

STREAK

VOLUME V
NUMBER 1
FEB. 1, 1983



ANNAPOLIS STRIDERS

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

BULK RATE
U.S. POSTAGE
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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 Address Change Yes No Yes No

Occupation Signature X

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

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

Today's Date

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

INCLUDE FAMILY MEMBER INFORMATION HERE

First Name	Initial	Birth date		
		Mo.	Day	Yr.

ORDER FORM FOR T-SHIRTS

	S	M	L	XL	
MEN'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$6.00 each, postpaid
WOMEN'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
CHILD'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

ORDER FORM FOR TANK-TOPS

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

- Shirts are also available at Strider runs and at the Athlete's Foot, 121 Main St., Annapolis, where we maintain an events and entry form 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.



268-1165

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

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.

STREAK

ANNAPOLIS STRIDERS

volume V number 1

february 1, 1983

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		HOME	WORK
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TREASURER	BILL VOGENITZ	974-1998	202-245-4191

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NEWSLETTER	YVONNE AASEN	647-0879	647-0879
MEMBERSHIP	MIKE LONG	263-3028	269-3351
PROPERTY/AWARDS	WINNIE HITTLE	798-0637	224-3300 EX 264
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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, 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

* The race schedule for next year looks exciting. At the planning meeting on November 30 we put together a variety of events for the next six months. The schedule appears elsewhere in this issue. Included are other R.R.C.A. races, and local runs of proven excellence. For the competitor we will again be holding our championship series: eight races in eight different months. Come on out and match strides with others in your age group!

* The Striders welcome back Captain John Butterfield, founding member and inspirational runner. John has agreed to become our new training and clinics chairman, so if you have any training questions or ideas talk to John.

* Another recent board member addition is Winnie Hittle, Property and Awards chairman. With the help of the artists Curt Callaghan and Deirdre Wagner, Winnie has come up with a beautiful new Strider sweat-shirt. Pick one up while they last.

* Many kudos to Vice President Ken Thorn, and Dick Hillman for two excellent races, the Cold Turkey and the Anniversary Run. I believe we had record participation in these runs.

* This is the last newsletter of the Strider year. Our annual membership meeting will be held on Saturday, March 12, and the new board will take office in April. Having served as president for the last two years has been a rewarding experience for me. When the original group of us first got together in December 1978 I never thought that the Striders would be as well established as it is today. Nor did I think that I

would ever become president!

During these first few years I've had the opportunity of meeting more interesting people than I'd met in the other years of my life. It's been a joy working with you and running with you.

* I expect to continue working for the club, but I will not be seeking another presidency in 1983. The happiest thing is that I don't believe I'll be missed; there is so much leadership and good works coming from all of you.

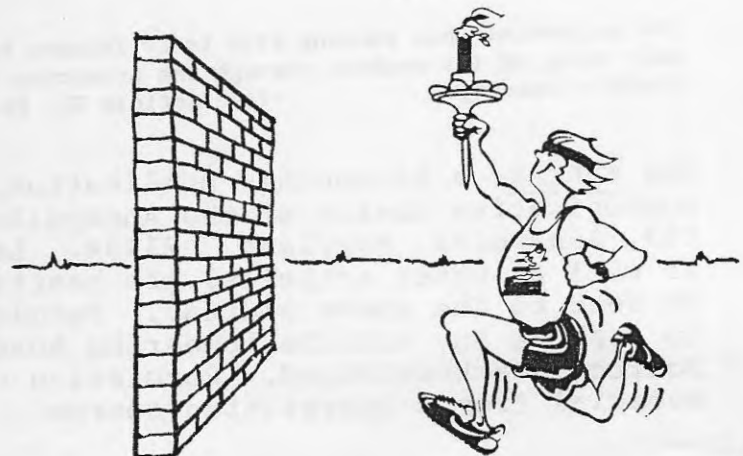
* There are a number of people I'd like to thank in particular. These people have been so helpful and have made the club what it is for me:

Yvonne Aasen
Denny Anderson
Jayne Astle
Nate Betnun
Bob Bridges
Rob Bushnell
John Butterfield
Priscilla Butterfield
Maria Coughlin
Walt Eilers
Ron Fisher
Randy Fox
John Gudas
Dick Hillman

Lisa Hillman
Winnie Hittle
Bill Law
Ben Moore
Dave Overstreet
Eric Peltosalo
Guy Riccio
Dan Spadone
Gerte Spadone
Trudy Trumpy
Bill Vogenitz
Don Waddington
Nancy Waddington
Alice Weathersbee

Without these people and the devotion of the rest of you I would have "hit the wall" long ago.

Mike van Beuren
Mike van Beuren,
President



EDITORS REMARKS

I approached a group of Marine Corps Marathon veterans, among them Louise Zeitlin and Judy Vogenitz. "I'm looking for anecdotes for RUNNING SHORTS; did anything humorous happen during the marathon?" I asked them. "It wasn't funny," Judy replied.

Let me revise that first sentence: I approached a group of Marine Corps Marathon survivors.

Winnie Hittle has Annapolis Strider sweat shirts in stock and I bought one. A size small fits me comfortably. Its so comfortable, in fact, that I haven't worn it for running yet. It gives me that preppy look when worn over a white button-down collar shirt. "Look what Mom's wearing!" my family said at the dinner table. "That's neat," they approved. I'm going to wash it separately the first few times, not because it fades or shrinks (it doesn't), but because it's luxurious burgundy 50/50 nap lints just a wee bit at first.

Its a real pleasure to welcome volunteer Jamie Haars to our Streak editorial staff. She sure lightened the load this issue. She typed in a few minutes what would have taken me hours to do. Also highly skilled, but declining to be named an assistant editor, Jan Stone volunteered her help turning out professional looking copy.

Because he was so busy accepting congratulations, I certainly appreciate Bill Smith's time arranging the layouts. He became the father of William Alexander Smith IV recently when his wife Kathy gave birth to a ten pound future runner. That's one way to get new members.



Speaking of members, the March 12 Membership Meeting is for all members and prospective members. You're invited. If you don't feel up to it you don't have to run the Handicap 10K. Come for the meeting and the Pot Luck Supper. We have so many members that we never get to meet. Come on out. We'll be glad you came.

The Striders Board set a yearly rate for advertising. The rate is six (same size) for the price of five. If you know of any potential advertisers, please steer them this way.

My thanks again this issue for all the welcome contributions from readers. Keep that copy coming. The deadline for the April issue is March 8.

Yvonne Aasen
Yvonne Aasen,
Editor



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Best of the Streakers	Race Entry Forms

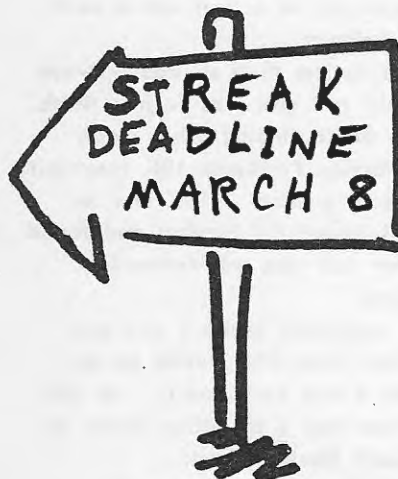
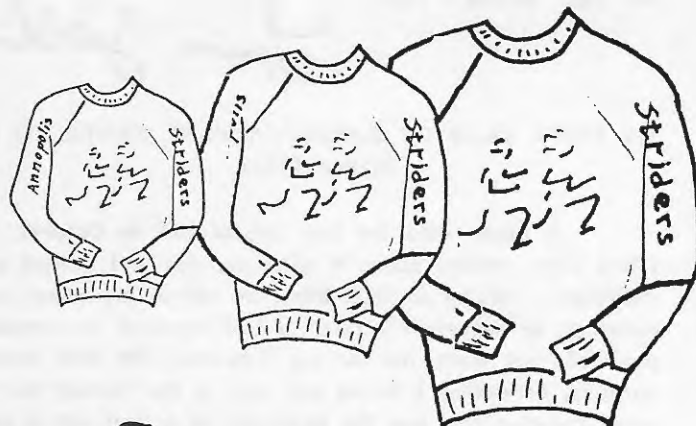
SWEATSHIRT

THE NEW 1983 ANNAPOLIS STRIDER
SWEATSHIRTS
ARE AVAILABLE FOR YOU NOW!

