

# STREAK

december 1980

volume II

number 5



## ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.  
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# "STREAK"

# ANNAPOLIS STRIDERS

volume II number 5

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The STREAK, a bi-monthly publication, is the official communicative device of the Annapolis Striders, P.O. Box 187, Annapolis, Maryland 21404. Letters to the Editor, as well as other articles, are heartily solicited and may be sent to the above address. Permission is hereby granted to reprint any article appearing herein provided that the source is acknowledged. Permission cannot be extended for material from a copyrighted source.



# PRESIDENT'S PRATLINGS

I would be remiss if I did not share with you a report of the unselfish dedication which your fellow club members have displayed since the last newsletter in August. I hope you will join me in thanking them and in wishing them both fast times in '81 and spare times in '81 to do more Strider good deeds.

BEN MOORE - for his cajoling of, patience with, and inspiration to Moore's Marines.

ROB BUSHNELL - for planning and administering such perfect hospitality for our Cambridge/Oxford University XC guests.

RANDY FOX - for readily accepting the chair for the Annapolis Run Course Review Committee and for completing his assignment so expeditiously.

ERIC PELTOSALO & ROB BUSHNELL - for making the Olympic film/pizza party at Buzzy's such an outstanding social and financial success.

WALT EILERS - for being one hell of a race director and catapulting the Annapolis Run into the forefront of American ten milers.

NANCY WADDINGTON - for her uncomplaining but never-ending toils as the Striders paperwork commisar.

DON WADDINGTON, BILL LAW, MARTY ROSENBERG, RICK ROHRBACH & STEVE HULL - for making even the simplest of Striders bi-weekly events special occasions for all participants.

GERTE SPADONE - for organizing the most boisterous, energetic and effective aid stop the Maryland Marathon has ever experienced.

MIKE VAN BEUREN - for sticking to the interval workouts and endeavoring to extract the best out of everyone in the club no matter who they had previously regarded their level of ability.

There, of course, have been others and their efforts are equally appreciated. As I have said before, there is no magic in a leading a club where volunteers so readily step forward!

The subject of leadership leads handily to another topic. The Annual Meeting will be Sun, March 22nd at the Naval Academy. The Board will appoint a Nominating Committee at our meeting on January 12th. If you would like to serve on either the Committee or as an officer of the club, please let me know.

The Annual Meeting could have some interesting business affecting the future directions of the club. A proposal to establish a "home track" could be ready by then. Matters related to open/amateur/professional running must be resolved. By-law amendments concerning subordinate or affiliated groups may be necessary.

The Race/Run Committee has planned an active schedule throughout the Winter. I trust that none of you will permit the cold, the wind, or the darkness to deter you from your daily run. Some of the most beautiful times to be out occur at the rising and setting of the sun in January and February. Set a Winter's goal to keep yourself out on the roads. How about the Shamrock Marathon (flat) on Saturday, March 14th, Virginia Beach. Many of us are planning to go and Randy Fox says that no one will come back as sober as when he left!

Whatever your goal may be, have a great Winter season and a Happy New Year.

*Dick Hillman*



# EDITORS REMARKS

The new staff of the Annapolis Striders' Newsletter is pleased to present what we hope will be an interesting and informative issue. We plan to publish the newsletter bi-monthly and will need your help in doing so.

If you refer to the Table of Contents, you will see that we have incorporated a number of categories for stories, including Training Tips, the President's Message and Cooking on the Run, which will bring you recipes. We hope you will suggest other topics.

We invite your comments and input. If you have a question about running, please send it to us and we will find and print the answer. We also welcome letters to the editor.

We need help not only in writing and collecting articles for the newsletter, but also in assembling and mailing. If you are interested in helping, please call the Striders' Hot Line, 268-1165, and leave your name and telephone number.

## DEAR ALICE

Dear Alice invites your letters to the editor. Its your forum for feedback of comments, questions or information. Address your envelopes to: Dear Alice

c/o Annapolis Striders  
P. O. Box 187  
Annapolis, MD 21404

## MONEY NEWS

Our Treasurer reports that the Olympic Pizza Night was a great success and that we were able to donate \$142.50 to the USNA Cross Country team. Future similar events are in the making.

# RUNNING SHORTS

"Gert's Crew" Thanks to Gert Spadone's great organizational ability (not to mention all her time and effort) she managed to keep in line a 20+ crew of water passers, gatorade pushers, orange quarterbacks, sanitation engineers, and cheerleaders at the turn-around aid stop at the Maryland Marathon. You should have heard the roars as our Striders went by. All had a great time exchanging their running stories and participating in this rewarding activity. Congrats and thanks to Gert and her crew for a job well done!

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If you have an interesting, funny, amusing, or informational story that you'd like printed here; call Lee Turowski at 757-4793. We'd like to spread the news on how you're 80 year old grandmother completed a marathon or how you got lost on your last race, etc.

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### THANKS

Our thanks go to VIDEO CONCEPTS and the ANNAPOLIS MALL for providing the Video tape player and technical assistance for the Pizza Night at Buzzy's.



# COOKIN' ON THE RUN

## "COOKING ON THE RUN"

Here's a tangy thirst quencher for after your long run:

### 'COLA'

Combine one defrosted 12 oz. can each of:

- C ranberry juice
- O range juice
- L. mande
- A pple juice

in a large bowl (over 8 quarts). Add four cans of water for each can of juice. Mix well and pour into containers. Store in refrigerator. Makes 2 gals. of 'COLA.'

---

Per Yvonne Assen--this is great for a cross country team. Call Lee Turowski with your favorite running recipes at 757-4793.

## BOOK LOOKS

Editors of Runner's World Magazine. The Complete Woman Runner. Mountain View, CA: World Publications, 1978. 443 p.

Containing a wealth of information for the beginning runner, The Complete Woman Runner could also have been titled The Complete Runner. Topics covered include the psychology of running, training, injury prevention, and a discussion of the women's running movement.

