

STREAK

VOLUME IX
NUMBER II
APRIL 1987



ANNAPOLIS STRIDERS

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

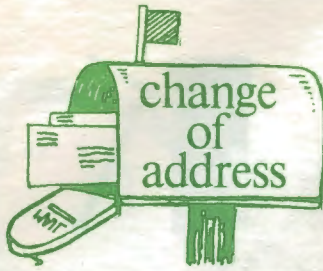
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268-1165

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THIS IS THE 24-HOUR PHONE NUMBER OF THE ANNAPOLIS STRIDERS

INCLUDE FAMILY MEMBER INFORMATION HERE

First Name	Sex M/F	Initial	Birth date 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 Mo. Day Yr.			Sex Male Female		
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Mailing Address		Street (Include Apt. No.)				City				State	
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Zip Code	Area Code	Business Phone		Area Code	Home Phone		is This A New Membership		Address Change		
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						Yes No		Yes No			
Occupation _____						Signature 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	Member-ship	Publicity	Clinics Training

DUES:

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

Today's Date _____

OFFICERS

		HOME	WORK
PRESIDENT	EVAN THOMAS	760-9188	301-269-6353
VICE PRESIDENT	PATRICIA O'BRIEN	757-0462	
RECORDING SECRETARY	ELEANOR ELSTER	268-0982	
TREASURER	MIKE IMPELLIZZERI	544-4528	202-426-2180

CHAIRMEN

RACE DIRECTOR	DON KENNEDY	280-6715	
PUBLIC RELATIONS	HOWARD BEARD	721-2474	202-475-7082
NEWSLETTER	YVONNE AASEN	647-0879	
ANNAPOLIS 10	DICK HILLMAN	269-0253	703-525-7000
MEMBERSHIP	MIKE VAN BEUREN	269-1796	301-268-1165 HOTLINE
PROPERTY/AWARDS	open		
TRAINING & FITNESS	BILL VOGENITZ	974-1988	202-345-3806
MAILING	BILL LAW	647-5015	
COMMUNITY OUTREACH	DON WADDINGTON	956-2061	202-692-7287
LONG RANGE PLANNING	GERTE SPADONE	841-6894	
VOLUNTEERS	open		

STREAK STAFF

EDITOR	YVONNE AASEN	647-0879	
LAYOUTS	YVONNE AASEN		
GRAPHICS	BARBARA KERR	757-3694	301-859-6709
ASSISTANT EDITOR	ELEANOR ELSTER	268-0982	

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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PRESIDENT STRIDES INTO YEAR AHEAD

As the wine cooler ads say, "Thank you for your support." Support is what we will need in order to continue providing quality events for the Striders. The annual meeting and awards banquet was a great success thanks to the efforts of Pam Anderson, Dick Hillman, and Pat O'Brien. Your newly-elected board is hard at work. Please be sympathetic if one of us asks for help. (Why do I have this sudden urge to buy a van and grow a beard?)

As you will read elsewhere, the Striders were well represented at the MD/DC RRCA 10-Miler in Columbia, on February 22. Following the race, Doug Pond and I attended the annual meeting of the MD/DC RRCA Club Presidents. Hosted by Phil Riehl, new president of the Howard County Striders, the meeting was chaired by John Sissala, MD/DC RRCA State Representative. RRCA President Henley Gibble spoke to the group and mentioned she hoped to arrange for a national RRCA office in Washington, D.C. She also stated that the insurance issue is still being worked on and a status report will be presented at the Convention in Rockville 15-17 May. Many interesting seminars will be offered at the RRCA Convention. Anyone who would like to attend should call me and indicate your area of interest. When more details on the exact topics to be offered are available, I will get back to you.

Each club president gave a brief summary of the state of their club. A discussion was held of possibly merging/sharing data bases to assist mailings for major local races, such as GBBR, Constellation, Fritzbe's Clyde's, Annapolis 10, and others. John Sissala is gathering information and will make a recommendation on this soon. There was a long discussion

on wheelchair athlete participation in road races. We were told that Linda Vanderhoff, Executive Director Maryland Commission on Physical Fitness, is trying to address this issue, and we may be approached for input. Possible creation of a Maryland Grand Prix running circuit was mentioned. Copies of TAC-certified courses in Maryland were provided as were lists of races meeting TAC and Maryland standards for inclusion in Maryland state records. Again, John Sissala is the record-keeper for our area. It was good to meet with others who share our concerns. Another meeting is expected to be held sometime this summer.

Look for new guidelines regarding selection of Runner of the Year and Most Improved Runner for 1987. We hope to make these selections for both men and women this year and have a ballot-type arrangement to ensure we get input from anyone who wishes to nominate someone.

We are interested in your results from out-of-town races. Please send us your results giving name of race, distance, date, time, and place (age group or open). This will enable us to see when some of the popular races are held. Send the information to P.O. Box 187, Annapolis, MD 21404 and mark it ATTN: RESULTS. For example: Myers Pavilion 8K, 8 March, Jim Black 28:20, 1st over 50.

Mark your calendars for the Great Ghost Chase 5/10K Cross-Country (river) on Saturday, May 9. Car pools will leave from the Mall; bring a picnic lunch (and a smile). Call Pat O'Brien for more info.

Tell your out-of-town running friends to be sure to sign up early for the Annapolis 10. The finishers shirt is a definite "keeper".

WATCH THIS SPACE—for Dick Hillman's graphic description of why ingesting two pounds of dates 8 to 48 hours before a marathon will give you that competitive edge!

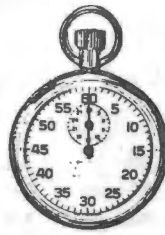
Remember, RAFS! (Run and finish smiling!)

Evan Thomas, President



BOARD MINUTES

SUMMARY OF BOARD ACTIVITIES



February

Discussed and decided to require a person competing in the Championship Series be an Annapolis Strider as of January 1st.

Received the report of the Long Range Planning Committee meeting. Current issues before this committee are:

- getting volunteers for race workers
- revising the bylaws, particularly regarding membership, voting, and quorums.
- fostering closer ties with U. S. Naval Academy

Accepted the report of the 12th Annapolis 10 Mile Run that (1) Pat Hoffman is deputy director and (2) mid-March is the target date for printing of entry forms.

Howard Beard reported that the Publicity Committee is placing emphasis on the Delaware, Maryland, and Virginia news media and trying to get Strider events listed in various schedules.

Mike Van Beuren reported that there are 709 members and 498 memberships. A motion to allocate \$200 for a membership drive in conjunction with the Bay Bridge Run entry form mailing was approved.

Accepted the 11th Annapolis 10 Mile Run report of a \$5,287.02 profit of which 75% will be presented to the county for the B & A Trail.

Tabled a motion pending further information regarding the donation of \$4,000 to the AA County Board of Education to pay one half the cost of an accutrack.

March

Discussed changes to the following committees:

- title change of Training/Clinics to Training/Fitness
- addition of a Volunteer Committee (with identification of a Chairman high priority)
- addition of Planning as a standing committee

Received a Training/Clinics report that 24 attended the first of a six week track 10K training workout being held at Anne Arundel Community College track.

Agreed to cancel the triathlon scheduled for 24 May because of an inability to find adequate and reasonable insurance for the event. The triathlon scheduled for 13 September is now tentative for the same reason.

Received the report that the computer, donated by Entre Computer Center, will be delivered the week of March 9th.

Decided to TAC certify the Bay Bridge Race as bridge construction makes this feasible



EDITORS REMARKS

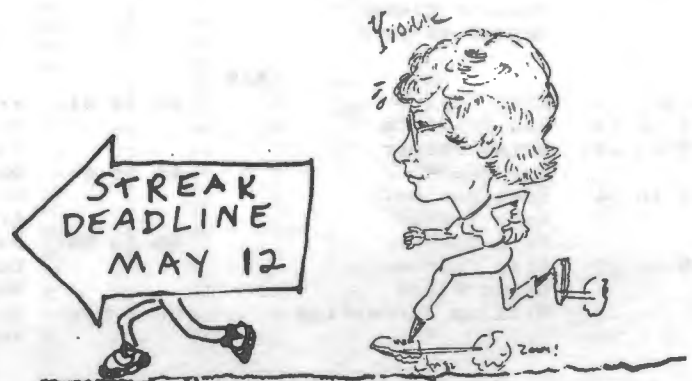
EDITOR LAMENTS SLOW START, LATE FINISH

BREVITY: My remarks are brief this issue because I've run out of time and space.

SENSE OF HUMOR: I'm glad our new president is so good natured. Honest, he really is.

DEADLINE: The deadline for the June issue is May 12.

Yvonne Aasen,
Editor
647-0879



Caricature by Irv Finifter

OFFICERS OF ANNAPOLIS STRIDERS, December, 1978 - March, 1987

	FOUNDING	'79-'80	'80-'81	'81-'82	'82-'83	'83-'84
PRESIDENT	Rob Bushnell	Ron Fisher	Dick Hillman	Mike VanBeuren	Mike VanBeuren	Don Waddington
VICE-PRESIDENT	Bob Bridges	Ben Moore	Mike VanBeuren	Rob Bushnell	Ken Thorn	Ken Thorn
SECRETARY	Dick Hillman	Dottie Campbell	Margit Eilers	Guy Riccio	Guy Riccio	Gerte Spadone
TREASURER	Jim Bradner	Jim Bradner	Jayne Astle	Nate Betrun	Bill Vogenitz	Jan Stone
RACE DIRECTOR	Ben Moore	Denny Anderson	Don Waddington	Don Waddington	Don Waddington	Bill Wandel

	'84-'85	'85-'86	'86-'87
PRESIDENT	Don Waddington	Doug Pond	Doug Pond
VICE-PRESIDENT	Bill Law	Gerte Spadone	Gerte Spadone
SECRETARY	Gerte Spadone	Pam Andersen	Nancy Waddington
TREASURER	Ken Thorn	Earl Keicher	Earl Keicher
RACE DIRECTOR	Bill Wandel	Joe Walsmith	Joe Walsmith

NEW OFFICERS

elected on March 7, 1987

President Evan Thomas
 Vice President Patricia O'Brien
 Secretary Eleanor Elster
 Treasurer Mike Impellizzeri

Race Director Don Kennedy
 (This is an appointed office)



1986 AWARDS

CHAMPIONSHIP DIVISION WINNERS

WOMEN

Under 20: Angie Lyden
 20 to 29: Brenda Norman
 Cindi Fox-Contarino
 30 to 39: Patricia O'Brien
 Eleanor Elster
 Sharon Hammond

40 to 49: Anne Chamberlain
 50 & over: Martha Kinsinger
 Yvonne Aasen

MEN

Under 14: John Straub
 14 to 19: Dan Sandison
 20 to 29: Brian Palmer
 Matthew Mace
 30 to 34: Earl Keicher
 Mark Yerkes
 Paul Cleaver
 35 to 39: Eric Peltosalo
 Gayle Flynn
 William Turrentine

40 to 44: William Conroy
 Evan Thomas
 John Kurpjuweit
 45 to 49: Douglas Pond
 Ken Lyons
 Arnold Henderson
 50 to 59: Milton Taylor
 Donald Waddington
 Michael McAusland
 60 & Over: Ben Moore
 John Wall

SPECIAL SERVICE AWARDS

Tom Donlin & Ron Jarashow

OTHER AWARDS

Volunteers Hall of Fame—Randy Fox
 Dan Spadone
 Volunteer of the Year—Mike van Beuren
 Runner of the Year—Brian Palmer
 Most Improved—Evan Thomas
 Participation Awards—John Kurpjuweit
 John Wall
 Matt Mace
 Wilford Scott
 Don Kennedy
 Howard Beard
 (this is for running all ten of the Championship Series races.)