Going Fast So Get Yours Soon!!! You may pick one up at the Athlete's Foot on Main Street or order by sending \$10.00 (plus \$1.00 for postage) to:

Sweatshirt
Annapolis Striders
P.O. Box 187
Annapolis, MD. 21404

(Available in sizes: S, M, L, and XL)



Caricature by Irv Finifter,
Baltimore Harborplace artist

DEAR STRIDERS

A LETTER OF THANKS

Having just completed my second Marine Corps Marathon, I can't let time go by without a personal thanks to some very special people, without whom the Marathon and those long Rt. 450 training runs would have been unbearable. These people gave up their Saturday mornings to come out and 'water' the runners. They also came out and did the same at the Marathon, as well as give those important words of encouragement. Forgive me if I leave anyone out. Here it goes -- thank you, Gert Spadone, Guy Riccio, Mike Impellizari and Carol Huddy.

I also wish to thank Betty and Michael Impellizari for the generous use of their home for the pre-marathon get-together. There were over 70 people!

Last but not least, a very special thanks to Ben Moore for without him and his training I would have been snuggled up in bed asleep on Saturday mornings. Instead I was out there with him and his group pounding the pavement of Rt. 450. (For this I should thank him??) All kidding aside, Ben helped me get through those last agonizing miles. Had he not held my hand during the last half mile up the hill to the finish, I might not have finished. (Betty Moore, if you're reading this, I cannot tell a lie, I would've finished, I just used this as an excuse to hold your adorable husband's hand!).

Tbanks Ben, it was lots of fun but I will not be back for a third try at the Marathon next year - - - but then, maybe I will!

Louise Zeithli

MY FIRST YEAR OF RACES—A YEAR NEVER TO BE FORGOTTEN

It began with the Key School 10K in October, 1981. I had been running about 4 miles per day and needed a new challenge. Talking to Walt Eilers at one of my many teachers' meetings, he suggested a race. I had a month to mentally and physically get ready for the big first one. On that Sunday morning, nervously, I found my way to the starting line never knowing this was the beginning of a year where each starting line would be a new challenge.

I finished my first race in less than an hour - better than I'd predicted since my only real goal was to just finish. That was what I needed to go on to finding other races: the Lady Equitable 10K, the Pimlico Preakness 10K (improving my time each race). By this past summer a 10K was an enjoyable daily run. In July, I joined the Striders and found a new challenge of cross-country fun runs on Wednesdays. What a challenging 4 mile course!

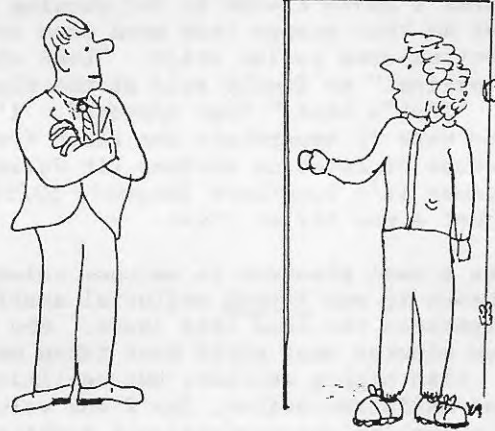
Through this positive, supportive group I met new friends to run with. The Severn River 15K would be my next goal and then to maintain a race each month. In the back of my mind dim lights even saw a marathon down the road - especially with the Moore's Marine group.

Well, I've celebrated my first year of racing by

returning to the Key School 10K - this year a little more sure of myself and with several new running friends. Of course, my goal was to finish in less than 50 minutes. This was not to be achieved, however.

Ironically, I was and am overcoming a new challenge not set by me: stress fractures in both legs. My calendar is started - December 29. This ends the 8-week healing period (hopefully). In the meantime, by bike has helped me discover new running routes. I look forward to running in the new year!

Nancy Spear



"Do you have anything to say, Dear, before marathon training starts?"

LETTER OF THANKS FROM THE SALVATION ARMY

Dear Mr. van Beuren:

Thank you for your concern for the Salvation Army programs as exhibited by your 'Shirt Off Your Back-Fun-Run'. We are grateful to you that you have taken the time and effort to organize this Fun-Run for the benefit of those who are in need.

As a fellow runner I can appreciate those who came out in the cold weather to help the less fortunate. We look forward to seeing you next year.

I apologize that I was not at the building during the run but please assure participants that we will do our best to be there next year.

May God bless you.

Sincerely,

Lamar Foreman

Lamar Foreman
Major



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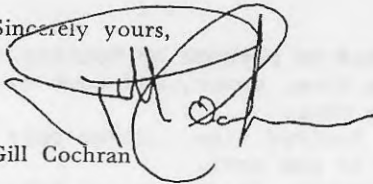
A REQUEST FOR A NOTE OF THANKS

Dear Editor,

If you are like me, you do a lot of running within the Naval Academy grounds. And I think the Naval Academy provides the most beautiful, safest, and pleasant place to perform our daily running.

I think it would be a good idea for all Striders that run within the Academy to drop a short thank you note to the Superintendent, Admiral Ed Waller, United States Naval Academy, Annapolis, Maryland 21402, thanking Ed and all of the members of the Naval Academy for allowing us to run within the Academy. If we will all take a little bit of time to write such a thank you note, I think we will assure many future years of running within the Naval Academy.

Sincerely yours,



Gill Cochran

MONEY NEWS



TREASURER'S REPORT

ANNAPOLIS STRIDERS, INC. CASH FLOW STATEMENT FOR OCTOBER, 1982

Income	\$1812.99
Expenses	<u>582.59</u>
Excess of Income Over Expenses	\$1230.40
Balance at Beginning of Month	\$1223.85
Balance at End of Month	\$2454.25
Monetary Assets at End of October	
Saving Account	\$ 250.94
Checking Account	<u>2203.31</u>
	\$2454.25

INCOME

Memberships	\$ 461.00
T-Shirts	56.25
Race Fees (Metric Marathon)	33.90
Streak Advertisement	35.00
Annapolis 10 Run (81)	<u>1226.84</u>
	\$1812.99

EXPENSES

General Office-Riccio	\$ 18.89
General Office-Vogenitz	1.70
Newsletter-Best Impression	427.00
Race-Cold Turkey Applications (Best Impressions)	<u>135.00</u>
	\$ 582.59

ANNAPOLIS STRIDERS, INC. CASH FLOW STATEMENT FOR NOVEMBER, 1982

Income	\$ 735.25
Expenses	<u>824.69</u>
Excess of Expenses Over Income	\$ 89.44
Balance at Beginning of Month	\$2454.25
Balance at End of Month	\$2364.81
Monetary Assets End of November	
Savings Account	\$1250.94
Checking Account	1111.37
Cash	<u>2.50</u>
	\$2364.81

INCOME

Memberships	\$ 72.00
T-Shirts	23.75
T-Shirts (Cold Turkey)	202.50
Race Fees (Cold Turkey)	374.00
Ads	55.00
Misc.-Donation	<u>8.00</u>
	\$ 735.25

EXPENSES

General Office-Vogenitz	\$ 9.30
General Office-Riccio	14.78
General Office-Annapolis Postmaster	50.00
Clinic/Club Event-Trumpy	40.07
T-Shirts-Hittle (6 Doz. Sweatshirts)	414.00
T-Shirts-Alley Cat (Cold Turkey)	149.55
Race Expenses-Thorn (Cold Turkey)	<u>121.99</u>
	\$ 799.69
C & P Telephone	<u>25.00</u>
	\$ 824.69

