

# STREAK

VOLUME VI  
NUMBER 6

DECEMBER 1984



## ANNAPOLIS STRIDERS

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

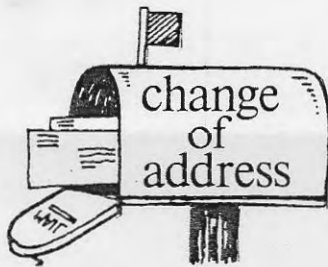
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MEN'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$6.00 each postpaid
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- Shirts are also available at Strider runs and at the Athlete's Foot, 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.

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## Annapolis Striders

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P.O. Box 187  
Annapolis MD 21404

Last Name		First Name			Initial	Birth Date			Sex	
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<input type="checkbox"/>		<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
Mailing Address		Street (Include Apt. No.)			City			State		
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Zip Code	Area Code	Business Phone		Area Code	Home Phone		Is This A New Membership		Address Change	
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							Yes	No	Yes	No
Occupation _____					Signature <b>X</b> _____					

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

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

**DUES:**

Individual	Family	Fulltime Student
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
\$8	\$12	\$4

Today's Date \_\_\_\_\_

# STREAK

# ANNAPOLIS STRIDERS

volume VI number 6

DECEMBER 1984

## OFFICERS

		Home	Work
President	Don Waddington	956-2061	(202) 692-7287
Vice-President	Bill Law	647-5015	
Secretary	Gerte Spadone	841-6894	
Treasurer	Ken Thorn	263-9549	

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Newsletter	Yvonne Aasen	647-0879	
Membership	Mike van Beuren	269-1796	(301) 268-1165
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Training/Clinics	Pat O'Brien	757-0462	
Annapolis 10-Mile Run	Mike van Beuren	269-1796	(301) 268-1165 Hotline

## STREAK STAFF

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Layouts & Graphics		
Assistant Editor	Lee Turowski	757-4793
	Carolyn Downing	674-5188



*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

Which type of running weather conditions do you like; hot and humid or cold and dry? We seem to have had plenty of both this season. What's missing is the moderately cool dry weather we normally see at this time of year. For those that like it hot, the Key School 10K or the New York City Marathon were just the thing. It was August in October, but the heat did not seem to bother either Pat O'Brien or Stan Fletcher. They both turned in great marathon times under very adverse running conditions in New York. They, along with all the runners who completed the NYC Marathon deserve congratulations.

When it comes to outstanding efforts under adverse conditions, the Hawaiian Triathlon presents an extreme challenge. Weather conditions match our hottest days of August and the 2.4 mile swim/112 mile bike/26.2 mile run distances present an obstacle that makes the JFK 50 Mile Run look easy. Deirdre Wagner and Randy Fox took the challenge and both completed the event. Deirdre's time was 13 hours, 47 minutes. Randy's time was 12 hours, 45 minutes. Our congratulations to both for an effort that is hard to imagine.

Moore's Marines were out in force for the Marine Corps Marathon. Those purple T-shirts were both distinctive and numerous. Congratulations to all who completed the marathon.

That group known as the Crazies is alive and well. Approximately fifteen will take a crack at completing the JFK 50-Mile Hike/Run this year. We wish them all a good safe run.

Is anyone interested in a different type of a vacation? Preliminary plans are being formulated for about a two week vacation in July 1985. It will include three days of hiking in the Appalachian Mountains with overnight lodgings at "the friendly huts" followed by a week of bicycle touring around the southwestern half of Nova Scotia. If you'd like to try putting those running muscles to a different use and you think you would like a vacation such as this, contact Bill Law or myself for additional details.

See you on the road.

*Don Waddington*  
Don Waddington



## MONEY NEWS



### TREASURER'S REPORT

ANNAPOLIS STRIDERS, INC.  
Cash Flow Statement  
Period Ending October 31, 1984

Cash balance 10/31			
Checking	\$2538.04		
Savings	<u>245.30</u>		
			2783.34
Cash balance 9/30			<u>2343.93</u>
Increase			<u>439.41</u>
Income			
Merchandise	406.00		
Dues	<u>192.00</u>		
			598.00
Expenses			
Office Supplies	15.45		
Telephone	33.94		
Printing—Cold Turkey	61.20		
Equipment Storage			
Facility—one month	<u>48.00</u>		
			158.59
			<u>\$439.41</u>

# EDITORS REMARKS

**THANKS TO THE TEAM:** My undying gratitude is extended to the efficient group who contributed to collating, stapling, folding, addressing, and bundling the October Streak. They were Emily Morse and her husband, Bob; Bill Ammon; Don Waddington; Pat O'Brien; Bob Hunton; Bill Law; Bill Vogenitz; and my husband, Marv.

A few nights later another group got together to get out another mailing. This group consisted of Mike van Beuren, Maria Coughlin, Gerte Spadone, Cathy Frantom, Giff and Kathy Munger, Gail Cromwell, Liz and Jim Kisenwether, and myself.

I mention this as a prelude to appeal for a volunteer to head up a committee to get out Strider mailings. I would be happy to work with someone to give them experience (who knows, bulk mailings might be a useful skill to know). Helpers are easy enough to round up with a dozen or so phone calls. Please let me know if you're interested.

