

# STREAK

VOLUME VIII

NUMBER VI

DECEMBER 1986



## ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.  
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# STREAK

# ANNAPOLIS STRIDERS

## volume VIII number 6

## december 1986

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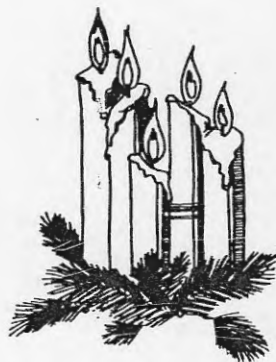
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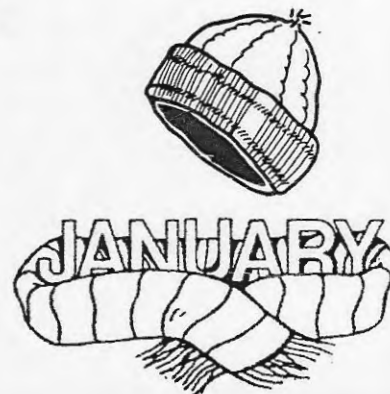
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# December





straight. However, the terrain they cross is one ravine after another. The hills are like canyon walls. There are brambles, sticker bushes, burrs, swamps, cliffs, streams and impassable underbrush. Half way through, at Epping Forest Drive, our leader, Mike, said he had to go home down Epping Forest (a very wise move). As he left he said, "Bob Pastrano says its flat the rest of the way." I should have known better. On trudged our bruised and bleeding party; Bob Bridges, Bill Law, Jim Black and myself. When we finally got to Bestgate Road we had to go through a cemetery. It was an appropriate end to this "run." Upon reaching our cars in the mall Jim Black jumped into his car and took off. I don't know if I will ever see him again.

Recently I went to a 10K race in Easton, Maryland, and they videotaped the people in the race. It was a shattering experience for me. People have been telling me for years that my stride is very short. Not until I saw myself on the videotape did I realize what they meant. Now I know why Joe Clorety says I look like an upright squirrel when I run.

Congratulations to all who finished the Marine Corps and New York marathons. Again Pat O'Brien did very well, she set a PR in New York at 2:58:07 and was the 38th woman overall.

Doug Pond, President

#### PRES EXPERIENCES MASOCHISM UNLIMITED

I survived the Power Lines. You can't say you ran the Power Lines unless you are an antelope. I have promoted Mike Chamberlain to the Waddington School of Masochism. He's now up there with Bill Law, Bill Miller, Robert Pastrano and, of course, the infamous Don Waddington. Mike convinced me that running the Power Lines would be "fun." It was the same kind of low key persuasion that the aforementioned four used to convince me that the JFK 50-Miler would be "fun."

The Power Lines we followed go from the Downs (Downs Memorial Park) in Pasadena to Bestgate Road in Annapolis. From the road the Power Lines look straight and flat. They are



"Well, Old Buddy, what other secret running trails do you know of that not even the moose have heard of?"

# EDITORS REMARKS

## I HAD STONE HEEL

I had stone heel. I may have had stone heel. I don't think it was plantar fasciitis because I didn't have tenderness in that certain spot where if you press... it sends you screaming to the ceiling. Yet my heel pain grew progressively worse over the months. No amount of heel lifts or padding or even a short layoff seemed to help.

Then I read in Running and Fitness News published by AR&FA about "Heel or 'Stone' Bruise". It said, "Even though your heel is covered with the thickest skin on your body and withstands significant stress when you walk and run, it still can bruise. A heel bruise can occur during exercise by stepping on a stone or another hard object or landing too hard on the heel."

I examined my running shoes again. The inside heel was poorly constructed with ridges which could certainly cause bruises over a period of time. I took out all the padding I had put in and shaved the ridges with a razor blade to make the surface as smooth as possible. Then I retrieved a pair of Sorbothane insoles no longer used by one of my boys and cut it down to fit my shoe. The relief was immediate. The pain has lessened over the weeks and hopefully will soon be gone. I must admit that the Sorbothane was heavy at first until my muscles adjusted to carrying the extra weight. I'll never buy that particular brand of shoes again.

**NEWS FROM THE THANKS DEPARTMENT:** Thanks to Ginny Law, Dick Hillman, Nancy Waddington, and John Wall who assisted Mailing Chairman Bill Law with preparing the October Streak for mailing. Thanks to all who contributed articles or information for this issue. Thanks to my assistant Eleanor Elster for her help. Also thanks to: my courier son Will, Stuart for his cartoons, and Curt for his encouragement—while they were all home for a visit. And thanks to Mike van Beuren for putting the "What's Coming Up" calendar on his computer.

The deadline for the February Streak is January 13, 1987.

—Yvonne Aasen



- |                     |               |
|---------------------|---------------|
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Cartiature by Irv Finifter

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## PEOPLE



IN  
THE NEWS

### ANNAPOLIS 10 RACE DIRECTOR NAMED

Dick Hillman has been appointed race director for the 1987 ANNAPOLIS 10-MILE RUN. He inherits all the committees that outgoing race director Mike van Beuren supervised for three creative years. Mike is retaining leadership, however, of the Governor's Bay Bridge Run.

## DEAR STRIDERS

### LOOK OUT FOR THE LOOK PEDALS

September 24, 1986

I had an accident on my bike August 21 that I contribute to my LOOK Pedals. While I was making a tight 12-foot diameter 180 degree turn, I realized I was going down. I tried to disengage the shoe from the pedal so I could catch myself with my foot. I rotated the heel outward. The shoe was stuck. I made an added effort that threw the front wheel off the road and my hip slammed down on the asphalt.

The femur did not break but the socket it fits in was broken in four or more pieces. The shoe was still engaged with the pedal.

I came through 8 hours of surgery with 18 screws and a strap in my hip and encouragement from the team of doctors that I had bones and heart of a young person and they had been able to reconstruct the socket using only my bones and the operation was very successful. Three days after the operation I started therapy. The first day I learned how to handle the crutches for short walks and to climb stairs. The muscles were very sore but the stretching went on. My recovery is rapid but my running future is doubtful.

Although I walk more than a mile every day on crutches and have two therapy sessions a day, I will consider it a turning point to be able to swim again.

When I asked the doctor if I would ever run again, he said, "Nobody who has had this operation has asked me that question. It seems unusual that it would come from the oldest person who has had it." If there is a way to run again, I'll do it.

Thank you for your encouragement.

Fletcher Hanks  
Oxford, Maryland

Editor's Remarks: The above are excerpts from Fletcher Hanks' letter (he also sent a copy photo of his x-ray—it was indeed impressive). Fletcher is one of our senior members and the race director of the Oxford Triathlon. We wish him continued speedy progress in his recovery.

## BULLETIN BOARD

### TAKE THE CHALLENGE

The Road Runners Club of America 10-Mile Team Challenge race is coming up in February. We did poorly last year. We needed more depth. Why not take up the challenge? Call the Hotline and say you want to join the team. The race is held in Howard County.



THE ANNUAL AWARDS BANQUET AND MEMBERSHIP MEETING will be held on Saturday, March 7, 1987. The place and chairman are yet to be announced. All Annapolis Striders and their families are invited. Please plan now to attend.

### NOMINATING COMMITTEE APPOINTED

Earl Keicher has been appointed chairman of the nominating committee. Assisting him are Howard Beard and one other yet to be named. Election of officers will be held at the annual awards banquet and business meeting in March.

If you would like to serve as an officer for one year please call Earl (266-6972) or Howard (721-2474) at once.

## PEOPLE



IN  
THE NEWS

### BEARD APPOINTED TO BOARD

Howard Beard has been appointed to replace Tim Blewett as chairman of the PUBLICITY COMMITTEE. Tim regretfully moved out of the state.

*Our Very  
Best Wishes  
For A happy  
and Bountiful  
Holiday!*

## ROAD RUNNERS CLUB of AMERICA



October 13, 1986

### Road Runners Club of America and Nike Launch Children's Development Program

Road Runners Club of America President, Henley Gible, today unveiled the Nike - RRCA Children's Development Program, which will include grants designed to develop children's low-key fitness programs. The program will be administered by the RRCA through local chapters and funded by Nike. Nike has made an initial commitment of \$10,000 to fund the program in its first year. Initial grants will be designed to encourage local RRCA chapters to start children's fitness programs.

"Fitness will be stressed more than competition," according to RRCA President Gible. "We are fortunate to have a sponsor like Nike who is willing to underwrite pilot projects like these," she added. "Nike's committed to improving the level of fitness of children and when presented with the opportunity to work with the RRCA on a project like this, we couldn't say no," said Keith Peters, Running Promotions Manager for Nike. "We don't see this as a one-shot deal, but the beginning of a national effort to develop innovative local programs with the RRCA," said Peters.

The grant program will work as follows. Proposals will be accepted from RRCA chapters only. Proposals should be for a children's fitness program utilizing running as the means of gaining fitness. Although preference will be given to new programs, existing innovative programs seeking to expand will be welcome to apply. Programs should be local in nature, encompassing the area the chapter serves, and may come from large or small clubs anywhere in the U.S. Funds and in-kind contributions awarded are expected to range in the \$500 to \$2500 range per chapter and proposed budgets should reflect that. In-kind contributions sought could include t-shirts, shoes, numbers, banners and Nike apparel. Proposals could include requests for combinations of cash and in-kind contributions not to exceed the guideline amount. The RRCA anticipates 4 to 6 grants will be made the first year.

