

THE BEST LARGE CLUB NEWSLETTER IN THE RRCA'S EASTERN REGION

# STREAK

A PUBLICATION FOR THE MEMBERS OF THE ANNAPOLIS STRIDERS

VOLUME XXVI NUMBER 3 • JUNE 2003

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Tom Waddington (499) and Steven Hays (395) enjoy climbing yet another hill at the Cherry pit 10 Mile Run.

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# Club Calendar

### June

- 15 Dawson's Father's Day 5 Miler, followed by the Strider Appreciation Picnic
- 21 Junior Striders Meet #2

### July

- 1 Board Meeting
- 5 John Wall Memorial 1 Mile Track Race
- 12 Women's Distance Festival
- 19 2003 Marathon Training begins
- 26 2003 JFK Training begins  
Junior Striders Meet #3

### August

- 3 Dog Days 8K Cross Country Race
- 5 Board Meeting
- 16 A10 Volunteer Picnic
- 17 A10 Chip Stuffing Party
- 23 Junior Striders Meet #4
- 24 Annapolis 10 Mile Run

## 2003 Monthly Board Meetings

Meetings are held 7:00 p.m. in the Sajak Building, Room 250.

**July 1**  
**August 5**  
**October 7**  
**September 2**  
**November 4**  
**December 2**

Meetings are open to all club members.

## Annapolis Strider Events What's Coming Up

Tuesdays 6:00 p.m. AACC Track.  
Contact Evan Thomas 410-760-9188.

#### Strider Distance Training Runs

Saturdays 7 a.m.

MTA Park & Ride, Harry S Truman Pkwy. Strider Hotline: 410-268-1165

Sundays 7:30 a.m. Main St/City Dock area  
Strider Hotline 410-268-1165

6:06 a.m. Club: meet at Church Circle in front of MD Inn, M-F; run 6 miles. Contact Gill Cochran, 410-268-5515 sixosix.org

The Streak is mailed by bulk mail and cannot be forwarded by the post office. If you are planning on a move, please make changes at [annapolisstriders.org](http://annapolisstriders.org) under MEMBERSHIP or contact the Membership Director at [mdg624@hotmail.com](mailto:mdg624@hotmail.com) or 410-360-9019.

## Letter from the Editor



By the time your Streak arrives to you in the mail, it will be early June (I hope), and the weather will be warm, if not hot (I really hope). I have been counting down the months, weeks and now endless days for the clouds to part, the drizzle to stop and the sun to appear.

I have a plan. I'm ready for some fun in the POOL. Cross-training fun, that is.

Has your running routine varied in the last couple of months? As runners, most of us favor running as our predominant form of exercise and we don't like to try something else. However, over time, your body adapts to the loads you place on it and it stops giving you those great results. Now is the time to think....swimming!

If you have had the experience when you thought you were in good shape because you've run for years, but then you tried another type of exercise and felt like you were going to die, you are not alone. This is an example of how your body adapts. Keep ahead of your fitness and keep it challenged by heading to the pool. Whether you add a couple of swim days to your current schedule or replace a couple of running days, you will find that swimming and aqua-jogging in the deep end are two great ways to raise your heart rate, give your legs and feet a rest and stay nice and lean.

Since the principal of exercise adaptation applies to both running and swimming, you have to beat the plateau phenomenon and get the results you want by frequently changing your exercise routine. These are at least 5 ways to change your swimming or running routine.

1. Change the TYPE of exercise-SWIM!
2. Change your INTENSITY (how hard you exercise). You don't always need to increase your intensity. Sometimes it's appropriate to decrease your intensity. Your week should include both high and low intensity exercise.
3. Change your DURATION (how long you exercise per day)
4. Change your FREQUENCY (how many days a week you exercise)
5. Change the ORDER of your exercise

Kudos to all the Striders that have already been hitting the water and braved the icy temperatures for the Columbia Triathlon. You are truly amazing! I think I'll wait until the water gets a little bit warmer.

*Katherine Carney*

# PRESIDENT'S MESSAGE



Ron Bowman, Club President

I'm sitting here by the pool, next to our villa overlooking the ocean on the island of St Croix. I've been taking it easy this week, having competed in the St Croix Half Ironman Triathlon on Sunday, May 4. Lynn and I decided to combine some vacation time with the race. I realized I would have to make time for some Strider business in order to meet Streak Editor, Kathy Carney's deadline. Based on trials and tribulations we've had this year with race cancellations, I pretty much knew what I needed to talk about.

We were teasing Charlie Muskin that he was going to have to remain as Governor's Bay Bridge Race Director until we actually HAD a race. I am beginning to recognize that it is actually more difficult to deal with the cancellation of a race than it is to conduct one. Cancellation of this year's GBBR was complicated by the circumstances surrounding the cancellation of the DC Marathon by H2O, Inc. Charlie and I fielded numerous phone calls, emails, and interviews from local media regarding the cancellation of the GBBR, obviously looking for similarities (read scandal) with the DC Marathon.

It is unfortunate that many runners and media reporters don't fully understand what goes into putting on, much less canceling, a race. The underlying suspicion is that "...you had 3,000 entrants at \$30 each and you didn't have the race and are not giving refunds; you must be 'pocketing all that money!'" Nothing could be further from the truth. By race day, approximately 75% of revenue has been committed-spent-gone. The big ticket items are premiums and awards; and the requirement to pay up front for them. The only 'savings' from canceling a race are those race day expenses; such as bananas and bagels – IF you can catch the vendor

quick enough to turn off the delivery; and police overtime costs – IF they are not required for race day or Packet Pickup traffic control.

As of this writing, Charlie is still working out the details but it is possible to still come out ahead after all expenses are paid. If so, it will not be as much as if we had conducted the race. The difficulty comes in the bigger picture.

Proceeds from GBBR provide seed money for the A-10. This year's Race Director, Will Myers, has to commit to and pay the first installments for awards and premiums in the March/April timeframe. Without the seed money from the GBBR, we would have to dip into the club's core funds, which would be strained to accommodate such major A-10 expenses. These are the funds that some members use as a basis to advocate such things as doing away with entry fees for Striders to any Strider races, including the GBBR, B&A, and A-10; or giving every Strider a uniform; or having no-cost social events. The challenge the Board of Directors is always faced with is 'how much can we do for the members and still retain funds to cover the cancellation of one or more of our big races?' This year has been a stark reality check for those who said, 'Ooh, that will never happen. We've never had to cancel completely before'.

This also goes to the heart of our No Refunds policy. For most clubs that do not have races of the stature and revenue of the A-10, a No Refund policy is the only way they could stay solvent in the event of a cancellation. If they had to return entry fees, it would devastate their club fiscally. By building up our 'rainy day' (literally) fund from the remaining revenue, after all ex-

penses and donations, over the past ten years or so, we have guarded against the cancellation of one race cascading into not being able to support one or both of the other races. Without the No Refund policy, all of our races would be in jeopardy.

Much of the confusion comes from misunderstanding what the entry fee is actually for. The entry fee allows one to participate in the race. It does not entitle one to the premium. The argument for a refund naturally comes in when the race is cancelled; regardless if it is cancelled by the organizers or, as in the case of the GBBR, by the responsible authorities. What we try to do is provide entrants with our high quality premium – often worth more than the entry fee – instead of a refund. This is not always satisfactory for everyone, which is why the Race Director spends more time dealing with cancellation of their race than they would if it had taken place.

Even though we are recovering from cancellation of GBBR and appear to have some residual seed money for A-10 planning to continue, we are not out of the woods yet. It is not inconceivable that circumstances that resulted in 'security' concerns for the Bay Bridge could be there for the A-10. The Naval Academy officials have been very supportive and up front with us about the decision to cancel all events inside the Naval Academy grounds, including that portion of the A-10 course. They also admit that they can not guarantee that access to the Navy-Marine Stadium will always be available. Race Director, Will Myers, and the Race Committee are working on contingency plans now. One of which is 'what do we do if we have to cancel the A-10'. Let us all hope that does not happen.



Left to Right; Will Myers, A-10 Race Director, Ron Bowman, Annapolis Striders President, Melanie Crowder, AAMC Cardio Rehab Supervisor, Stan Watkins, M.D., Director AAMC Oncology Center

# Babette's Going to Hawaii!

## and Look Out, They're Coming!

By Ron Bowman

Well, I just finished my Presidents Message. I'm still sitting here by the pool, next to our villa overlooking the ocean on the island of St Croix. I've been taking it easy this week, having competed in the St Croix Half Ironman Triathlon on Sunday, May 4. Lynn and I decided to combine some vacation time with the race. My plan was to get some inspiration for an article from the race and the participants. I think it worked.

All of us have noticed how much fun it is to talk with other runners at the races we participate in. The wide variety of backgrounds, home towns, and individual stories all with the commitment to running and fitness that Type A personalities have. It gives me a sense of camaraderie and of being part of something bigger than myself, or the Annapolis Striders. Being an Ironman Qualifier race, St Croix had participants from all over the world. My Spanish and French got a good work out. I'm going to relate to you a story that exemplifies the spirit we all embrace.

I first met Babette during the 13.1 mile run portion of the triathlon. Babette is a spry 61 year old vegetarian of 30 years, and St Croix was her first Half Ironman race. Being from Florida she was ill prepared for the brutal bike course and was suffering. St Croix has the reputation of having the toughest bike course in all of triathlon, and is accentuated by the hill known the world over as "the beast". Babette had crashed sometime after getting over the 'beast' and the road-rash had to be painful when mixed with sweat from the 90 degree temperatures... but she was running with a purpose.

Babette told me she had been training for a year to qualify for the Ironman Triathlon Championships in Hawaii. Her training partner and friend had egged her into taking on this huge undertaking as something "wouldn't it be neat to do..." I nodded my head; we've all been there. This is when the story takes a turn and Babette's voice starts to break. Six months ago her friend met her for a workout and announced she had been told she had cancer. Two months later she was gone.

Her local running club rallied behind Babette and took turns working out with her – to keep her spirits up as well as her training. Babette had decided she would finish the St Croix triathlon and qualify for Hawaii

in memory of her friend.

The next time I saw Babette she was at the Finish line. As I helped her to the cot in the Medical Tent, she started to cry as she realized she had accomplished the first part of her goal – she had qualified for Hawaii in the 60-64 age group. I felt the tears begin to well up in my own eyes as the magnitude of this woman's accomplishment sank in. Her last words to me were about the condition of her bike – the bike she had ridden for 4 1/2 hours over a daunting course, in searing heat, was her friends – and she is going to ride it again in Hawaii this October.

### Look Out, They're Coming!

Now, chances are Babette won't finish high overall at Hawaii but that is not true for some women. It will be difficult for some men to accept, but women are catching up, literally, with the top male performances in our sport of endurance running. I've been noticing it more and more that women are finishing higher overall in our local races, and there are more of them finishing higher. I decided to write this part of my article after noticing the female winner of this weeks St Croix Half Ironman Triathlon (Swim-1.24 mile, Bike-56miles, Run-13.1miles), Sue Bartholomew-Williams finished eleventh overall! As an amateur she beat about ten male pros, in a world class field!

The Pat O'Brien's and Rose Malloy's are being joined by more women at the top. It's not just the occasional phenom anymore. In years past I would hear some of our top male finishers exclaim to me that he would never be beaten by a woman. Those same individuals are now looking over their shoulder because the foot steps catching up to them have a distinct feminine sound.

Take, for example, some instances I found in a recent issue of Inside Triathlon. Paula Radcliffe of Great Britain won the Chicago Marathon last October in a time of 2:17:18. That time put her within 11:40 of Khalid Khannouchi's men's world mark of 2:05:38 – only 9.29 percent slower, and the closest it's been since women were allowed to run the marathon in the 1984 Olympics. Radcliffe's time would have won the 1954 men's marathon. Ann Trason is an ultra runner that I had the pleasure to meet and run with (briefly) at the Vermont 100 Mile Run. That year Ann finished just 5 minutes be-



hind the overall male winner in 18 hrs 34 min in the Western States 100 Mile Run. I remember reading that the winner attributed his very fast time more to knowing Ann was catching him than to anything else. Ann has outright won some ultras as well.

Natasha Badman is the latest star on the triathlon circuit. In the 2002 Hawaii Ironman, she finished just 37:58 behind overall winner Tim DeBoom. It was the second smallest margin ever and only 7.44 percent slower than DeBoom. Badman's feat really turned heads when it was pointed out that she actually gained time on the leading men over the toughest part of the bike course.

