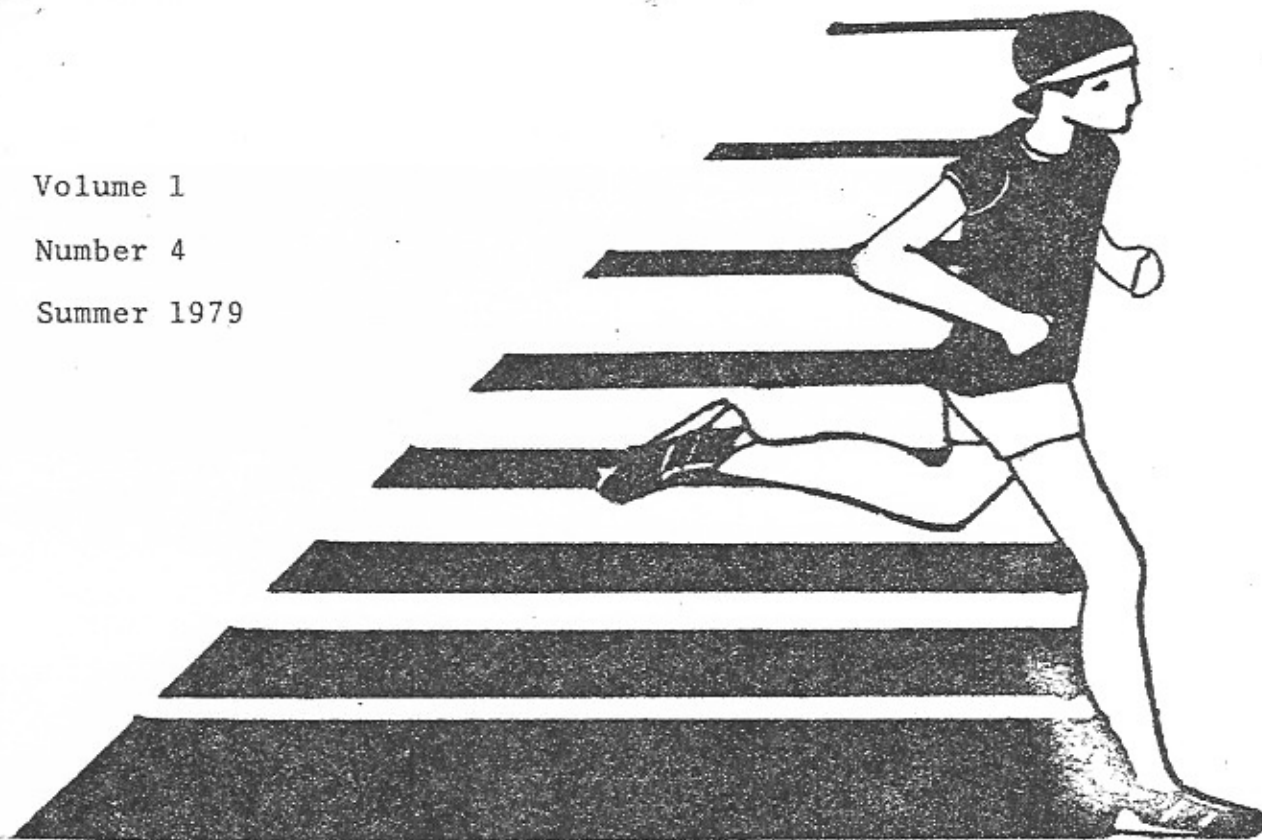


Volume 1  
Number 4  
Summer 1979



# *Annapolis Striders*

Annapolis Striders, Inc.  
Box 187  
Annapolis, Md 21404

Non-Profit Org.  
U.S. Postage

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# Annapolis Striders

Volume 1 Number 4  
Summer 1979

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Annapolis Striders, Inc.  
Box 187  
Annapolis, Md 21404

RON FISHER-	PRESIDENT
BEN MOORE-	VICE PRESIDENT
DOTTIE CAMPBELL-	SECRETARY
MIKE VAN BEUREN-	TREASURER

### COMMITTEE CHAIRMEN

Property and Awards...	Rob Bushnell.....	263-6241
Training and Clinic...	Ken Hatch.....	269-0592
Newsletter.....	John Kurpjuweit...	757-3331
Publicity.....	Linda Fisher.....	267-0269
Membership.....	Dick Hillman.....	269-0253
Race and Runs.....	Denny Anderson....	268-3013

## Ocean City, Maryland Saturday, September 29, 1979

**Distance:** Ten Miles  
Two Mile Fun Run

**Time:** 10 mile—9:00 a.m.  
2 mile—9:10 a.m.

### Entry:

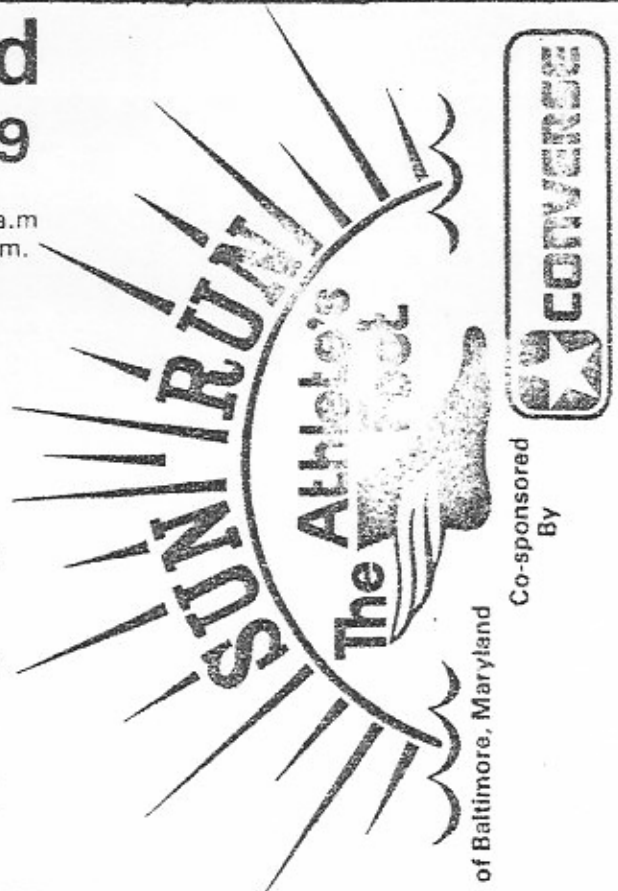
\$4.00 pre-entry registration (September 15, 1979 deadline)  
\$6.00 race day entry (registration 7-8:45 a.m. at Convention Center)  
Make check payable to Athlete's Foot Sun Run