ANNAPOLIS STRIDERS, INC. CASH FLOW STATEMENT FOR DECEMBER, 1982

Income	\$ 822.98
Expenses	<u>494.60</u>
Excess of Income Over Expenses	\$ 328.38
Balance at Beginning of Month	\$2364.81
Balance at End of Month	\$2693.19
Monetary Assets End of December	
Savings Account	\$1250.94
Checking Account	1390.25
Cash and Checks	<u>52.00</u>
	\$2693.19

INCOME

Membership	\$ 419.00
T-Shirts	59.25
Ads	35.00
Race-Cold Turkey 20K	10.00
Race-Anniversary 15K	182.00
Misc.-Key School	40.00
Misc.-Anniversary 15K	<u>77.73</u>
	\$ 822.98

EXPENSES

General Office-Riccio (Stamps & Env.)	\$ 27.60
General Office-Annapolis Postmaster	40.00
Newsletter-Best Impressions	<u>427.00</u>
	\$ 494.60

COOKIN' ON THE RUN

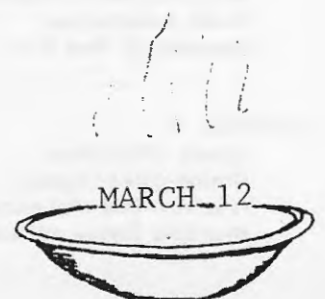
This recipe has everything...complex carbohydrates in the rice, all the nutritious goodness of vegetables, and complete protein in the cheese. If it can turn us all into triathletes there is going to be a stampede to the store for the ingredients.

TRIATHLON TRAINING RICE

1 package Uncle Ben's Brown and Wild Rice with carrots
Mushrooms
green pepper
celery
scallions
cheese, shredded

Cook rice as directed on package by boiling two cups water, stir in rice, cover, and cook over lowest heat for one hour.
Chop vegetables to desired size. Steam only until crunchy (all in one pot).
Layer rice and vegetables in oven-proof baking dish. Top with as much cheese as desired: Kraft sharp Cheddar cheese, mozzarella, or any cheese you prefer—different cheeses produce different flavors.
Bake in oven 375 degrees F. just long enough to melt the cheese.

-Nancy Waddington



WELCOME TO THOSE WHO HAVE

RECENTLY JOINED THE STRIDERS

Elliot Abhau	Larry Merewitz
Fred J. Blumenfeld	Carolyn Miller
William Bowman	Robert L. Miller Jr.
Joseph Bramante Jr.	David Mitchell
Steven B. Bridge	Steven Patterson
Jesse E. Butler	Peter Ramaley
Geoffrey R. Calderone	Larry M. Richman
Cheryl Carlson	Robert Saunders
Alexander Clift	Michael Schlegel
Jack Davis	Wilfred Shields
Mark W. Delmonte	Michael Smith
Michael Dougherty	Susan Sonde
Earnest Fingers	John Taylor
Mary Fingers	John Taylor Jr.
Terrence Fitzsimmons	Mai Taylor
Janet Gaffney	Blair Thorton
William Green	Larry T. Thorton
Carol Greene	Marcia S. Thorton
Bob Halpin	Sandy Thorton
James Kisenwether	Spenser Thorton
Edward Mansfield	Ken Upton
Norma Mansfield	Kenneth Upton
Chuck Markiewicz	Barbara Watkins
Meron B. Marudin	Thomas Wilkinson
Michael McGuire	Ronnie Wolfe

SIDELINES



...AS LONG AS YOU BOTH SHALL JOG?

TRAINING TIPS

YOU CAN RUN ALL WINTER

This is our cold weather running issue of the Streak. We want to encourage you to continue to run through the winter months when the air quality is so good it makes your body "feel like singing" after a workout. So winter won't intimidate you here are some helpful words of advice from two year-round runners:

Dress lightly and in layers. You don't have to overdress. Although it may seem cold to start your body warm: up after about five minutes and you feel comfortable. The key to comfortable winter running is staying dry. One new innovation is the new lightweight polypropylene underwear. This fabric "wicks" moisture away from your skin to evaporate, keeping your skin dry and avoiding chilling. Polypropylene garments are available now in all the sportswear stores. They have long-sleeved shirts, long underwear pants, and socks available in both men's and women's sizes.

Most of your body heat is lost through your head, so if you wear a wool cap on your head you stay warm. Wool has the quality of retaining warmth when wet from perspiration, rain, or snow. Gloves or mittens will help retain body heat also. Most of us don't have any trouble unless it gets below ten degrees—that's below the comfort level especially if the wind is blowing. Then you need more protection around your neck, like a scarf or turtleneck collar. Some runners, especially women, might want to protect their skin with vaseline or moisturizing lotion.

Remember to wear reflective gear starting at dusk, or before dawn. Drivers really can't see you in the dark. If you can't afford a reflective jacket or vest, use reflective arm or leg bands; or dots on your gloves, cap, and shoes. You can also get inexpensive reflective tape to apply to your clothing.

-Mike van Beuren

Warmup is important because you're more injury prone in cold weather. Don't forget your stretches, and perhaps some exercises to get your blood circulating before going out to run in the winter. Warmup is particularly important if you're going out early in the morning. Allow one-half hour to forty-five minutes to fully wake up. Drink a cup of tea, or juice, or whatever you prefer—don't overlook the need for fluids in cold weather.

Dress in layers. Its best to wear many light layers that afford some protection but will allow 'breathing.' You're probably overdressed if you feel warm when you step out the door. Your body becomes its own furnace to keep you warm.

Your lungs won't freeze in cold weather. Unless its really bitter cold (below zero) there should be no danger of hurting your breathing apparatus—your lungs and throat. Beginners may notice some pain in the throat and chest, but it disappears after you become acclimated.

Be careful to avoid hypothermia (a drop of one or more degrees in the internal body temperature). If your clothes get wet hypothermia can occur in temperatures as mild as 30 to 50 degrees F. Symptoms include slurred speech, loss of coordination, stumbling, mental deterioration, and intense shivering. It is life threatening; if you notice symptoms in yourself or a fellow runner seek shelter at once.

Cold weather running is exhilarating. It makes you feel good, both mentally and physically. Continue running through the winter, and when the nice weather comes you will be glad you're still in shape.

-Eric Peltosalo



The Best of the STREAKers



Abe Pollack

ON THE ROAD AGAIN--ANNAPOLIS ENGINEER COMPLETES TEN MILER (as written by Jim Scott in The Center Line)

As the song goes, Abe Pollack, head of the Joining Branch on the Ship Materials Engineering Department, is on the road again. On August 29, he completed the 7th Annual Annapolis Ten Mile Run . . . a significant accomplishment, since Abe had an open heart by-pass operation in 1981.

During the recovery period, Abe established a walking program around the neighborhood cul-de-sac, even though he admits to not participating in any fitness activity since his high school days (which were too long ago to note).

Being a technical type, he conducted a survey on fitness programs and read everything available. He completed a 'Run for Your Life Course' starting with a one minute walk followed by a one minute jog. After three months of aches and pains, he passed the requirement of thirty minutes of continuous jogging.

This accomplishment encouraged Abe to participate in two and three mile fun runs. To increase his endurance and improve his cardiovascular condition, he trained and entered 10,000 meter (6.1 mile) events for causes such as Cancer, Heart, Fight-for-Sight, Kidney, Arthritis, and even Battered Wives.

Encouraged by his family, friends and co-workers, Abe set his sights for a ten mile goal. To accomplish this feat he joined and trained with the Annapolis Striders. He gives special credit to John Gudas and Don Waddington for their encouragement and guidance. John was the race director and Don was course director for the Ten Mile Run.

'I am a firm believer in hitting the road,' says Abe. 'I now run 30-35 miles a week and it keeps me fit, reduces stress and keeps the weight down.' He followed up his first ten mile run by entering the 15,000 meter (9.3 mile) Severn River Run on September 26.

