

STREAK

VOLUME IX
NUMBER III
JUNE 1987



ANNAPOLIS STRIDERS

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

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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"/>	\$5.00 each postpaid
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- 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

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

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

<input type="checkbox"/> Race-Runs	<input type="checkbox"/> News-letter	<input type="checkbox"/> Property Awards	<input type="checkbox"/> Member-ship	<input type="checkbox"/> Publicity	<input type="checkbox"/> Clinics Training
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Individual	Family	Fulltime Student
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Today's Date _____

STREAK

ANNAPOLIS STRIDERS

volume IX no. 3

june 1987

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

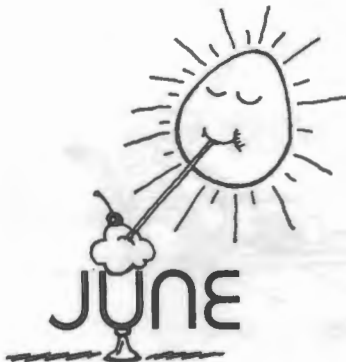
The STREAK, published bi-monthly, is the official newsletter of the Annapolis Striders, PO Box 187, Annapolis, Maryland 21404. Letters to the editor, as well as other articles, are welcome. Permission is hereby granted to reprint any article appearing herein provided the source is acknowledged. Permission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



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JULY

HOTLINE: Those dulcet tones you hear are those of the new (reincarnate?) hotline mentor, Dick Hillman. Many thanks to Mike van Beuren for his years of devoted effort.

MEMBERSHIP: The recent membership drive which was held in conjunction with the Governor's Bay Bridge Run mailing was a success adding 50-plus to our rolls. Some current members may be in danger of losing their active status if they don't send their renewals in on time. If your membership was due in Jan-Feb-March-April '87 and you were waiting for a reminder of when your dues were due and you didn't pay, it's possible you could have been dropped from the mailing list. If you didn't get a Streak last month, call Mike van Beuren to check on your status. Reminders of dues to be paid will be sent. You can check your renewal date by looking at your mailing label. The expiration date is in the upper right corner (e.g. 4-1-87). Renewal on time will preclude the problems mentioned above.

GOVERNOR'S BAY BRIDGE RUN: Despite a host of problems stemming from the reconstruction of the bridge, Mike van Beuren has again managed to put on a great race and has increased the amount of money to be donated to the Bay Trust. Thanks also to the Department of Natural Resources for its support and overall sponsorship and to all DNR and Strider personnel who toiled to make this a great event.

ANNAPOLIS RUN: Most key posts have been filled for this year's Annapolis Run. We still need many volunteers to make this year's edition the best yet. Please call Dick Hillman, the Hotline, or Eleanor Elster to volunteer. Rest assured if we don't hear from you, you will hear from us. The workers picnic, started last year, will be staged again and will be complete with food, drink and a special run. Tentative plans show this event on Saturday, 22 August. The old "workers run" will not be the formal event it has been. Those who want to do the course can do so every Sunday. I expect there will still be a number of workers who will do the course on Saturday, August 29.



PRESIDENT COVERS A LOT OF GROUND

As usual, Spring is rushing into Summer. The heat, for me, is the signal to ease off a notch until I get used to it. Of course I never really get used to it—we sort of work out a compromise (the weather does less compromising than I).

The Cherry Pit name matched the weather but, with the help of 20-plus volunteers, Nancy Waddington pulled off a good, safe race in miserable conditions. The Cherry Blossom earlier in the day was cold and damp but the rain held off. Rose Malloy used the opportunity to blaze a PR of 59:06. Doug Pond had a 65:48 and Don Anderson a 59:04. Also on Hains Point that day: Pat O'Brien, Eric Peltosalo, Bob Phillips and Mike Impellizzeri.

Yours truly would have run his first Cherry Blossom, but it seems he fell victim to the dreaded "OU". That's OU as in overtraining urge. How to do it yourself: combine hard track sessions with "easy" races the next day for three weeks and bingo—you can throw out your back too! Some of us must learn the hard way.

I did recover in time to make it to the 2-Miler at Broadneck—just in time to get rained on some more. Some people will do anything for a low number in the Champ Series chase. Thanks to Jim Black for getting his feet wet as Race Director and to Don Kennedy and Don Waddington for helping out. Those who braved the elements were "rewarded" for their effort—no entry fees were charged!

WELCOME: Ken Lyons as new Property Chairman. Gayle Flynn as new director of the famous Dog Days of Summer 8K.



"Evan threw out his back again."

DETRAINING: By now Ben Moore should be in extreme endorphin withdrawal as he enters his second month of NO EXERCISE. All this is to aid in research on the aging athlete (at the Johns Hopkins). Concerned runners should send words or gifts of encouragement to Ben at home.

NO FAULTS?: Ken Lyons amazes me with his effortless style. Just when you think you're gaining on him (he walks up some hills!), he blazes away from you. All this wouldn't be so bad except I can't recall seeing him sweat. For example, his shoes are always dry as a bone, even after 16-20 miles. Just because my shoes are soaked at 8-10 miles and weigh five pounds doesn't matter. I think, however, that a slight chink in his armor has been uncovered—chafing. Now, with the right conditions (and no vaseline), maybe I can sneak by him once.

BOO OF THE WEEK: To the turkey who stole the emblem off of Bob Bridge's car at the mall one Saturday morning.

SMILE OF THE WEEK: To Doug Pond for his victory in the BEST LEGS contest at Marlboro.

RICHEST STRIDER: Sharon Hammond—nobody finds more coins of the realm on the roads as she does. You have to admit—she does have a great pair of eyes!

MOST RETIRING STRIDER: To Don Waddington on the occasion of his retirement from the federal government (that's pronounced gummit). Fast winds and following stars, Don. Finally, more time to teach course measurement classes.

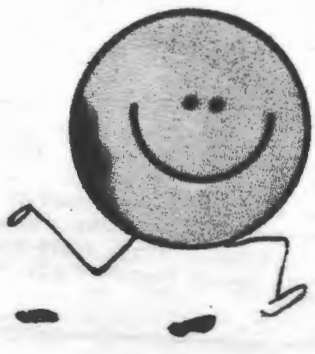
BEST QUIP FROM THE RACES: "It's hard to hear the splits over the raindrops."

FOR JOHN WALL: We all hope you feel better soon.

LAST BUT NOT LEAST: Truxtun Park Fun Runs start at 6 P.M. Thursday, June 11, for 10 weeks. A long-time favorite, this has a place for everyone in the family. See you then.

Remember, RAFS! (Run and finish smiling!)

Evan Thomas, President

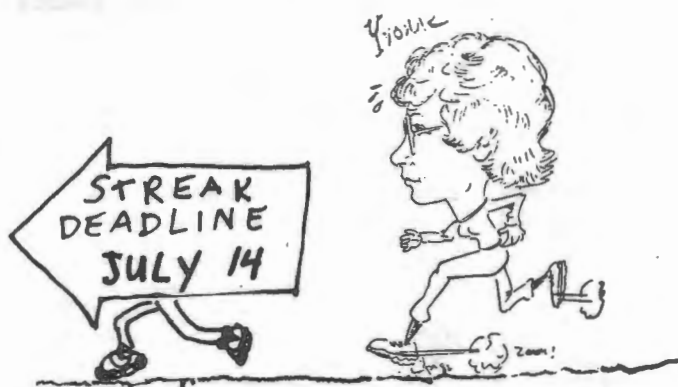


EDITORS REMARKS

TIMES OF OUR LIVES; STRIDERS ON THE ROAD: Please call one of the editors, our club president, or the hotline and give us your results of out-of-town races. We need your name, the name and distance of the race, date, your time and place—age group or open. Or you can send it to the Striders post office box. This is a pet project of Evan's. He feels that it will enable us to see where some of the popular races are held.

