

STREAK

VOLUME IX
NUMBER 1
FEBRUARY 1987



ANNAPOLIS STRIDERS

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

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INCLUDE FAMILY MEMBER INFORMATION HERE

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	M/F	Initial	Mo.	Day	Yr.
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ORDER FORM FOR T-SHIRTS

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

ORDER FORM FOR TANK-TOPS

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



- Shirts are also available at Strider runs.
- Call for information on coming events and to leave messages 24 hours a day: (301) 268-1165.
- When requesting information by mail, include a long, self-addressed, stamped envelope.
- Please allow 2 weeks for processing this application. You will be sent a membership card good for discounts on running gear at selected area stores.
- The Annapolis Striders, Inc. is a non-profit, charitable organization. Your tax-deductible donation is welcome.

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Annapolis Striders

MEMBERSHIP APPLICATION & RENEWAL FORM

Mail To:
(Send Check or Money Order)

MEMBERSHIP
Annapolis Striders, Inc.
P.O. Box 187
Annapolis, MD 21404

Last Name	First Name	Initial	Birth Date	Sex	
<input type="text"/>	<input type="text"/>	<input type="text"/>	Mo. Day Yr.	Male Female	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mailing Address	Street (Include Apt. No.)	City	State
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Zip Code	Area Code	Business Phone	Area Code	Home Phone	is This A New Membership	Address Change
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Yes No	Yes No
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Occupation _____ Signature X _____

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Race/Runs	News-letter	Property Awards	Membership	Publicity	Clinics Training

Today's Date _____

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

STREAK

ANNAPOLIS STRIDERS

volume IX no. 1

february 1987

OFFICERS

		HOME	WORK
PRESIDENT	DOUG POND	841-6853	202-535-8790
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RECORDING SECRETARY	NANCY WADDINGTON	956-2061	
TREASURER	EARL KEICHER	266-6972	202-872-2604

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MEMBERSHIP	MIKE VAN BEUREN	269-1796	301-268-1165 HOTLINE
PROPERTY/AWARDS	EVAN THOMAS	760-9188	301-269-6353
TRAINING/CLINICS	PATRICIA O'BRIEN	757-0462	
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MAILING	BILL LAW	647-5015	
COMMUNITY OUTREACH	DON WADDINGTON	956-2061	202-692-7287
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YOUTH PROGRAMS			

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ASSISTANT EDITOR	ELEANOR ELSTER	757-4506	

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

The STREAK, published bi-monthly, is the official newsletter of the Annapolis Striders, PO Box 187, Annapolis, Maryland 21404. Letters to the editor, as well as other articles, are welcome. Permission is hereby granted to reprint any article appearing herein provided the source is acknowledged. Permission cannot be extended for material from a copyrighted source.



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MARCH



POND REFLECTS ON PAST YEARS

On November 16, 1986, I ran from Philadelphia, Pa., to Atlantic City, New Jersey. It was a 100K run (62.2 miles). 54 other ultramarathoners started with me at 6 AM from City Hall in Philadelphia. 15 others had started at 4 AM—they intended to go slower. We crossed the River on the Ben Franklin Bridge about 1½ mile into the race. This was the only hill on the course (one of the reasons I selected this run). We ran through Camden, N.J., and then along the White Horse Pike almost all the way to Atlantic City. The last mile was on the boardwalk.

You can really appreciate the loneliness of the long distance runner in a race like this. For the first 25 miles there were other runners near me. Many of these were race walkers who would pass me when they were running and I would pass them when they were walking. After the half-way mark, however, I didn't see many other runners. Although there were water stops every 5 miles, I couldn't have made it without my friend, Harvy Bell. He drove along



the course and stopped every 2½ miles to wait for me with water, bananas, Coke, and juice. After the half-way mark he was waiting for me every 1½ miles. The moral support was as important as the food and water.

I finished the race in 9 hours, 21 minutes, and 33 seconds which placed me 14th overall. I wasn't the first Strider to finish, however, that honor fell to Bill Turrentine who was 10th in 8:53:43.

My 50-mile time was 7 hours, 19 minutes, which was 50 minutes better than my other 50-mile time of 8 hours, 09 minutes. I ran the 8:09 in the JFK 50-Miler which crosses a mountain and is run for 13 miles on the Appalachian Trail. In my opinion it was much easier to run 62.2 miles on a flat road than 50 miles on trails in mountains.

I came out of the race with one physical problem. My left achilles tendon is still sore from running on the slanted shoulder of the road for such a long way.

The only good answer I could think of for the inevitable question "Why did you do it?" was: "I had never been to Atlantic City before."

In my last article about the Power Line run I said I ran from the Downs. The "Downs" I was referring to is a community on the western side of the Severn River called THE DOWNS ON THE SEVERN, not Downs Memorial Park. A run from Downs Memorial Park to the Annapolis Mall would have required some flotation device for this non swimmer to get across the river. My apologies to my editor for not being more specific.

Congratulations to all Striders who did the Maryland Marathon. The nice weather made this run much better for most of the people I talked to who did both the Marine Corps Marathon and Maryland. Special congratulations to "Striders" Rose Malloy, the women's winner; and Pat O'Brien who was second.

This will be the last "Pond's Reflections." I have enjoyed my two years as president. I want to express a special thanks to my own unsung heroes who have personally made my two years better. Joe Clorety, who has handled our championship series accurately and conscientiously, has kept up my spirits with humor and moral support. Evan Thomas, our property and awards chairman, has performed his task efficiently and his friendship has been much appreciated. Earl Keicher, our treasurer, has done a great job with very little assistance. He has always been a willing worker and has lent a kind ear when I needed one. Thanks to Yvonne Aasen for helping make sense from some of my garbled text, and to Barbara Kerr for her drawing that heads this column.

Thank you for electing me and good luck to my successor.

Doug Pond, President



MEMORY OF RUGGED RACE STILL HAUNTS PARTICIPANTS

 A collection of Joe Walsmith's dimming memories
 as recounted by Pat O'Brien

Anyone who is acquainted with Joe Walsmith, the runner, can appreciate the fact he rarely does anything in an ordinary way—road races being no exception. He's been known to fly to Sweden and join in a crowd of 26,000 extraordinary runners galloping across the countryside in a 30K race. His 1987 race schedule features the Florida Gasparilla in January, then the Alabama Azalela Trail in March, and on to the Dipsea in California in June. And in August he'll wrap up his racing circuit with the Falmouth race in Massachusetts. Its not your typical road racer's schedule!

Knowing Joe, I should have suspected that something was amiss when early last spring he began drumming up interest in the Great Ghost Chase—"...a fun little cross country 10K in Virginia". By the end of his campaign Joe had enlisted Evan Thomas, Tim Blewett and myself to join him for this most unforgettable experience.

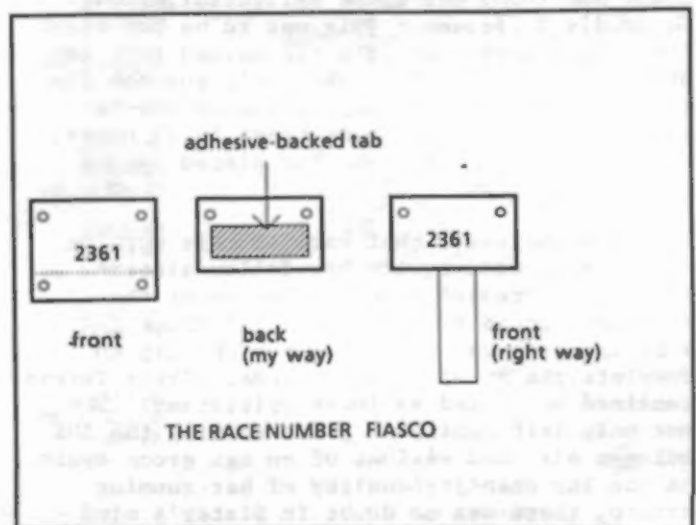
The race was held on May 10, 1986, with the start and finish on the grounds of the Linton Hall School in Bristow, Virginia. A unique feature of the school, which sponsored the race, was that it is a military academy for elementary-aged boys which is run by a religious order of teaching sisters. The race was named "The Great Ghost Chase" to commemorate the ghost of Colonel Linton, a Revolutionary War hero who supposedly haunts the estate to this day.

The event first took on vestiges of being different when we were asked at registration to remove the bottom portion of our number. The "why" behind this still remains a mystery. Then we were instructed to complete the usual biographical data on a separate adhesive-backed tag and attach this to the back of our race number.

I dutifully followed these instructions given by the Sister coordinating efforts at the registration table. Twelve years of parochial education taught me not to question this particular source of authority! With the finish line tab now firmly wedded to the back of my race number, I began to ponder the logistical maneuvers that would be required at the finish area.

Joe quickly put my mind at ease by pointing out that what I should have removed was a small segment of the waxed-back adhesive and then secure this end portion to the bottom of my race number (see diagram). Oh well, guess I would have to give my whole number to the chute worker: not a big deal. Quite honestly, having failed so miserably at this initial decision-making hurdle, I was beginning to have some serious doubts about my ability to handle other, presumably more challenging aspects of completing this race.

(continued on next page)



The four of us were mingling with the crowd while waiting for the start of the race to appear—that's no joke—when we met Sister Teresa. She was 60ish, square and solid of build, very much an extrovert and eager to talk with us about her experience of running last year's Great Ghost Chase.

She wore a white cotton button-down blouse and a convent original of the ever popular "jams"; sister's, however, were fashioned out of a navy blue doubleknit. In addition, she wore white knee high socks and HUSH PUPPIES! When I finally focused through the singular costume and tuned into what Sister was saying, I heard remnants of an explanation about needing a shoe with extra support in order to wade through water and mud and run across the rocks. Sister was so sincere in the reasonableness of her explanation that I suspect she could have converted a Nike rep right there on the spot.



