

# STREAK

volume III  
number 2



## ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.  
P.O. Box 187  
Annapolis, Maryland 21404

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# "STREAK"

# ANNAPOLIS STRIDERS

volume III number 2

may 1981

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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.



# MIKE'S MEMOIRS

The height of the running season is upon us! Striders are returning to the roads in droves.

By the way, thank you all for your unanimous support in electing me president of the club. With your help I know the Annapolis Striders will continue to grow and provide high quality races, fun runs, and other programs which will develop our physical and mental well-being.

Congratulations to Don Waddington and Walt Eilers for their ultra-marathonic feat of running the C&O Canal from Cumberland to D.C.! My quads quiver in fear at the thought of those consecutive 30 and 40 mile days, back to back. That's five in total, mind you. And while we're commending the strong and the brave we should include the record number of Boston qualifiers in the club: There were at least 10 by count. Six made the trip from Hopkington to the Prudential Center in a field of 6,400. Congratulations too, to those who ran at Shamrock and the D.C. marathons.

Results from the survey taken at the annual membership meeting in March show that the most favored distance amongst Striders is the more sane 10k. I know that the afore-mentioned marathoners are now happily returning to this distance now that their masochistic urges have subsided. And this is as it should be, for in my opinion it is not in a runner's best interest to set THE MARATHON on the pedestal as the foremost achievement in running. The



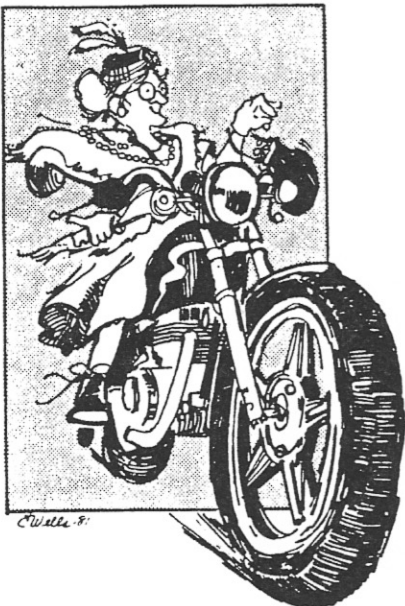
best runs I've ever had have all been short to medium in length and have not been races. I say all this because there is a growing attitude in our local community that the Annapolis Striders is a racing club when nothing could be further from the truth. Our survey shows that Striders race infrequently and that they like running more than racing even though they do race from time to time. I hope that all of you will tell your non-Strider running friends that they can join the club without the fear of being shoved into a pair of racing flats and pushed into one of our championship series races.

## EDITORS REMARKS

We will continue to have our races and I hope they will become more and more competitive but also look for more fun runs in conjunction with these races and by themselves. The Truxton Park summer series will continue for 10 consecutive Wednesday evenings starting in mid-June. This is run strictly on a "fun" format. There will be more Strider involvement there this year with informal clinics for the new and experienced runners. Training runs for the Annapolis Run are also a standard institution, with pacing provided for runners of all abilities. I hope many of you will come forward both to volunteer to work at the race and these runs. Race director, Don Waddington and super-hardworking wife, Nancy, need your help. Call them and volunteer.

Be reminded too, that if you have any ideas or requests feel free to call; better yet, become an active member of a committee so you can set the tempo!

*Mike van Beuren*



At last, we have published another issue of the Streak. I know you have been waiting for it.

I would like to thank all those who have contributed to this issue, which I think is better than ever. My special thanks go to the committee which writes, edits and compiles the Streak: Bill Smith, Lee Turowski, Yvonne Assen and Cathy Hall.

Thanks also go to Mike Van Beuren, Eric Peltasalo, Louise Zeitlin, Nate Betnun, Nancy and Don Waddington, Jonas Legum and Trudy Trumpy for their contributions.

The last issue which came out in March was collated, folded, stapled, tied and labeled and zip coded by Dick, Lisa and Heidi Hillman, Nancy and Don Waddington, Lee Turowski, Camela and Lara Weathersbee, **Allan Segree and Doug Naumann.**

If you would like to help with any phase of the newsletter activities, please call the Hot Line and leave your name and phone number.

## DEAR ALICE

Dear Alice invites your letters to the editor. It's your forum for feedback of comments, questions or information. Address your letters to: Dear Alice  
c/o Annapolis Striders  
P.O. Box 187  
Annapolis, Md. 21404



# MONEY NEWS

## Runner's Etiquette & Safety on The Roads



Please be courteous to motorists and other users of public roads, especially during races. Flare-ups between runners and motorists can jeopardize a club's permission to use courses. They can be avoided. Remember to run against traffic, it gives you better visibility and you have more time to take evasive action. Do not duel with automobiles. Often times they have very limited central nervous systems and do not act responsibly. In twilight and darkness wear reflective clothing and bright clothing at other times.

## RUNNING SHORTS



### NEWS ON THE NYC MARATHON, 1981

The 12th Annual NYC Marathon will be held on October 25, 1981 at 10:30 AM. Requests for entry forms must be postmarked no earlier than 12:01 AM June 2nd (after midnight of June 1), Send a self-addressed, stamped envelope (business size, #10), to Marathon Entries, P.O. Box 1388 GPO, New York, NY 10001. Send separate envelope for each entry requested.

Due to planned construction on First Ave., and possible construction on the Queensborough Bridge, the NYRRC has decided to allow 16,000 entrants instead of a proposed increase to 17,000. 8,000 will be accepted on a first-come, first-served basis, and 8,000 will be drawn from a lottery on July 30.

NOTE: A SPECIAL STRIDERS COURIER WILL TAKE ENVELOPES TO THE MAIN POST OFFICE FOR MAILING AT 12:01 AM JUNE 2nd. CHECK THE HOT LINE FOR DETAILS.

Foot Locker has just notified us that members of Annapolis Striders can get a 10% discount on all gear and merchandise sold in their store. And, for those of us who are super organized, there is a 20% discount offered with the purchase of 10 pairs of shoes. It applies to groups so if you can get 10 people together and go the store in a group you're in business. Simply bring your membership card and ask for Nat Patterson.