Erin Baker, who posted a 2:49 marathon time in the 1989 Ironman Canada compared to Mark Allen's record breaking 2:40 in Ironman Hawaii that year, states in Inside Triathlon that physiological differences between men and women make them more adept at endurance events. She bases this on some physiological theories that indicate women generally have more fat stores and, therefore, more capacity for fat metabolism. This allows them to (eventually) overcome men's greater muscle mass and out perform them once their glycogen stores are depleted. Many coaches agree that in a longer race, power and aerobic capacity (VO2 Max) become less important and running economy becomes more important. Baker also feels that women's performances are improving because more women are getting involved. Whatever the case, men who have claimed the top podium for themselves for so long, better start getting used to the idea that someday they may be sharing it with a woman. Wouldn't it be a great topic of discussion if it were to happen at the Annapolis Ten Mile Run?

# We Need You...

## For the Annapolis 10-Mile

The Annapolis Striders are in need of volunteers to help conduct the 28th Annual Annapolis 10-Mile Race on Sunday, August 24, 2003. We always appreciate your help and this year is no exception. We need experienced volunteers, and hope that we can count on your support, once more, for the 2003 race. Please consider volunteering and recruiting a friend or two for this year's race.

We will be using the ChampionChip system again this year, along with a few new bells and whistles. This system allows the runner to know what his/her actual time for the 10 miles is and provides us with a great deal more data and faster results posting.

While technology is great, we still need volunteers for the following: Expo (Saturday, August 23, 10 a.m.-5 p.m.), course monitors, water stops, setup, medical monitors, packet pickup, chip collection, premiums, clean up, parking and food distribution.

If you (or any friends or family members) can spare about four hours on August 23 (times listed above) and/or August 24 from 6 a.m. to 10 a.m.—please fill out the form below (please print clearly) and send it to either Penny Goldstein, 2348 Putnam Lane, Crofton, MD 21114, e-mail [munch301@comcast.net](mailto:munch301@comcast.net); or Donna Cogle, 306 Sharon Drive, Pasadena, MD 21122, e-mail [rundonna1@aol.com](mailto:rundonna1@aol.com). We will do our best to accommodate your preferences. This year we will need 600 volunteers, so please HELP.

*Thank you, Penny Goldstein and Donna Cogle  
Volunteer Coordinators, Annapolis 10-Mile Race*

Name \_\_\_\_\_

T-shirt size \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Number of Additional Volunteers: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Annual Strider APPRECIATION PICNIC

*Please be sure to come join us for the Annapolis Strider Appreciation Picnic on June 15 starting shortly after the Dawson's Father's Day 5 Miler at Severna Park High School. Plan to stay for food, fun and huge Strider discounts from the National Running Center. See you there!*

## ATTENTION!

### Great news!

*For the second year, Donna Cogle and her crew will be conducting the 10K Running Class. This program is aimed at those Beginning Runners ready to move up to the 10K distance and those who want to learn ways to improve their time. The Program will begin on September 2 and end on November 6. Graduation will be at the resurrected Cold Turkey 10k on November 9. Registration will be \$15 and you must be an Annapolis Strider. So get those neighbors, co-workers, sons, daughters, spouses and GET READY!*

*For more information contact:  
Donna Cogle; 443-623-6628,  
[rundonna1@aol.com](mailto:rundonna1@aol.com)"*



# A Race, Pink Slips, Wild Turkeys and a Beer Cherry Pit 10-Mile Race

By Bob Burash & Whitey Gross, Co-Race Directors

Try, try, try and try again. The Annapolis Striders, thanks to the superhuman effort by the club's premier race directors, were finally able to get their first club sponsored race of the year to the starting line. The 23rd Annual Cherry Pit 10-mile race was greeted by perfect running weather. Our only concern was that we were competing with Clyde's for runners. However, the discerning runner made the right choice and came to the CP10. In fact, so many runners turned up race day morning that we actually ran out of bibs and some of the runners had to use the upper half of their pink entrance form as their bib. They were, so to speak, pink slipped. Two hundred three runners toed the starting line and at 8AM set off into the stillness of the morning. The runners streaming downhill, not even a minute into the race, approached the first course monitors. As they did, first time race volunteers Cathy and Tom Lash were directing them around the sharp hairpin turn and up Stepney Lane. Cathy and Tom's arms were waving like windmills as they were shouting words of encouragement to the runners. Now, Cathy and Tom had been told how friendly the runners would be this early in the race, so you can imagine their surprise when the runners were hollering, "Turkeys! Turkeys!" and gesturing back at them. Befuddled they were, until they realized the

runners were pointing to some live turkeys behind them. Being the sharp highly 'seasoned' monitors they are they quickly directed the turkeys away from the runners and back into the woods because we all know that bandits are not allowed. The rest of the race was rather uneventful.

This year's first male finisher was Doug Kuderna with a time of: 57:17 and the first female finisher was Marjorie Boyd with a time of 1:07. Each received the ever-popular Cherry Pit 10-mile sports mug and a \$50.00 gift certificate to The Athlete's Foot. Our first Master's finishers were Jennifer Lundeen in a time of 1:13 and Steve Egoal in a time of :58:47 and our first 70 and above finishers were Yvonne Aasen and Milt Taylor. The cancellation of the earlier Striders' races turned out to be a windfall for us. We were the recipients of four \$35.00 gift certificates and decided to recognize the first masters and first 70 and above finishers for their effort.

We would like to tip our hat to Brad Chapman. This guy has more energy than an ever-ready bunny. Brad helped load our race equipment on Saturday, then on Sunday he arrived at the school at 6AM, helped set up the finish line, ran the race, finished second in his age group (70 & above), did not collect his medal, got into his truck and went to Clyde's in Columbia to collect the

club's mats for the chip system. He took time to take a deep breath, pointed his truck to Annapolis and ended up at the Striders' storage shed to unload the mats and have a beer. Whew! We have no idea how he filled the remaining idle hours of his day.

We would like to say a special thanks to all our tireless volunteers, without whom we would not have a race nor would the race enjoy the success and praise it receives.

Thanks to Ginger Andrews, Mike Gross, Denise Kelly, Ed Parker, Marcia Baldwin, Regina Miante, Al Stott, Sharon & Tom Bradford, Betty & Ben Moore, Arnie & Ardis Henderson, Andrea & John Campbell, Brad Chapman, Dan Symancyk, Bob Quinn, Patrick Thayer, Don Stoddard, George Ludskow, Kathy Sirois, Gillian Connor, Michelle Lapides, Karen Glenn, Tom & Cathy Lash, Jennie Gross and Sandi Burash. Our junior volunteers were: Matt & Zach Campbell, Dustin & Jared Baldwin and Andrew Haab.

We would also like to extend our thanks to the AA Co. Active and Reserve Officers, the AA Co. Radio Club, the AA Co. Fire Department Paramedic Unit, Mr. O. Fred Jenkins, Principal at South River Central Middle School and a special thanks to Mr. Marv Harris, school custodian. To any volunteer we may have missed, our apologies. Congratulations to all the finishers



The Lead Pack!

# Full Cherry Pit Results

PL	Last Name	First Name	Age	Time
1	Kuderna	Doug	M42	57:17:00
2	Schoenberg	Jon	M39	57:31:00
3	Makovsky	Eric	M30	58:28:00
4	Egolf	Steve	M40	58:47:00
5	Irons	Dale	M38	59:07:00
6	Webster	David	M50	1:00:07
7	Mace	Matthew	M42	1:00:14
8	Hattar	Thomas	M41	1:00:14
9	Nudelman	Nathan N.	M27	1:00:18
10	Nearman	Steve	M43	1:01:53
11	Serra	Paul	M47	1:04:14
12	Aasen	Curt	M40	1:04:25
13	Brewer	David	M48	1:04:35
14	Kirkpatrick	John	M59	1:05:10
15	Harris	Hugh	M34	1:05:19
16	Sinclair	Chris	M35	1:06:07
17	Schrader	Eric	M38	1:06:26
18	Gordon	Kirk	M47	1:06:31
19	Moreland	James	M50	1:06:34
20	Cawood	Robert	M34	1:07:08
21	Biddle	Robert	M43	1:07:19
22	Biddle	Ed	M40	1:07:26
23	Lowe	Tim	M35	1:07:30
24	Hermstein	Robert	M28	1:07:46
25	Boyd	Marjorie	F41	1:07:59
26	Lucent	Stephen	M42	1:08:09
27	Daubert	Chris	M32	1:08:20
28	Bergeson	Michael	M49	1:08:24
29	Walser	David	M21	1:08:37
30	Williams	Andrea	F31	1:08:49
31	Peltosalo	Eric	M53	1:09:03
32	Martineau	Peter	M41	1:09:06
33	Clulow	Greg	M44	1:09:19
34	Mairs	Chris	M30	1:09:35
35	Booth	David	M34	1:10:36
36	Sykes	Anthony	M39	1:10:39
37	Maffei	Merle	M58	1:10:49
38	Flack	Jeffery	M39	1:11:06
39	Hughes	Chris	M14	1:11:07
40	Walser	Dave	M44	1:11:12
41	Sanches	Francisco	M61	1:11:31
42	Smith	Michael	M46	1:11:49
43	Donnelly	Stephen	M46	1:11:53
44	Leaberry	Bob	M62	1:11:58
45	Bitgood	Jim	M57	1:12:03
46	Dukes	Julie	F33	1:12:14
47	Cook	Alan	M32	1:12:14
48	Hays	Steven	M41	1:12:17
49	Waddington	Tom	M42	1:12:23
50	Nugent	Dennis	M52	1:12:24
51	Brooks	Sherman	M52	1:12:39
52	Wells	Morgan	M43	1:13:05
53	Lundeen	Jennifer	F42	1:13:38
54	Fagnano	Mike	M40	1:13:55
55	Furr	Suzanne	F42	1:13:57
56	Carney	Katherine	F42	1:14:01
57	DeKornfeld	Thomas	M49	1:14:04
58	Heisman	Ross	M45	1:14:20
59	Conner	Gillian	F39	1:14:57

60	Russel	Steve	M46	1:15:02
61	Graves	Joe	M23	1:15:03
62	Celtnieks	Imants	M58	1:15:03
63	Moore	Brev	M62	1:15:12
64	Brault	David	M51	1:15:19
65	McGlynn	Carolyn	F39	1:15:23
66	Roblyer	Giles	M28	1:15:24
67	Lang	Mary	F49	1:15:29
68	Gilman	Scott	M40	1:15:32
69	Wolfe	James	M42	1:15:39
70	Keen	Christopher	M32	1:15:43
71	Rockman	Charles	M26	1:15:51
72	Lapides	Michelle	F36	1:15:58
73	deGravelles	Allison	F40	1:16:05
74	Hicks	Patricia	F27	1:16:27
75	Clorey	Joe	M60	1:16:28
76	Barnett	James	M57	1:16:36
77	Treuth	Matthew	M43	1:17:08
78	Puglisi	Larry	M48	1:17:25
79	Renne	Jennifer	F36	1:17:37
80	Toney	Janet	F28	1:17:59
81	Nash	Gerri	F37	1:18:05
82	Steele	Thomas	M36	1:18:27
83	Shields	Maria	F52	1:18:46
84	Henkart	Danalee	F56	1:18:57
85	King	B.J.	F58	1:19:08
86	Recto	Liza	F47	1:19:16
87	Hevner	Larry	M54	1:19:21
88	Remington	Brodie	M54	1:19:26
89	Caple	Jenny	F37	1:19:31
90	Ellmore Sr.	Douglas	M39	1:20:02
91	Weslowski	Carol	F36	1:20:16
92	Price	Donald	M50	1:20:19
93	Gay	Robin	F48	1:20:22
94	Thayer	Scott	M43	1:20:27
95	Nolan	Marilyn	F52	1:20:30
96	Donahue	Patrick	M51	1:20:40
97	Laird	Helen	F44	1:21:02
98	Fay	John	M55	1:21:21
99	McGee	Ellen	F46	1:21:24
100	Creekmore	Rufus	M49	1:21:37
101	Frazier	Scott	M41	1:21:49
102	Collazo	L.J.	M42	1:22:23
103	Rockman	Elizabeth	F22	1:22:24
104	Rockman	Jacob	M57	1:22:27
105	Jolley	Rob	M27	1:22:27
106	Burke	Jerry	M36	1:22:28
107	Kline	Michael	M37	1:22:37
108	Haigler	Vanessa	F43	1:22:45
109	Ammons	Derek	M42	1:22:49
110	Hill	Gregory	M41	1:22:54
111	Bradford	Tom	M59	1:23:00
112	Silate	Douglas	M47	1:23:04
113	Harbo	Emmy	F25	1:23:05
114	Kizer Ball	Roger	M36	1:23:06
115	Symancyk	Dan	M55	1:23:22
116	Taylor	Milton	M70	1:23:40
117	Edwards	Robert	M55	1:23:41
118	Content	David	M42	1:23:43
119	McKinney	Annie	F21	1:23:55
120	Kellemyer	Dan	M51	1:24:05
121	Kamel	Sam	M39	1:24:08
122	Cavanagh	Patrick	M39	1:24:10

