

# STREAK

VOLUME VIII

NUMBER III

JUNE 1986



## ANNAPOLIS STRIDERS

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# STREAK

# ANNAPOLIS STRIDERS

## volume VIII number 3

## june 1986

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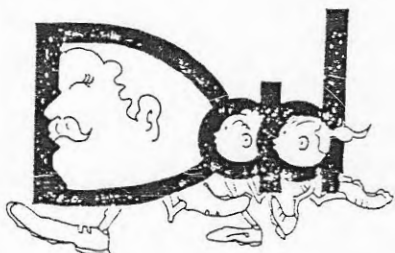
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*The purpose of this running club is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. —from Article II, By-Laws of the Annapolis Striders*

*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.*



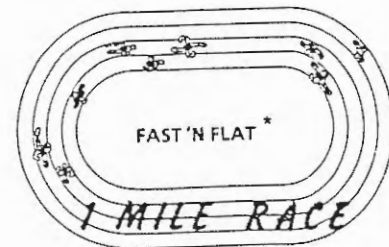
## TABLE OF CONTENTS



# JUNE

Pond's Reflections  
 Editor's Remarks  
 Dear Striders  
 Welcome New Members  
 Bulletin Board  
 Advertising  
 Training Tips I  
 Training Tips II

Running Shorts  
 Moore's Marines  
 My Favorite Race  
 Race Results & Standings  
 Club Champ Series  
 What's Coming Up  
 Race Entry Forms



# JULY



### ROAD RACING LEGALIZED IN MARYLAND

The legislation (House Bill 794) to legalize road running on Maryland State roads under specific conditions was passed by the legislature and signed by the Governor on April 29. Many thanks to John Astle for introducing the bill and to Ron Jarashow for "shepherding" it through.

Liability Insurance is now available to us, so our races will be insured. The Road Running Club of America (RRCA) has made an agreement with The Athletic Congress (TAC) to use TAC insurance. I am sure there will be further discussion on this matter at the annual convention. I will have more on the convention in my next report. We have a large group going and should bring back a lot of new ideas.

Thanks to Mike van Beuren, the Department of Natural Resources, and a host of DNR and Striders volunteers the Governor's Bay Bridge Run was a success. This year Governor Hughes handed out the awards and I was happy to see a large number of Annapolis Striders were winners.

It is not too early to start preparing for the Annapolis 10-Miler. Mike van Beuren and his new assistant, Tim Blewett, can use a lot of volunteers.

We have a new and larger mini-storage facility. We needed more room to accommodate our large inventory of race/run equipment. Additionally, we hope to acquire a trailer to haul the equipment to the races and this room is large enough to hold the trailer.

I would like to see more Striders participate in the Championship Series, especially among the females in our club. The series is for everyone. We give participation awards to those people who run all ten races and patches to all finishers in each race. Therefore, you don't have to be in the first three in your age group to take a memento home with you.

The very popular Truxtun Park Series Fun Runs will be starting on June 12. These evening runs have been popular in the past. In many cases the whole family participates.

Doug Pond,  
President

## EDITORS REMARKS

I HAVE A SHIRT LIKE THAT: I asked the nice young man in the check out line wearing the Save the Bay shirt if he enjoyed the race. He said he did. His entire lacrosse team ran it together and they're coming back again next year. (He was from Broad-neck.) We decided the hardest part of the race was the last two miles on good old terra firma.

THANKS TO THE STREAK TEAM: Bill Law handed out refreshments for the team rewarding them for their effort in collating the April issue of the Streak. They were Don and Nancy Waddington, Carol Huddy, Kathy Bridges, John Wall, Ron Bowman, Betty Moore, and myself. If you want to try your hand at this sort of teamwork call Bill Law at 647-5015. You will really feel that you have accomplished something when you're done.

VACATION ISSUE: There is always news in the running community so the Streak can't take a vacation. Try to get news to me early for the August Streak. The deadline is July 2. If you can't reach me try Eleanor Elster (757-4506). Eleanor has been so helpful to me I just wish she would agree to the title, ASSISTANT EDITOR.

-Yvonne Aasen  
647-0879



Caricature by Irv Finifter

# DEAR STRIDERS

AN OPEN LETTER TO THE MAN WHO SAVED  
ROAD RACING

May 5, 1986

Delegate John Astle  
51 Fleet Street  
Annapolis, MD 21401

Dear John:

A very special "Thank you!" for your ability, concern, and hard work. The introduction and subsequent passage of your bill which formally permits the closing of state roads for footrace events should make runners across Maryland draw a sigh of relief.

We know that there are many who are unaware that there was even a threat to events such as the Annapolis Run, Baltimore City Marathon, Clydes, Fritzbee's, and many other fine events. But if you hadn't stepped in to help settle the issue, there may have been a moratorium on holding large running events and so much of the excitement, enjoyment and benefit of the sport would have been lost for months or even years through the probable cancellation of some of these races.

When you ran the first Annapolis Run, years ago, and sprinted down Main Street with Randy Fox and the other original Striders and Severna Park Funrunners, did you ever think it would come to this? Thanks for your responsible and energetic stewardship in this issue.

At our monthly board meeting on May 12, it was unanimously voted that you be granted lifetime, invited runner status to the Annapolis Run as a gesture symbolic of our appreciation for your achievement on behalf of all runners across the State of Maryland.



Sincerely,

Michael van Beuren  
Race Director,  
Annapolis Ten-Mile Run

Doug Pond  
President,  
Annapolis Striders



WELCOME TO THOSE WHO HAVE  
RECENTLY JOINED THE STRIDERS

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Jerry Simmons	Ft. Meade
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Angie Lyden	Bowie
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Laudi Baer	Pasadena
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Brenda Norman	Annapolis
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Kevine Murnane	Annapolis
Robert Maynard	Annapolis
Larry Bowman	Prince Frederick
Jeffrey Engl	Severna Park
Laura McWeeney	Severna Park
Thomas McWeeney	Severna Park
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Brian McLaughlin	Annapolis
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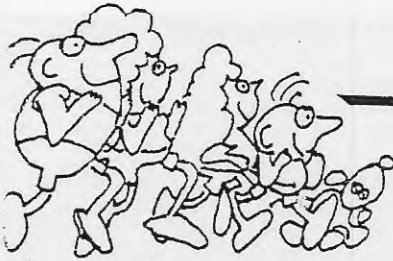
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# BULLETIN BOARD



## TRUXTUN PARK SERIES GEARED FOR BEGINNERS AND FAMILIES

THE TRUXTUN PARK SERIES OF FUN RUNS will run again this summer for ten consecutive weeks from June 12 thru August 14. Starting time, 6:00 P.M. The entry fee is a modest 50c.

Geared for novice runners and family groups—last year's ages varied from 3 to 70—the one and four-mile courses cover paved surfaces and rugged trails. Refreshments will be served after each event. Participation ribbons will be given to all children 12 and under. AWARDS: best youth for one-mile run; open awards for the four-mile run. There will be different award categories each week. Special awards for people who participate seven out of ten weeks.

Race director Mike van Beuren says Truxtun Park Fun Runs are happy events with a definite family atmosphere. Everyone is invited to run whatever distance they wish. The sponsor, again this year, is Katcef Bros. Distributing Co.

help  
wanted

help  
wanted

help  
wanted

HELP WANTED: Volunteer workers for the Women's Distance Festival to be held on July 19 on the scenic Naval Academy grounds. Its a good way to show your support of women's running by serving as a course monitor, manning a water station, or working the finish line. The race is a 5K so it will only take an hour or so of your time, about 7:30 to 8:45 a.m. (the race starts at 8:00). Call race director Joy Donlin 268-0498 to volunteer.

TURNABOUT FAIR PLAY: Guys, if you work the Women's Distance Festival its only fair for your wives/girl friends/sisters/mothers/daughters/whatever to work the Run After the Women 5K to be held at 9:00 a.m. after the Women's Distance Festival. Call race director Eddie Anderson 956-3672 to volunteer.



## TWO-PERSON TEN-MILE RELAY

Practice passing that baton for the Two-Person Ten-Mile Relay to be held on Saturday, June 28, at 8:00 A.M. on the track at Broadneck High School off College Parkway, Arnold, MD. Two runners to a team, running alternate miles should give you a taste of what the 24-Hour Relay is like.

