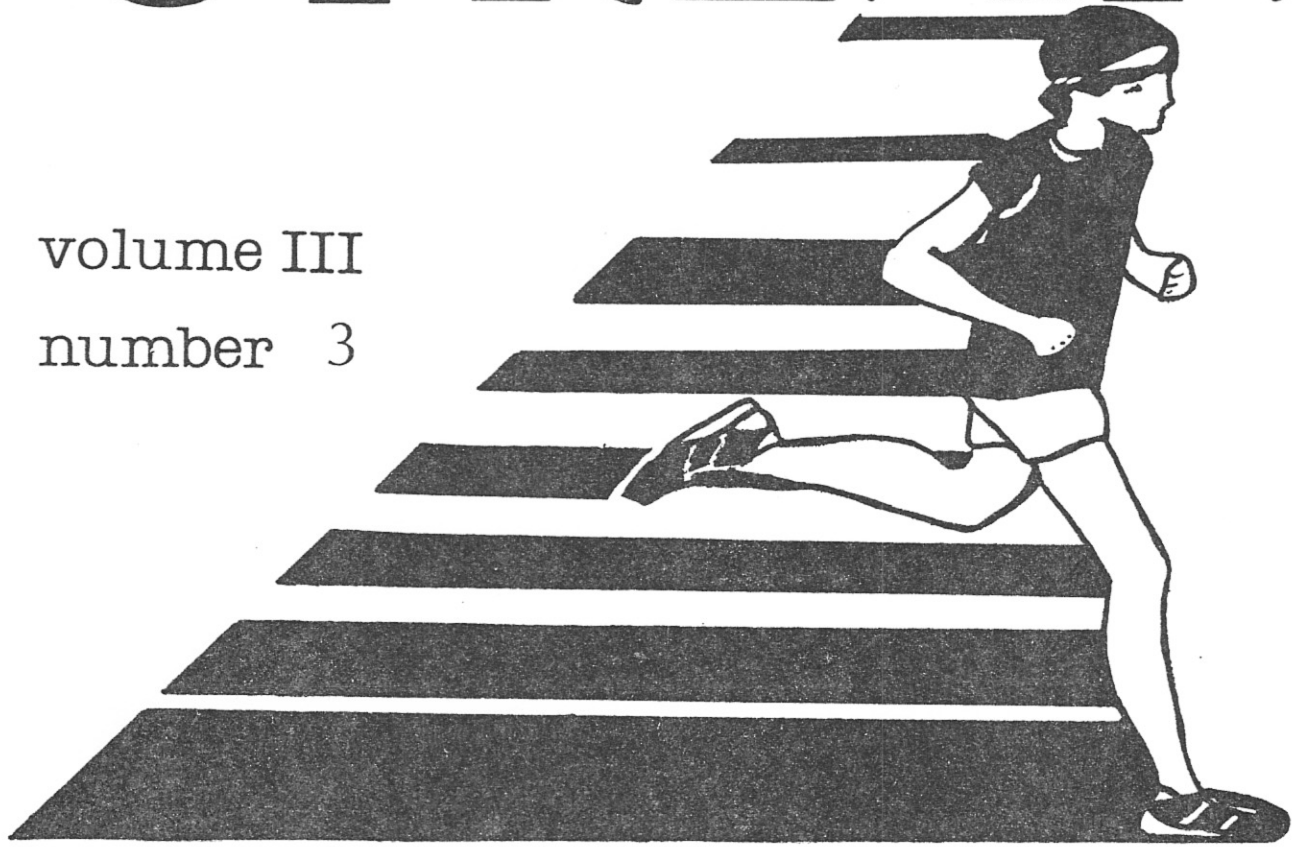


STREAK

volume III
number 3



ANNAPOLIS STRIDERS

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

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"STREAK"

ANNAPOLIS STRIDERS

volume III number 3

august 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 (page two)

* I hope more of you will call in and ~~report~~ tell us of your running related activities. If your travelling to a distant marathon this fall, or any race, leave your name on the HOTLINE ~~and~~, carpooling can often be arranged.

* Training runs continue out of the Annapolis Mall on Saturdays and Sunday's at 7 am. Come out and settle into your own pace.