123	Falvey	James	M40	1:24:21
124	Yevics-Eisenberg	Patricia	F53	1:24:25
125	Kamel	Lindsay	F34	1:25:04
126	Burke	Mary	F38	1:25:17
127	Staats	Charlene	F40	1:25:46
128	Singer	Donald	M57	1:25:53
129	Pentoney	Jerry	M60	1:26:52
130	Storch	Susannah	F23	1:27:03
131	Arroyo	Alberto	M35	1:27:08
132	Pattie	Kenton	M63	1:27:19

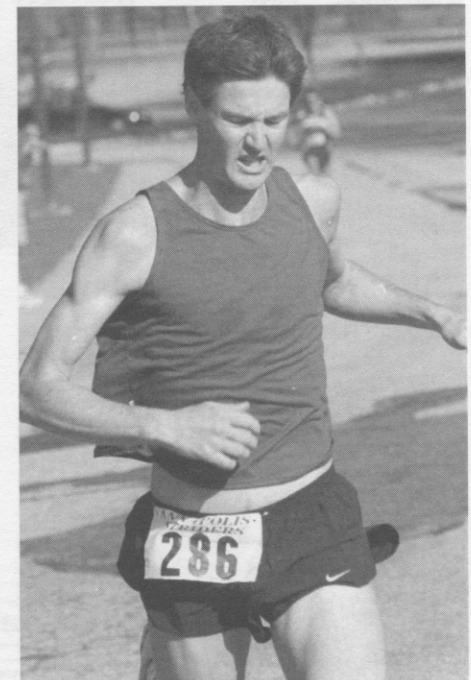
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(401) Robert Cawood, (455) Robert Biddle

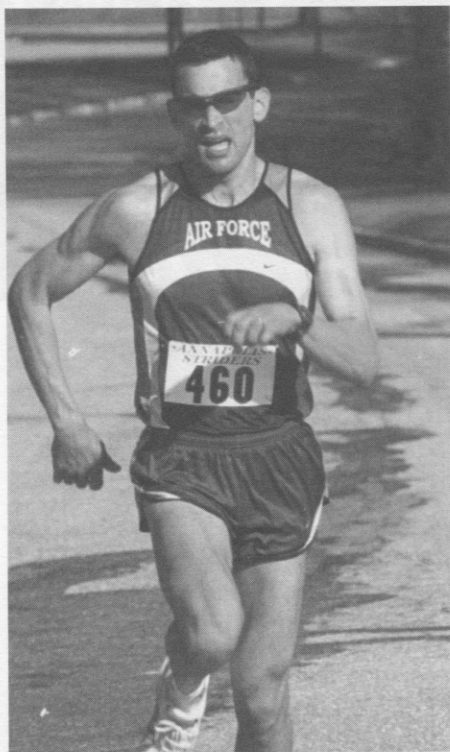


(447) Kirk Gordon, (483) James Moreland

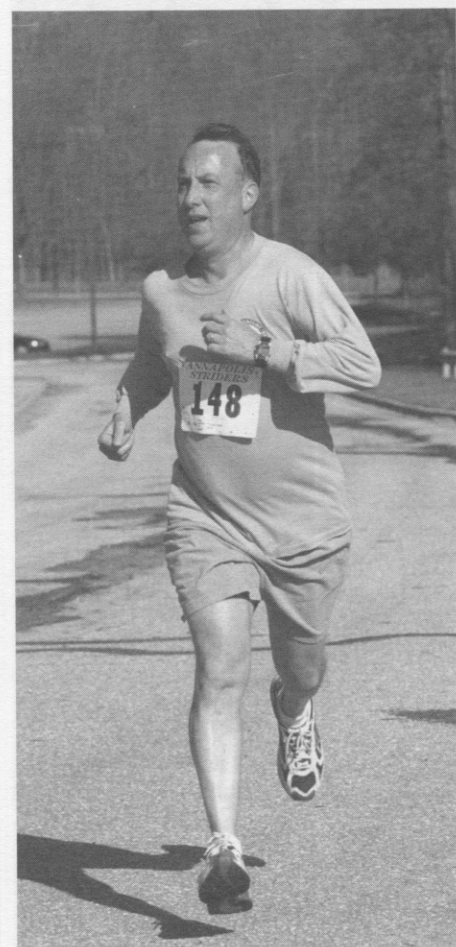


Overall Male Doug Kuderna

CHERRY PIT RESULTS, continued from page 7



Jon Schoenben

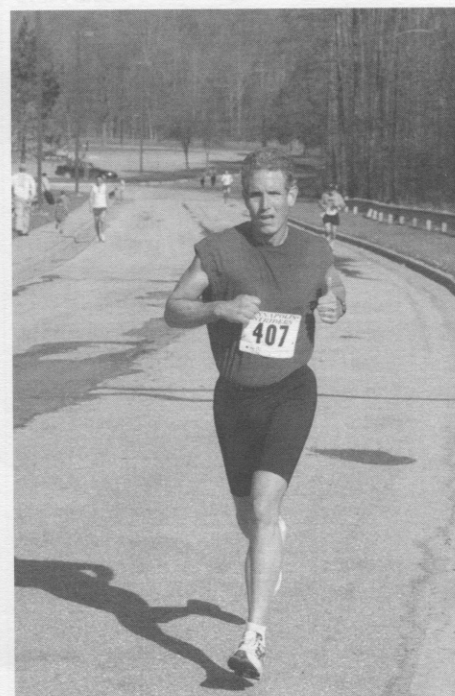


Scott Frazier

133	Firebaugh	John	M46	1:27:24
134	Caroom	Phil	M49	1:27:24
135	Masters	Kathryn	F34	1:27:33
136	Higdon	Hal	M60	1:28:04
137	Marino	Lori	F42	1:28:08
138	Ashley	Larry	M35	1:28:13
139	Callahan	Frank	M48	1:28:19
140	Mason	Mary Ellen	F47	1:28:42
141	Hennes	Kathy	F50	1:28:56
142	Curley	John	M54	1:29:01
143	Sirios	Kathy	F44	1:29:11
144	Taylor	Jean	F32	1:29:18
145	Petrich	Louis	M43	1:29:26
146	Hasle	Cathy	F32	1:29:53
147	Hooker	Ronald	M40	1:29:57
148	Whitesell	Chris	M42	1:30:10
149	Gallagher	John	M54	1:30:23
150	Kimmel	Kelly	F25	1:30:58
151	Shappell	Kathleen	F30	1:31:03
152	Lancaster	Diana	F27	1:31:11
153	Etchison	Jim	M50	1:31:44
154	Romero	Jose	M37	1:31:50
155	Bernaes	Gisella	F31	1:31:54
156	Shevenall	Michael	M42	1:31:57
157	Richardson	Larry	M49	1:32:06
158	Andrews	Ginger	F38	1:32:19
159	Mokabber	Layla	F21	1:32:20
160	Unknown	271		1:32:21
161	Currence	Melissa	F47	1:32:22
162	Lynch	Monica	F37	1:32:23
163	Southard	Steve	M45	1:32:44
164	Santin	Annebeth	F32	1:33:29
165	Santin	Rob	M36	1:33:29
166	Kamel	Perry	M38	1:33:41
167	Jarashow	Ron	M53	1:34:06
168	McIntyre	Alex	M41	1:34:41
169	Daubert	Terri	F31	1:35:11
170	Thomas	Diane	F57	1:35:37
171	Symons	Heather	F28	1:36:40
172	Murphy	Theres	F43	1:36:59
173	Chong	Alice	F33	1:37:03
174	Swatzbaugh III	George	M32	1:37:04
175	Murray	Alan	M40	1:37:31
176	Goodman	Rae Jean	F54	1:37:34
177	Salmon-Cox	Peter	M63	1:37:54
178	Goodridge	Tom	M63	1:38:05
179	Steele	Claire	F35	1:38:44
180	Simpson	Linda	F61	1:39:59
181	Haseltine	Reggie	M52	1:40:50
182	Kellner	Jackie	F54	1:41:48
183	Masser	Lee	M67	1:42:27
184	Aasen	Yvonne	F71	1:43:47
185	Banks	Melissa	F33	1:44:54
186	Chapman	Brad	M71	1:46:12
187	Powell	Kevin	M39	1:47:13
188	Josephus	Perry	M53	1:48:24
189	Wycherley	Alan	M60	1:51:33
190	Watkins	Steven	M50	1:52:17
191	Serio	Sharon	F56	1:53:25
192	Bowman	Ronald	M52	1:54:18
193	Myers	Will	M53	1:54:19
194	Muskin	Charlie	M53	1:54:20
195	Shanklin	Fred	M61	1:55:09
196	Edwards	Brenton	M11	1:56:32
197	Hanson	Kathleen	F49	1:56:43
198	Caroom	Ilene	F49	1:57:55
199	Bradley	Petra	F27	2:00:09
200	McNair	Alice	F37	2:00:42
201	Gallagher	Susan	F55	2:01:07

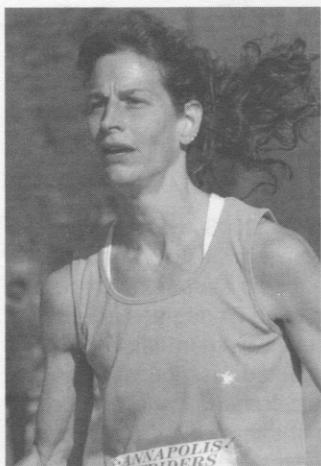


(L) Melissa Currence, (271) unknown runner, and (272) Monica Lynch



Mathew Treuth





Carolyn McGlynn



Lindsay Kamel



Heather Symons



Michelle Lapidès



Diana Lancaster

Photos by Jon Valentine

# A Boston Account

By Mark Rosasco

According to my Tanita body fat monitor I have 7 percent body fat. Assuming that's off by a margin of 100 percent and I'm at 14 percent, that is still lean. And it probably explains why I'm always cold. That's why I keep voting Republican-I'm in favor of global warming. All this makes my inability to perform well in a warm weather marathon that much more of a mystery. You'd think warmer weather would favor me. But the further I get from 45 degrees and cloudy the worse I run. This year's Boston Marathon was no exception. When Carole and I arrived at Athlete's Village in Hopkinton on race day I was wearing a goretex jacket, a sweatshirt, long sleeve shirt, and race singlet. I had on my A-10 pants as well. After sitting outside for 3 hours in the warming weather and cloudless sunshine I was down to my race outfit. Yet, I was still comfortable. Not a good sign. We walked to the start and lined up in our respective corrals. The 20,000 starters are segregated into color-coded corrals by qualifying time. Shortly before the start the barriers are removed and the crowd surges forward. There were several surges and twice I thought the race had started when the runners were repositioning forward. Finally I crossed the chip mat two and a half minutes after the noon start. The first nine miles of Boston and the first mile in particular are downhill so it's an effort to hold back on the pace. The view ahead never changes from the start. The narrow roads back to Boston are packed with race participants as far as the eye can see for the entire event. When I reach the halfway point I was running slowly, much behind the 3:06 pace I'd achieved five weeks earlier in 40-degree weather at Virginia Beach. The temperature at Wellesley, the halfway point, is 71 degrees. I'd taken water every mile since mile two. Usually I wait until the eight-mile mark to drink. The crowd of spectators in the first half was much thicker than I recalled from earlier Boston Marathons, probably due to the excellent spectator weather. The spectators peak at mile 13 where the women of Wellesley College stand several deep and scream their heads off from behind barriers. Previously free to come into the street, the

roadway available to marathoners would narrow considerably with women in the street on each side. Now restrained off to the right they still offer high decibel encouragement. Sadly this turns out to be the end of the race for me as the day turns into a death march for the second half of the marathon. I adjust my goals down to 1)staying out of the medical tent and 2)finishing. The hills from 16 to 21 miles make even these modest goals doubtful at times. After standing off to the side of the aid station drinking Gatorade at mile 16 or 18 or so I reenter the roadway and see Margie Boyd has passed and is running with ease and great speed ahead of me. I glance at my watch and calculate she'll be in the low 3:20s. Margie will be the only Strider I'll see on the racecourse. With one exception the last three miles are down hill and that makes finishing seem more likely as I continue toward downtown Boston. The exception is a 150-yard long hill that is at the end of mile 26. I'm passed by a marathoner wearing the head from an Easter bunny costume as I make the ascent. I had been dueling with him for miles but can't keep up, as I'm barely moving. He pulls away while I continue turtleing. At the top the runners turn onto Boylston Street where the finish is in sight and the roadway downhill. The crowd is enormous, the runners thick in the street. It's similar to running into a packed stadium. Not that I've ever done that outside of my dreams. I crossed the finish line in 5877th place, recording my second slowest marathon ever in 3:41:11. The only time I ran slower was 29 years ago as a high school sophomore. This is the first time I've run Boston without breaking three hours. Twelve thousand more marathoners will finish behind me including my AS teammates Chris Riley and Dave Brault. Carole and I meet up with most of the AS Women's Masters team the next day at Logan Airport. We're all on the same Air Tran flight to BWI. Most express a positive race experience and all have run very well, with several recording faster times than mine, including Carole, so I'm not even the fastest Rosasco, much less fastest Strider. I'll have to return in 2004 for the rematch.