ENTRY FEE: \$4 for Annapolis Striders members  
\$5 for non-members  
No pre-entry forms; come early to register on race day.

PRIZES: Medallions to all teams that run ten miles in less than 90 minutes.  
Certificates to all finishers.

Note: All teams must provide their own timer to record the team's individual mile times. One person may record mile times for several teams.

## FUN RUN/WALK MARKS DEDICATION

A Fun Run/Walk on June 28 at 9:30 A.M. will precede the dedication at 10:00 A.M. of Phase II of the restoration of the B&A Railroad track to a trail by the Anne Arundel Recreation and Parks Department. The trail now extends from Dorsey Road to the Harundale Mall, a distance of 1.8 miles. When completed the trail will be approximately 14 miles long.

This is an occasion to share with your relatives and friends who are non-runners because the Fun Run/Walk is geared to include walkers. Anyone who would like to see the Trail is welcome. Refreshments will be served. Everyone will receive a memento. Refer to the Recreation & Parks flyer or the newspapers for the location and distance of the Fun Run, or call 987-9600 for more information.

## CALLING ALL GLUTTONS

Are you a glutton for punishment? Run the 24-HOUR RELAY to be held at Ft. Meade, Maryland, on August 2-3 from 12-noon to 12-noon. You have to be persistent enough and tough enough to run some 22 or so separate miles over the 24-hour period. Showers are available and a tent is set up for shelter. Bill Wandel is organizing the Strider team (or teams). Both men and women are welcome. Timers are also needed. Bill Wandel's phone number is 672-3164. All masochists call him at once.

**James J. Fratino**  
President

Annapolis: 263-9000  
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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.

## ERIC PELTOSALO

MEMBER OF THE BAR SINCE 1974

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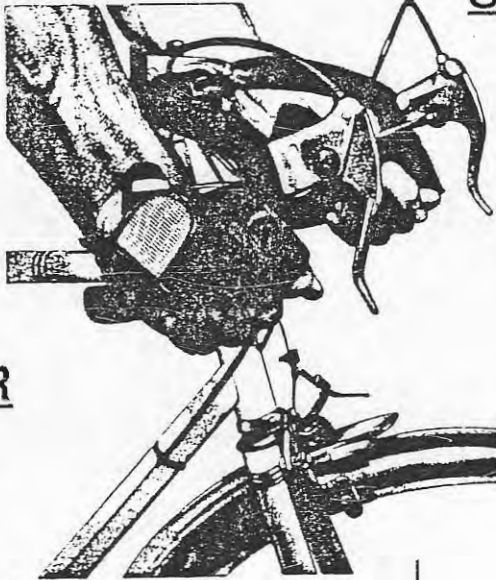
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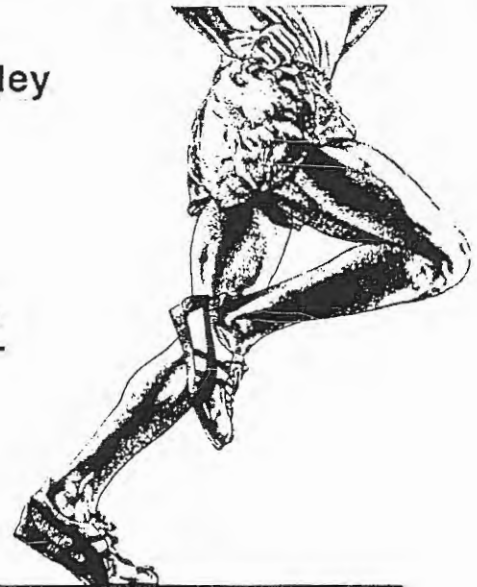


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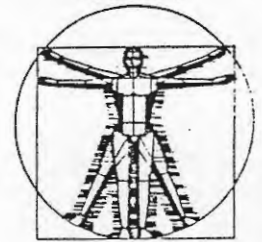
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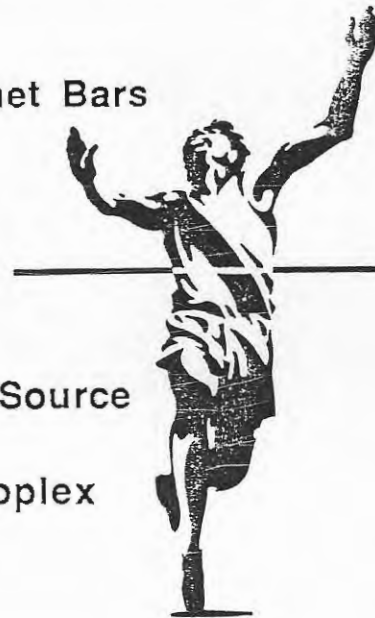
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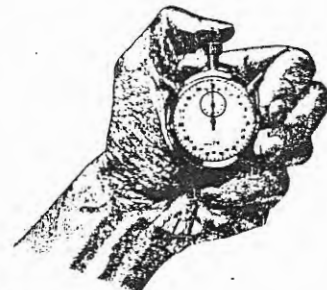
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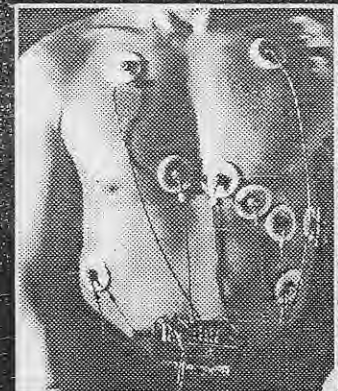
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## Human Performance Lab



The Human Performance Lab is a division of  
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Baltimore, Maryland 21218

# TRAINING TIPS

by Pat O'Brien

## SURVIVAL STRATEGIES FOR SUMMER RUNNING

I'm always amazed at the number of runners who back off from the sport during the winter with its cool temperatures and low humidity, and then begin to gear up for the summer races in late spring. In this area May often brings temperatures in the 75-85 degree range with similar humidity. By August, the "dog days of running" have arrived and those of you who have gutted out the Annapolis Ten these past three years can attest to just how much fun racing under these conditions can be! For all of you summer running enthusiasts: please read on and discover what you can do to lessen the impact of temperature and humidity on your performance.

The heat that is produced by exercise causes the body's core temperature to rise which triggers a thermostatically controlled response by the circulatory system. The blood vessels in the skin dilate (enlarge) and at the same time the "overheated blood" in the muscles is shunted to the skin surface where "cooling off" can occur. This re-distribution of blood accounts for the red-faced or flushed appearance of the individual and also makes the legs feel dead.

In addition, the sweating mechanism kicks in and acts as an auxillary heat dissipator. The evaporation of sweat is the key to efficient functioning of this system and the higher the humidity, the slower the rate of evaporation. Thus, cooling off becomes even more difficult.

It is easy to see, therefore, that conditions of high heat and humidity call for some adaptations on the part of the summer runner. The following suggestions are made as general guidelines to help your body to adapt to the special requirements of summer running.

### ACCLIMATE GRADUALLY TO RUNNING IN SUMMER CONDITIONS.

Slow down your training pace and give yourself about two-to-four weeks of consistent warm weather running to feel "normal" during your workouts. This conditioning period allows your system to adapt a more efficient sweating mechanism—enough to cool, but not an excessive amount so that dehydration or electrolyte depletion will occur. Some of the guidelines found in the running literature suggest: if the temperature plus humidity equals 150 (or greater) DON'T RUN! If the temperature is over 75 and humidity over 50% reduce pace 45-50 seconds-per-mile. Air quality, in addition to the temperature and humidity will impact on running performance. Ozone levels, in particular, can cause problems during exercise especially in runners with bronchial, asthmatic or heart problems. Stay tuned in to the AQI readings for the day, and as it rises, adjust your exercise accordingly. (Note: if you have a health or pulmonary concern which may be affected by air quality, call the following for up-to-the-minute area weather information (202) 936-1212.)