Although geared primarily for women runners, much of the advice can be applied to men and women alike. A majority of chapters are written by women marathon

runners with particular encouragement for those who are just starting. The chapter on injury prevention seems exceptionally good and includes a table of primary injuries with outlines for early treatment, extended treatment and healing time. Other chapters - without becoming impossibly technical - outline human biochemistry and tackle with good objectivity the proposition that women have the potential to be the better endurance runners. Finally, if all else fails to pep you up, the last 100 pages are a series of profiles of 50 American women runners. Informative, interesting, and a fun book to browse.



# TRAINING TIPS

## INTERVAL TRAINING BENEFICIAL TO EXPERIENCED RUNNERS

TRAINING TIPS by Eric Feltosalo

There are three well defined reasons to work out in interval training at least once a week.

The principal value of interval training is to increase your anaerobic capacity-exercise which requires you to get out of breath and accumulate an oxygen debt. By stressing your body at an anaerobic capacity it adapts to aerobic (using a lot of oxygen) work for endurance running.

Another function of interval training is to provide exercise for fast twitch muscle fibers. You're born with your own amount of fast and slow twitch muscles. You can't change the amount you have. The slow twitch are the ones you use for endurance type running. Periodic speed workout exercise can train the fast twitch fibers so when you want to use them they're available.

A third advantage gained from intervals is psychological. Once you know you can maintain a given distance faster than race pace, its easier to run fast at race pace because you know you can do it!

Speed work shouldn't be attempted on any kind of beginners base. You need to be running a base of 30 to 35 miles a week before you should consider interval training.

Beginners who have worked up to a steady base of 20 miles or more a week might consider fartlek (speed play) about once a week. Pick a distance-the fire hydrant or the end of the block-and run it as fast as you can.

Neither beginners or experienced runners should attempt interval training until you have warmed up 15 to 20 minutes with a jog. Jogging for

ten minutes after is important too. Stretch before and after so you don't "knot up."

Racing every couple of weeks is not really good speed work in itself. Intervals, however, can help you develop speed for racing. You're invited to interval training Wednesday evenings with the Striders. Come and observe and see if you're ready for it.

## THE BEGINNING JOGGER

YOUR FEET

with special thanks to Ken Hatch, D.P.M.

Human feet consist of a complex combination of bones, muscles, ligaments, and blood vessels. Yet, despite their intricate composition, human feet are able to withstand immense stress and shock. Running, for example, causes an impact of 1100 pounds per square inch at the heel strike area. Fortunately, basic footcare is not difficult, and perhaps because of its simplicity, too many people ignore their feet. If the pun may be excused, the following tips will help you start off on the right foot.

- Never jog or run in a non-running shoe. Your foot needs all the support and cushion it can get. Try to buy your shoes near the end of the day when your feet have swollen to their largest. Since one foot will be slightly larger, be sure to try on both shoes. Walk (jog?) around the store to make sure the shoes are comfortable. If the heels of your running shoes are worn, it's time to get new shoes. You're doing your feet no favor by running in worn heels.

- If you do wear socks (not everyone does), wear cotton socks, not nylon or stretch socks. Cotton absorbs moisture better.

- Pain is a signal that something isn't quite right. Stop and evaluate your training program. If you do injure your foot or turn an ankle, the key to minimize swelling is ICE - ice, compression and elevation.

# BOARD ACTION

## SYNOPSIS OF BOARD ACTION

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### SEPTEMBER 9th

- \*\*\*\*\* First Aid Kit to be purchased Race/Run Committee - \$50 value.
- \*\*\*\*\* Arrangements to be made to feed Cambridge/Oxford University cross-country athletes visiting from 9/20-9/26. Board to host potluck dinner 9/24.
- \*\*\*\*\* Annapolis Run. '80: entrants -2468, finishers - 1784, rejects - 321. '81: Walt Eilers selected as Race Director. Entries to be accepted after March. Committee to be appointed to review proposed course changes.
- \*\*\*\*\* Running Times confirmed as Cold Turkey sponsor.
- \*\*\*\*\* Balance, 8/31 - \$1,475.17.

### OCTOBER 6th

- \*\*\*\*\* Event in conjunction with Hash Hound Harrietts (of D.C.) authorized.
- \*\*\*\*\* New club singlets and tee-shirts with re-worked lettering to be ordered.
- \*\*\*\*\* Instruction on third class mailings to be prepared.
- \*\*\*\*\* Participation in Maryland Marathon approved: Striders' to do turnaround aid stop and have  $\frac{1}{4}$  page ad in program.
- \*\*\*\*\* Balance, 9/30 - \$1700.46

### NOVEMBER 10th

- \*\*\*\*\* Annapolis Run. '80: 190 singlets re-ordered due to improper sizing by manufacturer, will bill us only 1/3 of previous per shirt price.
- '81: New course authorized contingent upon receipt of necessary approvals by 1/12/81. Course to be out-and-back from stadium thru downtown Annapolis and across old Severn R. Bridge, last 2 miles to be same as present course.
- \*\*\*\*\* Preliminary approval given to having the Severn River Run become an Annapolis Striders event and being part of the national Anheuser-Busch  $\frac{1}{2}$  marathon series to be known as the "Anheuser-Busch Severn River Half Marathon" and conducted 9/27/81, Sunday.
- \*\*\*\*\* Striders to offer to Naval Academy Alumni Association our services in conducting a fun run for alumni Homecoming weekend similar to that which John Butterfield has been doing for four years.
- \*\*\*\*\* List of after-dark running companions to be posted on club bulletin boards at Athlete's Foot.
- \*\*\*\*\* Balance, 10/31 - \$1,631.39.

## RULES FOR 1981 CLUB CHAMPIONSHIP SERIES

The series this year will have seven races; 5k, 10k, 20k, 5 mile, 10 mile and a metric marathon (16.4 miles). The 5k, 10k and the 5 mile races will be held in warm weather. The 15k and 20k will be part of the winter running schedule. The 10 mile and the metric marathon will be held in the spring.