In addition to Abe, two other Annapolis Lab employees completed the Ten Mile Run: LCDR David Vetter and Gerald Sutton.

MY FAVORITE RACE

STRIDERS AT PHILADELPHIA DISTANCE RUN

by Mike vanBeuren

On Sunday, September 19, 1982, nine Annapolis Striders participated in the annual half-marathon put on by the YMCA in downtown Philadelphia. Re-creating the conditions of this year's Annapolis Run, the weather was flawless, the temperature was in the low sixties and the skies were blue. Over six thousand runners signed up to run east from City Hall to the Delaware River, back to circle the Fairmont Park section of the Schuylkill River, and then finish near Logan Circle--a beautiful, flat, fast course. Many attentions to detail were taken in this Mega-Race. The streets were closed and under thorough police protection for the 8:30 AM start; water and sponge stations were numerous and well-manned; all miles were marked and split-times were audible and accurate: digital clocks were placed at 5 and 10 miles, and the enthusiasm of the race workers was contagiously heartening. One thing that I witnessed for the first time were covered cups of water with plastic drinking straws which were placed on tables at the water stops until the number of runners passing through made it impracticable.

Very strong competitive fields were assembled for the race. Returning champion, Rod Dixon set out to lower his course record and set a world mark for the Half but dropped out of the race at 10K. Michael Musyoki of Kenya took up the cause and blew away both the record and the rest of the field in 1:01:37. On the woman's side, Judy St. Hilaire overpowered world marathon record-holder, Allison Roe, who is on the come-back trail from an Achilles injury.

The Striders entered a designated team of six: Will Scott, Tor Lohrkeim, Eric Peltosalo, Bill Conroy, John Major, and Mike vanBeuren. Robert 'Nut' Hall, Curt Callahan, and Bart Rohrbach also participated. A majority of us set PR's, which made the day even more enjoyable. Some even found enough energy left over after the race to sprint up the steps of the renowned Art Museum a la Rocky Balboa, a fitting Strider exhibit of competitive frenzy. After a more sobering warm-down run we adjourned to a pancake house to eat our way back to a caloric plus for the day. The Annapolis Striders placed eleventh out of seventeen in the Open Running Clubs division standings with 320 points.

This is a great race! I highly recommend it to all.

RESULTS-PHILADELPHIA DISTANCE RUN (13.1 Miles)

Winners: Michael Musyoki 1:01:37 (WR)

Judy St. Hilaire 1:12:52

Striders:	Mike vanBeuren	1:09:59
	Nut Hall	1:11:24
	Eric Peltosalo	1:13:25
	Bill Conroy	1:17:10
	Tor Lohrkeim	1:17:43
	John Major	1:18:10
	Curt Callahan	1:23:--
	Will Scott	1:35:05
	Bart Rohrbach	1:45:--



MY FAVORITE RACE

HIPPO SHIRTS RUN RAMPANT THRU ZOO

by Pam Andersen

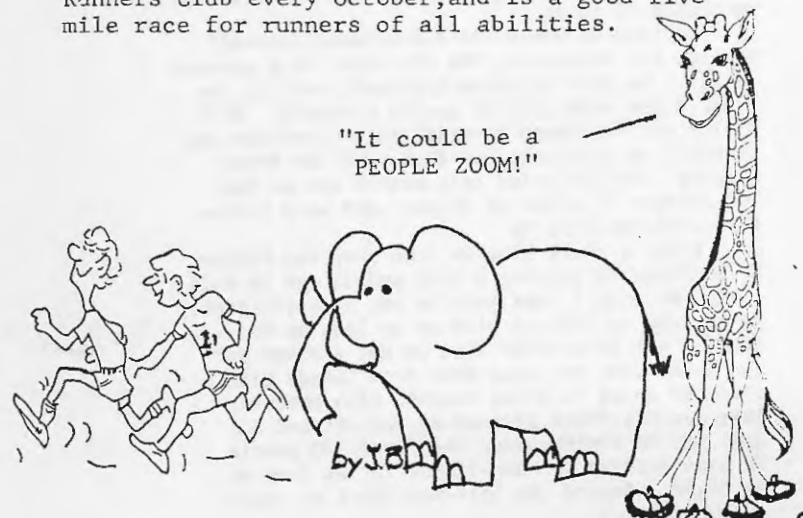
The Zoo Zoom is a good fall race for runners of all types. I entered it just wanting to finish and prove to myself that I could still run that far (I have been battling allergies and their concurrent breathing problems continually in the two and a half years I've lived on the East Coast). I had to stop and walk to catch my breath but I did finish and wasn't last. So if you are a slow or first time racer the Zoo Zoom is a good race to try since there seem to be a lot of others just like you in it.

The race course winds through Druid Hill Park in Baltimore City and part of the Baltimore City Zoo. The surroundings are beautiful and provide plenty of outside stimulus. The course itself is mostly on an asphalt access road with spots of brick, sidewalk, and turf. There are parts where the course is very narrow but the runners were spread out enough that it didn't cause a problem.

There were splits at the two, three, and four mile markers and one water station at about three miles. Water at the end of the race was a problem. Everyone stood in line to get a paper cup, and then stood in line at a drinking fountain to fill the cup.

The entry prize is great. Its a long-sleeved cotton/polyester T-shirt with a picture of a racing hippopotamus on the front. Its worth the run just to get the shirt. Shirts were handed out before the race and contributed to the convivial atmosphere. Every entrant also gets a free ticket to the zoo.

The Zoo Zoom is held by the Baltimore Road Runners Club every October, and is a good five mile race for runners of all abilities.



"MY FAVORITE RACE"

A GREAT DAY FOR THE JFK 50.2-MILE HIKE/RUN
by Bill Law

While the legs are still too sore to maneuver, especially down a flight of stairs, and the blisters are still in full bloom, the thought of finishing another one of the most unique 50-mile runs fills me with exuberance.

The 20th JFK 50.2-Mile Hike/Run sponsored by the Cumberland Valley Athletic Association was held on November 20th, and the Annapolis Striders were well represented. It was an ideal day for the event; 40 degrees at seven a.m. with just a slight breeze from the east. The smell of liniment inside the Boonesboro school was breath-taking. About 350 persons of all ages were busy getting prepared for the start of the race at seven a.m.

Our faithful assistants, who would follow us all day with enough food, drinks, and equipment to supply a small army, were busy loading their cars. They were also graciously listening to a numerous variety of last minute instructions regarding types of drinks and changes of clothing at what check point, at what time, etc., etc., etc.; trying to remember all this could boggle your mind. They were Kathy Berree, Guy Riccio, and Ruth Schelhouse to help our group; while Debbie Fox, Ralph Crosby, Kathy Bridges and Margit Eilers were busy with their groups. Dale Vogel was to team up with my group later on at the 16-mile point on the C&O Canal.

The gun sounded at 7:02 a.m. and we all took off for the first plateau on the top of Lambs Knoll. This point is on the Appalachian Trail about five miles into the race and an increase in elevation of about 1500 feet. After about four more miles we met our support group at Cramptons Gap. The next six miles is also through the woods on the Appalachian Trail to the 16-mile point at Weaverton Cliffs and the C&O Canal. The trip through the woods on the Appalachian Trail is quite difficult; with rocks, sticks and leaves in most areas, you have to be very careful to keep from twisting an ankle or tripping and falling. It was a relief to get out of the mountains and onto the Canal Towpath.

Randy Fox and Don Waddington had taken a considerable lead on the rest of us Striders at this point. Glen Berree and Tim Kraft left for the Towpath while Bill Miller waited for me to catch up and change shoes. Delma Miller, Nancy Waddington, Carlotta Crosby, Earl Scott, Don Kennedy, Bob Bridges, Bob Pastrana and Walt Eilers were not too far behind. Like guardian angels, our support group was there offering encouragement and making sure we had all the things we needed to go on.