KEEP YOUR SYSTEM WELL HYDRATED. The standard advice is to drink 12-20 ounces of water 20 minutes before your run and 6-8 ounces every 20 minutes of running thereafter (that's a LOT of water). In addition, drink fluids frequently throughout the day. Keep in mind that thirst is not a good indicator of the body's need for fluid because this mechanism doesn't function until after dehydration has occurred. The frequency and color of urine is, on the other hand, a reliable indicator. If your urine is clear and you urinate either during a run, or shortly thereafter, it is likely that you are adequately hydrated. Remember that without adequate fluid volume, your body cannot adapt to the stress of summer running. This can set the stage for one or more of the following heat related complications.

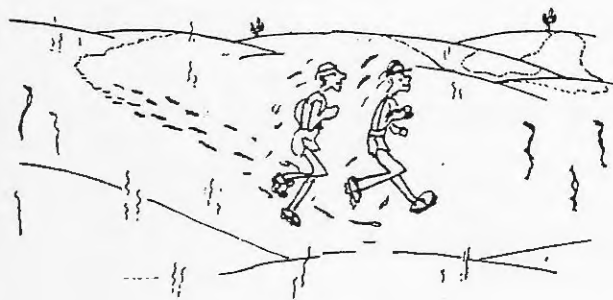
Heat cramps: the first signal of heat related injury often is in the form of muscle cramps. These are due to a large depletion in body fluids and an upset in the balance of electrolytes.

Heat exhaustion: may result from further overheating (dehydration) and the symptoms are: profuse sweating, chills, throbbing pressure in the head, and nausea. This is a serious condition and requires medical care.

Heat stroke: this is a medical emergency and may be fatal if not treated quickly and appropriately. A person with heat stroke may have warm, dry skin with no further sweating, a high fever, low blood pressure, be mentally confused, and/or unconscious. If you come upon someone suffering from heat stroke, get him into the shade, and cool him down by dousing with water. In the meantime, get emergency medical help.

Keep in mind that untreated/unheeded heat cramps can progress to heat exhaustion and eventually lead to heat stroke.

(continued on next page)



"At least its a dry heat."

EXERCISE GOOD JUDGEMENT WHEN REPLACING LOST FLUIDS. Water is the best choice for fluid replacement during exercise. It is absorbed rapidly from the stomach into the bloodstream. Cool/cold water is absorbed faster than warmer water.

Sugared/electrolyte replacement drinks are to be avoided because these ingredients delay the transit of water from the stomach. If, however, you choose to drink these beverages, always dilute them with two-to-three parts water.

Eat a nutritious diet. Though there is mineral depletion with sweating (sodium, potassium, and magnesium) these can be replaced by eating well balanced healthful meals. Fresh green vegetables and fruits including bananas, tomatoes, cantalopes, cucumbers and potatoes all provide these minerals. It is not recommended that you replace minerals by taking pills or tablets. There are serious side effects which can occur if too much of these substances enter the bloodstream, and there is a potential for this if one takes supplements (pills).

DRESS APPROPRIATELY FOR CONDITIONS OF HEAT AND HUMIDITY. Wear lightweight, loose fitting clothing in order to maximize ventilation around the body surface. Some clothing is better than none because it provides a reflective surface and thus protection from the sun's radiation. This will also protect you from harmful sunburn. Many find that wearing a white, brimmed and ventilated hat provides protection from overheating as well as sunburn.

Keep in mind that cotton or the popular 50/50 blend hold moisture, whereas nylon doesn't. This becomes significant when you douse yourself with water as a means of cooling off during a run because the cotton and blended fabric will hold the water, allowing it to evaporate slowly.

ADAPT THE TIME OF YOUR WORKOUT TO THE CONDITIONS. Try to adjust your training schedule so that you run during the early morning or the late evening and avoid midday runs. Study your training routes and select those that afford some shade. This can often be done by simply switching the side of the road on which you run. Try a few cross country runs and seek refuge from the sun's heat in the shade and solitude of wooded terrain.

For those of you who waited all winter for the return of the sunny days of summer, take heart (oops, I mean heart), the season is almost upon us. If you incorporate these tips into your summer training, you'll not only survive, but even enjoy those runs. For me, it's taper time—I think I'll hibernate till winter!



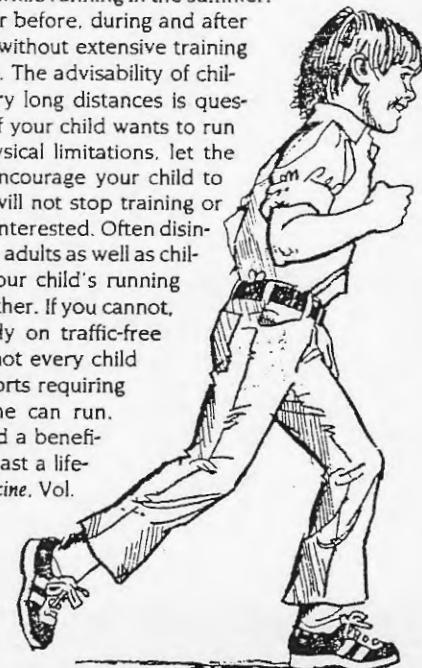
## WHAT'S COMING UP...FOR KIDS

The approaching summer means that lots of kids will be looking for ways to have fun on their summer vacations. The Striders has an assortment of fun runs for kids in conjunction with scheduled races. These are low key and emphasize participation by all kids, tots-to-teens. In addition, the Truxtun Park Series offers a great evening fun run for the whole family.

The one-mile track race, Fast-n-Flat (see entry form) co-sponsored this year by the Annapolis Optimist Club, will again feature a Junior Medley. This year patches go to all participants, young and old alike. Sign up and join in for an evening of fun, exercise, prizes and refreshments. The date: July 12. The time: 6:30 P.M. for juniors; 7:00 P.M. for adults.

### Children's Running

Because children differ from adults, there are several special considerations you need to take into account when coordinating your child's running program. Temperature, distance, and supervisory considerations are especially important. Children's aerobic power, related to their weight, exceeds that of adults, but their strides are shorter and their running styles are less efficient (which causes them to expend more energy to cover the same ground). Children perceive exercise as less tiring than adults and can easily run themselves into the ground if they are not watched carefully. Most importantly, children are at a particular risk for heat stress. Compared to adults, they perspire less, generate more heat, and have a higher body-surface area-to-mass ratio, which increases the transfer of surrounding air temperature to the body. Children should run in cool weather or early in the day on a shaded course. They should wear light-colored clothing and a hat while running in the summer. They need to drink lots of water before, during and after exercise. Children under 13 or without extensive training can easily run one to two miles. The advisability of children running marathons or very long distances is questioned. A good rule of thumb: if your child wants to run long distances and has no physical limitations, let the child train. However, do not encourage your child to such an extent that he or she will not stop training or running if he or she becomes uninterested. Often disinterest is a sign of overtraining (in adults as well as children). And finally, supervise your child's running course closely. Ideally, run together. If you cannot, make sure your child runs only on traffic-free courses in the daylight. While not every child can excel in soccer or other sports requiring complex motor skills, everyone can run. Running is inexpensive, fun, and a beneficial exercise program that can last a lifetime. (*The Physician and Sportsmedicine*, Vol. 13, No. 3, pp. 126-132)



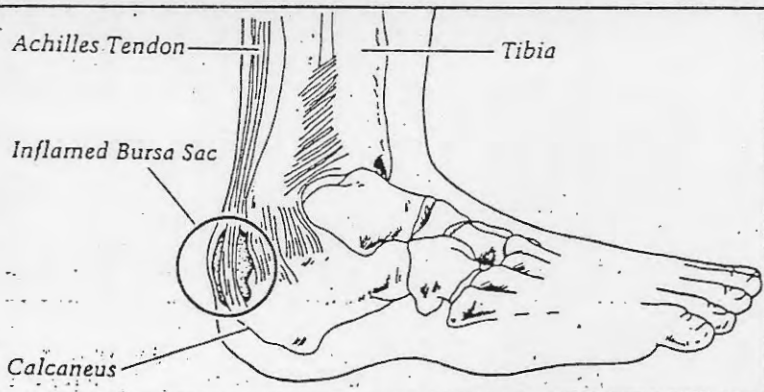
# TRAINING TIPS

## ACHILLES' ACHES STILL SUFFERED BY AVID RUNNERS

by Dr. Marshall K. Steele III

Injuries to runners are quite common. Achilles tendinitis comprises approximately one-fifth of all running injuries. It is a serious problem that must be identified and treated promptly. Failure to do so will lead to a chronic condition. Chronic Achilles tendinitis is difficult to cure, and studies have shown less than half of the athletes with it return to pre-injury levels.

