

# STREAK

ANNAPOLIS  
STRIDERS

Volume XVII Number 5

Voted Best Large Club Newsletter in RRCA Eastern Region

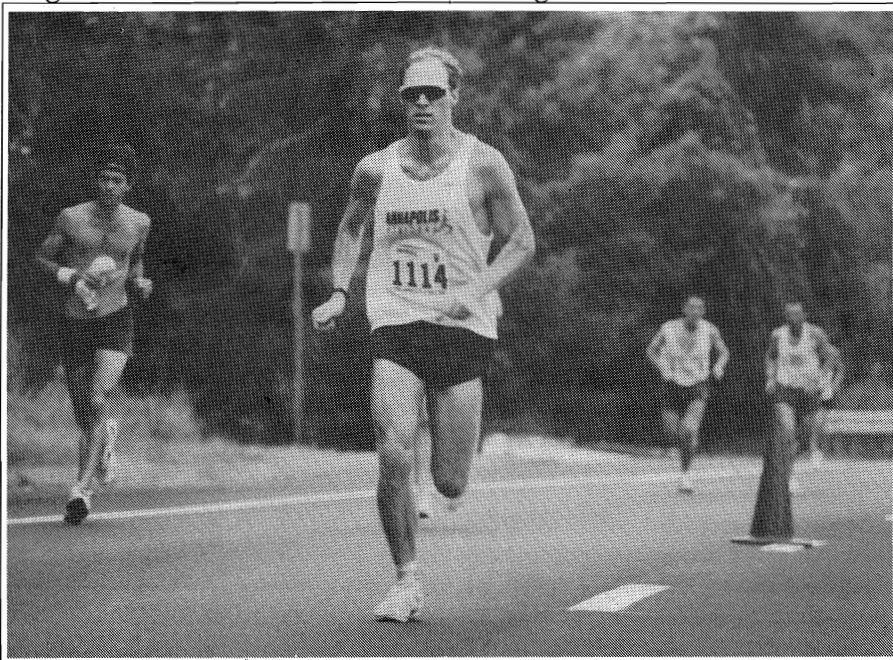
October 1995

## WHAT A RACE !!

By **DICK HILLMAN, Race Director**

The 20th Annapolis Run is history. Doug Mock of Germantown in a time of 52:24 and Bonnie Barnard-Lopez of Bethesda in a time of 59:30 lead the 3266 finishers. The weather was traditional, hot and humid, and the hills were predictable high and long! The general response to the event has been uniformly positive. A number of Striders who ran the race were specifically asked to evaluate the event and these responses have been warmly supportive of the manner in which the race was conducted.

Striders are encouraged to support the sponsors and course hosts and to express your appreciation to them. Without them there could be no Annapolis Run. They are: 1st National Bank, Bud Light, Anne Arundel Medical Center, Naval Academy Athletic Association, City of Annapolis, Anne Arundel County, Maryland Department of Transportation and Natural Resources, US Naval Academy, Annapolis Publishing Company, Sports Medicine Center of Annapolis, Nationwide Insurance, Snow Valley, Gatorade, Powerbar,



Strider President, Matt Mace, is in fine form for the A-10.

Nike, Patagonia, and the Athlete's Foot.

By reversing the course we accomplished a more fluid start, avoided colors at the Naval Academy thus enabling an earlier start, conquered the hills early, and departed North Severn before most folk awoke. It is likely we will continue to use this course.

The addition of another water stop and the rearrangement of the premium distribution area after the finish were appreciated by many participants. Ad hoc neighborhood aid seems to have

increased in the North Severn area but seems lacking within Annapolis. Inconvenience to church-goers seems have been minimized this year. The site of the pre-race expo, Anne Arundel Medical Center at Parole, worked especially well.

Special thanks go to a very dedicated and enthused race committee including: Sharon and Tom Bradford, Sue Briers, Jim Buck, Mark Chaput, Gabrielle Custer, Doris Davenport, Bob

see A10 RACE, page 2

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### THIS AND THAT...

**MOORE'S MARINES** are looking for a few good men and women to join them at the Marine Corps Marathon on Sunday, October 22nd, early am. No, not to run but simply to man the water stop at mile 22 (Haines Point) to dispense water, Coke, Ben's Bug Juice, Advil and TLC for Moore's Marines and other (almost dying) runners. Call John Magnan at 410-573-0571 if you wish to join in this worthy and fun time.

**LOOKING FOR A GROUP** to run with? Lee Patrick wants to remind fellow Striders that a small but loyal group of runners meets Monday and Thursday at the Naval Academy track at 6:00 pm and on Wednesday at the Anne Arundel Community College track at 5:30 pm for some light workouts. Track work is optional; distance is whatever you can make. Slight risk of Alan Wycherley discussing the latest in life insurance options with you but all in all not a bad group to connect up with. Call Lee at 410-757-7098.

see THIS & THAT, page 4

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STRIDERS  
THE ANNAPOLIS STRIDER'S  
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# MESSAGE

## From the Editor

Eileen Hagan

### SUPPORT THESE LOCAL ESTABLISHMENTS!

**A**s Director of the 2 for 1 Dinner Coupon Dinner Promotion conducted in conjunction with the Annapolis Ten Mile Race, I would like to encourage member support of the following participating establishments:

