

# STREAK

VOLUME III  
NUMBER 5



## ANNAPOLIS STRIDERS

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

BULK RATE  
U.S. POSTAGE

**PAID**

Permit No. 526  
ANNAPOLIS, MD.

Non-Profit Organization

Aasen, Yvonne, N.  
13 Sunset Drive  
Severna Park, MD 21146



# "STREAK"

# ANNAPOLIS STRIDERS

volume III number 5

december 1981

## OFFICERS

		HOME	WORK
PRESIDENT	MIKE VAN BEUREN	263-8125	263-8125
VICE PRESIDENT	ROB BUSHNELL	263-6241	269-3656
SECRETARY	GUY RICCIO	757-1720	757-1720
TREASURER	NATE BETNUN	263-8512	269-2176

## CHAIRMEN

RACE RUNS	DON WADDINGTON	956-2061	202-692-7430
PUBLIC RELATIONS	ERIC PELTASALO	267-0374	263-8330
NEWSLETTER	ALICE WEATHERSBEE	268-1012	224-4723
MEMBERSHIP	MIKE LONG	263-3028	269-3351
PROPERTY/AWARDS	DAVE OVERSTREET	267-7376	269-0599
TRAINING/CLINICS	TRUDY TRUMPY	757-7129	202-699-3630
COMMUNICATIONS	RICHARD HILLMAN	269-0253	268-1165 HOTLINE
ANNAPOLIS RUN	JOHN GUDAS	263-9664	(It's not that he doesn't work, it's just that we don't know his number yet.)

## STREAK STAFF

EDITOR	ALICE WEATHERSBEE
LAYOUT & GRAPHICS	BILL SMITH
ASSISTANT EDITORS	YVONNE AASEN
	LEE TUROWSKI
	CATHIE HALL

### TABLE OF CONTENTS

Mike's Memoirs  
Editor's Remarks  
Adidas Art  
Dear Alice  
Money NEWS  
Running Shorts  
Cookin' on the Run  
Training Tips  
The Best of the Streakers  
Whats Coming Up  
Race Results and Standings  
Advertisement

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

11/21/81

Happy Holidays, Striders! Three years have passed since the formation of the club and there are now club traditions and institutions, one of the most remarkable being the group of novice and veteran marathoners who train together for the Marine Corps Marathon: MOORES MARINES. Congratulations to all of you who took part in the race. I've heard tales of great individual efforts and camaraderie from several sources: Many runners ran great times (appearing elsewhere in this issue) and when the going got tough, the "Marines" got going and provided each other with the encouragement that sustained them through the completion of the race. And evidently many of you didn't get enough - runners are still training on Rte. 450 training grounds every Saturday and Sunday at 7:00 a.m.

\* Now that the dark hours of winter are upon us please be mindful of safety on the roads. Wear reflective garments and face traffic as often as possible - Give yourself the chance to take evasive action!

\* Two Striders completed the strenuous Baltimore R. R. Triathlon: Walt Eilers and Deirdre Wagner. This Race: 20 mile run, 50 mile bicycle, 2 mile swim is the most grueling I've witnessed - extremely hilly and most usually cold and windy. This year it rained too! The 2 mile swim is held indoors in the Goucher pool, small respite because many contestants cramp up in the water and have to drop out. Are they crazy? No, just tough as nails.

\* Last year the Striders began to help out with the timing of the Naval Academy Indoor track meets. This is an exciting job. You're down on the track, close to the contestants, doing a fairly simple job never exceeding 1 1/2 hours. This year the meet dates are: 1/16/82; 1/22; 2/5; 2/6; 2/12; 2/13 & 2/19. I'll be calling some of you to help,



but anyone can call us and volunteer. Contact me or Rob Bushnell for details. The Naval Academy lends us equipment and manpower; it's good to be able to do something for them in return.

In Stride,

*Mike*

Mike Van Beuren neglected to give his own time in the Nike Marathon in Eugene, Oregon on September 13. He gave the time for our inimitable Mayor, but modestly failed to give his own super time:

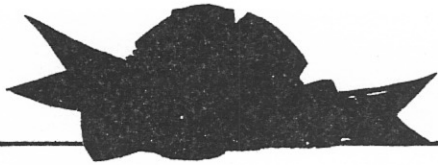
2 hrs, 26 minutes, 36 seconds

which was 48th out of 1,000

Mike has been suffering from tendonitis of late, but we understand that he is now on the mend and hopefully will be back on the roads soon.