# COOKIN' ON THE RUN

ECONOMICAL NO-MEAT MEAL  
(Italian) Pasta Fagioli (pasta & beans)

by Louise Zeitlin

2 slices of salt pork  
half of a onion-sliced  
1 lb. can of tomatoes-crushed  
1 6 oz can of tomato paste-  
diluted with water to consis-  
tency of tomato juice  
salt & pepper  
1 T of basil  
1 20 oz. can of shelled beans  
without sugar (garbanzo or  
chick peas are good)  
1 box of pasta (elbows, shell, etc.)  
16 oz. size

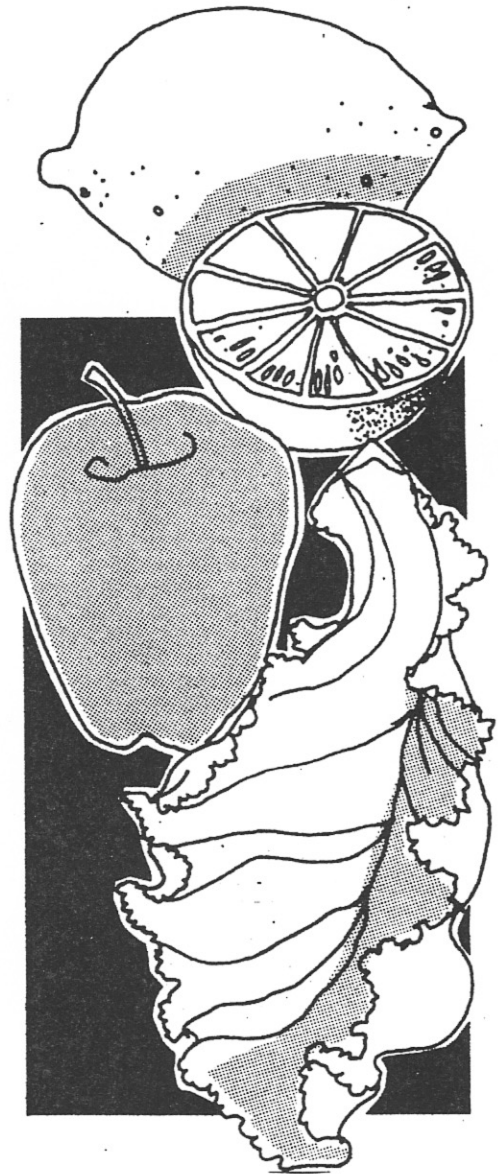
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Cook salt pork and sliced onions together until golden brown, then remove from pan. Pour tomatoes & tomato paste into liquid left by salt pork and stir well. Add 1 T. of basil and season to taste with salt & pepper. Bring to boil, then turn flame down to simmer for 1 hour-then add can of beans (drain water out of can first) and simmer for 5 minutes. Boil pasta 'til al dente (or according to box directions) drain and pour sauce with beans over pasta - sprinkle with grated cheese and serve. Serves 4 -6. Side Dish--Fresh Green Salad.

## BOOK LOOKS

Haaga, Heather S., and Hartley, Joyce F.  
COOKING ON THE RUN: A COOKBOOK BY RUNNERS  
FOR RUNNERS, 1980.

Heather Haaga and Joyce Hartley, according to the blurb on the inside front cover, met during the 1980 Cherry Blossom Festival Ten-Miler and came up with the idea somewhere around the six mile mark of writing a cookbook especially designed for runners. Their cookbook, a compendium of 46 recipes, features make-ahead type recipes and casseroles which are rich in the carbohydrates and easy on the fats and sugars.



Although the recipes sound yummy, most of them can be found in any standard cookbook. Lasagna, chili, beef stroganoff, banana bread, carrot cake are a few of the ones included. The book has a "catchy" table of contents - "Running Starts" are breakfasts, the "Home Stretch" is dinner, and, of course, the "Finish Line" has just got to be desserts. In line with this, the recipes all have imaginative names, too. Beltway Strider's Eggs, one of the few not so standard recipes included in the book is an easy to make cheddar cheese, egg, tomato, and green pepper casserole. Others are the Volkslauf Vegetable Soup (named after Alexandria, Virginia's people's run), Daddy Fitz's Meatloaf, Apres Hash Trash (a cashew, sunflower seed, date, and raisin combo named after the Hash House Harriers), and a pancake recipe glorified as Mike Pancake Trainers.

As a personal touch, some of the recipes precede with a brief note detailing what races the authors like to serve such-n-such with. I especially like the Festival of Leaves Run Apple Cake. After participating in the Festival of Leaves Run in western Virginia, the authors spend the afternoon picking apples and make this cake to take to other races in the fall. Nice idea!



#### INGREDIENTS:

2lbs. ground beef  
1 cup onion, chopped  
1 cup green pepper, chopped  
1 cup celery, sliced  
2 (15 oz.) cans kidney beans  
2 (16 oz.) cans tomatoes (cut up) & their liquid  
1 (6oz.) can tomato paste  
2 garlic cloves, minced  
1 to 1 1/2 T. chili powder  
2 tsp. salt

#### INSTRUCTIONS

In a large pot or dutch oven cook beef, onion, green pepper and celery until meat is brown and vegetables are almost tender. Drain any excess grease off this cooked mixture. Drain kidney beans, reserving liquid. Add beans and remaining ingredients. Cover, simmer 1-1 1/2 hours. Thin with extra kidney bean juice if desired. Serves 8.

COOKING ON THE RUN sells for \$4.95 (includes handling and postage) and is available from Cooking on the Run, 4905 N 15th St., Arlington VA 22205. Checks should be made payable to GRAFITZ. The book is a fun little item to browse through, but I question whether the 46 cleverly named recipes are really worth the cost.

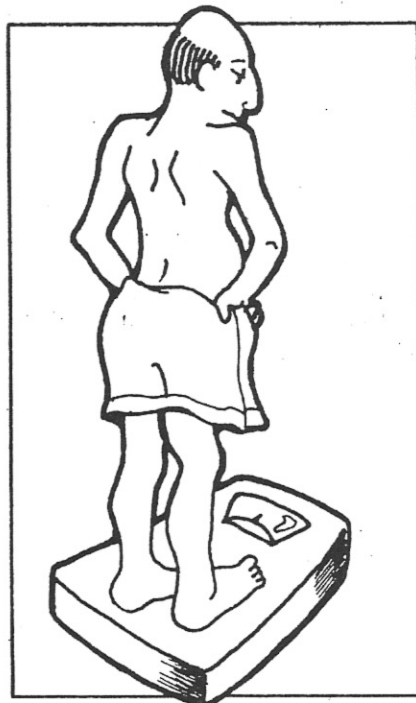
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below (with the authors' permission)

is dish you'll love:

#### "Chili Fabulouso"

This dish can be made well in advance and frozen until you wish to serve it. The flavors blend together nicely over a period of a few days, so give it a couple of days to age before eating--if you can stand the wait!



# RACE RESULTS AND STANDINGS

## 10K HANDICAP

The 10K Handicap Race held in Admiral Heights in conjunction with the Striders 2nd Annual Meeting on March 21 had to have been the craziest race in our history. Not only did the course have more twists and turns than any previous race, but the first starters began the race 50 minutes ahead of the last starter.

Wes Jordan, who was among the first starters, was the first to cross the finish line. His time was 70:07. Wes had never run more than 3 miles before, and that in a time of no better than 45 minutes. Wes had been given a handicap of 85, which represented the number of minutes that the race director estimated it would take Wes to finish the race.