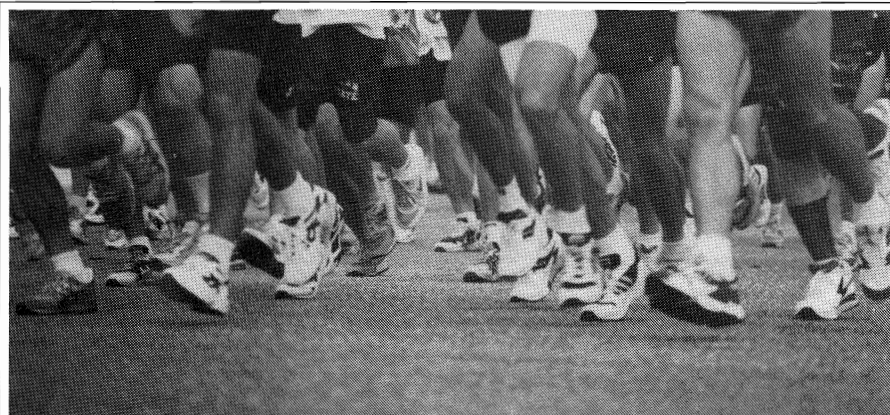
**Adams Ribs' East • Buddy's Crabs and Ribs • Caliente!**

**Carroll's Creek Cafe • The Corinthian at Lowes Hotel**

**Fred's Tiffany Room • Harbour House • Harry Browne's**

**Middletown Tavern • Mum's Grill • O'Brien's Oyster Bar**

These restaurants collectively contributed 587 coupons which entitled an entrant in the A-10 race one free dinner in exchange for one meal purchased. Having participated in the distribution of these coupons for the last three years, I can tell you that the entrants value this generous "freebie" provided by some of the local business community and distributed by the Striders. We need to support these businesses in return. So please, next time you are out for lunch or dinner have it at one of these fine establishments, wear a A-10 worker shirt if appropriate but most importantly, thank the manager for their continued support of this A-10 promotion.



Legs of the 20th A10

## A10 RACE

from page 1

Field, Eric Fromm, Cathy Gibbons, Eileen Hagan, Joe Handleman, Ardis and Arnie Henderson, Lisa Hillman, Ron Jarashow, Don Kennedy, Tom Kessler, Bill Law, Mike Long, Ken Lyons, Rose Malloy, Ben and Betty Moore, Brenda Norman, Pat Ogle, Lee Patrick, Jim Sandison, Will Scott, Dan and Gerte Spadone, Evan Thomas, Mike VanBeuren, Rick Woods, and Iris Wyvill.

Proceeds from the race, in addition to supporting continuing programs of

the Annapolis Striders, will benefit the cardiac rehab programs of Anne Arundel Medical Center. More details about these amounts will appear in the December Streak. Through the check-off on the entry form \$1600 will be presented to the local chapter of the American Heart Association.

The foundation already is being laid for the 1996 Annapolis Run to be conducted Sunday, August 25 at 7:30 am. The principle planning meeting will occur in early November. Anyone interested in serving on the race committee should contact Dick Hillman at 263-1884.



MATT MACE, President  
Annapolis Striders

## MESSAGE From the President

Matt Mace

### A10 – SCREAMING SUCCESS

The 20th annual Annapolis Run was tremendously successful and thanks go to **Dick Hillman** and all of the volunteers who put in so many hours. The Run clearly requires tremendous assistance from so many people. Information on the total funds raised for the Cardiac Rehab Unit of the Anne Arundel Medical Center and the Maryland Affiliate of the American Heart Association will be forthcoming in the next issue of the STREAK. More comprehensive accolades will be found from other writers in this issue of the STREAK but on behalf of the Board I would like to thank Dick Hillman and his committee for a job well done. And I, for one, will have no comment on the color or style of this year's Race Official Shirt.

### DOG GONE IT AGAIN!

**Paul Baltutis**, Director of the year's Dog Days 8K orchestrated a superb event for the Club's championship series. The largest field ever tried the Patauxent Wildlife Refuge and the general sentiment is that we look forward to returning next year. Thanks, Paul (And the Dog Tags were a really neat prize, especially for those of us who were never issued the real thing).

### RACING IN SEVERNA PARK

**Ivan Pressman**, Director of this year's Dawson 5 Miler race, also guided a great event for the Club's Champ Series. Over 300 finishers took advantage of the excellent early September conditions. Great turnout from SP young athletes. Thanks to Ivan and his volunteers for all of their hard work over the years in assembling what has become one of the Striders early awaited short distance races.

### HELP WANTED

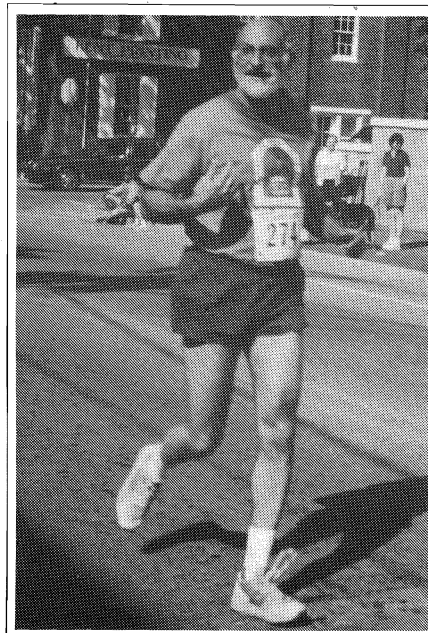
Speaking of race directors, we now have openings for three club race directors: the **Two Mile Track Run**, the **Cherry Pit** and the **Dawson's 5 Miler**. Please consider volunteering to lead (or assist) with the charge. These races are a very important part of our club activities besides being great social events. Even if you have never directed before, you can be trained! If interested, contact **Tom Bradford**, Race Director. In addition, there are several positions to be considered for the upcoming general membership election in March as well as positions with our two major club races (A-10 and Bay Bridge). I encourage all of the members to take part in the Club's activities and volunteer (or volunteer a friend and fellow runner, if need be). We are seeking nominations for the upcoming slate of officers to be published in the next STREAK issue.