# EDITORS REMARKS

# DEAR ALICE



A GIFT FROM YOUR STREAK STAFF

With the holiday season upon us, we on the Streak staff are pleased to give you something special--a Round Tuit for your very own personal use. Guard it carefully because these Tuits are hard to obtain, especially the round ones for runners. It's an invaluable item because it will enable you to be more efficient. For years you have said "I'll do this as soon as I get a Round Tuit." Now you have a Round Tuit of your own and you can finally increase your mileage, or work on that Strider committee, or train for that marathon. Now we can really move forward--both individually and as a club!

Alice,  
Bill,  
Yvonne,  
Lee,  
Cathie



HO HO HO!!!

Hi, wanted you to know that I had moved to the mountains of Colorado and now my morning training runs are all up and down, no flat land out here. I am looking forward to training for the Pikes Peak Marathon next year.

I have taken a job on a guest ranch out here as their reservations office manager. I love it. I would like to maintain my membership to the Annapolis Striders and receive the newsletter if possible.

Fondly,  
Donna O'Neill

Now that I've finally gotten settled in Texas, I'm getting around to writing everyone I left in Maryland.

Our departure from Annapolis was rather sudden. I received an offer from my alma mater in late April to become Recreational Sports Director effective June 1. In the rush of things, I did not get a chance to say good bye to many of you. Eventhough I was a Strider for less than a year, I got to know many of you by putting in many miles along Defense Highway. I'll cherish those relationships for a long time.

Andy Pittman  
318 Lelia  
Waco, Texas 76706



# MONEY NEWS

Annapolis Striders, Inc.

## Cash Flow Statement

September, 1981

Income	284.27
Expenses	13,331.42
Excess (deficiency of income over expenses)	(13,047.15)
Balance, beginning of month	14,717.97
Balance, end of month	1,670.82
Monetary assets:	
Money Market acct.	- 0 -
Savings acct.	1,073.33
Checking acct.	531.99
Cash	65.50
	<u>1,541.07</u>
Accounts due:	
Best Impressions	252.35
Richard Hillman	6.78
C & P Telephone	8.97
	<u>268.10</u>
Accounts due to ASI:	
Annapolis Run	99.96
	<u>99.96</u>

## Cash Flow Statement October 1981

Income	\$ 140.25
Expenses	339.48
Excess(deficiency) of income over expenses	(499.23)
Balance, Beg. of Oct.	1,670.82
Balance, End of Oct.	<u>1,171.59</u>

## Monetary Assets:

Savings Account	\$ 1,023.33
Checking Acct.	8.01
Cash	140.25
Total	<u>\$ 1,171.59</u>