Proposals may be up to 4 pages in length plus a budget. Proposals will be judged by a committee consisting of Henley Gible, RRCA President; Jeff Darman, RRCA Board Member; Keith Peters, Nike Running Promotions Manager; Jack Ward, RRCA Children's Committee Chair and founder of a children's running series in Huntsville, Alabama; and Joe Fleig, founder of the Reston, Virginia youth running program and the Reston Runners.

Proposals should include and will be judged on:

- program description including projected numbers of children reached and dates of program.
- exposure for RRCA and Nike.
- who will direct program? experience?
- how will program be promoted (will it involve schools, recreation departments, retailers)?
- club program; experience.
- budget.
- program follow-up.
- innovation.
- other projected sponsors, if any, and how conflicts will be avoided?

Proposed programs may be year long, seasonal, track or cross country; but fitness and distance running as a key element will be critical in determining award winners.

All RRCA chapter presidents will be sent a formal announcement of the program by October 31. Proposals will be due by January 30. Those chosen to receive grants will be notified in February 1987.

(continued on next page)

# RUNNING NEWS

## NEWS BRIEFS FROM THE MARYLAND COMMISSION ON PHYSICAL FITNESS

The Nike - RRCA Children's Development Program is designed to be general enough that additional elements can be added later and fit easily into the national development concept. "We stayed away from a rigid concept, e.g. a 5K series, clinics, etc. to allow the program to develop naturally and so we could add other elements under its 'umbrella' later," said Gibble.

For more information on the program, RRCA chapters can write Henley Gibble, RRCA President, 8208 East Boulevard Drive, Alexandria, Virginia 22308, (703) 768-0545.



## ADVERTISING

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

Business card....\$10      Half-page.....\$35  
Quarter-page.....\$20      Full-page.....\$50  
Yearly rates available

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

### INDEX OF ADVERTISERS

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### 25th Anniversary

The Maryland Commission is the oldest fitness commission in the U.S. (29 other states now have them). Maryland's commission is among the most active. A big celebration is being planned for the spring. Information will be disseminated as it becomes available.

### Harmful Exercise

The commission is publishing a book concerning exercises that may be harmful to one's health. The text is complete but the illustrations are still in the works. Distribution will occur after the first of the year.

### Walking

The commission is initiating a statewide walking program to encourage Marylanders of all ages to walk for fitness. Planning has begun to develop incentives for walking, educational material on walking, walking workshops, and on-going walking programs.

### SUPERFIT

This scholastic program is beginning its fourth year. Eighty thousand students were tested for 85-86. Twelve percent earned the excellence award and thirty-five percent earned the improvement award. Work is now underway to write a fitness activities book to assist teachers in the interpretation of the test scores and in the development of higher fitness levels in their students.

### Senior Fitness Conference

This conference will be held on May 20th at Prince George's Community College. The President's Council on Physical and Sports is working closely with the commission on this project.

### Maryland State Games

The 1987 games will be held June 19-21 at the University of Maryland at College Park. The conflict with the Governor's Youth Track and Field Meet has been eliminated.

### Educational Materials

Available from the President's Council in quantities of 100 are the "Shape-Up America" poster and the "Feeling Fit" booklet. Direct your orders to Lisa Kanner, PCPFS, 450 5th St, NW, Rm 7103, Washington, D.C. 20001.

### Commission Information

For further information about the commission, its programs or its motto [IT'S FUN TO BE FIT], call Linda Vanderhoff, Executive Director, at 225-5888.



**Kathleen Beatty**  
Massage Therapist

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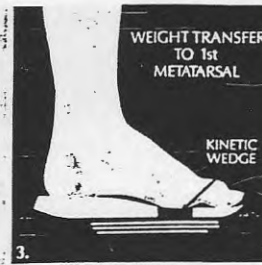
## KINETIC WEDGE 8-STEP THEORY



1. INITIAL HEEL CONTACT  
The foot strikes the ground on the outside of the heel, resulting in a natural inward rolling of the foot (pronation).



2. REAR FOOT PRONATION (Slowed Down by Rollbar)  
The Diagonal Rollbar™ slows down the rate (momentum) of inward roll (pronation).



3. WEIGHT TRANSFER TO 1st METATARSAL  
The force of body weight striking the ground is next transferred to the first metatarsal (ball of the foot).



4. ACTIVATION OF KINETIC WEDGE  
As weight is transferred to the ball of the foot, the Kinetic Wedge reacts similar to a trap door opening, allowing the first metatarsal to drop down.



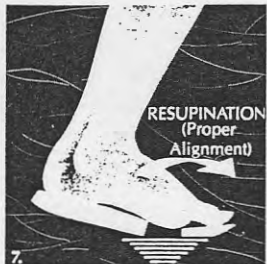
5. GREAT TOE JOINT FLEX  
When the first metatarsal drops down, the joint is freed, allowing the big toe to flex.



6. ACTIVATION OF WINDLASS EFFECT  
(Dynamic Flex of Plantar Fascia Tendon)  
TOE LOCK (Functional Hallux Limitus)  
Cause of Mid-Foot Pronation-Over-Pronation (without Kinetic Wedge)

The flexion of the big toe causes the tendon that stretches between the big toe and the heel to shorten. The shortening of this tendon raises and supports the arch naturally.

Note: If the arch collapses due to Big Toe Lock, the foot will continue to roll inward (over-pronation).



7. RESUPINATION (Proper Alignment)  
The raising of the arch and flexion of the big toe allows the foot to resupinate naturally (rather than continuing to pronate).



8. Natural resupination allows the foot to toe off efficiently and in a properly aligned position. Over time, because proper alignment commences with the foot, this will result in reduced overuse injuries throughout the lower and middle parts of the body.

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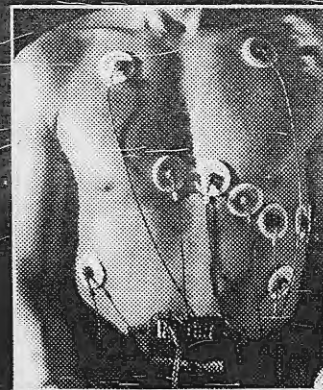
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# TRAINING TIPS

by Pat O'Brien

"Actually, that's not exactly what I had in mind."



## TRAINING CYCLES HAVE UPS AND DOWNS

As the days grow shorter and the unpredictable conditions of Winter become the order of the day, most runners instinctively "gear down" their training regimen for a couple of months. Whether you realize it or not, this hibernation period in '86 is crucial to achieving the peak performances you're dreaming about for '87.

### ! A GUIDE FOR ADJUSTING YOUR RUNNING AFTER A PEAK EFFORT !

The logic behind this statement rests in the concept of Training Cycles. Briefly, the term refers to a training pattern in which the runner schedules his efforts in order to peak at particular times, eg. for the Spring 10K's or a Fall marathon. Peaking is one half of the equation for cycling; recovery is the other component, and it deserves as much emphasis.

Just as one might devote 6-12 weeks to training for a peak effort, it is equally important to schedule an adequate rest period following the peak phase. Oftentimes, a rest/recovery period may last 6-12 weeks, so that it balances the effort expended to peak. During this valley, or "non-training" interval the individual intentionally alters his running schedule in order to achieve two important goals: physical rest and mental rejuvenation.

Mike van Beuren has suggested some alternative types of runs which are well suited for the "valley of recovery" many of us will descend into during the Winter months.

**TIP #1:** Once the big race is over, try something entirely new and easy. An example might be to run a new route which is of an undetermined distance where you'll be forced to stop along the way.

**TIP #2:** Don't wear a watch during your workouts. During this period of "layoff", slower times over familiar terrain should be the rule. I have yet to be shown how recording these slower times during recovery weeks is of any great value. Runners are often overly analytical of their performances or tend to speed up when they pay close attention to time.

**TIP #3:** Choose courses which are on grass or dirt: If you aren't too sore and don't have any chronic bio-mechanical imbalances, this will be a way to ensure that your body remains balanced and will start to build new strength in your legs and upper body.

**TIP #4:** Take extra days off and drop your mileage up to 50% in the beginning and only gradually increase it weekly. For the post-marathon season, this period should last at least one month. For those who have just completed their first marathon, this period should be at least three months, especially if the runner is over forty years old.

Adapting our running to the concept of training cycles will not only provide a measure of protection against over-use injuries, but also will prevent the mental burnout that is inevitable with a prolonged peaking effort. Keep in mind that the unifying principle behind these tips is REST! It is the balm that hastens recovery and fortifies body and spirit for peaking in the New Year.



# TRAINING TIPS

by Pat O'Brien

## RUN FASTER: TRAINING CLINIC ANNOUNCED

With the arrival of winter's short days and cold weather many of us will begin to descend into the "valley" of our training regimen. These weeks of lower mileage and less intensity will provide the runner with a much needed physical and psychological break from the sport.

Come spring, you'll be rested and, once again, psyched to train for a "peak" season of road racing. In order to help you accomplish your goals, we will again offer the 10K Training Clinic in 1987. This year, the track workouts will be conducted by Ed Purpura- an avid runner with experience in coaching others toward peak performances.