## Women's Masters At Boston

On April 21, 2003, the Annapolis Striders Women's Masters team ran the 107th Boston Marathon. Under sunny skies and 71 degrees at race time, all seven women finished, in what many would describe, as a hilly and difficult course. A morning in Hopkinton and roaring crowds completed the experience, but the heat eventually took its toll and the times were a bit slower than anticipated. Many, however, were pleased given the circumstances and the team placed a very respectable 7th place, out of 18 teams. The Striders were well represented and most team members wore a garment with the Strider logo on it. Team members included Margie Boyd, Kathy Carney, Melissa Currence, Karen Koffler, Mary Lang, Carole Rosasco and Maria Shields and Margaret O'Connor. Fast or slow, hot or cold, nothing compares to the Boston experience. Here's to hoping that where one race ends, another will always begin.

This was the first of what will hopefully be many team races this year. Although the year got off to a slow start with several races being cancelled, there are still more planned. Anyone who is interested in participating may contact Jill Hargis at 410-757-4838. The men's team contact is Eric Peltosal. Any male members interested in team racing may contact him at 410-263-4550.



# The Ocean Drive Marathon

a "blow" by "blow" account By Hamilton Tyler

The Ocean Drive Marathon was run on Sunday, March 30, 2003. I had not planned to run this race, but the DC Marathon was canceled and the Frederick Marathon filled up almost immediately upon the cancellation of the DC Marathon. The Ocean Drive Marathon was the next closest option and logistically worked out for me. The race starts in Cape May, New Jersey and runs point to point north along the Jersey shore.

The start was at 9:00 a.m., a very civilized time as far as distance races go. The weather, however, was not nearly as civilized. As I walked to the start from my hotel it was raining hard and a fierce wind was blowing from the north/northwest at 15 mph gusting to 20 mph and higher. This was a problem since the course is point-to-point north along the beach. The temperatures were in the high 40s. The start is in Cape May, New Jersey and basically runs along the coast 26 miles to the north through the beach towns of Wildwood, Stone Harbor and Avalon and finishes at Sea Isle City.

I arrive at the start. Everyone is huddled wherever they can keep dry - under the porch of nearby businesses or on the baggage transport bus. The starting line of the two-lane road is almost entirely flooded because it has been raining hard all night. One lane is partially dry while there is about a foot of water on the rest of the road. It is difficult to tell how many marathoners are starting because there is also a 10 miler starting at the same time. The start is tight because no one wants to wade in the foot deep water. There is an elevated promenade and many racers clamor up on it to start rather than start at the back of the pack.

The gun goes off. There are no Championship Chips so I lose a little time at the start. The first mile goes by in 7:21, which seems very slow going while I am trying to weave through runners that seem to come from everywhere. Miles 2 and 3 pass in 13:47 as I turn the corner at the end of the beach road dead northeast into the wind. It is terrible. I think I missed the mile marker because I just could not see with the hard rain. It is really blowing hard right into my face.

Mile 4 passes in 6:46, which is more like it. This is the pace I was hoping to run which would put me close to a personal best. Mile 5 passes in 6:57 as I come off the first inlet where Cape May is located and over a

bridge, which is even windier with no protection. I am struggling to keep pace already.

Mile 6 goes by quickly in 6:50 because I am able to link up with some other runners and we help each other keep pace. It is nice to have company, shoot the "breeze" and take turns at the front breaking the wind. Mile 7 is very slow at 7:19. I don't know what happens but the wind seems to worsen and I am much slower

Miles 8-10 go by in 21:32. During this period the course goes up onto the boardwalk at Wildwood right on the beach. These are the most protected miles because I was able to run right next to the arcades, which are all closed. Most businesses in all towns are still closed for the season. I run with another marathoner for these 3 miles. I think I am making pretty good time without the wind, but hit 10 miles in 1:10:22. I realize that there will be no sub-3 hour finish today.

Mile 11 is 7:17 and is a brutal mile when we come off the boardwalk. I down my first power gel. Mile 12, 7:26, is even worse, dead into the teeth of the wind. I feel like a big kite. I am 6'2" and catching every bit of the breeze. Somewhere around here it stops raining, but I do not realize it until after the race because it is the wind, which is causing my problems, not the rain.

Mile 13 is 7:09 and goes over a bridge and heads toward Stone Harbor. The bridges are the only elevation at all on this very flat course. I hit the halfway point in a little over 1:33. I know that there is no way I am going to run negative splits in this race.

Mile 14, 6:57, is a decent mile. The course turns a little easterly and the wind is only crossing me. Mile 15, 7:00, is heading into Stone Harbor. Mile 16, 6:45, contains a slight turnaround where I actually get to run downwind for almost one-half mile. Of course I have to turn back into the wind at full force again.

Mile 17, 7:07, is not a bad mile, but I am running harder and not going any faster. There is no one to run with and very few spectators. I pop my second power gel. Mile 18 goes by slowly in 7:31 and I hope the mile marker is off. When mile 19 passes quickly in 6:40, my suspicions are confirmed. I'm still in Stone Harbor, which is a nice town with wide streets. Unfortunately the wide streets do not provide much shelter from the wind and it is still relentless.

Mile 20 passes in 7:21 for a total time of 2:21:45. I am almost into Avalon when all of a sudden my right hamstring starts to seize up. This is a surprise because I had not been having any problems with my hamstrings in training. Could this be a result of running a blowout PR 5k eight days earlier? I lament not wearing tights that would have provided some support to the hamstring. I slow considerably to try and stretch it out and also shorten stride. The first person to pass me in about 10 miles motors by me running about a 6:50/mile pace and looking strong. He is the only one to pass me after the 10-mile mark.

Mile 21 is better in 7:11. The hamstring is feeling a little better, but it has made me very uneasy. Mile 22 passes in 7:19. At this point I am just trying just to keep the wheels on the bus and not get passed, even though I cannot even see any other runners. Mile 23 is very slow in 7:45. This mile heads out of Avalon and over a bridge that is totally exposed to the wind. It is the worst mile by far and could not have come at a worse time in the race.

Just when I promise myself that I will not run any slower, the other hamstring starts to bite me. I start to count down the minutes. Experience takes over and I start to play head games to motivate myself and keep my mind off the pain. Mile 24 passes in 7:52 and hurts. Mile 25 is a little quicker in 7:45. At this point I have been totally alone for several miles. Volunteers are thin and I start to wonder if I am still on course, which is not well marked. The heavy rain has eliminated some of the course markings as well as some volunteers. I ask the few people who are watching from balconies if I am going the right way. I probably did not see more than 100 people watching the race after the start.

Mile 26 goes by in 7:40. The course goes up onto the boardwalk at Sea Isle City. I can see the finish in the distance on the straight boardwalk. My hamstring is starting to bite again and I begin making deals with the devil to give me 5 more minutes.

I cross the finish in 3:08:52 (7:13/mile pace). I am not pleased with the time because it is way off my goal, but not bad for the brutal windy conditions. I am surprised that there are only 4 or 5 people in the food tent. Temperatures have fallen from the high

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# John F. Kennedy 50-Mile Run Training Program

By Sue Briers

The following is a basic guideline for training for the JFK 50 Mile Run. The race will be held this year on Saturday, November 22, 2003. Many marathoners have wanted to try ultra distances but have been unsure how to train or what to expect. This program will train you to successfully complete the event and still be smiling. In the past two years we have had over 100 people tow the starting line and only three finished the race. Those three suffered

from flu like symptoms, not running related issues. You can feel comfortable that this program will help you achieve your goal of finishing a 50-mile ultra event. This program is designed for strong, healthy veteran runners who have an endurance base of a continuous 14-16 mile run and have completed at least one marathon. Add upper body strength training 2 times a week; pushups or light weights will help tremendously.

Week	Dates	Week Total	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Upper Body Weight Strength Training done 2x/week
1	07/26	36	0	6	0	6	Rest	14	10	
2	08/02	31	0	6	0	6	Rest	14	Dog Days 8k	
3	08/09	38	0	6	0	6	Rest	16	10	
4	08/16	42	0	7	0	7	Rest	18	10	
5	08/23	44	0	7	0	7	Rest	18	10/ATM	If you run ATM do 12 on Sat
6	08/30	40	0	7	0	7	Rest	20	10	
7	09/06	41	0	7	0	7	Rest	22	B & A 10k	
8	09/13	45	0	10	0	7	Rest	18	10	
9	09/20	48	0	7	0	7	Rest	24	10	
10	9/27	47	0	10	0	7	Rest	22	10	
11	10/04	50	0	7	0	7	Rest	16 Option 0	10 Option 16.3	Option: May do Metric Marathon On Sunday Do not run on Saturday if you do MM.
12	10/11	40	0	7	0	7	Rest	26	10	
13	10/18	28	0	7	0	5	Rest	10	6	
14	10/25	35.2	4	0	5	Rest	Rest	Rest	Marine Marathon 26.2	If you don't run Marine Corps. Run 26 on Sat.
15	11/1	19	Rest	Rest	Walk	5	Rest	8	6	
16	11/8	28	0	6	0	6	Rest	10	6	
17	11/15	24	0	6	0	6	Rest	6	6	No strength training this week.
18	11/22	55	Rest	5	Rest	Rest	Rest	JFK 50	REST	Yeah - You did it!

The website for JFK is <http://lib.allconet.org/jfk/>. The application should be up around August.

We will meet on Saturday, July 26, 2003 at 6:30 a.m. at the MTA Park & Ride on Harry Truman Parkway in Annapolis off Riva Road. This will allow for questions and schedule discussion. This is the most exciting and rewarding event you will probably ever do. You will love it!!

My email address is [ultra100su@aol.com](mailto:ultra100su@aol.com). Please email me if you have any questions.

OCEAN, continued from page 11

40s at the start and I am suddenly very cold. I collect my bag and jump on a bus for what turns out to be an hour drive back to Cape May to get my car. I end up 8th overall out of a little over 500 finishers so it is obvious that it was a difficult day for everyone. I even garnered 3rd in my age group (30-39) and get a small trophy which is the first trophy I have ever won in a marathon, so the day ends on a positive note.

I am not sure I would attempt to run this race again as a fast race. If the weather is nice, it is a very scenic run and would make a great long training run, but I heard they had similar conditions last year as north northwest is the predominant wind direction in late March at the Jersey shore. There is no crowd support to speak of, not that I need much, but it is nice to know you are going the right direction. Nonetheless, marathon number 17 is in the books. A bit of liquid carob replenishment on the ferry back to Lewes, Delaware was especially pleasurable after such a difficult day.