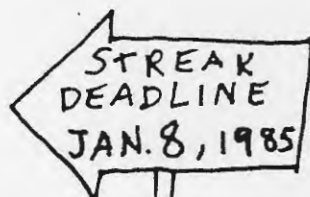
**THE RUNNER'S HIGH:** Several months ago I read of a researcher who had his subjects run for varying lengths of time on indoor treadmills to measure their sense of experiencing the runner's high. He concluded that the runner's high was a myth because it was not reported as a significant feeling in his runners. I've got news for him! I experience the runner's high every winter. I think winter is the best time to run because the air quality is so good (with the excepting pollution from woodstoves and fireplaces). Winter running is invigorating. You have to keep moving to keep warm. And people look on you with admiration because of your hardy constitution. Because I feel this way it has been a real pleasure to print Liz Kisenwether's timely article on winter running, and the winter 10K training schedules.

**THANKS FOR CONTRIBUTIONS:** Its a pleasure to print all the articles received for the Streak. Some of them would not have been submitted had it not been for the singular gift possessed by Pat O'Brien. No kidding, somehow she either inspires, squeezes, wrings out, or cajoles runners into putting pen to paper for the Streak. She even had Winnie Hittle researching Moore's Marines marathon times.

Thanks to Bill Ammon for typing and Cathy Frantom for graphics.

The next deadline is January 8, 1985, for the February Streak issue.

—Yvonne Aasen



Caricature by Irv Finifter



## WELCOME TO THOSE WHO HAVE RECENTLY JOINED THE STRIDERS

Frank Goetschius  
Luanne Turrentine  
William Turrentine  
Alexis Turrentine  
Mark Ryan  
Eric Rice  
Stephen Greene  
Gregory Cislo  
Dan Cloyd  
Norman Saunders  
Teddy McClure  
Barbara O'Neill  
William Contarino  
George Dulin  
Timothy Thomas  
Betsy Borland  
Kevin Bowen  
Darlene Walters  
Leon Johnson  
Beverly Johnson  
Stacy Johnson  
Richard Livingston  
Marilyn Schultz  
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Renata Leckszas  
Walter Leckszas  
Manfred Leckszas  
Azalea Leckszas  
Gregory Miller  
Jennifer Peterson  
Robert Eden  
Mark Frazer

# RUNNING SHORTS

## NEW USE FOR RACE SHIRTS

by Sophie Babitzke

One of my friends, Mrs. Schilling, has a 51 year old nephew in Oklahoma. A runner, he had collected many race shirts over the years. So he sent them to his aunt to piece into quilt tops. She cut big squares out of the fronts of the shirts and pieced them together with some other fabric. Then she layered the quilt top with the batting and a quilt back. She had us Seniors do the quilting on our big frame. He had enough shirts to make the tops of a full sized quilt and one for a twin size. They're really beautiful.

Editor's note: Sophie is your editor's mom who lives in a state that has few women runners but lots of quilters—North Dakota.



# BULLETIN BOARD

## RACE DIRECTING CLINIC

A Race Directing Clinic will be held Thursday, January 17, 1985, at 7:00 P.M. in Room 110 of the Arundel Center in Annapolis. All race directors for 1985 races are requested to attend. Also encouraged to attend are those interested in learning about race directing and race workers who might want to explore what area they would like to assist.

Don Waddington and Pat O'Brien will present a race directors checklist designed to give the director a sense of what needs to be done in a given time frame so they can organize their activities.

## 10K RACE CLINIC

**BEGINNING RUNNERS:** You've always wanted to train for a race but didn't know how? This is for you—a 10K Race Clinic. The first meeting will be held on Sunday, January 20, 1985, at 1:00 P.M. at the old Annapolis senior high school track (behind Maryland Hall, Constitution and Greenfield Streets).

Then meet every Saturday at 1:00 P.M. for the next 10 weeks at the same location. (See article and training schedules in this issue.) The clinic is geared not only for beginning runners—somewhat experienced and experienced are included.

## RACE/RUNS COMMITTEE MEETING

The Race/Runs Committee will meet immediately following the Race Director's Clinic in room 110 of the Arundel Center on Thursday, January 17, 1985. The 1985 Striders race schedule dates will be confirmed (its a very important meeting).

—Bill Vogenitz

## News Flash

### NEW FORMAT FOR MEMBERSHIP MEETING PLANNED

The Striders Board is tentatively considering an awards dinner in conjunction with the annual membership meeting to be held in March. The buffet dinner will be a dress up affair (leave your running togs at home) preceded by the membership meeting and followed by the awards presentation and possibly a guest speaker. Place and date will be announced. All Striders and their friends or spouses will be invited.



## MEMBERSHIP RENEWAL NOTICE

Hello Striders. This is your membership chairman speaking:

In order to alert you of when your dues are due (and to save Strider money on postage) a message will appear on your Streak mailing label. When this message says "Your dues are due," please fill out the renewal form that appears on the inside cover of each Streak and mail it in with your payment.

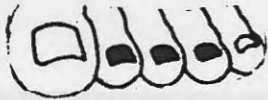
Membership information is available by calling me in care of the HOTLINE 268-1165 and leaving a message, or try to catch me at home 269-1796. Thank you for your co-operation.

Mike van Beuren

**NEED A CARPOOL? NEED A RUNNING PARTNER?** Leave your message on the Striders Bulletin Boards at The Athlete's Foot, 121 Main Street, Annapolis; or the new Athlete's Foot in the Annapolis Mall next to Pennys. 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 Boards, The Athlete's Foot, 121 Main St., Annapolis, or The Annapolis Mall next to Pennys. For Annapolis Strider race entry forms, send your long, self-addressed, stamped envelope to: Annapolis Striders, P.O. Box 187, Annapolis, MD 21404. Call the Hotline 268-1165 for confirmation on place, date, and time of races.

# FOOT NOTES



## BLACK TOE IS THE PRICE YOU PAY

By Joe Bramante, Jr., D.P.M.