You will accumulate points for the entire series. Your points will not be your overall finish, but your finish in your age group. You will be able to throw out your TWO worst scores (races). You do not have to be a winner to place high in your age group as attending as many races as possible is to your advantage.

Anyone working a race will be given the opportunity to run the course and have their time recorded for the series race.

Your age this year will be based on the date of the first race - March 1, 1981. You will run in that age group for the entire year.

The age groups for the yearly awards are:

Men - 14 & under; 20 - 29, 30 - 34; 35 - 39; 40 - 44; 45 - 49; 50 & over.

Women - 14 & under; 15 - 19; 20 - 29; 30 - 39; 40 - 49; 50 & over.

There will be special awards given to persons running all 7 races. The awards given out at each race have nothing to do with the yearly awards. Each race director decides the awards for "his" race.

# SO YOU WANT TO RUN A MARATHON

(Moore's Marines Did)

It all started on 1 August 1980 and the initial idea was to convince 3 or 4 ladies that they could run a Marathon. The day of the first training run that modest group grew to a platoon of 20 men and women ranging in ages from 25 to 55.

Our goals were set forth from the first day:

1. To run the Marine Marathon.
2. To complete the Marathon.
3. To run the Marathon as a group from start to finish.
4. To run at a pace compatible with the entire group (10 min/mile).
5. To enjoy the Marathon while we were running it.
6. To not get hurt doing the Marathon.
7. To make the total event a memorable and pleasant experience.

To accomplish those goals it was necessary that we all set another goal on day one - to sincerely try and follow the training schedule established. Guidelines were established for a weekly routine of hard - easy runs to be done on an individual basis. But on Saturday and Sunday mornings at 7AM we met as a group at the Annapolis Mall Shopping Center - Equitable Trust Bank parking lot and did our long slow distance running; out Route 450 (Defense Hwy). Saturdays were the days to do the long runs and each Sunday we did a 10 miler. Saturday runs were incrementally increased to build up from an 8 mile run to a 20 mile run two weeks before the Marathon.

Along with the dedication shown by the trainees there was a dedicated group of volunteers who supported us with water and coke; Liz Taylor, Guy Riccio, Dan Spadone, Linda Simpson, and Randy Fox.

And the result of all this team effort??? Well on 2 November 1980 at 0900 the following gang from Annapolis wearing pink "T" shirts which said "Moore's Marines" took off with 9100 other marathoners;

Ben Moore, Betty Moore, Gerte Spadone, Debby Fox, Nancy Waddington, Anne Barnett, Carlotta Crosbey, Donna Jay, Liz Barclay, Beth Zehe, Carol Huddy, Bucky Cadell, Delma Miller, Judy Taylor, Diane Kettish, Betty Impellizzerri, Sue Patton.

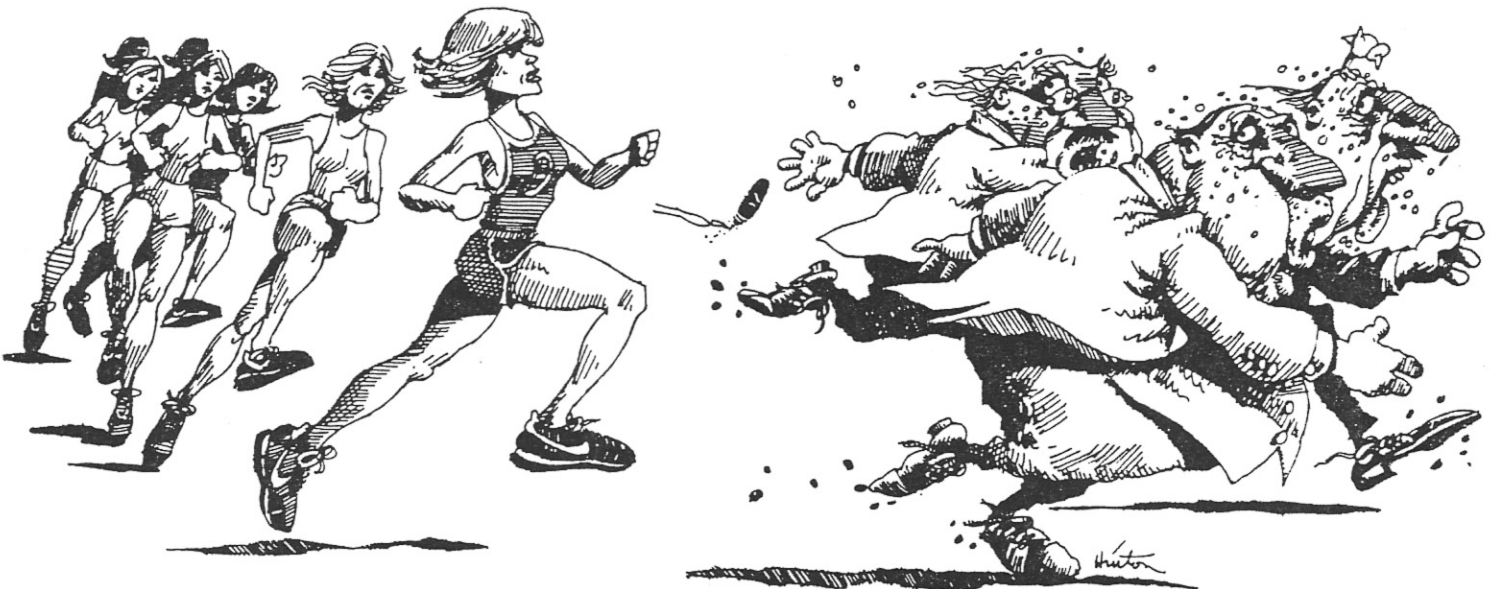
Other Striders who ran with us but who could not make all the training runs were Beth Gordon, San Chastain, Doug Early, Doug Raper, Chuck Cochran. Also, Donna O'Neill who lives and trains on the Eastern Shore joined our the 20 mile point and finished with us.