## Copy Deadline for August Streak is July 1, 2003

Please email articles, tidbits and general newsletter material to

[kemcarney@hotmail.com](mailto:kemcarney@hotmail.com)

410-573-1481

## We want to hear from you!

# Running This n' That...

## Canine Confrontations

It's a pretty safe bet that dogs present a smaller threat to runners today than just a few decades ago due to effective leash laws in most areas. Despite that, there are probably few runners who don't encounter a loose dog now and then. Unfortunately, runners often seem to inspire aggression. What to do with a charging dog depends on the nature of the dog. Steve Diller, animal behaviorist, of the Center for Animal Behavior and Canine Instruction in Elmsford, NY, says "no one answer works for all dogs." But rather than scream, panic, or run, Diller says freeze. Then face the dog. It's less likely to pounce at you when the dog can see how big you are. And (here is the challenging part), smile. According to Diller, smiling and flattery like "good dog" might diffuse a dog's aggression. Next, tell the dog to "sit and stay." Most dogs associate the "sit" command with getting a treat, he explains.

If a dog knocks you over from the back, quickly cover your head and curl into a ball to protect anything you can. Becoming a rock makes you a killjoy from the dog's point of view. As you are no longer a fun wiggling running prey, the dog may lose interest in you. Some dogs would trot away bored; some dogs would no doubt lick you. Children should hit the ground and cover up since a child's size makes him so vulnerable and his face is just a snap away. Shriill, high-pitched screams from a child can also drive a dog crazy and provoke aggressive behavior. If you're pushing an infant or a toddler in a jogging stroller and encounter a territorial hound, Diller advises that you turn the stroller and face the baby away from the dog. Next, get your body between the carriage and the dog. Try not to turn your back on the dog during the process. Diller suggests that if you've got kids with you, run with a large water gun. "Soak the dog from about 30 feet away before he gets to you."

If all these tactics fail and you are bitten, try to keep cool. Don't pull away. That's what the dog is counting on you to do. Pulling tears flesh. The dog's initial bite only punctures. If you've got the presence of mind, push your bitten arm/ hand toward the dog. This frightens the canine. Diller warns that it is never a good idea to fight an attacking dog. "Punching and kicking the dog puts you right in the dog's mouth," he says. "It is likely to make him even angrier."

If you've managed to calm the dog down, what next? Relax; wait for the dog to walk away. Then, you can back away slowly. Don't turn your back or run; just keep walking until you are well out of sight. Then you can resume your run, probably fueled with an extra dose of adrenaline.

Prepare mentally for the possibility and rehearse the three F's and an S-Freeze, Face the dog, Smile, Flatter with "nice doggy" in your best honey voice. This will sweeten most any cur.

And if a loose dog harasses you, call the Animal Control in your area and report it. The next runner might not be so lucky.

(Shelly-lynn Florence Glover, M.S., is an exercise physiologist and co-author of *The Runner's Handbook* and *The Runner's Training Diary* with her husband and training partner Bob Glover. She tutors first-time marathoners through her coaching firm,

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## Ozone: Close Your Mouth

It seems obvious that since your nose acts as a filter it is better to breathe polluted air through your nose than through your mouth. A study from Penn State University shows how important this can be, because a change from nose to mouth breathing during exercise increased the dose of ozone absorbed in lungs. This makes lungs more susceptible to damage, because ozone is highly reactive.

If you have to be outdoors in smog, breathe through your nose and avoid activity at an intensity that would force you to switch to mouth breathing. This may mean walking instead of jogging.

## Lightning Kills Runners

June marks the beginning of thunderstorm season. Most lightning related injuries occur in July, with June and August close behind. Runners can be particularly vulnerable to lightning injuries. Summertime weather is often unpredictable. A summer run might begin with fair weather only to have a storm roll in while you're nowhere near home. In some parts of the country, a typical summer day includes scattered showers and thunderstorms most afternoons. Here are some tips to avoid dangerous weather situations and to protect yourself if unavoidably caught in a storm.

- Plan your runs when thunderstorms are least likely, usually before 11:00am.
- Check weather forecasts especially before long runs.
- Look out for signs of trouble-dark clouds that can move from horizon to overhead in a hurry.
- Use the "Flash-to-Bang" (F-B) formula-the time between observing a flash of lightning and hearing thunder. A five-second count locates lightning one mile away. (10 seconds = 2 miles, 20 seconds = 4 miles).
- Take cover. If you hear thunder, it is close enough to catch you. Find a large, grounded building. Small, ungrounded structures may actually attract lightning.
- If you are in a rural area away from buildings, look for a low spot like a ditch. Avoid trees, fences and telephone poles.
- If there is a wooded area nearby, there is safety in numbers. Seeking shelter under one tree is very dangerous. A thousand trees can greatly reduce your risk.
- If you are in an open field, do not lie down. Your objective is to be a small target and to minimize contact with the ground. Squat low with the balls of your feet on the ground. Keep your head as low as possible.
- If you're running in a group, don't huddle with your running companions. Keep at least 15 feet between you and the next person.
- Give the storm at least 30 minutes to be sure it is truly out of the area before resuming your run.

(Penn State Sports Medicine Newsletter, 1997, Vol. 5, No. 12, pp. 6) Volume 16, Number 6, *Running & FitNews* © The American Running Association.

# Summer- Fall 2003 Marathon Training

By Ron Bowman

This year brings high expectations for a bright new start. Every year the number of every day people that decide it's time to take on a new challenge increases. For many it may have been looking for a new job, breaking that bad habit that has haunted them for a long time or making a life style change. However, for runners it is usually setting a new goal that challenges us in our running career. If this is the year you have decided to take on the challenge of completing a marathon, we would like to help you achieve that goal. Many Annapolis Striders who are experienced marathon runners will support this year's training. This will enable us to provide training for all levels of runners - from the first time marathoner to the more seasoned runner who has a specific goal time. We have a wealth of experience and ability in the club and we hope to make that knowledge and training available to all that want to excel at any level.

In addition to the training, the Annapolis Striders have secured 30 spots in the Marine Corps Marathon for our first time marathoners. If you wanted to run the Marine Corps Marathon but missed the fast and furious sign up window and you have never run a marathon before we can help you realize your dream. There are some procedures to acquiring an entry in the event.

- You need to call Ron Bowman, Director of Annapolis Striders 2003 Marathon Training as soon as possible.

410-573-1929 or email at lynnron1@comcast.net ( no phone calls after 9:00 p.m. ). I need to return the entries to the Marines no later than July 10, 2003.

- The entries are available to Annapolis Strider members only. If you are not a member, membership information will be mailed with the entry application. If all guaranteed entries are not used by first-timers, they will be made available to veterans who participate in the Marathon Training Program.

So let's get down to the facts you need to start the training. Our program is very informal and flexible - no roll calls. For initial pacing purposes we will have groups defined as the following:

<b>3:15 and under</b>	<b>Blue Team</b>
<b>3:20 - 3:45</b>	<b>Red Team</b>
<b>3:50 - 4:15</b>	<b>Green Team</b>
<b>4:15 &amp; up / I want to see a finish line!</b>	<b>Gold Team</b>

Each group will be lead by several Striders whose experience you can benefit from. These members will be your mentors and resource for your training. We will help you get started but you will naturally fall into a group with others at your skill level. Talk to each other. It's a great way to get running partners for during the week.

**When:** Saturday, July 19, 2003

**Where:** MTA Park & Ride lot on Harry Truman Parkway (just off Riva Road)

**Time:** 6:30 a.m.

The Annapolis Striders will provide water every 2 miles along the training course. In addition we will be scheduling brief information sessions 15 minutes before the training runs to address marathon training issues like hydration, foot care, runner's safety, etc. We meet at the Annapolis Mall Food Court for refreshment and socializing after our Saturday runs.

The marathon training is not just for those wanting to run the Marine Corp Marathon. We will have many people aspiring to run Chicago, New York, Steamtown, Richmond and many others. We can reconfigure the schedule to meet any fall marathon.

Once you have completed your marathon we all want to boast and celebrate. A victory party will be planned for an acceptable weekend after the marathon. If you have any questions please feel free to call.

- This is the First Time Marathoner's schedule.
- The assumption is the runner can run 10 miles comfortably. Please train up to this point by July 20.
- More advanced schedules will be offered on Saturday, July 20 by the mentors of each group. Rest days are very important to your success in continued training and injury prevention - take them.

## SUMMER-FALL 2003 MARATHON TRAINING PROGRAM

Week	Sat Dates	Week Total	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
1	07/19	26	0	5	0	5	Rest	10	6	Here we go! Sunday runs are OPTIONAL
2	07/26	28	0	5	0	5	Crosstrain	12	6	Crosstrain easy Swim, lift, bike, walk
3	08/02	29	0	6	0	6	Rest	12	Dog Days 8k	Use Tu or Wed for speed and hills, or cross train
4	08/09	34	0	6	0	6	Cross	14	8	Tu/Wed runs should be at or slightly faster than marathon pace
5	08/16	36	0	6	0	6	Rest	16	8	
6	08/23	32	0	6	0	6	Cross	12	8	Annapolis Ten Runners - no run on Sat. Run 6 on Friday.
7	08/30	40	0	7	0	7	Rest	18	8	
8	09/6	35	0	7	0	7	Cross	16	B&A 10k	Good opportunity for a hard short run to help leg speed.
9	09/13	42	0	7	0	7	Rest	20	8	
10	09/20	42	0	7	0	7	Cross	18	10	
11	09/27	44	0	7	0	7	Rest	22	8	
12	10/04	40	0	7	0	7	Cross	16	10	Volunteer for the Metric -or do it at 80% of marathon pace - EASY
13	10/11	24	0	7	0	5	Rest	12	Rest	
14	10/18	22	0	7	0	5	Rest	10	REST	Baltimore Marathon
15	10/25	35.2	4	0	5	Rest	Rest	Rest	Marine Corps Marathon	
16	11/01	Rest	Walk	Walk	Walk/ Swim	Walk	Walk			Downs Park 5k

# Maryland RRCA Grand Prix Series 2003



The six races that will constitute the series for 2003 are as follows

Clyde's American 10K	Columbia, Howard County	4/13 at 8:15am	Howard County Striders
Bel Air Town Run 5K	Bel Air, Harford County	6/1 at 8:00am	RASAC
Rockville Twilighter 8K	Rockville, Montgomery County	7/19 at 8:45pm	MCRRC
Annapolis 10M	Annapolis, Anne Arundel County	8/24 at 7:50am	Annapolis Striders
Larry Noel 15K	Greenbelt, P.G. County	8/31 at 5:00pm	DCRRC
Celtic Solstice 5M	Druid Hill Park, Baltimore	12/20 at 8:30am	Baltimore Running Coalition

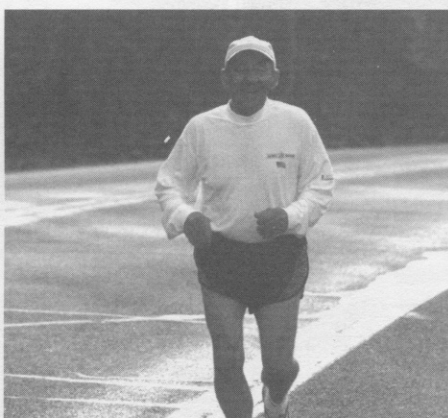
Address any questions to James Moreland at [grandprixscorer@mdrrca.org](mailto:grandprixscorer@mdrrca.org)

## The Route 450 Regulars

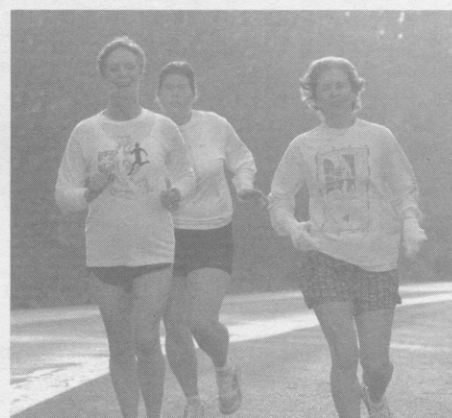
Not Everyone was out that day, but Jon Valentine managed to capture as many runners as he could find in the fog!