One of the more common conditions that affect runners is runner's toe or Black Toe. Other sports especially tennis, soccer, racquetball include this as part of the price to be paid for participating in these activities.

Specifically any one of the nails may appear thickened with the accumulation of bluish or brown colored dried blood under the nail plate. Many times a new nail may be seen pushing or lifting off the original nail plate forming a double nail.

Oftentimes the condition may also be present with problems with the surrounding soft tissue structures including blistering, building up of callus tissue and even painful infected ingrown nails.

The cause of black toe may be the result of either direct trauma to the nail such as a kick or stubbing injury. This occurs more often with soccer or racquetball—where one player will kick another—or a direct impact with a wall as in racquetball. Artificial surfaces such as racquetball courts or astroturf, or tennis courts, as well as sole design of shoes produce multidirectional movements within the shoe causing sliding and jamming of the nail plate into the shoe toe box.

More common to runners—who claim no history of direct trauma is the condition where one or more of the digits will undergo repetitive micro trauma to the leading edge of the nail plate causing a lifting of the plate from the nail bed which is very rich in nerve and blood supply. This causes subungual hemorrhage or bleeding underneath the nail which may or may not cause pain. The blood dries giving the distinctive "black toe" appearance. Pain usually occurs if the condition is chronic as this continual trauma will cause changes at the base of the nail plate affecting the matrix or cells that make the nail grow. The nail in these cases will usually become thick and often distorted causing more pressure from the shoe and/or the sensitive nail bed and surrounding soft tissue structures. This can, of course, lead to more serious problems such as ingrown nails and infection or chronic problems such as onychomycosis or fungal nails caused by opportunistic fungi. More likely to occur with direct trauma, but possible with chronic nail trauma is a condition known as subungual exostosis.

This is a painful bone spur that arises from the end bone of the big toe caused by injury which may in fact lift the nail plate from the nail bed causing not only hemorrhage, but considerable pain from direct pressure or from running. X-ray examination can easily reveal the spur which then is usually removed to alleviate the condition.

Another potentially catastrophic condition may arise underneath the nail plate which can oftentimes resemble runner's toe. This is malignant melanoma, which is an accumulation of melanin pigmented cells which can form under the nail plate or nail folds. When one sees an isolated blue or black spot under or around the nail, it should be checked as early diagnosis and treatment of melanoma is critical to prevent life threatening consequences.

Treatment for black toe generally includes reduction of the offending nail plate and appropriate padding. If the nail is sufficiently distorted and a chronic problem, total or partial permanent removal is the treatment of choice. This is a relatively simple procedure which is performed under local anesthesia with a minimal or no down time to the runner or athlete.

Close attention to the athlete's shoes is of course important in terms of prevention. It may be necessary to wear one-half size larger shoes or change shoe models which may afford a toe box design more compatible with the individual's toe requirements.

With this particular entity, pain is usually the deciding factor as to whether to seek treatment as the condition may prevail until the "perfect" shoe comes along.

—Joe Bramante is an athlete and practicing Annapolis podiatrist.

## TRAINING TIPS

### DON'T LET WINTER RUNNING SLIDE

by Liz Kisenwether

Just as the seasons change and the weather worsens some runners see their running schedule also decline. Well, decline may be a kind term: maybe decline to zero is more factual.

The reasons (or excuses) for letting the mileage drop dramatically or go to zero during winter are many. These probably sound familiar:

- "Its too cold."
- "My lungs will freeze."
- "The footing is too bad."
- "Its dark all the time. I can't find the daylight time to run."

Well, if you've read this far into the article, recognize some of those lines, and feel a little guilty—there's hope! Below are some important ideas that will help convince everyone that winter running can become a regular activity.

1. You can run in low temperatures. It is untrue that your lung tissues will freeze when the temperatures drop below even -15 degrees F. Granted, minus 15 may not provide for the most comfortable run, but the air is warmed many degrees as it passes through the mouth and nose and comes into contact with the warm tissue lining these areas. The body can handle cold air temperatures.

2. You won't catch a cold by running in cold weather. You catch a cold from a virus, not from cold temperatures. Talk with any runner who runs through the seasons: the number of colds they catch doesn't increase in the wintertime, unless "the cold plague" is sweeping the household or office.

3. Winter activity levels drop compared to the other seasons. Admit it: with winter, you're not gardening, sailing, going for walks—the minimum stress activities. Winter is the time, more than any season, to stay on an exercise program. The colder weather should not be the reason your health declines.

(continued on next page)

O.K., so you want to run in the winter. Great! Now, there are some common sense ideas to keep in mind that will be new to some non-winter runners (and timely review for those who do run through winter).

1. Don't stay outside too long after a run if you've worked up a sweat. The cold temperatures will chill down that sweat quickly. Get inside to do stretching and warmdown exercises.

2. Clothing is a big factor in winter. You'll be surprised how little clothing you need. For example: for a 20-degree F. day, a turtleneck, nylon pullover top, and nylon pants over shorts is enough. The main idea is to layer your clothing. Another example: two long sleeved T-shirts provide better insulation than one heavy sweatshirt. The inside T-shirt wicks moisture away from your body. The air between T-shirts will be warmer than the outside air, providing a thermal layer. The outside T-shirt is the last layer of insulation.

3. Drivers don't expect to see runners in winter weather. This is especially true if the roads aren't clear or the weather is particularly nasty. Don't take it for granted that the driver is endowed with intelligence or common sense, or even sees you. The bottom line: give them no opportunity to even get close to you.

