

## TAKE NOTE

### MOORE'S MARINE SUPPORT GROUP

LOOKING FOR A FEW GOOD MEN and women to medicate, refresh, coax and cajole Moore's Marines at the 20 mile marker at the Marine Corp Marathon, Sunday, October 24th. Please contact John Magnan at 573-0571 for details.

### OUR CULINARY FRIENDS

*By Dick Hillman*

FOR THE SECOND YEAR now, we offered Saturday's Annapolis Run registrants a 2-for 1 dinner coupon at an Annapolis area restaurant. This promotion replaced the former Saturday evening spaghetti supper for which there had been such a poor response in '90 and '91. Nearly 500 coupons were offered by 14 restaurants and every one was taken. The best way for Striders to thank these establishments and to encourage their participation in 1994 is to patronize them throughout the year. Remember to tell the manager or owner that you are a Strider and that you appreciate their generosity. Moreover, if you do not see your favorite restaurant or regular haunt on the list, please do not hesitate to ask them why they did not participate and to suggest that our 1100 members would love to see their name on next year's list. The solicitation letter was mailed in late May to virtually all of the 100+ restaurants in the area. Since the runners are required to be seated by 6 pm, this is a great deal for the restaurants because, in addition to the investment in future goodwill, they are getting an entire extra seating for a hot summer Saturday when diners do not show up until after 7 pm.

Bon appetit! Restaurants include the following: **Adams Ribs East • Buddy's Crabs & Ribs • The Corinthian • The Crate Cafe • Fred's Restaurant • Harbour House • Harry Browne's • India Palace • La Piccola Roma • Lester's • Middleton Tavern • Mum's Grill • Riordan's Saloon • Tony's Pizza-n-pasta.**

### AT THE MEET!

MEET THE MEMBERS column begins in the December issue of the Streak. Kathleen Heagney is interested in talking with you - the members - and disclosing any and all of your unique (or common) facets. Call Kathleen at 703-313-8874 if you are interested in telling all or not something about yourself.

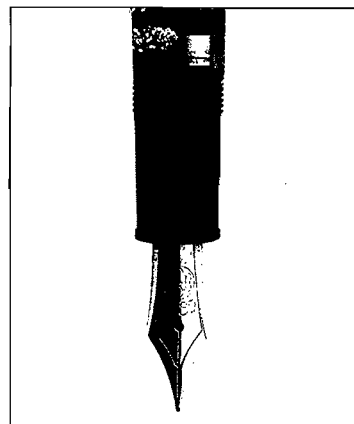
## MESSAGE

### From The President

**Ron Jarashow**

**A**T THIS HALFWAY POINT IN THE YEAR, THE ANNAPOLIS Striders is well on the way to another successful year. [At least with regard to my term which goes from March to March]. Success can be viewed from the purpose of the Annapolis Striders. The charter says to promote running and physical fitness. Look at what we have accomplished so far.

The 1993 Annapolis Ten Mile Run was even more successful than last year's. We registered more people and finished more participants than ever before- 3007. This event is the 4th largest 10 Miler in the United States. The weather did not cooperate by sending us a hot, humid day. Miraculously, there were few serious medical problems. Sponsorship was greater. Results were posted as runners finished for the first time in the Run's history. Volunteers came forward (around 500) and we had no shortage of workers. Financially, we can mark up another plus to the Striders and anticipate another significant annual donation to the Heart Fund. Sue Briers, Race Director, did an outstanding job planning and orchestrating the Run. Some race directors operate on automatic pilot based on prior years' events. She took control immediately to improve on the prior years. I look forward to next year when she will surpass this year's Run (which she is already planning).



We have completed our two major events now. Our summer program included the Junior Striders biweekly runs. Evan Thomas and Nancy Waddington organized and conducted a beginning runner series that epitomizes what the Striders are here to do. The championship series continues. The Board of Directors has voted to add a fun run / youth run to all our events, if feasible. The Annapolis Striders Women's Masters Team won first place at the Boston Marathon. Our membership has grown to approximately 1,000 making us one of the largest running clubs in the area.