Ron Bowman and Charlie Muskin



Bill Law



Delma Miller, Celia Prendki and Linda Rogers



Left to Right; Brev Moore, Bill Tam, Margie Boyd, Patricia Hicks, Kathy Carney, Jennifer Lundeen, Carolyn McGlynn, Mary Lang, Meredith Bonta and Rita Twist

# 2003 Championship Series

<b>Women 20-24</b>	<b>10M</b>
Susannah Storch	1
<b>Women 25-29</b>	<b>10M</b>
Patricia Hicks	1
<b>Women 30-34</b>	<b>10M</b>
Andrea Williams	1
Kathryn Masters	2
Teri Daubert	3
Alice Chong	4
<b>Women 35-39</b>	<b>10M</b>
Gillian Conner	1
Carolyn McGlynn	2
Michelle Lapidis	3
Ginger Andrews	4
Monica Lynch	5
Claire Steele	6
<b>Women 40-44</b>	<b>10M</b>
Marjorie Boyd	1
Jennifer Lundeen	2
Suzanne Furr	3
Katherine Carney	4
Allison deGravelles	5
Helen Laird	6
Vanessa Haigler	7
Lori Marino	8
Kathy Sirios	9
<b>Women 45-49</b>	<b>10M</b>
Mary Lang	1
Liza Recto	2
Ellen McGee	3
Mary Ellen Mason	4
Melissa Currence	5
Kathleen Hanson	6
Ilene Caroom	7
<b>Women 50-54</b>	<b>10M</b>
Maria Shields	1
Kathy Hennes	2
Rae Jean Goodman	3
Jackie Kellner	4
<b>Women 55-59</b>	<b>10M</b>
Danalee Henkart	1
BJ King	2
Sharon Serio	3
Susan Gallagher	4
<b>Women 60-64</b>	<b>10M</b>
Linda Simpson	1
<b>Women 70-74</b>	<b>10M</b>
Yvonne Aason	1
<b>Men Under 14</b>	<b>10M</b>
Brenton Edwards	1
<b>Men 14-19</b>	<b>10M</b>
Chris Hughes	1

<b>Men 20-24</b>	<b>10M</b>
David Walser	1
<b>Men 25-29</b>	<b>10M</b>
Eric Makovsky	1
Nathan Nudelman	2
Giles Roblyer	3
Rob Jolley	4
<b>Men 30-34</b>	<b>10M</b>
Hugh Harris	1
Robert Cawood	2
Chris Daubert	3
Chris Mairs	4
David Booth	5
Alberto Arroyo	6
George Swatzbaugh III	7
<b>Men 35-39</b>	<b>10M</b>
Jon Shoenberg	1
Steve Egolf	2
Chris Sinclair	3
Eric Shrader	4
Tim Lowe	5
Jeffery Flack	6
Thomas Steele	7
Douglas Ellmore Sr.	8
Jerry Burke	9
Michael Kline	10
Roger Kizer Ball	11
Patrick Cavanagh	12
James Falvey	13
Jose Romero	14
Rob Santin	15
Kevin Powell	16
<b>Men 40-44</b>	<b>10M</b>
Matt Mace	1
Thomas Hattar	2
Robert Biddle	3
Stephen Lucent	4
Greg Clulow	5
Dave Walser	6
Stephen Hays	7
Morgan Wells	8
Mike Fagnano	9
Scott Gilman	10
Matthew Treuth	11
Scott Thayer	12
Scott Frazier	13
LJ Collazo	14
Derek Ammons	15
David Content	16
Louis Petrich	17
Ronald Hooker	18
Michael Shevenall	19

Alan Murray	20
<b>Men 45-49</b>	<b>10M</b>
David Webster	1
Paul Serra	2
Michael Bergeson	3
Michael Smith	4
Stephen Donnelly	5
Thomas Dekornfeld	6
Ross Heisman	7
Larry Puglisi	8
Rufus Creekmore	9
Douglas Silate	10
John Firebaugh	11
Phil Caroom	12
<b>Men 50-54</b>	<b>10M</b>
James Moreland	1
Eric Peltosalo	2
David Brault	3
Donald Price	4
Patrick Donohue	5
John Curley	6
John Gallagher	7
Jim Etchison	8
Ron Jarashow	9
Reggie Haseltine	10
Steven Watkins	11
Ronald Bowman	12
Will Myers	13
Charlie Muskin	14
<b>Men 55-59</b>	<b>10M</b>
John Kirkpatrick	1
John Fay	2
Tom Bradford	3
Dan Symancyk	4
Robert Edwards	5
<b>Men 60-64</b>	<b>10M</b>
Francisco Sanches	1
Bob Leaberry	2
Brev Moore	3
Joe Clorety	4
Don Higdon	5
Peter Salmon-Cox	6
Tom Goodridge	7
Alan Wycherley	8
Fred Shanklin	9
<b>Men 65-69</b>	<b>10M</b>
Milton Taylor	1
Donald Singer	2
Lee Masser	3
<b>Men 70-74</b>	<b>10M</b>
Brad Chapman	1

## Bay Bridge Notes

Thank you for the e-mail regarding the cancellation of the Bay Bridge Run. It is, of course, disappointing to us to have the race cancelled. However, there is no linkage in my mind between your quality organization and races and the D.C. marathon cancellation issues.

I wanted to take a moment to thank all of you for the great races that you organize. The Annapolis 10 Miler is one of my favorite races, and, although I am newer to the Bay Bridge, it has also become a favorite. Aside from the beautiful scenery, the reasons are simple. The races are well organized and a pleasure to run. Your premiums are superb (none of us needs another white race shirt), the volunteers are plentiful and cheerful, and your post-race parties are great fun. I recommend your races to everyone I talk to, without qualification. This is probably to my detriment, as they fill up so quickly! However, despite the bad luck the past two years, I will be back for next year's Bay Bridge, and am looking forward to August. Please pass my thanks and praise along to all of your volunteers.

I greatly regret what must be a large amount of aggravation the group has experienced following the cancellation of this year's race for reasons beyond your control. I have run a total of 17 Bay Bridge and Annapolis 10-Milers over the years, and they are always wonderfully organized races, along beautiful courses, with a great group of volunteers to support them. The 1995 Bay Bridge marked my first race back following a bad surgical infection (the kind you start to wonder if you'll recover from), and I picked that race to do because it is so very special to crest that bridge on what turned out to be a beautiful sunny day that year. I am very grateful for what the Striders do for the running community in the DC area, and for the many memorable moments you have given me. I live over in Northern Virginia, so I can't participate in very much, but do appreciate all that you have done over the years I have been involved in running. I not only don't want a discount on next year's race, I am sending a donation to the Striders as a very small token of my appreciation for your work. Many thanks!

Age Groups are based on age as of January 1, 2003. Awards for 2003 will be based on best standings in at least 4 out of 7 races For corrections or questions contact: Reggie Haseltine, (410) 721-3398, rhaseltine@aol.com





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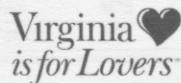
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BY MICHAEL CUNNINGHAM

E-mail your race results to:  
**Michael.Cunningham@usdoj.gov**  
 or mail to 115 Chesapeake Avenue,  
 Annapolis, MD 21403

It seems that when winter finally lost its grip on our running venues, Striders hit the roads, trails and race courses with a vengeance. Congratulations to those of you who persevered through the less than accommodating conditions of January, February and March, stayed in shape, and carried the Annapolis colors far and wide. Speaking of that, if you haven't yet ordered the Striders uniform for the coming races, see the club's web site link to the National Running Center. The outfits look great, fits and seems to be made well. You can make a fine statement about your affiliation with a great running group (no, I did not get any perquisites for that plug on behalf of the NRC). Please remember to include the date and location for races when you submit your results; I may be able to figure out the Boston Marathon but some of these events are pretty obscure. Without further ado, here is the report on our Striders.

## January 19 -- Bermuda International Marathon Hamilton, Bermuda

Ronnie Wong 3:18 2nd AG

## January 26 - Superbowl 5K - Dudalk, MD

Ronnie Wong 19:27 1st AG  
 Joe Ross 27:45  
 Alan Wycherley 30:04  
 Kevin Powell 33:36  
 Sigrun Ortman 28:02  
 George Swatzbaugh 29:31  
 Susan Noble 32:01  
 Donna Cogle 34:52  
 Penny Goldstein 34:52

## February 2 - BRRC Frozen Finger 5 Mile - Baltimore, MD

Donna Cogle 54:00  
 Kevin Powell 54:19

## March 8 - Springfest 8K - Greenbelt Park, Prince Georges CO., MD

Hamilton Tyler 30:31  
 1st AG 5th OA  
 Alison Suckling 35:54  
 1st F Masters  
 Tammy Avery 39:39  
 2nd AG  
 Milt Taylor 41:43  
 2nd AG

Ham said it was the toughest 5 miles course he's run: all hills on a double loop course so they got to enjoy it twice. Alison almost missed the Masters award because race officials thought she didn't look old enough. Not bad when you can get those kind of backhanded compliments along with running well, too.

## March 9 - Carrabba's 5K for the YMCA - Ellicott City, MD

Derek Ammons 24:04  
 Mark Stover 22:59

## March 9 - Shamrock Marathon and 8K - Virginia Beach, VA

Marathon had 1101 finishers in great weather.

Mark Rosasco 3:06 5th AG  
 Jim Bitgood 3:37  
 Evan Thomas 4:25  
 Peter Salmon-Cox 4:45

bum knee, lots of walking  
 Dennis Williams 5:13  
 21st Shamrock marathon in a row!!!  
 8K (our women's master's team was 3rd -  
 CONGRATULATIONS, ladies)

Carole Rosasco 33:06  
 1st AG  
 Jim Lundeen 34:05  
 Jennifer Lundeen 35:35 3rd AG  
 Rose Malloy 36:35 1st AG  
 June Schneider 39:34 5th AG  
 Duke Lundeen 41:00  
 Ken Lyons 42:56  
 Daniel Lundeen 49:18  
 Carol Drum 50:00  
 Michael Drum 50:01  
 Mandy Falk 1:03:31

## March 9 (?) - Gate River Run 15K - Jacksonville, FL

Hugh Harris 1:00:51

## March 16 - Caesar Rodney Half Marathon - Wilmington, DE

George Swatzbaugh 2:28:34

## March 16 -- St. Patrick Parade Shamrock 5K (also known as the O'Douls 5K), Baltimore, MD

Maurice Pointer 17:58 2nd AG  
 Ron Hooker 23:16  
 Joe Ross 26:50  
 Brad Chapman 30:28  
 Kevin Powell 30:46  
 Jon Valentine 31:06  
 Alan Wycherley 31:56  
 Kathleen Hanson 32:58  
 Sigrun Ortman 34:40  
 Donna Cogle 34:39  
 Susan Noble 34:41

## March 22 - Joe Cannon 5K - Hanover, MD

Hamilton Tyler 17:37  
 PR (but, Ham suspects the course was short)  
 Robert Edwards 23:26  
 Stephanie Kurth 24:39  
 1st AG PR  
 Evan Kurth 25:11  
 1st AG PR  
 Yvonne Aasen 29:37  
 1st AG  
 Alan Wycherley 30:24  
 Brenton Edwards 31:52  
 Kathleen Hanson 32:17

## March 23 - 15th Annual Oriole Advocates 5K Home Run - Camden Yards, Baltimore, MD

G. Kevin Clulow 20:44  
 Mary Lang 22:48 3rd AG  
 Joe Ross 26:23  
 Patricia Snodgrass 29:20  
 Jon Valentine 30:30  
 Donald Snodgrass 31:46  
 Alan Wycherley 31:25  
 Kathleen Hanson 32:51  
 Donna Cogle 34:32  
 Penny Goldstein 34:32

## March 29 - Hinte Anderson Trail 50K Run - Susquehanna State Park, MD

Matthew Mace 4:24:10 7th OA  
 Robert Cawood 5:10:19  
 Michael Bright 5:28:20  
 Eric Fromm 5:55:21  
 Maureen Rohrs 6:07:20  
 Suzie Spangler 6:07:20  
 Laura Herman 6:13:16  
 Rick Burnett 6:13:18  
 Bob Field 6:32:10  
 William Peake 6:55:35  
 Charles Muskin 6:58:14  
 Laura Falsone 6:58:14  
 Will Myers 7:17:42  
 Ron Bowman 7:20:37  
 Dan Symancyk 7:34:55

2 Loop Course. Mud, rain, more mud, hills and rocks - did we mention mud? Great aid stations and premiums.

**March 30 - Baltimore Road Runners Club 15K Championship - NCR Trail, White Hall, MD**

Maurice Pointer 58:07  
1st Master 3rd OA

**March 30 - Leonardtown Duathlon (3mi/20mi/3mi) - Leonardtown, MD**

Patrick Cavanagh 2:19  
1st timer

Same nasty weather as everywhere else that day.

**March 30 - Ocean Drive Marathon - Cape May, NJ**

Hamilton Tyler 3:08:52 3rd AG  
Kathryn Masters 4:52:55

Ham decided to run this one 10 days before the race after DC marathon was cancelled and Frederick filled up quickly. This was the next closest option. Ham wrote, "I am not sure I would do this again as a fast race. If the weather was nice, it is a scenic run, but I heard they had similar conditions last year as NNW is the predominant wind direction this time of year. There is no crowd support to speak of, not that I need much, but it is nice to know you are going the right direction." Read Ham's mile by mile account of this event in this issue of the Streak.