## Accounts Payable:

M. van Beuren	\$ 6.82
C & P Telephone	7.86
Total	<u>\$ 14.68</u>

## Accounts Receivable:

Annapolis Run	\$ <u>99.96</u>
---------------	-----------------

## RED T SHIRTS

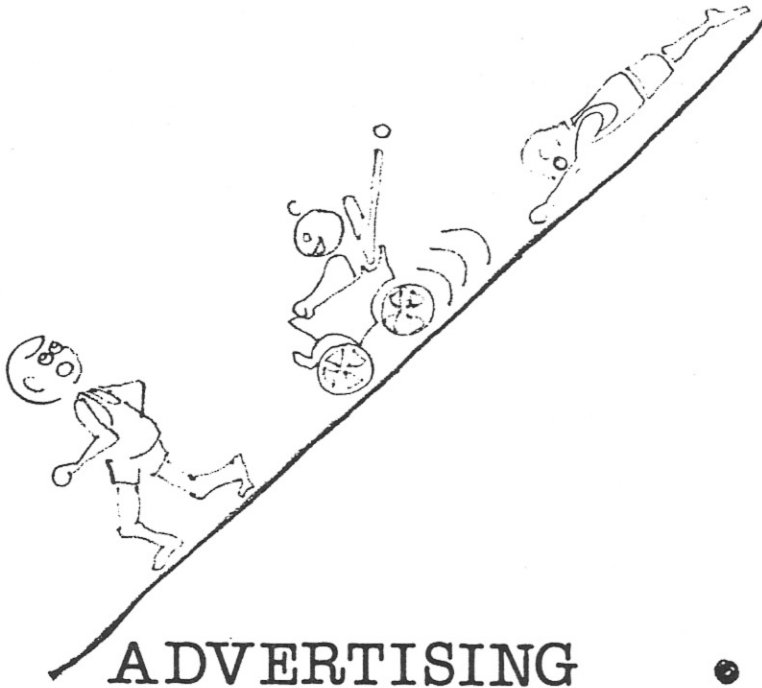
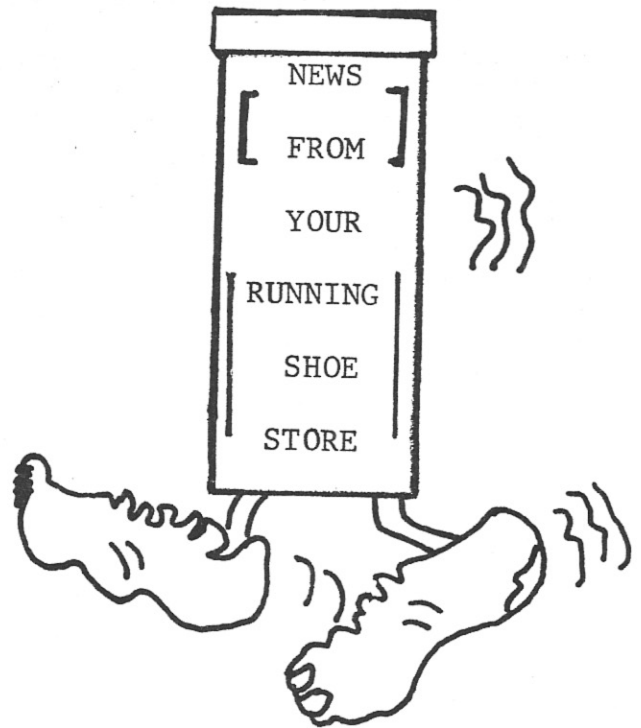
We now have red long-sleeve 100% cotton Annapolis Strider shirts available in sizes small, medium, large and extra large at \$7.50 each. Contact Dave Overstreet if you would like to purchase a shirt. They may also be available at the Cold Turkey Run on December 12th. (Dave Overstreet, 267-7376)



# RUNNING SHORTS

## PUSHY PARENT DISQUALIFIES DAUGHTER

A mother-daughter team, Linda and Carrie Evans, tied for 3rd place honors in an Amanda, Ohio, race as reported by Ed Sayer in the December, 1981, issue of Running Times. Unfortunately, daughter Carrie was disqualified for receiving assistance during the race. The assistance came from her father who was very pushy during the entire five mile distance. He was right behind her all the way pushing her--in a stroller. Carrie was only 15 months old. The entire family finished with a time of 34:00.



## ADVERTISING

The Streak is accepting advertising from interested companies or persons. The rates are: quarter page - \$20; half page - \$35; whole page - \$50. If you are interested in placing an ad, please call Alice Weathersbee at 224-4723 or 268-1012 (evenings). If you have an ad that is ready for press, please mail to Editor, P.O. Box 187, Annapolis, MD 21404.

# BOOK LOOKS

Marathon by Clarence DeMar; The New England Press, Inc., Shelburne, Vt.

Long forgotten since its original publication in 1937, Clarence DeMar's Marathon is now back in print. Called a "classic" by Colman McCarthy of The Washington Post, DeMar's autobiography tells what it was like to be a runner in the pre-boom days. The legendary DeMar ran in 34 Boston marathons, won 7 times, and finished 15 times in the top ten. He was a National Champion as well as a member of the 1912, 1924, and 1928 United States Olympic teams.

Filled with running history and reflecting attitudes toward the sport current during the early years of the century, Marathon also has a good measure of commonsense for today's runners. DeMar argues for a sane diet, less dogmatism about training, and, above all, the need for a sense of balance and proportion in keeping running in its proper place in one's life.

Copies of Marathon may be obtained from: The New England Press, Inc. P.O. Box 525, Shelburne, VT 05482 (or your local bookseller.) Price \$9.95 plus \$1.00 for postage and handling.

• • • •

I'm Running to Win by Ann Kiemel; Tyndale House Publishers, Inc., Wheaton, Illinois

ann kiemel had a dream...  
of becoming a runner...  
of running the boston marathon.  
she was thirty-four years old...  
nonathletic, a novice.  
ann started training on april 19.  
she persisted.  
she ran the sea of galilee marathon  
on december 20 in israel.  
six weeks later...  
at the new orleans marathon  
she qualified for boston...  
3:18 when she crossed the line.  
just one year later from april 19  
she ran boston.

i loved her book.  
(this is her style of writing.)  
it's not a how-to book.  
it's about her tears, her joys,  
her injuries...and other adventures  
(about what happens when she's  
faithful to God.)  
but there is just one thing i questioned;  
ann, please forgive me if i ask...  
why were you in such a hurry?  
you could have had less pain...  
fewer injuries...  
if only you would have  
come here to annapolis  
and trained  
with ben moore's marines.....