* This month we say good-bye to two avid Striders: Steve Hull and Glen Keith. I know that racers in the 30 year age group will have mixed feelings about Steve's departure. He just keeps on getting better and better, he ran a 32:30 10k at Constellation this spring. We'll all miss Glen's profile as he puts in the miles along the Naval Academy seawall. This is the disadvantage of having running companions from the Navy, they all move away after a couple of years. In June, John Butterfield left Annapolis for Greece. As a founding member and inspiration behind formation of our club, he was voted an honorary lifetime member of the Striders by ^{all} at the board meeting in June.



Keep the Pace,

Mike

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

Steven Hull
K-5 Phythian Road
Annapolis, MD 21402
June 14, 1981

Dear Alice,

One of the highlights of a two year stay in Annapolis has been my association with the Annapolis Striders. I had been running a number of years before coming here, but was motivated to do so for mostly negative reasons--to keep trim looking, release tension, etc. Consequently I rarely ran more than two or three miles a day and really did not enjoy running for its own sake.

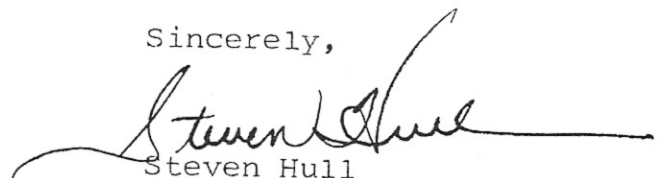
An occasional race, two to be exact between 1975 and late 1979, proved to be painful and unenjoyable. Shortly after arriving here in August 1979, I was infected with two common Strider maladies--John Butterfield's rabid enthusiasm for running and the Ben Moore humane approach to the task of running one's first marathon.

The first big mental breakthrough came with the completion of my first 15 mile training run on September 1, 1979. The pace was sane, the feeling of accomplishment strong, and the desire to go farther and faster intense. Now almost two years, six marathons, and numerous races and training runs later, the enthusiasm for running for its own sake is still strong.

I have seen the Striders grow in many ways. Each succeeding president has been able to build on the work and progress of his predecessor. Of course, there are still many areas that need attention, particularly I believe, in the organization of formal activities for the truly novice runners (those who have never run before), and for children up through age 12. Undoubtedly these and other deficiencies will be addressed and remedied in due time.

I enjoyed my affiliation with the Striders and wish the Club continued success. If any of you are in Rock Springs, Wyoming after August of this year, stop by. If you happen to be in the area next June you can enter Southwest Wyoming's 'premier 10 mile run', the Green River to Rock Springs 10 Miler, or the Green River Half Marathon. Don't expect a PR-- the altitude is 6,300'-- but the wide open spaces and the low humidity will provide a different and stimulating running experience.

Sincerely,



Steven Hull



RUNNING SHORTS

RUNNING WITHOUT SHORTS

The stalker would appear at dusk running across the dykes on the campus of Clemson University. Clad only in running shoes his silhouette could be seen against the sunset and he would disappear as mysteriously as he had appeared.

The student body was buzzing with curiosity about the stalker's identity. Campus newsmen set up stakeouts--to no avail. The stalker eluded capture all that fall. Winter passed. Early spring brought warm breezes, and the stalker.

Finally, he was apprehended. He was not a University student as feared but a resident of a nearby town--apparently a late bloomer from the stalker era of the 70s. ●

There ought to be a moral to this story. Perhaps its the advice of Clemson students--in case you ever encounter a stalker in the flesh--establish eye contact!