NEW MEMBERS

WELCOME TO THOSE WHO HAVE
RECENTLY JOINED THE STRIDERS

George Brosan	Annapolis	Marcy Stanton	Pasadena
Lawrence Brosan	Annapolis	Robert Stanton	Pasadena
Warne Laebert	Glen Burnie	Page Riddleberger	Annapolis
Sherrye Bowen	Annapolis	Eric King	Annapolis
Deborah Daniels	Annapolis	Linda Rogers	Arnold
Jeanne Ross	Dunkirk	Don Higdon	Annapolis
Edmund Law	Laurel	Beverly Beatty	Millersville
Dyan Speaks	Annapolis	Robert Beatty	Millersville
Robert Godesky	Annapolis	Kathy Crotty	Annapolis
Albert Hause	Severna Park	Nancy Bennett	Annapolis
		Kelly Bennett	Annapolis
		Sally Bennett	Annapolis
		Patricia Patten	Annapolis
		Sandy Foley	Owings
		Ted Foley	Owings
		Tim Foley	Owings
		Katie Foley	Owings
		Michael Foley	Owings
		Ted Gregory	Severna Park
		Richard Hicks	Bowie
		Monique Ostazeski	Port Republic
		Mark Harper	Annapolis

Eric King joins the Striders as an honorary member. The Club contributed to his trip to California as an outstanding high school athlete. Welcome back to Pat Patten! She rejoins us after several years absence.

BULLETIN BOARD

CALLIGRAPHERS NEEDED

Can you "do" calligraphy? If so, I'm in need of your time and talent. Please call me (Pat O'Brien) at 757-0462. (Hint: Project is related to the Fast-n-Flat one-mile race in July). Thanks!

Prepare yourself mentally now, and reserve the weekend of August 1-2 for THE 24-HOUR RELAY to be held at Ft. Meade, MD. Its a masochists dream come true.

CANCELLATION

The One Hour Track Run scheduled for May 30 has been cancelled.

REGISTER ON RACE DAY FOR 2-MILER

The Two-Mile Track Race (#3 in the Club Champ Series) will be held at Broadneck High School on Saturday, April 25, starting at 8 A.M. It will be run in heats (age divisions). Come early to register (no pre-entry forms). \$1 for Striders; \$2 for non-Striders.

convention

The ROAD RUNNERS CLUB OF AMERICA National Convention & Exposition will be held May 14-16 at the Holiday Inn Crowne Plaza Hotel in Rockville, Maryland. Of special interest are Workshops & Clinics on topics of interest and benefit to runners, club officers, race managers, and anyone interested in health and fitness. Also Fritzbe's 10K National Championship Race on May 17. Plus lots of other good things. All Striders are invited to attend. See President Evan Thomas for registration forms.



Ben Moore's correct phone number is 268-3832.

APPOINTMENTS ANNOUNCED

Don Kennedy has been appointed Race/Runs Director for 1987 to replace Joe Walmsmith. (Thanks for a great job and all your hard work, Joe.)

Bill Vogenitz has been appointed Training and Fitness Chairman to replace Pat O'Brien who has bravely moved up to the office of Vice President.

Still needed are chairmen for Property/Awards and Volunteers.

PEOPLE



IN THE NEWS

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

Eric Peltosalo, Attorney at Law
 Jim Fratino, Earl's Moving & Storage
 The Athlete's Foot

ERIC PELTOSALO
 ATTORNEY AT LAW

P.O. Box 1581
 33 WEST STREET
 ANNAPOLIS, MD 21404

ANNAPOLIS (301) 263-4559
 BALTIMORE (301) 269-7513

-Advertisement

James J. Fratino
 President

Annapolis: 263-9000
 Balto. Area: 269-5050
 Wash. Area: 261-2288
 Home: 956-3507

ALLIED.
 The Careful Movers.™

Earle's

MOVING & STORAGE CO., Inc.
 1990 Moreland Parkway, P.O. Box 789
 Annapolis, Maryland 21404

-Advertisement

-Advertisement



ANNAPOLIS MALL
 224-3455
 (near J.C. Penney)

10% DISCOUNT TO ANNAPOLIS STRIDERS
 ON ALL RUNNING SHOES

STRIDERS BULLETIN BOARD
 IN BACK ROOM

THE RUN. REDEFINED.



The Nike Air-Max, with NIKE-AIR® cushioning. Making it the best-cushioned running shoe to ever hit the road. It will take you as far as you want to go. And then some.



TRAINING TIPS

by Pat O'Brien

10K TRAINING CLINIC HAS MASS APPEAL

With the first two sessions of the 10K Clinic under their belts, the thirty or more runners who have turned out for the workouts are well on their way to a successful '87 racing season. Under the competent and caring direction of Ed Purpura (affectionately known as Coach) the tracksters have survived a Two Person-Ten Mile Relay (alternating every 440) and a session of 5 X 880 with a timed rest interval between halves.

Now Coach plans to study each individual's times from the first two workouts and then calculate "goal times". These are predicted speeds for a variety of distances, eg. 220, 440, 880, 1 mile etc., and each person will try to run the assigned workout in the "goal time".

Sounds gruesome, you say...quite the contrary. The camaraderie amongst Coach and the tracksters is strong—surviving a Two Person-Ten Mile Relay in the first workout (that's twenty 440s each!) builds character and solidarity! People actually smile, and utter kind phrases like "good workout," "looking forward to next week," and other graphic comments. We won't dwell on the fact that some are reduced to walking on all fours, while others (these are the smilers), have a dazed look in their eyes...

Jesting aside. With the last workout scheduled for mid-April, the participants can expect to "peak" a week later and then begin to travel the local 10K circuit. With a little luck and a lot of sense, the tracksters can hope to hold this peaked performance for 4-6 weeks. That's when the reward comes for the sweat and blood left on the track; real self-satisfaction generated by a good racing effort!

On behalf of the runners who attended the clinic, and the Strider organization, sincere thanks to Ed Purpura for sharing his talents and time with our group. Kudos to every trackster who participated, for without your interest and energy, this "event" could not have happened. Good Running!



"Evan? Oh, I heard he peaked last week."

COMMENTARY

THOUGHTS OF AN OLDER (NOT OLD!) RUNNER

(Note: The views expressed below are those of one male runner in the 60-plus age group who joined the running crowd about ten years ago and at this point is moved to offer this analysis of what makes him run!)

What is it that motivates the older runner, that gets him out there day after day, in all kinds of weather when, "if he had any sense," and had to exercise, he'd act more his age and take up a less physically demanding exercise program? What are the incentives that drive him, that make him "hang in there," even though he realizes it's not getting any easier, that even the "good" days fail to produce anything close to a PR, and, let's face it, each day you're another day older? And what makes him accept, with patient resignation, as he struggles along on his daily run, the quizzical look of passing strangers or their words of "helpful" advice, such as: "Better take it easy, Pop!"?

First among the incentives, in my opinion, has to be the desire we all share to hold on as long as possible to whatever vestige of youth we can. Running is a pretty strenuous activity and, as such, is best performed by the young. (There are, of course, older athletes who play tennis or swim regularly, both activities that require a good level of physical fitness, but for some reason engaging in these sports at a more advanced age does not seem particularly noteworthy.) Therefore, the oldster who can maintain a schedule of running several miles a day and who can compete on an almost equal footing (no pun intended!) with runners half his age, is, in a way, young again, has demonstrated that while the hair, if any, may have turned gray and the skin, here and there, may have sagged a bit, there's stamina and energy in the old bod' yet and in a race, by golly, he's not going to finish last! And then there are those happy, though rare, moments of regained youth when, on the last stretch of a race, you find yourself gaining, for Heaven's sake, on a runner who is clearly in one of those younger ten-year categories, then, a little later, actually passing him, hoping he won't notice you--you're in no position to challenge anybody!--and finally crossing the finish line well ahead of your younger opponent. My favorite running photograph, which I will gladly produce with a minimum of prompting, shows me smiling and relaxed (or so it appears!) as I reach the finish line of a Key School 10K, while three or four yards back of me another runner, clearly from the 20-29 age group, is approaching the line, his face contorted in obvious pain!

There are other incentives, of course. The pursuit of better health and fitness are the obvious ones. The older runner, much more so than his younger counterpart, is acutely aware of what the years can do to the neglected body and is convinced that though he can't prevent entirely the decline that will eventually set in, he can at least postpone it as long as possible. And while he may not add any years to his life (though he hopes he will), he is at least persuaded that the quality of the years remaining will be better, thanks to his running. Related to all this, no doubt, is a little bit of healthy vanity too. Even the senior citizen among us still sees a youthful face in the mirror, and if running can keep the bulges down to a decent minimum, the effort to keep fit will be that much more successful.

There's another incentive which, for me at least, is just as important as the others, if not more so. I have, in all honesty, often asked myself the question: would I really be out there day after day if I weren't sharing all those hours, or at least a good portion of them, with running companions of the opposite sex, all of whom are not only younger than I but are, as runners, in such great shape? My answer is, frankly, that if I had only guys to run with, I probably wouldn't do it. Sorry about that, fellows. Heck, let's face it: one of the prime incentives would be gone! And I've proved it more than once: the hills are always tougher, my breathing more labored, and the entire run duller without one or two of my favorite female co-runners along, helping to take my mind off my complaining body, providing a most welcome boost to my drooping spirit, and generally converting the entire experience into an activity eagerly anticipated rather than dutifully performed. Over the years, I must acknowledge that I've been singularly blessed, or just darn lucky, in being able to regularly count on a female companion or two to share the pleasures of running with. They are the ones whose presence and, at times, words of encouragement have literally kept me in the race. I say to them, thanks for being there when I needed you!

Samuel Johnson, I believe it was, once said, upon observing some performing dogs walk on their hind legs, "The wonder is not that they do it so well but that they can do it at all!" I often think of how aptly his remark applies to us older runners. None of us is going to run a five or six-minute mile (except for Ed Benham, maybe) but we are doggedly (pun intended!) determined to perform to the best of our comparatively limited abilities. We may be dog-tired (oops!) at the end of a race but then, think of the rewards: in our age category--and this is the last, though not least, incentive--if you show up at all, it's almost impossible to lose!