4. Running at night can be done safely. First, re-read the previous paragraph. Second, wear white or better yet, reflective material. Never, never wear dark clothes only—you're inviting trouble. Always run against traffic. When cars are entering or exiting a main roadway, never assume they will give you the right-of-way. Finally, run in well-lighted areas that are not heavily traveled. The fewer encounters with cars, the better.

5. When the footing is bad, slushy or snowy, the solution is simple. (No, sorry; the solution is not to "bag" your run). Simply shorten your stride, drop your pace. People slip while running for one reason: foot-to-ground traction is bad, and the foot plant is not under your center of gravity (or is forced away from under your center of gravity, as while going around a curve). Therefore, concentrate on keeping your body mass directly over your feet. Don't do hard pushoffs with your toes, or over stride. Trust me—it works!

6. For a traffic-free workout consider going to a nearby high school or college track. The footing is always good and if artificial lighting isn't provided, explore the wonders of running laps by moonlight.

7. Use winter running as a "fun-run" time; and as a release from winter doldrums and cabin fever. Don't worry about pace at all. Simply get out there, and you'll see that getting some good air into your lungs will be a treat.

There's a bonus too: come spring, you'll be ahead of the game—you have some miles-per-week already, and I'll bet you will find the weight control battle easier than expected.

ERIC PELTOSALO

ATTORNEY AT LAW

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

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# MY FAVORITE RACE

## FIREWATER AT THE 'BOSTON'

by Irish John O'Hara

I am presently flying between Austin, Texas, and Tucson, Arizona, and have just finished reading both the August and October editions of the STREAK. And since Pat O'Brien made such a strong appeal for "My Favorite Race" submissions when we were pounding the pavement on Rt. 450, I decided to give it a shot.

My favorite race has to be my first Boston Marathon. It all started at the Marine Corps Memorial after I finished the 1980 Marine Corps Marathon in a 3:17. I saw Ray Harrison as soon as I crossed the line. He immediately started chiding me for not running a little faster and qualifying for Boston. He then challenged me to run with him for the next month and he declared that he would pace me to a qualifying time in the upcoming Maryland Marathon. I accepted the challenge and Ray delivered with a 3:07. I then trained the entire winter on 450 with Ray, Bill Conroy and Andy (I can't remember his last name, but he moved to Texas) in order not to make a fool of myself at Boston.

At this Marathon, everything that could go right did go right. I drove to Boston with two colleagues from work who were members of the Howard (Boooo) County Striders and we really had a good trip. The morning of the race dawned cool and overcast--ideal running weather if the rain held off. While waiting to catch the bus from downtown to Hopkinton where the race starts, I had to go to the bathroom and when I got back, I found that my companions had already boarded a bus and I never saw them again until after the run.

When I arrived at Hopkinton, there was absolutely no space in the gym, so I went outside to kill nearly two hours before the race started. After wandering around for about ten minutes, I saw a school bus bearing a banner of the Mass. Medical Assn. parked in the school lot. When the driver told me the association had hired it for their runners to use until race time, I promptly told him I was Dr. O'Hara and boarded the bus which had only seven other occupants. I then proceeded to snooze off-and-on between pit stops until the race started.

When the race started I was on Cloud 9. I was finally running the course I had read about all my life. At approximately two miles into the run I noticed a group of people running in a cluster around a gray haired old runner. After I passed them I heard someone say the old man was John Kelley. I immediately slowed down and worked my way over to Mr. Kelley and shook his hand as did a dozen or more other runners. Several people were simply running close enough to pat him on the back. It was one of my few encounters with a living legend.

The rest of the run was a real picnic. I had never run a race with so many spectators and the crowd seemed to just carry you along. This was especially true a Wellesly College where one runs through a canyon of coeds screaming wildly. It seemed that I could hear the cheering of the Wellesly girls a full quarter mile before hitting the campus area. Of course, I knew they were all there just to see me go by and I was torn between slowing my pace to savor the moment or quickening my pace to show them what a real runner looked like in full flight.

At the top of Heartbreak Hill, there was a sound truck with a huge digital clock and a person on the P.A. system announcing that we had just crested Heartbreak Hill. I simply couldn't believe this was the hill I had heard so much about since I was expecting something more like Sayter Hill in Baltimore. Heartbreak was easier than KATCEF on Rt. 450. At this point I felt like I had run about three miles even though we were about twenty-two miles into the race. The P.A. announcer also stated that we were running at a sub-three hour pace. My first impulse was to quicken my pace to insure that I would run my first sub-three hour marathon, but then I quickly decided that I would probably never run Boston again, so I decided to throttle back and enjoy every minute of this run.

As we approached downtown Boston, the crowds became enormous and started closing in on the runners despite the efforts of the police. Throughout the race I had been palming the hands of spectators and really getting a lift from them. In the downtown area, it seemed that there was a thousand palms in every block and I must have hit at least half of them.

It seemed like only minutes after Heartbreak that the "Pru" came into view and then, before I knew it, I was crossing the finish line. I felt like I could have run another ten miles. Even though I did not win the race (Seko, Rogers and Virgin all beat me) I can't conceive of anyone enjoying it more than I did.

One of my Howard County companions beat me and one finished behind. They were both hurting at the end and took the first train back to our hotel. I stayed downtown for the awards ceremony and the dance that evening and ended up barhopping with about a dozen other runners from all over the country until midnight. Since we were all dressed in running gear and toting bags, we drew friendly attention everywhere we went. We were heroes for a day and most of the beer was for free. No one in the group wanted to see our day in the sun end. They sure know how to treat runners in Boston. When I told my Howard County companions the next day about the previous nights activity, one of them said, "Turning an Irish marathon runner loose in Boston on Patriots day is like giving firewater to an Indian". I'll drink to that.