The clinic will include a total of 6 weekly workouts which will be held on Saturdays, beginning March 7, 1987 at the Anne Arundel Community College track. The sessions will begin at 9:00 AM and last about an hour.

The 10K Training Clinic is open to runners of all ages and abilities; however, it is recommended that you can easily handle the 10K distance. There is no charge for Annapolis Striders; non-members will be asked to pay \$1.00 per session.

In case you are wondering what the workouts will be like, here's an example. At the first session, Ed wants runners of similar ability (speed, not brains) to pair up and then run a 2-man 10 mile relay, alternating every 440 yards. "This will get them used to running on a track at a high level of effort"... Keep in mind that you set your own pace for the workout and that your rest "interval" is determined by how fast your partner runs his/her lap. This exercise not only requires effort, but also involves teamwork and pacing.

After the second week, Ed will develop training schedules for the remainder of the program. When necessary, he will individualize them in order to meet runners' specific goals. Throughout the course of the clinic he will be available to answer your questions and assist you in your training efforts.

For further details and a last minute update, see the February '87 Streak. If you have additional questions, contact Ed Purpura (987-4157) or Pat O'Brien (757-0462).

## WE GOOFED!

### CORRECTION NOTED IN OCTOBER STREAK

Several lines were inadvertently omitted from Pat O'Brien's October 1986 TRAINING TIPS article on page 11. Following are the correct lines for the second-to-last paragraph beginning with the words "Strength and endurance..." The Streak regrets the error.

Strength and endurance can be obtained by the hill work and long runs, but you will now want to add a day of track work to your program during the final 6-8 weeks of training. The recommended distance for speed work for the marathon is the one mile interval or 880s; or some combination of the two.

The mile intervals should be run 20-30 sec/mile faster than your projected marathon pace. For example, a 3:30 marathon finish means running 26 miles at an 8:00 pace. To condition yourself to do this, however, you will need to run your mile intervals at about 7:30 and the 880s at 3:40. The number of repeats should be few at first and then add additional repeats with each week.



## GET IN ON THE GROUND FLOOR

The 12th Annapolis Ten-Miler will be held Sunday, August 23, 1987. Other than this decision and the selection of Dick Hillman as Race Director, all other decisions are open!

Get in on the ground floor. Participate on the Race Committee. Help decide whether to proceed with a new course and a later starting time; publication of a race program; prize money; the runner's gift and whether to give it to all entrants or just finishers; whether to have a short fun run for kids and others; expanding to a three day format; new sponsors; etc., etc. All facets of the race are open for discussion. If you want to assist in the management of the race by active participation on the committee, your recommendations for revising and improving the race will be actively considered.

While many of the previous race committee members have already indicated they wish to continue fulfilling their traditional role, each task can surely use a co-chair and many tasks are either new for this year or are the result of dividing larger assignments from former years. Particular race directing experience is not necessary. In fact, many tasks are generic in nature and require absolutely no knowledge of road racing.

In addition to the Race Director, an Associate Race Director (position now vacant), and the Striders President (ex officio), the Race Committee will consist of 18 individuals directing, coordinating or supervising the following tasks: course, scoring, finish line, stadium, medical, awards, registration, finances, records maintenance, correspondence, public relations, associated events, security and risk management, volunteers, invited runners, sponsors, and fabricating.

If you want to serve, know of someone else who will, desire further information or wish to offer any guidance or assistance, please call the Race Director, Dick Hillman, 269-0253. The first meeting of the Race Committee will be Sunday, January 4th, 7:30 PM at the home of the race director, 4 North Street (in front of the State House), Annapolis. Please call to volunteer for a task first!

It is anticipated that committee members will work independently or with small groups. The whole committee meet again formally only on the following Sundays: March 1st, May 31st and July 26th. Please note these dates and call Dick Hillman now.

-Dick Hillman

## RACE DIRECTOR'S CORNER

### ISSUES CLARIFIED FOR RACE DIRECTORS

1. There have been some inquiries on the cost of some of our events. The Board's 1986 guidelines for these fees are: \$3 (members), \$4 (non-members), and \$5 for all raceday entrants. Track races have entry fees of one dollar less for each of the above categories. Entry fees are not increased if a sponsor contributes T-shirts or other perks. If shirts are not provided by a sponsor they are sold as an option separate from the entry fee for \$6 each.

2. The 1987 Race/Runs schedule is included in this issue. There are still a few events for which Race Directors and Assistants have not been named. We do need volunteers. (Several previous Directors are taking a well deserved rest this year after giving more than their fair share of time and energy.) Please do not hesitate to volunteer just because you may be inexperienced. Many of our best events have been directed by Striders with no prior experience. You can count on expert assistance and advice.

3. An organizational meeting for 1987 Race Directors will be held shortly after the end of the holiday season. Old hands will be invited to attend. It will be an informal forum to pose and answer questions, exchange information, etc. Please let me know if you would like such a session, and whether you would prefer a weekday evening or weekend afternoon.

4. Request forms for public school use for races will be submitted shortly for all 1987 Strider events. All these will be returned to me and I will let each race director know as soon as approval comes through the mail.

5. A pool of experienced former race directors are being sought. They will act as consultants to new race directors as they plan and organize their first run. Each consultant will only be expected to serve on one race per season... Former Race Directors, please let me know if you are willing to participate.

6. The Striders have published a two volume "Race Director's Handbook." A limited number of copies are available from me. Each director is requested to pass his handbook on in the direction of the same event for the succeeding year. In the meantime, brief extracts will be printed periodically in this column.

-Joe Walsmith

# MY FAVORITE RACE

MOTHER NATURE WINS THIS ONE



On November 2, 1986, amid conditions that would intimidate even the most seasoned marathoner, Moore's Marines VII gathered for the running of the eleventh Marine Corps Marathon. The temperature closed in on 70 degrees and the humidity hovered at an oppressive 100% as the cannon boom echoed the start of the race. Despite this blow by Mother Nature, Moore's Marines put forth a valiant effort and although PRs were not attained by most, the majority of the troops were able to finish the race.

For many, the 26.2 mile distance presented a challenge of a magnitude beyond description. Even the best training and most careful taper cannot prepare the body or spirit to sustain the insult of heat and humidity. This is especially true in the context of an endurance effort such as the marathon. For this reason the first timers, or "new meat" as Ben affectionately refers to the new recruits, deserve special congratulations for fighting to the finish.

By week's end, however, withered spirits and sore muscles were a part of the past as Moore's Marines gathered to celebrate the marathon. Seventy runners—and significant others—feasted on Italian cuisine, viewed Pat Hoffman's video of the marathon, and delighted in trading macabre marathon tales. The good part of "having a bad day" is the prize-winning story telling that follows in the aftermath.

Jesting aside, the runners performed with excellence and the entire club is proud of its Moore's Marines. Special kudos belong to Cathy Bridges who supported the troops during their twelve-week training runs on Route 450. Cathy truly does "nurture" Moore's Marines with her very special brand of support. We thank you for it, Cathy.

Bob Bridges of the Athlete's Foot a.k.a. "Little Bridge", generously donated the outstanding Moore's Marines T-shirts and Cathy Frantom designed the 1986 logo. Thanks to both of you, Moore's Marines were "stylishly apparent" throughout the race.

To our leader, friend and marathoning companion, Ben Moore, we extend "armfuls" of gratitude for taking the time to give so much of yourself to your troops. Certainly, every Moore's Marine who crossed the finish will join in saying: "Thanks Ben, we couldn't have done it without you!"

Ben is already making plans for Moore's Marines VIII. Next year he wants to return to the theme of the early years; train together, run together, finish together (for the first timers). Let's hear it for Moore's Marines... oorah, oorah!

Following is a partial list of Moore's Marines finishers. Our apologies to those of you who may not have been included in these results. The size of the group made the task of following up on times impossible.

—Pat O'Brien

## MOORE'S MARINES STRIDER'S TIMES

|                     |      |
|---------------------|------|
| * Carol Lee Booty   | 4:40 |
| * Robin Borden      | 3:58 |
| Ron Bowman          | 3:38 |
| Hank Church         | 3:50 |
| * Diane Elliott     | 5:13 |
| Eleanor Elster      | 4:29 |
| Keith Harvey        | 5:23 |
| * Louise Holliday   | 4:00 |
| * Lynn Hopkins      | 4:31 |
| Tom Kessler         | 4:06 |
| Mike Long           | 4:04 |
| * Leslie Lombardo   | 4:17 |
| Ben Moore           | 4:25 |
| Delma Miller        | 4:00 |
| * Brenda Norman     | 4:00 |
| Linda Rogers        | 3:50 |
| Earl Scott          | 4:20 |
| * Brian Palmer      | 2:37 |
| * Dick Shea         | 4:15 |
| Don Thomas          | 4:19 |
| Bill Vogenitz       | 5:13 |
| Don Waddington      | 3:30 |
| Louise Zeitlin      | 4:15 |
| * Charlie Carpenter | 4:20 |
| Shawn Sweeny        | 3:10 |
| Chris Yunker        | 3:50 |
| * Greg Pittman      | 4:34 |
| * Bob Maynard       | 4:37 |
| * Liz Sears         | 5:23 |
| John Lockwood       | 4:15 |
| Sharon Hammond      | 4:18 |

\* indicates first time marathoners

## MOORE'S MARINES BRANCH OUT

The New York contingent of Moore's Marines braved 60-degree temperatures and 90% humidity in the Big Apple. Like their compatriots in D.C. the Striders who ran New York found it to be more a test of intestinal fortitude than running skill. PRs were not the order of the day. Here are the times:

|                   |      |
|-------------------|------|
| Howard Beard      | 3:17 |
| Mike Impellizzeri | 4:34 |
| Don Kennedy       | 3:54 |
| Dick Hillman      | 3:33 |
| Pat O'Brien       | 2:58 |
| Ken Lyons         | 3:37 |
| Fred Jacobi       | 3:55 |

## REFLECTIONS RECORDED & SECRETS REVEALED

by Dick Hillman

Thoughts for my diary on the occasion of having reached the 10,000 mile plateau since my running began in July, 1977:

There I was at the Moore's Marines reunion dinner being villified as an under-trainer! But I'll stand by my marathon successes [P.R. - 3:16:28, Eugene, Oregon 9/81; 3:33:28. NYC, this year]. I've finished in the top third of field in each of the ten marathons I've completed and felt good after each one.