The Achilles tendon is a large tendon rising from the calf muscles and attaching to the back of the heel (see diagram). Take your hand and squeeze just above the back of your heel and you will feel a cordlike structure. This is the tendon, surrounded by a filmy substance, the peritenon. In early cases, this peritenon gets inflamed and swollen. If treatment is started at this time, it is usually effective and the athlete returns to his pre-injury level of competition. However, if treatment is delayed, the tendon itself becomes involved and a much more difficult problem ensues.



How can you tell if you are developing Achilles tendinitis? Usually one develops a burning sensation in the heel which occurs early in the run and then subsides somewhat, but gets worse after the run has been completed. It is also usually associated with morning stiffness, requiring one to "loosen up."

What should you do if you have these symptoms? The first step is to stop all running. Secondly, use ice to the area. Thirdly, take some anti-inflammatory medication such as aspirin or Advil. Lastly, replace your stiff-soled shoes with flexible ones. If you are lucky and the pain subsides, you need to do the following: 1. Gentle stretching of the heel, especially before running; 2. Get a one-half-inch heel wedge placed in your shoe so that your heel rises up, thus shortening the tendon; 3. Be sure that the shoe is well padded at the back of the heel where the Achilles tendon fits; and 4. Gradual return to running. You need to avoid running through the pain, and avoid hills both up and down.

If the pain does not subside within a few weeks, or your attempts to return to running are unsuccessful you run the risk of developing a chronic problem. Useful steps that can be taken include a more powerful anti-inflammatory, physical therapy with ultrasound, and a biomechanical evaluation of your foot and ankle mechanics, as well as the use of orthotics. These measures require the guidance of a physician. You may have noticed that I did not mention cortisone shots. These are generally contra-indicated because of the risk of rupture of the tendon.

Occasionally, Achilles tendinitis is confused with retrocalcaneal bursitis (see diagram), an inflammatory condition of the bursa between the tendon and bone. Treatment, however, is similar to treatment for Achilles tendinitis in the early phase.

Prevention of Achilles tendinitis can be accomplished by following the guidelines given above; primarily to run with a flexible soled shoe, gentle stretching of your heels before running and, if you are susceptible, to avoid hills and to use heel wedges or orthotics in your shoes.

## RUNNING SHORTS

### MOORE'S MARINE HAS BABY

Moore's Marine Lisa Lowe gave birth to a new recruit on 2 May 86 when Elise Anne Lowe burst barefoot onto the track of life with a lusty "OO-RAH!"

Mrs. Lowe trained with Moore's Marines last fall. She successfully completed the 1985 Tenth Marine Corps Marathon in exactly the target time of four hours and twenty minutes that Ben Moore promised for those beginners who would faithfully follow the training schedule.

Lowe, former Annapolis Strider, now trains with the Howard County Striders. Proud grandfather, Jay Alders, is an active Annapolis Strider. Said Ben Moore, "that's not exactly what I meant by recruiting."



# MOORE'S MARINES

## MOORE'S MARINES LOOKING FOR NEW MEAT

Have you ever dreamed of running a marathon? Its hard work. You have to train for three months. But if you do your homework you can do it.

Moore's Marines is looking for a novice just like you. Moore's Marines is looking for "new meat." If you already have a running base of four to five miles per day without ill effects you're ready to start training.

Saturday morning training runs start at 0700 from the Annapolis Mall/Equitable Bank area on 26 July. Sunday morning runs go at 0730 from the Navy/Marine Corps Stadium starting 27 July. Water stops will be provided along the training route. Training schedules will be handed out.

The officer in charge of all this, Ben Moore, welcomes Marine Marathon vets too, but his main concern will be training the fresh recruits to run together and finish as a group. The 26.2 mile, 385 yard eleventh annual Marine Corps Marathon will be run on 2 November 86 at 0900.

Call Mr. OO-RAH himself, Ben Moore, if you want to get your name on his roster, or if you have questions—268-3832.

# MY FAVORITE RACE

## FROM LAST TO FIRST

by Nancy Waddington

The 1986 Cherry Pit will be remembered as an International Race! The first male and first female were from foreign countries. Per Kristoffersen is a well-known track and cross country runner from Norway currently affiliated with the University of Maryland. His good friend and former Annapolis Strider Tor Lohrheim brought him over for a "training" run on our country roads. His time was 53:29, however, Stan Fletcher still holds the course record of 53:21 in the 1984 Cherry Pit. The women's winner was Barabra Byrnes with a time of 62:24. She and her husband are from Victoria, Australia; they ran the Cherry Pit as a training event on their tour of the United States prior to the Boston Marathon.

I want to thank all my fellow Striders who volunteered their time to help make this a successful event. As a new race director of one of the most popular races of the Championship Series I had a tendency to be anxious about tackling an established race. I was ably assisted by Leon Johnson, my co-director. He was a prime mover in recruiting many of the great prizes we had this year, and his race day support of radio communications on the course was an added safety feature reassuring for us all. It was also fun to listen to the development of the race back at the starting area. Thanks go to Leon's sons and workers who were there when we needed them on race day.

The following is a Thank You List for all the merchants who donated many of the fun items for the 1986 Cherry Pit 10 Mile Race:

Dinner for 2 at Maryland Inn's Treaty of Paris Restaurant for 1st Male  
Dinner for 2 at Capers for 1st Female.  
Sunday Brunch for 2 at Chart House  
Dinner for 2 at Jason's  
Dinner for 2 with drinks at Adams The Place for Ribs  
Lunch for 2 at Mum's  
Mexican lunch for 2 at Armadillo's  
Dinner for 2 at Oriental Gardens  
Lunch for 2 at Northwood  
Lunch for 2 at P. J. Tickles  
Crab dinners for 2 at Hayman's  
Crab House

McDonald's Apple Pies to all runners (sorry the cherry season was over!)  
Perrier Water & Soda for all runners from Canada  
Dry Bottling of Glen Burnie  
The Foot Locker at the Mall, a reflective vest  
The Athlete's Foot at the Mall, two \$15 gift certificates

Vertech Back & Bed Store at the Mall, a reusable ice pack  
Intra, Inflatable Boats, 2 nautical pillows and a serving tray ~~for a boat~~  
Harbor House 2 bottles of champagne and 4 bottles of wine  
Olde Solomons Wine & Spirits, 2 bottles of wine  
Lou's Liguor of Mayo, a case of Shaffer beer & a case of Coors beer

Next year plan to train at the Spring 10K Track Clinics and compete for some goodies in your division. I think I'll run next year because I LOVE to eat 'out. Think I could win?

EDITOR'S NOTE: The first year the Cherry Pit was ever run, on a course that was the first Race Director Don Waddington had ever laid out, Nancy came in last (time: 110 minutes). This year Nancy was the first woman race director for the Cherry Pit. From last to first. Good job.