THE CAPITAL Thurs., Nov. 19, 1981

ya

## The Capital Capital readers give their views

### Marathoners

Sir:

It is a pleasure and an honor to congratulate again those local area athletes who had enough courage to make the commitment to participate in the 6th Annual Marine Corps Marathon in Washington, D.C. on Nov. 1.

There were many from Annapolis who ran, and they all deserve some recognition for having the courage to try.

A very special courage was required of those who were attempting the 26.2 mile marathon for the first time.

The group known as "Moore's Marines II" made up of those who ran last year and some first timers made the commitment to try again this year. These local celebrities are:

Jay Alders, Anne Barnett, Earl Beavers, Glen Berree, Bucky Cadell, Karen Chapin, Sean Chastain, John Degreck, Don Goodwin, John Hall, Winnie Hittle, Carol Huddy, Betty Impellizeri, Timmy Jewell, Tim Kraft, Diane Kettish, Delma Miller, Ben Moore, Gary Muller, Linda Rogers, Karen Royer, Earl

Scott, Tyler Shores, Murray Snyder, Gayle Stucker, Bill Vogenitz, Linda Ward, Barbara Watkins, Louise Zeitlin.

Two other "Moore's Marines" who did not run the Marine Marathon, but did run and complete the New York Marathon the week before are Carlotta Crosby and Nancy Wattington.

Other "Moore's Marines" who played a vital role in our successful efforts are the support personnel who sacrificed freely of their time—Gert Spadone and Guy Riccio.

A special thanks goes to Gert Spadone, Nancy and Don Wattington, Betty Moore and Bob Geller and Family for their support during the marathon.

For those injured "Marines" who gave us moral support, Karen Albrecht, Sue Patton and Doug Raper, let's do it next year!

For making a commitment to train and keeping that commitment and for having the courage to try a very difficult task, "Moore's Marines II", I salute you again!

LT. COL. BEN A. MOORE,  
JR.,  
Annapolis

# TRAINING TIPS

BY Trudy Trumpy

You've done your best to train and race sensibly but now you're grounded! In the following article Dr. Joseph Martire, Educational Director of Union Memorial Sports Medicine Center, tells you what to expect if a stress fracture is suspected:

## ALL ABOUT STRESS FRACTURES

When an athlete gets hit and fractures a bone, the cause of the injury is obvious to everyone. The athlete and his physician can understand the injury because they know how it happened and can see the fracture on the x-ray film.

But what about athletes who experience severe bone pain without receiving a serious blow? The pain they experience may be excruciating, but the x-rays come out negative. How do you tell if they are really hurt or just faking it?

What this athlete may be suffering from is a stress fracture, which often occurs when abnormal stress is applied to normal bone. Here's how it works: When an athlete engages in vigorous repetitive activity, the increased muscle tension puts stress on certain bones. The bones try to remodel themselves internally, but frequently a fracture occurs before the bones are strong enough.

This can happen to a highly conditioned athlete, even though he or she may have been playing the sport for years. A particularly vulnerable time is training camp. If an athlete lays off a sport for several months and then starts a rigorous conditioning program, part of his or her body may not be able to handle the transition and a stress fracture may develop.

Stress fractures are also, therefore, known as fatigue fractures since the bone is indeed weakened by whatever activity is taking place. The symptoms include local pain, tenderness, and perhaps some swelling, all aggravated by motion and weight-bearing. The problem is that the fracture of the bone may be so subtle that x-rays are normal. The fracture is not the usual gross fracture we are accustomed to in trauma, but rather a "microfracture" that initially may be beneath the resolution of x-ray film. The bone is not broken as we usually know it with a big fracture line and large bone fragments. Rather, the "fibers" in the bone have been stressed or cracked and are trying to heal themselves. Some physicians even like to call stress fractures "bone stress" or even a "bone sprain."

The team physician, therefore, must have knowledge of this problem in order to make a diagnosis. If the initial x-ray is negative, he or she can wait several weeks and repeat the film at which time the fracture will probably be seen. However, most athletes will not wait that long to obtain a firm diagnosis.