- Guy Riccio



RUNNING SHORTS

LIFE BEGINS AT EIGHTY

Noel Johnson's son tried to commit him to a convalescent home in 1969, according to an article in Running Times. "My son felt I could no longer take care of myself," said Noel. He began a program of light running instead of going into the home. Ten years later he became the first 80-year-old ever to run a marathon. Last fall he ran the New York City Marathon for the 6th time, at age 86.

MY FAVORITE RACE

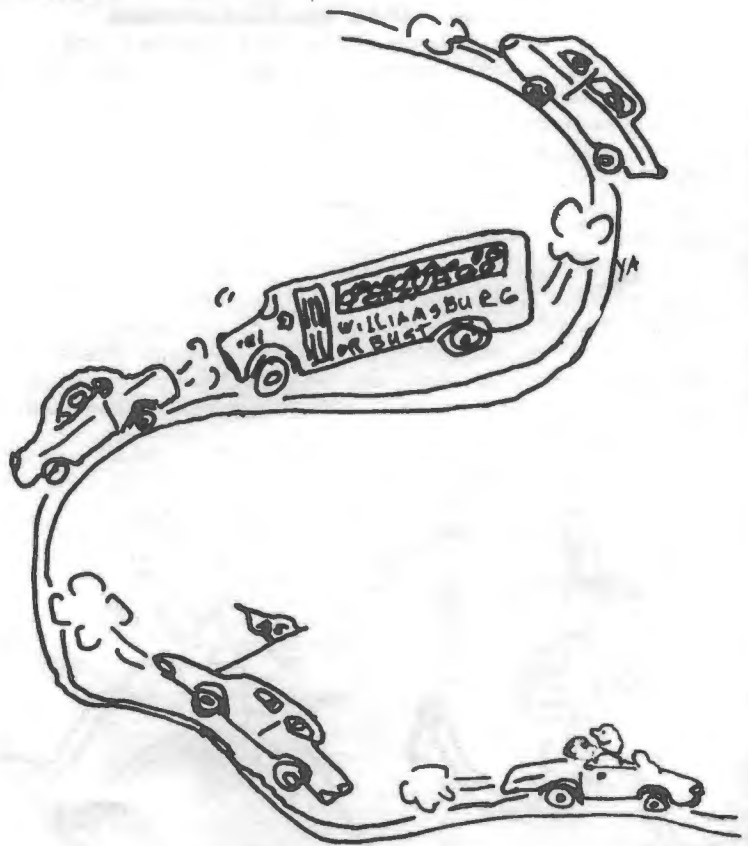
STRIDERS DISCOVER NIRVANA

by Bill Vogenitz

The Colonial Half-Marathon is sponsored by Anheiser-Busch in Colonial Williamsburg, Virginia, on February 22. This is a major race with over 2,000 runners participating. The race itself is only one reason why I have chosen it as my favorite race. It starts on the beautiful campus of William and Mary, winds along the Jamestown Parkway and the James River, and finishes inside the athletic field house of William and Mary, where the beer truck awaits you at the finish line.

The second reason I like this race is Williamsburg itself, the Pottery Factory, the colonial style homes and shops. Also, it didn't hurt that the Williamsburg Travelodge had a heated swimming pool, a whirlpool, and a sauna! This race presented an opportunity to escape the winter blues, as well as see what kind of conditioning you have reached.

This year Earl Scott and I went to the Colonial Half-Marathon. We both enjoyed the trip and the race and plan to return for next year's race. We invite all Striders to join us. Plan to come with us and make this an annual event.



"What do you think, Earl? This is a better turnout than I expected."

TRAINING TIPS

IS CROSS-TRAINING FOR EVERYONE?

by Reed E. Pyeritz

Occasionally those of us who exercise regularly are tempted to alter our habits—whether out of boredom, a desire to improve race performance, to appease a friend or spouse, or on the recommendation of an article in a magazine or a newsletter. When tempted to change, I always recall the advice of one of my professors in medical school; each of his four principles is pertinent to runners. First, if what you are doing is working, keep it up. Second, if what you are doing is not working, stop. Third, if you do not know what to do, do not try anything until you get some counsel. Finally, keep your patients out of the hands of the surgeons.

We read and hear a lot these days about cross-training, to the point that people with weak ego-strength may feel that they have to start exercising three different ways each day or risk being incomplete human beings. This article is directed to people who are runners, who enjoy running and have no deep-seated psychopathology driving them to the next level of masochism, such as triathlons. Should runners cross-train? Let's look at the pros and cons.

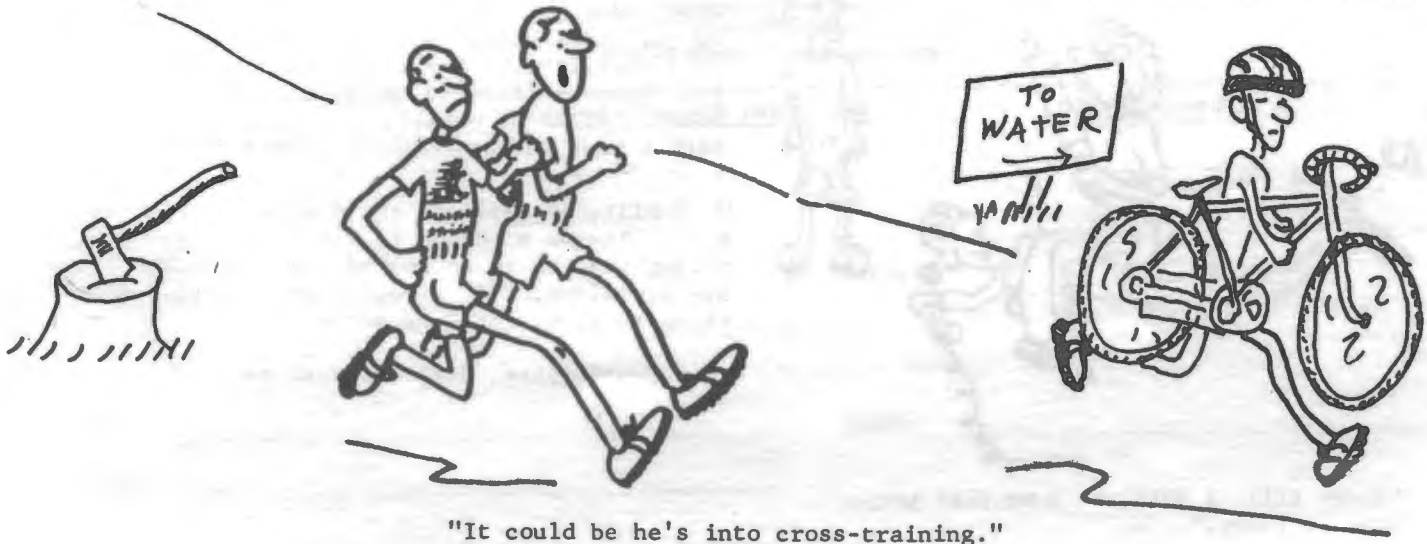
First, a few definitions. For an activity to qualify as cross-training, it must be substantially different from your primary sport and it must be either a sustained (30 minutes or more), continuous aerobic exercise or a repetitive, sustained (15 minutes or more) nonaerobic activity. This definition excludes most tennis, squash and team sports (except at the highest level of competition), but might include chopping and hauling wood, tilling the garden, or hiking the Appalachian trail.

The advantages of cross-training need to be considered for 2 classes of runners: those who insist on maintaining the same number of running miles, and those who are willing to substitute running miles for other activities. Those folks in the former group will have to spend additional time each week sweating, but can hope to improve their running through strengthening their upper bodies, increasing their leg speed by cycling or cross-country skiing, developing muscles in the legs and lower back that are underutilized during running, and improving cardiopulmonary fitness through anaerobic (interval) training on the bike or in the pool. Furthermore, any subtle or unrecognized imbalances in running muscles (such as right leg stronger than left) are often corrected by alternative exercises.

For the runner who does not want to spend a whole lot of extra time training, and is willing to replace running miles with alternative exercises, any of the benefits just listed pertain. In addition, many of the top marathoners are finding that they can work harder during the miles that they do run if the total weekly mileage is reduced. By intensifying the running sessions and adding intense, interval cross-training, road racing performances can be improved. Perhaps one of the reasons is that the muscles used in running have more opportunity to recover during training. The cycle of hard-easy-hard running workouts is evolving into the hard-off-hard philosophy, only on the off day, you will be cycling or swimming. Piling-up mileage in the running log is out; 3 or 4 miles of easy ("junk") running the day after a track workout is not necessary, and may be counter-productive.

For any runner, one of the most obvious advantages of cross-training is to aid recovery from a running injury. The benefits are both psychologic and physiologic. You keep your weight and sanity under reasonable control while gently exercising the injured running muscles.

(continued on next page)



Cycling, swimming or "running" in the deep end of the pool have helped me recover from injuries that necessitated using a cane just to walk.

Since we aim to present a balanced, unbiased perspective, what are the disadvantages of cross-training. First, all runners risk injury to muscles that are not used in running, especially at the start of a new activity. Anyone who plays touch football once a year knows that feeling the day afterward. But there is a greater risk, that of being exposed as a klutz. Now it takes very little coordination to run down the road (although you would be amazed how many people trip over curbs). Swimming, bicycling, cross-country skiing, aerobic dancing, and especially splitting logs all require higher motor skills, balance and coordination. At the start, it will be painfully obvious that while you can probably perform the activity all day without tiring, you are at grave risk of drowning, falling off, colliding with a tree, colliding with the shapely person next to you, or losing a foot. Many runners prefer to begin cross-training in the privacy of their homes. Finally, many cross-training options are more expensive and less convenient than running. Health club memberships, pool fees, bicycles, wind-load trainers, skis, Nordic-tracks—everything except a good axe—will be more expensive than a pair of running shoes. For those with the money, the time cost of cross-training can be minimized by home equipment.

The runner who adds cross-training without reducing mileage is at risk for additional problems. One is over-training; when your level of physical fatigue increases, or your race performance decreases, consider that you are overdoing it. Another is the risk of injury to muscle groups unaccustomed to intense exercise; at the start, do not add more cross-training activities than amount to 10 percent of the time spent running. Thereafter, increase cross-training time by no more than 10 percent a week. The biggest problem (except for the independently wealthy) is the time your new



"Sorry Bill, I just won't be able to make it today."

program will occupy; you will risk losing your job, spouse or both, and having your children know you are alive only by the pile of dirty workout clothes in the laundry.

Finally, the greatest disadvantage of cross-training is that you might eventually, no matter how much you ridicule the thought now, be tempted to enter a triathlon. And have you seen the entry fees this year!?

Reed Pyeritz, MD, PhD, is Associate Professor of Medicine and Pediatrics at the Johns Hopkins and a medical advisor to the Baltimore Road Runners Club. He is also the Senior Physician of the Maryland State Athletic Commission. Having run two dozen marathons, he has taken pity on his body and limits himself to four triathlons per year.