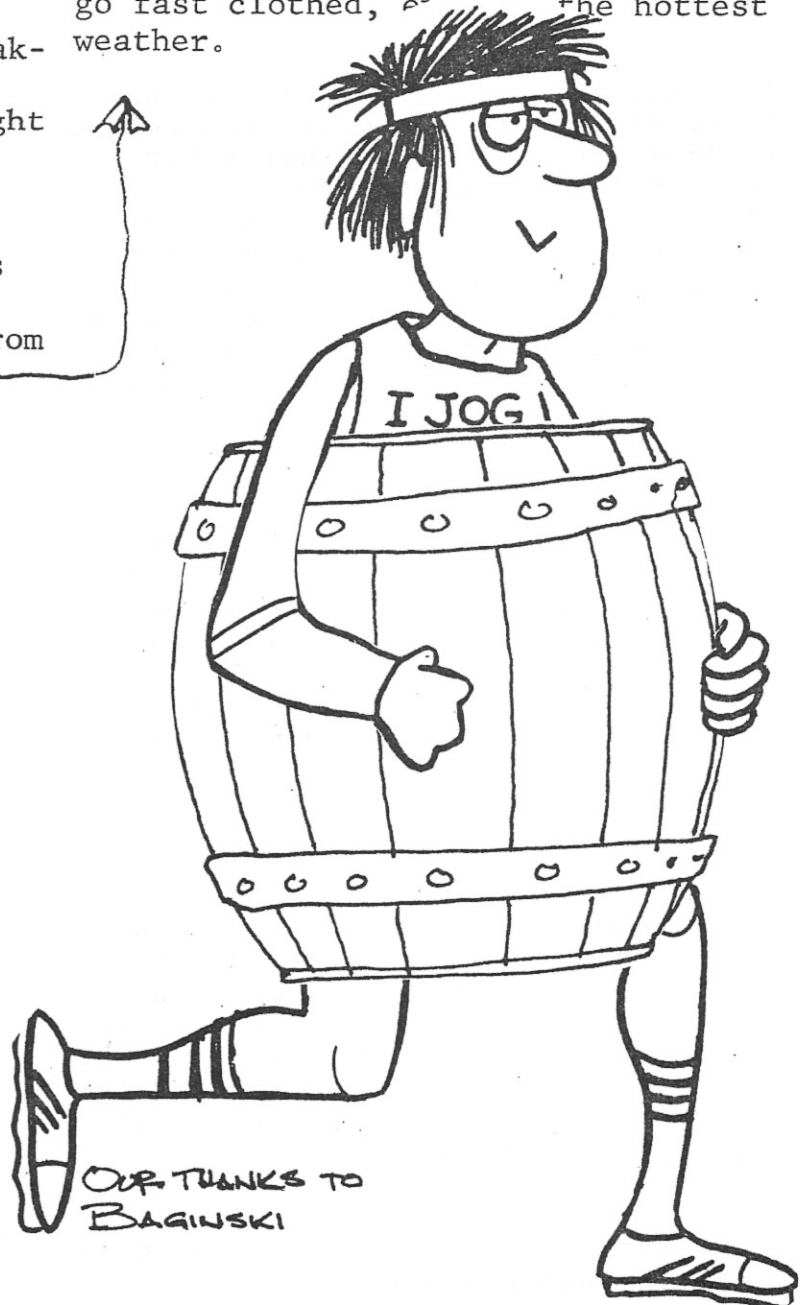
Editor's note: Any resemblance to this "Runner's Short" and the title of our newsletter is clearly out of character. Webster defines streak "to go fast, swiftly." We, of course, go fast clothed, even in the hottest weather.

TRAINING TIPS

CLINICS

Trudy Trumpy, our Training Chairperson, says there will be an Ultra-Marathon Clinic on September 10, 1981 at 8:00 PM in the Arundel Center. Don Waddington will explain running beyond the marathon, including his incredible 185-mile run along the C & O canal. Room 117.

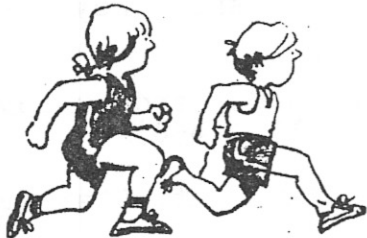
A Self-Help Clinic will be held the week before the Severn River Run. This clinic will include an orthopedic surgeon and a podiatrist and the subject will be injuries. The clinic will be held at the Elks Club during the week of September 21st.



NATIONAL JOGGING DAY

Scheduled this year for October 10, National Jogging Day is a nationwide celebration of fitness and fun designed to inform people about the benefits of running and regular exercise. Last year an estimated 1,000,000 Americans participated in fun runs, races, sports medicine seminars, nutrition clinics, and other NJDay activities organized by volunteers in hundreds of communities.