A newer method of evaluating difficult orthopedic problems, including stress fractures is a nuclear medicine bone scan technique. The patient receives an intravenous injection of a radioactive tracer drug (this involves a minimal amount of radiation equivalent to several x-ray films), which has been tagged to a chemical drug so that it will collect only in bone. While any bone in the body will accumulate this tracer, a region that has increased blood flow or metabolic activity will appear abnormal under the detector camera. This technique is much more sensitive than x-rays and can make an early diagnosis of fractures and other bone problems, days and sometimes weeks before they become evident on plain films. Once the radiologist sees a "hotspot" in the bone scan, the suspected diagnosis of stress fracture becomes virtually a confirmed one.

This test is performed in a hospital nuclear medicine department on an outpatient basis. After the drug is injected and the initial blood flow to the bone is evaluated, the patient may leave and return for the final part of the study in about three hours. The last part of the test involves lying under a special detector camera for about 15 - 30 minutes while very sensitive films of the involved part of the skeleton are taken. The test is very simple and safe and no complications or reactions have been recorded from this type of exam.



Once the problem is identified, the physician can use the bone scan to obtain follow-up studies as a means of evaluating the healing process. Obviously other types of bone problems can also be examined in this fashion as long as the team physician and the nuclear medicine physician understand the potential uses of this unique diagnostic tool.

"It is important to realize that virtually any athlete will benefit from this type of diagnostic examination," says Dr. Lawrence E. Holder, the director of nuclear medicine at Union Memorial Hospital in Baltimore. "We have examined high school, college and professional athletes from all different sports and backgrounds. Some of our positive scans have involved the following athletes, all with bone pain, but normal-looking x-rays: a college cross-country runner with a painful metatarsal bone in the foot, a college tennis player with incapacitating back pain, a high school hurdler with shin pain, a junior high school soccer player with painful tibia in both legs, many joggers and marathon runners.

"Both the athlete and the physician are relieved when the scan is positive because it confirms for both of them that a real injury does exist and erases that terrible depression that athletes feel when they are hurt and unable to train but no diagnosis can be made."

Are athletes the only ones to suffer stress fractures? No, not really. The problem was first brought to the attention of doctors because new recruits in the army were subjected to long hikes and suffered stress fractures of the foot, appropriately called "march fractures." In addition, ballet dancers also have a high incidence of stress fractures involving the bones of the lower leg.

Are stress fractures the only injury that can cause pain in the lower leg? Unfortunately, the answer is no and many athletes may also suffer from "shin splints." These are caused by repetitive running on hard surfaces and involve inflammation of muscles and tendons. Some physicians disagree as to whether shin splints belong in the same category as stress fractures since they are both "over-use" problems. By physical examination, the study of the patient's medical history and bone scan, the physician can usually separate the two entities.

The treatment for stress fractures obviously depends upon the bone involved, the severity of the pain and how much it limits participation in a particular sport. Rest is the most common treatment for stress fractures, although sometimes the injured area may be put in a cast for additional support or relief of pain. The most important points for athletes to remember are:

1. Anyone can sustain a stress fracture, especially athletes.
2. Most bones of the body are susceptible depending upon the type of sport.
3. If the initial x-ray is negative, ask that a nuclear medicine bone scan be performed.

Joseph Martire, M.D.  
Educational Director  
Sports Medicine Center



## ATHELETE'S FOOT

10% DISCOUNT now available on clothing and accessories in addition to the 10% discount on shoes at the ATHELETE'S FOOT for all Striders.

"Adidas" Art cont.



By David Zeitlin age 7

# A RUNNING STORY

People run for fun and fitness. My friend Greg and my brother, David, run for fun. My brother can run two <sup>mile</sup> fun runs. My mom ran a marathon. My father runs two miles a day for fitness. I do not run but I play Lacrosse, sail and ski. I bet running is fun. That is my story.

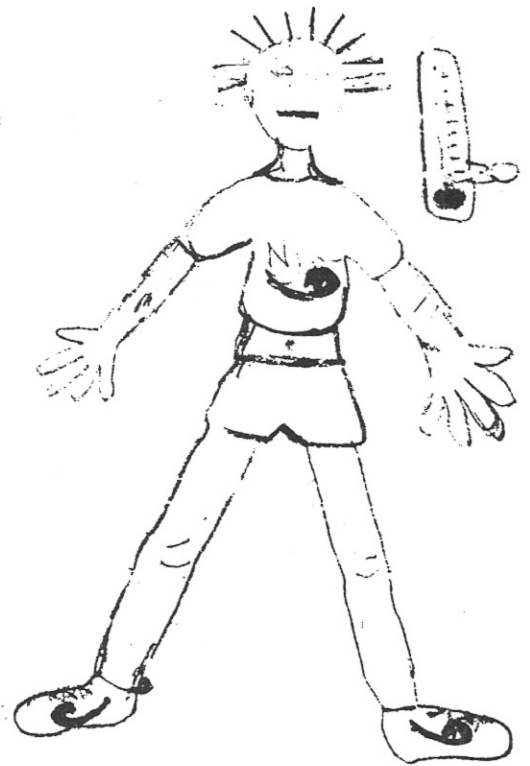


By Paul Zeitlin  
age 9

# "Adidas" Art

Thanks, kids, for your enthusiastic response to Adidas Art. If we didn't have room for your entry in this issue watch for it in the next one.