Editor's Note: Anyone interested in the bicycle arm of cross-training might like to know that Annapolis has a bicycle club. The Annapolis Bicycle Club offers training rides for all classes of riders, time trials once a month and long distance rides. A bi-monthly newsletter with a ride schedule is available for all members. Call Strider, Bill Contarino (268-6703) for more information.

RUNNING SHORTS

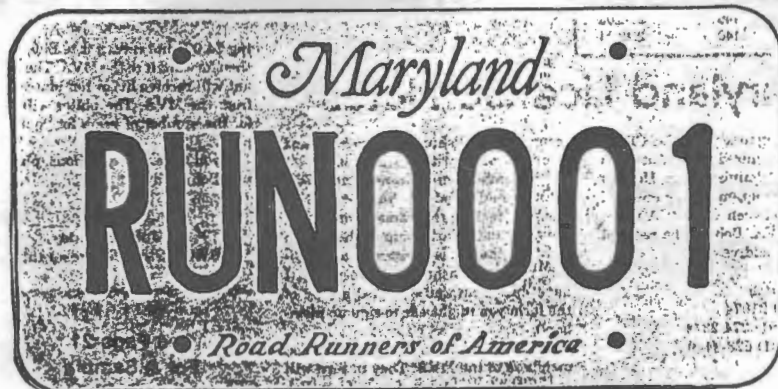
THE ENDLESS STREAK

Will Scott is on a streak. He has run all of the races in the Striders Championship Series in 5 out of the last 6 years. In calendar years his record will be 5 years consecutively when he has completed the Father's Day 10K in June. That's probably 42 or 43 races already and he plans to continue his streak. (There used to be 8 races in the series until two more were added.) "You have to plan around it to do it," says Will, "you can't take your vacation on a race date." The first couple of years it just happened that he had competed in all the races. After he noticed he was on a streak he didn't want to miss a Champ Series race.

Will, 37, praises the Series. "It gives a guy like me a chance to win something," he said, noting that he is in one of the most competitive age divisions. "It gives me an incentive—something to shoot for," he added.

Best wishes, Will. Streak on.

Subject: Special Maryland License Plates



The Maryland and DC RRCA club members have an opportunity to participate in a program to provide special Maryland license plates to those members whose vehicles are Maryland registered. The plates may be displayed on passenger cars, multipurpose vehicles and trucks up to 7000 pounds gross vehicle weight. The plates will have a three-letter prefix of "RUN" and a four-digit suffix. At the bottom of the plate will be the words "Road Runners of America". An example of the license plate is enclosed.

Bob Gehret, a member of the Westminster Road Runners initiated this idea and is willing to serve as Tag Chairman, a position required by the Maryland Motor Vehicle Administration. He will coordinate the program on our end and act as liaison between the RRCA members and the MVA. Bob can be reached at the following address:
 Bob Gehret
 4303 Royal Avenue
 Hampstead, MD 21074
 Home phone: (301) 374-2344
 Work phone: (301) 628-3449

The cost of the special license plates is a one-time fee of \$4.00 plus \$1.00 for administrative costs that I know Bob will incur in establishing the program and communicating with participants.

If a member wants license plates for a vehicle registered to another family member, include the name, address, tag number, and relationship of the person to whom the car is registered, and indicate the relationship to the member. (I have drawn up and attached a copy of the form you might use to sign up members).

Bob will send our list of interested members to the MVA. They in turn will send Bob many copies of some form. Bob will send each participant a copy. The participant will fill out the form, including \$4.00, and return it to Bob, who will then forward it to the MVA. The participant will receive his or her plates directly from the MVA. The plates will be good for the number of years for your current plates.

If you have any questions, please contact Bob or myself.

Thank you,
John Sissala
 RRCA State Representative

MD/DC RRCA SPECIAL LICENSE PLATE PROGRAM

Receive Maryland license plates as shown on the attached example.

Here's how:

1. Fill out form
2. Include \$1.00
3. Return form and money to MD/DC RRCA coordinator

Bob Gehret

4303 Royal Ave.
 Hampstead, MD 21074

Tel. (301) 374-2344 or (301) 628-3449

(w)

4. Wait for follow-up paperwork from Bob.

5. Then pay one-time charge of \$4.00 for new plates.

Name: _____
 Street: _____
 City, State, ZIP: _____
 Current tag number: _____
 Telephone () _____
 Tag number registered to: self, spouse
 other (relationship) _____
 Club: _____

ORDER FORM FOR T-SHIRTS

Annapolis Strider logo

S	M	L	XL	ONE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STYLE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$6.00 each

Add \$1.00 for mailing

ORDER FORM FOR TANK-TOPS

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

Add \$1.00 for mailing

Mail order to: Annapolis Striders, P.O. Box 187, Annapolis, MD 21404

ORDER FORM FOR BUMPER STICKERS

USA ♥ OUR RUNNERS
 Annapolis Striders 268-1165

\$2.00 each

Add 50¢ for mailing

NAME _____

PHONE _____

ADDRESS _____

AMOUNT ENCLOSED _____

ZIP _____

RACE RESULTS AND STANDINGS

WASHINGTONS BIRTHDAY 5K



FEBRUARY 28, 1987

PLACE	NAME	AGE	TIME
1.	Doug Moyer	27	16:03
2.	Michael Leahy	30	16:29
3.	Curt Schulze	23	16:37
4.	Matthew Mace	26	16:56
5.	Bill Conroy	43	17:08
6.	Rick Woods	31	17:19
7.	Gayle Flynn	37	17:22
8.	Mark Yerkes	31	17:24
9.	Eric Peltosalo	37	17:29
10.	Jim Medas	43	17:57
11.	Brian Palmer	24	18:08
12.	Bill Turrentine	38	18:51
13.	Chris Heintz	23	18:56
14.	Dan Sandison	16	19:05
15.	Pat O'Brien (F)	39	19:14
16.	Ron Bowles	41	19:18
17.	Thomas Bradford	43	19:26
18.	Mike Peak	35	19:40
19.	Howard Beard	40	19:45
20.	Doug Pond	47	19:57
21.	Scott Taber	24	19:59
22.	Milton Taylor	54	20:03
23.	Kenneth Lyons	47	20:16
24.	Randy Hofferbert	24	20:17
25.	Ted Gregory	33	20:20
26.	Clay Stevens	27	20:28
27.	John MacLean	34	20:30
28.	Eric Fredland	44	20:31
29.	Will Scott	37	20:36
30.	Richard Dugan	43	20:40
31.	Earle Myers	37	20:41
32.	Paul Cleaver	31	20:49
33.	Joel Sanders	43	20:57
34.	Joe Clorety	44	21:07
35.	Stacey Vokrot (F)	21	21:18
36.	Sandy Salazar (F)	35	21:20
37.	David Brown	37	21:24
38.	Rudy Seifert	39	21:26
39.	Joe Salmon	25	21:30
40.	Jim Fratino	53	21:36
41.	Brent Payne	26	21:37
42.	Tupper Lockhart	51	21:38
43.	Wally Bloss	33	21:39
44.	William Daywalt, Jr.	30	21:43
45.	Carole Simpson (F)	27	21:57
46.	John Davis	25	21:59
47.	David Haglund	35	22:07
48.	Donald Kane	46	22:23
49.	Dale Vogel	56	22:24
50.	Charles Carpenter	30	22:30
51.	Diane Heidemann	33	22:32
52.	Donald Zingorff	24	22:37
53.	Bill O'Connell	57	22:37
54.	Gerard Kiple	47	22:38
55.	Henry Whitesel	46	22:44
56.	John Lockwood	46	22:44

57.	Larry Peak	25	22:49
58.	Robert De Young	37	22:49
59.	Jesse Fussell	44	22:54
60.	Darlene Dabbs (F)	32	22:54
61.	William Myers	37	22:55
62.	David Abbott	36	22:56
63.	Jonas Legun	38	22:58
64.	Jim Storey	46	23:02
65.	Sharon Brandl (F)	28	23:02
66.	Robert Maynard	34	23:03
67.	Tom Donlin	36	23:04
68.	Mark Schultz	37	23:21
69.	Freeman Bagnall	39	23:26
70.	Martha Kinsinger (F)	52	23:28
71.	Michael College	33	23:32
72.	Sheryl Morris (F)	31	23:37
73.	Colin Warren	38	23:52
74.	Robert Coombs	51	23:57
75.	David Lord	40	24:00
76.	Ramon Daubon	41	24:01
77.	Joseph Lee	38	24:01
78.	Thomas Scoonover	54	24:02
79.	Robert Gisjee	53	24:03
80.	R. J. Goodman (F)	39	24:12
81.	Carol Rubino (F)	29	24:17
82.	Sharon Hammond (F)	40	24:19
83.	John Kurpjuweit	42	24:23
84.	Karl Schwabe	46	24:31
85.	Mary Greene (F)	34	24:36
86.	Dot Engelke (F)	36	24:33
87.	Rich Hughes	42	24:38
88.	Guy Riccio	66	24:45
89.	Alan Sycherley	44	24:46
90.	Jane Peak (F)	32	24:49
91.	Ray Randall	42	24:51
92.	Unknown		24:52
93.	Unknown		24:52
94.	Dyan Speaks (F)	29	24:56
95.	Robert Neall	38	24:57
96.	Ron Thompson	40	24:57
97.	Gene Newman	39	25:16
98.	Lynn Hopkins (F)	33	25:17
99.	Andrea Kay (F)	16	25:25
100.	Linda Simpson (F)	44	25:30
101.	Ray Chapman	39	25:51
102.	Joseph Ryan	61	25:06
103.	Rita Lord (F)	39	26:07
104.	Chuck Hufnagel	41	26:47
105.	David Hoffberger	39	26:49
106.	Mike Schlegel	42	27:39
107.	Kenneth Markison	39	27:56
108.	John Brinton	60	28:19
109.	Charles Bennett	46	28:30
110.	Margaret Neall (F)	38	28:39
111.	Janie Stanek (F)	40	28:41
112.	Steven Wong	28	31:28
113.	Dy-Anna Scoonover (F)	52	32:03
114.	Neal Kinsinger	52	32:04
115.	Kelly Bennett (F)	16	32:30
116.	Karen Trembly (F)	36	33:29
117.	Richard Daiger	47	36:02
118.	Ann Rougle (F)	39	38:08
119.	Arnold Galiano	65	39:02