"I've got a jacket just like that."

# MY FAVORITE RACE

A MAGICAL MYSTICAL TOUR—THE NEW YORK MARATHON

by Pat O'Brien


Even if one is not a marathon enthusiast it is difficult to escape the media blitz centered on the New York Marathon. Imagine the effect, then, on seasoned distance runners: several Annapolis Striders, after months of planning and training, set out in late October to conquer this Big Apple spectacle.

We journeyed to the city with high spirits and great expectations—after all, running the New York Marathon was akin, we were told, to tasting a bit of heaven. Little did we know, as we confidently planned our race day strategies, that Mother Nature was about to "pull a fast one!" She ushered in an unforgettable race day—79°F. combined with 96% humidity. Wonderful conditions for marathoning! Even a blind optimist might have been tempted to throw in the towel at the start.

Nonetheless, as a group of "seasoned" athletes used to coping with the less than perfect running conditions in Maryland, we were psyched and ready to go as the boom of the howitzer rattled our innards. Like lambs blindly running to slaughter, we "strided out" with 18,000 others, soon-to-be victims of a race unlike any other.

We all survived and the pain and disappointment has faded quickly—yielding the way for more pleasant thoughts about this race. Following are a few choice comments by some Strider diehards who still can say New York '84 Marathon was a favorite race:

Stan Fletcher: "The best organized event I've ever seen. Even though the conditions were less than optimum I'd definitely go back again." (He's obviously still a little dazed by his 2:38 performance!)

Don Kennedy: "It was a disaster...I'd do it again. In New York, they really have the comfort (?) and convenience of the runner in mind. The city is so geared up—they're not spectators—they're more like participants." (This whole idea of running New York was D.K.'s  !)

Louise Zeitlin: "I always wanted to run the New York Marathon 'cause that's where I came from. Running through parts of the city where I had lived and gone to school, and seeing my parents cheering on the corner of 1st and Vernon Ave.—it was just great! I never gave so many high fives in my life!" (Louise, next time you need some nostalgia wouldn't it be easier to root out the old scrap books?)

Ben Moore: "I really wouldn't call it my favorite race—Berlin was because I did so well there. But New York was a happening under very difficult conditions. Running it with Louise made it memorable; and we wouldn't have made it had it not been for the crowds."

Pat O'Brien: "I still think of it as a favorite race because it was unique: the conditions definitely deserve "once in a lifetime" status; the course was well monitored, adequately supported and spacious enough to accommodate the masses; the throngs of spectators were 100% into pulling the utmost out of each and every runner. The best part of all was sharing the whole weekend experience with the likes of Stan, Don, Louise and Ben. Next year lets flavor the group with a few more personalities and really set the Big Apple spinning with a Strider challenge.

# TRAINING TIPS

by Pat O'Brien

## 10K RACE CLINIC

The 10K race has emerged as a very popular race amongst most runners. Recently, the survey conducted by the Strider Race Committee supported this notion when the numbers tallied showed that the 10K was your favorite distance too.

The 10K race is an achievable goal for a beginning runner because 6.2 miles is a distance that one can build up to with a relatively short-term training program. The race is also a favorite for the most seasoned of runners and, consequently the Maryland, D.C. and Virginia area is inundated with 10K races from March through October.

The Training and Clinics Committee is going to conduct a 10 week 10K training program beginning in January. The goal we are working toward is helping those of you out there who are beginning runners or thinking about beginning running for whatever reason. Nut Hall has developed three training protocols; new runner, somewhat experienced, and experienced, in an attempt to give you some useful training guidelines. As you can see from looking at the New Runner schedule, you really don't need any experience with running, only the motivation to try it.

What we plan to do is to help those of you who are interested in developing or sharpening your road racing abilities. We plan to meet on a weekly basis (Saturday, 1 pm), fielding any questions or concerns and also offering guidance with your track workouts. The Saturday meeting place will be at the Old Annapolis Senior High Track (behind Maryland Hall) in Annapolis. During this time you can get in your speed work on the track with some company and clarify any questions/concerns that may have come up during the week's workout.

As we progress through the ten weeks, there will be certain races that can fit into this training schedule and will serve as useful training runs ("callousing" exercises for those more experienced racers).

Listed below are a few such races. Keep these dates in mind and take advantage of the weekly Saturday track sessions to update your schedule. At this point, a final 10K goal race isn't on the schedule because it's still a little early for posting Spring events. The training schedule will, however, prepare you for any races you might wish to run during April and May.

Please note the first track meeting will be held on Sunday, Jan 20, 1985 at Old Annapolis Senior High. This will give everyone a chance to meet and discuss the schedule, answer questions, etc. Please hang on to the training schedule, because the STREAK won't be published again 'til mid February.

- \*Feb 17, Valentines Twosome Relay (5K each  
10K total)
- \*Mar 2, 5K Race at AACC
- \*Mar 10, Conroy Memorial 10K at Crofton

If you have any questions/inquiries call Pat O'Brien at 757-0462.

