Delma Miller and Celeste Curley-Black gave us the inside scoop on preparing for the Marine Corps Marathon.

Eventually, we did talk about goals for the Strider's women's group. Three key ideas emerged from tossing ideas around:

1. Set up a once-a-week track workout date at a convenient track starting in the spring.
2. Set up a Saturday or Sunday approximately every other week to meet for long runs with distances to be decided, starting possibly this winter.
3. Select a new logo for the women Striders (or use the current logo) and imprint it on a singlet, long-sleeve shirt, or other kind of top.

You'll notice all three topics are vague. That's where the questionnaire which follows comes in: what are some of the desires of the women who could not attend the meeting. Hopefully, we can clarify the ideas listed above with everyone's input. There is also space on the questionnaire for other ideas and opinions. Let yourself be heard! All of our abilities may differ, but this group is not intended to be elitist, snobbish or narrow-minded. We're a new group, so now is the time to implement ideas!

Please, any and all women, of any ability, please complete the questionnaire on the last page of this newsletter, and return it to me. I'll compile the results, and publish them as soon as possible. Thanks for your time—hope to hear from some new Strider women too. If you have any questions, call me (Liz Kisenwether) at 721-7550.

KEY SCHOOL 10K DIVISION WINNERS continued

WOMEN

<u>Name</u>	<u>Time</u>
<u>Overall</u>	
Liz Kisenwether	39:10
Patricia O'Brien	40:30
Elaine Shereika	42:41
<u>13 and under</u>	
Kathy Harris	54:34
Jennifer Kirby	54:34
Jennifer Council	54:47
<u>14-19</u>	
Ginger Allen	49:58
Kelly Keating	49:58
Karin Muench	55:12
<u>20-29</u>	
Allyson McCormick	45:39
Barbara Bailey	46:38
Carol Rubino	47:37
<u>30-39</u>	
Kathleen Gebauer	43:18
Pam Jones	45:14
Betty Impellizzeri	48:02
<u>40-49</u>	
Martha Kinsinger	52:00
Patricia Seeberger	55:44
<u>50-59</u>	
Mary Hall	55:59
Betty Gutowski	62:54