For most entrants handicaps had been computed based upon finish times in races in the 1980 Championship Series or other local races. In calculating these handicaps, each entrant's race times in each previous race, multiplied by 49 (the median time for the "10K on the Bay" race), and then averaged with the runner's adjusted time for all other races. A bonus handicap of half a minute was given for each of the six championship series races completed both to reward participants in the series and to compensate for giving an excessive handicap to runners who had entered only one prior race and had an off-day.

Mike Van Beuren was the one runner who chose not to accept his bonus handicap. Mike had a handicap of 35 minutes making him the last starter. Still, Mike finished the race before two-thirds of the other runners.

The second place finisher was John Kurpjewit whose time was 50:35 compared with a handicap of 62. In third place was Branin Thorn who finished in 46:10 with a handicap of 54. After these runners, the remaining finishers were bunched closely together.

I would like to thank the following people for helping me with the race: Helaine Betnun, Art Cooper, Frank Fuller, John Geri, Ron Jarashow, T.D. Johnson, Marty Rosenberg, Don Rosenshine, Maxine Snyder, Gerte Spadone, Dana Stibolt, Jenny Stibolt, and Trudy Trumpy.

..... Nate Betnun  
Race Director

## D. C. MARATHON

Annapolis Striders in the D.C. Marathon  
April 12, 1981

Andy Pittman	3:12
John Major	3:14
Nate Betnun	3:15
Don Rosenshine	3:27
Don Waddington	3:29

## HOT & JUICY 10K

Hot & Juicy 10K, March 28, 1981

Striders' participants:

Don Waddington  
Nancy Waddington  
Ben Moore  
Sue Greinke  
Karen Claton  
Delma Miller  
Carl Schneider  
Linda Colsh  
Ray Harrison  
Herb LeMoyne  
Jim Brannan  
Jim Black  
Earl Scott  
Dick Johnston

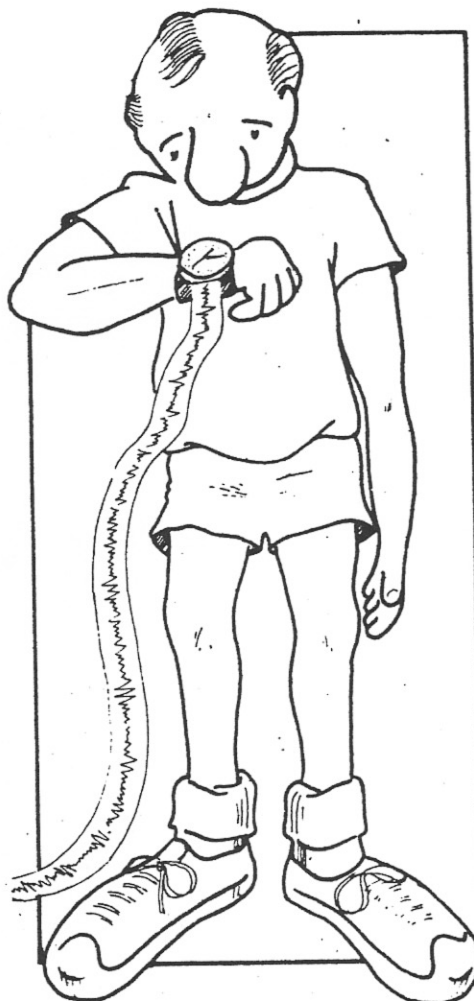


# LADY EQUITABLE

Lady Equitable finishers - Striders  
10K

Karen Claton	44.28
Andrea Nelson	44.28
Anne Barnett	46.11
Elizabeth Barclay	47:09
Barbara Watkins	47.23
Catherine Jaussens	49.05
Christine Hall	47.55
Batricia Bushnell	50.00
Margaret Cochran	50:30
San Chastain	50.51
Nancy Waddington	51.58
Betty Moore	52.04
Carol Huddy	54.30
Bonnie Denner	54.50
Jacqueline Wingert	55.08
Virginia Stibolt	55.55
Karen Royer	56.38
Karen Albrecht	56.39
Gwen Roundy	58.11
Louise Zeitlin	58.14

Of the above finishers, Margaret Cochran was 2nd in the 50 and over age group and Betty Moore was third in the same. Congratulations to one and all.



## MD/DC CLUB CHALLENGE

RESULTS OF THE MD/DC CLUB CHALLENGE RACE, MARCH 8th 1981

### ANNAPOLIS STRIDER TEAM

4th	Mike van Beuren	55:24
21st	Eric Peltasalo	58:52
43rd	Ben Mathews	1:01:22
77th	Don Rosenshine	1:06:15
80th	John Major	1:06:31
83rd	Rob Bushnell	1:06:43
114th	Bill Miller	1:10:13
120th	Don Waddington	1:11:14
122nd	Dick Hillman	1:11:34
127th	Marty Rosenberg	1:12:13
140th	Bill Law	1:13:30
157th	Wilford Scott	1:15:52
199th	Nancy Waddington	1:30:00
201st	Earl Scott	1:37:39
155th	Dale Vogel	1:15:21

--team with the lowest number of points wins.

-- score obtained by adding the order of finishes of the top fifteen team members of each club.

--Undaunted by cold and the windy hills of the wilds of Columbia, the noble Strider team fought off the challenges of six other teams to finish .... last.  
--Most of the other clubs brought larger teams which affected the scoring margins. Howard County had 128 !  
--This race will be held again next year. Let's return to defend our title.

<u>TEAM STANDINGS</u>	
HOWARD COUNTY STRIDERS	450
QUEEN CITY STRIDERS	480
D.C. ROAD RUNNERS	600
BALTIMORE R.R.	974
MONTGOMERY COUNTY R.R.	1282
WESTMINSTER R.R.	1448
ANNAPOLIS STRIDERS	1643



# CHERRY PIT

Annapolis Striders Race Results - Cherry Pit 10 Miles - 4/5/81

## MALE

### Overall Winner

Chip Brand (26) 55:05  
Frostburg, Md.