You might not think people may be interested in your race—but they are. I am. Give us your race results and look for them under "Times of Our Lives."

My husband and I were out-of-town in April, going to a niece's wedding. I was so happy to find a race there listed in Running Times magazine. I would have a race to report in "Times of Our Lives." Much to my chagrin, however, when we got there and I made some calls to inquire about race day entries, I was told the race director had cancelled out...something about insurance. I had wanted to report my time in the American Cancer Society 10K in Gooseberry Park, Fargo, North Dakota.

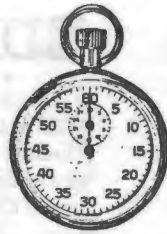


Cartoon by Irv Finifter

SUMMER ALREADY: Why do the seasons rush by so fast? It seems as if summer has just started and its time for the August issue of the Streak. The deadline is July 14.

Yvonne Aasen,
Editor
647-0879

BOARD MINUTES



SUMMARY OF BOARD ACTIVITIES

APRIL

Don Kennedy reported Ed Purpura, who conducted the 10K Track Training, has agreed to direct the 2-person One Mile Relay.

Mike van Beuren reported we have 88 new members, over 45 of which are a result of the membership drive.

Seabees will begin construction at Truxton Park on July 6th; the Striders are donating funds for this.

DC and Montgomery Road Runners have requested copies of our race directors' handbooks.

TAC membership certification has been received: we are club #5.

Letters have come in from several County Council members thanking the Striders for our support of the B & A Trail.

Race Director of the Annual Run for the Arts 10K is soliciting Strider support for this race. Contact Mike Greenfield (263-6079) if you want to volunteer.

MAY

Voted to accept Mike van Beuren's and Champion Realty's offer to donate a one-year cycle of race numbers for use as needed in the championship series.

Regarding the Annapolis 10 Mile Run, Dick Hillman reported (1) a mailing of entry forms was held in conjunction with the April Streak distribution; (2) the confirmation letter should be available from the printer soon.

Bill Vogenitz reported Sue Briers will be holding a YMCA sponsored beginner's running clinic. Board decided Sue should be given Strider membership forms and/or recent issues of the Streak to distribute to participants.

After discussion regarding the problem of insurance, decided to wait and see how the issue is addressed at the upcoming RRCA convention.

Treasurer Mike Impellizzeri asks requests for disbursements and reimbursements be in writing.

Accepted Ken Lyons' appointment as Chairman, Property and Awards; accepted Gayle Flynn as Race Director, Dogs Days of August 8K.

Referred Mike Impellizzeri's suggestion that there be an Annapolis Striders patch for all members to Property/Awards Chairman for details of patch design, cost, etc.

Check for the City of Annapolis Parks and Recreation in the amount of \$2,500.00 to use in construction of the Truxton Park Trail is ready for delivery.

PEOPLE

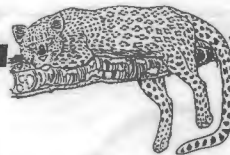


IN THE NEWS

SEARCH TURNS UP WILLING WORKER

Ken Lyons has been appointed Property/Awards Chairman taking over for Evan Thomas, who has moved up the executive ladder to president. Still open: Volunteer Chairman.....

BULLETIN BOARD



TRANS-AFRICA RUN FOR WILDLIFE

Oliver Payne and his wife, Cindy Barry, are looking for a volunteer to help them with the paper work and communication surrounding their project. Oliver plans to spend a year (1988) running across Africa for the purpose of heightening public awareness of the need to protect the continent's endangered animal species. As a running club, we support their efforts. If you would like to become involved with the project, please contact Cindy at 268-1918.

BULLETIN BOARD

EVEN IF YOU AREN'T GOING TO RACE, be a part of the 12th Annapolis 10 Mile Run. Volunteers are needed:

- course monitor
- water stop
- finish line
- registration
- T-shirt distribution
- clean-up

AND MORE. . .

All workers will be invited to the 2nd Annual Workers' Picnic.

Call Eleanor Elster (268-0982) to volunteer.

STRIDERS INVITED TO GRAND CANYON

An Annapolis Striders group is planning a backpack trip in the Grand Canyon on September 17-23. The group has a Canyon permit for 14 persons with only 11 places filled. The estimated cost which includes the flight is about \$400 (depending how much of a spender you are). If interested call Bill Law 647-5015 as soon as possible.



VOLUNTEERS.....VOLUNTEERS.....VOLUNTEERS.....

We have several club races coming up in the next few months and I'm looking for volunteers to work the races. Please keep it possible to continue offering quality club running events by offering to give a little of your time. All we need is for you to volunteer to work one of the events listed below.

I will work one of the following (✓ below):

- 2 Person, 10-mile Relay 6/27
- One Mile Race/ Junior Medley 7/11
- Women's Distance Festival _____ Run After The Women 7/18
- Dog Days 8K 8/9

Name: _____ Phone: _____

Address: _____

Mail to : Pat O'Brien, 807 Chestnut Tree Drive, Annapolis, MD 21401 or turn in at one of the upcoming club events.

THANKS.....THANKS.....THANKS.....THANKS.....THANKS.....THANKS.....

ADVERTISING

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

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

Yearly rates available

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

INDEX OF ADVERTISERS

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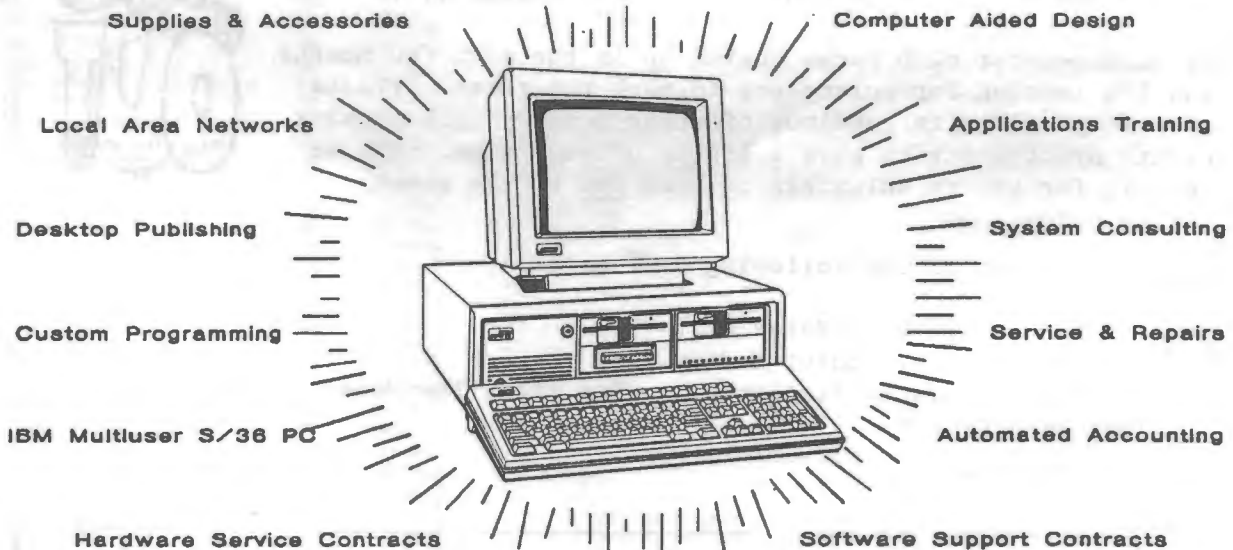
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ENTRIES RACE WITH DEADLINE

Entry forms have been mailed to 6400 past entrants of both the 10-Miler and the Bay Bridge Run. Moreover, thousands of forms have been distributed at various major middle-Atlantic road races. Entries are coming in great volumes each day. Despite the new policy of accepting entries after July 1 this year for the first time, it appears the 3,000 maximum field will be complete well before then.