Why do we do this? Each of us run at our own speed and distance to stay fit. Some run to compete but that is not a large percentage of the members. Our primary purpose is to promote good health for ourselves and others. Many members devote tens and hundreds of hours a year making certain that the Annapolis Striders can succeed in this purpose. As you read this, I hope you are inspired to run, come to the Striders events (no matter how slow or fast you are), and to lend a hand for an hour, a day, or more. Share in helping the Striders achieve their goals.

# Annapolis Ten Miler

**For the first time, the Annapolis Ten Mile Run was the official RRCA Championship Ten Mile Run for state of Maryland**

**By SUE BRIERS, Race Director**

**W**ITHOUT A DOUBT THE one comment I heard over and over again at the Annapolis Ten Mile Run was "I really love this race, the Striders always do a great job". And once again the race lived up to its reputation as well as the directors, volunteers and sponsors.

The race had a record field this year of 3742 entries. With 2999 runners and 7 wheelchair finishers, we

were able to retain our position as the fourth largest 10 mile run in the country. However, our reputation as Maryland's premier road race was never in doubt. As race director, I must say, it is an awesome undertaking to direct a race that has such a fine reputation and history. The work of twenty five directors, over 450 volunteers and the support of thirteen

sponsors not to mention the three jurisdictions of police, Navy and Coast Guard made the job seem like a breeze.

The weather tried to cooperate on race day dropping the humidity



Premium Pickup Table workers - Ken Lyons, Joe Walsmeth, Mrs. Wycherhe & Ron Bowman



Gerry Clapper : 1st male finisher checks in



August 30, 1993

## *Dear Finish Line Worker:*

*Yesterday you helped process 3000 runners over the finish line to the 18th Annapolis Ten Mile Run.*

*Our team of 90+ volunteers performed its duties with a great deal of enthusiasm and precision, resulting in quick and accurate scoring of this race.*

*More importantly, we provided runners with support and assistance when they most needed it.*

*All Annapolis Striders join in thanking you for your efforts. It is a great sight to see our crew marshall the pack of runners out of the stadium, then over the next 3 hours welcome each back individually. As the runners left the stadium with their running bags in hand, many stopped to thank us for our support and work. If you heard those*

and kicking up a breeze during the race. The temperature the day before was well into the high nineties with humidity so thick you could cut it with a knife. On race day the temperature had dropped to a relatively "comfortable" 80 degrees with a high at the finish of 86. The race was going to be rewarding only for the trained and strategic.

Gerry Clapper (Columbia, MD) and Donna Moore (Kensington, MD) were the two winners when it came to the training and the strategy. Gerry and Donna both agreed that a sensible first half of the race resulted in faster times for the second half of the race and ultimately a first

place finish. Gerry's winning time was 52:01, a comfortable margin over second place Stephen Clarke's 52:31. Donna's first place time of 1:01:01 was even more comfortable over second place finisher Cynthia Carpenter at 1:02:02.

The first place winners were not only awarded with custom made acrylic sailboats but with the American Heart Association award. In addition, for the first time, the Annapolis Ten Mile Run was the official RRCA Championship Ten Mile Run for Maryland. The winners were also presented awards to commemorate this occasion.

The recipient of the Pat O'Brien Award was Dana Smith. This award was initiated in 1992 to honor our friend and Strider and is given to the first female finisher from Anne Arundel County.

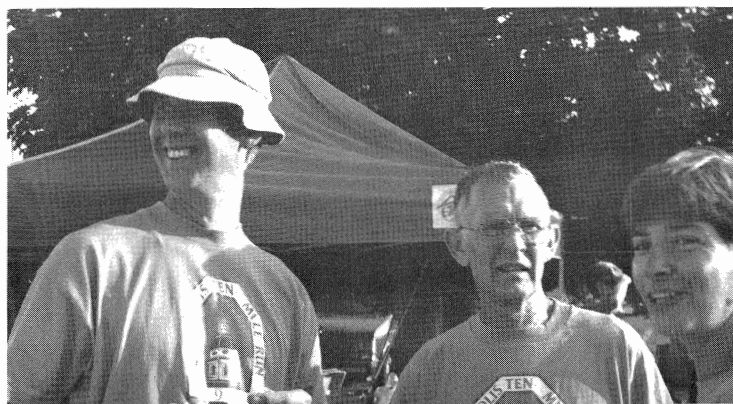
Dana crossed the finish line at 1:08:15.

