

STREAK

VOLUME VI

NUMBER 3

june 1984



ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.
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STREAK

ANNAPOLIS STRIDERS

volume VI number 3

june 1984

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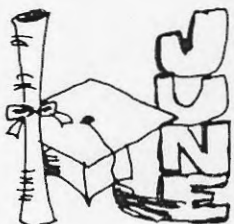


The purpose of this running club is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. --from Article II, By-Laws of the Annapolis Striders

The STREAK, 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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DON'S DAWDINGS

Remember when you started running? How easy it looked when others ran and how much work it was when you did. If my experience is typical it is easier to start than to start over. When you start, today's run is compared to yesterday's run and the gradual improvement provides encouragement and incentive to continue. When starting over each day's routine is compared to past performances and the result is frustration. Distances that were formerly used to warm up now complete the workout and what was a very slow pace now equates to speed work. The shoulders scream to stop after a few laps of the pool. The bicycle moves in slow motion and feels like the brakes are on (they're not). And what should be a very slow jog may turn out to be going out too fast. It's not all discouragement though, distances have increased in the swim and bike and the speed is slowly improving on the run. I guess it's mostly remembering abilities of the past. Whatever you do don't get out of shape if you can prevent it.



The Annapolis Striders were well represented in the Olympic Torch Run when it went through town. Fred Jacoby, Ed Zelik and Ben Moore each took a turn at carrying the torch for one kilometer. Congratulations to each of them.

Two of our active Striders are leaving the Annapolis area. Marget and Walt Eilers will be heading for Little Rock, Arkansas, in early June this year. Marget held the job of secretary for the Striders in 1979 and Walt has played a major role in making the Annapolis Ten-Mile Run the quality race that it is today. Walt also was the only one crazy enough to join me in running the entire length of the C&O Canal Tow Path (Cumberland, MD, to Washington, DC) in April 1981. We want to thank the Eilers for helping make the Striders the organization it is today and to wish them the very best in their future endeavors. I'll be expecting them to provide a water station when I do a cross country bike ride in a few years.

See You On The Road,

Don Waddington
Don Waddington

EDITORS REMARKS

COLLATING TEAM: Thanks to those who worked so hard arranging the pages of the Streak in their proper sequence in preparation for mailing: Nancy Waddington, Carol Huddy, Pat O'Brien, Steve Dilling, Bob Hunton, Guy Riccio, Bill Vogenitz, and Marv Aasen. Also, those nice young men from the Severna Park Jaycees, Doug Nauman, David Lusby, Guy Cheesman, and Bruce Black.

GUEST COLUMNIST: Now that John Butterfield, former Chr. of Training/Clinics, is running Guam, I'm happy to welcome the help of guest columnist, Liz Kisenwether for writing Training Tips this issue. And if it were not for Ken Thorn we wouldn't have a favorite race. Thanks for all contributions.

DEADLINE: The deadline for the August Streak is July 10.

BOARD ACTION: I don't know how to tell you this, but all race entry forms that are not official Striders events that are collated into the Streak will have to be accompanied with a fee of \$50 to be remitted to the Annapolis Striders, Inc. This board action was a group effort to try to save the treasurer from an imminent nervous breakdown. We hope it helps.

Yvonne Aasen



Caricature by Irv Finifter

MONEY NEWS

REPORT



TREASURER'S REPORT

REPORT OF THE ANNAPOLIS STRIDERS SPECIAL COMMITTEE ON LONG RANGE PLANNING

ANNAPOLIS STRIDERS, INC.
Cash Flow Statement
Period ending April 30, 1984

Cash Balance as of April 30, 1984		
Checking	\$ 77.41	
Savings	<u>1045.20</u>	1122.61
Cash balance March 31, 1984		<u>1204.00</u>
Decrease		<u>(81.39)</u>
Income		
Dues	131.25	
Shirts	50.00	
Cherry Pit	662.00	
Deposit Correction	<u>7.50</u>	850.75
Expenses		
Photo Awards—Annual Mtg.	189.00	
C&P Telephone	31.74	
A.A. Co. Pers. Prop. To.	25.41	
Postmaster	60.00	
Wash. Birthday race—"Ath.Ft."	108.94	
A 10 M Worker Form	78.65	
Postage Rubber Stamp	46.15	
Insurance—Reed Stenhouse	<u>392.25</u>	<u>932.14</u>
		<u>(81.39)</u>

A special Committee on Long Range Planning was appointed by President, Don Waddington, to review what the Club has done in its first five years of existence and to determine if there are any particular policies or practices which need changing or closer examination. The Chairman of the Committee is Dick Hillman and the reporter, Pam Andersen. The Committee met twice. This report was reviewed by the Chairman and Don Waddington.

The Committee reviewed several areas or points of study and consensus was reached that certain points did not need further changing or review. These are:

1. The need for the Club to affiliate with other organizations like TAC or local schools. It was decided that the present affiliation with RRCA (Road Runners Club of America) is sufficient.

2. The Club's name, by-laws and management of the Club were felt to be effective as they are. The original policy choice of having a passive organization which is run by a strong Board has been effective and membership has grown to over 1000 members.

3. The reliance on the race/run committee to choose which races should be run and when and where is still the most efficient.

One area or policy which was felt to need changing was the amount of attention given to promoting and attracting younger runners (roughly age 14 to 30) and new or beginning runners. The Committee recommends that the Club put more effort into recruiting new runners and young people and providing programs for them. The following specific ideas for accomplishing this are suggested:

a. Continue to make membership forms available at places like the YMCA and YWCA.

b. Involve local high school track teams in Striders' races by getting them to man water stops, be course monitors, etc. In return the Striders could donate money to their track programs.

c. Set up beginning runner programs with a clinic and award patches and/or certificates for meeting mileage goals. Hold these 8-12 week programs several times a year.

d. Hold more clinics on basic informational topics such as diet, nutrition and stretching. Have a schedule for clinics of this type and make them annual events. (These should appeal to other more established runners as well.)

e. Send the Streak and results of Striders' races to local high school track and cross country coaches.

(continued on next page)



**YOU THINK YOU'VE
GOT PROBLEMS!
...HOW'D YOU LIKE TO
BE FLAT-BUSTED AND
BROKE AT THE SAME
TIME!!**

The Annapolis Striders is a not-for-profit organization. Your tax deductible donations are welcome.

Another area of concern was the lack of guidelines or operating procedures for the Club. Management and policy decisions are recorded in the minutes of the Board of Directors meetings but have never been put into a reference document that is easily accessible to all members. The Committee recommends that a committee of past officers and race directors write guidelines for each of the Striders races. The guidelines should be based on past practices and list what steps need to be taken to organize the race and the philosophy or policies of the race. For example: whether or not a profit must be made; if outside runners should be paid to come; what type of runners are hoped to be attracted to the race; how the course was picked; etc. The Committee also recommends that similar guidelines be written for each office and committee chair as time permits.

The Committee recommends that a committee be established to set both short and long term capital acquisition goals. The committee should decide what major pieces of equipment should be purchased and in what order or priority. It should also examine the issue of how to pay for equipment, i.e. should certain races be structured to make large profits.