As long as you haven't overtaxed yourself through the mountains, the C&O Canal is a welcome relief. No more tripping problems, and you can finally use some type of pacing schedule. Bill Miller and I planned to maintain a 17-minute jog at about an 8:30 pace and then walk for three minutes. We had tried this method out on the Two-Bridges 36-miler in October and were satisfied with the results.

After a short time we came upon Ron Fisher. He admitted to leaving a sick bed to run in this race. We didn't even know he was a participant. He decided to join up with us as long as he could. Not long after that we met another person named Jim, who came down from Canada with a group of about 15 other running club members. This was his first attempt at the JFK and his goal was to finish under the first 100 people. He also decided to run with us for as long as he could. Around the half-way point we caught

up with Keith Harvey and he decided to join our group. For more than four hours we continued this pace of 17 and three. We never missed our planned meeting points with our support groups by more than a couple of minutes. Ron Fisher stayed with us for about two hours and finally decided it was a little too much for one already weakened by the flu. Jim started to tire and drop back at about the 39-mile mark. Keith started to fall behind when we approached Dam #4, which is where we leave the Canal Towpath at the 42-mile mark, but he never was out of our sight.

From Dam #4, or the last eight miles, we decided to continue to jog at about a nine-minute pace and only walk the worst of the hills. Our enthusiasm grew as we realized that it was possible to make our goal of eight hours and 45 minutes. I'm sure our pace increased as we neared the finish line in Williamsport. Finally the end was in sight. After eight hours, 40 minutes, and 13 seconds, Bill and I crossed the line. Our place numbers were 78 and 79, with Keith Harvey close behind placing #80. Later on we learned that Jim, the Canadian, did make his goal by placing just under 100 at #99.

The Striders team gave special THANKS to Dale Vogel, Ruth Schelhouse, Kathy Berree and Guy Riccio for all their help. They would have been hard pressed to run the distance without a support group.

JFK 50.2-MILE HIKE/RUN ANNAPOLIS STRIDER TEAM

Name	Time
Randy Fox	7:40
Don Waddington	8:23
Bill Law	8:40
Bill Miller	8:40
Keith Harvey	8:43
Glenn Berree	9:12
Tim Kraft	9:12
Bob Bridges	10:36
Bob Pastrana	10:36
Ron Fisher	11:45
Earl Scott	11:37
Nancy Waddington	11:37
Delma Miller	11:37
Carlotta Crosby	11:37
Walt Eilers	42 miles
Don Kennedy	42 miles

SOME HISTORY

Doggedly

The 11th annual John F. Kennedy 50-mile Hike-Run drew 1,724 human entries and one weimaraner, complete with shirt and number. The winner was Max White, right, who set a record of 5 hours 55 minutes. He was one of 675 finishers.



ADVERTISING

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

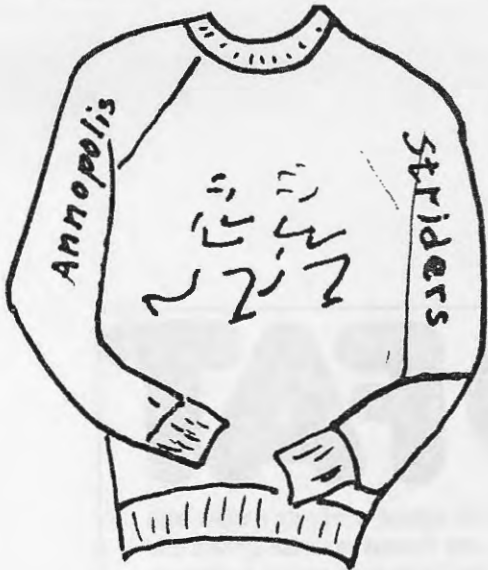
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If you are interested in placing an ad, please call Yvonne Aasen at 647-0879. If you have an ad that is ready for press, mail to: Editor, P.O. Box 187, Annapolis, MD 21404

Deadline for June issue - May 10.

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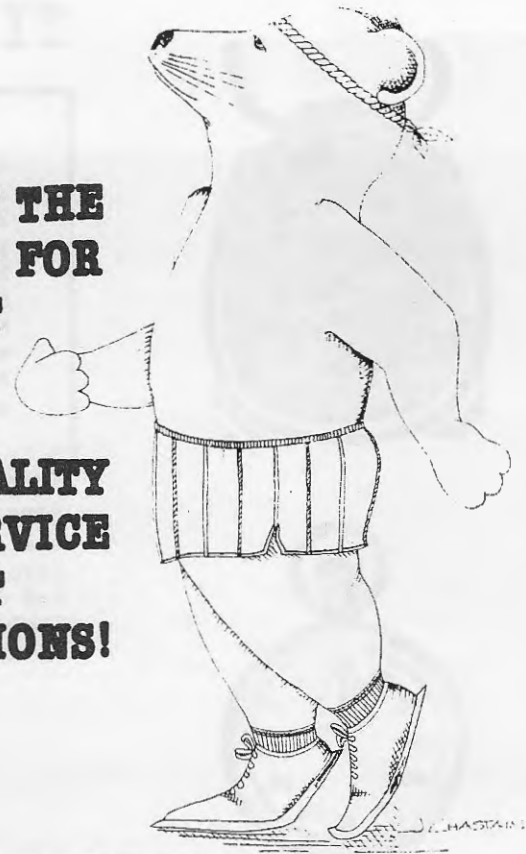
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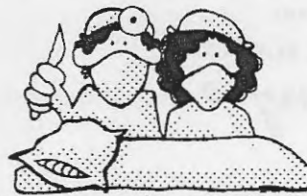
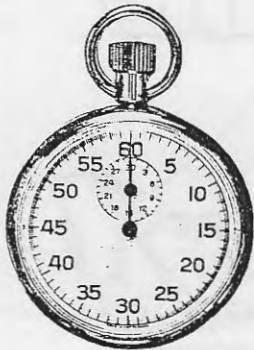
TIMES OF OUR LIVES



CONGRATULATIONS TO THE FOLLOWING:
 Jim Haas set a P.R. (personal record) at the New York City Marathon with a record 4:21:58.
 Michael Adams ran the Marine Corps Marathon in 3:48:42.
 Keith Harvey was the 80th finisher at the 50.2 mile JFK when he clocked 8:42:45; and its the 4th time he's done the JFK!

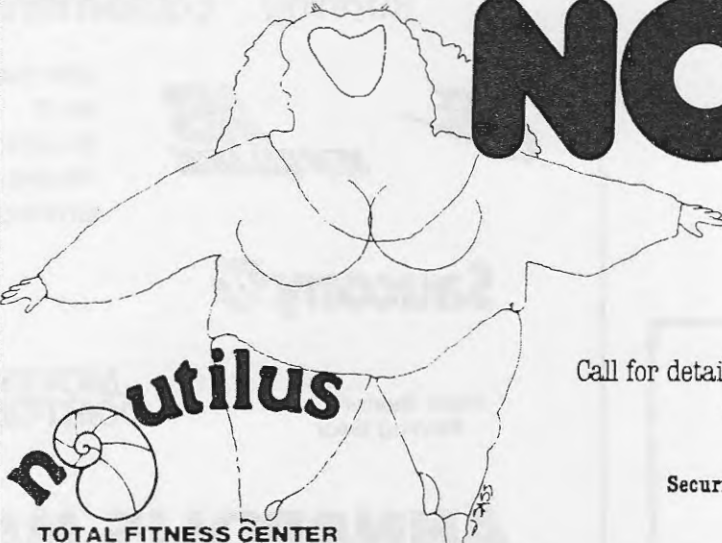


YOUR TIME IS IMPORTANT! Write us, call one of the editors, or the Hotline. Be prepared to give your name, name of race, time, distance, and date of race. More information could include your age, place of finish, and awards. SHARE YOUR TIMES—CALL THEM IN.