### Course:

Ten miles flat out and back. Starts at Ocean City Convention Center at 4th Street. Times at every mile, refreshments at 2, 5, and 8 mile marks.

### Prizes:

Over a thousand prizes, open, men's and women's divisions. 1st place—weekend at Golden Sands Condominium; 2nd—warm-up suits; 3rd—running shoes; 4th—shorts; 5th—singlets. Equal men's and women's prizes in all divisions: Up to 29; 30-39; 40-49; 50-and-over. 1st place—running shoes; 2nd—shorts; 3rd—singlets; commemorative carry-all bags to first 200 finishers in 10 mile; commemorative T-shirts to all who enter before September 15 in both 10 and 2 mile. Shirt mailed to anyone who enters after September 15.



In consideration of your accepting this entry to the Ocean City Sun Run 10 mile I waive all claims for myself, my heirs and assigns against the Sun Run 10 mile sponsors and promoters for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in this race, and I am an amateur runner.

Remember to enclose \$4.00—No Refunds  
September 15—Mail entry deadline  
Race day entries will be \$6.00—accepted until 8:45 a.m.  
There will be no confirmation sent after you enter.

Please Print

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Age (day of race) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Check one race entered— 10 mi. \_\_\_\_\_ 2 mi. \_\_\_\_\_

Signature of Runner \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Race Number Assigned (official use only) \_\_\_\_\_

Mail to: Les Kinion, Sun Run Race Director  
P. O. Bx 11394-A, Baltimore, MD 21239

Pick up packet Fri, 9/27, 5 PM - 9 PM, Race HQ, Fenwick Inn, or race day, 7:30 AM - 8:30 A.M. starting line.

From The President:

It hardly seems like our club has been in existence for six months already, but it has. We have come a long way during this time, and hopefully, we will do a lot more over the next half year. We have accumulated a lot of equipment which we needed and which will improve the quality of our runs. Along with the Severna Park Fun Runners, we have finalized most of the planning for the Annapolis 10-Miler to be run on August 26th. This should prove to be a quality race, and it is my hope that as many of us as possible will participate, either as a runner or as a worker — we need both!

Attendance at our runs/races has improved considerably, but it could still be better. In an effort to try to meet the needs of all our members, our fall schedule has been designed to try and provide a little something for everyone. Our shorter fun runs will be geared to those of you who may still be "closet runners". These runs will be for the purpose of getting you started the right way and will be conducted by some of our more experienced members. These runs should be of benefit to those of you just beginning and should prevent you from developing a lot of bad habits as well as answer a lot of your questions. Come on out!

In an effort to accomodate those of you with marathon aspirations, we will conduct a clinic geared toward the "first time marathoner" to be followed by a series of training runs culminating with the Marine Marathon (specific details elsewhere in this newsletter). This program will require that you have a base of at least 10 miles. Those of you having accomplished that, I hope to see at our clinic.

As you can see, we have a very ambitious fall planned, and with your cooperation, it will be successful. Any questions you may have, I am at your disposal, so don't hesitate to call. I can usually be reached after 7:00 p.m. at 267-0269. See you on the roads!

Ron

So You Want To Run A Marathon!

Clinic for first time marathoners conducted by experienced club members to be followed by a series of long training runs concluding with the Marine Marathon or the marathon of your choice. Runners for this program should be able to do one 10-miler a week as a base.

USNA - August 30th

Chauvenet Hall - Room 116 - 7:30 p.m.  
(learn to enjoy the agony of defeat)

Discount Corner

Athletes Foot - Annapolis

10% off to all members  
on cash sales - shoes only!

Athletes Choice - City Dock

10% off to all members  
on all purchases

Ski House - Rt. 50 toward Bay Bridge

10% off to all members on all  
purchases - \$5.00 off on resole  
sales. Sign up for preferred  
customer status at store.



# RRCA MD/DC INTERCHAPTER CHALLENGE RACE

## Fun Run & Picnic

**Sunday, September 2, 9 a.m.  
Gunpowder State Park, Maryland**

*2.6 Mile Fun Run*—RRCA patches to all finishers.

Course: Flat, grassy path through woods next to river.

*9 Mile Interclub Challenge.* Competition among all MD/DC/RRCA chapters. All finishers count in team scoring for their RRCA chapter. Patches to all finishers.

Course: Hilly, macadam and dirt near Pretty Boy Reservoir & Dam.

The Baltimore Road Runners Club invites all Maryland RRC and DCRRRC members to vie for the MD/DC Chapter Championship. A family affair: Bring picnic lunch, bathing suits and a sense of humor.

\$1 entry fee. No pre-registration. Just come!

### *Directions:*

Take Baltimore Beltway (I 695) north to Rt. 83 North (Exit 24—York/Harrisburg Expressway). Go approximately 13 miles to Exit 27 (Hereford/Mt. Carmel Rd./Rt. 137). Go east on Mt. Carmel Rd. ½ mile to stop sign at York Rd. Go left on York Rd. about 1 mile to Bunker Hill Rd. (just past Hereford High School). Go left on Bunker Hill Rd. about one mile to river.