The National Jogging Association has requested that we publish the resolution forms below and asks that our members participate by sending one of these forms to your senator or representative. In the House of Representatives alone, the bill needs 276 co-sponsors.



The Honorable Marjorie Holt

U.S. House of Representatives

Washington, D.C. 20515

Dear Representative:

Running is an important part of my life. As one of your constituents I strongly urge you to co-sponsor the House Resolution offered by Rep. Beverly Byron (D-MD) proclaiming October 10, 1981 as National Jogging Day.

Put Your Best Feet Forward!



...Go Jogging on National Jogging Day.

Join the festival of fitness and fun! Come out and jog on National Jogging Day.

For information, write or call the National Jogging Association, 2420 K Street, N.W., Washington, D.C. 20037, (202) 965-3430.

**National Jogging Day
October 10, 1981**



FORT MEADE 24 HR RUN

FORT MEADE 24 HOUR RELAY, August 1st
and 2nd

Our "run on regardless" team placed
11th out of 22 teams and covered
a distance of 228 miles and 3300 ft!

OUR TEAM: Bill Law, Don Waddington,
Walt Eilers, Ben Matthews, Ken Kimble,
Warren Cooper, Betty Impellizzeri, Don
Kennedy, Lynn Burkhart, Demetris Fotos,
and timers Mike Van Beuren, Amy Matthews,
Bill and Delma Miller, Rob Bushnell.

RACE RESULTS AND STANDINGS

FATHER'S DAY 10k

10K on Father's Day at Loch Haven
June 21, 1981
Annapolis Striders Race Results

1.	Steve Hull	30	33:55	55.	Kenneth Lyons	41	46:35
2.	Eric Peltosalo	31	35:31	56.	Jim Storey	40	46:42
3.	Tom Fish	30	35:41	57.	Barbara Stroud	36	46:46
4.	Jim McNatt	31	35:46	58.	Walter Stroud	37	46:47
5.	Bill Conroy	37	35:48	59.	Barry Cramp	44	46:51
6.	Tom Allen	22	36:01	60.	Doug Burkhardt	43	46:53
7.	Mathew Mace	20	36:15	Ken Thorn		46	47:02
8.	John Major	32	37:01	62.	Bill Vogenitz	33	47:10
9.	Ray Harrison	46	37:16	63.	Anne Barnett	43	47:23
10.	Ben Mathews	43	37:31	64.	Dave Bartosevich	34	47:47
11.	Bing Topper	34	37:32	65.	Earl Scott	41	47:48
12.	Joe Smaldone	35	38:09	66.	Lloyd Harrison	40	47:49
13.	Jim Kisenwether	23	38:28	67.	Chris Raney	30	47:55
14.	Lou Kaluzienski	32	39:13	68.	J.E. Fredland	38	47:55