## SEVENTH ANNUAL



# RACE RESULTS AND STANDINGS



## CHERRY PIT

APRIL 6, 1986

Place	Name	Age	Time
1.	Per Kristoffersen	27	53:29
2.	Joe Doener	22	54:00
3.	Brian Palmer	22	56:53
4.	Eric Peitosalo	36	57:14
5.	Mark Yerkes	30	57:16
6.	Tor Loktheim	33	58:21
7.	Earl Keicher	32	58:28
8.	Louis Carvallo	17	58:50
9.	Matt Mace	25	59:00
10.	Bill Conroy	42	59:14
11.	Rex Carrs	32	59:21
12.	Doug Taylor	31	59:25
13.	Tim Thurtle	19	59:27
14.	Rick Woods	31	60:13
15.	Terry Eplee	31	60:32
16.	John Major	37	60:47
17.	Bob Walters	36	61:52
18.	Tom Prenoki	29	62:03
19.	Barbara Byrnes (F)	34	62:24
20.	Dave Byrnes	35	62:25
21.	Ben Gonzalez	23	62:38
22.	Tom Vana	19	62:49
23.	Larry Hackley	33	62:59
24.	Brian McLaughlin	26	64:02
25.	Michael Parker	21	64:15
26.	Steve Sylvester	23	64:19
27.	Howard Beard	39	65:08
28.	Steve Crawford	15	65:12
29.	NO CARD		
30.	Greg Laird	36	65:31
31.	Guy Davis	27	65:39
32.	Peter Monahan	51	65:44
33.	Rick Smith	34	65:49
34.	Mike Chamberlain	42	65:59
35.	Don Kennedy	38	66:05
36.	Ron Bowman	36	66:03
37.	Bob Jones	33	66:38
38.	Stephen Armstrong	15	66:56
39.	Jeff Hardy	33	67:01
40.	Andrew Kittler	42	67:07
41.	E. H. Trotter	40	67:14
42.	Fred Shanklin	44	67:20
43.	Darron Hayes	15	67:34
44.	Nels Swanson	22	67:42
45.	Mike Edwards	36	67:43

46.	William McKeever	41	68:05
47.	Bill Wandel	42	68:10
48.	Neal Wolle	25	68:24
49.	John Guala	39	68:38
50.	NO CARD		
51.	Joe Wasserman	43	68:45
52.	Jonathan Asher	40	68:46
53.	Dale Scott	36	69:22
54.	Bill Ammon	40	69:34
55.	Tom Lyden	36	69:37
56.	Milt Taylor	53	70:00
57.	Clay Stevens	26	70:10
58.	Ken Lyons	46	70:34
59.	Joe Duffy	44	70:44
60.	Will Scott	36	70:49
61.	Frank Morris, Jr.	37	71:04
62.	Emmanuel Guela	42	71:13
63.	Paul Cleaver	31	71:25
64.	Thomas McKee	57	71:47
65.	Ed Maritzel	35	71:59
66.	Todd Harbort	22	72:15
67.	Evan Thomas	44	72:17
68.	John Davalos	25	72:32
69.	Dick Hillman	43	72:46
70.	John Coder	40	73:21
71.	Charles Alston	39	73:44
72.	Darlene Dabbs	31	73:55
73.	Tom Kessler	32	74:12
74.	Ed Lutz	46	74:37
75.	Arthur Light	39	74:42
76.	Joe Hyla	19	74:44
77.	Jim Fratino	52	74:57
78.	Bob Parker	48	74:59
79.	Paul Duffy	17	75:20
80.	David Brown	36	75:27
81.	Ken Brake	52	75:35
82.	David Hays	32	75:37
83.	Jim Leary	33	75:42
84.	Tim Blewett	49	75:49
85.	Bill Daywalt, Jr.	29	76:06
86.	Mike Dalgetty	21	76:23
87.	Jose Escobar	19	76:41
88.	Grant Stuphenson	19	74:42
89.	NO CARD		
90.	James Yee	19	77:00
91.	Jon Bunn	23	77:05:12
92.	Larry Troxel	45	77:05:44
93.	Jack Roberts	40	77:05:90
94.	James Cooke	35	77:07
95.	Mary Beth Blanchard (F)	29	77:10
96.	Stuart Craig	22	77:16
97.	Terrance Clark	38	77:42
98.	NO CARD		
99.	Tony Ferrise	26	77:51
100.	William Klocko	39	78:22
101.	Wally Bloss	32	78:28
102.	Steve Johnson	28	78:38
103.	John Maynard	35	78:39
104.	James Jerpe	46	78:56
105.	Anonymous		79:00
106.	Jerry Simmons	46	79:24
107.	Northa Kinsinger (F)	51	79:32
108.	Geoffrey Cant	48	79:36
109.	Greg Glynn	45	79:46
110.	Michael Finn	46	80:06
111.	William Myers	36	81:03
112.	William Dorr	47	81:10
113.	NO CARD		

114.	Steve Klakring	33	82:11
115.	Henry Garufi	40	82:59
116.	Billy Greer	36	83:14
117.	Gerald Fichtner	48	84:06
118.	Barbara Cassani (F)	25	84:09
119.	Esther Weisman (F)	54	84:24
120.	Howard Berry	43	85:02
121.	Anne Chamberlain (F)	41	85:28
122.	Sharon Hammond (F)	39	85:46
123.	Jonas Legum	37	86:24
124.	John Kurpjuweit	41	86:49
125.	Ron Maritzel	42	87:22
126.	Barbara Watkins (F)	43	87:49
127.	Bill Burlison	55	87:52
128.	Chuck Thomas	63	88:24
129.	Gene Humphrey	53	88:36
130.	Ray Daugherty	43	88:43
131.	George Nislien	45	88:48
132.	Margaret Johnson (F)	34	88:57
133.	Yvonne Aasen (F)	54	89:01
134.	Lee Patrick	43	89:34
135.	Joe Ryan	61	90:32
136.	Nancy Prue (F)	31	91:53
137.	Lynn Hopkins (F)	32	93:22
138.	Carol Huddy (F)	48	96:35
139.	John Brinton	59	105:02
140.	John Wall (Race Walker)	72	2 hrs, 39 min

### WORKERS RUN:

Orv Prult	4b	73:27
Bill Law	58	75:44
Leon Johnson	56	77:44
Nancy Waddington (F)	47	

### DIVISION WINNERS

First Overall Male  
Per Kristoffersen 53:29

Men under 20  
1. Louis Carvallo 58:56  
2. Tim Thurtle 59:27  
3. Todd Vana 62:49

Men 20 - 29  
1. Per Kristoffersen 53:29  
2. Joe Doener 54:00  
3. Brian Palmer 56:43

Men 30 - 39  
1. Eric Peitosalo 57:14  
2. Mark Yerkes 57:17  
3. Tor Loktheim 58:21

Men 40 - 49  
1. Bill Conroy 59:14  
2. Mike Chamberlain 65:59  
3. Andrew Kittler 67:07

Men 50 - 59  
1. Peter Monahan 65:44  
2. Milt Taylor 70:00  
3. Thomas McKee 71:47

Men 60 and over  
1. Chuck Thomas 86:24  
2. Joe Ryan 90:32  
3. John Wall 2:39:08

First Overall Female  
Barbara Byrnes 62:24

Women under 20  
NONE

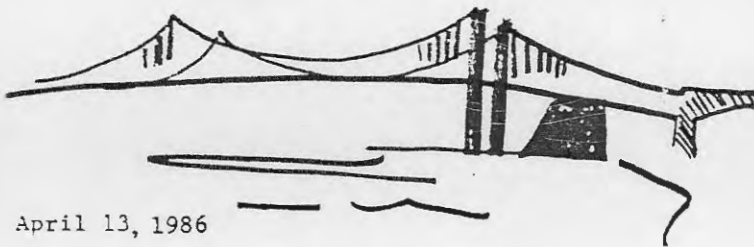
Women 20 - 29  
1. Mary Beth Blanchard 77:10  
2. Barbara Cassani 84:09

Women 30 - 39  
1. Barbara Byrnes 62:24  
2. Darlene Dabbs 73:55  
3. Anonymous 79:00

Women 40 - 49  
1. Anne Chamberlain 85:28  
2. Barbara Watkins 87:49  
3. Carol Huddy 96:36

Women 50 - 59  
1. Martha Kinsinger 79:32  
2. Esther Weisman 84:24  
3. Yvonne Aasen 89:01

# Governor's Bay Bridge Run



April 13, 1986

## SHARKEY WINS BAY RACE

The Second Annual Governor's Bay Bridge Run was an unqualified success as 2500+ answered the starter's gun (up from 2322 last year). The charge across the bay was sponsored by the Governor's Office, the Department of Natural Resources, and the Department of Transportation, with Annapolis Striders as the host running club. The closing of the bridge for this event offers the participants a panoramic view of the waters of the bay and the city of Annapolis, leaving one with a feeling of peace and tranquility even in the midst of a crush of runners.