### *Questions??*

John Roemer, President, Baltimore RRC  
Rt. 1, Box 246  
Evna Road  
Parkton, MD 21120  
(h) 301-472-4197  
(w) 821-6473



## ANNAPOLIS STRIDERS FALL RUNNING SCHEDULE

Each month of the fall running schedule is divided into one fun run and one combined club race and fun run. The fun runs are for just the purpose implied by the name: to get the members out on the road to run for the fun of it. With that goal in mind, the advertized fun runs are set up so that a variety of distances are available from which to choose. In addition, experienced runners will normally be available to set various paces for those of you who wish to train at a specific pace, or try to develop a better sense of pace. The timer at the start-finish line is there to let you know how you did, compared to your expectations. If you couldn't care less about time and pace, ignore the timer. Awards and such will not normally be given for fun runs, nor will an entry fee be collected. Essentially, fun runs (and races, too) are social gatherings as much as they are running events.

### SCHEDULE

Sunday, 19 August, 8:30 a.m. - Annapolis Racquet Club. Last Annapolis 10-miler training run. Pool party after run. See summer schedule. Racquet Club is at the end of ADM Corcoran Road, off Riva Road.

Sunday, 26 August, 7:30 a.m. - Severna Park High School. Annapolis 10-Mile Run. Presented by Severna Park FunRunners-Annapolis Striders for the benefit of the American Heart Association.

Sunday, 9 September, 8:30 a.m. - Anne Arundel Community College. Fun run. Any distance up to 8 miles. Paced as needed. Track and timer available for beginner. Jog/walk, 1 and 2-mile. Director: Denny Anderson.

Sunday, 23 September, 8:30 a.m. - Annapolis Senior High School. Club Race. Tetrathon - 440, 880, 1-mile, 2-mile. Guaranteed minimum of 10 minute Rest between each run. Run on track. Members: 50¢, Non-Members: \$1.00. Also 1, 2-mile fun runs. Directors: Ron Fisher/Bob Shillingberg. (267-0269)

Sunday, 7 October, 8:30 a.m. - Annapolis Racquet Club. Fun run. Any distance up to 10 miles. Paced as needed. Stretching/exercise clinic prior to run.

Sunday, 21 October, 8:30 a.m. - Naval Academy (Field House). Club Race. Dermott Hickey Memorial "Double Dermott" (6.4 miles). See accompanying article. Fun run - 3.2 miles (single "dermott"). All proceeds to the Maryland Heart Association. \$1.00 entry fee. Directors: Ben Moore/Denny Anderson (268-3013)

Sunday, 28 October - Baltimore, Monument Relay. Baltimore to Hagerstown. Sponsored by BRRC. Challenge to all Maryland RRC's.

Sunday, 4 November - Washington D.C. Marine Corps Marathon. Start/Finish at Marine Corps Monument in Alexandria.

Sunday, 11 November, 11:00 a.m. - Anne Arundel Community College. Fun Run. Relay: 10-miles. Form teams at start line. Minimum of 2 runners per team; maximum of 5. Minimum distance 2 miles; maximum distance 8 miles. Children exempt from distance minimum. Objective is fun not serious competition. Director: Bob Bridges (974-6587)

Sunday, 25 November, 11:00 a.m. - South River High School. Club Race. Cold Turkey 20K. Members: 50¢, Non-members: \$1.00. A good tune-up for the Maryland Marathon. Fun runs of 1, 2 miles. School is located in Edgewater at the intersection of Central Avenue and Mayo Road. Director: Marty Rosenberg.

Sunday, 2 December, 10:30 a.m. - Baltimore Memorial Stadium. Maryland Marathon. THE distance running event in Maryland.

Sunday, 9 December, 11:00 a.m. - Annapolis Racquet Club. Fun run. 1,2,6 miles. One and two-mile events precede 6-mile. Directors: Randy Fox and Bob Shillingberg (956-5978)

Sunday, 30 December, 11:00 a.m. - Naval Academy (Field House). Club Race. Annapolis Striders First Anniversary 15K. Members: \$3.00, Non-members: \$4.00. Commemorative T-shirt to first 100 male/25 female finishers following race. Remainder of finishers may pick up T-shirt later at a designated location. Details in next newsletter. Directors: Dwight Fortier/Dean Given (263-6363)

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#### SANDY POINT STATE PARK

As many of you know, Sandy Point State Park turns out to be a convenient turn-around point for a variety of long mileage training runs. During one-half of the year, when the park is closed, no fee is collected for entry. However, when the park is officially open a 50¢ fee is collected for all vehicles and pedestrians entering at the gate. When you're on a training run, drinking water is the usual objective when on the park grounds. The fee of 50¢ to have access to water is a little steep.

Mr. Donald McLauchlan of the Maryland Forests and Parks Service, was asked to waive the entry fee requirements for runners/joggers who were obviously not intending to use the parks facilities, other than to run in for water and come back out through the gate.

Mr. McLauchlan and Representative Gerald Winegrad responded quickly to our inquiry. Runners/joggers may now enter Sandy Point State Park at the gate free of charge. Exit should be at the gate also to let the attendant know you're departing. We have confirmed that the attendants are honoring the new procedure.

Many thanks to Mr. McLauchlan and Representative Winegrad for their positive responses.

DERMOTT HICKEY MEMORIAL "DERMOTT"  
(a "Dermott" is 3.2 miles)

On October 21 the Striders are planning to conduct a Memorial "Dermott" run, in memory and tribute to Comdr. Dermott Hickey, USN (Ret.) one of our charter Strider members who was an inspiration to joggers of all ages. Dermott was always around to help out in training and fun runs. He was a source of helpful information, needed encouragement and exemplary self discipline. Dermott started his jogging program at age 60 to combat high blood pressure. His success in jogging is a matter of record in the John F. Kennedy 50 mile hike-run. Dermott had completed five consecutive 50 milers - all in less than the 14 hour time limit for recognition.

In 1976 Dermott laid out several courses through the Naval Academy "yard". One of those courses was his favorite run - the sea wall loop to Melville and Isherwood Halls and back to the Field House. This loop became well known throughout the "yard" as a "Dermott" (3.2 miles).