15.	David Gordon	15	39:37	69.	Dale Vogel	50	47:59
16.	Ed Purpura	28	40:15	70.	Pete Gabardini	19	48:02
17.	Chuck Walsh	39	40:20	71.	David Jordan	20	48:02
18.	Dave Tyler	38	40:26	72.	Marty Paul	39	48:17
19.	Warren Cooper	28	40:30	73.	Dan Donnelly	34	48:24
20.	Don Rosenshine	37	40:56	74.	Ivan Pressman	35	48:27
21.	Jim Katcef	42	41:01	75.	Larry Milstead	35	48:31
22.	Gary Chidester	34	41:11	76.	Mike Smith	31	48:33
23.	Richard Carter	31	41:17	77.	Bob Higginbotham	29	48:41
24.	Al Kibeluis	39	41:41	78.	Bonnie Howe	36	48:50
25.	John MacLean	29	41:47	79.	Amy Howe	10	48:50
26.	David Shenkenberg	51	41:52	80.	Al Stallings	46	49:13
27.	Bob Phillips	44	42:09	81.	R. Kames	39	49:13
28.	Don Waddington	49	42:10	82.	Delma Miller	38	49:14
29.	Mark Villa	13	42:17	83.	Bill Miller	39	49:14
30.	Joe Clorety	38	42:21	84.	Patrick Lawly	23	49:19
31.	Brent Johnson	40	42:47	85.	John Starrett	23	49:24
32.	James Jerpe	42	42:55	86.	San Chastain	49	50:36
33.	Gary Goodman	30	43:01	87.	Gale Cromwell	27	50:42
34.	Edwin Nobis	42	43:05	88.	Jay Alders	56	50:56
35.	Gibson Mackall	17	43:41	89.	Ding Brannan	47	50L58
36.	Joseph Abruzzo	29	43:46	90.	Neil Donnelly	37	51:04
37.	Earle Myers	31	43:53	91.	Doug Raper	51	51:28
38.	Paul Herman	36	44:02	92.	Lt Prevatte	40	51:38
39.	Don Kennedy	33	44:11	93.	Donna O'Neill	23	51:44
40.	Edwin Polk	30	44:12	94.	Nancy Waddington	42	51:49
41.	Richard Jordan	16	44:29	95.			52:14
42.	Dan Fratino	17	44:30	96.	Rick Rohrback	39	52:22
43.	Ben Moore	55	44:33	97.	Mark Manasseri	11	52:44
44.	George Alderson	39	45:01	98.	Geoff Rohrback	13	52:57
45.	Arnie Henderson	44	45:09	99.	Bart Rohrback	41	52:57
46.	Michael Manasseri	12	45:10	100.	W.S. Harrison	44	53:04
47.	Murray Snyder	34	45:27	101.	John Kurpjuweit	36	53:51
48.	Brainin Thorn	14	45:38	102.	Mark Murphy	27	53:55
49.	Carl Ingram	35	45:40	103.	Chuck Dawson	18	54:07
50.	Wilford Scott	31	45:41	104.	William Mealy	33	54:10
51.	Al Bressi	43	45:42	105.	Andrew Davis	56	54:13
52.	Ron Jarashow	31	45:55	106.	Karen Albrecht	34	54:19
53.	Sonny Weids	34	46:18	107.	Betty Moore	53	54:22
54.	Fred Jacoby	40	46:34	108.	Dyan Beall	24	54:24
				109.	Robert Hogan	36	54:27
				110.	Karen Royer	26	54:28
				111.	Guy Riccio	60	54:33
				112.	Joe Manck	34	55:40