### UPCOMING EVENTS

The Club will be assisting in the race to benefit the Eastern Shore Land Conservancy. The Race To Save Open Shape will be directed by George Kerchner and will be in Queenstown on Sunday, October 15.

The Striders will once again be assisting the Arthritis Foundation with the Jingle Bell Run. The event will be held on Sunday, December 3rd at the Marley Station Mall. **Charlie Muskin** as agreed to serve as the Club's Liaison and is interested in hearing from anyone who can work on race day. Charlie can be reached at 760-2620.

There is also an effort underway to resurrect the Key School 10K. If you are interested in working that race, **Brooks Sherman** would love to



Thank you, Dick Hillman!

hear from you. The race is scheduled for Sunday, October 29. Brooks number is 224-4848.

Finally, take note of the Cross Country Series being conducted by the Baltimore Road Runners this Fall. We have been challenged to a 5K race by BRRC to be held on Saturday, November 4th at 10 am in Baybrook Park. The Club would like to see a good showing and this would be a nice change of pace for those not training for a Fall marathon. The complete schedule of the BRRC track meets is published under *Where The Races Are* on the backcover.

### HISTORY LESSON

I recently noted this entry in the DC Road Runners newsletter for May/June, 1995 regarding the top prep performances over the years:  
**Listed for 1970:**

August 1: Rockville HS is the site of the 10 Mile DCRRC Postal Championship. Mike Graves tops Bob Scharf and Gar Williams by over one minute, but the real story is Richmond High Schooler **SCOTT EDEN**. Eden is fourth in 54:22. Eden goes on to star at Duke and win the Marine Corps Marathon.

Just something to think about while training for this year's MCM..

See ya on the roads



# New Products for Runners

By LEONARD C. KUENTZ



One of life's subtle pleasures is finding a consumer product which is both inexpensive and which exactly fills a need. Recently, while training for two ultra marathons, I was blessed with the discovery of three such products.

There is a new blister prevention and foot care device available from Compeed. It is a thin, clear, adhesive bandage which can be placed on known foot trouble spots, or applied directly to hot spots or developing blisters. They are light, compact, and do not need a knife or scissors like mole-skin. I found them easy to carry on long runs and easy to apply without losing more than a minute or two. The Compeed is apparently treated with something that actually helps heal blisters. You can get a free sample by calling 1-800-666-5382.

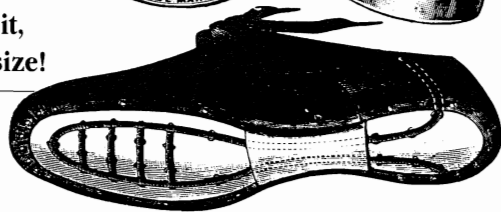
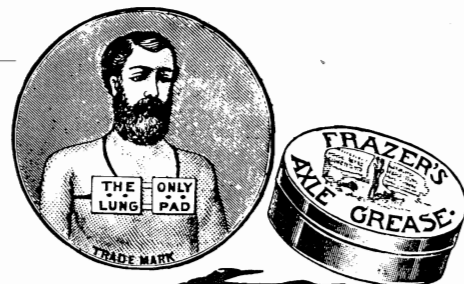
Also for the feet, I recently rediscov-

ered the many Hapad products after learning that Dr. Scholl stopped making metatarsal pads (often used by Bill Miller and other Striders). John Hauser and his family have been making all types and sizes of felt orthotic pads for over 30 years. I have found two important uses for Hapads with unexpected and happy results.

I am using Hapads to custom-fit my running shoes. The tongue cushions can be used to pad the top of the foot where soreness can develop. Tongue cushions also allow me to wear shoes one-half size larger, giving my toes and metatarsals more space. Additionally, the custom fit keeps my feet from sliding forward during downhill, eliminating some injuries and chronic black toe.

Hapad also has a large selection of soft, orthotic-like pads and cushions to help correct imbalances and prevent imbalances and prevent neuromas and other foot pain. I use the metatarsal pads on my rigid orthotics, and on sock liners with other shoes. The unexpected

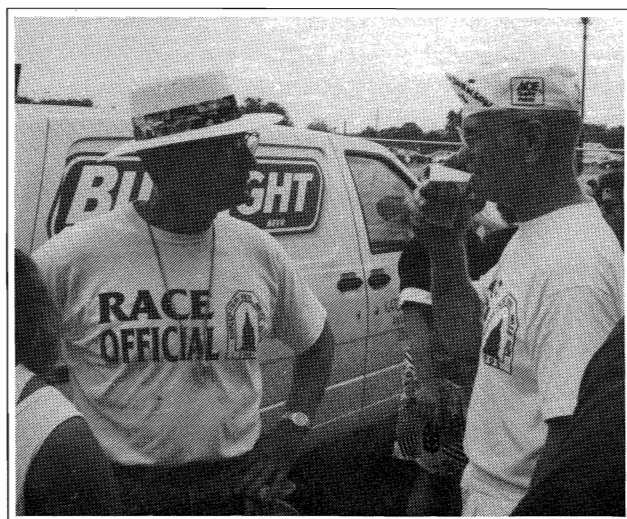
And remember the old adage: if you find something you like, buy a lifetime supply because they will either stop making it, or run out of your size!