So, it is only fitting that in the preparation training season for the JFK 50 miler that we honor one of our key members with his run.

There will be a \$1.00 fee for all participants in the Memorial "Dermott". All the money taken in for the run will be donated by the Striders to the Maryland Heart Association in memory of our friend and jogging companion Dermott Hickey.

We are planning to have a single and a double "Dermott" race during this running program. (Remember, a double Dermott is 6.4 miles). Awards, funded by the Striders, will be given for various groups.

This is a worthy cause, a fine tribute and a memorial to one of our charter members. Let's all plan to at least run one "Dermott" 21st October!! Bring a friend - Pass the Word!!

BOTTLE & CORK HALF MARATHON (and 10K run)

Rehoboth Beach Delaware - 9:30 a.m. - Saturday, Sept. 8

Beach/Beer party following - \$3.00(?) entry fee.

Rob Bushnell is investigating the possibility of busing 40 Annapolis Striders to the event. Transportation is estimated to cost around \$8-10. For more information about the event, and/or if you are interested in taking an air-conditioned bus to the race, cal Rob at 263-6241.

## Books on running and conditioning

- Fitness After Forty.** Hal Higdon's new book. \$3.95
- Long Slow Distance.** Joe Henderson. \$2.50
- How They Train: Long Distance** (Shorter, Bedford, Puttemans, etc.). \$3.50
- Masters Age Records 1977.** ed. by Peter Munde. \$1.50
- Arthur Lydiard's Training Schedules.** \$2.00
- My Run Across the United States.** Don Shepherd. \$3.75
- Olympic Images.** Great photobook covering track & field at Montreal. Hard cover. Large size. Color & B&W photos. \$15.00
- How High School Runners Train.** Greg Brock, ed. \$3.50
- Teen-Age Distance Running.** Kim Valentine. \$2.50
- The Complete Runner.** editors of Runner's World. Hard cover. 395pp. \$10.95
- Computerized Running Training Programs.** \$6.00
- Conditioning of Distance Runners.** Tom Osler. \$1.75
- Dr. Shaehan on Running.** \$3.50
- Competitive Race Walking.** Ron Laird. \$4.50
- Interval Training.** Nick Costes. \$1.95
- Women's Running.** Dr. Joan Ulfvot. \$3.95
- The Runner's Diet.** \$1.95
- Exercises for Runners.** \$1.95
- Run Run Run.** ed. by Fred Wilt. 281pp. All training methods. 6th printing. \$4.50
- Food for Fitness.** \$2.95
- Super Food for Super Athletes.** A. Fleming. \$3.50
- Add 50¢ per book for postage and handling.

## Order from the RRCA.

Please print.  
Allow 4-6 wks. delivery.

ALL PROFITS HELP SUPPORT OUR EFFORTS AT PROMOTING LONG DISTANCE RUNNING.

Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### ORDERING INSTRUCTIONS

1. Payment must accompany order.
2. Check or money order (payable to Road Runners Club of America) please. For your own protection, do not send cash.
3. Please add postage as indicated.

QTY. ITEM ORDERED PRICE AMT.

QTY.	ITEM ORDERED	PRICE	AMT.

TOTAL \_\_\_\_\_  
ADD-POSTAGE \_\_\_\_\_  
TOTAL PAYMENT ENCLOSED \_\_\_\_\_

Mail to BILL HOSS, JR., RRCA MARKETING DIRECTOR, 463 MOCKINGBIRD LA., COLLIERVILLE, TN. 38017

## Shoe Patch



"Use a safe preserver that really works!"

- Easy to apply.
- Reduces leg and foot injuries.
- One tube good for many applications.
- Only \$3.25 a tube



Add 50¢ postage.



## RRCA T-SHIRTS

### NEW BREAST POCKET DESIGN

- (A) Red and blue logo design on a white shirt with blue trim.
- (B) Blue logo on a bright orange shirt. Very spiffy.
- (C) Large centered logo
- (C) Red and blue design on a white shirt with blue trim.

All shirts have ROAD RUNNERS CLUB OF AMERICA printed on the back. Specify sizes: S(34-36), M(36-40), L(42-44), XL(46).

\$3.95 each, plus 50¢ postage per shirt.

## Other RRCA items

- RRCA PATCHES** (see t-shirts logo). \$1.00 each, plus 25¢ postage per order. 75¢ ea. addl. patch. *Club Orders:* 50¢ ea. for 50 or more in a single order.
- BUMPER STICKERS.** Black printing on fluorescent-colored strip. Two for \$1.00, plus 25¢ postage per order. 50¢ ea. addl. sticker, regardless of quantity.
- RRCA DECALS.** Two for \$1.00, 35¢ ea. addl. decal, any quantity. Add 25¢ postage per order.

## "TIPS FOR THE BEGINNING RUNNER"

- Invest in a good pair of running shoes. The extra money will be worth the lessened probability of blisters or painful injuries.
- Don't overdo it. There's no need to push yourself to the point of excessive pain which will only dampen your enthusiasm.
- Run at the same time each day. It will eliminate the problem of finding time in your daily routine for exercise.
- Don't run on a full stomach. Wait at least two to three hours after meals.