We chatted with Sister Teresa for a long while and found her to be delightful, though decidedly different. This was to be her first 10K. In preparation, she had walked that far and felt confident that she could run the distance. Last year she had completed the 5K portion of the Great Ghost Chase in 1½ hours, only to discover that she had placed second in her age group.

She confessed that earlier this morning, while breakfasting with her fellow sisters, some had expressed reservations about the appropriateness of her outfit (I think the word immodest was used) and her ability to complete the event. Nonetheless, Sister Teresa remained undaunted by these criticisms. She not only felt confident about running the 10K but she also had visions of an age group award. As for the quantity/quality of her running attire, there was no doubt in Sister's mind that she was wearing a winning combination.

It was well past the appointed starting time and a few hundred runners were milling about what was presumed to become the starting area when an authoritative man, dressed in fatigues and armed with a bullhorn, began making announcements. These included that the 5K and 10K races would be run simultaneously and that portions of the course would be the same and different for each of the races. Also, the person who was to have brought the stop watches had not arrived, but not to worry, two watches had been solicited from participants. Finally, our announcer sadly informed us that the starting gun was to have come with the watches; since he had no gun, he would simply point his finger and say BANG to signal the start of the race.

Meanwhile, like an apparition, the starting line began from a tree-covered slope in the distance. It took the form of two cherubic cadets, each no taller than four feet, marching toward the runners with a banner unfurled between the poles each was struggling to carry. The two cadets stood straight at attention once they reached the front of the pack of runners. There was a brief pause before the sound of the BANG—accompanied by the finger signal—heralded the start of the event. With that, the runners "ducked" beneath the starting banner and took off across the green rolling hills of the Virginia countryside. The Great Ghost Chase was underway!

The course is difficult to describe. It included an assortment of grassy hillsides, wooded slopes and open fields, many of these strewn with old cornstalks and knee-high wheat. Sprinkling the terrain was an assortment of rocks, gullies, pricker bushes, creeks, poison ivy, and other obstacles. Great fun!

The 5K and 10K courses were intertwined. To follow each correctly would have been a genuine navigational challenge had it not been for the many course monitors scattered at key points. Most of these monitors appeared to be Linton School students and were uniformed in fatigues, boots, hats, and belts laden with water bottles, compasses, and other paraphernalia suited for "roughing it".

While both the 5K and 10K had their own mile markers, they were identical in size and shape (the ghost logo). Similarly, each race had identical blue kilometer markers. Suffice it to say, after a half-mile into the race (5K or 10K) few, if any of the runners, knew how far they had gone or had yet to go.

Whether there were numerous creeks or simply one, which meandered back and forth across the course, is difficult to say. There were, however, five "crossings" which ranged anywhere from ankle to mid-thigh in depth. All were cold and well stocked with thick, gooey mud and loose, slippery rocks.

(continued on next page)

EDITORS REMARKS

In spite of these apparent drawbacks, the "crossings" proved to be the highlight of the race for most of the runners. On the approach to any one of these could be heard shrieks of delighted excitement as the runners negotiated the waters in every fashion imaginable. Most emerged mud-splattered and smiling, though occasionally a runner was seen shoeless or reduced to a "four-legged" stride.

The timers added still more color to the race. The first youngster, while staring intently at his watch, was excitedly calling out "...nine-forty-six and thirty seconds..." which was simply the time of day. When asked what distance he was timing, he shrugged his shoulders and returned to the task of informing the runners of the time—no doubt doing exactly as he had been instructed. The second timer was, indeed, calling out split times but rather than stationing himself at the 4-mile mark, he had opted for a more comfortable niche in the shade—about 200 yards this side of the 4-mile mark.

The final stretch before reaching the finish area was named "sprain lane". It was about one-half mile over a cow path which was peppered with 4X4-inch hoof-holes left by these animals as they were herded to and from the barn. As my legs, nearly dead with fatigue, tried to nimbly dance across this obstacle course, I can remember feeling a sense of doom and asking the inevitable, "why am I doing this?"

Because many of the runners had brought their families, the finish line was cluttered with scores of cheering and enthusiastic spectators. As the mud-splattered runners collected their loved ones and trooped off to the post-race picnic, many could be heard telling lively tales of their cross-country venture.

The awards ceremony was conducted on the spacious lawn in front of the Linton School amidst runners and their families eating hot dogs, drinking sodas, and basking in the warmth of a beautiful May afternoon. There were lots of prizes awarded to individuals as well as team members. Yes, Sister Teresa did finish (3-plus hours) and surprised all but herself by taking first place in her age division.

There really isn't any one reason why The Great Ghost Chase is my favorite race. But I suppose one of its strongest attractions, and the reason Joe, myself and others will return to run it again, is to enjoy the delightful experience of running with unforgettable people on a unique course.

EDITOR'S NOTE: Pat and Joe would like to get a large contingent of runners to join in the fun of the Great Ghost Chase this spring. Contact either Pat (757-0462) or Joe (956-4427) for further details.

FAVORITE FEATURE COMES FIRST

It's pleasure before business in this issue. I'm happy to present a special feature MY FAVORITE RACE story with two more following on other pages. MY FAVORITE RACE, as you've probably noticed, is my very favorite column. Thanks to those who contributed.

The 1986 Marine Corps Marathon was obviously a memorable race that has provided the meat for more conversation and racing lore than any previous race. Watch for another article in the April issue about dealing with the effects of the heat and humidity encountered on that infamous day. (Author, don't forget to mail your manuscript. I'll be looking for it.)

A DIFFERENT KIND OF STREAKING, PERHAPS?: I was all dressed up wearing my good wool coat. My son, Curt, and I had stopped at the supermarket after visiting "the sick" in the hospital. As we made our way down the detergent aisle a man looked at me in surprise and said, "Hi! I hardly recognized you with your clothes on."
"Mom!" Curt exclaimed, looking at me in wide-eyed horror.

"Oh, that's just a neighbor," I explained casually. He's never seen me in anything but running clothes or dog-walking clothes." He walks his dog too, and we pass each other on the street at least once a day. (Actually, I call him Charlie Brown and his dog, Snoopy.)

I can guarantee you can all relate to this incident; how many times has it happened to you?

BILL LAW WORKED WITH A SKELETON CREW: Bill Law prepared the "new" December Streak for mailing with the help of only three other people. They were Nancy Waddington, Dick Hillman and his daughter, Heidi. Thanks, team.

DEADLINES ALWAYS COME: The deadline for the April Streak is March 10.

—Yvonne Aasen



Caricature by Irv Finifter

BOARD MINUTES



SUMMARY OF BOARD ACTIVITIES

The Board of Directors meets monthly on the 2nd Mon. at 7:30 PM. Room 100, Arundel Center, Annapolis. The meetings are open to all Striders.

A summary of recent Board deliberations and action is as follows:

Entertained a proposal from Bill Ammon and Gale Cromwell for the club to sponsor a triathlon in 1987 and voted to do so provided insurance equalling that in effect for other Strider events were obtained.

Endorsed engaging Sir Speedy to print the Streak due to monetary and related publishing considerations.

Contributed \$100 towards the travel expenses of a high school runner representing the county in the national scholastic cross country championships in California.

Accepted the report of the Nominating Committee (published elsewhere in this issue).

Accepted the report of the Long Range Planning Committee that it had not met in the 4 months since its creation but would on 1/24.

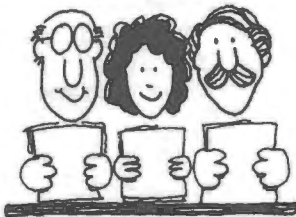
Forwarded a letter to the County Executive and County Council expressing concern regarding the press accounts of a proposal to use the abandoned B & A RR right-of-way for light rail transportation rather than as a bike path as has been planned for more than a decade.

Accepted a report that the organization had 743 members as of January 1st.

Accepted reports from the race director concerning the 1987 race schedule, selection of directors for each event, and other related details.

Confirmed that the Streak was to be published bi-monthly rather than quarterly.

Entertained a request from the organizers of the 3rd annual Johnny Boy Simms Memorial Race to assist with this event to be conducted on the course of the 1984 Bud Light Olympic Torch Run.



Accepted a report regarding the likelihood of cancellation of the 1987 Bay Bridge Run due to the reconstruction of the span.
(Editor's note: It's on!)

Referred to the long range planning committee a proposal by Maria Coughlin for encouraging race worker volunteer participation.

Adopted a policy regarding the entry fees for 1987 club races.

Postponed until the February meeting consideration of a resolution relating to the club's longterm relationship with the Naval Academy and requested the advice of the Long Range Planning Committee regarding the resolution.

Postponed until the February meeting consideration of proposing an amendment to the by-laws to eliminate the floor nominations and election of officers at the annual meeting and substituting election by mail ballot with nominations by a committee and by written petition, and requested that the Long Range Planning Committee advise regarding the proposal.

Reviewed the preliminary plans for the Annual Meeting/Banquet and appropriated \$750 for these functions.

Accepted reports from the Treasurer, noting that the period of the current budget had expired but authorizing further expenditures in substantial conformance with similar appropriations for 1986 until the incoming board adopts a budget (and further referring the question of the club's fiscal year for consideration by the Long Range Planning Committee).

POLICY CONCERNING ENTRY FEES

[Adopted by the Board of Directors, January 12]

This policy governs the amount of entry fees to be charged for club racing events generally attracting fewer than 250 participants.

The following considerations form the basis for the schedule of fees:

1. These fees are established at as reasonable a level as possible in order to encourage broad regular individual and family participation.
2. Fees are charged to cover the basic expenses of the specific event.
3. General expenses common to all events are absorbed by the general funds of the organization.
4. A profit is neither planned for nor anticipated from these events.
5. A modest "early bird" fee is charged in order to agument the entrant's commitment to participate and to enable the event's director to plan accordingly through the encouragement of early entrants.
6. As these events form a part of a program primarily planned for members of the organization, a higher "early bird" fee is charged for non-members in order to serve as an incentive for area runners to affiliate with the organization.
7. The late fee is higher than the early fee in order to clearly encourage early entries but not so high as to discourage participation or appear totally disproportionate to the benefits provided by the event.
8. The director of each event is strongly encouraged to engage sponsors to make monetary and in-kind donations in order to defray the costs and to augment benefits provided to the participants.
9. A modification of the schedule of fees may be approved by the club race director.