OVERALL WINNER - MALE
Douglas Moyer 16:03

OVERALL WINNER - FEMALE
Pat O'Brien 19:14

MEN UNDER 20
1. Dan Sandison 19:05

Men 20 - 29
1. Curt Schulze 16:37
2. Mathew Mace 16:56
3. Brian Palmer 18:08

Men 30 - 39
1. Michael Leahy 16:29
2. Rick Woods 17:19
3. Gayle Flynn 17:22

Men 40 - 49
1. Bill Conroy 17:08
2. Jim Medas 17:57
3. Ron Bowles 19:18

Men 50 - 59
1. Milton Taylor 20:03
2. Jim Fratino 21:36
3. Tupper Lockhart 21:38

Men 60 and over
1. Guy Riccio 24:45
2. Joseph Ryan 26:06
3. John Brinton 28:19

Women under 20
1. Andrea Kay 25:25
2. Kelly Bennett 32:30

Women 20 - 29
1. Stacey Vokrot 21:18
2. Carole Simpson 21:57
3. Sharon Brandl 23:02

Women 30 - 39
1. Sandy Salazar 21:20
2. Darlene Dabbs 22:54
3. Sheryl Morris 23:37

Women 40 - 49
1. Sharon Hammond 24:19
2. Linda Simpson 25:30
3. Janie Stanek 28:41

Women 50 and over
1. Martha Kinsinger 23:28
2. Dy-Anna Scoonover 32:03

valentine's twosome relay

FEBRUARY 15, 1987



PLACE	NAME	AGE	TIME
1.	Blond Blitz Nancy Gugerty (20:36) Jeff Nicklason (18:58)	40 & under	39:34
2.	Salt & Pepper Ginger Pratt (21:34) Jim Gossand (18:83)	71-80	40:12
3.	JG John Lockwood (23:30) Gayle Flynn (17:50)	81-100	41:20
4.	The Tracks Tugs Sharon Roe (23:11) Steve Crawford (18:23)	40 & under	41:34
5.	Heart & Sole Gianna Menapace (22:26) CARL Dolan (19:16)	41-60	41:42
6.	Weems Creek Duo Sharon Brandl (23:30) Earl Keicher (18:59)	61-70	42:29
7.	Sole to Sole Nina Zegar (20:45) John Keegan (22:20)	41-60	43:05
8.	Null & Void Caroline Richardson (24:38) Rick Smith (20:11)	41-60	44:49
9.	Lean & Mean Sharon Hammond (25:13) Ken Lyons (20:38)	81-100	45:51
10.	Cupids Quickies Linda Rogers (23:43) Bill Vogenitz (22:27)	71-80	46:10
11.	Sunggle Bunnies Lynn Hopkins (25:39) Ron Bowman (20:40)	61-70	46:19
12.	Toothsome Twosome Anne Chamberlain (26:34) Mike Chamberlain (20:18)	81-100	46:52
13.	Ruffian & Silver Kate Whitesel (24:47) Henry Whitesel (22:19)	61-70	47:16
14.	The Sweat Sisters Colleen Coyle (23:18) Donna MacCauley (24:09)	41-60	47:27
15.	Reluctantly Sandy Foley (28:40) Tom Foley (19:11)	81-100	47:51
16.	Doctor Love & Sweet Pea Brenda Norman (25:30) Earl Scott (22:34)	71-80	47:54
17.	Loosely Coupled Sherry Bowen (25:41) Wally Bloss (22:38)	41-60	48:19
18.	PK ² Pat Kelly (27:24) Pete Kelly (21:18)	41-60	48:42
19.	T-N-T Laurie Thiry (25:35) Dwight Touchberry (23:25)	41-60	49:00

20.	Soar Feat Colleen Kacur (28:05) John Guala (21:25)	71-80	49:30
21.	Buck a Roo & the Kangaroo Louise Zeitlin (25:36) Buck Caddell (25:40)	81-100	51:16
22.	Toute Suite Mary Ostrye (27:50) Jim Ostrye (23:49)	61-70	51:39
23.	Stupid Cupids Lori Habicht (29:46) Bill Habicht (22:01)	41-60	51:47
24.	The Old Couple Yvonne Aasen (27:00) Guy Riccio (25:51)	over 100	52:51
25.	Natilus Nuts Laura Lehr (25:51) Rick Hallquist (27:16)	41-60	53:07
26.	Gimp Twins Susan Ruberg (27:43) Kevin Gillispie (25:24)	41-60	53:07
27.	Feat Hearts Kathy Day (30:13) Dale Vogel (23:03)	81-100	53:16
28.	The Hermits Nancy Conlon (32:08) Copley Smoak ((23:17)	81-100	55:25
29.	Thunderbolt & Lightfoot Mindy Habicht (30:37) Ngy Tang (26:23)	40 & under	57:17
30.	JAMDAD Monique Ostazesk (28:11) John Brinton (29:06)	81-100	58:07
31.	Divorcees Betty Impellizzarri (28:38) Arlan Sears (29:27)	81-100	58:07
32.	Tortugas Twos Lynn Kruck (29:16) Ralph Kruck (29:27)	81-100	58:43
33.	Heart Attacks Kelly Bennett (32:18) Charles Bennett (29:08)	61-70	61:26

DIVISION WINNERS 5K EACH RUNNER COMBINED AGES = AGE GROUPS

<u>OVERALL WINNER</u>	
Blond Blitz	39:34
<u>40 & under</u>	
The Tracksters	41:34
<u>41-60</u>	
Heart & Sole	41:42
<u>61-70</u>	
Weems Creek Duo	42:29
<u>81-100</u>	
Lean & Mean	45:51
<u>Over 100</u>	
The Old Couple	52:51

BEST NAME would have gone to the Roadamantics but they weren't there to collect their award. So BEST NAME went to Lean & Mean, who had visual effects which were matching Lean & Mean sweat-shirts. Honorable Mention was awarded to Salt & Pepper, who also had outstanding visual effects.

MD/DC CLUB TEAM RACE

STRIDERS ON THE ROAD

by Evan Thomas

In between snowstorms, a (fool)hardy group of 22 Striders rallied at Howard County Community College on Sunday, February 22, to participate in the annual Maryland/DC RRCA 10-Miler. The last few years had witnessed intense rivalry between the Howard County Striders and the Baltimore Road Runners Club, with BRRC taking the last two races. This year Howard County had all their top guns on hand for an all-out effort to regain area bragging rights. BRRC wanted to retire the winners plaque with a third straight win.

In the end it was Howard County which proved victorious with BRRC a close second and Montgomery County a strong third. Annapolis was sixth of those fielding full teams of 15 men and 3 women. The results had the first 14 men all under 55 minutes and the winner, Jason Emmons (unattached) was timed in 51:02 over a typically hilly Columbia course. Our women's

team did well, finishing 4th. Rose Malloy claimed second with a 62:55 and Pat O'Brien was 4th in 65:01. The winner, Mary Aliso, romped home in 57:24.

This race, while not coming at a great time with respect to training schedules, seems to serve as the start of the year's racing calendar. It's a good place to pass out race entry forms—about 400 of the area's better runners were there. Our goal, which was to "show the flag" and avoid the cellar, was reached and we were able to spread our usual brand of good cheer.

Well Done to all who ran under the Annapolis banner: David Webster, 57:40; Matt Mace, 59:32; and Bill Conroy, 60:32, led the way. Following them were Doug Pond, Bill Law, Eleanor Elster, Earl Keicher, John Major, Brian Palmer, Sean Sweeny, Don Kennedy, Bill McKeever, Howard Beard, Tom Bradford, Joe Duffy, Tom Lyden, Jim Black, Bill Rosser, Milt Taylor, and Evan Thomas. Also our two women who placed so well, Rose Malloy and Pat O'Brien.

Mark your calendars now for 9 AM on Sunday, February 21, 1988, for next year's race.

Jean Conroy Memorial 10K

First flower of spring, the flower of hope.



PLACE	NAME	AGE	TIME
1	Jim Robinson	29	34:32
2	Tom Waites	39	34:59
3	Eric Peltasalo	37	35:13
4	Bill Stahr	26	35:26
5	James M. Garner	19	36:16
6	John Major	38	37:00
7	Brian Wolford	17	37:15
8	Jim Sackett	27	38:08
9	Bruce Trout	25	38:10
10	Barry Miller	40	38:44
11	Lee Aulisio	40	38:49
12	Chris Heintz	23	38:50
13/1	Cathy Ventura-Merker	31	38:51
14	Jerry Merker	34	38:51
15	Rau Freeny	42	38:53
16	Jeff Kane	15	39:12
17	Ray Hartenstein	52	39:13
18	Derrick Carr	25	39:19
19	Teddy Stevens	16	39:28
20	Mike Perry	36	40:02
21	Ron Bowles	41	40:08
22	Fred C. Shanklin	45	40:12
23	Bob Phillips	50	40:36
24/2	Robin Quinian	17	40:41
25/3	Betty Blank	34	40:59
26	Noel Carr	20	41:16
27/4	Julie M. Capri	26	41:42
28	Michael Matzko	16	41:55
29	Jim Woodcock	43	41:55
30	Gary Stidman	42	41:59
31	John Maclean	34	42:16
32	Milt Taylor	54	42:20
33	Lawrence Dickerson	55	42:46
34	Robert Acuff	49	43:00
35	Bruce Soyars	36	43:16
36	Ted Haynie	37	43:18
37			43:25
38	Neal Hinkle	50	43:39
39	Wilford Scott	37	43:54
40	Jim Hufford	53	44:06
41	James Chen	34	44:15
42/5	Mary Ann Zuckerman	40	44:18
43/6	Theresa Cannon	24	44:19
44	Mike Offut	24	44:59
45	Paul Cleaner	31	45:04
46	Evan Thomas	45	45:08
47	Jim Richmond	37	45:29
48	Tim O'Hara	28	45:32
49	J. Mentall	51	45:39

PLACE	NAME	AGE	TIME
50	Willy Korzan	26	45:45
51			45:57
52	Charles Pritzlaff	41	46:02
53	Emil J. Markulis	48	46:17
54	Steve Dunning	39	46:20
55/7	Darlene Dabbs	32	46:38
56/8	Pat O'Brien	39	46:53
57	Brent Pagne	26	46:59
58	Henry Whiteser	46	47:02
59	Gordon Moiles	43	47:21
60	Charles Hudicek	45	47:27
61	Eugene M. Karol	53	47:39
62/9	Shelly Dunning	29	47:44
63	William B. Derr	47	47:50
64	Steve Sutton	42	48:03
65	Bill Shaughnessy	43	48:31
66/10	Martha Kinsinger	52	48:41
67	Bob Coombs	51	49:37
68	Sonny Hawley	45	49:52
69	Ed Polk	36	49:55
70			50:11
71/11	Jeanne Ross	33	50:22
72	Tony Handler	47	50:29
73	Carl Johnson	18	50:56
74	Ted McClanahan	49	51:36
75	Robert Gushee	53	51:51
76	Ron Thompson	40	52:09
77	John Walker	40	52:20
78	Michael Finn	47	52:39
79/12	Lisa Ruback	28	52:41
80	Robert Kellar	49	52:46
81	Don Rizzo	51	54:03
82	Thomas Milliman	33	54:17
83	Henry Garufi	41	54:28
84			55:12
85/13	Janna Zuber	34	55:38
86/14	Kathy Cunnane	29	55:47
87	Gene Newman	39	57:02
88/15	Colleen Zinn	31	57:17
89	Harold Youngling	45	57:39
90/16	Chris Smith	32	57:34
91	Neal Kinsinger	52	1:01:15
92/17	Cindy Tabor	37	1:01:17
93	Matt Downey	55	1:01:50
94	Andrew F. Lester	36	1:02:36
95	Gerry Stewart	24	

CROFTON, MD 3/8/87

The STREAK April 1987



TIMES OF OUR LIVES

(See E.T.'s Trails)
 St. Patty's 10-Miler, 15 March, Kutztown, PA,
 Doug Pond 67:40. E.T. 75:06 (not bad, boys,
 after that brutal track workout the day before).
 Host, Tim Blewett 81:30 (not bad after coming
 back from a year's layoff). Tim, formerly on
 the Strider's Board, moved to Exton, PA.