Volunteers are needed to work race day, August 30. Call the Hotline, 268-1165, to indicate your interest. No experience necessary.

Because of the success of last year's worker's picnic, that event will be repeated this year—Saturday, August 22. A fun run will be conducted as part of the picnic. The fun run will be planned to include all family members.

There will be no "worker's run" this year. Workers are invited to run the new route of the Annapolis Run any (or every) Sunday, 7:30 A.M., as noted on the club race schedule.

For further information about the Annapolis Run, call Dick Hillman, Race Director, 269-0253.

THE BEGINNING JOGGER

TRAINING CLASSES FOR BEGINNING RUNNERS

by Bill Vogenitz

Training classes for beginning runners and those aspiring runners who have been afraid to take the first step are being offered by the Severna Park YMCA in conjunction with the Annapolis Striders. The first five-week class begins on June 16 and the second five-week class begins on July 28. Classes are held twice a week on Tuesday and Thursday evenings from 6:30 to 7:30 P.M. at the Severna Park High School track on Benfield Road. The cost of each five-week class, consisting of 10 workouts, is ten dollars, payable to the YMCA.

The class is titled, "Walk, Jog, Run for Fun and Fitness" and is taught by Annapolis Strider member, Susan Briers. It is stressed that this class is for beginners and is based on learning how to run through a safe and fun approach. Call Susan at 721-1442 if you have any questions concerning this class.



COMMENTARY

FOR TOM—THIS RUN'S FOR YOU

How do we reconcile our own apparent well-being with the early passage of others not as fortunate? A friend who was not athletically inclined but was a supporter and a participant in spirit of running passed away last week. A long-time Annapolis resident, Tom helped me with his interest and encouragement when I was just starting to run. Many a Sunday Tom would "happen" to be driving down Main Street as we loped around the Annapolis 10 course... a honk of the horn and he was off. Then there were a few training sessions at Pete's Pool Hall, especially after the Fine Arts Run. It's difficult to express how genuine interest in someone's progress provides such positive results in one's general outlook and attitude. I still expect to see him appear around a corner with camera in hand or drive by with a cheese danish for those standing in a wet intersection helping with the Annapolis Run. Thanks, Tom.

—Evan Thomas



The Annapolis Striders welcomes the following members who have recently joined the club!

Monique Ostazeski	Port Republic	Mark Harper	Annapolis
Terry Schmidt	Annapolis	Richard Hall	Crownsville
Michael Donahoe	Crofton	Charles Boyle	Annapolis
Clark McClelland	Edgewater	Robert Neall	Davidsonville
Margaret Neall	Davidsonville	Robert Neall	Davidsonville
David Neall	Davidsonville	Meredith Neall	Davidsonville
Katherine Neall	Davidsonville	Ralph Grant	Annapolis
Stephen Phillips	Crownsville	Linda Thompson	Annapolis
Robert Gordon	Severna Park	Theodore Nykula	Crownsville
Gerard Mikulski	Severna Park	Charles Howe	Hanover
Martin Herzog	Annapolis	Richard Weiss	Annapolis
Philip Kerr	Stevensville	Timothy Nelson	Annapolis
Annie Hillary	Annapolis	Jennifer Spivak	Annapolis
Philip Hendrix	Annapolis	Thomas Codd	Arnold
Angela Peterman	Arnold	James Burnett Jr	Annapolis
Brian Samolyk	Severna Park	David Williamson	Annapolis
Jean Williamson	Annapolis	Katherine Williamson	Annapolis
Kimberley Williamson	Annapolis	Susan Vaughan	Crownsville
Paul Miller	Dunkirk	George Sass	Annapolis
Robert De Young	Annapolis	James Mylander	Gibson Island
Katherine Mylander	Gibson Island	Megan Mylander	Gibson Island
Alison Mylander	Gibson Island	Kristin Mylander	Gibson Island
Dion Green	Annapolis	Brandon Green	Annapolis
Mister Green	Annapolis	Allen Veasey	Crofton
Teresa Nilsen	West River	Marian Knode	Edgewater
Mickey Galuski	Annapolis	Barr Attaway	Annapolis
James McCloskey	Baltimore	Debra Urban	Annapolis
Betsy Abell	Arnold	Gee Cospers	Severna Park
Susan Winstead	Arnold	Marshall Steele	Annapolis
Peter Vaill	Lusby	Lee Scott	Annapolis
Kathleen Ferris	Arnold	Susan Snyder	Annapolis
Gregory Greene	Arnold	Mary Greene	Arnold
Robert Pelletier	Silver Spring	Anne Puglisi	Annapolis
Thomas Davis	Annapolis	James Wydick	Bowie
Jacqueline Ferris	Severna Park	Duane Lodridge	Annapolis
John Cox	Annapolis	Frank La Scala	Annapolis
Yvonne Moore	Annapolis	Hank Church	Beltsville
Allen Garber	Glen Burnie		

* This list of new members is longer than usual because of the membership drive and questionnaire sent out late last winter. As of June 3rd, we now have 753 members and 523 memberships.

Many club members wonder when they're due to send in their dues. We send notices to everyone but you can check by looking at the date on your membership label. If you add one year to that date, you'll have the time you should be sending us your dues again.

The results of the questionnaire will be in the next newsletter. About 100 have been received so far. Thanks for your comments!

- Mike van Beuren
Membership Chair.

MY FAVORITE RACE

TRACK CLINIC SUPPORTS DARWIN'S THEORY

by Pat O'Brien

SURVIVAL OF THE FITTEST through successful adaptation to natural stressors was the key to Darwin's theory on the evolution of species. The runners who survived the 10K Clinic of '87 are a living testament to the validity of this principle.

When the clinic started in March there were 23 enthusiastic neophytes who turned out and were subjected to the rigors of Coach Purpura's workouts. By the end of the fourth session the numbers had dwindled to 17 but they were a tough bunch! The tracksters learned what a real workout consisted of and shared the unique experience of running with such effort that faces became a maze of "teeth and eyeballs" circling the track. That's when a workout is 25% perspiration and 75% determination.

Getting back to Darwin's theory...the runners who weathered the stress of the track series are a highly "fit" group, that's for sure. You may be asking—fit for what? Just keep your eyes on the running stats for May and June and you'll probably see some PR performances by some of the following highly adapted runners:

Sharon Hammond	Jim Hall	Lynn Hopkins
Ken Lyons	Jim Mandrin	Dale Vogel
Don Kennedy	Howard Beard	Rose Malloy
Bill Conroy	Greg Hill	Vince Battista
Dave Glasser	Eleanor Elster	Ron Bowman
Evan Thomas	Will Scott	Yvonne Aasen
Pat O'Brien	Brian Palmer	Tim Thurtle
Jennifer Spivak	Warren Lambert	Gayle Flynn
Doug Pond		

Thanks to Ed Purpura who, without whip and chain, kept the group motivated and focused on their goal. Big Vanilla Nautilus graciously donated a complimentary membership which was given to "Coach" on behalf of the tracksters.