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WHATS COMING UP



1983 ANNAPOLIS STRIDER AND RRCA EVENTS CALENDAR

JANUARY THRU JULY

(ANNAPOLIS STRIDER* SCHEDULED EVENTS ARE UNDERLINED)

<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
January 9 Sunday	8:30 AM	Frostbite 5K and 15K	WRRC	Jim Shank 301/857-4878
January 15 Saturday	7:00 AM	<u>Training for Fun & Fitness</u> <u>Every Saturday Morning thru</u> <u>April</u>	Annapolis Mall	268-1165 (hotline)
Sundays	7:30 AM	<u>Training for Fun & Fitness</u>	Navy/Marine Corps Stadium	Bill Law 647-5015
February 12 Saturday	9:00 AM	<u>Valentine Twosome Relay</u> (couples)	Annapolis Senior High Riva Road	John Butterfield 267-7688
February 20 Sunday		Washington's Birthday Marathon	DCRRC	Larry Noel 301/474-9362
February 26 Saturday	2:00 PM	<u>CLUB CHAMPIONSHIP #1</u> 5K	USNA	Ben Mathews 647-1208
February 27 Sunday	9:30 AM	MD/DC RRCA TEAM 10-MILE CHAMPIONSHIP	HCS/Howard County C.C. Columbia, MD	Warren Ohlrich 301/992-5800
March 5 Saturday		Last Train to Boston Marathon	RASAC	Janet Lacetera 301/877-0718
March 5 Saturday		Avon 20K (Women Only)	Hains Point	Carole Herrick 703/768-5221
March 6 Sunday		Bethesda Chase 20K		Bob Gafney 301/593-9670
March 13 Sunday	9:00 AM	<u>Jean Conroy Memorial</u> 10K	Crofton Country Club	Bill Conroy 301/721-9327
March 12 Saturday		<u>General Membership Meeting</u> 10K Handicap and Pot Luck Supper	Germantown Elementary Cedar Park Road Annapolis	Don Goodwin 268-8565
March 20 Sunday		Lady Equitable 10K (women only)	BRRC/Baltimore	Mike Pierre 301/433-6715
March 27 Sunday		Cherry Blossom 10 Mile (entries close in January)	DCRRC/Hains Point	Susie Cooper 703/920-5238
March 27 Sunday		<u>CLUB CHAMPIONSHIP #2</u> <u>CHERRY PIT 10-MILE</u>	South River High Edgewater, MD	Larry Stone & Bruce Marudin 268-1165

1983 CALENDAR

<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
April 10 Sunday		B&A 10K	Severna Park High	
April 10 Sunday	10:30 AM	Baltimore's Maryland Marathon	Memorial Stadium (old course)	Les Kinion MD Marathon Commission
April 16 Saturday		Byron Kaufman 10K	BRRC	Mike Pierre
April 17 Sunday		Fritsbe's Pike Race 10K	MCRRC	John Sissala
April 18 Monday		Boston Marathon	BAA	617/236-3322
April 24 Sunday		Bel Air Town Run 5K	RASAC	Joe Lacetera
May 1 Sunday		Clyde's American 10K	HCS/Columbia, MD	Warren Ohlrich
May 8 Sunday		Bonne Belle 10K (Women Only)	Hains Point	Carole Herrick 703/768-5221
May 14 Saturday		<u>SHENANDOAH HIKE/PICNIC</u>	Appalachian Trail	Nancy Waddington 956-2061
May 21 Saturday		<u>BIATHLON - 10K Run</u> 20M Bike	South River High. Edgewater, MD	or HOT-LINE 268-1165 Bill Law 647-5015
May 29 Sunday		Constellation 10K	BRRC/Inner Harbor	Mike Pierre
June 4 Saturday		Hecht's 10 Mile	DCRRC/Carter Barron Ampitheater-Rock Creek	Susie Cooper
June 11 Saturday		Cumberland 10 Mile	QCS	Don McCreary
June 15 Wednesday	6:00 PM	<u>Truxtun Park Series</u> 1 Mile/4 Mile	(10 consecutive Wed. eves. Truxtun/Spa Cove)	Mike van Beuren 263-8125
June 19 Sunday		<u>Father's Day 10K</u> CLUB CHAMPIONSHIP #3	Loch Haven Rec. Area Edgewater, Md.	Orv Pratt 798-4126
June 22 Wednesday		TRUXTUN PARK SERIES #2	(see June 15)	
July 3 Sunday		<u>Annapolis Ten Mile</u> Training Run #1	Annapolis Mall Route 450	Don Waddington 956-2061
July 4 Monday		Fourth of July 4-Mile	RASAC	Joe Lacetera
July 6 Wednesday		<u>TRUXTUN PARK SERIES #3</u>	(see June 15)	

1983 CALENDAR

<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
July 13 Wednesday		<u>TRUXTUN PARK SERIES #4</u>	(see June 15)	
July 16 Saturday	6:30 PM	<u>STRIDER MILE</u> <u>CLUB CHAMPIONSHIP #4</u>	Annapolis Senior High Riva Road	Peter Shaw 268-1165
July 17 Sunday		<u>Annapolis Ten Mile</u> <u>Training Run #2</u>	(see July 3)	
July 23 Saturday	8:00 AM	<u>WOMEN'S DISTANCE FESTIVAL</u> <u>5K (Women Only)</u>	USNA Sailing Center	Pam & Marvin Andersen 267-0524
July 20 Wednesday		<u>TRUXTUN PARK SERIES #5</u>	(see June 15)	
July 27 Wednesday		<u>TRUXTUN PARK SERIES #6</u>	(see June 15)	
July 31 Sunday		<u>Annapolis Ten Mile</u> <u>Training Run #3</u>	(see July 3)	
August 28 Sunday	7:30 AM	<u>8th Annapolis 10-Mile Run</u>	Navy/Marine Corps Stadium	John Gudas 263-9664

* Club Codes explained; send a long, self-addressed, stamped envelope for more information.

BRRC = Baltimore Road Runners Club, 1259 Meridene Drive, Baltimore, MD 21239

DCRRC = D. C. Road Runners Club

MCRRC = Montgomery County RRC, John Sissala, 120 Evans Road, Rockville, MD 20805

HCS = Howard County Striders, Dave Tripp, 6175 Campfire, Columbia, MD 21045

QCS = Queen City Striders, Tim Travis, 1423 Church Street, Cumberland, MD 21502

RASAC = Renaissance All Sports Athletic Club, 1006 Whitaker Mill Rd., Joppa, MD 21085

WRRC = Westminster Road Runners Club, Art Webster, 4404 Carroll Park Ct., Sykesville, MD

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 SASE 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.