"Something tells me this new president
 is going to be hard to get along with."

1986 CLUB CHAMPIONSHIP SERIES RESULTS

Women under 20		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Angie	Lyden	35	35	35	1	1	2	1	35	1	35	-140	41
Christina	Coughlin	1	35	35	2	35	1	35	35	35	35	-140	109
Janet	Lantry	2	35	1	35	35	35	35	35	35	35	-140	143
Katherine	Whitesel	3	35	2	35	35	35	35	35	35	35	-140	145

Women 20-29		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Brenda	Norman	35	35	3	5	1	3	3	2	35	35	-140	17
Cindi	Fox-Contarino	1	35	35	2	35	35	1	1	35	1	-140	41
Nancy	Hans	35	35	4	35	2	35	6	35	35	35	-140	117
Allyson	McCormick	35	35	35	1	35	1	35	35	35	35	-140	142
Suzanne	Dalton	35	35	1	4	35	35	35	35	35	35	-140	145
Jennifer	Fuller	35	35	2	35	35	35	4	35	35	35	-140	146
Laura	Fratino	35	35	35	35	35	2	35	35	35	35	-140	177
Cease	Ferri	2	35	35	35	35	35	35	35	35	35	-140	177
Debbie	Dudas	35	35	35	35	35	35	2	35	35	35	-140	177
Maureen	Lamb	35	35	35	3	35	35	35	35	35	35	-140	178
Leona	Collyer	35	35	35	35	35	35	5	35	35	35	-140	180

Women 30-39		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Patricia	O'Brien	1	35	1	35	35	1	1	1	2	1	-107	6
Eleanor	Elster	4	35	2	1	3	3	2	2	3	35	-77	13
Sharon	Hammond	35	2	35	2	6	4	7	8	35	4	-113	25
Nancy	Prue	12	4	4	4	7	9	12	35	35	35	-117	40
Margaret	Johnston	14	3	35	5	35	7	11	7	35	35	-140	47
Rae Jean	Goodman	9	35	3	3	5	35	6	4	4	3	-59	48
Susan	Bonner	6	35	35	35	1	2	3	35	35	2	-140	49
Jan	Robosson	8	35	35	35	35	6	8	10	6	35	-140	73
Sue	Briers	35	35	35	35	35	35	9	6	5	5	-140	95
Gale	Cronwell	2	35	35	35	2	35	4	35	35	35	-140	113
Charlotte	Caruso	35	35	35	7	8	35	13	35	35	35	-140	133
Darlene	Dabbs	3	1	35	35	35	35	35	35	35	35	-140	144
Rose	Malloy	35	35	35	35	35	35	35	35	1	35	-140	176
Barbara	Kee	35	35	35	35	35	35	35	3	35	35	-140	178
Patricia	Major	35	35	35	35	4	35	35	35	35	35	-140	179
Elizabeth	Holliday	35	35	35	35	35	35	5	35	35	35	-140	180
Virginia	Allison	35	35	35	35	35	35	5	35	35	35	-140	180
Chris	Kamenoff	35	35	5	35	35	35	35	35	35	35	-140	180
Regina	Rochez	5	35	35	35	35	35	35	35	35	35	-140	180
Jean	Snyder	35	35	6	35	35	35	35	35	35	35	-140	181
Barbara	Goldberg	35	35	35	6	35	35	35	35	35	35	-140	181
Lelia	Brobst	35	35	35	35	35	35	35	35	35	6	-140	181
Kathy	Finkelstein	7	35	35	35	35	35	35	35	35	35	-140	182
Emily	Morse	35	35	35	35	35	8	35	35	35	35	-140	183
Mary	Lyst	35	35	35	35	35	35	35	9	35	35	-140	184
Linda	Rogers	35	35	35	35	35	35	10	35	35	35	-140	185
Kathy	Munger	10	35	35	35	35	35	35	35	35	35	-140	185
Mandy	Falk	11	35	35	35	35	35	35	35	35	35	-140	186
Sharon	Ault	13	35	35	35	35	35	35	35	35	35	-140	188



Women 40-49		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Anne	Chamberlain	35	1	1	1	1	35	1	35	35	1	-140	6
Nancy	Waddington	35	35	2	2	35	35	35	1	35	35	-140	110
Barbara	Watkins	1	2	35	35	35	35	35	35	35	35	-140	143
Carol	Huddy	3	3	35	35	35	35	35	35	35	35	-140	146
Mary Lou	Hawkins	2	35	35	35	35	35	35	35	35	35	-140	177
Delma	Miller	35	35	35	35	35	35	2	35	35	35	-140	177
Louise	Zeitlin	35	35	35	35	35	35	3	35	35	35	-140	178
Jean	Duyer	35	35	35	3	35	35	35	35	35	35	-140	178
Beth	Zehe	35	35	35	35	35	35	4	35	35	35	-140	179
Bonnie	Denner	4	35	35	35	35	35	35	35	35	35	-140	179

Women 50 and over		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Martha	Kinsinger	1	1	1	1	35	1	1	1	1	1	-38	6
Yvonne	Aasen	2	2	2	2	35	2	2	35	35	2	-107	12

Young Men 13 and under		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
John	Straub	1	35	1	1	2	1	1	35	35	35	-140	7
Joe	Aben	35	35	35	35	1	35	35	35	35	35	-140	176

Men 14-19		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Dan	Sandison	3	35	1	2	35	35	1	35	35	2	-140	44
Paul	Duffy	5	2	35	1	35	35	35	35	35	35	-140	113
Louis	Carvalho	1	1	35	35	35	35	35	35	35	35	-140	142
Steve	Crawford	2	35	35	35	35	35	35	35	35	1	-140	143
Charlton	Archard	4	35	35	35	35	35	35	35	35	35	-140	179

Men 20-29		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Brian	Palmer	2	1	1	2	35	1	1	35	35	35	-140	8
Matthew	Mace	3	2	2	4	2	2	2	1	1	1	-11	9
John	Davis	14	35	35	35	35	5	5	3	35	35	-140	97
William	Contarino	12	35	35	5	35	35	6	35	35	4	-140	97
William	Daywalt Jr.	13	6	35	7	35	7	35	35	35	35	-140	103
Kevin	Sullivan	1	35	35	1	1	35	35	35	35	35	-140	108
Robert	Biddle	35	35	35	3	35	3	35	35	35	2	-140	113
David	Ansel	35	35	35	35	35	4	35	2	5	35	-140	116
Nut	Hall	4	35	3	35	35	35	35	6	35	35	-140	118
Tom	Prendki	8	3	35	35	35	35	35	3	35	3	-140	119
Chuck	Carpenter	35	35	35	35	35	35	35	4	7	3	-140	119
Eddie	Anderson	5	35	35	35	35	35	3	35	35	35	-140	148
Scott	Hall	7	35	35	35	35	35	35	4	35	35	-140	151
Clay	Stevens	9	5	35	35	35	35	35	35	35	35	-140	154
Neal	Wolle	10	4	35	35	35	35	35	35	35	35	-140	154
Greg	Hill	35	35	35	35	35	35	35	35	2	35	-140	177
Ron	Collyer	35	35	35	35	35	35	4	35	35	35	-140	179
Dan	Fratino	35	35	35	6	35	35	35	35	35	35	-140	181
Al	Miller	35	35	35	35	35	6	35	35	35	35	-140	181
Jim	Kisenwether	6	35	35	35	35	35	35	35	35	35	-140	181
John	Jolly	11	35	35	35	35	35	35	35	35	35	-140	186

Men 30-34		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Earl	Keicher	5	2	2	35	1	1	3	35	1	35	-110	10
Mark	Verkes	35	1	35	2	3	2	2	1	35	35	-140	11
Paul	Cleaver	4	7	4	6	5	35	6	2	3	35	-83	24
Mike	van Beuren	35	35	1	1	2	35	1	35	35	35	-140	75
Rick	Woods	35	3	35	4	35	3	4	35	35	35	-140	84
Bob	Miller	35	35	3	5	4	35	5	35	35	35	-140	87
Robert	Maynard	35	35	35	8	7	35	35	35	5	3	-140	93
Charles	Floyd	7	35	35	35	6	4	9	35	35	35	-140	96
Wally	Bloss	9	9	35	35	35	35	8	5	35	35	-140	101
Bob	Jones	35	6	35	3	35	35	35	35	35	1	-140	115
Tom	Kessler	35	8	35	35	35	35	35	4	35	4	-140	121
Don	Anderson	1	35	35	35	35	35	35	35	35	2	-140	143
Rick	Smith	2	5	35	35	35	35	35	35	35	35	-140	147
William	Jacobs	6	35	35	35	35	35	35	3	35	35	-140	149
Steve	Klakring	8	10	35	35	35	35	35	35	35	35	-140	158
Winnie	Hittle	35	35	35	35	35	35	35	2	35	35	-140	177
Oliver	Payne	3	35	35	35	35	35	35	35	35	35	-140	178
Terry	Eplie	35	4	35	35	35	35	35	35	35	35	-140	179
Tim	Elliott	35	35	35	35	35	35	35	35	4	35	-140	179
Robert	Higginbotham	35	35	35	7	35	35	35	35	35	35	-140	182
Bob	White	35	35	35	35	35	35	7	35	35	35	-140	182
Gerald	Ferri	10	35	35	35	35	35	35	35	35	35	-140	185
Mark	Mallach	11	35	35	35	35	35	35	35	35	35	-140	186
Bruce	Sponsler	12	35	35	35	35	35	35	35	35	35	-140	187