The race atmosphere was boosted by enthusiastic support from many sponsors. Bud Light and watermelon was supplied by Katcef Bros., Tombstone Pizza, Breyer's ice cream, First National Bank popcorn and Snow Valley water, Gatorade, Crystal Light and Powerbars were also enjoyed by the finishers. In addition, a newly added sound system provided not only better communication but music at the start and finish lines. The For Finishers Only premium, a handsome sports bag, was well received by all who earned it. Volunteers, once again, were the envy of all in

## TRIVIA

### 18th Annapolis Ten Mile Run

Doctors and nurses for medical support: 50



John Gudas, Buck Cadell & Marie Friedland hanging out at the finish lines



Donna Moore: 1st female finisher

*compliments, I am sure you too felt a good deal of pride.*

*In finishing this race, we established two very lofty records this year. In the first place, our equipment was ready for pickup in less than 3 hours after the start. Your willingness to work beyond the end of the race was the key. Secondly, by collectively living*

*right, we willed a small cold front which broke the heat and humidity spell and greatly improved the race. Think of what we can accomplish if we just stay focused.*

*Again, thank you for making the Annapolis Ten Mile Run a great success. We look forward to future races with our Finish Line Team.*

*Sincerely,*

*John P. Gudas, Finish Line Director*



## TRIVIA

### 18th Annapolis Ten Mile Run

Cups Used:  
31,000

Gallons of  
Water:  
1,453



Water Workers: John Gallagher, Iris Wyvil & Susan - probably the most rewarding task of the day



Sue Briers presiding at the awards ceremony

## TRIVIA

### 18th Annapolls Ten Mile Run

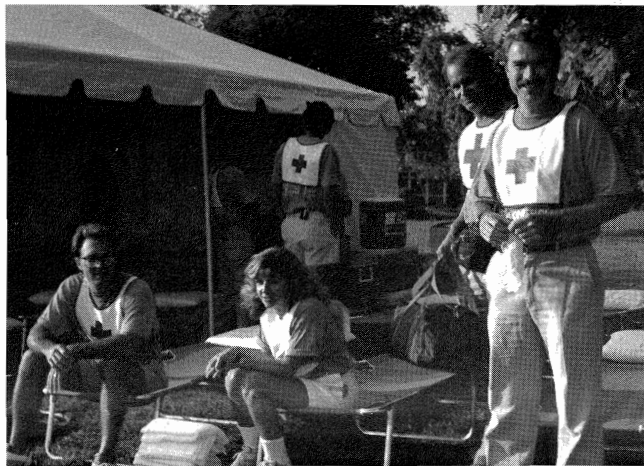
Ice for  
medical tent:  
600 lbs.

## TRIVIA

### 18th Annapolis Ten Mile Run

IV's  
administered  
at medical tent:  
1

(unbelievable  
considering  
the weather!)



Gert & Dan Spadone with Anne Chamberlaine await the racers results



Finish Line Workers "Learning the Ropes"

their two colored t-shirt provided by Sports Medicine Center of Annapolis, Koons Ford of Annapolis and The Annapolis Publishing Company.

Special recognition was paid this year to the continued support of the police in the planning and execution of this event. Without their assistance the success of this race would clearly be in question. Sgt. McClung, Anne Arundel County Police, Sgt. Frazier, Maryland State Police and Cpl. Imhof, Annapolis City Police were all on hand at the awards ceremony to receive an award of appreciation for a job well done.

All in all the race was a tremendous success and much thanks goes to all of the people who guided me through the planning. I would like to personally thank my directors and the sponsors for their continued support. The volunteers as always were great. The neighbors, whose roads we blocked, were very helpful by providing sprinklers, hoses, ad hoc water stations and lots of moral support for the runners. To all say "THANKS" and let's do it again in 1994.