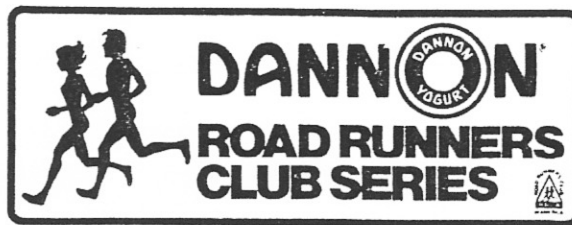


The proof that training pays off - all those who started completed the Marathon - with the help along the way from Larry Taylor, Dan Spadone, Don Waddington, David Zehe, Ralph Crosby, Dick Hillman, Kathy Bridges, Scott and Chris Jay, Randy, Scott and Jon Fox. Special encouragement and escort service was provided by Bob Bridges and Walt Eilers.

Our goal was to complete the Marathon in 4 hours and 20 minutes and we completed it in 4 hours 37 minutes. "Moore's Marines" and the Annapolis Striders made quite an impact on our Nation's Capital!

So YOU can run a Marathon!!





## COLD WEATHER RUNNING

The onset of winter needn't bring a seasonal halt to runners' enthusiasm or routines. Actually, it's easier for runners to protect themselves in cold weather than in hot, when heat and humidity reach certain levels that make running difficult or impossible. With some adjustments, running is possible even in the extremes of cold, wind, ice and snow.

Of course, when wearing 5-10 pounds of clothing and running on icy or snowy surfaces, one's pace may have to be adjusted (the added resistance more than compensates for the slower pace). You may have to adjust to running less frequently for a while. However, if you keep the following suggestions in mind, you shouldn't have any trouble.

1. Wear clothing in layers—you can always remove a layer if you get too warm. Also, experiment with different materials—wool works best because it “breathes” (the sweat is taken away from your body, but the material still keeps you warm).
2. If you plan a long run on a cold day when you would be wearing multi-layered clothing, it is advisable to lubricate yourself with petroleum jelly in those areas likely to rub under those conditions (i.e., nipples, underarms and crotch).
3. The fingers and toes are areas with the smallest blood supply, so they must be protected. Gloves or old wool socks (or mittens in extreme conditions) work over the hands. In wet, snowy or extremely cold conditions, it may be advisable to wear two pairs of socks on your feet (if you can do so without causing blisters).
4. A significant (up to 40%) amount of body heat is lost through the head, so wear a stocking cap. In extremes of cold and/or wind, a ski mask may be used to keep the face and nose warm. Coating your face with petroleum jelly will also help keep this area warm and keep the skin from getting chapped and windburned.
5. How much to wear on the legs is a matter of preference, but never more than a pair of long underwear and a pair of sweat-pants (in addition to your regular running shorts) are needed.
6. Wear *dark* clothes to contrast against snow, unless you are running at night when you would wear *light* colored clothing.
7. Plan your runs so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind.
8. Be extremely cautious of traffic on icy and snowy roads. Also, when running on snow try to pick areas which will not hide uneven terrain.
9. Let someone know where you are going and when you expect to return.
10. Keep in mind the wind chill chart which follows.

### EQUIVALENT CHILL TEMPERATURES

Wind (MPH)	Temperature (Fahrenheit)																				
	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60
Equivalent Chill Temperatures																					
5	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-65	-70
10	30	20	15	10	5	0	-10	-15	-20	-25	-35	-40	-45	-50	-60	-65	-70	-75	-80	-90	-95
15	25	15	10	0	-5	-10	-20	-25	-30	-40	-45	-50	-60	-65	-70	-80	-85	-90	-100	-105	-110
20	20	10	5	0	-10	-15	-25	-30	-35	-45	-50	-60	-65	-75	-80	-85	-90	-100	-110	-115	-120
25	15	10	0	-5	-15	-20	-30	-35	-45	-50	-60	-65	-75	-80	-90	-95	-105	-110	-120	-125	-135
30	10	5	0	-10	-20	-25	-30	-40	-50	-55	-65	-70	-80	-85	-95	-100	-105	-115	-120	-130	-140
35	10	5	-5	-10	-20	-25	-35	-40	-50	-60	-65	-75	-80	-90	-100	-105	-115	-120	-130	-135	-145
40*	10	0	-5	-15	-20	-30	-35	-45	-55	-60	-70	-75	-85	-95	-100	-110	-115	-125	-130	-140	-150
<b>Little Danger</b>					<b>Increased Danger (Flesh may freeze within one minute)</b>								<b>Great Danger (Flesh may freeze within 30 seconds)</b>								

\*Winds above 40 MPH have little additional effect.

If you dress properly and are cautious in various weather conditions, running in winter can be as productive and enjoyable as during any other time of year.

# 268-1165

THIS IS THE 24-HOUR PHONE NUMBER OF THE ANNAPOLIS STRIDERS.

USE IT FOR THE FOLLOWING :

- A. TO OBTAIN INFORMATION ABOUT UPCOMING EVENTS, RACES AND FUN RUNS.
- B. TO RECORD YOUR TIME FROM A RACE IN WHICH YOU PARTICIPATED FOR LISTING IN THE NEWSLETTER.
- C. TO MAKE A SUGGESTION OR TO REGISTER A COMPLAINT.
- D. TO VOLUNTEER YOUR SERVICES.
- E. TO OBTAIN FACTS ABOUT THE ORGANIZATION FOR NEW MEMBERS.
- F. TO RECEIVE RUNNING TIPS.
- G. TO MAKE OBSCENE, BUT ALWAYS RUNNING-RELATED, CALLS.