The schedule of race entry fees for 1987 shall be:

	Member	Non-Member
Early	\$ 2	\$ 3
Late	\$ 3	\$ 4
Track races only	\$ 1	\$ 2

Tee shirts may be sold separately usually at \$4.

No entry fee shall be charged to members who submit early entries for the 9th Anniversary Run.

ANNAPOLIS STRIDERS

AWARDS BANQUET AND GENERAL MEMBERSHIP MEETING

SATURDAY, MARCH 7, 1987

ST. JOHN'S COLLEGE, ANNAPOLIS, MD

OFFICERS FOR THE 1987-88 TERM WILL BE ELECTED AT THE ANNUAL MEETING TO BEGIN AT 6:00 P.M. WITH A RECEPTION IN McDOWELL HALL.



NOMINATING COMMITTEE REPORT

Earl Keicher and Howard Beard not only beat the bushes but developed telephone tendonitis to successfully come up with a slate of officers. The nominees are: President, Evan Thomas; Vice President, Pat O'Brien; Secretary, Eleanor Elster; Treasurer, Mike Impellizzeri.

They also solicited names for Committee Chairmen. Still needed are Race/Runs, Training/Clinics, and Property & Awards.

Here is a brief resume of each candidate:

NOMINEE FOR PRESIDENT

EVAN THOMAS

AGE: 45

OCCUPATION: Logistician for Logistics Management Engineering, Inc., Annapolis, MD.

FAMILY: Wife, Lloyd-Ellen; two boys, Andrew, 16, and Jeremy, 19.

STRIDER MEMBER FOR: About 4 years. Property & Awards Chr. for two years.

FAVORITE RACE: Maryland Marathon; favorite distance 10 miles.

NOMINEE FOR VICE PRESIDENT

PATRICIA O'BRIEN

AGE: 39

OCCUPATION: Nurse Educator at North Arundel Hospital.

FAMILY: Married to Bob Walters. Son, Zachary, age 6.

STRIDER MEMBER FOR: 5 years. Served on Board 3-1/2 years as Chr. Training/Clinics.

FAVORITE RACE: Hooked on marathons. Maryland Marathon good local race. Likes New York Marathon.

NOMINEE FOR SECRETARY

ELEANOR ELSTER

AGE: 36

OCCUPATION: Student at University of Maryland. Has been English teacher, Naval Officer, wife and professional student.

FAMILY: Son, Eric, 3 years. (We told her Shadow the dog doesn't count.)

STRIDER MEMBER FOR: About 1-1/2 years.

FAVORITE RACE: Likes marathons best. Severna Park 5-Miler favorite Striders race.

NOMINEE FOR TREASURER

MIKE IMPELLIZZERI

AGE: 44

OCCUPATION: Research Analyst for the National Highway Traffic Safety Administration, Washington, D.C.

FAMILY: Three children: Amy, 16; Jason, 15; David, 11.

STRIDER MEMBER FOR: About seven years.

FAVORITE RACE: Has no favorite race. Likes 10-mile distance best.



JENNIFER AMYX OF FREDRICK, MARYLAND, WILL BE THE GUEST SPEAKER AT THE BANQUET BEGINNING AT 7:30 P.M. IN RANDALL DINING HALL.

AWARDS WILL BE PRESENTED TO THE WINNERS OF THE 1986 CLUB CHAMPIONSHIP SERIES AND TO SEVERAL OTHER SPECIAL PERSONS.

MAKE YOUR RESERVATIONS NOW WITH THE RESERVATION FORM YOU RECEIVED IN THE MAIL OR FIND IT IN THIS ISSUE OF THE STREAK.



WELCOME TO THOSE WHO HAVE
RECENTLY JOINED THE STRIDERS



- | | |
|-------------------|--------------|
| Jon Girard | Arlington |
| Josie Ballato | Hanover |
| Thomas Hoffman | Crofton |
| Barbara Hoffman | Crofton |
| James Mandrin | Pasadena |
| Jeannie Conaway | Glen Burnie |
| Ralph Kruck | Annapolis |
| Lynn Kruck | Annapolis |
| Michael Keebaugh | Annapolis |
| Stanley Lacienski | Annapolis |
| John Maclean | Bowie |
| William Blanchet | Annapolis |
| Raymond Fagen | Greenbelt |
| Dave Alley | Annapolis |
| Anne Inglis | Linthicum |
| Daniel Miller | Severna Park |
| Deborah Miller | Severna Park |
| Amanda Miller | Severna Park |
| Andrew Miller | Severna Park |
| Joseph Miller | Severna Park |
| Anthony Miller | Severna Park |
| John Rains | Annapolis |
| Gene Newman | Arnold |
| Pat Newman | Arnold |
| Erin Newman | Arnold |
| Beth Newman | Arnold |
| Adam Newman | Arnold |
| William Myers | Annapolis |
| Joanne Myers | Annapolis |
| William Myers | Annapolis |
| Michelle Myers | Annapolis |
| Andrew Lyons | Annapolis |
| David Abbott | Bowie |
| Ann Rougle | Annapolis |
| Edward Denny | Annapolis |
| Douglas Rowe | Pasadena |
| Thomas Lentz | Hershey |
| Joseph Moss | Edgewater |
| Robert Gushee | Crofton |
| Nancy Gushee | Crofton |
| Dennis Worley | Greenville |
| Diane Worley | Greenville |
| Courtney Worley | Greenville |
| Ashley Worley | Greenville |
| Donald Bowers | Severna Park |
| Jesse Fussell | Annapolis |

COMMITTEE MAKES SWEEPING DECISIONS

Ten Striders attended the first meeting of the Annapolis Ten-Miler Race Committee held in early January. A number of key and not-so-key positions remain open. Call the Race Director, Dick Hillman, 269-0253, to volunteer.

The date of the race is August 30th. The committee considered various matters that affect information for the entry form which is to be available by March 1st. The following decisions were reached:

- New start time: 8:00 AM.
- Revised course: K.G. St., Ferry Farms, and sharp turnaround eliminated; Naval Academy, St. Margarets Road, and Great Meadows added.
- Field increased to 3,000.
- Entry fee to remain at \$10, but late entry approved: \$12 by August 1st, \$15 by August 29th.
- Tentative: long sleeve shirt to registrants, lapel pin to finishers.
- No prize money.
- New sponsors to be solicited.
- Possibility of expanding to three day weekend to be explored.
- Team competition to be permitted, with awards categories yet to be determined.
- No dedication of race profits to be part of race promotion.
- While SASE still to be required for full confirmation and information letter, post card to be forwarded to each entrant confirming acceptance.

Next Meeting: Sunday, February 8th, 7 PM, 4 North St, Annapolis

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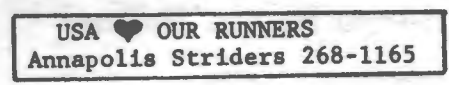
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The STREAK February 1987

News Flash

DEPTH NEEDED FOR RRCA RACE

Once a year running clubs in the area get together for a team competition called the RRCA 10-Mile Challenge. This year the MD/DC area race will be held Sunday, February 22, at 9:00 A.M. at Howard Community College, Columbia, MD. We need 15 runners from our club to qualify as a team. Last year our team of 16 placed at the back of the pack placing 7th out of 8 teams. Give our team more depth. Call Doug Pond to sign up (841-6853). Carpools will leave from the Annapolis Mall.

CHAMP SERIES TO BE ANNOUNCED

1986 Club Championship Series winners will be announced at the Awards Banquet on March 7. Watch for the 1987 Champ Series rules in the April Streak. Don't miss the first two 1987 Champ Series races on February 28—the Washington's Birthday 5K; and the Cherry Pit 10-Mile Run on April 5.

DON'T FORGET THIS



RACING STREAK ENDS

Jonas Legum set an enviable record of running 29 continuous Annapolis Strider Series races. His racing streak began with the Cold Turkey 20K in November of 1983. It lasted through the Pennysaver 5-Miler in Severna Park on September 7, 1986.

So why did Jonas give up his racing streak? Was it because he married Jean Snyder on November 30? No, according to Jonas. It was because of a ligament injury to his back that appeared to be aggravated by racing. "I want to keep running the rest of my life," said Jonas. Backing off seemed the sensible thing to do to prevent permanent discomfort.

Congratulations on a great racing streak, Jonas. And congratulations and best wishes to the happy couple from all the Striders.



Wedding

convention

The Montgomery County Road Runners are hosting the Road Runners Club of America annual National Convention to be held in Rockville, MD, on May 15-17. More details will be announced at the Awards Banquet and in the April Streak.



TRAINING TIPS

RUNNING OUT OF ENERGY

by Colleen Pierre, R.D.

Occasionally, when you should be running well, fatigue sets in, training gets harder, and racing times stall. These plateaus can be caused by illness, overtraining, inadequate sleep, or nutritional errors. Common food-related causes of chronic fatigue in endurance athletes include:

- o Iron Deficiency
- o Energy Imbalance
- o Low Carbohydrate Diets
- o Poor timing of Meals

IRON DEFICIENCY

The first suspect in chronic fatigue is iron deficiency anemia. The usual lab tests include both hematocrit and hemoglobin which measure circulating iron. Recent attention has focused on another test, serum ferritin, which measures storage levels of iron. Several researchers have noted that elite athletes may have low-normal hemoglobin levels, but very low serum ferritin levels. Controversy has arisen over whether this will actually affect performance. While research goes on we suggest that you do the following:

1. Have the lab tests done, including serum ferritin.
2. If you find low values, increase iron-rich foods in the diet, and begin taking a multiple vitamin and mineral supplement that meets 100% of the RDA for iron, copper, and zinc.
3. Have the lab test repeated in 3 months. If the iron values have improved, this would indicate that iron was definitely part of the problem. If lab values are normal, stop taking the iron supplement, but continue the iron-rich foods.