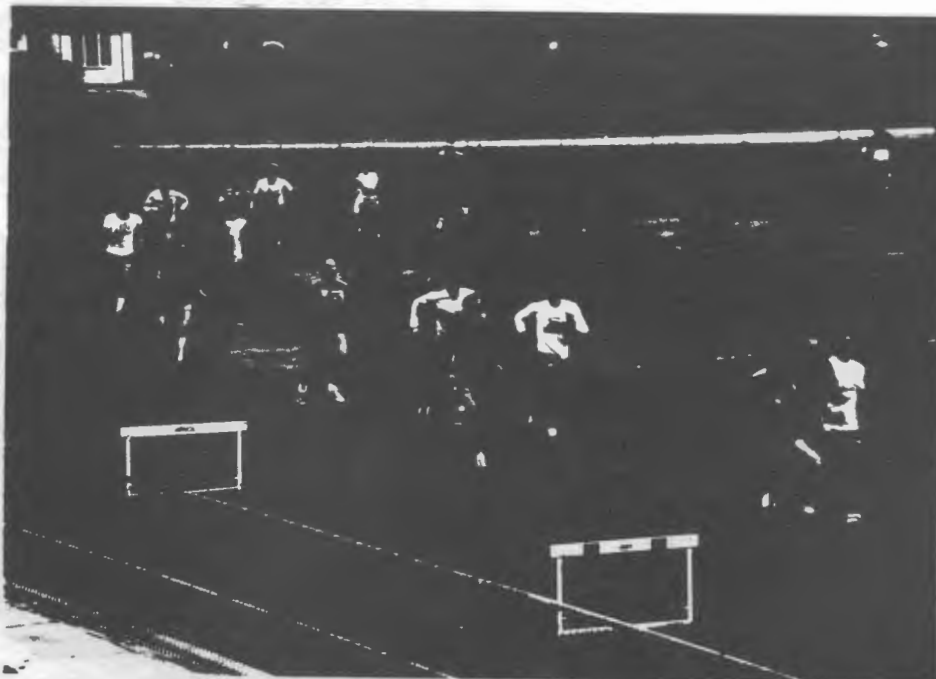
Dave Glasser, Nautilus manager and clinic survivor, will personally see that Ed gets his share of "teeth and eyeball" workouts at the Big Vanilla!

The timers included:

Pauline Maynard	Bill Vogenitz
Bob Walters	Bill Conroy
Joe Clorety	Don Kennedy
Eleanor Elster	

These people suffered right along with the runners as they stood patiently calling out splits. They also cajoled and cheered their respective teams, affectionately tagged the Raisinettes, Goobers, M&Ms, and Mounds, throughout the ordeal.

Finally, a big thank-you to all of the runners who participated. It was your interest and effort that made the clinic a success. Darwin would be proud of you!



Runners are seeded according to swiftness for the final workout of the 10K training clinic. Coach, not shown, calls out the times.

TRAINING TIPS

by Bill Vogenitz

TRAIN, DON'T STRAIN

One of the most frustrating things a runner can experience is not being able to run. In our quest for running faster and farther, we inevitably push ourselves too hard. The resulting stress and strain we place upon our bodies results in various physical ailments and breakdowns. This is our body's defense mechanism which is telling us "if you don't stop now, I may never let you run again."

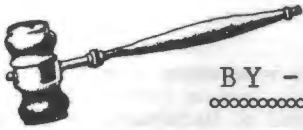
Over-training and stressing our bodies beyond their capacity to adapt results in over-use injuries and/or lowered immune systems which lowers our resistance to colds, flu, and viral infections. Either we can't continue to train, or our training suffers. Soon, we lose our conditioning and end up in worse shape than before we over-stressed ourselves. We would have been better off if we had only listened to our bodies and trained more sensibly. Therefore, the theme of this article is to "train, don't strain." The following gems of wisdom are offered in the hope that you may continue to train and enjoy your running. Ignore these warnings, and your body will punish you accordingly.

1. Don't increase your mileage by more than 10% a week. Your body has amazing powers of adaptability to increasing levels of training stress, but it does have its limits. You have the rest of your life to run. Don't be short-sighted and try to whip yourself in shape in 3 or 4 weeks. Instead, set long-range goals of where you want your running to be one year from now. Slowly increasing your total weekly mileage by only 2 miles a week will still increase your running by 24 miles a week in only 12 weeks of training! So increase your mileage gradually.
2. Alternate your training between hard and easy workouts. This gives your body a chance to recover from the previous hard workout. It also increases your chances of running injury-free. Of course, if you decide to continually train hard, your body will let you know about it.
3. Rest and schedule days off without running. Taking an occasional day off from running serves the same purpose as the easy workout after a hard workout. It allows your body to mend. Scheduling a day off either before or after your longest run of the week is especially important. I personally take each Friday off from running so that I am well rested for my Saturday long distance run. On Sundays, I run an easy five or six miles.

4. Speedwork should not exceed 10% of your weekly mileage. While speedwork and interval training are a necessary component to improving your running pace, it is also highly stressful to your body. If you are an average runner training around 30 miles a week, no more than 3 miles a week should be devoted to doing speedwork. This can be accomplished by running twelve 440's or six 880's or three 1-mile intervals. In fact, it is strongly recommended that you devote one day a week to running speedwork. However, if after reading this article you decide to exceed 10% of your weekly mileage doing speedwork, don't say that you haven't been warned.
5. Your longest run of the week should not exceed 1/3 of your weekly total mileage. If you run 30 miles a week, your longest run of the week should not exceed ten miles. Otherwise, your body will not be able to handle the stress of your long distance run. It is interesting to note how many runners training for a marathon break down and get injured as they attempt to run 18 and 20-mile training runs on only 36 to 40 total miles a week. By now, you can probably guess the reason why. Be kind to your body and it will be kind to you.
6. Plan on taking one easy day for every mile you race. This will allow your body to recover from the stress and strain of racing. If you race a 10K, you should allow yourself six days of easy workouts before you run a hard workout or race again. If you race a ten-miler, allow yourself ten days of easy running. Allow yourself a full month to recover from a marathon in which you raced or ran hard. It takes that long for your body to recover.



"You've been over-training."



BY - LAWS OF ANNAPOLIS STRIDERS, INC.
.....

ARTICLE I. NAME

The name of this organization shall be "ANNAPOLIS STRIDERS, INC.", hereinafter referred to as the "organization."

ARTICLE II. PURPOSE

The purpose of this organization shall be to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. In furtherance of this purpose, this organization may engage in any activity not prohibited for charitable organizations qualified as tax-exempt pursuant to Section 501(c)(3) of the Internal Revenue Code, including but not limited to conducting road and track races, time trials, fun runs, and social runs; sponsoring lectures and demonstrations, publicizing the benefits of running and jogging, publishing books, magazines, and newsletters; hosting social events; making awards; and generally coordinating activities with any other agency or entity which shares or endorses this purpose.

ARTICLE III. AFFILIATION

This organization shall be affiliated with the Road Runners Club of America and shall be subject to the by-laws and policy of that organization.

ARTICLE IV. MEMBERSHIP

Section 1. Regular Members. Regular membership in this organization shall be open to any person who accepts the purpose of this organization.

Section 2. Other Classes. This organization may have such other classes of membership as may be established from time to time by the Board of Directors.

Section 3. Privileges. The privilege of serving as an officer of this organization or as the chair of a committee shall be reserved to regular members.

ARTICLE V. DUES

Regular members shall pay annual dues in such amount as shall be established by the Board of Directors.

ARTICLE VI. OFFICERS

Section 1. Designation. The officers of this organization shall be President, Vice-President, Secretary, and Treasurer.

Section 2. Duties. Each officer shall perform the duties normally associated with that office in addition to those duties assigned by the Board of Directors from time to time and those duties prescribed by the parliamentary authority of this organization.

Section 3. Election. The officers shall be elected by majority vote of the membership at the annual meeting. Nominations may be made from the floor. A secret ballot shall be conducted for any contested election.

Section 4. Term. The term of office shall be one year commencing April first.

Section 5. Vacancy. A vacancy in any office shall be filled by the Board of Directors.

ARTICLE VII. MEETINGS

Section 1. Annual Meeting. This organization shall have an annual meeting in March of each year.