The Committee also made several recommendations for more immediate action, as follows:

1. An archivist be appointed by the President to keep records of race results and course records. This person would be in charge of sending race results to the press.

2. An ad be run continually in The Capital informing the public about what the Club has to offer and what its purpose is.

3. An advertising editor be appointed by the President to solicit advertisements for the Streak and to put together a runners booklet for the Annapolis 10-Mile Run.

4. The proposal to use profits from the Annapolis 10-Mile Run to restore and create trails at Truxtun Park to be put on the agenda of the March 10, 1984 Striders annual meeting.

5. The Streak should contain a reminder in each issue that notices of car pooling to races or requests for partners to run with should be posted on the bulletin board at the ATHLETE'S FOOT.

—Pam Andersen

—A suggestion was made at the Membership Meeting to print an annual Striders membership directory.



WELCOME TO THOSE WHO HAVE RECENTLY JOINED THE STRIDERS

Kenneth Collins
 Jupita Collins
 William Katcef
 David Gebauer
 Clair Morris
 Jeffery Johnston
 Charlton Archard
 John Collins
 Donald Brown
 Thomas Gallagher
 Oliver Payne
 Susan Katcef
 Jeffery Blair
 Mickey Hayden
 Patrick Ogle
 Linda Buttner
 Rick Woods
 Jamie Woods
 Lynne Heygster
 Chari McLean
 Richard Krulis

Lynda Krulis
 Lauri Krulis
 Ryan Krulis
 Denise Nash
 Linton Woodford
 Fred Deutsch
 Lee Deutsch
 Craig Tucker
 Judith Masarik
 Beverly Boardman
 Martha Hartman
 Aaron Fortier
 Debra Fortier
 Yael Fortier
 William Smith
 Donald Rizzo
 Andris Baltins
 Patricia Baltins
 Arnis Baltins
 Aleksandros Baltins
 Robin Rogers

RUNNING SHORTS

RUNNERS ARE UNIQUE: Have you ever noticed that runners are creatures of habit? My husband exhibited this trait recently when he got up for his morning run even though he was very tired. He was dressed and in the bathroom when he noticed that it was a very dark morning. "Maybe its raining," he thought.

The reason it was so dark was because it was 2:15 in the morning.

I woke up while he was standing there dressed in his running clothes peering at the clock at 2:15 in the morning. I couldn't imagine why he was standing there studying the clock in the middle of the night. He stood there for a long time. Eventually he decided to wait for the alarm to ring.

—Yvonne Aasen

PEOPLE



APPOINTMENT ANNOUNCED

Robert Hall, whose real name is Nut, has been appointed Archivist (one who is in charge of archives) or Statistician (a compiler of statistical data) for the Annapolis Striders. He will collect a history of the races of the club and will be equipped to say what course record still stands or was broken when by whom.... Welcome to the computer bank, Nut.

9TH ANNAPOLIS RUN



NINTH TAKES HARD LINE ON BANDITS

Please help spread the word: The Race is full. We're still looking for a few fast souls (invited runners) to help clear the way for the rest of us. But for all others, registration is closed. Another request: Please don't give your race number to another runner if you aren't going to toe the starting line yourself. This has created havoc with our results for years! So this year we've reluctantly adopted a strict policy concerning bandits,

ALL BANDITS WILL BE DISQUALIFIED AND BANNED FROM FUTURE ANNAPOLIS RUNS
- and this includes those who give their numbers away.

The situation has gotten so bad that bandits are walking away with awards, posing as runners from other age-groups.

Enough with the admonishments...We've got a great race again this year:

- * a free T-shirt to all workers who sign up and show up.
Call Allen Stallings....269-3324....work
266-5328....home
We still need more help for before, during, and after the race.
- * a Workers Run: 7:00 AM, Saturday August 25th
There will be a drawing for a pair of season tickets for U.S.N.A. football. You must be a worker to be eligible.
Call Nate Betnun for details....263-8512....home
- * a race-eve, all-you-can-eat spaghetti dinner at St.John's College and a post-race breakfast at the Elks next to the stadium.
- * a clinic and book fair also at S.J.C., shoe displays by NIKE, and slides of previous runs. Speakers at the clinic to be announced.
- * many awards courtesy of MILLER and NIKE, including the coveted lapel pins to the top men and women and a patch to all finishers.
- * the classic 10-mile race for all to enjoy.
We keep 2500 as our limit to keep the course as smooth as possible for all runners.

All of us on the committee are getting fired-up about this one, boys and girls. Talk to one of us about it and find out how you can get "more for your mile" in this year's event.

Liz Barclay	1st National Bank	Lisa Hillman	Radio
Nate Betnun	Workers Run	Ron Jarashow	Police Coordinator
Bob Bridges	Spaghetti Dinner	Nancy Jordan	Photography
Rob Bushnell	Course Measurement	Wes Jordan	Photography
Sandy Quillen	Medical Advisor	Ben Moore	Post-Race Breakfast
Maria Coughlin	Secretary	Ann O'Brien	Number Pick-Up
John deGreck	Scoring	Doug Pond	Finish Line
Joe Deak	Scoring	Dan Spadone	Treasurer
Tom Donlin	Stadium Director	Gerte Spadone	Registration
Don Goodwin	Awards	Al Stallings	Volunteers
John Gudas	Publicity & Invitations	Ken Thorn	Giant Food
Dick Hillman	Public Address	Don Waddington	Course Management
Alice Weathersbee	Printing & Design	Mike Whitworth	Water Stops

BULLETIN BOARD

TAKE A TURN HELPING OUT

Qualify for the Club Champ Series and work the Father's Day 10K too—run the Worker's Run on Saturday, June 16, at 9:00 A.M. Call race director, Orv Pratt 798-4126 to volunteer.



WANTED

Workers for the Women's Distance Festival on July 21. We need course monitors for a scenic Eastport route. The race is only a 5k so it will only take an hour or so of your time. (Approx. 7:30 to 8:45 a.m.) If your wife, sister, mother, daughter or best friend is running in the race this is an excellent opportunity to view the race from the middle. If you need a date for Saturday night there will be over 100 women to chose from. To volunteer call Pam Andersen at 269-3432 (day) or 267-0524 (eve.).

Looking forward to next issue:
Race results of the Biathlon,
Triathlon, Father's Day 10K,
and the Women's Distance
Festival.

NEED A CARPOOL? NEED A RUNNING PARTNER?

Leave your message on the Striders Bulletin Board at the Athlete's Foot, 121 Main Street, Annapolis. Please date your ad or take it down yourself when it is no longer valid.

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.

YOU'RE INVITED

The Truxtun Park Summer Series of 1 and 4-mile fun runs will begin at 6:00 P.M. on June 13 and continue every Wednesday evening through August 15. A T-shirt will be awarded to those who participate in at least 7 out of the 10 weeks of the series. Runners will be rewarded with watermelon. Entry fee each week, 50¢.