*(This half was cut off on my file copy. It may have been the entry form for membership. YA)*

11063267.edu

# WHAT'S COMING UP

DATE	RACE - RUN	LOCATION	TIME	RACE DIRECTOR
Dec. 28	1980 15k Club Championship Series Race ANNIVERSARY RUN (9.3 miles)	USNA	11:00AM	Don Goodwin
Jan 18	1980 Mile Club Championship Series Race - KATCEF's HILL	Route 450	11:00AM	Joe Roth
Feb 1	Frostbite Special Fun Run 1 mile, 5 mile	Sandy Point	10:30AM	
Feb 14	Valentine's Twosome Relay	Anna. High Riva Road	10:00AM	Rick Rohrback
Mar 1	1981 (#1) Club Championship Series Race METRIC MARATHON (16.4 miles) Tentative	Harwood, Md.	9:00AM	
Mar 22	Handicap 10k - Annual Meeting Race to be held before the meeting	USNA	9:00AM	Nate Betnun

LAST CHANCE

to RUN THE BERMUDA MARATHON and  
ENJOY A WINTER GET-AWAY

at a GREAT PRICE!

January 22 - 26  
(Thursday - Monday)

We're holding valuable air seats from Baltimore to Bermuda ...  
but only until December 19.

If you're thinking about running the Bermuda Race, save some  
money and enjoy a few extra days on the Island.

\$ 369.00 twin (share) basis,  
per person

Includes:

- discounted excursion airfare on regularly scheduled  
Eastern Airlines flights
- group hotel package at the Horizons Hotel in Paget  
for 4 nights
- 4 breakfasts and 2 dinners \*

(\*Pre-race Pasta Dinner on Saturday and  
Replenishment Dinner and Victory Party  
on Sunday)

- Airport/hotel transfers
- All taxes and tips at hotel

Call for more information:

Great Journeys  
268-1860  
1993 Moreland Parkway

**RACE RESULTS AND STANDINGS**

# "THE MILE" RACE

Howard Co. Times Metric  
Marathon 26.2 K (16.3 miles)

Sun., Nov. 23rd Columbia  
(429 finishers)

The 1-mile handicapped race and the 5-mile fun run sponsored by the Annapolis Striders started off with a "bang" on a beautiful Sunday morning Sept. 28th. Demetric Fotes took the mile race with a +30 second handicap added to his time of 5:05. Norman Nice captured 2nd with a 5:37 and Dale Vogel's 45 second handicap brought him in 3rd with a 5:39.

The five mile run was a cross country run that went around the AA Community College campus. Aside from getting lost a couple of times, everyone had an enjoyable run.

Bill Lou  
Race Director

Mike Van Beuren	12th	1:33:04
Steve Hull	16th	1:35:05
Nut Hall	18th	1:35:38
John Butterfield	47th	1:42:59
John Hanawalt	101st	1:52:37
Don Rosenshine	115th	1:54:21
Rob Bushnell	116th	1:54:22
Bruce Springer	124th	1:55:05
Peter Nelson	125th	1:55:05
Dick Hillman	137th	1:56:15
Fred Jacoby	206th	2:03:51
Andrea Nelson	254th	2:08:17
Bob Frierson	376th	2:25:35
Karen Royer	427th	3:02:17

## Marine Corps Marathon, D.C., Nov. 2

Doug Wood	23rd	2:26:25
Ray Harrison		2:45:31
Eric Peltosalo		2:47:-
Joe Smaldone		2:49:-
Larry Stone		2:59:29
Greg Glynn		3:18:41
Larry Sullivan		3:37:58

JFK 50M HIKE/RUN, Boonesboro-Hagerstown, November 22nd, 383 starters, 294 finishers (including 12 women) First male, Dan Brannen 6:14:02, first female, Sue Medaglia 7:53:40.

	<u>Place</u>	<u>Time</u>
Larry Meyers	11	7:06
Carl Schneider	101	9:13:39
Randy Fox	102	9:15:05
Don Waddington	107	9:17:46
Bill Law	122	9:36:25
Marty Rosenberg	130	9:41:49
M.D. Boehle	133	9:45
Steve Blau		9:54
Gary Hemming		9:58:00
Jerry Lewis	152	10:02:23
Dick Johnston	157	10:06:57
Robert Pastrana	195	10:49:29
Phil Staller	196	10:49:52
Linda Colsh	211	11:20:10
		(7th woman)
Rich Ferry	212	11:20:10

Also finishing: K.A. Byron, M. Swick, T.S. Henry, K. M. McCarthy, R.C. Harned.

## Maryland Marathon, Baltimore, Dec. 7

52 degrees 71% humidity

Steve Hull	2:40:30
Mike Van Beuren	2:42:29
Eric Peltosalo	2:47:29
Bing Topper	3:03
Rob Bushnell	3:08
Don Rosenshine	3:24
Dick Hillman	3:28
Bill Law	3:32
Randy Fox	3:35
Beth Gordon	3:57
Marty Rosenberg	4:01
Liz Barclay	4:08
Ann Barnett	4:08
Walt Eilers	4:17
John Kurpjuweit	4:19
Linda Stone	4:27
Nancy Waddington	4:28
Donna O'Neill	4:28
Margaret Cochran	4:30
Jeff Zehe	3:00:49