+  
RESULTS OF CLUB RACE - 7/1/79

Winners  
10 K

Open Category

Stan Fletcher - Age 25 - 33:08 - First Place  
John Butterfield - Age 42 - 37:38 - Second Place  
Earl Price - Age 20 - 38:13

30 - 39 Category

Steve Steele - Age 32 - 41:11  
Mike Chamberlain - Age 35 - 41:39

29 and Under

Mike Van Beuren - Age 26 - 39:35  
Larry Dragon - Age 29 - 42:08

40 and Over

Ronald Fisher - Age 44 - 40:05  
Norm Lee - Age 44 - 40:11

Women

Priscilla Butterfield - Age 40 - 46:18  
Diedre Wagner - Age 23 - 49:21  
Debby Fox - Age 33 - 53:22

Other Participants - 10 K

Bob Brill - Age 41 - 47:45  
Jim Davis - Age 43 - 47:25  
Herb Gordon - Age 42 - 45:43  
Ben Moore - Age 53 - 46:28  
- Riccio - Age 58 - 56:21  
Allan Segree - Age 42 - 45:12  
Dan Spadone - Age 53 - 61:12  
Dale Vogel - Age 48 - 46:30

Virginia Conrad - Age 33 - 58:12  
Joy Danlin - Age 28 - 54:23  
Betty Moore - Age 50 - 57:04  
Beth Zehe - Age 36 - 56:56

Women

Two Mile Fun Run

Denny Anderson - Age 37 - 42:59  
Rob Bushnell - Age 37 - 42:23  
Ty Gieseemann - Age 32 - 48:54  
Chuck Goodman - Age 31 - 58:12  
John Hawley - Age 38 - 49:21  
Fred Jacoby - Age 38 - 45:42  
Mike Long - Age 35 - 51:06  
Dick Mangsse - Age 35 - 43:45  
Gif Munger - Age 35 - 44:11  
Dick Niewerth - Age 34 - 51:01  
Don Rosenshine - Age 36 - 43:14  
Jim Storey - Age 38 - 50:01  
Doug Walters - Age 35 - 41:46  
Jeff Zehe - Age 35 - 56:57

Ding Brannan - Age 45 - 15:07  
Nancy Burns - Age 31 - 13:39  
Robert Burns - Age 34 - 15:54  
Howard Crisy - Age 37 - 16:28  
M. Flynn - Age 35 - 17:06  
Jim Hearn - Age 32 - 13:37  
Bill Law - Age 51 - 13:56  
Scott Steele - Age 11 - 11:53  
Elaine Storey - Age 36 - 21:26  
John Storey - Age 33 - 21:26  
Andy Zehe - Age 11 - 17:53

40 & Over

30 - 39

29 & Under

Ron Fox - Age 27 - 45:25  
Greg Gehring - Age 19 - 54:55  
Stan Keith - Age 28 - 44:30  
Rick Woods - Age 24 - 45:30

The following are the results of the 10K race held at the Academy on Saturday, 28th of July.

Open Category

W First Place - Thomas Prendki - Age 22 - 36:16  
Second Place - J. Jacob Wind - Age 29 - 36:50  
Third Place - Mike Van Beuren - Age 26 - 38:01

I

30 - 39 Category

N

First Place - Brent Johnson - Age 38 - 39:51  
Second Place - Rob Bushnell - Age 37 - 40:24

N

E

Masters Category

R

First Place - Ron Fisher - Age 44 - 39:20  
Second Place - Norm Lee - Age 44 - 41:32

S

Women

First Place - Marie L. Earl - Age 23 - 44:17  
Second Place - Priscilla Butterfield - Age 40 - 47:34

---

Remaining Finishers

29 and under

Eric Peltosalo - Age 29 - 38:33  
Yong-sok-Choi - Age 18 - 38:58  
Mike Tierney - Age 28 - 40:11  
Jim Elfelt - Age 19 - 43:03  
Tim Elfelt - Age 27 - 43:12  
Mike Figns - Age 26 - 44:18  
Warren Cooper - Age 26 - 45:15  
Robert Pastrana - Age 29 - 47:01  
Michael McNew - Age 28 - 47:01  
Denie Brown - Age 28 - 47:01  
John Bolton - Age 28 - 49:13  
Jim Colsh - Age 29 - 54:00  
Dave Ryan - Age 26 - 55:20

30 - 39 Category

Jeff Schriver - Age 30 - 41:36  
David Bates - Age 31 - 41:40  
Steve Steele - Age 32 - 41:51  
Don Rosenshine - Age 36 - 41:56  
Greg Allen - Age 32 - 43:02  
John Bennett - Age 32 - 43:12  
Gif Munger - Age 35 - 43:20  
Walt Eilers - Age 35 - 44:45  
Peter Nelson - Age 32 - 45:53  
Chappy Lucas - Age 37 - 46:17  
Bob Wyatt - Age 36 - 47:38  
Ty Giesemann - Age 31 - 47:47  
Dave Kocyba - Age 33 - 47:12

Jim Storey - Age 38 - 49:18  
Ron Lord - Age 30 - 50:34  
Robert Frierson - Age 30 - 52:19  
Robert Mullen - Age 43 - 52:33  
Jim Magliano - Age 34 - 52:39  
Bert Kapinos - Age 37 - 57:42  
John Kurpjowett - Age 34 - 58:01  
Doug Jovan - Age 31 - 58:46  
Pete Horrigan - Age 38 - 62:13  
Larry Shebnell - Age 38 - 62:35

Masters

Jim Elack - Age 42 - 41:41  
Doug Burkhardt - Age 41 - 46:00  
Dale Vogel - Age 48 - 47:12  
Bill Law - Age 51 - 50:46  
Buck Cazwell - Age 45 - 58:17  
Guy Riccio - Age 58 - 61:25  
Ben Moore - Age 54 - 62:07  
Dan Spadone - Age 54 - 62:45

Women

Andrea Nelson - Age 33 - 47:58  
Linda Colsh - Age 32 - 54:00  
Deirdre Wagner - Age 23 - 55:41  
Betty Moore - Age 50 - 55:57  
Donna O'Neill - Age 21 - 59:06  
Helen Elfelt - Age 21 - 59:24  
Charlotte Hedgebeth - Age 26 - 62:48  
Barb Kapinus - Age 35 - 62:59

## THE SECRET OF S.W.I.P.

Runners were discussing the complexities of the training method advocated by Bill Squires. Many had become confused reading his pamphlet and dispaired of ever discovering the "secret" to the success of Rodgers, and other Squires' pupils.