CLUB CHAMP SERIES PICKING UP SPEED

Come and run the FASTEST race in the Club Champ Series: The One-Mile Track Race will be held at Annapolis Senior High School on Saturday, July 14, 1984, at 7:30 A.M. (note change from evening time last year—so we can beat the heat). Awards go to the two top finishers in designated age categories.

Fee: 50¢ per person.

Registration will be held the morning of the race from 6:30 to 7:15 A.M.

Race director, Pat O'Brien will graciously accept offers for volunteers to work this race. Workers will be able to run the race. Call Pat at 757-0462 for more information.

THE 2-PERSON TEN-MILE RELAY

The Two-Person Ten-Mile Relay will be held Sunday, July 22, at 8:00 A.M. at Broadneck Senior High School in Cape St. Claire.

What is it? Its a relay where teams compete to run 10 miles in the fastest time. Each team consists of 2 runners, each running alternate miles on the track. Example: Team member #1 runs miles 1,3,5,7, and 9. Team member #2 runs miles 2,4,6,8, and 10.

Prizes will be awarded the following teams:

- The fastest 2 person men's team
- The fastest 2 person women's team
- The fastest 2 person male/female team
- The fastest 2 person masters team (40+)
- The fastest 2 person submasters team (30-39)

Now hear this: Its absolutely free! No cost!

AN ADDED BONUS: Race director, Bill Vogenitz promises it is guaranteed to make you faster. He said, "If you need a good speed workout, or just want to warm-up for your next race, plan to run the 2-PERSON 10-MILE RELAY."
Call Bill for further details at 974-1998.

TRAINING TIPS

TRACK WORKOUTS CAN BE FUN

by Liz Kisenwether

Most people have heard of the typical track workouts: repeats, intervals, and full anaerobic workouts. The only difference between these track workouts are three items:

- (1) Number of repeats
- (2) Speed of repeats (faster than race-pace, slower than race pace or at race pace)
- (3) Amount of rest between repeat

A workout designed for strength building would have a large number of repeats, done at race pace or slightly slower, and with minimal rest between each effort (approximately 10 to 20 seconds).

A workout designed for speed has a smaller number of repeats (typically less than 8) done at almost maximum effort, and with long rest periods between repeats.

In my years of running, I've seen (and done) some track/speed/strength workouts that aren't typically mentioned. I divide them into three categories: early season/workouts (or workouts for those who have never done a track workout), experienced "tracksters" workouts, and the Unusual Workout.

Early Season/Newcomers Workouts

1. Sprint straights/Jog curves. May sound easy enough, but this workout is a good first-day-at-the-track workout. It's simple: sprint the straights, jog the curves for 1 to 3 miles. During the sprint, concentrate on good toe drive and forward lean.
2. Fartlek. It's the Norwegian term for "speed play," and is done off the track. Choose a route you know, and sprint sections from 100 yards to one-half mile with a jog or walk between. Total distance covered is usually less than 6 miles.
3. Indian Running. Done most easily on the track or golf/cross country course. The runners (4 or more) run in a line, with the last person sprinting to the front of the line while everyone runs. (This is a good workout to pass the time, cover some ground, and get a little speed-work in, too.)



Experienced Tracksters Workouts

1. "BAA Workout". My old standby workout that combines strength, speed, and being able to judge pace and your fatigue level. Being able to judge these factors is important in racing! The workout is:

- o 1 mile warmup jog
- o 1 mile run at 10K race pace
Rest 3 minutes (jog)
- o 880 run at slightly faster pace than mile
Rest 2 minutes (jog)
- o 440 run at slightly faster than 880
Rest 90 seconds
- o 440 run again; try to beat previous 440
Rest 90 seconds
- o Do mile/880/440/440 set again

I can only do 2 sets of this workout, and the next day I take it easy.

2. Ladder Workout. I switch from the BAA workout to the ladder workout for races I'm peaking for: it emphasizes speed more than the BAA workout. The basic idea is to run combinations of 220's, 440's, 660's, 880's with various rest periods. For example:

- o Run 220 hard, jog 110
- o Run 440 hard, jog 220
- o Run 660 hard, jog 330
- o Run 880 hard, jog 440
- o Run 660 hard, jog 330
- o Run 440 hard, jog 220
- o Run 220 hard, jog 110

Once again, this is a sharpening workout; you shouldn't be exhausted at the end.

The Unusual Workout

And now, from the realm of strange and unique comes a workout based on kid's play. Since good knee lift and sharp toe drive are basic ingredients for running fast, this is the workout specifically designed to improve these skills. First, do 2 to 5 miles of fartlek...your legs should be well warmed up. Next, find a flat, grassy area—don't do these exercises on pavement. One set of "kid's stuff" is:

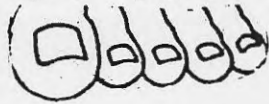
- o 50 to 100 yards of skips with hard toe drive, high knee lift. (Your arms will fly around, and you'll feel clumsy at first. If you have forgotten how to skip, ask your children or have a neighborhood kid demonstrate.)
- o Jog 50 yards to recover
- o 50 to 100 yards of leaps. This is simply the exaggerated running motion, with the goal being upward, and not forward, motion. Again, emphasize toe drive, working your calves, and high knee lift.
- o Jog 50 yards.

I start doing 2 sets of the unusual workout my first workout, and work up to 5 sets.

After completing the sets, jog down about 1 mile. Stretch out well after this workout.

Editor's Note: Liz does speed or strength workouts twice a week at the most. Once a week should be sufficient for the average runner (like me).

FOOT NOTES



FRACTURED BY STRESS

by Joseph L. Bramante, Jr., D.P.M.

Many runners are often faced with the question of whether that pain they're feeling is just a "simple" case of "shin splints" or tendonitis or perhaps the dreaded "stress fracture." With the increase in popularity of the sport of running, there has also naturally been an ever increasing number of running injuries. Some form of injury whether it be acute or chronic is the risk we all take by subjecting our lower extremities to the repetitive stress of running distances that we may or may not be conditioned for.

Stress fractures are one of the more serious maladies as the recovery time and potential for long term problems are greater. Long term studies over the last few years have shown stress fractures to account for approximately 13-16% of the running injuries.

The patient usually presents with pain with activity and it is relieved to a great degree with rest. Generally there is a "pinpoint" area of exquisite pain and some swelling around this focal point. The runner usually also states he has increased either his mileage or speed work, has run on harder surfaces recently or perhaps has been running in a "worn out" shoe.

The location of stress fractures can range from the low back, hip and thigh areas with more common presentation in the leg bones, the tibia and fibula, and the foot and ankle bones.

A stress fracture must be diagnosed by x-ray examination. In the long bones the earliest sign in a standard radiograph will be a break, a crack in the cortex or outer shell of the bone or a "periosteal," or new bone formation, around the fracture site which will have the appearance of a cloud covering that portion of bone.

A stress fracture results from the repetitive or cyclic loading of stress on the bone which lacks the ability to remodel or repair itself fast enough. The bone resorption or loss of bone substance is faster than new bone can be laid down, like cement, to repair it.



"You have a bad case of torch arm."