Athletes who have an ongoing problem with iron deficiency should have lab tests repeated regularly every 3-4 months.

4. Have your diet evaluated for the other food-related fatigue problems which follow.

ENERGY IMBALANCE

Many endurance athletes believe that the thinner they are, the better they will perform. Often, they severely restrict their food intake, even when they increase their training, in an effort to lose even more weight.

While it is true that excess body fat will hinder performance, so will severe calorie restriction.

Low calorie intake makes it difficult for the muscles to replace glycogen, producing "heavy legs" and chronic fatigue.

Many runners who have already achieved very low body weight continue to restrict calories for fear of gaining weight. This limits the nutrients available for maintenance of body function, as well as limiting the calories needed to replace muscle glycogen.

Two recent studies have indicated that there may be a connection between prolonged calorie restriction, amenorrhea, and loss of bone density in female athletes.

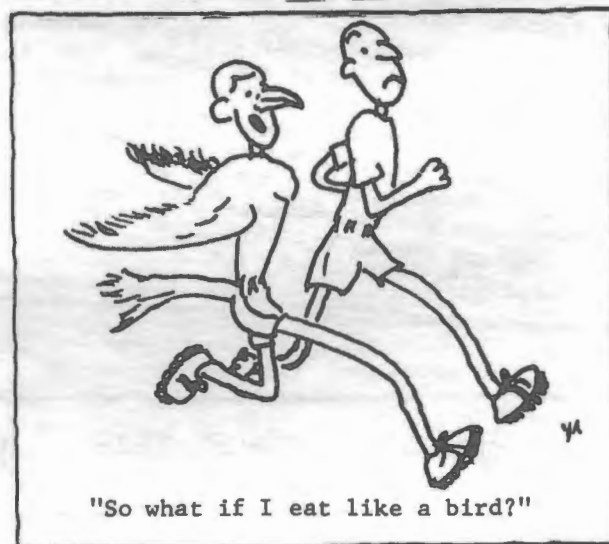
Runners who wish to decrease their body fat should take a moderate approach. Mild calorie restriction will produce gradual fat loss without reducing Basal Metabolic Rate, while providing energy for training and racing.

To estimate your energy (calorie) needs, use the following numbers:

MEN: 2700 calories per day plus 100 calories per mile.

WOMEN: 2000 calories per day plus 180 calories per mile.

To lose weight, estimate your total energy needs, then decrease food intake by no more than 500 calories per day. This should produce a loss of one pound of fat per week.



LOW CARBOHYDRATE DIETS

If asked, most endurance athletes will tell you that a high carbohydrate diet is very important to performance. But nutritional analysis of what they actually eat often reveals diets high in fat. Apparently many high fat foods, such as brownies or banana cream pie, are mistaken for high carbohydrate foods. You might like to get yourself a "Carbohydrate Counter" book and evaluate your diet. Athletes who are training hard every day should be getting 600 gms of carbs per day. Those doing hard-easy training should get 60% of their calories from carbohydrates.

(continued on next page)

POOR TIMING OF MEALS

Studies done by David Costill show that glycogen is most effectively replaced when some high carbohydrate foods are eaten within the first two to four hours after exercise. Also, since glycogen replacement takes 24 to 48 hours to achieve, it is best to have 3 to 6 meals evenly spaced throughout the day. This allows the body to gradually add to glycogen storage before your next training session.

Many athletes who are focused on low body weight try to go many hours without eating, then consume all their calories in one large meal. This encourages fat production rather than glycogen production.

If your training and racing are suffering because of chronic fatigue, you should evaluate your diet for these common food-related errors, as well as considering the possibility of illness, over training, or inadequate sleep.

Editor's note: Colleen Peirre is a Registered Dietitian specializing in Sports Nutrition at the Union Memorial Sports Medicine Center in Baltimore. She has been an Aerobics Instructor, Marathon Runner and Triathlete. She can help you evaluate your diet. Just call (301) 544-2619.

IRON-RICH FOODS

MEATS (3 oz.)	Mg	Poultry (3 oz)	Mg
Liver	7.5	Chicken	1.26
Veal	3.7	Turkey	1.79
Pork	3.2	Duck	2.70
Beef	3.1		
Lamb	2.0		

SEAFOOD (3 oz)	Mg	BEANS & GREENS (1/2 cup)	Mg
Clams	7.5	Garbanzos	2.6
Crabcake	0.9	White Beans	2.4
Haddock	0.5	Limas	2.3
Halibut	0.7	Kidney Beans	2.2
Lobster	0.6	Lentils	2.1
Oysters	8.1	Spinach	2.0
Salmon	1.2	Peas	1.5
Scallops	3.0	Tofu	2.1
Tuna	.05		

CEREAL	Mg	SNACKS	Mg
Cooked (3/4 cup)		Prune Juice (1/2 cup)	5.2
Cream of Wheat	8.1	Apricots-dried (1/2 cup)	3.6
Wheatena	1.4	Raisins (1/2 cup)	2.6
Oatmeal	0.8	Sunflower Seeds (1/4 cup)	2.6
Cold (1 ounce)		Figs, 4	1.6
Most, Total, Product 19	17-18	Prunes, 6	1.6
Cheerios, Kix,		Dates, 4	1.2
40% Bran Flakes,		Strawberries (3/4 cup)	1.1
Life, Wheat Chex,			
Wheaties	7-8		
Raisin Bran,			
All Bran,			
Special K	4-6		

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MY FAVORITE RACE

ONCE UPON A TIME THERE WAS RAW MEAT...

by Bill Shaughnessy

Each year an eager mob awaits the starting cannon for the beginning of the Marine Corps Marathon in Washington, D.C. This year, about 11,300 people registered and almost 10,000 started. The Marine Corps is proud of this event, and rightfully presents it as "The Peoples' Marathon." In the Annapolis Striders, training for the marathon season gets serious when Moore's Marines start working out each Saturday morning—early each Saturday morning. Under the guidance of Lt. Col. Ben Moore, USMC Ret., the group progresses from ten mile runs to twenty mile excursions. First time marathoners receive special attention, encouragement, and coaching. Twenty-six miles is not to be taken lightly. This year, forty percent of the starters would be first timers. In the Marine Corps' tradition, these souls are labeled "Raw Meat." I was one of them, and what follows are my thoughts as I ran my first marathon.

...AND THIS IS MY STORY

All the picture taking was done. All the last minute hugs and kisses. It's better that they hug us now, while we're still clean and we still smell OK, because in a few hours... All that nervous giddiness bubbling up. Did I train enough? I must have because there's no time left for any more. Did I carbo load enough? Maybe a couple of pounds too much! All that preparation. All that training. Miles upon miles. Low fat. Blisters. Pain. Train up. Train down. Listen to your body. The marathon ethic. All done now. It's party time.

A tight group forms around Ben Moore in our proud orange (orange???) Moore's Marines jerseys. We paid our dues. We earned them.

The day started with heavy rain, but by now it had stopped. Now instead of worrying about staying warm in the rain, we were faced with 62 degrees and 100% humidity—a little too warm and a lot too humid. As long as the sun didn't come out... With fifteen minutes to go there were more speeches and more hype. Stay calm. Twenty-six miles will need all the adrenaline you can muster. I wish I had gone to the head one last time.

The handicapped racers are off. They're amazing. They not only overcame their handicap, but then did the training on top of that. I can't imagine. Can I do it? Sure I can. I mean, if they can do it, I can, right?!

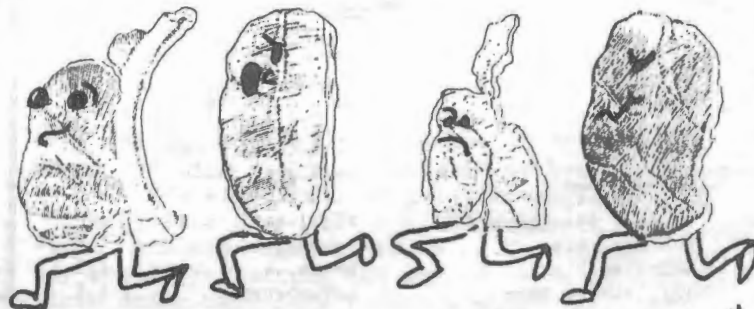
Finally, the cannon goes off. After an eternity of nothing, the wave of motion reaches back to us and we start to move—slowly. It's a relief to get going. It takes a while to cross the starting line, but, what the heck, there are a lot of miles to make it up in. Find an open lane and it feels sooo good to be moving. My body feels good as I thread my way through the mob. That tapering down stuff can really get to you. There's a banner that reads ARE YOU HAVING FUN YET? You bet. Under the bridges. Everyone yelling and screaming to make the echoes. The crowd is cheering us on, and everyone is really high. I notice that my perspiration is coming up already.

There is a Marine calling out the time for the first mile. What? 7:37 can't be right! If I subtract the minute or so it took to get across the starting line, that's far too fast. Slow it down stupid! But, really, it can't be right. But even if it's close, it's way too fast. Settle down. My breathing is too hard, but I try to tell myself that it's just from the little uphill.

My three mile time is 23:53. You crazy jerk, that's still too fast. Slow it down before it's too late. We loop back around the Pentagon. Bored looking colonels have to wait for the crazy people in sweaty bodies to get out of their way so they can cross the street. But, hey, check this out—a two star out front cheering us on! "You look good, Marine! Keep it up!" "Did you hear that. The General said I looked good! Yahoo!"

Someone calls my name—someone from work. Alright! Pump me up! That ought to hold me for another couple of miles. But in half a mile he is forgotten in the heavy breathing. We head back towards the cemetery. I'm making my water stops quick—don't want to lose too much time. I hear my name again! It's Sally! I give her a big wave, and back under the bridge we go. There is still some yelling, but the euphoria is getting a little worn. As we head over the bridge to Georgetown, I notice that I'm starting to feel pretty tired, and it's too early. You're supposed to feel fresh at ten miles and we aren't even close.