Section 2. Other Meetings. Other meetings of the general membership may be called by the president or by the Board of Directors. A meeting shall be called upon the written request of fifteen members of the organization. Matters considered at the meeting shall be limited to those specified in the request.

Section 3. Quorum. A quorum shall consist of twice the number of members of the Board of Directors plus one.

Section 4. Designation and Notice. The Board of Directors shall designate the date, time, and place of each membership meeting and shall provide reasonable, but not less than fourteen days, prior notice thereof to the membership.

ARTICLE VIII. BOARD OF DIRECTORS

Section 1. Management. The Board of Directors shall be vested with the general supervision and management of the affairs and property of this organization.

Section 2. Composition. The elected officers of this organization together with the Race Director and the chairman of each standing committee shall constitute the Board of Directors of this organization.

Section 3. Meetings. The Board of Directors shall meet monthly. Special meetings of the Board may be called by the President at any time but shall be called upon written request of three members of the Board.

ARTICLE IX. COMMITTEES

Section 1. Nominating Committee. A Nominating Committee consisting of no fewer than five members who shall be familiar with the management and affairs of the organization and who shall not then be serving as officers shall be appointed by the Board of Directors in November of each year. The committee shall select a chairman from its membership. Notice of the appointment of the committee shall be provided to the general membership no later than the first of January following the committee's appointment. The committee shall report its nominations for each office at the regular meeting of the Board of Directors in February. Reasonable, but not less than fourteen days, notice of the nominations shall be provided to the general membership prior to the annual meeting.

(continued on next page)

Section 2. Running. A Race Director shall be selected by the Board-elect in March of each year whose term of office shall be the same as the officers of this organization. The Race Director shall supervise the running events of this organization and shall appoint such committees and chairmen, subject to the approval of the Board of Directors, as are necessary to properly fulfill his duties.

Section 3. Other Committees. This organization shall have such other committees, appointed by the President, as the Board of Directors shall from time to time deem necessary. The Board, by two-thirds vote, may designate a committee as a standing committee.

ARTICLE X. PARLIAMENTARY AUTHORITY

Robert's Rules of Order Newly Revised shall be the parliamentary authority of this organization except where superceded by these by-laws or by special rules of order which may be adopted by this organization.

ARTICLE XI. AMENDMENTS

These by-laws may be amended by a two-thirds vote at any general membership meeting of this organization provided reasonable, but not less than fourteen days, prior notice of the terms and proposed consideration of the amendment shall have been given to the membership.

[Revised 3/7/87]

MOORE'S MARINES

IT'S OOH—RAH TIME FOR MOORE'S MARINES VIII

by Ben Moore

Yes, we will have another Moore's Marines training session for the folks who desire to train for the Marine Corps Marathon to be run on 1 November 1987.

This year's training will commence the last weekend in July, Saturday 25 July. Although we're looking for another area as convenient and challenging as Defense Hwy. (Rt. 450), at this time we don't have a place. So, unless you hear otherwise, we'll continue to run the hills of 450. Just a caution to everyone who runs out there: the increase in traffic on that road makes it extremely important that everyone observes the safety rules and good common sense of running on a public road. Sun shining into driver's eyes can blind the driver to runners on the side of the road. Keep these little factors in mind to protect yourself and reduce the hazards to everyone.

This is the year to return to the basic premise of this program—to assist the FIRST TIMERS in preparing for and running a marathon without getting hurt—and having a good experience. One must have an adequate running base—four miles daily without ill effects—to commence this training. But this year, if one is a first timer and only an 8-1/2 to 9-min/mile runner, I want you to train together as a group and remain together as a group during the Marathon. I am going to train and run with you. I'll set the pace and we'll all stay together in the Marathon. That's a promise!

We need help this year. We will need some Saturday morning water support—a couple of folks to set up water stops and be around for moral and physical support! If anyone

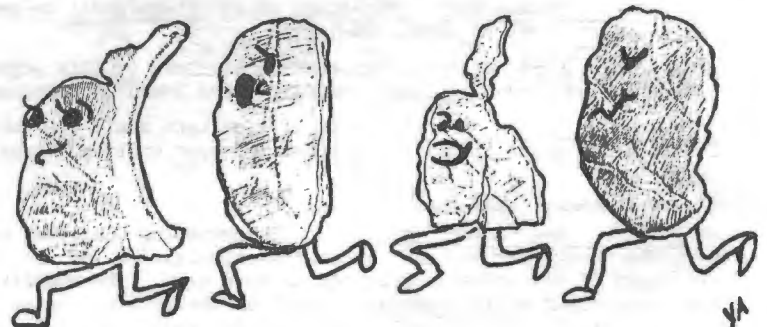
wants to volunteer for this social activity, please call Ben Moore (301) 268-3832 and we'll work out a schedule.

The last three years we have had T-shirt sponsors and it would be more than appreciated if someone out there wants to continue this tradition. We have averaged about 100 T-shirts to cover all the runners and our support crews.

My participation in the Gerontology Research Project at the Johns Hopkins Hospital will be ending a non-running phase on 1 July (1 April to 1 July no running to see what the effects will be so I'll be kinda starting all over, so to speak, with all you first timers). So you see why I'm "begging" you to stay with me during the training and the marathon.

Let's do it together! OOH!—RAH!

Editor's note: Ben forgot to mention that his first time new recruits are called Raw Meat. I like that. Apparently its some old Marine Corps lore.



"Sally, we've got to stop meating like this."

MOORE'S MARINES

MARINE CORPS MARATHON TRAINING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MOORE'S MARINES TRAINING SCHEDULE		VIII	JULY-87		4 MILES	REST	S.L.D. 8-MILES 25 SLOW-LONG-DIST.
OPTIONAL RUNS 6-MILES 26 VSLD	4-MILES 27	4-MILES 28	4-MILES 29	4-MILES 30	" 31	AUG. 10-MILES 1	
VERY SLOW LONG DIST 8-MILES 2	4-MILES 3	4-MILES 4	AUG. 87 4-MILES 5		4-MILES 6	" 7	10-MILES 8
8-MILES 9	5-MILES 10	5-MILES 11	5-MILES 12	5-MILES 13	" 14	12-MILES 15	
10-MILES 16	5-MILES 17	5-MILES 18	5-MILES 19	5-MILES 20	REST 21	12-MILES 22	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
OPTIONAL 10-MILES 23	5-MILES 24	5-MILES 25	5-MILES 26	5-MILES 27	REST 28	ANNA-10 WARM-UP 29	
ANNA 10 MILE RUN 30	6-MILES 31	SEPT. 87 6-MILES 1		6-MILES 2	6-MILES 3	" 4	14-MILES 5
10 MILES 6	6-MILES 7	6-MILES 8	6-MILES 9	6-MILES 10	" 11	14 MILES 12	
10 MILES 13	6 MILES 14	6-MILES 15	6-MILES 16	6-MILES 17	REST 18	16-MILES 19	
OPTIONAL 10-MILES 20	7-MILES 21	7-MILES 22	SEPT. 87 7-MILES 23		7-MILES 24	REST 25	16 MILES 26
10 MILES 27	7-MILES 28	7-MILES 29	7-MILES 30	OCT. 7-MILES 1	" 2	18 MILES 3	
10 MILES 4	7-MILES 5	7-MILES 6	7-MILES 7	7-MILES 8	" 9	NORUN REST FOR METR 10 MARA 26.2K	
METRIC MARATHON 11 26.2K	8-MILES 12	8-MILES 13	8-MILES 14	8-MILES 15	" 16	20 MILES 17	
REST 18	8-MILES 19	8-MILES 20	8-MILES 21	8-MILES 22	REST 23	14-MILES 24	

(continued on next page)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPTIONAL REST 25	8 MILES 26	6 MILES 27	<u>OCT. 87</u> 4 MILES 28	4 MILES 29	REST 30	NO RUN REST 31
<u>NOV-87</u> USMC 811 MARATHON 1	REST 2	REST 3	4 MILE 4	4 MILE 5	4 MILE 6	REST 7
10-MILE 8	REST 9	4 MILE 10	4 MILE 11	4 MILE 12	4 MILE 13	10 MILE 14
10 MILE WALK 15	4 MILE 16	4 MILE 17	4 MILE 18	REST 19	REST 20	JFK 50 MILE 21

RACE RESULTS AND STANDINGS

TIMES OF OUR LIVES

STRIDERS ON THE ROAD

(See Editor's Remarks)

Matthew Mace ran the London Marathon on May 10.
His time: 2:50:31.