**Kathryn Masters' account was a little different than Ham's; she wrote:**

The Ocean Drive Marathon in Cape May, New Jersey was my alternative to the DC Marathon. The race was on March 30, 2003. As you all know, the weather STUNK with a capital S. In New Jersey, there were torrential downpours and thunderstorms all night long Saturday night. By Sunday, the rain was lighter and intermittent. The starting line was flooded about ankle deep, so we started on the sea wall.

The first 10 miles of the race, we were mixed with the people running the 10-miler. After they broke off, the race field was very strung out. The course was a point-to-point going north. The wind was from the northwest, and had to be blowing at about 25 mph. It was horrible! I felt like I was standing still sometimes even though I was running my heart out. It did dry out my clothes after being soaked the first 10 miles.

There were practically no crowds until the end, and the course marshals were strung out. The course took you through many

neighborhoods with tons of 90 degree turns (kills the knees). My only real gripe about the race itself was that the course marshals didn't know where the water points were. After the 21 mile mark, the next water point was at least 2.5 miles later. I was dying for water and asked a course marshal where the next water point was. His response? I don't know. By the time I got to the point, I hollered at the people that the water stations were way too far apart for that late in the race. That was tough, I was at the point that I had a headache from dehydration.

Overall, the race was fair. Probably won't do that one again, but at least I did something. My time was 22 minutes slower than my goal, but what are you going to do? I made it in 4:52.55.

**March 30 - Inaugural Frederick Marathon - Frederick, MD**

Michael Anderson 4:00:53  
Tom Bradford's team Too slow to admit it  
Derek Ammons 4:27  
Brad Chapman 5:48

Derek reported: "Snowstorm during the run and lots of running on the overpasses. Well organized and great police support and crowd support. Can't wait till next year since the weather can't get much worse! Saw a few other striders including Tom Bradford." Michael Anderson said it was the toughest of his 10 marathons.

Arnie says "Dumbest thing I've even done"

**April 6 - Cherry Blossom 10 Miler - Washington, DC**

Tom Johnson 1:02:13  
Michael Mulher 1:05:47  
Clint Henderson 1:12:50  
Victoria Vasenden 1:18:40

**April 12 - Victim's Fund Run 5K - Patterson Park Baltimore, MD**

Maurice Pointer 18:04 1st AG

**April 12 - Severna Park High School Family Fun Run 5K - Severna Park, MD**

Linda Simpson ??:?? 1st AG  
Yvonne Aasen 29:48 1st AG

**April 12 - Bull Run 50 Mile Trail Race - Clifton, VA**

Congratulations to those that braved the mud, cold water crossings, and windy, warm afternoon. Race Director Scott Mills took out part of the north section because it was literally under water, moved the river crossing upstream because the normal place was too deep and too fast, and added a second

running of the hilly White Loop. The old Nash Rambler is still at the end of the Do Loop, and the Blue Bells were in bloom - if anyone noticed. 254 finishers/284 starters:

Ham Tyler	8:59 50th OA
Mike Bright	9:31
Still Improving! Strider Male Ultra Runner of the Year	
Eric Fromm	10:15
Maureen Rohrs	10:32
Suzie Flockart	10:32
Strider Female Ultra Runner of the Year	
Sue Briers	10:42
Laura Herman	10:42
Laura Falsone	11:15
Bill Wandel	11:30
Bill Peake	11:52
Ron Bowman	11:55
Charlie Muskin	12:52

Here is Ham's account of the race: The Bull Run 50 mile trail race is held outside Clifton, Virginia on single track trails running along Bull Run and the Occoquan River. The start is at the Hemlock Overlook section of a Virginia State Park.

This was my second 50 mile race, the first being the JFK50 this past November. It rained all week in this area (northern Virginia), so some mud was expected. At the start the RD informed us that the last mile and a half section of the northern section of the trail had to be cut off because it was "under water." To make up the 3 miles we would do an extra loop of the "white loop" in the southern section. Temps were milder than predicted at the start, probably low 50s.

We started at 6:15 am. and it was barely light. The first mile is a loop back through the start area in order to spread the field out. I have on way too much and shed gloves, pullover and hat when I come back through. I am carrying a waist Camelback that holds 44 oz.'s of water and multiple gels.

Onto the trail headed north. It is single track and hilly. Not very long hills, but lots of up and down. After about 25 minutes or so we come to the first stream crossing, which is about knee high. The water is very cold. After the stream crossing, we get our first good dose of shoe sucking mud. I feel like I am skating rather than running and it is hard to stay on your feet for sections. I am more worried about slipping and pulling something. Another stream crossing cleans off the shoes and legs.

I make it to the turnaround in 1:20, which is supposed to be 6.5 miles, but seems much longer. Turn around and have to squeeze past the rest of the field and retrace my

continued on page 20

steps, back through the two streams. I am walking the steep up-hills to conserve my legs. It only takes me 55 minutes to get back to the starting area, which is the 13 mile mark for a total of 2:15, which is about where I want to be in the 10:30 pace or so. I decide not to change socks because I am afraid it will take too long because my fingers are kind of cold. Eat some potato chips and a few other things and make sure to get some fluids down as well. Pop my first powergel. I have already started with the Succeed pills.

I leave the starting area by myself and head south. Almost immediately I am faced with a dilemma. The course is very well marked with blue ribbons and intersections that are the wrong way are marked with red ribbon that we were told not to cross. My problem is that I see blue ribbons after there is red ribbon and no blue ribbon where I think the course should go. I start to walk down the wrong trail when 2 runners come down the hill and point me the right way. About 5 minutes later a guy comes motoring up to us. He has done exactly what I was going to do and run an extra 5 miles. He is not a happy camper.

The trail is very picturesque, running along Bull Run. This first section is actually not too bad. Make the next aid station, which is about 4.5 miles in 50 minutes. Eat some potatoes dipped in salt because it is starting to get warm. Still pushing the fluids. I am doing about 1 powergel an hour and I set my watch alarm for 1 hour 20 minutes for Succeed tablets.

Next section is not too bad. The next aid station is set up like an oasis with everyone, guys included, in grass skirts and bikini tops. The guys are not a pretty sight. I take off and get into the "White Loop" which is very hilly. I am still feeling OK. Hit the southern end of the trail and get ready to enter the infamous "Do Loop." Being the computer illiterate that I am I had to be told that a "do loop" is a loop that is never ending. The Do Loop almost does not begin for me as I head down a dirt road out of the aid station that has nothing to do with the course. An aid station volunteer sees me and calls me back after 150 yards. He mercifully does not call me an idiot, which he should have. At this aid station I see something that I have never seen before at an aid station, Tequila. I contemplate a shot, but think better of it.

I enter the Do Loop alone. There is not really a defined trail, which makes it tricky,

although it is marked. I think I am lost until someone comes upon me and points me the right way. I start to feel very tired. It is starting to heat up. I come out of the Do Loop at about mile 31 or so and feel beaten. The next 8 miles go very slow. The White Loop is very tough and I am walking more than I should on the hills. I hit the aid station at Wolf Run Shoals at mile 40 in 7 hours and change. I start to feel a little better as I eat some food and pop a gel. I think I am getting dehydrated as it is well into the upper 60s and I am covered in salt. I try to push fluids more. I start to feel a little better and set off at a decent pace. Hit the next aid station at 44 1/2 in a little under 8 hours. 1 hour to go to break 9 hours.

4 of us set off at the same time from the last aid station. We are making pretty good time, but my quads are trashed and I feel every step. I am trying to estimate the miles. 1 guy drops, then after two miles there are only 2 of us. The civilized portion of trail ends and we hits some rocks and then steep short hills. We pass a few people walking it in. We pick up another runner who is also trying to break 9 hours.

There is one last monster hill. The finish area is an overlook and I have to climb the hill. I have 7 minutes. Up I go and start to walk as fast as I can. My quads are screaming and I am looking at my watch every minute. I hit the top with 2 minutes left and about a quarter mile of flat. I break into a sprint which is probably an 8 minute pace and give it everything I have. The finish line comes into view and I can still see an "8." I pour it on and cross in 8:59:26. Breaking 9 hours made my day. There were 284 starters and 254 finishers. I ended up in 50th place.

After the race I was hurting, both my legs and stomach. I get something to eat and shower and get a massage. It is almost 3 hours before I can get myself into the car for the 90 minute drive home, which turns into 2 hours when I have to stop twice to stretch out.

This was a great event. Race Director Scott Mills, an extremely accomplished ultra runner, really knows how to put on a race. The course was very well marked. My mistakes in navigation were purely my own fault. Premiums were a fleece pullover, a technical short sleeve shirt and some nice socks. Probably at least \$50-60 stuff for a \$70 entry fee. This race was much harder than JFK50 due to the hills, but I would do it again.

#### April 13 - BRRC Championship 4 miler - Patterson Park Baltimore, MD

Maurice Pointer 24:45  
1st Master

#### April 13 - AACC Spring Triathlon - AACC, Arnold, MD

Allison Suckling 50:50 1st OA

#### April 21 - 107th Boston Marathon - Boston, MA (see, I told you I'd get that one right)

unknown member 2:55:49 PR  
(Someone who sent me an email with no identity; justifiably proud but who is it?)

Margie Boyd 3:23  
Karen Koffler 3:36  
Carole Rosasco 3:39  
Kathy Carney 3:40  
Mark Rosasco 3:41  
Steve Fallowfield 3:43  
Mary Lang 3:45  
Maria Shields 4:10  
Dave Brault 4:15  
Chris Riley 4:20  
Melissa Currence 4:32

#### April 26 - Longest Day Marathon - Brookings, SD

G. Royce 4:44

Here's an account of the race: It started and ended at the South Dakota State University. My time was slow and the marathon's name seems so appropriate. However, the run on the prairie was stimulating with visions of windmills, horses, cattle, and farmers. Wind hit 30 mph on the open stretches, which made it difficult and there were a lot of open area...no trees except inside of Brookings and they were quite small compared to the oaks and poplars here on the east coast.

#### April 26 - Race to Discovery - Cape St. Claire, MD

Donna Cogle 26:47  
Kevin Powell 29:50  
Kathleen Hanson 32:16

#### April 27 - David A. Nagle Caring For Kids 5K - Indian Creek School, Crownsville, MD

Cristina Morganti 20:00  
1st OA (nice to see her back)  
Allison Suckling 20:58 2nd OA

#### April 27 - George Washington Parkway Classic 10 Miler - Arlington, VA

Michael Kuhn 1:19:22

## April 27 – New Jersey Shore Marathon – Long Branch, NJ

Kevin Clulow 3:53:08

Comments: A relatively flat course close to the ocean that was well organized with plenty of water stops. 21 Bands were playing at certain sections along the way. No shade on this course but great to work on your tan – in Kevin's case sunburn. Very well monitored. Lots of volunteers.

## April 27 – Burgh's Pizza & Wing Ding Pub 10K – Pittsburgh, PA

Yvonne Aasen 1:02:36  
1st F 60+

The Washington Running Report has just released its 2002 Runners of the Year rankings. Topping the list for the Women 70-74 category is our own Yvonne Aasen. The Washington Running Report is the runner ranking authority for the mid-Atlantic region.

From the March-April 2003 edition: "Severna Park's Yvonne Aasen was the top ranked woman in three of the four ranking periods, so she is clearly our best runner for 2002 in this division. Aasen was missing only from the spring rankings. In the summer, the largest ranking period of the year for this division, Aasen was first out of six, a title she earned by being the fastest woman out there, turning in a 29:41 at the St. Agnes Labor Day 5K. In the winter, she had her best race at the Glen Burnie Jingle Bell Run, where she ran 47:36; her fall was highlighted by a 48:51 at the Dawson's Five Miler."

This is indeed a very impressive honor. Well done and congratulations, Yvonne!

## April 27, La Jolla Half Marathon, La Jolla CA—

Among 4,000 finishers, a team of Striders was inserted under cover of a margarita-induced fog into the heart of southern California. Keeping their surfboards under the radar screens, Michael Smith and Morgan Wells led a seal-like attack on the scenic Del Mar to La Jolla race, including a killer hill, which claimed an unfortunate victim at the crest. Pre-race festivities included a margo-loading exercise, which resulted in every bartender in La Jolla proclaiming on Friday night that the town's supply had dried up as far as they were concerned. The actual results were: Eric Peltosalo 1:35:26 for 9th AG, 205 OA; Smith 1:42:58 for 48th AG, 501 OA; Wells 1:43:58 for 86 AG, 553 OA; Eric Karandy 1:50:14 for 92 AG, 966 OA.