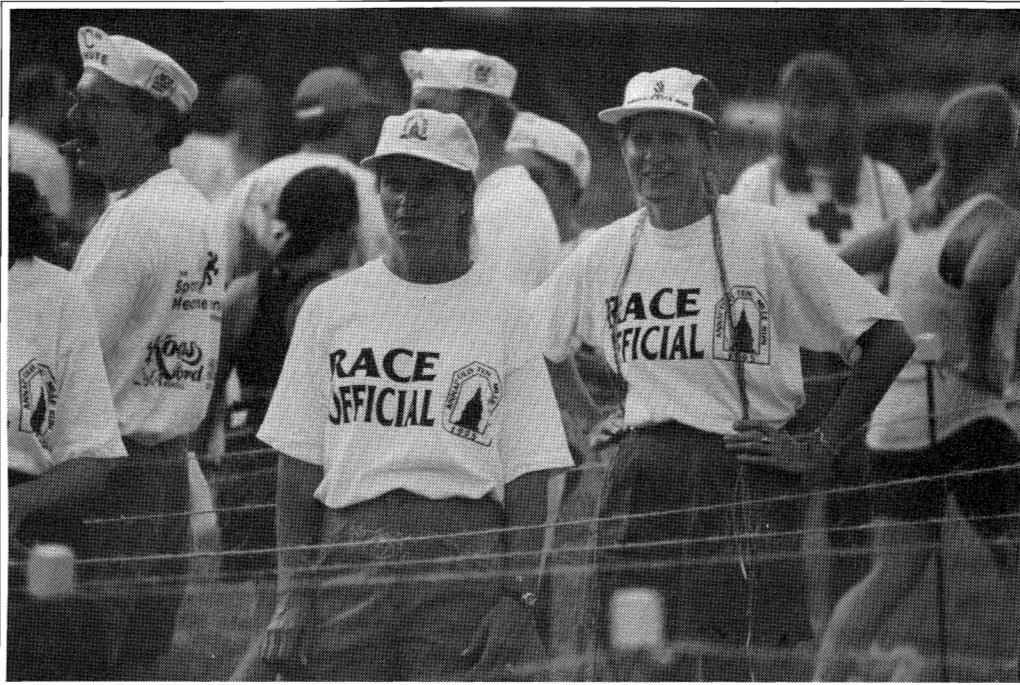
result is that by alternating soft pads with the rigid orthotic, I have been able to strengthen my feet and wean myself off the hard orthotic. The Hapads are infinitely less expensive than hard orthotics and they make it feel like I have taken bricks out of my shoes. HAPAD, Inc. can be reached at 1-800-854-2723. Feel free to ask for the president, John Hauser; he has given me a lot of time and good advice.

The third product is the Tri-Lens Sportshield, available from L.L.Bean. They are sport sunglasses (a la Oakley) manufactured by Smith. The sportshields have three lense, are lightweight, have excellent UV protection and sit very comfortably while running. They are a steal at \$29.00. I have seen the same sunglasses at ski shops, sold under the Smith name, for \$60.00 Call Bean's at 1-800-221-4221 before they catch on.

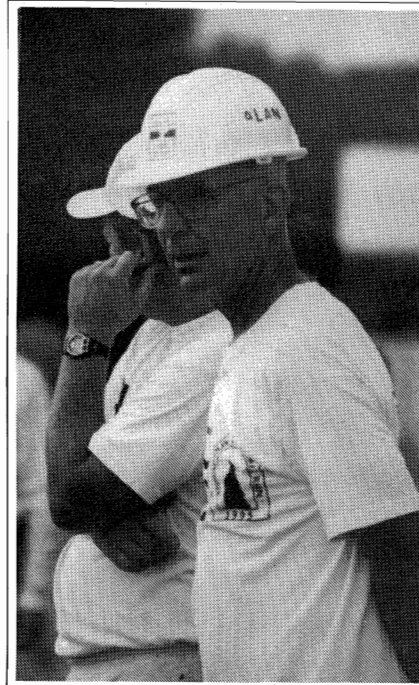
A-10 Photos by Rick Woods, et al



A-10 volunteers on both ends of the refreshment lines – water (left), and beer (above right)!



A-10 finish line volunteers await the masses!



Some A-10 volunteers need hard hat protection!