GO, MOORE'S MARINES!



"Why is everyone looking at us?"

Through Georgetown, down the hill, under the bridge. "Go Moore's Marines!" Fantastic. Pump me up. Watch your footing on the streetcar tracks, and back up the hill towards the Lincoln. I'm breathing too hard and I badly have to go to the head. I hear my name again! Sally! She must be moving almost as fast as I am, but she doesn't look like she's breathing nearly as hard. I'm tired, man. The wave back isn't as brave this time. Let's go see some monuments.

The ten mile time is 1:23:50. Face it, Willie, you messed up the beginning of the race. You didn't go to the head, you went out too fast, and you didn't drink enough for this weather. But stay calm. Just slow it down and you can still do this thing. Water. I walk a bit and drink plenty, and I feel a lot better. Around mile twelve, I finally stop at the porta-Johns. Thank God! The relief is incredible. Much better, now stay cool. Nice and easy does it. "Go Moore's Marine!" You bet! Let's go, but stay cool.

At the half-way mark my time is 1:52:40, and that's much better. I can do this thing. Be smart. But as we round the Capitol, the sun comes out. Bad news. At the next water stop I walk while I drink lots. I'm very tired. Orange jerseys! "Hey Moore's Marine, here's some Coke. Drink some. It will help." Right! I'll try anything. You guys are great. Come on, pump me up.

"Hey, who are these Moore's Marines" asks a runner from Florida. So I explain about the group, about Ben and the weekly runs, about the dinner. He was dutifully impressed and it helped pass the time. We went back by the Lincoln, up those damn ramps over the steps. My legs didn't need that, but I hear the wheelchairs needed it even less. I hear my name again. Sally! God bless her! And off we go into the make-miles portion of the race. Drink, fool. Walk and drink plenty. Twenty mile time was 2:56:something. Can't remember. It's getting pretty hot, and I'm feeling loose—maybe limp is a better word. "Let's go, Moore's Marine," shouts an orange shirt as he trots on by. Right. More water. Take it easy. Vision is a little shaky here, but I see we are at mile 22. I'm exhausted. Orange shirts. "Are you OK?" Stretched out, but I'm OK. Here's some Coke." Walk. Drink the Coke. I feel a little better now, and I press on. Someone has collapsed and the medics are working on him.

Finally we reach the bridge. Lots of people are stopped, working on their feet. I have to walk some. After I run some more, I get shoulder pain and have to remind myself to belly breathe.

We go by the Pentagon again—finally. I'm going home, man. I'm going to do this thing! Water. I walk and drink. Dig deep. Take it easy. So tired. Got to keep going, now, because I'm so close. But it's taking so long. Why is everything taking so long? We go under the bridges one last time. No yelling this time. People who have already finished are walking back to their cars, and that is discouraging.

Push. You can do it. "Go Moore's Marine!" Easy for you to say. Pump me up. I need it. So long. So tired. Come on, get stubborn. Dig.

Hey, the crowd again! And they're getting noisy. "You can do it!" Damn right! I can see the cemetery. So tired—but I'm almost there. "Only one more mile to go." The crowd is heavy. Great. Psych me up! Just a little more. And I'm going to run across the finish line. Grit your teeth. There's the Carillion! "Just around the hill." I can do it! Uphill. Keep going. To hell with tired, this is it, guy. "Only 400 yards to the finish." Sally! I'm going to do it! Run. Damn hill! Where's the finish? Sally! I'm going to do it! Run. Damn hill! Where's the finish? "Around the corner." More uphill. It hurts. Where's the finish, dammit? Right knee knotting up. Push. Pump. Suddenly level. Finish. No joy. Just relief. I can stop now. Thank God.

"Here's a cup. Drinks over there." Draggin' tired. Space blanket—but I'm not cold, just awfully tired. Three trucks. Need Coke, but the Lowenbrau truck is closest. FANTASTIC!!! Sally! I did it! 4:06:19, but I did it!

Moore's Marines were great. Sally was great. Ben Moore was great. God, I'm tired. I did it! Feels so good to lie down and rest. So good. I think next year I'll run it a little smarter. Next year! Listen to me! I'm a crazy person! Here's the Coke. FANTASTIC!

MY FAVORITE RACE

MARYLAND GAVE ME A SECOND CHANCE

by Evan Thomas

It all started in the heat of summer. Training for the Marine Corps Marathon had been the best ever—mileage and speed up, I felt strong. I raced just enough to stay sharp (the 20-miler past the nudist colony was great). My only training problem surfaced on an easy run the Monday after that particular 20-miler—my left calf tried to "blow out." Rest and easy running seemed to cure it.

As you know by now, the Marine Corps Marathon race day on November 2 did not dawn cool and dry. Humid and warm was the order of the day. Instead of adjusting to the conditions, I blithely launched myself as if it were perfect running weather. As the miles fell away I soon realized something was wrong. Enthusiasm turned to dismay and by the ten-mile mark doubt was creeping in. No acute physical problems were evident, but some head problems were; I felt some disorientation in my judgement of distances which resulted in completely deflating my confidence. Just before the Capitol, I decided to pack it in. Under the circumstances, stopping was the only correct action. (As George Carlin says, "You gotta wanna!")

(continued on next page)

IF AT FIRST YOU DON'T SUCCEED
...TRY ANOTHER MARATHON

The week after my aborted marathon I was as sore as if I'd gone the entire distance. My body had to heal normally but something happened to soothe my disappointed feelings, I found that I could have a second chance. My three months of training wouldn't go to waste—a number of hardy souls were going to try the Maryland Marathon one month later and I would join them. "Just look on the Marine Corps as if it had been another training run," they said. With their helpful advice and encouragement I was back into training. After a week an injury reared its ugly head;



tendonitis on the top of my right foot brought me to a grinding halt. Wild thoughts raced through my obviously damaged brain: stress fracture? long term injury? A week logging just eleven miles passed with agonizing slowness. Again, rest was the answer.

Gingerly and slowly I was able to run again. Early Saturday mornings found me back on Route 450. Mike Long suggested several new routes to make the long runs more interesting: new highway 90 (no cars) and a loop including Rutland Road/St. George Barber/Governor's Bridge/ Riva Road/back to the mall.

Once again we tapered and looked nervously at the weather forecast. The weather turned out great—high 40s, sunshine and low humidity. The Maryland Marathon appropriately fell on the anniversary of Pearl Harbor Day, December 7. Would it be an omen to bring personal victory?

Joining me in my personal vendetta at the starting line were a select group of Striders, most of whom had one marathon under their belts. Others, such as I, were also looking to turn around a bad experience.

Starting off with Eleanor and Ben in close proximity, we bounded through the first mile in 7:25. "Too fast!" I yelled, but it only slowed Eleanor for a while. Ben was running a more even pace than we. Miles sped by and I was left to my own devices at about the seven-mile mark. Hitting 10 miles at exactly 80 minutes raised some questions as to the wisdom of the early pace, but the weather helped overcome them. Also, my focus on finishing was very good. At 13 miles each Annapolis runner got a great boost from the gang of Striders manning (and womaning) the turnaround water stop. Cheers, encouragement, orange slices and chocolate got us off toward the finish in great shape. At the top of Providence Hill (16 miles) my wife, Lloyd, and son, Andrew, chipped in with dry gloves and cap, Coke and banana. Then on to Satyr Hill...walked two-thirds of it just like Ben showed me in '84. Changed gloves and hat again at about 20 miles and had the rest of the banana and Coke. From there it's supposed to be all down hill to the finish...Not true. I did manage to keep the pace and didn't have to walk. As a result, I was able to pass a few people on the way in. I had just reached 33rd Street with the stadium in sight when who should appear but Don Kennedy. Don, it turned out, was the official escort up the last hill. His big assist got me (and others) to the stadium in good spirits. There, we were told, we would have our images flashed in living color on the Diamond Vision screen. I was ready for it as I "raced" through the tunnel into the stadium, only to discover they had stopped showing people some time earlier. However, I was so happy to see the finish line that nothing else mattered much. Also, seeing a 3:49 (PR) on the clock helped my attitude considerably.

What would have happened if things had not gone well? Like someone else I know, I probably would be gearing up for the upcoming Washington's Birthday or the DC Marathon (but don't tell my family I said so).

A special thanks to all the Striders who made the Maryland Marathon a great memory: Mike Long, Eleanor Elster, Ben Moore, Pat O'Brien, Bill Law, Earl Keicher, Rose Malloy, Mike Impellizzeri, Bill Vogenitz, Milt Taylor, Ray Chapman, John Guala, and Neal Hinkle.