Classically this process will begin to take place 48-72 hours after the initial symptoms or stress on the bone and continue for 2-3 weeks. At this point, a standard x-ray examination will pick up the "repair process" or callus formation at the vulnerable spot, and the diagnosis can be made.

Bone scans which are a more sophisticated form of detecting bony pathology can be employed if early diagnosis is important. Scans can pick up "hot spots" along the bone hours after symptoms ensue. However, other bony and soft tissue problems may give false positive results so it is important to follow-up with standard x-rays three to four weeks later for a firm diagnosis.

The primary cause of stress fracture is probably a combination of abnormal torque or load on a bone caused by the pull of the muscles as opposed to direct impact. Deficiency in the strength of the bone such as osteoporosis or "soft bones" may also be a factor. The treatment of choice for stress fractures is primarily rest from running or other activities that cause pain. This allows the repair phase of bone healing to take place without interruption. Very infrequently is casting or immobilization required. This generally is with more persistent cases or those involving the hip or thigh bone.

Healing time generally takes from 4-10 weeks depending on the extent of the injury, size, age, condition of the patient.

Without question attention must be afforded the proper footwear and foot mechanics as this will ultimately effect the forces through the whole lower extremity.

So when in doubt, seek medical attention for a thorough and complete examination to eliminate unnecessary setbacks in training and goals.

—Joe Bramante is an athlete and practicing Annapolis podiatrist.

TIMES OF OUR LIVES

STRIDERS STORM BOSTON

Despite inclement weather Steve Dilling set a personal record in his first Boston Marathon. It was a miserable day for running. The down-pour had let up one-half-hour before starting time but it continued to drizzle throughout the race. That, however, was not nearly as troublesome as the 10 to 20 mph headwinds out of the East. Runners faced directly into the wind. Here are Strider times:

Eric Peltosalo	2:40:17
Ben Mathews	2:53:40
Steve Dilling	3:02:34
Stan Fletcher	3:03:32
Pat O'Brien	3:16:26

The Best of the STREAKers

STRIDERS JOIN JAYCEES CONGRATULATING JOHN WALL

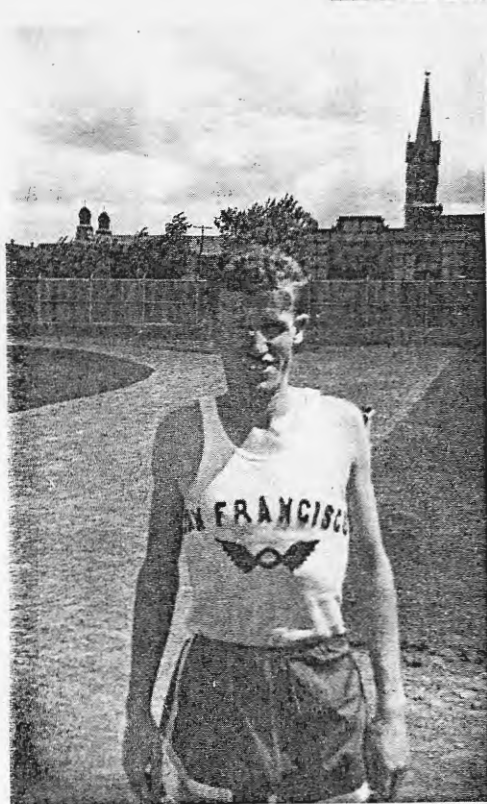
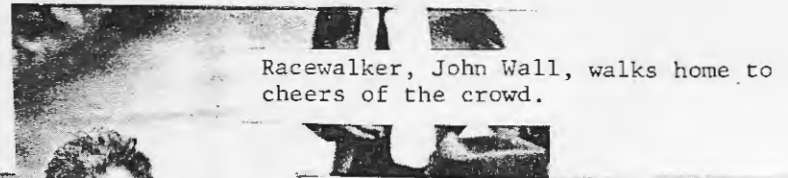
by Doug Nauman

The Severna Park Jaycees recently honored 70-year-young Annapolis Strider John Wall at the Eighth Annual Outstanding Senior Citizens Luncheon held at the International Hotel at BWI Airport. John was one of 38 senior citizens recognized throughout Maryland for making major contributions of their energy to improve their communities.

John is perhaps best known by his fellow Striders as an accomplished athlete who possesses both limitless energy and an unprecedented running and walking record dating back to 1920. The Cape St. Clair resident serves as an inspirational example to people of all ages who have had to cope with heart ailments.

Although John's running accomplishments can fill several pages of the Streak, John is perhaps most proud of his volunteer work with students while he was an educator/administrator in the Baltimore City School system. He encouraged many students to develop an interest in culinary arts and to pursue careers in restaurant and hotel management. While living in the Annapolis area, John looks forward to doing volunteer work with the Striders, assisting in local political campaigns, and boating and fishing with his grandchildren.

We congratulate John on a well deserved honor.



John Wall competed in the 3000 meter in the 1936 Olympics in Berlin. Jesse Owens was one of his American teammates.

**WE'RE IN THE
RUNNING FOR
BEST**

**BEST QUALITY
BEST SERVICE
BEST
IMPRESSIONS!**



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ADVERTISING

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

Business card -- \$10 Half page --- \$35
Quarter page -- \$20 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

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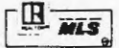


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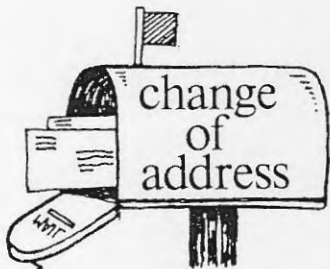
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MY FAVORITE RACE

THIS MARATHON AFFORDS ROOM TO BREATHE

by Ken Thorn

The 13th Annual 'Pen Relays Marathon' was held in Philadelphia on April 15. Don't be misled by the name, this was a regulation TAC certified marathon, not a relay race. It was held in conjunction with the annual University of Pennsylvania Relay Carnival.

Having run the Marine Corps Marathon the previous two Novembers I thought I would like to try running one in the spring. I chose the Penn Relays because mid-April seemed like a good time of year; and it would permit me to return to my alma mater.



The race began and ended at the University of Pennsylvania football stadium where restroom and shower facilities were available. The first and last miles were on Philadelphia city streets but the majority of the run was an out-and-back course through Fairmont Park on what was undoubtedly the most scenic route I have run in any race. The weather was ideal, 50 degrees and overcast, despite forecasts of rain and high winds. The field, smaller than expected, did not exceed 500 runners—probably due to the weather predictions. The course was relatively flat, very well monitored with water and aid every three miles. I ran a P.R. of 3 hours 22 minutes.

If you are looking for a spring time marathon next year I give the Penn Relays Marathon a high recommendation.

PEOPLE



IN
THE NEWS

WELCOME TO TO THE BOARD:
Eric Peltosalo replaced Mike van Beuren as Publicity Chairman. Bill Vogenitz is co-chairing Race/Runs with Bill Wandel. And there is still an empty chair (or two) waiting for a Training/Clinics Chairman.