We welcome Adidas Art from adults too (pen and ink in black and white reproduces best.) How about sending photos, stories or poetry.....



# WHATS COMING UP

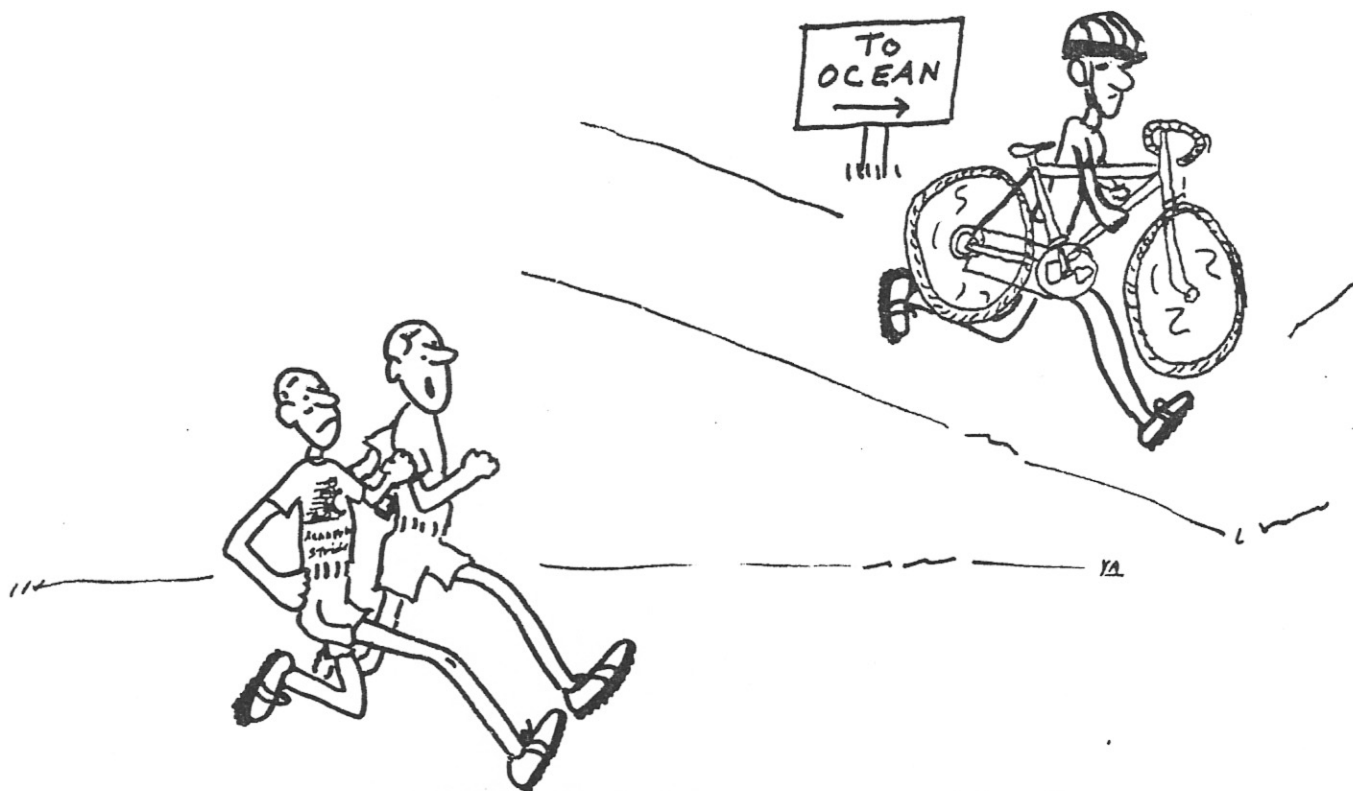
DATE	RACE - RUN	LOCATION	TIME	DIRECTOR
Dec. 27	1981 Club Championship Series Race Anniversary Run (15K)	USNA Field House	11:00AM	Mike Van Beuren
Jan. 17	1 mile, 5 mile Fun Run	Sandy Point	10:00AM	
Jan. 31	10K Poker Hand Race (Best poker hand wins race)	Severna Park High School	10:00AM	
Feb. 14	Valentine's Twosome Relay Race, 6 mile (3 miles each person)	Annapolis High School, Riva Road	10:00 AM	
Feb. 28	Metric Marathon, 16.4 miles, 1st of 1982 Club Championship Series	Southern High School, Harwood, Md.	9:00AM	
March 7	10K (date is tentative)	Crofton		Bill Conroy
March 20	10K Handicap (after annual meeting)	Germantown Elementary School, Annapolis	3:00PM	Eric Beavers
April 4	Cherry Pit 10 mile, #2 in Club Championship Series	South River High School, Rt. 2, Edgewater	9:00AM	Ron Fisher
April 18	5 mile Race	Bay Ridge	9:00AM	
April 24 - 26	Shenandoah National Park 105 mile Run	Ft. Royal, Virginia	7:00AM	Walt Eilers
May 1	1 mile, 5 mile Fun Run	USNA Dairy Farm	8:00AM	
May 9	Parent/Tot Mother's Day Relay Race	Annapolis Sr. High, Riva Road	8:00 AM	
May 23	Biathalon (10K plus 20 mile bike trip)	South River High, Rt. 2, Edgewater	8:00AM	
August 29	Annapolis 10 Mile	USNA Stadium	7:30AM	John Gudas