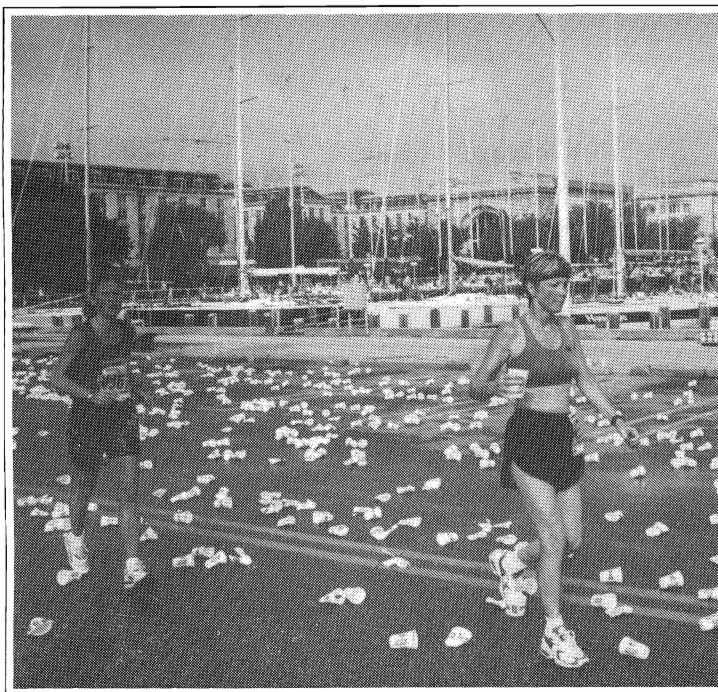


A-10 Photos by Rick Woods, et al

## 1995 CLUB CHAMPIONSHIP SERIES

|                    |           |            |           |            |           |           |              |
|--------------------|-----------|------------|-----------|------------|-----------|-----------|--------------|
| Jon Valentine      | 6         | 5          | 7         | 35         | 35        | 35        | 123          |
| Steve Donahue      | 4         | 35         | 35        | 5          | 35        | 35        | 149          |
| Mark Cerniglia     | 35        | 35         | 35        | 6          | 35        | 6         | 152          |
| Mike Marchildon    | 35        | 3          | 35        | 35         | 35        | 35        | 178          |
| Daniel Nellius     | 35        | 4          | 35        | 35         | 35        | 35        | 179          |
| John Tighe         | 35        | 35         | 35        | 7          | 35        | 35        | 182          |
| <b>Men 35 - 39</b> | <b>5K</b> | <b>10M</b> | <b>2M</b> | <b>10K</b> | <b>1M</b> | <b>8K</b> | <b>Total</b> |
| Dave Walser        | 8         | 6          | 5         | 6          | 6         | 5         | 36           |
| Paul Serra         | 4         | 2          | 35        | 3          | 1         | 2         | 47           |
| Russ Irvine        | 14        | 10         | 8         | 15         | 11        | 8         | 66           |
| Tony Basile        | 2         | 1          | 35        | 35         | 4         | 1         | 78           |
| Mike Kennedy       | 35        | 35         | 2         | 4          | 2         | 4         | 82           |
| Steve Donnelly     | 35        | 7          | 4         | 5          | 5         | 35        | 91           |
| Scott Mangum       | 35        | 4          | 3         | 35         | 35        | 6         | 118          |
| Paul Baltutis      | 5         | 35         | 35        | 35         | 3         | 9         | 122          |
| Bob Biddle         | 6         | 8          | 35        | 35         | 7         | 35        | 126          |
| Clint Henderson    | 9         | 35         | 35        | 9          | 8         | 35        | 131          |
| Sidney Oaksmith    | 11        | 35         | 35        | 35         | 10        | 7         | 133          |
| James Carter       | 10        | 9          | 35        | 11         | 35        | 35        | 135          |
| Bob Marino         | 1         | 35         | 1         | 35         | 35        | 35        | 142          |
| Mark Rusasco       | 35        | 35         | 35        | 1          | 35        | 3         | 144          |
| Tom Venator        | 35        | 35         | 6         | 8          | 35        | 35        | 154          |
| George Kerchner    | 7         | 35         | 35        | 7          | 35        | 35        | 154          |
| Doug Herman        | 12        | 35         | 35        | 13         | 35        | 35        | 165          |
| Tom Prendki        | 35        | 35         | 35        | 2          | 35        | 35        | 177          |
| Mike Hoffman       | 3         | 35         | 35        | 35         | 35        | 35        | 178          |
| James Lundeen      | 35        | 3          | 35        | 35         | 35        | 35        | 178          |
| Curtis Johnson     | 35        | 5          | 35        | 35         | 35        | 35        | 180          |
| Ralph Mang         | 35        | 35         | 7         | 35         | 35        | 35        | 182          |
| Steve Scott        | 35        | 35         | 35        | 35         | 9         | 35        | 184          |
| Steve Kling        | 35        | 35         | 35        | 10         | 35        | 35        | 185          |