RACE RESULTS AND STANDINGS

ANNAPOLIS STRIDERS

1984 CHAMPIONSHIP SERIES

Following are the current standings of the 1984 Championship Series. So far, three of the ten series races have been run. Remember, you only need to run five of the ten championship races to be eligible for an award. You must, however, be a member of the Annapolis Striders. Your best six championship race finishes count towards your total score. Your worst four championship race finishes are not included. Remember, however, that you receive 35 points for any championship series race that you miss or did not finish. Therefore, the object is to participate. If you have participated in any of the three championship races and do not see your name in the results, please contact Bill Vogenitz at 974-1998.

men 19 and under	-5k-	-10m-	-2m--	minus-	total
jeff long	1	1	1		3
charlton archard	35	2	3		40
branin thorn	4	4	35		43
john straub	6	35	6		47
tony carvalho	35	35	2		72
matt schoener	2	35	35		72
brian garner	35	3	35		73
alan johnson	3	35	35		73
andrew thomas	35	35	4		74
brian kelley	5	35	35		75
bart williams	35	35	5		75
david zeitlin	7	35	35		77
joe donnelly	35	35	7		77
men 20 - 29	-5k-	-10m-	-2m--	minus-	total
nut hall	1	1	1		3
jim kisenwether	3	2	2		7
eddie anderson	4	4	4		12
stephen davis	9	6	5		20
mark yerkes	7	35	3		45
stephen porter	8	5	35		48
bob biddle	2	35	35		72
demetrios fotos	35	3	35		73
dan fratino	5	35	35		75
ted shields	6	35	35		76
ken haas	35	7	35		77
marvin terawaki	10	35	35		80
ralph la barge	11	35	35		81
men 30 - 34	-5k-	-10m-	-2m--	minus-	total
will scott	4	5	3		12
eric peltosalo	2	2	35		39
earl myers	6	35	4		45
michael smith	8	35	6		49
steve klakring	10	7	35		52
mike van beuren	1	35	35		71
don anderson	35	35	1		71
stan fletcher	35	1	35		71
dick shea	35	35	2		72
bob leo	3	35	35		73
rick smith	35	3	35		73
winnie hittle	35	4	35		74
steve rogers	35	35	5		75
ed purpura	5	35	35		75
ron jarashow	35	6	35		76
tom donlin	7	35	35		77
bob metz	9	35	35		79

(continued on next page)

1984 championship series

men 35 - 39	-5k-	-10m-	-2m--	minus-total
lou chesla	2	1	1	4
norm alton	3	2	3	8
doe deak	5	5	4	14
mike blackstone	12	10	7	29
jonas legum	11	11	8	30
gary mc guffin	1	3	35	39
dave bartosevich	7	35	5	47
howard beard	9	35	6	50
eric fromm	10	8	35	53
joe smaldone	35	35	2	72
richard profozich	35	4	35	74
richard dugan	4	35	35	74
lou kaluziensi	35	6	35	76
ron schumann	6	35	35	76
william trabue	35	7	35	77
ken upton	8	35	35	78
steve van rees	35	9	35	79
ray chapman	13	35	35	83

men 40 - 44	-5k-	-10m-	-2m--	minus-total
bill conroy	1	1	1	3
joe clorety	2	2	3	7
earl scott	12	16	9	37
jim woodcock	35	3	2	40
steve dilling	3	4	35	42
alan wycherly	11	22	10	43
mike chamberlain	4	5	35	44
eric fredland	8	35	5	48
lee patrick	16	19	13	48
bob halpin	6	9	35	50
jim storey	9	35	7	51
henry whitesel	35	10	8	53
dick hillman	35	12	6	53
neil donnelly	35	18	12	65
evan thomas	35	21	11	67
don potter	17	20	35	72
doug pond	35	35	4	74
bruce dalton	5	35	35	75
charlie weaver	18	23	35	76
al kubelius	35	6	35	76
herb alban	7	35	35	77
joe duffy	35	7	35	77
daniel arant	35	8	35	78
robin kelley	10	35	35	80
greg glynn	35	11	35	81
bill miller	35	13	35	83
ken lyons	13	35	35	83
george nislien	14	35	35	84
mike long	35	14	35	84
robert kames	15	35	35	85
bart rohrbach	35	15	35	85
barney simpson	35	17	35	87

men 45 - 49	-5k-	-10m-	-2m--	minus-total
john logis	9	3	2	14
allen stallings	7	5	3	15
arnie henderson	3	1	35	39
ken thorn	5	2	35	42
neal kinsinger	10	35	4	49
john butterfield	1	35	35	71
bob phillips	35	35	1	71
bert rice	2	35	35	72
kirk moir	35	4	35	74
al bressi	4	35	35	74
joe carrier	6	35	35	76
mike mc ausland	8	35	35	78

men 50 - 59	-5k-	-10m-	-2m--	minus-total
milton taylor	1	1	1	3
jim fratino	3	2	3	8
joe ryan	8	4	7	19
john o'hara	2	35	2	39
ben moore	35	3	4	42
bill law	4	35	5	44
dale vogel	5	35	6	46
doug raper	6	6	35	47
wheeler stanfield	7	5	35	47
lee meadows	9	35	8	52
jim loftus	35	35	9	79

men 60 and over	-5k-	-10m-	-2m--	minus-total
guy riccio	3	2	1	6
john cochran	1	1	35	37
john wall	35	3	2	40
eric haars	2	35	35	72
rod beach	4	35	35	74

women under 20	-5k-	-10m-	-2m--	minus-total
krista pierpont	1	35	35	71
lisa fratino	2	35	35	72
quadra rohrback	3	35	35	73

women 20 - 29	-5k-	-10m-	-2m--	minus-total
liz kisenwether	1	1	1	3
dyan beall	2	3	35	40
carole simpson	35	2	35	72
melisa mc wethy	3	35	35	73
donna hooten	4	35	35	74
nancy novak	35	4	35	74
marian turcotte	5	35	35	75
susan jones	6	35	35	76

women 30 - 39	-5k-	-10m-	-2m--	minus-total
louise zeitlin	2	5	2	9
anne chamberlain	5	6	5	16
joy donlin	1	35	3	39
betty impellizzer	35	4	1	40
r.j. goodman	4	35	4	43
ginger aben	3	7	35	45
joanne radice	6	35	6	47
pat o'brien	35	1	35	71
elaine shereika	35	2	35	72
linda rogers	35	3	35	73
cathie hall	7	35	35	77
patricia bembe	8	35	35	78
jan berge	35	8	35	78
chris metz	9	35	35	79

women 40 - 49	-5k-	-10m-	-2m--	minus-total
delma miller	35	1	1	37
martha kinsinger	2	35	2	39
carol huddy	3	3	35	41
vicki pierpont	1	35	35	71
nancy waddington	35	2	35	72
bobbie darwick	4	35	35	74

women 50 and over	-5k-	-10m-	-2m--	minus-total
sue greinke	2	1	2	5
yvonne aasen	3	3	3	9
san chastain	1	35	1	37
margaret cochran	4	2	35	41
shelia walsmith	35	4	35	74
betty moore	35	35	4	74