# BY-LAWS Message

From the By-Laws of the Annapolis Striders

## Article II. PURPOSE

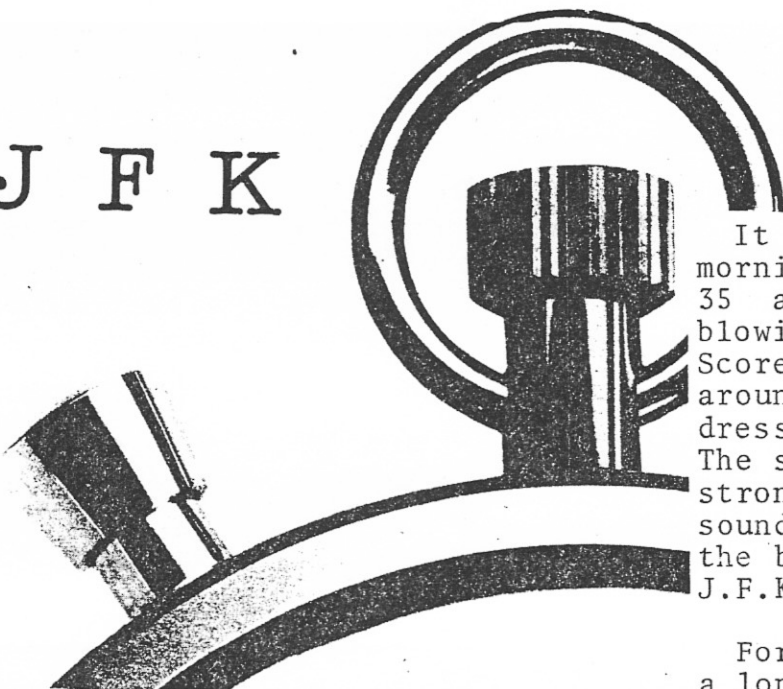
The purpose of this organization shall be to improve the physical fitness and mental well being of its members through the promotion and encouragement of long distance running. In furtherance of this purpose, this organization may engage in engage in any activity not prohibited for charitable organizations qualified as tax-exempt pursuant to Section 501 (c) (3) of the Internal Revenue Code, including but not limited to conducting road and track races, time trials, fun runs, and social runs; sponsoring lectures and demonstrations; publicizing the benefits of running and jogging; publishing books, magazines, and newsletters; hosting social events; making awards; and generally coordinating activities with any other agency or entity which shares or endorses this purpose.



"My guess is he's training for the triathlon!"

# RACE RESULTS AND STANDINGS

## J F K



JFK 50 November 21

Fifteen of our Striders ran in this rocky, mountainous, and hilly 50 mile race which went along the Appalachian Trail, C&O Canal, and country roads.