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Men 35-39		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Eric	Peltosalo	1	1	1	1	35	35	1	35	1	35	-140	6
Gayle	Flynn	35	35	5	3	35	1	2	35	2	1	-140	14
William	Turrentine	35	35	2	4	35	3	4	1	3	35	-140	17
J. Howard	Beard, III	4	4	3	5	2	5	6	2	5	3	-21	18
Donald	Kennedy	8	5	8	6	3	4	5	5	4	2	-27	23
Ronald	Bowman	5	6	9	7	1	35	8	4	9	8	-61	31
Wilford	Scott	6	11	11	8	5	7	11	12	6	7	-45	39
John	Guala	35	8	35	10	35	6	10	7	7	35	-140	48
Terry	Clark	35	13	10	12	35	9	13	10	35	35	-140	67
Jonas	Legum	12	14	12	13	7	12	16	35	35	35	-121	70
Tom	Lyden	35	10	35	9	6	35	9	35	11	35	-140	80
Jim	Hall	3	35	4	2	35	2	35	35	35	35	-140	81
John	Coder	10	12	35	35	35	35	35	8	35	4	-140	104
Thomas	Ervin	16	35	13	14	35	16	18	35	35	35	-140	112
William	Rourke	35	35	35	11	35	35	14	10	8	35	-140	113
William	Rosser III	2	35	35	35	4	35	7	35	35	35	-140	118
Bill	Vogenitz	14	35	35	35	35	15	35	14	10	35	-140	123
Ron	Thompson	35	35	35	35	35	14	17	35	35	12	-140	148
Bruce	Soyars	35	35	35	35	35	35	35	9	35	6	-140	155
Ronald	Jarashow	9	35	7	35	35	35	35	35	35	35	-140	156
Bob	Trescott	35	35	35	35	35	8	12	35	35	35	-140	160
Edwin	Green	35	35	35	35	35	10	35	13	35	35	-140	163
Ray	Chapman	15	35	35	35	8	35	35	35	35	35	-140	163
Thomas	Donlin	11	35	35	35	35	13	35	35	35	35	-140	164
John	Major	35	2	35	35	35	35	35	35	35	35	-140	177
Robert	Walters	35	3	35	35	35	35	35	35	35	35	-140	178
Jeffrey	Beatty	35	35	35	35	35	35	3	35	35	35	-140	178
David	Bartosevich	35	35	35	35	35	35	3	35	35	35	-140	178
Fred	Betz	35	35	35	35	35	35	35	35	35	5	-140	180
Nick	Lakis	35	35	6	35	35	35	35	35	35	35	-140	181
Dick	Shea	35	35	35	35	35	35	35	6	35	35	-140	181
Michael	Mayer	7	35	35	35	35	35	35	35	35	35	-140	182
Michael	Edwards	35	7	35	35	35	35	35	35	35	35	-140	182
Murray	Snyder	35	35	35	35	35	35	35	35	35	9	-140	184
Jonathon	Asher	35	9	35	35	35	35	35	35	35	35	-140	184
Earle	Myers	35	35	35	35	35	35	35	35	35	10	-140	185
Don	Ewing	35	35	35	35	35	11	35	35	35	35	-140	186
Kip	Eldridge	35	35	35	35	35	35	35	35	35	11	-140	186
Barry	Hammond	13	35	35	35	35	35	35	35	35	35	-140	188
John	Schaum	35	35	35	35	35	35	15	35	35	35	-140	190
Joseph	Trotto Sr.	35	35	35	15	35	35	35	35	35	35	-140	190
Ron	Lyst	35	35	35	35	35	35	35	15	35	35	-140	190



Men 40-44		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
William	Conroy	1	1	35	35	1	1	1	35	1	1	-106	6
Evan	Thomas	7	7	4	5	5	2	8	1	8	35	-58	24
John	Kurpjuweit	16	12	8	9	7	4	14	10	10	8	-52	46
Joe	Clorey	35	35	35	2	2	35	3	35	3	2	-140	47
Mike	Chamberlain	35	2	35	3	3	35	35	6	35	4	-140	53
Alan	Wycherley	20	35	11	10	6	3	13	35	35	10	-125	53
Joe	Duffy	4	6	6	6	35	35	35	35	6	35	-140	63
Richard	Hillman	35	8	5	35	35	35	15	6	35	5	-140	74
James	McCutcheon	10	35	35	8	35	35	10	9	7	35	-140	79
William	Ammon	2	5	2	35	35	35	35	35	2	35	-140	81
Marty	Paul	35	35	35	7	4	35	7	4	35	35	-140	92
Mike	Schlegel	19	35	10	35	8	5	16	35	35	35	-140	93
Thomas	Bradford	35	35	35	35	35	35	9	35	5	3	-140	122
Michael	Impellizzeri	8	35	35	35	35	35	35	35	9	7	-140	129
Lee	Patrick	35	13	9	35	35	35	35	35	35	9	-140	136
Howard	Berry	14	11	35	35	35	35	35	11	35	35	-140	141
Tom	Foley	35	35	35	1	35	35	2	35	35	35	-140	143
Joe	O'Boyle	18	35	35	35	35	35	35	35	11	11	-140	145
Bill	McKeever	35	3	35	35	35	35	35	35	4	35	-140	147
John	Fredland	35	35	3	35	35	35	5	35	35	35	-140	148
James	Woodcock	5	35	35	35	35	35	7	35	35	35	-140	152
Timothy	Blewett	35	9	7	35	35	35	35	35	35	35	-140	156
Donald	Zindorf	35	35	35	35	35	35	11	35	35	6	-140	157
Tom	Burton	15	35	35	11	35	35	35	35	35	35	-140	166
Pat	Hoffman	12	35	35	35	35	35	18	35	35	35	-140	170
Joseph	Smaldone	35	35	1	35	35	35	35	35	35	35	-140	176
Peter	Tucker	35	35	35	35	35	35	35	2	35	35	-140	177
Bob	Bridges	35	35	35	35	35	35	35	3	35	35	-140	178
Richard	Dugan	3	35	35	35	35	35	35	35	35	35	-140	178
Edward	Dwyer	35	35	35	4	35	35	35	35	35	35	-140	179
Thomas	Mark	35	35	35	35	35	35	4	35	35	35	-140	179
Bill	Wandel	35	4	35	35	35	35	35	35	35	35	-140	179
Fred	Jacoby	35	35	35	35	35	35	35	5	35	35	-140	180
Dennis	Williams	6	35	35	35	35	35	35	35	35	35	-140	181
Bill	Shaughnessy	35	35	35	35	35	35	35	8	35	35	-140	183
Dave	Williams	9	35	35	35	35	35	35	35	35	35	-140	184
Henry	Garufi	35	10	35	35	35	35	35	35	35	35	-140	185
Martin	Rosenberg	11	35	35	35	35	35	35	35	35	35	-140	186
Jeff	Zehe	35	35	35	35	35	35	12	35	35	35	-140	187
Neil	Donnelly	35	35	35	35	35	35	35	35	35	12	-140	187
Ray	Randall	35	35	35	12	35	35	35	35	35	35	-140	187
Gif	Munger	13	35	35	35	35	35	35	35	35	35	-140	188
Frank	Goetschius	35	35	35	35	35	35	17	35	35	35	-140	192
Mike	Connaughton	17	35	35	35	35	35	35	35	35	35	-140	192

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Men 45-49		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Douglas	Pond	1	35	1	1	1	35	1	1	35	35	-140	6
Ken	Lyons	35	1	35	2	2	1	3	3	35	1	-108	10
Arnold	Henderson	35	35	2	4	3	2	4	35	2	2	-109	15
William	Derr	35	6	35	5	4	3	5	35	3	35	-140	26
Gerald	Fitchner	7	7	4	6	5	6	9	35	7	6	-58	34
Earl	Scott	5	35	35	35	35	4	7	6	35	5	-140	62
John	Lockwood	2	35	35	35	6	35	35	35	5	4	-140	87
Robert	Donald	3	35	3	35	35	35	6	35	8	35	-140	90
Clair	Morris	9	35	35	7	7	35	8	35	35	35	-140	101
Richard	Lantry	8	35	5	35	35	5	35	35	35	35	-140	123
Jim	Black	35	35	35	35	35	35	2	2	35	35	-140	144
Robert	Phillips	35	35	35	35	35	35	35	4	1	35	-140	145
Orv	Pratt	35	2	35	3	35	35	35	35	35	35	-140	145
Neal	Hinkle	35	35	35	35	35	35	35	35	4	3	-140	147
Michael	Long	6	35	35	35	35	35	35	35	6	35	-140	152
Don	Kane	35	35	35	35	35	35	35	5	35	7	-140	152
Michael	Finn	35	5	35	35	35	35	35	35	9	35	-140	154
Jim	Wick	10	35	35	35	35	35	10	35	35	35	-140	160
Ed	Lutz	35	3	35	35	35	35	35	35	35	35	-140	178
Gregory	Glynn	35	4	35	35	35	35	35	35	35	35	-140	179
Doug	Burkhardt	4	35	35	35	35	35	35	35	35	35	-140	179
Joe	Handelman	35	35	35	35	35	35	35	7	35	35	-140	182
Jim	Lewis	35	35	35	35	35	7	35	35	35	35	-140	182
Michael	Dougherty	35	35	35	35	35	35	35	35	35	8	-140	183
Karl	Schwabe	35	35	35	35	35	35	35	35	10	35	-140	185
Jim	Sadison	35	35	35	35	35	35	11	35	35	35	-140	186

Men 50-59		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Milton	Taylor	35	1	1	1	1	35	35	35	2	1	-140	7
Donald	Waddington	3	35	2	2	35	35	1	1	1	2	-108	9
Michael	McAusland	2	35	35	4	2	2	2	4	4	4	-78	16
John	Brinton	35	6	35	7	35	35	8	5	5	6	-140	37
Bill	Law	35	3	3	35	35	35	35	3	3	35	-140	82
Neal	Kissinger	6	35	35	6	35	3	7	35	35	35	-140	92
James	Fratino	1	2	35	35	35	1	35	35	35	35	-140	109
Leon	Johnson	35	4	35	35	35	35	4	2	35	35	-140	115
Eugene	Karol	35	35	35	3	35	35	3	35	35	5	-140	116
Gene	Humphrey	5	5	35	5	35	35	35	35	35	35	-140	120
Dale	Vogel	4	35	35	35	35	35	5	35	35	35	-140	149
Ken	Thorn	35	35	35	35	35	35	35	35	35	3	-140	178
Donald	Perkins	35	35	35	35	35	35	6	35	35	35	-140	181

Men 60 and over		5k	10m	2m	10k	1m	8k	5m	26k	20K	15K	Total	
Ben	Moore	35	35	1	1	35	35	1	1	1	1	-140	6
John	Wall	3	2	2	3	1	1	2	3	2	3	-12	10
Joseph	Ryan	1	1	35	35	35	35	35	2	35	2	-140	76
Guy	Riccio	35	35	35	2	35	35	35	35	35	35	-140	177
Rodney	Beach	2	35	35	35	35	35	35	35	35	35	-140	177



1987 CLUB CHAMPIONSHIP SERIES RULES

RULES FOR THE 1987 CLUB CHAMP SERIES

1. YOU MUST BE A MEMBER IN GOOD STANDING AS OF JANUARY 1 AND MAINTAIN THAT STANDING THROUGHOUT THE SERIES TO QUALIFY FOR AN AWARD.
2. THERE WILL BE TEN RACES IN THE SERIES: 5K, 10 MILE, 2 MILE, 10K, 1 MILE, 8K, 5 MILE, 26.2K, 20K, 15K.
3. YOUR AGE ON THE FIRST DAY OF 1987 WILL DETERMINE YOUR AGE GROUP PLACEMENT FOR THE ENTIRE SERIES.
4. POINTS WILL BE AWARDED FOR YOUR ORDER OF FINISH WITHIN YOUR AGE GROUP. NO SHOWS WILL RECEIVE 35 POINTS OR THE LAST PLACE IN THEIR AGE GROUP, WHICHEVER IS HIGHER.
5. YOUR FINAL SCORE IS DETERMINED BY ADDING YOUR BEST SIX FINISHES. LOWEST SCORE WINS. IF NO ONE IN YOUR AGE GROUP COMPLETES SIX RACES, YOU MUST HAVE COMPLETED AT LEAST FIVE TO BE ELIGIBLE FOR AN AWARD. ANYONE WHO COMPLETES THE ENTIRE SERIES OF TEN RACES, HOWEVER, WILL WIN AN AWARD.
6. THE AGE GROUPS ARE:
FOR MEN AND WOMEN: 13 and under, 14-19, 20-29.
FOR WOMEN: 30-39, 40-49, 50 and over.
FOR MEN: 30-34, 35-39, 40-44, 45-49, 60 and over.