Relax, the secret has been revealed by Zatopek, Cerutti, Lydiard and Van Aaken from whom Coach Squires has drawn heavily. He has attempted to reduce their ideas to a regimen which runners at any level can employ.

Working on a four day cycle one takes a long run on day #1, does fartlek on day #2, recovers with an easy run on day #3, finishing with a few 100-200 yard pick ups, and completes the cycle on day #4 running long intervals (i.e. 880's to 2 miles) at slower than 2 mile race pace. Two mile race pace is determined from your average performance over that distance during the prior six months. Each week the runner shortens the recovery jog between intervals rather than increasing speed. Quickness is developed during fartlek and with the pick ups at the end of day #3.

If you have been running for a year or two you will find doing days 1-3 rather easy as it is probably little different from what you are already doing. Day #4, however, will be difficult both physically and psychologically. However, it is the key to the program and must be done consistently. The physical load will be bearable and will produce the desired effect if you realistically appraise your anerobic capacity at the start of the program and do not run too fast. The psychological burden can be lightened by altering the lengths of the intervals both within a workout and also from work out to work out. This will reduce the anxiety associated with comparing work out times session after session. Don't worry if one interval session seems harder than prior ones or if the times are slower. Body cycles can't be expected to match the 4 day training cycle. If you feel tired take a day off but not the interval day. Skip day #1 or day #3, not days 2 or 4. Most of us have more than enough slow miles to our credit: what we need is tempo running and race simulation which is developed by fartlek and especially by long intervals. Start with 3-5 miles of fast running in each interval session. Sample work outs for a 70-80 mile/week trainer would be:

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>
15-20 miles	8-10 miles of fartlek, including some hills	8-10 miles easy finishing with 6 X 150	warm up then 4 X 1 mile; or 880, 880, 1 mile repeat; or 3/4, mile, 1-1/2; 6 X 3/4.

Recovery between intervals should initially be 4:00 for an 880, 5:00 for 3/4, 6:30 for a mile, 7:30 for 1-1/4, 8:00 for 1-1/2, 9:00 for 2 miles. Every third session shorten this recovery jog by 20 seconds for the mile and over and by 10 seconds for the 880.

Don't be afraid to take a day off. You'll be able to run much harder the following day and derive more benefit from the more intense effort. Resting between hard days is really no different than resting between intervals or slowing between surges in fartlek.

Intervals need not be run indoors and should not be run on small tracks with tight turns. Mark off approximate distances along a road with your car if necessary. Your body will benefit just as much from doing 4 X 1-1/10 or 6 X 13/16. The secret is consistency and patience. Any questions refer to "World Class Formula for Running Development", by Billy Squires. Also of value is "Training with Cerutti" by Larry Myers obtainable from Runner's World.

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ARE YOU THINKING ABOUT A MARATHON IN THE FALL? YOU COULD USE BILLY SQUIRE'S "S.W.I.P." PROGRAM OR

"Marathon Conditioning Training" and the training schedules taken from the RUNNER'S BIBLE by Arthur Lydiard, one of the most noted authorities on long distance running in the world. Their training should prepare one for a very solid effort.

If you do not care to follow those prescribed programs exactly, and you want to "get through" a marathon, then I suggest the following:

a few months building up a base, ie-wks of 35 miles total, with the average pace about 7 1/2 mins per mile  
about 12 wks, with mileage gradually increasing to 70 to 65 miles per week, which includes one run a wk of 15 miles or more distance....pace 7 1/2 to 8 1/2 for long run

try to make the long 15 mile + workout steady and continuous, but for some of your other runs during the week, you can break a few up into double workouts.  
However, you should do a steady 8 and 10 mile run during the latter stages of your 12 week buildup.

SAMPLE:

Mon	10	
Tues	8	You should be able to "struggle through"
Wed	12	a marathon on the sample program I suggest.
Thurs	8	One rule of thumb: you should be able to
Fri	6	race triple or 3 times the average daily
Sat	15	distance that you train. e.g. 9 miles per
Sun	7	day, you should be able to run 27 miles,

which is "gravy" for the 26.2 mile marathon.

"Theory of Distance Running Training" is another program by Tom Osler, a noted American long distance runner and coach. See Types of Running, Basic Plan, and Base Conditioning.

Joe Henderson's "Training for the First One" from a 1978 issue of Runners World is but another sample program for distance runners.



# SEVERN RIVER RUN

SPONSORED BY



# Natural Light BEER

KATCEF BROTHERS  
Distributors

## RACE DETAILS

**Directed by:** Lt. Joe Link, USN Officer  
Representative USNA Distance  
Running Club

**Date:** Sunday, September 16, 1979

**Place:** United States Naval Academy  
cross country course

**Time:** 8:30 a.m.

**Entry Fee:** \$4.00 if mailed before Friday,  
September 7, 1979...post-entry  
fee day of race, before 8:00 a.m....  
\$5.00. Send entry to: Lt. J.W.  
Link, USN Physics Department  
USNA, Annapolis, Maryland  
21402. Make checks payable to:  
Severn River Run.

**Registration:** Pre-registrants may pick up run-  
ners packets on Saturday evening  
at USNA, Rickover Hall and  
before 8:00 a.m. day of race at  
starting line.

- Merchandise awarded to top ten male and female finishers and top three male and female seniors (forty and over) and juniors (13 and under)
- T-shirts to all participants

TO Baltimore



**Course:**

Ten mile race starts at the United States Naval Academy cross country course (golf course). The first 4.5 miles are on hard surface dirt roads with a series of hills — the perimeter of the golf course. The remaining 5.5 miles are over the Old Severn River Bridge, through gate 8 of the Naval Academy and along the Severn River seawall. The finish will take place at the historic Annapolis City Dock where awards presentation will be held. **Transportation provided back to starting line at finish of race.**

**Parking:**

Convenient parking will be available at the starting line. Follow signs.

**Results:**

Sent upon request.

**Runners Evening:**

Running Clinic and Movie  
Free Natural Light Beer  
Held at U.S. Naval Academy  
Room 102/103 Rickover Hall  
7:00 p.m.