WOMENS DISTANCE FESTIVAL

Annapolis Striders Race Results - Womens Distance Festival 5K 7/25/1981

1. John O'Neill	15:23	58. Garland Green	21:32
2. Mike Van Beuren	15:44	59. Michael Manasseri	21:36
3. Doug Law	16:07	60. Yvonne Heffner	21:42
4. Steve Hull	16:13	61. Al. Eressi	21:43
5. Ian Cherry	16:25	62. Betty King	21:45
6. Howard Wright	16:39	63. Allan Segree	21:45
7. Eric Peltosalo	16:42	64. Doug Burkhardt	21:46
8. Tom Fish	16:44	65. Lee Boynton	21:53
9. Jim McNatt	16:50	66. Eric Beavers	21:53
10. Bill Conroy	16:53	67. Jim Storey	21:57
11. David Prevo	17:06	68. Dale Vogel	21:58
12. Demetrios Foto	17:18	69. Dave Bartasevich	21:59
13. Ray Harrison	17:27	70. Wendy Suggs	22:02
14. Bob Leo	17:31	71. Amy Howe	22:05
15. Ed. Purpura	17:40	72. Bonnie Howe	22:07
16. Jim Black	17:44	73. Dennis Williams	22:10
17. John Gygas	17:51	74. Danalee Green	22:12
18. Jeff Ackerman	18:01	75. Linda Pastenriede	22:17
19. Joe Smaldone	18:05	76. Robert Tapp	22:23
20. Ben Matthews	18:09	77. Crvid Pratt	22:24
21. Roland Zender	18:23	78. Barb. Stroud	22:29
22. David Tyler	18:24	79. Walt Stroud	22:29
23. M. Glen Keith	18:25	80. Allyson McCormick	22:33
24. Larry Stone	18:28	81. Monica Grillo	22:39
25. Gary Chidester	18:29	82. Jim Fratino	22:41
26. Carson Dunbar	18:36	83. Rick Rohrbach	22:42
27. Tom Hanington	18:40	84. Deidre Wagner	22:43
28. Vince Battista	18:42	85.	22:44
29. Kris Kavetski	18:54	86. Wesley Chidester	22:52
30. Don Rosenshine	18:56	87. Kathleen Cvrans	22:55
31. Nate Betnun	18:57	88. Ronald Naditch	22:56
32. Warren Cooper	19:07	89. Don Plant	23:03
33. Mike Chamberlain	19:20	90. Mike Long	23:17
34. Debbie Pavik	19:22	91. Ginny Stibolt	23:19
35. Bill Miller	19:28	92. Gale Gromwell	23:22
36. Joe Clorety	19:31	93. Linder Rogers	23:23
37. Jeff Harvey	19:53	94. Charles Cadell	23:24
38. Earle Myers	19:53	95. Sue McLean	23:24
39. Jan Macgregor	20:04	96. Riley J. Jeffcoat	23:27
40. J. R. Bitgood	20:06	97. Earl Scott	23:31
41. Mark Villa	20:07	98. Harvey Starr	23:32
42. Rolf Colburn	20:10	99. Marie Patrillo	23:32
43. Ron Jarashow	20:14	100. Allen Stallings	23:35
44. G. H. Moses	20:17	101. Mary Ann Bickley	23:38
45. Richard Jorden	20:24	102. Barbara Lorenz	23:39
46. Bart Rohrbach	20:25	103. Geoff Rohrbach	23:46
47. Dick Shea	20:26	104. Susan Patton	23:50
48. Ben Moore	20:27	105. Ron Walfe	23:55
49. Will Scott	20:28	106. Ireland Tackett	23:57
50. Tim Jewell	20:29	107. James Fitzgerald	24:02
51. Suzanne Dee	20:32	108. Jamie Vogel Fallan	24:03
52. A. H. Henderson	20:45	109. Doug Raper	24:06
53. Winne Hittle	20:50	110. Maria Webb	24:07
54. Rick Rodgers	20:52	111. James Brannan	24:13
55. Lynn Burkhart	20:58	112.	24:20
56. Debbie Novak	21:06	113. Steve Klakring	24:26
57. Matt Plante	21:01	114. H. Jay Alders	24:22