## TRIVIA

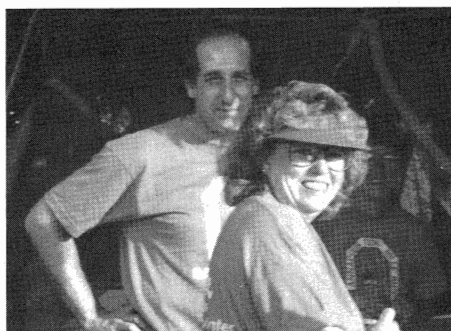
### 18th Annapolis Ten Mile Run

Youngest Finisher:  
Michael Anderson,  
age 11, 1:42:36  
(McLean, VA)

Oldest Finisher:  
Hedy Marque,  
age 76, 1:34:20  
(Alexandria, VA)



Race Director,  
caterer, & cook,  
Sue Briers



Ron Jarashow & Sienna Scott compare  
notes at the scoring tent



Bob Kennedy & Lee Patrick, "liv'en"

# Bravo

## For the A-10 Clean-Up Crew

By LEE PATRICK

A note of thanks seems inadequate for the energy expended by a small band of Annapolis Striders who volunteer each year to pull garbage detail before, after, and during the Annapolis Ten Mile Run. Except for a few changes over the years, the group consists of: Bob Bates, Mike Chamberlain, Reggie Haseltine, Bob Kennedy, Al Kubelis, Rob Moore, Al Stott, Henry Shands, and Nancy Waddington. Former charter members John Lockwood, Jim Hall, and Tom Duvall were unavailable in 1993.

For these volunteers, the yearly job to quickly and efficiently remove thousands of pounds of trash left by hungry and thirsty runners has become a ritual, a challenge, and a genuine team effort! The group, who can handle 75 pound garbage cans full of watermelon like Hulk Hogan, also moves scaffolding, tents, tables, chairs, generators, and other start and finish line equipment. A big thanks goes out this year to Don Kennedy, Jim Sanderson, and Bill Peake who also worked hard distributing equipment for the course water stops and cleaning up the trash after the runners passed. They returned to the stadium and joined the clean-up crew Sunday afternoon to make sure all the equipment was accounted for and returned to the Striders' shed. Although most of these volunteers would never dream of doing anything different on the last Sunday in August, we can always use new members for our select group. Call me early next year and I'll try to get you in! As a famous rear admiral and former member of the clean-up crew once said, "You ain't lived until you've groveled around among fly- and bee-infested watermelon rinds, banana peels, and stale beer!!" Once again, from the Annapolis Striders, a hearty thank you to the clean-up crew.

## TRIVIA

### 18th Annapolis Ten Mile Run

Race Entrants:  
3743

Finishers:  
2999

Finishers from:  
23 states  
and Canada

# 18TH ANNAPOLIS TEN MILE RUN

## - ANNAPOLIS STRIDERS -

**AUGUST 29, 1993**

### MALE AGE GROUP: 1 - 13

1 2663 ANDERSON, MICHAEL 11 MC LEAN VA 1:42:36

### MALE AGE GROUP: 14 - 19

1 PRICE, AARON DAMASCUS MD 59:08  
2 TORRES, MARCOS FORT KNOX KY 1:00:05  
3 BOETIG, BRAD CROWNSVILLE MD 1:01:15  
4 CARLSON, BRIAN FALLSTON MD 1:07:35  
5 TWIGG, STEVE MOUNT AIRY MD 1:08:20

### FEMALE AGE GROUP: 14 - 19

1 SYMANYK, CYNTHIA ARNOLD MD 1:16:33  
2 KORTON, MARY OWINGS MD 1:29:20  
3 KELLY, CYNTHIA CROFTON MD 1:29:54  
4 FOLEY, KATIE OWINGS MD 1:33:51  
5 RAPPOLO, BETH BEL AIR MD 1:38:39