The secret? Pat O'Brien touched on it in the October Streak. If you can survive the training, the marathon is easy!

I've never run more than 50 miles in any week and I average 35. Thus, I advocate under-training -- and some other things. Here's my formula for marathon success:

### Major considerations

1. Maintain 20-25 mile per week base, year-long, with modest speed work.
2. Beginning 14-16 weeks before the marathon, do a weekly long run at 10 mile race pace building from 8-10 miles to 16-18 miles. (If you must run 20 miles, don't do it within 9 days of the race.)
3. Participate in a variety of 10K-10M races, 4-16 weeks before the marathon.
4. Don't run more than an hour on any day within 9 of the race.
5. Get plenty of rest the week of the race.
6. Until the last week, do a track workout at least every other week. (Start & finish with a light 2 miles. Do 2 1200's, 2 800's, 2 400's, each separated by a slow 400.)
7. EAT 2 LBS OF DATES IN THE 8-48 HOUR PERIOD BEFORE THE RACE.

### Minor considerations

1. Pick a reasonable goal and tell everyone that's going to be your time. Particularly tell people you don't like.
2. Buy a new pair of shoes and socks a couple weeks before the race.
3. Do not ingest alcohol or heavy food in the last 48 hours.
4. Eat intelligently during the 14-16 week training period. No snacks, except fruit, granola, bars, etc. Breakfast every morning.
5. Warm up meticulously before the race - at least 15 minutes of jogging and stretching, even if you don't normally do it before training (like me!).

6. Wear as little as possible. If you think you might be cold, wear things with which you can easily part, i.e., old caps, frayed tee shirts, mismatched socks for gloves.
  7. Empty your bladder, bowels, and head before the start.
  8. Get into the race. Don't talk to other participants or spectators. Concentrate on your form, pace, parts of your body, or similar elements of the runners around you.
  9. Take some liquid at most stops. Throw water on your head, face, and shoulders if it is at all warm or humid. Avoid getting your shoes wet.
- Now the secrets are out. The rationale behind some points may be clear, behind others obscure or even perverse. Nonetheless, this is my formula and you're welcome to it. Moreover, I'm proud of being an under-trainer and pledge to train less in 1987!



"I'm not going through this every time you train for a marathon."

## ANOTHER MARATHON?

As long as you're putting in all that mileage training, why not make it worthwhile and grand by putting in a pile of mileage getting there and back? Take the family. See the sights. Eat strange food. Get lost.

If any of this interests you, call Dick Hillman, 269-0253, for information about the following marathons.

| Date   | City          | Country |
|--------|---------------|---------|
| Jan 10 | Miami         | USA     |
| 11     | Dakar         | Senegal |
| 18     | Devonshire    | Bermuda |
|        | Houston       | USA     |
| 25     | Osaka [women] | Japan   |

(continued on next page)

|       |     |                          |             |
|-------|-----|--------------------------|-------------|
| Feb   | 8   | Tokyo [men]              | Japan       |
|       |     | Valencia                 | Spain       |
|       | 15  | Pilipinas                | Phillipines |
| Mar   | 1   | Los Angeles              | USA         |
|       | 8   | Mount Meru               | Tanzania    |
|       | 15  | Barcelona                | Spain       |
|       | 29  | Vienna                   | Austria     |
| April | 18  | Rotterdam                | Netherlands |
|       | 20  | Boston                   | USA         |
|       | 26  | Budapest                 | Hungary     |
|       |     | Hamburg                  | W. Germany  |
|       |     | Madrid                   | Spain       |
|       |     | Jersey City              | USA         |
| May   | 1   | Rome                     | Italy       |
|       | 3   | Pittsburgh               | USA         |
|       |     | Long Island              | USA         |
|       |     | Bremen                   | W. Germany  |
|       | 10  | Geneva                   | Switzerland |
|       |     | Zurich                   | Switzerland |
|       |     | London                   | England     |
|       | 17  | Munich                   | W. Germany  |
|       | 24  | Sao Paulo                | Brazil      |
|       | 30  | Stockholm                | Sweden      |
|       | 31  | Christchurch             | New Zealand |
|       | TBA | Vancouver                | Canada      |
| June  | 14  | Sydney                   | Australia   |
| July  | 19  | San Francisco            | USA         |
|       |     | Adelaide                 | Australia   |
|       | 25  | Davos                    | Switzerland |
| Aug   | 1   | Helsinki                 | Finland     |
|       | 2   | Western Australia        | Australia   |
|       | 9   | Jakarta                  | Indonesia   |
|       | 16  | Bolton                   | England     |
|       | 22  | Rio de Janeiro           | Brazil      |
|       | 23  | Reykjavik                | Iceland     |
| Sept  | 4   | Buffalo/Niagara Falls    | USA         |
|       | 12  | Oslo                     | Norway      |
|       | 20  | Glasgow                  | Scotland    |
|       | 27  | Portland, Oregon         | USA         |
|       |     | Brussels                 | Belgium     |
|       |     | Montreal                 | Canada      |
| Oct   | 4   | Berlin                   | W. Germany  |
|       | 11  | Melbourne                | Australia   |
|       | 18  | Beijing                  | China       |
|       | 25  | Split                    | Yugoslavia  |
|       |     | Hamilton                 | New Zealand |
|       |     | Chicago                  | USA         |
|       | TBA | Buenos Aires             | Argentina   |
| Nov   | 1   | New York                 | USA         |
|       | 15  | Tokyo [women]            | Japan       |
| Dec   | 13  | Honolulu                 | USA         |
|       | 16  | Sea of Galilee, Tiberias | Israel      |

**SHAMROCK MARATHON** [+ 5M, trade show, clinic, etc.] Saturday, 21 March 1987  
2308 Maple St, Virginia Beach, VA 23451

**LADY EQUITABLE 11** 29 March 1987  
[Eastern Regional Women's 10K Championship]  
Equitable Bank, 6th Floor, 100 S. Charles St,  
Baltimore, MD 21201 [Deadline: March 20th]

**BOSTON MARATHON** Monday, 20 April 87 noon  
Qualifying times: men women  
under 40 years 3:00 3:30  
40-49 3:10 3:40  
50-59 3:20 3:50  
60 years & over 3:30 4:00

Qualifying time must be on TAC/USA certified course between 21 April 86 and 23 March 87 (the deadline). (617) 435-6905  
17 Main St, Hopkinton, MA 10748

**CONSTELLATION 10K RUN** Sunday, 31 May 1987  
[Being touted as mega race - Dean Reinke & Associates of Longwood, Florida hired to promote it - world class field] (301) 347-7009  
BRRC, P. O. Box 65010, Baltimore, MD 21209

**NEW YORK CITY MARATHON** Sunday, 1 November 87  
\$3 check payable to "NYC Marathon" postmarked May 18th or later - one check and entry request per letter. (212) 410-7770  
Marathon Entries, P.O. Bx 1388 GPO, NY, NY 10116

[Remember to send a stamped, self-addressed #10 business-size envelope (4" x 9½") with any request for race information.]



**RUNNING & RACING**

THE SPORTS PROGRAM ON ESPN

RUNNING & RACING is the first regularly scheduled nationally televised series governing the sports of running, triathlons, cycling, and ultra distance events. The thirteen week series is hosted by Marty Liquori. It includes highlights from the previous weekend, a feature on an athlete or event, training tips, flashbacks, and a preview of upcoming events.

Air times on ESPN are: Friday, 12:30 PM; Saturday, 1:30 AM; Saturday, 10:00 AM.

The producer, Salmini Films of New York City, says, "From the Ironman in Hawaii to the finish line of the New York City Marathon to the U.S. Olympic Training Center in Colorado Springs -- RUNNING & RACING will be where the action is."

The program is sponsored by Kinney Shoes, Nike, Manufacturers Hanover Trust Bank, & Foot Locker.