### 14 & Under

Steven Crawford (10) 77:14  
Aaron Fortier (12) 86:54

### 15 - 19

Allen Richardson (19) 58:23  
David Prevo (16) 61:36  
Kevin McCarthy (17) 62:03

### 20 - 29

Danny Miller 55:05  
Stan Fletcher 55:47  
David Schmidt 58:01

### 30 - 39

Steve Hull 56:22  
Eric Peltosalo 58:10  
Richard Strafella 58:36

### 40 - 49

Robert Leaberry 62:41  
Charles DesJardins 63:25  
Tillman Johnson 64:18

### 50 - 59

Bill Law 72:44  
Harry Kleinman 74:36  
Russell Goldsworthy 78:24

### 60 & Over

Guy Ricco 96:56  
Herbert Chaucun 105:06  
John Wall - Race Walker 135:21

## FEMALE

### Overall Winner

Diane Dulin (34) 70:32  
Oxford, Md

### 14 & Under

Jill Zachary (13) 84:07

### 15 - 19

Jackie Monaghan (17) 105:07

### 20 - 29

Susan Lawrence 74:36  
Cathy Jacobs 78:31  
Karen Chapin 82:40

### 30 - 39

Betty Impellizzeri 79:21  
Liz Barclay 81:39  
Sue Patton 84:22

### 40 - 49

Anne Barnett 76:47  
San Chastain 86:21  
Carol Huddy 92:29

### 50 & Over

Betty Moore 88:58

Annapolis Striders Race Results - Cherry Pit 10 Mile Race 4/5/81

1. Chip Brand (26) (Frostburg, Md.)	55:05	51. John MacKean (28)	68:42
2. Danny Miller (20)	55:48	52. Gary Goodman (30)	69:08
3. Stan Fletcher (27)	56:12	53. Leigh Armestead (19)	69:11
4. Steve Hull (30)	56:23	54. Gary Johnson (36)	69:48
5. David Schmidt (24)	58:01	55. Robert Nace (28)	69:54
6. Eric Peltosalo (31)	58:10	56. Brian Schexnayden (29)	69:57
7. Allen Richardson (19)	58:23	57. Rich Kornfeld (36)	70:08
8. Harry Hoffman (25)	58:28	58. Jim Hall (35)	70:26
9. Richard Straffella (38)	58:37	59. Edwin Nobis (42)	70:28
10. James McNatt (30)	59:19	60. Herb LeMoyne (34)	70:31
11. T. Hoffman (21)	59:45	61. John Maguire (39)	70:32
12. Ed Purpura (27)	60:10	62. Diane Dulin (34) Oxford, Md	70:33
13. Larry Noll (36)	60:21	1st Woman	
14. David Prevo (16)	60:48	63. Tom Trescott (19)	70:43
15. Glenn Curtis (34)	61:37	64. Kevin Anderson (26)	71:17
16. Kevin McCarthy (17)	61:56	65. Don Waddington (48)	71:20
17. Bill Conroy (37)	62:03	66/ Chris Hall (19)	71:23
18. Joseph Hardesty (26)	62:15	67. Dick Hillman (38)	71:29
19. Robert Leaberry (41)	62:19	68. Randy Fox (35)	71:32
20. Charles DesJardins (44)	62:41	69. James Donahue (40)	71:32
21. Ronald Lipton (35)	63:25	70. Tom Kupstas (23)	71:53
22. Louis Kaluzieuski (35)	63:36	71. Richard Kittrell (37)	71:57
23. Demetrios Fotos (25)	63:38	72. Orvid Pratt (41)	71:59
24. Martin Dietz (36)	63:52	73. John Amoroso (31)	72:01
25. Michael Reed (27)	63:58	74. Bob Lynn (39)	72:07
26. Tillman Johnson (40)	64:09	75. Chris Nugent (32)	72:14
27. Peter Roussos (27)	64:18	76. Don Kennedy (33)	72:15
28. Larry Stone (40)	64:25	77. Marty Resenberg (36)	72:16
29. Paul Kaller (36)	64:42	78. Aruthur Light (34)	72:20
30. M. Glen Keith (30)	64:47	79. Robert Leitchman (34)	72:23
31. Thomas Momiyama (49)	64:48	80. Will Scott (31)	72:27
32. Brian Quinlan (16)	65:09	81. Doug Pond (41)	72:33
33. Al Kubeluis (38)	65:30	82. Dave Kent (33)	72:41
34. Craig Eickhaff (19)	65:44	83. Bill Law (53)	72:44
35. Jon McNeal (40)	65:55	84. John Townsend (34)	73:05
36. James Duffy (31)	65:58	85. Jim Matakovich (36)	73:13
37. Joe Duffy (39)	66:03	86. Richard Miller (46)	73:24
38. Warren Cooper (28)	66:10	87. Robert Smith (36)	73:34
39. Roger Mowery (34)	66:25	88. Scott Partin (18)	73:35
40. David Vezzi (26)	66:34	89. William Conroy (34)	74:19
41. Joe Long (19)	66:38	90. Tom Marshall (43)	74:26
42. Mark Kohring (29)	66:43	91. Fred Jacoby (39)	74:29
43. Donald Clark (41)	66:58	92. Earle Myers (31)	74:30
44. Gary Dulin (36)	67:05	93. Arnie Henderson (44)	74:34
45. Chuck Walsh (38)	67:11	94. Harry Kleinman (58)	74:36
46. Norman Saunders (38)	67:16	95. Susan Lawrence (23)	74:36
47. Mark Grim (29)	67:27	96. George John (48)	74:39
48. Paul Buchley (39)	67:33	97. Steven Rogers (23)	74:58
49. Mike Chamberlain (37)	67:45	98. Michael Smith (31)	75:12
	68:15	99. Ron Jarashow (31)	75:38
		100. James Jerpe (41)	75:41
		101. Tim Jewell (34)	76:02
		102. Stephen McClure (39)	76:08
		103. J. Bitgood (35)	76:10
		104. Robert Hynes (48)	76:15
		105. Ed Lutz (41)	76:19
		106. Rick Cooper (34)	76:26