7. THREE AWARDS WILL BE GIVEN IN EACH AGE GROUP BUT THIS NUMBER MAY BE DECREASED IF THERE IS LIMITED PARTICIPATION IN A PARTICULAR AGE GROUP.
8. SERIES STANDINGS WILL BE PUBLISHED PERIODICALLY IN THE STREAK.

ADDITIONAL INFORMATION: PLEASE INDICATE ON EACH SERIES ENTRY FORM THAT YOU ARE A STRIDER MEMBER. PLEASE USE THE SAME NAME ON ENTRY FORMS TO PREVENT NAME MIX-UPS.

CALL JOE CLORETY 721-3362 FOR MORE INFORMATION.

EDITOR'S NOTE: PLEASE NOTE RULE # 1. IT IS A CHANGE FROM PAST YEARS.

1987 CLUB CHAMPIONSHIP SERIES RACES

1. 5K February 28
2. 10-Mile April 5
3. 2-Mile April 25
4. 10K June 14
5. 1-Mile July 11
6. 8K August 9
7. 5-Mile September 6
8. 26.2K October 11
9. 20K November 29
10. 15K December 26



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

<u>DATE</u>	<u>TIME</u>	<u>RACE - RUN - DISTANCE</u>	<u>LOCATION</u>	<u>RACE DIRECTOR & ASSISTANT</u>
2nd Monday each month	7:30 PM	<u>Annapolis Striders Board Meeting</u>	Arundel Center Calvert St, Annapolis	Eleanor Elster 268-0982
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	
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
April 11	8:00 AM	3rd Annual YWCA 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> <u>#3 Championship Series</u>	Broadneck HS, Arnold Register on race day	Jim Black 969-3229 \$1 members; \$2 non-mem
April 25 Saturday	9:30 AM	The Heart/Art Bridge March at Cambridge Port (5 Miles, across New Bridge)	Cambridge, MD	David Webster 301-228-4211
May 2 Saturday	8:30 AM	7th Annual May Day Race Against Cancer (10K)	"The Market Place" Bowie, MD	American Cancer Soc. 464-0516, 261-6000
May 2 Saturday	10:15 AM	Queen Anne's 10K Footrace	Centreville, MD High School	Cathy Quisenberry 301-758-0835
May 3 Sunday	8:30 AM	Clyde's American 10K	Columbia Town Center	Tom Webb 301-992-9842
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</u> 10K & Bridge Day Festival	Sandy Point Annapolis	Mike van Beuren 268-1165
<u>Event Cancelled</u>	8:00 AM	<u>Triathlon</u> 1/4M Swim 3.5 M. Run, 12 M Bike	South River HS Edgewater	Bill Annon 544-2082 Don Waddington 956-2061
May 30	EVENT CANCELLED	<u>1 hour track run</u> CANCELLED	Broadneck HS, Arnold	
May 31 Sunday		Constellation 10K	Harbor Place Baltimore	Les Kinion 668-3766
June 6 Saturday	8:00 AM	Run For The Arts 10K	Maryland Hall Constitution Ave. & Greenfield St., Annapolis, MD	Lynne Davidson Day: 267-7922 Night: 267-0555

ANNAPOLIS STRIDERS 1987 CALENDAR CONTINUED

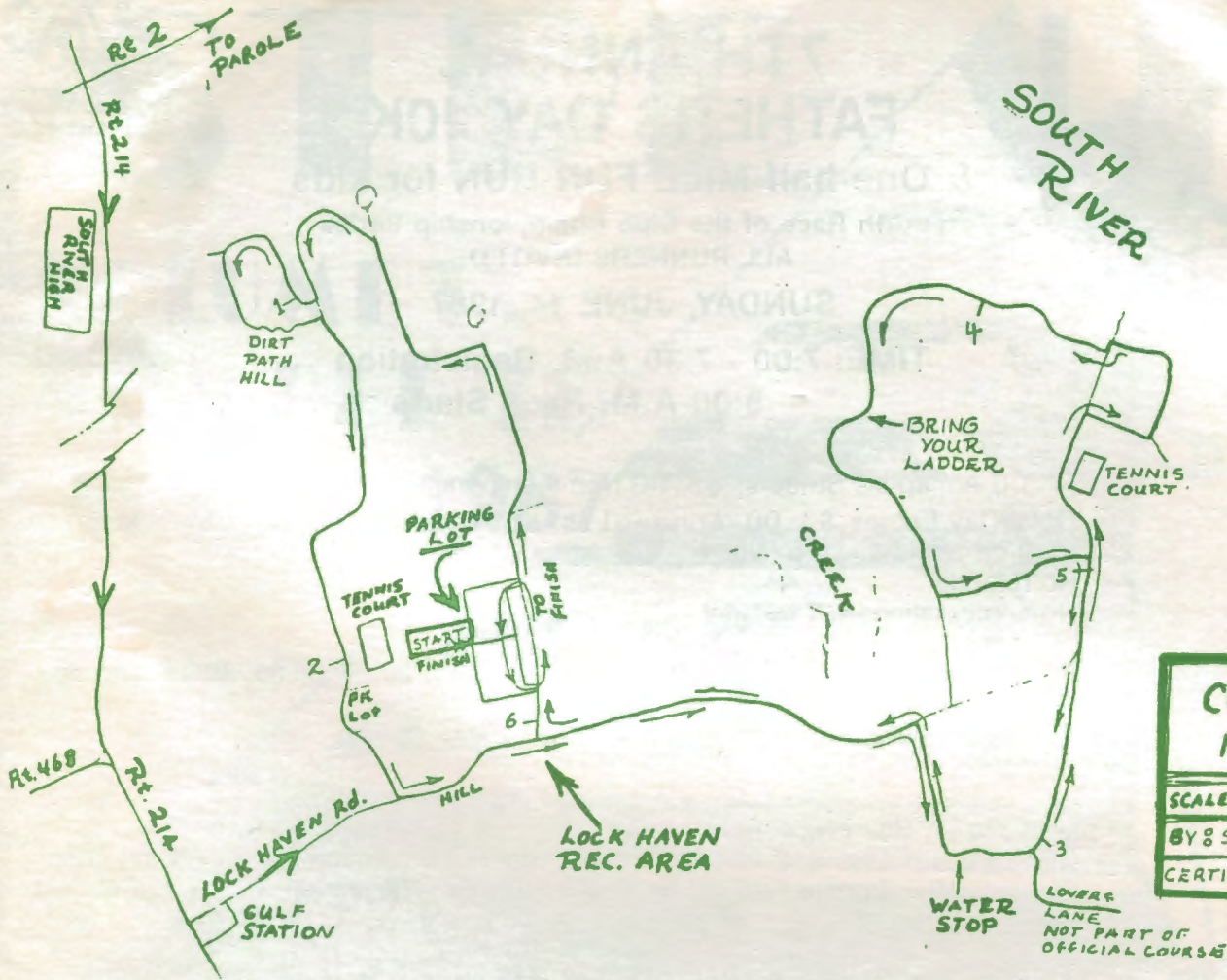
All Official Striders Events Are Underlined

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>
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	Ed Purpura 757-8250
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 Ed Green 263-6534
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	Joy Donlin 268-0498 Tom Donlin 268-0498
July 25 (Saturdays)	7:00 AM	<u>Moore's Marines</u> marathon training begins	Annapolis Mall Equitable Bank Bldg.	Hotline 268-1165
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> Cross Country #6 Champ.Ser.	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 (tentative date)	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	Marine Corps Marathon	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		Baltimore Marathon (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 268-0982





COURSE
10-K

SCALE: THUMB NAIL

BY: SHORT CUT JIM

CERTIFIED: DRW DWT
 NAW

ANNAPOLIS STRIDERS

7TH ANNUAL FATHERS DAY 10K

& One-half MILE FUN RUN for kids

Fourth Race of the Club Championship Series
ALL RUNNERS INVITED

SUNDAY, JUNE 14, 1987

TIME: 7:00 - 7:30 A.M. Registration
8:00 A.M. Race Starts



ENTRY:

\$2.00 Annapolis Striders; \$3.00 Non-members
Race Day Entries \$3.00 Annapolis Striders; \$4.00 Non-Members
Must be postmarked by June 10
No refunds
No confirmations will be sent

AWARDS:

Prizes to division winners: M/W 14 & under; 15-19; 20-29; 30-39; 40-49; and 50
and over
Random drawings for prizes

PLACE:

Loch Haven Recreation Area
Rt. 214 E. from Rt. 2; 2 miles E of Rt. 2 turn left onto Loch Haven Rd. (at Gulf Station); After 3/4 mile turn left on Pochantas Dr.; Recreation Area is on left just after the turn

COURSE:

6.2 Miles over rural/residential area with a few hills
1/2-Mile Fun Run for Kids around field

WORKERS RUN:

Saturday, June 13 at 8:00 A.M. (to qualify for Club Championship Series)
Please call 268-7140 to work the race

RACE DIRECTOR
Ken Lyons 268-7140

ASSISTANT DIRECTOR
Sharon Hammond 268-7140

Please print and complete all information

I or my family can work the race, please call _____

Runner's name:

Grid for name: Last name (12 boxes), First name (12 boxes), Initial (3 boxes)

Address:

Grid for address: Number and street or P.O. Box (20 boxes), City (10 boxes), State (3 boxes), Zip (5 boxes)

Telephone:

Grid for telephone: Home (Area Code First) (10 boxes)

Age: Male Female

Annapolis Strider: Yes No

Make check payable to: ANNAPOLIS STRIDERS, INC.

Send application to: c/o Ken Lyons
680 Genessee St.
Annapolis, MD 21401

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 the 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 under 18) _____ Date _____