MAY DAY RACE AGAINST CANCER 10K, 2 May 87, Bowie, MD

Joe Clorey	41:22	3rd 40-49
Eleanor Elster	50:31	1st 30-39
Don Kennedy	39:07	2nd 30-39
Barbara Kerr		1st 50-59
Lee Patrick	51:32	
Evan Thomas	42:23	PR
Jim Wydick	51:30	
Martha Kinsinger	48:38	3rd woman overall

(Martha was really "on the road" as she was tripped near the finish line. She got back up and finished but it took some of the sparkle out of a good performance)

GREAT GHOST CHASE 10K 9 May 87

Ken Lyons	45:51	
Evan Thomas	47:50	
Sharon Hammond	59 +	2nd 40-49

(Same great pre-race instructions and course markings as last year. Banner was higher but no splits were given. River was calf deep)



WASHINGTON'S BIRTHDAY 5K

Here are the results of the Worker's Run for the Washington's Birthday 5K which were inadvertently omitted from the April Streak. This race was first in the Club Championship Series.

1. Earl Keicher	17:44
2. Don Kennedy	19:21
3. Evan Thomas	20:31
4. Eleanor Elster (F)	24:31
5. Lee Patrick	26:10

Cherry Pit 10-Mile Race

April 5, 1987



FIRST	LAST	AG & CITY	TIME	PACE
WILFORD	SCOTT	37 M ANNAPOLIS	1:14:50	7:29
JOHN	FICCA	44 M MOSCOM	1:14:58	7:30
RONALD	RYLAND	50 M CLINTON	1:15:10	7:31
DALE	VOGEL	56 M SEVERNA PARK	1:15:40	7:34
CHARLES	PIETY	22 M SILVER SPRING	1:15:43	7:34
MILLIAM	DERR	48 M GANBRILLS	1:15:51	7:35
JOE	DUFFY	45 M BONIE	1:16:00	7:36
MALLY	BLOSS	33 M ANNAPOLIS	1:16:13	7:37
JEAN	LANE	29 F LAUREL	1:16:20	7:38
DARLENE	DABS	32 F EDGEWATER	1:16:20	7:38
JUDY	ADAMS	34 F	1:16:42	7:40
JAMES	BITGOOD	41 M LAUREL	1:16:52	7:41
THOMAS	BRADFORD	43 M MILLERSVILLE	1:17:18	7:44
GEORGE	SHEPARD	39 M BALTIMORE	1:17:48	7:47
MILLIAM	MYERS	37 M ANNAPOLIS	1:18:13	7:49
MARY	SMITH	26 F GLEN BURNIE	1:18:58	7:54
JOHN	RUSSELL	24 M HERNDON	1:19:05	7:55
JAMES	MANDRIN	50 M PASEDEMA	1:19:05	7:55
MILLIAM	SHAUGHNESSY	43 M ANNAPOLIS	1:19:22	7:56
JIM	STOREY	46 M ANNAPOLIS	1:20:04	8:00
SUSAN	BRIERS	31 F GANBRILLS	1:20:10	8:01
JACK	ROBERTS	41 M COLUMBIA	1:20:16	8:02
MARTHA	KINSINGER	52 F GANBRILLS	1:20:26	8:03
EARL	SCOTT	46 M ANNAPOLIS	1:22:06	8:13
DAVID	ABBOTT	36 M BONIE	1:22:11	8:13
DONALD	KANE	46 M ANNAPOLIS	1:22:24	8:14
BRENDA	NORMAN	29 F ANNAPOLIS	1:22:29	8:15
STEPHEN	SUTTON	42 M CROFTON	1:23:24	8:20
DON	HIGDON	44 M ANNAPOLIS	1:23:51	8:23
MILLIAM	KELCH	41 M LAUREL	1:24:01	8:24
RAE JEAN	GOODMAN	39 F ANNAPOLIS	1:24:27	8:27
DAN	SANDISON	16 M EDGEWATER	1:24:30	8:27
ESTHER	WEISMAN	55 F SEVERN	1:24:43	8:28
EDWARD	HEAVNER	21 M DYER	1:25:05	8:31
RANDY	PUGH	18 M ANNAPOLIS	1:25:13	8:31
MARK	KANE	18 M ANNAPOLIS	1:25:13	8:31
JENNIFER	SPIVAK	31 F ANNAPOLIS	1:25:24	8:32
JEANNE	ROSS	34 F DUNKIRK	1:25:25	8:33
CHARLES	CARPENTER	30 M ARNOLD	1:25:31	8:33
DIAN	SPEAKS	29 F ANNAPOLIS	1:27:31	8:45
JOHN	KURPJWEIT	42 M ARNOLD	1:27:59	8:48
ROBIN	BORDEN	24 F ANNAPOLIS	1:28:14	8:49
SHARON	HAMMOND	40 F ANNAPOLIS	1:28:15	8:50
ROBERT	HAYNARD	34 M ANNAPOLIS	1:28:26	8:51
KARL	SCHNABE	46 M ARNOLD	1:28:37	8:52
MICHAEL	FINN	47 M BONIE	1:30:57	9:06
HARRY	YOUNGLING	45 M DAVIDSONVILLE	1:31:10	9:07
JOSEPH	RYAN	62 M ANNAPOLIS	1:31:16	9:08
LELIA	BROBEST	36 F ANNAPOLIS	1:31:57	9:12
RONALD	BEYER	22 M SAN DIEGO	1:33:18	9:20
LAN	GREBER	43 M SEVERNA PARK	1:33:47	9:23
MIKE	SCHLEGAL	42 M SEVERNA PARK	1:33:50	9:23
IVONNE	AASEN	55 F SEVERNA PARK	1:35:10	9:31
LAN	MYCHERLEY	44 M ANNAPOLIS	1:35:50	9:35
ROBERT	GUSHEE	53 M CROFTON	1:36:50	9:41
MARGARET	JOHNSTON	35 F ANNAPOLIS	1:38:39	9:52
GENE	DENTON	39 M SEVERN	1:39:22	9:56
THERESE	HADDER	24 F GREENBELT	1:39:52	9:59
DAVID	KANE	20 M ANNAPOLIS	1:40:18	10:02
GENE	NEMMAN	39 M ARNOLD	1:41:58	10:12
JOHN	BRINTON	60 M RIVERDALE	1:45:55	10:36
DEAN	ROLAND	27 M BALTIMORE	1:51:05	11:07

(continued on next page)