Annapolis Striders Race Results - Cherry Pit 10 Mile Race 4/5/81

107.	Michael McAusland (46)	76:42	156.	San Chastain (49)	86:22
108.	Anne Barnett (43)	76:47	157.	Aaron Fortier (12)	86:55
109.	Robert Gillis (21)	77:02	158.	John Kurpjuweit (36)	87:10
110.	Leroy Holloway (26)	77:13	159.	Dwight Fortier (42)	87:10
111.	Steven Crawford (10)	77:14	160.	Robert Reynolds (37)	87:13
112.	Pat Zachary (15)	77:20	161.	Barry Rosenblott (47)	87:34
113.	Rich Cummins (34)	77:35	162.	Mark Schwartz (37)	87:37
114.	Richard Hoover (43)	77:40	163.	Hannah Herbert (35)	87:39
115.	Jim Storey (40)	77:43	164.	Dottie Bogel (37)	88:24
116.	Richard Rahilly (22)	78:11	165.	Deirdre Wagner (25)	88:25
117.	Marty Paul (39)	78:19	166.	Sharon Cooksey (35)	88:51
118.	Russell Goldsworthy (52)	78:24	167.	Gayle Stucker (51)	88:55
119.	Cathy Jacobs (23)	78:31	168.	Dyan Beall (23)	88:57
120.	Burt Shortall (15)	78:41	169.	Betty Moore (52)	88:59
121.	Edward Rogenski (54)	78:44	170.	Ben Moore (55)	89:00
122.	Dave Bartosevich (34)	78:52	171.	John Milatzo (35)	90:13
123.	Abrman O'Brien (41)	78:57	172.	Carol Huddy (43)	92:29
124.	Gordon Moiles (37)	78:58	173.	Carol Dunbar (28)	93:37
125.	Joel Sanders 38	79:06	174.		93:38
126.	Mark Meyerson (32)	79:07	175.	John De Greck (35)	93:43
127.	Ed Slunt (44)	79:08	176.	Nancy Waddington (42)	93:57
128.	Betty Impellizzeri (36)	79:21	177.	Ginny Stibolt (37)	93:57
129.	Ollie Nanyes (21)	79:22	178.	Helaine Betnun (35)	94:34
130.	Dale Vogel (50)	79:22	179.	Joseph Cameron (58)	95:03
131.	Richard Jordan (16)	79:28	180.	Nancy Novack (26)	95:03
132.	Howard Ottenstein (34)	79:35	181.	Bill Vogenitz (33)	95:04
133.	Fred Carson (41)	80:26	182.	Jim Fratino (47)	95:13
134.	Eric Beavers (29)	80:29	183.	Linda Lloyd (37)	95:18
135.	Richard Butts (46)	80:40	184.	Joe Manck (34)	95:38
136.	Eric Haars (59)	80:54	185.	Guy Ricco (60)	96:57
137.	Ralph Corbitt (44)	81:27	186.	Michael Stockett (26)	97:32
138.	Liz Barclay (30)	81:39	187.	Ann Manck (32)	97:59
139.	Don Goodwin (39)	82:06	188.	James Webber (41)	99:46
140.	James Patton (32)	82:18	189.	Herbert Chavkin (60)	104:09
141.	Richard Strivers (33)	82:24	190.	Jackie Monaghan (17)	105:07
142.	Dennis Doyle (40)	82:38	191.	Jineen Knotts (29)	107:06
143.	Karen Chapin (26)	82:40	192.	Monna Kauppinen (46)	107:17
144.	Dale Gisselman (37)	83:02	193.	James Fava (35)	109:56
145.	Janie Kupstas (22)	83:07	194.	John Simpson (36)	109:57
146.	Jill Zachary (13)	84:08	195.	John Wall (67)	135:21
147.	Sue Patton (32)	84:23		(Race Walker)	
148.	Gene Humphrey (48)	84:53			
149.	Donna O'Neill (23)	84:56			
150.	Joe Schindler (48)	85:15			
151.	Allen Stallings (46)	85:46			
152.	John Mayhew III (22)	85:58			
153.	Jay Alders (56)	85:59			
154.	Earl Scott (41)	86:09			
155.	Jim Brannan (47)	86:14			

# WHAT'S COMING UP

June 21 SUN	<u>LOCH HAVEN 10K</u> #4 Club Champ Series	Loch Haven Edgewater, Md	8AM	Orv Pratt
July 5 SUN	1st Training Run for Anna, 10 Miler	Anna Sr High Sch Riva Rd	7:30AM	
July 19 SUN	2nd Training Run for Anna, 10 Miler	Same As Above	7:30AM	
July 26 SUN	<u>WOMEN'S DISTANCE FESTIVAL</u> (for all runners) 5K #5 Club Champ Series	USNA	8AM	?
Aug 2 SUN	3rd Training Run for Anna 10 Miler	Anna Sr High Sch Riva Rd, Anna.	7:30AM	
Aug 16 SUN	4th Training Run for Anna 10 Miler	Same As Above	7:30AM	
Aug 30 SUN	<u>ANNAPOLIS RUN</u> (10 miles)	USNA Stadium & thru town	7:30AM	Walt Eilers
Sept 27 SUN	NATURAL LITE SEVERN RIVER HALF-MARATHON	[to be announced]	8 AM	Jim Katcef, Al [tent.] Cantello
Nov 29 SUN	<u>COLD TURKEY 20K</u> #6 in Series	So. River High Sch, Edgewater	10:00AM	
Dec 29 SUN	<u>ANNIVERSARY RUN 15K</u> #7 in Series	USNA	11AM	
Oct 25 SUN	<u>KEY SCHOOL 10K</u>	<u>HILLS MERE, ANNAPOLIS</u>	9:00 AM	ANN BEACH

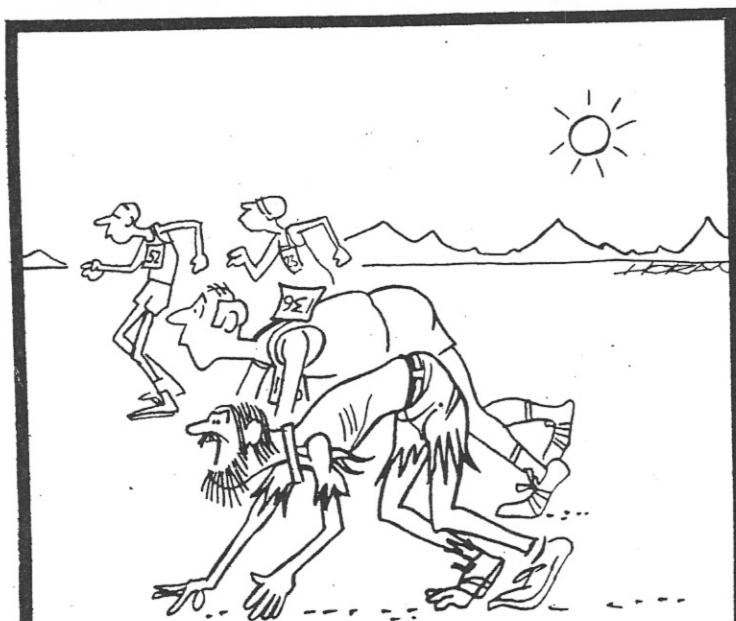


# DIARY OF A MARATHON

## DIARY OF A MARATHON--BOSTON 1981

Annapolis, Sat., April 19th - up early this A.M.-Van leaves at 8:00, set alarm for 6:00 - up at 5:20 anyway. Get in easy 5 miles before drive up.

Blurry-eyed crew at Van rental station - Mike Van Buren, Larry Stone, Ben Matthews, Marty Rosenberg, two Rosenberg children, and me (Eric PeltoSalo). Couple of last minute dropouts. Everyone drowsy, but pretty wound up. Mates & children kiss good-bye - Wives look tolerant...Stoney's wife sure looks pregnant. Uneventful ride up. Plenty of runner talk about training, etc., also about best route. I never knew there were as many short cuts between here and there! 10+ hours later checked in at 'elegant' Travelodge. (In Boston traffic there is one rule, "If you don't know how to get there, you have no business going there!") Chinese supper. Purchased every newspaper in New England to read about race! None of our group listed among favorites. Fast paced evening ends 10-10:30 with lots of z's and less liquid carbohydrates than usual. Sleep fitfully.



"I'M NOT RUNNING IN ANY MARATHON!  
I'VE BEEN LOST OUT HERE FOR 3 MONTHS."