Annapolis Striders  
Race Results 10 Mile  
 Club Championship Series

10/4/80

	Name	Age	Time		Name	Age	Time
1.	Mike Van Beuren	28	55:43	41.	Kathy Stevens	28	77:16
2.	Maurice Fairley	18	56:20	42.	Branin Thorn	13	77:51
3.	Steve Fairman	18	57:07	43.	Priscella Butterfield	41	78:14
4.	Mike Mauro	21	58:09	44.	Gill Cochran	38	78:14
5.	Eric Peltasalo	30	58:10	45.	Ken Thorn	45	78:28
6.	John Butterfield	43	58:45	46.	Karen Claton	31	78:43
7.	Tom Fish	29	58:54	47.	Earl Scott	40	78:56
8.	Ray Harrison	46	59:17	48.	Beth Gordon	32	80:00
9.	Joe Smaldone	34	62:52	49.	Liz Barclay	29	80:26
10.	Stan Fletcher	27	63:13	50.	Neal Donnelly	37	81:35
11.	Demetrios Fotos	24	64:40	51.	Eric Beaver	28	81:40
12.	Rob Bushnell	38	64:56	52.	Gene Humphrey	47	81:45
13.	Tillman Johnson	39	64:59	53.	Ann Barnett	42	82:12
14.	Nate Betnum	32	65:09	54.	San Chastain	48	82:29
15.	Don Rosenshine	37	65:50	55.	Doug Raper	54	82:50
16.	M. Glen Keith	29	65:52	56.	Jack Jones	48	83:32
17.	Tim Dahle	31	66:19	57.	Linda Stone	35	84:23
18.	Mike Chamberlain	36	66:29	58.	"Buck" Cadell	46	84:33
19.	Vin Dugan	43	66:51	59.	Betty Moore	52	84:33
** 20.	Don Waddington	48	67:44	60.	Margaret Cochran	57	84:50
21.	Edwin Polk	29	68:27	61.	John Hall Jr.	33	84:56
22.	Orv Pratt	21	68:37	62.	Nancy Waddington	42	85:29
23.	Charles Walsh	22	68:45	63.	Jay Alders	55	85:56
24.	Dick Hillman	37	69:20	64.	Judy Taylor	37	85:57
25.	Marty Rosenberg	36	69:41	65.	Beth Zehe	37	86:46
26.	Jay Bright	28	69:59	66.	Allen Stallings	46	86:51
27.	Allan Segree	43	70:35	67.	Donna Jay	35	86:53
28.	Ron Niewerth	35	70:40	68.	Debby Fox	34	86:54
29.	Warren Cooper	27	70:49	69.	Sue Patton	32	86:57
30.	Ben Moore	55	71:28	70.	Barb Watkins	27	87:21
31.	Gregory Glenn	39	71:45	71.	Linda Colsh	33	87:21
32.	Bill Law	52	71:50	72.	Ann Walter	46	87:41
33.	Fred Jacoby	39	71:57	73.	Patrick Hoffman	37	88:10
34.	Doug Burkhardt	43	72:07	74.	John DeGreck	34	88:16
35.	Doug Early	31	72:36	75.	Carlotta Crosbey	43	88:56
36.	John Cochran	61	72:42	76.	Carol Ann Jones	47	88:59
37.	Dale Vogel	50	73:59	77.	Carol Huddy	42	90:33
38.	Richard Jordan	15	74:40	78.	Linda Simpson	38	91:56
39.	Andrea Nelson	34	75:31	(1st Women)			
40.	Mike Long	40	75:46	79.	Jonas Legum	32	93:19
				80.	Helaine Betnum	35	93:25
				** 81.	Gerte Spadone	55	94:30
				82.	Tyler Shores	44	95:04
				** 83.	Jim Sandison	43	95:46

\*\* Club members who ran  
 the course prior to  
 the race



## ANNAPOLIS STRIDERS

Race Results

COLD TURKEY 20K

Held on 11/30/80

Race # 4 of the Club  
Championship Series

1.	69:23	Anthony Grier	55.	96:17	Robert Fitch	109.	123:06	Ira Snyder
2.	69:34	Mike Van Beuren	56.	96:50	Arnie Henderson	110.	123:56	Eric Beavers
3.	71:03	Steve Hull	57.	96:59	Chris Bushheister	111.	124:05	Carol Huddy
4.	73:16	Tom Fish	58.	97:27	Jim Storey	112.	124:07	Margit Eilers
5.	73:58	Stan Fletcher	59.	97:35	Andrea Nelson	113.	124:07	John Kurpjuweit
6.	74:47	Jim McNatt	60.	97:42	Raymond Clayton	114.	124:20	Tyler Shores
7.	75:09	Ray Harrison	61.	97:44	Mike Smith	115.	128:46	Ray Daugherty
8.	75:26	John Dutterfield	62.	97:51	Ken Thorn	116.	131:06	Larry Taylor
9.	76:02	Eric Peltosalo	63.	99:01	Robert Beneze			
10.	76:24	Bob Murrett	64.	99:05	John Littlehales			
11.	77:17	Stan Bragg	65.	99:05	Mike Long			
12.	77:52	Ned Forney	66.	99:05	Betty Impellizzeri			
13.	78:18	James Jeans	67.	99:22	Anne Barnett			
14.	78:18	Barrett Baker	68.	99:31	Gene Wright			
15.	79:11	Joe Smaldone	69.	99:39	Al Bressi			
16.	79:52	Bernard Topper	70.	100:02	Linda Ward			
17.	80:06	Rick Woods	71.	100:09	John Simpson			
18.	80:14	Frank Fico	72.	100:23	Rennta Leckazas			
19.	80:46	Larry Stone	73.	101:04	Tom Munson			
20.	82:31	Rob Bushnell	74.	102:10				
21.	84:22	Tillman Johnson	75.	102:25	Clem Dombroski			
22.	84:28	Bruce Springer	76.	102:35	Charles Cadell			
23.	84:40	Warren Cooper	77.	102:47	Liz Barclay			
24.	85:00	Demetrios Fotos	78.	102:57	John Woodall			
25.	85:31	Jim Katcef	79.	104:18	Anita Wheatley			
26.	85:51	Norman Nice	80.	104:35	Glenn Kmiec			
27.	86:40	Nate Betnum	81.	105:03	Don Goodwin			
28.	86:45	J. Dear	82.	105:43	San Chastain			
29.	86:49	Peter Nelson	83.	105:47	Richard Jordan			
30.	86:53	Edwin Polk	84.	106:40	Steven Van Rees			
31.	87:25	Greg Glenn	85.	107:08	Barbara Watkins			
32.	88:15	Charles Savage	86.	107:19	Margaret Cochran			
33.	88:29	Jim Alward	87.	108:23	Allen Stallings			
34.	88:33	Orv Pratt	88.	108:25	Branin Thorn			
35.	88:34	Dick Hillman	89.	108:55	Pete Hughes			
36.	88:34	Randy Fox	90.	109:52	Jay Alders			
37.	89:52	Dan Whitaker	91.	109:57	Rick Rohrback			
38.	89:53	Ken Hoagland	92.	110:21	Delma Miller			
39.	90:38	Ben Moore	93.	110:41	Jack Jones			
40.	90:51	Gary Goodman	94.	110:50	Betty Moore			
41.	90:52	Ron Fisher	95.	110:54	Debby Fox			
42.	91:17	William Schuller	96.	113:31	Nancy Farnham			
43.	91:20	Scott Lowell	97.	113:42	Ann Walter			
44.	91:20	Carl Farnham	98.	113:57	Dot Quigg			
45.	91:34	Allen Segree	99.	114:08	Donna O'Neill			
46.	91:54	Fred Jacoby	100.	114:15	Rick Weidmann			
47.	92:31	Tom McKee	101.	114:32	Carol Jones			
48.	93:39	Bob Pastrana	102.	117:24	Guy Riccio			
49.	93:39	Mike Chamberlain	103.	118:24	Murray Chastain			
50.	94:38	Danalee Green (1st Woman)	104.	118:57	Linda Simpson			
1.	94:38	John MacLean	105.	118:57	Earl Scott			
2.	95:30	Murray Snyder	106.	119:14	Beth Zehe			
3.	95:38	Mike McAushland	107.	119:18	Joe Manck			
4.	96:07	Dale Vogel	108.	122:23	Holain Betnum			