RACE RESULTS AND STANDINGS



**COLD
TURKEY
20 K
RUN**



**COLD
TURKEY
20 K
RUN**



**COLD
TURKEY
20 K
RUN**



**COLD
TURKEY
20 K
RUN**

COLD TURKEY 20K RUN

November 28, 1982

Place	Name	Age	Time	Place	Name	Age	Time	Place	Name	Age	Time
1.	Stan Fletcher	29	1:07:44	51.	Richard DeSteve	31	1:30:37	101.	Mary Jo O'Connell (F)	24	1:46:50
2.	Mike van Beuren	30	1:07:46	52.	John Fredland	39	1:30:37	102.	Susan Cobun (F)	34	1:47:19
3.	Eric Peltosalo	33	1:13:57	53.	David Barger	27	1:30:39	103.	Eldon Hawley	41	1:47:21
4.	Robert Leo	30	1:14:16	54.	Bill Law	54	1:30:53	104.	John Hall	35	1:47:30
5.	John Major	33	1:14:28	55.	Jac Commette	38	1:31:19	105.	Steven Van Rees	36	1:47:43
6.	Mark Yerkes	27	1:14:46	56.	Wilford Scott	32	1:31:49	106.	Prestone Smith	36	1:48:11
7.	James Nicholson	29	1:15:16	57.	Ron Marland	38	1:32:15	107.	Darene Dabbs (F)	28	1:48:18
8.	Bill Conroy	39	1:15:48	58.	Winnie Hittle	30	1:32:25	108.	Alan McCarty	28	1:48:20
9.	John Butterfield	45	1:15:54	59.	Dave Gomme	18	1:32:35	109.	Patricia Major	30	1:49:39
10.	Joe Smaldone	37	1:16:07	60.	Michael Smith	32	1:32:40	110.	John Maclean	30	1:49:39
11.	Mark Lyford	24	1:16:44	61.	James Storey	41	1:32:47	111.	James Brannon	49	1:49:41
12.	Ed Purpura	29	1:17:33	62.	Henry Winkler	40	1:33:57	112.	Buck Cadell	48	1:50:27
13.	Ray Harrison	48	1:18:18	63.	John Gudas	36	1:34:07	113.	Diane Kettish	38	1:50:35
14.	Chris Cummings	30	1:18:37	64.	Douglas Nauman	31	1:34:17	114.	Joe Peacock	18	1:51:11
15.	Joe Deak	35	1:19:43	65.	James Fratio	49	1:34:18	115.	John Shaw	9	1:52:25
16.	Richard Weiss	41	1:20:22	66.	Earle Myers	33	1:34:23	116.	Carol Cummings	31	1:52:27
17.	Eric Richardson	16	1:20:49	67.	Gill Cochran	40	1:34:27	117.	Wheeler Stanfield	53	1:52:30
18.	Al Kubeluis	40	1:22:14	68.			1:34:33	118.	Ted Zemos	45	1:54:50
19.	Michael Novel	27	1:22:26	69.	Walt Eilers	39	1:34:34	119.	Larry Richman	45	1:57:47
20.	Joe Duffy	41	1:23:21	70.	Norman O'Brian	42	1:34:40	120.	Barbara Watkins (F)	29	1:59:22
21.	Jennifer Amyx (F)	12	1:23:35	71.	Beth Baynes (F)	36	1:34:42	121.	Ed Jablonski	22	2:07:24
22.	Charles Powers	32	1:23:36	72.	Chris Van Sycle	29	1:34:44	122.	Miriam Ferris (F)	22	2:08:30
23.	Bill Wandel	39	1:24:04	73.	George Nislein	42	1:34:46	123.	Ron Wolfe	41	2:12:20
24.	Stephen Porter	27	1:24:30	74.	Marty Paul	41	1:34:48	124.	Judy Vogenitz (F)	37	2:12:20
25.	Dick Lipsey	37	1:25:22	75.	Alice Oeppe	31	1:35:56	125.	Donald Barger	58	2:12:29
26.	Jim Welch	26	1:25:49	76.	Donald Cosdem	30	1:35:59	126.	Fred May	39	2:24:49
27.	Bob Phillips	46	1:25:56	77.	John Degreck	37	1:35:15	127.	Bobbie Darwick (F)	47	2:27:21
28.	Glenn Berree	35	1:26:21	78.	Robert Kulvich	42	1:36:29				
29.	Branin Thorn	15	1:26:28	79.	Thos. Sharp	38	1:36:39				
30.	Alan K. Melvin	19	1:27:00	80.	Daniel Aranb	43	1:36:50				
31.	Alan W. Melvin	45	1:27:01	81.	Eldon Hawley	41	1:37:01				
32.	Wayne Babb	43	1:27:02	82.	Danalee Green (F)	36	1:37:12				
33.	Mike Chamberlain	38	1:27:13	83.	Bruce Soyars	32	1:37:40	1st	Stan Fletcher		1:07:44
34.	Janet McCann (F)	23	1:27:48	84.	Coleen Pierre	39	1:38:04	2nd	Mike van Beuren		1:07:46
35.	George Cotter	53	1:27:57	85.	Carl Wright	44	1:38:17	3rd	Eric Peltosalo		1:13:57
36.	Corky Campbell	25	1:28:06	86.	Eric Beavers	30	1:39:18				
37.	Mike Silverman	26	1:28:10	87.	Webster Chamberlain	51	1:39:30				
38.	Jean Silverman (F)	25	1:28:11	88.	Neil Donnelly	39	1:40:10				
39.	William Miller	29	1:28:20	89.	Deirdre Wagner (F)	27	1:41:44				
40.	Norman Altow	36	1:28:29	90.	William Robrecht	33	1:41:48				
41.	Tim Stimson	18	1:28:38	91.	Mary Ann Watkins		1:42:01				
42.	Brad Leonard	48	1:28:48	92.	John Laughland	46	1:42:02				
43.	Orv Pratt	43	1:29:16	93.	Thomas Cann	50	1:42:42	1st	John Butterfield		1:15:54
44.	Mike Pierre	42	1:29:36	94.	John Gallivan	43	1:42:46	2nd	Ray Harrison		1:18:18
45.	James Kalb	25	1:29:44	95.	Jim Haas	39	1:44:31	3rd	Richard Weiss		1:20:22
46.	Kenneth Lyons	42	1:29:45	96.	Don Goodwin	41	1:45:16				
47.	Ken Upton	34	1:29:55	97.	Bill Wollbridge	45	1:45:18				
48.	Norman Miller	46	1:30:10	98.	Joseph Ryan	57	1:45:22				
49.	Eric Fromm	36	1:30:22	99.	Jas. Johnson	34	1:45:39	1st	Bobbie Darwick		2:27:21
50.	Jan Stone (F)	30	1:30:24	100.	Eric Parsells	25	1:45:41				