# Where The Races Are

Here's a reminder of some of the web sites for great race information: [www.pmw.com/running](http://www.pmw.com/running) [www.races2run.com/index.htm](http://www.races2run.com/index.htm).

The latter site is a wealth of information about races throughout the mid-Atlantic region with links to a variety of other running web sites. There is no shortage of races for the avid runner who wants to test the waters in a different venue every week. Good luck and have fun.

**Jun 14-Sat, 8am**, Lawyers Have A Heart 10K, Washington, DC, 703-914-3710, Email: [office@runwashington.com](mailto:office@runwashington.com), Website: [www.runlh.org](http://www.runlh.org)

**Jun 15-Sun, 8am**, Fathers' Day 5K, Rehoboth, DE, Seashore Striders Summer Racing Series, c/o Event Director Tim Bamforth, P.O. Box 485, Rehoboth Beach, DE 19971; (302) 947-1772

**Jun 21-Sat, 8am**, MCRRC Run for the Roses 5K (Women only) .25 & .5mile Young Runs, Wheaton, MD, (301) 353-0200; Website: <http://www.mcrrc.org/racing/rr03.html#jun>

**Jun 21-Sat**, Dreaded Druid Hills 10k, Baltimore, MD, 410-296-5050, 24-Hour BRRC Club Hotline (410) 821-1799

**Jun 22-Sun, 8am**, Damien's Run, Gateway Industrial Park, Columbia, MD, Howard County Striders, 410-964-1998, Website: <http://www.damien.tv/raceinfo.htm>,

**Jun 29-Sun, 7:30 am**, Potomac Triathlon, Dahlgren, VA, <http://www.triath.com/>,

**Jun 29-Sun, 8am**, Bill Degnan 5K, Cape Henlopen H.S., Lewes, DE, Seashore Strider Racing Hotline: (302) 947-1772

**Jul 4-Fri, 8am**, DCRRC Age Handicapped 4 Mile, Carderock, MD 703-241-0395 DC Road Runners

**Jul 4-Fri, 7:15am**, Fourth of July 6K, Bayview Hospital, MD, (410) 377-8882

**Jul 5-Sat, 8am**, Firecracker Run 5K, Rehoboth, DE, [tbamforth@prodigy.net](mailto:tbamforth@prodigy.net), 302-947-1772

**Jul 19-Sat**, Buffalo Stampede 10K/5K; Wyoming, DE, [ray@trispportsevents.com](mailto:ray@trispportsevents.com), 302-674-3213

**Aug 2-Fri, 7:30pm**, Bethesda, Go for the Glory Track Meet -- 3000m (CS& JP), 400m, 100m, 1Mile ; .25 and .5 mile Young Runs

**Aug 2-Fri**, Twilight River Run, Elkridge, MD, (410) 964-1998, Howard County Striders

### MCRRC RACES:

**Jun 29-Sun, 8am**, Burning Tree 5K Run, MCRRC, Bethesda;

**Jul 11-Fri, 7pm**, Rockville, Midsummer Night's Mile

**Jul 19-Sat, 8:45 am**, Rockville, Twilighter Runfest 8k; 1k fun run

**Jul 27-Sun, 7am**, Potomac, Riley's Rumble Half Marathon

**Aug 5-Tue, 9pm**, Olney, Take Back the Night 5k

## ATTENTION...ATTENCION!!

Your membership expiration date is now printed above your name on your mailing address label. Memberships that expire prior to **July 31, 2003** will not receive the **August** issue of the **Streak**.

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The purpose of the organization is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running.

Article 11, By-Laws of the Annapolis Striders

The Streak, published bi-monthly, is the official newsletter of the Annapolis Striders, Inc., P.O. Box 187, Annapolis, Maryland 21404-0187. 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 copyrighted materials.

**AD RATES: business card: \$35  
1/4 page \$60 • 1/2 pg \$110 • full pg \$205**

**Deadline for the  
August 2003 Issue is July 1**

**Please e-mail your articles, tidbits, race results and  
general newsletter materials to Kathy Carney, Editor.  
kemcarney@hotmail.com  
410-573-1481**

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# Discounts for Members Only ...

## THE ATHLETE'S FOOT

Annapolis Mall next to JC Penney  
410-224-3455  
10% discount on any non-sale shoe.

## ATHLETE'S KNEAD

Sports Massage, Inc.,  
Millersville, Maryland  
410-987-0281  
June E. Schneider, Certified Massage  
Therapist; 20% off first massage; 30  
minute, 1 hour appointments available.

## BIKEBIZ

1651 Crofton Blvd., Suite 13, Crofton  
410-793-0049  
5% off bicycles and fitness equipment.  
10% off clothing, parts, accessories,  
baby joggers.

## CHEVYS FRESH MEX

Chevys Fresh Mex of Annapolis, and  
Chevys Fresh Mex at Arundel Mills, 2444  
Solomons Island Road, Annapolis, MD  
410-573-9068, 10% discount on all menu  
items!

## ROBERT M. COHL, D.C.,

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760-6443. Free initial consultation and  
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functional blood work evaluation. Certified  
in Active Release Technique, preferred  
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sional athletes.

## CHESAPEAKE RUNNING COMPANY

Striders receive a 15% discount on all  
merchandise. 558 Baltimore Annapolis  
Boulevard, along the trail across from  
Dawsons in Severna Park. 410-544-5200

## A HEALTHIER YOU

14 Annapolis St., Annapolis 410-269-  
1368. 10% discount on one-hour shiatsu  
session, an acupuncture treatment, fully  
clothed.

## SUE A. JAMES, MS, RD, LD

2225-E Defense Highway, Crofton 443-  
481-3121. 10% discount for initial nutrition  
assessment and consultation (1 hour);  
10% discount for follow-up consultation  
(30 minutes).

## KIBBY CHIROPRACTIC & REHABILITATION CENTER

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tion and examination. Fully equipped  
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tissue hydration and nutritional  
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ments including Endura, the top rated  
electrolyte replacement drink mix.

## Following are our ad rates, production and deadline schedule.

The Streak is published bi-monthly starting with the month of February and concluding with a December issue. All copy is due the first of the month prior to publication. Therefore, the copy deadline for the next issue, which is August, will be on July 1. At this time payment for any advertising is also due. Payment must be mailed to Kathy Carney, Editor at 899 Hunters Ridge Lane, Annapolis 21401. **Mailing your check directly to the Editor is the only way to insure that your ad will be placed.** Please be certain to clarify your space requirements so the proper amount of ad space is reserved.

**The rates are:** Business card: \$35.00; 1/4 page ad \$60.00; 1/2 page ad \$110.00; full page ad; \$205.00 Please feel free to call (410-573-1481) or email (kemcarney@hotmail.com) the Streak Editor with any questions.

# ANNAPOLIS STRIDERS

## Race Schedule & Application Form

**INSTRUCTIONS:** Fill out the entry information. Note the Strider Race you are registering for by checking the appropriate box. If you are registering for more than one race, photocopy this application and fill out one for each race. You must submit a separate entry form and fee for each race. Send checks only, no cash by mail. All applications are available online at our website [www.annapolisstriders.org](http://www.annapolisstriders.org).

### DAWSON'S FATHER'S DAY 5 MILE RUN

#### 3rd Leg of Championship Series

**Date&Time:** June 15, 2003 8:00 a.m.

**Place:** Severna Park High School

**Race Director:** Dan Symancyk (410-544-1516)

**Early Entry Fees** (prior to June 8): \$3 (members) or \$4 (non-members)

**Mail To:** Dan Symancyk, 234 Mill Church Road, Arnold, MD 21012 (no cash in mail)

**Race Day Registration:** 6:30 a.m - 7:30 a.m.

Race Day Entry Fee: \$5

**Course:** Mostly flat with GENTLY rolling hills thru scenic Severna Park. Part of the race is on the B&A trail.

**Awards:** Awards for overall winners, masters and age groups. Random prizes from Dawson's and other Severna Park businesses at finish line. T-Shirts will be available on race day for a nominal fee. Additional random prizes for pre-registrants and volunteers at awards ceremony. Don't forget the 1 mile fun run at 8:05 am. See website for details.

### 22nd ANNUAL JOHN WALL MEMORIAL 1-MILE TRACK RACE

**Date:** SATURDAY, JULY 5, 2003 8:00 a.m.

4th Leg of Champ Series

Broadneck High School

**Prizes:** 1st Male/Female overall & 1st Masters M/F, and Age Group awards. \$50 gift certificate for breaking the event record! **Fee:** Mail prior to July 2, Striders: \$3, Non-Striders: \$4: Race day: all \$5

**Mail to:** Will Myers, 1728 Saddle Drive, Gambrills, MD 21054.

No cash please. **Race Directors:** Dave Wall 410-956-0828 and Will Myers 410-987-4883.

### WOMENS'S DISTANCE FESTIVAL 5K and RUN AFTER THE WOMEN 5K

**Date:** SATURDAY, JULY 12, 2003 7:45 a.m. /men 8:45a.m.

West Annapolis Elementary School, Melvin Avenue, Annapolis.

**Course:** Scenic double loop course through West Annapolis and Wardour. Women race first, men run after.

**Prizes:** Two separate races. Overall female and male, masters and and age groups, plus random.

**T-Shirts:** Colorful shirts to all, plus random prizes.

**Fee:** Mail prior to July 8; Women \$10, race day \$12, (includes colorful shirt) Men \$4, race day \$5

**Mail To:** Margie Boyd, 1910 Mackiebeth Court, Annapolis, MD 21401. No cash please.

**Race Directors:** Margie Boyd 410-841-5632 and Melissa Currence 410-360-9019

### DOG DAYS 8K CROSS COUNTRY RUN

**Date:** SUNDAY, AUGUST 3, 2003, 8:00 a.m.

5th Leg of Champ Series

Anne Arundel Community College

**Course:** A challenging cross-country course.

**Prizes:** 1st-3rd overall and 1st-3rd in 10 year Age Groups.

**Fee:** \$3 Striders, \$4 Non-Strider, Race day \$5 for all.

**Mail to:** Dog Days 8K, 285 Overleaf Drive, Arnold MD 21012.

No cash please. **Race Director:** Robert Bigelow, 410-544-3031.

Dawson's 5 Mile     John Wall Memorial     Women's Distance Festival     Dog Days

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_ TELEPHONE \_\_\_\_\_

STREET \_\_\_\_\_ CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ BIRTHDATE [ / / ] \_\_\_\_\_ GENDER  M  F

You **MUST** write in your Birthdate!

**WAIVER AND RELEASE:** I recognize that participation in this activity may involve certain hazards. I understand that I shouldn't participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather and road and traffic conditions, these risks being known and appreciated by me. Having read this Waiver Release and considering the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

SIGNATURE OF ENTRANT \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 \_\_\_\_\_ DATE \_\_\_\_\_

**MANDATORY**

# RENEWAL REMINDER

If the date that appears above your name on the address label below, or on your Membership Card, shows an Expiration Date of July 2003 you must renew your membership no later than July 31 or you will not receive the August STREAK. If you have provided your email address, you will be receiving a notification two months and again one month prior to your Membership expiration and may renew online at our web site [annapolisstriders.org](http://annapolisstriders.org)

If you do not have an email address, use the Renewal Form below and mail it, with payment, to Annapolis Strider Membership Director, 8179 Forest Glen Drive, Pasadena, 21122.

PLEASE PRINT LEGIBLY or your renewal will be returned.

Circle one: Renewal      Information change

**Type of Membership requested:**

- Junior - \$6     Indvl: 1yr-\$15     2yr-\$28     5yr-\$70;     \*\*2nd Mbr - \$10/yr\*\*  
 Family: 1yr-\$30     2yr-\$55     5yr-\$140

**\*Make check payable to Annapolis Striders**

Name: (Last, First, Middle Initial) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Birthdate: (mm/dd/yy) \_\_\_\_\_ Gender: M or F

Email address (just in case you get one) \_\_\_\_\_

**Additional Family Membership Info:**

1st Name: _____	2nd Name: _____	3rd Name: _____
Birthdate: _____	Birthdate: _____	Birthdate: _____
Gender: _____	Gender: _____	Gender: _____



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