**Additional Information:**

Call evenings: 849-3551  
263-5137

## Entry Form

**Return entry form with remittance to: Lt. J. Link, Race Director  
Physics Department, USNA, Annapolis, Md. 21402**

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge the United States Naval Academy, the City of Annapolis, the USNA Distance Running Club, Anheuser-Busch Natural Light, their employees and officials for all claims and damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event.

I attest and verify that, I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_

(Parent's signature required if under 18 years of age)

Please Print

Phone \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Name \_\_\_\_\_

Best ten mile time \_\_\_\_\_

## A WOMAN DOCTOR'S DIET FOR WOMEN

--by Barbara Edelstein, M.D.

If you're an overweight woman who has struggled unsuccessfully with diets devised by male doctors, I'm willing to bet that a big part of the reason you're still fat is that you've never been told this simple fact: *A woman burns calories half as fast as a man, for the same amount of exertion.* The reason: A woman's body is composed of a higher proportion of fat to muscle than a man's and muscle mass requires five more calories per pound to maintain itself than fat or connective tissue. Men are usually heavier and taller than women, but even the smallest man has more muscle per unit of weight than the largest woman.

This means that while a woman's appetite is the same as a man's, she needs only half the amount of food to maintain her weight. How can an overweight woman fail to get discouraged, when male doctors ignore such a fundamental truth of biology--and blame her slow weight loss on self-indulgence and lack of willpower?

I used to ask women to bring their husbands to my office, so I could enlist their aid and support. I would spend hours talking to them about their wives' physiology and the consequent fat storage, only to have them nod in a bored way as they waited for an opening to tell me how they lost weight by simply switching from beer to bourbon or from steak to fish. Almost any man can lose weight by simply cutting out desserts, cutting down on bread and potatoes, and not eating between meals. With these minor concessions, he can lose rapidly no matter how fat he is. But a woman who sets out to conquer a weight problem is embarking on a long, tedious, often frustrating quest. Here are some reasons why:

**BIOLOGICAL:** There is no escaping the fact that women are designed to contain babies. Thus, nature has seen to it that we will never be without fat. She has decreed that we will always be padded with a soft cushion of subcutaneous (under-the-skin) fat in case the fetus needs extra food, protection and heat. It doesn't matter if you never bear a child; nature will pad you anyway, just in case. That's why, when you're dieting, it's so difficult to lose those last few pounds.

**HORMONAL:** The female hormones that give you your beautiful skin and good bones--and

maybe protect you from heart attacks--are the same ones that make it easier for you to convert food into fat than it is for a man. Estrogens and progesterones are naturally fat-producing and fat-hoarding hormones. Even if your ovaries (which produce the hormones) have been removed, the adrenal glands will take over and secrete estrogen-like hormones for the maintenance of body fat.

If you're taking birth-control pills, whose operative ingredient is estrogen, you will be 10% likelier to convert food into fat if your weight is normal, and close to 20% more likely if you tend toward overweight--and this is not even taking into account the fluid-retaining properties of both estrogen and progesterone.

**SOCIAL:** Some women blame their extra pounds on having to feed a family three meals a day, thus thinking about food morning, noon and night--buying it, preparing it, seeing that it gets eaten and cleaning up afterwards. But you can't put all the blame for overweight on proximity to food. A chronic overeater will manage to get her excess calories somehow, even if she works outside her home during the day. She'll overeat when she gets home at night, or on weekends. If her husband enjoys cooking as a hobby, she may feel she has to eat everything he makes, so as not to hurt his feelings. Inappropriate responses to food cues plague any would-be dieter, whether she is at home, at a friend's, or at a job. Since food is always available--if only from the candy machine at the office--the would-be dieter will always find a reason to eat.

**APPETITE:** Unfortunately, the fact that women need fewer calories than men does not mean female appetites are smaller. Appetite depends entirely on the individual. So many psychological variables influence hunger that it is almost impossible to measure appetite objectively. All we can be sure of is that a woman can, and often will, eat as much as or more than a man.

This article includes three diets. If you are interested in them, please send a self-addressed, stamped envelope to Suzy Alexander, Rt. 5, Box 79DA, Chico, CA 95926.

Reprinted from *Chico Running Club Newsletter*.







### KNOW THE FACTS ABOUT HEAT:

Hyperthermia (heat stroke, heat exhaustion, muscle cramps) can be deadly. It doesn't take long for a person to die, and a runner can collapse in less than five minutes after the onset of symptoms. The symptoms are:

- a. dizziness
- b. dry skin - no sweating
- c. redness
- d. nausea or cramps
- e. goose bumps on chest and arms
- f. incoherent speech and thoughts

When any of these symptoms occur, do the smart thing, have your race for a cooler day.

Hyperthermia can affect any runner, in any kind of shape, during a race or hard workout. It's not only the unconditioned, unacclimated runner that will suffer.

Hyperthermia can occur on days when you might not expect it. The rapid rise in body temperature occurs when the body's natural cooling mechanism, evaporation, stops because the body has lost too much of its fluids through sweating. Research has shown that the rate of loss of body fluids is not substantially changed from temperatures of 70° up. A temperature of 60° and high relative humidity can be just as dangerous as 90° and low humidity.

### WHAT CAN BE DONE TO MINIMIZE THE EFFECTS OF HEAT ON A RUNNER?

1. During the hot weather season, keep body contents of magnesium and potassium high. These minerals occur naturally in foods such as mushmelon, watermelon, tomatoes, carrots, and cucumbers.
2. Wear cool clothes. Loose fitting cotton, tank top t-shirts with large breathing holes are best. Avoid nylon shirts, they retain heat.
3. Cool off before the race. You might as well start with a slightly depressed temperature.
4. Before the race drink plenty of fluids. The American College of Sports Medicine suggests 13-17 fluid ounces 10 to 15 minutes before competition.
5. Drink plenty of fluids during the race and afterwards. Drink frequently during the race. Toss water on your body during a race. This aids evaporation and cooling of the body.
6. Most importantly, choose your hard races for times when you'll be most likely to run well. Avoid hard efforts in races that have hot and humid weather. Avoid races that start late in the morning or during the afternoon in the summer and hot weather months of spring and fall.