### MALE AGE GROUP: 20 - 24

1 MAGIN, ROBERT WESTMINSTER MD 54:55  
2 MCGIVERN, CHRISTOPH WOODBRIDGE VA 56:16  
3 CIAMARRA, CHRIS GLEN BURNIE MD 56:28  
4 HOLLAND, DANIEL WASHINGTON DC 56:31  
5 ADAMS, MATT FREDERICK MD 56:49

### FEMALE AGE GROUP: 20 - 24

1 WARD, STACEY PHOENIX MD 1:05:59  
2 KANNEWURF, BARBARA PORTSMOUTH VA 1:06:50  
3 THOMSON, ALLISON CHURCHVILLE MD 1:11:12  
4 MCCARTHY, DEIRDRE WASHINGTON DC 1:12:26  
5 HAAS, JENNIFER BETHESDA MD 1:12:33

### MALE AGE GROUP: 25 - 29

1 MOCK, DOUG BOWIE MD 53:08  
2 REGAN, MICHAEL WASHINGTON DC 53:28  
3 FOWLER, KEN BALTIMORE MD 54:10  
4 HUGENT, CHRIS HYATTSVILLE MD 54:22  
5 MICKEY, DENNIS RIDGELEY WV 54:30

### FEMALE AGE GROUP: 25 - 29

1 FRITSCH, BEA MARIE BALTIMORE MD 1:04:25  
2 KINNECOME, SUSIE BETHESDA MD 1:05:14  
3 GAYLORD, MARY ALEXANDRIA VA 1:05:20  
4 HALL, MAUREEN BALTIMORE MD 1:05:56  
5 HUMPHREY, ROBIN ELLICOTT CITY MD 1:06:14

### MALE AGE GROUP: 30 - 34

1 DA LUZ, DOMINIQUE ROCKVILLE MD 54:35  
2 BLACKMON, JOSEPH ARNOLD MD 54:48  
3 KULIK, RON RESTON VA 55:09  
4 JONES, MARK ODENTON MD 55:12  
5 POWNALL, BRYAN REISTERSTOWN MD 55:46

### FEMALE AGE GROUP: 30 - 34

1 BROWN, WENDY VIRGINIA BEACH VA 1:04:33  
2 ANDREWS, ELIZABETH NORFOLK VA 1:04:47  
3 KEENEY-RYAN, PATRIC CLARKSVILLE MD 1:06:33  
4 MILLISON, PAT OWINGS MILLS MD 1:07:04  
5 JORN, MEG SALISBURY MD 1:07:37

### MALE AGE GROUP: 35 - 39

1 GIBSON, PETE MURFREESBORO NC 55:25  
2 KANNEWURF, DAVE PORTSMOUTH VA 55:37  
3 BURKE, DEANE CHEVERLY MD 56:52  
4 SANBORN, JEFF MCDONOUGH MD 57:37  
5 MOORE, RUSTY MIDDLETOWN MD 57:52

### FEMALE AGE GROUP: 35 - 39

1 TAYLOR-TOLBERT, NAD GAITHERSBURG MD 1:07:58  
2 WACK, LINDA GERMANTOWN MD 1:08:56  
3 STARNES, MARGARET BALTIMORE MD 1:09:03  
4 CAIN, SUSAN KENSINGTON MD 1:09:18  
5 CANESE, KATHI ARLINGTON VA 1:10:46

### MALE AGE GROUP: 40 - 44

1 BANNING, RIC ALEXANDRIA VA 55:04  
2 MOESER, CHUCK HERNDON VA 55:32  
3 MC HALE, MICHAEL FAIRFAX STATION VA 57:27  
4 WEBSTER, DAVID STEVENSVILLE MD 57:50  
5 CARBARY, JAMES COLUMBIA MD 59:15

### FEMALE AGE GROUP: 40 - 44

1 PRITTS, BEVERLY ALEXANDRIA VA 1:10:25  
2 HEIDEL, SHARON BALTIMORE MD 1:10:57  
3 BENDER, JUDY MILLERSVILLE MD 1:11:51  
4 SHACKLETON, PATTY VIENNA VA 1:11:52  
5 ERB, KAREN ALEXANDRIA VA 1:12:15