**RACE MISCELLANEA**

**MT. TAYLOR WINTER QUADRATHLON:** 14 Feb 87  
[15 M biking, 6 M running, 2.5 M cross-country skiing, 1.25 M vertical sprint on snowshoes AND repeat in reverse order!]  
P.O. Bx 85, Grants, New Mexico 87020

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ZIP \_\_\_\_\_

# RACE RESULTS AND STANDINGS

## Annapolis Striders METRIC MARATHON

26.2K (16.2 miles)

October 12, 1986

| Place | Name                | Age | Time    |
|-------|---------------------|-----|---------|
| 1.    | Matthew Mace        | 26  | 1:40:42 |
| 2.    | Mark Yerkes         | 31  | 1:41:59 |
| 3.    | Ben Matthews        | 48  | 1:44:32 |
| 4.    | Bill Turrentine     | 37  | 1:45:18 |
| 5.    | Jack Shelton        | 36  | 1:46:39 |
| 6.    | Pat O'Brien (F)     | 38  | 1:48:51 |
| 7.    | Luis Berrios        | 30  | 1:51:42 |
| 8.    | Don Waddington      | 54  | 1:52:39 |
| 9.    | Howard Beard        | 40  | 1:53:31 |
| 10.   | Dave Bartosevich    | 39  | 1:54:16 |
| 11.   | Ron Bowman          | 36  | 1:54:29 |
| 12.   | Doug Pond           | 47  | 1:54:53 |
| 13.   | Jim Black           | 49  | 1:54:54 |
| 14.   | Floyd Sandlin       | 54  | 1:55:23 |
| 15.   | Don Kennedy         | 39  | 1:56:05 |
| 16.   | Butch Bente         | 32  | 1:56:47 |
| 17.   | Ken Lyons           | 46  | 1:57:01 |
| 18.   | Edie Tress (F)      | 36  | 1:57:19 |
| 19.   | Cindi Contarino (F) | 25  | 1:57:38 |
| 20.   | David Stern         | 44  | 1:57:47 |
| 21.   | Bill Wallzak        | 35  | 1:58:00 |
| 22.   | Marvin Holmes       | 37  | 1:58:32 |
| 23.   | Phil Dalby          | 34  | 1:58:35 |
| 24.   | Dennis Gott         | 27  | 1:58:51 |
| 25.   | William Egan        | 31  | 1:58:56 |
| 26.   | Larry Housman       | 34  | 1:59:22 |
| 27.   | Paul Cleaver        | 31  | 2:00:50 |
| 28.   | Bob Phillips        | 50  | 2:01:08 |
| 29.   | Dale Jordan         | 33  | 2:01:18 |
| 30.   | Dave Ansel          | 29  | 2:02:27 |
| 31.   | Dick Shea           | 36  | 2:02:37 |
| 32.   | William F. Jacobs   | 34  | 2:02:45 |
| 33.   | Jim Scharf          | 25  | 2:02:46 |
| 34.   | James Baker         | 25  | 2:03:19 |
| 35.   | James R. Matters    | 32  | 2:03:39 |
| 36.   | Evan Thomas         | 45  | 2:03:47 |
| 37.   | Brian Ford          | 40  | 2:03:50 |
| 38.   | Hank Church         | 45  | 2:03:55 |
| 39.   | Peter Tucker        | 42  | 2:03:55 |
| 40.   | Michael Kreft       | 26  | 2:04:03 |
| 41.   | G. Buckley          | 43  | 2:04:05 |
| 42.   | John Cuala          | 39  | 2:04:21 |
| 43.   | John Coder          | 40  | 2:04:32 |
| 44.   | John Davis          | 25  | 2:04:33 |
| 45.   | Bob Bridges         | 41  | 2:04:33 |
| 46.   | Marty Paul          | 45  | 2:05:20 |
| 47.   | Bruce Soyars        | 36  | 2:05:40 |
| 48.   | Eleanor Elster (F)  | 35  | 2:05:49 |
| 49.   | Bill Rourke         | 38  | 2:07:22 |
| 50.   | James Richards      | 39  | 2:07:43 |
| 51.   | Terrance Clark      | 39  | 2:07:54 |
| 52.   | Leon Johnson        | 57  | 2:08:32 |
| 53.   | Curt McNew          | 27  | 2:08:35 |
| 54.   | Fred Jacoby         | 45  | 2:08:48 |
| 55.   | John MacLean        | 34  | 2:08:56 |
| 56.   | Tom Kessler         | 32  | 2:09:17 |
| 57.   | Bob Codesky         | 48  | 2:09:41 |
| 58.   | Barbara Kee (F)     | 38  | 2:09:41 |
| 59.   | Donna Galeski (F)   | 37  | 2:10:28 |

|      |                           |    |         |
|------|---------------------------|----|---------|
| 60.  | Keith Harvey              | 38 | 2:10:28 |
| 61.  | Dave Abbott               | 35 | 2:10:42 |
| 62.  | Wally Bloss               | 33 | 2:11:09 |
| 63.  | Charlie Carpenter         | 30 | 2:11:35 |
| 64.  | Bill Shaughnessy          | 43 | 2:13:37 |
| 65.  | Ben Moore                 | 61 | 2:13:59 |
| 66.  | Chuck Gorum               | 32 | 2:14:15 |
| 67.  | Charles R. Green          | 28 | 2:15:50 |
| 68.  | Will Myers                | 37 | 2:18:30 |
| 69.  | Rodney Ward               | 44 | 2:18:56 |
| 70.  | Jim McCutchan             | 42 | 2:19:16 |
| 71.  | Martha Kinsinger (F)      | 52 | 2:20:03 |
| 72.  | Chris Van Syckle          | 33 | 2:20:33 |
| 73.  | Don Kane                  | 45 | 2:21:02 |
| 74.  | Rae Jean Goodman (F)      | 38 | 2:21:34 |
| 75.  | Michael McCausland        | 51 | 2:24:40 |
| 76.  | Don Higdon                | 44 | 2:24:40 |
| 77.  | Elizabeth L. Holliday (F) | 35 | 2:26:07 |
| 78.  | John Kurpjuweit           | 41 | 2:26:41 |
| 79.  | Mark J. Holliday          | 33 | 2:27:21 |
| 80.  | Sue Briers (F)            | 31 | 2:27:36 |
| 81.  | Lynn Hopkins (F)          | 32 | 2:29:19 |
| 82.  | Edwin Green               | 39 | 2:29:35 |
| 83.  | Joe Handelman             | 48 | 2:32:46 |
| 84.  | Kathy Dalby (F)           | 32 | 2:33:02 |
| 85.  | Margaret Johnston (F)     | 35 | 2:35:10 |
| 86.  | Elizabeth Chandler (F)    | 29 | 2:35:41 |
| 87.  | Sharon Hammond (F)        | 40 | 2:36:23 |
| 88.  | Diane Elliot (F)          | 30 | 2:36:43 |
| 89.  | Bill Vogenitz             | 38 | 2:36:44 |
| 90.  | Unknown                   |    | 2:36:50 |
| 91.  | Mary Ellen Lyst (F)       | 37 | 2:37:58 |
| 92.  | Ron Lyst                  | 39 | 2:37:59 |
| 93.  | Joe Ryan                  | 61 | 2:38:11 |
| 94.  | Mike Cashen               | 36 | 2:41:56 |
| 95.  | H. Berry                  | 44 | 2:42:14 |
| 96.  | Jan Robosson (F)          | 38 | 2:42:59 |
| 97.  | John G. Brinton           | 60 | 2:49:55 |
| 98.  | Larry Surd                | 48 | 2:53:41 |
| 99.  | Kathleen Kearns (F)       | 25 | 2:56:40 |
| 100. | Nancy Waddington (F)      | 48 | 3:00:00 |
| 101. | Carlotta Crosby (F)       | 48 | 3:00:00 |

### WORKER'S RUN

|    |                  |    |         |
|----|------------------|----|---------|
| 1. | Dick Hillman     | 43 | 2:09:20 |
| 2. | Mike Chamberlain | 42 | 2:09:20 |
| 3. | Bill Law         | 58 | 2:12:55 |
| 4. | Will Scott       | 36 | 2:19:16 |
| 5. | Earl Scott       | 46 | 2:24:00 |
| 6. | Brenda Norman    | 29 | 2:25:03 |

### DIVISION WINNERS

#### MEN

##### Overall Male

Matthew Mace 1:40:42

##### 29 and Under

|    |              |         |
|----|--------------|---------|
| 1. | Dennis Gott  | 1:58:51 |
| 2. | Dave Ansel   | 2:02:27 |
| 3. | James Schraf | 2:02:46 |

##### 30-39

|    |                 |         |
|----|-----------------|---------|
| 1. | Mark Yerkes     | 1:41:59 |
| 2. | Bill Turrentine | 1:45:18 |
| 3. | Jack Shelton    | 1:46:39 |

##### 40-49

|    |              |         |
|----|--------------|---------|
| 1. | Ben Matthews | 1:44:32 |
| 2. | Howard Beard | 1:53:31 |
| 3. | Doug Pond    | 1:54:54 |

##### 50-59

|    |                |         |
|----|----------------|---------|
| 1. | Don Waddington | 1:52:39 |
| 2. | Floyd Sandlin  | 1:55:23 |
| 3. | Bob Phillips   | 2:01:08 |