CLUB CHAMPIONSHIP SERIES

Annapolis Striders Club Championship Series Standings for 1981

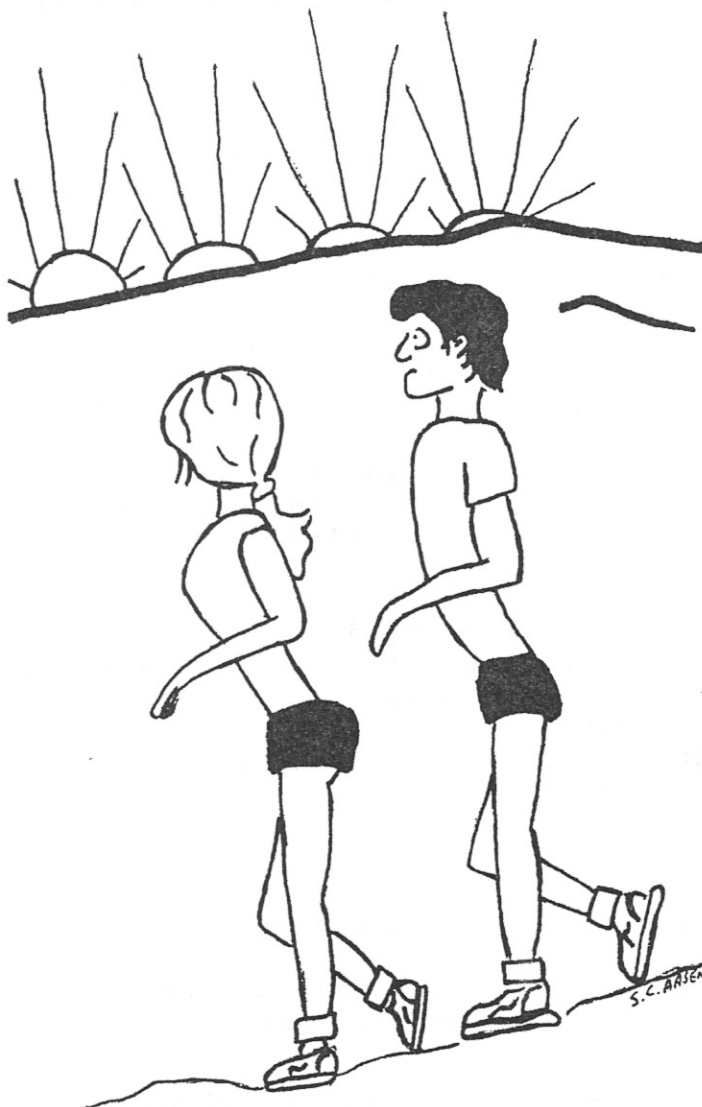
Women 14 & Under	26.2K	10K	Points			5M	Minus Two High Score	Total Points
			5K	10M				
Amy Howe	35	1	1	35	1	70	3	
Jill Zachry	35	35	35	1	35	70	71	
Dori Stibolt	35	35	35	35	2	70	72	
Kelly Brill	35	35	2	35	35	70	72	
Jennifer Manasseri	35	35	3	35	35	70	73	
Lee Manasseri	35	35	4	35	35	70	74	
Colleen Clorely	35	35	5	35	35	70	75	
<u>15 - 19</u>								
Maureen King	35	1	35	35	35	70	71	
Laura Frantino	35	35	1	35	35	70	71	
<u>20 - 29</u>								
Donna O'Neill	2	1	35	4	2	39	5	
Liz Barclay	1	35	3	2	35	70	6	
Karen Royer	35	3	5	35	35	70	43	
Deidre Wagner	35	35	2	6	35	70	43	
Susan Lawrence	35	35	35	1	35	70	71	
Barbara Watkins	35	35	35	35	1	70	71	
Wendy Suggs	35	35	1	35	35	70	71	
Dyan Beall	35	2	35	35	35	70	72	
Karen Chapin	35	35	35	3	35	70	73	
Mary Kappus	35	35	4	35	35	70	74	
Debbie Bressi	35	4	35	35	35	70	74	
Nancy Hovack	35	35	35	5	35	70	75	
Lisa Hardesty	35	35	6	35	35	70	76	
Pat Major	35	35	7	35	35	70	77	
Melissa McWethy	35	35	8	35	35	70	78	
<u>30 - 39</u>								
Betty Impellozzeri	1	35	5	1	1	40	3	
Delma Miller	35	2	6	35	2	70	10	
Ginny Stibolt	4	4	3	4	5	9	11	
Sue Patton	35	35	7	2	3	70	12	
Karon Albercht	35	3	9	35	6	70	18	
Helaine Betnun	6	35	14	5	35	70	25	
Diane Kettish	2	35	8	35	35	70	45	
Laura Norton	5	35	12	35	35	70	52	
Ethne Lee Turnowski	35	5	17	35	35	70	57	
Donnalee Green	35	35	1	35	35	70	71	
Barbara Stroud	35	35	2	35	35	70	72	
Dottie Bogel	35	35	35	3	35	70	73	
Linda Colsh	3	35	35	35	35	70	73	
Linda Rogers	35	35	4	35	35	70	74	
Ann Manck	35	35	35	6	35	70	76	
Margit Eilers	35	35	35	35	7	70	77	
Christine Hall	35	35	10	35	35	70	80	
Pat Bushnell	35	35	11	35	35	70	81	
Louise Zeitlen	35	35	13	35	35	70	84	
Lisa Hillman	35	35	15	35	35	70	85	
Alice Weathersee	35	35	16	35	35	70	86	
Elaine Storey	35	35	18	35	35	70	88	