Randy Fox	8 hrs. 10 mins.
Carl Schneider	under 9 hrs.
Duke Johnston	9 hrs. 37 mins.
Don Waddington	9 " 40 "
Winnie Hittle	10 " 20 "
Bill Law	10 " 30 "
Glenn Barree	10 " 45 "
Earl Scott	11 "
Nancy Waddington	11 " 59 "
Bob Bridges	11 " 53 "
Leon Cohen	12 " 30 "
Mike Whitworth	12 " 32 "

Those who made the valiant effort but did not finish:

- Don Kennedy
- Bob Pastrana
- Phil Staler

J. F. K. 50.2 MILES

A Word of Thanks

It all started early Saturday morning, November 21st. It was 35 and a brisk cool breeze was blowing out of the Northwest. Scores of runners milled in and around the Boonsboro High School dressed in all types of garb. The smell of liniment was very strong. The starter's gun sounded at exactly 7 a.m. for the beginning of the 19th annual J.F.K. Memorial 50-mile Hike-Run.

For the four of us, it would be a long day of jogging, walking and whatever it would take to complete the 50.2 miles within the allotted time of 14 hours or less; hopefully, much less. One thing for sure, without the support of three wonderful people the ability to finish at all would have been a very difficult task for all of us.

We were never alone! Like Guardian Angels, they watched over us. They provided us with an endless supply of food, liquids and clothing that was required to successfully finish one of the most difficult events of this type that we may ever take part in. Their constant encouragement to go on and the secure feeling that they would be at the next check point helped to ease the pain.

To: JAY ALDERS, GUY RICCIO and KATHY BERRIE

We all thank you very much and will be forever grateful for your assistance. Gracias, Merci, Dankeschon, Muito Obrigado,

Thanks,

Bill Law, Glen Berrie,  
Winnie Hittle, Earl Scott

# ABEN FAMILY RUN?

A small group of Annapolis Striders showed up at the A.A. Community College on October 10 for the scheduled 1, 2 & 8 mile fun runs. It was a beautiful day and Aben family showed up in full force to dominate the one mile run on the A. A. C. C. track. Joe placed 3rd, Jerry 6th, Sherry 7th and Ginger placed also ran #9. Joe Smaldone won with a 5:35 and Don Waddington limped in at 6:20. There were no takers for the 2-miler so the 8-miler went off with a bang.



The course went around the college and south on College Parkway to Jones Station & Church Roads, through Hollieanna Acres to add a couple of hills and then to the 4-mile turn-around point at the Arnold school. Joe Smaldone took 1st place again with a 54:42, Don Waddington was close behind with a 55:52 and Dale Vogel was third at 61:07.

After getting lost for a while Jonas Legum managed to finish last. Margaret Cochran was the first female to cross the finish line with a time of 71:12.

Thanks go to Don Waddington, Ginny Law, and Pauline Schultz for their help.

Keep on the run for fun,

Bill Law

## ZOO ZOOM

On Sunday morning, October 4th, my dad and I ran in the Zoo Zoom. It is a 5-mile race that goes through the Baltimore Zoo. We started off at the end of the group, because I had never run 5 miles before. We finished the 1st mile in 12:41. I felt pretty good so started running faster and we finished in 49:37. I had a lot of fun and hope to run in the Zoo Zoom again and maybe some other races.

Jay Astle  
Age 9



## THE KEY SCHOOL

534 HILLSMERE DRIVE, HILLSMERE SHORES  
ANNAPOLIS, MARYLAND  
21403

Key School 10 K Run -- 1981

Have you ever dreamed that your alarm clock was the starting gun for a 10K race and you could jump out of bed, don your NIKES and join 400 runners streaming past your house for a six mile run?

Well, Ron Fisher had this dream once and now every October it just about comes true. Three years ago Key School approached the then president of the Annapolis Striders and asked if his organization would lend technical assistance to a race which the school thought would be a good public relations effort.

That first year, guided by Ron's experience, a race organization was put together. Rob Bushnell and Mike Van Beuren appeared one evening with a wobbly bicycle to certify Ron's two-loop course around Hillsmere Shores. John Butterfield materialized on race day with the chronomex and took over the bull horn, and a new race was born.

This year entry blanks were mailed out with the STREAK, and several announcements by Dick Hillman on the HOT-LINE brought out more local entrants. Some distant runners were lured to the race by entry blanks distributed at the time of the Annapolis 10-MILER.

Expert help at the finish line was provided by Mike Van Beuren, Rob Bushnell, and Trudy Trumpy, who was put in charge of filling out the back-up time sheet. Their efforts produced checks on the chronomex, and finish times were punched into the school's TRS-80, along with the run numbers; results emerged, line by line. Having all the necessary information on one computer disk made this possible.

But computers will never replace volunteers, and all the help which Key School has received from the Striders over the years is deeply appreciated.

-- Ann Beach  
Race Director

15