OTHERS MAY HAVE THE BLOSSOMS

BUT WE'VE GOT THE PITS

FIRST	LAST	AG & CITY	TIME	PACE
TONY	CARVALHO	18 M GLEN BURNIE	0:55:18	5:32
JOHN	BERGERON	28 M FORT HEADE	0:55:51	5:35
BRIAN	PALMER	25 M SHADY SIDE	0:56:45	5:41
MATTHEW	MACE	26 M MILLERSVILLE	0:57:33	5:45
MIKE	NILES	30 M BALTIMORE	0:58:19	5:50
STEVEN	CANGEMI	26 M ROCKVILLE	0:59:32	5:57
GAYLE	FLYNN	38 M SEVERNA PARK	0:59:57	6:00
JOHN	STEPEK	28 M ROCKVILLE	1:00:33	6:03
MARK	YERKES	31 M ARNOLD	1:00:42	6:04
WALTER	POTTER	33 M CROFTON	1:02:51	6:17
BRIAN	MCLAUGHLIN	27 M ANNAPOLIS	1:02:55	6:18
ANDREW	MARSH	23 M COLUMBIA	1:02:59	6:18
STEVE	DONNELLY	30 M ANNAPOLIS	1:03:04	6:18
GREG	HILL	21 M ANNAPOLIS	1:03:16	6:20
LARRY	DENTON	15 M SEVERN	1:03:34	6:21
THOMAS	PRENDKI	30 M ANNAPOLIS	1:03:42	6:22
VINCENT	BATTISTA	22 M GREENBELT	1:04:19	6:26
EDWARD	DENNY	27 M ARNOLD	1:04:32	6:27
GEORGE	KERCHNER	27 M SEVERNA PARK	1:04:52	6:29
GREG	LAIRD	37 M BONIE	1:05:15	6:32
JOE	ESTERLING	19 M ANNAPOLIS	1:06:00	6:36
WINNIE	HITTLE	34 M ANNAPOLIS	1:06:15	6:38
TIMOTHY	GALLAUDET	20 M ANNAPOLIS	1:06:57	6:42
FRED	SHANKLIN	45 M DAVIDSONVILLE	1:07:32	6:45
NORMAN	HILL	46 M LANHAM	1:07:38	6:46
ANDREW	KITTLER	41 M TRACYS LANDING	1:07:46	6:47
MILTON	TAYLOR	54 M GLEN BURNIE	1:07:59	6:48
PANELA	DHANLON	24 F CHARLOTTEVILLE	1:08:10	6:49
	ALSTON	40	1:09:02	6:54
HOWARD	BEARD	40 M DAVIDSONVILLE	1:09:14	6:55
RAY	HARTEYSTEIN	53 M LANHAM	1:09:43	6:58
VALERIE	GUILFOIL	30 F COLUMBIA	1:09:47	6:59
EUGENE	COUSER	40 M UPPER MARLBORO	1:10:21	7:02
MERLE	MAFFEI	42 M ANNAPOLIS	1:10:27	7:03
LEW	NUCKOLS	37 M ANNAPOLIS	1:10:49	7:05
JOSEPH	ESPOSITO	28 M GLEN BURNIE	1:10:54	7:05
MILLIAM	BLANCHET	34 M ANNAPOLIS	1:10:59	7:06
HANK	CHURCH	45 M THE PLAINS	1:11:17	7:08
KENNETH	LYONS	47 M ANNAPOLIS	1:12:08	7:13
JOE	CLORETY	44 M GANBRILLS	1:12:18	7:14
ORV	PRATT	47 M EDGEWATER	1:12:34	7:15
	UNKNOWN	0	1:13:02	7:18
RONALD	BONHAM	37 M ANNAPOLIS	1:13:03	7:18
ARNOLD	HENDERSON	50 M ANNAPOLIS	1:13:23	7:20
JOHN	GUALA	40 M STEVENSVILLE	1:13:45	7:23
RICHARD	HILLMAN	44 M ANNAPOLIS	1:13:51	7:23
JIM	RUSSELL	26 M HERNDON	1:14:01	7:24
EARL	MYERS	37 M ANNAPOLIS	1:14:07	7:25
PAUL	CLEAVER	31 M BONIE	1:14:27	7:27
JOHN	DAVIS	25 M SEVERNA PARK	1:14:38	7:28

Cherry Pit 10-Mile Race

MALE AGE GROUP RESULTS

FEMALE AGE GROUP RESULTS

AGE GROUP	NAME	AGE	TIME
19 & Under			
20 - 29			
30 - 39			
40 - 49			
& Over			

AGE GROUP	NAME	AGE	TIME
19 & Under			
20 - 29			
30 - 39			
40 - 49			
& Over			

STRIDER'S 2-MILE RACE

April 25, 1987

AGE GROUP WINNERS

PLACE	NAME	AGE	TIME
1.	Brian Palmer	25	10:22.8
2.	Matt Mace	26	10:38.7
3.	Darron Hayes	16	10:42.2
4.	Mark Yerkes	31	10:45.8
5.	Gayle Flynn	38	11:03.8
6.	Bill Turrentine	38	11:39.0
7.	Jack Shelton	36	11:42.1
8.	Dan Sandison	16	11:52.4
9.	Bob Miller	32	12:10.1
10.	Thomas Bradford	43	12:12.4
11.	Howard Beard	40	12:15.7
12.	Rick Smith	35	12:29.4
13.	Thomas Newland	14	12:29.5
14.	Ken Lyons	47	12:33.6
15.	Milton Taylor	54	12:34.5
16.	Joe Clorey	44	12:50.6
17.	Will Scott	37	12:52.1
18.	Evan Thomas	45	12:52.7
19.	Arnie Henderson	50	13:03.7
20.	Bruce Poppe	34	13:14.5
21.	Chuck Carpenter	30	13:32.6
22.	Don Waddington	55	13:40.9
23.	James McCutchan	43	13:46.4
24.	William Myers	37	14:04.0
25.	Freeman Bagwall	39	14:19.1
26.	Mark Kane	18	14:22.2
27.	Don Kane	46	14:23.2
28.	Al Wycherley	44	14:38.5
29.	Rae Jean Goodman	39	15:12.4
30.	Lee Patrick	44	15:15.4
31.	Karl Schwable	46	15:30.4
32.	Sharon Hammond	40	15:32.1
33.	Mike Schlegel	42	15:53.1
34.	Marshall Kane	11	16:26.7
35.	Tom Ervin	37	16:27.4
36.	Arnold Galiano	65	19:37.9

AGE GROUP	NAME	AGE	TIME
MEN UNDER 20			
MEN 20 - 29			
MEN 30 - 39			
MEN 40 - 49			
MEN 50 - 51			
MEN OVER 60			

AGE GROUP	NAME	AGE	TIME
MEN UNDER 20			
MEN 20 - 29			
MEN 30 - 39			
MEN 40 - 49			
MEN 50 - 51			
MEN OVER 60			



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	

1987 CLUB CHAMPIONSHIP SERIES

Women under 20		5k	10m	2m	Total
Andrea Kay		1	35	35	71
Kelly Bennett		2	35	35	72

Women 20-29		5k	10m	2m	Total
Carole Simpson		1	35	35	71
Erenda Norman		35	1	35	71
Dyan Speaks		2	35	35	72
Robin Borden		35	2	35	72

Women 30-39		5k	10m	2m	Total
Rae Jean Goodman		3	3	1	7
Darlene Dabbs		2	1	35	38
Patricia O'Brien		1	35	35	71
Sue Briers		35	2	35	72
Jeanne Ross		35	4	35	74
Eleanor Elster		4	35	35	74
Lelia Brobst		35	5	35	75
Lynn Hopkins		5	35	35	75
Margaret Johnston		35	6	35	76
Rita Lord		6	35	35	76
Karen Trembly		7	35	35	77
Ann Rougie		8	35	35	78

Women 40-49		5k	10m	2m	Total
Sharon Hammond		1	1	1	3

Women 50 and over		5k	10m	2m	Total
Martha Kinsinger		1	1	35	37
Yvonne Aasen		35	2	35	72