The competition in the men's division folded rapidly as Frank Sharkey, a transplanted Irishman who now resides in Salisbury, Maryland, attacked the first half of the span. After gauging the competition in the lead pack which charged up the initial two+ mile uphill, Sharkey aggressively surged into the lead. As he crested the bridge, it was a matter of harnessing his momentum for the downhill portion and the two mile stretch to the beach in Sandy Point State Park. Sharkey met the cheers of the finish-line crowd with a drive matching him with only the clock. He recorded a record shattering 29:55. Second place went to Jim Hage of Rockville in 31:00. The increased depth of this year's field was evident in the fact that the first seven finishers beat the course record of 32:31 set last year by Brian Palmer. Palmer, an Annapolis Strider, finished 6th this year in a P. R. of 32:06.

On the women's side another course record emerged as Martha Orem, 24, of Annapolis recorded a 36:28. This strong showing was enough to edge out last year's winner, 38 year old Patricia O'Brien, another Annapolis Strider who also surpassed her own course record with a 37:12. O'Brien was not aware of the presence of Orem ahead of her until the latter stages of the race (no spectators are allowed on the 4.2 mile span to advise runners of their place).

Increased depth on the women's side produced 6 finishers under the 40 minute mark compared with 3 last year. Among these was Julie Caprio whose P. R. of 39:32 eclipsed last year's effort by nearly 5 minutes. Conditions were ideal for running as a light tail wind blew from Queen Anne's County across the bay.

Bill Conroy, the 42 year old ageless wonder, continued his dominance of the local men's masters scene with a sparkling 34:09 effort, good for 13th place overall. The women's masters were led by Judith Flannery, a 46 year old from Chevy Chase, who recorded a solid 42:59.

Governor Harry Hughes was on hand for the awards ceremony. Commemorative etched glass plates were distributed to all winners, division winners, and runners-up. The Maryland Department of Natural Resources is to be commended for incorporating this event into a day dedicated to efforts to restore the Chesapeake Bay. This year the proceeds of the race will be donated to the Chesapeake Bay Trust, a newly-formed, non-profit organization which will dedicate the funds to public participation programs to further this Bay clean-up effort.

Race Director Mike van Beuren noted that a large number of applications were received after the field limit had been reached. Efforts are already under way to enlarge the field for next year and offer the opportunity of participating in this unique event to an even larger number of runners.

-Tim Blewett

## VOLUNTEERS EARN KUDOS

Thanks to the contributions of 250 volunteers who worked so hard to make this year's race another success! Special thanks to those runners who donated funds in excess of entry fees!

This event is becoming even more of a coordinate effort made possible by many organizations. With a long history of successful Bridge Days with 20 to 50 thousand walkers each year, there is already a monument to fitness and appreciation of Maryland's great resource, the Chesapeake Bay. Three hundred sixty volunteers work on the walk alone. The Governor's Bay Bridge Run adds a new element; our hope, on the race committee, is two fold: first to continue to remind ourselves, our participants, and onlookers that it is our duty to keep an active interest in the restoration of the bay; and second to have a great time in the process.

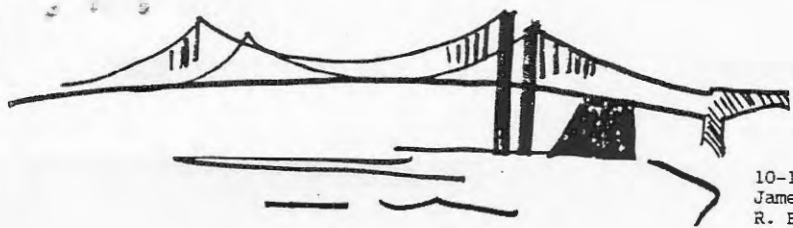
If you have a suggestion, a resource that will enhance this event, or a comment, please write:

Governor's Bay Bridge Run  
Department 178  
3 Church Circle  
Annapolis, MD 21401

-Mike van Beuren



(continued on next page)



DIVISION RESULTS

GOVERNOR'S BAY BRIDGE 10K RUN

TOP WINNERS

MEN

Frank Sharkey (24)	29:55
Jim Hage (28)	31:00
Robert Raisbeck (23)	31:24
Joseph Abernethy (26)	31:37
Kevin Sullivan (21)	31:39

WOMEN

Martha Orem (23)	36:28
Patricia O'Brien (38)	37:11
Cheryl Conrad (27)	39:19
Julie Caprio (25)	39:32
Alyson McCormick (27)	39:45

MEN

10-19		
James Garner (18)	34:30	
R. Bonney (17)	35:15	
20-29		
Brian Palmer (24)	32:06	
Chris Samley (23)	32:26	
30-34		
Stan Fletcher (32)	32:52	
Robert Eden (32)	33:29	
35-39		
Anthony Grier (32)	32:34	
Eric Peltosalo (36)	34:12	
40-44		
Bill Conroy (42)	34:09	
Leonard Wiens (40)	35:42	
45-49		
Jim Black (49)	35:01	
Robert Nickerson (45)	36:49	
50-59		
Dayton Trubee (50)	38:26	
John O'Hara (52)	40:37	
60+		
Walt Washburn (63)	42:29	
Fletcher Hanks (68)	42:43	

WOMEN

Robin Quinlan (16)	40:49
Jessica Arbogast (15)	42:14
Suzi Molz (29)	39:57
Jeanne Grillo (24)	40:20
Karen Hawthorne (31)	41:44
Darlene Dabbs (31)	42:57
Judith Graeff (37)	44:57
Malonnie Kinnison (35)	45:24
Judith Flannery (46)	42:59
Carolyn Unger (41)	43:24
Regina Lapetina (52)	46:33
Martha Kinsinger (51)	47:05

-Advertisement

BAY RACE SUPPORTERS THANKED

We gratefully acknowledge the contributions of the following:

- Hon. Harry Hughes, Governor
- Maryland Department of Natural Resources
- Maryland Department of Transportation
- Maryland Environmental Service
- Sandy Point State Park
- Maryland State Toll Facilities
- Maryland State Police
- Anne Arundel County Police
- Queen Anne's County Police
- Anne Arundel General Hospital
- Cape St. Claire Rescue Team
- Annapolis Striders, Inc.
- Chesapeake Bay Distributing Company, Lite Beer by Miller
- Atlantic Beverage Company, Dragonade
- Westinghouse
- Annapolis Etched Glass and Mirror Company
- Screen Designs, Inc.
- Magraders, Inc.
- Lowe Chevrolet
- Annapolis Post Box
- Howard County Striders
- Colonial Running Company
- Arundel Radio Club
- South River High School Track Team
- Allied Contractors
- Sunrise Studio

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

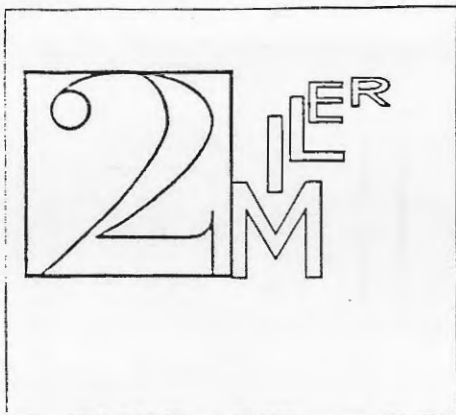
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# STRIDER'S 2-MILE RACE



APRIL 26, 1986

## MEN - AGE 15 and Under:

Place	Name	Age	Time
1	Dan Sandison	15	12:10:88
2	John Straud	13	14:53:65
3	Nils Fredlund	12	15:25:47

## MEN - AGE 16 TO 29:

Place	Name	Age	Time
1	Brian Palmer	24	10:00:86
2	Tim Thurtle	19	10:14:97
3	M. Mace	25	10:27:61
4	Nut Hall	28	10:34:70
5	C. Johnson	17	11:02:42
6	Pat Besel	16	11:08:32