Sun A.M., 19th, is magnificent - temp 40's - sunny with a breeze from West. We turn on radio early for weather for Monday. When the man says high to low 50's, cloudy, possible light rain - we all scream with joy - much to the delight of Easter Morning hotel guests (7 A.M.). Ran for 40 mins. along last 2 miles of race route to the Prudential (Pru) Center Boston Common and back to Strider HQ. Breakfast and more news papers. Where is Eric's name and #. Panic! Everyone reads list several times. Eric frantically checks his documents against those held by Matthews and Van Buren. Everything checks out. Low level anxiety as we head for the Pru.

Number pick up is easy. Main problem is dodging all the T-shirt, hat and souvenir salesmen. Eric listed as Annapolis, MO!...but is registered OK! Scout out the receptions by various running mags & cos.--not much doing--except for a particularly tasteless presentation by Runners World that had them leaving in droves.

Carbo loading that night in all guises. Big night in Little Italy--Hard to tell whether Easter festivity or carbo loading is more prominent! Set alarm for 6:30--up at 5:45--no return

RACE MORNING--all met at Pru. to catch bus to Hopkinton--stand in line 45 mins. in cold, breezy, cloudy weather. Was that rain? Is anyone in charge? People jump in lines - no one stops them - people buy donuts for that last carbo fix! Busride out is uneventful but very tense--war stories start and the Boston Vets have the floor - some boasting & bragging going on - dull ride on the Mass Pike that is "long" - the bus ride reminds just how long 26 miles really is! All roads to Hopkinton sealed before 9:00 so long lines on highway - those who drove, now walk several miles - those on the bus are deposited in downtown Hopkinton with no one in charge - a good 3/4 mile hike to the high school gym follows - no signs and no one offering directions - if you want to buy junk or pancakes or balloons or banners or T-shirts, this is the place.





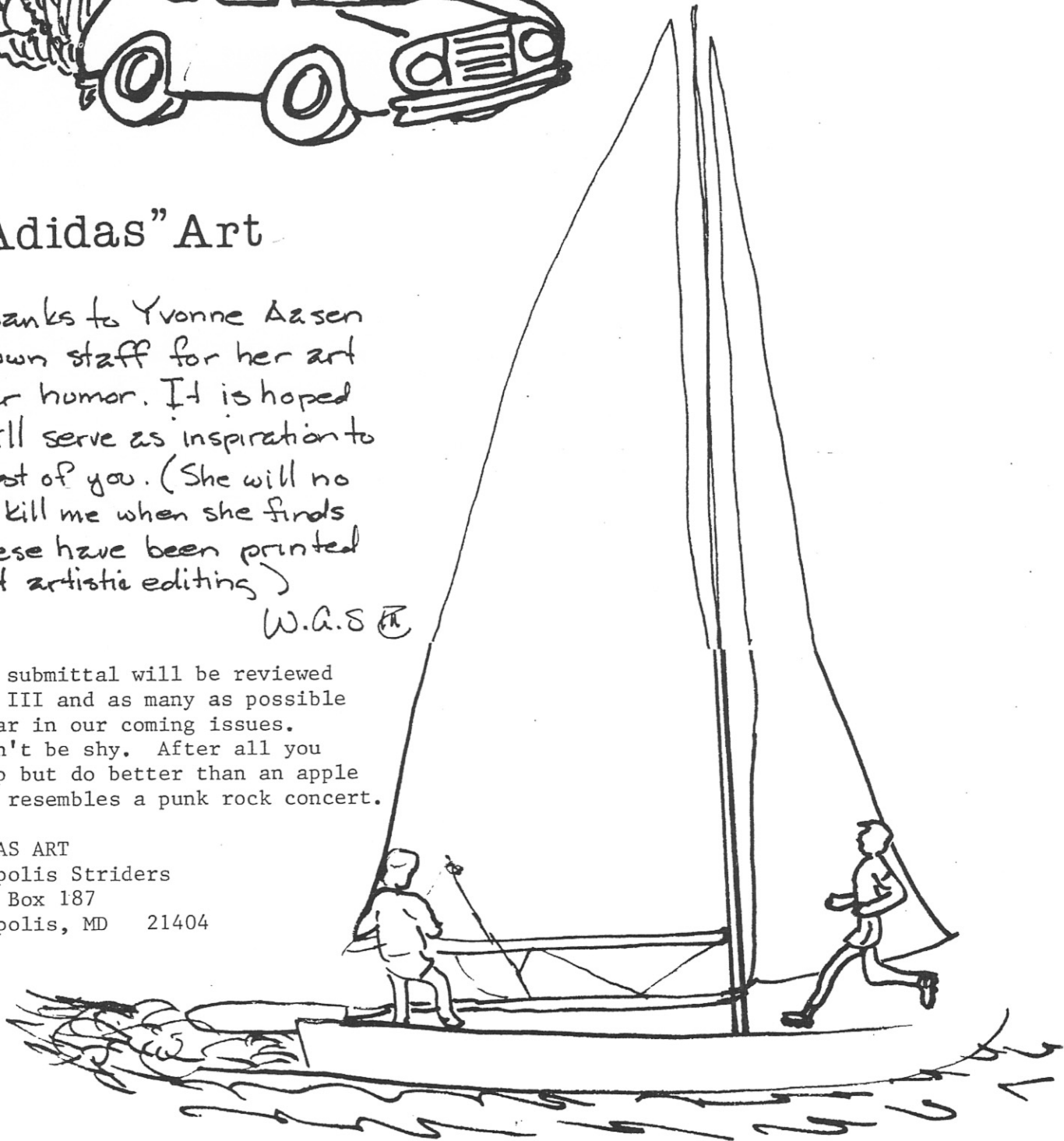
## "Adidas" Art

Our thanks to Yvonne Aasen of our own staff for her art and her humor. It is hoped this will serve as inspiration to the rest of you. (She will no doubt kill me when she finds out these have been printed without artistic editing)

W.A.S. III

Each submittal will be reviewed by W.A.S. III and as many as possible will appear in our coming issues. Please don't be shy. After all you can't help but do better than an apple core that resembles a punk rock concert.

ADIDAS ART  
Annapolis Striders  
P.O. Box 187  
Annapolis, MD 21404



"Honestly, Mike, can't you ever relax?"

Most interesting pre-race moment - a Japanese press correspondent calling a story home to Japan collect from a busy 5¢ and 10¢ store pay phone.

"Herro, a collect call to Mr. K-O-B-A-Y-A-S-H-I from Mr. T-A-K-A-H-A-S-H-I!" Must have been a HOT story!

The port-o-pots have lines of 20-30 each and it is only 9:30 - the race starts at 12:00. Woods are full of runners and briars. T/P is at a premium. No official check in station and no one appears to be in charge. Occasionally a hidden loud-speaker instructs . . . "Braxxx... shgx sssss pop!" The high school gym can hold 300 comfortably and 1000 if no one sits or lies. 1500 of the 7000 official starters are in there! Turn in your gear bag by 11. Wait another hour. Walk another 3/4 mile back to start - wait shivering - thinking about going to the bathroom. Nobody looks out of shape - even the bandits look pretty good. Lots of garbled announcements. Tiger sells shoes just in case you thought you'd like to wear a brand new pair in the Marathon - and I'm sure someone did!