##### 60 and Over

|    |              |         |
|----|--------------|---------|
| 1. | Ben Moore    | 2:13:59 |
| 2. | Joe Ryan     | 2:38:11 |
| 3. | John Brinton | 2:49:55 |

#### WOMEN

##### Overall Female

Pat O'Brien 1:48:51

##### 29 and Over

|    |                    |         |
|----|--------------------|---------|
| 1. | Cindi Contarino    | 1:57:38 |
| 2. | Elizabeth Chandler | 2:35:41 |
| 3. | Kathleen Kearns    | 2:56:40 |

##### 30-39

|    |                |         |
|----|----------------|---------|
| 1. | Edie Tress     | 1:57:15 |
| 2. | Eleanor Elster | 2:05:45 |
| 3. | Barbara Kee    | 2:09:41 |

##### 40-49

|    |                  |         |
|----|------------------|---------|
| 1. | Sharon Hammond   | 2:36:21 |
| 2. | Nancy Waddington | 3:00:00 |
| 3. | Carlotta Crosby  | 3:00:00 |

##### 50 and Over

|    |                  |         |
|----|------------------|---------|
| 1. | Martha Kinsinger | 2:20:00 |
|----|------------------|---------|



### A WORD FROM

### THE RACE DIRECTOR

A long distance race like the Metric Marathon needs plenty of volunteers to make it a safe and enjoyable event. We had a great turnout this year, and everyone deserves recognition. Special thanks to the following volunteers:

Earl Scott (my assistant race director who worked hard to enlist most of these race workers)

|                  |                  |
|------------------|------------------|
| John Wall        | Buck Cadell      |
| Louise Zeitlin   | Bob Walters      |
| Kathy Bridges    | Gale Cromwell    |
| Dick Hillman     | Jonas Legum      |
| Lee Patrick      | Nancy Waddington |
| Rose Malloy      | Siena Scott      |
| Brenda Norman    | Lee Scott        |
| Anne Chamberlain |                  |

AND ANY OTHERS I MAY HAVE OVERLOOKED

Thanks,  
Will Scott



# 1986 CLUB CHAMPIONSHIP SERIES

| Women under 20 |          | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|----------------|----------|----|-----|----|-----|----|----|----|-----|-------|-----|
| Christina      | Coughlin | 1  | 35  | 35 | 1   | 35 | 1  | 35 | 35  | -70   | 108 |
| Janet          | Lantry   | 2  | 35  | 1  | 35  | 35 | 35 | 35 | 35  | -70   | 143 |
| Katherine      | Whitesel | 3  | 35  | 2  | 35  | 35 | 35 | 35 | 35  | -70   | 145 |

| Women 20-29 |               | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-------------|---------------|----|-----|----|-----|----|----|----|-----|-------|-----|
| Cindi       | Fox-Contarino | 1  | 35  | 35 | 2   | 35 | 35 | 1  | 1   | -70   | 75  |
| Nancy       | Hans          | 35 | 35  | 3  | 35  | 1  | 35 | 5  | 35  | -70   | 114 |
| Allyson     | McCormick     | 35 | 35  | 35 | 1   | 35 | 1  | 35 | 35  | -70   | 142 |
| Suzanne     | Dalton        | 35 | 35  | 1  | 4   | 35 | 35 | 35 | 35  | -70   | 145 |
| Jennifer    | Fuller        | 35 | 35  | 2  | 35  | 35 | 35 | 3  | 35  | -70   | 145 |
| Laura       | Fratino       | 35 | 35  | 35 | 35  | 35 | 2  | 35 | 35  | -70   | 177 |
| Debbie      | Dudas         | 35 | 35  | 35 | 35  | 35 | 35 | 2  | 35  | -70   | 177 |
| Ceese       | Ferri         | 2  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 177 |
| Maureen     | Lamb          | 35 | 35  | 35 | 3   | 35 | 35 | 35 | 35  | -70   | 178 |
| Leona       | Collyer       | 35 | 35  | 35 | 35  | 35 | 35 | 4  | 35  | -70   | 179 |

| Women 30-39 |             | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-------------|-------------|----|-----|----|-----|----|----|----|-----|-------|-----|
| Eleanor     | Elster      | 4  | 35  | 2  | 1   | 3  | 3  | 2  | 2   | -39   | 13  |
| Sharon      | Hammond     | 35 | 2   | 35 | 2   | 6  | 4  | 7  | 8   | -70   | 29  |
| Rae Jean    | Goodman     | 9  | 35  | 3  | 3   | 5  | 35 | 6  | 4   | -70   | 30  |
| Patricia    | O'Brien     | 1  | 35  | 1  | 35  | 35 | 1  | 1  | 1   | -70   | 40  |
| Nancy       | Prue        | 12 | 4   | 4  | 4   | 7  | 9  | 12 | 35  | -47   | 40  |
| Margaret    | Johnston    | 14 | 3   | 35 | 5   | 35 | 7  | 11 | 7   | -70   | 47  |
| Susan       | Bonner      | 6  | 35  | 35 | 35  | 1  | 2  | 3  | 35  | -70   | 82  |
| Jan         | Robosson    | 8  | 35  | 35 | 35  | 35 | 6  | 8  | 10  | -70   | 102 |
| Gale        | Cromwell    | 2  | 35  | 35 | 35  | 2  | 35 | 4  | 35  | -70   | 113 |
| Charlotte   | Caruso      | 35 | 35  | 35 | 7   | 8  | 35 | 13 | 35  | -70   | 133 |
| Darlene     | Dabbs       | 3  | 1   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 144 |
| Sue         | Briers      | 35 | 35  | 35 | 35  | 35 | 35 | 9  | 6   | -70   | 155 |
| Barbara     | Kee         | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 3   | -70   | 178 |
| Patricia    | Major       | 35 | 35  | 35 | 35  | 4  | 35 | 35 | 35  | -70   | 179 |
| Regina      | Rochez      | 5  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 180 |
| Virginia    | Allison     | 35 | 35  | 35 | 35  | 35 | 35 | 5  | 35  | -70   | 180 |
| Elizabeth   | Holliday    | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 5   | -70   | 180 |
| Chris       | Kamenoff    | 35 | 35  | 5  | 35  | 35 | 35 | 35 | 35  | -70   | 180 |
| Jean        | Snyder      | 35 | 35  | 6  | 35  | 35 | 35 | 35 | 35  | -70   | 181 |
| Barbara     | Goldberg    | 35 | 35  | 35 | 6   | 35 | 35 | 35 | 35  | -70   | 181 |
| Kathy       | Finkelstein | 7  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 182 |
| Emily       | Morse       | 35 | 35  | 35 | 35  | 35 | 8  | 35 | 35  | -70   | 183 |
| Mary        | Lyst        | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 9   | -70   | 184 |
| Linda       | Rogers      | 35 | 35  | 35 | 35  | 35 | 35 | 10 | 35  | -70   | 185 |
| Kathy       | Munger      | 10 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 185 |
| Mandy       | Falk        | 11 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 186 |
| Sharon      | Ault        | 13 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 188 |

| Women 40-49 |             | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-------------|-------------|----|-----|----|-----|----|----|----|-----|-------|-----|
| Anne        | Chamberlain | 35 | 1   | 1  | 1   | 1  | 35 | 1  | 35  | -70   | 40  |
| Nancy       | Haddington  | 35 | 35  | 2  | 2   | 35 | 35 | 35 | 1   | -70   | 110 |
| Barbara     | Watkins     | 1  | 2   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 143 |
| Carol       | Huddy       | 3  | 3   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 146 |
| Mary Lou    | Hawkins     | 2  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 177 |
| Delma       | Miller      | 35 | 35  | 35 | 35  | 35 | 35 | 2  | 35  | -70   | 177 |
| Louise      | Zeitlin     | 35 | 35  | 35 | 35  | 35 | 35 | 3  | 35  | -70   | 178 |
| Jean        | Dwyer       | 35 | 35  | 35 | 3   | 35 | 35 | 35 | 35  | -70   | 178 |
| Beth        | Zehe        | 35 | 35  | 35 | 35  | 35 | 35 | 4  | 35  | -70   | 179 |
| Bonnie      | Denner      | 4  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 179 |

| Women 50 and over |           | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |    |
|-------------------|-----------|----|-----|----|-----|----|----|----|-----|-------|----|
| Martha            | Kinsinger | 1  | 1   | 1  | 1   | 35 | 1  | 1  | 1   | -36   | 6  |
| Yvonne            | Aasen     | 2  | 2   | 2  | 2   | 35 | 2  | 2  | 35  | -70   | 12 |

| Young Men 13 and under |        | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|------------------------|--------|----|-----|----|-----|----|----|----|-----|-------|-----|
| John                   | Straub | 1  | 35  | 1  | 1   | 2  | 1  | 1  | 35  | -70   | 7   |
| Joe                    | Aben   | 35 | 35  | 35 | 35  | 1  | 35 | 35 | 35  | -70   | 176 |

| Men 14-19 |          | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-----------|----------|----|-----|----|-----|----|----|----|-----|-------|-----|
| Dan       | Sandison | 3  | 35  | 1  | 2   | 35 | 35 | 1  | 35  | -70   | 77  |
| Paul      | Duffy    | 5  | 2   | 35 | 1   | 35 | 35 | 35 | 35  | -70   | 113 |
| Louis     | Carvalho | 1  | 1   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 142 |
| Steve     | Crawford | 2  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 177 |
| Charlton  | Archard  | 4  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 179 |