RACE RESULTS



COLD TURKEY 20K RUN

Edgewater, Maryland November 30 1986

Weather: Cloudy, 50's

PLACE	NAME	AGE	SEX	TIME	PACE
1	ROBERT CESSAR	25	M	1:10:09	5:39
2	ERIC PELTOSALO	37	M	1:13:06	5:53
3	EARL KEICHER	33	M	1:13:21	5:54
4	WAYNE MIDDLESTEADT	23	M	1:13:53	5:57
5	MATTHEW MACE	26	M	1:14:59	6:02
6	BILL CONROY	43	M	1:15:29	6:04
7	GREG HILL	21	M	1:16:49	6:11
8	JERRY ANDERSON	30	M	1:17:00	6:12
9	GAYLE FLYNN	37	M	1:18:54	6:21
10	ROSE MALLOY	38	F	1:18:55	6:21
11	JACK SHELTON	36	M	1:20:00	6:26
12	BILL TURRENTINE	38	M	1:20:26	6:28
13	DONALD KENNEDY	39	M	1:20:35	6:29
14	DARRON HAYES	15	M	1:20:50	6:30
15	THOMAS PRENDKI	30	M	1:21:26	6:33
16	BILL AMMON	41	M	1:24:36	6:48
17	MARILYN SEGALL	33	F	1:24:36	6:48
18	JOE CLORETY	44	M	1:25:41	6:54
19	ROBERT GODESKY	48	M	1:25:55	6:55
20	J BEARD III	40	M	1:26:03	6:55
21	BOB PHILLIPS	50	M	1:26:24	6:57
22	SCOTT HALL	26	M	1:26:36	6:58
23	KITSIE HIGGINS	32	F	1:26:48	6:57
24	DAVID ANSEL	29	M	1:28:09	7:06
25	DONALD WADDINGTON	54	M	1:28:26	7:07
26	WINNIE HITTLE	34	M	1:28:42	7:08
27	FAUL CLEAVER	31	M	1:28:56	7:09
28	DOUGLAS MCINTYRE	38	M	1:29:01	7:10
29	PAT O'BRIEN	39	F	1:29:03	7:10
30	DANNY DOUGLAS	29	M	1:29:13	7:11
31	MILTON TAYLOR	53	M	1:30:00	7:15
32	HARVEY SNYDER	26	M	1:30:20	7:16
33	WILL SCOTT	36	M	1:30:26	7:17
34	JOHN GUALA	39	M	1:30:43	7:18
35	MARK JONES	30	M	1:30:44	7:18
36	DAVE FRYE	30	M	1:30:44	7:18
37	NICK TAYLOR	36	M	1:30:44	7:18
38	ARHOLD HENDERSON	50	M	1:30:50	7:19
39	BILL MCKEEVER	42	M	1:30:54	7:19
40	THOMAS BRADFORD	43	M	1:31:18	7:21
41	FRED SHANKLIN	45	M	1:31:33	7:22
42	HANK CHURCH	45	M	1:33:33	7:32
43	WILLIAM DERR	47	M	1:33:36	7:32
44	JAMES SCHRAF	25	M	1:33:55	7:33
45	JOE DUFFY	45	M	1:33:59	7:34
46	KEITH HARVEY	38	M	1:34:01	7:34
47	JOHN MACLEAN	34	M	1:34:10	7:35
48	JOE BRODERICK	48	M	1:34:14	7:35
49	BILL LAW	58	M	1:34:26	7:36
50	BILL ROURKE	38	M	1:34:34	7:37

PLACE	NAME	AGE	SEX	TIME	PACE
51	ROBERT HALL	29	M	1:34:34	7:37
52	KEVIN MCGEE	16	M	1:35:05	7:39
53	ROBERT MCGEE	50	M	1:35:06	7:39
54	RICHARD SMITH	43	M	1:36:50	7:48
55	WILLIAM BLANCHET	33	M	1:37:26	7:50
56	ELEANOR ELSTER	36	F	1:37:35	7:51
57	JAMES MCCUTCHAN	42	M	1:37:36	7:51
58	NEAL HINKLE	49	M	1:38:17	7:55
59	EVAN THOMAS	45	M	1:38:47	7:57
60	JOHN LOCKWOOD	46	M	1:38:47	7:57
61	RICH KIM	22	M	1:39:31	8:00
62	MICHAEL IMPELLIZZERI	44	M	1:40:09	8:04
63	JODY ROBERTS	39	F	1:40:09	8:04
64	MIKE LONG	46	M	1:40:12	8:04
65	MARY ANDERSON	34	F	1:41:16	8:09
66	WAYNE COPPLE	37	M	1:42:23	8:14
67	BILL WOOLRIDGE	49	M	1:42:40	8:16
68	RAE JEAN GOODMAN	38	F	1:43:06	8:18
69	MICHAEL MC AUSLAND	51	M	1:43:12	8:18
70	MARTHA KINGSINGER	52	F	1:44:02	8:22
71	MICHAEL SCHRIVER	37	M	1:44:30	8:25
72	BOB KALIVODA	45	M	1:44:42	8:25
73	DALE WOOD	50	M	1:44:42	8:25
74	CARL WRIGHT	49	M	1:44:59	8:27
75	GEORGE NISLEIN	46	M	1:44:59	8:27
76	CHUCK CARPENTER	30	M	1:45:53	8:31
77	TIM ELLIOTT	32	M	1:46:01	8:32
78	RON BOWMAN	36	M	1:46:17	8:33
79	GERALD FICHTNER	48	M	1:46:35	8:35
80	WILLIAM MYERS	37	M	1:46:50	8:36
81	ROBERT MAYNARD	34	M	1:47:17	8:38
82	KEITH HARRISON	34	M	1:47:31	8:39
83	RICK NOVAK	31	M	1:48:38	8:44
84	JEANNE ROSS	33	F	1:49:08	8:47
85	ROBERT DONALD	47	M	1:49:43	8:50
86	JOHN KURPJWEIT	41	M	1:49:45	8:50
87	RODNEY WARD	45	M	1:49:47	8:50
88	SUSAN BRIERS	31	F	1:50:05	8:51
89	RONALD BAYNE	40	M	1:50:16	8:52
90	JAN ROBOSON	38	F	1:51:28	8:58
91	EDWARD MCCULLOCH	43	M	1:53:05	9:06
92	MICHAEL FINN	47	M	1:53:05	9:06
93	KARL SCHWABE	46	M	1:53:55	9:10
94	JOSEPH O'BOYLE	44	M	1:54:13	9:11
95	RAYMOND WENDERLICH	35	M	1:55:12	9:16
96	BILL VOGENITZ	38	M	1:58:05	9:30
97	JOHN BELL	44	M	1:58:46	9:33
98	JOHN BRINTON	60	M	2:02:51	9:53
99	ANGIE LYDEN	15	F	2:06:44	10:12
100	TOM LYDEN	37	M	2:06:45	10:12

MALE AGE-GROUP RESULTS COLD TURKEY 20K

AGE GROUP: 19 & Under			
1	DARRON HAYES	15	EDGEWATER MD 1:20:50
2	KEVIN MCGEE	16	1:35:05
AGE GROUP: 20 - 29			
1	ROBERT CESSAR	25	COLUMBIA MD 1:10:09
2	WAYNE MIDDLESTEADT	23	COCKEYSVILLE MD 1:13:53
3	MATTHEW MACE	26	MILLERSVILLE MD 1:14:59
AGE GROUP: 30 - 39			
1	ERIC PELTOSALO	37	ANNAPOLIS MD 1:13:06
2	EARL KEICHER	33	1:13:21
3	JERRY ANDERSON	30	TACOMA WA 1:17:00
AGE GROUP: 40 - 49			
1	BILL CONROY	43	1:15:29
2	BILL AMMON	41	1:24:36
3	JOE CLORETY	44	1:25:41
AGE GROUP: 50 - 59			
1	BOB PHILLIPS	50	1:26:24
2	DONALD WADDINGTON	54	1:28:26
3	MILTON TAYLOR	53	1:30:00
AGE GROUP: 60 & Over			
1	JOHN BRINTON	60	RIVERDALE MD 2:02:51

(continued on next page)

FEMALE AGE-GROUP RESULTS
COLD TURKEY 20K. NOVEMBER 30, 1986

1 ROSE	MALLOY	38 LINTHICUM HEIGHTS	1:18:55
2 MARILYN	SEGALL	33 ALEXANDRIA VA	1:24:36
3 KITSIE	HIGGINS	32 ALEXANDRIA VA	1:26:48
4 PAT	O'BRIEN	37 CAPE ST CLAIRE	1:29:03
5 ELEANOR	ELSTER	36	1:37:35
6 JODY	ROBERTS	39	1:40:09
7 MARY	ANDERSON	34 BALDWIN	MD 1:41:16
8 RAE JEAN	GOODMAN	36 ANNAPOLIS	MD 1:43:06
9 MARTHA	KINSINGER	52 GAMBRILLS	MD 1:44:02
10 JEANNE	ROSS	33 DUNKIRK	MD 1:45:08
11 SUSAN	BRIERS	31	1:50:05
12 JAN	ROBOSSON	36	1:51:28
13 ANGIE	LYDEN	15	2:06:44
AGE GROUP: 19 & under			
1 ANGIE	LYDEN	15	2:06:44
AGE GROUP: 20 - 29			
AGE GROUP: 30 - 39			
1 ROSE	MALLOY	38 LINTHICUM HEIGHTS	1:18:55
2 MARILYN	SEGALL	33 ALEXANDRIA VA	1:24:36
3 KITSIE	HIGGINS	32 ALEXANDRIA VA	1:26:48
AGE GROUP: 40 - 49			
AGE GROUP: 50 & Over			
1 MARTHA	KINSINGER	52 GAMBRILLS	MD 1:44:02

ANNAPOLIS STRIDERS

ANNIVERSARY RUN 15K, DECEMBER 27, 1986

FEMALE AGE-GROUP RESULTS
ANNIVERSARY RUN 15K, DECEMBER 27, 1986

1 CHERYL	CONRAD	28 GREENBELT	MD 1:06:50
2 NANCY	GUGERTY	19 TOWSON	MD 1:08:01
3 SHARON	PICOLO	23 BETHESDA	MD 1:10:36
4 AMY	GODESKY	18 ANNAPOLIS	MD 1:11:13
5 P.	MCMILLAN	37 NORFOLK	VA 1:12:07
6 KIM	KRUSE	22 RESTON	VA 1:12:23
7 JOAN	LEGGETT	37 SPRINGFIELD	VA 1:12:52
8 SUSAN LOWRY	BONNER	37 HARWOOD	1:13:13
9 MARY	EDLUND	39 RICHARDSON	TX 1:15:00
10 LINDA	WEBB	41 BURKE	1:15:11
11 MARTHA	KINSINGER	52 GAMBRILLS	MD 1:15:51
12 FRANCES	CARTER	44 WASHINGTON	DC 1:17:18
13 RAE JEAN	GOODMAN	38 ANNAPOLIS	MD 1:17:53
14 JEANE	ROSS	33 DUNKIRK	MD 1:18:02
15 SHARON	HAMMOND	40 ANNAPOLIS	1:18:23
16 SUSAN	BRIERS	31 GAMBRILLS	MD 1:19:33
17 LELIA	ROBST	36 ANNAPOLIS	1:21:50
18 ANNE	CHAMBERLAIN	42 ANNAPOLIS	1:25:22
19 YVONNE	AASEN	55 SEVERNA PARK	1:25:22
20 JANIE	STANEK	39 MILLERSVILLE	MD 1:28:41
21 MARGARET	NEALL	38 DAVIDSONVILLE	MD 1:29:41
22 CINDI	FOX-CONTARINO	25 ANNAPOLIS	1:44:22