(continued on next page)

## NEW RUNNER

Wk #	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Wk Total
1	Jan 20 rest	21 1/4 mile	22 1/2 mile	23 1/4 mile	24 1/2 mile	25 rest	26 2X220 pace 3/4 mile	3 1/2 miles
2	27 1/2 mi.	28 rest	29 1 mi.	30 1/2 mi.	31 1 mi.	Feb 1 rest	2 2X440 pace work 1 mile	4 miles
3	3 1 mi.	4 rest	5 1 mi.	6 1/2 mi.	7 1 mi.	8 rest	9 1Xmile time trial 2 miles	5 miles
4	10 1 mi.	11 rest	12 2 mi.	13 1 mi.	14 2 mi.	15 rest	16 6X440 3 miles	9 miles
5	** 17 1 mi.	18 rest	19 2 mi.	20 1 mi.	21 2 mi.	22 rest	23 3X880 4 miles	10 miles
6	24 1 mi.	25 rest	26 3 mi.	27 1 mi.	28 3 mi.	Mar 1 rest	2 3 mi. run pace work 4 miles **	12 miles
7	3 2 mi.	4 rest	5 3 mi.	6 1 mi.	7 3 mi.	8 rest	9 5X880 pace work 5 miles	14 miles
8	** 10 2 mi.	11 rest	12 3 mi.	13 2 mi.	14 4 mi.	15 rest	16 10X440 pace work 5 miles	16 miles
9	17 2 mi.	18 rest	19 4 mi.	20 2 mi.	21 5 mi.	22 rest	23 6 miles cont. run 6 miles	19 miles
10	24 1 mi.	25 2 mi.	26 3 mi.	27 3 mi.	28 2 mi.	29 2 mi.	30 run&race strategy rest	13 miles
	31 Race Day**							

\*\*Race days



## SOMEWHAT EXPERIENCED RUNNER

Wk #	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Wk Total
1	JAN 20 rest	21 1 mi	22 2 mi	23 1 mi	24 2 mi	25 1 mi	26 7x220 pace 1 1/2 mi	8 1/2 mi
2	27 1 mi	28 rest	29 3 mi	30 1 mi	31 3 mi	FEB 1 1 mi	2 5x440 pace 2 mi	11 mi
3	3 1 mi	4 rest	5 3 mi	6 1 mi	7 3 mi	8 1 mi	9 1xmile time trail/2 1/2 mi	11 1/2 mi
4	10 2 mi	11 rest	12 3 mi	13 3 mi	14 1 mi	15 1 mi	16 10x440's 4 mi	14 mi
5	* 17 2 mi	18 rest	19 4 mi	20 3 mi	21 2 mi	22 3 mi	23 6x880 4 mi	18 mi
6	24 3 mi	25 rest	26 5 mi	27 3 mi	28 5 mi	MAR 1 2 mi	2 * 4 mi	22 mi
7	3 5 mi.	4 rest	5 5 mi.	6 5 mi.	7 5 mi.	8 3 mi.	9 7X880 5 mi.	28 mi.
8	* 10 4 mi.	11 rest	12 6 mi.	13 4 mi.	14 7 mi.	15 4 mi.	16 12X440 6 mi.	31 mi.
9	17 4 mi.	18 rest	19 5 mi.	20 4 mi.	21 7 mi.	22 3 mi.	23 6 mi run 10 miles	33 mi.
10	24 4 mi.	25 5 mi.	26 5 mi.	27 5 mi.	28 4 mi.	29 4 mi.	30 Run&race strategy	27 mi.
	31 Race Day							

\* Race days

(continued on next page)

## EXPERIENCED RUNNER

Wk #	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Wk Total
1	JAN 20 rest	21 3 mi	22 3 miles	23 4 mi	24 2 mi	25 4 mi	26 10x220 pacework 5 mi	21 miles
2	27 4 mi	28 Rest	29 5 mi	30 3 mi	31 4 mi	FEB 1 5 mi	2 8x440 5 mi	26 miles
3	3 4 mi	4 Rest	5 5 miles	6 3 mi	7 4 mi	8 5 mi	9 1 mi time trial 5 mi	26 miles
4	10 4 mi	11 Rest	12 6 miles	13 4 mi	14 6 mi	15 4 mi	16 12x440s pace... 6 mi	30 mi
5	* 17 4 mi	18 Rest	19 6 miles	20 4 mi	21 6 mi	22 4 mi	23 8x880s 6 mi	30 mi
6	24 5 mi	25 Rest	26 8 miles	27 5 mi	28 7 mi	MAR 1 4 mi	* 4 mi continuous run pacework 7 mi	35 mi
7	3 5 mi	4 Rest	5 10 miles	6 4 mi	7 8 mi	8 5 mi	9 10x880 pacework 8 miles	40 mi
8	* 10 5 mi	11 Rest	12 10 miles	13 4 mi	14 8 mi	15 5 mi	16 15x440 pacework 8 mi	40 mi
9	17 8 mi	18 Rest	19 10 miles	20 8 mi	21 8 mi	22 7 mi	1x6 mi continuous run 10 mi	51 mi
10	24 7 mi	25 8 mi	26 10 miles	27 8 mi	28 5 mi	29 5 mi	Race/run strategy Rest	43 mi
	31 Race Day	* Race days						

### GENERAL INSTRUCTIONS

1. These plans are designed for runners from zero training at their respective level.
2. It is suggested to set aside the same time daily, if possible, for your workout.
3. Establish a routine or a rhythm to your schedule.
4. Have measured courses available (not exact--a car's odometer will do).
5. Stretch following your run as part of your warm down.

6. Maybe a couple of times a week, find a friend at your level and run with them.
7. Take your time in the workouts, don't force the pace. The distance will do the work.
8. If you are interested in training using time instead of mileage, then just multiply the given mileage by the rate of your level.  
 New runner (10 to 12 min/mile)  
 Medium runner (8 to 10 min/mile)  
 Experienced runner (6½ to 8½ min/mile)
9. Saturday's workouts are track workouts done with the club where further suggestions will be offered.