Men	26.2K	10K	5K	10M	5M	Minus Two High Scores	Total Points
<u>30 - 34</u>							
Steven Hull	1	1	1	1	1	2	3
Eric Peltosalo	2	2	2	2	35	37	6
Jim McNatt	3	4	4	3	2	8	8
Tom Fish	35	3	3	35	3	70	9
Glen Keith	4	35	5	5	35	70	14
Wilford Scott	6	13	11	9	5	24	20
Earl Myers	35	10	8	11	7	46	25
Ron Jarashow	35	35	9	12	6	70	27
Dave Bartosevich	7	16	13	14	8	30	28
Ira Snyder	35	18	14	35	10	70	42
Joe Manck	35	17	35	17	9	70	43
Louis Kaluziowski	35	7	35	4	35	70	46
Nate Betnun	5	35	7	35	35	70	47
Gary Chidester	35	8	6	35	35	70	49
Gary Goodman	35	9	35	6	35	70	50
Tim Jewell	35	35	12	13	35	70	60
Bill Vogenitz	35	15	35	16	35	70	66
Joe Deak	35	35	35	35	4	70	74
John Major	35	5	35	35	35	70	75
Bing Topper	35	6	35	35	35	70	76
Herb Lemoyne	35	35	35	7	35	70	77
Robert Leichtman	35	35	35	8	35	70	78
William Conroy	35	35	35	10	35	70	80
Dick Shea	35	35	10	35	35	70	80
Ed Polk	35	11	35	35	35	70	81
Murry Snyder	35	12	35	35	35	70	82
Sonny Weids	35	14	35	35	35	70	84
Richard Stivers	35	35	35	15	35	70	85

35 - 39

Bill Conroy	1	1	1	2	1	3	3
Joe Smaldone	2	2	2	35	2	37	6
Don Rosenshine	4	4	3	35	3	39	10
Chuck Walsh	5	3	35	3	5	40	11
Mike Chamberlain	8	35	4	4	4	43	12
Marty Paul	35	7	35	11	8	70	26
Don Goodwin	11	35	35	12	7	70	30
John Degreck	13	15	11	14	9	29	33
John Kurpjuweit	12	13	35	13	35	70	38
Dick Hillman	7	35	35	5	35	70	47
Bill Miller	35	10	5	35	35	70	50
Marty Rosenberg	9	35	35	8	35	70	52
Rick Rohrbach	35	12	10	35	35	70	57
Larry Noll	35	35	35	1	35	70	71
Jim Woodcock	3	35	35	35	35	70	73
Joe Cloverly	35	35	6	35	35	70	76
Randy Fox	35	35	35	6	35	70	76
Paul Hermann	35	6	35	35	35	70	76
Larry Sullivan	35	35	35	35	6	70	76
Jeff Zehe	6	35	35	35	35	70	76
Richard Kittrell	35	35	35	7	35	70	77
J.R. Bitgood	35	35	7	35	35	70	77
Ivan Pressman	35	8	35	35	35	70	78
Dennis Williams	35	35	8	35	35	70	78

Men 50 & Over	26.2K	10K	5K	10M	5M	Minus Two High Scores	Total Points
Bill Law	1	2	2	1	1	4	3
Ben Moore	35	1	1	8	3	43	5
Dale Vogel	2	3	3	4	2	7	7
Jay Alders	3	4	5	6	35	41	12
Guy Riccio	35	6	6	9	4	44	16
Doug Raper	35	5	4	35	35	70	44
Larry Kleenman	35	35	35	2	35	70	72
Edward Rogenski	35	35	35	3	35	70	73
Murry Chastain	35	35	35	35	5	70	75
Eric Haars	35	35	35	5	35	70	75
Gayle Stucker	35	35	35	7	35	70	77
Joe Ryan	35	35	7	35	35	70	77
Paul Yates	35	35	8	35	35	70	78
John Wall	35	35	9	35	35	70	79



"Its going to be a hot one today!"

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.

APPLICATION FOR MEMBERSHIP DATE: _____

NAME _____

LAST	FIRST	INITIAL	SEX
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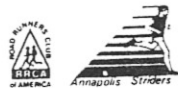
ADDRESS _____

STREET	POST OFFICE	ZIP	DATE OF BIRTH
PHONE: _____			

OCCUPATION _____ HOME _____ WORK _____ SIGNATURE _____

Committee Preference: _____	DUES:	Individual	\$5.00
Race/Run _____	Newsletter _____	Family	\$9.00
Property/Awards _____	Membership _____	[list complete info for each member]	
Publicity _____	Clinics/Training _____	Full Time Student	\$3.00
Other _____		[school: _____]	
		T-shirts (circle size)	\$4.00
		Male S M L XL	
		Female S M L XL	
		Child S M L	
		Tank Tops (circle size) S M L	\$6.50

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