(continued on next page)

| Men 20-29 |             | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-----------|-------------|----|-----|----|-----|----|----|----|-----|-------|-----|
| Brian     | Palmer      | 2  | 1   | 1  | 2   | 35 | 1  | 1  | 35  | -70   | 8   |
| Matthew   | Mace        | 3  | 2   | 2  | 4   | 2  | 2  | 1  | 1   | -7    | 11  |
| William   | Daywalt Jr. | 13 | 6   | 35 | 7   | 35 | 6  | 35 | 35  | -70   | 102 |
| Kevin     | Sullivan    | 1  | 35  | 35 | 1   | 35 | 35 | 35 | 35  | -70   | 108 |
| Tom       | Prendki     | 8  | 3   | 35 | 35  | 35 | 35 | 35 | 3   | -70   | 119 |
| William   | Contarino   | 12 | 35  | 35 | 5   | 35 | 35 | 6  | 35  | -70   | 128 |
| John      | Davis       | 14 | 35  | 35 | 35  | 35 | 4  | 5  | 35  | -70   | 128 |
| Robert    | Biddle      | 35 | 35  | 35 | 3   | 35 | 3  | 35 | 35  | -70   | 146 |
| Nut       | Hall        | 4  | 35  | 3  | 35  | 35 | 35 | 35 | 35  | -70   | 147 |
| Eddie     | Anderson    | 5  | 35  | 35 | 35  | 35 | 35 | 3  | 35  | -70   | 148 |
| Clay      | Stevens     | 9  | 5   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 154 |
| Neal      | Wolle       | 10 | 4   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 154 |
| John      | Davis       | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 2   | -70   | 177 |
| Ron       | Collyer     | 35 | 35  | 35 | 35  | 35 | 35 | 4  | 35  | -70   | 179 |
| Al        | Miller      | 35 | 35  | 35 | 35  | 35 | 5  | 35 | 35  | -70   | 180 |
| Dan       | Fratino     | 35 | 35  | 35 | 6   | 35 | 35 | 35 | 35  | -70   | 181 |
| Jim       | Kisenwether | 6  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 181 |
| Scott     | Hall        | 7  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 182 |
| John      | Jolly       | 11 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 186 |

| Men 30-34 |              | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-----------|--------------|----|-----|----|-----|----|----|----|-----|-------|-----|
| Mark      | Yerkes       | 35 | 1   | 35 | 2   | 3  | 2  | 2  | 1   | -70   | 11  |
| Earl      | Keicher      | 5  | 2   | 2  | 35  | 1  | 1  | 3  | 35  | -70   | 14  |
| Paul      | Cleaver      | 4  | 7   | 4  | 6   | 5  | 35 | 6  | 2   | -42   | 27  |
| Mike      | van Beuren   | 35 | 35  | 1  | 1   | 2  | 35 | 1  | 35  | -70   | 75  |
| Rick      | Woods        | 35 | 3   | 35 | 4   | 35 | 3  | 4  | 35  | -70   | 84  |
| Bob       | Miller       | 35 | 35  | 3  | 5   | 4  | 35 | 5  | 35  | -70   | 87  |
| Charles   | Floyd        | 7  | 35  | 35 | 35  | 6  | 4  | 9  | 35  | -70   | 96  |
| Wally     | Bloss        | 9  | 9   | 35 | 35  | 35 | 35 | 6  | 5   | -70   | 101 |
| Rick      | Smith        | 2  | 5   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 147 |
| William   | Jacobs       | 6  | 35  | 35 | 35  | 35 | 35 | 35 | 3   | -70   | 149 |
| Bob       | Jones        | 35 | 6   | 35 | 3   | 35 | 35 | 35 | 35  | -70   | 149 |
| Tom       | Kessler      | 35 | 8   | 35 | 35  | 35 | 35 | 35 | 4   | -70   | 152 |
| Steve     | Klakring     | 8  | 10  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 158 |
| Don       | Anderson     | 1  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 176 |
| Oliver    | Payne        | 3  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 178 |
| Terry     | Eplee        | 35 | 4   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 179 |
| Bob       | White        | 35 | 35  | 35 | 35  | 35 | 35 | 7  | 35  | -70   | 182 |
| Robert    | Higginbotham | 35 | 35  | 35 | 7   | 35 | 35 | 35 | 35  | -70   | 182 |
| Gerald    | Ferri        | 10 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 185 |
| Mark      | Mallach      | 11 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 186 |
| Bruce     | Sponsler     | 12 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 187 |

| Men 35-39 |             | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-----------|-------------|----|-----|----|-----|----|----|----|-----|-------|-----|
| J. Howard | Beard, III  | 4  | 4   | 3  | 5   | 2  | 5  | 6  | 2   | -11   | 20  |
| Donald    | Kennedy     | 8  | 5   | 8  | 6   | 3  | 4  | 5  | 5   | -16   | 28  |
| Ronald    | Bowman      | 5  | 6   | 9  | 7   | 1  | 35 | 8  | 4   | -44   | 31  |
| Eric      | Peltosalo   | 1  | 1   | 1  | 1   | 35 | 35 | 1  | 35  | -70   | 40  |
| Wilford   | Scott       | 6  | 10  | 11 | 8   | 5  | 7  | 10 | 11  | -22   | 46  |
| William   | Turrentine  | 35 | 35  | 2  | 4   | 35 | 3  | 4  | 1   | -70   | 49  |
| Terry     | Clark       | 35 | 12  | 10 | 11  | 35 | 9  | 12 | 10  | -70   | 64  |
| Jonas     | Legum       | 12 | 13  | 12 | 12  | 6  | 12 | 15 | 35  | -50   | 67  |
| John      | Guala       | 35 | 8   | 35 | 9   | 35 | 6  | 9  | 7   | -70   | 74  |
| Jim       | Hall        | 3  | 35  | 4  | 2   | 35 | 2  | 35 | 35  | -70   | 81  |
| Gayle     | Flynn       | 35 | 35  | 5  | 3   | 35 | 1  | 2  | 35  | -70   | 81  |
| Thomas    | Ervin       | 16 | 35  | 13 | 13  | 35 | 16 | 17 | 35  | -70   | 110 |
| William   | Rosser III  | 2  | 35  | 35 | 35  | 4  | 35 | 7  | 35  | -70   | 118 |
| William   | Rourke      | 35 | 35  | 35 | 10  | 35 | 35 | 13 | 9   | -70   | 137 |
| Bill      | Vogenitz    | 14 | 35  | 35 | 35  | 35 | 15 | 35 | 13  | -70   | 147 |
| Ronald    | Jarashow    | 9  | 35  | 7  | 35  | 35 | 35 | 35 | 35  | -70   | 156 |
| Bob       | Trescott    | 35 | 35  | 35 | 35  | 35 | 8  | 11 | 35  | -70   | 159 |
| John      | Coder       | 10 | 11  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 161 |
| Edwin     | Green       | 35 | 35  | 35 | 35  | 35 | 10 | 35 | 12  | -70   | 162 |
| Ray       | Chapman     | 15 | 35  | 35 | 35  | 7  | 35 | 35 | 35  | -70   | 162 |
| Thomas    | Donlin      | 11 | 35  | 35 | 35  | 35 | 13 | 35 | 35  | -70   | 164 |
| Ron       | Thompson    | 35 | 35  | 35 | 35  | 35 | 14 | 16 | 35  | -70   | 170 |
| John      | Major       | 35 | 2   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 177 |
| David     | Bartosevich | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 3   | -70   | 178 |
| Jeffrey   | Beatty      | 35 | 35  | 35 | 35  | 35 | 35 | 3  | 35  | -70   | 178 |
| Robert    | Walters     | 35 | 3   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 178 |
| Nick      | Lakis       | 35 | 35  | 6  | 35  | 35 | 35 | 35 | 35  | -70   | 181 |
| Dick      | Shea        | 35 | 35  | 35 | 35  | 35 | 35 | 6  | 35  | -70   | 181 |
| Michael   | Edwards     | 35 | 7   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 182 |
| Michael   | Mayer       | 7  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 182 |
| Bruce     | Soyars      | 35 | 35  | 35 | 35  | 35 | 35 | 8  | 35  | -70   | 183 |
| Jonathon  | Asher       | 35 | 9   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 184 |
| Don       | Ewing       | 35 | 35  | 35 | 35  | 35 | 11 | 35 | 35  | -70   | 186 |
| Barry     | Hammond     | 13 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 188 |
| John      | Schaum      | 35 | 35  | 35 | 35  | 35 | 35 | 14 | 35  | -70   | 189 |
| Ron       | Lyst        | 35 | 35  | 35 | 35  | 35 | 35 | 14 | 35  | -70   | 189 |
| Joseph    | Trotto Sr.  | 35 | 35  | 35 | 14  | 35 | 35 | 35 | 35  | -70   | 189 |