Records: 1:00:10 by Cindy Dalrymple 12/31/83

AGE GROUP: 19 & under			
1 NANCY	GUGERTY	19 TOWSON	MD 1:08:01
2 AMY	GODESKY	18 ANNAPOLIS	MD 1:11:13
AGE GROUP: 20 - 29			
1 CHERYL	CONRAD	28 GREENBELT	MD 1:06:50
2 SHARON	PICOLO	23 BETHESDA	MD 1:10:36
3 KIM	KRUSE	22 RESTON	VA 1:12:23
AGE GROUP: 30 - 39			
1 P.	MCMILLAN	37 NORFOLK	VA 1:12:07
2 JOAN	LEGGETT	37 SPRINGFIELD	VA 1:12:52
3 SUSAN LOWRY	BONNER	37 HARWOOD	1:13:13
AGE GROUP: 40 - 49			
1 LINDA	WEBB	41 BURKE	1:15:11
2 FRANCES	CARTER	44 WASHINGTON	DC 1:17:18
3 SHARON	HAMMOND	40 ANNAPOLIS	1:18:23
AGE GROUP: 50 & Over			
1 MARTHA	KINSINGER	52 GAMBRILLS	MD 1:15:51
2 YVONNE	AASEN	55 SEVERNA PARK	1:25:22

(continued on next page)

Thank you

The most welcome words a race director can hear are, "Sure, I'll help you out," and they are particularly appreciated in December, a month when most people do not have extra time for volunteering. Thank you to those who did and made the Anniversary Race a success. My list is undoubtedly incomplete as some, with willing spirit and helping hand, just showed up race day and pitched in. Thank you, too, to those who contributed baked goods for prizes.

Pete Williams	John Wall
Betty Moore	Jonas & Jean Legum
Bill Law	Mike van Beuren
Pat O'Brien	Maria Coughlin
Bob Walters	Guy Riccio
Rick Smith	Tom Kessler & family
Delma Miller	Bill Vogenitz
Linda Rogers	Eric Peltosalo
Don Waddington	Evan Thomas
Nancy Waddington	Mike & Anne Chamberlain & family
Lee Patrick	Dick Hillman & houseguests
Dick Hillman & family	

And special thanks to Joe Walsmith who not only got me into this but also got me through it and, of course, Brenda Norman, Assistant Director.

Eleanor Elster
Race Director, Anniversary Run



MALE AGE-GROUP RESULTS
ANNIVERSARY RUN 15K, DECEMBER 27, 1986

1	BILL	MC CORMACK	26	ARNOLD	MD	0:46:05
2	MARK	PATTERSON	25	HUNTINGTON	MD	0:48:23
3	THOM	ACTON	32			0:51:26
4	MARK	GILMORE	18	ANNAPOLIS	MD	0:53:10
5	BILL	CONROY	43	CROFTON		0:53:49
6	MATTHEW	MACE	26	MILLERSVILLE		0:54:24
7	ED	WEBB	41	BURKE		0:54:34
8	SCOTT	BELANGER	29	HOLLYWOOD	MD	0:54:52
9	GAYLE	FLYNN	37	SEVERNA PARK		0:55:29
10	ROBERT	BIDDLE	27	ANNAPOLIS		0:55:58
11	JOHN	POZNIAK	34	FT MEADE	MD	0:56:49
12	STEVE	CRAWFORD	16	EDGEWATER		0:57:08
13	DARRON	HAYES	15			0:57:23
14	RALPH	OLINGER	37	COLUMBIA	MD	0:57:26
15	GREG	LAIRD	37	BOWIE	MD	0:57:48
16	DON	KENNEDY	39	ANNAPOLIS		0:58:22
17	BOB	JONES	34	ANNAPOLIS		0:58:47
18	JIM	MEDAS	43	WASHINGTON	DC	0:59:02
19	REUBEN	MOORE	48	GREAT FALLS	VA	0:59:20
20	JOE	CLORETY	44	GAMBRILLS	MD	1:01:09
21	DON	ANDERSON	35	ANNAPOLIS		1:01:39
22	CHRIS	SHELBY	15	MILLERSVILLE	MD	1:02:32
23	WILLIAM	STEWART	25	MCLEAN	VA	1:03:35
24	MILT	TAYLOR	53	GLEN BURNIE		1:03:55
25	FRED	SHANKLIN	45	DAVIDSONVILLE	MD	1:03:58
26	JONATHAN	CARLSON	19	ANNAPOLIS	MD	1:04:05
27	THOMAS	BRADFORD	43	MILLERSVILLE		1:04:41
28	KENNETH	LYONS	47	ANNAPOLIS		1:04:45
29	MICHAEL	PAULOVICH	29	ANNAPOLIS	MD	1:04:53
30	DONALD	WADDINGTON	54	EDGEWATER		1:05:03
31	KEN	THORN	51	CHAPEL HILL		1:05:04
32	ARNIE	HENDERSON	50	ANNAPOLIS		1:05:18
33	HOWARD	BEARD	40	GAMBRILLS		1:05:38
34	JOHN	CODER	40	ANNAPOLIS		1:05:43
35	HERB	ALBAN	44	BALTIMORE	MD	1:05:57
36	FRED	BETZ	37	ANNAPOLIS		1:06:14
37	TED	HAYNIE	37	HUNTINGTON	MD	1:06:58
38	BRUCE	SOYARS	36	CROFTON	MD	1:07:01
39	WAYNE	HOLLAND	44	ALEXANDRIA	VA	1:07:06
40	DALE LOUIS	HAYDEN	34	SPRINGFIELD	VA	1:07:28
41	NEAL	HINKLE	49	MILLERSVILLE	MD	1:07:40
42	JOHN	MACLEAN	34	BOWIE		1:08:02
43	DICK	WEBER	42	COLUMBIA	MD	1:08:13
44	WILL	SCOTT	36	ANNAPOLIS		1:08:35
45	KEVIN	MAHER	28	ELKRIDGE	MD	1:08:59
46	RON	BOWMAN	36	ANNAPOLIS		1:09:20
47	MURRAY	SNYDER	39	ANNAPOLIS		1:09:27
48	EARLE	MYERS	37	ANNAPOLIS		1:09:34
49	CHET	COATES	46	SILVER SPRING	MD	1:09:48
50	MICHAEL	MCAUSLAND	51	ARNOLD		1:09:58

New record. Old record 49:33 by Dan Rincon 12/28/80



AGE GROUP: 19 & Under						
1	MARK	GILMORE	18	ANNAPOLIS	MD	0:53:10
2	STEVE	CRAWFORD	16	EDGEWATER		0:57:08
3	DARRON	HAYES	15			0:57:23
AGE GROUP: 20 - 29						
1	BILL	MC CORMACK	26	ARNOLD	MD	0:46:05
2	MARK	PATTERSON	25	HUNTINGTON	MD	0:48:23
3	MATTHEW	MACE	26	MILLERSVILLE		0:54:24
AGE GROUP: 30 - 39						
1	THOM	ACTON	32			0:51:26
2	GAYLE	FLYNN	37	SEVERNA PARK		0:55:29
3	JOHN	POZNIAK	34	FT MEADE	MD	0:56:49
AGE GROUP: 40 - 49						
1	BILL	CONROY	43	CROFTON		0:53:49
2	ED	WEBB	41	BURKE		0:54:34
3	JIM	MEDAS	43	WASHINGTON	DC	0:59:02
AGE GROUP: 50 - 59						
1	MILT	TAYLOR	53	GLEN BURNIE		1:03:55
2	DONALD	WADDINGTON	54	EDGEWATER		1:05:03
3	KEN	THORN	51	CHAPEL HILL		1:05:04
AGE GROUP: 60 & Over						
1	BEN	MOORE	61	ANNAPOLIS		1:10:16
2	JOSEPH	RYAN	61	ANNAPOLIS	MD	1:22:18
3	ED	COCKERHAM	68	ADELPHI		1:25:15





Guest Speaker

ANNOUNCING

THE ANNAPOLIS STRIDERS AWARDS BANQUET AND ANNUAL MEETING

SATURDAY, MARCH 7, 1987

AT ST. JOHN'S COLLEGE

RECEPTION AND ANNUAL MEETING

WITH COMPLIMENTARY BEER, WINE, AND SODA 6:00—7:30 P.M.

IN MCDOWELL HALL

FOLLOWED BY BUFFET BANQUET FEATURING

JENNIFER AMYX SPEAKING ON

"GROWING UP IN THE RUNNING BOOM" 7:30—10:30 P.M.

IN RANDAL DINING HALL

PRESENTATION OF CHAMPIONSHIP SERIES AND SPECIAL AWARDS
IMMEDIATELY FOLLOWING GUEST SPEAKER

REMEMBER JENNIFER AMYX? AS A YOUNG GIRL SHE COMPETED OFTEN IN THE ANNAPOLIS 10 AND WOMEN'S DISTANCE FESTIVAL—WINNING HER AGE DIVISION. JENNIFER, NOW 17, IS GOING TO BE THE GUEST SPEAKER AT THE ANNUAL AWARDS BANQUET ON MARCH 7. HER TOPIC IS "GROWING UP IN THE RUNNING BOOM."