|                    |           |            |           |            |           |           |              |
|--------------------|-----------|------------|-----------|------------|-----------|-----------|--------------|
| Robert Downes      | 35        | 35         | 35        | 12         | 35        | 35        | 187          |
| Greg Sullivan Sr.  | 13        | 35         | 35        | 35         | 35        | 35        | 188          |
| Kevin Mumane       | 35        | 35         | 35        | 14         | 35        | 35        | 189          |
| John Salemme       | 15        | 35         | 35        | 35         | 35        | 35        | 190          |
| <b>Men 40 - 44</b> | <b>5K</b> | <b>10M</b> | <b>2M</b> | <b>10K</b> | <b>1M</b> | <b>8K</b> | <b>Total</b> |
| Jim Kaufman        | 11        | 1          | 3         | 4          | 4         | 4         | 27           |
| Mike Banz          | 4         | 7          | 6         | 6          | 7         | 10        | 40           |
| Paul Tavel         | 9         | 5          | 9         | 9          | 16        | 11        | 59           |
| Rick Woods         | 1         | 35         | 2         | 1          | 2         | 35        | 76           |
| Craig Blemly       | 3         | 35         | 5         | 16         | 9         | 9         | 77           |
| Jim Etchison       | 13        | 15         | 10        | 21         | 13        | 13        | 85           |
| Pat Donahue        | 21        | 12         | 7         | 27         | 11        | 8         | 86           |
| Larry Puglisi      | 5         | 35         | 4         | 3          | 35        | 6         | 88           |
| Will Scott         | 8         | 9          | 8         | 12         | 17        | 35        | 89           |
| T.J. Harrington    | 6         | 35         | 35        | 2          | 10        | 3         | 91           |
| Mike Brian         | 35        | 6          | 35        | 5          | 6         | 5         | 92           |
| Ron Bowman         | 35        | 4          | 35        | 7          | 5         | 7         | 93           |
| Thomas Kessler     | 17        | 16         | 12        | 15         | 35        | 14        | 109          |
| Bob Field Jr.      | 2         | 3          | 35        | 35         | 35        | 2         | 112          |
| Anthony Pruner     | 20        | 8          | 35        | 8          | 8         | 35        | 114          |
| Steve Barney       | 16        | 14         | 11        | 26         | 14        | 35        | 116          |
| David Webster      | 35        | 35         | 35        | 35         | 1         | 1         | 142          |
| Scott Eden         | 35        | 35         | 1         | 35         | 12        | 35        | 153          |
| Oliver Payne       | 35        | 11         | 35        | 35         | 3         | 35        | 154          |
| Mike Bright        | 35        | 35         | 35        | 10         | 35        | 12        | 162          |
| Reggie Haseltine   | 15        | 10         | 35        | 35         | 35        | 35        | 165          |
| Michael Benso      | 19        | 35         | 35        | 25         | 18        | 35        | 167          |
| Mike Tichenor      | 12        | 35         | 35        | 17         | 35        | 35        | 169          |
| Tim Smith          | 35        | 13         | 35        | 18         | 35        | 35        | 171          |
| William Peake, Jr. | 35        | 2          | 35        | 35         | 35        | 35        | 177          |
| Paul Brown         | 35        | 35         | 13        | 24         | 35        | 35        | 177          |



Runners – Annapolis – Race... the image says it all.



The joy of an A-10 finish!



A-10 Photos by Rick Woods, et al

## 1995 CLUB CHAMPIONSHIP SERIES

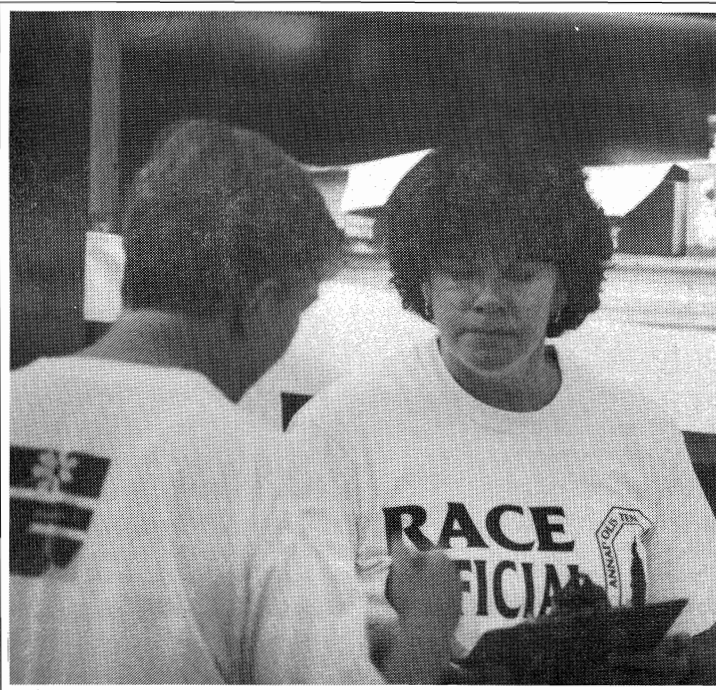
|                    |           |            |           |            |           |           |              |
|--------------------|-----------|------------|-----------|------------|-----------|-----------|--------------|
| Carl Reed          | 7         | 35         | 35        | 35         | 35        | 35        | 182          |
| Dick Shea          | 10        | 35         | 35        | 35         | 35        | 35        | 185          |
| John Maynard       | 35        | 35         | 35        | 11         | 35        | 35        | 186          |
| David Russell      | 35        | 35         | 35        | 13         | 35        | 35        | 188          |
| Bruce Soyars       | 35        | 35         | 35        | 14         | 35        | 35        | 189          |
| Rex Myers          | 14        | 35         | 35        | 35         | 35        | 35        | 189          |
| Gordon Haines      | 35        | 35         | 35        | 35         | 15        | 35        | 190          |
| Thomas O'Leary     | 18        | 35         | 35        | 35         | 35        | 35        | 193          |
| Kevin Gast         | 35        | 35         | 35        | 19         | 35        | 35        | 194          |
| Paul Jacobs        | 35        | 35         | 35        | 20         | 35        | 35        | 195          |
| Jeff Konyar        | 35        | 35         | 35        | 22         | 35        | 35        | 197          |
| Carl Perkins       | 35        | 35         | 35        | 23         | 35        | 35        | 198          |
| <b>Men 45 - 49</b> | <b>5K</b> | <b>10M</b> | <b>2M</b> | <b>10K</b> | <b>1M</b> | <b>8K</b> | <b>Total</b> |
| John Gallagher     | 3         | 5          | 4         | 4          | 3         | 5         | 24           |
| John Fay           | 4         | 2          | 3         | 5          | 2         | 8         | 24           |
| Don Kennedy        | 12        | 9          | 9         | 7          | 6         | 6         | 49           |
| Jon Meyer          | 7         | 11         | 7         | 12         | 4         | 11        | 52           |
| Will Myers         | 9         | 7          | 8         | 15         | 8         | 12        | 59           |
| John Magnan        | 5         | 6          | 6         | 6          | 35        | 4         | 62           |
| Charlie Lane       | 17        | 12         | 13        | 8          | 5         | 7         | 62           |
| Eric Fromm         | 11        | 4          | 11        | 17         | 10        | 35        | 88           |
| Ed Jantz           | 19        | 14         | 12        | 35         | 11        | 13        | 104          |
| Robert Moore       | 35        | 1          | 35        | 2          | 35        | 2         | 110          |
| Ed Bannat          | 2         | 35         | 2         | 35         | 1         | 35        | 110          |
| Eric Gyaki         | 1         | 35         | 1         | 3          | 35        | 35        | 110          |
| Charlie Muskin     | 13        | 10         | 35        | 10         | 35        | 10        | 113          |
| Ernest Chizmar     | 20        | 15         | 14        | 19         | 12        | 35        | 115          |
| Cecil McDonald     | 18        | 35         | 35        | 16         | 9         | 14        | 127          |
| John Joseph        | 15        | 8          | 35        | 11         | 35        | 35        | 139          |
| Bill Vogenitz      | 35        | 35         | 15        | 18         | 7         | 35        | 145          |
| Steve Keefer       | 8         | 35         | 35        | 35         | 35        | 9         | 157          |