## Annapolis Striders Club Championship Series Standings

Cold Turkey 20K 11/30/80

## MEN

14 & Under	Points			20K	Minus High Score	Total Points
	10K	5K	10M			
Branin Thorn	3	3	1	1	3	5
Mike Manasserri	1	2	35	35	35	38
Tom Walters	35	1	35	35	35	71
Bobby Ward	2	35	35	35	35	72
Chris Taylor	4	35	35	35	35	74
Mark Manasserri	35	4	35	35	35	74
Bradley Sogroo	35	5	35	35	35	75
Jay Astle	35	6	35	35	35	76
<u>15 - 19</u>						
Andy Butterfield	1	1	35	**		
Ed Beach	2	2	35	35	35	39
Richard Jordan	35	35	1	1	35	37
<u>20 - 29</u>						
Mike Van Beuren	1	1	1	1	1	3
Stove Hull	2	2	35	2	35	6
Tom Fish	3	4	2	3	4	8
Demetrios Fotos	4	7	4	6	7	14
Edwin Polk	7	8	6	7	8	20
Warren Cooper	9	11	8	5	11	22
Glen Keith	8	10	5	35	35	23
Eric Beavers	35	15	9	9	35	33
Nick Lakis	5	6	35	35	35	41
Stan Fletcher	35	35	3	4	35	42
Jack Paltell	10	13	35	35	35	58
Tom Donlin	11	14	35	**		
Dave Ryan	13	17	35	35	35	65
Dwain Thomas	35	3	35	35	35	73
Gary Miller	35	5	35	35	35	75
Ed Purpura	6	35	35	35	35	76
Jay Bright	35	35	7	35	35	77
Gary Goodman	35	35	35	8	35	78
Mark Kohring	35	9	35	35	35	79
Gene Morgan	12	35	35	35	35	82
Bruce Harvey	35	12	35	35	35	82
Steve Klakring	35	16	35	35	35	86
<u>30 - 34</u>						
Eric Peltosalo	1	35	1	2	35	4
Joe Smaldone	3	2	2	3	3	7
Bernard Tonper	2	3	35	4	35	9
Nate Betnum	5	7	3	6	7	14
Tim Dahle	6	6	4	35	35	16
Peter Nelson	9	8	35	7	35	24
Jonas Logum	11	13	8	35	35	32
Jim McNatt	35	1	35	1	35	36
John DeGrock	14	16	7	35	35	37
Jeff Schriver	4	4	35	35	35	43
Doug Early	35	9	5	35	35	49
Randy Fox	7	35	35	8	35	50
Bob Pastrana	35	5	35	10	35	50
Dave Bartosevich	15	12	35	35	35	52
Doug Jovan	13	17	35	35	35	65
Norman Nice	35	35	35	5	35	75
John Hall	35	35	6	35	35	76
Craig Bauer	8	35	35	35	35	78
Ken Hoagland	35	35	35	9	35	79
John Gudas	10	35	35	35	35	80
Larry Sullivan	35	10	35	35	35	80
Murray Snyder	35	35	35	11	35	81
Kevin Moore	35	11	35	35	35	81
Glenn Kmiec	35	35	35	12	35	82
Steve Van Rees	35	35	35	13	35	83
Joe Roth	35	14	35	35	35	84
Joe Manck	35	35	35	14	35	84
Ira Snyder	35	35	35	15	35	85

35 - 39

Rob Bushnell	1	1	1	1	1	3
Tillman Johnson	3	2	2	2	3	6
Don Rosenshine	2	3	3	35	35	8
Dick Hillman	4	7	6	5	7	15
Mike Chamberlain	35	5	4	7	35	16
Charles walsn	6	6	5	35	35	17
Fred Jacoby	8	9	10	6	10	23
Gill Cochran	10	10	11	35	35	31
Jim Storey	15	12	35	8	35	35
Gif Munger	5	4	35	35	35	44
Neil Donnely	18	14	12	35	35	44
Greg Glenn	35	35	9	4	35	48
Martin Snider	13	8	35	35	35	56
Dick Manasserrri	12	15	35	35	35	62
Marty Paul	17	13	35	35	35	65
Rick Rohrback	19	35	35	12	35	66
Larry Taylor	21	35	35	14	35	70
Bruce Springer	35	35	35	3	35	73
Dick Kitrell	7	35	35	35	35	77
Ron Niewerth	35	35	8	35	35	78
Bill Miller	9	35	35	35	35	79
Mike Long	35	35	35	9	35	79
Tom Munson	35	35	35	10	35	80
Carl Schneider	11	35	35	35	35	81
Don Goodwin	35	35	35	11	35	81
Patrick Hoffman	35	35	13	35	35	83
John Kurpjuweit	35	35	35	13	35	83
John Astle	35	16	35	**		
Walt Eilers	16	35	35	**		
Peter Horrigan	20	35	35	35	35	90