### MALE AGE GROUP: 45 - 49

1 SHERLOCK, III, JOHN MC LEAN VA 59:44  
2 BEAUCHAMP, REUBEN PRINCESS ANNE MD 1:00:53  
3 TOLBERT, HERBERT GAITHERSBURG MD 1:01:05  
4 KIRKPATRICK, JOHN ANNAPOLIS MD 1:01:43  
5 MYERS, GEORGE CHEVERLY MD 1:01:49

### FEMALE AGE GROUP: 45 - 49

1 EKSTROM, BARBARA RESTON VA 1:11:03  
2 GEBHARDT, DEBBY ADELPHI MD 1:14:47  
3 NELSON, DEE GAITHERSBURG MD 1:15:17  
4 BONTA, MEREDITH RIVA MD 1:17:07  
5 CLARK, FRANCES MC LEAN VA 1:17:51

### MALE AGE GROUP: 50 - 54

1 BENKERT, JOHN PASADENA MD 57:58  
2 HAUBERT, JOHN ALEXANDRIA VA 1:04:06  
3 SHANKLIN, FRED DAVIDSONVILLE MD 1:06:25  
4 SOLOMON, JERRY MASON TOWN PA 1:06:33  
5 PITARRA, SR, JOHN BALTIMORE MD 1:06:42

### FEMALE AGE GROUP: 50 - 54

1 STOODLEG, JANICE FALLS CHURCH VA 1:13:03  
2 UNTERMAN, ELAINE GAITHERSBURG MD 1:13:46  
3 NEWBURGH, JANET ROCKVILLE MD 1:16:11  
4 WILLIAMS, ECRIS RESTON VA 1:16:59  
5 1 METZLER, JANE FALLS CHURCH VA 1:21:14

### MALE AGE GROUP: 55 - 59

1 BRADLEY, FAY WASHINGTON DC 1:00:17  
2 DAVIES, KIRK WASHINGTON GROVE MD 1:07:10  
3 ELZINGA, BILL COLUMBIA MD 1:08:35  
4 JAMBORSKY, DICK RESTON VA 1:09:51  
5 MOREY, ART BROOKESVILLE MD 1:11:02

### FEMALE AGE GROUP: 55 - 59

1 TUCKER, BETTY HAVRE DE GRACE MD 1:22:45  
2 GRAF, TAMI LUSBY MD 1:23:20  
3 MOTTUS, JILL BALTIMORE MD 1:25:28  
4 PAPIRMAN, DOLORES STATEN ISLAND NY 1:36:12  
5 MIHALICH, PHYLLIS MECHANICSBURG PA 1:36:41

### MALE AGE GROUP: 60 - 64

1 YANSAKAKIS, GEORGE BALTIMORE MD 1:10:14  
2 DICKERSON, LAWRENCE BURKE VA 1:11:36  
3 SMOAK, COPLEY GAITHERSBURG MD 1:17:38  
4 RUTKOWSKI, JOSEPH DUNDALK MD 1:17:41  
5 GIGNAC, FRANCIS WASHINGTON DC 1:18:54

### FEMALE AGE GROUP: 60 - 64

1 BERLETT, NANCY ARNOLD MD 1:36:13  
2 WEISMAN, ESTHER SEVERN MD 1:36:26  
3 LANE, MARJORIE RESTON VA 1:36:59  
4 MOORE, BETTY ANNAPOLIS MD 1:43:59

### MALE AGE GROUP: 65 - 69

1 HEMPHILL, DIXON FAIRFAX STA VA 1:16:13  
2 MORRISON, BILL ROCKVILLE MD 1:18:29  
3 BRATT, HARRY BETHESDA MD 1:26:14  
4 OSBURN, BILL BETHESDA MD 1:28:32  
5 JOHNSON, RICHARD TEMPLE PA 1:32:03

### FEMALE AGE GROUP: 65 - 69

1 MORRISON, KAY ROCKVILLE MD 1:45:10  
2 NESLEY, PATRICIA WASHINGTON DC 1:56:32  
3 EDWARDS, PHYLLIS WASHINGTON DC 2:11:03