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| Men 40-44 |              | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-----------|--------------|----|-----|----|-----|----|----|----|-----|-------|-----|
| Evan      | Thomas       | 7  | 6   | 4  | 5   | 5  | 2  | 8  | 1   | -15   | 23  |
| William   | Conroy       | 1  | 1   | 35 | 35  | 1  | 1  | 1  | 35  | -70   | 40  |
| John      | Kurpjuweit   | 16 | 11  | 8  | 9   | 7  | 4  | 12 | 10  | -28   | 49  |
| Alan      | Wycherley    | 20 | 35  | 11 | 10  | 6  | 3  | 11 | 35  | -70   | 61  |
| Mike      | Chamberlain  | 35 | 2   | 35 | 3   | 3  | 35 | 35 | 6   | -70   | 64  |
| Joe       | Duffy        | 4  | 5   | 6  | 6   | 35 | 35 | 35 | 35  | -70   | 91  |
| Mike      | Schlegel     | 19 | 35  | 10 | 35  | 8  | 5  | 14 | 35  | -70   | 91  |
| Marty     | Paul         | 35 | 35  | 35 | 7   | 4  | 35 | 7  | 4   | -70   | 92  |
| Richard   | Hillman      | 35 | 7   | 5  | 35  | 35 | 35 | 13 | 6   | -70   | 101 |
| James     | McCutcheon   | 10 | 35  | 35 | 8   | 35 | 35 | 9  | 9   | -70   | 106 |
| Joe       | Clorety      | 35 | 35  | 35 | 2   | 2  | 35 | 3  | 35  | -70   | 112 |
| William   | Ammon        | 2  | 4   | 2  | 35  | 35 | 35 | 35 | 35  | -70   | 113 |
| Howard    | Berry        | 14 | 10  | 35 | 35  | 35 | 35 | 35 | 11  | -70   | 140 |
| Tom       | Foley        | 35 | 35  | 35 | 1   | 35 | 35 | 2  | 35  | -70   | 143 |
| Thomas    | Mark         | 35 | 35  | 35 | 35  | 35 | 35 | 4  | 35  | -70   | 144 |
| Fred      | Jacoby       | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 5   | -70   | 145 |
| John      | Fredland     | 35 | 35  | 3  | 35  | 35 | 35 | 5  | 35  | -70   | 148 |
| James     | Woodcock     | 5  | 35  | 35 | 35  | 35 | 35 | 7  | 35  | -70   | 152 |
| Frank     | Goetschius   | 35 | 35  | 35 | 35  | 35 | 35 | 15 | 35  | -70   | 155 |
| Timothy   | Blewett      | 35 | 8   | 7  | 35  | 35 | 35 | 35 | 35  | -70   | 155 |
| Lee       | Patrick      | 35 | 12  | 9  | 35  | 35 | 35 | 35 | 35  | -70   | 161 |
| Tom       | Burton       | 15 | 35  | 35 | 11  | 35 | 35 | 35 | 35  | -70   | 166 |
| Pat       | Hoffman      | 12 | 35  | 35 | 35  | 35 | 35 | 16 | 35  | -70   | 168 |
| Joseph    | Smaldone     | 35 | 35  | 1  | 35  | 35 | 35 | 35 | 35  | -70   | 176 |
| Peter     | Tucker       | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 2   | -70   | 177 |
| Richard   | Dugan        | 3  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 178 |
| Bill      | Wandel       | 35 | 3   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 178 |
| Bob       | Bridges      | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 3   | -70   | 178 |
| Edward    | Dwyer        | 35 | 35  | 35 | 4   | 35 | 35 | 35 | 35  | -70   | 179 |
| Dennis    | Williams     | 6  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 181 |
| Michael   | Impellizzeri | 8  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 183 |
| Bill      | Shaughnessy  | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 8   | -70   | 183 |
| Dave      | Williams     | 9  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 184 |
| Henry     | Garufi       | 35 | 9   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 184 |
| Jeff      | Zehe         | 35 | 35  | 35 | 35  | 35 | 35 | 10 | 35  | -70   | 185 |
| Martin    | Rosenberg    | 11 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 186 |
| Ray       | Randall      | 35 | 35  | 35 | 12  | 35 | 35 | 35 | 35  | -70   | 187 |
| Gif       | Munger       | 13 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 188 |
| Mike      | Connaughton  | 17 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 192 |
| Joe       | O'Boyle      | 18 | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 193 |

| Men 45-49 |           | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-----------|-----------|----|-----|----|-----|----|----|----|-----|-------|-----|
| Douglas   | Pond      | 1  | 35  | 1  | 1   | 1  | 35 | 1  | 1   | -70   | 6   |
| Ken       | Lyons     | 35 | 1   | 35 | 2   | 2  | 1  | 3  | 3   | -70   | 12  |
| Gerald    | Fitchner  | 7  | 7   | 4  | 6   | 5  | 6  | 9  | 35  | -44   | 35  |
| Arnold    | Henderson | 35 | 35  | 2  | 4   | 3  | 2  | 4  | 35  | -70   | 50  |
| William   | Derr      | 35 | 6   | 35 | 5   | 4  | 3  | 5  | 35  | -70   | 58  |
| Earl      | Scott     | 5  | 35  | 35 | 35  | 35 | 4  | 7  | 6   | -70   | 92  |
| Clair     | Morris    | 9  | 35  | 35 | 7   | 7  | 35 | 8  | 35  | -70   | 101 |
| Robert    | Donald    | 3  | 35  | 3  | 35  | 35 | 35 | 6  | 35  | -70   | 117 |
| Richard   | Lantry    | 8  | 35  | 5  | 35  | 35 | 5  | 35 | 35  | -70   | 123 |
| Jim       | Black     | 35 | 35  | 35 | 35  | 35 | 35 | 2  | 2   | -70   | 144 |
| Orv       | Pratt     | 35 | 2   | 35 | 3   | 35 | 35 | 35 | 35  | -70   | 145 |
| John      | Lockwood  | 2  | 35  | 35 | 35  | 6  | 35 | 35 | 35  | -70   | 148 |
| Jim       | Wick      | 10 | 35  | 35 | 35  | 35 | 35 | 10 | 35  | -70   | 160 |
| Ed        | Lutz      | 35 | 3   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 178 |
| Gregory   | Glynn     | 35 | 4   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 179 |
| Doug      | Burkhardt | 4  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 179 |
| Robert    | Phillips  | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 4   | -70   | 179 |
| Don       | Kane      | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 5   | -70   | 180 |
| Michael   | Finn      | 35 | 5   | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 180 |
| Michael   | Long      | 6  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 181 |
| Jim       | Lewis     | 35 | 35  | 35 | 35  | 35 | 7  | 35 | 35  | -70   | 182 |
| Joe       | Handelman | 35 | 35  | 35 | 35  | 35 | 35 | 35 | 7   | -70   | 182 |
| Jim       | Sadison   | 35 | 35  | 35 | 35  | 35 | 35 | 11 | 35  | -70   | 186 |

| Men 50-59 |            | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-----------|------------|----|-----|----|-----|----|----|----|-----|-------|-----|
| Donald    | Perkins    | 35 | 35  | 35 | 35  | 35 | 35 | 6  | 35  | -70   |     |
| Michael   | McAusland  | 2  | 35  | 35 | 4   | 2  | 2  | 2  | 4   | -70   | 16  |
| Donald    | Maddington | 3  | 35  | 2  | 2   | 35 | 35 | 1  | 1   | -70   | 44  |
| Milton    | Taylor     | 35 | 1   | 1  | 1   | 1  | 35 | 35 | 35  | -70   | 74  |
| Neal      | Kissinger  | 6  | 35  | 35 | 6   | 35 | 3  | 7  | 35  | -70   | 92  |
| John      | Brinton    | 35 | 6   | 35 | 7   | 35 | 35 | 8  | 5   | -70   | 96  |
| James     | Fratino    | 1  | 2   | 35 | 35  | 35 | 1  | 35 | 35  | -70   | 109 |
| Bill      | Law        | 35 | 3   | 3  | 35  | 35 | 35 | 35 | 3   | -70   | 114 |
| Leon      | Johnson    | 35 | 4   | 35 | 35  | 35 | 35 | 4  | 2   | -70   | 115 |
| Gene      | Humphrey   | 5  | 5   | 35 | 5   | 35 | 35 | 35 | 35  | -70   | 120 |
| Eugene    | Karol      | 35 | 35  | 35 | 3   | 35 | 35 | 3  | 35  | -70   | 146 |
| Dale      | Vogel      | 4  | 35  | 35 | 35  | 35 | 35 | 5  | 35  | -70   | 149 |

| Men 60 and over |        | 5k | 10m | 2m | 10k | 1m | 8k | 5m | 26k | Total |     |
|-----------------|--------|----|-----|----|-----|----|----|----|-----|-------|-----|
| John            | Wall   | 3  | 2   | 2  | 3   | 1  | 1  | 2  | 35  | -38   | 11  |
| Ben             | Moore  | 35 | 35  | 1  | 1   | 35 | 35 | 1  | 1   | -70   | 74  |
| Joseph          | Ryan   | 1  | 1   | 35 | 35  | 35 | 35 | 35 | 2   | -70   | 109 |
| Guy             | Riccio | 35 | 35  | 35 | 2   | 35 | 35 | 35 | 35  | -70   | 177 |
| Rodney          | Beach  | 2  | 35  | 35 | 35  | 35 | 35 | 35 | 35  | -70   | 177 |



THE END