40 - 44

Orv Pratt	1	35	3	4	35	8
Allan Segree	4	3	4	6	6	11
Ken Thorn	35	2	7	8	35	17
Jim Sandison	7	7	10	**		
Earl Scott	7	35	8	10	35	25
Tyler Shores	8	35	9	11	35	28
John Butterfield	35	35	1	1	35	37
Doug Burkhardt	3	35	5	**		
John Logis	5	4	35	35	35	44
Jim Black	35	35	1	35	35	71
Garland Green	2	35	35	**		
Vin Dugan	35	35	2	??		
Larry Stone	35	35	35	2	35	72
Jim Katcef	35	35	35	3	35	73
Will Schuller	35	35	35	5	35	75
Mike Ross	35	6	35	35	35	76
Arnie Henderson	35	35	35	7	35	77
John Littlehales	35	35	35	9	35	79

45 - 49

Ray Harrison	1	1	1	1	1	3
Dale Vogel	3	3	3	3	3	9
Jack Jones	4	7	5	7	7	15
Charles Cadell	5	9	6	5	9	16
Allan Stallings	35	6	7	6	35	19
Gene Humphrey	35	5	4	35	35	39
Don Waddington	2	2	2	**		
Jim Brannan	6	8	35	**		
Ron Fisher	35	35	35	2	35	72
Ed Finnegan	35	4	35	35	35	74
Clem Dombroski	35	35	35	4	35	74

50 & Over

Ben Moore	1	1	1	1	1	3
John Cochran	2	2	3	35	35	7
Bill Law	4	35	2	35	35	41
Jay Alders	35	35	5	2	35	42
Doug Raror	5	35	4	35	35	44
Dan Spadone	8	3	35	35	35	46
Rodney Beach	7	4	35	35	35	46
Torben Hansen	3	35	35	35	35	73
Guy Ricco	35	35	35	3	35	73
Murray Chastain	35	35	35	4	35	74
Paul Yates	35	6	35	35	35	76

Note: \*\*'s in 20K column indicates workers for the Cold Turkey who will be participating in the committee run. Scores will be incorporated at a later date due to publication of this newsletter. Any questions should be directed to Nancy or Don Waddington.

## Annapolis Striders Club Championship Series Standings

Cold Turkey 20K 11/30/80

	WOMEN				Minus High Score	Total Points
	Points					
<u>14 &amp; Under</u>	10K	5K	10M	20K		
Stacey Murdock	1	35	35	35	35	71
Penny Beach	35	1	35	35	35	71
Jennifer Manasserri	35	2	35	35	35	72
Lee Manasserri	35	3	35	35	35	73
Melissa Munger	35	4	35	35	35	74
Emily Rohrback	35	5	35	35	35	75
<u>15 - 19</u>						
Linda Ward	1	35	35	1	35	37
Renata Leckzas	35	35	35	2	35	72
<u>20 - 29</u>						
Liz Barclay	1	1	2	1	2	3
Barbara Watkins	35	2	3	2	35	7
Trudy Trumpy	3	5	35	35	35	43
Kathy Stevens	35	35	1	35	35	71
Susan Denz	2	35	35	35	35	72
Donna O'Neill	35	35	35	3	35	73
Sally Trapp	35	3	35	35	35	73
Cathie Hall	35	4	35	35	35	74
Shirley Tucker	4	35	35	35	35	74
Ruthie Bernstein	35	6	35	35	35	75
Jane Schriver	35	7	35	35	35	77
<u>30 - 39</u>						
Danalee Green	1	2	35	1	35	4
Andrea Nelson	2	3	1	2	3	5
Debbie Fox	5	35	8	5	35	18
Linda Simpson	8	7	11	6	11	21
Helaine Botnum	10	13	12	8	13	30
Linda Colsh	3	4	10	**		
Karen Claton	35	1	2	35	35	38
Betty Impellizzeri	35	6	35	3	35	44
Judy Taylor	4	35	5	35	35	44
Beth Zehe	35	35	6	7	35	48
Monica Thomas	7	11	35	35	35	48
Sue Patton	35	9	9	35	35	53
Elaine Storey	11	17	35	35	35	58
Margit Eilers	35	16	35	9	35	60
Beth Gordon	35	35	3	35	35	73
Linda Stone	35	35	4	35	35	74
Delma Miller	35	35	35	4	35	74
Chris Hall	35	5	35	35	35	75
Patricia Pasley	6	35	35	35	35	76
Donna Jay	35	35	7	35	35	77
Louise Zeitlin	35	8	35	35	35	78
Pat Bushnell	9	35	35	35	35	79
Laura Norton	35	10	35	35	35	80
Lisa Hillman	35	12	35	35	35	82
Theresa Davis	35	14	35	35	35	84
Cathy Bridges	35	15	35	35	35	85
Kathy Munger	35	18	35	35	35	88
Vicky Riley	35	19	35	35	35	89
Donna Manasserri	35	20	35	35	35	90
<u>40 - 49</u>						
Priscilla Butterfield	1	1	1	**		
San Chastain	3	2	3	2	3	7
Ann Walter	4	4	5	3	5	11
Carol Jones	5	6	7	5	7	16
Jayne Astle	2	5	35	**		
Nancy Waddington	6	3	4	**		
Dot Quigg	7	7	35	4	35	18
Anne Barnett	35	35	2	1	35	38
Carol Huddy	35	35	8	6	35	49
Carlotta Crosby	35	35	6	35	35	76
Puddie Littlehales	35	8	35	35	35	78
JoAnn Rohrback	35	9	35	35	35	79
<u>50 &amp; Over</u>						
Margaret Cochran	1	1	2	1	2	3
Betty Moore	2	2	1	2	2	5
Gerte Spadone	3	3	3	35	35	9
Josephine Thoms	35	4	35	35	35	74

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Race Director