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# RUNNING SHORTS

## HE ONLY CAME TO WATCH

Mark Patrick only came to watch. He had little running experience in his brief ten years growing up in Scarborough, North Yorkshire, England. He was standing on the sidelines at the Truxtun Park Summer Series—to watch his Annapolis relatives run. Who could tell that a highly competitive heart beat eagerly in Mark's chest?

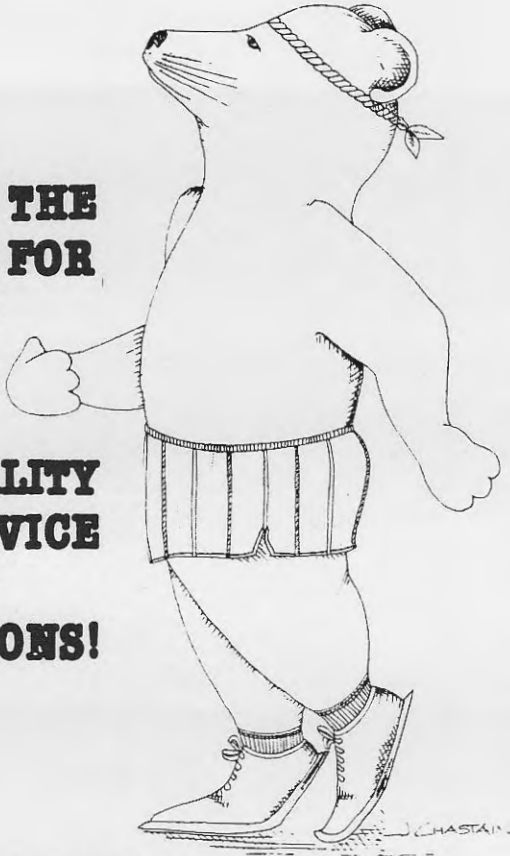
Mark accepted the invitation to run the 1.5-mile cross country race with the Striders. Eyebrows were raised when the youngster not only outdistanced all the other kids in the race, but finished overall second with a very respectable time of 10 minutes. While presenting him with the first place trophy for children, Mike van Beuren, race director for the fun run series, commented that Mark's time was a record for the 10-to-14-year age group.

Unfortunately for the Striders, Mark's talented legs will not be around to break his own record. He had to return to England.

—submitted by Lee J. Patrick

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## RUNNER AGES NEAR FINISH LINE

I've been running for a good many years and am surely approaching the golden Masters years. I must, however, be getting there faster than I bargained. As I entered the Navy/Marine Corps stadium at this year's Annapolis 10-Mile Run, the goodhearted announcer exclaimed, "Here comes Ben Mathews, an old Annapolis Strider!"

That's the price I have to pay for longevity.

—Ben Mathews



# MOORE'S MARINES V

## MORE ON MOORE'S MARINES

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On November 4, 1984, Moore's Marines V assembled with 12,000 other marathoners to participate in the Marine Corps Marathon. The day was spectacular for running a distance event and helped many in our group achieve some long sought after goals.

Joe Clorety found his twelfth gear and rolled in for a PR of 2:54. Many others in the group also ran record breaking times; Winnie Hittle, Dick Manasseri, and Steve Dilling, to mention a few.

Well over half of the Marine Corps participants represented first time marathoners and Moore's Marines had a healthy number. Many of these, like Sue Bonner, Martha Selonick, Kathy Munger, Mike Impellizzeri and Barb Riddle ran the race of their dreams. There is nothing that can quite compare to the feelings of pride and accomplishment that warm the soul after finishing that first marathon.

We salute each and every one of these endurance runners.

o o o o o o o o o o

Speaking of distance running—our Doug Pond (the one with the road runner's stride) tromped to a 4:40 finish in the Capital 36-Miler. He plans to really "go for it" in the JFK 50-Miler. Watch out Boonsboro for this "ultra" terror!

o o o o o o o o o o

But back to Moore's Marines, here are our "stars" listed in no particular order:

Susan Bonner	3:44:26	Gif Munger	3:48:10
Ron Bowman	4:06:25	Kathy Munger	4:34:27
Buck Cadell	4:32:02	Norm O'Brien	4:09:16
Joe Clorety	2:54:34	Jim Patton	3:54:45
George Cotter	3:27:36	Lee Pillsbury	4:03:15
Carlotta Crosby	5:36:24	Barbara Riddle	4:02:20
Steve Dilling	3:01:39	Bert Rice	3:11:04
Joe Dobrosielsky	3:30:04	Linda Rogers	3:58:16
Neil Donnelly	4:50:31	John Rood	3:31:00
Sonny Hawley	4:04:35	Carl Schneider	3:53:23
Neal Hinkle	3:57:29	Earl Scott	3:57:57
Winnie Hittle	3:04:38	Cindy Steele	4:03:30
Pat Hoffman	4:22:48	Joe Walsmith	3:35:43
Carol Huddy	4:32:07	Pete Williams	3:58:50
Betty Impellizzeri	4:01:29	Sean Sweeney	3:19:35
Mike Impellizzeri	4:31:20	Randy Fox	3:23:24
Betsy James	3:57:51	Joel Rozner	3:47:25
Margaret Johnston	4:28:12	Martha Selonick	3:45:40
Doug Joyce	3:34:47	John Hall	4:18:00
Al Konvicka	5:02:44	John White	4:25:00
Mark Mallach	5:28:00	Allen James	5:00:36
Dick Manasseri	3:10:34	Bill Ammon	3:34:00
Delma Miller	3:58:50		