CLUB CHAMPIONSHIP SERIES
1984 DATES

- 5K March 3 ✓
- 10 Mile April 1 ✓
- 2 Mile April 14 ✓
- 10K June 17
- 1 Mile July 14
- 8K August 12
- 5 Mile September
- 26.2K October
- 20K November
- 15K December

CHERRY PIT

CHAMPIONSHIP SERIES RACE #2

April 1, 1984



PLACE	NAME	AGE	TIME
1.	STAN FLETCHER	30	53:48
2.	NUT HALL	26	56:47
3.	GARY MOON	24	57:16
4.	ERIC PELTOSALO	34	57:41
5.	JEFF LONG	17	57:55
6.	JOHN MCAULIFFE	25	58:53
7.	BILL CONROY	40	1:00:19
8.	TERRY EPLEE	29	1:00:43
9.	IAN ROWE	43	1:01:25
10.	RICK WOODS	29	1:01:31
11.	RICHARD STRAFELLA	41	1:01:36
12.	JIM MC COACH	40	1:01:48
13.	ROBERT MCCUBBIN	24	1:02:21
14.	JOE CLORETY	41	1:02:21
15.	JIM KISENWETHER	26	1:02:35
16.	LOU CHESLA	36	1:02:56
17.	JIM WOODCOCK	40	1:03:30
18.	STEVE DILLING	40	1:03:48
19.	NORMAN ALTON	37	1:04:12
20.	RICK SMITH	32	1:04:23
21.	WINNIE HITTLE	31	1:04:28
22.	MICHAEL MIDDLETON	28	1:04:43
23.	GARY MC GUFFIN	35	1:04:58
24.	RICHARD PROFOZICH	36	1:05:15
25.	JOE PASTERNAK	21	1:05:29
26.	DEMETRIOS FOTOS	28	1:05:45
27.	RAY HARTENSTEIN	50	1:05:54
28.	JOE DEAK	36	1:06:02
29.	STEVE LAGANA	17	1:06:09
30.	LOU KALUZIONI	36	1:06:09
31.	PAT O'BRIEN	36	1:06:13
32.	LIZ KISENWETHER	28	1:06:49
33.	EDDIE ANDERSON	20	1:07:40
34.	E.H. TROTTIER	40	1:07:52
35.	MIKE CHAMBERLAIN	40	1:08:21
36.	CHARI MC LEAN	24	1:08:30
37.	MILTON TAYLOR	51	1:09:12
38.	CHARLTON ARCHARD	17	1:09:28
39.	BRIAN GARNER	17	1:09:39
40.	STEPHEN PORTER	28	1:09:47
41.	AL KUBELUIS	41	1:10:05
42.	COURTNEY TRABUE	37	1:10:12
43.	WILL SCOTT	34	1:10:13
44.	ELAINE SHEREIKA	33	1:11:03
45.	JOE DUFFY	42	1:11:27
46.	JOHN JOLLY	20	1:12:03
47.	JIM HUFFORD	50	1:12:19
48.	JIM FRATINO	50	1:12:34
49.	ARNIE HENDERSON	47	1:13:05
50.	STEVEN SMITH	28	1:13:08
51.	DANIEL ARANT	44	1:13:44
52.	ERIC FROMM	38	1:13:48
53.	BOB HALPIN	40	1:13:52
54.	ART LIGHT	37	1:14:03
55.	NELSON BUTLER	33	1:14:29
56.	KITSIE HIZGIN	30	1:14:50
57.	HENRY WHITESEL	43	1:14:55
58.	DANIEL KOLASSA	37	1:14:59
59.	KARL BEHRINGER	31	1:16:00
60.	UNKNOWN		
61.	UNKNOWN		
62.	MATT GORHAM	16	1:15:22
63.	EDWARD SCOTT	46	1:15:47
64.	GREGORY GLYNN	43	1:16:14
65.	DICK HILLMAN	41	1:16:20
66.	KEN THORN	49	1:16:30
67.	BEN MOORE	58	1:16:47
68.	RON JARASHOW	34	1:17:03
69.	BILL MILLER	43	1:17:36
70.	STEVE VAN REES	37	1:17:48
71.	MIKE LONG	43	1:18:05
72.	CAROLE SCHERMER	37	1:18:20
73.	ANNETTE CONLON	28	1:18:35
74.	LINDA ROGERS	33	1:18:55
75.	BETTY IMPELLIZZERI	39	1:19:01
76.	BART ROHRBACH	44	1:19:01
77.	MIKE BLACKSTONE	35	1:19:47
78.	JOHN COCHRAN	64	1:19:54
79.	DELMA MILLER	41	1:19:54
80.	NORM LEE	48	1:20:01
81.	HAL HANES	40	1:20:23
82.	JOHN LOGIS	45	1:20:45
83.	EARL SCOTT	43	1:20:50
84.	CAROLE SIMPSON	24	1:20:50
85.	KIRK MOIR	45	1:21:20
86.	BARNEY SIMPSON	43	1:21:35
87.	NEIL DONNELLY	40	1:22:07
88.	BRANNIN THORN	17	1:22:13
89.	BILL WILLOUGHBY	35	1:22:44
90.	STEVE KLAKRING	31	1:22:56
91.	AL MERCHER	29	1:22:58
92.	LOUISE ZEITLIN	39	1:22:59
93.	LEE PATRICK	41	1:23:05
94.	DONALD BALL	48	1:23:07
95.	JONAS LEGUM	35	1:23:13
96.	ALLEN STALLINGS	49	1:23:26
97.	JEFF BLAIR	30	1:23:40
98.	STEPHEN DAVIS	24	1:24:01
99.	DON POTTER	41	1:24:07
100.	EVAN THOMAS	42	1:24:23
101.	ALAN WYCHERLEY	41	1:26:44
102.	KEN HAAS	29	1:26:50
103.	GUY RICCID	63	1:27:02
104.	JOE SCHINDLER	51	1:27:37
105.	SUSAN GREINKE	50	1:27:49
106.	JOSEPH RYAN	59	1:28:01
107.	UNKNOWN		
108.	NANCY WADDINGTON	45	1:29:14
109.	ANNE CHAMBERLAIN	39	1:29:15
110.	MARGARET COCHRAN	60	1:29:29
111.	DYAN BEALL	26	1:29:43
112.	GINGER ABEN	37	1:30:45
113.	UNKNOWN		
114.	WHEELER STANFIELD	55	1:31:34
115.	YVONNE AASEN	52	1:32:05
116.	CAROL HUDDY	46	1:32:06
117.	JAN BERGE	31	1:32:11
118.	EDWARD DES ROCHES	60	1:32:19
119.	AIDEEN HESSION	22	1:32:20
120.	UNKNOWN		
121.	CHARLIE WEAVER	44	1:38:12
122.	DENISE NASH	19	1:39:12
123.	SHELIA WALSMITH	52	1:39:15
124.	BEV BOARDMAN	19	1:40:36
125.	NANCY NOVAK	29	1:44:02
126.	DOUG RAPER	54	1:49:11
127.	JOHN WALL	70	2:31:44