## MEN - AGE 30 TO 39:

Place	Name	Age	Time
1	Mike Van Buren	33	9:55:75
2	Earl Keicher	32	10:13:57
3	Eric Peltosalo	36	10:27:25
4	Bill Turrentine	37	10:52:65
5	Howard Beard	39	11:24:27
6	Tom Lyden	36	11:37:37
7	Gayle Flynn	37	11:37:84
8	Nick Lakis	35	12:04:73
9	Bob Miller	31	12:07:62
10	Ron Jarashow	36	12:08:82
11	Don Kennedy	38	12:17:88
12	Ron Bowman	36	12:21:44
13	Paul Cleaver	31	12:25:03
14	Terrance Clark	38	12:32:37
15	Will Scott	36	12:50:43
16	Jonas Legum	37	14:37:34
17	Tom Ervin	36	15:56:70

## MEN - AGE 40 TO 49:

Place	Name	Age	Time
1	Joe Smaldone	40	10:58:78
2	Bill Ammon	40	11:05:70
3	Jim Hall	40	11:33:11
4	Doug Pond	47	11:56:95
5	Eric Fredland	43	12:09:35
6	Evan Thomas	44	12:28:77
7	Arnie Henderson	49	12:46:55
8	Dick Hillman	43	12:49:48
9	Joe Duffy	44	12:51:53
10	Tim Blewett	40	12:56:93
11	Rob Donald	46	14:10:37
12	John Kurpjuweit	41	14:26:36
13	Lee J. Patrick	43	14:34:73
14	Gerald Fichtner	48	14:35:91
15	Richard Lantry	46	14:41:92
16	Mike Schlegel	41	14:51:41
17	Alan Wycherley	43	15:53:34

## MEN - AGE 50 and Over:

Place	Name	Age	Time
1	Milton Taylor	53	12:12:52
2	Don Waddington	54	13:08:36
3	Bill Law	58-1/2	13:36:11
4	Ben Moore	60	13:50:00
5	John Wall (RW)	72	27:32:60

## WOMEN - AGE 15 and Under:

Place	Name	Age	Time
1	Angie Lyon	15	12:52:91
2	Janet Lantry	14	13:49:93

## WOMEN - AGE 16 TO 29:

Place	Name	Age	Time
1	Suzanne Dalton	25	13:55:75
2	Jennifer Fuller	20	14:08:64
3	Brenda Lee Norman	22	14:16:04
4	Katharine Whitesel	16	14:25:79
5	Nancy Hans	29	15:44:98

## WOMEN - AGE 30 TO 39:

Place	Name	Age	Time
1	Pat O'Brien	38	11:40:61
2	Eleanor Elster	35	14:41:86
3	Rae Jean Goodman	38	14:50:92
4	Nancy J. Prue	31	16:05:98
5	Chris Kamenoff	37	16:10:80
6	Jean Snyder	32	17:58:06

## WOMEN - AGE 40 TO 49:

Place	Name	Age	Time
1	Anne Chamberlain	42	15:04:74
2	Nancy Waddington	47	15:45:43

## WOMEN - AGE 50 AND OVER:

Place	Name	Age	Time
1	Martha Kinsinger	51	14:17:85
2	Yvonne Aasen	54	15:17:12



CHILDREN

### One-half miler

#### 11 and under

1.	Jason Clendaniel	10	3:01:91
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### Two hundred meters

#### 11 and under

1.	Jason Clendaniel	10	35:36
2.	Abigail Clendaniel	6	48:48
3.	Brendan Blewett	5	58:56
4.	Caitlin Blewett	3	1:16:33
5.	Eran Clendaniel	3	1:22:81

# CLUB CHAMPIONSHIP SERIES



Men 40-44		5k	10m	Total
William	Conroy	1	1	2
William	Ammon	2	4	6
	Duffy	4	5	9
	Joe	7	6	13
	Evan	14	10	24
Howard	Berry	16	11	27
John	Kurpjuweit	35	2	37
Mike	Chamberlain	35	3	38
Bill	Wandel	3	35	38
Richard	Dugan	5	35	40
James	Woodcock	6	35	41
Dennis	Williams	7	35	42
Richard	Hillman	8	35	43
Michael	Impelizzeri	8	35	43
Timothy	Blewett	9	35	44
Dave	Williams	9	35	44
Henry	Garufi	10	35	45
James	McCutcheon	11	35	46
Martin	Rosenberg	12	35	47
Pat	Hoffman	13	35	48
Lee	Patrick	13	35	48
Gif	Munger	15	35	50
Tom	Burton	17	35	52
Mike	Connaughton	17	35	52
Joe	O'Boyle	18	35	53
Mike	Schlegel	19	35	54
Alan	Wycherley	20	35	55

Men 45-49		5k	10m	Total
Gerald	Fitchner	7	7	14
Ken	Lyons	35	1	36
Douglas	Fond	1	35	36
John	Lockwood	2	35	37
Orv	Pratt	35	2	37
Ed	Lutz	35	3	38
Robert	Donald	3	35	38
Gregory	Glynn	35	4	39
Doug	Burkhardt	4	35	39
Earl	Scott	5	35	40
Michael	Finn	35	5	40
William	Derr	35	6	41
Michael	Long	6	35	41
Richard	Lantry	8	35	43
Clair	Morris	9	35	44
Jim	Wick	10	35	45

Men 50-59		5k	10m	Total
James	Fratino	1	2	3
Gene	Humphrey	5	5	10
Milton	Taylor	35	1	36
Michael	McAusland	2	35	37
Donald	Maddington	3	35	38
Bill	Law	35	3	38
Leon	Johnson	35	4	39
Dale	Vogel	4	35	39
John	Brinton	35	6	41
Neal	Kissinger	6	35	41

Men 60 and over		5k	10m	Total
Joseph	Ryan	1	1	2
John	Wall	3	2	5
Rodney	Beach	2	35	37

Men 20-29		5k	10m	Total
Brian	Palmer	2	1	3
Matthew	Mace	3	2	5
Tom	Prendki	8	3	11
Clay	Stevens	9	5	14
Neal	Wolle	10	4	14
William	Daywalt Jr.	13	6	19
Kevin	Sullivan	1	35	36
Nut	Hall	4	35	39
Eddie	Anderson	5	35	40
Jim	Kisenwether	6	35	41
Scott	Hall	7	35	42
John	Jolly	11	35	46
William	Contarino	12	35	47
John	Davis	14	35	49

Men 30-34		5k	10m	Total
Earl	Keicher	5	2	7
Rick	Smith	2	5	7
Paul	Cleaver	4	7	11
Steve	Klarking	8	10	18
Wally	Bloss	9	9	18
Mark	Yerkas	35	1	36
Don	Anderson	1	35	36
Oliver	Payne	3	35	38
Rick	Woods	35	3	38
Terry	Eplée	35	4	39
Bob	Jones	35	6	41
William	Jacobs	6	35	41
Charles	Floyd	7	35	42
Tom	Kessler	35	8	43
Gerald	Ferri	10	35	45
Mark	Mallach	11	35	46
Bruce	Sponster	12	35	47

Men 35-39		5k	10m	Total
Eric	Feltosalo	1	1	2
J. Howard	Beard, III	4	4	8
Ronald	Bowman	5	6	11
Donald	Kennedy	8	5	13
Wilford	Scott	6	10	16
John	Coder	10	11	21
Jonas	Legum	12	13	25
William	Rosser III	2	35	37
John	Major	35	2	37
Robert	Walters	35	3	38
Jim	Hall	3	35	38
Michael	Edwards	35	7	42
Michael	Mayer	7	35	42
John	Guala	35	8	43
Jonathon	Asher	35	9	44
Ronald	Jarashow	9	35	44
Thomas	Donlin	11	35	46
Terry	Clark	35	12	47
Barry	Hammond	13	35	48
Bill	Vogenitz	14	35	49
Ray	Chapman	15	35	50
Thomas	Ervin	16	35	51

Women under 20		5k	10m	Total
Christina	Coughlin	1	35	36
Janet	Lantry	2	35	37
Katherine	Whitesel	3	35	38