# RACE RESULTS

## Annapolis Striders METRIC MARATHON

26.2K (16.2 miles)

october 14, 1984

Place	Name	Age	Time
1.	Mark Rosasco	25	1:40:05
2.	Eric Peltosalo	35	1:40:50
3.	Bill Conroy	41	1:41:55
4.	Mark Yerkes	29	1:43:15
5.	Joe Clorety	41	1:46:12
6.	Steve Dilling	41	1:47:09
7.	Darrell Dean	36	1:47:11
8.	Bill Turrentine	35	1:47:57
9.	Doug Pond	45	1:48:10
10.	Winnie Hittle	32	1:48:15
11.	David Kelble		1:48:23
12.	Pat O'Brien (F)	36	1:48:25
13.	Ron Schumann	39	1:48:29
14.	Bob Phillips	48	1:52:25
15.	Greg Romanorsh	31	1:52:43
16.	Joe Duffy	42	1:53:13
17.	Bert L. Rice	47	1:53:29
18.	Bill Wandel	41	1:58:05
19.	Jim Commette	40	1:58:26
20.	Bruce Soyars	34	1:59:17
21.	Jon Asher	38	1:59:23
22.	Jean Silverman (F)	27	2:01:55
23.	Michael T. Silverman	28	2:01:56
24.	Steve Dunning	37	2:02:07
25.	Henry Whitesel	44	2:02:23
26.	Martha Solonick (F)	33	2:03:33
27.	Cindi Fox (F)	23	2:03:53
28.	Dick Shea	34	2:05:23
29.	Bill Trepp	34	2:05:53
30.	Frank Morris	36	2:06:20
31.	Rick Schiesz	35	2:06:48
32.	Stefan Kessler	26	2:07:42
33.	Jeff Beatty	38	2:08:01
34.	Jean Grillo (F)	23	2:08:13
35.	Nut Hall	26	2:08:14
36.	Mark Parkhurst	31	2:09:00
37.	Susan Bonner (F)	35	2:09:21
38.	Earle Myers	35	2:09:55
39.	Chris Zahn	16	2:10:27
40.	Jim Fratino	51	2:10:44
41.	Robert B. Donald	45	2:11:28
42.	Keith Harvey	36	2:11:34
43.	P.C. Moler	32	2:13:31
44.	Jim Wright	33	2:13:32
45.	Bob Dowd	32	2:13:32

46.	Chris Ramsey	34	2:14:46
47.	Bob Bridges	39	2:14:47
48.	Linda Rogers (F)	34	2:15:14
49.	Bill Law	56	2:15:15
50.	Darlene Dobbs (F)	30	2:15:45
51.	Bob Halpin	41	2:15:45
52.	Carole Simpson (F)	25	2:16:00
53.	Michael Hannon	34	2:16:02
54.	Wayne Bussard	37	2:16:03
55.	Charles R. Green	26	2:16:13
56.	Mardelli	37	2:16:23
57.	Jack Freeman	40	2:17:02
58.	Bill Woolchidiger	47	2:17:26
59.	Don Rizzo	48	2:18:10
60.	Mike Smith	34	2:18:57
61.	Susan Ross (F)	31	2:19:04
62.	Moe Hickey	37	2:21:03
63.	Neil Donnelly	41	2:22:00
64.	Evan Thomas	43	2:22:09
65.	Elaine Brady (F)	34	2:22:56
66.	Glenn Koors	45	2:22:57
67.	Jeffrey Blair	31	2:23:32
68.	George Nislein	44	2:24:17
69.	George W. Harrington	44	2:26:12
70.	John Haw, Jr.	37	2:26:19
71.	Wayne Godwin	29	2:26:45
72.	P.P.	31	2:26:53
73.	Jonas Legum	36	2:32:53
74.	San Chastain (F)	52	2:33:13
75.	John R. Kurpjuweit	39	2:33:16
76.	Harold Youngling	43	2:33:43
77.			2:34:06
78.	J.W. Pickering	30	2:34:11
79.	Fred May	42	2:43:55
80.			2:48:57

### OVERALL WINNERS

First male	Mark Rosasco	1:40:05
First female	Pat O'Brien	1:48:25

### DIVISION WINNERS

#### MEN

##### 19 and under

1. Chris Zahn	16	2:10:27
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##### 20-29

1. Mark Rosasco	25	1:40:05
2. Mark Yerkes	29	1:43:15
3. David Kelble		1:48:23

##### 30-39

1. Eric Peltosalo	35	1:40:50
2. Darrell Dean	36	1:47:11
3. Bill Turrentine	35	1:47:57

##### 40-49

1. Bill Conroy	41	1:41:55
2. Joe Clorety	41	1:46:12
3. Steve Dilling	41	1:47:09

##### 50 and over

1. Jim Fratino	51	2:10:44
2. Bill Law	56	2:15:15

#### WOMEN

##### 20-29

1. Jean Silverman	27	2:01:55
2. Cindi Fox	23	2:03:53
3. Jean Grillo	23	2:08:13

##### 30-39

1. Pat O'Brien	36	1:48:25
2. Marta Solonick	33	2:03:33
3. Susan Bonner	35	2:09:21

##### 50 and over

1. San Chastain	52	2:33:13
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SPECIAL THANKS to all those excellent volunteers who made the race go so smoothly: Bill Vogenitz, Don Waddington, Ben and Betty Moore, Mike and Ann Chamberlain, Don Kennedy, Al Whitworth.

—Will Scott, Race Director