STRIDER'S 2-MILE RACE

HEAT #5: MEN 40-49

CHAMPIONSHIP SERIES RACE #3

April 14 1984

HEAT #1: ALL WOMEN

1	LIZ KISENWETHER	28	12:03
2	DELMA MILLER	41	13:57
3	BETTY IMPELLIZZERI	39	14:04
4	LOUISE ZEITLIN	39	14:14
5	JOY DONLIN	33	14:48
6	SAN CHASTAIN	52	14:55
7	SUE GREINKE	50	14:55
8	RAE JEAN GOODMAN	36	15:06
9	ANNE CHAMBERLAIN	39	15:30
10	YVONNE AASEN	52	15:36
11	BETTY MOORE	55	15:42
12	MARTHA KINSINGER	49	15:50
13	JOANNE RADICE	36	16:31

HEAT #2: MEN 15-29

1	ANTONI JORDAN	17	9:52
2	JEFF LONG	17	9:55
3	NUT HALL	26	9:56
4	TONY CARVALHO		10:14
5	CHARLTON ARCHARD	17	10:29
6	JIM KISENWETHER	26	10:47
7	MARK YERKES	28	10:47
8	EDDIE ANDERSON	20	11:05
9	STEPHEN DAVIS	24	11:26

HEAT #3: MEN UNDER 15

1.	ANDREW THOMAS		13:45
2.	MIKE CONROY		14:17
3.	BART WILLIAMS		15:12
4	MIKE MATZED	13	15:15
5	NILS FREDLAND	10	15:33
6	JOHN STRAUB	11	15:59
7.	JOE DONNELLY		18:27

HEAT #4: MEN 30-39

1	DON ANDERSON	32	10:42
2	LOU CHESLA	36	10:59
3	JOE SMALDONE	38	11:17
4	NORM ALTON	37	11:34
5	JOE DEAK	37	12:12
6	DICK SHEA	33	12:12
7	WILL SCOTT	34	12:16
8	EARLE MYERS	36	12:19
9	DAVE BARTOSEVICH		12:22
10	HOWARD BEARD	37	12:34
11	STEVE ROGERS		12:52
12	MIKE BLACKSTONE	35	13:41
13	MICHAEL SMITH	34	13:42
14	JONAS LEGUM	35	14:03

1	BILL CONROY	40	10:42
2	JIM WOODCOCK	40	11:16
3	JOE CLORETY	41	11:33
4	BOB PHILLIPS	47	11:41
5	DOUG FOND	45	11:47
6	ERIC FREDLAND	41	12:05
7	DICK HILLMAN	41	12:37
8	JIM STOREY	43	12:46
9	HENRY WHITESEL	43	13:01
10	WOODY LINTON		13:20
11	EARL SCOTT	43	13:27
12	ALAN WYCHERLEY	41	13:41
13	EVAN THOMAS	42	14:00
14	JOHN LOGIS	45	14:08
15	NEIL DONNELLY	40	14:10
16	ALLEN STALLINGS	49	14:14
17	LEE PATRICK	41	14:35
18	NEAL KINSINGER		16:49

HEAT #6: MEN 50 AND OVER

1	MILTON TAYLOR	51	12:08
2	JOHN O'HARA	50	12:14
3	JIM FRATINO	50	12:30
4	BEN MOORE	58	12:45
5	BILL LAW	56	13:07
6	DALE VOGEL	53	13:29
7	GUY RICCIDO	63	14:51
8	JOE RYAN	59	14:58
9.	LEE MEADOWS		15:07
10.	JIM LOFTUS		16:46
11	JOHN WALL	70	29:02

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TIMES OF OUR LIVES

AWARDS

6th ANNUAL B&A 10 KM RUN, APRIL 29, 1984



ORDER OF FINISH

1. Nut Hall	34:03	59. J. Bramante	46:34
2. Antonio Jordan	35:04	60. Henry Winkler	46:36
3. Ray Harrison	35:43	61. John DeGreck	46:41
4. Tony Carvalho	36:16	62. Ray Randall	46:43
5. Dave Morrison	36:43	63. John Williams	47:08
6. Gary McGuffin	37:17	64. Pam Haley	47:16
7. Randall Peterman	37:19	65. M. Erwin	47:22
8. Mark Yerkes	37:43	66. Jack Jones	47:23
9. Ed Anderson	38:05	67. Tom Scoonover	47:28
10. Demetrios Fotos	38:22	68. M. Spangler	47:41
11. Norman Alton	38:27	69. Jeff Beatty	47:55
12. Joe Deak	38:41	70. Marshall Stub	48:01
13. Robert Myers	38:42	71. Sue Patton	48:02
14. Reese Kiple	39:30	72. Allen Stalling	48:12
15. Kyle Clark	39:33	73. Mike Marcus	48:19
16. W. Hittle	39:50	74. Alan Wycherley	48:22
17. Patricia O'Brien	40:09	75. Louise Zeitlin	48:25
18. Jim Woodcock	40:27	76. Jim Haas	48:32
19. J. Tapkas	40:29	77. Littlehales	48:38
20. Tom Bradford	40:31	78. S. Camartha	48:39
21. Ivan Pressman	40:43	79. P. Hopkins	48:50
22. John Jolly	40:54	80. Dave Sall	49:06
23. Julie Caprio	40:57	81. Gary Bohlman	49:23
24. Chuck Gentry	41:12	82. Steve Kaye	49:38
25. Joe Dobrosielsky	41:31	83. Ed Mansfield	49:39
26. F. Hammel	41:34	84. Earl Scott	50:01
27. Eric Fredland	41:42	85. Carole Simpson	50:02
28. Dan Miller	41:51	86. Marty Paul	50:11
29. Tom McKee	42:02	87. Guy Riccio	50:27
30. Bryan Bassford	43:01	88. Sue Bonner	51:04
31. W. Armstrong	43:06	89. John Patterson	51:14
32. John Strumsky	43:06	90. Dan Stevens	51:16
33. Dan Bobowicz	43:08	91. Larry Richman	51:39
34. Ron Marland	43:08	92. Betty Moore	51:44
35. Clay Stevens	43:26	93. F. Taylor	51:54
36. Joe Parvis	43:37	94. Dan Siehl	51:59
37. Eric Holocker	43:44	95. Pat Urban	52:10
38. David Connell	43:44	96. Martha Kinsinger	52:19
39. G. Holochwest	43:49	97. Marc Riley	52:32
40. Don Wood	44:02	98. Ken Rath	52:51
41. Lynne Heygster	44:08	99. Robert Donald	52:52
42. Eric Fromm	44:09	100. Scott Bergmann	52:52
43. W. Burkett	44:21	101. R. Goodman	52:53
44. Ben Moore	44:28	102. Ken Bergmann	53:03
45. Neal Hinkle	44:31	103. Margaret Cochran	53:12
46. J. Cosner	44:36	104. Ron Thompson	53:17
47. John Hopkins	44:40	105. Yvonne Aasen	53:51
48. Henry Whitesel	44:52	106. D. Fadler	54:03
49. Jim Patton	45:06	107. Tom Sandusky	54:06
50. Bill Kamenoff	45:16	108. Arnold Galiano	54:12
51. C. Killpack	45:17	109. Kris Rickelman	54:34
52. Robert Shillingburg	45:24	110. D. Taylor	55:16
53. Robin Quinlan	45:49	111. Jill Rickelman	55:17
54. Jan Stone	45:52	112. Rick Schimpf	55:22
55. G. Cotter	45:55	113. Laurie Middleton	55:52
56. Bruce Burns	46:19	114. Carol Jones	55:57
57. Bill Benner	46:21	115. Don Rickelman	56:06
58. John Logis	46:27	116. Jay Middleton	57:01
		117. Ann Savage	57:03
		118. Fran Creamer	57:10
		119. Mary Curry	57:24
		120. George Hayduk	57:37
		121. Dan Parvis	58:23
		122. L. Krick	59:22
		123. Kathy Swanson	60:45
		124. Lloyd Apirian	61:01
		125. Ed Taylor	61:36
		126. P. Littlehales	62:16
		127. Bev Boardman	62:24
		128. Denise Nash	62:25
		129. Kinsinger	62:30
		130. Gerard Kiple	62:35
		131. J. Ekdah	62:45
		132. Pat Hannum	65:37
		133. Jeanne Battle	66:25
		134. Dy-Anna Scoonover	71:11
		135. Rebbie Siehl	72:30
		136. John Wall	92:26