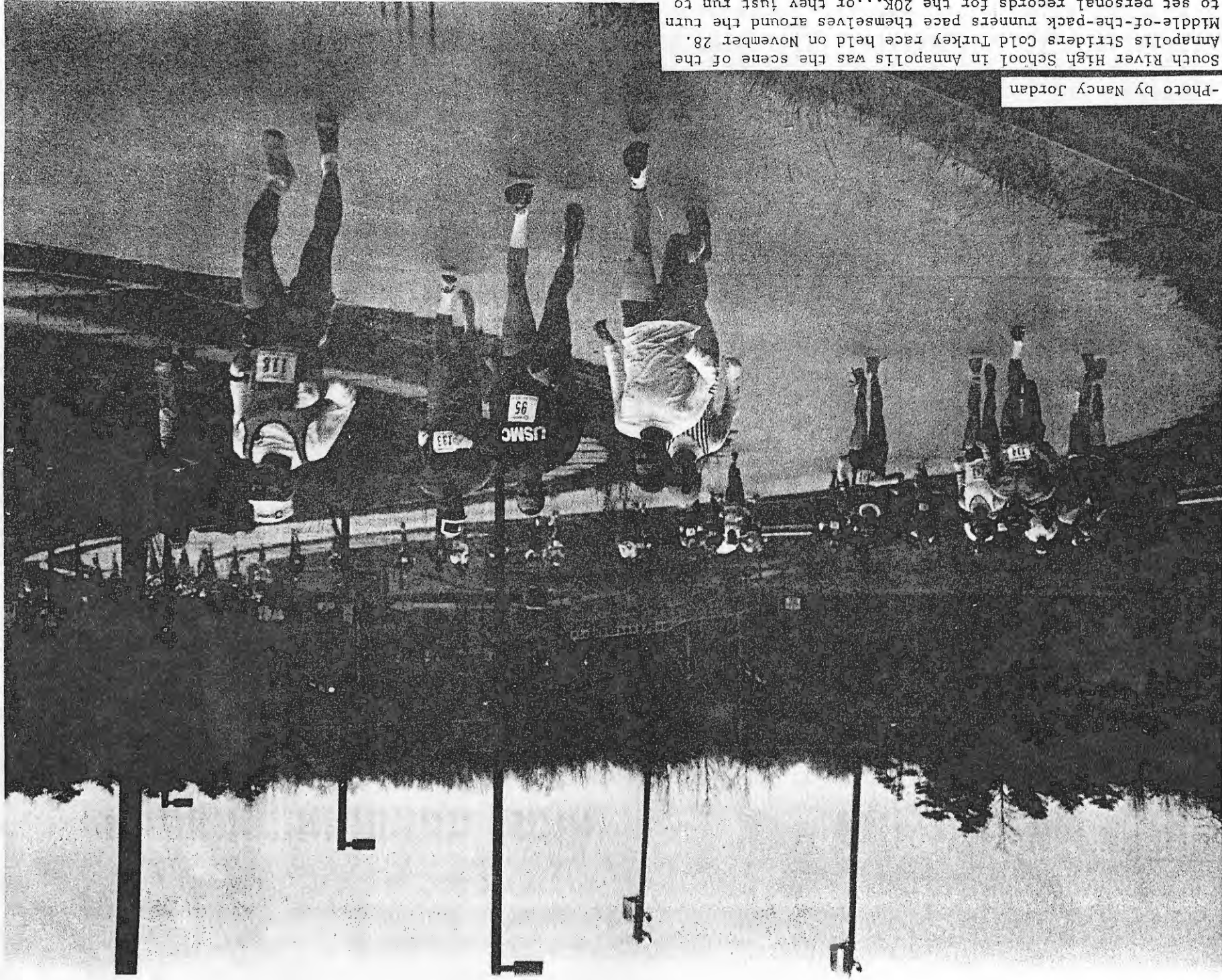
MEN

WOMEN

MASTERS

MEN

WOMEN



South River High School in Annapolis was the scene of the Annapolis Striders Cold Turkey race held on November 28. Middle-of-the-pack runners pace themselves around the turn to set personal records for the 20K...or they just run to finish.

-Photo by Nancy Jordan

CLUB CHAMPIONSHIP SERIES

ANNAPOLIS STRIDERS CLUB CHAMPIONSHIP SERIES STANDINGS FOR 1982

Men	Points								Minus High Score	Total
	1M	26.2K	10K	5K	10M	5M	15K	20K		
<u>15-19</u>										
1st Branin Thorn	35	1	35	2	35	35	2	1	105	41
<u>20-29</u>										
1st Mark Yerkes	1	35	3	3	1	35	3	5	75	11
2nd Mike van Beuren	35	35	1	2	35	35	2	1	105	41
3rd Winnie Hittle	35	35	5	35	35	2	6	8	105	56
<u>30-34</u>										
1st Bob Leo	1	35	4	5	35	2	2	2	75	11
1st John Major	35	1	3	3	35	35	3	1	105	11
3rd Joe Deak	5	35	6	6	5	3	4	3	47	20
Gary Chidester	3	3	7	35	4	5	35	10	80	22
Norm Berree	6	4	8	35	7	4	5	35	78	26
Don Kennedy	7	2	9	11	35	35	35	6	105	35
Will Scott	9	10	35	12	35	7	6	7	82	39
Tom Fish	35	35	1	2	1	1	35	35	105	40
Bill Vogenitz	4	35	12	14	12	8	35	35	105	50
John Hall	35	8	35	35	13	11	8	14	83	54
Lou Kawzienski	2	35	5	7	6	35	35	35	105	55
<u>35-39</u>										
1st Joe Smalldone	1	1	35	2	35	2	2	1	72	7
2nd Mike Chamberlain	2	5	1	4	2	4	4	3	13	12
3rd Bill Wandel	4	3	35	6	4	3	3	2	45	15
Eric Fredland	35	35	4	7	35	7	5	4	105	23
Richard Hillman	5	6	35	8	7	8	35	35	105	34
Neil Donnely	6	9	35	11	35	9	8	35	105	43
John Degreck	35	10	9	35	16	35	7	7	105	49
<u>40-44</u>										
1st Ben Matthews	35	1	1	1	1	1	35	1	71	5
2nd Doug Pond	35	4	4	4	3	4	35	35	105	19
3rd Orv Pratt	1	5	10	5	35	35	2	35	105	23
Ron Wolfe	35	7	2	3	11	3	6	7	49	25
Earl Scott	2	35	8	8	16	8	35	8	86	34
Don Goodwin	35	35	7	35	12	6	5	6	105	36
Jim Storey	35	35	6	6	35	35	4	5	105	56
<u>45-49</u>										
1st Don Waddington	2	35	3	4	1	2	35	3	74	11
2nd Arnie Henderson	35	3	4	5	4	3	35	5	75	19
3rd Buck Cadell	4	6	6	7	5	6	6	8	21	27
Ray Harrison	35	1	1	1	35	35	2	35	105	40
Bob Phillips	35	35	2	3	35	35	3	4	105	47
Allen Stallings	35	4	35	35	6	4	35	7	105	56
<u>Men</u>										
<u>50 & Over</u>										
1st Ben Moore	2	2	1	2	2	35	35	3	73	9
2nd Guy Riccio	4	35	3	6	6	2	35	5	76	20
3rd Joseph Ryan	35	35	35	5	5	35	2	4	105	51
<u>Women</u>										
<u>30-39</u>										
1st Delma Miller	2	35	1	3	4	1	35	1	74	8
2nd Louise Zeitlin	4	35	2	4	8	3	35	3	78	16
3rd Judy Vogenitz	35	35	9	11	35	5	3	4	105	32
Betty Impellizzeri	1	35	4	35	5	35	35	2	105	47
<u>40-49</u>										
1st Nancy Waddington	2	35	1	2	2	35	35	2	105	9
<u>50 & Over</u>										
1st Margaret Cochran	2	1	1	35	2	2	35	2	72	8
2nd Betty Moore	3	35	2	2	3	1	35	1	73	9

1983 CLUB CHAMPIONSHIP SERIES

RULES FOR THE 1983 CLUB CHAMPIONSHIP SERIES

1. YOU MUST BE A MEMBER IN GOOD STANDING TO SCORE FOR AN AGE GROUP AWARD, YET WE ENCOURAGE EVERYONE TO PARTICIPATE IN THESE RACES.
2. THERE WILL BE EIGHT RACES IN THE SERIES: 1M, 5K, 5M, 10K, 15K, 10M, 20K, 26.2K
3. YOUR AGE AS OF THE FIRST RACE OF THE SERIES WILL DETERMINE YOUR AGE GROUP PLACEMENT FOR THE ENTIRE SERIES.
4. POINTS WILL BE AWARDED FOR YOUR ORDER OF FINISH WITHIN YOUR AGE GROUP. NO SHOWS WILL RECEIVE 35 POINTS OR THE LAST PLACE IN THEIR AGE GROUP, WHICHEVER IS HIGHER.
5. YOUR FINAL SCORE IS DETERMINED BY ADDING UP YOUR BEST FIVE FINISHES. LOWEST SCORE WINS! IF NO ONE IN YOUR AGE GROUP COMPLETES FIVE RACES, YOU MUST HAVE COMPLETED AT LEAST FOUR TO BE ELIGIBLE FOR AN AWARD.
6. THE AGE GROUPS ARE:
FOR MEN AND WOMEN -- 13 and UNDER, 14-19, 20-29
FOR WOMEN -- 30-39, 40-49, 50 and OVER
FOR MEN -- 30-34, 35-39, 40-44, 45-49, 50-59, 60 and OVER
7. THREE AWARDS WILL BE GIVEN IN EACH AGE GROUP BUT THIS NUMBER MAY BE DECREASED IF THERE IS LIMITED PARTICIPATION IN A PARTICULAR AGE GROUP.
8. SERIES STANDINGS WILL BE PUBLISHED PERIODICALLY IN THE STREAK

The Mad Jigger



*Mad because
he is a Runner*

Club Championship

1983 DATES:

- 5K - February 26
- 10M - March 27
- 10K - June 19
- 1 Mile - July 16
- 5 Mile - September
- 26.2K - October
- 20K - November
- 15K - New Year's Day

SA