Does that head of blond hair flapping in the distance at the front of the pack belong to Billy? - you'll never see him though.

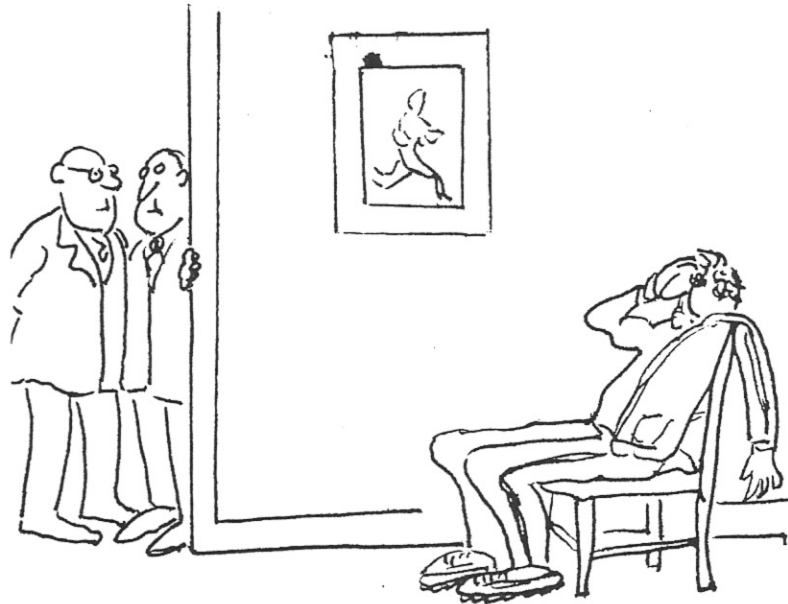
11:45....11:50 the group is sardined in. 11:59-the air is filled with discarded T-shirts & garbage bags - 100's of them - like a giant toaster popped them up...12:00-the gun sounds- 7000 heads move up and down--all but a couple hundred don't go forward for seconds, then minutes. The slow walk to the start, about 45 seconds out I get in a hop, then a skip 15 seconds later--a couple of screeching halts-- some people are in ditches - some fight, claw, elbow, scratch their way-a rare "pardon me"-some falls, nothing looks too serious.

Once under way, pace becomes a factor - are there any splits and what do they mean? - There are at least 3 different marks for 1 mi., 5, 10, 15 and 20. 8 mis. "accurate" is on a telephone pole. 12 7/8 mis. to go is graciously noted by a church in the middle of the course.

Was that a band I hear? Coming into a village a C&W band is on the roof serenading us with some good ole stomp-ing music. There are too many official water stops - at least every 2 mis. - every spectator and his brother offer water, gatorade, beer, oranges, etc. Very kind, no thank you. Road is paved with debris. Pack is thick 2-3-4 runners abreast - never more than 3-4 ft. between clumps - no one to regulate pace - path is narrow - 20 yds. at start - down to 5-10 ft. for the last 8 mis.

For men, the best part of the race is Wellesley College-13-14 mis. out. Thousands of attractive, smiling women chanting and screaming "Go...Go..." have narrowed the course to a single file gauntlet of pulchritude and temptation to make a last rest stop. Adrenalin jumps dramatically - bring pace in check before burn out.

1st of "Heartbreak Hills" starts around 16.5, but not much to it. Although longer than Askewton in the Annapolis 10--not as steep. Nothing compared to Md. Marathon "Mountains." Plenty of time to recover after charging up the hills. By now the downhill are taking more out than the uphill-people lose all feeling in their quads.



"Do you think Van Buren is experiencing post-Boston malaise?"

Wheelchairs passed going up Heartbreak get the last laugh. Crowd is frightening and deafening the last 5.5 miles after crest of hill. Police horses rear and block path on a couple of occasions.

The path is littered with the over eager who are now spent. Staggerers and walkers and limpers and gaspers. But finally the long straight 2 miles before the final turn ends. Pulse quickens - you made it! Up 2 blocks, turn left and down 2 and you've run the Marathon - check your time and go into the dungeon.

The finish is more excruciating than the start. It is in a 2 acre underground parking garage. NO ONE APPEARS TO BE IN CHARGE. Wrestle a space blanket out of a kid's arms and look. No toilets - water  $\frac{1}{2}$ " deep on the floor from 2 small water and ERG tables. People sit and lie in bad shape on the pavement-cold, dark, drafty. Stand in line for 10 mins. to get bag. No way out- no where to go to watch the rest finish-go to liquor store for a beer-go home to change for reception-100 people in line at Subway token booths-walk home -it's only 2-3 mis. and I'm a tough guy with no patience!

Runners reception and award ceremony afterward provide \$1.50 beers and "interesting" cheese. Band starts up for 2 hr. party-everyone leaves they're so awful.

Walk home is time to think of excuses. No good. From the first minute underground at Prudential Center until well into second week after I still swear off going back next year. After that I start planning fall racing season and training regime for '82 BAA Marathon because I'm gonna know what to do the next time!



Founded in 1978 by Landon Carter, World Runners is a worldwide organization with over 5400 members whose purpose it is to communicate through jogging, running and competing that the end of world hunger is an idea whose time has come. W/Rs does not feed anyone, but it does support hunger organizations who do. Since 1978, the club has raised in excess of \$1,000,000 in support of other hunger organizations.

It is a tax deductible organization and is not in competition with any other running club. In fact W/Rs has supported other running clubs by assisting with races, etc. For example, the Baltimore area group recently handled the baggage transfer at the Maryland Marathon, the finish line at the Lady Equitable, and they will do the finish line at the Constellation Race on May 24th in Balt.

If you are interested in enrolling, the lifetime membership fee is \$12 and you can send your check to World Runners, P.O. Box 14838, Long Beach, CA 90803. T-shirts (\$8) and tank tops (\$10) are also available. If you have any questions, call Lee at 757-4793.



SO YOU WANT TO RUN A MARATHON

# THE BEGINNING JOGGER

Pittsburgh Post-Gazette

Art Buchwald

## Jogging runs its course

WASHINGTON — The jogging fad peaked in early 1980, and running analysts predict it will be all downhill for 1981.

This does not mean that the hard-line jogger, who cannot be rehabilitated, will give up the sport. But the person who tried it for kicks and because everyone else was doing it has finally come in from the cold and has gone back to doing pushups in his bedroom.

No one knows why jogging fell off. Some believe that when President Carter stumbled in a race last year, it was the beginning of the end for amateur runners. Others theorize that many people discovered you never got to talk to anyone when you were jogging after work, and you could meet a much better class of people in a warm singles bar.

I date the beginning of the end for jogging to last summer when I went to see Guggenheim and found him in his garage.