Women 20-29		5k	10m	Total
Cindi Fox-Contarino	Ferri	1	35	36
Cease		2	35	37

Women 30-39		5k	10m	Total
Darlene	Dabbs	3	1	4
Nancy	Prue	12	4	16
Margaret	Johnston	14	3	17
Patricia	O'Brien	1	35	36
Gale	Cromwell	2	35	37
Sharon	Hammond	35	2	37
Eleanor	Elster	4	35	39
Regina	Rochez	5	35	40
Susan	Bonner	6	35	41
Kathy	Finkelstein	7	35	42
Jan	Robosson	8	35	43
Rae Jean	Goodman	9	35	44
Kathy	Munger	10	35	45
Mandy	Falk	11	35	46
Sharon	Ault	13	35	48

Women 40-49		5k	10m	Total
Barbara	Watkins	1	2	3
Carol	Huddy	3	3	6
Anne	Chamberlain	35	1	36
Mary Lou	Hawkins	2	35	37
Bonnie	Denner	4	35	39

Women 50 and over		5k	10m	Total
Martha	Kinsinger	1	1	2
Yvonne	Aasen	2	2	4

Young Men 13 and under		5k	10m	Total
John	Straub	1	35	36

Men 14-19		5k	10m	Total
Louis	Cervelho	1	1	2
Paul	Duffy	5	2	7
Steve	Crawford	2	35	37
Dan	Sandison	3	35	38
Charlton	Orchard	4	35	39



# WHAT'S COMING UP

ANNAPOLIS STRIDER EVENTS CALENDAR FOR 1986



All Official Striders Events Are Underlined

You don't have to be a Strider to run these races—all runners invited.

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>RACE DIRECTOR</u>	<u>ASSISTANT DIRECTOR</u>
2nd Monday of each month	7:30 PM	<u>Annapolis Striders Board Meeting</u>	Arundel Center Annapolis, MD	Nancy Waddington 956-2061	
June 12 Thursday And every Thursday thru	6:00 PM	<u>Truxtun Park Series Fun Runs: 1 mile &amp; 4 miles</u> August 14 for 10 weeks	Truxtun Park Annapolis, MD Meet at pine grove near the boat ramp	Mike van Beuren Hotline 268-1165	
June 15 Sunday	8:00 AM	<u>Father's Day 10K</u> <u>#4 Club Championship Series</u> <u>1/2-Mile Fun Run for Kids</u>	Loch Haven Recreation Area, Edgewater, MD	Orv Pratt 798-4126	Jim Fratino 956-3507
June 28 Saturday <u>Registration on race day:</u>	8:00 AM	<u>Two Person 10-Mile Relay</u> <u>(2 runners to a team)</u> \$4 Striders; \$5 non-members	Broadneck High School Arnold, MD	Bill Vogenitz 974-1998	Ron Bowman 757-0609
June 28 Saturday	9:30 AM	B&A Trail Fun Run/Walk	to be announced	A.A. Dept. Recreation & Parks 987-9600	
July 4 Friday	8:00 AM	Choptank River Run 5 miles & 2-Mile Fun Run	Cambridge Creek Bridge, Maryland Ave. Cambridge, MD	David Webster 301-228-4211	
July 12 Saturday	6:30 PM 7:00 PM	<u>1-Mile Track Race &amp; Junior Medley for 10 &amp; Under</u> <u>#5 Club Championship Series</u> (Adults)	Annapolis High School Riva Road Annapolis, MD	Pat O'Brien 757-0462	Ed Green 236-6534
July 19 Saturday	8:00 AM	<u>Women's Distance Festival 5K</u> <u>(Women only) &amp; 1-Mile Fun Run</u> <u>Run for girls 15-17 and under</u>	U.S. Naval Academy Annapolis, MD	Joy Donlin 268-0498	Pam Andersen 267-0524
July 19 Saturday	9:00 AM	<u>Run After The Women 5K</u> <u>(Men only)</u>	U.S. Naval Academy Annapolis, MD	Eddie Anderson 956-3672	
July 20 Sunday	12 to 4 PM	<u>CPR Heart Saver Course</u>	North Arundel Hospital Glen Burnie, MD	Pat O'Brien 757-0462	
July 26 Saturday And every Saturday until	7:00 AM	<u>Moore's Marines Marathon</u> <u>Training Begins</u> Marine Corps Marathon on November 2	Annapolis Mall Equitable Bank	Ben Moore 268-3832	
July 27 Sunday And every Sunday until	7:30 AM	<u>Moore's Marines Marathon</u> <u>Training Begins</u> Marine Corps Marathon on November 2	Navy/Marine Corps Stadium, Annapolis, MD	Ben Moore 268-3832	
August 2-3 Sat. & Sun.	12 Noon to 12 Noon	TWENTY-FOUR HOUR RELAY	Mullins Field Ft. Meade, MD	Bill Wandel 672-3164	
August 10 Sunday	8:00 AM	<u>Dog Days of Summer 8K</u> <u>Cross Country Race</u> <u>#6 Championship Series</u>	Anne Arundel Community College Arnold, MD	Tim Blewett 721-9609	

(continued on next page)

DATE	TIME	RACE - RUN - DISTANCE	LOCATION	RACE DIRECTOR	ASSISTANT DIRECTOR
August 14 Thursday	6:00 PM	<u>Last Truxtutun Park Fun Run of Series, 1 and 4 miles</u>	Truxtun Park Annapolis, MD	Mike van Beuren 263-1165	
August 16 Saturday		<u>Worker's Picnic for Annapolis 10-Mile Run</u>	to be announced	Mike van Beuren Hotline 268-1165	
August 23 Saturday	7:00 AM	<u>Workers Run for Annapolis Ten-Mile Run</u>	Navy/Marine Corps Stadium, Annapolis, MD	Hotline 268-1165	
August 24 Sunday	7:30 AM	<u>Annapolis Ten-Mile Run</u>	Navy/Marine Corps Stadium, Annapolis, MD	Mike van Beuren 268-1165	Tim Blewett 721-9609
September 7 Sunday	8:00 AM	<u>Severna Park 5-Mile Run #7 Club Championship Series</u>	Severna Park H.S. Benfield & Robinson Roads, Severna Park, MD	Delma Miller 268-7086	Louise Zeitlin 757-1407
September 14 Sunday	8:00 AM	<u>Biathlon: 10K Run &amp; 20-Mile Bike</u>	South River High School, Edgewater, MD	Don Waddington 956-2061	Gale Cromwell 647-4729
September 28 Sunday	8:00 AM	Dorchester County YMCA 10K Run & 2-Mile Fun Run	YMCA, Talbot Ave. Cambridge, MD	David Webster 301-228-4211	
October 12 Sunday	8:00 AM	<u>Metric Marathon 26.2K (16.2 miles) #8 Club Championship Series</u>	Southern High School Harwood, MD	Will Scott 267-8013	Earl Scott 269-5013
November 2 Sunday	9:00 AM	Marine Corps Marathon (26 miles, 385 yards)	Washington, D.C.	Ben Moore 268-3832	
November 30 Sunday	10:00 AM	<u>Cold Turkey 20K (12.4 miles) #9 Club Championship Series</u>	South River High School Edgewater, MD	Pat Hoffman 268-6092	Ken Thorn
December 7 Sunday		Baltimore Marathon <u>(Striders work mile 13 waterstop)</u>	Baltimore, MD	Gerte Spadone 841-6894	
December 27 Saturday	11:00 AM	<u>Anniversary Run 15K #10 Club Championship Series</u>	U.S. Naval Academy Annapolis, MD		

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# 1986 CLUB CHAMPIONSHIP SERIES

### THE 1986 CLUB CHAMPIONSHIP

SERIES includes 10 races. Anyone is welcome to run in these races, but to be scored you must be a Strider. Your best six finishes count toward an age group award. Completion of five races makes you eligible for an award. Anyone who completes all 10 races will win an award. Race logo patches will be given to all finishers. Any questions—call Joe Clorety 721-3362.

- |     |         |             |
|-----|---------|-------------|
| 1.  | 5K      | March 1 ✓   |
| 2.  | 10-Mile | April 6 ✓   |
| 3.  | 2-Mile  | April 26 ✓  |
| 4.  | 10K     | June 15     |
| 5.  | 1-Mile  | July 12     |
| 6.  | 8K      | August 10   |
| 7.  | 5-Mile  | September 7 |
| 8.  | 26.2K   | October 12  |
| 9.  | 20K     | November 30 |
| 10. | 15K     | December 27 |