Young Men 13 and under		5k	10m	2m	Total
Marshall Kane		35	35	1	71

Men 14-19		5k	10m	2m	Total
Mark Kane		35	3	2	40
Louis Carvalho		35	1	35	71

Men 20-29		5k	10m	2m	Total
Brian Palmer		2	1	1	4
Matthew Mace		1	2	2	5
John Davis		5	6	35	46
Clay Stevens		4	35	35	74
George Kerchner		35	5	35	75

Men 30-34		5k	10m	2m	Total
Mark Yerkes		2	1	1	4
Chuck Carpenter		8	8	3	19
Paul Cleaver		5	6	35	46
Wally Bloss		6	7	35	48
Robert Maynard		10	9	35	54
Rick Woods		1	35	35	71
Walter Potter		35	2	35	72
Bob Miller		35	35	2	72
Earl Keicher		3	35	35	73
Tom Prendki		35	3	35	73
John MacLean		4	35	35	74
Winnie Hittle		35	4	35	74
William Blanchet		35	5	35	75
William Daywalt Jr.		7	35	35	77
Duane Heidemann		9	35	35	79

(continued on next page)

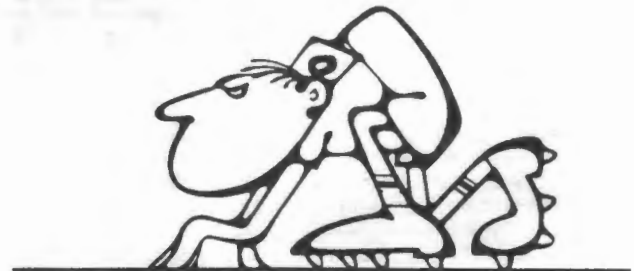
Men 35-39		5k	10m	2m	Total
Wilford	Scott	5	4	4	13
William	Myers	8	5	5	18
Gayle	Flynn	1	35	1	37
William	Turrentine	3	35	2	40
Earle	Myers	6	3	35	44
David	Abbott	9	6	35	50
Freeman	Bagnall	12	35	6	53
Gene	Newman	13	7	35	55
Lew	Nuckols	35	1	35	71
Ronald	Bowman	35	2	35	72
Eric	Peltosalo	2	35	35	72
Rick	Smith	35	35	3	73
Donald	Kennedy	4	35	35	74
Rudy	Seifert	7	35	35	77
Thomas	Ervin	35	35	7	77
Jonas	Legum	10	35	35	80
Thomas	Donlin	11	35	35	81
Ray	Chapman	14	35	35	84

Men 40-44		5k	10m	2m	Total
J. Howard	Beard, III	3	1	2	6
Thomas	Bradford	2	6	1	9
Joe	Clorey	6	3	3	12
Alan	Mycherley	11	12	5	28
Mike	Schlegel	15	11	7	33
John	Kurpjuweit	10	9	35	54
Lee	Patrick	14	35	6	55
William	Conroy	1	35	35	71
Merle	Maffei	35	2	35	72
John	Guala	35	4	35	74
John	Fredland	4	35	35	74
James	McCutcheon	35	35	4	74
Richard	Hillman	35	5	35	75
Richard	Dugan	5	35	35	75
Bill	Shaughnessy	35	7	35	77
Donald	Zindorf	7	35	35	77
Jesse	Fussell	8	35	35	78
Don	Higdon	35	8	35	78
David	Lord	9	35	35	79
Alan	Greber	35	10	35	80
Ray	Randall	12	35	35	82
Ron	Thompson	13	35	35	83

Men 45-49		5k	10m	2m	Total
Ken	Lyons	2	1	1	4
Karl	Schwabe	8	8	3	19
Evan	Thomas	3	35	2	40
Don	Kane	4	7	35	46
James	Storey	7	5	35	47
Douglas	Pond	1	35	35	71
Orv	Pratt	35	2	35	72
William	Derr	35	3	35	73
Joe	Duffy	35	4	35	74
Henry	Whitesel	5	35	35	75
Earl	Scott	35	6	35	76
John	Lockwood	6	35	35	76
Charles	Bennett	9	35	35	79
Michael	Finn	35	9	35	79

Men 50-59		5k	10m	2m	Total
Milton	Taylor	1	1	1	3
Arnold	Henderson	35	2	2	39
Dale	Vogel	3	3	35	41
Robert	Gushee	4	5	35	44
James	Fratino	2	35	35	72
Donald	Waddington	35	35	3	73
James	Mandrin	35	4	35	74
Neal	Kinsinger	5	35	35	75

Men 60 and over		5k	10m	2m	Total
Joseph	Ryan	2	1	35	38
Arnold	Galiano	4	35	1	40
John	Brinton	3	2	35	40
Guy	Riccio	1	35	35	71



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WHAT'S 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	Eleanor Elster 268-0982
Saturdays	7:00 AM	<u>Informal Training Run</u>	Annapolis Mall Equitable Bank	Hotline
Sundays	7:30 AM	<u>Informal Training Run</u>	Navy Stadium	
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 20 Sat.	time undetermined	YMCA Triathlon Fund Raiser 1/4 mi. swim; 3.2 mi. run; 12 mi. bike	South River Middle School	YMCA 647-3638
June 27	8:00 AM	<u>2-person, 10-mile relay</u>	Broadneck HS, Arnold Ed	Purpura (757-8250)
July 4 Saturday	8 AM	Choptank River Run 5 mile; 2 mi. fun run	Cambridge Creek Bridge	(301) David Webster 223-4211
July 11 Saturday	5:30 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.	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> Cross Country #6 Champ.Ser.	Anne Arundel Community College	Gayle Flynn 544-0766
August 30 Sunday	8:00 AM	<u>12th Annapolis Run</u> 10 miles	Navy-Marine Corps Memorial Stadium	Dick Hillman 269-0353
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 12 Saturday	8:00 AM	Chaptico Classic 10K	Chaptico MD	Mike Whitson 884-4718 (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

DATE	TIME	RACE - RUN - DISTANCE	LOCATION	RACE DIRECTOR & ASSISTANT
September 13 (tentative date)	8:00 AM	<u>Biathlon</u> 10K Run 20M Bike	South River HS, Edgewater	Don Waddington 956-2061
October 11 Sunday	8:00 AM	<u>Metric Marathon</u> 26.2K #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</u> 20K #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</u> 15K #10 Championship Series	US Naval Academy	Fleanor Elster 268-0982

Maryland/DC RRCA Major Race List 1987/1988

4 JUL SAT	7:00 PM	FSC	5K	FREDERICK'S FOURTH 5K	FREDERICK
25 JUL SAT	8:45 PM	MCRR	8K	ROCKVILLE ROTARY TWILIGHTER	ROCKVILLE
30 AUG SUN	8:00 AM	AS	10M	THE ANNAPOLIS 10 MILER	ANNAPOLIS
13 SEP SUN	9:00 AM	BRRC	6M	EXECUTIVE STAMPEDE	BALTIMORE
27 SEP SUN	9:00 AM	BRRC	5M	ZOO ZOOM	BALTIMORE ZOO
10 OCT SAT	10:00 AM	FSC	1M	MARKET STREET MILE	FREDERICK
11 OCT SUN	8:30 AM	HCS	10K	COLUMBUS CHASE	COLUMBIA
18 OCT SUN	9:00 AM	BRRC	5M	SINAI FITNESS RUN	OWINGS MILL
25 OCT SUN	9:00 AM	MCRR	10K	ROCKVILLE 10K RUN	ROCKVILLE
22 NOV SUN	8:00 AM	HCS	26.2K	METRIC MARATHON	COLUMBIA
3 JAN SUN	8:30 AM	WRRC	5/15K	FROSTBITE 5 & 15K	WESTMINSTER
21 FEB SUN	9:00 AM	HCS	10M	MD/DC RRCA CHALLENGE (M/F)	COLUMBIA