"How about a five-mile run to the Pentagon this morning?" I asked.

"I can't," he said. "I'm working on something that could make me rich."

"What is it?"

He showed me a round piece of wood. "I call it a wheel."

"What good is it?"

"It's no good by itself. But when I attach it to another wheel with this crossbar, and connect it to these other two wheels in the back and put this seat on top and an engine here to turn the wheels, a person won't have to jog any more."

"You're a dreamer, Guggenheim. Who would want to ride when he could run instead?"

"Don't you see, man? This invention will free millions of joggers from having to use their own legs. They can cover twice as much territory in half the time. They won't have to worry any more about aches and pains in their bodies — they won't even have to breathe heavily. They can just sit there and enjoy the view. The wheel will take the pain out of jogging."

"But I thought pain was part of jogging. I was under the impression people jogged because it hurt all over."

"Some do, but there are millions of people out there who have low pain thresholds. That's the market I'm going for."

"It sounds great on paper," I admitted. "But if you don't use your own legs how can you call it jogging?"

"You can still wear your sweat suit and running shoes. You can do everything a jogger does, except move under your own power. The thing that's going to sell this is that you don't perspire. You can do 26 miles and not have to take a shower."

I took one more look at Guggenheim's crude machine and realized I was gazing into the future. I always knew that someday man's genius would lick the jogging problem once and for all. But I never thought it would come so soon.

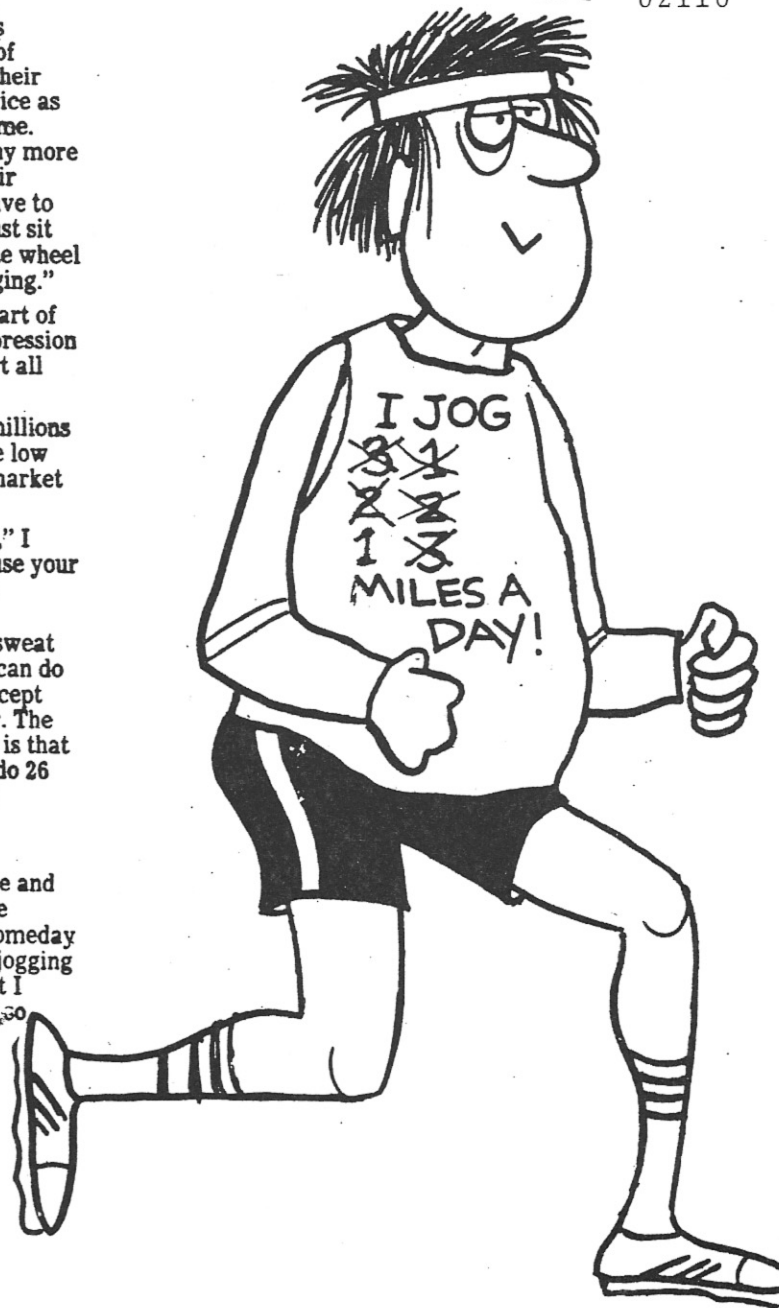
Dear Fellow Runner,

This is a note of thanks for someone whose name I don't even know. I was a wheelchair participant in the Boston Marathon. After the race it started to rain and I could not find the people who brought my clothes. Someone from your club gave me a shirt to put on. This will be remembered by me for a long time with appreciation.

Thanks again,

Jack Cookley  
The MBTA Ride  
Office for Special  
Needs  
45 High St.

Mass 02110





# TRAINING TIPS

## TRAINING AND CLINICS

by Trudy Trumpy

Preparing for daily runs, whether training or just for exercise, should always be preceded by stretching. Whatever level of running each of us has achieved, the stretching process is always of value and will save us from injury to muscle or bone.

Think of dancers; hours are devoted to working each muscle group to achieve maximum strength and stretch. No trained dancer would venture out to a performance or daily class without first preparing the body for stress. Now think of yourself; what makes you any different than the dancer? The end result is the same; to have the body well-prepared for exercise and endurance.

My suggestion is to take five to ten minutes and think of each section of the body as a muscle group. Now stretch each muscle group separately; first working the toes and ankles, stretching the calves and thighs, flexing the hips, back, circulating the arms, and rotating the neck. It is more valuable to your muscles to achieve each stretch by "lengthening" muscles, not bouncing. Yoga exercises are probably the best example of stretching for "length." Bouncing can cause muscle spasms.

None of this is of value without breathing from the abdomen throughout your warm-ups. Allow the abdominal muscles to push out with each inspiration and pull in with

each expiration; forcing air out of the lungs. Remember to allow the same stretch at the end of your run.

For anyone interested in spending one morning learning extra techniques for training, George Washington University is sponsoring a Sports Clinic. This will be held on May 16 from 8:30 to 11:30 in the Athletic Center. Orthopedic surgeon, David Brody, will discuss running technique; other experts in the areas of swimming, racket games, cycling, and rowing will present helpful information. Registration will be at 8:30. It should be fun!

Think of yourselves as dancers of the road! Why go to time and trouble to run at all if you are not willing to prepare your body and avoid injury in the long run.....



## *Train with Eric*

Track work out sessions will be returning to USNA track (opposite soccer field, behind library) effective March 5, 1981 at 6:00 P.M. Tuesdays and Thursdays. Everyone welcome!