# 4th ANNUAL ANNAPOLIS 10 MILE RUN

SUNDAY, AUGUST 26, 1979-7:30 a.m.

SPONSORED BY: ANNAPOLIS RACQUET CLUB

 FIRST FEDERAL SAVINGS  
& Loan Association of Annapolis

PRESENTED BY: SEVERNA PARK FUNRUNNERS-ANNAPOLIS STRIDE  
FOR THE BENEFIT OF: THE AMERICAN HEART ASSOCIATION  
ALL PROCEEDS TO BENEFIT ANNE ARUNDEL CO.



**PLACE:** Severna Park High School-Evergreen and Robinson Roads,  
Severna Park, Maryland

**DIRECTIONS:** West from the Washington area take route #3 to Benfield  
Blvd., east 4 miles to high school. South from Baltimore area  
take route #2 to Robinson Road, south 1 mile to high school:

**TIME:** Race Packet Pickup .....6:30 to 7:15 a.m.  
Race starts ..... 7:30 a.m.  
Refreshments and ceremony..... Finish of race

**ENTRY:** \$6.00 INDIVIDUAL FEE POSTMARKED BY MIDNIGHT AUG. 5th  
CUT OFF 2000 NO REFUNDS—NO UNOFFICIAL RUNNERS  
NO TEAM ENTRIES—NO RACE DAY ENTRIES  
ALL ENTRANTS WILL RECEIVE CONFIRMATION BY AUGUST 12th

**AWARDS:** T-SHIRTS TO ALL FINISHERS—10 DIVISIONS

**COURSE:** 10 mile scenic rolling hills starting at Severna Park High  
School and finishing at the Navy, Marine Stadium.

**RECORD:** DAN RINCON 50:25 MARGE ROSASCO 62:59

Transportation provided back to high school at finish of race if needed.

MAKE CHECKS PAYABLE TO: ANNAPOLIS 10 MILE RUN  
SEND APPLICATION TO: P.O. BOX 699 SEVERNA PARK, MD. 21146

DIVISION          
OFFICIAL USE ONLY

SEX  M  F  
AGE AS OF AUGUST 26, 1979

LAST

STREET

CITY             STATE   ZIP

In consideration of the acceptance of this entry to the Annapolis 10-Miler I waive all claim for myself, my heirs, and assigns against the Annapolis 10-Miler sponsors or promoters. I further state that I am in proper physical condition to compete in this race, and I am an amateur runner.

Signature of Runner \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

FIRST           MI

T-SHIRT SIZE  
 S  M  L  X

# 4th ANNUAL ANNAPOLIS 10 MILE RUN

SUNDAY, AUGUST 26, 1979-7:30 a.m.



Less than one month remains until the biggest public event in the brief history of the Annapolis Striders. We are co-conducting the 4TH ANNUAL ANNAPOLIS 10 MILE RUN with the SEVERNA PARK FUN RUNNERS. Many Striders have been working on the planning and administration of this Race since late February. The Race Director, Randy Fox, is also a Strider. The net proceeds of the event will be used by the American Heart Association to purchase a defibrillator to facilitate and expand a jogging program for cardiac patients conducted at the Anne Arundel Community College. Twelve hundred people from all over the east coast have already entered this classic road race. No more than 2000 runners will be accepted. The Run was planned and is being conducted under the sanctioning guidelines adopted by the Road Runners Club of America in New Orleans in February. Further-

more, the organizers have addressed each of the 20 key elements listed in the article entitled "What Does It Take To be The Best" of the April, 1979, Runner's World.

REGISTRATION DEADLINE IS MIDNIGHT, SUNDAY, AUGUST 5, 1979

The Annapolis Striders will be conducting two more formal training runs for entrants on Sunday, August 5th and Sunday, August 19th at 8:30 AM at the Annapolis Racquet Club. There will be a pool party for entrants following the run on the 19th. An open house at the Annapolis Racquet Club for entrants to pick up their registrations packets will be held Saturday, August 25th, 5 PM to 9 PM. All entrants will receive a thorough and comprehensive information and confirmation sheet by August 12th. ENTER NOW!

Annapolis Strider entrants should seriously consider wearing the club T-shirt or tank top in the Race on the 26th. Use the membership application in this issue as an order form or stop at the Athlete's Foot on West Street to get your shirt. Both items are quite distinctive and are sold by the club at cost.

While ALL Striders are primarily encouraged to enter the Race, we do have another means through which you can participate. If you are injured or if you have some other "legitimate" excuse for not running, you may receive dispensation by offering your services as a worker. It takes a lot of people to make a race a successful, safe, and memorable event. Spouses, kids, parents, neighbors, and friends are also encouraged to volunteer. We're counting on YOU. CALL NOW.

TASK	LOCATION	#	SUPERVISOR	
Registration	Ann. Racq. Club [8/25]	10	Donna Jay	647-6635
<u>SUNDAY, 8/26:</u>				
Registration	Sev Pk Hi Sch	10	Donna Jay	647-6635
Set-Up & Clean-Up	Navy Stadium	10	Herb LeMoyne	841-6258
Parking Monitors	Sev Pk Hi Sch	15	Jim Magliano	647-8957
Aid Stops	Along Course	30	Scott Jay	647-6635
Splits	Along Course	10	Rob Bushnell	263-6241 269-3656
Security Monitors	Navy Stadium	10	Jim Magliano	647-8957
Chute-Workers	Navy Stadium	25	Jim Magliano	647-8957
Refreshments	Navy Stadium	25	Shirley Lieberman	269-0145
Public Address Spotters	Navy Stadium	5	Dick Hillman	269-0253 224-1316