|                    |           |            |           |            |           |           |              |
|--------------------|-----------|------------|-----------|------------|-----------|-----------|--------------|
| Howard Beard       | 6         | 13         | 35        | 35         | 35        | 35        | 159          |
| Mike McNulty       | 35        | 35         | 35        | 1          | 35        | 35        | 176          |
| Gary McGuffin      | 35        | 35         | 35        | 35         | 35        | 1         | 176          |
| Randy Snyder       | 35        | 35         | 35        | 35         | 35        | 3         | 178          |
| Jerry Haley        | 35        | 3          | 35        | 35         | 35        | 35        | 178          |
| Dan Masterson      | 35        | 35         | 5         | 35         | 35        | 35        | 180          |
| Rick Mood          | 35        | 35         | 35        | 9          | 35        | 35        | 184          |
| Charles Gentry     | 10        | 35         | 35        | 35         | 35        | 35        | 185          |
| Freeman Bagnall    | 35        | 35         | 10        | 35         | 35        | 35        | 185          |
| Paul Stoneham      | 35        | 35         | 35        | 13         | 35        | 35        | 188          |
| Michael Ciarca     | 14        | 35         | 35        | 35         | 35        | 35        | 189          |
| Daniel Miller      | 35        | 35         | 35        | 14         | 35        | 35        | 189          |
| John Bilotiran     | 16        | 35         | 35        | 35         | 35        | 35        | 191          |
| John Kurjuweit     | 35        | 35         | 35        | 20         | 35        | 35        | 195          |
| <b>Men 50 - 55</b> | <b>5K</b> | <b>10M</b> | <b>2M</b> | <b>10K</b> | <b>1M</b> | <b>8K</b> | <b>Total</b> |
| John Kirkpatrick   | 1         | 1          | 1         | 1          | 1         | 1         | 6            |
| Francisco Sanches  | 5         | 2          | 4         | 2          | 3         | 2         | 18           |
| Joe Clorety        | 2         | 3          | 3         | 4          | 4         | 4         | 20           |
| Fred Shanklin      | 4         | 4          | 5         | 6          | 6         | 8         | 33           |
| Tom Bradford       | 8         | 6          | 6         | 7          | 7         | 13        | 47           |
| Jim Buck           | 3         | 5          | 2         | 35         | 2         | 3         | 50           |
| Gary Sewell        | 9         | 8          | 7         | 8          | 35        | 5         | 72           |
| Karl Schwabe       | 15        | 15         | 11        | 20         | 11        | 7         | 79           |
| Lee Patrick        | 16        | 16         | 12        | 22         | 12        | 10        | 88           |
| Don Higdon         | 11        | 11         | 9         | 11         | 35        | 35        | 112          |
| Alan Wycherley     | 14        | 35         | 35        | 19         | 10        | 11        | 124          |
| Evan Thomas        | 35        | 9          | 8         | 35         | 8         | 35        | 130          |
| Earl Scott         | 35        | 14         | 35        | 13         | 35        | 9         | 141          |
| Dan Mauck          | 6         | 35         | 35        | 5          | 35        | 35        | 151          |
| Patrick Albomoz    | 7         | 10         | 35        | 35         | 35        | 35        | 157          |
| Dick Hillman       | 35        | 35         | 10        | 35         | 9         | 35        | 159          |





A-10 volunteer in full race regalia



Eileen Hagan was in charge of issuing the donuts and coveted A-10 shirts.