### MALE AGE GROUP: 70 - 99

1 FOX, OSCAR YORK PA 1:22:34  
2 PIERCE, FRANCIS BETHESDA MD 1:28:00  
3 BOLDT, JACK DISTRICT HEIGHTS MD 1:46:36  
4 SALATTI, LEONARD HANOVER MD 2:06:59

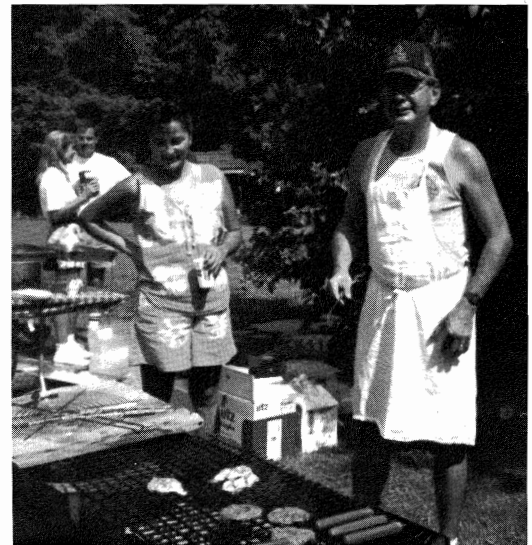
### FEMALE AGE GROUP: 70 - 99

1 MARQUE, BEDI ALEXANDRIA VA 1:34:20





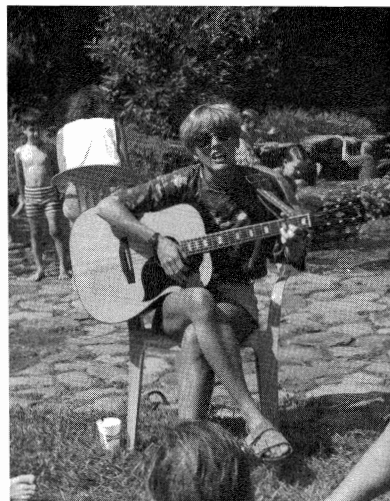
Rose Malloy's Neighborhood Volunteer Corps



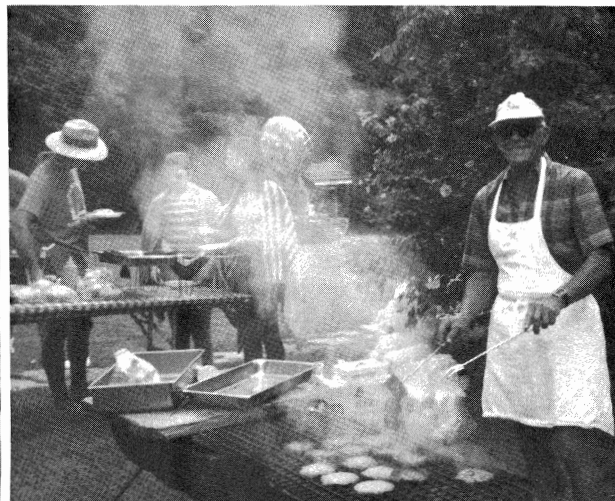
Host Leon Johnson



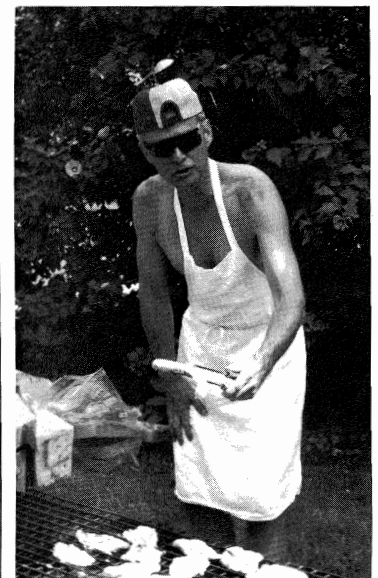
## Picnic for A10 Volunteers



Mary Macey entertains



Ben Moore prepares meat for the masses



ET has a hat for every occasion