JENNIFER DID, INDEED, GROW UP RUNNING. SHE RAN HER FIRST MARATHON AT AGE 5. BY AGE 9 SHE WAS WINNING THEM. HER BEST TIMES RANGE FROM 2:58 TO 3:10. ON TEAM RUNNING SHE HAS WON 9 HIGH SCHOOL STATE CHAMPIONSHIPS IN CROSS COUNTRY AND INDOOR AND OUTDOOR TRACK. HER REMARKS WILL INCLUDE OBSERVATIONS ON ADVANTAGES AND DISADVANTAGES OF BEING A HIGH SCHOOL TEAM ATHLETE AS OPPOSED TO BEING A ROAD RACER.

ONE OF OUR MEMBERS HEARD JENNIFER SPEAK AT A RACE DIRECTORS MEETING IN WASHINGTON, D.C. HE SAID SHE IS AN ARTICULATE, WELL-INFORMED, FASCINATING SPEAKER ABLE TO CAPTURE THE ATTENTION OF YOUNG RUNNERS AS WELL AS ADULTS. HE ADVISES BRINGING FAMILIES, NOT ONLY FOR THE PROGRAM BUT TO ENJOY A GOOD MEAL AS WELL.

THE FOOD WILL BE SERVED BUFFET STYLE WITH GENEROUS SELECTIONS FOR BOTH VEGETARIANS AND NON-VEGETARIANS.

Awards Banquet Reservation

\$10.00 per person

Name _____

Address _____

Telephone _____

Number of persons attending _____ Amount enclosed _____

Please make checks payable to the Annapolis Striders. Mail before March 1 to:
807 Chestnut Tree Drive, Annapolis, MD 21401

For further information contact: Pat O'Brien - 757-0462



WHATS COMING UP

ANNAPOLIS STRIDER EVENTS CALENDAR FOR 1987



All Official Striders Events Are Underlined

All events are open to the general public

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

DATE	TIME	RACE - RUN - DISTANCE	LOCATION	RACE DIRECTOR & ASSISTANT
2nd Monday each month	7:30 PM	<u>Annapolis Striders Board Meeting</u>	Arundel Center Calvert St, Annapolis	Nancy Waddington 956-2061
Saturdays	7:00 AM	<u>Informal Training Runs</u>	Annapolis Mall Equitable Bank	Hotline
Sundays	7:30 AM	<u>Informal Training Runs</u>	Navy Stadium	
February 15 Sunday	2:00 PM	<u>Valentine's Twosome Relay (Couples) 5k each person</u>	Annapolis H.S Riva Road	Doug Pond 841-6853 Linda Rogers 798-1228
February 22 Sunday	9:00 AM	MD/DC RRCA Team Championship (15 to a team)	Howard Community College, Columbia	Doug Pond 841-6853
February 28 Saturday	10:00 AM	<u>Washington's Birthday 5K</u>	Bay Hills Center Arnold	Earl Keicher 266-6972 Evan Thomas 760-9188
March 7 Saturday (and every Saturday for 6 weeks)	9:00 AM	<u>10K Training Clinic</u>	A.A. Community College Arnold	Ed Purpura 757-8250
March 7	6:30 PM	<u>Annual Awards Banquet and Election of Officers</u>	<u>Membership Meeting</u> St. John's College	Pat O'Brien 757-0462
March 8 Sunday	8:00 AM	Jean Conroy Memorial 10K	Crofton Village Green	Bill Conroy 721-9327
March 29 Sunday	9:00 AM	Lady Equitable 10K (women only)	Baltimore	BRRCA 882-0438
April 5 Sunday	8:00 AM 2:00 PM	Cherry Blossom 10 mile <u>Cherry Pit 10 mile</u> #2 Championship Series	Washington South River HS Edgewater	Nancy Waddington 956-2061
April 11 Saturday	8:30 AM	3rd Annual YMCA 10K and 2 mi. Fun Run	City Dock, Annapolis	Lisa Shore 268-5093
April 25 Saturday	8:00 AM	<u>2 Mile Track Race</u>	Broadneck HS. Arnold	Jim Black 969-3229
May 2 Saturday	10:15 AM	Queen Anne's 10K Footrace	Centreville, MD High School	Cathy Quesenberry 301-758-0835
May 3	8:30 AM	Clyde's American 10K	Columbia Town	Tom Webb 992-9842
May 9 Saturday	8:00 AM	Johnny Boy Simms 5 Mile	Annapolis	Sharon & Ed Green 263-6534
May 17 Sunday	8:00 AM	<u>Governor's Bay Bridge Run 10K</u>	Sandy Point Annapolis	Mike van Beuren 268-1165

(continued on next page)

ANNAPOLIS STRIDERS 1987 CALENDAR CONTINUED

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 & ASSISTANT</u>
May 24 Sunday	8:00 AM	<u>Triathlon 1/4M Swim</u> 3.5 M Run, 12 M Bike	South River HS Edgewater	Bill Ammon 544-2082 Don Waddington 956-2061
May 30	8:00 AM	<u>1 hour track run</u>	Broadneck HS, Arnold	
May 31 Sunday		<u>Constellation 10K</u>	Harbor Place Baltimore	Les Kinion 668-3766
June 11 Thursdays (10 weeks)	6:00 PM	<u>Truxtun Park Fun Runs</u> 1 and 4 miles	Truxtun Park Primrose Road pine grove	Mike van Beuren 268-1165
June 14 Sunday	8:00 AM	<u>Father's Day 10K</u> #4 Championship Series	Loch Haven Rec. Area, Edgewater	Ken Lyons 268-7140 SHARON HAMMOND
June 27	8:00 AM	<u>2-person, 10-mile relay</u>	Broadneck HS, Arnold	
July 11 Saturday	5:00 PM 6:30 PM	<u>Junior Medley 10 & under</u> <u>1 Mile Track Race adults</u> #5 Championship series	Annapolis HS	Pat O'Brien 757-0462
July 18 Saturday	8:00 AM 9:00 AM	<u>Women's Distance Festival</u> 5K (Women only) <u>Run After the Women 5K</u>	US Naval Academy Annapolis	
July 25 (Saturdays)	7:00 AM	<u>Moore's Marines marathon</u> training begins	Annapolis Mall Equitable Bank Bldg.	Ben Moore 268-2832
July 26 (Sundays)	7:30 AM	<u>Moore's Marines</u>	Navy-Marine Corps Memorial Stadium	
(These training runs continue until the Marine Corps marathon)				
August 9 Sunday	8:00 AM	<u>Dog Days of Summer 8K</u> <u>Cross Country #6 Champ.Ser.</u>	Anne Arundel Community College	Pat Hoffman 268-6092
August 30 Sunday	8:00 AM	<u>12th Annapolis Run</u> 10 miles	Navy-Marine Corps Memorial Stadium	Dick Hillman 269-0253
September 6 Sunday	8:00 AM	<u>Pennysaver Severna Park</u> <u>5-Mile #7 Champ Series</u>	Severna Park HS	Earl Keicher 266-6972
September 13	8:00 AM	<u>Biathlon 10K Run</u> 20M Bike	South River HS, Edgewater	Don Waddington 956-2061
October 11 Sunday	8:00 AM	<u>Metric Marathon 26.2K</u> #8 Championship Series	Southern HS, Harwood	Will Scott 267-8013 Earl Scott 269-5013
November 1	9:00 AM	<u>Marine Corps Marathon</u>	Washington, DC	
November 29 Sunday	10:00 AM	<u>Cold Turkey 20K</u> #9 Championship Series	South River HS, Edgewater	Leon Johnson 956-4335
December 6 Sunday		<u>Baltimore Marathon</u> (Striders work the turnaround waterstop)	Memorial Stadium	Gerte Spadone 841-6894
December 26 Saturday	11:00 AM	<u>Anniversary Run 15K</u> #10 Championship Series	US Naval Academy	Eleanor Elster 757-4506

THE 8TH ANNUAL



Annapolis Striders Cherry Pit 10-Mile Race #2 Championship Series

South River H.S., Edgewater, Maryland
Sunday, April 5th 1987, 2:00 p.m.

TIME:	REGISTRATION	12:30
	RACE STARTS	2:00
	AWARDS CEREMONY	3:45

ENTRY:	Pre-entry for Strider Members	\$2.00.
	for Non-Striders	\$3.00
	Race Day Entry Strider Members	\$3.00
	Non-Striders	\$4.00

Entries must be postmarked by March 27th
Hotline (301) 268-1165

AWARDS: Special prizes to the first male and female over-all. Prizes will also be awarded to the top three place finishers in all divisions.

DIVISIONS: M/W—14 and under; 15-19; 20-29; 30-39; 40-49; Men 50-59; 60 and over; Women 50 and over.



CHERRY PIES TO ALL RUNNERS

DIRECTIONS: From the Annapolis area, take Rt. #2 (Solomon's Island Rd.) south over the South River Bridge and take a left at the second light. The school is on the right after a quarter mile.

COURSE: A ten mile loop course over country roads in Southern Anne Arundel County. The route is secure, monitored, asphalt surfaced, with moderate rolling hills—promising good times

Nancy
Waddington
956-2061

OTHERS MAY HAVE THE BLOSSOMS BUT WE'VE GOT THE PITS

Hotline
268-1165

Make checks payable to: Annapolis Striders, Inc.
ANNAPOLIS STRIDER c/o N. Waddington
432 Riverview Drive
Edgewater, Md. 21037

yes
 no

I DO _____ DON'T _____

ENTRY FEE _____
WANT A T-SHIRT \$4.00 EXTRA

SEX M F
AGE AS OF RACE
T-SHIRT SIZE S M L XL

In consideration of the acceptance of this entry to this event, I waive all claims for myself, my heirs and assigns against the hosts, sponsors or promoters for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in this race, and I am an amateur runner.

Signature of Runner _____ Date _____

Signature of Parent (if runner under 18) _____ Date _____

LAST

FIRST

STREET

TELEPHONE - -

CITY

STATE ZIP

ANNAPOLIS STRIDER? Yes No