## 1995 CLUB CHAMPIONSHIP SERIES

|                    |           |            |           |            |           |           |              |
|--------------------|-----------|------------|-----------|------------|-----------|-----------|--------------|
| John Strumsky      | 13        | 35         | 35        | 35         | 35        | 6         | 159          |
| Joseph Zepeda      | 12        | 12         | 35        | 35         | 35        | 35        | 164          |
| Chris Riley        | 35        | 35         | 35        | 3          | 35        | 35        | 178          |
| Bart Clark         | 35        | 35         | 35        | 35         | 5         | 35        | 180          |
| Jerry Pentoney     | 35        | 7          | 35        | 35         | 35        | 35        | 182          |
| Eric Fredland      | 35        | 35         | 35        | 9          | 35        | 35        | 184          |
| Joe O'Boyle        | 35        | 35         | 35        | 10         | 35        | 35        | 185          |
| Allen Veasey       | 10        | 35         | 35        | 35         | 35        | 35        | 185          |
| Ken DeGraffenreid  | 35        | 35         | 35        | 35         | 35        | 12        | 187          |
| Richard Smith      | 35        | 35         | 35        | 12         | 35        | 35        | 187          |
| Mike Long          | 35        | 13         | 35        | 35         | 35        | 35        | 188          |
| Clark Rehberg      | 35        | 35         | 35        | 14         | 35        | 35        | 189          |
| Michael Frank      | 35        | 35         | 35        | 15         | 35        | 35        | 190          |
| John Lucia         | 35        | 35         | 35        | 16         | 35        | 35        | 191          |
| Gerald Royce       | 35        | 35         | 35        | 17         | 35        | 35        | 192          |
| Jack Koletty       | 35        | 35         | 35        | 18         | 35        | 35        | 193          |
| John Bradford      | 35        | 35         | 35        | 21         | 35        | 35        | 196          |
| <b>Men 55 - 59</b> | <b>5K</b> | <b>10M</b> | <b>2M</b> | <b>10K</b> | <b>1M</b> | <b>8K</b> | <b>Total</b> |
| Michael McAusland  | 7         | 6          | 6         | 8          | 6         | 4         | 37           |
| Norm Lee           | 10        | 7          | 7         | 6          | 5         | 5         | 40           |
| John Pack          | 4         | 1          | 1         | 3          | 2         | 35        | 46           |
| Edward Klebe       | 1         | 9          | 2         | 4          | 4         | 35        | 55           |
| Amadeu Sanches     | 35        | 2          | 35        | 1          | 1         | 3         | 77           |
| Jim Noctor         | 3         | 3          | 35        | 2          | 3         | 35        | 81           |
| Lee Masser         | 12        | 10         | 8         | 35         | 7         | 10        | 82           |
| Ed Karlson         | 9         | 5          | 5         | 35         | 35        | 8         | 97           |
| Arnie Henderson    | 5         | 35         | 3         | 5          | 35        | 35        | 118          |
| Peter Salmon-Cox   | 35        | 4          | 4         | 7          | 35        | 35        | 120          |
| Ken Lyons          | 2         | 35         | 35        | 35         | 35        | 2         | 144          |
| William Derr       | 35        | 8          | 35        | 35         | 35        | 1         | 149          |

|                    |           |            |           |            |           |           |              |
|--------------------|-----------|------------|-----------|------------|-----------|-----------|--------------|
| Neal Hinkle        | 6         | 35         | 35        | 35         | 35        | 7         | 153          |
| Doug Joyce         | 8         | 35         | 35        | 35         | 35        | 6         | 154          |
| Robert Donald      | 11        | 35         | 35        | 9          | 35        | 35        | 160          |
| Don Stoddard       | 35        | 35         | 35        | 35         | 35        | 9         | 184          |
| Clair Morris       | 13        | 35         | 35        | 35         | 35        | 35        | 188          |
| <b>Men 60 - 64</b> | <b>5K</b> | <b>10M</b> | <b>2M</b> | <b>10K</b> | <b>1M</b> | <b>8K</b> | <b>Total</b> |
| Milt Taylor        | 1         | 35         | 35        | 35         | 35        | 1         | 142          |
| William Douglas    | 2         | 35         | 1         | 35         | 35        | 35        | 143          |
| Web Chamberlain    | 35        | 1          | 35        | 2          | 35        | 35        | 143          |
| Stanley Witomski   | 35        | 35         | 35        | 1          | 35        | 35        | 176          |
| Edgar Parker       | 35        | 35         | 2         | 35         | 35        | 35        | 177          |
| Ed Wintermute      | 35        | 35         | 35        | 35         | 35        | 2         | 177          |
| Brad Chapman       | 35        | 35         | 35        | 3          | 35        | 35        | 178          |
| <b>Men 65 - 69</b> | <b>5K</b> | <b>10M</b> | <b>2M</b> | <b>10K</b> | <b>1M</b> | <b>8K</b> | <b>Total</b> |
| Roy Elder          | 1         | 2          | 35        | 35         | 35        | 1         | 109          |
| Ben Moore          | 35        | 35         | 35        | 1          | 1         | 35        | 142          |
| Leon Johnson       | 35        | 1          | 35        | 35         | 35        | 35        | 176          |
| Harold Michaelis   | 2         | 35         | 35        | 35         | 35        | 35        | 177          |
| Rich Marshall      | 3         | 35         | 35        | 35         | 35        | 35        | 178          |
| <b>Men 70 - 74</b> | <b>5K</b> | <b>10M</b> | <b>2M</b> | <b>10K</b> | <b>1M</b> | <b>8K</b> | <b>Total</b> |
| Denzil Pritchard   | 1         | 1          | 35        | 1          | 35        | 1         | 74           |
| Guy Riccio         | 2         | 35         | 1         | 2          | 1         | 35        | 76           |
| Harold Jones       | 35        | 35         | 35        | 3          | 35        | 35        | 178          |

**Champ series through "Dog Days". Remember, the final standings are based on your best six races for the year. Any errors or omissions call Bob Walters: 544-7615**



Sue Briers, (4769) set the pace for Peter Salmon-Cox (2763).



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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 II, By-Laws of the Annapolis Striders*

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