OVERALL WOMEN

1. Pat O'Brien	40:09*
2. Julie Caprio	40:57
3. Lynne Heygster	44:08

* New Course Record - Old Record
41:09 Set By Julie Caprio in 1983

19 & Under WOMEN

1. Robin Quinlan	45:49
2. Kris Rickelman	54:34

20 - 29 WOMEN

1. Julie Caprio	40:57
2. Lynne Heygster	44:08

30 - 39 WOMEN

1. Pat O'Brien	40:09
2. Jan Stone	45:52

40 - 49 WOMEN

1. Martha Kinsinger	52:19
2. Jill Rickelman	55:17

50 & OVER WOMEN

1. Betty Moore	51:44
2. Margaret Cochran	53:12

OVERALL MEN

1. Nut Hall	34:03*
2. Antonio Jordan	35:04
3. Ray Harrison	35:43

* New Course Record - Old Record
34:21 Set By M. van Beuren in
1983

19 & Under MEN

1. Antonio Jordan	35:04
2. Tony Carvalho	36:16

20 - 29 MEN

1. Nut Hall	34:03
2. Dave Morrison	36:43

30 - 39 MEN

1. Gary McGuffin	37:17
2. Norman Alton	38:27

40 - 49 MEN

1. Ray Harrison	35:43
2. Jim Woodcock	40:27

50 & OVER MEN

1. Tom McKee	42:02
2. Ben Moore	44:28

YOUNGEST FINISHER: Joe Parvis - 14

SENIOR FINISHER: John Wall - 70



WHAT'S COMING UP

1984 ANNAPOLIS STRIDER EVENTS CALENDAR THRU JULY

(All official Striders events are underlined)



PLEASE CALL HOTLINE OR RACE DIRECTOR TO CONFIRM TIME AND PLACE
HOTLINE (301) 268-1165

<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
Every Saturday	7:00 A.M.	<u>Informal Training Runs</u> <u>Marathon Training</u>	Annapolis Mall & Route 450	Hot Line 268-1165
Every Sunday	7:30 A.M.	<u>Informal Training Runs</u> <u>Marathon Training</u>	Navy/Marine Corps Stadium	Hot Line 268-1165
2nd Monday of each month	7:00 P.M.	<u>Striders Board Meeting</u>	Arundel Center Annapolis	Hotline 268-1165
June 13 Wednesday	6:00 P.M.	<u>TRUXTUN PARK SERIES</u> <u>1-Mile, 4-Mile Fun Runs</u>	Truxtun Park Spa Cove, Annapolis	Mike van Beuren Hotline 268-1165
June 16 Saturday	8:00 A.M.	Annapolis Fine Arts Foun- ation Run For The Arts 10K	Maryland Hall Annapolis	Rick Rohrbach 268-9074
June 17 Sunday	8:00 A.M.	<u>FATHER'S DAY 10K</u> <u>Club Champ Series #4</u>	Loch Haven Recreation Area, Edgewater, MD	Orv Pratt 798-4126
June 20 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u> <u>Fun Runs 1-Mile, 4-Mile</u>	Truxtun Park Spa Cove, Annapolis	Mike van Beuren Hotline 268-1165
July 1 Sunday	7:30 A.M.	<u>Annapolis 10-Mile</u> <u>Training Run</u>	Annapolis Mall & Route 450	Hotline 268-1165
July 6 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u> <u>1 & 4-Mile Fun Runs</u>	Truxtun Park Spa Cove, Annapolis	Mike van Beuren Hotline 268-1165
July 11 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u> <u>1 & 4-Mile Fun Runs</u>	Truxtun Park Spa Cove, Annapolis	Mike van Beuren Hotline 268-1165
July 14 Saturday	7:30 A.M. (note new time)	<u>1-Mile Track Race</u> <u>Club Champ Series #5</u> 50¢ entry fee	Annapolis High School Riva Road, Annapolis	Pat O'Brien 757-0462
July 15 Sunday	7:30 A.M.	<u>Annapolis 10-Mile</u> <u>Training Run</u>	Annapolis Mall & Route 450	Hotline 268-1165
July 18 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u> <u>1 & 4-Mile Fun Runs</u>	Truxtun Park Spa Cove, Annapolis	Mike van Beuren 268-1165
July 21 Saturday	8:00 A.M.	<u>WOMEN'S DISTANCE FESTIVAL</u> <u>5K (Women only)</u>	<u>Annapolis City Marina</u> <u>410 Severn Ave.</u> <u>Eastport, MD</u>	Pam Andersen 267-0524
July 22 Sunday	8:00 A.M.	<u>10-MILE RELAY</u> <u>2 runners to a team</u>	Broadneck High School (off College Parkway) Cape St. Claire	Bill Vogenitz 974-1998
July 25 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u> <u>1 & 4-Mile Fun Runs</u>	Truxtun Park Spa Cove, Annapolis	Mike van Beuren Hotline 268-1165
July 29 Sunday	7:30 A.M.	<u>Annapolis 10-Mile</u> <u>Training Run</u>	Annapolis Mall & Route 450	Hotline 268-1165
August 12 Sunday		<u>8-Kilometer Race</u> <u>Club Champ Series #6</u>		Hotline 268-1165
August 25 Saturday	7:00 A.M.	<u>WORKER'S RUN FOR</u> <u>9th ANNAPOLIS 10-MILE RUN</u>	Navy/Marine Corps Stadium	Nate Betnun 263-8512
August 26 Sunday	7:30 A.M.	<u>9TH ANNAPOLIS 10-MILE RUN</u> (Entries Closed)	Navy/Marine Corps Stadium	Mike van Beuren 301/268-1165